



## *Riverside Review*

Volume 2023

Issue 6

June 2023

48 W 7th Street, Rainier, OR 97048

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### **Remember to VOTE**

The nominees for Board positions are posted in the center's main dining room. Included with this newsletter is our voting ballots. You may mail them or bring them into the center drop off box.

**Voting closes on the 26th of June.** New Board members will be announced at the Members' meeting on June 28th.

#### **VOTER INFORMATION**

Board positions are:

Jan Rich, President; Debra Elliott, Vice President; Rachel Kelley, Treasurer; Darnell Willis or Marily Tift for Secretary;

Scott Cooper, Joanne Bernard, Clint Kelley, Skip (L.T.) Stem for At-Large (vote for 3)

**Remember the scratch off board the center offered at St. Patrick's Day Event?**

We just learned the total value was a whopping \$58!

#### **WALK-IN FREEZER NEWS**

*Four of our freezers have been replaced by the walk-in freezer. The fencing has gone up and we're talking about having a mural painted on one side.*

**Meals Served for April: 1189  
Volunteer Hours: 580**

#### **Board Members**

**President: Jan Rich**

**Vice-President: Debra Elliott**

**Secretary: Darnell Willis**

**Treasurer: Rachel Kelley**

**At Large: Joanne Bernard, Scott Cooper and Clint Kelley**

**Newsletter Editor: Beth Bailey**



**Let's Celebrate Our Dads  
on June 16**

**We'll be presenting a surprise  
give away gift**

**Rainier Senior Center Hours  
9:30 am to 2:00 pm  
Monday through Friday  
Gift Shop 10:00 am-2:00 pm**

## ***GLOW Funds Are Available All Year Long***

Families in need of bill payment assistance can request funds from Columbia River PUD's GLOW Program any time of year. GLOW is a program offering emergency assistance to income-qualified families.

Typically when we think about the need for emergency energy assistance, we associate it with the cold weather of winter. But emergencies may pop up any time of year.

If you need help paying your bill, please call the PUD at (503) 397-0590.

GLOW is funded by generous customer contributions, employee fundraisers, and surplus scrap metal proceeds. If you are interested in donating to GLOW, you can visit [www.crpud.net/glow](http://www.crpud.net/glow) to see different ways to do so.



***COLUMBIA RIVER***  
***PUD***  
A COMMUNITY-OWNED UTILITY



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    - Wealth Management
    - Tax & Estate Planning
  - Medicare/Health Insurance
- Visit our website or call to schedule your complimentary consultation.

[www.Schultzfs.com](http://www.Schultzfs.com)

**503-543-3844**

**Daniel Garrison, CPA,**  
**2114 Columbia Blvd,**  
**St Helens, OR 97051**  
**Email: [dan@drgtax.com](mailto:dan@drgtax.com)**  
**503-366-0994**

...for quality, personalized financial guidance for individuals and businesses. Dan can do your basic tax management and accounting or help with more in-depth services such as audits, financial statements and financial planning.



**UNDERSTANDING  
MY MEDICARE**



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[beth@understandingmymedicare.com](mailto:beth@understandingmymedicare.com)

[www.UnderstandingMyMedicare.com](http://www.UnderstandingMyMedicare.com)

# June Menu 2023

			1 Tater Tot Casserole Salad  <b>Jim Meyer</b>	2 Patty Melt Chips Grilled onions Veggie Salad Fruit <b>Boarsaw Bro's</b>
5 Baked Ham Yams Green Bean casserole Roll <b>3 Of Us</b>	6 Tuna Casserole Vegetables Coleslaw	7 Sausage Patties on a Bun & vegetables Potato Salad Baked Beans  <b>Gary Fredsall</b>	8 Potato Soup Tuna Sandwich Carrot & Celery Sticks  <b>Gary Fredsall</b>	9 BBQ Wings Jo-Jo's Vegetables  <b>Guy &amp; Mary</b>
12 Beef Stew Green Salad Biscuits  <b>3 Of Us</b>	13 Mac Cheese /Ham Vegetables Fruit	14 Crispy Chicken salad Muffin Fruit	15 Spaghetti Salad Garlic Bread  <b>Jim Meyer</b>	16 <b>Fathers Day</b> Steak Baked Potato Vegetables  <b>Boursaw Bro's</b>
19 Roast Beef Potatoes & Carrots Gravy Broccoli Salad Roll <b>3 Of Us</b>	20 Ravioli With Sauce Pea Salad Salad Bread Sticks	21 'BLT Sandwich Chips Suddenly Salad  <b>Boursaw Bro's</b>	22 Baked Chicken Rice a Roni Vegetables	23 Chef Salad with all the fixins Bread Fruit  <b>Guy &amp; Mary</b>
26 Meat Loaf Mashed Potatoes Green Salad Vegetables  <b>3 Of Us</b>	27 Chicken & Rice Casserole Vegetables Roll	28 Goulash Garlic Bread Green Salad	29 Chicken Fried St. Mashed Gravy Vegetables Jello & Fruit Salad <b>Gary Fredsall</b>	30 Beef Stroganoff Egg Noodles Vegetables Roll  <b>Nehemiah Brown</b>

Rainier Senior Center Lunch Menu

503-556-3889




















[www.RainierSeniors.com](http://www.RainierSeniors.com)

All to go meal orders need to be in no later than 9:00 am.

Menu is subject to change without notice. **New rates:** \$6 for over 60 and \$8 for under 60.

**Arrival time for congregate meal needs to be 11:45 or earlier.**

# JUNE EVENTS

			<b>1</b>  Music by Jim Meyer <b>Breakfast 9-10 am</b>  Balance & Stability 1:00 pm  <b>Card Games 1 pm</b>	<b>2</b>  Music by Boursaw Bros  Blood Pressure 11 AM
<b>5</b>  3 of Us  <b>Hooks &amp; Needles</b> <b>1pm-2:30 pm</b> <b>Bingo - 6 pm</b>	<b>6</b> <b>Breakfast 9-10 am</b>	<b>7</b>  Music by Gary Fredsall	<b>8</b>  Music by Gary Fredsall <b>Breakfast 9-10 am</b>  Balance & Stability 1:00 pm <b>Card Games 1 pm</b>	<b>9</b>  Music by Guy & Mary   Blood Pressure 11 AM
<b>12</b>  3 of Us 11 am  <b>Hooks &amp; Needles</b> <b>1pm-2:30 pm</b> <b>Bingo - 6 pm</b>	<b>13</b> <b>Breakfast 9-10 am</b> <b>Chair Yoga</b> <b>new teacher</b> <b>1 PM</b>	<b>14</b>	<b>15</b>  Music by Jim Meyer <b>Breakfast 9-10 am</b>  Balance & Stability 1:00 pm <b>Card Games 1:00pm</b>	<b>16</b>  Music by Boursaw Bros   Blood Pressure 11 AM  <b>Fathers' Day Celebration</b>
<b>19</b>  3 of Us 11 am  <b>Hooks &amp; Needles</b> <b>1pm-2:30 pm</b> <b>Bingo -6pm</b>	<b>20</b> <b>Breakfast 9-10 am</b>	<b>21</b>  Music by Boursaw Bros	<b>22</b>  Balance & Stability 1:00 pm <b>Card Games 1 pm</b>	<b>23</b>  Music by Guy & Mary   Blood Pressure 11 AM  <b>Susannah's Supper</b> <b>Methodist Church</b> <b>6 pm</b>
<b>26</b>  3 of Us  <b>Hooks &amp; Needles</b> <b>1pm-2:30 pm</b> <b>Bingo - 6 pm</b>	<b>27</b> <b>Breakfast 9-10 am</b> <b>Chair Yoga</b> <b>new teacher</b> <b>1 PM</b>	<b>28</b>	<b>29</b>  Music by Gary Fredsall	<b>30</b>  Music by Nehemiah Brown   Blood Pressure 11 AM



## Happy Birthday to our June Birthday Members

**Birthday Flower: Rose Birthstone: Pearl**

If your birthday is not listed or wrong, please contact the reception desk

6/1 Delbert Larson  
6/1 Tomi Jo Lorentzen  
6/5 Mary Ann Curtis  
6/8 Paul Nys  
6/9 Dave Sartin  
6/13 Elaine Carey  
6/13 Thurston Newkirk  
6/14 Al Koenig  
6/14 Henry Singleton  
6/15 Cliff Haughtlen  
6/16 Alice Redding



6/21 Janet Hooper  
6/21 Dolores McRobert  
6/22 Barbara Clark  
6/22 Virginia Patton  
6/26 Henry Heimuller  
6/27 Beverly Smith  
6/28 Cathy Wood  
6/29 Scott Cooper  
6/29 Ron Emerick  
6/29 Jeanne Ryan  
6/30 Bill Ryan  
6/30 Sandie Scholten



## Clint Kelley RSC 2023 My Fair Gentleman

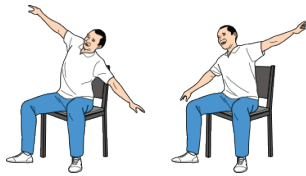
Clint Kelley was selected as the MY FAIR GENTLEMAN representing Rainier and will be crowned at the Columbia County Fair on July 19th.

The center will be having a coffee for him on June 26th at 1:30. It will be catered by Wild Current. We hope to see you there.

**Volunteers  
Needed!**  
Check with the desk

We Serve  
**Meals On Wheels**  
So no senior goes hungry.





## FREE Balance and Stability Class put on by Rebecca Leone

All are welcome, no experience necessary and all exercises can be performed seated. Wear comfortable clothes.

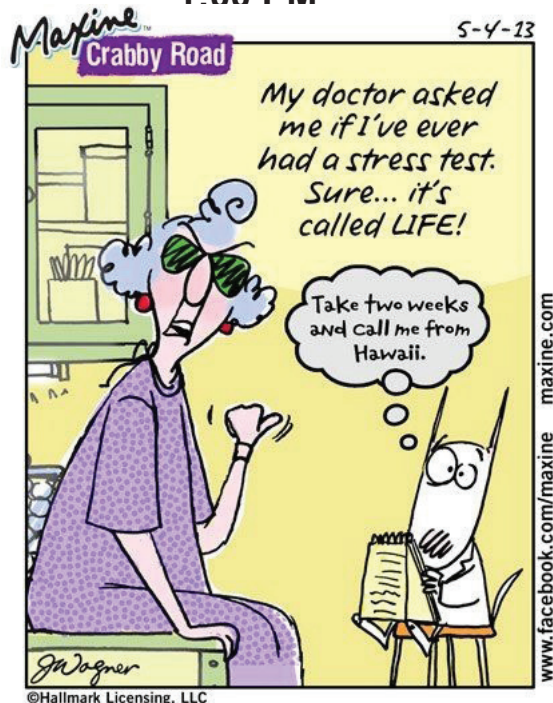
**Every Thursday**

**1:00 pm**

**FREE Chair Yoga**

**2nd and 4th Tuesdays**

**1:00 PM**



Special thanks to the individuals, businesses and the local Fraternal Order of Eagles for their support of this center. Your help is immeasurable.

## BRIDGE CLOSURES

**PLAN AHEAD:** The bridge between Rainier and Longview will be closed for

**UP to 8 days beginning**

**Sunday, July 16th at 8 PM.**

Construction work before and after the closure beginning the week of June 12th will be done at night using single lane closures and alternating traffic across the bridge.

There will be no single lane closures during the Fourth of July holiday weekend (Friday 6/30 thru Tuesday 7/4)

However, single lane closure may impact

Days in the Park the following weekend.

## Special Events



### Columbia County Fair Ride

A sign up sheet for a ride by CC Rider to the Columbia County Fair on **July 19th** is available at the center.

The pick up time is between 9:30 and 10:30 and there is no charge.

Please include your phone number.



P O Box 216, Clatskanie, OR 97016  
503-728-2163  
Open Monday through Thursday  
7 am-5:30 pm



### **Home Care Workers Wanted!**

If you are interested in becoming a Home Care worker, contact the **Department of Human Services** at 503-397-5863.

If you are just looking for information, you can find it at  
[www.orhcc.org](http://www.orhcc.org)

### **Become a Member of Rainier Senior Center**



Want to get in on the fun? Want to meet other seniors? Join us for the events, activities, and just plain conversation.

**ONLY \$20 per year**

Sign up today and begin receiving our newsletter so you can plan to join us..

### **Rainier's Clean-up Day June 3 from 8 am -12 pm**

The center will have a canopy at the collection site for donations.

### **Rainier's Citywide Sale June 24 8 am to 3 pm**

The center will have several tables from our neighbors filled with goodies. Tom will be barbecuing hot dogs and hamburgers from 10 am -2 pm..



**Help our  
Nutritional Program  
by Donating  
Your Recyclable  
Cans  
or  
Bottles**

**Your donations are greatly appreciated**

Applebee's  
Brim Tractor  
Canterbury Inn  
Canterbury Park  
City of Rainier  
Columbia Food Bank  
Costco  
Cornerstone Cafe Rainier  
Cornerstone Cafe LV  
Country Financial  
Deer Island Grange  
Deli & Mart  
Dog Zone  
Dutch Bro's  
Eagles  
El Tapatio  
Fred Meyer  
InRoads

Kaiser Permanente  
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Lowe's  
Means Nursery  
Miracle Ear  
Nys Tree Farm  
Ol' Pastime Tavern  
Pie Trio's  
Rainier Farm & Treats  
Rainier True Value  
Red Lobster  
Rainier Oregon Historical Museum  
Sound Authority  
Stuffy's  
Sugar Pearl  
Triangle Bowl  
United Way



***"A Great Place...For Great People"***

***Rainier Senior Center  
48 West 7th Street  
Rainier, OR 97048***

