



Riverside Review

Volume 2024 Issue 10 October 2024

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

48 W 7th Street, Rainier, OR 97048
E-mail: RainierSeniorC@gmail.com

Phone: 503-556-3889

Web: RainierSeniors.com

AUCTION DETAILS

The Dinner and Auction is in full swing as this Newsletter is being written. We want to give an appreciated Thank You to everyone who so graciously donated wonderful items for the auction.

We will bring you a final update in the November Newsletter.

NOTICE to Those on Medicaid

Oregon Department of Human Services administered by CAT have updated services offered for those on Medicaid.

Please contact CAT at (503) 556-3736 for further information regarding the OPI-M 'SPL 1-18' update.

Meet Political Candidates for Columbia County

Rainier City will be holding a meeting for introduction to Columbia County political candidates on **Oct. 17 6-8** at the Center This is a great opportunity to ask your questions and get to know your candidates.

Get Rainier City Library Books from Your Armchair

It is now possible to visit the Rainier City Library shelves from your armchair. You can reach the City Library by an internet search at OPAC.libraryworld.com or LibraryWorld OPAC Login Page. Once there, you will be asked the Library's name and fill in 'RAINIER'. No pin # necessary. Then 'Browse' takes you to a list of all titles. Lots of Books and DVDs to look over.

Board Members

President: *Jan Rich*

Vice-President: *Keith Ekstrom*

Secretary: *Susan Arrington*

Treasurer: *Rachel Kelley*

At Large: *Marilyn Tift, Clint Kelley and Joanne Bernard*

Multi-Media: *Denise Watson*

Newsletter Editor: *Beth Bailey*

Newsletter Associate: *Dorothy Gillhoover*

Board and Member Meetings Notice

From now on, every 3rd Wednesday, there will be a combined Board and Membership Meeting at 1 PM.

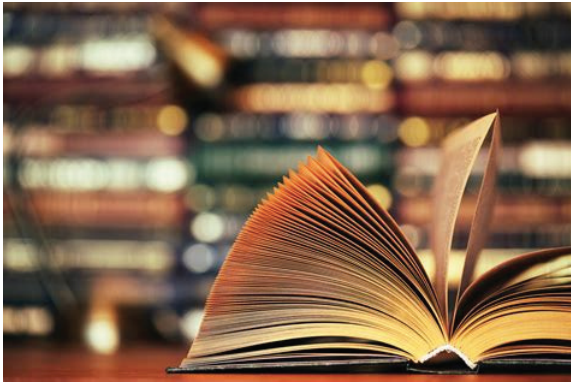
We hope to see you there!

ATM

We now have an ATM in the lobby for those days you need cash thanks to Sloan Nelson at Pastime. Members and Non-members welcome.

So convenient.
Happy shopping.





Library Books to Home Delivered Meals Clients

The Rainier City Library is working on the process of getting books out to the Home Delivered Meals people. The last word from Alan at the Library is he is inputting everyone's library card information into the computer.

He hopes to start book delivery the 3rd week in October. He plans on sending out two books to each individual. Look forward to books for the winter months!

Columbia River Maritime Museum Presentations at Rainier Senior Center

The Center is thrilled to be able to offer on the 4th Friday of each month, a presentation by Columbia River Maritime Museum (CRMM) from Astoria. The presentations will be at 1pm following lunch. The presentation is FREE.

**Presentation: October 25, 1pm
Scrimshaw: Art of the Sailor**



Button Up for Winter with Help from Columbia River PUD

Fall is here. That means it's time to button up your home to make sure it's ready for the cold weather ahead.

Columbia River PUD can help. If you heat with electricity, ask the PUD's Energy Experts for a free home energy evaluation. They will provide tips on how you can cut your electric usage and lower your monthly bill.

The PUD partners with Efficiency Services Group to conduct these evaluations. Older homes typically benefit the most from these evaluations.

To request your evaluation, please visit www.crpud.net/request or call Efficiency Services Group at (888) 883-9879.



OCTOBER 2024

	1 Ritz Chicken Casserole Green Beans Fried Apples Romaine Salad	2 Beef Tacos Corn Tortillas Black Bean Salad Pineapple	3 Scalloped Potatoes W/ham Saute'd Squash Beets Waldorf Salad	4 Pot Roast Potatoes/Carrots/ Mushrooms Roasted Brussle Sprouts Fruit Cocktail
7 Meatloaf w/ Mushroom Gravy Mashed Potatoes Baked Zucchini Peaches	8 Chicken chow Mein Rice Oriental Veggies Fruit Salad Fortune Cookies	9 Baked Ham Sweet Potatoes Green Beans	10 Hot Turkey Sandwich Turkey Gravy Bread Slice Mashed Potatoes Normandy Vegetables Cantaloupe	11 Baked Pollack Brown Rice Pilaf Country Trio Veggies Pea Salad Pears
14 Chefs Choice Chicken Fried St Mashed Potatoes Country Gravy Vegetable Salad	15 Chicken Burger Lettuce, Tomato, onion Bun Baked Beans Potato Salad Fruit	16 Open Faced Roast Beef Sandwich Brown Gravy Slice of bread Broccoli/ cauliflower Winter Fruit Salad	17 Salmon Chowder Fruit Salad Side Salad Rolls	18 Zucchini Lasagna Italian Mixed Veggies Green Salad Apricot Halves Garlic Bread
21 Beef Stew Potato/carrot/ celery/turnip Mixed Salad Peaches Biscuit	22 Breakfast Casserole/Turkey sausage & Hash browns Saute'ed Veggies Toast	23 Macaroni Cheese Peas & Carrots Broccoli Salad/ w dried Cranberries	24 Clam Chowder Turkey Sandwich Asian Coleslaw Fruit Cocktail	25 Oven Fried Chicken Mashed Potatoes Gravy Saute'ed Yellow Squash Salad
28 Hamburger Steak w/ Gravy Mashed Potatoes Green Beans & onions Fresh Fruit Salad	29 Scalloped Potatoes & Ham sliced Tomatoes Carrot Salad w/Yogurt	30 Beef Stroganoff Egg Noodles Steamed Cauliflower Pineapple chunks	31 Fettuccine Alfredo Blended Veggies Fruit Salad Rolls	1 Pork Chops Gravy Roasted Potatoes Stuffing Veggies Apple Sauce

Homemade Soups

Rainier Senior Center Lunch Menu

503-556-3889

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.

Suggested Donation: \$7 for over 60 and \$10 for under 60.

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

October Events

	1 Breakfast 8:30-9:45 am	2 Breakfast 8:30-9:45 am	3  Music by String Thoree Ukulele Breakfast 8:30-9:45 am Card Games 1:00pm	4  Music by Nehemiah Brown
7 Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Technology Help 1 pm BINGO- 2 PM	8 Breakfast 8:30-9:45 am	9 Breakfast 8:30-9:45 am	10 Breakfast 8:30-9:45 am Card Games 1 pm	11  Music by Guy & Mary
14 Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2PM	15 Breakfast 8:30-9:45 am	16 Breakfast 8:30-9:45 am Board & Membership Meeting 1PM Kaiser Seminar 9:00-12:30	17 Breakfast 8:30-9:45 am Card Games 1:00pm City Meeting Political Candidates 6-8 pm	18
21 Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	22 Breakfast 8:30-9:45 am	23 Breakfast 8:30-9:45 am	24  Music by String Thoree Ukulele Breakfast 8:30-9:45 am Card Games 1:00pm	25  Music by Guy & Mary CRMM Presentation Scrimshaw Art 1 PM Susannah's Supper Methodist Church 6 pm
28 Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	29 Breakfast 8:30-9:45 am United Health 10 am- 12 pm	30 Breakfast 8:30-9:45 am	31 Breakfast 8:30-9:45 am Halloween Festivities at Lunch Card Games 1 pm	

Meals Served for August: 1248

Volunteer Hours: 721



**Happy Birthday to our
October Birthday Members**
Birthday Flower: Cosmos Birthstone: Opal
 If your birthday is not listed or wrong, please contact the reception desk

- 10/3 Larita Edwards
- 10/3 Mary Stone
- 10/5 Debra Hurt
- 10/6 Charlotte Houghtlen
- 10/7 Suzanne Gillman
- 10/9 Brenda Langner
- 10/10 Judy Colt
- 10/10 Shirley Young



- 10/12 Tunie Betschart
- 10/12 Marie Prosser
- 10/14 Ann Liga
- 10/15 Carla Smith-Castle
- 10/18 Melanie Miller
- 10/19 Beverly Oetmann
- 10/20 Jim Everman
- 10/22 Karen Powell
- 10/27 Alice Beck
- 10/27 Tonya Higgins
- 10/28 LilliBell Welter

**For October, we are honoring
Tom Demeter.**

Volunteer of the Month for October is Tom Demeter.

Tom wears many hats at the Rainier Senior Center. He has a delivery route for our Home Delivered Meals for our home-bound members. He also helps in the kitchen and in fundraising activities.

He splits his time between Rainier Senior Center and Rainier Eagles #4022 where he serves as Chaplin and as an officer.

We Thank Tom for his valuable time spent at Rainier Senior Center.



**PLAN FOR YOUR EVENTS AT
THE RAINIER SENIOR CENTER!**

Whether it's Birthdays, Anniversaries, Weddings
Baby Showers, Family Reunions
Everything you need to get the party started is
located right here.

See our Website for details.

Sadly, because of the continuing rising cost of food prices, the Center is needing to increase the Lunch donation to \$7 for those over 60. This will take effect in October.

**Volunteers
Needed!**
Check with the desk

We Serve
Home Delivered Meals
so no senior goes hungry.



October EVENTS

It is the time of year again to consider updating your medical insurance coverage. Kaiser & United Health will be holding introduction seminars at the Rainier Riverfront Center:

Kaiser October 16th 9-12:30
United Health October 29th 10-12




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MONSTER BASH
Halloween on Thursday October 31.
Could there be a Monster Bash? Let's see what turns up!
Surprises Welcome...



**First Monday
Technology Help**

Assistance with: iPads, SmartPhones, Printers, FM Reward Card, Computer Questions.
with Scott Cooper
October 7
1 PM

Thank You!

Greatly Appreciated

Thank you to **Columbia PUD** for their generous donation of pork which they purchased from the Columbia County Fair exhibitors. We also thank them for their yard work and new bark to beautify our surroundings.

REMEMBER – With the Holiday Season approaching, a wonderful way to remember that special person is with one of our Gift Certificates for a membership, or lunches and also for our Gift Shoppe.



- Retirement Income Planning
 - Wealth Management
 - Tax & Estate Planning
- Medicare/Health Insurance

Visit our website or call to schedule your complimentary consultation.

www.Schultzfs.com

503-543-3844



Rock Painting Event

There were 14 people present to paint rocks. They will either keep them or hide them to make some else's day special or use as gifts.

It was fun to see all the different art work. Hope to have another one

November Events



Holiday Bazaar

November 2

9 am - 3 pm

See Flyer for Details

Thanksgiving Dinner

Saturday, November 23 at 2 PM

\$20 Reserve Early
Limited Space

CRMM Presentation

NOVEMBER 25

at 1 PM

Daniel Garrison, CPA,

2114 Columbia Blvd,

St Helens, OR 97051

Email: 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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P O Box 216, Clatskanie, OR 97016

503-728-2163

Open Monday through Thursday

7 am-5:30 pm

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..



**Help our Nutritional Program
by Donating**

Your Recyclable Cans or Bottles

Your donations are greatly appreciated

Canterbury Inn
Canterbury Park
City of Rainier
Columbia Food Bank
Cornerstone Cafe Rainier
Country Financial
Deer Island Grange
Delaware Plaza
Deli & Mart
Dog Zone
Dutch Bro's
Eagles
El Tapatio
Eminence Hair Salon
Flowers & Fluff
Fred Meyer
Grocery Outlet
InRoads

Kaiser Permanente
Kirby's Fish & Chips
Lowe's
Means Nursery
Memaw's Attic
Miracle Ear
Nys Tree Farm
Ol' Pastime Tavern
Pie Trio's
Rainier True Value
Red Lobster
Rainier Oregon Historical Museum
Safeway
Sound Authority
Stuffy's
Sugar Pearl
Triangle Bowl
Tsugawa Garden & Wellness
United Way



"A Great Place...For Great People"

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