



Riverside Review

Volume 2025 Issue 1 January 2025

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

Breaking Records in 2024

RETURNABLE-CAN/BOTTLE RECYCLING – AMAZING! In the year of 2024 Rainier Riverfront Center (Rainier Senior Center) has brought in **\$15,000 from returnable-can/bottle recycling**. This revenue helps the Center in providing its services to the Rainier community. Cans & bottles are hand-sacked for transport to a recycling hub and at 10¢ each, that amounts to 150,000 items! A more than deserved THANK YOU to those diligent volunteers who faithfully get the cans & bottles ready to go. You can see how important those cans & bottles are. So be sure to bring us **your returnable cans and bottles, your neighbor's, and all the returnable cans and bottles at your disposal!** But please, NO OTHER RECYCLABLE ITEMS.

The **12/17/24** Rainier Senior Center Blood Drive exceeded all previous drives! In 7 years the Center has had 24 Drives, averaging 20 pints each. **This Drive received 28 pints! A 7 year total of 484 pints.** Each pint can save 3+ lives, making it possible for 1500+ people to continue to live a better life.

Thanks to all those that showed up to give the Gift of Life. You are our local heroes!

New Museum is Coming!
The new Rainier History Museum construction is making great strides. If you haven't been down to look at the progress you will be surprised. It is a beautiful building and brings a wonderful boost to the area.

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*

'COOKIES AND MORE' SALE RESULTS

- There was a nice variety of cookies along with some fudge and caramel corn. The Grinch made an appearance as a cookie but soon disappeared - apparently back to his den! A standing ovation to those dependable volunteers who contribute to our fundraiser events throughout the year. **The cookies put \$242 in the fund.** Thanks to all who went home with bags of cookies.

WANTED – GRANT WRITER

Rainier Riverfront Center (dba Rainier Senior Center) is in need of a Grant writer. If you have experience in this process or know of someone who can do this, please contact Jan at 503-556-3889 or RainierSeniorsC@gmail.com

Grants are very important and instrumental in maintaining the viability of non-profit entities like Rainier Riverfront Center.

OVERCOMERS OUTREACH

will be holding meetings at the Rainier Riverfront Center, (dba Rainier Senior Center), every, **Tuesday from 6pm to 7:30**. They offer a recovery program for those struggling with the disease of substance abuse and hopelessness as well as for those who support them. They offer a 12-step Christian-based program to help provide solutions. They also have meetings in Scappoose and Deer Island.

Ralph Fawcett 360-606-2211 or

Tom Hagstrom 360-431-0361

www.overcomersoutreach.org.

Everyone welcome!

Senior Friendship & Loneliness Line

503-200-1633

800-971-0016

800-282-7035

SeniorLonelinessLine.org

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.

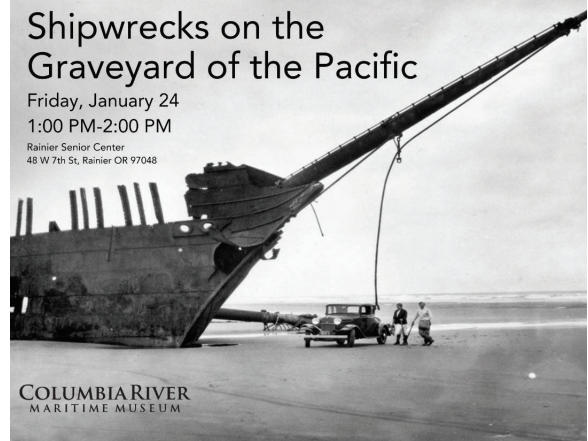
Presentation: January 24, 1pm

Shipwrecks on the Graveyard of the Pacific

Friday, January 24

1:00 PM-2:00 PM

Rainier Senior Center
48 W 7th St, Rainier OR 97048



Proper Insulation Can Help Your Power Bill

Insulation is one of the most important elements of an efficient home. Making sure you have enough insulation – and that it's properly installed – will help you minimize energy waste and heating and cooling costs.

One way you can quickly identify whether you have the proper amount of insulation in your attic is to go outside on a cold day. Look at your roof. If it's solidly frosty, that's good! If some parts are melted and you can see the rafter outlines on your house and a neighbor's roof is frosty, you should insulate your attic.

Columbia River PUD recommends having at least 10 inches of insulation in your attic.

You also want to have the proper level of insulation in your crawlspace and in exterior and basement walls. The insulation under your floors only works when it is in contact with your house. If you notice the floors insulation is falling, re-secure it with twine, wire, or lath.

CRPUD offers rebates for upgrading insulation in homes that are heated with electricity.

Visit www.crpud.net/insulation to learn more.



COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY

JANUARY MENU 2025

| | | | | |
|---|---|---|--|---|
| | | 1 Happy New Year CLOSED | 2 Beef Stew w/ Carrots, potatoes,celery Mixed Green Salad Spiced Apples Biscuit | 3 Chicken Fajitas Peppers, onions, Salsa Flour Tortillas Spanish rice re-fried Beans Birthday Cake Friday |
| 6 Meat Loaf Mashed Potatoes Mixed Green Salad Apricot Halves Pudding | 7 Chef Salad Tuna Salad ,Cheese, Tomato..etc Vegetable Beef Soup Cottage cheese Bread | 8 Stuffed Peppers Roasted Potatoes Carrots Spinach Salad Bread | 9 Taco Soup Tortilla Chips Cottage Cheese Fruit | 10 Swiss Steak Tom.&Mushrooms Rice Pilaf Sauteed Squash Mandarins Garlic Bread |
| 13 Roast Beef w/ gravy Mashed Potatoes Green Beans Peach Slices Biscuit | 14 Home made Tomato Basil Soup Grilled cheese Sandwich 3 Bean Salad Mixed fruit | 15 Beef Stroganoff Egg Noodles Normandy Veggies Mandarin Oranges | 16 BBQ Ribs Potato Salad Capri Veggies Pineapple | 17 Salmon Loaf Green Beans Fruited Coleslaw Pear Halves |
| 20 Chicken Noodle Soup Turkey Sandwich Coleslaw | 21 Cheese Pizza Italian Veggies Cottage Cheese W/ Pineapple | 22 Vegetarian Chili w/Beans Garden Salad Apple Sauce Crackers | 23 Baked Chicken Cornbread Stuffing Mixed Veggies Jello w/ Fruit | 24 Tuna Noodle Casserole Green Peas Spiced apricots Carrot raisin Salad |
| 27 Ham & Bean Soup Baked Yams Green Salad Cornbread Apple Slices | 28 Oven fried Chicken Mashed Potatoes Green Beans Broccoli Salad | 29 Taco Salad Mixed Greens The Works Salsa, Sour Cream Corn Chips Fruit | 30 Broccoli Soup Cheese Sandwich Carrot/ Raisin salad Peaches | |

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.

January Events

| | | | | |
|---|---|--|--|---|
| | | 1 CLOSED | 2 Breakfast 8:30-9:45 am Card Games 1:00pm | 3  Music by Guy & Mary |
| 6  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Technology Help 1 pm BINGO- 2 PM | 7 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm | 8 Breakfast 8:30-9:45 am | 9 Breakfast 8:30-9:45 am  Music by Boursaw Bros Card Games 1 pm | 10 |
| 13  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2PM | 14 Breakfast 8:30-9:45 am All about Coffee 9 am Overcomers Outreach 6:00-7:30 pm | 15 Breakfast 8:30-9:45 am Board & Membership Meeting 1PM | 16 Breakfast 8:30-9:45 am Card Games 1:00pm | 17  Music by Guy & Mary |
| 20  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM | 21 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm | 22 Breakfast 8:30-9:45 am | 23 Breakfast 8:30-9:45 am Card Games 1:00pm | 24  Music by Boursaw Bros CRMM Presentation Shipwrecks-1 PM Susannah's Supper Methodist Church 6 pm |
| 27  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM | 28 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm | 29 Breakfast 8:30-9:45 am | 30 Breakfast 8:30-9:45 am Card Games 1:00pm | 31 |

Meals Served for November: 1044

Volunteer Hours: 686



**Happy Birthday to our
January Birthday Members**
Birthday Flower: Snowdrop Birthstone: Garnet
 If your birthday is not listed or wrong, please contact the reception desk

- | | | | |
|------|--------------------|------|-----------------------|
| 1/4 | Lassie Anderson | 1/14 | Elaine Lipton |
| 1/6 | Mary Keith | 1/19 | Marc Hooper |
| 1/8 | Melva Reed | 1/23 | Stan Millard |
| 1/10 | Duane Bernard | 1/23 | Katherine (Kay) Smith |
| 1/13 | Barbara Huntington | 1/27 | Pam Russell |



**For January
we are honoring
Gloria Nelson**

Gloria is a long-time Rainier citizen and a valued member of the Rainier Senior Center staff. She is always available for a spur of the moment volunteer need whether in the dining room, a holiday dinner or an unexpected vacancy. She enjoys her time spent at the Senior Center and looks forward to Thursdays and playing cards. When she is not volunteering you will find her in her flower garden.



**Columbia River Maritime Museum
Presentation for January, 2025, Shipwrecks
on the Graveyard of the Pacific!**

These presentations are very informative and interesting. Please attend and show the Museum how much we appreciate their efforts in bringing these presentations conveniently to our doorstep. The Museum presents these to many other organizations and we are very lucky to be on their presentation list.

Columbia River Maritime Museum (CRMM) is offering free entrance to the first 10 Rainier senior citizens who would like to visit the museum. Anyone interested will need to sign up at the Rainier Riverfront Center (Rainier Senior Center) and a trip will be scheduled for a visit to Astoria in 2025. The museum has a wonderful collection

of maritime artifacts for viewing. Anyone who has been to a CRMM presentation at the Senior Center will tell you of the depth of their information and items presented for display. Rolf Klep presentation on November 22 had a near full house!

**Do not miss the January 24, 2025
'Shipwrecks on the Graveyard
of the Pacific
presentation after lunch.**

The new **Rainier History Museum** construction is making great strides. If you haven't been down to look at the progress you will be surprised. It is a beautiful building and brings a wonderful boost to the area.

January EVENTS

Everything You Need to Know About Coffee


January 14, 9 am

Join us for an engaging class that explores the world of coffee! We'll take you on a journey through coffee tasting, different processing methods, and origins. Learn the essentials of brewing and discover how to create the perfect cup at home. Perfect for coffee lovers eager to deepen their appreciation and skills! The class is offered by Rob Hoos Coffee Consulting. Rob Hoss is a Rainier resident and brings more than 10 years experience in coffee consulting. The class will be on January 14th at 9:00 am. Please sign up at the front office.

CRMM Presentation Shipwrecks on the Graveyard of the Pacific January 24, 1 PM

Memorials

Rainier Riverfront Center (Rainier Senior Center) is honored to have received two Memorial Remembrance gifts in memory of two long-time Rainier residents, and we wish to offer our deepest condolences to their families. Joanne and Duane Barnard in memory of Joanne's brother, Lowell Bentley; and Steve Sandahl in memory of his wife Liz. These loving remembrances are a beautiful way to memorialize Lowell Bentley's and Liz Sandahl's lives.



First Monday Technology Help

Assistance with: iPads, SmartPhones, Printers, FM Reward Card, Computer Questions.
with Scott Cooper
January 6
1 PM

Sunroom Update

The windows were installed on Monday January 16th, as well as insulation and walls. Finishing projects are the outside door, arriving in January, flooring covering and some form of heating. Sunroom is expected to be completed by March 2025 for use by the Center or anyone needing to reserve a room for family activities.

ATM Reminder

We are lucky enough to have an ATM in our lobby at the Rainier Riverfront Center (Rainier Senior Center). It is there as a convenience for our members as well as our guests. For us to be able to keep the ATM available there needs to be warranted activity. Currently the activity has been less than hoped for. Please remember the ATM is there when you haven't time to drive to your bank and if you are driving across the bridge to your no-fee ATM you are most likely spending more on gas than you would spend on the Center's ATM fee.

Christmas Dinner Cancellation

Unfortunately due to lack of participation our annual Christmas Dinner was canceled.



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

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www.Schultzfs.com

503-543-3844

February Events

Sugar & Spice plus Everything Sweet February 10

Valentine Delectable Edibles
Monday February 10th
Watch for the sign-up sheet for your
special contribution to this event.

AARP Tax Help
Begins February 11- Sign up Now
CRMM Presentation
February 28, 1pm
"Valentines"



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..



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



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Scappoose, OR 97056
beth@understandingmymedicare.com

www.UnderstandingMyMedicare.com

An **update on Library services** to our Home Delivered Meals people: Everyone interested has received books or audio books in October. Some books have already been read and returned. Please keep in touch when you need another delivery!

Dorothy 503-556-3889

A memorial remembrance donation to the Rainier Riverfront Center for a passing loved one, would be a thoughtful way celebrate their lives and memories in the Rainier community. These and other donations are very appreciated and ensures community members will be able to continue having needed services available in the future.

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.

AARP Tax Help February 11th – Taking Sign-up now at the desk.

Starting on February 11th, AARP will begin taking appointments for 2024 tax preparation. There will be sessions on the **2nd Tuesdays in March and April**. Be sure to sign up as appointments go fast.

AN IMPORTANT REMINDER

It is important that anyone who shops at Fred Meyer be signed up in their Community Support Program, naming Rainier Senior Center as the sponsor. If you are not, please ask us and we will get you set up in the program. It is a wonderful way for a percentage of your purchase \$ to be returned to Rainier Seniors in a quarterly check to add to our donation funds

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
Samuel L. Johnson Foundation

Kaiser Permanente
Kirby's Fish & Chips
Lowe's
Means Nursery
Mee Maw'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*