



Riverside Review

Volume 2018 Issue 7 July 2018

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Phone: 503-556-3889
Web: RainierSeniors.com

My Fair Lady Pageant is on July 18th which is also Senior Day at the Columbia County Fair. A delicious box lunch is served from 10:45 to 12:30 and is free to all volunteers, seniors or veterans. Stop at the RSVP table under the tent to get your ticket. Relax or enjoy the fair until 1:00 then come back and cheer on our My Fair Princess, Carla Bodenhamer, She may become queen!



Our Rainier representative, Carla Bodenhamer, for My Fair Lady Princess. Each year RSC hosts a tea for all of the Columbia County princesses current and past.

Board Members

Jan Rich. Pres.
Carla Bodenhamer, V Pres.
Marilyn Tift, Tres. *Rachel Kelley,* Sect.
At Large: *Shirley Emerick, Clint Kelley,*
and Judy Lepin

Newsletter Editor: *Beth Bailey*

PARKING

At Rainier Senior Center

for \$5.00

Saturday, July 7th
for Rainier Days in the Park
and the FIREWORKS

Please Complete Your NAPIS Form for the Senior Center Nutrition Fund

NAPIS forms are extremely important to your Senior Center. These completed forms are how the Community Action Team reimburses the center. Currently they are worth 75 cents but come July first they will be worth \$1.25. **If your NAPIS form is more than one year old,** please stop by the front desk and complete a current one. If you have any questions, please talk to any Board member.

Stop by the Desk- It only takes a minute or less.

Hours
Rainier Senior Center Hours
9:30 am to 2:30 pm
Monday through Friday

City-Wide Garage Sale is AUGUST 11

**Reserve your table(s) in our
air-conditioned Senior Center**

Call Rachel at 503-369-6382



During
Birthday Friday the Center
will be offering a
FREE lunch
certificate to those
birthday folks present

Tips For Staying Cool

The Energy Experts at Columbia River PUD have some tips to share for staying cool and saving on your monthly power bill this summer.

1. Keep the Heat Out: Keep your windows closed during the day to keep the heat out. Open them at night to let cool air in. Close drapes or blinds to block the sun.
2. Air Conditioning: Air conditioners use a lot of power. The higher you set your thermostat, the more you can save. The PUD typically recommends 78 degrees for summer cooling.
3. Use a Fan: Whenever possible, use alternatives to air conditioning. Fans are a great option. The breeze from a fan will cool you down with a lot less energy than an air conditioner. Be sure to turn it off when you leave a room.
4. Stay Hydrated: Drink plenty of cold liquids throughout the day.
5. Cool Off Your Kitchen: Use a microwave or cook outside on a grill whenever possible. Keeping the stove and oven off will keep you and your kitchen cooler. If you cook inside, be sure to use a vent fan.
6. Visit the Museum: If the heat is too much, visit your library, museum, Senior Center, or other air-conditioned facility.



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY

Rainier Health Center.
Supporting Community Health and Wellness.



**Get A Great Parking Spot
for just \$5 Donation
at the
Rainier Senior Center
July 7th**

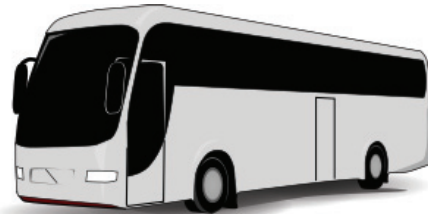
**Daniel Garrison, CPA,
2114 Columbia Blvd,
St Helens, OR 97051
Email: dan@drgtax.com
503-366-0994**

...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.

Now accepting Medicare. This clinic is located up at the Rainier High School. Hours: Tuesday-Friday 8am-4:30pm Closed for lunch 12:30-1:30. Services include: flu shots; primary/acute/chronic medical problems, referrals to specialists, mental health counseling and tobacco prevention.

**Call to schedule an appointment at:
503-556-2178.**

**Special Casino Bus Trip to
LUCKY EAGLE
Last Wednesday of the Month**



**9am to 4pm
Cost: \$15/Member
See Marily to reserve your space**

Senior Center Activities

MONDAY



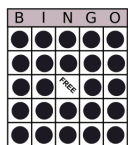
Blood Pressure Check 11 am by Lowell Norbom

Checks both blood pressure and oxygen levels.
Have yours checked!



Music by

The Three of Us
Music begins at 11:00.
Sing along or dance to the tunes.



Evening Bingo
starts at 6:00pm
\$5 per card
Come have fun.

HOOKS & NEEDLES GROUP
Every Monday
1:00-2:30 pm

TUESDAY

Gentle Exercise at 10 am

WEDNESDAY

**Work on a Puzzle, Pick out a Book or
Work Out on the Exercise Equipment**

THURSDAY

1st and 3rd Thursdays

Pinochle at 1:00 PM

Thursdays- See Events Page

Yoga at 10:30 am

Gentle Exercise at 10am

FRIDAY



Music

1st and 3rd Friday

Foot Care



10am-1pm

**By Lowell Norbaum,
Retired RN**

Cost: \$15 goes to Center

**Trim toenails-Remove corns and
calluses**

Please make an appointment!

SPECIAL EVENTS

RAINIER DAYS IN THE PARK

July 6, 7, and 8

Parade with Carla Bodenhamer, our Princess

Saturday July 7 at 10am

Park at the Senior Center for \$5.00 donation

HELP Decorate our Float

Friday, July 6 at 4pm at the Center

Membership Meeting Schedule:

4th Wednesday of the month

**August
October
December**



Happy Birthday to our July Birthday Members

Birthday Flower: Waterlily Birthstone: Ruby

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

7/1	Cheri Perill	7/13	Elaine Graham
7/1	Linda Larson	7/17	Lowell Norbom
7/4	Margaret Brady	7/20	Harold Morton
7/4	Terri Williams	7/21	Phylis Cox
7/4	Robin Hungerford	7/23	Randy Bailey
7/5	Russ Moon	7/25	Ken Sold
7/7	Sheridian Holland	7/27	Anna Jeffers
7/8	Connie McGlone	7/29	Betty Neer
7/8	Sandra Mitchell	7/29	Mary Jones
7/11	Art Hines	7/29	Camelia Ionescu
7/12	Darlene Pearce		

Please Register your rewards program to designate the Rainier Senior Center as the non-profit



**Help Our
Senior Center
Earn Money!**

Register Today!
We're up to 47 families!
1st qtr 2018- Contribution
\$87.31; Total 2017: \$381.22
Check to make sure your
rewards card is connected
to the center.

Total July Fuel Points: 16
*****8
Rewards or Fuel Program Questions?
Details at www.fredmeyer.com/rewards
or Contact us at 1-866-518-2686
Monday-Friday 5AM to 9PM PST
*****8

SAVE THIS RECEIPT FOR REFUNDS
OR ADJUSTMENTS

Thank you for participating in
2017 Fred Meyer Community Rewards
You requested Fred Meyer donate to
Rainier Senior Citizens, Inc.



9102018570117101071707181135
THANK YOU FOR CHOOSING FREDDY'S!
www.fredmeyer.com

The Rainier Senior Center can earn money from
Fred Meyer by anyone who shops there and signs
up for the Community Rewards Program.

Link your card to:
Rainier Senior Citizens
- or use our non-profit number **94223**.

**You still get your reward points, fuel
points and rebates just the same!**

Look at example →

Rainier's Volunteer for the Month of July: Judy Lepin

Judy was born and raised in Rainier. She raised two boys and one girl who gave her six grand-children. She loves to sew and has shared her skill with grandchildren and the Linus Club. After retirement, she delivered meal on wheels. She has worked at the senior center desk and is a board member. She also spends time walking her dog. Judy has coordinated monitors for Sunday church at the center. Thank you, Judy, for all that you do!



JULY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
2  3 of Us	3	4 CLOSED	5  Music with Inez Glaze Pinochle 1:00 PM	6  Music with Erik & Cheri January birthday cake  Foot Care 10am-1pm \$15 to center
9  3 of Us Blood Pressure Check Hooks & Needles 1 pm	10  Music with Tom Lavelle Men and Women's VFW at 1:30 pm	11 WIC 9:30am-1pm	12  Music by Cowlitz Ukelele Gentle Exercise 10am Chair Yoga 10:30 am	13  Music by Al Barr  Foot Care 10am-1pm \$15 to center
16  3 of Us Blood Pressure Check 11 am Hooks & Needles 1 pm Bingo -6pm	17  Music with Buck Sanders Gentle Exercise 10am Board Meeting 1 pm Men's/Women's VFW - 1:00 pm	18 Senior Day at Columbia County Fair	19 Gentle Exercise 10am Pinochle 1:00 PM	20  Foot Care 10am-1pm \$15 to center
23  3 of Us Blood Pressure Check 11 AM Hooks & Needles 1pm Bingo - 6 pm	24 Michelle Moore Insurance 11am to 1pm	25  Music with Tom Lavelle Casino Bus Trip 9am-4pm \$15/member See Marily	26 Gentle Exercise 10 AM Chair Yoga 10:30 am	27  Foot Care 10am-1pm \$15 to center  Music by Vern Kennedy Susannah's Supper 6pm Rainier Methodist Church
30  3 of Us Blood Pressure Check 11 AM Hooks & Needles 1 pm Bingo -6pm	31  Music with Inez Glaze			

July 2018 Rainier Senior Center Activities - www.RainierSeniors.com
 Events are subject to change without notice. NO Breakfast deliveries.

JULY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Ham Potatoes Au Gratin Veggies Roll	3 Fish 'N' Chips Coleslaw Tarter Sauce	4 CLOSED	5 BLT Veggie Soup Chips Fruit	6 Crispy Chicken Salad Roll Birthday Cake
9 Chicken Fried Steak Mashed Potatoes Veggie Salad Roll	10 Taco Salad Tortilla Chips 3 Bean Salad	11 Tater Tot Casserole Salad	12 Tomato Soup Grilled Ham & Cheese Sandwich	13 Fishwich Sandwich Cole Slaw Chips
16 Baked Chicken Rice Pilaf Veggie Roll	17 Ham & Beans Corn Bread Salad	18 Meat Loaf Mashed Potatoes Veggie Broccoli Salad	19 Salad Bar W/ All The Goodies Bread DONATION: \$5 One Serving \$8 All You Can Eat	20 Cheese Ravioli Bread Salad
23 Swiss Steak W/ Potato Gnocchi Salad	24 Split Pea Soup Ham Sandwich	25 Swedish Meatballs Pasta Roll Garden Salad	26 Chicken Burgers W/ All The Fixins Fries	27 Tacos Spanish Rice
30 Porcupine Meatballs Veggie Coleslaw	31 Patty Melt Macaroni Salad Chips		Meals Served In May: 1,090 May Volunteer Hours: 536.50	

Rainier Senior Center Lunch Menu 503-556-3889 www.RainierSeniors.com

Call in and carry-out orders need to be in no later than 10:30 am.

Menu is subject to change without notice. Breakfast served 9:00-10:30, M-F

Suggested Donation is \$5 for over 60 and \$6 for under 60 for lunch; Breakfast, \$5

Princess Tea for Columbia County

Each year RSC hosts a tea for all of the Columbia County princesses current and past. This year our representative is Carla Bodenhamer, our Vice-President.

Many local members as well as visitors attended the tea which featured all senior princesses from Columbia County. We look forward to seeing Carla reign as "My Fair Lady".



Columbia County
Princess Tea attendees

Practice DMV Test Available

DMV is offering a sample written test to Rainier senior residents if you need to renew your driving license. Sample tests can be found at:
<https://www.dmv-written-test.com/Oregon/practice-test-1.html>

All the tests are free and no personal information will be collected.

2018 My Fair Lady
Court Princesses
for Columbia
County



Recycle and Help the Center
Bring in your cans and bottles
and place them in the container
in front of the center.



Special Thanks to
The Estate of Heather Penny Blahm
and United Way
for the generous donations to
Rainier Senior Center

**Bed, Bath & Beyond
Columbia River PUD
Country Financial
Columbia Mermaid
Delaware Place
Dutch Bros
El Tapatio
Highlander Place
Hometown Pizza
Knot Just A Bear
Means Nursery
Ol' Pastime Tavern
Oliva Bros
PGE
Rainier Chevron Food Mart
Rainier True Value
The Cornerstone Cafe
The Toy Store
Triangle Bowl
Vernie's Pizza**

**Canterbury Plaza
City of Rainier
Columbia Food Bank
Deer Island Grange
Delaware Plaza
Eagles
Foster Farms
Fred Meyer
Head Hunter
Lower Columbia Insurance
Nys Tree Farm
Rainier Deli & Mart
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
Teevin Bros
United Way**



"A Great Place...For Great People"

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