



# *Riverside Review*

Volume 2018      Issue 6      June 2018

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## New 2018-2019 Board Nominations:

**President:** Jan Rich  
**Vice President:** Carla Bodenhamer  
**Treasurer:** Marily Tift  
**Secretary:** Rachel Kelley  
**At Large:** Judy Lepin, Shirley Emerick,  
Clint Kelley

You must have been a member in good standing  
as of May 25th in order to vote.

Ballots will be at the front desk.



**Rosealee Herstrom**  
won the basket  
at the Mother's Day lunch  
on Fri. May 11th  
Plants donated by  
Means Nursery  
for Mother's Day lunch

## 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

## Board Members

**Jan Rich.** Pres.      **Don Carnahan,** V Pres.  
**Marily Tift,** Tres.      **Rachel Kelley,** Sect.  
At Large: **Shirley Emerick, Clint Kelley,**  
**and Judy Lepin**

Newsletter Editor: **Beth Bailey**



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

## Beware of Scam Attempts

Posing as a utility employee is a classic scam. People will try it in person, by email, over the phone, or by text message.

Stay safe from scam artists posing as Columbia River PUD employees by following these tips:

- If a PUD employee calls you and asks for account details like your account number or balance, it's probably a scam. **If you are in doubt, hang up and call the PUD at (503) 397-0590.**
- Don't provide any PUD account information, banking information, or credit card information unless you have verified that the caller is legitimate.
- The PUD offers several payment options and will never demand you make a payment by credit card or prepaid credit card.

**If you receive a scam call**, please write down the phone number from your caller ID and the number you are asked to call with payment. Then, call local police and the PUD to report the incident.



A COMMUNITY-OWNED UTILITY

Rainier Health Center.

Supporting Community Health and Wellness.

**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.

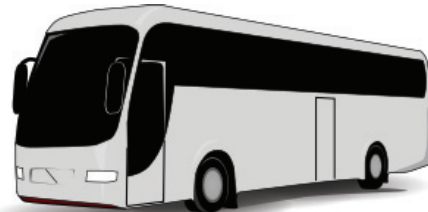
**Call to schedule an appointment at:  
503-556-2178.**



**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.

**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



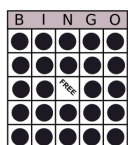
**Blood Pressure Check**  
11 am by Lowell Norbom

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



**Special Father's Day**  
**Luncheon**  
**Friday June 15**



**Membership**  
**Meeting Schedule:**  
**4th Wednesday of the month**  
**June**  
**(annual voting)**  
Members must be in good standing by May 25 to be able to vote for Board members in June.  
**August**  
**October**  
**December**



## 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.*

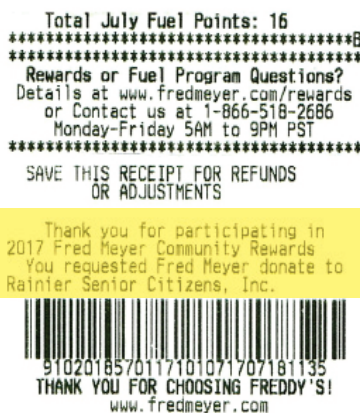
6/1	Delbert Larson	6/25	Melvin Friedland
6/3	June Burham	6/26	Henry Heimuller
6/4	Dave Stafford	6/27	June Dodson
6/4	Wesley Gunter	6/27	Gizelle Nieves
6/6	Betty Harrington	6/28	Cathy Wood
6/8	Paul Nys	6/29	Ron Emerick
6/13	Elaine Carey	6/29	Jeanne Ryan
6/14	Henry Singleton	6/30	Bonnie Romer
6/14	John Curtis	6/30	Bill Ryan
6/17	Jean Hines	6/30	Sandi Scholten
6/22	Roy Walker		

## 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.



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 by calling **1-800-576-4377** and select **option 3.**

Ask them to search for us by name **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 Volunteers for the Month of June

Jim and Marlene Gaston have been volunteering as meals-on-wheels drivers since retirement. They met in high school while Jim played football and Marlene was a majorette. They've been married for 50 + years and have 4 children. Jim worked at Gram sawmill and Marlene was a housewife then later worked at Bell Studios. Jim enjoys coaching baseball. They continue to raise beef and have lived in Rainier all their lives.


*Thank you, Jim and Marlene.*



# JUNE EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>  <b>Music with Erik &amp; Cheri</b> <b>January birthday cake</b>  <b>Foot Care</b> 10am-1pm \$15 to center
<b>4</b>  <b>3 of Us</b> <b>Blood Pressure Check</b> <b>Hooks &amp; Needles</b> 1 pm	<b>5</b> <b>Michelle Moore Insurance</b> 11am to 1pm	<b>6</b>  <b>Music with Tom Lavelle</b>	<b>7</b> <b>Gentle Exercise</b> 10am <b>Chair Yoga</b> 10:30 am	<b>8</b>  <b>Music by Bo Obney</b>  <b>Foot Care</b> 10am-1pm \$15 to center
<b>11</b>  <b>3 of Us</b> <b>Blood Pressure Check</b> 11 am <b>Hooks &amp; Needles</b> 1 pm <b>Bingo -6pm</b>	<b>12</b>  <b>Music with Buck Sanders</b> <b>Gentle Exercise</b> 10am <b>Men's/Women's VFW - 1:00 pm</b>	<b>13</b>  <b>Music with Bo Obney</b>  <b>WIC</b> 9:30am-1pm	<b>14</b>  <b>Music with Al Barr</b> <b>Gentle Exercise</b> 10am <b>Chair Yoga</b> 10:30 am <b>Pinochle</b> 1:00 PM	<b>15</b>  <b>Foot Care</b> 10am-1pm \$15 to center
<b>18</b>  <b>3 of Us</b> <b>Blood Pressure Check</b> 11 AM <b>Hooks &amp; Needles</b> 1pm <b>Bingo - 6 pm</b>	<b>19</b>  <b>Music with Tom Lavelle</b>	<b>20</b>  <b>Music with Inez Glaze</b>  <b>Board Meeting</b> 1 pm	<b>21</b>  <b>Gentle Exercise</b> 10 AM	<b>22</b>  <b>Foot Care</b> 10am-1pm \$15 to center  <b>Music by Vern Kennedy</b> <b>Susannah's Supper</b> 6pm Rainier Methodist Church
<b>25</b>  <b>3 of Us</b> <b>Blood Pressure Check</b> 11 AM <b>Hooks &amp; Needles</b> 1 pm <b>Bingo -6pm</b>	<b>26</b>	<b>27</b> <b>Membership Meeting</b> 1 PM <b>Casino Bus Trip</b> 9am-4pm \$15/member See Marily	<b>28</b> <b>Gentle Exercise</b> 10 AM <b>Chair Yoga</b> 10:30 am	<b>29</b>

June 2018 Rainier Senior Center Activities - [www.RainierSeniors.com](http://www.RainierSeniors.com)  
Events are subject to change without notice. NO Breakfast deliveries.

JUNE MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meals Served In April:</b> <b>1,072</b> <b>April Volunteer Hours:</b> <b>641.50</b> <b>Total Meals Through April:</b> <b>11,096</b>				1 Birthday Friday  Taco Salad Tortilla Chips  <b>Birthday Cake</b>
4  Pork Roast Carrots & Potatoes Rolls Apple Sauce	5  Grilled Egg Salad Sandwich Mixed Green Salad Apple Slices	6  Chicken Burgers W/ All The Fixings Crinkle Fries	7  Chicken Noodle Soup Bread Fruit	8  Chef Salad W/ All The Goodies Roll
11  Spaghetti W/ Meat Sauce Garlic Bread Salad	12  Chicken Pot Pie Fruit	13  Pork Chops Smothered In Mushroom Gravy Mashed Potatoes Apple Sauce Rolls	14  Patty Melt Potato Salad	15 Father's Day  Chicken Fried Steak Mashed Potatoes Veggies Fruit 
18  Meatloaf Mashed Potatoes W/ Gravy Veggie	19  Tuna Sandwich W/ Chips Fruit Plate <b>OR</b> Liver & Onions Baked Potato	20  Lasagna Garlic Bread Green Salad	21  Chicken & Dumplings Broccoli Salad	22  Pulled BBQ Pork Sandwich Macaroni Salad Chips
25  Hamburger Gravy Over Mashed Potatoes Roll Green Salad	26  Chicken Stir Fry Over Rice Fruit	27  Roast Beef Carrots Spuds Roll	28  Scalloped Potatoes W/ Ham Veggies Pea Salad	29  BBQ Cheese Burgers Baked Beans Cole Slaw

Rainier Senior Center Lunch Menu

503-556-3889

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



## 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.



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

WE ARE  
**Meals On Wheels**  
*So no senior goes hungry.*



**VOLUNTEERS  
DO NOT  
NECESSARILY  
HAVE THE TIME;  
THEY HAVE  
THE HEART**

ELIZABETH ANDREW

**Help Rainier Senior Center Nutrition  
Fund so we can continue to serve  
by filling out a NAPIS Form at the Front  
Desk.**

**Every time you dine with us that adds  
\$1.25 to the nutrition program.**

**You can also volunteer to be a  
MEALS ON WHEELS Driver**

**See the Front Desk and  
learn how you can help.**



**Special Thanks to the  
Eagles Auxiliary and  
Stephen Petersen  
for their generous donations**

IF YOU  
**LAUGH**  
A LOT,  
WHEN YOU GET OLDER  
YOUR WRINKLES WILL BE  
IN THE RIGHT PLACES.

**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***