



**RAINIER SENIOR CENTER**

*A Great Place...For Great People*

**RIVERSIDE REVIEW**

**Volume 2014**

**Issue 11**

**November 1, 2014**

**Rainier Senior Center  
48 W. 7<sup>th</sup> Street  
Rainier, OR 97048**

**Phone: 503-556-3889  
Email: [rainierseniorc@gmail.com](mailto:rainierseniorc@gmail.com)  
Web: [RainierSeniors.com](http://RainierSeniors.com)**

**BOARD MEMBERS:**

**Bill Dias- President**

**Rachel Kelley, Secretary**

**Clint Kelley**

**Randy Bailey, Vice President**

**Marily Tift, Treasurer**

**Jan Rich**

**Keith Ekstrom**

**Newsletter Editor- Liz Sandahl**

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**WE WILL BE CLOSED ON NOVEMBER 27TH & 28TH FOR  
THANKSGIVING.**

**The Membership Meeting** will be held on **November 26th at 1:00.**

At the last meeting there were 7 Board Members and 13 members present.

**Exercise Class:** We started having an **Exercise Class** on Thursdays 9:30. If you are interested please stop by. This is a **free class**. The equipment may be used **any** day by **anyone**.

**Christy Dewey:** Christy from the Department of Human Resources and Area on Aging and Disabilities will hold a seminar on **Identifying Elder Abuse** at the center on Tuesday, November 18th at 1:00. Be sure to attend so you will know what to look out for among our seniors.

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**NEW Web Page:** We now have a new Web Page and you can check it out at **www.RainierSeniors.Com.**

\* \* \* \* \*

**Sponsor Lunch:** The sponsor lunch will be held on Monday, November 3rd. Our sponsor is Rod Lloyd who has volunteered his time and efforts to design a Web Page for the Senior Center. He will talk about himself and things he does. Thank You Rod for your efforts in our behalf!

\* \* \* \* \*

**Charity Bowl:** We had a lot of fun and plenty of laughter on Saturday, October 11th at the Triangle Bowl. Twenty one bowlers participated, some of which hadn't bowled in several years. Our bowlers brought their own cheering sections, so there were lots of clapping, high fives and even some moans. Between the bowlers and the supporters we raised **\$185**. Thanks to everyone who made this a successful day.

\* \* \* \* \*

**Thank You:** The Board would like to give a big Thank You to Del Larson who donated \$20 towards our Bingo Fundraiser in September. This gave us the rest of the money to pay for the TV which was a big prize.

\* \* \* \* \*

**Deer Island Grange:** The Deer Island Grange donated \$100 to pay for our turkeys for our Thanksgiving Fundraiser Dinner. Thank you also to Allen Jones for his time in finding the best buy for our turkeys. They have supported our center in this way for the last several years, and we really appreciate it!

**A donation list will be at the front desk for other items that the members can donate for the dinner and the pies we will sell to make some money.**

\* \* \* \* \*

**The Pacific Food Bank:** While we are handing out Thank Yous we need to give a big one to the Pacific Food Bank for arranging to have our oven and dishwasher repaired to the tune of \$549.00! This saved the center a big expense and we needed these appliances repaired. So great that they helped us out this way!

\* \* \* \* \*



**Christmas Bazaar:** Rachel Kelley says there are still a few tables available to rent for the Bazaar on Saturday December 6th from 9-4 and Sunday December 7th from 11-4. The tables are \$15.00. Call Rachel at 503-369-6382, or the center at 503-556-3889.

\* \* \* \* \*



**Thanksgiving Fundraiser Dinner:** Tickets will go on sale **November 1st** for our Fundraiser Dinner on **Saturday, November 22nd at 2:00**. The tickets are **\$10.00** each with a limited 75 tickets for sale. The dinner will consist of Turkey, Mashed Potatoes w/ Gravy, Dressing, vegetable, Salad, Cranberry Sauce, roll, and desert. Be sure to get your tickets soon!



***HAPPY BIRTHDAY TO OUR NOVEMBER BIRTHDAY MEMBERS!***

**Birthday Flower: Chrysanthemum Birthday Stone: Topaz**

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

- 11/01 James Muck
- 11/03 Betty Jessee
- 11/06 Rosalie Herstrom
- 11/08 Cynthia Jones
- 11/08 Billy Redding
- 11/15 Ernesto Rivas
- 11/17 Evelyn Keller
- 11/18 Lyle Chase
- 11/18 Judy Nys
- 11/19 Donald Wallin
- 11/29 Mary Stupfel
- 11/29 Ruth Sterling

**Holidays:**

- 11/04 Election Day
- 11/11 Veterans Day
- 11/27 Thanksgiving

\* \* \* \* \*



**Pie Sale:**

We will have pies for sale for your holiday dinner. This year we will have Apple Pie, Lemon Meringue, Coconut Cream Pie, Chocolate Pie, and Pumpkin. They are \$8.00 each. You must **pay in advance** and **ordered** the week of **November 17th thru 21st. Pickup days are Tuesday November 25th and 26th.**

\* \* \* \* \*

**Beth Moffitt:** Beth Moffitt will be here on **Monday November 3rd from 9:30 until 1:00**, and **Monday November 17th from 9:30 until 1:00**. There are a lot of changes with Medicare. Be sure you talk to her about your health plans.

\* \* \* \* \*

**Volunteer of the Month:** Liz Sandahl was chosen as the October Volunteer of the Month. She has been a past board member and is our editor for our newsletter, and she helped in the office for five years, as well as attending most of our events to take pictures to be displayed at the center. As a member of the Rainier Garden

Club as well, she has helped support the center thru projects with the Garden Club. At present she is the go between with the man who is designing our web page for the center, and the Board, by giving him information and pictures.

\* \* \* \* \*



**Movie Night:**

There will be a **free** movie **for members** at **3:00 on November 13th** at the center. ***The Colt*** will be the movie due to the difficulties last month when it could not be shown. Snacks will be served. Stop by for this fun time! Note the **new time!**

\* \* \* \* \*

**Potluck:** The center is holding a **potluck for everyone** on **Thursday November 20th at 5:00**. There is a signup sheet listing food ideas to bring. This is a requested activity for our members and neighbors to get better acquainted, and to have fun.

\* \* \* \* \*

**Veteran Service Officer:** Veterans Service Officer Russ Clark will be in our Rainier Senior Center on Tuesday, November 11th at 1:00. Russ will answer questions and supply information regarding educational benefits, housing assistance, health care, scholarships and other service benefits. You can also reach him at his office at the Community Action Team in St Helens by calling 503-366-6580.

\* \* \* \* \*

**BP Checks:** Lowell Norbom R.N will be here on Mondays at 11:00 to do **free** blood pressure and oxygen checks. Be sure to have yours checked!

\* \* \* \* \*



**Morning Bingo:** For those who enjoy BINGO, but do not want to come out at night, we are going to have a short BINGO session on **Tuesday, November 4th, and Tuesday November 18th at 10:30**. Cards are \$3.00. Come have fun before lunch.

\* \* \* \* \*

**5 Area Luncheon:** There is **NO** luncheon in November

\* \* \* \* \*

**Medical Equipment:** Did you know that the center has a large supply of medical equipment available to our members, our community, and any with a need. These items are **free to use!** We have available wheel chairs, walkers, canes, crutches, shower seats, and many other items. If you need these or have family or friends that can use them after an injury or sickness, contact the center at 503-556-3889, or stop by to see what may be available to you.

**Michelle Moore and Columbia City Benefits Group:**

There are many options available for our Medicare clients including Medicare Advantage plans, Medigap coverage and Medicare Part D. We want to make sure that we answer all of your questions and concerns to make sure that you are comfortable with the choices you make about your Medicare benefits.

Open enrollment for Medicare began on October 15th and we are here to help you with any changes and/or additions you want to make.

We will also be holding meetings at our office most Saturdays in November and December except Thanksgiving and Christmas weekends. We will meet at 9:00am each Saturday to talk specifically about Blue Cross Medicare plans and at 12 noon each Saturday to discuss all other Medicare plans at your request.

**Michelle will be at the Rainier Senior Center on November 5th at 10:00am and on November 19th at 10:00am for Blue Cross. She will also be available on December 3rd at 10:00am and on December 11th at 10:00am for Blue Cross.**

If you are unable to attend these meetings at the Rainier Senior Center, I can be reached at:

**Columbia City Benefits Group LLC**

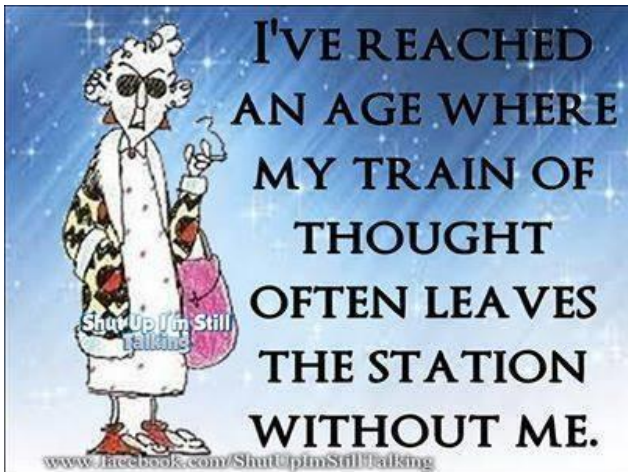
**503-987-1809 Office**

**michelle@columbiacitybenefitsgroup.com**

**www.ColumbiaCityBenefitsGroup.com**

\* \* \* \* \*

**Health Cartoon:**



\* \* \* \* \*

Get more out of a  
**MEDICARE HEALTH PLAN**  
 than you ever thought possible.



**KAISER PERMANENTE SENIOR ADVANTAGE (HMO)**



Questions about Medicare or ready to enroll in a Kaiser Permanente Medicare health plan?  
 Just give me a call.

**Debra Kranyak**  
 Kaiser Permanente Medicare Health Plan Licensed Sales Specialist  
**1-866-603-8617 (TTY 711)**  
[kp.org/medicare](http://kp.org/medicare)

**KAISER PERMANENTE, thrive**

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Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah Street, Suite 100, Portland, OR 97232.  
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 NW

Debra Kranyak will be here on **Wednesday, November 12th at 1:00** to give a presentation on Medicare changes and will answer all your questions.

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**Columbia River PUD** has assistance programs available to assist low-income customers with their utility bills. If you have a need for assistance, please call Customer Accounts at (503) 397-0590.





**The GLOW Fund** The Neighbor's GLOW (Give Light, Offer Warmth) Fund provides emergency bill payment assistance to low-income PUD customers who are facing disconnection of their electric service for non-payment. GLOW Funds are available for customers once each calendar year and customers may apply at any time. For more information call Customer Accounts at (503) 397-0590.

**The Special Waiver** The Special Waiver Program waives the \$8 monthly customer charge for families living on low or fixed incomes. We waive the charge for customers who meet the low-income requirements from the State of Oregon. Call Customer Accounts (503) 397-0590 if you think you may qualify. If your only source of income is Social Security, or if your income is above the guidelines above but you have significant medical expenses, you may still qualify for the Special Waiver.

**The LIHEAP Program** The Low-Income Home Energy Assistance Program (LIHEAP) is a federally-funded program that helps low-income households with home heating costs. Community Action Team distributes LIHEAP funds in our area. For more information about LIHEAP, contact Community Action Team at (503) 397-4951.

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<b>3</b> BP Check 11:00 <i>3 of Us</i> Sponsor Lunch Beth Moffitt 9:30-1:00 Bingo 6:00	 <b>4</b> Bingo 10:30	<b>5</b> Michelle Moore 10:00	<b>6</b> Exercise 9:30 Pinochle 1:00	<b>7</b> Eric & Cheri  CAKE
<b>10</b> BP Check 11:00 <i>3 of Us</i> Bingo 6:00	 <b>11</b> Vet. Officer 1:00 VFW Women 1;30 VFW Men 6:30	<b>12</b> <i>Vern Kennedy</i> W.I.C. 9-11:00 Kaiser Medicare 1:00	<b>13</b> Exercise 9:30 Movie 3:00	<b>14</b>
<b>17</b> BP Check 11:00 <i>3 of Us</i> Beth Moffitt 9:30-1 Bingo 6:00	<b>18</b> Bingo 10:30 Elder Abuse Seminar 1:00	<b>19</b> Michelle Moore 10:00 Board 1:00	<b>20</b> Exercise 9:30 Pinochle 1:00 Potluck 5:00	<b>21</b> <i>Bev on Accordion</i>
<b>24</b> BP Check 11:00 <i>3 of Us</i> No 5 area lunch Bingo 6;00	<b>25</b>	<b>26</b> Membership 1:00	 <b>27</b> CLOSED	<b>28</b> CLOSED Susannah's supper 6;30-7:30

## November 2014 Rainier Senior Center Activities

Music Begins at 11:00am at the center.

Events are subject to change without notice.

**Sponsor Lunch:** A sponsor Lunch on **Monday, November 3rd** during lunch.

**Morning Bingo:** Bingo at on **Tuesdays Nov. 4th and Nov 18th at 10:30. \$3.00 per card.**

**Pot Luck:** Members Potluck will be on **Thursday Nov. 20th, at 5:00.** Sign up at desk.

**Michelle Moore:** Michelle will be here **Wednesday Nov 5th and 19th at 10:00.**

**Beth Moffitt:** **Monday, Nov. 3rd and Nov. 17th from 9:30-1.**





**Kaiser:** Kaiser Medicare will be here on **Wednesday, Nov. 12th at 1:00**

**Movie:** Movie on **Thursday, Nov. 13th at 3:00** and will be *The Colt*. Snacks will be available.

**Thanksgiving Dinner:** Dinner will be on **Saturday, November 22nd at 2:00.** Tickets are \$10.00 per person.

**Susannah's Supper:** **Friday, Nov. 28th at 6:00-7:30** at the United Methodist Church..

LUNCH MENU FOR NOVEMBER 2014  
**LUNCH IS SERVED AT**  
**AT NOON AT THE CENTER!!!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3*Music</b> Deli Sandwich Winter Vegetable Soup Chips Garden Salad	 <b>4</b> Broccoli & Beef Fried Rice Chop Suey Veggies Pea Salad	<b>5</b> Turkey Divan Broccoli Noodles Mixed Green Salad Pineapple Tidbits	<b>6</b> Patty Melts Chips 3 Bean Salad Mandarin Oranges	 <b>7</b> *Music Roast Beef Baked Spuds Carrots Applesauce Roll
<b>10 *Music</b> Pork Chops Baked Apples & Onions Oven Fried Potatoes Beets Mixed Green Salad	 <b>11</b> Baked Chicken Yams Broccoli w/Cheese Garden Salad Cranberry Sauce	<b>12 *Music</b> Potato Soup Chef Salad Fruit Salad Whole Grain Roll	<b>13</b> Lasagna Fruit Salad w/Cantaloupe Garlic bread	<b>14</b> Cheese Burgers Potato Salad Red Bell Peppers & Corn Green Salad
<b>17 *Music</b> Meat Loaf Mashed Spuds w/Gravy Peas & Carrots Applesauce Biscuits	<b>18</b> Biscuits & Gravy Scrambled Eggs Ham Fruit Bowl Coffee Cake	<b>19</b> Chicken Cacciatore Noodles Broccoli Jell-O Salad w/Fruit	<b>20</b> Oven Chicken Potato Salad Cole Slaw w/Carrots Green Beans Rolls	<b>21 *Music</b> Hamburger Cheese Soup Grilled Cheese Sandwich Garden Salad Spinach
<b>24 *Music</b> Spaghetti w/Meat Sauce Spaghetti Pasta Green Salad Broccoli Garlic Bread	<b>25</b> Meatball Grinders Green Salad Carrots Cottage Cheese	<b>26</b> Chili Baked Spuds Garden Salad Peaches Corn Bread	 <b>27</b> <b>CLOSED</b>	<b>28</b> <b>CLOSED</b>

**RAINIER SENIOR CENTER LUNCH MENU**

**503-556-3889**

**Call in and carry out orders need to be in no later than 10:30am. Menu is subject to change without notice.**

Suggested donation is \$4 for over 60 and \$5 for Carry Out and under 60.

**WE DID 795 MEALS IN THE MONTH OF SEPTEMBER!!!**



### **The Light Turned Yellow:**

The light turned yellow, just in front of him. He did the right thing, stopping at the crosswalk, even though he could have beaten the red light by accelerating through the intersection.

The tailgating woman was furious and honked her horn, screaming in frustration, as she missed her chance to get through the intersection, dropping her cell phone and makeup.

As she was still in mid-rant, she heard a tap on her window and looked up into the face of a very serious police officer. The officer ordered her to exit her car with her hands up.

He took her to the police station where she was searched, fingerprinted, photographed, and placed in a holding cell. After a couple of hours, a policeman approached the cell and opened the door. She was escorted back to the booking desk where the arresting officer was waiting with her personal effects. He said, "I'm very sorry for this mistake. You see, I pulled up behind your car while you were blowing your horn, flipping off the guy in front of you and cussing a blue streak at him. I noticed the '*What Would Jesus Do*' bumper sticker, the '*Choose Life*' license plate holder, the '*Follow Me to Sunday-School*' bumper sticker, and the chrome-plated *Christian fish emblem* on the trunk, so naturally I assumed you had stolen the car!"

\* \* \* \* \*

### **Blond Men:**

1. A friend told the blond man: "Christmas is on a Friday this year."

The blond man then said, "Let's hope it's not on the 13th."

2. Two blond men find three grenades, and they decide to take them to a police station.

One asked; "What if one explodes before we get there?"

The other says: "We'll lie and say we only found two."

3. A blond man is in the bathroom and his wife shouts: "Did you find the shampoo?"

He answers, "Yes, but I'm not sure what to do. It's for dry hair, and I've just wet mine."

4. A blond man goes to the vet with his goldfish. "I think it's got epilepsy," he tells the vet. The vet takes a look and says, "It seems calm enough to me."

The blond man says, "Wait, I haven't taken it out of the bowl yet."

5. A blond man spies a letter lying on his doormat. It says on the envelope "Do Not Bend." He spends the next 2 hours trying to figure out how to pick it up.

6. A blond man shouts frantically into the phone "My wife is pregnant and her contractions are only two minutes apart!" "Is this her first child?" asks the Doctor. "No," he shouts, "this is her husband!"

***SPONSORS THAT SUPPORT OUR CENTER***

**Birdbaths  
Columbia River Carpet One  
Deli Store  
Evergreen Pub & Café  
Columbia River PUD  
Knot Just a Bear  
Means Nursery  
Oregon Grape Stitch  
Rainier Appliance  
Rainier Church of God  
Rainier Liquor Store  
Rainier True Value  
St Helens Credit Union  
Teevin Brothers  
United Way**

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Country Financial  
El Tapatio  
Frances Bailey  
J&R Sales  
Lower Columbia Insurance  
Nys Tree Farm  
Olivia Brothers Rentals  
Rainier Chevron Food Mart  
Rainier Exhaust & Tire  
Rainier Sign Company  
Rainier Eagles  
The Cornerstone Cafe  
United Methodist Church**



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