



RAINIER SENIOR CENTER
A Great Place...For Great People
RIVERSIDE REVIEW
Volume 2014
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Rainier Senior Center
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Rainier, OR 97048

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BOARD MEMBERS:

<p>Bill Dias- President Rachel Kelley, Secretary Clint Kelley</p>	<p>Randy Bailey, Vice President Marily Tift, Treasurer Jan Rich</p>
<p>Keith Ekstrom Newsletter Editor- Liz Sandahl</p>	

The Membership Meeting will be held on **Wednesday, October 15th at 1:00.**

There were 10 members and 6 Board members at the meeting.

Vote: The members voted to deny the use of alcohol in the building.

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The United Methodist Church is inviting the public to a **free** dinner on **Friday, October 24th, from 6:00-7:30,** at their church. "Susannah's Suppers" are not just for the seniors, but the general public. Donations are appreciated. For more information, call: 503-556-3440.

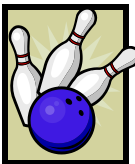
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5 Area Luncheon: It will be at the Vernonia Senior Center on **Monday, October 27th.** This is the last one until January. Signup sheet is at the front desk.

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Exercise Class: We started having an **Exercise Class** on Thursdays 9:30. If you are interested please stop by. This is a free class.

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Charity Bowl: On Saturday, October 11th, at 1:00 the Rainier Senior Center is joining up with Triangle Bowl to have a fun filled afternoon of bowling! For \$10 you get two games with shoes and \$5 of it comes back to the Center. Everyone is welcome. Come join the fun!

Health Comic:



Volunteer of the Month: **Jan Rich is our September Volunteer of the Month.** Jan not only volunteers on Mondays at the front desk, but is an At Large Board Member. She works very hard with Rachel Kelley in finding activities for the Center, but also fills in where ever needed. She is instrumental in the Sponsor Lunch Program that brings sponsors to lunch once a month to talk about their business to inform the membership. Be sure to congratulate her and thank her for her service.

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There is a box on a table by the front door of the center. Please take the time to **nominate a volunteer** that you see helping out at the center, and state a reason why you are nominating them. We will be choosing a volunteer each month to honor. You can also write down an **activity** you would like to see at the center, and put your idea in the box. There are lots of days with no activities.

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Sponsor Lunch: We will be presenting one of our sponsors at lunch one day a month to give a short talk about their business and themselves. This should give our members a chance to find out about the businesses in Rainier. **October sponsor is The Rainier Garden Club, and will be held on October 6th.** Come find out about this local club which is one of our sponsors.

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Movie Night: We had 15 people enjoy the last movie. There a movie **for members and the public at 5:00 on October 16th** at the center. Stop by for this fun time! It will be "**The Colt**" and everyone will enjoy the story. Donations are appreciated. It takes place during the Civil War when one of

the men's horses gives birth to a colt. He is ordered to shoot it and refuses. The story is about the men of the 1st Calvary.



HAPPY BIRTHDAY TO OUR OCTOBER BIRTHDAY MEMBERS!

Birthday Flower: Cosmos Birthday Stone: Opal

If your birthday is not listed, or is wrong, **please** contact the senior center so you can be added to our list.

- 10/03 Laritta Edwards
- 10/04 Bev Rea
- 10/06 Helen Beaty
- 10/07 Sharri Poorman
- 10/07 Sallie Parson
- 10/08 Betty Vilhauer
- 10/09 Gail Bonser
- 10/13 Liz Sandahl
- 10/15 Dwight Rich
- 10/15 Ed Roberts
- 10/15 Ernest Carmen
- 10/15 Beverly Nicol
- 10/15 Jeannine Bragg
- 10/18 Liz Pollock
- 10/20 Jim Everman
- 10/21 Harold Lawler
- 10/24 Ruby Leno
- 10/24 Dorothy Hoffman
- 10/25 Claude Parr
- 10/28 Lilibell Welter
- 10/29 Diana Wallin
- 10/31 Imogene Piland

Holidays

- 10/13 Columbus Day (Observed)
- 10/16 National Boss Day
- 10/24 United Nations Day
- 10/31 Halloween

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Meals on Wheels Drivers: The center is in dire need of volunteer drivers to deliver meals. We now have two routes that are helping feed people in our community. The routes take about 45 minutes. If you or someone you know that

could help us, please call Keith at 503-556-1303 or pick up an application at the front desk.



Potluck: The center is holding a **potluck for adults** interested in attending. It will be held on **Thursday, October 9th at 5:00**. There is a signup sheet listing food ideas to bring. This is a requested activity for our members and the public to get better acquainted, and to have fun.

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Upcoming Events: The center is planning to be involved in several upcoming events in Rainier: There is a need for people to help with these!

1. **Harvest festival:** See page 9 for information on this event.
2. **Thanksgiving Dinner:** There will be a Thanksgiving Dinner Fundraiser on Saturday, November 22nd. More information in November.
3. **Christmas Bazaar:** The center will hold a bazaar on Saturday, December 6th from 9-4, and Sunday, December 7th from 11-4. There are still some round tables available. To reserve a spot call Rachel at 503-369-6382. The tables are \$15 each and a onetime refundable deposit of \$20.00.
4. **Christmas Dinner Fundraiser:** There will be a Christmas Dinner Fundraiser in December. More information in December.

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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!

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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, October 7th and October 21st at 10:30**. Cards are \$3.00. Come have fun before lunch.

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Bingo Fundraiser & Silent Auction: The Bingo Fundraiser on September 20th was a big success for the center. We collected \$436 from the Bingo, \$233 for the Silent Auction, and \$137 from the kitchen for a total of \$806.00!! A big THANK YOU to the following people and businesses that donated: Sloan Nelson; Starbucks; Gail Leino; Dwight & Jan Rich; Clint & Rachel Kelley; Joan Hackathorn; Harold Lawler; Joanne Bernard and Sheryl Teuscher in memory of Linda Eldridge, and anyone else that donated, or helped by volunteering.

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Free In-Home Energy Evaluations from Columbia River PUD

Cold weather is right around the corner and that means it's time to button up your home for winter. Columbia River PUD offers free home energy evaluations for customers with electric heat. Our Energy Experts will show you how you use energy at home and tell you about ways you can cut energy waste. The evaluation takes about 90 minutes to complete, and you must be present.



To schedule your free evaluation, call (503) 366-5470 or email experts@crpud.org.

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Why Go to Church?

One Sunday morning, a mother went in to wake her son and tell him it was time to get ready for church, to which he replied, "I'm not going."

"And why not?" she asked.

"I'll give you two good reasons," he said. "(1) They don't like me, and (2) I don't like them."

His mother replied, "I'll give you two good reasons why you should go to church: (1) You're 59 years old, and (2) you're the pastor!"

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Michelle Moore: Michelle is part of the Regence Blue Cross Blue Shield of Oregon family with all plans available in our area, and has been here for over 25 years. She will help you find the right Medicare coverage, and can offer you supplements and Medicare Advantage plans.

Health net is leaving Columbia County and for a lot of people this will upset the apple cart. It has not been widely announced as of yet.

Columbia City Benefits Group will have classes most every Saturday at 58527 Columbia River Highway at 9:00am for Blue Cross.

Rainier Senior Center Education seminars:

Thursday, Oct. 16 at 10:00

Tuesday, Oct. 28 at 10:00

Wednesday, Nov. 5 at 10:00

Wednesday, Nov 19 at 10:00

How to Survive traveling in Bad Weather: Storms and Bad Weather Conditions.
Anyone traveling in icy conditions should ensure that they have the following:

1. Shovel
2. Blankets or sleeping bags
3. Extra winter clothing including coats, hat and gloves.
4. Water
5. Deicer fluid and Rock salt
6. Flashlight with spare batteries
7. Road flares or reflective triangle
8. 5-Gallon gas can
9. First aid kit
10. Booster cables.

I looked like an idiot when I got on the Senior Bus this morning!

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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

KAISER PERMANENTE, thrive

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 at the center on **Tuesday, October 7th at 1:00** to present a seminar for those interested RSC members and/or Kaiser Members.

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		1	2 Exercise 9:30 Pinochle 1:00 <i>Vern Kennedy</i>	3 Cake  <i>Eric & Cheri</i>
6 Bp Check 11:00 <i>3 of Us</i> Sponsor Lunch Beth Moffit-1:00 Bingo 6:00	7 Bingo 10:30 Kaiser Medicare 1:00	8 W.I.C. 9-11:00	9 Exercise 9:30 Potluck 5:00	10
13 BP Check 11:00 <i>3 of Us</i> Bingo 6:00	14 Vet. Service Officer 1:00 Women's VFW 1:30 Men's VFW 6:30	15 Board meeting 1:00	16 Exercise 9:30 Michelle Moore 10 Pinochle 1:00 Movie 5:00	17
20 BP Check 11:00 <i>3 of Us</i> Beth Moffitt 9:30-1:00 Bingo 6:00	21 Bingo 10:30	22 Membership Meeting 1:00	23 Exercise 9:30 Bunco 1:00	24
27 BP Check 11:00 <i>3 of Us</i> 5 Area Vernonia Bingo 6:00	28 Michelle Moore 10:00	29	30 Exercise 9:30	31 

OCTOBER 2014 Rainier Senior Center Activities

Music Begins at 11:00am at the center.

Events are subject to change without notice.

Sponsor Lunch: A sponsor will introduce themselves on **Monday, October 6th** during lunch.

Morning Bingo: Bingo at 10:30 on Tuesday Oct. 7th, and at 10:30 on Oct. 21st. \$3.00 per card.

Pot Luck: Members Potluck will be on **Thursday October 9th, at 5:00.** Sign up at desk.

Beth Moffitt: Monday, Oct. 6th and Oct. 20th from 9:30-1.

Kaiser Medicare: Tuesday, Oct. 7th at 1:00

Charity Bowl: At Triangle Bowl at 1:00 for \$10. A bowling fundraiser for the center-we get \$5 for each bowler.

Movie: Movie on Thursday, Oct 16th at 5:00, and will be *The Colt*.

Michelle Moore: Thursday, Oct. 16th and Oct. 28th at 10:00. Seminars on Medicare.

Harvest Festival: Festival is from 6-9:00, Saturday, Oct. 25th. Adults Only! \$12 tickets.

5 Area Luncheon: Will be held at Vernonia Senior Center on Monday, Oct. 27th. A signup sheet is at the desk.

Susannah's Supper: Friday, Oct. 24th at 6:00-7:30 at the United Methodist Church.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BLT Creamy Chicken Soup Coleslaw Cottage Cheese	2 * <i>Music</i> Crispy Chicken Salad Veggie Soup Cranberry Muffins	3  * <i>Music</i> Swiss Steak Mashed Spuds w/Gravy Stewed Tomatoes Green Salad
6 * <i>Music</i> Ham Scalloped Potatoes Green Beans Pineapple Garden Salad	7 Quiche Fruit Bowl Cottage Cheese Bran Muffin	8 Meat Loaf Broccoli & Carrots Green Salad Jell-O w/ Strawberries	9 Pot Roast Mashed Spuds W/ Gravy Yams Green Salad Roll	10 Chicken Fried Steak Mashed Spuds Carrots Peaches Roll
13 * <i>Music</i> Beef Stroganoff Egg Noodles 3 Bean Salad Carrots Rolls	14 Pinto Bean & Ham Soup Waldorf Salad Spinach Corn Bread	15 Meatballs Potatoes Au Gratin Coleslaw Peaches Roll	16 Baked Chicken Stuffing Capri Mixed Veggies Jell-O w/ Mixed Fruit	17 Salmon Loaf Green Beans Carrot/Raisin Salad Plums or Blueberries
20 * <i>Music</i> BBQ Ribs Potato Wedges Carrots Green Salad Baked Apples	21 Tacos Corn Shells Beans Rice Fruit Bowl w/Cantaloupe	22 Beef Stew Green Salad Biscuits	23 Pork Stir Fry Oriental Veggies Pea Salad Noodles	24 Meat Loaf Baked Spuds Green Beans Coleslaw w/Pineapple
27 <i>Music</i> Open Face Hot Roast Beef Sandwich w/Gravy Mashed Spuds Mixed Veggies Fresh Fruit	28 Hamburgers Baked Beans Potato Salad Melon/Fruit in Season	29 Potato Soup Turkey Sandwich Coleslaw Fruit Mix	30 Ham & Beans Spinach Jell-O w/Fruit Cornbread	31 Lasagna Italian Veggies Mixed Green Salad Apricots or Prunes Roll

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 \$4 for over 60 and \$5 for 59 and under.

WE DID 814 MEALS IN THE MONTH OF AUGUST!!!

ADULTS ONLY



HARVEST FESTIVAL



SATURDAY, OCTOBER 25TH, 6-9 pm

At the

RAINIER SENIOR CENTER

48 West 7th & "A" Streets

503-556-3889

Tickets: Advance \$10.00 / \$12.00 at the door.



A MAGICIAN DOING MAGIC AND GAMES TO PLAY



**CARVED PUMPKIN CONTEST- BRING YOUR COMPLETED
JACK O'LANTERN - 3 PRIZES WILL BE AWARDED!!**



**COSTUMES ARE OPTIONAL- BUT 3 PRIZES WILL BE
AWARDED!!**

ENJOY

A NIGHT OF FUN, FOOD, AND GAMES

SPONSORS THAT SUPPOR OUR CENTER

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Deli Store
Evergreen Pub & Café
Columbia River PUD
Lyle Clark
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**

**City of Rainier
Country Financial
El Tapatio
Frances Bailey
J&R Sales
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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