



375 S. 15th St.
P.O. Box 692
St. Helens, OR
97051-0692
Phone: 503-397-3377
Fax: 503-397-4795

Office Hours:
Monday -Friday
8:00am to 2:00pm
(Except Holidays)

MARCH 2024

St Helens Senior Center Newsletter

Melissa Watson, Executive Director
Email: manager@shseniorcenter.org

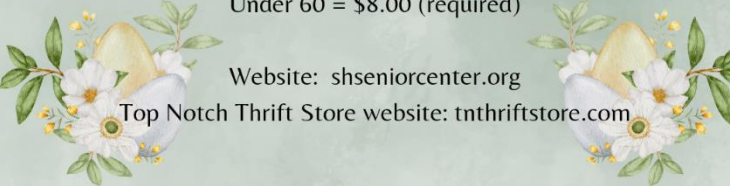
Board of Directors: Joanne Fogle, President; Cyndy Miller, Vice President; Joan Steinger, Secretary; Judy Parmley, Treasurer; Renni Nowling, Sherry Belden, Debra Parsons, and Jerry Marquette

Membership Dues: Membership runs from July 1, 2023 through June 30, 2024 and costs \$20 per individual or \$32 couple (living at same residence.)

NOW SERVING LUNCH FROM 11AM-12:30PM Monday-Thursday, and served at noon on Friday

Please call our front desk and R.S.V.P. if you will be planning to dine with us

Meals: Suggested donation of \$5.00 for individuals 60+ years old;
Under 60 = \$8.00 (required)



Website: shseniorcenter.org
Top Notch Thrift Store website: tnthriftstore.com



Invites you to spend an
Enchanted Evening with us at our
St Helens Senior Center
2024 Dinner & Auction
Live & Silent Auction
Music & Dance
Rustic & Hearty Food
Costume Contest
May 18th, 5:00 PM
375 S. 15th St., St Helens

Tickets go on sale March 1st!

This will be our biggest fundraiser of the year!



UPCOMING EVENTS AT YOUR
ST HELENS SENIOR CENTER!



St. Helens Senior Center
Spring Craft Bazaar
April 13th & 14th
9am to 3pm
375 S. 15th St.
St. Helens, Or 97051

MARCH MEMBER BIRTHDAY'S

Judy Fay 3.1
Curtis Gilbert 3.2
Larry Sene 3.3
Percy Smith 3.3
Cheryl Lauten 3.4
Linda Tryner 3.5
Laura Huffman 3.6
Jerilyn Hall 3.7
John Pereira 3.7
Lorene Sykes 3.7
Celia Schoenrock 3.8
Mary Dunn 3.13
Patricia Turpen 3.13
Lynda Gregory 3.16
Joyce Hooker 3.16
Eva Frost 3.19
Ellen Hutcherson 3.20
Jean Lemont 3.20
Dean Freitag 3.21
Sherry Watson 3.22
Ann Decormier 3.23
John West 3.25
Jimmie Bowman 3.27
Kathy Koller 3.28
Cynthia Caldwell 3.29
Mark Johnson 3.30
Buzz Moody 3.31

WE ARE NOW
SERVING A
BIRTHDAY TREAT
FOR ANYONE
CELEBRATING A
BIRTHDAY, ON
THE THIRD
FRIDAY OF EVERY
GIVEN MONTH.
COME ON OUT
AND CELEBRATE
YOUR BIRTHDAY
WITH FRIENDS!
BE SURE TO ASK
AMY HOW TO
RECEIVE A FREE
RAFFLE TICKET!



Hydroelectricity Powers the Region Reliably



As extreme weather events continue to stress the electric grid, we are fortunate to be able to rely on the Columbia River to continue generating enough electricity for our region. The 31 dams that make up the Federal Columbia River Power System operate reliably during extreme and dangerous weather events to ensure the lights and heat can stay on.

All of the power you receive from Columbia River PUD is purchased from Bonneville Power Administration, which markets the electricity provided by those 31 dams and the Columbia Generating Station nuclear plant. That means the electricity that you use in your home is 95% carbon-free.

About 85% of the electricity you use is generated by hydroelectric dams. In addition to providing affordable electricity, hydropower also serves as a valuable backbone for the grid.

Solar power and wind power are reliant on short-term weather conditions, which can change quickly. Hydropower, on the other hand, is dependable when the sun isn't shining and when the wind isn't blowing.

Senior Friendship & Loneliness Line

503-200-1633
800-971-0016
800-282-7035



SeniorLonelinessLine.org



Nominations are open for the

United Way "My Fair Lady & Gentleman" awards.

These nominations are for our Senior Volunteers in Columbia County who go above and beyond in their volunteer service.

If you would like to nominate someone please stop by our front desk for a nomination form.

Nominations can be turned into our Center and we will forward them to United Way. Forms will be due by March 29th.



Belly Dancing Class at your St. Helens Senior Center

Talented instruction
Supportive Peers
Music & Movement

Exercise has never been this much fun!

Classes Are Scheduled
Tuesdays at 11:30 am



Daniel R. Garrison, CPA
2114 Columbia Blvd
St. Helens, OR 97051

Email: dan@drqtax.com
Phone: (503) 366-0994 FAX: (503) 366-2632

... for quality, personalized financial guidance for individuals and businesses, see Dan for your basic tax management and accounting services or ask him for help with more in-depth services such as audits, financial statements, and financial planning.

BEQUESTS ... If you would like to leave a legacy and help others, this is one way you can do it:

I give, devise, and bequeath the sum of \$_____ to the St. Helens Senior Center located at 375 South 15th Street (PO Box 692), St. Helens, OR 97051 to be used for the Senior Nutrition and Pleasure Program (SNAPP) which includes home-delivered meals. The St. Helens Senior Center is a 501(c)(3) organization - IRS ID# 93-0722366

March 15, 2024
St. Patrick's Day
CORNED BEEF & CABBAGE

St Helens Senior Center
Lunch starts at 12pm, Call to RSVP
503-397-3377

Eclectic Crafter's Club 

At St. Helens Senior Center
375 S. 15th St., St. Helens
2:30pm to 7:30pm

2nd and 4th
Tuesdays
of the Month

Bring your project and meet others
who enjoy all things crafting!

Free for Members
of SHSC
Minimum
Donation of \$5 for
Non-Members



Community Support

Thank you to those who have been generous with donations of cash, time, supplies, etc. Donations continue to be accepted by clicking on the "Donate" button on our Facebook page (Point your smart phone camera at the QR code), calling the Center with your debit/charge card, or by mailing a check to PO Box 692.



Yankton Yummy

Thank you for providing another wonderful cake to celebrate our February Birthdays!

To Our Members

Thank you for the donations of artificial flowers and plastic easter eggs!

Please, remember to bring in or mail your Market Fresh receipts & your cans or bottles to support the Senior Center's Drive!

TAX TIME APPOINTMENTS START ON FEBRUARY 6TH

TAX PREPARATION SERVICES OFFERED BY VOLUNTEERS FROM AARP.

WE ARE HAPPY THAT THESE WONDERFUL VOLUNTEERS HAVE RETURNED TO OUR CENTER TO OFFER THEIR SERVICES IN TAX PREPARATION!

TAX APPOINTMENTS WILL BE BY APPOINTMENT ONLY. TO GET ON THE LIST CALL THE ST. HELENS SENIOR CENTER .

TUESDAYS & WEDNESDAYS

CALL 503-397-3377 AND GET YOUR NAME ON THE LIST!




Items to Bring to AARP for Tax Year

Preparation

Government issued identification for all adults

Social Security card or copy for each person on the tax return

All tax documents, 1099's, 1099SA (SS income), education 1098T, W-2 and child care information

Prior year (2022) tax return

Blank check if electronic refund desired. If not available, check will be mailed

Any IRS correspondence for the past two years

Gambling winnings and documentation for any losses

Health insurance 1095A if you have marketplace insurance

Complete IRS forms 13614C and 14446 before you meet with the tax counselor. The forms will be available from the receptionist should you want to complete them before you arrive. If you still need to complete them, come at least 30 minutes early to complete the drop off of materials.

Let's Prepare Our Gardens for Spring!

G

1. Know Your Gardening Zone
Research should be the first task on your list. Before you start digging in your garden, make sur that it's the appropriate time to do so based on your agricultural zone

A

2. Purchase and Start Seeds
Buying your seeds before Spring arrives will give you ample time to plan, which is key when it comes to successfully planting them. If you have a lot of planting to do, make yourself a calendar that highlights what needs to be started or planted when.

R

3. Clean Your Garden Beds
Not only is it important to remove weeds from the garden, but it is really important to remove them before they go to seed.

D

4. Prepare Your Soil
There are a few things you should do to prepare your soil for spring. It's likely your soil became compacted during the cold weather, so the first step is to till or turn it over until the soil is workable.

E

5. Lay Down Mulch
Mulch can be applied during various times throughout the year, but just before spring is a great time to do so. When choosing mulch for your garden, look for ground mulch as it is better nutrient wise and will break down nicely.

N

6. Prune Plants
It's smart to prune certain plants prior to spring, especially if you want to limit a variety's seed dispersal. Pruning can be done to manage plant size, encourage flowering and fruiting, improve bark color, and remove diseased, damaged, or rubbing branches. It's best to wait to prune spring flowering shrubs as you may reduce or perhaps eliminate their seasonal floral display.

Easter Word Search

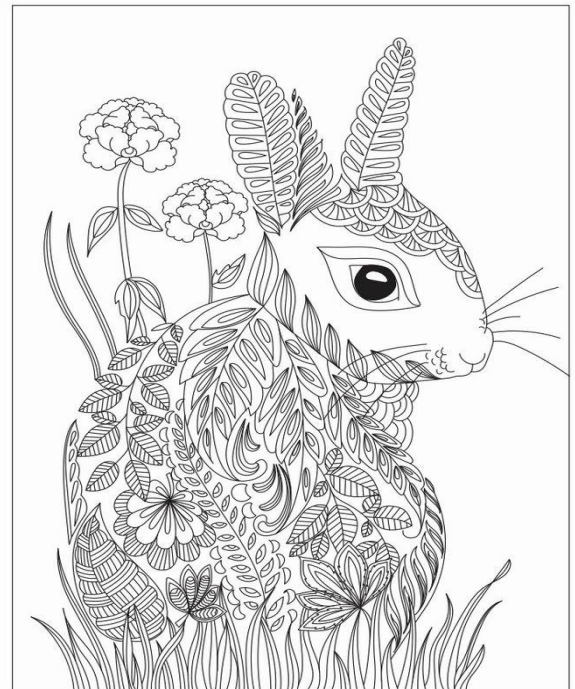
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|---|---|---|---|---|---|---|---|---|
| B | E | C | C | A | L | A | M | B |
| U | S | O | E | D | H | E | P | U |
| J | E | L | L | Y | B | E | A | N |
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| S | D | R | E | S | A | G | T | N |
| E | T | Q | C | U | K | A | E | C |
| A | K | I | H | N | E | L | G | F |
| R | A | L | I | L | T | R | O | G |
| C | H | O | C | O | L | A | T | F |
| H | O | T | K | H | E | S | E | G |
| S | P | R | I | N | G | S | G | S |

| | | |
|--------|--------|-----------|
| BUNNY | EGG | JELLYBEAN |
| CHICK | COLOR | CHOCOLATE |
| LAAMB | DYE | GRASS |
| HOP | PASTEL | BASKET |
| SPRING | SEARCH | DRESS |

USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR TO FIND THE ANSWER:

WHY DID THE EASTER BUNNY HAVE TO FIRE THE DUCK?

www.funwithwords.com



Thank you to all who regularly support us!

The Stone River Band: Tim McAnnany, Al Wutzke, Mike McBride, Landon S. Johnson and all the groupies!

All volunteers (individuals, groups, churches, etc)

ACE Hardware St. Helens

Bethany Lutheran WOW

Tai Chi (Gina Harrington & participants)

Greg Korpela, for regular knife-sharpening

Columbia Pacific Food Bank

The South County Spotlight

Daniel R. Garrison, CPA

Stan's Refrigeration & Air Conditioning, Inc.

Trotter & Morten Longview

Topher Mood – Edward Jones

St. Helens Market Fresh

Safeway – St. Helens #424

Grocery Outlet, St. Helens

Grocery Outlet, Scappoose

Columbia River PUD

United Way of Columbia County

PGE

Betsy Johnson, John Helm, & Samuel S. Johnson Foundation

Meadow Park Health & Specialty Care Center

Preheim Computers

Community Action Team

City of St. Helens

City of St. Helens Public Works

City of St. Helens Chamber



Happy St. Patrick's Day!
March 17th

Wishing you so much happy in March!

Happy Easter!
March 31st

The card features a black pot of gold with a rainbow, a basket of colorful Easter eggs, and a soft, glowing background.



Looking for your input...

Classes

Walk in the Park

Swimming

Book Club

Guest Speakers

We Want to Hear Your Senior Center Activity Ideas

The poster has a warm, orange-toned background with a central illustration of a woman sitting on a swing. Various activity ideas are listed in colorful circles.



TOP NOTCH THRIFT STORE

BUSINESS HOURS:
MONDAY - SATURDAY
10AM TO 5PM

DONATION HOURS:
MONDAY - SATURDAY
10AM TO 4PM

The advertisement includes a logo for Top Notch Thrift Store and decorative leafy borders.



**ST. HELENS SENIOR CENTER
LOOKING TO GROW OUR
VOLUNTEER FAMILY!**

VOLUNTEER

IF YOU ARE INTERESTED IN JOINING US IN THE WORK WE DO FOR THE SENIORS IN OUR COMMUNITY, PLEASE STOP BY THE CENTER AND WE WILL BE HAPPY TO GIVE YOU A TOUR!

375 S. 15TH ST., ST HELENS CALL 503-397-3377

The poster features a background image of hands holding up the word 'VOLUNTEER' in large, orange letters.

