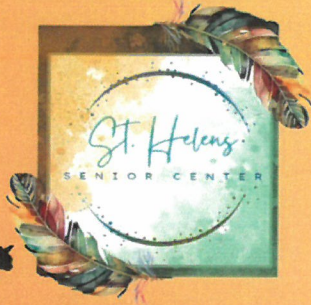


375 S. 15th St.
P.O. Box 692
St. Helens, OR
97051-0692
Phone: 503-397-3377
Fax: 503-397-4795



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



OCTOBER 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 Steininger, Secretary; Judy Parmley, Treasurer; Debra Parsons, Carl Sandeen, Jerry Marquette, Linda Tryner & Debra Wilson

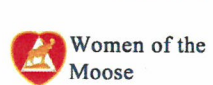
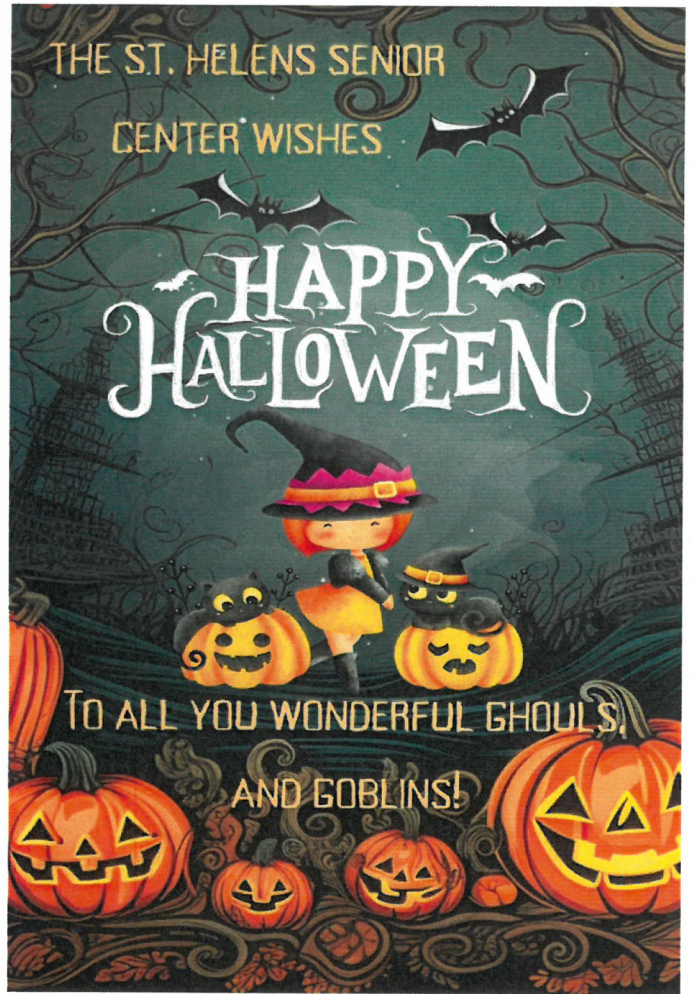
Membership Dues: Membership runs from July 1, 2024 through June 30, 2025 and costs \$20 per individual or \$32 couple (living at same residence.)

NOW SERVING LUNCH FROM 11AM-12PM 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 = \$10.00 (required)
Website: shseniorcenter.org
Top Notch Thrift Store website: tnthriftstore.com

The mission of the St. Helens Senior Center is to provide nutritious meals, and healthy social, recreational, educational, and creative opportunities for the well-being of our community with a focus on senior citizens and individuals living with disabilities.



October Member Birthday's

Carol Davis 10.2
 Dixie Houghtelling 10.2
 Alicia Mogenson 10.2
 Kerry Kelly 10.3
 Honalee Mitchell 10.3
 James Vogland 10.5
 Donna Klever 10.6
 Cliff Connelly 10.7
 Randi Schmalberg 10.11
 Teresa Ebert 10.15
 Tim Valpiani 10.17
 Amy Carry 10.20
 Joyce Mack 10.20
 Martin Kennedy 10.22
 Bonni Lesser 10.23
 Janice Johnson 10.27
 Arlene Olson-Kimberling 10.27
 Rachel Lutrell 10.30

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 Dinae how to receive a FREE Raffle ticket!

COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY

Button up for Winter with Help from Columbia River PUD



Fall is here. That means it's time to button up your home to make sure it's ready for the cold weather ahead.

Columbia River PUD can help. If you heat with electricity, ask the PUD's Energy Experts for a free home energy evaluation. They will provide tips on how you can cut your electric usage and lower your monthly bill.

The PUD partners with Efficiency Services Group to conduct these evaluations. Older homes typically benefit the most from these evaluations.

To request your evaluation, please visit www.crpud.net/request or call Efficiency Services Group at (888) 883-9879.

Senior Friendship & Loneliness Line

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

SeniorLonelinessLine.org



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.

6 Festive Fall Activities for Seniors!



1. Enjoy Fall-Themed Coloring Pages

Coloring is an activity that everyone can enjoy, from the very young to the very old, as a solo activity or with others. As an added bonus, psychologists say that coloring is a great stress-buster!



2. Make Decorations

Making and putting up fun decorations is a nice way to mark the change of seasons and get in the mood for Fall Holidays.



3. Work on a Fall-Themed jigsaw puzzle.

Sitting at the table with a warm beverage and a festive puzzle is a great way to celebrate the season.



4. Prepare Festive (and easy!) homemade treats.

Baking, mixing, and assembly are fun activities that many older adults will enjoy. Grab that favorite recipe or try a new one!




5. Prepare for Halloween Trick-or-Treaters.

Watching the children in your family or neighborhood kids trick-or-treating can always be fun and rewarding. And, for a safer, no-contact Halloween, prepare individual treat bags in advance and place them on the porch so they can help themselves.

HALLOWEEN CROSSWORD PUZZLE

Down

1. Prank played on Halloween night
2. Most common Halloween color
3. What witches fly on
4. A word used to scare people
6. They fly in the sky at night
8. Vampires use these to bite







Across

5. Covers your face on Halloween
7. Always Trick-or-Treat with a _____
9. He's all wrapped up in rags
10. A bony monster



6. Enjoy the Natural Scenery and Fresh Air.

Fall is a wonderful time to enjoy nature. Bundle up and breathe the fresh air, admire the beautiful colors on display, and hear the crunch of fallen leaves as you walk. Adapt activities to suit your different mobility levels and take in the changing of the Season!





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



We love having our members and community join us in house for lunch at the St. Helens Senior Center! It always brings good company and conversation. One action our members and community visitors can take to help us manage our nutrition program is to remember to call our Center and RSVP for their meal. This helps us to keep an accurate count and manage our food supply and costs. Call the front desk at any time (we check messages every morning) and let us know you'll be joining us! We'll have a place set for you at our table.

503-397-3377

RSVP



ANNUAL MEDICARE

Open Enrollment Period

Annual Medicare Open Enrollment Period

The annual Medicare open enrollment period runs from October 15th to December 7th.

During this time, people with Medicare can review features of Medicare plans offered in their area and make changes to their Medicare coverage, which will go into effect on January 1st of the following year.

We know that sailing through the seas of Medicare can be confusing and hard to stay afloat with all the possible changes and number of plans and coverages available.

We are very happy that several knowledgeable representatives that work in this field are making the St. Helens Senior Center one of the places they can meet with folks to answer questions and help them through this process.

These folks generally work one on one, and by appointment only. In some cases we have different individuals who like to come by and give a presentation to inform the community of changes and/or general information. If you are looking for assistance, please look at the activities calendar to keep up-to-date on any presentations. If you are needing contact information Dinae will be happy to help at the front desk, Monday through Friday, 8am to 2pm or you can call 503-397-3377 and we will make sure you get the contact information to get you on your way!





Department of
Health and Human Services
Disability, Aging and Veteran Services



MEDICARE 101

If you are approaching age 65 or are retiring soon after age 65, join us for this free informational session.

- Medicare Basics: Parts A and B
- Prescription Drugs: Part D
- Medigap secondary coverage
- Fraud prevention
- Annual open enrollment help
- 2025 Medicare updates

*Class teacher
SHIBA volunteer Mary*



Friday, October 25, 2024

1-2 p.m.

St. Helens Senior Center
375 S. 15th Street, St. Helens

RSVPs appreciated but not required.
Call 503-846-3094.



Fall is arriving and the Center is excited for the upcoming holiday season. We are also extremely hopeful that some very much needed funding will be coming our way during this time of giving and service.

Unfortunately, with the continued high cost of food and materials for our meals program, along with a drop in the number of volunteers within our organization which led to having to hire staff members to function, our financials aren't looking healthy. In fact, we are looking at those funds being used up by the end of this year.

We are starting some fundraising campaigns this month to hopefully bring in enough funds to stretch us through to a more sustainable food program that is expected to start up late Spring 2025. Also, we have and will continue to trim down paid staff hours while these same staff take on more tasks and responsibilities to make sure the good works we do here at the Center gets done.

We wanted to inform our members and community about our struggle so that if the worse-case scenario does come to pass it won't be a surprise, or even changes made to our programs out of necessity to keep our Center open and serving those who depend on us.

Senior Centers and Senior programs are so important to our community. Specifically in our County 1 in 4 persons are over 60, and number about 10,241 individuals. Our home-delivered-meals program is an important and needed

service in our community. For those who participate in the program:

- 77% say their meals have contributed to an increase in their overall health.
- 85% say the daily service has helped them feel more secure in their home.
- 92% say the meals help them continue to live independently.
- 65% report a decrease in medical costs and trips to the doctor.

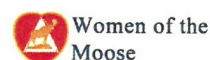
There are many more reasons why we will continue to work to keep our programs running, and please know that each of us here in this organization love what we do and believe in the service we provide to our community.

If you are interested in helping there are several ways to support us:

- Financial Donations
- Donation of your time as volunteers
- Help us spread the word about our challenges to those who may become engaged in our mission
- Support our Thrift Store, Top Notch
- Rent our facility (building) for an event

Thank you for all being a part of our Center's mission and our community. We are truly blessed with the work we get to do every day, and the amazing folks we have the get to serve. We will continue to do what is in our power to keep us serving our community as long as we are able.

Melissa Watson, Executive Director



ST HELENS SENIOR CENTER
PRESENTS OUR

WINTER CRAFT BAZAAR

FOOD, TALENTED VENDORS, RAFFLES!

NOVEMBER 2ND & 3RD
9AM TO 3PM
AT ST. HELENS SENIOR CENTER

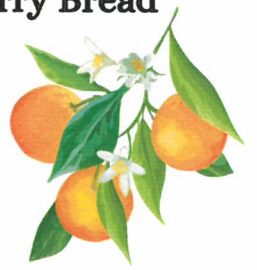
- HOT CHOCOLATE BAR
- HOLIDAY SELFIE STATION
- VISIT WITH SANTA - SATURDAY
Time to be announced
- SEASONAL TREATS

503-397-3377 375 S. 15th St., St. Helens, OR 97051
manager@shseniorcenter.org

Orange Cranberry Bread

Ingredients

- 2 cups white whole wheat flour or whole wheat pastry flour
- 1/2 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- zest of 1 orange (about 1 teaspoon)
- 1/2 cup light brown sugar
- 1/3 cup canola oil (or light olive oil or melted coconut oil)
- 1 egg
- 3/4 cup fresh orange juice (from about 2 oranges)
- 1 cup roughly chopped fresh cranberries*
- 1/3 cup chopped pecans (optional, plus more for garnish if desired, walnuts will also work well)



Directions

- Heat oven to 350 degrees F. Grease an 8x4" loaf pan. If desired, line the bottom and long sides of the pan with parchment paper to lift the loaf out easily once baked.
- In a large bowl, whisk together the flour, cinnamon, baking powder, baking soda, salt, orange zest, and brown sugar.
- In a small bowl or liquid measuring cup, whisk together the oil, egg, and orange juice.
- Add the wet ingredients to the dry ingredients and mix with a spatula until just barely combined. Add the cranberries and pecans and stir to distribute evenly.
- Scrape the batter into the prepared pan. Top with additional pecans if you'd like.
- Bake for 35-45 minutes, until a toothpick inserted near the center of the bread comes out clean. Let cool for 10 minutes before removing from the pan.



Notes

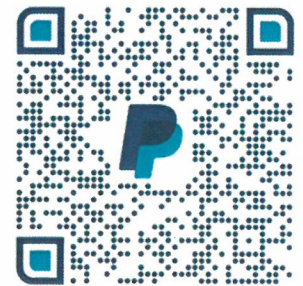
- *Frozen cranberries can be substituted here, just don't thaw before mixing them into the batter so they don't turn the whole batter red. Just use a serrated knife to slice them in half.
- If you want a slightly sweeter or more decadent bread, I'd top this with a glaze instead of mixing more sugar into the batter. Start with 1/3 cup powdered sugar and mix in orange juice one tablespoon at a time until the desired consistency is reached, then drizzle over the completely cooled bread.

COMMUNITY Support

Thank you to those who have been generous with donations of cash, time, supplies, etc. Donations are always welcome and appreciated to support the Center and their programs. If you would like to donate there are several ways you can make a difference!

Cash or Check can be dropped off at the St. Helens Senior Center Monday through Friday, between 8am and 2pm. If preference to mail in a donation, the mailing address is PO Box 692, St. Helens OR 97051.

We are always looking to add new folks to our family of Volunteers! Call or stop by if you'd like to get involved in the work we do to support our Seniors.



Donations with a Card can be made over the phone by calling the Center at 503-397-3377 during business hours.

Paypal via the QR Code here, or sending funds to fundraising@shseniorcenter.org

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



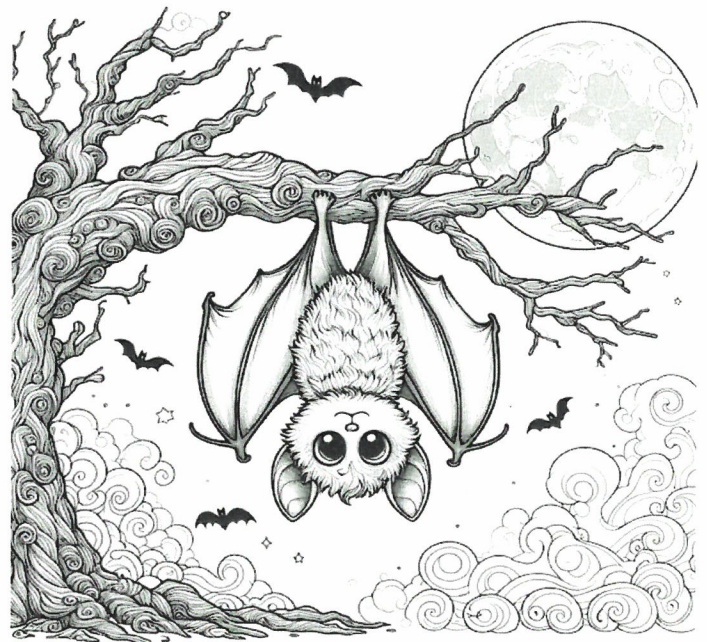
A Call for Volunteers...

With fall and the holiday season arriving we are finding our volunteers getting stretched fairly thin. Our gals at Top Notch are getting buried in donations on the regular (luckily they're used to it and have a knack for wading through it all with an awesome attitude). Also, at the Center we are having more and more folks sign on for home-delivered meals which has us scrambling to cover delivery routes. We have such an amazing team of volunteers and we want to grow our volunteer family! If you have some time and an interest in serving others in our community please reach out and have a chat with us. Between both places we have something that is sure to peak your interest!

**TOP NOTCH
THRIFT STORE**

**BUSINESS HOURS:
MONDAY - SATURDAY
10AM TO 5PM**

**DONATION HOURS:
MONDAY - SATURDAY
10AM TO 4PM**





October 2024 - St Helens Senior Center Activities Calendar

St. Helens Senior Center 375 S. 15th St, St Helens OR, 97051 503-397-3377

October

Square Dancing - Sundays at 6pm

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>8am Billiards 9am Exercise Class 10am Art & Painting 11pm Hand, Foot, Toe Card Game 6pm Pinochle</p>	<p>1</p> <p>9am-12pm Open Studio in Craft Room 10am Ukelele Class 11:30am Senior Belly Dancing 1pm Mexican Train Dominoes 1pm Cribbage Foot Care w/ Alisha</p>	<p>2</p> <p>8am Billiards 9am Exercise Class 10am Crafting 10am Tai-Chi 1pm Music Trivia 4pm Yoga Foot Care w/ Alisha</p>	<p>3</p> <p>9am Coffee/Social Hr 9am-12pm Open Studio in Craft Room 11am Hand & Foot Card Game 1pm Movie w/Pals</p>	<p>4</p> <p>8am Billiards 9am Exercise Class 10am Bingo in Craft Room 10am John Pereira NW Medicare Advisors 11am Stone River Band Theme: Purple & Green</p>
<p>7</p> <p>8am Billiards 9am Exercise Class 10am Art & Painting 11pm Hand, Foot, Toe Card Game 6pm Pinochle</p>	<p>8</p> <p>9am-12pm Open Studio in Craft Room 10am Ukelele Class 11:30am Senior Belly Dancing 1pm Mexican Train Dominoes 1pm Cribbage Foot Care w/ Alisha</p>	<p>9</p> <p>8am Billiards 9am Exercise Class 10am Crafting 10am Tai-Chi 1pm Music Trivia 4pm Yoga Foot Care w/ Alisha</p>	<p>10</p> <p>9am Coffee/Social Hr 9am-12pm Open Studio in Craft Room 11am Hand & Foot Card Game 1pm Movie w/Pals Foot Care w/ Alisha</p>	<p>11</p> <p>8am Billiards 9am Exercise Class 10am Bingo in Craft Room 10am John Pereira NW Medicare Advisors 11am Stone River Band Roofbeer Floats Theme: Dark & Spooky</p>

<p>8am Billiards 9am Exercise Class 10am Art & Painting 11pm Hand, Foot, Toe Card Game</p> <p>6pm Pinochle</p> <p>SHSC Board Meeting 9am</p>	<p>14</p>	<p>9am-12pm Open Studio in Craft Room 10am Ukelele Class 10:30am VFW Aux 11:30am Senior Belly Dancing 1pm Mexican Train Dominoes 1pm Cribbage Foot Care w/Alisha</p>	<p>15</p>	<p>8am Billiards 9am Exercise Class 9:30am Heartland Medicare 101 10am Crafting 10am Tai-Chi 1pm Music Trivia 4pm Yoga Foot Care w/Alisha</p>	<p>16</p>	<p>9am Coffee/Social Hr 9am-12pm Open Studio in Craft Room 11am Hand & Foot Card Game 1pm Movie w/Pals</p>	<p>17</p>	<p>8am Billiards 9am Exercise Class 10am Bingo in Craft Room 10am John Pereira NW Medicare Advisors 11am Stone River Band</p>	<p>18</p>
<p>8am Billiards 9am Exercise Class 10am Art & Painting 11pm Hand, Foot, Toe Card Game</p> <p>6pm Pinochle</p>	<p>21</p>	<p>9am-12pm Open Studio in Craft Room 10am Ukelele Class 11am SHIBA in house 11:30am Senior Belly Dancing 1pm Mexican Train Dominoes 1pm Cribbage</p>	<p>22</p>	<p>8am Billiards 9am Exercise Class 10am Crafting 10am Tai-Chi 1pm Music Trivia 4pm Yoga Foot Care w/Alisha</p>	<p>23</p>	<p>9am Coffee/Social Hr 9am-12pm Open Studio in Craft Room 11am Hand & Foot Card Game 1pm Movie w/Pals</p>	<p>24</p>	<p>8am Billiards 9am Exercise Class 10am Bingo in Craft Room 10am John Pereira NW Medicare Advisors 11am Stone River Band 1pm SHIBA Medicare 101 Presentation Theme: Costume Contest</p>	<p>25</p>
<p>8am Billiards 9am Exercise Class 10am Art & Painting 11pm Hand, Foot, Toe Card Game</p> <p>6pm Pinochle</p>	<p>28</p>	<p>9am-12pm Open Studio in Craft Room 11:30am Senior Belly Dancing 1pm Mexican Train Dominoes 1pm Cribbage Foot Care w/Alisha</p>	<p>29</p>	<p>8am Billiards 9am Exercise Class 10am Crafting 10am Tai-Chi 10am Jess Matza Medicare 1pm Music Trivia 4pm Yoga Foot Care w/Alisha</p>	<p>30</p>	<p>9am Coffee/Social Hr 9am-12pm Open Studio in Craft Room 11am Hand & Foot Card Game 1pm Movie w/Pals</p>	<p>31</p>		<p>31</p>

If interested in hosting a class, presentation, or activity please reach out to our Administrative Assistant, Dinae Monro

St. Helens Senior Center - OCTOBER 2024 Menu

St. Helens Senior Center Phone Number 503-397-3377, Open Monday - Friday 8:00am to 2:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Vegetable Beef Soup	2 Chicken Cacciatore	3 Patty Melts	4 Baked Chicken
7 Roast Beef	8 Deli Sandwich	9 Turkey Divan	10 Traditional Lasagna	11 Oven 'Fried' Chicken
14 Cheese Burgers	15 Pork Roast	16 Potato Soup	17 Chicken Stir Fry	18 Hot Turkey Sandwich
21 Spaghetti	22 Hotdogs	23 Grilled Chicken Salad	24 Pork Chops	25 Cream of Broccoli Soup
28 Spinach Quiche	29 Chicken Dumplings	30 Roast Beef	31 Meatloaf	

Dining Room serving meals at the Center from 11am to 12pm, Monday through Thursday (Friday meal served at 12pm) RSVP Required

DONATE & HELP US SUPPORT OUR SENIORS!



St. Helens Senior Center serves home-delivered-meals to an average of 182 seniors and those living with a disability a day, from Scappoose to border of Rainier. Unfortunately for most of our clients this is the single meal they get a day, as well as the only social human contact they receive.

This program is extremely important to these most vulnerable members of our community, and our financial sustainability with this program has taken a hit with the rise in food costs and cuts made to funding for many Older Adult Programs.

Donations and local support will help to offset some of these inflated costs and help us continue to serve those who rely on us. We couldn't do this work without our amazing volunteers and community partners.

Thank you for helping us continue to support our seniors!

DONATE

I would like to support the St. Helens Senior Center's Home-Delivered-Meals Program.

My Donation is:

I am paying by:

Cash

Credit Card

Name on Card: _____
Card #: _____

Expiration Date: _____

Security Code: _____

Check

Mailing Address:

PO Box 692

St. Helens, OR 97051

Paypal

Funds can also be sent through Paypal to email: fundraising@shseniorcenter.org

Or use our QR Code to donate today!



501c3 Organization

EIN# 93-072366

Please include your name and mailing address with your donation.