

JANUARY
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; Reni 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

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
manager@tnthriftstore.com

Welcome our New Team Members!!!

HELLO MY NAME IS

Rosi



We are pleased to introduce our new Home Delivered Meals Coordinator, Rosi Lopez! Friendliness exudes from this lady, and her joy is contagious. She is doing a fantastic job getting to know the many facets of her position and we are so happy to have her on our team! If you haven't had a chance to meet her, drop on by the Center and follow the hubbub as she'll more than likely be at its center!

HELLO MY NAME IS

Dinae



We are pleased to introduce our new Receptionist, Dinae Monro! Many of you may have already been welcomed by a warm smile and friendly hello by our new team member, and we LOVE it! Her skills at organization and hospitality are tops and we appreciate the energy she brings every day. If you have a chance stop on in and say hello!



JANUARY MEMBER BIRTHDAY'S

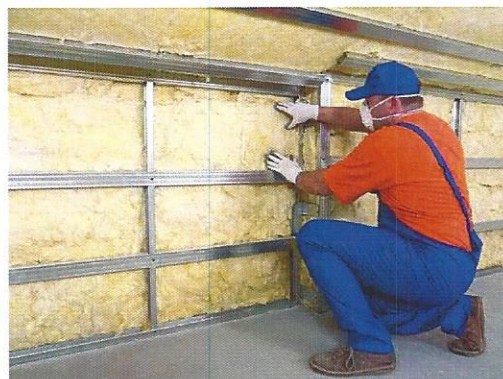
Wayne Frank 1.1
Leonard Peterson 1.1
Linda Prettyman 1.1
Jean Adenau 1.2
Beth Freitag 1.4
Chris Williams 1.7
Iris Miller-Walters 1.8
Pearl St. Germain 1.8
Reni Nowling 1.10
Beve Brown 1.11
Sue Mueller 1.12
Gerald Caudill 1.13
Paul Pulliam 1.15
Barbara Anderson 1.16
Will Knoop 1.16
Christine Hanawalt 1.17
Lester Lapping 1.18
Dennis Benkerd 1.23
Steve Lesollen 1.24
Bert Mueller 1.27
Patty James 1.28
Carl Sandeen 1.31
Janet Tobin 1.31

HAPPY BIRTHDAY!

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
ANY HOW TO
RECEIVE A FREE
RAFFLE TICKET!

COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY



Proper Insulation Can Help Your Power Bill

Insulation is one of the most important elements of an efficient home. Making sure you have enough insulation – and that it's properly installed – will help you minimize energy waste and heating and cooling costs.

One way you can quickly identify whether you have the proper amount of insulation in your attic is to go outside on a cold day. Look at your roof. If it's solidly frosty, that's good! If some parts are melted and you can see the rafter outlines on your house and a neighbor's roof is frosty, you should insulate your attic.

Columbia River PUD recommends having at least 10 inches of insulation in your attic.

You also want to have the proper level of insulation in your crawlspace and in exterior and basement walls. The insulation under your floors only works when it is in contact with your house. If you notice the floors insulation is falling, re-secure it with twine, wire, or lath.

CRPUD offers rebates for upgrading insulation in homes that are heated with electricity. Visit www.crpud.net/insulation to learn more.

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

Senior Friendship & Loneliness Line

503-200-1633

800-971-0016

800-282-7035

SeniorLonelinessLine.org



In Memory

Our sincere condolences for the family and friends...

Ross Williams
Robert Swanburg
Maria Escobar
Jack Reese



A heartfelt apology for a mistake last month.

We want to offer an apology to Ruthie Nelson for being listed in this section last month, it was in fact her husband, Randy Nelson who passed away on September 10th. We are very sorry for your loss, and also sorry for any further stress we may have caused with our error. May you and yours be blessed this Holiday Season.

~Melissa W.

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

JANUARY



COLD	RESOLUTION
FROZEN	RUNNY NOSE
GLOVES	SCARF
ICICLES	SHOVEL
ICE	SKIING
MITTENS	SLEDDING
NEW YEAR	SNOWBALLS
PENGUIN	SNOWFLAKES

S C S O L D F P G L O V E S R
K N G N E Z L E V O H S O R E
I L O E E O V N E S I E C I S
I D O W O T L G I S E K L C O
M L M Y B I T U T F R A C S L
G O W E N A S I N R E L T E U
Y C E A R P L N M O E F N L T
L O S R E R N L I Z U W G C I
U R U N N Y N O S E T O N I O
I G L O O E S N Y N U N R C N
S A C R G N I D D E L S F I S

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Daniel R. Garrison, CPA

2114 Columbia Blvd

St. Helens, OR 97051

Email: dan@drgtax.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.





Eclectic Crafter's Club

At St. Helens Senior Center
375 S. 15th St., St. Helens
5:00pm to 8:00pm

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.



Columbia Four Square Church
Home Instead
El Tapatio Restaurant – St. Helens
Women of the Moose St. Helens
St Helens Middle School Choir
Portrait Homes NW
American Legion Post 42
Steve & Sheila Semling
James Vogland



SCHULTZ RETIREMENT SOLUTIONS
Retirement Simplified


Social Security Workshop

Jan. 4th 5:30PM - 6:30PM
Located at Scappoose Public Library

Cut Through the Confusion: Social Security Retirement Planning

- Understand when to take Social Security
- Learn how to optimize your benefits
- Spousal, ex spousal, survivor benefits & more

"Our mission is to guide our clients through complex financial decisions. We simplify the process by providing personalized solutions so each client can live a meaningful retirement."



Scan to learn more

Investment advisory services offered by duly registered individuals on behalf of CreativeOne Wealth, LLC a Registered Investment Adviser. CreativeOne Wealth, LLC and Schultz Retirement Solutions are unaffiliated entities. Provided content is for overview and informational purposes only and is not intended and should not be relied upon as individualized tax, legal, fiduciary, or investment advice. The presenters of this workshop are not associated with, or endorsed by, the Social Security Administration or any other government agency. No investments will be promoted. However, the Financial Advisor presenting may invite you to a follow up consultation where financial products may be presented.

ON THE LOOKOUT TO GROW OUR TEAM OF VOLUNTEERS!



We are always looking to grow our team of volunteers at St. Helens Senior Center & Top Notch Thrift Store.

- ♥ Home Delivered Meals Drivers
- ♥ Kitchen Help
- ♥ Skill Instructors
- ♥ Activities & Events Support
- ♥ Donation Sorters

If you or a friend would like to join us and help folks in our community, please stop by and see us!

5 Winter Health & Safety Tips!



1. Ward Off Seasonal Depression

Winter can be hard on all of us...it's cold, gloomy, and there's no sun to give us our daily dose of vitamin D. Two major ways to combat the gloom and isolation of winter is visiting with friends and/or family and staying active.

2. Protect From the Cold

While it may seem obvious that you should dress warm in the winter, it is very important. You'd do well to remember to wear layers, cover the head and hands, and breathe through a scarf to prevent lung irritation.

3. Wear Proper Footwear

Snow and freezing temperatures make for dangerous situations that can lead to serious falls. Please ensure you are wearing proper non-slip footwear with plenty of tread.

4. Eat a Balanced Diet

Vitamin D deficiency is one of the biggest concerns during winter. To make up for the lack of vitamin D we normally receive from the sun, it's important that we eat a varied diet that includes vitamin D and calcium-rich foods such as milk, eggs, and fish. A multi-vitamin may also help our systems stay in balance.

5. Monitor Temperatures

Take special care to monitor temperatures both indoor and outdoor, as well as internal body temperature. Indoor temperatures should stay consistently warm, never dropping too low at night. Body temperature should never drop below 95 degrees Fahrenheit as that is a possible sign of illness. Medical attention should be sought if exposed to cold temperatures for a long period of time, or if your body temperature begins to drop.



Cricut Classes w/ Amy

January Schedule:
Thursdays at 1pm

Bring your machine and project idea and get craftin!
If you have questions feel free to email Amy at activities@shseniorcenter.org

New Year New Lights!

We are thrilled to announce that later this month our very own Top Notch Thrift Store will be getting a much needed lighting upgrade!

We are moving from fluorescent bulbs to energy-efficient LED which will drop our energy output by a whopping 65%! Not only will this brighten up our thrift store, but will allow us to do more of our part for our environment. Top Notch has a recycle/upcycle rate of over 50% and now lowering the energy output keeps the store on track for our goal of staying energy and waste conscious.

Please stop on in later this month and don't mind the crazy as we get this new project done. We are so excited for you all to visit and see just how much this will brighten our days!

Happy New Year from Team Top Notch!



Thank you to all who regularly support us!

The Stone River Band: Tim McAnany, 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

Five Winter Activities for 2024!

1. Indoor Physical Fitness

Staying active promotes good physical and mental health. Winter weather can throw a kink in your exercise routine, but thankfully there are many activities you can do indoors and start a new routine. Also, here at the Center we have great indoor exercise classes every Monday, Wednesday and Friday at 9am! Stop on by and try it out!



2. New Hobbies

Winter is the perfect time to pick up a new hobby. There are many options to fit your interests. Arts and crafts, board games, puzzles, indoor gardening, cooking, knitting and more. Make sure and check out our Activities calendars for info on craft classes and clubs, weekly games, and other activities!



3. Musical Entertainment

Music has both a calming effect and helps engage the mind. Check for local music events! On the same token playing a musical instrument can definitely be a worthwhile activity to engage in during these cold months.



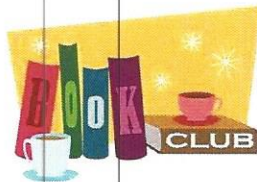
4. Get Together with Family & Friends

Socialization is so important. Invite friends or family to lunch, to join for shopping trips, or to schedule a get together for game night! Lots of activities to partake in with others, and create new favorite memories in the process!



5. Join a Club

For every interest, there is a club! Can't find one? Start a new one! Book clubs, hobby clubs, exercise or gardening clubs, the options are endless. We have our Eclectic Crafter's Club at the Center every 2nd and 4th Tuesday of the month. Have an idea for a club to meet at the Center? Contact our Activities Coordinator, Amy Pritchett and let us help you get started!



TOP NOTCH THRIFT STORE

**Business
Hours:**
Monday - Saturday
10am to 5pm

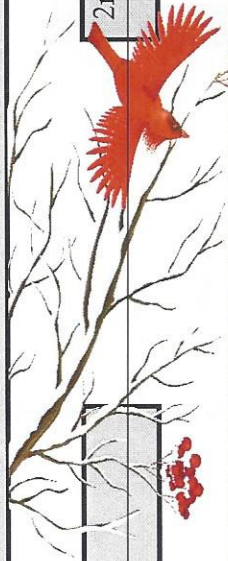
**Donation
Hours:**
Monday - Saturday
10am to 4pm



January 2024



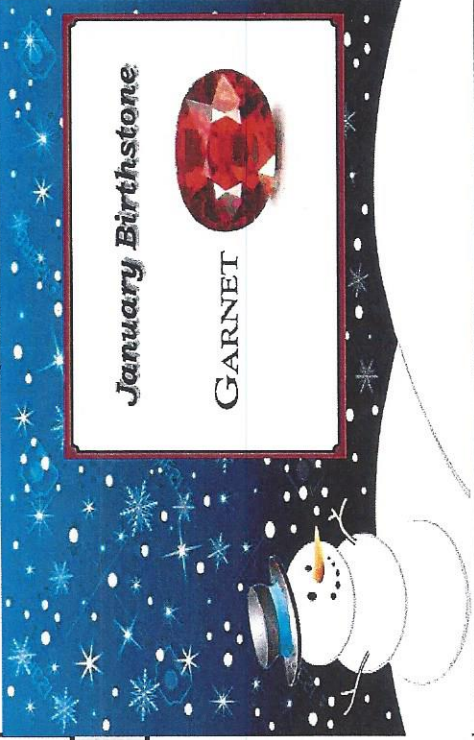
St. Helens Senior Center Activities Calendar



Sundays at 6pm: Square Dancing

2nd & 4th Tuesdays of the month, from 2:30 to 7:30pm:
Eclectic Crafter's Club

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	8am Coffee Social 11:30 Senior Belly Dancing 12:30 Mexican Train Dominoes 2:30 Eclectic Crafters Club	8am Billiards 9am Exercise class 10am Crafting Tai Chi Computers 4pm Yoga Alisha-Footcare	12pm Hand & Foot Game 1pm Cricut Crafts W// Amy Alisha-Footcare	9am Exercise Class 10am Bingo in Craft Room 11am Band 1pm Disney Karaoke & Ice Cream Social
CLOSED				
8	9	10	11	12
8am Billiards 9am Exercise class 10am Art & Painting 6pm Pinochle	8am Coffee Social 11:30 Senior Belly Dancing 1:00 Mexican Train Dominoes SHIBA - 11am-2pm Alisha-Footcare	8am Billiards 9am Exercise class 10am Crafting Tai Chi Computers 4pm Yoga Alisha-Footcare	12pm Hand & Foot Game 1pm Cricut Crafts W// Amy	9am Exercise Class 10am Bingo in Craft Room 11am Band 1pm Karaoke & a Treat!

8am Billiards 9am Exercise class 10am Art & Painting	15 8am Coffee Social 11:30 Senior Belly Dancing 1:00 Mexican Train Dominoes Alisha-Footcare	16 8am Billiards 9am Exercise class 10am Crafting Tai Chi Computers 4pm Yoga Alisha-Footcare	17 12pm Hand & Foot Game 1pm Cricut Crafts W/ Amy	18 9am Exercise Class 10am Bingo in Craft Room 11am Band 1pm Country Karaoke	19
6pm Pinochle					
8am Billiards 9am Exercise class 10am Art & Painting	22 8am Coffee Social 11:30 Senior Belly Dancing 1:00 Mexican Train Dominoes	23 8am Billiards 9am Exercise class 10am Crafting Tai Chi Computers 4pm Yoga Alisha-Footcare	24 12pm Hand & Foot Game 1pm Cricut Crafts W/ Amy	25 9am Exercise Class 10am Bingo in Craft Room 11am Band 1pm karaoke	26
6pm Pinochle					
8am Billiards 9am Exercise class 10am Art & Painting	29 11:30 Senior Belly Dancing 1:00 Mexican Train Dominoes Alisha-Footcare	30 8am Billiards 9am Exercise class 10am Crafting Tai Chi Computers 4pm Yoga Alisha-Footcare	31		
6pm Pinochle					
If interested in hosting a class, presentation, or activity please reach out to our Activities Coordinator Amy Pritchett					

ST. HELENS SENIOR CENTER – JANUARY 2024 MENU(R-C)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CLOSED	2 Eggplant Parmesan	3 Salisbury Steak	4 Meatball Subs	5 Chicken Fried Steak	6
	7	8 Sweet and Sour Chicken	9 Vegetarian Chili (V)	10 Meat Sauce Spaghetti Pasta	11 Meatloaf w/ Mushroom Gravy	12 LS Ham Slice (Polka Dots)
14	15 Broccoli Beef	16 Vegetable Beef Soup	17 Chicken Cacciatore	18 Patty Melts	19 Baked Chicken	20
21	22 Roast Beef w/Mushroom Gravy	23 Deli Sandwich	24 Turkey Divan	25 Traditional Lasagna	26 Oven 'Fried' Chicken (Animal Print)	27
28	29 Cheese Burgers	30 Pork Chops	31 Potato Soup			