



APRIL 2018

ST. HELENS SENIOR CENTER NEWSLETTER

375 S. 15th St. (P.O. Box 692), St. Helens, OR 97051-0692

e-mail: c.young@shseniorcenter.org

Open Monday-Friday 9:00 a.m. to 3:00 p.m. (Except Holidays)

503-397-3377

FAX 503-397-4795

Cheryl Young, Manager

Board of Directors: Jim Fery, President; Joanne Fogle, Vice-President; Marvel Brown, Secretary/Treasurer; Sherry Belden; Dora Cagle, Jean Erickson; Debbie Oliver; Shirley Rods; and Joan Shimp

Membership Dues: Membership runs from July 1, 2017 through June 30, 2018 and costs \$15 per individual or \$25 Couple (living at same residence).

Meals: Suggested donation of \$5.00 for individuals 60+ years old ... Under 60 and Take-Outs = \$8.00 (required)

Website: www.sthseniorcenter.com

Top Notch Website: tnthriftstore.com

World Autism Awareness Day

April 2, 2018



Autism refers to a lifelong brain development disorder that affects social interactions, learning, routines and communication. It is estimated that approximately 1% of the global [population](#) is autistic. To raise awareness of the autism spectrum disorders and improve the lives of those currently living with autism and to leave no one behind, we honor and thank those individuals with Autism who volunteer at our Senior Center and work so hard to make others happy.

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 Meals-on-Wheels. The St. Helens Senior Center is a **501c3 organization – IRS ID# 93-0722366.**

SAVE MARKET FRESH RECEIPTS FOR THE CENTER!

Top Notch News

Another change of seasons is upon us! Winter clearance sales are in progress while spring and summer merchandise is making its way to the floor. Now if the weather would just cooperate! We have more brand new QVC clothing, purses, and shoes going out, so be sure to check back often.

A huge thank you to the terrific Top Notch staff who continue to run the store in my absence. While I've managed to show my face a few hours a week lately, they are doing a great job working together as a team.

Kathy Innocenti, Manager

Top Notch Thrift Store

Supporting the St. Helens Senior Center

tnthriftstore.com

www.tnthriftstore.com

Note to Kathy from St. Helens Senior Center staff, volunteers, Board members, and customers: We appreciate everything you have done, and continue to do (Dave, too) and send prayers and get-well wishes as you await your second surgery and better health.

UPDATE ON SHINGLES VACCINE

Thanks to Lowell Norbom, RN and Dave from Rite Aid Pharmacy, I have learned new information about shingles vaccinations that everyone should be aware of.

The old vaccine for shingles was only 61% effective and the effectiveness decreased as we age. Additionally, Zostavax is only 18% effective when we reach age 80.

A new vaccine, **Shingrix**, is 90% effective for persons of all ages. Shingrix is given in two doses at least eight weeks apart. I understand that Shingrix vaccinations can be given even if we have had the other shingles vaccinations before; however, always check with your

doctor or pharmacy first. Shingles is a terribly painful neurological disease that is almost preventable – if you get vaccinated.

Volunteer Appreciation Week

The week of Sunday, April 15 through Saturday, April 21 is set aside to honor volunteers in the U.S. and Canada and recognize them for the many, many hours of time and their resources they offer to others.

The week has a history in Canada dating back to the time of the Second World War, when women were celebrated for their part in supporting the war effort on the home front. In the United States, Nixon established National Volunteer Week in 1974. Each year, a special proclamation is issued in honor of volunteers.

We couldn't survive if it weren't for our many volunteers and we want to thank each and every one of you who has contributed in any way to our providing much needed services to so many.

The list contains names of individuals followed by the organizations they represent. Some names are duplicated because they may represent more than one entity and some names could have been included with other churches and/or organizations. The list is as inclusive as we could get it and apologize if someone is omitted inadvertently. Some staff members are listed because they also volunteer. This list only covers the time period from July 1 through December, 2017; thus, newer volunteers may not see their name here. Please feel free, however, to let us know if we missed someone.

First Name	Last Name
Georgia	Ferguson
Amazing Col Cty Women	
Jodi	Gustafson
Jenny	Hicks

Avamere Assisted Living

Brianna	Brogle
Diane	Cate
Jerrie	Cate
Jean	Erickson
Valerie	Lauter
Sue	Mueller
Laura	Peterson
Barb	Topham

Joanne	Lammers
Tim	Lammers
Lonny	Lee
Mikka	Mullican
Tracy	Pinder
Brandon	Stuckley
Rachel	Swanson
Debbie	Wanke
Sonia	Wendleschafer

Bethany Lutheran Church

Kathryn	Brittain
Marion	Julian
Judy	Keck
Norman	Keck
Tilda	Kirk
Ross	Williams

Col. River PUD

Michelle	Erickson
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Col. Sportswear

Judy	Evans
Tammie	Land
Stephen	Thomas

Christ Episcopal Church

Lorinda	Christianson
Ty	Christianson
Nancy	Gustafson
Thea	Hewling
Kay	Justice
Marla	Lapping
Kathy	Martin
Linda	Res
Kim	Tupper
Iris	Walters

Comm. Activity Services

Suzanne	Brown
Alberta	Cooper
Garlene	Cooper
Mary	Dunn
Annie	Hurley
Jeana	Last
Virginia	Miller
May	Ritenour
Teresa	Thorpe
Debbie	Wert

Christian Church

Barbra	Bynoe
Gil	Bynoe
Jane	Eggleston
Phyllis	Rowley
Charlie	Schreiner

DI Grange/Extension

Kathy	Bauska
Scott	Bauska
Margaret	Booth
Mike	Booth
Winona	Frontado
Geri	Logan
Pat	Rubino
Joe	Strandjord
Nancy	Stutzman
Maegan	Wilson

Col. River Four Square Church

Daniel	Avrit
Kyle	Boggs
Monica	Cannon
Kristen	Dean
Debbie	Esterline

First Lutheran

Terri	Green
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Mark	Johnson
Judy	Parmley
Claudia	Johnson Peterson

First United Methodist

Linda	Briggs
Rosie	Ditto
Carol	Harris
Carl L	Haus
Fonda	Lawson
Patty	Logan
Kathy	Parks
Rachel	Runyan

Grace Baptist Church

Victoria	Channer
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Hope House

Greg	Pettit
Lynne	Pettit

Kiwanis

Debra	Kranyak
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Kaiser Permante

Ray	Justice
Bert	Mueller
Sue	Mueller
Carolyn	Zent

Lions Club

Lillian	Beaston
Judy	Brown
Patty	James
Frances	Moorhead
Laurie	Preston
Patti	Smith
Lynda	Woodall

Moose Lodge

Chris	Burgess
Dean	Ebert
Violet	Ebert
William	Ebert
Tim	McAnnany
Carol	Salvey

Steve	Salvey
Roy	Walker
Al	Wutzke

Ridgerunners/The Stone River Band

Coreena	Childers
Lizzie	Coble
Mark	Earhart
Miguel	Pincheria

Riverside Training**Columbia County Rotary**

Nancy	Backlund
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SC Church of Christ

Jerry	Cummings
Joanne	Fogle
Frances	Larson

St Helens Baptist Church

Lillian	Beaston
David	Belden
Sherry	Belden
Judy	Brown
Dora	Cagle
Sally Ann	Marson
Jacob	Nonamaker
Joshua	Nonamaker
Linda Joy	Prettyman
Mike	Sacry

St Helens VFW

Robin	Balza
Barbara	Carrelli
Katrina	Claridge
Charlotte	Delashmitt
Diane	Duncan
Matt	Edwards
Teresa	Fine
Randy	Goshen
Melissa	Korsmo
Chelsea	McKinney
Cindi	Mullican

Heather	Parmley
Tiffany	Paulson
Annette	Pixley
Kathy	Thomas
Meagan	Tolleshaug
Ryann	Weaver
Brandi	Whalen
Ron	Winter

SHCU

Gabbie	Alexander
Savannah	Hoffman
Michael	Looney
Alana	Saul
Ella	Tenido
Isaac	VanHook

SH Youth Council

Jean Ann	Adenau
Lilia	Barker
Karin	Bates
Barbara	Brown
Judy	Brown
Marvel	Brown
Stan	Chiotti
LaVonne	Erhardt
Jim	Fery
Betty Jean	Grau
Carol	Handley
Nancy	Liewer
Nick	Liewer
Maureen	Proffitt
Ambrose	Robinson
Dominic	Robinson
Philip	Robinson
Sharon	Shadley
Don	Wheeler

St Frederic's Catholic Church

Melissa	Andrews
Patty	James
Sharon	MacArthur

Sunset Park Church

Sherry	Lapping
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USPS

Adelle	Jordan
Ziek	Jordan
Shirley	Rods
JoAnn	Skarberg
David	Stroda
Rebecca	Stroda
Dorothy	Watkins

Warren Baptist Church

Vern	Martin
Bonnie	Neathamer
Richard	Neathamer
Betty Jean	Steinke

Warren Community Fellowship

Dora	Cagle
Eva	Frost
Kris	Kuiper
Roberta	Leuer
Margaret	Magruder
Jerry	Marquette

Warren Grange

Lester	Lapping
Louise	Lapping

Yankton Community Fellowship

We would also like to thank Scappoose Senior Center volunteer drivers and others who have continued serving while we have picked up the Scappoose area Meals-on-Wheels recipients. We could not have taken on the additional responsibilities without their help. The list is as inclusive as we can be at the moment:

Drivers include, but are not limited to: Vonnie Beisley, Dave Graham, Carol Kangas, Kathy Mask, Dennis and Mimi Evans, Ron and Marge Grant, Joey Klobes, David and Jan Weber, Jim Liday, Janice Larson, Jim Thompson, Dennis Farley, Hazel MacLachlin, Tami Garner, Karen Gladwin, Robert Glossenger, Trisha, Sasha

Tinning, Trisha, Donna Hutson, Alisha and Mark Dennis, Teresa and Tim Keller, Jim Fontenot, Scott Russell and Joe Wolf.

Others who have helped with organization and paperwork include Jackie Chausee, Lou Irwin, Julie Stephens, and Craig McKay.



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Columbia City Benefits Group LLC (CCBG)



Michelle M. Moore
 Office: 503-987-1809 FAX 503-987-1819
 Cell: 503-422-3945
Michelle@ColumbiaCityBenefitsGroup.com
www.ColumbiaCityBenefitsGroup.com
 Mailing: 240 Spinnaker Way, Columbia City, OR 97018
 Location: 58527 Firway Lane/Hwy 30, St. Helens (next to Marks Custom Exterior)

Helping you to find the right solution for YOU!

Kaiser Medicare

Debra Kranyak 503-341-0543 is our area specialist with Kaiser Permanente Health Care. She is usually here the second Tuesday of each month.

Thank You ...

The Stone River Band ... Tim McAnnany, Dean and Bill Ebert, Al Wutzke, Roy Walker, Steve and Carol Salvey and all the groupies!

Also, thanks you to the following for varying acts of kindness:

Robert and Konnie Spiers
 Vic and Kathy Fox
 South County Chamber of Commerce
 Tom Dickerson
 St. Helens VFW Breakfast Club
 St. Helens VFW Members (personal)
 Greg Korpela
 Juanita Shearer
 David and Sherry Belden
 Debbie Oliver
 Charlie Schreiner
 Christian Church Outreach
 Diane Risko
 Josh and Sarah Pattillo
 Lillian Bowmer
 Lora Berg
 Raymond Buckno, Jr.

Petra McCall made a donation in Memory of Joanna McCall, a former resident of Columbia City and member of our Senior Center. Joanna Knight McCall, 93, who resided in Montgomery, AL passed away February 20, 2018. She was preceded in death by her husband, Robert, and is survived by her son, John McCall (Terri); daughters Petra and Cindy McCall, grandchildren, nieces and nephews.

In Memory

Herman McNeely
 Dorothy Kantor
 Delbert Friend

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 indepth services such as audits, financial statements, and financial planning.

Tax Note: Even if your dog does his "business" in your basement or a certain corner of your room, you still can't deduct it as a business space on your taxes ... lol.



Call Before You Dig

Do any of your spring projects require digging? If they do, Columbia River PUD reminds you to call 8-1-1 before breaking ground.



Know what's below.
Call before you dig.

Whether you are planting a tree, digging a garden bed, or installing a fence, call 8-1-1 first. This free service will help locate underground utility lines.

Call at least two days before digging and tell them where you plan to dig. A locator will identify underground wires, cables, and pipes so you'll know what's below. This helps keep you safe. It also helps prevent disruptions to vital services.

Learn more, or make your locate request online, at www.digsafelyoregon.com.

Kyle Boggs
Communication Specialist
Columbia River People's Utility District
PO Box 1193
St. Helens, OR 97051 (503) 397-1844

April Birthdays

2nd Clarence "Inky" Aulenbacher
3rd Claudia Eagle
Ron Burton
Linda Waters
5th Neal Tolleshaug
7th Ray Justice
9th Yvonne "Vonnice" DuHaime
10th Alice Johnston
11th Karen Bores
Cathy Kuhl
12th Evaline Bixby
Harold Scudder
13th Wm "Bill" Kelley

17th Jack Cooper
18th Charles Stellmon
20th Valerie Lauter
21st Karin Bates
24th Joan Hartung
25th Colin Nakamura
27th Don Lahr
Karen Harris
Claudia Peterson
28th Joan Berg
29th Diane Aulenbacher
30th Judy Feightner



A memory of mine: When I was in grade school, no one believed me when I said it was my brother's birthday on April 1 just because they always thought I was trying to fool them. Well, Ralph is turning 70 this year and it's still on April 1.

Easter History

Easter commemorates Jesus' resurrection three days after his crucifixion and death. Following his death, he was removed from the cross and hastily buried in a tomb. On Sunday, it was discovered that Jesus' tomb was empty and angels informed onlookers that Jesus had risen. Throughout the next 40 days, Jesus appears to his apostles and disciples before finally ascending to heaven. Easter is the highest and holiest of holidays in the Christian faith. Easter is celebrated on the first Sunday following the first full moon after the [spring equinox](#), usually occurring between March 22 and April 25. Here are a couple pieces of information regarding Easter:

- Easter eggs represent new life and also symbolize the shape of Jesus' tomb.
- The colors for Easter are white and gold. Easter lilies are popular decorations in American churches. These white blooms are one of the earliest flowers to bloom in the spring and symbolize beauty, purity, and holiness.

Have a safe and happy Easter!