



JUNE 2017

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

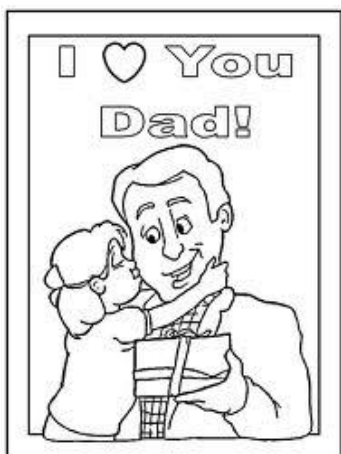
Board of Directors: Jim Fery, President; Joanne Fogle, Vice-President; Marvel Brown, Secretary/Treasurer; Sherry Belden; Dora Cagle, Jean Erickson; Shirley Rods; Joan Shimp; and Timothy Smith.

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



Happy Father's Day

BALLOT AND SECRECY ENVELOPE ENCLOSED IN THIS MAILING. Do not write your name or return address on the secrecy envelope.

PLEASE BE SURE TO MAIL IN OR DROP IN THE BOX PROVIDED AT THE SENIOR CENTER BY THURSDAY, JUNE 8, 3:00 PM.

If there is a tie, there will be a run-off vote on Friday, June 9, 10:00 to 1:00 by those present.

As of the deadline for submitting names for the ballot, incumbents Marvel Brown, Dora Cagle, Jim Fery have agreed to run again. We encourage you to vote for all three or write in names of people willing to be on the Board.



Flag Day

FIVE AREA LUNCH HELD IN ST. HELENS - MONDAY, JUNE 26

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

Have you seen our new bike rack? It has been installed in front of the store and, while it is more artistic than your typical bike rack, it is sturdy and useful. It was designed and made by local high school students in a project funded by the St. Helens Arts and Cultural Commission. The cut-outs reflect the store, with a chair, books, picture frame, etc. cut into the metal. We are very grateful to have received one custom-made just for us and thank everyone who participated in this community project.

As always, the store is humming along with lots of donations and activity, so remember to come on down to Top Notch, where **every day is Senior Discount Day!**

Kathy Innocenti, Manager
Top Notch Thrift Store
Supporting the St. Helens Senior Center
Tnthriftstore.com www.tnthriftstore.com

Annual Meeting of Members

Monday, June 12 10:00 am to report on the activities and financial condition of the Center.

Painting and other Art Forms – Thursdays – 9:00 am

Join in on some relaxation, fun, and let your creative juices flow. Come see the beginning of our gallery in the Crafts Room. Bring your talents and help others learn the fine arts. We do have a regularly-scheduled crafts day on Wednesdays at 10:00 am, but check Thursdays out, too, for our other art forms.



Update your heating & cooling system

You added a remote control to your TV set years ago. You're no longer using a rotary phone. Now it's time to update your heating and cooling system too.



The Energy Experts at Columbia River PUD recommend installing a ductless heat pump. These systems provide both summer cooling and winter heating for year-round comfort. They are quiet and easy to use.

Best of all, a ductless system can lower your winter heating bills. Ductless systems can cut winter heating costs up to 50% when compared with an electric furnace, baseboards, or wall heaters.

Columbia River PUD offers rebates of up to \$1,000 for qualifying ductless systems. Oregon tax credits of up to \$1,300 may also be available. Visit www.crpud.net/ductless to learn more, or contact the PUD's Energy Experts at **(503) 366-5470** or experts@crpud.org.

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

**Columbia City Benefits Group
LLC (CCBG)**



Michelle M. Moore
Office: 503-366-9550 FAX 503-366-9551
Cell: 503-422-3945 ... Call for Appointment
Michelle@ColumbiaCityBenefitsGroup.com
www.ColumbiaCityBenefitsGroup.com
Mailing: 240 Spinnaker Way, Columbia
City, OR 97018

Helping you to find the right solution for YOU!

CALENDAR FOR 2017 MEETINGS

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

(9:30 am – 2:00 pm) ... June 9, 2017

Also July 14, October 27 and November 22

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Scappoose Senior Center – 503-543-2047
33342 SW Meadow Drive, Scappoose, OR
97056

(9:00 – 11:00 am) ... June 15, 2017

Also July 27, October 19, and November 9

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Rainier Senior Center – 503-556-3889
48 W. 7th St., Rainier, OR 97048

(11:00 am – 1:00 pm) ... June 5, 2017

Also July 24, October 23, and November 20

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Clatskanie Senior Center – 503-728-3608
620 SW Tichenor St., Clatskanie, OR 97016

(11:00 am – 2:00 pm) ... June 30, 2017

Also July 28, October 27, and November 10

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Forest Grove Senior Center – 503-357-2021
750 SE 8th Ave, Forest Grove, OR 97116

(9:30 am – 12:00 noon) ... June 12, 2017

Also October 4 (9:00-12:00); and November 6
(11:00-1:30)

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Vernonia Health Clinic – Call Bret 503-307-3343. 622 Bridge St., Vernonia, OR 97064

(10:00 am – 12:00 noon) ... July 18, 2017

Also November 7

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Tuality Education Center – 503-681-1700
334 SE 8th Ave, Hillsboro, OR 97124

(12:00 noon – 4:00 pm) ... November 3

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North Plains – 503-647-5666
31450 NW Commercial St., North Plains, OR
97133

(11:00 am – 1:00 pm) ... July 31

Also November 27

Thank You ...

Greg Korpela sharpened all our knives in the kitchen. This was badly needed and saved us many dollars.

Gary Cooper provided salmon for one of our meals. Did we ever enjoy that! We invite other fisherman to bring some of their catch in to us, too. It saves us money and is a special treat.

Jack Cook’s Senior Project brought our Meals-on-Wheels Program a nice donation. It was so nice of him to think of us and we commend his efforts and generosity.

Sandra Loop brings us paper sacks from Trader Joes Hollywood District for packaging our meals-on-wheels for deliveries.

Madeleine Schuckmann and Girl Scout Troop #45712, 18139 NW Skyline Blvd, Portland 97231 provided six boxes of Girl Scout cookies this year. They have been doing this for several years now and we appreciate them thinking of us.

Juanita Shearer
 Estella Hickey
 Dean and Teresa Ebert
 Evie Ogan in Memory of Robert “Bob” Thomas
 Alta Fairchild
 Mary Freeman and granddaughter, Parker
 Uliana Stoddard/CC Friendship House
 Debbie, Jean, Shirley, Judy, Joan, Mel, and
 Andrew in the kitchen.
 Erin, Josh, Sawyer, Patrick, Ty and all groups
 and individuals who help serve.
 Anonymous

In Memory:

Jerry Leuer, brother of Richard (and Roberta)
 Leuer’s in Iowa
 Jerry Lester VanBavel, son of Peggy and
 Delbert Hamilton and Cheryl’s cousin
 Mildred Skarberg
 Larry Olsen
 Melvin “Mike” Frice
 Penny Leader

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.

Preheim Business Center, Chinook

Plaza ... an authorized Metro PCS cell phone
 reseller. Laptops, desktop sales as well as
 networking and virus removal. Repairs all
 makes of cell phones and tablets. If you have
 a broken screen, they can often repair the
 screen for less than your deductible.

Columbia City Friendship House

1955 Second St., Columbia City, OR 97018
 503-543-2779 Julie
 503-410-9066 Melanie

Email: Thefriendshiphouse97018@gmail.com
 Website: columbiacityfriendshiphouse.com
 This area has been in need of more senior
 housing, in particular adult foster care and,
 even more importantly, adult day foster care.
 Columbia City Friendship House now provides
 day care for your loved one in addition to
 having five rooms available for singles and/or
 couples. It is located in a quiet neighborhood
 with a view of the Columbia River.

Services include respite care, long term care,
 hospice care and adult day care. Their mission
 is to improve seniors’ quality of life while
 safeguarding their dignity and independence.

June Birthdays

1 st	George Grummett
2 nd	Zach Young
4 th	Mary Trapp
5 th	Richard Leuer Robert “Bob” Watkins
6 th	Elsie Jones Rick Neathamer
8 th	Marvin Davis
10 th	Marvel Brown
11 th	Patricia “Pat” Bernhardt Vi VonAllmen
15 th	Sam York
16 th	Maureen Proffitt, Fritz VonAllmen, Jr.
17 th	Carolyn Housley
20 th	Geneva Burwell
21 st	Yvonne Parmley
24 th	Gloria Culbertson
26 th	Joseph “Joe” Errante Henry Heim Mueller
28 th	Zoe Ann Pease
29 th	Judy Brown Mike Sacry

Flag Day, Wednesday, June 14

We honor and respect the history and tradition
 of our flag. The flag should never touch the
 ground. Please feel free to bring your worn out
 flags to us and we will pass them on to the
 VFW so they can properly dispose of them.