

THE RAINIER MANOR NEWSLETTER SEPTEMBER 2021



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Gloria Matthews

Senior Program
Director

The programs are provided in
partnership with Rainier
Redevelopment Associates, LP,
Rainier Manor 2 Associates, LP
and Community Services
Foundation

Our Site Director's Message

Greetings Rainier Manor Residents!

Can you believe we are in September? Thank you for all of your support during his time, we are still conducting wellness calls to ensure that you are aware of the resources available to you. This includes food and meal distribution each Thursday, COVID testing/vaccine site locations, on-site hair care services, rental assistance information, and so much more. Though we are now virtual, we look forward to providing you with activities that will help you to continue moving and exercising your body and mind.

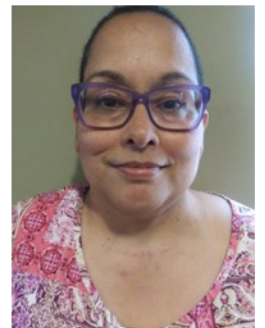
Please make sure to view the monthly calendar to select from the exciting events and activities. We will be playing bingo, trivia, jeopardy and other fun games that were designed with you in mind! We are also still celebrating September Birthdays! Be on the lookout for your Birthday cards and treats. I look forward to speaking with you all!

Please remember to follow CDC Guidelines to stay at home as much as possible, wash your hands for at least 30 seconds, practice social distancing and wear a mask in public places!

Our Community Manager's Message

Happy September!

To ensure that your items in your apartment home are protected, your management team strongly urges you to obtain Renters Insurance as quickly as possible. Renters Insurance, is often very affordable and it covers your possessions in case of theft or damage caused by, for example, a fire, pipe break, leak, or any overflow. It also protects your liability for damages that you, your family members, or your guests might cause in your community.



JUANITA BELTRAN
Community Manager



Community Services Foundation



YOUR RAINER MANOR RESOURCES



We provide assistance with:

- ◆ Rental Assistance Applications
- ◆ Unemployment Compensation
- ◆ Weekly Food Distribution
- ◆ Parenting Support
- ◆ Wellness Calls

Call us: 301 - 925 - 4251



SMILE!!

HOW SMART IS YOUR RIGHTFOOT?

This is so funny that it will boggle your mind. And you will keep trying it at least 50 more times to see if you can outsmart your foot. But you can't!!!

1. While sitting in a chair lift your right foot off the floor and make clockwise circles with it.
2. Now, while doing this, draw the number "6" in the air with your right hand. Your foot will change direction!!

I told you so... And there is nothing you can do about it!



Lisa: I'm not going back to school ever again!

Mom: Why ever not?

Lisa: The teacher doesn't know a thing--all she does is ask questions

PRE-COVID-19 MEMORIES

EVERYONE HAVING A GREAT TIME!



DID YOU KNOW?

COVID HAS NOT GONE AWAY!

FOR YOUR WELL-BEING, ALL OF US MUST CONTINUE TO PRACTICE PREVENTATIVE MEASURES!



Resources

Find food assistance, help paying bills, and other free or reduced-cost programs, including new programs for the COVID-19 pandemic at

<https://findhelp.org/>.

When you log on, insert your zip code to search for services and benefits in your community. You can also ask your Site Director for additional resources.

Make Cleaning Refrigerator Shelves a Breeze With This One Simple Trick

Scrubbing refrigerator shelves can be a real pain—especially if any spilled liquids have fully dried on the shelves. Fortunately, future repetitions of this unpleasant cleaning task can be avoided altogether by implementing one simple trick immediately after you next finish cleaning your refrigerator shelves.

All you'll need to complete this simple cleaning hack is a roll of plastic wrap and a recently-cleaned refrigerator shelf. After the shelf has been thoroughly cleaned, simply use the plastic wrap to line the top surface of the shelf before restocking the shelf's contents. It's that easy!

Once completed, future cleaning jobs will be a breeze. Whenever a shelf becomes dirty, simply pull off and dispose of the dirtied plastic wrap instead of wasting your time scrubbing the mess. After the old plastic wrap has been removed and a new section of plastic wrap has been put in its place, your cleaning is done and the shelf's contents can be returned to their rightful place.

If you don't have any plastic wrap handy, but would still like to make use of this super-simple trick, don't feel discouraged—other materials like wax paper and aluminum foil can also be used to line refrigerator shelves. Though both wax paper and aluminum foil are somewhat less convenient as they won't stick to the shelves without tape, either can be used as a substitute for plastic wrap should the need arise.



SAVE THE DATE AND JOIN THE FUN!

Activities are for all Seniors in Rainier Manor 1 & 2! September 2021

Joke of the Month: Yesterday I saw a guy spill all his scrabble letters on the road. I asked him, "What's the word on the street?"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Wellness Calls & Rental Assistance Providing Residents with program updates 1:30pm-4:30pm	2 Wellness Calls & Rental Assistance Providing Residents with program updates 1:30pm-4:30pm Frozen Food Distribution	3	4
5	6 OFFICE CLOSED NO ACTIVITIES 	7 September Birthday Celebration For Rainier Manor I & II 1:30pm-4:30pm	8 September Birthday Celebration For Rainier Manor II 1:30pm-4:30pm	9 Virtual Game Day for All Residents Frozen Food Distribution 1:30pm - 4:00pm	10	11
12	13	14 Virtual Bingo Rainier Manor I 1:30pm-4:30pm	15 Virtual Bingo Rainier Manor II 1:30pm-4:30pm	16 National Feet & Health Awareness Workshop Frozen Food Distribution 1:30pm - 4:00pm	17	18
19	20	21 National Feet & Health Awareness Workshop Rainer II	22 First Day of Autumn Words of Encouragement Rainier Manor I 1:30pm-4:30pm	23 Words of Encouragement Frozen Food Distribution 1:30pm-4:30pm	24	25
26	27	29 Virtual Game Day Trivia Rainier Manor I Time : TBA	29 Virtual Game Day Trivia Rainier Manor I I Time : TBA	30		