

Senior Moments

April 2015

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Easter is about sharing love,
and maybe a little
chocolate, too.



HAPPY EASTER

From All of Us at the Center!!



Bunnies are cuddly
The large and the small.
But I like the chocolate ones
The best of them all.



The Pastor's Cat: I recently heard a true story about the pastor of a church. He had a kitten that climbed up a tree in his backyard and then was afraid to come down. The pastor coaxed, offered warm milk, etc. The kitty would not come down. The tree was not sturdy enough to climb, so the pastor decided that if he tied a rope to his car and drove away so that the tree bent down, he could then reach up and get the kitten.

That's what he did, all the while checking his progress in the car. He then figured if he went just a little further, the tree would be bent sufficiently for him to reach the kitten. But as he moved the car a little further forward, the rope broke. The tree went "boing!" and the kitten instantly sailed through the air, out of sight.

The pastor felt terrible. He walked all over the neighborhood asking people if they'd seen a little kitten. No. Nobody had seen a stray kitten. So he prayed, "Lord, I just commit this kitten to your keeping," and went on about his business.

A few days later he was at the grocery store, and met one of his church members. He happened to look into her shopping cart and was amazed to see cat food. This woman was a cat hater and everyone knew it, so he asked her, "Why are you buying cat food when you hate cats so much?"

She replied, "You won't believe this," and then told him how her little girl had been begging her for a cat, but she had kept refusing. Then a few days before, the child had begged again, so the Mom finally told her little girl, "Well, if God gives you a cat, I'll let you keep it." She told the pastor, "I watched my child go out in the yard, get on her knees, and ask God for a cat. And really, Pastor, you won't believe this, but I saw it with my own eyes. A kitten suddenly came flying out of the blue sky, with its paws outspread, and landed right in front of her." *(Never underestimate the Power of God and His unique sense of humor.)*

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#### **APRIL SHOWERS...BRING MAY FLOWERS**

Come on Showers! I suppose I should be grateful we haven't had a deluge of rain! Brain has been very successful in stopping all the roof leaks in the past several years. This year we have a persistent one by the kitchen that's saying **"bite the bullet and get a new roof"**.

The bids we have received thus far range from **\$88,000 to \$126,000**. It's more than I had anticipated so we are beginning to fundraise to help with the cost.

**"ROOF OVER OUR HEADS"**— We are trying to raise money through ([gofundme.com](http://gofundme.com)) (\$90 so far) or by dropping off **"Pocket Change"** at the front desk or Thrift Store. We would gladly accept checks as well...all of which are tax deductible on your 2015 taxes.

**GRATEFUL DEAD 50th ANNIVERSARY PARTY—JUNE 20, 2015**— This fundraiser will take place at the Community Center by the park. We will have Grateful Dead music, food, beer, wine and silent auction items to bid on. We are looking for volunteers who have an interest in music, with wisdom & ideas that will make this a special and successful event! My husband Dennis and Virginia Jorge are on the committee so far. Please call if you would like to participate (459-6826). All the available proceeds will go to our "Roof Over Our Heads" project.

**NEW MEALS ON WHEELS TRUCK**—Our **"Pocket Change"** fundraiser for the new Meals on wheels truck generated over \$6,000. We received the truck at the end of February. Thank you all so much for your support and donations! I believe we can do it again for our new roof. All assistance will be beneficial. We are located at 1501 Baechtel Road and are thankful for any help you may provide.

**AMAZON SHOPPERS**—([smile.amazon.com](http://smile.amazon.com)) is another way to support your local non-profits. We hope you choose Willits Seniors, Inc. when the prompt asks for the charity of your choice. You only have to do this once and then when you ([smile.amazon.com](http://smile.amazon.com)) for your next purchase, it will show Willits Seniors, Inc. in the corner of the screen! We thank you in advance for any shopping you may do that benefits the Center!

Warm Regards, Allyn

In February, 2015, our volunteers donated a total of 1245.25 hrs to the Senior Center.  
At minimum wage (\$9), the total dollar amount for the month would be: \$11,207.25.

ALL OF US AT THE CENTER THANK YOU FOR  
YOUR HARD WORK & DEDICATION.  
(The Center exists and thrives because of all of you.)

### ABSOLUTELY USELESS STUFF BUT FUN...part 2

The first novel ever written on a typewriter: *Tom Sawyer*.

In the 1400's, a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb. Hence we have "the rule of thumb".

The San Francisco cable cars are the only mobile National Monuments.

Each king in a deck of cards represents a great king from history: Spades—King David; Hearts—Charlemagne; Clubs—Alexander, the Great; Diamonds—Julius Caesar.

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle.  
If the horse has one front leg in the air, the person died because of wounds received in battle.  
If the horse has all 4 legs on the ground, the person died of natural causes.

Only 2 people signed the Declaration of Independence on July 4: John Hancock & Charles Thomson. Most of the rest signed on August 2, but the last signature wasn't added until 5 years later.

Submitted by Sue Sawyers

"There comes a time in your life when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh. Forget the bad, and focus on the good. Love the people who treat you right, pray for the ones who don't. Life is too short to be anything but happy. Falling down is part of life, getting back up is living."

Today may there be peace within. May you trust that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith in yourself and others. May you use the gifts that you have received and pass on the love that has been given to you. May you be content with yourself just the way you are. Let this knowledge settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us.

Submitted by J. Rebecca Sandridge

## HICAP

Health Insurance Counseling & Advocacy Program

### FREE Consultations & Presentations

Help People with:

- ☒ Medicare Parts A & B
- ☒ Medicare Part C & Medigap Plans
- ☒ Medicare Part Rx Plans

HICAP is a non-profit program funded by California Department of Aging

**Call Toll Free: 1-800-434-0222**

### CENTER'S WISH LIST:

- Peggy in the Thrift Shop needs SMALL GLASS BABY FOOD JARS for buttons & other craft items.
- Corrugated metal siding/roofing for raised garden beds
- Leaves & manure for our garden compost.
- Wood Chips





## *Willits Senior Center*

April 2015

### ***THRIFT SHOP (459-2176-direct line)***

**Members Only: Cut out your coupon & save \$2.00**

**Membership applications available at the Front Desk**



**THRIFT SHOP HOURS: Monday—Friday, 9am. to 4:30pm.  
Saturdays, 9am to 4pm.**



**Sale Items Change Weekly. Shop early! Don't miss the deals!!**  
**(Furniture delivery by appointment)**

**IF YOU'RE DOWNSIZING OR GETTING NEW THINGS, THINK OF THE HARRAH  
CENTER THRIFT STORE. ALL SALES REVENUE GOES RIGHT BACK INTO OUR  
SENIOR CENTER PROGRAMS.**

**Senior Corner: SPICE UP YOUR LIFE:** Everyone knows that herbs & spices enhance the flavor of almost any dish; but did you know that they are also loaded with powerful plant compounds known as *phytochemicals* that help to fight a myriad of diseases? Dr. Ann Kulze, nationally recognized expert in the areas of nutrition, lifestyles & disease prevention, shares some of her favorite spices & herbs:



**Parsley:** Provides Vitamins A & C, potassium, calcium, & has a high concentration of flavonoids (powerful antioxidants that provide cardiovascular & cancer protection). Add chopped parsley to your pastas & salads. (dried: 1-3 yrs; fresh: 7-10 days in fridge; freezer: 4-6 months)



**Cinnamon:** Improves cholesterol metabolism & boosts insulin sensitivity; especially beneficial for people with type 2 diabetes, pre-diabetes, weight issues & metabolic syndrome. Sprinkle it on cereal, toast, cooked apples, yogurt, coffee, hot cocoa, etc. (ground: 1-2 years)



**Garlic:** Its immune boosting properties make this the perfect spice for cold & flu season. Use it freshly chopped or minced & add it to your foods at the end of cooking. (fresh, whole: 3-6 months; clove, 1-2 months)



**Ginger:** One of the best all around spices for disease prevention because of its anti-inflammatory properties. It's also valuable for boosting immunity & for reducing nausea. Grate or chop fresh ginger root into salad dressings, sauces & seafood or poultry dishes. Dried, powdered ginger is even more potent than fresh & can be used in cooking or sprinkled directly onto foods. (fresh, freezer: 3 months; ground: 2-3 years.)



**Oregano:** Loaded with antioxidant power. It's loaded with 40 times more antioxidants than apples. It's perfect for adding a Mediterranean twist to food. You can add it to your salad dressing, mix with extra virgin olive oil & rub it on chicken breasts before grilling or mix it with smashed avocado & lemon for a tasty substitute for mayonnaise on sandwiches. (dried: 1-3 years)

***Get into the simple, tasty & super-healthy habit of adding herbs & spices liberally & regularly to your life.***

**HOW OLD ARE YOUR SPICES?** Nothing lasts forever & that includes your herbs & spices. As a general rule whole spices will stay fresh for about 4 years, ground spices for about 3 years, and dried leafy herbs for about 1 year. If you're not sure how long you have some spices, err on the side of caution and get fresh ones. (This from the Internet)

# Happy April Birthday to All!!! (Cut out the invitation below)

4-1 Sloopy Barreau

4-3 Aletha Franklin

4-4 Barbarie Gonzalez, Jane McCabe

4-7 Virginia Jorge

4-8 Robert Petty, Paulette Thompson

4-10 John Figg-Hoblyn

4-12 Tom Walker

4-13 Velna Hartshorn, Louise Vaile

4-15 Norma Hanson, Betty Janich,  
Beverly Johnson, Susan Vonfeldt

4-17 Catherine Killion, Linda Wiley

4-18 Ethel Woodruff

4-19 Jean Jennings, Ari Lacelle

4-20 Lou Meier, Mary F. Ceratto

4-21 Don Alumbaugh, Fred Killion, Claude Walter

4-22 Barry Squires

4-23 Carl Pedrotti

4-24 Joyce Rudy

4-25 Betty Arreguin, Kathleen Middleston

4-26 Charley Betschart, Sherry P. Frankland

4-27 Ronald Craig, Geri Durbin, Janet Hutton

4-28 Wayne Park, Barbara Telich, Bruce Yoxall

4-29 Diane DeVerette, Sarah McLean

4-30 Ronald Fisher, Alan Judy

If anyone was left off, ask Terry for an invitation, I will have spares.)



## April 2015 Birthday Invitation

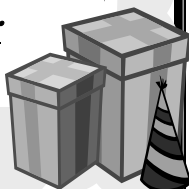
If you are listed above, **CUT OUT & bring this invitation with you for your FREE birthday lunch.**

**HAPPY BIRTHDAY!!!**

The Center invites you to our Birthday lunch on Friday, April 24, 2015

Your free lunch can be used any day in your birthday month.

Sign your name here:



## SUNDAY BREAKFAST

### Pancake Breakfast

Sunday,  
April 12th  
8 am. to 11 am.

#### Menu:

Pancakes  
Eggs any style  
Bacon, Sausage, or Ham  
Orange juice  
Sugar Free Syrup

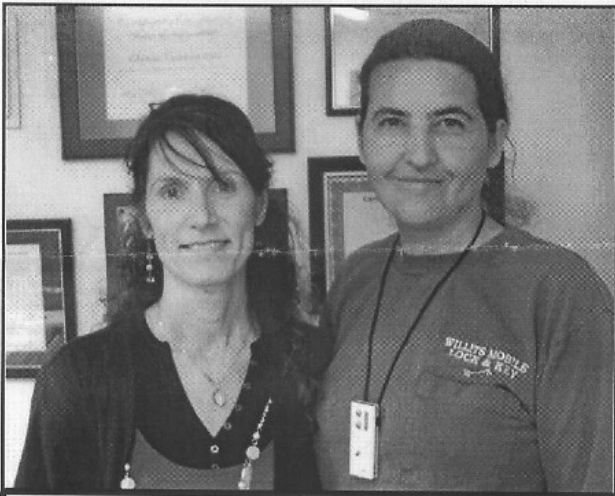
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Adults \$7

Sr. Center Members \$6
(MUST SHOW
membership card to get
discount)

Children \$5



**BEST PANCAKES
IN TOWN**



"My new ... hearing aids and streamer device have brought me back into the hearing world. I cannot qualify the experience."

Mendocino/Lake Audiology
756 S. Dora St., Ukiah
(707) 463-2966

Marc Komer
Legal Document Assistant
Estate Planning, Trusts, Wills
Probate, etc.



An Affordable Non-Attorney Service
In my office or your home **459-2775**

I am not an attorney, and can only provide self-help services at your specific direction

REDWOOD MEADOWS

Senior Apartment Community
(707) 459-1616 Phone/Fax

Libby, Manager

1475 Baechtel Rd.
Willits, CA 95490

Savings Bank

OF MENDOCINO COUNTY

Member FDIC

Willits Office
145 South Main Street
Willits, CA 95490
(707) 459-5533

Laytonville Office
44920 Highway 101
Laytonville, CA 95454
(707) 984-6111

A tradition of value - pass it on!

Lee Persico
DRE LIC # 00446837
707.459.5389

Roxanne Lemos-Neese, GRI
DRE LIC #01712217
707.484.6489

Expect the Best with
45 Years of Combined Experience!



roxanne@getmendohomes.com

1460 South Main Street
Willits, CA 95490

We never stop moving.



Thank You For Your Donations and Precious Time

Sharon Bianchi
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Betty Cudney
Bart Hauger
Scott Lanier
Maureen Molina
Papa Murphy's Take 'N' Bake Pizza
Annette Pinon
Richard Powers

Radio Shack
Rios Fish & Chips
Rotary of Willits: Ann Alumbaugh
Safeway Food & Drugs
R. E. Simonson
Erik & Sarah Stockley

Also Thanks to Police Chief Gerry Gonzalez & Fire Chief Carl Magaan, Third District Supervisor Tom Woodhouse, Sheriff Tom Allman, and everyone who entered into our Chili Cookoff.

Donna & Linda from the kitchen need your help. The kitchen needs brown bags with handles for To Go lunches in. If you have any, please bring them to the kitchen. They will be greatly appreciated.

THANK YOU!!



Week 1	Week 2	Week 3	Week 4	Week 5
4-1 Salisbury Steak	4-6 Beef Tips	4-13 Chicken Alfredo Pasta	4-20 Lemon Tilapia	4-27 BBQ Chicken
4-2 Teriyaki/Pineapple Burger	4-7 Ranch Chicken Pizza	4-14 Spinach Lasagna	4-21 Hot Dog	4-28 Polish Sausage
4-3 Pork Loin	4-8 Meat Loaf	4-15 Spaghetti	4-22 Creamed Chicken	4-29 Sloppy Joes
	4-9 Baked Chicken	4-16 Pork Chops	4-23 Cod	4-30 Chicken Enchilada Cass.
	4-10 Cod	4-17 Chicken Fried Steak	4-24 Turkey	

All Meals Come With Bread/Roll, Soup, Veggie, Dessert & Beverage. Soup: 11:45 Lunch: 12-1

CENTER ACTIVITIES FOR: April, 2015:

****EASTER BAKE SALE: Friday, April 3rd, 8:30 am until everything is gone!!**

***EASTER: Sunday, April 5th. NO Sunday Bingo.**

***GENEOLOGY WORKSHOP: Thursday, April 9th with Jo Spencer, 2-3pm in the Sunshine Room.**

****BAKED POTATO BAR: Friday, April 10th. 5:30 to 7pm. (decorate a potato at home for a chance to win a Great Prize!!**

***PANCAKE BREAKFAST: Sunday, April 12th. 8-11am.**

***PIE & ICE CREAM SOCIAL: Monday, April 13th, 1:30-2:30pm. DJ Mike Tobin**

***FOOD BANK: Monday, April 20th, 9:30 to 10:30am.**

***BIRTHDAY LUNCH: Friday, April 24th. 11:45 to 1pm.**

Stretch & Strength: Monday thru Friday, Dining Room 9am to 10am.

Choir: Mondays, Sunshine Room, 1-2:30pm.

Avenues of Wellness Speaker Series: 1st Tuesday, 5:30-6:30pm.

Blood Pressure: Dining Room, Tuesdays, 10am-12pm.

Bible Class: Tuesdays; Lunch 11:30, Large Conference Room until 1:30pm.

Bingo: Tuesdays in the Dining Room, 1:30-3pm.

Computer Help Lab: Tuesdays, 2-4pm; people there to help you.

Life Changes Group: Wednesdays, Large Conference Room, 10-11am.

Ukulele Group: Wednesdays, Sunshine Room, 1-2pm

Moving On: Thursday, April 9th, Lunch in the Dining Room & meet in Conference Room until 2pm.

Hearing Services: Thursday, April 2nd, Sunshine Room; call 463-2966 for appt.

Smoker's Anonymous: No longer at the Center. At Howard Hospital there will be "Freedom from Smoking" group meeting Wednesdays at 6pm in their Conference Room. Call Jennifer Barrett at 707-540-4208 for more info.

Bridge Group: Fridays, 10am to 2pm, Large Conference Room.

Tole Painting : Fridays in the Sunshine Room. 9am to 12. Instructors: Peggy Hebrard & Carolyn Geller

Willits Seniors Inc.
1501 Baechtel Road
Willits, CA 95490

Phone: (707) 459-6826
Fax: (707) 459-1772

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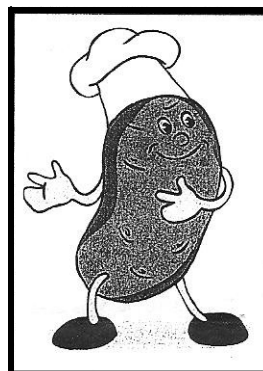
OUR EASTER BAKE SALE

**WILL BE HELD ON
FRIDAY, APRIL 3rd**

**Starting at 8:30 am and
continuing until everything
is gone!!!**

Be sure to get here EARLY!!!

**All the goodies that our
volunteer bakers make go
VERY FAST!!**



Baked Potato Bar

**Will be held on
Friday, April 10th
at the Senior Center,
from 5:30 to 7pm.**

**Come and enjoy those
HUGE potatoes with all
the fixin's.**

Tickets:

Adults: \$9.00

Members: \$8.00 (must show Membership card)

Children under 10: \$5.00

***“Decorated Potato” Contest!!
(win a prize!!)***

