

Willits Seniors Inc. 1501 Baechtel Road Willits, CA 95490
Phone: 459-6826 Fax: (707) 459-1772 Thrift Store: 459-2176 Transportation: 459-5556

Senior Moments

December 2015

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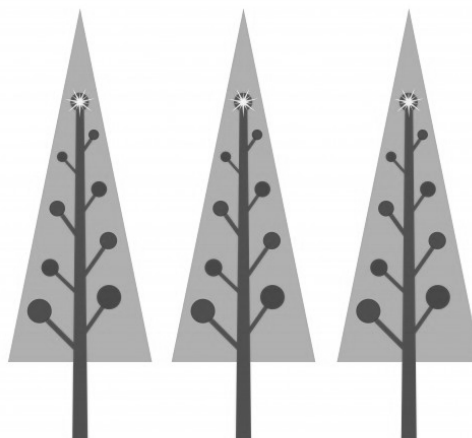
Brian Armond

Experience Works:

Evelyn Swift

*FROM ALL OF US AT THE
SENIOR CENTER,
WE WISH YOU A VERY*

Merry Christmas



The Center will be CLOSED
Christmas Day.

27 things to do to prepare for El

Niño rains this season (Taken from LA Times November 2015)

Home

1. Fix your leaks before it rains: The recent dry heat may have caused wood structures to shrink and to open up expansion joints, possibly creating leak points. Call your roofer to check for trouble spots and repair any old leaks. Most roof leaks occur at metal flashing connection points, so make sure the flashing is free of debris. Use your hose to make sure the flashing is directing water off the roof and into the gutters.

2. Clean out your gutters and downspouts — and then clean them again: Don Vandervort, founder of Hometips.com, an online home improvement information and instruction site, clears the debris from his gutters and downspouts before a potentially rainy season — and then does it again after the first rain. Also look for any breaks and make sure the gutters are tight against the roofline. While you're at it, seal up any holes from cables and other wires that penetrate exterior walls. For more information go to www.hometips.com.

3. Invest in a generator: If you are in a neighborhood susceptible to power outages, consider buying a portable generator or even a permanent standby generator that immediately kicks in if the power goes out.

4. Install a sump pump: With enough rain, groundwater can invade below-grade spaces such as basements and garages even with good drainage systems in place. If you already have a sump pump, have your plumber service it.

5. Paint the exterior wood trim of your home: Cracks in paint can carry water directly into the wood and promote dry rot and termite invasion.

6. Examine your window glazing compound: The persistent hot, dry weather may have caused the glazing compound to shrink and pull away from

the glass panes. Loosened panes can allow rain penetration. Check and recaulk as needed.

7. Check balcony and deck slopes: Make sure water flows away from the walls and into the drainage system.

8. Do a preemptive strike on any potential ant invasion: If wet weather in the past has sent ants or other bugs scurrying into your house, now is the time to bring in an exterminator.

9. Store emergency repair materials (sandbags, heavy plastic sheeting) in a safe dry place.

Auto

10. Is it time for new tires? To maintain contact with the road in wet weather, tires "should have at least 50% of tread life left," notes Dave Skaien, manager of the Automobile Club of Southern California's Approved Auto Repair Program. "Otherwise, they can't displace water through their grooves," and contact may be lost. They should also be correctly inflated. Underinflated tires "won't sit properly on the ground, and you reduce traction," he adds. "A quarter- to a half-inch of water can easily make you go into full hydroplaning mode at not very great speed." For more information, go to www.aaa.com.

11. Pop for new wipers: A rainstorm is not the time to realize they cannot effectively clear your windshield of water.

12. Check your car lights. Keep spare light bulbs & fuses in glove box.

13. How old is your car's battery? At three years, have it checked by a trusted mechanic. At five years, "there's a lot of merit in just replacing it before it fails," Skaien says.

14. Get to know your braking system: Brakes should be checked and worn brake pads replaced, no matter the weather. Know that "cold, wet brakes do not work as well as warm, dry brakes," Skaien says.

Garden

15. Make sure your yard drains properly. If you've substituted impervious hard-scape, rock and decomposed granite for lawn in the last few years, the drainage pattern in your yard may have changed. Water that used to percolate through spongy grass will now flow. Landscape architect and USC adjunct professor Bob Perry advises placing 3 to 4 inches of organic mulch in beds and areas where water will drain or collect.

If ponding becomes a problem, consider increasing the percentage of your yard that can absorb rainwater. Changes to the landscape may also have changed your property's grading. Consulting an irrigation and drainage specialist can short-circuit any serious problems a heavy storm might cause.

16. Turn off your automatic watering system: It's possible you won't need it until spring.

17. Consider installing rain barrels at downspouts: Rain barrels are a relatively inexpensive way — and an easy DIY project — to capture water coming off your roof for later use. Make sure you direct any overflow from the barrels away from the house.

18. Plant winter vegetables in raised beds or elevated rows: Too much water can cause vegetables to rot.

19. Loosen compacted soil: Ground that has been allowed to dry out will repel water initially. Tilling in compost and covering with mulch will enable the ground to better absorb rain.

20. Have your trees checked: With the drought taking a toll on all trees, now is the time to bring in a certified arborist — not a simple tree cutter — to do a health check and risk assessment. "Trees weigh less now because they have less moisture in them, but they are weaker as well." "A sudden onset of moisture may be too much weight for some branches to bear."

21. Secure your yard: Reinforce your fencing if needed. Store or tie down anything that might blow and cause damage in high wind. Store outdoor furniture or, if it cannot be moved, place wood planks under the legs to lift them off the pavement. Cover glass-top tables with plywood secured with cord. Place potted plants in a sheltered area.

22. Have materials on hand to divert water: Sandbags, concrete edgers and straw-waddle tubing can effectively channel water away from structures to drainage areas.

23. Talk to your neighbors: If your house lies below another house, you'll want to find out where their property drains. If they've changed the natural flow path, they may be liable for damage caused by storm runoff from their property onto yours.

24. Consider flood insurance even if you're not in a high-risk area: "Twenty percent of people who file claims come from non-high-risk areas," says Mary Simms, spokeswoman for the Federal Emergency Management Agency's Region IX, which includes California. Flood insurance is not generally covered by regular homeowner policies. By congressional mandate, FEMA, through its National Flood Insurance Program (NFIP) and along with industry partners, makes flood insurance available. For more information, to go FEMA's www.floodsmart.gov site. It takes 30 days for any flood policy to become effective.

25. Secure important documents in the cloud or on a thumb drive.

26. Put together preparedness and disaster supply kits for your home and car. FEMA, the California Department of Water Resources and the Auto Club are just three of many organizations that list important things to have on hand. For more information, go to www.floodprepareCA.com (California Department of Water Resources), www.ladbs.org (Los Angeles Department of Building and Safety "Homeowners Guide for Flood, Debris Flow and Erosion Control"), www.ready.gov (National Weather

Service) and www.aaa.com (Automobile Club of Southern California).

27. Prepare now: Experts agree that the toughest time to find solutions to rain-related issues is during a rainstorm.

BASIC DISASTER SUPPLIES KIT Recommended Supplies List – FEMA (www.ready.gov)

A basic emergency supply kit could include the following recommended items:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger

Additional Emergency Supplies

Once you have gathered the supplies for a basic emergency kit, you may want to consider adding the following items:

- Prescription medications and glasses

- Infant formula and diapers
- Pet food and extra water for your pet
- Cash or traveler's checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container. You can use the Emergency Financial First Aid Kit - EFFAK (PDF - 977Kb) developed by Operation Hope, FEMA and Citizen Corps to help you organize your information.
- Emergency reference material such as a first aid book or free information from this web site. (See Publications)
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

First Aid Kit

In any emergency a family member or you yourself may suffer an injury. If you have these

basic first aid supplies you are better prepared to help your loved ones when they are hurt.

Knowing how to treat minor injuries can make a difference in an emergency. You may consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

- Two pairs of Latex or other sterile gloves if you are allergic to Latex
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies

Non-prescription drugs:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative

Other first aid supplies:

- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant

Supplies for Unique Needs

Remember the unique needs of your family members, including growing children, when making your emergency supply kit and family emergency plan.

For Baby:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Moist towelettes
- Diaper rash ointment

For more information about the care and feeding of infants and young children during an emergency, visit the [California Dept. of Public Health website](#).

For Adults:

- Denture needs
- Contact lenses and supplies
- Extra eye glasses

Ask your doctor about storing prescription medications such as heart and high blood pressure medication, insulin and other prescription drugs.

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat. Think about your clothing and bedding supplies. Be sure to include one complete change of clothing and shoes per person, including:

- Jacket or coat
- Long pants
- Long sleeve shirt



Monday, December 7th is the 74th Anniversary of the attack on Pearl Harbor. Please take a moment to remember the men and women who lost their lives that day.

GLITTER YOUR WORLD

All are invited to "Glitter Your World" with Emmy Good, performing as her alter ego "The Emster". The Glitter party will be held Thursday, Dec. 10th from 10:30 to 11:45 in the Conference Room. You will have an opportunity to add glitter to your life with a variety of little projects. Feel free to bring any item (candles, cones, anything) or we will have stuff you can glitter or make, such as holiday cards. There is no charge. Please sign up at the front desk at the Center as space is limited and we want to have enough materials.

Questions? Call Emmy at 367-7475



"Every year about this time they put in an indoor bathroom."

Submitted by dorothy Roediger

DISASTER PREPAREDNESS— Be sure to read the helpful suggestions for winterizing your home should we get the onslaught of rain we are hoping for.

TEA & TOGS—This was a wonderful event that took a lot of manpower! I thank all of you in the back room of the Thrift Store and Kathy Neff who were looking out for the awesome outfits that the girls wore on the runway. I also want to thank all the bakers, models, dressers, servers, set-up crew, clean-up crew, the MC, the piano player, the ticket sellers, and to Diana Mann, who made three very beautiful baskets for the raffle event...AWESOME!

CHRISTMAS THOUGHTS—Whatever is beautiful. Whatever is meaningful. Whatever brings you happiness. May you have all of these for the warmest and best Christmas and New Year EVER!

Lots of love and hugs, my friends, Allyn

CHRISTMAS

*Every time a hand reaches out
To help another....that is Christmas.
Every time someone puts anger aside
And strives for understanding
That is Christmas.
Every time people forget their differences
And realize their love for each other
That is Christmas.
May this Christmas bring us
Closer to the spirit of human understanding.
Closer to the blessing of peace!*

Anonymous

In October, 2015, our volunteers donated a total of 1353.25 hrs to the Senior Center.
At minimum wage (\$9), the total dollar amount for the month would be: \$12,179.25.

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

CHRISTMAS BAKE SALE

Wednesday, December
23rd starting at 8:30am
at the Senior Center.

As usual, this is the
place to come for your
Holiday desserts.
One less thing to
stress over.



Our volunteers do the
baking and you can
reap the reward!

SEE'S CANDY

On Sale now:

1 lb. Boxes: \$18.50 each

Assorted
Soft Centers
Dark Chocolate
Milk Chocolate
Nuts & Chews

Peanut Brittle: \$18.30 per box

Lollipops: \$17.75 per box

Mini-Assorted Chocolates: \$6.20 a box



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:

- Leaves & manure for our garden compost.
- Wood Chips
- Food for the Food Pantry in Outreach.

In Memory of:

Lillie Gunn

Bud Miltimore





Willits Senior Center

December 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:

PILLS & SYRINGE DISPOSAL:

Important Info:

DID YOU KNOW... if you have **pills** that you no longer take; you can put them in a zip-lock bag and take them to the **Police Department** for disposal?



If you happen to use a syringe for medication purposes, you can get a **"Needle" recycle container** from **Solid Waste of Willits (459-4845).** They will dispose of them when the container is full.

From Woman's World magazine:

More than half of women over 50 have bone loss, and the risk rises after menopause, according to the National Osteoporosis Foundation. Here are a couple of ways to help stay strong:

1. **Eating cheese:** A recent study by City University of New York found that women who enjoy several servings of any kind of cheese weekly are far less likely to have fractures compared to women who rarely or never eat cheese. Our bodies need vitamin D to absorb bone-building calcium, and cheese boasts both nutrients.
2. **Getting Up!:** Sitting for long stretches can increase your risk for osteoporosis, while older adults who take several short walks a day have the same bone density as folks decades younger than them, according to researchers.

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

12-1 Pam Shilling

12-5 Janet Miller, Rinda Simi,
Eleanor Spitzer

12-7 Evelyn Persico

12-8 Earlene Whittaker

12-11 Alvin Robinson

12-15 Jeanne Chesser, Richard Hayes,
William J. McPhee, Bernie Fisher

12-18 Sandra Rosales

12-19 Patricia Wilson

12-20 Charles Davison

12-21 Betty Grider

12-24 Dick Matalamaki

12-25 Jerome Jermanon

12-26 Pat Vance

12-30 Ron Sheets

If anyone was left off, ask Terry for an invitation; have
spares.



Dec. 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, December 18, 2015

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

Sign your name here:

SUNDAY BREAKFAST

Pancake Breakfast

Sunday,
December 14th
8 am. to 11 am.

Menu:

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

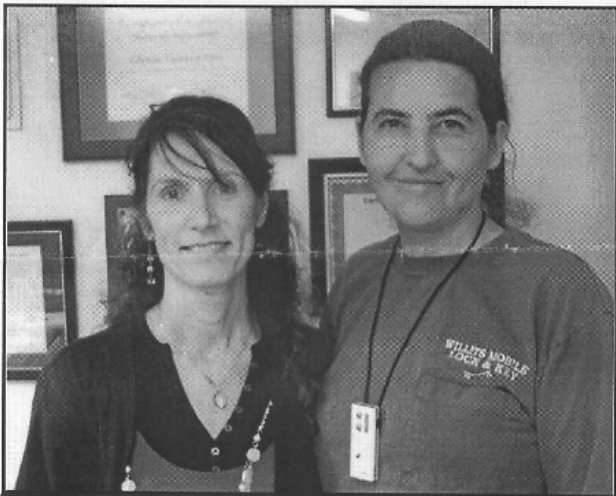
~~~~~  
Adults \$7

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](mailto:roxanne@getmendohomes.com)

1460 South Main Street  
Willits, CA 95490

We never stop moving.

**COLDWELL BANKER**  
MENDO REALTY, INC.

*Thank You For Your Donations and Precious Time*

*City of Willits*

*Darrell & Ruth Gibson*

*Howard Foundation*

*Dina & Bruce Hutton*

*Barbara Kleppen*

*Jean & Mike Morawski*

*Chris Morris*

*Charlotte Oeding*

*Truist Connect*

*Adeline Valente*

| Week 1               | Week 2            | Week 3           | Week 4                                                | Week 5                    |
|----------------------|-------------------|------------------|-------------------------------------------------------|---------------------------|
| 12-1 Salisbury Steak | 12-7 Spaghetti    | 12-14 Sole       | 12-21 Beef Stew                                       | 12-28 Lima Beans          |
| 12-2 Bk. Chicken     | 12-8 Pinto Beans  | 12-15 Tamale Pie | 12-22 Roast Pork                                      | 12-29 Pulled Pork         |
| 12-3 Roast Pork      | 12-9 Meat Loaf    | 12-16 Pork Chops | 12-23 Chicken Enchilada Cass.                         | 12-30 Chicken Fried Steak |
| 12-4 Bk. Cod         | 12-10 Tilapia     | 12-17 Hot Dog    | 12-24 Ham                                             | 12-31 Hamburger           |
|                      | 12-11 BBQ Chicken | 12-18 Turkey     | Seniors: \$5.00<br>Non-Seniors: \$7.00<br>Soup: 11:45 |                           |

**CENTER ACTIVITIES FOR: DECEMBER, 2015: CHRISTMAS STORE OPENS:** Dec. 4th-Dec. 14th (not open on the 6th; Craft Faire: Sat., Dec. 5th (see back page for details); Dec. 13: hrs are: 8am-12).

**\*SUNDAY BINGO:** Dec. 6th. Lunch: 11am/ Games: 11:30

**\*PANCAKE BREAKFAST:** Sunday, Dec. 13th, 8-11am.

**\*PIE & ICE CREAM SOCIAL:** Monday, Dec. 14th, 1:30-2:30pm.

**\*FOOD BANK:** Monday, Dec. 21st, 9:30-10:30

**\*BIRTHDAY LUNCH:** Friday, Dec, 18th, 11:45 to 1pm.

**\*CHRISTMAS BAKE SALE:** Wednesday, Dec. 23rd, 8:30am 'til all goodies are gone!

**\*CENTER CLOSED:** Friday, Dec. 25th.

### **Monday**

Stretch & Strength  
Choir

Dining Rm. 9-10am  
Sunshine Rm. 1-2:30pm

### **Tuesday**

Stretch & Strength  
Blood Pressure  
Bible Class  
Computer Help Lab  
Avenues of Wellness Speaker Series  
WII Bowling

Dining Rm. 9-10am  
Dining Rm. 10am.-12 noon  
Lunch 11:30 Conference Rm. until 1:30  
2-4pm  
1st Tues. of the month  
1:30-2:30 Lakeside Room

### **Wednesday**

Stretch & Strength  
Life Changes Group  
Ukulele Group

Dining Rm. 9-10am  
Conference Rm. 10-11am.  
Sunshine Rm. 1-2pm.

### **Thursday**

Stretch & Strength  
Hearing Services  
Moving On  
Card Club  
Creative Writing  
Thursday Night Bingo

Dining Rm. 9-10am.  
1st Thurs of month Sunshine Rm. 9-12 noon (463-2966/appt)  
2nd Thurs of month Lunch; then Conference Rm. until 2pm.  
Lakeside Rm. 10-12 noon  
**CANCELLED**  
Dining Rm. 6-8pm. (light supper) (1st 3 Thurs. only, in Dec.)

### **Friday**

Stretch & Strength  
Tole Painting  
Bridge

Dining Rm. 9-10am.  
Sunshine Rm. 9-12 noon.  
Conference Rm. 10am—2pm.

Willits Seniors Inc.  
1501 Baechtel Road  
Willits, CA 95490

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

US Postage Paid  
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Permit #58  
Willits, CA

## ***ALL IS CALM***



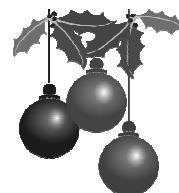
Current Resident

or

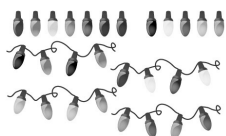


## **OUR ANNUAL CHRISTMAS STORE**

opens Friday, December 4th  
and runs through Monday, December 14th.  
Hours are: 9am to 4pm; **NO Store on 12-6;**  
on 12-13: store hours are: 8am to 12.



It will be held in the Lakeside & Sunshine Rooms as usual.



Stock up on all you need for a  
Very Merry Christmas!!:



Trees, Ornaments, Lights, Wrapping  
Paper, Wreaths, Cards and a whole lot more!!!

## **THE CRAFT FAIRE (plus Snack Bar)**

will be held at the Center on Saturday, December 5th. From  
9am to 4pm in the Dining Room.

Come check out both the Faire and the Store. You may find  
some unique items and take care of that Holiday shopping list  
all in one trip!!!!

The "Snack Bar": will feature Hot Dogs, Chips, Root Beer Floats,  
Donuts & Cocoa!