

Senior Moments

April 2016

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"OLD PEOPLE PRIDE"

I'm passing this on as I did not want to be the only "old people" receiving it. Actually it's not a bad thing to be called, as you will see:

Old people are easy to spot at sporting events; during the playing of the National Anthem, Old People remove their caps, cover their hearts, stand at attention and sing without embarrassment. They know the words and believe in them.

Old People remember World War II, Pearl Harbor, Guadalcanal, Normandy, and Hitler. They remember the Atomic Age, the Korean War, the Cold War, the Jet Age and the Moon Landing. They remember the 50 plus Peace-keeping Missions from 1945 to 2005, not to mention Vietnam.

If you bump into an Old People on the sidewalk he will apologize. If you pass an Old People on the street, he will nod or tip his cap to a lady. Old People trust strangers and are courtly to women and treat them with great respect.

Old People hold the door for the next person and always, when walking, make certain the lady is on the inside for protection.

Old People get embarrassed if someone curses in front of women and children and they don't like any filth or dirty language on TV or in movies.

Old People have moral courage and personal integrity. They seldom brag unless it's about their children, grandchildren or their animals.

It's the Old People who know our great country is protected, not by politicians, but by the young men and women in the military serving their country.

This country needs Old People with their work ethic, sense of responsibility, pride in their country, and decent values.

We need them now more than ever.

THANK GOD FOR OLD PEOPLE

(Pass this on to all of the "Old People" or candidates you know. I was taught to respect my elders. It's just getting harder to find them.)

From: Rev. Janet Ewing & Sue Sawyers

DIRECTOR'S REPORT

April will bring about several new changes at the Harrah Center. We have in our possession our new wheelchair minivan that was awarded to us from Caltrans through the 5310 grant program. It will allow us to get up and down the steeper driveways in Brooktrails and Pine Mountain that we are unable to reach in the larger bus. Thank you, Caltrans, for the new ride!

We will be starting the Salad Bar on April 4th. We received \$1,700 from Ukiah Co-Op to help with the expenses. We are looking for more donation sources to keep it going all year round. Thank you, Ukiah Co-Op for helping us provide our seniors healthy food options!

I want to thank all the Volunteers and cooks that helped make our Chili Cook-off (\$647) and Easter Bake Sale (\$543) two very delicious and successful fundraisers. I also thank the volunteers that worked so hard this month to make this Center the well-oiled business that it is! Without you...don't want to go there!

THE FEBRUARY VOLUNTEER OF THE MONTH: Goldie Hilkey's name was drawn for the \$25 Thrift Store gift certificate! Congratulations, Goldie!

MARCH BIRTHDAY WINNERS: Marion Strickler— Kemmy's Pie * Max Meyer—Birthday Cake * Virginia Jorge—Cake * Pat Collins—Thrift Store Gift Certificate * Barney St. Martin—Sunday Breakfast Certificate * and Eleanor Spitzer—Lunch Certificate. Congratulations to all of you!

ATTENTION: I've been told seniors are still getting phone calls from people claiming they are from the IRS. The caller is telling the senior if they don't pay a certain amount of money right then the caller will call 911 and have the police arrest them. **THIS IS A SCAM!** The IRS **does not** do business in this manner!

In February, 2016, our volunteers donated a total of 1270.85 hrs to the Senior Center. At minimum wage (\$10), the total dollar amount for the month would be: \$12,708.50.

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

IF YOU BRING IN YOUR EMPTY INK CARTRIDGES:

We can use them to get
discounts on our office
supplies.



For anyone who needs to renew their
driver's license:

Sample DMV TESTS
are available at the Front Desk
to look over before
renewing your license.

~~~~~  
*“Those who dwell among the beauties  
and mysteries of the earth are never alone  
or weary of life.”*

*Rachel Carson*

~~~~~  
From “A Senior Moment is just a Wrinkle in Time:

“LOOSE WEIGHT!” Forgive your enemies.

Smile and the world smiles with you; snore and you
sleep alone.

It doesn't feel good when you realize you pay more for
a postage stamp today than it used to cost to see a
matinee movie.

I remember when sitting on the front porch and watch-
ing cars go by occupied the entire family for a whole
evening.

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.
- Driver needed for Food Bank Box delivery; if interested call: Outreach.

In Memory of:

*Helen McPhillips —
Cavanaugh
Luke Fryman
Robert Korpa
Herbert Kurtz
Chuck Mahurin
Yvonne Meyer
Fred Snyder
Addie Valente
Nadine West
Andrea Whipple*



Willits Senior Center

April 2016

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:

FIRE UP YOUR HEART HEALTH: Use these everyday savory spices to add pep to any meal and you will also be pumping up your protection against the #1 health danger facing women today: Heart Disease!

- 1. Ginger cuts your risk 50%:** A 1/2 tsp of ginger each day is proven to prevent risky blood clots as effectively as aspirin, while also reducing the liver's production of artery-clogging triglycerides 27%; slashing your heart-attack risk by as much as half, according to Australian researchers. **TIP:** Peel fresh ginger, then mince or slice it & add it to sweet & savory dishes. Or try adding it grated to ice cream, salad dressing or a glass of beer!
- 2. Cardamom helps control blood pressure:** This fragrant spice from India relaxes artery walls the same way that calcium channel blockers do, lowering blood pressure within 8 weeks, if you add at least 1/4 tsp to your daily diet. **TIP:** Use ground cardamom seeds to flavor stews, soups & rice dishes. And try it added to oatmeal, pudding & pancake, muffin & cookie batters.
- 3. Cayenne keeps your cholesterol in check:** Cayenne's fiery kick comes from capsaicin. A compound that flushes out up to 10% of the cholesterol in your diet before it can lodge in your arteries, according to a Hong Kong study in the *European Journal of Nutrition*. Capsaicin also helps the liver excrete excess fats & shrink existing plaque buildup, says lead researcher Zhen Yu Chen, Ph.D. The study-proven dose: just a 1/4 tsp daily.
- 4. Paprika stops inflammation:** One of the key steps to help prevent heart disease is keeping your levels of artery-damaging inflammation low. Canadian research suggests including 2 tsp of paprika in your weekly diet can help. Paprika is rich in natural anti-inflammatories called saponins, which can cut your risk of blood vessel inflammation 23%. **TIP:** Mixing paprika into your favorite pasta sauce will boost the color and flavor. Also try it on potato dishes before baking, or mixing it with melted butter, then drizzle it over freshly popped popcorn.

PILE ON THE PEPPER: Simply adding a little everyday black pepper to any of your meals can double your absorption of other spices. The reason: Piperine (the compound that gives pepper its bite) helps to shuttle nutrients across the intestinal wall and into the bloodstream, according to research in the journal: *Planta Medica*.

ALWAYS TALK TO YOUR DOCTOR BEFORE TRYING NEW THINGS.

From *Woman's World Magazine*

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

4-4 *Barbarie Gonzalez, Hollis Rose,*

Janet McCabe

4-7 *Virginia Jorge*

4-8 *Robert Petty, Paulette Thompson*

4-10 *John Figg-Hoblyn*

4-12 *Glenath Wear*

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 *Mary F. Ceratto*

4-21 *Don Alumbaugh, Fred Killion, Claude Walter*

4-22 *Bruce Hutton, Carl Pedrotti,*

4-24 *Joyce Rudy*

4-25 *Betty Arreguin*

4-27 *Ronald Craig, Geri Durbin*

4-28 *Barbara Telich, Bruce Yoxall*

4-29 *Ken Farnsworth, Sarah McLean*

4-30 *Ronald Fisher, Louise Harrison,*

Alan Judy, Cindy Price

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



April 2016 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 29, 2016

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

Sign your name here:



SUNDAY BREAKFAST

Pancake Breakfast

**Sunday,
April 10th
8 am. to 11 am.**

Menu:

Pancakes
Eggs any style
Bacon, Sausage, or Ham
Orange juice
Sugar Free Syrup
Plus: Grandma's Biscuits
& Gravy
& Look for New Additions

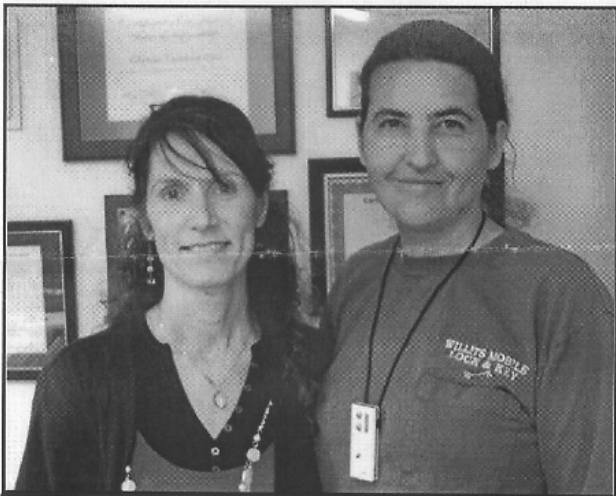
Adults \$7

**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

*Shirley Abraham
Allen Downing
Rhonda Gluckman
Mike Kellaher
Denise Kreps
Ruby Pierzak
Ukiah Co-Op
Theresa Wilcox
Willits Furniture
Joe Yu*

*To all the Volunteers that worked the Chili
Cook-Off You're fantastic!*

*The St. Patrick's Day lunch volunteers and Kitchen
staff ... you were also the BEST EVER! Great work
one and all.*



Week 1	Week 2	Week 3	Week 4	Week 5
4-1 Pork Loin	4-4 Beef Tips	4-11 Meat Loaf	4-18 Chicken En- chilada Cass.	4-25 Bk. Cod
	4-5 Chicken, Bacon Pizza	4-12 Baked Sole	4-19 Rueben Sandwich	4-26 Polish Sausage
	4-6 Pulled Pork	4-13 Spaghetti	4-20 Spinach La- sagna	4-27 Sloppy Joes
	4-7 Salisbury Steak	4-14 Teriyaki/ Pine- apple Burger	4-21 Tilapia	4-28 Hot Dogs
Seniors: \$5.50 Non-Seniors: \$7.50 Soup: 11:45	4-8 Baked Cod	4-15 Bk. Chicken	4-22 Ch. Fr. Steak	4-29 Turkey

CENTER ACTIVITIES FOR: APRIL, 2016:

***APRIL FOOL'S DAY: Friday, April 1st; Beware of pranksters!!**

***SUNDAY BINGO: Sunday, April 3rd. Lunch: 11am/ Games: 11:30**

***PANCAKE BREAKFAST: SUNDAY, April 10th; 8-11am.**

***PIE & ICE CREAM SOCIAL: Monday, April 11th, 1:30-2:30pm.**

***FOOD BANK: Monday, April 18th, 9:30-10:30; NOW BEING HELD IN THE DINING ROOM.**

***BIRTHDAY LUNCH: Friday, April 29th, 11:45 to 1pm.**

Monday

Stretch & Strength

Choir

Parkinson's Discussion & Support

Dining Rm. 9-10am

Sunshine Rm. 1-2:30pm

Conference Rm. 11am-12:30pm. Contact Linda Posner:
459-1941 limited space; room for 3 more.

Tuesday

Stretch & Strength

Blood Pressure

Bible Class

Computer Help Lab

Avenues of Wellness Speaker Series

WII Bowling

Tuesday Bingo

Dining Rm. 9-10am

Dining Rm. 10am.-12

Lunch 11:30 Conference Rm. until 1:30

Lab OPEN AGAIN.

1st Tues. of the month

1:30-2:30 Lakeside Room

5pm-7pm Lite Supper. **No Bingo** 1st Tuesday of each month

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

Creative Writing

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.

1st & 3rd Thursdays of the month. Sunshine Rm. 1:30-2:30.

Friday

Stretch & Strength

Tole Painting

Bridge

Dining Rm. 9-10am.

Sunshine Rm. 9-12

Conference Rm. 10am—2pm.

Willits Seniors Inc.
1501 Baechtel Road
Willits, CA 95490

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

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Willits, CA



***APRIL
SHOWERS
BRING
MAY
FLOWERS!!***

Current Resident or

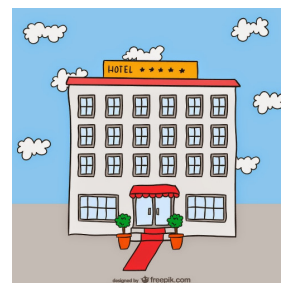
For people who love dogs and also for the rest who should:

“Dogs Welcome”:



A man wrote a letter to a small hotel in a Midwest town he planned to visit on his vacation.

He wrote: “I would very much like to bring my dog with me. He is well-groomed and very well behaved. Would you be willing to permit me to keep him in my room with me at night?”



An immediate reply came from the hotel owner, who wrote:

SIR: “I’ve been operating this hotel for many years. In all that time, I’ve never had a dog steal towels, bed clothes, silverware or steal pictures off the walls or use them as a coloring book. I’ve never had to evict a dog in the middle of the night for being drunk and disorderly. And I’ve never had a dog run out on a hotel bill. Yes, indeed, your dog is welcome at my hotel. And, if your dog will vouch for you, you’re welcome to stay here, too.



Submitted by Sue Sawyers

