

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

February 2016

Board of Directors

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Gary Mann, Vice President
dorothy Roediger, Secretary
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Don O'Reilly
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Allyn Nonneman

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Jewel Cook

Transportation:

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Stacy Shaul
Terry Baker

Nutrition:

Donna Hart
Linda Gnader

Vol./Event Coordinator/

Meals on Wheels:

Mariya Siddons

Outreach:

Priscilla Tarver
Sherry Bixler

Thrift Shop:

Kathleen Barry
Dorcas Potter
Leslie Challenger
Kelli Gordon

Maintenance/ Janitor

Brian Armond

Experience Works:

Evelyn Swift



Valentine's Day is Sunday, February 14th.

Our Pancake Breakfast is also that day.



*Why not bring your sweetheart to the Center
for a breakfast she doesn't have to cook!!!!*



A TAP ON THE SHOULDER!!



A true story from the pages of the Manchester Evening Times...

Last Wednesday a passenger in a taxi heading for Stafford station leaned over to ask the driver a question and gently tapped him on the shoulder to get his attention.

The driver screamed, lost control of the cab, nearly hit a bus, drove up over the curb and stopped just inches from a large plate glass window.

For a few moments everything was silent in the cab.

Then the shaking driver said, "Are you Ok? I'm so sorry, but you scared the daylights out of me."

The badly shaken passenger apologized to the driver and said, "I didn't realize that a mere tap on the shoulder would startle someone so badly."

The driver replied, "No, no, I'm the one who is sorry, it's entirely my fault. Today is my very first day driving a cab; I've been driving a hearse for 25 years."

Submitted by Sue Sawyers

FOOD FOR ALL Mendocino: A local coalition working to increase access to healthy food in Mendocino County

CAL FRESH (formerly "Food Stamps")

OPEN ENROLLMENT FOR CALFRESH/FOOD STAMPS:

Friday, February 12, 2016 9am. to 3pm.

(Monthly income levels will increase this next contract year):

Call Priscilla or Sherry in Outreach for more information:

**Harrah Sr. Center
1501 Baechtel Rd.
Willits CA 95490
459-6826**

Common Questions:

Q: What is an EBT card? A: It's the Electronic Benefit Transfer card that you use to buy food with your CalFresh benefits. Every month, the card automatically reloads with money. You use it just like a debit card at the grocery store or farmer's market.

Q: Can you get CalFresh if you receive SSI/SSP? A: No, the SSI/SSP money is meant to cover the cost of food.

Q: Can I have money in the bank and still qualify? A: Yes. Only your current income is used to determine benefits.

Q: What if you are not a legal resident? A: You are not eligible for benefits, but if your child is a U.S. citizen or legal resident, you can apply on their behalf.

MORE QUESTIONS? Call 707-463-5437 or the Dept. of Social Services

10/1/14—9/30/15

Number of People in Your Household*	Monthly Income (before taxes)	Monthly Benefit for household
1	\$1,962	Up to \$194
2	\$2,655	Up to \$357
3	\$3,349	Up to \$511
4	\$4,042	Up to \$649
5	\$4,735	Up to \$771
6	\$5,429	Up to \$925

*Household = people who live and eat meals together

In December, 2015, our volunteers donated a total of 1593.25 hrs to the Senior Center.
At minimum wage (\$9), the total dollar amount for the month would be: \$14,339.25.

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

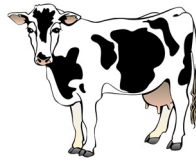
IF YOU BRNG IN YOUR EMPTY INK CARTRIDGES:

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



Submitted by Roberta Yokum:

A Wyoming rancher, who had
been taken so many times by his
local car dealer, had his revenge.
When said dealer asked to
purchase a cow, the rancher gave
him the following price breakdown:



Basic Cow	\$200.00
Two-tone exterior	45.00
Extra stomach	75.00
Product storage compartment	60.00
Dispensing device:	
4 spigots @ \$10 each	40.00
Genuine cowhide upholstery	125.00
Duel horns: \$7.50 each	15.00
Automatic fly swatter	35.00
	<u>\$595.00</u>

I've learned that deciding whom you marry is the most
important decision you'll ever make. *Age 95*

I've learned that when you remodel, everything costs as
much and takes twice as long as you think it will. *Age 48*

I've learned that you can't hide a piece of broccoli in your
glass of milk. *Age 7*

I've learned that most of the things I worry about never
happen. *Age 64*

*From: "Live and Learn and Pass It On" (people ages 5-95 share what they've
discovered about life, love & other good stuff. by H. Jackson Brown, Jr.*

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:

Orren Tann





Willits Senior Center

February 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:

5 easy ways to:

Prevent a winter heart attack

1. **SIP WATER TO THIN YOUR BLOOD:** You don't take in fluids while sleeping at night. So it's natural to wake up a bit dehydrated—which can make your blood sticky & more prone to blood clots.
Rx: Drink an 8-oz. glass of water first thing the morning.
2. **BUNDLE UP TO HALVE YOUR RISK:** Before stepping outdoors on cold days, it's smart to dress warmly, especially if you are prone to high blood pressure. In cold weather, blood vessels constrict, reducing blood supply to the heart. No wonder just simply wearing enough layers to keep cozy is shown to slash heart attack risk 50%!
3. **ADOPT A PET TO LIFT YOUR SPIRITS:** Living with a pet can relieve the winter blues, which can otherwise raise heart attack risk by affecting heart rhythms, blood pressure & cholesterol levels.
4. **GET A FLU SHOT:** To reduce the odds of a winter heart attack 67%, just get a flu shot. Inflammation produced when your body is fighting the flu can damage artery walls and trigger blood clots.
5. **BABY YOUR ARTERIES WITH D:** Taking 2,000 IU of vitamin D a day during the winter helps prevent the narrowing of arteries that hinders blood flow to your heart in cold weather.

AS ALWAYS THESE ARE SUGGESTIONS: PLEASE TALK WITH YOUR DOCTOR FIRST!!!!

From Woman's World magazine 2015

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

2-3 Kathy Strathman

2-6 Bev Anderson

2-7 Frank Barr

2-8 Greg Dunbar, Helen Oglesby,
Peter Onstad

2-10 Emmy Good, Phyllis Rose

2-11 Freda Smith

2-12 Joan Daniels, Dorothy DeJung,
Don Fahle, Audrey Kimmel

2-13 Robert Houtz, Carl Huffman

2-14 Wilma Milliken, Kay Nord

2-16 Barbara Carlson, Betty Cudney,
William Lee

2-18 Patricia Glinski

2-21 Bettye Bays, Jerry Bussell

2-22 James Church, Rita Priestly

2-23 Amy Elliott, Dick Graham,
Gregory Kanne

2-24 Frank Deuel, Roberta Yokum

2-25 Roy Kelly

2-26 Winnie Lucey

2-27 Tania Borrás, Patricia Tetzloff,
William Lee

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



Feb. 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, February 26, 2016
Your free lunch can be used any day in your birthday month.

Sign your name here:



SUNDAY BREAKFAST

Pancake Breakfast

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

Menu:

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

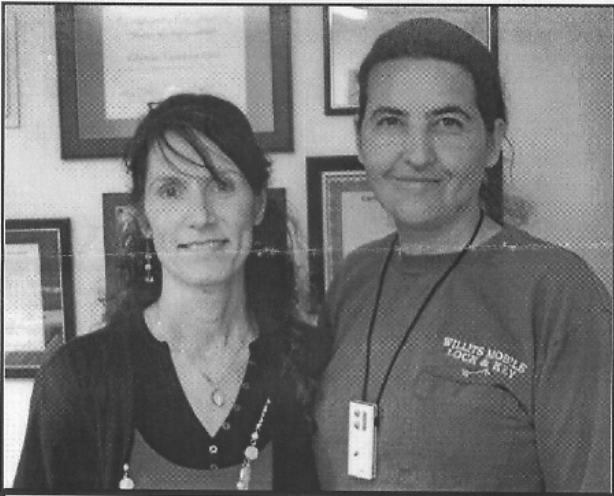
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Adults \$7

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](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*

*Edith Ceccarelli—108 years young—  
Happy Birthday, Edie*



*Alicia Berry*

*Darlene Costa*

*Gerry & Barbarie Gonzalez*

*Goldie Hilkey*

*Michelle Johnson*

*Mariposa Market*

*Ramona Lynch*

*See's Candy*

*Mendocino County Board of Supervisors*

*Earlene Whittaker*

| Week 1                | Week 2                 | Week 3                       | Week 4               | Week 5                                                |
|-----------------------|------------------------|------------------------------|----------------------|-------------------------------------------------------|
| 2-1 Tilapia           | 2-8 Tuna Noodle Cass.  | 2-15 Chicken Fried Steak     | 2-22 Beef Tips       | 2-29 Meat Loaf                                        |
| 2-2 Pinto Beans & Ham | 2-9 Orange Chicken     | 2-16 Beef Stew               | 2-23 Spinach Lasagna | Seniors: \$5.50<br>Non-Seniors: \$7.00<br>Soup: 11:45 |
| 2-3 Tamale Pie        | 2-10 Pork Chops        | 2-17 Spaghetti               | 2-24 Pulled Pork     |                                                       |
| 2-4 Pizza             | 2-11 Garlic Ham-burger | 2-18 Chicken Enchilada Cass. | 2-25 Salisbury Steak |                                                       |
| 2-5 Pork Loin         | 2-12 Cod               | 2-19 BBQ Chicken             | 2-26 Turkey          |                                                       |

### **CENTER ACTIVITIES FOR: FEBRUARY, 2016:**

**\*SUNDAY BINGO: February 7th. Lunch: 11am/ Games: 11:30**

**\*PIE & ICE CREAM SOCIAL: Monday, February 8th, 1:30-2:30pm.**

**\*PANCAKE BREAKFAST & VALENTINE'S DAY: Sunday, February 14th, 8-11am**

**\*FOOD BANK: Monday, February 15th, 9:30-10:30**

**\*PRESIDENT'S DAY: Monday, February 15th The Center is OPEN.**

**Banks & Post Office are**

**\*BIRTHDAY LUNCH: Friday, February 26th, 11:45 to 1pm.**



#### **Monday**

Stretch & Strength

Choir

Parkinson's Discussion & Support

Linda Posner: 459-1941 limited space; room for 3 more.

Dining Rm. 9-10am

Sunshine Rm. 1-2:30pm

Conference Rm. 11am-12:30pm. **Starts Feb. 1st.** Contact

#### **Tuesday**

Stretch & Strength

Blood Pressure

Bible Class

Computer Help Lab

Avenues of Wellness Speaker Series

WII Bowling

**Tuesday Bingo**

due to Avenues of Wellness Series (see above)

Dining Rm. 9-10am

Dining Rm. 10am.-12

Lunch 11:30 Conference Rm. until 1:30

Lab CLOSED for Repairs this month.

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

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.

#### **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

US Postage Paid

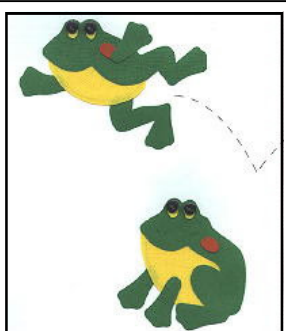
Standard

Permit #58

Willits, CA

**LEAP YEAR:**

We have an  
extra day this  
month:  
Monday,  
Feb. 29th



Current Resident or



**GET READY FOR:  
OUR 9th ANNUAL CHILI COOK-OFF:**

**Friday, March 11th from 5:30 to 7pm  
at the Senior Center.**

You can enter the contest\*\* (see below)  
or purchase **Taster Tickets at the Center.**

**TASTER TICKETS ARE:**

|         |                                 |     |
|---------|---------------------------------|-----|
|         | Adults                          | \$8 |
| Members | \$7 (Must show Membership card) |     |
|         | Children                        | \$5 |

**\*\*ENTRY TABLES AVAILABLE FOR \$25.00**  
(see or call Mariya to book a table: 459-6826.)

**There will be Fresh Baked Cornbread, Drinks,  
and Ice Cream Floats to enjoy as well!!**

