

# Senior Moments

June 2016

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Lance Hodges

## Experience Works:

Evelyn Swift



*Sunday, June 19th*

## A GOOD FOUNDATION

Thomas Weaver held jobs as a janitor and a chauffeur. But his life's work was his family.

"My father was everything to me," his son William said recently. "He made me feel that I could do anything I wanted to do."

William recalled an evening from his teen years as he sat at the table struggling to do his algebra homework. When his father offered to help, the frustrated William snapped back. "Dad, they didn't even have algebra in your day." Defeated and angry, he went to bed.

Hours later, William's father woke him up and led him back to the kitchen table. While his son was sleeping, Thurman Weaver had been pouring over William's math books, reading them from cover to cover. By 4:00am., Thurman was ready to give his son a tutoring session in algebra. Slowly, William grasped the subject as he worked through the equations. Before it was time to leave for school, William had completed his homework. Today, William Weaver is an accomplished surgeon, educator, husband and father. He says, "To this day, I live my life trying to be half the man my father was, just half the man. And I would be a success if my children loved me half as much as I loved my father."

from the StoryCorps Web site & the NPR Web site

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On June 14, 1777, the Second Continental Congress passed a resolution adopting the flag of the United States.

Following a proclamation issued by President Woodrow Wilson, the day was officially declared "Flag Day".

The history of Flag Day is undoubtedly one of the most interesting chapters of American history. Sadly, the day seems

to have been long forgotten and the fact that nowadays you hardly get to see hundreds of flags displayed in every street like before, echoes this very thought. (Although, here in Willits the flag is displayed all along Main Street.) Though it has never been a Federal holiday, there are numerous accounts which tell about this day being celebrated with great pomp & gaiety in the past. The day has also been celebrated with parades. The annual Flag Day parade held in Quincy, Massachusetts (first celebrated in 1952), is considered one of the longest running parades in the history of the United States.

June 14th also marks the birth of the American Continental Army (14 June, 1775), which is considered the parent body of the modern U.S. Army.

From the Internet



Galloping over the hills we go, my rocking horse and I,  
When dinner is done and the day most gone  
and the sun sinks from the sky.



We ride o'er the plains, and into the woods where the dragons stay,  
And we seek them out from 'round and about and lure them out to play.

They chase us with their fiery breath. It's exciting as can be.  
Down through the valleys and over the rills, they're after my horse and me.

But my faithful horse outruns them, as faster and faster we fly.  
We keep barely ahead, and we get home to bed as the first star dots the sky.

When mother comes in to say goodnight (and she does so, with out fail)  
And can't figure out who burned my horse's tail.

By Verna Hokinson

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## **DIRECTOR'S REPORT:**

**MEMBERSHIP MEETING**—We will be having a Membership meeting Monday, July 25th at 11am in the Dining Room for all Members of the Senior Center.

We will give you an update on what has happened throughout the year financially as well as physically.

Please bring your questions and enjoy lunch afterwards. We will be having Beef Tips/Noodles, Soup, Salad Bar, Biscuit & Dessert. Please come join us!

**BACK UP DRIVER/DISPATCHER NEEDED**—We need a Driver/Dispatcher to fill in for Stacy, Richard & Terry's vacation and sick days off. You must be drug free, have a clean driving record and LOVE serving the elderly!

**BOARD MEMBER BALLOT**—Be sure to 😊 send in your ballot for your choice of new Board members. We need three elected positions filled.

**SOCIAL SECURITY PRESENTATION**—Social Security will have a presentation on "What Social Security Means in Your Life" on Thursday, June 30th, 5:30-7:30pm. Sam will discuss all aspects of the Social Security System, SSA, SSI, Disability, etc. It would be a great meeting to attend if you're reaching the age of 65 and have any questions on how to proceed in signing up.

Allyn

In April, 2016, our volunteers donated a total of 1450.75 hrs to the Senior Center.  
At minimum wage (\$10), the total dollar amount for the month would be: \$14,507.50.

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.



Can't eat pork, Swine flu...  
Can't eat chicken, Bird flu.  
Can't eat Beef, Mad cow...  
Can't eat Eggs, Salmonella.  
Can't eat fish, heavy metal poisons in their waters.  
Can't eat fruits and veggies, insecticides and herbicides.  
HMMMMMMMMMMMM!!!!!!!!!!!!

**I believe that leaves Chocolate and ice cream!!!  
Remember — 'STRESSED' spelled backwards  
is "DESSERTS!"**

Submitted by Phyllis Orvis

### NOW IT ALL MAKES SENSE!

I am a SEENAGER (Senior teenager)  
I have everything that I wanted as a teenager, only 60  
years later.  
I don't have to go to school or work.  
I get an allowance every month.  
I have my own pad.  
I don't have a curfew.  
I have a driver's license and my own car.  
I have ID that gets me into bars and the whiskey store.  
The people I hang around with are not scared of getting  
pregnant.  
And I don't have acne.  
Life is great!

Submitted by Doug Sawyers

## 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

1. New LED retrofit canned light fixtures (Energy Star)
  2. New LED 4 Foot ceiling light fixtures (Energy Star)
  3. Door Jam & Lock Set for south door.
  4. Small spoons and forks.
  5. Lawn Mower
  6. New chairs/couches/tables for the Lakeside activity room.
  7. Double sided banners for our different fundraisers.
  8. Extra plants you may have in your greenhouse—for our garden?
- Any help you may provide will be greatly appreciated!

In Memory of:

*Bettye Bays  
Robert "Buzzy" Brown  
Mae Dukes  
Don Harris  
Sharon Walkley Noonan  
Phyllis Rose*



## ***Willits Senior Center***

**June 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:**

#### **DRINKING ENOUGH FLUIDS:**

It is important to drink enough liquids to keep your body working properly. And it is particularly true for older adults because they often don't feel thirsty even if their bodies need fluids. Drinking enough fluids every day is essential for those who exercise regularly, eat large amounts of protein, use laxatives or live in areas with high temperatures. However, please check with your doctor if you've been told to limit how much you drink.

Drink plenty of liquids & other drinks without added sugar. Fat-free or low fat milk, 100% juice, coffee & tea are good sources of fluids, as are foods with high moisture content such as: fruit, vegetables & low-sodium broth-based soups. Those of you who choose to drink alcoholic beverages should do so sensibly & in moderation, which means up to 1 drink per day for women & up to 2 drinks per day for men. TIP: If you have a urinary control problem, don't stop drinking liquids. Talk to your doctor about treatment.

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*From Woman's World 2016:*

**FIBER FIGHTS CHOLESTEROL:** When 121 dieters added 30 grams of fiber (about 6 servings of fruits, veggies & whole grains) to their daily diet, they lowered their cholesterol levels, plus ate 200 fewer calories per day & lost 4.6 pounds in one year—results similar to dieters who focused in cutting fat & calories. Author of the study Yunsheng Ma, M.D., PhD., explains that fiber binds to cholesterol in the blood stream so it can't clog arteries.

**HEARTBURN MED CAUTION:** A new Johns Hopkins University study links Nexium, Prevacid, Prilosec & other heartburn meds called proton pump inhibitors to a 20% to 50% higher risk of chronic kidney disease. Why is not yet clear, but research suggests that the higher the dose, the higher the risk.

**AS ALWAYS, CHECK WITH YOUR DOCTOR.**

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

6-2 Ruchard Johnson

6-3 Ann Maxwell

6-4 Kenneth Prarat

6-5 Brigitte Parks

6-8 Patricia McComish

6-10 Joyce Britton

6-11 Betty Breitlow, Michel Frey,

Michael F. Smith

6-12 Donna Brown, Carol Deuel

6-13 Ron Stamps, Darleen Ward

6-14 Frances Neumeyer

6-15 Dusty Rhodes, Carl Thompson

6-16 Deborah Bertram, Nicholas Durupt,

William Hamilton, Linda Posner

6-18 Marcia Miller, Ed Schmidbauer

6-19 Diana Moore

6-20 Mary Brodien, Marlene Brown

6-22 Barney St. Martin

6-23 Walter Williams

6-24 Lois Barth, Nancy Boone,

Ken Wickerstrom

6-25 Dorothy Combs, Brian Marshall

6-29 Mary Durupt

6-30 Joanne Franklin



### June 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, June 24, 2016

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

Sign your name here:



## SUNDAY BREAKFAST

### Pancake Breakfast

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

#### Menu:

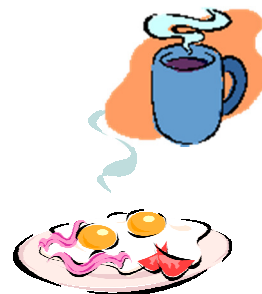
Pancakes  
Eggs any style  
Bacon, Sausage, or Ham  
Orange juice  
Sugar Free Syrup  
Or

Grandma's  
Biscuits & Gravy or  
Ham & Cheese  
Scramble

Adults \$7

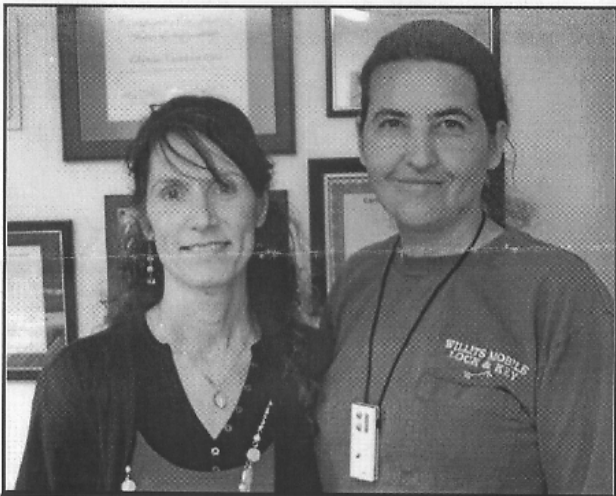
Sr. Center Members \$6  
(MUST SHOW  
membership card to get  
discount)

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

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1460 South Main Street  
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We never stop moving.

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MENDO REALTY, INC.

*Thank You For Your Donations and Precious Time*

*Jack Bothwell*  
*Mr. & Mrs. Kenny Brown*  
*Rhonda Butler*  
*CDF-Howard Forest Station*  
*City of Willits*  
*Pat Collins*  
*Sharon Collins*  
*Community Foundation of Mendocino County*  
*Eldon Easterday*  
*Carole House*  
*Monty Levenson*  
*Barbara Lutz*  
*Michael McEnnerney*

*Barbara Mitchell*  
*Dave Ortiz*  
*Sarah Pershing*  
*Lee & Evelyn Persico*  
*Ethel Redman*  
*Clark Rhodes*  
*Matt Roundtree/Kiwanis Club Workday*  
*Joe Schaffer-Refurbished Garden Cart*  
*Frank Schepergerdes*  
*Sparetime Supply*  
*TRUIST*  
*Starla Warburton*  
*Willits Redwood Little League*



| Week 1                                                                      | Week 2              | Week 3                      | Week 4              | Week 5                       |
|-----------------------------------------------------------------------------|---------------------|-----------------------------|---------------------|------------------------------|
| 6-1 Tuna Noodle Cass.                                                       | 6-6 Salisbury Steak | 6-13 Creamed Chicken        | 6-20 Polish Sausage | 6-27 Beef Tips               |
| 6-2 Hamburger                                                               | 6-7 Cod             | 6-14 Turkey Rueban Sandwich | 6-21 Roast Pork     | 6-28 Chicken Enchilada Cass. |
| 6-3 Pork Chops                                                              | 6-8 Spinach Lasagna | 6-15 Meat Loaf              | 6-22 Pizza          | 6-29 Spaghetti               |
| Seniors: \$5.50<br>Non-Seniors: \$7.50<br>Salad Bar: 11:45<br>Lunch: 12-1pm | 6-9 Tostados        | 6-16 Chicken Pasta Salad    | 6-23 Tilapia        | 6-30 Teriyaki Burger         |
|                                                                             | 6-10 Bk. Chicken    | 6-17 Bk. Cod                | 6-24 Ham            |                              |

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

**\*FRIDAY, JUNE 3rd: DRIVE THRU CHICKEN DINNER FOR 2, 5 to 6:30pm at the Center.**

**\*SUNDAY BINGO: Sunday, June 5th. Lunch: 11am/ Games: 11:30**

**\*PANCAKE BREAKFAST: Sunday, June 12th; 8-11am.**

**\*PIE & ICE CREAM SOCIAL: Monday, June 13th, 1:30-2:30pm.**

**\*FOOD BANK: Monday, June 20th, 9:30-10:30**

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

#### **Monday**

Stretch & Strength  
Parkinson's Discussion & Support

Dining Rm. 9-10am  
Conference Rm. 11am-12:30pm. Contact Linda Posner at:  
459-1941

#### **Tuesday**

Stretch & Strength  
Blood Pressure  
Bible Class  
Computer Help Lab  
Avenues of Wellness Speaker Series  
Tuesday Bingo

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



Current Resident or

**Friday, June 3rd:**  
**Drive Thru Chicken Dinner for 2**



**Tickets: \$25.00 available at Front Desk**  
**Pick-up: 5 to 6:30pm at the Senior Center**

**Menu:**

**1/2 Chicken**  
**Edna's Beans      Coleslaw**  
**Garlic Bread      Brownies**

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**Monday, June 6th is**  
**sary**

**the 72nd Anniver-**  
**of the Allied landings at Nor-**  
**mandy, France. This is the time we honor**  
**the memories of those brave men who**  
**stormed the beaches against enormous**  
**odds to liberate France. The Allies**  
**landed around 156,000 men in Normandy.**  
**11,590      aircraft were**  
**available to support the landings. Allied**  
**aircraft flew 14,674 sorties and 127 were**  
**lost.      To-**  
**day 27 cemeteries hold the remains**  
**of over 110,000 dead from both sides.**

