

Senior Moments

July 2016

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Monday, July 4th, The Center will be CLOSED.

FOURTH OF JULY FACTS:

***Americans began observing the 4th of July as early as 1777, when the first ever major celebration in Philadelphia included a parade, a 13-shot cannon salute and fireworks.**

***To avoid cracking, the Liberty Bell has not rung since 1846. To mark the quintessential day, every 4th of July it is symbolically tapped 13 times.**

***John Adams and Thomas Jefferson are responsible for the bald eagle as the national bird. Benjamin Franklin wanted it to be the turkey.**

***The country's 30th president, Calvin Coolidge, was born on Independence Day in 1872.**

***Americans consume about 155 million hot dogs on Independence Day; it is the biggest hot dog holiday of the year.**



From the Internet: by Heather Sanders

ATTENTION:

ANNUAL MEMBERSHIP MEETING

**at the Senior Center, in the Dining Room,
Monday, July 25th at 11am.**

All members welcome!

CALFRESH—A FOOD ASSISTANCE PROGRAM

We will have four “official” Enrollment days throughout the year, although you may apply at any time. Mark your calendar! They will be held from 9am to Noon on:

July 18, 2016 - October 17, 2016 - January 16, 2016 - April 17, 2017

Special Rules make it easier for Older Adults to qualify for CalFresh:

- *CalFresh is a nutrition program formerly known as Food Stamps.
- *CalFresh households containing a senior (age 60 or older) can make more money and still qualify for Cal Fresh!
- *Seniors can deduct many medical expenses from their income. This helps increase their monthly Cal Fresh!
- *If there is a senior member in the house, the applicant can deduct the full cost of housing.
- *You can have savings, a house and cars and still qualify.

You may be Eligible:

- * If you have a limited income, you may be eligible.
- * You are **NOT eligible** if you get Supplemental.
- * Security Income (SSI), but Social Security Retirement Benefits are OK.

It's Easy:

- * Eligibility is determined by the household size and monthly income.
- * Cal Fresh benefits are issued on an electronic benefit transfer (EBT) card-like an ATM card.
- * Use your EBT card at most grocery stores, neighborhood stores, and farmers' markets.

REDWOOD EMPIRE FOOD BANK

Food Bank applications may be picked up at the Senior Center front desk or in the Outreach department. The truck arrives every Third Monday of the month.

The following income levels apply **to the Senior Program:**

<u>FAMILY SIZE</u>	<u>ANNUAL</u>	<u>MONTHLY</u>
1	\$15,444	\$1,287
2	\$20,826	\$1,736
3	\$26,208	\$2,184
4	\$31, 590	\$2,633

If you have any questions regarding the above information or please call: **Priscilla or Sherry @ 459-6826.**

tions regarding the income qualifications,

In May, 2016, our volunteers donated a total of 1796.25 hrs to the Senior Center.
At minimum wage (\$10), the total dollar amount for the month would be: \$17,962.50.

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.



YOU WILL FEEL MUCH MORE INTELLIGENT AFTER READING THIS:

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets full, so too, do humans take longer to access information when their brains are full. Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more. Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is **NOT** a memory problem; it is nature's way of making older people do more exercise.

SO THERE!! I have more friends I should send this to, but right now I can't remember their names.
So, please forward this to your friends; they may be my friends, too.

Submitted by Doug Sawyers

A Moment for You:

*You're over due for a break. Worn out? You don't need a new you. You just need to renew yourself!
When you're frazzled, fun isn't optional; it's essential, and downtime is not a waste of time.
So kick back, chill out, relax! Doing less can actually help you accomplish more, because rest restores!*

From *Woman's World Magazine*

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). See them in the lobby & halls; we need more for the dining room.
2. New Energy Star LED light fixtures to replace office ceiling lights.
3. Small spoons and dinner forks.
4. Lawn Mower
5. New chairs/couches/tables for the Lakeside activity room.
6. Double sided banners for our different fundraisers.

Any help you may provide will be greatly appreciated!

In Memory of:

*Patrick "Pat" Brown
Betty Cudney
Dale Dingman
Carl Gallups
Kurt Schiessl
Jim Yokum*



Willits Senior Center

July 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:

EAT SMART by Jean Carper

Milk cancels power of tea:

Keep it simple: Take your tea without milk to maximize health benefits: Whether it's health-smart to put milk in your tea, (like the British do) long has been a scientific question with no firm answer. Until now. A new & more definitive study shows that adding milk to black tea reduces its powers to promote better blood flow & vascular health. German researchers gave 16 healthy women either boiled water or black tea brewed with & without skim milk. Then 2 hours later, used ultrasound to measure the function of an artery in their arms. The result: blood flow improved after drinking tea, but not when milk was added. So now we know that it is smart to drink tea without milk.

Sugar boosts cancer risk: Eating too much sugar can boost the risk of pancreatic cancer (one of the most deadly cancers) according to Swedish researchers. They found that women & men who ate the most sugar (added to foods such as cereal, coffee & tea) were 69% more likely to develop pancreatic cancer than those who ate the least amount of sugar. Even worse: drinking more than 2 soft drinks a day (the main source of sugar for Americans) nearly doubled the odds of getting pancreatic cancer. Researchers explain that sugar is rapidly absorbed into the bloodstream, driving up insulin & glucose levels. Excess glucose can actually poison & kill pancreatic cells, increasing cancer risk. Too much insulin results in insulin-like growth factor, which is thought to promote cell proliferation & cancer.

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From Woman's World magazine:

**Sipping coffee may add years to your life:** You can't get through the day without your cup of Joe? It seems the perfect pick-me-up may also be a life saver. *Annals of Internal Medicine* reports that the landmark Nurse's Health Study found women who drink 2-3 cups of antioxidant-rich coffee a day have an impressive 25% lower risk of heart disease (the leading cause of death among U.S. women) & an 18% lower risk of developing illnesses other than cancer than women who skip the drink. Rather have decaf? It also provides the same health benefits! What's the link? The credit may go to anti-inflammatory properties in coffee, as well as its rich supply of disease-fighting antioxidants.

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

7-1 Cynthia Trexel

7-3 Diaine Lewis, Nina Matlock

7-5 Jim Harden, Roger Samples

7-7 Edmund TePas

7-9 Clyde Adams, Sarah Pershing

7-12 Chuck Anderson, Harold Atherton,  
Vicky Titus

7-14 Eugene McDonald

7-15 Darlene Brown, Maggie Graham,  
Barbara Sicard

7-17 Vincent Highes, Diane Putnam

7-18 Shirley Jackson

7-22 Marnye Sylvander

7-23 Neil Nunnemaker

7-24 Robert Hunter, Neva Kinman,  
Carol O'Ferrall, Doug Pollard

7-25 Warren Sawyers, Joyce Stamps

7-27 Jewel Cook, Mary Ann Jones

7-29 Allen Nanna

7-30 Ray Hebrard

7-31 Bill Barker, Russ Clatty, Earl Hansen



### July 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, July 29, 2016

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

Sign your name here:



## SUNDAY BREAKFAST

### Pancake Breakfast

Sunday, July 10th  
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

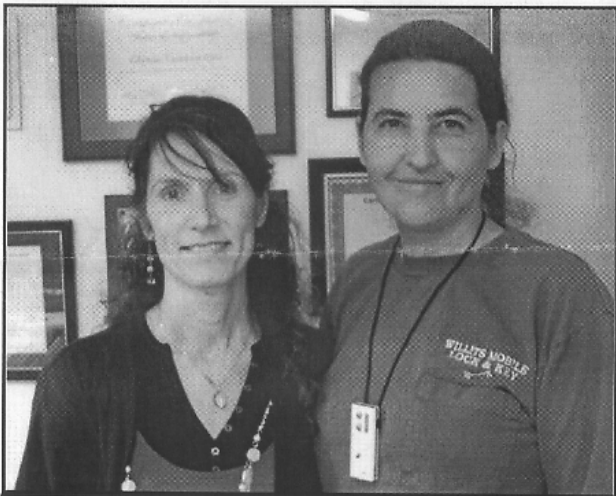
Adults \$7

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

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*

*Anonymous*  
*John Bredehoft*  
*Uta Baviere*  
*Gordon & Ruby Campbell*  
*Edith Ceccarelli*  
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*Pauline Grzanich*  
*Beth Kane*  
*Larry & Dorene Logan*  
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*Ann Maxwell*

*Michael Scott McEnnerney*  
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*Ms. Carol O'Ferrall*  
*Kirk Orvis*  
*Sarah Pershing*  
*Lee & Evelyn Persico*  
*Jill Persico*  
*Mr. & Mrs. Rhodes*  
*Stacy Shaul*  
*Phil & Kathy Shuster*

*Mr. & Mrs. Warburton*  
*Darleen Ward*  
*Linda Weldon*  
*Walter & Mae Williams*





| Week 1                                                                      | Week 2                      | Week 3                   | Week 4                 | Week 5                |
|-----------------------------------------------------------------------------|-----------------------------|--------------------------|------------------------|-----------------------|
| 7-1 Bk. Chicken                                                             | 7-5 Taco Salad              | 7-11 Chicken/Apple Salad | 7-18 Pork Chop         | 7-25 Lemon Tilapia    |
|                                                                             | 7-6 Bk. Cod                 | 7-12 Hot Dog             | 7-19 Fruit Salad Plate | 7-26 Pulled Pork      |
|                                                                             | 7-7 Bacon, Egg, Potato Bake | 7-13 Turkey              | 7-20 Spinach Lasagna   | 7-27 Mandarin Chicken |
|                                                                             | 7-8 Roast Pork              | 7-14 Spaghetti           | 7-21 Bk. Sole          | 7-28 Sloppy Joes      |
| Seniors: \$5.50<br>Non-Seniors: \$7.50<br>Salad Bar: 11:45<br>Lunch: 12-1pm |                             | 7-15 Bk. Cod             | 7-22 Ck. Fried Steak   | 7-29 Ham              |

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

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

**\*MONDAY, JULY 4TH: CENTER CLOSED**

**\*PANCAKE BREAKFAST: Sunday, July 10th; 8-11am.**

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

**\*FOOD BANK: Monday, July 18th, 9:30-10:30**

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



#### **Monday**

Stretch & Strength

Parkinson's Discussion & Support Group

Dining Rm. 9-10am

2nd & 4th Mondays of the month. Conference Rm.

11am to 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

**ELECTION RESULTS FOR  
BOARD OF DIRECTORS:**

**MILLS MATHESON  
DON O'REILLY  
PAUL UBELHART**

**Congratulations!!!**

**Current Resident or**

**ONE GRAIN OF SAND**

By Sharon Rowe

I am but one grain of sand on any given beach  
God knows me, I hear it in his speech  
It would be a lonely place with just one grain of  
sand  
But there are more than you can count of in the  
palm of his hand  
We sparkle in sun so brilliant like lights are we  
all.  
On the sandy shore there we are sprawled  
Colors of many kind, none have been left behind  
We all blend together as one, a beauty to behold,  
Like diamonds and pure gold, but we'll never  
grow old  
We are played with, made into sand castles,  
walked on,  
But when night falls, and all are gone  
We lay on any given beach, and listen to our  
Father speak  
As he tells of his love for all the grains of sand  
That he holds in the palm of his hands.

**E-Script—S.H.A.R.E.S.**

Through the Shares program, **foodmaxx, Lucky, Save Mart and S-Mart foods,** are donating up to 3% of their profits back to schools and nonprofit 501c3 organizations in their areas. We have enrolled the Harrah Senior Center to be a recipient of this gift.

If you shop at one of these stores and want to help us earn money to support our Transportation, Outreach & Nutrition programs, please stop by with your phone number. You will input your phone number when you are at the check stand and the savings start accumulating.

It's that simple!

Thank you for your support!

Any questions: call 459-6826.