

Senior Moments

August 2016

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“IDENTIFYING & AVOIDING SCAMS”

Come join us for Savings Bank Safe-Tea Social

Older Americans lose \$2.9 billion each year.
Come and learn how to protect yourself and your loved ones.

Willits Senior Center

1501 Baechtel Road

Wednesday, August 17, 2016 at 10:30 AM

SAVINGS BANK of Mendocino County &
SAFE BANKING FOR SENIORS—ABA Foundation

For more information and other consumer resources, visit: aba.com/seniors

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## EMERGENCY PREPAREDNESS:

When disaster threatens, will we be ready?

It's not a matter of if a disaster will strike, but when.

We have to realize that we may be isolated after a disaster and that help may not come immediately. We need to be ready to stay in place for at least a week. In the following months, we will address the various things we can do to be ready when something does happen. Knowing the steps to take during a disaster can reduce the danger & distress your family may face. We will be addressing those steps in future newsletters.

Hopefully, this will help you plan for a variety of emergencies,  
persevere through them & recover afterward.

Some of the topics to be covered are:

Creating a Basic Emergency Plan

Preparing a Disaster Supply Kit

Treating Serious Injuries

Possible Evacuation

Dealing with Specific Disasters:

Thunderstorms, Floods, Hurricanes, Tornadoes,

Earthquakes, Fires, Volcanoes and more.

Our sources will be:

EMERGENCY PREPAREDNESS GUIDE

& the pamphlet: “10 WAYS YOU CAN BE DISASTER PREPARED”

from Mendocino County HHSA Public Health Branch All Hazards  
Preparedness Response Program

## **WHAT'S HAPPENING AT THE CENTER?**

**UPCOMING FUNDRAISING MAILER**—Lucy is looking for prizes for our October 2016 Fundraising Mailer. She has been very busy trying to get some terrific items that will appeal to everyone.

Tickets will sell for \$2 each or 6 for \$10. There will be 12 tickets in each mailer for a total sale at \$20. You can be the lucky winner. Start saving your pocket change NOW and be ready for this chance to win one or more of these wonderful gifts that have been donated:

A one night stay at the Benbow Inn, a \$25 Gift Certificate to Rio's Fish and Chips, \$20 Book Juggler Gift Certificate, a Platypus Wine Tasting Tour for two, a \$200 Gift Card for one night at Little River Inn, Golf for Two with a cart at Little River Inn and a \$50 Gift Certificate for Breakfast at the MacCallum House in Mendocino.

This is just some of the awesome prizes available if you choose to buy tickets for our cause. It's certainly a way to help support you Senior Center. Becoming a member is too. Are you a member? The cost is \$25 a year!

A HUGE thank you to all of the above Mendocino County Business Owners with this wonderful show of Community Support!

If you are interested in donating a gift to our fundraising cause, please call Lucy at 459-6826.

**VOLUNTEER OF THE YEAR:** Don't forget to send your ballot in with your favorite volunteer vote. Be sure to write a few lines about why you think they are GREAT! We must have them back by August 10th!

**RECREATION ROOM:** Many of you have noticed the couch, chair, TV, pool table and bookcase in the Lakeside Room. We are in the process of setting up a fun-filled Recreation room for you to play in?

Although we don't have the card and puzzle tables yet, you and your friends may check out the pool cues & balls and play a game or two. or go bowling with the Wii Bowling unit.

If you have any furniture or tables you are thinking of replacing...please think of us when you get your new stuff.

Warm Thoughts and Hugs, Allyn

In June, 2016, our volunteers donated a total of 1695.50 hrs to the Senior Center.  
At minimum wage (\$10), the total dollar amount for the month would be: \$16,995.00.

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.



**ICE CREAM SOCIAL**

Monday, August 8, 2016 1:30—2:30pm.

**Entertainment:**

Marc Parsley will be playing guitar  
& singing a variety of songs.  
Come join in the fun with trivial pursuit  
and prizes.

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**BINGO**

**ONCE A MONTH SUNDAY BINGO**

1st Sunday of each month  
Snack bar opens 11am  
Games begin at 11:30am.

**TUESDAY NITE POT LUCK BINGO**

Every Tuesday night from 5-7pm  
Bring your favorite dish and join in the fun!

**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:

*Duncan Bacci  
George Baviere  
Dick Graham  
Gary Herman  
Don Wakeland  
Jenny Wellst  
Jim Yokum*



## *Willits Senior Center*

August 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:**

*from Woman's World magazine 2016*



**Bolster bones with Basil:** A half cup of basil for pasta and pesto packs a day's worth of osteoporosis-shielding vitamin K, reports *Nutrition*. It ups calcium absorption & revs the release of bone building osteocalcin, the reason it can reduce hip fractures more than 30%.



**Enjoy better health with Chives:** Chives are filled with allicin, the same sulfur compound found in garlic & onions, which is shown to lower "bad" cholesterol, reduce inflammation & prevent sticky clots from forming. Compounds in chives also release circulation-boosting, blood vessel-relaxing nitric oxide.



**Zap germs fast with Oregano:** This Mediterranean herb packs the biggest antioxidant punch of any produce; a whopping 30 times more than oranges. Yet, its biggest benefit may lie in its antibacterial compounds (thymol) & carvacrol, which are shown to wipe out virtually all pathogens on contact, from e. coli & salmonella to staph & Hpylori. Georgetown University research shows oregano is as effective against bacteria as penicillin, with no risk of antibiotic resistance!



**Prevent cancer with Rosemary:** Love cookouts, but worry that grilled meat can contain carcinogens? It's rosemary to the rescue! Rosemary's chief antioxidant breaks up potential carcinogens that can form on meat cooked at high temperatures. Before grilling, place meat or poultry in a rosemary-infused marinade or add chopped rosemary to uncooked beef patties.



**Stay sharp with Sage:** British research reveals that sage reduces anxiety & improves focus for up to 4 hours. Compounds in the "wisdom" herb stop enzymes from depleting a neurotransmitter in charge of mood, recall & attention span, improving thinking & short-term memory in as little as 1 hour. Used often, sage is also shown to stave off age-related mental decline!

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

- 8-1 Leslie Wade
- 8-2 Ollie Kolkmann
- 8-3 Pat Yoxall
- 8-9 Peggy Bloomquist, Betty Walters
- 8-10 Zorina Cassidy, Bobbie Yokum
- 8-13 dorothea Roediger, Kathy Neff
- 8-17 William Drew
- 8-22 Dean Durbin
- 8-23 Betty Spence
- 8-24 Wallace Clark
- 8-31 Robin Joice



If you lose your invitation, come & see me. I have extras. Terry

### August 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, August 26, 2016

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

Sign your name here:

## SUNDAY BREAKFAST

### Pancake Breakfast

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

#### Menu:

Pancakes  
Eggs any style  
Bacon, Sausage, or Ham  
Orange juice  
Sugar Free Syrup  
Or  
Grandma's  
Biscuits & Gravy

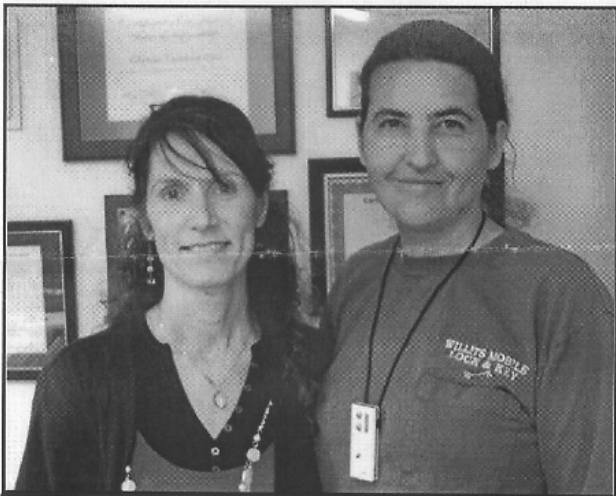
Adults \$7

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.



*Thank You For Your Donations and Precious Time*

*Al's Redwood Room*

*Benbow Inn*

*Bonnie Brandyberry*

*Betty Grider*

*Dina & Bruce Hutton*

*Kemmy's Pies*

*Gerrie Lassner*

*Little River Inn*

*Cindy, Reza Masoudi & Girls*

*NCO/Volunteer Recognition*

*Doug & Kay Nord*

*Arlene Osborne*

*Hazel Moon-Okerstrom*

*Platypus Wine Tour*

*Skunk Train*

*Freda Smith*

*Erik Stockley*

*Alice Thomas*

*TRUIST*

*Beverly Vicory*

*Walter & Mae Williams*

*Willits Lions Club*

*Bobbie Yokum*



| Week 1                        | Week 2                       | Week 3                   | Week 4                         | Week 5                                                                         |
|-------------------------------|------------------------------|--------------------------|--------------------------------|--------------------------------------------------------------------------------|
| 8-1 Biscuits & Gravy          | 8-8 Taco Salad               | 8-15 Sloppy Joes         | 8-22 Baked Cod                 | 8-29 Beef Tips                                                                 |
| 8-2 Spaghetti                 | 8-9 Swiss Steak              | 8-16 Tilapia             | 8-23 Egg, Sausage, Potato Bake | 8-30 Hot Dog                                                                   |
| 8-3 Pork Loin                 | 8-10 Egg, Bacon, Potato Bake | 8-17 Chicken Pasta Salad | 8-24 Bk. Chicken               | 8-31 Baked Cod                                                                 |
| 8-4 Chicken Apple Pasta Salad | 8-11 Chicken Cacciatore      | 8-18 Fruit Plate         | 8-25 Shrimp Salad              | Seniors \$5.00<br>Non-Seniors \$7.50<br>Soup/ Salad Bar 11:45<br>Lunch: 12-1pm |
| 8-5 Baked Cod                 | 8-12 Meat Loaf               | 8-19 Pork Chop           | 8-26 Turkey                    |                                                                                |

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

- \***SUNDAY BINGO: Sunday, August 7th. Lunch: 11am/ Games: 11:30**
- \***PIE & ICE CREAM SOCIAL: Monday, August 8th, 1:30-2:30pm.**
- \***PANCAKE BREAKFAST: Sunday, August 14th, 8-11am.**
- \***FOOD BANK: Monday, August 15th, 9:30-10:30**
- \***IDENTIFYING & AVOIDING SCAMS: Wednesday, August 17, 2016, 10:30am. (see front page)**
- \***DRIVE-THRU PULLED PORK DINNER: Friday, August 19th, 5pm-6:30pm.**
- \***BIRTHDAY LUNCH: Friday, August 26th, 11:45 to 1pm.**

#### **Monday**

Stretch & Strength Dining Rm. 9-10am  
 Parkinson's Discussion & Support Group 2nd & 4th Mondays of the month. Conference Rm.  
 11am to 12:30pm. Contact Linda Posner at 459-1941

#### **Tuesday**

Stretch & Strength Dining Rm. 9-10am  
 Blood Pressure Dining Rm. 10am.-12  
 Bible Class Lunch 11:30 Conference Rm. until 1:30  
 Computer Help Lab Lab open 2-4pm.  
 Tuesday Bingo 5pm-7pm Lite Supper.

#### **Wednesday**

Stretch & Strength Dining Rm. 9-10am  
 Life Changes Group Conference Rm. 10-11am.  
 Ukulele Group Sunshine Rm. 1-2pm.

#### **Thursday**

Stretch & Strength Dining Rm. 9-10am.  
 Hearing Services 1st Thurs of month Sunshine Rm. 9-12 noon (463-2966/appt)  
 Moving On 2nd Thurs of month Lunch; then Conference Rm. until 2pm.

#### **Friday**

Stretch & Strength Dining Rm. 9-10am.  
 Tole Painting ***Summer Break***  
 Bridge ***Summer Break***



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

*Age is an issue of mind over matter.  
If you don't mind, it doesn't matter*

Mark Twain

*Youth is a wonderful thing.  
What a crime to waste it on children.*

George Bernard Shaw

*It takes a long time to become young.*

Pablo Picasso

From: "A Senior Moment is just a Wrinkle in Time"

Current Resident or

**DRIVE-THRU BBQ**  
**PULLED PORK**  
**DINNER**



Friday, August 19,  
2016

Pre-Sale Tickets Only  
will be available at the  
Front Desk

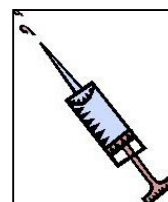
\$10.00 for 1 Dinner

BBQ Pulled Pork Sandwich,  
Coleslaw, Baked Beans & Cookie

5pm to 6:30 pm

Willits Senior Center  
1501 Baechtel Road  
707-459-6826

**FLU SHOTS**



Monday, September 19, 2016

10 am to 12 pm.

Conference Room at  
the Senior Center.

If you have Medicare,  
please bring your card.