

# Senior Moments

October 2016

## Board of Directors

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Gary Mann, Vice President  
dorothy Roediger, Secretary  
Richard Willoughby, Treasurer  
Virginia Jorge  
Warren Lewis  
Paul Ubelhart  
Mills Matheson  
Don O'Reilly  
Kathy Neff

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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

## Event/Fundraiser Coordinator:

Lucy Stanley

## Volunteer Coordinator:

Deb Holcomb

## Outreach:

Priscilla Tarver  
Sherry Bixler

## Thrift Shop:

Kathleen Barry  
Dorcas Potter  
Leslie Challenger  
Kelli Gordon

## Maintenance/ Janitor

Brian Armond  
Lance Hodges

## Experience Works:

Evelyn Swift

## DISASTER PREPARED- NESS:

### Preparing a Disaster Supply Kit:

Having a supply kit ready to take with you at a moment's notice ensures that you will have necessary supplies no matter how fast you may need to evacuate. Pack supplies in duffel bags or back packs & keep them in a designated place. The kit will also come in handy if you must take shelter in your home. The following list will help ensure that your kit includes all the essentials:

**WATER:** Pack at least 1 gallon per person per day for at least 3 days. Store water in tightly sealed, non-breakable plastic, fiberglass or enamel-lined containers. Change your water every 6 months.

**FOOD:** Pack enough food to last each family member at least 3 days. Include canned & boxed foods because they require little preparation & stay good for long periods of time. Remember to bring a manual can opener or to buy food in self-opening cans.

Pack foods in sealed metal or plastic containers.

Replace foods every 6 months.

Include foods for infants & family members with special diets.

**TOOLS & EQUIPMENT:** Battery-powered radio; Flashlights; Spare batteries; Resalable plastic bags; Washcloths & towels; Paper cups & plates & plastic utensils; Toothbrushes, toothpaste, shampoo, deodorant & other toiletries; Heavy-duty plastic garbage bags; Change of clothing & an extra pair of shoes and socks for each person; Blankets or a sleeping bag for each person.

**PERSONAL ITEMS:** Personal ID; Copies of birth & marriage certificates, inventory of household goods, bank account numbers & other important papers; Maps; Extra car & household keys; Prescription meds.

**FIRST-AID KIT essentials:** adhesive bandages, antacid, antibiotic ointment, anti-diarrhea medication, antiseptic, aspirin & non-aspirin pain reliever, cleansing agents (isopropyl alcohol, hydrogen peroxide, soap, germicide), cotton balls, first aid manual, gauze pads & roll, latex gloves, laxative, moist towelettes, needle & safety pins, petroleum jelly, scissors, sunscreen, thermometer, tongue depressors, triangular bandages and tweezers.

**Dear Friends:**

**VOLUNTEER COMMITTEE MEMBERS NEEDED** - The Board of Directors invite any interested Member to join a few of our Center Committees that need assistance. We are looking for people with positive energy and ideas for the Membership, Garden and Fundraising Committees.

We will always need Fundraisers to offset the costs of running the Center and its Programs. We are looking for active, fun loving volunteers who have time on their hands and fundraising ideas and experience. This is your Senior Center and your opinion matters!

We have tried to think of that **ONE BIG** fundraiser that will supply our monetary needs (\$30,000-\$60,000) per year so our smaller fundraising efforts can be **FUN**-raisers!

We recently sent out over 2,500 **FUNDing** mailers with raffle tickets enclosed to our Membership and the Community at large. Our local businesses as well as out-of-town sources have provided some awesome raffle prizes for you to try and win!! I want to thank you in advance for your participation in this event.

The Garden committee needs more green thumbs, strong backs and gardening savvy. Watching our garden grow to fruition this summer has been beautiful to see! Let's continue to plant and improve on it in the up-coming years.

Our Membership committee needs to find a way to entice the Baby boomers to join the Center and our cause of assisting our senior and disabled community members. They are our up and coming seniors, and we need them to participate before they feel old enough to join our membership (85-90) years! In our heads we are all 30 years old. **RIGHT?**

**THANK YOU LIONS CLUB** - The Lions Club did an awesome job in cooking the BBQ Chicken Dinner for our Volunteer Appreciation Luncheon. We appreciate Verd, Bill and Glen who volunteered for this mission...the chicken was **PERRRRFECT!** We were able to use the leftovers for the following Monday lunch.

All the many comments were positive and appreciative. We love working with you fellas and **THANK YOU** again for all you do to help with our fundraising efforts

Love and Hugs to you ALL.

In August, 2016, our volunteers donated a total of 1709.75 hrs. to the Senior Center.  
At minimum wage (\$10), the total dollar amount for the month would be: \$17,097.50.

ALL OF US AT THE CENTER THANK YOU FOR  
YOUR HARD WORK & DEDICATION.

## IF YOU BRING IN YOUR EMPTY INK CARTRIDGES:

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



Submitted by Wilma  
Sweazey

**S**Store the ice cream in  
the oven

**E**Enter your PIN into the  
microwave

**N**ag your adult children  
about anything.

**I**nsist someone stole  
your car, only to re-  
member you took the  
bus.

**O**bserve a stranger's  
tattoo and criticize it —  
loudly.

**R**un to answer the  
cuckoo clock.

**M**ake small talk with  
yourself.

**O**pen a can of soup  
when you meant to fry  
an egg.

**M**ake small talk with  
yourself.

**E**nter a room, then ask  
yourself why you're  
there.

**N**ame all your prescrip-  
tions whenever anyone  
asks, "How are you?"

**T**hank the Lord your  
senior moments are  
what they are—  
moments!

## Senior Center Wish List:

### Card Tables

## 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**

### Sponsor a Senior

If you would like to provide transportation or a meal for a needy senior, just come in to the Center or cut out this article and bring it in or send it to us with a check made out to WSI to: Willits Senior Center, 1501 Baechtel Road, Willits, CA 95490, along with this article. Just mark which of the following you choose:

- ☐ Good for 1 free meal \$5.50
- ☐ Good for a roundtrip ride (\$4 in town or \$8 from Brooktrails or Pine Mountain.)

**\*\* 10 meal punch cards are also available for: \$50.00.**





***Willits Senior Center***

**October 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 Reader's Digest's Health Digest:**

**The fruit that meddles with meds:** 43 different drugs can interact dangerously with grapefruit. It has been known for a while that grapefruit juice can interact with certain meds & dangerously increase their potency, due to chemicals called furanocoumarins which are also present in limes & Seville oranges. New research has found that the number of drugs that interact badly with grapefruit juice (including some common blood-pressure & cholesterol-lowering meds-has more than doubled since 2008 thanks to new drug formulations. Lead researcher David Bailey, PhD, a clinical pharmacologist at the Lawson Health Research Institute in London, Ontario, says, "Taking 1 tablet of certain meds with a glass of grapefruit juice can be like taking 5 tablets with water." A single grapefruit or glass of juice (even if consumed hours before or after a drug is taken) is enough to cause a reaction. Check with your doctor to see if any of the meds you take are on the new list.

**From Woman's World magazine:**

**MOOD LIFTER:** A tasty way to shake off grumpiness is to add shredded cabbage to soups, stews, salads & stir-fries. Researchers reporting in the *Journal of Agricultural and Food Chemistry* say that the veggie has 36 types of *anthocyanins* (powerful antioxidants that boost brain cells' ability to produce mood-elevating hormones within 30 minutes of your first bite.

**BLOOD SUGAR BALANCER:** If you are prone to afternoon energy crashes, adding a handful of mushrooms to the biggest meal of the day could be the ticket to a perkier you!! Researchers from Penn State University say the antioxidant rich gems nourish the pancreas to steady its insulin production & cut tiredness-triggering blood-sugar swings by as much as 42%.

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

10-4 Mary Mahurin  
10-5 Fred Ward, Kurt Ackermann  
10-6 Gaye Hartlip  
10-7 Susan Gregory  
10-8 Dorothy Stebbins  
10-9 Viola Laws, John Neumeyer  
10-14 Doug Brown, Pat Collins  
10-15 Ned Hatfield, Denise Kreps  
10-16 Arlene Osborne, Ruth Soulliere  
10-22 Neva Hatfield  
10-24 Kitty McDill, Hazel Okerstrom  
10-26 Vina Ingle  
10-28 Fran Schatz



**Entertainment for  
the October 10th Ice  
Cream Social will be:**

***Jon Mather***

### Oct. 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, October 28, 2016

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

Sign your name here:

\_\_\_\_\_

## SUNDAY BREAKFAST

### Pancake Breakfast

Sunday, October 9th  
8 am. to 11 am.

#### Menu:

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

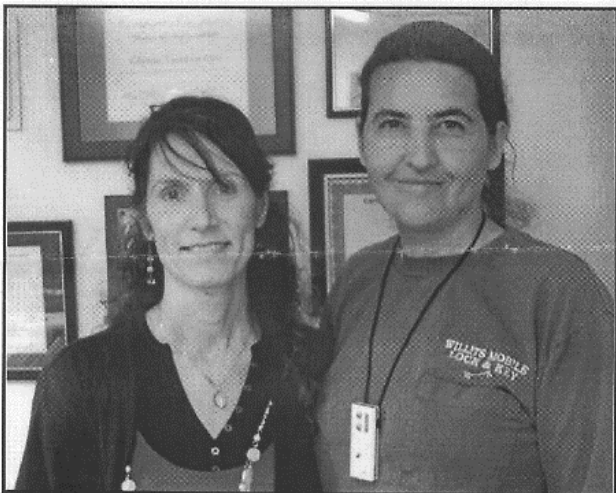
Adults \$7

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

Anonymous: \$300 Donation

Ann Alumbaugh

Gary & Cindy Bodensteiner -

1 Ukiah Fair Beef

Sharon Brown/Brown's Corner -  
1 Ukiah Fair Hog

City of Willits

The Community Foundation-  
Angel Fund

Rena Garliepp

John Grupp

Denise Kreps

Jan Lamprich

Maire/Willits Mini Storage

Mendo Mill

Network for Good

dorothy Roediger

101 Trailer/The Schrage Brothers - 2  
Ukiah Fair Hogs

Sparetime Supply - 1 Ukiah Fair Hog

Erik Stockley

Mr. & Mrs. Stockwell

Madge Strong

TRUIST

Linda Weldon

Cheryl Wilder



Week 1	Week 2	Week 3	Week 4	Week 5
10-3 Salisbury Steak	10-10 Lima Beans & Ham	10-17 Spaghetti	10-24 Chicken Cacciatore	10-31 Beef Stew
10-4 Roast Pork	10-11 Sloppy Joes	10-18 Bk. Chicken	10-25 Taco Salad	
10-5 Chicken Salad	10-12 Spinach Lasagna	10-19 Tilapia	10-26 Meat Loaf	
10-6 Tamale Pie Casserole	10-13 Bk. Chicken	10-20 BBQ Pork	10-27 Hot Dog	Seniors: \$5.50 Non-Seniors: \$7.50 Children: \$3.50
10-7 Bk. Cod	10-14 Chicken Fried Steak	10-21 Roast Beef	10-28 Turkey	

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

**\*SUNDAY BINGO: Sunday, October 2nd. Lunch: 11am/ Games: 11:30**

**\*PANCAKE BREAKFAST: Sunday, October 9th. 8-11am.**

**\*ICE CREAM SOCIAL: Monday, October 10th. 1:30-2:30pm.**

**\*FOOD BANK: Monday, October 17th, 9:30-10:30am.**

**\*BIRTHDAY LUNCH: Friday, October 28th, 12-1pm.**

**\*HAPPY HALLOWEEN!!!: Monday, October 31st: Watch out for *Spooks!!***

#### **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

Bible Class

Computer Help Lab

Tuesday Bingo

Dining Rm. 9-10am

Lunch 11:30 Conference Rm. until 1:30

Lab open 2-4pm.

Pot Luck 5pm. Game starts at 5:30pm

#### **Wednesday**

Stretch & Strength

Blood Pressure

Life Changes Group

Ukulele Group

Dining Rm. 9-10am

Dining Rm. 10am-12 Dorothy Coombs

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/app.)

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

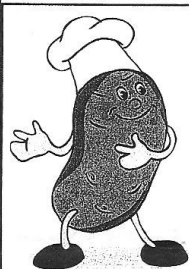
Phone: (707) 459-6826  
Fax: (707) 459-1772

US Postage Paid  
Standard  
Permit #58  
Willits, CA

## *HAPPY HALLOWEEN!*

Monday, October 31st:  
beware of ghosts & goblins  
& things that go  
**BUMP IN THE NIGHT!!!!**

**Current Resident or**



## **POTATO BAR**

**Friday, November 4th**

**5:30 to 7pm.  
at the Center**

**Come and enjoy those HUGE,  
hot & steamy  
baked potatoes with all those  
wonderful toppings:  
sour cream, cheese, bacon,  
veggies & more!!**

**Tickets: Adults \$9.00**

**Members (must show  
membership card) \$8.00  
Children under 10 \$5.00**

***Drawing for Raffle winners will be held  
during the Potato Bar.***

Harrah Senior Center  
presents Our

## **FIRST *FUNDing* RAFFLE**

**Your support will sustain our many  
programs for seniors & soon-to-be seniors!**

### **PRIZES GALORE:**

**Winner need not be present to win  
Tickets \$2.00 each or 6 for \$10.00  
Please make check payable to  
Willits Seniors, Inc. or WSI**

**Your support helps sustain our many  
programs:**

**Outreach, Medical Equipment,  
Transportation, Out of Town Medical Rides  
Congregate Lunches, Meals on Wheels,  
Facilitated Support Groups,  
Social & Educational activities &  
Our Thrift Store**

**Some of the prizes are: Gift Cards & Certifi-  
cates from various stores; a 2week stay at  
the Azores, wallets, music CDs, candles, a  
wine tour, 18 holes of golf and more.**