

Senior Moments

May 2017

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MOTHER'S DAY IS SUNDAY, MAY 14TH



HAPPY MOTHER'S DAY!

A MOTHER'S DAY STORY

A man stopped at a flower shop to order some flowers to be wired to his mother who lived 200 miles away.

As he got out of his car, he noticed a young girl sitting on the curb sobbing.

He asked her what was wrong and she replied, "I wanted to buy a red rose for my mother. But I only have seventy-five cents and a rose cost two dollars.

The man smiled and said, "Come with me. I'll buy you a rose." He bought the little girl her rose and ordered his own mother's flowers. As they were leaving, he offered the girl a ride home. She said, "Yes, please! You can take me to my mother." She directed him to a cemetery, where she placed the rose on a freshly dug grave.

The man returned to the flower shop, canceled the wire order, picked up a bouquet and drove the 200 miles to his mother's house.

~~~~~  
**Quotes:**

*"A mother is she who can take the place of all others, but whose place no one else can take." Cardinal Mermillod*

*"God could not be everywhere and therefore he made mothers." Jewish proverb*

## **DIRECTOR'S CORNER:**

**From the Desk of Richard Baker**

Hello everyone,

We need your help. The Willits Senior Center will not be receiving a financial donation that has allowed us to provide a year round salad bar. One generous and caring individual; who wishes to remain anonymous, has donated \$1700.00. The cost of the year round salad bar is \$4138.00 which leaves us \$2438.00 short. So if you would like to help I would love to talk to you. You can call me at 459-6826 or stop by and see me. My door is always open. I share a vision with the Board of Director's in which the Senior Center provides more healthy nutritional choices. Keeping our year round salad bar is a step in that direction. Each of you can make a difference one donation at a time.

I would like to introduce our new cook Nancy Middleton. Please stop by and introduce yourself and make her feel welcome. I'm excited about Nancy's new ideas and her enthusiasm. Last year our nutritional programs, which include our Meals on Wheels and Congregate Meals served in our dining room, lost approximately \$75,000.00. Nancy will be helping us cut costs by doing some comparative shopping. We will be moving away from processed foods and moving towards using fresh food. The size of the meals may be smaller but they will be more nutritious. These changes are necessary so we can continue providing lunches. You can help by inviting a friend to lunch and by telling others about our menu changes.

Brian should have the Annex completely remodeled shortly. Redwood Forest Products just sent us a check for \$1305.85 to cover all the costs. What an awesome donation.

Hope to see you soon!



In March, 2017, our volunteers donated a total of 1460.00 hrs. to the Senior Center.  
At minimum wage (\$10), the total dollar amount for the month would be: \$14,600.00.

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.



**TO OUR MEMBERS:**  
**YOU SHOP. AMAZON GIVES.**

**If you order from Amazon:**  
next time order from **AmazonSmile:**

- \* It will donate 0.5% of the price of your eligible **AmazonSmile** purchases to the charitable or-  
ganization of your choice (the Senior Center??).
- \* It's the same Amazon you know. Same products,  
same prices, same service.
- \* Support your charitable organization by starting  
your shopping at **smile.amazon.com**.



# HICAP

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**FREE Consultations & Presentations**

**Help People with:**

- ☒ Medicare Parts A & B
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- ☒ 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.**

## **Wish List:**

- \*Full size pickup truck for the Thrift  
Shop: new or used; in good working  
condition (tax deductible gift).
- \*Plastic Containers with Lids.
- \*12 good Soaker Hoses
- 3 gallons of fire red Curb Paint

In Memory of:

Bonnie Cook  
Steve Hulbert  
Paul Orsi  
Ginger Watson





## *Willits Senior Center*

May 2017

### ***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.**

## **UPCOMING SEMINARS**

### **Cellphone Seminar**

**Flip Alpern's annual cell-phone seminar will be held in the Conference Room at the Senior Center on Thursday, May 11th from 1:15 to 2:30 pm.**

**Flip will again be making a presentation about prepaid cellphones, how and where they work, how you can have one with NO contract and at a very reasonable cost. This Seminar will be informative whether you have a cellphone or not.**

**Learn about smart phones and see what they can do!**



Attend a FREE Wellness Event that will address living and staying well. You will also learn about cost saving services and programs available for seniors.

**Date: May 15, 2017**

**Time: 2:30 pm**



***Keep those donations coming for the salad bar. We're more than half way to our goal.***



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

5-1 Jo Ann Pinkerton, Laura Mondo  
 5-2 Bonnie Brandyberry, Starla Warburton  
 5-3 Mike Sturm  
 5-4 Gary Mann  
 5-5 Glenda Brown  
 5-6 Geraldine Armond, Kathleen Lewis,  
 Alexander Sierras  
 5-8 Bonnie Cook, Pedro Steffens  
 5-9 Geraldine Jewel  
 5-10 Uta Baviere, Gerrie Lassner  
 5-11 Patricia Sprinkle, Pam St. Martin  
 5-12 John Filarski, Robert Franklin  
 5-13 Erla Barr, Diane Ford  
 5-14 Harold Crothers  
 5-15 Riley Moore

5-17 Nancy Eaglin  
 5-18 Paul Ubelhart  
 5-20 Diana Mann, Ruth Rambo-Brown  
 5-22 Ruby Campbell  
 5-23 Mike Bacchi, Gary Jones  
 5-26 Fred Page, Gene Truman  
 5-28 Nancy Adair, Pat Lawson, Richard Whipkey  
 5-30 Bernell Amick  
 5-31 Bill Bertram, Doris Briggs, Donald Cameron



Entertainment for the May  
Ice Cream Social will be:

*Willits Uke Tones*

### May, 2017 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, May 26 2017

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

Sign your name here:



## SUNDAY BREAKFAST

### Pancake Breakfast

Sunday, May 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**



## Mendocino/Lake Audiology



- Cleaning and Adjustment of Hearing Instruments
- Hearing Screenings
- Free Demonstration of Hearing Instruments
- 12-month ZERO-Interest Financing Plan (certain qualifications apply)

Appointments are scheduled for the **first Thursday** of each month at the Willits Senior Center.

Please call to reserve your spot!

Ukiah Office:  
756 S. Dora St.  
Ukiah, CA 95482  
(707) 463-2966

Lakeport Office:  
200 Lakeport Blvd.  
Lakeport, CA 95453  
(707) 263-9428

## 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

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Marc Komer  
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**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

**Lee  
Persico**

DRE LIC # 00446837  
707.459.5389

**Roxanne  
Lemos-Neese, GRI**

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*Thank You For Your Generous Donations and Precious Time*

*Doug & Kathleen Goss, who donate at least 1 lamb a year in memory of her grandmother, Fern Deskins (one of the founding members of the Center) & her mother Carley Chase, who served on the Board of Directors.*  
*Robert & Aaron Cain*  
*Catherine Edison*  
*Michael McEnnerney*  
*Robin Kane*

*Harold & Frances Phipps for donated in memory of Paul Orsi.*



## A LIFE LESSON



There little girl, don't cry!  
 They have broken your doll, I know;  
 And your tea-set blue,  
 And your play-house too,  
 Are things of the long ago.  
 But childish troubles will soon pass by  
 There little girl, don't cry.

There little girl, don't cry!  
 They have broken your slate, I know;  
 And the glad wild ways  
 Of your school-girl days  
 Are things of the long ago.  
 But life and love will soon come by,  
 There little girl, don't cry!

There little girl, don't cry!  
 They have broken your heart, I know;  
 And the rainbow gleams  
 Of your youthful dreams  
 Are things of the long ago.  
 But heaven holds all for which you sigh  
 There little girl, don't cry!

---James Whitcomb Riley---

Fax: (707) 456-9191

Ph: (707) 456-9800

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**10% Discount for Seniors  
 At Old Mission Pizza**

| Week 1                    | Week 2                          | Week 3                | Week 4                    | Week 5                                                     |
|---------------------------|---------------------------------|-----------------------|---------------------------|------------------------------------------------------------|
| * vegetarian option       | 5-8 Meat Loaf                   | 5-15 Baked Ham        | 5-22 Hamburger            | 5-29 CLOSED                                                |
| 5-1 Spaghetti *           | 5-9 Teriyaki Chicken Stir Fry * | 5-16 Pizza            | 5-23 Cabbage Rolls        | 5-30 Spinach Lasagna                                       |
| 5-2 Fish Tacos            | 5-10 French Dip                 | 5-17 Alaskan Sole     | 5-24 Pulled Pork Sandwich | 5-31 Turkey Sandwich                                       |
| 5-3 Beef Ribs             | 5-11 Chicken Enchiladas         | 5-18 Chicken Ala King | 5-25 Salisbury Steak      | Seniors: \$5.50<br>Non-Seniors: \$7.50<br>Children: \$3.50 |
| 5-4 Chicken Pesto Pasta * | 5-12 Hamburger Steak            | 5-19 Lasagna          | 5-26 Turkey               |                                                            |
| 5-5 Hot Dogs              |                                 |                       |                           |                                                            |

### CENTER ACTIVITIES FOR: MAY, 2017

**\*BINGO: Sunday, May 7th,** Lunch: 11am. Games: 11:30  
**\*TEA & TOGS: Saturday, May, 13th 12pm.**  
**\*PANCAKE BREAKFAST: Sunday, May 14th, 8-11am.**  
**\*MOTHER'S DAY: Sunday, May 14th**  
**\*ICE CREAM SOCIAL: Monday, May 15th, 1:30-2:30pm.**  
**\*FOOD BANK: Monday, May 15th, 9:30-10:30am.**  
**\*BUNKO : Saturday, May 20th, 1-3pm.**  
**\*BIRTHDAY LUNCH: Friday, May 26th, 11:45-1pm.**  
**\*MEMORIAL DAY: Monday, May 29th: CENTER CLOSED**



Remember -  
our fallen heros.  
They are the reason  
that we are free.

#### Monday

Stretch & Strength

Dining Rm. 9-10am

#### Tuesday

Stretch & Strength

Dining Rm. 9-10am

Bible Class

Lunch 11:45 Conference Rm. until 1:30

Computer Help Lab

Lab. open 2-4pm.

Tuesday Bingo

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

#### Wednesday

Stretch & Strength

Dining Rm. 9-10am

Blood Pressure

Dining Rm. 10am-12 Dorothy Coombs

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/app.)

Parkinson's Discussion & Support Group

2nd & 4th Thursdays of the month. Con. Rm. 10:30-11:45

Contact Linda Posner at 459-1941.

#### Friday

Stretch & Strength

Dining Rm. 9-10am.

Tole Painting

Sunshine Room 9am-12noon

Bridge

Conference Rm. 9-12pm Contact person:

Christie Brandt Floyd 459-2519



## **VOLUNTEER NEWS**

Volunteers are an important part of the day to day activities here at the Senior Center. We couldn't function as an organization without them. We appreciate the compassion and kindness they show each of our patrons and the time each volunteer gives to the Center.

We would like to thank all of our volunteers who come in every week and give their valuable time to help us out. Several volunteers in our dining room and thrift store are here every day and their continued help is much appreciated.

**We have several volunteer positions available at this time.**

- 1. Meals on Wheels Brooktrails Drivers needed every other Tuesday and every Friday.**
- 2. Front Desk—Morning and afternoon shifts available.**
- 3. Dining Room—Wednesday beverage server needed.**

### **VOLUNTEER of the Month**



Our volunteer of the month for March is Sally Mrad. She has been married for 48 years and has two daughters. According to Sally she's been volunteering for us for a very long time. There are not enough fingers to count the years. She decorates our Thrift Store window and does a great job. Sally loves to make people smile and it's pretty obvious that she has a great sense of humor. Thank you Sally for all you do.

**The Senior Center is in need of volunteers. Our Annual Tea & Togs fashion show is coming May 13th.**

**Positions available:**

**Models, Dressers, Starter**

**Bakers, Table Setters**

**Friday (the 12th) Prep Crew**

**Saturday (the 13th) Kitchen Crew**

**Servers, Clean up Crew**





# Flea Market

**May 27, 2017**

**Time: 8 a.m. to 1 p.m.**



**Hot Dogs or Root Beer Floats**



**\$2.00**

**1501 Baechtel Road**

**HARRAH SENIOR CENTER**

**If you are interested in being a vendor please call**

**Lucy Stanley 707-459-6826 Ext 113**



## *Tea and Togs*

*You are Cordially Invited to*

**HARRAH SENIOR CENTER'S**

**6th ANNUAL**

**FASHION SHOW & AFTERNOON TEA**

*Saturday May 13, 2017 12:00 p.m.*

**Enjoy Tea, Scones, Tea Sandwiches &  
Delicate Sweets**

**Featuring Fabulous Fashion Finds from  
Willits Senior Center Thrift Store**

**Admission \$15**



*Bring your own Tea Cup*

*A Fundraiser to benefit Outreach Department*

*Tickets available at Harrah Senior Center*

*1501 Baechtel Rd.*

*For more information, call 459-6826*

***Raffle Gift Baskets***

*Need not be Present to Win*

## **MEMBERSHIP DRIVE**

May is our membership drive month. Enclosed is an application for membership. Renew early and get your friends to join as well. You don't have to be a senior to be a member.

Don't miss out on the discounts many businesses will be offering for those showing their current Senior Center membership card.

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All gave some...  
Some gave all

Remember them this  
Memorial Day

**Monday,  
May 29 is  
Memorial  
Day.**

**The Center will be closed.**

## **FANTASTIC VOLUNTEER OPPORTUNITY:**

**North Coast Opportunities Foster Grandparent Program, 413 N. State Street,  
Ukiah, CA 467-3200 ext. 316**



**Are you interested in being a Foster Grandparent? A rewarding opportunity is available for persons 55+ years to volunteer in classrooms, nurturing, encouraging and tutoring children. This is an enriching experience as the volunteer shares the wisdom gained through a lifetime of challenges, rewards, and joys. The generational relationship built between children and seniors often lasts a lifetime and helps children find the support they need in facing emotional, social, and academic struggles. The Foster Grandparent volunteer be-**

**comes part of the classroom team as they support the teacher and the students. Our volunteers receive a stipend of \$2.65 per hour, which is not taxable or counted as income. Monthly volunteer trainings are offered on a variety of subjects which are useful in the classroom as well as personally. Most schools offer free lunches and our volunteers are honored each year with a recognition event. This is a chance to make new friends and become involved in a satisfying endeavor that is fulfilling in many ways. Support and training is offered before being placed in a school setting. Volunteers serve a minimum of 15 hours per week. If you are interested in starting this adventure, please call North Coast Opportunities, Volunteer Network/Foster Grandparent Program at 452-1949.**