

Senior Moments

July 2017

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4 of July Trivia:

1870 Congress makes it official! It took almost 100 years for Congress to make the 4th of July an official holiday, despite the widespread celebrations that had been ringing in America's birthday since the Declaration of Independence was signed in 1776.

Boston was ahead of the national curve, becoming the first city to designate the 4th a city-wide holiday in 1783.

That same year Governor Alexander Martin issued a state wide order making North Carolina the first state to officially celebrate U.S. Independence on July 4th.

Quotes:

Franklin Roosevelt: "In the truest sense, freedom cannot be bestowed; it must be achieved."

"Freedom is never free." Anonymous

"We must be free not because we claim freedom, but because we practice it." William Faulkner

From the Internet

DIRECTOR'S CORNER:

From the Desk of Richard Baker

Hello everyone,

It's a busy time of year as our fiscal year ends June 30th, 2017. The Board of Directors, myself and Jewel have been working on the 2017-2018 budget and I'm happy to announce it's completed. I am preparing the annual members report which I will present July 24th at 11am.

I am still actively looking for donations for a truck for our Thrift Store. The Thrift Store is clearing up some much needed space in the back area. Thank you Steve for all your hard work and volunteer hours spent navigating through all those boxes of books.

Compliments keep coming in regarding the new additions to our menu and how pleased everyone is with Nancy our new cook. We are very fortunate to have her.

We are beginning the process of replacing part of the parking lot by the garbage dumpsters. The space is 18'x30' where the blacktop keeps getting torn up because of the Willits Solid Waste trucks. I would like to ask for a Contractor to help by making a material list and a job list so I can begin working on finding people interested in helping. Rusty at Nor Cal will donate the concrete and Pat at Northern Aggregate will donate the base rock. THANKS GUYS. Please call me at 459-6826. We need all the help we can get on this project.

Keith Rutledge from Renewable Energy Development Institute (REDI) has chosen the Senior Center to be their "community project". Keith is in the process of writing a grant and putting all the pieces in place. Installing solar panels will cut our energy bill and save the Senior Center a substantial amount in the long run. I will keep you informed. Let's keep our fingers crossed.

My door is always open or I can be reached by phone at 459-6826 to address any concerns you may have.

Thanks for allowing me to serve as your Director.

Richard



In June, 2017, our volunteers donated a total of 1486.90 hrs. to the Senior Center.
At minimum wage (\$10), the total dollar amount for the month would be: \$14,869.00.

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

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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).
- *12 good Soaker Hoses
- *3 gallons of fire red Curb Paint





Willits Senior Center

July 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 EVENTS

- 1. LOOK FOR US IN THE 4TH OF JULY PARADE***
- 2. OUR PATIO IS OPEN AND AVAILABLE FOR THE PANCAKE BREAKFAST ON JULY 9TH. ENJOY YOUR BREAKFAST IN THE OPEN AIR.***
- 3. HOT DOGS AND ROOT BEER FLOATS WILL BE SOLD BY THE SENIOR CENTER AT THE WIL-LITS MINI STORAGE ON FRANKLIN ON JULY 9TH AT THEIR YARD SALE.***

HEALTH CARE CHANGES

Health care is in the news; Congress is working on changes.

Dianne Moralez, California Healthcare Broker, specializing in Medicare will present a "Medicare Overview" on Friday, July 14th at 1:30pm.

Dianne's passion is helping Seniors UNDERSTAND their Medicare coverage. She will answer your Medicare questions and provide an interesting conversation about healthcare in America in these times.

Save the Date

The Annual Board Members Meeting will be held July 24th at 11 am. We will announce the newly elected Board Members. Richard will give a progress report and outline future plans for the Senior Center.

Ever notice the older we get the more we are like computers. We start out with lots of memory and drive.

Then we become outdated and eventually have to get our parts replaced.

Submitted by Brigitte Parks

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

7-1 Cynthia Trexel

7-3 Nina Matlock

7-5 Roger Samples

7-8 Brent Walker

7-9 Sarah Pershing

7-12 Chuck Anderson, Harold Atherton,
Vicky Titus, Linda Weldon

7-13 J. Rebecca Sandridge

7-15 Maggie Graham, Barbara Sicard

7-17 Vincent Hughes, Diane Putnam

7-18 Shirley Jensen

7-22 Marnye Sylvander

7-24 Robert Hunter, Neva Kinman,
Carol OoFerrall

7-25 Warren Sawyers, Joyce Stamps

7-27 Jewel Cook, Mary Ann Jones

7-29 Allen Nanna

7-30 Ray Hebrard, Georgina Sanders

7-31 Bill Barker, Earl Hansen



July, 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, July 28, 2017

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

Sign your name here:



SUNDAY BREAKFAST

Pancake Breakfast

Sunday, July 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**

Week 1	Week 2	Week 3	Week 4	Week 5
* vegetarian option 7-5 Turkey Sandwich 7-6 Meat Loaf 7-7 Spaghetti/ Meat Sauce Seniors: \$5.50 Non-Seniors: \$7.50 Children: \$3.50	7-10 Beef Tacos 7-11 Egg Salad Sandwich 7-12 Beef Stir Fry 7-13 Pizza 7-14 Chicken Dumplings	7-17 Ham & Potato Au Gratin 7-18 BBQ Beef Sandwich 7-19 Lamb Chops 7-20 Chicken in a Biscuit 7-21 Salisbury Steak	7-24 Rib Sandwich 7-25 Baked Ham 7-26 Teriyaki Chicken Stir-Fry 7-27 Carnitas Burrito 7-28 Turkey	7-31 Turkey Tetrazzini

CENTER ACTIVITIES FOR: JULY, 2017

- *BINGO: Sunday, July 2nd, Lunch: 11am. Games: 11:30
- *CENTER CLOSED: MONDAY, JULY 3RD & TUESDAY, JULY 4TH
- *PANCAKE BREAKFAST: Sunday, July 9th, 8-11am.
- *ICE CREAM SOCIAL: Monday, July 10th, 1:30-2:30pm.
- *FOOD BANK: Monday, July 17th, 9:30-10:30
- *BUNKO : Saturday, July 8th , 1-3pm.
- *BIRTHDAY LUNCH: Friday, July 28th, 11:45-1pm.



Monday

Stretch & Strength

Dining Rm. 9-10am

Tuesday

Stretch & Strength

Dining Rm. 9-10am

Bible Class

Lunch 11:45 Conference 12:45

Computer Help Lab

Lab. open 2-4pm.

Tuesday Bingo

Pot Luck, 5pm. Game, 5:30pm. 2nd/4th Tues. until further notice

Wednesday

Stretch & Strength

Dining Rm. 9-10am

Blood Pressure

Dining Rm. 10am-12 Dorothy Coombs

Life Changes Discussion & Support Group Conference Rm. 10-11:15am.

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

Make a difference in your community, volunteer today!



Our **Drive thru Chicken Dinner for 2** was a great success bringing in over \$2,000. We want to thank all our Volunteers that helped with this fundraiser. The kitchen crew pictured at the left—dorothy Roediger, Kyle Walters, Kathy Lawrence, Aura Whittaker, Jade Whittaker, Richard Baker, Pat Wilson and Troy Walters. Taking tickets out front were Bev and Joe Vaccaro and Virginia Jorge.

Thursday Prep Volunteers—Sue Sawyers, Jody Moore and Jennifer Lonbarri.

Thank you everyone!!



VOLUNTEER of the Month



Dorothy Roediger is our volunteer of the month for May. Dorothy is not only a board member but a volunteer, spending 695 hours volunteering here at the senior center from January to December 2016. She has 2 children, 5 grandchildren and 6 great grandchildren. She moved to Willits in 1974 and worked for Drs. Adams and Dawson and the Post Office. Dorothy and her husband Gene retired in 1989 and sailed the Pacific Coast. She is a member of ROOTS, and Willits Garden Club. She says it's been a fun experience for her participating in fund raisers, working the front desk, and organizing the Christmas store.

Thank you Dorothy for all you do!

PICTURES FROM OUR GARDEN

TAKEN BY ONE OF OUR GARDEN VOLUNTEERS — ANGELA



It's coming along nicely and there will be veggies before we know it.

TAILGATING

An honest man was being tailgated by a stressed out woman on a busy boulevard. Suddenly, the light turned yellow, just in front of him. He did the right thing, stopping at the crosswalk, even though he could have beaten the red light by accelerating through the intersection.

The tailgating woman hit the roof, and the horn, screaming in frustration as she missed her chance to get through the intersection. As she was still in mid-rant, she heard a tap on her window and looked up into the face of a very serious police officer. The officer ordered her to exit her car with her hands up. He took her to the police station where she was searched, finger printed, photographed and placed in a holding cell. After a couple of hours, a policeman approached the cell and opened the door. She was escorted back to the booking desk where the arresting officer was waiting with her personal effects.

He said, "I'm very sorry for this mistake. You see, I pulled up behind your car while you were blowing your horn, flipping off the guy in front of you, and cussing a blue streak at him. I noticed the 'Choose Life' license plate holder, the 'What Would Jesus Do' bumper sticker, the 'Follow Me to Sunday School' bumper sticker, and the chrome plated Christian fish emblem on the trunk. Naturally, I assumed you had stolen the car."

WHAT IS A GRANDMOTHER?

(written by a 9 year old)

A grandmother is a lady who has no children of her own, so she likes other people's little boys and girls. A grandfather is a man grandmother.

Grandmas don't have to do anything except be there. They're old, so they shouldn't play hard or run. It is enough if they drive us to the market where the pretend horse is and have lots of dimes ready. Usually grandmas are fat, but not too fat to tie kids' shoes. They wear glasses and they can take their teeth out and gums off! They don't have to be smart...only answer questions like why dogs chase cats and how come God isn't married? They don't talk Baby Talk like visitors do because it is hard to understand and when they read to us they don't skip words or mind if it is the same story over and over again.

Everyone should try to have a Grandma especially if they don't have a television, because grandmothers are the only grownups who really ever seem to have any time for children!

Submitted by Sue Sawyers



Ginger Broccoli

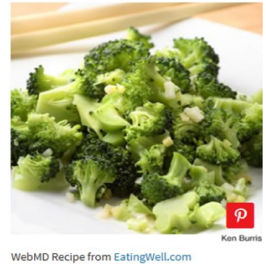
Ingredients:

1 tablespoon canola oil	3 tablespoons water
2 tablespoons minced garlic	1 tablespoon fish sauce
4 teaspoons minced fresh ginger	1 tablespoon rice vinegar
1 pound broccoli crowns	

Instructions:

Heat oil in a large skillet over medium-high heat. Add garlic and ginger and cook until fragrant but not browned, 30 seconds to 1 minute. Add broccoli and cook, stirring, until the broccoli is bright green, 2 minutes. Drizzle water and fish sauce over the broccoli; reduce heat to medium, cover and cook until the broccoli is just tender, about 3 minutes. Stir in vinegar just before serving.

Recipe from WebMD



WebMD Recipe from EatingWell.com

Bacon Avocado Salad

Ingredients:

1 lb bacon, chopped	salt and pepper to taste
1 cucumber, diced	5 avocados, peeled, pitted, diced
1 cup quartered cherry tomatoes	1/2 cup chopped fresh cilantro
1/4 cup seasoned rice vinegar	4 green onions, chopped

Instructions:

1. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon on paper towels.
2. Stir cucumber, tomatoes, rice vinegar, salt and pepper together in a bowl. Gently stir bacon, avocado, cilantro, and green onions into cucumber mixture.

Recipe from Allrecipes.com



Symptoms of Heat Stroke

Heat Stroke or Sun Stroke can be considered a medical emergency.

Taken from WebMD

The hallmark symptom of heat stroke is a core body temperature above 104 degrees Fahrenheit. But fainting may be the first sign.

Other symptoms may include:

Throbbing headache

Dizziness and light-headedness

Lack of sweating despite the heat

Red, hot, and dry skin

Muscle weakness or cramps

Nausea and vomiting

Rapid heartbeat, which may be either strong or weak

Rapid, shallow breathing

Behavioral changes such as confusion, disorientation, or staggering

Seizures

Unconsciousness

REMEMBER: STAY HYDRATED.

THIS EXPLAINS A LOT!

This made me feel better-so I'm sharing it: 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 info over time. The brains of older people don't 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's nature's way of making older people do more exercise. SO THERE! Now when I reach for a word or a name, I won't excuse myself by saying, "I'm having a senior moment." Now, I'll say, "My disk is full!"

Submitted by Sue Sawyers

Thank You For Your Generous Donations and Precious Time

Peggy Bloomquist

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Diana Holt

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Rainer Digerness

Kay Mitziker in memory of Paul

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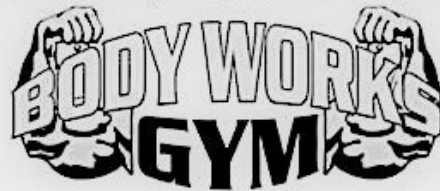
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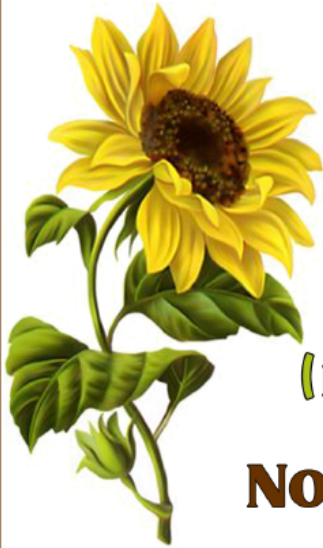
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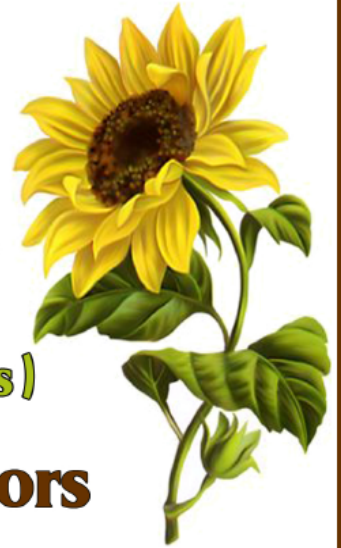
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Sue Sawyers



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I TOOK HIM BACK TO WALMART



My ex-husband and I fought constantly,
why I married him, I'll never know.

For all those miserable years I said my hubby has to go!

Tried poisoning cakes, stripping his brakes, salting his pork chops with lime.

Wiring his chair, igniting his hair even though playing with fire is a crime.

But I failed at each plot 'til I suddenly thought of a way that would set me free!
I got rid of him for good, and know what? They couldn't do a thing to me!

I took him back to WalMart! They'll take anything back you know!

They said they couldn't recall selling him, but they must have if I said so.

They just credited him to my Visa and said, "Ya'll come back now, ya hear?"

They were so nice, polite, pleasant, and insistent, I took his mother back the next year!

They take anything back at WalMart, even if it's broken, rotten or sweet.

And know what else? This time of year you don't even need a receipt!

Submitted by Rita Priestly