

Senior Moments

August 2017

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Subject: Bran Muffins



They were 85 years old, and had been married for 60 years. Though far from rich, they managed to get by because they watched their pennies. Though not young, they were both in very good health, largely due to the wife's insistence on healthy foods and exercise for the last decade. One day, their good health didn't help when they

went on a rare vacation and their plane crashed, sending them off to Heaven.

They reached the pearly gates, and St. Peter escorted them inside. He took them to a beautiful mansion, furnished in gold and fine silks, with a fully stocked kitchen and a waterfall in the master bath. A maid could be seen hanging their favorite clothes in the closet. They gasped in astonishment when he said, "Welcome to Heaven. This will be your home now." The old man looked out the window and right there he saw a championship golf course, finer and more beautiful than any ever built on Earth. "What are the greens fees?" grumbled the old man. "This is heaven," St. Peter replied, "You can play for free, every day."

Next they went to the clubhouse and saw the lavish buffet lunch, with every imaginable cuisine laid out before them, from seafood to steaks to exotic deserts, free flowing beverages and a fountain of champagne. "Don't even ask," said St. Peter to the man. "This is Heaven, it is all free for you to enjoy."

The old man looked around and glanced nervously at his wife. "Well, where are the low fat and low cholesterol foods, and the decaffeinated tea?" he asked. "That's the best part," St Peter replied. "You can eat and drink as much as you like of whatever you like, and you will never get fat or sick. This is Heaven!"

The old man pushed, "No gym to work out at?" "Not unless you want to," was the answer. "No testing my sugar or blood pressure or...." "Never again. All you do here is enjoy yourself."

The old man glared at his wife and said, "You and your bran muffins. We could have been here ten years ago!"

Submitted by Ginny Moore

DIRECTOR'S CORNER:

From the Desk of Richard Baker

Hello everyone,

Keith Rutledge from Renewable Energy Development Institute (REDI) called to inform me that we will be getting the energy upgrades and solar panels. **YAY!!** It will take some time for him to arrange everything. I am very excited that this is being done for the Center. It will cut our yearly expenses for many years. **THANK YOU KEITH!!** for choosing the Senior Center as the recipient of this wonderful gift.

I submitted grant proposals to PG&E in the amount of \$2000 and to Safeway Foundation in the amount of \$2500. We were approved for both and have received those donations. I have submitted letters of acknowledgement to both the Willits News and Willits Weekly thanking both donors for their support.

We will be advertising our meals in the Willits Weekly with photos as the, "best value in town". Nancy is doing great at saving us money and her positive attitude is infectious.

For the month of August if you bring in a NEW face or a potential NEW member you will receive \$1.00 off your meal.

We will be promoting a "Pasta Dinner" with abalone donated by Fish and Game. We have decided on September 15th as the date for this dinner and Diane Ford has volunteered to cook. We will be serving one complimentary glass of wine with dinner and additional wine available for purchase. Tickets are \$40 each and there will only be 40 tickets available for sale. We want to make sure everyone has plenty of abalone. I believe this is an event that can be grown over time.

As always my door is open to address any concerns you may have. You can also reach me by phone at 459-6826 ext. 102.

Thanks for allowing me to serve as your Director.

Richard





Willits Senior Center

August 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.

POSSIBLE DAY TRIPS



Safari West Tour

There are 2 options:

1. The full safari—\$80.50

a. 45 minute walk and 2 hour bus tour.

2. 90 minute trek for senior groups of 20 or more.

a. 45 minute bus tour and 45 minute walk.

The Russian River Rose Company

1. August 19 & 20—Iris Classes & Open Garden

2. September 9 & 10—Beckoning Butterflies, Birds & Bees to Garden.

3. September 30 & October 1—Russian Tea & Fragrance Festival.

We are looking into different day trips. Safari West and The Russian River Rose Company are just a few examples of trips we could take. The Rose Garden has several different events to go to.

Please contact Deb Holcomb 707-459-6826 ext. 104, if you have any interest in any of these activities or suggestions for any other day trips.

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

8-2 Ollie Kolkmann

8-3 Pat Yoxall

8-9 Peggy Bloomquist

8-10 Vivian Haselswerdt,
Bobbie Yokum

8-13 Frank Hanson, Kathy Neff,
dorothy Roediger

8-15 Betty Brayton

8-17 William Drew, Martha Morgan

8-19 Mickey Harman, Charles Senter

8-20 Wayne Mitchum

8-21 Leonor Saijo

8-22 Louise Wilkes

8-24 Wallace Clark-Wilson

8-25 Madelyn Vega

8-31 Dan Chesser



August Ice Cream Social Entertainment

“Just for Fun Singers”

August, 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, August 25, 2017

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

Sign your name here:



SUNDAY BREAKFAST

Pancake Breakfast

Sunday, August 13th
8 am. to 11 am.

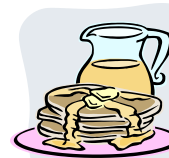
Menu:

Pancakes
Eggs any style
Bacon or Sausage
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**

In June, 2017, our volunteers donated a total of 1414.50 hrs. to the Senior Center.
At minimum wage (\$10), the dollar amount for the month would be: \$14,145.00.

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

Make a difference in your community, volunteer today!

It is that time of year again when the Senior Center honors its volunteers. There is a volunteer of the year award ballot included in this newsletter. Please fill it out and return it to Deb Holcomb by August 18th.



VOLUNTEER of the Month



Our Volunteer of the month for June is Sam Rowe. Most of our regular lunch time crowd know him very well as he volunteers every day in our dining room. He is the nephew of Bill and Lorri Barker who also volunteer in our dining room.

Sam has been volunteering at the Senior Center for a couple of years now and he rarely ever misses a day. He is always willing to help out at other functions as well, particularly our Sunday Breakfast.

Thank you Sam for all that you do for the Senior Center.

PICTURES FROM OUR GARDEN

TAKEN BY ONE OF OUR GARDEN VOLUNTEERS — ANGELA



Wilma & Joe along with Angela and several other volunteers are doing a great job in the garden. We are already harvesting vegetables

Feta Chicken Salad

Ingredients:

3 cups diced, cooked chicken
2 large stalks celery, diced
1 red bell pepper, seeded & diced
6 tablespoons sour cream
1 (4 ounce) package feta cheese,
crumbled.

2 teaspoons dried dill weed
1 pinch salt and pepper to taste
1/2 red onion, diced
6 Tablespoons mayonnaise



Instructions:

In a serving bowl, mix together the chicken, celery, and red onion. In a separate bowl, stir together the mayonnaise, sour cream, feta cheese and dill. Pour over the chicken mixture and stir to blend. Taste and season with salt and pepper as needed. Serve immediately, or refrigerate until serving.

4 servings 599 calories

Fresh Peach Dessert

Ingredients

16 whole graham crackers, crushed
1/2 cup white sugar
1/4 cup milk
6 large fresh peaches, peeled, pitted, and sliced

3/4 cup butter, melted
4 1/2 cups miniature marshmallows
1 pint heavy cream

Combine the graham cracker crumbs, melted butter, and 1/2 cup sugar in a mixing bowl. Mix until evenly moistened; reserve 1/4 cup of the mixture for the topping. Press the remaining mixture into the bottom of a 9X13-inch baking dish.

Heat the marshmallows and milk in a large saucepan over low heat and stir until the marshmallows are completely melted. Remove from heat and cool.

Whip cream in a large bowl until soft peaks form. Beat in 1/3 cup sugar until the cream forms stiff peaks. Fold the whipped cream into the cooled marshmallow mixture.

Spread 1/2 the cream mixture over the crust, arrange the peaches on top of the cream, then spread the remaining cream mixture over the peaches. Sprinkle the reserved crumb mixture over the cream. Refrigerate until serving.



15 servings 366 calories

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**If you have any recipes you would like to share with our members, please bring copies to the Center & we will put them in the newsletter.**

An atheist was walking through the woods:

“What majestic trees! What powerful rivers! What beautiful animals!” he said to himself. As he was walking alongside the river, he heard a rustling in the bushes behind him. He turned to look. He saw a 7foot grizzly bear charge towards him. He ran as fast as he could up the path. He looked over his shoulder and saw that the bear was closing in on him...

He tripped and fell on the ground. He rolled over to pick himself up but saw that the bear was right on top of him, reaching for him with his left paw and raising his right paw to strike him. At that instant the atheist cried out, “OH MY GOD!”

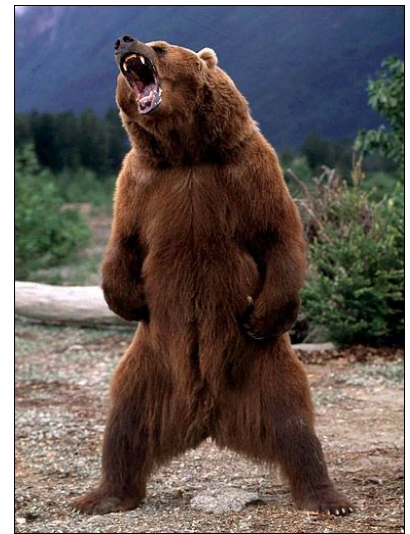
Time Stopped. The bear froze. The forest was silent. As a bright light shone upon the man, a voice came out of the sky.

“You deny my existence for all these years, teach others I don’t exist and even credit creation to cosmic accident. Do you expect me to help you out of this predicament? Am I to count you as a believer?”

The atheist looked directly into the light, “It would be hypocritical of me to suddenly ask you to treat me as a Christian now, but perhaps you could make the BEAR a Christian?”

The light went out. The sounds of the forest resumed. And the bear dropped his right paw, brought both paws together, bowed his head & spoke: “Lord, bless this food, which I am about to receive from thy bounty through Christ our Lord,

Amen.



Submitted by Cyndi Sales

*This will warm your heart: just when you’ve lost faith in human kindness: someone who teaches at the middle school in Safety Harbor, Florida forwarded the following letter. The letter was sent to the principal’s office after the school had sponsored a luncheon for the elderly. An old lady received a new radio at the lunch as a door prize and was writing to say thank you.*



Dear Safety Harbor Middle School:

God Bless you for the beautiful radio I won at your recent senior citizens luncheon. I am 84 years old and live at the Safety Harbor Assisted Home for the Aged. All of my family has passed away. I am all alone now and it’s nice to know that someone is thinking of me. God bless you for your kindness to an old forgotten lady. My roommate is 95 and has always had her own radio, but before I received one, she would never let me listen to hers, even when she was napping.

The other day her radio fell off the night stand and broke into a lot of pieces. It was awful and she was in tears. She asked if she could listen to mine, and I told her to kiss my ass.

Thank you for that opportunity.

Sincerely,

Edna

Submitted by Pam & Bill Shilling

## HELPING SENIORS STAY IN THEIR HOMES

By Patricia Kovner

Different agencies and strategies have developed nationwide to address the many needs we have as we age in our homes. These needs seem to fall into 2 categories--caregiving and home chores/repair. Home Instead, Visiting Angels, and the "village" concept are 3 private types of organizations that provide helpers for a fee.

If you live in cities like Willits, there is In-Home Support Services for caregiving, but in most of Mendocino's 3rd District, there are no such services. And as for repairs, most construction companies don't find 1-3 hour little jobs worth their time. Hiring hourly help off bulletin boards leaves a vulnerable population open for rip-offs, deception, etc.

Enter <http://www.redwoodcoastvillage.org%2c/> Humboldt County's new program to help seniors. Their services cover folks from Rio Dell to Blue Lake for a yearly fee of \$135. Ashland, OR charges \$500/year for their village program. Over 200 cities in the U.S. have these village programs for varying fees. \$135/year is one of the cheapest. This pays for a staff with phone number and a list of "vetted" skilled and unskilled helpers and professionals. And you have recourse should any problems arise.

In talking with our new 3rd district supervisor, Georgeanne Coskey expressed sympathy with the unaddressed situation in our area and said she was open to further discussion and suggestions. As a newly elected Board member to our Senior Center, I am willing to be a conduit for all suggestions, comments, and concerns on this topic. Please email me at [pkovner@yahoo.com](mailto:pkovner@yahoo.com) and I hope to continue this conversation in our monthly newsletter and perhaps convene a task force in the future if there is enough interest. I look forward to your help.

### *Thank You For Your Generous Donations and Precious Time*

*Willits Seniors, Inc. is a 501 c (3) Non Profit organization. Our ability to provide services for seniors is in large part determined by the support we receive from our community. I would like to acknowledge Safeway Foundation's dedication to improve the lives of seniors in the Willits area with a \$2,500.00 grant. The Grants awarded are made possible through the Employee Giving Program and by funds collected at check stands during off months of in-store fundraising campaigns in Northern California. One of Safeway Foundations area of concern is addressing hunger. Their contribution will be applied to the purchasing of food for our Meals on Wheels Program. This will aide us in delivering a hot, nutritious meal to the home-bound and those recovering from recent hospitalization or surgery. Without caring and concerned companies like Safeway, our doors might not be open to serve those who depend on us for this much need service. Our community is a better place because of their kindness and generosity.*

*On July 7th, I had someone ask if they could speak with me in private. We sat down in my office and had a very heartfelt conversation about how much the Senior Center had provided them over the years and they wanted to give something back. This person bought all the remaining baseball tickets to the Giants/Marlins fundraising event (\$2200.00) They asked to remain anonymous and that I donate the tickets to others. Thank you for such a kind & generous act.*

*Thank you Art & Anne Cooley for the donation in memory of Erlene Whittaker.*

*Thank you Keith Heldman for the donation made in memory of Pat Heldman.*







SilverSneakers is a complete wellness program, for both men and women, which includes:

- A no-cost membership at a participating facility Fit-n-Fabulous here in Willits
- Use of all basic club amenities
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For more information please contact Beatrice Sanchez at **Fit-n-Fabulous**—707-4596-0751.

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

Please call to reserve your spot!

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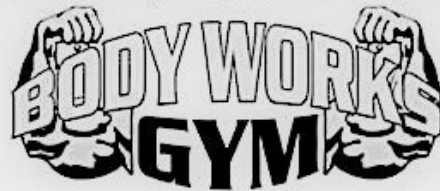
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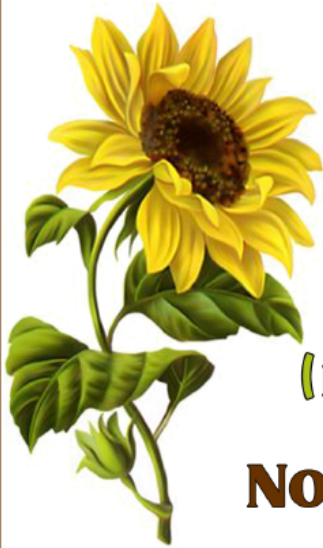
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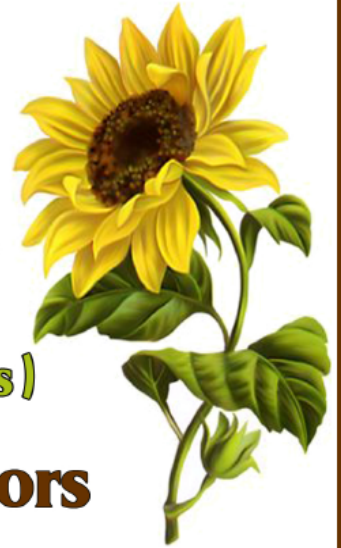
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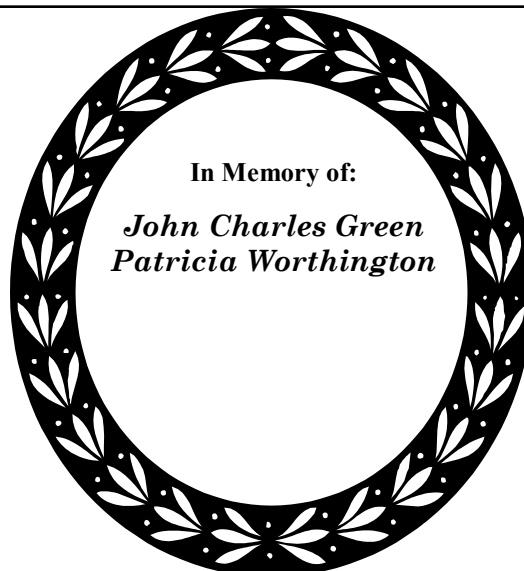
If you would like to provide transportation or a meal for a needy senior, just come in to the Center or cut out this article and bring it in or send it to us with a check made out to WSI to: Willits Senior Center, 1501 Baechtel Road, Willits, CA 95490, along with this article. Just mark which of the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



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**5:00 - 6:30 PM**

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**PRE-SALE TICKETS ONLY**  
**(Purchase at the Senior Center)**



Menu: BBQ Pulled Pork Sandwich,  
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Pick up dinner at the Senior Center –  
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## **"Ice Cream Social"**



**MONDAY, August 14th**

**1:30 to 2:30 p.m.**

**Enjoy**

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