

# Senior Moments

October 2017

## Board of Directors

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Sue Sawyers

## Director:

Richard Baker

## Accounting:

Jewel Cook

## Transportation:

Kacy Thomas  
Stacy Shaul  
Terry Baker  
Jules Gregory

## Nutrition:

Nancy Middleton  
Linda Gnader  
Jules Gregory

## Volunteer/MOW/Events

### Coordinator:

Deb Holcomb

### Outreach:

Priscilla Tarver  
Sherry Bixler  
Francis Neumeyer

### Thrift Shop:

Kathleen Barry  
Dorcas Potter  
Leslie Challenger  
Kelli Gordon

### Maintenance/ Janitor

Brian Armond  
Lance Hodges



## *Fun & Deliciousness From Our Kitchen*

Nancy Middleton has brought a totally different style to the senior center's kitchen and dining room. The aroma making its way through the center in the morning is enough to make you follow it to its source while drooling all the way. Once you arrive you'll find not only good food but fun conversation and a great sense of humor. And the desserts, well they speak for themselves.

Linda Gnader creates a wonderful salad bar with all the vegetables from our garden and donations of vegetables from our community. She also whips up some amazing soups each day.

There is a new part-time addition to our kitchen - Jules Gregory. She's there to lend a hand to our ladies in the kitchen and add to the fun and creativity.

Submitted by Deb Holcomb

## **DIRECTOR'S CORNER:**

**From the Desk of Richard Baker**

Hello everyone,

Our Seafood & Pasta Dinner on September 15th was a great success. Everyone enjoyed the food and were very appreciative of the ambiance the patio provided. Deb did a great job of decorating and also volunteered; as she usually does. THANKS DEB. Deb received numerous suggestions from those attending the dinner that we utilize the patio for future events. Thanks to Lt. Joel Hendricks from the California Department of Fish and Wildlife for donating the abalone for this event. Thanks to Flowers by Annette for the great abalone shell arrangements. The proceeds from the Seafood & Pasta Dinner will go to our Nutrition Department.

This month we are celebrating our 30th anniversary. An anniversary dinner has been planned for Saturday, October 21, 2017 at 5:30 pm. There will be guest speakers and some of the center's history. We will be serving a Tri-tip dinner and the Lions Club will be barbequing. Tickets are on sale now for \$30 each.

We are making some changes in the thrift store. Kelli is consolidating some areas and adding some clothing racks. We are also reorganizing the back area of the thrift store. Hopefully these changes will allow us to process the items we receive in a more efficient way and increase revenue.

Starting Oct 1, we will be increasing the cost of our meals \$1.00. There is a letter explaining how we arrived at this decision. It is available at the front desk and at the hostess table in the dining room. The cost for Meals on Wheels will not change.

As always my door is open to address any concerns you may have or I can be reached by phone at 459-6826 ext. 102.

Thanks for allowing me to serve as your Director.





**Willits Senior Center**

**September 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.**

## UP COMING EVENTS

Harrah Senior Center

1501 Baechtel Road

Willits, CA

### ***30th ANNIVERSARY DINNER***

Saturday, October 21, 2017 at 5:30 pm

Tri-Tip Dinner Barbequed

by

The Willits Lions Club



Complimentary Wine

Vegetarian Option

Tickets are \$30 each

On sale now at the senior center

Come join in the celebration with us!

Harrah Senior Center Presents Our

### ***2nd Annual FUNDing RAFFLE***

**DRAWING WILL BE HELD ON NOVEMBER 3, 2017 AT 7 PM**

**YOUR SUPPORT WILL SUSTAIN OUR MANY PROGRAMS FOR SENIORS AND SOON TO BE SENIORS**

### ***PRIZES GALORE***

**SEE REVERSE SIDE FOR LIST OF PRIZES.**



**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**

**HARRAH SENIOR CENTER 1501 BAECHEL RD WILLITS, CA 95490**



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

10-1 Sharon Short

10-5 Kurt Ackermann

10-6 Victor Hansen, Gaye Hartlip,  
Barbara Muller

10-7 Susan Gregory

10-8 Dorothy Stebbins

10-9 Viola Laws, John Newmeyer

10-12 Dennis Aten, Sr.

10-14 Ned Hatfield

10-16 Robert Holm, Arlene Osborne, Ken Querry

10-17 Jeanne King

10-20 Dan McBride

10-21 Jacqueline Morninglight

10-22 Neva Hatfield

10-24 Kitty McDill, Joe McGee,

Hazel Okerstrom, Beverly Roach

10-26 Vina Ingle

10-28 Nola Marshall, Fran Schatz

10-29 Anthony Cook, Frederick Hamel



### Sept, 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, September 29, 2017

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

Sign your name here:



## SUNDAY BREAKFAST

### Pancake Breakfast

Sunday, September  
10th  
8 am. to 11 am.

#### Menu:

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

Adults \$8

Sr. Center Members \$7  
(**MUST SHOW**  
membership card to get  
discount)

Children \$5



**BEST PANCAKES  
IN TOWN**



In October, 2017, our volunteers donated a total of 1570.50 hrs. to the Senior Center.  
At minimum wage (\$10.50), the dollar amount for the month would be: \$16,490.25.

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

### ***VOLUNTEER of the Month***



Sue Sawyers is our volunteer of the month for August. She has been a resident of Willits since 1966 and is a retired school teacher who enjoys making jams and jellies, knitting and sewing. Sue has spent the last 10 years as a member on our board, dedicated thousands of hours to worthy projects here at the center, including working together with Dorothy Roediger to make our annual Christmas Store a success, countless dinners and other functions, working our front desk. This last year Sue put in almost 600 hours and would have had more but had to take time off to have hip surgery.

Thank you Sue for all your hard work and dedication to our center.

### **FUN DAY TRIPS**

At the June Board of Directors meeting, Paul Ubelhart and I asked the Board if we could plan trips using the van and bus that sit idle on the weekends. They answered with a resounding yes; Sue Sawyers and Dorothy Roediger volunteered to drive.

Thank you Board, Sue and Dorothy, because you opened up a door to new adventures for our Center and the community. Our director, Richard Baker, handled the financial and insurance details and supported me as I learned a lot about the center so I could organize our first trip.

We took our first trip to attend the musical, "Chicago" in Fort Bragg on August 13, with 17 people going. It was a wonderful experience and the feedback has been most positive.

Paul and I will be planning future trips 1-2 months in advance. If you know of any weekend daytime events you are interested in, please call 459-6826 and ask for Richard or Deb, or stop by the Center and see what we have planned next.

Pat Collins

## **Pineapple Sheet Cake**

Prep Time: 10 Minutes

Cook Time: 25 minutes

Serves: 20



### **Ingredients:**

2 cups unbleached all-purpose flour  
1 teaspoon baking soda  
1/2 cup canola oil  
2 cups sugar  
2 large eggs  
16 oz. can crushed pineapple (do not drain)

### **Icing:**

1 cup sugar  
1 stick unsalted butter (1/2 cup)  
2/3 evaporated milk  
1 cup coconut  
1 cup pecans, chopped

### **Instructions:**

Cake: Mix and pour into greased and floured 11x17" pan. Bake 25 minutes at 350 degrees.

Icing: Cook sugar, butter and evaporated milk over low-medium heat for 10 minutes. Add coconut and pecans. Pour over cake while hot.

~~~~~

## **Fried Cabbage**

### **Ingredients:**

|                                 |                            |
|---------------------------------|----------------------------|
| 3 slices bacon, chopped         | 1 pinch white sugar        |
| 1/4 cup chopped onion           | Salt & pepper to taste     |
| 6 cups cabbage, cut into wedges | 1 tablespoon cider vinegar |
| 2 tablespoons water             |                            |



### **Directions:**

1. Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Remove bacon and set aside.
2. Cook onion in the hot bacon grease until tender. Add cabbage, and stir in water, sugar, salt, and pepper. Cook until cabbage wilts, about 15 minutes. Stir in bacon. Splash with vinegar before serving.

***Don't forget to make an appointment for your LIFE LINE SCREENING. Screening will be done here on October 28th. To schedule and appointment and receive a \$10 discount call 1-888-653-6441 or visit their website [www.lifelinescreening.com/communitycircle](http://www.lifelinescreening.com/communitycircle)***

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Jane Belden

Milane Carr

Roseanne Blanchfield

Ethel Redman

Dept. of Fish & Game (Lt. Joel Hendricks)

Mr. & Mrs. Tom Wormington

Lu-Ann Burton

Mr. & Mrs. Percy Cartwright

Flowers by Annette

Sharon Brown





# Preparations on the day of your screening

## All ultrasound and heart rhythm screenings:

- Wear a short sleeved shirt that is open at the collar – no turtlenecks
- Wear a comfortable two-piece outfit consisting of loose clothing
- Do not wear pantyhose

## Additional preparations:

### Abdominal aortic aneurysm

- Fast for 4 hours prior to your screening.
- Make sure the meal you eat 4 hours prior to your screening is a light one (less than 1/2 of what you normally eat of non-gassy food).
- If you are thirsty during your fasting period, you may have 1/2 cup of coffee or tea and a moderate amount of water.
- If you take medication, take it as prescribed.
- If you are diabetic and are not comfortable fasting for 4 hours, limit yourself to a "diabetic meal" (piece of toast, 1 cup of any juice and 1/2 cup coffee or tea). If you are in doubt, please follow your diabetic care plan.

### Complete lipid panel (cholesterol)

- Fast for 8 hours prior to your screening.

### Atrial fibrillation (stroke)

- Do not wear pantyhose.
- Do not wear a watch.
- Keep your cell phone turned off.
- Do not wear lotion or oil.

### Glucose (type 2 diabetes)

- Fast for 8 hours prior to your screening.



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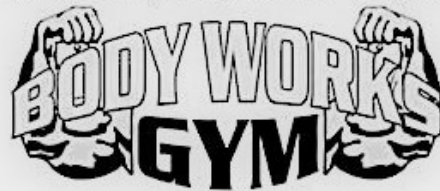
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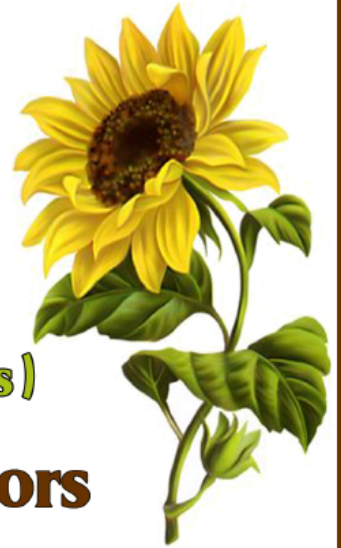
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And then quietly, without you ever really noticing,  
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*- John Green-*

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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
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- \* **Brown bags with handles for take  
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- **Lunch bags for popcorn**



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