

Willits Seniors Inc. 1501 Baechtel Road Willits, CA 95490
Phone: 459-6826 Fax: (707) 459-1772 Thrift Store: 459-2176 Transportation: 459-5556

Senior Moments

December 2017

Board of Directors

Gary Mann, President
Warren Lewis, Vice President
dorothy Roediger, Secretary
Kathy Neff, Treasurer
Virginia Jorge
Paul Ubelhart
Don O'Reilly
Patricia Kovner
Wallace Clark-Wilson
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



Kelli



Katie



Dorcus



Leslie



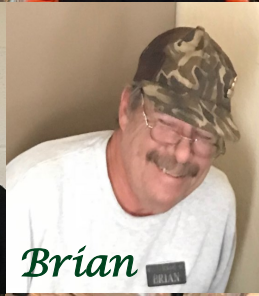
Terry



Kacey



Stacey



Brian



Nancy



Linda



Jules



Lance



Deb



Jewel



Sherry



Priscilla



Richard


Merry Christmas
From all of us at
The Senior
Center



DIRECTOR'S CORNER:

From the Desk of Richard Baker

Hello everyone,

We will be adding some new signs to advertise our lunches here at the senior center. Look for the sign on the back of the fence of the Lark Motel; you can see it as you turn onto the north end of Baechtel Road. Take a picture and post it on Facebook. I would appreciate any feedback. There will also be a sign highlighting our lunches placed in front of the Senior Center. We are trying to increase the number of people coming here to eat lunch to decrease the deficit in the Nutrition Department.

Brian has added an awning over the donation intake area of the thrift store from material we had on site. This will keep our donations, volunteers and employees dry during the rain.

The October bake sale was very successful, we raised over \$800 WOW!!! Thank you to everyone who baked and bought goodies we couldn't do it without you.

Back by popular demand our Christmas Store is opening December 1st through December 9th. Better get here early the line is usually long.

We have a wide variety of See's Candies available at the front desk already gift wrapped for your convenience and ready to be placed under the Christmas tree.

The wood pile has about 8 cords of wood as of November 14th. I don't know how long it will last and CALFIRE is busy cleaning up after the fire. They provide the majority of our fire wood. I know CALFIRE will provide more fire wood I just don't know when so PLEASE use your wood sparingly.

As always 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





Willits Senior Center

December 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

Willits Harrah Senior Center

1501 Baechtel Road

707-459-6826

*A wide variety of
Christmas items to
choose from*

Don't forget your See's Candies
See's
*Famous Old Time
CANDIES*



*Come see some of the fabulous finds in our
Christmas Store.*

All proceeds go to senior center programs

*Harrah Senior Center
Presents Our Annual*

CHRISTMAS STORE

DECEMBER 1ST—9TH

9 A.M. TO 4 P.M.

CLOSED ON SUNDAY!

**Join us for the
Holiday Craft
Fair on Saturday,
December 2nd as
well. Beautifully
handcrafted items
made by local
vendors.
9 a.m. to 4 p.m.**



Harrah Senior Center's

Annual

Holiday Craft Fair

December 2, 2017

9:00 a.m. to 4 p.m.

**Come join in the fun and see all the lovely
handmade items this year's vendors have
created. Don't forget the Brown Bag Raffle
and lots of baked goods as well.**

1501 Baechtel Road

Willits, CA 95490

707-459-6826



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

12-1 Lois Hendry, Pam Shilling

12-2 Jan Meier

12-4 Dean Wise

12-5 Janet Miller, Cathy Ortiz,
Rinda Simi

12-6 Patricia Kovner

12-7 Evelyn Persico

12-15 Jeanne Chesser

12-16 Steve Short

12-18 Sam Rowe

12-19 Patricia Wilson

12-20 Charles Davison

12-21 Jed Diamond, Betty Grider

12-24 Dick Matalamaki

12-25 Jerome Jermanon

12-26 Karl Bliese

12-29 Cassandra Andich

12-30 Ron Sheets



Entertainment for the
December Ice Cream Social
is
Just for You Chorus

Dec., 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, December 29, 2017

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

Sign your name here:

SUNDAY BREAKFAST

Pancake Breakfast

Sunday, December 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 1320.50 hrs. to the Senior Center.
At minimum wage (\$10.50), the dollar amount for the month would be: \$ 13,865.25.

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

Volunteer of the Month

Susan Gregory is our volunteer of the month for October. She has been a resident of Willits for many years and is a retired caregiver. She is very active in her church and has been volunteering for the Senior Center for quite some time. You can find her in our dining room every Monday at lunch.

Susan has 4 children, 11 grandchildren and 3 great grandchildren. Thank you Susan for all you do for us.

VOLUNTEERS NEEDED!!

We are in desperate need of Volunteers for the following positions:

Dining Room

**Tuesday - Beverages Server
Clearer**

**Wednesday - Beverage Server
Scraper**

Thursday - Scraper

Front Desk - These are 4 hour shifts and I am needing someone to be a sub.

Meals on Wheels Driver - This position is for our Meals on Wheels Truck in town. We are needing a driver for Tuesday. Must provide DMV print-out and current drivers license.

Please call Deb 459-6826.

New Years Eve BINGO

Harrah Senior Center

Time: 5:30 -9:00

Date: December 31, 2017

Door Opens at 5:00

\$20.00 Dollars Buy-In

(Includes Meal and 1 Pack)

Guarantee \$100.00 BLACK OUT

Pumpkin Chocolate Chip Muffins



Prep: 10 min. Cook: 20 min.

Ingredients:

3/4 cup white sugar	1/4 cup vegetable oil
2 eggs	3/4 cup canned pumpkin
1/4 cup water	1 & 1/2 cups all-purpose flour
3/4 teaspoon baking powder	1/2 teaspoon baking soda
1/4 teaspoon ground cloves	1/2 teaspoon ground cinnamon
1/4 teaspoon salt	1/4 teaspoon ground nutmeg
1/2 cup semi-sweet chocolate chips	

Directions:

1. Preheat the oven to 400 degrees. Grease and flour muffin pan or use paper liners.
 2. Mix sugar, oil, eggs. Add pumpkin and water. In separate bowl mix together the baking flour, baking soda, spices and salt. Add wet mixture and stir in chocolate chips.
 3. Fill muffin cups 2/3 full with batter. Bake in preheated oven for 20 to 25 minutes.
- ~~~~~

Sweet Potato Casserole



Prep Time: 20 mins. Cook Time: 25 mins.

Ingredients:

4 1/4 cups cooked and mashed sweet potatoes	2 eggs, beaten
1/2 cup butter, melted	1 cup light brown sugar
1/3 cup milk	1/2 cup all purpose flour
1 tsp vanilla extract	1/3 cup butter
1 cup chopped pecans	

Directions:

1. Preheat oven to 350 degrees. Grease a 9x13 inch baking dish.
2. In a large bowl, mix together mashed sweet potatoes, 1/2 cup butter, milk, sugar, vanilla extract and eggs. Spread sweet potato mixture into the prepared baking dish. In a small bowl, mix together brown sugar and flour. Cut in 1/3 cup butter until mixture is crumbly, stir in pecans. Sprinkle pecan mixture over the sweet potatoes.
3. Bake for 25 minutes in preheated oven, or until golden brown.

Twass the night before Christmas, he lived all alone, in a one bedroom house made of plaster and stone.
I had come down the chimney with presents to give, and to see who in this home did live.
I looked all about, a strange sight I did see, no tinsel, no presents, not even a tree.

No stocking by mantle, just boots filled with sand, and on the wall pictures of far distant lands.
With medals and badges, awards of all kinds, a sobering thought came to my mind.
For this house was different, so dark and so dreary, the home of a soldier, now I could see clearly.

The soldier lay sleeping, silent, alone, curled up on the floor in this one bedroom home. The face was so gentle, the room in such disorder, not how I pictured a United States soldier. Was this the hero of whom I just read? Curled up on a poncho, the floor for a bed?

I realized the families that I saw this night, owed their lives to these soldiers who were willing to fight.
Soon round the world, the children would play, and grownups would celebrate a bright Christmas day.
They all enjoyed freedom each month of the year, because of the soldiers, like the one lying here.

I couldn't help wonder how many lay alone, on a cold Christmas eve in a land far from home. The very thought brought a tear to my eye, I dropped to my knees and started to cry. The soldier awakened and I heard a rough voice, "Santa, don't cry, this life is my choice;

I fight for freedom, I don't ask for more, my life is my God, my country, my corps." The soldier rolled over and soon drifted to sleep. I couldn't control it, I continued to weep. I kept watch for hours, so silent and still, and we both shivered from the cold evening's chill.

I didn't want to leave on that cold, dark night, this guardian of honor so willing to fight. Then the soldier rolled over, with a voice soft and pure, whispered, "Carry on, Santa, it's Christmas day, all is secure." One look at my watch, and I knew he was right. "Merry Christmas my friend, and to all a good night."

By Lance Corporal James M. Schmidt

THE PERFECT DIET PLAN:

Breakfast: Grapefruit; 1 slice Whole Wheat Toast, dry; 8oz. Skim Milk

Mid-Morning Snack: 6 oz. Plain Yogurt; Decaffeinated Coffee

Lunch: 4 oz. Lean Broiled Chicken; 1 cup Steamed Spinach; 1 cup Herb Tea; 1 Oreo Cookie

Mid-Afternoon Snack: Rest of the Oreos in the package; 1 pint Rocky Road Ice, Cream, 3 T of Hot Fudge Sauce; 3 T of Caramel Sauce; Nuts, Cherries & Whipped Cream to taste

Dinner: 1 loaf Garlic Bread with Cheese; Lg. Sausage, Mushroom & Cheese Pizza; 2 Lite Beers; Choice of 2 med. Snickers bars, or 1 giant Hershey's with Almonds

Late Evening Snack: Entire frozen Sara Lee Cheesecake eaten directly from the freezer; 2 cups Hot Chocolate (optional)

Perfect Diet Rules: 1. If you eat something and no one sees you eat it, it has no calories.

2. If you drink a diet Coke with a candy bar, the calories in the candy bar are cancelled out by the diet soda.

3. Food consumed for ceremonial purposes should not be considered detrimental to the quality of life; thus, office birthday cakes, Valentine's candy, meeting donuts, etc. should be judged in the context of ritual only, not calorically.

4. Cookie pieces contain no calories. The process of breakage causes caloric leakage.

5. The digestion of chocolate has the same chemical effect on the body as falling in love, making chocolate consumption mandatory.

Submitted by Laura Meyer

Firewood is available

Wood will be available every Tuesday and Thursday from 9 am to 11 am on a first come first serve basis. 50 pieces of wood limit to each address/household every two weeks, even if there are several senior center members in one household. You can pick your wood up bi-weekly either the 1st & 3rd week of

We've got your bases covered!



**LITTLE LAKE
HEALTH CENTER**

MEDICAL

DENTAL

BEHAVIORAL HEALTH
CARE FOR HER

(707) 456-9600

45 Hazel Street
Willits

littlelakehealthcenter.org

WE ACCEPT Medicare, Medi-Cal,
Partnership and other insurance.

MCHC Health Centers is an equal opportunity provider and employer.

Thank You For Your Generous Donations and Precious Time

We would like to thank all those bakers that religiously bake goods for our bake sales.

All the Volunteers that continuously show up and serve our seniors here at the senior center.

All those merchants who donated to our annual FUNding Raffle and those who donate throughout the year.

Our senior center could not exist without each and every one of you.

Thank you!





Dental Care Personalized for Senior Needs

Dr. George Morarasu is offering a **Free Consultation** to Senior's that have missing teeth or are worried that they may lose teeth soon.

Dental Implants may be right for you:

- They restore almost 100% of your natural chewing power!
- Custom designed to match your existing teeth & restore smile!
- Nothing removable, they are permanent!
- Implants will help you maintain good oral health as well!



Our Team is dedicated to your teeth replacement options and specializes in Dental Implants. Your Oral Health needs are our #1 concern. Many other health issues are affected by Gum Disease, don't let it go untreated. We are here to assist you in acquiring optimal oral Health.

Call us today for your **FREE CONSULTATION** and if you schedule a dental cleaning as well you will receive \$20.00 off of that appointment as well. We are waiting to hear from you 707-468-8080 Mon – Thursday.

Visit our Website at www.fixgums.com for more information and meet our staff.

Until We Meet Be Well

CLASSIFIEDS

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

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

1460 South Main Street
Willits, CA 95490

We never stop moving.

COLDWELL BANKER
MENDO REALTY, INC.

The COAST
FM 95.3/95.9 KOZT.com mobile



Mendocino County



CLASSIFIEDS

**C
BROWNS
R
N
E
R**

7 am to 11 pm
365 Days a Year

Groceries
Beer & Wine
Pay at the Pump
Gas & Diesel

459-4854
1799 So. Main St.
P.O. Box 428

Fax: (707) 456-9191

Ph: (707) 456-9800

ACE COPY

889 S. MAIN ST • WILLITS

HOURS
M-F 9-6 & SAT 9-3

Color Copies • Laminating • Binding
FedEx • UPS • Internet Access • Mailboxes

**PERSONAL & BUSINESS
COPY & SHIPPING**

FRAGILE
HANDLE WITH CARE



101 DRIVE IN



Family Owned
Two Locations

Drive IN

100 North Main Street

Willits, Ca

(707) 459-1010

Donuts, Burger

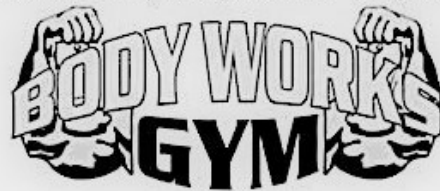
1661 S Main Street

Willits Ca

707-459-1997

Body Works Gym & Martial Arts Center

1511-C S. Main St, Willits, CA 95490 (707) 459-0594



Owners
Joey DeMarco
Mike Tobin

www.willitsbodyworksgym.com
24/7 Access, Free Kids Programs

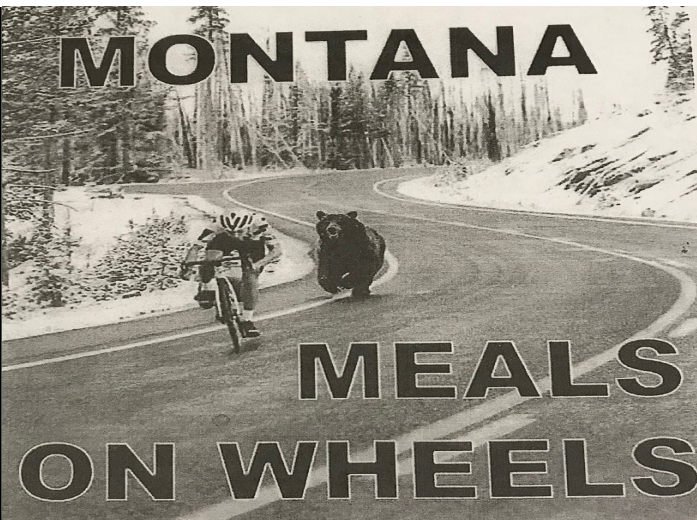


The Book Juggler

182 S. Main Street
Willits, CA 95490
(707) 459-4075

www.thebookjuggler.com

MONTANA



**MEALS
ON WHEELS**



1708 S. Main St. • Willits, CA 95490 • (707) 459-6811

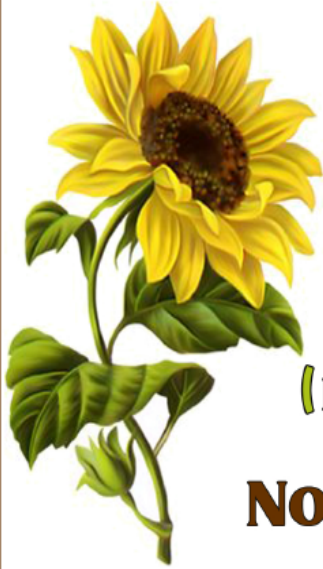
WWW.OLDMISSIONPIZZA.COM

PIZZA • OVEN BAKED SANDWICHES
HAMBURGERS & FRIES • SALAD BAR • GARLIC BREAD
POTATO MUNCH SKINS • POPPERS • ONION RINGS
COFFEE, TEA & SODA • BEER & WINE • ORDERS TO GO
GIANT TV • BANQUET FACILITIES • GROUP CATERING

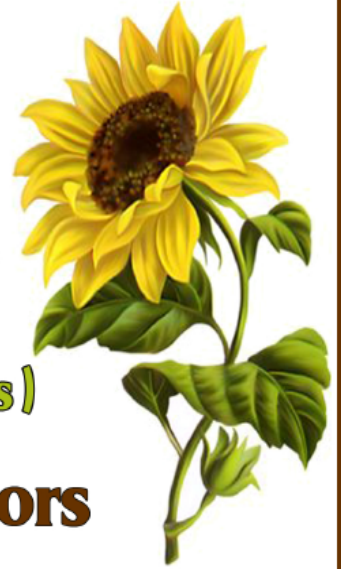
CLASSIFIEDS

If you are 60 years old or over, ask the cashier for your

Senior Discount!



10% off
your purchase



(Excluding sale items & delivery fees)

**No Delivery Charge for seniors
within Willits city limits.**

SPARETIME SUPPLY 208 E. SAN FRANCISCO AVE. WILLITS (707)459-6791

Since 1979

OPEN DAILY



M-F: 8 - 7 ♦ SAT: 9 - 6 ♦ SUN: 9 - 5

500 S. Main Street, Willits CA ♦ PH: 707.459-9630



Quick,
Convenient
and
Personal

A Whole New Way to Get Your Prescriptions

As the newest member of the Howard Hospital family of services, we're proud to continue the legacy of great care that HMH is known for. At Howard Pharmacy, you can expect outstanding customer service, expert support, and convenient pharmacy services designed to serve you.

Your Community Pharmacy Offers:

- Prescription Refills
- OTC: Cough, Cold, Allergy, Vitamins & Supplements
- PT/OT Aids: Exercise bands, Balance Ball
- Durable Medical Equipment
- Mail Delivery & Home Delivery (Within city limits)
- Drug Disposal Program

**Transfer Your
Prescriptions Today!**

707.456.3005

**Monday to Friday
9:00 AM - 5:30 PM**

*Frank R. Howard
Memorial Hospital*

WHL has become an
AdventistHealth
Frank R. Howard
Memorial

3 MARCELA DRIVE, SUITE B | (IN FRONT OF THE NEW HOSPITAL, RIGHT NEXT TO REDWOOD MEDICAL CLINIC)

If you were born on or
before this day in 1952

Receive a 10%
Senior Discount



FURNITURE CENTER, INC

PRICE ~ QUALITY ~ SERVICE

NEXT TO SAFEWAY IN WILLITS

FAMILY OWNED SINCE 1968

WWW.WILLITSFURNITURE.COM

Some restrictions apply. See store for details.



Randy Cantua

Agent

Cantua Insurance Agency

16 W. Valley St., Willits CA 95490

786 Redwood Drive

Garberville, CA 95542

Tel 707.459.3276

Tel 707.923.2179

Fax 707.923.9550

rcantua@farmersagent.com

www.NorCalQuote.com Lic#0C6782

Advertise Here!



BAECHTEL CREEK MEDICAL CLINIC

*"Serving the health care needs of all ages,
newborn to 107+ years, since 1974."*

Kate Black, P.A.-C, L.Ac.

Monte Lieberfarb, M.D.

Angus Matheson, M.D.

D. Mills Matheson, M.D.

Elizabeth Whipkey-Olson, D.O

Accepting patients without insurance, Medicare, Medi-Cal,
Blue Shield, Blue Cross, Delta, and many other insurances.

1245 South Main St.

(707) 459-6861 phone

Willits, CA 95490

(707) 459-3057 fax



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 organization 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

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 \$6.50
- ☐ Good for a roundtrip ride (\$4 in town or \$8 from Brooktrails or Pine Mountain.)

**** 10 meal punch cards are also available for: \$60.00.**

Wish List:

- * **Brown bags with handles for take out lunches.**
- **We are in need of plastic pallets to be placed under the wood in the wood pile. Donations would be greatly appreciated so that we may purchase these plastic pallets**



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



**CLOSED MONDAY,
DECEMBER 25TH**

Current Resident or

SEE'S CANDY



***On sale now at the Senior
Center***

***Assorted, Milk or Dark Chocolate, Nuts
& Chews, Soft Centers -- \$19.90***

Truffles -- \$22.50

Santa Sleigh -- \$7.50

Mini Holly -- \$7.50

Lollypops -- \$19.00

Peanut Brittle Large box -- \$19.60

Peanut Brittle Small box -- \$7.50

Holiday Party

Hosted by

**Mendocino County Health
& Human Services**

Date: December 14, 2017

Time: 3 to 5 pm

Place: Willits Senior Center

1501 Baechtel Rd

