# **Senior Moments**

**July 2018** 

#### **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:

Greg Mudd

**Transportation**:

Terry Baker Jules Gregory Norman Middleton

Nutrition:

Nancy Middleton Linda Gnader

Administrative Coordinator

Deb Holcomb

Outreach:

Priscilla Tarver Sherry Bixler Francis Neumeyer

Thrift Shop:

Kathleen Barry Dorcas Potter Leslie Challenger Kelli Gordon

<u>Maintenance/</u> Janitor

Brian Armond Lance Hodges

## Volunteering

Volunteering has been a part of my life for many years. I was raised that you give back to your community. My parents would make sure we helped out at church functions and if we committed to a function that we kept that commitment. My grandmother was always volunteering for some function or another and I was usually the one she drug along with her to help out. That entailed anything from clearing tables and washing dishes at some fundraiser dinner to cleaning out cages at the local vets office. Grandma was a huge Humane Society supporter and that meant giving of her time to them as well.

I really don't remember not enjoying volunteering, even when I'd be stuck in some strange kitchen doing dishes. There were always those folks that had a good sense of humor and made the rest of us laugh and the time seemed to fly by quickly.

Our Center cannot function without its volunteers. They are all an integral part of the daily operations that go on here. From serving in our dining room (serving and clearing tables), working in the kitchen (doing dishes), or sorting clothes in the thrift store to mowing, weed eating and trimming the bushes and trees here at the Center. We need each and every volunteer that gives of their time to us every week and we appreciate all that they do for.

If you have a little extra time each week that you are able to volunteer here at the Center then please call me, Deb Holcomb, at 707-459-6826. I would love to here from you.



### **DIRECTOR'S CORNER** From the Desk of Richard Baker

Hello everyone,

June is always a busy month, we are preparing our fiscal budget for 2018/2019. It will be brought to the June 25th board meeting for approval or changes. Greg, our new bookkeeper, is doing a great job, we are fortunate to have him.

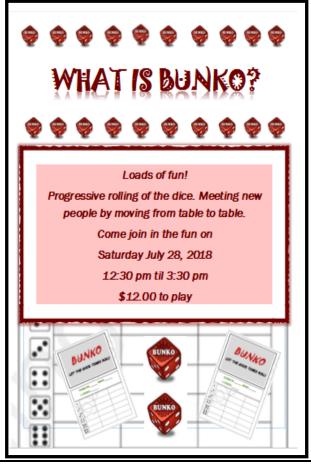
We recently had 2 Board members resign before their terms were up; Wallace Clark-Wilson and Don O'Reilly. I would like to thank them for their service and wish them the best in their endeavors. Our new Board members will be officially introduced at the annual membership meeting July 23, at 11am.

Moving forward, our newsletter will be printed in black and white. We will be mailing and emailing the newsletter to members who provide an email address. This will save the Senior Center \$6,000 in printing costs yearly. Businesses that buy ads in the newsletter help cover the cost of printing and mailing your newsletters; please keep this in mind when you're shopping. As members, I think it's important we support the businesses that support the Senior Center.

Brian has finished making the necessary changes to the women's bathroom; sorry for the inconvenience. It is now ADA compliant. We have 2 wide bathroom stalls that will accommodate those with wheelchairs. Thank you Community Foundation for the grant which allowed us to upgrade both the men's and women's bathrooms. My door is always open or I can be reached by phone at 459-6826 to address any concerns you may have.

Thank you for allowing me to serve as your Director.

Richard



#### LOONEY LAWS

- 1. In Brooklyn, New York, it's illegal to let a dog sleep in your bathtub.
- 2. In Atlanta, it's illegal to tie a giraffe to a streetlight or telephone pole. Dogs are okay.
- 3. Snoring in legal in Massachusetts only when bedroom windows are closed and locked.
- 4. Kentucky citizens are required by state law to bathe at least once a year.
- 5. In Downey, California, more than 2 police officers are prohibited from gathering at the same doughnut shop at the same time.
- 6. In St. Louis, Missouri, it's illegal to drink beer from a bucket when you're sitting at the curb.
- 7. In Kentucky, it's illegal to marry your wife's grandmother.

From Uncle John's Bathroom Reader: Extraordinary Book of Facts & Bizarre Information

# Willits Senior Center July 2018

## 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.

## VOLUNTEERS



In <u>May 2018</u>, our volunteers donated a total of <u>1646.50 hrs</u>. to the Senior Center. At minimum wage (\$10.50), the total dollar amount for the month would be: <u>\$17,288.25</u>. ALL OF US AT THE CENTER THANK YOU FOR YOUR HARD WORK & DEDICATION.

#### VOLUNTEERS NEEDED!!

Dining Room: clearer, beverage servers & scrapers Thrift Store helpers. Please call Deb 459-6826.

#### Thank You For Your Generous Donations And Time

#### THANK YOU !!!!

The Drive Thru Chicken Dinner fundraiser was successful because of the volunteers who donated their time, and individuals who bought tickets; to Nancy for her extra work preparing the potato salad and baking brownies; to Spare Time for their continued financial support; to all the members for their cash donations; to our employees and board members who donate their time and financially support our fundraisers; Barbara Lincoln for always buying food for our dinners; Brian for his hard labor building the firewood enclosure; to the businesses who buy ads in our newsletter and financially support the Senior Center when we reach out for help



The Book Juggler

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

www.<u>thebookjuggler.com</u>



Senior Apartment Community (707) 459-1616 Phone/Fax

Libby, Manager

1475 Baechtel Rd. Willits, CA 95490

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

7-1 Bruce Andich, Leonora Myers 7-20 Pooba Freeman 7-3 Diaine Lewis, Nina Matlock. 7-22 Marnye Sylvander Helga Raab 7-24 Russell Cogburn, Carlin Diamond, Robert Hunter, Neva Kinman, 7-4 Kay Shafer Carol O'Ferrall 7-5 Marna García 7-6 Judí Montalvo, Annie Morris 7-25 Warren Sawyers, Joyce Stamps 7-7 Edward Roy, Edmund TePas 7-27 Jewel Cook 7-8 David Ortiz Kelly Wood 7-28 7-9 Sarah Pershing Allen Nanna, Chuck Persíco 7-29 7-12 Chuck Anderson, Harold Atherton, 7-31 Jim Austin, ICE CREAM SOCIAL WILL BE Vícky Títus, Línda Weldon David Hawkins STARTING UP AGAIN ON 7-15 Maggie Graham, Barbara Sicard MONDAY, JULY 9, 2018. ENTERTAINMENT BY: 7-17 Díane Putnam 7-19 Richard Baker "Just for Fun Singers" SUNDAY BREAKFAST **Pancake Breakfast** July Birthday Invitation Sunday, July 8th 8 am. to 11 am. Menu: If you are listed above, CUT OUT & bring this invitation ALL YOU CAN EAT PANCAKES! with you for your FREE REAL MAPLE SYRUP birthday lunch. AVAILABLE AT AN EXTRA CHARGE HAPPY BIRTHDAY!!! Eggs any style The Center invites you to our **Bacon or Sausage** Birthday lunch on Sugar Free Syrup Or Friday, July 27, 2018 **Grandma's Biscuits** Your free lunch can be used any & Gravy day in your birthday month. NOW SERVING PEET'S COFFEE Sign your name here: Adults \$8 BEST PANCAKES Sr. Center Members \$7 Children \$6 IN TOWN

# We've got your bases covered!



## ASIAN SALMON

Prep: 15 min. Cook: 30 min.

#### **Ingredients:**

- 2 pounds salmon fillets, with skin
- 2 Tbsp. olive oil
- 2 Tbsp. rice vinegar
- 2 Tbsp. soy sauce
- 1 Tbsp. packed brown sugar
- 2 cloves garlic, minced

pinch ground black pepper
Tbsp. minced onion
Tbsp. sesame oil
cups long-grain white rice
Tsp. dried dill weed
cups water



## LITTLE LAKE HEALTH CENTER

MEDICAL DENTAL BEHAVIORAL HEALTH CARE FOR HER

> (707) 456-9600 45 Hazel Street Willits

Littlakehealthcenter.org

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

MCHC Health Centers is an equal opportunity provider and employer.



#### **Directions:**

1. Make several shallow slashes in the skinless side of the salmon fillets. Place fillets skin-side down in a glass baking dish. In a medium bowl, whisk together the olive oil, rice vinegar, soy sauce, brown sugar, garlic, pepper, onion and sesame oil. Pour the liquid over the salmon, cover and refrigerate for 1 to 2 hours.

2. Preheat the oven to 350 degrees.

3. In a medium saucepan, combine the rice, water and dill weed. Cover pan, bring to a boil, then reduce heat to low and cook 20 minutes, until rice is tender and water have been absorbed. Allow to stand for 5 minutes before removing lid and fluffing rice with a fork.

4. Remove cover from salmon, and bake the fish and the marinade for about 30 minutes or until fish can be flaked with a fork. Serve salmon on top of rice and pour sauce over all.



# 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!

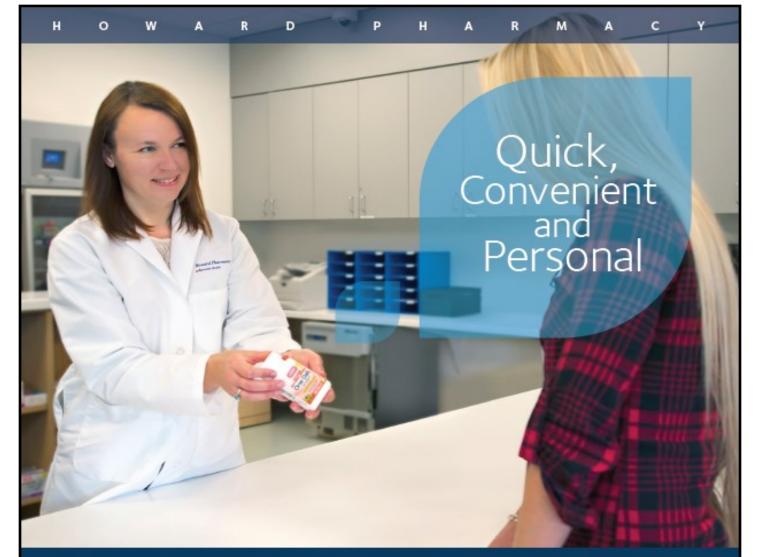


Our Team is dedicated to your teeth replacement options and specializes in Dental Implants. Your Oral Health needs are our #1 concern. Many other health issues are affected by Gum Disease, don't let it go untreated. We are here to assist you in acquiring optimal oral Health.

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



# 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

Frank R. Howard Memorial Hospital



Transfer Your

Prescriptions Today!

707.456.3005

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

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

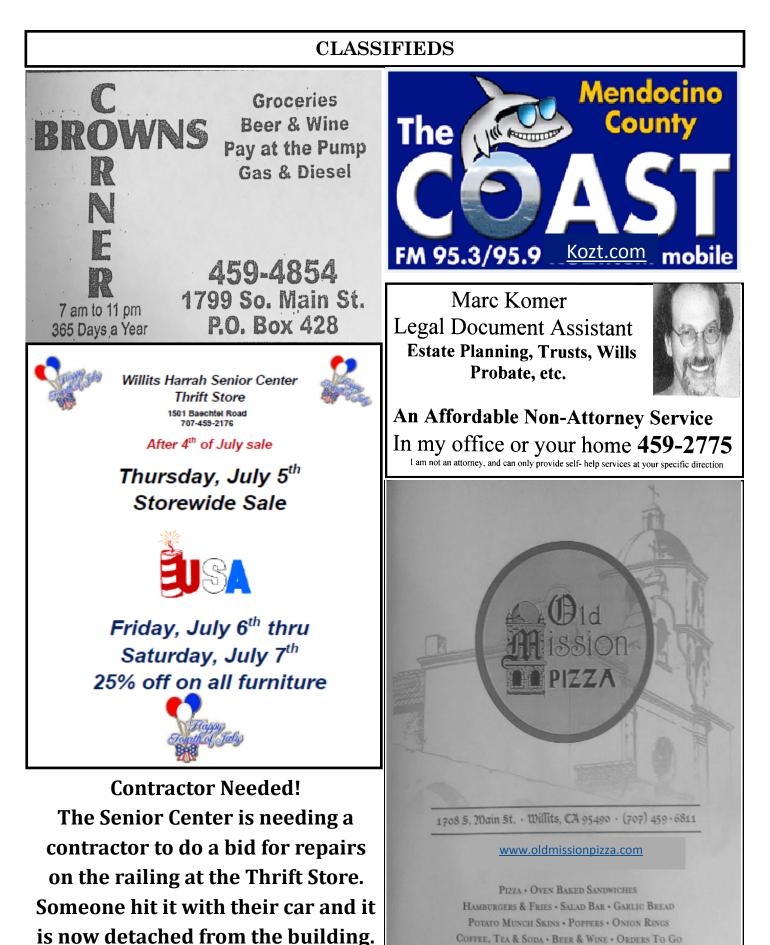
www.adventisthealth.org/howard-memorial

### CLASSIFIEDS

# If you are 60+ ask for your **Senior Discount!** off your purchase **Excluding sale items & delivery Fees No Delivery Charge for seniors** within Willits city limits. 208 E. San Francisco Ave. Willits, CA 95490 (707)459-6791 Sign up for your Mariposa Loyalty Card and earn points which you can use towards future purchases! Mariposamarket.com **OPEN DAILY** Since 1979

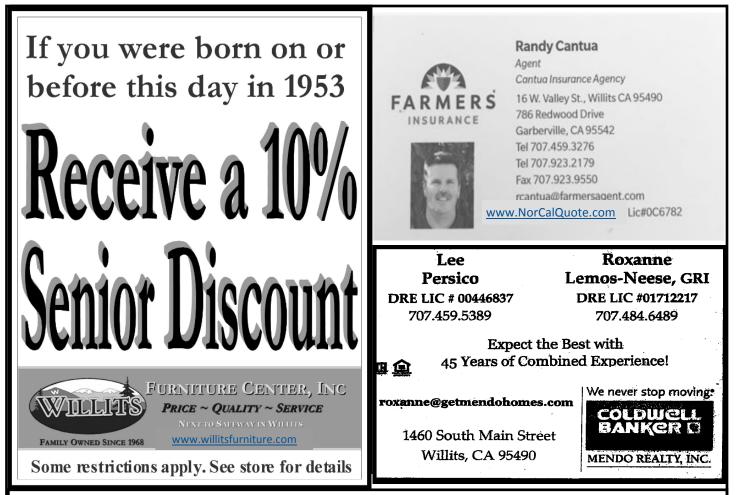


# M-F: 8 -7 • SAT: 9 - 6 • SUN: 9 - 5 500 S. Main Street, Willits CA • PH: 707.459-9630



**Contact Richard 459-6826** 

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# **BAECHTEL CREEK MEDICAL CLINIC**



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

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D. Mills Matheson, M.D.

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

1245 South Main St. Willits, CA 95490

#### CLASSIFIEDS

## Mendocino/Lake Audiology



Hearing Screenings Free Demonstration of Hearing Instruments

Cleaning and Adjustment 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

#### 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. IF YOU BRING IN YOUR EMPTY INK CARTRIDGES: We can use them to get discounts on our office supplies.



Willits Seniors Inc. 1501 Baechtel Road Willits, CA 95490

Phone: (707) 459-6826 Fax: (707) 459-1772



### Senior Farmers' Market Nutrition Program 2018 Season

We have been given 15 check booklets. Each booklet is worth \$20. Distribution will be first come first serve basis if you meet the requirements.

#### Participant Eligibility Requirements:

- You must be 60 years of age or older.
- Your annual income does no exceed 185% of poverty level.
- You have not already received a 2018 SFMNP check booklet.

Come to the Center and ask to speak with Richard.



US Postage Paid Standard Permit #58

Willits, CA

**Current Resident or** 

#### This Month in our Garden

Our garden is really coming along. I picked the first yellow squash of the season this last week.

Our pumpkin patch is looking good as well. Wilma and Joe put it in the raised bed and I think they are some very happy plants.

We have our own miniature vineyard as well. Although these are not grapes for making wine. It's in the back corner of our garden and looking full and beautiful.

Wilma and Joe can always use more help but we're grateful for the ones that came to help on this day.







