

Senior Moments

July 2018

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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

Maintenance/ 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 is 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

WHAT IS BUNKO?

Loads of fun!
Progressive rolling of the dice. Meeting new people by moving from table to table.
Come join in the fun on
Saturday July 28, 2018
12:30 pm til 3:30 pm
\$12.00 to play

BUNKO
LET THE GOOD TIMES ROLL!

BUNKO
LET THE GOOD TIMES ROLL!



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 May 2018 , our volunteers donated a total of 1646.50 hrs. to the Senior Center.

At minimum wage (\$10.50), the total dollar amount for the month would be: \$17,288.25.

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.

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### **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.thebookjuggler.com](http://www.thebookjuggler.com)

## REDWOOD MEADOWS



*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

7-3 Diaine Lewis, Nina Matlock,  
Helga Raab

7-4 Kay Shafer

7-5 Marna Garcia

7-6 Judi Montalvo, Annie Morris

7-7 Edward Roy, Edmund TePas

7-8 David Ortiz

7-9 Sarah Pershing

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

7-15 Maggie Graham, Barbara Sicard

7-17 Diane Putnam

7-19 Richard Baker

7-20 Pooba Freeman

7-22 Marnye Sylvander

7-24 Russell Cogburn, Carlin Diamond,

Robert Hunter, Neva Kinman,

Carol O'Ferrall

7-25 Warren Sawyers, Joyce Stamps

7-27 Jewel Cook

7-28 Kelly Wood

7-29 Allen Nanna, Chuck Persico

7-31 Jim Austin,  
David Hawkins



ICE CREAM SOCIAL WILL BE  
STARTING UP AGAIN ON  
MONDAY, JULY 9, 2018.  
ENTERTAINMENT BY:  
"Just for Fun Singers"

## July 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 27, 2018

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

Sign your name here:

## SUNDAY BREAKFAST

### Pancake Breakfast

Sunday, July 8th  
8 am. to 11 am.

#### Menu:

ALL YOU CAN EAT  
PANCAKES!  
REAL MAPLE SYRUP  
AVAILABLE AT AN  
EXTRA CHARGE

Eggs any style  
Bacon or Sausage  
Sugar Free Syrup

Or  
Grandma's Biscuits  
& Gravy  
NOW SERVING PEET'S  
COFFEE

Adults \$8  
Sr. Center Members \$7  
Children \$6



**BEST PANCAKES  
IN TOWN**



# 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](http://Littlelakehealthcenter.org)

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

MCHC Health Centers is an equal opportunity provider and employer.

## ASIAN SALMON

**Prep: 15 min.      Cook: 30 min.**

### Ingredients:

|                                    |                              |
|------------------------------------|------------------------------|
| 2 pounds salmon fillets, with skin | 1 pinch ground black pepper  |
| 2 Tbsp. olive oil                  | 2 Tbsp. minced onion         |
| 2 Tbsp. rice vinegar               | 1 Tbsp. sesame oil           |
| 2 Tbsp. soy sauce                  | 2 cups long-grain white rice |
| 1 Tbsp. packed brown sugar         | 1 Tsp. dried dill weed       |
| 2 cloves garlic, minced            | 3 cups water                 |

### 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](http://www.fixgums.com) for more information and meet our staff.

Until We Meet Be Well





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*

WFE is known as  
**AdventistHealth**  
Frank R. Howard  
Memorial

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

[www.adventisthealth.org/howard-memorial](http://www.adventisthealth.org/howard-memorial)

CLASSIFIEDS

If you are 60+ ask for your

# Senior Discount!

# 10% off your purchase



**SPARETIME**  
—GARDEN CENTER—

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

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**M-F: 8 - 7 ♦ SAT: 9 - 6 ♦ SUN: 9 - 5**

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



## CLASSIFIEDS

**C  
BROWNS  
R  
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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



**Willits Harrah Senior Center  
Thrift Store**

1501 Baechtel Road  
707-459-2176

*After 4<sup>th</sup> of July sale*

**Thursday, July 5<sup>th</sup>  
Storewide Sale**



**Friday, July 6<sup>th</sup> thru  
Saturday, July 7<sup>th</sup>  
25% off on all furniture**



### **Contractor Needed!**

**The Senior Center is needing a contractor to do a bid for repairs on the railing at the Thrift Store. Someone hit it with their car and it is now detached from the building.**

**Contact Richard 459-6826**



**Mendocino County**

**The COAST**

**FM 95.3/95.9** [Kozt.com](http://Kozt.com) **mobile**

**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



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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

If you were born on or  
before this day in 1953

Receive a 10%  
Senior Discount



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NEXT TO SAFEWAY IN WILLITS

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[www.willitsfurniture.com](http://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

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Tel 707.923.2179

Fax 707.923.9550

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Willits, CA 95490

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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.

Willits, CA 95490

## 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

### 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.



*In Memory of:*

*Jim Gater*

*Terry Greenlaw*

*Virginia Schlegle*



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

**CENTER  
CLOSED,  
WEDNESDAY,  
JULY 4TH**



**Current Resident or**

### ***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 not 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.



### ***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.

