

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

August 2018

## Board of Directors

Virginia Jorge, President  
Sue Sawyers, Vice President  
dorothy Roediger, Secretary  
Kathy Neff, Treasurer  
Paul Ubelhart  
Gary Mann  
Linda Lamkin  
Reza Ghannadan

## 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

## *Current and New Board Members*



**Virginia Jorge**  
**President**



**Sue Sawyers**  
**Vice President**



**dorothy Roediger**  
**Secretary**



**Kathy Neff**  
**Treasurer**



**Gary Mann**



**Paul Ubelhart**

Those pictured above are our current Board Member and their new positions for the fiscal year 2018/2019.

The newly elected and appointed members are:

Linda Lamkin - Elected

Reza Ghannadan - Appointed

As soon as we receive picture of Linda and Reza we will post them in the lobby of the Senior Center. Please join us in welcoming the newest Board Members and congratulating our current members on their new positions.

## DIRECTOR'S CORNER

### From the Desk of Richard Baker

Hello everyone,

I am constantly talking to the staff, and Deb talks to our volunteers, about the difference a positive attitude has on our organization. When someone comes to the Senior Center, I want them to have a positive experience. I've had people come to me and tell me about feeling unwelcome here. I've also had people tell me this is the best senior center they have ever visited, and how kindly they were treated. A positive attitude is contagious, but so is a negative one. We want people to have a positive experience and feel welcome here.

Every year, Fred and Marcy Barry give the Senior Center the leftovers from the Frontier Days Parade. This year, they donated 5 Tri Tip roasts, 4 HUGE pots of baked beans, 600 cobettes of corn, 12 gallons of ranch dressing, 12 boxes of salad, 12 boxes of rolls, 2 1/2 boxes of butter & 8 jars of garlic. **THANK YOU VERY MUCH!!!** This saves the Senior Center a bunch of money; I estimate about \$2,500. The seniors love the leftovers from the BBQ and look forward to it every year.

Lance will be doing some much needed cleaning of the carpets, and stripping and re-waxing of the dining room and kitchen floors. Thanks to a suggestion, we will also be planting something in front of the building in the 2 cement planters that require very little water. If you have suggestions, I'd be more than welcome to listen.

My door is always open to answer your questions or address any concerns you may have.

Thank you for allowing me to serve as your director.

Richard



### KINDS OF PIPES WORD SEARCH

L E E T S A W B P L A T E M  
W W N Y R E J C H I M N E Y  
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V I C L K R P L U M B I N G  
P I A R P Q S P F B Z A C D  
D Y F R A W T O O Y B O B W  
E C F H D I R N L C N L A P  
X B O S R N R D A D D T E H  
H E L R U D T B U R E O O D  
A Y D L N C S I I R D R X L  
U K I Z U C T P G X N Y E G  
S A N D B L O I S L H A H D  
T E G I Q G V B O Q D B O Z  
B L G P S L E U S N F Z Q U

### Daddy's Little Girl

Growing up I was one of the lucky ones, I had my dad around to have as a role model. He worked hard and came home at night to have dinner with his family. The dinner table was where we all talked about our day, laughed, joked and dad told occasional stories of his childhood and made us all laugh except for mom who sometimes left the table because the story was a little to gruesome for her.

I always knew my dad loved me even tho I don't remember him saying it often when I was a kid, but I felt it. When I was really scared he was always there to put his big arms around me and comfort me. Whether I was scared from a bad dream or the crashing sound of thunder in the middle of the night, I felt safe in my daddy's arms.

I thought my daddy would always be there and then one day the unthinkable happened, he slipped away peacefully in his favorite chair while taking his morning nap. Even tho there is an empty place in my heart I know he no longer suffers.

I miss you daddy.

Submitted Deb Holcomb

- |            |             |                 |           |
|------------|-------------|-----------------|-----------|
| 1. BRIAR   | 10. DUCT    | 19. OIL         | 28. VENT  |
| 2. BUBBLE  | 11. EXHAUST | 20. PLUMBING    | 29. WASTE |
| 3. CHIMNEY | 12. FLUE    | 21. SCAFFOLDING | 30. WATER |
| 4. CLAY    | 13. HOLLOW  | 22. SINK        | 31. WIND  |
| 5. CONDUIT | 14. HORN    | 23. SOLDERED    |           |
| 6. COPPER  | 15. HYDRANT | 24. STEEL       |           |
| 7. CORNCOB | 16. LEAD    | 25. STOVE       |           |
| 8. DRAIN   | 17. LEAKY   | 26. SUCTION     |           |
| 9. DRIP    | 18. METAL   | 27. TAIL        |           |



## Willits Senior Center

August 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 June 2018 , our volunteers donated a total of 1414.25hrs. to the Senior Center.

At minimum wage (\$10.50), the total dollar amount for the month would be: \$14,849.63.

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

### **VOLUNTEERS NEEDED!!**

**Garden helpers: weeding,  
picking veggies**

**Dining Room: clearer, beverage servers & scrapers**

**Thrift Store helpers.**

**Please call Deb 459-6826.**

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

Kathy Neff & Cathy Ortiz for manning the Senior Center booth at the Hometown Celebration; Sue Sawyers & Dorothy Roediger & Alex Sierras for selling hot dogs and root beer at Willits Storage; Barbara Lincoln for selling food for the Drive-Thru Chicken Dinner; Fred & Marcy Barry, Marlene Brown, Bruce Burton, all the volunteers who helped with the Drive-Thru Chicken Dinner fundraiser; Lions Club for buying, preparing & BBQing the chicken, and to all of you who support us with your time and donations that I may have missed.

**THANK YOU!!!!!!**



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

8-2 Ollie Kolkmann, Gayle St. Martin

8-3 Louise Hussey, Pat Yoxall

8-5 Vini Swanson

8-7 Charlotte Furtado

8-9 Peggy Bloomquist

8-10 Vivian Haselswerdt, Bobbie Yokum

8-13 Frank Hansen, Kathryn Neff

dorothy Roediger

8-15 Betty Brayton, Milane Coor

8-16 Barbara Burica

8-17 William Drew, Martha Morgan

8-19 Ruby Gamble, Mickey Harman,

Charles Senter

8-20 Wayne Mitchum

8-21 Leonora Saijo, Helen Turenne

8-22 Dean Durbin, Louise Wilkes

8-24 Wallace Clark-Wilson

8-25 Madelyn Vega

8-27 Madge Strong

8-28 Charlene Romberg

8-31 Dan Chesser



ICE CREAM SOCIAL WILL  
BE ON AUGUST 13TH  
ENTERTAINMENT BY:

**Erin Mendoza**

## August 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 31, 2018

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

Sign your name here:

## SUNDAY BREAKFAST

### Pancake Breakfast

Sunday, August 12th  
8 am. to 11 am.

#### Menu:

**ALL YOU CAN EAT  
PANCAKES!  
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Sugar Free Syrup

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Sr. Center Members \$7  
Children \$6



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### Easy Roasted Cornish Hens

(author: Divas Can Cook)

#### Ingredients:

- |   |   |
|---|---|
| 4 Cornish Hens, thawed, rinsed, and patted COMPLETELY dry inside & out. |   |
| 8 carrots, peeled & evenly chopped                                      | 8 celery stalks, roughly chopped                  |
| 1 yellow onion, sliced  | 5 sprigs rosemary (can use more)                  |
| 3 cloves minced garlic (optional)                                       | 1 Tbsp. each salt, black pepper and garlic powder |
| 2 tsp. smoked paprika   | 2-3 T. parsley      3-4 T. butter, sliced         |



#### Instructions:

1. Preheat oven to 450 degrees F.
2. Spread out chopped vegetables & rosemary in the bottom of a 9x13 inch baking dish.
3. Rub olive oil lightly over the Cornish Hens, Set aside.
4. In a bowl, mix together spices & sprinkle generously over the hens, being sure to season the inside cavity as well. (Double the spice mixture or at least the salt, & let marinate for 3 hours if you're going for maximum flavor, but that's optional).
5. Place the hens on top of the bed of vegetables.
6. Run your fingers under the skin to loosen it.
7. Place a slice of butter in the skin of each hen.
8. Tie the legs together with kitchen string or foil paper. (I like to sprinkle on more parsley at this point, but that's optional).
9. Bake for 50-60 minutes, depending on size of hens; let hens rest for 15 minutes before eating.



**707-468-8080**

Taking care of your mouth, teeth and gums does more than help ensure you have a bright, white smile. A healthy mouth and body go hand in hand. Good oral health can improve overall health, reducing the risk of serious disease and perhaps even preserving your memory in your golden years. The phrase "healthy mouth, healthy you" really is true.

Scientists believe that inflammation caused by periodontal disease may also be responsible for the association between bleeding gums and heart disease.

People with diabetes are more likely to have periodontal disease, due to being more susceptible to contracting infections. In fact, periodontal disease is often considered a complication of diabetes. Those who don't have their diabetes under control are especially at risk.

Research has shown that gum disease is also associated with several other diseases like respiratory disease, decreased memory and cognitive skills, osteoporosis, stroke and sleep apnea.



At Ukiah Periodontics and Implant Center, Dr George Morarasu and his team offer specific treatments for patients with diabetes and heart disease. Call us at 707-468-8080 for a free screening (there will be a charge for any needed xrays) to see if you are a candidate for the holistic laser regeneration treatment called LANAP, that can reduce the inflammatory burden due to gum disease. Visit our website at <http://fixgums.com/> for more information.

Until we meet... Be well!





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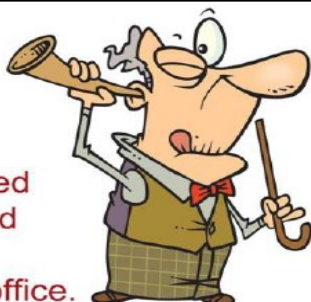
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### *"Ice Cream Social"*



**MONDAY, August 13th**

**2:00 to 3:00 p.m.**

**Enjoy**

**The music by "Erin Mendoza"**

**Real Ice Cream Sundaes**

**Baked Goods w/scoop of Ice Cream, Coffee, Prizes**

1501 Baechtel Road · Willits, CA · 95490 · 707-459-6826



**Admission: \$2.00**

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**-- Marion Wright Edelman**

**-- Founder of the**  
***Children's Defense Fund***



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**Please call to reserve your spot!**

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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

## MEMBERSHIP MEETING

**AUGUST 13, 2018**

**1:30 PM**





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1501 Baechtel Road  
Willits, CA 95490

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Fax: (707) 459-1772

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### ***This Month in our Garden***



What a difference a month makes in our garden. Our Pumpkin Patch is overflowing with pumpkins. Once we moved the leaves around we found this beauty. Its going to be huge.



We have been using the squash from our garden in the kitchen and selling some in the thrift store this past month. Hope you all have enjoyed them. Nancy and Linda have used them in soups, pickled on the salad bar and broiled.

There are quite a few tomatoes as well. None are ripe yet but there are plenty to go around. Hmmm fried green tomatoes, yummy!



HARRAH SENIOR CENTER

**BBQ PULLED PORK DINNER**  
**AUGUST 17, 2018**  
**5:00 - 6:30 PM**

**\$15.00 for one dinner**  
**PRE-SALE TICKETS ONLY**  
**(Purchase at the Senior Center)**



Menu: BBQ Pulled Pork Sandwich,  
Cole Slaw, Baked Beans, and Cookie.  
Pick up dinner at the Senior Center -  
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***"You only live once, but if you  
do it right, once is enough."***

***—Mae West***