

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

September 2018

## Board of Directors

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

## *2018 Volunteer Appreciation Luncheon*

Thank you to all our volunteers and the volunteers who made this luncheon a success.



And congratulations to our Volunteer of the Year,  
Carol O'Ferrall.

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

Hello everyone,

I would like to announce Patricia Kovner resigned her position as board member. She is pursuing an opportunity at Humboldt State University. I want to thank her for her service and wish her the best in her endeavors.

I would like to congratulate Virginia Jorge on her re-election to the board and congratulate and welcome Reza Ghannadan as a newly appointed board member and Kathy Neff who has been re-appointed to the board. I am grateful and appreciative that each of you has chosen to dedicate your time and effort to the senior center, we are fortunate to have you all.

Mendocino Forest Products donated the lumber and paid for all the material needed for Brian to build our new wood shed.

Thank you Kathy and Virginia for buying and planting the plants in front of the senior center front doors. I would like to thank the anonymous person for their suggestions; the appearance of the senior center is important. That's why we have a suggestion box located on the wall outside the administration office. Lance has been tidying up. The dining room floors have been waxed and the carpets are going to be cleaned.

**WE NEED VOLUNTEERS!!!!** Please call Deb at 459-6826 and apply. The thrift store has been inundated with donations and we need help processing these donations so we can get them on the floor and out the door.

A friendly reminder; support the businesses that buy ads in our newsletter. It not only helps pay for the printing and mailing of our newsletters but also generates income for the programs and services we provide. Please be patient in regards to receiving your newsletter. We try our best to get it to you by the first week of the month but sometimes situations arise that are out of our control.

We now have See's candy year round!!!! If we don't have your favorite candy come see Deb or me and we will have it delivered in our next order.

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





# Willits Senior Center

September 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 July 2018 , our volunteers donated a total of 1451.25hrs. to the Senior Center.

At minimum wage (\$10.50), the total dollar amount for the month would be: \$15,238.13.

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

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

#### **VOLUNTEERS NEEDED!!**

**Garden helpers: weeding,  
picking veggies**

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

**Front Desk Receptionist**

**Thrift Store helpers.**

**Please call Deb 459-6826.**

Safeway Foundation for their second consecutive donation to our Meals on Wheels Program, Mr. & Mrs. Lee Persico, Margie Lucas, Ann Maxwell, Dorothy Stebbins, Tracy Garcia, Percy & Pom Cartwright, Mike & Margie Smith, Barbara Bane, Betty Brayton, Bobbie Yokum, Ethel Redman, Marcia Rautenstrauch Trust, 101 Trailer & RV and Larry Garber.

We receive support in many forms; financial support to the senior center and the endowment, volunteering, medical equipment, donations of items to our thrift store, firewood donation, food donations, this year alone 5 hogs, 1 steer and 2 lambs WOW. We would not be able to keep our doors open without our caring and generous community. Sometimes we don't get the opportunity to thank everyone personally; this is why we have the THANK YOU section in our newsletter. If you know of someone who should be acknowledged that we have overlooked please let us know.

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

9-2 Jack Wade

9-3 Debbie Ghannadan

9-6 Bonnie Adair, Pom Cartwright,  
Michael D. Smith

9-8 Ann Alumbaugh, Margie Lucas

9-9 Ronald Bell, Carol Harms

9-10 Gene Roediger

9-11 Warren Lewis

9-12 Geraldo Gonzalez, Barbara Turner,  
Terry Ulvila

9-13 Millie Joy, Mary Kanne, Sharon Whipkey

9-14 Glenda Presswood

9-15 Vyrat Brown, Robert Terry

9-16 Barbara Snyder

9-17 Irene Durigan, Barbara Kleppen, Jenny Senter

9-19 John Bothwell, Skip Lucier

9-21 Donald Lincoln, Lynne Powell

9-22 Dennis Miller

9-24 Jody Moore, David Wojcik

9-25 Marcia Bennett, John Bredehoft

9-26 Carol Orton, Bob Simonson

9-29 John Pinon



ICE CREAM SOCIAL WILL  
BE ON **SEPTEMBER 10TH**  
ENTERTAINMENT BY:  
**The Oak Boys Featuring  
Anne Marie McCoy**

## September 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 28, 2018

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

Sign your name here:

## SUNDAY BREAKFAST

**Pancake Breakfast**  
Sunday, September 9th  
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



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### Spicy Vegetable Chili

#### Ingredients:

2 T. olive oil or butter

1/2 cup celery, diced

1/2 cup frozen sweet peas

1 (15oz.) can tomato sauce

13.4 oz, can garbanzo beans,  
drained & rinsed

1-2 tsp garlic powder

1T. Cilantro (optional)

1 T. Basil

seasoning salt, if needed

1 cup onions

2 zucchini, diced

1 (14.5 oz.) can fire-roasted tomatoes

13.4oz. black beans, drained & rinsed

13.4oz kidney beans, drained & rinsed

2 tsp. ground cumin

1 tsp onion powder

1-2 T. parsley

cayenne pepper (enough to reach desired heat)

1 large green bell pepper

1 cup frozen sweet corn

1 (15oz) can Rotel tomatoes

3 T. chili powder

1 tsp. smoked paprika

1 T. oregano

2 tsp. Thyme

#### Instructions:

Heat oil in a large pot over medium heat. Add onions, bell peppers, and celery. Cook until celery is slightly tender to the bite. Add in remaining vegetables including the tomatoes. Stir in the tomato sauce. Simmer gently until zucchini is tender to the bite. Add in the beans and continue simmering until beans are heated. Add in all of the spices, being sure to stir them in well. Taste the chili and add enough cayenne pepper to reach desired heat.. Adjust the spices to your liking, but keep in mind the flavors will increase once it sits overnight. Season with salt, if needed. Serve hot and top with sour cream, cheese and chives, if desired. NOTES: Feel free to swap out the veggies for some of your favorited like green beans, red bell peppers, carrots, potatoes, etc. If you want the taste & texture of meat without actual meat, I recommend Grillers crumbles soy meat.



**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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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

*A positive attitude\*  
\* may not solve all  
your problems, but it  
annoys enough people  
to make it worth  
\* while... \* \* \**

*In Memory of:*

*Emma Lemos  
Cheryl Dyer-Carnegie  
Michael McGee  
Gail McClelland*

Willits Seniors Inc.  
1501 Baechtel Road  
Willits, CA 95490

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Current Resident or

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G	E	S	H	J	S	S	L	R	N	K	N	V	S
N	W	K	T	F	S	B	T	A	O	I	P	B	T
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TOURISTS  
VACATION

***This Month in our Garden***

The tomatoes are ripening up quickly now and we have been having them on the salad bar. Hope you are enjoying their wonderful flavor. The lemon cucumbers are beginning to ripen as well.



They like to hide in amongst the leaves and are sometimes hard to spot. The squash are slowing down and not as many are being harvested each day. But there are still a few being taken to the kitchen and some sold in the thrift store. Then there are our pumpkins, they are beautiful this year. We have one that is quite huge.



Happy eating!