

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

January 2019

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## Janitor

Brian Armond  
Lance Hodges



***Happy New Year from all of us here at the Senior Center!***

## **NEW YEARS HOLIDAY SCHEDULE**

**The Center will be closed New Year's Day, January 1ST.**

## **HEALTH CORNER**

Aromatherapy is being used in some hospitals for nausea, anxiety, and various types of pain. A few years ago I had a procedure done and was given a pod that smelled of lavender. I was told to uncover it and inhale the aroma whenever I felt nauseous. Believe it or not it worked. After the surgery whenever I felt that I was going to be sick I uncovered the pod and breathed in the lovely sent of lavender and felt relief almost immediately.

Go to WebMD and read "**Aromatherapy: Can You Smell Relief?**" <https://www.webmd.com/pain-management/news/20181213/aromatherapy-can-you-smell-relief>

## **COLD AND FLU SEASON:**

Remember to take these precautions:

Clean all faucet handles daily with disinfectant - yeast, molds and bacteria can hide on these areas.

Toothbrush holders - put them in the dish washer or hand wash with hot soapy water.

Cold and flu germs tend to live longer on plastic so clean remotes and key boards regularly. Use a tooth brush to get any debris around buttons and a cotton swab dipped in mild cleaner (squeeze out excess liquid) to disinfect.

Washing your hands often is still the best way to lower your chances of getting a cold or the flu. Scrub hands for 20 seconds before you rinse.

## DIRECTOR'S CORNER

### From the Desk of Richard Baker

As I walk around the senior center I see individuals facing aging with dignity, courage and a positive attitude. I see people dealing with health concerns that cause them obvious pain, but always manage to smile and say hello. I see friendships develop between staff, volunteers, senior center members and board members. Next time you're here take a minute and observe the interactions between people. Take note of how you feel prior to coming to the senior center and how you feel after you leave. This is a special place, we should all be grateful to the Harrah family for leaving a legacy that makes a meaningful difference in the lives of so many.

I am very appreciative for each of our employees, volunteers, which include our board of directors' and financial donors. Each of you is a vital part of our organization. The combined effort of us working together allows us to provide services to seniors throughout the greater Willits area. THANK YOU ALL!!!!

We still have See's candy available. You can purchase candy, year round, at the Thrift Store and at the lobby in the main building. If we don't have your favorite See's candy let us know and we will order it for you. The prices we sell the candy for is the same price you would pay if you picked it up at a See's store and cheaper than if you placed an order online because you don't have to pay for shipping. Our goal is to raise \$5,000 a year by offering See's candy to our community.

Brian has put a lot of effort into upgrading our restrooms. He has volunteered his time on the weekends to do the painting so it causes as little inconvenience as possible to our members. THANK YOU Brian.

My door is always open stop by anytime.

Thank you for allowing me to serve as your director.



Richard

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

#### IN THE EVERGLADES

ALLIGATOR  
AQUIFERS  
BAY  
BLADDERWORT  
CRAYFISH  
CYPRESS  
DROUGHT  
ESTUARY  
FIRE  
FLOOD  
HURRICANES  
ISLANDS

LAKE OKEECHOBEE  
MANGROVE  
MARCH  
PROTECTED  
RAIN  
RESTORATION  
SAND  
SAWGRASS  
SLOUGH  
SNAIL  
SUGARCANE  
TURTLE

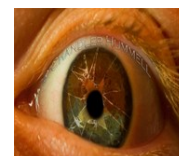
VAST  
WATERSHED  
WETLANDS

At a hotel restaurant, a man sees an attractive woman sitting alone at the next table. Suddenly, she sneezes, and a glass eye comes flying out of her eye socket. It hurls by the man, and he snatches it from the air and hands it back to her.

"This is so embarrassing," the woman says, and she pops her eye back in place. "I'm sorry to have disturbed you. Let me buy dinner to make it up to you. May I join you?" He nods.

The woman is a stimulating conversationalist, stunningly pretty, and the man finds they have a lot in common. He gets her phone number and asks, "You are the most charming woman I've ever encountered. Are you this nice to every guy you meet?" "No," she replies. "You just happened to catch my eye."

Submitted by Ken Querry





## Willits Senior Center

January 2019

### 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 November 2018 , our volunteers donated a total of 1473.75 hrs. to the Senior Center.

At minimum wage (\$10.50), the total dollar amount for the month would be: \$15,474.38  
**ALL OF US AT THE CENTER THANK YOU FOR YOUR HARD WORK & DEDICATION.**

### **VOLUNTEER DRIVER NEEDED!!**

**Meals on Wheels Drivers - We desperately need a volunteer to deliver a couple of meals in Brooktrails on Fridays. We also need someone to do wood on Thursdays. Please call Deb 459-6826 or come by the center and talk to her in person.**

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

**THANK YOU!!!!**

***Carl and Pauline Thompson, Keith Rutledge, Ethel Redmen, Cathy and Gary Decker, Thrift Store shoppers, employees, volunteers, all those who have supported the senior center financially and those who donate goods to the Thrift Store.***



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

1-3 Karen Snow

1-4 Joyce Smith

1-6 Peggy Jones

1-8 Louise Bell

1-10 Pauline Grzanich, Goldie Hilkey,  
Eloise Toomey

1/11 Walter Abramson

1-12 Percy Cartwright, Leslie Challenger,  
Glen Muller

1-13 Mary Crothers, Dianna Grigalba, Julie Orr  
GeeGee Querry

1-16 Geraldine Lewis

1-19 Jim Eaglin

1--23 Heidi Root

1-24 Monique Samuels

1-25 Earlene Gleisner, Curtis Lingenfelter

1-27 Beverly O'Ferrall

1-29 Neka Huffman

**ICE CREAM SOCIAL WILL BE ON**

**JANUARY 14TH**

**ICE CREAM DONATED BY:  
SCOOPS**



### January 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, January 25, 2019

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

Sign your name here:

### SUNDAY BREAKFAST

#### Pancake Breakfast

Sunday, January 13th  
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  
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Adults \$8  
Sr. Center Members \$7  
Children \$6



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IN TOWN**



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[Littlelakehealthcenter.org](http://Littlelakehealthcenter.org)

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Partnership and other insurance.

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### **Lucky New Year's Black-Eyed Pea Stew**

#### **Ingredients:**

3 Tbsp vegetable oil	1 lb. ham hocks	
1 large onion, chopped	1/8 tsp cayenne pepper	
2 cloves garlic, minced	2 bay leaves	1 (10 oz) pkg. frozen
3 cups finely shredded Napa Cabbage	1/2 Cajun seasoning	black eyed peas
1 (8oz) can sliced water chestnuts	salt to taste	1 1/2 cups Basmati rice
Drained	1 quart chicken stock	3 cups water



#### **Directions:**

Heat the oil in a deep pan or stockpot, set over medium heat. Stir in the onions and garlic, cook until transparent, about 5 mins. Mix in the Napa cabbage; toss and cook until wilted, 2 mins. Add the ham hocks, cayenne pepper, bay leaf, Cajun seasoning, salt, stirring for 2 mins more. Pour in the chicken stock and black-eyed peas. Bring the mixture to a boil, then reduce heat to low and cook uncovered for 2 hours. Meanwhile, place the rice and water into saucepan. Bring to a boil, reduce heat to low, cover, simmer until all liquid is absorbed and rice is light and fluffy, about 20 mins.

Before serving, remove the ham hocks from the pot. Coarsely chop the meat, and return to the black-eyed pea mixture. Serve hot over Basmati rice.



**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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or bring in a photo to Deb at the Center.



*Submitted By: Deb Holcomb*

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Francis of Assisi

BrainyQuote

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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

**COMMON SENSE  
IS LIKE DEODORANT.  
THE PEOPLE WHO  
NEED IT MOST  
NEVER USE IT.**

*In Memory of:*

*Jim Marill*



Willits Seniors Inc.  
1501 Baechtel Road  
Willits, CA 95490

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

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Permit #58

Willits, CA



Current Resident or

### **Firewood Program**

***Winter is here and with it comes cold weather. Please remember we have firewood available to our members that are 55 and older. You may come in every 2 weeks and receive 50 pieces of wood. There may also be some kindling still available as well.***

***We have no control over what is donated to us so please keep that in mind—be kind to our volunteers who give their time to help out with the wood distribution program.***



### **Did you know???**

**New Year's Day Celebrations** began in pre-Christian times. Originally started by the Babylonians in the month of March and then later changed to January by the Romans.

### **Here are some common New Year's Resolutions:**

- Get more exercise
- Eat healthier
- Stop procrastinating
- Reduce stress
- Read more
- Watch less TV
- Spend more time with loved ones

What will your New Year's Resolution be?