Senior Moments

March 2019

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On February 5th family and friends gathered to help Edie Ceccarelli celebrate her 111th birthday. I can't even imagine living that many years and looking as great as she does. I greeted Edie as she entered our dining room with Evelyn Persico as her escort. She was happy and excited at the prospect of a party, especially since it was her own. Above and below are some of the picture from this delightful event. Enjoy!



HEALTH CORNER

March 2019 Health Awareness Calendar

Multiple Sclerosis Education & Awareness Month National Colorectal Cancer Awareness National Kidney Month World Kidney Day (March 14th)

For more information go to the link below:

https://www.healthline.com/health/directory-awareness-months#1

Mesothelioma:

Did you know that Mesothelioma is caused by inhaling or ingesting asbestos fibers. It can take many years to develop after exposure as well.

Follow the link below to learn more and get a free Mesothelioma Guide.

www.mesotheliomaguide.com/

DIRECTOR'S CORNER From the Desk of Richard Baker

It was brought to my attention that there were volunteers who were left out of the THANK YOU section of the newsletter. There are so many individuals volunteering on a daily basis it's hard for me to keep track of every volunteer and mention everyone each month. That's why we have the Volunteer appreciation lunch annually so we can properly thank all volunteers for their hard work and dedication. I am sorry if a missed acknowledging anyone for volunteering. It is not my intention to acknowledge some people and exclude others. So please come see me and I will make sure your name is in the THANK YOU section of the newsletter, so we can properly acknowledge your efforts.

Cal Fire has been donating firewood to the senior center for many years. Usually it's brought on a day when they have a light work load. They have been very busy lately and unable to bring wood to the Center. They have assured me wood will be brought to us as soon as they are able to get it to us. Please remember our wood program is only to supplement your wood supply when you are running low.

As always my door is open to address any concerns you may have.

Richard

FERTILIZER

GARDEN HOSE

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SOIL

SPRAY

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Willits Senior Center March 2019

THRIFT SHOP (459-2176-direct line)

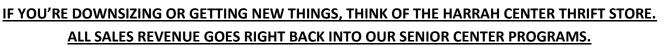
Members Only: Cut out your coupon & save \$2.00 Membership applications available at the Front Desk

THRIFT SHOP HOURS: Monday—Friday, 9am. to 4:30pm.



Saturdays, 9am to 4pm.

<u>Sale Items Change Weekly</u>. <u>Shop early</u>! <u>Don't miss the deals</u>!! (Furniture delivery by appointment)



VOLUNTEERS

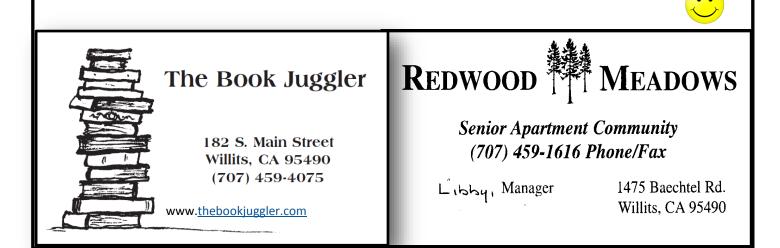


In January 2019, our volunteers donated a total of <u>1399.25 hrs</u>. to the Senior Center. At minimum wage (\$10.50), the total dollar amount for the month would be: <u>\$14,692.13</u>. ALL OF US AT THE CENTER THANK YOU FOR YOUR HARD WORK & DEDICATION.

Thank You For Your Generous Donations And Time

Gary & Kathy Decker, Sharon Van Bebber donated in memory of Wilma Van Bebber Sweasey & Theodore John Van Bebber, Alice Cunningham, Kurt Ackerman, Ernest Harpe, John & Gerry Figg-Hoblyn, Chuck Senter, Community Services & Food Bank, Jeannette Brown. Lee & Evelyn Persico donated in memory of the following: Helen Bartow, Claudia Smith & Judith DenBrook. We appreciate ALL the volunteers.

THANK YOU!!!!!



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



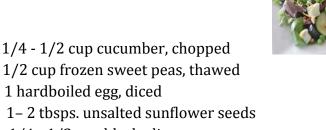
Spring Sweet Pea Salad By Divas Can Cook

Ingredients:

2 cups mixed Spring Mix
1 - 1 1/2 tbsps. Extra virgin olive oil
(just enough to barely coat the leaves)
1/8 tsp onion powder
1/8 tsp garlic powder
1/4 tsp salt
1/4 tsp pepper

Directions:

- 1. Place lettuce on a serving plate.
- 2. Coat lettuce leaves lightly with olive oil.
- 3. Combine spices and sprinkle generously over salad. (you won't need all of the spice mixture)
- 4. Toss to distribute spices.
- 5. Add toppings. Throw on as much as you like to taste.



- 1/4 1/2 cup black olives
- 1 2 tbsps. Cheddar cheese, shredded



If you're looking for reasons to be scared, you'll find them. If you're looking for reasons to be mad, you'll find them. If you're looking for reasons to be encouraged, you'll find them. If you're looking for reasons to be grateful, you'll find them. If you're looking for reasons to be confident, you'll find them. If you're looking for reasons to be pessimistic about the future, you'll find them. If you're looking for reasons to be optimistic about the future, you'll find them. Submitted by dorothy Roediger



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.

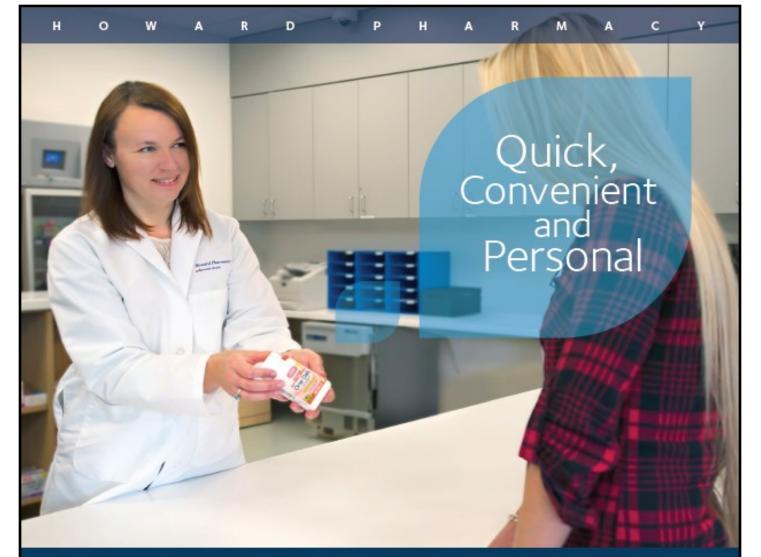
People with diabetes are more likely to have periodontal disease, due to being more susceptible to contracting infections. In fact, periodontal disease is often considered a complication of diabetes. Those who don't have their diabetes under control are especially at risk.

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!



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:

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- Durable Medical Equipment
- Mail Delivery & Home Delivery (Within city limits)
- Drug Disposal Program

Frank R. Howard Memorial Hospital



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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)

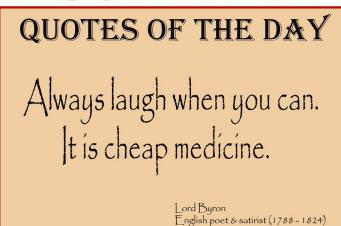
www.adventisthealth.org/howard-memorial





- 1. A nose ring and bifocals
- 2. Spiked hair and bald spots
- 3. A pierced tongue and dentures
- 4. Mini skirts and support hose
- 5. Ankle bracelets and corn pads
- 6. Speedo's and cellulite
- A belly button ring and a gall bladder surgery scar
- 8. Unbuttoned disco shirts and a heart monitor
- 9. Midriff shirts and a midriff bulge
- 10. Bikinis and liver spots
- 11. Short shorts and varicose veins
- 12. In-line skates and a walker
- 13. Thongs and Depends

Laughing with a mouthful of Coffee



Presented & compiled By Quotes of the Day for DTN News ~ Defense-Technology News 🕰

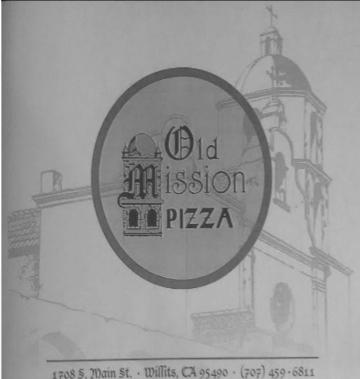
The Mendocino County COAST FM 95.3/95.9 Kozt.com mobile

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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Mendocino/Lake Audiology



Ukiah Office: 756 S. Dora St. Ukiah, CA 95482 (707) 463-2966

- 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!

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 a roundtrip ride (\$4 in town or \$8 from Brooktrails or Pine Mountain)
- **10 meal punch cards are also available** for: \$60.00

Your pet might want to tell you:

You think my tail wagging is always an invitation for you to pet me more. Wrong! Italian researchers found that dogs wag their tails slightly to the right when they see something they like and to the left when they're confronted with something they want to back away from.



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

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Current Resident or





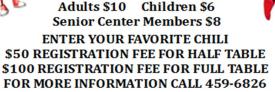
SPONSORED BY ROTARY CLUB OF WILLITS & WILLITS HARRAH SENIOR CENTER

MC FOR THE EVENING - TOM ALLMAN

Friday, March 8, 2019 · 5:30 to 7:00 PM Senior Center · 1501 Baechtel Rd

Taste and vote for your favorite Chili. Fresh Baked Corn Bread Muffins Root Beer Floats, Hot Dogs & Brownies Available

Taster Tickets



SEE'S CANDY



On sale now at the Senior Center

Assorted, Milk or Dark Chocolate, Nuts & Chews, Soft Centers -- \$21.50 Peanut Brittle Large box -- \$21.50 Peanut Brittle Small box -- \$7.50 Bunny Hop Box -- \$8.00 Eggs -- \$7.00 Marshmallow, Scotch-mallow, peanut butter, chocolate butter

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