

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

March 2019

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Submitted By Deb Holcomb

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 I 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



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

GARDENING

ANNUALS
BED
BORDER
BUDS
BULBS
CULTIVATE
CUTTINGS
DIG
DRAINAGE
FERTILIZER
FLOWERS
GARDEN HOSE

GREENHOUSE
LANDSCAPE
LIME
MOISTURE
NURSERY
PERENNIALS
POTTING
ROOTS
SEEDS
SHOOTS
SOIL
SPRAY

SPRINKLER
VEGETABLES
WATER
WEED
WHEELBARROW

People don't always say
"I love you."
Sometimes it sounds more like:

"Did you eat?
Call me when you get home.
Keep warm.
Be safe."



shutterstock

Tablola



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.

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 January 2019 , our volunteers donated a total of 1399.25 hrs. to the Senior Center.

At minimum wage (\$10.50), the total dollar amount for the month would be: \$14,692.13.
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!!!!!!



The Book Juggler

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(707) 459-4075

www.thebookjuggler.com

REDWOOD MEADOWS

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Libby, Manager

1475 Baechtel Rd.
Willits, CA 95490

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

3/1 Doug Sawyers
3/2 George Leithner, Kacy Thomas
3/3 Gordon Campbell, Gail Ward
3/6 Phyllis Morris
3/7 Reza Ghannadan, Robert Russo
3/9 Tom Bodell, Dwayne St. Martin
3/10 Margaret Lingenfelter, Joan Walter
3/11 Dorit Schmidt-Peterson
3/12 Dorcas Potter
3/13 Sue Sawyers
3/17 Sherry Bixler, Lee Persico
3/23 Kate Barry, Margaret Judy, William Longcrier, Jurgen Schmidt-Peterson
3/24 Douglas Robertson
3/25 Sharon Bianchi, Mae Williams
3/27 Mason Cook
3/29 Arlene Davison
3/30 Roseanne Blanchfield



3/31 Cathy O'Roke, John Wagenet

**ICE CREAM SOCIAL WILL BE ON
MARCH 11TH
ICE CREAM DONATED BY:
SCOOPS
PIES DONATED BY:
KIMMEY'S PIES**

March 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, March 29, 2019

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

Sign your name here:

SUNDAY BREAKFAST

Pancake Breakfast

Sunday, March 10th
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**

Spring Sweet Pea Salad By Divas Can Cook



Ingredients:

2 cups mixed Spring Mix	1/4 - 1/2 cup cucumber, chopped
1 - 1 1/2 tbsps. Extra virgin olive oil (just enough to barely coat the leaves)	1/2 cup frozen sweet peas, thawed
1/8 tsp onion powder	1 hardboiled egg, diced
1/8 tsp garlic powder	1 - 2 tbsps. unsalted sunflower seeds
1/4 tsp salt	1/4 - 1/2 cup black olives
1/4 tsp pepper	1 - 2 tbsps. Cheddar cheese, shredded

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.



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 dorothea 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!



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As we wave goodbye to our younger
years we must also wave goodbye
to some of the fads we loved.
The following combinations Do NOT
go together and should be avoided:

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
7. 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

QUOTES OF THE DAY

Always laugh when you can.
It is cheap medicine.

Lord Byron
English poet & satirist (1788 - 1824)



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- Free Demonstration of Hearing Instruments
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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

Your pet might want to tell you:

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

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

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Willits, CA



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The 12th Annual



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Fresh Baked Corn Bread Muffins
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