

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

April 2019

## Board of Directors

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

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Richard Baker

## Accounting:

Greg Mudd

## Transportation:

Terry Baker  
Jules Gregory  
Norman Middleton

## Nutrition:

Nancy Middleton  
Linda Gnader  
Alex Sierras

## 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



## The 12th Annual Chili Cook-off

By Deb Holcomb

What a great success our 12th Annual Chili Cook-off was. I think it is safe to say that everyone had a good time.

For the second year in a row, Northbrook won the title of **Best Decorated** with a western theme. They also had a photo booth with accessories, and even cowboy/girl hats to enhance your picture. Mendo Mill gave Northbrook some great competition with a barnyard theme. I loved the rooster that was displayed on their table.

**Favorite Chili** title went to the Wild Bunch. Yes theirs was a biker theme as you'd expect and they had their own raffle and donated half the money received to the Center. Thank you Wild Bunch!

**Hottest Chili** went to the Willits Fire Department. Yes it definitely had your mouth looking for something to cool it off.

Our honorable mentions go to our cook Nancy Middleton for her South Philly Chili along with our board member Reza and wife Debbie Ghannadan for their homemade bread and chili, and of course our own Katie Barry for her chili. Thank you everyone. See you next year.

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



I recently wrote a letter to Cal Fire Battalion Chief Todd Patten thanking him and his men for providing firewood to our members. Without their efforts we would not have a free firewood program. If you happen to see them unloading firewood, stop by and tell the guys thank you.

Brian is doing more remodeling. He is installing a high/low drinking fountains courtesy of Redwood Forest Products kind and generous donation. It will be located in close proximity to where the old drinking fountain was.

Our See's Easter candy has arrived and is on sale in the thrift store or in the center's lobby at the front desk. We have a variety of different Easter eggs to choose from - chocolate cream, peanut butter and marshmallow. There's also a variety of 1 pound boxes of chocolates and peanut brittle in both large and small boxes. A variety of lolly-pops were ordered this time including butterscotch, vanilla, cafe latte, and chocolate.

Spread the word the senior center is the place to get your favorite See's candy. If there is an item you would like that we don't have please come see me, I can add your favorite See's candy on our next purchase and I will call you when it arrives.

My door is always open stop by anytime,  
Richard

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

I have recently  
been diagnosed  
with a serious  
medical condition  
called **OCD**... **o**ld,  
**c**ranky and **d**emented.



**HEALTH CORNER**

**April 2019 Health Awareness Calendar**

Alcohol Awareness Month

Irritable Bowel Syndrome (IBS) Awareness

National Autism Awareness

For more information go to the link below:

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

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LENS  
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MICROPHONES  
MILESTONE  
MONITOR  
MOTION  
PARTY  
PICTURE  
PLAY

PROPS  
RECORD  
SHOTS  
SPORTS  
TAPE  
TIMER  
TRIPOD  
WEDDING



## Willits Senior Center

April 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 February 2019 , our volunteers donated a total of 1371.50 hrs. to the Senior Center.

At minimum wage (\$10.50), the total dollar amount for the month would be: \$14,400.75.

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

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

***This section is to thank people who volunteer their time and money  
to support the senior center programs and services. Without them we  
would not be able to keep our doors open.***

*Gary & Kathy Decker, Lee & Evelyn Persico, Cal Fire, all those who entered Chili in the 12th Annual Chili Cook-off, to all the volunteers who helped at the Chili Cook-off, Glen Muller, Redwood Forest Products/ Mendocino Forest Products, Ethel Redman, Neil Orr, Diana Mann for making raffle baskets for the Center, John Ford Ranch, Tom Allman, Rotary for sponsoring the Chili Cook-off again, Shirley Streeter, James & Leigh Austin. **THANK YOU!!!!!!***



### The Book Juggler

182 S. Main Street  
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## REDWOOD MEADOWS

**Senior Apartment Community**  
**(707) 459-1616 Phone/Fax**

Libby, Manager

1475 Baechtel Rd.  
Willits, CA 95490

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

4/4 *Barbarie Gonzalez*  
4/6 *Patricia Noel*  
4/7 *Virginia Jorge*  
4/8 *Robert Petty, Paulette Thompson*  
4/11 *Janice Haschak*  
4/12 *Tom Walker,*  
4/15 *Betty Janich, Beverly Johnson,*  
*Michael Morey*  
4/16 *Judi Berdis*  
4/17 *Linda Wiley*  
4/18 *Shirley Cornet, Ethel Woodruff*  
4/19 *Barbara Bane, Jean Jennings,*  
4/20 *Mary Ceratto*  
4/21 *Don Alumbaugh*  
4/22 *Michael Harrison*  
4/23 *Bruce Hutton*  
4/24 *Clarence Tarver*  
4/25 *Betty Arrequin, Kathleen Middleton*



4/26 *Robert Doty*  
4/27 *Geri Durbin*  
4/28 *Bruce Yoxall, Barbara Telich*  
4/30 *Alan Judy*

### **ICE CREAM SOCIAL WILL BE ON**

**APRIL 8TH**

**ENTERTAINMENT:**

**Richard Jeske**

**ICE CREAM DONATED BY:**

**SCOOPS**

**PIES DONATED BY:**

**KIMMEY'S PIES**

### **April 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, April 26, 2019

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

**Sign your name here:**

### **SUNDAY BREAKFAST**

#### **Pancake Breakfast**

Sunday, April 14th  
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**



# Tomato Basil w/Cajun Chicken Pasta Salad

By Divas Can Cook

## Ingredients:

2 1/2 cups mini penne pasta, cooked diced	6 medium vine ripened tomatoes, al dente & drained
Fresh basil leaves, chopped (about 5-6 leaves)	1 lb chicken breast, dice into small cubes
1 –2 cloves garlic, minced (Can cook prior if desired)	1 tsp. sea salt
1 Tbsp balsamic vinegar	1 tsp cajun seasoning (old Bay Blackening season)
1 Tbsp extra-virgin olive oil	1/2 tsp garlic powder
Salt & pepper to taste.	Fresh Parmesan cheese, grated



## Directions:

1. Mix together sea salt, cajun seasoning and garlic powder. (double if you like super seasoned and spicy chicken)
2. Sprinkle seasonings over the cubed chicken and toss to distribute seasoning..
3. Coat nonstick skillet in olive oil over medium heat.
4. Cook chicken until done, being careful not to overcook. Set aside.
5. In a large bowl toss together diced tomatoes, chopped basil and minced garlic.
6. Stir in balsamic vinegar and olive oil.
7. Stir in cooked pasta and chicken. 8. Season lightly with salt and pepper (do not over salt, flavors will intensify as it chills.
9. Refrigerate for 3 hours.
10. When ready to serve, plate and top with fresh grated parmesan cheese.

## Gardening tips from the 2019 Farmer's Almanac Submitted by Diana Mann

April Showers bring May flowers. You are likely anxious to get in the garden and start planting. Using these planning tips will help extend your gardening season.

### **Designing Your Garden to Reduce Frost**

Here are different ways through which you can reduce the amount of cooling in and around your garden.

Your garden will warm up more during the day if it slopes toward the Sun. Residual heat in plants and soil may determine whether your garden sustains frost damage during the night. Cool air, which is dense and heavy, will flow away from plants growing on a slope – what the experts call “drainage.”

A garden on a south-facing slope offers two advantages: more exposure to the Sun, and better drainage of cold air. In deep valleys, nighttime temperatures may be as much as 18°F lower than the temperature on the surrounding hills.

Trees surrounding your garden act like a blanket and reduce the amount of heat radiating from the soil, perhaps keeping the temperature high enough to protect your plants from early fall frosts. A stone wall benefits the garden by acting as a heat sink, absorbing warmth from the Sun during the day and radiating it slowly at night. The water in a nearby lake or pond (if it is one acre or larger) does the same.

Moisture is also a player in determining whether frost will nip your tomatoes. When moisture in the air condenses on plants and soil, heat is produced, sometimes raising the temperature enough to save the plants. On the other hand, if the air is dry, moisture in the soil will evaporate, removing some heat.

Good soil, full of organic matter, retains moisture, reducing the rate of evaporation. Mulch also helps prevent evaporation.

Plants themselves can modify cooling. Dark ones with a maroon or bronze cast may absorb more heat during the day. And those that have been planted close together create a canopy that entraps heat from the soil. More important, a plant's cold-hardiness determines its ability to withstand colder temperatures.



**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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**Sunday, April 7th**

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459-6826

Lunch  
Special  
Hot Dog  
Nachos  
Chili  
Chips  
Desserts

Doors open @ 10am  
Snack bar opens @ 11am  
Games begin 11:30am  
Minimum Bingo buy-in \$10



"AT THE END OF THE  
DAY, YOUR FEET  
SHOULD BE DIRTY.  
YOUR HAIR SHOULD BE  
MESSY AND YOUR EYES  
SPARKLING."

- Shante

### April/Easter Trivia

*APRIL comes from the Latin word aperio, "to open" (bud), because plants begin to grow during this month.*

*Easter Sunday celebrates Christ's resurrection from the dead following the crucifixion, the end of Holy Week, the end of Lent, and the last day of Easter Triduum (Holy Thursday, Good Friday, and Easter Sunday)*

*Eggs, traditionally forbidden during Lent, symbolize new life.*

*The Easter Bunny recalls the hare, the Egyptian symbol of fertility.*

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Ukiah, CA 95482  
(707) 463-2966

Lakeport Office:  
200 Lakeport Blvd.  
Lakeport, CA 95453  
(707) 263-9428

### Sponsor a Senior meal or ride!

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

*In Memory of:*

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Bob Burgess  
Harold Crothers  
Virginia Cervini  
Lori Jaurgui  
Jerry "Ed" England  
Ron Kendrick  
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Milton Barlow  
Norma Lowe  
Gerrie Lassner  
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1501 Baechtel Road, Willits

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