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

May 2019

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Thrift Shop:

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Dorcas Potter
Leslie Challenger
Kelli Gordon

Maintenance/ Janitor

Brian Armond
Lance Hodges

MOTHER'S DAY BRUNCH BUFFET

This year we are trying something a little different for our Mother's Day Breakfast. Our Fundraiser Committee decided to do a Breakfast buffet and have a variety of items to choose from. Waffles, Quiches, scrambled eggs, several different types of fresh fruit, bacon or sausage. It all sounds so yummy that I for one can hardly wait. And as is tradition with our Mother's Day Breakfast, we will be serving Mimosas.

Tickets are $15 each and you can contact Jessica at 707-489-1478. She is in charge of the students who are selling tickets. The Senior Center will be splitting the profits, after expenses with the Class of 2020. Breakfast gift certificates cannot be used for this event. Come out and support this yummy event.

Our regular breakfast will be from 8 am to 9:45 am for those of you who wish to come in and pay the regular price, see the flyer on the back page of this newsletter for more details.

HEALTH CORNER

May 2019 Health Awareness Calendar

For more information go to the link below:

American Stroke Awareness Month

Arthritis Awareness

Cystic Fibrosis Awareness

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

Hopefully everyone has noticed by now the new high and low drinking fountains located outside the Administration offices. The funding for these drinking fountains were donated by Mendocino Redwood Company. This is the same company that provided a grant for all the material to build the new wood shed. We are fortunate to have them choose the senior center as the recipient of their Community Giving Grant.

The decision to name the dining room Baechtel Hall was recently made by the board of directors in hopes of enticing people to rent the senior center for their events. Brian Armond made the wooden sign above the main entrance to the dining room "Baechtel Hall." We are grateful to have an employee with so many talents.

You will also notice the bulletin board above the salad bar (Salads Donated by above it). We will be listing those companies and individuals who donate money so our member can enjoy a year-round salad bar. Without the financial support from these individuals and local companies we would not be able to provide our salad bar and the many other programs offered here at the senior center.

My door is always open stop by anytime,

Richard

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

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AQUIFERS
ARABIC
AWALI
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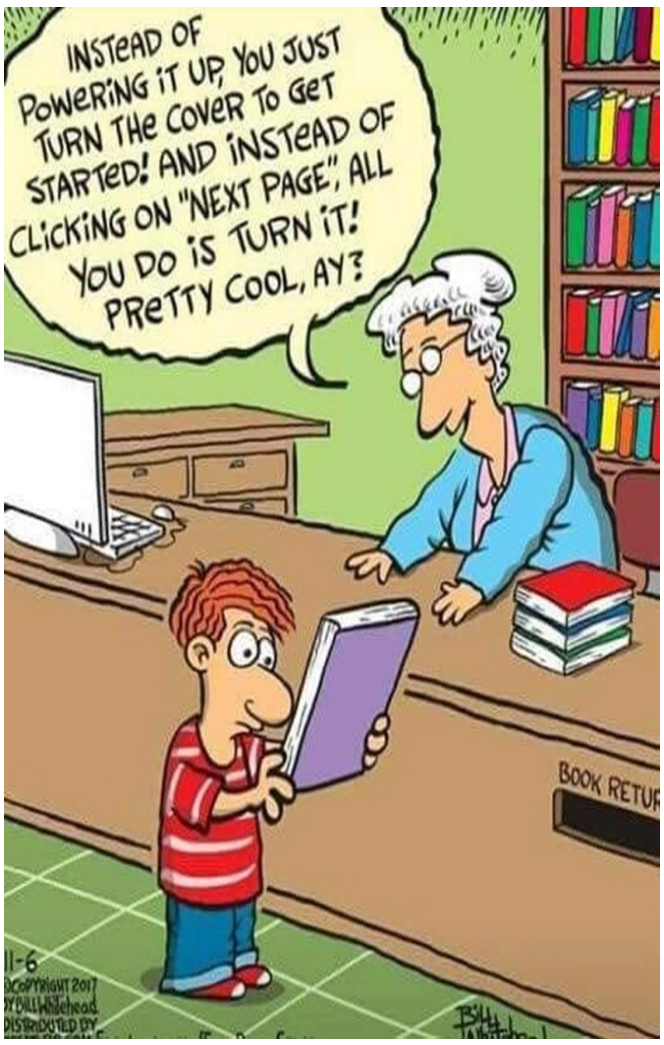
BIRD-WATCHING
CAUSEWAY
COFFEE
DATES
DESERT
DINAR
FALCONRY
FIGS
FISHING
FLATBREAD
FORMULA ONE
GAZALLES
HORSE RACES
ISLANDS
MANAMA
OIL FIELDS
PARLIAMENT
PLAINS
REEFS
ROCKY COAST
SCUBA
SITRA
WEALTHY



Willits Senior Center May 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 March 2019 , our volunteers donated a total of 1459.25. hrs. to the Senior Center.
At minimum wage ($10.50), the total dollar amount for the month would be: $15,322.13
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, Kenneth Larue, Carol Grice, Ann Maxwell, Pauline Grzanich, Ehtel Redman. Each month I will acknowledge a specific group of volunteers, this month it is our Thrift Store Volunteers. I hope we have mentioned every one if not it is the sole responsibility of Dorcas Potter (disclaimer). Hahaha! Carol O'Ferrall, Beverly Vaccaro, Molly Price, Martha Morgan, Helen Oglesby, Mark Musgrave, Gerry Figg-Hoblyn, John Figg-Hoblyn, Chuck Senter, Steve Grimes, Dorcas Potter, Marnye Sylvander, Elaine Houpe, John Bennet, Joan Daniels, Donna Brown, Wilma Schaffer, Tom Bodell, dorothy Roediger, Leslie Challenger, Sherry Bixler, Katie Barry, Cindy Furher, Sally Mrad and Barbara Smith.

THANK YOU!!!!!

The Book Juggler

182 S. Main Street
Willits, CA 95490
(707) 459-4075

www.thebookjuggler.com

REDWOOD MEADOWS

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

Libby, Manager

1475 Baechtel Rd.
Willits, CA 95490

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

5-1 Robin Goldner, Laure Mondo, Kathleen Kirkpatrick, Joann Pinkerton
5-2 Bonnie Brandyberry, Starla Warburton
5-3 Mike Sturm
5-4 Carol Cox, Gary Mann
5-5 Glenda Brown
5-6 Kathleen Lewis, Alex Sierras, Wanda Storts
5-8 Pedro Steffens
5-9 Kitty Fisher, Paul Krause
5-11 Pat Sprinkle, Pam St. Martin
5-12 Jon Filarski, Rob Franco
5-13 Erla Barr, Diane Ford, Ann Stebbens
5-14 Christie Brandt, Floyd Brandt, Harold Crothers
5-17 Tom Blanchfield, Nancy Eaglin
5-18 Priscilla Tarver, Paul Ubelhart
5-20 Anita Elliott, Diana Mann

5-21 Quince Amanda
5-22 Ruby Campbell
5-26 James King, Fred Page, Gene Truman
5-27 Thelma Hansard
5-28 Alice Cunningham
5-29 Nancy Adair, Allen Garcia, Richard Whipkey
5-30 Lawrence Kinsella, Denise McGee
5-31 James Brown, Donald Cameron

ICE CREAM SOCIAL WILL BE ON

MAY 13TH
Entertainment by
RICHARD JESKE

ICE CREAM DONATED BY: SCOOPS

PIES DONATED BY: KIMMEY'S PIES

May 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, May 31, 2019

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

Sign your name here: _____

SUNDAY BREAKFAST

Pancake Breakfast
Sunday, May 12th
8 am. to 9:45 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

Shrimp & Pasta Shell Salad **From Allrecipes.com**

Dressing:

1 1/4 cups mayo
2 tsp ketchup
1 tsp salt, or to taste
1 lemon, juiced
2 tsp Dijon Mustard
1/4 tsp Worcestershire Sauce
1 pinch cayenne pepper, or to taste
1/3 cup chopped fresh dill

Salad:

1 (12 ounce) pkg small pasta shells
1 cup finely diced red bell pepper
Salt and Ground black pepper to taste
3 sprigs fresh dill, or as desired
1 lb. cooked, peeled, and deveined small shrimp-cut in half
3/4 cup diced celery
1 pinch paprika for garnish

Directions:
Dressing:

1. Whisk 1 1/4 cup mayonnaise, Dijon mustard, ketchup, Worcestershire sauce, salt and cayenne pepper together in a bowl, add lemon juice and 1/3 cup chopped dill. Whisk until thoroughly combined. Refrigerate.

Salad:

1. Bring a pot of well-salted water to a boil and stir in pasta shells; cook until tender 8 to 10 minutes. Drain and rinse with cold water to cool pasta slightly; drain again. Transfer to a large bowl.
2. Toss shrimp with pasta; add red bell pepper, celery, and dressing to pasta and shrimp. Mix thoroughly to coat and fill shells with dressing. Cover bowl with plastic wrap and refrigerate until chilled, 2 to 3 hours.
3. Stir salad again before serving and season to taste with more salt, black pepper, lemon juice, and cayenne pepper if desired. If salad seems a little dry, mix in a little more mayonnaise. Garnish with paprika and sprigs of dill.

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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:

- Prescription Refills
- OTC: Cough, Cold, Allergy, Vitamins & Supplements
- PT/OT Aids: Exercise bands, Balance Ball
- Durable Medical Equipment
- Mail Delivery & Home Delivery (Within city limits)
- Drug Disposal Program

Transfer Your Prescriptions Today!

707.456.3005

Monday to Friday
9:00 AM – 5:30 PM

Frank R. Howard Memorial Hospital | Will be known as: AdventistHealth Frank R. Howard Memorial

3 MARCELA DRIVE, SUITE B | (IN FRONT OF THE NEW HOSPITAL, RIGHT NEXT TO REDWOOD MEDICAL CLINIC)

www.adventisthealth.org/howard-memorial

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Senior Discount!
10% off your purchase
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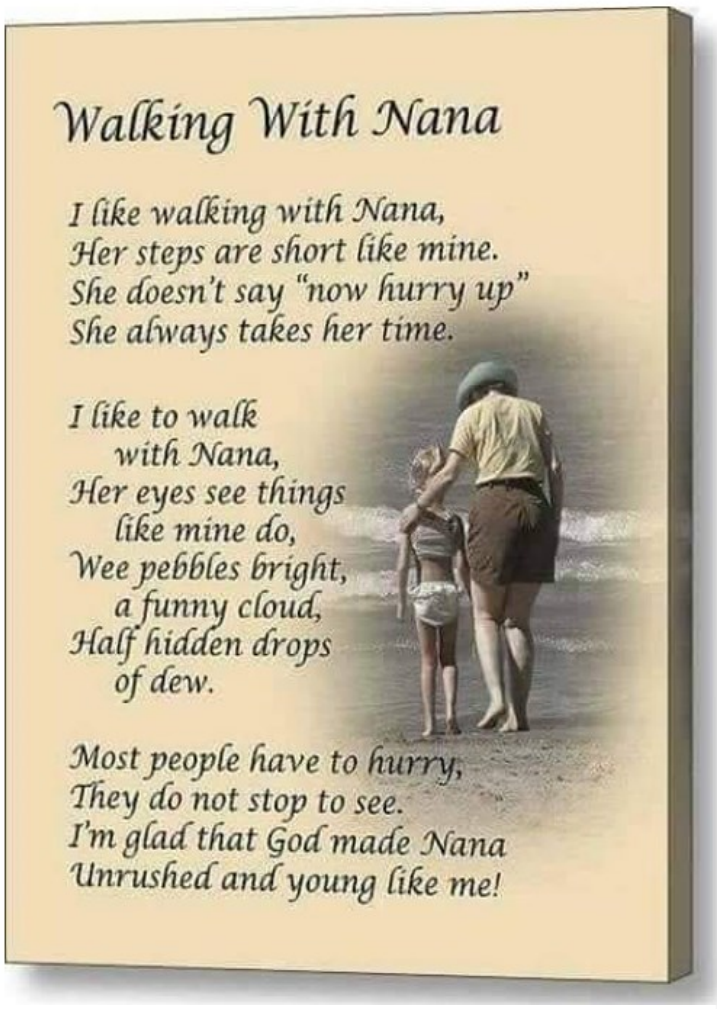

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Legal Document Assistant
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2019/2020 MEMBERSHIP

PLEASE NOTE THAT WE ARE STARTING OUR MEMBERSHIP-DRIVE IN MAY. UNLESS YOU RE-NEW BEFORE THE END OF JUNE YOU WILL NOT RECEIVE A JULY NEWSLETTER.

If you were born on or before this day in 1953

Receive a 10% Senior Discount

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Some restrictions apply. See store for details

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Willits

littlelakehealthcenter.org

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MCHC Health Centers is an equal opportunity provider and employer.

Mendocino/Lake Audiology

- 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!

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**

VOLUNTEERS— START READING THE VOLUNTEER BULLETIN BOARD ON A REGULAR BASIS. IF YOU CAN TELL ME WHAT IS DIFFERENT OVER THE COURSE OF 2 WEEKS I WILL GIVE YOU A FREE LUNCH. THANK YOU FOR ALL YOU DO FOR THE CENTER AND ITS SENIORS.
DEB

In Memory of:

Donna McConnell
Maria Brook
Pat Houtz
Allen Jablonski
Judy Donaldson
Virginia Jevons
Milton Barlow
Marge Newcomb

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

Current Resident or

HARRAH SENIOR CENTER
1501 BAECHTEL RD., WILLITS, CA 95490

Mother's Day Breakfast Buffet

Sunday, May 12, 2019
10 A.M. TO 12 A.M.

Menu

A Complimentary Mimosa
(Orange Juice & Champagne)
Waffles
Maple Syrup at an extra charge
Bacon or Sausage
Scrambled Eggs
Quiche
Fresh Fruit

Coffee, tea, milk or juice served with all meals
Tickets: $15
Call Jessica at 489-1478
Or The Willits Senior Center at 459-6826
All proceeds benefit Willits Senior Center and
Willits High School Class of 2020.

Our Regular Breakfast will be
served from 8 am to 9:45
Adults: $8, Seniors $7
Children: $6

MEALS ON WHEELS

Did you know that our Meals on Wheels Program serves 47 needy seniors in Willits. Many of those recipients are home bound, some are totally disabled.

Our program isn't federally funded but we do keep prices low at only $5.50 per meal. We deliver Monday through Friday at lunch time only. We have volunteers that deliver the meals for us. Without them we could not continue with this program. These drivers are often times the only ones that our clients see from day to day. At the moment we are short drivers for our intown deliveries. We are looking for someone to work the Monday shift (10:30 to 1:30)and someone to work as a backup driver when ever the regular drivers are sick or on vacation.

If you would be interested in this very rewarding position please come in with your drivers license, a current DMV printout ($5 cost), ask for Deb and she'll have you fill out a volunteer application.