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

June 2019

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Lance Hodges

WILLITS SENIOR CENTER THRIFT STORE DONATES FABRIC TO UKIAH HIGH SCHOOL'S FASHION AND MERCHANDISING CLASS

By Deb Holcomb

Our thrift store recently, with the help of Gerrie Figg-Hoblyn and Carol O'Ferrell donated fabric to Katrena Dursteler's, a teacher at Ukiah High, class. Much of the fabric donated was used to make dresses for underprivileged girls. They are now making shorts for underprivileged boys.

Katrina sent a thank you note stating "Our donation of fabric to this program has helped the students see the value of giving and helping those in need. The Fashion and Merchandising classes are held two periods a day and contain a variety of students from freshman to seniors. This class is listed under Fine Arts course, and students can use it for college admissions. In addition it is a Career Technical education course where they can complete a career pathway to aid in employment in the field. The students work on elements of design, how to merchandise their products and construction of garments."

Katrina also stated "Your donations of fabric has not only aided young children in, but given low socioeconomic high school students the medium needed to create their garments."

How cool is that. We are not only helping our seniors here at the center but we are also able to help these students do something good for someone else.

HEALTH CORNER

June 2019 Health Awareness Calendar

Alzheimer's and Brain Awareness Month
Cataract Awareness
Men's Health Month

For more information go to the link below:

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

DIRECTOR'S CORNER

From the Desk of Richard Baker

As a 501 © 3 Public Charity we rely heavily on donations in order to keep our doors open. I have submitted grants to various companies, local businesses and private foundations to securing funding for the many programs we have here at the senior center. One of the many ways we bring in revenue is through our annual membership drive. In May and June, you will see inserts for membership in the local newspapers, highlighting the programs and services we provide to attract new members. You as a current member can help by inviting a friend to become a member.

We have See's candy available year-round in the thrift store and the center's lobby. There are 1lb boxes of Nut & Chews, Assorted, Dark and Soft Center Chocolates; we also have small and large boxes of peanut brittle. If you have a favorite See's candy that we don't have let me know and I will place a special order for you and call when it arrives. J

I have 15 Senior Farmer's Market Nutrition Vouchers that can be redeemed at our local farmer's market for fresh produce. The Farmer's Market is now held on West Mendocino in the first block by the old Rexall building. There are income restrictions, please call and ask for me to find out if you qualify 707-459-6826 first, come first serve.

My door is always open, stop by anytime,
Richard

N	W	F	M	Y	L	W	V	R	M	H	N	P	T	E
M	A	I	N	S	W	T	O	Q	T	A	O	S	L	L
T	F	C	L	G	Y	S	K	L	F	P	R	M	D	P
D	S	T	R	S	E	C	V	A	L	I	C	K	T	A
T	S	E	T	B	O	M	A	A	F	I	F	P	E	M
U	E	M	C	S	N	N	R	M	K	X	W	T	C	T
N	W	F	E	O	V	R	N	F	O	U	R	T	H	D
L	S	P	R	I	N	G	O	L	X	R	P	E	E	T
A	C	T	Y	A	W	D	A	O	R	B	E	V	S	E
W	H	S	H	G	N	K	O	A	S	N	I	U	T	S
L	E	I	T	I	E	K	D	O	I	E	C	X	N	N
K	R	X	G	M	R	E	L	P	W	0	V	P	U	U
P	R	T	T	H	C	D	G	I	L	G	A	E	T	S
K	Y	H	T	N	E	V	E	S	N	R	O	Q	L	M
F	L	L	I	N	C	O	L	N	K	A	O	D	S	T

COMMON STREET NAMES

BROADWAY	LAKE	SECOND
CEDAR	LINCOLN	SEVENTH
CHERRY	LOCUST	SIXTH
CHESTNUT	MAIN	SPRING
DOGWOOD	MAPLE	SUNSET
ELM	MARKET	SYCAMORE
FIFTH	NORTH	THIRD
FIRST	OAK	VIEW
FOURTH	PARK	WALNUT
FRANKLIN	POPLAR	WILLOW
GREEN	ROOSEVELT	WILSON
HIGH	ROSE	

You are holding a cup of coffee when someone comes along and bumps into you, making you spill your coffee everywhere. Why did you spill the coffee? You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. The point is whatever is inside the cup, is what will spill out. Therefore, when life comes along and shakes you (which will happen), whatever is inside you will come out. It's easy to fake it, until you get rattled. So, we have to ask ourselves, "What's in my cup?" When life gets tough, what spills out? Joy, gratefulness, peace and humility? Or does anger, bitterness, harsh words and reactions come out? You choose! Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, kindness, gentleness and love for others.

Willits Senior Center June 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 April 2019 , our volunteers donated a total of 11317.50. hrs. to the Senior Center.
At minimum wage ($10.50), the total dollar amount for the month would be: $14,3492.50
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.

Neil Orr, Kenneth Cox, Gary & Cathy Decker, Gordon & Ruby Campbell, The George & Ruth Bradford Foundation, Barbara Bane, Jason Dunlap, TR Eriksen Foundation, Kenneth Willis, Sparetime Supply, Ethel Redman, James & Karen Church, Alice Cunningham, Tom & Sandy Peters, Edward & Starla Warburton.

Each month we are acknowledging a specific group of volunteers here at the center. This month is our dining room volunteers - Goldie Hilkey, Bill & Lorri Barker, Dianna Grigalba, Sam Rowe, Susan Gregory, Kacy Thomas, Melanie Romero, Dan Scott, Maggie Graham, Nancy Walker, Mary Ann Jones, Pat Yoxall, Alex Carlon, Glen Muller, Molly Brown and Elaine Houpe.

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 June Birthday to All!!! (Cut out the invitation below)

6-1 Mary Burns
6-3 Ann Maxwell
6-5 Cathy Decker, Brigette Parks
6-6 Bob Deines
6-8 Patricia McComish
6-9 Dave Parmenter
6-10 Beckie Blackburn, Joyce Britton
6-11 Betty Breitlow, Michel Frey, Sandy Peters, Michael Z. Smith
6-12 Donna Brown, Carol Deuel
6-13 Ron Stamps
6-14 Frances Neumeyer
6-15 Dusty Rhodes, Carl Thompson
6-16 Nicholas Durupt, Tim Howe, Linda Posner
6-18 Jeanne Koelle, Ed Schmidbauer
6-19 Walt Findley, David Hughes, Diana Moore
6-20 Linda Breckenridge, Mary Brodien, Marlene Brown
6-21 Gladys Willis
6-22 Barnie St. Martin
6-23 Jane Belden, Linda Thompson, Walter Williams
6-24 Kenneth Wickstrom, Nancy Boone
6-25 Melodie Sorace
6-28 Fritz Edmonds
6-29 Mary Durupt

ICE CREAM SOCIAL WILL BE ON

June 10TH
Surprise
Entertainment

ICE CREAM DONATED BY: SCOOPS

PIES DONATED BY: KIMMEY'S PIES

SUNDAY BREAKFAST

Pancake Breakfast
Sunday, June 9th
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

Sensational Sirloin Kabobs **From Allrecipes.com**

Prep Time: 15 mins Cook time: 15 mins Marinade: 8 hours & 30 mins

After a wild night marinating in a slightly sweet soy sauce and lemon-lime mixture, sirloin steak chunks are skewered with veggies and grilled. You'll want to make these again and again!

Ingredients:

1/4 cup soy sauce
3 Tbsp distilled white vinegar
1/2 tsp seasoned salt
4 fluid oz. lemon-lime carbonated beverage
2 lbs beef sirloin steak, cut into 2 in. pieces
Skewers
1 pint cherry tomatoes
3 Tbsp light brown sugar
1/2 tsp garlic powder
1/2 tsp garlic pepper seasoning
2 green bell peppers, cut in 2 in. pieces
1/2 lb fresh mushrooms, stems removed
1 fresh pineapple - peeled, cored and cubed

Directions:

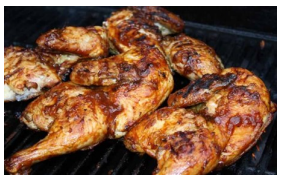
1. In a medium bowl, mix soy sauce, light brown sugar, distilled white vinegar, garlic powder, seasoned salt, garlic pepper seasoning, and lemon– lime flavored carbonated beverage. Reserve about 1/2 cup of this marinade for basting. Place steak in a large resealable plastic bag. Cover with the remaining marinade, and seal. Refrigerate for 8 hours, or overnight.
2. Bring a saucepan of water to a boil. Add green peppers, and cook for 1 minute, just to blanch. Drain, and set aside.
3. Preheat grill for high heat. Thread steak, green peppers, mushrooms, tomatoes, and pineapple onto skewers in an alternating fashion. Discard marinade and the bag.
4. Lightly oil the grill grate. Cook kabobs on the prepared grill for 10 minutes, or to desired doneness. Baste frequently with reserved marinade during the last 5 minutes of cooking.

"The Garden of Eatin"

The garden is ready and planting has begun. We are in desperate need of people to help out in our garden. Joe and Wilma are still in charge but they can't do as much as they used to. We have lots of squash, tomatoes, cucumbers, etc. to get planted. There is also weeding that needs to be done continually throughout the season. If you would like to help contact Deb Holcomb and she will put you in touch with Joe. Thank you for your support!!

Don't forget our
Drive Thru Chicken Dinner for Two!

June 14, 2019 5 pm to 6:30 pm



BBQ Chicken, Potato Salad, Corn on the Cobb, Garlic Bread and Cookies
Presale Tickets only! Purchase tickets at the Senior Center. 1501 Baechtel Rd.
707-459-6826

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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2019/2020 MEMBERSHIP

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- 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:

Claude Walter
Joanne Hessler
Carmel Helena
Marie "Opal" Holmes

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

MEALS ON WHEELS DRIVERS NEEDED

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.