

# Senior Moments

July 2019

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Leslie Challenger  
Kelli Gordon

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Brian Armond  
Lance Hodges

## Summer Solstice Celebration with dorothy & Bobbie

Dorothy Roediger and Bobbie Yokum celebrate the Summer Solstice every year by going on a hike or bike ride. This year they explored the Sierra Nevada Mountain Range hunting for arborglyphs, tree carvings the Basque sheep herders made on the aspen trees. These ladies found them north of Truckee and south of Tahoe near a place called Pricket's Landing. Dorothy's hubby, Gene went along with them on their excursion this year to keep things interesting.

Their very first hike was climbing to the summit of Anthony Peak, 6,959', Mendocino County's highest peak. They have hiked or biked The Pygmy Forest at Little River, Mt Konocti, Noyo Headlands, San Francisco Bay Trail and Rosie the Riveter Museum in Richmond, Red Rock Canyon NV and many other fun places over the years. Nothing keeps these girls down. Dorothy and Bobbie are looking for suggestions for their 2020 adventure.

Dorothy sent some pictures to share with everyone. Enjoy!



## HEALTH CORNER

### July 2019 Health Awareness Calendar

Cord Blood Awareness Month

International Group B Strep Throat Awareness Month

Juvenile Arthritis Awareness Month <https://www.healthline.com/health/juvenile-rheumatoid-arthritis>

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**

Beginning this fire season PG&E will be implementing a **Public Safety Power Shutoff** Program throughout California. The Office of Emergency Services has said to expect at least 3 possible power shut offs, maybe more, each fire season. The power will remain off until PG&E has inspected all the power lines, this inspection process could take 3 to 4 days. I am in the process of trying to secure funding for a standby generator. This will allow us to keep the senior center open during power outages. A standby generator will allow the senior center to provide the following services:

Community Haven

Designated cooling/hydration center

Charging station for motorized scooters, cell phones/ laptops

Free Wi-Fi and computer access

Serve lunch on site and deliver Meals on Wheels

Go to [www.prepareforpowerdown.com](http://www.prepareforpowerdown.com) to sign up for alerts and learn more about the Public Safety Power Shutoff Program.

I still have \$20.00 food vouchers that can be redeemed to purchase produce at local farmers market.

**Maximum Household Income Eligibility Guidelines**

1 member household income maximum allowance is \$22,459

2 member household income maximum allowance is \$30,351

3 member household income maximum allowance is \$38,443



My door is always open, stop by anytime.

Richard

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L W A I I I E W O I K N S R I  
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## Willits Senior Center

July 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 May 2019 , our volunteers donated a total of 1392.00. hrs. to the Senior Center.

At minimum wage (\$10.50), the total dollar amount for the month would be: \$15,993.00

**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.*

*Ethel Redman, Dave & Kathy Decker, Lee & Evelyn Persico, Tri Counties Bank, Jason Korte, Mike Mangis, Jack Wade, Mary Ann Seifert, Robin Goldner, Kathy Knudsen, Don & Diane McNeal. We would also like to thank all the ladies who volunteer to work as the receptionists at our front desk. We know that it is not always an easy job and we want to make sure each of you knows that we truly appreciate all you do. Thank you - dorothy Roediger, Kacy Thomas, Nancy Walker, Donna Brown, Sue Sawyer, Molly Brown, Kathy Pedersen, Suzanne Cobb, Dee Bekman and Tash Craig*

**THANK YOU FOR ALL YOU DO!!!!**



### The Book Juggler

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## REDWOOD MEADOWS



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

Libby, Manager

1475 Bacchtel Rd.  
Willits, CA 95490

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

7-1 Bruce Andich  
7-3 Helga Raab  
7-4 Kay Shafer  
7-8 David Ortiz, Brent Walker  
7-9 Sarah Pershing  
7-11 Richard Baker  
7-12 Harold Atherton, Linda Weldon  
7-13 Carlin Horger, David Smith  
7-15 Maggie Graham,  
7-17 Diane Putnam  
7-24 Carlin Diamond, Carol O'Ferrall  
7-25 Joyce Stamps  
7-29 Robin Lucier  
7-30 Ray Hebrard  
7-31 Bill Barker, David Hawkins



### WISH LIST

Kleenex

Dixie cups for our drinking fountain



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

**July 15TH**

**Surprise**

**Entertainment**

**ICE CREAM DONATED BY: SCOOPS**

**PIES DONATED BY: KIMMEY'S PIES**

### July 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, July 26, 2019

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

Sign your name here:

### SUNDAY BREAKFAST

#### Pancake Breakfast

Sunday, July 14th  
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**



## Egg Salad with Chopped Gherkins From Allrecipes.com

Recipe By: **Sunsetinaz**

**Prep Time: 25 mins   Cook time: 10 mins   Serves: 4**

This Classic egg salad works well in sandwiches, on crackers, in a lettuce cup, or in a tomato half.



### Ingredients:

8 eggs  
1/2 cup mayonnaise  
1/4 cup chopped green onion  
1/2 Tbsp chopped celery, or more to taste  
1 Tbsp chopped gherkins, or more to taste  
1 large tomato  
Lettuce  
Cucumber, sliced for garnish

### Directions:

1. Place eggs in large saucepan and cover with cold water. Bring to a boil and remove from heat. Cover the saucepan with a lid and let sit until eggs are cooked through, 10 to 12 minutes. Drain and rinse with cold water until eggs are cold. Peel and chop eggs.
2. Stir chopped eggs, mayonnaise, green onion, celery, gherkins, brown mustard, and dry mustard together in a bowl. Season with salt and black pepper. Sprinkle paprika over the top.
3. Place a bed of lettuce on plate. Cut top out of tomato and remove insides. Fill with egg salad. Serve with cucumber slices and crackers.

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## **Fruit Cocktail Punch - By Divas Can Cook**

**Prep: 15 mins   Serves: 24**

### Ingredients:

46 oz pineapple juice, chilled  
64 oz apple juice, chilled  
64 oz white grape juice, chilled  
2 liters lemon lime soda, chilled  
1 - 1/2 cups powdered sugar  
2 cups green apples, sliced or chopped  
2 cups peaches, sliced  
2 cups watermelon, chopped into small cubes  
2 cups pineapple, chopped into small chunks

### Directions:

1. In a large drink dispenser, or punch bowl, add pineapple juice, apple juice, white grape juice and soda.
2. Stir in powdered sugar until sugar dissolves. (taste and add more sugar if needed)
3. Add in the chopped fruits.
4. Chill overnight or at least 3 hours, to give the time to flavor the punch
5. Serve cold.





**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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### **MISS BEATRICE**

Miss Beatrice, the church organist, was in her eighties and had never been married. She was admired for her sweetness and kindness to all. One afternoon the pastor went to check on her and she showed him into her quaint sitting room. She invited him to have a seat while she prepared tea. As he sat facing her old pump organ, the young minister noticed a cut- glass bowl sitting on top of it. The bowl was filled with water. In the water floated, of all things, a condom. When she returned with tea and scones, they began to chat. The pastor tried to stifle his curiosity about the bowl of water and its strange floater, but soon it got the better of him and he could no longer resist. "Miss Beatrice", he said, "I wonder if you would tell me about this?" pointing to the bowl. "Oh, yes" she replied, "isn't it wonderful? I was walking through the park a few months ago and I found this little package on the ground. The directions said to place it on the organ, keep it wet and that it would prevent the spread of disease. Do you know I haven't had the flu all winter!" The pastor fainted.



## ***ANNUAL MEMBERSHIP MEETING***

***JULY 22, 2019***

***AT 11 AM***

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## 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!**

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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:*

*Ernest Holmes  
Charlie Underhill  
Rebekah Roberts  
Allen Jablonski  
Doug Sawyers  
Billie Kellie  
Marion Strickler  
Janie Brown*



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**Current Resident or**

**Don't take life so seriously.  
It's not like you're going  
to get out alive.**



**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 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 and get you started.