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

August 2019

Board of Directors

Sue Sawyers, President
Gary Mann, Vice President
dorothy Roediger, Secretary
Kathy Neff, Treasurer
Reza Ghannadan
Dina Hutton
Virginia Jorge
James King
John Bennett

Director:

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

<u>Maintenance/</u> <u>Janitor</u>

Brian Armond Lance Hodges

Emergency Preparedness

PG&E has a page on their website dedicated to preparing for a power outage. Your can also register with them to receive a phone call whenever they have something going on that could affect your area.

Please go to the following PG&E website for more information:

https://www.pge.com/en_US/safety/emergency-preparedness/natural -disaster/wildfires/outage-readiness.page

Prepare for power down

https://prepareforpowerdown.com/

Are you dependent on electricity for a medical device?

During a Public Safety Power Shutoff, ALL customers serviced by an affected power line will have their power shut off. If you rely on electric or battery-dependent medical technologies such as breathing machines, a power wheelchair or scooter, and home oxygen or dialysis, it is critical that you have a plan in place for an extended power outage.

You can find more information on the prepare for power down link above.

HEALTH CORNER

August 2019 Health Awareness Calendar

Children's Eye Health and Safety Month Gastroparesis Awareness Month National Immunization Awareness Month Psoriasis Awareness 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

I would like to congratulate and welcome Jim King to the Board of Directors of Willits Seniors Inc. Jim was elected by our membership and will serve a 3-year term.

I am making progress on the purchase and installation of standby generator; total estimated cost is \$32,000. Recently a very kind and generous anonymous donor gave \$5,000 and a second anonymous donor gave \$500 to help out, anyone interested in making a donation to help cover the costs of this much needed piece of equipment can stop by the senior center and see me. As an organization we think it's very important to have the services we provide continue uninterrupted. A standby generator will allow us to continue serving meals in our dining room and to our meals on wheels clients.

During power outages and emergency situations we will also provide lunches to the general public. Our Center will be serving as a hydration/cooling station, charging station for medical devices/cell phones/laptops and provide Wi-Fi access during power outages and other emergency situations.

Please sign up for power outage notifications from PG&E at https://www.pge.com/en_US/safety/emergency-preparedness/ https://www.pge.com/en_US/safety/emergency-preparedness/ natural-disaster/wildfires/public-safety-power-shutoff-faq.page We want to provide a safe haven for our members and our community during emergency situations.

For those of you who eat at the senior center regularly I wanted to inform you that Ann Maxwell has moved to Oregon to be closer to family. She asked me to tell everyone she misses them and thanks for all the prayers.

My door is always open, stop by anytime. Richard





PGSE

Emergency Supply Kit Checklist

Stock up on supplies to last a week and refresh them at least once a year. Put them in waterproof containers, and store them in an easy to reach place. Here's what you'll need:



HENRY VIII

ANNE BOLEYN
AUTHORITY
CHARISMATIC
CHURCH
CRAMER
CROMWELL
EDUCATED
FRANCE
GREEN-SLEEVES
HEIR
HENRY
IRELAND

JANE
JOHN FISHER
JOUSTING
KING
MONASTERIES
MUSICIAN
POWER
RIEGN
ROME
TUDOR
WESTMINSTER
WINDSOR

WIVES WOLSEY YORK





Willits Senior Center August 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 August 2019, our volunteers donated a total of 1338.50 hrs. to the Senior Center. At minimum wage (\$11.00), the total dollar amount for the month would be: \$14,723.50 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.

Gary & Cathy, Percy & Pom Cartwright, Paul Ubelhart, Sharon Bianchi, Gary & Diana Mann, Margie Handley, Barbara Mitchell, Ethel Redman.

This month we are sending out a special thank you to our dining room volunteers. Lorri & Bill Barker, Sam Rowe, Susan Gregory, Dianna Grigalba, Kacy Thomas, Melanie Romero, Dan Scott, Maggie Graham, Nancy Walker, Mary Ann Jones, Alex Carlon, Molly Brown, Goldie Hilkey, Pat Yoxall, Elaine Houpe,

THANK YOU FOR ALL YOU DO!!!!!





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 Bacchtel Rd. Willits, CA 95490

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

- 8-2 Ollie Kolkmann
- 8-3 Louise Hussey, Pat Yoxall
- 8-6 Brendan Lucey
- 8-7 Charlotte Furtado
- 8-8 Gary Storts
- 8-9 Peggy Bloomquist
- 8-10 Bill Meyerhoff, Bobbie Yokum
- 8-11 Patrick Hart, Neil Orr
- 8-12 Carol Brown, Doug Burica
- 8-13 Kathy Neff, dorothy Roediger, Randy Weston
- 8-15 Mílane Corr
- 8-16 Barbara Burica, Lynne Matheny
- 8-17 Martha Morgan
- 8-19 Hugh Boone
- 8-22 Dean Durbin
- 8-23 Cathy Grider
- 8-25 Madelyn Vega

- 8-27 Douglas Grider
- 8-29 Curtis Baker
- 8-30 Elaine Gallups



ICE CREAM SOCIAL WILL BE ON

August 12TH

Megan Wolfe & her dancers

ICE CREAM DONATED BY: SCOOPS

PIES DONATED BY: KIMMEY'S PIES



SUNDAY BREAKFAST

Pancake Breakfast Sunday, August 11th 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 OW SERVING PEET

NOW SERVING PEET'S COFFEE

Adults \$8 Sr. Center Members

Sr. Center Members \$7 Children \$6







BEST PANCAKES
IN TOWN

Slow Cooker Cranberry Chicken From Allrecipes

Prep Time: 5 mins Cook time: 4 hours

This is a delicious and easy way to prepare chicken breasts. The cooked sauce can be served over mashed potatoes or rice.

Ingredients:

4 skinless, boneless chicken breast halves

1- 14.5 oz. can whole berry cranberry

1 16 oz. bottle Catalina salad dressing sauce

1 envelope onion soup mix

Directions:

- 1. Place the chicken breasts in the bottom of a slow cooker. Pour the salad dressing, cranberry sauce, and onion soup mix over the chicken.
- 2. Cook on low 4 to 6 hours.

Fresh Southern Peach Cobbler - From Allrecipes

Prep: 20 mins Cook time: 40 mins.

Ingredients:

8 fresh peaches—peeled, pitted and sliced into thin wedges

1/4 cup white sugar

1/4 cup brown sugar

1/4 tsp ground cinnamon

1/8 tsp ground nutmeg

1 tsp fresh lemon juice

 $2 \ tsp \ cornstarch$

1 cup all-purpose flour

1/4 cup white sugar

1/4 cup brown sugar

1 tsp baking powder

1/2 tsp salt

6 tablespoons unsalted butter,

chilled & cut into small pieces

1/4 cup boiling water

MIX TOGETHER:

3 Tbsp white sugar

1 tsp ground cinnamon

Directions:

- 1. Preheat oven to 425 degrees F (220 degrees C)
- 2. In a large bowl, combine peaches, 1/4 cup white sugar, 1/4 cup brown sugar, 1/4 tsp cinnamon, nutmeg, lemon juice, and cornstarch. Toss to coat evenly, and pour into a 2 quart baking dish. Bake in preheated oven for 10 minutes.
- 3. Meanwhile, in a large bowl, combine flour, 1/4 cup white sugar, 1/4 cup brown sugar, baking powder, and salt. Blend in butter with your fingertips, or a pastry blender, until mixture resembles coarse meal. Stir in water until just combined.
- 4. Remove peaches from oven, and drop spoonful's of topping over them. Sprinkle entire cobbler with the sugar and cinnamon mixture. Bake until topping is golden about 30 minutes.





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.

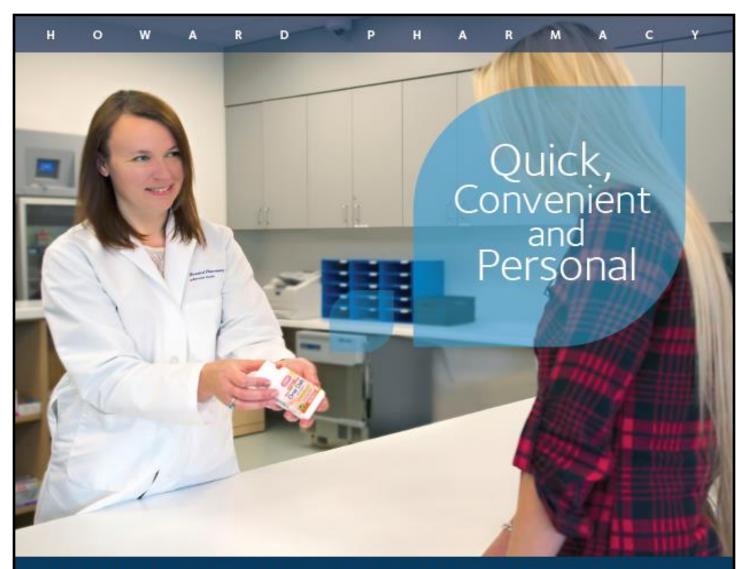
People with diabetes are more likely to have periodontal disease, due to being more susceptible to contracting infections. In fact, periodontal disease is often considered a complication of diabetes. Those who don't have their diabetes under control are especially at risk.

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



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

www.adventisthealth.org/howard-memorial

If you are 60+ ask for your

Senior Discount!

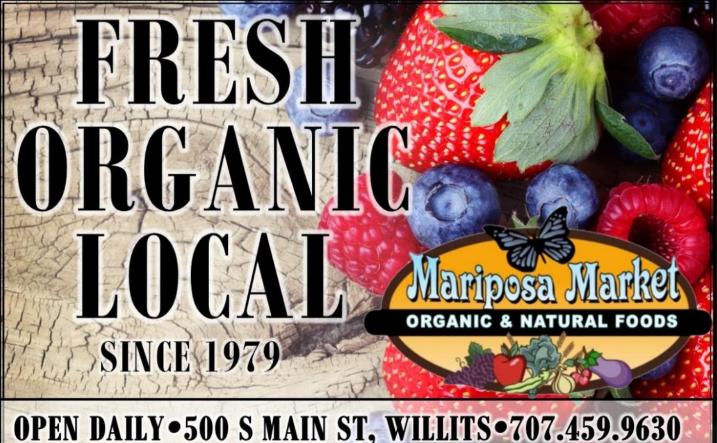
10% off your purchase

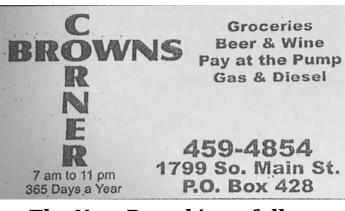


Excluding sale items & delivery Fees

No Delivery Charge for seniors within Willits city limits.

208 E. San Francisco Ave. Willits, CA 95490 (707)459-6791





The New Board is as follows:

Sue Sawyers - President
Gary Mann - Vice President
Kathy Neff - Treasurer
dorothy Roediger - Secretary
Reza Ghannadan
Dina Hutton
Virginia Jorge
James King
John Bennett

WISH LIST

Lunch Bags for popcorn

Dixie cups for our drinking fountain



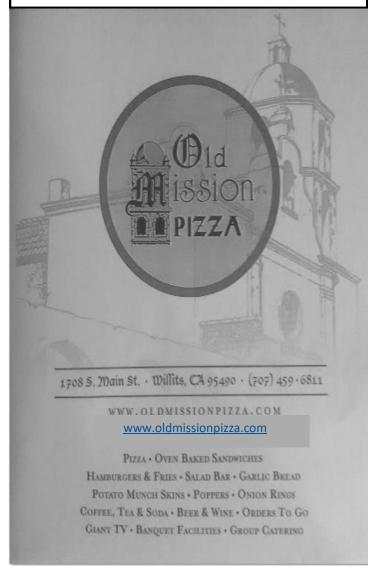


Marc Komer
Legal Document Assistant
Estate Planning, Trusts, Wills
Probate, etc.



An Affordable Non-Attorney Service In my office or your home 459-2775

I am not an attorney, and can only provide self- help services at your specific direction



If you were born on or before this day in 1953

Receive a 10% Senior Discount



FURNITURE CENTER, INC.

PRICE ~ QUALITY ~ SERVICE

www.willitsfurniture.com

Some restrictions apply. See store for details





Randy Cantua

Cantua Insurance Agency

16 W. Valley St., Willits CA 95490

786 Redwood Drive

Garberville, CA 95542

Tel 707.459.3276

Tel 707.923.2179 Fax 707.923.9550

rcantua@farmersagent.com

www.NorCalQuote.com Lic#0C6782

Lee Persico DRE LIC # 00446837 707,459,5389

Roxanne Lemos-Neese, GRI DRE LIC #01712217 707.484.6489

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Expect the Best with 45 Years of Combined Experience!

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1460 South Main Street Willits, CA 95490

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littlelakehealthcenter.org

WE ACCEPT Medicare, Medi-Cal, Partnership and other insurance.

MCHC Health Centers is an equal opportunity provider and employer

Mendocino/Lake Audiology



Ukiah Office: 756 S. Dora St. Ukiah, CA 95482 (707) 463-2966

- 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!

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:

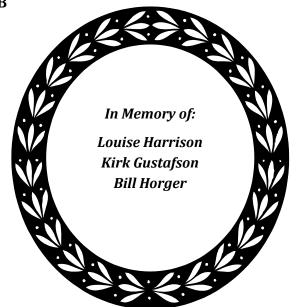
Good for 1 free meal \$6.50

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

SENI DEB

VOLUNTEERS— START READING THE VOL-UNTEER BULLETIN BOARD ON A REGULAR BASIS. IF YOU CAN TELL ME WHAT IS DIF-FERENT 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.



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

Willits Harrah Senior Cente 1501 Baechtel Rd Willits, CA 707-459-6826

EMERGENCY GENERATOR FUNDRAISER

SATURDAY, AUGUST 17, 2019

2 PM TO 7 PM

309 SEQUOIA BLVD - JUST OFF OF REDWOOD AVE.

LIMITED PARKING

PRE-SALE TICKETS ONLY AVAILABLE AT WILLITS SENIOR CENTER!

\$40 EACH

EVEN IF THIS EVENT IS SOLD OUT PLEASE CONSIDER

DONATING TO THIS WORTHY CAUSE.

WOOD FIRE BRICK OVEN PIZZA

WOOD FIRE BRICK OVEN CHICKEN WINGS

SIDE SALADS AND DESSERTS

BEER AND WINE

THIS IS AN ADULT FUNCTION - NO CHILDREN

MEALS ON WHEELS DRIVERS STILL 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 Tuesday 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.