

# Senior Moments

August 2019

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Lance Hodges

## Emergency Preparedness

PG&E has a page on their website dedicated to preparing for a power outage. You 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](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/natural-disaster/wildfires/public-safety-power-shutoff-faq.page](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



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

#### HENRY VIII

ANNE BOLEYN  
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 CHURCH  
 CRAMER  
 CROMWELL  
 EDUCATED  
 FRANCE  
 GREEN-SLEEVES  
 HEIR  
 HENRY  
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JANE  
 JOHN FISHER  
 JOUSTING  
 KING  
 MONASTERIES  
 MUSICIAN  
 POWER  
 RIEGN  
 ROME  
 TUDOR  
 WESTMINSTER  
 WINDSOR

WIVES  
 WOLSEY  
 YORK



## 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:

### Food and water

- ☐ **Drinking water**  
1 gallon of water per person, per day
- ☐ **Tools and utensils**  
Non-electric can opener and forks, spoons and knives
- ☐ **Food**  
Nonperishable and easy to prepare without power
- ☐ **Baby/pet food**  
Be sure to include food for all members of your household

### Equipment

- ☐ **Flashlights**  
Do not use candles
- ☐ **Radio**  
Battery-powered or a hand-crank weather radio
- ☐ **Extra batteries**  
Include two extra sets
- ☐ **Mobile phone**  
Include a portable charger

### Health and personal supplies

- ☐ **Basic first aid kit**  
From antibiotic ointments and bandages to cold packs and more
- ☐ **Blankets and clothing**  
Blankets, warm clothes, sturdy shoes and heavy gloves
- ☐ **Activities for children**  
Toys, books, games and cards
- ☐ **Important documents**  
Copies of IDs, medical records, pet vaccinations and family photos
- ☐ **Medication and eyeglasses**  
Prescription and non-prescription
- ☐ **Toiletries**  
Soap, toothbrushes, toothpaste, toilet paper, etc.
- ☐ **Cash and credit cards**  
If possible, put aside at least \$100
- ☐ **Other useful items**  
Paper towels, trash bags, multipurpose tool that includes a knife

For more information about how to keep your family and employees safe, visit [pge.com/safety](https://www.pge.com/safety).



## 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](http://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 Milane 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**

## August 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, August 30, 2019

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

Sign your name here:

## 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  
**NOW SERVING PEET'S COFFEE**

Adults \$8  
 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<br>and sliced into thin wedges | 1/4 cup brown sugar                                               |
| 1/4 cup white sugar                                           | 1 tsp baking powder                                               |
| 1/4 cup brown sugar                                           | 1/2 tsp salt                                                      |
| 1/4 tsp ground cinnamon                                       | 6 tablespoons unsalted butter,<br>chilled & cut into small pieces |
| 1/8 tsp ground nutmeg                                         | 1/4 cup boiling water                                             |
| 1 tsp fresh lemon juice                                       | <b>MIX TOGETHER:</b>                                              |
| 2 tsp cornstarch                                              | 3 Tbsp white sugar                                                |
| 1 cup all-purpose flour                                       | 1 tsp ground cinnamon                                             |
| 1/4 cup white sugar                                           |                                                                   |

### 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!



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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.

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If you are 60+ ask for your  
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**SPARETIME**  
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**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**

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



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**In my office or your home 459-2775**  
I am not an attorney, and can only provide self-help services at your specific direction

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Lunch Bags for popcorn  
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Agent

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Willits

[littlakehealthcenter.org](http://littlakehealthcenter.org)

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

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**





Willits Seniors Inc.  
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Willits, CA 95490

Phone: (707) 459-6826  
Fax: (707) 459-1772

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Willits, CA



Current Resident or

Willits Harrah Senior Center  
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.