

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

September 2019

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Janitor

Brian Armond
Lance Hodges

Emergency Generator Fundraiser



Thank you to Reza and Debbie Ghannadan for all their hard work and the use of their house for our Emergency Generator Fundraiser. We could not have done it without them. Everyone enjoyed the brick oven pizza and chicken wings (done by Reza) along with a buffet of salads and desserts. A silent auction was held as well. Thank you to all who have donated to this worthy cause. With these donations and the event at the Ghannadan's, \$25,000 of the \$32,000 needed has been raised.

HEALTH CORNER

September 2019 Health Awareness Calendar

Healthy Aging Month

National Atrial Fibrillation Awareness Month

National Sickle Cell Month

Ovarian Cancer 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 am very pleased and grateful for the overwhelming financial support we have received for the Standby Generator. As an organization we should all feel proud, our senior center will provide the following services to our community during power outages and emergency situation.

COOLING/HYDRATION CENTER

CHARGING STATION FOR MEDICAL DEVICES/ CELL PHONES/LAPTOPS

WIFI ACCESS AND COMPUTER ACCESS

SERVE FOOD

Having a generator in place allows us to help our community and continue providing regular programs and services without interruption. Willits Seniors Inc. realizes the importance of "community". We believe we have a moral obligation as an organization, and as individuals who have families in this community, to do our part by being prepared to help others in their time of need.

Giving back to our community strengthens our social connectedness.

My door is always open, stop by anytime.

Richard



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

Willits Senior Center is Going to the Theatre

"I AND YOU"

Thursday October 10, 2019 7:00 PM

Playwright: Laure Gunderson

Director: Kelly Kesey

The play is an ode to youth, life, love, and the strange beauty of human connectedness. The evening starts with mouthwatering appetizers and hors d'oeuvres then enjoy one of the great plays put on by our own Willits Community Theatre. The play begins at 7:30PM. During intermission we are treated to dessert. All this for a mere \$20.00 and we are raising money for Willits Senior Center. Wine is available for \$5.00. Coffee, tea, soda, and water are complimentary. Tickets are on sale at the front desk of Willits Senior Center. You get to pick your seat so come early. There are 3 seats available for those who cannot climb stairs and the WSI van is available door to door for up to 8 people who need a ride or need wheelchair transportation. See you there. 10/10/19 7:00 PM \$20.00

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TIDINGS
TRAILS
WEATHER



Willits Senior Center

THRIFT SHOP (459-2176-direct line)

September 2019

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 1,588.0 hrs. to the Senior Center.

At minimum wage (\$11.00), the total dollar amount for the month would be: \$17,468.00

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.

Gary & Cathy (with a C :) Decker, Ethel Redman, Margaret Judy, Joe & Laure Mondo, John & Charlene Ford, Bill & Lorri Barker, Marvin & Mildred Lehrman, Brock McDowell, Miki Hawkins, Edie Ciccarella & Evelyn Persico, Jay Leslie, Pat Allen, Rusty Martinson, Margaret Eutenier, Carlin Horg-er, Uta Baviere, Mike Mangis.

This month we would like to show our appreciation to our Meals on Wheels Drivers. In town - Michael McEnnerney, Bruce Harris, Bryan Hartke, Tom Bodell, Brent & Nancy Walker. Brooktrails - Betty Lemmer, Lynn Williams, Sherri Pruett, Pandy Denny.



THANK YOU FOR ALL YOU DO!!!!



The Book Juggler

**182 S. Main Street
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www.thebookjuggler.com

REDWOOD MEADOWS



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

Libby, Manager

**1475 Bacchtel Rd.
 Willits, CA 95490**

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

Jack Wade
Debbie Ghannadan
Bonnie Adair, Pom Cartwright, Michael D Smith
Ann Alumbaugh
Gene Roediger
Dorrie Ackermann, Ronald Bell
Gerry Gonzalez, Barbara Turner, Terry Ulvila
Milly Joy
Vyrat Brown, Robin Kane
Barbara Klepper, Keith Matheny, Jenny Senter
Jack Bothwell, Skip Lucier
Lynne Powell
Marcia Bennett
Carol Orton
Bud Garman
Margie Handley



ICE CREAM SOCIAL WILL BE ON

September 9TH

Trivia

ICE CREAM DONATED BY: SCOOPS

PIES DONATED BY: KIMMEY'S PIES

September 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, September 27, 2019

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

Sign your name here:

SUNDAY BREAKFAST

Pancake Breakfast

Sunday, September 8th
8 am. to 11 am.

Menu:

ALL YOU CAN EAT
PANCAKES!
REAL MAPLE SYRUP
AVAILABLE AT AN
EXTRA CHARGE
Eggs any style
Bacon or Sausage
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Or
Grandma's Biscuits
& Gravy
NOW SERVING PEET'S
COFFEE
Adults \$8
Sr. Center Members \$7
Children \$6



***BEST PANCAKES
IN TOWN***

Roasted Balsamic Chicken with Baby Tomatoes From Allrecipes

Prep Time: 10 mins Cook time: 40 mins

Ingredients:

1/2 c balsamic vinegar	1 Tbsp olive oil
1 Tbsp Dijon mustard, or more to taste	1 clove garlic, or more to taste, minced
Salt & freshly ground pepper to taste	4 large skinless, boneless chicken breast halves
1 pint cherry tomatoes, halved	1 lemon, zested and juiced

Directions:

1. Mix balsamic vinegar, olive oil, mustard, and garlic together in a oven-safe baking dish; season with salt and pepper. Place the chicken breasts in the vinegar mixture.
2. Marinate chicken in the refrigerator for a least 4 hours.
3. Preheat oven to 400 degrees
4. Roast chicken in the preheated oven for about 30 minutes. Add tomatoes to the baking dish and continue cooking until the chicken is no longer pink in the center and the juices run clear, about 10 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees.
5. Sprinkle lemon zest and drizzle lemon juice over the chicken.



Skinny Girl Pasta By Divas Can Cook

Serves 5

Ingredients:

1 1/2 cup fresh broccoli, finely diced	1 cup cauliflower, finely diced
1/2 green bell pepper, finely diced	4 vine ripe plum tomatoes, diced
2 green onions, finely diced	1/4 cup black olives, finely diced
1/4 - 1/2 cup olive oil	4 - 5 cloves garlic, minced
7 ozs thin spaghetti noodles	Cajun seasoning
Parsley	Salt & Pepper, to taste
Parmesan cheese	



Directions:

1. Bring a large pot of salted water to a boil.
2. Cook spaghetti according to package for al dente texture.
3. Drain the noodles but leave a little water (about 1/4 cup) in the pot.
4. Season noodles generously with Cajun seasoning, parsley and salt. (taste to make sure it has a good taste. Can also add in other seasonings.)
5. In a large skillet over med-low heat, add olive oil and garlic.
6. Simmer lightly just until garlic begins to become fragrant.
7. Add in green onions and bell peppers and cook for 1-2 minutes.
8. Add the rest of the ingredients and cook until heated.
9. Toss in the seasoned noodles (you could also add the veggie mixture to individual bowls of noodles when ready to serve)
10. Garnish with parmesan cheese and serve.



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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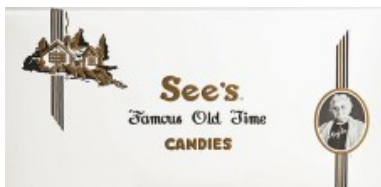
**Our See's Candy is now restocked.
The new order has arrived.**

**Soft Centers, Milk Chocolate, Dark
Chocolate, Assorted, Nuts & Chews**

\$21.50

Small boxes of Peanut Brittle \$7.50

**Butterscotch
&
Chocolate Suckers
\$1 each**



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Lunch Bags for popcorn



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- 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

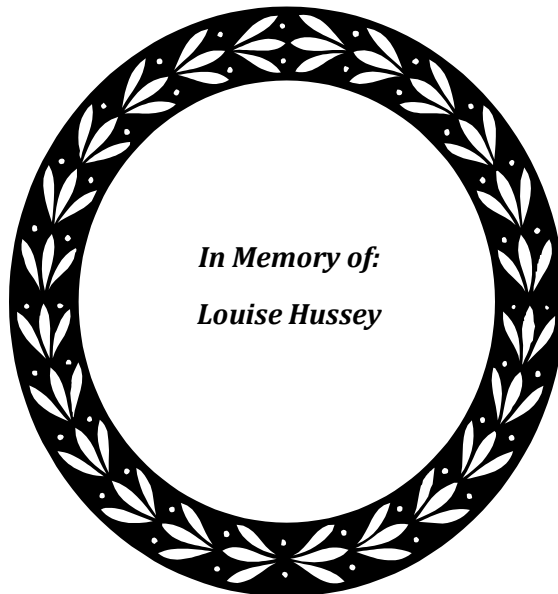
Sponsor a Senior

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

**Flu Shot Clinic is coming
Sept 25th at 11 am.**

**Rite Aid will be here in the dining
room. Please fill out Screening
Questionnaire**



Willits Seniors Inc.
1501 Baechtel Road
Willits, CA 95490

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

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Standard

Permit #58

Willits, CA



Current Resident or

"The Garden of Eatin"

Our garden has been somewhat neglected this year. We have not had enough volunteers to help out with the planting when it was needed and now the weeding and picking. I try to go out every morning and pick what I can and Wilma and Joe are out there several times a week. We have had an abundance of cucumbers both regular and lemon. The tomatoes are slowly starting to ripen and the yellow and zucchini squash are producing quite a lot. What the kitchen couldn't use was sent out to our Thrift Store to sell.

Green beans are coming on in great numbers as well and we have sent them all to the kitchen which Nancy assures me they will be used for one of our lunches soon.

There are 2 varieties of pears and we will be bringing them to the Thrift Store soon.

By Deb Holcomb



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 in-town 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.