

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

October 2019

Board of Directors

Sue Sawyers, President
Gary Mann, Vice President
dorothy Roediger, Secretary
Kathy Neff, Treasurer
Reza Ghannadan
Dina Hutton
Virginia Jorge
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Richard Baker

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Jules Gregory
Norman Middleton

Nutrition:

Nancy Middleton
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Alex Sierras

Administrative Coordinator

Deb Holcomb

Outreach:

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Sherry Bixler
Francis Neumeyer

Thrift Shop:

Kathleen Barry
Dorcas Potter
Leslie Challenger
Kelli Gordon

Maintenance/

Janitor

Brian Armond
Lance Hodges

2018/2019 Volunteer Appreciation Lunch

Submitted by Deb Holcomb



On Saturday, September 21st Willits Seniors celebrated its volunteers at our annual volunteer luncheon. The crowd was great, the food excellent and a good time was had by all. We had 3 people receive the president's award for over 500 hours of volunteering. Dorcas Potter with 1,662.5 hours, Carol O'Ferrall had 834.5 hours and dorothy Roediger had 775.75 hours. Congratulations ladies! Combined with everyone else our volunteers donated 17,274 hours of their time to the Senior Center.

Kathy Neff lead everyone in a hula contest which proved to be very interesting and quite comical. Kathy Lawrence won for her table. They all received fresh pineapples as prizes.

If you weren't able to attend please come by my office to get your certificate.

HEALTH CORNER

October 2019 Health Awareness Calendar

Domestic Violence Awareness Month

National Breast Cancer Awareness Month

National Dental Hygiene 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 to announce we've raised enough money to purchase the generator and have it installed. THANK YOU to everyone who financially supported the senior center's vision of being a haven during the upcoming power outages.

Recently a Mendocino Transit Authority (MTA) Ad Hoc Committee was convened to determine whether it is financially feasible to continue subcontracting transit services with the senior centers throughout Mendocino County. They Ad Hoc Committee will evaluate these 3 areas.

Cost Effectiveness MTA Dial-A-Ride vs Senior Center Transportation

Level of Service Provided MTA's Door to Door Service vs Senior Center's Door through Door service

Performances Standards

The results could determine whether or not the senior centers will be able to continue providing transit services to senior and the disabled.

Senior Centers provide a Specialized Door through Door Transportation Service that includes social interaction, hands on care and concern for the wellbeing of our passengers. We don't just pick people up and drop them off. We know our passengers on a personal level.

MTA'S Dial-A-Ride is a Door to Door Service will require 24 hour advance scheduling for rides. Their drivers would not be allowed to help carry your groceries inside your home, or help someone in a wheel chair into their home. MTA'S Dial-A-Ride service would stop at your doorstep.

I am asking for letters describing your personal experience with our transportation services. How does our door through door service help you? How would losing our door through door service impact you? How are you treated by our drivers?

My door is always open, stop by anytime.

Richard

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

40' SLANG

ACTION
ALL WET
BEAT
BIG CHEESE
CABBAGE
CARRY A TORCH
CATS MEOW
CONK
CROAKER
DUCHESS
FADE
FLUFF

FRAME
FRONT
GANDER
GIGGLE WATER
HEP CAT
JALOPY
KEEN
KISSER
MOOCHER
PICCOLO
PINCH
POKE

READY
SMACKER
SNAPPER
SPEAKEASY
STATIC
TWISTER
WISE GUY
YANK

WILLITS COMMUNITY THEATRE PRESENTS

by Lauren Gunderson

i and you

directed by Kelly Kesey

OCTOBER 4 through OCTOBER 20

Thursdays at 7:30 pm \$15.00
Fridays and Saturdays at 7:30 pm \$20.00
Sundays at 2:00 pm \$15.00

STARRING
Aria Silveira
Oscar Montelongo Medina

TICKETS
Buy Tickets Three Ways:
In person at Mazahar, 38 South Main St in Willits
By phone at 1-800-838-3006
Online at brownpapertickets.com

October 5th Annual
Donors Gala Performance

Contains some adult language

Thursday October 10th show is a
fund-raiser for the William F. Harrah Center.
For tickets contact Pat Collins at 707-459-
4994. Ticket price \$20.00

UNDERWRITERS
2019 Season Underwritten by
Les Schwab Tire Center of Willits
and N.C. Financial Group

Willits Community Theatre Playhouse
37 W. Van Lane - Willits, CA 95490



Willits Senior Center

October 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 1,374.75 hrs. to the Senior Center.

At minimum wage (\$11.00), the total dollar amount for the month would be: \$14,434.88

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 Decker, Ethel Redman, John & Gloria Reyes, Neil Orr Jr., Anonymous donation of \$15,000, those merchants that donated raffle items, those individuals that bought raffle tickets, volunteers who stuffed envelopes, TR Eriksen, Sparetime Supply, Mendo Lake Audiology, Willits Furniture and Adventist Health Howard Memorial.

A special thank you to our board members who are volunteers as well. Sue Sawyers, Gary Mann, Kathy Neff, Dorothy Roediger, Jim King, John Bennet and Reza Ghannadan.

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 Baechtel Rd.
Willits, CA 95490

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

10-2 Jon McKee
10-5 Kurt Ackermann
10-6 Victor Hanson, Gaye Hartlip,
William Paulson
10-7 Susan Gregory
10-9 Viola Laws, John Neumeyer
10-14 Doug Brown, Pat Collins
10-15 Ned Hatfield
10-16 Arlene Osborne, Ken Querry
10-17 Jeanne King
10-19 Patricia Freeman
10-20 Laura McBride
10-21 Lyndah Kolkmann
10-22 Neva Hatfield
10-24 Melinda Hays, Kitty McDill
Hazel Okerstrom

10-26 Vina Ingle
10-28 Lou Celaya, Fran Schatz



ICE CREAM SOCIAL WILL BE ON

October 14TH

SURPRISE ENTERTAINMENT

ICE CREAM DONATED BY: SCOOPS

PIES DONATED BY: KIMMEY'S PIES

October 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, October 25, 2019

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

Sign your name here:

SUNDAY BREAKFAST

Pancake Breakfast

Sunday, October 13th
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
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**

Bacon Florentine Pasta By Divas Can Cook

Prep Time: 15 mins Cook time: 30 mins Serves: 5

Ingredients:

8 oz thin spaghetti	1 Tbsp olive oil
1/2 cup diced onions	1 Tbsp minced garlic
2 Tbsp butter	3 Tbsp all-purpose flour
1 1/2 cups chicken broth	1 1/2 cups whole milk
1/4 cup parmesan cheese	1/4 cup mozzarella (shredded)
1 lb bacon cooked to crisp & crumbled	sea salt & black pepper to taste
5 oz fresh spinach chopped	



Directions:

1. Cook pasta according to package until al dente. Drain & set aside.
2. In a large deep skillet, heat olive oil, add onions and sauté until tender. Add garlic and sauté until fragrant. Sprinkle in flour and cook until flour is golden, about 2-3 minutes.
3. Slowly pour in chicken broth and milk. Let simmer, stirring often until sauce has thickened enough to lightly coat the back of a spoon.
4. Stir in parmesan and mozzarella cheeses. Add salt and pepper to taste.
5. Add the spinach, and simmer until spinach has wilted. Stir in noodles.
6. Plate and sprinkle on the bacon.

Pina Colada Breakfast Shake by Divas Can Cook

Serves: 2

Ingredients:

1 1/2 cups coconut milk
1 cup pineapple juice
2 cups frozen pineapple chunks
6 oz coconut yogurt
1/3 -2/3 cups quick oats
2 bananas (frozen makes for best texture)



Directions:

1. Add all ingredients to a blender
2. Blend until completely smooth.
3. Chill for 10 - 15 minutes if possible to let strong pineapple flavor mellow out a bit.
4. Serve cold.

Laughing Matters

Retarded grandparents

contributed by Susan Capps

After summer vacation, a teacher asked her young pupils how they spent their holiday away from school. One child wrote the following:

We always used to spend summers with Grandma and Grandpa. They used to live in a big brick house, but Grandpa got retarded and moved to Florida. They go to a building called a wrecked center, but they must have got it fixed because it is all okay now, and do exercises there. There is a swimming pool too where they all jump up and down with hats on.

At their gate, there is a doll house with a little old man sitting in it. He watches all day so

nobody can escape. Sometimes they sneak out. They go cruising in their golf carts. Nobody there cooks, they just eat out. And, they eat the same thing every night: Early Birds.

Some of the people can't get out past the man in the doll house. The ones who do get out, bring food back to the wrecked center and call it pot luck.

My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too. When I earn my retardment, I want to be the man in the doll house. Then I will let people out so they can visit their grandchildren.

We at the Senior Center are looking for recipes to add to our menu. If you have a favorite recipe that you would like to share with us, please email deb@willits-senior.org or bring in to our office.



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## Volunteer of the Year



Martha Morgan is our Volunteer of the year, She has been volunteering in our Thrift Store for many years.

Martha is famous for her Lemon Meringue Pies which she bakes for all our bake sales. She often surprises us with individual pies for each of us to take home and enjoy.

She is our mascot at every chili cook off and many other special events. You never know what she will show up dressed in.

We are so grateful to have you volunteer at our senior center. ***Thank you Martha!***

## THINGS TO PONDER 🤔

By I Might Be Funny

1. If the No. 2 pencil is the most popular, why is it still No. 2?
2. Why do we press harder on the remote control when we know the batteries are getting weak?
3. Why are you "in" a movie, but "on" TV?
4. What was the best thing BEFORE sliced bread?
5. Why do we drive on parkways & park on driveways?  
© I Might Be Funny
6. Why do "fat chance" & "slim chance" mean the same thing?
7. Why do British people never sound British when they sing?
8. At a movie theater, which arm rest is yours?





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MarkParisi@aol.com

10-25  
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### **SEE'S CANDY**

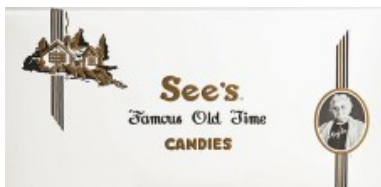
**Our See's Candy is now restocked.  
The new order has arrived.**

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

**\$21.50**

**Small boxes of Peanut Brittle \$7.50**

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



### **WISH LIST**

**Lunch Bags for popcorn**



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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!**

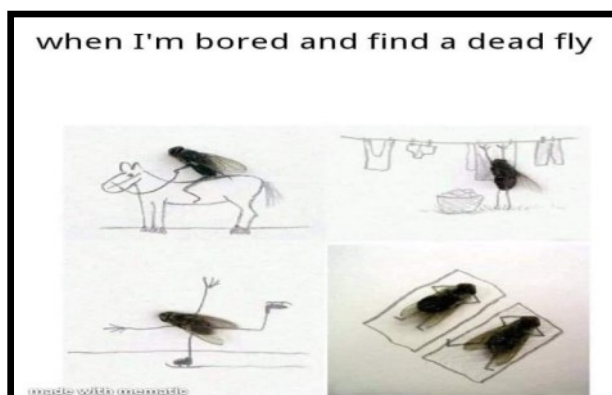
Ukiah Office:  
756 S. Dora St.  
Ukiah, CA 95482  
(707) 463-2966

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



*In Memory of:*

*Evie Hayman*

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

Don't worry  
about *getting old*,  
worry about  
*thinking old*.



**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 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.