Senior Moments

January 2020

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 Lance Hodges

Maintenance

Brian Armond Janitor James Howard

HAPPY NEW YEAR!

2019 is ending on a good note here at the Senior Center. We've got our generator up and ready for any power outage that may occur in the future. The FUNding Raffle brought in more than last year. Our Christmas store did very well this year also making several thousand more than last year. All money raised goes to aid in programs offered here at our Center. We are so grateful for our generous community. We know that the coming year will bring even better opportunities for us all. Happy New Year from all of us at the Senior Center!



DIRECTOR'S CORNER From the Desk of Richard Baker

Hello Everyone,

I am very happy and relieved to announce the standby generator is operational and the senior center will be open during any future power outages. A thoughtful and generous donor who wishes to remain anonymous donated \$5,000. This money will be used to install a chain link fence to secure the generator, cover the costs of the installation of the propane tank and pay for necessary cement work. In order to run a successful non-profit organization you need people committed to supporting your cause. I thought I would share a few things I am appreciative and grateful for as director of the senior center, a generous and caring community, a very committed group of volunteers, a hardworking dedicated staff who time and time again meet the unexpected day to day challenges that arise. Last but not least I appreciate our Board of Directors. Their commitment to and genuine concern for the senior center is inspiring. Together we are all working diligently to ensure the senior center will be here for many years to come.

Happy Holidays, Richard

۷	С	R	н	Т	Ν	Е	S	т	ο	Ν	Е	F	D	х
Y	М	в	Т	R	т	н	s	т	о	Ν	Е	в	к	Р
D	Ν	A	Y	Q	w	v	R	D	с	с	Y	Ν	L	F
Q	U	Α	G	Р	к	R	Е	v	L	Т	s	х	F	G
Е	G	т	Т	N	т	R	н	Е	Т	R	L	0	0	М
Ν	G	Т	s	R	Е	R	F	Ρ	Ρ	Т	L	L	L	Е
Α	Ν	Е	s	Р	о	т	Р	w	о	R	D	J	к	L
М	I	Е	Α	U	w	т	Т	Т	Ν	s	U	с	Α	в
Е	С	т	w	R	s	х	с	с	Ρ	в	т	т	R	Т
L	R	D	Q	v	L	Ρ	J	Т	Α	Q	Е	ο	т	х
G	Е	М	s	R	ο	ο	Е	R	v	М	U	в	U	Е
s	I	z	Α	ο	т	R	в	Ν	Т	Ν	Е	в	U	L
z	Ρ	Е	н	R	с	Е	Е	Е	D	Α	в	ο	v	F
х	Ρ	z	М	Е	L	L	L	Α	D	Е	U	х	к	D
w	Q	Е	D	L	Α	т	s	Y	R	с	D	L	F	J

EARRINGS

BARBELL BEAD BIRTHSTONE CAMEO CLIP-ON CRYSTAL EARLOBE ENAMEL FLEXIBLE FOLK ART GEMS GOLD HEIRLOOM HOOP MAGNETIC METAL ONYX PEARL PIERCED PIERCING POST RHINESTONE ROUND SILVER STUD SUSPENDED TAPERED VICTORIAN





Willits Senior Center January 2020

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 <u>November 2019</u>, our volunteers donated a total of <u>1101.25 hrs</u>. to the Senior Center. At minimum wage (\$11.00), the total dollar amount for the month would be: <u>\$11,563.13</u>. ALL OF US AT THE CENTER THANK YOU FOR YOUR HARD WORK & DEDICATION.

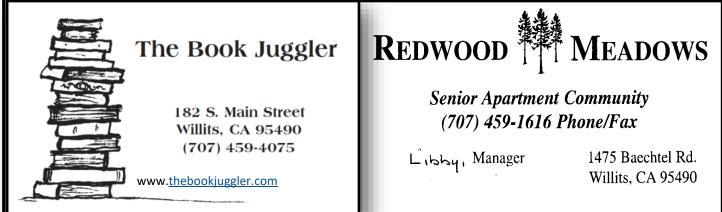
Thank You For Your Generous Donations And Time

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, Carl Thompson, the anonymous donor who gave \$5,000 toward the finishing touches on the new Generator, Reno Turner, Sherwood Valley Rancheria, Dennis McCarthy, Nancy Reed, Charlie Herrera, Debbie Ghannadan, Sandy Boyle, Joyce Stamps, Jan Meier, Pat Collins Helen Oglesby, Katie Barry, Wilma Schaffer, Sheri Lovel, Joe Vaccaro, Goldie Hilkey, Claudia Maghan, Gail Richards, Nancy Stipe, Carrol O'Ferrall, Gerry Figg-Hoblyn, Jules Gregory, Diana Mann, Kathy Neff, Sue Sawyers, dorothy Roediger. Our heartfelt apologies if we missed anyone who volunteered at the Christmas Store. We would also like to thank CalFire for all the wood donations and Jerome Jermanon who mans the wood shed on Tuesdays.

THANK YOU FOR ALL YOU DO!!!!!





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

1/1 Dan Beebe, Gary Martín 1/21 Earlene Gleisner 1/2 Cat Lobere 1/22 Michael Ranuío 1/3 Wilma Schaffer, Karen Snow 1/25 Susan García, Curtís Lingenfelter 1/4 Terry Baker, Joyce Smith 1/26 Línda Meyerhoff 1/5 Kacy Knudsen 1/27 Beverley O'Ferrall 1/28 Alex Carlon, Barbara Mitchell, 1/6 Díana Hoyt, Peggy Jones 1/7 Marílyn Harden, Pat Mushík Wolfgang Ronnefeldt 1/8 Louise Bell, Danny Wigington 1/29 Neka Huffman 1/9 Jeff Judson, Leland Kane 1/31 Ioní Gartamaker 1/10 Pauline Grzanich, Goldie Hilkey, ICE CREAM SOCIAL Eloíse Toomey 1/11 Walter Abramson January 13, 2020 1/12 Percy Cartwright, Leslie Challenger 1:30 - 2:30 PM 1/13 Mary Crothers, Julie Orr, GeeGee Querry 1/14 Bill Bruneau, Jennifer Ann Mahoney **ICE CREAM DONATED BY: SCOOPS** 1/17 Kevin Doyle PIES DONATED BY: KIMMEY'S PIES 1/19 James Eaglín 1/20 Shirley Duncan SUNDAY BREAKFAST **Pancake Breakfast** January Birthday Invitation Sunday, January 12th 8 am. to 11 am. Menu: If you are listed above, CUT OUT & bring this invitation ALL YOU CAN EAT PANCAKES! with you for your FREE REAL MAPLE SYRUP birthday lunch. AVAILABLE AT AN EXTRA CHARGE HAPPY BIRTHDAY!!! Eggs any style The Center invites you to our **Bacon or Sausage** Birthday lunch on Sugar Free Syrup Or Friday, January 31, 2020 **Grandma's Biscuits** Your free lunch can be used any & Gravy day in your birthday month. NOW SERVING PEET'S COFFEE Sign your name here: Adults \$8 BEST PANCAKES Sr. Center Members \$7 Children \$6 IN TOWN

Crock Pot Red Beans and Rice with Andouille Sausage

A traditional southern News Years day food. Red beans and rice is traditional Louisiana dish. You'll find similar dishes in many regions. Hoppin' John is a southern dish made with black-eyed peas and rice and "Moors & Christians," or black beans and rice is a traditional Cuban dish.

Ingredients:

1 pound dried small red beans or kidney beans

- 1 1/2 quarts water
- 3 ribs celery, diced or sliced, about 1 heaping cup
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 bay leaves
- 1/2 tsp vegetable oil
- 1 pound spicy andouille sausage, diced
- 1/2 cup green bell pepper, diced
- 2 to 3 tsp Kosher salt or more to taste
- 2 cups long-grain rice

Directions:

Gather the ingredients. Put the dried beans in a bowl of cold water and swish them around to rinse. Discard floating beans. Drain the beans in a colander and pick them over, looking for any small stones or malformed beans. Put the beans in the crockery insert of a slow cooker. Add 1 1/2 quarts of water to the beans along with the celery, onion, garlic, bay leaves, and crushed red pepper flakes. Cover the slow cooker and cook the beans on LOW for about 6 to 7 hours, or until the beans are tender. Or cook them for about 3 1/2 to 5 hours on HIGH. Heat the vegetable oil in a skillet over medium heat. Add the diced andouille sausage and cook, stirring, until the sausage is nicely browned. Add the sausage and bell pepper to the beans. Taste and add 2 to 3 teaspoons of Kosher salt, or to taste. Cover and continue cooking on LOW for about 1 hour longer. Meanwhile, cook the rice in a rice cooker or on the stovetop following package directions. Mound the rice on a plate or in a bowl, ladle the beans over the rice, and serve with freshly baked cornbread.

New Year's Cookies from Allrecipes

Prep time: 20 mins. Cook time: 20 mins

Ingredients:

5 1/2 cups all-purpose flour	1 1/2 cups raisins
1 1/2 tsp white sugar	1 quart oil for frying
1 1/2 tsp salt	1 tsp melted butter
1 pinch ground nutmeg	1 tsp warm water
1 (.25 oz.) envelope active dry yeast	1 cup confectioners' sugar
1/4 cup warm water	3/4 tsp cornstarch
1 1/2 cups warm milk	1 tsp heavy cream
3 eggs, lightly beaten	1/4 tsp vanilla extract

Directions:

In a large bowl, mix the flour, sugar, salt, and nutmeg. Dissolve the yeast in warm water. Stir the yeast mixture, milk, and eggs into the dry ingredients until just combined. Fold in the raisins. Cover and let rise for about 2 hours.

Heat the oil in a deep-fryer to 375 degrees F.

To prepare the glaze, mix the melted butter and 1 tsp warm water in a small bowl. Stir in the confectioners' sugar, cornstarch, cream, and vanilla.

Drop the dough by rounded teaspoons into the hot oil. Cook 2 to 5 minutes, until golden brown. Drain on paper towels and cool slightly. Dip each cookie into the glaze and set aside to completely cool.





New Year's quotes from famous people

"For last year's words belong to last year's language and next year's words await another voice." - **T.S. Eliot**

"Tomorrow, is the first blank page of a 365 page book. Write a good one."

- Brad Paisley

"Cheers to a new year and another chance for us to get it right."

- Oprah Winfrey

"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man."

- Benjamin Franklin

"Past and Present I know well; each is a friend and sometimes an enemy to me. But it is the quiet, beckoning Future, an absolute stranger, with whom I have fallen madly in love."

- Richelle E. Goodrich, Slaying Dragons

"Any new beginning is forged from the shards of the past, not from the abandonment of the past." - Craig D. Lounsbrough

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.



MINUTE AND MINUTE SHOULDN'T BE SPELLED THE SAME.

I'M NOT CONTENT WITH THIS CONTENT.

I OBJECT TO THAT OBJECT.

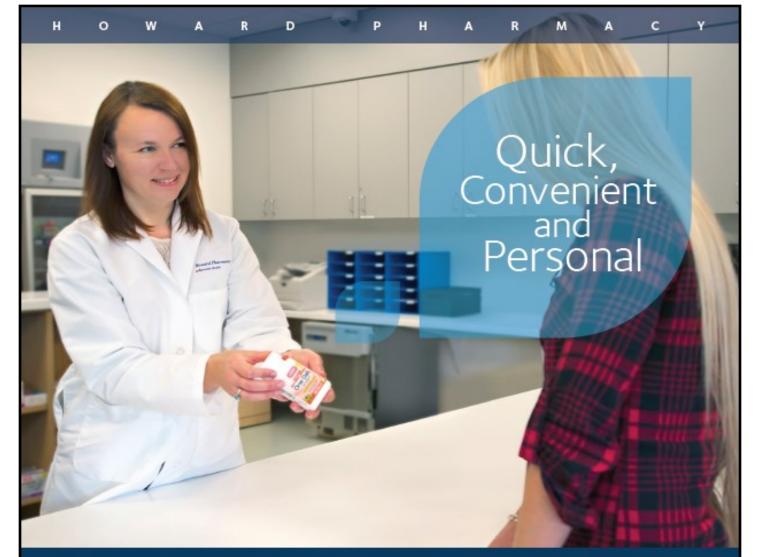
I NEED TO READ WHAT I READ AGAIN.

EXCUSE ME BUT THERE'S NO EXCUSE FOR THIS.

SOMEONE SHOULD WIND THIS POST UP AND THROW IT IN THE WIND.



Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the present. -Bil Keane



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

Frank R. Howard Memorial Hospital



Transfer Your

Prescriptions Today!

707.456.3005

Monday to Friday 9:00 AM - 5:30 PM

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

www.adventisthealth.org/howard-memorial



SEE'S CANDY

Remember: we sell See's Candy all year long. If you need special orders please let us know and we'll call you when it's here. Soft Centers, Milk Chocolate, Dark **Chocolate, Assorted, Nuts & Chews** \$21.50 Small boxes of Peanut Brittle \$7.50 Butterscotch & **Chocolate Suckers** \$1 each Large Truffles \$26 Small Truffles \$13 Mini Snowflake \$7.50 Santa's List \$7.50 **Awesome Bars \$13** Toffee-ettes \$21



WISH LIST

Lunch Bags for popcorn

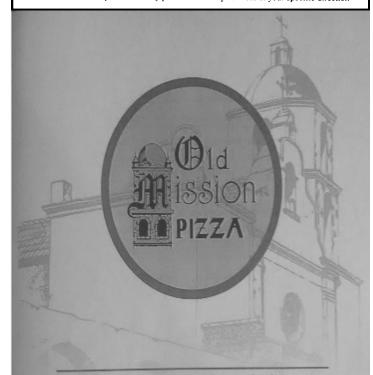




Marc Komer Legal Document Assistant Estate Planning, Trusts, Wills Probate, etc.



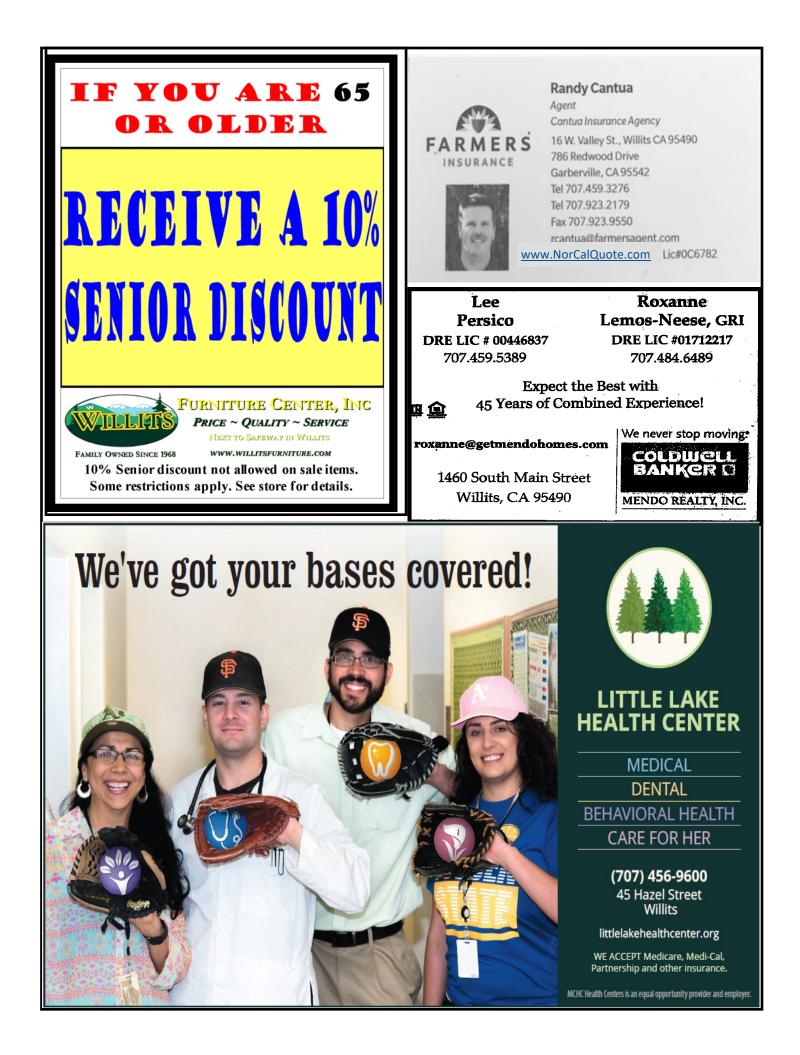
An Affordable Non-Attorney Service In my office or your home 459-2775 I am not an attorney, and can only provide self- help services at your specific direction



1708 5. Main St. . Willits, CA 95490 . (707) 459 . 6811

www.oldmissionpizza.com www.oldmissionpizza.com

Pizza • Oven Baked Sandwiches Hamburgers & Fries • Salad Bar • Garlic Bread Potato Munch Skins • Poppers • Onion Rings Coffee, Tea & Soda • Beer & Wine • Orders To Go Giant TV • Banquet Facilities • Group Catering



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:

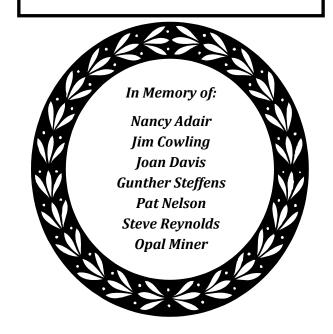
	I

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

Raffle Basket Winners

Thanksgiving– Fran Schatz Christmas Basket - Gloria Westley



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

Ode to a Volunteer

Many will be shocked to find, When the day judgment nears, That there's a place in heaven Set aside for volunteers. Furnished with big recliners, Satin couches and footstools: Where there's no committee chairmen, No group leaders or carpools. No eager team that needs a coach No bazaar with a bake sale, There will be nothing to staple Not one thing to fold or mail. Telephone lists will be outlawed, But a finger snap will bring Cool drinks and gourmet dinners, And rare treats fir for a king. You ask, who'll serve these privileged few And work for all they're worth? Why, all those who reaped the benefits, And not once volunteered on earth. ~Author unknown~

God put me on This earth to accomplish a certain number of things. Right now I'm so far behind, I'll never die.