

# Senior Moments

August 2020

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## Janitor

James Howard

## Thrift Store Hours:

Our Thrift Store hours are Monday thru Friday from 9 am to 4 pm. We take donations on Mondays and Thursdays from 9 am to 3 pm only. There are two different containers to drop off at. Monday is the blue container by the Thrift Store back door. Thursday is the yellow container between the Senior Center building and the Thrift Store. Please wait for the attendant to help you. Your name and phone number will be asked for when dropping off items.

## Healthy Living

One of the many important things to practice for a healthy lifestyle is eating right. It's right up there with getting exercise every day, even if you just go for a walk. Most people do not eat a balanced meal. Having a balanced meal can aide in weight loss, boosting heart health and reduce the risk of many common health issues.

Below is Taken from WikiHow - Part 1 of 4.

Make half your plate consist of vegetables and fruits. Choose whole fruits and vegetables to consist of one half of any balanced meal. Try for 1 - 2 cups of fruit and 2-3 cups of vegetables per day.

Whole fruits and vegetables can include fresh, frozen or canned items with no other ingredients (like sugar and salt added).

Equivalents of 1 cup of fresh fruit would be 1 cup of 100% fruit juice or 1/2 cup of dried fruit. Equivalents of 1 cup fresh raw or cooked vegetables would be 1 cup of vegetable juice or 2 cups of leafy greens.

Choose vegetables from all five subgroups: dark green vegetables, red and orange vegetables, legumes (beans and peas), starchy vegetables, and other vegetables.

## Health Awareness Calendar—August

**Gastroparesis Awareness Month**

**Psoriasis Awareness Month**

For more information go to <https://www.healthline.com/health/directory-awareness-months#8>

**What is Psoriasis?** Psoriasis is a chronic autoimmune condition that causes the rapid buildup of skin cells. This buildup of cells causes scaling on the skin surface.

According to one study, around 7.4 million Americans have psoriasis. It's commonly associated with - type 2 diabetes, inflammatory bowel disease, heart disease, psoriatic arthritis, anxiety and depression.

For more information go to <https://www.healthline.com/health/psoriasis>

**DIRECTOR'S CORNER**  
From the Desk of Richard Baker

Hello Everyone,

First a little bit of good news. The California Department of Motor Vehicles (DMV) is providing an automatic one-year extension to Californians age 70 and older with a noncommercial driver license with an expiration date between March 1 and December 31, 2020. This action delays the requirement for this population to visit a DMV office during the COVID-19 pandemic.

I would like to officially announce that Dorothy Roediger and Reza Ghannadan have been elected by our membership to continue serving on our Board of Directors. Sue Sawyers was elected by the Board of Directors to an appointed vacancy on the Board. Each director will serve for a 3-year term. The new Board Officers are as follows: President: Sue Sawyers, Vice President: Jim King, Treasurer: Brenda Reno and Secretary: Dorothy Roediger.

I wanted to apologize for the Newsletter arriving late during this pandemic. We are working to address this issue and hope the newsletter will be arriving as close to the first day of the month as possible moving forward.

My door is always open,  
Richard



~~~~~

**DOG DAYS OF SUMMER**  
**By The Old Farmer's Almanac**

**What are the "Dog Days of Summer?"** The Dog Days aren't just when your dog starts panting on a sweltering summer day. These days once coincided with the year's heliacal (at sunrise) rising of the Dog Star, Sirius. The rising of Sirius does not actually affect the weather, but for the ancient Egyptians, Sirius appeared just before the Nile River's flood season. They used Sirius as a "watchdog" for that event. Because it also coincided with a time of extreme heat, the connection with hot, sultry weather was made for all time. **When are the Dog Days of Summer?** According to The Old Farmer's Almanac, the Dog Days of summer are traditionally the 40 days beginning on July 3 and ending August 11, which coincide with the dawn of Sirius, The Dog Star. This is soon after the summer solstice, which of course also indicates that heat will soon set in. **The Dog Star, Sirius.** Sirius is the brightest star in the sky, if you don't count the Sun. Under the right conditions, it can even be seen with the naked eye during the day. Sirius is one star in a group of stars that form the constellation Canis Major, meaning "Greater Dog." It's no surprise, then, that the nickname of this big, bold star is Dog Star. **Sirius in Ancient Egypt** In ancient Egypt, the Nile River flooded each year, usually beginning in late June. The people welcomed this event called the Inundation, because the floodwaters brought rich soil needed to grow crops in what was otherwise a desert. No one in Egypt knew exactly when the flooding would start, but they noticed a coincidence that gave them a clue. The water began to rise on the days when Sirius began to rise before the Sun. They called Sirius "Sothis." Sothis and the Inundation became so important to the Egyptians' survival that they began their new year with the new Moon that followed the star's first appearance on the eastern Horizon. **A Time of Ill Fortune...** Unlike the Egyptians, the ancient Greeks and Romans were not pleased by Sirius's appearance. For them, Sirius signaled a time when evil was brought to their lands with drought, disease, and discomfort.



# Willits Senior Center

August 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 4:00pm.**



**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 June 2019 , our volunteers donated a total of 1057.75 hrs. to the Senior Center.

At minimum wage (\$12.00), the total dollar amount for the month would be: \$12,693 .00

**ALL OF US AT THE CENTER THANK YOU FOR YOUR HARD WORK & DEDICATION.**

### Thank You For Your Generous Donations And Time

*We would like to acknowledge and thank those 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 and a special thank you to our current Board of Directors: Sue Sawyers, Jim King, Brenda Reno, dorothy Roediger, Reza Ghannadan, John Bennett, Kathy Neff, Virginia Jorge, Gary Mann.*

**THANK YOU FOR ALL YOU DO!!!!**



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

- 8/2 Ollie Kolkmann
- 8/3 Pat Yoxall
- 8/6 Brendan Lucey
- 8/7 Charlotte Furtado
- 8/8 Gary Storts
- 8/9 Jim Beale, Peggy Bloomquist
- 8/10 Bobbie Yokum
- 8/12 Carol Brown
- 8/13 Kathryn Neff, dorothy Roediger  
Randy Weston
- 8/15 Milane Corr
- 8/17 Martha Morgan
- 8/21 Kathleen Lieberfarb
- 8/22 Dean Durbin
- 8/23 Kathleen Grider
- 8/25 Madelyn Vega
- 8/27 Douglas Grider
- 8/28 Charlene Romberg

- 8/30 Angela Behnke, Elaine Gallups
- 8/31 Bruce Burton, Dan Chesser



**NO ICE CREAM SOCIAL UNTIL THE SHELTERING IN PLACE IS OVER.**

**SUNDAY BREAKFAST**

Pancake Breakfast  
Sunday,  
8 am. to 11 am.



**ALL ACTIVITIES ARE TEMPORARILY CANCELED DUE TO SHELTERING IN PLACE.**



Menu:

ALL YOU CAN EAT  
PANCAKES!  
REAL MAPLE SYRUP  
AVAILABLE AT AN  
EXTRA CHARGE



**BEST PANCAKES  
IN TOWN**

**August Birthday Invitation**

If you are listed above, CUT OUT & bring this invitation with you for your FREE birthday lunch.

**HAPPY BIRTHDAY!!!**

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

Sign your name here:

## Sesame-Ginger Chicken Pasta Salad

By Kristen Stevens (Explore Food & Wine Magazine)

Serves: 2

### Ingredients:

One 6-oz chicken breast

Freshly ground pepper

6 oz bowtie pasta

2 Tbsp plain Greek yogurt

1/4 tsp soy sauce

1 small carrot, grated

Sea Salt

1 Tbsp extra virgin olive oil

2 Tbsp mayonnaise

1 1/2 tsp sesame oil

1/4 tsp brown sugar

3 Tbsp sliced green onion



### Directions:

1. Season the chicken breast with 1/8 tsp each of sea salt and freshly ground pepper. In a small pan, heat the extra virgin olive oil over medium high heat. Add the chicken and cook for 1 minute. Turn the chicken, reduce the heat, cover and cook for 8 minutes. Remove the pan from the heat and leave covered for 10 minutes, then shred the chicken with 2 forks.
2. Meanwhile, in a large pot of boiling salted water, cook the pasta according to package directions. Drain, and rinse the pasta under cold running water.
3. In a small bowl, whisk together the mayonnaise, Greek yogurt, sesame oil, soy sauce, brown sugar and 1/8 tsp of sea salt.
4. In a large bowl, toss the pasta and chicken with the dressing. Add the grated carrot and green onion and toss to coat.

## Apple Cake

Lifestyleve.com

12 serving

### Ingredients:

#### Cake

1 cup vegetable oil

3 eggs

1 tsp baking soda

1 cup chopped pecans

2 cup sugar

3 cups flour

2 tsp vanilla

3 cups peeled and chopped apples

#### Frosting

1/2 cup butter

1/4 cup evaporated milk

1 cup brown sugar, packed

1/2 tsp vanilla

### Directions:

1. **Cake** - Preheat oven to 350 degrees. Grease a 9 x 13 pan. Combine oil, sugar and eggs. Stir in flour and baking soda. Add vanilla, pecans and apples. Spread in prepared pan and bake for 45-50 minutes. Cool for 2 hours. Then prepare frosting.
2. **Frosting** - Boil all ingredients in a small saucepan for 2 minutes. Set pan in bowl filled with ice water. Beat icing until it is of spreading consistency. Spread over top of cake.



**WHEN YOU STUB YOUR TOE  
ON THE COFFEE TABLE**

E \



**WHERE DO LOCKSMITHS GO ON VACATION?**

**THE FLORIDA KEYS.....**

**WHERE DO FISH GO ON VACATION?**

**FINLAND.....**



## Quote of the day

**The unexamined life is not worth  
living.**

**~~Socrates~~**



An old Cherokee told his grand-  
son, "My son, there is a battle  
between two wolves inside us all.

One is Evil. It is anger, jealousy,  
greed, resentment, inferiority,  
lies and ego. The other is Good.  
It is joy, peace, love, hope, hum-  
ility, kindness, empathy, & truth."

The boy thought about it, and  
asked, "Grandfather, which wolf  
wins?"

The old man quietly replied,  
"The one you feed."

- author unknown

Submitted by dorothy Roediger

**WHAT HAPPENS WHEN FROGS PARK ILLEGALLY?**

**THEY GET TOAD.**





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| E | F | S | E | D | U | L | A | N | F | R | E | T | L | N |
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BEACH FINDS

- |           |           |               |
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| BARNACLES | DRIFTWOOD | REEF          |
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| CHAIR     | JELLYFISH | SEAWEED       |
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**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 arrives.**

**Soft Centers, Milk Chocolate, Dark Chocolate, Assorted, Nuts & Chews  
\$22.50**

**Small box of Peanut Brittle \$7.50  
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Suckers \$1 each**



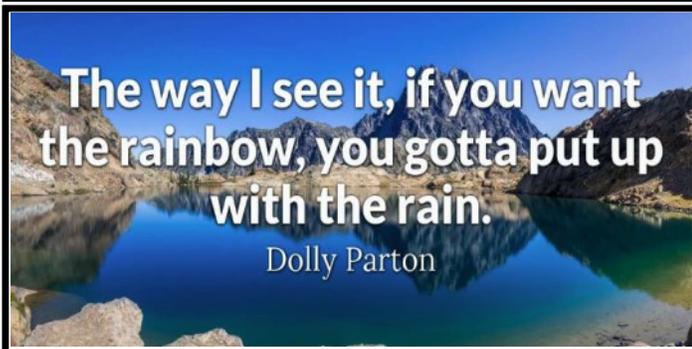
***Don't forget Friday night Potluck Bingo***

***Canceled due to***

***COVID 19 Pandemic***



***Will keep you posted as to when it will begin again***



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## 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

**“Always remember that you are absolutely unique. Just like everyone else.”**

**~Margaret Mead~**

*In Memory of:  
Jeri Weston*



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Current Resident or

**DOG DAYS OF SUMMER**  
**By The Old Farmer's Almanac**

- continued from page 2 -

Some people believed that the summer swelter was due to the combined heat from Sirius and the Sun. It makes sense that the name of the Dog Star, Sirius, means "scorching" in Greek.

Sirius was described as "bringer of drought and plague to frail mortals, rises and saddens the sky with sinister light" by the Roman poet Virgil.

Is this just superstition? A 2009 Finnish study tested folklore that the rate of infections was higher during the Dog Days. The authors wrote, "This study was conducted in order to challenge the myth that the rate of infections is higher during the Dog Days. To our surprise, the myth was found to be true."

**The Meaning of the Dog Star Today.....** Due to a very slow wobble of Earth's axis, the Dog Star now seems to rise later than it did in ancient times.

Its ascension no longer coincides with the start of the Nile flood (which does not occur anyway, because the river is now controlled by the Aswan Dam), but Sirius still makes its appearance during hot summer days.

**Dog Days of Summer Folklore.....** Old-timers believed that rainfall on the Dog Days was a bad omen, as foretold in this verse:

Dog Days bright and clear

Indicate a happy year:

But when accompanied by rain,

For better times, our hopes are vain.

Dog Days are approaching; you must, therefor, make both hay and haste while the Sun shines, for when old Sirius takes command of the weather, he is such an unsteady, crazy dog, there is no dependence upon him.

- The Old Farmer's Almanac, 1817