

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 2020

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Lance Hodges

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Brian Armond
Janitor
James Howard

Healthy Living

Below is Taken from WikiHow "How to Balance a Meal"- Part 3

Choosing Food from Different Food Groups

Vary your protein sources. Choose proteins from a variety of different food sources for the healthiest level of nutrients. Aim for proteins to take up about a quarter of your plate for any balanced meal.

Eat both animal proteins and plant proteins. Animal proteins include meat, poultry, seafood and eggs. Plant proteins include beans and peas, nuts, seeds and soy. Choose different plant and animal proteins for each meal or day so that you get a wide variety.

Aim for about 5 - 6 ounces of protein foods per day. 1 ounce of protein could look like 1 ounce of lean meat, poultry or fish, or a 1/4 cup cooked beans or tofu.

Note that proteins like seafood, nuts and seeds can also be good sources of oils which are another essential addition to balancing a meal.

Look for meat and poultry that are low in fat and added sodium. Eat unsalted nuts and seeds.

Health Awareness Calendar—October

Domestic Violence Awareness Month

Eye Injury Prevention Month

National ADHD Awareness Month

National Breast Cancer Awareness Month

Metastatic Breast Cancer Awareness Day (Oct 13th)

National Healthcare Quality Week (Oct 18th - 24th)

For more information go to <https://www.healthline.com/health/directory-awareness-months#10>

Types of Breast Cancer Ductal Carcinoma in situ (DCIS), Lobular Carcinoma in situ (LCIS), Invasive Ductal Carcinoma (IDC), Invasive Lobular Carcinoma (ILC). To find out more about these and other types of breast cancer go to the following url:

<https://www.healthline.com/health/breast-cancer#types>

Both men and women should check themselves regularly for any abnormalities in your breasts.

DIRECTOR'S CORNER

From the Desk of Richard Baker

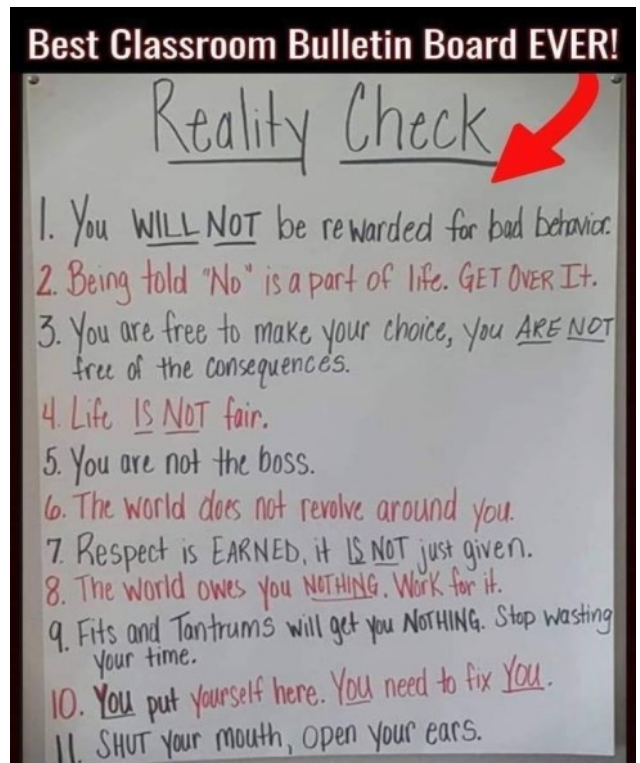
Hello Everyone,

Due to the COVID-19 Pandemic, the Mendocino County Department Public Health Department has implemented guidelines all businesses must follow; thus, we have closed our doors. We are still providing the following services. Medical equipment is available; you can call the senior center at 459-6826 to see what we have on hand. Personal information required to secure the loaning of the medical equipment will be taken over the phone, you can then schedule a time to stop by and pick it up. We are still providing Outreach Services that can be done by phone. We are providing lunches Monday through Friday or you can schedule a home-delivered meal by calling Deb Holcomb at 459-6826, she is our Meals on Wheels coordinator. You can also pick up lunch from 12 pm to 1 pm either by driving up or walking up to the senior center's main entrance. Our Thrift Store is open for shopping Monday through Friday from 9 am to 4 pm. We are accepting thrift store donations on Mondays and Thursdays only, from 9 am to 3 pm. If you have any other needs, please don't hesitate to call. If we cannot assist you, we may be able to refer you to someone who can. Our staff is here to serve; we're all working diligently to meet as many of our seniors' needs as possible while at the same still abiding by the Mendocino County Health Officers' guidelines.

PG&E power shutoffs are inevitable, although they cause a major disruption in our daily lives they are not considered, "emergencies". Due to the current Mendocino County Department of Public Health restrictions on crowd size, as a result of COVID-19, we are not allowed to have people seek refuge inside the senior center. I want to clarify what services we will be providing during power outages. Free bottled water (while supplies last), lunches via drive-thru pick up Monday thru Friday from 12 to 1 pm (Lunches \$7) We will also offer free WiFi access and the option of arranging by phone to drop off your cell phone/mobile device to be charged and picked up via drive thru. We intend to open our doors to the community during future power outages, precisely what services we can provide when the next power outage occurs will be determined by the Public Health guidelines in place at the time of the power outage. I will keep everyone informed as more information becomes available.

STAY SAFE,

Richard





Willits Senior Center

October 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 September 2019 , our volunteers donated a total of hrs. to the Senior Center.
At minimum wage (\$12.00), the total dollar amount for the month would be: \$.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, Ukiah Natural Foods Co-op, Kurt & Dorrie Ackerman, Wes Wake, Betty Alexander, Meals on Wheels drivers that drive in Brooktrails and to the senior housing - dorothy Roediger, Cathy Lawrence, Mary James, Pandy and Allen Denny, Arlane Adamson and Betty Lemmer.

THANK YOU FOR ALL YOU DO!!!!



The Book Juggler

182 S. Main Street
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www.thebookjuggler.com



Redwood Meadows Senior
Apartments
Jules Gregory
Property Manager

1475 Baechtel Road
Willits, CA 95490

Phone 707 459 1616
Fax 707 459 1616
rmeadows8458@att.net

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

10/1 Sharon Short
10/2 Jon McKee
10/3 Bill Barksdale, Jim Matson
10/4 Keith Monroe
10/5 Kurt Ackermann
10/6 Victor Hanson
10/7 Susan Gregory
10/9 Karen Graham, Viola Laws,
John Neumeyer
10/12 Kathy Gassen
10/14 Doug Brown, Pat Collins
10/15 Ned Hatfield, Mary Winters
10/16 Arlene Osborne, Ken Querry
10/17 Jeanne King, Jennifer Poole
10/20 Daniel McBride, Barbara Willens
10/22 Neva Hatfield
10/24 Kitty McDill, Hazel Okerstrom
10/26 Vina Ingle

10/28 Joe McGee, Judy Ramsey, Fran Schatz
10/29 Arlane Adamson



**NO ICE CREAM SOCIAL UN-
TIL THE SHELTERING IN
PLACE IS OVER.**

October 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:

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**

Slow Cooker Beef & Broccoli

By Divas Can Cook

Prep Time: 10 mins. Cook Time: 3 hours Servings: 4



Ingredients:

1.2 lb steak (flank steak) cut into strips	1/2 cup onions diced
3 cloves garlic minced	fresh ginger grated (optional)
1 cup chicken or beef broth warmed	1/2 cup low sodium soy sauce
1/3 cup brown sugar packed	1 Tbsp sesame oil
1/4 to 1/2 Tbsp red pepper flakes	2 to 3 Tbsp cornstarch to thicken
3 to 4 cups fresh broccoli steamed	White rice prepared
Garnish with red pepper flakes or sesame seeds	

Directions:

Add steak, onions, garlic and fresh ginger into the slow cooker. (I prefer using my small slow cooker with this recipe)

In a medium size bowl stir together broth, soy sauce, brown sugar, sesame oil, and red pepper flakes until brown sugar has dissolved. Pour mixture into slow cooker and stir. Place the lid on the slow cooker and cook on low for 1 to 4 hours or until steak is tender to your liking.

Stir in cornstarch to thicken the sauce. (Alternatively, you can scoop out 1/4 cup of broth mixture and mix it with cornstarch to create a thick sauce and then pour this back into the slow cooker to prevent lumps. I never do this though)

Taste and adjust seasonings if desired (sometimes I'll add in some powdered onion and powdered garlic, black pepper, sriracha and salt, depending on the type of broth & soy sauce I use)

To serve, place rice on a plate and top with beef and broccoli. Garnish with red pepper flakes and sesame seeds if desired. **NOTE:** To steam broccoli, place broccoli in a glass bowl with 1/4 cup of water. Cover with plastic wrap and microwave for 5 to 7 minutes. Be careful not to overcook.

Pumpkin Dessert

From Allrecipes

This is a nice change from pumpkin pie at your next holiday get together. Serve with whipped cream.

Prep time: 10 mins **Cook time:** 50 mins **Serves:** 18

Ingredients:

1 (18.5 oz.) package yellow cake mix	1/3 cup melted butter
1 egg	1 (29 oz.) can pumpkin
1/2 cup brown sugar	0.66 cups milk (a little over 1/4 cup)
3 large eggs	2 Tbsp pumpkin pie spice
1/4 cup chilled butter	1/2 cup white sugar
3/4 chopped walnuts or pecans	

Directions:

Preheat oven to 350 degrees and lightly grease a 9 X 13 inch baking dish.

Set aside 1 cup of cake mix. Combine remaining cake mix with melted butter and 1 egg and mix until well blended; spread mixture in the bottom of the prepared baking dish.

In a large bowl combine pumpkin, brown sugar, milk, 3 eggs and pumpkin pie spice; mix well and pour this mixture over cake mix mixture in baking dish.

In a small bowl with a pastry blender, or in a food processor, combine chilled butter and white sugar with reserved cake mix until mixture resembles coarse crumbs. Sprinkle over pumpkin mixture. Sprinkle chopped walnuts or pecans over all.

Bake 45 to 50 minutes, until top is golden.



Finnegan drunk as usual walks into the church confessional.

The priest waits and waits for Finnegan to say something. Finally the priest pounds on the wall of the confessional box.

**"Ain't no use in knocking."
Finnegan yells back!
"There's no paper on this side either"**



**IRISH
POST**

**I often quote myself. It adds
spice to my conversation.**

George Bernard Shaw

BrainyQuote

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

It's better to walk alone,
than with a crowd going
in the wrong direction



I don't know if I should say hi to her
ask for an autograph or report her
to the museum 🤔





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ALL COVERED

AWNING	FILM	SHEET
BANDAGE	GARB	SHELTER
BEDSPREAD	GLOVES	SHIELD
BLANKET	HAZE	STOLE
CANOPY	HOOD	PURSUIT
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COAT	QUILT	VEIL
COMFORTER	ROBE	WRAPPER
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DISGUISE	SHAWL	

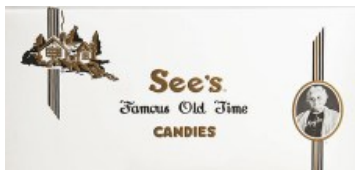
SEE'S CANDY

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
\$23.50

Small box of Peanut Brittle \$7.50
Butterscotch & Chocolate
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***

"I always just thought if you see somebody without a smile, give 'em yours!" – Dolly Parton

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**10% Senior discount not allowed on sale items.
Some restrictions apply. See store for details.**



Randy Cantua

Agent

Cantua Insurance Agency

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- Hearing Screenings
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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:
Sid Cuthbert*

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

TWELVE COMMANDMENTS FOR SENIORS

1. It's okay to talk to yourself. There are times you need expert advice.
2. "In Style" are the clothes that still fit.
3. You don't need anger management. You need people to stop pissing you off.
4. Your people skills are just fine. It's your tolerance for idiots that needs work.
5. The biggest lie you tell yourself is, "I don't need to write that down, I'll remember it."
6. "On time" is when you get there.
7. Even duct tape can't fix stupid - but it sure does muffle the sound.
8. It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.
9. Lately, you've noticed people your age are so much older than you.
10. Growing old should have taken longer.
11. Aging has slowed you down, but it hasn't shut you up.
12. You still haven't learned to act your age and hope you never will.

"One for the road" means peeing before you leave the house.