

Senior Moments

May 2021

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Great News!!!

We are happy to announce the Senior Center will be opening Tuesday, June 15th unless something happens between now and then. Most of our activities will be on the same days and times. Masks must be worn at all times unless you are eating or drinking.

Our dining room will be opening up on the 15th as well. The hours will be the same as before, 11:45am to 1pm. We will not be having the salad bar but will have ready made salad several times a week.

Bingo - Friday night and Sunday, no potluck. You are welcome to bring a drink and a snack with you.

An activities list will be posted with the calendar in the June newsletter.

Welcome back! We have missed seeing everyone.

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**It's that time of year members - Don't forget to renew your membership. All members will be receiving a renewal notice in the mail. Please remember if there are any changes that need to be made, such as address, phone number etc., please let us know.**  
~~~~~

There is a Board of Directors Ballot inserted in this newsletter. Please vote and turn them in as soon as possible. Bring them to the Center, mail them to us, or drop them by the thrift store.

DIRECTOR'S CORNER
From the Desk of Richard Baker

Hello Everyone,

I found a saying on Facebook from Heavens Soul I thought I would share. The older you get the more you realize how precious life is. You have no desire for drama, conflict or stress. You just want good friends, a cozy home, food on the table and people in your life who make you happy. I think we all want that, regardless of what political party we affiliate ourselves with, our race ethnicity or our religious beliefs. The saying got me thinking of some of the little things that bring me peace and happiness. Drinking a hot cup of coffee first thing in the morning before I start my day. A giant squeeze hug from my grandkids with a little bit of sugar, which is a kiss on my cheek. A phone call from a friend or family member just to see how things are going. Kissing my wife each morning on the cheek while she's sleeping before I leave to go to work and whispering in her ear, "I love you" and the heartfelt thanks you from all the people the senior center helps.

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart." Helen Keller.

I wish you all peace and happiness,

Warm Regards,

Richard



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ACCESS CONTROL	GUARD	SIGN IN
BADGE	HOLDER	SUPPORT
BAR CODE	IDENTIFICATION	TIMECARD
BUSINESS	JOB	WATCH
CHECK	KEY CARD	WORKER
CLEARANCE	LANYARD	
CLIP	NAME	
COLOR	PICTURE	
COMPANY	POLICY	
DESK	POSITION	
DEVICE	PROGRAM	
ENTRANCE	READ	
FIRM	REQUIREMENT	



Willits Senior Center

May 2021

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 March 2021 , our volunteers donated a total of 547.25 hrs. to the Senior Center.

At minimum wage (\$12.00), the total dollar amount for the month would be: \$6,567.00
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, George & Ruth Bradford Foundation, Harrah Senior Center Board of Directors, Lisa Shore, Joe & Wilma Schaffer, Noah Silva, Steven Hansen, Kurt Ackerman, Noah Silva

THANK YOU FOR ALL YOU DO!!!!



The Book Juggler

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Redwood Meadows Senior Apartments

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Willits, CA 95490

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

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

5/1 Robin Goldner, Laure Mondo
5/2 Bonnie Brandyberry, Starla Warburton
5/3 Marty Pardun, Marilyn Wilson
5/4 Gary Mann
5/5 Glenda Brown
5/6 Linda Beebe, Kathleen Lewis,
Wanda Storts
5/7 Patricia Harrison
5/9 Bill Shilling
5/11 Pat Sprinkle, Pam St. Martin
5/12 William Fitzgerald
5/13 Erla Barr, Ann Stebbens
5/14 Diane Collins
5/15 Dorothy Hollifield
5/17 Tom Blanchfield
5/18 Paul Ubelhart
5/20 Diana Mann
5/21 Quince Amanda

5/22 Richard Shannon
5/25 Richard Whipkey
5/26 Pandy Denny, Carol Jones, James King,
Fred Page
5/28 Alice Cunningham
5/29 Allen Garcia
3/30 Denise McGee, Tonia Rockey,
Tom Willis
5/31 James Brown, Don Cameron,
Stephen Romberg



May 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**

Vietnamese Lemongrass Meatballs

From Allrecipes.com

Servings: 4



Ingredients:

1 lb. lean ground pork	1/4 cup panko bread crumbs
1 large shallot, minced	2 Tbsp lemongrass paste (such as Gourmet Garden)
1 Tbsp finely chopped mint	1 Tbsp fish sauce
1 Tbsp brown sugar	2 cloves garlic, crushed
1 tsp finely grated ginger root	1/4 tsp salt

Dipping Sauce:

3/4 cup water	3 Tbsp fish sauce
2 Tbsp fresh lime juice	1 Tbsp white sugar or more to taste
1 tsp rice vinegar	1 small Thai chile pepper, minced
1 small garlic clove, finely chopped	

Directions:

Preheat the oven to 375 degrees. Line a rimmed baking sheet with parchment paper and set aside. Combine ground pork, bread crumbs, shallot, lemongrass paste, mint, fish sauce, brown sugar, garlic, ginger root and salt in a large bowl. Using a 1 tablespoon cookie scoop, shape mixture into meatballs, and place on the prepared baking sheet. Bake in the preheated oven until meatballs are no longer pink in the center and cooked through, about 15 minutes.

Prepare the dipping sauce by mixing water, fish sauce, lime juice, sugar, Thai chile and garlic in a small bowl. Set an oven rack about 6 inches from the heat source and preheat the oven's broiler.

Place meatballs under the hot broiler just until the tops start to turn brown to get a little color and crispness, about 2 minutes. Serve with the dipping sauce.

Green Tea (Matcha) Tiramisu

From Allrecipes.com

Prep: 15 mins. **Refrigerate:** 4 hrs. 20 mins. **Servings:** 6



Ingredients:

1 & 1/8 cups finely crushed graham cracker crumbs	3 & 1/2 Tbsp unsalted butter, melted
7 ozs. Cream cheese, room temperature	6 Tbsp white sugar
7 ozs. Mascarpone cheese	1 tsp white sugar
1 cup heavy whipping cream	3 Tbsp. matcha green tea powder, plus more for dusting
3 Tbsp warm water	1 Tbsp unflavored gelatin
3 strawberries, sliced	1 tsp confectioners' sugar for dusting

Directions:

Stir graham cracker crumbs and melted butter together in a bowl until moistened; press crumb mixture evenly into the bottom of a 7 inch round springform pan. Place pan in refrigerator until cold, about 20 minutes.

Beat cream cheese and 6 Tbsp plus 1 tsp sugar together in a bowl with an electric mixer until smooth; beat in mascarpone cheese. Stir 3 Tbsp green tea powder into cheese mixture. Beat cream in a chilled glass or metal bowl with an electric mixer until soft peaks form. Fold whipped cream into cream cheese mixture. Stir gelatin into warm water in a small bowl until dissolved. Stir gelatin mixture into cream cheese mixture; pour mixture over refrigerated graham cracker crust. Chill in the refrigerator until firm, at least 4 hours.

Dust top of tiramisu with green tea powder and confectioners' sugar; decorate with sliced strawberries.



When Marriage Includes Caregiving

2021

Let's agree that love brings rewards *and* challenges. This is for the spouse or domestic partner who may be struggling to care for their frail or ill partner, and who doesn't have the finances to pay for caregivers to help in the home. Their household might benefit from the In-Home Supportive Services Program (IHSS) funded by Medi-Cal, but they aren't sure they qualify.

As a couple they may have thought they were not eligible for the program because either their assets or incomes were too high. For an older couple to be eligible for Medi-Cal, generally their "countable" assets cannot exceed \$3,000, and their combined incomes must fall below a certain threshold to avoid a monthly share of cost deductible. (Countable assets do not include the home they live in, one household car, and specified arrangements related to IRAs, work-related pensions, non-work related annuities, and burial.)

Previously if the couple didn't meet these restrictions, the only possibility for care support may have been outside the home; the frail spouse could enter a Skilled Nursing Facility with payment supports under Medi-Cal's Spousal Impoverishment Protection Rule which was designed to prevent the impoverishment of one spouse when the other spouse enrolls in Medi-Cal payment for care. But things have changed and Medi-Cal's **Spousal Impoverishment Protection Rule** was expanded to include Home and Community Based (HCBS) supports like IHSS. This opens the opportunity for more spouses to receive the needed assistance to keep their loved ones at home.

We mentioned the asset limits for a *couple* to be Medi-Cal eligible, but if only *one* member of the couple is frail and requires care, then those asset and income limits increase significantly under the Spousal Impoverishment Protection Rule where only the frail spouse applies for Medi-Cal. Here, the spouse who isn't receiving Medi-Cal (the "well spouse") may retain additional income and assets without jeopardizing the eligibility of the Medi-Cal spouse. Currently, the well spouse is permitted to retain a "Community Spouse Resource Allowance" of **\$130,380 in countable assets in addition to the \$2,000 in countable assets the Medi-Cal spouse may retain. Combined monthly incomes may well exceed \$3,260** before the couple has to contribute towards the cost of care. These limits typically increase each year.

When applying for this program with the local Medi-Cal office, it's important to specify that you are applying for an "HCBS Waiver". A doctor will need to complete a form verifying the level of need to be at the skilled nursing level.

For more information on this or other resources for older adults in Lake and Mendocino Counties, contact **Senior Information & Assistance at Community Care at (707) 468-5132**, or visit www.SeniorResourceDirectory.org.

Positive Changes in Medi-Cal for Older Adults

2021



California has expanded access to Medi-Cal for older adults and people with disabilities. The legal advocacy agency Justice in Aging recently issued an alert that reminds us that two important changes took place in December 2020.

First, California increased its Medi-Cal income eligibility limit to 138% of the federal poverty level for its **Aged, Blind and Disabled Federal Poverty Level Program**. The income eligibility limit is now **\$1,468 for one person and \$1,983 for a couple**, and will usually increase each year. This means that people who previously had been receiving Medi-Cal with a share of cost may now be eligible for free Medi-Cal.

The California Department of Health Care Services sent a letter to people who may be eligible, but if you did not get the memo, or have in the past thought you made too much to apply for Medi-Cal, this is a good time to contact your local Medi-Cal office to see if this change benefits you. **(The cost of medical insurance premiums can offset one's countable income**, so even those with higher incomes may be found eligible if paying supplemental, prescription, vision, dental or other medical insurance plans brings their incomes to below the eligibility thresholds.)

Although the income limits have increased, Medi-Cal's asset limits remain the same. For an older couple to be eligible for Medi-Cal, generally their "countable" assets cannot exceed \$3,000. Countable assets *do not* include the home they live in, one household car, and specified arrangements related to IRAs, work-related pensions, non-work related annuities, and burial.

Additionally, California has stopped flipping Medi-Cal recipients between free and share of cost Medi-Cal based on who is paying the Medicare Part B premium. This problem has existed for some time and can cause significant disruptions, including disenrollment from managed care and unaffordable health care costs during the months when a recipient is on share of cost Medi-Cal. The new rule allows the county welfare departments to deduct the same amount as the Part B premium regardless of whether the recipient is currently paying it or the state is paying it as a benefit of free Medi-Cal. Individuals who are applying for the first time must still pay the premium themselves for the state to subtract the payment as an income disregard. However, once a person is eligible for Medi-Cal, the person will continue to be eligible for free Medi-Cal.

To learn more about this or other resources for older adults in Lake and Mendocino Counties, contact the **Senior Information & Assistance Program at Community Care at (707) 468-5132**, or visit www.SeniorResourceDirectory.org.



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***This is what we, who are aged 70 or 80
years plus, can look forward to.***

This is something that happened at an assisted living center. The people who lived there had small apartments but they all ate at a central cafeteria. One morning one of the residents didn't show up for breakfast so my wife went upstairs and knocked on his door to see if everything was OK. She could hear him through the door and he said that he was running late and would be down shortly, so she went back to the dining area.



An hour later he still hadn't arrived, so she went back up towards his room but found him on the stairs. He was coming down the stairs but was having a hard time. He had a death grip on the hand rail and seemed to have trouble getting his legs to work right. She told him she was going to call an ambulance but he told her no, he wasn't in any pain and just wanted to have his breakfast. So, she helped him the rest of the way down the stairs and he had his breakfast. When he tried to return to his room, he was completely unable to get up even the first stair step, so they called an ambulance for him.

A couple of hours later she called the hospital to see how he was doing. The receptionist there said he was fine, he just had both of his legs in one side of his boxer shorts.

I'm sending this to my children so that they don't sell the house before they know all the facts.

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

Large box of Peanut Brittle \$23.50
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***



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.



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"The moon is a loyal companion. It never leaves. It's always there, watching, steadfast, knowing us in our light and dark moments, changing forever just as we do. Every day it's a different version of itself. Sometimes weak and wan, sometimes strong and full of light. The moon understands what it means to be human. Uncertain. Alone. Cratered by imperfections."

-Tahereh Mafi



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- 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 \$7.00
- ☐ Good for a roundtrip ride (\$4 in town or \$8 from Brooktrails or Pine Mountain)
- ☐ 10 meal punch cards are also available for: \$65.00

**A day without sunshine is
like, you know, night.**

Steve Martin

In Memory of:

Willits Seniors Inc.
1501 Baechtel Road
Willits, CA 95490

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

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Permit #58

Willits, CA



Current Resident or

Barely the day started and... it's already six in the evening.

Barely arrived on Monday and it's already Friday.

... and the month is already over.

... and already 40, 50 or 60 years of our lives have passed.

... and we realize that we lost our parents, friends.

And we realize it's too late to go back....

So... Let's try, despite everything, to enjoy the remaining time...

Let's keep looking for activities that we like...

Let's put some color in our grey...

Let's smile at the little things in life that put balm in our hearts.

And despite everything, we must continue to enjoy with serenity this time we have left.

Let's try to eliminate the afters...

I'm doing it after...

I'll say after...

I'll think about it after...

We leave everything for later like "after" is ours.

Because what we don't understand is that:

Afterwards, the coffee gets cold...

Afterwards priorities change...

Afterwards, the charm is broken...

Afterwards, health passes...

Afterwards, the kids grow up...

Afterwards parents get old...

Afterwards, promises are forgotten...

Afterwards, the day becomes the night...

Afterwards life ends...

And then it's often too late...

Because still waiting to see you later, we can lose the best moments,

the best experiences,

best friends,

the best family...

The day is today... The moment is now....