



The Scoop

THE MONTHLY NEWSLETTER OF THE UKIAH SENIOR CENTER

October 2016
Volume 26 - No. 10



Thrift Store gets a Lift

Thanks to the efforts of Boy Scouts of America Troup 49 and a very determined Ukiah Senior Center employee, the Center was blessed with a beautiful new refurbishing project benefiting our Thrift Store.

(pictured left to right bottom row:) Leader Mark Joyce, Daneil Malarich, Jakob Malarich, Aaron McKell

(back row:) Brigham Eaquinto

Our Mission

The mission of the Ukiah Senior Center is to enhance and improve the quality of life for all Ukiah seniors, their families and caregivers, and to enable seniors to remain as independent as possible for as long as possible.

Get in Touch!

499 Leslie Street, Ukiah
(707) 462-4343
www.ukiahseniorcenter.org

On the Cover...

B.S.A. Troup 49 Donation to
The Ukiah Senior Center

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Don Pagano and Virginia Fitch

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Board of Directors

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Future Planning and Programs

At its August meeting, the Center's Board of Directors approved a comprehensive survey to be conducted of USC's members, volunteers and customers that will collect feedback on the organization's current operations and will help guide future strategic planning. The last time a similar survey was conducted was in 2009, and the Board looks forward to receiving new input on the Center's programs, activities and operations to better serve its constituents. As the Center moves forward in the development of a new senior community center facility, the Board also seeks your input on what you would like to see in a new senior center and how a new center might best serve the community. Please share your thoughts and suggestions that will help us in the planning of this effort.

Copies of the survey will be available beginning September 6 in Bartlett Hall and the Transportation Office, as well as online, in downloadable form, at www.ukiahseniorcenter.org. Please complete the survey and either deposit it in the designated confidential box located in Bartlett Hall, or drop it off in the Transportation Office. The survey can also be mailed back to the Center at 499 Leslie Street, Ukiah, CA 95482. Please return your completed survey no later than Friday, October 14, 2016. Survey results will be summarized and presented to the Board of Directors at its October 25 meeting. Thank you for helping with this important survey effort.



Executive Director
Diana Clarke

October Movie Matinee!

Fridays, 12:15 p.m., Bartlett Hall
Donations Appreciated



OCTOBER 7 – Captain Phillips [2013]
Rating: PG-13 2 hrs. 14 min.

In April 2009, the U.S. containership Maersk Alabama sails toward its destination on a day that seems like any other. Suddenly, Somali pirates race toward the vessel, climb aboard and take everyone hostage. The captain of the ship, Richard Phillips (Tom Hanks), looks to protect his crew from the hostile invaders, and their leader, Muse (Barkhad Abdi). The pirates are after millions of dollars, and Phillips must use his wits to make sure everyone survives and returns home safely.



OCTOBER 28 – Dave [1993]
Rating: PG-13 1 hr. 50 min.

Shifty White House chief of staff Bob Alexander (Frank Langella) hatches a scheme to use a double for the president (Kevin Kline) at a public photo opportunity. Small business owner Dave Kovic (Kline) fits the bill, but after the president suffers a debilitating stroke, opportunist Alexander arranges for Dave to step in full time without even informing the First Lady (Sigourney Weaver). It doesn't take long before the press, the nation and the president's wife realize something is different.



OCTOBER 14 – Genius [2016]
Rating: PG-13 1 hr. 44 min.

Renowned editor Maxwell Perkins (Colin Firth) develops a friendship with author Thomas Wolfe (Jude Law) while working on the writer's manuscripts.



OCTOBER 21 – L.A. Confidential [1997]: Rating: R 2 hrs. 18 min.

Three policemen, each with his own motives and obsessions, tackle the corruption surrounding an unsolved murder at a downtown Los Angeles coffee shop in the early 1950s. Detective Lieutenant Exley (Guy Pearce), the son of a murdered detective, is out to avenge his father's killing. The ex-partner of Officer White (Russell Crowe), implicated in a scandal rooted out by Exley, was one of the victims. Sergeant Vincennes (Kevin Spacey) feeds classified information to a tabloid magnate (Danny DeVito).

**Ukiah Senior Center's
Get Ready for Fall!
THRIFT STORE**



OCTOBER 3-8

**All regular priced sweaters,
jackets and coats...50% off!**

Ukiah Senior Center Thrift Store

497 Leslie Street • 467-0110

Mon. - Sat. 9:30 a.m. - 4:00 p.m.

Caregiver Support Series

Redwood Caregiver Resource Center will present a training on Alzheimer's for family members and professionals. Facilitator, Alexis Glidewell, MSW, will show and discuss the video:

"Communicating With Moderately and Severely Confused Older Adults"

These video clips demonstrate specific communication strategies and techniques that allow for connection with a cognitively-impaired person, regardless of the content of the conversation.

Discussion: Adjusting the way we approach communication in the context of a dementia diagnosis, why logic and reasoning won't work, how to get "a foot in the door"

The next series will be held Wednesday, October 19, from 10:00 a.m. to 12:00 p.m. **Please note that the meeting space for this month has changed.**

The series will be presented at North Coast Opportunities, 413 North State St. Space is limited. Register with Redwood Caregiver Resource Center (800) 834-1636 x110 Marsha

NO ENDORSEMENTS

The Ukiah Senior Center, publisher of *The Scoop*, does not endorse any product or services discussed in news articles or advertised within this newsletter. All advertising is paid for by the businesses involved, which are totally responsible for the content therein. All opinions expressed in *The Scoop* are those of the writers and not necessarily of The Ukiah Senior Center.

Sponsor a Senior

Would you like to provide a meal, transportation, or both for needy seniors participating in our programs?

Just check the box for your donation of choice, cut out this coupon and include it with a check made payable to:

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Ukiah, CA 95482

You may also come to the office and drop off your donation with this coupon.

Good for 1 free meal \$7

Good for 1 roundtrip ride \$7



Death Café

Meeting monthly, *The Death Café* will be held at the Ukiah Senior Center's Lunch Bunch Room located in the back Administration Building behind Bartlett Hall. Seating is limited.

Join with other community members over tea and cake to talk about a subject that many find awkward or uncomfortable: Death and Dying. The group is open to all and isn't based on a particular belief or philosophy. Participants share personal experiences, insights or concerns about the end of life.

Meeting time is 2:00 p.m. to 3:30 p.m. The next meeting will be held on Saturday, October 1. Please call or e-mail to RSVP:

Carol Hale 489-6444, luminouslovelight@gmail.com
Miriam Raphael 456-9151, mirigel@pacific.net

For more information visit the website .
www.deathcafe.com

Thank you Angel Donors

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Lucky's	

Thrift Store gets a Lift

From: Debbie Zimmerer
Bartlett Hall Manager/Volunteer Coordinator

The exterior south wall of the Thrift Store was in need of major repairs. The vertical seams along most of the siding on the exterior south wall had deteriorated thus allowing moisture and rain to seep through the seams. Over the last three years, I watched as it continued to deteriorate during each winter season. There were two major obstacles to completing the repairs. One was manpower. I had one or two volunteers off and on who were willing to help make the necessary repairs but never enough manpower to take on the repairs from start to finish. The second major obstacle was that we did not have the funds to cover the cost of the repairs.



Many thanks to Ben Bogner, Alexander Maxwell, Aaron Mckell, Torron Henderson, Dave Malarich, Jakob Malarich, Zack Wagner, Mark Joyce, Dave Haas, Brigham Eaquinto and all the volunteers from the Boy Scouts for such a beautiful gift! Photos: Karrie Eaquinto

Brigham Eaquinto contacted me at the Ukiah Senior Center to inquire about any volunteer project he could complete as part of his Eagle Scout requirement. I told him about our biggest need, hopeful that he would consider taking on such a big project. As he and I looked at the deteriorating siding, he said that he was excited to take on the project for our Senior Center. He recommended replacing the deteriorating door and adding new trim around the windows, matching the existing paint to complete the job. He immediately began to take notes of everything that would need to be done and arranged every aspect of the project from the beginning to completion. Brigham not only arranged the free donation of all needed building materials but all of the labor was donated as well. He was able to get a dumpster donated so even hauling off the debris from the project was free. He also had a licensed contractor oversee the job, while



continuously giving me updates so I knew how things were progressing. Brigham showed extraordinary maturity, perseverance, organization and determination throughout the project and completed the entire project with no assistance from me or the Senior Center. He did a magnificent job and everything was done to perfection!

October Bartlett Hall Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Saturday Night Dance Country Boys 7:00-10:00
3 8:00-11:30 Piano 9:00-10:30 Cribbage and other Games 1:00-4:30 Bridge Duplicate 5:00-6:00 Line Dance	4 8:00-11:30 Pinochle 11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo	5 4:30-5:30 Line Dancing <i>all levels</i> 6:00-9:00 Pinochle	6 9:00 a.m. Medicare ★ Presentation 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance 7:00-9:30 Square Dance	7 9:30-10:30 Tai Chi 12:15 Movie Matinee 2:30 Line Dance 6:00-9:00 Pinochle	8
10 8:00-11:30 Piano 9:00-10:30 Cribbage and other Games 1:00-4:30 Bridge Duplicate 5:30-8:30 BUNKO ★	11 8:00-11:30 Pinochle 11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo	12 4:30-5:30 Line Dancing <i>all levels</i> 6:00-9:00 Pinochle	13 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance <i>intermediate/advanced</i> 7:00-9:30 Square Dance	14 9:30-10:30 Tai Chi 12:15 Movie Matinee 2:30 Line Dance 6:00-9:00 Pinochle	15
17 8:00-11:30 Piano 9:00-10:30 Cribbage and other Games 1:00-4:30 Bridge Duplicate 5:00-6:00 Line Dance	18 8:00-11:30 Pinochle 11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo	19 [10:00-11:30 Computer Lab] 4:30-5:30 Line Dancing <i>all levels</i> 6:00-9:00 Pinochle	20 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance <i>intermediate/advanced</i> 7:00-9:30 Square Dance	21 9:30-10:30 Tai Chi 12:15 Movie Matinee 2:30 Line Dance 6:00-9:00 Pinochle	22
24 8:00-11:30 Piano 9:00-10:30 Cribbage and other Games 2:00-3:00 Ice Cream Social 5:00-6:00 Line Dance	25 8:00-11:30 Pinochle 11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo	26 4:30-5:30 Line Dancing <i>all levels</i> 6:00-9:00 Pinochle 12:30-3:30 Bridge Duplicate	27 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance <i>intermediate/advanced</i> 7:00-9:30 Square Dance	28 9:30-10:30 Tai Chi 12:15 Movie Matinee 2:30 Line Dance 6:00-9:00 Pinochle	29
31 9:00-10:30 Cribbage and other Games 1:00-4:30 Bridge Duplicate 5:00-6:00 Line Dance	Board Meeting Tuesday, October 25 2:30 - 3:30 p.m. Administration Building, Lunch Bunch Room	<i>Room C Activities</i>			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
3	4 10:00-11:30 Computer Lab	5 10:00-11:30 Computer Lab	6 9:00-4:00 Original Quilters	7	8
10 1:00-3:30 Peer Counseling	11 10:00-11:30 Computer Lab 2:30-3:30 Bible Study	12 10:00-11:30 Computer Lab	13 9:00-4:00 Original Quilters	14	15
17	18 10:00-11:30 Computer Lab	19 10:00-12:00 Women's Book Group	20 9:00-4:00 Original Quilters	21	22
24 1:00-3:30 Peer Counseling	25 10:00-11:30 Computer Lab 2:30-3:30 Bible Study	26 10:00-11:30 Computer Lab	27 9:00-4:00 Original Quilters	28	29
31					



October Dining Room Lunch Menu

Lunch by Zack's Catering served Monday - Friday at 11:30 a.m. • \$7.00

Reservations required by 7:30 a.m. • Main reservation number (707) 468-9256.

Once a month: Jan's Birthday Lunch at 11:30 a.m. • \$7.00

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Stroganoff with Noodles Veggies Roll Dessert	4 Roast Turkey Stuffing with Gravy Salad Roll Dessert	5 Pork Chop Scalloped Potatoes Salad Roll Dessert	6 Chicken and Dumplings Soup Vegetable Dessert	7 Spaghetti With Meat Sauce Salad Garlic Bread Dessert
10 Hamburger with Bun Lettuce, Tomato, Onion Chili Cole Slaw Dessert	11 Chicken Noodle Casserole Soup Roll Dessert	12 Sweet & Sour Pork Rice Roll Dessert	13 Lasagna With Meat Sauce Salad Garlic Bread Dessert	14 Pot Roast Mashed Potatoes with Gravy Salad Roll Dessert
17 Ham Steak Macaroni and Cheese Soup Roll Dessert	18 Hot Dog with Bun Chili Beans Macaroni Salad Dessert	19 Chicken Pot Pie Soup Roll Dessert	20 <i>Jan's</i> Birthday Lunch Pulled Pork Sandwich Baked Beans Macaroni Salad Dessert	21 Chicken Parmesan Salad Garlic Bread Dessert
24 Beef Tips With Noodles Vegetable Roll Dessert	25 Fried Chicken Biscuit Gravy Soup Dessert	26 Spaghetti With Meat Sauce Salad Garlic Bread Dessert	27 Country Fried Steak Mashed Potatoes With Gravy Salad Roll Dessert	28 Turkey A-la-King Biscuit Salad Roll Dessert
31 Beef Stew With Carrots and Potato Salad Roll Dessert				

Dining Room Coordinator
for Volunteers
Debbie Zimmerer
(707) 462-4343 ext. 107
*Please **do not** leave lunch reservations at this number.*



S A T U R D A Y N I G H T D A N C E

Enjoy an evening of music and dance with The Country Boys from 7:00 to 10:00 p.m. in Bartlett Hall on Saturday, October 1. No reservations are required. Admission is \$10 at the door. 462-4343.

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Thursday, October 6th
9:00 AM

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Bartlett Hall, 495 Leslie Street

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This publication was supported by the Area Agency on Aging in partnership with Senior Advocacy Services and financial assistance, in whole or in part, through a grant from the Administration for Community Living and the California Department of Aging.

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Lavonne Abella	Eileen Jimenez	Denise Satterfield
Vertie Baylie	Jean Johnson	Sally Schill
Karen Bone	Stephen Jungwirth	Obaline Schindler
William Bray	Bernice Kam	Anne Schuierer
Myrna Bryant	Dexter Keehn	Traci Selner
Jim Busch	Nadine Kidd	Judy Shaw
Georgie Bush	Roberta King	Donna Smith
Inez Cake	June Knipping	Tish Solomon
Colleen Caldes	Floyd Knox	Camella Swanson
Donna Callander	Claryssa Koehn	Lois Talbot
Gail Cargile	Oni LaGioia	Emi Taylor
Mary Champion	Janet Layton	Diane Thomas
Pat Champion	Ruthe Linker	Rosalie Tibbetts
Earline Claunch	Julia Lolich	Mary Tindall
Dot Colling	Jofrid Lolonis	Jan Tipton
Jim Colling	Dawn Long	Gretel Townsend
Liz Crook	Ginny Love	Bill Traina
Gayleen Desroches	Vincent Madixon	Maureen Troller
Tom Desroches	Sharon Marshall	Connie Trouette
Velma Dockins	Eva McGehee	Ann Tucker
Sharon Dory	Patricia Mckinno	Roylene Tucker
Peter Elder	Myrle Miles	Billye Turk
Dana Ellard	Patsy Munger	Marie Ullrich
DiAnn Eustis	Sandy Nelson	Emily Valentine
Sue Everett	Janet Olsen	Janice VanHatten
Norma Exley	Lillian Pacini	Emma Villotti
Lillian Fisher	Valerie Parker	Jane Wakeland
Jan Franks	Anna Peterson	Joyce Ward
Jim Franks	Shelia Pinola	Ruth Ward
Laura German	Judy Pinto	Fran Warga
Santiago Gonzalez	Rhea Pitchard	Carolyn Welch
Mark Grover	Gladys Rasmusen	Pat Welch
Char Gustafson	Joyce Reed	Wally Wellman
Olga Halverson	Katy Richardson	Bill Wester
Lois Hargraves	Del Riedlinger	Marlys White
Gayle Harris	Priscilla Riedlinger	Ruth Whittington
Roberta Heath	Ann Robinson	David Williams
Milli Hickey	Patricia Rowden	Milt Wilson
Joyce Hill	Raleigh Page-	Janet Woodward
Loretta Horn	Russell	Shirley Wright
Edna Housman	Bobbi Ryan	Geneva York
Wilma Howard	Carlos Sanchez	

During August our volunteers donated 1,433 hours to the Center. If paid at minimum wage, the dollar value would be \$14,330! Thank you Volunteers!



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BUNKO

**MONDAY, October 10
5:30 - 8:30 P.M.**

Bartlett Hall - 495 Leslie St.

\$12 per person includes Bunko Game, a great prize,
fabulous food and beverages. Everyone wins a
prize playing Bunko! Bring a new friend to Bunko
and you and your friend will each receive an extra
entry for the door prize drawing as well as
\$2 off admission fee.

All proceeds benefit Ukiah Senior Center.

RSVP Jan Tipton • 462-0004

Welcome new Members!

**Gina Scott
Sandra Wara de Baca**

Happy Birthday to You!



1. William Bray, June Oster, Shirley Schumacher
2. Myrle Miles
5. Margaret Leland, Norm Williamson
7. Joan Eriksen, Carl Straub
9. Denise Ellis, John Houston, Lillian Pacini
10. Oni La Gioia
11. Francine Benassini, Phyllis Berthiaume
12. Elma Wilson
13. Jean Goodman, Roberta King, Keith Kuhl
14. Wayne Bogart, Gayleen Desroches, Lois Gray, Gladys Mann
15. Corinne Olson, Judy Pinto
16. Ted Prescott
17. Linda Hicks, Lorraine Mathews
18. Karen Golden, Glenn Morgan
20. Ray Kokowicz
21. Lloyd Francis
22. Carol Ferguson, Donald Rones
23. Barbara Stone
24. Janice Van Hattem
25. Jeanne Engelman
26. Jim Colling, Tina Rorabaugh
27. Sally Schill
28. Liz Crook, Dorothy Yann
29. Marjorie Thatcher
30. Belle Hicks
31. Carol Ann Hulsmann, Eleanor McNeal,
Louise Rodrigue

Our apologies to Claudia Douglass whose August 30 birthday was inadvertently omitted from the list.

Ice Cream Social

Breakfast for two at Windmills Café

NAME _____

**Don't forget to bring this coupon
with you to the social.**



Photo courtesy of Mendocino County Museum

*Virginia Fitch
continued from page 11...*

The Ukiah Senior Center regards this donation as a precious gift and wants to thank Sue Bostwick, daughter-in-law of Virginia Fitch for thinking of the Center in this way. Sue is also the newest member of The Ukiah Senior Center's Board of directors.

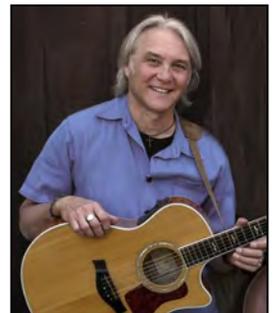
The series of twelve paintings will be on display and available for purchase at the Ukiah Valley Artists Co-op Art show event on October 22 from 10:00 a.m. to 4:00 p.m.

For more information call Debbie Zimmerer, Bartlett Hall Manager and Volunteer Co-ordinator.

Office: 707-462-4343 ext. 107 Cell 707-489-2934

The Ice Cream Social

The Ice Cream Social will be held in Bartlett Hall on Monday, October 24 from 2:00-3:00 p.m. Enjoy a dish of ice cream with toppings and pie or cake for \$2.00. Members over 90 years old or those coming to the Social in their birthday month will enjoy free admission. But all are welcome to come and enjoy! Entertainment will be provided by the very popular and talented, Les Boek. The Celebrity Scooper and donor for the much sought-after "red ticket" \$50 door prize is Steve Scalmanini, City of Ukiah Mayor.



Thanks to the donors and helpers for the Ice Cream Social: Greg Van Dyke, Lucky's, Safeway, Windmills Cafe, Wilma Howard, Marlys White, Jim Busch, Gretel Townsend, Ann Creekmore, and USC volunteers. The Ice Cream Social is a Community event.

Artoberfest

Ukiah Valley Artists Co-op will present the ninth annual free admission art show on:

Saturday October 22, from 10:00 a.m. to 4:00 p.m.. at Bartlett Hall, 495 Leslie Street.



Over 12 artists from the UVAC will be showing oils, watercolors, acrylic and pastel works of art. There will also be a silent auction of all the artists selected works.

Founding member and popular local water-colorist Don Pagano, has donated a reproduction of his original watercolor (pictured above) entitled, "Fall Aspens" for a raffle. Tickets are \$ 1 or six for \$5 and available while the painting is on display for the month of October at Bartlett Hall and the day of the show. Raffle ticket purchases do not need to be present to win. The drawing be held on the day of the show.

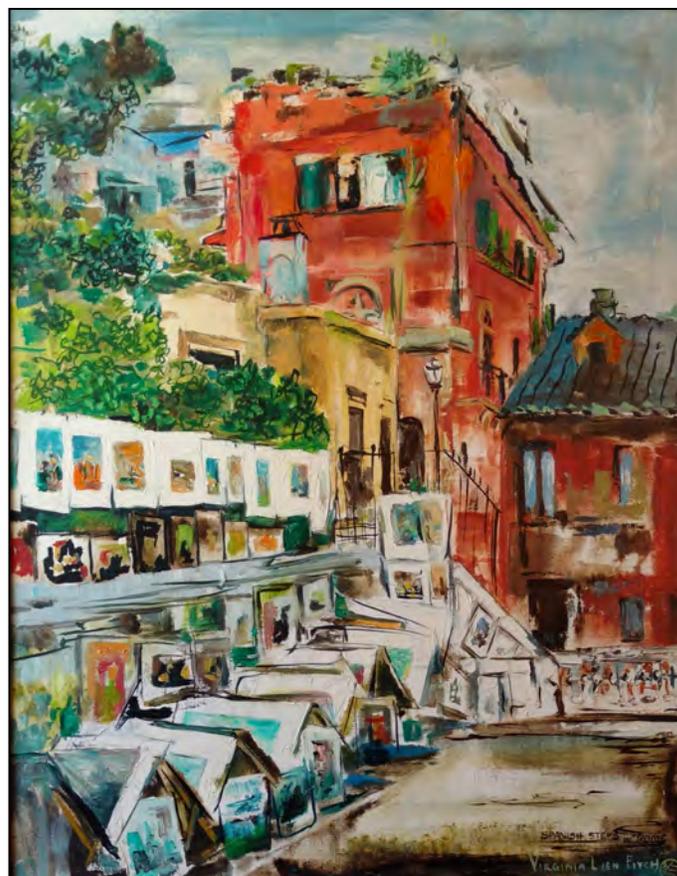
A traditional meal of German Sausage with potato salad, sauerkraut, roll, beer or soft drink will be available for purchase for \$7.

This is a rare opportunity to view so many fine works of art during Artoberfest event.

Virginia Fitch Legacy

Virginia Lien Fitch passed away at home in the early morning of May 4, 2016, at the age of 99. She is well known in Ukiah where she had lived since 1950. She was one of the founding members of the Mendocino County Art Association and her colorful watercolors and acrylics decorate many local homes. She especially loved the water towers and buildings in the town of Mendocino. She believed that if you could read, you could teach yourself how to do anything. She was an artist from an early age and was mainly self-taught.

"Spanish Steps in Rome", pictured below, is one of a collection of twelve paintings recently donated to the Ukiah Senior Center from the estate of Virginia Fitch.



Continued on page 10



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