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

Spotlight

The Ice Cream Social isn’t just for seniors.
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From the Executive Director,  
Diana Clarke

What a wonderful first month this has been for me at the Ukiah Senior Center! John Walker introduced me to my first Ice Cream Social. Jan Tipton showed me around the many tables of folks enjoying monthly Bunko games, and Debbie Zimmerer recruited me to help serve the desserts. George Kennedy made sure I was introduced to everyone celebrating January milestones at the Annie B’s Birthday Lunch. And each week, I meet more new members and volunteers during the luncheons served in Bartlett Hall. With each new encounter, I’m enjoying getting to know the many wonderful people who make the Center such an active and fun place to be, and I greatly appreciate all the warmth, conversation and positive feedback that everyone has been willing to share with me. Each suggestion, observation or new idea that people bring my way, is very much appreciated and as a result, we often implement or explore making changes or taking different approaches to how things are done. So please keep your feedback coming to me whenever we get to visit at lunch or during one of the Center’s activities, or stop by my office located off the Lunch Bunch Activity Room, and I’ll be happy to meet with you. Working together, we’ll be able to make the Center better than ever!

Welcome New Members!

Diana Clarke
Karla Sankovich
Melba Wren
Vercinia Venzant
2015 Membership Renewal

It’s that time of year again when membership dues expired in January 2015. You will see your personal expiration date on your address label of The Scoop.

We have included a renewal form below for easy mailing. If you have renewed for 2015 and wish to receive a new card, please let us know. Lifetime members (LM) who are 90 years or older are not required to pay dues.

If you are currently a member, your dues are always $30 per year per person and $50 per couple, due in January. If you have filled out a Membership renewal form in the past, you do not have to do this again unless you would like to update your information. The pro-rated amounts, that have been confusing to some, are only for new members who join at other times during the year.

2015 Member Renewal Form

Date: ______________________________

☐ Renewal/s ☐ New Member/s (please check box)

$30 per person $50 per couple

Name: __________________________________________

Birth date: Month _______ Day _______ Year ______

Address: _______________________________________

City ___________ State ___________ Zip ______

Phone: Home ___________ Cell ___________

E-mail: _______________________________________

If you are a new member, please enclose this form with your payment, or bring it with you when stopping by the Center. Existing members do not need the form unless there is a change in information.

Please make checks payable to: Ukiah Senior Center and mail to 499 Leslie Street, Ukiah CA 95482

Visa and MasterCard are also accepted.

We appreciate your membership!

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Tax Time...

Tax preparedness service will continue to be offered at the Ukiah Senior Center on a first-come, first-served basis on Wednesdays and Fridays from 8:30 to 12:00 p.m. in Bartlett Hall and ending on April 15, 2015. Be sure to bring a photo identification and the following items with you:

- copy of last year’s income tax return(s)
- property tax statement including parcel number with dollar amount
- W-2 forms from each employer
- unemployment compensation statements
- SSA-1099 form if you were paid Social Security benefits
- all 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends and documentation showing original purchase price of sold assets
- 1099-Misc. showing any miscellaneous income
- 1099-R form if you received a pension or annuity
- All forms indicating federal income tax paid
- dependent care provider information (name, employer, ID, Social Security number)
- all receipts or canceled checks if itemizing deductions
- Social Security cards or other official documentation for yourself and for all dependents
- Form 1095-A for health insurance purchased form the Marketplace

Even if you don’t have enough income to require you to file, the Internal Revenue Service recommends you file in order to prevent identity theft and possible fraud.

The volunteers will be glad to help you. Just make sure you have the proper identity documents and other forms needed as listed above.
HEALTHIER LIVING
WITH CHRONIC CONDITIONS

A new free workshop series will be offered every Thursday beginning March 12 through April 16, 2015 at The Ukiah Senior Center’s Administration building in the RCHDC Conference Room, from 9:00 to 11:30 a.m.

This workshop, presented by Susan Era and Elise Gootherts, will help you cope and manage your disease and live life again. All ages are welcome.

REGISTER TODAY!
Charlie Seltzer 707-972-3191
Susan Era 707-671-5939

Sponsored by Mendocino Health and Human Services Agency and CA 4 Health

The Ukiah Senior Center expresses our heartfelt sympathy to the friends, family and loved ones of

Floyd Hollenback
John Taylor

Talk about Death and Dying over Tea and Cake

Meeting monthly, The Death Cafe will be at the Ukiah Senior Center’s Lunch Bunch Room located in the back Administration Building behind Bartlett Hall. Seating is limited. Meeting time is 2:00 p.m. to 4:00 p.m. The next meeting will be held on March 7. Please call or e-mail to RSVP.

Margo Frank 462-1877 • margo@margofrank.com
Miriam Raphael 456-9151 • mirigel@pacific.net

Caregiver Support Series

Redwood Caregiver Resource Center will present a training on Alzheimer’s for family members and professionals. Facilitator Alexis Glidewell, MSW will present a video entitled “A Thousand Tomorrows: Intimacy, Sexuality, and Alzheimer’s.” The film follows couples dealing with the issue of changes in intimacy as dementia causes changes in roles. These changes are often left unaddressed by professionals, family and friends. Couples discuss from their experiences, how they learned to adapt. There will be a discussion about grief and loss, learning to redefine intimacy when sexual attraction and desire is diminished due to the caregiver’s blurred roles and the care receiver’s ever-increasing dependency for care.

When: Wednesday, March 18
10:00 a.m. to 12:00 p.m.

Where: Ukiah Senior Center Administration
RCHDC Conference Room
499 Leslie Street

Space is limited. Register with Redwood Caregiver Resource Center 542-0282 x 10
(800) 834-1636 x 10 Marsha

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The Ice Cream Social

Where else can you go in town to receive a hardy serving of pie or cake and ice cream with all the toppings for only two dollars? That’s a fabulous deal on its own, but there’s more... For those who attend the Center’s Ice Cream Social, held on the fourth Monday of the month, you will more than likely be entertained by some of the finest musicians and groups in our local area.

Les Boek played to a full house in Bartlett Hall at January’s Social. We are blessed to have our stage graced by Les Boek, Ed Reinhart, Paul Kemp and Machiko, Jim Franks and Rudy Luehs to name a few. These popular boomer talents are showing their appreciation to our seniors by volunteering their gifts. The mutual appreciation shows on the faces of those who listen, sing along and enjoy these dynamic musicians.

The Social also provides a platform to showcase some of the Center’s fun activities such as the Mendo-C-Notes and The Ditzy Line Dancers.

Add a bit of excitement from our Celebrity Scoopers and Angel donors who generously provide $50 to one lucky winner at the Social and you have the “icing on the cake” so to speak! Participants could end up with a lovely fresh pie or cake to take home as well.

(Photos from top to bottom)
Les Boek, musician
Katrina Tinto, Celebrity Scooper Bruton Insurance
Diana Clarke, Executive Director with
Sharon Dory, Piano Instructor

Why not give our Social a try? Read more about March’s Social on page 11.
## March Bartlett Hall Activities

### Monday
- 9:00-10:30 Cribbage and other Games
- 1:00-4:30 Bridge Duplicate
- 5:00-6:00 Line Dance all levels

### Tuesday
- 8:00-11:30 Pinocle
- 11:30-2:00 Singing Group
- 2:15-3:30 Block of Writers
- 4:00-5:00 Senior Aerobics
- 6:01-9:30 Bingo

### Wednesday
- 8:30-11:30 Taxes
- 1:00-4:30 Bridge
- 1:00-3:00 Knit-Crochet
- 4:30-5:30 Line Dancing all levels
- 6:00-9:00 Pinochle

### Thursday
- 1:01-3:00 Bingo
- 4:00-5:00 Senior Aerobics
- 5:00-6:00 Line Dance intermediate/advanced
- 7:00-9:30 Square Dance

### Friday
- 8:30-11:30 Taxes
- 9:30-10:30 Tai Chi
- 1:30-2:30 Line Dance intermediate/advanced
- 2:30-3:30 Beginners
- 6:00-9:00 Pinochle

### Saturday
- 12:00 Piano Class

### Room C Activities

### Monday
- 8:30-12:00 Piano Class

### Tuesday
- 1:00-3:00 Vision Loss Support Group
- 10:00-11:30 Computer Lab

### Wednesday
- 10:00-11:30 Computer Lab

### Thursday
- 9:00-4:00 Original Quilters

### Friday
- 6

### Saturday
- 7

## Sunday
- **BINGO BASH! March 8**
  - 1- 4:30 p.m.

**Board Meeting**
- March 26
  - 1:00 - 2:30 p.m.
  - Administration Building, RCHDC Conference Room

**Sunday Nickle Bingo**
- March 1, 15, 22, 29
  - 1- 4:30 p.m.
# March Dining Room Lunch Menu

Lunch by Zack’s Catering served Monday - Friday at 11:30 a.m.  
Reservations required by 7:30 a.m. -- main reservation number (707) 468-9256.  
Once a month: Annie B’s lunch at 11:30 a.m. ($6.00 eat in/$7.00 to go)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Spaghetti with Meat Sauce Salad Garlic Bread Dessert</td>
<td>3 Quiche Roasted Taters Soup Roll Dessert</td>
<td>4 Chicken Enchiladas Spanish Rice Refried Beans Green Salad Dessert</td>
<td>5 Stuffed Pork Loin Rice, Gravy Vegetable Roll Dessert</td>
<td>6 Swiss Steak Mashed Potatoes Soup Gravy, Roll Dessert</td>
</tr>
<tr>
<td>9 Pork Chops Roasted Red Potatoes Soup Roll Dessert</td>
<td>10 Pot Roast Mashed Potatoes Gravy Salad Roll Dessert</td>
<td>11 Pork Roast Dressing Gravy Soup Roll Dessert</td>
<td>12 Corned Beef and Cabbage Roll Dessert</td>
<td>13 Fried Fish Clam Chowder Vegetable Roll Dessert</td>
</tr>
<tr>
<td>16 BBQ Chicken Baked Potato Soup Bread Dessert</td>
<td>17 Sweet &amp; Sour Pork Rice Soup Roll Dessert</td>
<td>18 Chicken &amp; Dumplings Salad Roll Dessert</td>
<td>19 Annie B’s BIRTHDAY LUNCH Beef Stroganoff Buttered Noodles Salad Roll Cake and Ice Cream</td>
<td>20 Breast of Chicken W/ Chardonnay Sauce Rice Salad Roll Dessert</td>
</tr>
<tr>
<td>23 Chicken Fried Steak Mashed Potatoes Gravy Soup, Roll Dessert</td>
<td>24 Chicken Pot Pie Salad Roll Dessert</td>
<td>25 Roast Turkey Gravy Stuffing Salad, Roll Dessert</td>
<td>26 Baked Ham Scalloped Potatoes Soup Roll Dessert</td>
<td>27 Chicken Enchiladas Spanish Rice Refried Beans Green Salad Dessert</td>
</tr>
<tr>
<td>30 Hot Dogs Green Salad Chili Beans Buns Dessert</td>
<td>31 Ground Sirloin W/ Mushroom Sauce Roasted Potatoes Soup Roll Dessert</td>
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</tbody>
</table>

**SATURDAY NIGHT DANCE**  
Enjoy an evening of music and dance with Will Siegel and Friends from 7:00 to 10:00 p.m. in Bartlett Hall on Saturday, March 7.  
No reservations are required. Admission is $10 at the door.  
462-4343.
BUNKO
MONDAY, March 9
6:00 - 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!
Now on the second Monday of the month!
RSVP Jan Tipton • 462-0004

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Lavonne Abella
Marge Baird
Vertie Baylie
Karen Bone
William Bray
Myrna Bryant
Jim Busch
Georgie Bush
Inez Cake
Joan Cake
Colleen Caldes
Donna Callander
Gail Cargile
Lillie Carr
Dolores Carrick
Mary Champion
Pat Champion
Earline Claunch
Dot Colling
Jim Colling
Maggie Cooper
Betty Cristiani
Liz Crook
Gayleen Desroches
Tom Desroches
Velma Dockins
Sharon Dory
Peter Elder
DiAnn Eustis
Norma Exley
Lillian Fisher
Jan Franks
Jim Franks
Laura German
Santiego Gonzaleze
Mark Grover
Char Gustafson
Olga Halverson
Lois Hargraves
Gayle Harris
Roberta Heath
Milli Hickey
Joyce Hill
Loretta Horn
Edna Housman
Wilma Howard
Geneva York
Ed Howe
Al Hunter
Eileen Jimenez
Jean Johnson
Stephen Jungwirth
Eula Kahle
Bernice Kam
Dexter Kechen
George Kennedy
Nadine Kidd
Robert King
June Knipping
Floyd Knox
Claryssa Koehn
Joanne LaCasse
Theresa Lackey
Oni LaGioia
Janet Layton
Ruthe Linker
Julia Lolich
Jofrid Lolonis
Dawn Long
Ginny Love
Vincent Madixon
Sharon Marshall
Eva McGehee
Patricia Mckinnon
Myrlie Miles
Patsy Munger
Angela Myers
Sandy Nelson
Maria Nofri
Janet Olsen
Lillian Pacini
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Bill Purdy
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Joyce Reed
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Priscilla Riedlinger
Ann Robinson
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Carlos Sanchez
Rashell Sanchez
Denise Satterfield
Dana Saxton
Sally Schill
Obaline Schindler
Anne Schulerer
Traci Selner
Judy Shaw
Margueritte Shields
Donna Smith
Tish Soloman
Loretta Spain
Camella Swanson
Lois Talbot
Emi Taylor
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Billie Turk
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Emily Valentine
Janice VanHatten
Emma Villotti
Jane Wakeland
John Walker
Ruth Ward
Fran Wang
Carolyn Welch
Pat Welch
Wally Wellman
Bill Wester
Marlys White
David Williams
Milt Wilson
Rosalind Wong
Janet Woodward
Shirley Wright

During January our volunteers donated 1,577 hours to the Center. If paid at minimum wage, the dollar value would be $12,616!

Thank you for your dedication in the spirit of giving!

Please remember to report your volunteer hours in the R.S.V.P. binder in Bartlett Hall.

Would you like to join our group of Volunteers? Please stop by the Center to sign up!

Sunday Bingo
BASH!
March 8

Bartlett Hall, 495 Leslie Street
Ticket Sales - 10:00 a.m.
Games begin at 1:00 p.m.

Minimum buy-in $15, includes every game
Payout depends on attendance
Minimum payout $35 every game
3 - $250 Blackouts

$5 Meal served from 11:00 a.m.-12:30 p.m.
Corned Beef and Cabbage
Carrots and Potatoes, Roll

Snack Bar open all Day! Non-smoking.
Any adult 18 years or older.

BARTLETT HALL 468-9256
Thank You, Angel Donors!

Kathleen Barbara
Joan Borecky
Ken Brown
Inez Cake
Paul Conrado
Sharon Deckman
Dragons Lair
Jeanne Engelmann
Fetzer Vineyard
Clara Ford
Milli Hickey
William Hoomalu
George Kennedy
Jim Mayfield
Rose Mothershed
Abbie Ojanpera
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Lavonna Schrock
Marjorie Thatcher
David Vilner
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All About The Scoop

OPTIONS FOR RECEIVING THE SCOOP
For members, we now offer delivery right to your e-mail as an option for receiving our monthly newsletter publication. You can request a digital version with your paper edition or just digital. This is a convenient method to view The Scoop. It can be saved to your computer, and you will see all photos and images in color.

If you would like this service, please send an e-mail to marilyn@ukiahseniorcenter.org requesting your digital copy. The format is PDF and Adobe Reader is required.

The Scoop deadline for submission is on the 4th of the month prior to the month of publication.

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 writer and not necessarily of The Ukiah Senior Center.

SHARE YOUR STORY WITH US!
Have a story about how our Center has changed your life? To submit articles or advertising for The Scoop contact the Editor, Marilyn DeFrange via e-mail at marilyn@ukiahseniorcenter.org or call 462-4343 ext. 115.

All submissions are due by the 4th of the month prior to the month of publication. The Ukiah Senior Center reserves the right to edit or publish any submissions.

ADVERTISE IN THE SCOOP
Business card ads are $25 per month with a minimum commitment of four months. Approximately 600 people, businesses and organizations will see your information monthly. Call 707-462-4343 ext. 115 and leave a voicemail message for Marilyn DeFrange or e-mail marilyn@ukiahseniorcenter.org

A generous donor has offered to match up to $500 on behalf of the Ukiah Senior Center to benefit the Special Olympics of Mendocino County. If you would like to support this very worthwhile organization that depends on donations to operate, please make your check out to Special Olympics of Mendocino County C/O Ukiah Senior Center and mail to: Ukiah Senior Center, 499 Leslie Street, Ukiah, CA, 95482.

Want to contribute to the Special Olympics? Read about it in the paragraph to the left...
4. Clara Ford, Joyce Reed
6. James Busch, Denise Chaix
7. James and Ann Denham
8. Dolores Toivonen
9. Daphne Martyn, Mary Ann Michelsen, Kathleen O’Rourke
11. Richard Hincker
12. Donna Karbe, Ginger O’Shea
20. June Driscoll, Stephen Oberlatz
22. Shirley McMahan, Sharon Deckman
23. Cynthia Hansen
24. Peter Barnard
25. Viola Caddell, Virginia Fitch, Cyndi Montesonti, Samia Whitmarsh
26. Maggie Cooper, Ruth Strait
27. Rachel Nichols, Priscilla Riedlinger
28. Elizabeth Koledin
30. Evelyn Emery, Harriett Handle, Patty Morgan
31. William Smith

Please let us know if your birthday is not correct. 462-4343 ext. 115

Congrats to Ruth Straight who will be 103 years young on March 26!

Thanks to the donors and helpers for the Ice Cream Social: Mark Poston - Lucky’s, Safeway, Windmills Cafe, Wilma Howard, Marlys White, Jim Busch, John Walker, Theresa Lackey, Gretel Townsend, George Kennedy, Ann Creekmore, Gene Hoggren, and USC volunteers.

The Ice Cream Social

The Ice Cream Social will be held in Bartlett Hall on Monday, March 23 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 or those coming to the Social in their birthday month will enjoy free admission.

Entertainment will be provided by Paul Kemp and Machiko, known as Majide! Paul knows all those great standards and songs we remember and Machiko sings them with animation and style.

Our Celebrity Scooper and angel donor for the much sought-after “red ticket” $50 door prize will be Karen Harmon, owner of The Jagged Edge Salon in Ukiah.

At every monthly Ice Cream Social, Ann Creekmore keeps us thinking with the “Name that Tune” challenge! Ann also provides accompaniment for the singing group, The Mendo-C-Notes.

We can't thank these volunteers enough for donating their time, talents and resources to The Ice Cream Social! Bravo!

Sponsor a Senior

Would you like to provide a meal, or 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 The Ukiah Senior Center. You may also come to the office and drop off your donation with this coupon.

☐ Good for 1 free meal $6
☐ Good for 1 roundtrip ride $6

Ice Cream Social
Breakfast for two at Windmills Cafe

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