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

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The Center as a “Friend”

Marilyn DeFrange, Scoop Editor

I’ve known Maureen Troller for decades from my past work at the Center. She volunteered for years in our Thrift Store and although she is no longer able to volunteer, she’s still a very active participant at the Center.

Before the pandemic changed our lives, she would often be seen in Bartlett for lunch, at the Ice Cream Socials and at the Friday Movie Matinees.

Maureen is a bit of a “rascal” with a colorful sense of humor. Her uncensored way of communicating has definitely gotten her into trouble on more than one occasion. It’s also one of the things for me, that makes her entertaining and so endearing.

She has had her share of troubles in very recent years, losing her son and being isolated from family. Although her granddaughter comes three to four times a week and brings her food and does things for her around the house, the past couple of years have been challenging. When I spoke with her over the phone just recently she told me, “I never thought I would outlive my son.” she said quietly, “I miss him terribly.”

I asked her what her days were like now and how she was coping with staying at home. “It’s been hard. I miss my old life at the Center. You get used to having the same people around and talking to them. The Center is what kept me going. They bring me my lunch now. Lisa is a very good cook.”

Her days have been quiet during the pandemic, “I have a friend that brings me puzzle books and I do jigsaw puzzles. We talk at a distance. He doesn’t come in. He has health issues of his own.” Other visits and calls from the Center have helped somewhat. “Fran from the Senior Peer Counseling calls twice a week to check on me. Sometimes she brings me Jell-O and cookies. I miss the free goodies that we used to get at the Center in the mornings. I love candy! Debbie calls me too and gets things for me that I need. She’s very nice. She helps me. Betty and Heather are good friends. I have a lot of good friends at the Center. It’s just hard not going out.”

Maureen tries to stay optimistic, but told me watching T.V. now is depressing. “It’s the same thing and they don’t tell you anything good.” After a while she has to turn it off. “I know things will get better. It’s just hard right now.”
Update on Services

From Rachael McDavid, Executive Director

Dear USC Members and Community Partners,

As I write this, we are awaiting the next phase in Stage 2 of the Shelter in Place order which will allow small gatherings and further retail operations to open. Although it is challenging to not know for certain when we can reopen additional services, we understand the vagueness as officials want to be sure the actions we take as a community do not increase cases of the COVID19 virus.

That being said, we are pausing on any event scheduling until we get confirmation from both local and state authorities that gatherings are safe to hold. We will continue to provide our services that we have maintained throughout this pandemic. See page six for the list of those services. Please feel free to call me directly if you have any questions or feedback on Ukiah Senior Center’s response to the pandemic (707-462-4343 x106). Our goal is to continue our mission no matter the obstacles and in order to do that we must be creative, strategic, focused and flexible as an organization.

Thank you for your patience. We so much look forward to having you all come back again to celebrate, learn and experience our community together.

Sincerely,

The Ukiah Senior Center Board meeting will be held on Wednesday, June 3 from 2:30 to 3:30 p.m., in room 3. The public is invited to attend.

For further information, contact Rachael at director@ukiahseniorcenter.org or call 707-462-4343.
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:

Ukiah Senior Center, 499 Leslie Street, 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

Caregiver Support Series Update

The Director of Redwood Coast Regional Center has made the determination to suspend the Video Series, and Caregiver Support Group we facilitate each month at Ukiah Senior Center.

We want to help keep our caregivers and their loved ones as well as possible during the Coronavirus outbreak. By limiting people gathering in groups we feel that we will be doing our part in slowing this virus down. We will resume our groups once COVID-19 is under control. Please call us at 707-542-0282 with questions.

Ukiah Senior Center

Expresses our deepest sympathy to the family, friends and love ones of...

Dana Saxton-Ellard

“Dana was a valued volunteer assisting the participants in the Lunch Bunch Program.”

Mary Ann Anderson
USC Manager

Noel Hale

“Noel was a most interesting and gentle person. He was a gifted mathematician who left a legacy of kindness for those who knew him.”

Wade Koeninger
USC member

Welcome New Members!

Marjorie Leach
Rode Bednar
Jack Bednar
Partners with Ukiah Senior Center

Need Someone to Talk to?

Call Our New Senior Chat Line
(707)462-4343 x102
Speak with one of our trained and experienced staff.
Feel supported.
Get resources.
Monday through Friday
10 AM to 4 PM

From Rachael McDavid, Executive Director

As this pandemic highlights for all of us the importance of staying connected, we are so grateful to the Mendocino College of Nursing for reaching out and suggesting we partner to further serve seniors in our community.

Beginning in April, students currently finishing their nursing program began volunteering to connect with our seniors and see if any further support is needed as they shelter in place.

The nursing students are calling seniors to ask how they are doing, do they need anything like food, medical support and transportation. Wherever possible, the students are referring seniors to the Ukiah Senior Center programs that are still available.

One example of their great work was when a senior expressed concern over running out of food. The nursing students brainstormed with Heather, our Outreach Manager, and was able to offer meals through Bartlett Hall.

When a community faces a crisis, it is a testament to our humanity when we come together and ensure the needs of the most vulnerable are identified and met as much as possible. Thank you, Mendocino College of Nursing, for showing your level of care in partnership with Ukiah Senior Center.
Services Available During Shelter in Place

- NEW SENIOR CHAT – Call to speak to someone about how you are doing during this pandemic and receive referrals to services Monday through Thursday 10:00 a.m. - 4:00 p.m.
- Outreach Program- Delivery of meals, healthcare appointments, daily living assistance, grocery shopping assistance
- Meal pick up – Call 468-9256. Reservations for meals are required by 7:30 a.m. on a first-come-first-serve basis

Bartlett Hall:

- Open 8:00 to 1:00 PM
- Food pick up, morning coffee bar, TV and WIFI while practicing social distancing
- Pick up of grocery donations– first come, first serve basis
- Following Mendocino County guidelines, signs of symptoms may prevent being permitted into the building

Transportation:

- Monday, Tuesday, Thursday, Friday 8 AM to 4 PM
- Essential trips only, such as appointments, grocery shopping, pharmacy, banks
- Following Mendocino County guidelines, signs of symptoms may prevent being given rides

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The COAST
FM 95.3/95.9 KOZT.com mobile

Mendocino County
June Dining Room Lunch Menu

We’ve got meals to go!
Only take-out meals will be served until further notice.
Please call to reserve your meal. Main reservation number (707) 468 - 9256
Meals are $7.00 each or purchase a 5 - meal ticket card for $30
Reservations required by 7:30 a.m.

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<td>French Dip</td>
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**Birthday Lunch**
Grilled Tri Tip Steaks
Veggie & Shrimp Kabobs
Loaded Cheesy Potatoes
Dessert
The Lunch Bunch Care and Activity Program

Providing respite for caregivers and family members in the care of their loved ones. New participants are welcome with 24-hour notice. Music, crafts, lunch, games, gentle movement and fun socialization.

The Lunch Bunch Program Temporarily Suspended Until further notice.

Know of a family with a senior member who might enjoy coming to the lunch bunch? This wonderful program not only brightens seniors lives and keeps them connected, but also provides a rest for family members and caregivers.

Want to try it out before committing? You and your loved one can spend a visit day with us at no charge. Just call with 24 hour notice.

Mary Ann Anderson
Lunch Bunch Manager
707-462-4343 ext.121
lunchbunch@ukiahseniorcenter.org

Anna Phillips, Assistant Coordinator
Ann Tucker, Support

Thanks to our generous Lunch Bunch donors and the T.R. Eriksen Foundation Grant.

Sponsor a Senior Health Ride

Would you like to provide transportation for a senior to get to medical appointments in, or out of town? Just check the box for your donation of choice, cut out this coupon and include it with a check made payable to: Ukiah Senior Center, 499 Leslie Street Ukiah, CA 95482

You may also come to the office and drop off your donation with this coupon. Prices below are good for one round-trip ride.

- Ukiah - $6
- Willits - $30
- Santa Rosa- $70
- Other - ____________

Volunteer drivers are needed! Applications are available in the Administration Office.
Thank You Angel Donors!

Sandi Bartolomei
Francine Benassini
Marla Bentien
George and Ruth Bradford Foundation
James Busch
Inez Cake
Willard Carlstedt
Loretta Cohen
Jean and Francis Crabtree
Sharon Deckman
James and Ann Denham
Tom and Gayleen Desroches in memory of Erik Page
Ginney Detzel
Dee Dix
Dragons Lair
Michael and Jacquelyn Flynn
Joan and Louis Fortin
Jim and Debra Franks
Donna Glass
Raymond Gray
Margaret Green
Holy Trinity Episcopal Church
John and Linda Houston
Lynn Howard
Carol Jacobszoon
Kristin Kelly
Joan Kostove and Sarah Williams
Dorothy Ledford in memory of Sandi Ledford
Clara and Craig Lehman
Janet McCleod
Lewis Martinelli in recognition of the loss of George Degali
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Sustaining Donors

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Beverly Morby Estate Fund
George and Ruth Bradford Foundation
Mabel Albertson Fund
T.R. Erikson Foundation
Ukiah Senior Center Endowment Fund
William H. Carter Trust

VOLUNTEER DRIVERS ARE NEEDED

Senior Health Transport is a service to assist seniors who need out-of-town medical transportation from Ukiah, Redwood Valley, Potter Valley, Calpella or Talmage to:

Willits • Fort Bragg • Lakeport •
Clearlake • Santa Rosa • St. Helena •
Oakland • San Francisco • Palo Alto

Volunteer drivers are needed, especially those who are willing to drive seniors to the Bay Area, but all volunteer drivers are welcome.

Approval of a DMV report (provided by Ukiah Senior Center) is required.

You could be that compassionate and capable driver who makes a difference in a senior’s life.

Applications for volunteer drivers are available at the Ukiah Senior Center Administration offices, 499 Leslie Street. 707-462-4343
Thank You Volunteers!

Judy Adams
Ashley Adamski
John Allen
Kuntari Bachelor
Gail Bartlett
Kathy Belford
Bill Blackburn
Vicki Blackburn
Marie Bolstad
Sue Bostwick
William Bray
Kathryn Brooks
Judy Burdon
Don Burgess
Jim Busch
Inez Cake
Donna Callander
Michael Castle
Pat Champion
Dot Colling
Pat Collins
Anne Creekmore
Liz Crook
Pat Dabbs
Lawretta Dawkins
Ann Denham
Jim Denham
Gayleen Desroches
Tom Desroches
Barbara Dollison
Gladys Dudley
Claudia Douglas
Dana Ellard-Saxton
Bob Flansbury
Sue Everett
Jim Franks
Ronita French
Sue Fullbright
Laura German
Dale Greenlee
Linda Groth
Dave, Lynne Gradek
Kim Guilfoyle
Lois Hargraves
Gail Harris
Adele Hernandez
Joyce Gibson-Hill
Mark, Lyla, Karis,
Charolotte King
Heidi Hernandez
Milli Hickey
Sherry Hoey
Dan Hollbrook
Edna Housman
Olga Huddleston
Carolyn Johnson
Dave Johnstone
Stephen Jungwirth
Bernice Kam
Mrs. Kang
Dexter Keehn
Kristin Kelly
Roberta King
Carol Kissler
Ron Kohen
Floyd Knox
Thomas Koppa
Gael Kreider
Lorilyn Kreutz
Oni La Gioia
Elizabeth Larson
Lori Laughlin
Janet Layton
Clare Lehman
Dawn Long
Ginny Love
Pita Mann
Liz Mac Millan
Sharon Marshall
Sally McKnight
Patsy Munger
Tom Nicholson
Linda Nagel
Keith Oakley
Lillian Pacini
Valerie Parker
Dorothea Parsons
Clara Phillips
Velia Pineda
Sheila Pinola
Judy Pinto
Rhea Pitchard
Yolanda Poe
Diana Ratliff
Joyce Reed
David Reedes
David Reveles
Priscilla Riedlinger
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Bobbie Ryan
Fran Saito
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Wendy Sanchez
Linda Sarenius
Susie Schrock
Sandy Severson
Maria Sherman
Donna Silva
Lisa Silva
Donna Smith
Tish Soloman
Karen Stewart
Matt Sullivan
Linda Taylor
Diane Thomas
Jan Tipton
Richard Towle
Gretel Townsend
Connie Trouette
Anne Tucker
Lynn Tucker
Roylene Tucker
Ruth Ward
Laura Welch
Jim Wilson
Trish Williams
Janet Woodward
Terry Wright

Happy June Birthday to You!

Tom Alden
Gladys Baggett
Vicki Bitonti-Brown
Scooter Boyd
Garry Chapman
Lillian Cohn
Vergilia Dakin
Gerri Dutton
Charles Era
Constance Garzini
Dale Greenlee
Kim Guilfoyle
Pamela Hammack
Caro Lorber
Wayne McBride
Janet Mendell
Bette Niderost
Clara Phillips
Phil Pierson
Elaine Richard
Darlene Simmons
Florita Stephenson
Stephanie Stevens
Roylene Tucker
David Vilner
Sandra Wara de Baca
Diane Whitney
Debbie Zimmerer

Congratulations to this month’s centenarian!

Phil Pierson

102 years young!

Lawrence O. Johnstone
On-Site Computer Services

Frustrated or confused when your computer doesn't function properly? Lawrence Johnstone will come to your home and fix your issues at a very reasonable senior rate.

During March, our volunteers donated 1,062 hours to the Center. If paid at minimum wage, the dollar value would be $12,744 Thank you Volunteers!

Please remember to record your hours in the RSVP book in Bartlett Hall so that you are included on our monthly list in The Scoop.

Dining Room Coordinator for Volunteers
Debbie Zimmerer, (707) 462-4343 ext. 107
Please do not leave lunch reservations at this number.
In April, the Center lost a long-time participant and volunteer for the Lunch Bunch Activity Program. Dana Saxton-Ellard (pictured right) had been coming to the Center around the time of the Adult Day Health Program in 2000. That wellness program helped her to achieve better health. It connected her to others and gave her a new life-purpose. She volunteered assisting program managers for these vital services that supported the lives of seniors.

Dana rode our buses for many years as well. Just like so many of our other passengers, Dana considered our transportation bus drivers as friends. She wrote a letter of support as part of the documentation that I submitted for a bus grant years ago. The letter told the story of one of our drivers saving her life. On a typical morning this driver stopped at Dana’s house to pick her up for the program. She knocked on her front door and waited for Dana to come out. Dana’s dog was barking, but no Dana. The driver went to the back door and knocked again. The dog followed her to the back door inside, still barking frantically. The driver sensed something was not right. She knew Dana was a diabetic and vulnerable, so she alerted our dispatch person and 911 was called. Later, after Dana was taken to the hospital, we were told that Dana’s blood sugar was so low that she went into a diabetic shock. If our driver had not responded as quickly as she had, Dana most certainly would have passed.

This tragic story was repeated a few months ago and because of the current pandemic, the program is closed and those frequent rides with our buses coming to the Center ceased. This was a shock for all of us but also a sobering example of why our programs are so essential for seniors and the disabled in our community. It is a reminder of how our Transportation service and all the other programs that are interconnected, such as The Lunch Bunch and Outreach services are so vital. We are joined to our seniors on a personal level. It’s a tie that stays for many years during a person’s life and to some, it’s all they have. The Center would like to express our deepest sympathy for the family and loved ones of Dana Saxton-Ellard.
For All Your Real Estate Needs

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551 South Orchard Avenue
Ukiah, CA 95482
707.462.6514

**Willits Branch**
390 South Main Street
Willits, CA 95490
707.459.6175

**Laytonville Branch**
44960 Highway 101 #G
Laytonville, CA 95454
707.984.7000

Colton Thompson
DRE #02038004
707.467.3621 office
707.391.8852 cell
colonthompson34@gmail.com
www.colonthompsonrealestate.com