

FORTUNA SENIOR SCENE

Vol. XVI, No. 1

January—February 2019



WELCOME NEW DIRECTOR

Hello everyone! My name is Valerie Vosburg, but you can just call me Val. I will be attempting to fill the shoes of Naomi as the new Executive Director of the Fortuna Senior Center. I am looking forward to working hard for you and enjoying our fun times together. This is a wonderful opportunity for me. I'm hoping to build long-lasting relationships while serving the Fortuna Senior Center and its members to the best of my ability for years to come.

Please stop by and say hello!

Computer Scam

If you get a call informing you that your Microsoft license key on your computer has expired and to call a number to renew it — DO NOT CALL. This is a scam. Your license key to computer software does not ever expire.

HSRC—A1AA—McLean—MGC—RCV

What are these groups?

It is really confusing about which organization does what, so maybe the following will help.

Fortuna Senior Center—membership-based non-profit which provides programs & activities and information about services for seniors.

Area 1 Agency on Aging (A1AA) - there are 33 areas in California; Area 1 represents Humboldt and Del Norte. It receives state and federal funds for Senior Information & Assistance, Senior Legal Services, Long Term Care Ombudsman, Nutrition—Dining Centers & Home-Delivered Meals, Health Insurance Counseling (HICAP). Area 1 also manages the Volunteer Driver Program. A1AA is the best resource for everything senior.

Humboldt Senior Resource Center (HSRC) - it provides programs for seniors in Eureka but also receives funds from A1AA for the Dining Centers & Home-Delivered Meals. It receives funding to operate the Alzheimer's Resource Center, Adult Day Health, and PACE (Program of All-Inclusive Care for the Elderly), and it manages the firewood program as a fundraiser.

McLean Foundation—is a privately-funded foundation that provides funding for nonprofit organizations in the northern Humboldt area.

MGC—is now under the McLean Foundation and will continue to do programs for youth, families, and the community.

Redwood Coast Village (RCV) - is a nonprofit that provides volunteer-based services for its senior members—transportation, helping hands, checking-in phone calls.

Vol. XVI, No. 1
January—February 2019

Senior Scene is a bimonthly publication of
Fortuna Senior Center
P.O. Box 336
Fortuna CA 95540
2280 Newburg Road (707)726-9203
admin@fortunasenior.org

Board of Directors

Larry Rogers
Chris Wennerholm
Marsha Hays, President
Pat Johnson
Margaret Stockes
Neena Olson
Don Mederios
Wanda Rigby
Kent Wrede

Advisory Council Members

Craig Berry	Bob Besanceney
Keith Borges	Chris Broadstock
Clif Clendenen, Chair	Sally Conley
Nancy Kirtley	Jeff Nelson
Jon Sapper	Dennis Scott
Jeremy Stanfield	Tami Trent
Hec Wood	Joan Woodcock
Bob Zigler	

Executive Director—Val Vosburg

Newsletter—Naomi Johnson

Membership - Diana LaVen, Pat Johnson

Newsletters available online at www.fortunasenior.org

Like Fortuna Senior Center on Facebook!!!

PRESIDENT'S THOUGHTS

I looked back in past newsletters and found the July/August 2011 edition which had Naomi Johnson as the one responsible for publishing the paper. How it has changed, but Naomi still has her name on the paper. Now, this will be the last time that we will see her name on it.

We have grown so much these past years. Her hard work has taken us to over 500 members. We will miss her organizational skills, her commitment, and her knowledge.

It is such a bittersweet time for us here at the FSC. Naomi has worked hard and we hate to see her go, but we are so pleased that she and Earl will have this time together to travel, work in their beautiful garden, fish, or just do nothing!!! She certainly has earned this retirement.

So THANK YOU, Naomi, and the best of health and happiness from all of us.

Marsha Hays



Nola Sharp & Pete West—Holiday Potluck 2018



Happy
New Year!

10				
BINGO				
4	27	32	55	73
15	25	41	58	75
8	26	0	59	70
7	22	33	54	62
13	17	43	48	67

BINGO

Sundays— Jan. 20th &
Feb. 17th

4:00-8:00pm MGC

Cash pay-outs. Food available for purchase.

Members can bring guests.

Come join the fun!

WEEKLY EVENT CALENDAR

Unless otherwise noted, activities are at the MGC

Monday

8:30am *Walking Group*, River Walk
9:00am PE for Seniors, Methodist Church
9:00am *Tai Chi*
10:30am PE for Beginners, Methodist Church
11:00am *Line Dance*
11:30am *Senior Exercise*, Rio Dell Baptist Church
1:45pm *Book Club* (1st Monday)
3:30pm *Ukulele Group*
5:00pm *S.A.I.L. Exercise*

Tuesday

8:30am *Walking Groups*, River Walk & Rohner Park
1:30pm *Senior Stitchers*
2:00pm *Seated Tai Chi*
3:00pm *Recorder Group*

Wednesday

8:30am *Walking Group*, River Walk
9:00am PE for Seniors, Methodist Church
10:30am PE for Beginners, Methodist Church
11:30am *Senior Exercise*, Rio Dell Baptist Church
Noon *Senior Lunch Bunch* (1st Wed.), call Chris
725-2020 or Carol 725-2931
1:00pm *Tai Chi*
5:00pm *S.A.I.L. Exercise*

Thursday

8:30am *Walking Group*, Rohner Park
9:00am *Cards*
9:30am *Yoga for Seniors* (6 classes \$54, first class free)
1:00pm Mah Jongg
2:00pm *Seated Tai Chi*
3:00pm *Bocce Ball*, Rohner Park

Friday

9:00am *Biking Group*, call Chuck 725-5095
9:00am *Hiking Group*, call Lynn 725-7953
9:30am *Cards & Games*
11:30am *Senior Exercise*, Rio Dell Baptist Church
2:00pm *Scrabble Group*
7:30pm *Fortuna Camera Club* (last Fri.), Meth. Chur.

Sunday

10:30am *Qigong Class* (\$10 instructor fee)

The Mission of Fortuna Senior Center is to
“**Enrich, Empower, and Involve**
Boomers and Beyond
of the Eel River Valley Area”

MONTHLY SOCIALS

2280 Newburg Road, MGC

January 19—Saturday Social: Speaker

Sarah Kohndrow and Andrea Page, from Open Door—Fortuna, will provide an update about the new medical center. There will be time for questions.

11:00am Senior Center

February 16—Saturday Social: Luncheon

EVERYONE IS WELCOME. Help us recognize our volunteers. Fortuna Senior Center will provide the lunch.

11:00am Senior Center

MINI—TRIPS

To make a reservation or for information, call the office at 726-9203. Please let the tour leader know by Thursday before the tour if you need to cancel.

January 25—California Conservation Corps

February 22—Times-Standard

Pinochle Tournament Winners

November—high score

Men: 1st Jim Dell'Era Women: 1st Lou Eldrige
2nd Smithy Richardson 2nd Linda Wall

December—most games won

Men: 1st Don Mederios Women: 1st Bernice Reynolds
2nd Don Rassbach 2nd Marilyn Forsell

The tournament is held on the third Thursday of each month, starting at 9am. We also play cribbage. Everyone is welcome on Thursdays and Fridays.

Open Mic Corner

The last Open Mic of the year on November 25th had a pretty good turnout for a holiday weekend.



A shout out to our faithful audience members who never miss a show, rain or shine!

Our musicians sang their little ol' hearts out.

Bill Dann, Richard Phillips and David played country favorites - *Invitation to the Blues* and *Crazy Arms*. There is something about the steel guitar and fiddle that gets the feet tapping.



Christmas songs were sung by Roger Vernon (*Have Yourself A Merry Little Christmas, Please be home for Christmas*) and Nola Sharp (*Christmas in Kilmarnock and Melekalikimaka*).



Other great tunes included *I Can't Help Falling in Love with You*, (John Muno), *Your Cheatin' Heart* (Pete West) *Muddy Waters* (Ukelaliens), *All of Me*, (Les Craig), *Sunshine of My Life* (Gayle Rafferty) and more. A touching moment occurred when Deb Woods found the chords to *St. Louis Blues* sung a cappella by Joy, transforming the song.



Kudos to the musicians who share their musical talents, the coolest of audiences, and the cookie ladies for their culinary delights.



The Open Mic Jamboree occurs on the fourth Sunday of every month except December and May.

Upcoming Open Mic Jamborees will be January 27th and February 24th from 2-4:00 at the Fortuna Monday Club, 610 Main Street.

Join us for a real fun time. See you there!

For more information, contact Fortuna Senior Center at 726-9203.

VOLUNTEERS—Thank You!!!

Bingo

Don Mederios	Betty Mederios
Marsha Hays	Lou Eldrige
Diana McAllister	Sharon Rogers
Dennis Doty	Nora Doty
Margaret Stockes	Pat Johnson
Bob Johnson	Bunny Anderson
Jim Dell'Era	Darlene Mederios

Veterans Day Tribute

Gary Markegard	Wanda Rigby
Chris Wennerholm	Marsha Hays
Jan Syvertson	Kent Wrede
Don Mederios	Alice Herman
Joan Woodcock	Diana McAllister
Margaret Stockes	Donna Feddersen
Justin Olson	Neena Olson
Lou Eldrige	

Skating Rink

Chuck Dwelley	Sally Dwelley
Shawn Nichols	Margaret Stockes
Bob Besanceney	Don Rassbach
Bob Johnson	Pat Johnson
Diana McAllister	Lee Tomasini
Earl Jacobs	Jim Stanfield
Brigid Young	Neena Olson
John Lea	Don Mederios
Marilyn Forsell	Marsha Hays
Val Vosburg	Dolly Lockett
Tom Trump	

If you would like to be a volunteer, call the office.

Community Center Update

- The roof and siding are on
- They are working on drywall & solar panels
- The goal is to have part of the parking lot done sometime this winter/spring; we cannot move our programs in until it is
- Estimated completion of our building is the spring/summer of 2019

MAKING A DIFFERENCE



- **THANK YOU** to everyone who contributed to our end-of-the-year appeal. Whether it was one dollar or a thousand dollars, all donations are important.
- Thank you to all the volunteers who helped with the skating rink. We earned \$1,000.
- The winners of our Veterans Day drawing were:
 - Ivanhoe—Lou Eldrige
 - Double D—Evvy Colivas
 - Renner Gas—Les Miranda
 - Springville Meat—Sherry Hawks

Comfort Music

The Arcata Threshold Choir offers comfort singing as a free service for our community. They seek to bring ease and peace to those at the threshold of dying, and lend support to their families. In groups of three or four singers, they offer restful songs to people in hospitals, homes, hospice and care facilities in northern Humboldt County. They have no religious affiliation and honor all spiritual paths.

To request the singers, call (707) 613-7328. To learn more go to Facebook: ArcataCThresholdChoir or website: thresholdchoir.org/arcata



Office Assistants

Alda Nordstrom (retiring), Naomi, Diana La Ven, and Colleen West

Missing: Wanda Cope & Jan Syvertson (retiring)

I ♥ ROCB

Redwood Capital Bank

EUREKA • FORTUNA • ARCATA

redwoodcapitalbank.com

BEVERAGE *PLUS* FOODS

For All Your Discount Liquor & Grocery Needs

KEVIN JOHNSON
MANAGER

1221 Main Street Fortuna, CA 95540 (707) 725-9303
 Email: beverageplusfoods@suddenlinkmail.com

FOOT PROBLEMS? WE CAN HELP!

FOOT PROBLEMS AFFECT YOUR ANKLES, KNEES, HIPS AND ATTITUDE... LET US HELP YOU FEEL BETTER!

The shoe store that still measures your foot.

Strehl's
FAMILY SHOES & REPAIR

CORNER OF 12TH & MAIN • FORTUNA • (707) 725-2610

WE'RE CERTIFIED TO WORK WITH DIABETIC & PEDORTHIC FOOT NEEDS!

Marilyn Strehl, C.PED. Certified Pedorthic © C.PED. 2262

AGE 60+ ENJOY FREE PRIMETIME CHECKING!

- No monthly service charge
- FREE box of standard checks per calendar year*
- Three free Cashier's Checks per month
- \$20 discount on safe deposit box
- Enjoy a full array of products and services

*Limit one box per calendar year of custom checks. Must open a checking & Membership Savings account.

445-8801

People Helping People

Belonging Never Felt Better™

Coast Central Credit Union

coastccu.org

LANDMARK REAL ESTATE

www.landmarkhumboldt.com

Jeremy Stanfield, Broker
DRE #01339550

K REALTOR® **MLS** Multiple Listing Service

Bus: (707) 725-2852
 Fax: (707) 725-4052
 Cell: (707) 496-3806
 Email: Jeremy@jeremystanfieldhomes.com

125 12th Street Fortuna, CA 95540

HUMMEL TIRE & WHEEL, INC.

Tires • Auto • Trucks • Tractors
 Brakes • Shocks • Alignments

260 S. Fortuna Blvd.
 Fortuna, CA 95540

Lisa Hummel Owner
Wendy Hummel Owner

Phone: 707-725-4120
 www.hummeltire.com

Joan Woodcock Insurance Services

I CAN HELP!

Medicare Supplements • Life
 Prescription Drug Plans
 Dental Plans

725-1200

1506 A Main Street, Fortuna
 CA Lic. #0E34152

OFFICE HOURS BY APPOINTMENT
 PHONE 725-5144 FAX (707) 725-3511

FORTUNA OPTOMETRY

ALAN E. FRENCH, O.D.
 DOCTOR OF OPTOMETRY

www.fortunaoptometry.com
 630 9TH STREET
 P.O. BOX 518
 FORTUNA, CA 95540

COMPUTER Tutoring

Wednesdays, 3:30-5:30pm

Larry Rogers is available for appointments regarding computer questions.

Fee: half hour appt. \$5 Hour appt. \$10

Call the office to make an appointment: 726-9203

State Farm

DON BROWN, Agent

755 12th Street Fortuna, CA 95540-2148
 Bus (707) 725-1135 Fax (707) 725-2611
 Res (707) 725-2898 Toll-free (877) 837-0902
 don.brown.b4ci@statefarm.com

!!! HAPPY BIRTHDAY !!!

January

- 2 Jennie Canevari
- 6 Judy Richardson, Linda Wrede
- 7 Kay Dunnegan
- 8 Marilyn Forsell, Lorraine Miranda
- 9 Loretta Davidson
- 10 Naomi Johnson
- 11 Doris Cleaver, Pat Francesconi, Chet King, Olivia Lozano
- 13 Judy Beck, Al Porter, Monte Taylor
- 14 Pat Fountain, Neal Kesterson
- 15 Sandie Marlow
- 16 Bernice Reynolds, Nadine Seiler
- 17 Christy Graham, Kenny Mahouski
- 20 Ellen Krohn, Colleen West
- 21 Betty Hurst, Alda Nordstrom
- 24 Lynn McCracken
- 25 Edith Dalton
- 26 Lily Ruth Davison
- 27 Mary Carroll, Marcia Kelley
- 28 Bobbie Crews
- 29 Bonnie Christiansen, Shirley Lipa, Joy Sinclair
- 30 Gladys Burres, Mary Lou Erickson, Debbie Krukanis
- 31 Jane DeHaan

February

- 1 Joyce Sousa
- 2 Shawn Nichols, Sharon Richmond
- 4 Jeanne Bartkowski
- 7 Ken Hinman
- 8 Judy Irvin, Bob Johnson, Bonnie Settle, Jeneane Wilsey
- 9 Alice Herman
- 10 Mary Barth, Helen Broadwater
- 11 Fannette Downey-Allman, David Somerville
- 12 Frances Henry, Cheryl Pepper, John Schmidt, Dick Wall
- 14 Doni Rogers
- 15 Ward Mengel
- 16 Barbara Remington, Larry Rogers
- 17 J'Anne Kausen, Lois Trumbull
- 18 Jerry A. Colivas, Pamela Goodwin
- 19 Judy Ingrham, Nance Naven, Deborah Scaife
- 20 Barbara Johnson, Margatet Koerschgen, Carol Rode
- 22 Lynn Crosthwait
- 23 Rick Center, Bob Wotherspoon
- 25 Linda Cyr, Deborah Prevost
- 26 Gerry Graves, Rosemarie Ulbrig
- 27 George Brito, Sharon Welton
- 28 Judy Dresser
- 29 Bruce Brower



GREEN'S FORTUNA PHARMACY
ROBERT JOHNSON
PHARMACIST
1058 MAIN ST
FORTUNA, CA 95540
7077254431
7077252671
greensrx@att.net
greensfortuna.com

AARP Tax Service

The AARP Tax Service will be available on Mondays from February 11—April 8. The hours will be 9:00-noon and 1:00-3:00. This service is free to seniors.

To make an appointment, call the Fortuna Senior Center at 726-9203 after January 7th.