



FLOURISH & FLOW
MENDO

Join us September 22nd 2:00-5:00pm for the
HARVEST FULL MOON MINI RETREAT

Embodiment Practices, Sound Healing,
Somatic Release for Regeneration, Breath-work,
Journal Journey, and Sai Shakti Healing.
With lots of take home practices to support
your daily life.

FULL MOON WILD WOMEN'S CEREMONIAL GATHERING

OUR FULL, AUTHENTIC, VULNERABLE, AND
DIVINE FEMININE SELVES ARE EMBRACED HERE
AS WE JOURNEY TOGETHER TOWARD
PERSONAL GROWTH AND TRANSFORMATION.

*Bring a notebook & pen and your open hearted
intentions. Suggested donation of 35\$

1726 S. Main St. Ste B, Willits



SEPTEMBER 5, 2024

Women's Health Day

September 11 at Long
Valley Health Center

Submitted by Long Valley Health Center

Long Valley Health Center invites you
to a Women's Health Day on Wednesday,
September 11, from 9 am to 4 pm. The
mammogram van will be onsite, plus well-
women exams, health education, goody
bags and snacks. Free chair massage with
a mammogram or pap appointment. Please
call 707-984-6131 x114 to schedule your visit.

At right:
Madge
Strong
leads the
attendees
in songs
that honor
Mother
Earth.

Ar far
right: NCO
Gardens
Coordinator
Peter
Kotowski
explains
how the
Gardens
Project
brings
garden
accessibility
to people.



Photos by
Mathew Caine



Plots Aplenty

Willits Community Garden invites prospective
gardeners inside for a tour and talks by North
Coast Opportunities and WELL

A garden is a place to either work or relax.
In either case, the rewards are plentiful with
either a bounty of life-sustaining vegetables
and fruits or peace of mind and serenity.

Mathew Caine
Features Writer
willitsweekly@gmail.com

Some gardeners
find both, in creating
growth out of dirt
and seed, tending
and watching the plants become mature,
yielding tomatoes, kale, zucchinis, and
a hardy list of edibles that are fresh and
organic.

The Willits Community Garden has
been supporting gardeners in this effort
for several years, under the tutelage
of the Gardens Project of North Coast
Opportunities, an organization that provides
vital services to Mendocino County as well
as several nearby counties. Last Saturday,
under the sponsorship of Willits Economic
Localization, also known as WELL, the
public was invited to the garden, which is

located behind the sheriff's station, next to
Recreation Grove Park, in order to see the
facility.

Guest speaker Peter Kotowski, gardens
coordinator for the NCO Gardens Project,
spoke to the attendees about the project's
purpose and reach: "There are individual
gardens, and each one has their different
flavor, and each one is a developing
community," explained Kotowski. "We build
in garden leaders and, eventually, if they
decide to be under the umbrella, NCO is
a non-profit, so we can help with insurance
and developing rights to the land. If it's part
of the gardens that we built, we're there to
support all community gardens.

"There are 63 total gardens that we've
built," said Kotowski. "People can come to
us and ask for help in starting a community

Read the rest of
Garden [Over on page B4

Goody bags
Well women exams
Snacks
Health education

WOMEN'S HEALTH DAY

WED SEPT 11 | 9AM - 4PM

MAMMOGRAM VAN ONSITE

LONG VALLEY
HEALTH CENTER

Free chair massage with a mammogram or pap appointment

Call to schedule at 707-984-6131 x114

50 BRANSCOMB RD, LAYTONVILLE
WWW.LONGVALLEY.ORG

Friday
September 13
6pm - 7pm

FLOURISH & FLOW
MENDO
WELLNESS & FITNESS STUDIO

\$15 Drop In
or Class pass

Warm Candlelight Restorative

Restorative Yoga focuses on slow, thoughtful
movements that link breath with movement.
Inward focus: The candlelight encourages a
shift in focus from the outside world to the
inner eye, helping to increase awareness of the
body and mind.
Relaxation: The candlelight and other elements
of the class, such as music, are intended to
help the student relax and unwind.

All levels welcome!

Stay after and enjoy some tea and socializing.

1726 S Main St. Ste B, Willits

Evento Mobil de
Mamogramas
¡Hazte tu mamografía en Laytonville! ¡Solo un día!

11 de sept. de 2024 • 9am - 4pm

15 Minutos podrían salvar su vida!

MAMOGRAFÍA
La mamografía generalmente está cubierta para mujeres mayores de 40 años sin síntomas.
Los pacientes menores de 40 años deben cumplir los siguientes criterios:
• Debe tener orden médica (No auto-referidos)
• Si es menor de 30 años, la orden del médico debe especificar por qué usted tiene un alto riesgo (antecedentes familiares importantes, mutación BRCA, etc.)
• Se requiere pago por cuenta propia si el seguro no cubrirá exámenes para menores de 40 años

SEGUROS
Se aceptan varios seguros HMO y PPO. Por favor consulte con su coordinador de eventos para obtener más información.

TENER RESULTADOS
Resultados de la mamografía dentro de los 14 días hábiles.

Long Valley
Health Center
50 Branscomb Road
Laytonville, CA 95454

Llama para programar:
(707) 984-6131 ext 114

¿No tiene seguro? Puede recibir una mamografía gratuita por cortesía de: California's Cancer Detection Program - Every Woman Counts (CDP-EWC) Department of Health Care Services

Para obtener el servicio GRATUITO debe:
• Tener 40 años o más
• Tener bajos ingresos familiares
• No tener seguro

Screening services provided by: **alineam** MEDICAL IMAGING
a Rezolut partner



LVHC welcomes Jodi Parungao, MD

Submitted by Long Valley Health Center

Long Valley Health Center is excited to welcome Jodi Parungao, MD to our Care Team and community. Dr. Parungao is a board-certified family medicine physician who will be seeing patients three days a week and serving as Long Valley Health Center's Medical Director.

Dr. Parungao has been the Program Director for the past three years at Adventist Health Ukiah Valley Family Medicine Residency, practicing full spectrum family medicine. Dr. Parungao was born and raised in Atlanta, Georgia and has gradually found herself moving more west throughout her training. She found a love for teaching soon after graduating college and taught middle- and high-school students with special needs.

She attended medical school at the Medical College of Georgia in Augusta, Georgia. After a year and a half of working as an OB/GYN resident at the University of New Mexico, Dr. Parungao decided that her heart was truly rooted in Family Medicine, and she completed her training at University of New Mexico in Family Medicine and Community Health. She completed the UCSF Faculty Development Fellowship in 2021 and National Institute for Program Director Development Fellowship in 2022.

Dr. Parungao loves to take care of patients of all ages including Pediatrics and Geriatrics and specializes in Women's Health and Obstetrics. Dr. Parungao's main interests are obstetrics, outpatient gynecology, community medicine, and outpatient procedures. Dr. Parungao loves traveling, cooking, playing the ukulele, and spending time with her husband, Eric and her daughter Aiyana.

Please join us in welcoming Dr. Jodi Parungao to Long Valley Health Center and our community! To make an appointment, please call 707-984-6131.



Advertisement for Humane Society For Inland Mendocino County. Includes text: "I am for the child whose name no one can remember." and "I am for the child who has attended eight schools in four years. Because she's in foster care. Because her birth mother, debilitated by mental illness, neglected her. That is the child I am for. And because I am, she will be half as likely to languish in foster care, and that much more likely to find a safe, permanent home. I am a Court Appointed Special Advocate (CASA) volunteer." Includes logo for Give a Child Hope CASA and contact information for Mendocino & Lake Counties.

WILLITS KIDS CORNER UPDATE

Long-awaited downtown project is moving forward

Submitted by Willits Kids Corner

After many months of setbacks and hurdles, the renovation of the old Rexall building is finally underway! The long-awaited transformation into the Willits Kids Corner and Learning Center has begun. This week, the blueprints were finalized, and the planning stage was completed. The new projected opening date will be in December 2024.

The next step is the permit approval process by the City of Willits. Large play structure and equipment are in the ordering stages. Interior painting will begin next week in preparation for their arrival and installation in about two months.

This dynamic renovation of the historic Rexall Building will repurpose the iconic site as a modern hub for family fun and educational activities. Willits Kids Corner will continue to provide an outdoor venue for the community's many seasonal gatherings and annual events.

The reimagined space will be a family-friendly facility, including large indoor play structures, party event venue, sensory room, soft play areas, arcade games, interactive climbing wall, and even a Willits "Tiny Town." The center will place a special emphasis on S.T.E.M, arts and crafts, as well as ASL classes and activities designed to foster intellectual growth and cognitive skill development.

"The revival of the Rexall Building as the Willits Kids Corner and Learning Center is not just an investment in a building but an investment in our community's future," said Owner Nina Swinney, who is spearheading the project. "We are excited to create a space where learning and fun go hand in hand, and where children can grow and thrive."

This innovative project is not only a restoration of a beloved historic building but also an investment in the future generations of Willits. Combining educational opportunities with fun and open play, the Willits Kids Corner and Learning Center will provide a safe and engaging environment where physical activity and interactive learning are encouraged.

For more information, please contact Nina Swinney at WillitsKidsCorner@gmail.com or 707-841-1138.



Above: Tiffany Tucker tells her story, "Unapologetically Me: A Story of Transitioning, at the September Avenues to Wellness speaker series, on September 18 at the Willits Center for the Arts.

ATW resumes speaker series at Willits Center for the Arts

Submitted by ATW

Avenues to Wellness presents: "Unapologetically Me: A Story of Transitioning" by Tiffany Tucker on Wednesday, September 18, 6 to 7 pm, at Willits Center for the Arts, 71 East Commercial Street. FREE to the public. Donations appreciated.

Many queer people may spend years building acceptance for themselves and loving themselves for who they are. This process is often called "Coming In." This can be difficult while navigating the societal shame, stigma, and adversity placed upon the 2SLGBTQIA+ community. Hear Tiffany's "Coming In" story, including when she knew she was transgender and why she waited so long to transition. Join us to better understand, support, and accept our queer community.

Avenues to Wellness is a wellness program of the Frank R. Howard Foundation.

Visit: avenuestowellness.org for an online archive of past events. Call: (707) 456-9676 for more information. Email: spicetti@howardfoundation.org



Willits HARRAH Senior Center's current Meals on Wheels truck is still delivering meals, but the center is raising funds to replace the truck when needed, so there's no interruption of the essential Meals on Wheels service in Willits.

Senior Center raising funds for next Meals on Wheels truck

By Richard Baker, Willits Senior Center

The good news ... we have \$35,000 set aside from previous fundraising for the new Meals on Wheels truck. The 2023 quote for the new truck is \$88,750 leaving us well short of our fundraising goal which is to have funds secured before the old truck reaches its useful life so there is no interruption of services to our MOW clients.

Willits resident Jack Bothwell will be celebrating his 100th birthday later in September. The Meals on Wheels program is near and dear to Jack's heart, as he was our volunteer Meals on Wheels driver until he was 90 years old. In lieu of birthday gifts Jack Bothwell's family is asking for the community to support the senior center's efforts to raise money for a new MOW truck.

The Meals on Wheels Program is an essential service so many of our local seniors look forward to and depend on. It is common knowledge the MOW program provides a home-delivered meal to vulnerable seniors. A nutritious meal is only the start of the value Meals on Wheels can deliver to keep our most vulnerable seniors healthy.

For nearly 40 years, Meals on Wheels has touched the lives of Willits seniors, providing them with the nutrition they need and human contact they desire. But the benefits of this care and compassion go far beyond, driving notable improvements in their health.

Staff and volunteers form a network and are the "eyes and ears" in the homes of our most at risk seniors. They observe firsthand any changes in MOW clients' physical or mental conditions.

A report from the National Academies of Sciences points out nearly one-fourth of adults aged 65 and older are considered to be socially isolated. Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends, chronic illness, and hearing loss.

Although it's hard to measure social isolation and loneliness precisely, there is strong evidence that many adults aged 50 and older are socially isolated or lonely in ways that put their health at risk. Recent studies found that:

- Social isolation significantly increased a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity
- Social isolation was associated with about a 50% increased risk of dementia

Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of stroke

Loneliness was associated with higher rates of depression, anxiety, and suicide.

Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits

While Meals on Wheels feeds both the body and soul, it also creates a profound effect on lowering healthcare costs. One in four of today's seniors lives alone, increasing their chances of high blood pressure, diabetes, and heart disease. Meals on Wheels can be a valuable asset for healthcare providers and insurers by helping to avoid unnecessary hospitalizations, reducing hospital readmissions and post-discharge needs through daily nutrition, socialization and safety checks, and allows seniors to remain in their homes living independent lives. In fact, 81% of the people we serve say Meals on Wheels improves their health.

MOW program benefits recap:

- Home Delivered meals to vulnerable seniors
- Social interaction for isolated seniors
- Volunteer driver are, "eyes and ears" and identify risks before they become problems, problems before they become health issues; solve health issues before they become catastrophic and costly.

How can you support this essential program? Buy Raffle Tickets! 45 AWESOME raffle prizes (valued at over \$5,000) have been donated by local businesses to help us raise funds for the new MOW truck. Raffle prizes are on display in the lobby of the senior center, 1501 Baechtel Road, and are available for purchase at the front desk of the senior center, Monday through Friday, 10 am to 4 pm.

You can view a complete list of raffle prizes on our website at www.willitscenter.com To make a donation, click on this link www.paypal.com/donate?hosted_button_id=4AW5YRDREVT2Q

You can also mail a check (please notate on your check MOW truck) to: HARRAH Senior Center, 1501 Baechtel Road, Willits CA 95490

RAFFLE PRIZES

- The Main House: \$200 Gift Certificate towards hair service - \$331 in hair products, hat and sweatshirt
- Frey Organic Vineyards: Winery Organic Wine Membership - Includes 4 bottles of wine Quarterly for 1 year delivered to your doorstep
- Photography by Hollie: \$200 Photo Session
- The Munchery: \$100 Gift Certificate
- Willits Power & Hardware: Pelican Cooler-Sling
- Rainbow America's Country Store: 3 Hanging Tea Light Holders
- The Skunk Train: 2 Wolf Tree Turn Tickets
- The Three Sisters Gift Shop: Turquoise Beaded & Sterling Silver Pierced Earrings
- Little River Inn: Golf for 2: 18 holes and golf cart
- Pacific Grove Golf: Links Golf for 2: 18 holes with golf cart & Brown's Corner: \$50 Fuel Certificate
- Foxtail Golf Club: Golf for 2: 18 holes with golf cart
- Bidden Valley Lake: 4 people with golf cart & Brown's Corner: \$50 Fuel Certificate
- Indian Valley Lake: 4 Players green Fees & Brown's Corner: \$50 Fuel Certificate
- Ukiah Valley Golf: 4 Players green Fees
- Rooster Golf Course: 4 rounds plus 2 golf carts Monday-Thursday
- Valley of the Moon Golf Club: Foursome with golf carts
- Brooktrails Golf Course: 2 Free green fees or 18 baskets disk golf
- Willits Safeway: \$50 Gift Card
- Mendo Coast Botanical Gardens: 4 Tickets
- Kathy UppingHouse: Japanese Maple Tree
- Loose Caboose Café & Catering: \$15 Gift Certificate
- Scoops Ice Cream, Deli & Catering: \$15 Gift Certificate
- First Nails Spa: \$25 Gift Certificate
- Dorothy Roediger: Trak Body/Neck Massager
- Mountain Mike's Pizza: \$20 Gift Certificate
- Bad Habit Grill: \$100 Gift Card
- Huntington Beach Beer Company: T Shirt, Tank Top, Stickers
- Ukiah Brewing Company: Growler & \$25 Gift Card
- The Pub at North Coast Brewing Co.: \$75 Gift Card
- The Book Juggler: \$50 Gift Card
- The Whistle Stop or Imagination Station: 4 \$10 Gift Certificates
- Dave's Bike Shop: \$50 Gift Card
- Mountain Mike's Pizza: \$40 Gift Certificate
- Ellie's Mutt Hut Café: \$25 Gift Card
- Mendocino Book Company: \$25 Gift Certificate
- Schat's Bakery Café: \$50 Gift Card
- Grace Hudson Museum & Sun House: \$65 Family Membership & \$30 Book
- Country Quilts & Fabric: 2 \$20 Gift Certificates
- Charles M. Schultz Museum & Research Center: 6 Admission Tickets
- Costeaux Bakery & Café: Princess Cake Certificate
- Special Wooden Box: with 2 Ceramic Urns filled with Loose Tea
- Friedman's Home Improvement: \$50 Store Credit

Advertisement for Flourish & Flow Wellness & Fitness Studio. Includes logo and weekly schedule: Monday: Hatha Yoga, HIIT Pilates, Buti Yoga, Capoeira; Tuesday: DanceFit, Golden Hour, Strength & Conditioning, Cardio Kickboxing, Tai Chi; Wednesday: Hridaya Hatha Yoga, Bands & Buti, Kids Creative Movement, FlexFit, Capoeira; Thursday: Hatha Yoga, HIIT Pilates, DanceFit, Groove; Friday: Strength & Conditioning, Varied Class Pop-Up's; Saturday: 26x2 Hot Yoga, Hatha Yoga, Group Walk/Hike; Sunday: Yoga & Sound Healing, DanceFit; Massage: By appointment. *Check out our website for current information & special workshops. Address: 1726 S Main Street Ste B Willits 707-750-9515 www.flourishandflowmendo.com

Advertisement for Avenues to Wellness - Your Health Matters. Includes logo and text: "Avenues to Wellness is a community-based, free-of-charge wellness program sponsored by the Frank R. Howard Foundation." Monthly Speaker Event: Featuring local health educators. We meet on the third Wednesday of the month from 6 - 7 pm. Our next speaker event is titled, "Unapologetically Me: A Story of Transitioning" by Tiffany Tucker. Wednesday, 9/18 at Willits Center for the Arts. 6 - 7 pm. Previous talks can be viewed in the archives at: avenuestowellness.org Bereavement Support Groups: Offered three times per year in 8-week sessions. This is a facilitated group to process emotions and learn about your unique grief journey. Our next support group starts Thursday Oct. 3. Please call Suzanne to register at: 707-456-9676. Call to Connect: A telephone-based emotional support system for isolated and lonely people. This program provides a once a week, 30-minute phone call with a "phone-pal." This is also a volunteer opportunity to help folks who are feeling lonely. Suzanne Picetti-Johnson, Program Manager. For more information call: 707-456-9676 or email Suzanne at: spicetti@howardfoundation.org Facebook page: Avenues to Wellness

Advertisement for Women's Health Healthy at Every Stage. Includes text: "It's important to take care of your health, and that starts with understanding your health risks and recommended screenings at each stage of life." Image of a woman and a child.

Advertisement for Women's Health Healthy at Every Stage. Includes text: "Yearly visits are the best way to detect any changes in your health before they develop into bigger issues. We're here to care for you." Images of two women. Includes MCHC logo and contact information: "For an appointment, call (707) 456-9600 LITTLE LAKE HEALTH CENTER: 45 Hazel St., Willits • mchcinc.org We accept Medi-Cal, Medicare, Partnership and other insurance. SE HAZEL A ESPANOL."

Advertisement for Grief Group. Includes text: "A safe place to talk about grief and loss" and "Fridays 10:00am - 11:00am". "Come enjoy some tea and community support in our beautiful garden space". "Located at Long Valley Health Center".

Advertisement for Willits Kids Corner. Includes text: "Grand Opening December 2024 Willits Kids Corner Indoor Playground & Party Rental Venue". "Featuring": Huge Play Structure, Climbing Wall, Sensory Room, Willits Tiny Town, Soft Play Area, Party Rental Venue, Arcade Games, Much More!. "For More Info: 707-841-1138". "Willits Kids Corner 90 South Main St Willits CA".

Family Resource Center Network of Mendocino County

Submitted by
Jayma Shields Spence

The Family Resource Center Network of Mendocino County is made up of nine independently operated Community & Family Resource Centers located all throughout Mendocino County.

Family Resource Centers are integral parts of our communities and provide many supportive services, especially the Resource Centers that operate in the county's unincorporated communities, where many services available in cities are not available in the rural pockets of Mendocino County.

Resource Centers provide critical services to children, teens, adults, and senior citizens, because there might not be another agency that provides these services in your community.

Each center is unique to their respective community, but most provide services such as: application assistance for CalFresh and Medi-Cal; emergency food/food pantry; diapers; clothing closet; playgroups for kids/families; referrals to counseling services; public computer/printing; and so much more!

Check out the map below of the Resource Centers located in Mendocino County and see how they might be able to assist you or your family. For general inquiries, reach out to Jayma Shields Spence, Network Coordinator, at (707) 984-8089 or visit frcnmendo.org



Above, left: The plots have fully grown plants and vegetables. Above, right: Sunflowers are among the plants that people grow in the gardens. At right: Willits Community Garden Manager Mike A'Dair follows along with Madge Strong's songs. At right, below: Some of the gardeners in the WCG donated vegetables for the attendees to take home.

The rest of
Garden From page B1

garden. We can get grants where we build beds. Most of these gardens that we establish become community gardens. So basically, we support them with compost, mulch, tools, knowledge, any of the services that they need. We have workshops. We have a seed bank that we work with for plant starts and donations."

Madge Strong, of WELL, in addition to speaking at the event, led the group in songs of appreciation to Mother Earth. "WELL has been a promoter of gardening for 20 years or so," said Strong. "We have volunteers who either work here or volunteer or have plots here. We want to make sure that people who don't have a lot of room to garden at home, know about this. They can come here and raise some of their own food. Homegrown food is wonderful.

One of the things we've been involved in, from the beginning, some 20 years ago, is trying to increase our food security, having people grow more of the food locally."

Baskets of Asian pears, loose zucchinis, tomatoes, and other vegetables and fruits, donated by the gardeners, were available for the attendees to take home.

There are approximately 10 plots still open for the public to rent, according to Mike A'Dair, manager of Willits Community Garden. They go for 60¢ per square foot, with most plots measuring from about 160 square feet, down to 60 square feet. Water, compost, and tools are provided. He can be contacted at 707-456-4395, or michaeladair69@yahoo.com.



FLOURISH & FLOW
MENDO

FRIDAY NIGHT GROOVE DANCE PARTY

SEPTEMBER 27, 2024

6:00-7:00 PM

Wear White or Neon
Stay after for
mingling & mocktails!

1726 S. MAIN ST. STE B, WILLITS

What can your local Family Resource Center (FRC) do for you?

Information and application assistance for:
Medi-Cal Insurance • CalFresh (Food Stamps),
Parenting Support & Referrals
and many other supportive services!

Visit www.frcnmendo.org for more info!

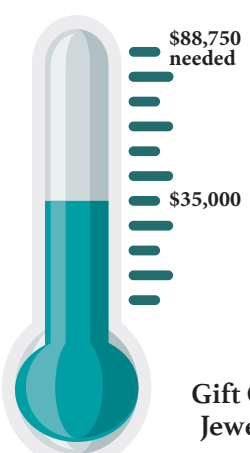
Willits Senior Center needs a new truck for Meals on Wheels



Meals on Wheels provides home-delivered meals to lonely and vulnerable seniors in our community.

Nutrition | Human Contact | Compassion

National Academies of Sciences points out nearly one-fourth of adults aged 65 and older are considered to be socially isolated.



Live Well by helping Willits Seniors Live Well!
Help us fundraiser for the rest of the Meals on Wheels truck!

BUY RAFFLE TICKETS for 45 AWESOME PRIZES available now at the senior center.

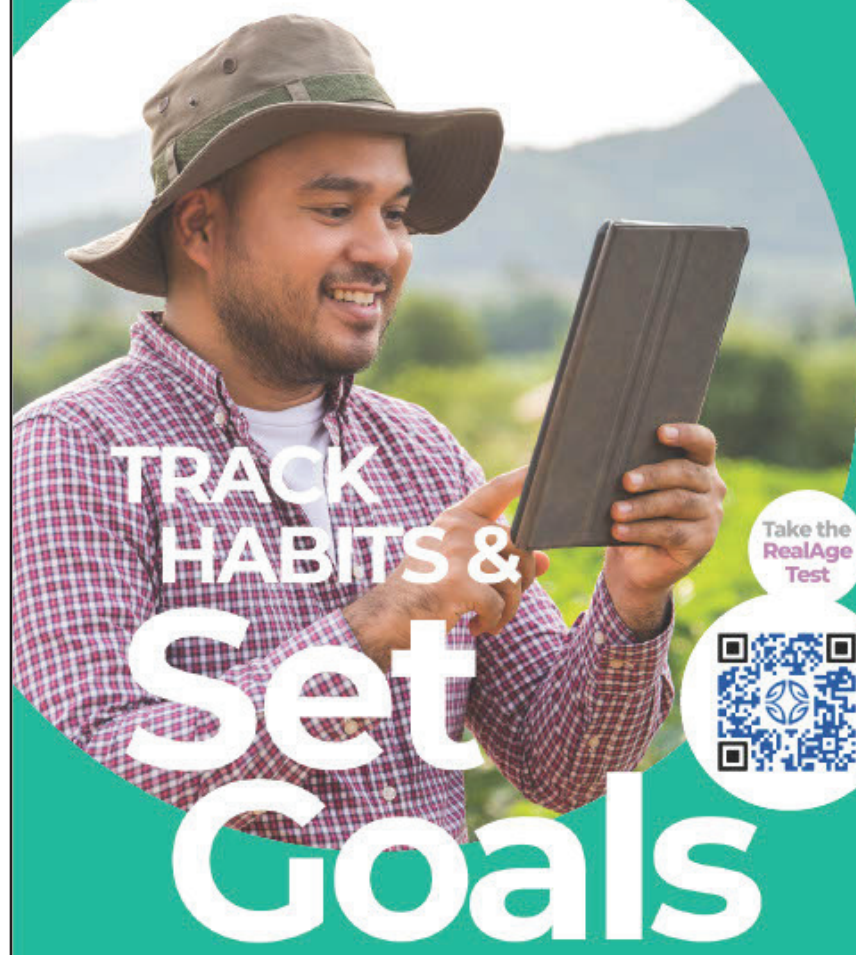
Buy tickets and see items displayed Monday-Friday: 8 a.m. to 4 p.m. at our front lobby.

Gift Certificates • Wine Memberships • Event Tickets
Jewelry • Outdoor Fun • Rounds of Golf • Gas Cards
Treats & Food • MUCH MORE!

Willits Seniors Inc.

1501 Baechtel Road, Willits, CA 95490 • Work (707) 459-6826

BLUE ZONES PROJECT



TRACK HABITS & Set Goals



Track healthy habits each day like walking, stress reduction, and eating nutritious meals.

bzpmendocinocounty.sharecare.com

live longer, better™

FREE GET MOVING CLASSES

TUES 8:30AM-9:30AM
DANCE FIT ROOM
• Boosts your heart health
• Great for weight loss
Flourish & Flow
1726 S. Main St.
STE. B
Willits, 95490

SAT 11:30AM
WILLITS WILDERNESS WONDERS WALKING MOON
• Reduces joint pain
• Mood & helps de-stress
24540 Birch Street
Willits, CA 95490

SUN 10:00AM-11:30AM
YOGA & SOUND HEALING MOON
• Flexibility & Toning
• Strength & improves sleep
• Bring Mat, blanket, or a towel!
Recreation Grove
Park, Willits
CalFresh public health

Flourish & Flow MENDO PRESENTS
BEGINNING ON SATURDAY, JULY 20, 2024 AND EVERY TUES, SAT, & SUN FOR 10 WEEKS UNTIL SEPTEMBER 29.

FLOURISH & FLOW MENDO PRESENTS

Step Strength POP-UP

WITH TABITHA GLENN

\$15 DROP IN OR CLASS PASS

FRIDAY SEPT 6 6:00-7:00PM

W/Social Hour + Mocktails Following!

1726 S. MAIN ST STE B. WILLITS

A CENTURY OF JOY

JACK BOTHWELL TURNS 100!

SEPTEMBER 2024

MCHC welcomes Women's Health Nurse Practitioner Nuria Perez Gordillo

Submitted by MCHC

MCHC Health Centers is proud to welcome Women's Health Nurse Practitioner Nuria Perez Gordillo. She will see patients at Hillside Health Center in Ukiah.

Perez Gordillo began her career in healthcare more than a decade ago when she was hired as a medical assistant in an obstetrician-gynecologist office. "I worked my way up from a medical assistant to a licensed practical nurse to a registered nurse to a nurse practitioner," she says. "I'm blessed and thankful to have done that full circle from being an assistant to now being a provider."

Perez Gordillo has been interested in healthcare and the human body since she was a little girl. Things that bothered other people, like the sight of blood, never upset her. "I would get a scrape, go get some alcohol, and wash the wound myself," she says.

Her father studied to be a doctor before their family emigrated from Mexico to the United States, a career he was not able to pursue after having children. "I know that was his dream," she says. "My dad has been a big influence on me."

Perez Gordillo earned an Associate of Nursing degree from Blackhawk Technical College in Janesville, Wisconsin, before graduating with a Bachelor of Science in Nursing degree from Upper Iowa University. She then earned a Master of Science in Nursing from Frontier Nursing University in Kentucky, where she completed the Women's Health Care Nurse Practitioner track.

As a Women's Health Care Nurse Practitioner, Perez Gordillo will provide well-woman care, reproductive and gynecological care, and prenatal and postpartum care. MCHC Care for Her Clinical Director Dr. Donna Smith says: "The moment the team met Nuria, we knew she was a good fit. She is kind and caring, but she is also intelligent and hard working. Like the rest of us she is mission-driven with her main goal being to bring thorough, comprehensive, non-judgmental women's health care to the diverse communities in Mendocino County."

Perez Gordillo understands that patients sometimes feel vulnerable or awkward when they seek women's healthcare. She focuses on building good relationships with patients by helping them to feel safe and at ease, recognizing that approaching patients with curiosity, warmth, and genuine interest makes a big difference. "Being comfortable, calm, and confident is essential for transmitting a sense of ease to patients," she says.

One way she helps new patients feel comfortable is by having the first conversation with them while they are in their regular clothes and not a medical gown, which can make people feel awkward. She welcomes open communication. "There's no dumb question. I like to answer questions. It's one of my favorite parts of my job," she says.

Perez Gordillo is proud to work at a community health center that provides care for patients from all backgrounds and walks of life. "Working in a community health center, some patients may be coming in to see a provider for the first time in 10 years. They are likely already a little scared. This could be your one chance to offer the help they need. There is no room for judgment of any kind," she says.

As a fluent Spanish speaker, sharing a common language is



Above: Women's Health Nurse Practitioner Nuria Perez Gordillo will be seeing patients at MCHC's Hillside Health Center in Ukiah.

one of the ways she connects with patients. "That connection is so important," she says. "I don't think I'll ever get over walking into the room to see a Spanish-speaking patient and saying, 'Hola, buenas tardes,' and seeing the relief in their face as they realize we share that language."

The large Spanish-speaking population is one of the factors that drew Perez Gordillo to Mendocino County. She moved here recently from Wisconsin and appreciates the change in scenery and a break from cold winters. "I love how beautiful it is here. You can go on walks year-round. It is so peaceful, so calm," she says. "And I really fell in love with the community. Everybody has been so welcoming and friendly."

Outside of work, she likes dancing, Latin music, drawing, reading, going to the beach, and playing basketball and soccer. She has two cats, Luna and Neptuno, who she says do not live up to the reputation cats have for being aloof. "I don't care what anybody says about cats," she says with a laugh. "When I get home, they're already waiting at the door."

She is proud to provide quality healthcare to each person who seeks it. "I'm looking forward to helping the population that needs it most," she says. "I want people to know that when they step into my office, they're walking into a safe space with zero judgment. I will always do all that is within my power to give the best and most equitable care possible."

MCHC Health Centers includes Hillside Health Center and Dora Street Health Center in Ukiah, Little Lake Health Center in Willits, and Lakeview Health Center in Lakeport. It is a community-based and patient-directed organization that provides comprehensive primary healthcare services as well as supportive services such as education and translation that promote access to healthcare.

Guided visualization to relax

Submitted by Claudia Wenning

Settle in a quiet place, and allow your body to gently relax.

Turn your attention to your breathing, take a deep breath, as deep as possible, and take your time with the exhale, exhale completely.

Now place one or both hands on the middle of your chest and let them rest there caringly, feel into the connection that is created between your chest, your hands and your fingers.

Take another deep breath and feel how this breath travels into your chest and all the way deep into your abdomen; observe as this gentle incoming wave of air is flowing through your body.

And feel into the outgoing breath, how it creates another flowing movement just like an outgoing wave along the seashore.

Softly tune into this rhythm, wait for the next breath to come in, and observe how naturally the exhale will follow.

Now, with the next breath invite supportive energy to come along, energy to support you in disconnecting from the troubles and sorrows of the day, energy to support you in disconnecting from the concerns and worries about tomorrow.

With the next exhale you can use this energy to carry all those aspects to be released out of your body, effortlessly, allow them to leave by simply flowing out with the exhale.

And exhale again, exhale deeply.

Get a sense how weight is leaving your body, a sense how your neck and shoulders are relaxing, how your whole body is partaking in the inhale and exhale, and how it is settling into a deep state of relaxation and letting go.

Feel into this with utmost care for yourself, and exhale once again deeply.

Learn more about Claudia Wenning and Quantum Level Health at www.claudiawenning.com



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Below: Brooktrails Township and Sonoma Clean Power staffers gather in the Brooktrails Community Center for e-bike training. At right: Participants in Tuesday's e-bike training in Brooktrails get ready for a celebratory ride. At bottom: After the e-bike training, staffers took a ride, including checking out some Brooktrails bike trails.



Sonoma Clean Power e-bike grant awarded to Brooktrails

Submitted by Brooktrails CSD

It was a beautiful Tuesday afternoon when Sonoma Clean Power joined the staff of Brooktrails Township to provide training on electric bicycles, known as e-bikes, and a grant celebration ride. Brooktrails was the first agency to be awarded a \$20,000 e-bike grant through the SCP E-bike Commuter Program Grant program. SCP recognized Brooktrails as the first to put its e-bikes from the grant into use for employee commuting and carrying out Brooktrails Township Community Services District business.

Scott Salyer, program manager with SCP, spoke to the Community Center full of Brooktrails and SCP employees, as well as participants from the Sonoma County Bike Coalition and our own trail stewards, the Willits Area Cyclists. "Using revenues generated from its community choice aggregation work, SCP can offer programs including the e-bike grant to local agencies like Brooktrails," stated Salyer. SCP staff was genuinely excited to have the opportunity to see the e-bike grant program in action.

Now that they have been purchased through the grant, Brooktrails staff is able to use e-bikes to commute back and forth to work from home, as well as make work-site visits and trail contact, all while reducing their carbon footprint. Since most Brooktrails employees also live in Brooktrails, the use of e-bikes for commuting makes good fiscal and environmental sense.

The e-bikes purchased with the grant were selected with tires and other amenities that make them uniquely suited to Brooktrails roads. General Manager Tamara Alaniz thanked the SCP staff for their flexibility in administering the program, which resulted in Brooktrails being able to "research and order e-bikes that were appropriate to the terrain in our community."

Brooktrails' Deputy Finance Officer Thomas Simms saw the grant availability in April 2024 and applied online, with the District receiving the grant award in May. The e-bikes

were ordered in June and arrived just in time for use during the summer months, when weather is perfect for bicycling. "The wear and tear on my vehicle to dry-start it every morning just to drive one mile to work is a thing of the past," Simms told the group in the Brooktrails Community Center.

Director of Programs with SCP Rebecca Simonson also spoke to the group about the wide range of sustainable energy solutions offered through their programs. The E-bike Commuter Program Grant is one of several green energy opportunities that agencies and individual rate payers can opt into through participation with SCP. When a customer voluntarily opens their account with SCP, they can benefit from more sustainable energy sources than if they receive their power only from PG&E.

Next was a well-rounded and fairly detailed safety discussion with David Levinger from the Sonoma County Bike Coalition. Helmet use, familiarity with e-bike controls, keeping a steady grip and gaze, and making oneself highly visible were a few of the important safety tips shared with attendees.

"Friendliness on the road to drivers is my number one recommendation," said Levinger. While most riders know and use hand signals for turning and stopping, waving at drivers as a friendly gesture brings

attention to you as a bicyclist and reminds drivers that we are all sharing the road. Levinger referred attendees to bikesonoma.org for more information on safety and bicycle laws.

After enjoying a delicious lunch from Karkar's Deli in Brooktrails, the majority of the group put their safety gear on and started a short celebratory ride on mostly District property. SCP attendees brought their own e-bikes, and the mix of different e-bikes together was a great sight to see. With smiles and enthusiasm, the group set out and returned back about 30 minutes later to the Community Center without incident.

Brooktrails staff is grateful for the E-bike Commuter Program Grant, as well as the training and celebratory event, which was funded by Sonoma Clean Power. SCP was formed in response to the community's desire for local control over our electricity supply.

Today, SCP is a customer-owned public agency operated in the cities of Cloverdale, Cotati, Fort Bragg, Petaluma, Point Arena, Rohnert Park, Santa Rosa, Sebastopol, Sonoma, Willits, and the Town of Windsor, and the counties of Sonoma and Mendocino.



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