

PASSAGES * AREA AGENCY ON AGING

25 MAIN STREET CHICO, CA 95929 800-822-0109 / 530-898-5923 passages@csuchico.edu

PASSAGES helps caregivers and older adults lead healthier, happier, and more rewarding lives by providing and supporting the critical services and community resources they need. Many of its services and programs are free of charge.

Passages Chico staff is answering (530) 283-0891 for the local Ombudsman and staff until the local position is filled. You can also call 1-800-822-0109 toll free from anywhere in Plumas County.

LEGAL SERVICES - PASSAGES supports a dedicated network of attorneys and paralegals, through Legal Services of Northern California. A range of legal services are available to older adults including government benefits, powers of attorney, and housing issues.

PASSAGES sets up Quincy appointments with Legal Services of Northern California's office for older adults by appointment only.

Call (530) 283-0891 to make an appointment.

WWW.PASSAGESCENTER.ORG

OUT AND ABOUT

2013 FREE Drive-Thru Flu Vaccination Clinics

FORMS and more information is online at <http://bit.ly/plumasfluvac>

Portola/Beckwourth - Monday, October 21

Enter: New Road to Main St. to Beckwourth Fire Dept. Exit: Main St- Beckwourth/Genesse Road
Alternate bad weather site: Portola Memorial Hall

Chester - Thursday - October 24

Enter: Chester Park - Willow Street. Exit: Meadow Brook Loop by Wildwood Senior Center
Alternate bad weather site: Chester Memorial Hall

Greenville - Tuesday - October 22

Enter/Exit: Indian Valley Clinic-174 Hot Springs Rd
Alternate bad weather site: Greenville Town Hall

Quincy - Friday - October 25

Enter: County Fairgrounds - Fairgrounds Road
Exit: Back of Fairgrounds on Lee Road

The Plumas County Public Health Agency will have its influenza drive-thru vaccination clinic the third week of October 2013. There will be plenty of vaccine for Plumas County residents.



Flu vaccine is recommended for everyone 6 months of age and older. Persons at high risk of serious complications from flu are strongly encouraged to get the flu vaccine, including pregnant women and people with asthma, diabetes, chronic heart and lung disease, or other chronic health conditions.

Family members and care givers of infants under 6 months and anyone living with or caring for someone high risk for complications from the flu, including health care workers, should also get the flu vaccine.

If Possible please download and fill out forms ahead of time.

FORMS and INFO are online at <http://bit.ly/plumasfluvac>

PLUMAS SENIOR NEWS

PLUMAS SENIOR SERVICES NEWS - FALL 2013



Autumn Walk and Roll Trails

Before it's raining and snowing again, there's still time for gentle walking and rolling trails on a fall outdoor adventure.

Before the access road is blocked by snow, you can visit this short, nearly flat and wheelchair-accessible half-mile trail leading to an excellent view of the Frazier Falls near Clio on the Lakes Basin Road off of State Route 89. The one mile paved trail is suitable for young and old alike.

At 6,250 feet with minimal altitude gain, it is considered an "easy" skill level that should take about a half to one hour to walk or roll. Dogs are allowed on leash. It is best from late May through October. This easy stroll or roll quickly leads to a 176-foot waterfall located in the Lakes Basin Recreation Area in the Plumas National Forest, 20 miles southeast of Quincy. During the height of the summer season, plan a visit to the area on a weekday in order to escape the crowds.

In Northern Plumas County, the Lake Almanor Recreation Trail also offers scenic views including Mount Lassen. The paved trail follows 9.5 miles of the southwest shore of Lake Almanor, winding through a forest of fir, pine and cedar. From Chester go 2 miles southwest on State Route 36 and turn south on State Route 89; you'll find access points to the trail along the highway. You can park at the Almanor boat ramp parking lot (near the Almanor North campground). There are four other parking areas between the community of Prattville and State Route 89.

ENCORE . ENCORE . ENCORE

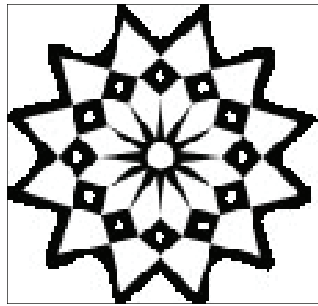
Eldora Duniphin is a woman on the go you could say, yet she always seems to have time for others around her.

You can find Eldora in the Plumas District Volunteers store called the Bargain Boutique or down at the convalescent hospital. She serves at the Plumas District Hospital Health Fairs, the County Fair, the Plumas County



ENCORE Continued on Page 3

Eldora Duniphin shows a quilt she has made for children at Plumas District Hospital.



SENIOR NEWS: A QUARTERLY NEWSLETTER FOR OLDER ADULTS FEATURING UPDATES FROM THE PLUMAS COUNTY SENIOR SERVICES PROGRAM AND THE PLUMAS COUNTY COMMISSION ON AGING

PLUMAS COUNTY SENIOR SERVICES COUNTYWIDE CONTACT
Louise Steenkamp
(530) 283-6337 louise.steenkamp@countyofplumas.com

We're on the Web!
<http://bit.ly/plumas-seniors>

"Celebrate the Changes"



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PLUMAS COMMISSION ON AGING

UPDATES

The Senior Summit in July held at the Quincy Nutrition site was a great success with over 40 in attendance. Nancy Lund is to be thanked for her leadership and determination in organizing this

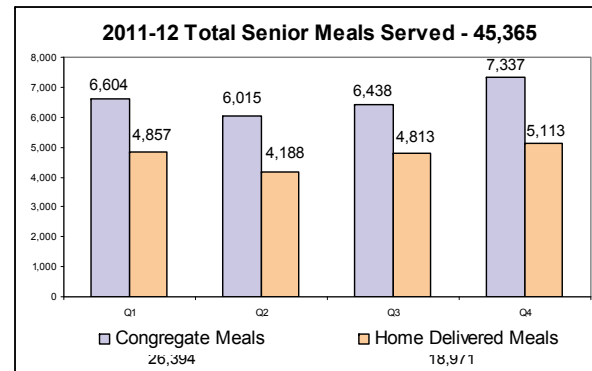
important event.

A meeting was also held at the Senior Nutrition Site in Greenville on Tuesday, September 24 where Supervisor Goss heard about senior needs in the Indian Valley area.

Plumas County Commission on Aging Chair Emeritus Nancy Lund
(530) 284-7206 or nedlund5@frontiernet.net

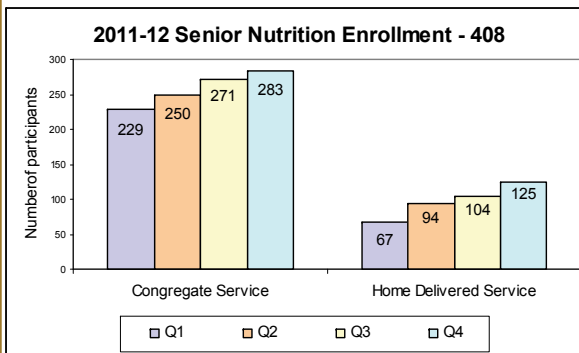
Senior Nutrition Program FOOD FACTS

The Plumas County Senior Nutrition Program, a division of the Plumas County Public Health Agency, had a total enrollment of 408 individuals in 2011-12. Most who participated are regular customers.



In 2011-12, the Senior Nutrition program served 45,365 meals by home delivery and Senior Nutrition sites in Chester, Quincy, Portola, Mohawk and Greenville.

donation per meal is suggested for those 60 and over, and \$6 from those under 60.



Plumas County Senior Transportation Services provides rides to and from nutrition sites and delivered meals to the homebound reaching 125 seniors in 2011-12. A \$2.50

There was a \$100,000 cut in the General Fund contribution to the 2012-13 Senior Nutrition and Transportation programs.

The Quincy site took on cooking and transporting meals to Greenville Seniors to adjust for the deep budget cuts. Senior Nutrition and Transportation staff have all pitched in keeping these services running as smoothly as possible during the tough economic times of the past few years.

2012-13 * 45,297 meals served at sites and by home delivery

ENCORE (from page 1)

Museum and the Community Supper.

She continues to help wherever needed. When asked where she gets her inspiration she paused for a moment and said, "Never thought about it. When something is needed to be done... I just do it. It

bothers me to know of a child or elder in need."

At 84 years, Eldora continues to help at Pangaea restaurant and is known as "Grandma" by the staff there. "She is the greatest of grandmothers. Pangaea's Restaurant wouldn't be here if not for her," said Holly Callahan, Pangaea Restaurant owner and Eldora Duniphin's granddaughter.

NUTRITION SITES

**DAYS CLOSED — SITES WILL BE CLOSED ON THE FOLLOWING DAYS
OCTOBER 14 — NOVEMBER 11, 28, 29 — DECEMBER 24, 25 — JANUARY 1**

The Plumas County Nutrition program staff invites you to enjoy lunch with them. Sites are open 8:00 am to 1:30 pm. Lunch is served at 12 Noon, Monday through Friday. If you are 60 years of age or older, or married to someone 60 or older, join us for a meal, fellowship, education, entertainment and fun.

Suggested donation for the meals at the sites is \$2.50 for those 60 years of age or older and for those under 60 - \$6.00. Suggested donation for home-delivered meals is \$3.50. Registration is required at least one day in advance.

You may sign up at a meal site or call the site for reservations. If you must cancel, due to illness or emergency, please call the site where you made the reservation.

CHESTER

Wildwood Senior Center
366 Meadowbrook Loop
Chester, CA 96020
(530) 394-7636
Carolyn

QUINCY

Quincy Veteran's Hall
274 Lawrence St.
Quincy, CA 95971
(530) 283-0643
Marleen

BLAIRSDEN

(Wednesdays)
Mohawk Community Resource Center
8929 Highway 89
Blairsden, CA 96103
(530) 836-0446 or
(530) 832-4173 Kathy

GREENVILLE

Green Meadows
152 Hot Springs Road
Greenville, CA 95947
(530) 284-6608
Esther, Ann

PORTOLA

Portola Veteran's Hall
449 West Sierra St.
Portola, CA 96122
(530) 832-4173
Kathy

TRANSPORTATION

Plumas County offers Senior Transportation. Reservations are required for transportation. To reserve a ride please call the local Senior Nutrition site manager at least 24 hours ahead. Suggested donation for a one-way local in-town trip is \$1.50 and Roundtrip is \$3.

Rides for Seniors are available Monday to Friday to and from local in-town locations including:

- Medical appointments
- Hairdresser or Barber appointments
- Nutrition sites
- Monthly shopping outings

SENIOR SERVICES