

PLUMAS SENIOR NEWS

WINTER 2016, February



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We're on the Web!

<http://bit.ly/plumas-seniors>



This newsletter is funded by
Plumas County MHSA

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Plumas County Public Health Agency
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SENIOR SERVICES: NUMBERS SERVED BY COMMUNITY

Plumas County Senior Services' staff do such an amazing job serving Plumas County!

Chester

	<i>Last 6 Months</i>	<i>Average Daily</i>
<i>Number of Rides Given:</i>	1049	8
<i>Number of Congregate Meals:</i>	5452	44
<i>Number of meals delivered to homes:</i>	1520	12

Greenville

(meals provided by Quincy site)

	<i>Last 6 Months</i>	<i>Average Daily</i>
<i>Number of Rides Given:</i>	150	1
<i>Number of Congregate Meals:</i>	863	7
<i>Number of meals delivered to homes:</i>	4983	40

Mohawk

(Meals provided once a week and rides provided by Portola site)

	<i>Last 6 Months</i>	<i>Average Daily</i>
<i>Number of Mohawk Congregate Meals:</i>	359	15

Portola

	<i>Last 6 Months</i>	<i>Average Daily</i>
<i>Number of Rides Given:</i>	2264	18
<i>Number of Portola Congregate Meals:</i>	2773	22
<i>Number of meals delivered to homes:</i>	2087	17

Quincy

	<i>Last 6 Months</i>	<i>Average Daily</i>
<i>Number of Rides Given:</i>	1182	10
<i>Number of Congregate Meals:</i>	3650	29
<i>Number of meals delivered to homes:</i>	2789	22

CITIZENSHIP

To my friends of a certain age:

Yes, we are Senior Citizens with all that those two words imply. As seniors we are entitled to some benefits - chiefly Medicare and some discounts. As seniors, we are also the targets of advertising; the hard-sell of pills that promise to keep our skin wrinkle-free, our eyes sparkling, our bodies young and our minds bright. We are also the targets for different plans, plans that guarantee that our last years will be free of worries about money. And in addition, we seniors are tagged to contribute to every good cause that ever lived (and unfortunately some causes that are outright scams.)

Today, however, I am concerned about the second word: Citizen. Yes, we can be counted on to vote, a duty we take very seriously. I will leave that obligation aside for the moment and concentrate on other duties and obligations we have as citizens: speaking up, organizing, joining with other like-minded people to advance the safety and well-being of our peers.

We seniors in Plumas County have a fine history in that regard. Through the years our Board of Supervisors has always been alert to the needs of its older residents and we had a strong and active Commission on Aging. Our Supervisors have been strong supporters of Senior Nutrition and Senior Transportation, even beyond what state and national programs required.

For many years the Plumas County Commission on Aging met five times a year, once in each of the five Supervisory Districts. Because of the distances between our communities, attendance was spotty and in 2012 we decided to de-centralize, concentrating on the seniors of each District meeting with their respective Supervisor and holding a once-a-year "Senior Summit," a day-long seminar with pertinent topics, which seniors throughout the county would attend.

The Senior Summits have been very successful and we plan for another in July - but I am writing today to re-kindle the idea of seniors meeting locally with their local Supervisor. As a senior you need to know what is on his/her agenda and he/she needs to know what your priorities are. Let's meet in each District. Soon!

As ever,

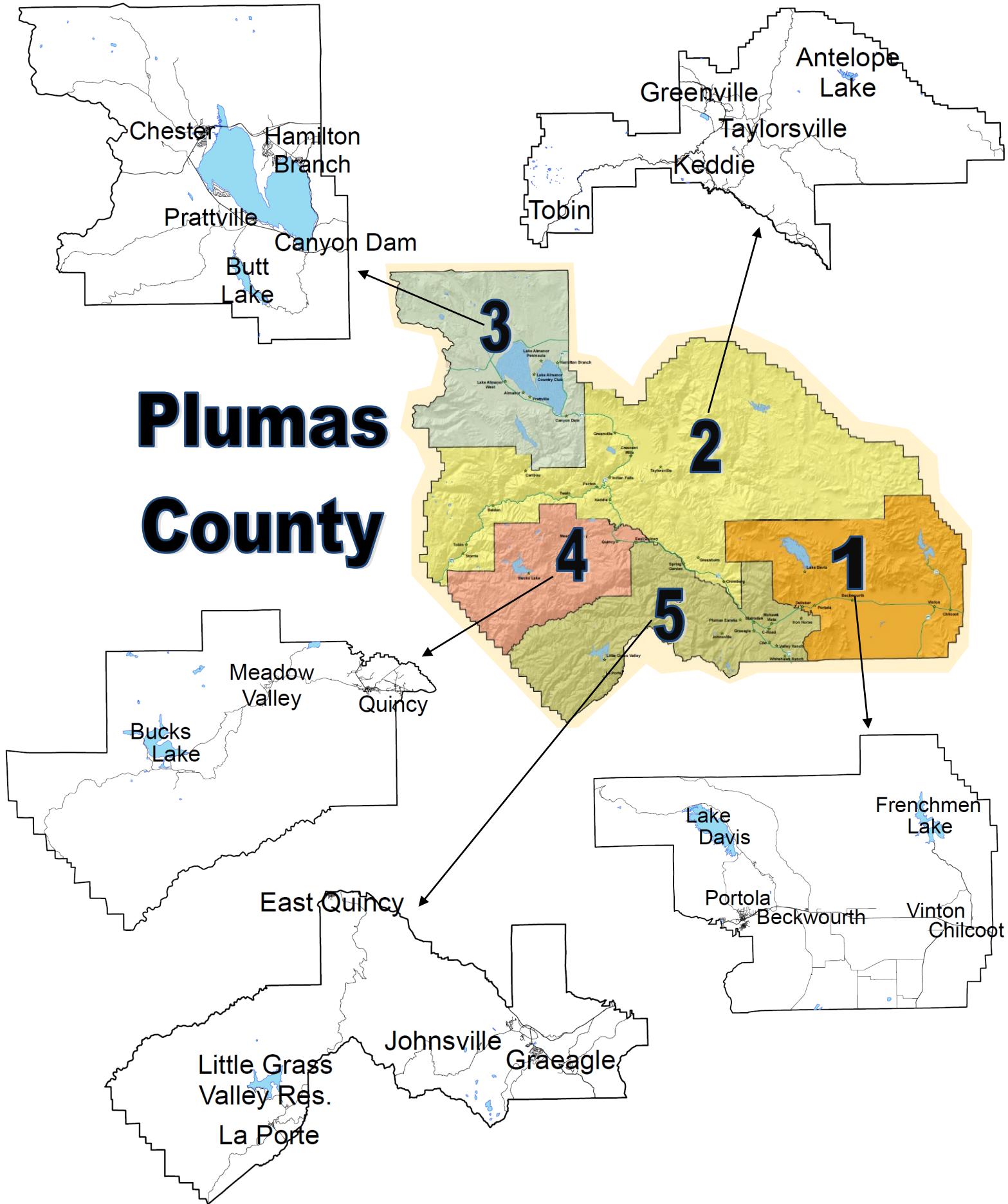
Nancy Lund



For information on who your District Supervisor is
and how to contact them to meet, please see pages 4 and 5.

WHAT DISTRICT AM I IN?

Plumas County





District 1

Supervisor Terrell (Terry) Swofford

Phone: (530) 283-6170

terrellswofford@sbcglobal.net

Larger Population Centers

Beckwourth

Chilcoot

Portola

Vinton



District 2

Supervisor Kevin Goss

Phone: (530) 283-6170

kevin.goss4district2@gmail.com

Larger Population Centers

Greenville

Keddie

Taylorsville

Tobin



District 3

Supervisor Sharon (Sherrie) Thrall

Phone: (530) 283-6170

sherrie.thrall@almanorpost.com

Larger Population Centers

Canyon Dam

Chester

Hamilton Branch

Prattville



District 4

Supervisor Lori Simpson

Phone: (530) 283-6170

lorisimpson.plumas@gmail.com

Larger Population Centers

Meadow Valley

Bucks Lake

Quincy



District 5

Supervisor Jeff Engel

Phone: (530) 283-6170

engel.dist.5@gmail.com

Larger Population Centers

East Quincy

Graeagle

Johnsville

LaPorte

NUTRITION SERVICES

Nutrition Sites

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



Suggested donation for all meals is \$2.50 for those 60 years of age or older. Anyone under 60 may receive a meal for \$6.00. In addition, there is a suggested donation of \$1.50 for the delivery of each meal delivered to your home.

Reservations are 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. Seasonal residents and guests are welcome.

CHESTER (530) 394-7636 Carolyn Wildwood Village 366 Meadowbrook Loop Chester, CA 96020	PORTOLA (530) 832-4173 Kathy Portola Veteran's Hall 449 West Sierra St. Portola, CA 96122	BLAIRSDEN (530) 832-4173 <i>Portola Nutrition delivers meals to Blairsden on Wednesdays.</i> Mohawk Resource Center 8929 Highway 89 Blairsden, CA 96103
GREENVILLE (530) 284-6608 Debbie Green Meadows 152 Hot Springs Road Greenville, CA 95947	QUINCY (530) 283-0643 Annette Quincy Veteran's Hall 274 Lawrence St. Quincy, CA	

Senior Nutrition is funded in part by Passages, our local Area Agency on Aging.

25 Main Street, Chico, CA 95929

800-822-0109 passages@csuchico.edu



TRANSPORTATION



SERVICES

A senior, age 60+, can sign up for a ride at or by calling their local Senior Nutrition Site.

Senior Transportation is donation-based. A senior will not be denied services if they are unable to donate the full, or partial amount suggested.

Suggested donation:

\$3 Round Trip, In Town
\$5 In County
\$10 Out of County

Transportation services are available to seniors for appointments, trips to nutrition sites, and local shopping. The schedule at the left shows the regular services in each area.

- *If you cannot make a trip you signed up for, please call as soon as you know.*
- *Sign up at least 24 hours in advance.*
- *Trips may be canceled due to weather or staff availability.*

CHESTER

394-7636

Carolyn

Local Shopping:

Tuesday & Friday

Susanville:

Wednesday

Chico:

Every First Monday

GREENVILLE

284-6608 *Debbie*

Local Shopping:

Thursday

Food Bank:

Friday

Quincy:

1st Fri & 3rd Wed

Susanville:

2nd & 4th Saturdays

PORTOLA

832-4173

Kathy

Local Shopping:

Wednesday & Friday

Quincy:

1st & 3rd Tuesdays

Reno:

1st Saturday

QUINCY

283-0643

Annette

Local Shopping:

Friday

Reno:

1st Saturday

3rd Thursday

FREE DINNER FOR VETERANS

Plumas Veterans' Services and the Calpine Elks Lodge are partnering to host a *free Veterans Dinner* on Thursday, February 17 from 5-7pm at the Calpine Elks Lodge (just east of the Chalet View property off Hwy 70).

Veterans' Services Officer Jimmy LaPlante and VS Representative Kyle Short will give a presentation about the "22 every 24" campaign, addressing the epidemic of 22 veteran suicides every 24 hours in the US. They will also provide information about Veterans' Support Groups in Plumas County.

Call (530) 283-4359 to reserve your spot.

GET HELP SMOGING YOUR VEHICLE

The Consumer Assistance Program (CAP) is administered by the Bureau of Automotive Repair (BAR) and is designed to help improve California's air quality. A consumer may retire a qualified vehicle and receive \$1000. Consumers meeting low income eligibility requirements may receive \$1500. In addition, CAP provides qualified consumers who own a vehicle that cannot pass its biennial (every other year) Smog Check inspection up to \$500 in financial assistance toward emissions-related repairs.

For more information contact:

Consumer Assistance Program
10949 North Mather Boulevard
Rancho Cordova, CA 95670
Toll Free (866) 272-9642
<http://www.smogcheck.ca.gov>

E-mail Updates Available for Senior Publications!

To sign up, please send an email request with your name and the town you live in to danacash@countyofplumas.com.

Senior Publications may include:

- ◆ Monthly Menus
- ◆ Quarterly Senior Newsletters
- ◆ Senior Service Program Information
- ◆ Occasional flyers or information for programs/activities available to Seniors