



PLUMAS SENIOR NEWS



SPRING 2016

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Senior Services Director

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Plumas County Public Health Agency
270 County Hospital Road, #206, Quincy, CA 95971



This newsletter is funded by
Plumas County MHSA

We're on the Web!

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

Senior Services - Nurse Visitation

Area Agency on Aging, our funder, requires that we check in with you as a home delivered meal participant. Quarterly check ins will be done by Senior Services staff, and will begin with a call from our nurse to schedule a home visit. The visit will include a brief health assessment and provide you with additional information on services, resources and events available to older adults.

Senior Services Nurse

Senior Connections

Katherine Stafford, RN

(530) 283-6364



Senior Services Director

John Rix

(530) 283-3546

.....
This is a non-invasive well-being visit to determine home-delivered meal eligibility and a way of learning about resources you might need. It is:

- Free and confidential
- Not an examination or home health nursing services
- A review of health history and medications
- To connect you with community resources
- To explain Senior Services, including nutrition and transportation



This program is funded by Plumas County MHSA

Plumas County Senior Services • Plumas County Public Health Agency
270 County Hospital Road, Quincy, CA 95971

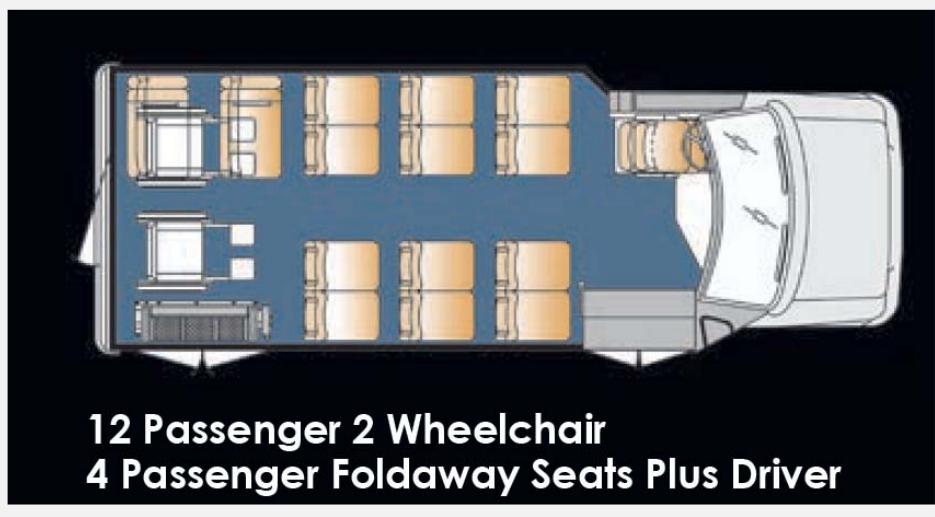


NEW BUS: UPDATE



Last Spring we announced our grant funding to receive new vehicles to replace the regularly used buses/van in Chester, Greenville, Portola and Quincy. Currently, these brand new vehicles are at the manufacturer being assembled by Starcraft Bus.

The pictures here represent schematics and ideas of what our 12-passenger busses might look like. The busses/van are currently waiting to pass their factory inspection and then will undergo a final regulatory inspection before we are able to receive them.



SENIOR SERVICES NURSE—KATHERINE STAFFORD



A city turned country girl, Katherine and her family have been living in Plumas County for 4 years. She studied to be a nurse at Columbia University in New York before returning to her native California to practice nursing as a registered nurse beginning in 2007. She has been volunteering and working with older adults in various ways for 30 years. Currently, Katherine works out of the Public Health clinic in Quincy, and travels all over Plumas County doing home visits to seniors who receive meals at home through the senior nutrition program. She looks forward to meeting you!



FOR MORE ON NURSE HOME VISITING SERVICES, SEE PAGE 2

SENIOR SERVICES: NUMBERS SERVED BY COMMUNITY

JANUARY—MARCH 2016

Chester

	<u>Jan</u>	<u>Feb</u>	<u>March</u>	<u>Daily</u>
Number of Rides Given:	250	281	324	14
Number of Congregate Meals:	831	885	1030	45
Number of meals delivered to homes:	259	255	268	13

Greenville

(Meals provided by Quincy site)

	<u>Jan</u>	<u>Feb</u>	<u>March</u>	<u>Daily</u>
Number of Rides Given:	18	35	77	2
Number of Congregate Meals:	130	112	127	6
Number of meals delivered to homes:	870	839	967	44

Mohawk

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

	<u>Jan</u>	<u>Feb</u>	<u>March</u>	<u>Daily</u>
Number of Congregate Meals:	46	41	73	11

Portola

	<u>Jan</u>	<u>Feb</u>	<u>March</u>	<u>Daily</u>
Number of Rides Given:	392	331	367	18
Number of Congregate Meals:	438	542	705	28
Number of meals delivered to homes:	357	407	465	20

Quincy

	<u>Jan</u>	<u>Feb</u>	<u>March</u>	<u>Daily</u>
Number of Rides Given:	191	180	269	10
Number of Congregate Meals:	616	602	740	32
Number of meals delivered to homes:	418	443	551	23

JULY 14, 2016

Yes, it is time to plan for this year's Senior Summit.

July 14, 2016 will be the fourth year that Plumas County seniors have gathered to hear informative speakers, plan for senior activities for the coming year and enjoy the splendid lunch provided by the folks at the Quincy Nutrition Site on Lawrence Street.

How have we done during this last year and what do we look forward to? Is the expanded transportation plan working? Are we confused about changes in our health care plans? How do we access help when we need it? Help around the house or in our yards?

As in the past, we will gather in Quincy at 10:30 a.m. for sign-up and a quick snack (coffee, tea, juice) before our morning speakers. Don't drive? Sign up for the Senior Buses which will be bringing folks from each area! After lunch we will put our heads together to plan for the coming year.

I look forward to seeing you!

Nancy Lund

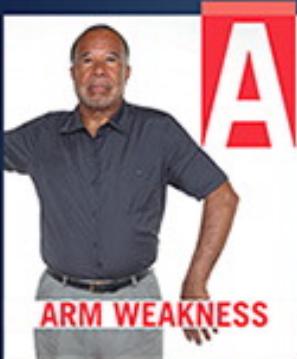
MAY IS:



SPOT A STROKE



FACE DROOPING



ARM WEAKNESS



SPEECH DIFFICULTY



TIME TO CALL 911

Stroke Warning Signs and Symptoms

Join us for a **FREE** Dinner & Discussion!
There will be some great Door Prizes! Bring the family!

Town Hall Meetings

About

Community Health

Health begins in the community!

Where we live, learn, work, and play.

Come give your feedback about the health of your area.

Chester: Wednesday, May 25 5:30-7:30pm
Almanor Recreation Center, 450 Meadowbrook Loop

Graeagle: Thursday, May 26 5:30-7:30pm
Graeagle Fire Hall, 7620 CA-89

Portola: Thursday, June 2 5:30-7:30pm
EPHC Education Center, 500 1st Avenue

Quincy: Tuesday, June 14 5:30-7:30pm
Quincy Veterans Hall, 274 Lawrence Street

Greenville: Wednesday, June 15 5:30-7:30pm
Indian Valley Community Center, 209 Crescent Street

Health care providers and Public Health planners want to engage community members on health, and establish priorities based on community need. Your perspective is important, so please come share!

QUESTIONS? Contact Zach Revene at zachrevene@countyofplumas.com

This project is a partnership of: Eastern Plumas Health Care, Greenville Rancheria, Plumas County Public Health Agency, Plumas District Hospital, and Seneca Healthcare District

NEW NEWS—INDIAN VALLEY SITE MOVING

Due to the collaborative efforts of Indian Valley seniors and the Plumas County Senior Nutrition Program, The American Legion has voted in favor of the Greenville Senior Nutrition site being moved to its hall. While details are still being hammered out, meals are expected to start being served there beginning July 1, 2016. The American Legion Hall is not set up with a kitchen, similar to the current location Senior Nutrition utilizes, but it does provide more space for activates and congregate events. While meals are still not able to be cooked, Senior Services director John Rix, Indian Valley seniors, Greenville site manager Debbie, and the Quincy Senior Nutrition site staff, have been working on a plan to make the meals provided at the congregate site feel more welcoming. The first step towards this goal will be to serve meals on plates instead of using the prepackaged trays they have been traditionally served in.



While these plans are in the works, donations of time, energy and ideas are continually welcome and appreciated. Please contact Senior Services director, John Rix, to share in this process. (*contact information on page 1*)

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 or your partner are 60 years of age 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 <i>Carolyn</i> Wildwood Village 366 Meadowbrook Loop Chester, CA 96020	PORTOLA (530) 832-4173 <i>Kathy</i> 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>
GREENVILLE (530) 284-6608 <i>Debbie</i> Green Meadows 152 Hot Springs Road Greenville, CA 95947	QUINCY (530) 283-0643 <i>Annette</i> Quincy Veteran's Hall 274 Lawrence St. Quincy, CA	Mohawk Resource Center 8929 Highway 89 Blairsden, CA 96103

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

CHESTER

394-7636

Carolyn

Local Shopping:

Tuesday & Friday

Susanville:

Wednesday

Chico:

Every First Monday

GREENVILLE

284-6608

Debbie

Local Shopping:

Thursday

Quincy:

First Friday &

Third Wednesday

Susanville:

2nd & 4th Saturdays

PORTOLA

832-4173

Kathy

Local Shopping:

Wednesday & Friday

Quincy:

1st & 3rd Tuesdays

Reno:

1st Saturday

3rd Thursday

QUINCY

283-0643

Annette

Local Shopping:

Friday

Reno:

1st Saturday

3rd Thursday

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.*

SENIOR STAFF HIGHLIGHTS—PORTOLA

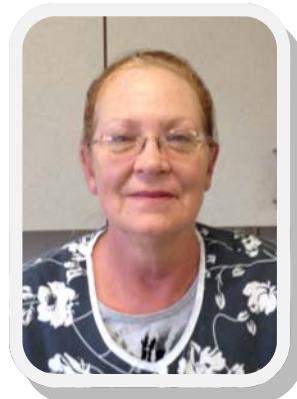
Every Senior Nutrition site in Plumas County is special and unique in its own way. Our staff continually provide selfless service while bringing to our communities helpful resources. This quarter, we would like to introduce you to our staff at the Portola Nutrition Site. Please feel free to take a moment to thank them for all the hard work they do daily and for the dedication they have to serving the Portola/Mohawk communities.



Kathleen Rouiller
Site Manager
20+ years



Peggy Lang
Bus Driver
7 years



Kim Funk
Head Cook
20+ years



Amy Funk
Assistant Cook
1 year

The Portola site kitchen staff, Kim and Amy cook about 48 meals each day, with an additional 11 on Wednesdays when they provide for the Mohawk resource center. Peggy, along with support drivers, total around 18 service trips per day. Along with her Site Manager duties, Kathleen is happy to assist you in signing up for meal or transportation services if you call her at (530) 832-4173 or visit her at the site!

Thank You!