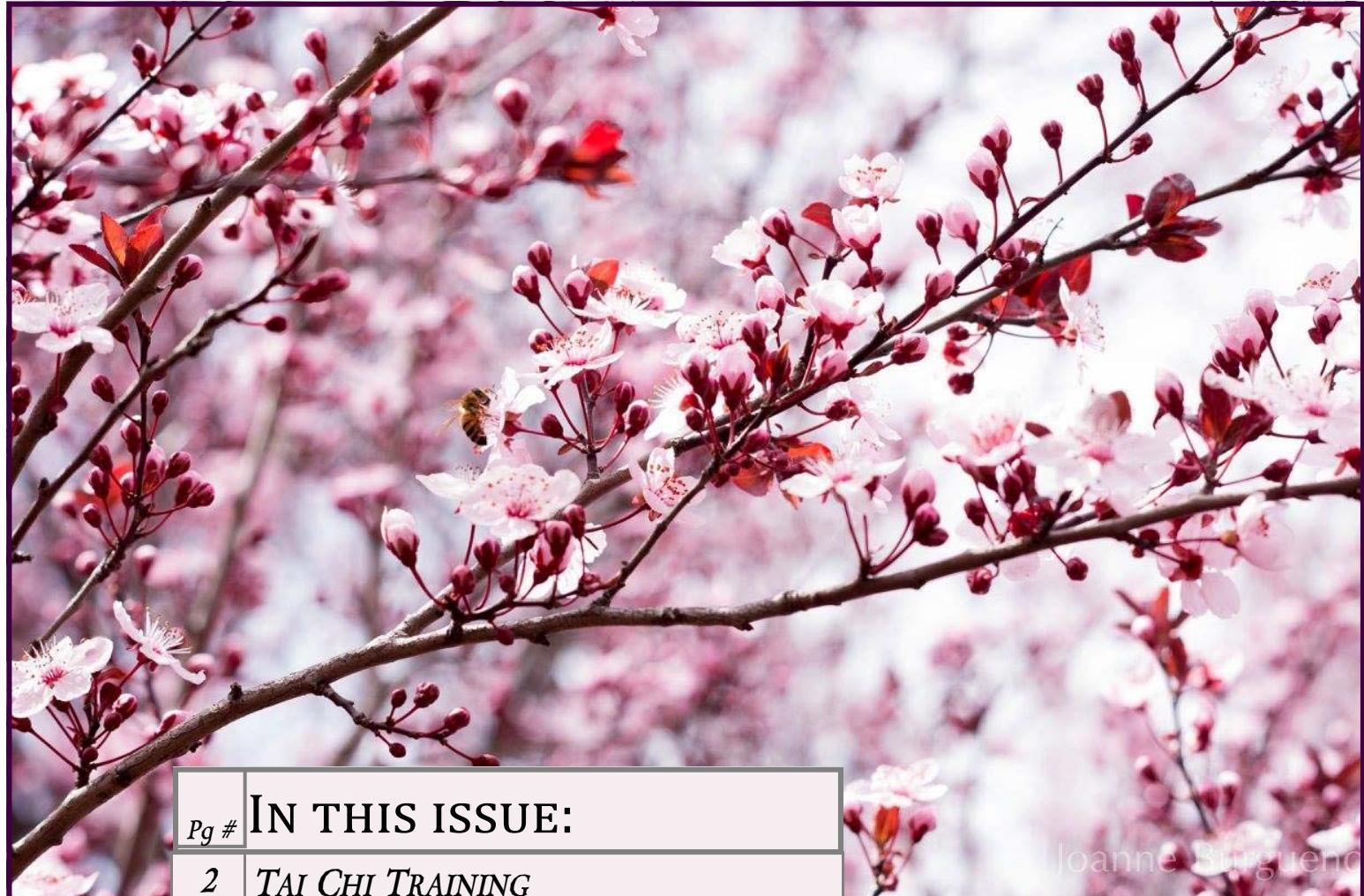


# PLUMAS SENIOR NEWS

**SPRING 2017**

Photo Credit: Joanne Burgueno



Joanne Burgueno

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# INSTRUCTOR TRAINING

## TAI CHI FOR ARTHRITIS & FALL PREVENTION

June 29 & 30<sup>th</sup>

9am–5pm

Quincy Grange

### PRE TRAINING CONSIDERATIONS:

- ◆ Register ASAP, as:
  - Space is limited
  - You are requested to practice with a provided DVD a month+ prior to training
- ◆ A CPR certification is recommended.
- ◆ **CEUs are available.** It is your responsibility to contact your qualifying organization and verify that the CEUs will be accepted. There is a \$25 fee to process the CEUs.

**COST:** This training is being provided at no cost to persons willing to volunteer their time to lead Tai Chi for Arthritis & Fall Prevention at their local Senior Nutrition Site, Wellness or Community Center, or other applicable place.



### TRAINER ROBIN MALBY

Robin has practiced Tai Chi since 1999 when it was instrumental in healing a back injury and prolonged illness. She has taught it for 17 years and became a Master Trainer in 2008 in order to prepare more Tai Chi teachers. Robin comes to Plumas County from where she currently teaches Qi gong, meditation, TCA/TCD/TCE, Yang 24 form, Sun 73 and Combined 42 in Concord and Pleasant Hill, CA.

This training will provide you with a certification in Tai Chi for Arthritis for Fall Prevention, an evidence based program recognized by the CDC to prevent falls through improved balance, confidence and muscular strength. To learn more, visit [taichiforhealthinstitute.org](http://taichiforhealthinstitute.org).

To sign up for the course, please contact Dana (530)283-6358 or [danacash@countyofplumas.com](mailto:danacash@countyofplumas.com)

## SENIOR SERVICES: NUMBERS SERVED BY COMMUNITY

JANUARY—MARCH 2017

### Chester

	Jan	Feb	March	Average	Day
Number of Rides Given:	232	193	169		8
Number of Congregate Meals:	842	875	1021		45
Number of meals delivered to homes:	309	275	356		15

### Greenville

(Meals provided by Quincy site)

	Jan	Feb	March	Average	Day
Number of Rides Given:	23	48	51		2
Number of Congregate Meals:	14	14	18		1
Number of meals delivered to homes:	853	746	913		41

### Mohawk

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

	Jan	Feb	March	Average	Day
Number of Congregate Meals:	27	61	82		13

### Portola

	Jan	Feb	March	Average	Day
Number of Rides Given:	439	358	577		23
Number of Congregate Meals:	347	256	610		20
Number of meals delivered to homes:	403	329	321		17

### Quincy

	Jan	Feb	March	Average	Day
Number of Rides Given:	212	227	319		12
Number of Congregate Meals:	454	447	573		24
Number of meals delivered to homes:	678	645	863		36



Houston Everlasting  
Photography



## CONNECTING YOU TO CAREGIVERS IN THE COMFORT OF HOME

PALS at Home is a referral agency that specializes in a variety of private assisted living services. Our company started as a solution to the changing healthcare environment and the increasing need to prevent hospitalizations. We connect knowledgeable, dependable and compassionate caregivers (aka PALS ) to people who need services within the comfort and privacy of home. PALS services include:

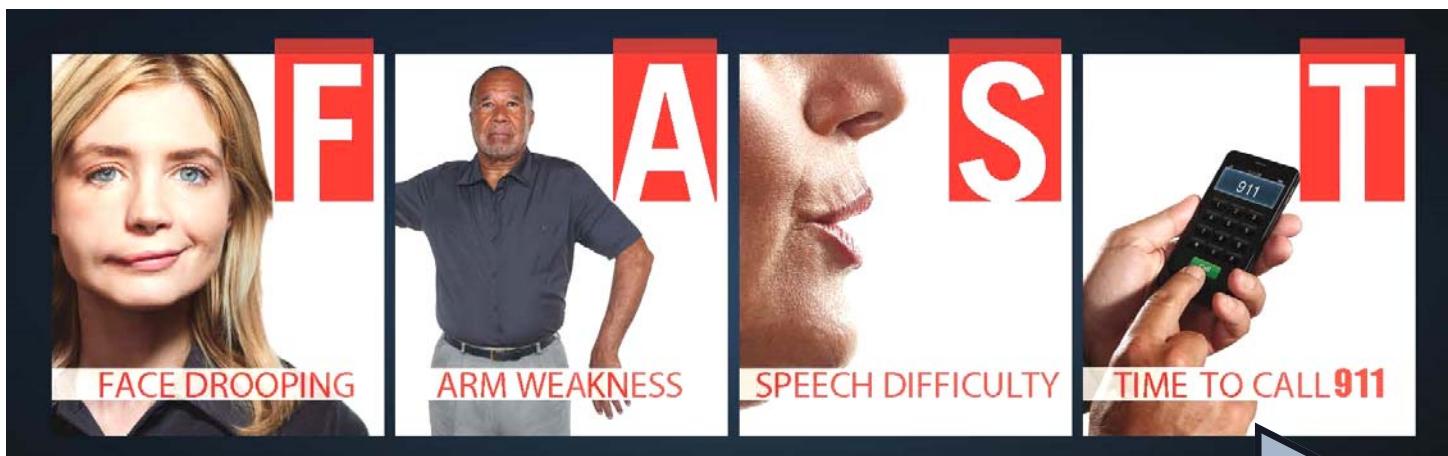
BATHING, TOILETING, MEDICATION REMINDERS  
WAKE UP/TUCK IN, TRANSFER SERVICE

COOKING, CLEANING, COMPANIONSHIP,  
SHOPPING, TRANSPORTATION, PET SITTING

HOME SAFETY EVALUATIONS, EMERGENCY PLANNING  
ADVANCED DIRECTIVES

SUPPORT WITH TV, TELEPHONE, COMPUTER

CARE NAVIGATOR, TELEMONITORING, PHONE CONSULTATIONS



More information about stroke awareness on Page 6.

Katherine



**NURSE KATHERINE SAYS,**

**“Know your F.A.S.T. signs.”**

May is American Stroke Month

When a blood vessel to the brain ruptures or becomes blocked brain cells die and a stroke occurs. Can you recognize a stroke? Think F.A.S.T. (F)ace drooping, (A)rm weakness, (S)peech difficulty, (T)ime to call 911.

A known red flag for a stroke is that it affects one side of the body and not both. If the person is responsive ask them to raise their arms or smile to see if one side is affected and lacks proper response.

Another cardinal sign is sudden change. Other symptoms of stroke are: numbness or weakness of the leg, confusion or trouble understanding, trouble seeing in one or both eyes, trouble walking, dizziness, loss of balance or coordination, or severe headache with no known cause.

A “warning stroke” or “mini-stroke,” known as TIA or transient ischemic attack, has stroke-like symptoms that last a few minutes and resolve. Having a TIA puts you at higher risk of having a major stroke, so see a doctor right away.

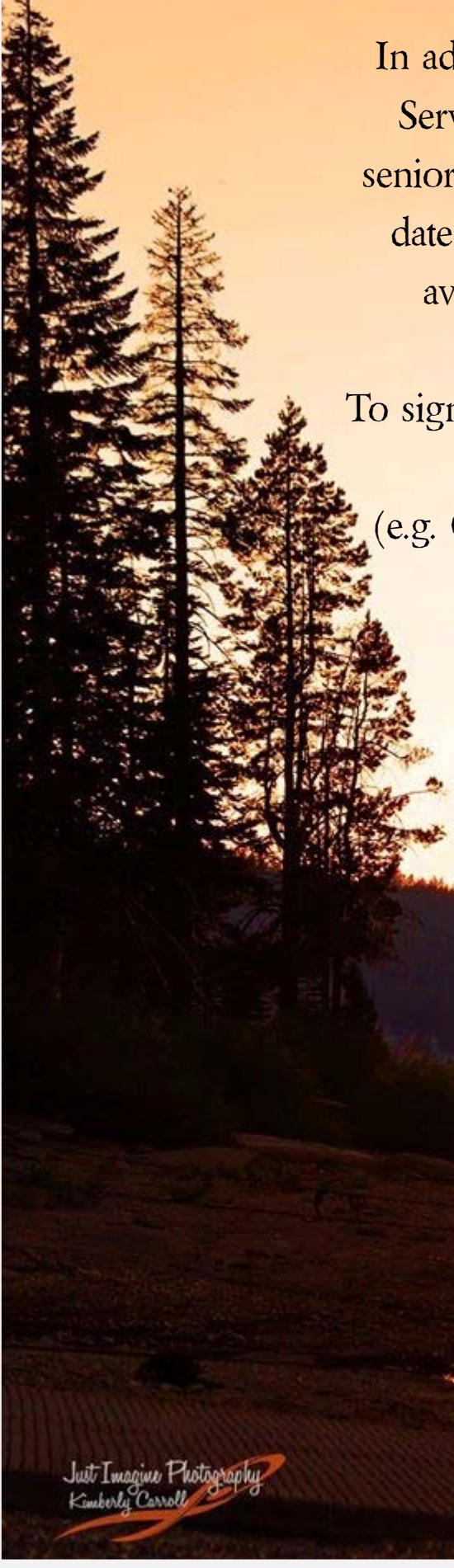
Timing is of essence with stroke treatment and recovery. A special medication can treat stroke symptoms and stop a stroke all together. But not every hospital has this medication.

If you don't already have airlift insurance for yourself or your loved ones you may want to consider it. Yearly coverage cost is typically under \$50, yet a medical flight can cost tens of thousands of dollars out-of-pocket without coverage.

Also, according to the American Heart Association, telemedicine — commonly referred to as “telestroke” — is highly effective in improving patient access to quality stroke care and thereby reducing disability. They state on-line that medicare reimburses for a telestroke evaluation when the patient is located in a rural area. Find out if your local hospital uses telestroke.

Thinking F.A.S.T. can save quality of life and life itself.





In addition to the quarterly Senior Newsletter, Senior Services provides a monthly e-mail service to keep seniors, their families, and community members up-to-date with meal site menus, local events and services available to seniors throughout Plumas County.

To sign up, please email [danacash@countyofplumas.com](mailto:danacash@countyofplumas.com)  
with your Name and area  
(e.g. Chester, Eastern Plumas, Indian Valley, Quincy).

Just Imagine Photography  
Kimberly Carroll

## **VETERANS CORNER—RENO GUEST HOUSE**

If you are a veteran that has a medical appointment or are scheduled for surgery in Reno, then you and your spouse can access the Reno Veterans Guest House and can stay for free.

Veterans Guest House is located at 8800 Locust Street in Reno Nevada. For reservations or more information, you can call (775)324-6958 or email [reservations@veteransguesthouse.org](mailto:reservations@veteransguesthouse.org).

The guest house provides:

- Overnight stays
- Continental breakfast
- Proximity to all major hospitals
- Caring environment
- Located on bus routes



## **FEDERAL TRADE COMMISSION ALERTS**

### **MediCare Cards**

New MediCare cards will be sent out in the next 2 years that will help with identity protection. Social Security numbers will no longer be listed on the card. Instead an MBI or Medicare Beneficiary Identifier number will appear. You do not need to do anything to receive the new cards, they will be replaced automatically and there is no fee.

### **Veterans Medical Care Fraud**

There is a new scam that focuses on veterans using the Veterans Choice Program (VCP). The VCP is a real program provided by the U.S. Department of Veterans Affairs to help veterans with informed decision about medical care, but the scammers have set up a phony line that can get mixed up with the real phone number. To avoid this scam, make sure you are calling the correct phone number and do not provide your financial account information. The VA, or any government agency, will not ask for your financial account information.

Visit [consumer.ftc.gov](http://consumer.ftc.gov) for more information on these alerts from the Federal Trade Commission.

### **We're on the Web!**

**See services available and newsletter archives here:**

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

# Age Well, Live Well



**Seminars on health & aging**

**Provided by local experts**

The kick-start of the Age Well, Live Well series has been a successful beginning to the series and, as intended, is planned to continue on a less frequent basis.

In February we learned from Pharmacist Karen Schad about supplements. She touched on health issues like Macular Degeneration, Osteoarthritis, depression, memory and gut health, and shared uses of natural and prescription supplements with information on dosages, frequency and safety. If you have questions, whether you were able to attend the talk or not, you can reach out to her at Quincy Pharmacy, 283-4545.

March brought a host of guidance from local Physical Therapists Rey Pesina and Kory Felker and Tai Chi instructors Barbara Inyan, Nancy Presser and Kiara Vicini. Presenters focused on information on how to reduce falls and gentle movement exercises designed to improve balance and strength. Directly following these presentations, our Tai Chi teachers provided an 8-week Tai Chi for Arthritis and Fall Prevention course at each Senior Nutrition site, free to participants. The gentle weight-bearing and strength training movements are cited by Harvard Medical School as one of the 5 best exercises you can ever do. It is especially beneficial for people with arthritis, osteoporosis, back pain, and other health issues. A training to learn how to lead a group in these exercises is scheduled in June. For more information, see page 2.

During April, for National Health Care Decision Week, Joanne Danielson with Graceful transitions informed us on what an Advanced Health Care Directive is, how to access it through Medicare, and what it means for physicians to order life sustaining treatment. Joanne can also help with Advanced Health Care Directives and provides a space for them and other important documents to be electronically available. If you are interested in her service, you can call 877-291-2112 and she will take \$10 off her fee if you mention Plumas County Public Health Agency.

May's seminars are underway with Rely Samonte holding a discussion on nutrition topics that affect seniors. Katherine Stafford, the Senior Service's nurse, is also providing blood pressure screenings. The seminar will be at the Senior Nutrition sites in Portola (10:30am) and Quincy (12:30pm) on May 24, and Chester (12:30pm) and Greenville (10:30am) on May 25.

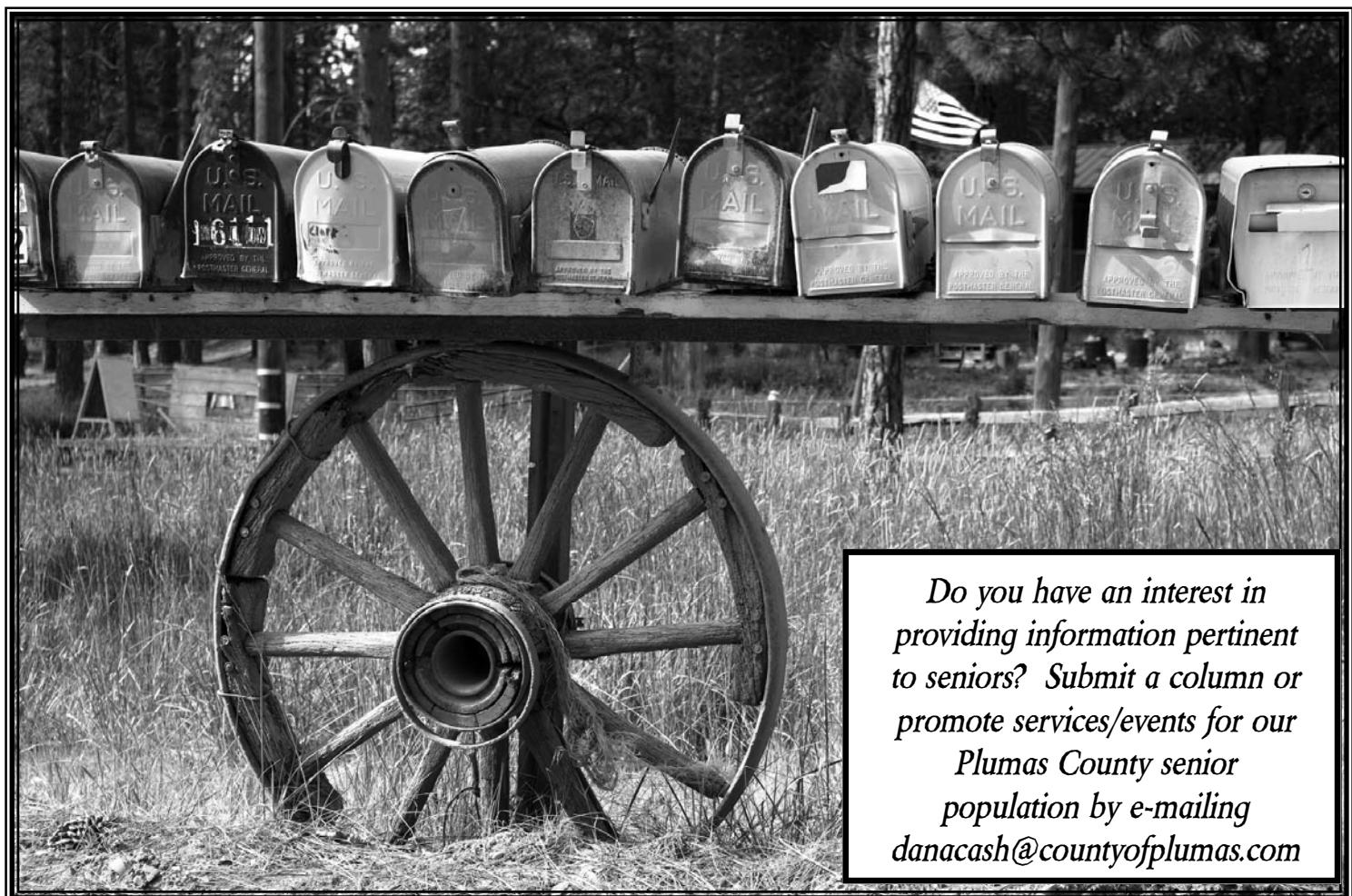
Please stay tuned to learn more about seminars being provided in the near future!

## **BOOKS AVAILABLE FOR DELIVERY**

This April and May books have started to be delivered to seniors who have a difficult time getting to the library or other congregate sites. Through the hard work and dedication of Jimmie Oneal, who is volunteering her time to provide this service, and the vision of Senior Service's Nurse Katherine, this program has already proven a success! The Friends of the Quincy Library and other donors provide the books that are delivered to seniors through the Senior Services meal delivery program. Already, after only a month and a half, a total of 108 books have been delivered.

Jimmie takes the time to obtain and catalog the books and then fills the orders. If you are looking for a particular book, author or genre, Jimmie will hold your request and look through the continuous supply of new donations to provide you with the reading material you enjoy. In addition, Jimmie may also add a new book or two that may be of interest to you.

No books are required to be returned, but they can be, this service is provided throughout Plumas County, and you do not have to utilize Senior Services Home Meal's program to have books delivered to you. Jimmie encourages you to call her so she can help you with your book needs at 283-9854.



*Do you have an interest in providing information pertinent to seniors? Submit a column or promote services/events for our Plumas County senior population by e-mailing [danacash@countyofplumas.com](mailto:danacash@countyofplumas.com)*

## PLUMAS COUNTY SENIOR SITE UPDATE

The last 6 months have brought several challenges for sites, including heating and flooding issues, to say the least. During this time our dedicated staff have worked tirelessly to ensure that our clients received the services and support they needed. Throughout the storms, flooding, and road closures, meals were still being made and delivered except when roads were closed and trips were only canceled when authorities advised against travel. This level of dedication speaks volumes to the perseverance of our staff and the commitment they have to providing the best service in the hardest of times.

The Quincy and Chester sites and Blairsden satellite site are continuing to operate as normal. Starting May 1st, our Greenville site reopened at it's new location with updated power to heat the space. Due to flooding, the Portola site was moved to the Holy Family Catholic Church, who have so generously provided space for the last few months, and the phone number has temporarily changed. The location will possibly be changing again soon, due to the additional time needed to assess and address the flooding damage at the Portola Veteran's Hall. Thank you for the continued patience and kindness you have shown to our staff as the displacement continues over the next few months.

However, you can still utilize Senior Nutrition or Transportation programs as normal. Lunch is served at 12 Noon at each site, Monday through Friday with a suggested donation of \$2.50 for those 60 years of age or older. Anyone under 60 may receive a meal for \$6.00. All meals require a reservation at least one day in advance by signing up or calling the site for reservations. See below list for site information. Seasonal residents and guests are welcome. Please see page 11 for transportation details.

<b>CHESTER</b> <b>(530) 394-7636</b> <i>Carolyn</i>  <b>Wildwood Village</b> 366 Meadowbrook Loop Chester, CA 96020	<b>PORTOLA</b> <i>(# &amp; location to change for renovations)</i> <b>(530) 832-4173</b> <i>Kathy</i>  <b>Portola Veterans Hall</b> 449 West Sierra St. Portola, CA 96122	<b>BLAIRSDEN</b> <b>(530) 832-4173</b>  <i>Portola Nutrition delivers meals to Blairsden on Wednesdays.</i>  <b>Mohawk Resource Center</b> 8929 Highway 89 Blairsden, CA 96103
<b>GREENVILLE</b> <b>(530) 284-6608</b> <i>Debbie</i>  <b>American Legion</b> 430 Main Street Greenville, CA 95947	<b>QUINCY</b> <b>(530) 283-0643</b> <i>Annette</i>  <b>Quincy Veterans Hall</b> 274 Lawrence St. Quincy, CA	

# TRANSPORTATION

*Photo Credit: Kimberly Carroll*



# SERVICES

**Seniors 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:**

Tuesdays & Fridays

#### **Susanville:**

Wednesdays

### **GREENVILLE**

**284-6608**

*Debbie*

#### **Local Shopping:**

Fridays

#### **Quincy:**

First Fridays &  
Third Wednesdays

#### **Susanville:**

Second Saturdays

### **PORTOLA**

**832-4173**

*Kathy*

#### **Local Shopping:**

Wednesdays & Fridays

#### **Quincy:**

1st & 3rd Tuesdays

#### **Reno:**

1st Saturdays

Thursdays

### **QUINCY**

**283-0643**

*Annette*

#### **Local Shopping:**

Fridays

#### **Reno:**

1st Saturdays

Thursdays

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.*

## **SITE CRAFT PROJECTS**

Portola project: With the help materials provided by Dale Morrison, participants built and decorated bird houses that can now be seen around the Portola City Park.



Quincy site craft: Participants decorated ceramic mugs for daily use at the site.



## **NEW PHOTOGRAPHS!**

We want to extend a warm thank you to local photographers who have so generously given of their art to our newsletters, past and present. This edition's pictures hail from Quincy's Joanne Burgueno Photography, Just Imagine Photography, and Houston Everlasting Photography. If you have pictures you would like to provide for Public Health's uses, please submit them to the newsletter editor via email.