

PLUMAS SENIOR NEWS



Photo Credit: Kimberly Carroll

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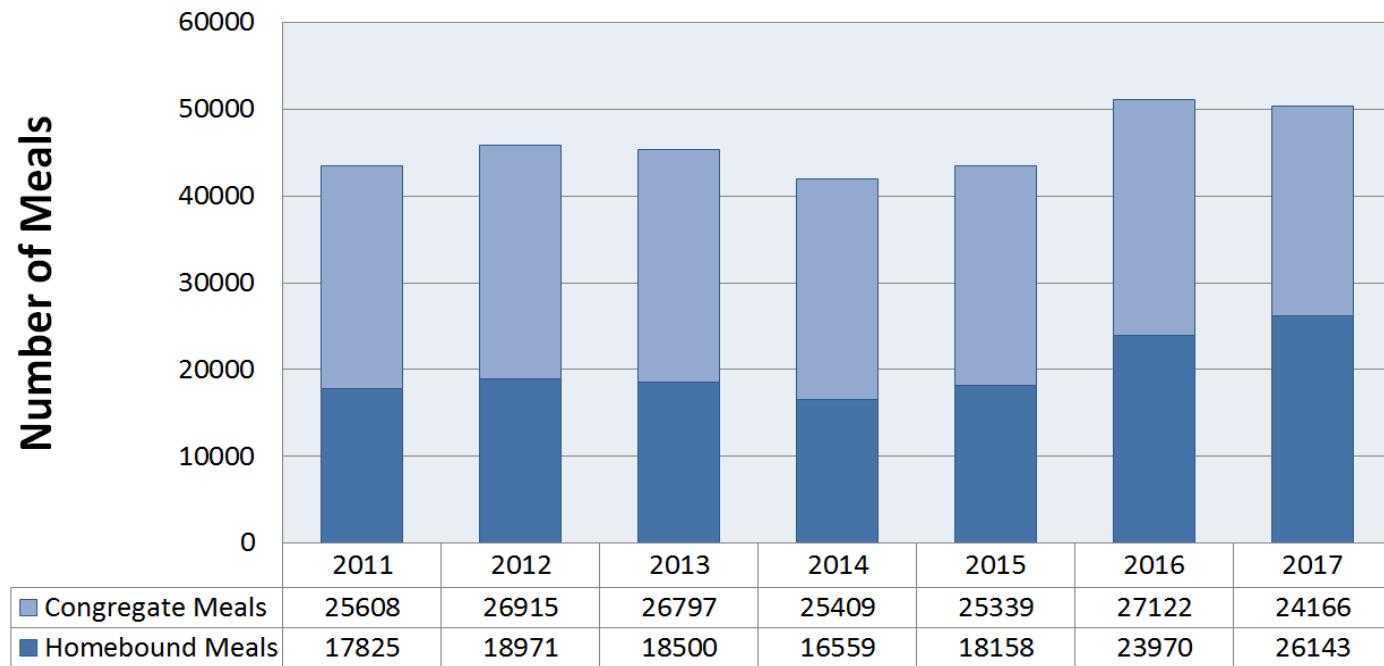
PLUMAS COUNTY SENIOR SERVICES: 2017*

Plumas County Senior Service employees work hard to provide exemplary service to you every day. For the past year and a half, we've provided you with our monthly counts of both meals and transportation for each site, as noted on page 4, but our services go beyond tallying meals and drives. They are rooted in our mission to provide and "promote individual and community health through effective, and respectful services..." In Fiscal Year 2017* alone, services were provided to 372 individuals throughout Plumas County.

Meals provided to seniors through the nutrition program were in excess of 50,000, which would be enough to feed every person in Plumas County more than twice! According to the 2017 Senior Survey, this food is good, too! Unlike several other similar counties, our food is made onsite for you in our kitchens located in Chester, Portola and Quincy. Over ninety percent of consumers say that the food tastes and looks good and the meal service helps them maintain their independence with dignity. Not only that, but 99 percent of consumers surveyed note that the staff providing the meals are helpful and respectful to them.

...continued on page 3

Meals Provided from 2011-17 *



*Years noted represent Fiscal Years. For example, the dates for Fiscal Year 2017 are July 1, 2016 to June 30, 2017.

PLUMAS COUNTY SENIOR SERVICES: 2017 CONTINUED

Transportation is also provided to seniors, the majority of trips consisting of Dr. appointments and food shopping. In 2017 alone, Senior Services drove over 164,000 miles, 84 percent of

which was spent transporting clients. That's enough miles to drive to the Atlantic Coast and back over 20 times! Ninety-one percent of clients surveyed state that Senior Transportation helps

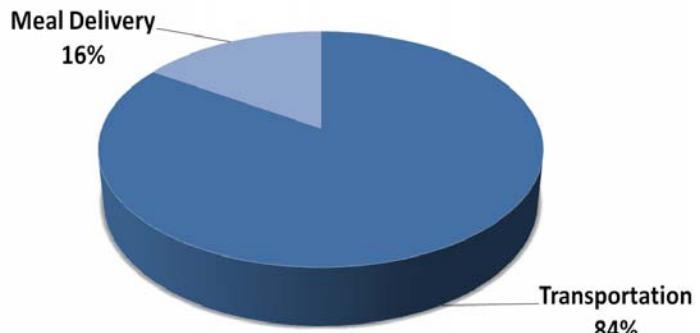


them to age in their homes and maintain their independence with dignity. They also shared that the transportation staff are helpful and respectful and that their rides are provided in a timely, reliable manor.

2017 Senior Services Mileage: 164,646*

138,495 Transportation Miles

26,151 Meal Delivery Miles



The most notable discrepancy of agreement among those surveyed is that for both the transportation (25 percent) and nutrition (19 percent) programs there was a higher rate of clients who did not agree that they were able to pay the suggested donation prices. While it is a suggested donation price, and most participants feel they can donate for the services they receive, it is still helpful to know so that we can plan for the future of our programs and how to provide services that are accessible to everyone who needs them.

Photo Credit: Joanne Burgueno



Overall, the impressive figures stated here represent the work of our highly committed staff, who continue to work day in and out despite the many challenges that face them. This year they have weathered (literally and figuratively) the cold, floods, power outages, and road closures to ensure our clients had what they needed. We have amazing staff who do amazing work and their mark of dedication is imprinted in every meal made, ride given, or smile or helping hand provided.

SENIOR SERVICES: NUMBERS SERVED BY COMMUNITY

APRIL-JUNE 2017

Chester

	April	May	June	Average	Day
Number of Rides Given:	120	107	150		6
Number of Congregate Meals:	871	908	914		42
Number of meals delivered to homes:	287	326	279		14

Greenville

(Meals provided by Quincy site)

	April	May	June	Average	Day
Number of Rides Given:	47	45	65		2
Number of Congregate Meals:	16	29	10		1
Number of meals delivered to homes:	796	847	885		40

Mohawk

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

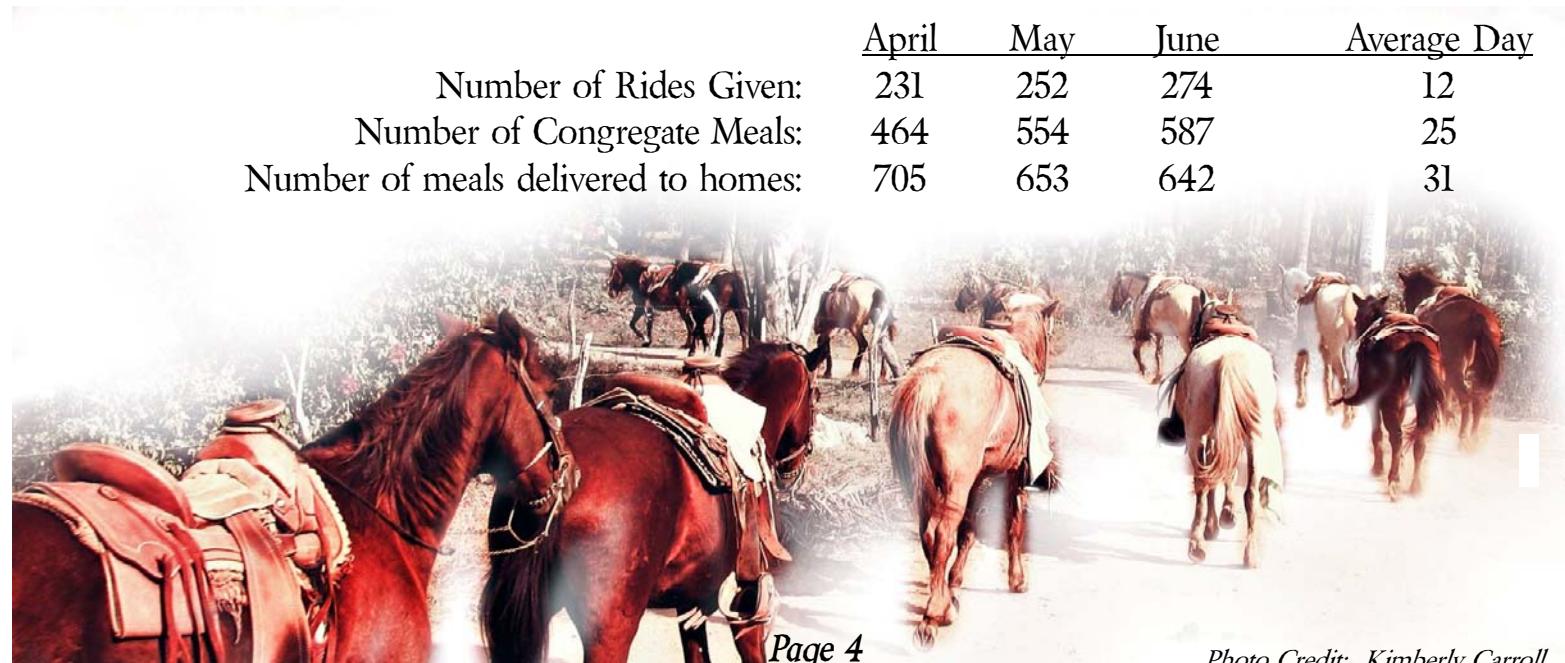
	April	May	June	Average	Day
Number of Congregate Meals:	71	89	59		17

Portola

	April	May	June	Average	Day
Number of Rides Given:	439	568	503		24
Number of Congregate Meals:	487	493	370		21
Number of meals delivered to homes:	282	294	363		15

Quincy

	April	May	June	Average	Day
Number of Rides Given:	231	252	274		12
Number of Congregate Meals:	464	554	587		25
Number of meals delivered to homes:	705	653	642		31



NURSE KATHERINE SAYS TO BABY BOOMERS,
“Get screened for Hepatitis C”



Were you born between 1945 and 1965? If you were, you are part of a high risk population for Hepatitis C (Hep C) viral infection.

Hep C is inflammation of the liver that can lead to liver damage or cancer, though most people who have it have no symptoms and do not know they are infected. 4 to 5 million people are currently infected in the United States. 3 in 4 people with Hep C are Baby Boomers.

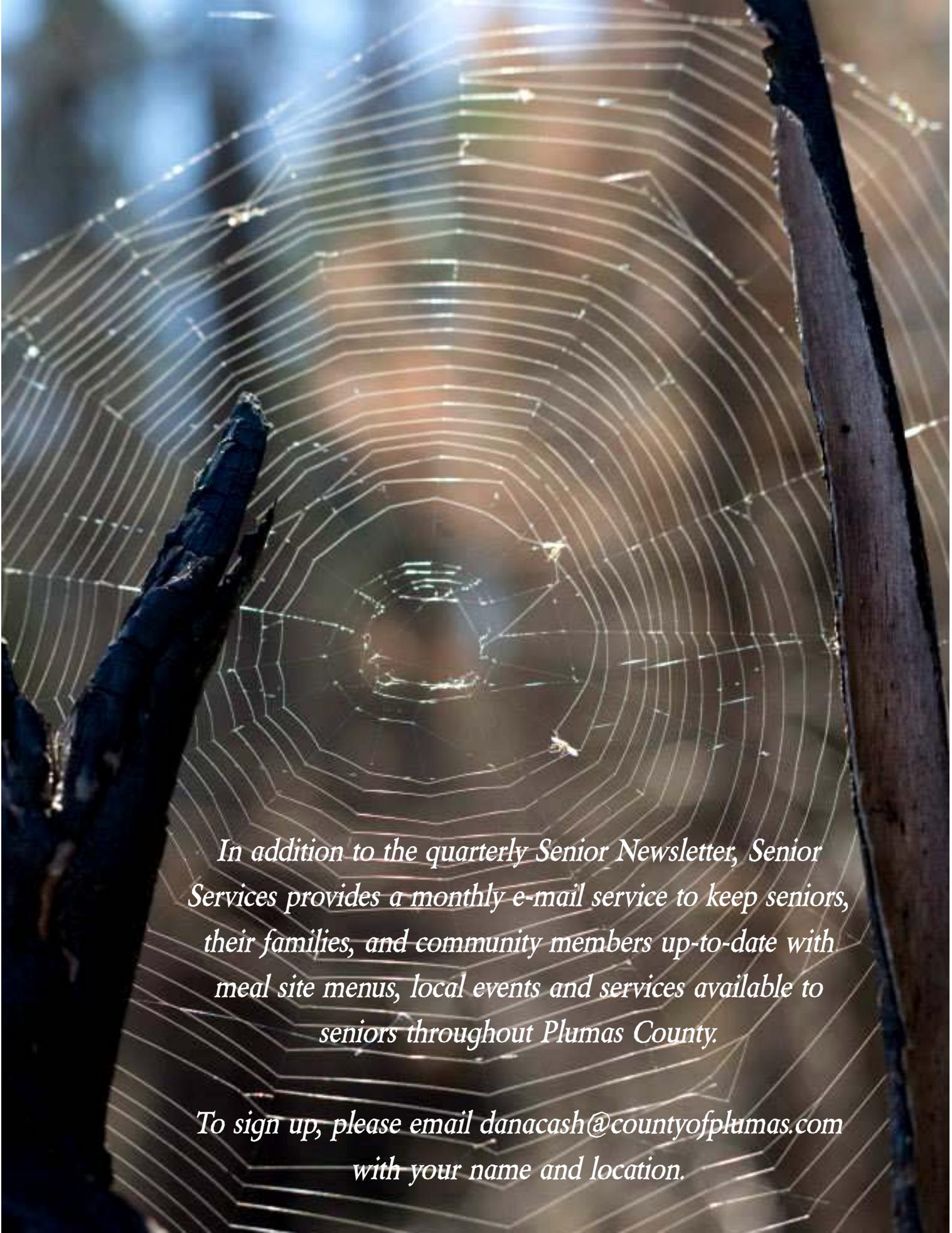
Transmission of Hep C is blood borne. For example, Hep C can be passed through intravenous (I.V.) injections, from tattoo needles, from mother to child during pregnancy and birth, or through rough or traumatic sex. Baby Boomers could have been exposed during procedures performed before widespread blood screening and universal precautions in the medical setting were in place, such as through contaminated blood or organs or non-sterile medical equipment.

Though there is no vaccine currently, diagnosed Hep C is *95% curable* with medications that have tolerable regimens and side-effects. Your best defense is to be screened. Your doctor can do this through a blood test or you can be screened, currently for free, at your local Public Health clinic. For the public health department call (530)283-6330 for an appointment.

Katherine Stafford, RN, PHN



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



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 with your name and location.

NEW!

SAVE THE DATE!

The next Age Well, Live Well seminar will be provided by Nancy Presser, who owns Sacred Space, in Greenville California. More information will be provided, but be sure to mark your calendars for your area.

Chester	September 21	12:30pm
Graeagle	September 13	10:30am
Greenville	September 21	10:30am
Portola	September 11	10:30am
Quincy	September 13	12:30pm



OOPS!

In the Spring issue of the Senior Newsletter, information was provided on what PALS at Home is (a service that connects you to caregivers in the comfort of your home), but did not specify the contact information.

Please feel free to connect with them by calling (530)394-7117 or emailing info@palsathome.org



CALORIES ON THE MENUS?

NEW!

We will be adding general calorie information to the Senior Nutrition menus. Katy Dyrr, our program's dietitian, has calculated the calories for four meals from the menu and created a range, which will now appear on the menu with the other nutritional information. It will read: Each meal is 600-800 calories (variable).

To lower calories leave out the bread to save about 60-70 calories!

VETERANS CORNER— THREE VAs IN ONE

The Veterans Administration is a branch in the federal government, and like most federal organizations it can be quite confusing. Most people do not understand the structure of the Department of Veterans Affairs. It is made up of three divisions that are responsible for specific activities — VA Health Care, Veterans Benefits Administration and Burial and Cemeteries. Each division is independent and can often be like a stove pipe, where communication does not necessarily exist with the other two.

The Veterans Health Administration (VHA) handles all health care for veterans. It is responsible for the medical centers, outpatient clinics, community based outpatient clinics, and the vet centers. They provide care, medications, and prosthetic devices as needed. They are responsible for setting the veteran's health care priority and eligibility based on information provided by the benefits section. To enroll to receive treatment, the veteran can visit a VA hospital, community-based outpatient clinic or county veterans service office.

The Veterans Benefit Administration (VBA) is responsible for the payment of all VA gratuitous benefits. It handles claims for disability, compensation, pension, and education, including vocational rehabilitation, burials, home loans, life insurance and just about any other monetary benefit that comes from the VA.

The National Cemetery Association (NCA) operates the National Cemetery system. It is responsible for the establishment and construction of new cemeteries and the care and maintenance of existing cemeteries. It provides flags for burials of veterans and issues Presidential Memorial Certificates.

The Plumas County Veterans Service Office can complete the DMV Veteran Status Verification Form for the new California Veteran Designation on your driver's license. To find out if you are eligible for any of these benefits, visit or call our office at 283-6271/6275 Mon-Fri from 0800-1600. We can and will assist you in completing all required application forms. You can get information on the Web from the Plumas County Veterans Service Office webpage by accessing the Plumas County Website at www.plumascounty.us under Veterans Services.



The VA Van departs at 0700 Tues and Thursdays from the County Annex upper parking lot. Ensure you call Kyle Short County Veteran Service Representative at 283-6271 three days prior to your appointment at the VAMC Reno to schedule a reservation on the VA Van. The Van can transport up to five veterans first come first served.

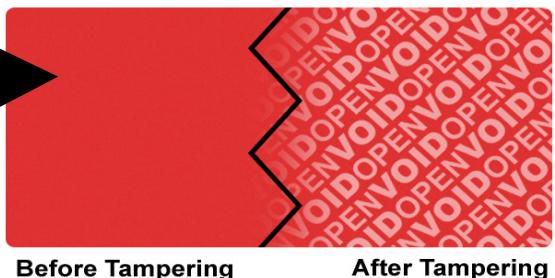
Jimmy LaPlante, Veterans Services Officer

NEW CARD SKIMMER TECHNOLOGY

Scammers continue to come up with new ways to get personal information. Skimming is one way this can happen. It's not new, but the technology has improved and can make it harder to notice. One form, like this picture of the gas pump, takes the information from your card's magnetic strip. Sometimes they're even hidden inside a pump to make them harder to notice.



Photo credit: Royal Canadian Mounted Police, Kamloops



To reduce your risk, check for signs of tampering such as an outside skimmer addition, if the card reader wiggles, or if the pump has been opened and the tamper-proof tape has been marked void as showing above. Also,

reduce risk, run your debit card as a credit to avoid entering your PIN, or cover your hand when entering your PIN, as mini cameras may be able to capture what is entered.

For more information, or to report a potential scam, contact the Federal Trade Commission at (202)326-2222 or go to ftc.gov.

We're on the Web!

See services available and newsletter archives here:

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

NUTRITION SITES

CHESTER

Carolyn (530) 394-7636

Wildwood Village
366 Meadowbrook Loop
Chester, CA 96020

GREENVILLE

Debbie (530) 284-6608

American Legion
430 Main Street

PORTOLA

(location may change for renovations)

Kathy (530) 832-4173

Portola Veterans Hall
449 West Sierra St.
Portola, CA 96122

QUINCY

Annette (530) 283-0643

Quincy Veterans Hall
274 Lawrence St.
Quincy, CA

BLAIRSDEN

(530) 832-4173

*Portola Nutrition
delivers meals to
Blairsden only on
Wednesdays.*

Mohawk Resource

Center

8929 Highway 89
Blairsden, CA 96103

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.



TRANSPORTATION 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

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.*



Photo Credit: Kimberly Carroll

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:

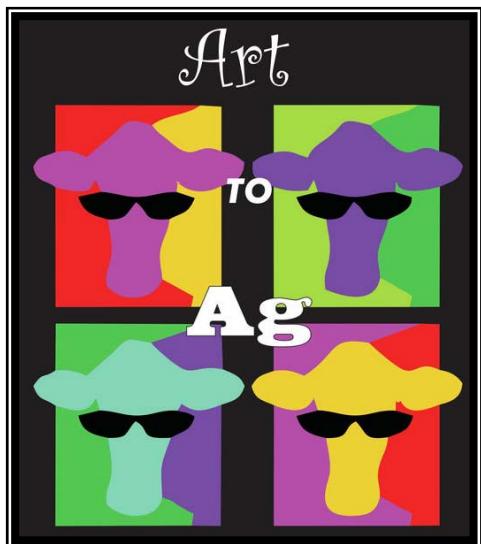
1st Saturdays
Thursdays

SENIOR DAY AT THE FAIR!



WEDNESDAY, AUGUST 9 is Senior Fair Day

ADMISSION: "Pay What You Can" (*Senior Admission normally \$4*)



LUNCH: The free Senior Lunch will begin at noon by the family gardens.

(The Senior Lunch is sponsored by Safeway and 20,000 Lives.)

NEED A RIDE? Reserve your seat on or before Monday, August 7th by calling.

<i>Chester:</i>	394-7636
<i>Greenville:</i>	284-6608
<i>Quincy:</i>	283-0643
<i>Portola:</i>	394-7680

SENIOR SUMMIT

Save the date for the 2017 Senior Summit. It's to be held on September 26, 2017 at the Quincy Vets Hall from 9am to 3pm (the time may vary). Lunch will be provided at no cost and rides will be provided from Chester, Greenville and Portola to those who request it. Speakers this year include a wide panel of local service and health care providers who will also be available for discussion during breaks and lunch.

Stay tuned for more details on the summit, which will be detailed in flyers and the newspaper over the next couple of months.