

PLUMAS SENIOR NEWS

WINTER 2017



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*Plumas County Public Health Agency
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We're on the Web!
See services available and
newsletter archives here:
<http://bit.ly/plumas-seniors>

EMERGENCY CONTACT INFORMATION

EMERGENCY—Police—Fire—Ambulance: Dial 911

NAME	PHONE	WEBSITE
PLUMAS COUNTY AGENCIES		www.plumascounty.us
• Office of Emergency Services	530-283-6332	
• Public Health	530-283-6330 or 1-800-801-6330	
• Environmental Health	530-283-6355	
• Public Works	530-283-6268	
• Building Department	530-283-7009	
• Animal Control	530-283-3673	
• Sheriff	530-283-6375	
MEDICAL		
• Plumas District Hospital	530-283-2121	www.pdh.org
• Eastern Plumas Health Care	530-832-4277	www.ephc.org
	1-800-571-3742	
• Seneca Hospital	530-258-2151	www.senecahospital.org
• California Poison Control	1-800-222-1222	www.calpoison.org
HIGHWAY INFORMATION		
• Caltrans	1-800-427-7623	www.dot.ca.gov
• California Highway Patrol	530-283-1100	www.chp.ca.gov
LOCAL WEATHER/ROAD CONDITIONS/NEWS UPDATES		
• Local internet weather info		www.plumasnews.com www.lassennews.com
LOCAL RADIO-also part of Emergency Alert System		
• KSUE 1240 AM	530-257-8255	www.sierradailynews.com
• KJDX 93.3 FM	530-257-2121	www.sierradailynews.com
• KGXX 100.7 FM	530-251-2300	
• KQNY 91.9 FM	530-283-5494	www.kqny919.org
• KLZN 93.3 FM	530-257-6100	
• KNLF 95.9 FM	530-283-4144	www.knlfradio.com
• KWLU 98.9 FM	Chester	www.klove.com
• KJCQ 88.5 FM	Westwood	
• KPJP 89.3 FM	Greenville	
• KQNC 88.1 FM	Quincy	www.capradio.com
• KRAC 1370 AM	Quincy	

SENIOR SERVICES: NUMBERS SERVED BY COMMUNITY

OCTOBER-DECEMBER 2016

Chester

	Oct	Nov	Dec	Daily
Number of Rides Given:	24	74	90	3
Number of Congregate Meals:	774	765	877	41
Number of meals delivered to homes:	267	296	309	15

Greenville

(Meals provided by Quincy site)

	Oct	Nov	Dec	Daily
Number of Rides Given:	68	44	35	2
Number of Congregate Meals:	63	34	16	2
Number of meals delivered to homes:	779	799	865	41

Mohawk

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

	Oct	Nov	Dec	Daily
Number of Congregate Meals:	69	68	60	15

Portola

	Oct	Nov	Dec	Daily
Number of Rides Given:	421	384	413	21
Number of Congregate Meals:	548	538	538	28
Number of meals delivered to homes:	380	380	385	19

Quincy

	Oct	Nov	Dec	Daily
Number of Rides Given:	266	286	215	13
Number of Congregate Meals:	528	497	496	26
Number of meals delivered to homes:	548	610	666	31



Grief Support Group

The Action Program for Moving Beyond Death, Divorce, and Other Losses

Myths about grief:

- *Time heals all wounds*
- *Replace the loss*
- *Grieve alone*
- *Be strong for others*
- *Bury your feelings*

Your feelings are normal and natural. The problem is that we have been socialized to believe that these feelings are abnormal and unnatural.

Whether your loss is from:

- Death
- Divorce or end of a relationship
- Loss of a career
- Loss of trust
- Loss of faith
- Loss of safety
- Loss of health

1-ON- 1 SEVEN WEEK SESSIONS, 8 AND 12 WEEK GROUPS AVAILABLE

People say you have to let go and move on in your life, but they don't tell you what you need to do to accomplish that. The Grief Recovery Method® Outreach Program not only makes that possible, but provides partnerships and guidance to ensure that it happens.

For further information call:

Michelle Ridley or Kathleen O'Bryant • Certified Grief Recovery Specialist® • 530-832-1827 or 530-283-5515 (Program funded by PCIRC/RCC)

In addition to the quarterly Senior Newsletter, Senior Services provides a monthly Email 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 area (e.g. Chester, Eastern Plumas, Indian Valley, Quincy).

Katherine



NURSE KATHERINE SAYS,

“Tai Chi prevents falls in older adults.”

In Plumas County, winter and spring bring the fear of slippery ice, and many of us are seen doing “the duck waddle” just to keep our feet under us, if we decide to go out at all. Ice is not the only culprit. The *fear* of falling causes us to fall, and the fear is not unfounded.

In our country, every 11 seconds an older adult visits the emergency room with a fall-related injury, according to the Centers for Disease Control. Reasons for this could be side effects of medications, illness, dehydration, loss of balance or strength due to reduced activity, and many other reasons.

Studies have shown that Tai Chi (pronounced “tie chee”) prevents falls in older adults. Tai Chi is a gentle movement practice from ancient China, that can be done indoors or outdoors, alone or in a group, seated or standing. Tai chi is noncompetitive and nonjudgmental and is for all ages and abilities. In fact, Tai chi is recommended by the Arthritis Foundation to prevent and improve arthritis symptoms.

Tai Chi may look slow, simple and gentle, yet it builds strength, balance and confidence.

Good news! Tai Chi is offered in Plumas County and there will be more of it soon. Stay tuned to your senior newsletter and the *Age Well, Live Well* series.

You can look forward to gentle and safe exercises that will have benefits to your memory, your spatial awareness, and best of all, your confidence at being safe in and out of our home. Now that’s peace of mind (and body).

By Katherine Stafford, RN, PHN

Senior Services Nurse



**NEW!**

AGE WELL, LIVE WELL SEMINARS

For the next several months, Senior Services will be partnering with local experts to provide seminars and events on the topic of health and aging. The kick-off event begins with a talk on Supplements & Vitamins provided by Karen Schad, Owner and Pharmacist in Charge at Quincy Pharmacy. Please note the flyer on page 7. Next month there will be a focus on gentle movement, balance and fall prevention. While the events will be held at the Senior Nutrition Sites, all interested parties, senior or not, are welcome to attend these free seminars.



BOOKS FOR HOMEBOUND SENIORS

**NEW!**

Friends of the Library, Plumas County Senior Services, and Community Connections are partnering together to create a free library of books that will be accessible to homebound seniors.

This service is meant to fill a gap that was noted by our Senior Services Nurse, Katherine Stafford, while doing the annual visits to homebound seniors. While the senior sites have a library, and seniors who go to the congregate sites often are able to access the library's services, homebound seniors aren't as able to reach a place that houses books. Many seniors enjoy reading to keep their mind fit, continue the pursuit of knowledge, and for pure enjoyment, but some have voiced frustration from the lack of books available to them and not wanting to keep reading the same books over and over.

Books will be available to seniors upon request and will be delivered with their meals or by a Community Connections member upon request.

The plan: The books will come from donations to the library by the community. The Friends of the Library will gather the books for seniors and will give them to Senior Services who will house them at the central office in the Courthouse Annex and serve as the Homebound Senior Library. Senior Services will partner with Community Connections to catalog the books and create a booklist to go out quarterly to homebound seniors, who will then be able to request books off the list to be delivered to their homes.

There are no fees to participate in this program. If you already receive homebound meals from senior services, you will automatically receive the booklist, and in-turn will be able to order books when they become available. If you are a homebound senior who would like to participate in the program, but does not receive homebound meals through Senior Services, please contact Dana Cash to sign up. Contact information is on page 1.

Age Well, Live Well

Seminars on health & aging

Provided by local experts



Supplements

Pharmacist Karen Schad will present information on vitamins and supplements for aging adults, focusing on:

- Eyesight
- Depression
- Memory
- Joint health
- Gut health



She will share information on effectiveness, safety, dietary sources, and dosing of common vitamins and supplements, and closing with a question and answer time.

Chester Feb 7 at 10:30 am
Greenville Feb 7 at 12:30 pm
Graeagle Feb 8 at 10:30 am
Quincy Feb 8 at 12:30 pm
Portola Feb 9 at 10:30 am

Wildwood Village, 366 Meadowbrook Loop
American Legion, 430 Main Street
Mohawk Resource Center, 8929 Highway 89
Quincy Veteran's Hall, 274 Lawrence Street
Portola Veteran's Hall, 49 West Sierra Street

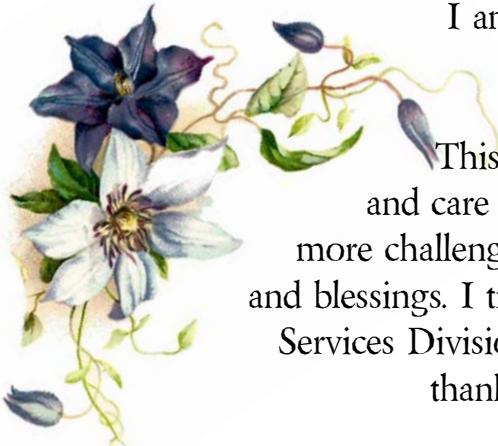


Karen Schad, Owner and Pharmacist in Charge at Quincy Pharmacy, Board Certified Geriatric Pharmacist with extra training on the aging process and how medicines and supplements affect geriatric patients differently.



For more information call Katherine Stafford, Senior Services Nurse, at (530) 283-6364. Upcoming seminars and events to look forward to this Spring and Summer include gentle movement with physical therapy and Tai Chi, blood pressure and hemoglobin screenings, pain management, self massage, nutrition, and vision and dental events.

VULNERABILITY OF AGING— DISCONTINUED



I am sad to say that I am resigning from my job as facilitator of "The Vulnerability of Aging" support groups.

This was not an easy decision as I feel that the support, kindness and care is essential for our well being as we go through some of the more challenging times, as well as sharing our joy, contentment, questions and blessings. I truly thank John Rix and Dana Cash at Public Health, Senior Services Division for their support and encouragement. I would also like to thank you, for your questions and input during the presentations.

I encourage you to utilize the Feather River Bulletin to find various support groups held throughout Plumas County. There is a wide variety of books that cover some of the issues that come up as we move into our later years, some of my favorite authors are Dr. Andrew Weil (with a strong lean as to health) Lewis Richmond, Tara Brach, Mark Nepo, Sharon Salzburg, Kristen Neff. Oh yes, I could go on and on, but I suggest that you read what resonates within you.

Sincerely, Anne Gaudet

OPIATES CAN KILL.

YOU CAN SAVE A LIFE!

GET INFORMED,

GET EQUIPPED,

GET NALOXONE.



For a free overdose reversal kit and confidential training on administering Naloxone, visit any Plumas Crisis Intervention and Family Resource Center
~Or call (530) 283 – 5515 today!~

COMMISSION ON AGING

The newly formed Commission on Aging meets every fourth Saturday at Mountain View Manor in Quincy (116 Circle Drive). Meetings typically include a pot-luck luncheon where items of interest are discussed by the senior community. Currently, By-Laws are being written and any input would be welcome. The aim of the Commission on Aging is to bring to the attention all, any current news items that concern seniors and their well being. The meetings are open and welcome to all, Seniors and those who are interested or concerned.

VETERAN'S CORNER—NEW PRESUMPTIONS OF SERVICE

JIMMY LAPLANTE, CVSO

The Department of Veterans Affairs finalized regulations effective March 14, 2017 to establish new presumptions of service connection for eight conditions for Veterans exposed to contaminated drinking water at Camp Lejeune. If you have a record of service at Camp Lejeune between August 1, 1953 and December 31, 1987, served there for at least 30 days during that period, and developed a condition that you believe is related to exposure to the drinking water at the base, VA recommends you file a disability compensation claim (which Plumas County Veterans Services will assist you with. Please call 283-6275/6271).

Presumptive conditions are Kidney Cancer, Liver Cancer, Non-Hodgkin Lymphoma, Adult Leukemia, Multiple Myeloma, Bladder Cancer, Parkinson 's disease, and Aplastic Anemia/Myelodysplastic Syndromes. The rule applies to all military active duty, reserve, and National Guard personnel that meet the requirements. Veterans who served at Camp Lejeune for 30 days or more between the dates above are already eligible to receive VA healthcare for up to the 15 health conditions of esophageal cancer, kidney cancer, breast cancer, female infertility, multiple myeloma, leukemia, miscarriage, renal toxicity, neurobehavioral effects, lung cancer, bladder cancer, myelodysplastic syndrome, hepatic steatosis, non-Hodgkin's lymphoma, and scleroderma. More information can be found online at:

<http://www.publichealth.va.gov/PUBLICHEALTH/exposures/camp-lejeune/index.asp>. VA is reimbursing certain Veterans' family members for eligible out-of-pocket medical expenses related to the 15 covered conditions. More information can be found at:

<https://www.clfamilymembers.fsc.va.gov>. This new regulation became final on January 13, 2017 and the Veterans Benefit Administration (VBA) is working to implement the rule within 60 days (effective March 14, 2017).

The Plumas County Veterans Service Office issues the DMV form in our office to get veteran status on California Drivers Licenses to Veterans honorably discharged. We have outreach services now in Chester/Greenville on Wed and outreach services in Portola on Thursdays. If you want to make an appointment for a representative to meet you in Chester/Greenville/Crescent Mills and Portola contact 283-6271/6275. Kyle Short (VA Van Coordinator and claims representative 283-6271 coordinates the VA Veterans Van that departs from Quincy on Tues/Thurs at 0700 to VAMC Reno) You must have an appointment at the VAMC Reno to access the VA Van.

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> American Legion 430 Main Street 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:

Tuesdays & Fridays

Susanville:

Wednesdays

Chico:

Every First Monday

GREENVILLE

284-6608

Debbie

Local Shopping:

Thursdays

Quincy:

First Fridays &

Third Wednesdays

Susanville:

2nd & 4th 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.*

“THANK YOU” —QUINCY SENIOR STAFF



Annette Kelly, Site Manager

Annette has worked for the nutrition program for 9 years. She started out as an Assistant Cook and 3 years ago became the Site Manager for Quincy. In her free time she enjoys cooking for her family and traveling.



Donnika Hamilton, Head Cook

Donnika has worked with Senior Services for 4 years running the Quincy kitchen. She enjoys working with seniors and her world revolves around her children.



Matthew Brady, Assistant Cook

Matthew has worked at the Quincy site for 1 1/2 years, taking over as Assistant Cook after John Rix became the Director of Senior Services. Matthew enjoys helping the seniors and in his free time, he likes many outdoor activities, sports, hiking, and fishing.



Daniel Randazzo, Driver

Daniel has spent the last four years driving for Senior Services, delivering homebound meals in Quincy, providing transportation for seniors to their doctor appointments and the weekly Reno trips.

He enjoys sports and spending time with his daughter.

The Quincy kitchen staff, Donnika and Matthew, prepares around 100 meals each day to provide for Quincy and Greenville congregate and homebound meals. Daniel and other respite drivers total around 13 services trips a day along with weekly trips to Reno. For more information, or to receive services, please don't hesitate to call Annette, who coordinates the meals and trips, at (530)283-0643