

PLUMAS SENIOR NEWS



FALL 2017

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Photo Credit: Dana Cash

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Plumas County Senior Services

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SENIOR SERVICES: NUMBERS SERVED BY COMMUNITY

JULY-SEPTEMBER 2017

Chester

	July	Aug	Sept	Average	Day
Number of Rides Given:	131	174	118		7
Number of Congregate Meals:	839	933	930		43
Number of meals delivered to homes:	193	178	162		8

Greenville

(Meals provided by Quincy site)

	July	Aug	Sept	Average	Day
Number of Rides Given:	58	75	81		3
Number of Congregate Meals:	12	5	0		0
Number of meals delivered to homes:	767	948	875		41

Mohawk

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

	July	Aug	Sept	Average	Day
Number of Congregate Meals:	55	61	61		14

Portola

	July	Aug	Sept	Average	Day
Number of Rides Given:	483	604	590		27
Number of Congregate Meals:	547	733	602		30
Number of meals delivered to homes:	250	364	386		16

Quincy

	July	Aug	Sept	Average	Day
Number of Rides Given:	261	305	339		14
Number of Congregate Meals:	582	608	599		28
Number of meals delivered to homes:	591	648	643		30

WINTER PREPAREDNESS

It seems there is always a season for emergency preparedness. We are now transitioning out of fire season into a season of extreme weather and possible flooding. Due to last year's flooding and the fact the current water tables are higher than normal there is a greater possibility for flooding this year even if we have less precipitation. It is always important to be prepared regardless of the type of emergency. Having a "Go Kit" is fundamental if an evacuation is ordered. The majority of evacuations are quick and offer very little time to gather personal and important items.

Having a "Go Kit" can save time and be less stressful. Here is a list of some of the items in a "Go Kit":

- water
- food (nonperishable)
- sanitation items
- medication
- flashlight and batteries
- clothing
- a little extra money
- copies of important documents

It is important to remember that you should be able to carry your "Go Kit" without assistance.

Communication can become a major issue during emergencies due to service outages. It can be hard to communicate with those around you for your needs or find the right information about the emergency to know how you are being affected. Plumas County utilizes CODE RED as its rapid emergency notification system. This system can distribute emergency messages through automated telephone calls targeted to certain areas or the entire county. You can register your landline phones, cell phones and even e-mail address. Registration is confidential and free at www.plumascounty.us.

If you had flooding issues last winter it is possible you may have similar issues this year, though not certain. Think about what you need to prepare yourself, your pets and loved ones, and your home. Local fire departments will have sandbags if flooding occurs. Make plans now to connect with your family, friends, or a local service agency (such as Community Connections) who can assist you if flooding or another emergency occurs.

Being prepared is very important in emergencies; you cannot always plan for everything, but often just a little bit of pre-planning can greatly reduce losses from disasters.

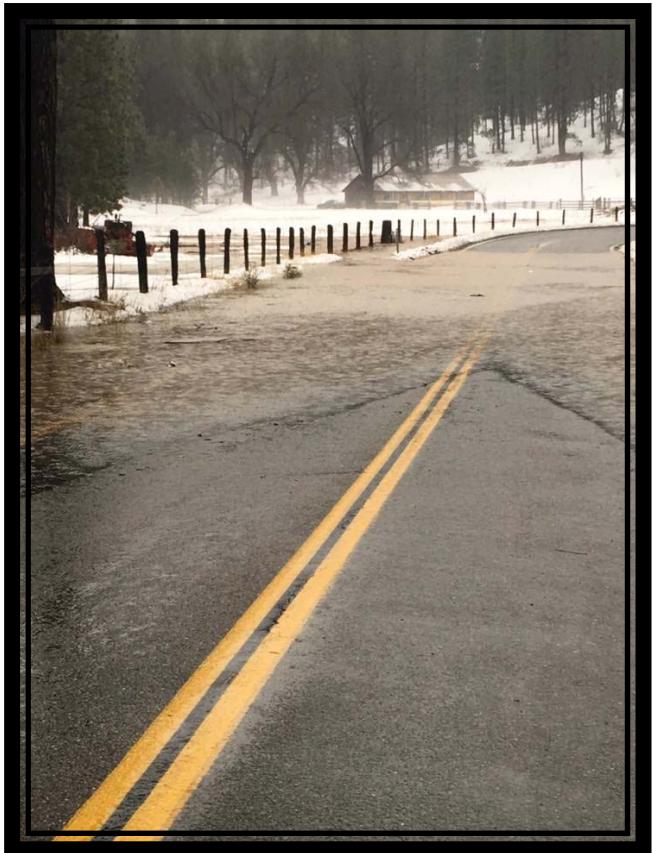
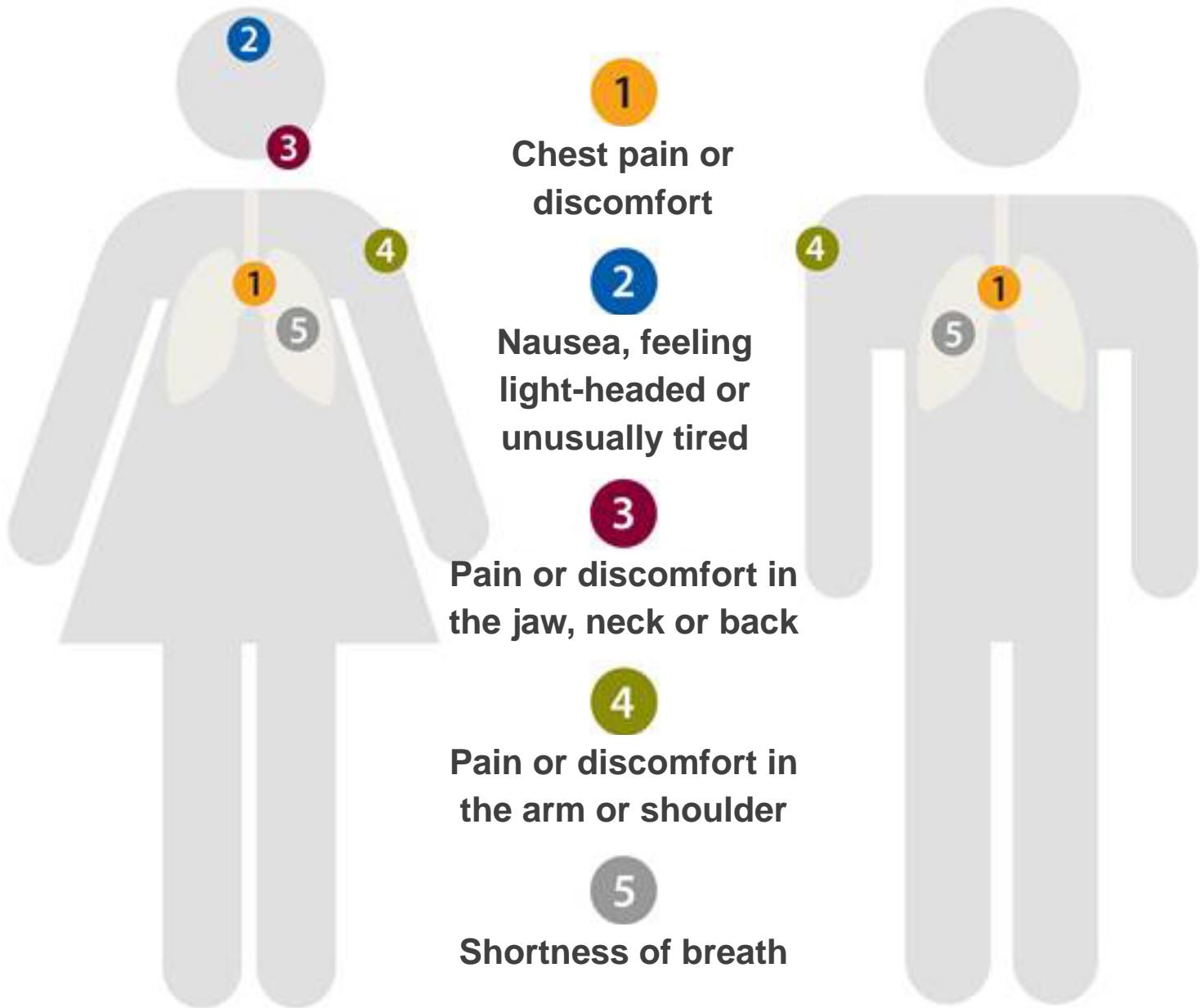


Photo Credit: Renee Cervantes

5 SIGNS OF HEART ATTACK



Heart disease is the leading cause of death for women in the U.S. as of 2013, according to the Centers for Disease and Control Prevention. One of the five major signs of a heart attack is shortness of breath. Please call your doctor if you unexpectedly experience these symptoms.

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

NURSE KATHERINE SAYS

I am always in my favorite season. Or maybe my favorite is the one about to come. I suppose that makes me an optimist.

There are worse things to be, I guess.

What I am trying to say (and you could never tell) is good-bye. People say good-bye in so many ways; some by avoiding it all together. But I don't want to miss the opportunity to say, thank you, as I say good-bye to my work at Public Health and Senior Services.

There could *not* have been a better place for me to be than with the Senior Connections program as the home-visiting nurse. For over a year and a half I have had the honor of being welcomed into many of your homes and had a chance to get to know you as part of the Senior Nutrition home delivered meal program.

Being a nurse we discussed medical issues, but we also discussed spiritual issues and other things near and dear to the heart. I have always felt that our elders are one of our greatest resources. Not surprisingly, I have learned from you and your experiences of lifetimes that span from 50's to the 90's!

My new bosses are aged 2 (almost 3) and 6. I think this may be my toughest job yet.

Reflecting on my time developing the Senior Connections program, I am proud of helping bring to Plumas County: Tai Chi for Arthritis and Fall Prevention, the Senior Mobile Library (which is now expanding to adult coloring books), and a more robust senior resource list at Plumas Rural Services. Only dedicated individuals and committed organizations from our community could have brought these, and much more, to fruition. I hope the collaboration and passion for our senior community continues to grow as much as I have seen it grow in a short time.

Joanne Danielson, Senior Connections Case Manager, will be continuing with home-visiting and further outreach and development of resources for seniors. I know you will enjoy getting to know her as she makes her rounds. You will recognize her by her beautiful smile, compassionate heart, and her love of animals.

Farewell for now. Every ending is a new beginning. I look forward to seeing you in our beautiful community. And as my husband says, quoted from the rock band Pink Floyd, "Shine on!"

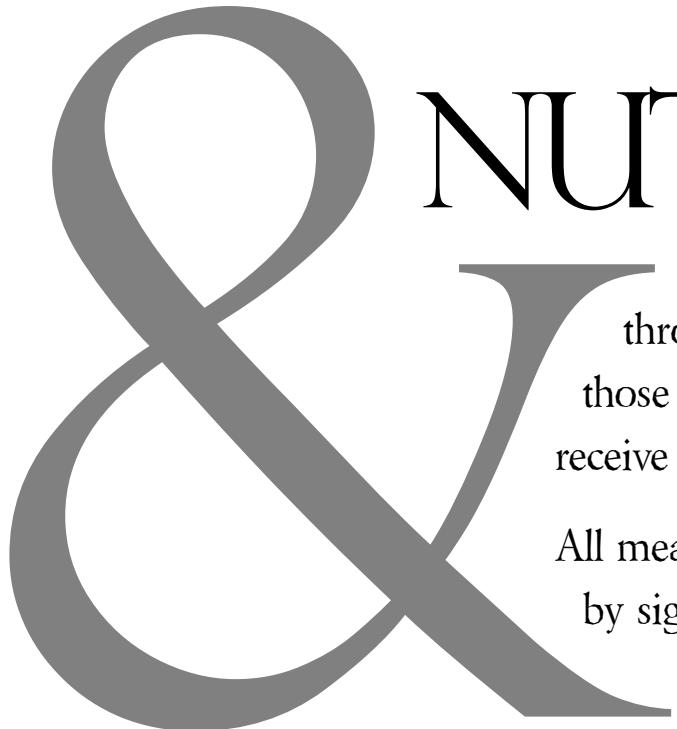
(Katherine's last day in the office will be just before Christmas. See Page 9 for more on Joanne)



PLUMAS COUNTY

Seniors age 60+ can sign up for meals

All services are donation-based. No senior will be denied services



NUTRITION



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.

All meals require a reservation at least one day in advance by signing up or calling the site for reservations.

Seasonal residents and guests are welcome.

TRANSPORTATION

Photo Credit: Kimberly Carroll



Transportation services are available to seniors for appointments, trips to nutrition sites, and local shopping. The schedule on the right 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*

Suggested transportation donation:

\$3 Round Trip, In Town

\$5 In County, Out of Town

\$10 Out of County

SENIOR SERVICES

*or rides by calling the local Senior Site.
if they are unable to donate the full, or partial amount suggested.*

BLAIRSDEN

**Mohawk Resource
Center**
8929 Highway 89

832-4173

Amy

*Portola Nutrition
delivers meals to
Blairsden only on
Wednesdays and can
provide transportation
for appointments.*

CHESTER

Wildwood Village
366 Meadowbrook Loop

394-7636

Carolyn

Local Shopping:

Tuesdays & Fridays

Susanville:

Wednesdays

GREENVILLE

American Legion
430 Main Street

284-6608

Debbie

Local Shopping:

Fridays

Quincy:

First Fridays &
Third Wednesdays

Susanville:

Second Saturdays

PORTOLA

Portola Veterans Hall
449 West Sierra St.

832-4173

Amy

Local Shopping:
Wednesdays & Fridays
Quincy:
1st & 3rd Tuesdays
Reno:
1st Saturdays

QUINCY

Quincy Veterans Hall
274 Lawrence St.

283-0643

Annette

Local Shopping:
Fridays
Reno:
1st Saturdays
Thursdays



Photo Credit: Maricha Pereira

2017 SENIOR SUMMIT IN REVIEW



The 5th Annual Plumas County Senior Summit was held on September 26th this year. The morning sessions kicked off with a warm welcome and moderation from Andrew Woodruff, Plumas County Public Health Agency's Acting Director and was followed by Anne Gaudet who delved into the vulnerability of aging. Anne was set to present this topic last year, but had to cancel due to an emergency, and was gracious to reset up the speaking engagement. Representatives from the California Senior Legislator shared with us the "best kept secret" of their existence, which is a political organization without quite so many lobbyists and politicians. The group is for the seniors by the seniors. Community Connections' members told of the services they've provided and received and gave ideas on how other seniors like themselves could get involved and connected. District Attorney David Hollister spoke on identity theft and handed out shoulder-strap card holders and pens that have unwashable ink. Lunch was provided free to all by Senior Services. Throughout the day there were numerous breaks for attendees to connect with speakers and other service agencies who were available to discuss issues important to our senior populations. The afternoon sessions focused on in-home, hospital care, emergency transportation, and grief recovery.



2017 SENIOR SUMMIT IN REVIEW...CONTINUED

Here is a list of presenters:

Anne Gaudet—Vulnerability of Aging

Leslie Wall, Jimmie Oneal, Larry Trotter, Karen Beckwith—Community Connections

Lori Beatley—Emergency Preparedness

David Hollister—Elder Identify Theft

Lorraine Noble—EPHC Skilled Nursing

Takara Trumpf, Ashli Pleau—Seneca & Lake Almanor Clinics

Tiffany Leonhardt—Plumas Transitional Care (aka Swing Beds)

Paula Roedinger & Sara James—In Home Health Services (IHSS)

Kathleen O'Bryant, Michelle Ridley—Grief Recovery

Joseph Leohner—PHI

Kerri Landry—Home Health Services /PALS

Cory Turner—Legal Services of Northern Nevada



PLEASE WELCOME JOANNE!

If you haven't already met Joanne Danielson, there's a good chance you will in the near future. Joanne joined Plumas County Public Health in August of this year and has been supporting Nurse "Katherine" Stafford with our Senior Connections Home Visit program.

Joanne is an east coast native and moved to Plumas County in 2007. She lives in Graeagle with her dog Lucas, a rescue husky mix. Before starting at Public Health, Joanne worked as a referral coordinator and admin staff at the Eastern Plumas Health Care clinic in Graeagle. Joanne also has a coaching practice helping people with Advanced Care Planning and End of Life Planning and serves as co-chair for Plumas Community Hospice. You may recognize her, as she's presented about Advance Directives at our Senior Sites. Joanne has a passion for our senior population and looks forward to using her experience to continue to promote programs and resources to further the wonderful work started by Katherine for our seniors.



VETERANS CORNER— NEW PROGRAM

MILITARY EXCHANGE ONLINE SHOPPING OPENS TO VETERANS

As of Veterans Day November 11, 2017, all honorably discharged U. S. Veterans will be able to shop the exchange online. This new privilege will only extend to online shopping however, not shopping in the physical exchange. Through the website, veterans will be able to purchase any items except for uniforms, alcohol and tobacco products.

The exchange estimates that this could bring in between \$226 million and \$1.13 billion in annual sales. An increase in sales also means an increase in funds for the MWR programs (Morale Welfare and Recreation).

Veterans will enjoy saving on average 20 percent over commercial stores while those families with base access will be enjoying better MWR programs. It's a win-win situation for all.

This has been a two year effort to open online shopping up to honorably discharged veterans. In the fall of 2016 the Defense Department's Executive Resale Board voted unanimously to open online shopping to veterans and the Deputy Defense Secretary approved it.

Shopping will only be available to veterans online and only for the exchange. There are currently no plans to open shopping at the commissary.

You can keep up with announcements as the date of launch for this program approaches and learn how you can establish your identity as an honorably discharged veteran through the website <https://militaryshoppers.com/exchange-online-shopping-veterans>

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 under "Veterans Services."

NEW!

YEAR-ROUND DRUG TAKE-BACK!

Drug take-back kiosks will be located in all four communities of Plumas County, beginning in December. People using the disposal are instructed to remove all personal information, pour pills directly into bin, and recycle empty containers. Sharps (including syringes), and illicit drugs are not accepted. At the sheriff's stations, liquids are also not accepted (but are accepted at the pharmacies). Kiosks and disposal are provided to the community by Plumas County Public Health Agency.

Kiosk locations and hours of operation:

Lassen Drug Co.
271 Main Street, St. A
Chester, CA 96020
M-F: 9 a.m. – 5 p.m.

Village Drug
225 Main Street
Greenville, CA 95947
M-F: 10 a.m. – 5 p.m.

Quincy Pharmacy
411 Main Street
Quincy, CA 95971
M-F: 9 a.m. – 6 p.m.

Sheriff's Department
1400 East Main Street
Quincy, CA 95971
M-Th: 10 a.m. – 3 p.m.

Sheriff's substation
324 South Gulling Street
Portola, CA 96122
M-F: Hours vary.
Call ahead at (530) 832-4242



We're on the Web!

See services available and newsletter archives here:

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

JOIN US FOR THE HOLIDAYS!

Plumas County Senior Services provides traditional meals for both Thanksgiving and Christmas. The dining areas are decorated to enhance the holiday spirit. Bring a friend and join in the celebration!

Please make your reservations at least 24 hours in advance. See page 7 for information on the site near you!



A NOTE FROM CHESTER SENIOR NUTRITION

At the Village Café in Wildwood Living complex:

For Thanksgiving, we historically have served the traditional Thanksgiving dinner with roast turkey, dressing, mashed potatoes with gravy, cranberry sauce, mixed green beans, roll and a pumpkin dessert. The tables are decorated with seasonal placemats, centerpieces and a favor to take home.

Come Christmas the seniors are treated to a ham dinner with baked yams, mixed vegetables, a gelatin salad, roll and a special seasonal dessert. Again, the tables are decorated and each client goes home with a wrapped gift. Sometimes Santa makes an appearance.

The New Year is welcomed in with our annual Brunch. It is held the last working day before the 1st. at 11am. The menu usually consists of an egg casserole, sausage links, biscuits (sometimes with country gravy), fresh fruit and sparkling orange juice served in flutes. The dining room is decorated and each client has a party hat and horn to welcome in the New Year.

Here at the Chester Senior Nutrition site we have always tried to make all of the holidays memorable for all of our clients as sometimes these are the only celebrations/meals they get to have.

Happy Holidays from the staff at the Village Café,
Carolyn Steurer, site manager
Rod Merriman, cook
Suzanne Campbell, assistant cook
Suki Hock, substitute
Derek LeSer, driver

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

