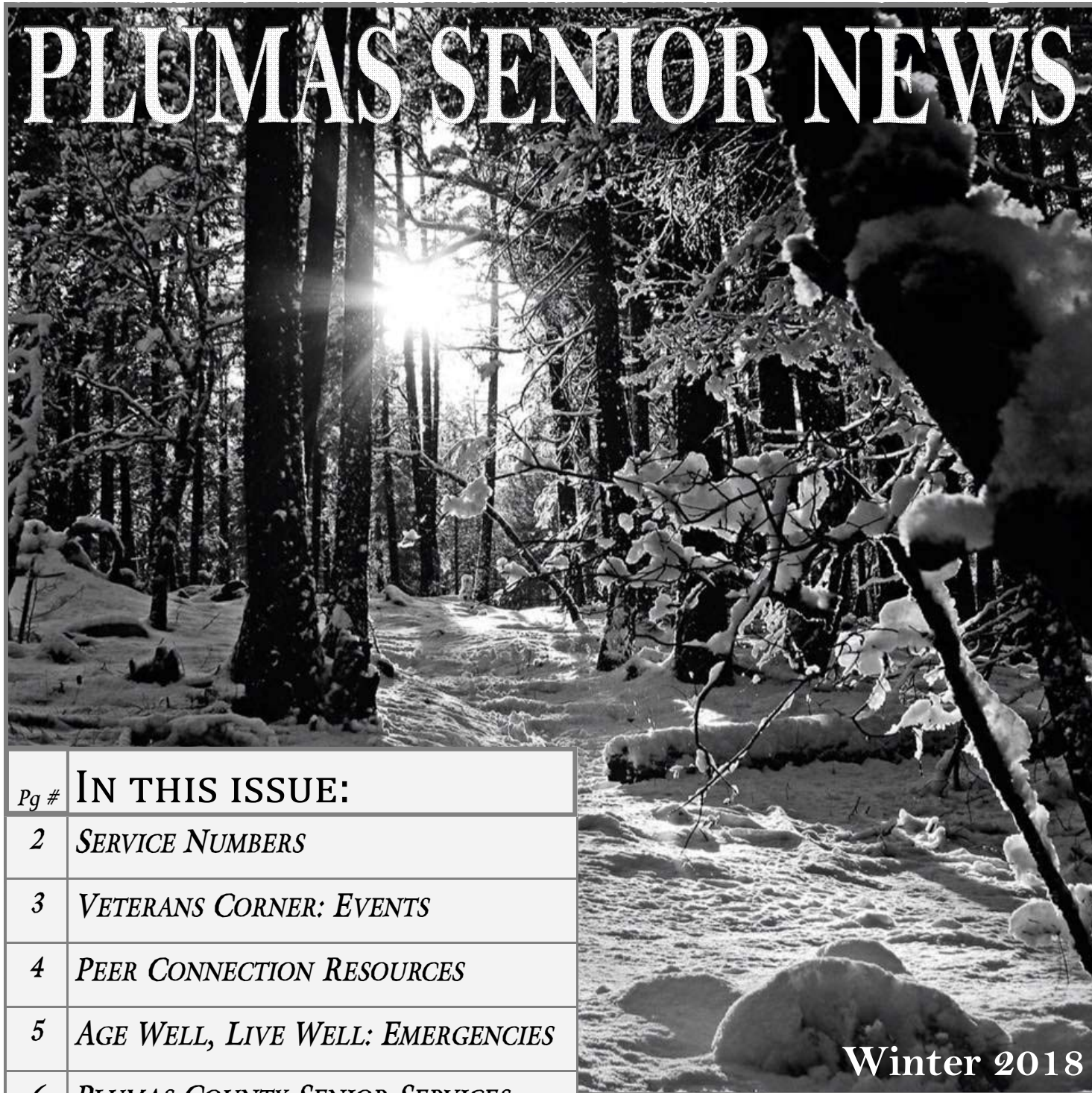


PLUMAS SENIOR NEWS



Winter 2018

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Plumas County Senior Services

Director: John Rix (530) 283-3546

Newsletter Editor: Dana Cash (530) 283-6358

270 County Hospital Road #206

Quincy, CA 95971



SENIOR SERVICES: NUMBERS SERVED BY COMMUNITY

OCTOBER-DECEMBER 2017

Chester

	Oct	Nov	Dec	Average Day
Number of Rides Given:	110	104	133	6
Number of Congregate Meals:	944	784	810	43
Number of meals delivered to homes:	169	163	181	9

Greenville

(Meals provided by Quincy site)

	Oct	Nov	Dec	Average Day
Number of Rides Given:	90	50	71	4
Number of meals delivered to homes:	884	808	767	42

Mohawk

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

	Oct	Nov	Dec	Average Day
Number of Congregate Meals:	44	39	22	8

Portola

	Oct	Nov	Dec	Average Day
Number of Rides Given:	525	523	470	26
Number of Congregate Meals:	599	557	535	29
Number of meals delivered to homes:	431	358	295	18

Quincy

	Oct	Nov	Dec	Average Day
Number of Rides Given:	337	261	234	14
Number of Congregate Meals:	598	534	504	28
Number of meals delivered to homes:	653	549	651	31



VETERANS CORNER: LOCAL EVENTS

VETERAN'S DINNER

FEBRUARY 20, 2018

RSVP: (530) 836-1365

Plumas County Veteran Services and Neighbors BBQ are providing a Veterans Dinner on February 20th at 58421 CA-70 in Cromberg California. The dinner is free for Veterans and \$12 for family members. The doors open at 5:00pm and is open to all veterans in the Cromberg, Sloat, Graeagle and Portola areas.



Photo of Dame Shirley Plaza's Veterans Memorial by Kimberly Carroll

5TH ANNUAL MEMORIAL DAY VETERAN'S GOLF TOURNAMENT

MAY 26, 2018

RSVP: (530) 284-6300

Plumas County Veteran Services and Mount Huff Golf Course are providing golf tournament and dinner on May 26th. The tournament and dinner are free for Veterans and \$18 a plate for family members. Please RSVP to Mount Huff Golf Course in Indian Valley at (530)284-6300.

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

SENIOR CENTER WITHOUT WALLS

This is a free, ongoing program designed to provide support and connection to seniors of all ages, stages, and interests. You can participate in over 70 groups a week from the comfort of your own home and phone. The program's base is located in San Francisco, but participants hail from all across America, from 35 different states!

Along with weekly groups in areas of Arts, Fun and Games, Conversation, Languages, Philosophy & Religion, Reflection's and Meditations, Good Reads, and others, there are additional support groups and special events. You can access their catalog by going to their website <https://www.seniorcenterwithoutwalls.org/> or calling Senior Services Director John Rix (530-283-3546) to send you a copy. You can also join right in by calling the number below!

How it works

- 1.** Call **(877) 797-7299** if:
 - You are new to SCWW
 - You need a calendar with information about how to access activities
 - You want handouts for selected activities
- 2.** All activities can be joined using a telephone 
- 3.** Some activities are available online using a computer or any device you use to connect to the internet 
- 4.** Join activities of interest and enjoy!

CONSCIOUS ELDERS NETWORK

This group is an organization that recognizes the talents, experience and know-how of being an elder and fosters those qualities to work inter-generationally for social and economic justice, environmental stewardship and sound governance. They also host workshops and events (some online, some in-person). Currently they in the middle of an online seven session workshop called The Empowered Elder. To learn more you can visit www.consciouselders.org.

Age Well, Live Well



Emergency Preparedness

When the knock comes to your door.....

Do you have:

- Evacuation procedures
- What to have ready
- A plan for your pets
- Communications during emergencies
- Learn about and sign up for **CODE RED**



Please join us on the following dates to hear from the Office of Emergency Preparedness, the Public Health Director of Nursing and additional speakers on what you need to know, why you need to be prepared, and how to create a plan.

Portola	March 9 at 10:30 am	Portola Veterans Hall, 49 West Sierra Street
Chester	March 15 at 11:00 am	Wildwood Village, 366 Meadowbrook Loop
Greenville	March 19 at 11:00 am	American Legion Hall, 430 Main Street
Graeagle	March 21 at 10:30 am	Mohawk Resource Center, 8929 Highway 89
Quincy	March 27 at 10:30 am	Quincy Veteran's Hall, 274 Lawrence Street



For more information, please call (530) 283-6407 to speak with Joanne Danielson, Senior Connections Case Manager.

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
Blairsdan 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

**TOWN HALL MEETING
RECREATION CENTER
101 MEADOWBROOK
LOOP, CHESTER, CA
96020**

WE CARE ABOUT YOU

**LEARN ALTERNATIVE
OPTIONS TO MANAGE
PAIN CONTROL**

**ASK THE PHYSICIANS
QUESTIONS**

**SNACKS PROVIDED
INFORMATION BOOTH/
HANDOUTS**



<http://www.senecahospital.org/>

530-258-2151



FEBRUARY 26, 2018 5:30-7 PM SENECA HEALTHCARE PROVIDERS EMBRACE NEW APPROACHES TO PAIN CONTROL

SENECA PHYSICIANS COLLABORATE WITH PLUMAS COUNTY

PLEASE JOIN US AT THE 1ST TOWN HALL MEETING IN 2018
TALK WITH OUR PROVIDERS: Speakers include:

Linda Wagner, CEO, Seneca Hospital; Mark Satterfield, MD, Public Health Officer, Plumas County Public Health

Jose Suarez, MD, Dana Ware, MD, Niloufar Salehi, DO,

Fredric de Picciotto, MD, David Walls, DO

James Wilson, Health Education Coordinator, Plumas County Public Health



A NOTE FROM SENIOR SERVICES DIRECTOR

I would like to thank you for your continued support for our program and also take this time to address some questions about donations I am frequently asked.

While no one is denied service based on cost, consistent donations are important to not only the existence of Senior Services, but also our ability to provide consistent services without wait lists. Our Senior Service programs are funded by both our local and federal government, but as a requirement to receive the majority of our funding we are mandated to bring in a certain percentage of our total budget from donations and in-kind. Hence, our suggested donation prices are only a fraction of what it costs to provide meals or transportation services. An example of this is the cost to provide each meal is currently \$10.11 and we recommend a donation of \$2.50, which is approximately 25% of the cost to provide the meal. Likewise, the recommended transportation donation is also a fraction of the cost of providing the service. While both food and transportation costs have continued to rise these past few years, both our suggested donation and budget have stayed consistent.

You may already donate daily for the services you receive or you may not be able to donate more than once or twice a month. Some of our seniors already utilize a monthly statement service provided by their site manager to see what services they've used and offer a donation based on that. If you would like to utilize this service, please talk to your site manager. Whatever the case is for you, we greatly appreciate the assistance in helping us meet our budget requirements.

For a list of our services and the suggested donations for each, please feel free to review pages 6 and 7 of this newsletter. That being said, the Senior Services staff thanks you all for letting us serve you. Our mission is to provide you with helpful respectful services, no matter the cost or the donation.

If you have any questions or concerns, please feel free to contact me at (530)283-3546 or via email at johnrix@countyofplumas.com.

John Rix

Senior Services Director



WELLNESS TALKS IN GREENVILLE

Community Wellness Talks are hosted in Greenville usually on a monthly basis. Unless otherwise noted, the classes are free and are held at from 6-7:45pm in the back group room at the Greenville Wellness and Family Resource Center at 414 Main Street (the former NAPA/CarQuest building across from the Post Office). The group room is located behind the main building at the end of the driveway. Please feel free to park in the back. Here is a list of what will be offered in the next few months:

March 1: Heavy Metal Toxins in Your Body

March 3: Dr. Pruett speaks on How Heavy Metal Toxins affect our Health (Location TBD)

April 5: Osteopathy and You: Dr. Salehi, defines Osteopathy.

If you would like more information, please feel free to call Nancy 616-0032 or Pat 513-7483.



Photo Credit: Sara Denney-Brus

We're on the Web!

See services available and newsletter archives here:

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

MEDICARE CARDS

Beginning in April, watch your mailbox for a new Medicare card that is designed to help prevent fraud and keep your identity safe. Instead of your Social Security number, the new card will use random letters and numbers to identify your Health Insurance Claim Number. The cards will be sent out in waves throughout the country. As a California resident, your card will be sent in the second wave, in-between April and June of this year (2018). You can check the status of the card mailings by area at www.medicare.gov.



Photo Credit: Joanne Burgueno

HEAT / ENERGY ASSISTANCE

Plumas County Community Development Commission provides a variety of assistance to residents in need. You can reach them by calling (530) 283-2466, (800) 933-5399, www.plumascdc.org, or visiting them in downtown Quincy at 183 Main Street. Here are some of the energy programs they can assist you with that can help provide heat this winter.

HOME ENERGY ASSISTANCE PROGRAM (HEAP) SERVICES

Eligible households can receive one payment a year for propane, fuel oil, electricity and even wood expenses. The service is based on a income and a needs assessment. Persons over 60 and those who are disabled are given more priority points.

PG&E—ELECTRIC RATE REDUCTION PROGRAM (CARE)

Eligible PG&E households can receive a 20% reduction in their electric rate. To request a CARE application visit www.pge.com.



WINTER RATE ASSISTANCE PROGRAM (WRAP)

provided by Plumas-Sierra Rural Electric Cooperative. The WRAP program offers a discounted rate to income-qualifying members during the winter heating season, November through April. For more information, please call (530) 832-4261 ext. 6037 or visit: www.psrec.coop.

WEATHERIZATION SERVICES (WX)

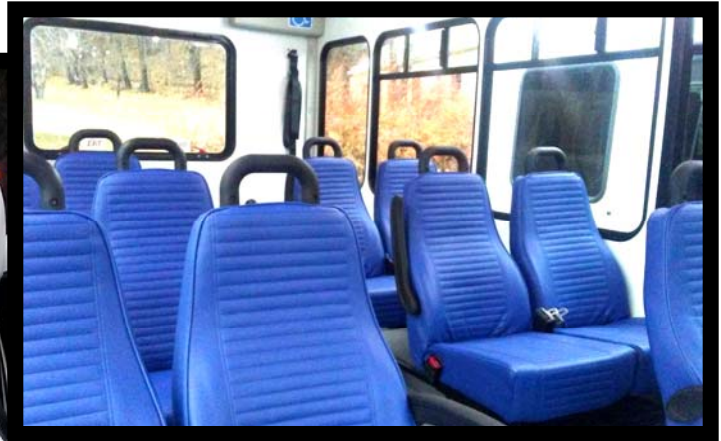
Eligible households (owners and renters) can receive energy efficiency improvements installed at no cost, such as weather-stripping, insulation, storm windows, compact fluorescent light bulbs, and other energy-related home repairs.



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!

NEW BUSES?!



As our Senior Services Director mentioned while picking up the buses from Sacramento, we have “finally” received vehicles from the grant we applied for in 2014. While the checks and balances process seemed tedious at times, we are ever grateful to CalTrans for their attention to detail because without

that we may have been delivered vehicles sooner, but they would have been useless to us without things like proper wheelchair supports or being delivered damaged. The process has taken a few years to get this far, but we are delighted to share the newness and excitement with you! The new van was obtained last year and was put into service right away, and 2 new buses are just now starting their service tenure. A third will be making it's way to Plumas in the next few months. We hope you enjoy them as much as we do!

