

# PLUMAS SENIOR SERVICES NEWSLETTER

SUMMER 2014

## PLUMAS SENIOR NEWS

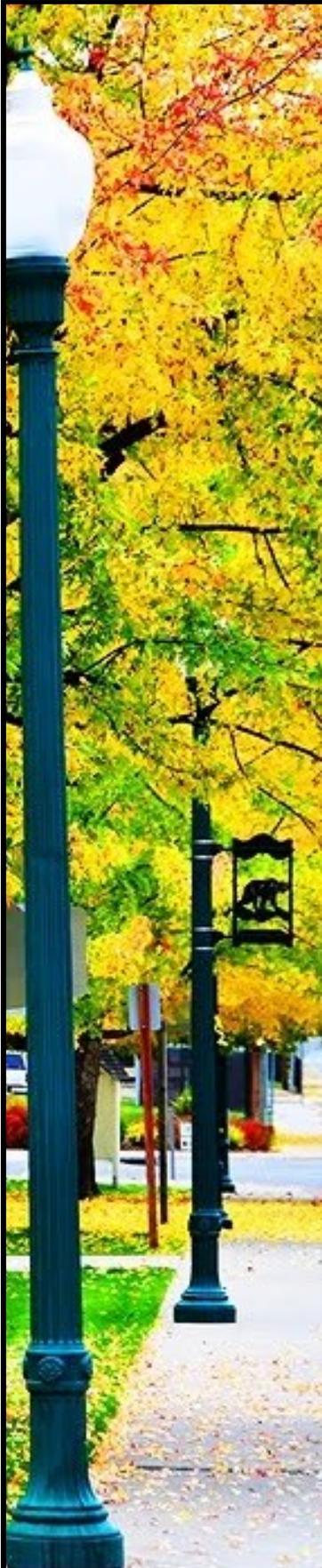


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**We're on the Web!**      <http://bit.ly/plumas-seniors>

## What Is Community connections ?

# Everybody Matters

The wealth of a community is the diversity of knowledge, skills, and experience of its people. Every person, regardless of age, income level, or education is valuable and has something to offer to others.

## Give a little time and receive services!

Here is a small sample of the 400+ services you can provide or receive :

### Arts/Crafts

Scrapbooking, Drawing/Painting  
Knitting, Crochet, Embroidery  
Sewing, Mending, Alterations

### Gardening

Planning, Planting, Weeding  
Watering, Composting, Harvesting

### Recreation

Walking, Hiking, Biking,  
Fly Tying, Music

### Babysitting

### Healthy Lifestyles

Yoga, Massage, Relaxation, Medita-  
tion, Nutrition Guidance

### Transportation

Appointments, Field Trip  
Delivery

### Business Services

Bookkeeping  
Typing/Graphic Design

### Home Maintenance

Yard Care, Handyman Services,  
Painting, Basic Plumbing/Electrical

### Volunteer to

support local businesse  
and service  
organizations with  
activities and events

### Cooking

Meal Planning, Grocery  
Shopping, Meal Delivery

### Pet Care

Sitting, Feeding, Walking,  
Grooming, Training



## How do you become part of Community Connections?

There is a short application to fill out, which you can pick up at your local nutrition site or go online. The normal cost of being a part of this community time bank is only \$20 and only \$10 each year after., but you can sign up now for free!

About

Community

**Phone:** 1-800-284-3340

**Email:** [communityconnections@plumasruralservices.org](mailto:communityconnections@plumasruralservices.org)

**Website:** [www.plumasruralservices.org](http://www.plumasruralservices.org)

Connections

## E-MAIL UPDATES AVAILABLE for SENIOR PUBLICATIONS!

To sign up, please send an email request to [danacash@countyofplumas.com](mailto:danacash@countyofplumas.com).

Senior Publications include:

- ◆ Monthly Menus
- ◆ Quarterly Senior Newsletters
- ◆ Senior Service Program Information
- ◆ Occasional flyers or information for programs/activities available to Seniors

**KATY DYRR**  
*Plumas County's New  
Senior Services Dietitian*



Hi my name is Katy Dyrr. I am a Registered Dietitian Nutritionist (RDN). I am currently working for Plumas Rural Services' Women, Infants and Children (WIC) Supplemental Nutrition Program as the program Director and consulting for the Sierra Cascade Family Opportunity HeadStart and the Sierra County WIC programs. I came to Plumas County in 1995 from Elko Nevada where I was the Director for the WIC program throughout Northeast-

ern Nevada

ern Nevada. I received my bachelor's degree in Food and Nutrition from California State University – Chico. I then completed a dietetic internship at Penrose St. Francis Hospital in Colorado Springs, Colorado. After my internship, the hospital hired me on as a hospital inpatient Dietitian where I worked for 2 years. Finding that hospital dietetics wasn't really what I wanted to continue doing, I took a position in Public Health with the State of Nevada. Although I liked my work in Public Health and living in Nevada I found myself wanting to be back in California and closer to my family. When I heard about the WIC program position in Quincy I jumped on it. WOW! A job in California and in Quincy where my family lives. So in 1995 I was hired by Plumas Rural Services as the WIC program dietitian and moved from Elko to Quincy. I now live here with my lovely mother and my two teenage children. We have two dogs, one small black dog and one large black dog, three Alpacas (*don't ask me why*), and three pigs (*yummy*). When I am not working or caring for animals I like to hike in the summer and snow ski in the winter. I love the sense of community here in Quincy and look forward to meeting and working with the people involved in the Senior Nutrition program.

**Please extend a warm welcome to Katy!**

**You may periodically see her at your site, as she will be visiting each kitchen to help our staff keep up with the health and safety of the sites. You will also be able to see Katy's hard work and efforts through the menus she will be creating starting this Fall.**

**VETERANS LOOKING for VOLUNTEER DRIVERS**

If you are interested in helping out, please call Veterans Service Office at 283-6275/6271 to get an application. Van Driver Criteria:

- Have a current valid driver's license from their state of residence.
- Have current personal liability insurance for their personal vehicle (to show insurability).
- Successfully pass the drivers' physical given at the Reno VA Hospital.
- Receive a positive background adjudication.
- View Van Driver Video and pass written test.
- Submit a DMV driver's report that is approved by the Reno VAMC Police.
- Attend volunteer orientation.

## JIMMIE LOU ONEAL'S EXPERIENCE *WITH COMMUNITY CONNECTIONS*

My SWAT Team experience: They began arriving before 10:00 a.m. They came with smiles, tools, treats, and questions...

*What needs to be done?*

*Where does this go ?*

*Can I get a hand with this?*

*Where do you want me?*

*Do you need help with that?*



***“It was all so easy and seamless.”***

People coming together to share common tasks with a “get'er done” attitude. Some people had known each other for decades, some were brand new. All pitched in and worked like they had been doing it all their lives. A messy, worked-over wood shed became a neat, clean shelter for over a cord of neatly stacked wood. A shed full of recycle items was loaded and gone. Bags and bags of pine needles were raked up and piled out front for pick up. Trees were limbed up to fire safety height. A load of unsightly “thises and thats” were taken away to be recycled, reused or repurposed. It looked like a miracle happened between 10 and 3 and while it was happening, people were chatting, getting to know one another, catching up, and being entertained by our youngest participant, little 8-month old Everett, a true charmer.

A resting area was used by all at some time or other, drinks and snacks and then lunch with Everett the ‘Star of the Show’. It felt so good, all that great energy flowing around in the trees.

***“It felt like home. It felt like family.***

***It felt connected.”***

What more can I say? Over the years I have been blessed with help so many times. Help that has allowed me to stay in the home that I love.

***“Help that created no sense of guilt or obligation, only a sense of sharing and caring.”***

Thank you all from the bottom of my heart!

*~Jimmie Lou Oneal, June 2013*



**Learn more about Community Connections on Page 2**



# 2nd Annual Plumas County Senior Summit

*Held on July 16, 2014 at the Quincy Vets Hall*

Our 2014 Senior Summit in July was pronounced a success by all who attended. We were happy to find that our local newspapers reported on Supervisor Sherrie Thrall's talk on "The Changing Picture of Aging." And that was just the beginning of a very informative and enjoyable day! Thank you, Dana Cash, for all your hard work in getting this all together.

The morning session concluded with first-hand reports on the joys and surprises in store for those who take the time to explore "Your Family History."

Then came a scrumptious lunch served by Quincy Nutrition. Thank you Site Supervisor Annette, Donnika and John! During the noon break there was time to visit the table where information about nutrition and a healthy diet were graphically displayed.

In the afternoon we not only heard reports from our local providers but got answers to many of our questions. Health, Transportation, Support for Family Caregivers, Veterans Services, the Forest Service, and Adult Protective Services were covered. There were useful handouts for us as well, to refer back to later on.

Now it's time for the follow-through on all these important issues. The new Plumas County Transit bus schedules that Gary McFarland reported to us went into effect on August 18th. What a great improvement for residents of Chester and Indian Valley who have Dr.'s appointments in Susanville!

The workshops on Support for Family Caregivers will take place in September. Look for the dates at your Nutrition Site and in the Feather River Newspapers.

Unfortunately, despite the success of our 2<sup>nd</sup> Senior Summit, only seniors from Quincy and Indian Valley were in attendance. Recognizing the difficulty of everyone travelling to one location, we are hoping to use the "tele-conferencing system" next year. That way, seniors from each of our areas and one or more members of the Board of Supervisors can discuss and make plans for the coming year.

*~Nancy Lund*

**2nd Annual Plumas County Senior Summit**  
Quincy Vets Hall, July 16, 2014

**GOALS**  
INFORMATION • PLANNING • ACTION

Information 10:00 a.m. - 10:30	Sign in Pick up materials Coffee & breakfast rolls
10:30 - 10:40	Welcome : Nancy Lund & Moderator J. Kusel Intro. of Speakers
10:40 - 11:00	Keynote: "The Changing Picture of Aging" Supervisor Sherrie Thrall
11:00 - 12:00	Your Family's History - Tessie Roberts
	12:00 - 1:00 LUNCH Nutrition Information
Information & Discussion 1:00 p.m. - 2:00	Support for Seniors & Caregivers
Mimi Hall Mary Neuman Jimmy LaPlante Gary McFarland	P.C. Health Services Help for Family Caregivers Veterans Services Transportation
Planning & Action 2:00 p.m. - 2:30	Proposals for future

## NUTRITION SITES



# SENIOR SERVICES

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 are 60 years of age or older, or married to someone 60 or older, join us for a meal, fellowship, education, entertainment and fun.

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.

<p style="text-align: center;"><b>CHESTER</b> (530) 394-7636    Carolyn</p> <p><b>Wildwood Village</b> 366 Meadowbrook Loop Chester, CA 96020</p>	<p style="text-align: center;"><b>PORTOLA</b> (530) 832-4173    Kathy</p> <p><b>Portola Veteran's Hall</b> 449 West Sierra St. Portola, CA 96122</p>	<p style="text-align: center;"><b>BLAIRSDEN</b> (530) 832-4173</p> <p style="text-align: center;"><i>Portola Nutrition delivers meals to Blairsden on Wednesdays.</i></p> <p><b>Mohawk Community Resource Center</b> 8929 Highway 89 Blairsden, CA 96103</p>
<p style="text-align: center;"><b>GREENVILLE</b> (530) 284-6608    Esther</p> <p><b>Green Meadows</b> 152 Hot Springs Road Greenville, CA 95947</p>	<p style="text-align: center;"><b>QUINCY</b> (530) 283-0643    Annette</p> <p><b>Quincy Veteran's Hall</b> 274 Lawrence St. Quincy, CA</p>	

### NEW DONATION BOXES

*Home Delivered meal recipients may be eligible to receive additional frozen meals for the weekend.*

*Please contact your local site for more information.*

Senior Transportation Services is happy to announce that we have installed donation boxes in all our daily-use vehicles, complying with the recommendations of the 2009-2013 Triennial Performance Audit. We ask that you use the donation boxes whenever possible instead of handing money directly to your driver. Please note that donations are never required for use of Senior Services, but are appreciated when they are able to be given. Not only do they help bolster services, but are required to continue future funding. We have suggested donations for services listed, but any donation, no matter how large or small, is appreciated.

## EXPANDED TRANSPORTATION SERVICES SCHEDULED TO CONTINUE



We were excited to start expanded transportation services in March of this year, and are pleased to announce that these services are scheduled to continue! Below you will find a new monthly schedule, very similar to what was published in March. Some routes have been canceled due to low or no ridership, but all local and out of town shopping is being continued.

Our goal is to accommodate medical appointments outside of the schedule below, whenever possible. There will be a limited number of trips taken outside the county for medical appointments, and will be scheduled on a first-come, first serve basis. Call your local site to schedule, and also see page 8 for additional medical appointment transportation options that may be available to you!

### CHESTER

**394-7636**

*Carolyn*

*Local Shopping:*

Tuesdays & Fridays

*Susanville:*

Wednesdays

*Chico:*

Every First Monday

### GREENVILLE

**284-6608**

*Ann or Esther*

*Local Shopping:*

Thursdays

*Quincy:*

First & Third Tuesdays

*Susanville:*

2nd & 4th Saturdays

Saturdays

A senior, age 60+, can sign up for a ride at their local Senior Nutrition Site, or by calling the 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 transportation 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, shopping, and other scheduled events. 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.*

### PORTOLA

**832-4173**

*Kathy*

*Local Shopping:*

Wednesdays & Fridays

*Quincy:*

First & Third Tuesdays

*Reno:*

1st & 3rd Saturdays

### QUINCY

**283-0643**

*Annette*

*Local Shopping:*

Fridays

*Reno:*

1st & 3rd Saturdays

# MEDI-CAL MANAGED CARE FORUM

October 8 from 1-3pm

Plumas County Fair Grounds — Mineral Building

Included in the 2014 Governor's budget there is a mandate to enroll into managed care plans seniors and persons with disabilities who currently have full Medi-Cal benefits and DO NOT have Medicare. This transition is scheduled to occur on December 1, 2014 for Plumas County. This forum has been scheduled to educate impacted seniors and persons with disabilities understand how this change will affect them.

## Topics include:

- *What is managed care?*
- *How is it different from the current Medi-Cal healthcare system?*
- *Your rights and protections*
- *and specific managed care plan information*

For more information or to register for this event - call Forest Harlan at 530-893-8527.

*This forum is funded by a grant from the SCAN Foundation to the Independent Living Services of Northern California.*

## OTHER TRANSPORTATION RESOURCES

### PLUMAS TRANSIT HAS A NEW BUS SCHEDULE!

This includes daily connections that can take you to Susanville and Redding/Red Bluff!

*Seniors receive 50 % off on fares!*

For more information, call (530)283-2538 or go to [www.plumastransit.com](http://www.plumastransit.com)

### IN HOME SUPPORTIVE SERVICES (IHSS) -TRANSPORTATION

IHSS provides services for aged, blind, and disabled individuals. Among their array of services, IHSS can help fund transportation for shopping, errands, or Dr. Appointments (*even out of county*).

For more information, call (530)283-6358.

### MEDI-CAL MANAGED CARE

If you are on Medi-Cal Managed Care, you may be eligible to receive transportation to your doctor appointments through your insurance! Call the number on the back of your insurance card to see if you qualify.

### GAS VOUCHERS

If you are unable to find other transportation options, your local resource center may have gas vouchers available for medical appointments. For more information, call:

Chester (*ABC Resource Center*): 258-4280

Portola Cares: 832-1827

Indian Valley Resource Center: 284-1560

Quincy (*PCIRC*): 283-5515