

# PLUMAS SENIOR NEWS

SPRING 2015

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*“Celebrate the Changes”*



**We're on the Web!**

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

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## *New Transportation Rider Conduct Policy*

*In order to provide a safe and enjoyable trip for all passengers and a good work environment for drivers, Senior Services has developed and instituted a Rider Conduct Policy.*

### *Rider Rules of Conduct:*

- No weapons or firearms on the bus.
- No consumption of alcohol, open alcohol containers, or possession of illegal drugs on or around Senior Transportation vehicles or property.
- No physical violence, disruptive behavior, intimidation and/or harassment toward passengers or drivers.
- No profane, vulgar, or intimidating language used to threaten or intimidate another passenger or transit driver, including language or actions regarding others' sex, race, age, ethnicity, ability and sexual orientation.
- No damaging or destroying transit facilities/properties or the personal property of another passenger or driver.
- Reduce noise from radio, personal device, or cell phone if requested by a driver.
- No smoking in vehicles and no smoking within 20 feet of an open vehicle door.
- Seat belts are required when buses or vehicles are equipped with seatbelts. Wheelchairs must be secured in designated securement area.
- Passengers must be able to control their parcels on the bus.
- No littering and/or creating unsanitary conditions; no spitting or throwing objects in vehicles or out of windows.

Plumas County Senior Transportation Program reserves the right to refuse service to anyone not complying with the rider rules of conduct or safety instructions given by a driver. Violations may result in temporary or permanent suspension of a passenger's privileges.

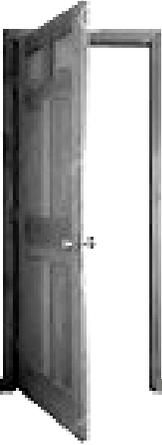
**Wheelchair Securement:** Under the Americans with Disabilities Act, it is the right of any transit system to require riders using wheelchairs to have their wheelchairs secured. It is the policy of Plumas County Senior Transportation that wheelchair securement is required and thereby creates a safer transport for all riders including those using wheelchairs. Anyone refusing to have their wheelchair secured will be denied transportation on Plumas County Senior Transportation

**Safety Instructions:** In the event of an emergency, drivers must respond to any risk posed to riders or vehicles. The driver may ask for your physical assistance in response to an emergency or help in reducing or eliminating the potential for injury or harm. Anyone incapable of performing the requested task due to a disability must notify the driver immediately.



## SENIOR SERVICES—*NEW NEWS!!*

### *New Site Hours! New Events! New Connections!*



Plumas County Mental Health has collaborated with Senior Services program to use MHSA (Mental Health Services Act) money to expand services in each area. This grant is guaranteed for one year, but has potential to continue funding in the future. Right now, we are gearing up to be able to start rolling

#### *What will these services look like for me?*

- Revitalization of the Senior Connections program
- Extended Senior Services' hours in each area
- Regularly scheduled programs, activities, and events in each area
- Home visits by skilled professionals to our homebound seniors



*Keep on the lookout for opportunities to provide feedback on what you would*

### *New Vehicles!*

In November of 2014 Senior Services applied for a grant to replace the four regularly used busses and van in each area. We are pleased to announce that our grant was approved, and the year-long process to receive the vehicles will begin shortly. We are thankful our vehicles have lasted this long, but will be happy to retire them. One of them will go to Plumas Rural Services' Alive program and the rest will give us reliable back-up vehicles.



## AVOID FRAUD / FINANCIAL ABUSE

Be vigilant, be observant. Physical or financial abuse will continue so long as no one knows about it. Listed below are our Top 10 Safety Tips to keep in mind.

1. Never give out financial information (bank account, credit card, social security or Medicare numbers) to someone you do not know.
2. Medicare and Social Security do not cold-call beneficiaries or make house calls. If someone calls you and says they are from Medicare or Social Security, hang up.
3. Don't be pressured into buying anything immediately or because the offer will expire if you don't act soon. If it sounds too good to be true, it probably is!
4. Before making any important financial decisions, make sure you fully understand the purpose and effect of the product you intend to purchase.
5. If you do make a purchase, make sure you get everything in writing and require copies of all documentation.
6. It is advisable not to wire money to anyone.
7. Do not share personal information like your address or phone number on social networking sites like Facebook.
8. Do not let strangers into your home without a trusted person, such as a family member or friend, present.
9. Delete e-mail messages that ask you to verify your account information. Banks, credit card companies and Paypal will not ask for this.
10. If you suspect anything is wrong, or that you or a loved one is being abused, contact your local law enforcement agency to report your suspicions.

### 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

## VETERAN'S UPDATE

*Second Annual Veteran Memorial Golf Tournament: May 25, 2015!*

*Mt. Huff! Tee Off Time 10:00. Please call Mt. Huff to get your name on the list. Due to course size restrictions, the first 40 Veterans that sign up get to play. This event is free to veterans, with a free dinner following the tournament. Format Scramble. Driving range will be open and free to veterans until 09:30. Tournament players need to be at golf course by 09:30. Please call Mt. Huff to sign up 284-6300.*

*Veteran's Volunteer Drivers:*



*Local VFW Members along with Lori Simpson and Jimmy LePlante award Bob Nunn & Bill Whitcher certificates of appreciation for volunteering to drive Veterans to their VA Hospital appointments on Tuesdays and Thursdays.*

## STILL LOOKING for VOLUNTEER DRIVERS

*If you are interested in helping out, please call Veterans Service Office at 283-6275/6271. 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.

## NUTRITION SITES

# NUTRITION 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 your partner is 60 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

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

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](mailto:passages@csuchico.edu)



# TRANSPORTATION SERVICES



A senior, age 60+, can sign up for a ride at their local Senior Nutrition Site, or by calling the site.

## 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

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

## 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

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.*

## FOOD RESOURCES IN YOUR COMMUNITY!



Community Supper is a great way to get to know your neighbors and start getting involved in your community! Each area in Plumas County hosts their own suppers on a regular schedule. They're a free/donation-based meal for

everyone! Another way to make things stretch is to utilize your local food pantry. The list below shows the community suppers and food pantries available near you.

	<i>Community Suppers</i>	<i>Food Pantries</i>
<b>CHESTER</b>	November through April Thursdays @ 5:30pm	Helping Hands Food Bank Wesleyan Church
<b>GREENVILLE</b>	Last Monday of Month @ 5pm Community United Methodist Church	Indian Valley Food Pantry 224 Mill Street
<b>PORTOLA</b>	Last Wednesday of Month @ 6pm Holy Family Catholic Church	120 Nevada Street (530)832-4570
<b>QUINCY</b>	Wednesdays @ 6pm Community United Methodist Church 282 Jackson Street	176 Lawrence Street (530)283-0262

*Photo Credit: Marichu Pereira*