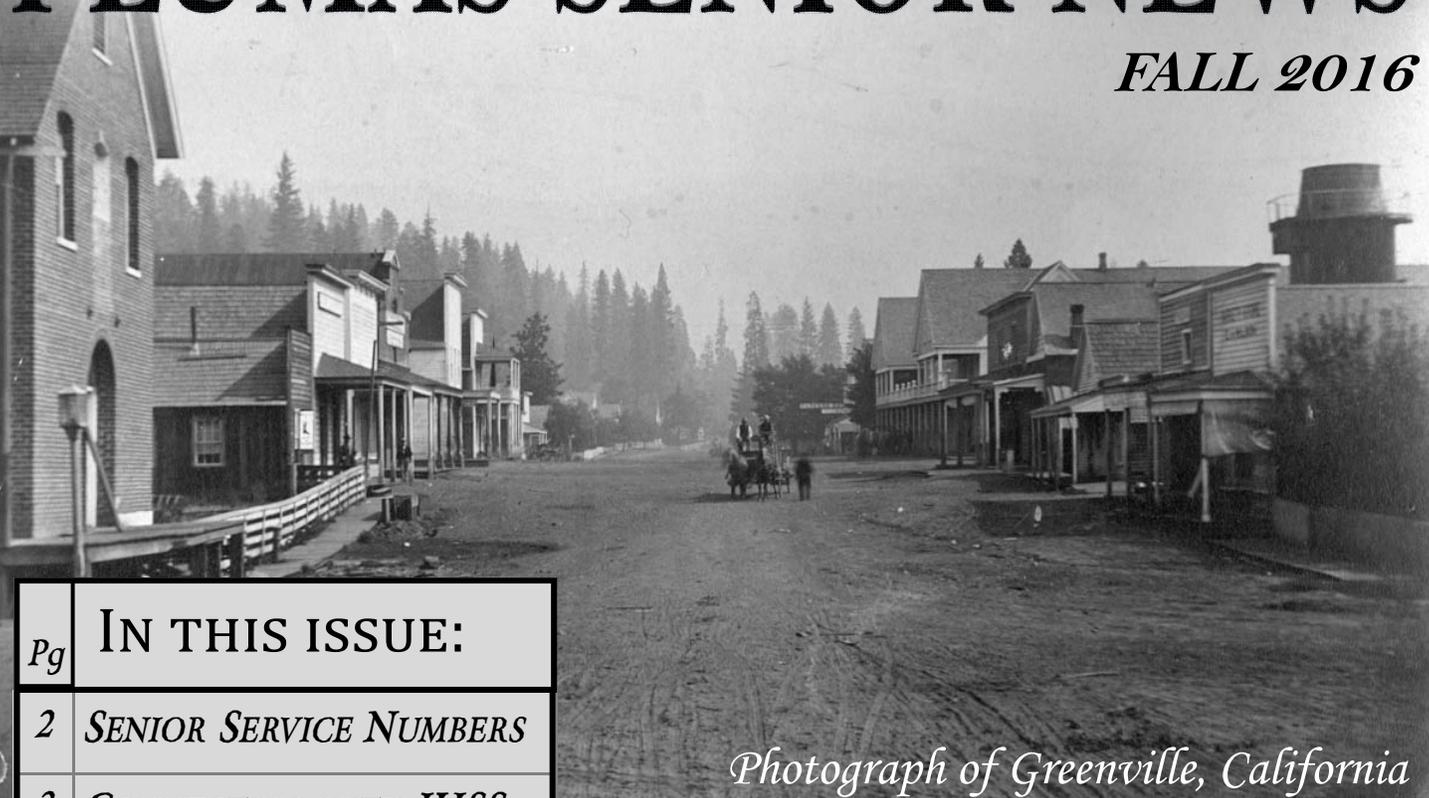


PLUMAS SENIOR NEWS

FALL 2016



Photograph of Greenville, California

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Plumas County Public Health Agency
270 County Hospital Road, #206, Quincy, CA



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

SENIOR SERVICES: NUMBERS SERVED BY COMMUNITY

JULY-SEPTEMBER 2016

Chester

	<u>July</u>	<u>Aug</u>	<u>Sept</u>	<u>Daily</u>
Number of Rides Given:	275	260	31	9
Number of Congregate Meals:	921	1019	927	45
Number of meals delivered to homes:	347	312	316	15

Greenville*(Meals provided by Quincy site)*

	<u>July</u>	<u>Aug</u>	<u>Sept</u>	<u>Daily</u>
Number of Rides Given:	87	59	41	3
Number of Congregate Meals:	79	98	0	3
Number of meals delivered to homes:	812	866	887	40

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

	<u>July</u>	<u>Aug</u>	<u>Sept</u>	<u>Daily</u>
Number of Congregate Meals:	73	87	76	18

Portola

	<u>July</u>	<u>Aug</u>	<u>Sept</u>	<u>Daily</u>
Number of Rides Given:	436	411	425	20
Number of Congregate Meals:	585	597	520	27
Number of meals delivered to homes:	425	487	442	21

Quincy

	<u>July</u>	<u>Aug</u>	<u>Sept</u>	<u>Daily</u>
Number of Rides Given:	254	228	292	12
Number of Congregate Meals:	643	565	597	28
Number of meals delivered to homes:	583	672	660	30

To sign up for a free monthly email that shares meal site menus, local events and services available to seniors throughout Plumas County, please email danacash@countyofplumas.com.

NEW!

CONNECTING YOU WITH IHSS

The Nevada-Sierra Regional In-Home Supportive Services Public Authority is changing its name. The organization, which assists IHSS (In-Home Support Services) consumers in finding and hiring home care providers, will now be known as *Connecting Point*.

Connecting Point is the culmination of years of growth and change in the organization, which serves IHSS consumers and providers in Plumas, Sierra, and Nevada Counties. "Connection defines our work," says Executive Director Ann Guerra. "We feel like we finally have a name that explains who we are and what we do."

For more information about Connecting Point, contact Home Care Coordinator Paula Roediger at 866-577-6331 or paular@connectingpoint.org. You can also find Connecting Point online at www.connectingpoint.org.



connecting point
community services central

HOLIDAY FOOD DRIVE

The Quincy Senior Site Advisory Board will be collecting canned and non-perishable food for the C.A.N. Bank for Christmas.

They ask that Seniors that want to donate can bring items into the nutrition site. We encourage seniors at all nutrition sites in the county to donate if you can and we will collect and donate to the C.A.N. bank in your community.

John Rix, Senior Services Director

LET US *EAT SMART & LIVE STRONG*

- ◆ Eat at least 3 ½ cups of fruits and vegetables every day (1½ cups of fruit & 2 cups of veggies)
- ◆ Participate in at least 30 minutes of moderate-intensity physical activity most days



**Center for
Healthy Communities**
CALIFORNIA STATE UNIVERSITY, CHICO

Aurelia Samonte, MS, MEd, RD

VULNERABILITY OF AGING—SUPPORT GROUP

NEW!

Every 1st & 3rd Thursday • 1-2:30pm • PCIRC Conference Room, Quincy



Aging at all stages is a multi-faceted experience, however it seems to become more vulnerable physically, financially, mentally and emotionally in the later years.

Kindness, compassion and empathy are skills we can learn and practice during some of the more painful times, bringing deeper connection and comfort to ourselves and others.

We invite you to join our winter support group to share, discuss, connect and soften into these places.

*Anne Gaudet, Facilitator
annegaudet@live.com*

NEW!

COMMISSION ON AGING

The next meeting will be held on December 17 at 1:00pm in Mountain View Manor's community room. Feel free to bring a potluck item that goes well with a ham dinner. There will also be a collection donation for the Sheriff's Office holiday toys program.

The Commission on Aging will return to meeting the last Saturday of the month in January 2017.

RENO TRANSIT SERVICE—REMINDER

Plumas County Senior Services in coordination with Plumas Transit Systems is now providing once weekly transit service to Reno that is open to the community! Transit service is provided to:

- ✓Reno Transit Center
- ✓Greyhound Bus Station
- ✓Amtrak Train Station
- ✓Reno Airport
- ✓Other stops at driver's discretion

Rides available from Chester, Greenville, Quincy and Portola every Thursday. Bus leaves Quincy Veteran's Hall at 8am and returns at 4:25pm.

Reservations are required as space is limited. Reservations are accepted within seven days of scheduled trip. Please call (530) 283-2538 for trip planning assistance.

NURSE KATHERINE SAYS,

♥ Katherine ♥



Nurse Katherine Says, "Flu Shot Reduces Heart Attack and Stroke"

You read right. You can reduce your risk of heart attack and stroke by up to half in the year following a flu shot. This good news comes from Dr. Stephen Kopecky, a Mayo Clinic cardiologist.

How does this work? Influenza, what we call the flu, is a viral respiratory infection, which we typically associate with a fever, cough, body aches and being down and out for a week or more. Flu also causes inflammation throughout the body. If inflammation occurs in the heart, already damaged arteries may tear further, causing blood clotting and obstructed blood flow that could lead to stroke or heart attack. You can prevent the flu by getting your flu vaccination, washing hands thoroughly and frequently, avoiding touching your face, eating well, getting rest and relaxation, reducing alcoholic beverages and engaging in movement.

Free flu shots, funded by the State of California, are still available through the Plumas County Public Health Clinic. Call (530)283-6330 for information.

By Katherine Stafford, RN, PHN

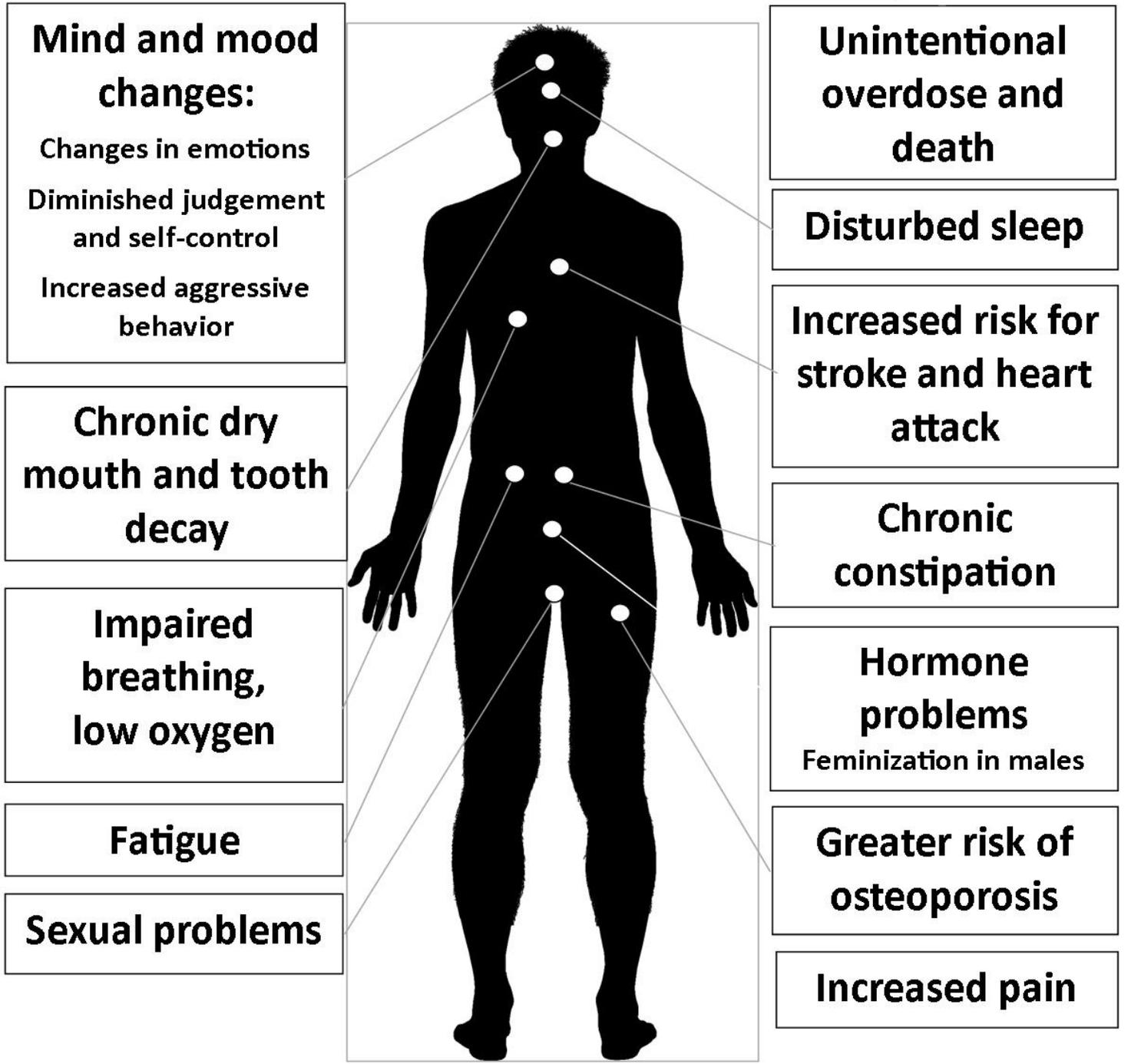
Caregiver Support Group • Every 4th Tuesday 1-2:30pm • Quincy Library



There are plans to expand Support Groups to Portola, Indian Valley and Chester if there is interest.

For more information and/or to discuss caregiving issues, contact Sharon Taschenberg, Caregiver Advocate in her Quincy office at (530)616-8570 or email staschenberg@gmail.com.

PRESCRIPTION OPIOID MISUSE: KNOW THE RISKS



Prescriptions considered opiates include Percocet, Vicodin, Methadone, Oxycodone, Morphine, MSContin, Dilaudid and Fentanyl. To learn more facts about opiate misuse in Plumas County and how to help stop this devastating trend, go to opioidsafety.com.

THE HOLIDAY SUICIDE MYTH

Katherine Stafford, RN PHN

Strengthen connections among people, families and communities

With the holiday season upon us, at least at the local stores, it may be a time of anticipation for many of us. This anticipation might be excitement or it might be anxiety. Many of us have heard that the holidays are a time when people are at higher risk of suicide. This is not true.

According to the Centers for Disease Control, December is the month with lowest rates of suicide, with higher rates in spring and fall. Statistically, death by suicide is the eighth leading cause of death in those aged 55-64, and seventeenth amongst those aged 65 and over. Let's keep a candle burning for those who might be struggling through these shorter days and longer nights. We know that strengthening connections among people, families and communities reduces chances of suicide. So check in with that neighbor and have that potluck holiday gathering.

Know the warning signs of suicide: talk of hurting oneself, increased substance abuse, changes in mood, diet or sleeping patterns. In older adults other signs might be: giving away possessions, social withdrawal, no sense of purpose, and putting affairs in order. Know that previous attempts of suicide, family history of suicide or violence, history of depression or other mental illness, physical illness and just plain feeling alone are all risk factors.

You can prevent suicide in yourself or others by connecting to supportive services quickly if you recognize any of these signs. Any day, any time you can dial National Suicide Prevention Lifeline at 1-800-273-8255 or Plumas Crisis Intervention & Resource Center at 1-877-332-2754 or 530-283-4333.

For more in depth information on suicide prevention go on-line to suicideispreventable.org.

VETERAN'S CORNER—WOMEN IN THE MILITARY

Women have served in all of America's major conflicts, beginning with the American Revolution –when some women disguised themselves as men to join the Continental Army. Women were hired in medical service in the wars of the 18th and 19th centuries. During the Civil War, women were hired as foragers for supplies, cooks and seamstresses, as well as saboteurs, scouts and couriers. (Dr. Mary Walker, an Army physician who served during the Civil War, was the first and only woman awarded the Medal of Honor for contributions in treating patients).

In the Spanish-American War, a typhoid fever emergency forced the Army to recruit 1,500 women under a civilian contract. This led to creation of both the Army and Navy Nurse Corps in the first decade of the 20th century.

VETERANS ASSISTANCE

Our mission is to represent, refer, and assist veterans and their dependents in obtaining compensation, pension, education benefits, life insurance, medical treatment, home loans, California State Veterans benefits, burial benefits, discharge upgrades, and employment referrals. Please contact (530) 283-6275, (530) 283-6271 or Toll Free: 1-800-801-6330 for information or to set up an appointment.

Women were first recruited as members of the armed services in World War I. More than 35,000 served in roles ranging from nurses to telephone operators to clerks. It was the first war in which American women served overseas. Some died of illnesses in the field hospitals. Many were decorated, including three who received the Distinguished Service Cross, the combat medal for heroism second only to the Medal of Honor.

More than 350,000 women served in World War II. This war saw the first female officers. More than 200 military women of the Women's Army Corps and Women Air Force Service Pilots died overseas or ferrying aircraft. Eighty-eight were held as prisoners of war.

The majority of women sent to Korea during the Korean Conflict and to Vietnam during the Vietnam Conflict were nurses. When the North Koreans invaded South Korea on June 25, 1950, the Women's Army Corps (WAC) had just integrated eligible members of the corps into the regular Army. Also, during the previous two years, many former WAC enlisted women with prior service and former WAC officers had entered the Organized Reserve Corps (later called the Army reserve). The WAC's had proved their value to the Army during World War II but it had taken almost three years for Congress to pass the law in 1948 that gave them a permanent place in the Army by granting them Regular Army and reserve status.

...continued on page 9

WOMEN IN THE MILITARY (CONTINUED)

From the Gulf of Tonkin in 1964 to the fall of Saigon in 1975, more than 265,000 women served as military nurses, physicians or in intelligence, supply, administration, and air support. Eight military nurses died while serving in Vietnam.

Approximately 35,000 women served in the Persian Gulf War. Women flew

reconnaissance and search and rescue missions and drove convoys over the desert and also served in Division Artillery units close to enemy positions. Women were called upon to staff Patriot missile placements and demonstrated their effectiveness in war positions.

Since the Gulf War, women have served in Operation Uphold/Support Democracy in Haiti, with the United Nations Forces in Operation Joint Endeavor in Bosnia, and are currently serving in Iraqi.

We have 65 female veterans in Plumas County that we have connected with benefits, and we hope that if there are any female veterans that wish to discuss their benefits that they contact Plumas County Veterans Services. If you served, whether you are a female or male you have earned benefits. For all female/male veterans that served in the Republic Of Vietnam you are eligible to be enrolled in VA Health Care through VAMC Reno priority group 6 provided you

have an honorable/general under honorable conditions discharge. Find your DD Form 214 Certificate of Release or Discharge or contact our office to order it for you, make an appointment with Plumas County Veterans Services at 283-6271/6275 and let us connect you with your benefits and enroll you in the VA Health Care System. We have outreach services now in Chester/Greenville on Wed and outreach services in Portola on Thursdays.

*Jimmy LaPlante, Plumas County Veteran's Services
Coordinator*



VETERANS SUPPORT GROUP

The 4th Thursday
Every month at 4:00pm

Location

Portola Family Resource Center
165 Ridge Street
Portola, CA

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.

<p>CHESTER (530) 394-7636 <i>Carolyn</i></p> <p>Wildwood Village 366 Meadowbrook Loop Chester, CA 96020</p>	<p>PORTOLA (530) 832-4173 <i>Kathy</i></p> <p>Portola Veteran's Hall 449 West Sierra St. Portola, CA 96122</p>	<p>BLAIRSDEN (530) 832-4173</p> <p><i>Portola Nutrition delivers meals to Blairsdén on Wednesdays.</i></p> <p>Mohawk Resource Center 8929 Highway 89 Blairsdén, CA 96103</p>
<p>GREENVILLE (530) 284-6608 <i>Debbie</i></p> <p>American Legion 430 Main Street Greenville, CA 95947</p>	<p>QUINCY (530) 283-0643 <i>Annette</i></p> <p>Quincy Veteran's Hall 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



TRANSPORTATION

SERVICES



CHESTER

394-7636

Carolyn

Local Shopping:

Tuesdays & Fridays

Susanville:

Wednesdays

Chico:

Every First Mondays

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

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

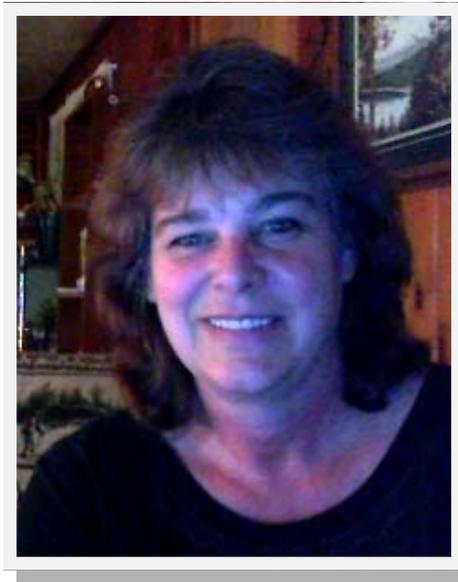
\$10 Out of County

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” —GREENVILLE SENIOR STAFF

Debbie Housen, Site Manager: Debbie has been the Greenville site manager for a year and a



half and has enjoyed the challenge of moving our site from Green Meadows to the American Legion Hall. She wishes to thank everyone that helped make the change and the officers of the American Legion for their hard work and dedication to Seniors in the Indian Valley area. She enjoys working with all of our clients and is grateful for the new faces joining us. She is available for all of your nutrition and transportation needs. Debbie has worked in the food service industry for 35+ years. She enjoys cooking and can be found on or near the water in the summer months.

Art Davis, Driver:

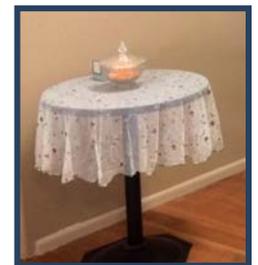
Art has worked for Senior Transportation for over 5 years. He enjoys helping people. Art loves to visit with the people on his homebound meal delivery route and likes driving them around. In his free time, Art enjoys traveling to the coast and enjoying all of the scenery.



In September the Greenville Senior Nutrition Site started serving meals in the central location of American Legion Hall, 430 Main Street. Meals are served daily, Monday-Friday, at noon, but the site is open for activities and gatherings from 9am-1pm. The

Greenville site also offers Friday shopping and food pantry trips and monthly Susanville trips.

Please contact the site manager Debbie Housen for more information or to reserve a meal, schedule transportation, or utilize the space for an event at (530)284-6608.



If you would like to submit a column or promote services/events for our Plumas County senior population, please contact the Senior Newsletter editor at danacash@countyofplumas.com.