

# PLUMAS SENIOR NEWS

SUMMER  
2016

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

## ***SENIOR SERVICES: NUMBERS SERVED BY COMMUNITY***

APRIL-JUNE 2016

### ***Chester***

	<u>April</u>	<u>May</u>	<u>June</u>	<u>Daily</u>
Number of Rides Given:	251	236	242	11
Number of Congregate Meals:	861	846	979	42
Number of meals delivered to homes:	268	278	276	13

### ***Greenville***

*(Meals provided by Quincy site)*

	<u>April</u>	<u>May</u>	<u>June</u>	<u>Daily</u>
Number of Rides Given:	90	91	122	5
Number of Congregate Meals:	103	108	109	5
Number of meals delivered to homes:	905	917	941	43

### ***Mohawk***

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

	<u>April</u>	<u>May</u>	<u>June</u>	<u>Daily</u>
Number of Congregate Meals:	51	55	86	15

### ***Portola***

	<u>April</u>	<u>May</u>	<u>June</u>	<u>Daily</u>
Number of Rides Given:	410	372	418	19
Number of Congregate Meals:	626	570	619	28
Number of meals delivered to homes:	441	434	454	21

### ***Quincy***

	<u>April</u>	<u>May</u>	<u>June</u>	<u>Daily</u>
Number of Rides Given:	233	206	295	11
Number of Congregate Meals:	757	652	685	33
Number of meals delivered to homes:	506	512	560	25

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](mailto:danacash@countyofplumas.com).

## ***CARING FOR THE CAREGIVER—TAKING CARE OF YOU!***

*Who is a Caregiver?* Anyone who provides physical, emotional, financial, or other support to a loved one with a disabling condition. If you help with tasks such as preparing meals, bathing, dressing, grocery shopping, house cleaning, managing medications, arranging for services, paying household bills, getting in and out of bed, getting to doctor visits, then...YOU are a caregiver!

A caregiver may be someone caring for a spouse who has suffered a stroke; someone caring for a relative who has Parkinson's disease; a grandchild providing assistance to a grandfather with Alzheimer's disease; or a parent caring for a son with a traumatic brain injury. While many of us do not see ourselves as "caregivers," it is still good to know help is available to us as we care for a loved one.

Caregivers often experience depression, anger, frustration and/or sadness in addition to feeling alone and isolated.

 *The most valuable support a caregiver can receive is from others who are going through what they are going through and who can truly understand what it is like to care for a loved one.* 

How do you connect with others in similar situations? Through a Caregiver Support Group! The group provides a safe and supportive place to share experiences and ideas to ease the stress of caregiving. Support groups provide caregivers with the chance to share and learn from those with similar situations. This may include mutual problem-solving, coping, dealing with grief and sharing information in addition to ways to provide the best care you can for those who are dependent upon you, while maintaining your own personal, physical and emotional health.

In addition to support groups, individual family consultations and care planning are available to caregivers in Plumas County. And, depending on funding availability, services such as the purchase, rental, and/or service fee of equipment to help with caregiving responsibilities as well as minor repairs to a home ranging from installation of grab bars to replacement of door handles may be available.

*The Quincy Caregiver Support Group meets the 4<sup>th</sup> Tuesday of each month from 1:00 pm to 2:30 pm at the Plumas County Library in Quincy. We welcome new faces!* Times and dates are subject to change. Please contact the number listed below if you have any questions. There are plans to expand Support Groups to Portola, Indian Valley and Chester if there is interest.

Caregiver Support Groups and other caregiver services and resources in Plumas County are offered at no cost by PASSAGES' Caregiver Resource Center.

*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.*

***Understanding your  
Rights & Protections***  
***“Know what’s right for you”***



***Presenters:***

**Tatiana Fassieux, HICAP**  
Medicare Rights & Protections  
*Learn to appeal and question decisions*  
Detect, Prevent & Report Fraud

**David Beveridge, Ombudsman**  
Elder Abuse Prevention & Reporting

**Registration Required by  
September 23:**

Call **PASSAGES**  
530-898-5923

Transportation to this event is available by calling John Rix at (530) 283-3546

***Event Details***

September 26  
10am-12pm

**Enloe Conference Center**  
**1528 Esplanade | Chico,**  
**CA 95926**

***Future Presentations***

**HICAP**

**Health Insurance Counseling &  
Advocacy Program**

***What’s New with  
Medicare in 2017?***

**October 13**

**November 10**

**10 am—noon**

**Lakeside Pavilion**  
**2565 Lakeside Village**  
**Commons, Chico**

 **PASSAGES**

***SENIOR SUMMIT 2016—SUMMARY***

On July 14, 2016 the 4th Annual Senior Summit was held at the Quincy Vets Hall from 10am-2:30pm. This yearly event provides a space for learning about local resources, to share experiences and troubleshoot the difficulties of navigating services. There were 47 who attended summit, hailing from the areas of Graeagle, Greenville, Portola, Quincy and surrounding areas. Overall, the summit was engaging and successful, with 94 percent of the attendees stating they would attend future summits.



Topics covered this year included:

- Navigate Denial of Medicaid/MediCal Coverage
- Local transportation resources
- Elder Abuse Awareness Campaign
- Free Vision Resources
- Healthy Eating & Activing Living for Older Adults
- Free Legal Services, addressing inequities and denial of rights and medical necessities

Next summer will be the 5th Senior Summit. Rides will be offered throughout the county and lunch is provided to all attendees. If you have ideas, would like to attend or be a part of it, please contact the newsletter editor for more information.

## ***RENO TRANSIT SERVICE—THERE AND BACK AGAIN***

Beginning September 1, 2016, 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.

### **Trip Planning Websites:**

Plumas Transit Services: <http://www.plumastransit.com/>

Reno Transit: <http://www.rtcnv.com/transit/>

Greyhound Bus: <https://www.greyhound.com/>

## ***GREENVILLE NUTRITION SITE—GRAND OPENING***

Due to unforeseen issues, the Greenville Senior Nutrition site was not able to relocate during the last quarter, but now that the I's are dotted and the T's are crossed, the moving can commence! We invite you to join us for our Grand Opening on September 12, 2016 at the American Legion Post, 430 Main Street, Greenville, CA 95947. Please reserve your meal by calling (530)284-6608 before 9/9/16.



We also wish to extend a Thank You to John Banks and the officers of the American Legion Post #568 for opening their space for the Greenville Seniors.

## VETERAN'S CORNER—HONORING THOSE WHO SERVED

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

Where do I start? Scheduling is easy. Every veteran has earned the right to have actively serving Soldiers, Sailors, Marines, Airmen, or Coast Guardsmen present at their funeral. Family members should call the appropriate number below, or ask if their funeral director will do so on their behalf. Be prepared to give details about the veteran you are scheduling the Honors for as well as where and when the Honors will take place. You will be asked to send proof of eligible military service.

Documentation requirements: DD-214 for active duty or reserve components, or Form NGB 22 for National Guard Soldiers or Certificate of Honorable Discharge.

Note: documentation may be requested from the National Archives. Their website is: [www.archives.gov/veterans/military-service-records/](http://www.archives.gov/veterans/military-service-records/). There may be restrictions on who is able to request specific documents; however, anyone may request a document stating "Honorable Service." This document will be sufficient proof for Military Funeral Honors.

Veterans Service Organizations: The Honor Guard recognizes the valuable role that members of the American Legion and the Veterans of Foreign Wars play in honoring our veterans and may partner with them to provide each veteran their richly deserved Honors.

Department of Defense Instruction: Military units are required to provide, at a minimum, a two person uniformed detail to present the core elements of the Funeral Honors ceremony. The core elements of the Funeral Honors ceremony, which will be conducted, are: 1) Playing of Taps 2) Flag folding 3) Flag presentation.

"There is  
no cost for  
Military  
Honors."

ARMY VETERANS – Northern California (888)634-7496  
MARINE VETERANS – (866) 826-3628  
NAVY VETERANS – (800) 326-9631  
AIR FORCE VETERANS (800) 586-8402  
COAST GUARD VETERANS – Northern California (510)437-3712

ENHANCED HONORS includes a firing party and the firing parties are arranged through the local American Legion Post 568 in Greenville at (530)941-6860 or the local VFW Post 3758 in Portola at (530)832-4300.

**MILITARY HONOR GUARD REQUIRES A MINIMUM OF 48 HOURS TO RESPOND.**

Enhanced Honors are provided through our local American Legion and VFW. Call well in advance to schedule, as the volunteer shooters may require a longer notice time.

See the phone numbers above under Enhanced Honors.

# “Vulnerability of Aging”

*Workshop with Anne Gaudet*



This workshop will invite us to take a good, honest look at how we feel about our aging process; what we like and don't like, at our fears and resistances, cultural and media influences, and opening up in heart-felt ways that support us in our aging with kindness, curiosity, acceptance and humor.

<b>Chester:</b>	<b>Wildwood Village</b>	<b>9/7/16</b>	<b>10:00—11:30am</b>
<b>Graeagle:</b>	<b>Mohawk Resource Center</b>	<b>9/21/16</b>	<b>1:00—2:00pm</b>
<b>Greenville:</b>	To be determined at a later date		
<b>Portola:</b>	<b>Portola Vets Hall</b>	<b>9/13/16</b>	<b>10:30—11:30am</b>
<b>Quincy:</b>	<b>Quincy Vets Hall</b>	<b>9/12/16</b>	<b>9:30—11:30am</b>

## ***SUPPORT GROUPS TO FOLLOW***

*Support groups in each location will be established following the workshop so that we can share our experiences, give and receive support and work with tools that will be offered in each lesson.*

*For more information, please call 530-283-6358*

*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](mailto:danacash@countyofplumas.com).*

## ***DO YOU TAKE PAIN MEDICATIONS?***



You can **OVERMEDICATE** with opiates. The signs are:

- Unusual sleepiness
- Mental confusion
- Slurred speech
- Intoxicated behavior
- Slow or shallow breathing
- Pinpoint pupils
- Slow heartbeat
- Low blood pressure
- Difficulty waking from sleep
- **CALL 911: say**
- **“Someone took too much pain medicine.”**



Overmedication with opiates can lead to **OVERDOSE**, when breathing and heartbeat slow or even stop. The signs are:

- Face extremely pale and/or clammy to touch
- Body limp
- Fingernails or lips blue or purple
- Vomiting or gurgling
- Cannot be awakened from sleep
- Unable to speak
- Breathing slow or stopped
- Heartbeat slow or stopped

**CALL 911: say “Someone is unresponsive and not breathing”**

### ***What can be done to prevent opiate overmedication or overdose?***

1. Take medicine only prescribed to you.
2. Do not take more medicine or take it more often than instructed.
3. Call a doctor if your pain worsens. Don't adjust or combine medications.
4. Never mix pain medicines with alcohol, illicit drugs, sleeping pills, over-the-counter products (i.e. cough and cold medicines) that depress breathing, heart rate, and other functions of the central nervous system.
5. Store your medicine in a safe place where children or pets cannot reach.
6. Teach your family and friends how to respond to an overdose.
7. Dispose of unused medication properly.
8. Get the antidote to opioid overdose, Naloxone (Narcan). It can sometimes wake up the overdosed person until paramedics arrive.

***Please contact your doctor if you have questions about your medication.***

## DO YOU TAKE PAIN MEDICATIONS?

Called **NARCOTICS, CONTROLLED MEDICATIONS,** or **OPIATES** some pain medications are more likely to be stolen due to their street value or value on the black market. They can also be addictive. Examples are:

- ◆ Morphine
- ◆ Codeine
- ◆ Methadone
- ◆ Oxycodone (Oxycontin, Opana, Percodan, Percocet)
- ◆ Hydrocodone (Vicodin, Lortab, Norco)
- ◆ Fentanyl (Duragesic, Fentora)
- ◆ Hydromorphone (Dilaudid, Exalgo)
- ◆ Buprenorphine (Suboxone)

These are HARMFUL if taken by someone other than you or at doses other than prescribed

**CONSIDER YOUR OPTIONS**  
**when addressing pain**

*Myths vs. Facts*

<p><b>MYTH:</b> Prescription narcotics are the best treatment for chronic pain.</p>	<p><b>FACT:</b> Exercise, sleep, and mindfulness are proven therapy for chronic pain.</p>
<p><b>MYTH:</b> Prescription narcotics have proven long term benefits in managing chronic pain.</p>	<p><b>FACT:</b> There is no good evidence that narcotics effectively manage chronic pain.</p>

**Be in control of your body, emotions and health.  
Make informed choices for better quality of life.**

PROTECT YOURSELF AND YOUR FRIENDS AND FAMILY BY:

- ⇒ Putting narcotics or other potentially harmful medications in a Lock Box (many drug stores or hardware stores have them)
- ⇒ Request patient only pick up at the pharmacy, so that only you can pick up your narcotics with an I.D.
- ⇒ Have the pharmacy put a note on your profile about who is allowed to pick up your medications, then you call ahead to inform them what person is coming to pick up that day
- ⇒ Know your in-home worker: ask for a criminal background check from them or the agency they work for; this is a standard practice for IHSS

# 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><b>CHESTER</b> (530) 394-7636 <i>Carolyn</i></p> <p><b>Wildwood Village</b> 366 Meadowbrook Loop Chester, CA 96020</p>	<p><b>PORTOLA</b> (530) 832-4173 <i>Kathy</i></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 Blairsdén on Wednesdays.</i></p> <p><b>Mohawk Resource Center</b> 8929 Highway 89 Blairsdén, CA 96103</p>
<p><b>GREENVILLE</b> (530) 284-6608 <i>Debbie</i></p> <p><b>American Legion</b> 430 Main Street Greenville, CA 95947</p>	<p><b>QUINCY</b> (530) 283-0643 <i>Annette</i></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



## 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.*

## ***SENIOR STAFF HIGHLIGHTS—CHESTER***



***Carolyn Steurer***, Site Manager, 28 1/2 years: Enjoys sewing and paper crafting greeting cards and sells homemade jams and jellies, as well as Brandied fruitcakes for the Holidays.



***Debbie Fellos***, Bus Driver, 24 years: Debbie treats her passengers like her grandparents/family. Off duty she enjoys her grandchildren and embroidery. Summer is her favorite season with sun, swimming and relaxation.

***Rod Merriman***, Cook, 6 years: Rod has a lifetime cooking career of 30+ years in the industry. He enjoys watching and collecting movies as well as hiking, being outdoors and experiencing the beauty of Plumas County and surrounding areas.



***Suzanne Campbell***, Assistant Cook, 11 years: Has cooked professionally for 19 years, enjoys researching cookbooks and watercolor painting.



***Kathleen (Suki) Hock***, Substitute, 7 years: Suki enjoys cooking and excels at quilt making and greeting cards. She fills in as Assistant cook or Manager as needed.

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The Chester kitchen staff, Rod and Suzanne prepares on average 58-60 meals each day. Debbie totals around 14 services trips per day along with weekly trips to Susanville and a monthly trip to Chico. Along with her Site Manager duties, Carolyn is happy to assist you in signing up for meals or transportation services if you call her at (530) 394-7636 or visit her at the Village Café located in the Wildwood Village Residential Complex in Chester.

We have a cumulative 76+ years of services at our site, showing the level of caring, loyal and dependable employees serving our seniors in Chester.