

Hello All,

I hope everyone is staying warm out there! Here's what's happening with 20,000 Lives:

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Updates

- *****UPDATED***** The next **20,000 Lives Quarterly Meeting** tomorrow, Wednesday, October 16 from 11:30am-1:30pm at the Mineral Building of the Plumas-Sierra Fairgrounds (204 Fairgrounds Road, Quincy). See the draft agenda here: <https://www.plumascounty.us/DocumentCenter/View/24739/20000-Lives-Quarterly-Meeting>, and contact me if there is anything else you would like added. Working group leads, please let me know if you are unable to attend. I will have printed copies available at tomorrow's meeting. We hope to see you there!
- The next meeting of the Northern Sierra Opioid Safety Coalition's **Prevention Action Team** is Thursday, October 17 at 11am in the large conference room of the Public Health offices (270 County Hospital Road, Suite 206, Quincy). Contact James Wilson at jameswilson@countyofplumas.com with any questions, or to be added to this mailing list.
- The next meeting of the **Suicide Prevention & Mental Health Awareness** group is Wednesday, October 23 from 11am-12pm at the Plumas Rural Services offices (586 Jackson Street, Quincy). Please contact Dana Knowling at dnowling@plumasruralservices.org or (530) 927-5833 with any questions or to be added to this mailing list.
- Please remember to submit short articles about your programs for inclusion in the quarterly **20,000 Lives Insider** newsletter. We want to provide a broader format for sharing the great work of 20,000 Lives members, and this is an opportunity to highlight your work, programs, and staff. Contact Megan Mansfield at MeganMansfield@countyofplumas.com to submit an article, or with any questions.

Resources

- *****NEW***** Representatives from PASSAGES will be hosting a series of informational workshops about **Medicare Open Enrollment** at locations across the county. Experts will explain the changes for 2020, and will be available to answer any questions. This important information can

save seniors hundreds of dollars in benefits, so don't miss out. Registration is required by calling (530) 898-6716. See the flyer attached to this e-mail for more information. The schedule is the following:

- Quincy: Monday, October 21 from 10:30am-12:00pm at the Veterans Memorial Hall (274 Lawrence Street, Quincy)
 - Portola: Tuesday, October 22 from 10:30am-12:00pm at the Veterans Memorial Hall (449 West Sierra Ave)
 - Chester: Wednesday, October 23 from 10:30-am-12:00pm at the Wildwood Senior Center (366 Meadowbrook Lane)
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- *****NEW***** Pachuca Productions is performing live stage productions of **The Laramie Project**. This play dramatizes the reaction to the hate crime murder of gay University of Wyoming student Matthew Sheppard in 1998. There will be a performance at the Greenville Town Hall (152 Green Meadows Lane, Greenville) on Thursday, November 14 at 7pm and Sunday, November 17 at 2pm. The Quincy performance will be Friday, November 15 and Saturday, November 16 at 7pm at the West End Theatre (541 Main Street, Quincy). See the flyer here: <https://www.plumascounty.us/DocumentCenter/View/24745/The-Laramie-Project> for ticket information.
 - *****NEW***** Local author Margaret Garcia is hosting a talk and book signing event for the book **All of Me: Stories of Love, Anger, and the Female Body** on Wednesday, October 23 at 5:30pm at Barn Owl Books (373 West Main Street, Quincy). This anthology includes stories, interviews, and essays from a number talented writers and artists. Come meet with Margaret and learn more.
 - The **Plumas County Oral Health Coalition** is hosting an informational /professional development opportunity for medical and dental professionals on Thursday, October 17 at 5:30pm at the Mineral Building of the Plumas-Sierra Fairgrounds (204 Fairgrounds Road, Quincy). Speaker Susan Fisher-Owens, MD, brings her expertise as a Clinical Professor of Pediatrics at the UCSF School of Medicine and Clinical Professor of Preventive and Restorative Dental Sciences in the UCSF School of Dentistry to dive into the most common chronic childhood disease, tooth decay. Both medical and dental professionals are welcome to come to come to this *free* dinner and engaging presentation. CEs will be provided to both dental and nursing professionals, and +1's are welcome. To RSVP or for more information, please contact Dana Krinsky at (530) 283-6358 or danakrinsky@countyofplumas.com . See the flyer here: <https://www.plumascounty.us/DocumentCenter/View/24741/Childhood-Tooth-Decay>.
 - The Central Plumas Recreation & Park District is hosting **The Mountaineer Fun Run** fundraiser on Saturday, November 2 and Sunday, November 3 starting at 11am at the Plumas Pines Golf Resort (402 Poplar Valley Rd., Blairsden). The Mountaineer is 5 miles of slip-n-slides, hills, obstacles, and gorgeous views. Obstacles include bucket carries, walls, tire flips, and many more. There are 12 obstacles and 7 slip-n-slides, totaling one awesome day. Come ready to get muddy! Registration is required. See the flyer attached to this e-mail for more information, or visit the website here: <http://www.cprpd.com/the-mountaineer.htm> .
 - The Plumas County Court Appointed Special Advocates (CASA) is hosting a **CASA Chili Cook-Off** fundraiser on Friday, November 8 from 6-8pm at the Quincy Elks Lodge (2004 East Main Street, Quincy). Enter a large crock-pot of your best chili for a chance to win the \$100 prize! There will

live music, chili cook-off tasting, potato bar, dessert, and a no-host bar. Also, CASA is seeking donations of items or services for the silent auction / raffle, so please consider donating to this great cause. There is a sliding scale of admission prices, so please see the flyer here: <https://www.plumascounty.us/DocumentCenter/View/24740/CASA-Chili-Cook-Off> for details. Contact plumascasa@pcirc.com or (530) 283-2227 with any questions. All proceeds benefit CASA in its mission to serve children who have been abused or neglected.

- Plumas Rural Services is hosting a series of events across the county in support of **Domestic Violence Awareness Month**. There will be a 5K Walk-Run fundraiser on Saturday, October 19 beginning at 10 at the Feather River College Equine Center. See the flyer attached to this e-mail for more information and registration fees for singles and teams. Also, there will be screenings of different family-friendly films as part of the *free* outdoor Family Movie Night. See this flyer for the 5K Walk-Run: https://www.plumascounty.us/DocumentCenter/View/24738/5K-Walk-Run_2019 and this flyer for the movie: https://www.plumascounty.us/DocumentCenter/View/24742/DV-Awareness_movie-night_Portola for more information. The schedule is the following:
 - Portola: Saturday, October 26 at the Portola City Park; screening “Coco”
- Plumas County Public Health Agency is hosting a series of *free* **Flu Vaccination Clinics** across the county beginning in October. There will be drive through clinics in public locations, as well as school vaccinations (notification will be sent to parents by the schools). There is no nasal spray available this year, and only shots are available. Drive through clinics are from 11am – 1pm at the locations listed below. If possible, please fill out your form before arriving, found here: www.plumascounty.us/publichealth/fluinformation . See the flyer here: https://www.plumascounty.us/DocumentCenter/View/24743/Flu-Vaccination-Clinics_2019 for more details. The schedule is the following:
 - Greenville: Wednesday, October 16, Indian Valley Medical Clinic (174 Hot Springs Road)
 - Portola: Thursday, October 17, Eastern Plumas Health Care (500 First Avenue, Portola)
 - Chester: Friday, October 18, Chester Memorial Hall (225 Gay Street, Chester)
this clinic is walk-in, but people with mobility issues will receive vaccinations at vehicles
 - Quincy: Monday, October 21, Plumas-Sierra Fairgrounds (204 Fairgrounds Road, Quincy)
 - Graeagle: Tuesday, October 22, Wasco Trail (Blairsdan-Graeagle Road to Maricopa Trail to Wasco Trail)

Upcoming Meetings

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As always, please feel free to contact me with any questions, concerns, or ideas, either to this e-mail address or the numbers listed below.

Best regards,
Zach

[Zach Revene, MSS](#)

Assistant Director
Plumas County Public Health Agency
270 County Hospital Road, Suite 206
Quincy, CA 95971
Desk: (530) 283-6366
Main Office: (530) 283-6337
ZachRevene@countyofplumas.com
KM6GDB

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