

# PLUMAS SENIOR NEWS

WINTER 2016, February



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**We're on the Web!**

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



This newsletter is funded by  
Plumas County MHSA

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Plumas County Public Health Agency  
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## *SENIOR SERVICES: NUMBERS SERVED BY COMMUNITY*

*Plumas County Senior Services' staff do such an amazing job serving Plumas County!*

### *Chester*

	<i>Last 6 Months</i>	<i>Average Daily</i>
<i>Number of Rides Given:</i>	<i>1049</i>	<i>8</i>
<i>Number of Congregate Meals:</i>	<i>5452</i>	<i>44</i>
<i>Number of meals delivered to homes:</i>	<i>1520</i>	<i>12</i>

### *Greenville*

*(meals provided by Quincy site)*

	<i>Last 6 Months</i>	<i>Average Daily</i>
<i>Number of Rides Given:</i>	<i>150</i>	<i>1</i>
<i>Number of Congregate Meals:</i>	<i>863</i>	<i>7</i>
<i>Number of meals delivered to homes:</i>	<i>4983</i>	<i>40</i>

### *Mohawk*

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

	<i>Last 6 Months</i>	<i>Average Daily</i>
<i>Number of Mohawk Congregate Meals:</i>	<i>359</i>	<i>15</i>

### *Portola*

	<i>Last 6 Months</i>	<i>Average Daily</i>
<i>Number of Rides Given:</i>	<i>2264</i>	<i>18</i>
<i>Number of Portola Congregate Meals:</i>	<i>2773</i>	<i>22</i>
<i>Number of meals delivered to homes:</i>	<i>2087</i>	<i>17</i>

### *Quincy*

	<i>Last 6 Months</i>	<i>Average Daily</i>
<i>Number of Rides Given:</i>	<i>1182</i>	<i>10</i>
<i>Number of Congregate Meals:</i>	<i>3650</i>	<i>29</i>
<i>Number of meals delivered to homes:</i>	<i>2789</i>	<i>22</i>

# CITIZENSHIP

## *To my friends of a certain age:*

Yes, we are Senior Citizens with all that the those two words imply. As seniors we are entitled to some benefits - chiefly Medicare and some discounts. As seniors, we are also the targets of advertising; the hard-sell of pills that promise to keep our skin wrinkle-free, our eyes sparkling, our bodies young and our minds bright. We are also the targets for different plans, plans that guarantee that our last years will be free of worries about money. And in addition, we seniors are tagged to contribute to every good cause that ever lived (and unfortunately some causes that are outright scams.)

Today, however, I am concerned about the second word: Citizen. Yes, we can be counted on to vote, a duty we take very seriously. I will leave that obligation aside for the moment and concentrate on other duties and obligations we have as citizens: speaking up, organizing, joining with other like-minded people to advance the safety and well-being of our peers.

We seniors in Plumas County have a fine history in that regard. Through the years our Board of Supervisors has always been alert to the needs of its older residents and we had a strong and active Commission on Aging. Our Supervisors have been strong supporters of Senior Nutrition and Senior Transportation, even beyond what state and national programs required.

For many years the Plumas County Commission on Aging met five times a year, once in each of the five Supervisory Districts. Because of the distances between our communities, attendance was spotty and in 2012 we decided to de-centralize, concentrating on the seniors of each District meeting with their respective Supervisor and holding a once-a-year "Senior Summit," a day-long seminar with pertinent topics, which seniors throughout the county would attend.

The Senior Summits have been very successful and we plan for another in July - but I am writing today to re-kindle the idea of seniors meeting locally with their local Supervisor. As a senior you need to know what is on his/her agenda and he/she needs to know what your priorities are. Let's meet in each District. Soon!

*As ever,*

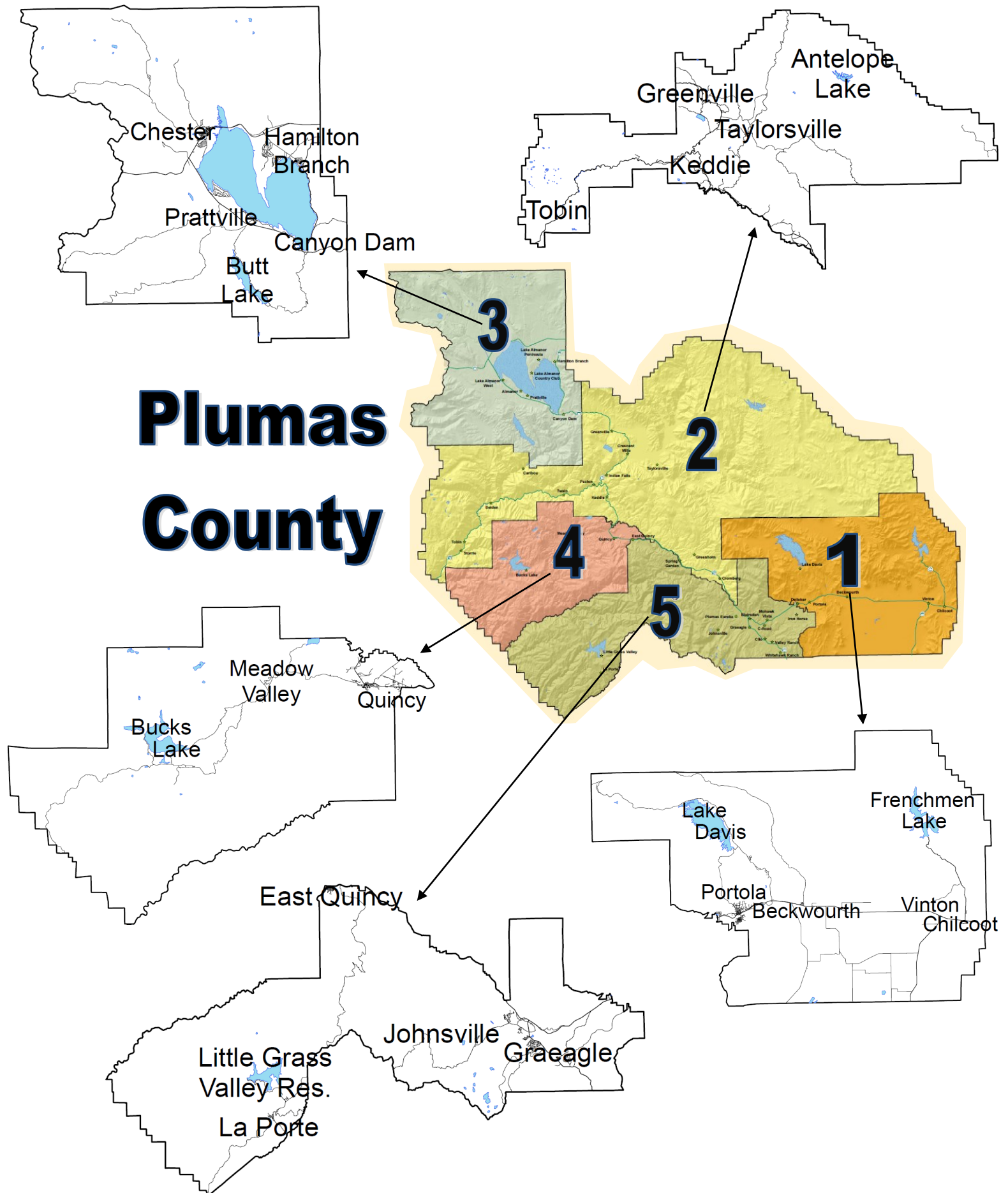
*Nancy Lund*



For information on who your District Supervisor is  
and how to contact them to meet, please see pages 4 and 5.



*WHAT DISTRICT AM I IN?*



## WHOSE DISTRICT AM I IN?



### District 1

Supervisor Terrell (Terry) Swofford

Phone: (530) 283-6170

[terrellswofford@sbcglobal.net](mailto:terrellswofford@sbcglobal.net)

#### Larger Population Centers

Beckwourth

Chilcoot

Portola

Vinton



### District 2

Supervisor Kevin Goss

Phone: (530) 283-6170

[kevin.goss4district2@gmail.com](mailto:kevin.goss4district2@gmail.com)

#### Larger Population Centers

Greenville

Keddie

Taylorville

Tobin



### District 3

Supervisor Sharon (Sherrie) Thrall

Phone: (530) 283-6170

[sherrie.thrall@almanorpost.com](mailto:sherrie.thrall@almanorpost.com)

#### Larger Population Centers

Canyon Dam

Chester

Hamilton Branch

Prattville



### District 4

Supervisor Lori Simpson

Phone: (530) 283-6170

[lorisimpson.plumas@gmail.com](mailto:lorisimpson.plumas@gmail.com)

#### Larger Population Centers

Meadow Valley

Bucks Lake

Quincy



### District 5

Supervisor Jeff Engel

Phone: (530) 283-6170

[engel.dist.5@gmail.com](mailto:engel.dist.5@gmail.com)

#### Larger Population Centers

East Quincy

Graeagle

Johnsville

LaPorte

# 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 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.

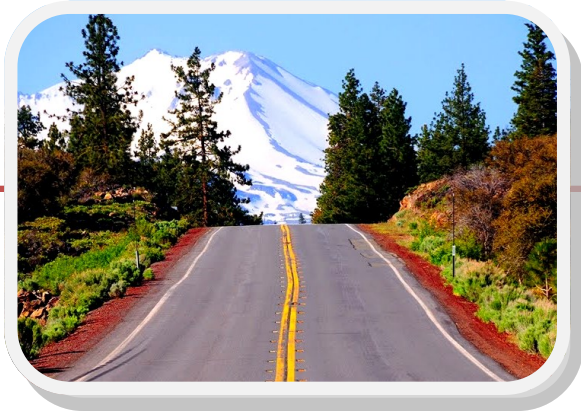
Reservations are required at least one day in advance. You may sign up at a meal site or call the site for reservations. If you must cancel, due to illness or emergency, please call the site where you made the reservation. Seasonal residents and guests are welcome.

<p><b>CHESTER</b> <b>(530) 394-7636</b> <b>Carolyn</b></p> <p><b>Wildwood Village</b> 366 Meadowbrook Loop Chester, CA 96020</p>	<p><b>PORTOLA</b> <b>(530) 832-4173</b> <b>Kathy</b></p> <p><b>Portola Veteran's Hall</b> 449 West Sierra St. Portola, CA 96122</p>	<p><b>BLAIRSDEN</b> <b>(530) 832-4173</b></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> <b>(530) 284-6608</b> <b>Debbie</b></p> <p><b>Green Meadows</b> 152 Hot Springs Road Greenville, CA 95947</p>	<p><b>QUINCY</b> <b>(530) 283-0643</b> <b>Annette</b></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 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.

### **CHESTER**

**394-7636**

*Carolyn*

#### **Local Shopping:**

Tuesday & Friday

#### **Susanville:**

Wednesday

#### **Chico:**

Every First Monday

### **GREENVILLE**

**284-6608** *Debbie*

#### **Local Shopping:**

Thursday

#### **Food Bank:**

Friday

#### **Quincy:**

1st Fri & 3rd Wed

#### **Susanville:**

2nd & 4th Saturdays

### **PORTOLA**

**832-4173**

*Kathy*

#### **Local Shopping:**

Wednesday & Friday

#### **Quincy:**

1st & 3rd Tuesdays

#### **Reno:**

1st Saturday

### **QUINCY**

**283-0643**

*Annette*

#### **Local Shopping:**

Friday

#### **Reno:**

1st Saturday

3rd Thursday

## *FREE DINNER FOR VETERANS*

Plumas Veterans' Services and the Calpine Elks Lodge are partnering to host a *free Veterans Dinner* on Thursday, February 17 from 5-7pm at the Calpine Elks Lodge (just east of the Chalet View property off Hwy 70).

Veterans' Services Officer Jimmy LaPlante and VS Representative Kyle Short will give a presentation about the "22 every 24" campaign, addressing the epidemic of 22 veteran suicides every 24 hours in the US. They will also provide information about Veterans' Support Groups in Plumas County.

*Call (530) 283-4359 to reserve your spot.*

## *GET HELP SMOGING YOUR VEHICLE*

The Consumer Assistance Program (CAP) is administered by the Bureau of Automotive Repair (BAR) and is designed to help improve California's air quality. A consumer may retire a qualified vehicle and receive \$1000. Consumers meeting low income eligibility requirements may receive \$1500. In addition, CAP provides qualified consumers who own a vehicle that cannot pass its biennial (every other year) Smog Check inspection up to \$500 in financial assistance toward emissions-related repairs.

For more information contact:

Consumer Assistance Program  
10949 North Mather Boulevard  
Rancho Cordova, CA 95670  
Toll Free (866) 272-9642  
<http://www.smogcheck.ca.gov>

### *E-mail Updates Available for Senior Publications!*

To sign up, please send an email request with your name and the town you live in to [danacash@countyofplumas.com](mailto:danacash@countyofplumas.com).

Senior Publications may include:

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