

PLUMAS SENIOR SERVICES NEWS - SPRING 2013



BEST EXOTIC MARIGOLD HOTEL EFFECT BLOOMING IN PLUMAS COUNTY

This new quarterly newsletter highlights life in Plumas County for older adults and will have updates from the Plumas County Senior Services Program and the Plumas County Commission on Aging.

We are inspired by the movie “The Best Exotic Marigold Hotel” touching on personal experiences later in life, and discovering encore careers, interests and new communities.

Plumas County is uniquely situated to celebrate its own “Best Exotic Marigold Hotel” lifestyle. With people over 50 making up 47 percent of our population in 2010, we are innovating the rural lifestyle for “Boomers” and older generations living here.

There are 18 percent more people over age 50 in Plumas County than the California average of 29 percent. We have an abundance of creative, experienced and skilled older adults making Plumas County a more vibrant and healthy place for people of all ages to live and thrive.

Please join us in community planning for older adults. Meetings for seniors to meet with their County Supervisors are being set in each district. These informal gatherings allow Supervisors to hear from seniors and to learn more about your priorities. See **“EVENTS”** inside for the meeting date nearest you. Bring your ideas!

ENCORE . ENCORE . ENCORE

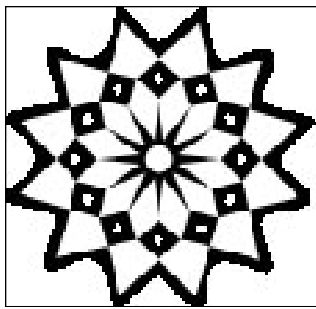
Jessie Bridges knows a thing or two about how to do an encore performance. She began her career at the Greenville Senior Nutrition site at 59 years old as a Green Thumb Worker. When an opening for the lead cook position came up she was hired on and stayed for nine years. In 2006 she retired and moved to Paradise.

After one month, she found Paradise wasn’t all that it was cracked up to be and headed back to Plumas where she started working at the Quincy Nutrition site. At 76, she has decided to hang up her apron once again.

When the Tuskegee Airmen came to Quincy, that was a big deal that stands out in her career...**ENCORE *continued inside***



**“I love the work
and I love the people.”**



PLUMAS COUNTY SENIOR SERVICES

Countywide Contact

Louise Steenkamp

(530) 283-6337

We're on the Web!

[http://bit.ly/
plumas-seniors](http://bit.ly/plumas-seniors)

"Celebrate the Changes"



Newsletter Staff

Dorette English

530-283-6366

[doretteenglish@](mailto:doretteenglish@countyofplumas.com)

countyofplumas.com

Plumas County Public
Health Agency

270 County Hospital
Road, Suite 206 Quincy,
CA 95971

EVENTS - COMMISSION ON AGING

Seniors & Supervisors Meeting Dates

Contact Commission on Aging Chair Nancy Lund at (530) 284-7206
or nedlund5@frontiernet.net for more information.

Chester

Wednesday May 15 at 10:30 am

Wildwood Senior Center
366 Meadowbrook Loop
Supervisor Sharon Thrall

Greenville

Thursday, May 23 at 4:00 pm
Greenville Townhall
Supervisor Kevin Goss

Quincy

Wednesday, May 22 at 1:00 pm
Veteran's Hall, 274 Lawrence St.
Supervisor Lori Simpson

Portola & Mohawk

Meetings to be announced

PUT HEALTHY FOODS ON YOUR TABLE WITH CALFRESH!

You May Be Eligible. If you have a limited income, apply. Social Security Retirement Benefits are OK. Supplemental Security Income (SSI) participants are not eligible.

Use CalFresh benefits to buy fresh fruits and vegetables, whole grains, lean proteins and more.

CalFresh benefits are issued on an electronic benefit transfer (EBT) card – like an ATM card. Use your EBT card at most grocery stores, neighborhood stores, and farmers'

markets. Most CalFresh participants get more than \$100 each month.

Special CalFresh Rules

1. Tell them if you are 60 or older.
2. You may be able to apply online or mail.
3. You can have savings, a house, and cars and still qualify. Get the details.
4. Medical bills and housing costs may be deducted from income.

HOW TO APPLY FOR CALFRESH!

1. Apply online at C4Yourself.com

2. Apply in person or by mail
at Plumas County Social Services -
530-283-6350 or 1-800-242-3338.

3. Apply at your local resource centers:

- Indian Valley Resource Center – Greenville 530-284-1560
- ABC Center – Chester 530-258-4280
- Portola Resource Center—Portola 530-832-1827
- The Resource Center Quincy – 530-283-5515

State CALFRESH: English: 1-(877)-847-3663/

Spanish: 1-(888)-926-6432.

www.calfresh.ca.gov



Quincy staff, from left, Lezly Garcia, Diane Lawson, Jessie Bridges, Marleen Langrehr, Donnika Hamilton, and Annette Kelly (not pictured).



ENCORE *continued*

"To cook for the surviving Tuskegee Airmen, and their families and spouses was the high spot," she said.

The Quincy and Greenville sites will miss Jessie's positivity and dedication in the kitchen. She will be turning over the Quincy kitchen to Donnika Hamilton.

SENIOR SERVICES

Nutrition Sites

The Plumas County Nutrition program staff invites you to enjoy lunch with them. Sites are open 8:00 am to 1:30 pm. Lunch is served at 12 Noon, Monday through Friday. If you are 60 years of age or older, or married to someone 60 or older, join us for a meal and fellowship, education, entertainment and fun.

Suggested donation for the meals at the sites is \$2.50 for those 60 years of age or older and for those under 60 - \$6.00. Suggested donation for home-delivered meals is \$3.50. Registration is 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.

Chester

Wildwood Senior Center
366 Meadowbrook Loop
Chester, CA 96020
(530) 394-7636
Carolyn

Greenville

Green Meadows
152 Hot Springs Road
Greenville, CA 95947
(530) 284-6608
Esther, Ann

Quincy

Quincy Veteran's Hall
274 Lawrence St.
Quincy, CA 95971
(530) 283-0643
Marleen

Portola

Portola Veteran's Hall
449 West Sierra St.
Portola, CA 96122
(530) 832-4173 Kathy

Blairsden (Wednesdays)

Mohawk Community
Resource Center
8929 Highway 89
Blairsden, CA 96103
(530) 836-0446 or
(530) 832-4173 Kathy

Portola Nutrition delivers to Mohawk Resource Center every Wednesday

TRANSPORTATION

Plumas County offers Senior Transportation. Reservations are required for transportation. To reserve a ride please call the local Senior Nutrition site manager at (530) 283-3546 at least 24 hours ahead.

Suggested Donation \$1.50 (in-town).

Rides for Seniors are available Monday to Friday to and from locations including:

- Medical appointments
- Hairdresser or Barber appointments
- Nutrition sites
- Monthly shopping outings

PASSAGES * AREA AGENCY ON AGING

25 Main Street Chico, CA 95929 800-822-0109 / 530-898-5923 passages@csuchico.edu

PASSAGES helps caregivers and older adults lead healthier, happier, and more rewarding lives by providing and supporting the critical services and community resources they need. Many of its services and programs are free of charge.

Former Plumas County Passages staff Sharon Taschenberg has resigned to work at Plumas County Mental Health. Passages Chico staff will be answering (530) 283-0891 until the position is filled or call 1-800-822-0109 toll free.

LEGAL SERVICES - PASSAGES supports a dedicated network of attorneys and paralegals, through Legal Services of Northern California. A range of legal services are available to older adults including government benefits, powers of attorney, and housing issues.

PASSAGES sets up Quincy appointments with Legal Services of Northern California's office for older adults by appointment only.

Call (530) 283-0891 to make an appointment.

WWW.PASSAGESCENTER.ORG

GETTING THERE—What It's ALL ABOUT

By Nancy Lund

Chair - Plumas County Commission on Aging

Getting there is what it's all about. How we get there is the question.

Most of us are concerned about our own mobility as we age. We put off using a cane as long as possible and the use of a walker is thought of as a final declaration that we are pretty useless. Not so!

I'd like to share my own experience with you. My family and I were at a museum and about half-way through my son noticed that I was looking around for a place to sit.

"Are you ready to call it a day?" he asked.

"Oh, no. There's so much more I want to see. " And then I had an idea. "Do you suppose there is a way to get a wheelchair?"

"Of course! You're so independent I hesitated to suggest it. Sit right there and I'll be right back."

To my surprise I found being in a wheelchair liberating! I was able to give my full attention to more



Justin Knowles & teammates on the Marine Corps' wheelchair basketball team, in a scrimmage against other Marines at Walter

exhibits; I didn't hold up the family with my slowness or having to find a place to sit. What is more, neither I nor my family had to worry that as I tired I might be pushed or jostled by the crowd and fall.

Of course there are minuses as well as pluses in being confined to a wheelchair. Not everyone has a son who is willing to push them around and the alternative – a motorized wheel chair – is not within the reach of everyone.

True, we can not do the things we were able to do thirty years ago – or even one year ago - but crawling into a hole is not the answer.

Why do so many of us worry about appearances? We sympathize with the soldier in a wheelchair but hesitate to use a cane. We seem to think our own life is over if we must use a walker or – heaven protect us! - a wheelchair.

Being aware of the drawbacks but embracing the opportunities is the way to get there!

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