

## PLUMAS SENIOR SERVICES NEWS - SUMMER 2013



### A Benefit for One Benefits All

This quarterly newsletter for older adults shares updates from the Plumas County Senior Services Program and the Plumas County Commission on Aging. This edition highlights the upcoming Senior Summit on July 22 in Quincy, healthy and active living, and some tips on Elder Abuse.

Counties and towns are taking steps toward creating more age-friendly environments for their rapidly aging populations. These changes are beneficial to all residents, not just the elderly. In Plumas County, many people of all ages value the healthy lifestyle, and the natural and built environments that their communities provide.

Think about a curb cut-out, for example. Everyone uses it, not just people with strollers or wheelchairs. The same concept would transfer to covered bus stops, cool tree-lined streets, and many things that would benefit not just older adults, but people of all ages too.

With the Boomer Generation retiring enmasse in Plumas County, planning for health and tweaking what already exists, is beneficial to everyone in the long run.

As Plumas County is home to a very high population of older adults and seniors, seemingly small healthy lifestyle issues aren't so small to us anymore!

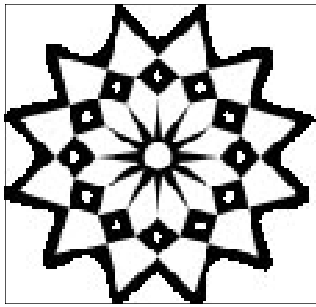
### ENCORE . ENCORE . ENCORE

The Senior Nutrition program site managers work to see that the sites are uplifting places where people can get out of the house, meet new people and make new friendships. All of the site managers are in their second or third careers.

*(Continued on page #)*



From left to right, Senior Nutrition Site managers: Greenville-Esther Potter, Quincy-Marleen Langrehr, Chester-Carolyn Steurer, and Portola-Kathy Rouiller. The managers met with Public Health and Passages—Area Agency on Aging staff in April to review 2012-13 program services.



## PLUMAS COUNTY SENIOR SERVICES

Countywide Contact

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**We're on the Web!**

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

**"Celebrate the Changes"**



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## EVENTS - COMMISSION ON AGING

### SENIOR SUMMIT — JULY 22, 2013 — QUINCY

A Senior Summit will be held at the Quincy Veterans Hall on Monday, July 22, 2013 from 10am to 2:30 pm. From 10-10:30 am, during Sign in time, coffee and breakfast rolls will be served.

**To reserve lunch**, you must call 283-0643 by July 19 at noon.  
**(Suggested donation \$2.50 for age 60 and over and \$6.00 general public.)**

The event will feature guest experts on health, legal and transportation services for seniors in an information and discussion format. All Seniors, older adults and everyone interested in learning more about and discussing these topics are welcome to attend.

Call Dorette English at 283-6366 for more information.

Plumas County Commission on Aging Chair Nancy Lund  
(530) 284-7206 or [nedlund5@frontiernet.net](mailto:nedlund5@frontiernet.net)

## LOOKING OUT FOR FRIENDS AND NEIGHBORS

Anyone who suspects that an elder is being abused should report it. When in doubt, always err on the side of caution and report.

Abuse can continue and often escalates if there is no intervention.

Intervention can often save the assets, health, dignity or even the life of an elder.

Common types of elder abuse:

- Physical and emotional abuse
- Financial abuse
- Abuse in long-term care facilities

HOW

TO REPORT ELDER ABUSE

If known or suspected elder abuse has occurred contact

Plumas County Protective Services Agency (530) 283-6350



•For a resident of a long-term care facility, report should also be made to: Long-Term Care Ombudsman (800) 822-0109 / (530) 898-5923; and the Bureau of Medi-Cal Fraud and Elder Abuse (800) 722-0432.

**If you or someone else is in immediate physical danger or harm — Always call 911.**

A Citizen's Guide to Preventing and Reporting Elder Abuse is available at [http://ag.ca.gov/bmfea/pdfs/citizens\\_guide.pdf](http://ag.ca.gov/bmfea/pdfs/citizens_guide.pdf)

## TO REPORT ELDER ABUSE

**YOU CAN CALL — (530) 283-6350 — DAY OR NIGHT**

*“what  
your  
program  
does  
is really  
amazing”*

## ENCORE (Continued from page #)

When they got together the stories flowed of friendships, and getting through fires and floods. “We’ve seen a lot of things change, romances build, played matchmakers, and always try to get the word out about our programs,” said Quincy Manager Marlene Langrehr. Recalling the winter of ‘93,

Chester Manager Carolyn Steurer talked about the role the site played in helping the community cope. The emergency crews staged at the center and the nutrition site provided food for hundreds of workers in quick order for days.

At a Senior program review, Area Agency on Aging rep, Mary Newman, praised the group, “I see many programs in Northern California and what your program does is really amazing.”

### 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, 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**

#### 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**

#### 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 eve-  
ry 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 least 24 hours ahead. Suggested Roundtrip Donation \$1.50 (in-town), Susanville \$10. Due to budget cuts, there

are no Reno/Chico trips as of 7/22/13.

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](mailto: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.

Passages Chico staff is answering (530) 283-0891 for the local Ombudsman and staff until the local position is filled. You can also call 1-800-822-0109 toll free from anywhere in Plumas County.

**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](http://WWW.PASSAGESCENTER.ORG)

## OUT AND ABOUT

### Highlights from Supervisors and Seniors Meetings in Chester, Greenville and Quincy

In May, Supervisors Sharon Thrall, Lori Simpson and Kevin Goss met with their Senior constituents to discuss issues of concern to older adults in Plumas County. The main topics were the need for specialized medicine, transportation concerns related to out of county health care, county senior program budgets, senior mental health and isolation, and repairs at Green Meadows in Greenville.

The positive notes included praise for the Wildwood Center, the Nutrition Site and transportation services staff. An increase in home delivered meals and more trips were also noted for Senior Transportation raising expenses by \$10,000 in the past year.

The topic of road closures this summer was also discussed in terms of getting to services in Chico mainly. Cal Trans announced Highway 32 will have one way traffic control Monday

through Friday 7 am – 7 pm from July 15-28. It will be closed weekly from July 29-September 30, Monday at 6am to Friday 6 am. The Cal Trans Hotline is (530) 225-3452 for more info.

The meetings were also covered by Feather River Publishing and attended by Plumas County Health Agency staff. Health Agency Director Mimi Hall attended the meetings in Indian Valley and Quincy reporting on budgets and services for the Senior Nutrition and Transportation programs, and answering questions about local medical access planning and services.

Each of the supervisors had priority areas of interest. Supervisor Thrall focused on seniors having functional access to buildings and services, while Supervisor Simpson was focused on In Home Health Services staff being adequately compensated to maintain a quality workforce. Freshman Supervisor Goss was interested in the economy and jobs, and renovations at Green Meadows Apartments.

