

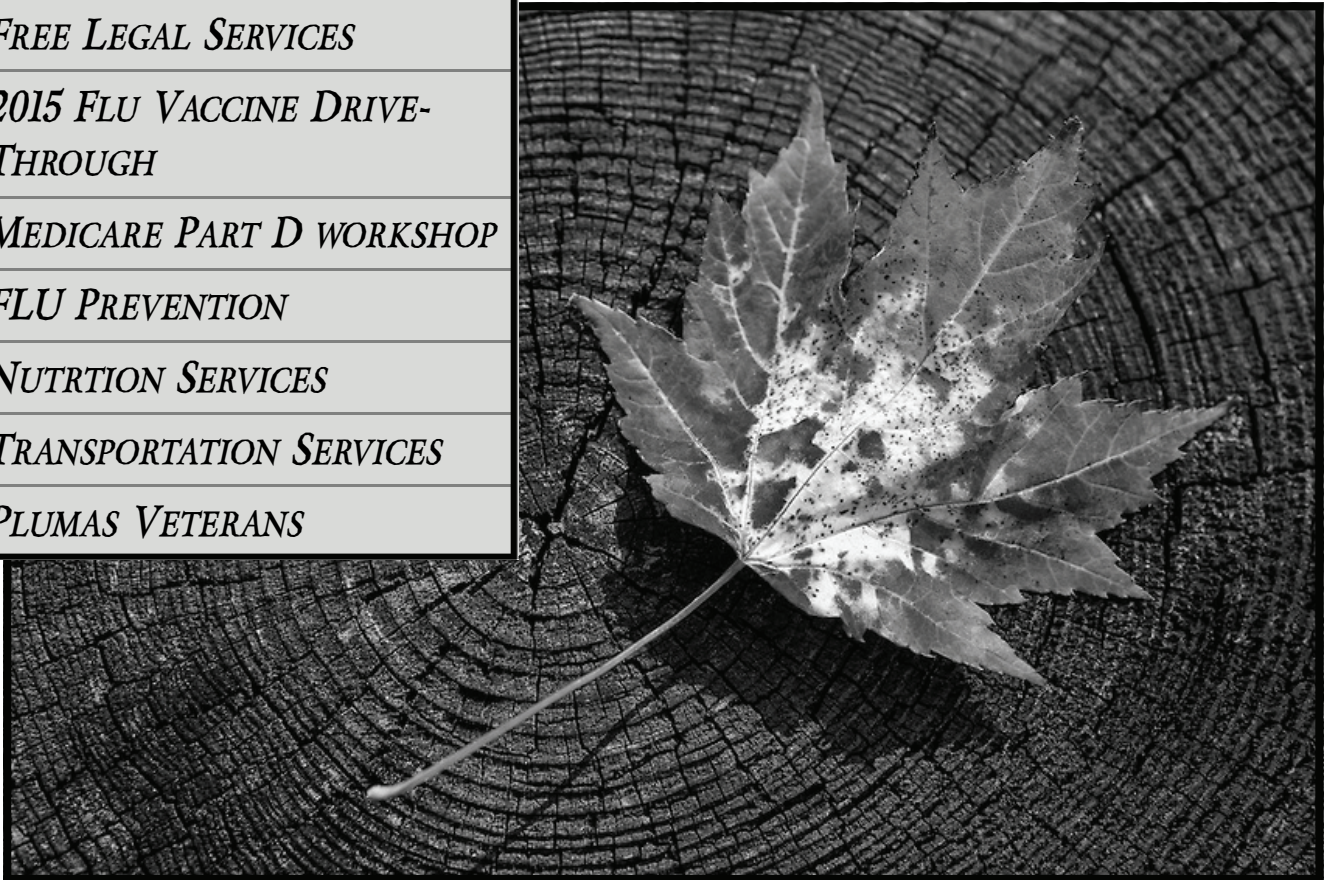
PLUMAS SENIOR NEWS



FALL 2015

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“Celebrate the Changes”



We're on the Web!

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



This newsletter is funded
by Plumas County MHSA

Senior Services Director

John Rix (530) 283-3546
johnrix@countyofplumas.com

Newsletter Editor

Dana Cash (530) 283-6358
danacash@countyofplumas.com

Plumas County Public Health Agency
270 County Hospital Road, #206, Quincy, CA 95971

PREVENTING FALLS

For many seniors, 1 out of 5 falls will cause a serious injury.

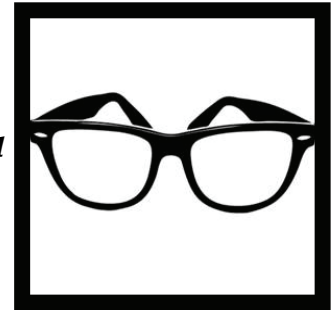
Here are some simple ideas you can do to keep yourself from falling:

1. *Talk to your doctor about your risk of falling, to check if your medications make you dizzy or sleepy, and if taking a vitamin D supplement will help.*



2. *Do strength exercises for your legs and for balance.*

3. *Make yearly eye appointments and work with your eye doctor to see if you need separate glasses for close up and distance.*



4. *Make your home safer by getting rid of things you can trip over, adding grab bars and railings to the shower, toilet and stairs, and add light to the dark areas of your home.*

For more information visit <http://www.cdc.gov>

E-MAIL UPDATES AVAILABLE for SENIOR PUBLICATIONS!

To sign up, please send an email request to danacash@countyofplumas.com.

Senior Publications include:

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

JOHN RIX — SENIOR SERVICES DIRECTOR

John Rix is our new Director of Senior Services. You may recognize him as the Assistant Cook for the Quincy site, or as an extra driver for our transportation program, but here's a little bit about John that you may not know:

John is originally from San Diego, CA and he moved to Colorado in his early teens. After high school John started working in a steakhouse as a prep cook and stayed there for 10 years while he worked his way up to management. During the slow times of each year he cooked at various other restaurants as well and drove for catering companies, medical delivery routes, and United Airlines.

In 2002 John moved to Quincy and began working for Plumas Unified School District as a cafeteria manager for 7 years. During this time his other odd jobs included custodial work for the schools and cooking for the Senior Nutrition program. Before starting work for Senior Services, John also hauled scrap metal and drove clients for Plumas County Mental Health.

In his free time, John oversees the Feather River Grange, as it's president, and enjoys cooking their fundraiser meals. He also loves spending time with his family, and finds respite in playing guitar, working on cars, and being a die-hard football fan.

Based on your feedback, John has already made some positive changes to the Senior Services program, and is excited to continue working with staff and clients to improve services. If you have questions or ideas, please feel free to contact John at 530-283-3546 or email him at JohnRix@countyofplumas.com.



TRANSPORTATION CHANGES

Your feedback on our transportation schedule gave us insight on some minor schedule changes we could easily make to accommodate a variety of individuals. The recent changes we have made, which you can check out on page 9, include a weekday trip from Quincy & Portola to Reno and a Friday shopping trip from Greenville to Quincy to take advantage of \$5 Friday at Safeway! We will be continuing to ask feedback, and encourage you to submit your ideas to us.

DRIVE-THROUGH FLU ➡

On page 5, please find a flyer showing when your local flu vaccination clinic is. If you would like a ride through the flu clinic, please sign up with your local site. Your local nutrition site will also have the forms needed so you can fill them out before the event.

WALK-THROUGH FLU ↓

Public Health offers residents shot at avoiding flu! As an alternate to the drive-through clinics, Plumas County Public Health Agency is offering the seasonal influenza (flu) vaccine on a walk-in basis on November 20th, 2014 from 2:00 pm – 4:00 pm, 270 County Hospital Road, Suite 111 in Quincy.

FREE

LEGAL SERVICES!



Legal Services of Northern California, in partnership with Passages Adult Resource Center, offers free legal advice to seniors age 60 and over every 2nd Monday of the month from 1:00 p.m. to 3:00 p.m. at the Plumas County Public Health Agency, 270 County Hospital Road, Suite 206, Quincy, CA 95971. Our focus is on cases involving housing, elder abuse, consumer fraud, credit/debt problems, Medi-Cal, Social Security/SSI overpayments, Power of Attorney for Health and Finances, Long-Term-Care Medi-Cal, wills, and IHSS. To make an appointment, please call Passages at [1-800-822-0109](tel:1-800-822-0109).



FREE Flu Vaccination Drive Through Clinic



**Friday, October 30, 2015 from 11:00am - 1:00pm
At The Plumas Sierra Fairgrounds
204 Fairground Rd. Quincy**

Flu season is just around the corner, and getting a flu vaccination is the best way to protect yourself and loved ones. Join Plumas District Hospital and the Plumas County Public Health Agency to receive your **FREE** flu vaccination.

Vaccination forms are available online at <http://www.plumascounty.us/index.aspx?nid=2069>

For questions and requests for accommodations contact Lori Pini with Plumas County Public Health
email loripini@countyofplumas.com,
or call (530) 283-6988



Flu vaccinations in the schools will be available later in November; dates will be announced soon. If you wish to vaccinate your kids sooner contact your doctor to schedule an appointment, or call Public Health at (530) 283-6330.

SAVVY SENIORS

Learn about Medicare's Part D Open Enrollment!

"What's New with Medicare?"



Don't get lost in the maze of options...

Join us for an informative session that will explain all the Medicare changes in 2016, including available Part D plans.

- **Quincy: Monday October 19, 1:00—2:30 PM**
Quincy Library, 445 Jackson St
- **Chester: Tuesday, October 20, 10-11:30 AM**
Wildwood Senior Center, 366 Meadowbrook Loop

Presented by: Passages HICAP

(Health Insurance Counseling & Advocacy Program)

RESERVATIONS REQUIRED: CALL 1-800-434-0222



This announcement was supported by a grant from the Administration for Community Living (ACL). Its contents are solely the responsibility of Passages HICAP and do not represent the official views of ACL.



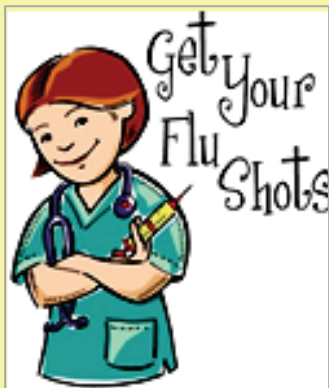
LOCAL HELP FOR PEOPLE WITH MEDICARE

FLU SEASON IS UPON US!

Take 3 actions to fight the flu

1 GET VACCINATED

- The first step in protecting against flu viruses is getting vaccinated yearly
- This year's vaccine targets the four most prevalent flu strains



2 STOP GERMS

- Wash your hands thoroughly with soap and warm water
- Cover your cough and sneeze with a tissue
- Avoid touching your eyes, nose, and mouth
- While sick, limit contact with others

3 TAKE ANTIVIRAL MEDICATIONS

- Visit a doctor for antiviral medications within 48 hours of getting sick
- This can shorten the time you are sick and reduce risk of complications



Flu vaccines are still available at the Plumas County Health Department. **Call 283-6330 for an appointment.**

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.

CHESTER (530) 394-7636 Carolyn Wildwood Village 366 Meadowbrook Loop Chester, CA 96020	PORTOLA (530) 832-4173 Kathy Portola Veteran's Hall 449 West Sierra St. Portola, CA 96122	BLAIRSDEN (530) 832-4173 <i>Portola Nutrition delivers meals to Blairsden on Wednesdays.</i> Mohawk Resource Center 8929 Highway 89 Blairsden, CA 96103
GREENVILLE (530) 284-6608 Debbie Green Meadows 152 Hot Springs Road Greenville, CA 95947	QUINCY (530) 283-0643 Annette Quincy Veteran's Hall 274 Lawrence St. Quincy, CA	

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



TRANSPORTATION SERVICES



CHESTER

394-7636

Carolyn

Local Shopping:
Tuesday & Friday

Susanville:
Wednesday

Chico:
Every First Monday

GREENVILLE

284-6608

Debbie

Local Shopping:
Thursday

Quincy:
First Friday & Third
Wednesday

Susanville:
2nd & 4th Saturdays

PORTOLA

832-4173

Kathy

Local Shopping:
Wednesday & Friday

Quincy:
1st & 3rd Tuesdays

Reno:
1st Saturday
3rd Thursday

QUINCY

283-0643

Annette

Local Shopping:
Friday

Reno:
1st Saturday
3rd Thursday

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.*

VETERAN'S UPDATE

Plumas County Veterans has recently added staff who are more available to clients throughout Plumas and Sierra Counties!

Outreach Coordinator for Portola, Downieville, and Graeagle is Kyle Short. He will be starting Plumas County East outreach on Tuesdays. Kyle is also in Loyalton on Thursdays from 0900-1500 weekly. Please call Kyle to schedule an appointment at 283-6271.

The Veterans Outreach Coordinator for Chester and Greenville is Richard Dolezal. He will be starting outreach into these communities on Mondays. Please call Richard to schedule an appointment at 283-6284.

Jimmy LaPlante, our Plumas County Veterans Officer,
can be reached at 283-6275.



Veterans Outreach Coordinators: Richard Dolezal (left) and Kyle Short (right)

NEW ACTIVITIES

Do you want more activities?

Would you like to continue or put on more events like the Senior Summit?

Are you able to volunteer for a particular event/activity you would like to see in your area?

Please give us feedback on what you would like to see in your area! Submit your feedback by phone, email, or mail! Please see the contact information for Dana Cash on Page 1.