

# Senior Times

EDC Area Agency on Aging 937 Spring Street Placerville, California 95667 530-621-6150

OCTOBER 2016

## Fall Prevention Day Held at the Placerville Senior Center Mark your Calendar for Tuesday, October 18th from 1:30-4:30 p.m.

Marshall Medical Center is partnering with the El Dorado County Senior Center in Placerville to sponsor a Fall Prevention Day on Tuesday, October 18th from 1:30 - 4:30 p.m. This is a free event and everyone is encouraged to attend. Come and see how you can reduce your risk of falls in and out of the home.

Presentations will be held throughout the event and FREE health screenings will be available and led by health professionals. Refreshments will be available to attendees.

### Fall-Risk Screenings Will Include:

- Vision screening
- Balance/Strength screening
- Blood pressure screening
- Medication review by a Pharmacist (prescription and OTC)
- Footwear assessment
- Home safety and assistive device review

Health professionals will be available to answer questions and assist you in being safe in your home. For more information, please call 626-2290.

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## Bellyfit Classes Offer Health and Vitality

Bellyfit® is a holistic fitness approach designed for women that combines easy to learn cardio moves drawing from many traditions including Belly Dance, East Indian, Polynesian and African Dance with the sculpting and toning of a Pilates inspired core workout.

The movements are done seated or on a yoga mat and include deep, relaxing yoga inspired stretches and meditation. Bellyfit® offers a full workout in a safe, effective group format guaranteed to satisfy women's desire to feel strong and healthy.

The workouts are designed to be accessible to all levels and abilities. Wear loose comfortable clothes and bring a towel, water and a Yoga mat to class.

Jan Lowry teaches several Bellyfit® classes at the Placerville Senior Community Center. Class Times: Bellyfit® Monday & Thursday, 7:00 pm; Bellyfit Flow® (yoga inspired) Wednesday, 3:00 pm and Monday & Thursday 6:00 pm; and Bellyfit Sage® (for mature women) Tuesday & Thursday, 9:00 am. There is no charge for this class.



# Senior News

## Area Code (530)

### Western Slope

Information & Assistance	621-6369
Legal Assistance	621-6154
Long Term Care Ombudsman	621-6271
Senior Nutrition Program	621-6160
Senior Trips & Activities	621-6255
Senior Day Care Center	621-6180
Senior Times	621-6255
Family Caregiver Support Program	621-6151
Senior Shuttle	621-6369
In Home Supportive Services	642-4800
Senior Peer Counseling Program	621-6304
Multipurpose Senior Services Program	621-6278
Senior Health Education Program	621-6151
Adult Protective Services (APS)	642-4800
Department of Veterans Affairs	621-5892
El Dorado Transit/Dial-a-Ride	642-3696

### South Lake Tahoe

Information and Assistance	621-6369
South Lake Tahoe Senior Center	542-6094
South Lake Tahoe Senior Nutrition	573-3130
Legal Assistance	621-6154
El Dorado County Health Dept.	573-3155
Adult Protective Services (APS)	642-4800
BlueGo Bus Transportation	541-7149
SLT Cancer League	573-1203
Better Breathers Support Group	542-9183
Department of Veterans Affairs	573-7955 ext-5892
Hospice/Adult Grief Support Group	542-3171
Report Elder Abuse 24 Hours	800-925-1812

## Senior Legal News

### Shopping for a Care Facility- Part 1

By Diana Steele, Senior Legal Services, From CANHR Advocate 2016

If you are shopping for a long term care facility for yourself or a loved one, here are some tips:

#### 1. Ask for Recommendations from Family, Friends and Professionals.

Others may have information or insight as to the quality of your local facilities: local senior groups, Alzheimer's support groups, elder law attorneys, hospital discharge planners, clergy, doctors, and others.

#### 2. Community Care Licensing Facility Search Website

You can search online for information regarding residential care facilities on the Facility Search website of Community Care Licensing (CCL), the Division of the Department of Social Services (DSS) that regulates assisted living facilities. The website can generate a list of all facilities within a particular city, county, or zip code, or provide facility-specific information. You can view inspection reports created after April 16, 2015, and complaint investigation reports approved after January 11, 2016. To review reports prior to those dates, you have to contact the DSS regional office. You can find a list of DSS regional offices at <http://cclid.ca.gov/res/pdf/ASC.pdf>.

#### 3. Contact the Long Term Care Ombudsman Program

The Ombudsman program provides free advocacy services for residents of Residential Care Facilities and other long terms care facilities, and assists residents in resolving concerns about care and resident rights. Ombudsman Programs cannot provide referrals to specific facilities, however some have listings of local facilities and information about these facilities based on personal observations and public records, and copies of CCL inspection and complaint reports. In El Dorado County the Ombudsman program is located in the Placerville Senior Center.

## An Afternoon with a Princess- "Remembering Diana"

Placerville Shakespeare Club is presenting an engaging and entertaining event on Sunday, October 9. Journalist and author Susan Maxwell Skinner will be sharing her unique memories of Princess Diana. As a New Zealand newspaper reporter Susan was sent to London on a plum assignment to cover the "Wedding of the Century".



As Diana fever gripped the world, Susan remained in the Buckingham Palace Press Corps for eight years. She wrote numerous books and magazine articles about the Princess. As the Waleses traveled the world, she followed in their footsteps. One of her books *Diana Memory of a Rose* will be available for purchase. The event includes a very special English Tea, an exciting Silent Auction and door prizes. The Placerville Shakespeare Clubhouse at 2940 Bedford Avenue will open at noon with Tea served at 1:00 p.m. Tickets \$25. For tickets/information call Janice 916-209-3719 or Sandra 530-672-2070. [www.placerville-shakespeare.com](http://www.placerville-shakespeare.com)

## Senior Shuttle Events for October

Join the Senior Shuttle car pool! The Senior Shuttle is a volunteer driven van available to assist seniors with grocery shopping and small day trips, sorry we don't do medical appointment's. We are currently offering weekly shopping trips to various locations in Placerville and Cameron Park. In addition, we are offering a shopping excursion to East Bidwell and WinCo Foods in Folsom. The service has a suggested donation of \$2.00 for local trip service to and from your home, and \$5.00 for trips outside of El Dorado County. Seating is limited, so call and make your reservation today! *\*\*The Senior Shuttle is not wheel-chair accessible.* Please call 530-621-6369 for questions and reservations.



### Placerville Area- Monday's

October 3– Raley's  
October 10- Grocery Outlet & Dollar Tree, Broadway  
October 17– Savemart, Kmart & Safeway  
October 24 – Walmart

### Rescue, Georgetown and Coloma area Tuesday's

October 4 – Safeway and Belair Market  
October 11 – Walmart  
October 25– Folsom Shopping

### Cameron Park, Shingle Springs and El Dorado Hills Area Wednesday's

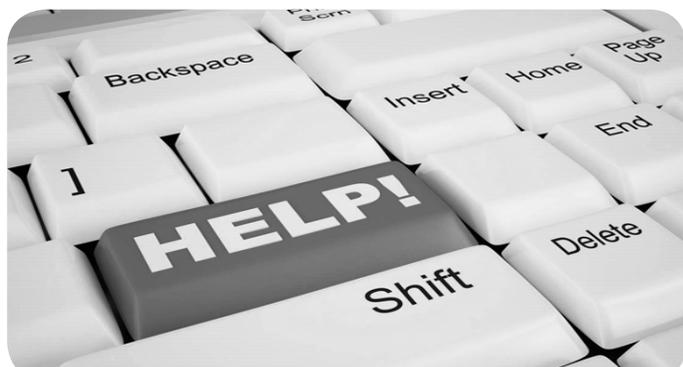
October 5—Fork Lift and Farmers Market  
October 12 - Safeway , Bel Air, Dollar Store and Farmers Market  
October 19 – Target

### Camino, Pollock Pines Area Thursday's

October 6 —Safeway in Pollock Pines  
October 13 — Broadway Shopping  
October 20 – Walmart and Kmart

### Special Events Friday's– Mark Your Calendar!

October 7 — WinCo Foods, Folsom  
October 14 – Folsom Area Shopping, East Bidwell  
October 21 - Apple Hill Orchards



## Do You Need Computer Help?

Don is here to help! The Placerville Senior Center located at 937 Spring Street, Placerville offers computer instruction to seniors 60 and over.

Don our computer volunteer can assist you with PC Hardware, Microsoft Windows, iPADS, iPhones, Word and Excel. Please visit our Senior Resource Computer Room on Friday's from 9am to 12pm and our instructor will be in there to assist with any computer questions you have. Drop-ins are welcome. For questions, please call 530-621-6150.

# MOVIE DAY

## Enjoy **POPCORN** and a **MOVIE!**

Movies at the Placerville Senior Center every Friday. Movies start after lunch at 1:30 p.m in the Dining Room. Complimentary popcorn is provided-all you can eat.

October 7 **Woman In Gold** Maria Altmann, an octogenarian Jewish refugee, takes on the Austrian government to recover artwork she believes rightfully belongs to her family. (1 hr 49 mins) Starring: Helen Mirren and Ryan Reynolds

October 14 **Midnight Special** After discovering that his young son possesses extraordinary powers, a father must try to safeguard the boy not only from the intensive pursuit of government authorities but also a band of religious fanatics. (1hr 52 mins) Starring: Michael Shannon and Joel Edgerton

October 21 **Money Monster** Financial TV host Lee Gates and his producer Patty are put in an extreme situation when an irate investor takes over their studio. (1hr 38mins) Starring: Julia Roberts and George Clooney

October 28 **Me Before You** A girl in a small town forms an unlikely bond with a recently-paralyzed man she's taking care of. (1 hr 51 mins) Starring: Emilia Clarke and Sam Claflin

# Senior News

## Drop, Cover and Hold On

You may not live on the San Andreas Fault, but would you know what to do if the earth starts shaking beneath your feet? It's important to know how to protect yourself during an earthquake, no matter where you live, work or travel.

Earthquakes occur without any warning and you can't tell from the initial shaking if an earthquake will suddenly become intense...so always Drop, Cover, and Hold On immediately!

- DROP to the ground (before the earthquake drops you!)
- COVER your head and neck with your arms and seek shelter by getting under a sturdy desk or table if nearby
- HOLD ON to whatever you're using to shelter yourself and be ready to move with it until the shaking stops

If you are unable to Drop, Cover, and Hold On: If you have difficulty getting safely to the floor on your own, get as low as possible, protect your head and neck, and move away from windows or other items that can fall on you.

**In a wheelchair:** Lock your wheels and remain seated until the shaking stops. Always protect your head and neck with your arms, a pillow, a book, or whatever is available.

**In bed:** If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are. Injuries from broken glass are the most common injuries during an earthquake. Always keep a pair of sturdy shoes and a flashlight by your bed.

**More Tips and Reminders:**

- Create safe spaces where you live by securing heavy furniture and other items that could fall, injure you, or block your way out.
- Develop or update your individual and family emergency

plans, including your communication plans and important Personal Support Network contacts.

There's more to know. Learn how to protect yourself during an earthquake in other situations, like driving, being outside or shopping in a store. Visit <http://www.earthquakecountry.org>

Participate in the Great California ShakeOut on October 20th at 10:20 a.m. Participating is a great way for you, your friends and neighbors to be prepared to survive and recover quickly from big earthquakes. Find out more! Go to [www.shakeout.org/california/](http://www.shakeout.org/california/)

### Protect Yourself During Earthquakes!

IF POSSIBLE			
	<b>DROP!</b>	<b>COVER!</b>	<b>HOLD ON!</b>
USING CANE			
	<b>DROP!</b>	<b>COVER!</b>	<b>HOLD ON!</b>
USING WALKER			
	<b>LOCK!</b>	<b>COVER!</b>	<b>HOLD ON!</b>
USING WHEELCHAIR			
	<b>LOCK!</b>	<b>COVER!</b>	<b>HOLD ON!</b>



[www.EarthquakeCountry.org/disability](http://www.EarthquakeCountry.org/disability)

## Volunteer to be an AARP Smart Driver Instructor

AARP is looking for a few volunteers to teach AARP Smart Driver Courses in the area. Give something back to our community. Have fun. Meet interesting people. Challenge yourself.



Training is easy and resources are 100% provided. No special skills or AARP membership required. Teach on your own schedule. For more information, please contact Jim Roth at [2drivesmart@gmail.com](mailto:2drivesmart@gmail.com)

**Do you have difficulties accessing transportation in EI Dorado County? HELP US UNDERSTAND THE REASON WHY!**

Please take a moment to participate in the transportation survey available on the Health and Human Services Agency website at: [www.edcgov.us/humanservices](http://www.edcgov.us/humanservices)

# Senior Nutrition

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**What's on the Menu?** Have you ever thought about what goes into planning a menu? What colors are on the plate? Is everything green, white, red or is there a variety of colors that pop and glow? Are there different shapes of food or is everything the same?

Did you accidentally serve something two days in a row, or twice in one week? Do the flavors mold together and make a mouthwatering masterpiece?

These are the considerations of any menu plan. But, what if I told you there is even more than the "basics" that go into planning the menu at Senior Nutrition?

Sure, we consider the basics, but we also consider much, much, more. The State requires we meet a minimum calorie, fiber and protein requirement. There are also vitamin and mineral considerations for Calcium and Vitamins A and C. We

look at the salt content for our participants with high blood pressure and heart related ailments, and carbohydrate balance for our diabetic population. Lately, we have been asked for Gluten friendly and vegetarian menu items as well. Some like liver and onions, others do not. Some love salads, others just want meat and potatoes. Did you know we also deliver over 400 meals a day to participants who are home bound? The menu we

serve at all eight sites must also be packed and sealed and. We also have to determine if there are too many items to fit in the home delivered meals' hot pack containers or too many cold pack items? Can we maintain a good temperature during transport from our main site?

The list goes on and on. Recently, staff members from the Senior Nutrition Program sat down with a group of

*Meal cont. on page 10*

# 6 Western Slope Activities

## **Senior Hikers...**

**Tuesday, October 11-Dogwood Trail.** Elly 530-344-1410.

**Tuesday, October 25-Weber Dam.** Patty Mc. 530-644-4904.

**Senior Hikers Website:**  
[www.logue.net/hikers](http://www.logue.net/hikers)

For hikes wear hiking shoes, bring lunch, water, bug spray, hiking stick, and usual necessities. Hikes are five miles max, unless noted. Meet at the Placerville Senior Center at 7:30 a.m. Hike information, call Chris at 672-8380.

## **Things to Do!**

## **NEW Watercolor Painting**

**Class.** This is two part instructional art class, led by Lisa Mace. October 18th and 20th from 5-7 p.m. Cost is \$30 and includes all your materials to create an amazing "Rose" piece. Held at Placerville Senior Center. Class size is limited to only 12 students. To RSVP- 530-903-6866.

**NEW CLASS- Creative Writing Class-**Learn to write stories, poems, short stories, autobiographies and so much more. Friday's at 10 a.m. at the Placerville Senior Center.

**New Qigong Class-** Gentle exercise composed of

movements. Focuses on emotional and mental wellness. Held at the Placerville Senior Center, Tuesday's at 1 pm.

## **Senior Trips**

**All trips, unless otherwise noted, include AllWest Transportation, tickets, lunch & driver gratuities. For more information call 621-6255.**

**Miracle on 34th Street-** December 6-7. Stay at the El Dorado Hotel in Reno. Reserved seating for this wonderful holiday show. Dinner and breakfast Buffet included. Cost is \$210 dbl/ \$250 single.

**Interested in Longer Trips-**

Call Star for flyers and prices-

- Mississippi River Cruise
- Panama Canal Cruise
- Alpine Lakes and Trains
- Peru
- Tuscany
- Iceland-Northern Lights
- Ireland
- Dubai
- Maratime Islands
- Costa Rica
- Spain & Portugal Cruise

**\*\*New trips should be coming out soon.** Once trips have been released I will be posting them online, through the blast email and through the Senior Times. If you haven't been added to the email list, please email me: [star.walker@edcgov.us](mailto:star.walker@edcgov.us)

# Community Activities

## UPCOMING COMMUNITY EVENTS

**Honor Our Troops 9th Annual Spaghetti Feed Fund Raiser**-- Thursday, October 6th from 4 to 8 p.m. at the American Legion Hall, 4561 Greenstone Road, Placerville. The Spaghetti Feed proceeds support the care packages sent three times a year to the military service people serving in the war zones.

**Art & Wine Festival**--Saturday October 15, 2016, 6- 9 p.m. --Over 30 foothill wineries will offer samples of their wines inside merchant locations on Historic Main Street in Placerville.

**Days of Wine and Roses**--Saturday October 15, 2016 7- 9 p.m. Fundraiser for Marshall Hospital Auxiliary for contribution to ICU unit at Marshall's South Wing. Local wineries and restaurant tastings, raffles, silent auction and good times for all. Tickets are on sale at Gift Shop at Marshall Hospital or any Auxiliary member.

**Main Street Strollers Square Dance Club**-Thursday, October 27, 2016- 6:30 - 9:00 p.m. We welcome experienced square and round dancers to our ongoing weekly workshops and club meetings. Dress is casual; music is popular and contemporary. IOOF Hall upstairs, 467 Main St., Placerville. Info: 530-677-7961.

### Lisa's Watercolor Painting Class

Please join Lisa Mace in her watercolor painting class at the Placerville Senior Center, 937 Spring Street. In this course you will learn to create a bold and beautiful abstract rose on watercolor paper canvas. Follow along with the instructor as she demonstrates a simple glazing technique. This is a two-session course and open for all skill levels to join. The first session- October 18th 5:00 p.m. - 7:00 p.m. The second session- October 20th 5:00 p.m. - 7:00 p.m. The class fee is \$30 and covers all the supplies. Supplies include: brushes, paint, and canvas. To reserve your spot in the class please call Lisa Mace at 530.903.6866 There are only 12 spots available so call now!

## CHECK OUT THESE OTHER ACTIVITIES BEING OFFERED IN YOUR COMMUNITY

### EL DORADO HILLS SENIOR CENTER

Join the El Dorado Hills Senior Center for these Programs. For reservations or meeting details, please call 916-358-3575 or www.edhcsd.org -Some fees apply-Not a complete list of activities.  
 Chair Yoga: Tu, 10/4-10/25, 12-12:45pm, \$30  
 Colorful Creators (Adult Coloring), Mon, 10/10-11/14, 2:30pm, \$2 drop-in  
 How to Make a Photo Memory Book, Mon, 10/17 & 10/24, 6-8:30pm, \$60  
 Guitar & Ukulele Lessons: Mon, 10/10-10/31, \$42  
 Wine 101, Sat, 10/22 & 10/29, 10:30am-12:30pm, \$15  
 Ballroom Dance, 10/27-12/1, 1-2pm, FREE  
 FREE GUEST SPEAKERS, Preregistration Necessary  
 Mind and Meditation, Th, 10/6, 1pm  
 Maximizing Your Memory with Alzheimer's Assoc., Tu, 10/18, 1pm  
 Internet Safety with Intel Staff, Tu, 10/25, 1pm

### CAMERON PARKCSD-Mature Adults

For info., call 677-2231 or www.cameronpark.org  
 Monday & Friday at Noon is the Senior Nutrition Program  
 Bridge every Monday at 1pm & Wednesday at 9:30am  
 October 1 - Beyond Insomnia Workshop 10am-12pm  
 October 4 - Modified Zumba (every Tues/Thurs at 9am)  
 October 4 - Tai Chi for Better Balance (every Tuesday at 1:30pm)  
 October 10 - Chair Yoga (every Monday at 1:30pm)  
 October 10 - Zumba Gold, from a Chair (every Monday at 4:30pm)  
 October 11 - Brain Health/Activities - 10:30am // BINGO 1-3pm  
 October 13 - Medicare 101, 10-11:30am / Community Showcase 5-7pm  
 October 14 - Speaker Series- "Loved One Has Died Now What?" 10am  
 October 22 - Birdwatching as a Hobby @ Cameron Park Lake 8-11am  
 October 25 - Short Story Discussion Group, 1pm

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>South Lake Tahoe Senior Center</b>	9 a.m. Pool Exercise 12 p.m. Lunch 1 p.m. Mah Jongg	9 a.m. Pool Exercise 10 a.m. Brush Up Bridge 10:45 a.m. Fitness Class 12 p.m. Lunch 1 p.m. Duplicate Bridge 1:00 p.m. Pottery Class	9 a.m. Pool Exercise 10 a.m. Line Dance 10 a.m. Quilters Group 12 p.m. Lunch 1 p.m. Painting 1:15 p.m. Social Bingo	9 a.m. Pool Exercise 9 a.m. Pottery Class 9:30 Men's Bridge 12 p.m. Lunch 1 p.m. Duplicate Bridge	9 a.m. Pool Exercise 10:45 a.m. Fitness Class 12 p.m. Lunch 1 p.m. Dominoes Group 1 p.m. Party Bridge

**El Dorado County Senior Services**-For a complete list of services available in El Dorado County, please call the Senior Information and Assistance Program at (530) 621-6369 or 1-800-510-2020.  
**Caregiver Support Group**-2nd Thursday of each month from 5:30 - 7 pm, SLT Senior Center. Contact Penny (530) 541-2304.

**Widowed Persons Association of California**, South Lake Tahoe Chapter - (530) 542-4912. Meets the last Sunday of the month, 1 p.m. Call for location and other meeting times.  
**Bingo** meets the 2nd Saturday at 5:30 p.m. SLT Senior Center.

## Speed Dating for Ages 70 and Up!

**Speed dating for Seniors! What a concept! Why not?**

Now that The Age of Love documentary has had its regional premier on September 28, 2016, the next event, as promised, is Speed Dating. It will be held at the Folsom Senior Center, 48 Natoma St., on Wednesday, October 19, 2016 from 2:30 to 5:00 p.m.

Briefly, here's what happens at the event. To make it as successful and fun as possible, an equal number of men and women need to participate. Each person has about five minutes to chat and ask some specific questions to the man or woman sitting across from them. It is always a man and woman chatting. Bell rings, time to move to meet your next new person. What an easy and fun way to meet some new people and have an experience to tell stories about.

**Grab a friend or two and register for this fun event.**

Please contact the Folsom Senior Center at 916-355-7285 to preregister. The fee is \$10, with the deadline date of October 12, 2016. Spots are filling quickly (as of this writing we have an abundance of women preregistered), so don't wait (especially you guys!).

*Written by Muriel Kronowitz*



## Low-Cost Community Flu Clinics Announced in El Dorado County

The El Dorado County Health and Human Services Agency, Public Health Nursing will begin conducting low-cost community flu vaccination clinics on September 28, 2016, with additional clinics offered through mid-November. Seasonal influenza vaccine will be available in flu shot form at the clinics.

"Everyone six months of age or older should get a flu vaccine each year for the best protection against the flu," said Lynn Svansson, Nursing Program Manager with Public Health. "It is especially important to vaccinate high-risk people, such as children under age five, people 65 years and older, pregnant women and people with chronic diseases like asthma, diabetes or heart and lung disease. It is also critical for health care workers and people taking care of high-risk persons to be immunized."

The cost per vaccine is \$10, but no one will be denied service due to inability to pay; cash or check accepted. Parents should bring their child's immunization records. Updated information on the community flu clinics will be posted to [www.edcgov.us/publichealth](http://www.edcgov.us/publichealth) and on the County Flu Hotline at (530) 621-6188.



### West Slope Community Flu Clinic Dates and Locations for 2016:

- October 5 from 10:00 a.m. to 12:00 p.m. at Pioneer Park, 6740 Fairplay, Somerset.
- October 11 from 2:00 to 4:00 p.m. at the Pollock Pines Community Church, 6361 Pony Express Trail, in the Evergreen Room, Pollock Pines.
- October 18 from 2:00 to 4:00 p.m. at the Garden Valley Fire Station 51, 4860 Marshall Road, Garden Valley.
- October 25 from 2:00 to 4:00 p.m. at the El Dorado Hills Fire Station 85, 1050 Wilson Blvd., in Conference Room, EDH
- October 26 from 2:00 to 4:00 p.m. at the Grizzly Flats Community Church, 5061 Sciaroni Road, Grizzly Flats.
- November 1 from 2:00 to 4:00 p.m. at the Cameron Park Fire Station 89, 3200 Country Club Drive, in the Conference Room Cameron Park.
- November 3 from 1:30 to 3:30 p.m. at the Diamond Springs Fire Station 49, 501 Main St., Conference Room, Diamond Springs.
- November 5 from 10:00 a.m. to 12:00 p.m. at the Divide Wellness Center, 6065 Highway 193, Georgetown.
- November 17 from 1:30 to 4:30 p.m. at the County Fairgrounds, 100 Placerville Drive, in the Organ Room, Placerville.

### South Lake Tahoe Community Flu Clinic Dates and Locations for 2016:

- October 12 & October 26 from 10:30 a.m. to 12:30 p.m. at the Senior Center, 3050 Lake Tahoe Boulevard, South Lake Tahoe.
- October 5 and October 19 from 3:00 to 6:00 p.m. at Bijou School, 3501 Spruce Avenue, in the Teacher's Lounge, South Lake Tahoe.
- November 4 from 3:00 to 6:00 p.m. at the South Lake Tahoe Airport, 1901 Airport Road, South Lake Tahoe.

## Medicare Open Enrollment-Do You Know Your Plan Changes in 2017? Three workshops offered in October

Medicare Open Enrollment is October 15 through December 7, 2016.

This enrollment period is one of the few times Medicare beneficiaries can change, enroll into or disenroll from a Part D drug plan or a Medicare Advantage Plan (such as an HMO). Changes to plans are effective January 1, 2017.

“Medicare beneficiaries who review their plan’s changes and other coverage options may save money and find a plan that best suits their needs compared to those who simply stay with the same plan each year,” said Rhoda Slagle, Regional Coordinator of the El Dorado County Health Insurance Counseling and Advocacy Program (HICAP).

HICAP will conduct three free public workshops in October 2016 to help Medicare enrollees understand coverage options for 2017:

**Friday, October 21, 2016**, at 12:30 p.m. at the South Lake Tahoe Senior Center, 3050 Lake Tahoe Blvd., South Lake Tahoe

**Wednesday, October 26, 2016**, at 1:30 p.m. at the Placerville Senior Center, 937 Spring Street, Placerville

**Thursday, October 27, 2016**, at 9:00 a.m. at the El Dorado Hills Senior Center, 990 Lassen Lane, El Dorado Hills

In addition to the October workshops, HICAP provides free individual counseling services in Placerville, El Dorado Hills and South Lake Tahoe throughout the year. To make a HICAP appointment, call (530) 621-6369. A limited number of appointments are available.

HICAP is a nonprofit organization that gives free, unbiased information and counseling to Medicare beneficiaries; the organization is not affiliated with any insurance company.

HICAP works in partnership with senior programs of the El Dorado County Health and Human Services Agency. For information about additional senior services in El Dorado County, please visit [www.edcgov.us/humanservices](http://www.edcgov.us/humanservices).

## Awaken Vitality With Qigong: Beginners Class Coming Soon

How would you like to feel better? Have more energy and less pain? How about having a clearer mind? Sounds like something we all would want, right? Well there is a gentle exercise system that can do just that. Have you ever heard of Qigong (pronounced Chi-Gung)? Qigong can do wonders to rejuvenate seniors. In fact, more than 50 percent of the people who begin Qigong in China do so after the age of 60, when the realities of aging can no longer be pushed aside. Already, hundreds of millions of people over the age of 60 have found qigong to be uniquely effective.

### What is Qigong?

Qigong is a form of gentle exercise composed of movements that are repeated a number of times, often stretching the body, increasing blood flow and building awareness of the body. This enables you to ultimately move better and more safely. Qi (Chi) is energy. Everything is made of Qi. In physics they say the basic building block of everything is a tiny atomic particle called a photon. Before we knew about photons this basis of energy was called Qi.

Gong means practice. Consistent practice working with Qi builds healing energy in the body for increased vitality and clarity of mind.

Practicing the gentle movement art of Qigong is one of the best methods of regaining and maintaining health. It is healthcare that is proven, teachable, easily doable, highly effective, and inexpensive.

### Research has shown the use of Qigong exercises improve:

- Cancer • Arthritis • Low Back Pain
- Chronic Pain • High blood pressure
- Heart disease • Asthma • Diabetes
- Digestive • Auto-immune diseases
- Fibromyalgia • Other chronic diseases

Even individuals with limited mobility can enjoy the benefits of Qigong. The exercises are easily modified for all levels of ability.

**NEW CLASS AT THE SENIOR CENTER. Join us at the Placerville Senior Center, 937 Spring Street on Tuesday afternoons at 1:00 pm starting Oct. 4th!**

Liz Elms will be offering a weekly one hour class utilizing the exercises of Qigong. All exercises in the class can be done standing or sitting. Exercises will include gentle movements to loosen up the spine; mobilization of the hips to relieve sciatica and back pain; and movements to improve balance. There will also be exercises to mobilize and support neck and shoulders. Participants should wear loose fitting clothing for easy movement and comfort. About Liz Elms

Liz Elms is healing Qigong Student Teacher. As part of the Professional Training Program she began last Fall, she began offering Awaken Vitality Practice Group meetings last March (2016) and has now completed the first year of a 4 year professional training program, through the [chi.center.com](http://chi.center.com). She has been a Certified Massage Therapist for 27 years, with additional training in Ortho-Muscular Therapy, Deep Tissue/Sports Therapy, Craniosacral Therapy, Reiki and Equine Massage. For more information- 530-647-6953, [Liz\\_Elms@fastmail.fm](mailto:Liz_Elms@fastmail.fm)

# Senior News

## *Meal cont. from page 5*

participants to discuss recent participant complaints about the menu and food selections. An ongoing focus group was set up to routinely monitor concerns and also to explain the many layers involved with the planning of our menu. The majority of the group was surprised by the work being done “behind the scenes” and expressed a genuine interest in knowing more. In response to this focus group, we have started posting the monthly “component values” or nutrient analysis at each site. There are also copies available, upon request, for our home delivery participants.

These components values list the “basic requirements” mandated by the State plus the added carbohydrate calculation. The carbohydrate values were added over a year ago due to its importance for our diabetic population, but it also helps our non-diabetics to feel “energized” and minimize post meal fatigue. Balancing carbohydrates allows for a steady release of insulin and an overall feeling of contentment and balanced nutrient levels.

Sure, other programs may offer desserts and juices, but here at Senior Nutrition you should know that when we offer a dessert on the menu, it is still “carbohydrate balanced.” Meaning, you don’t need to regret consuming that dessert because other areas of your meal have been adjusted to accommodate the added sugar. As for the juice, what can I say, I prefer the whole fruit and so does your body.

So take heart, we are doing our best and working really hard at servicing the needs of our Senior community while still striving to provide nutrient dense foods that offer not only savory meals but a large portion of thought and effort! Thanks everyone for your continued support of this program, it really does bring meal blessings to many in our community!

*By Natalie Patterson, RD*

## Commission on Aging

The El Dorado County Area Agency on Aging has a Commission on Aging (COA) that serves as an Advisory Board to the County Board of Supervisors. The 14 members of the COA are appointed and represent all parts of the county. Various committees work hard to recommend services that help seniors survive in this ever more complicated world we live in.

**[www.2nd50yrs.org](http://www.2nd50yrs.org)**

For more information about the COA or for a schedule of upcoming meetings, please call (530) 642-4833.

## Department of Human Services Meetings and Programs

### **Senior Day Care Caregiver Support Groups/Meetings**

After a while, providing care to a relative or close friend with a chronic health condition, such as dementia, can take its toll. Join us to gain support and insight.

#### **“My Time” Caregiver Gathering**

Friday, October 7th from 1:30 p.m. to 3:00 p.m.

location: Placerville Senior Center, 937 Spring Street. For more information, please call 530-621-6180.

#### **“After Five Club” Caregiver Gathering**

Wednesday, October 12th from 5:30 p.m. to 7:00 p.m. location: Senior Day Care Center, 935-A Spring Street, Placerville. For more information, please call 530-621-6180.

#### **El Dorado Hills Support Group**

“My Time EDH” Support group for care partners of people with dementia. 4th Thursday of month, 10:30 a.m.-Noon. Free respite care is provided during My Time. For questions, 916-358-3560.

### **The Divide Caregiver Support**

This Caregiver Support Group is for persons who are caring for a spouse, parent, relative, or friend and wish to receive practical tips and information on how to make their caregiving journey successful. Group meets the 2nd Tuesday afternoon of each month. 2:30-4:00 p.m. Greenwood Community Center, 4401 HWY 193-next to CCC. Please call 530-621-6192 for more information.

### **Senior Peer Counseling**

Offers counseling services to adults 55 years or older enabling them to make choices and changes for personal growth. For more information, call (530) 621-6304.

### **Telephone Reassurance Program**

The You Are Not Alone (YANA) Program is a FREE telephone calling service that provides daily phone calls to seniors. For more information, call (530) 621-6255.

## Arthritis Mechanisms May Vary by Joint

Knee and hip joints with rheumatoid arthritis have differing genetic markers linked to inflammation, suggesting that different joints may have varying disease mechanisms. These new findings may lead to more effective, personalized therapies for rheumatoid arthritis.

People with rheumatoid arthritis have swelling and pain in joints throughout the body. These problems arise when the immune system, which protects the body from germs and infections, mistakenly attacks the joints. For unknown reasons, different joints are affected differently in people with rheumatoid arthritis.

A Nation Institutes of Health (NIH)-funded research team previously found that certain cells in joints have unique patterns of chemical tags-called epigenetic markers, that differ between rheumatoid arthritis and osteoarthritis. Such tags can affect when genes turn on or off and can regulate immune function.

In the new study, the scientists examined epigenetic patterns in joint cells from 30 people with rheumatoid arthritis and 16 with osteoarthritis. Rheumatoid arthritis and osteoarthritis cells had differing patterns of epigenetic tags as expected. But unexpectedly, the patterns in knee joint cells differed from cells in hip joints.

The scientists next assessed the affected biological pathways that distinguish different joints. Knee and hip joints with rheumatoid arthritis had differing activated genes and biological pathways. Many of these pathways were related to immune system function. The team also found that new drugs for treating rheumatoid arthritis may affect some of these pathways. Their findings might offer an opportunity for developing more precise approaches to treating different arthritic joints.

“We showed that the epigenetic marks vary from joint to joint in rheumatoid arthritis,” says study coauthor Dr. Gary S Firestein of the University of California, San Diego. “This might provide an explanation as to why some joints improve while others do not, even though they are exposed to the same drug.”



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## Community Meetings

### Placerville Fellowship and Newcomers

Open to all newcomers and residents of El Dorado County. Luncheon meeting is held on the 3rd Thursday of each month. 626-5241.

### Stroke Education and Support Group

Meets at 681 Main Street, room 208, Placerville 4th Wednesday of each month, Brown Bag Lunch – 12:00 to 1:00 p.m. For more information, call 626-2642.

### Widowed Persons Association

“The Widowed Persons Assoc. of CA” (WPAC) meets monthly for lunch. This is an opportunity for widowed men & women to take part in planned social activities. For more information, 391-4154.

### Golfers!! Bowlers!! RVrs!! Fishers!!

SIR is a non-profit organization of men retired from full time employment. We have a monthly luncheon meeting and a guest speaker. No dues. For more information, call 644-1405.

## POETRY FOR ALL

**Poetic License**, a poetry read-around, Saturday, October 22nd from 2-4 p.m. at the Placerville Senior Center. All ages welcome. The event is free. Bring your own poems to share; read from your favorite poets; or just come to listen.

**Poetry in Motion**, a poetry read-around, Monday, October 24th from 6-7 p.m. at the Placerville Senior Center. All ages welcome. The event is free.

Bring your own poems to share; read from your favorite poets; or just come to listen.

## Free “Aging and Caregiver” Education Series in Tahoe

The El Dorado County Health and Human Services Agency, Family Caregiver Support Program is pleased to present a free "Aging & Caregiver" education series in South Lake Tahoe. The series will be held on October 10, 17, 24, 31, and November 7 and 14, 2016, from 1:00 p.m. to 3:00 p.m. at the Lake Tahoe Resort Hotel, 4130 Lake Tahoe Blvd. The educational series will provide instruction and support for people who care for or plan to care for an aging family member or friend. Series topics will include:

- October 10, 2016 – Know the 10 Warning Signs: Early Detection Matters: This training will address the 10 signs of Alzheimer’s disease. Participants will learn what is involved in getting a diagnosis, risks associated with Alzheimer’s and the benefits of early detection.
- October 17, 2016 – Aging and Depression: How to Recognize Symptoms/Access Treatment: This topic will cover prevalence, signs and symptoms, risk and protective factors, effective therapies, crisis intervention and support for caregivers.
- October 24, 2016 – A Journey in Long Term Planning for Long Term: A frank discussion about the likelihood of needing long term care, documents to have in place and how to prepare them, and options that may be available to pay for Long Term Care.
- October 31, 2016 – What is Palliative Care? This discussion will help participants understand the difference between Hospice vs. Palliative Care, including who qualifies and services received under this valuable program.
- November 7, 2016 – Medication Safety: This informative talk will address safety issues regarding prescriptions, questions to ask your pharmacist and proper storage and disposal.
- November 14, 2016 – Becoming Dementia-Aware: This session will help caregivers and loved ones better understand the topic of dementia.

The educational series will be presented by local experts in their respected fields. Participants may attend one or all of the classes. The classes are free of charge; donations are accepted. Light refreshments will be served. The series is offered as an educational opportunity only; no solicitation of services will be presented.

Advanced registration is requested, but not required for the series. Please call (530) 621-6151 to register or for questions. For information about additional services for seniors and caregivers in El Dorado County, please visit [www.edcgov.us/HumanServices](http://www.edcgov.us/HumanServices).

**Disclaimer:** Any listed Community Events and Meetings and any other non-County events listed in the Senior Times are not represented or provided by El Dorado County Health and Human Services Agency and do not reflect the views or opinions of the Agency. For information regarding events, dates, locations, etc., please call the organization directly. Thank You.