

Senior Times

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

OCTOBER 2020

Congratulations Crissy Lindstrom

It takes a pretty special person to make the front page of the Senior Times and we are very excited to honor our own Crissy Lindstrom. Most of you know what a great service Senior Nutrition offers to our county residents, providing hot meals to our older adult residents, as well as prepacked emergency meals. However, many of you may not know about an incredible person who has worked behind the scenes in Senior Nutrition for over 40 years. We are also pretty sure that she is one of the very few El Dorado County employees that has over 40 years of continuous employment service!

Crissy has been an essential member of Senior Nutrition for 40 years. She began working for Senior Nutrition when she was only 20 years old, with her mom, Iris, and has been a great co-worker, employee, and asset to our county for all this time. She remembers all the people she has worked with over the past 40 years and is a joy to work with, always bringing smiles and kindness wherever she goes.

Please join all of Senior Services in congratulating Crissy on her 40 years of service. We are very lucky to have her.



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Property Tax Relief for Qualifying Seniors and Persons with Disabilities

K. E. Coleman, El Dorado County Treasurer-Tax Collector, shares news from the State Controller's Office that applications for deferment of 2020-21 property taxes will be available sometime this month. The Property Tax Postponement Program, or PTP Program, administered by the State Controller's Office, allows eligible homeowners to postpone payment of property taxes on their primary residence.

To be eligible, you must: be at least 62, or blind, or have a disability; own and occupy the home; have a total household income of \$45,000 or less; have at least 40% equity in the home; and meet other requirements. Repayment under the PTP Program becomes due when the homeowner: moves; sells; transfers title; defaults; refinances; dies or obtains a reverse mortgage.

Funding for the program is limited. Applications are accepted from October 1 to February 10 and are processed in the order received. Coleman advises, "This is a popular program, so if

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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
Adult Day Services	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
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
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 SERVICES

Senior Legal Services During the Pandemic

By Michelle Ward, Senior Legal Services

During these very uncertain times with so many things changing for all of us, Senior Legal Services has also been forced to make changes to the manner in which we are able to provide services in order to protect the health and safety of our staff, co-workers and especially our clients. On or about April 3, 2020 Senior Legal Services determined that due to the Governor's stay-at-home order and the county's stay-at-home order that it was no longer advisable to continue seeing our regular clients in the office. Since that time our office has continued to serve the clients we can either by phone appointments or in person for emergency restraining orders only.

New Estate Plans - We have continued to send out Estate Plan Questionnaires to our clients wishing to have new estate plans created. Clients mail the questionnaires back and then an attorney calls the client to review the questionnaire with the client. Our office then prepares the required documents and mails to client as drafts.

Consumer Issues – Clients have phone appointments with attorney to assist as necessary, including having letters written or making phone calls on client's behalf. Landlord/tenant – Clients have phone appointments with an attorney. Attorney prepares necessary notices or pleadings and then mails to client with instructions on serving.

Misc. Legal Issues – If appropriate a phone appointment will be made with client and attorney will assist as necessary.

Finalizing Estate Plans – If client wishes we will send finalized estate plan documents that we prepared to them with detailed instructions on how to review and execute them outside of our office.

Restraining Orders – If a restraining order appears to be appropriate for client we will either attempt to get all the necessary information by phone or have the client come into the office – following all physical distancing and Covid-19 precautions – attorney will prepare the documents on behalf of clients and advise on procedure for filing with the court.

Post Death Administration Issues – Clients with issues that fall within Senior Legal's scope of services are given a phone appointment with attorneys who then prepare any necessary documents including affidavits of death or 13100 declarations.

These procedures are anticipated to continue until the State of California reaches stage 4 in reopening. If you are in need of legal assistance related to any of the above topics please call our office at 621-6154 and we will do our best to assist you if possible.

Friendly Visitor Program of El Dorado County

Are you an older adult or do you know an older adult who would like to have a weekly visitor to talk to, share a cup of coffee with, play a game of cards, learn how to use email or a cell phone, or maybe take a walk, exercise or do artwork together? These are just a sample of the activities you could be doing with your Friendly Visitor Volunteer.

Friendly Visitors is a volunteer home visitation program for older adults ages 55 and older. The program is funded through monies from the Mental Health Services Act, also known as Proposition 63, approved by voters in 2004. Staff includes a Program Manager, plus there is a Licensed Clinical Therapist available as needed.

Friendly Visitor Volunteers are trained and background screened to visit with older adults in the comfort of their own homes. They provide companionship, support and socialization to lessen the loneliness and isolation older adults often experience when living alone. The weekly visit gives the homebound senior a sense of connection to the world around them.

This service is provided at no cost, and Friendly Visitors are just good, kind people who want to help seniors in their community.

If you are interested in having a Friendly Visitor meet with you or someone you know or would like to volunteer yourself to be a Friendly Visitor, call (530) 391-4520 for more information.



One-on-One Computer Help

Temporarily
Cancelled



Need Help With Your Computer? DON'S TECH TIME

Don is here to help with all your computer questions! Come by the Senior Resource Computer Room, located in the Placerville Senior Center, 937 Spring Street, Placerville.

Don is able to offer computer instruction and assistance to seniors 60 and over.

Don can help with PC hardware questions, Microsoft Windows, iPADS, iPhones, Word and Excel. Please visit our Senior Resource Computer Room on Friday's from 9 a.m. to 12 p.m. No reservations necessary and drop-ins are welcome.

MOVIE of the MONTH

Enjoy a MOVIE with Friends

Movies at the Placerville Senior Center are held on the 2nd Friday of each month. Movies start at 1:00 p.m. in the Dining Room. Bring your own popcorn and candy.

Temporarily
Cancelled

**DUE TO COVID-19, MOVIE OF THE MONTH
HAS BEEN TEMPORARILY CANCELLED.**

**MOVIES WILL RESUME ONCE THE
PLACERVILLE SENIOR CENTER
HAS REOPENED.**



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>

Learn how to make a kit, have a plan, be informed & more! - Visit El Dorado County Emergency Preparedness & Response: <https://www.edc.gov.us/Government/CAO/emergency-preparedness-and-response>

Protect Yourself During Earthquakes!

IF
POSSIBLE



USING
CANE



USING
WALKER



USING
WHEELCHAIR



www.EarthquakeCountry.org/disability

Questions about Senior Services in El Dorado County?

The Senior Information & Assistance (I&A) Program helps older adults, families and communities access social and health services. We inform, guide and link older adults and their families to services in the community that meet their unique needs. Contact the I&A Program at (530) 621-6369 or (800) 510-2020.

Senior Nutrition

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Simple Solutions for Food Substitutions

As I sit in my office typing this article, I am surrounded by the heat, smoke filled skies, and the looming threat of a virus that has placed us in a state of isolation for the past 6 months! Depressing, right? It could be if we choose to focus on the negative and succumb to the doom and gloom of our current climate. Instead, let's look for the silver linings and explore a positive aspect of the

world we live in today, one with advances in the science of food technology and a wide array of food options for those of us that struggle to find nourishment due to ailments or lifestyle choice. The need to eliminate certain foods from our diet can be a daunting task, but there are often some simple solutions for these food substitutions. I love coffee! It's kind of weird though because as a kid I thought it was the most disgusting thing in the world!

Then I discovered two things, white chocolate mochas and my friend Deborah. She revolutionized coffee for me! She started with whole beans, a clean coffee pot or French press, and only brewed a few cups at a time so it was fresh! Frothed milk or cream and a fancy tall coffee cup, and my experience with coffee changed forever. I became a coffee snob overnight! Sadly, as I got older, coffee stopped agreeing with me. It gave me the jitters,

and its acidity wreaked havoc on my delicate digestive tract. I went looking for a solution. I must admit, there is really nothing like coffee, but there is a little thing called chicory root. It is naturally caffeine free, and low in acid. Plus, it is high in fiber and good for your gut flora. It usually comes in an instant form and is easy to make. I have tried it in coffee mixes and it is delicious, but I must admit, I have never tried it

Simple cont. on page 8

6 Western Slope Activities

Senior Hikers...

Tuesday, October 13th--Scotts Lake. Kay (530) 626-0543.

Tuesday, October 27th--Historic Cemeteries of Placerville. Patty McK (530) 957-1436.

For hikes, please wear hiking shoes, bring lunch, water, sunscreen, bug spray, hiking stick, and usual necessities.



Things to Do!

Wakamatsu Open Farm Day First & Third Saturdays through November 10 a.m.-2 p.m. Site of the first Japanese colony in America, your self-guided walking tour of Wakamatsu Farm may include a stroll to Okei-san's 1871 gravesite and the grounds surrounding Charles Graner's original 1850's farmhouse. Take a trip around the lake on the 1.5-mile wheelchair-accessible trail, experience our NEW Nature Play Space or take a walk through the California Native Plant Garden.

WOGA! Wine and Yoga in the Orchard. October 11th,

2020 from 9:30 -11:30 a.m. Fun for all levels from beginner to advanced. Boegar Winery orchard allows for plenty of room to maintain social distance. This yoga practice is the slow-flowing Vinyasa style of yoga and is appropriate for all levels, however, participants should be able to move up from and down to the ground comfortably. Don't forget your yoga mat! \$25 per person, each class concludes with a glass of wine.

SOL Community Farmer's Market. October 25th, 2020 starting at 9:00 a.m. Community Farmers' Market featuring Local, Organic Farms, quality

Artisans, excellent Food, Iced Drinks and Wine. * Try our Authentic Street Tacos by Limonada with homemade handmade traditional tortillas cooked fresh to order and take a jar home of their hand pressed Organic Juices and Pop Freezicles!

Collette Trips are still available, so if your looking to travel in US or abroad, call Star at (530) 621-6255.



What Will Medicare Choices Be In 2021?

2 Free, Virtual Workshops Offered in El Dorado County in October

The Medicare Open Enrollment Period is October 15 through December 7, 2020. This enrollment period is one of the few times Medicare beneficiaries can change, enroll into or dis-enroll from a Part D drug plan or a Medicare Advantage Plan (such as an HMO). Changes to plans are effective January 1, 2021.

In 2020 in El Dorado County there are 32 Medicare Part D drug plans available and 5 Medicare Advantage Part C plans. To help Medicare enrollees in El Dorado County understand their coverage options in 2021, the Health Insurance Counseling and Advocacy Program (HICAP) will provide two free, one-hour, virtual workshops. These workshops will focus on Medicare options available to El Dorado County residents. The workshops will be presented on:

- **Tuesday, October 20th from 10:00 a.m. to 11:00 a.m., and again on**
- **Thursday, October 29th from 4:00 p.m. to 5:00 p.m.**

To access either of these workshops, go to www.HICAPservices.net and scroll down to the El Dorado County section. The workshops will be available as a webinar with slides as well as audio-only by telephone.

Persons who are currently enrolled in a Medicare Part D drug plan should be aware that each year Medicare drug plans can and do change their list of covered drugs and or the price of covered drugs. These changes can lead to considerably higher out-of-pocket costs for seniors if they stay with the same plan. Research shows that roughly 80 percent of Medicare enrollees stay in the same Medicare plan year to year; however, persons that take the time to review their plan choices each year are often able to significantly reduce their prescription drug costs by switching to a different Part D drug plan.

Persons in a Medicare Advantage Plan should be aware that Medicare has recently added several new benefit options that Medicare Advantage Plans can now add to their covered benefits for 2021. "Television ads have been aggressively promoting some Medicare plans and benefits. El Dorado County residents need to know which Medicare Advantage Plans are available in El Dorado County and that they might not include all of the benefits promoted in television ads" said Rhoda Slagle, Regional Coordinator of the El Dorado County HICAP.

The El Dorado County HICAP can help Medicare beneficiaries wanting to review either their Part D drug plan choices or their Medicare Advantage Plan choices for 2021. During the COVID pandemic all counseling sessions are provided by telephone. To request a telephone appointment, call (530) 621-6169. The number of available telephone appointments is limited, so calling early is recommended. Throughout the year HICAP provides free, unbiased, individual counseling about Medicare to residents of El Dorado County. HICAP is not associated with any insurance company and works in partnership with older adult programs of the El Dorado County Health and Human Services Agency.



WE ARE NOW ON FACEBOOK-LIKE US TODAY!

El Dorado County Senior Services Facebook Page Is Here To Serve You. Keep up-to-date on Senior Center news and events, nutrition updates, legal webinars, travel updates, etc. We encourage you to like, follow and share our page. We are hoping to use this new social media platform as another way to keep you all updated, educated and entertained!!!!!!

<https://www.facebook.com/EDCSeniorServices>

TED Talks Series

October 21st from 1:00-2:00pm

Location: ZOOM from the comfort of your home



Topic of the Month: WHY WE SHOULD EMBRACE AGING AS AN ADVENTURE

We need to feel better about aging in order to age better, says writer and activist Carl Honoré. How? In this spirited talk, Honoré offers a set of simple solutions to combat ageism -- as well as a host of trailblazers and changemakers who came into their own later in life, from artists and musicians to physicists and business leaders.

To attend event (ZOOM), please call (530) 621-6227.

Tax cont. from page 1

you are interested and feel that you may qualify, do not delay. Contact the State Controller's Team by phone at 800-952-5661 or by email to postponement@sco.ca.gov.

An addition to the PTP Program last year," continues Coleman, "that was an added benefit for many seniors in our County, is that manufactured homes now qualify." Requirements are subject to change without notice if the law is revised.

Additional information and eligibility requirements can be found on the California State Controller's website at www.sco.ca.gov/ardtax_prop_tax_postponement.html.

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alone. What I can attest to is another coffee alternative known as Maya nut which offers benefits similar to chicory root but is prepared exactly the same as traditional coffee!

I love my coffee (or alternative) with lots of cream and sugar, but I am always on a quest to find a healthier way to consume my morning cup of Joe. This is how I stumbled upon a couple of good alternatives: coconut and almond milk blended creamer AND more recently, hemp cream! I haven't tried it yet, but the reviews look promising. Not only that, but it just so happens to be dairy free, plant based, low in sugar and fat.

True confession. I love all dairy, but especially milk! However, the majority of us, 65% to be exact, suffer from lactose intolerance preventing us from consuming dairy products on a regular basis. Personally, lactose is not my issue, but I must have a slight intolerance or allergy to dairy because it tends to exacerbate my sinusitis. At any rate, I am always on the lookout for a decent tasting alternate like Oat Milk. It is similar in taste, texture, calories, fat, and carbohydrate content. It may not be as high in protein, but it does have about 2 grams of dietary fiber, is vegan, nut, soy, and lactose free! I have tried a lot of milk options, but

this one is by far the most similar to regular milk, in my humble opinion.

I think I should have been born Italian because I could live on pasta! Being a dietitian, I prefer to eat whole wheat versions but they do not seem to agree with my tummy. My solution? Well, two actually. First, and foremost, zoodles! They are long pieces of stringed zucchini that look just like spaghetti. Boil them slightly in hot water and serve with your favorite sauce. They are delicious and they are even offered at places like The Old Spaghetti Factory! If squash is not your scene, there are some plant based pastas like lentil, black bean, chickpea, or even edamame that are pretty good. They also offer a healthy dose of fiber and protein, plus many of them are gluten free.

So, let's change the lens a bit and choose to look ahead with optimism. Sure, we are in a time of challenging events, but this same era of time also offers amazing advancements in food science, allowing us access to food alternatives where once there were none.

Low-Cost Community Flu Clinics Announced in El Dorado County

The El Dorado County Health and Human Services Agency, Public Health Division has partnered with Marshall Medical Center, El Dorado County Community Health Center and Barton Health and is conducting low-cost community flu vaccination clinics through October 2020. Seasonal influenza vaccine will be available in flu shot form at the clinics; a limited supply of FluMist® will be available for children.

“Everyone six months of age or older should get a flu vaccination each year for the best protection against the flu,” said Lynnan Svensson, Public Health Nursing Program Manager. “It’s 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’s also critical for health care workers and people taking care of high-risk persons to be immunized. This year, with the COVID-19 virus still circulating, a timely flu vaccination will be even more important.”

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. Face coverings and physical distancing are required at all clinic locations. Updated information on flu clinics will be posted to www.edcgov.us/publichealth.

West Slope Community Flu Clinic Dates and Locations for 2020:

October 3, from 10:00 a.m. to 12:00 p.m. at Divide Wellness Center, 6065 Highway 193, Georgetown

October 7, from 1:00 p.m. to 3:00 p.m. at Pollock Pines Community Church, 6361 Pony Express Trail, Evergreen Room, Pollock Pines

October 8, from 10:00 a.m. to 12:00 p.m. at Pioneer Park, 6740 Fairplay, Somerset

October 12, from 2:00 p.m. to 4:00 p.m. at El Dorado Hills Fire Station 85, 1050 Wilson Boulevard, in the Engine Bay, El Dorado Hills

October 13, from 2:00 p.m. to 4:00 p.m. at Garden Valley Fire Station 51, 4860 Marshall Road, Garden Valley

October 15, from 1:00 p.m. to 3:00 p.m. at Grizzly Flats Community Church, 5061 Sciaroni Road, Grizzly Flats

October 20, from 2:00 p.m. to 4:00 p.m. at Diamond Springs Fire Station 49, 501 Main Street, Conference Room, Diamond Springs

October 21, from 1:00 p.m. to 3:00 p.m. at the County Fairgrounds, 100 Placerville Drive, in the Organ Room, Placerville

October 29, from 11:00 a.m. to 2:00 p.m. at Marshall Medical Center, 3581 Palmer Drive, Cameron Park, DRIVE THRU CLINIC

South Lake Tahoe Community Flu Clinic Dates and Locations for 2020:

October 8, from 10:00 a.m. to 12:00 p.m. at the Senior Center, 3050 Lake Tahoe Boulevard, South Lake Tahoe.

October 1 & October 15, from 3:00 p.m. to 6:00 p.m. at Bijou School, 3501 Spruce Avenue, Multipurpose Room, South Lake Tahoe

October 8, from 3:00 p.m. to 6:00 p.m. at Tahoe Valley Elementary School, 943 Tahoe Island Dr, Multipurpose Room, South Lake Tahoe

October 22, from 1:00 p.m. to 4:00 p.m. at the South Lake Tahoe Airport, 1901 Airport Road, South Lake Tahoe, DRIVE THRU CLINIC

“I wish that every day was Saturday and every month was October”

~Charmaine J Forde

Local Volunteer Helps Seniors Navigate Medicare

The 80-plus-year-old man was desperate and confused when he contacted Georgia Toscano, a local volunteer for the Medicare counseling agency HICAP.

“His wife had passed away,” Toscano explained. “She had always kept track of their Medicare supplemental insurance, but the policy lapsed after she died. So, when he went to see his doctor, he learned that he had lost his coverage. He didn’t know what to do.” Toscano got to work on the problem.

“I found out he had union insurance that would pay for his supplemental insurance,” she said. “All he had to do was sign up. So, I wrote a letter to Medicare for him explaining that his wife had passed away, his mailbox had been broken into and he had no idea that his insurance had lapsed. We were able to get his coverage reinstated and his union will take care of paying the policy premium for him.

“We all need help sometimes in our lives,” she remarked. For the past three years, Toscano, 68, has been helping El Dorado County seniors as a volunteer for HICAP (Health Insurance Counseling & Advocacy Program). HICAP, which is administered by the California Department of Aging, offers free counseling and legal assistance to seniors and the disabled who are trying to navigate the complicated Medicare system.

HICAP volunteers assist their clients with concerns such as choosing the best Medicare supplemental insurance, the pros and cons of Medicare Advantage plans, employee and retiree coverage and long-term-care insurance. They also can provide low-income clients with information about programs that help with medication costs.

“The problem is, we have all been taken care of with health insurance at work,” she explained. “Then when we retire, we discover we have to do all this on our own and it can be very confusing.”

Toscano said volunteering with HICAP was a perfect fit for her. She had spent 26 years working in the accounting unit at the El Dorado County Department of Health and Human Services. Even so, as with all HICAP volunteers, she underwent extensive training

and mentoring in preparation for her counseling work.

“Since I joined HICAP three years ago, I have learned so much and I continue to learn each time I counsel someone,” she said. “Each client has different problems and questions. I love seeing their faces when they finally understand how the Medicare system works.”

Because of COVID-19, HICAP volunteers are now working from home and meeting with clients via telephone or videoconferencing.

Toscano said one of her recent cases involved a man who had lost his business when it was shut down by the COVID-19 pandemic. He and his wife had no income and were desperate. “He had applied for Social Security benefits in Sacramento County in February, but for some reason, his benefits had not come through yet. I helped his wife sign up for the Medicare Savings

Program and gave her information to enroll in a Medicare Advantage plan. Then I had him call the Placerville Social Security office. We work with them all the time and they are great.” Sure enough, Toscano said, the Placerville office did the job.

“His benefits were approved the next day and he received back payments all the way to February.”

Toscano encouraged others to consider becoming HICAP volunteers. “Our job is to explain to people how Medicare works,” she

said. “But we also help people with their financial needs, do they qualify for the Medicare Extra Help or the Medicare savings program. Many don’t know about all the programs available to them.

“We try to help them be just a little more comfortable in their lives. If we can manage that, then I think we’ve done a good job. It is very rewarding.”

To schedule a free, one-hour phone or videoconference appointment with a state-registered HICAP Medicare counselor in El Dorado County, call (530) 621-6169. Once your appointment is scheduled, you will receive an appointment reminder by phone, email or text prior to your appointment. For more information, go to www.HICAPservices.net.



Volunteers Sought for Home Delivered Meal Program

The El Dorado County Senior Nutrition Program is currently looking for dedicated, caring volunteers for the Home Delivered Meal program. Each volunteer generally works one day per week on an assigned route, delivering meals from 10:00 a.m. to 12:30 p.m.

Home delivered meals serves adults 60 years or older who have become more homebound due to health related issues or other circumstances.

Volunteers are currently needed in the following locations: Pollock Pines, Cameron Park, Placerville, and El Dorado Hills.

For more information about the Senior Nutrition Program, please call (530) 621-6160 or visit www.edcgov.us/hhsa.

The Senior Nutrition Program is a service of the El Dorado County Health and Human Services Agency.

VOLUNTEER



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. For more information about the COA, please call (530) 642-4833.

www.2nd50yrs.org

1-800-510-2020

Toll Free
One-Stop Shopping
for Senior Services
Statewide

FRUSTRATED by having to remember a host of different telephone numbers to get information about senior services in El Dorado County?

1-800-510-2020

Senior Times

\$5 Donation for 12 issues!

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Please sign me up for: 1 year _____ (\$5) 2 years _____ (\$10)

Cash and Checks are Accepted. Please make checks payable to:
"Senior Times"

Mail to: Senior Times
Department of Human Services,
937 Spring Street, Placerville, CA 95667

Senior Times

Non - Profit Organization
U.S. Postage Paid
Placerville, CA 95667
Permit No. 293
Return Service Requested

COMMUNITY MEETINGS

Placerville Women's Club

Open to all new and long time residents of El Dorado County. This luncheon meeting is held on the 3rd Thursday of each month. Call for details: (530) 344-9209.

Stroke Education and Support Group

Meets at 681 Main Street, room 208, Placerville. 1st Thursday of each month, Brown Bag Lunch – 12:00 to 1:30 p.m. Call for details: (530) 626-2770, ext. 6002.

Sierra Renaissance Society

Open to all older adults who want to learn about new topics, meet new people and have fun! Among the events are speakers, workshops and films. Visit: www.srsedc.com for more information.

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

SIR is a non-profit organization of men. We have a monthly luncheon meeting and a guest speaker. Call for details: (530) 644-1405.

Square Dancing-Main Street Strollers

Meets on Thursdays starting at 6:30 p.m. at the IOOF Hall, 467 Main Street, Placerville. Call for details: (530) 748-7756.

POETRY FOR ALL

Poetic License, a poetry read-round. 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-round. All ages welcome. The event is free.

**Temporarily
Cancelled**

Bring your own poems to share; read from your favorite poets; or just come to listen. We hope to see you there!

Senior Legal Webinars Coming Up

El Dorado County Senior Legal Services will be hosting two webinars in November.

COVID-19 has brought many challenges and issues among our older adults. Senior Legal staff has received an overwhelming number of callers asking about Evictions and Restraining Orders. To best serve the community and to help answer your questions, Michelle Ward, senior legal attorney will be presenting on those two topics.

These webinars are FREE to the public and anyone interested in learning more is encouraged to attend.

November 4th, 10:00 a.m.

EVICCTIONS- LANDLORD TENANT RIGHTS DURING UNCERTAIN TIMES

Join Zoom Meeting

<https://zoom.us/j/91597699619?pwd=Rmpjcnl1OGV6dGZQMW5PajBT0ThBUT09>

Meeting ID: 915 9769 9619

Passcode: 816048

Dial by your location: 1 (669) 900-6833

November 18, 10:00 a.m.

RESTRAINING ORDERS- THE INS AND OUTS

Join Zoom Meeting

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Meeting ID: 962 6905 6281

Passcode: 980464

Dial by your location: 1 (669) 900- 6833

There will be a Q&A session at the end of each webinar. For questions or ZOOM technical issues, please call Star at (530) 621-6255.



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.