

# Senior Times

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

SEPTEMBER 2020

## Radio to the Rescue

In the November 2018 Camp Fire, many lives could have been saved if people had been forewarned to evacuate. But the normal community channels couldn't handle the sudden increase in the number of calls and many of the cell towers that many people relied on weren't operating because cell service requires internet connection.

The El Dorado County Amateur Radio Club has a program called Neighborhood Radio Watch that offers an additional communication solution: General Mobile Radio Service (GMRS) two-way radios, useable by anyone in the family.

Club members are available to help local fire safe councils, homeowners associations and public officials set up Neighborhood Radio Watch programs to stay safer during emergencies. The club also helps residents learn how to use simple, affordable, GMRS radios to communicate when the power is off and cell phone and Internet service is disabled.

### The Neighborhood Radio Watch Program includes:

- Free talks on the vulnerability of the public communications system
- Free workshops on How To Use Police and Fire Scanners
- Free workshops on How To Use Two-way Radios Testing and advice on the best radios to buy
- Community Radio Repeater installations to extend coverage
- Assistance in setting up community "Safety Nets" and storm-watch "Check-in Nets"

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So far, the El Dorado County Amateur Radio Club has worked with a number of EDC Fire Safe Councils to implement "Community Radio" programs. The Coloma Lotus Fire Safe Council implemented a Community Radio program just before the Covid-19 shutdown and currently has

*Radio cont. on Page 11*



## 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>

## 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

### **Residential Care Facilities-What's Legal and What's Not**

*By Diana Steele, Senior Legal Services*

If you or your loved one is planning on moving into a Residential Care Facility for the Elderly (RFCE) such as a board-and-care or assisted living facility, you will be asked to sign a contract called an admission agreement. This document specifies the rights and responsibilities of both residents and the facility, and must comply with state law and regulations. Many admission agreements contain illegal and unenforceable provisions. It's important that you read it carefully. Here are some things to watch out for:

#### Eviction

There are ONLY 5 legal reasons to evict a resident:

1. Non-payment
2. Failure to comply with state or local laws.
3. Failure to follow facility policies for the purpose of helping residents live together.
4. Facility cannot meet resident's changing needs.
5. Facility is no longer operating as a RCF.

If the contract lists other reasons for eviction, challenge the facility and get satisfactory answers.

#### Descriptions of Services and Charges

Agreements are required to clearly describe all services and charges. Watch out for ambiguous descriptions such as "telephone installation and service" or "personal supplies cost +". RCFs are required to provide telephone services, and all costs must be specifically detailed so the resident knows what he or she will pay.

#### Security Deposits

Collecting deposits to protect the facility against damage by the resident is illegal. Challenge anything described as a security or damage deposit.

#### Theft or Loss of Personal Property

Admission agreements cannot require residents to give up their legal rights. So any requirement that a resident "hold harmless" the facility for damages, injury, or loss of personal property is illegal. The RCF is required to make reasonable efforts to protect residents' property.

If you have any concerns about your rights in an RCF, contact Senior Legal Services at 621-6154 or your local Ombudsman at 621-6271. This information was provided by California Advocates for Nursing Home Reform (CANHR).

## El Dorado County Medicare Help Available, Despite COVID-19

Although local HICAP Medicare counseling offices are currently closed due to COVID-19, free one-on-one sessions with local state-registered counselors are still available via telephone and video conferencing.

HICAP (the Health Insurance Counseling & Advocacy Program) is administered by the California Department of Aging. Its trained volunteer counselors are working from home, but are still available by phone and video-conferencing to answer questions and help seniors and other eligible recipients understand their Medicare rights and benefits.

HICAP counselors can provide information about Medicare supplemental insurance (Medigap policies); Medicare Advantage plans; employee and retiree coverage; long-term-care insurance and how to appeal coverage denials. HICAP serves clients in El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo and Yuba counties, regardless of income or age.

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](http://www.HICAPservices.net).

### 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.**



# Senior News

## September is National Preparedness Month

### Be Prepared, Not Scared. Make Your Emergency Plan Today

As our family, friends and community continue to respond to COVID-19, there is no better time than National Preparedness Month to get our households and ourselves ready for potential natural disasters or other emergencies. Because disasters can happen at anytime and anywhere, it is important to know what actions to take action BEFORE a disaster occurs.

#### Here are some important steps you can take during National Preparedness Month:

- Plan for how you will communicate with family, friends and loved ones, knowing how you can safely stay in touch even while social distancing. This is important if you/ or someone you care for lives alone.
- Know your neighbors. Include them in your emergency planning.
- Sign up for emergency alerts and warnings. Register your phone today for CODE RED, the El Dorado County's Sheriff's Office of Emergency Services alert system. <https://ready.edso.org/>

**Update your emergency kit with additional items in your kit to help prevent the spread of the coronavirus or other viruses,**

#### including influenza.

- Include cloth face coverings (for everyone ages 2 and above), soap, hand sanitizer and disinfecting wipes to disinfect surfaces.
- Include items you may need for those with medical needs or disabilities.

**Remember your pets. Make kits for them, too.**

#### During emergencies or disasters, you may need to leave your home.

- Create an evacuation plan that includes alternative transportation resources and evacuation routes in case you need to evacuate. If you have pets, practice your plan with them, so they are more familiar if you need to leave quickly during an emergency.
- Instructions issued by officials should be followed immediately to protect your safety/safety of others. Evacuate early. Don't hesitate.

Discover more about planning and being prepared. Visit <https://www.ready.gov/plan>

## Questions to Ask Long-Term Care Facilities

With long-term care facilities in lockdown and COVID-19 spreading, residents and their loved ones are desperate for up-to-date information. But getting it can be difficult. If you have a loved one in a nursing home or assisted living facility, here are some key questions to ask. In seeking answers from staff, call as much as possible. If you can't get through by phone, try emailing. And if that fails, contact the Long-Term Care Ombudsman Program to help with complaints and refer you to the appropriate regulatory agency.

### 1. Has anyone at the facility tested positive for COVID-19?

Ask about residents, staff, or other vendors. Also ask about who's being tested and how often.

### 2. What is the facility's communication plan?

Ask how and when they will be contacting you if a case is confirmed.

### 3. What is the facility doing to prevent infections?

Ask how staff members are getting screened and what social-distancing measures are in place. Ask about visitation, too.

### 4. What is the facility doing to help residents stay connected with their loved ones during this time?

During the time when visitation is limited, facilities must make arrangements for alternate means of visitation and communication for visitors such as visits through a resident's window, drive-by visits, phone calls, video calls, and online communications. Ask if the facility helps residents call or receive calls by their loved ones by phone or video. Ask if the facility will set up a regular schedule for you to speak with your loved one. Source: AARP



If you are concerned about your loved one who lives in a long-term care facility, contact the Ombudsman Program at (530) 621-6271.

# Senior Nutrition

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## **Resourceful Cuisine**

Fall is just around the corner and with continued county wide recommendations to practice social distancing there is no better time to get creative with resources on hand. Many of you are already taking advantage of the grocery box food distribution program that provides perishable staple and stock pantry supplies weekly, but may be looking for creative ways to utilize these essential food items. After reviewing a

list of foods available in these kits, I developed some quick and simple meal ideas to help you get the most out of what you have on hand.

### **Summer Tuna Salad**

One can of chunk tuna drained  
One can of beans, drained  
One handful of cherry tomatoes  
Fresh spinach or variety of lettuce  
Drizzle of olive oil, fresh squeezed lemon and a sprinkle of dried oregano

### **Street Tacos**

One package corn tortillas  
Sautéed garden vegetables like zucchini, yellow onion, and bell pepper  
One can of beans, drained  
Corn salsa made with canned corn (drained), diced fresh tomatoes, onion, and a squeeze of lime.  
Top with shredded lettuce and cheese

### **Kitchen Sink Soup**

One can soup for starter base

One can of beans NOT drained  
2-4 cups of water  
Throw in a variety of garden fresh vegetables like potatoes, carrots, zucchini, broccoli, and bell peppers and simmer on low. Season to taste and serve with warm sliced whole wheat bread and butter.

### **Wok style stir fry**

Sauté onion and garlic  
Add chunks of fresh garden vegetables like bell pepper,

*Cuisine cont. on page 8*

# 6 Western Slope Activities

## Senior Hikers...

**Tuesday, September 8th**--Lake Margaret. Barbara H (916) 261-4404.

**Tuesday, September 22nd**--Wright's Lake. Barbara H (916) 261-4404.

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



## Things to Do!

### **Try Yoga, Stretch Out Those Muscles**

During this time, it's normal to be feeling more stressed than usual. Staying at home and being confined to your space can be difficult. There are multiple online yoga classes you can stream right from your phone:

DoYogaWithMe, CrossFlow Yoga App, Fightmaster Yoga, Yoga With Adriene

### **Sundays: Listen To A Sermon Or Meditate**

Listening to a sermon helps you stay connected and hopeful in

a higher being that you may believe in. It may bring you peace and remind you of your beliefs. Meditating is also a great form of stress release that may help you:

- Reduce anxiety
- Promote emotional health
- Enhance self awareness
- Generate kindness

### **If Your State Is In The Process Of Reopening, Check Out Litty**

Being in isolation could take a toll on your physical and mental health, especially for those of us who are extrovert. While restaurants and bars are opening up, many of your friends are still probably out

of town. Not having a support group in a big city like New York, San Francisco, or Los Angeles could be very hard. Litty is a new platform that helps connect you to like-minded friend groups using an AI algorithm that looks at your personalities, music taste, and interests. Litty is completely free but there is a catch, it is invite-only. You have to apply and they will reach out if you are selected. Get on the waitlist.

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

## Applying for Medicare During COVID 19 Pandemic

The Social Security Administration processes Medicare enrollment applications. During the coronavirus public health emergency, local Social Security offices are closed to the public, but many services are available online and over the phone.

There are two ways to apply for Medicare online:

- If you are applying for Medicare Part A and Part B at the same time, you can use the online application found here: <https://www.ssa.gov/benefits/medicare/>
- If you are applying for Medicare Part B using the Part B Special Enrollment Period (SEP), you can use the online application found here: <https://secure.ssa.gov/mpboa/medicare-part-b-online-application>

### Online enrollment using the Part B Special Enrollment Period (SEP)

You can use the Part B SEP to enroll in Medicare if you, your spouse, or sometimes a family member recently lost the job that provided you with health insurance.

The online form asks you to upload proof that you had coverage based on current work. Typically, this proof is form CMS L564, which your employer fills out to confirm that you had coverage based on current employment. Ask your employer if they can fill out the form, sign it, and send you a digital copy.

If your employer cannot fill out the form, you might have to upload other documents, such as:

- Income tax returns that show health insurance premiums paid
- W-2s reflecting pre-tax medical contributions

- Pay stubs that show health insurance premiums deducted
- Health insurance cards that show the date the policy began
- Explanations of benefits paid by the job-based insurance
- Statements or receipts that show paid health insurance premiums

### Problems with online enrollment

Not all Medicare applications can be completed online as not everyone has a computer. If you cannot enroll in Medicare online, here is what you can do:

1. Contact your local Social Security office. The Placerville office can be reached at: 877-545-5497. Although local offices are closed to in-person appointments with the public, they should still be able to receive mail and process enrollment paperwork for those unable to apply online. Call your local office to learn about how to submit your enrollment paperwork. If you need more assistance, ask to speak with a supervisor. Keep a record of the name of any representative you speak to and the date and time of the conversation.

2. Gather necessary paperwork. To enroll in Part B, first you should complete form CMS 40B, the application for Medicare enrollment. If you are outside your Initial Enrollment Period (IEP) and you or your spouse or family member recently lost the job that provided you with health insurance, you will also need to submit form CMS L564.

- An employer usually fills out Section B of the form. If your employer cannot fill out Section B, you can fill it out on their behalf, but do not sign it.
- If you fill out Section B for your employer, you will also need to submit

proof of employment-based health insurance coverage. Examples of this proof include:

- Income tax returns that show health insurance premiums paid
- W-2s reflecting pre-tax medical contributions
- Pay stubs that show health insurance premiums deducted
- Health insurance cards that show the date the policy began
- Explanations of benefits paid by the job-based insurance
- Statements or receipts that show paid health insurance premiums

3. Send paperwork to your local office by certified mail. When you use certified mail, you get a receipt and confirmation that your mail was delivered. You will have proof that you mailed in your application, which can be helpful in case there are any problems with your enrollment. If you cannot mail forms directly to your local Social Security office, you can also fax them to 1-833-914-2016. If you experience any issues with your local Social Security office, such as being told your enrollment cannot be processed, you can contact your U.S. Congressperson. Elected officials may be able to help you with your problem and may be interested in constituent stories that illustrate problems.

In El Dorado County, you can get answers to your Medicare questions by talking with a registered HICAP counselor (Health Insurance Counseling and Advocacy Program). During the COVID-19 pandemic, all HICAP counseling is provided by phone. Services are free, unbiased and available by appointment. To request a telephone appointment, call HICAP at 530-621-6169. **Adapted from article by the Medicare Rights Center.**

# Senior News

## TED Talks Series



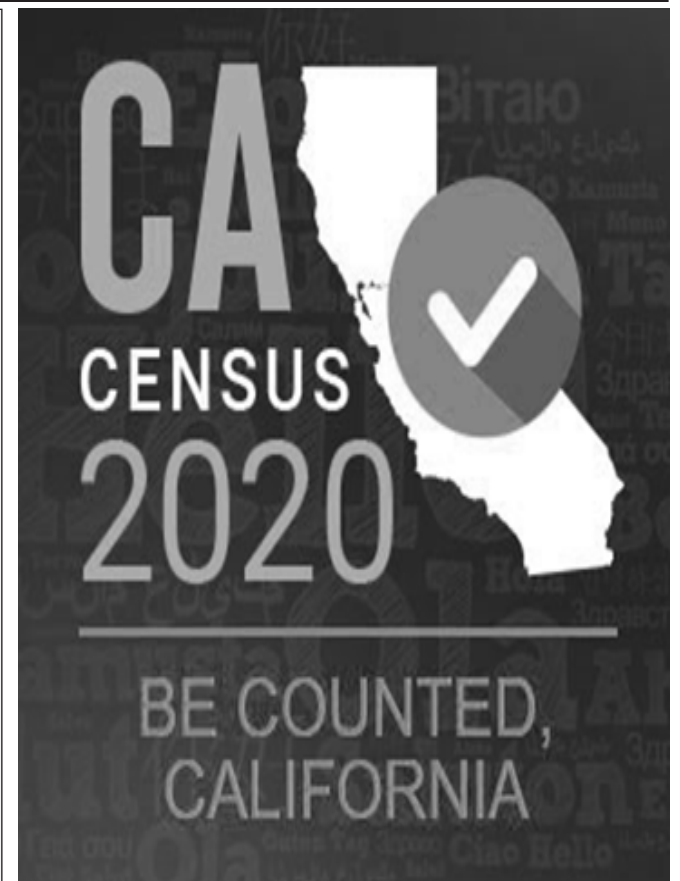
September 16th from 1:00-2:00pm **zoom**

Location: **ZOOM** from the comfort of your home

### Topic of the Month: After the Dust Settled

This month we are going back 19 years and reflecting on what happened in history. Where were we, how did it affect us, what changes do we see in our world and ourselves today? On September 11th 2001, Presenter Jareau Almeyda was sitting at his desk on the 85th floor of the World Trade Center in New York City when the first plane crashed just a few floors above him. In this firsthand account, Almeyda recounts how the lessons learned during an hour-long decent through the exit stairwell helped him survive, and how those lessons led to his life change and pursuit to better himself.

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



### *Cuisine cont. from page 5*

carrot, and broccoli

Season with low sodium soy sauce or no-salt seasoning blend

Serve over whole grain pasta or rice

### **Yogurt Parfait**

Chop and combine fresh seasonal fruits like watermelon, strawberries, apples, oranges, and pineapple

Chop 2-3 granola bars into chunks

Stir yogurt until smooth

Layer yogurt, granola bars, and fruit in cups to make a delicious yogurt parfait

### **Breakfast Skillet**

Sauté onions, bell pepper, and broccoli for 2-3 minutes on medium heat. Pour 2-3 whisked eggs over the top and scramble. Serve over diced cooked potatoes with whole wheat toast and fruit salad.

Homestyle Macaroni and Cheese

Boil pasta and drain, set aside. In a sauce pan melt 2-3 tablespoons of butter and whisk with ½ to 1 cup of milk stirring constantly.

Add back pasta and 1 cup of shredded cheese. Continue to stir until cheese is melted and all ingredients are mixed. Serve with fresh garden salad.

### **Cinnamon Apple Porridge**

Prepare oatmeal or cream of wheat per package directions. Warm applesauce and add chunks of fresh apples. Spoon over hot cereal then add cinnamon and a touch of brown sugar. Serve with whole wheat toast and butter.



## Social Security Services Available During Pandemic

On behalf of the Social Security Administration (SSA), I/we want to let you know that during the current coronavirus pandemic, SSA continues to provide help to you and others in your community.

While their offices are not providing service to walk-in visitors due to COVID-19, SSA remains committed to providing ongoing benefits and vital services. SSA remains ready and able to help you by phone with most Social Security matters. You can speak with a representative by calling the Placerville Social Security office at 877-545-5497 or the National Social Security number at 800-772-1213..

SSA also wants you to know they have many secure and convenient online services to:

- Apply for Retirement, Disability, and Medicare benefits,
- Check the status of an application or appeal,
- Request a replacement Social Security card (in most areas),
- Print a benefit verification letter, and
- Much more.

Most business with SSA can be done online, but they know that many people still rely on phone or in-person help. That's why they want you to know you can still count on them by phone. And, if you have a critical situation they cannot help you with by phone or online, they may be able to schedule an appointment for you.

If you need help from SSA, please don't wait until they can see you in person. Reach out now and get the help you need.

Lastly, SSA also understands that getting medical and other documentation can be difficult due to the pandemic. So, they are continuing to extend certain deadlines wherever possible.

If you cannot handle your business through our automated services, you can speak to a Social Security representative by calling toll-free at 1-800-772-1213 (TTY 1-800-325-0778) between 8:00 am – 5:30 pm. Monday through Friday.



## 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 News

## 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](http://www.edcgov.us/hhsa). The Senior Nutrition Program is a service of the El Dorado County Health and Human Services Agency.

# VOLUNTEER



**The Widowed Person's Club** is created to give support and friendship to help through the grieving processing. Monthly luncheon meeting the fourth Friday of the month at the Cold Springs Country Club, in addition to other activities.

### General Meeting Luncheon

Friday September 25, 2020

11:30 a.m. Cost is: \$14.00

Penne Pasta and Meat Sauce

Please try to have correct change or write a check when paying at the General Meeting.

Regular breakfasts are set for every Tuesday morning 9:00 am at Waffle Shop Cafe, Placerville. Also Every Wednesday 9:00 am at Beef & Brew Diamond Springs and 9:00 am at Denny's Cameron Park. For any information, please contact Don 363-7476 or Nancy 622-8276.

## Health and Human Services Agency Meetings and Programs

### Adult Day Center 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 one of our support groups to gain support and insight.

#### "My Time" Caregiver Gathering-Placerville

First Friday of the Month-1:30 p.m. - 3:00 p.m. Location: Placerville Senior Center, 937 Spring Street. For more information, please call (530) 621-6180. Cancelled until further notice.

#### "My Time" Caregiver Gathering-El Dorado Hills

Fourth Thursday of the Month-10:30 a.m.- Noon. Location: El Dorado Hills Senior Center, 990 Lassen Lane. For more information, please call (916) 358-3560. Cancelled until further notice.

### The Divide Caregiver Support

The next meeting is the 2nd Tuesday afternoon of each month, 2:30-4:00 p.m. Location: Greenwood Community Center, 4401 HWY 193-next to CCC. For more information, please call (530) 621-6192. Cancelled until further notice.

### Senior Peer Counseling

Offers FREE counseling services to persons 55 or older, enabling them to make choices and changes for problem resolution and personal growth. For more information, (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, please call (530) 621-6255.

# Senior Times

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*Radio cont. from page 1*

about 30 residents using radios. They operate a weekly "Safety Net" where neighbors check in each Tuesday evening on air. The weekly net is done to: a) answer questions and train everyone how to use their radios, b) ensure their radios and the Community Radio Repeater are working, c) to get to know each other better, d) gain vital experience using radios before it's really needed.

They also use the weekly net to test a unique "NEWS Pager" (Neighborhood Early Warning System Pager) that sounds an audible alert tone through every participating radio, whether the volume is up or down, to alert residents of events occurring in their area. Recently there were two fires in the area and the NEWS Pager was used to get peoples' attention ahead of an official alert issued by phone or text message.

Another Fire Safe Council (FSC) that's been helped to establish its own Community Radio program and weekly Safety Net is in Oak Hill. Currently members of the Radio Club are involved helping Oak Hill with a new repeater installation that has very good coverage throughout the entire FSC, from the river to Quarry Road and from Buck's Bar to Diamond Springs.

For more information contact Alan Thompson at (530) 417-1451, email him at Alan.W6WN@gmail.com or visit the group on Facebook at El Dorado County Neighborhood Radio Watch.

## 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](http://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](http://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!

## EDC Provides Guidelines to County Growers in Advance of Tourist Heavy Harvest Season

El Dorado County (EDC) officials have provided a document to agricultural businesses which outlines precautions and protocols they can follow to ensure their operations are safe in light of the COVID-19 pandemic when they open for the 2020 harvest season.

"The instructions allow EDC growers, including those in the popular Apple Hill area, to provide their high quality agriculture products and uniquely, locally produced handicrafts while discouraging activities that are considered risky for COVID-19 transmission," said Public Health Officer, Dr. Nancy Williams.

Some of the protocols include the following:

- Prevent crowds from gathering: limit numbers of customers in facility at any time to maintain 6 ft. distancing; keep lines moving quickly; distance or remove tables.
- Keep people distanced: mark 6 ft. distances apart, both inside and outside, at restrooms, etc.
- Prevent unnecessary contact: provide contactless payments systems; no

sampling; no shared condiment bottles, areas, pens, etc.; if customers bring their own shopping bags, employees should not handle them; customers should bag their purchased items themselves.

Increase sanitization: assign employees to frequently clean high touch surfaces, including tables, restrooms, counters, shields, door knobs, payment devices, etc.

- Require face covers for all employees and visitors.
- Notify crafters of and enforce compliance with the Retail Guidelines to ensure guest and crafter safety. Reminder: EDC Ranch Marketing Ordinance states "Handicrafts shall be products that are made domestically by hand, normally sold by the person that made them, and do not include items that are mass produced by others."

"If visitor numbers are kept to a manageable size that enables safe distancing, the harvest season can be an excellent opportunity for immediate household members to enjoy the beauty and bounty of our county without undue risk of being infected with COVID-19," Williams said.

**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.