

Senior Times

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

SEPTEMBER 2021

Before the Power Goes Out...Prepare Now for PSPS Events

We depend on electricity for cooling our homes, keeping our refrigerated food safe, and often for any medical needs, we may have. Power outages can occur anytime, and often follow another emergency, like the threat of extreme weather.

As part of Public Safety Power Shutoffs (PSPS), utility companies, including PG&E and Liberty Utilities, may need to temporarily turn off power to local neighborhoods or communities for safety and to prevent wildfires. It is all the more reason now for you to create emergency-preparedness & power outage plans before the power goes out.

Here are a few tips to minimize the impact of a power outage on you and your family:

- Update your current contact information with your utility company.
 - If PG&E is your power company, visit their website: www.pge.com/mywildfirealerts or call them at 1-866-743-6589.
 - If Liberty Utilities is your power company, visit their website: <https://california.libertyutilities.com/south-lake-tahoe/residential/> or call them at 1-800-782-2506
- Stay informed. Monitor local weather reports and alerts.
- Identify back-up power sources for any home medical equipment. If you use special healthcare equipment like oxygen generators or dialysis equipment, notify your power company.
- Know where you can go to cool down. Consider staying with a friend or relative who has power.
- Have a communication plan in place. Do you have at least one phone with a handset cord in your home? Cordless phones will not work in a power outage. Cell phone service may be limited.
- Keep your car's gas tank at least half full. Gas pumps may not work if electricity is out.
- Prepare an emergency kit with enough supplies to last at least three days. Remember your pets.
- Do not open refrigerators or freezers any more than necessary. An unopened refrigerator will keep food cold for approximately 4 hours; an unopened freezer will keep food frozen for approximately 24 hours.
- If you have an automatic garage door opener, learn how to use the manual release to open your garage door.



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For more information about being prepared for disasters, visit El Dorado County's Emergency Preparedness & Response Program website: www.edcgov.us/preparedness and follow us on Facebook: www.facebook/edcpreparedness

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 News

Be Careful When Hiring A Home Healthcare Worker

By Diana Steele, Senior Legal Services

Seniors needing some help with activities of daily living and wanting to stay in their homes often look to family and friends for assistance. These people are known and trusted, however they are not always available, or they may not have the skills needed to care for a senior. And many seniors don't want to be a burden to their families. For this reason, home health workers can be an invaluable part of a care plan. However, bringing a stranger into your home brings with it a level of risk that can be mitigated by asking some probing questions before making the decision to hire.

The first decision you will need to make is whether to hire an independent worker or hire through a home health care agency. The advantage of an agency is that they can provide you with employer services such as screening, taxes, paperwork, substitution, insurance, and training, services you may have to provide yourself if you are the employer of record. When making a decision about what agency to use, the following questions should be asked:

1. How does the agency recruit home health workers, and what are their hiring requirements?
2. Does the agency do criminal background checks on prospective workers? Do they do drug screening?
3. Are home health workers certified in CPR? Do they have any health-related training?
4. Are the workers insured and bonded through the agency?
5. What competencies are expected of the worker by the agency?
6. How does the agency assess what the worker is capable of doing?
7. Does the agency provide a substitute in the event the regular worker is unable to come to the home?
8. If you are dissatisfied with the worker, will the agency replace that worker "without cause"?
9. Does the agency provide a supervisor who regularly evaluates the worker for quality of care?
10. Does supervision of the worker occur by phone, through progress reports or in person at the home of the senior?

If you have any questions or concerns about hiring a home health worker, contact the El Dorado County Family Caregiver Support Program at (530) 621-6151.

TED Talks Series

Join our Zoom TED Talks events each 3rd Wednesday of the month from 1:00pm to 2:00pm. Topics vary from art history, cultural impacts, historical biographies and more!

September 15th from 1:00-2:00 p.m.

Location: ZOOM from the comfort of your home



Topic of the Month: A Mother and a Son's photographic journey through dementia

Artist Tony Luciani was testing out a new camera when his 91-year-old mother, Elia, snuck into the background of his photos. The spontaneous images that resulted sparked a years-long collaboration, with Luciani documenting his mom's life and spirit as she lived with dementia. In this touching talk, he shares the stories behind some of their favorite shots, capturing the joy and grief of caring for an aging parent.

To attend event (ZOOM), please call (530) 621-6227 or go to our Facebook Page for link.

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do."

STEVE JOBS



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.



CodeRED-Emergency Alert System

The El Dorado County Sheriff's Office- Office of Emergency Services Alert Notification System provides a number of ways in which the county may contact the community in the event of an emergency such as: evacuations due to wildfires or hazardous material spills, or urgent law enforcement operations.

The El Dorado County Office of Emergency Services partnered with CodeRED emergency notification service to alert residents and businesses by telephone, cell phone, text message, email, and social media when there is a threat to the health or safety of residents.

Frequently Asked Questions

How do I sign up?

<https://public.coderedweb.com/CNE/en-US/BF6E025EBFDC>
If you cannot register online, you can call (530) 621-5895 and speak with one of our OES staff to complete your registration.

Can I add additional numbers for my address?

Yes. You can add multiple phones and multiple email addresses during the sign-up process.

I have a landline, and it does not work when the power goes out. How will the system be able to contact me?

Make sure you have at least one working corded telephone – and be sure to turn the ringer on. The CodeRED sign-up form allows you to indicate both a primary and alternate phone number. Cell phone and/or work phone numbers can be entered as alternate phone numbers. Both primary and alternate phone numbers will be contacted when a notification is sent.

What should I do if I receive a CodeRED message?

Listen carefully to the entire message. You will have the option to repeat the message by pressing any key. Do not call 911 for further information unless directed to do so or if you need immediate aid from the Police or Fire department.

When will CodeRED be used?

Any message regarding the safety, property or welfare of the community will be disseminated using the CodeRED system. These may include AMBER alerts, notifications of hazardous traffic or road conditions, boil water advisories or evacuation notices.

What is CodeRED and why is it important to me?

CodeRED is an emergency notification service that allows emergency officials to notify residents and businesses by telephone, cell phone, text message, email, and social media regarding time-sensitive general and emergency notifications. Only authorized officials have access to the CodeRED system.

Does the CodeRED system already have my telephone number, or do I need to sign up to receive CodeRED notifications?

The CodeRED database contains information received from public databases, including regional phonebooks. However, no resident should assume that their information is in the system. The home page of the El Dorado County Sheriff's Office website, <http://www.edso.org>, has a link to the CodeRED Community Notification Enrollment page where you can register online

Is my personal information protected?

CodeRED is a service of Emergency Communications Network which takes security and privacy concerns very seriously. They will not sell, trade, lease or loan any data citizen supplied data to third parties.

How will I recognize a CodeRED message?

A CodeRED Emergency message will have a caller ID of 866-419-5000. A CodeRED General message will have a caller ID 855-969-4636. We suggest you program both numbers in your cell phone as a "new contact" and use "CodeRED Emergency" and "CodeRED General" as the contact name. If you need to replay the emergency notification message again, simply dial the number and you will be able to hear the message again.

Will the CodeRED system leave a message on an answering machine?

Yes, the CodeRED system will leave a message on a machine or on voicemail. The CodeRED system will leave the entire message in one pass.

What happens if the line is busy?

If the line is busy, CodeRED will try two more times to connect.

Don't delay to sign up for this FREE emergency service. It could save your life!

Senior Nutrition

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Drink Up!

Believe it or not, Fall does not officially begin until Wednesday, September 22nd which means the majority of September is still considered summer. Consuming enough liquids, especially in these warmer months, is crucial for many reasons. Proper hydration improves cognition, mood, and quality of sleep. Did you know it also helps prevent infections, keeps organs functioning properly, lubricates our joints,

and helps deliver nutrients to our cells? With age, however, the mechanisms responsible for signaling the body that we need fluid diminishes, so we must become intentional and plan our daily intake. In fact, if you are feeling thirsty that is usually a sign that your body is already dehydrated!

On average, an adult needs to consume a minimum of eight cups of fluid daily. If you exercise, have a fever, or are

out on hot days it's even more. It really does sound pretty straightforward but most people rarely meet their recommended daily intake.

Most of your fluid needs are met through the water and beverages you drink but you can also get fluid through some of the foods you eat, especially fruits and vegetables. Water is the best source of hydration, but people struggle to drink enough of this flavorless drink.

In fact, in the United States, plain water intake is lowest in the older adult population. Here are some simple tips to improve your overall water consumption:

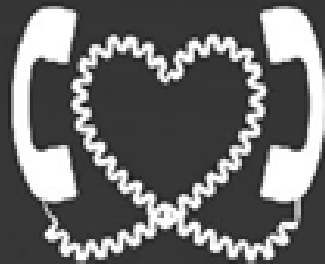
- Drink from a straw
- Carry a 32 ounce container and fill it twice a day with water
- Set a timer and drink 8 ounces every hour from breakfast to dinner

Of course there are many other

Drink cont. on page 7

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Senior News



**Friendship Line
California**

1 (888) 670-1360



This Month in History

EVENT: This Month In History

DATE/TIME: September 14th from 12:30-1:30 p.m. (2nd Tuesday of the Month)

LOCATION: ZOOM from the comfort of your home

If you enjoy history and good conversation, then please join us on the second Tuesday of each month in our new ZOOM series, "This Month in History." Together we will discuss events that occurred during each featured month and share what we may have experienced during those times.

THIS MONTH
IN HISTORY

To attend event (ZOOM), please call (530) 621-6238 for ZOOM link information or go to the El Dorado County Senior Services Facebook Page or go the EDC Senior Activities Website.

No computer...attend by phone, please call (669) 900 6833 \ Meeting ID: 960 7202 5325 \ Passcode: 275688

UPCOMING COMMUNITY EVENTS

Chili Cook Off & Classic Car Show-- September 11, 2021, 10:00 a.m. - 11:00 a.m. Hosted by KOVR 13's Dave Bender! Taste all the chili your stomach can handle with 30 chili cooks competing to earn your vote for best chili. Explore over 100 beautiful classic cars while enjoying live music, with prize drawings, one of a kind artwork by the Something MORE Artists, drinks, hotdogs and face painting to top off this fun event. The car show begins at 10 am and the chili is ready at 12 noon on Saturday, September 11th at the El Dorado County Fairgrounds, Placerville.

Marking Their Trail: Basque Arborglyphs in the Sierra Nevada-- September 17, 2021, 11:00 a.m. - 4:00 p.m. In the early 20th century, Basque shepherders carved distinctive figures into aspen trees. This exhibition features a collection of rubbings taken from these arborglyphs. <https://artsandcultureeldorado.org/marking-their-trail> Confidence Firehouse Gallery, 487 Main Street, Placerville.

Placerville Third Saturday ArtWalk-- September 18, 2021, 5:00 p.m. - 8:00 p.m. Come to Placerville's Historic Main Street for an evening of art, entertainment and shopping. Art galleries and merchants are open late, with artist demos, music at the Belltower, wine and drink specials and more.

Wine + Yoga = Woga!-- September 19, 2021, 9:30 a.m. - 10:45 a.m.--Don't miss the irresistible experience of basking in the sun as you listen to birds chirp while perfecting your down dog. Taught by Robin Lenzi of Living Fit Yoga, these classes are slow-flowing vinyasa style and fun for all levels. Enjoy a complimentary glass of wine afterward! Space is limited and fees are nonrefundable. Please bring your own mat and arrive 15 minutes early to check-in. \$25 per person. \$20 for club members (limit 2) <https://www.boegerwinery.com/copy-of-visit>

Smith Flat House Presents Pickin' on the Patio-- September 30, 2021, 6:00 p.m. - 8:00 p.m. Thursday night's music in the courtyard from 6-8pm!! Come join us on our patio! Dinner reservations highly recommended.

Drink cont. from page 5

beverage options besides water that can be included as part of a healthy diet. Plain coffee or teas, sparkling water or seltzer, and flavored waters are also low calorie acceptable choices. Low fat or fat free milk, fortified milk alternatives, and 100% fruit juice can be consumed as well although these are not calorie free so they should be enjoyed within recommended calorie limits. Regular soda, fruit and sports drinks, and sweetened teas and coffees have little nutritional benefit and should be limited.

Here are a few creative ways to make drinking water a little more interesting:

Start with 5 cups of water and 1 cup of ice cubes

Then add.....

Strawberry Basil

- ½ cup sliced, fresh or frozen strawberries
- 5 large basil leaves
- 1 lemon thinly sliced

Cucumber Mint

- ½ cup honeydew cubes
- 1 cucumber thinly sliced
- 10 fresh mint leaves

Berry Orange

- ½ pint blackberries
- 1 orange thinly sliced
- 1 (2-inch) piece of fresh ginger peeled and thinly sliced

Pina Colada

- 1 cup pineapple chunks, fresh or frozen
- 1 lime thinly sliced, frozen
- 1 cup coconut chunks, fresh or frozen

Pinky Green

- 1 cup watermelon cubes
- 1 kiwi diced or cut into circles
- 1 lime sliced into circles

Mint Grapefruit

- 1 grapefruit thinly sliced
- ½ cup pomegranate seeds
- 10 fresh mint leaves



Natalie's email: foodrdnatalie@gmail.com

El Dorado County Launches Roadside Food Vendor Safety Education

Due to a noticeable rise in the number of roadside food vendors who are not operating within food safety regulations, El Dorado County today announced a new education and outreach campaign to help consumers understand the possible negative consequences associated with purchasing produce from illegal roadside vendors.

Roadside food vendors are those that set up tables in public, commercial areas, are not as part of a farmers market, and most notably, sell whole or cut fruit. The campaign seeks to educate the public about the possible health risks of purchasing produce from illegal roadside vendors and, in turn, help support law-abiding local growers in the County.

"Although locally-grown produce can be sold where grown on-site when part of a permitted mobile vendor license or at a certified farmers' market, the vendors we're concerned about are those setting up in commercial areas or in the public right-of-way," said Jeffrey Warren, Director of the Environmental Management Department.

"In addition to operation outside the licensed requirements of the County, these operations often violate sanitation and labor practices and the consumer has no way of knowing the risk they may be taking when purchasing from these vendors."

Mobile food vendors that are licensed by the County will be encouraged to affix a clearly visible, brightly-colored sticker provided by the Environmental Management Department to help consumers easily determine whether the vendor is following all health and sanitation guidelines.

"This campaign gives consumers a new and easy way to determine which mobile food vendors have been inspected by environmental health professionals for food safety and allows for a more informed choice about where to purchase such food," said Warren.

Risks from roadside produce include consuming food that is not in compliance with being from approved sources, safe handling, pesticide, refrigeration, packaging, labeling requirements, and possible food borne illnesses.

"Pest importation and spread may also occur in roadside vendor operations which have eluded compliance inspections," said County Agricultural Commissioner, Charlene Carveth.

Officials say the best way to reduce the risks associated from unregulated food is to become a customer of our local certified farmers' markets which sell seasonal, local certified produce from the growers themselves which will now be indicated by the new sticker, or to visit one of the many produce stands operating legally.

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.

CALDOR FIRE INFORMATION

El Dorado County staff are in close communication with local, state and federal officials regarding the Caldor Fire in the southern part of the County. The County's Emergency Operations Center has been activated by the Sheriff's Office, enabling government agencies to work together as efficiently as possible.

<https://www.edcgov.us/Pages/Caldor-Fire.aspx>

Why It's Important to Review Your Annual Notices of Changes

The Annual Notice of Change, or ANOC, is the notice you receive from your Medicare Advantage or Part D plan in late September

The ANOC gives a summary of any changes in your plan's costs and coverage that will take effect January 1 of the next year. The ANOC is typically mailed with the plan's Evidence of Coverage (EOC), which is a more comprehensive list of the plan's costs and benefits for the upcoming year. You should review these notices to see if your plan will continue to meet your health care needs in the following year. If you are dissatisfied with any upcoming changes, you can make changes to your coverage during **Fall Open Enrollment** (October 15 through December 7).

Here are three types of changes to look for:

Find out what you can expect to pay for services in 2022.

Costs such as deductibles and copayments can change each year. For example, your plan may not have had a deductible in 2021, but it could have one in 2022. A deductible is the amount of money you owe out-of-pocket before your plan begins to cover your care. Another example is that your plan may increase the copayments you owe for visits to your primary care provider or specialists.

Check to see if your doctors, hospitals, and other health care providers and pharmacies will still be in network for 2022.

Plan networks can change each year, which means your doctor may not be in your plan's network for 2022. You have the lowest out-of-pocket costs if you go to providers and pharmacies that are in your plan's network. If you see an out-of-network provider, your



plan may not cover any of the cost of your care, leaving you to pay the cost out-of-pocket. You should also contact your providers directly to confirm that they will still be accepting your plan in the coming year.

Look through the plan's formulary.

The formulary is the list of drugs the plan covers. Formulary changes can happen from year to year, meaning your drug may not be covered in 2022

even though it was covered in 2021. Make sure your drugs will still be covered next year. If they are not, then you may want to select a different drug plan that covers all of your drugs. If the formulary is incomplete, or you do not see your drug(s) on the list, contact the plan directly to learn more.

If you have not received an ANOC by the end of September, you should contact your Medicare Advantage Plan or Part D plan to request it. This notice can be very helpful in determining whether you should make any changes to your coverage during Fall Open Enrollment. Reading your ANOC should also prevent any surprises about your coverage in the New Year!

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 El Dorado County at (530) 621-6169.

Adapted from article by Medicare Rights Center.

Senior of the Year 2021 has Been Cancelled

In an effort to prevent the potential spread of Coronavirus 19 (COVID-19) in our community and with the recent surge of cases, the El Dorado County Health and Human Services Agency, along with the El Dorado Commission on Aging, have made the difficult decision to cancel this year's Senior of the Year 2021 event. Please look out for Senior of the Year 2022 event announcement coming out in March 2022.

Senior News

New Area Code Notices and Procedures Released by AT&T

Communications technology in the U.S. Has exploded in recent years. In addition to growth in home and business telephones, there has also been an increase in wireless and other communication devices. Because of this growth, we're running out of telephone numbers.

In some areas, the need for new numbers is so great that new area codes are being added. There is more than one type of solution in these conditions; however, the majority involve an area code overlay. An overlay is the addition of another area code to the same geographic region as an existing area code. An overlay doesn't require customers to change their existing area code or telephone number.

530 is listed as an area code that will require 10-digit dialing, even for local calls. What will be the new dialing procedure?

To complete all local calls, you will now need to dial area code + telephone number. This applies to all calls within your area code that are currently dialed with seven digits. Who will be affected? Anyone with a telephone number from your area code will need to make this change from 7-digit local dialing to 10-digit local dialing.

When will the change begin?

Beginning October 24, 2021, you must dial 10 digits (area code + telephone number) for all local calls. On and after this date, local calls dialed with only 7 digits may not be completed, and a recording will instruct you that your call cannot be completed as dialed. You must hang up and dial again using the area code and the 7-digit number.



Home Delivered Meal Volunteers Needed in South Lake Tahoe

The El Dorado County Senior Nutrition Program is currently looking for dedicated, caring volunteers for the home delivered meal program in South Lake Tahoe. A volunteer generally works one day each week on an assigned route, delivering meals between 10:30 a.m. to 12:30 p.m.

Volunteers are also needed for all other locations: Pollock Pines, Cameron Park, Garden Valley and Georgetown, Placerville, Diamond Springs, Shingle Springs and El Dorado Hills.

“If you enjoy helping others, your time would be greatly appreciated,” says Ruth Green, Program Coordinator for the Senior Nutrition Program. “Volunteers are often the brightest part of the day for older adults who may not have regular visitors.” One of our participants recently shared, “My husband looks forward to greeting the volunteers who deliver the meals. Brings a smile to his face!” Our volunteers really do make a difference!



To learn more about volunteering for the Senior Nutrition Program, please call (530) 621-6160. The Senior Nutrition Program is a service of the El Dorado County Health and Human Services Agency or visit <https://www.edcgov.us/humanservices>.

Senior Times

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SCAM ALERT

The Placerville Police Department has received multiple calls from concerned citizens regarding suspicious phone calls from a telephone number related to the police department.



PARTNERS WITH THE COMMUNITY

The caller has identified themselves as a member of the Placerville Police Department, sometimes even using one of our officers names.

The caller advises the recipient of the call that they have warrants issued for their arrest and they must pay a determined amount of money or face arrest. The caller has provided "case numbers" to the recipients in an attempt to gain compliance.

The caller instructs the recipient to stay on the telephone and to drive to the police department. The Placerville Police Department wants to assure everyone that we DO NOT call and ask for money to clear warrants.

These are SCAMS and you are encouraged to call the police department to report them.

For more information or to report a scam, please call the Placerville Police Department Non-Emergency line at (530) 642-5280.

Widowed Person's Club

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, in addition to other activities.

General Meeting Luncheon

Cold Springs Country Club
11:30 a.m. - Cost is: \$14.00

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 a.m. at Waffle Shop Cafe, Placerville.

Also, every Wednesday 9:00 a.m. at Beef & Brew Diamond Springs and 9:00 a.m. at Denny's Cameron Park. For any information, please contact Don 363-7476 or Nancy 622-8276.

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 _____

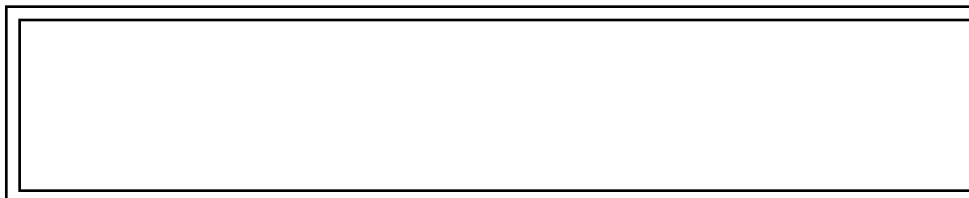
Please sign me up for: 1 year _____ (\$5) 2 years _____ (\$10)

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

Mail to: Senior Times Newsletter
937 Spring Street, Placerville, CA 95667
For questions, call (530) 621-6255. Thank You!

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. Visit: <https://sirinc2.org/branch23/> for more information.

Square Dancing-Main Street Strollers

Meets on Thursdays starting at 6:30 p.m. at the IOOF

POETRY FOR ALL

WE ARE NOW MEETING VIA ZOOM

We would love to see all of you for our Tuesday at Two Poetry Workshop!

Join us on Zoom for Tuesday at Two, a weekly poetry workshop, Tuesdays 2-3 p.m. The workshop is free. Requires basic Zoom skills; email candaceflint@yahoo.com for Zoom invitation.

Food Bank El Dorado County Elder Outreach 2021



What: Senior Food Box Distribution
Where: Food Bank of El Dorado County
4550 Business Drive
Cameron Park, CA 95682
When: Distribution Schedule:
May 5th
July 7th
September 1st
November 3rd
1:00 p.m. – 3:00 p.m.

**Please bring photo I.D. to verify age and residence*

Text
530-556-5909
for more
information



The Elder Outreach program is a unique partnership between the Food Bank of El Dorado County, The Shingde Springs Band of Miwok Indians, and the United States Department of Agriculture. This collaborative outreach provides supplemental, nutrient dense food boxes on a bi-monthly basis to low income seniors 60 years and older. Together we are here to serve and honor our elders.



Food Bank
El Dorado County

www.foodbankedc.org

530- 621-9950

info@foodbankedc.org