

Senior Times

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

DECEMBER 2022

Prescription for a Healthy Holiday Tips to Safeguard Your Medicines

For many people, the holiday season means extra visits with family and friends, creating fun memories, sharing traditions, and enjoying the warm glow of family. With all the decorating and activities, it's easy to let safety slip off your To Do list. But this is an excellent time to make sure powerful medicines don't fall into the wrong hands.

Prescriptions and over-the-counter remedies we rely on can be dangerous to others, and not just to children. It is true that about 60,000 young children are taken to the emergency room each year because they got into medicines left within easy reach. Unfortunately, older kids and teens often experiment with drugs they find in someone else's medicine cabinet.

A surprising number of heroin users started abusing drugs by taking opioid pain killers stolen from a family member. In fact, drug addiction crosses ALL age groups, and it often starts with prescription medicines.

Six ways to safeguard your prescription drugs – and your loved ones:

1. Keep all medicines and over-the-counter items—especially cough syrup, sleep aids, and motion sickness medicine—locked up, or move them to a place where they won't be easily found.
2. Sort through all your medicines and get rid of old or unused ones. The label will tell you how to dispose of them. Ask the pharmacy or police department about "drug take-back" programs for an even safer method of disposal.
3. Keep track of your medicines on a regular basis (weekly), especially opioids or other pain killers, including how many pills you should have.
4. Check around your home for old medicines. Purses, coat pockets, kitchen cupboards, bureau drawers, and hall closets are common places to find old medicines.
5. If you take prescriptions with you when staying in someone else's home, quietly ask your host or another trusted adult to lock them up or find a secure place to store them. Suitcases and purses are not safe places to keep powerful prescriptions.
6. Keep the Poison Help number handy in case of emergencies: (800) 222-1222.

More information on how to avoid becoming and "unwitting supplier" of prescription medications is available from the Food and Drug Administration.

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Please renew your Senior Times subscription for \$5/year. This holiday season, buy a subscription for a friend or neighbor! Go to page 11 for details.

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

Plan for Incapacity Now

By Diana Steele, Senior Legal Services; Edited by Michelle L. Ward and CA Advocates for Nursing Home Reform

Incapacity is the inability to make sound decisions regarding your financial affairs and personal care. The best time to plan for the possibility of incapacity is now, while you are still of sound mind. If you do not plan ahead, once it has been determined that you lack capacity, no one can step in to help you without the time and expense of a court conservatorship. So by planning now, you can help your family avoid many problems in the future.

Financial Management

The two most common and complementary planning documents for future financial management are Living Trusts and Powers of Attorney (POA). If you have real estate or an estate of large value, you may already have or be in need of a living trust. You are the trustee, or manager, while you have capacity, but should you become incapacitated then your named successor trustee has the authority to manage the assets in the trust for your benefit. A Power of Attorney is a separate but broader document that transfers management authority over your non-trust assets should you need assistance. There are many variations of the POA so you should get good legal advice prior to executing such a document. It has the advantage of being relatively simple and inexpensive to prepare, however it can also be easily abused. Therefore it is extremely important to choose your agent wisely and carefully. After all, this person may have full control over all of your finances. This document is best done with an attorney and a notary.

Health Care Decisions

Should you lack the ability to make sound and informed medical decisions and/or decisions about your personal care, then your named agent for health care can make those decisions on your behalf. The California document is called an Advanced Health Care Directive (AHCD). (You will also hear it called a Living Will or a Durable Power of Attorney for Health Care). This document accomplishes two important goals. First, it allows you to name the person who will make your health care and personal care decisions if you cannot. You can also name alternate decision-makers. Secondly, it allows you to express your wishes about the type of care you want. For example, you can express your wishes about life support treatments, control of pain, and organ donation. This document can be witnessed or notarized, and if you are in a skilled nursing facility, the ombudsman must also sign the document.

Other Types of Documents

There are other related documents that are often confused with the AHCD. One is a DNR, or a Do Not Resuscitate order. Another newer form is called a POLST, or Physicians Order for Life Sustaining Treatment. These are both medical orders regarding end of life care, and they are documents you would prepare with your doctor. Neither of these documents allow you to choose a decision-maker. One or the other is done in addition to, not as a replacement of, the AHCD.

MOVIE of the MONTH

Enjoy a **MOVIE** with Friends

Movies at the Placerville Senior Center are held on the 3rd Friday of each month. Movies start at 1:00 p.m. in the Dining Room.

Friday, December 16th, 2022

ELF

Raised as an oversized elf, Buddy travels from the North Pole to New York City to meet his biological father, Walter Hobbs, who doesn't know he exists and is in desperate need of some Christmas spirit.

Starring: Will Ferrell, James Caan, Zoey Deschanel

Bring your Grandkids to our Christmas special! We will have a hot cocoa bar and cookie decorating. This will be a fun event for the whole family!

The End of an Era

It is with great sadness after 50 years, the Placerville Women's Club has dissolved its organization due to several reasons.

These include the lack of participation due to the pandemic, decrease in membership and inability to sustain our program. We were unable to recruit new members that would be able to keep the club functional. It has become impossible to structure our program to meet the needs of a younger generation.

Over the years, the club was able to provide scholarships to high school students as well as students returning to school. It provided a social program including luncheons, games and many friendships that will continue to thrive. We have been able to donate our remaining funds to organizations with similar goals.

Thank you for the many years of community support!

What's Your Favorite Christmas Ornament?

Close your eyes and imagine the most beautiful Christmas tree ornament you can think of. "The shape and style of your favorite ornament is symbolic of what you value most about the holidays," says clinical psychologist Kathy Nickerson, P.h.D. Just read and learn what our favorite tree trim says about the real you!

Is Your Ornament...



Candy or Food-Themed: (like a candy cane, gingerbread man or cupcake)

You're a fun-loving friend!

Whether you prefer a candy cane or gingerbread man, one thing's for sure: "Food-lovers like you are often friendly and fun-loving," says Nickerson, noting it's likely you show your love for friends and family by making them wonderful dishes and desserts. Whether your gathering the game for a festive tree-trimming party or inviting everyone you know to a black tie New Year's Eve soiree, you are the siren of the social scene!



A Tree-Topper: (like a star or angel)

You're an inspiring leader

Stars and Angels, of course, belong on top of the tree! Your preference for the iconic tree-topper shows your confidence and leadership instincts. Rather than set you apart from others you take charge attitude beckons them closer. And just as an angel or star is the focal point of the tree-drawing all eyes up and creating a finished whole-so are you in inspiring star everyone in your circle looks up to.

Ornament cont. on page 4

Preparing an Emergency Plan for Your Unique Needs

Disasters such as hurricanes, floods, fires and other emergency situations are all too common these days. In fact, about 4 out of 5 Americans live in counties hit by weather events since 2007, according to disaster declaration data from the Federal Emergency Management Agency (FEMA). That illustrates how these events can impact nearly everyone and the importance of having a plan.

This is particularly true for older people and people with disabilities. Health issues, mobility concerns and use of assistive devices can create additional challenges during emergencies. However, there are simple steps everyone can take to prepare now for what may come later.

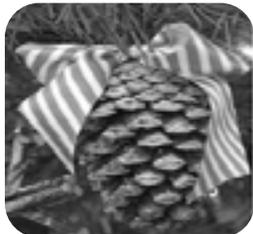
- **Discuss your plan.** Talk about preparedness with friends, neighbors and family members. Contact your city or county emergency management office as well as service providers, such as meals programs.
- **Create a contact list.** Make a list of people and places you can turn to for support in an emergency, including people you may

need to help or notify of your safety.

- **Make a list of all medications and medical supplies.** Keep a list of your medicines, including dosages and allergies, along with other essential supplies like extra eyeglasses, hearing-aid batteries and at least a week's supply of all prescription medicines in your emergency kit.
- **Plan for transportation.** Have a plan in place in case you need to evacuate or get to health care services during an emergency. Know what equipment you need and how you will transport it.
- **Plan for pets and service animals.** Include food, medications and other supplies your pets may need in your emergency kit, too.
- **Pack the essentials.** In addition to your medical information and needs, don't forget essentials such as non-perishable food, water, a weather radio, a flashlight, extra batteries, blankets, cash, extra clothing and personal hygiene items. Keep your emergency kit in an easy-to-access location.

Learn more about preparedness at <https://acl.gov/EmergencyPreparedness>.

Ornament cont. from page 3



Nature-Inspired: (like animals, acorns or holly leaves)

You're a kind-hearted thinker!

Your love of nature ornaments reveals just how emotional and kind you are. In fact, you embody the joy of the season every day of your life-spreading goodwill to human and furry friends alike. A deep thinker, you see the holidays as a celebration not only of family and spirituality, but of nature and the larger world we all share.



Classic or Vintage: (like a classic ball ornament, oval, teardrop or indent design)

You're a sentimental traditionalist!

If you favor baubles that'll never go out of style-from a classic ball ornament to a vintage indent shape (ornaments with a cutout, circular center)- you likely value tradition above all else. "People who are drawn to these shapes like balance in their lives," notes Nickerson. You favor the familiar over the new-especially when it comes to people-which is why you're more likely to be found at intimate holiday gatherings that at glitzier larger events.



Homemade or Customized:

You're a creative caretaker!

When you think of a perfect ornament, you envision the sweetly askew Popsicle sticks of the "sled" your daughter made in kindergarten or the ball ornament you put up every year with Baby's First Christmas written on it. And if you most love that unique-to-your-brood bauble, you're anything by materialistic-for you, family comes first all year-round!

Senior Nutrition

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It's Soup Season

Soups are defined as a liquid dish typically made of meat, fish, or vegetables in a stock or water. From chilis to stews, to basic cream and broth based, soups have been around for ages and can really make cooking a simple task that is both nutritious and delicious. Step one, get a crockpot!

These too have been around forever. The benefit to the

crockpot is that while you are sipping your warm morning beverage you can be creating your afternoon or evening meal. Once you turn it on you literally can "fix it and forget about it".

What goes into the perfect pot of soup?

- 1. STOCK** - Vegetable, Beef, Chicken broths or water.
- 2. VEGETABLES**- Garlic and onion are great starters

for any soup. Carrots, celery, potatoes, and anything else you like, can be added as well.

3. PROTEIN- You can add any kind of cooked meat like chicken, beef, pork, or turkey. OR you can choose vegetarian options like beans, lentils, or even tofu.

4. SEASONING- Your seasoning should be based on your ingredients. There are no-salt seasoning mixes available, as well as individual herbs

and spices that deserve a little experimentation, as well. If you are a novice in this area, I recommend buying a herb and spice seasoning book that will help you pair your foods to their complementary spices.

5. COOK- Preferably on low all day, or crank up that crockpot (or stovetop) to high for a few hours, if pressed for time. Add creams to make it a cream based soup at the end.

Soup cont. on page 8

Senior Activities

Things to Do!

Come visit the Placerville Senior Center to pick up a puzzle, magazine or book.

Save the Date: December 9th- Music in the Placerville Senior Center Dining Room. Enjoy lunch at noon and then stay for a musical performance at 1:00 p.m.

Qigong is an ancient traditional Chinese form of medicine. One may compare it to yoga. Qigong's purpose is to cultivate or practice your chi, chi is your life force, and working with your own chi to build it stronger. Placerville Senior Center every Wednesday at 10:30 a.m.

Poetic License & Poetry in

Motion are back! We'll be meeting around the table in the Game Room, Placerville Senior Center, to share poems. Poetic License will be the 2nd Monday of the month, Poetry in Motion, the 3rd Monday.

Closely Knit Group meets on Thursday's at 9:00 a.m. at the Placerville Senior Center. This group of seniors come together to work on crafts using yarn and stitch work to create garments and other projects.

Want to be creative with your hands? Join the **Pottery Class**. Come by the Placerville Senior Center on Thursdays from

9:00 a.m.- 4:00 p.m.

Resistance Stretching Class

is held every Tuesday at 10:00 a.m. at the Placerville Senior Center. Resistance stretching is not your usual fitness or exercise class. Regardless of your condition, there are ways you can move to help your body heal and feel better. This is a mind-body-heart class to harmonize the entirety of your being. Sometimes we'll work together doing gentle movement for the healing process. Sometimes will work individually. Sometimes we will do rehabilitative exercise to strengthen and reintegrate the injured or damaged parts

to restore function and reduce pain. This is a fun class of discovery for your healing journey. Try it it's not like any class you've had before.

Places to Go!

Are you ready for a vacation?

Collette travels is offering several trips to get you out of the house and motivated to travel again. Call Star (530) 621-6255 for more details or a trip flyer. Trips Include: French Riviera, Painted Canyons of the West, Eastern Canada, Discover Scotland, and Iceland Maginal Northern Lights. Call us now for more information.

UPCOMING COMMUNITY EVENTS

Christmas Holiday Spectacular! December 3rd, 2022, in front of El Dorado Savings Bank at 6462 Pony Express Trail, Pollock Pines. 5:30-6:30 p.m. This annual event which includes Christmas carols, On Stage Production dancing parade, performances on stage, hot chocolate and noshes, handmade crafts to help middle school youngsters earn their way to Washington DC in the spring, and the presentation of 25 to 30 lit TREES FOR TEENS donated by community businesses, organizations, and individuals culminates in the lighting of the grand Pollock Pines Christmas tree! The entire community shows up for this interactive display of holiday spirit! For more information, call Jeanne Harper (530) 613-1332.

Hangtown Christmas Parade- Sunday, December 4th, 2022. Don't miss this year's Parade, featuring floats, decorated vehicles, marching band, and dancers. Santa and all his helpers will be there to welcome you and your family. Parade starts at 1:00 p.m.

Senior Christmas Luncheon- December 9, 2022 at 10:30 a.m. The El Dorado Hills Community Services District hosts the Senior Christmas Luncheon at 10:30 a.m. in the EDHCS D gym, 1021 Harvard Way in El Dorado Hills. Registration required. Visit <https://www.eldoradohillscsd.org/>

Christmas in Coloma- December 10-11, 2022. Join us for old fashioned Christmas fun - live music, warming fires, crafts and games for the whole family, historic house tour, wagon rides and more.

Christmas Concert- December 10, 2022. The Sierra Symphony hosts a Christmas Concert at 4:00 p.m. at the Cameron Park Community Center, 2502 Country Club Drive in Cameron Park. For tickets and more information visit <https://sierrasymphony.org/>

Cantare Chorale of the Sierra Foothills- December 11, 2022. Cantare Chorale of the Sierra Foothills performs holiday music at 3:00 p.m. at the Placerville Seventh-day Adventist Church. 6831 Mother Lode Drive. Tickets are available from Cantare members, online at <https://www.cantarechorale.com/>, by phone at (530) 957-4600, or in cash at the door prior to the concert

Menorah Lighting- December 22, 2022, starting at 6:30 p.m. The El Dorado Hills Town Center hosts the community menorah lighting to celebrate the beginning of Hanukkah. Please join us.

SHAKESPEARE CLUB PRESENTS "AN ENGAGEMENT OF MURDER"

The Placerville Shakespeare Club invites you to join them on Sunday, January 29th for a **Murder Mystery Luncheon** performed by Kathy Drew and her Interactive Entertainment Murder Mystery Players. At 11:00 a.m. the doors will open for socializing, merriment and a tempting Silent Auction. The event will begin at 12:00 p.m. The Shakespeare Clubhouse is located at 2940 Bedford Avenue. Tickets are \$35/person and reservations must be made at (916) 334-5045. Costumes are encouraged.

It is the time of Renaissance – a time when art, science, and literature exploded. Placerville is home to the King and Queen of Hearts and their only son, Royal. Two weeks ago Royal announced he was getting married – but not to the Princess Julianne as the King and Queen arranged. The Queen is not happy about this as he is the future King, and the girl he plans to marry is a commoner who comes from an unknown family in an unknown town. Arguments ensue and the scream of the Queen awake the staff in the castle.

The Queen looks forward to seeing you there. www.placerville-shakespeare.com



Want to give back this holiday season- VOLUNTEER One of the better-known benefits of volunteering is the impact on the community. Volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place.

Commission on Aging Corner

As a senior, we sometimes feel alone or need advice or assistance. In El Dorado County, we have a great support system that provides senior programs which provide these services to seniors. That support system includes volunteers and the El Dorado County Commission on Aging (COA).

The COA is composed of 14 Commissioners who represent all areas of the County and whose primary mission is to work in an advisory capacity to the El Dorado County Board of Supervisors. As such, the COA is the principal senior advocate body in the County and works to promote the independence and well-being of seniors in the community. They accomplish this by advising the Board of Supervisors and working with the Area Agency on Aging Director and the dedicated staff members.

COA Mission:

To Ensure our older adults, especially the frail and vulnerable, have access to services and support that promotes their independence and well being.

COA Vision:

An El Dorado County where all older adults live safe, secure, and productive lives.

COA Core Values:

Advocacy: In that we listen, give voice to, and act to ensure that the needs, desires, and concerns of the older adults of the county are understood and respected.

Advising: In that we act to ensure that the governing bodies

responsible for policy and service delivery organizations responsible for implementation and aligned with the needs, desires, and concerns of older adults.

Adapting: In that we are able to pivot when a new or immediate issue may require our focus and attention, while retaining our strategies and plans.

As mentioned, many of the senior programs offered are supported by volunteers. Because it takes a village, if you would be interested in volunteering in the effort of providing such services, you may call Jordan at (530) 621-6251 to discuss opportunities

If you are interested in learning more about the available programs for seniors, you may send an email to: ssia@edcgov.us or call (530) 621-6369.

The COA holds monthly meetings. Currently, these meetings are held via ZOOM. However, beginning in March, the COA intends to begin holding meetings at various locations throughout the County, and they encourage you, members of the community, to attend. Please call (530) 642-4833 for more information.

This Senior Times column is sponsored by the El Dorado County Commission on Aging as a public service for senior residents of EDC to provide useful information and opinions on current issues and events by Commission members. While many of the articles are written by individual Commission members, they do not constitute the official opinions or policies of the Commission on Aging and are not official statements of opinions or policies the El Dorado County Commission on Aging but the personal opinions of the authors.

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Here's one of our favorite recipes to try:

Potato Leek Soup

4 medium to large peeled and cubed potatoes
2- 14 ½ ounce cans of chicken broth
½-1 cup leeks or diced onion
1 cup half and half (or reduced fat milk)
¼ cup butter (optional)



Add all ingredients, except half and half or milk to a crockpot. Cook on low for 8-10 hours or high for 4-6 hours until potatoes easily break apart with a fork. Use a stick blender or pour into a mixer to puree. Add the half and half or milk and cook on low for an additional 30 minutes. Salt and pepper to taste and sprinkle with chives and a dollop of sour cream or Greek yogurt (Greek yogurt adds protein).

Many Low-Income Medicare Beneficiaries May be Overpaying For Part D Prescription Drug Coverage

Every year hundreds of thousands of Medicare enrollees with the Low-Income Subsidy (LIS or “Extra Help”) overpay for Medicare prescription drug coverage. In 2021, for example, thirteen percent (800,000) of LIS enrollees were expected to pay an average of \$27/month for Part D premiums in plan year 2022 if they did not switch to a premium-free plan. In many cases, the reason these individuals are paying premiums is because they do not understand their benefits as LIS enrollees or because of inertia.

To qualify for LIS/Extra Help in 2022/2023:

- Individuals must have income less than \$1,719/month and assets less than \$15,510
- Couples must have income less than \$2,309/month and assets less than \$30,950

People who qualify for the full Medicare Part D LIS pay zero monthly premiums if they enroll in plans with “benchmark” prescription drug status. Before choosing a Benchmark plan, enrollees should first confirm that all of their prescription medicines are covered by the benchmark plan they choose. In California in 2023 there are 4 benchmark Part D plans:

- SilverScript Choice
- Cigna Secure Rx
- Clear Spring Health Value Rx
- Wellcare Classic

Benchmark plans have premiums at or below a cut-off in each region of the country, which is set yearly by the Centers

for Medicare and Medicaid Services (CMS). LIS recipients who are enrolled in a Part D Prescription Drug Plan (PDP) or a Medicare Advantage plan with Part D premiums above the CMS cut-off must pay the difference between the benchmark premium and the premium charged by the plan.

Sometimes PDPs lose benchmark status. For LIS recipients who were auto-enrolled in a benchmark plan by CMS, CMS will also automatically move these enrollees to a different plan when their current PDP loses benchmark status the following year. However, LIS recipients who pick a plan at any point in their Medicare eligibility (called “choosers”) are not moved automatically if their plan’s costs are above the benchmark in any subsequent year. If these LIS recipients do not affirmatively choose a new benchmark plan, they will have to pay the difference between the benchmark premium and the premium charged by their current PDP.

Choosers receive a notice in early November on tan paper (the “tan notice”) informing them of their new premium and offering them a list of plans available with no premium liability. The tan notice goes to any chooser who will pay a premium for the first time or whose premium will go up. Choosers do not receive the tan notice if they already are paying a premium and that premium stays the same or goes down.

What Medicare LIS enrollees should do:



- Familiarize yourself with the tan notice and understand your options
- If you are enrolled in LIS/Extra Help and are paying a premium for Part D coverage contact HICAP (in El Dorado County: (530) 621-6169) to consider changing to a zero premium Part D plan.

The best time to review coverage options is during the Open Enrollment Period from October 15 through December 7; however, LIS beneficiaries can change plans once every quarter (except the 3rd quarter) each 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 Public Health Emergency, most HICAP counseling is provided by phone. Services are free, unbiased and available by appointment. To request a telephone appointment, call El Dorado County HICAP at (530) 621-6169.

Adapted from article by National Center on Law and Elder Rights

When it snows, you have two choices: Shovel or make snow angels.

~Unknown



Senior SPOTLIGHT

By Mackaela Pedersen

Welcome to the Senior Spotlight of December 2022! Last month, we shined the spotlight on gratitude and heard from three local senior artists on what gratitude has looked like in their own lives. This month, we are turning the focus of this spotlight on two Placerville Senior Center volunteers! Traditionally, the month of December is the season for giving; a time to give back and spread the holiday cheer. We are so thankful and appreciative of all that our volunteers do for the seniors of El Dorado County. Every week, they volunteer their time, effort, and heart to the service of others. As you read about the volunteering experiences of Wynema and Barry, two of the Senior Center's volunteers, consider what you can do this season to give back and make a difference!

Wynema is a volunteer for the Senior Nutrition Program at the Placerville Senior Center. She began her volunteering career at the Lions Hall in Diamond Springs on September 1st of 2009, shortly after the passing of her husband. She would help in the kitchen and set up tables for the 35-60 seniors who regularly showed up for lunch. In March of 2019, she began volunteering at the Placerville Senior Center by serving meals to seniors. During the COVID-19 pandemic, the volunteers began serving meals on a drive-through pick up. Wynema says, "It would be snowing on us, hailing on us, raining on us... you name it, we were out there!" Now that the congregate dining is back up and running, Wynema works the welcome table and helps with clean-up. When asked about why she volunteers, she replied, "I just needed something to do, and I like people. I keep telling them that I'm going to keep doing it until I'm 95! They can bring me in a wheelchair, and I will still do it."

Barry is also a volunteer for the Senior Nutrition Program. After the passing of his wife in 2010 and retiring from a 42-year career at Expo International, a large closeout business, Barry started volunteering for El Dorado Transit and the Upper Room in Placerville but found his "niche" with the Senior Nutrition Program. He started with the program in May of 2011 and has continued to the present day. He serves in several capacities within the program, included hot meal prep in the kitchen, meal packaging, clerical work, and delivery routes. He volunteers 6 to 7 hours, Monday through Friday, and drives 1 to 2 delivery routes

per day. When asked about why he volunteers, Barry responded, "I retired, and I wanted something to do. I worked most of my life and never had an opportunity to give back." One of his favorite aspects of volunteering at the Placerville Senior Center is the camaraderie he shares with the other volunteers.

Without people like Wynema and Barry, the Senior Nutrition Program would not be possible. Volunteerism is an essential asset to the community and, according to Volunteer Hub, has an estimated value of over \$184 billion dollars. Around the holidays, volunteering increases nationwide by 50% (Magelssen). But why do so many people feel the need to "give back"? Well, according to Volunteer Hub, "96% of volunteers reported the action enriched their sense of purpose in life." This benefit of volunteering is especially relevant for older adults who may have lost their other social roles through events like retirement or widowhood. Volunteering can provide a wonderful source for the purpose and belonging that we need. Dr. Allison Russell, a professor at the School of Economic, Political, and Policy Sciences, found that "older adults contribute nearly 2 billion volunteer hours annually."

We are so grateful for our volunteers at the Placerville Senior Center and encourage anyone looking to give back to their community to find opportunities for volunteering this season!

If you or someone you know is a senior (60+ years) and would be interested in participating in a future edition of Senior Spotlight, then please reach out directly to Mackaela Pedersen at (530) 621-6333 or mackaela.pedersen@edcgov.us for a brief interview. Thank you!

Sources: Magelssen, Brittany, and Allison Russell. "Timely Topic: Why Do People Volunteer during the Holidays?" UT Dallas Magazine, 8 Nov. 2021, <https://magazine.utdallas.edu/2021/11/08/timely-topic-why-do-people-volunteer-during-the-holidays/>. Burger, Eric. "40 Volunteer Statistics That Will Blow Your Mind." VolunteerHub, 13 Jan. 2022, <https://www.volunteerhub.com/blog/40-volunteer-statistics/>.



"Volunteers don't get paid, not because they're worthless, but because they're priceless."

~ Sherry Anderson ~

Giving to the Next Generation

Make the month of December a time to reflect on your experiences, while finding ways to give back to the community. From self-expression to self-direction, there are countless ways for older adults to stay engaged and give back to others at the same time. Some of the most rewarding ways to express yourself and contribute to your community involve passing on experiences, wisdom, and skills to the generations that follow.

Everyone has something to share, and these ideas can help get you started.

Mentor. Use professional or personal experiences to guide a child, young adult, or even a peer.
Example: Visit Senior Corps at nationalservice.gov to learn about becoming a foster grandparent.

Engage. Visit a senior center or organize a gathering focused on connecting with others.
Example: Book clubs attract participants of all ages and encourage the exchange of ideas.

Write. Pen an article, op-ed, or even a book to communicate wisdom and lessons learned.

Example: Start with something you know the most about, such as a career, hobby, or historical event, and submit a column to your local newspaper.

Volunteer. Put skills to use while giving back to your community.
Example: Sign up to collect food/clothing donations, serve meals at a local soup kitchen, or help older friends with daily tasks at home such as paying bills.

Teach. Impart expertise via formal or informal education and tutoring opportunities.
Example: Check with local schools that may need reading, math, or science tutors.

Speak. Sign up for speaking engagements, paid or unpaid, as well as storytelling events.
Example: Open-mic events, often at theaters and libraries, welcome speakers of all ages.

Create. Pick a medium and use art to express yourself and share your perspective.
Example: Paint, draw, sculpt, play music, dance, make crafts – whatever suits you.

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

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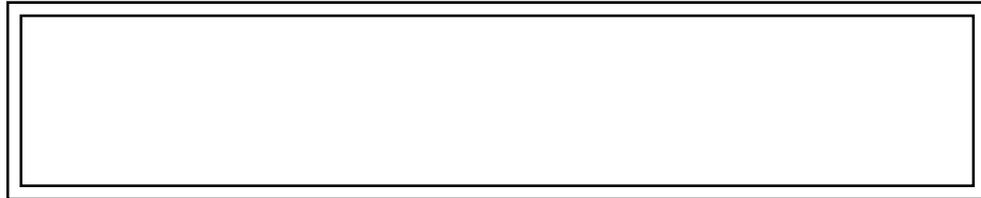
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For questions, call (530) 621-6255. Thank You!

Senior Times

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— COMMUNITY MEETINGS —

My Time Support Group

Meets at the Placerville Senior Center the first Friday of each month. Call (530) 621-6180 for more information.

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.

Strength for the Journey: Surviving Sudden Loss

One of the greatest needs after sudden loss is to be able to talk with others who understand. Weekly share sessions are a meeting of bereaved family and friends. Anyone asking to attend these sessions must first call (530) 306-4699 for a telephone interview.

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.

— POETRY FOR ALL —

Poetic License, a poetry read-round, every 2nd Monday from 10:30 a.m. - Noon. Next meeting: December 12th. All ages welcome. Bring your own poems to share; read from your favorite poets; or just come to listen.

Poetry in Motion, a poetry read-round every 3rd Monday from 10:30 a.m. - Noon. Next meeting: December 19th.

These are FREE events held at the Placerville Senior Center. Bring your own poems to share; read from your favorite poets; or just come to listen. We hope to see you there!

COMING SOON

ROBBY JOE JR.

Performing classic tracks from the 50's, 60's & 70's

Come and join us for a time of music, fun and camaraderie. From Frank Sinatra, Elvis to John Denver—Robby Joe Jr. captures the spirit of these classic performers.

Robby Joe Jr. has been bringing his talent and quick wit to Northern California venues for many years. Please join us for what will prove to be a great event.



Enjoy a selection of Christmas hits at

El Dorado Senior Center

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9 December 2022 • 1PM