

Senior Times

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

DECEMBER 2021

Pioneer Community Energy Service Starts January 2022 For El Dorado County and City of Placerville



El Dorado County and the City of Placerville joined Pioneer Community Energy in 2021 with the intent to give the residents and businesses of their jurisdictions a choice in electric service providers. See a recent article published in the News and Review: http://pioneercommunityenergy.ca.gov/wp-content/uploads/2021/11/NRPubs_PIONEER-Final.pdf

How Enrollment Works

All eligible customers will be scheduled to become Pioneer customers in January 2022.

To ensure fair and equal access to the benefits of community choice for everyone in the El Dorado County and Placerville area, enrollment is scheduled to be automatic – as required by law – but the choice to allow that enrollment to happen is completely a customer’s choice.

INSIDE This Issue

EDC Public Health News.....	Page 2
TED Talks Event.....	Page 3
Senior News.....	Page 4
Nutrition Menu.....	Page 5
Friendship Line.....	Page 6
Community Events.....	Page 7
Fall Prevention.....	Page 8
Medicare News.....	Page 9
Senior News.....	Page 10
Senior News.....	Page 11

Starting in November 2021 and from that point on, eligible customers will be able to exercise their choice of being a Pioneer or staying with PG&E. Here’s how that works:

- 1. To enroll with Pioneer, do nothing. The process automatically completes.**
- 2. To stay with PG&E:**
 - a. Call 844-937-7466
 - b. Visit Pioneer’s return to PG&E page: <http://pioneercommunityenergy.ca.gov/opt-out/>
Solar or Net Energy Metering (NEM) customers will be scheduled to enroll in their true-up months to protect their solar credit cycle.



“I stopped believing in Santa Clause when my mother took me to see him in a department store, and he asked me for my autograph” -Shirley Temple

Senior News

Area Code (530)

Western Slope

Information & Assistance	621-6369
Legal Assistance	621-6154
Long Term Care Ombudsman	621-6271
Senior Nutrition Program	621-6160
Senior Trips & Activities	621-6255
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

El Dorado County Public Health Shares Tips for Safe and Healthy Holidays

El Dorado County Public Health wishes to remind residents and visitors how to stay safe and healthy over the holidays. "The change in season and upcoming holidays prompt gatherings and behaviors that increase many health and safety risks," said El Dorado County Health Officer, Dr. Nancy Williams. "Taking simple preventive measures can reduce the chances of the holidays being ruined by things like improperly cooked turkeys, drunk driving, or respiratory infections, and can also ensure everyone stays safe."



Williams recommends the following basic health and safety tips for the holidays:

- Understand and practice safe food preparation (to avoid gastrointestinal infections),
- Assign a designated driver before consuming alcohol away from home (or use public transportation or a ride-hailing service),
- Wash hands frequently (to avoid infections like norovirus),
- Be aware of dangers and exercise care with regard to children's toys, cooking, Christmas trees, hanging outdoor lights, etc.,
- Keep current on vaccinations (to avoid illnesses like measles, mumps, rubella, pertussis, influenza, some pneumonias, and COVID-19), and
- Stay away from other people when ill (to keep them safe).

According to Williams, COVID remains the biggest worry for many people this holiday season, and for good reason. "COVID is still the biggest infectious disease threat in El Dorado County. Different virus variants have emerged over time. The current predominant variant ('Delta') is more than twice as contagious as earlier variants. It may also result in more severe illness," said Williams. "Even though many people have been vaccinated against COVID, or have been infected with it or both, the Delta variant poses some threat to everyone, and especially to the elderly and people with health conditions that put them at greater risk. For those who were vaccinated in early 2021, we know immunity can wane over time, and booster doses are now recommended. In addition, many people in El Dorado County and elsewhere still remain unvaccinated."

In addition to risks directly associated with the virus, other factors increase the risk of acquiring a COVID infection. "The change in weather and fewer hours of sunshine encourage people to be indoors," said Williams. "The holidays also encourage people to travel and to gather indoors with others. The urge to spend time with friends and loved ones makes it hard to say no to gatherings even when doing so could potentially put others at risk."

Health cont. on page 6

Senior News

3

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!



There will be no TED Talks in December. We will continue this monthly event in January 2022.

See you next month!

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

“CHRISTMAS will ALWAYS
BE AS LONG AS WE STAND
HEART TO HEART AND
HAND IN HAND.”

- Dr. Seuss



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 are necessary and drop-ins are always welcome during Tech Time.

This Month in History

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.

There will be no This Month in History event in December. We will continue this monthly event in January 2022.

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

WALK THIS WAY: Exploring Health Benefits of Walking For Older Adults

By Ajla Basic, Aging & Wellness

For some older adults, walking can lead to health benefits, but this may not be the case for everyone. Some studies are suggesting that higher levels of walking can be detrimental to some older adults. So a group of researchers from the Department of Health & Wellness Design at Indiana University set out to provide insight into how different levels of walking are associated with health benefits for older adults. The researchers differentiated between various intensity levels of leisure walking—light, moderate, and vigorous.

To assess this association, the researchers sampled 4,737 adults over the age of 65 from the 2017 California Health and Interview Survey. All participants were screened for the capacity to engage in leisure walking. Researchers explored the associations of different levels of leisure walking with the mental health and health perceptions of older adults. Leisure walking was evaluated based on the duration and times per week that individual engaged in leisure walking. Researchers found that higher levels of leisure walking led to better health perception and mental health. Specifically, they found that older adults are more likely to have psychological health benefits through participation in moderate and/or vigorous leisure walking than light leisure walking. Researchers believe that this addresses the question of whether leisure walking is beneficial, and which level of leisure walking produces the most rewarding outcomes.

Researchers believe findings like these can lead to very practical implications. Initially, more information needs to be displayed to older adults on the importance of leisure walking, along with helpful resources on how to implement this activity in one's life. For example, activity professionals can create community-based walking programs, and entice participation by allowing older adults to invite friends and family members, who can also serve as a social support system.

Researchers believe community leaders can also design programs to encourage older adults who are currently engaging in moderate leisure walking to increase their levels of intensity to vigorous leisure walking, in order to increase the benefits they stand to receive from the activity.

Visiting Residents in Long-Term Care Facilities this Holiday Season

This time last year the holiday season was like no other with several non-traditional family gatherings, especially for residents living in assisted living facilities or nursing homes who were prohibiting in-person visitation. Last year most residents were only able to enjoy virtual visits with their loved ones or see them through the window. The holidays were very lonely.



However, this holiday season brings hope. This year it is expected to be another step to normalcy. With COVID numbers declining and vaccines widely available, guidelines are allowing visitors into these facilities once again. Facilities must verify that visitors are fully vaccinated or verify documentation of a negative COVID-19 test within 72 hours of the visit. All visitors should be screened for fever and COVID-19 symptoms and should wear a well-fitting face mask while in the facility. We are encouraged by the fact that families can come in and share time with their loved ones.

If you have a complaint or need to reach a Long-Term Care Ombudsman, you may reach us at (530) 621-6271 or our 24-hour State Crisis Line at (800) 231-4024.

Senior Nutrition

5

Menu Design:

Design of any kind takes planning. Just like the art of landscape design. I'm sure you are in awe of all those amazing yards shown on the DIY channels with the big before and after reveals. But how do they get there? Planning. You create a budget. You research the plants that grow in your climate zone. You choose plants you like to look at. Do you want low maintenance or high maintenance? What

kind of watering source will you install? You draw out the design for the space, and finally you plant. It is not a one step process.

The same is true for menu design at Senior Nutrition. Because we are government funded, there are guidelines. We start there. We are required to provide 1/3 of the Recommended Daily Intake (RDI) for vitamins and minerals for the older adult

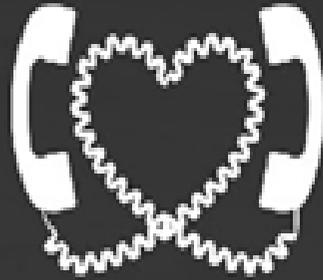
population. More specifically, we must serve a variety of foods, have at least one source of high Vitamin C and Vitamin A foods at each meal, deliver a minimum amount of calcium, a maximum amount of sodium, and a minimal caloric value. In addition, we must provide at least 2 ounces of protein at each meal. To top it all off, we "balance" the amount of carbohydrate foods to accommodate our diabetic population as well. Although

it seems like a hassle, these guidelines are designed to provide science-based advice on what to eat and drink to promote health, reduce the risk of chronic disease, and meet nutrition needs.

After taking these mandates into consideration, we incorporate seasonal fruits and vegetables into the design. So if you are ever wondering why you get served kiwi, pears,

Menu cont. on page 7

Senior News



**Friendship Line
California**

1 (888) 670-1360

 **Institute
on Aging**

 CALIFORNIA
DEPARTMENT OF
AGING

Health cont. from page 2

People who gather with family or friends from outside their own households can take measures to keep everyone safe, even those (such as grandparents) who may be more vulnerable to COVID, says Williams. The following tips are recommended, even for those who have some immunity (from vaccination or from being previously infected), but especially for those who do not:



- Try to avoid possible exposures to COVID during the 2 weeks (and especially during the last week) immediately before your holiday gatherings, such as indoor events or spending time in close proximity to others while not wearing face coverings
- Wear face coverings when you must be in indoor public spaces with other people during that timeframe
- Get vaccinated or a booster dose (if eligible) as far in advance of the gathering as possible. Vaccinations start to work immediately, so it's still worthwhile to get them even if reaching fully vaccinated status won't happen until after your gatherings
- Consider getting tested before you gather with people – antigen testing (within 24 hours before the gathering) or PCR testing (within 72 hours before the gathering)
- Always keep away from others if you've tested positive for COVID (or flu or any other infectious illness), have symptoms, or have been told to quarantine
- Make contingency plans in advance of events so that it's easier to say no if necessary
- Encourage friends and family members to follow these guidelines

UPCOMING COMMUNITY EVENTS

“Home Sweet Home” or “Where to Hang the Holly”

- After 2 years of cancelations due to covid, The Olde Coloma Theatre is back with another melodrama for everyone to enjoy! Show times begin December 2nd at 8:00 p.m. Give them a call to reserve your seat today. For more information, please call (530) 626-5282.

Hangtown Christmas Parade- December 5, 2021. This year's theme is: A Candy Land Christmas.

Christmas in Coloma- December 11, 2021 from 10:00 a.m. -4:00 p.m Join us for old-fashioned Christmas fun including warming fires, music, gift vendors, crafts, wreath making, hot food and beverages, Santa and more! And don't miss the holiday house tour. Many of our historic buildings will be decked out for the holidays with docents sharing the stories of the people and events surrounding that house. \$10 per vehicle day use fee. \$5 per person admission for the house tour. Event is hosted in Marshall Gold Discovery State Historic Park.

Annual Crab & Chowder Gala- December 11, 2021-Doors open at 5:30 p.m. Proceeds benefit the El Dorado County Fair Association. Drive Thru Option is available. For more information and ticket prices, please go to eldoradocountyfair.org.

Jingle! Mingle! Fundraiser- December, 11, 2021. Join the cheer as we get into the holiday spirit at our Jingle! Mingle! Fundraiser. We will have wine and beer tasting, delectable lite bites. Online auction, raffle, Santa, local artisans'wares and more. Adults \$50 (\$60 at the door), Children (12 and under \$10). Hosted by the Assistance League Sierra Foothills. For more information, <https://www.assistanceleague.org/sierra-foothills/>

Christmas Day-December 25th, 2021-Merry Christmas. Enjoy this day with a morning coffee or tea, a brisk walk and a long nap!

Previously Enjoyed Treasures Sale

Join us on December 4, 2021 for the "Previously Enjoyed Treasures Sale" (Winter Rummage Sale) The Placerville Shakespeare Club is hosting a special Winter Rummage Sale featuring festive holiday decorations, as well as many under-the-tree gifts such as books, toys, puzzles and games. There will also be warm winter clothing that includes coats, jackets and sweaters.

This will be a one-day-only sale on Saturday, December 4th, beginning at 9:00 a.m. until 4:00 p.m. at the Clubhouse, 2940 Bedford Avenue, Placerville. Come early for the best bargains and bring your really large shopping bag. Call Merrilee (530) 676-3749 or Darlene (530) 622-5521 for more information.



Menu cont. from page 5

and apples in the fall and winter with strawberries and melons in the summer, it might make more sense. Next up, consulting the kitchen crew who do all the ordering and meal prep. Are there any issues to consider with ordering, inventory, or staff capacity that might impact the meals we serve that month? Finally, we starting writing and eliciting feedback from the consumers (you all). We send out surveys, watch plate waste, answer your calls and emails, and listen to the feedback provided by volunteer drivers and others to further determine necessary adjustments to the menu. Sound complicated? It is, but you are all worth it! □

Despite all our efforts we do realize that not every meal created is loved by all, so we have a “design” for that as well. Did you know we offer four alternate entrees on a daily basis that include clam chowder, lentil or split pea stew, and vegetable lasagna? You must call the day before to request them but they are here for you!

Question, concern, or suggestion? Reach out to me at the email below. Natalie's Email: foodrdnatalie@gmail.com

Senior News

Dignity At Home Fall Prevention Program

Dignity at Home Fall Prevention Program is now in operation. This program is available to residents of El Dorado County that are 60 years or older who would benefit from minor home modifications (grab bars, stair and wall handrails, step modifications, threshold ramps, etc.), in-home assessments, education, and support. Income qualifications do apply



Persons in Household	Annual Income
1	\$50,800
2	\$58,000
3	\$65,280
4	\$72,480

Please call (530) 621-6151 or email us at SSIA@edcgov.us

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.

The Custom of Kissing Under the Mistletoe

The custom of kissing under the mistletoe could possibly be related to a Scandinavian goddess. Frigga, the goddess of love, marriage, and destiny in Norse mythology, is strongly associated with mistletoe, which has been used as a decoration in homes for thousands of years.



According to Scandinavian legend, the god Balder the Beautiful was killed by a spear of mistletoe and his grieving mother Frigg, who banished the plant to the top of trees. When Balder came back to life, Frigg made mistletoe a symbol of love.

In Brittany, France, the plant is known as Herbe de la Croix because it is thought that Christ's cross was made of mistletoe wood.

Mistletoe is associated with many pagan rituals. In fact, the Christian church disliked the plant so much, thanks to its pagan associations, that it forbade its use in any form. Some English churches continued this ban as late as the 20th century. Druids believed mistletoe growing on oak trees was the most sacred form of the plant and that it offered protection from all evil, as well as being the source of much magic.

The early Christian church banned this use of mistletoe because of its association with Druids. The mystery of the mistletoe's method of reproduction led many people to link the plant with spontaneous generation, fertility and aphrodisiacs. In medieval times, women wishing to conceive would wrap mistletoe around their waists and wrists to increase their fertility.

Holly became a Christian substitute for mistletoe, which is why we 'deck the halls' with it. The sharply pointed leaves in holly were supposed to symbolize the thorns in Christ's crown and the red berries were to symbolize his blood.

How Medicare Covers Flu and Other Vaccines

Medicare covers vaccines and immunizations in two ways. Medicare Part D covers most vaccines and immunizations. However, some vaccinations are instead covered by Part B:

- Influenza (flu) shots, including both the seasonal flu vaccine and the H1NI (swine flu) vaccine
- Pneumococcal (pneumonia) shots
- Hepatitis B shots
- COVID-19 vaccines

Part B also covers vaccines after you have been exposed to a dangerous virus or disease. For example, Part B will cover a tetanus shot if you step on a rusty nail, or a rabies shot if you are exposed to a bat.

Let's start with how Medicare covers the flu shot. Medicare Part B covers one flu shot every flu season. The flu season usually runs from November through April. Depending on when you choose to get your flu shot, Medicare may cover a flu shot twice in one calendar year. For example, if you get a shot in January 2021 for the 2020/2021 flu season, you could get another shot in October 2021 for the 2021/2022 flu season.

Next, the pneumonia shot. Pneumonia is an infection that targets the lungs and can cause fever, difficulty breathing, and other symptoms. Pneumonia shots help prevent pneumonia. Medicare Part B covers two separate pneumonia vaccines. Part B covers the first shot if you have never received Part B coverage for a pneumonia shot before. You are covered for a different, second vaccination one year after receiving the first shot. You are not required to provide a vaccination history when

receiving the pneumonia vaccine. You can verbally tell the health care professional administering the shot if/when you have received past shots.

Medicare Part B additionally covers hepatitis B shots if you qualify. Hepatitis B is a virus that attacks the liver and can cause chronic liver disease. Hepatitis B shots can help prevent the disease.

Medicare Part B covers the hepatitis B vaccine if you are at medium or high risk for hepatitis B. If you are at low risk for hepatitis B, the shot will be covered under Part D.

And finally, let's discuss how Medicare covers the COVID-19 vaccines. Original Medicare Part B covers COVID-19 vaccines, regardless of whether you have Original Medicare or a Medicare Advantage Plan. You should bring your red, white, and blue Medicare card with you to your vaccination appointment, even if you have a Medicare Advantage Plan. The Food and Drug Administration (FDA) has approved an additional dose of the COVID-19 vaccine or booster for certain populations. Speak with your doctor to learn more about your eligibility for a third dose or for a booster.

If you qualify for the above vaccines, Original Medicare covers them at 100% of the Medicare-approved amount when you receive the service from a participating provider. This means you pay nothing



(no deductible or coinsurance). Medicare Advantage Plans are required to cover flu shots without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.

Now that flu season is here, it is a great time to schedule your flu shot. Speak to your health care provider about any questions you have!

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

Twas the night before Christmas and all the house.....

10 Secrets of People Who Keep Their New Year's Resolutions

In addition to shopping for gifts and making holiday party plans, the end of the year is also a time when many of us begin thinking about New Year's resolutions. If you fell short of accomplishing your resolutions last year, this might be a bit of a sore spot. Less than 8% of people actually stick to their resolutions each year, according to some estimates, yet millions of Americans continue to set goals with high hopes of a better year ahead.

Whether you want to lose weight, get organized, or achieve anything else in 2022, it's all about sticking to your goals. Here are 10 common traits, characteristics, and habits of people who keep their resolutions for self-improvement.

1. Start with specific micro-goals: Goal-setting and resolutions are typically more of a marathon than a sprint. It's easy to get overwhelmed and give up when your resolution is something big, such as losing 50 pounds, finding your dream job, or traveling around the world. People who actually achieve their resolutions tend to set much smaller micro goals that are ultra-specific and realistic.

2. Set resolutions for the right reasons: It's important to make resolutions that have a deep importance to you rather than things that are expected of you or what someone else wants. Before the end of the year, put some serious thought into what improvements or changes truly matter to you and what you want out of life in 2022. These are the ideas that should guide your resolution-setting behavior, because they are more likely to stick with you and always be in the back of your mind.

3. Document your progress: It's hard to stay focused on goals if you don't see yourself making progress. Writing down your successes and challenges on a regular basis helps you stay focused on keeping your resolutions. Jotting down thoughts in a journal or keeping a simple spreadsheet of milestones allows you to assess where you are in your journey and adjust your efforts accordingly.

4. Practice patience and forgiveness: Even with the best of intentions and motivations, it is all too common to lose sight of resolutions when life gets hectic and your attention is needed elsewhere. It takes time to make lasting change, but sometimes all you need is an unexpected breakthrough to make your resolution a reality. Through the ups and downs, practice patience and forgiveness with yourself, acknowledging that no one is perfect and that you are on the right path.

5. Schedule in time to achieve goals: Time is elusive and often slips away from us with busy schedules and competing interests. Chances are that you schedule in time for work tasks and family obligations, so make this the year that you schedule in time for your resolutions, too. This could mean blocking off an hour each day to exercise, occasionally or declining social invitations to focus on self-care.

6. Embrace the buddy system: One of the biggest mistakes people make when setting New Year's resolutions is trying to achieve them alone. Having a buddy alongside you who has similar goals or simply wants to support you can make a huge difference in whether you achieve your resolutions in 2022.

7. Consider your budget: You could be the most motivated individual in the world and still not be able to stick to your resolution if finances get in the way. As you are thinking about which resolutions to focus on in 2022, consider your budget and current financial obligations. If money is a concern, consider adjusting your resolution of traveling the world to exploring nearby towns you've never visited.

8. Slow down and meditate: It's easy to get caught up in the hustle and excitement of a new year and lose sight of why you set resolutions in the first place. People who stick to their resolutions tend to be good at slowing down the pace of life, which allows for greater mental clarity.

9. Reward yourself for achievements: Resolutions shouldn't be all about hard work and no fun. That's why it's important to reward yourself for achievements you make, no matter how big or how small. If you've stuck to your resolution of saving \$1,000 a month for the past three months, treat yourself by buying something small that you've been wanting for a long time.

10. Ask others to keep you accountable: People who stick to their resolutions ask others to keep them accountable so that it's more difficult to fall back into bad habits. Tell as many people as you feel comfortable with what your resolutions are, and encourage them to check in with you periodically for updates on your progress. Simply knowing that a loved one might ask you about your goal and that you'll feel obligated to provide an honest answer may be enough help you stick to the new goals you've set for yourself.

Home Delivered Meal Volunteers Needed

The El Dorado County Senior Nutrition Program is currently looking for dedicated, caring volunteers for the home delivered meal program. 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 needed for all locations, including: Placerville, Diamond Springs, Pollock Pines, Garden Valley, Georgetown, Cameron Park, El Dorado Hills and South Lake Tahoe.

"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."

To learn more about volunteering for the Senior Nutrition Program, please call (530) 621-6160.



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 at 11:30 a.m., in addition to other activities.

General Meeting Luncheon

December 17, 2021 (because of Christmas Holiday)

Ham with Sweet Potatoes, Salad & Rolls

Cold Springs Country Club

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)

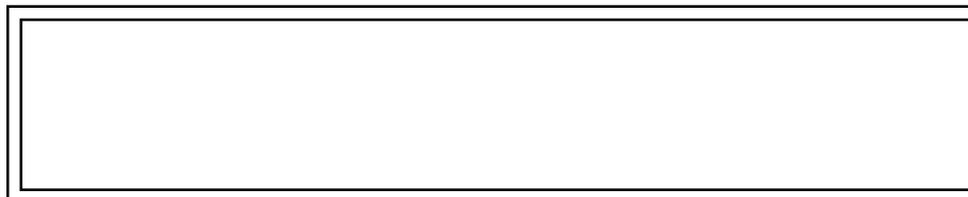
Cash and Checks are Accepted. Please make checks payable to:
"Senior Times"

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.

Dad Was a 1940s Christmas Tree Artist Before the tree went up on their 1940s Christmas, her father took several days to improve on what mother nature had started

Christmas in our family was one of the most exciting times of the year—especially for my brother Don and me. There were always more presents than we could have ever imagined, but almost as exciting was the perfect white Christmas tree.



When we were kids in the 1940s and early '50s, white Christmas trees were pretty unusual. But we always had a white tree, and a perfect one at that. Dad would meticulously choose the most perfectly shaped tree he could find and make it even more perfect at home. It took several days and a lot of effort before that tree could meet Dad's standards.

After attaching the trunk to the base, he would stand back, take a long look at the tree and reach for his saw. First he would remove all the lower branches—creating plenty of room for presents to be placed underneath—and carefully put the branches aside to be used later. He'd step back and walk around the tree several times studying its shape, contemplating his next move.

It was then the real artistry began. Dad would get his brace and bit, choose a bit size slightly smaller than the base of a specific tree branch he had cut off earlier, then push his way through the branches to drill a hole. A chosen branch was pushed into the hole and voilà! A once-bare spot of the tree was no longer bare.

When Dad was done with shaping, he brought out the paint sprayer and loaded it with white paint. He sprayed until every single inch of that tree was white as snow.

Every year it seemed our Christmas tree was more breathtaking than the previous year, looking as if it had been in one of nature's beautiful snowstorms. My brother and I will never forget those perfect white Christmas trees created by Dad in the garage.

Sherri Owens • Cincinnati, Ohio