

Senior Times

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

OCTOBER 2022

Medicare Open Enrollment Period October 15 - December 7

Medicare's Open Enrollment period begins Oct. 15 and ends Dec. 7. During that period, Medicare recipients are allowed to change their Medicare health plans and prescription drug coverage for the following year.

Medicare health and drug plans can make changes each year, including such things as cost, coverage and what providers and pharmacies are in their networks. If you have a Medicare health or prescription drug plan, you should review the materials your plan sends you and make sure your plan will continue to meet your needs in the coming year.

If you need help understanding your plan and other options available to you, there is a free, state-registered nonprofit organization in your area that can help. It is HICAP (the Health Insurance Counseling and Advocacy Program).

HICAP's volunteer counselors can help you decide whether you want to:

- Switch from Original Medicare to Medicare Advantage.
- Switch from Medicare Advantage to Original Medicare.
- Switch from one Medicare Advantage plan to another.
- Switch from one Medicare Part D prescription drug plan to another.
- Enroll in a Medicare Part D plan if you didn't enroll when you first were eligible for Medicare.

HICAP is administered by the California Department of Aging. Its trained volunteer counselors are available in person, by phone or by video-conferencing to answer questions and help seniors and other eligible recipients understand their Medicare rights and benefits.

HICAP counselors can provide information about Medicare supplemental insurance (Medigap policies); Medicare Advantage plans; employee and retiree coverage; long-term-care insurance and how to appeal coverage denials.

To schedule a free, one-hour appointment with a state-registered HICAP Medicare counselor in El Dorado County, call (530) 621-6169.



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**The Placerville Senior Center has Reopened
Senior Activities and Groups!**

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

Aging in Place, A Design for Living

If you have decided that you prefer to “AGE IN PLACE”, that term can have several definitions to different people. Generally it means to remain in a private living situation that is not a “Senior Living Facility” specifically as a senior community, with specific support services for the elderly.

There are substantial benefits to remaining in a private residence as you age. Remaining self-sufficient is a source of pride, it requires that you continue to exercise your judgment and decision-making and provides a sense of autonomy and independence. Further, the financial costs can be much lower than moving to a Senior Community. However, with all of those advantages, one should seriously consider the questions involved. Is your current home accessible or can it easily be made so? Do you have a strong reliable support system of friends, and family? Are you an independent person, who enjoys making life decisions? Is transportation available if you become unable to drive? Is your health relatively good and would you continue to be comfortable living on your own or alone? All of these questions need answers before you can be confident in your decision to age in place.

If you have made that decision, it’s going to be on you to design your home and environment to provide those services for yourself. You will need to consider what must be done to accommodate the onset of medical conditions that are associated with the aging process, including, balance issues, reduced vision, loss of mobility and physical strength. You should consider using “Universal Design”, either on your current home or a new residence.

“UNIVERSAL DESIGN”

The Disability Act 2005 defines Universal Design, or UD, as:

1. The design and composition of an environment so that it may be accessed, understood and used
 - i. To the greatest possible extent
 - ii. In the most independent and natural manner possible
 - iii. In the widest possible range of situations
 - iv. Without the need for adaptation, modification, assistive devices or specialized solutions, by any persons of any age or size or having any particular physical, sensory, mental health or intellectual ability or disability, and
2. Means, in relation to electronic systems, any electronics-based process of creating products, services or systems so that they may be used by any person.

Part of “UD” includes the use of electronic technology in your home. If you are one who has tried to ignore the computer age, it is important for you to understand that activities of daily living can be managed with far less difficulty using “smart technology”. Most of the functions of the modern home can be managed with connected devices, things like door locks, lighting, thermostats, smoke detectors, laundry machines and security systems. Your family, friends or public agencies can be alerted to health or security issues with connected devices.

Free Aging and Caregiver Educational Series Coming to Placerville

The El Dorado County Health and Human Services Agency, Family Caregiver Support Program (FCSP) is pleased to present a free Aging & Caregiver educational series in Placerville in October. The four-week educational series will be held on Thursdays beginning October 6, 2022, from 1:30 p.m. to 3:00 p.m. at the Placerville Senior Center, 937 Spring Street, Placerville, in the dining room. To register for the educational series, or for questions, please call (530) 621-6192.

The series will provide instruction and support for people who care for, or plan to care for, a family member or friend aged 60 years or older. Series topics include:

- **October 6, 2022 – Ten Warning Signs of Alzheimer’s:** Learn about the ten common warning signs of Alzheimer’s Disease, how to approach someone about memory concerns, early detection and benefits of diagnosis, and more.
- **October 13, 2022 – Understanding and Responding to Dementia-Related Behaviors:** This class provides participants with a four-step model to address behavioral aspects of dementia.
- **October 20, 2022 – El Dorado County Senior Services: Information and Assistance:** Learn about the many services and programs available within Senior Services and Older Adult Programs. A question and answer session will be included after the presentation.
- **October 27, 2022 – Financial Power of Attorney, Advanced Health Care Directives & POLST:** This class will include discussion about the legal rights and responsibilities of a health care and/or financial agent, including many other responsibilities associated with the health and wellbeing of your loved one. Includes discussion about Physician Order for Life-Sustaining Treatment (POLST).

Participants of the educational series may attend one or all of the classes. All classes and materials are offered free of charge; donations are gratefully accepted. Light refreshments will be served. The classes will be given by local subject matter experts as an educational opportunity only; no solicitation of services will be presented.

The educational series is provided by the El Dorado County FCSP, in partnership with El Dorado Senior Legal Services and the Alzheimer’s Association of Sacramento.

For information about additional services for older adults and caregivers in El Dorado County, please visit <https://www.edcgov.us/SeniorService.aspx>



Widowed Person’s Club

The purpose of the Widowed Persons Club is to provide a support group for widowed men and women of all ages and provide a wide range of social activities through which they have an opportunity to make new friends and find a new direction in their lives.

General meeting lunches for members and guests are held on the 4th Friday of each month at 11:30 a.m. A social time precedes each meeting. The meetings are held at Cold Springs Country Club in Placerville. The cost is \$16.00 and reservations are required. Regular Breakfasts are held every Tues. morning at 8:30 a.m. at Denny’s in Placerville. For those interested in joining or reservations please don’t hesitate to get in touch with Glenda at (530) 295-8374 or Nancy at (530) 919-8276.

Senior News

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.

October 21, 2022

BIG FISH

A reporter attempts to learn more about his father by finding the truth behind a lifetime of his tall tales and legends of epic proportions. Starring: Ewan McGregor, Albert Finney, Billy Crudup, Jessica Lang, and more! PG – 13, Drama/ Fantasy, Running time 2h 5m



Sierra Renaissance Society

The Sierra Renaissance Society presents “Climate Change” by Steve Schwarzbach. Please join us on Friday, October 21st, from 1:00 - 3:00 pm at the Diamond Springs Lion’s Hall, 4701 Missouri Flat Road. Admission free for members; public invited to attend 2 meetings/ year free. The Sierra Renaissance Society of El Dorado County is dedicated to life-long learning and hosts presentations and workshops throughout the year. For more information, please visit srsedc.org.

Tips for Care Plan Meetings in Nursing Homes

The care plan should document objectives and time frames for meeting the resident’s needs, indicate care goals and services to be provided, and services the resident has refused.



Tips for Care Planning and Care Plan Meetings:

- The quarterly care plan meetings are typically 15-minutes. You need to be prepared, knowing what you want to discuss and what you want to accomplish in the meeting.
- If necessary, you can phone into a meeting or ask to reschedule if you cannot attend.
- It’s especially important to write down your thoughts, ideas, suggestions, needs, etc., to avoid forgetting them in the meeting.
- Talk to your loved one about what she would like to see as part of her care, and their personal concerns about care or life at the nursing home in general.
- Talk with others who have visited your loved one (e.g. family, friends) and get their perceptions of the care your loved one is receiving, the atmosphere in the nursing home, etc.
- During the care planning meeting, ask any questions that you or your loved one want to ask.

And remember, there is no need to wait until the next care planning meeting to raise issues. A good and responsive nursing home should always be available and willing to discuss these issues.

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.

Source: Mass Advocates for Nursing Home Reform

Are you Falling Low on Iodine?

Over seventy-five percent of the body's total iodine is stored in the thyroid gland, allowing it to make the hormones necessary to carry out normal body processes for healing, energy metabolism, and central nervous system function. The World Health Organization (WHO) estimates that nearly 2 billion people worldwide do not consume adequate amounts of

iodine.

When a person becomes iodine deficient the results can range from subtle loss of intelligence to extreme retardation. In fact, recent literature suggests that iodine deficiency is a risk factor for thyroid cancer and may also be linked to prostate, breast, endometrial and ovarian cancers.

Iodine is naturally present

in seawater and in varying amounts in soil. Ideally, we would all consume enough iodine naturally from our foods, but for some of us that don't like seafood or are sensitive to dairy products, that is just not possible.

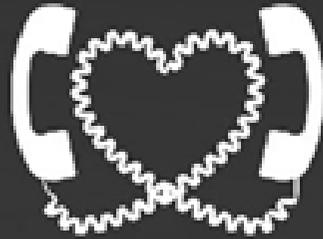
Salt iodization is an important strategy to ensure safe and effective iodine consumption but must be balanced with efforts to control and reduce

overall sodium intake. Most Americans take in more sodium than they need and almost all of it comes from processed foods, which do not use iodized salt.

These so-called "hidden salts" are a great place to trim excess sodium from your diet so that you can safely eliminate salt without negatively impacting your iodine intake. If you were to get all of your iodine

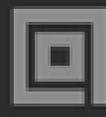
Iodine cont. on page 6

Senior News



**Friendship Line
California**

1 (888) 670-1360

 **Institute
on Aging**

CALIFORNIA
DEPARTMENT OF
AGING

Iodine cont. from page 5

from salt, you would need more than $\frac{1}{2}$ a teaspoon of iodized salt per day. That's two thirds of the recommended daily amount (1500-2000 mg per day) set by the American Heart Association, so it is important to choose your foods wisely.

Take a look at the following table to determine if you are meeting the minimum requirement of 150 micrograms per day.

Food Sources	Iodine (micrograms)
1 cup plain yogurt	99 mcg
$\frac{1}{4}$ tsp iodized salt	71 mcg
1 cup milk	56 mcg
2 slices enriched bread	45 mcg
3 ounces shrimp	35 mcg
1 cup macaroni	27 mcg
1 large egg	24 mcg
3 ounces tuna	17 mcg



Women's Fund Reaches Milestone

On October 6, 2022, the Women's Fund El Dorado will be celebrating its members who have collectively granted over \$1,000,000 to local nonprofits over the last 15 years. In 2007, the Women's Fund was the brainchild of 3 philanthropic women and since that time, membership has grown to fill the Forni Building at the El Dorado County Fairgrounds. The Women's Fund has awarded 97 different grants to 48 nonprofits. We're ready to applaud the accomplishments of our members who made this happen.

The community is invited to help us celebrate our generous members and maybe even consider joining us as we look to the future. Collectively, we continue to improve the lives of all the citizens in our beautiful county. Tickets can be purchased at www.womensfundeldorado.org

UPCOMING COMMUNITY EVENTS

Smith Flat House Presents Pickein' on the Patio—October 6, 2022 from 6-8:00 p.m. Thursday night's music in the courtyard from 6-8pm!! Come join us on our patio! Dinner reservations highly recommended.

Live a Fruitful Life Event by Shari Fitzpatrick, Founder of Shari's Berries —October 15, 2022 from 1-4:00 p.m. Ladies! Save the date! Get your ticket today! Please come to my "Live a Fruitful Life" Experience! A lovely afternoon filled with fancy finger foods, gourmet chocolate desserts and a unique jewelry auction! I'll be your keynote speaker so you're sure to leave inspired and "Grapeful" that you came!!! Only \$20. Invite your friends and family. Tickets are limited. <https://pioneerbiblechurch.breezechms.com/form/e73d380>

Placerville Farmer's Market--Runs through all of October. This market specializes in local fruits and vegetables, sustainable agriculture, and community. Enjoy live music, fresh produce, local vendors and fun for everyone. Call 530-919-5696 or check out the latest info on their Facebook page.

Ladies Valley Landback: Returning Native Lands to Native Hands--October 22, 2022 from 2:00 - 5:00 p.m. American River Conservancy hosts this fundraiser to transfer title of the 320-acre property currently known as Ladies Valley to the care and authority of the Miwok-Nisenan members of Cosumnes Culture and Waterways (CCAWW). With this momentous gift to the indigenous people of the region, the Conservancy is participating in the international "landback" movement. This fundraising experience aims to raise at least \$25,000. The funds will jump-start a living, cultural heritage site where local tribes will build a village of traditional bark houses to once again gather and propagate plants for food, medicine, and craft.

Trunk or Treat—October 31, 2022 starting at 4:30 p.m. Trunk or Treat, a free Halloween Extravaganza! Location: Pinewood Elementary School, 6181 Pine Street, Pollock Pines. 4:30 – 7:30 Lots of games, available snacks, prizes, etc. For more information, call Jeanne Harper (530) 613-1332.

this MONTH in history

This Month in History

If you enjoy history and good conversation, then please join us on the second Tuesday of each month as we will discuss historical events that occurred during each featured month.

This month's topics will include: The Orient Express's first formal journey, Sputnik, The Washington Monument's official opening, The Tremont House, the first two sided vinyl record, as well as facts, quotes, and accomplishments from famous actors, inventors, poets, and writers. Refreshments will be served.

Date: Tuesday, October 11th

Time: 1:00 p.m. - 2:00 p.m.

Location: Placerville Senior Center Dining Room AND ZOOM from the comfort of your home.

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

No computer...attend by phone, please call:
(669) 900-6833

Meeting ID: 960 7202 5325 / Passcode: 275688

Commission on Aging Corner

The California Senior Legislature

The California Senior Legislature (CSL) is a volunteer body whose primary mission is to identify senior concerns and improve the lives of all aging Californians. The CSL develops Legislative proposals and prioritizes them to present them to members of the California State Legislature. The CSL advocates for laws implementing the ideas. They also influence others to be more effective in public policy on behalf of seniors.

The CSL is a State Agency (created in 1982) comprised of 120 volunteers: 40 Senior Senators and 80 Senior Assembly Members. They are elected as non-partisan representatives, supervised by the Advisory Councils in California. In El Dorado County, this is done by the Commission on Aging. Members are elected in even years and serve four year terms.

During the annual October session of the Senior Legislature, hearings on the proposals are held in policy committees of the Senior Senate and the Senior Assembly.

There are five standing policy committees in each house:

- Health
- Finance and Insurance
- State and Local Government
- Housing and Transportation
- Social and Community Services

CSL Accomplishments: Over 200 proposals have been signed into law. They have improved the quality of life for older Californians in the following areas: nursing home reform, adult day healthcare, Alzheimer programs, transportation, elder abuse, Medicare assistance programs, veterans' issues and crimes against the elderly.

El Dorado County (EDC) will have two new CSL members sworn in during the annual session held in late October. We will have a Senior Senator and a Senior Assembly Member. These members will be meeting with senior constituents to develop and draft proposals for the CSL session to be held the following year.

CSL advocacy efforts are funded by direct donations and voluntary contributions to the California Senior Citizen Advocacy Fund (Code 438) on your California Tax Return.

To learn more about the CSL please visit the website at www.4csl.org

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.

Senior Resource Fair Date Rescheduled

Placer Independent Resource Services (PIRS), along with community partners, will host the first Annual Free Senior Resource Fair for seniors with and their families on Thursday, October 27, 2022, from 12:00 to 4:00 p.m.

The Senior Resource Fair will be held at the El Dorado County Fairgrounds, 100 Placerville Drive, Placerville, CA in the Corker Building, you'll have the opportunity to talk with representatives who have many resources to offer in our area who can answer any questions. This valuable information can be used to positively impact your life. Join us as you take this opportunity to explore options for your health, minor home modification, home-care providers, benefits and independent living with peer support. The Senior Resource Fair is an excellent way to find the resources you want for independent living by accessing the resources you need in the area. Come out and follow the signs to learn about resources available to you.

For more information about the Senior Resource Fair, please call PIRS at (530) 497-1700.



Medicare Open Enrollment Workshop Set

A Free, Virtual Workshop for El Dorado County Residents scheduled Oct. 25

A free, one-hour virtual workshop to help Medicare recipients understand what drug plans and Medicare Advantage plans will be available in El Dorado County in 2023 is scheduled for Tuesday, Oct. 25, from 9:30 a.m. to 10:30 a.m. and is open to the public. A one-hour question and answer period will follow the workshop.

The workshop, which will be held via ZOOM, will be presented by the nonprofit El Dorado County Health Insurance Counseling and Advocacy Program (HICAP).

The workshop will help Medicare enrollees prepare for Medicare Open Enrollment, which is Oct. 15 through Dec. 7, 2022. The enrollment period is one of the few times Medicare beneficiaries can change, enroll into or dis-enroll from a Medicare Part D drug plan or a Medicare Advantage Plan (such as an HMO). If switching plans, enrollment in the new plan will take effect January 1, 2023.

In 2022, there are 25 Medicare Part D drug plans and six Medicare Advantage Part C plans available in El Dorado County. The workshop will focus on Medicare options available to El Dorado County residents in

2023. To access the link to the workshop, go to www.HICAPservices.net/events. The workshop will be offered as a webinar with slides, as well as audio-only by telephone. No registration is required. After the workshop, a recording of it will be available at www.HICAPservices.net/events.

“Each year Medicare drug plans can and do change their list of covered drugs or the price of those drugs,” said Rhoda Slagle, Regional Coordinator for the El Dorado County HICAP. “These changes can lead to considerably higher out-of-pocket costs for seniors if they stay with the same plan. Research shows that people who take the time to review their plan choices each year can often significantly reduce their prescription drug costs by switching to a different Part D drug plan.”

“Medicare beneficiaries should be wary of media promotions about specific benefits in Medicare Advantage plans” said Slagle. “Television ads regarding Medicare Advantage plan benefits can be grossly misleading. El Dorado County residents need to know which Medicare Advantage Plans are available in El Dorado County and that some plans may not include all of the benefits promoted in television ads.”

El Dorado County HICAP can help Medicare beneficiaries review either their

Part D drug plan choices or their Medicare Advantage Plan choices for 2023. To receive HICAP assistance

residents of El Dorado County can pick-up and return to the Placerville Senior Center a completed “HICAP/Medicare Worksheet for 2023”. During Medicare Open Enrollment, the HICAP Medicare Worksheets are available at the El Dorado Hills Senior Center, the Placerville Senior Center and the South Lake Tahoe Senior Center. Worksheets are also available by request at each of the six public libraries in El Dorado County. In addition, worksheets can be requested by calling El Dorado HICAP at (530) 621-6169.

Throughout the year HICAP provides free, unbiased, individual counseling about Medicare to residents of El Dorado County. HICAP is not associated with any insurance company. The program works in partnership with older adult programs of the El Dorado County Health and Human Services Agency. For information about other older adult services in El Dorado County, please visit <https://www.edcgov.us/SeniorService.aspx>



VOLUNTEER AARP TAX COUNSELORS NEEDED FOR THE 2022 TAX SEASON

There are a few openings for Volunteer Tax-Aide counselors for the 2022 tax season to provide free personal income tax assistance in El Dorado County, for seniors and low to moderate-income residents under the AARP Tax-Aide program. The program operates February 1 through April 15, 2023. Volunteers are asked to work a minimum of six hours per week. Self-study materials are provided in November. Classroom training on Federal and California income taxes and form preparation takes place in November and January. Computer knowledge is required as all returns are prepared with software provided by the IRS for electronic filing. The AARP Foundation Tax-Aide is presented in cooperation with the Internal Revenue Service and the State Franchise Tax Board.

Please contact George Samaniego, prior to November 1, 2022 at: TaxesElDorado@gmail.com or (916) 933-8537.

Senior SPOTLIGHT

By Mackaela Pedersen

Welcome to the Senior Spotlight of October 2022! Last month, we shined the spotlight on family caregivers and their words of wisdom and experiences gained through caring for their loved ones. They emphasized the importance of having a positive mindset, maintaining social interactions, and finding a supportive community. This month, we are taking a closer look at our need for community by exploring the topic of Human Connection: Our Interdependence. The inspiration for this topic came while speaking with the volunteers and participants of El Dorado County's Older Adult Day Services, also known as The Club, which is a program that provides a fun, safe, and sociable environment for older adults who need care and supervision during the day. They are able to form friendships and participate together in a variety of fun, therapeutic, and engaging activities. In speaking with both the participating seniors and the volunteers of the program, the importance of community and human connection was emphasized unanimously.

Human beings are social by nature, and meaningful human interactions help us to maintain a good quality of life by avoiding the negative effects of loneliness and social isolation. A report published in 2020 by the The National Academies of Sciences, Engineering, and Medicine reports that "24 percent of community-dwelling older adults are considered socially isolated" and "one-third (35 percent) of adults aged 45 and older are lonely." The same report also found that there are significant adverse health effects of loneliness and social isolation. According to a 2015 meta-analysis cited in the report, loneliness and decreased social interaction are associated with a 50% increased risk of dementia (Kuiper, et al., 2015). Another meta-analysis done in 2016 found that poor social interactions and loneliness increase the risk of coronary heart disease by 29% and stroke by 32% (Valtorta et al., 2016a).

Our need for human connection is an indicator of our interdependence for living a healthy and meaningful life. While visiting The Club, I spoke with Mary, one of the participants, who found fulfillment and lasting friendships within the community at The Club. After the death of her husband more than a decade ago, she began volunteering with the program for many years. The compassionate community helped her grieve the loss of her loved one and move forward alongside others sharing similar grief. If asked how she is doing, Mary will always say, "fine as frog

hair split six ways!"

Teresa, a volunteer at The Club who recently suffered the death of her husband, describes the community at The Club as a "family" full of special people. She loves engaging with the seniors there and finds meaningful work in serving them. The Club also offers a variety of games and crafts, which Teresa says helps to keep the seniors mentally sharp and having fun! Another volunteer describes The Club as "meeting people where they are at" and "counteracting isolation." It can be a struggle for elderly adults to find and maintain a safe and supportive community, either as a result of health-related issues or the loss of family and friends. Places like The Club and Senior Centers provide an environment where lonely and/or isolated seniors can find human connection and belonging.

Nancy Wilson, the supervisor at The Club, has worked with seniors for the past 25 years and has been at The Club for the past 7 years. She loves working with the seniors for their genuineness, improv comedy, and frank speech. "They are my favorite people," she says. Nancy also explained that "we are social people" and that places like The Club offer a means for seniors to have a community where they are safe and valued for who they are.

Another aspect of our interdependence is the importance of serving each other and finding meaningful activities to do together. Every volunteer at The Club finds joy and fulfillment in serving the seniors who attend there. Places like The Club would not be possible without the people who volunteer their time, kindness, and companionship. The same can be said for Senior Centers, which provide a variety of group activities and programs for elderly adults to participate in and benefit from. It is also important to keep in contact with family and friends. If someone you know may be in an isolated situation or experiencing loneliness, reach out to them!

Senior cont. on page 11



ROCK & GEM SHOW

Saturday & Sunday
October 15 & 16, 2022

Great Show for
Experienced Rockhounds
&
Fun for the
Whole Family!

- Over 40 World Class Dealers
 - Lapidary Demonstrations
 - Free Kids' Activities and Rocks
 - Geodes - We Will Cut Them for You
- El Dorado County Fairgrounds
100 Placerville Drive
Placerville, CA 95667

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“Community is much more than belonging to something; it’s about doing something together that makes belonging matter.” - Brian Solis, an American businessman.

Topics for future editions: Post-Retirement Career Ideas, Aging: the Good, the Bad, and the Beautiful, Hobbies for the Homebound, and Life After Loss. 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 Cited:

*National Academies of Sciences, Engineering, and Medicine. 2020. Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25663>. Kuiper, J. S., M. Zuidersma, R. C. Oude Voshaar, S. U. Zuidema, E. R. van den Heuvel, R. P. Stolk, and N. Smidt. 2015. Social relationships and risk of dementia: A systematic review and meta-analysis of longitudinal cohort studies. *Ageing Research Reviews* 22:39–57. Valtorta, N. K., M. Kanaan, S. Gilbody, S. Ronzi, and B. Hanratty. 2016a. Loneliness and social isolation as risk factors for coronary heart disease and stroke: Systematic review and meta-analysis of longitudinal observational studies. *Heart* 102(13):1009–1016.*

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)

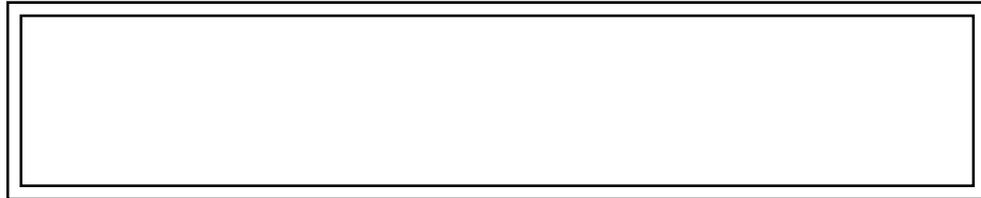
Cash and Checks are Accepted. Please make checks payable to:
“Senior Times”

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
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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.

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. 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.

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!

Activate Consciousness for Healing (Qigong)

Each one of us has a consciousness within us that has access to the wisdom of the universe and already knows how to optimize our health and harmonize our relationships, but we have forgotten how to access that wisdom. When we lose touch with our true self wisdom, we can come to think we are just this body that hurts or no longer works so well. Sometimes we get lost in our thoughts, judgments, and beliefs. At that point, we become dependent on others for our health and happiness. When doctors' pills and treatments fail, we don't have other options. When relationships aren't happy we have nowhere to turn. Actually, you have unlimited energy for healing your body mind and heart. In this class, we will practice tapping into your unlimited source, and learn to improve our health and relationships and enjoy life.



Each week in Activating Consciousness for Healing. We will explore, step by step the process and practice of activating the true self for our own health and well-being. Each class includes movement to open the body/heart/mind, guidance to connect with the true self, and a healing session. Guided meditation, and gentle movement engage and activate the true self to heal and love all aspects of our lives. It is never too late to recognize the clear loving observer that we are.

Classes are every Wednesday at 10:30 a.m. at the Placerville Senior Center. No equipment is necessary. No fee for the class, but donations are accepted.

Even if you are very conscientious about taking care of your health, you may not realize how important to physical health your consciousness really is. Everything is Energy. Energy and matter are constantly (at the rate of a kagillion times per second) trading places with one another. Energy has three states: Matter, Energy, and Information. Information is what determines the difference between the elements or between a monkey and a fish or a human. It follows that consciousness also determines your level of input and creativity in your own health and vitality, so why would you choose to leave it out of your health and healing? The practice of developing our consciousness not only brings a sense of well-being to life and relationships, but cannot help but improve one's physical health as well. This is true whether you just want to relax and manage neck and shoulder tension, or you are confronting a very serious condition. Activate your consciousness for health, happiness, and deep fulfillment of life.