

Aging Well

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY

More Energy,
More Flexibility
with Jose Romero

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Great People Connecting Communities

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www.TheUnion.com

Great People Connecting Communities

On the cover

Read on page 8

More Energy, More Flexibility with Jose Romero

Jose speaks with us about his journey from Spain to the U.S.,
and his love of working with older adults on their fitness goals.

Photography: Jose relaxes after a workout.



Handmade Harvest Craft Fair & Open House!

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Friday, November 20th | 10:30am - 2:30pm
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You're invited! Enjoy holiday crafts, clothing, jams and jellies, local honey, jewelry, pies, cookies and other baked goods, spices, handmade soaps and more! While you shop, enjoy a cozy fall buffet lunch in our dining room with favorites like grilled cheese and tomato basil soup, beef stew with cornbread, chicken noodle soup and salad.

Please RSVP by calling 844-902-2494.





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No one has to face life's most challenging chapters alone. Foothills Compassionate Care is a community-based, nonprofit organization providing accredited hospice, palliative care, bereavement and caregiver support, and community education.

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Find Local Resources for

- **Older Adults**
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- **Caregivers**



-  **Call: (800) 655-7732 or 2-1-1 Nevada County**
-  **Click: www.211nevadacounty.org, for the Aging and Disability Resource Guide**
-  **Visit: FREED, 435 Sutton Way
Grass Valley, CA 95945**





**NEVADA
COUNTY**
CALIFORNIA

**Adult
Services**

530-265-1639

In Home Support Services Program

The In-Home Supportive Services (IHSS) program provides in-home assistance to eligible aged, blind, and disabled individuals as an alternative to out-of-home care and enables recipients to remain safely in their own homes.

Who is it For: Eligibility criteria for all IHSS applicants and recipients:

- You must be a California resident.
- You must have a Medi-Cal eligibility determination.
- You must live at home or an abode of your own choosing (acute care hospital, long-term care facilities, and licensed community care facilities are not considered "own home").
- You must submit a completed Health Care Certification form.

How the program works: A county social worker will interview you at your home to determine your eligibility and need for IHSS. Based on your ability to safely perform certain tasks for yourself, the social worker will assess the types of services you need and the number of hours the county will authorize for each of these services. This assessment will include information given by you and, if appropriate, by your family, friends, physician, or other licensed health care professionals.

A completed Health Care Certification (SOC 873) must be received by the county prior to authorization of services.

You will be notified if IHSS has been approved or denied. If denied, you will be notified of the reason for the denial. If approved, you will be notified of the services and the number of hours per month which have been authorized for you.

If you are approved for IHSS, you must hire someone (your individual provider) to perform the authorized services. You are considered your provider's employer and, therefore, it is your responsibility to hire, train, supervise, and fire this individual.

Please reach out to Connecting Point for assistance.

Understanding IHSS: A four-part video series is designed to provide introductory information about the IHSS program.

- Introduction to the IHSS Program
- Understanding IHSS Eligibility and the Application Process
- Understanding IHSS Recipient and Provider Responsibilities
- Understanding the Needs Assessment
- How are IHSS payments made?

You can find these informational videos @ <https://www.cdss.ca.gov/in-home-supportive-services>

Needs Assessments: IHSS assessments are completed during home visits at the initial intake assessment and annual reassessments. Recipients may request a reassessment of need at any time if their needs or circumstances change. County social workers continuously monitor recipients' cases and have frequent contact with recipients to ensure their needs are appropriately met through program services. IHSS social workers complete a needs assessment for each applicant or recipient using the following criteria: the Functional Index Rankings, the Annotated Assessment Criteria, and the Hourly Task Guidelines (HTGs).

Service Authorizations: Service authorizations are assessed during the needs assessment, which is a comprehensive review of the recipient's medical history/diagnosis, medications/purpose, emergency contacts, physicians' information, household composition, functional index rankings, mini-mental health assessment, necessary referrals to Adult Protective Services (APS), Child Protective Services (CPS), Fraud, community services, etc., language preferences and whether an interpreter is needed, and a full biopsychosocial assessment. The social worker needs to document all service needs and justify service authorizations in the case narrative.

How to Apply: To apply for IHSS, please call Adult Services at 530-265-1639.

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**Supporting Independence.
Connecting You to Help.**

IHSS AND 211 SERVICES

At Connecting Point, we believe aging well means having the support, resources, and connections you need to remain safe, independent, and engaged in your community.

In-Home Supportive Services (IHSS)

For eligible older adults and people with disabilities, IHSS provides assistance with everyday activities that can help individuals continue living safely in their own homes. Connecting Point serves as Nevada County's IHSS Public Authority, supporting both IHSS recipients and care providers. Through the IHSS Registry, we help connect recipients who need in-home assistance with enrolled providers available to work. IHSS providers can assist with authorized services such as personal care, meal preparation, shopping, household tasks, and other activities that support independence at home.



Not Sure Where to Start? Call 211

As needs change, knowing where to turn for help isn't always easy. 211 Connecting Point provides free, confidential information and referrals to help older adults, caregivers, and families connect with local resources. Whether you're looking for transportation, food assistance, utility support, caregiver resources, health and wellness services, benefits assistance, or other community programs, our 211 team can help you find options that meet your needs. 211 is free, confidential, and available to everyone. One call can help connect you with resources for yourself, a family member, a neighbor, or someone you care for.



Connect With the Support You Need
Dial 211 to connect with local resources and support

More Energy, More Flexibility with Jose Romero

By Hollie Grimaldi Flores

Spend just a few minutes with Jose Romero and you will easily understand why he has been voted “Best Personal Trainer” by Union readers, not once, but twice! The certified Pilates instructor and personal trainer has a love for what he does and a strong belief in those he works with.

Born in Madrid, Spain, Romero first trained as a flight dispatcher, but the career choice did not suit him. Leaving his home country to take a job at a Women’s Clinic in Miami, he said neither the city nor the job suited him, and he began looking for a change.

After 2020, a friend who was travelling in Northern California suggested he visit, and the rest, as they say, is history. “I was looking around and it reminded me of my home country,

“Some people want to be fit. They want to feel stronger. Other people want less pain or more balance. It’s all good things.”

—Jose Romero,
Personal Trainer

the Northern part of Spain, and I suggested to my wife, we give it a try.”

A meeting with Roxanna Cohen (owner of Pilates Place) and her husband cemented the deal. The business runs out of Body Logic on Maltman Drive in Grass Valley. It’s a good partnership as people leave physical therapy, many continue to work on their physical fitness, and he believes Pilates is a good choice.

Romero was a body builder when he was young which taught him physical fitness is about more than just muscle, “It’s not just about



Jose working with Marilyn Blom

muscles. It’s how you live, how you move and how you feel. And I think that is the most important thing.”

In 2013, he began learning about Pilates, fell in love with it. He said, “I was born for this. I love what I am doing.”

He said taking care of our mind-body connection is the most important. “It’s more than core. It’s mind. It’s body. It’s mobility, flexibility, lengthening, posture, balance — it’s all good things. We have this little muscle that helps you, balances you and stabilizes you. For me it’s the best thing everyone can do as a base and then you can do the rest.”

While Romero works with all ages, he finds he likes working with seniors best. With a

history working in a clinic for seniors and later at a gym with Silver Sneakers (a program that provides low cost or free classes for seniors), he said he could quickly see the impact the classes made, “You can see results faster and have them feeling better and living better, without pain sometimes,” he said.

People try Pilates for a variety of reasons Romero shared, “Some people want to be fit. They want to feel stronger. Other people want less pain or more balance. It’s all good things.”

People come to him with an array of issues and goals. The frequency of classes varies based on the goal. “I have people who want to be stronger, and I have people who

come with lower back problems who want less pain.”

While Romero specializes in working with seniors, his clientele ranges from 18 to be-

“People don’t even walk! Not walking an hour a day is bad. It’s not that you need to walk an hour a day to be fit. You need to walk an hour a day to be normal. Your joints have to move.”

—Jose Romero,
Personal Trainer



Jose working with Roz Burgan

yond 80. But it is not a one size fits all program, "...it's different worlds completely. You have to adapt and go through progression. I am a fan of progression. You start small. It's hard to say but sometimes less is more. Really, you have to give the body what it needs."

He emphasizes how much he loves this country, but if he has one issue it's that people don't move! People really need help with physical fitness, "People don't even walk! Not walking an hour a day is bad. It's not that you need to walk an hour a day to be fit. You need to walk an hour a day to be normal. Your joints have to move."

Every person he works with goes through an assessment before they begin any type of training. "We don't take people just walking in and working out. I don't believe that. And it's one of the things I love about Roxanna, because she is a physical therapist also (and feels the same way). The assessment and progression are so important."

Pilates Place offers an Introductory Special

"You have to feel good when you finish a Pilates class or a private lesson. If you feel exhausted, for me, it's not about that."

—Jose Romero,
Personal Trainer

which begins with that required evaluation, he said, "There we can see range of motion, flexibility and balance, strength, etc. and from there we decide where it is best for you to start." He said you have to learn how to move and create a good foundation.

Romero likes to work in small or private classes. After working out, one can expect to notice results but Romero shared that pain should not be part of it. "More energy, more flexible, stronger, less pain and that is really important in this community, actually! It's a tricky expression "no pain no gain". I don't

really like the expression, because you can work really hard without pain and without suffering."

He said it's easy to make people feel sore after a workout but that is not what a good workout is about. "It's so easy to make you sore, from my perspective, that's the easy part. You want to feel your abs, I can make you feel your abs the next day, but that is not what it is about" he said. "You have to feel good when you finish a Pilates class or a private lesson. If you feel exhausted, for me, it's not about that."

For Romero, exercise and specifically Pilates, is so much more, "It's about quality of life. To be more functional to do the tasks of your life. That is what it is about."



Jose working with Kathy Bringhurst



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Nevada County Consolidated Veterans Council



Serving our Veterans and the Community

If there is a common thread to all the Vet organizations in this Council it's that our primary goal is to take care of our fellow Vets, their families and the community. It's just outstanding that we get to team with many other individuals and organizations in Nevada County to make that happen.... Teamwork!

In October the Nevada City Elks Club, a BIG Vet supporter, will be partnering to help us take care of those that have issues with health, housing and need just a good mental refresh. You can help by contacting the Club and donating. Thank You Elks!

The VSO is bringing in our 4 legged pals and Sammie's Friends to help bring stability and health to Veterans while at the same time helping stabilize those four legged buddies with their own problems. What goes round, comes round. Can you help a dog? Do that and you'll wind up helping a Veteran. Billy the rescue dog says WOOF WoofF Woooff!

Contact Catherine Morris
530 471 5041

Call the Elks at 530 265 4920

"I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with Liberty and Justice for all."

In November American Legion Post 130 will stage the traditional Veterans' Day ceremonies on November 11th. This year we also celebrate our Home Town Heroes and families, our 250 years of greatness, and thank you for helping us help others this entire year. This has been a challenging year but when we work together nothing stops the American spirit and abilities.

Join us at 10am at the Grass Valley Veterans Hall. Enjoy the ceremonies and then the entertainment starting at 11am. Have a little something to snack on..... **All FOR FREE**



Nevada County Veterans Services Office
988 McCourtney Rd
Grass Valley
(530) 273-3396

WEB site
ncvso@nevadacountyca.gov



Post 130
255 So. Auburn St
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gvlegionpost130.org

WEB site



VVA 535
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WEB site

Daily Dietary Habits That Can Benefit Seniors Over the Long Haul

Food fuels the body throughout the day, ideally providing the energy people need to make the most of each day. But the foods people eat are more than just fuel. Indeed, a delicious meal is hard to forget, and that underscores how significant a variable flavor can be when people choose the foods they eat.

Flavor is certainly important when choosing and preparing meals, but it cannot be the only variable that determines what people eat. That's true for everyone, and especially notable for seniors. Age-related changes to the body should affect seniors' approach to diet. The National Council on Aging notes that metabolism slows as bodies grow older, which means seniors require fewer calories to fuel their daily activities than they needed when they were younger. That's just one of the many notable things seniors should consider when designing their daily diets.



The National Council on Aging notes that metabolism slows as bodies grow older, which means seniors require fewer calories to fuel their daily activities.

The American Heart Association notes the importance of incorporating fruits, vegetables, whole grains, dairy, and proteins into daily diets.

Plan a well-rounded diet. School children learn the basic food groups as youngsters, and it's good for seniors to keep those long-ago lessons in mind when planning their daily diets. The American Heart Association notes the importance of incorporating fruits, vegetables, whole grains, dairy, and proteins into daily diets. In regard to dairy, the AHA advises consuming the equivalent of three cups of low-fat (1 percent) or fat-free dairy each day. When picking a protein source, the AHA identifies eggs, fish, lean meat, legumes, nuts, and poultry as healthy and protein-rich foods. Even polyunsaturated and monounsaturated

oils like olive oil and peanut oil can be healthy.

Resolve to read more labels. Aging adults need not study nutrition to identify what they're putting into their bodies each time they take a bite. The NCOA notes that food labels are useful sources of information that can indicate how much fat, sodium and added sugars are in a given item. Seniors should be especially vigilant when trying to avoid foods that contain a lot of added sugars, which can contribute to weight gain. That's notable given seniors' naturally slower metabolisms.

Practice portion control. It's not necessarily the foods seniors eat but how much they eat that can derail their efforts to maintain their overall health. Seniors' recommended daily calorie intake varies by both gender and activity levels. Guidelines from the U.S. Department of Health and Human Services notes

women 61 and over who are moderately physically active should consume roughly 1,800 calories per day, while those living an active lifestyle are advised to eat around 2,000 calories per day. Moderately active men age 66 and older are advised to eat 2,400 calories per day, while active men between the ages of 61 and 75 should aim for 2,600 calories per day. When reading food labels, pay attention to calories per serving, as that can act as a useful guide to control portions. The National Institute on Aging recognizes it can be hard to control portion sizes when dining out, and recommends seniors share an entrée or order from the appetizers menu when picking their main course.

The right daily dietary habits can help seniors live longer, healthier and happier lives, and picking the right foods does not require sacrificing flavor.

Nevada County's 4th Annual Health Fair

Free Admission

The Nevada County Health Fair will return Wednesday, October 14th, to offer a one-stop shop for health care resources for seniors, those with disabilities, and the caregivers who aid them.

This is the 4th Annual Senior Health Fair with around 50 vendors being represented, guests will receive a goodie bag upon entry, which will include the 2026-27 Nevada County Elderly Care Provider Coalition's Guide, a resource listing providers of different facets of Senior care serving Nevada County.

Tables will be staffed by vendors like Connecting Point/211, Sierra Services for the Blind, FREED, and Foothills

Compassionate Care, VA, almost every business that concerns seniors will be there: both non-profit and for-profit.

The county nurses will be giving free flu shots and Dokimos will be there giving COVID vaccinations but call them before hand to schedule a time. Gold Country Audiology there too, checking hearing and Ponderosa Physical Therapy will be checking balance. With 50 vendors there is something for everyone.

"In the almost 30 years of helping seniors the #1 thing I tell people is we don't know what we don't know." Says Theresa Ginotti-Haleen, chair of the ECPC. "That is why I brought the Senior Health Fair to Nevada County.

This Health Fair provides the opportunity to find support resources available within our county for ourselves, our families, and our friends. As navigating resources during a crisis can be challenging and often the case, engaging with services proactively ensures you are well-prepared.

Entry to the Nevada County Health Fair is free, and there will be snacks to enjoy. The Fair will take place Wednesday, October 14th, from 10:00 a.m. to 2:00 p.m. at the Gold Miner's Inn, 122 Bank Street in Grass Valley. Nevada County Connects will be offering free rides to the event.

October 14, 2026

10am - 2pm

Gold Miner's Inn

122 Bank St., Grass Valley

For Older Adults & People with Disabilities

40 Local Resource Providers including Nevada County Adult & Senior Programs, FREED, Hospital services, Non-Profit & Businesses that provide services and resources for older adults and more....



Please enjoy this Aging Well crossword puzzle

Brought to you by The Union

Down:

- 1. Old-fashioned place to buy ice cream treats and drinks
- 2. Outdoor platform for musicians
- 3. Traditional white yard fence
- 4. Public telephone that accepted coins
- 5. Footwear used for recreation on wheels
- 9. Colorful glass balls used in a game
- 11. Outdoor clothes-drying line
- 12. Music disc played on a turntable
- 15. Person who once delivered dairy products door-to-door

Across:

- 6. Hanging outdoor seat
- 7. Outdoor movie theater popular in the 1950s and 1960s
- 8. Friend with whom you exchanged letters
- 10. Entertainment program heard before television became common
- 13. Container for recipe cards
- 14. Children's playground game
- 16. Machine that played songs in diners
- 17. Classic American restaurant
- 18. Device used to play vinyl records

Please read clues to solve the puzzle

BRAIN BODY BALANCE FITNESS

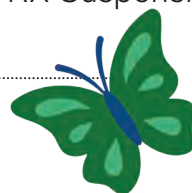
At Brain Body Balance Fitness we show you ways to work smarter, not harder, to achieve improvement in overall wellbeing by strengthening neural pathways through adaptive movement.

Brain Body Balance Fitness collaborates with any health professional to ensure safe, effective progress on your healing and strength journey.



About Tara Kelly

Founder & Expert Trainer Tara Kelly is a long-time personal trainer with a passion for helping others achieve their best lived life at any age. Her certifications include National Association of Sports Medicine (NASM), Parkinson's WISE MoveSmart, Functional Aging Specialist, TRX Suspension Training, B3 Sciences Coach, plus several others.



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