

Summer 2024

# *Ageing Well*

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY



**Sierra Gold Senior Community Center  
Opens its Doors to All**

**THE UNION**  
www.TheUnion.com  
Great People Connecting Communities

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*Aging Well*

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY

Publisher  
**SCOTT CONLEY**

Director of Advertising  
& Production  
**STEPHANIE AZEVEDO**

Special Publications Editor  
**DORA SCOTT**

Multimedia Advertising  
Consultant  
**JILL COLLINGS**

Design Lead  
**JACOB LAFLEUR**

**THE UNION**

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*Great People Connecting Communities*

## On the cover

Read on page 14

Sierra Gold Senior Community Center  
Opens its Doors to All

**Photography:** Elias Funez

# When choosing a hospice provider, the choice is *yours*.



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**530-272-5739 [hospiceofthefoothills.org](https://hospiceofthefoothills.org)**

*Funded by the community, for the community.*



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This is what Sunnyside Senior Transition Services and Trotter Properties does for you.  
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This is what we offer and have perfected:



**530-816-0007**

Colleen@Trotterproperties.com

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- Organize and sort possessions
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- And Much More!



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Steve@Trotterproperties.com

Broker BRE# 01477571

- Create a market analysis of your home
- Present the best marketing plan
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- Create a strong MLS profile
- Post your home on all internet home sites
- Remove any hazardous waste
- 1 free junk removal truck \$725 value
- Free move out cleaning \$500 value
- And Much More!

If you are looking to downsize your home or move to a senior community, give us a call for a free consultation and see how one call really does it all!





**NEVADA  
COUNTY**  
CALIFORNIA

# Adult Services

**530-265-1639**

## BRAIN HEALTH RISKS

Genetic risks to brain health are inherited, but the lifestyle and environmental factors you control may be changed to help overcome some of these risks and help maintain brain health.

### Accidents

**THE RISK:** As we get older, the risk of falls and other accidents that can cause brain injury increases.

**REDUCE IT:** Exercise to improve balance, wear safety belts and helmets, get an eye exam, make sure your home is safe, and get enough sleep.

### Alcohol

**THE RISK:** Consuming alcohol can impair communication among brain cells and affect your balance, coordination, memory, and emotions.

**REDUCE IT:** Older adults should be especially careful because medicines can interact with alcohol. Either don't consume it or follow the Dietary Guidelines for Americans 2015-2020, which describes "moderation" as up to one drink per day for women and two drinks per day for men.

### Smoking and Related Risks

**THE RISK:** Smoking and other pollutants can affect your health, including your heart and lungs.

**REDUCE IT:** If you smoke, quit. Consider how to limit your exposure to air pollution from fires (including fireplaces and candles), vehicles, and industrial areas.

### WHERE TO BEGIN

There are many things that can affect brain health. Start with one small step in the right direction:

- Schedule a health screening or physical exam
- Review your medicines with your health care provider
- Add one daily serving of vegetables to your diet
- Start a food, activity, or health journal
- Find your community center's activity schedule
- If you are a Medicare beneficiary, schedule an Annual Wellness Visit

### Medicines

**THE RISK:** Some medicines—on their own or when combined with other things—can affect the way your brain functions.

**REDUCE IT:** Talk to your health care providers about all prescription and over-the-counter drugs you take. Follow instructions and take medicines safely.

### Health Conditions

**THE RISK:** Conditions like heart disease, stroke, high blood pressure, diabetes, and sleep problems can affect brain health.

**REDUCE IT:** Manage your cholesterol and blood pressure, exercise, eat healthily, and get recommended health screenings. If you smoke, quit. If you drink alcohol, limit consumption. Get enough sleep and seek help for sleep problems.



**REGULAR  
HEALTH  
SCREENINGS  
MAY IDENTIFY  
WAYS TO IMPROVE  
BRAIN HEALTH.**



# Nevada County's 2<sup>nd</sup> Annual Health Fair

**Free  
Admission**

**October 9<sup>th</sup>  
2024**

**10am - 2pm**

**Gold Miner's Inn  
122 Bank St.  
Grass Valley**



## **Sponsors**



Dokimos  
Pharmacy

## **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....**

### **Health Screenings**

- **Flu vaccinations**
- **Audiologist**
- **Blood Pressure Check**
- **Balance Evaluation**

**Call 211 to register for vaccinations after Sept 1<sup>st</sup>**

**Nev. Co. Connects rides will be free to this event!**

**Raffle Prizes!!! Snacks!!!**

# “Two new life-changing locations



## ...one for people and one for wood”

### What a difference each will make to local seniors and to the entire community!

We moved into the long-awaited Sierra Gold Community Senior Center on July 1. Purchased in 2020 and located at 231 Colfax Avenue in Grass Valley, the center is destined to change the lives of Nevada County’s many seniors, as well as all its residents. How?

Seniors will enjoy congregate lunches in the spacious, remodeled dining room, with nutritious, homemade meals prepared in the brand-new commercial kitchen. Meals on Wheels will operate from here, as well. There’s also an irresistible variety of classes and activities on offer. Learn Spanish. Get flexible with yoga or qigong. Play poker or mah-jongg. Join in everything from art to dog training to cell-phone training. Visit [www.goldcountryservices.org/activities-classes/](http://www.goldcountryservices.org/activities-classes/) for the complete schedule.

While all are reasonably priced, for you they’re 50% off, once you become a member. Phone Carrie Carpenter, Senior Center Operations Coordinator on 530-273-4961 or visit [www.goldcountryservices.org/become-a-member/](http://www.goldcountryservices.org/become-a-member/). An official ribbon-cutting ceremony and grand opening is planned for Thursday, August 15, from 5:00 p.m. to 7:00 p.m.

Important as it is for seniors, the community senior center is also for everyone. During emergencies, it’s a place to go to stay cool, keep warm, and have access to important, timely information.

### Moving a “mountain” of wood to another new address

Our Senior Firewood Program changed its address recently, due to an early lease termination. Suddenly, all the supplies from the wood yard we had used since 2018 had to be removed. All the cords could have formed a virtual mountain. Thanks to our Firewood Program volunteers, our staff, board and our big-hearted community, we did it! The all-out, action-packed effort resulted in deliveries going out to senior clients early this year, ready to provide warmth for next winter. Not only did we meet the deadline, but with the help of the County Office of Emergency Services, we also managed to find a new wood yard located at 12207 La Barr Meadows Road, Grass Valley. Problem solved – and our team can continue its lifesaving mission.

To learn more about volunteering or to donate, visit [www.goldcountryservices.org](http://www.goldcountryservices.org) or phone **530-615-4541**.



**Serving Nevada County’s seniors since 1976.**  
P.O. Box 968, Grass Valley, CA 95945

# Nevada County Consolidated Veterans Council



*Serving our Veterans and the Community*

Just about two years ago the local Veterans groups and the County's Veterans Service Officer were advised of some challenges being faced by Gold Country Senior Services and some other non profits in servicing their Veteran community. We all gathered and immediately created & provided solutions.

### Teamwork...

The 8 or 10 organizations present at the first meeting decided it worked so well, let's stage another meeting and invite interested parties.



### Teamwork...

Since that first meeting several others have been staged these past many months growing from a small group to about 30 County, City, and State organizations, non profits, Veterans and local businesses. Our last group meeting was held at the South Yuba Club Gym so we all could see and understand exercise programs aimed directly at Seniors. "Senior Communications" was the focal point but solutions had no boundries.

### Teamwork...

It became obvious in those meetings that together we could accomplish a lot. We have. We wanted to make sure our community knew about the support each organization could provide not only during tough times but during normal times. Born out of the meetings was the UNION's "Aging Well" publication. Because of the teamwork the County now has a substantial grant that the community will benefit from. Look for some good things to happen in the coming year as your County, its' Veterans and their facilities define community support and ....

**TEAMWORK**  
It's what makes America GREAT!




If you're a member of the Vet family & need help, or simply want to join in, contact one of the Veteran's organizations listed below.



**Nevada County Veterans Services Office**  
988 McCourtney Rd  
Grass Valley  
(530) 273-3396  
**WEB site**  
ncvso@nevadacountyca.gov



**Post 130**  
255 So. Auburn St  
Grass Valley  
(530) 575-7002  
**WEB site**  
gvlegionpost130.org



**VA 535**  
255 So. Auburn St  
Grass Valley  
(530) 575-7002  
**WEB site**  
va535.org



**VFW 2655**  
415 N Pine St  
Nevada City  
(530) 264-7056



**MCL 885**  
255 So. Auburn St  
Grass Valley  
(530) 575-7002  
**WEB site**  
mcl885.org





## Illuminate a Child's World: The LumiPals Journey

Meet Jamie, a bright-eyed third grader with a world of potential. For Jamie, learning to read has been a struggle, the alphabet was a labyrinth, letters lead to confusion rather than clarity. But within her burned the desire to conquer this maze, to unlock the stories and knowledge that lay just beyond her grasp.

Enter Sarah, a retiree with a lifetime of experiences and a heart open to sharing them. She found her calling in the LumiPals Program. As a volunteer mentor with Big Brothers Big Sisters of Northern Sierra, Sarah became the guide Jamie needed, her patience and enthusiasm lighting the way.

Their weekly literacy-based activities were more than lessons; they were adventures in learning.

The transformation was gradual but undeniable. The jumbled letters that once danced before Jamie's eyes began to still, aligning into sentences. With each word conquered, Jamie's voice grew stronger, her confidence surging like a wave.

Sarah, too, found herself changed by the experience. The joy of giving, of witnessing Jamie's growth, filled her with a sense of purpose. She discovered that in helping Jamie navigate challenges, she was also charting a new course for herself—one marked by fulfillment and renewed vitality.

An hour a week can ignite a lifetime of change, not just for the children the LumiPals program serves, but for the volunteers who step forward to make a difference.

## Volunteers Needed

We invite you, to join this narrative of transformation. Your wisdom, your time, and your heart can be the key to unlocking a child's potential. Be part of the story that changes everything—for them, and for you.



## Learn More

516 Brunswick Rd,  
Grass Valley, CA 95945

530.626.1222  
Ellerie@bbbsns.org  
www.bbbsns.org

# LumiPals

 **Big Brothers Big Sisters**  
OF NORTHERN SIERRA

LumiPals is designed for elementary school students (k-3). The program aims to empower youth through mentorship and supervised literacy-based activities.



CELEBRATING YOU

# Birthday Special!

Your birthday month is **FREE** when you make Hilltop Commons your new home! Plus, receive half off the Community Fee!

\*If your birthday is the month you move in, the credit will be applied the following month.



131 Eureka Street • Grass Valley, CA 95945  
**530-272-5274**  
**Hilltop-Commons.com**





## DEMENTIA INSIGHT EDUCATIONAL SERIES

THREE-PART EDUCATIONAL SERIES PRESENTED BY PEPSI HELMUTH, LVN

We understand that dementia affects not only those living with it but also their family and friends. That's why we are offering a free educational series to the public, allowing us to learn more about the condition and how to build a team to provide the best possible support. Everyone deserves access to expert knowledge, guidance, and support, and we're committed to providing just that. Our series is designed to help you better understand dementia and its impacts, so you can be a source of strength and comfort for those affected.

Our first class on July 31st will be "Understanding the Brain." Our second class on August 28th will be "Building a Team to Provide Proper Care" Our third class on September 25th will be "Advanced Healthcare Directives, the Power of a POLST"

**BRUNSWICK**  **VILLAGE** Senior Living, Proud Sponsor

THE EVENT WILL BE HELD AT  
LAKE WILDWOOD,  
2<sup>ND</sup> GATE, MANZANITA ROOM,  
COMMUNITY CENTER

JULY 31, AUGUST 28,  
AND SEPTEMBER 25TH, 2024

ALL MEETINGS START AT 2:30 PM

NO RSVP IS NEEDED  
LWW RESIDENTS.  
RSVP FOR NON- RESIDENTS  
REQUIRED FOR GATE ACCESS

For more information,  
and to register for the series,  
please contact Eileen Kingston at  
916-300-2769

Please RSVP by  
Wednesday, July 24, 2024

# SHE'S THE REASON YOU'LL CHOOSE US

Moms always want the best for their kids.  
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**Grass Valley, CA 95945**  
*(next to Incredible Pets)*  
**530.272.6680**  
**quietech@gmail.com**  
**quietechassociates.com**

# SCAMS

**DON'T BECOME A VICTIM!**

## KNOW THE MOST COMMON SCAMS

- Tech Support Scams
- Online Shopping
- Financial Scams
- Romance Scams
- Social Media Imposter Scams
- Grandparent Scams
- Email Scams
- Text Message Scams

## KNOW THE TACTICS

- Time Pressure: "Act now or else!"
- Authority Bias: The scammer may act important or in charge
- Fake Tech Jargon: Scammers use "tech speak" to trick you
- Loneliness: Scammers love isolated victims. Find an anti-scam buddy you can call & run things by

## STOP THE SCAM

- Scam caller? Hang up!
- Pop-up on screen telling you to call a number? DON'T CALL! Hold the power button on your computer for five seconds to shut down
- Never send money you didn't plan to pay to someone online, especially by gift card or bitcoin!

## IF YOU'VE BEEN SCAMMED

- Gave \$\$\$\$\$ to the scammer? Alert your bank
- Computer accessed by scammer? Get a virus scan
- Gave the scammer passwords? Change them!
- Don't Feel Shame! 2.6 million Americans were scammed in 2023

Thank you for voting us "Best of" for nine-years straight!



# REGISTER NOW



## FALLS PREVENTION

COALITION OF NEVADA COUNTY

### ANNUAL SUMMIT

### “Nothing To Fear”

Friday, September 13, 2024 • 9:00 a.m. - 2:00 p.m.

Twin Cities Church • 11726 Rough and Ready Hwy, Grass Valley

Enjoy a day of free entertainment and education!

Forever Young Chorus

Resource Fair

Exercises w/ Homer Nottingham

Free Transit

Free Parking

Free Treats & Lunch

Giveaways



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Geriatric Nurse Consultant  
*“Not Your Grandma’s Nursing Home”*  
Understanding the Best Fit for Your Loved One



**SHERIFF SHANNAN MOON**  
*“Don’t Fall For It”*  
How to Recognize Scams & Fraud

## FREE COMMUNITY EVENT

### PROGRAM TOPICS:

- Home Safety Assessment
- Reducing Risk of Falling
- Simple Strength and Balance Exercises
- Understanding Medications and Maladies Affect on Balance
- Exhibitors and Resource Fair



*A program of*

Sierra Nevada Memorial Hospital Foundation



Nevada County Falls Prevention Coalition works to help reduce the risk of falling through education. Our annual free summit will be entertaining and informative with a variety of presentations including a home safety assessment, understanding how medications can interfere with balance, discovering simple ways to increase your strength and much more. Enjoy entertainment by the Forever Young Chorus and learn some simple exercises to keep your mind and body strong with Homer Nottingham.

### THE EVENT IS FREE, BUT REGISTRATION IS REQUIRED BY SEPTEMBER 6

Complimentary snacks and lunch will be provided.

[www.supportsierranevada.org/fallspreventionevent](http://www.supportsierranevada.org/fallspreventionevent)

To Become a Sponsor or for more information  
[nevadacountyfallsprevention@gmail.com](mailto:nevadacountyfallsprevention@gmail.com)  
or call **530-477-9700**

**Thank you to our Sponsors:**



# Sierra Gold Senior Community Center Opens its Doors to All

By Dora Scott

**W**hen people think of a “senior center,” they might envision bingo, shared meals, and a social environment for older adults. However, Sierra Gold Senior Community Center, located at 231 Colfax Ave. in Grass Valley and operated by Gold Country Senior Services, aims to offer much more.

The new center opened by their predicted date of July 1, 2024, and already offers a variety of programs, classes & activities for the community. From classes that get the body moving to music, informational presentations, games, art, and much more, there is sure to be something for everyone to enjoy.

Leslie Lovejoy, Executive Director of Gold Country Senior Services, stated, “When I did my research and looking at what senior centers are evolving into it was really clear that you have to take in the personality of the generation that is going to be aging.”

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“So we want something that is multi-generational and very interactive and active. Bridging those two populations can be a challenge because my older seniors do not necessarily want noise in their senior center but my generation wants activity. . .”

—Leslie Lovejoy

---

She explained how the post-WWII and early boomer generations think about aging differently. “So we want something that is multi-generational and very interactive and active. Bridging those two populations can be a challenge be-



Photo courtesy Elias Funez. | The community enjoys a free ice cream social at the new Senior Center, hosted in partnership with a local caregiving organization.

cause my older seniors do not necessarily want noise in their senior center but my generation wants activity,” said Lovejoy. Though you might not relate to the term “senior,” Lovejoy emphasizes that the Center aims to adapt itself to the needs and interests of community members. “It’s for you; come shape it!” she added.

The Senior Center’s intergenerational focus is not limited to those in their later years. Anyone over 18 years old can become a member (costing around \$50 annually, with scholarship opportunities) or participate in their classes and activities. Furthermore, the Center will enable Gold Country Senior Services to expand its programs that increase interaction between seniors and local schools.

“We have begun partnering with some schools to have cross-generational activities like story-

telling, doing arts, and different kinds of things with different generations and help enrich both the children and seniors,” stated Lovejoy.

The Senior Center also hopes to offer internship or senior project opportunities for high school students, particularly those interested in medicine, healthcare, social work, developmental psychology, or related areas.

According to Lovejoy, you don’t have to be a “spring chicken” to volunteer. With an increasingly aging society, it’s important to stay active and engaged beyond your retirement. “I love to tell people that the average age of my Senior Firewood volunteer is 75,” she explained.

Gold Country Senior Services is known for its volunteer-dependent programs like Meals on Wheels and its Senior Firewood program and now needs more helping hands to keep the

Center running efficiently. “We’ve had our Meals on Wheels drivers; we’ve had our packers—we are always looking for those too, but we need volunteers to come serve meals on Mondays, Tuesdays, and Thursdays. We need volunteers to be greeters and sign people up for classes,” stated Lovejoy.

Now that Gold Country Senior Services has passed the hurdle of opening its doors, Lovejoy emphasized the importance of building sustainability to ensure a steady flow of funds to support the Center and achieve new goals. The next milestone will be the completion of the Senior Center’s coffee shop.

“We have temporary occupancy until we finish the coffee shop,” stated Lovejoy. She hopes the construction will be complete in the next six



Photo courtesy Dora Scott

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“We have begun partnering with some schools to have cross-generational activities like story telling, doing arts, and different kinds of things with different generations and help enrich both the children and seniors. . .”

—Leslie Lovejoy

---

months but is uncertain of when it will be operational due to staffing and funding.

“There are three pots: one is grants, one is revenue, and one is fundraising,” Lovejoy explained the non-profit’s funding, adding, “The idea is it should be roughly equal. And we are not that far off and that’s really nice; that’s a healthy organization.”

The Senior Center was one of three co-applicants awarded a \$10 million grant (Community Resilience Centers Implementation Grant) from the California Strategic Growth Council. A majority of the grant will improve the Grass Valley and

Nevada City Veterans Halls so their infrastructure can support the community during climate-related emergencies. The other awardees were Interfaith Food Ministries (IFM) and Aging and Disability Resource Connections (ADRC).

“With this Community Resilience Grant, we’ll be working together a lot during times of emergencies. [IFM will] be able to store and provide emergency supplies to us and we can cook it and provide it,” Lovejoy stated. The grant will allow the Senior Center to act as a Community Resilience Center during times of extreme weather or power outages.

Sierra Gold Senior Community Center is set to have its grand opening with a ribbon-cutting ceremony on August 15, 2024. It has been almost twenty years since Nevada County had a senior center, with the former located at Ponderosa Hall at the Nevada County Fairgrounds. Given the isolation caused by the pandemic and the growing elderly population, these community spaces have become more significant.

“I’m in this place of great gratitude right now because we are there,” Lovejoy expressed, adding, “I could never have done it without the support of the community.”

*For additional information about the Center and Gold Country Senior Services, please visit [goldcountryservices.org](http://goldcountryservices.org).*



Photo courtesy Elias Funez



# The Importance of Staying Hydrated

**Warmer weather is a great invitation to enjoy the outdoors and nature.**

Staying hydrated is essential for maintaining health and keeping critical bodily functions working properly. Hydration can be a challenge for some seniors because seniors may have a diminished ability to sense thirst, notice changes in body temperature, and may be taking medications that have a dehydrating effect. Keeping a few tips in mind will ensure that seniors stay hydrated and continue to enjoy the activities that bring them joy.

Older adults looking to stay hydrated throughout the day should try these tips to get started. Being dehydrated can cause confusion, headaches, elevated heart rate, muscle weakness, and fatigue. Seniors who think they may be dehydrated should discuss their symptoms with their doctor before changing their fluid intake. Seniors should discuss hydration with their doctor as only a healthcare professional can recommend how much water someone needs, and they can also provide guidance and tips on managing water intake.

1. Create a schedule – drinking a lot of water in one sitting can be difficult. However, creating a schedule that accounts for daily activity, physician-recommended intake levels, and the preferences of the senior can help keep hydration on track.
2. Eat water-rich foods – cucumbers, watermelon, apples, and other water-rich produce can help seniors get more fluids at mealtimes. Broth is also a good option.
3. Make water more interesting – For those that don't enjoy drinking water, adding small amounts of juice or flavoring to water can make it less boring. Popsicles are also a great option...especially on warm days!
4. Reduce water loss – excessive sweating can contribute to dehydration – keeping inside temperatures at a reasonable level, and being mindful of fluid loss during outside activities, can help seniors stay hydrated.
5. Don't wait for thirst – often, when seniors feel thirsty; they may already be dehydrated.

## **Comfort Keepers® Can Help**

Comfort Keepers can provide support for seniors that are concerned about the issue of hydration. Our caregivers can provide transportation to healthcare appointments, assist with meal preparation and planning, and provide support physician-prescribed hydration regimens. Our goal is to support physical and emotional care goals and to elevate the spirits of our clients and their families every day.

**530-274-8600**  
HCO# 584700001



**Home + Life + Care**

908 Taylorville Rd, Ste 205A, Grass Valley  
[www.comfortkeepers.com/marysville-ca](http://www.comfortkeepers.com/marysville-ca)





# TECH DROP-IN TUESDAYS 1:00-3:00P.M.

**In-Person at Our Office:  
435 Sutton Way  
Grass Valley, CA 95945**

**Drop-in for any questions and assistance you need with your laptops, phones, or other devices. Our staff are here to support you.**

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# Reviving Hope: A Breakthrough Approach to Treating Chemotherapy-Induced Peripheral Neuropathy

*with Fusion Acupuncture Nevada County*

"Several years ago, I was diagnosed with cancer and underwent chemotherapy treatments. I'm now in remission and blessed to still be here, but I was in so much pain. My feet and hands were constantly burning - a tingling sensation, almost like when your leg or arm falls asleep," shared Mary of Grass Valley. Mary was suffering from Chemotherapy Induced Peripheral Neuropathy or CIPN. While chemotherapy drugs kill cancer cells, they are not exactly discriminating in what they destroy. The smaller nerves, specifically those in your hands and feet, are some of the first to be harmed. Those suffering from peripheral neuropathy have described this pain as "burning," "tingling," "like walking on sharp rocks," or like Mary explained, that fuzzy, tingling pain you experience during paresthesia (the technical term for when a limb "falls asleep").

"Standing all day was not just a challenge, it caused me physical agony. Keeping up with my busy schedule - forget about it. I couldn't even walk my dog." Mary, like so many others, was prescribed Gabapentin to help with the pain and told there was nothing anyone could do. In their words: "There is no treatment for neuropathy." Fortunately for Mary, where Western medicine fails, Fusion Acupuncture Nevada County of Grass Valley tends to prove itself. For over ten years, Jade Lee LAc, DAChM has been blending the time-tested science of acupuncture with modern, medical technology to design a real solution for peripheral neuropathy that doesn't involve invasive surgeries or prescription medications with

uncomfortable side effects. These Renew Nerve® protocols, specific to FANC and its network of certified providers, actually treat neuropathy versus attempting to mask its symptoms.

"Acupuncture is incredible at restoring blood flow and stimulating damaged nerves. It's been used for centuries to treat peripheral neuropathy and similar conditions" tells Dr. Lee. "We take our treatments a step further by integrating ATP Resonance BioTherapy®, which targets specific nerves in the body using microcurrent. ATP Resonance BioTherapy® is akin to watering a plant. This treatment stimulates the blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients and energy they need to repair and recover."

ATP Resonance BioTherapy® was originally designed by NASA to speed up healing and recovery. "To have access to this kind of technology has been life changing for our patients" shares Karen, one of the incredibly compassionate Patient Care Technicians at FANC. "We even have people asking if they can take the equipment home, so we're working on developing some at-home options for our less mobile patients."

After only four weeks of treatment, Mary is already seeing incredible improvement. "I've taken the handicap placard off my rearview mirror and I'm finally back to walking my dog at Condon Park. I can't wait to see how I feel at the end of my program! I used to think that the neuropathy pain was just the price I have to pay for still being alive.

Dr. Jade has really given me hope for a better life!"

Dr. Lee and the staff at Fusion have a 90% success rate in reversing peripheral neuropathy, and not just that caused by chemotherapy. They also have tremendous success in treating diabetic neuropathy and neuropathy of undetermined origin, otherwise known as idiopathic neuropathy. "I watched my grandmother suffer with neuropathy during her final years and it broke my heart when she was told there was nothing they could do. This condition is one of the main reasons I went into medicine. Since then, I've been on a quest to help people truly thrive in their golden years."







The number of treatments needed to allow the nerves to fully recover will vary from person to person and can only be determined after a comprehensive consultation and detailed neurological evaluation.

If you or someone you love is suffering from peripheral neuropathy, call **(530) 652-4727** to schedule.

For new patients, an initial consultation is currently \$0 (a \$240 value). Simply visit **Fusionacu.com** to take advantage of this offer.



# UNDERSTAND EMERGENCY ALERTS

TYPE OF EMERGENCY ALERT	DESCRIPTION	HOW TO GET IT
<b>CodeRED Emergency Alert</b>	 <p>Landline and cell calls, emails, texts for emergencies impacting your home address.</p>	<p><b>Registration required.</b> Register online at <a href="https://ReadyNevadaCounty.org">ReadyNevadaCounty.org</a> on the Emergency Alerts tab or call 2-1-1 or 1-833-DIAL211.</p>
<b>CodeRED Mobile Alert App</b>	 <p>Push notifications to your smartphone for emergencies within 25 miles of your current location.</p>	<p><b>Download required.</b> Visit your app store and search for CodeRED Mobile Alert.</p>
<b>Genasys Protect App</b>	 <p>With the Genasys Protect mobile app, follow a zone or turn on your location to get notified about danger wherever you are.</p>	<p><b>Download required.</b> Visit your app store and search for Genasys Protect.</p>
<b>Wireless Emergency Alert</b>	 <p>Notification to your cellphone based on location.</p>	<p><b>No registration required.</b> This alert is issued by local government as part of the Integrated Public Alert &amp; Warning System.</p>
<b>Emergency Alert System</b>	 <p>Alerts radio listeners and TV viewers.</p>	<p><b>No registration required.</b> This alert is issued by local government as part of the Integrated Public Alert &amp; Warning System.</p>
<b>Hi-Lo Siren</b>	 <p>Alerts neighborhoods of an Evacuation Order using a European-style, two-tone siren.</p>	<p>Law enforcement will go door to door when Evacuation Orders have been issued.</p>

Find more wildfire preparedness tips at:

[ReadyNevadaCounty.org](https://ReadyNevadaCounty.org)



# BE READY FOR WILDFIRE

## REGISTER FOR EMERGENCY ALERTS



CodeRED is an opt-in notification system used by the County of Nevada to notify residents in an emergency. These alerts may be received as text, email, landline, cell phone, and TTY.

### Register online at:

[ReadyNevadaCounty.org](https://ReadyNevadaCounty.org).

### Need help registering?

Call 211 Connecting Point at 2-1-1 or 1-833-DIAL211

## KNOW YOUR EVACUATION ZONE



During a wildfire, law enforcement and fire agencies issue evacuation warnings or orders by zone. To find your evacuation zone, visit [Community.Zonehaven.com](https://Community.Zonehaven.com) and enter your address into the search bar.

### Understand Evacuation Terms

**Evacuation Order** An immediate threat to life. This is an order to leave now and the area is closed.

**Evacuation Warning** A potential threat to life and property. Those who require additional time to evacuate and those with pets/livestock should leave.

## IDENTIFY FIVE TRUSTED ALLIES



Identify five people to be your trusted allies during an emergency. Your allies are people who you can check on and who can check on you during a disaster.

## PACK YOUR GO-BAG



Pack a Go-Bag of the things you would need to be able to leave at a moment's notice. Consider prescriptions and medical devices, important documentation, pet supplies, and clothing.

Find more wildfire preparedness tips at:

[ReadyNevadaCounty.org](https://ReadyNevadaCounty.org)



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- Short-term respite care
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