

Thursday, August 3rd, 2023

Aging Well

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY



Barbara Larsen, Brad Peceimer & Leslie Lovejoy
Talk about “Aging Well” in our community

THE UNION
www.TheUnion.com
Great People Connecting Communities

What's Inside?

- 3** Hospice in the Foothills | hospiceofthefoothills.org
- 4** Pawnies Home Care | pawnies.com
- 5** FREED | freed.org
- 6** Falls Prevention Coalition of Nevada County
Annual summit on Sept. 22, 2023
- 7** American Legion | gvlegionpost130.org
- 8** "What is the Elder Care Providers' Coalition?" - Barbara Larsen
- 8** Sierra Service for the Blind | sierraservices.org
- 9** Elder Care Providers' Coalition | eldercareproviderscoalition.org
- 10** FREED | freed.org
- 11** Sierra View Senior Living | sierraview.org
- 12** Pioneer Energy | pioneercommunityenergy.org
- 14** Eskaton | eskaton.org
- 15** Sutter Health | sutterhealth.org
- 16** Gold Country Senior Services | goldcountryservices.org
- 17** Sutter Health | sutterhealth.org
- 18** Directory of Important Numbers
- 19** One Source Empowering Caregivers | empoweringcaregivers.org
- 20** Fire Safe Council of Nevada County | AreYouFiresafe.com
- 21** Nevada County Office of Emergency Services | ReadyNevadaCounty.org
- 22** Cover Story | Barbara Larsen, Brad Peceimer & Leslie Lovejoy:
Talk about "Aging Well" in our community
- 24** Smarter Broadband | smarterbroadband.com

Aging Well

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY

Publisher

CHAD WINGO

Special Publications Editor

DORA SCOTT

Multimedia Advertising
Consultants

**STEPHANIE AZEVEDO,
JILL COLLINGS,
SCOTT CONLEY**

Design Lead

JACOB LAFLEUR

THE UNION

www.TheUnion.com

Great People Connecting Communities

On the cover

Read on page 22

Left to right: Barbara Larsen, Brad Peceimer & Leslie Lovejoy

Photography by: Elias Funez & Kim Sayre Photography



Have the conversation.

*"When my time comes, if I cannot speak for myself, I want my family there holding my hand....and not out in the hallway arguing over what kind of care they **THINK** I might want!"*

A sample of the 'FIVE WISHES' form. The title 'FIVE WISHES' is at the top in large white letters on a blue background. Below it, the text 'MY WISH FOR:' is followed by five numbered items: 1. The Person I Want to Make Care Decisions for Me When I Can't; 2. The Kind of Medical Treatment I Want or Don't Want; 3. How Comfortable I Want to Be; 4. How I Want People to Treat Me; 5. What I Want My Loved Ones to Know. At the bottom, there are two white input fields labeled 'Print Your Name' and 'Birthdate'.

Call us today for your free copy.

530-272-5739 hospiceofthefoothills.org

Your community nonprofit hospice since 1979.



Aging in Place: The Vital Role of Caregivers in Independent Living

Having a caregiver can bring numerous benefits to seniors, improving their overall quality of life and well-being. Caregivers provide essential support and assistance in various aspects, ensuring that seniors can age in place comfortably and safely.

One significant benefit of having a caregiver is the provision of practical help with daily activities. As individuals age, routine tasks such as cooking, cleaning, and personal hygiene can become challenging. Caregivers assist seniors with these activities, easing the burden and allowing them to maintain their independence. Whether it's preparing nutritious meals, doing laundry, or helping with dressing and bathing, caregivers ensure that seniors can continue living comfortably in their own homes.

Moreover, caregivers play a crucial role in monitoring and managing seniors' health. They can help with medication reminders, scheduling and attending medical appointments, and

monitoring vital signs. By ensuring that seniors receive their medications on time and follow their treatment plans, caregivers contribute to better health outcomes and can quickly identify and address any health concerns that may arise.

Another important benefit of having a caregiver is the companionship they provide. Many seniors may experience feelings of loneliness and isolation, especially if they live alone or have limited social interactions. Caregivers offer valuable companionship, engaging in conversation, and providing emotional support. Through their presence, caregivers help seniors feel connected, valued, and less isolated, ultimately improving their mental and emotional well-being.

Additionally, caregivers can also provide transportation assistance, allowing seniors to maintain their independence and engage in social and recreational activities outside of the home. Whether it's going grocery shopping,

attending social events, or visiting friends and family, caregivers can take seniors to these destinations, ensuring they remain active and involved in their communities.

Even with these benefits, having a caregiver may still seem overwhelming to some. At Pawnie's Home Care we work hard to ensure individuals are matched with the caregiver that suits them best and can provide just the right amount of care needed. We focus on quality over quantity, and custom fit the exact schedule and care plan that will benefit them most. We offer as little as one 4 hour shift per week, up to 24/7 care that includes whole house management.

At the end of the day, aging in place in the comfort of their own home is what most seniors desire. It can offer a real, viable option to keep dignity and worth intact throughout the aging process.



**Home Care
You Expect & Deserve!**

Pawnie's Home Care offers personalized services based on your specific needs. Pawnie's prides itself on providing a team behind every caregiver and working closely with you every step of the way, ensuring all care expectations are being met.



- Respite Care
- 24/7 Care
- Companionship
- Dementia Care
- Light Housekeeping and Laundry
- Meal Planning and Preparation
- Personal Care and Bathing
- Medication Reminders
- Exercise and Rehab Regimen
- Transportation and Outings
- Pet Care Assistance
- And Much More...!

10042 Wolf Rd Suite C • 530-268-8983 • www.pawnies.com

Lic. #294700004

Find Local Resources for

- **Older Adults**
- **People with Disabilities**
- **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



REGISTER NOW



FALLS PREVENTION
COALITION OF NEVADA COUNTY

ANNUAL SUMMIT

“Falling Into Place” with Keynote



TINA COLE

(My Three Sons, King Family Singers)

Friday, September 22, 2023

9:00am-1:00pm

Twin Cities Church

(Rough & Ready Hwy, Grass Valley)

FREE COMMUNITY EVENT

PROGRAM TOPICS:

- Caring for the caregiver
- Tips for reducing falls risk
- Letting go of the trauma around falling
- FREED services for all
- Role of exercise and balance
- Exhibitors / Resources 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 and includes a panel discussion on caregivers and resources available to them. Our keynote, is Tina Cole (best known as Katie Douglas on My Three Sons in the late 60's). Cole, now 80, will talk about finding balance as we age along with sharing stories from her recently published memoir. Other topics include recovering from the trauma after falling or other injury; resources offered through FREED; entertainment by the Forever Young Chorus and fun and simple balance exercises with Homer Nottingham. The event is free, but registration is required. Complimentary snacks and lunch will be provided.

REGISTRATION IS REQUIRED BY SEPTEMBER 8th

www.supportsierranevada.org/fallspreventionevent

To Become a Sponsor or for more information
nevadacountyfallsprevention@gmail.com
or call **530-274-6739**

Thank you to our Title Sponsors:

FREED



ESKATON
— VILLAGE GRASS VALLEY —

Nevada County Consolidated Veterans Council



Serving our Veterans and the Community

The American Legion, the Veterans of Foreign Wars, Marine Corp League and Vietnam Veterans of America can be found in every state and provide a multitude of services to veterans and their families. They are active social organizations as well that provide a sense of community and belonging while helping local veterans.

The NCCVC is a resource for all veterans and active military. In partnership with our County's Veterans Services Office, returning military can be directed to local resources. Veterans who are disabled, homeless, mentally wounded can find housing, services and navigate the complexities of the VA.

Funds raised by all the organizations go towards supporting the community, especially the young. Your local Legion Post 130 and its' Auxiliary have for years funded High School Juniors to attend the Boys' and Girls' State yearly meetings. Over 1,000 California students meet for a week learning the mechanics of Government and how the American systems of Government should work. The Post, its' Auxiliary and all of NCCVC support active military, veterans and their families in times of need. The MCL has been supporting all families with its' "Toys for Tots" for decades. The VFW & VVA generously support local 4H, Scouts and school programs.

Do you or your family need help?

The UNION has created this publication so you can find that help. Each of the organizations in this publication have the talent, skills and purpose to help you and our senior community. You have lived the life that contributed to making America great. All the Veteran organizations and the participants reaching out here are ready to help you.

Thank you for contributing to America's greatness!



**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
gvlegionpost130.org

WEB site



VVA 535
255 So. Auburn St
Grass Valley
vva535.org

WEB site



VFW 2655
415 N Pine St
Nevada City
(530) 265-8396



MCL 885
255 So. Auburn St
Grass Valley
mcl885.org

WEB site

What is the Elder Care Providers' Coalition?

One day, in the early 1990s, I was walking down the hall of a local skilled nursing facility to visit one of my clients, when I passed a social worker I did not recognize. A spontaneous questions arose in my mind: Why don't I know this woman who may be a valuable colleague? I sensed that those of us who are health care professionals need to come together for support and advocacy, as we in turn, support and advocate for family caregivers and their loved ones. The Elder Care Providers' Coalition is the result of that encounter.

The members of the Coalition span the spectrum of elder care in Western Nevada County. This includes county, state, and federal professionals, nonprofits, elder services from

the private sector, assisted living and skilled nursing facilities, and volunteers. Our 'claim to fame' is the Senior Resource Guide that will be updated before the health fair and included in a special bag filled with valuable information for attendees to take home.

Over the 32 years of our existence, ECPC has provided numerous educational workshops and seminars in supporting the needs of family caregivers with resources and services. In addition, providing ongoing education for health care professionals in a variety of settings.

Towards the end of 2022, Theresa Haleen, Chair of ECPC had the brilliant idea of sponsoring the 1st Nevada County Health Fair. In collaboration with Health and Human

Services, FREED, Sierra Nevada Memorial Foundation (our fiscal agent), and Connecting Point (221) the health fair has developed into a reality on October 4th (see flyer next page).

The event will be held at the Gold Miner's Inn with more than 35 local resource providers for older adults and people with disabilities. Besides local resources, flu shots, A1C testing, COVID vaccinations, audiology screening, and blood pressure checks will be available.

This extraordinary event is FREE! Please visit our website: eldercareproviderscoalition.org for more information.

Hope to see you there!

Barbara Larsen, M.A., Ed.

Family & Education Consultant, Advocate, Author

The loss of vision is not simply a consequence of age. It is life changing.

How we face those changes is the purpose of Sierra Services for the Blind and Visually Impaired.

Success to us is not how many come into our office. It is with the client who had not left the house in three years who is now active in the community. It is the client who was an avid reader all their lives who can now use talking books or quality magnification to continue reading, or simply see the faces of their grandchildren when pictures are sent. Success is having new friends who understand your frustration since they too share your experiences.

One in three will be legally blind at age 80, one in four will be due to age related macular degeneration. The common result is the loss of independence. The loss of a driver's license alone isolates us in a rural community. Yet,

blindness is not darkness, all but a few have some vision and knowing how to use it is the adjustment you need to make.

Sierra Services provides both the education to develop new skills to accomplish the simple tasks like cooking a meal with low vision, and the technology to continue reading and negotiating your way through the day. We also through peer counseling give you social contact with those that are also having to adjust and you learn not only by your experience, but their experience with vision loss. Also, we provide the transportation to medical appointments critical to your overall health.

The loss of vision is not the roadblock it once was. It is not the end of something, it is a beginning of a new way of doing things and a journey that has a fascination of its own.




Sierra Services for the Blind & Visually Impaired
546 Searls Ave., Nevada City, CA 95959
(530) 265-2121

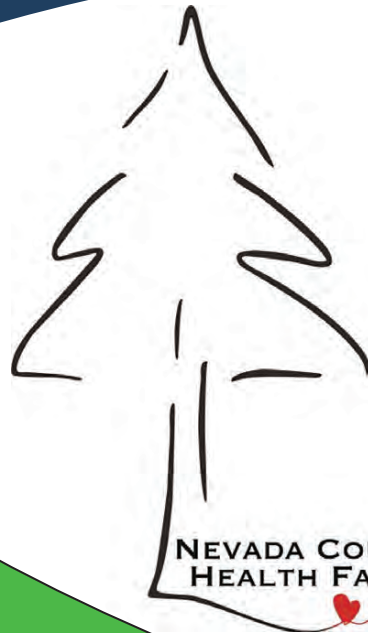
Nevada County's 1st Annual Health Fair

**Free
Admission**

**October 4th
2023**

10am - 2pm

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



NEVADA COUNTY
HEALTH FAIR

Event Sponsors



**Dokimos
Pharmacy**



For Older Adults & People with Disabilities

More than 38 Local Resource Providers

Nevada County Adult Programs, Hospital Foundation Programs, Services for the Blind, FREED, In Home Care, Skilled Nursing, Assisted Living Communities more...

Health Screenings

- Flu shots
- A1C testing
- COVID vaccinations
- Audiologist
- Blood Pressure Check

To register for vaccinations call: 211 after Sept. 1st
Nevada County Connects to this event will be free



Get Engaged. Get Connected. **VOLUNTEER TODAY!**



FREEDs Friendly Visitor and Phone Reassurance Programs utilize volunteers to visit or provide phone calls to seniors facing isolation. Our volunteers provide a caring connection and social interaction that is vital to the well being of seniors in Nevada County. Our volunteers report that they receive a huge benefit from this connection with the people they visit or call.



FREEDs Fix It Program Volunteers provide minor home repairs such as replacing door handles and modifications such as installing grab bars in a shower. This critical service allows many seniors to continue living safely in their homes and prevent unnecessary falls or injuries. Volunteers work together or in teams and FREED provides needed equipment and supplies.

Reach out to sign up or learn more about volunteering at FREED.

www.FREED.org

530-477-3333

Dedicated To Serving Seniors

Sierra View has been a presence in Nevada County senior care since 1984, and continuously family owned and operated. For 4 generations, over 4 decades, families have entrusted us to care for their loved ones. With 40 units, we are a unique, midsize assisted living community with lots of activities, music by InConcert Sierra and local talent, monthly picnics or celebrations to include family members, high quality home cooked meals, and residents who genuinely feel connected. As the Owner, Executive Director and Registered Nurse of the community, I am directly responsible for the health and satisfaction of my residents and have a personal relationship with them and their family members. My daughter, Farren, is the Wellness Director, my husband, Terry, is the Plant Manager, and so this really is "home" for us! Our whole team is made up of dedicated staff with a heart for senior care and together we assure that our residents' health and safety are under constant supervision. I am proud of what we offer at Sierra View Senior Living and the generations of caring that we represent. Come by and feel the difference family makes!



Lisa Vixie Winget, RN, ED

Don't just take our word for it:

"I am truly blessed to have found my home away from home. The genuine care and compassion from the staff makes me feel cared about and supported each and every day. I wholeheartedly recommend this exceptional community to anyone looking for care."
-Current resident

"Every time I come to Sierra View there is a happy, positive atmosphere and the staff are attentive and helpful. This is where I want my parents to live!"
-Home Health Occupational Therapist

"My mom lives here and she loves it. I am happy knowing she is cared for and I know she has fun. The community enriches her life with her group of friends, parties, activities, and wonderful amenities."
-Family member



120 Dorsey Dr. • (530)273-4849
Sierraviewsenior@gmail.com
 License #295002836



Dear Grass Valley and Nevada City residents and businesses,

We're Pioneer Community Energy, a not-for-profit, independent provider of electricity. Our customers depend on us, and we work tirelessly to provide stable and competitive rates while striving to address the issues that are most important to the communities we serve.

In 2024, Pioneer will become the electricity provider for residents and businesses in Grass Valley and Nevada City.

Being a community-owned utility means putting our customers and community at the heart of everything we do. Our team is excited to provide Grass Valley and Nevada City with an alternative to PG&E, and we look forward to proudly serving the energy needs of your community in a reliable, environmentally responsible and competitively priced manner.

In the coming months, we will provide you details and information about Pioneer's launch. Our team is here to help you. You can call us at (916)758-8969, visit our website and chat with our customer care team, or email us at info@PioneerCommunityEnergy.org.

A handwritten signature in black ink, appearing to read "Don Eckert".

Don Eckert
Executive Director
Pioneer Community Energy

We're Excited to Meet You & Make Your Priorities Our Priorities.



The Pioneer Advantage: Your Power, Your Choice

Grass Valley and Nevada City Will Soon Get a Choice and Increased Savings in Energy

Pioneer Community Energy brings reliable, affordable and sustainable energy solutions to your community. In addition to providing an alternative to PG&E, Pioneer has made a commitment to be among the most affordable Community Choice Aggregation (CCA) providers of electricity in California. Since launching in 2018, we have saved our customers an estimated \$85 million. We anticipate that in 2024 Grass Valley and Nevada City customers will save an estimated 15% on the electricity generation portion of their bill compared with PG&E's generation rates.



Your Community Deserves Information. Co-Host a Pioneer Q & A. We'll come to you.

Pioneer Community Energy provides quality educational programs to benefit all residents and businesses of Grass Valley and Nevada City. As part of the community, Pioneer works with local organizations to present information and answer questions. We look forward to meeting you!

We also host these educational programs as monthly webinars. Visit PioneerCommunityEnergy.org/events-near-you for an updated list of webinars.



We Make It Easy to Enjoy Savings

Your home or business will be enrolled in Pioneer Community Energy's service effective January 1, 2024. California law requires all new Community Choice Aggregator (CCA) customers be automatically enrolled. We are excited to bring you a choice in electricity service, and we are here to answer your questions and help you calculate your potential savings.

Customers enrolled in Family Electric Rate Assistance (FERA), California Alternate Rates for Energy (CARE) and Medical Baseline through PG&E remain in those programs.

Visit Our Website



Give us a Call

(916) 758-8969

PioneerCommunityEnergy.org/expansion

Exceptional Support, *Just a Phone Call Away*

Residents of Eskaton Village Grass Valley enjoy free programs like **Telephone Reassurance** and receive friendly check-in calls and access to a variety of resources.

Schedule a tour and learn about everything our community has to offer!

530-460-2038
eskaton.org/evgv

ESKATON[®]
— VILLAGE GRASS VALLEY —



Assisted Living • Independent Living with Services • Memory Care

625 Eskaton Circle, Grass Valley, CA 95945 • License #297001933 • Equal Housing Opportunity

It's saying goodbye knee pain, hello new adventures.

If you need a knee replacement, Sutter Auburn Faith Hospital can get you back on your feet sooner. Sutter surgeons use robotic-assisted technology to guide your knee replacement with pin-point accuracy. In real time, your surgeon can determine the alignment of your new knee to fine-tune your outcomes. And before you know it, you'll get back to the things you've always loved to do.

It's a thousand things, big and small.

sutterhealth.org/auburn



Sutter Health
Sutter Auburn
Faith Hospital



Making a BIG difference to local seniors' lives since 1976

The long-awaited Community Senior Center is a gamechanger in the works!

Board President/project leader, Jonathan Walker has good news. The building plans are in, and permits are expected in late August or early September. Once completed, the new Community Senior Center on Colfax Ave., Grass Valley, will be a life-changing amenity. Since Nevada County has one of Northern California's highest older populations, it's time we had our own center – the way most other counties do. While the main focus will be on seniors, everyone is welcome, as plans will have multi-

generational appeal. Meanwhile, progress continues, as we seek grants, donations and volunteers.

Volunteer opportunities include:

- Office ambassadors to help get questions answered
- Dining room hosts to make Congregate Café lunch guests feel welcome
- PLUS other interesting ways to get involved and make a difference



Photo by Fred Claessens

Ready for action! Jonathan Walker and his Community Senior Center team are creating a brighter future for Nevada County's older adults.

Meet a friend for lunch at the Congregate Café.

OPEN AGAIN!

Starting July 6, congregatemeals will resume on Tuesdays and Thursdays at noon. Delicious, homemade meals will be served in the Nevada City Senior Apartments dining room (841 Old Tunnel Rd., Grass Valley). The suggested donation is just \$3 per meal, and reservations are recommended. Phone 530-273-4961.

Just like home-delivered Meals on Wheels, the Congregate Café is a vital part of our Nutrition Program – and a great way to make new friends.



Photo by Kelly Carpenter

Volunteer opportunities include:

- Packers to get meals ready for Meals on Wheels deliveries
- Community ambassadors to welcome lunchtime guests

The Senior Firewood Program delivers winter warmth to seniors who live alone, often in remote areas.

One of the last of its kind in California, this program has been a lifeline to vulnerable older adults since 1979. Last year alone, around 200 cords of mixed conifer were delivered to 163 homes, thanks to community members like you who brought their trucks and rolled up their shirtsleeves to load and deliver supplies.

Please join us this year. Wood Distribution Days are planned for three Saturdays – September 30, October 7 & November 4.

Volunteer opportunities include:

- Loading supplies of wood in truck beds (no trailers needed)
- Delivering to seniors in our community



Photo by Kristy Rainh

For over four decades, we have offered programs and services that support the health, well-being and independence of older adults in our community.

On behalf of Gold Country's staff, board of directors and volunteers, thank you in advance for sharing our commitment to seniors.

Whether you want to be part of the new Community Senior Center's plans, our Congregate Café lunchtime dining or the Senior Firewood Program, here's all you have to do:

Give our Volunteer Manager a call on 530-615-4541.

To make a donation, visit goldcountryservices.org/donate/ or call 530-615-4541.

Gold Country Senior Services is a 501(c)(3) non-profit organization, and your donation is tax-deductible (Federal ID #94-2436273).



Gold Country Senior Services
PO Box 968
Grass Valley, CA 95945
530-615-4541



It's knowing the smallest incisions may be your biggest hope.

If you have prostate cancer, robotic-assisted technology may be able to remove your prostate gland with a few small incisions. Through high-definition, 3D-magnified views inside your body, this robotic system translates every hand movement your surgeon makes, in real time, to bend and rotate high-precision instruments. The robotic surgical system at Sutter Auburn Faith Hospital provides some of the most advanced instrumentation for your minimally invasive prostate surgery.

It's a thousand things, big and small.

sutterhealth.org/auburn



Sutter Health
Sutter Auburn
Faith Hospital

Important Numbers and Information

Emergencies

All Emergencies	911
24 hour Mental Health Crisis Line	530-265-5811

Non-Emergency

GV Police Dept.	530-477-4600
NC Police Dept.	530-265-2351

GV Fire Dept.	530-265-7880
NC Fire Dept.	530-265-4700

Sierra Nevada Memorial Hospital	530-274-6000
Nevada County Sheriff Dept.	530-265-1471
Animal Control	530-477-4630
Community Resources Available	211
Veterans Services	530-273-3396
Nevada County Health & Human Services	530-265-1627
Adult Protective Services & Support	530-265-1639
Senior Outreach Nurses	530-265-1639
Adult Mental Health Services	530-265-1437

My Fire Evacuation Code* _____
community.zonehaven.com

My District & Supervisor* _____
Office Number _____
nevadacountyca.gov/3459/find-your-supervisory-district

**If you need help obtaining this information,
please call **530-477-4202** and we will be
happy to assist you based on your address.*





ONE SOURCE

Empowering Caregivers



Our mission is to improve quality of life for In-Home Caregivers and their loved ones by providing cost-free, non-medical support while they remain at home in a safe and loving environment.

We offer in-home caregivers time to take care of themselves. All members of the community 18+ are welcome to volunteer or receive services regardless of race, religion or cultural practices.



PLEASE DONATE TODAY
TEXT OSEC to 44321

530-205-9514

**524 Brunswick Rd
Grass Valley, CA 95945**

www.EmpoweringCaregivers.org

One Source- Empowering Caregivers is a 501c3 nonprofit organization all donations are tax deductible

Are you prepared for wildfire season?

We're here to support you every step of the way.

The **Fire Safe Council** is a local non-profit organization committed to making Nevada County safe from destructive wildfires.

We understand the unique needs and concerns of seniors in Nevada County. **That's why we're here to help.** Whether you have questions about wildfire preparedness, green waste disposal, defensible space, evacuation plans, or need assistance just getting started, **we've got you covered.**



CONTACT US!
(530) 272-1122



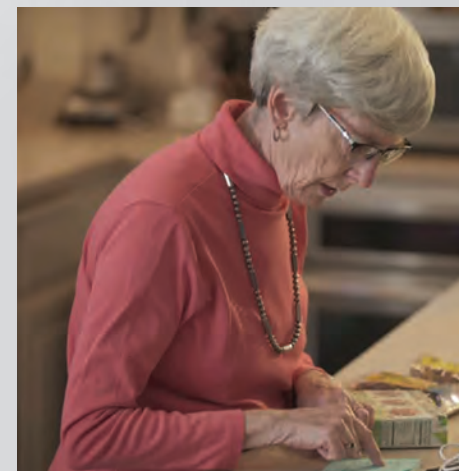
Free Defensible Space Advisories



Low-cost Reflective Address Signs



Complimentary Chipping



Defensible Space Assistance

Email: info@areyoufiresafe.com
143 B Spring Hill Dr, Grass Valley, CA 95945

AreYouFiresafe.com

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.

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 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



Barbara Larsen, Brad Peceimer & Leslie Lovejoy

Talk about “Aging Well” in our community

As this publication has shown, many organizations, businesses, and individuals support and make Nevada County a wonderful place to live in all stages of life. Leslie Lovejoy, Brad Peceimer, and Barbara Larsen are three individuals who have certainly contributed to various parts of our community—from facilitating the opening of a new senior center to providing elders with firewood or even housing to working with those with Alzheimer’s disease—these feats are nothing short of remarkable. We asked them to answer a few questions to shed light on all that they have done and hopefully inspire others also to lend a helping hand when they can.



Photo by Elias Funez

Leslie Lovejoy

Could you tell us about your involvement in the local senior community?

Since I moved to Nevada County during the pandemic, I have not been able to engage with seniors in this community other than as a board member and then Executive Director of Gold Country Senior Services.

Could you tell us more about Gold Country Senior Services and what it has done and is doing in our community?

Gold Country Senior Services has provided nutritious meals and firewood to vulnerable seniors for over 47 years. We also work with our clients to address the need for access to other community services through our case management program. This program allows us to help seniors stay independent and thrive as they age in place. We also offer pet food from our Pet Food Pantry to our homebound clients whose main source of comfort and companionship may be a beloved pet.

What was the inspiration for the new senior center in Grass Valley, and what programs can we expect it to offer?

It has been 18 years since this community has had a thriving senior center. With the increasing aging

demographic in our county, the time is now to establish a community senior center that serves our low-income, fragile senior population but also provides a place where older adults of any age can access resources and information about managing the challenges of aging gracefully. We will offer health promotion classes and activities, adult education opportunities, digital literacy and technology sessions, access to supportive services programs, and, of course, fun!

What are the biggest challenges that senior citizens face in our community? How do you think some of these can be alleviated?

Access and inclusion are probably the most challenging issues for seniors. Access to low-cost transportation, senior-friendly parking, telephone and broadband, finding a healthcare practitioner, finding affordable housing, etc.

These could be alleviated through inclusion in discussions about gaps in services and participation in decisions regarding all of the above. Just like any other marginalized group, provide older adults with a seat at the table. Making the Senior Center a place where all generations are invited and interact can reduce the isolation and barriers to full engagement with the community.

If you could give one piece of advice to younger generations locally what would it be?

Include older adults in your circle of meaningful relationships. You and the older adult will learn a lot from each other.

What are the greatest benefits for seniors living in Nevada County?

The beauty of the county and the ability to find activities that fit for all ages.

What is one of your most fond memories in your interactions with the senior community?

Being new, I will say that I grew up in a four-generation family that allowed me to see the value of intergenerational interactions to all who participated. Spending time with grandparents and great-grandparents and hearing their stories always lent perspective on any challenges that I faced.

It also gave me a picture of what aging could look like as I aged as they were all very active and involved in their community and there were still dreams to be achieved and skills to build in their nineties!

What do you think is the key to “Aging Well”?

Self-care, the support of family and friends, staying actively engaged and curious to learn new things, and continuing to dream and have goals.



Photo by Kim Sayre Photography

Brad Peceimer

Could you tell us about your involvement in the local senior community?

My work with seniors in Nevada County has been an ongoing effort since the early 2000s, as I have been involved with a number of things, which include a number of things: getting elderly, low-income people, firewood for heating their homes, and during the winter, clearing snow off roofs after the recent snow, and providing welfare checks.

I have been providing housing in the form of trailers as well as transportation with cars for people who were on the edge, and cannot resolve these issues, I also help with maintaining and upgrading living spaces.

I have also worked with people to make sure that their pets have food and health care.

I also work with residents in the county to develop ADUs at no cost other than county permitting, and in return, rental rates are set at reasonable levels and maintained for an extended time period.

How did you get involved with the local firewood program for seniors?

My involvement in the firewood program started when numerous people, including seniors, were not able to submit their applications to the county's firewood program, and I could not let these people freeze just because they forgot to submit an application. This work typically gives away about 110 cords of firewood annually at no cost, and a promise to pay this deed forward in our community.

What are the biggest challenges that senior citizens face in our community? How do you think some of these can be alleviated?

I think some of the biggest challenges that our seniors have is one of income, as social security in no way can cover rent, food, and any other living expenses, and many of these people had not planned well before they retired to assure themselves that they would be able to cover these costs in the future. Eating is important and food should not be a consideration to paying rent.

If you could give one piece of advice to younger generations locally what would it be?

If I could pass along advice to the younger crowd that is just starting their road, it would be to learn a number of skills, learn vocational skills, learn engineering skills, continually educate yourselves, and learn new things that can lead to a better employment work-frame and life.

What is one of your most fond memories in your interactions with the senior community?

One of my favorite interactions with somebody in the senior community was with the late Utah Phillips, he was a neighbor of my late wife, and we had numerous discussions on a wide variety of issues, informing and enlightening me about people, especially those who may not be available to take the opportunities that many of us have been able to secure.

Utah and Joanna Phillips taught me much about life, as well as how to deal with people and how to be a better person.

Barbara Larsen

Could you tell us about your involvement in the local senior community?

My involvement with the senior community has spanned the spectrum of elder care since 1985. Over the past 38 years, I have primarily in working with individuals with Alzheimer's disease and related disorders in a variety of settings: director of the Adult Social Day Care Program, family and education consultant for Del Oro Caregiver Resource Center, Geriatric Care Manager in the private

sector, facilitator for my ongoing caregiver support group. In addition, I am the founding member of the Elder-Care Providers' Coalition, author of "Movement With Meaning," a participant in The SAGE Project, and have provided presentations through the Alzheimer's Association, the American Society on Aging, public speaking engagements and have written multiple articles in periodicals.



Photo by Elias Funez

“Our medical model is not one based on prevention, so many studies have provided information as to the benefits of aging well.”

What are the biggest challenges that senior citizens face in our community? How do you think some of these can be alleviated?

Challenges that our seniors are facing are what most elders in our nation are dealing with: As the US Surgeon General, Dr. Vivek Murthy, has stated "America has a loneliness epidemic." So, the way to alleviate this is by reaching out to our vulnerable seniors in a proactive manner through phone calls, visits in which we talk about the library of experiences our elders have within their inner landscape and how important they are to us, and providing meaningful familiar rituals, music, and soulful activities.

If you could give one piece of advice to younger generations locally what would it be?

Stay in touch with your grandparents, ask for their advice, understand your roots, and delve into your own blood memory that flows through you. This past spring my husband, Bill, participated in the SALE (Sierra Academy School of Expeditionary Learning) senior project in Nevada City. The students met several times with an elder in the community to interview them regarding their upbringing, passions, occupations, etc., and then held a presentation at the school before graduation.

What are the greatest benefits for seniors living in Nevada County?

The greatest benefits for our seniors in our community are the multiple programs we have through nonprofits like FREED, Helping Hands Adult Day Care, Sierra Services for the Blind, One Source, Connecting Point, SNMH Foundation (Alzheimer's Outreach Project, Falls Prevention, etc.), Del Oro Caregiver Resource Center, Senior Outreach Nurses, etc. Plus County programs such as Nevada County Now, Veterans Services, APS, etc. And, the private sector as well.

What is one of your most fond memories in your interactions with the senior community?

One of my fondest memories is when in 1991 Jon Katis asked me to be on his Healthline Program on KNCO on a monthly basis to discuss issues regarding family caregivers. The program lasted for a year and was titled, The Caregivers Journey. Secondly, it was when my book, "Movement with Meaning" was published by Health Professions Press in 2006.

What is one of the biggest misconceptions about Alzheimer's and dementia?

I feel that the one big misconception is that the person with Alzheimer's has faded away entirely. My experience is that the person with AD is still present behind the mask of the disease. And, my job as a detective is to venture beyond the mask and retrieve the essence of that unique individual and bring it forward.

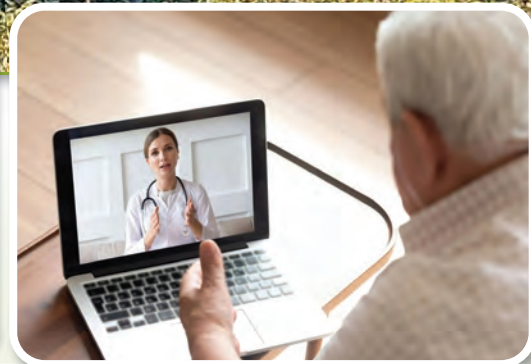
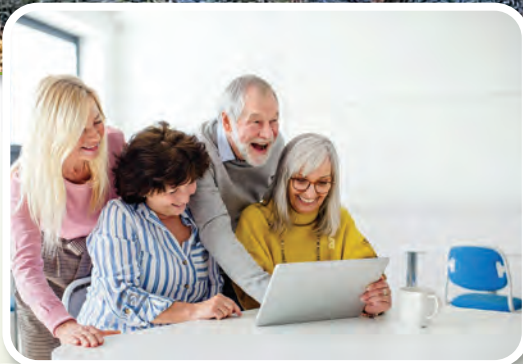
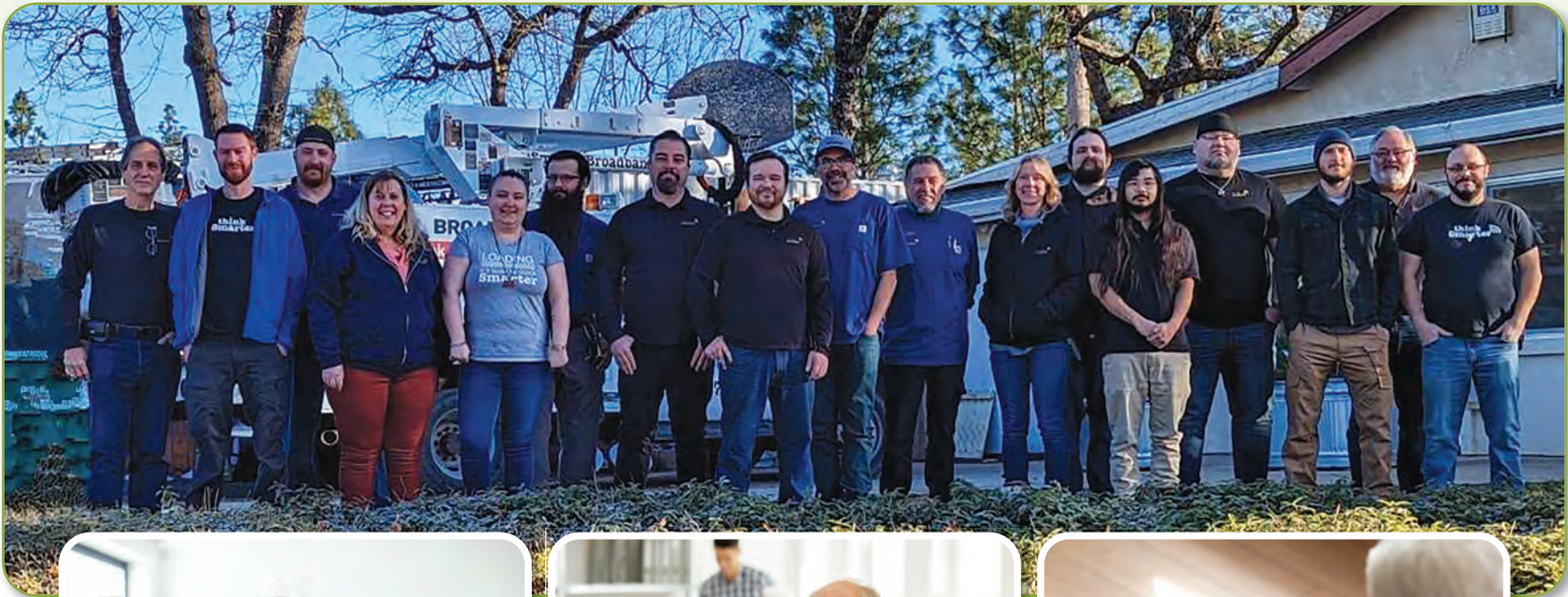
What has been the most rewarding aspect of working with those that have Alzheimer's or dementia?

Individuals with Alzheimer's disease have taught me that nothing is what it appears to be on the surface. This world is filled with mystery and hidden treasures. I was pleasantly forced to become a detective as the multisensory activities outlined in my book acted as searchlights providing me with a deeper insight into the profound experiences of individuals with Alzheimer's disease. I had to stop my inner chatter—wait and listen. I had to give up any dogmatic certainty and direct my attention to the more subtle forms of metaphorical and symbolic language. As well as a journey into the realm of "between" worlds. My journey was not just an educational one, but a spiritual sojourn as well.

What do you think is the key to "Aging Well"?

I came up with the title of the publication, "Aging Well," because although our medical model is not one based on prevention, so many studies have provided information as to the benefits of aging well: the Mediterranean diet, regular exercise (walking, swimming, aerobics, yoga, Tai Chi, etc.), learning something new, socializing with family and friends, theatrical performances, meditation, and living a life with passion and curiosity.

Your Local Internet Company Supporting Nevada and surrounding Counties with the "BEST OF THE BEST" INTERNET SERVICE



Installation discounts given to Seniors (through FREED a partnered resource) and Veterans of Nevada County (Through American Legion Post #130, Marine Corps League, and the Vietnam Veterans of America Partnered resources)



Smarter 
BROADBAND

530-272-4000

www.SmarterBroadband.com