

Winter 2024

Aging Well

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY

Fighting the winter blues

**Mental health
resources for
seniors in
Nevada County**

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Mental health resources for
seniors in Nevada County.

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Aging Well

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY

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HYDRATION:

An Important Factor of Aging Well

As we age, staying hydrated becomes increasingly important for our overall health and well-being. Our bodies lose water more quickly, and our sense of thirst may not be as strong as it used to be. To maintain proper hydration, here are some tips for older adults:

1. Drink water regularly: Set a schedule to remind yourself to drink water throughout the day, even if you don't feel thirsty. Aim for at least 8-10 cups of water per day.

2. Eat water-rich foods: Incorporate broth-based soups and fruits and vegetables with high water content, such as watermelon, cucumber, oranges, and lettuce, into your diet to boost your fluid intake.

3. Limit caffeine and alcohol: Both caffeine and alcohol can have a diuretic effect, leading to increased fluid loss. Limit your consumption of these beverages and opt for water instead.

4. Monitor medication side effects: Certain medications may cause dehydration as a side

effect. Be aware of any medications you are taking and consult your healthcare provider if you notice increased thirst or decreased urine output.

5. Use a water bottle: Carry a water bottle with you wherever you go to make it easier to sip on water throughout the day, whether you're at home, running errands, or traveling.

6. Consume electrolytes: As we age, our bodies may have difficulty retaining electrolytes. Consider incorporating electrolyte-rich beverages or foods, such as coconut water or bananas, to help maintain electrolyte balance.

7. Pay attention to urine color: Monitoring the color of your urine can provide valuable insight into your hydration status. Aim for pale yellow urine, indicating adequate hydration.

8. Be mindful of weather and activity: When the weather is cold, people tend to consume fewer fluids, as the sensation of thirst is diminished. However, this does not mean that the body's need for water has decreased. In fact, the dry

air can accelerate moisture loss from the body, making it even more essential to drink an adequate amount of water. Hot weather and physical activity can increase the body's need for water. In these situations, be extra mindful of staying hydrated and increase your fluid intake accordingly.

By following these simple tips, older adults can better maintain their hydration levels and support their overall health as they age. Remember that staying hydrated is a key component of healthy aging and can contribute to improved energy levels, cognitive function, and overall well-being.

Pawnie's Home Care is here to help! At Pawnie's Home Care we train each of our caregivers specifically on the importance of hydration. We have an extensive care management and quality assurance program, ensuring all your needs are met. Especially hitting your hydration goals! Call us today!



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www.comfortkeepers.com/marysville-ca

Nevada County Consolidated Veterans Council



**Drop and
Give me 20!**



Serving our Veterans and the Community

OK all you Vets...stop laughing! Some place in our initial entry into the Military World we were challenged to be fit and healthy. We did push ups, sit ups, ran, pull ups, jumped, and experienced other "Fun" daily.

Entering the senior world has made these activities...*like even dropping*....a challenge. Like in the past, physical activities are necessary, vital to us completing the mission.

There are VA programs which can help us stay fit and well. Here are two to check out:

- **MOVE!** is the VA's national weight management program. MOVE! can help you lose weight, keep it off, and improve your health. Every VA Medical Center has a dedicated MOVE! Coordinator who is available to assist you.
- **GEROFIT** is an exercise program for Veteran health. Participants in the program have demonstrated improved health, mental, physical function and well-being. Gerofit is a great way for Veterans to stay active by using a variety of strength and aerobic exercises. Also, by participating in group classes like tai chi, dancing, walking, and balance.

Here in Nevada County there are several opportunities for exercise, agility maintenance and training to help us stay well. While the VA does offer many free programs at selected facilities, The VA does not offer to underwrite memberships at the many Private Gyms but.... Check out this WEB site to see if your insurer does.

- veteran.com/military-discounts-gyms-health-clubs

What makes America GREAT? YOU!

Keep Movin' and a Groovin' !

If you're a member of the Vet family & need help, contact one of the Veteran's organizations listed.



Lifestyle Habits for Managing PTSD



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

WEB site
ncvso@nevadacountyca.gov



WEB site

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



WEB site

VVA 535
255 So. Auburn St
Grass Valley
va535.org



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



WEB site

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

Golden Age Law Planning for peace of mind

Valerie M. Logsdon, Elder Law Attorney

Experience counts. I have over 25 years of legal experience addressing the legal needs of elders, disabled persons, and their families. This experience is invaluable to my clients—as the saying goes, “I have seen it all.”

I am devoted to the preservation of family assets and to the dignity and well-being of my clients and community. I am proud to provide cost effective legal services to all of my clients. Among our offerings, we have flat rate document packages with no hidden surprise fees. I am committed to being your “lawyer for life.”

As we age, we find the need to educate ourselves on new areas of interest or concern. This can, at times, be overwhelming. With my extensive experience I can make this journey less stressful and more enjoyable for you to navigate through.

Here are a few of the many services we offer;

- Estate Planning
- Trust and Wills
- Durable Power of Attorney
- Advanced Health Care Directive
- Probate Law
- Asset Preservation
- Special Needs Trust
- Conservatorships and Guardianships
- Veterans Benefits
- Retirement Planning
- Supplemental Security Income
- Long Term Care Insurance
- Medicaid
- Med-Cal Planning
- Social Security
- Grandparent Visitation Rights



I also encourage you to visit my website www.goldenagelaw.com and go to my Library. Here you will find some valuable videos that I have personally selected to educate and inform our senior community.



Nevada County
Habitat
for Humanity®

**GET INVOLVED, MAKE AN
IMPACT, & AGE WELL!**

VOLUNTEERISM IS AT THE HEART OF HABITAT'S WORK.

Join our effort to create a community where everyone has a place to call home. As a nonprofit housing organization, Habitat creates affordable homeownership opportunities and builds homes for local people in need.

Housing stability and longevity are cornerstones of the Habitat program. Locally we are committed to building a rewarding and inclusive volunteer environment where people have the opportunity to stay active, learn, and develop relationships with people of all ages and backgrounds.

Many volunteers come from varied backgrounds and some with a lifetime of experience in building or human services. However, anyone with a willingness to learn and the dedication to come back day after day will find their place in the Habitat volunteer community.

- Stay active
- Socialize
- Challenge your mind
- Help solve complex problems
- Apply your lifetime experience
- Give back to your community

VOLUNTEER OPPORTUNITIES:

- Lunch Wagon Provider
- ReStore Support
- Construction Crew
- Board Committees

“ONE OF THE THINGS THAT I ALWAYS WANTED TO DO WHEN I RETIRED WAS TO GIVE BACK AND BUILD HOUSES FOR HABITAT.

-Construction Lead Volunteer,
C.J.



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MAKE A LOCAL IMPACT BY GIVING ONLINE: WWW.NCHABITAT.ORG/DONATE
OR BY MAIL: PO BOX 2997 GRASS VALLEY, CA 95945



Unleashing your health potential while helping seniors feed their pets

by Executive Director Leslie Lovejoy RN, Ph.D.

Move it or lose it." It's an adage for aging. If we don't stay active, we put our flexibility, muscle mass and stamina at risk – as well as our mobility. Movement is equally vital to brain- and-heart health.

But before you rush out to join a gym, here are some simple suggestions to make moving part of your daily routine.

Enjoy a walk in the park – maybe with your dog.

Our pets are wonderful companions, and dogs have a way of making us do what's good for us. Walking them has a positive impact on the brain, while it improves our morale. Pick up the pace, and you're supporting your heart health. Meeting other walkers along the way provides the added benefit of social connection. Also, consider the lifting, raking, gardening and cleaning it takes to maintain your home, and you may be getting more exercise than you realize. If you want to up your program, joining our team of Senior Firewood Program volunteers provides a vigorous workout while you offer kindness (and wood) to nearby seniors. Contact Volunteer Coordinator Shari Montez-Esterly at the number below.

You're also invited to take advantage of all the activities our new Community Senior Center will offer soon.

Later this July, local older adults are welcome to join in the fun fitness options that will be available at our 231 Colfax Avenue, Grass Valley location. For more information, call Emily Wilson, Senior Center Program Director at the number to the right.

That's the good news. Here's the challenge.

Not long ago we were dismayed to learn that a number of our Meals on Wheels clients with pets could not afford to feed them, and that's why we started our Pet Food Pantry – a donation-funded program created to help seniors and pets stay together.

Research confirms that older adults who care for animals tend to be healthier than those without pets. For some of our clients, their dog, cat or bird may be the sole source of companionship – relationships too valuable to ignore!

Here's how you can contribute to our Pet Food Pantry Program.

Once again, taking action is good for the heart, especially when you contribute to this important program. If you have questions, call Valerie Spangenberg at the number below. Otherwise, please visit www.goldcountryservices.org or send your check to Gold Country Senior Services, PO Box 968, Grass Valley, CA 95945.

Together, we're improving the lives of local seniors.

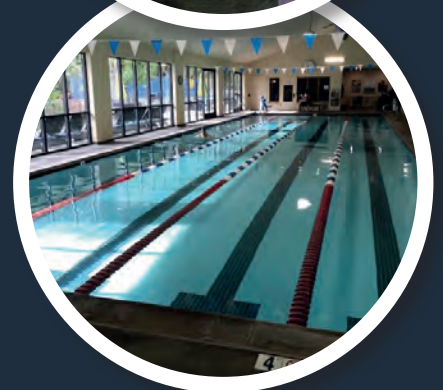
Thank you in advance!

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



Nevada County's Premier Health Club

South Yuba Club was built on the idea that your health is unique, your goals are attainable, and a healthy active life is achievable with the right support and a clean, friendly club.

South Yuba Club is Nevada County's premier health club with a friendly knowledgeable staff that can help you achieve your goals. A place where friendly faces greet you with a smile, especially when you're sweaty and tired!

You'll find a class for every goal and every age. With three Group Fitness studios, and over 75 classes each week, including Gentle Yoga, Ti Chi, Forever Fit and Aqua Aerobics you're sure to find your new favorite way to move.

Or just come relax and unwind in the pool or sauna. Play a round of Pickleball and make new friends. As with its namesake, the Yuba River, we believe that seeing is believing. South

Yuba Club not only provides a friendly and safe environment, but the finest facility in Nevada County.

So come on by, meet our friendly staff and members, and see for yourself why South Yuba Club has been voted Best Health Club in Nevada County 21 times!

*Discover South Yuba Club and
a Healthy Active Lifestyle!*

130 W. Berryhill Drive, Grass Valley • 530-272-7676 • WWW.SOUTHYUBACLUB.COM

PREPARE YOUR PROPERTY FOR WILDFIRE

Take steps to ensure your property, home, and evacuation roadways are ready for wildfire.

KNOW DEFENSIBLE SPACE BEST-PRACTICES

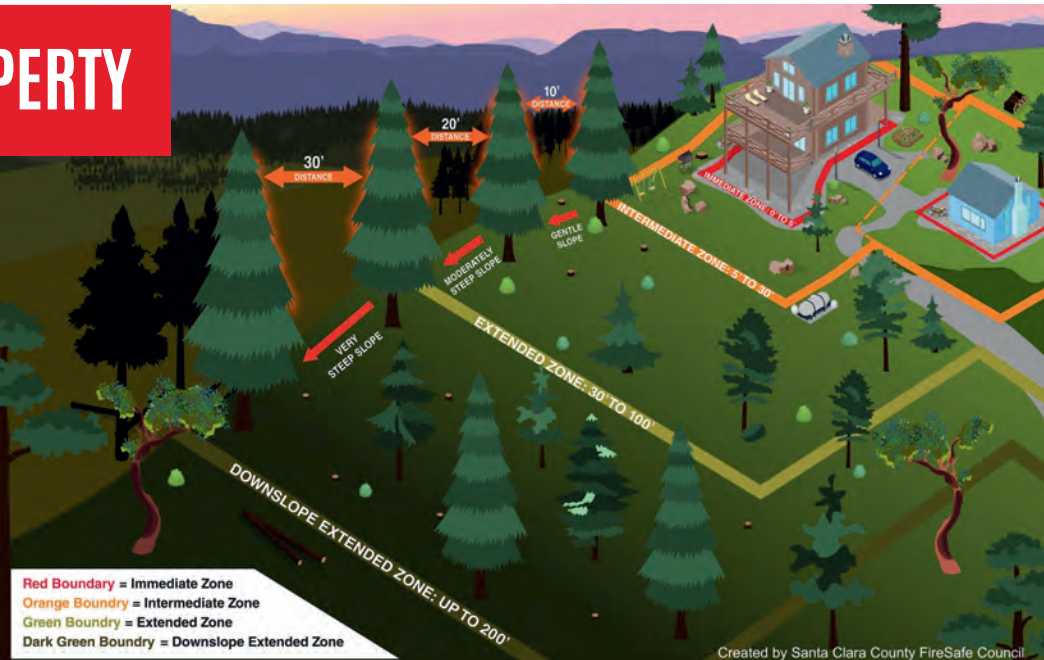


YOUR HOME

- **Store** firewood and flammable material at least thirty feet (30') from structures and at least ten feet (10') from propane tanks, generators, and fuel storage tanks. Never store firewood underneath decks.
- **Upgrade** your vents to protect against ember intrusion.
- **Clean** your gutters and install non-combustible covers.

YOUR PROPERTY

- **Create** a five-foot (5') ember resistant zone around structures and underneath decks, stairs, and porches.
- **Maintain** a defensible space of one hundred feet (100') from each side of your structure.
- **Dispose** of hazardous vegetation by pile burning on permissive burn days, utilizing green waste bins, or hauling to your local transfer station.



For more information, visit:
ReadyNevadaCounty.org/defensiblespace

PREPARE YOUR PROPERTY FOR WILDFIRE

Take steps to ensure your property, home, and evacuation roadways are ready for wildfire.



YOUR NEIGHBORHOOD

- **Join** a Firewise Community:
<https://www.nevadacountyca.gov/2782/Firewise-Communities>
- **Contact** Fire Safe Council of Nevada County for information about defensible space advisory visits, defensible space contractors, and the chipping program: <https://www.areyoufiresafe.com/>

YOUR EVACUATION ROUTE

- **Keep** your private driveway and road free of fuels.
- **Maintain** a minimum ten foot (10') wide strip of land beyond the edge of the driving surface.
- **Remove** ladder fuels to a height of fifteen feet (15').



RESOURCES



Request a Defensible Space Inspection from Nevada County:

<https://www.nevadacountyca.gov/3004/Defensible-Space>



Find a qualified contractor through our local contractor's associations:

<https://www.nccabuildingpros.com/> or <https://www.ca-tt.com/>

For more information, visit:
ReadyNevadaCounty.org/defensiblespace



NEVADA
COUNTY
CALIFORNIA



Fighting the winter blues

Mental health resources for seniors in Nevada County

By Dora Scott

Has the rain and the cold left you cooped up indoors and lonely? Maybe you've lost interest in doing the things that normally bring you joy. If so, you are not alone, and Nevada County luckily has many organizations, non-profits, and resources for those struggling with mental health—especially our seniors who might have mobility issues, need a companion to chat with, or are intimidated to get into an exercise regimen.

"Because we live in a rural county, we felt there were a lot of older, isolated adults and we wanted to connect with them for social support as well as connecting them to services in the county," Maureen Garecke, the Friendly Visitor/Phone Reassurance Coordinator & Person-Centered Counselor at FREED, explained the inspiration behind some of their programs.

The three main programs that FREED offers related to mental health are the Friendly Visitor Program, the Phone Reassurance Program, and the Program to Encourage Active, Rewarding Lives (PEARLS). All three are funded through the Nevada County Behavioral Health Department through the Mental Health Services Act (MHSA), and are free for seniors or those with a disability.

FREED's **Friendly Visitor Program** connects older adults and those with disabilities to volunteer visitors. "The volunteers are just incredible," Garecke stated, adding, "They are mostly retirees wanting to give back to the community and they are social butterflies. So either they want to talk on the phone or they want to do something in person. We do monthly trainings so they get a lot of good information, and they are just full of resources and are really good listeners." Above all, participants and volunteers usually become friends, going out to lunch once a week or doing an activity like seeing a movie.

Similarly, the **Phone Reassurance Program** matches participants who are often home-

bound with a volunteer, who "check in with the [participants], so they build a relationship with them and just call them by phone instead of visiting in person," Garecke explained.

"Because we live in a rural county, we felt there were a lot of older, isolated adults and we wanted to connect with them for social support as well as connecting them to services in the county."

—Maureen Garecke, FREED

The **PEARLS program** is an evidence-based program based out of the University of Washington, which aims to help older adults with depression. It is eight sessions and uses a set of survey questions each session to gauge the participant's progress. Garecke stated how as a result of the pandemic, with most of their programs having to operate remotely and over the phone, "I was getting calls every day from volunteers saying that they were really concerned about the people they were talking to because they were very depressed."

Garecke approached the Nevada County Behavioral Health Department about the alarming rates of depression, and she was then referred to the PEARLS program and was trained. Since then, other organizations and community members have been trained for the PEARLS program, including, but not limited to, Gold Country Senior Services and the Sierra Nevada Memorial Hospital (SNMH). Gold Country Senior Services integrates depression screening and PEARLS with their Meals on Wheels service, and the SNMH has a Social Outreach Program.

"They are kind of coaching sessions where we help them with problem-solving," Garecke stated, adding, "Along with every week, they would plan a physical activity, a social activity, and just a pleasurable event that they would enjoy."

According to Garecke, the success rates of PEARLS have been very high: "My first year it was like 82%, then it went up to 88%, and this last year it was 92% of people who took the program it decreased their symptoms."

Garecke explained how the physical component of PEARLS can often be one of the more challenging aspects of the program. "A lot of people can get out and walk, but a lot of people who have mobility issues can't. It's finding alternatives for them—transportation to a pool, a yoga class, something they can do," she stated.

When asked what physical activities have been popular among local seniors, Garecke answered how yoga, QiGong, and Tai Chi have risen in popularity—"Really, those three things are the most accessible for seniors."

For those who want to try their hand at these ancient, holistic practices, there are many classes throughout Nevada County. A number of the Qigong and Tai Chi classes are taught by Homer Nottingham, an 85-year-old QiGong & Tai Chi master.

As the former Vice President of American Express, Nottingham started QiGong in the 1980s on a business trip to Hong Kong when he saw crowds of people practicing in a local park. The summers at Pioneer Park now paint a similar scene, with over a hundred people coming to follow his classes.

Nottingham explained how through QiGong and Tai Chi, he hopes that our community will become a blue zone—an area in the world where people have longer life expectancies. However, more important than lifespan is to



Photo courtesy Elias Funez

“...you need to rebalance the body once and a while, and that’s what QiGong and Tai Chi does [...] when you are moving slowly it gets the soreness or tension out of your body.”
—Homer Nottingham

have a “healthspan.” “We want to live a long time; we want to have ‘healthspan’ along with it so that the last ten years we have a high-quality life,” Nottingham elaborated.

QiGong directly translates to “energy practice,” to which Nottingham explained how QiGong optimizes the energy in the body—going through the connective tissues and the fascia membrane—through slow, meditative movements. QiGong does not refer to one thing but is an umbrella term for the centuries of movements and breathing that are a part of traditional Chinese medicine, which includes Tai Chi.

Nottingham attributes the speed at which we age to the tension and, consequently, inflammation that we harbor in the body—be it from our sedentary lifestyles or fast-moving sports and exercises. “So you need to rebalance the body once and a while, and that’s what QiGong and Tai Chi does [...] when you

are moving slowly it gets the soreness or tension out of your body,” he added.

Slow and more meditative exercises are known to combat symptoms of depression. “We do brain fitness in our classes because cognitive fitness is very weak nowadays, so we do simple games to challenge the brain,” Nottingham stated, elaborating on how we lose 700 brain cells a day, so you must challenge it to ensure neuroplasticity.

“Movement is medicine,” Nottingham emphasized, “Move!” While exercise can seem daunting, you can try to implement a routine slowly. It also helps to pair exercise with a social environment like taking classes or working out with a friend.

Homer Nottingham teaches QiGong Monday, Wednesday & Saturday at 9 a.m. at the Odd Fellows Hall (212 Spring St., Nevada City) and also at the South Yuba Club for health club members.



For more information about the mental health programs funded under the MHSA, visit:

- freed.org/services/independent-living/friendly-visitor-program/
- supportsierranevada.org/socialoutreachprogram
- depts.washington.edu/hprc/programs-tools/pearls/

If you or a loved one is experiencing a behavioral health crisis, please call **530-265-5811**. The Mobile Crisis Team provides 24/7 hour service, free of charge and available to all who live in Nevada County. Call **911** if you are in danger or to report an emergency.



Photo courtesy Elias Funez



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- Medications for symptom management



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COUNTY**
CALIFORNIA

**Adult
Services**

(530) 265-1639

PROTECT YOURSELF FROM FRAUD

In the past 5 years, Adult Protective Services investigated over 1,200 cases of financial elder abuse.



Top 5 Protect Yourself Tips

1. **If it Sounds Too Good to Be True, It Probably is.** When it comes to a potential investment or other financial opportunity, always trust your instincts. If it doesn't feel right, it probably isn't!
2. **Internet Romance Scams.** These fake love interests might profess their love for you and appeal to your interests. Once they have your trust and affection, they try to tug at your heartstrings with sad stories about how they need money for an emergency or medical bills. If your online sweetheart asks for money, it's likely a scam.
3. **Crypto Scams.** Scammers promise large profits to victims who purchase crypto assets from them. But when victims try to withdraw their earnings or crypto assets, suddenly the scammers say investors need to pay "taxes" or "fees" to get their money back. The supposed "taxes" and "fees" are just more ways the scammer is attempting to get additional money. There are no profits, and the original investment is gone.
4. **Be Suspicious If You're Told to Keep Quiet.** Legitimate financial programs, assets, or investments are generally registered or licensed with a state or federal regulator such as the DFPI or Securities and Exchange Commission (SEC).
5. **Verify Everything.** Always check whether an advisor, professional, financial product, or institution is registered or licensed at dfpi.ca.gov/verify.

Order Your Free Credit Reports

Review credit reports carefully. Report any discrepancies immediately. Consider a credit freeze. A credit freeze is one major way to help prevent identity theft and fraud, even if a criminal has key information such as your birthdate and Social Security number. Freezing your credit is free and won't harm your credit.

Equifax: 1-800-525-6285 • Experian: 1-888-397-3742 • TransUnion 1-800-680-7289

Please contact Adult Services @ 530-265-1639 for a free copy of the California Department of Business Oversight Fraud booklet or to report financial elder abuse.

Aging Well | Q1



Celebrating 40 years in Senior Care at Sierra View!

Dear Friends and Neighbors,

It is with hearts full of gratitude and joy that we extend a warm invitation to you for the Sierra View Senior Living Open House. Join us on this special day, March 1, 2024, between 4 PM and 7 PM, to commemorate a legacy of love and care that has spanned 40 beautiful years in the heart of Grass Valley, California, a place many seniors are proud to call their retirement haven.



Nestled amidst the serene beauty of the Sierra Foothills, Sierra View has been a family-owned beacon of comfort and community since 1984. On this 40th anniversary, we are not just celebrating our longstanding presence in the community, but the lives, stories, and laughter that have filled the halls of Sierra View. Our open house is an opportunity to stroll down memory lane, with photographs and anecdotes from years gone by. We invite you to bring your memories and join us in raising a glass to the shared joys of the past and the promise of tomorrow.

Date: March 1, 2024 Time: 4:00 PM - 7:00 PM Location: Sierra View Senior Living 120 Dorsey Drive, Grass Valley, California

Our journey began four decades ago on March 1st 1984 with a simple yet profound vision: to create a nurturing and joyful assisted living environment for seniors. Family owned and operated for generations, we make sure our residents feel safe, welcomed and loved. Over the years, Sierra View has become a home filled with smiles, stories, and countless memories.

We cordially invite former residents, their families, our dedicated employees, community health professionals, and all who have been a part of our story to this special event. Explore our facility, meet our caring staff, and see firsthand the warm, supportive environment that makes Sierra View a beloved place for seniors.

Refreshments will be served, and guided tours will be available throughout the evening. Our team will be delighted to answer any questions about our services, amenities, and the enriching lifestyle we offer.

We look forward to welcoming you to Sierra View Senior Living and sharing this joyous occasion with you. Your presence will add to the charm and warmth of our celebration. If you would like to RSVP or schedule a visit for another date please call Sierra View at (530)273-4849 or email us at SierraViewSeniorLiving@gmail.com.

Sincerely,

Lisa Vixie Winget RN, ED, Owner

(530)273-4849 • SierraViewSeniorLiving@gmail.com • 120 Dorsey Dr. Grass Valley, Ca 95949 • #295002836



Safe Homecoming

FREED's Home Modification Program Supports Access to Housing

What began as a routine podiatry appointment for an older gentleman ended in an emergency above the knee amputation. FREED Information & Assistance received a call from a distraught woman, stating that her fiancée was in the hospital, and she did not know how she was going to get him home. FREED Transition staff met with the gentleman soon after at the hospital, he was distressed that he would be discharging to a skilled nursing facility over an hour away, but literally could not go home due to the stairs at his front and back door. FREED was able to provide equipment rapidly, such as a wheelchair and slide board, through the Assistive Technology Program, to give him some independence in mobility. FREED Fix-It Staff met with the fiancée at the couple's home to assess the entrance of the home and to

look at accessibility solutions for increased mobility and independence inside the home. A plan was made with the couple. FREED Transition staff applied for a grant to install a wheelchair lift to create an accessible entrance. FREED's Fix It volunteer installed grab bars and a transfer pole to give him access to personal care.

The couple stated when he was finally able to come home, "We do not know how we would have navigated through this very difficult time in our lives if we had not found FREED and the amazing people that have helped us from your organization; the Transition Coordinator, Fix-It Coordinator and the volunteer that installed grab bars for us and you and I am sure there are others. Every person we have worked with or even talked to at FREED has been extremely supportive and truly



makes a difference for people like me that would be lost without FREED. Thank you for all the work you do it does matter, and it does make a lasting difference."



Is your home in need of repairs or modifications to maintain and increase your independence?

FREED's Fix-It Program may be able to help!

For more information, visit us at www.FREED.org
 Grass Valley Office: Tel:(530) 477-3333, TTY:(530) 477-8194
 Yuba City Office Tel:(530) 742-4474, TTY:(530) 742-2379

FREED





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help those in need
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One Source- Empowering Caregivers is a 501c3 nonprofit organization, donations may be tax deductible

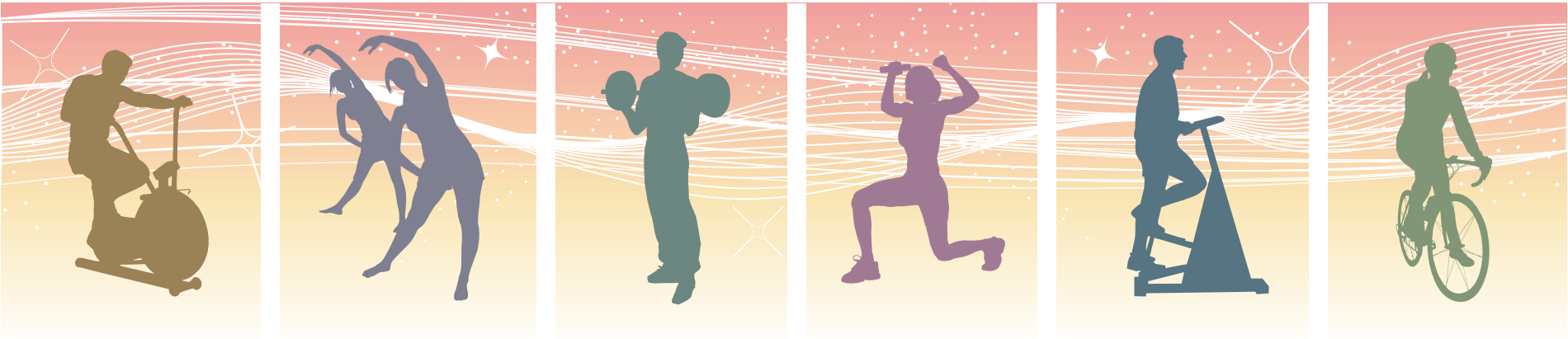
GET FIT WORD SEARCH

A	U	W	Y	Y	G	R	V	T	S	P	X	T	G	C	A	L	K	D	W
X	S	O	A	G	O	D	S	T	R	E	T	C	H	I	I	O	K	X	P
P	B	V	O	R	S	T	U	O	Y	M	I	W	F	R	H	K	H	S	P
M	R	Y	P	A	M	T	W	K	G	S	D	R	G	C	A	X	T	P	O
Y	G	R	E	N	E	U	A	L	O	O	K	V	F	U	K	W	G	A	O
R	W	T	D	N	U	O	P	M	O	C	Y	X	D	I	M	E	N	E	X
B	D	A	F	H	B	Y	E	G	I	V	C	L	S	T	E	C	N	E	R
B	E	N	A	K	F	T	R	X	N	N	B	V	B	E	L	N	R	O	F
S	A	S	B	X	R	X	P	E	G	R	A	O	K	L	P	A	T	B	N
N	D	T	A	I	A	I	E	E	V	N	X	R	X	T	I	L	S	I	L
U	L	V	C	L	G	B	G	B	C	O	E	U	T	Y	G	A	K	C	A
Y	I	S	P	E	O	M	N	N	O	N	C	H	N	N	G	B	T	T	V
F	F	U	H	F	Y	U	U	K	H	P	A	E	P	A	F	E	H	T	R
I	T	T	M	E	I	I	L	G	Y	G	S	T	R	B	R	H	N	E	E
T	R	U	Y	T	I	S	N	E	T	N	S	I	H	S	I	L	E	C	N
N	A	O	A	R	D	K	V	V	X	S	S	E	M	I	M	N	L	M	N
E	E	K	W	L	G	X	V	P	F	A	N	E	M	E	S	P	Y	X	I
S	H	R	I	B	M	U	S	C	L	E	S	O	V	I	R	E	B	A	T
S	F	O	I	C	H	Y	K	Y	B	F	X	O	E	Y	N	V	R	L	U
Y	G	W	F	M	K	P	E	B	P	W	M	C	O	O	L	D	O	W	N

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

- AEROBIC
- BALANCE
- CIRCUIT
- COMPOUND
- COOL DOWN
- DEADLIFT
- ENERGY
- FITNESS
- HEART
- INTENSITY
- INTERVAL
- ISOMETRICS
- LUNGE
- MOVEMENT
- MUSCLES
- OXYGEN
- RECOVERY
- RESISTANCE
- STAMINA
- STRENGTH
- STRETCH
- WARM UP
- WORKOUT
- YOGA



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