# Aging Well

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY



# What's Inside?

- 3 Foothills Compassionate Care | foothills-cares.org
- 4 Comfort Keepers | comfortkeepers.com/marysville-ca
- **5** FREED | freed.org
- 6 Chapa-De Indian Health | chapa-de.org
- 7 Simply Country | simplycountry.net
- 8 A Pillar of the Community: Mike Bratton's Service in Nevada County by Hollie Grimaldi Flores
- 10 Raven Wing Reiki | ravenwingreiki.com
- 11 Sunshine Wellness
- 12 InConcert Sierra | inconcertsierra.org
- 13 Hilltop Commons | Hilltop-Commons.com
- 14 Mike Bratton State Farm Insurance | mikebrattonagency.com
- 15 American Legion | gvlegionpost130.org
- **16** Partners in Care | pichospice.com



FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY

## Publisher **SCOTT CONLEY**

Director of Advertising & Production STEPHANIE AZEVEDO

Design Lead

JACOB LAFLEUR

Multimedia Advertising Consultant LACI LUND

## THE UNION

www.TheUnion.com

Great People Connecting Communities

## On the cover

Read on page 8

A Pillar of the Community:
Mike Bratton's Service in Nevada County

Mike Bratton shown with his wife Robin. Mike has lived in Nevada County for nearly 50 years and supported the community through his work in insurance, fundraising activities, and local sporting events.

Photography: Courtesy of Mike Bratton



## Fully embracing the journey of life & death

Foothills Compassionate Care is a 4-star nonprofit organization that has been serving Western Nevada County for over 45 years. As the only nonprofit hospice provider in our community, we are dedicated to delivering compassionate, patient-centered care that prioritizes the dignity and comfort of every individual.



FOUR-STAR MEDICARE.GOV
FAMILY CAREGIVER SURVEY RATING

Foothills Compassionate Care







www.foothills-cares.org • 530.272.5739



#### **HOSPICE OF THE FOOTHILLS**

End-of-life care focused on comfort, dignity, and support, wherever a patient calls home.



#### SIERRA COMMUNITY PALLIATIVE CARE

Specialized outpatient care for patients with life-limiting conditions, supporting quality of life before hospice eligibility.



#### **BEREAVEMENT SUPPORT SERVICES**

Individual counseling and group support, available to anyone in the community for 13 months after the loss of a loved one.



#### **CAREGIVER SUPPORT & TRAINING**

Education, respite services, and grants to help families navigate the caregiving journey.



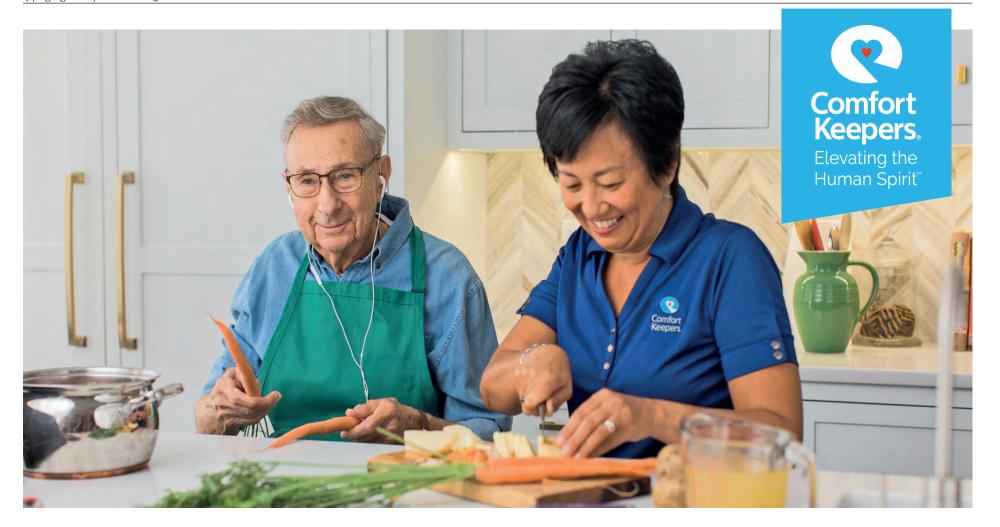
#### **VOLUNTEER SERVICES**

Over 100 trained volunteers, providing companionship, vigils, errands, pet therapy, massage therapy, and more.



#### **GIFT & THRIFT STORES**

Voted #1 in Nevada County for over 16 years with over 100 active volunteers. Proceeds from our thrift stores fund non-reimbursed care and services.



# Make everyday extraordinary

At Comfort Keepers®, we provide in-home care that helps seniors and other live safe, happy, and independent lives in the comfort of their own homes.

#### **In-Home Care Services**

- Personal care
- Companionship and housekeeping
- Dementia and Alzheimer's care
- Respite care
- Safety solutions

530-274-8600

HCO# 584700001



Home + Life + Care

www.comfortkeepers.com/marysville-ca

## Find Local Resources for

# Older AdultsPeople with Disabilities

Caregivers







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





## Healthcare for the Whole You!

At Chapa-De, we provide whole person care to support your well-being at every stage of life.

We proudly accept Medi-Cal and traditional Medicare.

Accepting New Patients for Medical Primary Care

Contact us today: • (530) 477-8545

9 1350 E Main St, Grass Valley, CA 95945



**North Idaho Pressed Logs Home Fire Pressed Logs Golden Fire Pellets** Kindling Available



20% OFF All of These Products
Through Jan. 31, 2026

## **Penn Valley**

10110 Harvest Lane Monday-Friday 9am-5:30pm Saturday 9am-5pm **Closed Sunday** 530-432-2835

## **Grass Valley**

314 Railroad Ave. Monday-Friday 9am-5:30pm Saturday 9am-5pm **Closed Sunday** 530-273-3886



## A Pillar of the Community

### Mike Bratton's Service in Nevada County

By Hollie Grimaldi Flores

f you have lived in or visited Nevada County for any length of time, chances are you have heard of Mike Bratton. Be it from his numerous advertisements in print media and on local radio stations, countless fundraiser programs, or banners at local sporting events, one thing is for sure, Mike Bratton is entrenched in the community.

Bratton came to Nevada County with his wife, Robin, nearly 50 years ago, shortly after graduating from Chico State University to work in the construction business with his father. in the (Personal Development The work was good and kept money in his pocket, but Bratton said he knew it was not what he wanted to do for the long haul.

A contact he made at an insurance training class while still living in Chico led him to pursue a career in the insurance industry, and the rest, as they say, is history.

"When you go out and serve, that is the best day of your life. Depending on if you can physically do that, but serving and watching other people watch you serve spurs them on to do that. Our world would be a lot better if there were more servants out there."

> -Mike Bratton, Insurance Agent

From middle school and senior class president, Mike has always been someone who leads the way when he sees a need. His natural propensity to "give back" was a great fit for growing his business as he found himself coaching soccer, little league, and other sports with a young family. "They (other par-

ents) would kid me and say, 'Bratton, you are the only one who gets paid to coach,' because I was an insurance person and the people you rub elbows with and built relationships with would come to you with their insurance needs. So, it has always worked both ways," he said.

Bratton is a firm believer Coach) Zig Zigler adage, "You can have everything in life you want if you will just help enough other people get what they want."

"That just comes naturally," Bratton said. "I love serving. I love helping others and a lot of things have brought me to where I am today."

Saying he is "involved" is a massive understatement. Before having children of his own he played in a local adult softball league and was a member of the 20/30 Club. The father of four and grandfather of six began coaching sports — from basketball and baseball to soccer and football

 including serving as the Nevada Union Football Boosters President for a decade when his family was young. As they grew, he continued his public involvement as a member of Rotary and serving on several other boards and committees, including Nevada City Law Enforcement, Fire Protection Council, Twin Cities Church and A New Day.

"I enjoy people," Mike said. "I enjoy building relationships."



Mike & Robin with 2 of their 6 grandchildren at Disneyland.

His relationship with A New Day began twenty years ago, shortly after his son Michael II committed suicide at the age of 25. Learning his son suffered from debilitating depression too late, the Bratton's, along with friends, organized a Turkey Trot on Thanksgiving Day, something his son had always wanted to do. The Bratton's are inspired to educate the public around symptoms related to depression and to support organizations who can help treat



Extended family enjoying the 2025 MEB2 Turkey Trot.

people who are suffering. Mostly, they want to remove the stigma associated with mental health issues. After 20 years, the Bratton's made the decision to turn the event over to another organization, which did not come easily.

"When you go out and serve, that is the best day of your life. Depending on if you can physically do that, but serving and watching other people watch you serve spurs them on to do that. Our world would be a lot better if there were more servants out there," Mike said, acknowledging the community is changing and it seems harder to get younger people involved in coaching and being on boards.

Again, he sees that as an opportunity to teach young people. "I go to Interact Club at Nevada Union and I see a hundred kids who are leading out there and working and volunteering. I see the football program with kids at the Turkey Trot working and volunteering. I see a lot of programs like that coming out of our schools which make me happy, but we need to teach more of that — a gift of serving and helping."

Nevada County is known for having an exceptionally large number of nonprofits. Bratton said that is part of what makes the community so special and another reason there is a need to keep that going and have young people

understand the outcome.

Bratton begins each day with a thankful heart. With his grown children staying local, they spend lot of time together. He said they all love the community and the love they received from community members, following their loss of Michael II, stating it was both a blessing and curse as they took time to grieve and find their footing.

"That helped all of us shape what we needed to do to help other people to understand depression

and be aware of suicide. And letting people know there is help and can be healing and hope; to give them the understanding that there are tools and they can live a normal life," he said. "It is even hard for me to say, but I know there is a lot of good that came out of Michael's tragic death — an awareness and helping other people get support and healing and saving many lives."

Now in his early seventies, Mike is trying

to slow down a little bit, with his daughter Jennifer running the State Farm office and several long time employees meeting client needs, he finds he can spend a little less time at his desk. "I am trying to back down a bit and spend more time travelling and with Robin — and of course, time with our kids and our grandkids. That is what we do."

But do not count him out anytime soor

Bratton spends a lot of time at Fit Culture Studios in Nevada City (owned by his son, Joey), keeping active and working on having a balanced life, which starts with a workout and

"Giving back to our community and supporting our community is what makes us thrive. . .We should wake up every morning and think it is a Thanksgiving Day and be thankful for what we have."

Mike Bratton,Insurance Agent

eating right. He continues to run his business and continues to give back to groups in the community he values.

Bratton may have started his career as a contractor, but he has grown to believe the most important building comes in the form of relationships and trust. "Giving back to our community and supporting our community is what makes us thrive," he said. "We should wake up every morning and think it is a Thanksgiving Day and be thankful for what we have."



him out anytime soon. Family trip to Zion National Park.

## Ready to Try Reiki?

This gentle, non-invasive healing method helps you relax and supports your body's natural ability to heal. Safe for everyone to try, Reiki is an energy medicine technique that originated in Japan over 100 years ago. Clients have experienced relief from a variety of issues including:

- Stress and Anxiety
- Migraines and Headaches
- Insomnia and Trouble Sleeping
- Arthritis Pain and Back Pain
- Surgery or Injury Recovery
- Burnout and Overwhelm
- Grief and Bereavement
- Low Energy and Brain Fog

Find out if Reiki is right for you - get 20% off your session when you use code: UNION (book online) or mention this ad when you call.



Sessions by appointment, via Zoom or in-person at my ADA accessible office.

© Courtney Williams (585) 410-1642

www.ravenwingreiki.com courtney@ravenwingreiki.com

® 154 Hughes Rd. Ste 2 Grass Valley, CA 95945



■ FOLLOW US ON INSTAGRAM: @SUNSHINEWELLNESS.GV



#### **PROVEN BENEFITS AS WE AGE:**

Helps Reduce Stress | Lifts Mood & Spirits | Supports Heart Health | Encourages Gentle Movement | Creates Social Connection

Music is wellness...

Experience the joy and benefits of classical music.

**Check out our Third Sunday afternoon concerts!** 



Visit InConcert Sierra to learn more: InConcertSierra.org | 530-273-3990 | Grass Valley, CA



### AGING WELL, LIVING FULLY, AT HILLTOP COMMONS SENIOR LIVING

- 62+ All-inclusive independent senior living community
- Garden in the morning and take a painting class after lunch.
- Weekly Happy Hours.
- Enjoy fun activities and outings surrounded by great friends, fresh air, and Sierra foothill views.
- Daily, chef prepared meals in our dining room.
- Library, craft room and game room.
- Fitness center.
- Weekly housekeeping and linen service.
- Pet friendly.

131 Eureka Street, Grass Valley, CA 95945 www.Hilltop-Commons.com **CALL 844-902-2494 FOR MORE DETAILS!** 







## We're With You Every Step Of The Way

- We make it easy, remove all the confusion and frustration, and assure you have a coach with you every step of the way.
- No overcrowded classes. We deliver your workouts privately or in small groups and our experienced coaches know your name and everything about you (injuries, goals, hobbies).
- No more showing up and not knowing what to do.
- Regardless of your fitness level, were with you every step of the way.
- You show up and we take care of the rest.

# Here Are The Results You Can Expect At Fit Culture Studio

- Safely build Strength: Get stronger with just 2 or 3 personalized training sessions per week.
- Safely get out of Pain: Each workout is individualized to prevent injury and get you out of pain while working to reach your goals.
- Safely gain Function: We help our members build a body that improves their health, quality of life and prepares them to continue doing the things they love and enjoy.
- Improve Body Composition: Lose fat while preserving muscle, function, and quality of life.

## **Getting Started Is Simple & Easy**

#### 1. Book Your Free 30 Minute Consultation...

We'll talk about your goals, and what you're looking for, answer all of your questions and see if Fit Culture is a good fit for you.

#### 2. We'll Customize Your Program...

Whether you're just getting started or looking for a safe way to improve fitness and quality of life, were going to customize your program by starting at your level and basing your program around your goals, injuries, and health concerns.

#### 3. Try Our Program Risk-Free For 10 Days...

If we haven't earned your business, you can stop with no questions asked and we'll part as friends.

We also offer Large Group Classes that consist of Circuit Training, Sculpt, H.I.I.T, Senior Group Exercise, Mat Pilates, Spin Classes, Yoga.

To Book Your Consultation and Risk-Free 10 day pass, visit www.fitculturestudio.com or contact **Joey Bratton directly by phone (530-263-4136)** or email joeybratton@fitculturestudio.com

## **Nevada County** Consolidated Veterans Council











Serving our Veterans and the Community

### **Good News for our "Experienced" Community.....**

At the last Veterans Day event Grass Valley's Vice Mayor introduced everyone to how the City will soon be honoring our Veterans and active Military by displaying their history on banners hung during the month of May in downtown Grass Valley.

Gold Country Senior Services shared how we had just teamed up to provide food to the community during the recent shutdown.

Then Vietnam Veteran, Tom Munroe, spent time honoring a group of people who are typically lost in the mix.

Women in service to America.

We are the United States of America Soon to Celebrate 250 years of **Greatness and Teamwork** 

Tom spoke of the Red Cross "Donut Dollies" who were volunteers trying to add a bit of normalcy for those of us in Vietnam. There were the Red Cross medical help that tried to help us make it home. There were Women flight attendants, "Stewardesses" in the old days, who flew in some

crazy circumstances flying with guys paranoid about where they were headed, damaged having been there, or simply numb for 17 hours flying home. Coincidentally, Susan the owner of Tofanelli's who was one of those "Stewardess" (she told me she prefers that description), was stunning Tom & the KNCO audience with her story & details that same day.





Trans International Airlines Stewardess Re-Union

To top all this off Marrilee Shannon is a local who was a "Donut Dollie". We are teaming up to bring in some fellow Dollies and show their film about "life as" at the 2026 celebration of our Vietnam Vets. Pencil in March 28th and wait for the details.

We have lots of local heroes. We have Americans here in Nevada County who love America and strive daily to support all..... All GOOD!



**VVA 535** 255 So. Auburn St **Grass Valley** WEB site wa535.org

U.S. Army



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

**Post 130** 



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



MCL 885 255 So. Auburn St **Grass Valley** WEB site mcl885.org

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

WEB site ncvso@nevadacountvca.gov





Call: 530-268-7423

For a Free In-Home Assessment

## **In-Home Care**

Providing Dependable and Compassionate In-Home Assistance

Our highly qualified and trained caregivers are ready to help you and your loved ones with a variety of daily activities such as...

- Caring Companionship
- Alzheimers & Dementia Care
- Meal Planning & Preparation
- Grocery Shopping
- Errands & Transportation
- Change bed linens
- Light Housekeeping

- Dusting, Vacuuming, laundry
- Medication Reminders
- Games & Activities
- Bathing & Showering Assistance
- Dressing Assistance
- Incontinence Care & Toileting
- Transferring Assistance

Our personalized services are available seven days a week and can range from 4 hours a day to 24-hour care.

Serving Nevada County & Surrounding Areas.

www.picseniorcare.com HCO License #3147002

## **Hospice Care**

Focused On Quality Of Life
Providing Dependable & Compassionate Comfort Care

#### How We Can Help:

A team of caring professionals work closely together to understand patient and family needs, providing individualized physical, spiritual, and emotional care 24 hours a day, 365 days a year.

Call: 530-885-9948
To See If You Qualify

- Physician care
- On-site nursing
- Emotional & social support
- Spiritual care
- Assistance with personal care



- Medical equipment and supplies
- Caregiver support and training
- Short-term respite care
- Medications for symptom management





Serving Nevada County & Surrounding Areas.

www.pichospice.com



**PICComfortCare** 

HOSPICE