Are You 60+…
and Need Information
About Senior Services?

Toll-Free Senior
Information & Assistance:
1-800-510-2020

Planning and Service Area 2
Area Agency on Aging:

Planning for and Serving Seniors in
Lassen, Modoc, Shasta, Siskiyou & Trinity Counties since 1980

A Message from:
PSA 2 AREA AGENCY ON AGING ADVISORY COUNCIL

The PSA 2 Area Agency on Aging Advisory Council has created this information booklet with you in mind. As the "voice" of older adults, the majority of Advisory Council members are aged 60+, have leadership experience and represent the populations which we serve. We trust that you will find the information enclosed to be helpful.

THE FRIENDSHIP LINE

For many depressed and lonely seniors, the Friendship Line reaches out to offer emotional support and reassurance, while also offering crisis intervention, elder abuse prevention, well-being checks and information and referral services. Most services are offered to seniors at no cost.

To contact the Friendship Line, call:
1-800-971-0016

FALL PREVENTION

Avoiding falls can help us lead longer, healthier lives. To reduce your risk of a serious fall, please consider these recommendations:

- Remove tripping hazards such as throw rugs or floor mats, clutter, and electrical cords from walkways and install non-skid surfaces on stairs and in showers and tubs
- Repair or avoid holes or seams in carpet as well as slippery waxed floors
- Provide rails or handgrips on stairs, in the tub and shower
- Obtain and use shower benches and hand held shower heads
- Keep flashlights handy for power outages and dark areas of home and install night lights so pathway from bed to bath is well lit
- Avoid footwear with thick, soft, rubbery or slippery soles and heels higher than 1 ½"
- Remove wheels from furniture
- Rise slowly after sitting or lying down
- Talk with your pharmacist about medications that may cause drowsiness or dizziness
- Keep track of pets by attaching bells to their collars
- Eliminate use of stepstools by rearranging storage so items are within easy reach

SENIOR WELLNESS TIPS

There is much that can be done to avoid disease and illness. Please consider the following recommendations:

- Get a FLU SHOT every year
- Get PNEUMONIA, TETANUS AND SHINGLES SHOTS as recommended by your physician
- Wash your hands frequently with soap and water
- Avoid close contact with people who are sick. Also, when you are sick, stay away from others to protect them from getting sick
- Avoid touching your eyes, nose or mouth
- Sneeze or cough into your inner elbow OR cover your mouth and nose with a tissue and discard immediately
- Consult with your physician on increasing physical activity to strengthen muscles and improve balance (ex. physical therapy or group exercise classes)

See your primary doctor on a regular basis for checkups:

- Report any concerns about changes in your regular health
- Ask about cancer screenings
- Go over all your regular medication and over the

counter "medications" with your doctor or pharmacist for drug interaction

- Visit your dentist regularly and be sure to practice good oral hygiene

THE BENEFITS OF EXERCISE FOR SENIORS

Seniors benefit more from exercise than any other age group. When it comes to exercise for seniors, consistency is more important than intensity. You do not have to engage in strenuous exercise to gain health benefits. Moderate exercise, such as chair exercises, water aerobics and walking can lead to substantial health benefits!

Moderate physical activity can help seniors to:

- Increase balance, strength & flexibility
- Regulate blood pressure
- Prevent dementia & Alzheimer's Disease
- Increase mental capacity
- Prevent many diseases such as heart disease, stroke and diabetes
- Improve healing
- Improve respiration
- Reduce total cholesterol and triglycerides
- Increase HDL "good" cholesterol
- Control body weight and composition
- Maintain independence and
- *IMPROVE OVERALL QUALITY OF LIFE!*

IMPORTANT TIPS ON TAKING MEDICATION

- Know all that you can about the medication. At the very least know the drug name and the dose.
- Make a copy of the prescription for your records before giving it to your pharmacist. Compare the pill bottle label to the copy to make sure you received the correct drug and dose.
- Make your medication schedule a part of your daily routine. For example, take your medicine at the same time you do other daily activities (e.g. eating breakfast, going to bed, brushing teeth).
- Keep your pill box or organizer in a place where you will see it every day.
- Take your medications with you when you travel. You may want to take a copy of your prescription list with you.
- Pick a specific day and time each week to refill your medication organizer to avoid accidentally taking a double dose of medicine.
- Keep your regular appointments with your care provider.

VEGETABLES YOU DON'T WANT TO SKIP!

Bone Health: To get those bones strong and healthy, try some of these in a salad, eaten raw, lightly steamed or stir-fried.

- Leafy Greens (arugula, collards, kale, spinach): High in vitamin C, folate, and calcium
- Broccoli: High in vitamin C and calcium
- Citrus Juices: High in vitamin C

Eye Health: To sharpen those peepers, get your fill of carrots and dark leafy green vegetables, including kale, spinach, swiss chard, collard greens, and romaine lettuce. These can be lightly steamed or used in soups, chilies, casseroles, and stir-fries or eaten raw in salads and on sandwiches.

- Carrots: High in vitamin A
- Romaine Lettuce: Excellent source of vitamin A, lutein and zeaxanthin (carotenoids that help maintain eye health)
- Citrus, Berries and Melons: Packed full of vitamin C

Heart Health: To help keep that ticker pumping strongly, the best strategy is moderate exercise and a healthy dose of these fruits and vegetables.

- Tomatoes: Contain vitamins A and C and the

antioxidant lycopene, which may help reduce overall cholesterol levels and can also reduce the risk of many cancers
- Broccoli: Contains beta-carotene, vitamins C, E and K, potassium, folate, manganese, calcium and fiber
- Sweet Potatoes: High in beta-carotene, vitamins A, C and E and fiber

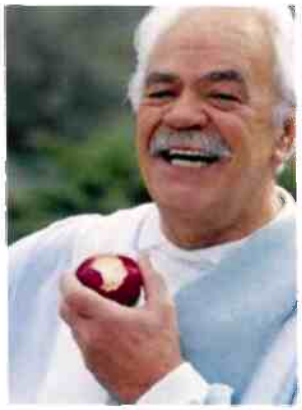
Brain Health: Add these "superfoods" to your diet to increase your odds of maintaining a healthy brain.
- Blueberries: Contain many antioxidants that help brain function, vitamins C and K, manganese and a good source of fiber
- Strawberries: Rich in Vitamins C and K, manganese, fiber and anthocyanins and quercetin (brain healthy antioxidants)
- Spinach: Contains vitamin C (helps protect the brain from harmful molecules), antioxidant phytonutrients that help with brain function and folate

Immune System Health: Try these healthy choices to boost your immune system.
- Cantaloupe: Excellent source of Vitamins A and C
- Red Bell Peppers: Contains vitamins C, A and E (the antioxidant that protects immune cells from harmful particles)
- Butternut Squash: Vitamins A, C and E

PUT HEALTHY FOODS ON YOUR TABLE WITH CALFRESH!

Use CalFresh to buy fresh fruits and vegetables, lean meats and beans, whole grains and more.

Call 1-877-847-3663 today to be directly connected with your local CalFresh office, and find out if you are eligible to receive CalFresh.



NEED HELP WITH UTILITIES?

LASSEN COUNTY

Lassen Economic Development Corp.
Energy programs and Weatherizing:
(530) 256-3531
Assistance to elderly and disabled with payments on energy bills depending on availability of funds.

MODOC COUNTY

Training, Employment and Community Help, Inc. (TEACH)
112 E. 2nd St., Alturas, CA 96101
(530) 233-3111
Emergency shelter and energy assistance, referral for weatherization services, food banks and commodities for Modoc County and Tulelake in Siskiyou County.
www.teachinc.org

CARE Program Pacific Power
1-888-221-7070
Provides a 20% discount on monthly bills to qualified low-income Pacific Power customers.
www.pacificpower.net/care

SHASTA COUNTY

CARES Program, City of Redding
777 Cypress Ave., Redding, CA 96001
(530) 339-7200
Provides one-time assistance to qualified low-income customers toward the electric portion of their utility bill.
www.reupower.com

CARE Program Pacific Gas & Electric
1-800-743-5000 / 1-800-660-6789
Provides a 30% discount on monthly bills to qualified low-income PG&E customers. Makes referral to HEAP (1-866-675-6623) for payment assistance when there are 3 in household.
www.pge.com/care

Power to Seniors
(Dignity Health Connected Living)
200 Mercy Oaks Dr., Redding, CA 96003
(530) 223-6034
One-time help with utility bills in a 2-year period to low-income seniors. Other eligibility requirements apply. Please call for assistance.
www.connectedlivingnorthstate.org

SISKIYOU COUNTY

Great Northern Corporation
310 Boles Street, Weed, CA 96094
(530) 938-4115
Food commodities, home weatherization and energy assistance, housing rehabilitation, adult incontinence products, HIV case management.
www.gnccorp.org

CARE Program Pacific Power
1-888-221-7070
Provides a 20% discount on monthly bills to qualified low-income Pacific Power customers.
www.pacificpower.net/care

TRINITY COUNTY

Human Response Network
111 Mountain View, Weaverville, CA 96093
(530) 623-2024 1-800-358-5251
Emergency assistance with utility bills, food, and transportation. Senior care program to help seniors remain at home.
www.humanresponsenetwork.org

For additional information on energy assistance, contact your local Information & Assistance Program at 1-800-510-2020.

CONCERNED ABOUT FORECLOSURE?

Laws in effect may help seniors who are renters living in foreclosed properties or who are homeowners having trouble with their mortgages or are in danger of foreclosure.

For assistance with these matters, contact:
Legal Services of Northern California
1370 West Street, Redding, CA 96001
(530) 241-3565 OR 800-822-9687
THESE SERVICES ARE PROVIDED AT NO COST.

COUNTY ADULT SERVICES

If you suspect that an older or dependent adult is being neglected or mistreated, contact your local Adult Protective Services (APS) program.

These same contacts may be used to access In-Home Supportive Services (IHSS). The IHSS program enables eligible older adults to receive the aid of a care provider in their home.

Lassen County
Lassen County Adult Services
(530) 251-8158

Modoc County
Modoc County Social Services
(530) 233-6602

Shasta County
Shasta County Health and Human Services
APS: (530) 225-5798
IHSS: (530) 225-5507

Siskiyou County
Siskiyou County Health and Human Services
APS & IHSS: (530) 841-4200
APS After Hours Reporting Hotline:
(530) 842-7009

Trinity County
Trinity County Health and Human Services
APS: (530) 623-8209
IHSS: (530) 623-1265

HOSPICE SERVICES

Hospice is a special concept of care designed to provide comfort and support to patients and their families when a life-limiting illness no longer responds to treatments. The goal of hospice care is to improve the quality of a patient's last days by offering comfort and dignity.

Lassen County
Honey Lake Hospice
(530) 257-3137
P.O. Box 1166, Susanville, CA 96130

Shasta County
Mercy Hospice
(530) 245-4070
1544 Market Street, Redding, CA 96001

Siskiyou County
Madrone Hospice
(530) 842-3160
255 Collier Circle, Yreka, CA 96097

Klamath Hospice (Serving Macdoel, Dorris, Tulelake, Newell and Tionesta)
(541) 882-2902
4745 S. 6th Street, Klamath Falls, OR 97603

Trinity County
Dawn Hospice
(530) 623-4692
P.O. Box 2085, Weaverville, CA 96093

WORRIED ABOUT HOW YOU WILL SURVIVE IF YOUR SPOUSE GOES TO A NURSING HOME?

If your spouse needs to go to a nursing home or other care facility, or receive care at home, federal and state law protect you from impoverishment. If you spouse qualifies for Medi-Cal and has income, you may receive part or all of that income (so long as your income will not exceed $3090, the 2018 maximum). In addition, you may retain a sizable amount of countable assets ($123,600 in 2018). For more information, please contact the human services agency in your county:

HUMAN SERVICES AGENCIES

Lassen County — (530) 251-8152

Modoc County — (530) 233-6501

Shasta County — (530) 229-8400

Siskiyou County — (530) 841-2700

Trinity County — (530) 623-1265
Or visit www.medicaid.gov

PSA 2 AREA AGENCY ON AGING SERVICE PROVIDERS

LASSEN COUNTY

Lassen Senior Services
1700 Sunkist Dr., Susanville
(530) 257-2113
Provides Dining Center Meals, Home Delivered Meals, Homemaker and Transportation services

Doyle Senior Nutrition Site
Doyle Loop, Doyle
(530) 827-2848
Provides Dining Center Meals

Westwood Senior Nutrition Site
Westwood Senior Apartments, Westwood
671-315 Finland Way
(530) 257-2113
Provides Dining Center Meals, Home Delivered Meals and Transportation services

Big Valley 50 Plus
657-555 Bridge St.
P.O. Box 586, Bieber
(530) 294-5745
Provides Dining Center Meals, Home Delivered Meals, and Transportation services

MODOC COUNTY

T.E.A.C.H Inc.
906 W. 4th St., Alturas
(530) 233-5556
Provides Dining Center Meals, Home Delivered Meals and Transportation Services

Big Valley 50 Plus
See Description of services above.

SHASTA COUNTY

Dignity Health Connected Living (DHCL)
100 Mercy Oaks Dr., Redding
(530) 223-6034
Provides Information & Assistance, Dining Center Meals, Home Delivered Meals, Group Exercise and Transportation services

Anderson DHCL Site
2081 Frontier Trail, Anderson
(530) 365-3254
Provides Dining Center Meals

Burney DHCL Site
37477 Main St., Burney
(530) 335-4979
Provides Dining Center Meals, Home Delivered Meals, and Senior Physical Activity

Shasta Lake DHCL Site
1525 Median Ave., Shasta Lake
(530) 275-2506
Provides Dining Center Meals

SISKIYOU COUNTY

Karuk Tribe Senior Nutrition Program
64101 2nd Ave.
P.O. Box 1016, Happy Camp
(530) 627-3056
Provides Dining Center Meals and Home Delivered Meals

Madrone Senior Services
810 N. Oregon St., Yreka
(530) 841-2365
Provides Dining Center Meals, Home Delivered Meals, Transportation and Family Caregiver Support services

Mt. Shasta Senior Nutrition Program
1315 Nixon Rd.
P.O. Box 314, Mt. Shasta
(530) 926-4611
Provides Dining Center Meals, Home Delivered Meals and Transportation services

Dunsmuir Senior Nutrition Site
4841 Dunsmuir Ave., Dunsmuir
(530) 926-4611
Provides Dining Center Meals

Tulelake Nutrition Site
810 Main St., Tulelake
(530) 667-2147
Provides Dining Center Meals and Home Delivered Meals

TRINITY COUNTY

Golden Age Center
201 Browns Ranch Rd.
P.O. Box 1413, Weaverville
(530) 623-2324
Provides Dining Center Meals, Home Delivered Meals, Transportation services

Roderick / Hayfork Senior Center
90 A Coral Ave., Hayfork
(530) 628-4692
Provides Dining Center Meals, Home Delivered Meals and Transportation services

5-COUNTY SERVICE PROVIDERS

Passages Caregivers Resource Center
916 E. Cypress Ave., #300, Redding
(530) 221-1900
Provides Family Caregiver Support services

Legal Services of Northern California
1370 West St., Redding
(530) 241-3565
800-822-9687
Provides Senior Legal Services and Support to Grandparents Raising Grandchildren

PSA 2 Ombudsman Program
1647 Hartnell Ave., Suite 9, Redding
(530) 229-1435
Provides Long-Term Care Ombudsman Services

PSA 2 Health Insurance Counseling and Advocacy Program (HICAP)
1647 Hartnell Ave., Suite 8, Redding
(530) 223-0999
800-434-0222
Provides Health Insurance Counseling and Advocacy

For Senior Information & Assistance call toll-free:

1-800-510-2020

MISSION STATEMENT

To provide effective community leadership that assures the provision of services for the benefit of older adults and adults with functional impairments which promote the ability to remain at home with maximum dignity, choice, and independence

PSA 2 Area Agency on Aging
P. O. Box 1400 • 208 W. Center Street
Yreka, CA 96097
(530) 842-1687 • www.psa2.org

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