Letter From Our Staff

The weather is cooling, the leaves are changing and the holidays are coming. This is the time of the year that reflection and memories come forward twice as much as any other time of the year. During this time of year, we come together with family and friends to reminisce about our lives and about those that are no longer with us. These memories have so much bearing on who we are and who we become in life. Unfortunately, as we get older our memories start to slowly fade away. Even though our memories start to fade sometimes, just one little moment, captured in a feeling can bring them rushing back.

The older I get the more I seem to realize there are so many amazing insights I am learning about. In fact, I consider myself as part of a movement of Aging with Optimism and Positivity. We all need to embrace the optimistic mindset that values growing older as a positive thing in life not a negative thing. We need to view our older years in life as enjoyable, not unpleasant. Be determined to live life to the fullest no matter your age. Most of all, trying to stay as social as possible and as active for as all long as you can, are keys to growing older with optimism and positivity.

Just remember that as time passes and our memories fade, when our feelings change, and people come in and out of our lives, that our heart never truly forgets. There will always be the sweet smile that will bring a memory rushing back. The perfect melody from an instrument or singer that will put a memory in the forefront of your mind. The kind gesture of a stranger that will remind you of some time or someone. So, as time moves forward make new memories and hold onto the old memories. Live life the way you want it to be, live it to the fullest, value your experiences, do what is right and what is best, always be yourself. Most of all treasure life as you age with optimism and positivity, because each day is a new beginning.

Nettie Fox
Program Coordinator

OUR MISSION STATEMENT

It is our mission, as Amador County Senior Citizens, Inc., to support the independence and well-being of older adults, to ensure their dignity, enhance their self-respect, and promote their participation in all aspects of community life!
The Three Score Reporter is published monthly by the Amador Senior Citizens, Inc. For a subscription to our newsletter, please call us at (209) 223-0442 or drop by the Senior Center.

FIND US ON FACEBOOK!
www.facebook.com/AmadorSeniorCenter

THANK YOU!
Thank you to all of the community agencies that have volunteered time and taken the time to help the Senior Center with Food Distribution, Behavioral Health Information and Public Health Information.

WE APPRECIATE YOU!!
District Attorney’s Office
Vanessa Compton (Behavioral Health)
Anna Shrode (Public Health)

EXECUTIVE DIRECTOR
CHRIS KALTON

PROGRAM COORDINATOR
NETTIE FOX

FRONT DESK
JAMIE BINGHAM

CHEF
KC BROWN

MAINTENANCE
ROBERT SARACINO

CUSTODIAL
ALEX STEWART

AMADOR SENIOR CENTER
MODIFIED OFFICE HOURS
MONDAY - FRIDAY
10AM - 11AM
&
1PM - 3PM

PLEASE CALL AHEAD AND SOMEONE WILL MEET YOU AT THE DOOR

FOR SALE!!
We have 1Lb boxes of Assorted chocolates, Milk chocolates and Dark chocolates. Peppermint Patties, Molasses Chips and Peanut Brittle are available as well.
ALL SUPPORT GROUPS AT THE CENTER ARE CURRENTLY CANCELLED PENDING FURTHER NOTIFICATION. PLEASE CALL GROUPS NOT AT THE CENTER FOR FURTHER INFO.

AMADOR COMMISSION ON AGING
3rd Wednesday of each month at 10:00am in Room 3
Addressing the concerns of senior citizens in Amador County; and Sponsors of the Vial of Life and the Visible Address Sign.

CAREGIVER SUPPORT GROUP — FOR UNPAID FAMILY or FRIEND CAREGIVERS
4th Wednesday of each month at 10:00am to 12:00pm in Room 3
This group is for any unpaid family or friend caregiver, those who are caring for loved ones. (This group is not just for Alzheimer’s or Dementia patients)
Useful websites and contact numbers for caregivers:
~ Del Oro Caregivers’ Resource Center: (800) 635-0220 / www.deloro.org
~ Alzheimer’s Helpline (24/7): (800) 272-3900

PARKINSON’S SUPPORT GROUP
3rd Monday of each month,
For additional information on this group, please contact the Center: (209)223-0442

SUPPORT GROUPS at OTHER LOCATIONS.

ALZHEIMER’S /DEMENTIA
Susan Tomasich of Assist Care is available for information and assistance caring for family members affected by Alzheimer’s and Dementia. She also recommends looking up Teepa Snow. Her website: www.teepasnow.com has many resources available as well.
For Additional Information, please contact Susan Tomasich at (209) 286-1910
Sheri Kimbro at (209) 223-4444
Del Oro Caregiver Resources (916)728-9333

BEREAVEMENT and SUPPORT
Hospice of Amador and Calaveras has a number of bereavement support services, including groups.
For additional information please call HOSPICE OF AMADOR (209) 223-5500

RAISING GRANDCHILDREN?
The Resource Connection (209)223-1624

MEDICARE/INSURANCE HELP
Area 12 Agency on aging (209)532-6272

SUPPORT GROUP PHONE #'S AND CONTACTS

STROKE SUPPORT
Mike Hewitt - (209) 304-7212

MENTAL HEALTH SUPPORT
NAMI: 209 256-1293
Senior Friendship Line: 1-800-971-0016

TRANSPORTATION
Amador Rides/Dial-a-Ride (209) 267-9395
Common Ground Sliver Streak (209) 223-3015

NUTRITION
Amador Senior Center - (209)223-0442
~Take Out Meal Program
~Rollingwood Only Delivery
Common Ground Meal Delivery (209)223-3015
Interfaith Food Bank -(209)267-9006

DOMESTIC VIOLENCE SUPPORT
Operation Care: - (209) 223-2600
Behavioral Health
ATTENTION LOW INCOME SENIORS!

THERE IS HELP TO PROVIDE DEFENSIBLE SPACE AROUND YOUR PROPERTY!

The Amador Fire Safe Council has received a $10,000 grant to be used to assist low income seniors in creating defensible space around their homes in accordance with the requirements of Public Resources Code 4291. The Amador Senior Center has agreed to partner with the AFSC in administering this grant.

The grant funds allocated for each project will be between $500 and $1,000. An advisory committee will review all grant applications received and select the successful applicants. Age and income are major considerations as are site visits, if necessary. The funds available are not sufficient to help all who are in need or to completely comply with PRC 4291. However, this is a start and will help create awareness of the need for public assistance for our senior citizens.

Upon selection for a grant the advisory committee and the contractor (CHIPS) will make a site visit to determine the costs for the requested work. If the costs exceed $1,000 the contractor will determine the amount of work that can be done within the guidelines.

Grant applications can be obtained, and submitted to, the Amador Senior Center, 229 New York Ranch RD., Jackson. All applications must be received before Nov. 1, 2020.

You must be on the Food Bank list or have appropriate paperwork in order to receive food.

Senior Food Distribution Dates:
Wednesday, October 7, 2020
Emergency Food Assistance:
Tuesday, October 20, 2020
Outreach Food Distribution
Shingle Springs Band of Miwok Indians Elders Outreach Food Distribution
The Elders Outreach program provides monthly food assistance to seniors that meet the eligibility guidelines. Packages are distributed in Amador and Calaveras Counties.
Next Food Distribution is
OCTOBER 23, 2020

Please call the Food Bank of Eldorado County for Application and Pick Up Site. Participants must be 60 years or older.
(530) 621-9950

FREE COVID 19 TESTING
By Appointment Only
St. Katharine Drexel Catholic Parish
11361 Prospect Drive
Jackson, CA 95642
CALL (209) 223-6676
COVID19 HELPLINE

Beware
DON’T BE THE VICTIM OF A PHONE SCAM
Scam phone calls can come from most any “REAL” looking number these days. Numbers that say Pacific Gas & Electric, ATT even local (209) phone numbers (295, 296, 223...) Please be aware these numbers that look real may not be real at all. You should NEVER give out any checking or credit card information over the phone. If you are unsure of the caller, report it to the Amador County Sheriff’s Office at (209) 223-6500

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LEGAL SERVICES of NORTHERN CALIFORNIA
Toll Free (800) 660-6107 or (530) 823-7560

- Find health coverage
- Assess you for free and reduced cost insurance
- Fix problems with your health plan
- Assist you with medical bills
- Help you with problems obtaining medication at the pharmacy
- Get access to mental health services
- Assist you with denials and terminations from Medi-Cal
- Fix problems with Covered California obtaining transportation to get to your medical appointments
Are you looking for:
- In-Home Care?
- Minor Home Repair?
- Caregiver Respite/Support?
- In-Home Chore Help?

The Area 12 Agency on Aging is here to assist Seniors that may otherwise fall through the cracks of low-income and isolation. There are multiple programs available at your fingertips!

“Priority is given to those who are frail, elderly (age 75+), isolated, and with greatest economic and social need. Prospective clients shall be eligible based solely on the eligibility criteria as determined through the screening and assessment process and program requirements”

Call (530) 532-6272
Toll Free 1-800-510-2020

HELP EMERGENCY SERVICES FIND YOUR HOUSE!

Invest in a reflective sign for your driveway so that emergency services can find your house.

- Signs 6” X 18” highly visible reflective signs
- Cost for Amador County residents over 55 is $20.00
- Cost for Amador County residents under 55 is $25.00

**Delivery and installation available upon request.**

Nobody will be turned away for an inability to pay. A limited quantity of subsidized signs are available.

If WE can’t find you, WE can’t help you!!

American Legion Ambulance Services

RESOURCES CON’T

VIAL OF LIFE

The Vial of Life contains a medical form which includes conditions and current prescriptions.

Amador Emergency personnel are trained to look for it in the case that you cannot communicate with them or there is no caregiver present.

COST IS ONLY $3.00

Do yourself and your loved ones a favor and call the Amador Senior Center to pick one up today.
Senior Center Meal Info

The Congregate meal program is funded by the Older American’s Act. The purpose of the program is to provide a nutritionally balanced meal to seniors age 60 and over. The meals are prepared each day with fresh ingredients and monitored for appropriate portion size, sodium and sugar levels and fiber portions. Our goal is to bring healthy, delicious and freshly prepared food to the seniors of Amador.

CALL 209-223-0442 OPTION #2 ANYTIME NIGHT OR DAY TO LEAVE YOUR MEAL RESERVATION!

LUNCH: We are continuing to serve seniors with drive-thru lunch service and are taking new clients!

If you need a hot, home cooked meal, call the center to reserve yours by 9am the day of service. Pick-up is between 11:30-12:30pm M-F. Lunches are a $4 suggested contribution with a registration form and $6 without. Call for details 223-0442

WEEKEND MEALS:

Order your cold meals to last through the weekend during the shelter in place requirements: Reserve by 9am the Thursday Before

$8.00 WITH SIGNED REGISTRATION/INTAKE FORM

$12.00 WITHOUT FORM

You can go to www.amadorseniorcenter.org to print out an intake/registration form and bring with you!