

Senior Times

Placerville Senior Center - 937 Spring Street, Placerville, California, 95667

SEPTEMBER 2025

Answer the Call: Volunteers Needed to Support Seniors in El Dorado County

By Area Agency on Aging Staff

El Dorado County’s older adult population is growing, and with it, the need for compassionate, committed volunteers to help ensure seniors live with dignity, connection, and support. From home-delivered meals to wellness calls, rides to medical appointments, clerical help, or advocating for residents in long-term care facilities—there’s a role for everyone. Volunteering with Senior Services doesn’t just fill a need; it strengthens the heart of our community.

Aging in Place Starts with Support

The El Dorado County Area Agency on Aging (AAA) coordinates various programs that help older adults maintain independence and safety in their homes and communities. However, these services can only reach their full potential with the help of dedicated volunteers. Whether you’re newly retired, looking to give back, or

have a few hours a week to spare, your time can directly improve a senior’s quality of life. Many opportunities come with flexible schedules, training, and the rewarding knowledge that you’re making a meaningful difference.

Current Volunteer Opportunities

Home-Delivered Meals (HDM):

This vital program provides nutritious food to homebound older adults. Volunteers deliver more than just meals—they offer a friendly face and a wellness check. Routes are local and efficient, typically delivered weekday mornings.

Senior Shuttle & Transportation Services:

Many older adults rely on transportation services to attend medical appointments, shop for groceries, or remain active in their communities. Volunteer drivers are key to maintaining that independence.

YANA (You Are Not Alone) Program:

YANA connects volunteers with isolated or at-risk seniors through regular morning check in phone calls. These brief check-ins offer reassurance, reduce loneliness, and in some cases, catch early signs of trouble like a fall or illness. Just a few minutes of your time can bring real peace of mind.

Long-Term Care Ombudsman Program:

Trained Ombudsman volunteers advocate for residents in nursing homes and assisted living facilities, helping to ensure they are treated with dignity and respect. Volunteers make regular visits, resolve concerns, and promote quality care.

Clerical & Administrative Support:

If you prefer behind-the-scenes work, valuable volunteer opportunities are available providing clerical support for programs like Information & Assistance and the front desk. Tasks may include answering phones, filing paperwork, greeting clients, or helping staff with day-to-day operations.

Senior Peer Counseling:

Trained peer counselors support fellow older adults dealing with grief, emotional challenges, or life transitions. Volunteers listen, guide, and offer encouragement--creating meaningful peer-to-peer connections.

Why Volunteer?

Volunteering is more than giving time—it’s a way to strengthen your community, connect with others, and help ensure no senior is left behind. Volunteers often say they gain as much as they give, forming lasting bonds and finding new purpose.

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Senior Shuttle

Western Slope

(530)

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Senior Health Education Program	621-6151
Adult Protective Services (APS)	642-4800
Department of Veterans Affairs	621-5892
El Dorado Transit/Dial-a-Ride	642-3696
Report Elder Abuse 24 Hours	800-925-1812

South Lake Tahoe

(530)

Information and Assistance	621-6369
South Lake Tahoe Senior Center	600-0393
South Lake Tahoe Senior Nutrition	573-3130
Legal Assistance	621-6154
El Dorado County Health Dept.	573-3155
Adult Protective Services (APS)	642-4800
South Shore Transportation	775-588-2488
SLT Cancer League	573-1203
Department of Veterans Affairs	573-7955 ext-5892
Hospice/Adult Grief Support Group	542-3171

Senior Shuttle Schedule

SEPTEMBER 2025

(530) 621-6369

EASY Registration, Reservations Required

The Senior Shuttle is a volunteer-driven, six-passenger van service offering transportation for grocery and household essentials shopping, and social or recreation outings in a comfortable group setting.

Senior Shuttle is not a micro transit on demand shuttle service.

Pick-up times will be scheduled between 9:00 AM -10:30 AM and are based on your location. To serve as many residents in the local area as possible, please allow three hours to complete the trip.

All voluntary contributions for the Senior Shuttle are confidential and directly support the transportation program provided by the El Dorado County Area Agency on Aging.

\$3.00 Suggested Voluntary Contribution Per Trip.

September 2025—TUESDAY SHUTTLE

Residents of Shingle Springs and Cameron Park & El Dorado Hills

Tuesday, September 9th - Grocery Outlet, Cameron Park

Residents of Pollock Pines, Camino and Placerville

Tuesday, September 23rd - Save-Mart & CVS, Placerville

Senior Shuttle is in Need of Drivers!

Volunteer 5-10 Hours a Month and Support Our Seniors with Essential Needs

Please contact Jordan Brushia for more details: 530-621-6251



El Dorado County
Area Agency on Aging

Community News

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MOVIE of the MONTH

Enjoy a MOVIE with Friends

Movies at the Placerville Senior Center are held once a month on the third Friday of the month. Movies start at 1:10 PM in the Dining Room.

Date: Friday, September 19, 2025

Feature Presentation: The Monuments Men

Plotline: Based on the true story of the greatest treasure hunt in history, The Monuments Men centers around an unlikely World War II platoon, tasked with going into Germany to rescue artistic masterpieces from Nazi thieves. In a seemingly impossible mission, they find themselves risking their lives in a race against time.

Starring: George Clooney, Matt Damon, Bill Murray, John Goodman, Jean Dujardin, Bob Balaban, Hugh Bonneville, and Cate Blanchett

PG 13 DRAMA

Running Time: 118 Minutes

Year Round Drop-in Activities at The El Dorado Hills Senior Center

Weekly

Morning Workout Group: Monday-Friday, 8:05 AM

Bridge: Monday/Wednesday, 1 PM

Bingo: Monday/Thursday, 1 PM

Cribbage: Tuesday, 11 AM

Evening Cribbage: Wednesday, 4 PM

Pinochle: Wednesday, 10 AM

Memoir Writing Group: Thursday, 10 AM

Monthly

Grief Support Group: 1st Monday, 1 PM

Senior Support Council: 4th Tuesday, 10:30 AM

Book Club: 1st Thursday, 11 AM

Cornhole: 1st and 3rd Friday, 1 PM

Open Mic Karaoke: 2nd and 4th Friday, 1 PM

Location for all activities: 990 Lassen Lane, El Dorado Hills

SOUTH LAKE TAHOE

NEWS and EVENTS

Multicultural Celebration

Saturday, September 13, 2025 | 11:00 AM–3:00 PM Location: Bijou Community Park, 1201 Al Tahoe Blvd, South Lake Tahoe, CA. Celebrate cultural diversity through music, food, performances, and art. Family-friendly and free.

Sample the Sierra

Saturday, September 6, 2025 | 12:00–4:00 PM

Location: Bijou Community Park, 1201 Al Tahoe Blvd, South Lake Tahoe, CA. Farm-to-fork food festival with local chefs, wineries, brewers, and artisans showcasing regional flavors.

Information and Assistance Program:

Every Thursday, El Dorado County Area Agency on Aging has staff at the Senior Center at 3050 Lake Tahoe Blvd. Staff are present to assist with guiding individuals to appropriate senior services. Call the office to schedule an appointment. Drop-in service is available as well. (530) 621-6369. This is a free service.

Alzheimer's Association Support Group

2nd Thursday of the month | 3:00 PM

3050 Lake Tahoe Blvd. No appointment is necessary.

Bread and Broth Food Programs

Hot meals served at St. Theresa Grace Hall (1041 Lyons Ave.) on Mondays | 4:00 PM - 5:30 PM, as well as food giveaway bags. Second servings are available.

The South Lake Tahoe Library - Your Local Resource Center!

Each local library is a resource to the community with staff that can help connect children, families, and individuals to supports and services. SLT Library at 1000 Rufus Allen Blvd

Legal Services

Senior legal services are available for El Dorado County residents aged 60 or older. Services are provided regardless of income. For an appointment, please call 530-621-6154.

Nutrition Program

Congregate dining is offered Monday - Friday | 12:00-12:30 PM \$3 suggested voluntary contribution. Location: 3050 Lake Tahoe Blvd.

Answer the Call cont. from Front Page

El Dorado County offers orientation and support for all volunteers. You'll receive the tools and resources you need, and the appreciation of the agency and the seniors you serve.

How to Get Started

To learn more about volunteer opportunities with El Dorado County Senior Services, contact the Area Agency on Aging at (530) 621-6150, email aging@edcgov.us, or visit <https://www.edcgov.us/SeniorService>.

Whether you can give an hour a week or a few days a month, there's a place for you—and someone who needs you. Together, we can ensure that every older adult in El Dorado County feels supported, seen, and valued.

**GET
INVOLVED**
Be a volunteer. Make a difference.

History of Labor Day

Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers. The holiday is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America's strength, prosperity, and well-being. The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883. By 1894, 23 more states had adopted the holiday, and on June 28, 1894, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday.

--Information taken from the Department of Labor website.



Importance of Hydration in Long-Term Care Facilities: How You Can Support Your Loved One

Ensuring proper hydration is crucial for residents' health, as it helps regulate body temperature, aids digestion, supports organ and cognitive functions, and prevents issues like urinary tract infections, constipation, and dehydration-related confusion. You know your loved one best. Share their preferred foods and drinks with staff, discuss ways to ensure they receive adequate nourishment and fluids, and visit during mealtimes to encourage them. Residents tend to eat and drink more when family members are present.



Talk to facility staff about how they help your loved one stay hydrated. They should be doing the following:

- Offer residents a variety of hydrating beverages like water, herbal teas, fruit-infused water, and low-sugar sports drinks. They should encourage residents to drink regularly and keep beverages accessible in common areas and rooms.
- Remind residents to drink fluids throughout the day, as older adults may not feel thirsty or may forget. Implement a schedule for offering water and ensure residents have easy access to pitchers or bottles.
- Encourage residents to eat water-rich foods like fruits (watermelon, grapes, oranges) and vegetables (cucumbers, lettuce, tomatoes) that hydrate and supply vital vitamins and minerals.
- Staff should identify signs of dehydration such as decreased urination, dry mouth, or confusion. If these symptoms are observed, they should respond quickly: encourage fluid intake, offer assistance, and seek medical advice if symptoms persist or worsen.

If you have any questions or concerns, you can contact a Long-Term Care Ombudsman at (530) 621-6271 or call the 24-hour State Crisis Line at (800) 231-4024.

Written by El Dorado County's Ombudsman Office

Senior Nutrition

My Plate

By Jeannine Gaillardetz, RD

According to MyPlate.gov, the MyPlate symbol was introduced in 2011 by the United States Department of Agriculture (USDA) to replace the Food Pyramid. The MyPlate symbol reminds us to eat a variety of foods from the five food groups. It is a great visual to assist with portion sizes. The food groups are Fruits, Vegetables, Grains, Protein and Dairy.

Fruits- Fruits are a great source of dietary fiber, potassium, and vitamin C. We can eat them fresh, frozen, or canned with no added sugar. The daily recommendation for adults 60 years old and older is about 2 cups. Examples of one cup include one medium apple, about 8 large strawberries, or 1 cup of diced or melon balls.

Vegetables- Vegetables are packed with great nutrients like potassium, dietary fiber,

folate, vitamins A and C. They are naturally low in calories. Eating a diet rich in vegetables and healthy fats may help reduce the risk of heart attacks and stroke. The daily recommendation for adults 60 years old and older is about 2 to 3 cups. Examples of 1 cup of vegetables include 1 cup of raw, cooked, frozen or canned vegetables, 2 cups of raw leafy salad greens, or 1 cup of 100% vegetable juice.

Grains- Did you know that grains help support healthy digestion and are good sources of B vitamins, iron, magnesium and selenium? At least half of the grains we eat should be whole grains. The daily recommendation for men 60 years old and older is 3 to 4 ½ oz, and for women, 3 to 3 ½ oz. Examples of 1 oz include: 1 slice of whole grain bread, one small tortilla, 1 cup of cereal, or ½ cup of cooked rice, pasta, or

Nutrition Notes cont. on pg. 10

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Senior Activities

<div><div><div>Activities At A Glance</div><div><div>*See the table above for complete activity details, times, and location information.</div><div><div>PLACERVILLE</div><div><div><div>Fitness and Yoga classes</div><div>Zumba</div><div>Art and Craft Groups</div><div>Sewing, Quilting, and Knitting Groups</div><div>Poetry</div><div>Chess and Scrabble Groups</div><div>Ceramics and Pottery</div></div><div><div>Monthly activities include:</div><div>Movie of the Month</div><div>My Time Support Group</div><div>Technology Workshop</div></div></div></div></div></div></div>	<div><div><div>SOMERSET</div><div><div>Exercise Class</div></div><div><div>POLLOCK PINES</div><div><div>Dinner and Bingo Night</div></div><div><div>EL DORADO HILLS</div><div><div>Workout Groups</div><div>Chair Yoga</div><div>Art and Craft Groups</div><div>Bingo, Bridge, Cribbage, Mahjong</div><div>Wii Bowling, Sienna, Pinochle</div><div>Spanish</div><div>and More!</div></div><div><div>CAMERON PARK</div><div><div>Zumba and Tai Chi</div><div>Senior Social Time</div><div>Quilting</div></div></div></div></div></div></div>	<div><div><div>SOUTH LAKE TAHOE</div><div><div>Shanghai Rummy</div><div>Bridge</div><div>Mexican Train</div><div>Social Bingo</div></div><div><div>DISCLAIMER:</div><div>All activities are subject to change. Attendees are encouraged to call the activity location to confirm class date/time.</div><div><div>*If you are seeing this online, you can <u>subscribe to receive the Senior Times Newsletter in print that includes the full activity calendar and lunch menu</u>. See the last page of this newsletter for the subscription and payment information!</div></div></div></div></div>	<div><div><div>Looking to TRAVEL?</div><div><div>Collette Travel provides fully booked trips to destinations that we recommend. We take destination location suggestions all year long. Call Rebecca at (530) 621-6255 to submit a suggestion.</div><div><div>Sign Up for Current Trips:</div><div><div>2025/2026 Travel Packages:</div><div><div>Portugal’s Old-World Charm</div><div>Greece Island Hopper</div></div></div><div><div>The Next Trip Preview will be October 30th at the Placerville Senior Center at 1:30 PM.</div></div></div></div></div></div>
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Senior News

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UPCOMING COMMUNITY EVENTS

Automotive Excellence Annual Car Show-- Saturday, September 6, 2025. | 10:00 AM - 2:00 PM. Location: 4600 Missouri Flat Rd. Get ready for a day filled with stunning cars, exciting competitions, and fun activities for the whole family. Admission is free. For questions call (530) 622-2701.

Bingo-- Every Sunday afternoon | 3:00 PM-5:00 PM. Location: 4701 Church St, El Dorado. Come and enjoy a fun filled afternoon of Bingo. \$1.00 per Bingo Card. Call Donna at (530) 303-3734 for any questions. All ages welcome.

Paint Your Pet-- Saturday, September 20, 2025 | 1:00 PM. (530) 644-6043 Location: Pleasant Valley Pizza Factory, 4570 Pleasant Valley Rd, Placerville, CA. Submit your pet photo in advance and learn to paint it in a guided class. Limited seating.

Placerville Oktoberfest & Harvest Festival-- Saturday, September 20, 2025 | 2:00–8:00 PM. Location: Historic Main Street, Placerville, CA. Celebrate fall with music, food, beer, contests, and family games. Free and fun for all ages.

Karaoke Afternoon-- Saturday, September 20, 2025 | 1:00–4:00 PM. Location: 4701 Church St. El Dorado, CA. We welcome all singers, lip singers, dancers and air guitarists to share our stage. Cheering audience members are needed. We provide the food and drinks.

Country Line Dance-- Every Wednesday. Beginner Level starts at 6:30 PM. Intermediate is at 7:15 PM and Open Dance starts at 8:00 PM. There is a five dollar cover charge. 2675 Sanders Dr. Pollock Pines. Contact Jill for questions at (559) 903-3695.

Handblown Glass Pumpkin Patch-- Friday, September 26, 2025. 10:00 AM-5:00 PM. Location: Bluestone Meadow 2025 Carson Rd, Placerville CA. Wander through a dazzling display of over 6,000 handblown glass treasures. From pumpkins and acorns to apples, flowers, and beyond. Each piece is a unique work of art, available in a rainbow of colors, sizes, and price points. — Admission is free.

Golf Tournament – A Day at the Derby-- Monday, September 29, 2025 | 9:00 AM–8:00 PM. Location: Cameron Park Country Club, 3201 Royal Dr, Cameron Park, CA. Golf tournament, dinner, awards, and community gathering benefiting local causes. Open to all.

Widowed Person's Club

The Widowed Person's Club is a support group for widowed men and women of all ages. Through a wide range of social activities, members are given the chance to make new friends and find a new direction in their lives.

General meeting lunches for members and guests are held on the 4th Friday of each month at 11:30 AM. A social time precedes each meeting. The meetings are held at Cold Springs Country Club in Placerville. The cost is \$18 and reservations are required. Regular breakfasts are held every Tuesday morning at 8:30 AM at Denny's in Placerville and Cameron Park.

For those interested in joining or making reservations as a guest at any function, please get in touch with Glenda at (530) 295-8374 or Nancy at (530) 919-8276.

Senior Peer Counseling

This program offers supportive counseling services to seniors at no cost. Clients must be 55 years of age or older and be a resident of El Dorado County. Counseling is provided by senior volunteers who are professionally trained and have varied life experiences that enable them to help their peers cope with a range of common concerns.

Call (530) 903-3000 to schedule an appointment.



Sierra Renaissance Society

The Sierra Renaissance Society presents “The History of ARC’s Wakamatsu Farm” by Melissa Lobach. Please join us on Friday, September 19th, from 1:00 PM - 2:30 PM at the Diamond Springs Lions Hall, 4701 Missouri Flat Road. Admission free for members. The public is invited to attend 2 meetings for free. The Sierra Renaissance Society of El Dorado County is dedicated to life-long learning and hosts presentations and workshops throughout the year. For more information, please visit srsedc.org.

Commission on Aging

Commission on Aging Corner

Mission to Honor Veterans Returns to Cameron Park This October

On Friday, October 17, 2025, volunteers and community members will once again gather at Foothills Church in Cameron Park to pay tribute to those who have served our nation at the 5th annual Mission to Honor Veterans event. This free event is a heartfelt celebration that has become a cherished tradition offering veterans an unforgettable day of recognition, fellowship, and remembrance.

Each year, Mission to Honor Veterans creates a memorable experience designed to bring the spirit of Washington, D.C.'s national war memorials right here to the foothills--allowing veterans who cannot travel to the nation's capital the opportunity to feel honored in a deeply personal way. The Mission to Honor Veterans program is unique because it provides more than just a tribute - it provides an experience. Veterans are treated to a "virtual tour" that recreates a journey through the memorials and monuments of Washington, D.C. While many veterans dream of visiting the National World War II Memorial, the Korean War Veterans Memorial, or the Vietnam Veterans Memorial in person, age, health, or distance can sometimes make such a trip impossible. This event bridges that gap, creating an immersive and moving alternative that ensures no veteran feels left behind.

The event is entirely free for veterans, made possible through the generosity of local organizations, sponsors, and volunteers. Over the course of the day, participants will be guided through the memorial experience and will also be recognized through meaningful touches that make the event truly special. State and County leaders take part in recognizing service members, sharing stories, presenting pins to the veterans, and also presenting a flag flown over the Capitol to the oldest attending veteran.



Sacramento International Airport TSA Color Guard



Emcee JD Maher with the Sacramento International Airport TSA Color Guard posting colors for the Pledge of Allegiance.

Mission to Honor Veterans is more than an event - it is a community gathering that offers veterans a chance to connect with others who share their experiences. Morning refreshments and a catered lunch are provided, and veterans can expect to be surrounded by a warm and welcoming atmosphere from start to finish. Many attendees find comfort and encouragement in being surrounded by fellow veterans, whether they served in combat or in supporting roles.

Space is limited and applications are now being accepted. All area U.S. military veterans are invited to apply, regardless of the branch in which they served. Please note that attendance is not guaranteed and priority is given to local, advanced age and frail veterans who have not previously attended, ensuring that as many area veterans as possible are able to experience the program. Interested veterans or their family members can submit an application through the Mission to Honor Veterans website at www.MissionToHonorVeterans.com.

Community members can help by sharing the event with area veterans whom we should honor. Volunteers are also needed to write letters of appreciation, donate handmade patriotic lap blankets, and volunteer time on the day of the event.

Mission To Honor Veterans cont. on pg. 10

How Do I Protect Myself from Medicare Marketing Violations?

During Fall Open Enrollment, you will likely experience more marketing from private Medicare plans, like Medicare Advantage Plans and Part D plans. Companies try to reach consumers in various ways, like television commercials, radio ads, events, mailings, phone calls, and texts. There are rules, though, to protect you from forceful or misleading marketing. Knowing red flags and strategies to protect yourself can help you make the best choices for your coverage during Fall Open Enrollment as well as any other time of the year.

Most importantly, protect your private information. This includes information like your Medicare number, Social Security number, and billing information. People can use this information to enroll you in a plan you don't want. You should only give this information to people you really trust, like your doctor so that they can bill Medicare or your plan, or a trusted broker you are working with to enroll in a new plan.

Next, notice how you feel when speaking to someone about your Medicare. For example:

- No one should make you feel pressured or rushed to enroll in a plan.
- No one should make you feel that you could lose your Medicare benefits if you don't enroll in a plan.
- No one should ask for your Medicare or Social Security numbers just to provide you with information.
- Be wary of cold calls from people asking for any information about yourself.

Remember that you should take your time making enrollment decisions. If you feel uncertain or at all rushed, you can tell a plan representative that you need time to consider your options. If you are interested later, you can call them back.

Medicare Marketing Rules

There are a number of rules that apply to Medicare plans and downstream entities, such as third-party marketing organizations (TPMOs) market and prescription plans. Such rules include:

- Prohibiting the use of the Medicare name, Centers for Medicare



and Medicaid Services (CMS) logo, and products or information issued by the Federal Government.

- Simplifying plan comparisons by requiring medical benefits be in a specific order and listed at the top of a plan's Summary of Benefits (SB).
- Requiring TPMO disclaimers to add Senior Health Insurance Assistance Program (SHIPs) as an option to obtain additional help. In California SHIPs are called Health Insurance Counseling and Advocacy (HICAP)
- Prohibiting marketing of benefits in a service area where those benefits are not available, unless unavoidable because of use of local or regional media that covers the service area(s).

There are also a number of rules that apply to agent/broker conduct.

Such rules include:

- Clarifying that the prohibition on door-to-door contact without a prior appointment still applies after collection of a business reply card (BRC) or scope of appointment (SOA).
- Prohibiting a marketing event from occurring within 12 hours of an educational event at the same location (reinstating policy in effect prior to 2018.)
- Prohibiting the collection of Scope of Appointment cards at educational events. Agents are allowed to collect business reply cards.
- Requiring 48 hours between a Scope of Appointment (SOA) and an agent meeting with a beneficiary, with exceptions for beneficiary-initiated walk-ins and the end of a valid enrollment period.

Medicare Coverage cont. on pg 11

Nutrition Notes cont. from pg. 5

cooked cereal.

Protein- Protein plays many important functions in our body. It helps preserve muscle mass, it supports immune function, and it promotes faster recovery from illness or injury. The amount of protein we need depends on our age, sex, height, weight, and physical activity. The daily recommendation for men 60 years old and older is 5 ½ to 6 ½ oz, and for women, 5 to 6 oz. Protein foods include beef, pork, poultry, eggs, fish, seafood, and dairy products. For low saturated fat options, opt for plant-based protein like beans, peas, lentils, tofu and tempeh.

Dairy- Dairy is an excellent source of calcium, vitamins A and D, B12, riboflavin, and zinc. Studies show that consuming the proper daily amount of dairy can help build and maintain strong bones and teeth. It also helps the body maintain the proper levels of calcium and phosphorous. For someone with kidney diseases, please consult with your healthcare provider to determine if and how much dairy intake is appropriate. Men and women 60 years old and older should consume 3 cups of dairy daily. Examples of dairy include milk, yogurt, calcium-fortified soy milk, and cheese.

This recipe is very easy to make. How many food groups does it include?

3-Can Chili – makes 6 servings

Ingredients

1 can (15.5 oz) low-sodium black beans undrained

1 can (15.2 oz) corn, drained

1 can (14.5 oz) low-sodium crushed tomatoes

1 teaspoon chili powder (or more, to taste)

Directions: Wash hands with soap and water. Place the contents of all 3 cans into a pan. Add chili powder to taste. Stir to mix. Continue to stir over medium heat until heated thoroughly and it is ready to enjoy! Refrigerate leftovers.

Nutrition Education Quarterly Topic:

Superfoods for Seniors & Hydration

Jeannine Gaillardetz, RD, will provide Nutrition Education to seniors at each of our Dine-In Sites during lunch service.

Here is the September schedule:

- Sep. 3rd – Pioneer Park
- Sep. 25th - Georgtown
- Sep. 17th – South Lake Tahoe

Mission To Honor Veterans cont. from pg. 8

If you are a veteran, or if you know a veteran, consider reaching out today to secure a spot in this year's Mission to Honor Veterans event. Veterans who attend can look forward to a day of remembrance, recognition, and connection. For some, it will be a once-in-a-lifetime opportunity to experience the reverence of Washington, D.C.'s memorials without leaving the area. For others, it will simply be a chance to sit among fellow veterans and know that their community values them deeply.

For more information and to access the online application visit the Mission to Honor website at www.MissionToHonorVeterans.com or call the Visiting Angels office (event host) at 530-677-4400.

This was submitted by the El Dorado County Commission on Aging. While many of the articles are written by individual Commission members, they do not constitute the official opinions or policies of the Commission on Aging and are not official statements of opinions or policies of the El Dorado County Commission on Aging, rather the personal opinions of the authors.

SAVE THE DATE!

“MEDICARE CHOICES IN EL DORADO COUNTY IN 2026”

Friday, October 24, 2025; 9:30 to 10:30 AM

This free, virtual workshop for El Dorado County residents will be held October 24, 2025. A showing of the virtual meeting will be held in the Conference Room at the Placerville Senior Center. Learn about changes coming for Medicare in 2026 and your options. This workshop is hosted by the Health Insurance Counseling and Advocacy Program (HICAP), which is not affiliated with any insurance company or product. Additional information, and a link to the virtual workshop, will be posted here in the coming months. For more information about HICAP, please call (530) 621- 6169.



Senior Times

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CHECK OUT THESE ACTIVITIES AT THE PILOT HILL GRANGE

FIBER ARTS CRAFT GROUP

This group meets every two weeks on Wednesdays from 6-8 PM. It is open to anyone interested in knitting, crocheting, sewing, or any kind of fiber art. Next meetings are September 3rd and 17th.

BINGO NIGHT

Join us for an evening filled with laughter, fun, food and excitement. The 1st and 3rd Thursday of every month, 5:00 – 8:30 PM. Win amazing prizes and make new friends.

GENTLE YOGA

Sundays from 11 AM to 12:00 PM. No charge. Wear comfortable clothing. Yoga can improve your health and well-being at any age or fitness level. Yoga is for everyone!

Location: Pilot Hill Grange, 1701 Hwy 193, Cool, CA; Website: www.pilothillgrange.com Activities are FREE!

Medicare Coverage cont. from pg 9

- Limiting the time that a sales agent can call a potential enrollee to no more than 12 months following the date that the enrollee first asked for information.
- Requiring agents to explain the effect of an enrollee's enrollment choice on their current coverage whenever the enrollee makes an enrollment decision.
 - CMS is adding "effect on current coverage" to the list of information plans must provide to prospective enrollees in the Pre-Enrollment Checklist (PECL), which must be provided along with hard-copy enrollment forms and must be reviewed during telephonic enrollments.
- CMS list of required elements agents and brokers must discuss with beneficiaries prior to enrollment in a Medicare Advantage (MA) or Part D plan.
 - CMS is requiring that "certain required topics are addressed, prior to the enrollment, specifically topics about providers and whether a beneficiary's current or preferred providers or pharmacies are in-network, costs and premiums for prescription drug coverage and health care coverage, benefits, and the beneficiary's specific health care needs and current medications."

If you believe you have experienced aggressive marketing or violations, you can report it to the Senior Medicare Patrol (SMP). To reach the SMP for California you can call 855-613-7080.

When feeling unsure of who you can trust, rely on government websites, phone numbers, and offices for information. In El Dorado County, you can get answers to your Medicare questions by talking with a registered HICAP counselor. Services are free, unbiased and available by appointment. To request an appointment, call the El Dorado County HICAP at 530-621-6169.



**El Dorado County Health and Human Services Agency
Area Agency on Aging PSA 29**

Senior Farmers' Market Cards

A limited number of **Senior Farmers' Market Cards** are available for eligible older adults—age 60 and older—who meet income guidelines. And yes, you read that right—it's a **card** this year, not a voucher or a check! That means no more paper to keep track of—just a convenient card loaded with **\$50** to spend at Certified Farmers' Markets. Friendly staff will be at distribution sites to aid with the new card process.

To qualify, your household income must fall within these limits:

- One-person household:** \$28,953 annually or \$2,413 monthly
- Two-person household:** \$39,128 annually or \$3,261 monthly

Each card is loaded with **\$50** and can be used at Certified Farmers' Markets to purchase fresh fruits and vegetables, cut herbs, and raw, unprocessed honey.

Cards will be distributed on a **first-come, first-served** basis at the following locations:

Cameron Park

Burke's Junction Parking Area
Coach Lane & Strolling Hills Rd.

Wed., Sept 10, 2025 - 8 AM to 10 AM

Garden Valley

Garden Valley Park
Garden Valley Rd. & Marshall Rd.

Sat., Sept 13, 2025 - 9 AM to 10 AM

South Lake Tahoe

American Legion Hall Parking Area
2732 Lake Tahoe Blvd. (Hwy. 50)

Tues, Sept 16, 2025 - 8 AM to 10 AM

Placerville Cinema

Regal Cinema Parking Area
Placerville Drive

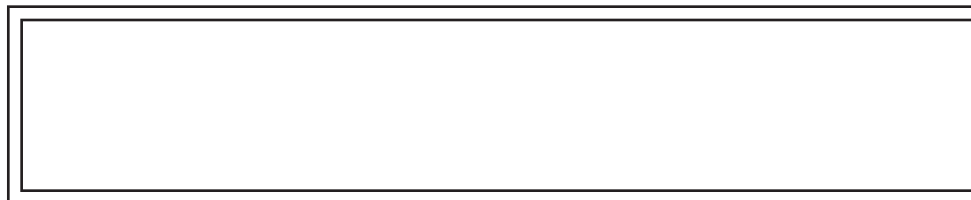
Sat., Sept 20, 2025 - 8 AM to 10 AM

Seniors may designate an individual (Proxy) to receive their **card** and make purchases at the Farmers' Market on their behalf. A Proxy Form must be completed in advance by the eligible senior, allowing the designated Proxy to pick up the **card** during distribution.

For more information, contact the
El Dorado County Area Agency on Aging at (530) 621-6369

Senior Times

Non - Profit Organization
U.S. Postage Paid
Placerville, CA 95667
Permit No. 293
Return Service Requested



COMMUNITY MEETINGS

My Time Support Group for Caregivers

Meets at the Placerville Senior Center the first Friday of each month. Call (530) 621-6151 for more information.

Stroke Education and Support Group

Meets the 1st Thursday of each month, 11:30 AM to 1:00 PM. Call Marshall's Community Care Network for location and details at (530) 626-2793.

Senior Socials

Meets on Tuesdays and Thursdays at the Cameron Park Community Center from 10:00 AM to 1:00 PM

Monday Bridge Club

Meets the 2nd & 4th Monday of the month at 10:00 AM at Denny's in Placerville (99 Fair Lane Dr.)

Social Activities for Men - Meet Friends for Life!

SIR is a non-profit organization of men. SIR has a monthly meeting and a guest speaker. Visit: www.sirinc.org for more information.

POETRY FOR ALL

Poetic License: Is a poetry read-around, Monday, September 8th at 10:30 AM. All ages welcome. Bring your own poems to share; read from your favorite poets, or simply come to listen and be inspired.

Poetry in Motion: Is a poetry read-around, Monday, September 15th at 10:30 AM. All ages welcome. Bring your own poems to share; read from your favorite poets, or simply come to listen and be inspired.

These are FREE events held at the Placerville Senior Center. We hope to see you there!

ANNOUNCEMENTS

PLACERVILLE SENIOR CENTER

Technology Workshop One-On-One sessions are BACK this month! Call the front office at (530) 621-6150 to register. Registration is required.

WEST SLOPE AND SOUTH LAKE TAHOE

The Senior Nutrition program is in URGENT need of volunteers for delivering meals and office work. If you are interested, please contact Andrea Muzzy at (530) 621-4546.

Senior Times

\$5 Donation for 12 issues!

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Please sign me up for: 1 year _____ (\$5) 2 years _____ (\$10)

Cash and Checks are Accepted. Please make checks payable to:
"Senior Times"

Mail to: **Senior Times Newsletter**
937 Spring Street, Placerville, CA 95667

For questions, call (530) 621-6333. Thank You!

DISCLAIMER: All non-county related events, meetings, articles, and announcements listed in the Senior Times Newsletter are not represented or provided by El Dorado County Health and Human Services Agency and do not necessarily reflect the views and opinions of the Agency. Thank You.