



Gold Country

SENIOR SERVICES



Linda and Frank enjoy a Congregate Café lunch. Photo by Kelly Carpenter.

Congregate Café reopens for lunch

As we celebrate our nation's independence, kudos also goes to our senior population.

Did you know it is estimated that 27% of Americans 60 and over live alone, while 22% are aging without family or other support to care for them?

For many of these older adults, Gold Country Senior Services programs are a lifeline for nutrition and wood for winter warmth—as well as dining together again, the way we did before COVID-19.

On June 8 and 22, the popular Congregate Café hosted pilot lunches. Placemats and fresh flowers graced the tables, and delicious homecooked meals, prepared in our own kitchen,

were served.

Starting at noon on Thursday, July 6, congregate lunches are scheduled for each Tuesday and Thursday in the Nevada City Senior Apartments dining room (841 Old Tunnel Rd., Grass Valley). The suggested donation is just \$3 per meal, and reservations are recommended. Call (530) 273-4961.

Looking ahead, lunchtime dining remains an important part of the new Community Senior Center's plans. The additional space means we'll be able to welcome more people, and that's an exciting prospect. Frequency is likely to increase, as well, creating more opportunities to enjoy tasty, nutritious meals with lively conversation.

In the past, many well-known local musicians came and performed for us. Sometimes experts on aging shared valuable tips. We celebrated birthdays each month and shared an atmosphere of empathy and friendship, complete with fun surprises.

More recently, on May 25, to celebrate Older Americans Month, we enjoyed a visit from Kelly Carpenter and Nancy Stewart, two representatives from Adult Protective Services.

Why is it so important for seniors to socialize?

Simply put, we are social beings. According to Dr. Craig Sawchuk, Ph.D., a Mayo Clinic psychologist, "We are social animals by nature, so we tend to function better when we're in a community setting and being around others."

Experts maintain that such interactions can have a positive effect on our health. Improved memory and stress reduction can lead to longevity. Add the nutrition factor, and lunch is served with many extras, including the opportunity to meet and make new friends.

While it's important for seniors to maintain their independence, it's equally important to enjoy the benefits of socializing. Gold Country's Congregate Café lunches provide the ideal opportunity. While around 14.7 million seniors may live alone, there's no need to feel lonely.

Please join us for lunch soon.

CONGREGATE DINING VOLUNTEERS NEEDED!

**TUESDAYS AND THURSDAYS
11:30 AM - 1:00 PM**

Assist kitchen staff with setting up and serving meals to seniors



Be a part of a
team that is
making a
difference
for seniors in our
community!



To get started, email:
volunteer@goldcountryservices.org

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SENIOR SERVICES

530-615-4541
P.O. Box 968
Grass Valley, CA 95945
goldcountryservices.org



Susan Rasmussen (left) presents Leslie Lovejoy with flowers and a much-appreciated check.

Photo by Courtney Ferguson.

Heartfelt thanks goes to Soroptimist International of the Sierra Foothills. Their check for \$5,500, presented by President Susan Rasmussen on June 8, equals further progress on the Community Senior Center.

“Your Executive Director, Leslie Lovejoy, spoke at one of our previous meetings,” Rasmussen recalled, “and we were so excited about having a senior center. There is such a great need, and if we can help with this project in any way, we will do so. The fact that it will include multi-generational activities makes it even more appealing.”

Funds from this generous award will help complete construction, allowing Gold Country to offer much-needed programs for many years to come.

Celebrating June and July for Clients

June Clients:

Anthony, Barbara, Chrystie, Cynthia, Dixie, Frances, Gary, James, Janet, Joey, John, Julianne, Ken, Kermit, Mark, Mary C., Mary R., Michael, Nadine, Patricia, Peter, Richard, Roger, and Ruth

July Clients:

Ane, Bill, Bob, Carol C., Carol H., Cindy, Debra, Duane, Gordon, James, John, Kathy, Lee Ann, Leslie, Luisa, Michael, Nancy, Naomi, Patricia, Reed, Roy, Shevawn, Valerie, and William



July Volunteers:

Ann Adams, Steve Blonstein, Tracey Carter, Jeff Ellis, Kathy Krenznel, Shana Levine, David Martinez, Laurie Offenbach, Gary Reedy, Jerry Silverman, Sparrow Stone, and Laura Waag

Thank you to Bistro 221, Players Pizza, and Tofanelli's



On June 7, each of these popular restaurants offered a fundraising special.

In addition to tempting menu favorites, they donated a portion of the day's proceeds to Gold Country Senior Services, making meals both memorable and meaningful.

Their generosity, combined with customers' support, equals further progress on the Community Senior Center.

With a big appetite for appreciation, all of us at Gold Country thank you for participating.

Thanks to KNCO, as well, for your timely announcements about this tasty event.

Every meal Tofanelli's served in Grass Valley, Bistro 221 served in Nevada City, and Players Restaurant served in Penn Valley helped make a difference!

Surprises grant success for GCSS data manager



Jacob enjoying a refreshing drink in the colorful Sol district of Madrid. Photo by Hannah Borjon.

Change is part of life for our Data Manager, Jacob Whitman.

He grew up in the Bay Area and attended Chico State University, where after two years, he switched his major from Accounting to Business Management. He graduated at the start of the pandemic and moved to Grass Valley. He lives in the house that will eventually be his parents' retirement home – a good place to pay off student loans.

“One day, as I was scrolling for jobs,” he recalled, “and I saw there was an opening at Gold Country. I had an interview with Finance Director, Nicole Grimes. A couple of days later I was offered a job as Data Manager (not the job I’d applied for). She and former Executive Director, Janeth Marroletti saw potential I did not see in myself. After a few months, I was writing grants – a thought that had not crossed my mind. The skills I’ve learned since have helped me grow professionally, and grant-writing will be part of my career for the rest of my life.”

Jacob’s grant-writing applications include the California Office of Emergency Services LISTOS division, where education is provided for natural disaster preparedness, response, recovery, and mitigation. He also wrote a successful Meals on Wheels Meeting Unmet Needs which has provided 3,500 emergency meals to clients during power outages and extreme weather events – times when roads are unsafe for our volunteers to drive. In his year-and-a-half with us, he’s helped write over 15 grants, and recently, he graduated from the Nonprofit Leadership Lab’s Grant Writing Boot Camp.

“Presenting a need big enough to make people care is the secret,” Jacob shared.

His hobbies are varied, such as his grandad’s mustard-yellow 1972 Ford F100. “He recently passed,” Jacob explained, “and, with his dog tags hanging on the rear-view mirror, I will cherish that truck always.”

Kayaking, boating, travel, hanging out with friends and family – as well as his two kitties, Charlie and Louie, are other favorite pastimes. Baking is another passion, and Jacob often treats his all-female team of colleagues to homemade cookies.

Although someday Jacob’s horizon may span beyond Nevada County, for now, he’s happy to enjoy our clean air and relaxed lifestyle while he develops new skills.

And we’re delighted to have him as part of our team!

Smart Tips for Summer



A little planning now means a lot less stress this summer. Photo by Courtney Ferguson.

Dehydration, sun damage, and emergencies are hot-weather hazards, so be prepared.

1. Make your water intake a priority

Unless your physician advises you otherwise, AARP suggests 15 cups a day for men and 11 cups for women. Of course, this depends on weight, weather conditions and medications and other factors.

2. Protect your skin

The CDC estimates around 5 million people are treated for skin cancer each year, so limit your time in the sun. Even on mature skin, sunscreen helps prevent sunburn and lowers the risk of skin cancer.

3. Keep your go bag ready for action

It should be big enough to hold your essentials, yet light enough to handle. AARP

recommends packing: food & water, a first-aid kit & flashlight, a blanket, personal-hygiene items, medications, batteries, a phone charger + copies of your Social Security card, medical insurance cards, driver's license, passport, birth certificate and other important documents.

Even when they're not cooking delicious meals, the kitchen team is always action-packed!

Photo by Courtney Ferguson.

Home-cooked Meals for July

Home Delivered Meals Menu

7/6- BBQ Chicken

7/7- Chef Salad

7/11- Roasted Italian Sausage with Veggies

7/12- Chicken Salad

7/13- Pulled Pork Sliders

7/14- Fiesta Wrap

7/18- Spinach Lasagna

7/19- Tuna Salad

7/20- Sweet and Sour Pork

7/21- Southwest Bowl

7/25- Honey Lemon Chicken

7/26- Spaghetti with Meat Sauce

7/27- Cheeseburger

7/28- Summer Frittata

Menu for Congregate Café

Tuesdays & Thursdays

12-12:30 p.m.

7/6- BBQ Chicken

7/11- Roasted Italian Sausage with Veggies

7/13- Pulled Pork Sliders

7/18- Spinach Lasagna

7/20- Sweet and Sour Pork

7/25- Honey Lemon Chicken

7/27- Cheese Burger

The suggested donation is just \$3 per meal. To reserve a seat, call (530) 273-4961.

MEALS ON WHEELS

DRIVERS NEEDED!

TUESDAY, WEDNESDAY, OR THURSDAY

9:30 AM TO 12:30 PM

To get started, email:
volunteer@goldcountryservices.org

Driver mileage reimbursement available!

*Be a part of a
team that is making
a difference
for seniors in our
community!*



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"New Normal" - Tough choices and optimism in the forecast



Photo by Courtney Ferguson.

Post-Covid times mean adapting to what I call our “new normal” – and what challenges we’re facing!

While it’s a relief to be on the other side of the pandemic, Gold Country has some tough choices to make.

For example, now that sheltering in place and food insecurity are no longer deemed emergency priorities, funds have been streamlined, and we must adapt.

Factors like eligibility are under review. The same applies to those additional services we put in place during the pandemic, such as providing breakfasts, grocery bags, weekend meals, daily congregate meals, and more. Since these extras are no longer required by our funders, they must be discontinued.

However, making these changes comes with an important advantage. We’re protecting the integrity of our Home Delivered Meals program to ensure that Nevada County’s most at-risk, older residents are the first to be served. We are also reaching out to our generous community for additional funding and donations, while lobbying governmental agencies and representatives to direct more funds to our Meals on Wheels program.

While it brings no comfort, lost and reduced funding is hitting all service providers equally hard.

But there is a bright spot. Our loyal partner, Interfaith Food Ministry, has identified some funding that will cover the grocery bags every other month, at least for the time being. I am confident that other organizations will step in to help during this time of transition.

Meanwhile, we are also considering a medically-tailored meals program, supported through healthcare insurance. If our Medicare and MediCal community provider applications are approved, some of the program’s cost can be shifted from the grant funding we receive for Meals on Wheels, allowing us to personalize this vital service.

While change is definitely in the air, I am certain that our board of directors and seasoned staff will weather this new normal. No doubt, we will emerge a stronger, more resilient team and remain an awesome organization!

Wishing you a safe, fun-filled summer,

Leslie Lovejoy RN, Ph.D.
Executive Director



CalFresh is a program that helps Californians with food assistance. You do not need to be on welfare to receive benefits.

For more information and to ask our Case Manager to help you apply, please contact Gold Country Senior Services at (530) 615-4541.

Community Support



*Thank you.
Your generosity makes a meaningful difference!*

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Help us continue our work, as we support the health, wellness and independence of older adults in our community.

Ways to support:

- Advocate for older adults
- Make a tax-free donation:
- Like us on Facebook:

- Volunteer:

- Join the Board of Directors

- Join the Senior Advisors

- Join the Senior Center Committee

Other ways to support:

Due to their change in policy company-wide Amazon is no longer offering their Amazon Smile program. Thank you to everyone who has helped GCSS in this way, and we will have a new way to give while shopping soon!

If you shop at SPD Markets, 3% of your purchase amount can be donated to Gold Country Community Services AKA Gold Country Senior Services.

Getting started is easy! Visit one of their Nevada County stores and ask for an application. Sign up and write in Gold Country Community Services as where you want your donation to go. It only takes five minutes and you are good to go.

Are you enjoying our newsletters?

We'd welcome your comments and suggestions. Email them to info@goldcountryservices.org.

Our Mission

Gold Country Community Services, dba Gold Country Senior Services, was established in 1976 as a nonprofit 501(c)(3) organization with a mission to provide a range of programs and services that promote the health, well-being and independence of older adults in our community.

Your Charitable Donation is Tax-Deductible:

Federal I.D. #94-2436273

Board of Directors

President, Jonathan Walker - Secretary, Lindy Beatie - Treasurer, Kathy Mollet - Directors, David King, & Greg Nichols

Executive Director

Leslie Lovejoy, llovejoy@goldcountryservices.org

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