

SENIOR NEWS AND REVIEWS

March, 2018

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-ALTHOUGH WE ARE A MEMBERSHIP ORGANIZATION, OUR PROGRAMS ARE ALWAYS OPEN TO THE PUBLIC!

DAYLIGHT SAVINGS TIME!

Daylight savings time starts March 11th. Mark your calendars to set your clocks ahead!

ST. PATRICK'S DAY!

March 17th is St. Paddy's Day. Be sure to wear green when coming to play Bingo.

LET'S BREAK BREAD TOGETHER FUNDRAISER!

President's Day (February 19th) was the day. Good food and great socializing with everyone who attended. The highlight of the evening was a speech given by Jadyn Campbell (Trudy's great-niece). This speech won her the Wyoming State Veteran's Speech Contest and now she'll compete with 54 other States and Territories for the National Title. Based on what we heard, she has a great chance to win. We have a video of the speech available. Also, the 6 year old who lost her french baby doll, Babette, in a bingo half-time drawing, played during a break for the Fiddler's and was presented with all the old, priceless dolls donated by members. Her little eyes were as big as saucers and she couldn't stop smiling.

NON-PROFIT DONATION!

The non-profit selected for our donation is to benefit an Alzheimer's non-profit. We donated \$600 from the bingo funds to follow the law and abide by the articles of incorporation.

PRICE GOUGING – ATTORNEY GENERAL!

There continue to be concerns about price gouging in the wake of the four declared Federal and State Disasters that have hit our town this year. If you feel any retailer in town has increased products past the legal limit as outlined by the Attorney General, we encourage you to report. An anti-price gouging statute becomes effective immediately after a state of emergency is declared. The law generally prohibits charging a price that exceeds, by more than 10%, the price of an item before the emergency. If you are a victim or have information about price-gouging, file a complaint with the Attorney General's Office by going to www.ag.ca.gov or by calling (800)952-5225.

MARGARET'S WRITINGS!

Check out our website for a new link for Margaret's poetry called "Margaret's Writings." This month's poem is "Another Year". Margaret will have her new link dedicated to Alzheimer's next month.

FUNDRAISING OPPORTUNITY!

FRSCA is participating in the Meet Me At Applebee's fundraising opportunity. Trudy has raised over \$600 so far. This money is funding a new program Trudy is calling "Friends of Seniors" that will be used to help in areas that regular funding might not provide. The fundraising will start again when the weather warms up! If you know a senior in need, come to us and we will try and fund it or refer to someone that can help.

GO FUND ME!

We have a GoFundMe account. This account is online and uses widespread social media to raise funds. Our account is set up as a way to support our building maintenance account and get some needed items for the center. Please spread the word and link. www.GoFundMe.com/p/hv82. One way is to go to the site and share it with friends on Facebook.

BRUSHSTROKES PAINTING PARTY!

Our next class is on Monday, March 19th at 10 a.m. The flyer is up at the center next to the sample painting and will be on our FB page soon. Cost is only \$30 and while you are here stay for lunch too! Remember to sign up early and to reserve your lunch in advance. That is a win/win all the way around. Contact the senior center for more information. The price of the painting party does not include the senior nutrition meal.

SENIOR MEALS!

Check out the March menu to see what's on the schedule. The price for 59 and under is \$6.00. If you are 60 and over, you can receive a free meal. The suggested \$2.50 voluntary contribution is not mandatory. Meals are served Monday, Tuesday, Wednesday and Thursday. **NO meals on Friday. Reservations necessary 48 hours in advance** - call 898-4224 and leave your name and phone number and the days you plan on attending. It is free, try it you might like it. Lunches are served between 12:00 - 12:15. Come and try some very tasty and plentiful meals.

ARTISTS OF RIVERTOWN!

The Artists of Rivertown meet here on the 2nd Thursday at 10 a.m. and on the last Saturday of the month. Their next Saturday meeting is on February 24th at 9:30 a.m. The Artists of Rivertown will be having a contest scheduled for March with the final paintings being displayed at the State Theater. Look for more info from Dave to

come in the next few months. Rex Burress stopped by and saw us, and I was so honored to see him again. Look for our picture on our FB page

PASSAGES FOSTER GRANDPARENTS PROGRAM!

If you are 55 or over and want to stay active by serving children and youth in your community, you qualify to be a Foster Grandparent. The program meets here on the 4th Wednesday of each month from 11 - 1. For more information on the program contact Passages at (530)898-4307.

SUPPORT GROUP MEETING HERE - 3rd Thursday!

The Low Vision Support Group led by Pat Gray next meets on March 15th from 11 a.m. to noon. The meetings are on the 3rd Thursday of each month. If you or someone you know has low vision due to Macular Degeneration, Glaucoma, Diabetes, etc., come and join us. Pat has so much information that can help you.

We have a shelf of audio books for anyone to borrow. We need tape and CD players donated so they can be borrowed with the audio books.

NEW PROGRAM!

The Commodity Supplemental Food Program is a USDA program that distributes a 30-pound food box to eligible low-income seniors. Distribution will start in February. To be eligible, applicants must be at least 60 years old, a resident of Butte County and meet the federal income guidelines. Eligible applicants must apply in person at the distribution site (FRSCA). Contact the center at (530)533-8370 for more information. The income levels can be found by going to www.frsca.org.

Also starting next month, there will be Federal Grant funds for low income seniors who own their own property in rural areas. Any maintenance needs are funded if the repairs are necessary because of safety and health reasons. Leaky roof, weed abatement, smoke alarm, electrical work, etc.

NEED HELP?

Need help paying for food, utilities or medical expenses? Contact: North State Benefits Enrollment Center, 25 Main St., Suite 201, Chico; (530)345-9749 or CalFreshHelp530@gmail.com. Drop-in Assist every Monday from 10 am to 4 pm or call or email to schedule an appointment anytime.

ESCRIP SHARES! NEW WAY TO USE!

Anyone who shops at Food Maxx and who has an email address can help raise funds for FRSCA. At the checkout all you must do is give your phone number. There are about 1000 different merchants who participate. You can shop online or locally. You can support up to three (3) schools or nonprofits. Please go to

escrip.com/shares and register or ask an officer to help you. If you don't have a computer, you can sign up with your cell phone. Ask an officer to help you.

BUS-MAN HOLIDAY TOURS!

Check out the flyers for tours available through Bus-Man Holiday Tours. FRSCA receives 10% of the purchase price when booking through FRSCA. New flyers out soon with more information. Call (530)520-8600 to make a reservation. Don't forget to mention FRSCA!!

WEBSITE/FACEBOOK!

We have our own website and Facebook page. The website address is www.frsca.org. Click on the link to check out our Facebook page. The website has several links for information for seniors. Check them out. Both the Facebook page and website are continually being updated with more information and news about us. Social media continues to be the number one way to promote organizations and their services. If you have any suggestions on what you would like to present to the public about our organization that isn't already there, please let us know.

PAYPAL!

If you use a computer to order on line, consider using PayPal to pay for goods. You can pay your dues or make donations through PayPal as well. PayPal is a secure way to keep your financial information limited to one place.

RECYCLING!

Recycling is a problem and getting worse. The City gets State Grant funds for recycling. If we don't help at our end, they have the potential of losing their funding. Please recycle properly. We have made all containers available and need your help to enable us to continue to recycle paper, aluminum, plastic, and waste.

VALET PARKING – BINGO PLAYERS!

If you have difficulty walking, remember you can pull up in front of the center and someone will park your car for you and retrieve it after Bingo. We have asked the city to change the sign to green loading and unloading. We are also working with the city to improve curb signage and maintain the sidewalks and ramp.

FIDDLER'S ARE HERE!

In just a few short months, the annual fiddler competition will be in town. The board is already making plans and scheduling dates. Remember they play here on the 4th Sunday each month and during the weekly competition and do a fundraiser all here at the Senior Center. Make sure you mark your calendars for March 15th for the Gospel fundraiser starting at 5:30 with Corned Beef & Cabbage. The next regular meeting is on March 25th.

MUSIC! MUSIC! MUSIC!

The band is playing on Saturday mornings from 10:00 a.m. to noon. Come enjoy the music and get your toes tapping! They have a new lead singer and lost a few but the music's great. Stay for bingo. No music on the first Saturday of each month – regular membership meeting and potluck day!

DONATIONS NEEDED – ALWAYS!

Coffee, sugar, creamer, paper towels, napkins, paper plates, etc. are always running out! We are running low on supplies and any donation will be greatly appreciated.

Thank you to all who've brought in donations. This is an on-going need at the center. Tax deductible forms are available. In addition, small new gifts to put in our bingo half-time free raffle would be greatly appreciated by all our bingo players. Our bingo players have tripled in size in the past six months. Thank you to Arlene and the bingo committee for always staying on top of the action.

NEW MEMBERS NEEDED

If you know anyone who is interested in coming to the Senior Center and joining in the fun, please invite them to one of our functions. New members are always welcomed! Since the Board approved accessing social media, we have steadily seen an increase in participation in our activities that we offer, the senior nutrition program, and especially in our memberships. Way to go volunteers for keeping in mind why we are here and hitting new folks up to join us. Every \$20 membership adds up. If you would also like to volunteer a few hours a week, contact Trudy and fill out a volunteers form.

<h2>MEMBER BENEFITS</h2>

Bingo – remember that one of the benefits of being a member of FRSCA is the free pack for your birthday. If you have friends that like bingo, tell them about this benefit.

FRSCA dues paying members (after 6 months of membership) are entitled to rent the facility once a year for \$75 for four hours for private parties if the date doesn't conflict with another money-making program. If you are interested in having a family reunion, birthday or a get together for friends, FRSCA is an alternative location. See a board member for more details.

We are looking for ideas for different activities to offer. If you have something special that you are interested in, please give us a call and we'll try to get something going or fill out the form we have on the membership table. Rumor has it Trudy is trying to perhaps start a cribbage group. Buddy Morris who regularly plays pinochle and bingo, also is an avid player and will talk to all his friends.

2018 is shaping up to be a good year for us. We are building on our momentum the Board and Officers have been working on so diligently and we are seeing very positive results. Not only in our public participation but in our budget. It takes many hands to maintain this facility we have owned since we organized in 1975.

SCHEDULED EVENTS

Bingo - Tuesday, Thursday and Saturday - buy-in from 12 - 12:45 p.m. Games start at 1:00 p.m.

Al-Anon meets here each Monday at 6:30 pm. All interested are welcome to join in.

Write-On Group meets on the first Thursday of the month at 12:00 pm.

Low Vision Support Group meets on the 3rd Thursday of the month at 11 am.

Caregiver Support Educational Seminar Series – held on the 3rd Wednesday of the month at 1:00 p.m. (except for December – 2nd Wednesday).

Pinochle is alive and doing well. Games are on Wednesdays and Fridays. Games start at 10:00. More players are needed. If you are interested in playing, contact the office at 533-8370 for details or come on in Wednesday and/or Friday morning.

A small group is doing scrapbooking on Wednesdays at 10:30 a.m. Come and bring your supplies and meet new scrapbooking friends.

HICAP – Health Insurance Counseling and Advocacy Program for seniors is here once a month for help with your health insurance needs. Appointments are on the 4th Monday from 10 am – 12 pm. Call for an appointment at 898-6716.

Legal Aid – Free services for seniors is available once a month (3rd Tuesday) from 10 a.m. Services offered through Passages and an appointment is necessary. Call 898-5923 to schedule.

CHAIR OF THE BOARD - Trudy MacPhee

What a FUN month. We met and exceeded our membership goal of 100 for the fiscal year. We are getting new office furniture donated by Surplus City. Our bank accounts are rising, and we will be able to repaint the outside of our building and complete the rest of Miner's Alley Wall for the Artistic/Nice Tagging area.

Our Let's Break Bread Together Dinner and fundraiser on President's Day was a very nice evening for all. The food, especially, was the highlight of the night and was

catered by Chef Barry of Ludy's Catering. Small town Oroville boy makes it into the big leagues and comes back to where he got his start. FRSCA is very proud of him and where he is at just 30 years of age. What possibilities and a great future he has.

I'm off all next week to be with Doug who is having major surgery. Please have him in your prayers and we will update everyone soon.