

SENIOR NEWS AND REVIEWS

September 2017

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

LABOR DAY!

Here we are - September and Labor Day. We will be closed Saturday, 9/2 and Monday 9/4 in observance. NO BINGO ON SATURDAY 9/2. Enjoy the holiday and remember we are heading into fall and Christmas is knocking on the door again.

SALMON FESTIVAL!

It's that time of the year again - the salmon are coming! The festival is on September 23rd and we'll be open from 10 - 4 serving the famous Chicken Salad Sandwiches, Ice Cream Tacos and Barry's wonderful smoked salmon dip. There will be a no-host bar available. Tables for rent for \$15 for the day. Volunteers needed to help during the day. Sign-up sheet is available.

PRICE GOUGING – ATTORNEY GENERAL!

There are concerns about price gouging in the wake of the Oroville Dam spillway and Wall Fire disaster incident. 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.

CAREGIVER SUPPORT – EDUCATIONAL SEMINAR SERIES

Prestige Assisted Living at Oroville is presenting monthly seminars on various subjects pertaining to seniors and their caregivers. The next seminar is on Wednesday, September 20th at 1:00 p.m. The topic is "Managing Chronic Pain".

DISABILITY ACTION CENTER!

If you want help with the new technology using computers, texting on your phone, etc., sign up for help in the office. Wendy will call you to schedule you.

MARGARET'S WRITINGS!

Check out our website for a new link for Margaret's poetry called "Margaret's Writings." This first poem is dedicated to Alzheimer's.

NEW FUND RAISING OPPORTUNITY!

FRSCA will be participating in the Meet Me At Applebee's fundraising opportunity. Trudy will try for the first Monday of the month starting in August. Always from 5-9. Would anyone like to sign-up to host a month? Potential profit is over \$400. See Trudy for details.

GO FUND ME!

We have a GoFundMe account. This account is online 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.

BRUSHSTROKES PAINTING PARTY!

Monday, September 18th is the next party. We will be painting on tote bags. These could be a great Christmas present. Check out the paintings on the wall. These were done at the last party on August 28th. Sign up and come join us for a great class and discover your hidden muse!

SENIOR MEALS!

The Senior Meal program has a new source for meals. Let us know what you think of the flavor, temperature, etc. Check out the August menu to see what's on the schedule. The new price for 59 and under is \$6.00. Remember 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. Everyone here on a bingo or pinochle day should be reserving a meal. It is free, try it you might like it. Lunches are served between 12:00 - 12:15. Come and try some very tasty meals.

SUPPORT GROUP MEETING HERE - 3rd Thursday!

The Low Vision Support Group led by Pat Gray next meets on September 21st from 11a.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.

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 have to 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.

ARTISTS OF RIVER TOWN ARE HERE!

The Artists of River town is now meeting here. See below for dates and times of the next meetings. Art displayed in the Library are by the members and is changed often. Be sure to take a walk through to view some of the work by local artists.

Unfortunately one of the pictures that were on display was taken by someone. Any information leading to the return will be greatly appreciated. The picture is "Egret of the Blue Lagoon, 3x5 inches, 7x9 framed under glass. STILL MISSING!

Another picture is missing. This one is by Joe Charleston. We are waiting for a description and will post as soon as we have something.

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. Some upcoming trips include a Draft Horse Classic in Grass Valley - September; plus more. 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. Find our page on Facebook by looking for "Feather River Senior Citizen's Association". 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 medial 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 as a way 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 number of places that accept recycling has shrunk to no more than one or two places. They no longer sort the items for us. There are two types of recycle - recycles you want to get money for and recycles that someone else deals with. We only want recycles put in the recycle container that FRSCA can turn in for money. Aluminum cans and plastic that has the CVR label on it only. Otherwise, like boost and ensure bottles, some juice bottles, plastic forks, spoons, Styrofoam products, food, etc., don't belong. They just need to go in the trash and the only recycle we put in the alley recycle bin is paper.

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.

FIDDLER'S ARE HERE!

Normally The Fiddler's meet here on the 4th Sunday of the month. The next meeting is on September 24th from 2 to 5 p.m. The meeting is open to the public. Come and enjoy the old time music.

MUSIC! MUSIC! MUSIC!

The band is playing on Saturday mornings from 10:30 a.m. to noon. Come enjoy the music and get your toes tapping! 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 needed! 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 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!

MEMBER BENEFITS

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. There is also a coupon in the current Golden Value Coupon book available at the counter for \$2.00. FRSCA receives \$1.00 for each book sold.

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 as long as 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.

Our current active volunteers are stretched to their limit. If we want new activities, we need more volunteers. Maybe you know someone who is looking for something to do for 4 hours per week.

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).

Artists of River town now meet here. The Board meets on the 2nd Tuesday at 11:00 am and the general meeting is on the last Saturday at 9:00 am.

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

FRSCA is now a staging station for the American Red Cross in the Greater Oroville Area. After meeting and finalizing our partnership last week, it is imperative that all citizen's realize that \$2 million of ARC funds were used to help the evacuees of the Spillway and Wall Fire disasters. Let's please "pay it forward" and donate today to the latest victims in Texas going through such a horrific event. We now have another local fire (Ponderosa) that is striking our area. Donate directly to the ARC at www.redcross.org or via www.frscsca.org via paypal and note for Hurricane Harvey victims, and we can track all donations from this area. Bless those who give.