



California
Health Collaborative

Multipurpose Senior Services Program
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OUR MISSION

Provide holistic services for low-income, intergenerational communities throughout the Greater Sacramento Valley.

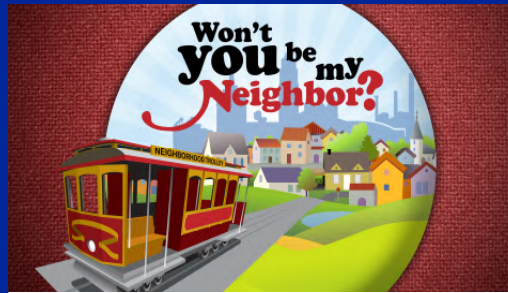
We do this through a comprehensive volunteer program, partnership and program development, and community outreach.

The Collaborative

VOLUME 3, ISSUE 1

JANUARY 2019

Sacramento Valley Care Coordination Programs



Recently I, somewhat reluctantly, accompanied a friend to see “Won’t You Be my Neighbor”, a Fred Rogers’ documentary. I went in thinking it would be “boring” but was quickly drawn into his story and the many great messages that he conveyed.

Mr. Rogers started working in film as a young man prior to obtaining a ministerial degree, after which he returned to pursue his dream of creating high quality television shows for children, despite a great deal of doubt within the industry as to how such a show could ever be successful.

Though there were many disparagers, Mr. Rogers developed messages promoting acceptance, love and respect that helped young children make sense of the world around them. He tackled topics like loneliness, loss and grief, joy, crime, racism, and acceptance of self, all the while sending the message that “you can be loved exactly like you are”. He also encouraged children to strive and to push themselves to learn and grow.

What I think of as one of his greatest

messages to children, “you can be loved exactly like you are”, also became that for which many would to mock and criticize him, claiming that this message of total acceptance created generations of children who thought they should “receive a trophy just because” and argued that it did not encourage children to be “the best” in academics, sports, play or work.

Despite his critics, Mr. Rogers continued to quietly teach and exemplify his messages, reiterating that “It’s not so much what we have in this life that matters. It’s what we do with what we have,” and “the world needs a sense of worth, and it will achieve it only by its people feeling that they are worthwhile.”

In a time of considerable division and distrust, I hold onto the quote of “We live in a world in which we need to share responsibility. It’s easy to say, ‘It’s not my child, not my community, not my world, not my problem.’ Then there are those who see the need and respond. I consider those people my heroes.”

As we travel this road together I hope that we will all look for, and become, “the helpers”, and that our work and ways of relating to each other and the community-at-large will make Mr. Rogers proud and keep alive the namesake question of his show, “Won’t you be my neighbor?” —*Teresa Ogan, Site Director*

Like Us on Facebook @CHC Multipurpose Senior Services Program



About MSSP

MSSP provides case management, advocacy, and care coordination to seniors who

- are 65 years and better,
- have Medi-Cal with no share-of-cost, and
- benefit from assistance with 3 or more daily living tasks.

Our goal is to assist seniors with accessing services to remain living safely & independently in their own homes.

Program Components

- Case Management
- Advocacy
- Transportation
- Education
- Fall Prevention
- Safety Equipment
- Emergency Response System
- Respite
- Caregiver Resources
- Referrals to appropriate services

Local Food Banks and Senior Centers

Food Banks

Placer County

8284 Industrial Ave., Roseville, CA 95678
(916) 783-0481

Sacramento County

3333 3rd Ave., Sacramento, CA 95817
(916) 456-1980

Yolo

71244 Fortna Ave., Woodland, CA 95776
(530) 668-0690

Yuba / Sutter

760 Stafford Way, Yuba City, CA 95991
(530) 673-3834

Senior Centers

Placer County

Auburn Senior Center
550 High St. #107, Auburn, CA 95603
(530) 823-8172

Sacramento County

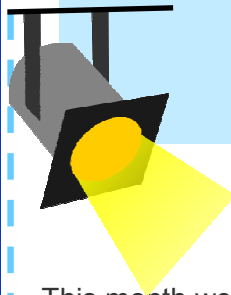
Neil Orchard Senior Activities Center
3840 Routier Rd., Sacramento, CA 95827
(530) 823-8172

Yolo County

Woodland Community & Senior Center
2001 East Street, Woodland, CA 95776
(530) 661-2000

Yuba County

Senior Citizens Center of Wheatland
705 3rd Street, Wheatland, CA 95692
(530) 633-9212



SPOTLIGHT ON STAFF

This month we would like to introduce a VOLUNTEER staff member, Sharron Spotts, Certified Senior Advisor. Sharron is a care management advisor who cared for her own parents and learned first-hand to navigate through the “elder care journey.”

While caring for her parents, she started and operated an in-home care agency before devoting her full-time attention to care for her parents. Upon their death Sharron became a geriatric care manager, helping other families walk through the process of aging in place.

Sharron volunteers with CHC as an advisor for seniors and their families, and as a presenter on many varied subjects such as fall safety, senior scams and fraud prevention, dementia and much more. With a background in high-tech marketing communications with companies in Silicon Valley, she enjoys volunteering to help with the MSSP newsletter as well!

“Bette Davis once said ‘getting old is not for sissies!’ That is so true, and also not for those with little money! The medical and housing costs for seniors soar every year! That is why CHC is so important to the community in assisting people to find resources and help during the aging process. I am proud to collaborate with CHC!”



DON'T WAIT!! *We are now enrolling volunteers...*
in Placer, Sacramento, Yolo and Yuba Counties!

HOME SAFETY TIPS AND HINTS FOR SENIORS



Staying safe at home can help you maintain your independence and quality of life. Preventing falls, the leading cause of death and serious injury in the senior population, is key to a long, happy life at home. Two main factors, personal and environmental, contribute to a senior's fall risk:

- 1) Personal factors include muscle weakness, balance problems, limited vision and certain medications, and
- 2) Environmental factors include home hazards such as loose rugs, poor lighting (especially on stairs) and a lack of stair railings or grab bars.

Senior safety tips and facts:

- **Focus on balance.** Exercise regularly to maintain strength. Rise slowly after eating, sitting or lying down to help avoid dizziness and loss of balance.
- **Medicate safely.** Improper use and handling of medication can create serious safety concerns. Check expiration dates on prescription and over-the-

counter medications—and follow all directions.

- **Store medications safely.** Medicine is best kept in its original container, but if you must transfer medication to a new container, clearly label with the medication name, dose, and expiration date.
- **Have easy access to emergency numbers.** Post hotline numbers and other emergency numbers next to all phones. Add [emergency numbers](#) as contacts on your mobile phone as well.
- **Wear an “emergency alert” alarm device.** in case you fall and are unable get up on your own the device will allow you to call for help.
- **Have annual eye exams.** Ensure your glasses' or contacts' prescription is up to date and that you do not have any conditions that limit your vision.
- **Handle driving with respect and honesty.** If you or your loved one has declining driving abilities consider alternate forms of transportation. The decision, while difficult, can save lives—yours and others as well!



It is that time of the year again--we are entering a new year! It is supposed to be a season of happiness and joy, time spent with loved ones – family and friends. That is a wonderful picture, but for many seniors it is a far cry from reality. For many, feelings of sadness, loneliness and isolation will be their companions. However.....

Here are some tools to help you start the new year with less stress.

- 1) **Keep your expectations reasonable.** The new year does not have the power to magically turn sadness into joy. Do not be disappointed if the new year is not like they used to be. Life brings changes. Each new year is different and can be enjoyed in its own special and unique way.
- 2) **Help Others.** Find someone who is struggling and lend them a helping hand, and remember the real meaning of helping others. To be a blessing is to be blessed! Volunteer--you might be surprised at how much fun you have and how much better you feel when helping others!
- 3) **Do not isolate!** If you cannot be with family, invite some close friends over to socialize with, or find a group of friendly seniors who meet on a regular basis to socialize with. Consider volunteering at a local animal shelter to pet cats and dogs.
- 4) **Make Plans.** Plan unstructured, low-cost, fun activities such as window shopping, going to craft fairs, volunteer work, going to a senior center, etc. Opportunities are endless!
- 5) **Start your own new traditions.** As families change and grow, traditions change as well. You may want to gather with new friends and start new traditions. It can be fun!