

Senior Times

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

NOVEMBER 2025

Honoring Caregivers: A Call to Awareness and Action

By the Family Caregiver Support Program, El Dorado County

November marks National Family Caregivers Month—a time to recognize and honor the millions of Americans who provide care to loved ones, often without pay, recognition, or respite. Here in El Dorado County, we see firsthand the dedication and sacrifice of caregivers who support aging parents, spouses with chronic conditions, children with disabilities, and neighbors in need.

According to the July 2025 report Caregiving in the U.S. 2025, published by the National Alliance for Caregiving and AARP, there are now 63 million caregivers nationwide. Of these, 59 million care for adults with complex medical conditions or disabilities, and 4 million care for children under 18 with serious health needs. Together, they represent nearly one-quarter of the adult population in the United States.

These numbers are more than statistics—they reflect the reality of our community. Many caregivers are juggling full-time jobs, managing households, and navigating healthcare systems, all while providing an average of 27 hours of care per week. Nearly one in four provide 40 hours or more.

Here’s a snapshot of what caregiving looks like today:

- 89% of caregivers are supporting a relative.
- 24% care for more than one person.
- 1 in 3 caregivers support both an adult and a child at home.
- 30% have been caregiving for five years or more.

- 31 million unpaid caregivers receive no outside help.
- 4 million children under 18 are helping care for adults in their household.

The emotional and financial toll is significant. Nearly 70% of caregivers aged 18 to 64 are also working outside the home. Many report feeling isolated and financially strained—22% have taken on more debt, 31% have dipped into savings, and 19% have left bills unpaid. Rural caregivers, like many in El Dorado County, face additional challenges in accessing affordable services.

Health outcomes for caregivers are also concerning:

- 1 in 5 rate their health as fair or poor.
- 64% report high emotional strain.
- 45% experience physical strain.
- 24% feel alone.
- 56% say they had no choice in becoming a caregiver—a factor linked to worse health outcomes and lower perceived purpose.

Care recipients are often older adults—nearly half are 75 or older—and 27% have cognitive or memory-related impairments. Three in ten live alone, increasing the need for consistent and compassionate care.

As the Family Caregiver Support Program, we believe these findings are a wake-up call. Caregiving is not just a private matter—it’s a public issue that affects our health systems, our economy, and our community well-being. We must advocate for caregivers, expand access to respite care, and build networks that reduce isolation and burnout.

This month, we invite you to celebrate caregivers in your life. Whether it’s a neighbor, a friend, or a family member, take a moment to thank them. And if you are a caregiver yourself, know that you are not alone. Our program offers resources, support groups, and guidance to help you navigate your caregiving journey.

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Senior Shuttle

Western Slope

(530)

Information & Assistance	621-6369
Legal Assistance	621-6154
Long Term Care Ombudsman	621-6271
Senior Nutrition Program	621-6160
Volunteer Opportunities	621-4546
Senior Trips & Activities	621-6255
Adult Day Services	621-6180
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Family Caregiver Support Program	621-6151
Senior Shuttle	621-6369
In Home Supportive Services	642-4800
HICAP/Medicare Counseling	621-6169
Senior Peer Counseling Program	903-3000
Senior Health Education Program	621-6151
Adult Protective Services (APS)	642-4800
Veteran Services	621-5892
El Dorado Transit/Dial-a-Ride	642-3696
Report Elder Abuse 24 Hours	642-4800

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	307-1203
Veteran Services	621-5892
Barton Home Health & Hosoice	543-5581

Senior Shuttle Schedule

NOVEMBER 2025

(530) 621-6369

EASY Registration, Reservations Required

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

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 a minimum of three hours to complete the trip.

Your reservation is confirmed by phone, one business day prior to the scheduled trip.

\$3.00 Suggested Voluntary Contribution Per Local Trip

\$5.00 Suggested Voluntary Contribution Per Out-of-County Trip

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

Monthly trips are predetermined — please see the schedule below.

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.

No one is turned away for an inability to pay. Please join us!

November 2025—TUESDAY SHUTTLE

Residents of Shingle Springs, Cameron Park and El Dorado Hills

Tuesday, November 11th- Grocery Outlet & Dollar Tree, Cameron Park

Residents of Pollock Pines, Camino and Placerville

Tuesday, November 18th- Grocery Outlet & Dollar Tree, Placerville

Come join the fun as a Senior Shuttle Volunteer!

Flexible commitment, transport vehicle provided.



**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, November 21, 2025

Feature Presentation: The Final Season

Plot: From the director of The Sandlot comes the true story of an underdog coach and a high school baseball team from the small town of Norway, Iowa, who must defend their legacy against insurmountable odds.

Starring: Tom Arnold, Rachael Leigh Cook and Michael Angarano

Filmed in 2007

Running Time: 1 hour and 59 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

Carson Valley Turkey Trot Fun Run

November 27th. Walk or run to support the Carson Valley Community Food Closet. Full details on their website at www.thefoodcloset.org

Holiday Tree Lighting

Friday, November 28th at 6:30 PM. This is a free event. Location at Heavenly Village 1001 Heavenly Village Way, South Lake Tahoe. Come celebrate the lighting of the 65 foot cut tree. If you can't make it on Friday, Santa will be lighting it on both Saturday and Sunday at 5:30 PM. Don't miss the holiday magic!

Information and Assistance Program:

Every Thursday from 12:30 PM - 3:00 PM, El Dorado County Area Agency on Aging has staff at the Senior Center at 3050 Lake Tahoe Blvd. Staff are present to assist with referring 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. Location: 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 \$5 suggested voluntary contribution. Location: 3050 Lake Tahoe Blvd.

Senior News

Visiting Residents in Long-Term Care Facilities During the Holidays

As we approach the holiday season, it's important to acknowledge that this time can be challenging for residents in nursing homes and assisted living facilities. Visits from family members and friends can be a vital source of support for a resident's emotional well-being, helping them stay connected to their community. Regular visits often enhance the quality of care that residents receive. During the holidays, take the opportunity to observe how your loved one is treated in the facility.

Families and residents can explore various ways to celebrate the holidays together:

- Spend time together--take a walk, watch their favorite TV show or movie, read aloud, or discuss your family and current events.
- Arrange to share a meal with your loved one at their facility.
- Sing holiday songs, look through photo albums, or watch family videos together.
- Offer to accompany your loved one to a scheduled activity or program.
- Consider decorating their room, doing a craft project, making cards together, or bringing their favorite holiday foods to help them remember cherished traditions.
- When giving a gift, remember to add any new items to your loved one's inventory sheet and label each item with their name to help prevent damage, theft, or loss.



Enjoy your visits and the time spent together. Even if your loved one cannot engage in extensive conversation, it is still valuable to share moments together. If you have questions or need assistance with issues in the facility, contact the Long-Term Care Ombudsman Program at (530) 621-6271 or our 24-hour State Crisis Line at (800) 231-4024.

Minor Home Modifications

El Dorado County's Fall Prevention Program Supporting Older Adults Over 60
Stay Independent in your Home



EL DORADO COUNTY SENIOR SERVICES

Four Things You can do to Prevent Falls:

- 1. Speak Up.** Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.
- 2. Keep moving.** Begin an exercise program to improve your leg strength and balance.
- 3. Get an annual eye exam.** Replace eyeglasses as needed.
- 4. Make your home safer.** Remove clutter and tripping hazards.

- Indoor and Outdoor Handrails
- Toilet Seat Risers
- Non-Skid Surfaces

- Transfer Benches
- Improved Lighting
- Prefabricated Ramps or Minor Ramp Modification

1 in 4
people 65
and older falls
each year

Falls can lead
to a loss of
independence, but
they are preventable.



El Dorado County Fall Prevention
530-621-6369

ssia@edcgov.us

El Dorado
County HHSA
Aging in Place
Fall Prevention
Program



*Program accepts voluntary contributions to support Fall Prevention Services. No one is turned away for the inability to contribute.
*The materials or product were a result of a project funded by a contract with the California Department of Aging.

Senior Nutrition

Diet, Exercise & You
By Jeannine Gaillardetz, RD

Do you want to be healthier without having to follow a strict diet? A good way to start is by following a Mediterranean Diet. In fact, it is more an eating style than a diet. The Mediterranean Diet is well known for preventing heart disease and stroke. It can help decrease high blood pressure and high cholesterol. It consists of eating plenty of fruits, vegetables,

beans, nuts and seeds, olive oil, fish, and low-fat dairy products, and eggs. Here are some tips on how to get started:

- Fruit and vegetables: Eat 2 to 3 servings of fruits and 4 or more servings of vegetables daily.
- Protein: Eat 2-3 ounces at each meal. For example, salmon, water-packed tuna, poultry, and beans. It is recommended to eat small portions of lean red meat.

- Nuts and seeds: Eat about 4 servings (a quarter of a cup) weekly.
- Healthy fats: Unsaturated fats are healthy fats. They include olive oil, sardines, salmon, albacore tuna, nuts and seeds, and legumes. You can eat fish or shellfish 2-3 times a week.
- Whole grains: Add barley to your soup, and eat quinoa, whole-grain bread, and oatmeal.

- Dairy: Try low-fat cottage cheese, low-fat Greek or plain yogurt. Eat 1 to 2 servings daily.
- Water – Aim for 6-8 cups per day.

Staying physically active with a healthy diet can better your overall wellbeing!

Adults should aim for 150 minutes of moderate aerobic activity a week. This can include walking, swimming, and cycling

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>Line Dance</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>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><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 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>2026/2027 Travel Packages:</div><div><div><div>New England Holiday</div><div>Best of Eastern Canadian Cities</div><div>The Colorado Rockies</div><div>Mackinac Island</div><div>South Pacific Wonders</div><div>Kingdoms of Southeast Asia</div></div></div></div></div></div></div></div>
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Senior News

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UPCOMING COMMUNITY EVENTS

Bingo At Elks Lodge-- Sunday, Nov. 2, 2025 | 1:00 PM. Come and enjoy a fun filled afternoon of Bingo. 3821 Quest Ct, Shingle Springs. Bingo meets once a month. The next event is Dec 7th. Call (530) 672-9120 for full details.

Boot Scoot Scavenger Hunt-- Saturday, Nov. 8, 2025 | 1:00 PM. Boot Scoot Scavenger Hunt on Main Street, Placerville benefiting Animal Outreach of the Mother Lode. Get ready to put your boots on & scoot down Main Street for a fun-filled scavenger hunt! Explore local merchants & discover hidden boots. Each boot you find earns you a stamp on your Scoot Card which translates to raffle tickets for exciting prizes! For more information call Animal Outreach at (530) 642-2287.

Senior Social-- Nov. 4th | 10:00 AM to 1:00 PM. Location: 2502 Country Club Drive. This is a local event for seniors that are looking to socialize and meet new people in their community. Come and enjoy conversation, games, or even just a cup of coffee. Call the community Center at (530) 677-2231 for more details.

Cars and Coffee in El Dorado Hills-- Every Saturday. Nov. 1st, 8th, 15th, 22nd | 7:00 AM - 9:30 AM weather permitting. Kick off your Saturday mornings with Cars and Coffee at El Dorado Hills Town Center! Join us every Saturday for a casual gathering of car enthusiasts and community members. Sip on coffee and enjoy a pastry while admiring an amazing array of vehicles. Location: Take White Rock Road to Vine Street and park in the lot near Regal Cinemas. Please roll in low and slow to keep noise levels down and respect the neighborhood. Call (916) 606-7771 for full details.

Winter Rummage Sale-- Nov. 22nd | 9:00 AM-4:00 PM. Location: 2940 Bedford Ave, Placerville. The Placerville Shakespeare Club is hosting a special Winter Rummage Sale featuring warm winter clothing such as coats, jackets, and sweaters. Festive holiday decorations will be offered as well as many under the tree gifts, jewelry, toys, puzzles and games. For more information contact Joan at (530) 644-2862

Hometown Holiday on Main-- Nov. 28th | 4:00 PM-7:00 PM. The Placerville community gathers each year, filling Main Street with family, friends and neighbors to share the magical moment when we kick off the Holiday Season with the lighting of the Christmas Tree.

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 "Veteran Panel Discussion" by Dick Morris & Panel. Please join us on Friday, November 21st, from 1:00 - 2:30 PM at the Diamond Springs Lions Hall, 4701 Missouri Flat Road. Admission is free for members; public 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 www.srsedc.org.

Program Highlight

In Honor of National Family Caregivers Month: A Spotlight on the Family Caregiver Support Program

November is National Family Caregivers Month—a time to recognize and honor the millions of Americans who provide unpaid care to aging parents, spouses, friends, or loved ones with chronic illnesses or disabilities. In the spirit of this month, we want to share with you an invaluable local resource: the Family Caregiver Support Program (FCSP), offered through El Dorado County Health and Human Services.

Caregiving is a labor of love, but it can also be physically, emotionally, and financially exhausting. According to the U.S. Bureau of Labor Statistics, over 37 million Americans provide unpaid eldercare, with nearly half offering care several times a week or more, and one in four doing so daily. Many caregivers are part of the “sandwich generation,” juggling care for both aging parents and young children. The average caregiver spends 3.6 hours per day providing care, often while managing a job and household responsibilities. That’s where the Family Caregiver Support Program steps in.

What Is the Family Caregiver Support Program?

The FCSP is a federally funded program designed to support unpaid caregivers who are caring for:

- Someone 60 years or older, or
- Someone of any age with Alzheimer’s disease or a related disorder

The program provides a comprehensive range of free services to support caregivers in maintaining their own well-being while continuing to care for their loved ones.

These services include:

- Respite care to give caregivers a much-needed break.
- Support groups and counseling.
- Caregiver training and education.
- Referrals to local resources and professionals.
- Providing current and comprehensive information to help caregivers explore and hire in-home help.

Why It Matters:

Caregiver burnout is real. Without support, caregivers are at risk of depression, anxiety, chronic health issues, and social isolation. The holidays, while joyful, can also add stress—especially for those balancing caregiving with holiday planning, travel, or financial strain.

As Thanksgiving approaches, it’s a good time to reflect on the importance of asking for help. Whether it’s a few hours of respite care or joining a support group, reaching out can make a world of difference.

How It Works:

To get started, caregivers can contact the El Dorado County Family Caregiver Support Program directly. A staff member will help assess your needs and connect you with the appropriate services. There is no income requirement, and services are available throughout the county.

Contact Information:

El Dorado County Family Caregiver Support Program

- (530) 621-6151
- Toll-Free: (800) 510-2020
- <https://www.eldoradocounty.ca.gov/Services/Assistance-Programs/Seniors/Senior-Services/FCSP>

Microsoft. (2025). Copilot [AI assistant]. Retrieved from <https://copilot.microsoft.com>

Family Caregiver Support Program

Caring for the Caregivers



EL DORADO COUNTY
AREA AGENCY ON AGING

Medicare Open Enrollment: October 15 to December 7

Comparing Part D, Prescription Drug Plans

Fall Open Enrollment runs from October 15 through December 7 each year. During this time, you can make changes to your health insurance coverage, including adding, or changing your Medicare drug plan or your Medicare advantage plan. Even if you're happy with your current health and drug coverage, Fall Open Enrollment is the time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year. In 2026, there will be 12 Part D stand-alone prescription drug plans and 4 Part C Medicare Advantage plans that include prescription drug coverage in El Dorado County. Reflective of your need to review your health plan options, in 2025 in El Dorado County there were sixteen stand-alone drug plans and ten Advantage plans with prescription drug coverage.

Research shows that people with Medicare prescription drug coverage (stand-alone Part D plans as well as those in a Medicare Advantage Plan with drug coverage) can significantly lower their drug costs by shopping among plans each year. There could be another plan in your area that covers the drugs you take with fewer restrictions or with lower costs, so it's important to compare plans.

When reviewing Medicare Advantage Plans persons should check not only the coverage of your prescription drugs, but also the other health benefits included in advantage plans. Consider:

- Your access to health care providers (physicians, hospitals, etc.), probably the most important aspect of your health plan coverage
- Your access to preferred pharmacies
- Your access to benefits and services you need
- The total costs for insurance premiums, deductibles, and cost-sharing

The Medicare Plan Finder tool is the best way to compare Part D drug plans. The Medicare Plan Finder is an online tool at www.medicare.gov that can be used to compare stand-alone Part D

plans or Medicare Advantage Plans that include prescription drug coverage. Plan Finder provides information about costs, which drugs are included on each plan's formulary, and the star rating of each plan.

To use Plan Finder, follow these steps:

- Go to www.medicare.gov and click on the button that says, "Find plans."
- You can do a general search by clicking the "Continue without logging in" button. If you wish to save your results and information, you can log into or create your Medicare account.
- Next, choose 2026 (if you want to review plans for next year) and indicate your zip code.
- Then, choose whether you are looking for a Medicare Advantage or Part D plan.
- Then you can enter the drugs you take, choose several pharmacies, and indicate whether you are interested in a mail order option.

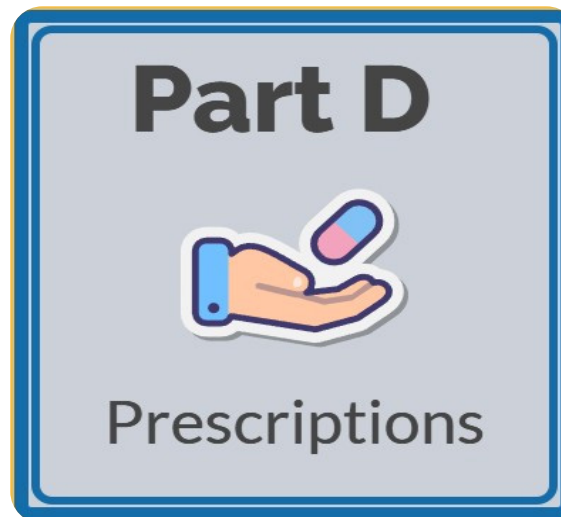
Plan Finder will display results for plans in your area. Note that a plan may not cover all of the drugs you take, but it may have alternatives on its formulary. Speak to your provider about whether these alternatives

would be appropriate for you. Plan Finder also tells you if the plan deductible applies to the medicines you take and how much the monthly premium is.

Initially, the plans will be sorted by "lowest drug + premium costs." This is the closest estimate to what you may pay out of pocket for your Part D coverage for the year. You can select "Plan Details" to find out more specifics about coverage, including any coverage restrictions that might apply to your drugs. Before enrolling, it is a good idea to call the plan directly to confirm any information you read on Plan Finder.

You can enroll into a plan online (click the 'enroll' button on Plan Finder) or by calling the plan directly.

Medicare Open Enrollment cont. pg 10



Nutrition Notes cont. from pg. 5

to help improve your strength, flexibility, and balance. Make sure to stay hydrated. Please check with your health care professional before you make changes to your diet and exercise plan.

In summary, a healthy diet, good hydration and exercise can help lead to a better you.

Avocado Garden Salad

This salad is easy to fix, looks great on a plate, and is delicious to eat. Ingredients:



- 6 cups Salad Greens torn or cut
 - 3 Tomatoes medium, chopped
 - 1 Cucumber peeled & chopped
 - 2 tablespoons Lemon Juice
 - 1/2 teaspoon Black Pepper
 - 5 Green Onions chopped
 - 1/2 teaspoon Salt
 - 1/3 teaspoon Garlic Powder
 - 1 Avocado large, peeled
1. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.
 2. In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt; stir with fork or whisk. Pour over salad mixture and toss together.
 3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges, about 1/8-inch thick.
 4. Arrange avocado slices on top of salad and serve immediately. Serves 6.

Tips: You can add crumbled feta, olive oil, and some fresh basil to the salad to add nutritious flavors.

Source: recipe and photo are from eatfresh.org

Nutrition Education Quarterly Topic:

Nutrient Requirements for the Senior Nutrition Program

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

Here is the November schedule:

- November 5, 2025– Pioneer Park
- November 19, 2025 - Cameron Park

Medicare Open Enrollment cont. from pg 9

You can make as many plan changes as you want between October 15 and December 7, but only the last change you make will take effect on January 1. If you choose a plan and realize that it is the wrong plan after the Fall Open Enrollment is over, in most cases you will not be able to change your plan choice until the next Fall Open Enrollment Period. For this reason, it is important to carefully consider all of your options and take the time to research each plan in order to make a decision that fits your health care needs.

El Dorado County HICAP can help Medicare beneficiaries review either their Part D drug plan choices or their Medicare Advantage Plan choices for 2026. To receive HICAP assistance residents of El Dorado County can pick-up and return to the Placerville Senior Center a completed "HICAP/Medicare Worksheet for 2026." During Medicare Open Enrollment, the HICAP Medicare Worksheets are available at the El Dorado Hills Senior Center, the Placerville Senior Center and the South Lake Tahoe Senior Center. Worksheets are also available by request at each of the six public libraries in El Dorado County. In addition, if you can print from your email, worksheets can be requested by calling El Dorado HICAP at (530) 621-6169.

Throughout the year HICAP provides free, unbiased, individual counseling about Medicare to residents of El Dorado County. HICAP is not associated with any insurance company. The program works in partnership with older adult programs of the El Dorado County Health and Human Services Agency.

HICAP is not affiliated with any insurance company, nor does the program sell, promote or solicit any type of insurance. California HICAP is part of a national network of State Health Insurance Assistance Programs (SHIP) and is supported by the California Department of Aging and Agency on Aging Area 4 with financial assistance in part by grants from the U.S. Administration for Community Living.

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 meeting is November 12th.

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!

PREVENTING REAL ESTATE TITLE FRAUD

A question we frequently hear at Senior Legal is: “Do I need to pay to get some sort of title protection for my house so that no one can change the title and steal it from me?”

We know there is a lot of fear about scams directed towards Seniors and it is especially scary to think about your house getting sold out from under you. However, there is a free and easy way to monitor the title to your home—simply go to the El Dorado County Recorder-Clerk website and look up your property! Title is a public record, so as long as you have access to the internet you can look up your property any time you like. If you don't have internet at home, you can go to a County Library or use the computers in the Community Room at the Senior Center (937 Spring St. Placerville).

You can also put your property on the County's “DO NOT SELL Database,” which is a free service offered by our County Recorder-Clerk. You can get more information about how this database works by going to their website or calling them at (530) 621-5490.

Companies that charge a fee cannot guarantee that a scammer won't target your home and change title—all they can do is alert you as to the change. But, as you now know, homeowners can do that themselves, for free! We also want you to know that while not unheard of, title scams are quite rare.

Call Senior Legal Services at (530) 621-6154 for more information.

Links to services referenced above:

<https://www.eldoradocounty.ca.gov/County-Government/County-Departments/Recorder-Clerk>

<https://www.eldoradocounty.ca.gov/County-Government/County-Departments/Recorder-Clerk/Real-Estate-Fraud-Prevention>

Honoring Caregivers cont. from Cover Page

Together, we can build a community that cares for its caregivers—because when caregivers thrive, so do those they care for.

For more information, visit www.caregivingintheus.org or contact the El Dorado County Family Caregiver Support Program at (530) 621-6151.

National Alliance for Caregiving & AARP. (2025, July). Caregiving in the U.S. 2025. <https://www.aarp.org/caregiving/basics/caregiving-in-us-survey-2025/>

Microsoft. (2025). Copilot [AI assistant]. Retrieved from <https://copilot.microsoft.com>

Veterans Day Celebration

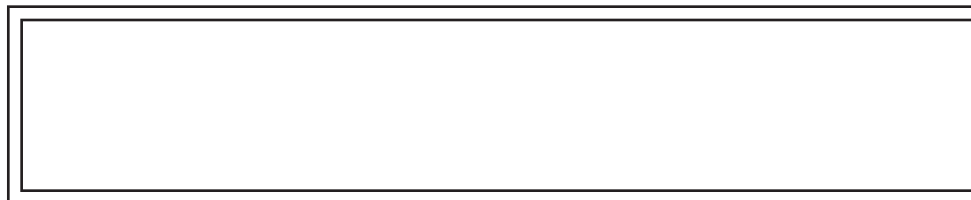
This year Veterans day is celebrated on Tuesday, November 11th. Celebrate our Veterans by attending the ceremony at the Veterans Monument at 360 Fair Lane at 11:00 AM.

Immediately following the ceremony, a Free Barbeque will be held at the Veteran's Memorial Building located at 130 Placerville Drive. No registration necessary.



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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, November 10th 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, November 17th 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! 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!

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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.