Gold Country
SENIOR SERVICES

August 2024 Newsletter

Kitchen Update:

Look what's cooking!

Kim Sewell, Kim Ward, Theresa Lyon Clark, and Kathryn Hammond are a well-seasoned team. They've worked together for years at our previous location, preparing over 900 tempting, nutritious meals each week for both our Congregate Café diners and Meals on Wheels clients.

(L to R) Kathryn Hammond, Theresa Lyon Clark, Kim Ward, and Kim Sewell. Photo by Courtney Ferguson.

Ask them about the new commercial kitchen in the recently-opened Sierra Gold Community Senior Center, and they readily agree that even when it's a huge improvement, change is always a challenge.

"After the moving truck loaded our supplies," Kim Sewell recalls, "we were faced with some daunting tasks. Not only did we have to leave our old kitchen spotless, but once the moving van was unloaded, we had to unpack and thoroughly clean the much-larger new one. Without our volunteers, the move would not have gone so smoothly. They turned chaos into order, and we are beyond grateful."

"The larger space and new, more sophisticated appliances require adjustments in our day-to-day operations," Kim Ward points out, "and we're developing more efficient ways to work."

"The large windows and air conditioning make this area bright and comfortable," adds Theresa Lyon Clark. "Our new facility has captured the community's interest, and we're welcoming many new faces to congregate lunches on Mondays, Tuesdays and Thursdays. With seating for up to 95, it's good that we now have plenty of convenient parking just outside."

"While it remains a work in progress," Kathryn Hammond explains, "we still follow the Area 4 guidelines while we cook and serve popular meals. We also continue to take personal pride in what we do, and I can guarantee that won't change."

The Art of Kindness on the Ridge

John Hartman ("J.D." as he likes to be called) picks up and delivers meals in North San Juan – something he's enjoyed doing for the last year and a half.

"When I heard there was a need for a Meals on Wheels driver, I decided to volunteer," he explains. "My partner of 20 years and I share the driving, and it's a privilege to give back to the community we call home. As I age, I recognize how important it is to make sure our elders get the help they need, and I am grateful to be part of Gold Country Senior Services, an organization that does so much for others."

Photo by Courtney Ferguson.

Before joining our volunteer team, for eight years J.D. and a group of his friends offered free meals once a month at their community center. He also used to deliver books for the library.

J.D. has been a North San Juan resident on and off for three decades. "My parents lived here, and I love this area," he says. A sculptor who likes to work with both stone and wood, he spent his working years in construction.

He likes films that encourage new perspectives, such as *Being There, The Magus,* and *7 Faces of Dr. Lao*. "For a good laugh," he says, there's always *Groundhog Day*."

His "new favorite book" is *A Course in Miracles*.

What he does on the Ridge is significant, and we cannot thank him enough for the difference he and his partner are making!

Interested in volunteering for Gold Country Senior Services?
Reach out to Shari Montez-Esterly at volunteer@goldcountryservices.org or call (530) 615-4541 to learn more.

August Birthdays!

Wishing each of you a very Happy Birthday!

Clients:

Brian, Carl, Carol, David, Evelyn, Lieselotte, Linda, Marcha, Michael, Mirtha, Sherry, Shirley, Susan, Theodore, and Tonja

Volunteers:

Perry Blake, Everette Burkard, Renee Conmy, Debbie Cooper, Heidi Cunningham, Lawren Giles, Thom Hale, Bruce Horn, Shannon Kilcourse, Perla Lovejoy, Karen Meyer, Greg Nichols, Donna Owens, Chuck Peterson, Jaime Recarens, Mark Renfrew, and Steve Roselle

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Wishing Naomi a Magical 98th!

Naomi appeared in entertainment venues across the country with her magician husband, including a spot *on The Ed Sullivan Show*. More recently, she sang in the Music in the Mountains choir, as well as in church choirs.

Mother of one son, she was born in Green Bay, Wisconsin. It's no surprise that she remains a loyal Packers fan. She is also related to well-known, local physician, Dr. Neva Manigotti-Lake.

Photo by Kathlene Snow.

Naomi is delighted with her colorful, handmade birthday gift from the Nevada City United Methodist Church Prayer Shawl Ministry.

Highly Recommended!

Sharkie Kirby joins our team

She liked our mission to help seniors. She also liked what she heard from Program Director Emily Wilson. Recommendations were exchanged about Sharkie and about the Gold Country team. Bingo! It was a perfect fit.

As our nutrition data coordinator, Sharkie is navigating the Mon Ami software system. “Designed with a focus on seniors, it offers major benefits that will help with the medically-tailored meals we added to our services recently,” she explains. “Its varied capabilities assist us in coordinating meals that match related health issues while streamlining delivery schedules.”

However, managing this sophisticated program is only part of what makes her job so rewarding. “Since I’m based at the new Sierra Gold Community Senior Center premises, I get to leave my computer to enjoy face-to-face time with our clients. Although my background includes experience with a variety of nonprofit organizations, this is the first time I’ve worked with seniors, and I love them. Their appreciation inspires me.”

When she’s not busy combining her data coordination skills and her natural warmth with our clients, she’s a keen hiker and backpacker who can’t get enough of our magnificent countryside.

Photo by Courtney Ferguson.

Please join us in welcoming Sharkie to our team!

Your Donations Equal Progress

We couldn’t do what we do without the generosity of our community. Want to help keep us going?

Visit goldcountryservices.org/donate

Or mail your check to:
PO Box 968
Grass Valley, CA 95945

Nutrition Program

Home-cooked meals for July

Menu for Congregate Café
Mondays, Tuesdays & Thursdays
12-12:30 p.m.

8/1 Turkey Chili
8/5 Salmon with Creamy Sun-Dried Tomato Orzo
8/6 Beef Goulash over Whole Wheat Penne
8/8 Grilled Chicken and Cheese Tortellini in Marinara Sauce
8/12 Chicken Tortilla Soup
8/13 Summer Strata
8/15 Cheese Ravioli with Meat Sauce
8/19 Irish Beef Stew
8/20 Stir-Fry Chicken and Vegetables
8/22 Coq au Vin over Whole Wheat Pasta
8/26 Fish Sandwich on a Whole Wheat Bun
8/27 Pork Picadillo over Brown Rice
8/29 Chicken Cacciatore over Whole Wheat Pasta

The suggested contribution is just $4 per meal for seniors 60+ and $8 for non-seniors.

Phone (530) 273-4961, and we'll set a place for you.

Exciting Additions!

In an effort to support the community we love while providing the freshest, most delicious meals possible, we have begun partnering with local businesses to purchase fresh, local ingredients to include in our meal.

We are serving Fog Dog Farms mixed greens at least once a week in our fresh salads. Fog Dog Farms is located in Placerville and we were connected to the farm through another local organization, Sierra Harvest. www.fogdogfarm.com

We're also using a local tortilla vendor one to two times per month, Hola! Tortilla. They make fresh, homemade whole wheat tortillas. www.holatortilla.com

HOLA! TORTILLA
Freshly made in Nevada County
No Preservatives

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calfresh Application Assistance

BETTER FOOD FOR BETTER LIVING

CalFresh is a program that helps Californians with food assistance. You do not need to be on welfare to receive benefits. We can help you with the application if you are one of our Meals on Wheels or Firewood Clients!

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

Mission in Action

Milestones and an invitation!

Photo by Courtney Ferguson.

Thursday, August 15, is the official opening of the Sierra Gold Community Senior Center – a huge, long-awaited milestone for the seniors we serve and for all of Nevada County.

July was our soft-opening month, with plenty of challenges and opportunities. We focused on completing the renovations, while we introduced a variety of classes and activities. Thankfully, our kitchen is up and running, so Meals on Wheels and congregate lunches are on schedule again. We've also welcomed many new volunteers who will be ambassadors, as they assist with congregate dining and all the activities on offer. Interest in our new facility is escalating. Lots of local residents have come in to take tours. Some have stayed for lunch, and some have become members.

We also have a new face at the center – Carrie Carpenter. She's our full-time operations manager, and you'll learn more about her in our next newsletter.

Last month kicked off a matching fundraiser campaign. Our goal was $100,000. We came in just below at an impressive $98,930. Monumental thanks for your generosity and support. Thanks to you, we'll be able to continue the kitchen and dining area renovations. Next up is the coffee shop. While plans are well on their way to completion, we are developing a budget so we can stay on track financially. The city has provided us with temporary occupancy. Final occupancy will happen when the coffee shop is completed, hopefully by January 2025, with its opening expected later in the year.

Naturally, we're all proud of the progress being made, and I invite you to stop by the center at 231 Colfax Avenue, Grass Valley. Have a look, and let me know what you think. Comments from supporters like you help us raise the bar that much higher!

Best wishes for August and beyond,

Leslie Lovejoy RN, Ph.D.

Executive Director

Coming Soon: Sierra Gold Coffee Shop

Plans for the newly-opened Sierra Gold Community Senior Center include a friendly, multi-generational coffee shop. While a hot cup of java and a lively chat sounds appealing, more funds are needed for completion. However, with your support, we'll get there, hopefully this winter.

To make a coffee shop contribution:
Visit goldcountryservices.org/donate/

If you'd like to volunteer, contact Shari Montez-Esterly at (530) 615-4541 or volunteer@goldcountryservices.org.

Community Partners

Thank you.
Your generosity makes a meaningful difference!

Are you enjoying our newsletters?

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

Supporting Seniors

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:
www.goldcountryservices.org/donate
- Like us on Facebook:
www.facebook.com/GoldCountrySeniorServices/
- Volunteer:
www.goldcountryservices.org/volunteer
- Join the Board of Directors
- Join the Senior Advisors
- Join the Senior Center Committee

Other ways to support:

Don't know what to do with your RMD? You can make a tax deductible donation through your IRA Required Minimum Distribution directly to GCSS to avoid taxes. For more information contact your financial planner or call the Administrative office at

(530)615-4541.

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.

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: Jonathan Walker, President; Greg Nichols, Secretary; Kathy Mollet, Treasurer

Executive Director: Leslie Lovejoy, llovejoy@goldcountryservices.org

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Sierra Gold Community Senior Center

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