

Portola Family Resource Center

Portola Point of View

July 2016

Issue #2



What's Happening This Month

- July 4th** **Happy 4th of July!**
Remember, Careful with Fireworks!
- July 1- Sept 5** **Portola Pool Open**
Mon-Fri-12-5pm/Sat-Sun 12-6pm
- July 1** **Summer Skills Camp-Sports Success** Mon-Fri: 9am-2pm
530.258.6222
- July 13** **Christmas in July Angel Tree Fundraiser** (5pm to 7pm-Dinner)
- July 18** **Women's Empowerment Workshop** 10-11:30am
July's Topic: Hand Sewing
- July 21** **CoDA Meeting** 6pm / PFRC
- July 28** **Veteran's Support Group**
4pm / PFRC

Alcoholics Anonymous Meetings

- Sunday** 8:00pm - 9:00pm
- Monday** 7:00pm - 8:00pm
- Tuesday** 7:00pm - 8:00pm
- Wednesday** 7:00pm - 8:00pm
- Friday** 8:00pm - 9:00pm

Meeting at the PFRC, 165 Ridge Street.

For more information on any of these events, please call 530.832.1827

24/7 Dad[®] is a unique set of programs designed to equip fathers with the self-awareness, compassion, and sense of responsibility that every good parent needs. It focuses on building the man first and the father second. An on-going group is available in Portola. To participate call 530.832.1827.

Facilitated by Scott Cash,
National Fatherhood Initiative.



WOMEN'S EMPOWERMENT WORKSHOP

The Women's Empowerment Workshop is meeting once again and you're invited! Meeting monthly from **10am to 11:30am**, this empowering group provides a venue for a variety of discussions and learning opportunities.

This month (**July 18th**) it's a "hands-on" learning event while we learn more about **hand sewing!** Everything from hemming those trousers to patching a hole to sewing on a button will be taught. Whether you have sewing abilities or not, come join in the fun.



*Those who can sew,
can help those who can't!*

Remember, that's July 18th at 10am. For more information,



FREE SUMMER MEALS!

WHAT:

Free Lunch

WHO:

Anyone 18 or under can receive meals for free!

WHEN:

June 12 through August 19

Monday through Friday,
11:30am to 12:30pm

WHERE:

Portola City Park,
441 S. Gulling Street

HOW:

No sign-up required

JUST SHOW UP!

FREE LUNCH!



Elder Falls...Be Aware!

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs.

However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

According to the U.S. Centers for Disease Control and Prevention:

- One-third of Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.
- In 2013, the total cost of fall injuries was \$34 billion.

The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020. Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

Best Advice: Slow down, pay attention, and visit this website for more information:

www.ncoa.org/news/resources-for-reporters/get-the-facts/falls-prevention-facts.

Veteran's Support Group



A new group is forming in Portola, and if you're a Veteran, then this group is just for you. There are many issues facing our Veterans today, and support from fellow Vets is imperative to survival. For more information on this group and how you can become involved, call 530.832.1827 today. It will be the best phone call you can make!



Don't Forget The Pets!

Plumas County P.I.T.S. has partnered with PCIRC and its satellite offices to provide pet food to our furry friends who are in need. To participate in this new program, contact the PFRC office at 530.832.1827.

SUMMER BIRTHDAYS?

The PFRC has *Birthday Party Starter Kits* available for your children's summer birthday parties, for those who qualify. Call and ask about this new program today!

530.832.1827



Christmas in July!

Supporting the
Eastern Plumas Angel Program

July 13, 2016 @ 5:00pm

Longboards Bar & Grill

Plumas Pines Golf Resort

402 Poplas Valley Rd-

Graeagle

Join us for an evening of fun and a traditional Turkey Dinner.

The cost is ONLY \$20 per person which includes a \$5 donation to the EPAP and please bring a

New & Unwrapped Gift

For a child between the ages of

Zero to Fifteen

Advanced ticket purchase preferred. Tickets are available at **The Portola Family Resource Graeagle Outpost, Feathers, Briar Patch, & Mill Works.**

Get Them Early!!

Counseling Services At PFRC

Everyone needs someone to talk to sometime, and the Portola Family Resource Center has someone you can talk to.

Call Michelle Ridley to schedule an appointment or just walk-in.

We're here for you! 530.832.1827.

Portola Family Resource Center - A P C I R C Wellness Center
530.832.1827-ph 530.832.1829-fx PCIRC1.org

165 Ridge Street, Portola CA 96122
Facebook: Portola Family Resource Center