

is 'All of us taking care of all of us'—when we heard of this disaster, it really touched the core of who we are.

"Our hearts felt called."

The North State Food Bank, meanwhile, started receiving additional donations. An organic food manufacturer shipped products from Wisconsin. A CSA (community-supported agriculture) in the Davis area offered boxes of fresh produce. But stocking 52 pantries throughout six counties, covering 12,000 square miles, already had Dearnore's four-person team stretched thin.

"We're a little busy moving food to begin with, and then after the fire, the flow of food probably increased tenfold," he said. The partnership with White Pony Express proved fortuitous.

"They've added another, human dimension to this delivery," Dearnore added. "We're dropping off food; they're giving food and [somebody] to lean on. It's more than just food for them."

As rewarding and important White Pony Express considers the effort, Parker's group knows it can't serve as a long-term solution.

Giving to the givers:

White Pony Express will receive matching funds for contributions made by Sunday (June 16)—visit whiteponyexpress.com for details.

Each run takes eight hours: three to get here, two for deliveries, three to return. Most times, volunteers don't have time for a break. White Pony Express and the North State Food Bank are working with other local groups to develop what Dearnore calls a Disaster Feeding Plan, for this and any future crisis.

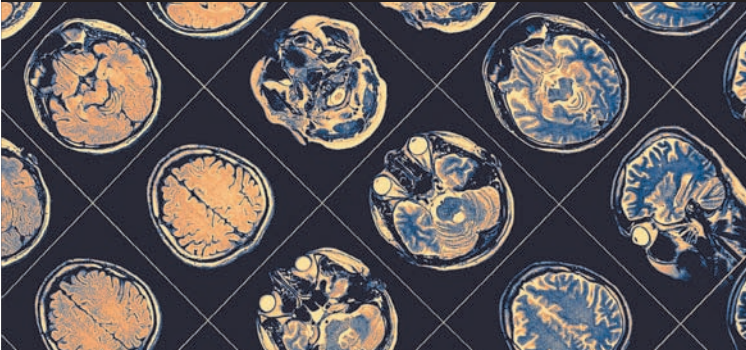
"Personally, I have felt very connected to this community," Parker said, "even though I'm three hours away. Through social media and contact with people, I feel I'm an integral part of the recovery program."

As evidenced by her saintly nickname.

"I politely tried to decline [the moniker]," she said with a chuckle, "because I'm just one person. There's all the people in the organization behind us doing this."

"All of our volunteers who sign up for these food runs, it's what they want to do." □

WEEKLY DOSE



Recognize the warning signs

June is **Alzheimer's & Brain Awareness Month**, and there is no time like the present to learn the warning signs of the disease and how they differ from general age-related brain decline. Friends and family may become concerned before a person notices any changes in memory, behavior or abilities, while other times a person might recognize indicators of the disease before it becomes apparent to anyone else. Look out for memory loss that makes planning, problem solving or completing simple tasks challenging. Confusion with time and place or difficulty speaking and writing also could be signs of something more serious. Be mindful of mood or personality changes and withdrawal from work or social activities. Poor judgment and the propensity to misplace things also are concerning behaviors. If you or someone you care about are experiencing any of these signs, consult a doctor. Early diagnosis allows for prompt treatment and planning for the future.

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Senior Companion Volunteers Needed

**Give the Gift of Friendship!
Join Senior Companions Today!**

The Senior Companion Program is open to volunteers 55 and over who can serve between 5 and 40 hours per week. You don't need formal experience, just time, compassion and the desire to help.



Companionship can include: transportation to medical appointments or the grocery store, going out to lunch, walks in the park, or simply just spending quality time together at your client's home. You'll receive pre-service orientation and ongoing training through PASSAGES Volunteer Services.



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Orientation Training
June 28th, 2019 • 10am-3pm
35 Main Street Room 200 on the second floor.
Snacks & a nice lunch are served.

*Call 530.898.6761 for more information. Must pre-register for orientation