

PLUMAS RURAL SERVICES

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MINDFUL LIVING SERVICES

Mindful Living Services was launched at PRS in 2018 by Coordinator Leslie Wall. Mindful Living provides mindful solutions to dealing with the stressors of life through workshops, multi-week classes, and one-on-one intensive coaching.

Jon Kabat-Zinn, developer of Mindfulness-Based Stress Reduction which secularized mindfulness in the West in the late 1970s, describes it this way: "Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. It's about knowing what is on your mind."

Practicing mindfulness can have a host of physical and mental benefits. [Johns Hopkins Medicine](#) notes that research indicates the following benefits of mindfulness: decreased stress and anxiety, improved mood, improved focus, reduced physical pain, improved immune function, decreased blood pressure, decreased rumination, and positive brain changes in areas of activity, connectivity, and volume in regions of the brain involved in memory, higher-ordered thinking and emotional regulation.

At PRS, Mindful Living offers a wide variety of workshops and classes. The 8-week [Mindfulness-Based Stress Reduction \(MBSR\) course](#) is appropriate for anyone wanting to explore mindfulness and its potential benefits in an online, live course full of a variety of practices, practical tips, exercises and resources. The [Mindful Relationships course](#) includes private weekly sessions designed to promote healthy relationships by exploring your unique childhood, personality, values, ways you demonstrate caring and affection, communication style, approach to conflict, desire for connection, and how to face

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LESLIE WALL

MINDFUL LIVING COORDINATOR

Leslie Wall, Mindful Living Coordinator, was working for BoysTown in Las Vegas when a neighbor and friend emailed to notify her of an opening at Plumas Rural Services, knowing she and her husband (Kevin Wall, Technology Coordinator for PRS) were looking to leave Las Vegas. The friend thought Leslie might be a good fit for PRS and the Family Focus Network position. Leslie and Kevin moved to Plumas County in 2001 and have been here ever since.

Leslie's first position at PRS was as a Home Visitor providing family support services with the Family Focus Network. She provided parenting education, playgroups, and women's support groups, all working towards strengthening local families. She works from a core belief that "parents parent well when they are whole themselves." From Family Focus Network, Leslie moved into the Coordinator role with the Child Care Resource & Referral program. For several years, she worked to support child care providers and families seeking child care across Plumas County.

In 2007, Leslie launched the Community Connections program at PRS, a time-bank effort offering participants the opportunity to exchange volunteer services. Important to that effort was the central tenet that everyone in our community has something valuable to offer others, everyone has needs, and everyone's time is of equal value. In 2018, she launched yet another new program at PRS: Mindful Living Services. Within this program, Leslie has developed a number of courses, covering topics

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of Mindfulness-Based Stress Reduction, parenting, and domestic violence awareness. She focuses on self awareness and personal healing. Throughout her work, there is a constant thread of supporting and building up families around her.

"The one-on-one work I get to do, developing a relationship with someone that helps them to trust me, allows me to support their growth, healing, and journey of self-discovery. Because I get to work with people long-term, I get to be a part of all of that," she says. "Even when people aren't doing well, I get to hold space for them and be present in their struggles. That kind of support helps people to be heard, to feel seen, and to be validated in their instincts and intuition, allowing them to trust themselves again."

Having been with the agency for nearly 25 years, Leslie appreciates the culture at PRS, "especially the teamwork - every program here supports other programs. Being a part of an agency that serves clients wherever they have needs is rewarding - I'm proud of the work PRS does."

When she's not working, Leslie loves to spend time with her adult kids and grandkids in the area. She and Kevin have an RV and do a lot of camping, kayaking, hiking, and bike riding. She loves to stay active, both locally and across the stretch from the coast through Wyoming.

*PRS wishes everyone
in the communities it
serves a very
Happy New Year!*

*We hope 2026 is full
of joy, peace, and
possibility for you
and your loved ones.*



MINDFUL LIVING

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challenges and keep connected, among other things. The private, one-on-one Mindful Movement course supports and expands on the foundational practices in the MBSR course, introducing strategies to develop a personalized daily practice combining mindful meditations, body awareness and breathing techniques with slow movement and stretching.



Mindful Living also provides a host of parenting courses, beginning with the basics in Mindful Nurturing Parenting, appropriate for all kinds of caregivers, teachers, CASA volunteers, and anyone wanting to interact with children more mindfully and with less stress. The 7-week Mindful Parenting of Teens course provides concrete support to parents navigating the challenging teen years. And for those families who are working through the challenges of co-parenting - whether a result of divorce, separation, or other joint parenting scenarios - the 7-week Mindful Co-Parenting class addresses the importance of developing a workable written Co-Parenting Plan that addresses the required components of time sharing, child exchanges, and communication while exploring the ways co-parenting can impact both children and adults in this situation.

More information about the program can be found on its website or by contacting Coordinator Leslie Wall by email or at 530-283-3611.

MICHAEL FLANIGAN

Michael Flanigan, PRS Board Member, has lived in Plumas County for 30 years. He and his wife, Valerie, were previously living in the Central Valley area of California and were looking for a small town in which to raise a family.



While considering Montana and Idaho, Michael's work gave them a good business opportunity in Quincy - something they are so glad that happened. Michael appreciates the area: the people, the air, the water and the trees. He feels like Quincy is the epitome of small town living, like Mayberry on TV.

Professionally, after acquiring a Bachelors degree, Michael had a number of different jobs and worked 30 years in different segments of the insurance business. "Although it may not sound interesting, and it did not to me at the time," he says, "the insurance business catches people, and they stay in it." He owned his own insurance agency for 23 of his years in the industry.

A former PRS Board Chair invited Michael to join the Board himself. After serious consideration, he accepted the offer. Michael's experience in business helps guide PRS through the many challenges that non-profits can face. He enjoys watching and hearing about the successful delivery of the many services the agency brings to its clients and finds it very rewarding. He notes that PRS leadership and staff are dedicated to what they do with giant hearts. "I was then, as I am now, quite humbled by the compassion and dedication from the PRS staff to the people that they serve - mostly those that need some help," Michael says. "I hope to help support these services in meaningful ways."

In his free time, Michael likes woodworking, hiking, gardening, playing guitar, cooking and traveling, to name a few hobbies.

SETTING INTENTIONS

This year, PRS has spent considerable time working to update our mission and vision and redefine our core values. This deliberate, intentional process to clarify the purpose of our work has laid a foundation to guide how we want to interact with our clients and our communities.

As 2026 begins, we invite you to join us in setting your intentions for the New Year. A New Year's Intention is a reflection of your core values and the plan to live more fully in line with them. Look closely at any values that you feel could use more focus this year. For example, if you value connection, you may want to spend more time with those you love or meet new people. If you value quality time with loved ones, you may want to limit over-committing your time or set specific times that are just for family or friends. If you value creative expression, you might aim to work on your woodworking, music or art more frequently.

With your values in mind, also consider what things you want either more of or less of in the coming year - more energy, more connectedness, less frenzy, etc. Write down anything that comes to mind. Between these ideas and the values you chose, select 2-3 things to focus on in the New Year. Create a concise, motivating sentence for each that reflects the change you'd most like to see; make sure it feels positive and encouraging, and make it visible for your daily life - written out on a card on your fridge, posted on your bathroom mirror, or part of your phone's lock screen. Seeing your intentions every day can help you create a fulfilling 2026!

**Mindful Nurturing Parenting Course
for Caregivers of Children 0-5**

- 8-week online video course
- Text support for parenting resources & questions
- 1-on-1 sessions with instructor
- Incentives

Plumas Rural Services

FIRST 5 PLUMAS
Plumas County Children and Families Commission

BOOT DRIVE A SUCCESS

PRS's Domestic Violence Services held a successful Winter Boot & Sock Drive in late November and early December. With support from Plumas Bank, which provided space to collect donations across the county, PRS-DVS received 98 boots and 73 pairs of warm socks from the public. The program also collected monetary donations in the amount of \$428 and collected an additional \$222 from their Bloom with Strength bouquet sale fundraiser in October. With these funds, the PRS-DVS program was able to purchase another 14 pairs of boots, with a small amount held in reserve to purchase more boots when specific needs arise for survivors of domestic violence and their dependents over the winter.

Congratulations to the staff of the PRS-DVS program on this successful effort, and a huge Thank You to the community for their support to help keep our neighbors' toes warm this winter!



PARENTING ONLINE

The Mindful Nurturing Parenting online course for parents of children age 0-5 went live in December! Funded by First 5 Plumas, this free, 8-session course is completely self-paced and can be followed in the comfort of your own home on your own schedule.

Parents of children 0-5 in Plumas County who complete all 8 sessions are eligible to receive an incentive, such as diapers, board books, or developmentally appropriate toys. Sign up and start your classes today [here](#).



Thursday, January 1

PRS Offices Closed for New Year's Day

Thursday, January 15, 12:00 - 1:00 PM

Parent Support Group, Hybrid Virtual/In-Person
711 E. Main St., Quincy & 805 Main St., Susanville
Registration required

Monday, January 19

PRS Offices Closed for Martin Luther King, Jr., Day

**JANUARY,
The first month of the year,
A perfect time to start all over again,
Changing energies and deserting old
moods,
New beginnings, new attitudes**

— Charmaine J Forde



JOB OPENINGS

The following information includes a snapshot of available positions at the time of this newsletter's publication. Click on job titles for more information.

Up-to-date information on employment opportunities may be found on [PRS's website here](#).

ADMINISTRATIVE ASSISTANT (Full-time)

Supports various functions of the agency's General Administration Department, primarily assisting the Executive Director and Human Resources/Marketing Director with a wide variety of administrative tasks.

FAMILY EMPOWERMENT CENTER FAMILY SPECIALIST

(Part-time)

Provides information on resources to families of children and young adults with disabilities in Lassen, Modoc, Plumas and Sierra Counties. Provides training and support for children, young adults and their families. Additional pay for Bilingual in Spanish.

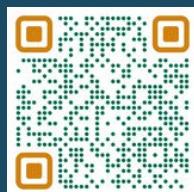
DOMESTIC VIOLENCE ADVOCATE (Part-time)

Provides counseling, legal assistance, emergency shelter, housing and job search assistance, food, clothing and transportation for survivors of domestic abuse and their children. Position works directly with clients and their children at the emergency shelter.

ALIVE SUPPORT SPECIALIST (Full-time & part-time)

The ALIVE program provides day services, independent living, job development and job coaching services to individuals with developmental, intellectual and physical disabilities.

DONATE TODAY:



530-283-2735

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X (formerly Twitter): @PRS_Inc

Instagram: @plumasruralservices_inc

