

PLUMAS RURAL SERVICES

MARCH 2025

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INSIDE THIS ISSUE:

ALIVE PROGRAM - 1

STAFF HIGHLIGHT - 2

LASSEN ANNUAL FAMILY CONFERENCE - 2

PRS RESOURCE FAIR - 3

NEWS AT PRS - 3

JOB OPENINGS - 4

CALENDAR - 4

ALIVE PROGRAM

PRS's ALIVE Program stands for **A**dults for **L**earning and growing, **I**ntegration in the community, **V**ocations of choice, **E**nthusiasm for life. This vital service in Plumas County provides training and support for adults with intellectual and developmental disabilities. Trained staff and a supportive group environment enable participants to hold paying jobs, become involved in community activities, use community resources, increase independent living skills and develop self-advocacy. ALIVE is committed to helping people live productive, enriching lives.

ALIVE teaches employment skills for those who want to be employed in the community. Staff offer job interest/skills assessments, assistance applying for jobs, on-the-job training, support in the workplace, and help with job skills and self employment. ALIVE has recently launched a new Paid Internship Program (PIP) which is designed to enhance job skills and experience for local adults with developmental delays and give local businesses a chance to see if hiring diversified staff is right for them. Far Northern Regional Center pays employee wages during their participation with PIP.

ALIVE staff provide one-on-one support for those who live independently, including assistance with cooking and cleaning, money management, home safety, and relationship and sex education.

To support community integration, ALIVE's day service provides educational classes in group settings both on site at PRS and in the community. Participants receive support with self-advocacy, housing search, volunteer activities, recreational outings, health and exercise programs, bike and pedestrian safety, utilizing public transportation, and how to access community resources such as the library, post office, banks, college, and local stores.

To learn more about ALIVE, [watch this video](#) or visit the [webpage](#).



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and being someone others can come to for support individually and as a team.”

Mary will be growing in the leadership ranks at PRS again this month. She is moving into a Program Services Manager position, having oversight of the Domestic Violence Services, WIC, Visions, Trauma Recovery & Education, and Mindful Living programs at the agency. She is a part of the PRS Leadership Team and looks forward to spending time learning more about programs at PRS outside of the ALIVE program and getting to work with Coordinators that provide such diversity of services. She is excited to be more deeply involved in the breadth of critical services the agency offers. The agency will benefit greatly from Mary’s dedication and commitment to supporting staff in their efforts to serve their communities.

When she’s not working, Mary enjoys hiking all over Plumas County, landscape/nature photography, and spending time with her dogs.

MARY McELWAIN

PROGRAM SERVICES MANAGER

Mary McElwain was born and raised in Cromberg in Plumas County. She studied Arts with a focus on Photography in college. While there, she heard of the opportunity to work with the ALIVE program at PRS as a one-on-one aide and decided to shift her direction to a B.S. degree in Sociology.

Mary came to PRS in 2012, and on her first day learned that a Training Specialist position had opened in the ALIVE program; she took that position instead of a one-to-one aide, and she has worked in the ALIVE program ever since. After her first couple of years in the program, Mary was identified as a good candidate to be an Assistant Coordinator with the program, a position which had not previously existed. After a couple more years of development, Mary was promoted to the new Assistant Coordinator position in 2015. Mary was promoted again into the ALIVE Coordinator role in 2018.

One of the things that originally drew Mary to the program was the ability to be able to contribute to making quality of life better for others. She likes getting to work with people and be a part of helping people have the opportunity to do things they wouldn’t be able to do otherwise. “I like supporting people, both consumers and staff,” she says. “As a Coordinator, I’m able to assist staff in their efforts with consumers as well. I like working with people

CONNECTED FAMILY

PRS will attend Sierra Cascade Family Opportunities’ 7th Annual Family Connections Conference at Jensen Hall at the Lassen County Fairgrounds on Saturday, March 15th, from 9:00 AM to 3:00 PM.

This is a FREE event for parents, caregivers, and providers in the community - if you have children in your lives of any age, this is an event for you to gain more tools for your parenting and/or support toolbox. This year’s theme is “Creating a Connected Family” and features speakers Kjessie & Andre Essue. They will discuss creating a connected future family vision, examining your present state of parenting, parenting from a place of inherent worth, and more.

Morning refreshments and lunch will be provided; there is no childcare at this event. Advance registration is encouraged. More information can be found at 530-601-2114 or by [clicking here](#).



RESOURCE FAIR

PRS will be hosting an agency Resource Fair in tandem with 211 NorCal which is launching in Plumas County soon. All PRS programs and services will be present for the public to explore, and light refreshments will be served.

Join us to learn about our programs supporting:

- Families and the early child care field (WIC, Child Care Payment Program, Child Care Resource & Referral, Plumas STARS, Domestic Violence Services & Shelter, Parenting education/support, Visions youth development, Nature Made youth summer camp)
- Individuals with disabilities of all ages and their families (Early Start Family Resource Center, Family Empowerment Center, ALIVE day program/independent living skills/employment support, In-Home Respite Care)
- Mental health & wellbeing (Mindful Living Services, Trauma Recovery & Education, Grief Recovery, Mental Health trainings)
- Community resources (Plumas Transit Systems, Community Training & Development)

The PRS Resource Fair is a one-day event held Tuesday, April 8th, from 4:00 - 6:00 PM at the Tulsa Scott Pavilion in the Plumas Sierra County Fairgrounds (204 Fairground Road, Quincy). Swag bags and raffle prizes will be available for participants; visit all tables to get entered to win the raffle! This is an informational event and will allow people in the community to make connections with programs they may be interested in using. Don't forget, if you need a ride Plumas Transit Systems is running with no fares currently.

For more information, call 530-283-2735 or [email outreach@plumasruralservices.org](mailto:outreach@plumasruralservices.org).

NEWS AT PRS

Patty Clawson, PRS Board President, is leaving the Board after 12 years of wonderful service to the agency. We wish Patty great success with her future endeavors and extend our heartfelt gratitude for the many years of leadership she has offered PRS. Jordan Blanton, Principal of Quincy Elementary School, has joined the PRS Board of Directors. Welcome aboard, Jordan - we are glad to have you with us!

PRS's Child Care programs are collaborating to provide the Baby Signs® Early Childhood Education Training on Saturday, March 29th, at the Mineral Building at the Plumas Sierra County Fairgrounds. Participants will learn about the research and benefits of signing with children, learn over 3 dozen of the most useful signs, discover how to incorporate signing into daily routines, and receive tools and resources to support both staff and parents. Check-in and continental breakfast is at 8:30 AM, followed by the training from 9:00 AM - 12:00 PM (counts as 3 hours of CCIP training for child care providers); lunch will be provided at noon. RSVP for this FREE event is required by March 21st to Debbie Guy at 530-283-4453 x824 or via [email](#).

Plumas Rural Services is currently working on our strategic plan for the next five years. As part of that process we are seeking input from our clients, partners and stakeholders. We value your insights and invite you to participate in our stakeholder survey. Your feedback is essential in helping us understand what we are doing well, where we can do better, how to strengthen our collaborations and partnerships, and how to better engage the community. Your input will help guide our decision making and planning. The survey is available in both [English](#) and [Spanish](#). The last day to participate in this community feedback survey is March 10th. In appreciation of your time, those who complete the survey may opt to provide their contact information to be entered into a drawing for a \$50 gift card.

**One swallow does not make a summer,
but one skein of geese, cleaving the
murk of March thaw, is the spring.**

- Aldo Leopold



JOB OPENINGS



PRS is hiring! The following information includes a snapshot of available positions at the time of this newsletter's publication. Click on job titles for more information including job requirements and hours.

RESPIRE CARE PROVIDER \$17.49-\$23.26/hr

RESPIRE PROVIDER II \$20.53-\$25.53/hr

The Respite program provides respite care for caregivers of the elderly and people with physical and/or developmental disabilities. These positions provide in-home care and developmentally and age-appropriate activities for clients. May also provide transportation. Seeking Provider for Quincy & Portola and Provider II for Susanville & Modoc County.

TRANSIT DRIVER \$18.00/hr during training,
\$20.00/hr after getting Class B License

On-call position available. Provides safe, reliable and courteous service to the general public while operating any Plumas County Transit vehicle. Applications must include a DMV driving record. This position includes a \$500 hiring bonus, another \$500 after obtaining the appropriate license, and another \$1,000 after 1 year of employment.

ALIVE GENERAL AIDE \$17.49 - \$23.44/hr

ALIVE SUPPORT SPECIALIST I \$19.32-\$25.71/hr

1 on-call General Aide, 1 part-time Support Specialist, and 1 full-time Support Specialist position open. The ALIVE program provides day services, independent living, job development and job coaching services to individuals with developmental, intellectual and physical disabilities.

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

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Each applicant must submit an application, cover letter and resume. Applications and instructions for submitting can be found at the link above, by visiting PRS' offices at 711 E. Main Street in Quincy, or by calling 530-283-2735, x873.



Thursday, March 6, 10:00 - 11:30AM

Connect the Dots webinar: Transform Your Life! Key Strategies for Personal Growth

[Register here](#)

Wednesday, March 12, 11:00AM - 12:00PM

IEP Meeting Preparation & Organization Training
Virtual Zoom Meeting

[Register here](#)

Wednesday, March 12, 2:00 - 3:00PM

What is a Section 504 Plan? Training
Virtual Zoom Meeting

[Register here](#)

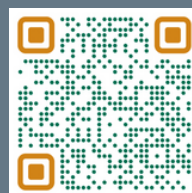
Saturday, March 29, 8:30AM - 1:00PM

Baby Signs®, Early Childhood Educator Training
Mineral Building, Plumas Sierra County Fairgrounds
Register by March 21st: 530-283-4453 x824 or [email](#)

Monday, March 31

PRS Offices Closed in observance of Cesar Chavez Day

DONATE TODAY:



530-283-2735

www.PlumasRuralServices.org

Facebook: @prs.social

X (formerly Twitter): @PRS_Inc

Instagram: @plumasruralservices_inc

