

# Connected with PRS



*Serving People. Strengthening Families. Uplifting Communities.*



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## WIC Launches New Foods

In April, California WIC updated its food packages to offer more variety. There are more options for substitutions which allow families to choose foods that best fit their cultural and nutritional needs.

The changes include increased cash value for fruits and vegetables which can be used for purchasing fresh, frozen, or canned fruits and vegetables as well as fresh herbs. The California WIC Card has a QR code for purchase of fresh produce at WIC authorized farmers' markets. Participants can spend part of their monthly benefit with more than one farmer or use it all at once.

Canned fish (tuna, salmon, sardines) is now available to all families. Whole grains have expanded to include whole wheat bagels, English muffins, pita bread, corn masa flour, and whole grain cornmeal. Allowable yogurt flavors have

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# Michael Looney

## *Technology Specialist*

Michael Looney, Technology Specialist, has lived in Plumas County most of his life, since he was a child. He loves living here, surrounded by nature away from the 'city life'.

Michael has always been fascinated by computers and dreamed about getting into a field that involved electronics or computers. The opportunity arose to get into this field as an IT Intern at PRS in October 2024 and progressing to Technology Specialist, and he's loved it. There has been a huge learning curve, and he feels he has gained much deeper knowledge in this field, which has been a personal goal. His work life has positively affected him personally in terms of motivation, constant learning, and thinking of new things he wants to learn about. "I'm always using my brain on the job," he says, "solving problems and thinking up new ideas on how to do something."

When he's not working, Michael spends time at home, getting outdoors, and taking in nature. Lately, he is focusing on his front yard garden. He is also working with 3D modeling software, exploring how to animate 3D models and learning about game design.



*"I love the staff here and the challenge of figuring out problems."*

## Development Program for Single Parents

PRS Community Training Manager Dana Nowling partnered this spring with the Cooperative Agencies and Resources for Education (CARE) program at Lassen College to support single parents who are managing their households while pursuing a degree or certificate. CARE champions California residents who are breaking cycles of poverty and overcoming educational barriers. Student parents represent a powerful yet often "invisible" community, mastering the delicate balance between academic rigor and the profound responsibilities of parenthood.

To support their final push this semester, Dana and CARE Coordinator Kristina Divine held a "Remember Your Why" workshop, helping students reclaim their focus and energy and empowering these students to finish the term with strength. Starting in September, this effort will grow into a personal development program with monthly sessions for students.

# New WIC Foods

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increased as well, and plant-based milk options and expanded container size options, including lactose-free if in your WIC Food Balance, are also now available.

Food swaps can also help families choose what works best for them. Some WIC foods can be swapped for other options, such as some milk for tofu, plant-based milk or yogurt, or eggs for peanut butter, tofu or beans.

The WIC Authorized Food List Shopping Guide can be downloaded at [MyFamily.WIC.ca.gov](http://MyFamily.WIC.ca.gov) or by using the free California WIC App. WIC participants can also get a copy from PRS by coming into our office at 711 E. Main Street in Quincy or calling 530-283-4093.



*"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary."*

*- Fred Rogers*

## Mental Health Awareness Month

May is Mental Health Awareness Month, which is celebrating the theme "See the Person, Support the Journey" in 2026. Mental health is part of everyday life, shaping how we think, feel, connect with others, and move through the world. This year's theme highlights the importance of noticing early signs of mental health concerns, strengthening the support around us, and responding with care and compassion during challenging moments.

PRS invites you to join our organization during the month of May in promoting Mental Health Awareness Month. Follow our social media to learn more this month.



# Paula Johnston Honored

## *Soroptimist 'Woman of Distinction'*

Executive Director Paula Johnston was honored at the 15th Annual Soroptimist Awards Dinner with the Woman of Distinction Award.

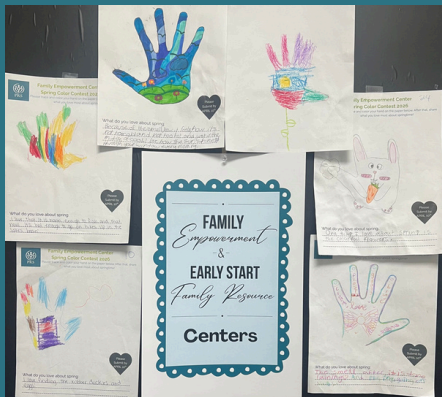
The dinner, held on April 21st in Tulsa Scott Pavilion at the Plumas-Sierra County Fairgrounds, recognized "Local Women Making a Local Difference". Soroptimist International of Quincy honored a number of local women at the event, recognizing their significant contributions to the local community. Congratulations, Paula!



*PRS staff and Paula Johnston's (in pink) family at the event.*

## Family Empowerment Center Busy in Spring

### *Spring Coloring Contest & Advocacy Day*



The Family Empowerment Center (FEC) is starting spring off right with activities for both children and the adults that care for them. FEC's Spring Coloring Contest gave out prizes in three age categories, along with an extra prize for 'Most Creativity'. All of the submissions are posted in the FEC office to bring some bright and colorful cheer for the season.

On April 14, FEC Coordinator Cheyanna Tiradeau took 4 caregivers of children with disabilities to Sacramento for the Parents and Caregivers for Wellness 6th Annual Advocacy Day at the Capitol. There, they advocated for much-needed mental health services in schools. It was an empowering day filled with opportunity.

During their visit to Senator Megan Dahle's office, they were warmly welcomed by her fantastic legislative aide, Taylor Brown, who engaged them in a lively and meaningful conversation about shared goals for mental health support in education. It was a great experience, highlighting the power of parents' voices when they come together for their kids!



# Coming Up at PRS...

## Events, Trainings, & More

**Sat, May 2, 9:00 AM - 3:00 PM**

Early Learning & Care Provider  
Spring Event (*registration closed*)  
Plumas-Sierra County Fairgrounds,  
Mineral Building, Quincy

**Thu, May 21, 12:00 - 1:00 PM**

Parent Support Group for caregivers of  
children with disabilities in Modoc,  
Lassen, Plumas and Sierra Counties  
711 E. Main St, Quincy  
805 Main St, Suite E, Susanville  
Virtually via Zoom, [Register here](#)

**Mon, May 25**

PRS Offices Closed for Memorial Day

**Thu, May 28, 12:00 - 2:00 PM**

'Lunch - Learn - Lead' Development  
Seminar: Emotional Intelligence at Work  
CLF Church, 317 1<sup>st</sup> St, Quincy  
[Register here](#)

*Coming up Wed, June 10, 6:00 - 8:00 PM*  
*CPIN Region 2: Plumas County In Person -*  
*Count Play Explore: Ramps & Pathways*  
*\*Event for Early Learning & Care Providers\**  
711 E. Main St, Quincy, Dinner Provided  
**REGISTER BY JUNE 2<sup>ND</sup>** with Debbie Guy at  
530-283-4453 ext 824

# Visions Fun Fridays

Thanks to a mini-grant from the Plumas Children's Council, PRS's Visions youth development program was able to host four Fun Fridays this winter. The group met for ceramics workshops and had a great time creating pieces and building each others' ideas based solely on verbal descriptions from their partners who couldn't see them working. Great fun!



## JOIN OUR TEAM!

Visit [our website](#) for up-to-date information on positions and to apply.

**ALIVE Support Specialist** - Full-Time

**Transit Driver** - On-Call

*These positions  
available at time of  
print.*



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