



# PLUMAS RURAL SERVICES

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## WOMEN, INFANTS & CHILDREN

The Women, Infants & Children (WIC) program just celebrated 50 years of dedicated service to families nationally. From the very first WIC office opening its doors in Pineville, Kentucky in 1974, to an expanded network of over 10,000 WIC offices nationwide, WIC has continued to provide support to millions of pregnant women, infants, children, and families. WIC now serves nearly 6.7 million families across the nation.

WIC, which launched at PRS in 1982, is a supplemental nutrition assistance program that helps parents, caregivers, grandparents, infants, children, and prenatal women bridge the gap in food availability and security. WIC provides benefits to access healthy foods, nutrition education & tips, breastfeeding support, family health care and immunization referrals and community information. WIC helps families eat well, be active, and stay healthy.

Eligibility criteria for the program include newly pregnant, breastfeeding, and postpartum mothers, as well as infants and children under 5 that meet the income eligibility requirement who reside in California (see [income guidelines here](#)). Working families including military and migrant families, fathers, grandparents, partners, and foster parents/guardians of children under 5 may also qualify.

The main WIC office is located at 711 East Main St. in Quincy, which is open for in-person appointments on Mondays, Tuesdays, Wednesdays and Fridays. WIC also holds clinics for in-person appointments outside of Quincy on Thursdays according to the following schedule:

**Greenville:** 176 Hot Springs Rd. (IV Medical Clinic), 1st Thursday

**Portola:** 171 Nevada St. (next to the Thrift Store), 2nd & 4th Thursday

**Chester:** 101 Meadowbrook Lp. (Rec. & Parks Building), 3rd Thursday

For more information about WIC, call 530-283-4093 or [click here](#).



## KALINE LECOQ

### WIC COORDINATOR

WIC Coordinator Kaline LeCoq moved to Plumas County as a sophomore in high school. She studied at CSU Chico after graduating where she received a bachelor's degree in Biological Sciences. She decided to return to Plumas County to raise a family, because she loves the local sense of community. She appreciates the camaraderie and feeling of everyone coming together. "There is so much talent, so many artistic people, and so many who are dedicated to helping others in their community," she says. "That is what keeps me here; I'm proud to be a part of it."

Kaline came to PRS in early 2022 because she wanted to work for a family friendly agency, particularly in the post-COVID era when the need for flexibility around balancing work and family demands was significantly highlighted. She feels valued as a person here, more than just as an employee. "PRS makes me feel like they care," she says.

Coupled with that, Kaline is very invested in her work with the WIC program. She feels honored to be doing the important work this program does. "Giving

*Continued...*

children the best possible start for a healthy life is critical," she notes, "and it begins with maternal health support and education. Getting to know the families, and watching the children grow until they graduate from the program is such a blessing."

Kaline is passionate about lactation education, food security, and sustainable food systems. She is involved with the Dental Health Coalition, Mountain Interagency Lactation Coalition (MILC), and collaborates routinely with Public Health outreach clinics and Headstart. As of May 2024, Kaline became a Certified Lactation Counselor through California State University Northridge, and she is now working towards becoming an International Board Certified Lactation Consultant (IBCLC) in the next 3-5 years.

Kaline is using her background to achieve her goals for WIC to increase breastfeeding rates in Plumas County, provide referrals and connect families with other supportive agencies, and reach families in outlying areas with less access to services. Overall, she aims to improve the WIC experience for participants through updated systems and ease of use, with a focus on meeting families where they are at.

When Kaline is not working, she likes hanging out in nature with her family and her dog, going to the lake, hiking, biking, kayaking, camping, and fishing. She is also a music-lover, playing guitar and singing.

## STAFF ACCOLADES

In October, PRS Community Training Manager Dana Nowling and Trauma Recovery & Education Coordinator Julie Hatzell coordinated with the Episcopal Diocese of Northern California to debrief service providers from the Park Fire and help process the struggles they faced in that process. This work highlights the focus PRS places on ensuring not only that survivors of trauma and disasters get the services they need, but those serving them have their mental health needs recognized and supported.



# 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 descriptions, hours and requirements.

## FEC FAMILY SPECIALIST \$19.32-\$25.89/hr

Family Empowerment Center (FEC) direct service position providing free information on community resources for parents and caregivers of children and young adults with disabilities in Modoc, Lassen, Plumas and Sierra counties. (Bilingual \$21.25-28.48/hr)

## RESPITE CARE PROVIDER \$17.49-\$23.26/hr

## RESPITE 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.

## TRANSIT DRIVER \$18.00/hr during training,

\$20.00/hr after getting Class B License

Full time & on-call. 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 SUPPORT SPECIALIST I \$19.32-\$25.71/hr

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

Up-to-date information on employment opportunities may be found on [PRS's website here](#). Each applicant must submit an application, cover letter and resume. Applications and instructions for submitting can be found at the link above.

# PRS PROGRAM RECAPS

The Family Empowerment Center is holding a Parents and Caregivers for Wellness training in Alturas on Saturday, November 9th from 9AM - 3PM for parents and caregivers of children with behavioral and/or mental health needs. Topics will cover educational advocacy, IEP/504 basics, compassion fatigue, and more. Held in collaboration with United Parents, this event includes a complimentary light breakfast and catered lunch, gift giveaways, and free childcare. [Click here](#) to register and for more details.

The PRS Resource & Call program has Disaster Readiness Guides from California LISTOS available for the public that are being distributed at community events around Plumas County. Staff reminds residents to sign up for GENASYS (which replaced Code Red in 2023, [register here](#)) to get up-to-date disaster and emergency notifications, PRS Resource & Call is also working with the Plumas County VOAD (Voluntary Organizations Active in Disasters) to put together a plan in advance for how organizations in the community can help in the wake of a disaster.

Visions, PRS's Quincy-based youth program, has launched the Envisions program that helps older program participants identify and work towards what they need to be successful in the next stage of their life. The participants identify skills they personally would like to learn about (independent living skills, job/college readiness, and more) and personal outcomes they want to pursue. Program staff then help participants set goals, develop skills, map out their path to their goals and evaluate their progress.

In October, PRS offered a Customer Service and De-escalation Skills Training attended by staff from Eastern Plumas Health Care, PCIRC, Plumas County Behavioral Health and the US Forest Service. Attendees had the following to say about the day:

"My eyes are opened to a whole new realm of Customer Service. A trauma-based response is invaluable to both the customer and operator." - RG

"I highly recommend everyone take this class a few times a year." - MG



# PARENT CONFERENCE

PRS is again teaming up with local organizations supporting early childhood education and wellness to put on the High Sierra Parent Conference on Saturday, November 16th, from 9:00 AM – 3:00 PM (breakfast is served at 8:30, training starts at 9:00). Held at the Plumas Sierra Fairgrounds – Mineral Building in Quincy, the Conference this year focuses on Parent Connection and Coaching. Guest speaker Rhonda Wayson, M.S. Human Development and Family Studies, will help participants learn to be responsive vs. reactive, communicate positively, build trust and connection, navigate strong emotions, and use positive discipline.

The event will include breakfast, lunch, swag, and gift card drawings for attendees. Child care reimbursement is also available for families with children 0-5 years old. Registration is required ([click here](#)).

This event is supported by PRS, First 5 Plumas, Plumas Early Education and Child Care Council, Plumas Children's Council, Sierra Cascade Family Opportunities, Plumas STARS, and Feather River College.



## NOVEMBER EVENTS

### **Saturday, November 9, 9:00 AM - 3:00 PM**

Parents & Caregivers for Wellness Training  
332 N Main St., Alturas

*Breakfast, lunch, childcare included. [Register here](#)*

### **Wednesday, November 13, 11:00 AM – 12:00 PM**

Webinar: IEP Meeting Preparation & Organization  
Free training for families of children with disabilities  
[Register here](#)

### **Wednesday, November 13, 2:00 – 3:00 PM**

Webinar: What is a Section 504 Plan?  
Free training for families of children with disabilities  
[Register here](#)

### **Saturday, November 16, 9:00 AM – 3:00 PM**

High Sierra Parent Conference  
Plumas Sierra Fairgrounds, Mineral Building, Quincy  
[Register here](#)

### **Thursday, November 21, 11:00 AM – 12:00 PM**

Online Parent Support Group  
Free group for parents of children with disabilities  
[Register here](#)

### **Wednesday, November 27 - Friday, November 29**

PRS Offices Closed in observance of Thanksgiving



### CONNECT WITH US:

530-283-2735

[www.PlumasRuralServices.org](http://www.PlumasRuralServices.org)

Facebook: @prs.social

Instagram: @plumasruralservices\_inc

X (formerly Twitter): @PRS\_Inc