

Health Highlights



Community Newsletter
Fall 2025



Eastern Plumas Health Care – Dr. Paul Swanson and CEO Doug McCoy.

MEDICAID CUTS AND THE PATH TO SUSTAINABILITY

Delivered by video message to community members, Doug McCoy, CEO, along with Dr. Paul Swanson, Director of the Emergency Department and member of the EPHC Board of Directors, addressed concerns about Medicaid cuts and clarified what is in the H.R.1 – the Big Beautiful Bill.

With the focus on Medicaid cuts, and how these changes are predicted to impact coverage, McCoy shared a series of questions and answers that addressed community concerns.

“The Bill has quite a few impacts on healthcare and there have been some questions that have come up in the community. We thought we would put a video together to help try to answer those for some of our community members. And we want you to have the most accurate information possible,” said McCoy.

But the most important takeaway from this message wasn't the in-depth discussion about Medicaid, rather it was the confirmation that Eastern Plumas Health Care is in a solid financial position to navigate the anticipated Medicaid cuts.

“Although this is probably the most significant change the healthcare industry has faced in the last 50 years, we feel very confident that we have not only the expertise, the leadership, and the governance, but also the infrastructure to make sure that we are well positioned going forward and able to, as I said, grow services and be your provider of choice,” stated McCoy.

That message came through clearly from McCoy as he informed the community about EPHC's plans with the expansion of services and proactive measures that will ensure the long-term viability of the hospital and clinics.

Continued community support of EPHC services is key. “We want to try to provide every service that we have available to our members so that you don't have to go out of area,” said McCoy. “If you have had a great experience, please share that with friends and neighbors. If you haven't tried out our services, give us an opportunity because we're here to provide a high-quality experience and that is the focus of our mission and values within the organization.”

The video message can be viewed on Eastern Plumas Health Care's website at ephc.org and the community is encouraged to reach out to Doug McCoy through his email at doug.mccoy@ephc.org for any questions or concerns.

ROUTINE CANCER SCREENINGS REALLY DO MATTER

We're all guilty of it. When it comes time for breast, cervical, or colorectal screening we somehow manage to find an excuse not to make the appointment. Whether our reasons for skipping out on screenings are about inconvenience or even fear, the fact is, cancer screenings are important because they can detect cancers at their earliest, most treatable stages, and in some cases, find and remove precancerous cells before they develop into cancer.

We've all heard the expression "an ounce of prevention is worth a pound of cure." That couldn't be truer when comes to cancer screenings. Because screening leads to significantly improved outcomes and survival rates and contributes to a reduction in cancer-related deaths.

It's all about early detection, prevention and improved outcomes.

Cancer screenings have been credited with substantial reductions in incidence and mortality rates. For instance, mammograms have been shown to reduce deaths from breast cancer. Pap tests and human papillomavirus (HPV) testing allow for the detection of abnormal cells that can be treated to prevent cervical cancer from developing. And with colorectal screening, precancerous polyps can be found before they turn into cancer or detected in time when treatment is most effective.

Maybe that's why we dedicate a particular month for cancer awareness – like October. For nearly four decades, the month of October has been recognized as National Breast Cancer Month. It's a health care campaign created to increase awareness about the disease.

The bottom line, be proactive about cancer screening. Make an appointment with a healthcare provider by calling 530-832-6600.

NEW CALAIM OFFICE MAKES PROGRESS



CalAIM Team Left to Right: Venissa Irwin, Laura Lopthien, Joanna Garneau, Fayth Harris, and Carol Torimino.

Made possible by the recent addition of the 98k grant award from Partnership HealthPlan of California, the new CalAIM office moves another step closer to construction with the selection of RemodelWest as the contractor for the project.

Bill Reid owner of RemodelWest, is a local licensed general contractor with background in residential large-scale remodeling and construction. Reid will oversee the project management and construction of the new build.

With the builder on board, next steps include the purchase of primary furnishings for the conference rooms like conference tables and chairs. A considerable improvement to the previous CalAIM office, this new space will provide a designated location for members and ample meeting space. An additional purchase will include a backup generator which will allow the office to remain operational and provide service to its members during power outages.

Converting the existing space above the Nifty Thrifty is the practical solution

to opening this new office. Not only is the location centralized for its members, but Nifty Thrifty Manager, Matt Hamilton applauds the decision for the otherwise vacant space.

"We are thrilled at the prospects of the arrival of a CalAIM office in Portola. It's a special situation when like-minded people converge with the intention of direct community service to our locals and the local EPHC hospital campuses. Surely our community is strengthened when there is a strong presence of helpers to care for the increasing need for basic items of survival as well as advocacy programs to assist with longer term solutions for our community. We hope that 116 Commercial Street will be such a place for community vitality," says Hamilton.

The official opening date of this new office is anticipated for spring of next year. In the meantime, the CalAIM office continues to operate from its Loyalton location.

For more information about the CalAIM program email CalAIM@ephc.org or call 530-832-6622.

EASTERN PLUMAS HEALTH CARE OPENS MENTAL HEALTH PROGRAM FOR OLDER ADULTS

Eastern Plumas Health Care has partnered with Senior Life Solutions to help older adults who are experiencing symptoms of depression, anxiety, or other mental challenges often associated with aging. The new Senior Life Solutions program is located in the Portola Medical Clinic at 500 1st Avenue, Portola, Ca 96122.

Senior Life Solutions provides outpatient services designed to meet the unique needs of individuals (typically 65 and older) who could benefit from coping and communication skills to improve their mental health. The program offers group and individual therapy, psychiatric evaluation, and medication management. The Senior Life Solutions team includes a board-certified psychiatrist, licensed therapists, a registered nurse, and other professionals dedicated to the emotional well-being of the older adults in our community.

"The Senior Life Solutions program provides our community with an evidence- and outcomes-based treatment proven to significantly improve the mental health of older adults," said Kathleen McCoy, Senior



Kathleen McCoy,
Senior Life Solutions Program Director

Life Solutions Program Director. "Many people over the age of 60 believe depression is just a part of getting old. It's not. This is a program that can help you live a happier, healthier life."

Individuals may benefit from Eastern Plumas Health Care's Senior Life Solutions program if they are experiencing any of the following common indicators or triggers of depression and anxiety:

- Anxiety
- Changes in appetite
- Depression
- Difficulty sleeping
- Feelings of sadness or grief lasting more than two weeks
- Feelings of worthlessness or hopelessness
- Loss of a spouse or close family member
- Loss of energy
- Loss of interest in previously enjoyed activities
- Recently experienced a traumatic event

Following an individual assessment, participants meet up to three times per week in a supportive, encouraging group setting. Individual therapy sessions are also offered, along with medication management and regular check-ins. The program also offers teletherapy services, allowing patients to get the mental health support they need from the comfort of their homes using a telephone, computer, or tablet device.

Anyone can refer a patient to the program, including a healthcare professional, family member, or friend. The Senior Life Solutions program anticipates opening for services this fall. For more information, call the Eastern Plumas Health Care's Senior Life Solutions program at 530-832-6780.

EXPANDING OUR CARE



While we continue to see struggles on both the State and National stage with funding reductions, political unrest, and impacts to community services, EPHC is excited about the expansion of mental health services coming this fall.

Along with the addition of a new therapist joining our Portola Medical Clinic, EPHC will be opening our new Senior Life Solutions program in late October. This program will provide outpatient mental health and counseling services for seniors in our community and will work closely with our CalAIM team which are already serving 120 members of our district. These service expansions will help patients improve their psychosocial health and wellbeing to meet the needs of those we serve.

We are also excited to begin our construction projects to expand our Rehabilitation and Wellness Center and our CalAIM Resource Center which will also be starting before the end of the year.

We are a strong community and EPHC appreciates the opportunity to continue building for the future!

Doug McCoy, CEO
Eastern Plumas Health Care District

NEW EMPLOYEE JOINS CALAIM TEAM

The CalAIM Team is very excited to announce that Fayth Harris has joined the team of care management services for the CalAIM program.



Fayth Harris, Care Manager

Recently relocated to Plumas County, Fayth just got married and has settled in the community. Family oriented and pet loving, Fayth is looking forward the quaint mountain community lifestyle.

Now that she's here, Fayth has jumped on board with EPHC's CalAIM Team, joining the other care managers who assist over 125 members of the program. Fayth will assist with office duties and provide care management services for Medi-Cal members. With primary focus of helping CalAIM members successfully manage their own healthcare, Fayth is committed to helping members

carve out goals and achieve desired outcomes.

If you'd like to know about the CalAIM program call 530-832-6622, email **CalAIM@ephc.org**, or scan the QR Code below.

CALAIM WEBPAGE

