

EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER

April-June 2023

Volume 10

Volunteer members of the El Cerrito Committee on Aging have gathered these resources for public benefit. The views and opinions expressed by this newsletter and by the individual organizers and facilitators of the program in this newsletter do not necessarily reflect the official policy or position of the City of El Cerrito. Please consult your doctor before participating in physical activities and regarding any health information contained in this newsletter.

SENIOR SUPPORT SERVICES

INFORMATION & ASSISTANCE HELP LINE

Seniors, adults with disabilities, and caregivers may call the Contra Costa County Information & Assistance Helpline to speak with knowledgeable social workers to get information, referrals for services, and assistance with solving problems.

Monday through Friday between 8am-5pm. Call 1(800) 510-2020, email

infoandassist@ehst.cccounty.us or visit

<https://ehsd.org/elderly-disabled/information-assistance/>.

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (FREE)

Confidential, one-on-one counseling is provided by trained volunteer counselors registered with the California Department of Aging. Call (925) 655-1393 or email ehsdhicap@ehsd.cccounty.us to schedule an appointment.

BLIND AND LOW-VISION DISCUSSION GROUP (FREE)

The Lion's Center for the Visually Impaired offer monthly meetings at the El Cerrito Community Center, 7007 Moeser Lane, El Cerrito, on the 1st Tuesday of each month from 1 p.m.-2 p.m. For more information or to register, call (925) 432-3013.

RESPITE PROGRAM (\$)

Designed for individuals with Alzheimer's and dementia, this program offers supervision and activities including art, music, exercise and more.

Respite care is held at the El Cerrito Community Center on Tuesdays from 10am-3pm and is run in partnership with the WCCUSD Older Adult Programs and Beacon Home Care. To find out more or to get information about volunteer opportunities with this program, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

SENIOR PEER COUNSELING (FREE)

Connect with fellow seniors trained to provide support with challenges such as depression, fear, loneliness, isolation, or loss of a loved one. Services available in English or Spanish. Appointments required. Contact Abraham Aviles-Scott, LMFT at (925) 521-5653 or abran.aviles-scott@cchealth.org to make an appointment. Appointments held at the El Cerrito Community Center, 7007 Moeser Lane.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

LIHEAP is a federally funded program aimed at assisting low-income households that pay a high portion of their income to meet their energy needs. Visit www.csd.ca.gov/liheaprogram for more information or call 2-1-1.



CONNECTIONS, HEALTH, AGING, & TECHNOLOGY (CHAT) DIGITAL DIVIDE RESEARCH STUDY AND RECEIVE AN IPAD!

The CHAT study is conducted by the University of Southern California (USC), in partnership with the California Department of Aging and Contra Costa County Area Agency on Aging, to evaluate the effectiveness of digital engagement in reducing isolation among older adults. Interested adults will need to complete a survey to see if they are eligible for the program. If eligible, complete a pre-evaluation survey and receive an iPad with internet

EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER

service, basic training, and tech support. Interested in participating? Please call Contra Costa County Area on Aging (925) 655-1363.

SENIOR CLASSES & PROGRAMS

EL CERRITO LIBRARY ONLINE BOOK CLUB

3rd Saturdays of the month, 11am-12pm

The El Cerrito Library welcomes mystery book lovers to join in discussing the intricacies of suspense, thrillers, cozies, and more! This monthly activity will begin online. Call (510) 526-7512, or email anasa.tatum@library.cccounty.us to join.

CHRIST LUTHERAN SENIOR CENTER

780 Ashbury Ave, El Cerrito

Mondays, 9am-3pm

Christ Lutheran Senior Center is open to anyone 55 years or older. Activities include language classes, ukulele, exercise classes, presentations, lunch and more. **Presentations every Monday at 11:30 a.m.**

For presentation topics and more information about the program, call Carol Kehoe, program Coordinator at (510) 915-6120.

ST. JOHN'S SENIOR CENTER

5625 Sutter Ave, Richmond (Alvarado Adult School Campus) **Tuesdays, 9am-3pm**

St. John's Senior Center program is open to anyone over 55 years old. Activities include crafts, exercise, living skills for older adults, scheduled speakers, and lunch.

SAKURA KAI: Senior Classes for Japanese Speaking Adults, 5625 Sutter Ave, Richmond (Alvarado Adult School Campus) 1st & 3rd Saturday of each month from 10am-3pm.

Classes offered include ceramics, exercise, computer classes, calligraphy, Taiko classes and more. Contact Yasuyo Floyd, program Coordinator at (510) 523-2316.

EAST BAY SENIOR STROLLERS WALK & TALK

Email buddyakacic@gmail.com or call (925) 628-9325 to get details on meeting dates and locations.

CITY OF EL CERRITO RECREATION DEPARTMENT SENIOR PROGRAMS & SERVICES

7007 Moeser Lane, El Cerrito

Art, Fitness & Enrichment classes for seniors are held at the El Cerrito Community Center, 7007 Moeser Lane. Check out our rEC Guide at www.el-cerrito.org/recreation for a full list of classes and activities. *For more information, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us*

FREE SENIOR PRESENTATION SERIES

Monthly Senior Presentation Series at the El Cerrito Community Center, 7007 Moeser Lane.

Presentations are held on Wednesdays from 1pm-2pm.

Upcoming Senior Presentations:

5/3: Healthy Living for Your Brain & Body

5/10: 10 Signs of Alzheimer's

5/17: The Basics of Memory Loss

6/28: Trail Trekkers: Hiking

RSVP by calling (510) 559-7000, email

recreation@ci.el-cerrito.ca.us or sign-up online at www.el-cerrito.com/onlineereg.

SENIOR TRANSPORTATION

EASY RIDE SENIOR & DISABLED TRANSPORTATION PROGRAM:

Easy Ride is for El Cerrito residents only. Service within El Cerrito and limited locations outside El Cerrito. Operates Monday through Thursday by appointment. Cost is \$2 per ride; tickets are sold in multiples of ten. Registration and proof of eligibility must be renewed annually. Advance reservation required. For information call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

MOBILITY MATTERS

Mobility Matters provides FREE door-through-door transportation to seniors and veterans who need escorted rides with volunteer drivers in Contra Costa County. For more information about this program visit www.mobilitymatterscc.com, or call (925) 284-2207.

EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER

EAST BAY PARATRANSIT

East Bay Paratransit is a public transit service for people unable to use regular buses or trains, because of a disability or a disabling health condition. East Bay Paratransit transports riders from their origin to their destination in vans equipped with a wheelchair lift. Visit www.eastbayparatransit.org or call (510) 287-5000 for information and eligibility requirements.

REQUEST A RIDE WITH UBER

Introducing 1-833-USE-UBER (1-833-873-8237), a toll-free phone number anyone in California can use to request a ride with Uber. The same convenient and affordable Uber experience – without the app.

SENIOR FOOD RESOURCES



Need information on food assistance programs available in Contra Costa County? Call 1 (855) 309-3663 or go online to www.foodbankccs.org/find-food/foodbycity/ or dial 2-1-1 to find a foodbank in your area.



FREE GROCERIES

FREE produce and supplemental items may be picked up at Alvarado School, 5625 Sutter Street, Richmond Annex on the following Mondays between 9:30am-11am, May 1st & 15th; June 5th & 19th; July 3rd & 17th. *Bring your own bag.



Meals on Wheels serves nutritionally at-risk seniors who have challenges that prevent them from preparing daily meals for themselves. You may qualify for this home-delivered meal program if you are: 60 years old or older and home-bound or have

a disability. To find out more about this program or to get information about volunteer opportunities, call 1(866) 669-6697 or email wccmow@gmail.com.



CAFÉ COSTA SENIOR LUNCH

PROGRAM offers nutritious meals for seniors ages 60+ in two formats: **in person dining on Tuesdays and Wednesdays at 12pm** at the El Cerrito Community Center on Wednesdays. **By reservation only.** Reservations must be made before 12pm one business day prior by calling (510) 559-7000 or by emailing recreation@ci.el-cerrito.ca.us. Suggested contribution of \$3 per meal.

FREE RIDE to/from Café Costa is available for El Cerrito residents by advance reservation.

FOOD PANTRY'S IN EL CERRITO:

St. John's Catholic Church is located at 11150 San Pablo Ave, El Cerrito; however, the food distribution is located on Kearney Street (behind the church). **Distribution hours are 9am-10am every first and third Saturday.** Bring a picture ID.

St Jerome's Catholic Church is located at 308 Carmel Ave, El Cerrito. **10am-1:30pm every Wednesdays.** Picture ID required.

St. Peter CME Church Food Ministry is located at 5324 Cypress Ave, El Cerrito. **Distribution hours are 11am-12pm every Monday.**

SENIOR SNIPPETS

Information and volunteer opportunities that may be of general interest to seniors.

ORDER OF MALTA CLINIC OAKLAND

Studies have shown that, historically, low-income individuals face barriers to access health care. The Order of Malta Clinic in Oakland is located at 2121 Harrison St, #120 and serves patients without insurance and do not require paperwork or proof of citizenship. **Clinic hour are Monday-Friday, 9am-**

EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER

4pm, by appointment. Call (510) 267-3250 or email staff@orderofmaltaclinic.com for more information.

HOUSEHOLD HAZARDOUS WASTE PICKUP

Did you know that East Bay Sanitary offers door-to-door service for Household Hazardous Waste Collection (HHW) if you are elderly or disabled? For information or to make an appointment for pick-up, call 1(888) 412-9277. Eligibility details can be found <https://ebsan.com/free-pick-ups/>.

CITY OF EL CERRITO & worldONE 4th of JULY FESTIVAL 2023, Tuesday, July 4th from 11am-5pm. More information available online at www.el-cerrito.org/july4

EL CERRITO COMMITTEE ON AGING

Membership on the Committee on Aging is open to all interested adult residents of El Cerrito. Members are appointed by the City Council upon recommendation of the Committee. Committee on Aging meetings are held at 3pm on the 3rd Wednesday of each month in the Council Chambers at City Hall, 10890 San Pablo Ave, El Cerrito. For more information, please contact CityClerk@ci.el-cerrito.ca.us or call (510) 215-4305.



City of El Cerrito worldOne
4th of July Festival

CLASSIC CAR SHOWCASE

**ATTENTION!
CLASSIC CAR OWNERS!**
Showcase your classic ride at the
2023 4th of July Festival!

Register online www.el-cerrito.org/July4
For more information call (510) 559-7000 or
email recreation@ci.el-cerrito.ca.us .

\$5 Registration Fee

Volunteer members of the El Cerrito Committee on Aging have gathered these resources for public benefit. The views and opinions expressed by this newsletter and by the individual organizers and facilitators of the program in this newsletter do not necessarily reflect the official policy or position of the City of El Cerrito. Please consult your doctor before participating in physical activities and regarding any health information contained in this newsletter.