



## City of El Cerrito Committee on Aging – Senior Snippets May 2018

- **NEXT MEETING:**  
El Cerrito Committee on Aging Meeting  
Wednesday, May 16, 2018, 3:00pm  
Location: El Cerrito City Hall, Council Chamber(10890 San Pablo Avenue)
- **HEALTH:** Benzodiazepines like Valium, Ativan, Klonopin, and Xanax are used to treat anxiety, insomnia and stress. They should not be used for more than a month because they lose effectiveness and will lead to addiction. If at all possible, nondrug treatments should be used to treat the original disorder. Acupuncture, counseling, psychotherapy, meditation and mindfulness are treatments that are available and safe. Uses of benzodiazepine drugs can cause seniors to fall, fracture bones, get into auto accidents, become confused and even to develop dementia. It is extremely important not to mix benzodiazepines with narcotic or opioid painkillers like Vicodin, Tylenol with codeine, Percocet and Narco. The combination may lead to death in seniors.
- **GENERAL INTEREST:** For those interested in learning more about products/services from the Neptune Society, contact Arlene Emerson (510) 387-6796 or arleneemerson@sci-us.com.
- **TRANSPORTATION:** BART is now enforcing that all riders have a ticket. BART is encouraging the use of the Clipper card over paper tickets by making them less expensive for riders. Save money, get a Clipper card.

Arrive Rides is a company that coordinates on-demand rides for people who do not have a smart phone but want to use LYFT or UBER. You can even arrange for transportation for a loved one in another location via their services. Go to [arriverides.com](http://arriverides.com) or call 866-626-9879, 9:00 - 6:00 PDT.

- **LEGISLATIVE:** Free transportation and lunch is being offered for Senior Rally Day in Sacramento, May 8<sup>th</sup>, 2018. For more information or to RSVP, call Joan Carpenter at 510-231-8690. RSVP for free transportation from the Open House Senior Center; please call (510)559-7677. Make your legislators aware of the issues and importance of seniors. Seniors vote!



- **TECHNOLOGY:** *Elder Tech*, is a one-on-one tutorial session with El Cerrito High School students from the Tech Futures program. The students will help seniors operate, navigate, and answer any questions regarding iphones, ipads, Android phones and tablets. These technology sessions are available at the El Cerrito Open House Senior Center on Wednesdays, with appointments 2pm, 3pm and 4pm. Please make an appointment. Please call (510)559-7677 or visit the Open House Senior Center (6500 Stockton Ave., El Cerrito, CA 94530). Watch for future Tech Talks for valuable information.
- **CYBER SECURITY:** Beware of “Free” gifts, prizes or vacations — or exclamations that say, “You are a Winner!”. These are usually scams. If you receive an alert saying that your on-line banking has been disabled for security reasons and that you must go to their website to “verify and enable your online banking services”. **DON’T DO IT.** This is a scam, it’s a trap!
- **OPENING:** The committee on Aging has openings for energetic residents of El Cerrito who want to make a difference in our community. Attend the next Committee on Aging Meeting and explore the opportunity. The committee meets every 3rd Wednesday of the month, at 3pm, located at the El Cerrito City Hall Council Chamber (10890 San Pablo Avenue).
- **HOW CAN WE BETTER SERVE YOU? :** If you have observed something in El Cerrito that is not senior-friendly or needs to be altered to better serve our aging community, please come to one of our meeting. We ask for public comments at the beginning of each meeting, which one can present matters to the Committee.