



City of El Cerrito Committee on Aging – Senior Snippets June 2018

- **NEXT MEETING:**
El Cerrito Committee on Aging Meeting
Wednesday, June 20, 2018, 3:00pm
Location: El Cerrito City Hall, Council Chamber (10890 San Pablo Avenue)
- **MEDICAL:** Good news on treatment of lung cancer. The most common form of lung cancer is the non-small cell type. In the past, chemotherapy has been the main therapy. Survival was generally poor, one year or less after diagnosis in most cases. A new group of drugs called "checkpoint inhibitors" work on the patient's immune system to prevent progression of cancer and allow the immune system to kill cancer cells. Although they have serious side effects and helped less than 50% of patients tested, they can improve survival from lung cancer from one year to more than eight years in studies performed so far. These drugs have been approved by the FDA and are available through insurance. They are likely to replace chemotherapy as first choice in the treatment of this kind of lung cancer.
- **CYBERSECURITY:** The Federal Trade Commission is getting reports about calls from scammers claiming to be from the Social Security Administration. They say that there has been a computer problem, and they need to confirm your Social Security number. If you get a call asking for your social security number hang up and call 1-800-772-1213(Social Security Administration) to verify the reason for the contact and the person's identity prior to providing any information to the caller. There are also spoof websites that look like the place where you would apply for a new Social Security card – but these websites are actually a setup to steal your personal information. You DO NOT need to apply for a new card; it will automatically be mailed to you.
- **SUCCESS:** Because of the tenacity and work of one of our committee members there is now a blue handicap parking space in front of the main El Cerrito post office. Through coordination with the city of El Cerrito it was determined that a parking space could be added in front of the main post office but not the small post office on Fairmont. The fight continues to improve access for disabled inside the post office.



- **NUTRITION:** CalFresh is a nutrition program that can help seniors get food every month. On average, eligible seniors receive around \$100 per month for groceries. There is a misconception that if you own your own home you will not qualify, but this is incorrect. Applying is simple via mail, online or a phone call. For more information call (925)603-3316.
- **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 meetings. We ask for public comments at the beginning of each meeting, which one can present matters to the Committee.