



City of El Cerrito Committee on Aging Senior Snippets March 2019

NEXT MEETING:

El Cerrito Committee on Aging Meeting (Every 3rd Wednesday of the Month)
Date/Time: Wednesday, April 17, 2019, 3:00pm
Location: El Cerrito City Hall, Council Chamber (10890 San Pablo Avenue)

TRANSPORTATION (BART):

Clipper and BART wants to make sure you have the information you need about BART service in 2019. While there will not be a BART fare increase in 2019, there will be major service changes.

A massive seismic retrofit of BART's Transbay Tube has begun February 11, 2019. It will mean changes systemwide to the start of service and early morning parking payment methods, as well as changes to BART train headways after 9:30pm each weeknight.

If you would like to be notified about these upcoming BART changes as they become finalized and other important BART related news such as the roll out of the Fleet of the Future, improvement projects and service details in case of a major system wide emergency, please opt into these updates by entering your email address at www.bart.gov/signup.

WAYS TO CONNECT WITH THE YOUTH OF THE COMMUNITY:

- Get involved with the Foster Grandparents Program.
- Share Your Skills - Are you particularly proficient in math or a foreign language. Tutor a student.
- Learn the New Lingo - Become familiar with the social media lingo so may converse with younger people.

NEW BOOK OF INTEREST:

There is a new book by March Freedman entitled "How to Live Forever, the Enduring Power of Connecting the Generations". He is on a mission to reintegrate older people into the lives of younger ones.

Studies that support this hypothesis:

*A study from the Rush University Memory and Aging Project concluded that a higher level of social engagement in old age is associated with better cognitive function.

*A study by Harvard, Stanford, and AARP found that Lack of social contact among older adults cost Medicare \$6.7 billion a year for hospitalization and nursing facilities. Found that loneliness is worse for longevity than being obese or physically inactive.



*Being socially active and engaged in the community keeps you healthy - mentally and physically. In fact, people with strong social networks tend to be more active, feel happier, and are more supported.

TECHNOLOGY:

- Participate in the ElderTech program - Midtown Activity Center and El Cerrito Library offers 1-on-1 technology sessions for seniors who want to learn more about their mobile devices (iphone, ipad, tablet, android devices, and laptops). Learn from El Cerrito High School Students who want to serve the aging community.
 - Midtown Activity Center – Tuesdays, 2pm or 3pm appointments (1 hour session). By appointment only. Please call (510)559-7677 schedule an appointment. Cost: \$5
 - El Cerrito Library - Thursdays, 4-5:30pm. Drop-In Session.

BECOME A MEMEBER:

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.