



## City of El Cerrito Committee on Aging Senior Snippets May 2019

### **LEGISLATIVE:**

On April 23, 2019, the U.S. Supreme Court has agreed to decide whether or not the Trump administration can add the question: "Is this person a citizen of the United States?" to the 2020 census. This question has not been asked of all households in close to 70 years. There is concern that asking this question will prevent people who are non-citizens from participating in the census. Information from the census is crucial since it determines how many Congressional seats and Electoral Colleges votes each state receives. It also guides how \$8880 billion/year in federal dollars is distributed to states and local communities for Medicare, schools and other public services.

### **SCAMS:**

Don't Take The Bait! Lots of companies send invoices/receipts via email nowadays but don't be tricked by phony invoices. Scammers send out phony receipts indicating that you've been billed for something you didn't buy, with the hopes that you will contact them to resolve the fake invoice. If you respond, they may try to get account information from you so check to make sure the receipt or invoice is actually real before responding. Be alert!

Seniors at Risk for Loneliness, stress and Isolation"

### **SOURCE:**

#### ***AARP Foundation***

Many of the normal processes and transitions that happen as we grow older — hearing loss, the deaths of spouses, partners and peers, impaired mobility — put us at increased risk for loneliness, stress and isolation. The good news is that with greater awareness, we can all take steps to maintain and strengthen our ties to family and friends, expand our social circles and become more involved in the community around us. These tips can help :

- Nurture and strengthen existing relationships. Ask people over for coffee, or invite them to join you for a trip to a museum or a movie.
- Schedule a time each day to call a friend or visit someone.
- Meet your neighbors — young and old.
- Use social media like Facebook to stay in touch with long-distance friends or write an old-fashioned letter.
- Stay physically active and include group exercise in the mix, like joining a walking club.



- Take a class to learn something new and, at the same time, expand your circle of friends.
- Revisit an old hobby you've set aside and connect with others who share your interests.
- Volunteer to deepen your sense of purpose and help others.
- Visit your local community wellness or senior center and become involved in a wide range of interesting programs.
- Check out faith-based organizations for spiritual engagement, as well as to participate in activities and events.
- Don't let being a non-driver stop you from staying active. Find out about your transportation options.
- Get involved by taking on a cause, such as making your community more age-friendly. If you're struggling with loneliness, make a pledge to connect. Strengthen those all-important bonds — because when we connect, we thrive.

### **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, 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.