



City of El Cerrito Committee on Aging Senior Snippets January 2020

Medical

The CDC is predicting a bad flu season for 2019-2020. The vaccine was not a good match for the viral strains seen this season. The good news is that they are susceptible to the antiviral drug, Tamiflu. If you are a senior or have a chronic condition, it is best to call your doctor as soon as you develop symptoms, since the medication is most effective when taken within 24-48 hours of symptom onset. Tamiflu will decrease the duration and severity of symptoms.

Financial Abuse

Financial abuse can take many forms, ranging from investment scams, lottery schemes, stolen jewelry, identity theft, credit card misuse and forged checks. Sadly, most perpetrators of financial abuse are not strangers. The National Center on Elder Abuse reports that 90 percent of the perpetrators are family members or people the victims know well, such as neighbors, friends or caregivers. Theft should be reported to law enforcement officials. There are local and state social service agencies to help elderly victims of financial abuse. In Contra Costa County, call Adult Protective Services at (877) 839-4347.

Transportation

Works in Progress-

1. Installation of a bench for people to sit at the Northbound AC Bus Stop in front of Denny's - San Pablo Ave & Potrero.
2. Installation of an awning at the Southbound AC Bus Stop – San Pablo & Moeser.



New in El Cerrito-

Over the last two years, El Cerrito has been replacing damaged and faded street name signs. Signs have been replaced on arterial and collector streets, as well as specific requests. Richmond Street was completed in early 2019 and San Pablo Ave was completed in the last quarter of 2019.

The design for new street name signs was developed in conjunction with the Ohlone Greenway Wayfinding Project completed in 2018. These signs were designed to help residents and visitors find their way while contributing to a sense of place and civic identity. The new street name signage carries the City of El Cerrito.

How may 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.