

# EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER

April/May 2022

Volume 5

**Volunteer members of the El Cerrito Committee on Aging have gathered these resources for public benefit. The views and opinions expressed by this newsletter and by the individual organizers and facilitators of the program in this newsletter do not necessarily reflect the official policy or position of the City of El Cerrito. Please consult your doctor before participating in physical activities and regarding any health information contained in this newsletter.**

## FREE INDOOR COMPOST PAILS:

In coordination with [RecycleMore](#), the Public Works Department is distributing free compost pails to El Cerrito residents (one per household) for collecting kitchen food scraps. To pick one up, please bring proof of residency with you to the **Recycling Center at 7501 Schmidt Lane**. Community members can use the pail to tote food scraps from the kitchen to outdoor organics recycling containers. Recycling Staff also recommend residents “Keep It Loose”, and not bag food scraps if possible. If a bag or liner is preferred, please use paper bags, wrap food scraps in newspaper, or use a compostable bag that is ASTM D6400 Certified with the certification listed. For more information, contact Recycling Center Staff at (510) 215-4350 or [green@ci.el-cerrito.ca.us](mailto:green@ci.el-cerrito.ca.us).



## COVID-19 SECOND BOOSTER DOSES FOR AGES 50+:

A second booster dose of Pfizer or Moderna is available to people age 50+ who received their first booster dose at least 4 months ago. Check with your healthcare provider, local pharmacy, or the county website: [www.coronavirus.cchealth.org](http://www.coronavirus.cchealth.org) regarding COVID-19 information and appointments for booster shots.

**COVID-19 HOME TESTS:** Every home in the U.S. is eligible to order free FDA approved COVID-19 Home Tests. The tests are completely free. Orders typically ship within 7-12 days. Visit [www.covidtests.gov](http://www.covidtests.gov) or call 1-800-232-0233 (TTY 1-888-720-7489) to place your order. Order your test kits now so you have them when you need them.

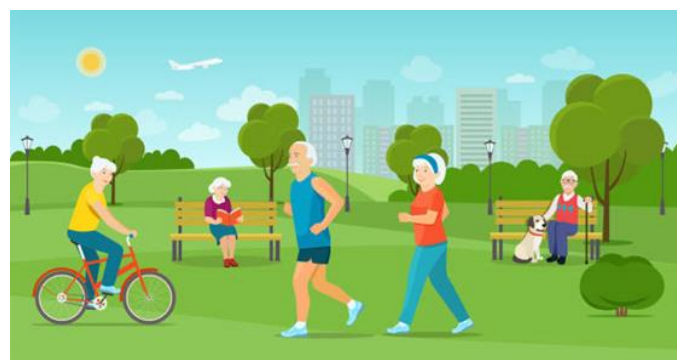
Residents can request reimbursement for at-home over the counter COVID-19 tests purchased on or after January 15, 2022. For information about getting reimbursed, call (916) 403-2007 or visit [at-home COVID-19 test for free](#).

## COVID-19 Update: FDA Authorizes First Oral Antiviral for Treatment of COVID-19

Pfizer’s Paxlovid (an oral antiviral tablet) was issued an emergency use authorization by the U.S. Food and Drug Administration. To learn more, go to [www.fda.gov/news-events](http://www.fda.gov/news-events). As with all medications, check with your medical provider before taking.

## RECOGNITION OF CENTENARIANS:

El Cerrito Committee on Aging and the mayor established a program to recognize El Cerrito residents turning 100 years or older. ***If you know someone living in El Cerrito who is turning 100 or has already turned 100, let us know so we can honor them! Contact the El Cerrito Community Center by calling 510-559-7000 or email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us).***



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**Bay Area  
Rapid Transit**

At the El Cerrito del Norte BART station, beginning in mid-April and continuing through the summer of 2022, BART crews will be replacing the 50-year-old cables that deliver power to BART trains with new, more reliable ones.

To install the more modern power cables, crews will need to use jackhammers to break up the concrete around the station. This work will happen during normal business hours during the workweek. If you are home during this time, you may hear jackhammers and other construction-related sounds such as trucks and other construction vehicles.

If you have any questions about this project, please contact BART Government & Community Relations at [constructionquestions@bart.gov](mailto:constructionquestions@bart.gov).



## **EL CERRITO del NORTE: BUS STOPS TEMPORARILY MOVED DUE TO TRACK WORK**

Starting April 11, 2022 through approximately the end of July 2022, East Bus Lane will be closed for construction. AC Transit lines 72, 72M, 72R, 684, and 800 will move to the northern end of the station across Cutting Blvd next to the Ohlone Greenway.

[www.el-cerrito.org/El-Cerrito-del-Norte-Bus-Stops](http://www.el-cerrito.org/El-Cerrito-del-Norte-Bus-Stops)

## **8<sup>th</sup> ANNUAL EL CERRITO HILLSIDE FEST 2022:**

Saturday, May 15<sup>th</sup> & Sunday, May 15<sup>th</sup>  
Various times and locations throughout the Hillside Natural Area. Hike, play, learn about nature, history, geology and more. Activities for young and old. More information available online: [www.el-cerrito.org/2022-Hillside-Festival-Schedule](http://www.el-cerrito.org/2022-Hillside-Festival-Schedule).



## **2022 City of El Cerrito/worldOne 4<sup>th</sup> of July Festival**

The City of El Cerrito is planning for the return of the City of El Cerrito/worldOne 4<sup>th</sup> of July Festival this summer and we need your help! Please consider donating or sponsoring the event. For more information on the festival please visit [www.el-cerrito.org/july4](http://www.el-cerrito.org/july4).

Interested in being a Vendor for the 4<sup>th</sup> of July Festival? Vendor applications are being accepted now. For more information visit: <http://www.el-cerrito.org/702/July-4th-Festival> or email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us) or call (510) 559-7000

## **CHRIST LUTHERAN CHURCH SENIOR CENTER**

Christ Lutheran Church Senior Center  
780 Ashbury Ave  
Mondays, 9:00am-3:00pm  
(510) 915-6120

## **Upcoming presentations on Mondays from 11:30am-12:30pm.**

**April 25:** El Cerrito Plaza BART Housing Project  
**May 2:** History of the Recycle Center  
**May 9:** Fall Prevention  
**May 16:** Durable Power of Attorney  
**May 23:** Adaptive Devices

## **CITY OF EL CERRITO ADULT PROGRAMS & SERVICES**

7007 Moeser Lane, El Cerrito  
Summer 2022 Adult class registration open now!  
Check out our summer rEC Guide at [www.el-cerrito.org/recreation](http://www.el-cerrito.org/recreation). To learn more call (510) 559-7000, email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us).

## **EAST BAY SENIOR STROLLERS:**

Email [buddyakacic@gmail.com](mailto:buddyakacic@gmail.com) or call (925) 628-9325 to get details. Group typically meets on Fridays.

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**CONNECT CONTRA COSTA: Planning for Tomorrow's Transportation:** Do you travel in Contra Costa County? If so, go to [ccta.net/ctp](http://ccta.net/ctp) to complete a survey and make sure your voice is heard.

**WEST CONTRA COSTA TRANSPORTATION ADVISORY COMMITTEE (WCCTAC) TRAVEL TRAINING:** Let WCCTAC help take the stress out of traveling around the Bay Area. Contact WCCTAC's Travel Trainer, Janet Bilbas at 510-210-5937 or email [jbilbas@wcctac.org](mailto:jbilbas@wcctac.org) to learn more about great options for travel.

## **MOBILITY MATTERS:**

Mobility Matters publishes "Way to Go, Contra Costa!" which is a free guide to senior and disabled transportation in Contra Costa County. The publication is available online at [waytogocc.com](http://waytogocc.com). If you have questions about mobility management or need to be matched with an appropriate transportation provider to meet your needs, call Mobility Matters Transportation Information and Referrals Helpline at (925) 284-6109 or toll free at 1-(855) 234-RIDE (7433) or visit [www.mobilitymatterscc.com](http://www.mobilitymatterscc.com).

## **EAST BAY PARATRANSIT:**

East Bay Paratransit is a public transit service for people who are unable to use regular buses or trains, like those operated by AC Transit and BART, because of a disability or a disabling health condition. East Bay Paratransit transports riders from their origin to their destination in vans equipped with a wheelchair lift. Call (510) 287-5000 or toll free 1(800) 555-8085 or <http://www.eastbayparatransit.org>. <https://mowofcontracosta.org/>

## **CITY OF EL CERRITO EASY RIDE SENIOR & DISABLED TRANSPORTATION PROGRAM:**

Age 65+ or Age 18+ with a disability (medical verification required if under 65 years old)

Use Easy Ride to run errands, go shopping, for medical and personal appointments, and social visits anywhere within El Cerrito city limits. Easy Ride is for El Cerrito residents only. Riders must

complete an application and provide proof of eligibility including residency. Applications must be renewed annually.

Beginning March 2022, Easy Ride offers an expanded service area to include limited locations outside El Cerrito city limits. Expanded service goes to: Albany Oral Surgery and Sutter East Bay Medical Center in Albany, Pacific East Mall/99 Ranch, COSTCO, Grocery Outlet, Planet Fitness and Target in Richmond.

Rides are by reservation only. Rides must be booked a minimum of 24 hours in advance (space permitting) and no more than 2 weeks in advance. Easy Ride operates Monday through Thursday. \$3 per ride. For more information or to schedule a ride call (510) 559-70000 or email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us).

## **CITY OF RICHMOND R-TRANSIT PROGRAMS:**

Age 55+ or Age 18+ with a disability (medical verification required if under 55 years old)

R-Transit service is available Monday through Friday from 8:30am-5pm. R-Transit includes RAPID, which offers R-Transit clients a subsidy to use Lyft for on-demand trips in the cities of Richmond, El Cerrito, North Richmond, El Sobrante, Kensington, San Pablo, and parts of Pinole. R-Transit is for residents of Richmond, North Richmond, El Sobrante and Kensington. To participate in the R-Transit & R-TRANSIT LYFT programs, you must complete an application and provide proof of eligibility including residency. For more information:

<http://www.ci.richmond.ca.us/3747/R-Transit-with-Lyft>

<http://www.ci.richmond.ca.us/2899/Apply-Now>

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### FOOD ASSISTANCE PROGRAMS:

Information for the wide array of programs available to low-income families can be found at [www.foodbankscs.org](http://www.foodbankscs.org). You must meet income guidelines and residency requirements.

**Free food is available near you!** Use the link [www.foodbankccs.org/find-food/foodbycity/](http://www.foodbankccs.org/find-food/foodbycity/) to find Food Distribution Sites listed by City or call (855) 309-3663.

*Free boxes of non-perishable food and bags of fresh produce once a month:*

- **Pinole Senior Center**  
2500 Charles Ave, Pinole  
2<sup>nd</sup> Monday, 9:00am-11am (or as supplies last)

Quantities are limited and are distributed on a first come, first served basis. One box/bag per household. This is a contactless event, parking/exiting your vehicle is not allowed. Participants must wear a face covering. Please open your vehicle's trunk when you enter the parking lot. Food items will be placed in the trunk by staff/volunteers. For more info, call (510) 724-9800 or email [ksantoyo@ci.pinole.ca.us](mailto:ksantoyo@ci.pinole.ca.us).

*Free groceries twice a month to low-income seniors 55 or older (one senior per household):*

- **Independent Community Church**  
605 S. 16th Street, Richmond  
1st and 3rd Fridays, 10:30-11:30am
- **Alvarado School**  
5625 Sutter Street, Richmond Annex  
1st and 3rd Mondays (closed on holidays), 9:30am-11:00am  
\*Bring your own bag

### MEALS ON WHEELS WEST CONTRA COSTA REGION:

Meals on Wheels serves nutritionally at-risk senior citizens who have challenges that prevent them from preparing nutritious daily meals for themselves. To find out more about this program or to get information about volunteer opportunities, call 1(866) 669-6697 or email [mowcc@cchealth.org](mailto:mowcc@cchealth.org)

**KEEPING CONNECTED:** Meals on Wheels West Contra Costa Region is partnering with Claris Companion to rollout an exciting new program called "Keeping Connected". This program is designed to assist those who live alone become more connected. Selected clients will be issued tablets and will receive training on how to use the devices. The devices will help clients connect virtually with family and friends, play online games, monitor medicine intake, participate in exercise classes and more. Contact Denise Quiros, Meals on Wheels Director for more information (510) 412-0166 or [wccmow@att.net](mailto:wccmow@att.net). <https://www.wccmow.com>.

### REGIONAL BODIES VOLUNTEER OPPORTUNITIES:

**Contra Costa County Advisory Council on Aging (ACOA)** – advises the Board of Supervisors on all matters associated with planning, development and administration of programs relating to older adults.

**Library Commission** – serve in an advisory capacity to the Board of Supervisors and the County Librarian.

**Contra Costa Transportation Authority Citizens Advisory Committee (CCTA-CAC)** – provides a citizen perspective, participation, and involvement in the CCTA's Transportation Expenditure Plan and Growth Management Program.

Interested applicants must be a resident of El Cerrito, a Contra Costa County taxpayer and at least 18 years of age. Information and application available online at [www.el-cerrito.org/Regional-Bodies](http://www.el-cerrito.org/Regional-Bodies). For questions, contact the City Clerk at [cityclerk@ci.el-cerrito.ca.us](mailto:cityclerk@ci.el-cerrito.ca.us) or (510) 215-4305.