

EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER

August/September 2022

Volume 6

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.

FARMER'S MARKET AT CHRIST LUTHERAN CHURCH SENIOR CENTER



**780 Ashbury Ave, El Cerrito
Mondays, 11AM – 1PM**

Christ Lutheran Senior Center in partnership with Front Porch (formerly COVIA), is hosting a Farmer's Market for Seniors. Farmer's Market operates on Mondays from 11am-1pm at the Christ Lutheran Church Senior Center, 780 Ashbury Ave in El Cerrito. Closed on holidays. Accepted forms of payment include cash or Supplemental Nutrition Assistance Program (SNAP) cards.

**Questions or interested in volunteering?
Contact Carol Kehoe, (510) 915-6120.**

FOOD PANTRY'S IN EL CERRITO:

There are two Food Pantry sites within El Cerrito city limits that can help El Cerrito Seniors dealing with food insecurity. Sites are managed by St. Vincent de Paul Society. Locations are at St John the Baptist Church and St. Jerome Catholic Church.

St. John's Catholic Church is located at 11150 San Pablo Ave; however, the food distribution is located on Kearney Street (behind the church). Distribution hours are 9am-10am every first and third Saturday. Bring a picture ID.

St Jerome's Catholic Church is located at 308 Carmel Ave. Distribution hours are 10am-11:30am every Wednesdays. Picture ID required.



Information for the wide array of food assistance programs available to low-income families. Must meet income guidelines and residency requirements. Use the link www.foodbankccs.org/find-food/foodbycity/ to find Food Distribution Sites listed by City or call (855) 309-3663.

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

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 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

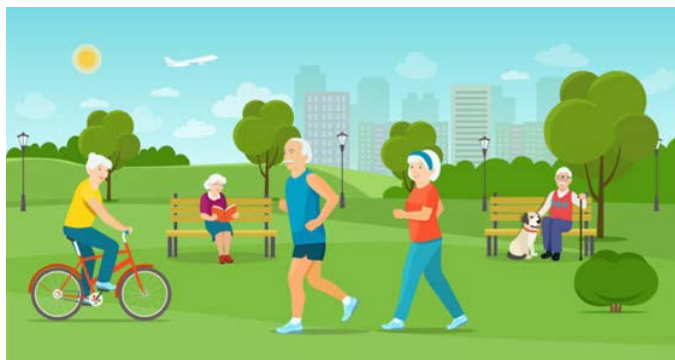


EASY RIDE SENIOR & DISABLED TRANSPORTATION PROGRAM:

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

Easy Ride is for El Cerrito residents only. Service within El Cerrito city limits and limited locations outside El Cerrito city limits. Riders must complete an application and provide proof of eligibility including residency. Applications renewed annually. Rides are by reservation only. Operates Monday through Thursday. For information or to schedule a ride call (510) 559-70000 or email recreation@ci.el-cerrito.ca.us .

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CITY OF EL CERRITO ADULT PROGRAMS & SERVICES

7007 Moeser Lane, El Cerrito

Fall 2022 Adult class **registration opens 8/9/22 for El Cerrito Residents and 8/10/2022 for Non-Residents!** Check out our rEC Guide at www.el-cerrito.org/recreation.

NEW! FALL CLASSES FOR SENIORS

*pre-registration required and may be completed online www.el-cerrito/olinereg or in person at the Community Center, 7007 Moeser Lane, El Cerrito, M-Th from 9am-12pm & 1pm-4pm (closed 12pm-1pm).

- **Beginner Line Dance:** Wed, 12-2pm, starts 9/7.
- **Senior Fitness: Chair Exercises:** Th, 11:30am-12:15pm, starts 9/1.
- **Strength & Balance:** Mon/Wed, 11:30am-12:30pm, starts 9/7.
- **Feldenkrais Method® Awareness-through-Movement class:** Th, 10-11am, starts 9/8.

SENIOR PRESENTATIONS/DEMO CLASSES AT THE EL CERRITO COMMUNITY CENTER

FREE! Demonstrations and presentations offered monthly at the El Cerrito Community Center, 7007 Moeser Lane. Registration required. Call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us for times or to register.

Wed, 8/24 Beginner Line Dance Demo
Th, 9/22 Downsizing Presentation
Wed, 10/26 What to Know About Medicare 2023



rEC TREKS: SENIOR DAY TRIPS

The City of El Cerrito Recreation Department is pleased to announce that rEC Treks: Senior Day Trips are back! Seniors ages 60+ are invited to join other seniors as we explore locations throughout the bay area. Trips take place on Tuesdays. Pre-registration required. Sign up at www.el-cerrito.org/olinereg. For more information and prices, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

Upcoming trips:

- 8/16** Bay Model Museum, Sausalito
- 9/13** Lake Merritt, Oakland
- 9/27** Oakland Zoo, Oakland
- 10/11** Benicia 1st Street, Benicia
- 10/25** Frank Lloyd Wright Tour, Marin
- 11/29** Pier 39, San Francisco
- 12/6** Pardee Home Afternoon Tea, Oakland

CHRIST LUTHERAN CHURCH SENIOR CENTER

Christ Lutheran Church Senior Center
780 Ashbury Ave
Mondays, 9:00am-3:00pm

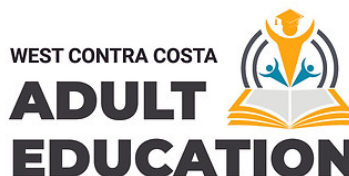
Weekly presentations on Mondays starting at 11:30 am.

- 8/1** Foot Problems
- 8/8** Adaptive Telephones
- 8/15** Durable Power of Attorney
- 8/22** City of El Cerrito Public Works Director
- 8/29** Army Engineers Corp
- 9/12** TBD
- 9/19** El Cerrito Plaza BART Project Presentation
- 9/26** TBD

For presentation topics and information, call Carol at (510) 915-6120.

EAST BAY SENIOR STROLLERS:

Email buddyakacic@gmail.com or call (925) 628-9325 for dates/times and details.



<https://www.wccadulthoodeducation.com/classes>

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RECOGNITION OF CENTENARIANS:

If you know someone living in El Cerrito who is turning one hundred or has already turned one hundred, let us know so we can honor them!



To submit a Centenarian for recognition, contact the City Clerk by email cityclerk@ci.el-cerrito.ca.us or call (510) 215-4305.

FREE SERVICES

SENIOR PEER COUNSELING: If you are fifty-five or older and facing challenges that are difficult to cope with alone, Senior Peer Counseling program can help. Connect with fellow seniors trained to provide support with challenges such as depression, fear, loneliness, the loss of a loved one, health challenges or isolation.

Appointments are available at the Senior Center at Hana Gardens. All appointments require advance reservation. Contact Abraham Aviles-Scott, LMFT at (925) 521-5653 or email abran.aviles-scott@cchealth.org to schedule an appointment. Services are in English and Spanish.



HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP):

What is HICAP? HICAP is the Health Insurance Counseling and Advocacy Program that provides free, unbiased education, counseling and advocacy about Medicare and related health insurance

including long term care insurance. Confidential, one-on-one counseling is provided by trained volunteer counselors registered with the California Department of Aging.

Appointments are available at the El Cerrito Community Center. Call (925) 655-1393 or email ehsdhicap@ehsd.cccounty.us to schedule an appointment.

LIONS CENTER FOR THE VISUALLY IMPAIRED: BLIND AND LOW-VISION DISCUSSION GROUP:

Meetings available at the El Cerrito Community Center, 7007 Moeser Lane, El Cerrito, on the 1st Tuesday of each month from 1pm-2pm.

Reservation required. For more information or to register, call (925) 432-3013.



FREE COVID HOME TEST KITS

Order Free COVID home test kits <https://special.usps.com/testkits> or call 1(800) 232-0233.

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COMPOST GIVEAWAY

El Cerrito residents can pick up 5 cubic ft per household (approx. seven 5-gallon buckets) every 3rd Saturday of the month at Upper Cerrito Vista Park (adjacent to the tennis courts). Entrance on Avis Dr. Fully accessible. For more information, email greenassistant@ci.el-cerrito.ca.us or call (510) 215-4350.



Vaccine Recommendations for People Over 50 years old and older

Have you ever wondered what vaccines you need? You can find recommendations for adults 50 years and older on the Centers for Disease Control and Prevention website: <https://www.cdc.gov/vaccines/adults/rec-vac/index.html>. Consult your doctor about which vaccines are needed to keep you healthy.

Here are some common vaccines available to help prevent illnesses:

COVID 19 vaccines include the two first doses and two boosters. The COVID 19 virus changes and more boosters may be needed in the future.

Influenza causes significant illness. The virus changes every year, so it is necessary to be immunized annually. The best time to get the vaccine is in late October since the virus peaks in December and continues to infect people into March/April.

Pneumococcal disease causes infection in the lungs. Older adults are at greater risk of getting very sick from this bacterial infection. There are two types of pneumococcal vaccines available PPSSV23 and PC13. Talk to your health care provider about what is best for you.

Shingles are a very painful problem. It is caused by the chickenpox virus that hides in your body and causes nerve pain when your immunity is down. The new shingles vaccine, Shingrix, is safe and 90% effective in preventing shingles. It is a two-dose vaccine. It does cause some temporary side effects, so you might ask your health provider about these.

Tetanus, diphtheria, and pertussis (whooping cough) can cause serious illness and death. It is important for older adults to be immunized especially those with exposure to children, grandchildren, etc. This vaccine is recommended every 10 years.

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