

EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER

October/November 2022

Volume 7

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.



Café Costa is a Senior Nutrition Program run by the County that provides nutritious meals for seniors ages 60 and older. The El Cerrito Senior Nutrition Program, will resume **in-person dining** for lunch at the El Cerrito Community Center, 7007 Moeser Lane. Lunch will be served on **Tuesdays and Wednesdays beginning on Tuesday, October 4, 2022. Doors will open for check-in at 11:30am and lunch is served at 12pm.** There will be opportunities to socialize until 1:30pm. Capacity is limited, and **reservations are required.** **FREE rides to/from lunch is provided to El Cerrito Residents ages 60 and older who are enrolled in Easy Ride Senior and Disabled Transportation Program.** For more information or to enroll in the program, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

FARMER'S MARKET FOR SENIORS



Farmer's Market for Seniors operates on **Mondays from 11:00a.m. to 1:00p.m.** at 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? Contact Carol Kehoe, (510) 915-6120.



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



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), 9:30a.m.-11:00a.m., *Bring your own bag

FOOD PANTRY'S IN EL CERRITO:

St. Vincent de Paul Society runs two Food Pantry sites in El Cerrito that help El Cerrito Seniors dealing with food insecurity.

St. John's Catholic Church is located at 11150 San Pablo Ave, El Cerrito; however, the food distribution is located on Kearney Street (behind the church). **Distribution hours are 9:00a.m.-10:00a.m. every first and third Saturday.** Bring a picture ID.

St Jerome's Catholic Church is located at 308 Carmel Ave, El Cerrito. **Distribution hours are 10:00a.m.-1:30p.m. every Wednesdays.** Picture ID required.

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EASY RIDE SENIOR & DISABLED TRANSPORTATION PROGRAM:

Easy Ride is for El Cerrito residents only. Service within El Cerrito and limited locations outside El Cerrito city limits. Registration and proof of eligibility required and must be renewed annually. Operates Monday through Thursday, reservations required. For information call (510) 559-70000 or email recreation@ci.el-cerrito.ca.us.

CITY OF EL CERRITO RECREATION DEPARTMENT ADULT PROGRAMS

7007 Moeser Lane, El Cerrito

Email: recreation@ci.el-cerrito.ca.us or call (510) 559-7000. For a full list of classes, check out our rEC Guide at www.el-cerrito.org/recreation.

Pre-registration required and may be completed in person at the Community Center, 7007 Moeser Lane, El Cerrito, M-Th from 9a.m.-12p.m. & 1p.m.-4p.m. (closed 12p.m.-1p.m.) or online www.el-cerrito.org/online.

- **Beginner Line Dance:** Wed, 12p.m.-2p.m.
- **Bridge:** Th, 1:15p.m.-3:45p.m.
- **Feldenkrais Method @ Awareness-through-Movement:** Th, 10-11a.m.
- **Senior Fitness: Chair Exercises:** Th, 11:30a.m.-12:15p.m.
- **Senior Fitness: Floor Exercises:** Tu, 11:30a.m.-12:15p.m.
- **Strength & Balance:** Mon/Wed, 11:30a.m.-12:30p.m.
- **T'ai Chi Chih:** Mon, 10a.m.-11a.m.
- **Zumba Gold & Gold Toning:** M-Th 10:10-11:15a.m.

rEC TREKS: SENIOR DAY TRIPS



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 and may be completed online www.el-cerrito.org/online or in person at the Community Center, 7007 Moeser Lane, El Cerrito, M-Th from 9a.m.-12p.m. & 1p.m.-4p.m. (closed 12p.m.-1p.m.).

Email: recreation@ci.el-cerrito.ca.us or call (510) 559-7000 for more information and prices.

Upcoming Trips:

Oct 11: First Street in Benicia stroll through historic Benicia enjoying the views and shops.

Oct 25: Tour of Marin County Civic Center designed by Frank Lloyd Wright.

Nov 29: Pier 39 & Fisherman's Wharf

Dec 6: Afternoon Tea at the Pardee Home

CHRIST LUTHERAN CHURCH SENIOR CENTER

780 Ashbury Ave, El Cerrito

Mondays, 9:00a.m.-3:00p.m.

Weekly presentations on Mondays starting at 11:30a.m.

10/3 City Council Candidates Forum

10/10 League of Women's Voters

10/17 CalTrans – Wildlife Crossings

10/24 Sewer Lateral Update

10/31 iPhone Tutorial

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

ST. JOHN'S CHURCH COMMUNITY CENTER SENIOR CENTER

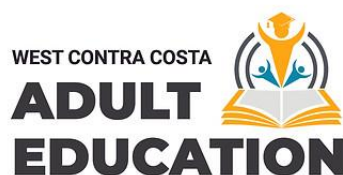
6500 Gladys Ave, El Cerrito

Tuesdays, 9:00a.m.-3:00p.m.

City Council Candidate Vanessa Warheit will speak at the St. John's Senior Center on Tuesday, 10/4/22.

EAST BAY SENIOR STROLLERS:

Email buddyakacic@gmail.com or call (925) 628-9325 to get details.



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

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FREE SERVICES

WHAT TO KNOW ABOUT MEDICARE 2023

**El Cerrito Community Center, 7007 Moeser Ln
Wednesday, October 26, 2022, 1p.m.-2p.m.**

It's time to review your Medicare coverage, even if you like your current plan, there may be better options available. HICAP Counselors will share options for 2023 and how to save money or get better coverage. Pre-registration required. Call (510) 559-7000, email recreation@ci.el-cerrito.ca.us or go online www.el-cerrito.ca.us/onlinereg (activity #355204-08).

FREE FLU SHOT CLINIC FOR KAISER PERMANENTE MEMBERS

**El Cerrito Royale, 6510 Gladys Ave
Wednesday, October 5, 2022, 1:30p.m.**

El Cerrito Royale partners with Kaiser Permanente to host Kaiser Members annual get vaccinated flu shot clinic. Available to **ALL** Kaiser Permanente Members. Identification card and proof of Kaiser insurance required. To schedule an appointment call (510) 234-5200.

SENIOR PEER COUNSELING: 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. Appointments require advance reservation. Contact Abraham Aviles-Scott, LMFT at (925) 521-5653 or email abran.aviles-scott@cchealth.org. Services are in English and Spanish.



HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (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 1p.m.-2p.m.

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



COVID-19 Omicron Booster

Everyone should stay up to date on their COVID-19 vaccination by getting boosted when they are eligible. Boosters give critically important added protection against severe illness, hospitalization, and death from COVID-19.

The new FDA and CDC approved Omicron boosters contain an updated "bivalent" formula that boosts immunity against the original coronavirus strain and protects against the newer Omicron variants which are widely circulating in the community. COVID-19 boosters are critical to maintaining strong protection from severe illness from the virus. Getting a booster shot extends your protection. Schedule a booster appointment online at <https://covidvaccine.cchealth.org/CovidVaccine/> Or by calling CCH at 1(833) 829-2626. Walk-ins are accepted as available. Other options for getting the Omicron boosters include visiting a healthcare provider or local pharmacy.

Locally, the Richmond Auditorium is a county vaccination site and is located at 403 Civic Center Plaza in Richmond. Hours are Tuesday through Saturday from 8:00 am to 11:30a.m. and 12:30p.m. to 3:00p.m.

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INFLUENZA (FLU) VACCINE 2022

Routine annual influenza (Flu) vaccination is recommended for all persons aged 6 months and older who do not have contraindications. Vaccination should ideally be administered during September or October. For more information visit <https://www.cdc.gov/flu/>.



ELECTION DAY

Don't forget election day is on Tuesday, November 8, 2022. Ballot includes city council seats, school board vacancies as well as state and federal measures. Remember, your vote counts! Voting can be done by mail, drop-off at designated locations or in person at the polling place in your neighborhood. For information: <https://voterstatus.sos.ca.gov/>

CENTENARIAN RECOGNITION:

If you know someone living in El Cerrito who is turning 100, let us know so we can honor them! Contact the City Clerk by email cityclerk@ci.el-cerrito.ca.us or call (510) 215-4305.

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SENIOR CLIPPER CARD

Are you a senior age 65 or older? Do you use public transportation? Make sure you have a Senior Clipper Card! Seniors ages 65 and older are eligible for a white Senior Clipper Card which has lots of discounts!

Application can be found online: <https://www.clippercard.com/ClipperWeb/discounts.html>. Mail completed application and proof of eligibility to: Clipper Youth/Senior Applications, PO Box 318, Concord, CA 94522, or you can apply in person at the Clipper Customer Service Center located at 1600 Franklin St, Oakland, Monday through Friday from 8a.m.-5p.m.

COMMUNITY DEVELOPMENT NEWS

The City of El Cerrito has a Community Development e-newsletter that helps keep you up to date with what is going on in the city. Go to <http://www.el-cerrito.org/128/Economic-Development> and scroll to the bottom of the page to sign up if you want to remain informed on what is happening in town.

HEARING AIDS

The U.S. Food and Drug Administration (FDA) issued a rule to improve access to hearing aids which may lower costs for millions of Americans. It is designed to assure the safety and effectiveness of over the counter (OTC) hearing aids, while fostering innovation and competition in the hearing aid technology marketplace. More information is available at: <https://www.fda.gov/news-events/press-announcements/fda-finalizes-historic-rule-enabling-access-over-counter-hearing-aids-millions-americans>.

<https://www.fda.gov/consumers/consumer-updates/hearing-aids-and-personal-sound-amplification-products-what-know>