

EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER

December 2022/January 2023

Volume 8

SENIOR SNIPPETS

Information and volunteer opportunities that may be of general interest to seniors.

Social Security Increase for 2023

Millions of Social Security recipients will get an 8.7% boost in their benefits in 2023. The boost in benefits is the biggest in 40 years and will be coupled with a 3% drop in Medicare Part B premiums which means that the Social Security retirees will get the full impact of the jump. About 70 million people including retirees, disabled people and children who receive benefits. To learn more visit:

<https://www.ssa.gov/news/press/releases/2022/#10-2022-2>

Read-Aloud Volunteer Program

Do you have an hour a week? Read-Aloud Volunteer Program is looking for caring adults willing to read with kids weekly in person. Bring yourself - they provide everything else! Four West Contra Costa Unified School District Elementary Schools offer one-on-one reading programs using the Read-Aloud volunteer program. One-hour shifts in the morning and early afternoon available during the school year, October-April. Sign up to volunteer at any time! To volunteer or learn more about the program, visit: <https://read-aloud.org/volunteer>

COVID-19 News

The FDA has approved use of Novavax COVID-19 vaccine as a booster shot. It is a vaccine engineered from the genetic sequence of the virus that causes COVID-19 disease. It contains a purified protein antigen and cannot cause COVID-19. Since almost 50% of adults who have received their primary series have not received boosters, it is hoped that offering another vaccine choice might help increase vaccination rates. To learn more:

<https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/novavax-covid-19-vaccine-adjuvanted>

<https://www.usnews.com/news/health-news/articles/2022-10-19/us-clears-novavax-covid-booster-dose>

Alzheimer's News

The Alzheimer's Association reports there are encouraging results in clinical trials by Eisai and Biogen on the CLARITY AD global Phase 3 clinical trial of lecanemab to treat the underlying causes of Alzheimer's. More information will be presented at the Clinical Trials in Alzheimer's Disease (CTAD) conference in November. To learn more visit:

<https://www.alz.org/news/2022/alzheimers-association-statement-on-lecanemab-phas>

<https://mind.uci.edu/eisai-and-biogen-announce-positive-phase-3-results-for-lecanemab/>

Master Plan for Aging Data Dashboard

The Master Plan for Aging outlines five bold goals they want to focus on over the next ten years. There is a Data Dashboard for Aging which measures progress on the goals. Learn more about the goals and view indicator progress on the Data Dashboard for Aging at

<https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/>

Area Agency on Aging Information & Assistance Helpline

The Area Agency on Aging Information & Assistance Helpline assists callers with questions and referrals for food resources as well as all other programs and support groups in Contra Costa County that assist adults ages 60 and older and disabled adults. Hours are Monday through Friday between 8a.m.-5p.m. Call (925) 229-8434 or 1(800) 510-2020. Additional information can be found on their website <https://ehsd.org/elderly-disabled/information-assistance/>.

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AARP Fraud Watch Network Helpline

If you or a loved one has been targeted by a scam or fraud, you are not alone. AARP fraud specialists provide free support and guidance on what to do next. AARP's Fraud Watch Network™ Helpline is a free resource for both AARP members and nonmembers alike. Get guidance you can trust, free of judgment. **Toll-free service at 1 (877) 908-3360 is available Monday through Friday, 5am-5pm Pacific Time.**

Home Match Contra Costa

Looking for an affordable shared home in the community you love? Home Match is a non-profit home-sharing service. To be eligible you must currently live, work or study in Contra Costa County and earn no more than \$119,950 gross income (single-family household). Call (925) 956-7385 or email HomeMatchContraCosta@frontporch.net For more information.



Urgent Pet Animal Hospital – 10612 San Pablo Avenue – officially opened for business on October 17, 2022. This is the first dedicated urgent care for pets in the Bay Area. Call (510) 838-4669 or visit their website to learn more about services/hours <https://urgentpetcare.com/>.

SENIOR PEER COUNSELING (FREE)

Connect with fellow seniors trained to provide support with challenges such as depression, fear, loneliness, isolation, or loss of a loved one. Services available in English or Spanish. Appointments required. Contact Abraham Aviles-Scott, LMFT at (925) 521-5653 or abran.aviles-scott@cchealth.org to make an appointment. Appointments held at the El Cerrito Community Center, 7007 Moeser Lane.



HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (FREE)

HICAP 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 (FREE)

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. **Drop-ins welcome.** For more information or to register, call (925) 432-3013.

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 available Monday through Thursday by appointment. Cost is \$2 per ride, tickets are sold in multiples of 10. Registration and proof of eligibility required and must be renewed annually. Advance reservation required. For information call (510) 559-70000 or email recreation@ci.el-cerrito.ca.us .

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.

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SENIOR CLASSES & PROGRAMS

CHRIST LUTHERAN SENIOR CENTER

780 Ashbury Ave, El Cerrito

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

Christ Lutheran Senior Center is open to anyone 55 years or older. Activities include language classes, ukulele, exercise classes, presentations, lunch and more. **Weekly presentations held every Monday at 11:30a.m.** For presentation topics and information, call Carol Kehoe, program Coordinator at (510) 915-6120.

ST. JOHN'S SENIOR CENTER

6500 Gladys Ave, El Cerrito

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

St. John's Senior Center program is open to anyone over 55 years old. Activities include crafts, exercise, living skills for older adults, scheduled speakers and lunch.

SAKURA KAI

Senior Classes for Japanese Speaking Adults

5625 Sutter Ave, Richmond (Alvarado Adult School Campus) **1st & 3rd Saturday of each month from 10a.m.-3p.m.**

Sakura Kai Senior Classes offers ceramics, exercise, computer classes, calligraphy, Taiko classes and more. For more information contact Yasuyo Floyd, program Coordinator at (510) 523-2316.

EAST BAY SENIOR STROLLERS WALK & TALK

Email buddyakacic@gmail.com or call (925) 628-9325 to get details on meeting dates and locations.

CITY OF EL CERRITO RECREATION DEPARTMENT SENIOR PROGRAMS & SERVICES

7007 Moeser Lane, El Cerrito

Several classes, programs and services for seniors are available at the El Cerrito Community Center and clubhouses in the city. Programs require registration which 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/onlineereg. Check out our rEC Guide at

www.el-cerrito.org/recreation for a full list of classes. For more information, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

Art classes: Ikebana, Pottery, Watercolor & Acrylic Painting; **Enrichment classes:** Beginner Line Dance, Ballet, Bridge Lessons; **Martial Arts:** Capoeira, Tai Chi, Shinshin Aikido; **Fitness Classes:** Senior Fitness Chair & Floor Exercises, Strength & Balance class, Zumba Gold & Pickle Ball lessons (**NEW!**).

Senior Presentation Series: FREE monthly Senior Presentation Series at the El Cerrito Community Center. For list of upcoming presentation dates and topics or to reserve a space, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

Upcoming Senior Presentations:

Tues, 12/6 from 12:30-1:30p.m.: Don't Get Scammed!

Wed, 1/11 from 1-2p.m.: Strength & Balance Demo



LINE DANCE SPECIAL EVENT!

www.el-cerrito.org/adultlinedance

The Adult & Senior Services Division is excited to announce a very special LINE DANCE on Saturday, January 28, 2023 from 6:30p.m-8:30p.m. \$10 per person. Registration opens Monday, 12/19/22 at 9am. For more information call (510) 559-7000, email recreation@ci.el-cerrito.ca.us.

rEC TREKS: SENIOR DAY TRIPS



Join other seniors as we explore locations throughout the bay area. Pre-registration required and may be done online www.el-cerrito/onlineereg 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.). Call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us for more information and prices.

Upcoming Trips:

1/24/23: Graton Casino

2/7/23: DeYoung Museum

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SENIOR FOOD RESOURCES



Café Costa is a Senior Lunch Program

offers nutritious meals for seniors ages 60+ in two formats: in person dining and frozen take-away meals. Please note that the take-away meal program is only funded through Spring 2023. Frozen take-away meals are picked up at the El Cerrito Community Center on Wednesday. Both programs are by reservation only.

In person dining is a great way to get out and meet new people! Dining at the El Cerrito Community Center is available by reservation only on Tuesdays and Wednesdays. **Holiday Closure, no meals served on 12/27 & 12/28/22.**

Both programs operate by reservation only and all reservations must be made before 12pm one business day prior. Suggested contribution of \$3 per meal.

FREE RIDE available to/from Café Costa for El Cerrito residents by advance reservation.

Call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us to make a reservation or to learn more about the program.



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 wccmow@gmail.com.



Need information on food assistance programs available in Contra Costa County? Call 1 (855) 309-3663 or go online to www.foodbankccs.org/find-food/foodbycity/.



FREE GROCERIES

Low-income seniors 55years or older (one senior per household), can pick up **FREE produce at Alvarado School**, 5625 Sutter Street, Richmond Annex on the **1st and 3rd Mondays of each month (closed on holidays) between 9:30a.m.-11:00a.m.**
*Bring your own bag

St. Peter CME Church Food Ministry is located at 5324 Cypress Ave, El Cerrito. **Distribution hours are 11:00a.m.-12:00p.m. every Monday.**

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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