

SENIOR UPDATE

Issue

48

Oct-Nov-Dec
2023

THE EYES AND EARS OF ALAMEDA COUNTY SENIORS

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Become a Commissioner!
Join the Advisory
Commission on Aging
(ACA) -- a group of
citizens concerned about
the needs of older adults
in Alameda County.

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**October is Mental Health
& Depression Screening
Month.** Review these
symptoms of a pending
mental health crisis. Don't
struggle alone.

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Holiday Burnout is Real! Tips
for caregivers on how to take
care of YOURSELF during the
bustling holiday season.

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Elder Financial Abuse, How to
recognize and avoid popular
financial scams directed at older
adults.

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**Free Medicare Enrollment
Assistance.** Legal Assistance
for Seniors provides no-cost
Medicare counseling to Alameda
County residents so you fully
understand your options.



About Senior Update

The Senior Update is a newsletter which provides information, education and support to Alameda County adults aged 50 and over. The Senior Update is published quarterly by the Alameda

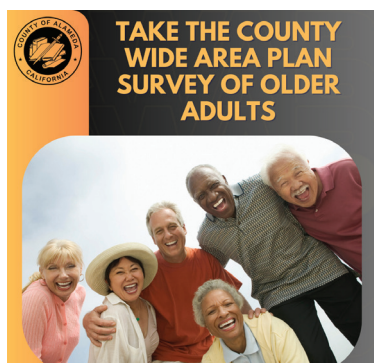
County Advisory Commission on Aging (ACA) in collaboration with the [Area Agency on Aging \(AAA\)](#), and The County of Alameda Social Services Agency, Department of Adult & Aging Services.

Spotlight

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*Seniors
55+, we
need your
voice! See
page 4 for
more info.*



The Advisory Commission on Aging

MEET COMMISSIONER BARBARA PRICE

"I grew up in Alameda County. As a young adult I worked for the City of Oakland Parks & Recreation Department, Community Development, Health and Human Services, and the Mayor's Teenage Task Force to address teen pregnancy. Becoming a senior myself, and seeing what my parents and the parents of my friends have gone through, I welcome the challenge of making life easier for older adults. Aging is an adventure, and Alameda County has a commission or committee to fit everyone's needs, so you do not have to do it alone!"



We Need Your Voice - Join The Advisory Commission on Aging!

The County of Alameda Advisory Commission on Aging (ACA) is a federally mandated advisory council. Our mission is to promote the dignity, independence and quality of life of older persons and the disabled through programs, services, advocacy and information.

Qualifications:

Per the Older Americans Act, membership in ACA shall be composed of: (a) a majority of persons 60 years or older; (b) service providers; (c) members who reflect the geographic, racial, economic, and social complexion of the area they represent; and (d) at least one member who represents the interests of the disabled.

Term (Seats) Four (4) years; maximum of two (2) terms.

**Maximum
Number of Members:** 21

Meeting Dates/Time:
Scheduled for the 2nd
Monday of each month from
9:15-11:45 a.m.

How to Apply:

Log onto <https://www.acgov.org/bnc/#/vacant-seats>, then click "Apply For a Seat on This Board" to complete application. We strongly suggest you follow up with an email to Ms. Stephens-Pierre (see below) to help us track your paperwork.

To learn more information about meetings, agenda items, etc., please contact Jennifer Stephens-Pierre, Director, Area Agency on Aging, 510-577-1966 or email jspierre@acgov.org.

Featured Content

October is Mental Health and Depression Screening Month

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit nimh.nih.gov/findhelp.

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org, or text the Crisis Text Line (text HELLO to 741741).



NIH
National Institute
of Mental Health

nimh.nih.gov/findhelp

Featured Content

Countywide Area Plan Survey - We Need Your Input!

Every four years the Area Agency on Aging (AAA) collects data from County of Alameda residents, which we use to determine current and future needs of older adults and those who support them. We urge you to participate in the 2023 Senior Needs Assessment Survey to help us direct funding, create service programs, and better utilize technology to help Alameda County's older residents thrive while aging in place.



Log onto <https://t.ly/ROkq> to take the survey online using a computer, or scan the QR code above with your phone or tablet.

If you have questions or would like more information about the survey, call 510.268.CWAP or email us at CWAP@acgov.org. Not a technology buff? To receive a paper copy of the survey in the mail, provide your mailing address.

New Resource for County Seniors and Caregivers

**ADRC**
THE COUNTY OF ALAMEDA

Aging & Disability Resource Connection

A portal connecting consumers, healthcare workers, and caregivers with long-term services and supports throughout Alameda County. Our goal? To maximize independence for persons with disabilities and provide support for older adults to safely age in place in their communities. ADRC services are provided in 5 key areas::

- Enhanced information and referral services
- Short-term service coordination
- Options counseling
- Transition services
- Care coordination

For more information log onto
<http://alameda.my-adrc.org/>
or call 510-577-3530

Caregiver's Corner

Taking Care of Yourself During the Holidays



If you are a caregiver, the season might be a crazy emotional mix—equal parts stress, joy, sticky family dynamics, nostalgia, and maybe a sprinkle of anticipatory grief. So how do you get through this busy season as an already overwhelmed caregiver? Here are some tips to help you make it through to the New Year.

Keep It Simple and Manage Expectations

Don't get caught up in the holiday hype. Decide what's really important to you, your loved one and those you treasure. Focus on that. As a caregiver, you've got a lot on your plate. You probably can't bake every holiday dish, find the perfect gift for everyone, or address every card.

And that's ok. You don't need to do it all. Make peace with that. Practice saying "no," so you can focus on what's meaningful.

Let It Roll Off Your Back

Family dynamics around the holidays can be tricky, and so can family dynamics around caregiving. People who have not seen your loved one in a while may be free with unsolicited opinions and advice. When this happens, try to be more like a duck than a sponge—let those comments roll off your back instead of soaking them in. Don't feel like you need to answer every question regarding your loved one's care or address every comment. Preparing some go-to responses ahead of time can help you quickly shut down sentiments that are not genuine or helpful. Some go-to's are: "You have some great ideas. Maybe we can talk about those after the holiday;" or "That's an interesting thought. I'll consider it."

Know Your Loved One's Limits and Be Prepared

Interruptions in regular routines or large gatherings might be agitating for the person you're caring for—especially if they have dementia. Keep family gatherings smaller if you can or plan an abbreviated stay if you must attend a larger event. Planning ahead can cut down on stress, as well. If your loved one has a special diet or has a hard time eating, pack something you know they'll like and can eat. And tossing a change of clothes and some hygiene supplies in the car before you leave never hurts. Also consider asking your host or hostess if there is a quiet spot you and your loved one can retreat to if they become agitated. Doing this ahead of time, or as soon as you arrive, can cut down on the stress of trying to find your host in a difficult moment.

Accept Help

For a family caregiver, there can be no better gift than a sincere offer of help. Take people up on it if they offer; or consider gifting yourself some time off by reaching out to paid services or a friend or family member for help.

Take Care of You

Above all—take some time to care for yourself. Caregiving is hard work. Manage your expectations of both the holidays and yourself. Give yourself grace. And enjoy!

Senior Friendly Events

20th Annual Healthy Living Festival for Older Adults

The 20th Annual Healthy Living Festival for Seniors was held on Thursday, September 28, 2023 at The Oakland Zoo. The Healthy Living Festival is a free event promoting health and wellness while aging for adults 55+ living in Alameda County. In previous years this event drew more than 2,000 participants with this year breaking attendance records with just over 3,000 seniors registering. Shuttle buses, some with wheelchair lifts, provided convenient transportation to and from the lower parking areas to the event at the top of the hill making the festival fully accessible for all.



Supervisor Nate Miley at the helm

More than 100 local and national organizations and service providers were on hand promoting healthy living, free health screenings, fitness and nutritional education, little home displays, supportive services to help seniors age in place in their homes, and lots more. With the goal of getting attendees moving and grooving on this beautiful fall day, there were several audience-participation live demonstrations of Zumba dance aerobics, self-defense for seniors, line dancing and Tai Chi. A free healthy lunch was also served to registrants to keep energy levels high

The Healthy Living Festival is a collaboration between United Seniors of Oakland and Alameda County (USOAC), Alameda County Supervisor Nate Miley's District 4 office and the Oakland Zoo, with sponsorship by Kaiser Permanente, Safeway, Local SEIU 1024. Alameda County Sheriff's Association, Alameda County Supervisors Keith Carson (District 5), Elisa Marquez (District 2) and David Hubert (District 1), along with a bevy of County of Alameda health departments.



Supervisor Nate Miley and his backup dancers (Sheriff Deputies) showed us their moves to get everyone out of their seats.



Area Agency on Aging staff on stage promoting the Countywide Area Plan Survey for Older Adults.

Keep an eye out for pre-registration information so you can register online for the 2024 Healthy Living Festival at <https://www.usoac.org/>.

Smart Money!

Avoid Popular Financial Scams Directed at Seniors

According to AARP, the rate of elder financial abuse across the globe has more than doubled since the start of the COVID pandemic, with that number greatly underestimated since only 1 in 44 victims 60 or older report the crime to authorities. Those over 60 are highly vulnerable, but victims over 80 report even higher financial losses. Some shocking statistics:

- Older people are swindled out of more than **\$3 billion each year**
- **More than 3.5 million older adults** are victims of financial exploitation each year
- Seniors targeted by fraudsters suffer an **average loss of \$34,200**
- **Families steal 2x as much** money from victims as strangers do
- **87.5% of older adults victimized by trusted others do not report the abuse** vs 33% victimized by a stranger
- **Person to person fraud increased 723%** prior to the pandemic
- **\$547 million was stolen through romance scams** in 2021 - more than 5x the amount lost in 2019

According to the [Federal Trade Commission \(FTC\)](#), the types of fraud older Americans are most likely to fall victim to are (1) Online shopping scams; (2) tech support scams; (3) government or grandchild imposter scams; (4) romance scams; (5) sweepstakes scams; (6) other scams. The FTC also keeps records of how scams are executed. The top favorite tools of the scammer are set out below:

- **Scam Phone Calls.** 16,000 cases reported with a **median loss of \$15,000**
- **Online Theft:** 10,000 cases reported with a median loss of \$395
- **Consumer-initiated contact:** 6,000 cases reported, with a median loss of \$300
- **Email Scams:** 4,000 cases reported, with a median loss of \$500
- **Mail Fraud:** 1,000 cases reported, with a median loss of \$1,800

What to Do if You've Been Scammed

If you suspect that you've been scammed, get help immediately!

1. **Contact your financial institution.** They may be able to cancel or reverse improper transactions or at least monitor your accounts for suspicious activity.
2. **Report the incident to a government agency,** or contact the California Attorney General's office. If you're not comfortable doing this on your own, ask for the help of a trusted family member, friend, social worker, or legal advisor.
3. **Retain any correspondence,** texts, phone numbers, emails, mail, or voicemail messages associated with the scam. This information will be helpful to authorities as they attempt to track the perpetrators.

Healthy Living



Spectrum Senior Meals Program

Spectrum's Senior Nutrition Program is a healthy and convenient alternative to cooking, and offers freshly prepared, nutritious meals at 25 Alameda County locations. Our dining sites ease the burden of cooking and provide seniors with the opportunity to enjoy tasty food, meet new people, and participate in a variety of activities.

- A healthy, freshly cooked meal planned by our Registered Dietitian
- An atmosphere that promotes socialization with other seniors in a welcoming environment
- At least 1/3 of your Dietary Reference Intakes (DRI) including fruits vegetables rich in Vitamin A & C
- Daily alternative menu options include a hearty Chef Salad (chicken or vegetarian)

Meet & Eat (group dining at meal sites)



Let us serve you! Restaurant-style on plates, sit and enjoy your meal together. The goal of Spectrum Senior Meals is to reduce hunger and food insecurity, promote and support socialization, and to delay onset of adverse health conditions.

If you cannot dine with us due to health or other reasons, we offer:

Grab & Connect (select sites)

This to-go meal in a reusable container which you bring back, comes with an opportunity to participate in daily online social activities. Click graphic at right to learn more.



Senior Meals/Nutrition

Senior Meal Programs in Your City (call for current hours and pricing)

Albany

Albany Senior Center
846 Masonic Avenue
510.524.9122

Hayward

Hayward Senior Center
22325 N 3rd Street
510.881.6766

Oakland

Downtown Oakland Sr Cntr
200 Grand Avenue
510.237.3284

Alameda

Mastic Senior Center
1155 Santa Clara Avenue
510.747.7510

Hayward

Josephine Lum Lodge
2747 Oliver Drive
510.785.1997

Oakland

St. Mary's Center
925 Brockhurst Street
510.923.9600

Berkeley - North

North Berkeley Senior Center
1901 Hearst Avenue
510.981.5190

Hayward

Glad Tidings
1027 W. Tennyson Road
510.783.9377

Pleasanton

Pleasanton Senior Center
5353 Sunol Blvd
925.500.8241

Berkeley - South

South Berkeley Senior Center
2939 Ellis Street
510.981.5170

Hayward

Salvation Army
430 "A" Street
510.581.6444

San Leandro

San Leandro Senior Center
13909 E. 14th Street
510.825.9793

Dublin

Dublin Senior Center
7600 Amador Valley Blvd
925.500.8241

Livermore

Livermore Community Cntr
4444 East Avenue
925.500.8241

San Lorenzo

Eden Japanese Center
710 Elgin Street
edenjapanesecc@gmail.com

Emeryville

Emeryville Senior Center
4321 Salem Street
510.596.3730

Oakland

Northgate Terrace
559 24th Street
510.785.1997

Union City

Ralph & Mary Ruggieri Cntr
33997 Alvarado Niles Road
510.675.5495

Emeryville

J-Sei
1285 66th Street
510.654.4000 x105

Oakland

North Oakland Senior Cntr
5714 MLK Jr Way
510.597.5085

Fremont

Age Well Center - Bayside
47111 Mission Falls Court
510.742-7540

Oakland

Vietnamese Community Cntr
655 International Blvd
510.891.9999

Most providers have a suggested donation fee of \$3-8. Meal service offered during weekdays only. For more nutrition and food resources, call the Senior Information & Assistance Line at 510.577.3530 to request the 2024 Senior Nutrition & Food Resources Guide.

Healthy Living

Memory Loss - Planning for Your Care

Source: The National Alzheimer's and Dementia Resource Center (NADRC) (<https://nadrc.acl.gov/>)

If you're worried about your memory or have Alzheimer's disease or dementia, planning for the care you may need in the future can help you:

- Make decisions about your own care.
- Tell others what you want and what is important to you; this can give you and them peace of mind.
- Make plans about your money to protect yourself and others.

There is help available to you in planning for your care. This guide can help you learn about types of care and where to get more information.

What care is available?

Many people living with dementia need help with daily activities like making meals, shopping, dressing, and bathing. There are many types of care and services:

1. **Unpaid or paid home care.** People living with dementia often get help from family and friends. There are also people who are paid to help. Both unpaid and paid caregivers can help with things like:
 - Daily activities, personal care, and medical care
 - Keeping you company
 - Bathing, eating, dressing, and other personal care needs
 - Taking medicine
 - Making your home safe, such as putting in bathroom grab bars
 - Housekeeping, shopping, and cooking
 - Getting to places you need to go
2. **Home health care.** Paid professionals—like nurses, dieticians, physical therapists, occupational therapists, and speech therapists—who come to your home to help with health needs.
3. **Adult day programs.** A place to go during the day to do exercise, social activities, arts, entertainment, and counseling.
4. **Assisted living.** A place you live that provides meals, activities, housekeeping, and some help with personal care such as dressing, bathing, and toileting. Some assisted living residences have memory care for people living with dementia.
5. **Memory care.** A place you live that focuses on helping you live with dementia comfortably and safely.

Memory Loss/Dementia

6. **Nursing home.** A place you live that provides 24-hour nursing care, meals, activities, housekeeping, therapies, and help with eating, dressing, bathing, and toileting. Some nursing homes have memory care for people living with dementia.
7. **Hospice and palliative care.** Care that helps make you more comfortable and provides emotional and spiritual support to you and your family, including end of life care. Hospice and palliative care are often provided in your home, but can also be in a nursing home or any other place you live. Services may include nursing care, pain management, counseling, and personal care

How much does care cost?

Different care options can have very different costs. Costs can also be different because of where you live. To learn more about services near you and costs, contact the Eldercare Locator (800-677-1116).

How do I pay for care?

- **Medicaid.** This government program is for people who need help paying for care. Not everyone qualifies for Medicaid. There are limits on how much money and property you can own. The rules are different in each state, but overall, this program
 - Pays for some home care services, nursing home care, and hospice care.
 - May pay for adult day services or assisted living.
 - Allows a husband or wife to keep some money to meet their needs.
- **Medicare.** This insurance program is for people 65 years and older, and for adults with some disabilities. This program
 - Pays for some home care services and hospice care.
 - May pay for nursing home care for a short time after you have been hospitalized.
- **Long-term care insurance.** Private long-term care insurance policies can help pay for some types of care. Many policies will pay for care for only a certain amount of time. You may not be able to buy this kind of insurance after you have a dementia diagnosis.
- **Veterans' benefits.** The VA may pay for nursing home care, adult day services, or home care for veterans or their surviving spouses.
- **Other community programs and services.** There may be other services provided at low or no cost in your area. Contact the Eldercare Locator (800-677-1116) to learn more.
- **Out of pocket.** Some services may not be paid for by other sources. You may unfortunately need to pay with your own money.

Programs/Services



Senior Community Service Employment Program

The United States is undergoing a demographic shift that is changing older Americans' relation to the workplace. The number of older individuals in the U.S. noninstitutionalized population has grown in the last five decades and is projected to continue to grow. The number of workers over the traditional retirement age of 65 is seeing a marked increase.

According to the Bureau of Labor Statistics, employment of workers aged 65 or older has grown by 117% in a span of 20 years, while employment of individuals 75 years or older has likewise increased by 117%. Plus, in the past two decades, there has been a consistent



increase in the percentage of older workers employed in full time, rather than part-time jobs. This is a positive for older workers and employers; employers rate older workers high on characteristics such as judgment, commitment to quality, attendance, and punctuality.

National Employ Older Workers Week, held annually the last full week of September, recognizes the vital role of older workers in the workforce. National Employ Older Workers Week aims to increase awareness of this labor segment and develop innovative strategies to tap it. It also showcases the Senior Community Service Employment Program (SCSEP).

SCSEP is a community service and work-based job training program for older Americans. Authorized by the Older Americans Act, the program provides training for low-income, unemployed seniors. Participants also have access to employment assistance through American Job Centers (called One Stop Career Centers in California).

SCSEP participants gain work experience in a variety of community service activities at non-profit and public facilities, including schools, hospitals, day-care centers, and senior centers. The program provides over 40 million community service hours to public and non-profit agencies, allowing them to enhance and provide needed services. Participants work an average of 20 hours a week and are paid the highest of federal, state or local minimum wage. This training serves as a bridge to unsubsidized employment opportunities for participants which provides on-the-job skills training to individuals 55 or older with limited financial resources. Since its inception in 1965, SCSEP has helped over one million older Americans enter the workforce.



For information on becoming a host agency for SCSEP older adult job training, or to find out if you qualify for enrollment in the program, reach out to SER-Jobs for

Progress, Inc. Alameda County by calling 510.265.8267, or by emailing the Program Coordinator peggy@sercalifornia.org.



Programs/Services

Legal Assistance for Seniors: Providing HICAP Free Medicare Assistance

The Mission of Legal Assistance for Seniors is to ensure the independence and dignity of seniors by protecting their legal rights through education, counseling, and advocacy. We offer services in the following areas: Public Benefits, Housing, Immigration, Elder Abuse, Guardianship of minor children, and Health Care.

LAS is the parent agency for Alameda County's HICAP, a volunteer-based program helping people on Medicare and pre-retirees to navigate the health insurance maze. HICAP provides free, unbiased Medicare counseling to anyone in Alameda County. Medicare is a complex Health Insurance Program, so HICAP Counselors help Medicare beneficiaries of any age make informed choices and we provide advocacy when their health care benefits and rights are threatened or denied. Individual appointments and group presentations are available throughout the county.

How to Reach Us

Call for an appointment today at:

1-510-832-3040 (LAS)

1-510-839-0393 (HICAP)

Reach us by mail at:

333 Hegenberger Rd,
Suite 850

Oakland, CA 94621

Or on the web at:

<http://www.lashicap.org>

Medicare's Annual Open Enrollment Period runs from Oct 15th - Dec 7th and allows people to make changes in their Medicare plans for the following year. If you have experienced changes in your health or financial situation this open enrollment period is your opportunity to ensure your health care needs are being met. There is no cost to meet with our volunteer HICAP Counselors who provide individual appointments so that they can answer questions specific to each person's situation. By mid-October, we know what changes will affect coverage in 2024 and can provide accurate and detailed information for Alameda County Medicare beneficiaries.

Our Program also works closely with California's Senior Medicare Patrol. Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse. SMPs work with the Office of the Inspector General to catch scammers and return money to the Medicare system. None of this would be possible without the beneficiaries and their families who take the first step by reporting fraud or suspicious activity.

Reporting is essential, but prevention is the best way to protect yourself from fraud. Scammers try to catch people in a vulnerable moment when they may not think to ask logical questions. Avoid answering your phone if you do not recognize the number. If it is important the caller will leave you a message and you can call them back. If you do speak with someone who is asking you to wire money, pay in gift cards, or get cash from the bank and hand it to a courier who will come to your house, these are all RED FLAGS. Hang up! If you have any information you can report about the scammer you can use this USA.gov resource to find the right agency to report the fraud. [What type of scam do you need to report? | USAGov](#)

Helpful Resources

Advance Planning Guides for People Living with Dementia

Advance planning empowers people to make their own decisions about important topics like finances, health care, and living arrangements before the need arises. Despite this, most people living with dementia have not created advance directives.

The NADRC created a series of consumer guides to help people living with dementia and their family members or other care partners know what to plan for and how to get started. The guides cover 4 topics: 1) health care planning; 2) financial planning; 3) care planning; and 4) supporting someone living with dementia in making decisions.

More information is available on the NADRC website at <https://nadrc.acl.gov/>



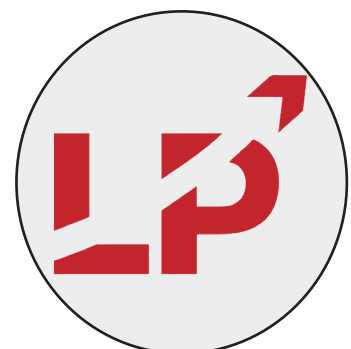
Medicare Part D “Extra Help” Program

The Extra Help program helps people with limited income and resources lower or cut Part D costs. Medicare Part D provides drug coverage. The Extra Help program helps with the cost of your prescription drugs, like deductibles and copays. You can apply for Extra Help any time before or after you enroll in Part D. For more information on qualifying and enrolling, log onto <https://www.medicare.gov/basics/costs/help/drug-costs>



The Longevity Project

The good folks at the Longevity Project with the Stanford Center on Longevity foster research and encourage public conversation to build awareness around the realities of living longer. They collaborate across the business, government and social sector to actively prepare for changes in healthcare, retirement planning and caregiving,. Their clearly stated goal is, “...to cultivate a new awareness of the longevity challenge and support change so that people around the world can live healthy, secure and fulfilled lives.” Browse their website at <https://www.longevity-project.com/>



Helpful Resources

Friendship Line California

For over forty-five years, Friendship Line has been a vital lifeline for people aged 60 years and older and adults living with disabilities to connect with a caring, compassionate voice ready to listen and provide emotional support. As the nation's only accredited hotline of its kind, the need for this service has increased with the arrival of COVID-19 and the host of emotional well-being issues related to social isolation. Now, thanks to a new partnership with The California Department of Aging, we can support all older Californians who may benefit from a friendly conversation.

Friendship Line California is a free crisis intervention hotline and a warmline for non-emergency emotional support calls. Call 1-888-670-1360.



Therapy Services for Older Adults

Crisis Support Services of Alameda County (CSS) provides In-Home Therapy services to elderly and frail home-bound older adults 65 and older. The program expanded to provide on-site therapy services to older adults at our North Oakland office. Services include group, individual, couples, and family therapy. Call toll free 1-800-273-8255 for more information.



Free Money for home Repairs

- Do you rent a home (or own a rental property) in either Ashland, Cherryland, Castro Valley, Fairview, Hayward Acres, Hillcrest Knolls, or Sunol?
- Does your home need repairs?

If you answered YES to both questions, you may qualify for financial assistance. [Fill out this form](#) to reach out to the [Alameda County Healthy Homes Department](#). Federal funds that remain unused could expire as soon as 2024, so don't delay - inquire today!



Upcoming Meetings

Advisory Commission on Aging

- Monday October 9, 2023 - 9:15AM
- Monday, November 13, 2023 - 9:15AM
- Monday, December 11, 2023 - 9:15AM

Roundtable Meetings

- Friday, September 24, 2023 - 10:00AM
- November 2023 (Date TBD) - 10:00AM
- Friday, January 26, 2024 - 10:00AM

Email aaa@acgov.org for a Zoom link to meetings.

ANNOUNCEMENTS

Happy Birthday AAA!



Did you know that the Area Agencies on Aging (AAA) turned 50 this year? AAA was formed in 1973 when the Older Americans' Act (originally passed in 1965) was reauthorized. With a population of almost half a million people over age 55 (and growing), Alameda County has many senior service providers. AAA oversees and assists with funding to the majority of them. And they are advised by a commission of concerned citizens called the Advisory Commission on Aging.

Please consider becoming a part of this important group!

We need Commissioners who have some knowledge of and experience with senior services in Alameda County. Your input is valuable and important. Scan the QR code with your phone or tablet, or log onto <https://t.ly/30z8E> to find out more. You may also reach AAA by phone at 510-577-1966.



AAA Holiday Gift Baskets

The Holiday Baskets program is a collaborative effort between the Area Agency on Aging (AAA) and the Advisory Commission on Aging (ACA). Every year, we come together to prepare and deliver 50 holiday gift baskets, making the holidays special for some of the isolated older adults and adults with disabilities in Alameda County. The baskets are filled with fixings to prepare a complete holiday meal, household items and small gifts, which make the Holidays a little brighter for the recipients who are often have limited income and resources. We call upon our community partners and Service Providers to: (a) provide thoughtful referrals of clients aged 60 and older and /or persons with disabilities; and (b) non-perishables such as small gifts, toiletries, foods, or household items to fill the baskets.

Let us know who you believe could benefit from receiving a holiday basket by connecting with Jennifer Stephens-Pierre, AAA Director, or Janine Carlson, AAA Social Worker at aaa@acgov.org or by calling 510.577.3530.