

Free. Please take one.

Born Age

A Directory for Older Adults

Information to help improve your quality of life and plan for the future!

16th Anniversary Edition



Alameda
County
2021

Cardiac, Vascular & Stroke Care



Not pictured: Prabhjot Singh Khalsa, MD, medical co-director of the Stroke Program

A Team With Heart

Washington Hospital offers a full range of cardiac and vascular services to meet patients' varied needs. It has earned the designation of both a cardiac receiving center and a stroke receiving center. Hospitals with these designations must have demonstrated that they have the facilities, technology and physicians needed to provide immediate diagnostic tests and the interventions necessary to save lives. The multidisciplinary team at Washington Hospital meets the needs of the community with their Patient First Ethic.





Move-in today and get **1 Month Free!***

COGIR SENIOR LIVING, A PLACE TO CALL HOME

Offering Independent Living, Assisted Living, and Respite Care, Cogir of Fremont, has everything you need to find your new home. Stop by and see our selection of studios, one and two-bedroom apartment homes, with either private balconies or patios.

Call us to get more details and schedule a tour today!

*Care charges are not included. Certain conditions apply. Contact community for details.



COGIR
of F**RE**MONT
Senior Living

2860 Country Drive
Fremont, CA 94536
License # 019200848

(510) 790-1645

- Independent Living
- Assisted Living
- Respite Care



CogirSeniorLiving.com

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A NOTE TO OUR READERS:

Efforts were made to ensure that the entries were current at the time of printing. Please be aware that changes may occur. Response to information contained in this directory, including any corrections or updated information should be directed to:

Born to Age
707-652-9966
ginger@borntoage.com

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The Bay Area's Premier Directory for Older Adults

Born to Age

Alameda - Contra Costa - Napa - Solano - Sonoma/Marin Counties

Become an advertiser in the Born to Age directories! We publish directories in Alameda, Contra Costa, Marin/Sonoma, Napa, and Solano Counties. For more information visit BornToAge.com or call 707-652-9966.

As Born to Age celebrates its 16th anniversary in Alameda County, we want to say “Thank You” to the advertisers who have made those 16 years possible!



Row 1:
 Benjamin Bloom, Homewatch Caregivers of Oakland
 Chonita Chew, United Seniors of Oakland and Alameda County
 Deanna Bennett, Hospice East Bay
 Leah Bloom, Homewatch Caregivers of Oakland

Row 2:
 Lois Snell, Gold Star Senior Shared Housing
 Mary Bradd, United Seniors of Oakland and Alameda County
 Paris Davis, Center for Elders' Independence
 Shobna Krishna, Center for Elders' Independence

Row 3:
 Julie Fiedler, Horizon Elder Law
 Susan Richey, Finance of America
 Tanya Washington, United Seniors of Oakland and Alameda County
 Michael Mejia, Best Care Provider

Row 4:
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 Deborah Garcia, aFiduciary, LLC
 Haller's Pharmacy
 HICAP

Row 5:
 JFCS East Bay
 Legal Assistance for Seniors
 Practical Home Care
 Washington Hospital Healthcare System

Row 6:
 Cogir of Fremont
 Kaiser Permanente / Greg Orais
 Senior Alternatives Home Care & Care Management
 Home Match / Covia



Deborah Garcia, aFiduciary, LLC



For help with ANY health or human service need in Alameda County, call 211.



The phone is staffed 24 hours a day, 7 days a week to help you find whatever service you need for yourself or a loved one. Eden I & R is a critical resource for at-risk individuals such as youth, non-English speakers, the economically disadvantaged, people living with HIV/AIDS, domestic violence survivors, the elderly, disabled, the homeless, and more.

Learn more at www.211alamedacounty.org

Staying Strong -- Together



Ginger Kelly, Editor/Publisher

As I write this message to you, COVID-19 is spreading unchecked, but a glimmer of hope is on the horizon - the first vaccines are starting to be administered around the world.

We all have faced some very difficult, trying times, but one thing is undeniable: the strength and resilience of our community! In

addition to our local government agencies meeting unprecedented challenges, I have witnessed countless incidences of neighbors helping older adults. I have seen people help with needs ranging from food scarcity, medication deliveries, transportation, and pet care. And that's just within a two-block radius of my own home. People helping people is a beautiful thing to witness – and it gives us all hope.

Supporting and protecting the older members of our community is vital at any time. But it is critically important during this health and economic crisis. Seniors are more vulnerable to COVID-19, and we need to stay alert for signs that they are unwell. Loneliness affects many of our older citi-

zens, and the pandemic has only served to worsen the problem.

You can make a difference in someone's life in so many ways – both big and small. Here are a few ideas.

When you're going to the supermarket, ask if they need any food items or other supplies.

- Bring over a home-cooked meal.
- Offer to take out their garbage or bring in their mail.
- Give a ride to a medical appointment or help with errands.
- Share books, articles, and magazines. (Reading aloud might be welcome.)
- Encourage them to stay connected via video calls. (If they are reluctant, show them how easy it is.)

- Offer to clean or do other household chores.
- Bring over some flowers or an indoor plant.
- Watch a movie or TV show with them.

And let's not forget the hardworking caregivers of our seniors. If you know someone who could use a break, offer to step in for a few hours so that they can have some time off. Just be sure that with all these ideas, you practice social distancing, wear a mask, and frequently wash your hands.

As Americans, we have seen hard times before, and our older neighbors can teach us a few things about how to get through them. Let's learn from their resiliency, and let's keep helping each other. We will get through this together.

Save The Date

18th Annual



Healthy Living Festival

Virtual or In Person Gathering at the Oakland Zoo (To Be Determined)

"Promoting Health and Wellness for Sixty+ Adults"

Thursday, September 30, 2021

10:00 a.m. to 1:00 p.m. / Virtual

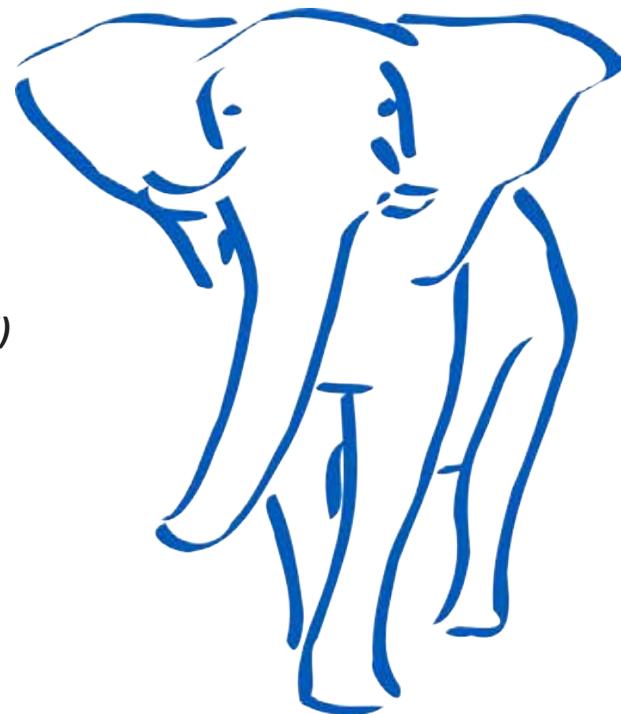
8:30 a.m. to 2:30 p.m. / In Person

Fun, Friends, Resources, Physical Activity, Zoo Tour, Great Music and More.

35 Years of Senior Organizing

Continuing the Work Through the Pandemic and Beyond!

Join us as we take collective action to improve the quality of life for seniors throughout Alameda County. Together, we can make positive change!



ORGANIZED BY



Contact United Seniors for more information at (510) 729-0852 • mary@usoac.org • www.usoac.org

Planning Index

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At the time of publishing, due to COVID-19, most onsite activities have been halted. Some are offering online, virtual activities - please call the activity/group you're interested in for further information and details.

Activities

Age Well Center at South Fremont

47003 Mission Falls Court
Fremont, CA 94539
The City of Fremont is excited to build a new center to support the growing number of older adults in our community. The new complex, which broke ground on June 7, 2019, will be completed in 2021 and will be located at the new Mission Falls development in South Fremont.

Alameda County Libraries

www.aclibrary.org/home
510.745.1500
Each branch library hosts a program for older adults. Visit website for a comprehensive list of locations and programs. The libraries will also deliver books, videos and other materials to homebound seniors who live within the library service area. Talking Books (books on tape and cassette) are available from the State Library for the visually impaired. Contact them directly: 800.952.5666

Berkeley Lawn Bowling Club

2270 Acton St, Berkeley, CA
510.841.2174
Every Wednesday and Saturday at 10 a.m.

Berkeley Walks

uhs.berkeley.edu/facstaff/wellness/active-work/berkeley-walks
510.642.2000
Join the Walking Group at the Campanile (West Side) every Monday, Wednesday or Friday (Year-Round) at 12:10 p.m. Must complete the online waiver prior to attending the first organized walk.

East Bay Korean Senior Citizens, Inc.

1723 Telegraph Ave.
Oakland, CA
510.763.0736

Eden Area Village

edenareavillage.org
info@edenareavillage.org
A member-driven organization for seniors in Castro Valley, Hayward and San Lorenzo. Meetings are 1st Friday of each month at 2:00 p.m. at the Hayward City Hall. Coffee meetup on the 3rd Saturday of each month at the Hayward Historical Society, 22380 Foothill Blvd.

Filipino Senior Citizens Center

200 Grand Ave.
Oakland, CA
510.832.5206

Fremont Garden Club

510.604.8206
February through October. 3rd Wednesday of each month. 6:15 p.m. Various locations.

Handability: Crafting Classes and Instruction

4171 Piedmont Ave, Suite 102
Oakland, CA 94611
510.863.1054

J-Sei

1285 66th Street
Emeryville, CA 94608
www.j-sei.org
510.650.4000
J-Sei provides bilingual case management services, classes for seniors, home delivered and congregate lunches, transportation services, and a visitor/caller program for isolated seniors.

Lake Merritt Dance Center

200 Grand Ave
Oakland, CA 94610
2nd Sunday of the month, 7-9 p.m.

Lavender Seniors of the East Bay - LGBTQ

4123 Broadway, Suite #818
Oakland, CA 94611
lavenderseniors.org
510.736.5428
info@lavenderseniors.org
Our programs foster a sense of belonging for all LGBTQ older adults. Free lunch 3rd Friday of each month: 5714 Martin Luther King Jr Way, Oakland, 12:00 - 2:00 pm

Senior Resources at St. Paul's Episcopal Church

114 Montecito Blvd.
Oakland, CA 94610
www.stpaulsoakland.org
510.834.4314
admin@stpaulsoakland.org

Soiree Seniors

510.581.9008
Activities for people over age 60. Potlucks, dancing, birthdays, TGIF's. Contact Dianne.

Sons in Retirement

www.sirinc.org
Monthly luncheons with interesting speakers and good fellowship. Members also participate in activities such as golf, fishing, bowling, card games and computers. Check website for branch near you!

Stagebridge

2501 Harrison St, Oakland, CA
510.444.4755
Performing Arts Institute

Temple Israel of Alameda

3183 McCartney Blvd.
Alameda, CA
Last Monday of each month
10:00 - 2:00

Trinity Seniors Program

1323 Central Ave, Alameda, CA
510.522.5220
Trinity Lutheran Church Thursday, 11 a.m. - 2 p.m. Hot lunch served at noon. \$5 donation for lunch.

continued on page 8...

Activities

United Seniors of Oakland and Alameda County

7200 Bancroft Ave., Suite 270
Oakland, CA 94605

www.usoac.org

510.729.0852

The USOAC is a grassroots, multi-ethnic, intergenerational nonprofit organization focused on issues of concern to Alameda County seniors and their allies.

(See ad on page 6)

Vietnamese American Community Center of the East Bay

655 International Blvd.

Oakland, CA 94606

vacceb.net

510.891.9999

info@vacceb.org

Activities - Senior Centers

Albany Senior Center

846 Masonic Avenue

Albany, CA 94706

510.524.9122

Ashland Senior Satellite Group

1530 167th Ave.

San Leandro, CA 94578

510.881.6755

Bancroft Senior Center

14235 Bancroft Ave.

San Leandro, CA 94577

510.351.3299 or 510.357.4300

Bethel Presbyterian Church

Berkeley/Richmond Jewish Community Center

1414 Walnut Street

Berkeley, CA 94709

510.848.0237

Clark W. Redeker

7401 Enterprise Dr.

Newark, CA 94560

510.578.4840

Downtown Oakland Senior Center

200 Grand Ave.

Oakland, CA 94610

510.238.3284

Oakland Veterans Memorial Building

Dublin Senior Center

7600 Amador Valley Blvd

Dublin, CA 94568

925.829.6316

East Bay Korean American

Senior Services Center

1723 Telegraph Ave.

Oakland, CA 94612

510.763.0736 (Korean)

510.763.1879 (English)

East Oakland Senior Center

9255 Edes Ave.

Oakland, CA 94603

510.615.5731

Emeryville Senior Center

4321 Salem St.

Emeryville, CA 94608

510.596.3730

Fremont Senior Center

40086 Paseo Padre Pkwy

Fremont, CA 94538

fremont.gov/351/Senior-Center

510.790.6600

Thursdays, 1:30 - 3:30. \$5

Fruitvale-San Antonio

Senior Center

3301 E. 12th St., Suite 201

Oakland, CA 94601

510.535.6123

Golden Ages Senior Activities Center/Lounge

7200 Bancroft

Oakland, CA 94605

510.382.1474

Eastmont Mall (upper level)

Hayward Senior Center

22325 North 3rd St.

Hayward, CA 94546

510.881.6766

Hong Lok Senior Center

275 7th St.

Oakland, CA 94607

510.763.9017

J-Sei Senior Center and Nutrition Program

(Bilingual, Japanese)

1285 66th St.

Emeryville, CA 94608

510.654.4000

Kenneth C. Aitken Senior Center

17800 Redwood Road

Castro Valley, CA 94546

510.881.6738

Korean Community Center

of the East Bay

4390 Telegraph Ave., Suite A

Oakland, CA 94609

510.547.2662

Livermore Senior Services

4444 East Ave.

Livermore, CA 94550

925.373.5760

LIVERMORE

Manzanita Senior Center

2701 22nd Ave.

Oakland, CA 94606

510.535.5625

Mastick Senior Center

1155 Santa Clara Ave.

Alameda, CA 94501

510.747.7500

Matt Jimenez Community Center Senior Satellite Group

28200 Ruus Rd.

Hayward, CA 94544

510.887.0400

Open Tues & Thurs, 9 a.m. - 1

p.m.

Newark Senior Center

7401 Enterprise Dr.

Newark, CA 94560

510.578.4840

Senior.center@newark.org

North Berkeley Senior Center

1901 Hearst Ave

Berkeley, CA 94709

510.981.5190

The North Berkeley Senior Center located at 1901 Hearst Avenue will be CLOSED to the public from January 2, 2019 to Summer of 2020. During the renovation period, North Berkeley Senior Center programs and activities will continue at: West Berkeley Service Center, 1900 Sixth Street Berkeley, CA 94710 (510) 981-5190

North Oakland Senior Center

5714 Martin Luther King Jr. Way

Oakland, CA 94609

510.597.5085

Pleasanton Senior Center

5353 Sunol Blvd.

Pleasanton, CA 94566

pleasantonseniorcenter.org

925.931.5365

Ralph and Mary Ruggieri Senior Center

33997 Alvarado-Niles Rd.

Union City, CA 94587

510.675.5495

San Leandro Senior Community Center

13909 East 14th St.

San Leandro, CA 94578

510.577.3462

San Lorenzo Community Center

1970 Via Buena Vista

San Lorenzo, Thursdays, 9:30

a.m. to noon.

South Berkeley Senior Center

2939 Ellis St.

Berkeley, CA 94703

510.981.5170

St. John's Prime Timers

2727 College Ave.

Berkeley, CA 94705

510.845.6830

St. John's Presbyterian Church

continued on page 9...

Activities - Senior Centers

St. Mary's Center
925 Brockhurst St.
Oakland, CA 94608
510.923.9600
Drop in

Weekes Community Center
27182 Patrick Dr.
Hayward
Wednesdays, 9:30 a.m. to
noon.

West Berkeley Senior Center
1900 Sixth St.
Berkeley, CA 94710
510.981.5180

West Oakland Multipurpose Senior Center
1724 Adeline Street
Oakland, CA 94607
510.238.7016

Advance Health Care Directive

California Medical Association
www.cmadoocs.org
800.786.4262
Download forms off website.

East Bay Conversation Project
www.eastbayacp.org
510.654.5383
eastbayconversationproject@accma.org

Mastick Senior Center
1155 Santa Clara Ave.
Alameda, CA 94501
510.747.7500
Kits are available for \$2 each.

Pleasanton Senior Center
5353 Sunol Blvd
Pleasanton, CA 94566
pleasantonseniorcenter.org
925.931.5369
Kits are available for \$2 each.

Advocacy / Community Organizing

United Seniors of Oakland and Alameda County
7200 Bancroft Ave. #270
Oakland, CA 94605
usoac.org
510.729.0852
Mary@USOAC.org
Contact Mary Bradd for information about USOAC. 35 Years of Senior Organizing.
(See ad on page 6)

Affordable Housing

Alameda Social Services - Department of Adult and Aging Services
www.alamedasocialservices.org
800.510.2020
Visit website for a complete PDF Download of SENIOR HOUSING GUIDE for all listings.

City of Alameda Housing Authority
701 Atlantic Avenue
Alameda, CA 94501
www.alamedahsg.org
510.747.4300

City of Pleasanton
200 Old Bernal Avenue
Pleasanton, CA 94566
cityofpleasantonca.gov/resident/housing/seniors/default.asp
925.931.5011
There are currently approximately 600 apartments in Pleasanton reserved for rental by low and very low income seniors. Each complex handles its own leasing and has specific eligibility requirements. Interested parties should contact each office directly for leasing information. Visit website for comprehensive information.

County of Alameda Housing Authority
22941 Atherton Street
Hayward, CA 94541-6633
www.haca.net
510.538.8876

Eden Housing
www.edenhousing.org
925.449.7340

Gold Star Senior Shared Housing/United Seniors of Oakland
7200 Bancroft Ave. #270
Oakland, CA 94605
GoldStarSharedHousing.com
800.383.7813
GoldStarSharedHousing@gmail.com
Contact Lois Snell for more information.
(See ad on page 9)

Kottinger Gardens
240 Kottinger Drive
Pleasanton, CA 94566
www.midpen-housing.org
925.574.1701
Affordable 1 & 2 bedroom apartments for Seniors.

Attorneys, Elder Law & Estate Planning

Horizon Elder Law and Estate Planning
2333 San Ramon Valley Blvd, Ste 145
San Ramon, CA 94583
www.horizonlawca.com
925.244.1185
(See ad on page 10)

Books for the Homebound

The Alameda Free Library
alamedafree.org/About/Services/Homebound-Delivery-Services
510.747.7742
The Alameda Free Library offers free delivery of materials to residents unable to visit the Library.

ROOM FOR RENT

Gold Star Senior Shared Housing

A housing alternative for seniors 60+ who are interested in shared housing either as a host or a renter.

Benefits: Affordable Housing • Companionship
Increased Security • Reduces Isolation • Mutual Assistance
Financial Stability • Additional Income • Inspired Socialization

In collaboration with the USOAC, we strive to help enhance the quality of life for all seniors by offering a pathway to affordable housing for renters and assistance in easing the financial burden & isolation of seniors who own their home and live alone.



Gold Star Senior Shared Housing is a non-profit organization. Donate online to help us continue offering this vital service. All donations are tax deductible.



Contact us: 800.383.7813
www.goldstarsharedhousing.com
goldstarsharedhousing@gmail.com

CalBRE: #00697655 • NMLS: #01728745



This program funded by a grant from:



Care Management/ Planning

Alameda Senior Connection

1155 Santa Clara Avenue
Alameda, CA 94501
mastickcenter.com
(510)-747-7506

Senior Connections is a collaboration between Mastick Senior Center and Alameda Family Services to provide case management assistance for Alameda seniors needing help with health insurance, housing, in-home support services, food resources and MORE! Appointments with a Case Manager are available on Tuesdays & Thursdays 9:00 a.m. - 3:00 p.m. For an appointment, please call (510) 747-7506.

Alzheimer's Services Of The East Bay

1105 Walpert St.
Hayward, CA 94541
aseb.org
(510)-644-8292

Alzheimer's Services Of The East Bay

2320 Channing Way
Berkeley, CA 94704
aseb.org
(510)-644-8292

Alzheimer's Services Of The East Bay

43326 Mission Blvd.
Fremont, CA 94539
aseb.org
510.644.8292

Bay Area Community Services (BACS) Older Adult Services

390 40th Street
Oakland, CA 94609
www.bayareacs.org
510.613.0330

Center for Elders' Independence

7200 Bancroft, Suite 188
Oakland, CA 94605
1850 Fairway Dr
San Leandro, CA 94577
1497 Alcatraz Ave.
Berkeley, CA 94702
1955 San Pablo Ave.
Oakland, CA 94612
cei.elders.org
510.433.1150
(See ad on back cover)

City Of Berkeley

2939 Ellis St.
Berkeley, CA 94703
(510)-981-5173
Health And Human Services

City of Fremont

3300 Capitol Ave.
Fremont, CA 94538
fremont.gov/218/For-Seniors
(510)-574-2041

City Of Fremont - MSSP

510.574.2041
Case Management And Multipurpose Senior Services Program (MSSP) Case Management Is Available For People Over Age 65 With Medi-Cal No Share Of Cost Who Live In Fremont, Union City Or Hayward.

City of Oakland - MSSP

150 Frank H. Ogawa Plaz, Ste 4340
Oakland, CA 94612
oaklandhumanservices.org
510.238.3762
Senior Wellness Connection and multipurpose Senior Services Program (MSSP). Case management available for Oakland residents, age 55+ with Medi-Cal no share of cost.

Emeryville Senior Center

4321 Salem St.
Emeryville, CA 94608
510.596.3730

J-Sei Administrative and Case Management Services

Bilingual: Japanese
1285 66th Street
Emeryville, CA 94608
j-sei.org/seniorservices/#casemanagement
510-654-4000 ext. 11
miyuki@j-sei.org
Contact Miyuki Iwata, LCSW,
Bilingual Case Manager

Jewish Family & Community Services East Bay

2484 Shattuck Ave., Suite 210
Berkeley, CA 94704
jfcs-eastbay.org
510.684.6009

LIFE ElderCare

39055 Hastings St. #208
Fremont, CA 94538
www.lifeeldercare.org
510.894.0370
info@LifeElderCare.org

Senior Alternatives Home Care & Care Management

230 Grand Ave #100
Oakland, CA 94610
www.bayareaseniorcare.com
510.482.3379

Congregate Meal Sites

At the time of publishing, due to COVID-19, most on-site congregate meals have been halted. Some are offering "meals to go" - Please call sites for further information and details.

Albany Senior Center - Dinner Program

846 Masonic Ave.
Albany, CA 94706
510.524.9122
Dinner served at 4 p.m. Donation for over age 60: \$4.00 under age 60: \$5.00. Reservations recommended.

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ELDER LAW AND ESTATE PLANNING

- Asset Preservation
- Long Term Care Planning
- VA & Medi-Cal Planning
- Wills & Trusts
- Powers of Attorney
- Health Care Directives
- Conservatorships & Probates
- Health Care Advocacy
- Special Needs Trust

Phone: (925) 244-1185
www.HorizonLawCA.com



Julie M. Fiedler, Certified Elder Law Attorney and Registered Nurse, has over 38 years of experience in healthcare and senior services. Julie is a Certified Elder Law Attorney (CELA), certified by the National Elder Law Foundation with a Master's Degree in Elder Law (LL.M Elder Law) from Stetson University. Julie is a past President of the Northern California Chapter of the National Academy of Elder Law Attorneys and served 2 consecutive terms on the board of the national

organization. Julie is accredited by the Department of Veteran Affairs to help veterans in qualifying for the Aid and Attendance pension. Additionally, Julie is currently serving on the Board of Directors for the Rotary Club of San Ramon. Julie has dedicated her life to serving families, elderly and the disabled community.

2333 San Ramon Valley Blvd. Ste. 145, San Ramon, CA 94583

Congregate Meal Sites

Ashland Community Center

1530 167th Ave.
San Leandro
510.881.6755
Tuesdays, noon

Downtown Oakland Senior Center

200 Grand Ave.
Oakland
510.238.3284
Monday-Friday, noon

East Oakland Senior Center

9255 Edes Ave.
Oakland
510.615.5731
Monday-Friday, noon

Eden Japanese Center

710 Elgin St.
San Lorenzo
510.276.9786
2nd and 4th Thursday, noon
Only Japanese spoken

Friday Night Fellowship Dinner

703 C St.
Union City, CA 94587
510.675.5241
Our Lady of
The Rosary Catholic Church
Dinner is at 6 p.m. , Free

Fruitvale

2221 Fruitvale Ave.
Oakland
510.535.6123
2nd and 4th Thursday., noon

Glad Tidings Church

1027 West Tennyson Road
Hayward
510.783.9377
Wednesday only, noon

Hayward Area Senior Center

22325 N. Third St.
Hayward
510.881.6766
Monday-Friday, noon

Josephine Lum Lodge

2747 Oliver Dr.
Hayward
510.785.1997
Friday, 10-11 a.m.

Kenneth Aitken Senior Center

17800 Redwood Rd.
Castro Valley
510.881.6738
Monday-Wednesday, noon

Mastick Senior Center

1155 Santa Clara Ave.
Alameda
510.747.7500
Lunch at noon, M-F.

Newark Senior Center

7401 Enterprise Dr.
Newark
510.578.4845
Monday -Friday, 11:45 a.m.

North Oakland Senior Center

5714 MLK Jr. Way
Oakland
510.597.5085
Monday-Friday, noon

Palo Vista Gardens

6401 Fenham St.
Oakland
510.430.2698
Monday-Friday, noon

Ralph & Mary Ruggieri

Senior Center
33997 Alvarado Niles Rd.
Union City
510.675.5497
Monday-Friday, 11:45 a.m.

Salvation Army

430 A St.
Hayward
510.538.1669
Monday-Friday, Brown Bag
12:20 - 2:00. Sundays, Hot
Meal 4:00 - 5:30

San Antonio Senior Center

3301 E. 12th St., Suite 201
Oakland
510.535.6123
Monday - Friday, noon

San Leandro Senior Center

13909 E. 14th St.
San Leandro
510.825.9793
Monday-Friday, noon

St. Mary's

925 Brockhurst St.
St. Mary's
510.923.9600
Mon. Tues. Wed. Fri., noon

Tropics Mobile Home Park

33000 Almaden Blvd.
Union City
510.471.8550
Tues, Thurs, noon

United Methodist Church

19806 Wisteria St.
Castro Valley
510.581.5073
Tues. Thurs, noon

West Oakland Senior

Center
1724 Adeline St.
Oakland
510.238.2380
Monday - Friday noon
All lunches ask for a \$3.50 do-
nation for those over age 60.

Cultural Senior Services

Afghan Elderly Association

3300 Capitol Ave
Fremont, CA 94538
afghanelderlyassociation.org
510.574.2059

Family Bridges

168 – 11th Street
Oakland, CA
510.839.2022
Do you have a question about
what programs are available for
you in the community, how to
pursue citizenship, or do you need
help with reading a letter or bill?
Social Services can help. We work
in three main areas: general infor-
mation and referral, citizenship
services, and notary public service.

Fremont Clinic

39420 Liberty St., Suite 140
Fremont, CA 94538
510.791.4000

Fremont Senior Center

400086 Paseo Padre Parkway
Fremont, CA 94537
Many cultural groups meet here,
including:

**Fremont Senior Center -
Chinese Club Mah Jongg**
Thursdays, 9 a.m. - 3 p.m.

**Fremont Senior Center -
East Indian Seniors**
2nd and 4th Tuesdays, 3 p.m.

**Fremont Senior Center -
FISA, Indo-American Se-
niors**
2nd and 4th Tuesdays, 10 a.m.
- 1 p.m.

**Fremont Senior Center -
Los Amigos**
1st Tuesday, 1-3 p.m.

**Fremont Senior Center -
Muslim Seniors**
4th Monday, 11 a.m. - 2 p.m

**Fremont Senior Center
- NARFE, National Asso-
ciation of Retired Federal
Employees**

510.790.6600
4th Friday, 11 a.m. - 2:30 p.m.

Holocaust Survivor Ser- vices

Jewish Family and Community
Services East Bay
2484 Shattuck Ave., Suite 210
Berkeley, CA 94704
jfcs-eastbay.org
510.704.7475

J-Sei

1285 66th St.
Emeryville, CA 94608
510.654.4000

continued on page 12...

Cultural Senior Services

Senior Support Program of the Tri-Valley

510.574.2041

For seniors over age 60 living in Fremont, Newark and Union City. Services available in Spanish, Farsi and Mandarin.

The Hume Center - Fremont - South Asian Community Health Promotion Services

39465 Paseo Padre Pkwy, Ste 2100 Fremont, CA 94538

510.745.9151

For persons from Afghanistan, Bangladesh, Bhutan, Indian Iran, Nepal, Pakistan, Sri Lanka

The Hume Center - Hayward - South Asian Community Health Promotion Services

24100 Amador Street, 3rd Floor Hayward, CA 94544

510.745.9151

For persons from Afghanistan, Bangladesh, Bhutan, Indian Iran, Nepal, Pakistan, Sri Lanka

The Hume Center - Pleasanton - South Asian Community Health Promotion Services

5776 Stoneridge Mall Rd., Ste 340 Pleasanton, CA 94588

925.223.8047

For persons from Afghanistan, Bangladesh, Bhutan, Indian Iran, Nepal, Pakistan, Sri Lanka

Vietnamese American Community Center of the East Bay

655 International Blvd., Oakland, CA 94606

510.891.9999

Driving Courses and Driving Concerns

AARP Smart Driver Course / AARP Driver Safety

aarp.org/auto/driver-safety

(888) 687-2277

The nation's largest classroom and on-line driver safety course designed especially for drivers 50 and older. Check website to find a location near you!

Energy Bills Assistance

Alameda Municipal Power

510.748.3900

Spectrum - Low income Home Energy Assistance Program

P.O. Box 4317

Hayward, CA 94540

spectrumcs.org

510.881.0300

HEAP is a federally-funded program to help low-income households pay their energy bills.

Fall Prevention

A Matter of Balance

510.727.8485

Presented by Sutter Health/Eden Medical Center and Alameda County Emergency Medical Services, Senior Injury Prevention Program. Call for more information or to enroll.

Alameda Fire Department

www.acgov.org/fire/

510.337.2133

The Alameda Fire Department provides these free services:

Educational courses in "Fire and Fall Prevention." Home Inspections to Identify Fire and Fall Hazards. Installation and Testing of Smoke Detectors. Assisting with Battery Replacements. Installation of Safety Night Lights. ADA Grab Bars and Handrails. Nightlights, flashlights and grab sticks. To sign up for a free home inspection, contact Maria Young at the Alameda Fire Dept.

LIFE ElderCare

39055 Hastings St. #208

Fremont, CA 94538

https://lifeeldercare.org

510.894.0370

info@LifeElderCare.org

Senior Injury Prevention Project

510.577.3535

Spectrum Community Services, Inc. Fall Prevention Program

2621 Barrington Court, Hayward

510.209.0238 or 510.881.0300

FallPrevention@SpectrumCS.org

The primary goal of the Fall Prevention Program (FPP) is to reduce and/or prevent the number of falls among at-risk low-income seniors. Participants must be 60 years or older, be at-risk for a fall, fallen in past or have poor balance, be approved by personal doctor to participate in group exercise class, and have transportation to get to a group exercise site. Visit site to download application or call for more information.

Fiduciary Services

aFiduciary, LLC

P.O. Box 293

Fremont, CA 94537-0293

www.afiduciary.com

510.792.7000

Deborah@afiduciary.com

Deborah Garcia, CLPF

Financial Assistance

Coast2Coast RX Card

www.coast2coastrx.com

800.931.8872

cs@coast2coastrx.com

The Coast2Coast Rx Card is a free prescription discount card provided by township, city and county governments – and by local United Way organizations

Food Assistance

Alameda Backyard Growers

510.239.PICK

alamedabackyardgrowers@gmail.com

Spare fruit growing in your yard? Volunteers will pick it, and donate to the Alameda Food Bank!

Alameda County Food Bank

7900 Edgewater Dr.

Oakland, CA 94621

https://www.accfb.org

510.635.FOOD (3663)

Alameda Food Bank

1900 Thau Way

Alameda, CA 94501

www.alamedafoodbank.org

510.523.5850

The Alameda Food Bank is a non-profit organization that helps Alameda residents in need by providing nourishing food in a compassionate and respectful manner with the support of dedicated volunteers and local partners.

Mercy Brown Bag Program

510.534.8540 Ext. 369

The Mercy Brown Bag Program, sponsored by the Mercy Retirement and Care Center, distributes a grocery bag of nutritional food to low-income seniors twice a month. Eligible candidates are 60+. Gross monthly income is \$1,507 for a single, and \$2,036 for couples. Applicants must bring ID and proof of income at time of registration.

South Berkeley Senior Center

2939 Ellis Street (at Ashby)

Berkeley, CA 94703

510.981.5200

COVID FAQ: I Got the Vaccine. Is Life Normal Again? A Few Common Questions Answered.

People have a lot of questions about COVID-19 vaccines -- not just how to get them, their efficacy, and their safety -- but real-world questions, too, about what habits and pandemic practices will change in their daily life once they get vaccinated.

Many people remain confused about the answers to these and other real-world, practical questions. Doctors say there's a good reason for that confusion -- this is all very new, and the answers aren't always easy to come by.

"Nobody's done controlled clinical trials around these specific, real-life scenarios, so this is a confusing point for people," explains Greg Poland, MD, a vaccinologist and director of the Mayo Clinic's Vaccine Research Group. "We do not have precise data on this, so health experts are doing their best to answer these questions because people so desperately want answers. But in some ways, we have to acknowledge that we are speculating based on what we know about the vaccine and the biology and immunology of the virus."

The Real-World Effects of the COVID-19 Vaccine

Doctors say the good news is that 95% of people are protected from getting the virus and 100% are protected from severe disease 2 weeks after getting the second dose of the vaccine (either the Pfizer or Moderna version). But Poland points out that means 5% of people could still get sick from the virus because, for some reason, their body didn't mount a protective response to the vaccine.

While the risk is low, people can still also get COVID if they're vaccinated.

"We expect their symptoms would be milder but they could still transmit the virus. The new strain adds some unknowns into the

mix, too, and we're not yet entirely sure if people who are vaccinated can also still transmit the virus to others. So even once you're vaccinated, things can still remain complicated," explains Poland.

Lucy McBride, MD, a primary care doctor in Washington, DC, says all of that is scientifically true, but she thinks those risks are quite small and focusing on them, in her mind, puts too negative a spin on the vaccine and its promise for patients.

"We can and should allow ourselves the pleasure of looking forward to the days when we and our loved ones are vaccinated, because our risks of being together will be so very low and the benefit to our mental health high," she says. "The currently available vaccines are incredibly safe and effective, and being vaccinated is our ticket to a better future."

So what does actually change for you once you get the vaccine and wait the 2 weeks it takes for its full effect? Public health officials say they know people are looking for clarity on real-world situations. Here are some common questions to several doctors: McBride; Poland, who is also editor-in-chief of the journal *Vaccine*; David Cohn, MD, chief medical officer at the Ohio State University Comprehensive Cancer Center in Columbus; and Anita Gupta, DO, a critical care doctor at Johns Hopkins University. Here are their responses, based on what is known about vaccines and the virus at this moment.

Does life return to normal once I'm vaccinated?

Not exactly.

"I know everyone wants to get the vaccine and go right back to normal, but it's unfortunately just not that simple," Poland says. "Vaccines plus masks allow us to start expanding our bubble among

other people who have gotten vaccines and wear masks. As enough of that happens and time goes by, we will have more and more data and precise estimates of when we are clear to return to normal, but we just don't know those things yet. It also gets even more complicated as new variants arise that may lead to a reduction in vaccine efficacy."

"Immunity is our path forward to be back towards normal," agrees Cohn. "Only when the vast majority of the population is vaccinated or immune to COVID will this occur."

"Vaccines are one part of the prevention strategy," Gupta adds. "Wearing masks, hand-washing, and social distancing are part of the comprehensive solution to this global pandemic impacting millions of lives."

McBride says she's stressing to her patients that vaccination speeds up the path to normal. "The current vaccines are highly effective. Widespread vaccination is our golden ticket to a better future."

Can I stop wearing a mask once I'm vaccinated?

No.

"Two weeks after your second Pfizer or Moderna vaccine dose, for example, you are essentially immune to COVID-19" McBride says. "But we haven't yet proven that vaccinated people can't carry and transmit the virus to other people. And until we have that information and have achieved herd immunity, whereby the virus can't infect most of the population, we need to adhere to the standard risk mitigation protocols: masking, hand-washing, distancing, and avoiding poorly ventilated, crowded indoor spaces."

New strains of the virus also add unknowns.

Once one person gets the vaccine and waits 2 weeks, can they hug family members who live outside their household who aren't yet vaccinated?

The answer to this question is unclear.

"We just don't know enough information on how transmissible individuals are and under what circumstances," Gupta says. "It's best always to keep your loved ones safe, and especially older adults who have higher risk."

"Since it's still not yet clear whether the vaccine prevents asymptomatic transmission, if you get the vaccine, you might be protected from any symptoms, but that doesn't mean you couldn't be infected without showing symptoms and transmit COVID to somebody who would then get sick from it," Poland explains. He does not recommend hugging when only one person involved has gotten the vaccine.

"Despite vaccination, the risk remains that COVID infection can occur and be transmitted even between two individuals who are vaccinated," Cohn echoes. "While the risk is lower without vaccination, an individual patient must weigh their tolerance for risk, given their increased chance of becoming infected with COVID."

McBride agrees. "The risk of getting sick with COVID when vaccinated people hang out together, even indoors, even unmasked, is almost zero. Nothing in life is risk-free, but it is extremely unlikely that vaccinated people can carry the virus and sicken one another. Could that change with variants over time? Absolutely," she says.

Partial article reprinted from Jennifer Clopton's article published on WebMD.com on February 3, 2021 and can be found on WebMD.com: <https://www.webmd.com/vaccines/covid-19-vaccine/news/20210203/covid-faq-i-got-the-vaccine-is-life-normal-again>

Grandparent Support

Family Support Services of the Bay Area

401 Grand Ave., Ste 200 & 500
Oakland, CA 94610
510.834.2443

Provides respite care and support groups for grandparents caring for drug-exposed or medically fragile grandchildren.

Health Care

Center for Elders' Independence

7200 Bancroft, Suite 188
Oakland, CA 94605
1850 Fairway Dr
San Leandro, CA 94577

1497 Alcatraz Ave.
Berkeley, CA 94702

1955 San Pablo Ave.
Oakland, CA 94612

cei.elders.org
510.433.1150

(See ad on back cover)

Lifelong Medical Care

2344 Sixth St.
Berkeley, CA 94710
www.lifelongmedical.org
510.981.4100

On Lok Lifeways

3683 Peralta Blvd.
Fremont, CA 94536
510.249.2700
info@onlok.org

The Medi-Cal Center

8477 Enterprise Way
Oakland, CA 94612
510.777.2300 or 800.698.1118

Washington On Wheels Mobile Health Clinic (WOW)

whhs.com/Services/Specialized-Programs/WOW-Mobile-Health-Clinic.aspx
510.818.7803

WOW is a mobile medical unit providing quality health care services primarily to uninsured and

underserved district residents. WOW brings Washington Hospital's commitment to patient-first care to clients throughout Southern Alameda County, including Fremont, Newark and Union City.

Washington On Wheels Mobile Health Clinic (WOW) - Our Lady of Rosary Church

703 C Street
Union City, CA
510.818-7803

Call for schedule. Every other Wednesday, 3 - 6 p.m.

Washington On Wheels Mobile Health Clinic (WOW) - Ralph and Mary Ruggieri Senior Center

33997 Alvarado-Niles Road
Union City, CA
510.818-7803

Call for schedule - Every other Friday from 10:30 - 1:30 p.m.

Washington On Wheels Mobile Health Clinic (WOW) - Salvation Army

36700 Newark Blvd.
Newark, CA
510.818-7803

Call for schedule. Every other Wednesday, 8:30 - 11:30 a.m.

Washington On Wheels Mobile Health Clinic (WOW) - Union City Family Center

725 Whipple Rd.
Union City, CA
510.818-7803

Call for schedule. Every other Wednesday, 1:30 PM - 5:00 PM

Washington On Wheels Mobile Health Clinic (WOW) - Viola Blythe Community Services Center

37365 Ash St
Newark, CA
510.818-7803

Call for schedule. Every other Wednesday, 1:00 PM - 4:00 PM

Health Insurance Counseling

Kaiser Permanente - Greg Orais

501 Lennon Lane
Walnut Creek, CA 94598
mykpagent.org/grego
925.464.0537

greg.f.orais@kp.org

For more information, you can meet with me or attend one of my Kaiser Permanente Medicare Health Plans seminars. Please call or email.

(See ad on page 15)

Legal Assistance for Seniors/HICAP

333 Hegenberger Rd. Suite 850
Oakland, CA 94621

lashicap.org/programs/hicap/
510.839.3040 or 510.839.0393

HICAP helps Medicare beneficiaries of any age make informed choices and provides advocacy when their health care benefits and rights are threatened or denied. Individual appointments are available at more than 30 locations in Alameda County. Call the main office in Oakland for information or to schedule an appointment with a counselor near you.

(See ad on page 17)

Home Sharing

Gold Star Senior Shared Housing/United Seniors of Oakland

7200 Bancroft Ave., Suite #270
Oakland, CA 94605

GoldStarSharedHousing.com
800.383.7813

goldstarsharedhousing@gmail.com
(See ad on page 9)

Home Match - A COVIA Community Service

covia.org/services/home-match
510-574-2173

A shared housing program that improves lives and communities by bringing people together to share homes. Serving Fremont, Newark and Union City.

(See ad on page 16)

Hospital

Washington Hospital Healthcare System

2000 Mowry Ave.
Fremont, CA 94538
whhs.com

510.797.1111

(See ad on inside front cover)

Housing Assistance

Center for Independent Living

3075 Adeline St., Suite 100
Berkeley, CA 94704
thecil.org
510.841.4776

Housing Repairs

Alameda County Healthy Homes Department

2000 Embarcadero, Suite 300
Oakland, CA 94606
510.567.8280

Berkeley Home Repair Program

1013 Pardee St.
Berkeley, CA 94710
510.981.9819

Community Energy Services Corporation

Center for Independent Living - Access Project

3075 Adeline St., Suite 100
Berkeley, CA 94703
510.841.4776

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Housing Repairs

City of Newark Home Repair Loans Minor Home Repair Program

510.670.5398

Home must be owned and household income for one person, must be below \$65,750 a year, and \$71,700 for two people. This program will pay 100% of the cost of minor, emergency home repairs.

Habitat for Humanity Home Repair Program - Renew Alameda County

2619 Broadway
Oakland, CA 94612
510.803.3388 or 510.251.6304

Rebuilding Together

3318 Adeline St.
Berkeley, CA 94703
510.644.8979

Rebuilding Together, Oakland

520 3rd St. #109
Oakland, CA 94607
510.625.0316

Housing Repairs at no cost to eligible homeowners. Includes: Painting, Roofing, General Contracting, Pest Control, Handyman Services, all done by volunteers.

SPECTRUM - Low Income Weatherization Program

www.spectrumcs.org/
510.881.0300 Ext. 272
Assistance with: heaters, water heaters, weatherization services, low flow showerheads, light-bulbs, refrigerator and range replacements, microwaves.

Housing Repair Loans

Alameda County Community Development Agency

510.670.5399

Free grab bars, ramps and removal of architectural barriers.

City of Alameda Rehab Loans

510.747.4341

For roof replacement, furnace, plumbing, electrical, etc., for eligible homeowners.

City of Berkeley Housing Dept. - Senior/Disabled Rehabilitation Loan Program

2180 Milvia St., 2nd Floor
Berkeley, CA 94704
510.981.5433 or 510.981.5400

Independent Living

Cogir of Fremont Senior Living

2860 Country Dr.
Fremont, CA 94536
CogirSeniorLiving.com
510.790.1645

Wonderfully located in the Southeast Bay Area, Fremont Retirement Community offers Independent and Assisted Living options - both with impeccable attention to care and comfort for all residents.

(See ad on page 3)

Collaborative Housing Network (C.A.N.) / Phoenix Commons

340 29th Ave, Oakland, CA
510.217.8527
eldersvillage@aecliving.com

Information and Assistance

Alameda County Area

Agency on Aging
6955 Foothill Blvd, 1st floor, Ste 143
Oakland, CA 94605
510.577.1900

Alameda Mastick Senior Center

1155 Santa Clara Ave
Alameda, CA 94501
510.747.7513 or 510.747.7500
Senior Resources Program

Albany Senior Center

846 Masonic Ave.
Albany, CA 94706
510.524.9122

City of Berkeley, Health and Human Services

1947 Center St,
Berkeley, CA 94704
cityofberkeley.info/publichealth
510.981.5173 or 510.981.5300
Free referrals to local agencies

City of Fremont Caregiver Support Services Senior Helpline

510.574.2041

City of Oakland, Health and Human Services

oaklandca.gov/departments/department-of-human-services
510.238.3284

Community Ambassador Program for Seniors (CAPS)

3300 Capitol Ave.
Fremont, CA 94537-5006
capseniors.org
510.574.2041 or 510.574.2055
Senior Helpline for people 60+ in Newark, Fremont and Union City

Community Resources for Independent Living

Fremont: 510.794.5735
Hayward: 510.881.5743
Livermore: 925.371.1531

Deaf Counseling, Advocacy and Referral Agency

14895 E. 14th St., Suite 200
San Leandro, CA 94578
510.343.6670

Family Caregiver Alliance

101 Montgomery St., Ste 2150
San Francisco, CA 94104
www.caregiver.org
800.445.8106 or 415.434.3388

continued on page 16...

Is your Medicare Coverage still right for you?

For more information, you can meet with me or attend one of my Kaiser Permanente Medicare Health Plans seminars. Please call:



Greg Orais

Kaiser Permanente
Medicare specialist
925-464-0537 (TTY 711)
mykpagent.org/grego

Learn more at kp.org/medicare

You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. For accommodations of persons with special needs at meetings call TTY 711. Kaiser Foundation Health Plan, Inc. 393 E. Walnut St. Pasadena, CA 91188-8514

♻️ Please recycle. 446781680 CA February 2020

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Information and Assistance

LIFE ElderCare

39055 Hastings St., # 208
Fremont, CA 94538
lifeeldercare.org
510.894.0370
info@LifeElderCare.org

Livermore Senior Services

4444 East Ave.
Livermore, CA 94550
925.373.5760

Resource Center on Aging

535 University Hall,
University of California
Berkeley, CA 94720
510.643.6427
desiowens@berkeley.edu

San Leandro Senior Community Center

13909 East 14th St.
San Leandro, CA
510.577.3462

Senior Services Coalition of Alameda County

P.O. Box 6686
Oakland, CA 94603
510.679.3056

Senior Support Program of the Tri Valley

5353 Sunol Blvd.
Pleasanton, CA 94566
www.ssptv.org
925.931.5379
info@ssptv.org

Union City

510.675.5495 or 510.471.3232
Information and Referral

Women's Cancer Resource Center

5741 Telegraph Ave.
Oakland, CA 94609
510.420.7900

Legal Assistance

California Advocates for Nursing Home Reform

650 Harrison St.
San Francisco, 94107 CA
1.800.474.1116

California Senior Legislature

1020 N Street, Rm 513
Sacramento, 95814 CA
www.4csl.org
916.552.8056

Estate Planning Consultation

925.931.5365
3rd Friday, 9:20 -11:00 a.m.
Appointment necessary.

Family Caregiver Alliance

180 Montgomery St., Ste 1100
San Francisco, CA 94104
800.445.8106

Fremont Senior Center

40086 Paseo Padre Pkwy
Fremont, CA 94538
510.790.6600
Attorney: call for dates/times.
Estate Planning: 3rd Thursday of the month 9:40-10:40 a.m.

HOTLINE for Seniors

1.800.222.1753

Lawyers in the Library

acgov.org/law/refservices/lilprogram.html
510.208.3907
The Lawyers in the Library Program is a countywide service coordinated by the Alameda County Law Library and staffed by volunteer attorneys. Due to cancellations/changes, please visit website for current information.

continued on page 17...

Building community, one home at a time.

Welcome to Home Match, Fremont, a shared housing program that improves lives and communities by bringing people together to share homes. Serving Fremont, Newark and Union City.



Home Match
A COVIA COMMUNITY SERVICE

Call 510-574-2173 to learn more

covia.org/services/home-match



Legal Assistance

Legal Assistance for Seniors

333 Hegenberger Rd. Ste 850
Oakland, CA 94621
www.lashicap.org
510.832.3040, 800.393.0363
We offer free legal assistance in the following areas: Public Benefits (Social Security, SSI, CAPI), Immigration, Elder Abuse, Guardianship of Minors, Health Care and Housing.
(See ad on page 17)

Livermore Senior Services

925.373.5760
Free consult with lawyer by telephone only.

Mastick Senior Center

1155 Santa Clara Ave.
Alameda, CA 94501
510.747.7506
3rd Monday of month, 1-3 p.m.
Call for appt.

Oakland Senior Center

200 Grand Ave.
Oakland, CA
510.238.3284
Free legal advice. 1st Monday of the month, 1:00-3:00 p.m. Call for 30-minute appt.

Pleasanton Senior Center

5353 Sunol Blvd
Pleasanton, 94566 CA
pleasantonseniorcenter.org
925.931.5365
2nd Monday of month, 10-11:30 a.m.

Mediation Services

S.E.E.D. Community Resolution Center

2530 San Pablo Ave.
Berkeley, 94702 CA
510.548.2377

Mental Health Treatment 55+

Alameda Health System - Outpatient Behavioral Health Services Senior Program

15400 Foothill Blvd., Bldg C. 2nd floor
San Leandro, 94578 CA
alamedahealthsystem.org
510.895.4369
Department of Psychiatry and Behavioral Health Fairmont Hospital Campus

Crisis Support Services of Alameda County

www.crisissupport.org
800.260.0094
Older Adult Counseling Programs, On-Site Senior Counseling in North Oakland, and In-Home Senior Counseling Adults 60+

GART Program

510.891.5650
Geriatric Treatment & Response Team

Notary Services

Pleasanton Senior Center

5353 Sunol Blvd
Pleasanton, 94566 CA
pleasantonseniorcenter.org
925.931.5365
Volunteer Notary available. 3rd Wednesday, 10:30 - 11:30 a.m.

Peer to Peer Network / Senior Living

Ashby Village

1821 Catalina Ave
Berkeley, CA 94707
www.ashbyvillage.org
510.204.9200
info@ashbyvillage.org
Ashby Village is an innovative, non-profit organization that connects members with each other and with the resources we need to remain active and independent while aging in our homes and communities.

Eden Area Villages

PO Box 474
Hayward, CA 94543
edenareavillage.org
510.969.2732
info@edenareavillages.com
Neighbors helping Neighbors in Hayward, Castro Valley, San Lorenzo and adjacent unincorporated areas

North Oakland Village

2501 Harrison St
Oakland, CA 94612
northoaklandvillage.org
510.547.8500

Pharmacies

Haller's Pharmacy and Medical Supply

37323 Fremont Blvd.
Fremont, CA 94536
www.Hallerrx.net
510.797.2772
(See ad on page 24 & 30)

Reverse Mortgage

Finance of America

Mortgage - Susan Richey
588 San Ramon Valley Blvd, Ste 100
Danville, CA 94526
www.foamortgage.com/danville
707.688.9537
srichey@financeofamerica.com

Reverse Mortgage Counseling

Pleasanton Senior Center
5353 Sunol Blvd
Pleasanton, CA 94566
pleasantonseniorcenter.org
925.931.5365
Counseling available 3rd Friday

Smoke Alarms

Free Smoke Alarm Program
510.494.4246
Fremont

Need Help with Medicare?

800-434-0222

HICAP, the Health Insurance Counseling and Advocacy Program provides free and unbiased assistance:



LOCAL HELP FOR PEOPLE WITH MEDICARE

- Medicare Coverage and Enrollment Rights
- Supplemental Plan Options
- Part D – Prescriptions Drug Plans
- Low Income Assistance with Health Care Costs
- Claims and Appeals



In Alameda County, HICAP is a program of Legal Assistance for Seniors. We are open for remote services and phone counseling. Call for an appointment with a HICAP Counselor: 510-839-0393/www.lashicap.org

13 Documents You Need For Effective Planning

Several years ago, my dad was suddenly, and very unexpectedly, admitted to the hospital and given a grave prognosis. On the second day of his admission, I found myself the recipient of a handwritten, barely legible piece of paper that was to serve as his Will and Advance Directive. It also listed all of his passwords. I was bewildered.

Today, I am very grateful to be able to say that my dad is doing better than I ever could have imagined on that horrible day. And we have since dealt with the details of what I will need if he becomes incompetent or too ill to take care of his personal matters on his own.

We all need to be prepared for those horrible days - and the following documents will help you do just that. Once you've compiled and completed the documents, be sure to tell your family or designated others where

they're stored.

There are many options available for compiling and completing this information. Some people choose to hire professionals while others do it themselves or with the help of online companies. However you choose to proceed, start collecting these documents as soon as possible, and update them every few years to reflect changes in assets and preferences.

1. An Original Will

A will allows you to dictate who inherits your assets. Dying without a will means losing control of how your assets are distributed. Instead, state law will determine what happens. Wills are subject to probate – legal proceedings that take inventory, make appraisals of property settle outstanding debt and distribute remaining assets. One way to avoid probate is with a Revocable Living Trust.

2. A Revocable Living Trust

This is a transfer of ownership of various assets to a trust. You can serve as a trustee on behalf of the beneficiaries you designate. Or, you can appoint a trust executor in the event of your death.

3. Durable Financial Power of Attorney Form

This form designates who will make financial decisions on your behalf in the event that you are incapacitated.

4. Documentation of Assets

This includes housing and land ownership, cemetery plots, vehicles, stock certificates, savings bonds, any partnership or corporate operating agreements and a list of brokerage and escrow mortgage accounts.

5. Tax Returns (previous three years)

6. Banking Information

List of all bank accounts and online log-in information. List any safe deposit boxes, and register

your spouse or child's name with the bank and ask them to sign the registration so they can have access without securing a court order.

7. Durable Health Care Power of Attorney Form (Advance Directive)

This allows your designee to make health care decisions on your behalf if you are incapacitated.

8. Authorization to Release Protected Health Information Form

This allows you to designate people who can be given information about your health from your doctor or hospital.

9. A Physician's Order for Life-Sustaining Treatment (POLST) Form

This bright pink form is for terminally ill or people who are very old and frail and not expected to live more than a year. The POLST designates a preference for on the spot medical treatment in the emergency room, or by the EMTs.

10. Life Insurance Policies

Family members need to know the name of the carrier, the policy number, and the agent associated with the policy.

11. Benefits Accounts

This includes pensions, annuities, individual retirement accounts and (401)ks for your spouse or children. If your heirs don't know about these accounts, they won't be able to claim them.

12. Your marriage license, or your divorce judgment/ decree.

13. Your Birth Certificate and Social Security card.



Quality of Living Index

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- Volunteer Opportunities33



Adult Day and Alzheimer's Service Centers

Alzheimer's Services of the East Bay

2320 Channing Way
Berkeley, CA 94704
www.aseb.org
510.644.8292
1105 Walpert St.
Hayward, CA 94541
www.aseb.org
510.888.1411
43326 Mission Blvd.
Fremont, CA 94539
www.aseb.org
510.656.1329

Bay Area Community Services Adult Day Program

5714 Martin Luther King
Oakland, CA 94609
bayareaacs.org
510.601.1074

Daybreak Adult Care Centers

510 17th St., Suite 200
Oakland, CA 94612
daybreakcenters.org
510.834.8314
510 17th Street, Suite 200
Oakland, CA 94612
daybreakcenters.org
510.834.8314
Provides Free Referrals To Community Options.

Family Bridges - Hong Fook Adult Day Health Centers

275 14th St.
Oakland, CA 94612
familybridges.org
510.839.9673
1388 Harrison St.
Oakland, CA 94612
familybridges.org
510.302.0460

Alzheimer's Information and Referral

Alzheimer's Association

3675 Mt Diablo Blvd #250
Lafayette, CA 94549
https://alz.org/norcal
925.284.7942

Alzheimer's Services of the East Bay

2320 Channing Way
Berkeley, CA 94704
www.aseb.org
510.644.8292
1105 Walpert St.
Hayward, CA 94541
www.aseb.org
510.888.1411
43326 Mission Blvd.
Fremont, CA 94539
www.aseb.org
510.656.1329

Family Caregiver Alliance

101 Montgomery Street, Ste 2150
San Francisco, CA 94104
https://www.caregiver.org
800.445.8106

Alzheimer's Testing

Stanford / VA Alzheimer's Center

3801 Miranda Ave.
Palo Alto, CA 94304
650.858.3915
Provides information and referral service and comprehensive assessment of people with memory problems. Includes neuropsychiatric and psychological evaluations as well as care planning for families and caregivers. Some testing done in Spanish.

Assisted Living / Alzheimer's / Dementia / Memory Care

Cogir of Fremont Senior Living

2860 Country Dr.
Fremont, CA 94536
CogirSeniorLiving.com
510.790.1645
Wonderfully located in the Southeast Bay Area, Fremont Retirement Community offers Independent and Assisted Living options - both with impeccable attention to care and comfort for all residents.
(See ad on page 3)

Caregiver Education

City of Fremont

3300 Capitol Ave.
Fremont, CA 94538
510.574.2041
Caregiver Support Program

Family Caregiver Alliance

101 Montgomery St, Ste 2150
San Francisco, CA 94104
www.caregiver.org
800.445.8106

Senior Support Program of the Tri-Valley

5353 Sunol Blvd.
Pleasanton, CA 94566
https://www.ssptv.org
925.931.5379

Caregivers / Companions For Hire

Best Care Provider

26230 Industrial Blvd.
Hayward, CA 94545
www.bestcareregistry.com
510.782.9141
bestcareprovider@sbcglobal.net
(See ad on page 22)

continued on page 20...

Caregivers / Companions For Hire

City of Berkeley Senior Companion Caregiver Program
510.981.5173

Homewatch Caregivers of Oakland
3820 Broadway
Oakland, CA 94611
www.hwcg.com/oakland
510.835.9362
oakland@hwcg.com

Practical Home Care
555 East 14th Street, Unit B
San Leandro, CA 94577
www.phcagency.com
510.688.2685
practicalhomecare@yahoo.com
(See ad on page 22)

Public Authority Information
510.577.3552
Provides a registry of IHHS caregivers for consumers

Senior Alternatives Home Care & Care Management
230 Grand Ave #100
Oakland, CA 94610
www.bayareaseniorcare.com
510.482.3379

Conservator

Alameda Public Guardian
6955 Foothill Blvd, Ste 300
Oakland, CA 94605
866.658.5820

Counseling Services

City Of Fremont, Peer Counseling Program
510.574.2041

City of Fremont, Senior Mental Mobile Health Program
510.574.2041
Senior Mental Mobile Health Program provides mental health services to homebound seniors in Fremont, Newark And Union City. Includes assessment, therapy, medication management, crisis intervention and Links to community services.

Crisis Support Services for Alameda County - Aging and Life Transitions
Oakland
www.crisissupport.org
800.260.0094
Groups are limited to 8 participants, pre-registration required. Sliding Scale Fee. No one is tuned away for lack of ability to pay.

Crisis Support Services for Alameda County - Grief & Older Adult Counseling Programs
Oakland
www.crisissupport.org
800.260.0094
Group, Individual, Couple and Family Counseling.

Family Services Counseling and Community Resource Center
2208 San Leandro Blvd.
San Leandro, CA 94577
fsc.org
510.483.6715

Pacific Center For Human Growth
2712 Telegraph Ave.
Berkeley, CA 94705
www.pacificcenter.org
510.548.8283
Individual, couples, family, and group therapy for LGBTQ people.

Senior Support Program of The Tri-Valley
5353 Sunol Blvd.
Pleasanton, CA 94566
ssptv.org/in-home-counseling.html
925.931.5395
Please contact Gregory Burns at 925-931-5395 to learn more.

Crisis Support Services

Crisis Support Services of Alameda County
800.260.0094
Older Adult Counseling Programs, On-Site Senior Counseling in North Oakland, Adults 55+, and In-Home Senior Counseling Adults 60+ North and Central Alameda County. Sliding Scale Fee. No one is tuned away for lack of ability to pay.

National Suicide Prevention Lifeline
suicidepreventionlifeline.org
1.800.273.8255
The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

DMV Driving Test

Rosemary Robles Senior Driver Ombudsman
7677 Oakport St., Suite 220
Oakland, 94621
510.563.8998

Become an advertiser in the Born to Age directories! We publish directories in Alameda, Contra Costa, Marin/Sonoma, Napa, and Solano Counties. For more information visit BornToAge.com or call 707-652-9966.

Elder Abuse / Neglect Advocacy

Alameda County Long-Term Care Ombudsman Program
6955 Foothill Blvd, 3rd Floor, Ste 300
Oakland, CA 94605
www.alamedasocialservices.org
510.638.6878
Ombudsman advocates for residents in long-term care facilities. After Hours Crisis Line - 1-800-231-4024

Alameda County Social Services
510.577.1900 or 866.225.5277

Family Caregiver Support

Family Caregiver Alliance
101 Montgomery St., Ste 2150
San Francisco, CA 94104
www.caregiver.org
510.577.1900 or 866.225.5277

Family Caregiver Support
3300 Capitol Ave.
Fremont, CA 94537
510.574.2035

Senior Support Program of the Tri-Valley
5353 Sunol Blvd.
Pleasanton, CA 94566
https://www.ssptv.org
925-931-5389
Jslater@ssptv.org
Please contact Jeanie Slater at 925-931-5389 to learn more. Family Caregiver Support also hosts a monthly support meeting from 1:00 p.m. – 3:00 p.m. on the 2nd Monday of every month at the Pleasanton Senior Center 5353 Sunol Blvd., Pleasanton, CA. This group meets for discussion and to share stories, experiences and resources.

Financial Assistance

Senior Services Center - Emergency Assistance Financial

925.373.5760

For residents of Livermore only. Through a grant, one-time emergency funds are available - Call for application.

Friendly Visitors

Alameda Friendly Visitors

1155 Santa Clara Ave.

Alameda, CA 94501

510.748.0342

AFV volunteers are matched with homebound neighbors to provide friendship, conversation over a cup of coffee or tea, exchange stories, share common interests/hobbies, have a few laughs, offer telephone reassurance, connect Alamedans with needed community resources, while bringing joy and satisfaction to both parties.

Lavender Seniors Of The East Bay

4123 Broadway Ave, Ste #818

Oakland, CA 94611

<http://lavenderseniors.org>

Voice Mail: 510.736.5428

Helping LGBTQ older adults age with health, happiness, and pride!

LIFE ElderCare

39055 Hastings Street, #208

Fremont, CA 94538

<https://lifeeldercare.org>

510.894.0370

info@LifeElderCare.org

Our Friendly Visitors program matches frail, isolated older adults with volunteers that provide companionship through weekly visits, phone calls and outings.

Senior Support Program of the Tri-Valley

5353 Sunol Blvd.

Pleasanton, CA 94566

<https://www.ssptv.org>

925.931.5379

For Seniors In Dublin, Livermore, Pleasanton and Sunol

Home Delivered Meals

Due to Covid-19 hours, days, and delivery may differ. Please call.

Alameda Meals on Wheels

alamedamealsonwheels.org/about-amow.html

510.865.6131

Serves residents of Alameda - all ages that need assistance.

Albany Meals on Wheels

albanyca.org/services/senior-services

510.524.9124

Serves residents of Albany.

Berkeley Meals on Wheels

cityofberkeley.info/home.aspx

510.981.5250

Serves residents of Berkeley.

Emeryville Meals on Wheels

ci.emeryville.ca.us/451/Nutrition-Program

510.596.4309

Serves residents of Emeryville.

LIFE ElderCare Meals on Wheels

39055 Hastings Street, #208

Fremont, CA 94538

<https://lifeeldercare.org>

510.894.0370

info@LifeElderCare.org

Serves residents of Fremont, Newark, or Union City. Therapeutic, pureed, and vegetarian meal options are available. We deliver Meals on Wheels in Fremont, Union City, and Newark.

Meals on Wheels

Fremont, CA

Qualified clients are: 60 years or older, homebound and unable to prepare their own meals. Suggested donation ranges from \$3 - \$4. A contribution is purely voluntary. No eligible participants will be denied service because of a failure or inability to contribute.

SOS Meals on Wheels

<https://www.sosmow.org>

510.582.1263

info@sosmow.org

Serves residents of Oakland, Piedmont, Hayward, San Lorenzo, San Leandro, and Castro Valley.

Spectrum Senior Community Services Meals on Wheels

510.881.0300

Serves residents of Dublin, Livermore, Pleasanton or Sunol.

Home Health Care Services

Center for Elders' Independence

7200 Bancroft, Suite 188

Oakland, CA 94605

1850 Fairway Dr

San Leandro, CA 94577

1497 Alcatraz Ave.

Berkeley, CA 94702

1955 San Pablo Ave.

Oakland, CA 94612

cei.elders.org

510.433.1150

(See ad on back cover)

Healthy Living At Home

1320 Willow Pass Rd., Suite 555

Concord, CA 94520

<http://healthylivingnet.com>

510.362.4503

slobdell@healthyliving-eb.com

We take pride in being a Home Health Agency operated by experienced professionals with

extensive clinical, healthcare and hospitality backgrounds. This edge is extremely beneficial in many different ways. Here are just a few: Clinicians and caregivers are trained to provide expert, accurate and compassionate care in the patient's or client's home. Services are personalized to each patient or client. Patients can be assured that the Healthy Living at Home clinicians have the in-depth knowledge and expertise in addressing the special needs of the geriatric population. (See ad on page 23)

In Home Support Services County Of Alameda (IHSS)

6955 Foothill Blvd, Ste 143

Oakland, CA 94605

www.acgov.org/services/

510.577.1800

This is a service for low-income seniors and is paid for by Medi-Cal. In order to qualify, a person must be at SSI/Medi-Cal income/disability level. Public Authority for IHSS in Alameda County. The Public Authority registries connect people needing help with home care workers. Anyone looking to hire a private caregiver can call for a free list of people available to work.

Low Vision / Blind Services and Equipment

Lions Center for the Blind

2114 Broadway

Oakland, CA

510.450.1580

Low Vision Exams are available - must call for appointment. Accepts insurance, payment assistance may be available.

continued on page 24...

WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN ALAMEDA

In Alameda County, getting help at home isn't as easy as it sounds. For many, bringing a stranger into their home to take care of them in a very vulnerable time can seem overwhelming. There are worries about who that person might be, how much to pay them, how many hours they should work and the most prevalent: Can this person be trusted? While most would prefer a family member or someone they know take care of them, this may not always be the best thing. While promises are made, commitments can be difficult to keep. If caregiving is absolutely necessary, many find that hiring outside assistance with a regular schedule is the most reliable solution. That way, family members can remain as family, and others can be counted on to do the work.

There are many choices in hiring help at home. Many will hire privately, that is, pay out-of-pocket for help on an "as-needed" basis. There are many different ways to find caregivers. Some senior centers maintain lists, there are other sources from discharge planners, physician offices and hospice agencies. Remember, too, that if you hire privately, you work out the hours, rate of pay, etc... and, you're also an employer and must abide by IRS rulings for tax purposes. Here's a brief rundown on the types of agencies in Alameda County.

HOME HEALTH AGENCIES

These agencies provide services that are 100% covered by Medicare and Medi-Cal. The service must be ordered by a physician. However, clients still have a personal choice of any agency. There are certain

requirements for care, for one, you must be homebound and in need of skilled care. This would translate to a nurse or physical, occupational or speech therapy. This is also a time and visit limited service. Some aide service can be available, if there's a skilled need. This is a service NOT covered by long term care insurance. Born to Age does not list the prices these agencies charge because the costs are directly reimbursed by Medicare. Client is not billed for services.

Center for Elders' Independence

cei.elders.org
510.433.1150
1487 Alcatraz
Berkeley, CA 94702
1850 Fairway Dr
San Leandro, CA 94577
7200 Bancroft, Ste 188
Oakland, CA 94605

1955 San Pablo
Oakland, CA 94612
(See ad on back cover)

Healthy Living at Home

1320 Willow Pass Rd, Ste 555
Concord, CA 94702
healthylivingnet.com
slobdell@healthyliving-eb.com
510.362.4503 or 877.513.7363
(See ad on page 23)

PRIVATE DUTY HOME CARE AGENCIES

These agencies can provide both skilled and non-skilled medical care. The services might be covered by long term care, or other insurances, and private pay. The agency is the employer. Caregivers are hired, screened and paid for by the agency. If the caregiver is ill or unable to work, a substitute caregiver is available. The agency pays payroll taxes, worker's compensation and maintains liability coverage. The agency also determines what the caregiver can and can't do. There is over a minimum number of hours for service.

Care provided by these agencies can include: skilled care, personal care, transportation/errands, meal preparation, medication reminders, light housekeeping, laundry, etc. Shifts can be hourly, live-in or sleepover.

B.E.S.T. Care Provider

26230 Industrial Blvd
Hayward, CA 94545
Phone: 510.782.9141
Fax: 510.782.2611
www.bestcareregistry.com
HCO Provider # 014700088

Non-medical care provider servicing all Bay Area counties. Family owned and operated since 1993. Rates are between \$25-\$32 per hour. Our service hours are flexible, depending on your family's care needs. Caregivers are available for as little as a few hours up to 24-hour coverage. All caregivers are properly licensed and screened (health, background check, experience). Our company is fully insured, for your peace of mind. Courteous, professional, and competent office staff are

available by phone 24 hours per day, 7 days per week. In-home assessments are always available at no cost to you. We can work with your Long-term Care Insurance provider if you have a current policy. Let us know how we can help you and your family.
(See ad on page 22)

Practical Home Care

555 East 14th Street, Unit B
San Leandro, CA 94577
510.688.2685
practicalhomecare@yahoo.com
www.phcagency.com
HCO# 014700083

Our success is based on the Quality of our caregivers. PHC team will make sure you and your family will have a total peace of mind. Our caregivers are chosen and trained to match our client's needs and to protect their health, welfare and their properties. Our screening process starts from an orientation to pre-training, before placing a caregiver in a client's home. Along with quarterly training is a must to stay employed with us. Our team must pass a full criminal background check before allowing to get in contact with a client. We go the extra miles and do the most unpleasant job with a smile.

We have an 8 hour minimum to 24hrs care. Our fees are between \$25-\$35 per hour. Live-in Rate between \$300-\$550 per day. Discount applies to couples. We accept Long Term Insurance and Private Pay. We are fully insured and Bonded. Areas we served: Alameda County, Contra Costa, San Francisco, Santa Clara County, Solano County & San Mateo County.
(See ad on page 22)



B.E.S.T. care provider
Better Efficient Service Today

Nursing Registry & Home Companion Services

Non-medical In-home care
Professional and reliable caregivers
Assistance with daily living activities
Licensed and insured

Call us for an assessment of your care needs.

510-782-9080 • www.bestcareregistry.com • HCO Provider # 014700088

Practical Home Care

Empathetic, Trustworthy, Dependable

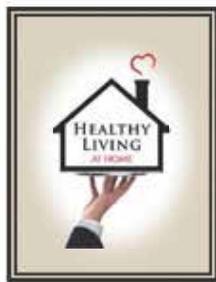
Your Loved Ones will be in good hands when PRACTICAL HOME CARE Team is involved, so give us a call today!

Our team includes: Certified Caregivers, Case Manager with management skills, Community relation skills and certified senior advisor.

Locally and Family Owned Since 2005

510-688-2685 • phcagency.com





HEALTHY LIVING AT HOME

a premier provider of Medicare Certified Home Health Services

To assist in your healing process, Healthy Living At Home, offers the following
MEDICARE COVERED HEALTH SERVICES

- Nutrition
- Physical Therapy
- Medical Social Work
- Registered and Licensed Nursing
- Speech Therapy
- Home Health Aides
- Occupational Therapy



Our professionals are “AT YOUR SERVICE” anywhere in the Bay Area.
We provide immediate and specialized attention to your particular healthcare needs to ensure that you or your loved one feel safe, secure and independent.

ALL IN THE COMFORT OF YOUR OWN HOME!

For More Information Contact, Scott Lobdell 510.362.4503
YOUR HOME HEALTH EXPERT - healthylivingnet.com

Low Vision / Blind Services and Equipment

The Fran Stein and Paul May Center for Low Vision Rehabilitation

711 Van Ness St., Suite 570
San Francisco, CA 94102
415.296.2015

UC Berkeley School Of Optometry- Low Vision Clinic

510.642.5726

Massage

Downtown Oakland Senior Center

200 Grand Ave.
Oakland, CA
415.432.0608

Therapeutic Massage - Call Ell Parker, Certified Massage Therapist, for appt.

Hayward Senior Center

22325 N. Third St.
Hayward, CA 94546
510.881.6766
By appt. 10 Minute Massages

Medical Equipment

Albany Senior Center

846 Masonic Ave.
Albany, CA 94706
510.524.9122
Free loans of canes, walkers and wheelchairs.

Medical Equipment & Supplies

Haller's Pharmacy and Medical Supply

4067 Peralta Blvd.
Fremont, CA 94536
www.Hallerrx.net
510.797.2221
(See ad on page 24 & 30)

Haller's Pharmacy and Medical Supply

37323 Fremont Blvd.
Fremont, CA 94536
www.Hallerrx.net
510.797.2772
(See ad on page 24 & 30)

Home Care Equipment Recyclers

510.251.2273
Locally run nonprofit that collects medical equipment and gives to individuals in need. Located at First Presbyterian Church Parking lot - 2619 Broadway In Oakland. Open Fridays Noon - 4pm for collection and distribution. 2nd and 4th Saturdays from 9 - Noon for drop off only.

Wheelchairs Of Berkeley

2911 Shattuck Ave.
Berkeley, CA 94705
510.549.8727

Medication Disposal

Alameda County Household Hazardous Waste Livermore Facility

5584 LA Ribera St
Livermore

Alameda County Sheriff's Office

15001 Foothill Blvd.
acgov.org/aceh/safedisposal/documents/Rx_drop-off_site_map.pdf
510.667.7721
See map on this website for a complete listing of all Medication Disposal sites in Alameda County.

Alameda Police Dept.

Medication Waste Bin
1555 Oak St.
Monday-Sunday, 8 A.M. - 8 P.M. Unwanted Or Expired Medications Only.

Berkeley Transfer Station

1201 2nd St., Berkeley

City Of San Leandro Take Back Davis Street Clinic

3081 Teagarden St.
510.347.4620

City Of San Leandro Take Back Medical Arts Pharmacy

13847 E. 14th St.
San Leandro
510.357.1881

City Of San Leandro Take Back San Leandro Public Works

14200 Chapman Rd.
San Leandro
510.577.3440

City Of San Leandro Take Back San Leandro Senior Center

13909 E. 14th St.
San Leandro
510.577.7990

City Of San Leandro Take Back Teds' Drugs

27453 Hesperian Blvd.,
Hayward
510.782.6494
Thurs-Sat, 9 A.M. - 1 P.M.
Will Take Medications, Needles, Syringes And Lancets.

Haller's Pharmacy and Medical Supply

4067 Peralta Blvd.
Fremont, CA 94536
www.Hallerrx.net
510.797.2221
(See ad on page 24 & 30)

Haller's Pharmacy and Medical Supply

37323 Fremont Blvd.
Fremont, CA 94536
www.Hallerrx.net
510.797.2772
(See ad on page 24 & 30)

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Better Continence Care

Seni is a brand trusted by millions of people worldwide for comfort every day.

It provides support for people of all ages. *One Mission:* providing adults with premium absorbent products and skin care solutions.

15% OFF any Seni Product

37323 Fremont Blvd Fremont CA 94536 | TEL: 510-797-2772

#EMPATHY #ACCURACY #HONESTY

Medication Disposal

Household Hazardous Waste, Oakland Facility

2100 East 7th St
Oakland
Thurs-Sat, 9 a.m. - 1 p.m.
Will take medications, needles, syringes and lancets.

Piedmont Police Department

403 Highland Ave
Piedmont

Stanford Health Care

5800 Hollis St
Emeryville

Nursing Home Complaints

Alameda County Long-Term Care Ombudsman Program

6955 Foothill Blvd, Ste 300
Oakland, CA 94605
www.alamedasocialservices.org
510.638.6878
Ombudsman advocates for residents in long-term care facilities. After Hours Crisis Line - 1-800-231-4024

California Advocates for Nursing Home Reform - CAHNR

650 Harrison St.
San Francisco, CA 94107
www.cahn.org
800.474.1116

Also maintains a complete list of all area nursing homes, including all citations and deficiencies noted on an annual basis. This is a good place to start when shopping for a nursing home.

P.A.C.E. (Program for All Inclusive Care for the Elderly)

Center for Elders' Independence

7200 Bancroft, Suite 188
Oakland, CA 94605
1850 Fairway Dr
San Leandro, CA 94577
1497 Alcatraz Ave.
Berkeley, CA 94702
1955 San Pablo Ave.
Oakland, CA 94612
cei.elders.org
510.433.1150
(See ad on back cover)

Support Groups

At the time of publishing, due to COVID-19, most on-site support groups have been halted. Some are offering online support groups- please call the specific group you're interested in for further information and details.

Alzheimer's Support Groups

Alzheimer's Services of The East Bay

2320 Channing Way,
Berkeley, CA
alz.org
800.272.3900
Caregiver Support - 1st Wednesday, 7-9 P.M.

Alzheimer's Services of The East Bay - Asbury United Methodist Church

4743 East Ave, Livermore
alz.org
800.272.3900
Caregiver Support - 1st Wednesday, 12:00 PM - 01:30 PM

Alzheimer's Services Of The East Bay - Creekside Community Church

951 Macarthur Blvd.
San Leandro, CA
alz.org
800.272.3900
Caregiver Support: 1st Monday, 7-9 P.M.

Alzheimer's Services Of The East Bay - Kaiser Hospital

3553 Whipple Road
Union City
alz.org
510.675.4470
Co-sponsored with Kaiser Permanente. (Building B) Conf Rm 3C-D Caregiver Support: 4th Monday, 6-7:30 p.m.

Alzheimer's Services Of The East Bay - Kaiser Hospital, Fabiola Bldg.

3801 Howe St, 1st Floor, Rm 626
Oakland
alz.org
Co-Sponsored by Kaiser Permanente. Info: Lowanda Moore: 510.752.7682.
Caregiver Support: 2nd Tuesday, 10:30 a.m. - noon. Non-Spousal Support: 4th Thursday, 10:30 a.m. - noon. Spousal Support: 4th Tuesday, 10:30 a.m. - noon

Alzheimer's Services Of The East Bay - Mastick Senior Center

1155 Santa Clara Ave.
Alameda
alz.org
800.272.3900
Caregiver Support - 2nd and 4th Thursday 10 - 11:30 a.m.

Alzheimer's Services Of The East Bay - North Oakland Senior Center

5714 Martin Luther King Jr Way
Oakland
alz.org
800.272.3900
Caregiver Support: 1st Friday, 11:30-1:00 p.m. This Support Group has a potluck lunch. A number of group members bring a dish to share. Please do not feel obligated to bring anything other than yourself.

Alzheimer's Services Of The East Bay - St. Alban's Episcopal Church

1501 Washington St, Albany
alz.org
800.272.3900
Caregiver Support - 3rd Tuesday, 6:15-7:45 P.M.

Alzheimer's Services Of The East Bay - Washington Hospital West

2500 Mowry Ave, Fremont
alz.org
800.272.3900
Caregiver support - Conf. Rm. Anderson A, Last Wednesday, 7- 8:30 P.M.

Arthritis Support Groups

Berkeley Arthritis Support and Education Group

2001 Dwight Way, Berkeley, CA
510.204.4503
Meets 2nd Wednesday, 1-2:30 P.M. Herrick Campus

Washington Hospital

2500 Mowry Ave, Fremont, CA
https://www.whhs.com
510.797.1111 ext 7450
Conrad E. Anderson, MD, Auditorium, room B. 4th Wednesday of each month, 3:15 to 4:15 p.m. (510) 797-1111, ext. 7450
(See ad on inside front cover)

continued on page 26...

Support Groups

Better Breathing Support Groups

Better Breather Club - St. Rose Hospital
27200 Calaroga Ave.
Hayward, CA
510.797.1111 ext 7450
2nd Wednesday of the month.
All Club sessions will run from 10:00 AM to 11:45 AM.

Stanford Health Care - Valleycare Health Systems
1119 E. Stanley Blvd.
Livermore, CA
925.373.4128

Washington Hospital
2500 Mowry Ave.
Fremont, CA
<https://www.whhs.com>
510.818.7025
Conrad E. Anderson, MD,
Auditorium, rooms A & B, 4th
Wednesday of each month,
12:45 to 2:45 p.m.
(See ad on inside front cover)

Brain Injury Support Groups

Berkeley Alta Bates Summit Medical Center
2001 Dwight Way,
Berkeley, CA
510.204.3307
Free different groups offered from brain injury survivors and their caregivers. Call for schedule

Cancer Support Groups

Alta Bates Summit - Breast Cancer Support Group
3100 Summit St, Oakland, CA
www.altabatessummit.org
510.655.4000 ext 4980
Every other Monday, 6-8 p.m.
Call for schedule

Breast Cancer—Newly Diagnosed and After Treatment
5725 W. Las Positas Blvd., Ste 270
Pleasanton, CA
925.734.3315
Women diagnosed with breast cancer may feel overwhelmed with worry and fears. This group is for women who are in or just starting treatment. 2nd and 4th Thursday, 10 a.m. to noon. Library Conference Room, Valley-Care Health Library

Cancer Support Community - Eden Medical Center
20101 Lake Chabot Rd.
Castro Valley, CA
<https://cancersupport.net>
925.933.0107
Medical Office Building Conference Center, 2nd Floor, 1st and 3rd Wednesday 6 - 8 p.m.

Cancer Support Group
5725 W. Las Positas Blvd., Ste 270
Pleasanton, CA
925.734.3313
Tuesdays, 2-4 p.m., Valleycare Health Library Monthly drop-in group for people with cancer and their loved ones.

East Bay Family Support Group - Medical Center
2908 Ellsworth Street
Berkeley, CA 94705
510.420.7900
This group meets on the first Monday of each month.
7:30pm-9:00pm

Markstein Cancer Education And Resource Center
Oakland, CA
altabatessummit.org/breastcancer/support/markstein.html
510.869.8833
Markstein@sutterhealth.org,
Educational resource center for cancer patients. Markstein Cancer Education and Prevention

Metastatic Cancer Support Group
2001 Dwight Way
Berkeley, CA
510.599.1886
Wednesdays, 3 - 4:30 p.m.
- Cancer Center Conference Room

Washington Hospital - Breast Cancer Support Group
2500 Mowry Ave.
Fremont, CA
<https://www.whhs.com>
510.818.7356
First Thursday of each month, 7:15 to 9 p.m. Washington Women's Center conference room, suite 145, Washington West
(See ad on inside front cover)

Women's Cancer Resource Center - LBQITIA
2908 Ellsworth Street
Berkeley, CA 94705
wrc.org/get-support/support-groups
510.420.7900
Pre-registration is required. Call 510.420.7900 2nd and 4th Thursday 6:30 - 8:00 p.m.

Women's Cancer Resource Center - Women with Metastatic Cancer
2908 Ellsworth Street
Berkeley, CA 94705
wrc.org/get-support/support-groups
510.420.7900
Pre-registration is required. Call 510.420.7900. Tuesdays 12:30 - 2:00 p.m.

Women's Cancer Resource Center - Adults with Blood-related Cancers and their families/Friends
2908 Ellsworth Street
Berkeley, CA 94705
wrc.org/get-support/support-groups
510.420.7900
Pre-registration is required. Call 510.420.7900. 1st Monday, 7:30 - 9:00 p.m.

Women's Cancer Resource Center - African American Women with Cancer
2908 Ellsworth Street
Berkeley, CA 94705
wrc.org/get-support/support-groups
510.420.7900
Pre-registration is required. Call 510.420.7900. 2nd and 4th Wednesdays 6:30 - 8 p.m.

Women's Cancer Resource Center - African American Women with Cancer
Richmond, CA
wrc.org/get-support/support-groups
510.420.7900
Pre-registration is required. Call 510.420.7900. 3rd Thursdays, 6:00 - 7:30 p.m. Held at the Youth Service Bureau. Call for address.

Caregiver Support Groups

Bay Area Community Services (BACS)
5714 Martin Luther King Way
Oakland, CA
510.601.1074
North Oakland Senior Center.
4th Thursday, 1-2:30 P.M.

Care Partners
2320 Channing Way
Berkeley, CA
510.644.8292
1st Wednesday of each month
7:30 - 8:30 p.m.

Caregiver Support Groups For Chinese, Korean And Vietnamese Speaking
275 14th Street
Oakland, CA 94612
Call for times and locations. Chinese: Joyce Chan: 510.839.9673 Ext. 221
Vietnamese: Thuy Nguyen: 510.302.0460 Ext. 345
Korean: Soon Jung Hyun: 510.839.9673 Ext. 217"

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Caregiver Support Groups

Caring for the Cancer Caregiver Support Group - Alta Bates Summit Medical Center
2001 Dwight Way.
Berkeley, CA
www.sutterhealth.org
510.204.1284
Herrick Campus - Pre-registration is required. 4th Wednesday of the month 5:30 PM - 7:00 PM. Please register online or call 510-204-1284.

Fremont Senior Center
40086 Paseo Pkwy.
Fremont, CA
510.790.6600
Recreation Conference Room- 2nd And 4th Friday 9:30 - 11:00 a.m.

Senior Support Program of the Tri-Valley
5353 Sunol Blvd.
Pleasanton, CA
925.931.5379
Pleasanton Senior Center 1:00 p.m. - 3:00 p.m. on the 2nd Monday

St. Rose Hospital
27200 Calaroga Ave.
Hayward, CA
510.264.4050
1st Saturday Of Month, 10 A.M.- Noon

Vets Center
7700 Edgewater St., Suite 125
Oakland, CA
510.562.7906
Chronically Ill Veterans

Washington Hospital - Dementia Family Caregiver Support
2500 Mowry Ave.
Fremont, CA
https://www.whhs.com
800.272.3900
Conrad E. Anderson, MD, Auditorium, room A or C, Washington West. Last Wednesday of each month, 7 to 9 p.m..
(See ad on inside front cover)

Clutterer's Support Groups

Clutterers Anonymous
1953 Hopkins St
Berkeley, CA 94707
https://clutterersanonymous.org
866.402.6685
Mondays, 7:15 p.m. to 8:30 p.m.; Tuesdays, 10 a.m. to 11:15 a.m. in Adult Study Room - Epworth United Methodist Church

ClutterLess
100 Valley Ave.
Pleasanton, CA
http://clutterlesseastbay.org
info@clutterlesseastbay.org or clutterlesspleasanton@hotmail.com
Every Monday 7:00pm - 8:30pm (except Holiday Mondays). The Parkview Bldg - 2nd Floor Activity Room

Crohn's And Colitis Support Groups

Crohn's and Colitis Foundation
Pleasanton, CA
crohnscolitisfoundation.org/chapters/northerncalifornia
415.356.2232
ncal@crohnscolitisfoundation.org
Call or email for times and locations.

Washington Hospital
2500 Mowry Ave.
Fremont, CA
https://www.whhs.com
Conrad E. Anderson, MD, Auditorium, room A, Washington West.
4th Tuesday, 6:30-8:30 p.m.
(See ad on inside front cover)

Deaf Support Groups

Hayward Senior Center - Social Group
22325 North Third St.
Hayward, CA 94546
510.881.6768
2nd and 4th Tues, 10 a.m. - 2:30 p.m.

Depression and Bipolar Support Groups

Tri-Valley DBSA Support Group
3350 Hopyard Rd
Pleasanton, CA 94588
510.227.0618
dbsapleasanton@gmail.com
Every Wednesday - 7:15 p.m. to 8:45 p.m. St. Clare's Episcopal Church, Classroom 1 -Contact: Mark 510-227-0618

Tri-Valley DBSA Support Group
3900 Valley Ave., Suite B
Pleasanton, CA 94588
510.227.0618
dbsapleasanton@gmail.com
Every Wednesday 10:00 a.m. to 11:00 a.m. Valley Wellness Center, Contact: Mark 510-227-0618

Diabetes Support Groups

Berkeley Diabetes Support Group
3030 Telegraph Ave.
Berkeley, CA
510.204.1081
1st Tuesday Of Month, 7:30-9:00 P.M.

Dublin Senior Center
7600 Amador Valley Boulevard
Dublin, CA 94568
510.383.5185
1st Tuesday of every other month 10:00 - Noon. Call for days/times.

Kenneth C. Atkins Senior Center
17800 Redwood Rd
Castro Valley, CA
510.383.5185
2nd Wednesday of every other month 10 a.m. - Noon. Call for days/times.

Oakland Eastmont Mall
7200 Bancroft Ave #202
Oakland, CA
510.383.5185
3rd Tuesday of every other month 10 a.m. - noon.

San Leandro Senior Community Center
13909 East 14th St.
San Leandro, CA
510.577.3462
4th Tuesday Of Month, 10 a.m. - Noon

ValleyCare
5725 W. Las Positas Blvd. #220,
2nd Floor
Pleasanton, CA
925.416.6710
1st Wednesday of each month at Noon

Washington Hospital
2500 Mowry Ave.
Fremont, CA
https://www.whhs.com
510.745.6550
1st Thursday Of Month, 7-9 P.M.
Conrad E. Anderson, MD, Auditorium, room C
(See ad on inside front cover)

Epilepsy Support Groups

ValleyCare - Eric's Corner
5575 W. Las Positas Blvd.
Pleasanton, CA
925.734.3315
A free support group for people diagnosed with epilepsy, and to help connect local families with the resources they need to deal with the challenges of epilepsy. No registration required. 3rd Thursday of the month 6:30 p.m. to 8 p.m. Conference Room 2, ValleyCare Medical Plaza

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Support Groups

Gastrointestinal (GI) Support Groups

Alta Bates Summit -Sutter Health - Gastrointestinal (GI)

2001 Dwight Way.
Berkeley, CA
www.sutterhealth.org
510.204.1284
3rd Tuesday of the month - 4:00 PM - 5:30 PM. Comprehensive Cancer Center.Herrick Campus. Pre-registration is required. Please call 510-204-1284.

Grandparents Support Groups

Family Support Services - Kinship Support

303 Hegenberger Road, Ste 400
Oakland, CA 94621
fssba.org/kinship-support/
510.834.2443
info@fssba.org
Family Support Services' mission is to nurture children, youth, and caregivers to keep families healthy and intact. Call or visit website for a complete listing of support groups.

Health Support Groups

Bone Health & Posture

5700 Telegraph Ave.
Oakland, CA 94609
510.204.1787
This 4-week class series includes exercise participation using foam rollers and therabands (mats and equipment provided). Series of four one-hour classes for \$50. Please call Joanie Shepherd-Mellows PT, OCS at (510) 204-1787

Healing Yoga

2001 Dwight Way
Berkeley, CA
510.204.1284
Drop-in yoga class teaches a series of gentle movements to let go of stress and encourage relaxation. Thursdays, 11 a.m. - 12 p.m. Walk-ins are welcome.

Washington Hospital - Heart

2500 Mowry Ave.
Fremont, CA
https://www.whhs.com
510.818.7022
Conrad E. Anderson, MD, Auditorium, room C, Washington (510) 818-7022 for meeting dates and information.
(See ad on inside front cover)

LBGTQ Support Groups

City of Fremont

Fremont, CA
510.574.2032
lweber@fremont.gov
55+ Mental Health Peer Support Group. For more information on dates/times, contact lhande Weber

Island Pride PEER support group (age 50+) in ALAMEDA

1155 Santa Clara Ave
Alameda, CA 94501
510.747.7500
2nd & 4th Wednesday, 1:30 - 3:30 pm

Living OUT in Livermore PEER support group (age 50+)

4444 East Ave.
Livermore, CA 94550
925.373.5700
2nd Tuesday, 2:00-3:30 p.m.- Robert Livermore Community Senior Services

Oakland Support Group LBGTQ Community Center

3207 Lakeshore Ave.
Oakland, CA 94610
oaklandlgbtqcenter.org
510.882.2286

Older & Out Therapy Group - Berkeley

1900 Sixth Street
Berkeley, CA 94710
510.981.5180
Fridays 3:00pm-4:45pm

Older & Out Therapy Group - Hayward

22325 North Third Street
Hayward, CA 94546
510.881.6768
Mondays 1:00pm-2:45pm

Older & Out Therapy Group - Oakland

3207 Lakeshore Ave
Oakland, CA 94610
510.882.2286
Fridays 2:00pm-3:45pm

Out Standing Seniors PEER support group (age 50+)

22325 N. 3rd St.
Hayward, CA 94546
510.881.6768
1st & 3rd Tuesday, 12:30 - 2:00 pm-Hayward Senior Center

Rainbow Seniors PEER support group (age 50+)

13909 E. 14th St.
San Leandro, CA
510.577.3462
2nd & 4th Tuesday, 12:30-2 p.m. -San Leandro Senior Center

Tri-Valley Rainbows PEER support group (age 50+) in DUBLIN

7600 Amador Valley Blvd
Dublin, CA 94568
925.556.4511
3rd Thursday, 5:30 - 7:00 pm

Ostomy Support Groups

Ostomy Support Group

https://www.ostomy.org
510.752.7825
eastbayostomypeer@gmail.com
Call Armida Lucas for days/times.

Parkinson's Support Groups

Berkeley Parkinson's Group

1125 University Ave.
Berkeley, CA
Jane Levy: 510.823.6475
Berkeley Public Library 3rd
Thursday, 3-5 P.M.

PD Active

1125 University Ave. (at San Pablo)
Berkeley, CA
510.479.6119
support@pdactive.org
3rd Thursdays, 2-4 p.m. Berkeley Public Library West Branch. Street Parking is available in the area.

PD Active

3431 Foothill Blvd
Oakland, CA
pdactive.org
510.479.6119
support@pdactive.org
1st Thursdays, 2-4 p.m. Mercy Retirement & Care Center Rose Room -Parking lot entrance on 34th Ave., and street parking available in the area.

San Lorenzo Community Church

945 Paseo Grande
San Leandro, CA
510.276.3119
San Lorenzo Community Church., 1st Thursday of each month 10:30 a.m. Contact Lona White.

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Parkinson's Support Groups

Tri-Valley Parkinson's Support Group- Pleasanton Senior Center
5353 Sunol Blvd
Pleasanton, CA 94566
925.989.0209
2nd Saturday of each month from 10 a.m. - noon. Contact Mary for more info.

Prostate Cancer Support Groups

Prostate Cancer Support Group - Man To Man
3100 Summit St.,
Oakland, CA
510.204.1284
2nd Tuesday, 6:30 - 8:00 p.m.
Markstein Cancer Education And Prevention, 510-204-1284 to preregister.

Washington Hospital - Prostate Cancer Support Group
2500 Mowry Ave.
Fremont, CA
<https://www.whhs.com>
510.651.0759
Call for schedule: (510) 427-2174 First Wednesday of each month, 6:30 to 8 p.m. Conrad E. Anderson, MD, Auditorium, room C.
(See ad on inside front cover)

Social Support Groups

Healthy Living For Seniors
5714 Martin Luther King Way
Oakland, CA
510.597.5085
North Oakland Senior Center,
2nd Tuesday of month, 10:30 a.m. - noon

Stroke Support Groups

Alta Bates Summit Medical Center
350 Hawthorne Ave.
Oakland, CA 94609
510.869.6308
1st Tuesday Of Month, 4-5 p.m.

Washington Hospital
2500 Mowry Ave.
Fremont, CA
<https://www.whhs.com>
510.818.5080
4th Tuesday of each month, 1 to 2:30 p.m.
2019 Schedule: January 22, February 26, March 26, April 23, May 28, June 25 - Neuroscience conference room, 2nd floor
(See ad on inside front cover)

Vision Support Groups

LightHouse Industries- Sirkin Center
14690 Washington Avenue
San Leandro, CA 95478
<http://lighthouse-sf.org>
510.895.1724
sfoster@lighthouse-sf.org

The East Bay Center for the Blind
2928 Adeline St.
Berkeley, CA 94703
eastbaycenterfortheblind.org
510.843.6935
The East Bay Center for the Blind offers services and social activities to a diverse group of people who are blind or low vision, many of whom are not assisted by other agencies

Telephone / Online Enrichment, Education & Socializing

Alta Bates Tele-Care Program
2001 Dwight Way
Berkeley, CA
510.204.4487
Call Between 8:30 - 11 A.M.,
Leave Message

Lavender Seniors of The East Bay
4123 Broadway Suite # 818
Oakland, CA 94611
www.lavenderseniors.org
Voice Mail: 510.736.5428

You Are Not Alone - Y.A.N.A.
510.790.6691
You Are Not Alone Program - Reassurance for Fremont residents

Transportation

Access Alameda - Transportation Services for Seniors and People with Disabilities
<http://accessalameda.org>
510.208.7400
Visit website for a comprehensive listing of programs and routes. If you have additional questions about the public transit services in your area, 511 provides comprehensive and real time transit information for Alameda County and surrounding counties. To access 511 you can: Call 511, visit www.511.org or download the 511.org smartphone app

Alameda county - Alameda LOOP
510.747.7513
AlamedaLoopShuttle@alamedaca.gov
The Alameda Loop Shuttle is free and open to the general public with priority seating for seniors and people who have disabilities. Both shuttle buses have wheelchair lifts and bike racks. Service is provided Tuesdays, Wednesdays and Thurs-

days from 8:30 to 4:00, serving a different route within the City of Alameda each day. For more information and shuttle schedules email or call. Funded by Measures B and BB.

Alameda County - Medical Return Trip Improvement Program
510.747.7513

MRTIP is designed to provide a more flexible method for returning home after/from medical appointments. The City of Alameda has contracted with First American to provide these transportation services. Vouchers are \$2.50 and cover the entire fare. Up to 10 vouchers are issued a month, \$2.50 each. This program is made available through City of Alameda Measure B and BB funding. Serves city of Alameda residents who are enrolled with East Bay Paratransit.

Alameda County - Subsidized Taxi Service
www.alamedaparatransit.com
510.747.7513

Premium Taxi Service provides a 70% discount for taxi rides with the City of Alameda transportation provider. The service is not limited to medical trips. Eligible riders must purchase the required discount vouchers in advance. However, to make the program fair to all users, you may purchase a maximum number of 30 vouchers per quarter (every 3 months). Eligibility Requirements: Must be East Bay Paratransit-certified, 70 years of age or older and enrolled with East Bay Paratransit. Cost: Each travel coupon has a \$5 value and costs \$1.50. If the cost of a trip cannot be covered exactly with one or more \$5 coupons, you may either give the driver an additional coupon or cash to pay the additional cost. However, if you use a coupon, drivers cannot provide you with change. You must present travel coupons with a completed Travel Information Form to the taxi driver upon arrival at your requested destination.

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Transportation

Alameda County

Transportation Commission

1111 Broadway, Suite 800
Oakland, CA 94607
www.alamedactc.org
510.208.7400
contact@alamedactc.org

Alameda, American Cancer Society

800.227.2345
Road to Recovery is a program offered by the American Cancer Society to provide free transportation to individuals with cancer-related medical appointments. Volunteer drivers bring ambulatory individuals with cancer who are unable to drive themselves, to and from medical treatment facilities, providing a friendly, supportive, and reliable presence.

Berkeley Paratransit Service

1901 Milvia St.
Berkeley, CA 94709
510.981.7269
Taxi Scrip, Age 70+. To pick up an application or for more information call 510.981.7269, M - F, 8:00 am - 4:00 pm

Center for Elders' Independence

7200 Bancroft, Suite 188
Oakland, CA 94605
1850 Fairway Dr
San Leandro, CA 94577
1497 Alcatraz Ave.
Berkeley, CA 94702
1955 San Pablo Ave.
Oakland, CA 94612
cei.elders.org
510.433.1150
(See ad on back cover)

Dial A Ride Door-to-Door Service

Dublin, CA
925.455.7510

Drivers For Survivors

39270 Paseo Padre Pkwy. #355
Fremont, CA 94538
driversforsurvivors.org
510.896.8056
Free transportation and companionship for ambulatory cancer patients going to and from medical related appointments within a 60 mile radius of our Fremont headquarters. We service Ashland, Castro Valley, Cherryland, Fremont Hayward, Newark, San Leandro, San Lorenzo, and Union City.

East Bay Paratransit

1750 Broadway
Oakland, CA 94612
www.eastbayparatransit.org
510.287.5000
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. Visit website for a complete list of cities/routes.

LIFE ElderCare

39055 Hastings St. #208
Fremont, CA 94538
https://lifeeldercare.org
510.894.0370
We offer "door-through-door" transportation services throughout Alameda County for seniors needing destination assistance. During COVID, we are providing no-contact delivery of groceries from local food pantries.

Livermore Amador Valley Transit Authority - Wheels Public Transportation Dial-a-Ride

https://www.wheelsbus.com
925.455.7510
Door-To-Door Service With Shared Rides available for residents of Pleasanton and Sunol who are 60+. Limited medical service rides to San Ramon Medical Center, Livermore V.A., Valley Memorial, Kaiser and the Con-cannon Medical Bldgs. M-F, 8 a.m. to 6 p.m. and Sat., 9-4 p.m.

Pleasanton Paratransit

Pleasanton, CA
925.931.5376
Available to people 70+, No weekend service. Registration Required. City of Pleasanton only.

Ride-On Tri-City!

510.574.2053
Ride-On Tri-City! Program is available to assist you with your specific transportation needs and get you linked with the most appropriate services. We can help you complete applications for transportation services and make arrangements for rides to medical appointments and other needs.

San Leandro Shuttle

San Leandro, CA
510.577.3462
Allows free rides for San Leandro riders who have applied for Flex Membership and paid \$20 fee, to call and make a reservation for a shuttle pick up and drop off at specific times and locations. Service operates M-F, from 8-5 p.m.

Senior Support Program of the Tri-Valley - VAST Transportation Program

5353 Sunol Blvd.
Pleasanton, CA 94566
ssptv.org/vast-transportation-program.html
925.931.5387
mhenry@ssptv.org
To inquire about registering for the program or becoming a volunteer driver call: Melanie Henry at (925) 931-5387

South Berkeley Senior Center

2939 Ellis St.
Berkeley, CA 94703
510.981.5170
Provides van rides to the center, as well as take you grocery shopping and to medical appointments.

The HOP (Hayward Operated Paratransit)

hayward-ca.gov/services/city-services/senior-services
510.583.4230
39055 Hastings St., #208

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Haller's
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Walkers

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Rentals and Sales

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(510) 797-2221

www.hallersrx.net



Haller's Medical Supply 4067 Peralta Blvd., Fremont, CA 94536

The Surprising Health Benefits of Medicinal Mushrooms

The ancient Romans called them the “food of the gods.” Texts from Ancient India and fables from ancient Japan reveal their medicinal properties, and traditional Chinese medicine contains many recipes and treatments using them as ingredients. Today, promising research shows that mushrooms may offer some serious health benefits.

What are medicinal mushrooms, and what are some of their health benefits?

Medicinal mushrooms are fungi that have therapeutic value for humans. They can be eaten as food, brewed for tea, or stepped into tinctures. Mushrooms act as nootropics, compounds that enhance cognitive function. Caffeine, nic-

otine, and ginkgo biloba also are nootropics. The varieties of fungi that are most commonly used for medical purposes include shiitake, maitake, Chaga, lion’s mane, and reishi. They are excellent dietary sources of Vitamin D, fiber, B vitamins (such as folate), and antioxidants. But there’s much more.

Let’s examine five health benefits of medicinal mushrooms.

Brain health

The high level of antioxidants in medical mushrooms, such as lion’s mane, may help stimulate nerve growth in the brain, allowing for improved cognition and memory. Research is ongoing to determine what these findings may mean for the treatment of Alzheimer’s disease and other age-related illnesses.

Immune system support

Some studies indicate that medicinal mushrooms improve the immune system’s ability to fight infection and inflammation. Consumption of the Chaga mushroom, for example, may help regulate the body’s production of cytokines, the compounds that help the body resist infection and disease.

Cancer protection

Medicinal mushrooms, such as shiitake and reishi, produce polysaccharides that stimulate the body’s production of macrophages, T-cells, and natural killer (NK) cells that help prevent cancer or slow down the growth of cancerous cells.

Lower risk of heart disease

Current research indicates that the antioxidants in medicinal mushrooms, such as the shiitake, help lower “bad” cholesterol and blood pressure and boost overall cardiovascular health.

Anxiety and depression reduction

Medicinal mushrooms also may help reduce mental stress. Scientists are having success in treating patients with clinical depression, PTSD, and addictions with medicinal mushrooms.

Although the research is promising, not all mushrooms are right for all patients, and some mushrooms are unsafe. Here are a few precautions.

- Do not eat foraged mushrooms unless they are properly identified.
- Purchase medicinal mushrooms only from a reliable source.
- Take only the recommended dose.
- Talk with your medical professional before taking medicinal mushrooms.

The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



Transportation

Tri-City Mobility

Management Program

510.574.2053

Will Assist With Specific Needs For Rides in Fremont, Newark or Union City.

Union City Paratransit

34009 Alvarado Niles Road
Union City, CA 94587

unioncity.org/172/Paratransit
510.476.1500

Shared Rides, Curb-To-Curb Service, Sunday Service. Riders must be certified as eligible to use Union City Paratransit. To be certified, you must complete an application that you can request by calling 510.675.5373 or download online.

West Berkeley Senior Center

1900 Sixth St.
Berkeley, CA 94710
510.981.5180

Provides van rides to the center, as well as take you grocery shopping and to medical appointments.

Travel Training

Community Resources For Independent Living

439 A St.
Hayward, CA 94541
http://crilhayward.org
510.881.5743

The Mobility & Travel Training Program at CRIL enables people with disabilities and seniors, living in the Southern & Eastern Alameda County, to increase their independence by developing the skills to travel on public transit and paratransit.

United Seniors of Oakland and Alameda County

7200 Bancroft Ave., Suite #270
Oakland, CA 94606
https://www.usoac.org
510.729.0851

chonita@usoac.org
Course for Older Adults 55+. Expand your horizons and travel options! Learn to ride Alameda County's public transit to get where you want to go with confidence, independence and ease. For More Information, please contact Chonita Chew at (510) 729-0851.
(See ad on page 32)

VA Health Clinic

Fremont VA Health Clinic

39199 Liberty Street, Building B
Fremont, CA 94538-1501
https://www.va.gov
510.791.4000

Oakland VA Health Clinic

2221 Martin Luther King Jr. Way
Oakland, CA 94612-1318
https://www.va.gov
510.267.7800

San Francisco VA Health Clinic

401 3rd Street
San Francisco, CA 94107-1214
https://www.va.gov
415.615.6000

VA Outpatient Clinic and Home Based Primary Care

150 Muir Rd, Martinez, CA 94553
925.372.2131

This service provides primary home health care, including a doctor, nurse, social worker, dietician and therapist. The teams makes home visits to assist the patient and family care for the veteran's needs and cope with present illness. The team DOES NOT PROVIDE: home health aide, homemakers, housekeeping or daily nursing care. The program is available to patients in some cities of Alameda County - call for more information.



Free Travel Training Course for Older Adults 55+

Expand your horizons and travel options! Learn to ride the Bay Area's public transit system to get where you want to go and return with ease.

Group Travel Training is available for older adults and people with disabilities who would like to improve their transit skills or gain more experience using AC Transit, BART, SF East Bay Ferry and SF Cable Car.

Travel Training is free, lunch is provided for all trainings and Clipper Cash will be added to your Clipper Card

Translations are available upon request - Service pets are welcome



The USOAC Travel Training is funded by a grant from Alameda CTC



United Seniors of Oakland and Alameda County

7200 Bancroft Avenue #270, Oakland, CA 94605
Phone: (510) 729-0851 Email: Chonita@USOAC.org



Veteran Center

Oakland Vet Center

7700 Edgewater Drive, Ste 125
Oakland, CA 94621
<https://www.va.gov>
510.763.3904

San Francisco Vet Center

505 Polk Street
San Francisco, CA 94102
<https://www.va.gov>

Veterans Affairs and Resources

Alameda County Veterans Service Office - Aid and Assistance Benefit L/M

510.577.1926

This benefit helps pay for "Out of Pocket Living Expenses," and both home care and assisted care living qualify for this benefit. Both veterans and spouses may qualify for this benefit. The benefit is paid directly by the V.A. to the veteran. For more information, contact Alameda County Veterans Assistance.

Alameda County Veterans Service Office - Oakland (Main Office)

6955 Foothill Boulevard, Ste 300
Oakland, CA 94605
M-F: 510.577.1926 FAX:
510.577.1947

Eastmont Town Center, The Veterans Service Office provides veterans and their dependents and/or survivors with information regarding veterans benefits, and assistance with filing benefit claims, waivers and appeals, in order for them to obtain and maintain all available benefits and entitlements for which they are eligible.

Become an advertiser in the Born to Age directories! We publish directories in Alameda, Contra Costa, Marin/Sonoma, Napa, and Solano Counties. For more information visit BornToAge.com or call 707-652-9966.

AttendiCare, LLC

39899 Balentine Dr. Ste 200
Newark, CA 94560
www.attendicare.com
510.987.8889
pete@attendicare.com
We can provide care to elderly veterans while our VA-Accredited team works with you and the VA to secure aid and attendance benefits to help pay for your care.

Center for Rehabilitation and Extended Care

925.370.4704
All provide hospice, respite and rehab, not long-term care.

Veterans Housing

Veterans Home Of California

Yountville, CA
707.944.4539
Call for Admission information.

Walk Clubs

USOAC Walk Club

www.USOAC.org
(510) 729-0852
For Walk Club information, please contact: Sarah Miley at SarahUSOAC@OUTlook.com

Wound Care

Haller's Pharmacy and Medical Supply

4067 Peralta Blvd.
Fremont, CA 94536
www.Hallerrx.net
510.797.2221
(See ad on page 24 & 30)

Haller's Pharmacy and Medical Supply

37323 Fremont Blvd.
Fremont, CA 94536
www.Hallerrx.net
510.797.2772
(See ad on page 24 & 30)

Volunteer Opportunities

AARP Experience Corps Bay Area

Program Manager, Paul Chilvers
415.745.5670
Pchilvers@aspiranet.org
www.aarp.org/experience-corps

Alzheimer's Services of the East Bay

561 A St, Hayward, CA
510.888.1411
www.aseb.org

Compassion Network

39155 Liberty St #H840
Fremont, CA
510.796.7378
www.compassionnetwork.org

Drivers For Survivors

Volunteer companion drivers needed to provide transportation and supportive companionship for cancer patients in central and south Alameda County.
39270 Paseo Pkwy #355
Fremont, CA 94538
510.579.0535

East County Animal Shelter (ECAS)

4595 Gleason Dr
Dublin, CA 94568
contact@tvar.org
www.tvar.org

Friends of The Alameda Animal Shelter

1590 Fortmann Way
Alameda, CA 94501
510.337.8565
www.alamedaanimalshelter.org

HICAP

Recruiting for the role of Volunteer Medicare Counselors!
510.832.3040 - ask for Jacob Sytsma or Janet Van Deusen.

Jewish Family and Children's Services of the East Bay

2484 Shattuck Ave, Ste 210
Berkeley, CA 94704
510.704.7475
information@jfccs-eastbay.org

jfccs-eastbay.org

Lavender Seniors of The East Bay

Volunteer to be a Friendly Visitor to an isolated LGBTQ Senior. Request 1 year commitment. 510.424.7240

LIFE ElderCare

39055 Hastings St #208
Fremont, CA 94538
510.894.0370
info@LifeElderCare.org
We need volunteers to drive seniors to appointments, the grocery store, and other essential errands.

Meals On Wheels

Alameda - 510.865.6131
Albany - 510.524.9124
Berkeley 510.981.5250
Emeryville - 510.596.4309
SOS Meals on Wheels - 510.582.1263
LIFE ElderCare - Fremont, Union City & Newark - 510.894.0370
Volunteers needed to deliver hot, nutritious mid-day meals to homebound

seniors

RSVP (Retired Senior Volunteer Program)

510.577.3222

Senior Corps

800.424.8867
help@joinseniorservice.org
www.seniorcorps.org

Senior Support Program of the Tri- Valley

5353 Sunol Blvd
Pleasanton, CA 94566
www.ssptv.org
925.931.5379

Spectrum Community Services

We are always looking for new volunteers to join the Spectrum team
2621 Barrington Ct.
Hayward, CA 94545 -1100
510.881.0300

Final Wishes Index

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Body / Organ Donation

California Donor Network West

12667 Alcosta Blvd., Suite 500
San Ramon, CA 94583
www.donornetworkwest.org
(888) 570.9400

UC San Francisco Willed Body Program

School of Medicine, AC-14
San Francisco, CA 94143
willedbodyprogram.ucsf.edu
415.476.1981
Dept. of Anatomy

Cemeteries, Cremation & Funeral Homes

Berge-Pappas-Smith Chapel of the Angels

40842 Fremont Blvd
Fremont, CA 94538
510-656-1226

Cathedral of Christ the Light

2121 Harrison St.
Oakland, CA
510.832.5057

Cooper Chapel

1580 Fruitvale Ave.
Oakland, CA
510.533.4114

Diablo Valley Cremation and Funeral Services

2401 Stanwell Dr., 460-17
Concord, CA 94520
DVCFS.Com
925.998.0303
dvcremation@gmail.com

Graham-Hitch Mortuary

4167 First St.
Pleasanton, CA 94566
925.846.5624

Holy Sepulcher Cemetery

1051 Harder Rd.
Hayward, CA
510.581.2488

Jess C. Spencer

Mortuary & Crematory
21228 Redwood Road
Castro Valley, CA 94546
510.581.9133

Neptune Society of Oakland

490 Grand Avenue, Suite 215
Oakland, CA 94610
510.451.08871

Sorenson Chapel

1140 B St.
Hayward, CA 94541
510.581.1234

St, Augustine Cemetery

5750 Sunol Blvd.
Pleasanton, CA
925.455.9696

St. Mary Cemetery

4529 Howe St.
Oakland, CA
510.654.0936

St. Michael Cemetery & Funeral Center

3885 East Ave.
Livermore, CA 94550
925.455.9696

End of Life Bedside Doula

Comings and Goings Doula

comingsandgoingsdoula.com
415.533.1153
Serving the East Bay

Become an advertiser in the Born to Age directories! We publish directories in Alameda, Contra Costa, Marin/Sonoma, Napa, and Solano Counties. For more information visit BornToAge.com or call 707-652-9966.

Grief Support Groups

Crisis Support Services for Alameda County - Grief Counseling/Support

Oakland
www.crisissupport.org
800.260.0094

Ages 18 and above: unexpected and accidental death, traumatic or sudden loss due to suicide or homicide. Groups are limited to 8 participants, pre-registration required. Sliding Scale Fee. No one is turned away for lack of ability to pay. 24-hour crisis line: 1-800-309-2131

Sutter Care at Home

1025 Atlantic Ave., Suite 100
Emeryville, CA 94608
510.263.0903

For information and to register for an adult group, please call (510) 263-0903. Schedules are subject to change.

Washington Hospital

2500 Mowry Ave.
Fremont, CA
<https://www.whhs.com>
(510) 818-6569

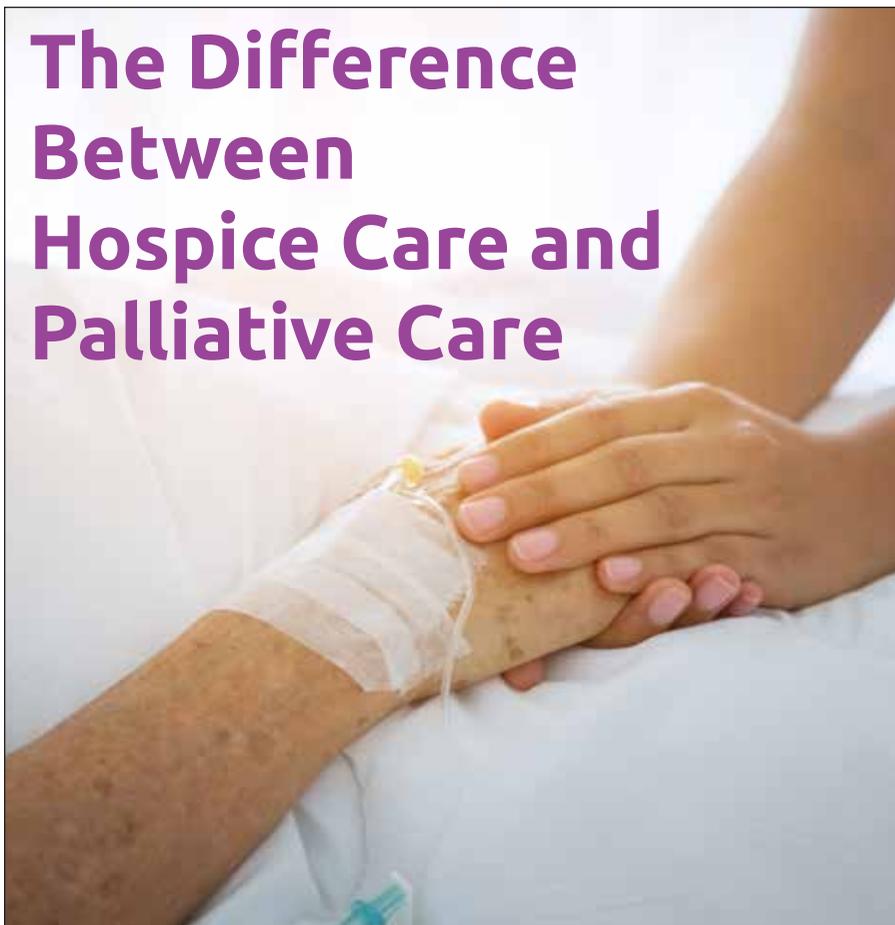
Every Tuesday, 7 to 8:30 p.m.
Conrad E. Anderson, MD, Auditorium, room A or C, Washington West
(See ad on inside front cover)

Hospice Services

Hospice East Bay

3470 Buskirk Ave.
Pleasant Hill, CA 94523
Hospiceeastbay.org
925.887.5678
(See ad on page 35)

The Difference Between Hospice Care and Palliative Care



What is hospice care?

Hospice care designed to give supportive care to people in the final phase of a terminal illness and focus on comfort and quality of life, rather than cure. The goal is to enable patients to be comfortable and free of pain, so that they live each day as fully as possible. Aggressive methods of pain control may be used. Hospice programs generally are home-based, but they sometimes provide services away from home - in freestanding facilities, in nursing homes, or within hospitals. The philosophy of hospice is to provide support for the patient's emotional, social, and spiritual needs as well as medical symptoms as part of treating the whole person.

What is palliative care?

The goal of palliative care is to help people with serious illnesses feel better. It prevents or treats symptoms and side effects of disease and treatment. Palliative care also treats emotional, social, practical, and spiritual problems that illnesses can bring up. When the person feels better in these areas, they have an improved quality of life.

You have a choice of hospices.

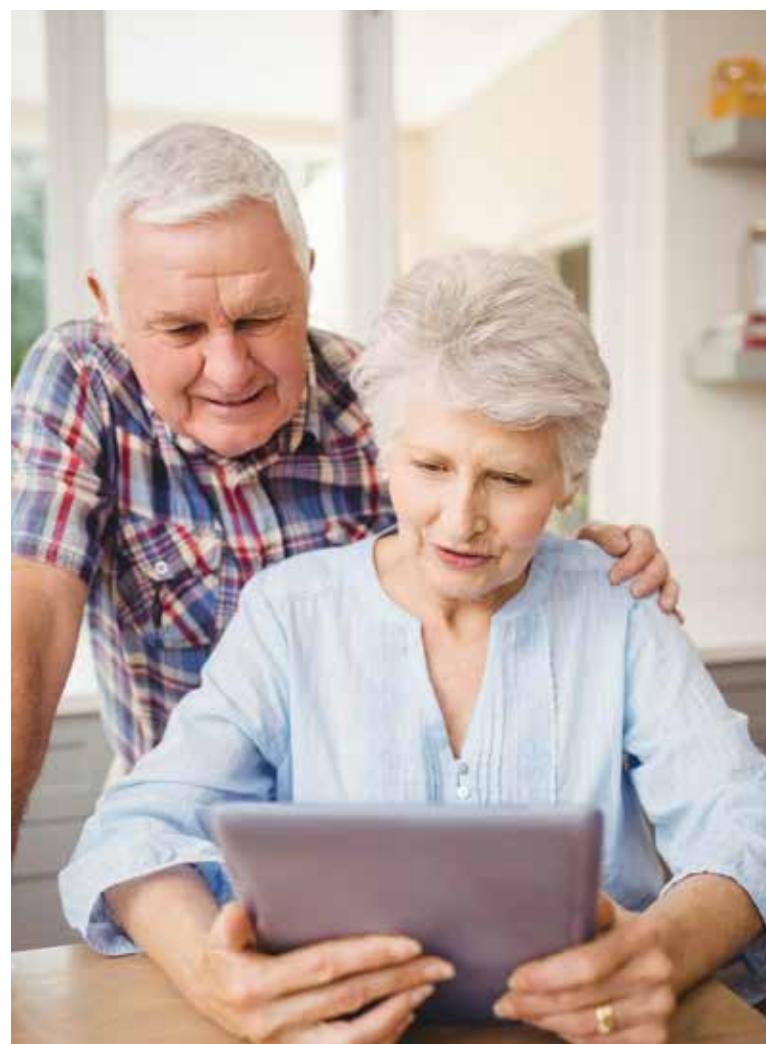
Now there's an easy way to compare.

Deciding which hospice to choose for your family can be stressful. Luckily, Medicare now offers a great resource called **Hospice Compare** which helps you research the quality of care provided by every hospice provider in your community. Compare up to three hospices at a time, or a single hospice against the national average.

Hospice East Bay's quality scores are above the national average in every category. We invite you to take a look! Visit www.Medicare.gov/HospiceCompare to make an informed choice for you and your family.



(925) 887-5678
www.HospiceEastBay.org



Looking for senior care close to home?

Center for Elders' Independence

We are a PACE plan that provides full medical care including dental and optometrist care, home care, transportation and more.

- 24/7 phone access to a doctor or nurse
- Telehealth and home care
- Safe rides to and from your CEI clinic and specialist appointments
- Home visits from a nurse or therapist when you need them
- Nutritious meals and medications delivered to your door
- Virtual activities with new friends
- And much more!

Locations in San
Leandro, Oakland,
and Berkeley!



1-888-975-1150

TDD 1-510-433-1165

(for hearing impaired, Monday-Friday 8am-5pm)

elders.org



CENTER FOR ELDERS'
independence

Your life just got better