

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



Contra
Costa
County
2021



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

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

Row 1:

Angela DiNicola, Home Life Senior Care, Inc.
 Bach Pregil, Better Days Provider, LLC.
 Deanna Bennett, Hospice East Bay
 Jenna Hughes, All Seasons Homecare



Row 2:

Julie Fiedler, Horizon Elder Law & Estate Planning
 Lorna Van Ackeren, Hillendale Home Care
 Nicole Howell, Ombudsman Services of Contra Costa & Solano Counties
 Susan Richey, Finance of America Mortgage



Row 3:

Age Smart Advocates, LLC
 Alamo Family Dentistry & Antioch Lone Tree Dental
 Alta Vista Cremation & Funeral Services
 Center for Elders' Independence



Row 4:

Covia, Home Match
 Diablo Valley Foundation for the Aging
 Energy Employees Occupational Illness
 Greater Concord Chamber of Commerce



Row 5:

Healthy Living at Home
 Jewish Family & Community Services East Bay
 Meals on Wheels of Contra Costa
 Walnut Creek Manor



Smart911™

Because every second counts. Sign up today.

Smart911 is a free, new service available in your community to help you when you call 9-1-1. Once you've signed up, first responders will be aware of important information you have provided that will help them address your emergency. This information - including medical issues, current location and even pets - can help Police, Fire and EMS locate and help you. Information is private and secure - you control your information.

Sign up online at: Smart911.com • Need help? Call 925.671.3320



HomeLife

SENIOR CARE
PERSONAL & DEPENDABLE IN-HOME CARE

2010 Proud to be Celebrating a Decade of Love 2020

Our Family Helping Yours!



Peace of Mind

When They Need Us The Most



Client Safety is Our #1 Concern



TRAINED and PROTECTED

Our compassionate caregivers are state-registered, supervised, fully bonded and insured.

We accept Veteran's Benefits and Long-Term Health Insurance.



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- Wellness Checks
- Grocery Shopping
- Disinfecting Your Home
- Meal Preparation
- Medication Reminders
- Grooming Assistance
- Alzheimer's & Dementia Care
- & More

Keeping Them Safe

Many families need help with loved ones' in-home care. Our elderly clients are especially in need of emotional and physical assistance and our trained, compassionate caregivers provide that much-needed comfort and support.



CALL TODAY FOR A **NO-COST IN-HOME** CONSULTATION

925-240-5770

www.HomeLifeSeniorCare.com

info@homelifesc.com

License # 074700003



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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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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.

Staying Strong -- Together



Ginger Kelly, Editor/Publisher

As I write this message to you, fires are raging throughout California, high temperatures are breaking records, COVID-19 is spreading unchecked, and it feels like our nation's fate is hanging in the balance. As Thomas Paine so famously wrote: "These are the times that try men's souls."

One thing is undeniable, though: the strength and re-

silience 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 citizens, 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 hard-working 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.

Contra Costa Information Kiosks

Thank you to all these businesses for their community-sided efforts in keeping all of us aware of life and care choices though time!

Concord

Brookview Park Senior Mobile Home Park
1201 Monument Blvd.

Dalis Gardens Senior Mobile Home Park
3161 Terrace Del Sol

Stonebrook Health Care Center
4367 Concord Blvd.

Lafayette

Contra Costa Library
3491 Mt. Diablo Blvd

Martinez

Martinez Senior Center
818 Green St.

Oakley

Golden Oak Manor
5000 Kelsey Lane

Orinda

Orinda Community Church
10 Irwin Way

Orinda Senior Village Apartments
20 Irwin Way

Pittsburg

Delta Hawaii Mobile Home Park
875 Stoneman Ave.

Mercury Pharmacy,
361 E. Leland Road

Pleasant Hill

Mt. Diablo Adult Day Health Center
490 Golf Club Rd.

Mt. Diablo Education Center
1 Santa Barbara Rd.

Rodeo

Rodeo Gateway
710 Willow Ave.

San Pablo

Casa Adobe Senior Apartments
1924 Church Lane

San Ramon

Lucky's Pharmacy
21001-B San Ramon Valley Rd.

Call 707.652.9966
To place a complete
information kiosk in
your lobby, entrance
or business, today!



Planning Index

Articles in this section:

What COVID-19 is Teaching us About Senior Care 11



At the time of publishing, due to COVID-19, most on-site 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

Alamo Cribbage Club

200 Alamo Plaza
Alamo, CA
925.937.2302
amoy7@comcast.net
Every Wednesday 6:15 pm
Safeway Conference Room.
Contact Pat Welsh

Alcosta Senior Center

9300 Alcosta Blvd
San Ramon, CA
www.sanramon.ca.gov
925.973.3250

Ambrose Community Willow Center

3105 Willow Pass Rd
Bay Point, CA 94565
www.ambroserec.org
925.458.2662

Antioch Senior Center

415 W. 2nd St
Antioch, CA 94509
925.778.1158

Assistance League of Diablo Valley

2711 Buena Vista Ave
Walnut Creek, CA
assistanceleague.org/diablo-valley
925.934.0901

Booker T Anderson Community Center

960 South 47th St
Richmond, CA
www.ci.richmond.ca.us/2177/
Booker-T-Anderson
510.620.6816

Brentwood Senior Center

193 Griffith Ln
Brentwood, CA
www.brentwoodca.gov
925.516.5380

Christ Lutheran Senior Center

780 Ashbury Ave
El Cerrito, CA 94530
christlutheranelcerrito.org/senior-center
510.915.6120 or 510.527.0389
Mondays only 9:00am-2:00pm

Clayton Valley Village

PO Box 1274
Clayton, CA 94517
www.claytonvalleyvillage.org
925.626.0411
village.clayton@gmail.com

Clayton Valley Women's Club

5555 Clayton Rd
Clayton, CA
925.672.7947
Info@claytonvalleywomansclub.org
Sheila

Clutch Busters Square Dance Club

2748 East Olivera Rd
Concord, CA
925.686.3774
Willow Pass Community Center
Hall - Contact Karen

Concord Art Association

PO Box 641
Concord, CA 94522
concordartassociation.blogspot.com
925.646.5455
concordartassociation@yahoo.com
Meeting September 1st - May 31st
at the Concord Library on the 2nd
Tuesday of each month at 1:30pm

Concord Garden Club

3950 Clayton Rd
Concord, CA 94521
concordgardenclub.blogspot.com
925.825.5783
concordgardenclub@cagardenclubs.org
Contact Evelyn Owens for information.

Concord Senior Center

2727 Parkside Circle
Concord, CA 94519
www.cityofconcord.org
925.671.3320

Concord Senior Club

2727 Parkside Circle
Concord, CA 94519
www.cityofconcord.org
925.687.2585

Concord Senior Dance Club

2727 Parkside Circle
Concord, CA 94519
925.687.2585
Call for days and times of dance
classes!

Contra Costa Genealogical Society

1360 Alberta Way
Concord, CA 94521
www.cccgs.net
info@cccgs.net

Meets 7 - 9pm. 2nd Thursday
of January, March, April, May,
June, September, October, No-
vember

Contra Costa Mineral/Gem Society

5298 Clayton Rd
Concord, CA
www.ccmgs.org
925.289.0454
Meets 2nd Monday of each
month at 7:30pm

Creekside Artists Guild

6125 Clayton Rd
Clayton, CA
www.creeksideartists.org
925.673.9777
nielsenjanc@aol.com
Meets 7:00pm- 8:30pm 2nd
Wednesday of each month.
Contact Arlene 925.673.9777

Crockett Community Center

850 Pomona St
Crockett, CA 94525
510.787.2414
Weekdays 10am- 1:00pm

Danville Area Senior Hikes

Danville, CA
925.314.3490
seniors@danville.ca.gov
Call or email to be added to
list for hike info. 2nd and 4th
Wednesday. Each hike is 4-5
miles and returns by 1:00pm

Danville Lion's Club

711 Silver Lake
Danville, CA
e-clubhouse.org/sites/danvilleca
925.787.2565
Meets at Crow Canyon Country
Club the 1st and 3rd Wednes-
day of the month. Tell the gate
guard "Lions Club Visitor" for
entry.

continued on page 8...

Activities

Danville Senior Citizens Club

115 E. Prospect Ave
Danville, CA 94526
danville.ca.gov/200/seniors
925.314.3430
seniors@danville.ca.gov

Danville Senior Softball

420 Front St
Danville, CA
925.314.3400
Contact the City of Danville for current team info.

Delta Quilters

2401 Shady Willow Ln
Brentwood, CA 94513
www.deltaquilters.com
info@deltaquilters.org
Meets at Golden Hills Community Church on the 2nd Monday at 6pm

Diablo Bonsai Club

angelfire.com/ca2/diablobonsai
530.304.4299
sargentmt@gmail.com
Contact Maria Sargent for more info

Diablo Singles Dance Club

111 N. Wiget Ln
Walnut Creek, CA
925.830.1960 or 925.837.2851

Diablo Valley Quilters

989 San Ramon Valley Rd
Danville, CA
diablovalleyquilters.org
queenp51@sbcglobal.net
Meets 3rd Wednesday of every month 7pm. Email Patty Flynn for more info.

Diablo Women's Chorale

Walnut Creek, CA
diablowomenschorale.org/
925.968.9962
Diablowomenschorale@gmail.com
New members are welcomed in August and January each year. Rehearsals are from 7 to 9pm on Mondays in Walnut Creek.

Easter Hill Seniors

3911 Cutting Blvd
Richmond, CA 94804
510.235.4226

El Cerrito Garden Club

P.O. Box 203
El Cerrito, CA 94530
www.elcerritogardenclub.org
poppies@gardenclub.org
El Cerrito Community Center
707 Moeser Lane

Emeritus College Classes

321 Golf Club Rd
Pleasant Hill, CA 94523
925.685.1230 ext.2388
communityed@dvc.edu

Golden Crane Senior Center

1401 Danville Blvd
Alamo, CA 94507
www.goldencrane.org/
925.718.6222
Chinese American Senior Center

Gray Panthers of Central Contra Costa

P.O. Box 2335
Walnut Creek, CA 94595

Hercules Senior Center

111 Civic Dr
Hercules, CA 94547
510.799.8219
Weekdays 8:00am-5:00pm

Lafayette Senior Services

500 St Mary's Rd
Lafayette, CA 94549
www.lafayetterec.org
925.284.2232
Click on "Senior Services"

Lamorinda Village

49 Knox Dr
Lafayette, CA 94549
www.lamorindavillage.org/
925.283.3500
Office hours - In person: Monday-Friday, 10:00am to 3:00pm
- By phone: Monday-Friday, 10:00am to 3:00pm

Lifelong Education - Pleasant Hill Education Center

One Santa Barbara Rd
Pleasant Hill, CA 94523
mdae-mdusd-ca.schoolloop.com/lifelongeducation
925.937.1530
Judith Sosnowski

Martinez Senior Center

818 Green St
Martinez, CA
925.370.8770

Meals on Wheels Diablo Region - Tai Chi: Moving for Better Balance

1300 Civic Dr
Walnut Creek, CA 94596
www.mowdiabloregion.org
925.937.8311
Call for day/times and location of current classes.

Moraga Movers

P.O.Box 13
Moraga, CA 94556
www.moragamovers.org
925.376.6622

Multicultural Senior and Family Center

515 Silver Ave
Richmond, CA 94801
510.232.3511

National Association of Retired Federal Employees (NARFE)

Mt. Diablo Chapter, 531
San Ramon, CA
925.229.3541

Neighborhood House of North Richmond Seniors

515 Silver St
Richmond, CA 94801
nhnr.org/nhnr_docs/how_to_find_us.html
510.232.3511

Oakley Senior Center

215 2nd St
Oakley, CA 94561
925.626.7223

Orinda Community Center

28 Orinda Way
Orinda, CA
www.cityoforinda.org
925.254.2445

Parchester Village Seniors

900 Williams Dr
Richmond, CA
ci.richmond.ca.us/2191/Parchester
11:00am- 2:00pm on the 2nd and 4th Wednesday of each month

Pinole Artisans

1360 Fitzgerald Dr
Pinole, CA
510.724.2008
pinoleartisanscalendar@gmail.com

Pinole Senior Center

2500 Charles Ave
Pinole, CA 94564
510.724.9800

Pittsburg Community Senior Center

300 Presidio Ln
Pittsburg, CA 94565
www.cipittsburg.ca.us
925.252.4890

Pleasant Hill Senior Center

233 Gregory Ln
Pleasant Hill, CA 94523
pleasanthillrec.com/341/Seniors
925.798.8788
Call or visit website for program/activities

Prime Time For Seasoned Citizens

222 W. El Pintado
Danville, CA 94526
925.837.5525

Pt. Richmond Community Center

139 Washington Ave
Richmond, CA 94801
ci.richmond.ca.us/2192/Point-Richmond
510.620.6793

Rainbow Community Center Social Events for LGBTQ Adults 55+

2118 Willow Pass Rd, Ste 500
Concord, CA 94520
www.Rainbowcc.org
925.692.0090 ext.337
Visit website for complete listing of activities and programs. Contact Christopher Holden at ext. 337

Richmond Annex Senior Center

5801 Huntington Ave
Richmond, CA
510.620.6812
Weekdays 9:00am- 3:45pm

continued on page 9...

Activities

Richmond Senior Drop-In Center

2525 MacDonald Ave
Richmond, CA
ci.richmond.ca.us/2179/Richmond-Senior-Center
510.307.8087

Monday - Friday 8:30am-5:00pm, Saturdays 8:00am-11:00am (Yuan Ji Class)

Sakura Kai

5625 Sutter Ave
Richmond, CA
510.530.2316
Senior Classes for Japanese Speaking Adults. 1st and 3rd Saturdays of each month from 10:00am- 3:00pm

San Pablo Senior Center

1943 Church Ln
San Pablo, CA 94806
www.sanpabloca.gov/seniors
510.215.3090
seniors@sanpabloca.gov

The San Pablo Senior Center is a multi-service center that offers recreational and educational activities, special events and services focused on nutritional, transportation and social needs.

Senior Sneaker Trips

115 E. Prospect
Danville, CA
925.314.3430
The town of Danville hosts Senior Sneaker trips to different attractions throughout the area. Call the Danville Senior Center for more info.

Sons In Retirement (SIRS)

www.sirinc.org
The Mission of SIR is to enrich the lives of our members through fun activities and events – while making friends for life. Membership is open to men regardless of age, race, national origin or religion. Begun in 1958, SIR has thousands of members and branches in most areas of Central and Northern California.

St. John's Senior Center

6500 Gladys
El Cerrito, CA 94530
www.sjtbc.us
510.232.5659
St. John the Baptist Church
Community Center Bldg - Tuesdays 8:00am-2:00pm

Tai Chi: Moving for Better

San Pablo, CA
925.937.8311

Two Left Feet

194 Diablo Rd
Danville, CA
www.twoleftfeet.com/
925.831.8111

Urban Farmers Fruit Gleaning Project

www.theurbanfarmers.org
sustainabledanville@gmail.com
Got excess fruit? Volunteers harvest excess backyard fruit for donation to local food pantries and animal centers.

Veterans of Foreign Wars, Post 75

400 Hartz Ave
Danville, CA 94526
www.vfwpost75.org
925.362.9806
info@vfwpost75.org

Walnut Creek Model Railroad Society

2751 Buena Vista Ave
Walnut Creek, CA
www.wcmrs.org
925.937.1888

Walnut Creek Seniors' Club

1375 Civic Dr
Walnut Creek, CA 94596
925.943.5851

Walnut Creek Village

712 Bancroft Rd, Ste 871
Walnut Creek, CA 94598
www.walnutcreekvillage.org/
925.956.1990
office@walnutcreekvillage.org
Walnut Creek Village is a member-supported, non-profit, community-based network. Hours: Monday - Thursday, 10AM-2PM

Advanced Health Care Directive

Compassion and Choices
800.247.7421

Concord Senior Center

2727 Parkside Circle
Concord, CA 94519
925.671.3320
Meets the 2nd Thursday of each month - appointments are required.

East Bay Conversation Project

510.654.5383

Ombudsman Services of Contra Costa and Solano County

2255 Contra Costa Blvd, Ste 204
Pleasant Hill, CA 94523
Ombudsman Services of Contra Costa and Solano County
925.685.2070

Affordable Housing

City Housing Authority

City of Pittsburg Public Housing - 925.432.3523, City of Pittsburg Section 8 - 925.252.4830, City of Richmond Public Housing - 510.621.1300, City of Richmond Section 8 - 510.621.1300

Contra Costa County - Affordable Housing Resources

contracosta.ca.gov/4807/Affordable-Housing
925.674.7208
dcd.housing@dcd.cccounty.us

County Housing Authority of Contra Costa

3133 Estudillo St
Martinez, CA 94553
contracostahousing.org/
925.957.7000
Visit their website for a complete listing of all available housing - it's extensive!

SAHA (Satellite Affordable Housing Associates)

1835 Alcatraz Ave
Berkeley, CA 94703
www.sahahomes.org
510.647.0700

Stoneman Village

390 East Leland Rd
Pittsburg, CA 94560
925.427.1870
62+/Mobility impaired 18+

Stoneman Village II

375 Presidio Ln
Pittsburg, CA 94565
925.427.1870
62+

Walnut Creek Manor

81 Mayhew Way
Walnut Creek, CA 94597
www.walnutcreekmanor.com
925.935.0322
(See ad on page 15)

Attorney

Antioch Senior Center - Free Will Service

415 W. 2nd St
Antioch, CA 94509
www.antiochseniorcenter.com
925.778.1158
Attorney Matthew Hart available 3rd Monday of each month 9:00am-12:30pm. He will prepare a basic will for free. No drop-ins, appointments only. Call front desk 925.778.1158

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.

Attorneys / Elder Law & Estate Planning

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

Care Management / Planning

Antioch Senior Center
415 W. 2nd St
Antioch, CA 94509
www.antiochseniorcenter.com
925.778.1158
Seniors facing problems regarding housing, health care, family, finances, etc., can talk to a counselor on Mondays 9:00 am-noon. Call for an appointment.

California Community Transitions Choice in Aging
490 Golf Club Rd
Pleasant Hill, CA 94523
rsnc-centers.org/programs/california-community-transitions-cct
925.682.6330

Helps adults who have been living in skilled nursing home for longer than 90 days, and on Medi-Cal transition back home and to community living.

Center for Elders' Independence - P.A.C.E. (Program of All Inclusive Care for the Elderly)
3905 San Pablo Dam Rd
El Sobrante, CA 94803
cei.elders.org/
510.433.1150
(See ad on page back cover)

Choice in Aging Multipurpose Senior Services Program (MSSP)
490 Golf Club Rd
Pleasant Hill, CA 94523
choiceinaging.org/programs/multipurpose-senior-services-program-mssp
925.356.6777 or 925.682.6330
Provides case management for Medi-Cal eligible, frail elders who want to remain living at home.

Concord Senior Center
2727 Parkside Circle
Concord, CA 94519
cityofconcord.org/page.asp?pid=1004
925.671.3320

Diablo Valley Foundation for the Aging
140 Gregory Ln, Ste 240
Pleasant Hill, CA 94523
www.dv-fa.org
925.945.8040
info@dv-fa.org
Free care management for eligible low-income adults 60+. Reasonable fee-based programs available.

Hillendale Home Care
2950 Buskirk Ave., Suite 160
Walnut Creek, CA 94597
www.hillendale.net/
925.933.8181
lvanacker@hillendale.net
(See ad on page 20)

Jewish Family and Community Services of the East Bay
2151 Salvio St., Ste 350
Concord, CA 94520
www.jfcs-eastbay.org
925.949.6151
Provides case management, aging advice, counseling for seniors and their families.

Meals on Wheels Diablo Region Care Management
1300 Civic Dr
Walnut Creek, CA 94596
www.mowdiabloregion.org
925.937.8311

Pleasant Hill Senior Center
233 Gregory Ln
Pleasant Hill, CA
pleasanthillrec.com/341/Seniors
925.798.8788 ext. 17
Care Manager: Dana Krider -
Hours and Days vary, call for an appointment: 798-8788 ext. 640

Public Health Nursing Contra Costa County Health Services
597 Center Ave, Ste 150
Martinez, CA 94553
www.cchealth.org/phn
925.313.6924

Services are directed towards individuals with special attention to the most at risk populations for health disparities.

Walnut Creek Seniors' Club
1375 Civic Dr
Walnut Creek, CA 94596
walnutcreekseniorsclub.org/
925.943.5851
Assists with money management, conservatorship, crisis intervention and in-home assessments.

Caregiver Support

Family Caregiver Alliance/Bay Area Caregiver Resource Center
101 Montgomery St Ste 2150
San Francisco, CA 94104
www.caregiver.org
415.434.3388 or 800.445.8107
info@caregiver.org
The mission of Family Caregiver Alliance (FCA) is to improve the quality of life for family caregivers and the people who receive their care.

Certified Senior Advisor

HomeLife Senior Care Vinny DiNicola Certified Senior Advisor (CSA)®
6440 Brentwood Blvd, Ste A
Brentwood, CA 94513
www.homelifeseniorcare.com
925.550.6743
vinny@homelifesc.com
(See ad on page 10)

Counseling Services

Alcosta Senior and Community Center
9300 Alcosta Blvd
San Ramon, CA
925.828.2656
Short term consultations with an experienced family counselor. Call for prices and availability - Claire Chow 925.828.2656

continued on page 12...



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



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

What COVID-19 is Teaching us About Senior Care

As our nation and our world continue to grapple with the COVID-19 pandemic, two sobering statistics stand out. Eight out of 10 COVID-19-related deaths reported in the United States have been among people age 65 and older. More than 40 percent of all COVID-19 deaths in the United States have occurred in nursing homes or assisted-living facilities.

Since the first nursing facility outbreak back in February in Kirkland, Wash., senior caregivers have entered a new and often scary reality. The pandemic has forced many of us to rethink how we care for ourselves and for the people we love. However, even though we are still in an evolving health crisis, COVID-19

already has taught us some important lessons regarding senior care.

Flexibility. The pandemic vividly has shown caregivers that they must remain nimble during a crisis. Because of the risk involved in living in a group setting, many family members decided to either bring a loved one home from a long-term facility or to not send them there in the first place. These family members had to find the space and the resources to care for their loved ones in their homes – often while working from home and caring for children at the same time.

To keep their residents safe, many senior care facilities went into lockdown long before an official mandate to do

so. They also shifted the way they provide meals and other services to keep residents isolated from each other. Senior care facilities have learned the value of having flexible spaces to better separate the sick from the healthy.

Hygiene. The pandemic has heightened the importance of hygiene precautions when it comes to senior care. We are now much more aware of proper handwashing, using hand sanitizer and wearing masks when dealing with a vulnerable population. Caregivers who come and go from treating the sick now routinely change their clothes and shoes and shower before seeing healthy family members. We've also learned to keep our hands away from our faces

and to disinfect high-touch areas such as doorknobs and faucets.

We have become more accustomed to taking temperatures to know when someone has a fever and to act accordingly. While we all hope to have a COVID vaccine and a return to somewhat normalcy in the near future, these precautions will continue to be helpful for anyone caring for the sick at home or in a facility.

Technology. Another lesson from COVID is the importance of technology to the health and well-being of our growing senior population. Whether it has been through virtual doctor visits, grocery delivery orders, Facetime visits with relatives, online classes or Zoom book groups, technology has been a godsend for many shut-in seniors.

The pandemic has taught us that we need to make sure seniors know how to use the internet and how to access it. Although it cannot replace in-person visits, virtual communication can relieve the social isolation and loneliness that many older people face – even when there is not a pandemic.

The Centers for Disease Control maintains a website page with precautions and updated information about COVID-19 for seniors and their caregivers. <https://www.cdc.gov>



Counseling Services

Antioch Senior Center

415 W. 2nd St

Antioch, CA

antiochseniorcenter.com/Antioch_Senior_Center_Information/SERVICES.html

925.778.1158

Senior Peer Counseling Tuesday appointments between 10:00am-2:00pm Call for appointment.

Catholic Charities of the East Bay

www.cceb.org/

510.768.3100

Individual therapy on sliding fee scale.

Contra Costa Crisis Center

800.833.2900

Older Adult Mental Health

Contra Costa County, CA

888.678.7277

Rainbow Community Center

2118 Willow Pass Rd, Ste 500

Concord, CA 94520

Rainbowcc.org

925.692.0090 ext.337

Counseling support for LGBTQ Adults 55+

Senior Peer Counseling

925.521.5653

Elizabeth Villafuerte-Jones
LMFT (Spanish)

Senior Peer Counseling - Older Adult Mental Health

2425 Bisso Ln, Ste 100

Concord, CA 94520

925.521.5640

Brief individual counseling to residents of Contra Costa County 55+ in English, Spanish and Chinese for 8-12 weeks, 1 hour per week. The Peer Counselors are trained and supervised. Volunteers visit people at home. Some of the counselors are also stationed at senior centers. We also offer several support groups. Call Joyce Martin, MA PsyD, for more information. 925.521.5636. Latino Senior Peer Counseling Coordinator, Abraham Aviles-Scott 925.521.5653

Dental Care Services

Alamo Family Dentistry

3150 Danville Blvd.

Alamo, 94507 CA

alamodentalimplants.com

925.837.0202

(See ad on page 19)

Antioch Lone Tree Dental

3700 Sunset Ln, #5

Antioch, 94509 CA

alamodentalimplants.com

925.837.0202

(See ad on page 19)

Berkeley Free Clinic

2339 Durant Ave

Berkeley, CA 94804

berkeleyfreeclinic.org/dental-services

510.548.2745

New clients accepted through a monthly lottery. Clients then receive lifetime services that include dental exams/checkups, cleanings, x-rays, fillings and extractions.

Dental Clinics—Contra Costa Health Services

cchealth.org/dental/dental-ccc.php

925.427.8302

Bay Point: 925.427.8302,

Martinez: 925.370.5300,

Pittsburg: 925.431.2501,

West County Health Center: 510.231.9400

Lifelong

2023 Vale Rd

San Pablo, CA

www.lifelongmedical.org

510.231.9814

Dentures/Implants

Alamo Family Dentistry

3150 Danville Blvd.

Alamo, 94507 CA

alamodentalimplants.com

925.837.0202

(See ad on page 19)

Antioch Lone Tree Dental

3700 Sunset Ln, #5

Antioch, 94509 CA

alamodentalimplants.com

925.837.0202

(See ad on page 19)

Driving Classes

55 Alive Class

800.510.2020

AARP Smart Driving Course

www.aarpdriversafety.org/

800.350.7025

The nation's largest classroom and online driver safety course for drivers over 50. Call or visit website.

Driving Safety-AARP Class

500 St Mary's Rd

Lafayette, CA

www.lafayetterec.org

925.284.5050

Seniors@lovelafayette.org

Once on website, click on "Senior Services".

Education

Diablo Valley College,

Emeritus

321 Golf Club Rd

Pleasant Hill, CA

925.685.1230

East Bay Regional Parks District

29250 Peralta Oaks Ct

Oakland, CA 94605

www.ebparks.org

510.544.2546

jrizzotti@ebparks.org

Jaimee Rizzotti - Environmental education programs available for groups in the Regional Parks!

Hillendale Home Care

2950 Buskirk Ave., Suite 160

Walnut Creek, CA 94597

www.hillendale.net/

925.933.8181

lvanacker@hillendale.net

(See ad on page 20)

Liberty Adult Education

929 Second St

Brentwood,

libertyadulthood.org/

925.634.2565

Martinez Adult Education

600 F St

Martinez,

925.335.5890

Mt. Diablo Adult Education

1266 San Carlos Ave

Concord, 94518

www.mtдиabloadulthood.org

925.685.7340

Pittsburg Adult School

1151 Stoneman

Pittsburg, CA 94565

www.pittsburg.k12.ca.us/paec

925.473.2400

West Contra Costa Adult Education

6028 Ralston Ave

Richmond, CA 94805

www.wccae.info

510.231.1453

Fall / Injury Prevention

Meals on Wheels Diablo Region Fall Prevention Program

1300 Civic Dr

Walnut Creek, CA 94596

www.mowdiabloregion.org/

925.937.8311

A program to reduce falls and injuries. In-services, classes and tips available.

Safe at Home Grab Bars

416 Fraga Ct

Martinez, CA 94553

www.safeathomegrabbars.com

925.360.1909

safeathomeservices@gmail.com

Financial Assistance

Patient Access Network Foundation (PAN)

panfoundation.org

866.316.7261

Offers move r60 disease specific assistance programs to help patients pay for their out-of-pocket costs.

continued on page 13...

Financial Assistance

Patient Advocate Foundation

421 Butler Farm Rd
Hampton, VA 23666
copays.org
866.512.3861

PAF Co-Pay Relief (CPR) provides direct financial assistance to qualified patients, assisting them with prescription drug copayments their insurance requires relative to their diagnosis.

Prescription Drug Discount Program for California

Medicare Recipients
916.552.9714

Government

Concord Commission on Aging

2727 Parkside Dr
Concord, CA
ci.concord.ca.us/page.asp?pid=a03
925.671.3320
Meets 3rd Wednesday of each month at 1:30pm

Contra Costa County Advisory Council on Aging (ACOA)

500 Ellinwood Way
Pleasant Hill, CA
ehsd.org/elderly-disabled/advisory-council-on-aging
925.602.4172

The ACOA meets on the third Wednesday of each month, 9:30am– 11:30pm at 500 Ellinwood Way, Pleasant Hill in Board Rooms A&B. For more information or to obtain a copy of the ACOA Schedule of Meetings, call Jaime Ray, AAA Staff Representative at (925) 602-4172.

East County Senior Coalition

301 West 10th St
Antioch, CA
925.602.4153/925.391.3100.
Meetings are the 2nd Wednesday of each month from 9:30 - 11am at the 301 W. 10th St, Antioch address.

El Cerrito Committee on Aging

10890 San Pablo Ave
El Cerrito, CA 94530
510.559.7677
3rd Wednesday of each month, 3:00pm in the Council Chamber at the El Cerrito Community Center

Richmond Commission on Aging

2565 MacDonald Ave
Richmond, CA 94804
510.307.8085
Meets the 4th Wednesday of the month at 7:00pm

Senior Services Commission

500 St Mary's Rd
Lafayette, CA
925.284.2232
4th Thursday of each month at 3:30pm in the Alder Room

West County Senior Coalition

11780 San Pablo Ave
El Cerrito, CA
co.contra-costa.ca.us/652/West-County-Senior-Coalition
925.335.8700
The West County Senior Coalition is a group that meets regularly to address issues pertaining to seniors and the disabled. For more information or questions about this group please call the County Advisory Council on Aging at 925.335.8700.

Grandparents Raising Grandchildren

Uplift Family Services

2380 Salvio St, Ste 200
Concord, CA 94520
upliftfs.org
925.602.1750

Hearing Loss Assistance

Deaf and Disabled Telecommunications Program

P.O. Box 30310
Stockton, CA
800.806.1191

Deaf Emergency Line for Contra Costa County

TTY: 925.228.0111
non-emergency: 925.646.2441

Deaf Seniors Club

1375 Civic Dr
Walnut Creek, CA 94596
925.943.5851

Hear Now Starkey Hearing Foundation

800.328.8602
New hearing aids for low income adults and children. \$125 processing fee. Will accept donation of hearing aids.

Hearing Dog Program

2912 Diamond St, Ste 221
San Francisco, CA 941321
www.hearingdogprogram.org
650.898.9117

Hearing Loss Association of America, Diablo Valley Chapter

WCUMC 1543 Sunnyvale Ave
Walnut Creek, CA 94597
www.hearinglossdv.org
925.264.1199
info@hearinglossdv.org

Home Chore / Repair Assistance

Community Energy Services Corporation (CESC)

1013 Pardee St
Berkeley, CA 94710
Lourdes@ebenerby.org or
Chris@ebenerby.org
510.981.7764
Free home repairs to qualifying residents of the City of Richmond. Home repairs may include electrical, plumbing, and carpentry. Will install grab bars and handrails and make accessibility improvements. No service to renters. To qualify, must be on Medi-Cal, food stamps or SSI, or meet annual income requirements.

Rotary Home Team

rotaryhomecareteam.com
888.204.5573
info@rotaryhomecareteam.com
Free help with basic household chores. Leaky faucets, running toilets, broken doors.

Home Repair Loans

City of Richmond Housing Division

330 24th St
Richmond, CA 94504
ci.richmond.ca.us/86/Housing-Authority
510.621.1300
The Richmond Housing Authority provides decent affordable housing for low and very low income residents of Richmond through our federally funded housing programs

Neighborhood Preservation Program

651 Pine St
Martinez, CA
co.contra-costa.ca.us/4334/Neighborhood-Preservation-Program
925.674.7207
NPP provides financial assistance to low income homeowner for the eliminating blight, bringing buildings up to code, improving energy efficiency, promoting accessibility, and enhancing older neighborhoods in an effort to encourage future investment and the growth of economically integrated communities.

Weatherization

925.674.7214

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.

Home Sharing

Home Match

2185 N. California Blvd., Ste 215
Walnut Creek, CA 94596
925-956-7385
covia.org/services/home-match
(See ad on page 14)

In-Home Assistance

In-Home Supportive Services (IHSS)

ehsd.org/elderly-disabled/in-home-supportive-services-ihss
800.333.1081
IHSS is an alternative to out-of-home care for individuals covered by Medical. Call to apply. Locations at: Pleasant Hill - 500 Ellinwood Way; Antioch - 4549 Delta Fair Blvd; Richmond - 1275 A Hall Ave

Independent Living / Retirement Apartments

Carlton Senior Living

1700 Broadway St
Concord, CA
925.686.1700
175 Cleaveland Rd
Pleasant Hill, CA
925.935.1001
2770 Pleasant Hill Rd
Pleasant Hill, CA
925.935.1660
www.carltonseniorliving.com
info@carltonseniorliving.com

Walnut Creek Manor

81 Mayhew Way
Walnut Creek, CA 94597
www.walnutcreekmanor.com
925.935.0322
(See ad on page 15)

Information And Assistance

Age Smart Advocates, LLC

AgeSmartAdvocates.com
925.471.606
Stephanie@agesmartadvocates.com

Born To Age Informational Directories

P.O. Box 59
Cotati, CA 94931
www.borntoage.com
707.652.9966
Free Directories for Alameda, Contra Costa, Napa, Marin/ Sonoma and Solano Counties.

Contra Costa County - General Assistance

ehsd.org/general-assistance
877.505.4630
Provides temporary benefits to individuals who are not eligible for federal or state-funded cash assistance.

Contra Costa County Area Agency on Aging

400 Ellinwood Way, Pleasant Hill, CA 94523
Pleasant Hill, CA 94523
ehsd.org/elderly-disabled/area-agency-on-aging
800.510.2020
Or 925.229.8434 for cell phones or outside Contra Costa County

Diablo Valley Foundation for the Aging

140 Gregory Ln, Ste 240
Pleasant Hill, CA 94523
www.dv-fa.org
925.945.8040
info@dv-fa.org

East County Senior Coalition

301 West 10th St
Antioch, CA 94509
925.391.3100.

Greater Concord Chamber of Commerce

2280 Diamond Blvd, #200
Concord, CA 94520
www.concordchamber.com
925.685.1181

Independent Living Resources of Solano and Contra Costa County

www.ilrsc.org
925.754.0539 or 925.363.7293
Offices in Antioch and Concord. All services are free to seniors, their families and agencies serving them.

Jewish Family and Community Services of the East Bay

2151 Salvio St., Ste 350
Concord, CA 94520
www.jfcs-eastbay.org
925.949.6151

Meals on Wheels of Contra Costa

597 Center Ave., #125
Martinez, CA 94553
www.MowofContraCosta.org
866.669.6697
We support homebound elders to maintain their health and dignity, and to live independently in the comfort and security of their own homes. We serve homebound senior citizens who have one or more chronic health conditions that prevent their preparing nutritious daily meals for themselves.
(See ad on page 19)

Rainbow Community Center Social events/support for LGBTQ Adults 55+

2118 Willow Pass Rd, Ste 500
Concord, CA
Rainbowcc.org
925.692.0090
Senior luncheons, LGBTQ Senior Advocacy & Outreach Program/Trainings.
Contact Christopher Holden at ext. 337

Insurance Assistance

Health Insurance Counseling and Advocacy Program (HICAP)

400 Ellinwood Way
Pleasant Hill, CA 94523
www.cchip.org
800.510.2020 or 925.602.4163

Legal Assistance

Bay Area Legal Aid

1025 Macdonald Ave
Richmond, CA 94801
www.baylegal.org
510.233.9954
Provides low-income clients with free civil legal assistance. Serves Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo and Santa Clara Counties

California Advocates for Nursing Home Reform (CANHR)

650 Harrison St
San Francisco, CA 94107
www.canhr.org
1.800.474.1116
Consumer information on Bay Area assisted living, skilled nursing and board and care facilities.

Contra Costa County Bar Association

2300 Clayton Rd., #520
Concord, CA 94520
www.cccba.org
925.825.5700

Contra Costa County Public Law Library - West County

100 37th St, Room 237
Richmond, CA 94805
www.cccplib.org
510.374.3019
The Law Library serves everyone, including the general public as well as the legal community.

continued on page 14...

Building community, one home at a time.

Welcome to Home Match Contra Costa County, a shared housing program that improves lives and communities by bringing people together to share homes.



Call 925-956-7385 to learn more

covia.org/services/home-match



Legal Assistance

Contra Costa County Public Law Library - Main Branch
1020 Ward St
Martinez, CA 94553
www.cccplib.org
925.646.2783
The Law Library serves everyone, including the general public as well as the legal community.

Family Justice Center
2151 Salvio St, Ste 201
Concord, CA 94520
www.cocofamilyjustice.org
925.521.6366

Family Justice Center
256 24th St
Richmond, CA 94804
www.cocofamilyjustice.org
510.974.7200

Mental Health

Contra Costa County Health Services - Adult Mental Health Services
1420 Willow Pass Rd, Ste 200
Concord, CA 94520
www.cchealth.org/mentalhealth
888.678.7277
Mental health services for MediCal recipients and low-income adults.

John Muir Behavioral Health Center
2740 Grant St
Concord, CA 94520
johnmuirhealth.com/behavioralhealth

Notary Services

Concord Senior Center
2727 Parkside Circle
Concord, CA 94519
925.671.3320
Wednesdays from 10:00 - 11:00

Realtors

Sally Martin, Seniors Real Estate Specialist - SRES® -Venture Sotheby's International Realty
listorbuytoday.com
925.998.4311
sally@venturesir.com

Reverse Mortgage Services

Finance of America Mortgage, Susan Richey
588 San Ramon Valley Blvd, Ste 100
Danville, CA 94526
Foamortgage.com/srichey
707.688.9537 - Susan Richey
susan.richey@financeofamerica.com

Smoke Detectors

Contra Costa County Fire Protection
925.941.3300
FREE for Contra Costa homeowners over age 60, when available.

Tax Assistance

AARP –TAX AIDE
925.726.3199 or 800.510.2020
Provides free tax assistance to low and mid income people of all ages in Antioch, Brentwood, and Pittsburg Senior Centers. Volunteer counselors. Appointments only. For home visit, call 925.726.3199

Visually Impaired

Lions Center for the Visually Impaired
175 Alvarado Ave
Pittsburg, CA 94565
www.LCVI.org
925.432.3013
Offers free services that focus on early detection and/or intervention to prevent or slow vision loss from age-related eye diseases.



WALNUT CREEK MANOR

Garden Apartments for Seniors

418 One-Story Studio, One and Two Bedroom Apartments with Patios

Please Call for an Appointment: **(925) 935-0322**

Enjoy a Massive 15,000 sq. ft. Clubhouse, featuring Billiards, Ping Pong, Card Rooms, Library, Large-Screen TV, Hobby Rooms, Lounge with Fireplace, a 4,000 sq. ft. Social Hall and organized Activities.

- 4 Magnificent Gardens on
- 24 Beautifully Landscaped Acres
- 6 Spacious Pavilions
- 3 Vine-Covered Pergolas
- Lovely Ornamental Lighted Fountains
- Expansive Lawn Areas
- Heated Pool & Spa, Open Year-Round
- 13 On-Site Laundry Facilities
- Covered Parking Available
- Expanded Basic Cable Included with Most Utilities
- And Many More Features



81 Mayhew Way, Walnut Creek, CA 94597

www.walnutcreekmanor.com

Quality of Living Index

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Adult Day and Alzheimer Service Centers

Celebration Senior Day Program

2260 Jeffery Way
Brentwood, CA 94513
www.celebrationcenter.com
925.240.5437

Guardian Adult Day Health Care/Center for Elders' Independence

3905 San Pablo Dam Rd
El Sobrante, CA 94803
cei.elders.org/guardian-adult-day-health-center
510.433.1150

(See ad on page back cover)

Lamorinda Adult Respite Center

433 Moraga Way
Orinda, CA 94563
www.lamorindarespite.org
925.254.3465
larc@holyshepherd.org

Martinez Respite Group

1111 Ferry St
Martinez, CA 94553
www.alz.org
925.370.8772

Mt. Diablo Center for Adult Day Health Care & Alzheimer's Day Care & Resource Center

490 Golf Club Rd
Pleasant Hill, CA 94523
choiceinaging.org/programs
925.682.6330
Monday-Friday 9:30am-3:00pm

Open House Respite Program

10940 San Pablo Ave
El Cerrito, CA 94530
el-cerrito.org/292/Alzheimers-Respite-Program
510.559.7677

St. Anne Village, Inc.

2800 Camino Diablo
Byron, CA 94514
www.stannevillageinc.com
925.240.4757

The Bedford Center

1811 C St, Antioch, CA 94509
www.choiceinaging.org
925.778.4171

Thursday Fellowship Lafayette-Orinda Presbyterian Church
49 Knox Dr, Lafayette, CA 94549
www.lopc.org
925.283.8722
thursdayfellowship@lopc.org
Thursdays 11:00am-1:30pm

Valley Oak Respite Center - Operated by Diablo Valley Foundation for the Aging (DVFA)

989 San Ramon Valley Blvd
Danville, CA 94526
www.dv-fa.org
925.956.9269 or 925.945.8040
On the premises of Danville Congregational Church

West County Adult Day Care Center & Alzheimer's Respite Center

1015 Nevin Ave, Ste 108
Richmond, CA 94801
westcountyadultdaycare.com
510.235.6277

Alzheimer's Financial Assistance

Alzheimer's Family Relief Program

22512 Gateway Center Dr
Clarksburg, MD 20871
301.948.3247 or 800.437.2423
Provides emergency assistance for patients and caregivers.

Alzheimer's Information, Referral and Education

Alzheimer's Association East Bay Office

3675 Mt. Diablo Blvd, Ste 250
Lafayette, CA 94549
www.alzheimerscc.org
925.284.7942 or 800.272.3900

Alzheimer's Services of the East Bay

2320 Channing Way
Berkeley, CA 94704
www.aseb.org
510.644.8292

Safe Return

www.alzheimerscc.org
925.284.7492 or
800.272.3900

A 24-hour emergency nationwide response service for people with Alzheimer's or dementia who want or have a medical emergency. 24-hour nationwide assistance.

UC Davis Alzheimer's Disease Center

100 N. Wiget Ln, Ste 150
Walnut Creek, CA 94598
855.420.2612

Comprehensive assessment and evaluation for Alzheimer's Disease and other dementias. Clinical trials and services are available to the public.

UC Davis Alzheimer's Research Center

855.420.2612 or 925.357.6515
Northern California Diagnostic Center and Clinic.

Assisted Living Complaints

Ombudsman Services of Contra Costa and Solano County

2255 Contra Costa Blvd, Ste 204
Pleasant Hill, CA 94523
www.ccsombudsman.org
925.685.2070

Assisted Living / Memory Care

Carlton Senior Living

1700 Broadway St
Concord, CA
925.686.1700
175 Cleaveland Rd
Pleasant Hill, CA
925.935.1001
2770 Pleasant Hill Rd
Pleasant Hill, CA
925.935.1660
www.carltonseniorliving.com
info@carltonseniorliving.com

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Assisted Living / Memory Care

Hillcrest Memory Care

825 E. 18th St
Antioch, CA 945098
866.667.7270

The Reutlinger Community

4000 Camino Tassajara
Danville, CA 94506
www.rcjl.org
925.964.2062

Assistive Technology

Hearing Loss Association of America, Diablo Valley Chapter

WCUMC 1543 Sunnyvale Ave
Walnut Creek, CA 94597
www.hearinglossdv.org
925.264.1199
info@hearingloss.org

Independent Living Resource

1850 Gateway Blvd, Ste 120
Concord, CA 94520
925.363.7293
3727 Sunset Ln #103
Antioch, CA 94509
925.754.0539

www.ilrsc.org

All services are free to seniors,
their families and agencies serving
them. Wheelchairs, walkers, com-
modes and other assistive devices
are also available without charge.

Benefits Counseling

Independent Living Resource

1850 Gateway Blvd, Ste 120
Concord, CA 94520
925.363.7293
3727 Sunset Ln #103
Antioch, CA 94509
925.754.0539

www.ilrsc.org

Books For The Homebound

Contra Costa Public Library

www.guides.cclib.org
William McCall: 925.927.3211
Danville: Sandra Paiva
925.837.4889

Books delivered to your door.

Caregiver / Companion Service

All Seasons Homecare

399 Taylor Blvd, Ste 101
Pleasant Hill, CA 94523
all-seasons-homecare.com
925.363.4900
jhughes@all-seasons-homecare.com
(See ad on page 17)

Better Days Provider, LLC

1200 Mt. Diablo Blvd, Ste 211
Walnut Creek, CA 94596
www.betterdaysprovider.com
925.457.0720
bach@betterdaysprovider.com
(See ad on page 17)

Contra Costa Public Authority In Home Supportive Services

800.510.2020

The Public Authority operates a Regis-
try that recruits, checks references for
home care workers and supplies a list
of names to consumers. If you qualify
for In Home Supportive Services, they
will provide you with a list of three to
six names of potential caregivers.

Hillendale Home Care

2950 Buskirk Ave., Suite 160
Walnut Creek, CA 94597
www.hillendale.net/
925.933.8181
lvanacker@hillendale.net
(See ad on page 20)

Homelife Senior Care

6440 Brentwood Blvd Ste A
Brentwood, CA 94513
www.homelifeseniorecare.com
925.240.5770
vinny@homelifesc.com
(See ad on page 4)

Meals on Wheels Diablo Region Friendly Visitors

1300 Civic Dr
Walnut Creek, CA 94553
www.mowdiabloregion.org
925.937.8311

Practical Home Care

555 East 14th Street Unit B
San Leandro, CA 94577
www.phcagency.com
510.688.2685
(See ad on page 18)

Crisis Support

Contra Costa Crisis Center

www.crisis-center.org
800.833.2900

The Friendship Line

3575 Geary Blvd
San Francisco, CA 94118
ioaging.org/services/all-inclusive-health-care/friendship-line
800.971.0016
Crisis intervention program for
people 60 years and older, and
disabled adults-24 hours



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- Hourly Care
- Respite Care
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- Postoperative Care

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- Alzheimer's & Dementia Care
- Light Housekeeping
- Companionship
- Flexible Hours

www.all-seasons-homecare.com
HCO# 074700008





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betterdaysprovider.com

1200 Mt. Diablo Blvd. Ste 211 Walnut Creek, CA 94596
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Dentures / Implants

Alamo Family Dentistry

3150 Danville Blvd.
Alamo, 94507 CA
alamodentalimplants.com
925.837.0202
(See ad on page 19)

Antioch Lone Tree Dental

3700 Sunset Ln, #5
Antioch, 94509 CA
alamodentalimplants.com
925.837.0202
(See ad on page 19)

DMV Driving Test

Senior Driver Ombudsman

7677 Oakport St Ste 220
Oakland, CA 94621
510.563.8998
rosemaryrobles@dmv.ca.gov
Contact Rosemary Robles

Elder Abuse Reporting

Adult Protective Services

Contra Costa County, CA
ehsd.org/elderly-disabled/adult-protective-services
877.839.4347 24-hour

Ombudsman Service of Contra Costa and Solano County

2255 Contra Costa Blvd, Ste 204
Pleasant Hill, CA 94523
www.ccsombudsman.org
925.685.2070

STAND!

1410 Danzig Plaza
Concord, CA 94520
www.standffov.org
888.215.5555...24 Hour Crisis Line
STAND! Offers an emergency response team, emergency shelter, counseling and other services to victims of abuse and family members.

Eye Care / Low Vision / Blind Service

Eye Care America

P.O. Box 42-9098
San Francisco, CA
aao.org/eyecare-america/read-more
800.222.3937

Free medical eye care through a pool of nearly 6,000 volunteers ophthalmologists. Must be a U.S. Citizen or legal resident age 65 or older and have not seen an ophthalmologist in three or more years.

Lighthouse of the East Bay

3075 Adeline, Ste 100
Berkeley, CA 94703
lighthouse-sf.org/about/contact-us
510.845.8700

Lion's Center for the Visually Impaired

175 Alvarado Ave
Pittsburg, CA 94565
www.Seniorvision.org
925.432.3013.

Orientation Center for the Blind

400 Adams St, Albany, CA 94706
510.559.1208

Food Services

Antioch Senior Center The Bread Table

www.ci.antioch.ca.us
925.778.1158
Bread giveaway each Mon., Wed., Thurs. and Fri. 9-11:30am

Food Bank of Contra Costa and Solano - Produce Program

www.foodbankccs.org
925.676.7543
csly@foodbankccs.org
Free Produce giveaway, twice monthly. Call or email for all distribution locations, or visit website to find city nearest you.

Food Bank of Contra Costa and Solano - Senior Food Program

www.foodbankccs.org
925.676.7543
csly@foodbankccs.org
FREE groceries twice a month to low-income individuals aged 55+. Bring picture ID and proof of address. Call or email for locations.

Meals on Wheels of Contra Costa

597 Center Ave. #125
Martinez, CA 94553
www.MowofContraCosta.org
866.669.6697
We support homebound elders to maintain their health and dignity, and to live independently in the comfort and security of their own homes. We serve homebound senior citizens who have one or more chronic health conditions that prevent their preparing nutritious daily meals for themselves.
(See ad on page 19)

Meals on Wheels Diablo Region

1300 Civic Dr
Walnut Creek, CA 94596
www.mowdiabloreion.org
925.937.8311
Due to the COVID-19 health crisis meal seven frozen meals will be delivered once a week until further notice. Menus will not be available until we return to hot meal delivery.

Richmond Emergency Food Pantry

2369 Barrett Ave
Richmond, CA 94804
510.235.9732
Tues-Fri., noon-3pm

Friendly Visitors

Brentwood Senior Citizens

925.516.5444
Caring Hands
John Muir Medical Center
Walnut Creek, CA
925.952.2999
caring.hands@johnmuirhealth.com

Lavender Seniors

of the East Bay
510.736.5428
For the LGBT community in West Contra Costa County. Find us on FaceBook. A one-to-one volunteer visiting program. Volunteers visit once a week, sharing time, talking, taking a walk or ride, shopping, etc.

Meals on Wheels Diablo Region Friendly Visitors Program

1300 Civic Dr
Walnut Creek, CA 94596
www.mowdiabloreion.org
924.937.8311

Senior Support of Tri-Valley

Dublin, Livermore, Pleasanton,
www.ssptv.org
925.931.5379

Geriatric Psychiatric Services

Contra Costa Geriatric Psychiatric Services

2500 Alhambra
Martinez, CA 94553
cchealth.org/services/geriatric
925.370.5200, ext..4782

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.

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Grab Bar Installation / Handyman Services

Safe at Home Grab Bars
416 Fraga Court
Martinez, 94553
www.safeathomegrabbars.com
925.360.1909
safeathomeservices@gmail.com

Health Care

Center for Elders' Independence - P.A.C.E. (Program of All Inclusive Care for the Elderly)
3905 San Pablo Dam Rd
El Sobrante, CA 94803
cei.elders.org/
510.433.1150

(See ad on page back cover)

Contra Costa Health Centers
cchealth.org/centers/
Appointments: 800.495.8885,
Information: 877.905.4545

Health Care Complaints

HMO-HOTLINE
1.800.400.0815
For consumer complaints about Health Maintenance Organizations.

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.

Home Delievered Meals

Meals on Wheels of Contra Costa
597 Center Ave #125
Martinez, CA 94533
www.mowofcontracosta.org
866.669.6697
West County
Richmond, North Richmond, Point Richmond, San Pablo, Pinole, El Sobrante, Crockett, Rodeo Hercules, Port Costa, El Cerrito & Kensington - Mon-Fri 9am to 2pm - (510) 412-0166
Central County & East County
Concord, Martinez, Pacheco, Pleasant Hill, Walnut Creek, Lafayette, Orinda, Moraga, Alamo, Danville, San Ramon, Bay Point, Pittsburg, & Antioch - Mon-Fri 9am to 4pm - (925) 937-8607
Far East County
Oakley, Brentwood, Byron, Knightsen, Bethel Island, Discovery Bay - Mon-Fri 9am to 4pm - (925) 937-8607
(See ad on page 19)

Meals on Wheels Diablo Region
1300 Civic Dr
Walnut Creek, CA 94596
www.mowdiabloreion.org
Walnut.Creek: 925.937.8607
Other Meals on Wheels Programs:
El.Cerrito: 510.559.5677
Dublin: 925.931.5385
Pleasanton: 925.931.5385
West.County: 510.412.0166
These are hot lunches delivered to your home by volunteer drivers, Monday through Friday. Recipient must be over age 60, homebound and have difficulty preparing meals. No weekend meals, but two frozen meals can be delivered on Friday.
Walnut Creek: 925.937.8607.

Home Health Care Services

Center for Elders' Independence - P.A.C.E. (Program of All Inclusive Care for the Elderly)
3905 San Pablo Dam Rd
El Sobrante, CA 94803
cei.elders.org/
510.433.1150
(See ad on page back cover)

Healthy Living At Home
1320 Willow Pass Rd, Ste 555
Concord, CA 94520
healthylivingnet.com
510.362.4503.
slobdell@healthyliving-eb.com
Scott Lobdell
(See ad on inside front cover)

Medical Equipment And Suppliers

Independent Living Resources
1850 Gateway Blvd, Ste 120
Concord, CA 94520
www.medicalequipmentcc.org
925.363.7293
All services are free to seniors, their families and agencies serving them. Wheelchairs, walkers, commodes and other assistive devices are also available without charge.

Martinez Lions Club
925.370.0118
Wheelchairs/walkers available.

Medical Transportation

Pleasanton Paratransit Service
925.931.5376

Westcat Dial-A-Ride

601 Walter Ave
Pinole, CA 94564
www.westcat.org/dial-a-ride/
510.724.7433
WestCAT is pleased to offer a Dial-A-Ride system that offers more service than most of the other systems in the Bay Area. Many systems are only available to those individuals certified under the Americans with Disabilities Act and few Dial-A-Ride systems carry senior citizens unless they have a mobility disability. Before you use this service for the first time, you must call (510) 724-7993 to register. Once your information has been entered into the computer, you may schedule your trip by calling (510) 724-RIDE / (510-724-7433).

Medication Drop Off

The Dougherty Valley Police Substation
2401 Crow Canyon Rd
San Ramon, CA 94583
925.973.3300.
The Dougherty Valley Police Substation accepts prescription and over-the-counter medications, 8:30am- 4:30pm Monday-Friday, at the station, 2401 Crow Canyon Rd., San Ramon. Never place medications down toilets or drains because it can harm soil and water.

Money Management

Diablo Valley Foundation for the Aging
140 Gregory Ln, Ste 240
Pleasant Hill, CA 94523
www.dv-fa.org
925.945.8040
info@dv-fa.org
Fee-for-service by professionals.

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Simple, efficient solution for failing teeth and uncomfortable dentures. One visit denture stabilization. Minimally invasive and affordable. Welcome to the world of implants.

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WWW.ANTIOCHSMILES.COM · WWW.ALAMOFAMILYDENTISTRY.COM



PO BOX 3195
Martinez, CA 94553
MOWofContraCosta.org
1-866-669-6697

We support homebound elders to maintain their health and dignity, and to live independently in the comfort and security of their own homes.

We serve homebound senior citizens who have one or more chronic health conditions that prevent their preparing nutritious daily meals for themselves.

WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN CONTRA COSTA

Getting help at home is usually the first thing that people think about when chores and/or personal care is becoming difficult or impossible. Housekeepers, gardeners and occasional handymen are the easiest for most of us to consider because they don't carry the psychological burden of no longer being able to do it for ourselves. Caregivers can be resisted because of cost, fear of loss of independence, autonomy, and privacy, or just due to stubbornness and personal will.

While most prefer a family member or prior knowledge of the caregiver, this may not always be possible. Family members might have good intentions, and while promises are made, commitments may be more challenging to keep. It may not be the best thing to have a family member, friend or neighbor as a caregiver. The most reliable solution is hiring outside assistance with a regular schedule. This way, family members remain as family and others can be counted on to do the hands-on work.

There are many choices in help at home. If hired privately, the hours worked, and wages paid are between you and the employee. You are also liable for worker's compensation and IRS withholding. Here's a brief rundown on the types of agencies in Contra Costa County.

HOME HEALTH AGENCIES

These agencies provide services that are 100% covered by Medicare, Medi-Cal or private health insurance. This service must be ordered by a doctor. However, you still have

a personal choice of agency. Requirements to qualify for care are: 1: Homebound, 2. Need for skilled care. Skilled care means that you need a nurse, a physical, speech or occupational therapist. This is also a time and visit limited services. 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 doesn't list these prices because the costs are directly reimbursed by Medicare. You are not billed for services.

Healthy Living at Home

1320 Willow Pass Rd. Ste. 555
Concord, CA 94520
healthylivingnet.com
510.362.4503
slobdell@healthyliving-eb.com
(See ad on inside front cover)

Center for Elders' Independence - P.A.C.E. (Program of All-Inclusive Care for the Elderly)

3905 San Pablo Dam Rd.
El Sobrante, CA 94803
510.433.1150
cei.elders.org
(See ad on back cover)

PRIVATE DUTY HOME CARE AGENCIES

These agencies provide both skilled and non-skilled care. The services might be covered by long-term care insurance, other insurances, and private pay. The agency is the employer. Caregivers are hired, screened and paid for by the agen-

cy. 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 often a minimum number of hours for services. 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.

All Seasons Homecare

399 Taylor Blvd., Suite 101
Pleasant Hill, CA 94523
Phone: 925.363.4900
all-seasons-homecare.com
HCO # 074700008
(See ad on page 17)

All Seasons Homecare's foundation has always been family. In 2005, Executive Director, Jenna Hughes, decided to change course in her life and took on a staffing role for a Non-Medical Home Care Agency in Walnut Creek. She fell in love with the industry immediately and has since dedicated her life to helping the senior community live safely and happily in their own homes. It was clear from the beginning that she had found her calling. Her family was very proud, especially her father, Edd Ozard, who was interested in hearing about her new career and the amazing work she was doing. Edd couldn't help researching the industry and seeing what Non-Medical Home Care was all about. This research confirmed the viability of Home Care and what a wonderful option this is for seniors. In June of 2007, they were presented with an opportunity. The time was right and All Seasons Homecare was born. They started out with no more than the basics but All Seasons Homecare was able to deliver quality care and

compliance from the beginning. From there, they have expanded their headquarters, hired the best management team, community liaisons and service representatives in the business. Their caregiver standards have exceeded industry standards for years and are still exceeding the State of California Home Care Aide requirements. They have always treated every All Seasons Homecare employee like family and expect them to treat every client the same. In 2016 Jenna and her husband welcomed their first child, Colton into the world. The joke in the office when Colton comes in to visit us is "be nice to that little guy, he's your future boss!" The family affair continues... Edd, the owner of All Seasons Homecare, along with Jenna, believes in empowering the All Seasons Homecare team to be the best in the business. He is a tremendous support to every employee, keeps the business fiscally responsible and compliant and develops senior community value propositions. The entire team is dedicated to providing the absolute best care to every client they have the privilege of serving. All Seasons Homecare is an independently owned, mid-sized agency; licensed with the State of California, HCO# 074700008. All employees are covered under Workers Compensation, Liability Insurance, and Bonds; no caregiver is ever subcontracted. No deposit required to start service. They offer a free, no-obligation assessment prior to the start of care. VA and Long-Term Care Insurance approved and have specialists on staff to help with claim processing. Pricing is on average \$30.00 per hour. All Seasons has been serving families in Contra Costa County and the Tri-Valley area for over 12 years and look forward to serving many more!

Hillendale HOME CARE
Award-Winning Home Care You Can Trust
www.hillendale.net • 925.933.8181

WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN CONTRA COSTA

Better Days Provider

1200 Mt. Diablo Blvd. Suite 211
Walnut Creek, CA 94596
Phone: 925-457-0720
bach@betterdaysprovider.com
www.betterdaysprovider.com
(See ad on page 17)

Better Days Provider is an in-home care service provider serving the bay area since 2007. We were founded with the main goal of matching the client with the right caregiver - includes skills, personalities and experience. We work hard to simplify caregiving not just for clients but also for families and loved ones.

Our rates vary from the level of care, location and number of hours/ days. Daily Rate starts from \$375.00 - \$450.00 per day. Hourly rates starts from \$25.00 to \$30.00. Rates are subject to change.

We are licensed, insured and bonded. Our caregivers were background checked, finger printed and thoroughly selected individuals. We are locally owned. We are not a franchise. If you have any questions, please contact Better Days Provider at (925) 457-0720 or email us at bach@betterdaysprovider.com or check us on the web at www.betterdaysprovider.com

Hillendale Home Care & Certified Nurse Aide Training School

2950 Buskirk Avenue #160
Walnut Creek, CA 945967
925.933.8181
www.hillendale.net
lvanacker@hillendale.net
HCO# 074700001
(See ad on page 20)

Hillendale Home Care, founded by Bridget Waller, RN, is one of the only nurse-owned home care agencies in the area uniquely qual-

ified to assist people with a wide range of needs who are faced with a variety of challenges. A person may need a caregiver for many reasons, such as ongoing assistance with daily activities, assistance managing a chronic health condition or terminal diagnosis, help in recovering from an illness or surgery, or even just a wellness check and companionship. Hillendale has a full team of compassionate, experienced, and well-trained caregivers dedicated to providing the highest level of care to seniors with integrity and dependability. We serve clients with needs related to Hospice, Alzheimer's, Dementia, and personal care. All caregivers are state licensed, background checked, insured, and bonded. Hillendale's service begins with a complimentary in home consultation with the client and family members performed by an RN. A care plan is then customized to the client's needs and can include assistance with personal hygiene needs, including bathing/showering, toileting, and dressing. Our caregivers are trained to focus on social isolation issues, mobility, fall risk, and any other area that is identified during the consultation visit. The Care Plan is updated and modified as needed, and this RN oversight is at no additional cost. Caregivers are supervised regularly and client satisfaction is assessed to ensure that the best possible service is delivered. The rates for caregiver services can range from a 1 hour bath visit to 24/7 around the clock care. Hourly rates; 1 hour wellness/bath visit - \$50.00, 4-5 hour shift - \$35.00 per hour, 6 hours and above - \$31.00 an hour. There is no contract and service can be ended at any time without penalty, with the exception of a required 48 hour cancellation notice to ensure job continuity for our caregivers. Hillendale is an approved provider

for Long Term Care Insurance, and helps our clients navigate the often complex paperwork associated with long term care. Hillendale Home Care takes great pride in combining safety with comfort and independence. The mission of Hillendale Home Care is to help people age in place with dignity and independence in their own home. Hillendale is the only agency in the entire Bay Area that has been awarded the Leader in Excellence by Home Care Pulse, a prestige award earned in 2016, 2019, and 2020.

In 2010, Hillendale established a state licensed school that trains students to become Certified Nurse Aides and Home Health Aides. In 2019, the CNA school was renamed as East Bay Certified Nurse Training School. Many of our graduates join the Hillendale Team, providing some of the best caregivers in Contra Costa County!

HomeLife Senior Care

6440 Brentwood Blvd., Ste A
Brentwood, CA 94513
925.240.5770
www.homelifeseniorcare.com
vinny@homelifesc.com
HCO# 074700003
(See ad on page 4)

HomeLife Senior Care is the premier, state licensed, non-medical home care agency serving East and Central County, Rio Vista and Tracy. Dedicated to providing you and your loved ones with reliability and peace of mind. Our professional office support team is available 24 hours a day, 365 days a year. Homecare services range from 1-2 hours of care to 24/7 care. Caregivers are state registered, screened, trained, bonded and insured and are experienced in assisting and caring for clients at home with disabilities including conditions like Dementia, Alzheimer's Disease and those on Hospice Care. Activities include

safety monitoring and assistance with bathing, dressing, grooming, light housekeeping, personal care, errands, transportation, companionship, transfers and more. HomeLife Senior Care is recognized with an "A+ Rating" by the Better Business Bureau, is a Home Care Pulse "Provider of Choice," and proudly received "Business of the Year" by the Chamber of Commerce. Prices range from \$28 hourly.

Practical Home Care

555 East 14th Street, Unit B
San Leandro, CA 94577
510.688.2685
practicalhomecare@yahoo.com
www.phcagency.com
HCO# 014700083
(See ad on page 18)

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.

Nursing Home Complaints

California Advocates for Nursing Home Reform (CANHR)

650 Harrison St
San Francisco, CA 94107
www.cahnhr.org
1.800.474.1116

If you're looking for a nursing home, or are wondering what sorts of complaints have been lodged against a specific nursing home, CANHR maintains a complete listing of homes, deficiencies, comments, etc. www.cahnhr.org

Ombudsman Service of Contra Costa and Solano County

2255 Contra Costa Blvd, Ste 204
Pleasant Hill, CA 94523
Ombudsman Services of Contra Costa and Solano County
925.685.2070

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

Center for Elders' Independence

3905 San Pablo Dam Rd
El Sobrante, CA 94803
cei.elders.org/
510.433.1150

(See ad on page back cover)

Support Groups

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

Alzheimer's Caregiver Support Groups

www.alz.org/norcal

Antioch Senior Center

415 W. 2nd St
Antioch, CA 94509
Two Caregiver Support Groups. Meets the 2nd and 4th Wednesday of the month from 1:30-3:00pm Antioch Senior Center, 415 West 2nd St. Call: 650.962.8111

Caregiver Support Group Meets

50 Birch St
Brentwood, CA 94513
800.272.3900
2nd Thursday, 7-8:30pm
Neighborhood Church

Caregiver Support Groups Alzheimer's Association

3765 Mt. Diablo Blvd Ste 250
Lafayette, CA 94549
3rd Monday 1:00pm-3:00pm
3rd Monday, 1:30-3pm

John Muir Medical Center - ALS (Lou Gehrig's Disease) Support Group

1450 Treat Blvd
Walnut Creek, CA 94597
925.324.5961
First Tuesday of the month 5:30-7:00pm in the Mohave Room and 3rd Saturday of the month 1:00-3:00pm in the Thompson Room. Facilitator Dawn White, MPH, CMC, CCP

Mt. Diablo Center For Adult Day Health Care

490 Golf Club Rd
Pleasant Hill,
925.682.6330
Third Wednesday, 4:30-6pm

San Ramon Senior Center

9300 Alcosta Blvd
San Ramon, CA 94583
800.272.3900
Meets 2nd Monday, 7-9pm At the San Ramon Senior Center

Shell Ridge Community Church

200 La Casa Via
Walnut Creek, CA
800.272.3900
1st Tuesday, 10:30am-12:30pm

Support Group for Dementia Caregivers

La Clinica De la Raza, 200 Sierra Rd
Spanish Speaking. 1st. Wed. 6:30-8pm

West County Adult Day Care Center & Alzheimer's Respite Center

1015 Nevin Ave, Ste 108
Richmond, CA
510.235.6276
Meets last Wednesday of the month, 2-4:00pm, West County

Brain Tumor Support Groups

Brain Tumor Networking Group

3276 McNutt Ave
Walnut Creek, CA 94597
925.933.0107
2nd and 4th Wednesdays
7:00pm-9:00pm

Breast Cancer Support Groups

St. Isodore's Catholic Church

440 La Gonda Way, Rm 214
Danville, CA
925.837.2122
Meets 1st and 3rd Thursday, 7:00-9:00pm in the Ministry Center

Sutter Delta Medical Center

3901 Lone Tree
Antioch, CA 94509
925.779.3613
Meets Tuesdays 6:00pm-7:30pm in the Edna Fallman Center

The Cancer Support Community

3276 McNutt Ave
Walnut Creek, CA 94597
925.933.0107
Newly Diagnosed Support Group meets Wed, 10:30am-12:30pm Please attend a newcomers group, first. The Cancer Support Community

Cancer Support Groups

The Cancer Support Community

3276 McNutt Ave
Walnut Creek, CA 94597
925.674.2190

Attend a Newcomers Meeting on Mondays at 7:00pm or Fridays at 11:00am then set up an appointment for a brief interview. Call for locations.

Valley Care Health Library

5725 W. Las Positas Blvd, Ste 270
Pleasanton, CA 94588
925.734.3315

Open to the public Mondays 9:30-2, Tuesday-Thursday 9:30-4:30. Resource Center volunteers provide personalized, expert searching services. Access to reliable, evaluated health-related websites. Collection of books, CDs and interactive kits for check out.

Carcinoid Neuro-endocrine Cancer Support Groups

The Cancer Support Community/John Muir

3273 McNutt Ave
Walnut Creek, CA
925.933.0107
1st Saturday (even months), 1-4pm

continued on page 23...

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.

Support Groups

Caregiver Support Groups

Family Caregiver Alliance/ Bay Area Caregiver Resource Center

101 Montgomery St Ste 2150
San Francisco, CA 94104
www.caregiver.org
415.434.3388 or 800.445.8107
info@caregiver.org
The mission of Family Caregiver Alliance (FCA) is to improve the quality of life for family caregivers and the people who receive their care.

Independent Living Resources

1850 Gateway Blvd, Ste 120
Concord, CA 94520
www.ilrsc.org
925.363.7293

This program includes a demonstration and lending library for devices and equipment. Referrals to current assistive technology and services, assessment of current assistive technology and training in support and use of equipment.

Jewish Family & Community Services East Bay

2151 Salvio St., Ste 350
Concord, CA 94520
www.jfcs-eastbay.org
925.949.6151

Case management, counseling, caregiver training, respite care, information and assistance for all races/religions.

Meals on Wheels Diablo Region Friendly Visitors Program

1300 Civic Dr
Walnut Creek, CA 94596
www.mowdiabloregion.org
925.937.8311

Mt. Diablo Center for Adult Day Health Care & Alzheimer's Day Care & Resource Center

490 Golf Club Rd
Pleasant Hill, CA
www.caregiversupportcc.org
925.682.6330.Ext.103
bflathers@choiceinaging.com
3rd Wednesday of each month.
Call or email Betsy Flathers for more information.

The Bedford Center

1811 C St
Antioch, CA 94509
www.caregiversupportcc.org
925.778.4171
echristou@choiceinaging.org
1st Monday OR 1st Saturday of each month. Call or email Evie Christou for more information.

Chronic Pain/Fibromyalgia Support Groups

Community Presbyterian Church

222 W. El Pintado Rd
Danville, CA
925.785.3318
Meets 2nd and 4th Mondays, 10:30am to 12:30pm at the Community Presbyterian Church. Contact Sue
925.785.3318

Concord Library

2900 Salvio St
Concord, CA
925.671.2779
2nd Friday, 11am-1pm Joyce
925.671.2779

Colorectal Cancer Support Groups

The Cancer Support Community/John Muir

3276 McNutt Ave
Walnut Creek, CA
925.933.0107
2nd Wed., 4-5:30pm The Cancer support Community

Essential Tremor Support Groups

East Bay Tremor Support Group

Alcosta Senior Center
San Ramon, CA
925.487.5706
eastbayessentialtremor@comcast.net
3rd Saturday, 10am-12:00pm

Gynecological / Ovarian Cancer Support Groups

The Cancer Support Community/John Muir

3277 McNutt Ave
Walnut Creek, CA
925.933.0107
1st and 3rd Thursday, 11am-12:30pm, The Cancer Support Community

Head and Neck Cancer Support Groups

The Cancer Support Community/John Muir

Walnut Creek, CA
925.933.0107
4th Wednesday, 4-5:30pm

Heart To Heart Support Groups

Mended Hearts Support Group

John Muir Medical Center
Concord, CA
925.947.5206
2nd Thursday, 7-8:30pm

Leukemia, Lymphoma, Multiple Myeloma Support Groups

John Muir

1601 Ygnacio Blvd
Walnut Creek, CA 94597
925.947.3322
1st Thursday, 7-8:30pm

Lung Cancer Support Groups

The Cancer Support Community/John Muir

3277 McNutt Ave
Walnut Creek, CA
925.933.0107
2nd Wednesday, 4-6pm

Multiple Sclerosis Support Groups

Contra Costa County - Self Help

Antioch, CA
925.813.9069
Contact Sue

Multiple Sclerosis Support Group

925.286.7674
Support group meets second Wednesdays monthly. For location and time, call Julie at 925.513.4686 or Kathy at 925.286.7674

Parkinson's Support Groups

Parkinson's Network of Mt. Diablo

P.O. Box 3127
Walnut Creek, CA 94598
925.939.4210
3rd Saturday, Men's and Women's group meet 9am-10:00am and general meeting is from 10:00am-12:00pm Grace Presbyterian Church

Tri-Valley Parkinson's Support Group

5353 Sunol Blvd, Pleasanton, CA
925.831.9940
Contact Norman Bardsley

Pet Loss Support Groups

Animal Rescue Foundation/ARF

2890 Mitchell Dr, Walnut Creek, CA
925.887.5681
2nd Tuesday, 5:30-7pm

continued on page 25...

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.



Support Groups

Prostate/Prostate Cancer Support Groups

Man-to-Man Prostate Support Group

6001 Norris Canyon Rd
San Ramon, CA 94583
925.933.0107

Meets 2nd Tuesday, 7:30-9:00pm South Building, West Day Room

Man-to-Man Prostate Support Group

Walnut Creek, CA
925.933.0107

Meets 4th Thursday, 1:00-3:00pm

San Ramon Medical Center

6002 Norris Canyon Rd
San Ramon, CA
925.933.0107

Meets 2nd Tuesday 7:30-9:00pm, South Building, West Day Room

Senior Women's Support Groups

The Open House Senior Center

El Cerrito, CA
510.220.5043

For older women looking for mutual support Thursdays, 1-2:45pm Fee: \$12 for El Cerrito residents, \$14 for non-residents The Open House. Senior Center.

Stroke Support Groups

John Muir Medical Center

Contra Costa County, CA
925.376.6218

Adzuna1@gmail.com

Call for locations and times. Alternates locations.

Widowed Person Support Groups

Alameda/Contra Costa Widowed Person Support Group

510.654.0974 or 925.932.3448
Please call for monthly events/dates/times.

Telephone Reassurance

Meals on Wheels Diablo Region Friendly Caller Program

1300 Civic Dr
Walnut Creek, CA 94596
www.mowdiablореgion.org
925.937.8311

Telecare

925.934.0901 or 510.970.5334

Transportation

511 SF Bay

511
www.511.org
For trip planning, traffic conditions, BART, carpool, bus schedules, van-pool and other transit information.

Amtrak

www.amtrak.com
800.872.7245
Stations located at: 1001 I St, Antioch, 601 Marina Vista, Martinez and 1700 Nevin Ave, Richmond

BART

www.bart.gov
925.676.2278 or 510.236.2278
valued at \$24.00 worth of rides are available to seniors who are 65 or older for \$9.00 Available at local Senior Centers.

Brentwood Dime-A-Ride

Brentwood, CA
925.754.3060

Clipper Card

clippercard.com/clipperweb/discounts/seniors.do
877.878.8883
Adults 65 and over are eligible for a free Senior Clipper card. With a Senior Clipper card, you can receive discounts on passes, cash value fares and transfers.

County Connection/CCTA

2477 Arnold Industrial Way
Concord, CA 94520
www.countyconnection.com
925.676.7500
Operates a network of local, commuter express, and student bus routes throughout Central Contra Costa County.

Easy Ride

El Cerrito, CA
www.el-cerrito.org
510.559.7677
Rides for seniors within City of El Cerrito. Advance Registration required. \$2 per ride. Monday-Friday

Lamorinda Senior Transportation/ Lamorinda Spirit Van

925.283.3534
Program serves older adults living in Lafayette, Moraga and Orinda with rides. Will take people for shopping, errands, appointments and lunch at the Walnut Creek Senior Center. Monday-Friday, 9am to 5pm
The van will also go outside of LaMorinda area.

Mobility Matters Rides for Seniors & Veterans

1035A Carol Ln
Lafayette, CA
www.mobilitymatterscc.com/senior-rides/
925.284.6161
office@mobilitymatterscc.com
Volunteers provide door-to-door, one-on-one, assisted services. Must be 60 yrs or older, homebound, and ambulatory to qualify. Interview and application can be done online or by phone.

Orinda Seniors Around Town

925.402.4506
Rides for appointments, grocery shopping and doctor appointments.

Pleasant Hill Senior Van

925.671.5272
(Pleasant Hill residents only)

San Pablo Senior Transportation

510.215.3095
Must be a resident of San Pablo and 55 or older or disabled.

San Ramon - Senior Express Van

925.973.3250
Door-to-door service within San Ramon city limits. Must sign up 24 hours in advance.

Senior Express Van

San Ramon, CA
925.973.3250
From residence to senior center.

Tri Delta Transit

801 Wilbur Ave
Antioch, CA 94509
www.trideltatransit.com
925.754.6622 or 925.754.4040
Fixed route bus service; serves Eastern Contra Costa County.

Walnut Creek Seniors Club Mini-Bus Service

www.walnut-creek.org
925.933.1434 or 925.943.5851
The City of Walnut Creek has partnered with the ride sharing app Lyft to expand its transportation services. In addition to the Senior Minibus program, the Lyft pilot program will provide rides outside of regular mini bus hours, allowing members the freedom to get where they need to be within the borders of Walnut Creek. Lyft rides are free of charge for qualifying Senior Club members, made possible by a generous two-year grant from TRANSPAC, the Transportation Partnership and Cooperation for Contra Costa County.

WestCAT

601 Walter Ave
Pinole, CA 94564
www.westcat.org
510.724.3331
Fixed route bus service; Crockett, Hercules, Pinole, Rodeo, and unincorporated areas of Bayview, Montalvin Manor, and Tara Hills.

It's a Gut Feeling – the Connection Between Gut Health and Brain Health

We refer to “butterflies in our stomach” before we make a speech. We describe an intense roller coaster ride or a near-miss auto accident as “a gut-wrenching experience.” When we have a strong feeling about something without knowing all the facts, we call it a “gut instinct” or “going with our gut.”

These phrases are more than just empty words. Scientists believe there is an important connection between the gut microbiome and the brain. And, by knowing about this connection and protecting it, you may be able to keep your brain healthier as you age.

The term “gut microbiome” refers to the trillions – yes, trillions – of microorganisms that live in your intestines. The average person has from 300 to 500 different species of bacteria in their digestive tract, and they collectively weigh as much as two to five pounds. (That’s about the same weight as your brain!) Many of these microbes are beneficial and even necessary for your health. For example, they help your digestive and immune systems work properly.

Additionally, certain types of helpful gut bacteria help produce neurotransmitters, including serotonin, a chemical that helps regulate our moods. The gut microbiome also plays a significant role in brain health because the gut communicates with the brain through millions of nerves.

In an interview published on ageist.com, Dr. Rudolph Tanzi,

an internationally-recognized expert on brain health and aging, explains that an unhealthy gut microbiome can harm this communication process and lead to inflammation in the brain. That is why when your gut is inflamed, you can experience fogginess, fuzzy thinking and forgetfulness.

Other symptoms include anxiety, depression, irritability, fatigue and memory loss. In the long term, brain inflammation can lead to cognitive decline, according to research by Harvard Health.

Research suggests there is a connection between gut health and the onset of Alzheimer’s disease. Studies conducted at the Wisconsin Alzheimer’s Disease Research Center found that people with Alzheimer’s disease have a less diverse gut microbiome than other people. Specifically, study participants with Alzheimer’s disease had lower levels of Bifidobacterium, known to be an essential part of a healthy human gut.

Scientists believe that we owe much of our gut health to genetics. However, the good news is that we can contribute to a healthy gut -- and a healthy brain -- with dietary changes. Here are eight steps you can take for improved gut health.

Eat foods rich in fiber. Whole grains, legumes, beans and fruit are good choices.

Consume fermented food. Yogurt, sauerkraut, kombucha kimchi and kefir contain healthy bacteria that help the gut.

Limit artificial sweeteners. Aspartame can stimulate unhealthy bacteria growth in the gut.

Eat prebiotic foods. Examples are artichokes, onions, leeks, bananas, asparagus, oats, burdock root, flaxseeds and apples.

Talk with your doctor about taking a probiotic supplement to “reseed” your gut with healthy microbes.

Try plant-based meals. A vegetarian diet may help reduce disease-causing bacteria as well as inflammation and “bad” cholesterol.

Consume foods rich in polyphenols. These plant compounds are in red wine, green tea, dark chocolate and olive oil.

Take antibiotics only when necessary. They destroy both good and bad bacteria in the gut.

While we don’t yet know the answer to questions such as how long it might take to alter the gut microbiome, we do know that the brain and the gut are intimately connected. Re-

spected scientists such as Dr. Michael Gershon, chairman of the anatomy and cell biology department at Columbia University, even believe we have a second brain in our gut.

In his book, *The Second Brain*, Gershon contends that when the brain in our head and the one in our gut do not communicate, chaos reigns in the body. The results include everything from an unsettled stomach to cramps, from diarrhea to constipation. And don’t forget the cognitive reactions.

It’s not all in your head. The gut microbiome can cause actual changes in how your brain reacts to certain foods, people and circumstances.

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.



Veterans Affairs and Resources

Hillendale Home Care

2950 Buskirk Ave., Suite 160
Walnut Creek, CA 94597
www.hillendale.net/
925.933.8181

lvanacker@hillendale.net
Contact Lorna Van Ackeren at
925.367.9002
(See ad on page 20)

VA Clinic

800.382.8387

VA Outpatient Clinic

150 Muir Rd
Martinez, CA 94553
www.northerncalifornia.va.gov
925.372.2000

Veterans Affairs Center for Rehabilitation and Extended Care

150 Muir Rd
Martinez, CA
925.370.4701

Veterans Crisis Line

www.veteranscrisisline.net
800.273.8255
National suicide prevention line for veterans. 24-hours

Veterans Homes

www.calvet.ca.gov
800.404.8387
There are 8 California State Veterans Homes: Barstow, Chula Vista, Fresno, Lancaster, Redding, Ventura, West Los Angeles, and Yountville.

Veterans Service Office

10 Douglas St Ste 100
Martinez, CA 94533
Central County: 925.313.1481

Veterans Service Office

2101 Vale Rd, Ste 302
San Pablo, CA
510.374.3241

Concord Vet Center

1333 Willow Pass Rd, #106
Concord, CA
925.680.4526

Visually Impaired

Lions Center for the Visually Impaired

175 Alvarado Ave
Pittsburg, CA 94565
www.LCVI.ORG
925.432.3013

Offers free services that focus on early detection and/or intervention to prevent or slow vision loss from age-related eye diseases.

Visually Impaired Services

Books for the Blind and Physically Handicapped

350 Los Ranchitos Rd
San Rafael, CA 94903
800.295.4050

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.

Braille & Talking Book Library

900 N St
Sacramento, CA 95814
library.ca.gov/services/btbl.html
1.800.952.5666 or 916.654.0640
Braille and audio books mailed to patrons post-free. Must confirm eligibility.

Wheelchair Repair & Transportation

Wheelchairs of Berkeley

2911 Shattuck Ave
Berkeley, CA 94705
www.wobwob.com
510.549.8727

Robots Offer Companionship and Assistance to the Elderly

As America's population ages, the need for care workers for the elderly continues to grow. According to the Bureau of Labor Statistics, healthcare occupations will add about 1.9 million jobs by 2028, which is faster than the average for all other occupations. Since seniors use more health services than any other age group, elder care workers are in big demand throughout the nation. And the pandemic has intensified the need.

According to a study by the AARP, there are about seven people aged 45-64 to care for each person age 80 or older today. By 2030, that study predicts that number will decline to only four. By 2050, there will be three or fewer caregivers for every person over age 80.

Will companion and social robots help fill in the gap? Powered by

artificial intelligence (AI), robots are showing up at an increasing rate in assisted living homes. These robots perform tasks, such as giving residents reminders to take their medicine and keeping them company. Some are sophisticated enough to retrieve a pill container or a dropped remote control. Others can perform simple medical services, including taking a person's temperature or vital signs.

Here are five examples of the latest companion robots for the elderly.

1. ElliQ. Inventors of ElliQ at Israel's Intuition Robotics were inspired by the animated lamp in the Pixar logo when they created this stationary robot. Using voice and simple movements, ElliQ can answer the phone, read emails and play music. The robot offers appointment and medicine reminders, plays games

and suggests activities.

2. ROBEAR. Developed as a successor to the Japanese company Riken's previous care robots, ROBEAR is a bear-shaped model that can perform physical tasks. For example, it can gently lift someone from bed or help support them when standing.

3. SAM. This human-sized robot can go along with seniors as they walk or ride in a wheelchair, mentoring their safety with cameras. Developed by Luvozo, SAM can monitor one person or a whole floor full of residents. It has a fall hazard detection system.

4. Zora. This robot speaks 19 languages and can sing, play games and read to people. Zora even can dance and participate in aerobics classes. Developed by Zorabots, Zora is a human-looking robot with

two arms and two legs.

5. iPal, created by AvatarMind, is another mobile humanoid robotic caregiver. With its legs mounted on wheels, it can sing, dance, talk, as well as provide medication reminders and emergency alerts.

With prices ranging from about \$1,500 (ElliQ) up to about \$18,000 (Zora), companion robots are not within everyone's budget. And a robot cannot replace the quality care of a human being. However, with the labor shortage certain to continue, AI is one way to help meet the needs of our aging population. For many caregivers, robots will offer valuable peace of mind by providing medical warnings and monitoring vital signs. And for many seniors, they will help ease a bit of the loneliness that, unfortunately, can come with aging.

Volunteer Opportunities

AARP Tax-Aide

Volunteer counselors are trained and certified in tax preparation software and basic tax law, and experienced tax counselors are always available. For more information, call: 925.726.3199

Brentwood Senior Center

925.516.5444
www.brentwoodca.gov/parks

Canine Companions for Independence

Looking for volunteers to raise a puppy for 15-18 months.
1.800.572.2275
www.cci.org

Contra Costa Animal Services

Call to confirm date and time of new volunteer orientations!
925-608-8430
co.contra-costa.ca.us/828/
Volunteer-Program

Contra Costa Humane Society

171 Mayhew Way, Suite 101
Pleasant Hill, CA 94523
(925) 279-2247
cchumane.org/support/
volunteer

Diablo Foundation for the Aging (DVFA)

140 Gregory Lane, Suite 240
Pleasant Hill, CA 94523
925.945.8040
www.dv-fa.org
Screened and trained volunteers provide free services for seniors on a limited income. Volunteers also needed at Danville's Valley Oak Center.

Hospice of the East Bay

3470 Buskirk Ave.
Pleasant Hill, CA 94523
www.hospiceeastbay.org
Needs volunteers to assist with patients and family. Free training. Many opportunities available. Coordinator is Jennifer Railsback
925.887.5678

Lamorinda Spirit Van

Coordinator is Mary Burns
925.283.3534

Martinez Senior Center

818 Green St., Martinez, CA
Volunteers must be 50 yrs +
925.370.8770

Meals on Wheels

597 Center Ave., #125,
Martinez, CA
www.MowofContraCosta.org
866.669.6697

Meals on Wheels Diablo Region

1300 Civic Dr., Walnut Creek,
More than 1,500 volunteers deliver meals, help at C.C. Cafes, visit homes and seniors, organize fundraising efforts, and help in the office.
925.937.8311

Mt. Diablo State Parks needs

volunteers. 925.837.6129

Mobility Matters, Rides for Seniors

MOBILITY = INDEPENDENCE!
Volunteer to drive an ambulatory senior in Contra Costa or Alameda County to a medical appointment or grocery shopping by volunteering for Rides for Seniors. A training session and background check is required and provided by Mobility Matters.
925.284.6161

Pleasant Hill Senior Center

233 Gregory Lane
Pleasant Hill, CA
Coordinator is Anne Haydock
925.798.8788

San Ramon Senior Center

9300 Alcosta Blvd.
San Ramon, CA
925.973.3250

Senior Peer Counseling Program

925.521.5636 English
925.521.5653 Spanish

Senior Support Program

5353 Sunol Blvd.
Pleasanton, CA 94566
925.931.5388

The Museum of San Ramon Valley

needs greeter for three hours, one day a month.
925.837.3750

Walnut Creek Seniors' Club

1375 Civic Dr.
Walnut Creek, CA 94596
925.943.5851

PEER COUNSELING NEEDS VOLUNTEERS

Older people need to talk to other older people and their lives. Family and friends may not understand, or be too far away, and yet there is a need to share or to connect to another that is important for the quality of life. Who better to understand the experience of a health crisis than another person who's had that crisis? Older adults are wiser and have life experience to share. An older adult can provide support, understanding and encouragement to a peer. If you have a few extra hours a week, think of becoming a peer counselor. Peer counselors visit to help people find the best solutions to manage this life. The healing is in the talking, being heard and understood. Peer counselors help look at problems in new ways. For more information on volunteering or to have a peer counselor visit, call Jodi McIntosh at 925.521.5636. We also have a new Latino Senior Peer counseling program. For more information on volunteering or have a peer counselor visit from the Latino Senior Counseling program, contact Abraham Aviles-Scott at 925.521.5653



Final Wishes Index

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Body Donation

UC San Francisco School of Medicine, AC-14
 San Francisco, CA 94143
 willedbodyprogram.ucsf.edu
 415.476.1981
 Willed Body Program Department of Anatomy

Cremation and Burial Services

Alta Vista Cremation and Funeral Services
 4795 Blum Rd
 Pacheco, CA 94553
 925.228.1500

Contra Costa County Cremation Assistance
ehsd.org/elderly-disabled/county-interments
 Antioch - 925.706.4760;
 Pleasant Hill - 925.521.5001;
 Richmond - 510.412.1960

Diablo Valley Cremation & Funeral Services

2401 Stanwell Dr, Ste 460-17
 Concord, CA 94520
Diablovalleycremation.com
 925.998.0303
dvcremation@gmail.com
 Pinole - 2644 Appian Way, Suite 204 - 925.998.0303; Antioch - 351 Sunset Drive, Suite B - 925.998.0303

Neptune Society of Northern California

1855 Olympic Blvd, #110
 Walnut Creek, CA 94596
www.Neptune-society.com
 925.944.5100
bari.hendershot@sci-us.com

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 Wishes

Elderly Wish Foundation

301 W. 10th St
 Antioch, CA 94531
www.elderlywish.org
 925.978.1883
info@elderlywish.org
 Grants wishes to Contra Costa seniors, 50 years and older, who have a life threatening or chronic illness.

End of Life Bedside Doula

Comings & Goings

Doula Services East Bay
comingsandgoingsdoula.com
 415.533.1153
LoriKadishGoldwyn@gmail.com
 Serving the East Bay and Marin County.

Grief Support Groups

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

Edna Fallman Education Center, Sutter-Delta

Medical Center
 3901 Lone Tree Way.
 Antioch, CA
 925.779.3570
 Pre-registration required.

Hope Hospice

6377 Clark Ave #100/101
 Dublin, CA 94568
www.hopehospice.com
 925.829.8770
 Call for a complete listing of groups.

Hospice East Bay

3470 Buskirk Ave
 Pleasant Hill, CA 94523
www.hospiceeastbay.org
 925.887.5681
 Drop-In for adults - 1st & 3rd Thursday of each month 4:30-6:00pm. No registration required.
 (See ad on page 30)

Hospice East Bay

3470 Buskirk Ave
 Pleasant Hill, CA 94523
www.hospiceeastbay.org
 925.887.5651
 Drop-In for adults -1st & 3rd Tuesdays of each month, 6:00-7:30pm. No registration required.
 (See ad on page 30)

Hospice East Bay / John Muir Urgent Care Center

2400 Balfour Rd, Ste 223
 Brentwood, CA 94513
www.hospiceeastbay.org
 925.887.5681
 Drop-In for adults - 2nd & 4th Thursday of each month 4:30-6:00pm. No registration required.

John Muir

2540 East St
 Concord, CA 94520
 925.674.2629
 Second and Fourth Mondays from 6:30-7:45pm

Sutter Care At Home

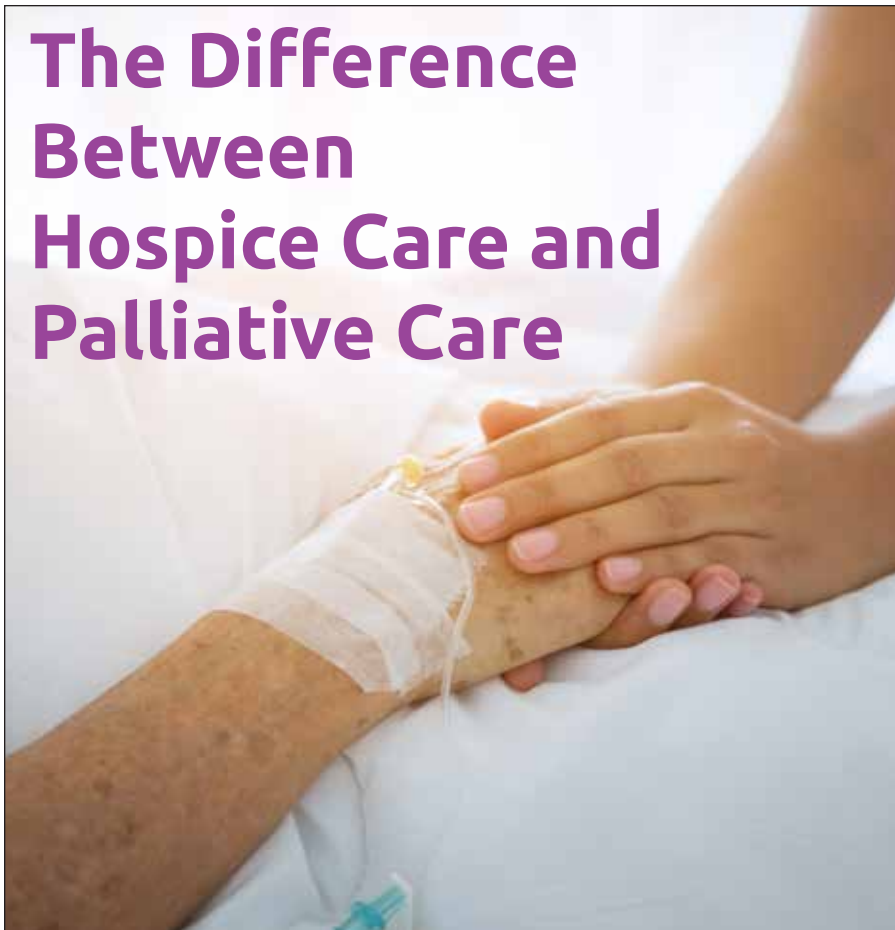
1900 Bates Ave
 Concord, CA 94520
 800.698.1273

Hospice Services

Hospice East Bay

3470 Buskirk Ave
 Pleasant Hill, CA 94523
www.hospiceeastbay.org
 925.887.5681
 (See ad on page 30)

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



Consumer Protection Price Survey on Death Arrangements - Contra Costa County

	Direct Cremation	Crematory Fee	Containers	3-Day Storage	Disposition Permit \$12 Death Cert. \$25	Total Cost of Direct Cremation	Immediate Burial	Lowest Listed Casket	3-Day Storage	Disposition Permit \$12 Death Cert. \$25	Total Cost of Direct Burial
Pittsburg Funeral Chapel Pittsburg	\$1,399.50	Included	Included	Included	\$25 (permit included)	\$1,424.50	\$2,075	\$895	Included	\$25 (permit included)	\$2,995
Higgins Chapel Antioch	\$2,530.50	Included	Included	Included	\$37	\$2,567.50	\$3,295	Included	Included	\$37	\$3,332
Brentwood Funeral Home Brentwood	\$3,275	Included	Included	Included	\$37	\$3,312	\$4,595	\$1,095	Included	\$37	\$5,727
Moore's Mission Funeral Home Concord	\$2,450	Included	Included	Included	\$25 (permit included)	\$2,475	\$4,040	\$695.00	Included	\$37	\$4,772
Neptune Society Walnut Creek	\$2,065	Included	Included	Included	\$37	\$2,102	N/A	N/A	N/A	N/A	N/A
Ouimet Brothers Concord	\$3,095	\$258.50	Included	Included	\$37	\$3,390.50	\$4,320	Included	Included	\$37	\$4,357
Sinai Memorial Chapel Lafayette	\$2,200	\$213.50	Included	Included	\$37	\$2,450.50	\$2,875	\$1,500	Included	\$37	\$4,412
Deer Creek Walnut Creek	\$925	Included	Included	Included	\$37	\$962	\$2,395	\$695	Included	\$37	\$3,127
Tradition Care Antioch	\$1,195	Included	Included	Included	\$37	\$1,232	\$1,495	Included	Included	\$37	\$1,532
Diablo Valley Cremation Concord	\$1,495	Included	Included	Included	\$37	\$1,532	\$2,690	Included	Included	\$37	\$2,727
Hulls Walnut Creek	\$2,025	Included	Included	Included	\$37	\$2,062	\$3,245	Included	Included	\$37	\$3,282
Oakmont Lafayette	\$3,095	Included	Included	Included	\$37	\$3,132	\$4,990	Included	Included	\$37	\$5,027
Wilson & Kratzer Richmond/San Pablo/Crockett	\$2,525	Included	Included	Included	\$37	\$2,562	\$4,610	Included	Included	\$37	\$4,647
Graham Hitch Cremation & Memorial Center	\$1,495	Included	Included	Included	\$37	\$1,532	\$2,450	Included	Included	\$37	\$2,487
Sunsert View Cemetery	\$2,395	Included	Included	included	\$37	\$2,432	\$3,795	Included	Included	\$37	\$3,832
Alta Vista Crematorium & Funeral Service Pacheco	\$775	Included	Included	Included	Included	\$775	\$1,200	Included	Included	\$25 (permit included)	\$1,225
Stewart's Rose Manor	\$2,500	Included	Included	Included	\$37	\$2,537	\$4,500	Included	Included	\$37	\$4,537
Grissom's Chapel & Mortuary	\$1,595	Included	Included	Included	\$37	\$1,632	\$2,790	Included	Included	\$37	\$2,827

In updating this survey for 2021, Born to Age only compared the prices for either a direct cremation or immediate/direct burial. Each of the mortuaries have extensive price lists of all their package deals, and must disclose the charges for everything involved in planning a funeral. Anyone can request a price list at anytime. Local mortuaries charge a range of prices for the similar services.

Compare prices. Prices may include additional services. Prices can change and cannot be guaranteed from this chart. What Direct Cremation usually includes:

1. An alternative container (usually a cardboard container)
2. Removal of the body within the mortuary service area and transportation to the crematorium. (usually within 7.35 miles).
3. A 3 day storage fee.
4. Obtaining required permits.
5. Cost of using a crematory.

What Direct Burial usually includes:

1. Obtaining necessary permits.
2. Removal of the body within the mortuary's local service area (usually within 7 35 miles from a facility) and transportation to a local cemetery.
3. A 3 day storage fee

It's important to note that some mortuaries in Contra Costa County don't include the cost of the lowest priced casket/alternative container in their direct burial packages. That can be a separate charge, ranging from \$405 to \$1,350 (see chart). You can also purchase caskets from other retailers.

Prepared September 2020 by Born to Age. All prices were updated by phone, general price lists, and websites.

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