

Free. Please take one.

# Born Age

## A Directory for Older Adults

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

17th Anniversary Edition



Alameda  
County  
2022



Washington Hospital, providing  
*high-quality care, locally!*



Learn more about Washington Hospital  
at [whhs.com](http://whhs.com).

2000 Mowry Ave., Fremont, CA 94538





*Celebrating 36 years of Senior Organizing*

United Seniors of Oakland & Alameda County Transportation Commission Presents:  
**Free Post– Covid-19 Travel Training Course for Adults 55 and Over**

**Benefits of the USOAC Post-Pandemic Travel Training Include:**

- ⇒ Priority seating for older adults and person with disabilities on public transit
- ⇒ Transit discount, the USOAC Travel Trainer will highlight the cost savings for all public transit trips
- ⇒ Learning how to load and reload your senior/disabled Clipper Cards
- ⇒ Learning to ride public transit safely
- ⇒ Caregivers, Senior Activity and Senior Service Coordinators are encourage to attend the Travel Training session *and* Clipper Cash will be provided
- ⇒ Everyone receives Clipper Cash on their Senior Clipper card valued up to \$40.00
- ⇒ Group and One-on-One Travel Training Courses
- ⇒ Getting around with ease in your own community using public transit
- ⇒ Learning to prepare for unforeseen incidents and emergencies

**For more information please contact the USOAC Travel Trainer:**

**In person:** 7200 Bancroft Avenue Suite 270 - Oakland at the Eastmont Towne Center

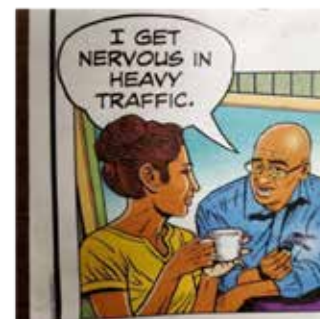
**Direct landline:** (510) 729-0851 (*office line (510) 729-0852*)

**Cell:** (510) 684-6867

**Email:** Chonita@USOAC.org



*Travel Training is organized by USOAC and is funded by a grant from Alameda County Transportation Commission*



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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**

The Alameda Directory for Older Adults is published annually by:

**Born to Age**  
**P.O. Box 59**  
**Cotati, CA 94931**

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The Bay Area's Premier Directory for Older Adults

**Born to Age**

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

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

# As Born to Age celebrates its 17th anniversary in Alameda County, we want to say “Thank You” to the advertisers who have made those 17 years possible!

**Row 1:**

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



**Row 2:**

Leah Bloom, Homewatch Caregivers of Oakland  
 Lois Snell, Gold Star Senior Shared Housing  
 Mary Bradd, United Seniors of Oakland and Alameda County



**Row 3:**

Tanya Washington, United Seniors of Oakland and Alameda County  
 Shobna Krishna, Center for Elders' Independence  
 Julie Fiedler, Horizon Elder Law



**Row 4:**

Susan Richey, Finance of America  
 Rose Rodriguez, Diablo Valley Cremation & Funeral Services  
 HICAP



**Row 5:**

HERS Breast Cancer Foundation  
 JFCS East Bay  
 Legal Assistance for Seniors

**Row 6:**

Washington Hospital Healthcare System  
 Senior Alternatives Home Care & Care Management  
 Center for Elders' Independence



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



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

**Learn more at [www.211alamedacounty.org](http://www.211alamedacounty.org)**

# Planning Index

## Articles in this section:

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**COVID-19 guidelines may still be impacting some activities. We suggest that you call to verify specifics.**

## Activities

### Age Well Center at South Fremont

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

### Berkeley Lawn Bowling Club

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

### Berkeley Walks

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

### East Bay Korean Senior Citizens, Inc.

1723 Telegraph Ave.  
Oakland, CA  
510.763.0736

### Eden Area Village

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

### Fremont Garden Club

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

### Handability: Crafting Classes and Instruction

4171 Piedmont Ave, Suite 102  
Oakland, CA 94611  
510.863.1054

### J-Sei

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

### Lake Merritt Dance Center

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

### Lavender Seniors of the East Bay - LGBTQ

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

### Senior Resources at St. Paul's Episcopal Church

114 Montecito Blvd.  
Oakland, CA 94610  
[www.stpaulsoakland.org](http://www.stpaulsoakland.org)  
510.834.4314  
[admin@stpaulsoakland.org](mailto:admin@stpaulsoakland.org)

### Soiree Seniors

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

### Sons in Retirement

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

### Stagebridge

2501 Harrison St.  
Oakland, CA  
510.444.4755  
Performing Arts Institute

### Temple Israel of Alameda

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

### Trinity Seniors Program

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

### United Seniors of Oakland and Alameda County

7200 Bancroft Ave., Suite 270  
Oakland, CA 94605  
[www.usoac.org](http://www.usoac.org)  
510.729.0852  
The USOAC is a grassroots, multi-ethnic, intergenerational nonprofit organization focused on issues of concern to Alameda County seniors and their allies. (See ad on pages 9)

### Vietnamese American Community Center of the East Bay

655 International Blvd.  
Oakland, CA 94606  
[vacceb.net](http://vacceb.net)  
510.891.9999  
[info@vacceb.org](mailto:info@vacceb.org)

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## Activities

### Alameda County Libraries

www.aclibrary.org/home  
510.745.1500

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

## Activities - Senior Centers

### Fremont Senior Center

40086 Paseo Padre Pkwy  
Fremont, CA 94538  
fremont.gov/351/Senior-Center  
510.790.6600  
Thursdays, 1:30 - 3:30. \$5

### Korean Community Center of the East Bay

4390 Telegraph Ave., Suite A  
Oakland, CA 94609  
510.547.2662

### Albany Senior Center

846 Masonic Avenue  
Albany, CA 94706  
510.524.9122

### Ashland Senior Satellite Group

1530 167th Ave.  
San Leandro, CA 94578  
510.881.6755

### Bancroft Senior Center

14235 Bancroft Ave.  
San Leandro, CA 94577  
510.351.3299 or 510.357.4300  
Bethel Presbyterian Church

### Berkeley/Richmond Jewish Community Center

1414 Walnut Street  
Berkeley, CA 94709  
510.848.0237

### Clark W. Redeker

7401 Enterprise Dr.  
Newark, CA 94560  
510.578.4840

### Downtown Oakland Senior Center

200 Grand Ave.  
Oakland, CA 94610  
510.238.3284  
Veterans Memorial Building

### Dublin Senior Center

7600 Amador Valley Blvd  
Dublin, CA 94568  
925.829.6316

### East Bay Korean American Senior Services Center

1723 Telegraph Ave.  
Oakland, CA 94612  
510.763.0736 (Korean)  
510.763.1879 (English)

### East Oakland Senior Center

9255 Edes Ave.  
Oakland, CA 94603  
510.615.5731

### Emeryville Senior Center

4321 Salem St.  
Emeryville, CA 94608  
510.596.3730

### Fremont Senior Center

40086 Paseo Padre Parkway  
Fremont, CA 84537  
510.790.6600

### Fruitvale-San Antonio Senior Center

3301 E. 12th St., Suite 201  
Oakland, CA 94601  
510.535.6123

### Golden Ages Senior Activities Center/Lounge

7200 Bancroft  
Oakland, CA 94605  
510.382.1474  
Eastmont Mall (upper level)

### Hayward Senior Center

22325 North 3rd St.  
Hayward, CA 94546  
510.881.6766

### Hong Lok Senior Center

275 7th St.  
Oakland, CA 94607  
510.763.9017

### J-Sei Senior Center and Nutrition Program (Bilingual, Japanese)

1285 66th St.  
Emeryville, CA 94608  
510.654.4000

### Kenneth C. Aitken Senior Center

17800 Redwood Road  
Castro Valley, CA 94546  
510.881.6738

### Livermore Senior Services

4444 East Ave.  
Livermore, CA 94550  
925.373.5760

### Manzanita Senior Center

2701 22nd Ave.  
Oakland, CA 94606  
510.535.5625

### Mastick Senior Center

1155 Santa Clara Ave.  
Alameda, CA 94501  
510.747.7500

### Matt Jimenez Community Center Senior Satellite Group

28200 Ruus Rd.  
Hayward, CA 94544  
510.887.0400  
Open Tues & Thurs, 9am - 1pm

### Newark Senior Center

7401 Enterprise Dr.  
Newark, CA 94560  
510.578.4840  
Senior.center@newark.org

*continued on page 8...*

USOAC Travel Training Program and WN4S Presents:

## Help USOAC Promote Safe Routes to Transit

Promoting and advocating for walkable neighborhoods, working to keep neighborhoods clean, safe & walkable.

### EVERY COMMUNITY SHOULD BE A WALKABLE ONE

USOAC will always fight for elderly pedestrians in Oakland and throughout Alameda County.



Currently United Seniors of Oakland and Alameda County has more than 25 Walk Clubs throughout Alameda County.

Please contact USOAC if you are interested in joining, forming and/or expanding an existing Walk Club for your community.

Contact information: [www.USOAC.org](http://www.USOAC.org)

Office: 510.729.0852 or Sister Ansar El Muhammad 510.604.2377  
For Travel Training information please contact Chonita 510.729.0851

## Activities - Senior Centers

**North Berkeley Senior Center**  
1901 Hearst Ave  
Berkeley, CA 94709  
510.981.5190

**North Oakland Senior Center**  
5714 Martin Luther King Jr. Way  
Oakland, CA 94609  
510.597.5085

**Pleasanton Senior Center**  
5353 Sunol Blvd.  
Pleasanton, CA 94566  
pleasantonseniorcenter.org  
925.931.5365

**Ralph and Mary Ruggieri  
Senior Center**  
33997 Alvarado-Niles Rd.  
Union City, CA 94587  
510.675.5495

**San Leandro Senior  
Community Center**  
13909 East 14th St.  
San Leandro, CA 94578  
510.577.3462

**San Lorenzo  
Community Center**  
1970 Via Buena Vista  
San Lorenzo, Thursdays, 9:30  
a.m. to noon.

**South Berkeley  
Senior Center**  
2939 Ellis St.  
Berkeley, CA 94703  
510.981.5170

**St. John's Prime Timers**  
2727 College Ave.  
Berkeley, CA 94705  
510.845.6830  
St. John's Presbyterian Church

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

**Weekes Community Center**  
27182 Patrick Dr.  
Hayward, CA  
Wednesdays, 9:30 am to noon.

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

**West Oakland Multipur-  
pose Senior Center**  
1724 Adeline Street  
Oakland, CA 94607  
510.238.7016

## Advance Health Care Directive

**California Medical Association**  
www.cmadocs.org  
800.786.4262  
Download forms off website.

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

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

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

## Advocacy / Com- munity Organizing

**United Seniors of Oakland  
and Alameda County**  
7200 Bancroft Ave. #270  
Oakland, CA 94605  
usoac.org  
510.729.0852  
Mary@USOAC.org  
Contact Mary Bradd for infor-  
mation about USOAC. 35 Years  
of Senior Organizing.  
(See ad on pages 9)

## Affordable Housing

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

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

**City of Pleasanton**  
200 Old Bernal Avenue  
Pleasanton, CA 94566  
cityofpleasantonca.gov/resident/housing/seniors/default.asp  
925.931.5011

There are currently approximately  
600 apartments in Pleasanton  
reserved for rental by low and  
very low income seniors. Each  
complex handles its own leasing  
and has specific eligibility require-  
ments. Interested parties should  
contact each office directly for  
leasing information. Visit website  
for comprehensive information.

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

**Eden Housing**  
www.edenhousing.org  
925.449.7340

**Gold Star Senior Shared  
Housing/United Seniors of  
Oakland**  
7200 Bancroft Ave. #270  
Oakland, CA 94605  
goldstarsharedhousing.com  
800.383.7813  
goldstarsharedhousing@gmail.com  
Contact Lois Snell for more  
information.  
(See ad on pages 13)

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

## Attorneys, Elder Law & Estate Planning

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

## Books for the Homebound

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

## Care Management/ Planning

**Alameda Senior Connection**  
1155 Santa Clara Avenue  
Alameda, CA 94501  
mastickcenter.com  
(510)-747-7506  
Senior Connections is a col-  
laboration between Mastick  
Senior Center and Alameda  
Family Services to provide case  
management assistance for  
Alameda seniors needing help  
with health insurance, housing,  
in-home support services, food  
resources and MORE! Appoint-  
ments with a Case Manager are  
available on Tuesdays & Thurs-  
days 9:00 a.m. - 3:00 p.m. For  
an appointment, please call  
(510) 747-7506.

continued on page 10...



Save the Date  
for the 19th Annual



# Healthy Living Festival

In person event at the Oakland Zoo  
Thursday, September 29th 9:00 am to 2:00 pm

Travel Training opportunities are available!  
Please call Chonita Chew at (510) 729-0851  
for training on AC Transit lines 46 and 46L to the event

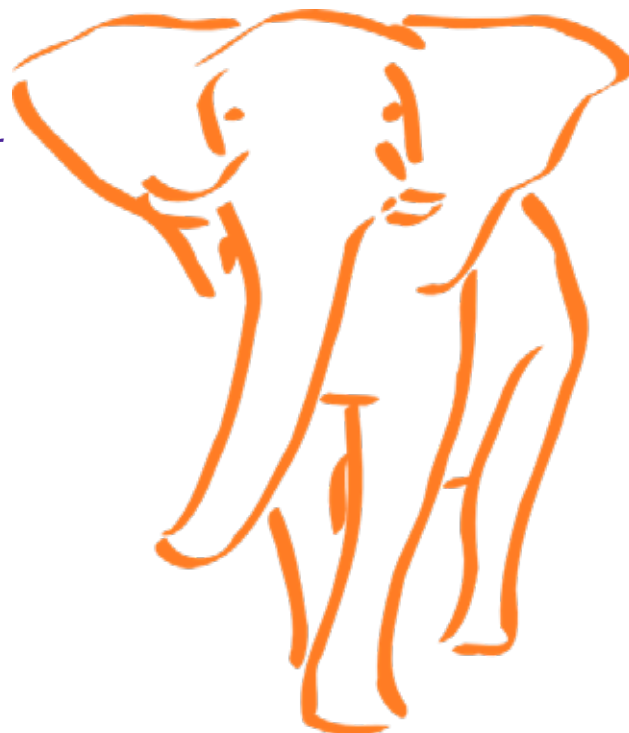
“Promoting Health and Wellness for Sixty+ Adults”  
Fun, Friends, Resources, Physical Activity, Great Music and More!

*36 Years of Senior Organizing,  
Advocacy, and Engagement for Today & Tomorrow!*

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

Contact United Seniors  
for more information at (510) 729-0852 or  
email [Mary@usoac.org](mailto:Mary@usoac.org)  
or visit [www.usoac.org](http://www.usoac.org)

ORGANIZED BY



## Care Management/ Planning

### Alzheimer's Services Of The East Bay

*(Multiple Locations)*  
1105 Walpert St.  
Hayward, CA 94541  
2320 Channing Way  
Berkeley, CA 94704  
43326 Mission Blvd.  
Fremont, CA 94539  
aseb.org  
510.644.8292

### Bay Area Community Ser- vices (BACS) Older Adult Services

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

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

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

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

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

**City of Oakland - MSSP**  
150 Frank H. Ogawa Plazz, Ste 4340  
Oakland, CA 94612  
oaklandhumanservices.org  
510.238.3762  
Senior Wellness Connection and  
multipurpose Senior Services Pro-  
gram (MSSP). Case management  
availablel for Oakland residents, age  
65+ with Medi-Cal no share of cost.

**Emeryville Senior Center**  
4321 Salem St.  
Emeryville, CA 94608  
510.596.3730

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

**Jewish Family & Communi-  
ty Services East Bay**  
2484 Shattuck Ave., Suite 210  
Berkeley, CA 94704  
jfcs-eastbay.org  
510.684.6009

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

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

## Congregate Meal Sites

**COVID-19 guidelines  
may still be impacting  
some congregate meals.  
We suggest that you call  
to verify specifics.**

### Albany Senior Center - Lunch Program

846 Masonic Ave.  
Albany, CA 94706  
510.524.9122  
Dinner served at 4 p.m. Do-  
nation for over age 60: \$4.00  
under age 60: \$5.00. Reserva-  
tions recommended.

### Ashland Community Center

1530 167th Ave.  
San Leandro, CA  
510.881.6755  
Tuesdays, noon

### Downtown Oakland Senior Center

200 Grand Ave.  
Oakland, CA  
510.238.3284  
Monday-Friday, noon

### East Oakland Senior Center

9255 Edes Ave, Oakland, CA  
510.615.5731  
Monday-Friday, noon

### Eden Japanese Center

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

### Friday Night Fellowship Dinner

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

*continued on page 11...*



## 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

## Congregate Meal Sites

### Fruitvale

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

### Glad Tidings Church

1027 West Tennyson Road  
Hayward, CA  
510.783.9377  
Wednesday only, noon

### Hayward Area Senior Center

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

### Josephine Lum Lodge

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

### Kenneth Aitken Senior Center

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

### Mastick Senior Center

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

### Newark Senior Center

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

### North Oakland Senior Center

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

### Palo Vista Gardens

6401 Fenham St.  
Oakland, CA  
510.430.2698  
Monday-Friday, noon

### Ralph & Mary Ruggieri

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

### Salvation Army

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

### San Antonio Senior Center

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

### San Leandro Senior Center

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

### St. Mary's

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

### Tropics Mobile Home Park

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

### United Methodist Church

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

### West Oakland Senior Center

1724 Adeline St.  
Oakland, CA  
510.238.2380  
Monday - Friday noon

**All lunches ask for a \$3.50 donation for those over age 60.**

## Cultural Senior Services

### Afghan Elderly Association

3300 Capitol Ave  
Fremont, CA 94538  
afghanelderlyassociation.org  
510.574.2059

### Family Bridges

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

### Fremont Clinic

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

### Fremont Senior Center

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

### Fremont Senior Center - Chinese Club Mah Jongg

Thursdays, 9 a.m. - 3 p.m.

### Fremont Senior Center - East Indian Seniors

2nd and 4th Tuesdays, 3 p.m.

### Fremont Senior Center - FISA, Indo-American Seniors

2nd and 4th Tuesdays, 10am - 1pm

### Fremont Senior Center - Los Amigos

1st Tuesday, 1-3 p.m.

### Fremont Senior Center - Muslim Seniors

4th Monday, 11 a.m. - 2 p.m

### Fremont Senior Center - NARFE, National Association of Retired Federal Employees

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

### Holocaust Survivor Services

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

### J-Sei

1285 66th St.  
Emeryville, CA 94608  
510.654.4000

### Senior Support Program of the Tri-Valley

510.574.2041  
For seniors over age 60 living in Fremont, Newark and Union City. Services available in Spanish, Farsi and Mandarin.

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

*(Multiple Locations)*  
39465 Paseo Padre Pkwy, Ste 2100  
Fremont, CA 94538  
510.745.9151

24100 Amador Street, 3rd Floor  
Hayward, CA 94544  
510.745.9151

5776 Stoneridge Mall Rd., Ste 340  
Pleasanton, CA 94588  
925.223.8047

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

### Vietnamese American Community Center of the East Bay

655 International Blvd.,  
Oakland, CA 94606  
510.891.9999

*continued on page 12...*

## Driving Courses & Driving Concerns

### AARP Smart Driver Course / AARP Driver Safety

aarp.org/auto/driver-safety  
(888) 687-2277

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

## Energy Bills Assistance

### Alameda Municipal Power

510.748.3900

### Spectrum - Low income Home Energy Assistance Program

P.O. Box 4317, Hayward, CA 94540  
spectrumcs.org  
510.881.0300

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

## Fall Prevention

### A Matter of Balance

510.727.8485

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

### Alameda Fire Department

Alameda, CA

www.acgov.org/fire/  
510.337.2133

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

### LIFE ElderCare

39055 Hastings St. #208

Fremont, CA 94538

https://lifeeldercare.org

510.894.0370

info@LifeElderCare.org

### Senior Injury Prevention Project

510.577.3535

### Spectrum Community Services, Inc. Fall Prevention Program

2621 Barrington Court, Hayward

510.209.0238 or 510.881.0300

FallPrevention@SpectrumCS.org

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

## Financial Management

### Mia's Fiduciary Services

1271 Washington Ave #908

San Leandro, CA 94577

510.384.5457

mia@magicmia.net

(See ad on pages 12)

## Food Assistance

### Alameda Backyard Growers

510.239.PICK

alamedabackyardgrowers@gmail.com

Spare fruit growing in your yard?

Volunteers will pick it, and donate to the Alameda Food Bank!

### Alameda County Food Bank

7900 Edgewater Dr.

Oakland, CA 94621

https://www.accfb.org

510.635.FOOD (3663)

### Alameda Food Bank

1900 Thau Way

Alameda, CA 94501

www.alamedafoodbank.org

510.523.5850

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

### Mercy Brown Bag Program

510.534.8540 Ext. 369

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

continued on page 13...

Compassionate Care & Financial Management  
— for those who can no longer do it for themselves —



## Mia's Fiduciary Services

(510) 384-5457  
mia@magicmia.net

**Professional and personalized hands-on financial, medical, psycho-social help for Bay Area residents ...**

- ▶ ... needing help due to cognitive disabilities
- ▶ ... needing monetary or estate management
- ▶ ... wanting estate planning assistance
- ▶ ... whose families live far away



California Professional Fiduciary License #1077  
Member, National Guardianship Association  
Member, Professional Fiduciaries Association of CA

## Fiduciary Services

### aFiduciary, LLC

P.O. Box 293, Fremont, CA 94537

www.afiduciary.com

510.792.7000

Deborah@afiduciary.com

Deborah Garcia, CLPF

### Mia's Fiduciary Services

1271 Washington Ave #908

San Leandro, CA 94577

510.384.5457

mia@magicmia.net

(See ad on pages 12)

## Financial Assistance

### Coast2Coast RX Card

www.coast2coastrx.com

800.931.8872

cs@coast2coastrx.com

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

## Food Assistance

### South Berkeley Senior Center

2939 Ellis Street (at Ashby)  
Berkeley, CA 94703  
510.981.5200

## Grandparent Support

### Family Support Services of the Bay Area

401 Grand Ave., Ste 200 & 500  
Oakland, CA 94610  
510.834.2443  
Provides respite care and support groups for grandparents caring for drug-exposed or medically fragile grandchildren.

## Health Care

### Center for Elders' Independence

*(Multiple Locations)*  
1487 Alcatraz  
Berkeley, CA 94702  
1850 Fairway Dr.  
San Leandro, CA 94577  
7200 Bancroft, Suite 188  
Oakland, CA 94605  
1955 San Pablo  
Oakland, CA 94612  
cei.elders.org  
510.433.1150  
*(See ad on back cover)*

### Lifelong Medical Care

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

### On Lok Lifeways

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

### The Medi-Cal Center

8477 Enterprise Way  
Oakland, CA 94612  
510.777.2300 or 800.698.1118

### Washington On Wheels Mobile Health Clinic (WOW)

*(Multiple Locations)*  
whhs.com/Services/Specialized-Programs/WOW-Mobile-Health-Clinic.aspx  
510.818.7803

WOW is a mobile medical unit providing quality health care services primarily to uninsured and underserved district residents. WOW brings Washington Hospital's commitment to patient-first care to clients throughout Southern Alameda County, including Fremont, Newark and Union City. *(See ad on inside front cover)*

### Our Lady of Rosary Church

703 C Street  
Union City, CA  
Call for schedule. Every other Wednesday, 3 - 6 p.m.

### Ralph & Mary Ruggieri Senior Center

33997 Alvarado-Niles Road  
Union City, CA  
Call for schedule - Every other Friday from 10:30 - 1:30 p.m.

### Salvation Army

36700 Newark Blvd.  
Newark, CA  
Call for schedule. Every other Wednesday, 8:30 - 11:30 a.m.

### Union City Family Center

725 Whipple Rd., Union City, CA  
Call for schedule. Every other Wednesday, 1:30 PM - 5:00 PM

### Viola Blythe Community Services Center

37365 Ash St, Newark, CA  
Call for schedule. Every other Wednesday, 1:00 PM - 4:00 PM

## Health Insurance Counseling

### Kaiser Permanente -

**Greg Orais**  
mykpagent.org/grego  
925.464.0537  
greg.f.orais@kp.org

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

### Legal Assistance for Seniors / HICAP

333 Hegenberger Rd. Suite 850  
Oakland, CA 94621  
lashicap.org/programs/hicap  
510.839.0393

HICAP helps Medicare beneficiaries of any age make informed choices and provides advocacy when their health care benefits and rights are threatened or denied. Individual appointments are available at more than 30 locations in Alameda. Call the main office in Oakland for info or to schedule an appointment with a counselor near you. *(See ad on pages 14)*

## Home Sharing

### Gold Star Senior Shared Housing / United Seniors of Oakland

7200 Bancroft Ave., Suite #270  
Oakland, CA 94605  
goldstarsharedhousing.com  
800.383.7813  
goldstarsharedhousing@gmail.com  
*(See ad on pages 13)*

### Home Match - A COVIA Community Service

covia.org/services/home-match  
510-574-2173  
A shared housing program that improves lives and communities by bringing people together to share homes. Serving Fremont, Newark and Union City.

## Hospital

### Washington Hospital Healthcare System

2000 Mowry Ave.  
Fremont, CA 94538  
whhs.com  
510.797.1111  
*(See ad on inside front cover)*

## Housing Assistance

### Center for Independent Living

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



## GOLD STAR SENIOR SHARED HOUSING

### Affordable housing is a shared living arrangement with another senior!

Whether you are a homeowner or renter shared housing may be your pathway to affordable senior living!

#### Benefits:

Safety • Security  
Financial Stability  
Affordable Room

#### Other services we provide:


Room Boost Assistance  
Garage Conversions • Sunday Supper  
ADU Upgrades and Development

Contact us: 800.383.7813 or 510.729.0852

www.goldstarsharedhousing.com  
goldstarsharedhousing@gmail.com

Gold Star Senior Shared Housing: 7200 Bancroft Ave, Suite 270, Oakland, CA 94605

In collaboration with the United Seniors of Oakland  
CalBRE: #00697655 • NMLS: #01728745

Program funded by grant from:  EAST BAY COMMUNITY FOUNDATION



## Housing Repair Loans

**Alameda County Community Development Agency**  
510.670.5399

Free grab bars, ramps and removal of architectural barriers.

### City of Alameda Rehab Loans

510.747.4341

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

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

2180 Milvia St., 2nd Floor

Berkeley, CA 94704

510.981.5433 or 510.981.5400

## Housing Repairs

### Alameda County Healthy Homes Department

2000 Embarcadero, Suite 300  
Oakland, CA 94606  
510.567.8280

### Berkeley Home Repair Program

1013 Pardee St.  
Berkeley, CA 94710  
510.981.9819  
Community Energy Services Corporation

### Center for Independent Living - Access Project

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

### City of Newark Home Repair Loans Minor Home Repair Program

510.670.5398

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

### Habitat for Humanity Home Repair Program - Renew Alameda County

2619 Broadway  
Oakland, CA 94612  
510.803.3388 or 510.251.6304

### Rebuilding Together

3318 Adeline St.  
Berkeley, CA 94703  
510.644.8979

### Rebuilding Together, Oakland

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

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

### SPECTRUM - Low Income Weatherization Program

www.spectrumcs.org/  
510.881.0300 Ext. 272

Assistance with: heaters, water heaters, weatherization services, low flow showerheads, light-bulbs, refrigerator and range replacements, microwaves.

## Independent Living

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

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

## Information And Assistance

### Alameda County Area Agency on Aging

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

### Alameda Mastick Senior Center

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

### Albany Senior Center

846 Masonic Ave.  
Albany, CA 94706  
510.524.9122

### City of Berkeley, Health and Human Services

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

### City of Fremont Caregiver Support Services Senior Helpline

510.574.2041

### City of Oakland, Health and Human Services

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

### Community Ambassador Program for Seniors (CAPS)

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

### Community Resources for Independent Living

Fremont: 510.794.5735  
Hayward: 510.881.5743  
Livermore: 925.371.1531

## Need Help with Medicare?

800-434-0222



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

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



**In Alameda County, HICAP is a program of Legal Assistance for Seniors. Call for an appointment with a HICAP Counselor:**  
510-839-0393 / [www.lashicap.org](http://www.lashicap.org)

*continued on page 15...*

## Information And Assistance

### Deaf Counseling, Advocacy and Referral Agency

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

### Family Caregiver Alliance

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

### LIFE ElderCare

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

### Livermore Senior Services

4444 East Ave.  
Livermore, CA 94550  
925.373.5760

### Resource Center on Aging

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

### San Leandro Senior Community Center

13909 East 14th St.  
San Leandro, CA  
510.577.3462

### Senior Services Coalition of Alameda County

P.O. Box 6686  
Oakland, CA 94603  
510.679.3056

### Senior Support Program of the Tri Valley

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

### Union City

510.675.5495 or 510.471.3232  
Information and Referral

### Women's Cancer Resource Center

5741 Telegraph Ave.  
Oakland, CA 94609  
510.420.7900

## Legal Assistance

### California Advocates for Nursing Home Reform

650 Harrison St.  
San Francisco, 94107 CA  
1.800.474.1116

### California Senior Legislature

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

### Estate Planning Consultation

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

### Family Caregiver Alliance

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

### Fremont Senior Center

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

### HOTLINE for Seniors

1.800.222.1753

### Lawyers in the Library

acgov.org/law/refservices/lilprogram.htm  
510.208.3907

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

### Legal Assistance for Seniors

333 Hegenberger Rd, Ste 850  
Oakland, CA 94621  
www.lashicap.org  
510.839.0393

We offer free legal assistance in the following areas: Public Benefits (Social Security, SSI, CAPI), Immigration, Elder Abuse, Guardianship of Minors, Health Care and Housing.  
(See ad on pages 14)

### Livermore Senior Services

925.373.5760  
Free consult with lawyer by telephone only.

### Mastick Senior Center

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

### Oakland Senior Center

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

### Pleasanton Senior Center

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

## Mediation Services

### S.E.E.D. Community Resolution Center

2530 San Pablo Ave.  
Berkeley, 94702 CA  
510.548.2377

## Mental Health Treatment 55+

### Alameda Health System - Outpatient Behavioral Health Services Senior Program

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

### Crisis Support Services of Alameda County

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

### GART Program

510.891.5650  
Geriatric Treatment & Response Team



Are you receiving all the benefits you are entitled to ?

Find Out at:

[www.benefitscheckup.org/find-my-benefits](http://www.benefitscheckup.org/find-my-benefits)

## Notary Services

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

## Peer to Peer Network / Senior Living

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

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

**North Oakland Village**  
2501 Harrison St  
Oakland, CA 94612  
northoaklandvillage.org  
510.547.8500

## Pharmacies

**Haller's Pharmacy and Medical Supply**  
37323 Fremont Blvd.  
Fremont, CA 94536  
www.Hallerrx.net  
510.797.2772

## Reverse Mortgage

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

## Reverse Mortgage Counseling

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

## Smoke Alarms

**Free Smoke Alarm Program**  
510.494.4246



# Volunteer Opportunities

**AARP Experience Corps Bay Area**  
Program Manager, Paul Chilvers  
415.745.5670  
Pchilvers@aspiranet.org  
www.aarp.org/experience-corps

**Age Well Centers**  
Lake Elizabeth and South Fremont  
Call Nick for more info: 510.790.6602

**Alameda County Community Food Bank**  
7900 Edgewater Drive  
Oakland, CA 94521  
VOLUNTEERS DESPERATELY NEEDED!

Sign up online: <https://www.accfb.org/get-involved/volunteer/>  
Or Call 1-510-635-FOOD (3663)

**Alzheimer's Services of the East Bay**  
561 A St, Hayward, CA  
510.888.1411  
www.aseb.org

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

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

**East County Animal Shelter (ECAS)**  
4595 Gleason Dr  
Dublin, CA 94568  
contact@tvar.org  
www.tvar.org

**Friends of The Alameda Animal Shelter**  
1590 Fortmann Way  
Alameda, CA 94501  
510.337.8565  
www.alamedaanimalshelter.org

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

**Jewish Family and Children's Services of the East Bay**  
2484 Shattuck Ave, Ste 210  
Berkeley, CA 94704  
510.704.7475  
information@jfcs-eastbay.org  
jfcs-eastbay.org

**Lavender Seniors of The East Bay**  
Volunteer to be a Friendly Visitor to an isolated LGBTQ Senior. Request 1 year commitment. 510.424.7240

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

**Meals On Wheels**  
Alameda - 510.865.6131  
Albany - 510.524.9124  
Berkeley 510.981.5250  
Emeryville - 510.596.4309  
SOS Meals on Wheels - 510.582.1263  
LIFE ElderCare - Fremont, Union City &

Newark - 510.894.0370  
Volunteers needed to deliver hot, nutritious mid-day meals to homebound seniors

**RSVP (Retired Senior Volunteer Program)**  
510.577.3222

**Senior Corps**  
800.424.8867  
help@joinseniorservice.org  
www.seniorcorps.org

**Senior Support Program of the Tri-Valley**  
5353 Sunol Blvd  
Pleasanton, CA 94566  
www.ssptv.org  
925.931.5379

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



# Quality of Living Index

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 Senior Exercise Parks: Why SShould the Kids Have All the Fun? .....29



## Adult Day and Alzheimer's Service Centers

### Alzheimer's Services of the East Bay

*(Multiple Locations)*  
 2320 Channing Way  
 Berkeley, CA 94704  
 510.644.8292  
 1105 Walpert St.  
 Hayward, CA 94541  
 510.888.1411  
 43326 Mission Blvd.  
 Fremont, CA 94539  
 510.656.1329  
[www.aseb.org](http://www.aseb.org)

### Bay Area Community Services Adult Day Program

5714 Martin Luther King  
 Oakland, CA 94609  
[bayareaacs.org](http://bayareaacs.org)  
 510.601.1074

### DayBreak Adult Care Centers

510 17th St., Suite 200  
 Oakland, CA 94612  
[daybreakcenters.org](http://daybreakcenters.org)  
 510.834.8314

DayBreak has a new and innovative Co-op Adult Day Community. Are you a caregiver of a loved one with early-stage Alzheimer's or exhibiting other symptoms of mental decline? Have you been struggling to find a solution to affordable respite care? Day-Break is recruiting caregivers and the loved ones they care for to be a part of a new and pioneering adult day program! Contact us for more info.

### Family Bridges - Hong Fook Adult Day Day Health Center

275 14th St.  
 Oakland, CA 94612  
[familybridges.org](http://familybridges.org)  
 510.839.9673

### Family Bridges - Hong Fook Adult Day Day Health Center - Harrison Street

1388 Harrison St.  
 Oakland, CA 94612  
[familybridges.org](http://familybridges.org)  
 510.302.0460

## Alzheimer's Information & Referral

### Alzheimer's Association

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

### Alzheimer's Services of the East Bay

*(Multiple Locations)*  
 2320 Channing Way  
 Berkeley, CA 94704  
 510.644.8292  
 1105 Walpert St.  
 Hayward, CA 94541  
 510.888.1411  
 43326 Mission Blvd.  
 Fremont, CA 94539  
 510.656.1329  
[www.aseb.org](http://www.aseb.org)

### Family Caregiver Alliance

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

## Alzheimer's Testing

### Stanford/VA Alzheimer's Center

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

## Caregiver Education

### City of Fremont

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

### Family Caregiver Alliance

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

### Senior Support Program of the Tri-Valley

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

## Caregivers / Companions For Hire

### AttendiCare, LLC

39899 Balentine Dr., Suite 200  
 Newark, CA 94560  
[www.attendicare.com](http://www.attendicare.com)  
 510.987.8889  
[pete@attendicare.com](mailto:pete@attendicare.com)

### Best Care Provider

26230 Industrial Blvd.  
 Hayward, CA 94545  
[www.bestcareregistry.com](http://www.bestcareregistry.com)  
 510.782.9141  
[bestcareprovider@sbcglobal.net](mailto:bestcareprovider@sbcglobal.net)

### City of Berkeley Senior Companion Caregiver Program

510.981.5173

### Homewatch Caregivers Of Oakland

3820 Broadway  
 Oakland, CA 94611  
[www.hwcg.com/oakland](http://www.hwcg.com/oakland)  
 510.835.9362  
[oakland@hwcg.com](mailto:oakland@hwcg.com)

### Public Authority Information

510.577.3552  
 Provides a registry of IHHS caregivers for consumers

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## Caregivers / Companions For Hire

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

## Conservator

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

## Counseling Services

**City Of Fremont, Peer Counseling Program**  
510.574.2041

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

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

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

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

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

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

## Crisis Support Services

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

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

## DMV Driving Test

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

## Elder Abuse / Neglect Advocacy

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

**Alameda County Social Services**  
510.577.1900 or 866.225.5277

## Family Caregiver Support

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

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

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

## Financial Assistance

**Senior Services Center - Emergency Assistance Financial**  
925.373.5760  
For residents of Livermore only. Through a grant, one-time emergency funds are available - Call for application.

## Friendly Visitors

**Alameda Friendly Visitors**  
1155 Santa Clara Ave.  
Alameda, CA 94501  
510.748.0342  
AFV volunteers are matched with homebound neighbors to provide friendship, conversation over a cup of coffee or tea, exchange stories, share common interests/hobbies, have a few laughs, offer telephone reassurance, connect Alamedans with needed community resources, while bringing joy and satisfaction to both parties.

**Lavender Seniors Of The East Bay**  
4123 Broadway Ave Suite #818  
Oakland, CA 94611  
http://lavenderseniors.org  
Voice Mail: 510.736.5428  
Helping LGBTQ older adults age with health, happiness, and pride!

**LIFE ElderCare**  
39055 Hastings Street, #208  
Fremont, CA 94538  
https://lifeeldercare.org  
510.894.0370  
info@LifeElderCare.org  
Our Friendly Visitors program matches frail, isolated older adults with volunteers that provide companionship through weekly visits, phone calls and outings.

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## Friendly Visitors

### Senior Support Program of the Tri-Valley

5353 Sunol Blvd.

Pleasanton, CA 94566

<https://www.ssptv.org>

925.931.5379

For Seniors In Dublin, Livermore, Pleasanton and Sunol

## Home Delivered Meals

### Alameda Meals on Wheels

[alamedamealsonwheels.org/about-amow.html](http://alamedamealsonwheels.org/about-amow.html)

510.865.6131

Serves residents of Alameda - all ages that need assistance.

### Albany Meals on Wheels

[albanyca.org/services/senior-services](http://albanyca.org/services/senior-services)

510.524.9122

Serves residents of Albany.

### Berkeley Meals on Wheels

[cityofberkeley.info/home.aspx](http://cityofberkeley.info/home.aspx)

510.981.5250

Serves residents of Berkeley.

### Emeryville Meals on Wheels

[ci.emeryville.ca.us/451/Nutrition-Program](http://ci.emeryville.ca.us/451/Nutrition-Program)

510.596.4309

Serves residents of Emeryville.

### LIFE ElderCare Meals on Wheels

39055 Hastings Street, #208

Fremont, CA 94538

<https://lifeeldercare.org>

510.894.0370

[info@LifeElderCare.org](mailto:info@LifeElderCare.org)

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

### Meals on Wheels

Fremont, CA

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

### SOS Meals on Wheels

<https://www.sosmow.org>

510.582.1263

[info@sosmow.org](mailto:info@sosmow.org)

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

### Spectrum Senior Community Services Meals on Wheels

510.881.0300

Serves residents of Dublin, Livermore, Pleasanton or Sunol.

## Home Health Care Services

### Center for Elders' Independence

*(Multiple Locations)*

7200 Bancroft, Suite 188

Oakland, CA 94605

1850 Fairway Dr

San Leandro, CA 94577

1955 San Pablo

Oakland, CA 94612

1497 Alcatraz

Berkeley, CA 94702

<https://cei.elders.org>

510.433.1150

*(See ad on back cover)*

### Healthy Living At Home

1320 Willow Pass Rd., Suite 555

Concord, CA 94520

<http://healthylivingnet.com>

510.362.4503

[slobdell@healthyliving-eb.com](mailto:slobdell@healthyliving-eb.com)

We take pride in being a Home Health Agency operated by experienced professionals with extensive clinical, healthcare and hospitality

backgrounds. This edge is extremely beneficial in many different ways. Here are just a few: Clinicians and caregivers are trained to provide expert, accurate and compassionate care in the patient's or client's home. Services are personalized to each patient or client. Patients can be assured that the Healthy Living at Home clinicians have the in-depth knowledge and expertise in addressing the special needs of the geriatric population. *(See ad on page 21)*

### In Home Support Services County Of Alameda (IHSS)

6955 Foothill Blvd, Ste 143

Oakland, CA 94605

[www.acgov.org/services/](http://www.acgov.org/services/)

510.577.1800

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

## Low Vision / Blind Services & Equipment

### Lions Vision Resource Network

2114 Broadway

Oakland, CA

[www.lionsvisionresource.org](http://www.lionsvisionresource.org)

510.450.1580

[info@lionsvisionresource.org](mailto:info@lionsvisionresource.org)

Low Vision Exams are available - must call for appointment.

Accepts insurance, payment assistance may be available.

### The Fran Stein and Paul May Center for Low Vision Rehabilitation

711 Van Ness St., Suite 570

San Francisco, CA 94102

415.296.2015

### UC Berkeley School Of Optometry - Low Vision Clinic

510.642.5726

## Massage

### Downtown Oakland

#### Senior Center

200 Grand Ave.

Oakland, CA

415.432.0608

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

### Hayward Senior Center

22325 N. Third St.

Hayward, CA 94546

510.881.6766

By appt. 10 Minute Massages

## Medical Alert Systems

### ConnectAmerica West

[www.connectamerica.com](http://www.connectamerica.com)

(800) 467-5786

## Medical Equipment & Supplies

### Albany Senior Center

846 Masonic Ave.

Albany, CA 94706

510.524.9122

Free loans of canes, walkers and wheelchairs.

### Haller's Pharmacy and Medical Supply

*(Multiple Locations)*

4067 Peralta Blvd.

Fremont, CA 94536

510.797.2221

37323 Fremont Blvd.

Fremont, CA 94536

510.797.2772

[www.Hallerrx.net](http://www.Hallerrx.net)

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## Medical Equipment & Supplies

### HERS Breast Cancer Foundation

2500 Mowry Ave., Ste. 130  
Fremont, CA 94538  
HERSBreastCancerFoundation.org  
510.790.1911

The mission of the HERS Breast Cancer Foundation is to support all individuals healing from breast cancer by providing post-surgical products and services regardless of financial status. (See ad on pages 20)

### Home Care Equipment Recyclers

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

### Wheelchairs Of Berkeley

2911 Shattuck Ave.  
Berkeley, CA 94705  
510.549.8727

## Medication Disposal

### Alameda County Household Hazardous Waste Livermore Facility

-5584 LA Ribera St  
Livermore, CA

### Alameda County Sheriff's Office

15001 Foothill Blvd.  
acgov.org/aceh/safedisposal/documents/Rx\_drop-off\_site\_map.pdf  
510.667.7721

See map on this website for a complete listing of all Medication Disposal sites in Alameda County.

### Alameda Police Dept. Medication Waste Bin

1555 Oak St.  
Monday-Sunday, 8am - 8pm Unwanted or expired medications only.

### Berkeley Transfer Station

1201 2nd St.  
Berkeley, CA

### City Of San Leandro Take Back Davis Street Clinic

3081 Teagarden St.  
510.347.4620

### City Of San Leandro Take Back Medical Arts Pharmacy

13847 E. 14th St.  
San Leandro, CA  
510.357.1881

### City Of San Leandro Take Back San Leandro Public Works

14200 Chapman Rd.  
San Leandro, CA  
510.577.3440

### City Of San Leandro Take Back San Leandro Senior Center

13909 E. 14th St.  
San Leandro, CA  
510.577.7990

### City Of San Leandro Take Back Teds' Drugs

27453 Hesperian Blvd.,  
Hayward, CA  
510.782.6494  
Thurs-Sat, 9 A.M. - 1 P.M.  
Will take medications, needles, syringes and lancets.

### Haller's Pharmacy and Medical Supply

4067 Peralta Blvd.  
Fremont, CA 94536  
www.Hallerrx.net  
510.797.2221

### Haller's Pharmacy and Medical Supply

37323 Fremont Blvd.  
Fremont, CA 94536  
www.Hallerrx.net  
510.797.2772

### Household Hazardous Waste, Oakland Facility

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

### Piedmont Police Department

403 Highland Ave  
Piedmont, CA

### Stanford Health Care

5800 Hollis St  
Emeryville, CA

### California Advocates For Nursing Home Reform - CAHNR

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

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

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

### Center for Elders' Independence

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

## Skin Care

### Bear Wellness

www.bearwellness.com  
(415) 915-3332  
info@bearwellness.com

## Nursing Home Complaints

### Alameda County Long-Term Care Ombudsman Program

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

## HERS Breast Cancer Foundation

Providing Bay Area patients with post-surgical products and compassionate fitting services since 1998.

For more info, call (510) 790-1911  
www.hersbreastcancerfoundation.org



Visit our website!

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 HEALTH AGENCIES IN ALAMEDA

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

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

### HOME HEALTH AGENCIES

These agencies provide services that are 100% covered by Medicare and Medi-Cal. The service must be ordered by a physician. However, clients still have a personal choice of any agency. There are certain requirements for care, for one, you must be homebound and in need of skilled care. This would translate to a nurse or physical, occupational or speech therapy. This is also a time and visit limited service. Some aide service can be available, if there's a skilled need. This is a service NOT covered by long term care insurance. Born to Age does not list the prices these agencies charge because the costs are directly reimbursed by Medicare. Client is not billed for services.

### Center for Elders' Independence

*(Multiple Locations)*

1487 Alcatraz  
Berkeley, CA 94702  
1850 Fairway Dr  
San Leandro, CA 94577  
7200 Bancroft, Ste 188  
Oakland, CA 94605  
1955 San Pablo  
Oakland, CA 94612  
cei.elders.org  
510.433.1150  
*(See ad on back cover)*

### Healthy Living at Home

1320 Willow Pass Rd, Ste 555  
Concord, CA 94702  
healthylivingnet.com  
slobdell@healthyliving-eb.com  
510.362.4503 or 877.513.7363  
*(See ad on page 21)*



## 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**

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!**

**YOUR HOME HEALTH EXPERT**

For More Info Contact, Scott Lobdell 510.362.4503 • healthylivingnet.com

## Support Groups

**COVID-19 guidelines may still be impacting some support groups. We suggest that you call to verify specifics.**

### Alzheimer's Support Groups

#### Alzheimer's Services Of The East Bay

2320 Channing Way,  
Berkeley, CA

alz.org  
800.272.3900

Caregiver Support - 1st  
Wednesday, 7-9 P.M.

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

4743 East Ave, Livermore, CA

alz.org  
800.272.3900

Caregiver Support - 1st  
Wednesday, 12pm - 1:30pm

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

951 Macarthur Blvd.  
San Leandro, CA

alz.org  
800.272.3900

Caregiver Support: 1st Monday,  
7-9pm

#### Alzheimer's Services of The East Bay - Kaiser Hospital

3553 Whipple Rd, Union City, CA

alz.org  
510.675.4470

Co-sponsored with Kaiser Per-  
manente. (Building B) Conf Rm  
3C-D Caregiver Support: 4th  
Monday, 6-7:30 p.m.

#### Alzheimer's Services Of The East Bay - Kaiser Hos- pital, Fabiola Bldg.

3801 Howe St, Ground Floor, Room 626  
Oakland, CA

alz.org  
Co-Sponsored by Kaiser Per-  
manente. Info: Lowanda Moore:  
510.752.7682. Caregiver Sup-  
port: 2nd Tuesday, 10:30 a.m.  
- noon. Non-Spousal Support:  
4th Thursday, 10:30 a.m. -  
noon. Spousal Support: 4th  
Tuesday, 10:30 a.m. - noon

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

1155 Santa Clara Ave.  
Alameda, CA

alz.org  
800.272.3900

Caregiver Support - 2nd and  
4th Thursday 10 - 11:30 a.m.

#### Alzheimer's Services Of The East Bay - North Oak- land Senior Center

5714 Martin Luther King Jr Way  
Oakland, CA

alz.org  
800.272.3900

Caregiver Support: 1st Friday,  
11:30-1:00 p.m. This Support  
Group has a potluck lunch. A  
number of group members  
bring a dish to share. Please do  
not feel obligated to bring any-  
thing other than yourself.

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

1501 Washington St.  
Albany, CA

alz.org  
800.272.3900

Caregiver Support - 3rd Tues-  
day, 6:15-7:45 P.M.

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

2500 Mowry Ave  
Fremont, CA

alz.org  
800.272.3900

Caregiver support - Conf. Rm.  
Anderson A, Last Wednesday,  
7- 8:30 P.M.

*(See ad on inside front cover)*

### Arthritis Support Groups

#### Berkeley Arthritis Support and Education Group

2001 Dwight Way  
Berkeley, CA

510.204.4503

Meets 2nd Wednesday, 1-2:30  
P.M. Herrick Campus

#### Washington Hospital

2500 Mowry Ave.  
Fremont, CA

https://www.whhs.com  
510.797.1111 ext 7450

Conrad E. Anderson, MD, Audi-  
torium, room B. 4th Wednes-  
day of each month, 3:15 to 4:15  
p.m. (510) 797-1111, ext. 7450  
*(See ad on inside front cover)*

### Better Breathing Support Groups

#### Better Breather Club - St. Rose Hospital

27200 Calaroga Ave.  
Hayward, CA

510.797.1111 ext 7450

2nd Wednesday of the month.  
All Club sessions will run from  
10:00 AM to 11:45 AM.

#### Stanford Health Care - Valleycare Health Systems

1119 E. Stanley Blvd.  
Livermore, CA

925.373.4128

#### Washington Hospital

2500 Mowry Ave.  
Fremont, CA

https://www.whhs.com  
510.818.7025

Conrad E. Anderson, MD,  
Auditorium, rooms A & B, 4th  
Wednesday of each month,  
12:45 to 2:45 p.m.

*(See ad on inside front cover)*

### Brain Injury Support Groups

#### Berkeley Alta Bates Sum- mit Medical Center

2001 Dwight Way,  
Berkeley, CA

510.204.3307

Free different groups offered  
from brain injury survivors and  
their caregivers. Call for sched-  
ule

### Cancer Support Groups

#### Alta Bates Summit - Breast Cancer Support Group

3100 Summit St.  
Oakland, CA

www.altabatessummit.org  
510.655.4000 ext 4980

Every other Monday, 6-8 p.m.  
Call for schedule

#### Breast Cancer—Newly Diagnosed and After Treat- ment

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

925.734.3315

Women diagnosed with breast  
cancer may feel overwhelmed  
with worry and fears. This group  
is for women who are in or just  
starting treatment. 2nd and 4th  
Thursday, 10 a.m. to noon. Li-  
brary Conference Room, Valley-  
Care Health Library

*continued on page 23...*

## Cancer Support Groups

### Cancer Support Community - Eden Medical Center

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

### Cancer Support Group

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

### East Bay Family Support Group - Medical Center

2908 Ellsworth Street  
Berkeley, CA 94705  
510.420.7900  
This group meets on the first Monday of each month.  
7:30pm-9:00pm

### Markstein Cancer Education And Resource Center

Oakland, CA  
[albatessummit.org/breastcancer/support/markstein.html](http://albatessummit.org/breastcancer/support/markstein.html)  
510.869.8833  
[Markstein@sutterhealth.org](mailto:Markstein@sutterhealth.org),  
Educational resource center for cancer patients. Markstein Cancer Education and Prevention

### Metastatic Cancer Support Group

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

### Washington Hospital - Breast Cancer Support Group

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

### Women's Cancer Resource Center - LBQTIA

2908 Ellsworth Street  
Berkeley, CA 94705  
[wrc.org/get-support/support-groups](http://wrc.org/get-support/support-groups)  
510.420.7900  
Pre-registration is required. Call 510.420.7900 2nd and 4th Thursday 6:30 - 8:00 p.m.

### Women's Cancer Resource Center - Women with Metastatic Cancer

2908 Ellsworth Street  
Berkeley, CA 94705  
[wrc.org/get-support/support-groups](http://wrc.org/get-support/support-groups)  
510.420.7900  
Pre-registration is required. Call 510.420.7900. Tuesdays 12:30 - 2:00 p.m.

### Women's Cancer Resource Center - Adults with Blood-related Cancers and their Families/Friends

2908 Ellsworth Street  
Berkeley, CA 94705  
[wrc.org/get-support/support-groups](http://wrc.org/get-support/support-groups)  
510.420.7900  
Pre-registration is required. 1st Monday, 7:30 - 9:00 p.m.

### Women's Cancer Resource Center - African American Women with Cancer

2908 Ellsworth Street  
Berkeley, CA 94705  
[wrc.org/get-support/support-groups](http://wrc.org/get-support/support-groups)  
510.420.7900  
Pre-registration is required. 2nd and 4th Wednesdays 6:30 - 8 p.m.

### Women's Cancer Resource Center - African American Women with Cancer

Richmond, CA  
[wrc.org/get-support/support-groups](http://wrc.org/get-support/support-groups)  
510.420.7900  
Pre-registration is required. 3rd Thursdays, 6:00 - 7:30 p.m.  
Held at the Youth Service Bureau. Call for address.

## Caregiver Support Groups

### Bay Area Community Services (BACS)

5714 Martin Luther King Way  
Oakland, CA  
510.601.1074  
North Oakland Senior Center.  
4th Thursday, 1-2:30 P.M.

### Care Partners

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

### Caregiver Support Groups For Chinese, Korean And Vietnamese Speaking

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

### Caring for the Cancer Caregiver Support Group - Alta Bates Summit Medical Center

2001 Dwight Way.  
Berkeley, CA  
[www.sutterhealth.org](http://www.sutterhealth.org)  
510.204.1284  
Herrick Campus - Pre-registration is required. 4th Wednesday of the month 5:30 PM - 7:00 PM. Please register online or call 510-204-1284.

### Fremont Senior Center

40086 Paseo Pkwy.  
Fremont, CA  
510.790.6600  
Recreation Conference Room- 2nd And 4th Friday 9:30 - 11 am

### Senior Support Program of the Tri-Valley

5353 Sunol Blvd.  
Pleasanton, CA  
925.931.5379  
Pleasanton Senior Center 1 pm - 3 pm on the 2nd Monday

### St. Rose Hospital

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

### Vets Center

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

### Washington Hospital - Dementia Family Caregiver Support

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

## Clutterer's Support Groups

### Clutterers Anonymous

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

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## Clutterer's Support Groups

### ClutterLess

100 Valley Ave.  
Pleasanton, CA  
<http://clutterlesseastbay.org>  
[info@clutterlesseastbay.org](mailto:info@clutterlesseastbay.org) OR  
[clutterlesspleasanton@hotmail.com](mailto:clutterlesspleasanton@hotmail.com)  
Every Monday 7:00pm – 8:30pm (except Holiday Mondays). The Parkview Bldg – 2nd Floor Activity Room

## Crohn's & Colitis Support Groups

### Crohn's and Colitis Foundation

Pleasanton, CA  
[crohnscolitisfoundation.org/chapters/northerncalifornia](http://crohnscolitisfoundation.org/chapters/northerncalifornia)  
415.356.2232  
[ncal@crohnscolitisfoundation.org](mailto:ncal@crohnscolitisfoundation.org)  
Call or email for times and locations.

### Washington Hospital

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

## Deaf Support Groups

### Hayward Senior Center - Social Group

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

## Depression & Bipolar Support Groups

### Tri-Valley DBSA Support Group

3350 Hopyard Rd  
Pleasanton, CA 94588  
510.227.0618  
[dbsapleasanton@gmail.com](mailto:dbsapleasanton@gmail.com)  
Every Wednesday - 7:15 p.m. to 8:45 p.m. St. Clare's Episcopal Church, Classroom 1 -Contact: Mark 510-227-0618

### Tri-Valley DBSA Support Group

3900 Valley Ave., Suite B  
Pleasanton, CA 94588  
510.227.0618  
[dbsapleasanton@gmail.com](mailto:dbsapleasanton@gmail.com)  
Every Wednesday 10:00 a.m. to 11:00 a.m. Valley Wellness Center, Contact: Mark 510-227-0618

## Diabetes Support Groups

### Berkeley Diabetes Support Group

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

### Dublin Senior Center

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

### Kenneth C. Atkins Senior Center

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

### Oakland Eastmont Mall

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

### San Leandro Senior Community Center

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

### ValleyCare

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

### Washington Hospital

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

## Epilepsy Support Groups

### ValleyCare - Eric's Corner

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

## Gastrointestinal (GI) Support Groups

### Alta Bates Summit -Sutter Health - Gastrointestinal (GI)

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

## Grandparents Support Groups

### Family Support Services - Kinship Support

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

## Health Support Groups

### Bone Health & Posture

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

### Healing Yoga

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



# Knowing What's Normal When it Comes to Aging... and What's Not?

Here are some of the more common bodily changes you can expect:

## • Your Bones

Bones become thinner and more brittle with age as they lose mass, or density, according to Medline Plus, sometimes resulting in osteoporosis. Low bone mass raises your risk of broken bones, including in the vertebrae (bones of the spine), which can cause a stooped posture and loss of height. While low bone mass and osteoporosis are more common in women, they can occur in men, too. Be sure to talk with your physician about what you can do to prevent osteoporosis. Oftentimes, the first sign you have it is a broken bone.

## • Your Heart

As you age, your large arteries become stiffer, a condition called arteriosclerosis, contributing to higher blood pressure. The walls of the arteries also tend to accumulate a buildup of fatty deposits, called plaques, which also harden and narrow the arteries, re-

ducing blood flow to the heart. The buildup of fatty deposits is called atherosclerosis, and a buildup of plaque in the arteries leading to your heart is known as coronary artery disease and is a major risk factor for heart attack. While not all of the heart and blood vessel changes associated with aging can be controlled, following a healthy diet and getting regular physical activity can almost always help to keep your arteries and heart healthier for longer.

## • Your Brain

It's common for people to experience some slight forgetfulness as they get older, and their ability to process new information or to multitask may slow with age as well, notes the Centers for Disease Control and Prevention (CDC). However, when confusion and memory problems go beyond the occasional "senior moment," that's not normal, and you should have it checked out by a medical professional. You could be in the early stages of dementia, but you could also have a treatable condition that's affecting your brain.

## • Your Digestive System

As you age, your digestive tract slows down and doesn't contract as often as it did when you were younger, which can lead to constipation, stomach pain, and feelings of nausea. Many medications also cause or contribute to constipation. To prevent

these digestive problems, the Mayo Clinic recommends following a diet that's rich in fiber, drinking plenty of fluids, keeping as active as possible, and doing your best to manage stress.

## • Your Senses

As you age, you may notice that your five senses — hearing, vision, taste, smell, and touch — aren't quite as sharp as they once were, according to Medline Plus. Changes within the structures of the ear may cause you some degree of hearing loss and may also affect your sense of balance. The sharpness of your vision may dull, and you may need reading glasses. You may start to lose your sense of taste, thanks to a decrease in your number of taste buds. Consequently, flavors may not seem as distinct to you, nor as vivid. Your sense of smell may weaken with age due to decreased mucus production and a loss of nerve endings in the nose. You may also find that your sensitivity to touch, pain, pressure, and vibration is reduced — although some people become more sensitive to touch because of thinning skin.

## • Your Teeth and Gums

The tough enamel that protects your teeth from decay can start to wear away over the years, leaving you susceptible to cavities. Moreover, per the American Dental Association (ADA), the nerves in your teeth can become smaller with

age, leaving you less sensitive to pain and potentially delaying a diagnosis of cavities or cracks in the tooth's outer surface. And according to an article published in June 2017 in the American Journal of Public Health, more than half of people over age 65 have moderate or severe gum disease; the same article states that around 400 commonly used medications can cause dry mouth, which heightens the risk of oral diseases.

## • Your Skin

As you age, your skin loses its elasticity and may start to sag and wrinkle. However, the more you protected your skin from sun damage and smoking when you were younger, the better your skin will look as you get older. The American Academy of Dermatology recommends sunscreen and moisturizer as the two most important anti-aging products you should be using. Wearing a hat with a brim will also protect the skin on your scalp and face. Start protecting your skin now to prevent further damage and to lower your risk of skin cancer.

While many of these bodily changes are a natural part of aging, they don't have to slow you down. What's more, there's a lot you can do to protect your body and keep it as healthy as possible.

**By Diana Rodriguez**

*Medically Reviewed by Justin Laube, MD*



## Heart Support Groups

### Washington Hospital - Heart

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

## LBGTQ Support Groups

### City of Fremont

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

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

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

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

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

### Oakland Support Group LBGTQ Community Center

3207 Lakeshore Ave.  
Oakland, CA 94610  
[oaklandlgbtqcenter.org](http://oaklandlgbtqcenter.org)  
510.882.2286

### Older & Out Therapy Group - Berkeley

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

### Older & Out Therapy Group - Hayward

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

### Older & Out Therapy Group - Oakland

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

### Out Standing Seniors PEER support group (age 50+)

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

### Rainbow Seniors PEER support group (age 50+)

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

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

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

## Ostomy Support Groups

### Ostomy Support Group

<https://www.ostomy.org>  
510.752.7825  
[eastbayostomypeer@gmail.com](mailto:eastbayostomypeer@gmail.com)  
Call Armida Lucas for days/times.

## Parkinson's Support Groups

### Berkeley Parkinson's Group

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

### PD Active

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

### PD Active

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

### San Lorenzo Community Church

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

### Tri-Valley Parkinson's Support Group- Pleasanton Senior Center

5353 Sunol Blvd  
Pleasanton, CA 94566  
925.989.0209  
2nd Saturday of each month from 10 a.m. - noon. Contact Mary for more info.

## Prostate Cancer Support Groups

### Prostate Cancer Support Group - Man To Man

3100 Summit St.,  
Oakland, CA  
510.204.1284  
2nd Tues, 6:30 – 8 pm Markstein Cancer Education & Prevention, 510-204-1284 to preregister.

### Washington Hospital - Prostate Cancer Support Group

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

## Social Support Groups

### Healthy Living For Seniors

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

## Stroke Support Groups

### Alta Bates Summit Medical Center

350 Hawthorne Ave.  
Oakland, CA 94609  
510.869.6308  
1st Tuesday Of Month, 4–5 p.m.

### Washington Hospital

2500 Mowry Ave.  
Fremont, CA  
<https://www.whhs.com>  
510.818.5080  
4th Tuesday of each month, 1 to 2:30 p.m. Neuroscience conference room, 2nd floor  
(See ad on inside front cover)

## Vision Support Groups

### LightHouse Industries- Sirkin Center

14690 Washington Avenue  
San Leandro, CA 95478  
<http://lighthouse-sf.org>  
510.895.1724  
[sfoster@lighthouse-sf.org](mailto:sfoster@lighthouse-sf.org)

### The East Bay Center for the Blind

2928 Adeline St.  
Berkeley, CA 94703  
<https://eastbaycenterfortheblind.org>  
510.843.6935

The East Bay Center for the Blind offers services and social activities to a diverse group of people who are blind or low vision, many of whom are not assisted by other agencies

## Telephone/Online Enrichment, Education & Socializing

### Alta Bates Tele-Care Program

2001 Dwight Way  
Berkeley, CA  
510.204.4487  
Call Between 8:30 - 11 A.M.,  
Leave Message

### Lavender Seniors of the East Bay

4123 Broadway Suite # 818  
Oakland, CA 94611  
[www.lavenderseniors.org](http://www.lavenderseniors.org)  
Voice Mail: 510.736.5428

### You Are Not Alone - Y.A.N.A.

510.790.6691  
You Are Not Alone Program -  
Reassurance for Fremont residents

## Transportation

### Access Alameda - Transportation Services for Seniors and people with disabilities

<http://accessalameda.org>  
510.208.7400

Visit website for a comprehensive listing of programs and routes. If you have additional questions about the public transit services in your area, 511 provides comprehensive and real time transit information for Alameda County and surrounding counties. To access 511 you can: Call 511, visit [www.511.org](http://www.511.org) or download the 511.org smartphone app

### Alameda county - Alameda LOOP

510.747.7513  
[AlamedaLoopShuttle@alameda.ca.gov](mailto:AlamedaLoopShuttle@alameda.ca.gov)

The Alameda Loop Shuttle is free and open to the general public with priority seating for seniors and people who have disabilities. Both shuttle buses have wheelchair lifts and bike racks. Service is provided Tuesdays, Wednesdays and Thursdays from 8:30 to 4:00, serving a different route within the City of Alameda each day. For more information and shuttle schedules email or call. Funded by Measures B and BB.

### Alameda County - Medical Return Trip Improvement Program

510.747.7513  
MRTIP is designed to provide a more flexible method for returning home after/from medical appointments. The City of Alameda has contracted with First American to provide these transportation services. Vouchers are \$2.50 and cover the entire fare. Up to 10 vouchers are issued a month, \$2.50 each. This program is made available through City of Alameda Measure B and BB funding. Serves city of Alameda residents who are enrolled with East Bay Paratransit.

### Alameda County - Subsidized Taxi Service

[www.alamedaparatransit.com](http://www.alamedaparatransit.com)  
510.747.7513

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

### Alameda County Transportation Commission

1111 Broadway, Suite 800  
Oakland, CA 94607  
[www.alamedactc.org](http://www.alamedactc.org)  
510.208.7400  
[contact@alamedactc.org](mailto:contact@alamedactc.org)

### Alameda, American Cancer Society

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

### Berkeley Paratransit Service

1901 Milvia St.  
Berkeley, CA 94709  
510.981.7269

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

### Center for Elders' Independence

*(Multiple Locations)*  
1850 Fairway Dr  
San Leandro, CA 94577  
7200 Bancroft, Suite 188  
Oakland, CA 94605  
1955 San Pablo  
Oakland, CA 94612  
1487 Alcatraz  
Berkeley, CA 94702  
<https://cei.elders.org/>  
510.433.1150  
*(See ad on back cover)*

### Dial A Ride Door-to-Door Service

Dublin, CA  
925.455.7510

### Drivers For Survivors

39270 Paseo Padre Pkwy. #355  
Fremont, CA 94538  
[driversforsurvivors.org](http://driversforsurvivors.org)  
510.896.8056

Free transportation and companionship for ambulatory cancer patients going to and from medical related appointments within a 60 mile radius of our Fremont headquarters. We service Ashland, Castro Valley, Cherryland, Fremont Hayward, Newark, San Leandro, San Lorenzo, and Union City.

### East Bay Paratransit

1750 Broadway  
Oakland, CA 94612  
[www.eastbayparatransit.org](http://www.eastbayparatransit.org)  
510.287.5000

East Bay Paratransit is a public transit service for people who are unable to use regular buses or trains, like those operated by AC Transit and BART, because of a disability or a disabling health condition. Visit website for a complete list of cities/routes.

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## Transportation

### LIFE ElderCare

39055 Hastings St. #208  
Fremont, CA 94538  
<https://lifeeldercare.org>  
510.894.0370

We offer "door-through-door" transportation services throughout Alameda County for seniors needing destination assistance. During COVID, we are providing no-contact delivery of groceries from local food pantries.

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

<https://www.wheelsbus.com>  
925.455.7510

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

### Pleasanton Paratransit

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

### Ride-On Tri-City!

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

### San Leandro Shuttle

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

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

5353 Sunol Blvd.  
Pleasanton, CA 94566  
[ssptv.org/vast-transportation-program.html](http://ssptv.org/vast-transportation-program.html)  
925.931.5387  
[mhenry@ssptv.org](mailto:mhenry@ssptv.org)

To inquire about registering for the program or becoming a volunteer driver call: Melanie Henry at (925) 931-5387

### South Berkeley Senior Center

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

### The HOP (Hayward Operated Paratransit)

[hayward-ca.gov/services/city-services/senior-services](http://hayward-ca.gov/services/city-services/senior-services)  
510.583.4230  
39055 Hastings St., #208

### Tri-City Mobility Management Program

510.574.2053  
Will Assist With Specific Needs For Rides in Fremont, Newark or Union City.

### Union City Paratransit

34009 Alvarado Niles Road  
Union City, CA 94587  
[unioncity.org/172/Paratransit](http://unioncity.org/172/Paratransit)  
510.476.1500  
Shared Rides, Curb-To-Curb Service, Sunday Service. Riders must be certified as eligible to use Union City Paratransit. To be certified, you must complete an application that you can request by calling 510.675.5373 or download online.

### West Berkeley Senior Center

1900 Sixth St.  
Berkeley, CA 94710  
510.981.5180  
Provides van rides to the center, as well as take you grocery shopping and to medical appointments.

## Travel Training

### Community Resources For Independent Living

439 A St.  
Hayward, CA 94541  
<http://crilhayward.org>  
510.881.5743  
The Mobility & Travel Training Program at CRIL enables people with disabilities and seniors, living in the Southern & Eastern Alameda County, to increase their independence by developing the skills to travel on public transit and paratransit.

### United Seniors of Oakland and Alameda County

7200 Bancroft Ave., Suite #270  
Oakland, CA 94606  
<https://www.usoac.org>  
510.729.0851  
[chonita@usoac.org](mailto:chonita@usoac.org)

Course for Older Adults 55+. Expand your horizons and travel options! Learn to ride Alameda County's public transit to get where you want to go with confidence, independence and ease. For More Information, please contact Chonita Chew at (510) 729-0851.  
*(See ad on page 3)*

## VA Health Clinic

### Fremont VA Health Clinic

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

### Oakland VA Health Clinic

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

### San Francisco VA Health Clinic

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

### VA Outpatient Clinic and Home Based Primary Care

150 Muir Road  
Martinez, CA 94553  
925.372.2131  
This service provides primary home health care, including a doctor, nurse, social worker, dietician and therapist. The teams makes home visits to assist the patient and family care for the veteran's needs and cope with present illness. The team DOES NOT PROVIDE: home health aide, homemakers, housekeeping or daily nursing care. The program is available to patients in some cities of Alameda County - call for more information.

## Veteran Center

### Oakland Vet Center

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

### San Francisco Vet Center

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

# Senior Exercise Parks: Why Should Kids Have All the Fun?

It's common to see seniors sitting on park benches watching children playing at the playground. But have you ever witnessed a group of seniors having fun on playground equipment?

Senior playgrounds, which debuted in China in 1995, are growing in popularity worldwide as an enjoyable way for older adults to exercise and have fun.

You won't find slides, sandboxes, or monkey bars at these playgrounds. Instead, they feature outdoor equipment specially designed to improve balance, flexibility, strength, functional movement, range of motion, and mobility in seniors. Some equipment is intended for people who are wheelchair-bound or are otherwise limited in their movements.

## What Are the Benefits of Senior Playgrounds?

A growing body of research points to the relationship between exercise and healthy aging. Staying physically active as you get older helps reduce the risk of many chronic diseases, aids in recovery from illness, and reduces the risk of falls.

Exercising at an outdoor playground offers the added benefit of spending time outdoors, which researchers believe can help improve sleep and reduce anxiety and depression.

Another key benefit of senior playgrounds is the social interaction they can provide.

Seniors can meet and enjoy conversations with other like-minded individuals while they use the equipment. Some of the equipment is designed for more than one person, enhancing the fun and camaraderie.

Since the late 1990s, parks with playground equipment for seniors have caught on in Japan, Thailand, Finland, Denmark, Germany, England, Canada, and Australia. Spain currently leads the world with more than 600 elderly fitness zones.

However, the United States has only a handful, including Carbide Park in La Marque, Texas. The Carbide Park Senior Playground, which opened in 2014, features fitness steps, chin-up bars, balance stools, a wavy balance beam, and a stretching board.

## What Are the Requirements of a Senior Playground?

Some people view intergenerational playgrounds as the best way for seniors to interact with all age groups and not feel isolated. Intergenerational playgrounds feature equipment designed for all ages and include equipment intended for more than one person to share, such as two-seater swings.

Others say that a "seniors-only" setting is important for seniors to feel safe and secure on the equipment. Still, others recommend "parallel play" –

separate but adjacent playground equipment – is the best bet for seniors and the general public.

A group of public park researchers discusses this dilemma in an article published by the UCLA Newsroom. In the article, UCLA urban planning professor Anastasia Loukaitou-Sideris notes that city planners should consider the age and cultural background of the neighborhood's residents when making a playground decision.

The research report "Outdoor physical activity for older people—the senior exercise park," published in 2018 in the Health Promotion Journal of Australia, offers insights into what's needed for a successful senior playground.



In addition to the safety of the equipment, the article addresses the following factors that are important in determining a location: for a senior playground:

- Access to public transportation
- Excellent lighting
- Wheelchair accessibility
- Shade
- Clean signage that explains the purpose of the park

The report concludes, "This initiative could potentially be a cost-effective way to engage older individuals in a more active and healthier lifestyle... This (project) will not only elicit health benefits but may also provide social opportunities and interaction as well as connectivity to nature."

We think senior exercise parks are an excellent investment in the health of a community. We encourage you to brainstorm ways you might be able to bring one to a public park near you.

*If you'd like to learn more about senior exercise parks, here are a few resources:*

[onlinelibrary.wiley.com/doi/full/10.1002/hpja.60](https://onlinelibrary.wiley.com/doi/full/10.1002/hpja.60)

[www.larkindustries.com.au/seniors-exercise/](http://www.larkindustries.com.au/seniors-exercise/)

[goric.com/intergenerational-playgrounds-unite-the-young-and-old/](https://goric.com/intergenerational-playgrounds-unite-the-young-and-old/)

[www.aaastateofplay.com/playgrounds-for-senior-citizens/newsroom.ucla.edu/stories/their-goal-creating-public-parks-for-an-aging-population](https://www.aaastateofplay.com/playgrounds-for-senior-citizens/newsroom.ucla.edu/stories/their-goal-creating-public-parks-for-an-aging-population)

## Veterans Affairs and Resources

### Alameda County Veterans Service Office - Oakland (Main Office)

6955 Foothill Blvd, Ste 300  
Oakland, CA 94605  
M-F: 510.577.1926  
FAX: 510.577.1947  
Eastmont Town Center, The Veterans Service Office provides veterans and their dependents and/or survivors with information regarding veterans benefits, and assistance with filing benefit claims, waivers and appeals, in order for them to obtain and maintain all available benefits and entitlements for which they are eligible.

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

510.577.1926  
This benefit helps pay for "Out of Pocket Living Expenses," and both home care and assisted care living qualify for this benefit. Both veterans and spouses may qualify for this benefit. The benefit is paid directly by the V.A. to the veteran. For more information, contact Alameda County Veterans Assistance.

### AttendiCare, LLC

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

### Center for Rehabilitation and Extended Care

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

## Veterans Housing

### Veterans Home of California

Yountville, CA  
707.944.4539  
Call for Admission information.

## Walk Clubs

### United Seniors of Oakland and Alameda County

7200 Bancroft Ave., Suite #270  
Oakland, CA 94606  
https://www.usoac.org  
510.729.0851  
(See ad on page 7)

## Wound Care

### Haller's Pharmacy and Medical Supply

4067 Peralta Blvd.  
Fremont, CA 94536  
510.797.2221  
37323 Fremont Blvd.  
Fremont, CA 94536  
510.797.2772  
www.hallerrx.net

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](http://BornToAge.com) or call 707-652-9966.

# Hospice is not what you think it is.

## You can continue to live your best life with quality hospice care.



*"Hospice East Bay handled all of the medical and pain management details. We became free as a family to spend time together. I can't overstate how much hospice helped us as a family."*

~ EK, family member

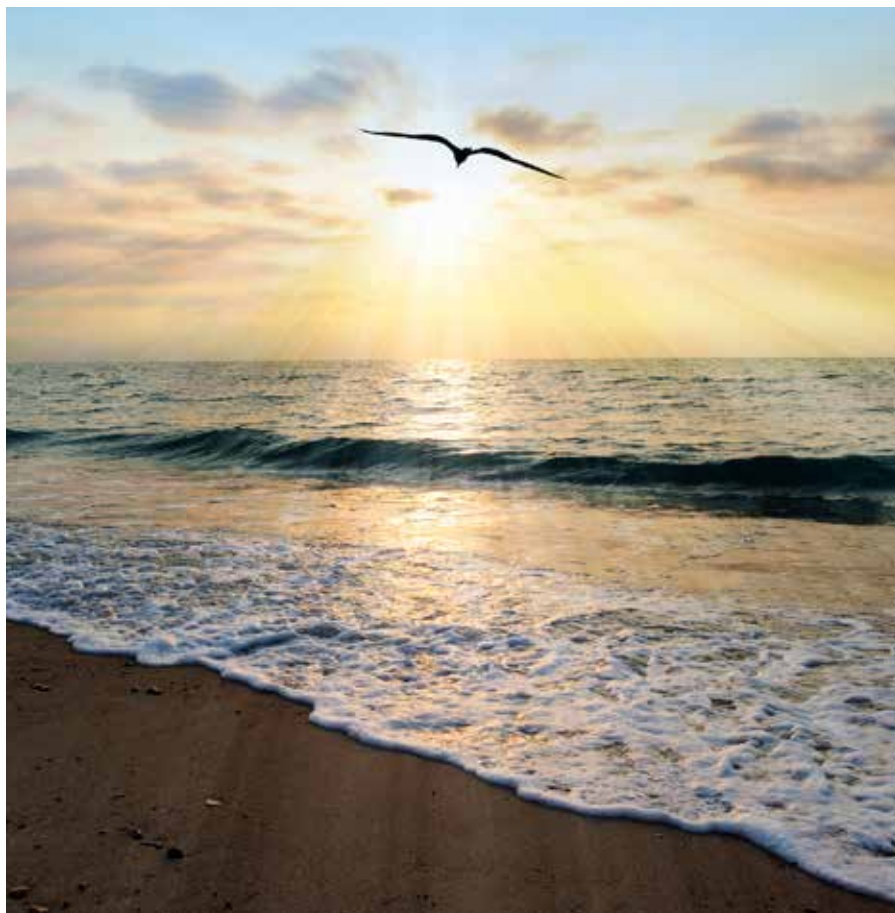


**Hospice East Bay**  
Here When You Need Us

(925) 887-5678

[HospiceEastBay.org](http://HospiceEastBay.org)

# Final Wishes Index



## Body / Organ Donation

### California Donor Network West

12667 Alcosta Blvd., Suite 500  
San Ramon, CA 94583  
[www.donornetworkwest.org](http://www.donornetworkwest.org)  
(888) 570.9400

### UC San Francisco Willed Body Program

School of Medicine, AC-14  
San Francisco, CA 94143  
[willedbodyprogram.ucsf.edu](http://willedbodyprogram.ucsf.edu)  
415.476.1981  
Dept. of Anatomy

### Berge-Pappas-Smith Chapel of the Angels

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

### Cathedral of Christ the Light

2121 Harrison St.  
Oakland, CA  
510.832.5057

### Cooper Chapel

1580 Fruitvale Ave.  
Oakland, CA  
510.533.4114

### Diablo Valley Cremation and Funeral Services

2261 Commerce Ave., Ste 10  
Concord, CA 94520  
DVCFS.Com  
925.998.0303  
[dvcremation@gmail.com](mailto:dvcremation@gmail.com)

### Graham-Hitch Mortuary

4167 First St.  
Pleasanton, CA 94566  
925.846.5624

### Holy Sepulcher Cemetery

1051 Harder Rd.  
Hayward, CA  
510.581.2488

### Jess C. Spencer

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

### Neptune Society of Oakland

490 Grand Avenue, Suite 215  
Oakland, CA 94610  
510.451.08871

### Sorenson Chapel

1140 B St.  
Hayward, CA 94541  
510.581.1234

### St. Augustine Cemetery

5750 Sunol Blvd.  
Pleasanton, CA  
925.455.9696

### St. Mary Cemetery

4529 Howe St.  
Oakland, CA  
510.654.0936

### St. Michael Cemetery & Funeral Center

3885 East Ave.  
Livermore, CA 94550  
925.455.9696

## End of Life Bedside Doula

### Comings and Goings Doula

[comingsandgoingsdoula.com](http://comingsandgoingsdoula.com)  
415.533.1153  
Serving the East Bay

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

## Grief Support Groups

### Crisis Support Services for Alameda County - Grief Counseling/Support

Oakland, CA  
[www.crisissupport.org](http://www.crisissupport.org)  
800.260.0094

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

### Sutter Care at Home

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

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

### Washington Hospital

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

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

## Hospice Services

### Hospice East Bay

3470 Buskirk Ave.  
Pleasant Hill, CA 94523  
[Hospiceeastbay.org](http://Hospiceeastbay.org)  
925.887.5678  
(See ad on pages 30)

# Healthcare, Home Care & Transportation for Seniors



## PACE is available in Alameda County

Center for Elders' Independence brings 40 years of PACE healthcare and program services to you. With PACE, you get a team of doctors, nurses, therapists and home care aides who specialize in caring for older adults.

As a PACE participant, you receive a wide range of services including medical, dental, hearing, eye and foot care. Our spacious PACE centers have large lounges for socializing over a hot meal or activities, and a gym designed just for seniors. Plus your doctor is just through the door into the clinic.

Call today for your  
FREE information kit:  
**1-888-975-1150**  
TDD 1-510-433-1165  
[elders.org](http://elders.org)



### CENTER LOCATIONS

1. PACE Downtown Oakland  
510 17th Street  
Oakland, CA 94612
2. PACE Berkeley  
1497 Alcatraz Avenue  
Berkeley, CA 94702
3. PACE East Oakland  
7200 Bancroft Avenue,  
Suite 188  
Oakland, CA 94605
4. PACE San Leandro  
1850 Fairway Drive  
San Leandro, CA 94577
5. CEI Guardian –  
Adult Day Health Care  
3905 San Pablo Dam Road  
El Sobrante, CA 94803
6. PACE Concord  
1465 Civic Court  
Concord, CA 94520



*Ervin Vinson, Downtown Oakland participant, and Psychiatric Social Worker Lloyd Wells.*