Senior Rally At The State Capitol
Join us in urging the state to
Make Seniors a Priority in 2015 and Beyond-
Reinvest in the Older Californians Act

The California Senior Legislature is hosting a Senior Rally Day at the State Capitol on Wednesday, May 6, 2015. The Theme for the day is “Make Seniors a Priority in 2015 and Beyond–Reinvest in the Older Californians Act.”

The Day’s Schedule
9 am - Exhibitors open
10 am - Program starts
1 pm - Visits to Legislators offices
3 pm - Close

The impact this event has will be measured in the number of seniors who attend! Please help get the word out to all friends, colleagues, and senior organizations in your area.

For more information, go to http://tinyurl.com/senior-rally-day

While the event is free, the California Senior Legislature asks all participants to register so that they have an accurate head count.

TO REGISTER:
By phone: Janice Bailey at 916-552-8056
By email: jbailey@seniorleg.ca.gov
Online go to: http://tinyurl.com/senior-rally-day
Older Americans Month 2015: “Get into the Act”
Administration for Community Living

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year’s celebration is “Get into the Act,” to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. The aging network’s community based services include home-delivered meals, congregate meals, family caregiver support, supportive services, preventive health services, elder abuse prevention, employment and health insurance advocacy and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can “Get into the Act.” Alameda County provides community based services and much more to older adults year-round. Older Americans Month offers an opportunity to emphasize how older adults can access the home and community based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities. Throughout the month, Alameda County and its aging services network will be conducting activities and providing tips on how to access services designed to support independence, prevent premature institutionalization, and protect the quality of life of older adults living in our community.

Contact the Alameda County Area Agency on Aging at 1-800-510-2020 or 510-577-3530 to find ongoing opportunities to celebrate and support older Americans.
April 22 is Earth Day, a great time to recommit to going green. More than one billion people will celebrate Earth Day this year. Saving energy, conserving water, and using less gas are just a few ways to go green (and save the earth).

At Social Security, we strive to have a positive impact on the environment and community. By visiting www.socialsecurity.gov, you can handle much of your Social Security business quickly and securely from your home or office.

Whether you want to get an estimate of your future retirement benefits, request a replacement Medicare card, report a change of address, or take charge of your retirement planning, our online services help meet your Social Security needs while saving you time. The best part is there’s no need for paper, printing, and postage.

Visiting www.socialsecurity.gov is also the cleanest and greenest way to do business with Social Security. Going online saves you a trip to our office and reduces emissions.

If the time comes, however, when you need to come into one of our offices, we have locations across the nation.

At Social Security, we have buildings that use high-efficiency lighting, high-performance windows, solar hot water heating systems, chilled water system improvements, and improved heating and air conditioning systems. Efficient solar lighting even illuminates some of our parking lots. Simply put, we serve the earth while serving you.

Do you need to make a call instead? If so, you can reach us toll-free at 1-800-772-1213. All calls are confidential. Our helpful and knowledgeable staff is available to answer specific questions from 7 a.m. to 7 p.m. Monday through Friday. We provide information by automated phone service 24 hours a day. And, if you are deaf or hard of hearing, you can call our TTY number, 1-800-325-0778.

If you prefer to communicate by social media, we can meet you there, too. At the bottom of www.socialsecurity.gov, you’ll find icons to Twitter, Facebook, Google Plus, YouTube, and Pinterest. If you have a question, you may first want to see our Frequently Asked Questions page at www.socialsecurity.gov/faq. No matter how you choose to contact us, Social Security is here to assist you.

Commit to go green! You can start by viewing a complete list of our online services at www.socialsecurity.gov/onlineservices.
**Presented by:**
The Alzheimer's Association, Alameda County - Area Agency on Aging, UC Davis Alzheimer's Disease Center, Supervisor Keith Carson

**Moderated by:**
Miranda Wilson, Bay Area radio personality

**DATE/LOCATION/TIME:**
Saturday, April 25, 2015
8:30 am – 2:30 pm
North Oakland Senior Center
5714 Martin Luther King Jr. Way
Oakland, CA 94609

This is a FREE event.
Register at http://edconference.kintera.org/AfricanAmerican2015
or call 800.272.3900.

For more information, please send an email to Gwen Gates (gmgates@ucdavis.edu) or Alicia Okoh (aokoh@alz.org) or call 800.272.3900.

**The African American Caregiving and Wellness Forum**
Focusing on Brain Health and Disease Management

**SPEAKERS**
- Dr. Malaika Singleton, Program Coordinator, California Alzheimer's Disease Centers
- Dr. Deborah Wafer, Medical Consultant and Nutritionist
- Vanessa Brown, Social Work, UC Davis Hospice and Bereavement
- Dr. Rita Hargrave, Geriatric Psychiatrist, Veteran's Administration in Martinez

**UC Davis Alzheimer's Disease Center**
Senior Information

GIVING SENIORS A LIFT!
Submitted By Laurie Beck, Senior Help Line

The Rides for Seniors program provided by Senior Helpline Services serves senior residents in the communities of North and Central Alameda County. This program is designed to fill a gap in mobility services for seniors who no longer drive and cannot access other forms of transportation. Unless they are able to use public transportation, paratransit, vans, or cabs that provide only curb-to-curb service, seniors often have difficulty in accessing medical care and obtaining basic necessities.

In our society, mobility = independence, so without a safe and available alternative to driving, the end result for seniors is often premature placement in long term care facilities. At Senior Helpline Services, we help seniors age in their own homes by providing one-on-one, door-through-door escorted rides at no charge.

Need a Ride?

Qualifications for Rides for Seniors:
- Age 60 or older.
- Live in one of the following cities: Alameda, Albany, Berkeley, Castro Valley, Emeryville, Hayward, Oakland, Piedmont, San Leandro and San Lorenzo.
- Able to walk with the aid of a cane, walker, knee scooter, crutches, or elbow assistance.
- Require escorted, door-through-door assistance.
- Able to call in to request a ride.
- Unable to use other forms of transportation for medical care and basic necessities like grocery shopping.

If you meet these qualifications, please call 510-928-RIDE (7433). This program is funded by Measure B, which is administered by the Alameda County Transportation Commission.

Want to Help?

Requirements for volunteer drivers:
- Be a caring, mature individual who is willing and able to provide transportation to an ambulatory senior who can no longer drive.
- Age 25 - 75 with a current driver’s license.
- Excellent driving record and crime free background.
- Own or have access to a reliable, safe vehicle that is registered and insured.
- Participate in a three hour training class before giving first ride.

If you meet these requirements, come join our team and find out what a difference you can make in another person’s life. It will change their life, and it will most certainly change yours!

If you would like more information about volunteering for the Rides for Seniors program please call 510-928-RIDE (7433). This program is funded by Measure B, which is administered by the Alameda County Transportation Commission.

Call Information and Assistance at (800) 510-2020 or (510) 577-3530
Senior Update
Area Agency On Aging
Advisory Commission on Aging
6955 Foothill Blvd, Suite 300
Oakland, CA 94605-1907

Phone: 1-800-510-2020
Fax: 510-577-1962

We're On The Web!
http://www.alamedasocialservices.org/public/services/elders_and_disabled_adults/aaa.cfm

Senior Update Editorial Board: S. Johnson- Simon, (Chair), Bernie Nillo (Vice-Chair), N. Hartschen, Donna Ireland, K. Bridges, and M. Schulz