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Golden Pages

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Welcome



Wow. Here we are. When the last issue of Golden Pages went to press, none of us had any idea that the pandemic restrictions would be in place for more than a year. We all know (and are still learning) the negative effects, so let's focus on the positive ways people have been able to adapt and do the things that need to be done.

The professionals serving the seniors in our community were faced with big challenges. They implemented new ways to continue their work and keep people safe and engaged. A big part of keeping people connected involved quickly learning unfamiliar technology — and teaching it to others. Online communication via Zoom and similar platforms became the popular method of connecting with others. You can read about the ways caregiving services reached out to their clients on page seven.

Lifelong learning programs that usually offer in-person classes made the switch to virtual learning and continued to deliver new classes to online viewers near and far. The success of this format will likely lead to even more offerings and options people will have to learn and attend classes. See the article on page 12 to find out more about these programs. You may find they have a class on a topic you've always wanted to know more about!

If you are not tech savvy, don't despair. After the last year, there are now more people and resources than ever that can answer your questions. SeniorLink made a huge effort to help their clients learn to get online — see more about their offerings on pages 13. Also check out more resources for tech support, especially for seniors, on page 44. You can do it!

It's easy to come up with all the things to tell people they "should" be doing — clean out your closet, get hearing aids, make a will, watch your blood pressure, get some exercise ... and on and on. I think for now people SHOULD just enjoy having a meal with friends, visiting family they haven't been able to see for awhile and maybe even traveling someplace besides the nearest grocery store. You SHOULD think about what makes you happy and do that.

Please read and share this magazine, and take advantage of the information available to make your life — or that of a loved one — healthier, less stressful and more enjoyable. It's important to recognize when you need assistance — and to find it. Our region is full of organizations, agencies and services that celebrate and help with all aspects of the aging experience!

Susan Carlson

Susan Carlson, Publisher

sgoldenpages.com

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Please recycle. 446781680 CA February 2020

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SHARE WITH YOUR FAMILY ...

Where were you, and what were you doing, during times of historical significance?

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Sacramento Region Golden Pages 2021

Publisher Susan Carlson
Writers Jennifer K. Morita, Brandy Tuzon Boyd

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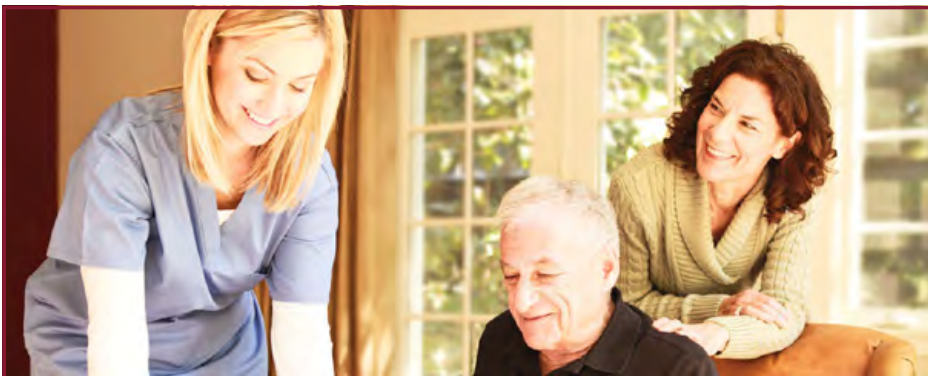
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Sacramento Office
916-706-0169

Carmichael/Fair Oaks Office
916-485-4663

www.HomeCareAssistance.com

Quick Reference

Adult Protective Services

Sacramento County (916) 874-9377
Yolo County (888) 675-1115

Animal Control

City of Sacramento (916) 808-7387
County of Sacramento..... (916) 368-7387

Better Business Bureau..... (916) 443-6843

California Franchise Tax Board (800) 852-5711

Elder Abuse Hotline (916) 874-9377

Emergency 911

Garbage / Curbside Recycling / Hazardous Waste

City of Sacramento (916) 808-5011
City of West Sacramento..... (916) 617-4589
Sacramento County..... (916) 363-9390
Yolo County (530) 666-8856

Internal Revenue Service (800) 829-1040

Medi-Cal Information..... (916) 874-3100

Medicare Information..... (800) MEDICARE

Nursing Home Ombudsman (916) 376-8910

PG&E (800) 743-5000

Police, Sacramento City (non-emergency) (916) 264-5471

Postal Info / National Zip Code Line (800) 275-8777

Regional Transit (916) 321-2877

Road Conditions (800) 427-7623

Sacramento Fire Department (916) 228-3035

Sheriff

Sacramento County (916) 874-5115
Yolo County..... (530) 666-8282
Placer County..... (530) 886-5375

SMUD (916) 452-3211

Social Security Administration..... (800) 772-1213

Voter Registration..... (916) 875-6451

Water/City of Sacramento Utilities (916) 264-5454

For phone referral to information and assistance call 211

In Sacramento, 211 can be used to locate support services for older Americans and persons with disabilities. Visit the 211 website at www.211sacramento.org.

MONEY MANAGEMENT

How to help your elderly parent with their finances

By Jim Miller, Savvy Senior

Dear Savvy Senior

What tips can you offer on helping an elderly parent with their finances? My 84-year-old father is having trouble keeping up with his bills and insurance, and I just found out that he's been making contributions to a suspicious charity.

— Reluctant Daughter

Many adult children serve as financial helpers to their elderly or ill parents. They provide services like paying bills, handling deposits and investments, filing insurance claims, preparing taxes and more. Here are some tips and resources that can help you help your dad.

Start with a Conversation

Taking on the task of helping an elderly parent with their finances can be a sensitive and difficult topic. The first step in helping your dad is to have a respectful talk with him expressing your concerns, as you stated in your question, and offering to help him with his financial chores. If you have siblings, it can be a good idea to get them involved too. This can help you head off any possible hard feelings, plus, with others involved, your dad will know everyone is concerned.

Get Organized

If your dad is willing to let you help manage, monitor or take over his financial affairs your first order of business is to get organized by making a list of his financial accounts and other important information. Your list should include his:

- Contact list: Names and numbers of key contacts like insurance agents, financial advisor, tax preparer, family attorney, etc.
- Monthly bills: Phone, cable, water and trash, gas, electric, credit card accounts, etc.
- Financial accounts: Including bank accounts, brokerage and mutual fund accounts, safe-deposit boxes and any other financial assets he has. Also get usernames and passwords for financial accounts that are set up online.
- Company benefits: Any retirement plans, pensions or health benefits from his current or former employer.
- Insurance policies: Life, home, auto, long-term care, Medicare, etc.
- Taxes: Copies of your dad's income tax returns over the past few years.

— continued on page 6

srgoldenpages.com

ADULT DAY CARE & HEALTH CENTERS

City of Sacramento Triple R Adult Day Program

Locations in Midtown, North Sacramento and South Land Park
 (916) 808-1591
www.tripler.org
See ad on page 15

Eskaton Carmichael Adult Day Health Center

5105 Manzanita Ave.
 Carmichael, CA 95608
 (916) 334-0296
www.eskaton.org/adult-day

Rancho Cordova Adult Day Care Center

10086 Mills Station Road
 Rancho Cordova, CA 95827
 (916) 369-1113
www.rcadhc.com

Sutter SeniorCare PACE

444 North 3rd St.
 Sacramento, CA 95811
 (833) 560-7223
sutterhealth.org/PACE
Sutter SeniorCare is a comprehensive health plan that has served seniors in Sacramento County for over 25 years. This all-inclusive plan includes preventive care, medical care and support services that help elderly people remain in their homes.
See ad on page 41

Yolo Adult Day Health Center

20 N. Cottonwood St.
 Woodland, CA 95695
 (530) 666-8828

AGING/ADVOCACY GROUPS

AARP

1415 L St., Suite 960
 Sacramento, CA 95814
 (866) 448-3614
www.aarp.org

srgoldenpages.com

Agency on Aging/Area 4

1401 El Camino Ave., 4th Floor
 Sacramento, CA 95815
 (916) 486-1876
www.agencyonaging4.org

California Advocates for Nursing Home Reform

650 Harrison St., 2nd Floor
 San Francisco, CA 94107
 (800) 474-1116
www.canhr.org

California Association for Adult Day Services

1107 Ninth St., Suite 701
 Sacramento, CA 95814
 (916) 552-7400
www.caads.org

California Association of Area Agencies on Aging

980 Ninth St.
 Sacramento, CA 95814
 (916) 443-2800
www.c4a.info

California Commission on Aging

1300 National Drive, Suite 173
 Sacramento, CA 95834
 (916) 419-7591
www.ccoa.ca.gov

California Department of Aging

1300 National Drive, Suite 200
 Sacramento, CA 95834
 (916) 419-7500
www.aging.ca.gov

California Partnership for Long-Term Care

PO Box 997413, MS-4100
 Sacramento, CA 95899
 (916) 552-8990
www.rureadyca.org

California Retired Teachers Association

1750 Howe Ave., Suite 630
 Sacramento, CA 95825
 (916) 923-2200
www.calrta.org

California Senior Legislature

1020 N St., Room 513
 Sacramento, CA 95814
 (916) 767-4382
www.4csl.org

City of Davis Senior Citizen Commission

c/o Davis Senior Center
 646 A St., Davis, CA 95616
 (530) 757-5696
csweb@cityofdavis.org
www.cityofdavis.org

Congress of California Seniors

1230 N St., Suite 201
 Sacramento, CA 95814
 (916) 442-4474

Foundation Aiding the Elderly

PO Box 254849
 Sacramento, CA 95865
 (916) 481-8558
www.4fate.org

Leading Age California

1315 I St., Suite 100
 Sacramento, CA 95814
 (916) 392-5111
www.leadingageca.org

Long-term Care Ombudsman Crisis Line

1401 El Camino Ave., 4th Floor
 Sacramento, CA 95815
 24-hour line..... (800) 231-4024
www.agencyonaging4.org

Mobile Home Ombudsman

Mobile Home Assistance Center
 PO Box 278690
 Sacramento, CA 95827
 (800) 952-8356
www.hcd.ca.gov

National Association of Retired Federal Employees

606 N. Washington St.
 Alexandria, VA 22314
 (703) 823-7750
www.new.narfe.org

Assessment/Referral

Older Women's League

PO Box 161646
Sacramento, CA 95816
..... (916) 832-6863

www.owlsaccap.org
owlcap@gmail.com

Meetings held monthly at Hart Senior Center.

Retired Public Employees Association of California

300 T St.
Sacramento, CA 95811
www.rpea.com
rpeahq@rpea.com

Sacramento County Adult and Aging Commission

..... (916) 874-9598
www.dcfas.saccounty.net

Sacramento County Dept. of Child, Family and Adult Services

9750 Business Park Drive
Sacramento, CA 95827
..... (916) 874-4044
www.dcfas.saccounty.net

The 60 Plus American Association of Senior Citizens

2121 Eisenhower Ave., Suite 229
Alexandria, VA 22314
..... (703) 807-2070
www.60plus.org

State Long-Term Care Ombudsman at California Dept. of Aging

1300 National Drive, Suite 200
Sacramento, CA 95834
..... (916) 419-7500
24-hour line..... (800) 231-4024
www.aging.ca.gov

ASSESSMENT/ REFERRAL

Aging Assistant

9578 2nd Ave.
Elk Grove, CA 95624
..... (916) 669-9430
www.agingassistant.com
See ad page 33

Assistance, Referrals & More for Seniors (ARMS)

c/o Hart Senior Center
915 27th St.
Sacramento, CA 95816
..... (916) 808-1448
www.cityofsacramento.org

California Assisted Living Association

455 Capitol Mall, Suite 222
Sacramento, CA 95814
..... (916) 448-1900
www.caassistedliving.org

California Health Collaborative Multipurpose Senior Services Program

2012 H St., #202
Sacramento, CA 95811
..... (916) 374-7739
www.healthcollaborative.org
We provide support services to seniors who are 65 or older who live in Sacramento, Yolo, Yuba and Placer Counties. Seniors must have Medi-cal without share of cost.

California Registry

PO Box 5202
Santa Monica, CA 90409
..... (800) 777-7575
www.calregistry.com

First Choice Senior Placement

..... (916) 409-6742
firstchoiceseniorplacement.com
See ad on page 27

Finances — continued from page 4

Locate Important Documents

This is also the ideal time to find out if your dad has the following essential legal documents: A will; an advance directive that includes a living will and health-care proxy, which allows you or another family member or friend to make medical decisions on his behalf if he becomes incapacitated; and a durable power of attorney, which gives you or a designated person similar legal authority for financial decisions, if needed.

If he doesn't have these important documents prepared, now is the time to do it. And if they are prepared, make sure they're updated, and you know where they're located.

Simplify Financial Tasks

The quickest way to help your dad simplify his monthly financial chores is to set up automatic payments for his utilities and other routine bills and arrange for direct deposit of his income sources.

If your dad has savings and investments scattered in many different accounts, you should consider consolidating them. You can also set up your dad's bank system and investment

accounts online, so you can pay bills and monitor his accounts anytime.

Set Up Protections

To guard against scams and risky financial behaviors, consider getting your dad a True Link Visa Prepaid Card (TrueLinkFinancial.com/card). Designed for older adults with cognitive issues this card would provide your dad access to his money but with restrictions that you set on how funds can be spent. Or check out EverSafe.com, a web-based service that will automatically monitor your dad's accounts, track suspicious activity and alert you when a problem is detected.

Seek Help

If you need help or live far away, consider hiring a daily money manager (see AADMM.com) who can come in once or twice a month to pay bills, make deposits, decipher health insurance statements and balance his checkbook. Fees range between \$60 and \$150 per hour.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book. Go to SavvySenior.org to read more.

You also will find the directory listings by category at srgoldenpages.com

Caring Continuity

Caregivers get creative connecting during COVID

By Jennifer K. Morita

When the world went into lockdown over a year ago, everyone at Elder Options, Inc. held their collective breath, thinking it would be over soon.

“That didn’t last long,” Chief Executive Officer Carol Heape said. “There were people that needed our assistance, and so we had a core group of employees who were formal caregivers. They just took a deep breath and said, ‘We’ll continue working.’”

Agencies providing in-home caregiving services or respite care scrambled to help clients under COVID-19 stay-at-home orders, resulting in innovative ways to keep patients engaged, active and healthy during a global pandemic.

“As with everything, there were some huge challenges and some really good stuff that came out of it,” said Stephanie Wilson, director of Sacramento’s Triple-R program.

When COVID-19 hit in March of last year, the city of Sacramento had to close all three of its licensed adult day program sites.

Ordinarily, Triple-R serves roughly 90 people with memory loss or dementia on a daily basis, giving them a fun and safe place to stay while providing respite for their full-time caregivers, according to Wilson.

Within a day of shutting down, staff were shifting into virtual mode.

“We just knew people were still going to need the interaction, and caregivers still needed support,” Wilson said.

They knew it wouldn’t be easy. Many of their clients have hearing problems and are not tech savvy. Zoom, the video conferencing platform suddenly being used by everyone and their grandma, can be both a blessing and a curse.



“Dementia makes it even harder because multiple people are talking,” Wilson said.

Roughly 40 percent of Triple-R’s clients chose to try virtual programming, which includes daily, live-streamed activities via Zoom including exercise, Bingo and virtual tours such as a Lunar New Year celebration and New Orleans during Mardi Gras.

Roughly 40 percent of Triple-R’s clients chose to try virtual programming, which includes daily, live-streamed activities via Zoom including exercise, Bingo and virtual tours.

Staff also started creating videos on everything from exercising to conversation classes for caregivers to access at their leisure.

They even offered movie screenings so clients could watch a movie together through Zoom.

“We found out that their caregivers were also showing up because they needed to be there to help with the technology, but they stayed for the stimulation as well and wanted to participate,” Wilson said.

“The problem was having people who are cognitively able to answer quickly and people who are slower.”

So Triple-R developed programs specially for caregivers with activities such as bunko and origami. They even created a virtual Caregiver Cafe, a support group on Zoom where they can talk about the unique challenges of caring for their loved one while sheltering in place during COVID-19.

“They can show up with their favorite drink — some people have wine, some have tea,” Wilson said. “They’re just talking to each other. They’re all going through this really strange experience that only they know.”

Triple-R also reached out to clients who chose not participate in the vir-

— continued on page 8

Clubs & Organizations

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1640 Eskaton Loop
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..... (916) 459-3220
www.livewellathome.com

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See ad on back cover

Resources for Independent Living

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..... (916) 446-3074
www.ril-sacramento.org

Sacramento County Department of Human Assistance

SSI and Medi-Cal
Food Stamps..... (916) 874-3100
www.dha.saccounty.net

Sacramento County Adult and Aging Commission

..... (916) 874-4044
www.dcfas.saccounty.net

Senior Care Solutions

8910 Sunset Ave., Suite B
Fair Oaks, CA 95628

..... (916) 965-5565
www.seniorcs.com

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CLUBS & ORGANIZATIONS

Carmichael Cactus and Succulent Society

www.ccandss.com

Meets 10 a.m. first Thursday of the month at Carmichael Park Clubhouse, 5750 Grant Ave., Carmichael.

Caregiving — continued from page 7

tual program. Every week, staff sends an email chock full of crossword puzzles, word searches, sudoku games and links to entertaining activities such as birdwatching that caregivers can do with their loved ones.

In addition, they periodically put together care packages with beach balls for exercising, masks and other personal protective equipment that are dropped off on porches.

Heape said Elder Options had no choice but to stay open, with staff working remotely, because some of their clients were living at home alone.

Some of their licensed caregivers continued going into private homes. The company instituted safety precautions including taking temperatures before going to work, wearing masks and gloves and not going in if they were feeling unwell.

Business dropped as some clients put the service on hold. In addition, 17 clients living in assisted living facilities died from COVID, Heape said.

The strict lockdown in all assisted living homes made it impossible for Elder Options to check on clients, and although they tried Zoom, usually they had to settle for phone calls.

"They're just now starting to open up," Heape said in April. "But it was very hard on our care managers because we couldn't go out and see our clients."

Heape said the pandemic taught her company that more things could be done electronically, and it's helped to streamline what they do.

She added that in recent weeks, Elder Options has been busy fielding phone calls from families interested in keeping their loved ones at home instead of placing them in a facility.

"I think it just scared everyone when they figured out Mom was in this place and they couldn't go in and see their loved ones," Heape said. "So now they're staying home, and families are looking for ways to supplement their care."

"I think it just scared everyone when they figured out Mom was in this place and they couldn't go in and see their loved ones. So now they're staying home, and families are looking for ways to supplement their care."

There were a few positive things to come out of the pandemic.

Triple-R's attendance typically slows in the winter because of bad weather and early sunset.

"We'll probably keep an online presence so if someone can't come that day, they can still do exercises or brain games with us," Wilson said. "So when we come back (in-person) we'll have more services than when we left, which is great."





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916.229.9429

TheChateauSeniorLiving.com



Sierra Pointe

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5161 Foothills Blvd.
Roseville, CA

916.794.4005

SierraPointeRetirement.com

SRGseniorliving.com

Clubs & Organizations

Carmichael Senior's Club

..... (916) 487-5525
Meets second and fourth Thursday, 10 a.m.-2 p.m., each month at Carmichael Park Club House, 5750 Grant Ave.

Cottage Senior Club

..... (916) 927-3892
www.fecrpd.com
Meets first, third and fifth Tuesday each month, 11 a.m.-2:30 p.m., in the Conzelmann Center, 2201 Cottage Way, Sacramento.

The Genealogical Association of Sacramento

www.gensac.org
Meets third Wednesday of the month at 11 a.m. (except July, August and December), Noon., at Belle Coolidge Library, 5600 South Land Park Drive.

Gray Eagles

..... (916) 421-0844
www.grayeagles.net
Social group sharing the history of military and or civilian aviation. Meets second Monday each month at noon at Golden Corral Buffet, 4940 Watt Ave., North Highlands.

Mahjong Club

..... (916) 393-9026
Meets daily, 11 a.m.-1 p.m., ACC Senior Services, 7334 Park City Drive, Sacramento.

Mission Oaks Senior Wednesday Club

..... (916) 972-0336
Meets the first four Wednesdays of every month, 10 a.m.-3 p.m., at Mission Oak Community Center, 4701 Gibbons Drive, Carmichael.

North Highlands Cards and Pinochle Club

..... (916) 332-7440
www.nhrpd.org
Meets Thursday, 2:15-3 p.m., at North

Highlands Community Center, 6040 Watt Ave., North Highlands.

Organic Gardening Club of Sacramento County

..... (916) 635-6724
Meets first Friday, 10 a.m., at Carmichael Park Clubhouse, 5750 Grant Ave., Carmichael.

Old Times Fiddlers Association — District 5

www.csotfa.com
Meets second Sunday of every month, 1-5 p.m., at Orangevale Grange, 5807 Walnut Ave., Orangevale.

Overalls Square Dance Club

..... (916) 573-0228
www.overallssquaredance.org
Meets Thursdays, 6:30-9 p.m., at the Royer Park Veterans Memorial Hall, 110 Park Drive, Roseville.

The Renaissance Society

7750 College Town Drive, Rm. 106
Sacramento, CA 95819
..... (916) 758-5133
www.csus.edu/org/rensoc

Root Cellar Sacramento Genealogical Society

PO Box 265
Citrus Heights, CA 95611-0265
www.rootcellar.org
info@rootcellar.org
Meets 7 p.m. second Thursday of the month (except July and August) at Christ Community Church, 5025 Manzanita Ave., Carmichael

Robinson's Taekwondo Silver Tigers

10 Sacramento regional locations
..... (916) 332-6979
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www.capitolaires.org

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Sacramento Odd Fellows

1831 Howe Ave.
Sacramento, CA 95825
..... (916) 921-0569
www.sacioofhall.com

Sacramento Senior Citizen's Club Dance

..... (916) 371-1091
Held every Sunday (except holidays), 2-4 p.m. at Hart Center, 915 27th St., Sacramento.

Sacramento Walking Sticks

..... (916) 283-4650
www.sacramentowalkingsticks.org
Monthly membership meeting on the second Thursday of each month at 7 p.m, location TBD.

Society of Military Widows, Sacramento Chapter #5

..... (916) 635-6724
www.militarywidows.org
Meets first Saturday, 11:30 a.m., at Lions Gate Hotel, McClellan Park.

Sons in Retirement — SIR, Sacramento

..... (916) 359-2412
www.sirinc.org/branch/117
Meets second Wednesday, 11 a.m., at Elk's Lodge, 11440 Elks Circle, Rancho Cordova.

Soroptimist Sacramento Club

www.soroptimistsacramento.com
Meets first and third Fridays, 11:30 a.m.-12:45 p.m., at Shriner's Hospital, 2425 Stockton Blvd., Sacramento.

Western Swing Society

..... (916) 704-1566
www.westernswingsociety.net
Meets first Sunday of every month (except

Golden Pages eNewsletter

The emailed Golden Pages supplement includes articles, announcements, and other items of interest to seniors in the Sacramento region. Please sign up on the website if you would like to receive the free, quarterly e-news!

srgoldenpages.com

October), 1-5:30 p.m., at the Machinist Hall, 2749 Sunrise Blvd., Rancho Cordova.

WAC (Womens Army Corps) Veterans' Association, Chapter 96
3916 Arderly Court
Sacramento, CA 95826
..... (916) 361-9026
www.armywomen.org

Widowed Persons Association
2628 El Camino Ave., Suite D-18
Sacramento, CA 95821
..... (916) 972-9722
www.sacwidowed.org
Sunday Support held weekly, 3-5 p.m. at office.

Women's Civic Improvement Club
3555 Third Ave.
Sacramento, CA 95817
..... (916) 457-8661
www.wcicinc.org

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Sacramento, CA 95815
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www.redcross.org/local/california/gold-country

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Sacramento, CA 95818
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A Learning Experience

Lifelong learning programs expand reach online

By Jennifer K. Morita

No one will ever convince Renaissance Society President Ken Cross that old dogs can't learn new tricks.

Especially not after the past year.

"I'm convinced we can because we have the proof right here," Cross, 69, said.

When COVID-19 hit California early in 2020 prompting a stay-at-home order, Sacramento area lifelong learning programs such as OLLI and the Renaissance Society scrambled to go virtual.

Crash courses on how to use Zoom — and how to teach on the video conferencing platform — kept classes going and changed the way local continuing education programs for seniors and retirees will operate in the future.

Many colleges and universities nationwide offer lifelong learning programs with on campus classes and seminars for older adults and retirees.

The Osher Lifelong Learning Institute helps fund programs at more than 100 schools nationwide, including ones at Sierra College and University of California Davis.

"People remain intellectually curious," UC Davis OLLI Boardmember Dale Good said. "We have a lot of retired school teachers, physicians, academics, a 747 pilot ... who had a learning bent throughout their professional careers."

Research has also shown socializing and staying mentally active helps people stay healthy as they age.

"There's a healthy component to it, and it's just fun. You get to know folks and there's human interaction, especially when we were in person," Good said.

"When you retire, you don't have as much social interaction, so lifelong learning programs are good for the



overall health and positive life experience."

OLLI offers a broad range of courses that touch on topics such as art history, music, philosophy, history and politics. The programs at Sierra College and UC Davis switched to Zoom classes shortly after the start of the pandemic.

"When you retire, you don't have as much social interaction, so lifelong learning programs are good for the overall health and positive life experience."

With a background in technology, Good helped with the transition.

"It was a struggle at first, but people were very pleased once they made the transition because otherwise many of our students would've been very isolated, especially those living in senior facilities," Good said.

The Renaissance Society was able to offer more classes during the pandemic. Ordinarily, they're only able

to have on-campus classes on Fridays and Saturdays.

"We were able to have programs during the week, so people were able to take classes almost every day of the week, and members really liked that," Cross said.

This spring classes included topics such as active retirement investing, plant based living, corporate accountability and policing in the U.S. Many of their courses are taught by their members.

Cross — whose career included financial planning, sales manager and corporate trainer — teaches a class to help people figure out what they want to do during their golden years.

Even with successful transitions to online learning, both the Renaissance Society and OLLI programs saw a dip in membership.

OLLI at UC Davis lost about a third of its members.

The Renaissance Society had 2,325 members in 2019. That number dropped to 1,829 during the pandemic, according to Cross.

It had more to do with the age of the equipment than the student.

Learning—continued from page 12

"If you had a computer that was six or eight years old, with weak Internet connection or old software, you had a lot of catching up to do," Cross said.

While programs have experienced a dip in enrollment since going online, the pandemic has also allowed them to expand their reach.

New students began logging on from all over California — and even beyond.

"I have one sister in New Orleans and another one in the Chicago area, and my old boss is in Minneapolis," Good said. "They all joined. Two were on today, so I could say hello."

Cross said Zoom has made it a lot easier for people to participate.

"If you don't have to commute from El Dorado Hills or Davis, look for a parking spot and figure out how to get across campus with a walker or cane, it becomes a lot easier," Cross said. "We're in 17 states now and 76 cities in California."

"We actually have someone who's in Paris."

The Renaissance Society also began recording all their Zoom classes and uploading the videos to YouTube. Several tech-savvy members, who helped launch the distance-learning program, put together Zoom tutorials that are available to the public on its website.

Both campuses hope to boost enrollment in the fall with hybrid programs that mix in-person and online learning.

Both campuses hope to boost enrollment in the fall with hybrid programs that mix in-person and online learning.

"There's been a bit of Zoom fatigue," Good said "That's why we're hoping to do a hybrid model where we can still offer something to folks all over as well as that in-person interaction that a lot of people want and need."

Find contact information about OLLI and the Renaissance Society under the Education category on page 14.

SENIORLINK GETS SENIORS 'ZOOMING'!

SeniorLink has been offering social groups, special workshops as well as a few fun and games on Zoom since the start of the pandemic.

"The first thing people said was, 'What is Zoom? I'm not zooming anywhere,'" SeniorLink Supervisor Debra Bonner said. "We really had to explain it and work with people, but regardless we've had people coming to the classes."

"We've done a tremendous job of taking individuals who'd never used laptops, or didn't know how to work their phones, and opened them up to learning how to use Zoom."

SeniorLink, an El Hogar Community Services, Inc. program, serves adults age 55 and older who might be experiencing isolation or early signs of depression or anxiety. Ordinarily, services include activi-

ties such as monthly social gatherings and classes on arts and crafts, music and exercise at Sacramento area community centers.

Since last spring, when COVID-19 shut down the state, SeniorLink held its Spanish and Hmong language social groups on Zoom, a grief and loss support group as well as Brain Games and Sharing the Laughter classes.

Now that pandemic restrictions are lifting as more people are getting vaccinated, Bonner said SeniorLink is looking to start gathering outside in parks. Officials are also discussing whether some of their activities will continue on Zoom.

For more information about SeniorLink, call (916) 369-7872 or go to www.elhogarinc.org. Click on SeniorLink and it's latest calendar for a schedule of Zoom meetings.

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..... (916) 551-2150
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www.projectgoinc.org

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www.rivercityfoodbank.org

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..... (916) 874-9471

Community Services

Sacramento Society for Prevention of Cruelty to Animals (SPCA)

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Sacramento, CA 95828

..... (916) 383-7387
www.sspca.org

SeniorLink, El Hogar, Inc.

..... (916) 369-7872
www.elhogarinc.org
email: slreferral@elhogarinc.org
Linking seniors to community resources and activities

See ad on page 33

Senior Companions Program

PO Box 269131
Sacramento, CA 95826
..... (916) 875-3622
www.scpsacramento.org

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720 Howe Ave.
Sacramento, CA 95825
..... (916) 366-4600
www.calvoice.org

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..... (916) 372-0200
www.shoresofhope.org

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Woodland, CA 95695
..... (530) 661-2727

500 A Jefferson Blvd., Suite 100
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..... (530) 661-2727
www.yolocounty.org

Senior Link of Yolo County

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..... (530) 207-4250
..... (877) 883-4927
www.seniorlinkyolo.lsn.net

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www.fcanc.org

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..... (916) 445-7205
..... (866) 275-2677
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EDUCATION

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www.egusd.net/egace

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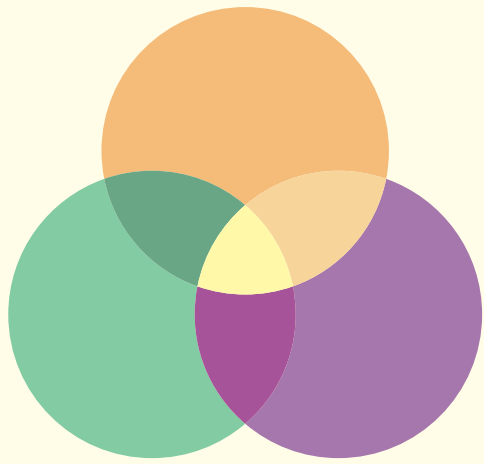
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Sacramento, CA 95819
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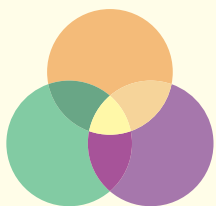
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How to identify the signs of a stroke

(BPT) — The sudden onset of stroke symptoms can happen to anyone at any time, making education about the signs and symptoms of a “brain attack” the first line of defense to stroke prevention.

“I’m a fanatical fan of football, so you can imagine how excited I was to enter the stadium to see my favorite team play; but I lost my balance and fell. I’m lucky the people near me jumped into action and called 911,” recalled stroke survivor William Martin. “They are the real heroes in my medical emergency story. They knew the signs of a stroke.”

Stroke is the second leading cause of death and third leading cause of disability worldwide. Today, only 10 percent of stroke survivors make a full recovery and 25 percent recover with minor impairments. Forty percent of survivors experience moderate to severe impairments that require special care. Strokes are common and can be deadly, but the good news is almost all strokes can be prevented.

What is stroke?

A stroke happens when the blood vessels carrying nutrients to the brain either form a clot or rupture, causing a sudden blockage in the arteries leading to the brain. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.

How to prevent stroke

Generally, there are three treatment stages for stroke: prevention, therapy immediately after stroke and post-stroke rehabilitation. Engaging in active prevention is the most effective treatment.

What can you do to prevent stroke?

- Monitor your blood pressure.
- Control your cholesterol.
- Keep your blood sugar down.
- Keep active.
- Eat healthy.

- Lose weight if necessary.
- Do not smoke.
- Talk to your physician about aspirin and other medications.

In the event of stroke: Act F.A.S.T

“Every minute from the time the stroke occurs to when you receive treatment makes a difference,” said neurointerventional radiologist at St. Luke’s Hospital of Kansas City Jared Halpin, M.D. “Many types of stroke are now treatable with emergency medical interventions to either quickly dissolve or remove the blood clot or stop the bleeding that is causing symptoms.”

Seek treatment, F.A.S.T.

Follow the acronym below to check for signs of stroke:

- **Face drooping:** Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven or lopsided?
- **Arm weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech:** Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence.
- **Time to call 9-1-1:** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

“My doctor restored the blood flow in my brain by threading a tube through an artery in my leg and used a medical device called Solitaire X to remove the clot. I was surprised I didn’t need brain surgery,” said Martin. “The best part — I watched the final quarter of the game on TV while in the hospital recovery room.”

Eighty million people have survived stroke worldwide. For more information on stroke prevention tips and treatment options, visit the Medtronic Stroke Heroes page at <http://strokeheroes.com>.

Education

Road Scholar

11 Avenue de Lafayette
Boston, MA 02111

..... (800) 454-5768
www.roadscholar.org

Roseville Joint Union High School District — Roseville Adult School

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Roseville, CA 95678

..... (916) 782-3952
www.rjuhsd.us/rosevilleadult

Sacramento City College Re-Entry Center

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..... (916) 558-2063
www.scc.losrios.edu

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www.citrusheights.net

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www.cityofranhocordova.org

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..... (916) 875-6451
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www.yoloelections.org

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State Senate www.sen.ca.gov

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First District (Roseville)
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assemblymember.gallagher@assembly.ca.gov

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assemblymember.mccarty@assembly.ca.gov

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Take the next step! Here are 10 GREAT REASONS TO JOIN ...

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Member discounts: We have discounts ranging from emergency assistance and insurance to recreational activities and legal services. If you are not a member, you are at risk of losing your CSEA benefits.

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Monthly newspaper: The California State Retiree provides valuable information about issues affecting your pension and benefits; services for retirees; and features about retirees like you.

Community: There are 26 chapters throughout the state. Attend your chapter's meetings for fun social and educational events and speakers! Stay informed and be a part of an amazing community.

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All are welcome: Any California retiree can become a CSR member and get access to our exceptional member benefits and be included in our strong retiree community.



To view a complete list of member benefits, please visit: www.calcsea.org/benefits

Join today calretirees.org/joinus

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..... (916) 293-8897
www.folsommedicalsupply.com

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A new law (AB-2471), provides
greater protection to seniors age 65
and older by extending, from three
days to five business days, the **right**
to cancel certain
consumer
contracts.



Health Net Inc.
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Sacramento, CA 95815
..... (916) 604-4901
www.healthnet.com

**Kaiser Permanente
Senior Advantage**
..... (888) 448-9400
mykpagent.org/susank
See ad on page 2

SAS Shoes
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Citrus Heights, CA, 95621
..... (916) 722-7481
www.sasshoescitrusheights.com
*Individually owned for 35 years. We take
pride and are committed to providing ex-
tensive full service. Come by and let us fit
you in SAS comfort!*

**Seniors First
Health Insurance Service**
Denise Osborne, Medigap Specialist
..... (916) 281-6290
medicareful.com/deniseosborne
Lic.#0C01539
See ad on page 43

Sutter SeniorCare PACE
444 North 3rd St.
Sacramento, CA 95811
..... (833) 560-7223
sutterhealth.org/PACE
*Sutter SeniorCare is a comprehensive
health plan that has served seniors in Sac-
ramento County for over 25 years. This
all-inclusive plan includes preventive care,
medical care and support services that
help elderly people remain in their homes.*
See ad on page 41

Sutter Health Lifeline
Sacramento & Yolo Counties
..... (916) 454-6781
Placer, El Dorado
& Nevada Counties
..... (530) 888-4556

Sutter Roseville Senior Services
1 Medical Plaza
Roseville, CA 95661
..... (916) 781-1559

UC Davis Vision Research
4860 Y St., Suite 2400
Sacramento, CA 95817
..... (916) 734-6817

HOSPICE CARE

**California Hospice and Palliative
Care Association**
PO Box 340698
Sacramento, CA 95834
..... (916) 925-3770
www.calhospice.org

First Call Hospice & Palliative Care
6929 Sunrise Blvd., Suite 180
Citrus Heights, CA 95610
..... (916) 725-2580
www.fchosp.com
*We are locally owned and have been faith-
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and El Dorado counties since 1993.*

Kaiser Permanente Hospice
3240 Arden Way
Sacramento, CA 95825
..... (916) 486-5300

Mercy Home Health and Hospice
9912 Business Park Drive, Suite 100
Rancho Cordova, CA 95627
..... (916) 281-2300
www.dignityhealth.org

RC Hospice and Palliative Care, Inc.
3043 Gold Canal Drive #220
Rancho Cordova, CA 95670
..... (916) 858-1440
www.rchcinc.org
care@rc-hospice.org

*We dedicate ourselves to meet the needs of
our patients with our highly trained and
motivated staff. It is our family, taking care
of yours.*
See ad on page 21

*"The mere process of growing old
together will make our slightest
acquaintances seem like
bosom friends."
— Logan Pearsall Smith*

Sutter Hospice
8334 Ferguson Ave.
Sacramento, CA 95928
..... (916) 388-6255
3001 Lava Ridge Court., Suite 330B
Roseville, CA 95661
..... (916) 797-7850
www.sutterhealth.org/scah

UCDMC Hospice Home Care
3630 Business Park Drive
Sacramento, CA 95820
..... (916) 734-2458

HOSPITALS

Kaiser Permanente
www.kaiserpermanente.org

**Kaiser Permanente Davis
Medical Offices**
1955 Cowell Blvd.

Davis, CA 95618
..... (530) 757-7100

**Kaiser Permanente Downtown
Commons**
510 J St.
Sacramento, CA 95814
..... (800) 464-4000

**Kaiser Permanente Folsom
Medical Offices**
2155 Iron Point Road
Folsom, CA 95630
..... (916) 817-5200

Kaiser Permanente Sacramento
2025 Morse Ave.
Sacramento, CA 95825
..... (916) 973-5000

**Kaiser Permanente Pointe West
Medical Offices**
1650 Response Road

Sacramento, CA 95815
..... (916) 973-5000

**Kaiser Permanente Rancho
Cordova Medical Offices**
10725 International Drive
Rancho Cordova, CA 95670
..... (916) 631-3000

Kaiser Permanente Roseville
1600 Eureka Road
Roseville, CA 95661
..... (916) 784-4000

Kaiser Permanente South
6600 Bruceville Road
Sacramento, CA 95823
..... (916) 688-2000

Kaiser Medical Offices Riverside
1001 Riverside Ave.
Roseville, CA 95678
..... (916) 784-4050



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We know from personal experience that Hospice and Palliative care is a difficult journey when you walk it alone. We are here to tell you, we are here for you and with you through it all.



RC HOSPICE & PALLIATIVE CARE
www.rhcinc.org • care@rc-hospice.org

916.858.1440

Housing

Mercy General Hospital

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..... (916) 453-4545
www.dignityhealth.com

Mercy Hospital of Folsom

1650 Creekside Drive
Folsom, CA 95630
..... (916) 983-7400
www.dignityhealth.com

Mercy San Juan Hospital

6501 Coyle Ave.
Carmichael, CA 95608
..... (916) 537-5000
www.dignityhealth.com

Methodist Hospital

7500 Hospital Drive
Sacramento, CA 95823
..... (916) 423-3000
www.dignityhealth.com

Sutter Auburn Faith Hospital

11815 Education St.
Auburn, CA 95602
..... (530) 888-4500
www.sutterauburnfaith.org

Sutter Davis Hospital

2000 Sutter Place
Davis, CA 95616
..... (530) 756-6440
www.sutterdavis.org

Sutter Medical Center

2825 Capitol Ave.
Sacramento, CA 95816
..... (916) 887-0000
www.suttermedicalcenter.org

Sutter Roseville Medical Center

One Medical Plaza Drive
Roseville, CA 95661
..... (916) 781-1000
www.sutterroseville.org

University of California at Davis Medical Center

2315 Stockton Blvd.
Sacramento, CA 95817

Lifeline 24 Hours (916) 734-2011
www.health.ucdavis.edu

Woodland Memorial Hospital

1325 Cottonwood St.
Woodland, CA 95695
..... (530) 662-3961
www.dignityhealth.com

HOUSING

Aegis of Carmichael

4050 Walnut Ave.
Carmichael, CA 95608
..... (916) 972-1313
www.aegisliving.com/aegis-living-of-carmichael/
Assisted Living, Memory Care

AppleRidge

3950 Annadale Lane
Sacramento, CA 95827
..... (916) 489-6900
www.ridgeassistedliving.com
Assisted Living

The Chateau on Capitol Avenue

2701 Capitol Ave.
Sacramento, CA 95816
..... (916) 229-9429
TheChateauSeniorLiving.com
Independent and Assisted Living
See ad on page 9

CountryHouse Residence For Memory Care

2005 Iron Point Road
Folsom, CA 95630
..... (916) 836-8022

8485 Barton Road
Granite Bay, CA 95746
..... (916) 899-6565

CountryHouse.net

Memory Care
Living life with dignity and joy! Find care designed exclusively for those with Alzheimer's or other types of dementia.
See ad on page 31

Creekside Village

6465 Village Centre Court
Sacramento, CA 95823
..... (916) 391-1212
Independent Living

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6727 Laguna Park Drive
Elk Grove, CA 95758
..... (916) 280-0321
pegasus seniorliving.com
Assisted Living, Memory Care
See ad on page 45

Eskaton Corporate Offices

5105 Manzanita Ave.
Carmichael, CA 95608
..... (916) 334-0810
www.eskaton.org
See ad on page 29

Eskaton Affordable Housing Eskaton Jefferson Manor

5959 66th Ave.
Sacramento, CA 95823
..... (916) 421-9422
Independent Living, Affordable Housing

Eskaton Lincoln Manor

6600 Mother Lode Drive
Placerville, CA 95667
..... (530) 621-4455
Independent Living, Affordable Housing

Eskaton Natomas Manor

2400 Northview Drive
Sacramento, CA 95833
..... (916) 920-3282
Independent Living, Affordable Housing

Eskaton Roseville Manor

1725 Pleasant Grove Blvd.
Roseville, CA 95747
..... (916) 771-8900
Independent Living, Affordable Housing

Eskaton Wilson Manor

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West Sacramento, CA 95691
..... (916) 371-2060
Independent Living, Affordable Housing



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License # 342700471

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- Assisted Living
- Respite Care



CogirSeniorLiving.com

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Fair Oaks, CA 95628
..... (916) 965-4663
Nursing Care

Eskaton Care Center Greenhaven

455 Florin Road
Sacramento, CA 95831
..... (916) 393-2550
Nursing Care

Eskaton Care Center Manzanita

5318 Manzanita Ave.
Carmichael, CA 95608
..... (916) 331-8513
Nursing Care

Eskaton Home Health Care

9722 Fair Oaks Blvd., Suite A
Fair Oaks, CA 95628
..... (916) 536-3750

Eskaton Village Carmichael Care Center

3827 Walnut Ave.
Carmichael, CA 95608
..... (916) 974-2060

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Roseville, CA 95747
..... (916) 459-3220

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Cameron Park, CA 95682
..... (530) 672-8900
Assisted Living

Eskaton Lodge Gold River

11390 Coloma Road
Gold River, CA 95670
..... (916) 852-7900
*Assisted Living, Pre-memory Care and
Memory Care*

Eskaton Lodge Granite Bay

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Granite Bay, CA 95746
..... (916) 789-0326

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Assisted Living*

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3939 Walnut Ave.
Carmichael, CA 95608
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Living, Memory Care and Nursing Care*

Eskaton Village Carmichael Memory Care

3849 Walnut Ave.
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..... (916) 974-2200
Assisted Living, Memory Care

Eskaton Village Grass Valley

625 Eskaton Circle
Grass Valley, CA 95945
..... (530) 273-1778
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Assisted Living, Memory Care*

Eskaton Village Placerville

3380 Blairs Lane
Placerville, CA 95667
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*Independent Living with Services,
Assisted Living, Memory Care*

Eskaton Village Roseville

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Roseville, CA 95747
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Assisted Living, Memory Care

First Choice Senior Placement

..... (916) 409-6742
firstchoiceseniorplacement.com
See ad on page 27

Gladding Ridge Assisted Living & Memory Care

1660 Third St.
Lincoln, CA 95648
..... (916) 250-0892
Assisted Living

Golden Pond Senior Living

3415 Mayhew Road
Sacramento, CA 95827
..... (916) 265-2005
www.crmscommunities.com
*Independent, Assisted Living, Memory
Care, Hospice Care, and Respite Care*
See ad on page 47

Maidu Village Independent Senior Apartments

1750 Eureka Road, Roseville, CA
..... (916) 773-4050
101 Sterling Court, Roseville, CA
..... (916) 773-2643
109 Sterling Court, Roseville, CA
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gardens, pool/spa. Close to hospitals and
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..... (916) 321-9440
Nursing Care

Mission Carmichael Health Care Center

3630 Mission Ave.
Carmichael, CA 95608
..... (916) 488-1580
Nursing Care

*"Learning is an ornament in prosperity, a refuge in adversity,
and a provision in old age." — Aristotle*

Mount Hood Serenity Care

5704 Mount Hood Court
Sacramento, CA 95842

..... (510) 677-7024

www.mounthoodserenity.com

Mount Hood Serenity Care is a six-bed Residential Care Facility for the Elderly (RCFE) located in the beautiful Sacramento area. We offer private and semi-private rooms in a warm and peaceful setting. Residents enjoy nutritious home-cooked meals, fun and stimulating activities and benefit from personal, individualized care.

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..... (530) 317-4021

www.solsticeseniorlivingauburn.com

Independent Living

Oakwood Village

3388 Bell Road
Auburn, CA 95603

..... (530) 889-8122

Assisted Living

Nazareth Park Place

1922 Morse Ave.
Sacramento, CA 95825

..... (916) 482-2774

Assisted Living

Revere Court Memory Care

7707 Rush River Drive
Sacramento, CA. 95831

..... (916) 392-3510

www.reverecourt.com

Offering a specialized day program, respite and residential care for your loved one with a memory impairment.

See ad on page 25

River's Edge

601 Feature Drive
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..... (916) 229-9463

RiversEdgeSacramento.com

Independent and Assisted Living, Memory Care

See ad on page 9

Sky Parkway Terrace

5414 Sky Parkway
Sacramento, CA 95823

..... (916) 393-0100

Independent Living, Low-income senior housing

Sierra Pointe

5161 Foothills Blvd.
Roseville, CA 95747

..... (916) 794-4005

SierraPointeRetirement.com

Independent and Assisted Living

See ad on page 9

Somerford Place

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Roseville, CA 95661

..... (916) 772-6500

Assisted Living, Alzheimer's Care

SHARE WITH YOUR FAMILY ...

What do you remember about the neighborhood in which you grew up?

"DEMENTIA CARE AT ITS BEST"

REVERE COURT

MEMORY CARE

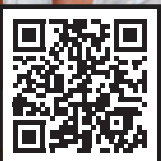


IF SOMEONE YOU LOVE HAS
MEMORY LOSS, WE CAN HELP!

WE PROVIDE...

- Free Support Groups and Education
- Day Club — Fun and Friends
- Respite — Giving Family Caregivers Much Needed Breaks
- Specialized Residential Care
- Warm feeling of home
- Caring, loving staff
- Delicious homemade meals
- Special programs

QUALITY THEY DESERVE...
AND THE HELP YOU NEED.



7707 Rush River Drive, Sacramento, CA 95831

Lic. #347001338/342

(916) 392-3510

www.reverecourt.com

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Stock Ranch Senior Living

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..... (916) 725-7418

www.happylivingbycogir.com

Independent, Assisted Living

Residents love our location in the peaceful and beautiful Citrus Heights, our all-day restaurant-style dining, and our great activities and outings.

See ad on page 23

Sunrise Assisted Living of Fair Oaks

4820 Hazel Ave.
Fair Oaks, CA 95628

..... (916) 863-1499

Assisted Living, Dementia Care

Sunrise Assisted Living of Sacramento

345 Munroe St.
Sacramento, CA 95825

..... (916) 486-0200

Assisted Living, Dementia Care

Sunrise of Rocklin

6100 Sierra College Blvd.
Rocklin, CA 95677

..... (916) 632-3003

Assisted Living, Alzheimer's and Memory Care, Short-Term Stays

The Terraces at Capitol Park

1615 O St.
Sacramento, CA 95814

..... (916) 448-1580

Independent Living

University Retirement Community

1515 Shasta Drive
Davis, CA 95616

..... (530) 747-7000

Independent, Assisted Living, Alzheimer's, Nursing Care

Vintage Oaks

7340 Stock Ranch Road
Citrus Heights, CA 95621

..... (916) 723-2444

Independent Living

WellQuest of Elk Grove

8871 E. Stockton Blvd.
Elk Grove, CA 95624

..... (916) 831-7750

www.wellquesteg.com

WellQuest of Granite Bay

9747 Sierra College Blvd
Granite Bay, CA 95661

..... (916) 891-6136

www.wellquestgb.com

Our Quest is to create an age defying mentality among our residents and employees alike; thus ensuring our residents live life to the fullest, finding continued joy and purpose in later life.

See ad on inside back cover

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..... (530) 297-5500

..... (800) 404-4849

www.blhc.org

For more than 20 years, we've been providing exceptional professional live-in and hourly personal caregivers and certified nurse assistants to seniors living at home. The BBB has awarded us its highest rating of A+, because A Better Living is a referral agency that is ready to provide you with great caregivers 24 hours a day.

See ad on page 1

Ability Tools

1000 G St., #100
Sacramento, CA 95814

..... (800) 390-2699

..... TTY (800) 900-0706

www.abilitytools.org

Aging Assistant

9578 2nd Ave.
Elk Grove, CA 95624

..... (916) 669-9430

www.agingassistant.com

See ad on page 33

AllureCare

2941 Sunrise Blvd., #220
Rancho Cordova, CA 95742

..... (916) 587-CARE

..... (916) 587-2273

www.allurecareservices.com

Our mission is to improve quality of life through customized and compassionate care for each individual so they can live their life to the fullest.

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Roseville, CA 95661

..... (916) 781-6500

www.brightstarcare.com/roseville

Craig Cares

151 N. Sunrise Ave., Suite 1106
Roseville, CA 95661

..... (916) 782-7121

www.craigcares.com

Eskaton Home Health Care

9722 Fair Oaks Blvd., Suite A
Fair Oaks, CA 95628

..... (916) 536-3750

www.eskaton.org/home-based-services

Home Care Assistance

Carmichael/Fair Oaks Office

4005 Manzanita Ave., Suite 5
Carmichael, CA 95608

..... (916) 485-4663

Placer County Office

6951 Douglas Blvd.
Granite Bay, CA 95746

..... (916) 226-3737

Sacramento Office

2715 K St., Suite 100
Sacramento, CA 95816

..... (916) 706-0169

www.homecareassistance.com

We provide skilled caregivers who attend to your needs in the comfort of your home. We focus on nutrition, physical and mental stimulation and overall wellness.

See ad on page 3

Need support or information? See Support Organizations on page 40.

Indecare In-Home Care

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Sacramento, CA 95826

..... (916) 973-1264

www.indecareathome.com

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Life on Your Terms

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www.InnovAge.com

All-Inclusive Care for Seniors

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Kaiser Permanente

1600 Eureka Ave.
Roseville, CA 95661

..... (916) 474-6386

Alzheimer's Care

Live Well at Home by Eskaton

1640 Eskaton Loop
Roseville, CA 95747

..... (916) 459-3220

www.livewellathome.com

Live Well at Home is Eskaton's leading home care solution, providing trusted, committed and trained caregivers enabling you to maintain a safe and independent lifestyle wherever you call home.

See ad on back cover

Sacramento County In-Home Support Services

PO Box 269131
Sacramento, CA 95826

..... (916) 874-9471

www.dcfas.saccounty.net

Sutter SeniorCare PACE

444 North 3rd St.
Sacramento, CA 95811

..... (833) 560-7223

sutterhealth.org/PACE

Sutter SeniorCare is a comprehensive health plan that has served seniors in Sacramento County for over 25 years. This all-inclusive plan includes preventive care, medical care and support services that help elderly people remain in their homes.

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UC Davis Multipurpose Senior Services Program

3700 Business Drive, Suite 130
Sacramento, CA 95820

..... (916) 734-5432

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Senior Information and Assistance providers outside Sacramento County

Placer County — Seniors First, Inc.

(530) 889-9500 or (800) 878-9222

El Dorado County

(530) 621-6369 or (800) 510-2020

Yolo County — Legal Services of Northern California (LSNC), Senior Link

(530) 207-4250 or (877) 883-4927

Yuba-Sutter Counties —

FREED Center for Independent Living

(530) 742-4474 or (800) 655-7732



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We understand the challenges families face. First Choice Senior Placement can help provide the individualized support needed to transition your loved one into long term senior care with peace of mind.

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- Licensed Residential Board & Care Homes
- Alzheimer's/Dementia Care
- In-Home Care
- Respite Care
- Hospice Care

Always on call and available 24 hours a day at no cost for the families we serve.

916-409-6742

FirstChoiceSeniorPlacement.com



Todd & Kelley Goodman
Founders and
Certified Senior Advisors®

Your Family Is Our Focus

Information

INFORMATION

211 Sacramento

..... 211
..... (800) 500-4931
www.211sacramento.org

California Registry

PO Box 5202
Santa Monica, CA 90409
..... (800) 777-7575
www.calregistry.com
For help in locating senior housing

Del Oro Caregiver Resource Center

8421 Auburn Blvd., Suite 265
Citrus Heights, CA 95610
..... (916) 728-9333
www.deloro.org

Elder Care Locator

..... (800) 677-1116
www.eldercare.acl.gov

Live Well at Home by Eskaton

1640 Eskaton Loop
Roseville, CA 95747
..... (916) 459-3220
www.livewellathome.com
Live Well at Home is Eskaton's leading home care solution, providing trusted, committed and trained caregivers enabling you to maintain a safe and independent lifestyle wherever you call home.
See ad on back cover

The 50+ Wellness Program, City of Sacramento Older Adult Services

..... (916) 808-1593
fiftypluswellness@cityofsacramento.org
cityofsacramento.org/parksandrec/older-adult-services

LEGAL SERVICES

California Rural Legal Assistance Foundation

2210 K St., Suite 201
Sacramento, CA 95816

..... (916) 446-7904
www.crlaf.org

McGeorge School of Law Community Legal Services

3455 Fifth Ave.
Sacramento, CA 95817
..... (916) 340-6080
M-F, 10 a.m.-Noon and 2-4 p.m. or by phone, 9 a.m.-Noon and 1:30-4 p.m.

Sacramento County Bar Association Attorney Referral Service

8929 Volunteer Lane, Suite 250
Sacramento, CA 95826
..... (916) 564-3780
www.sacbar.org

Senior Legal Hotline

(Legal Services of Northern California)
515 12th St.
Sacramento, CA 95814
..... (916) 551-2150
www.lsnec.net

Senior Link of Yolo County

619 North St.
Woodland, CA 95695
..... (530) 207-4250

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happening at your
local branch library!



LIBRARIES

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900 N St., Suite 100
Sacramento, CA 95814
..... (916) 654-0640
www.library.ca.gov/btbl

Davis - Mary L. Stephens Library

315 East 14th St., Davis, CA 95616
..... (530) 757-5593

El Dorado Hills Library

7455 Silva Valley Parkway
El Dorado Hills, CA 95762
..... (916) 358-3500

Roseville Public Library

225 Taylor St.
Roseville, CA 95678
..... (916) 774-5221

Maidu Library

1530 Maidu Drive
Roseville, CA 95661
..... (916) 774-5221

Martha Riley Community Library

1501 Pleasant Grove Blvd.
Roseville, CA 95747
..... (916) 774-5221

Sacramento Public Library

See listings for a branch location near you.
..... (800) 561-4636
www.saclibrary.org

Arcade Library

2443 Marconi Ave.
Sacramento, CA 95821
..... (916) 264-2920

Arden-Dimick Library

891 Watt Ave.
Sacramento, CA 95864
..... (916) 264-2920

Belle Cooledge Library

5600 South Land Park Drive
Sacramento, CA 95822
..... (916) 264-2920

Carmichael Library

5605 Marconi Ave.
Carmichael, CA 95608
..... (916) 264-2920

Central Library

828 I St.
Sacramento, CA 95814
..... (916) 264-2920

Colonial Heights Library

4799 Stockton Blvd.
Sacramento, CA 95820
..... (916) 264-2920

Del Paso Heights Library

920 Grand Ave.
Sacramento, CA 95838
..... (916) 264-2920



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What caregivers should know about Medicare

By Jim Miller, Savvy Senior

Dear Savvy Senior,
I am the caregiver for my 81-year-old mother, who recently fell and broke her hip, and have a lot of questions about how original Medicare works and what it covers. Where can I get some help understanding this program?
 — Overwhelmed Caregiver

Having a working knowledge of Medicare can help you take full advantage of the coverage and services it provides to ensure your mom receives the best care possible. Here's what you should know.

Medicare Assistance

A good starting point to get familiar with Medicare is the official "Medicare & You" handbook that overviews the program. It's mailed to all beneficiaries every fall and provides an up-to-date description of all services and benefits. You can also see it online at Medicare.gov/medicare-and-you.

If you have a particular question, you can call and visit with a Medicare customer service representative at 800-633-4227. Medicare also works closely with State Health Insurance Assistance Programs (SHIP) to provide free health insurance counseling. To find a SHIP counselor in your area visit ShiptaCenter.org or call 877-839-2675.



Caregivers also find Medicare's secure website — MyMedicare.gov — especially useful. After setting up a personal account for your mom, you can view the details of her coverage, track recent health care claims and keep up to date on the preventive services she qualifies for.

Compare Tools

Medicare can also help you locate the right health care providers for your mother. At Medicare.gov/care-compare you can find and compare doctors, hospitals, home health agencies, dialysis facilities, inpatient rehab facilities, long-term care hospitals and nursing homes in your mom's area.

What Medicare Covers

Original Medicare can reduce many out-of-pocket medical expenses your mom incurs, but it doesn't cover everything. Understanding what Medicare does and doesn't

cover can save you time and spare you frustration when navigating the caregiving maze. Here are some key points for caregivers:

Besides basic hospital and physician services (which includes telehealth services) and optional prescription drug benefits, Medicare covers home health care too. To qualify, your mom must be homebound, under a physician's care and in need of part-time skilled nursing care or rehabilitative services like physical therapy.

Medicare also helps pay for oxygen, catheters and other medical supplies that a doctor prescribes for home use. The same is true for medically necessary equipment like oxygen machines, wheelchairs and walkers.

In addition, Medicare covers skilled care in a nursing home for limited periods — up to 100 days — following hospital stays. But it doesn't cover long-term stays. Patients who need custodial care (room and board) must pay out of pocket unless they're eligible for Medicaid or have private long-term care insurance.

Medicare pays for hospice care too, for someone with a terminal illness whose doctor expects to live six months or less. The hospice benefit also includes brief periods of respite care at a hospice facility, hospital or nursing home to give the patient's caregivers an occasional rest.

— continued on page 33

LIBRARIES

Elk Grove Library

8900 Elk Grove Blvd.
 Elk Grove, CA 95624

..... (916) 264-2920

Fair Oaks Library

11601 Fair Oaks Blvd.
 Fair Oaks, CA 95628

..... (916) 264-2920

Folsom Public Library

411 Stafford St.
 Folsom, CA 95630

..... (916) 461-6130

Franklin Library

10055 Franklin High Road
 Elk Grove, CA 95757

..... (916) 264-2920

Martin Luther King, Jr. Library

7340-24th Street Bypass

Sacramento, CA 95822

..... (916) 264-2920

Ella K. McClatchy Library

2112-22nd St.
 Sacramento, CA 95818

..... (916) 264-2920

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Libraries

North Highlands - Antelope
4235 Antelope Road
Antelope, CA 95843
..... (916) 264-2920

North Natomas Library
4660 Via Ingoglia
Sacramento, CA 95835
..... (916) 264-2920

North Sacramento - Hagginwood
2109 Del Paso Blvd.
Sacramento, CA 95815
..... (916) 264-2920

Orangevale Library
8820 Greenback Lane, Suite L
Orangevale, CA 95662
..... (916) 264-2920

Rancho Cordova Library
9845 Folsom Blvd.
Sacramento, CA 95827
..... (916) 264-2920

Rio Linda Library
6724 6th St.
Rio Linda, CA 95673
..... (916) 264-2920

**Robbie Waters Pocket Library
- Greenhaven**
7335 Gloria Drive
Sacramento, CA 95831
..... (916) 264-2920

South Natomas Library
2901 Truxel Road
Sacramento, CA 95833
..... (916) 264-2920

Southgate Library
6132-66th Ave.
Sacramento, CA 95823
..... (916) 264-2920

Sylvan Oaks Library
6700 Auburn Blvd.
Citrus Heights, CA 95621
..... (916) 264-2920

Valley Hi - North Laguna Library
7400 Imagination Pkwy.
Sacramento, CA 95823
..... (916) 264-2920

**West Sacramento - Arthur F.
Turner Library**
1212 Merkley Ave.
West Sacramento, CA 95691
..... (916) 375-6465

Yolo County Library
226 Buckeye St.
Woodland, CA 95695
..... (530) 666-8005
www.yolocountylibrary.org

MEDICARE INFORMATION

**California Department
of Insurance**
300 Capitol Mall, 17th Floor
Sacramento, CA 95814
..... (800) 927-4357
www.insurance.ca.gov

**Health Insurance Counseling and
Advocacy Program (HICAP)**
505 12th St.
Sacramento, CA 95814
..... (916) 376-8915
..... (800) 434-0222
www.hicapservices.net

Medicare
PO Box 1270
Lawrence, KS 66044
..... (800) MEDICARE
www.medicare.gov

**Seniors First
Health Insurance Service**
Denise Osborne, Medigap Specialist
..... (916) 281-6290
medicareful.com/deniseosborne
Lic.#0C01539
See ad on page 43

MENTAL HEALTH

**Consumers Self-Help
Patients' Rights**
1851 Heritage Lane, #187
Sacramento, CA 95815
..... (916) 333-3800
www.consumersselfhelp.org

Cal Voices
720 Howe Ave., Suite 102
Sacramento, CA 95825
..... (916) 366-4600
www.calvoices.org/

**Sacramento Mental Health
Treatment Center**
2150 Stockton Blvd.
Sacramento, CA 95817
..... (916) 875-1000

SeniorLink, El Hogar, Inc.
..... (916) 369-7872
email: slreferral@elhogarinc.org
*Linking seniors to community resources
and activities*
See ad on page 33

**Suicide Prevention
24-hour crisis lines**
Sacramento (916) 368-3111
National (800) 273-8255

Sutter Center for Psychiatry
7700 Folsom Blvd.
Sacramento, CA 95826
..... (916) 386-3000

NURSING HOME INFORMATION

**California Association
of Health Facilities**
2201 K St.
Sacramento, CA 95816
..... (916) 441-6400
www.cahf.org

Ready to meet new friends and explore new interests? See Clubs & Organizations on pages 8-10.

Besides long-term nursing home stays, original Medicare typically doesn't cover regular dental care or dentures, regular eye exams or eyeglasses, and hearing exams and hearing aids. Likewise, it won't pay for nonemergency ambulance trips unless a doctor certifies they're medically necessary.

To find out what Medicare covers, visit [Medicare.gov/](https://www.Medicare.gov/) coverage or download the Medicare "What's covered" app in either the App Store or Google Play.

Financial Assistance

If your mom lives on a limited income, you should check whether she qualifies for help with prescription drug costs or with other Medicare-related premiums, deductibles and copayments.

For help with drug costs, visit [SSA.gov/prescriptionhelp](https://www.SSA.gov/prescriptionhelp) or contact Social Security at (800) 772-1213 and ask about the "Extra Help Program." For help with other Medicare costs, go to [Medicare.gov](https://www.Medicare.gov) or call (800) 633-4227 and ask about the "Medicare Savings Programs."

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book. Go to [SavvySenior.org](https://www.SavvySenior.org) to read more.



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by acc

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Please call the café nearest you to confirm hours and let them know you're coming!



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AGENCY
ON AGING
AREA 4

Meals on Wheels by ACC is a non-profit organization supported by the Agency on Aging Area 4, Sacramento Housing and Redevelopment Agency, and the Cities of Citrus Heights, Elk Grove, Folsom, Galt, and Rancho Cordova.

California Department of Public Health

3901 Lennane Drive, Suite 210
Sacramento, CA 95834

..... (916) 263-5800
..... (800) 554-0354

Health Facility Licensing

..... (916) 552-8632

California Longterm Care Ombudsman

After Hours Emergencies

CRISIS line (800) 231-4024

Leading Age of California

1315 I St., Suite 100
Sacramento, CA 95814

..... (916) 392-5111
www.leadingageca.org

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1640 Eskaton Loop, Roseville, CA 95747
..... (916) 459-3220

www.livewellathome.com

Live Well at Home is Eskaton's leading home care solution, providing trusted, committed and trained caregivers enabling you to maintain a safe and independent lifestyle wherever you call home.

See ad on back cover

Ombudsman, Agency on Aging/Area 4

..... (916) 376-8910
Yolo County..... (530) 668-5775

Senior Care Solutions

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Fair Oaks, CA 95628

..... (916) 965-5565
www.seniorcs.com

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All Seasons Cafés serve hot noontime meals to seniors 1 to 5 days a week

If you are at least 60 years old and interested in meeting others over a delicious hot lunch, take a look at this list of café sites to find one close to you. Call the Meals on Wheels Sacramento Office at (916) 444-9533 for an updated list of open cafés and restaurants participating in the program.

Chabolla Community Center

600 Chabolla Ave., Galt

M-F..... (209) 745-7332

The Comstock Senior Community Center

1725 K St., Sacramento

M-F..... (916) 801-7378

Creekside Village Senior Apts.

6465 Village Center Drive, Sacramento

M-F..... (916) 801-7081

Delta Cove Senior Community

6800 Woodbine Ave., Sacramento

M-F..... (916) 427-0772

Elk Grove: New site coming soon

Call (916) 444-9533

Eskaton Jefferson Manor

5959 66th Ave., Sacramento

M-TH..... (916) 428-6325

Folsom City Senior and Arts Center

48 Natoma St., Folsom

M-F..... (916) 461-6622

Fruitridge Community Center

4000 Fruitridge Road, Sacramento

M-F..... (916) 422-7610

Hagginwood Community Center

3271 Marysville Blvd., Sacramento

T, W, & Th..... (916) 808-6439

Hart Senior Center

915 27th St., Sacramento

M-F..... (916) 808-5462

Light of the Valley Church

9270 Bruceville Road, Elk Grove

M, W, F..... (916) 320-9556

Mission Oaks Community Center

4701 Gibbons Drive, Carmichael

M-F..... (916) 972-0336

Neil Orchard Senior Activities Center

3480 Routier Road, Sacramento

M, T, Th, F (916) 361-1262

Orangevale Community Center

6826 Hazel Ave., Orangevale

T, W, & Th..... (916) 988-4373

Rio Linda Elverta Parks and Recreation District

810 Oak Lane, Rio Linda

M-Th (916) 991-3405

Riverview Plaza

600 I St., 15th Floor, Sacramento

M-F..... (916) 801-7028

Rusch Park Community Center

7801 Auburn Blvd., Citrus Heights

M-F..... (916) 801-7019

Sacramento Buddhist Church

2401 Riverside Blvd., Sacramento

Fridays only..... (916) 444-9533

Sacramento Japanese United Methodist Church

6929 Franklin Blvd., Sacramento

Wednesdays only (916) 444-9533

Samuel & Bonnie Pannell Community Center

2450 Meadowview Road, Sacramento

M-F..... (916) 808-6680

Stanford Settlement

450 W. El Camino Ave., Sacramento

M-F..... (916) 927-1819

Pedal Pushers

Better on Bikes program growing in North Natomas

By Brandy Tuzon Boyd

AARP believes all communities should be liveable places with age-friendly housing and transportation options for seniors.

“Within our liveable communities work, we promote walkability and complete streets, but also are encouraging older adults to consider other mobility options like biking,” said Jennifer Berdugo, planning advisor at AARP California in Sacramento.

AARP’s advocacy efforts to make biking safer and more age friendly recently saw the organization team up with North Natomas Jibe — a non-profit organization that encourages walking, biking and using public transportation — to offer a biking education program for older adults.

The goal: increasing bicycle ridership, confidence and knowledge.

Better on Bikes is a series of six, weekly online, live classes which cover bicycle education, simple bike maintenance as well as tips on North Natomas trails. The free program — taught by a local, skilled instructor with professional training — is designed specifically with adults aged 50 years or older in mind.

“Better on Bikes aligns really well with what AARP wants to do in the community, getting people active and socializing and in an effort to raise awareness about liveability,” said Berdugo.

North Natomas is one of the fastest growing areas of Sacramento and is currently home to the city’s second-largest 50-plus population, Berdugo explained.

Better on Bikes is modeled after the “Smart Cycling” course developed by the League of American Bicyclists, said Mellissa Meng, Jibe’s bike and bus program manager.

“It has been modified to include



Photo: Brandy Tuzon Boyd

Better on Bikes participants meet for an “office hours” ride in North Natomas.

audience requests and also talk about age-specific questions,” Meng said.

The program includes optional, weekly “office hours” which feature bike handling practice and neighborhood rides. Program participants are also encouraged to connect with each other and get out and ride together.

“The goal is to expand riding skills and range and the people we ride with. This bicycling community we’ve started now throughout North Natomas Jibe, feels like a community that is growing and a movement that’s spreading, and that’s absolutely heartwarming.”

Better on Bikes instructor Arlete Hodel creates a weekly list of bike rides — one for each day of the week — which range in length and difficulty. The list is sent via email to program participants and others looking for riding partners.

“The goal is to expand riding

skills and range and the people we ride with,” Hodel said. “This bicycling community we’ve started now throughout North Natomas Jibe, feels like a community that is growing and a movement that’s spreading, and that’s absolutely heartwarming.”

As a reward for participating in all Better on Bike sessions, participants receive a bicycle basics kit, including helmet, basic tire repair supplies, several bike trail maps, reflective vest, and more. Participants are also given a Smart Cycling Quick Guide and a guide bike riding stretches, developed by a local personal trainer.

“One of the really positive outcomes of this class has been the personal connections people have made and continuing to ride with people met in the group,” said Meng. “This is what we are trying to foster.”

Added Berdugo, “Before this program, Jibe was really engaging kids on bikes and families on bikes. When we launched this program for older adults on bikes, it was really a hit too and really proves an age-friendly community is what people want.

NUTRITION

California Emergency Foodlink

5800 Foodlink St.
Sacramento, CA 95828
..... (916) 387-9000
www.foodlink.org

Central Downtown Food Basket

1701 L St.
Sacramento, CA 95811
..... (916) 761-5624
www.cdfb.org

Elk Grove Food Bank Services

9820 Dino Drive, Suite 140
Elk Grove, CA 95624
..... (916) 685-8453
www.elkgrovefoodbank.org

Meals on Wheels by ACC

All Seasons Cafés

Find an All Seasons Café near you. Call the Meals on Wheels Sacramento Office at (916) 444-9533 for an updated list of open cafés and restaurants participating in the program. Also see page 35.

Meals on Wheels by ACC

Home delivered meals service

7375 Park City Drive
Sacramento, CA 95831
..... (916) 444-9533
www.mowsac.org
See ad on page 34

Sacramento Food Bank

1951 Bell Ave.
Sacramento, CA 95838
..... (916) 456-1980
www.sacramentofoodbank.org

PARKS & RECREATION

California Department of Fish and Game - License and Revenue

1740 N. Market Blvd.
Sacramento, CA 95834
..... (916) 928-5805
www.wildlife.ca.gov/licensing

California State Parks and Recreation Campground

Reservations (800) 444-7275
www.parks.ca.gov
www.reservecalifornia.com

City of Rocklin

Parks and Rec

5460 5th St.,
Rocklin, CA 95677
..... (916) 625-5200

Cottage Senior Citizens Club

2201 Cottage Way
Sacramento, CA 95825
..... (916) 927-3802
www.fecrpd.com

Davis Parks and Community Services

23 Russell Blvd.
Davis, CA 95616
..... (530) 757-5626
www.cityofdavis.org

Fair Oaks Recreation and Park District — Program for Active Senior Adults

4150 Temescal St.
Fair Oaks, CA 95628
..... (916) 966-1036
www.forpd.org

Federal Recreation Passport Program (BLM)

2800 Cottage Way, Suite W1623
Sacramento, CA 95825
..... (916) 978-4400
www.blm.gov/california

National Forest Reservation Center

..... (877) 444-6777
www.recreation.gov

National Park Service Region 10

..... (415) 623-2100
www.nps.gov

Robinson's Taekwondo Silver Tigers

17 Sacramento regional locations
..... (916) 783-3191
www.robinsonstktd.com

Sacramento County Parks and Recreation

10361 Rockingham Drive, Suite 100
Sacramento, CA 95827
..... (916) 875-6961
www.sacparks.net

Trips & Tours — City of Sacramento Youth, Parks and Community Enrichment

915 I St., Third Floor
Sacramento, CA 95819
..... (916) 808-5200
www.cityofsacramento.org/parks-andrec
Day trips that offer a variety of activities at an affordable price.

Park and Recreation Departments and Districts in Sacramento County:

Arcade Creek

4855 Hamilton St.
Sacramento, CA 95841
..... (916) 482-8377
www.acrpd.com

Arden Manor

1415 Rushden Drive
Sacramento, CA 95864
..... (916) 487-7851
www.amrpd.org

Arden Park

1000 La Sierra Drive
Sacramento, CA 95864
..... (916) 483-6069
www.aprpd.org

Carmichael Park

5750 Grant Ave.
Carmichael, CA 95608
..... (916) 485-5322
www.carmichaelpark.com

Cordova Recreation and Park District

2729 Prospect Park Drive, Suite 230
Rancho Cordova, CA 95670
..... (916) 842-3300
www.crpdp.com

Parks & Recreation — Retirement Benefits

Cosumnes Community Service District Parks and Rec Dept.

8820 Elk Grove Blvd.
Elk Grove, CA 95624
..... (916) 405-5600
www.yourcsd.com

Fair Oaks

4150 Temescal St.
Fair Oaks, CA 95628
..... (916) 966-1036
www.forpd.org

Folsom

50 Natoma St.
Folsom, CA 95630
..... (916) 461-6601
www.folsom.ca.us/parks

Fulton — El Camino

2201 Cottage Way
Sacramento, CA 95825
..... (916) 927-3802
www.fecrpd.com

Conzelmann Community Center

2201 Cottage Way
Sacramento, CA 95825
..... (916) 927-3802
www.fecrpd.com

La Sierra Community Center

5325 Engle Road
Carmichael, CA 95608
..... (916) 483-7826
www.carmichaelpark.com

Mission Oaks

3344 Mission Ave.
Carmichael, CA 95608
..... (916) 488-2810
www.morpd.com

North Highlands

6040 Watt Ave.
North Highlands, CA 95660
..... (916) 332-7440
www.nhrpd.org

Orangevale

6826 Hazel Ave.
Orangevale, CA 95662

..... (916) 988-4373
orangevalecommunitycenter.com

Rio Linda

810 Oak Lane
Rio Linda, CA 95673
..... (916) 991-5929
www.rleparks.com

Southgate

6000 Orange Ave.
Sacramento, CA 95823
..... (916) 428-1171
www.southgaterecandpark.net

Sunrise

7801 Auburn Blvd.
Citrus Heights, CA 95610
..... (916) 725-1585
www.sunriseparks.com

West Sacramento Parks and Community Services

1075 W. Capitol Ave.
West Sacramento, CA 95691
..... (916) 617-4620
www.cityofwestsacramento.org

Woodland Community Services

2001 East St.
Woodland, CA 95776
..... (530) 661-2000
www.cityofwoodland.org

Yolo County Parks and Recreation

120 W. Main St., Suite D
Woodland, CA 95695
..... (530) 406-4880
www.yolocounty.org

RETIREMENT BENEFITS

California Public Employees' Retirement System

400 Q St.
Sacramento, CA 95811
..... (888) 225-7377
TDD (877) 249-7442
www.calpers.ca.gov

California State Retirees

3000 Advantage Way
Sacramento, CA 95834
..... (916) 326-4292
www.californiastateretirees.org
See ad on page 19

California State Teachers' Retirement System

100 Waterfront Place
West Sacramento, CA 95605
..... (800) 228-5453
www.calstrs.com

National Active and Retired Federal Employees

..... (703) 838-7760
..... (800) 456-8410
www.narfe.org

Railroad Retirement Board

910 Cirby Way, Suite 100
Roseville, CA 95661
..... (877) 772-5772
www.rrb.gov

McClellan Park Satellite Military Retiree Activities Office

Bldg. 949 McClellan Park
949 Dogwood St.
McClellan, CA 95652
..... (916) 640-8446

Sacramento County Employees' Retirement Systems

980 Ninth St., Suite 1900
Sacramento, CA 95814
..... (916) 874-9119
www.scers.org

Social Security Administration Office of Public Inquiries

1100 West High Rise
Baltimore, MD 21235
..... (800) 772-1213
www.ssa.gov

REMINDER

Beware of scams!

Do not share personal or credit
card information with callers.

SENIOR CENTERS

Asian Community Center

7334 Park City Drive
Sacramento, CA 95831

..... (916) 394-6399
www.accsv.org

Auburn Senior Center

550 High St., #107
Auburn, CA 95603

..... (530) 823-8172
www.auburnseniorcenter.com

City of Rocklin Community Services & Facilities

5460 Fifth St.
Rocklin, CA 95677

..... (916) 625-5200

Davis Senior Center

646 A St.
Davis, CA 95616

..... (530) 757-5696

Dixon Senior Center

201 S. Fifth St.
Dixon, CA 95620

..... (707) 678-7022

Ethel Hart Senior Center

915 27th St.
Sacramento, CA 95816

..... (916) 808-5462

Folsom City Senior and Arts Center

48 Natoma St.
Folsom, CA 95630

..... (916) 461-6612

Fruitridge Community Center

4000 Fruitridge Road
Sacramento, CA 95820

..... (916) 395-0601

The Gables — Springfield at Whitney Oaks Recreation & Activity Center

2801 Springfield Drive
Rocklin, CA 95765

..... (916) 630-4330



Gilmore Senior Center

990 Lassen Lane
El Dorado Hills, CA 95762

..... (916) 614-3200
www.eldoradohillscsd.org

Hagginwood Community Center

3271 Marysville Blvd.
Sacramento, CA 95815

..... (916) 808-6439

Maidu Community Center

1550 Maidu Drive
Roseville, CA 95661

..... (916) 774-5950

Mission Oaks Senior Citizen/Community Center

4701 Gibbons Drive
Carmichael, CA 95608

..... (916) 972-0336

Neil Orchard Senior Activities Center

3480 Routier Road
Sacramento, CA 95827

..... (916) 366-3133

North Highlands Community Center

6040 Watt Ave.
North Highlands, CA 95660

..... (916) 332-7440

Jose P. Rizal Community Center

7320 Florin Mall Drive
Sacramento, CA 95823

..... (916) 395-0601

Samuel & Bonnie Pannell Community Center

2450 Meadowview Road

Sacramento, CA 95832

..... (916) 808-6680

Senior Center of Elk Grove

8230 Civic Center Drive
Elk Grove, CA 95757

..... (916) 685-3160

Senior L.I.F.E. Center of Loomis

6414 Brace Road
Loomis, CA 95650

..... (916) 660-0543

Sierra II Center

2791 24th St.
Sacramento, CA 95818

..... (916) 452-3005

Stanford Settlement Senior Center

450 W. El Camino Ave.
Sacramento, CA 95833

..... (916) 927-1303

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444 North 3rd St.
Sacramento, CA 95811

..... (833) 560-7223

sutterhealth.org/PACE

Sutter SeniorCare is a comprehensive health plan that has served seniors in Sacramento County for over 25 years. This all-inclusive plan includes preventive care, medical care and support services that help elderly people remain in their homes.

See ad on page 41

Veterans Community Center

6921 Sylvan Road
Citrus Heights, CA 95610

..... (916) 757-9193

West Sacramento Community Center

1075 W. Capitol Ave.
West Sacramento, CA 95691

..... (916) 617-5320

Woodland Senior Center

2001 East St.
Woodland, CA 95776

..... (530) 661-2000

Social Security — Support Organizations

SOCIAL SECURITY

Social Security Administration Office of Public Inquiries

1100 West High Rise
Baltimore, MD 21235

..... (800) 772-1213
www.ssa.gov

Local Social Security Offices:

8581 Folsom Blvd., Suite A
Sacramento, CA 95826

..... (877) 274-5419

40 Massie Circle
Sacramento, CA 95823

..... (866) 708-3208

910 Cirby Way
Roseville, CA 95661

..... (866) 348-7830

825 Riverside Parkway, Suite 1000
West Sacramento, CA 95605

..... (866) 726-8136

SOCIAL SERVICES & WELFARE

El Dorado County Health and Human Services

3057 Briw Road, Suite A
Placerville, CA 95667

..... (530) 642-7300

Placer County Health and Human Services

3091 County Center Drive, #290
Auburn, CA 95603

..... (530) 886-1870

Sacramento County Senior and Adult Services

9750 Business Park Drive, #104
Sacramento, CA 95827

..... (916) 874-9598

Yolo County - Adult Protective Services

25 N. Cottonwood St.
Woodland, CA 95695

..... (530) 661-2727

SUPPORT ORGANIZATIONS

AARP

1415 L St., Suite 960
Sacramento, CA 95814

..... (866) 448-3614
www.aarp.org/states/ca

A Touch of Understanding

5280 Stirling St., Suite 102
Granite Bay, CA 95746

..... (916) 791-4146
www.TouchOfUnderstanding.org

Al-Anon

5429 Palm Ave., Suite A
Sacramento, CA 95841

..... (916) 334-2970
www.ncwsa.org

Alcoholics Anonymous

9960 Business Park Drive, Suite 110
Sacramento, CA 95827

Hotline (916) 454-1100
Office (916) 454-1771
https://aasacramento.org/

Alzheimer's Aid Society of Northern California

2641 Cottage Way, Suite 4
Sacramento, CA 95825

..... (916) 483-2002
..... (800) 540-3340
www.alzaid.org

Alzheimer's Association

1455 Response Road, Suite 190
Sacramento, CA 95815

..... (916) 930-9080
24/7 (800) 272-3900
www.alz.org/norcal

American Cancer Society

1545 River Park Drive, Suite 100
Sacramento, CA 95815

..... (916) 561-2900
..... (800) 227-2345
www.cancer.org

American Chronic Pain Association

PO Box 850
Rocklin, CA 95677

..... (800) 533-3231
www.theacpa.org

American Council of the Blind

1703 N. Beauregard St., #420
Alexandria, VA 22311

..... (800) 424-8666
www.acb.org

American Diabetes Association

1900 Point West Way, #212
Sacramento, CA 95815

..... (916) 924-3232
www.diabetes.org

American Heart Association

2007 O St.
Sacramento, CA 95811

..... (916) 446-6505
www.heart.org

American Red Cross Sierra-Delta Chapter

1565 Exposition Blvd.
Sacramento, CA 95815

..... (916) 993-7070
www.redcross.org

American Stroke Association

2007 O St.
Sacramento, CA 95811

..... (916) 446-6505
..... (800) 242-8721
www.strokeassociation.org

Amyotrophic Lateral Sclerosis Association

Greater Sacramento Chapter
5701 Sunrise Blvd.
Citrus Heights, CA 95610

..... (916) 979-9265

Arthritis Foundation

1851 Heritage Lane, Suite 183
Sacramento, CA 95815

..... (916) 368-5599
www.arthritis.org

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Support Organizations

Bereavement Network Resources of Sacramento

PO Box 660365
Sacramento, CA 95866
..... (916) 557-5882
www.griefhelpsacramento.com

Cal Voices

720 Howe Ave., Suite 102
Sacramento, CA 95825
..... (916) 366-4600
www.calvoices.org/

Del Oro Caregiver Resource Center

8421 Auburn Blvd., Suite 265
Citrus Heights, CA 95610
..... (916) 728-9333
www.deloro.org

Easter Seals Society — Superior California

3205 Hurley Way
Sacramento, CA 95864
..... (916) 485-6711
www.easterseals.com

Elk Grove Neuropathy Support Group — meets monthly

Elk Grove Senior Center
8230 Civic Center Drive
Elk Grove, CA 95624
..... (916) 686-4719

Friends for Survival Inc.

PO Box 214463
Sacramento, CA 95821
..... (916) 392-0664
www.friendsforsurvival.org
*Support group for people who have lost
family or friends to suicide.*

Gamblers Anonymous Sacramento Hotline

..... (855) 222-5542
www.gamblersanonymous.org

Gold Star Wives of America, Inc. Sacramento Chapter

..... (916) 721-1462
..... (916) 723-2339
www.goldstarwives.org/greater-sacramento

Leukemia Society

7750 College Town Drive, Suite 210
Sacramento, CA 95826
..... (916) 929-4720
www.lls.org

Lupus Foundation of Northern California

2635 N. First St., Suite 211
San Jose, CA 95134
..... (408) 954-8600
www.lfnc.org

Multiple Sclerosis Society Northern California

PO Box 590779
San Francisco, CA 94158
..... (800) 344-4867

Muscular Dystrophy Association

3835 N. Freeway Blvd., Suite 120
Sacramento, CA 95834
..... (916) 921-9518
www.mda.org/office/sacramento

National Brain Tumor Society

..... (617) 924-9997
www.braintumor.org

NorCal Center on Deafness

4044 N. Freeway Blvd.
Sacramento, CA 95834
..... (916) 349-7500
www.norcalcenter.org

Parkinson Association of Northern California

1024 Iron Point Road, #1046
Folsom, CA 95630
..... (916) 357-6641
www.panctoday.org

Sacramento Peripheral Neuropathy Support Group

..... (877) 622-6298
*Email chasmoor@surewest.net
Meets 1:30 p.m., 3rd Tuesday each month
at Northminster Presbyterian Church,
3235 Pope Ave., Sacramento, 95821.*

Society for the Blind

1238 S St.
Sacramento, CA 95814

..... (916) 452-8271
www.societyfortheblind.org

Stroke Support Group

c/o Sutter General Hospital
2800 L St.
Sacramento, CA 95816
..... (916) 454-6976
Also available in Roseville and Auburn

United Cerebral Palsy Association of Greater Sacramento

4350 Auburn Blvd.
Sacramento, CA 95841
..... (916) 565-7700
www.ucpsacto.org

Western Neuropathy Association

950 Glenn Drive, Suite 150
Folsom, CA 95630
..... (888) 556-3356
www.pnhelp.org

Widowed Persons Association of California

2628 El Camino Ave., Suite D-18
Sacramento, CA 95821
..... (916) 972-9722
www.sacwidowed.org

TRANSPORTATION

ACC Rides – Asian Community Center

7334 Park City Drive
Sacramento, CA 95831
..... (916) 393-9026 ext 333
rides@accsv.org
www.accsv.org

Amtrak

401 I St.
Sacramento, CA 95814
..... (800) 872-7245
840 Second St., Davis, CA 95616
201 Pacific St., Roseville, CA 95678
www.amtrak.com

Department of Motor Vehicles

4700 Broadway

Sacramento, CA 95820
 (800) 777-0133
www.dmv.ca.gov

Driver Safety Program (AARP)
 (800) 350-7025

Elk Grove E-Tran
 8401 Laguna Palms Way
 Elk Grove, CA 95758
 (916) 683-8726
www.e-tran.org

Folsom Stage Line – Dial-a-Ride
 50 Natoma St.
 Folsom, CA 95630
 (916) 557-4685
www.folsom.ca.us

The Jewish Federation of the Sacramento Region
 2130 21st St.
 Sacramento, CA 95818
 (916) 486-0906
jewishsac.org

Live Well at Home by Eskaton
 1640 Eskaton Loop
 Roseville, CA 95747
 (916) 459-3220
www.livewellathome.com
Live Well at Home is Eskaton's leading home care solution, providing trusted, committed and trained caregivers enabling you to maintain a safe and independent lifestyle wherever you call home.
See ad on back cover

Greyhound Bus Lines
 (800) 231-2222
www.greyhound.com

420 Richards Blvd.
 Sacramento, CA 95811
 (916) 444-6848

201 Pacific St.
 Roseville, CA 95678
 (800) 231-2222

Paratransit Inc.
 2501 Florin Road
 Sacramento, CA 95822
 (916) 429-2009
www.paratransit.org

Roseville Transit
 316 Vernon St., Suite 150
 Roseville, CA 95678
 (916) 774-5293
www.roseville.ca.us/transit

Sacramento International Airport
 6900 Airport Blvd.
 Sacramento, CA 95837
 (916) 929-5411
www.sacramento.aero/smf

Sacramento Regional Transit District
 1225 R St.
 Sacramento, CA 95811
 (916) 321-2877

Bus and Light Rail Information
 (916) 321-2877
www.sacrt.com

SacRT Go Paratransit Services
 (916) 321-2877
www.SacRTgo.com
See ad on inside front cover

Yolo Bus
 350 Industrial Way
 Woodland, CA 95776
 (530) 661-0816
www.yolobus.com

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 (800) 951-5556
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Online resources to help you learn new technology skills

By Jim Miller, Savvy Senior

*Dear Savvy Senior,
Can you recommend some good technology classes or online learning resources for inexperienced seniors? I have a computer and a smartphone, but my knowledge and skills are pretty limited.*

— Tech Challenged Senior



There are many different technology teaching tools available to older adults that can help you learn new tech skills so you can better utilize your devices. Here are some good options to consider.

Local classes or workshops: Depending on where you live, there may be community resources that offer beginning computer and personal technology classes, be it online or in-person, for older adults that are new to technology. To find out what's available in your area, contact your local public library, senior center, college or university, or local stores that sell computers. Your Area Agency on Aging may also be able to help you.

GetSetUp.io: This is one of the best online learning websites that partners with guides to provide training on tech tools for adults 50 and older. They provide more than 350 online classes taught in real-time by retired educators and tech industry experts in a way that lets older adults learn by doing, versus just watching a video.

Their technology classes — all taught via Zoom — cover things like learning how to use smartphones and tablets, how to set-up and use Zoom, how to utilize Gmail features, how to recognize online scams, how to sell things online and more. Most of their classes are free or charge a small fee.

SeniorPlanet.org: Created and sponsored by national nonprofit

OATS (Older Adults Technology Services) and recently joining forces with AARP, Senior Planet offers 60-and-older adults a wide variety of free online courses, programs, and activities that are taught in real-time to help seniors learn new technology skills, as well as save money, get in shape and make new friends.

Some of their more popular tech classes include “All Things Zoom,” “Everything Smartphones,” and an “Introduction to Social Media.” They even offer a “lunch & learn — tech discussion group” offered at various times throughout the year where you can ask questions as well as share your struggles and experiences.

And, if you ever have a technology question that pops up during the week, you can call their National Senior Planet Hotline for tech help at 920-666-1959 anytime Monday through Friday during working hours.

OasisEverywhere.org: This nonprofit educational organization for older adults provides more than 10 low-cost/free online computer, internet and mobile technology courses for beginners. And when the pandemic dies down, they will resume offering beginner tech classes in their 27 locations (located in nine states) throughout the country.

CandooTech.com: This company provides fee-based online tech support and training to help older adults feel more comfortable with phones, computers, tablets, home safety devices and more.

Their specially trained tech concierges will teach you how to use your technology, fix what's not working and install software, as well as learn how set-up and use email, video chat, social media, online shopping and entertainment, ride sharing services and more.

They offer one-hour, one-on-one or small group sessions for \$50, or you can become a member and get two 90-minute training sessions plus unlimited quick support (30 minutes or less) for \$180 per year. They also provide device installation and set-up done remotely for \$180.

TechBoomers.com: This is a free educational website that provides video and article tutorials that teach older adults and other inexperienced technology users how to use the most popular and trusted websites, apps and devices.

Jim Miller is a contributor to the NBC Today show and author of “The Savvy Senior” book. Go to SavvySenior.org to read more.

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Passions & Pastimes

Second careers include birdhouses, book writing

By Jennifer K. Morita

Boomers have flipped the script on those leisurely golden years.

A recent survey not only revealed many retirees would be willing to go back to work — but many already have.

Sacramento area residents Walt Yost and Jim Vidal have even found new careers.

“I was blessed to retire at 55,” Vidal, 69, said. “For the first year, I did nothing and I got completely bored.”

So the former Sears service technician from Elk Grove started making birdhouses from reclaimed fence wood that he sells on the local craft fair circuit.

“It’s my therapy. It’s like I go out to the garage, fire up the saw, turn on the radio and forget what’s happening in this world,” he said.

Forty percent of employed workers 65 and older had previously retired at some point, according to the American Working Conditions Survey conducted by the RAND Corporation in 2019.

Nearly half of those surveyed 50 and older who were not working or searching for jobs, said they’d go back to work if the right opportunity came along.

Nearly half of those surveyed 50 and older who were not working or searching for jobs, said they’d go back to work if the right opportunity came along.

Vidal’s opportunity came along when he ran out of friends to whom to give bird houses.



Photo: Golden Pages

Elk Grove resident, Jim Vidal, gets creative with his post-retirement hobby — building unique birdhouses.

“A neighbor wanted to buy one,” he said. “I never would’ve thought of selling them ... the first couple of craft shows didn’t go well, but I kept improving my product and now I do pretty well.”

Prices range from \$25 to \$45. Vidal also does custom birdhouses for a little more.

“They’re all different,” Vidal said.

Ordinarily, Vidal makes enough to travel the country in his RV with his wife, Marge, who sews aprons, quilts and now masks at the other end of the booth.

COVID-19 canceled most of the in-person craft shows in 2020, but Vidal sometimes sets up a booth in his garage or sells his wares at the Bliss Marketplace craft shows in Rancho Cordova.

For more information about Jim Vidal’s birdhouses, email Shesews.Hesaws@gmail.com.

Retirement came too early for longtime newspaper reporter Walt Yost.

A staff writer at The Sacramento Bee, he was only 60 years old in 2009 when the paper laid off over 100 employees.

“I was one of the casualties,” Yost, 72, said. “It seemed like I was pretty young. I certainly had no intention of retiring at 60.”

So he tightened his belt until a former colleague asked if he was inter-



Photo: Golden Pages

Longtime newspaper reporter, Walt Yost now teaches and writes historical fiction.

sgoldenpages.com

ested in a part-time gig teaching journalism at California State University Sacramento.

"There are times when I'm pulling my hair out, upset with students for not doing the work or with technical issues, but ... I like my students. It's good for me," Yost said.

"They pretty much think I'm a dinosaur, but I'm a lovable dinosaur."

Yost has been teaching news writing for eight years. His students teach him about the latest technology.

"I brought in a Netflix movie to show them, and I was so proud of myself," Yost said. "But I brought in the disk, right? They looked at it like it was one of those disk things they'd heard about somewhere. They were streaming videos, or whatever it is they do."

"I just realized no matter what I do I'll be behind them, and it's okay."

Yost also wrote a book — a historical novel about a forgotten baseball player who pitched one game in 1893 for the Chicago Colts.

"I love history, but it can be pretty dry when you have to stick with the facts," Yost said. "With historical fiction, I can make stuff up. I can use the truth and make it more interesting."

It took Yost nine years to research and write his book before he published through the I Street Press, the Sacramento Public Library's in-library printing press.

"I traveled to Washington, D.C. and went to Pennsylvania coal mining country and that was all fun ... The research is the most fun. The writing is hard."

Promoting his book, which launched just before the COVID-19 pandemic hit, proved difficult as well.

"It's a whole other exercise," said Yost, who used Facebook to get the word out. "It's almost like you need to take classes on marketing. People contacted me through Facebook and I got people I never knew emailing me about my book."

Yost is currently working on his second novel, another historical fiction.

"A Glove and a Prayer: a Novel about Baseball, Love and Race in the Gilded Age" is available for \$15 plus \$3 shipping by emailing walteryost@gmail.com.

Part of the proceeds go to the CSUS student newspaper.

Want to be included in the next edition of Golden Pages?

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www.calegion.org

California Department of Veterans Affairs

1227 O St.
Sacramento, CA 95814

..... (800) 952-5626
www.calvet.ca.gov

Disabled American Veterans Department of California

13733 Rosecrans Ave.
Santa Fe Springs, CA 90607

..... (562) 404-1266
www.davcal.org

Mather VA Outpatient Clinic

10535 Hospital Way
Mather, CA 95655-1200

..... (916) 843-7000

Sacramento County Veterans Services Office

3970 Research Drive
Sacramento, CA 95838

..... (916) 874-6811

Sacramento Veterans Resource Center

7270 E. Southgate Drive
Sacramento, CA 95823

..... (916) 393-8387
www.nationsfinest.org

United States Department of Veterans Affairs

810 Vermont Ave. NW
Washington DC, 20420

..... (800) 698-2411
www.va.gov

Veterans of Foreign Wars

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Elk Grove, CA 95624

..... (916) 509-8712
www.vfwca.org

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Sacramento, CA 95814

..... (916) 808-6789
CE@cityofsacramento.org
www.sacvolunteers.org

Foster Grandparents Program

..... (916) 875-3569
www.dcfas.saccounty.net

Hands On Sacramento

..... (916) 447-7063
www.handsonsacto.org

Retired Senior Volunteer Program (RSVP)

..... (916) 875-3631
SVS-RSVP@saccounty.net
www.dcfas.saccounty.net

Sacramento County Volunteer Services

..... (916) 875-3631
www.dcfas.saccounty.net

Sacramento Food Bank & Family Services

3333 Third Ave.
Sacramento, CA 95817

..... (916) 456-1980

1951 Bell Ave.

Sacramento, CA 95838

..... (916) 925-3240
www.sacramentofoodbank.org

Senior Companions Program

..... (916) 875-3622
www.scpsacramento.org

Volunteers of America

..... (916) 265-3400
www.voa-ncnn.org

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