

Age-Friendly West Sacramento
West Sacramento City Hall
1110 West Capitol Avenue
West Sacramento, CA 95691

Age-Friendly Newsletter



Your Guide to Staying Connected with the City
www.cityofwestsacramento.org/agefriendly | (916) 617-4500
Would you like to keep receiving this newsletter? See Page 6.

News

Special Election Results



Dawnté Early was chosen on September 14th during the Special Election to fill the vacant seat on the West Sacramento City Council.

Current Council terms:

- Martha Guerrero, Mayor - Term expires Nov. 2022
- Chris Ledesma, Council Member - Term expires Nov. 2022
- Quirina Orozco, Council Member - Term expires Nov. 2024
- Norma Alcala, Council Member - Term expires Nov. 2024
- Dawnté Early, Council Member - Term expires Nov. 2022

Stay Informed

Join our Mailing List!

To make the best use of the City's resources and avoid creating "junk mail," after this issue this newsletter will only be mailed to residents who request to receive it.

We'd love to include you! To sign up to continue receiving this quarterly newsletter, please call (916) 617-5044 and leave a message with your name, address and ZIP code.

If you've already left a message on the voicemail recording, you're on our list. There is no need to sign up again.



Senior Programs Are Back at the Community Center!

The City of West Sacramento Parks and Recreation Department is welcoming back the Active Aging programs and services that offer activities, classes, and resources to meet the needs of residents who are at least 50 years old!

The Community Center hosts fitness classes, leisure activities, trips, special events, and games that promote health and wellness. You can find meal and nutrition resources, learn about transportation services and volunteer opportunities, all in a safe and social environment.

The Community Center will not be opened to the general public. So, register or reactivate your account to attend programs, enter the building, or use the Senior Lounge. Masks are mandatory and classes and programs are subject to change as the COVID environment changes.

You can register anytime online at www.westsacfun.org or at the Community Center between the hours of 9am and 3pm on Tuesday, Wednesday or Thursday beginning on September 7th. Free programs require an active Community Center membership.

See Page 5 for Events.

Call-To-Order Vaccine

Get Vaccinated!

Yolo County is offering a FREE call-to-order vaccine program to deliver and administer COVID-19 vaccines to residents in Yolo County. Residents age 12 and older who would like to get vaccinated at their home or business can call (530) 666-8665 at any time to schedule an appointment to have vaccine delivered to their home or business between 9am to 7pm.

English: (530) 666-8665
Spanish/ Español: (530) 379-3465
Russian/ Русский: (530) 908-0721



Emergency Broadband Benefit

The Emergency Broadband Benefit Program is a Federal Communications Commission (FCC) program that provides a temporary discount on monthly broadband bills for qualifying low-income households. If your household is eligible, you can receive up to a \$50/month discount on your broadband service and associated equipment rentals, or a one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50).

To apply visit <https://www.getemergencybroadband.org/> or call 833-511-0311.

Yolo Alert

Are you ready for the next emergency? Register for Yolo Alerts to be notified about emergency events and other important public safety information in your community.

Sign up at yolo-alert.org.

Senior Transportation Voucher Program

Yolo Adult Day Health Center (YADHC) has implemented a West Sacramento inclusive program that provides YoloBus Special vouchers to medically designated, disabled seniors who are 60+ and eligible, registered participants for YOLOBUS Special paratransit services. Funded by Area 4 Agency on Aging (A4AA), it is designed to encourage independent community mobility for disabled seniors who, due to a disability, are unable to travel to a boarding and disembarking location on fixed bus routes. For eligible candidates, limited vouchers are available from Active Aging Programs.

By appointment only. Register by calling (916) 617-5320



Resources

HICAP

Health Insurance Counseling and Advocacy is assisting seniors virtually and by phone. Register by calling HICAP at (916) 376-8915. By appointment only. Information and help for Medicare issues and paperwork.



2-1-1 Yolo

If you need help with healthcare, including COVID-19 related questions, housing, transportation, etc. call 2-1-1! 2-1-1 Yolo links residents to vital health and human services, information, and resources in the community. 2-1-1 Yolo is free, multilingual, confidential, and available 24 hours per day, every day of the year.



Food Assistance

Yolo County Food Bank is here to help any Yolo County resident in need of food assistance. Through its network of partner agencies, programs, and collaboration with Yolo 2-1-1 it can provide referrals specific to need and region.

To contact Yolo County Food Bank call: 1 530-668-0690, or call 2-1-1



Rental and Utility Assistance

Did you know there's a state program offering rental and utility assistance?

Call to see if you qualify: Shores of Hope (916) 372-0200 or Yolo County Children's Alliance at (916) 572-0560



Events

October

- 13 Knit Crochet & Sewing at Community Center - 10am to 1pm
- 14 BINGO at Community Center - 1pm to 2:30pm
- 20 Knit Crochet & Sewing at Community Center - 10am to 1pm
- 21 BINGO at Community Center - 1pm to 2:30pm
- 27 Knit Crochet & Sewing at Community Center - 10am to 1pm
- 28 BINGO at Community Center - 1pm to 2:30pm



November

- 3 Knit Crochet & Sewing at Community Center - 10am to 1pm
- 4 Master Gardener Classes at Community Center - 12:30pm to 2:30pm
- 4 BINGO at Community Center - 1pm to 2:30pm
- 10 Knit Crochet & Sewing at Community Center - 10am to 1pm
- 11 BINGO at Community Center - 1pm to 2:30pm
- 18 Knit Crochet & Sewing at Community Center - 10am to 1pm
- 17 BINGO at Community Center - 1pm to 2:30pm
- 24 Knit Crochet & Sewing at Community Center - 10am to 1pm
- 25 BINGO at Community Center - 1pm to 2:30pm



December

- 1 Knit Crochet & Sewing at Community Center - 10am to 1pm
- 2 Master Gardener Classes at Community Center - 12:30pm to 2:30pm
- 2 BINGO at Community Center - 1pm to 2:30pm
- 8 Knit Crochet & Sewing at Community Center - 10am to 1pm
- 9 BINGO at Community Center - 1pm to 2:30pm
- 15 Knit Crochet & Sewing at Community Center - 10am to 1pm
- 16 BINGO at Community Center - 1pm to 2:30pm
- 22 Knit Crochet & Sewing at Community Center - 10am to 1pm
- 23 BINGO at Community Center - 1pm to 2:30pm



