



City of West Sacramento

AGE-FRIENDLY

NEWSLETTER

WINTER 2024

Your Guide to Staying Connected with the City
www.cityofwestsacramento.org/agefriendly

To update your contact information, please call
(916) 617-4500

NEWS

WE WANT TO HEAR FROM YOU!

CITY OF WEST SACRAMENTO AGE-FRIENDLY ACTION PLAN



The City is in the process of updating its current Age-Friendly Action Plan as part of its commitment to making the community more livable for older residents, We'd love to hear your ideas about what the City could do to improve YOUR life in any of the following areas:

- Outdoor Spaces and Buildings
- Transportation
- Housing
- Social Participation
- Respect and Social Inclusion
- Work and Civic Engagement
- Community and Health Services

To participate in our phone survey, call our Age-Friendly Survey message line at **(916) 617-5045** and record a message with your best ideas for improving West Sacramento to suit your needs. **Español: 916-617-5044, Русский: 916-617-5046.**

No personal information is required, and your responses can be anonymous. If you want a follow-up call, please leave your number with your survey response.

Can't call? Take the five-minute survey online at <https://wsac.city/age-friendly-survey>.

FUTURE OF WEST SACRAMENTO'S ON-DEMAND RIDESHARE RIDER QUESTIONNAIRE



We're seeking your input for the City's On-Demand Rideshare Program!

Survey closes Friday, January 26, 2024

Scan the QR code or use the link below:



<https://www.surveymonkey.com/r/3J5W09H>
Para español, contacte/для русском языках,
Свяжитесь с нами/For assistance or a hardcopy, contact us:
(916) 617-5000
stephaniec@cityofwestsacramento.org

We want your thoughts on the City of West Sacramento's On-Demand Rideshare Service known as Via. The survey closes on Friday, January 26, 2024. Take it online at:

<https://wsac.city/viasurvey>.



Via is an on-demand ride-sharing service that provides residents, employees, and visitors with safe, shared rides anywhere within the City.

You can learn more here:

<https://www.cityofwestsacramento.org/services/via-rideshare>.

SANDBAGS AVAILABLE AT THE PORT OF WEST SACRAMENTO



As winter weather continues, the City's Public Works department is helping residents protect their properties from flooding by providing FREE sand and bags at the Port of West Sacramento, 2895 Industrial Blvd.

Bags can be picked up at the guard shack. Residents are advised to bring their own shovels.

RESOURCES

MEALS ON WHEELS



Meals on Wheels Yolo County continues to serve West Sacramento senior residents.

Meals on Wheels comes to your home courtesy of volunteer drivers. For more

information on eligibility for home delivery service or to volunteer as a driver please call **(530) 662-7035**.

EYES OF HOPE



VSP® Eyes of Hope® gift certificates provide adults and children in need with access to eye care and new glasses at no cost through a VSP network doctor in their community.

Gift certificates are available to those who qualify. Please call **916-617-5320** for more information.

Who's Eligible:



- Individuals of any age.
- Family income at or under 200% of Federal Poverty Level guidelines.
- No coverage through a private insurer or government program for services covered by the gift certificate.
- Haven't received care through a VSP program during the last 12 months.

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: **(530) 668-0690**, or call **2-1-1**.

Yolo County Children's Alliance distributes food every Friday from 9am until supplies last at **Alyce Norman, 1200 Anna Street**. This service is open to everyone in Yolo County, including families and seniors.

WEST SAC CONNECT



We are here to help! Residents say: "I love the West Sac Connect app! City staff are always so responsive."

West Sac Connect is a website where residents can report any nonemergency issue online. City staff will be notified and respond quickly.

Some issues include:

- Potholes
- Abandoned shopping carts and vehicles
- Illegal dumping
- Street light concerns/outages
- Sewer/water/landscape/park maintenance

To report any issues visit: <https://wsac.city/wsconnect> or call **(916) 372-3375**

LEGAL SERVICES OF NORTHERN CALIFORNIA



For senior legal help contact **(530) 662-1065**. You can call the Community Center to make an appointment to see a lawyer.

They offer limited services free to seniors. Appointments are available on the first Tuesday of every month.

Please call **(916) 617-5320** at least one week in advance to make an appointment. No walk ins.

SAFE AT HOME WEST SACRAMENTO



Join Safe at Home West Sacramento, a program assisting older, low-moderate income residents by creating safer living environments. The city funds crucial repairs like grab bars, handrails, ramps, and smoke detectors.

The program is currently assisting 16 residents, and there's room for additional participants – you could be one of them!

Check eligibility online or call **(916) 617-4659**. Learn more at <https://wsac.city/SafeatHomeWS>.

UPCOMING EVENTS



JANUARY

1	Happy New Year!	(City Offices CLOSED)
8	Transportation Mobility & Infrastructure Commission Special Meeting at City Hall Council Chambers	6pm to 8pm
10	Calfresh Best Practice for Healthy Living at Community Center	1pm to 2pm
12	Recreation Center 15th Anniversary Open House & Celebration! at Recreation Center	6pm to 9pm
13	Zumbini FREE Demo Session at Recreation Center	12pm to 12:45pm
15	Martin Luther King Jr. Day	(City Offices CLOSED)
17	City Council Meeting at City Hall Council Chambers	7pm to 11pm
24	Economic Development and Housing Commission at City Hall Council Chambers	6pm to 8pm
26	Recreation Center Try-It-Day! at Recreation Center	5:30pm to 9:30pm
27	Zumba Glow Master Class at Community Center	11am to 12:30pm



FEBRUARY

1	City Council Meeting at City Hall Council Chambers	7pm to 11pm
6	Parks, Recreation & Intergenerational Services Commission at City Hall Council Chambers	6pm to 8pm
8	Planning Commission at City Hall Council Chambers	6pm to 8pm
12	Environmental & Utilities Commission at City Hall Council Chambers	6pm to 8pm
13	iPhone Workshop at Community Center	11am to 1pm
16	Android Phone Workshop at Community Center	10am to 12pm
19	Presidents Day	(City Offices CLOSED)
21	City Council Meeting at City Hall Council Chambers	7pm to 11pm
23	Family Formal Dance at City Hall Galleria	6pm to 9pm
24	Family Formal Dance at City Hall Galleria	6pm to 9pm



MARCH

2	Zumbini FREE Demo Session at Recreation Center	12pm to 12:45pm
5	Live Strong and Safe at Community Center	1pm to 2pm
6	City Council Meeting at City Council Chambers	7pm to 11pm
11	California Department of Insurance Financial Fraud and Common Scams Workshop at Community Center	11am to 12pm
20	City Council Meeting at City Council Chambers	7pm to 11pm
24	Arts, Culture & Historic Preservation Commission at City Council Chambers	6pm to 8pm

Age-Friendly West Sacramento

West Sacramento City Hall
1110 Capitol Avenue
West Sacramento, CA 95691

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US POSTAGE
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CPS

SIGN UP FOR YOLO ALERT

Keep safe and up to date during stormy weather.

By signing up for Yolo Alert, you will receive location-based emergency alerts quickly at work and at home by providing all your typical locations as well as your phone numbers, and email addresses.

Learn more at www.yolo-alert.org.

Dial **2-1-1** or **(855) 866-1783** (toll-free) or **(530) 392-4182** for assistance signing up.

