

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 4.

Stay Informed

Join our Mailing List!

To make the best use of the City's resources and avoid creating "junk mail," after the first four issues this quarterly 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.



News

Get to Know Meals on Wheels



It's a beehive of activity in the kitchen on Cummins Way today, as it is every weekday morning. The van filled with freshly prepared hot food has just arrived from Woodland, so staff and volunteers are unloading and setting it up to be packed into meal trays. Cartons of milk and other cold foods are placed into individual cold packs. Ice chests and hot bags are filled with the delicious lunches that smell so good. Volunteers will arrive soon to pick them up and deliver them to about 100 West Sacramento homebound elderly folks. Tables are set for the 30 clients arriving later.

Soon, the driver volunteers arrive to sign in, get their clipboard, load up the ice chest and hot bag in their car, and they're off to make about 12 home deliveries over the next hour. They are

often accompanied by a "runner", who takes the meals up to the front door, while the driver checks who's up next and how to get there.

Meanwhile, back at the site, the reception volunteer arrives and begins greeting and checking in the folks registered to eat lunch together. Some of them have come early to play pool, use the computers or just talk with friends over a cup of coffee.

The West Sacramento location for Meals on Wheels Yolo County is a busy place, and it's all about making sure local older folks are provided a daily nutritious meal, a wellbeing check and time for connection with others. Each meal provides over 1/3 of the daily nutritional requirement and is low in sodium and added sugars. In West Sacramento last year, over 24,000 lunches were served to 236 clients, along with about 700 bags of groceries.

The role of volunteers in the organization is vital. From assisting in the kitchen, to driving/running meals or reception at the site, there are many opportunities to make a difference. Many of the organization's volunteers are seniors themselves, so they have time to volunteer and enjoy the opportunity to participate. For more information on volunteering, or to learn if you might be eligible to receive this service, you can reach Meals on Wheels Yolo County at: www.mowyolo.org/volunteer-opportunities, volunteer@mowyolo.org or (530) 662-7035.

Resources

Volunteer Opportunities

The Retired & Senior Volunteer Program allows you to choose assignments from a variety of community settings such as schools, food distribution centers, libraries, law enforcement agencies, hospitals, and non-profit organizations. If you are 55+ and can volunteer a few hours a week, please contact (916) 875-3631 or SVS-RSVP@saccounty.net.

The Volunteers in Policing program matches Police Department volunteers by skills to roles such as clerical work, fleet management, extra patrol, community and youth outreach and more. If you are interested in volunteering, please contact Police Services Coordinator Taylor Nelson at (916) 617-5328 or taylorn@cityofwestsacramento.org.

Transportation

Via is an on-demand rideshare service that allows you to book a ride anywhere in West Sacramento by calling (916) 318-5101 or by downloading the "Via Affordable Rideshare" app. Rides cost \$3.50, or \$1.75 for seniors 62+ and disabled riders after applying for the discount, and wheelchair access is available. For more information, please call (916) 617- 5310 or visit www.cityofwestsacramento.org/via.

Try a JUMP Bike around town! JUMP Bike is a bike share system that allows you to rent electric assist bicycles and pay as you go. Join through the "JUMP Bikes" app on any iOS or Android phone. If you have any questions, please contact (833) 300-6106 or support@jumpbikes.com.

Community Center

The West Sacramento Community Center has many Active Aging programs and services for residents who are 50 or better. A Senior Information Specialist will help you find the resources you need to make your life more comfortable and healthy. The Margaret McDowell Lounge is your daily focal point for social gatherings and includes a fireplace, kitchenette, cable TV, free WiFi, library, Wii gaming and more. The Center hosts fitness classes, leisure activities, trips, events, and games all to help you stay connected with the city.

To find out how you can get involved, please call (916) 617-4620 or visit the Community Center at 1075 West Capitol Avenue.



Events

October

- 6-7** Cyclocross Grand Prix at River Walk Park (651 2nd St) 8 a.m. to 6 p.m.
- 6** Fall Book Sale at Arthur F. Turner Library (1212 Merkley Ave) 9 a.m. to 4 p.m.
- 7** Fall Book Sale at Arthur F. Turner Library (1212 Merkley Ave) 10 a.m. to 3 p.m.
- 13** Holiday Art Celebration at Community Center 10 a.m. to 1 p.m.
- 13** Fall Open House at Fire Station 45 (2040 Lake Washington Blvd) 11 a.m. to 1 p.m.
- 17** "What's Happening Seniors?" Group Discussion at AFT Library 12 p.m. to 1:30 p.m.
- 18** Yolo County Job Fair at City Hall 10 a.m. to 2 p.m.
- 18** Via Rideshare Training at Bryte Memorial VFW Post 9498 (1708 Lisbon Ave) 5 p.m. to 7 p.m.
Get help signing up for a Senior or Disabled Rider Discount, request a Wheelchair Accessible Vehicle.
- 22** Last Day to Register to Vote
- 26** Yolo County Senior Resource & Crime Prevention Fair at Woodland Senior Center (2001 East Street) 9 a.m. to 12 p.m. For questions, contact (530) 666-8416 or kevin.clark@yolocounty.org.

November

- 6** Election Day
- 8** All Things String - Social Crafting Circle at AFT Library 6 p.m. to 8 p.m.
- 10** Yolo County Neighborhood Court Volunteer Training at Community Center 8:45 a.m. to 5 p.m. Please call (530) 666-8378 to register.
- 11** Happy Veterans Day! City Offices and Community Center will be closed on November 12th.
- 14** English Conversation Group at AFT Library 4 p.m. to 5 p.m.
- 21** "What's Happening Seniors?" Group Discussion at AFT Library 12 p.m. to 1:30 p.m.
- 21** English Conversation Group at AFT Library 4 p.m. to 5 p.m.
- 22** Happy Thanksgiving! City Offices and Community Center will be closed through November 23rd.
- 23** Police Department Toy Drive at Walmart Supercenter (755 Riverpoint Ct) 9 a.m. to 4 p.m.
- 30** Annual Community Tree Lighting at City Hall 6 p.m. to 9 p.m.
This is a FREE community event; enjoy coffee, hot cocoa, snacks, live musical performances, kids activities, holiday shopping, and free pictures with Santa!

December

- 5** Holiday Craft Bazaar at Community Center 10 a.m. to 2 p.m.
- 7** English Conversation Group at AFT Library 10 a.m. to 11 a.m.
- 13** All Things String - Social Crafting Circle at AFT Library 6 p.m. to 8 p.m.
- 18** Blood Drive at City Hall 9 a.m. to 1:30 p.m.
- 19** "What's Happening Seniors?" Group Discussion at AFT Library 12 p.m. to 1:30 p.m.
- 24** Happy Holidays! City Offices and the Community Center will be closed through January 1st.



View more community events at www.cityofwestsacramento.org/agefriendly.