



LIVING YOUR BEST LIFE!

Aging Services Division
July 2022

BERKELEY SENIOR CENTER NEWSLETTER



THE NUGGET



JULY: SOCIAL WELLNESS MONTH!

| | |
|---|----------------|
| WHAT IS SOCIAL WELLNESS? | PAGE. 2 |
| SUMMER SAFETY TIPS FOR SENIORS | PAGE. 4 |
| LUNCH PROGRAM MENU | PAGE. 5 |
| NORTH BERKELEY RIBBON CUTTING CEREMONY! | PAGE. 8 |
| 9 WAYS TO REDUCE STRESS AS A CAREGIVER | PAGE . 11 |
| CLASSES | PAGE . 12 |
| FIELD TRIP & SHOPPING TRIPS | PAGE . 14 & 15 |

NORTH BERKELEY SENIOR CENTER
1900 6TH STREET
BERKELEY, 94704
(510) 981-5190

JUDGE HENRY RAMSEY JR.
SOUTH BERKELEY SENIOR CENTER
2939 ELLIS STREET,
BERKELEY, 94703
(510) 981-5170

SOCIAL WELLNESS MONTH

What is Social Wellness?

Simply put, **social wellness** is the giving and receiving of social support to nurture yourself and others. Your friends, your family, your coworkers, the barista at your favorite coffee place – they're all part of your social wellness and support network.

Your social wellness and support network acts as a buffer between you and negative or adverse life events. Imagine being worried about that big presentation at work so you call someone in your social network, they help you process and look at the bigger picture while helping to elevate your self-image. You leave that conversation confident and ready to take on any challenge ahead of you.



Social support like this comes mainly in three ways:

- **Emotional** – giving and receiving emotional support helps you feel cared for and brings you balance and stress relief when you need it most.
- **Instrumental** – support or assistance received from others that is physically tangible.
- **Informational Support** – supplying or receiving beneficial or helpful information.

Why Does Social Wellness Matter?

Let's start at the beginning and roll the clock back to 1905. Dr. Joseph Pratt, a Boston internist, noted that there was a psychological component to somatic diseases and began to include group therapy, or "support groups," as part of his treatment for tuberculosis. These groups were primarily focused on education, but Pratt soon realized that the group members began to create social bonds over their disease and credited much of his treatment success to these support groups and the social wellbeing therein.

Research shows that:

People who have a strong social network tend to **live longer** and have better emotional resilience. The heart and blood pressure of people with **healthy relationships respond** better to stress. Strong social networks are associated with a **healthier endocrine system** and healthier cardiovascular functioning.

Healthy social networks enhance the **immune system's ability** to fight off infectious diseases.

- **Practice Self-Care** – When you're taking care of yourself – getting enough sleep, drinking water, reading a book you love, journaling, etc. – you're able to take care of others and handle stress better. Mark your calendar! **July 24 is International Self-Care Day.**
- **Take a Walk or Workout** – you may meet some neighbors you didn't know you had and there's an added benefit of some physical activity.
- **Volunteer** – donate some time to a local charity or group. Not only will you feel great for helping, but you may also make a new friend or a group of friends with common passions and interests.
- **Take a Class** – Sign up for a local adult-ed class on cooking, sewing, welding, pottery, or other interest that suits you. It's likely that you'll make a connection and bond with other members of the class.
- **Ask for Help** – Moving furniture, doing some DIY home renovations, or just need a buddy to run errands? Ask a friend to help – not only are you working on your own social wellness, but you're contributing to theirs too!
- **Call a Friend and Catch Up** – Don't skip the opportunity to reach out and tell an old (or new) friend that something reminded you of them.

Article link: [July is Social Wellness Month | SilverCloud Health](#)

IMPORTANT UPDATES
MONDAY, JULY 4TH IN OBSERVANCE OF INDEPENDENCE DAY
BERKELEY SENIOR CENTERS WILL BE CLOSED ON THAT DATE

SUMMER WORDFINDER!



Summer Holidays



Q E V J R H Y T L Z P F B I K I N G X S
W D C S E M A G N S U O S H S K O O B C
F A O I C E C R E A M T O V E P I J Z I
X N T B K G W L P H R Q E L R U T D R N
P O T E L O C S M A N B Y L I M A F E C
U M A V R I Z D W J G S R O F Q C X L I
C E G N S M O B R I Y N G T N H A S K P
H L E P F U E Q D L M C I Z O J V G N W
N I O T M R E L A X O M Y L B S N E I D
G P K Z R A J K O B H V I W E I Q F R A
S T M I X E C Y A N L D H N D V C O P U
D K E Q N O F R Z Q A J W A G B A H S G
N S L A M G B V E Y C A E X I D M R Z U
E J E M H E T C S M F R Q K T A P W T S
I D A L C S E I R O M E M R A Y I B N T
R H J U Z W T M A K B U I C V L N Q E X
F B E G A Z N S T R O P S D U R G L Y M
V A K R B X U W Q H S G N I E O N A C L
M G Y L U J D P S E N Z B E A C H I F R

- | | | | | |
|----------|----------|-----------|------------|--------------|
| August | canoeing | holidays | pool | sprinkler |
| barbecue | cottage | ice cream | popsicles | strawberries |
| beach | family | July | puzzles | summer camp |
| biking | friends | lake | reading | swimming |
| bonfires | games | lemonade | relax | traveling |
| books | hammock | memories | road trips | vacation |
| camping | hiking | picnics | sports | watermelon |

6 SUMMER TIPS FOR SENIORS



Summer Safety Tips for Seniors

Summer is quickly approaching and with it comes family vacations, outdoor barbecues, long days at the pool, and a lot more time outside in the sun. It's a time to celebrate being with friends and family, but it's also important to remember that summer brings unique challenges and dangers to seniors. From extreme heat to sun overexposure and dehydration, it's important to be aware of summer dangers so you can make the most of the season!

6 TIPS FOR SUMMER SAFETY

1. TALK TO YOUR DOCTOR

At your next appointment talk to your doctor about the approaching heat and how your medications may be affected. Some medications are affected by higher temperatures and need to be stored in cool places, which can be problematic for seniors without air conditioning. If these medications become affected they can become less effective and a preventable medical condition can become aggravated. Other types of medication require seniors to stay out of the sun. Be sure to talk to your doctor and read labels on medication to stay safe and keep medications working as they should.

2. BE AWARE OF THE TEMPERATURE

Studies have shown that even a [small increase in temperature](#) can shorten the life expectancy for seniors with a chronic medical condition. When the temperature soars, find ways to stay cool if your home does not have air conditioning. Shopping malls, senior centers, movie theaters, and libraries all maintain a cool temperature throughout the summer and can be a great way to get out of the house without exposure to heat.

3. STAY CONNECTED

if you are planning on spending the day outdoors gardening or hiking, let a family member or friend know so that they stop by and check on you in case of an emergency. Additionally, if you are the family member or friend of a senior, check on them regularly. The heat can isolate seniors and regular contact can help ensure their safety.

4. DRESS APPROPRIATELY

Stock your summer wardrobe with natural fibers, like cotton, that tend to be cooler than synthetic fibers. Light colored and loose-fitting clothing can help you stay cool and be comfortable. Consider clothing that has sun protection built in if you are going to be spending time outdoors. Don't forget sunscreen, sunglasses, and hats to keep the sun off your face and skin.

5. KNOW THE SIGNS OF HEAT STROKE

Abnormally high body temperatures are common in the summer and result in a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be fatal. Knowing the warning signs of hyperthermia can help prevent heat stroke. Get medical attention immediately if you or a loved one experience these symptoms:

6. STAY HYDRATED

- Fainting
- Not sweating
- Heavy breathing
- Rapid pulse
- Headache
- Nausea and vomiting
- Dry, flushed skin
- A sudden change in behavior (confusion, agitation)
Body temperature higher than 104 degrees

[Seniors are more likely to become dehydrated](#) because as we age, we lose our ability to conserve water. Additionally, some medications increase the risk of dehydration and some medical conditions make it less likely for seniors to realize they are thirsty. Pack extra water for any outings and drink sweat replacement products to replace lost water. Avoid soda, coffee, and alcohol which can be dehydrating.

MEAL PROGRAM MENU

DINE IN LUNCH IS SERVED ONLY ONE DAY A WEEK. SENIORS AGED 60+ CAN PREREGISTER FOR LUNCH BY CALLING AHEAD ON MONDAY. LUNCH WILL BE SERVED EVERY THURSDAY AT 11:30 AM. PLEASE BE REMINDED THAT MASKS AND PROOF OF VACCINATION ARE REQUIRED TO PARTICIPATE.

WHEN: THURSDAYS 11:30AM–11:55AM
COST: \$3 SUGGESTED DONATION
LOCATION: SOUTH BERKELEY SENIOR CENTER

(NO ELIGIBLE MEMBER THAT HAS PRE-REGISTERED WILL BE DENIED LUNCH SERVICE DUE TO INABILITY TO CONTRIBUTE)

Albany Senior Center:
510-524-9122
 846 Masonic Avenue in Albany

South Berkeley Senior Center:
510-981-5170
 2939 Ellis Street in Berkeley

Emeryville Senior Center:
510-596-3730
 4321 Salem Street in Emeryville

| WEDNESDAY – Albany & Emeryville | THURSDAY – Albany & SBSC | FRIDAY – Emeryville |
|---|---|---|
| <p>June 29 White Bean Chicken Stew Mixed Greens Salad Italian or Vinaigrette Dressing Baguette with Butter Cutie Citrus+</p> | <p>June 30 Tex-Mex Chicken Taco Salad+* Tortilla Chips Banana Cookie</p> | <p>July 1 Tex-Mex Chicken Taco Salad+* Tortilla Chips Banana Cookie</p> |
| <p>July 6 Chicken Caesar Salad+* French Bread with Butter Fruit Cocktail Cookie</p> | <p>July 7 Asian Chicken Salad+* Whole Grain Crackers (packets x3) Mandarin Orange Segments+ Cookie</p> | <p>July 8 Asian Chicken Salad+* Whole Grain Crackers (packets x3) Mandarin Orange Segments+ Cookie</p> |
| <p>July 13 Tuna Salad Sandwich on Whole Wheat Bread x2 Lettuce Leaf Potato Salad+ (1/2 cup) Ambrosia+</p> | <p>July 14 Roast Beef & Monterey Jack Whole Wheat Bread Mayo & Mustard, Lettuce Leaf Macaroni Salad+ Applesauce Cup+</p> | <p>July 15 Roast Beef & Monterey Jack Whole Wheat Bread Mayo & Mustard, Lettuce Leaf Macaroni Salad+ Applesauce Cup+</p> |
| <p>July 20 Albondigas Soup (Mexican Beef Meatball) French Bread with Butter Coleslaw+ Cookie</p> | <p>July 21 Chicken Salad Sandwich Deli Roll with Lettuce Leaf French Carrot Salad* Cutie Citrus+ Cookie</p> | <p>July 22 Chicken Salad Sandwich Deli Roll with Lettuce Leaf French Carrot Salad* Cutie Citrus+ Cookie</p> |
| <p>July 27 White Bean Chicken Stew Mixed Greens Salad with Italian Dressing Baguette with Butter Cutie Citrus+</p> | <p>July 28 Tex-Mex Chicken Taco Salad+* Tortilla Chips Banana Cookie</p> | <p>July 29 Tex-Mex Chicken Taco Salad+* Tortilla Chips Banana Cookie</p> |

All meals include 1% milk.

Menu is subject to change without notice.

All meals have no more than 800 milligrams of sodium.

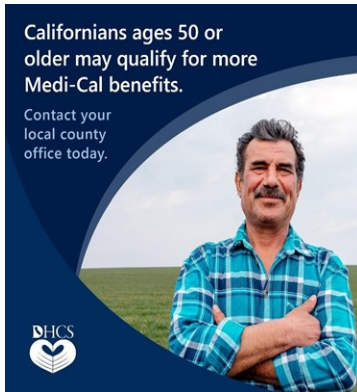
+denotes vitamin C-rich foods; * denotes vitamin A-rich foods

Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging. Program participation is not limited with regard to race, ethnicity, national origin, religion, economic status, political affiliation, gender, sexual orientation, gender identity, immigration status or disability.



LEGAL ASSISTANCE FOR SENIORS

Health Insurance Counseling & Advocacy Program (HICAP)
Ensuring the independence and dignity of seniors by protecting their legal rights through education, counseling and advocacy



There are changes coming to Medi-Cal programs for older and disabled people, which will make it possible for more people to get Medi-Cal coverage.

Older Adult Expansion

The Older Adult Expansion will take effect May 1, 2022. The Expansion extends eligibility for full scope Medi-Cal to all people who are 50 years of age or older, who meet all Medi-Cal eligibility criteria, regardless of immigration status. If you have active restricted scope Medi-Cal in May 2022 you will be automatically transitioned to full scope Medi-Cal. If you receive a renewal notice, please fill it out and return it to the county so that there is no processing delay.

If you do not have active restricted scope Medi-Cal you can apply for Medi-Cal online, by mail, by telephone, at your local county office, by fax or in person. If you qualify for full scope Medi-Cal under the Older Adult Expansion, you will receive a notice telling you about your eligibility for full scope Medi-Cal and the beginning date, which will be May 1, 2022.

Asset Limit Changes

On July 1, 2022, the asset limit for Medi-Cal programs for people who are 65 or older or disabled is increasing. These changes apply to things you own, which can be counted for Medi-Cal eligibility. These items include bank accounts, cash, second vehicles and homes, and other financial resources. The current limits are \$2,000 for one person, and \$3,000 for a couple. The new limits will be \$130,000 for one person, and an additional \$65,000 for each additional family member. If you believe you may be eligible for Medi-Cal once the new limits start, you are encouraged to apply, starting in June. If you are already in a Medi-Cal program which has asset limits, you will be able to keep more than you could before. Please contact your local county Medi-Cal office if you have any questions.



Questions?

If you have any questions, or if your Medi-Cal application was denied, please contact your local county office.

[Medi-Cal \(alamedacountysocialservices.org\)](http://alamedacountysocialservices.org)

Help with Medicare

If you have any questions about Medicare, HICAP, *the Health Insurance Counseling and Advocacy Program* provides free and unbiased assistance with:

- Medicare Coverage and Enrollment Rights
- Supplemental Plan Options
- Part D – Prescriptions Drug Plans
- Low Income Screening and Application Assistance for help with Health Care Costs
- Billing, Claims and Appeal

Produced by Legal Assistance for Seniors.
333 Hegenberger Road, Suite 850, Oakland, CA 94621
(510) 832-3040; FAX (510) 842-1080; www.lashicap.org

CITY SPONSORED MEAL & FOOD RESOURCES

PLEASE NOTE: Participants may not be enrolled in more than one meal program (Café Delivery, Grab & Go, or Meals on Wheels) at a time.

GRAB & GO CURBSIDE MEAL PICKUP

Berkeley residents 60 years of age and above, can register for “limited contact”, curbside meal pickup at the South Berkeley Senior Center located at 2939 Ellis Street. Participants who are 60 years of age and above are encouraged to make the *suggested* contribution of \$3 per meal. No one 60+ will be turned away for inability to contribute.

Client Choice free produce added to Grab & Go pick up!

The Berkeley Food Network offer’s additional free produce to Grab & Go pick up!

Participants will be able to choose from 3 types of produce offerings!

Pick-up Schedule: Tuesdays, 11:00 am - 1:00 pm.

You must wear a mask when picking up.

Call (510) 981-5170 or (510) 981-5190 Email Seniors@cityofberkeley.info

MERCY BROWN BAG

Mercy Brown Bags will be available for CURBSIDE PICKUP at the

South Berkeley Senior Center located at 2939 Ellis Street in Berkeley.

Brown Bag distribution will be on the 1st and 3rd Friday* of each month between 11:00 am–2:00 pm. No Distributions on Holidays

July Distribution Dates:

Friday, 7/01/22 & 7/15/22

MEALS ON WHEELS

Meals on Wheels continues to provide up to seven (7) meals per week to participants on eligibility. Deliveries are scheduled for Wed & Fri, 10:00 am to 1:00 pm. If you live in Berkeley and want to find out if you qualify for Meals on Wheels, Call (510) 981-5250, or email

Seniors@cityofberkeley.info.

Other Local Meals on Wheels Programs

Albany: (510) 524-9122

Emeryville: (510) 209-1028

Oakland/San Leandro/Hayward/Castro Valley/San Lorenzo: (510) 582-1263

West Contra Costa County: (510) 412-0166

NORTH BERKELEY SENIOR CENTER RIBBON CUTTING CEREMONY!



You are invited to the ribbon cutting ceremony at the North Berkeley Senior Center on **July 28, 2022** for an introduction to a newly remodeled building that provides a more improved, environmentally and senior friendly facility in Berkeley that contributes to the well-being of our seniors.

The event will take place at **1901 Hearst Street, Berkeley, CA 94709 at 1PM**. There may be an opportunity to tour the building and/or sign up to become senior center members.

North Berkeley Senior Center will open to our seniors in August; details will be forthcoming. More information about the North Berkeley Senior Center ribbon cutting ceremony and reopening can be found on our new, user friendly City of Berkeley website at <https://berkeleyca.gov/community-recreation/events> or <https://berkeleyca.gov/community-recreation/seniors>.

About Our Berkeley Senior Centers

North Berkeley and South Berkeley Senior Centers are age-friendly facilities for seniors 55+ and older. Our centers allow seniors to have the option to engage in a variety of activities, ranging from dance classes and art, to games and computer lab use. Seniors can also receive assistance from our Senior Service Assistants with housing, legal, food, and/or healthcare needs. Walk-in services and/or appointments are readily available. Appointments can be made by calling 510-981-5170 or 510-981-5190, or emailing seniors@cityofberkeley.info.

We want to support seniors to maintain their independence and thrive, while socializing with others. Our aim is to always provide quality, essential services and resources to our seniors while working collaboratively; demonstrating a compassionate and empathetic commitment to each older adult and caregivers' quality of life.

For more information regarding available classes and activities, and for dining menus, please visit [Senior Centers | City of Berkeley \(berkeleyca.gov\)](https://seniorcenters.berkeleyca.gov)

Contact the senior centers at 510-981-5170 or 510-981-5190, or email seniors@cityofberkeley.info.

You can also stay informed by reading the monthly newsletter at: [Senior Centers | City of Berkeley \(berkeleyca.gov\)](https://seniorcenters.berkeleyca.gov)



COMMUNITY RESOURCES

FOOD AID

ALAMEDA COUNTY FOOD BANK

PHONE: (510) 635-3663 WEB: [HTTPS://WWW.ACCFB.ORG/GET-FOOD/](https://www.accfb.org/get-food/)

HELPLINE WILL CONNECT YOU TO A SOURCE FOR GROCERIES AND A HOT MEAL THE SAME DAY.

CAL FRESH

(FORMERLY FOOD STAMPS)

CAL FRESH IS FOR PEOPLE WITH LOW-INCOME WHO MEET FEDERAL INCOME ELIGIBILITY RULES AND WANT TO ADD TO THEIR BUDGET TO PUT HEALTHY AND NUTRITIOUS FOOD ON THE TABLE. *ALAMEDA COUNTY FOOD BANK* CAN HELP WITH ELIGIBILITY QUESTIONS AND WITH GETTING SIGNED UP.

BERKELEY FOOD PANTRY

1600 SACRAMENTO STREET, BERKELEY

PHONE: (510) 525-2280

WEB: [HTTPS://WWW.BERKELEYFOODPANTRY.ORG/](https://www.berkeleyfoodpantry.org/)

THE BERKELEY FOOD PANTRY PROVIDES MONTHLY EMERGENCY GROCERIES TO BERKELEY AND ALBANY FAMILIES AND INDIVIDUALS IN NEED. STARTING IN JUNE, BFP BEGAN REGULARLY DELIVERING TO SELECT CLIENTS, BASED ON NEED, TWICE A MONTH. CALL FOR INFO!

BERKELEY FOOD NETWORK

1925 9TH STREET, BERKELEY

PHONE: (510) 616-5383

WEB: [HTTPS://BERKELEYFOODNETWORK.ORG/](https://berkeleyfoodnetwork.org/)

ON-SITE FOOD PANTRY WHERE BERKELEY RESIDENTS CAN SELECT THEIR OWN GROCERIES FROM A SELECTION OF SHELF-STABLE FOODS, MEATS, EGGS, DAIRY, AND PRODUCE. THE PANTRY IS OPEN TO INDIVIDUALS AND FAMILIES FREE OF CHARGE.

BERKELEY FOOD NETWORK HOURS

MON-THURS: 10:00 AM - 2:00 PM

MON & WED: 5:00 - 6:30 PM

SATURDAY: 10:00 AM - 12:00 PM

COMMUNITY RESOURCES SERVICES

SOUTH BERKELEY SENIOR CENTER I&A

INFORMATION AND ASSISTANCE PROVIDES BASIC INFORMATION AND ASSISTANCE TO HELP SENIORS AND THEIR FAMILIES ACCESS A WIDE VARIETY OF PRIVATE AND PUBLIC RESOURCES.

INFORMATION AND ASSISTANCE ARE PROVIDED OVER THE PHONE AND IN PERSON AT THE SOUTH BERKELEY SENIOR CENTER.
FOR ADDITIONAL INFORMATION CALL SOUTH BERKELEY SENIOR CENTER 510-981-5170

SERVICIOS DE INFORMACIÓN Y ASISTENCIA EN ESPAÑOL. CADA TERCER JUEVES DEL MES, EMPEZANDO 19 DE MAYO, 2022 DE 1-3PM.

SE BRINDARÁ SERVICIOS EN ESPAÑOL DE *INFORMACIÓN Y ASISTENCIA* PARA AYUDAR A LAS PERSONAS MAYORES Y SUS FAMILIAS A ACCEDER A UNA AMPLIA VARIEDAD DE RECURSOS PÚBLICOS Y PRIVADOS. LA INFORMACIÓN Y LA ASISTENCIA SE BRINDAN POR TELÉFONO Y EN PERSONA EN EL CENTRO PARA PERSONAS MAYORES DE SOUTH BERKELEY.

PARA OBTENER INFORMACIÓN ADICIONAL, LLAME A RICHARD CASTRILLON, DIRECTOR DEL CENTRO PARA PERSONAS MAYORES 510-981.7777.

HOUSING

COVIA HOME MATCH PHONE:(925)956-7385

HOME SHARING IS A CREATIVE LIVING AGREEMENT BETWEEN COMPATIBLE HOME-MATES. SHARED HOMES COME IN ALL FORMS AND CAN BE A STABLE, ENRICHING EXPERIENCE FOR MANY.

SHARE YOUR HOME

AS A HOMEOWNER OR RENTER, TURN AN AVAILABLE ROOM IN YOUR HOME INTO AN OPPORTUNITY FOR INCOME AND NEW SOCIAL CONNECTIONS.

FIND YOUR HOME

AS SOMEONE SEEKING A SHARED HOME, BENEFIT FROM AFFORDABLE HOUSING IN THE COMMUNITY YOU LOVE, PLUS THE OPTION TO HELP WITH HOUSEHOLD ACTIVITIES FOR AN EVEN LOWER COST.

ESPAÑOL: [HTTPS://COVIA.ORG/PROGRAMS/HOME-MATCH/EN-ESPAÑOL/](https://COVIA.ORG/PROGRAMS/HOME-MATCH/EN-ESPAÑOL/)

MANDARIN: [HTTPS://COVIA.ORG/PROGRAMS/HOME-MATCH/中文/](https://COVIA.ORG/PROGRAMS/HOME-MATCH/中文/)

BERKELEY DROP - IN CENTER

THE BERKELEY DROP-IN CENTER IS RECOVERING UNHOUSED AND BEHAVIORAL HEALTH PARTNERS INSPIRING EACH OTHER TO BE ALL WE CAN AND WANT TO BE. CONNECTING US TO YOUR UNIQUE SELVES TO EACH OTHER AND TO THE WIDER COMMUNITY BY BUILDING A STRONG, PEER RUN PROGRAM THAT ENGAGES US IN MIND, BODY, AND SPIRIT

WE DO THIS BY PROVIDING SUPPORT SERVICES AND ACTIVITIES THAT ENCOURAGE PERSONAL, EDUCATIONAL, AND SOCIAL GROWTH IN THE HOPE OF MAKING LASTING POSITIVE CHANGES IN OURSELVES AND IN THE COMMUNITIES IN WHICH WE LIVE

REGULAR SERVICES INCLUDE:

1. **DROP-IN SERVICES:** FREE MAIL SERVICE, FREE LOCKERS, REFRESHMENTS (COFFEE, SNACKS, & HOT FOOD), PHONE SERVICE COMPUTER ACCESS, URGENT NEEDS (CLOTHING, SHOES, HYGIENE KITS).
2. **COMMUNITY RESOURCE ACCESS AND REFERRALS:** PAYEE SERVICE, HOUSING: ASSISTANCE WITH THE APPLICATION, CONNECT TO RESOURCES, HOUSING RETENTION, EMPLOYEE ASSISTANCE, ID APPLICATION ASSISTANCE, ASSISTANCE IN RESEARCHING OTHER RESOURCES AS NEEDED.

LINK FOR DROP-IN CENTER WEBSITE: [HTTPS://WWW.ACNETMHC.ORG/BERKELEY-DROP-IN-CENTER](https://WWW.ACNETMHC.ORG/BERKELEY-DROP-IN-CENTER)

ADDRESS: 3238 ADELIN STREET, BERKELEY CA 94703

PH:(510)653-3808

CAREGIVER'S CORNER

9 WAYS TO REDUCE STRESS FOR CAREGIVERS



Healthy habits, strong connections and resources are important for the well-being of caregivers.

by Yvonne M. Feltman

STAY CONNECTED TO OTHERS



Sharing experiences with others can help caregivers manage stress, reduce feelings of isolation, and recognize that they are not alone. Caregivers should find someone they can talk to about their feelings like a therapist, a fellow caregiver, clergy, friend or family member.

SEEK AND ACCEPT HELP



Speak up when you need support or assistance. Join a support network. Help can come from community resources, online support forums, local groups and professionals. Consider getting help to manage meals, transportation, social activities, and services to assist with other daily needs.

GET EDUCATED



It can help to talk to medical staff about options that are available for every stage of aging or disease. Area Agencies on Aging, Aging and Disability Resources Centers, Aging Info and Referral services, and other programs are trusted community links to information and services for older adults and their caregivers.

FIND RESPITE SOLUTIONS

Get a break for a few hours, a few days or even longer. Respite is offered in or outside the home, in a community or faith-based agency or organization, at an adult day care program, in a hospital or healthcare facility, a nursing home, an assisted living facility, or adult foster home. Family members, friends or neighbors may also be available to act as a respite provider.



PRACTICE SELF-CARE



Don't forget to participate in enjoyable or relaxing activities. Partake in a social outing or a hobby such as art or another creative endeavor. Read a good book, listen to music, watch a movie or relax in a warm bath. Regular self-care is a must for caregivers!

EXERCISE REGULARLY



A quick 10-minute walk outside can help improve mood, offer fresh air and a change of scenery. Daily exercise breaks can change a hectic pace & mindset. Yoga and stretching can also relax the mind and reduce the feeling of overwhelm & stress.

STAY HEALTHY

Reactions to stress can include lack of sleep, overeating, undereating, increased alcohol consumption and smoking. Be aware of these detrimental responses and receive regular health check-ups to ensure good health practices.



KEEP A POSITIVE PERSPECTIVE

Striving to maintain a positive outlook can make a real difference. Writing in a gratitude journal or simply choosing to focus on the good in daily situations can help to reduce negative thoughts and feelings resulting from stress or overwhelm.



MEDITATION & BREATHING PRACTICES



There is increasing evidence that mindful meditation can help ease psychological stresses like anxiety, depression, and pain. An effective relaxation method developed at Harvard Medical school involves deep breathing exercises.

Sources: <https://www.womenshealth.gov/files/documents/caregiver-fact-sheet.pdf> and <https://www.caregiver.org/taking-care-you-self-care-family-caregivers>
<https://www.cms.gov/Outreach-and-Education/Outreach/Partnerships/Downloads/AskMedicareTipsForCaregiversCareForYourself.pdf>
<https://eldercare.acl.gov/public/resources/topic/Caregiver.aspx> and <http://www.caregiveraction.org/family-caregiver-toolbox>
<https://www.alzconnected.org/> and <https://archrespite.org/respitelocator>
https://archrespite.org/images/Caregiver_Fact_Sheets/9-Steps_Dementia-Caregiver.pdf
<https://www.caregiver.org/taking-care-you-self-care-family-caregivers>
<https://www.health.harvard.edu/blog/mindfulness-meditation-may-ease-anxiety-mental-stress-201401086967>
<https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>

 **SeniorAdvice**
www.SeniorAdvice.com

CLASSES

CHAIR EXERCISE -
IN PERSON CLASS
MONDAYS, 10:00-11:00 AM



MUST PRE-REGISTER TO ATTEND. IF YOU NEED A RIDE, PLEASE CONTACT US NO LATER THAN FRIDAY BY 12 NOON TO REQUEST

YOGA FOR SENIORS
WITH BRIDGET FREDERICK
ZOOM CLASS
MONDAYS, 10-11:30AM
CONTACT: BRIDGET.FREDERICK@GMAIL.COM



ITALIAN CONVERSATION
IN CONFERENCE ROOM A
MONDAYS, 10:00AM-12:00PM



OPEN COMPUTER LAB
MONDAYS, 10:00AM-12:00PM



UKULELE
IN PERSON CLASS
MONDAYS 1 PM-3 PM



YOGA (BERKELEY ADULT SCHOOL)
WITH ERICA GREVEMEYER
ZOOM CLASS
TUESDAYS: 10:00 - 11:30 AM
REGISTRATION LINK: [HTTPS://
FORMS.GLE/456G6R12z1DJH9J96](https://forms.gle/456G6R12z1DJH9J96)



OPEN CERAMICS LAB
IN PERSON CLASS
TUESDAYS 10AM-2PM



COUNTRY WESTERN LINE DANCING
IN PERSON CLASS
TUESDAYS 10AM-12 AM



SOUL LINE DANCING
IN PERSON CLASS
WITH NOVELLA PETERSON
TUESDAYS, 1:00PM-2:30PM



KUM NYE
STARTS JUNE 7TH
ZOOM CLASS LINK: [HTTPS://
US02WEB.ZOOM.US/
J/85269567248?
PWD=RGtHWLDMcngzd1VXTGtWLR2NLZzdOZz09](https://us02web.zoom.us/j/85269567248?pwd=RGtHWLDMcngzd1VXTGtWLR2NLZzdOZz09)
MEETING ID: 852 6956 7248
PASSCODE: 975603



MING TREE & CROCHET CLASS
IN PERSON CLASS
WITH ERICA WORTHINGTON
TUESDAYS, 12:30PM - 3PM



DOMINOES & PINOCHELE & POOL (MAX 8)
IN PERSON ACTIVITY
TUESDAYS & WEDNESDAYS
11 PM-3 PM



FOLK DANCING
IN PERSON CLASS
CALL 510-981-5170
WEDNESDAYS, 10:30 - 11:30AM



INSPIRATIONAL HOUR
CONFERENCE CALL
THURSDAY 10AM-11:30AM
CALL 510-925-2032



GENTLE YOGA (BERKELEY ADULT SCHOOL)
WITH ERICA GREVEMEYER
ZOOM CLASS
THURSDAYS: 10 AM - 11:30 AM
REGISTRATION LINK: [HTTPS://
FORMS.GLE/456G6R12z1DJH9J96](https://forms.gle/456G6R12z1DJH9J96)



YOGA (BY DONATION)
WITH ERICA GREVEMEYER
ZOOM CLASS
THURSDAYS: 8:30 - 9:45 AM



TAP DANCE CLASS
IN-PERSON CLASS
THURSDAYS, 9:00-11:00 AM
MUST PRE-REGISTER TO ATTEND



CHINESE ETHNIC DANCE CLASS
IN PERSON CLASS
WITH JUDY HAN (20-MAX CAPACITY)
THURSDAYS, 1 PM - 3 PM



YOGA (BERKELEY ADULT SCHOOL)
WITH ERICA GREVEMEYER
ZOOM CLASS
FRIDAYS: 10:00 - 11:30 AM
REGISTRATION LINK: [HTTPS://
FORMS.GLE/456G6R12z1DJH9J96](https://forms.gle/456G6R12z1DJH9J96)



IN PERSON



ZOOM CLASS



PHONE
CONFERENCE



THE BULLETIN BOARD

Transportation Assistance BERKELEY RIDES FOR SENIORS & THE DISABLED

Do you need help with transportation?

Berkeley Rides for Seniors & the Disabled (BRSD) assists City of Berkeley seniors and disabled adults with travelling throughout Berkeley and neighboring cities by supplementing their transportation costs with free Taxi Scrip, Wheelchair Van Vouchers, or East Bay Paratransit Tickets. **GREAT NEWS! The age eligibility requirement has changed.** BRSD is now for Berkeley residents **age 70 and older** or those certified as disabled by East Bay Paratransit of ANY age and income.



For more information and/or to apply, visit:
Web: www.cityofberkeley.info/berkeleyrides
Phone: (510) 981-7269



LIFE ElderCare's Health Forward Program provides free health and wellness interventions that can reduce the risk of falls & injury, improve strength and balance, and ensure that your home environment is safe as you age. Services include fall risk assessment, medication review, home safety assessment, minor home modifications (if eligible), education, exercise, care coordination / referrals, and more. Older adults age 60+ and living in Alameda County are eligible for the program; preference is given to seniors who have difficulty leaving the home.

Call **510-894-0370**

or

Email info@LifeElderCare.org to sign up.

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)



Legal Assistance for Seniors is the parent agency for Alameda County's HICAP, a free, volunteer-based program helping people on Medicare and pre-retirees to navigate the health insurance. **HICAP provides free, unbiased Medicare counseling to anyone in Alameda County.** They help Medicare beneficiaries of any age make informed choices and provide advocacy when their health care benefits and rights are threatened or denied. If COVID-19 caused someone to lose their health insurance or reduced their income a HICAP Counselor can provide information about Medicare options. Individual phone appointments with Counselors and virtual educational presentations to groups are available throughout the county.

Call for an appointment today:
HICAP: (510) 839-0393
LAS: (510) 832-3040

For more information about HICAP visit:
www.lashicap.org



THE WRIGHT INSTITUTE

The Wright Institute Clinical Services remains committed to supporting the emotional and psychological wellbeing of our community through the current public health crisis. As a sliding scale mental health clinic, we recognize the importance of clinical services that are flexible to the needs of our whole community. During this time, we are currently offering both in-person and tele-health services. With the commitment to serving our whole community, our training program is especially focused on supporting our communities of color through its compassionate, culturally aware, and personal approach to mental health and wellness. Please contact one of our clinics directly for more information.

INDIVIDUAL THERAPY
CALL FOR MORE INFORMATION!
[\(510\) 239-2017](tel:(510)239-2017)

PROOF OF VACCINATION

As a reminder, proof of vaccination is required for all activities (i.e. games, classes, onsite lunch, etc.) - with exception to Information and Assistance and Case Management. Proof of vaccination will be requested prior to participating in Center activities. Masks are also required to be worn while in the senior center.

To obtain a QR code or digital copy of your proof of vaccination,

Please visit :

<https://myvaccinerecord.cdph.ca.gov/>

VACCINE SITES

IN PARTNERSHIP WITH CARBON HEALTH
THE CITY OF BERKELEY IS HOSTING THREE VACCINE CLINICS IN THE UPCOMING WEEKS. FIRST, SECOND, AND ADDITIONAL/BOOSTER PFIZER DOSES WILL BE AVAILABLE. PLEASE SHARE THE CLINIC INFORMATION, REGISTRATION LINKS, AND INCENTIVE FLYER ATTACHED WITH YOUR NETWORK.

VACCINE INCENTIVES: ANYONE OVER THE AGE OF 5 CAN GET THEIR FIRST OR SECOND DOSE OF THE PFIZER VACCINE AND WILL RECEIVE A \$25 TARGET GIFT CARD FOR RECEIVING A FIRST OR SECOND DOSE.

TAREA HALL PITTMAN SOUTH BRANCH LIBRARY

[HTTPS://CRBN.APP.LINK/E/COVIDVAX-THPS-LIBRARY-PARKING-LOT](https://crbn.app.link/e/covidvax-thps-library-parking-lot)

FREE COVID-19 Testing in Berkeley OPTUM

State Sponsored Test Site
Open Monday - Friday

8AM -12PM, 1PM - 5PM, 6PM - 8PM

West Berkeley Service Center Courtyard
1900 Sixth Street, Berkeley

*Enter through the parking lot

Schedule an appointment:

<https://lhi.care/covidtesting>

Find out about more testing options in Berkeley:

<https://www.cityofberkeley.info/get-tested/>

COVID-19 Vaccines & Boosters

Sites where residents can check to see where to get vaccinated and make an appointment.

State of California: My Turn

Web: <https://myturn.ca.gov>

or <https://covid19.ca.gov/vaccines/>

Alameda County: Vaccination Guidance & Resources

Web: <https://covid-19.acgov.org/vaccines>

Email: ncov@acgov.org

Phone: (510) 268-2101

City of Berkeley

Web: <https://www.cityofberkeley.info/covax/>

Email: covid19@cityofberkeley.info

Phone: (510) 981-CITY/2489 or 311 from any landline in Berkeley

Field Trips

LARRY'S PRODUCE (FAIRFIELD)

7/12/22 9AM-5PM

LUNCH: HUCKLEBERRY'S
MASK IS REQUIRED

ALAMEDA BEACH & SHOPPING

7/19/22 9AM-5PM

LUNCH: ON YOUR OWN
MASK IS REQUIRED
READ NOTE BELOW

JELLY BELLY (FAIRFIELD)

7/26/22 9AM-5PM

LUNCH: ON YOUR OWN
MASK IS REQUIRED

BOTANICAL GARDENS (SF)

8/2/22 9AM-5PM

ADMISSION : FREE
LUNCH ON YOUR OWN
MASK IS REQUIRED

TRIP REQUESTS ARE ONLY ACCEPTED THE FIRST BUSINESSDAY OF THE MONTH

NOTE: ALAMEDA BEACH TRIP: "SWIMMING AND WADING IN THE WATER IS AT YOUR OWN RISK".

**PARTICIPANTS ARE REQUIRED TO PROVIDE PROOF OF VACCINATION, IF DESTINATION SITE REQUIRES IT.

PARTICIPANTS MUST CONTINUE TO WEAR A MASK, SANITIZE THEIR HANDS AND PRACTICING PHYSICAL DISTANCING.

PLEASE REFER TO THE UPPER LEFT HAND CORNER OF THIS PAGE, REGARDING PROOF OF VACCINATION.

SHOPPING & ERRAND TRIPS

SHOPPING AND FIELD TRIPS GUIDELINES

FOR FIELD TRIPS, OUR BUS CAPACITY IS *TEN (10) PASSENGERS. FOR SHOPPING TRIPS OUR BUS CAPACITY IS *EIGHT (8) PASSENGERS. WE WILL CONTINUE TO PRACTICE COVID SAFETY PROTOCOLS WITH WEARING MASKS, PHYSICAL DISTANCING AND HAND SANITIZING. BOTH SHOPPING AND FIELD TRIPS ARE OFFERED ON A FIRST COME FIRST SERVED BASIS. YOU WILL BE PICKED UP FROM AND DROPPED OFF AT YOUR HOME BY OUR BUS DRIVER. THE DRIVER WILL CONTACT PASSENGERS SHORTLY BEFORE PICK UP SO THAT THEY CAN BE READY

BERKELEY SENIOR CENTERS WILL CONTINUE TO FOLLOW COVID 19 PRECAUTIONS AS DIRECTED BY THE CITY OF BERKELEY HEALTH OFFICER, DR. LISA HERNANDEZ. **PARTICIPANTS ARE REQUIRED TO PROVIDE PROOF OF VACCINATION, IF DESTINATION SITE REQUIRES IT. PARTICIPANTS MUST CONTINUE TO WEAR A MASK, SANITIZE THEIR HANDS AND PRACTICING PHYSICAL DISTANCING. PLEASE REFER TO THE UPPER CORNER OF PAGE 10 REGARDING PROOF OF VACCINATION.

TO REGISTER, CALL (510) 981-5170 OR (510) 981-5190.

PARTICIPANTS MUST CALL AT LEAST TWO (2) BUSINESS DAYS IN ADVANCE TO SCHEDULE.

IF YOU MUST CANCEL, PLEASE DO SO AT LEAST 48 HOURS PRIOR TO YOUR SCHEDULED TRIP.

IMPORTANT NOTICES

PLEASE ONLY SHOP FOR ITEMS YOU CAN EASILY CARRY.

IF YOU NEED ASSISTANCE WITH YOUR SHOPPING BAGS, PLEASE BRING A CAREGIVER OR HELPER WITH YOU
PLEASE BE ON TIME FOR YOUR BUS PICKUP.

| Day | Where | Time |
|-------------------|---|---|
| 7/6/22 Wednesday | Target (Emeryville) | 1 pm-4:30 pm |
| 7/7/22 Thursday | Trader Joe's (Berkeley) | 2:30 p.m-4:30 p.m. (limited to 3 passengers) |
| 7/8/22 Friday | Safeway (Berkeley) | 1 pm-4:30 pm |
| 7/11/22 Monday | Berkeley Bowl West | 1 pm-4:30 pm |
| 7/13/22 Wednesday | Errand Day | 1 pm-4:30 pm (limited to 5 passengers) |
| 7/14/22 Thursday | Dollar Store (Berkeley) | 2:30 p.m-4:30 p.m. (limited to 3 passengers) |
| 7/15/22 Friday | Safeway (Berkeley) | 1 pm-4:30 pm |
| 7/18/22 Monday | El Cerrito Shopping Plaza (TJ's & Lucky's) | 1 pm-4:30 pm |
| 7/20/22 Wednesday | Walmart (Richmond) | 1 pm-4:30 pm |
| 7/21/22 Thursday | Grocery Outlet (Oakland) | 2:30 p.m-4:30 p.m. (limited to 3 passengers) |
| 7/22/22 Friday | Safeway (Berkeley) | 1 pm-4:30 pm |
| 7/25/22 Monday | Sprout's (Albany) | 1 pm-4:30 pm (limited to 5 passengers) |
| 7/27/22 Wednesday | Costco (Richmond) Note: You must use your own Costco membership card | 1 pm-4:30 pm |
| 7/28/22 Thursday | Trader Joe's (Berkeley) | 1 pm-4:30 pm (limited to 3 passengers) |
| 7/29/22 Friday | Safeway (Berkeley) | 1 pm-4:30 pm |

