



*United Seniors of
Oakland and Alameda County*

31ST

Annual Convention

36 years of senior organizing, advocacy, and engagement for today and tomorrow!

Program Booklet

July 29

2022

Alameda County Fair Grounds

4501 Pleasanton Ave • Pleasanton, California



Empowering Seniors • Enriching Youth • Enhancing Community



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United Seniors of Oakland and Alameda County

31st Annual Convention

36 Years of Senior Organizing, Advocacy, and Engagement for Today and Tomorrow

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Agenda

- 8:30am Registration, Continental Breakfast, Visit Exhibitors, Music
- 9:15 Welcome by Nate Miley, President
- Call to Order
- Pledge of Allegiance by Cecilia Cunningham
- Credentials: Mission, Motto, & Vision by Nate Harrison, 2nd Vice President
- Membership Roll Call & Report by Mary Bradd, USOAC Administrative Staff
- Adoption of Officers of Day
- Chairperson - Nate Miley
 - Parliamentarian - Nate Harrison
 - Timekeeper - Deepa Chordiya
 - Recorder - Tanya Washington
- Adoption of Agenda of the Day
- Adoption of Rules of the Day
- Treasurer's Report by Sandra Johnson, Treasurer
- Nomination Report by Sister Ansar Muhammad, USOAC Program/ Organizer
- Question & Answers
- Motion(s)
- President's Message

Agenda

- 10:00 Program Report by Andrea Mok, USOAC At Large Board Leader
Question & Answers
Motion
- 10:30 Presentation of Report Card on City of Oakland Elected Officials
Question & Answers
Motion
- 11:00 Training Sessions
Mini Travel Training by Chonita Chew, USOAC Travel Trainer/
Organizer
Medication Management by Sister Ansar Muhammad
- 11:45 Keynote Remarks from David Haulbert, Alameda County Supervisor
District 1
Question & Answers
- 12:15pm Administration of Oath of Office
- 12:30 Celebration of Walk Clubs
Physical Activity by Spectrum
Lunch
DJ Music by Frank Bodden
Visiting Exhibitors
- 1:15 Recognition & Door Prizes
- 1:45 Wrap Up & Closing Remarks - Nate Miley
Music
- 2:00 Adjournment

Rules of the Day

1. The rules of parliamentary practice comprised in Robert's Rules of Order (Revised) govern the Convention in all cases in which they are not consistent with the Rules of the Day. These Rules of the Day may be suspended by a vote or decision of two-thirds of the delegates present and voting.
2. Only delegates or alternates replacing delegates will be allowed to speak and vote on any question before the Convention.
3. Whenever any delegate is about to speak in debate or deliver any matter to the Convention, that person shall rise, move to the nearest floor microphone and wait for recognition by the Chairperson. After being recognized, he/she shall respectfully address him/herself to "Mr. Chairman/Ms. Chairwoman," state his/her name, and confirm him/herself to the question under debate. No delegate shall name another delegate in debate.
4. No delegate shall speak longer than two minute at one time, nor shall he/she be allowed to speak a second time as long as someone who has not spoken on the subject desires the floor. Debate on a subject shall be limited to three persons speaking in favor and three speaking against. Debate on any question shall not exceed ten (10) minutes, but may be extended at the discretion of the Chairperson.
5. When two or more delegates rise at once, the Chairperson shall name the delegate who is to speak first. No delegate shall be allowed to use the floor for the purpose of public lecture.
6. When a motion is made, it shall be stated by the Chairperson or, if it be in writing, it may be read aloud by the Secretary before the debate thereon.
7. The Agenda adopted by the delegates to this Convention as approved can be amended only through a two-thirds vote of all delegates present and voting.
8. Every motion shall be reduced to writing, if the Chairperson desires it.
9. The Convention shall consider the resolutions in the order presented in the program. Resolutions submitted the day of the Convention will be considered at the end of the Resolutions Report, if time permits. Otherwise, all Resolutions not considered by the Convention will be presented at a subsequent meeting of the organization scheduled by the Board of Directors within three months after the Convention. ***Suspended for this 31st Annual Convention due to no Resolutions Report.***

10. All Candidates running for United Seniors of Oakland and Alameda County Board of Directors will be allowed to speak to his/her nomination. Each speech will not exceed one minute.
11. Elections shall be by secret ballot. All delegates must be seated and raise their hand to receive their ballot. In the event of a tie, a run-off election shall be conducted among those candidates involved in the tie. Other than contested races, the Convention can elect by acclamation.
12. The convention will recognize nominations from the floor only by written petition signed by five (5) delegates.

Pledge of Allegiance

I pledge allegiance to the flag of
the United States of America,
and to the republic for which it
stands, one nation under God,
indivisible, with liberty and
justice for all.

Credentials, Motto, Vision



CREREDENTIALS

Who We Are

USOAC is a grassroots, multi – ethnic, intergenerational non – profit organization focused on issues of concern to Alameda County seniors and their allies. USOAC utilizes organizing techniques to educate, mobilize and enable seniors and their supporters to address issues that affect their quality of life. In 1986 USOAC started organizing to address shrinking resources for older adults at both the local and regional levels. For more than 30 years USOAC has helped empower older adults throughout Alameda County by serving as a catalyst for positive change and contributing to betterment of senior citizens and the broader community. USOAC collaborates with the disabled community, youth, senior service providers and more. USOAC has a membership of more than 13,000 individuals, including those from chapters and affiliates throughout Alameda County. Community organizing and advocacy is our primary approach for senior empowerment.

Mission Statement

To provide institutional support for seniors; To collectively participate in the public arena; To act from a position of strength; To enable the elderly to address their critical issues; To change the conditions that impact their lives.

Motto

*Empowering Seniors
Enriching Youth
Enhancing Community*

Vision

To help enhance the quality of life for all Alameda County seniors economically, socially, physically, and mentally now and for the rest of their lives

Membership Report

(as of July 15, 2022)

Individual Members

Total Individual Members: 140

Total Lifetime Members: 28

Chapter Members

Allen Temple Arms I & II	126 Members
Bible Fellowship Missionary Baptist Church	15 Members
Broadmoor Plaza	75 Members
East Bay Korean-American Senior Services Center	75 Members
Eastmont Town Center Walk Club	23 Members
East Oakland Senior Center	800 Members
Eden Area Senior Action Group	14 Members
Fruitvale-San Antonio Senior Center	300 Members
Gold Girls Walk Club	12 Members
Golden Age Senior Center	175 Members
Lavender Seniors of the East Bay	500 Members
North Oakland Senior Center	600 Members
Oakland Christian Community Center Inc.	10 Members
Our Family Circle	25 Members
West Oakland Senior Center	563 Members

Total Chapter Members 3,313

Organization Members

Bay Area Community Services (BACS)	107 Members
CarePartners (Getting The Most Out of Life)	10 Members
Casa Ubuntu/Bonita House Inc.	100 Members
Center for Elders Independence (CEI)	700 Members
East Bay Center for the Blind	85 Members
Lend a Hand Foundation	10 Members
Life ElderCare	1,500 Members
Lifelong Medical Care	6,000 Members
Meals on Wheels	168 Member
National Council of Negro Women	135 Members
Oakland Community Action Partnership	22 Members

Organization Members continued...

Oakland Housing Authority	670 Members
Adel Court	TBD Members
Oakgrove North & South	TBD Members
Palo Vista Gardens	99 Members
Harrison Towers	TBD Members
Senior Services Coalition of Alameda County	40 Members
Spectrum Community Services Inc.	55 Members
St. Mary's Center	150 Members

Total Organization Members 9,984

Business Members

Total Business Members 0

USOAC 2022 Total Membership: 13,464

Treasurer's Report

2022 USOAC Budget

Income

In Kind	\$148,650
Ad Book	4,500
Business & Sponsors	35,000
Dues	3,500
Grants	150,000
Individual Donors	18,000
Other Event Income	15,000
Total Income	\$374,650

Expenses

Accounting	\$6,000
Bank Fees	350
Consultant & Stipends	24,000
Dues & Subscriptions	150
Health Insurance	30,000
Liability Insurance	1,400
Meals	12,000
Office Expenses	3,000
Payroll Taxes	10,000
Printing	2,500
Program Expenses	8,000
Public Relations/Promotions	1,600
Special Events	6,000
Telephone/Internet	6,000
Travel	500
Utilities	1,200
Wages	113,000
Worker's Compensation	700
Trainings	500
Repair & Maintenance	3,000
Miscellaneous	500
Taxes & Licenses	250
Travel Training Cost	17,000
Rent	118,000
Covid-19 Loan Repayment	9,000
Total Expenses	\$374,650

Income Statement

**2 Quarters Ended
June 30, 2021**

Sales	
Ad Book	\$ 620.00
Business & Sponsors	47,000.00
Dues	815.33
Grant	50,765.83
Individual Donors	310.00
	99,511.16
Total Sales	99,511.16
	99,511.16
Gross Profit	99,511.16
Operating Expenses	
Program Expenses	135.30
Accounting	3,220.00
Contribution	6,981.41
Health Insurance	18,767.04
Insurance	760.27
Bank Fees	(4.96)
Dues and Subscription	100.00
Special Events	3,871.00
Office Expense	159.35
Repair & Maintenance	2,147.01
Taxes & Licenses	75.78
Payroll Taxes	3,625.05
Telephone	3,147.77
Meal	2,383.64
Miscellaneous	1,976.56
Wages	47,386.31
Stipends	16,100.00
Consultant	900.00
	111,731.53
Total Operating Expenses	111,731.53
Operating Income (Loss)	(12,220.37)
Other Income (Expenses)	
Interest Income	3.26
	3.26
Total Other Income (Expenses)	3.26
Net Income (Loss) Before Taxes	(12,217.11)
Net Income (Loss)	(12,217.11)

Income Statement

4 Quarters Ended
December 31, 2021

Sales	
Ad Book	\$ 620.00
Business & Sponsors	75,250.00
Dues	2,213.00
Fees	1,421.73
Grant	132,823.08
Other Event Income	4,770.00
Individual Donors	740.00
	<hr/>
Total Sales	217,837.81
	<hr/>
Gross Profit	217,837.81
	<hr/>
Operating Expenses	
Program Expenses	185.30
Accounting	6,420.00
Contribution	6,981.41
Health Insurance	28,431.84
Worker's Compensation	976.21
Insurance	1,512.27
Bank Fees	130.04
Dues and Subscription	100.00
Special Events	5,640.80
Printing	1,918.22
Office Expense	1,330.58
Repair & Maintenance	3,384.56
Taxes & Licenses	125.78
Payroll Taxes	7,925.33
Telephone	6,831.16
Meal	5,689.32
Miscellaneous	3,058.46
Wages	103,599.01
Stipends	28,600.00
Consultant	450.00
	<hr/>
Total Operating Expenses	213,290.29
	<hr/>
Operating Income (Loss)	4,547.52
	<hr/>
Other Income (Expenses)	
Interest Income	8.30
	<hr/>
Total Other Income (Expenses)	8.30
	<hr/>
Net Income (Loss) Before Taxes	4,555.82
	<hr/>
Net Income (Loss)	4,555.82
	<hr/>

Nominations for Board of Directors

USOAC 2022-23 Board of Directors/Leadership Organizing Team

I am placing my name in nomination and I understand that I am required to regularly attend meetings of the Board of Directors/Leadership Organizing Team and to participate in actions and in the development of the United Seniors of Oakland and Alameda County/USOAC.

President, Nate Miley
First Vice President, Nathaniel Harrison
Treasurer, Sandra Johnson

At Large
Karen Anderson
Lillian Black
Janny Castillo
Deepa Chordiya
Cecilia Cunningham
Alma Ferguson
Venus Gist
N'Sombi Hasan
Linda Hambrick Jones
Andrea Mok
Lois Snell
Willie Stevens
Antoinette Warren

Oath of Office

(To administer the Oath of Office, please raise your right hand and repeat me)

"I, state your name, do hereby solemnly swear (or affirm) to uphold the Constitution of the United Seniors, perform all my duties as required by the mandates of today's Convention, to hand over to my successor or assessor all books, money or property belonging to the United Seniors and that I will do everything in my power to forward the purpose of the United Seniors of Oakland and Alameda County." (Article VII, Section 9(a) of the United Seniors of Oakland and Alameda County Constitution)

President's Message

The United Seniors is extremely thankful for all the efforts everyone undertook to collaborate and continue our collective work to improve conditions for Alameda County older adults in 2021. What we do means a lot for so many seniors! We could not be successful without our leaders, members, partners, and staff. Together we are making a difference in the quality of life for aging adults countywide. Thank You!

Our Board of Directors/Leadership Organizing Team met 13 times during the year on January 15th, February 5th & 19th, March 5th & 19th, April 16th & 30th, May 21st, June 15th, July 16th, August 6th, October 1st, and December 10th. There was planning, debriefing, updates, training, Covid-19 wellness check-ins, and action taken.

During the year there were more than 20 actions with an attendance ranging from 5 to 1500 as follows:

- January 15th – Covid-19 Report from Dr. Nicholas Moss, County Health Officer;
- March 5th – Meeting with Councilperson Loren Taylor;
- March 12th - Walk Club Meeting with Noel Pond-Danchik from Oakland Department of Transportation
- March 19th – Meeting with Mayor Libby Schaaf;
- April 16th – Meeting with Councilperson Treva Reid;
- April 26th – Joint Alameda County Public Protection & Social Services Committee Meeting on Probate/Conservatorship Reform;
- May 7th - Covid-19 Hearing with Dr. Noha Aboelata, Founder & CEO of Roots Health Center;
- June 4th – 30th Annual USOAC Convention (nearly 75 virtual attendees);
- July 23rd – Annual Walk Club Luncheon Appreciation (185 attendees);
- July 16th – Presentation from California PUC Telecommunication Program for Persons with Disabilities
- July 22nd – Meeting with Councilperson Carroll Fife;
- July 23rd – Opposition to AB 1238 Freedom to Walk Act
- August 13th – Walk Club Meeting with Lt. Jeff Thomason from OPD
- August 26th – Gold Star Shared Housing & Senior Action Team Meeting with Oakland Community Development
- September 27th – Alameda County Social Services Committee Meeting on Adult Protective Services
- September 30th – 18th Annual Healthy Living Festival (over 1500 attendees) ;
- November 6th – 35th Year Anniversary Celebration;
- December 10th – Covid-19 Meeting with Dr. Moss and Dr. Aboelata.

There were other actions, for example a January 15th letter to the Oakland City Council, March 6th letter in support of Mayor Schaaf's \$192 million budget request, August 5th Genesis meeting pushing for a more integrated Transit system in support of Seamless Bay Area, and September 8th support for AB 917.

In addition to actions, we were involved in a number of trainings and outreach as follows:

- January 31st to December 26th – Lavender Seniors 10 Week Session on LGBTQ Issues of Aging
- March 26th - Aging & Disability Resource Connection Roundtable
- June 11th – Gay & Gray LGBTQ Issues Forum
- June 11th – St. Mary's Center Block Party
- August 11th – Senior Disability Action Celebration
- October 26th to 27th – CARA 18th Annual Regional Convention
- November 12th – Senior Services Coalition Making a Difference Conference on the California Master Plan on Aging
- December 3rd – Older Adult Digital Inclusion Initiative

This year I am proud that USOAC along with others stressed the importance of senior digital technology. Through St. Mary's Center "We Connect" along with Senior Fusion, a online technology needs assessment of our entire Leadership Team was made; capacity building training was offered to 8 of our leaders. We also want to acknowledge CEI for its classes on Bridging the Digital Gap for Seniors during the fall of 2021. Furthermore, Age Friendly Council of Alameda County survey of older adults on Understanding Internet Connection Needs in Our Communities!

I am thankful for our 2 summer student interns, Deleann Block and Ruilin Wu, who outreached to our membership for Covid-19 wellness check-ins and for informational USOAC program updates. Hands on Bay Area also assisted with membership contacts. Finally, USOAC had program information in the Born to Age magazine, which is extensively circulated throughout Alameda County to thousands of seniors, their allies, friends, providers, and family.

It was exceptionally gratifying that USOAC was able to single out 3 chapter organizations during this time for their efforts to address Covid-19 needs of seniors. The Korean Seniors, Golden Age, and St. Mary's Center all received a special financial contribution to support their Covid-19 service delivery!

Finally, there are 16 USOAC Program Reports for our 31st Annual Convention. Please review them for details; however, I am going to make a few highlights.

Travel Training for the aging population throughout Alameda County is one of our most significant programs. This program allows seniors to be empowered, independent, mobile, and confident! We participate with Voices for Public Transportation, including Genesis, Seamless, Transform, and California Council of the Blind, to enhance our advocacy for accessible, affordable, reliable, safe, and convenient transit for seniors. Additionally, our Travel Trainer/Organizer, Chonita Chew, further her professional development by virtual attendance through a number of opportunities such as follows: June 4th the Alameda County Transportation Commission countywide workshop on Travel Training & Mobility Management Workshop; July 13th the National Transportation Roundtable convened by the Kennedy Centers Mobility Services Department.

The Walk Club Committee (WWC) met regularly during 2021 with the highlight being the Annual Celebration on July 23rd with 185 attendees. WWC maintained consistence of accountability for Walkable Neighborhoods for Seniors, addressing issues that affect the ability of older adults to be physically active in a safe environment. Thank You WWC leaders and participants!

We were especially delighted with the continued focus on Probate/Conservatorship Reform through the leadership of Venus Gist, Karen Anderson, and Antoinette Warren. Throughout the year there were various actions, including research, forums, and townhall meeting(s) that targeted elder abuse, fraud, conservators, Alameda County stakeholders (APS, Public Defender, District Attorney, and County Counsel) and the local Judiciary, Legal Assistance for Seniors, State officials, and the Grand Jury). In particular we want more training for attorneys, sample audit of cases, robust advocacy, and more funding for the Judiciary to better manage the caseload. Finally, we were pleased to view the “Price of Care/Atrocity” that was aired on ABC and also monitor attorney fee review efforts.

The Senior Nutrition Advocacy Committee (SNAC) faithfully met 10 times during 2021 to monitor and address concerns of food insecurity among older adults countywide. We were grateful to have engaged Alameda County Food Bank in a research action on May 21st to join the SNAC. Earlier that year on March 17th another research action was conducted with Peter Avery, President of Meals on Wheels of Alameda County. I am so proud of Tanya Washington for consistently staffing the SNAC and the steadfast commitment of all the senior food providers for their role and passion to eliminate food insecurity among seniors in this County!

In 2021 our Senior Action Team (SAT) continued its focus on affordable senior housing through our efforts with Gold Star Shared Housing (GSSH) under the tireless leadership of Lois Snell. Noteworthy were the meetings with Covia, now Home Match, on March 26th and August 2nd as well as August 26th meeting with the City of Oakland Community Development Department. Due to the pandemic, GSSH was unable to secure any home matches. However, there was an average of 6 to 8 new host sites per month. The need for shared housing is very apparent with an average of 24 to 27 housing request received each month.

This program took place between September 2021 through March 2022. I want to do an advance shout out for our Emergency Rental Assistance Program for the work performed to help seniors and others stay housed during the ongoing public health emergency from the coronavirus pandemic! A brief summary of outcomes is in this year's program report presentation. We are looking forward to share the detailed results of this work at the 32nd Annual Convention.

Our 18th Healthy Living Festival (HLF) due to the Covid-19 public health emergency was limited to primarily to a drive-thru event. However, it was a successful day with over 1500 food and swag bags distributed, 80 flu shots, 35 blood pressure screenings, 16 eye exams, 80 vaccinations for Covid-19, outreaching to more than 8000 by social media and US mail.

Medication Management is one of our longest standing programs. Sister Ansar Muhammad has masterfully coordinated the progress of medication safety training for senior as our principal staff during 2021. The pandemic forced us to pivot our training methods. However, I am extremely pleased that 274 one to ones were conducted by phone and there was outreach to 1850 persons.

The organization through the tenacious advocacy of Chonita Chew was extremely diligent in pushing Pedestrian Safety for Seniors. We want to ensure that aging adults can safely walk and move! There was a lot done but the one thing I want to highlight was the fact that Governor Gavin Newsome vetoed AB 1238. Many of us, not universally share by all of our leaders, felt this legislation to decriminalize Jaywalking was misguided and would have significant unintended consequences for the safety of seniors as pedestrians. There have been countless number of older adults presently and over the years killed and/or injured in pedestrian incidences, not accident since these are avoidable in Oakland and throughout the Bay Area. I want to thank Governor Newsome for his veto and Chonita Chew for her work!

The last program I would like reference in my Message is our Covid-19 Relief & Recovery for Seniors. As indicated earlier there were many Covid-19 Relief & Recovery actions involving Drs. Moss and Aboelata to keep older adults and their allies informed and educated about impacts and affects of Covid-19. They provided helpful guidance for our organization; this was both beneficial to our leadership, staff, and all the attendees throughout our network. It also supported our monthly Covid-19 wellness check-ins and also the comprehensive outreach to our entire membership! Some of the statistics were as follows: 13,319 membership contacts; 823 Travel Training outreach contacts, 228 Medication Management one to ones & 250 outreach contacts, 50 Anniversary Luncheon attendee contacts, and 11,200 HLF Covid-19 mailers.

Finally, in conclusion I wish to acknowledge our collaborations with Senior Services Coalition (SSC), Senior Injury Prevention Partnership (SIPP), and of course the California Congress of Retired Americans (CARA). I also want to reference the importance of our participation on the Age Friendly Council. As a small grassroots nonprofit senior focused organization in Alameda County, headquartered in Oakland, we recognize that there is strength in numbers; however, our power, knowledge, and effectiveness for aging adults is significantly enhanced by our membership in SSC, CARA, and associated with SIPP!

Thank You to all for what we have done for Alameda County seniors in 2021, remembering that if it is good for seniors, then it is good for everyone!

Age Friendly Alameda County

2021-2022 Accomplishments in Older Adult Programs and Services

The Alameda County Board of Supervisors' mandate to plan comprehensively for an expansion of the older adult population in Alameda County resulted in the creation of the Alameda County Council for Age Friendly Communities (Age-Friendly Council), which has met monthly since August 2017. During 2021, Alameda County Social Services Agency (SSA) and Health Care Services Agency (HCSA) continued to work together and with other public and private partners to seek opportunities for collaboration and to expand critical programs and services for older adults. Within the last year, actions and accomplishments include:

- Drafting of the Alameda County Age-Friendly Action Plan to implement Alameda County's age-friendly efforts and submitted it to the American Association of Retired Persons (AARP)
- Began development of an equity framework and lens for the Age-Friendly Council
- Completion of a countywide Older Adult Digital Needs Assessment Survey and recommendation report and analysis
- Launch of the Embracing Aging Training initiative across county departments who assist and support older adults
- Added new resources for older adults to the Alameda County Age-Friendly website (<https://agefriendly.acgov.org>)

The Age Friendly Council aligned its Workplan and Projects with the five bold goals of the Mater Plan on Aging (MPA), The BOS Vision 10X Goals, and 2024 County Wide Area Plan with the intent to address the current needs of the older adult community who were highly impacted by the COVID-19 Pandemic and to make Alameda County an Age Friendly County for all. Through the implementation of the Councils workplan the sub-committees and workgroups actions and accomplishments included:

- **Legislation and Advocacy Committee:** In 2021, Alameda County supported State legislation pertaining to older adults, including 4 chaptered bills and 2 budget bills. The Legislative Committee worked in partnership to prioritize 10 bills, of which 4 became 2-year bills. In particular, the Council supported: AB 636 (Maienschein) Financial abuse of elder or dependent adults, AB 665 (Garcia) Residential care facilities for the elderly - internet access, AB 1243 (Rubio) Protective orders for elder and dependent adults, and AB 14 (Aguair-Curry) Communications: broadband services - California Advanced Services

championed by Assemblymember Mia Bonta with support from Assemblymember Rebecca Bauer-Kahan. Also, a \$1.6 million request to fund the Health Career Pathways (CAN Funding) approved in the 2021 state budget.

- **Digital Inclusion Workgroup:** The Council’s Digital Inclusion Workgroup developed and disseminated a countywide Older Adult Digital Needs Assessment Survey regarding access to the internet, digital devices, training, and support. The report on survey findings and recommendations are posted on the Age-Friendly Councils website [Older Adult Digital Needs Assessment Survey](#). Additionally, Alameda County leads the Bay Area Digital Inclusion Coalition, a regional collaboration to advance local digital inclusion initiatives.
- **Embracing Aging Workforce Training:** The Age-Friendly Council partnered with UCSF through the HRSA’s Geriatric Workforce Enhancement Program (GWEP) grant to equip workers with information and tools essential to meet the needs of older adults across varied service delivery settings. The 6 series training launched with Alameda County Behavioral Health Older Adult Service Team in October 2021, with representation of 50 participants who represented both Behavioral Health employees and community-based organization direct service providers. Additionally, in February 2022 the IHSS Public Authority unit began a 6-month series of trainings with well over 60 attendees of IHSS Caregivers. Each training series will focus on the 4Ms Framework for an Age-Friendly Health System: Mentation, Mobility, Medication and What Matters, and the Committee's overarching goal is to bring Age Friendly knowledge to individuals throughout the County.
- **Workgroup on Housing and Homelessness:** In 2021, the housing workgroup partnered with subject matter experts at Alameda County Care Connect (AC3) to present to their steering committee on older adult needs related to housing and homelessness. Alameda County Point Collaborative joined our housing workgroup and planning has begun around an IHSS pilot like model at the Alameda Wellness Campus. The workgroup continues to prioritize the four actionable [housing recommendations](#) vetted by the County Administrator’s Homelessness Council.

- **Age-Friendly Communities Committee:** Initiated drafting of the County's Age-Friendly Action Plan. In September of 2021, the Age-Friendly Council submitted its first draft to AARP for review and feedback. The Age-Friendly Communities Committee held listening sessions with grassroots organizations in the Unincorporated Areas of Alameda County. In December 2021, The Age-Friendly Communities Committee joined a panel during the Senior Services Coalition Forum on the MPA. There the Committee received feedback from over 150 older adult consumers throughout Alameda County. The Committee is finalizing the Action Plans Goals and Recommendations and plans to launch the Action Plan across networks in the Summer of 2022.

The Age-Friendly Council has continued to work together and with other public and private partners to seek opportunities for collaboration and to expand critical programs and services for older adults. Looking Ahead: Plans for 2022-2023 include the following:

- Advance Housing Recommendations
- Elevate older adults' voice in decision-making process
- Continue Embracing Aging Trainings countywide
- Advance efforts to address Alzheimer's and Dementia and Related Diseases (ADRD)
- Submit Final Age-Friendly County Action Plan
- Advance efforts to address disaster preparedness
- Guide local implementation of Master Plan for Aging
- Develop an equity definition and lens for the Council
- Informing the efforts from emerging to state designation of the Adult and Disability Resource Connection (ADRC)

To learn more about countywide and city-specific services, information on initiatives, policies, and volunteer opportunities to support older adults, please visit the Alameda County Age-Friendly website at agefriendly.acgov.org.

California Alliance for Retired Americans

Last year CARA celebrated their 18th Annual Statewide Convention on October 26 – 27, 2021 virtually. The following are some of the 2021 Accomplishments:

1. Recruited 300+ volunteers to write a total of 20,000 postcards urging seniors to vote against the Recall of Governor Newsome.
2. Held twice monthly Fabulous Fridays Forums on key CARA issues and campaigns with thousands participating.
3. Successfully advocate for SSI recipients to receive stimulus checks.
4. Sponsored a statewide virtual town hall meeting on July 30th to celebrate the anniversaries of Medicare, Medicaid, Social Security, and USPS.
5. CARA's Legislative Committee wrote letters on over 100 bills and identified six bills/issues as priorities.
6. Sponsored their second virtual in-district Lobby Day with 100 of the 120 legislators on May 21st.
7. Continued to produce the CARA E-Alerts at least twice a month to more than 10,000 CARA members and activists.
8. CARA has become the ONLY grassroots, senior advocacy organization in California building a strong senior organization that works to improve the quality of life for seniors and their families, and promotes to help us age with dignity, independence and love.

Eden Area Senior Action Group

The Eden Area Senior Action group or ESAG was formed for the Ashland, Cherryland unincorporated community seniors to meet monthly to discuss what actions can be taken in the community to keep them safe and bring quality of life to the area. The seniors that make up this group are advocates for their community and belong to several action groups.

During the year 2021 the second year of the Covid-19 pandemic, the group focused on coming together to support each other by sharing resources and information that would contribute to their emotional health and well being as well as food security. Though not in person group members met faithfully via Zoom.

Gold Star Shared Housing

Gold Star Shared Housing has remained committed to helping low-income seniors and veterans find affordable housing despite the widespread economic decline caused by Covid-19 during 2021.

While the year 2021 did indeed bring unprecedented challenges, it only strengthened our resolve and prepared us for the difficult housing road ahead for seniors. Those seniors on a fixed income struggled to secure affordable quality housing during the pandemic and still do today. This stark reality alone made safe **affordable shared housing** a more attractive option, while the demand and waiting lists for new senior affordable housing continues to grow. There are 175,320 seniors living in Alameda County to date. 65% of the seniors in Oakland and 33% of the seniors in Hayward earn less than \$30,000 annually and pay more than 30% of that income for housing which makes them “house poor” and leaves little money for anything else. Shared housing is a very viable option.

Gold Star Shared Housing Mission

To improve the quality of life and economic status for low-income seniors and veterans by creating a pathway to affordable housing in a shared living arrangement and include resources and counseling to help ensure an improved economic condition.

Our Services

Gold Star’s program is designed to help ease the financial burden of low-income homeowners, veterans and tenants by devising a solution to affordable housing in a shared living arrangement that can help both parties. Our program provides resources and management that can lead to assistance that could help create an affordable living space such as a garage conversion, room improvement assistance, and ADU (Accessory Dwelling Unit) assistance each of which can create an affordable living space. Benefits include financial relief, reduced isolation, increased safety, improved mental health and companionship.

Accomplished in 2021

While Covid-19 presented astronomical challenges in 2021, Gold Star remained focused and assisted however and whenever we could during the pandemic.

New tenant housing requests remained constant with an average of 24-27 per month, while new host properties averaged 6-8 monthly. Unfortunately, new home matches remained at 0 due to Covid-19.

Outreach

Gold Star outreached to senior centers, social Services, senior service organizations and church organizations.

Pam Hall of The Oakland Housing & Community Development Dept, joined the Gold Star Team and regularly attends our meetings. She has been an asset to our team and provides valuable insight regarding upcoming city programs and services.

During 2021 we researched and/or attended training: Central Holding (Dedicated site for real estate rentals, listings and referrals) Match Software (training to capture leads) and explored numerous online fundraising sites and trainings.

Healthy Living Festival

United Seniors of Oakland and Alameda County has hosted the Healthy Living Festival (HLF) yearly since 2003. In 2022 the 19th Annual HLF will be held on September 29th at the Oakland Zoo as an in person event, after 2 years as a virtual event in 2020 and a drive thru in 2021.

In 2021 the HLF Steering Committee began meeting and planning what type of event would take place. A change had to be made from an in-person event to a virtual and Drive-Thru event due to Covid-19 pandemic restrictions. As a result those attending the Event had to drive-thru the exhibitor section in order to get their swag bag of information that would normally be handed to them by the exhibitors themselves, while questions could be answered. In addition to the swag bag, the drive-thru attendees would receive a nutritious bagged lunch. Attendees also had the option to stay and visit the Zoo.

A great asset to the 2021 HLF event was the Covid-19 vaccination & testing that was offered to those attending the Event. There was also the usual music entertainment, which all attendees loved.

United Seniors was able to offer an AC Transit bus for those who needed to get to the Event by public transit. Another asset was the live streaming; it was shown on YouTube for those who could not participate in the drive-thru.

Some statistics were as follows:

- 20 sponsors
- 50 exhibitors
- 1500 meals served
- 1,113+ swag & registrations
- 16 eye exams
- 80 flu shots
- 80 Covid-19 vaccinations
- 35 blood pressure screenings
- 553 recipients, receiving a press release from the Zoo
- 2,734 reached on Facebook post by the Zoo
- 5,000+ informational packets distributed by US mail

All in all there was great changes made, but the outcome and the responses from those attending made it worthwhile! The seniors who participated “loved it”, allowing them to get out and enjoy the day; after all that is the bottom line!

The HLF is about Healthy and Active Aging through “Empowering Seniors, Enriching Youth, and Enhancing Community.” What is good for seniors is good for everyone!

Medication Management Safety Project

During the year of 2021 we continue to conduct Medication Management Safety trainings as *one on one* over the phone to insure appropriate protocol and practices during the Covid-19 pandemic. We trained a total of 274 older adults for the year 2021 and outreached to total 1850.

Short Vignette by one of our participants -He is 69 years old. He had health issues for over 30 years. During the last couple of years, he has been taking his medication the wrong way. His pain medication is to be taken every 8 hours and he started taking it every 6 hours or when his pain increases. He was not aware of the damage that he was doing to his body until it was too late. He found out 3 months ago that he had kidney failure due to the way he had been taking his medication. With all the medication that he was taking and not drinking enough water and/or eating enough food as prescribed, he now realizes the damage that has been done over the years. He shared that it was a blessing that he did not die when he got sick with kidney failure. He said that he was in a state of confusion and his homecare worker called 911 to get help for him. He was so glad what she did and he shared that she is his hero. She saved his life, because he was admitted into the hospital and had to have an emergency surgery to place a drainage tube in his left kidney. Now he knows how important it is to make sure he takes his medication the right way. He will also share with others the virtue of Medication Management Safety training, so that they can learn the right way to manage their medication before it is too late!

Pedestrian Safety for Older Adults

The United Seniors of Oakland and Alameda County Support Safe and Sustainable
Communities for Seniors
Who Walk & Move



Keep Seniors Walking & Moving



The Power of Grassroots Advocacy to Affect Real Change

Launched in 2016, the WN4S Project Zero, also known as Walkable Neighborhoods for Seniors Project Zero was a grassroots project that stemmed from the USOAC Walk Club.

Back in January of 2020, *pre-Pandemic*, the United Seniors Pedestrian Safety team worked diligently to make sure the seniors of communities like Allen Temple Arms and Palo Vista Gardens had a safe and walkable neighborhood. Team USOAC advocated and was successful in getting the community in and around International Boulevard both flashing lights and 30 second crosswalks.

Check List for 2021:

- Decriminalizing Jaywalking - *resolved in 2022*
- Reconstructing the cause of an accident - *completed*
- Adopting pedestrian models from different cities in America - *completed*
- Continuing to focus on equitable pedestrian safety solutions - *ongoing*
- Storytelling for Transit Advocates - *ongoing*
- Prioritizing travel, on two feet, or for seniors on the move – *ongoing*
- Work in striving for inclusive accessible, connected and walkable communities - *ongoing*
- On the look-out for other *walkable community organizations* in support of change and best practices - *ongoing*

2021 Pedestrian Safety Chronology

2021 Pedestrian Safety Chronology

January 2021

- No meetings or continued education

February 2021 – **Black History Month Listen and Learn**

- Continued Education which featured lessons of Black History through some of the Black Voices in our sphere
 - Focusing on the Ahmaud Arbery killing; *it's not just automobiles that make our streets unsafe*

March 2021 – **Storytelling for Active Transportation Advocates**

- Advocates gets together and try to create ways that put safety and equity first
- Learning to reach more seniors in order to convince them of the benefits of inclusive and accessible walkable communities

April 2021 – **Best Practices for Hosting a Virtual Walking Event**

- America Walking College; recruitment of experienced walkable community advocates to join the California State Walking College mentor Team
- Learning to convene events to connect senior communities, walking *and* moving
- Why Fixing a Federal Manual is Critical to Safety, Equity and Climate – *rewriting a federal manual that governs local streets*

May 2021 – **Advocating for better design in the public right-of-way**

- Is our community serious enough about reducing the inequitable burden of death and injury?? *Getting together collision analysis to help save lives, not relying on the police report*

June 2021 – **Open Streets – What Happened, What Did We Learn and What's Next for People-First Communities?**

- During the Pandemic North American cities and towns provided greater space for active mobility and social distancing, will this continue when the pandemic is over?
- **Declined** to write a letter to Senator Lena Gonzales of Sacramento, CA expressing any support from USOAC in decriminalizing jaywalking – *'not criminalizing basic human conduct'*

July 2021 – **Best Practices for Equitable Work**

- Worked with active transportation professional, nonprofit leaders and equitable engagement experts around what it means to practice and build an authentic diverse walking community
- If we wish to fix local infrastructure, we must uplift the voices of the people who have perhaps *always* been working at the ground level for safer streets

- **Corridor Improvement Project** – Along with members of the Eden Area Senior Action Group, I attended a community meeting to follow up on the requests for neighborhood safety for the residents in the unincorporated area of San Leandro
 - Bridge Widening with connected bike lanes
 - ADA compliant sidewalks from Blossom Way to Lewelling
 - Bulb-outs – extending the sidewalks or curb line out in the parking lane and reduce the effective street width
 - Pedestrian ramps
 - High visibility crosswalks and street trees
 - Green Infrastructure
 - Storm Drain Modifications
- **Round Table Discussion: What Will It Take to Get Truly Serious About Responding to Climate Change? Can Policy Makers Give Walkability The Priority It Deserves??**
 - Walking is a legitimate form of active transportation – creating a walkable community is critical for our climate solutions
 - Completed the survey for our community and gave feedback on the Roundtable discussion and completed project for the first half of the year
 - Learned from and shared with the national local support and other walkable organizations that have walkable accessible communities and what they're doing

August 2021 – **Our Walking Advocacy Survey Is Here! We'd Love To Hear From You**

- Another collective survey on advocacy, organization capacity and adaptive responses to Covid. Providing America Walks with feedback on additional ways to support local organizations that have walkable and accessible communities as one of our key goals
- Attended an America Walks Zoom meeting to find out how to fund a walking project

September 2021 – **How to Take on Harmful Jaywalking Laws (*I did not participate - the tools to advocate and organize around removing jaywalking laws and enforcement in our communities*)**

October 2021 – **How to Take on Harmful Jaywalking Laws (*I did not participate - intimate and timely strategies from other transportation advocates who've work to repeal jaywalking laws*)**

November 2021 – **How to Take on Harmful Jaywalking Laws** (*I did not participate- the nuances on how to gather information to fight a case when you are popped for jaywalking*)

Not Everyone Drives. It's Time to Start Designing Cities for Everyone

- I learned about transportation advocacy that was focused on non-drivers

December 2021 – **The Year in Walkability – And What's Next**

- The final webinar of the year presented by United States Department of Transportation (USDOT) and the Center for Disease Control and Prevention (CDC), joined by local activism to discuss what happened and what's next

- Before logging off for the year, the Walkability Advocates needed to know that we're on the right track for 2022

- Unincorporated Alameda County Bicycle and Pedestrian Advisory Committee

San Lorenzo Creekway – Building Equitable Active Transportation in Alameda County was *cancelled on December 23rd* because we didn't have a quorum

It was a lot to learn, and 2021 has been an extraordinary eventful year for the issues that we care about.

Even through the pandemic the team continued to advocate and fulfill the 2021

Outlook:

- Decriminalizing Jay Walking
 - Gavin Newsome vetoed AB 1238 (**VICTORY!**)
- Reconstructing the cause of accidents
- Adopting pedestrian models from different cities in America
 - Vehicles in the US are getting bigger and more angrier looking and more dangerous to pedestrians
 - Reducing death and injury in Alameda County
- Continuing to focus on equitable pedestrian safety issues in Alameda County
 - Working in deep East Oakland to maintain equitable sidewalks
 - Continue participating in BPAC meeting w/Alameda County Public Works to improve Unincorporated Alameda County
- Writing grants and raising funds
 - the USOAC Pedestrian Safety Program has not had any funding since 2018
- Host more community meetings
 - Strengthen and connect communities together

2022 Outlook
'Keep Seniors Walking and Moving'
By Chonita Chew



Learning to cross to mid-platform bus stops
USOAC Lifetime Member – Pamela Austin
Pedestrian Safety - Walking Pier 39 in SF

Probate/Conservatorship Reform & Elder Abuse



SAVE THE DATE

Candidates running for Alameda County District Attorney FORUM



Wednesday, March 30th 2022
• 6:00 PM – 7:30 PM (PST)

Go to Zoom.US. Click on Join Meeting
Meeting ID#: **820 4533 0323**
• Passcode **494813**

Join Warren Publishing Group Senior Advocacy Alliance and United Seniors of Oakland and Alameda County (USOAC) for a forum with the Candidates running for Alameda County District Attorney. Hear their platforms on eradicating elder abuse within the Probate Conservatorship Department in Alameda County. They will share information on how they will educate their staff and the community on elder abuse awareness and prevention. There will be a question and answer period.

Co-Presenter:



Attorney Pamela Price

California Civil Rights Attorney

[Meet Atty. Pamela Price](#)



Attorney Terry Wiley

Chief Assistant District Attorney at Alameda County District Attorney's Office

[Meet Atty. Terry Wiley](#)



Attorney Jimmie Wilson

Deputy District Attorney at Alameda County District Attorney's Office

[Meet Atty. Jimmie Wilson](#)



Attorney Seth Steward

JD, MPA, Chief of Staff for Oakland City Councilmember Dan Kalb

[Meet Atty. Seth Steward](#)

Senior COVID-19 Relief & Recovery

From 2020 through to 2021 USOAC's response to the Covid-19 Pandemic through a grant provided by the East Bay Foundation on Aging for Alameda County older adults.

How has the need for the services shifted through the pandemic?

Many of our seniors were reluctant to participate in any gatherings that were in person due to Covid-19 pandemic, even after receiving the vaccine and booster shots. Furthermore, many of our seniors were impacted due to the digital divide that hampered their ability to remotely participate. Additionally, there was a need for Covid-19 education and awareness to counter misinformation and provide as best as possible clarity on the variants, eg delta, omicron, etc to insure both safety and health among our aging population. In order to maintain our older adult engagement, organizing, and advocacy, the United Seniors shifted our approach as follows:

1. Making sure the seniors in the community were informed throughout the pandemic by providing updated information regarding Covid-19 and the latest safety protocols through virtual USOAC meetings with the Alameda County Health Officer, Dr. Nicholas Moss, and the Founder/CEO of Roots Community Health Center, Dr. Noha Aboelata. Both of these medical doctors were trusted messengers that gave presentations on the nature and effect of the virus as well as answered questions from seniors, their providers, allies, and families.
2. Organizing 4 actions throughout 2021 on Covid -19 for older adults
 - (a) A virtual Covid-19 Relief and Recovery Platform Listening Session on Friday, May 7th in preparation for the USOAC 30th Annual Convention. This action provided information to seniors on how to keep themselves safe on public transportation by our Travel Trainer. In addition, both Dr. Noha and Dr. Moss spoke and were available for a question and answer session.
 - (b) For the 18th Annual Healthy Living Festival (HLF) action we mailed 5,600 Covid-19 information and safety protocol flyers to individual seniors, their providers, allies, families, and our affiliates. The 18th Annual HLF on September 30th was the first drive-thru health event to cater to the older adult community by providing a safe environment for entertainment and an opportunity to get out after months of isolation by enjoying the Oakland Zoo, receiving a free healthy grab & go lunch, and also getting a swag bag of resources & materials. The Festival also provided attendees with options to be vaccinated and/or boosted with a dose of the Pfizer vaccine as well as a flu shot and blood pressure screening. The surge of the delta variant that

happened during the summer of 2021 was a major concern. The HLF steering committee decided to move forward with a drive thru event instead of an in person, hybrid, or a cancellation.

- (3) At our virtual 30th Annual Convention on Friday, June 4th we held a segment on Covid-19 Relief and Recovery for older adults with Dr. Noha and Dr. Moss. They reported back to our organization with updates on the new delta variant followed by question and answers.
 - (4) Finally, to wrap-up the trio of coronavirus actions USOAC held another virtual Covid-19 Relief and Recovery Listening Session on Friday, December 10th with Dr. Noha and Dr. Moss. Updated information was provided along with answers to questions regarding vaccination, boosters and mandates.
3. Holding 14 virtual Board/Leadership Organizing Team (LOT) meetings throughout 2021 with a Covid-19 check-in at each meeting with the seniors to discuss how to manage lifestyle challenges due to the pandemic, emotional and physical wellness, as well as the sharing of experiences, concerns, and updates with regards to the virus. Additionally, any knowledge of Covid-19 testing, PPE, vaccination, food distribution, and other public sector and/or community-based services would also be shared with our leaders.
 4. Continuing to provide Covid-19 status check-ins at virtual USOAC committee and other program meetings, eg through the Walk Club committee with 10 meetings in 2021. This addressed walking conditions and promoted physical activity for seniors. This type of activity alleviated isolation among seniors by connecting them with their peers to socialize and exercise. The monthly Walk Club meetings provided the seniors with the opportunity to speak to and hear from public officials regarding safety. Furthermore, Walkable Neighborhood for Seniors celebration was held on July 23rd with an option for the Walk Club participants to get a free grab & go lunch as well as a swag bag. This allowed older adults an opportunity to get a meal and relieve some Covid-19 pandemic anxiety.
 5. Holding 10 Eden Area Senior Action Group meetings in 2021 with Covid-19 check-ins. The group was severely changed due to the Covid-19 shelter-in-place orders of March 2020. The group met in the Ashland Community Center to take action on issues affecting the quality of life for seniors in the area. Due to the pandemic, the Eden Area Senior Action Group changed its format to a solely virtual check-in with committee members on health, safety, and wellness issues. Seniors were able to share concerns as well as provide information on senior lunch sites throughout the community.
 6. Holding 10 Gold Star Shared Housing/Senior Action Team meetings. These zoom meetings discussed shared housing for low-income seniors and gave check-ins on Covid-19. The committee members were able to share their stories and concerns on Covid-19.

7. Attending 12 meetings of the Advisory Accessibility Committee through AC Transit. These zoom meetings were crucial in identifying safety concerns with public transportation due to the Covid-19 pandemic. Our Travel Trainer was able to relay the issues and challenges that older adults were facing with public transit as a result of the ongoing changes in dealing with the Covid-19 pandemic.
8. Celebrating our anniversary of 35 years of senior organizing with the theme, "Continuing the Work Through the Pandemic and Beyond." Besides recognition of former staff and leaders for their efforts to build and sustain USOAC, a very detailed program booklet outlined a history of selected accomplishments. A free barbeque luncheon with a grab & go option was also provided for the seniors along with a swag bag of Covid-19 information, masks and hand sanitizer. In order to ensure Covid-19 safety protocols, the Anniversary Luncheon was held outside on November 5th with social distance practices.
9. Using the "We Connect" project, USOAC teamed with our St. Mary's Center chapter to address the digital divide among select members of our Board/LOT. Leaders were screened and assessed to determine who could most benefit from our Online Capacity Building for Seniors technology project. The need for "We Connect" became very apparent as a result of the Covid-19 pandemic with no to limited in person activities and nearly everything moving to a virtual reality. The aging population has certainly been disadvantaged and disempowered by the necessity to use and be connected by remote technology through the pandemic phases. "We Connect" provided smart devices as well as trainings on basic technology.
10. Holding an action at our 30th Annual Convention on Online Capacity Building for Older Adults to address the need for available and affordable internet access, the ability to navigate basic internet functions, and smart devices (e.g. smart phones, laptops, ipads, or desktops). The panel consisted of Kimi Watkins-Tartt, Director of Alameda County Public Health Department, Faith Battles, Director of Alameda County Adult & Aging Department, and Janny Castillo, USOAC Board/leader from our St. Mary's Center chapter.
11. Relying more extensively on outreach to engage and connect with the older adults in the community through mail, email and by phone instead of our normal in person senior involvement. USOAC has utilized these remote engagement approaches as well as a hybrid and drive thru grab & go to disseminate resources & information, to take action on senior concerns, and to conduct wellness check-ins during the changing phases of the Covid-19 pandemic.

12. Training for Medication Management for our seniors has gone from in-person group trainings to completely virtual one to one trainings by phone and/or zoom.
13. Conducting Travel Training for older adults became a challenge with seniors reluctant to use public transit. Our Travel Trainer/Organizer has used remote approaches (mail, email, phone, and some zoom) for outreach. Travel Training has mainly been restricted to individual sessions and a rare mini and/or group session due to the fluctuating changes of the Covid-19 pandemic. It has been a major frustration; however, there has been constant advocacy for seniors to voice and address their concerns with the Covid-19 impact on public transit.
14. Attending virtual meetings through zoom became a standard practice for USOAC staff in 2021 as contrasted to in person activities, such as resource fairs, trainings, actions, etc prior to the Covid-19 pandemic. USOAC took the opportunity to cautiously organize a very limited number of drive-thru grab & go activities (e.g. 18th Annual HLF, Walk Club celebration, 35th Year Anniversary Luncheon) during the changing phases of the Covid-19 pandemic. These drive thru activities provided a chance for outside in person senior involvement in a safe manner, which we were informed by seniors as being a positive and uplifting of morale for many of them.
15. Outreaching to our membership of more than 13,000 by our summer student interns from Eden ROP/Castro Valley High School, to help connect with seniors. This supported older adults in coping with the Covid-19 changing situation and provided information and assistance. The interns specifically phone called our membership for updates and with HLF information. If there were emails, then the interns would contact seniors through that method. US mail was also used as the final way to get in touch with our members. In addition, the interns would notify senior residential facility management as appropriate. This outreach was totally done remotely due to the Covid-19 pandemic.

In conclusion the phases of the pandemic were and continue to be a challenge for USOAC in our efforts to work with older adults. Prior to vaccines seniors were heavily affected with the coronavirus and also experience isolation from the shelter-in-place order. USOAC had to determine how to pivot senior engagement and empowerment. When the vaccines became available, USOAC had to ensure that aging adults were vaccinated and also received wellness checks, accurate information, and access to resources in a virtual reality. Finally, with the declined of Covid-19 followed by a resurgence with the delta and omicron variants, USOAC had been contemplating a return to in person activities but had to rethink our plans and continue with remote, hybrid, and outdoor drive thru grab & go meetings, actions, and/or events.

The greatest efforts of USOAC during all of the Covid-19 phases over the last two years were to advocate for seniors, to stay connect with seniors, to provide Covid-19 information, to distribute resources, and to encourage hope not despair through the difficulties and uncertainties. In 2021 the USOAC anniversary was a recognition of the importance of our mission and obligation to older adults more so now than ever before with the Commemoration of 35 Years of Senior Organizing Through the Pandemic and Beyond!"

Comparison of Anticipated and Actual Service Outcomes

1. Train 25 leaders on technology and virtual access meetings and actions.

USOAC staff has partnered with "We Connect", to identify 18 leaders in most need of technology training. These leaders were contacted individually and given a survey on how well they can navigate technology and smart devices. A USOAC leader and another liaison for "We Connect" set up a personal one to one training to access and identify each individual need. As necessary all 18 USOAC Board/leaders received training from volunteers that guided them on using their devices and how to attend a zoom meeting. USOAC staff also helped our leaders attend virtual meetings with lessons 30 minutes prior to each meeting.

USOAC held its 30th Annual Convention on June 4th with an action item on Senior Online/Internet Technology Access, Capacity, and Advocacy with Kimi Watkins-Tartt, Alameda County Public Health Department, Faith Battles, Alameda County Adult & Aging Department, and Janny Castillo, United Seniors of Oakland AT-Large Board member and St. Mary's Center chapter leader. There were more than 100 attendees, who joined for our virtual annual convention.

With the "We Connect" training and the convention action on addressing the digital divide for older adults, USOAC feels that we exceeded the target outcome of 25 leaders with the annual convention attendees in spirit if not in reality.

2. Conduct 3 virtual, as necessary, research actions with public officials on Covid-19 with 10 leaders.

USOAC had Dr. Nicholas Moss, Alameda County Health Officer, attend the January 15th virtual Board meeting to speak with our leaders on the status of Covid-19 and its impacts to seniors. He spent time with us, answering questions from the 20 attendees, including Board/leaders and staff.

USOAC conducted a Covid-19 Senior Relief and Recovery Platform Listening Sessions on Friday, May 7th. This zoom meeting garnered over 50 USOAC leaders, members, staff, and other interested attendees. Dr. Noha Aboelata, Founder/CEO of Roots Community Health Center presented an update on Covid-19 and how it affects older adults. She was very generous with her time, fielding many questions for more than an hour. There was also a presentation on safety for older adults using public transportation during this pandemic by the USOAC Travel Trainer/Organizer.

USOAC convened it's 30th Annual Convention on Friday, June 4th with more than 100 attendees on multiple remote platforms. There was an action item on Covid-19 Relief and Recovery for Older Adults with Dr. Noha Abolalata and Dr. Nicholas Moss. Both provided a status report followed by question and answers.

USOAC held its 18th Annual Healthy Living Festival at the Oakland Zoo on Thursday, September 29th with over 800 attendees. This was our first ever drive thru Festival. There were Pfizer Covid-19 vaccinations as well as boosters and flu shots available for those who wanted them. In advance of the HLF, USOAC mailed 5,600 updated Alameda County Health Department flyers with Covid-19 delta variant information. As part of the drive thru, USOAC provided grab & go swag bags with masks, hand sanitizer, and other materials along with a free nutritious lunch.

On December 10th USOAC held another virtual Covid-19 Senior Relief and Recovery Listening Session as a follow up with Dr. Noha Aboelata and Dr. Nicholas Moss. They returned to update over 30 attendees on the omicron variant and to answer any questions on current Covid-19 safety protocols, practices, and the possible future reality for all of us with this pandemic.

In regard to this anticipated outcome, USOAC more than achieved it. This outcome was very important and beneficial for our aging population and others.

3. Develop a senior Covid-19 platform with 20 leaders to identify needs of seniors and resolutions for nearly 300,000 Alameda County seniors aged 55 and older.

Though USOAC held many research actions with more than 20 leaders and/or participants, we were not able to complete this target with a developed platform of needs and resolutions for the aging population in Alameda County. This outcome was too ambitious for USOAC, mainly due to constraints on time and financial resources.

4. Push public officials with 20 leaders for a senior Covid-19 Response, and Resilience Action Plan.

USOAC Board/leaders held accountability actions with public officials at our 30th Annual Convention on June 4th. We heard from Oakland Mayor Libby Schaaf and Councilmembers Loren Taylor and Treva Reid. In addition, Alameda County officials, Faith Battles, Kimi Watkins-Tartt and Dr. Nicholas Moss were also speakers on Covid-19 related action items.

USOAC Board/leaders also met virtual with Oakland Councilmember Carroll Fife on July 22nd with 17 attendees to discuss senior concerns during this Covid-19 pandemic. There were also several zoom meetings by our Walk Club committee leaders with Oakland officials from the Department of Transportation and Police Department as well to deal with the pedestrian safety and walkability environment that seniors are experiencing with Covid-19.

Through our collaborated efforts with the Senior Nutrition and Advocacy (SNA) committee, USOAC held meetings with Alameda County officials from the Social Services Agency and their Department of Adult & Aging to monitor and push for food and meals for older adults through the Area Agency on Aging food providers during the pandemic. The SNA committee would meet normally once a month.

With these efforts USOAC feels it more than ever met this outcome to push for a commitment from public officials through action for senior Covid-19 relief, recovery, and resilience around multiple concerns as it pertains to older adults in Alameda County.

5. Conduct 2 accountability actions, virtual as necessary, with an average of 75 seniors per action against public officials for support of and implementation for senior Covid-19 response, recovery and resilience action plan.

With the Senior Covid-19 Listening Sessions and the 30th Annual Convention, USOAC met with public officials and had approximately 150 duplicated attendees at 3 separate actions on January 15th, June 4th, and December 10th.

This anticipated outcome was met especially if the other actions through our Walk Club committee and the Senior Nutrition and Advocacy committee are considered along with the 18th Annual HLF. Melissa Wilk, Alameda County Auditor/Recorder attended the drive thru Festival as a show solidarity for aging adults coping with the Covid-19 pandemic.

6. Survey approximately a minimum of 5000 seniors on communication methods, Covid-19 concerns, and solutions.

Though USOAC wasn't able to complete outcome with survey, this target was met in other ways. There were 5,600 Covid-19 informational flyers mailed out for the HLF; there also was same number (5,600) of Alameda County Commission on Aging Senior Update newsletters containing Covid-19 information mailed out by USOAC during the summer. In addition, USOAC supported the Alameda County survey, "Understanding Internet Connection Needs in Our Communities" that was extensively disseminated to the aging population and their countywide networks.

Furthermore, USOAC reached many others about Covid-19 in the following ways:

- 1,113 HLF registrations
 - 13,319 USOAC members contacted by our summer student interns
 - 1,500 HLF lunch & swag bags handed out
 - Over 823 Travel Training outreach contacts
 - Over 228 Medication Management 1 to1's and 250 outreach contacts
 - 185 registrations for the Walk Club celebration with lunch & swag bags handed out
 - Over 50 anniversary luncheon attendees on November 6th with lunch & swag bags handed out
7. Hold 12 leadership meetings, remotely as necessary, to plan and debrief with an average of 15 leaders per meeting.

USOAC held over 14 meetings throughout 2021 from January to December with USOAC Board/LOT on the zoom meeting platform. All meetings had a Covid-19 check-in for leaders to discuss any safety issues and/or concerns as well as share experiences with regards to Covid-19.

This anticipated outcome was fully met.

8. Raise awareness and educate to a minimum of 5,000 seniors on Covid-19 updates and impacts to their quality of life through oral and/or written communications.

Through the HLF and Senior Update, USOAC mailed 11,200 Covid-19 informational updates from Alameda County Public Health Department on surges, variants, safety protocols, etc. USOAC has also shared information regarding Covid-19 on our Facebook social media page. Finally, USOAC had

our staff raise Covid-19 awareness and education through all of our programs, including Walk Club, Travel Training, Medication Management, Senior Nutrition and Advocacy as well as our many Covid-19 Senior Relief & Recovery actions and extensive outreach (especially by our summer student interns to our more than 13,000 membership base).

USOAC feels this outcome was actualized to more than 5000 older adults.

Staffing and Operations

The United Seniors staff was cut back due to the Covid-19 pandemic. USOAC had two full time employees that were required to work part time 20 hours/week. Only one of the formerly three full time staff continued to work 40 hours/week. All staff performed their job responsibilities remotely from the office or home through social media, emails and conference calls. It was difficult to conduct business due to the technology gap with seniors. The USOAC office was closed and continues to be closed to date except for appointments only to ensure safety practices from Covid-19.

For example, our Travel Trainer conducted her work prior to the pandemic by outreaching to the senior community centers. This was put on hold due to older adults being drastically affected by the coronavirus. All of the senior facilities were closed down. Staff had to navigate from in person trainings and outreach to a zoom meeting platform, phone calls, emails, and US mail. Since the primary work of the Travel Training consists of seniors taking public transit to complete their training, that portion was eliminated from the Travel Training program. Seniors were afraid to take public transportation and were recommended to stay isolated at their residence. Travel Training hours were reduced, but outreach and advocacy continued throughout the senior community. Trip planning was set up for older adult travel trainees through other means such as Uber and Lift as well as taxi and paratransit, so that seniors were able to see their doctors, get their prescriptions, do light shopping, and alleviate the possible mental depression of social isolation.

The USOAC Board/LOT was significantly affected by the Covid-19 pandemic. Our Board/ leaders took precautions to isolate during this time. Staff was able to outreach by way of phone calls to check on them. The most convenient way to communicate with our leaders with Covid-19 information and/or USOAC programs as well as other organizational business was to contact them by email and conduct zoom meetings for those who were comfortable with remote technology. However, for others US mail and/or dropping off materials to their residence as well as having someone pick it up for them were the only other options. The digital divide was a major problem for organizational effectiveness,

because a good portion of our Board/leaders either did not have smart devices and/or could not competently navigate technology. Prior to the Covid-19 pandemic the work was predominately done by leaders at and in person.

With the USOAC office closed except for appointments only, with senior facilities limiting and/or preventing access, and with no or restricted in person gatherings staff and our leadership have been stymied to fully and completely implement the entirety of our program. There has been a pivot to be creative to maintain overall programmatic effectiveness. Furthermore, the lack of in person contact with staff and our leaders has also affected morale despite all of our efforts to counter the challenges from the Covid-19 emergency!

Finally, both our staff and leadership are extremely worried about USOAC operational finances. Staff are passionate about their jobs and want to be assured that there is ample income to compensate them.

Leaders are concerned about the retention of staff and also the successful continuation of the USOAC program. Ultimately, there is a consensus that USOAC cannot diminish its voice for older adults, its vehicle for senior empowerment, and its fight to improve the quality of life for an aging population in Alameda. However, our staff and leaders feel the mission and work of USOAC is needed now more than ever and we are especially worried about the reality of the Covid-19 pandemic and the implication of its changing phases on our organization.

Covid-19 Financial Impacts

USOAC suffered financially by the pandemic due to the termination of in person gatherings. We were not able to hold fundraising events that formerly brought in revenue from exhibitors, sponsors, ads, donations, etc. If not for the emergency PPP and SBA loans and the Covid-19 grants from foundation(s) and the State, then USOAC would have faced severe difficulties. Even with the emergency funds, USOAC had to make some budget adjustments.

Fortunately, in 2021 USOAC commemorated its 35th year anniversary. This provided a fundraising opportunity despite the Covid-19 changes throughout the year with the variants. The anniversary funds helped USOAC with its financial stability during the year, because no other emergency funds will be available. In addition, most of the emergency loans will have to be repaid.

In 2022 USOAC will encounter financial challenges if the Covid-19 pandemic continues to prevent in person gatherings. This will be especially critical since there are no more Covid-19 emergency funds and repayment has commenced on the loan(s).

In order to prepare for the possible Covid-19 pandemic challenges during 2022, USOAC will be making budget adjustments, exploring other grant opportunities, and thinking creatively of fundraising options. There are no easy solutions and USOAC is struggling to mitigate any consequences that will negatively affect our financial stability due to a continuation of any aspect of the Covid-19 pandemic.

Senior Services Coalition

The Senior Services Coalition of Alameda County (SSC) works to secure resources and public policy change to improve access to the community-based supports that Alameda County seniors need in order to have better health and life outcomes. USOAC is a unique and valued coalition member, and we appreciate the partnership of the USOAC Board, staff and membership.

Since our last report in Spring of 2021, SSC has launched an initiative to help locally-grounded, gero-expert community-based organizations contract with healthcare, thereby creating new revenue streams for the nonprofits, and expanding and improving access to services that address the social determinants of health. We are providing guidance, training and technical assistance to a dozen organizations to help them build the capacity they need to contract with Managed Care Plans, and hope to work with a dozen more over the next year. In addition, we designed a pilot program that is about to launch at two Kaiser hospitals in the county, and will link older people who frequently visit the Emergency Departments with the community supports they need.

Our work to transform the health system hasn't stopped us from working to advance public policy and investments that increase access and availability of the services and supports that can make such a difference for older people in our county. This report summarizes some of the progress we have achieved together:

We played a robust role in the effort that increased State funding for aging services in the fiscal year 2021/22 budget. SSC informed over a dozen state legislators, as well as our congressional representatives, about existing and emerging issues affecting the health, safety and well-being of older people in Alameda County, as well as the need for increased capacity in community-based organizations to address those issues. We collaborated with other regional and state advocates to share our data and develop common messaging. We convened virtual visits with legislators and their staff, virtual roundtable forums, and provided letters and public testimony at key budget hearings.

As a result, the state's Fiscal Year 2021/22 Budget contained significant investments in policy and programs that are beginning to be rolled out, and will make a tremendous difference to the lives of thousands of older Alameda County residents. The budget victories include:

- Elimination of the Medi-Cal asset test that has for too long prevented older and disabled Californians from accessing essential health and long-term care.

- Extension of Medi-Cal coverage to undocumented immigrants who are age 50 and older, finally addressing health disparities that became glaringly obvious as these older members of our community faced the risk of COVID-19 without full health care coverage.
- Restoration of the 2,497 MSSP case management slots that were cut in 2008
- A “legacy cut restoration” to state grant levels for SSI/SSP that will increase the State Supplementary Payment (SSP) over the next three years.
- A \$200 million investment to expand the APS Home Safe program that is already increasing case management assistance for older adults in Alameda County who are homeless or at risk of being displaced.

We are fighting to gain key investments in the state’s 2022/23 budget. This year we advanced a state budget request in partnership with Alameda County that will – if passed – build the capacity for case management and friendly visiting programs for older people who are not eligible for Medi-Cal. In addition to our own request, we worked diligently to advance the Housing Stabilization to Prevent and End Homeless Among Older Adults and People with Disabilities Act of 2022; funding to reduce the Medi-Cal Share Of Cost requirements; funding to help Adult Day Services recover and reopen safely; and new investments in Older Californians Act programs. At this writing the state budget is being negotiated.

We convened the community to inform the local implementation of California’s Master Plan for Aging. On December 3, 2021 the SSC hosted a community forum to examine the progress and local impacts of the Master Plan for Aging’s first year, and share ideas to inform advocacy and implementation going forward. We’ve published a report that captures the rich conversations, questions, ideas and recommendations that over 130 stakeholders contributed that morning, and which we and our collaborative partners have used to inform the County’s Age-Friendly Plan, the Age-Friendly Council’s workplan, and our conversations with state and federal legislators.

We worked with collaborative partners to understand the extent and the impact of the digital divide, and Alzheimer’s Disease on older people living in Alameda County. SSC serves on the Alameda County Council for Age-Friendly Communities, which is charged with advancing cross-sector and cross-silo changes that will improve life for older adults throughout the county. The Council dove deeply into each of these issues – performing a countywide digital inclusion needs assessment, working with San Francisco State University to research employment trends, and working with Alameda County Public Health Department and the Alzheimer’s Association to gather national and local data. The resulting findings and recommendations are being published on <https://agefriendly.acgov.org> and are now being used to inform the Council’s policy and systems change efforts.

Senior Injury Prevention Partnership

The Senior Injury Prevention Partnership (SIPP) in conjunction with Alameda County Emergency Medical Services Agency (EMS) continues to provide healthy aging services to older adults throughout Alameda County. Services include physical activity programs for fall prevention, medication management, home safety and modification programs, and community presentations on fall prevention, driving safety, emergency preparedness, and safe medication use education.

In 2022, SIPP hosted the 20th Annual Senior Injury Prevention Educational Forum virtually on January 26, 2022. The planning committee had hoped to hold an in-person Forum in 2021. However, with the pandemic still going strong, it was decided to hold a half-day virtual event, entitled, “Let’s Get Moving!”. The presenters focused on the importance of movement and exercise for older adults. There were 132 attendees. As a virtual event, we had more people joining from other parts of California than usual and even one from England.

The Partners in Care Foundation (PICF) grant being administered by EMS Senior Injury Prevention Program entered a new three-year funding cycle in August of 2020. The evidence-based fall prevention programs supported by the grant include A Matter of Balance, Tai Chi for Arthritis/Fall Prevention, and Bingocize (see the ad, “Fall Prevention Programs”). Since virtual presentation of these programs had not been previously evaluated, not all were readily available for implementation during the early days of the pandemic. In fact, EMS was invited to host an online class pilot for the A Matter of Balance - Virtual which was done in collaboration with the Trauma Injury Prevention Coordinator of Eden Medical Center, Pam Stoker. Currently, all programs are being taught online and a few locations are now hosting them in-person.

The pandemic did not stop SIPP members from holding events, including Fall Prevention Awareness Week in 2021. Among the events held were a walk, several online educational forums, newsletter articles, and social media spots.

Technology Access & Advocacy for Seniors

Closing the Digital Divide for Seniors

In 2021 and 2022, We Connect expanded on the success of the 2020 pilot from 17 to 139 seniors. Fifty two (52) of those 139 seniors improved their health and balance by attending weekly online Tai Chi classes.

USOAC and St. Mary's Center in partnership with Computer and Technology Resource Center offered We Connect services to USOAC board members. Ten (10) board members were offered the services and eight received equipment and given personalized lessons that helped them participate in the agency's important organizing work. USOAC held some of their activities online due to the ongoing threat of the COVID-19 pandemic and to adhere to the Alameda County Dept. of Health's guidelines helping to keep medically vulnerable seniors safe from contracting the virus.

Donated equipment included Linux Desktops with camcorders, Apple and PC laptops, and tablets. Several board members; Madlynn Johnson and Willie Stevens were instrumental in outreach and referring seniors to the program. Donna Murphy from Allen Temple Arms supported five residents to join the program.

This year's goals include expanding We Connect services to the greater USOAC membership, continuing to offer online Tai Chi classes, and developing online curriculum influenced by St. Mary's Center seniors. Classes in develop include fall prevention, protection against fraud and abuse, online safety and more. Equipment donations are dependent on the availability of funding to purchase laptops and tablets and accessories to accompany the free desktop computers received from Computer and Technology Resource Center.

Travel Training

Senior Public Transportation Training and Education Program
Travel Training Program Report January 1 thru December 31, 2021

For more than 19 years, the USOAC Travel Training team has outreached in the senior communities about the benefits of the USOAC Travel Training program, *see our ad in this booklet for Travel Training information; One-on-One Travel Training, group trainings, and mini–Travel Trainings.*

I want to start off by letting EVERYONE know the Travel Training team met ALL the 2020 goals that were listed in the 2021 convention booklet, but because of the lingering effects of the pandemic, Tanya Washington, the Program Assistant, and I have had some challenges in doing so.

It was tough coming up with innovative solutions to meet the needs of underrepresented communities within our organization *and* the communities that we serve.

After re-Re-starting the Travel Training program in 2021 and outreaching in the community; seniors still weren't ready to come out and it has been a difficult year for the Travel Training program.

On top of having to get vaccinated two or three times, the community had to learn the entire public transportation system all over again; there were route changes, service disconnections, no transfers and connections, and there were just too many changes for the senior community to keep up with.

Having a small break in the action, the USOAC Travel Trainer spent a lot of time training and advocating for the senior community with the Center for Urban Transportation, Easterseals Project Action and NADTC (National Aging and Disability Transportation Center).

For 2021 the Nationwide Travel Training Leaders focused on Combating Climate Change and Promoting Public Transit as a Civil Right – Diversity, Equity and Inclusion (DEI).

In working toward becoming a Travel Training Specialist, I had to –

- Complete a series of foundation and elective courses
- Prepare a professional portfolio to use as work experience
- Work toward completing 60 credits within 2 years
- Pass online tests

- One-on-one meetings with counselors and instructors to verify completion of a Travel Training instruction practicum
- Riding and gaining and understanding of more than half of the 27 East Bay transportation systems and services
 - AC Transit
 - BART
 - SF Bay Ferry
 - Wheels
 - West Cat
 - Sol Trans

The USOAC Travel Trainer worked over the past year gaining skills to become a **Travel Training Specialist** and gaining the skills and knowledge for

- human development and behaviors
- The ability to teach the concepts of interaction with both natural (Oakland Zoo) and built environments along different paths of travel, all the while focusing on transportation for older adults



2021 Transit Advocate Day – Downtown Oakland, CA



Travel Trainer, Advocate and More

Briefly Highlighted:

January 2021 – Completed 2nd half of Travel Training Grant Reimbursement Reports and Travel Training Progress Report for FY20-21; National Roundtable Discussion for Travel Trainers Nationwide – *concentration and focus - Public Health Guidelines*; Village Connect – *Covid Town Hall - Getting The Word Out About Public Transit*

February 2021 – The CIL (Center for Independent Living) Travel Training Workshop – Public Transit Safety Covid -19 Edition; Easterseals Project Training – *10 Steps to RESTARTING Your Travel Training Program amid Covid-19*

March 2021 – NADTC (National Aging and Disability Transportation Center) – *Storytelling for Active Transportation Advocates*; Conducted (*three times*) Travel Training with Renee Perls

April 2021 – AC Transit Ethics Training; AC Transit – *Transit Talks*; wrote a letter to Honorable Ed Chau in support of AB 917 (Bloom) Safe & Reliable Access to Public Transit

May 2021 – AC Transit – *Transit Talks*; National Roundtable Discussion for Travel Trainers Nationwide – *concentration and focus – Pre-Training Strategies; Public Health Guidelines*

June 2021 – USOAC 30th Annual Convention (*virtual*); Alameda CTC Travel Training – *Mobility Management Training*

July 2021 - Webinar – *Meeting the Transportation Needs of Diverse Older Adults and People with Disabilities* – Assignment: – Travel Trained Seniors after Walgreen’s shut down in East Oakland, help to find alternative pharmacies along AC Transit Tempo route; Webinar – *Coordination Connections: Statewide Coordination: Bottom Up, Top Down*

August 2021 – NADTC (National Aging and Disability Transportation Center) – *Area Agencies on Aging and Transportation: Spotlighting Opportunities Under Section 5310 and Promising Approaches*

September 2021 – Action: *Bring Back My Bus! How to Advocate for the Return or Improvement of Your Bus Line* (virtual); National Travel Trainers’ Roundtable – Developing A Travel Training Program; Transit Month – East Bay Kickoff Rally; NADTC (National Aging and Disability Transportation Center) – *National Convening on Transportation Diversity, Equity and Inclusion*; NADTC – *Title VI Programs are Adapting and Evolving to Meet the Needs of Elders*; CRIL (Community Resources for Independent Living) – Focus Group: Share ideas with MTC (Metropolitan Transportation Commission) about pedestrian trips: NADTC- Webinar – *Coordination Connections: Regional Coordinating Councils*

October 2021 – NADTC (National Aging and Disability Transportation Center) – 4-week series of Recovery and Transportation courses Module #1 *Adapting Resources* – Module #2 *Moving Services Forward* – Module #3 *Prioritizing Equity* – Module #4 *Enhancing Health Through Transportation*; Action: *Restore ALL Muni Lines* (hybrid)

November 2021 - NADTC (National Aging and Disability Transportation Center) – meeting w/National Advisory Committee on Transportation Diversity – worked to complete final report; Action: Transit Disability Justice Task Force of Genesis, **campaign for a Fare Free February (2022)**

December 2021 – Assignment for Module #3 - *Local Voices Wanted to Weigh in on I-580 Truck Ban: Legacy of Inequity to be Examined*; Action: Call to MTC to Speak Up About 2022 Muni Service; 4 weeks of Lunch and Learn Module #1 – Coordination Connections: Building Transportation Capacity in Rural Areas with Public & Private Partners (continued) – Module #2 Transportation Diversity, Equity and Inclusion (DEI) Initiative – Module #3 Marketing Community Transportation Services and Module – #4 Meeting the Transportation Needs of Diverse Older Adults and People with Disabilities

**Addressing Transportation Equity from the Board Room to the Bus Stop
Committee Member - Boards Served - Monthly Meetings
January 1 thru December 31, 2021**

- AAC - AC Transit Accessibility Advisory Committee (*committee member*)
- Alameda CTC PAPCO – Paratransit Advisory & Planning Committee (*meeting attendee*)
- Alameda CTC ParaTac - Paratransit Technical Advisory Committee (*meeting attendee*)
- America Walks: ***Where Transportation and Pedestrian Safety Intersect*** (*meeting attendee and advocate*)
- BPAC – Unincorporated Alameda County Bicycle and Pedestrian Advisory Committee: ***Where Transportation and Pedestrian Safety Intersect*** (*strong advocate and committee member*)
- SDA - East Bay Senior Disability Action Group (*strong advocate and member affiliate*)
- MCPD - Mayor’s Commission on Persons with Disabilities and Livable Oakland Stakeholders (*meeting attendee and advocate*)
- National Aging and Disability Transportation Center (*meeting attendee*)
- Seamless Bay Area (*committee member, meeting attendee and advocate*)
- Statewide Travel Training at the Kennedy Center for New York (*meeting attendee*)
- Voices for Public Transportation (*meeting attendee*)

Sister Miriam and USOAC Program Assistant Tanya Washington at Salesforce Towers, SF



Many Thanks to the 2021 Travel Trainees

March 2021

Renee Perls – One-on-One Travel Training

July 2021

Deleenn Block - USOAC Summer Intern

Ruilin Wu - USOAC Summer Intern



2021 Travel Training with the USOAC summer interns Ruilin Wu and Deleenn Block

Walkable Neighborhoods for Seniors/Walk Clubs

Our Walk Club Committee (WCC) met virtually during the year of 2021 to continue to practice safety protocol for covid-19. Nearly every 2nd Friday the WCC continued its efforts to improve walking conditions, especially needed more than ever during the shelter-in-place (SIP) order, to support the mental and physical health of seniors. After the April 9th committee meeting United Seniors staff member changed from Sarah Miley to Sister Ansar El Muhammad. We thank Sarah Miley for her excellent work and wish her well in graduate school!

On July 23rd USOAC held its annual Walkable Neighborhoods for Seniors (WN4S) luncheon to celebrate our Walk Club leaders and members. It was a grab & go event and/or sit and enjoy live music and a delicious chicken or vegetarian bbq meal at Everett and Jones, 126 Broadway in Oakland. We served nearly 200 participants.

Our leaders have reported that they have resumed walking after the shelter-in-place order in 2020, but not all walkers returned back to join the walking. Leaders have also reported that they have lost walkers due to Covid-19.

During the year we met with the Oakland Department of Transportation on issues that affect the quality of lives for seniors. Please see report from the Oakland Department of Transportation.

During this year we also met with the Oakland Police Department, Lieutenant Sean Z. Fleming of Operations Section and Lieutenant Jeff Thomason to discuss and work on safety issues and concerns that leaders reported during the year. Issues were speeding and sideshows, abandoned vehicles as well as cars blocking sidewalks.

The OPD reported to the Walk Club committee that they have a task force that works on sideshows and they will report the our concerns to the task force to include in the targeted trouble areas on their list.

Some Walk Club leaders have reported they appreciate OPD working with our Walk Club Committee and have noticed a change in sideshow activity near Bancroft Senior Homes and Palo Vista Gardens, since reporting it. As an example on September 21st OPD reported 6 vehicles were marked and tagged and 2 were towed both a car clearly parked for more than a few days and a box truck. Most owners came out and moved their vehicles.

Priority Issues & Locations

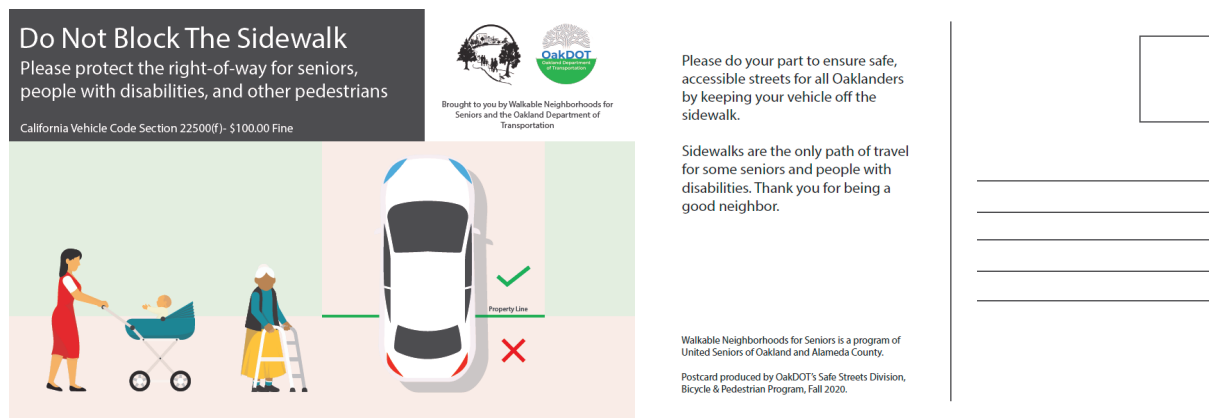
Responses from Jason Patton & Noel Pond-Danchik, City of Oakland Department of Transportation (OakDOT), May 14, 2021

Cars blocking sidewalks

Report issues with cars blocking sidewalks to Parking Enforcement Dispatch at 510-238-3099, Monday-Friday.

OakDOT staff have created pedestrian safety educational materials in the form of postcards that encourage residents to refrain from parking their vehicles in a manner that blocks sidewalks. OakDOT has mailed the postcards to addresses along streets that WN4S had observed to have high numbers of cars blocking sidewalks.

OakDOT also sent additional postcards to the Walkable Neighbors for Seniors office to distribute to those who wish to distribute these postcards along their walk routes.
Postcard Design:



Postcard Mailing Distribution:

64th Avenue from Fenham Street to International Boulevard
Fenham Street from 62nd Avenue to 65th Avenue
81st Avenue from A Street to D Street, 82nd Avenue from A Street to D Street
Birch Avenue from 89th Avenue to 90th Avenue
Hilton Street from 55th Avenue to Bancroft Avenue
55th Avenue from Hilton Street to Bancroft Avenue
Topanga Drive until intersection of 105th Avenue
105th Avenue from East Court to Topanga Drive

Slow Streets at the Palo Vista Gardens

Report Slow Streets issues to OAK 311. Issues may be reported via telephone (311) or via the internet (www.oaklandca.gov/services/oak311). Be sure to keep the service request number so it is possible to follow up on your request.

OakDOT installed a Slow Street in collaboration with WN4S around the Palo Vista Gardens. The following streets are closed to through traffic to make space for socially distant activity.

62nd Ave (International Blvd to Fenham St)
Fenham St (62nd Ave to 64th Ave)
64th Ave (Fenham St to International Blvd)

Noel Pond-Danchik spoke with members of the Palo Vista Walk Club. Because of their feedback, we are leaning toward removing the Slow Street barricades and signage, although we are considering some more outreach and engagement before we make a final decision. We hope to be able to provide some other traffic calming elements in their place. We are working through individual corridors per priority as determined by our Geographic Equity Toolbox and maintenance needs. The 62nd, 64th and Fenham corridor is in the next group for us to address.

Garbage cans blocking sidewalks

DO NOT contact 311 to report garbage cans that are blocking sidewalks. Report issues to Code Enforcement by their phone, website, or app. They will send a written notice to the resident and instruct them to move the obstruction within 24 hours. If the issue persists, an inspector will be sent to the location.

Phone: 510-238-3381

Website: <https://acaproduct.accela.com/OAKLAND/Cap/CapApplyDisclaimer.aspx?module=Enforcement&TabName=Enforcement>

App: <https://apps.apple.com/us/app/tell-us-oakland/id1177975928>

Uneven sidewalk surfaces

Report sidewalk issues to OAK 311. Issues may be reported via telephone (311) or via the internet (www.oaklandca.gov/services/oak311). Be sure to keep the service request number so it is possible to follow up on your request.

In the case that the site falls under property owner responsibility, the adjacent property owners will receive a notice. In the case that the site falls under the City's responsibility, the city will start the process of making repairs.

The following locations were previously reported:

64th Ave, Fenham St to International Blvd (Palo Vista Community Gardens)

1240 81st Ave (Allen Temple Arms)

1256 81st Ave (Allen Temple Arms)

Bus Stops

Report suggestions for new bus stops and issues with bus stops to AC Transit at planning@actransit.org.

These issues may be reported to OAK 311, but they will be referred to AC Transit.

AC Transit reviews requests and then gets approval from OakDOT for new bus stops. If the stop requires red-curb, they wait on OakDOT to paint and install necessary signage. After this process is complete, AC Transit can set up a bus stop.

The following locations were previously reported and referred to AC Transit. OakDOT is in communication with AC Transit to install a bench and barriers at 8598 Edes Ave. 9255 Edes Ave and 90th Ave/International Ave will be considered after AC Transit finishes the negotiation process with their contractor.

1. 9255 Edes Ave (East Oakland Senior Center): Bus Shelter Needed
2. 8598 Edes Ave (Pet Food Express): Conflict with large trucks at adjacent driveways
3. 90th Ave and International Ave on 90th: Bus Shelter Needed

Crosswalk issues

Report crosswalk issues to OAK 311. Issues may be reported via telephone (311) or via the internet (www.oaklandca.gov/services/oak311). Be sure to keep the service request number so it is possible to follow up on your request.

The following issues were previously reported:

1. Crosswalk needed at Lion Way & Hawley St
 - The request to upgrade 3 crosswalks has been submitted to the maintenance department and will be completed soon or may recently have been completed.
2. Crosswalk repaint Lion Way & Leona Creek Dr
 - 5 crosswalks, one limit line, and one stop bar have been repainted.
3. Crosswalk needed: 64th Ave and Fenham St (Palo Vista Community Gardens)
 - The new crosswalks were installed in May, 2021 with a design that accommodates the regulations for the sidewalk curbs and parking spaces, in accordance with Americans with Disabilities Act (ADA) standards.
4. Traffic signal malfunction: 64th Ave and International Blvd
 - This issue is related to the BRT construction. If the issue continues, report it to OAK 311 and send us the service request number.
5. Crosswalk(s) needed and longer pedestrian phasing requested: International Blvd, 80th Ave to 82nd Ave (Allen Temple Arms)
 - The BRT project has made significant changes to this location. Once the BRT project is complete, let us know if there are still concerns.

Pedestrian Issues FAQ Document

From Jason Patton, Noel Pond-Danchik, and Ankitha Doddanari, City of Oakland Department of Transportation (OakDOT)

Question: How do I report cars blocking the pedestrian right-of-way on sidewalks?

Answer: Call Parking Enforcement Dispatch, 510-238-3099, Monday-Friday from 8:30am-5pm. Outside of those hours, submit a 311 request via telephone (311) or via the internet (www.oaklandca.gov/services/oak311). Be sure to keep the service request number so it is possible to follow up on your request.

Question: How do I report garbage cans blocking the pedestrian right-of-way on sidewalks?

Answer:

1. Resident Issue

Oakland's Blight Ordinance requires that a resident remove garbage containers no later than noon the day after collection place them at the curb no sooner than noon the day before. If garbage cans are being left on the sidewalk for extended periods of time, report the issue to

Code Enforcement by their phone, 510-238-3381 on Monday, Tuesday, Thursday, Friday from 8am-4pm or on Wednesday from 9:30am-4pm. Outside of those hours, submit a request to their [website](#) or [app](#) or email at inspectioncounter@oaklandca.gov.

2. Waste Management (garbage) and California Waste Solutions (recycling) Issue

If garbage collectors leave cans blocking sidewalks after they have emptied the containers, contact the collector directly. For Waste Management, 510-613-8710 Monday-Friday from 8am-6pm (dial 1 and stay on the line to be connected to an operator). For California Waste Solutions, call 510-832-8111 from 8am-6pm. Outside of these hours, email them at community@calwaste.com.

Question: How do I report issues related to Bus Stops?

Answer: Report issues related to Bus Stops directly to AC transit. Call 1-888-ADSHEL1 (237-4351) to report maintenance, repair or safety issues at bus shelters 24/7 or fill out AC Transit's online bus shelter form (<http://www.actransit.org/customer/customer-feedback/#bussheltercleaning>). For all other issues related to AC Transit service, call 510-891-477 Monday-Friday 6am – 7pm and Saturday-Sunday 9am – 5pm or fill out AC Transit's online feedback form (<http://www.actransit.org/customer/customer-feedback/#:~:text=Whether%20you%20have%20a%20commendation,%2D4777%2C%20select%20option%202>).

Question: How do I report issues related to crosswalks?

Answer: Report these issues to OAK 311. Issues may be reported via telephone (311) or via the internet (www.oaklandca.gov/services/oak311). Be sure to keep the service request number so it is possible to follow up on your request.

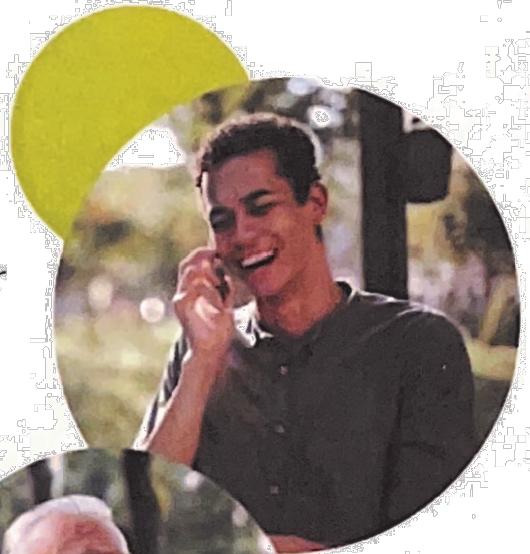
Question: How do I report issues related to uneven sidewalks?

Answer: Report these issues to OAK 311. Issues may be reported via telephone (311) or via the internet (www.oaklandca.gov/services/oak311). Be sure to keep the service request number so it is possible to follow up on your request.

Wellness Check-in

Wellness Call Program with HandsOn Bay Area!

The community is here to support you. United Seniors of Oakland and Alameda County is partnering again with HandsOn Bay Area to offer companionship and connection during these isolating times. Volunteers will be reaching out by phone to check in and see how you are doing and if you need anything in particular. Our Volunteers are eager to connect with you and make new friends. They will likely be calling you on a weekly or biweekly basis and will call no earlier than 10:30 am. Calls can be a short check in or a long conversation about a shared hobby, it is up to you!



If you are interested in receiving ongoing calls in the spring and summer from volunteers and advocates, please connect directly with [Alene Spindel](#), our HandsOn Bay Area partner and or [Tanya Washington](#) of USOAC who will ensure you are included in the wellness call program.

You can reach [Alene Spindel](#) directly via email: alene@hoba.org or by phone at

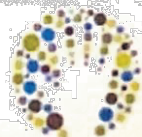
(760) 525-3617

You can reach [Tanya Washington](#) via email: twashing2013@gmail.com or by phone at

(510) 729.0852

We look forward to staying connected and close with you this spring and summer, even if we cannot gather in person.

Disclaimer: USOAC assumes no responsibility for volunteers. In no event shall USOAC be held liable for direct or indirect information obtained by volunteers.



HandsOn
BAY AREA

USOAC

Report Card on Oakland Mayor & City Council

In 2021 the United Seniors Leadership Team made a decision to focus on holding City of Oakland elected officials accountable for the deteriorating quality of life conditions that older adults were regularly experiencing in the Town. Leaders and staff made many efforts last year to the present to set up meetings with these officials to have them explain what they were doing to support, respect, and improve the quality of life for seniors.

With “A” being Excellent, “B” being Very Good, “C” being Average, “D” being Below Average, “F” being Failure, and with a “To Be Determined/TBD” here is our Report Card:

- **District 1** “F” for Dan Kalb – He never responded!
- **District 2** “TBD” for Nikki Bas – She responded and a meeting is pending.
- **District 3** “B” for Carroll Fife – She met with us once to address the needs of seniors.
- **District 4** “F” for Sheng Tao – She never responded!
- **District 5** “F” for Noel Gallo – He never responded!
- **District 6** “A” for Loren Taylor – He met with us several times to address the needs of seniors.
- **District 7** “A” for Treva Reid – She met with us several times to address the needs of seniors.
- **At-Large** “TBD” for Rebecca Kaplan – She responded and a meeting is pending.
- **Mayor** “A” for Libby Schaaf – She met with us on several times to address the needs of seniors.

Acknowledgements

A Thank You to Our Leadership Organizing Team Board of Directors

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Nate Miley, President
Nathaniel Harrison, 1st Vice President
Madlynn Johnson, 2nd Vice President
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Lillian Black	Lois Snell
Janny Castillo	Sylvia J. Stadmire
Cecilia Cunningham	Willie Stevens
Alma Ferguson	Marie Turner (Deceased)
Venus Gist	Antoinette Warren
Linda Hambrick-Jones	
N'Sombi Hasan	
Andrea Mok	

Thanks to Our Staff and Interns!

Mary Bradd, Administrative Assistant
Chonita Chew, Travel Trainer/Organizer
Sarah Miley, Walk Club/Organizer (Resigned in April)
Sister Ansar Muhammad, Medication Management/Organizer
Tanya Washington, Program Staff/Organizer
Deleenn Block, Intern
Ruilin Wu, Intern

Acknowledgements

31st ANNUAL CONVENTION SPONSORS *36 Years of Senior Organizing, Advocacy, and Engagement for Today and Tomorrow*

A Tremendous Thank You to our 31st Annual Convention Sponsors

Nate Miley for Supervisor
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Center for Elders Independence
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Renaissance Charitable Foundation
Home Match
Alameda CTC
Senior & Disability Action
Aetna Medicare Solutions
SEIU Local 1021
AC Transit
Lighthouse for the Blind
Sutter Health

Acknowledgements

A Special Thank You to Our 31st Annual Convention Exhibitors

Miley for Supervisor

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Alameda Health System

Center for Elders Independence

Home Match

Lighthouse for the Blind

Anthem Blue Cross

Back2Nature

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GMOL/Care Partners

Lincoln Heritage Insurance

USOAC Travel Training

West Oakland Health Council

Supervisor Nate Miley

SEIU Local 1021 Retiree Council

Gold Star

United Health Care

Acknowledgements

SPECIAL ACKNOWLEDGEMENT to all Leaders, Members, and Supporters for Helping Us Improve the Quality of Life for Alameda County Seniors

Walk Club Committee Leaders

Healthy Living Festival Steering Committee

Senior Action Team

Eden Area Senior Action Group

Senior Nutrition Advocacy Committee
(formerly Meals on Wheels Advocacy Committee)

Senior Services Coalition

Senior Injury Prevention Partnership

Gold Star Shared Housing, Inc

Acknowledgements

**Thank You to our 2021 Sponsors of our
Commemoration for 35 Years of Senior Organizing and
Engagement Through the Pandemic and Beyond!**

Miley for Supervisor
Center for Elders Independence
Alameda County Family Justice Center Foundation
Alameda County Supervisor Wilma Chan
Alameda County Supervisor David Haubert
Alameda County Supervisor Richard Valle
Alameda County Transportation Commission
Alameda County Auditor-Controller/Clerk Recorder Melissa Wilk
Office of Alameda County District Nancy O'Malley
Bay Area Air Quality Management District
CASS, Inc
Center for Elders Independence
Cecilia Cunningham
Eden Enterprises
Eden Health District
Kaiser Permanente
Senior & Disability Action
Sutter Health
Wellpath

Acknowledgements

A Huge and Tremendous Recognition of all our 2021 Contributors

AC Transit	Cal Relief
Eden Health District	Alameda Health System
East Bay Foundation on Aging	South Bay Health Insurance
Alameda County	Small Business Administration
Alameda County Transportation Commission	Lighthouse for the Blind
Nate Miley	Alameda County Family Justice Center
Center for Elders Independence	Anthem Blue Cross
Sutter Health	Ramiro Carabez
Kaiser Permanente	Covia
Alameda Alliance for Health	Cass, Inc
Miley for Supervisor	Supervisor Wilma Chan
Bay Area Air Quality Management District	Mary Bradd
Oakland Zoo	Wellpath
Supervisor Keith Carson	Eden Enterprises
SEIU Local 1021	Supervisor Richard Valle
Assessor Phong La	Supervisor David Haubert
Jenny Wang	Auditor/Recorder Melissa Wilk
Senior Disability Action	Cecilia Cunningham
District Attorney Nancy O'Malley	Lifelong



United Seniors of Oakland and Alameda County

Empowering Seniors ♦ Enriching Youth ♦ Enhancing Community

7200 Bancroft Avenue, Suite #270, Oakland, CA 94605 P:(510)729-0852 Fx: (510)729-0796

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Marie Turner

Antoinette Warren

Staff

Ansar El Muhammad
Trainer/ Organizer

Tanya Washington
Program Assistant/ Organizer

Chonita Chew
Travel Trainer / Organizer

Mary Bradd
Administrative Assistant

Greetings from the 2021 United Seniors of Oakland and Alameda County Board of Directors / Leadership Organizing Team !

Congratulations to all the members of United Seniors of Oakland and Alameda County for 36 years of collectively organizing around issues that impact the quality of life of older adults! Job well done!

Thank you USOAC

for all you do for older adults
in the community.



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Your life just got better

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GOLD STAR SENIOR SHARED HOUSING

**Affordable housing is a shared living
arrangement with another senior!**

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United Seniors of Oakland and Alameda County
Empowering Seniors ♦ Enriching Youth ♦ Enhancing Community

N'Sombi Hasan
Board Member

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In memory of my mom Josie Barrow

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Organizing, Advocacy, and Engagement

AC Transit honors your advocacy, engagement, passion, and commitment to Alameda County Seniors. Your work as Change Agents for seniors is invaluable and AC Transit is proud to support Walk Club Leaders and participants at the 31st Annual Convention and 14th Annual Walkable Neighborhoods celebration.

@RideACT   



Save the Date

American Black Beauty Doll Association

Festival of Black Dolls Show & Sale

November 5, 2022
10 a.m. to 5 p.m.

African American Museum
and Library at Oakland
659 14th St, Oakland

Guest speaker:
Kynisha 'DaisyTheClown' Ducre



**Alameda County
Supervisor D1
David Haubert**

County Office:
1221 Oak Street, Room 536
Oakland, CA 94612
510.272.6691

District Office:
4501 Pleasanton Avenue
Pleasanton, CA 94566
(925) 551-6995

bosdist1@acgov.org

**Congratulations
United Seniors of Oakland
and Alameda County
CONVENTION 2022!**

It's great to see that USOAC continues to enable the elderly addressing critical issues, and changing conditions that impact the lives of seniors through:

- Travel Training
- Holistic Medicine
- Medication Management
- Walkable Neighborhoods
- Healthy Living Festival
- Senior Resource & Funding Advocacy and more!

SUPERVISOR
**DAVID
HAUBERT**
DISTRICT 1

Fall Prevention Classes



Bingocize is a program that increases physical activity and helps prevent falls. It combines strength and balance exercise, health education, and the fun of bingo.

A Matter of Balance is a proven program that helps people manage concerns about falls, increases physical activity, and emphasizes practical strategies to manage falls.



MANAGING CONCERNS ABOUT FALLS



Tai Chi for Arthritis/Fall Prevention class uses gentle movement and tai chi principles for improving health and wellness. It is suitable for most people with arthritis and effective for fall prevention.

To join or host an evidence-based Fall Prevention Program, contact Carol Powers of Alameda County Emergency Medical Services (EMS) Injury Prevention Program at ems.injuryprevention@acgov.org or call 510-618-2050. Programs are led by certified instructors from EMS and many member organizations of the Alameda County Senior Injury Prevention Partnership.



Alameda County
Health Care Services Agency



Congratulations!



***United Seniors of
Oakland and
Alameda County
for 36 years of being the
public voice and fighting
for Older Adults***

***throughout Alameda County! What is good
for Seniors is good for the quality of life for
everyone!***

Sincerely,

Nate Miley

Alameda County Supervisor

**1221 Oak Street, Ste. 536 • Oakland, CA 94612
District4@acgov.org • (510) 272-6694**



The Retiree Council of SEIU Local 1021 congratulates the United Seniors of Oakland and Alameda County for 36 years of Senior Organizing, Advocacy, and Engagement for today and tomorrow!



Helping older adults stay healthy & connected to community

Free services & support for homebound elders in Alameda County

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www.LifeElderCare.org



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Senior Public Transportation Training and Education Program *Post Covid-19* Travel Training for Older Adults



The United Seniors of Oakland and Alameda County Travel Training program is available for older adults in Alameda County to learn to ride the Bay Area's public transit systems.

Our Travel Trainers are here to guide and train you in obtaining the necessary skills to ride public transportation with ease.

Travel Training is free - Lunch is provided - Clipper Cash will be added to your Clipper Card

Contact: Chonita Chew, Travel Trainer & Organizer
7200 Bancroft Avenue Suite 270 Oakland, CA 94605
Direct: (510) 729-0851 or Cell: (510) 684-6867

Travel Training is organized by USOAC



Our mission is to plan, fund and deliver a broad spectrum of transportation programs and projects that expand access and improve mobility to foster a vibrant and livable Alameda County.

This project is funded by a grant from Alameda CTC



*Congratulations
United Seniors
on a
HARMONIOUS YEAR!!*

*C. Cunningham
June 7, 2022*



Our mission is to plan, fund and deliver a broad spectrum of transportation programs and projects that expand access and improve mobility to foster a vibrant and livable Alameda County.

In Memory

In memory of Marie Turner a long time member of our Board of Directors, a determined leader, and a passionate Oakland resident may her spirit always live on in our hearts and minds.



We mourn the loss of Dorothy King a stalwart supporter of the United Seniors! She was a fighter for the downtrodden and extremely generous to us for many, many years. Rest in power Dorothy!



In Appreciation

We honor Mary Louise Zernike at this years convention upon her retirement from Alameda County. Mary Louise has done so, so much to help older adults all over the county, in many ways, especially as a nutritionist! She has been associated with the United Seniors since its convening as a sponsoring committee for senior organizing in 1986 and the start of the Healthy Living Festival in 2003. We are forever indebted to Mary Louise with much and sincere gratitude!

