



United Seniors of Oakland and Alameda County

37 Proud Years of Organizing for Older Adults' Quality of Life

32nd Annual Convention Program Booklet



June 30, 2023
St. Columba's Catholic Church
6401 San Pablo Avenue, Oakland CA 94608

Empowering Seniors • Enriching Youths • Enhancing Community



Accessible Transportation in Alameda County

Programs and services in Alameda County for older adults and people with disabilities are **funded and supported by Alameda CTC**, such as:

- Travel training
- East Bay Paratransit
- Nonprofit transportation, including
 - Alzheimer's Services of the East Bay (ASEB) and
 - Bay Area Outreach & Recreation Program (BORP)
- Subsidized same-day transportation programs

USOAC – 37 Years and Going Strong!

Alameda CTC thanks you for your hard work and continued provision of services to older adults and people with disabilities in Alameda County.

For Paratransit Program information:

Krystle Pasco, Program Manager

E | kpasco@AlamedaCTC.org, or

E | contact@AlamedaCTC.org



Alameda County Transportation Commission • 1111 Broadway, Suite 800
Oakland, CA 94607 • 510.208.7400 • www.AlamedaCTC.org

United Seniors of Oakland and Alameda County
37 Proud Years of Organizing for Older Adults' Quality of Life

32nd Annual Convention
Table of Contents

Agenda..... 2
 Rules of the Day..... 3
 Pledge of Allegiance..... 5
 Credentials..... 6
 Membership Report..... 7
 Treasurer's Report..... 9
 Nomination Report..... 12
 Oath of Office..... 13
 President's Message *..... 14

Program Reports:

 Emergency Rental Assistance Program.....17
 Probate/Conservatorship Reform.....21
 Senior Injury Prevention Partnership.....23
 Healthy Living Festival.....24
 Senior Online Coalition Building.....25
 Gold Star Shared Housing.....27
 Covid-19 Relief & Recovery for Seniors.....29
 Age Friendly Alameda County..... 37
 Medication Management.....38
 Senior Services Coalition..... 40
 Travel Training.....42
 Pedestrian Safety for Older Adults..... 50
 Eden Area Senior Action Group.....52
 California Alliance for Retired Americans *
 Senior Nutrition Advocacy Committee *
 Walkable Neighborhoods for Seniors/Walk Clubs *

Acknowledgements.....54
Advertisements.....60

* See Attachments

Agenda

- 8:30 Registration
Socializing, Visiting Exhibitors, Continental Breakfast and Music
- 9:00 Welcome by Nate Miley, President
Call to Order
Pledge of Allegiance by Cecilia Cunningham
 Credentials: Mission, Motto, & Vision by Nathaniel Harrison, 1st Vice President
Membership Roll Call & Report by Mary Bradd, USOAC Administrative Assistant
Adoption of Officers of Day
 Chair - Nate Miley
 Recorder - Tanya Washington, USOAC Organizer & Program Staff
 Parliamentarian – Nathaniel Harrison
 Timekeeper – Clay Marshall, Intern
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 Organizer & Program Staff
 President's Message by Nate Miley, President
- 9:45 Program Report
Travel Training Presentation by Chonita Chew, USOAC Travel Trainer & Organizer
Questions & Answers
- 10:30 Actions
Panel of Alameda County Officials
Question & Answers
Panel of City of Oakland Officials
Question & Answers
- 12:15 Lunch Break, Visiting Exhibitors and Music
1:00 Celebration and Recognition of Walk Clubs
1:30 Awards & Drawing of Door Prizes
2:00 Wrap Up, Closing Remarks and Adjournment – Nate Miley

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.

Rules of the Day, continued

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.
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 and Vision



United Seniors of Oakland and Alameda County (USOAC)
7200 Bancroft Avenue, Suite 270 ♦ Oakland, CA 94605 ♦ (510) -729-0852 ♦ www.usoac.org

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 June 21, 2023)

Individual Members:

Individual Members:	144
Lifetime Members:	31
Total Individual Members:	175

Chapter Members

Allen Temple Arms I and II	125
Bible Fellowship Missionary Baptist Church	15
Broadmoor Plaza	75
East Bay Korean-American Senior Services Center	56
Eastmont Town Center Walk Club	23
East Oakland Seniors Center	800
Eden Area Senior Action Group	14
Fruitvale-San Antonio Senior Center	300
Gold Girls Walk Club	12
Golden Age Senior Center	174
Lavender Seniors of the East Bay	500
North Oakland Senior Center	600
Oakland Christian Community Center Inc.	10
Our Family Circle	25
West Oakland Senior Center	563
Total Chapter Members	3,292

Membership Report, continued

Organization Members:

Bay Area Community Services (BACS)	240
Casa Ubuntu/Bonita Hours Inc.	100
Center for Elders Independence (CEI)	700
East Bay Center for the Blind	85
Lend A Hand Foundation	10
Life Eldercare	1,500
Lifelong Medical Care	6,000
Meals on Wheels	168
National Council of Negro Women	135
Oakland Community Action Partnership	22
Oakland Housing Authority	670
Adel Court	TBD
Oakgrove North & South	TBD
Palo Vista Gardens	99
Harrison Towers	TBD
Senior Services Coalition	40
Spectrum Community Services Inc.	47
St. Mary's Center	150
Total Organization Members	9,966

Business 0

USOAC 2023 Total Membership: 13,433

Treasurer's Report

2023 USOAC Budget Statement

Income:

In Kind	\$145,000
Ad Book	4,500
Business & Sponsors	35,000
Dues	3,500
Fees	0
Grants	140,000
Individual Donors	18,000
Other Event Income	15,000
Raffle	0
Total Income	\$361,000

Treasurer's Report

2023 USOAC Budget Statement

Expenses:

Accounting	\$6,000
Bank Fees	500
Consultant & Stipends	20,000
Dues & Subscriptions	150
Health Insurance	30,000
Liability Insurance	1,400
Meals	10,000
Office Expenses	3,000
Payroll Taxes	11,000
Printing	5,000
Program Expenses	10,000
Public Relations/Promotions	2,500
Special Events	5,000
Telephone/Internet	4,000
Travel	500
Utilities	2,400
Wages	113,000
Worker's Compensation	700
Trainings	500
Repair & Maintenance	2,400
Miscellaneous	600
Taxes & Licenses	350
Travel Training Cost	7,000
Rent	118,000
Covid-19 Loan Repayment	6,000
Total Expenses	\$361,000

Treasurer's Report

2023 USOAC Budget Statement

United Seniors of Oakland & Alameda County Income Statement Jan - Dec 2022

	Actual	Budget	% Budget
Income			
Ad Book	1,164	4,500	26%
Business & Sponsors	59,250	35,000	169%
Dues	1,672	3,500	48%
Grants	102,579	165,000	62%
Other Event Income	13,885	15,000	93%
Donations	5,798	18,000	32%
In kind	121,325	147,400	82%
Total Income	304,509	388,400	78%
Expenses			
Accounting	3,600	6,000	60%
Bank Fees	325	500	65%
Contribution	2,000		
Consultants & Stipends	24,045	27,400	88%
Dues & Subscriptions	100	150	67%
Health Insurance	30,991	30,000	103%
Insurance	1,494	1,400	107%
Meals	6,860	12,000	57%
Office Expenses	528	3,000	18%
Payroll Tax	3,776	11,000	34%
Printing		5,000	0%
Program Expenses		10,000	0%
Public Relations/Promotions	90	2,500	4%
Special Events	8,735	8,000	109%
Telephone	5,865	4,000	147%
Travel		500	0%
Utilities		2,400	0%
Wages	105,008	113,000	93%
Worker's Compensation	40	700	6%
Trainings	2,000	500	400%
Repairs & Maintenance	2,933	2,400	122%
Miscellaneous	1,824	600	304%
Taxes & Licenses	285	350	81%
Travel Training Cost		20,000	0%
Rent	118,000	118,000	100%
Covid-19 Loan Repayment		9,000	0%
Total Expense	318,499	388,400	82%
Other income/(expense)	1		
Net Assets	(13,990)	-	

Nominations Report

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

Eligibility: Residents of Alameda County who are 18 years or older and are members of the United Seniors of Oakland and Alameda County.

Eligibility: President and Vice President must be 55 years or older.

President, Nate Miley
1st Vice President, TBD
2nd Vice President, TBD
Treasurer, Sandra J. Johnson
Secretary

At-Large Board Members

Karen Smulevitz
Antoinette Warren
N'Sombi Hasan
Janny Castillo
Lois Snell
Cecilia Cunningham
Venus Gist
Linda Hambrick Jones
Karen Anderson
Lillian Black

Oath of Office

To accept the Oath of Office, please raise your right hand and repeat after 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



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

March 10, 2023

Dear Friend/Supporter

I am proud to be the President of the United Seniors of Oakland and Alameda County (USOAC) and as the President of the Alameda County Board of Supervisors. USOAC is excited to prepare for our 32nd Annual Convention and 20th Healthy Living Festival. Since 1986 the United Seniors has served as a voice for older adults and a vehicle for senior empowerment. Last year we commemorated **36 years of Senior Organizing, Advocacy, and Engagement for Today and Tomorrow!** Our commitment to continue the fight to improve older adult quality of life throughout Alameda County remains steadfast.

This year USOAC will conduct many actions to address senior concerns, while convening two major events:

- 32nd Annual Convention on June 30th
- 20th Annual Healthy Living Festival on September 28th

Through these events and other actions, USOAC will raise awareness of older adult issues, educate, and hold public officials accountable, increase senior involvement, champion successful aging, and promote active civic engagement and senior advocacy.

The United Seniors will prioritize in our 2023 program *Affordable Housing for Seniors, Probate/Conservatorship Reform, Walkable Neighborhoods for Seniors, Pedestrian Safety, Senior Nutrition Advocacy & Food Security, Covid-19 Relief and Recovery, Senior Technology Capacity Building & Advocacy, Travel Training for Seniors, Medication Management for Seniors, and an Age Friendly County.*

The **32nd Annual Convention and 20th Annual Healthy Living Festival** demonstrates the strength of our organization. It is our public commitment to be the voice of seniors and the vehicle for their empowerment. Presently, the United Seniors has a membership of more than 13,000. We recognize that there is strength in organized numbers!

President's Message, continued

I would greatly appreciate your financial support of the United Seniors in any amount during our 37th year to work for and on behalf of seniors throughout Alameda County. For questions please contact me and/or Mary Bradd, Administrative Assistant, at (510) 729-0852 or email Mary.usoac@gmail.com.

As we always say at the United Seniors:

"If it is good for seniors, then it is good for everyone!"

Please make checks payable to United Seniors and mail to the above address or contribute online through zelle at usoacstaff@gmail.com

Sincerely,

A handwritten signature in black ink that reads "Nate Miley". The signature is written in a cursive, slightly slanted style.

Nate Miley, President

All contributions are tax deductible to the extent allowable under the law.

President's Message, continued



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

*Celebrating 37 Years of Senior Organizing,
Engagement, and Advocacy!*

Empowering Seniors through Leadership Development, Community Organizing, Actions,
Outreach, Education, Advocacy, Participation, Awareness, Involvement, and Training

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 the Critical Issues; and To Change the Conditions that Impact their Lives."

Please Help USOAC to Continue our Mission

Name _____ Email Address _____

Address _____ Phone number _____

Enclosed is my check in the amount of _____

Please make check payable to: United Seniors of Oakland
Mail to: 7200 Bancroft Avenue #270, Oakland, CA 94605

Send Online Payment by Zelle to: usoacstaff@gmail.com

For more information contact Tanya Washington at (510) 729-0852 or
email: washingtontanya127@gmail.com

Thank You for Your Support & Tax Deductible Contribution!

Program Reports

Emergency Rental Assistance Program

United Seniors of Oakland and Alameda County was selected to outreach for the underserved communities of East Oakland through the ALCO Secure Emergency Rental Assistance Program (ERAP). The following are the outcomes from USOAC staff to support the efforts to keeping Oakland residents housed.

Outreach:

Total Number of General Outreach Communications to publicize ERAP availability and share program information (such as text blasts, email blasts, personal outreach, social media share, website share)

Social Media and Website Share Outreach:

USOAC Facebook page Alameda County Housing Secure ERAP in partnership with United Seniors of Oakland and Alameda County flyer posted (52) people reached and (2) shares

USOAC Facebook page Alameda County Housing Secure Senior Postcard with Maximum Annual Household Income campaign flyer posted (26) people reached

USOAC Facebook page Alameda County Housing Secure Housing Provider campaign flyer posted(20) people reached

USOAC Facebook page Covid-19 Relief and Recovery Listening Session Agenda post with ERAP presentation information (24) people reached

USOAC Website <https://usoac.org> Alameda County Housing Secure Senior Postcard Campaign with Maximum Annual Household Income flyer posted

USOAC Website <https://usoac.org> Alameda County Housing Secure website share www.housingsecure.org

USOAC Website <https://usoac.org> Announcing ERAP Ambassador USOAC staff to connect if having any questions regarding Alameda County Emergency Rental Assistance by contacting 1(510)729- 0852

Program Reports

Emergency Rental Assistance Program, continued

Email blasts:

- USOAC Membership list of 300 individual members, connected through emails with **(76)** people reached USOAC Chapters, Affiliates, individual members data base, connected through emails with **(166)** people reached
- WNS4 Walk Club Committee with **(29)** people reached Warren Publishing Group with **(900)** people reached
- GoldStar Shared Housing with **(14)** people reached

Personal Outreach:

There were **(16)** people reached through this effort with phone calls made as well as email blasts. There were follow-ups to help with the application process.

Phone calls:

- EdenAreaVillage
- FremontGardenClub
- Handability Crafting Classes for Seniors
- Lavender Seniors of the East Bay LGBTQ
- Senior Resources at St. Paul's Episcopal Church
- Soiree Seniors
- Trinity Seniors Program
- Albany Senior Center
- Downtown Oakland Senior Center
- EastOakland Senior Center
- Emeryville Senior Center
- Fremont Senior Center
- Fruitvale San Antonio
- Nate Miley Gardens
- EC Reems Gardens
- Hong Lok Senior Center
- Kenneth C. Aitken Senior Center
- Manzanita Senior Center
- Mastick Senior Center
- Matt Jimenez Community Senior Center
- Newark Senior Center

Program Reports

Emergency Rental Assistance Program, continued

Outreach

Total Number of General outreach opportunities held in community about ERAP (such as distributing flyers at a food distribution or door-to-door, announcing the program at an event such as a faith service, or promoting the program during a community meeting)

Canvassing:

- Casa Ubuntu/Bonita House 7200 Bancroft Ave., Ste 267 contacted with 5 people **(50)** flyers given to office
- Oakland Library Eastmont Branch 7200 Bancroft Ave., Ste 211 contacted with **(10)** people **(50)** flyers given to library
- Alameda County WIC Program Eastmont Branch 7200 Bancroft Ave., Ste 204 contacted with **(12)** people **(50)** flyers given to CEI office 7200 Bancroft Ave., Ste 275 contacted **(6)** people **(50)** flyers given to office
- Alameda County Self Sufficiency Center 7200 Bancroft Ave., Ste 100 contacted **(1)** person staff **(50)** flyers given IHSS In Home Support Services 6955 Foothill Blvd., Ste 143 **(16)** people contacted **(50)** flyers given to office
- Nate Miley Gardens 2520 Church Street **(7)** people contacted **(50)** flyers given to office
- Mount Zion Church 203 Willow Street USOAC Board member Nate Harrison contacted **(50)** flyers given for congregation **(50)** flyers given for Food Distribution
- Roots Community Health Center, 7272 Mac Arthur Blvd., **(4)** people contacted and **(50)** flyers given to office

Announcement at community meetings and events:

- EARP was announced to the following USOAC programs, events, and allies for outreach for the program.
- AC Transit Accessory Advisory Committee, **(17)**
- Senior Nutrition Advocacy Committee, **(23)**
- WNS4 Walk Club Committee Meetings, to **(29)**
- Covid-19 Relief and Recovery Listening Session to **(54)**
- Eden Area Senior Action Group **(6)**
- GoldStar Shared Housing Committee/Senior Action Team **(4)**
- USOAC's 35th Celebration Luncheon, over **(100)**
- Golden Age Senior Center Eastmont, **(7)**
- USOAC Board Meeting, announced to Leaders **(23)** **Outreach Recruitment** (Total number of people/followers you will reach out to through General Outreach Communications)

Program Reports

Emergency Rental Assistance Program, continued

- 18th Annual Healthy Living Festival event, over **5,600** HLF Brochures went out to USOAC individual membership, chapter memberships, affiliates, and businesses with the Alameda County Housing Secure Emergency Rental Assistance Program Flyers.
- 18th Annual Healthy Living Festival September 29th day of event over **1,000** Alameda County Housing Secure Emergency Rental Assistance Program Flyers went to attendees.
- Newark Senior Center Alameda County Housing Secure Emergency Rental Assistance Program in partnership with USOAC flyer will go out in the newsletter **400**.
- USOAC showed diligence with their commitment to serving the community with these resources. Age-Friendly Alameda County

Program Reports

Probate and Conservatorship Report

Our passion is to educate the community on Elder Abuse and strive to end this atrocity in the San Francisco/Oakland Bay Area.



In collaboration with United Seniors of Oakland Alameda County (USOAC), Warren Publishing Group Senior Advocacy Alliance hosts a series of Elder Abuse Awareness training sessions that identify the different types of elder abuse, the most vulnerable individuals to experience elder abuse, and the warning signs of abuse. USOAC is a grassroots, multi-ethnic, intergenerational non-profit organization committed to issues of concern for seniors and their allies living in Oakland. The collaborative effort of both USOAC and Warren Publishing Group has increased the reach of this program to over 500 attendees varying in age from 30 to 65+ years old, who are often family members, community advocates, and caregivers. USOAC utilizes organizing techniques to educate, mobilize and enable seniors and their supporters to address issues that affect their quality of life. For over 36 years, USOAC has helped empower older adults by serving as a catalyst for positive change and contributing to the betterment of senior citizens and the broader community.

The Warren Publishing Group looks forward to the continued collaboration with USOAC as our collective efforts will continue to benefit seniors throughout Alameda County.

The goal of Warren Publishing Group is to provide Elder Abuse Training sessions throughout the greater San Francisco/Oakland Bay Area.

Training sessions will also keep the community updated on all critical issues seniors are experiencing while providing education and generating awareness about Elder Abuse.

Program Reports

Probate and Conservatorship Report, continued

The following is a list of the Elder Abuse Awareness Presentations.

- The Effects and Prevention of Elder Abuse
- Elder Abuse Prevention Training
- Financial Abuse vs Estate Planning
- Demonstration on the Ease and Simplicity of Setting Up Your Personal Will and Living Trust
- Introducing the Living Will, Durable Power of Attorney, Beneficiary Designation, and Revocable Living Trust
- Crisis with Conservators vs Trustworthy Conservators
- California Conservatorship in Case You Need One
- Alameda County Care Alliance Advanced Illness Program

“I will not keep quiet until there is so much Elder Abuse Awareness that it will never happen again. Ever!”

© 2023 Warren Publishing Group

Program Reports

2022 Senior Injury Prevention Partnership (SIPP) Report

SIPP, in conjunction with Alameda County Emergency Medical Services (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.

SIPP held the 20th Annual Senior Injury Prevention Educational Forum virtually on January 26, 2022. 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.

In the Fall, a small SIPP group began collaborating to update the Fall Prevention Resource Guide, a guide produced by Alameda County Social Services Agency. The update had been interrupted by the pandemic. The goal was set to have the guide update completed by September 2023.

The Partners in Care Foundation (PICF) grant being administered by EMS Senior Injury Prevention Program entered three-year funding cycle in August of 2021. 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. 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. As things opened up, a few locations hosted class in-person.

The pandemic did *not* stop SIPP members from holding events including Fall Prevention Awareness Week and from participating in the Healthy Living Festival at the Oakland Zoo.

Program Reports

Healthy Living Festival Report

United Seniors of Oakland and Alameda County will be hosting the 20th Annual Healthy Living Festival on September 28, 2023 at the Oakland Zoo.

Last year EventBrite was utilized as a registration tool for those who wished to attend the Healthy Living Festival 2022 and the sign up process worked out very well.

The highlight of the HLF was sponsored by the Bay PLS Covid-19 Vaccination Clinic and the Alameda County Health Care Services Agency Public Health Department. Those HLF Attendees wishing to be vaccinated got the opportunity at the HLF to do so. Those attendees who had questions about Covid-19 also got those questions answered. In addition to the Covid-19 vaccinations, flu shots were also offered to those wanting to get that as well.

The Covid-19 vaccinations health exhibit was a major piece of the HLF. It helped seniors and those who love them to be able to stay on top of the pandemic; what was going on and how they would be affected by it.

There were 23 sponsors with 7 honorary hosts. There were 75 active exhibitors in total with approximately 2500 registrations that included 240 volunteers. All in all the day was very busy, very exciting and tremendously enjoyable. Well worth the work that went into making the HLF day one for seniors and those who love them memorable!

A big shout out to all those who participated in helping us help seniors have a festive and informative day to remember!

What's good for seniors is good for all!

Program Reports

Senior On-Line Capacity Building Report 2022 Digital Literacy Program

In 2022, as the pandemic released its hold, United Seniors and St. Mary's Center, a West Oakland Senior Service Provider opened fully to the public. Their partnership to bridge the digital divide for seniors continued to evolve. The WeConnect program donated 20 devices and facilitated 60 lessons.

In July, Wanda Remmers, a perfect match for WeConnect was hired to manage the program. Wanda Remmers has a long history of working for marginalized persons particularly those suffering with poverty and homelessness. A senior herself, Wanda manages the WeConnect program with a deep level of authenticity, adapting the curriculum and the devices to the needs of the senior. Her personalized lessons respond to the complicated spectrum of learning styles associated with aging, reducing isolation while connecting seniors to social activities, family and educational and health resources.

Also in 2022, USOAC continued to take advantage of the new tech skills their board members gained by hosting most of their advocacy activities, such as legislative meetings and health related webinars online. USOAC board member, Willie Stevens who passed last year, will be remembered for his unyielding advocacy work, as well as his relentless push to help seniors access the Internet through the Digital Literacy Program.

A third partner is Computer Technology and Resource Center (CTRC), which donated 24 computers to the We Connect program. In December 2022, CTRC began donating desktops with the Windows operating system, a big change from the Xubuntu system that had been installed on their computers since the agency opened in the '70s.

Moving into 2023

WeConnect became a pipeline for a wonderful State funded program called CHAS (Connections, Health, Aging and Technology). Through a referral process seniors age 60 and older receive new IPADs and for a limited time; free Internet service. As of May 2023, we have donated nine tablets to very happy seniors. All seniors received free personalized lessons. The United Seniors Transportation program was spotlighted in the St. Mary's Center Peer Support Circle's Senior Resource Guide. A copy of the Guide is placed on every WeConnect computer. The Guide links seniors to resources recommended by their peers. Download a free copy from www.stmaryscenter.org/senior-resource-guide/. A USOAC senior commented on their Peer Support Circle experience: "I appreciate being a part of the Circle, I've learned a lot, and got to know seniors who dealt with the same challenges I have."

Program Reports

Senior On-Line Capacity Building Report, continued

The USOAC Digital Divide committee has a big reveal in 2023. A new USOAC website will be published with a crisp new, expanded look spotlighting programs and annual events. With help from USOAC, the St. Mary's Center WeConnect program is currently seeking funding to expand the program to serve more extremely low income seniors.

To find out more about the WeConnect program, call 510-923-9600 x 233, or email wmeyers@stmaryscenter.org.



Program Reports

Gold Star Shared Housing Report

Affordable housing in Alameda County reached an all-time high and became a crisis in the early 2000s. Rents and housing prices began to spiral out of control due to lack of supply and demand, which helped to widen the gap between those who could afford to live here and those who could not. The Covid-19 pandemic only exacerbated the already strained housing crisis. Today, affordable housing is a senior crisis. By 2030 over 328,000 seniors 65+ will live in Alameda County putting more low-income seniors and veterans at risk of displacement.

During 2022 the lack of affordable housing and reduced resources challenged Gold Star's capacity and sustainability dramatically. Today, we still struggle with the ongoing challenge of increased demand for housing without an increase in the ability to provide the housing needed, primarily due to increased rent demands by homeowners and lack of income by the tenants. This issue alone remains an area of concern. Shared housing can be a viable option in the housing crisis.

Gold Star Shared Housing Mission

Gold Star's mission is to provide viable solutions for safe, affordable, decent housing for low-income seniors, veterans and disabled persons in a shared living arrangement and offer a pathway to self-employment through reskilling and work development programs that can lead to entrepreneurship opportunities and increased income.

Our Services

Gold Star's primary focus is on options and opportunities which help ease the financial burden of seniors, low-income homeowners, low-income tenants, and veterans and create housing solutions that could become a win-win for both parties.

Gold Star can assist with garage conversions, upgrading a spare bedroom, and connections to assist with development of an Accessory Dwelling Unit (ADU). Work development programs can help increase income. We believe these opportunities could be beneficial for both a low-income homeowner and a low-income tenant.

2022 Accomplishments

Gold Star's outreach program remained constant during 2022 with approximately 25-30 new seniors each month. Although Covid-19 loomed heavily, we were able to place three men in housing during 2022. Regrettably, at year end there were approximately 33 tenants still on our waiting list and 7 host properties which were out of their price range. (Host properties today ask \$1,200 to \$1,500 per month for a single room with a shared bath.

Program Reports

Gold Star Shared Housing Report, continued

Many contacts (75 to 80 percent) via our website or personal referral could not be helped due to income constraints. These tenants are generally referred out to other organizations such as Front Porch, Alameda Housing Authority, Social Services and Bay Area Housing, etc. depending on their needs.

During 2022 Gold Star established partnerships with Front Porch (a housing organization), Unite Us (a local business referral service) and California Alliance of Retired Americans (CARA). Pam Hall of the Oakland Housing & Community Development remains an active affiliate and shares information from the City of Oakland Housing and Community Development.

To improve operations Gold Star has, with support from Tanya Washington, begun utilizing more social media and Facebook for marketing and outreach. Additionally, we have added new services such as ADU referrals, a room-boosting service, and reskilling for self-employment. Gold Star submitted 10 grant requests for funding during 2022.

2023 Goals

- Schedule 4 outreach presentations with local Senior Centers
- Research and apply to programs that help bridge the rental gaps for low-income seniors and veterans.
- Increase veteran outreach by 20 percent via Veteran's Administration and local veteran organizations.
- Research and secure rental housing (for men) in Oakland, Hayward & Castro Valley
- Build social media outreach and upgrade marketing campaign.
- Submit 12 new grant requests.

Submitted by,
Lois Snell, Executive Director
Gold Star Shared Housing
May 11, 2023

Program Reports

Senior Covid-19 Relief and Recovery Report

Application: United Seniors of Oakland & Alameda County

United Seniors of Oakland & Alameda County
2022 East Bay Foundation on Aging Abridged Application

Summary

ID: 000000011
Status: EBF Aging 2022 Awarded + Reporting
Last submitted: Jan 31 2023 08:09 AM (PST)

2022 EBF Aging Final Report

Completed - Jan 30 2023

This Final Report for you 2022 EBFA grant is for internal learning purposes only; EBFA is taking steps to assess our impact as a grantmaker on meeting our mission.

Please complete all fields and double check for accuracy.

2022 East Bay Foundation on Aging Final Report

Please complete all fields and questions below. In the fields provided, please report back on the services you provided, as well as challenges and any unexpected situations.

Organization Information

Organization Name	United Seniors
Primary Contact	Tanya Washington
Title	Program Assistant/Organizer
Are you a 501(c)(3) organization?	Yes
EIN (of your org or your fiscal sponsor)	94-3092404
Primary Contact email	miley.nate@gmail.com

2022 Grant Award: Enter the amount of the award your organization received for 2022.

25,000

Program Reports

Senior Covid-19 Relief and Recovery Report, continued

Question 1: Describe the progress made towards meeting the goals and objectives outlined in your 2022 application.

2022 Use of Funds (Description of Services and Numbers Served)

1. Hybrid Meetings & Events on a Zoom Platform and Other Ways to Sustain Connections

with an average 30 or more attendees per month

+USOAC Board met virtually on January 28th, February 4th, February 25th, March 4th, April 1st, June 3rd, July 1st, July 22nd in a special meeting, August 5th, September 2nd, October 7th, November 4th, and December 2nd

+USOAC leaders met virtually in a subcommittee on June 13th to plan the accountability Report Card on City of Oakland elected officials

+USOAC distributed thousands of Covid-19 safety and information flyers through our programs, e.g. travel training, medication management, walk clubs, senior nutrition, housing assistance, etc

2. Senior Covid-19 Relief & Recovery Actions with 30 to 50 attendees per action

+USOAC held a zoom meeting with Doctors Aboelata (Roots Health Center CEO) and Moss (Alameda County Health Officer) on September 2nd with 24 attendees

USOAC held a Senior Covid-19 Relief & Recovery Action on April 1st with Doctors Moss and Aboelata with 20 attendees

3. Senior Online Capacity Development & Access for Technology Training with minimum of 60 attendees

+USOAC worked through our St. Mary's Center chapter We Connect program to improve online skills for 139 seniors. We partnered with the Computer and Technology Resource Center to provide We Connect services to United Seniors.

+USOAC joined in the Warren Publishing Group virtual series on Computer and Telephone Fraud during the Fall of 2022

+USOAC supported the efforts of Alameda County Age Friendly Council's Older Adult Digital Needs Assessment Survey to discover the gaps in equitable access for seniors to digital resources

+USOAC still pursuing a collaboration with Senior Fusion on technology for seniors

4. Updated Travel Training Materials for Safe Public Transit

+USOAC made more than 15,000 countywide outreach contacts to promote safe routes to transit

+USOAC met virtually with staff from LAVTA (Livermore Amador Valley Transit Authority) on May 17th about older adult mobility in the tri-valley

5. Restore Senior Programs

+USOAC worked to help seniors and others stay housed during the Covid-19 pandemic with the new Alameda County Emergency Rental Assistance Program with results as follows:

Program Reports

Senior Covid-19 Relief and Recovery Report, continued

a. 124 Facebook contacts

b. 1185 email contacts

c. 16 phone contacts

d. 21 senior facilities contacted

e. 61 canvass contacts with 500 flyers distributed

f. 263 announcement contacts at 9 primarily virtual gatherings

g. 7000 outreach communications

+USOAC through the Senior Nutrition Advocacy Committee met virtually with the Alameda County Social Services Agency Director Andrea Ford on funding and operations for senior food providers

+USOAC met virtually with Covia staff of Home Match on May 13th

+USOAC pushed to clarify valuation for all services to tenants through HUD regardless of funding source

+USOAC monitored the County Social Services Agency efforts to expand collaboration to support older adults

USOAC participated in the virtual SIP conference on January 27th on the Master Plan

6. Advocate for Public Transit with a minimum of 84 attendees

+USOAC met virtually with LAVTA staff on senior mobility in the tri-valley

+USOAC supported Voices for Public Transportation with the MTC for regional transportation funding

+USOAC supported AC Transit community funding project to help improve air quality and senior health in East Oakland

+USOAC secured AC Transit bus service for 64 folks to attend the HLF

+USOAC conducted one to one and/or mini travel trainings to 55 individuals, trip planning to 101 folks, and 1491 outreach contacts

7. Advocate for and the Empowerment of Seniors with average of 30 to 50 attendees per action

+USOAC met virtually with Oakland Council President Nikki Fortunato Bas on October 27th

+USOAC participated in the CEI Oakland Mayoral Candidate Forum on August 30th at Laney College

+USOAC joined in the Oakland Mayoral Forum on August 24th at the Dimond Library

+USOAC met virtually with Oakland Councilmember Rebecca Kaplan on August 10th

+USOAC participated in the Senior Disability Action Annual Convention on October 13th

+USOAC met viturally with City of Oakland Planning Department staff on the City's General Plan Update

+USOAC cosponsored a virtual Candidate Forum for District Attorney with approximately 65 attendees on March 30th

+USOAC met virtually with Councilmember Treva Reid on April 4th

+USOAC met virtually with Mayor Libby Schaaf on April 22nd

+USOAC held a virtual Candidates Forum on April 29th with some candidates running for Superior Court, Sheriff, and Supervisor District #3

Program Reports

Senior Covid-19 Relief and Recovery Report, continued

+USOAC held virtual meetings with Councilmember Carroll Fife in July

+The USOAC actions totalled more than 200 duplicated attendees

8. Hold Covid-19 Safe Meetings, Actions, Events, & other Activities with 2000 HLF attendees, 175 Walk Club Luncheon attendees, at least 10,000 outreach contacts, approximately 150 attendees for Annual Convention

+USOAC 31st Annual Convention was held on July 29, 2022 with 16 Program Reports to about 114 attendees with 19 exhibitors at the Alameda County Fairground

+USOAC held its Annual Walk Club celebration at the Alameda County Fairgrounds on July 22, 2022

+USOAC held its 19th Annual HLF on September 29, 2022 at the Oakland Zoo with the following results:

a. Nearly 2000 attendees

b. 76 exhibitors

c. Over 2000 pre event contacts by email and phone

d. 23 sponsors

e. 289 vehicles parked for the event

f. 64 attendees came by public transit

g. 11 chartered buses to transport attendees

h. 170 volunteers

i. 15,000 outreach information and education mailers

j. Press, Facebook, Instagram, and Twitter Engagement

k. Fed approximately 2000 attendees with a nutritious lunch at the HLF

+USOAC distributed Covid-19 PPE to over a combined total of 214 attendees at our Shaggy Dog Storytelling Fundraiser on October 8th and our Annual Convention

9. Buttress our Programmatic Workplan with a minimum of 300 Medication Management attendees, recruitment of 2 leadership contacts per month, membership contact to approximately 13,000

+USOAC conducted 268 Medication Management trainings and made more than 15,325 outreach contacts

+USOAC held 11 Gold Star Shared Housing meetings with Covid-19 wellness check-ins for the average of 5 committee members

+USOAC held 10 Walk Club meetings with Covid-19 wellness check-ins with 5 to 8 attendees

+USOAC held 10 Eden Area Senior Action Group meetings with Covid-19 wellness check ins for the 4 to 7 attendees

+USOAC Membership Report at Annual Convention totalled 13,464

+USOAC Leadership Organizing Team totalled 16 from 19 with two deceased members and one whose absence is undetermined

+USOAC partnered with Warren Publishing Group on a virtual Candidate Forum for Alameda County District Attorney on March 30, 2022

Program Reports

Senior Covid-19 Relief and Recovery Report, continued

+USOAC participated in the virtual 20th Annual Senior Injury Prevention Educational Forum on January 26, 2022 with 132 attendees

+USOAC participated in the virtual Listening Session on December 14th held by the Senior Services Coalition on the California Master Plan on Aging

+USOAC convened 11 virtual monthly meetings of the Senior Nutrition Advocacy Committee with a roster of 23 and attendance of 9 to 12

+USOAC held virtual monthly meetings of our Walkable Neighborhood 4 Seniors (WN4S) Walk Club Committee with an average attendance of 8

+USOAC met with ACCFB Advocacy Policy team on April 22nd

+USOAC continues its efforts for Probate and Conservatorship Reform

+USOAC had nearly 40 (duplicated) leaders participated in USOAC virtual monthly committee meetings that always had Covid-19 wellness check-ins

Question 2: If you were not able to meet your outcomes/activities, please share the reasons why. Please describe any internal (organizational capacity/Board/staff) and/or external challenges for completing this work.

Fortunately, United Seniors was able to meet the totality of our anticipated 2022 outcomes despite some internal and external challenges. It was a very good year for USOAC with senior engagement and empowerment. There were multiple actions with public officials, significant outreach, dissemination of Covid-19 information, senior connection and wellness checks, senior technology education, and quality of life services and enhancements. However, there were some difficulties.

During 2022 USOAC had to face the following:

1. Seniors are still fearful of exposure to the Covid-19 virus and/or any variants
2. Seniors are still isolating and not comfortable with in person gatherings
3. Seniors are still not comfortable with online technologies, programs, and/or remote devices
4. There are constant struggles to annually raise sufficient funding for the entirety of our program and operations
5. There is also the on-going concern with monthly bookkeeping and with the loss of our accountant, who moved out of state and cutback on her services. We were able to replace our other accountant, who filed our annual tax returns and passed away a few years ago.

Program Reports

Senior Covid-19 Relief and Recovery Report, continued

Question 3: What are the main lessons learned from your work this year? Is there anything that you would do differently?

In 2022 the prominent lesson(s) learned by USOAC was the realization that at this moment in time our organization can make the necessary adjustments to fulfill our mission, purpose, and vision regardless of the challenge(s). However, but for the strength of our Board/leadership and the commitment and passion of our staff, USOAC would not be able to be that vehicle for senior empowerment and the voice for their concerns and needs.

During 2022 USOAC would not have done anything differently other than try to improve the bookkeeping responsibility and raise more financial resources. Otherwise, it was a very good year for USOAC accomplishing our program. At this time/moment USOAC feels very blessed that our work continues to benefit the lives of tens of thousands of older adults and the broader community.

Question 4: What benefits or improvements has this grant had on your organization, constituency and the community thus far? Please provide specific demographic data on the population you served.

Benefits or Improvements and the Data on Older Adults Served

1. More than 15,000 contacts made with information on Covid-19, travel training, and medication management information
2. At least 7000 contacts through the Emergency Rental Assistance Program
3. More than 2000 meals served
4. A membership of more than 13,000 was maintained
5. There were consistent monthly Covid-19 wellness check-ins to about 40
6. There were more than 268 medication management trainings
7. There were more than 55 travel trainings and 101 trip plannings
8. There were more than 50 virtual committee meetings of USOAC Board, walk club, senior nutrition, housing, and Eden Area seniors
9. There were more than 17 actions primarily virtual with more than 2300 attendees to address quality of life issues for seniors, including our Convention and Healthy Living Festival

Program Reports

Senior Covid-19 Relief and Recovery Report, continuedProgram Reports

Question 5: Have you been able to create sufficient support for your organization to achieve program goals and cover operating costs over the past 12 months? If so, what are your major funding sources? If your revenue has been less than needed during the grant period, what budget or program accommodations are you making? What is your fundraising strategy to insure sustainability in future years?

USOAC was able to create sufficient support to achieve our goals and cover cost during 2022; however, it was a constant struggle to have the necessary funds each month.

Our major funding sources are public sector and foundation grants along with business, government, and private sponsorships.

In order to deal with the revenue challenges USOAC has cutback on some expenses and retained the services of a grantwriter to help us submit more proposals.

The USOAC fundraising sustainability strategy includes identifying and submitting more proposals with the support of our grantwriter. In addition USOAC will launch a direct appeal letter, our Treasurer will reconvene our fundraising committee that has been dormant during this public health emergency due to our leaders wanting to isolate.

Covid-19 Relief and Recovery Report, continued

<p>Alameda County Health Care Services Agency Public Health Department</p> <h2>2023 COVID-19 SERVICES</h2> 	
 <h3>VACCINATION SERVICES</h3>	 <h3>TESTING & TREATMENT</h3>
<ul style="list-style-type: none"> ✓ Walk Up Vaccination Sites bit.ly/ACGOVcalendarwiz ✓ Home Vaccinations Call (510) 268-2101 or bit.ly/InHomeVaccination ✓ Provider Support ✓ Vaccine Redistribution ✓ Pop-Up Clinic Requests bit.ly/RequestVaccinationClinic ✓ Family Justice Center 470 27th St., Oakland, CA 94577 Wednesdays 1:00pm-3:30pm ~ APPOINTMENT ONLY ~ Bring your immunization record; masks required <p>For Appointments: Call (510) 267-3230 Or Email: immunize@acgov.org</p>	<ul style="list-style-type: none"> ✓ Walk Up Testing Sites bit.ly/Testingmap ✓ Treatment Services (833) 686-5051 bit.ly/COVIDtreat Sesamecare.com/covidca ✓ Resource Hubs/Test Kit Pick Up & Demo bit.ly/Testingmap Coming Soon at Umoja Health, Black Cultural Zone & Homies Empowerment ✓ Check Test Kit Extended Expiration Dates bit.ly/3crbCLu ✓ Health Care Enrollment & Referrals bit.ly/Testingmap <p>Visit Our Website covid-19.acgov.org/testing.page</p>
 <h3>PUBLIC HEALTH INVESTIGATIONS</h3>	 <h3>RESOURCES & SUPPORT</h3>
<p>We continue to work with partners on:</p> <ul style="list-style-type: none"> ✓ Outbreak Response & Management ✓ Infection Prevention & Control ✓ Long Term Care Facility Support <p>Visit Our Website https://covid-19.acgov.org/reporting-requirements.page</p>	<ul style="list-style-type: none"> ✓ Resources https://covid-19.acgov.org/community-resources.page ✓ Vaccination Appointments & Locations ✓ Where to Access Testing & Treatments ✓ Health Insurance Access ✓ General COVID Information https://covid-19.acgov.org/index.page <p>Questions? (510) 268-2101 Email: nCOV@acgov.org</p>
 <p>ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY PUBLIC HEALTH DEPARTMENT</p>	

Program Reports

Age-Friendly Alameda County Report



Alameda County Council for Age-Friendly Communities 2022-2023 Year End Update: 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 2022, the 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 expand critical programs and services for older adults.

Support for the Age-Friendly Council includes a dedicated full time Management Analyst (MA) to coordinate and facilitate all activities of the Age-Friendly Council. The position is equally funded by the SSA and HCSA. During the last year the MA assigned to the Council separated from the Agency, and the position continues to remain unfilled, with plans to fill the position by mid 2023. Actions and accomplishments the Age-Friendly Council managed with a critical staffing shortage within the last year include:

- Supported State legislation on digital equity and housing security for older adults that was chaptered.
- Supported budget requests for supportive services and COVID mitigation for older adults.
- Led the creation of the Bay Area Digital Inclusion Committee to continue the recommendations of the "2021-2022 Older Adults Digital Needs Assessment Survey."
- Participated in the Connections, Health, Aging, Technology (CHAT) Program, and distributed iPads and devices directly to older adults in Alameda County to support digital connectivity and internet access.
- Leveraged Health Resources Services Administration (HRSA) funding and partnership with University of California San Francisco (UCSF) to hold a series of trainings through the [Embracing Aging Training Initiative](#) for Behavioral Health staff and community-based organizations and In Home Supportive Services (IHSS) Public Authority staff; with plans to launch trainings for Public Health Nursing in 2023.
- Participated in equity discussions centering older adult and adults living with disabilities in Alameda County on the following topics, as an example:
 - History of American Homelessness
 - Climate Change and its Impact on Older Adults
 - Robotic Pets to Support Older Adults
 - Disaster Preparedness
 - Reentry for the Older Adult Population
 - Equity Framework
- Completed the County's Age-Friendly Action Plan for submission to American Association of Retired Persons (AARP) to secure age-friendly designation

Age-Friendly Council

The Age-Friendly Council continues its workplan and projects in alignment with the five bold goals of the [Master Plan for Aging](#), [Board of Supervisors' Vision 10X Goals](#), and the [2024 County Wide Area Plan](#) to address the current needs of the older adult community who were highly impacted by the COVID-19

Program Reports

Medication Safety Training Report

During 2022, we continue to conduct our Medication Safety Trainings as one-on-ones over the phone and via Zoom presentations, to ensure safety practices during the Covid-19 pandemic. We trained a total of 205 older adults for the year and outreached to total 15,500.

This short vignette of one of the participants, Jerry Jr., will provide a description of the training, its importance, and the role of our staff trainer Sister Ansar Muhammad in Medication Management for older adults.

Jerry Jr. is a 67-year old senior who has a history of high blood pressure, a kidney transplant and is a diabetic. He was first admitted to the hospital in October due to high blood pressure; he was acting sporadically and was refusing to take his medication. It should also be noted that Mr. Jerry Jr. recently lost his wife, so his problem may be a result of grief.

After being in the hospital for a few days, Jerry Jr. was transferred to a nursing facility to recover and given new instructions on how to take his medication. The medication was altered while he was in a hospital, to better manage his symptoms. He was later released and returned home, and the episodes began all over again.

Jerry Jr. returned to his pre-hospitalization habits: He was not taking his medication as prescribed, drinking alcohol, acting sporadically and not eating. The home nurse contacted his family to express concern and to inform them that his vital signs were life-threatening.

He was refusing to go to the hospital, but his family could not leave him at home in his condition so they notified first responders. Jerry Jr. was not in a good state when the first responders arrived, so he was sent back to the hospital for further evaluation.

This time, he was sent to a different care facility, with new instructions sent over from the hospital. The family was very concerned about Jerry Jr.'s well-being and noticed that he had been isolated from his family for two years because of Covid-19, as well as grief over the loss of his wife last year.

This made the family realize that Jerry Jr. needed assistance at home once he was released from the nursing home. None of his family had been to his home in the past two years, so this time a plan was put in place for family to assist him at home.

When he was released to go home, the home nurse and the family members noticed the medication he was taking and the regimens that the doctors at the two facilities and his primary doctor were all different. The family contacted Sister Ansar to do a Medication Safety Training and also a review.

Program Reports

Medication Safety Training Report, continued

During this training, Sister Ansar advised the family to put all his prescriptions in order by name of the medication. Jerry Jr. was receiving his medications from four different pharmacies, and getting different strengths of the same of the same medications. Sister Ansar advised them to contact his primary physician right away to do a medication review of all his prescriptions. The family followed the instructions and scheduled an in-person meeting for Sister Ansar to perform a medication review with the forms from the program, so that there's an indication of all of his medications. When Jerry Jr.'s doctor reviewed the chart, he became upset because of the changes in his patient's medication. The doctor prepared an all-new medication chart for the family. The doctor believed that since Jerry Jr. was exhibiting the same symptoms, the medication should be changed to fit the course of treatment. Formerly, without authorization from the hospital or his primary care provider, Jerry Jr.'s prescriptions and treatment had been modified.

Sister Ansar performed an at-home visit with the family to go over all medications, including old and expired medications, and to help set up new medications as prescribed by his primary doctor.

During this review there were old and expired medications, dating back to 2017, and more than 80 medication bottles gathered to take to a medication disposal site. The family was advised to only use one pharmacy, so as to avoid duplicate medications being issued.

When Sister Ansar followed up on Jerry Jr.'s situation, she learned that he was doing better, taking his medication and eating, even though he continues to grieve over the loss of his wife. The family thanks Sister Ansar for her assistance in getting Jerry Jr.'s medication back on track.

The future of the medication safety training program has been firmly established over multiple years, with USOAC having been on the forefront of this senior injury prevention effort. With its success institutionalized through the county EMS and the establishment of numerous medication disposal sites throughout the county and administered by Alameda County Department of Environmental Health, USOAC will continue to monitor senior medication management and disposal, but will deemphasize it as an organizational priority.

Program Reports

Senior Services Coalition of Alameda County

The Senior Services Coalition of Alameda County (SSC) works to advance public policy change that increases and availability to the services and supports that can make such a difference for older people in our county. USOAC is a unique and valued coalition member, and we appreciate the partnership of the USOAC Board, staff and members.

This report summarizes some of the progress we have achieved together over the past year.

SSC played a robust role in the effort that advanced Master Plan for Aging initiatives in California's fiscal year 2022/23 budget and legislative session.

SSC informed over a dozen state legislators 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 use common messaging. We convened more than a dozen meetings with legislators and their staff, and provided letters and public testimony at key hearings.

As a result, the state's Fiscal Year 2022/2023 Budget contained important investments in policy and programs that will make a tremendous difference to the lives of thousands of older Alameda County residents.

The gains include:

- Increased in SSI/SSP grant assistance to very low income seniors and people with disabilities (about a \$39/month increase that kicked in January 1, 2023).
- Funded a Manufactured Housing Revitalization Program within the state Department of Housing and Community Development to preserve and develop affordable mobile home parks (a \$100 million investment).
- Funded an Older Californians Act Modernization initiative to pilot restoring programs that were cut in the Great Recession (a \$186 million investment over 3 years).
- Made permanent a presumptive eligibility rule so hospitals can give patients age 65 and older temporary full Medi-Cal coverage based on a patient's self-attested information.
- Funded grants for counties to launch Alzheimer's Healthy Brain Initiative efforts (which Alameda County recently applied for and won).

This year we have partnered with Alameda County Social Services Agency to sponsor a new legislative proposal, AB 1313, authored by Assemblymember Liz Ortega. The bill will create a demonstration pilot in Alameda, Marin and Sonoma counties to measure the impacts of

Program Reports

Senior Services Coalition of Alameda County, continued

providing case management to low-income older adults who may not have Medi-Cal. The demonstration will help the California Department of Aging assess how this service benefits older adults, and how it fits in the systems of care organized by the Master Plan for Aging. This information will pave the way for dedicated state funding. AB 1313 just passed the Assembly, and we will help it advance through the Senate process this Summer.

In addition, we are advocating to protect funding for seniors and services in the state's 2023/24 budget. In a year when the state faces a huge budget deficit, we have joined advocates from across the state to push hard for funding for a stipend program to help low-income seniors pay for housing. At this writing the state budget is being negotiated.

SSC worked to build partnerships between health care entities and community-based organizations that are skilled in working with older adults.

Over the past year we provided training, guidance and technical assistance to a dozen organizations that serve older people, helping these local CBOs to consider opportunities to contract with local Managed Care Plans, and to take their first steps. In doing so, we learned about the systemic and financial roadblocks that make it difficult, if not impossible, for small and medium community-based organizations to contract under CalAIM, the state's Medi-Cal initiative. We have been advocating for practical changes that will eliminate the barriers to contracting so that CBOs can get paid for the good work they do and seniors can benefit from better coordination between their medical care and community supports.

We worked with collaborative partners to advance state legislation, center equity and aging in planning and decisions.

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's focus over the last year has been housing security, digital inclusion, and training to equip county staff with baseline knowledge about aging so that they are competent to provide sensitive, equitable, and high quality services. In addition, the Council partnered with Alameda County Public Health to win a Healthy Brain Initiative grant that will create a better coordinated, aligned, and equity-focused system of care for those at-risk or living with Alzheimer's Disease and Related Dementias.

Program Reports

Travel Training Report

For more than 20 years, the USOAC Travel Training program has outreached countywide throughout the older adult communities in Alameda County about the benefits of the USOAC Senior Public Transportation Training and Education Program.

For the first time since the Pandemic, USOAC is pleased to report that the older adult community is getting more and more comfortable in going out and participating in programs like the USOAC Travel Training program.



Benefits of Travel Training

Environmental: In California, the transportation sector accounts for about 50 percent of the state's greenhouse gas emissions. Reducing the number of vehicles on the road is critical to achieving climate change goals and clean air standards. Everyone knows that taking transit is good for the environment. Be part of the solution—a typical trip on public transit emits 55% fewer greenhouse gas emissions than driving alone.

Personal Wellness: Taking transit is linked to higher levels of physical activity. Studies have shown that people who use public transportation for any reason were less likely to be sedentary, taking 30% more steps and walking 8.3 more minutes per day than people who mostly drove. Just walking to and from transit stops can add up to the recommended 30 minutes of physical activity a day, reducing health care costs.

Program Reports

Travel Training Report, continued

2022 Travel Trainees

Pamela Alston – One-on-One (6/22)
Pauletta Arbuckle – Group (6/22)
Debra Booze – Group (9/15)
Wayne Chin – Group (10/13)
Larry Diamond – One-on-One (12/06)
Richard David Fahrner – Group (10/13)
Annette L. Hart – Group (10/13)
Jeanell Ingram – Group (9/15)
Linda Jackson – One-on-One (5/26)
Zelda Johnson – Group (6/09, 9/15)
Joan Krzeminski – Group (12/16)
Gwyndola Looney – Group (10/13)
Martha Manchouck – Group (12/16)
Mae Mosley – Group (6/09, 9/15)
Michael Moss – Group (12/16)
Teresa Phan – One-on-One (9/19)
Bernard C. Reese – Group (12/16)
Carol Sugimura – Group (6/09)
Walter Thomas – Group (9/15)
Tia Turner – Group (9/15)
Ann Wagner – Group (12/16)
Tella Williams – Group (9/15)
Rodney Wong – Group (12/16)

Travel Training Program Participants

Janny Castillo, St. Mary's Center
Mary Triston, Transportation Service Coordinator for the City of Berkeley
Tanya Washington, USOAC Program Assistant
AC Transit
Alameda County Transportation Commission

Program Reports

Travel Training Report, continued

Updating the USOAC Travel Training Program

It is the face-to-face interactions that bind us together as a community....

At one point in 2022, all the programs offered from USOAC were confronted with great difficulty. Older adults did not want to get out, making it difficult to conduct field trips. And field trips a large part of the Travel Training program.

“Don’t not get me wrong, Zooms are okay, they’re a great way of communicating, and many times Zooms were the only way I could connect with the older adults in Alameda County.”

Now that programs are picking up again, the community tells me that they prefer face-to-face Travel Trainings. USOAC plans to provide just that: *in-person-face-to-face Travel Training*.

The public health emergency ended on February 28, 2023, so Travel Training will no longer be conducted on Zoom. From now on all USOAC Travel Training will be in person.



South Bay Travel Trainee Larry Diamond – December 2022

Program Reports

Travel Training Report, continued

Post-Pandemic goals have always been to re-invent the USOAC Travel Training program, for the first half of the year, January thru June 2022, was dedicated to re-inventing our Travel Training program to match the post-Pandemic times.

For July 2022 thru December 2022, there were several developments that we considered as the key areas that brought the program phenomenal results; included were, outreach, trainings, meetings, continuing education, administration, actions, and trip planning for older adults.

Travel Training Outreach – Outreach totaled 1,477

- Ongoing work with seniors on travel related questions, even though the Pandemic was winding down, the community still had a lot of questions and concerns; most Travel Training programs throughout the US became ESSENTIAL during the Pandemic
-
- Attended the *Covid Town Hall for African Americans* – there was a small but mighty presentation on transportation. Although mask mandates were relaxed at this point; very important to know that we should wear masks while riding public transit.
-
- Attended monthly *Living Room Gatherings* specifically for transit advocates, in these meetings, we would discuss travel & transit, also food injustices/insecurities, diversity issues, and pedestrian safety, this was a support group for transit advocates hosted two times a month by SDA Senior Disability Action Group.
-
- USOAC Program Assistant, Tanya Washington makes monthly follow-up calls to Travel Training Alumni to check-in.

Program Reports

Travel Training Report, continued

Addressing Transportation Equity from the Bus Stop to the Board Room Committee Member – Board Served & Monthly Meeting Advocate – Advocate - Advocate

What once started out as a program for seniors and folks with disabilities, has now become a movement!

- 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*)
- BPAC – Unincorporated Alameda County Bicycle and Pedestrian (*advocate & committee member*)
- SDA East Bay – Senior Disability Action Group (*advocate & affiliate member*)
- MCPD Mayor’s Commission of Person with Disabilities (*meeting attendee & advocate*)
- Voices for Public Transportation
- NADTC – National Aging
- America Walks: Walking College “*What If Community Engagement Was Actually Fun?*”

The USOAC Programs Assistant Tanya Washington, attends (virtually) monthly meetings with the *Community Living Sidewalk Search Party*, her goal is getting advocates to volunteer for the transportation part of the USOAC Annual Healthy Living Festival, also an AAC committee member.

Trainings & Continued Education

Education & Learning are ongoing, here are a few that were attended by the Travel Trainer:

- Transportation Diversity, Equity, and Inclusion Initiative – NADTC Lunch & Learn
- Aging – Vision Loss & Transportation
- How to Meet the Needs of Your Community
- #CIL 50; Reflection, Reunion, Renewal Independent Living Summit

Program Reports

Travel Training Report, continued

Actions

- Meeting (USOAC) with Dr. Nicolas Moss, to cover Pandemic safety protocols for Alameda County
- Winning Seamless Transit in 2022, virtual celebration
- Letter of support to California elected officials on behalf of different transit and transportation agencies
- Met with many Oakland official on general plans updates regarding public transit
- Attended 10 Mask Mandate related informational update to advocate on whether to wear a mask or not to wear a mask



USOAC Program Assistant, Tanya Washington, gives instructions to her community of advocates; the Golden Age Seniors and ESAG (Eden Area Senior Action Group) Training / trial-run to Oakland Zoo (September 2022)

Program Reports

Travel Training Report, continued

Overall Performance

Each year the USOAC Travel Training Program demonstrates more than 85% rate of participants expressing greater awareness of public transportation, how to use it, and desire it to use it after their training.

This year the program performed over 98 trips -- falling two short of 100.

The number of older adults and person with disabilities Travel Trained with our program 25 in total, 23 completing the entire course.

Goals & Anticipated Future Actions

The USOAC Program Assistant along with USOAC board member Janny Castillo have started to build a Travel Training page for the new USOAC website.

The USOAC Senior Public Transportation and Education Program will continue to create new travel adventures for the older adults and persons with disabilities in Alameda County.

Seamless Bay Area is how I keep up with events, resources, and information about the 27 transit agencies in and around the Bay Area. I was not able to attend as many Seamless Bay Area meetings as I would have liked to attend; one of the goals for the upcoming year is to engage officials from those 27 Bay Area public transit agencies about their services in support of older adult consumer.

Program Reports

Travel Training Report, continued

As the Travel Trainer for USOAC, I promise to:

- Outreach and raise public awareness
- Continue to work to get transit and transportation for the seniors to events hosted by USOAC
- Continue to serve the boards and committees that I am on
- Attend continued education opportunities for Travel Training Specialist
- Continue to fight for the restoration of the AC Transit Line #80



Special Thanks to Janny Castillo, who designed the new Travel Training logo.



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.

Special thanks to Alameda County Transit Commission
***Travel Training is organized by USOAC,
and is funded by a grant from Alameda CTC***

Program Reports

Pedestrian Safety Report January 2022 thru December 2022

By Chonita Chew, Travel Trainer & Organizer

The United Seniors of Oakland and Alameda County support safe and sustainable communities for seniors who walk & move. Launched in 2016, the Walkable Neighborhoods for Seniors Project Zero was launched as a grassroots project that stemmed from the USOAC Walk Club.

Ever since its launch date different teams, stakeholders elected officials, advocates and community organizers have worked diligently together as a team to make sure all communities in Alameda County seniors are safe and walkable. Check list includes:

- Decriminalize Jaywalking (against)
- Adopting pedestrian safety models from other US cities
- Worked to strive for inclusive accessible, connected, and walkable communities

On April 7th, 8th, and 9th, I attended the California Bike Summit (formally CalWalks Summit) in order to enhance knowledge in both Pedestrian Safety and Travel Training and in support of public transit riders walking and cycling to and from transit stops; here is *some* of what I learned:

- *'Show Me the Money'*, a grant writing workshop for transit advocates
- *'Changes in Federal Transportation Policy and the Impact on California'*
They highlighted existing programs and introduced a couple of new opportunities to fund active transportation projects with federal funding. As a group, we discussed the best opportunities as they relate to California
- *'Decriminalizing Biking and Walking'* – As a professional Travel Trainer was able to share my thoughts and ideas and even got others to agree
- *'Building Mobility Justice'* – As a Pedestrian Safety advocate and Professional Travel Trainer, I was able to join some of California's leading mobility justice advocates in a roundtable to discuss what it truly looks like to center equity in transportation and mobility planning, decision-making and implementation

Program Reports

Pedestrian Safety Report, continued

- *'Reimagining Public Safety'* - in recent years there have been many community-driven policy efforts to reimagine public safety. We started off by being able to share our community related struggles
- *'People Power in Bike Advocacy'* – As a Pedestrian Safety advocate and Professional Travel Trainer I was able to attend this session along with other BPAC Committee members. Because I am a pedestrian and not a bike rider, I talked about people riding bikes on the sidewalks – pedestrians do not like to share their walk space with cyclists and cars don't like to share the road with them either. In this session, I learned about the bottom-up approach, taking smaller issues and/or problems and then integrating them together to solve a bigger problem. Also learned in this same session, I learned that bike riders don't like scooter riders
- *'State Leadership for a New Paradigm'*, we discussed Vision Zero policies, Climate Control plans for California pedestrians
- *'Climate Change and Culture Change: Let's Get Creative Right Now,'* pedestrians and cyclist alike share a feeling of urgency around the climate crisis; both sides agree that biking and walking can be a part of the solution
- A walking tour of Downtown Oakland, advocates for pedestrians and bikes walked the area to find a good solution for both bike riders and pedestrians

Please know that I am working hard to keep ALL pedestrians in Alameda County safe!
"That be the power of real grassroots advocacy!" **Chonita Chew, Travel Trainer & Organizer**

Program Reports

Eden Area Senior Action Group

Friday March 25, 2022, 4 people were present.

- Covid-19 check- in
- Mini Travel Training/Update on USOAC Travel Training program
- Discussion of concerns in the unincorporated area

Friday May 27, 2022, 6 people were present.

- Covid-19 check in
- Travel Training program & BPAC
- Crime prevention task force presentation Deputy Hammad

Wednesday June 18, 2022, Travel Training the Eden Area Senior Group Day 1 presentation at the Hayward Senior Recreation Center 2 people attended.

Thursday June 19, 2022, Travel Training the Eden Area Senior Action Group Day 2 with 4 trainees met at the Ashland Community Center parking lot 1530 167th Ave., San Leandro CA to the San Francisco

Friday June 24, 2022, 8 people attended.

- Covid-19 check in
- BPAC update from June 17th meeting and June 19th meeting
- Travel Training debrief of June 18th and 19th
- Crime prevention task force Deputy Jordan Sanders

Friday July 22, 2022, 5 people present

- Crime Prevention Task Force special presentation Deputy Sanders on Cherryland, San Leandro and Ashland
- Open discussion
- Final instructions for USOAC 31st Annual Convention

Program Reports

Eden Area Senior Action Group, continued

Friday August 26, 2022, 5 people were present

- Covid 19 check in
- Michael C. Williams presentation Creekside project
- Crime Prevention Task Force Deputy Jordan Sanders
- Open discussion

Eden Area Senior Action Group September 14th Virtual Travel Training 6 people

Eden Area Senior Action Group September 15th Travel Training to the Oakland Zoo for HLF

Friday September 23, 2022, 5 people present

- Covid 19 check in
- Travel Training ESAG for HLF Debrief
- Open discussion

Friday October 28, 2022, 5 people present

- Cherryland Community Center presentation Q&A
- Travel Training discussion
- Open Discussion

USOAC values and appreciates the active involvement of the Eden Area Senior Action Group in our organization, and working to ensure a focus on the quality of life for older adults in the unincorporated urban communities of Alameda County, Hayward and San Leandro.

Acknowledgments

A Tremendous Thank You to Our 32nd Annual Convention Sponsors:

Alameda County Transportation Commission

AC Transit

Acumen Transit

Alameda Health System

Alameda County Supervisor Keith Carson (D5)

Alameda County Supervisor David Haubert (D1)

Alameda County Supervisor Elisa Marquez (D2)

Alameda County Supervisor Nate Miley (D4)

Alameda County Supervisor Lena Tam (D3)

SEIU Local 1021

Acknowledgments

Special Thanks to our 32nd Annual Convention Exhibitors:

AC Transit
Acumen Transit
Alameda Health System
Alignment Healthcare
ACTC
Bay Area PLS
Boomers Insurance Shoppe #1
Boomers Insurance Shoppe #2
California Communication Access Foundation
CVS /Health, Aetna
Dignity Memorial
Easy Does It Emergency Services
Family Caregiver Alliance
GMOL Care Partners
GoldStar Shared Housing
Habitat for Humanity
Health Collaborative
Home Match
Oakland Housing & Community Development
Lighthouse for the Blind and Visual
Lincoln Heritage Insurance
One Medical
Pacific ADA Center (Public Health Institute)
Senior Injury Prevention (SIPP)
SEIU Local 1021
Spectrum Community Services
Oakland Sugar Sweet & Beverage
24/7 Nightingale Home Care

Acknowledgments

A Thank You to Our Leadership Organizing Team/Board of Directors:

Officers:

Nate Miley, President
Nate Harrison, 1st Vice President
Madlynn Johnson, 2nd Vice President
Sandra J Johnson, Treasurer
Office of Secretary, Vacant

Members At Large:

Karen Anderson
Lillian Black
Janny Castillo
Deepa Chordiya
Cecilia Cunningham
Alma Ferguson
Venus Gist
Linda Hambrick-Jones
N'Sombi Hasan
Andrea Mok
Socorro Ramirez
Lois Snell
Antoinette Warren

Staff:

Mary Bradd, Administrative Assistant
Chonita Chew, Trade Trainer/Organizer
Sister Ansar Muhammad Medication Management/Organizer
Tanya Washington, Program Staff/Organizer

Acknowledgments

Special Acknowledgement to All Our Leaders, Supporters and Collaborators:

Walk Club Committee Leaders

Healthy Living Festival Steering Committee and the many Volunteers

Senior Action Team

Eden Area Senior Action Group

Senior Nutrition Advocacy Committee

Senior Services Coalition

Senior Injury Prevention Partnership

Gold Star Shared Housing, Inc

California Alliance of Retired Americans

Acknowledgments

Special Acknowledgment to Our Lifetime Members:

Eva Aguillard (deceased)
Toni Alexander
Pamela Alston
Karen Anderson
Brenda Bruner
Cecilia Cunningham
Mary Lou Eggiman
Alma Ferguson
Connie Gee
Patricia Gee
Ocie Hall
Antoinette Harrison
Nathaniel Harrison
N'Sombi Hasan
Janet Hill
Linda J. Jackson
Dee Johnson
Sandra J Johnson
Diane Lewis
Murphy McCalley
Patricia McSwain
Nate Miley
Doris Payne
Ruth Poole
Laura Prescott (Deceased)
Rebecca Right
Fred Robinson
Ray Santiago
Lois Snell
Willie Stevens (Deceased)
Helena Straughter

Acknowledgments

A Huge Thank You to our 2022 Financial Contributors:

Eden Health District
East Bay Foundation on Aging
County of Alameda
Aetna
Backstrom McCarley Berry
Sutter Health
Patricia Brooks
AC Transit
Service Employee International Union Local 1021
Edrington, Schirmer & Murphy
Kaiser Permanente
Alameda Health System
Covia
Supervisor David Haubert
Senior Disability Alliance
Renee Tucker
Laniece Jones
Chonita Chew
Argent Materials
Lighthouse for the Blind & Visual
East Bay Korean Seniors
Miley for Supervisor
Bay Area Air Quality Management District
Oakland Zoo
Center for Elders Independence
Assessor Phong La
Oakland Athletics
Supervisor Nate Miley
Supervisor Richard Valle
Supervisor Dave Brown
Alameda County Transportation Commission
Renaissance Charitable Foundation

Congratulations, USOAC, on Your 37th Annual Convention



*Sandra J. Johnson, Golden Age Senior Center President
James Calhoun, First Vice President
Marjorie Baker, Second Vice President
Lisa Jordan, Secretary
Jason Hughes, Treasurer
Lucille Bradley, Activity Director
Mateen Elamin, Sergeant at Arms
...and other Directors and Members*

Golden Age Senior Center

7200 Bancroft Avenue, Suite 209 • Oakland, CA 94605 • 510-382-1474

CONGRATULATIONS ON 37 YEARS OF CONSISTENCY!!



Cecilia Cunningham

Proudly Serving as a USOAC Board Member

**Greetings from the
2022 United Seniors of Oakland and Alameda County
Board of Directors/Leadership Organizing Team**



**Congratulations to the members of
United Seniors of Oakland and Alameda County
for 37 years of collectively organizing around issues that impact
the quality of life of older adults.
Job well done!**

***Congratulations,
United Seniors of Oakland and Alameda County!***



I'm honored to have worked with the United Seniors of Oakland and Alameda County for 37 years. My significant other, Toni Alexander, shares my pride in our 37 years of service to older adults, acting as their voice, and standing up for their rights, and fighting for their well-earned privileges. As we always say: What's good for seniors is good for *everyone*.

With all sincerity,

Nate Miley

**Nate Miley,
President
Alameda County Board of Supervisors**

Alameda County Board of Supervisors
1221 Oak Street, Suite 536 • Oakland, CA 94612
District 4@acgov.org • 510-272-6694



GOLD STAR SENIOR **SHARED HOUSING**

Affordable housing is a shared living arrangement with another senior!

Whether you are a homeowner or renter shared housing may be your pathway to affordable senior living!

Benefits:

Safety • Security
Financial Stability
Affordable Room

Other services we provide:

Room Boost Assistance
Garage Conversions • Sunday Supper
ADU Upgrades and Development


Contact us: 800.383.7813 or 510.729.0852

www.goldstarsharedhousing.com

goldstarsharedhousing@gmail.com

Gold Star Senior Shared Housing: 7200 Bancroft Ave, Suite 270, Oakland, CA 94605

In collaboration with the United Seniors of Oakland
CalBRE: #00697655 • NMLS: #01728745

Program funded by grant from:  **EAST BAY
COMMUNITY
FOUNDATION**
East Bay Community Foundation





SAVE THE DATE
To Commemorate The

20th ANNUAL Healthy Living Festival



"Promoting Health and Wellness for 55+ Adults"

**In-Person Event: Oakland Zoo
9777 Golf Links Rd.**

**Thursday, September 28th
9:00 AM - 2:00 PM**

Registration limited to the first 2500 Alameda County older adults, their family, friends, and/or providers!



Join us as we take collective action to improve the quality of life for seniors throughout Alameda County!

Register at
Eventbrite
to attend!

<https://bit.ly/2023HLF>

For More Information:
(510) 729-0852
Mary.USOAC@gmail.com

For Travel Training:
(510) 729-0851
Chonita.USOAC@gmail.com

Take action on senior quality of life issues!
Together, we can make positive changes!



www.usoac.org



**Felicidades to the USOAC from
Hayward City Councilmember Francisco Zermeño**



**¡Sigamos con la buena lucha por nuestros
adultos mayores!**

Hayward City Hall

777 B Street

Hayward, CA 94541

Phone: 510-583-4352

francisco.Zermeño@hayward-ca.gov

Mailto: francisco.Zermeño@hayward-ca.gov

Congratulations, United Seniors of Oakland and Alameda County!



Ms Mary Bradd, Administrative Assistant, USOAC

Notes

Notes

Notes

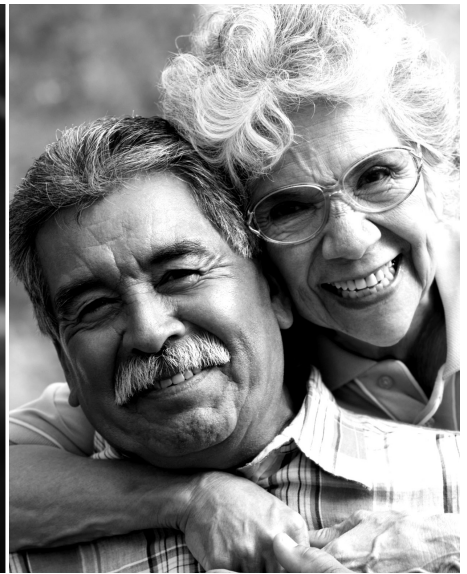
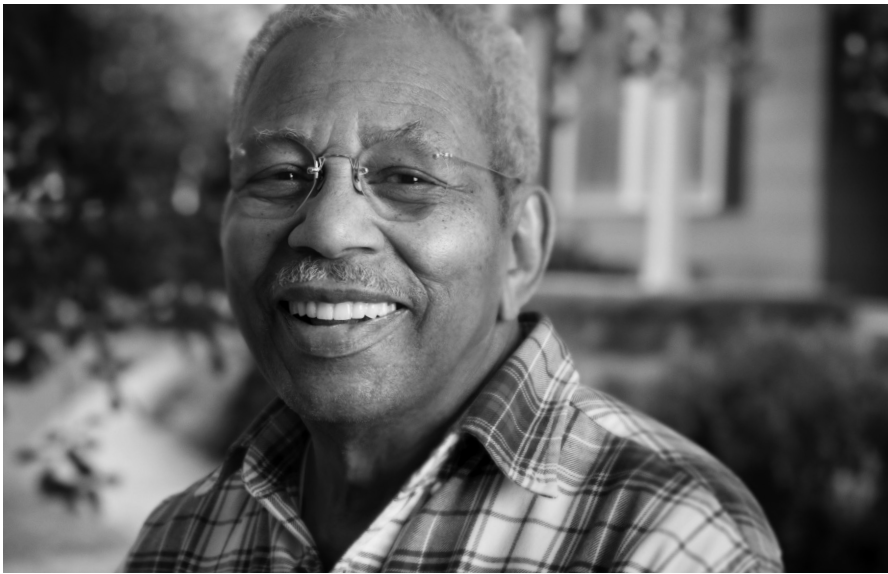


in loving memory

BARBARA ANNE WOODY

June 7, 1931 - May 14, 2023

GONE, BUT NOT FORGOTTEN



Our Seniors Are The Backbone of Our Community.

AC Transit is proud to empower and support our seniors in Oakland and Alameda County by providing safe, reliable, and affordable public transportation to help our seniors get to their daily activities.

Find your bus line at actransit.org or by calling **511**.

@RideACT   



actransit.org