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Indexes to Articles on Planning, Quality of Life, and Final Wishes are included at the beginning of each section.

A NOTE TO OUR READERS:

Efforts were made to ensure that the entries were current at the time of printing. Please be aware that changes may occur. Response to information contained in this directory, including any corrections or updated information should be directed to:

Born to Age 707-226-7127 borntoage@gmail.com

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The Solano Directory for Older Adults is published annually by: Born to Age P.O. Box 6863 Napa, CA 94581

> Publisher: Yvonne Baginski Cover Photos: Janna Waldinger Design & Layout: Barbara Schwartz



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Kathy Zickenburg, Loan Ladies – HomeBridge Kate Neal, CFCS Brenda Tormis, Murphy Medical Transportation Nicole Howell, Solano County Ombudsman Johana Seminario, ResCare Home Care Jeff Patton, ED, Diablo Valley Foundation for the Aging

Row 6:

Bob Timbers, Safe at Home Christy Aponte, Montecito Assisted Living Bari Hendershot, Neptune Society, Walnut Creek Mary Griffin, Care Maestro Michelle Kahler, Healthy Living at Home Christopher Kisek, Diablo Foundation for the Aging

Row 7:

Dinesh Sawhney, Hillcrest Memory Care Amber Green, Healthy Living at Home Hays Engelhart, Rotary Home Team Julie M. Fiedler, Horizon Elder Law Joyce Martin, Senior Peer Counseling Sandra Wallace, Insight Memory Care Carole Brekke, Adult Day Svc Network – Contra Costa Ruth Atkin, HICAP

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Welcome to the 13th anniversary edition of the Born To Age, the Contra Costa Directory for Older Adults! It's a great source of information on not only aging, but how to get help for the many facets of chronic illness, frailty and disability. In other words, it's a place to start

when you know you're going to need some help, but not sure when, where or why.

Over the years, we've watched the field of caring grow in leaps and bounds. There are so many "professionals" popping up who suddenly see a burgeoning opportunity to heed the call on what many are expecting to be a silver tsunami of need. However, we at Born To Age urge caution in making choices and watching carefully what decisions these "professionals" are making in determining care and housing options for what they might deem, "your benefit."

We recommend that you peruse the field of care, housing and support services very carefully. Know your options and exercise your rights. That's why this directory is published. It's to help you understand the field of choices before you need to make a decision. So many of us wait until a crisis, and then in a panic, follow advice that may not be what is actually wanted or needed. One of our biggest challenges is educating doctors and other health care professionals on what is available in a community. People rely on their doctors to tell them when they need more care or support. But, doctors are experts in medical, not social or psychological care. Rarely can a doctor help you with any of the following:

- Is getting a ride a problem for you?
- What about needing some housekeeping support?
- · Worried about falling or being alone at night?
- Can't remember to always take your medications on time?
- Is your family living far away?
- Are you obsessing over running out of money?
- Concerned about forgetting all the time?
- Find that your remote control, television, telephone or answering machine are always breaking?
- Are thinking of moving, but the task is overwhelming?
- If you go to the hospital, who's going to care for your dog or cat?
- What about getting your mail, or paying your bills?
- Who will pick up your prescriptions, do your grocery shopping, prepare your meals when you return home?



Call 707-226-7127 To place a complete Born Age Senior Information Kiosk in your lobby, entrance, or business today.

Born Age

Senior Information Kiosks

Thanks to all these businesses for their community-minded efforts in keeping all of us aware of life and care choices through time.

Contra Costa County: (San Ramon, Walnut Creek, Concord, Pleasant Hill, Martinez, Pittsburg, Orinda, Lafayette) Kiosk Locations:

- 1. Lucky's Pharmacy, 21001-B San Ramon Valley Blvd, San Ramon
- Brookview Park Senior Mobile Park, 1201 Monument Blvd, Concord
- 3. Dalis Gardens Senior Mobile Park. 3161 Terraza Del Sol, Concord
- 4. Stonebrook HeathCare Center, 4367 Concord Blvd, Concord
- 5. Concord Medical Supply, 3375 Port Chicago Highway, Concord
- 6. John Muir Health, 1220 Rossmoor Parkway, Walnut Creek
- 7. Mt. Diablo Adult Day Health Care Center, 490 Golf Club Rd, Pleasant Hill
- 8. Martinez Senior Center, 818 Green St, Martinez
- 9. Delta Hawaii Mobile Home Park, 875 Stoneman Ave., Pittsburg
- 10. Orinda Village Senior Living Apartments, 20 Irwin Way, Orinda
- 11. Contra Costa Library, 925 Moraga Rd, Lafayette
- 12. Orinda Community Center, 28 Orinda Way, Orinda
- 13. Rodeo Gateway, 710 Willow Ave., Rodeo
- 14. Casa Adobe Apartments, 1924 Church Lane, San Pablo
- 15. Mt Diablo Adult Education, One Santa Barbara Rd Rm 210, Pleasant Hill
- 16. R-Transit Center, 1600 Nevin Plaza, Richmond

What we all wonder is: Who Will Care For Me When I No Longer Can?

You will find the answers to all these questions in this directory. There are services, businesses and organizations who are eager to help, some charge fees, others are volunteer-based. But all are available to help you plan. If you have any questions, or need direction, you can always call us at 707-226-7127. We'll be happy to provide some guidance and advice.

We are also available to speak to your club, group or organization. We can help decipher end of life options, choosing home care and assisted livings, finding appropriate help, and working with you to come up with a solid plan.

Born to Age would like to thank the advertisers for making this directory a reality for all these years. They pay for the service so you can receive the free information. Be sure to thank them when you call.

You know, it's hard to believe that we're all aging so fast. And many of us will never need the services lined out in this directory. Sometimes I talk to people in their 90's who are still walking a mile or two a day, and their minds are as sharp as ever. But, that isn't true for everyone. So, be prepared. It might not be you, but someone close to you, who will need more help.

We welcome your comments and suggestions. If we've missed something, give us a call.

Looking forward to another year!

Yvonne Baginski Editor/Publisher

> If you would like to advertise in Born to Age, please take a moment to fill out our Advertisers' Questionnaire on page 37.



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ACTIVITIES

East Bay Regional Parks

Environmental Education Program 2950 Peralta Oaks Oakland, CA Jaimee Rizzotti jrizzotti@ebparks.org www.ebparks.ort 510.544.2546

ALAMO

Alamo Cribbage Club

Wednesdays. 6:30 p.m. Safeway Conference Room 200 Alamo Plaza, Alamo Al Moy: almoy1@prodigy.net 925.284.7044

Amador Valley Quilt Guild

Numerous groups and meetings Meets 2nd Saturday, 1:30 p.m. Pleasanton Middle School 5001 Case Ave. Amadorvalleyquilters.org

BAY POINT

Ambrose Community Willow Center 3105 Willow Pass Rd. 925,458,2662

BRENTWOOD

Brentwood Senior Center 193 Griffith Lane Brentwood, CA 925.516.5444

Delta Quilters

2nd Monday of month, 7 p.m. Golden Hills Community Church Room 157 2401 Shady Willow Lane info@deltaquilters.org Kris McInnes: 925.513.3813

Sons in Retirement

Chapter 108 Meets 4th Tuesday, 11 a.m. Wedgwood Banquet facility 100 Summerset Dr. 925.240.7086



ANTIOCH

Antioch Senior Center 415 W. 2nd Street Antioch, CA 94509 925.778.1158

CLAYTON

Clayton Valley Women's Club 2nd Tuesday, 10 a.m. Nonprofit, nondenominational service organization. St. John's Episcopal Church Fellowship Hall 5555 Clayton Rd. info@claytonvalleywomansclub.org Sheila: 925.672.7947

Creekside Artists Guild

2nd Wednesday, 7-9 p.m. Clayton Community Library 6125 Clayton Rd. 925.673.6777

Sons In Retirement

Branch 19 1st Thurs, 11:30 a.m.-1:30 p.m. Oakhurst Country Club 1001 Peacock Creek Dr. Clayton, CA 925.338.1996

CONCORD

Concord Art Association Meets 2nd Tuesdays, 12:50 p.m. Concord Library

concordartassociation@yahoo.com 925.646.5455

Concord Garden Club

Salvation Army Community Church 3950 Clayton Rd. 3rd Tuesday, 10:00 a.m. 925.287.1372

Continued on Page 8



Join us for our educational program and tradeshow dedicated solely to the challenges and rewards presented by the aging process.

Come learn about:

- Financial Management
- Dementia
- Nutrition & Exercise
- Safety & Security
- Senior Housing & Care

For more information, contact the Concord Chamber of Commerce at (925) 685-1181 or www.concordchamber.com





ACTIVITIES cont.

Concord Senior Center 2727 Parkside Circle Concord, CA 94519 925.671.3320

Concord Village Contact: Patricia Barich Patsy.barich@gmail.com

Contra Costa Genealogical Society

415.596.5860

2nd Thursday, 7 p.m. Church of Jesus Christ of Latter Day Saints 1360 Alberta Way cccgs.ca@gmail.com

Contra Costa Mineral/Gem Society

2nd Mondays, 7:30 p.m. Centre Concord 5298 Clayton Rd. 925.289.0454

Rainbow Community Center

Social Events for LGBTQ Adults 55+ 2118 Willow Pass Rd., Suite 500 Concord, Ca 94520 Rainbowcc.org 925.692.0090

CROCKETT

Crockett Community Center 850 Pomona Ave., Crockett, CA Weekdays, 10 a.m.- 12:30 p.m. Wednesdays, 10 a.m.- 3 p.m. 510.787.2414

DANVILLE

Danville Area Senior Hikes Sets out at Danville Park and Ride 2nd and 4th Wed., 8:45 a.m. Each hike is 4-5 miles, and return by 1 p.m. Email or call to be added to hike info list. email: seniors@danville.ca.gov 925.314.3490

Danville Lion's Club

1st and 3rd Wednesday, 7 p.m. Brass Door Restaurant 2154 San Ramon Valley Blvd. 925.275.1990

Danville Senior Citizen's Club

Mondays, 9 a.m.- 2 p.m. Danville Community Center Line dancing, exercise, mah jong, bingo and more. Membership: \$15 a year. 115 E. Prospect 925.443.0268

\circ elders community

The Elders Learning Community (ELC) is creating a new model for aging - one that promotes self-discovery and empowerment. We are an arts, education, and self-discovery program for lowincome, socially isolated seniors in West Contra Costa County. Our philosophy is that learning and



creativity lead to increased independence and help prevent the depression, dementia, and social isolation associated with aging.

We are currently accepting applications for Volunteer Learning Partners!

To inquire about referring a senior to our program, becoming a volunteer, or general information, please contact us at: 510-234-1839

Paula Burch, MSW, Program Director: EAP@lifelongmedical.org Susan Snyder, Program Manager: ssnyder@lifelongmedical.org

> www.EldersLearningCommunity.org 3701 Barrett Avenue Richmond, CA 94805

Danville Senior Softball

For Information call April Arendt: 925.314.3459

Diablo Bonsai Club 2550 Camino Tassajara 925.736.7600

Diablo Valley Quilters

3rd Wednesday, 7-9 p.m. Danville Congregational Church 989 San Ramon Valley Rd. Info at: diablovalleyquilters.com

Prime Time For Seasoned Citizens

Tuesdays, 9:30-12:30 p.m. Community Presbyterian Church 222 W. El Pintado Danville, CA 94526 Lunch provided: \$4.00 Door-to-door pickup through County Connection: \$4.00 Info: 925.837.5525

Senior Sneaker Trips

The Town of Danville hosts Senior Sneaker trips to different attractions throughout the area. For a list of dates, go to the Danville Senior Center, 115 E. Prospect 925.314.3490

Urban Farmers Fruit Gleaning Project

Got excess fruit? Volunteers will pick your trees, leave what you want, and bring the rest to local food pantries and animal centers. Learn more, register your trees, volunteer or tell a neighbor. Visit: theurbanfarmers.org, or email: sustainabledanville@gmail. com for more information.

Veteran's of Foreign Wars: Post 75

Meets every 3rd Wednesday of the month at the Veteran's Memorial Building, 400 Hartz Ave., Danville. Doors open at 7 p.m., meeting begins at 7:30 p.m. For more information, contact Ernie Petagara at 925.362.9806.

EL CERRITO

Christ Lutheran Senior Center Mondays only, 9-2 p.m. 780 Ashbury Ave. El Cerrito, CA 510.524.1050 or 510.527.0389

El Cerrito Garden Club

P.O. Box 203 El Cerrito, CA 94530 Meets 2nd Thursday, 9:30 a.m.El Cerrito Community Center 707 Moeser Lane poppies@gardenclub.org

Open House Senior Center

6500 Stockton El Cerrito, CA 94530 Japanese Speaking: 1st and 3rd Saturday, 10 a.m.-3 p.m. 510.778.3406

St. John's Senior Center

6500 Gladys St. El Cerrito, CA Tuesdays, 9 a.m. - 2 p.m. 510.237.3808

EL SOBRANTE

St. Callistus Senior Activity Center Mondays, 8:30 a.m. - 1:30 p.m. 3580 San Pablo Dam Rd. 510.223.1153

HERCULES

Hercules Senior Center Weekdays, 8 a.m. - 5 p.m. 111 Civic Drive Hercules, Ca 94547 510.799.8219

KENSINGTON

Arlington Senior Center 52 Arlington Kensington, CA 94707 Thursdays, 9 a.m.-2 p.m. 510.547.1069

LAFAYETTE

Lafayette Senior Services 500 St. Mary's Road Lafayette, CA 94549 www.lafayetterec.org (Click on Senior Workshops) 925.281.5050

MARTINEZ

Martinez Senior Center 818 Green St. Martinez, CA 925.370.8770

MORAGA

Sons In Retirement (SIRS), 171 1st Wednesday, 11 a.m.



Sons in Retirement (SIRS), 174

2nd Wednesdav Holy Trinity Cultural Center 1700 School St. 925.377.5880

ORINDA

Orinda Community Center 26 Orinda Way 925.254.2445

PINOLE

Pinole Artisans 2221 Pear St. 510.724.2008 **Pinole Garden Club** 880 Tennant Ave. 510.758.0462

Pinole Senior Center

2500 Charles Ave. Pinole, CA 94564 510.724.9800

PITTSBURG

Pittsburg Senior Center 300 Presidio Lane Pittsburg, CA 925.252.4890

PLEASANT HILL

Emeritus College Classes Diablo Valley College 321 Golf Club Rd. Pleasant Hill, CA 94523 925.685.1230 Ext. 2388

Mt. Diablo Adult Education

Lifelong Learning One Santa Barbara Rd, Rm 210 Pleasant Hill 94523 Contact: Judith Sosnowski 707.937.1530

Pleasant Hill Senior Center

233 Gregory Lane Pleasant Hill, CA 94523 **Chinese-American Senior Center** Tuesdays, 1-3:15 p.m. 925.798.8788

Sons in Retirement, Branch 146

2nd Thursday, 11 a.m. Clubhouse, Boundary Oak Golf Course 3800 Valley Vista Rd. 925.825.5772

RICHMOND

Booker T. Washington Jr. Senior Center 960 So. 47th St. 510.620.6816

Easter Hill Seniors

3911 Cutting Blvd. Richmond, CA 94804 510.235.4226

May Valley Community Center

Mon. and Thurs., 10-11:30 a.m. 3530 Morningside Drive 510.620.6890

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Assessment

925.363.4900

Neighborhood House of

North Richmond Seniors Weekdays, 10 a.m.- 4 p.m. 515 Silver Ave. 510.232.3511

Parchester Village Seniors

Meet 2nd and 4th Wednesdavs. 11 a.m.-1 p.m. 900 Williams Dr. 510.235.4473

Pt. Richmond Community Center 139 Washington Ave. Richmond, CA 94801 510.233.6881

Richmond Annex Senior Center 5801 Huntington Ave. Weekdays, 9 a.m.-4 p.m. 510.620.6812

Richmond Senior

Drop-In Center 2525 MacDonald Ave. Weekdays, 8:30 a.m.-4 p.m. 510.307.8087

Senior Adult Activity Center First Presbyterian Church 3445 Barrett Ave. Tuesdays, 9:30 a.m. - 1:30 p.m. 510.234.0954

RODEO

Rodeo Senior Citizen's Club 189 Parker Ave. Meets Wednesdays, 1-4 p.m. 510.787.1587

SAN PABLO

San Pablo Davis Park Senior Center 1661 Folsom Ave. Weekdays, 8 a.m. - 5 p.m. 510.215.3096

San Pablo Senior Center

1943 Church Lane San Pablo CA 94564 Sanpabloca.gov/seniors 510.215.3096 (See ad page 7)

Tai Chi: Moving for Better Monday and Wednesdays 925.937.8311

SAN RAMON

National Association of **Retired Federal Emplyees** (NARFE)

Mt. Diablo Chapter, 531 **Contact: Paul Andrews** 925.687.5162

Alcosta Senior Center

The Senior Center offers 30 hours of exercise classes each week, as well as dance classes. There are also fine art, craft, language, music and computer lab classes for Mac and PC. For a list of classes, visit or call. Costs vary. 9300 Alcosta Blvd. San Ramon, CA 925.973.3250

Continued on Page 10



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• Medication Reminders



Diablo Valley Foundation for the Aging

Your Professional Relative

Diablo Valley Foundation for the Aging is a not-for-profit corporation providing community service to seniors in Contra Costa County.

The Foundation is committed to providing vital services to aging persons who are at risk because they are alone, isolated, pressed by financial problems, or are confused.

The focus of our organization is to prevent inappropriate institutionalization of elders by providing the necessary support to maintain them in the community. Comprised of dedicated professionals and volunteers, we enable older adults to live with as much independence and freedom as possible.

> 140 Gregory Lane, Suite 170 Pleasant Hill, CA 94523 (925) 945-8040 www.dv-fa.org



ACTIVITIES cont.

WALNUT CREEK

Assistance League of Diablo Valley 2711 Buena Vista Ave. Walnut Creek, CA 925.284.4781

Ballroom Dancing: The Merry Mixers

1st and 3rd Fridays, 7:30-10:30 p.m. Walnut Creek Elks Lodge 1475 Creekside Dr. 925.300.7589

Diablo Singles Dance Club

Big Band Dance Last Wednesday of month, 7:30-10:30 p.m. Civic Arts Education Building Shadelands Campus 111 N. Wiget Lane 925.820.4299

Diablo Women's Chorale

Supportive group of women singers Diablowomenschorale@gmail.com 925.588.4515

Sons In Retirement

Branch 116 Meets 3rd Monday, 11:30 a.m. Elks Club, 1475 Creekside Dr. 925.322.1160

Sons in Retirement

Branch 81 1st Tuesday, 11 a.m. Gateway Fireside Room 1001 Golden Rain Road Rossmoor 925.252.8266

Walnut Creek Model Railroad Society 2751 Buena Vista Ave. Walnut Creek, CA 925.937.1888

Walnut Creek Seniors' Club 1375 Civic Dr. Walnut Creek, CA 94596 Wcmrs.org 925.943.5851

Senior Center Without Walls

Activities, conversation, classes and support over the phone. 877.797.7299

ADVANCED HEALTH CARE DIRECTIVE

Compassion and Choices 800.247.7421

East Bay Conversation Project 510.654.5383

John Muir Health Services Offers monthly seminars on Advanced Health Care Directives. Call for times and locations.

1450 Treat Blvd., Ste 300 Walnut Creek, CA 94597 925.947.3300

Ombudsman Services Contra Costa

925.685.2070

West County (appointment only) 256 24th St. Richmond, CA 94804 For people in skilled nursing or assisted living facilities.

AFFORDABLE HOUSING

Stoneman Village 390 East Leland Rd. Pittsburg, CA 94565 Stonemanvillage.org 925.427.1870 (See ad on page 10)

STONEMAN VILLAGE I & II

PITTSBURG SENIOR AND HANDICAPPED RESIDENTIAL COMMUNITY, INC. AND STONEMAN VILLAGE II HOUSING CORPORATION

Affordable, HUD subsidized communities located in Pittsburg

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Stoneman Village

To be eligible for an apartment, applicant(s) must be 62 years of age at the time of application; or over the age of 18 and have a mobility impairment requiring the accessibility of a specially designed apartment.

For further information, or to request an application, contact Stoneman Village during regular business hours at:

Stoneman Village 390 East Leland Road Pittsburg, CA 94565 Phone (925) 427-1870

Stoneman Village II

To be eligible for an apartment, applicant(s) must be 62 years of age or older.

For further information, or to request an application, contact Stoneman Village II during regular business hours at:

> Stoneman Village II 375 Presidio Lane Pittsburg, CA 94565 Phone (925) 427-1870





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Julie M. Fiedler, Attorney at Law, is a 27 year resident of San Ramon, a Registered Nurse with over 30 years experience in healthcare & senior services. Julie is a Certified Elder Law Attorney (CELA), certified by the National Elder Law Foundation. Julie also serves on the Board of Directors for the National Academy of Elder Law Attorneys, Inc., and is accredited by the Department of Veterans Affairs to help individuals in all matters involving VA benefits. Additionally,

Ms. Fiedler is the former President of the Northern California Chapter of the National Academy of Elder Law Attorneys (NAELA), an active member of California Advocates for Nursing Home Reform (www.canhr.org) and ElderCounsel (www.eldercounsel.com). Ms. Fiedler is also serving as President of the Adult Day Services Network of Contra Costa.

4000 Executive Pkwy. Suite 160 San Ramon, CA 94583

- ELDER LAW AND ESTATE PLANNING
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- Long Term Care Planning
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- Wills & Trusts
- Powers of Attorney
- Health Care Directives
- Conservatorships & Probates
- Health Care Advocacy



Stoneman Village II

375 Presidio Lane Pittsburg, CA 94565 Stonemanvillage.org 925.427.1870 (See ad on page 10)

Walnut Creek Manor

81 Mayhew Way Walnut Creek, CA www.walnutcreekmanor.com 925.935.0322 (See ad on page 11)

ATTORNEYS

Horizon Elder Law and Estate Planning, Inc.

4000 Executive Pkwy., Suite 160 San Ramon, CA 94583 www.horizonlawca.com 925.244.1185 (See ad on page 10)

Free Will Service offered at: Antioch Senior Center 3rd Monday, 9 a.m.-noon Attorney will prepare a basic will for free. Call for appt: 925.778.1158

CARE MANAGEMENT / PLANNING

Antioch Senior Center 415 W. 2nd St. Antioch, CA 94509 925.778.1158

Seniors facing problems regarding housing, health care, family, finances, etc., can talk to a counselor on Mondays, 9 a.m. to noon. Call for an appointment.

California Community Transitions Choice in Aging

490 Golf Club Rd. Pleasant Hill, CA 94523 925.682.6330

Helps adults who have been living in skilled nursing home for longer than 90 days, and on Medi-Cal transition back home and to community living.

Center for Elders Independence P.A.C.E.Program of All Inclusive Care for the Elderly Eastmont Town Center, Downstairs 7200 Bancroft Ave., Suite 188 Oakland, CA 95605 510.433.1150 (See ad on back cover)

Concord Senior Center

2727 Parkside Circle Concord, CA 94519 Care management available by appointment. 925.671.3320

Diablo Valley Foundation for the Aging

140 Gregory Lane, Suite 120 Pleasant Hill, CA www.dv-fa.org 925.945.8040 (See ad on page 9)

El Cerrito Senior Services 510.559.7677

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WALNUT CREEK Manor SENIOR APARTMENTS BI MATHEW WAY

Enjoy a Massive 15,000 sq. ft. Clubhouse, featuring Billiards, Ping Pong, Card Rooms, Library, Large-Screen TV, Hobby Rooms, Lounge with Fireplace, a 4,000 sq. ft. Social Hall and organized Activities.

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www.walnutcreekmanor.com

12 Planning



Contra Costa County 2018

CARE MANAGEMENT / PLANNING, cont.

Hillendale Home Care

1777 N. California Blvd. Suite 210 Walnut Creek, CA 94596 925.933.8181 (See ad on page 28)

Multipurpose Senior Services Program (MSSP)

490 Golf Club Rd. Pleasant Hill, ca 94523 MSSP provides case management for Medi-Cal eligible, frail elders, who want to remain living at home. 925.356.6777

Oasis Senior Advisors

3600 May Rd. El Sobrante, CA 94803 Walnutcreek.oasissenioradvisors.com Susan Tamaoki: 510.778.5644 (See ad page 34)

Pleasant Hill Senior Center

233 Gregory Lane Pleasant Hill, CA Care management services. Call for appt: 925.798.8788 Ext.17

Meals on Wheels & Senior Outreach Services Care Management 1300 Civic Dr. Walnut Creek, CA

925.937.8311

Elder's Learning Community

Provides free care management assessment and services including creative and emotional interests. Serves Richmond, San Pablo, El Sobrante, El Cerrito and Kensington. 1015 Nevin Ave., Suite 108 Richmond, CA 94801 510.234.1839 (See ad on page 8)

The Open House Senior Center

6500 Stockton Ave. El Cerrito, CA 94530 510.215.4342 Walnut Creek Seniors' Club

Assists with money management, conservatorship, crisis intervention and in-home assessments. 1375 Civic Dr. Walnut Creek, CA 94596 By appointment: 925.945.8040

CERTIFIED SENIOR ADVISOR

HomeLife Senior Care Vinny DiNicola Certified Senior Advisor (CSA)® 6440 Brentwood Blvd., Suite A Brentwood, CA 94513 Email: vinny@homelifesc.com Cell: 925.550.6743 Local: 925.240.5770 (See ad on page 31)

COUNSELING SERVICES

(See also SUPPORT GROUPS)

Ann Pagliaro, LCSW Medicare Provider 1600 S. Main St., Suite 225 Walnut Creek, CA 94596 925.528.9134

Alcosta Senior and Community Center

Short term consultations with an experienced family counselor. Half hour: \$10 9300 Alcosta Blvd. San Ramon, CA Claire Chow: 925.828.2656

Antioch Senior Center

Senior Peer Counseling Tuesday appointments starting at 8:30 a.m. 925.778.1158

Catholic Charities of the East Bay Individual therapy on sliding fee scale. 510.768.3100

Contra Costa Crisis Center (24 hour) 800.833.2900

Danville Senior Center Free Counseling for individuals and groups. Call Dr. Fran Rapoport: 925.837.0505 ext.314

El Cerrito Open House Senior Peer Counseling By appt. Mondays, 2-4 p.m.

Friendship Line 800.971.0016

Older Adult Mental Health Contra Costa County 888.678.7277

Rainbow Community Center

Counseling support for LGBTQ Adults 55+ 2118 Willow Pass Road, Suite 500 Concord, CA 94520 Confidential counseling line: 925.692.2056

Senior Peer Counseling

2425 Bisso Lane, Suite 100 Concord, CA 94520 Joyce Martin, MA, PsyD 925.521.5640

Senior Peer Counseling offers brief individual counseling and support to residents of Contra Costa County who are 55 years of age and older in English, Spanish and Chinese for 8-12 weeks, for one hour each week. The Peer Counselors are trained and supervised. Volunteers visit people at home. Some of the counselors are also stationed at senior centers. We also offer several support groups. For more information call Joyce Martin, MA, PsyD, (English): 925.521.5636

CULTURAL SENIOR SERVICES

Catholic Charities of the East Bay 510.768.3159

Helps Southeast Asian seniors adapt to new lives in America. Also connects with senior peer companion programs and services available in: San Pablo, Baypoint and Concord. Also offers **Senior Peer Companion**, who help get people to doctor's appointments, hospital emergency rooms, the senior center and special cultural events. Call Bau Day Ta: 510.768.3159

DENTAL CARE SERVICES

Berkeley Free Clinic 2339 Durant Ave. Berkeley, CA 94804 510.548.2745

New clients only accepted through a monthly lottery. Clients receive lifetime services that include dental exams/checkups, cleanings, x-rays, fillings and extractions.

Dental Clinics

Contra Costa Health Services Must be on Medi-Cal or Denti-Cal to qualify.

BAY POINT

215 Pacifica Ave. 925.427.8302

MARTINEZ

2599 Alhambra Ave. 925.370.5300

PITTSBURG

2311 Loveridge Rd. 925.427.8302

SAN PABLO

13601 San Pablo Ave. 510.231.9540

Diablo Valley College Teaching Clinic 321 Golf Club Rd.

Pleasant Hill, CA 925.969.2692

La Clinica Dental Clinic 2000 Sierra Rd Concord, CA 925.363.1256

337 Leland Rd. Pittsburg, CA 925.431.1251



Lifelong

2023 Vale Rd., Suite 107 San Pablo, CA Accepts Medi-Cal 510.231.9814

North Shore Dental Traveling Dentistry

Fillings, detnures, cleanings and 24hour emergency. Denture repairs for nursing home, board and care and homebound patients. Private pay, insurance, and Medi-Cal accepted. 500 Alfred Nobel Dr., Ste. 240 Hercules, CA 510.741.2140

DRIVING CLASSES

AARP Smart Driving Course Call for local classes. 800.350.7025

Concord Senior Center

2727 Parkside Circle Concord, CA 925.671.3320

Dublin Senior Center 7427 Larkdale Ave. 925.829.6316

Antioch Senior Center

415 W. 2nd St., Antioch: 925.778.1158 San Ramon: 925.973.3250

Driving Safety-AARP Class

Lafayette Senior Services 500 St. Mary's Road, Lafayette www.lafayetterec.org (Click on workshops) 925.284.5050 EDUCATION

Adult Education:

Liberty Adult Education 929 Second St., Brentwood 925.634.2565

Martinez Adult Education 600 F St. 925.228.3276

Mt. Diablo Adult School 1266 San Carlos Ave, Concord 925.685.1340 Pittsburg Adult School 1151 Stoneman 925.473.4660

Diablo Valley College, Emeritus 321 Golf Club Rd. Pleasant Hill, CA 925.685.1230

East Bay Regional Parks District 29250 Peralta Oaks Ct. Oakland, CA 94605 jrizzotti@ebparks.org www.ebparks.org Jaimee Rizzotti: 510.544.2546

Environmental education programs available for groups in the Regional Parks! Contact for information.

Parkinson's Network of Mt. Diablo 3618 Happy Lane Lafayette, CA 925.939.4215

The Elders' Learning Community 1015 Nevin Ave., Suite 108 Richmond, CA 94801 510.234.1839

This program brings people together to explore educational and creative projects of personal choice and is designed as an accessible and creative learning environment. Serves Richmond, San Pablo, El Sobrante, El Cerrito and Kensington. (See ad on page 15)

FALL / INJURY PREVENTION

Linda Meneken PT CAPS

Physical Therapist Certified Aging in Place Specialist Fall Prevention Consultant Classes - Home Visits lindameneken@gmail.com 510.604.1823

Meals on Wheels and Senior Outreach Services Fall Prevention Program A program to reduce falls and injuries. In-services, classes or tips available. 1300 Civic Dr. Walnut Creek, CA 94596 925.937.8311

SAFE AT HOME

Grab Bars and Handrails www.safeathomegrabbars.com Bob Timbers: 925.360.1909 (See ad on page 27)

FIDUCIARY SERVICES

Diablo Foundation for the Aging

140 Gregory Lane, Suite 170 Pleasant Hill, CA www.dv-fa.org 925.945.8040 (See ad on page 9)

GOVERNMENT

California Senior Legislature Contra Costa Advisory Council on Aging 925.335.8700

Central County Senior Coalition

Meets 4th Tuesday at 10 a.m. For seniors, providers, advocates and community leaders in Central Contra Costa county with the mission to establish a coalition of seniors and community resources to effectively deliver senior services. For information: 925.943.5852

Concord Commission on Aging

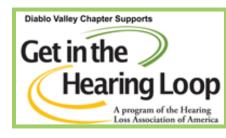
Meets 3rd Wednesday, 1:30 p.m. City Hall Permit Center Conference Rm. 1950 Parkside Dr.

Contra Costa County Advisory Council 2425 Bisso Lane

Concord, CA 94533

East Bay Senior Coalition

Meets 2nd Wednesday of each month, 9:30 a.m. 301 West 10th Street Antioch, CA 94509 925.978.2754



El Cerrito Committee on Aging

3rd Wednesday, 3:00 p.m. in the Council Chamber at the El Cerrito Community Center.

Richmond Commission on Aging 2565 MacDonald Ave. Richmond, CA 94804 510.307.8085

Senior Services Commission 4th Wednesday, 10 a.m. Lafayette Community Center, Alder Room, 500 St. Mary's Rd.

West County Senior Coalition

2nd Wednesday, 2:30 p.m. Office of Supervisor John Gioia 11780 San Pablo Ave. El Cerrito, CA 94530 510.233.3427 ext. 307

GRANDPARENTS RAISING GRANDCHILDREN

Families First 2380 Salvio St., Suite 200 Concord, CA 94520 925.602.1750

Continued on Page 15



Hard to reach lightbulb?

Leaky faucet?

Running toilet?

Smoke detector batteries need changing?

Screen door won't close?

CALL US! 888.204.5573

www.rotaryhometeam.com





MAKING IT EASIER TO CHAT WITH FAMILY FRIENDS

ere in Walnut Creek, Maxine Duncan 86, and Bert Yarbrough, 89, are testing out a technological jump into the future of keeping an eye on aging parents. In their apartment, at the Heritage Downtown, they've been hanging out with "Jimmy," an OhmniLab robot who, by logging on to a computer, can become the eyes and ears of children living far away.

So far, they've had Jimmy plugged into a corner of their living room for about six months. He's made them rather famous. They've been interviewed and featured by the New York Times. ABC News, CNN and the Washington Post. They're seasoned to questions and ready to answer.



Maxine Duncan shows off how Jimmy keeps an eye on things.

Basically, the robot is a large screen on wheels. He can be controlled by Duncan's daughter in Oregon, who can log on and say "hi." Daughter can control it with a Samsung phone cell phone. Duncan also can log on to her own computer laptop and have Jimmy go into the next room to visit with Yarbrough.

"For us," Duncan says, "Jimmy has been a true success."

When they were first approached to test the robot, Duncan admits she was thrilled.

admits that though they're testing the robot now, she doesn't think she'd actually purchase it once it becomes available, unless "something happened to Bert, and I'd be living alone.

And, while they've brought Jimmy down to the lobby, and he generates much interest from the other residents, no one has jumped on the bandwagon to get their own personal robot.

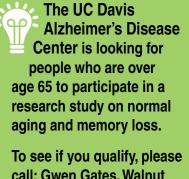
The robot connects to home Wi-Fi and, according to the website, is available for an introductory price of \$1,399.

NEW MEDICARE CARDS ARE COMING Medicare will mail new cards between April 2018-April 2019. You don't need to do anything to get a new card. But, make sure your mailing address is up-to-date. If an update to your mailing address is needed, call: 1-800-772-1213.

Medicare will never call or ask for personal information before sending new cards. Do no share your Medicare information or other personal information if someone calls and asks for it. The new cards will not include your Social Security number. Instead, each person will get a new, unique Medicare number.

MEDICARE	HEALTH INSURANCE
1-800-MEDICARE (1	-800-633-4227)
NAME OF BENEFICIARY	ADLE
JOHN DOE MEDICARE CLAIM NUMBER	ANT
	ALE
	ECTIVE DATE
HOSPITAL (PART A)	01-01-2007
MEDICAL (PART B)	01-01-2007
SION	
HERE	

NEW RESEARCH STUDY FOR NORMAL MEMORY LOSS



call: Gwen Gates, Walnut Creek (925) 357-6904

"It was a great opportunity, we wouldn't "pass up."

Even though Yarbrough's son lives only a few miles away, he also can check in anytime. Each can see the other through the screen, similar to Skype or Facetime. The difference is that the computer is on wheels, and can actually move around the room.

"I know a person who works and used to drive clear across town to visit her mother," points out Duncan as a great reason to have a "Jimmy," "WIth this, she can just get on the computer to check on her mom."

The only problem they've had with Jimmy has been a occasionally glancing furniture or running it into a wall. She



HEARING LOSS ASSISTANCE

Deaf and Disabled Telecommunications Program P.O. Box 30310 Stockton, CA 800.806.1191

Deaf Emergency Line for Contra Costa County 925.228.0111 TTY 925.646.2441 (non-emergency)

Deaf Seniors Club

1375 Civic Dr. Walnut Creek, CA 925.943.5851

Hear Now

Starkey Hearing Foundation

New hearing aids for low income adults and children. \$125 processing fee. Will accept donation of hearing aids. 800.328.8602

Hearing Dog Program

2912 Diamond St., Suite 221 San Francisco, CA 650.898.9117

Hearing Loss Association of America, Diablo Valley Chapter

Meetings 1st Wednesday of the month, 7 p.m. WCUMC 1543 Sunnyvale Ave. Walnut Creek, CA 94597 info@hearinglossdv.org www.hearinglossdv.org 925.264.1199

HOME CHORE / REPAIR ASSISTANCE

Community Energy Services Corporation (CESC) 1013 Pardee St. Berkeley, CA 94710 Lourdes@ebenerby.org Chris@ebenerby.org 510.981.7764

Free home repairs to qualifying residents of the City Of Richmond. Home repairs may include electrical, plumbing, and carpentry. Will install grab bars and hand rails and make accessibility improvements. No service to renters. To qualify, must have be on Medi-Cal, food stamps or SSI. Or meet annual income requirements.

Meals on Wheels and Senior Outreach Services 1300 Civic Dr. Walnut Creek, CA 94553 925.937.8311

Rotary Home Team

Free help with basic household chores. Leaky faucets, running toilets, broken doors. In partnership with Episcolpal Senior Communities. info@rotaryhometeam.com 888.204.5573

SAFE AT HOME

Grab Bars and Handrails www.safeathomegrabbars.com Bob Timbers: 925.360.1909 (See ad on page 27)

HOME REPAIR LOANS

Contra Costa County Neighborhood Preservation Program 651 Pine St., Martinez, CA 925.674.7207

Provides 3% interest amortized and 0% deferred loans for up to \$40,000 to eligible homeowners needing extensive repairs.

Weatherization: 925.674.7214

RICHMOND

City of Richmond Housing Division 1401 Marina Way South Richmond, CA 94504 510.307.8191

Low Interest loans for residents.

CITY OF SAN RAMON

Home Rehabilitation Grant Program 2222 Camino Ramon San Ramon, CA 94583 925.973.2573

Grants for up to \$5,000 for minor health and safety repairs for low income people.

INDEPENDENT LIVING / RETIREMENT APARTMENTS

Carlton Senior Living (See ad on inside front cover)

CONCORD

1700 Broadway St., 925.686.1700 Lic # 5005347

PLEASANT HILL

175 Cleaveland Rd., 925.935.1001 Lic # 075600194

2770 Pleasant Hill Rd.,925.935.1660 Lic # 071440541

SAN LEANDRO

1000 East 14th St., 510.636.0660 Lic # 015600341

FREMONT

3800 Walnut Ave., 510.505.0555 Lic # 015600118

SAN JOSE

380 Branhan Lane, 408.972.1400 Lic # 015600118

ELK GROVE 6915 Elk Grove Blvd., 916.714.2240

DAVIS

2726 5th St., 530.564.7002 Lic # 57705341

SACRAMENTO

1075 Fulton Ave., 916.971.4800

Oakmont of Concord 1401 Civic Court Concord, CA Oakmontofconcord.com 925.267.8505

Montecito Oakmont Senior Living 4756 Clayton Rd. Concord, CA 94521 Oakmontofmontecito.com 925.692.5838 (See ad on page 3)

Stoneman Village

390 East Leland Rd. Pittsburg, CA 94565 Stonemanvillage.org 925.427.1870 (See ad on page 10)

Stoneman Village II

375 Presidio Lane Pittsburg, CA 94565 Stonemanvillage.org 925.427.1870 (See ad on page 10)

The Commons at Dallas Ranch

4751 Dallas Ranch Rd. Antioch, CA Mbkseniorliving.com 925.754.7772 (see ad page 32)

The Heritage Downtown

Active Senior Living Apartments 1785 Shuey Ave. Walnut Creek, CA 94596 Theheritagedowntown.com 925.943.7427

Walnut Creek Manor

81 Mayhew Way Walnut Creek, CA www.walnutcreekmanor.com 925.935.0322 (See ad on page 11)

INFORMATION and ASSISTANCE

Adult Day Services Network of Contra Costa 925.682.1000

Born To Age

Senior Care Directories Directories FREE for Alameda, Contra Costa, Solano, Napa, Marin/Sonoma 707.226.7127 (See ad on page 20)

Alcosta Senior Center 9300 Alcosta Blvd. San Ramon 925.973.3250

Antioch Senior Center

Care Manager available Thursdays. Appointments start at 9 a.m. 925.778.1158

Continued on Page 16

16 Planning



Contra Costa County 2018

Contra Costa Area Agency on Aging Senior Information and Referral Aging and Adult Services Division 1.800.510.2020 925.229.8434 (cell phones, or outside Contra Costa county)

East Bay Senior Coalition 301 West 10th Street Antioch, CA 94509 925.978.2754

Independent Living Resources of Solano and Contra Costa County Main Office; 1850 Gateway Blvd., Suite 120 Concord, CA 94520 Phone/TTY: 925.363.7293

Contra Costa County: 33727 Sunset Lane, #103 Antioch, CA 94509 925.754.0539

All services are free to seniors, their families and agencies serving them.

Meals on Wheels & Senior Outreach Services 1300 Civic Dr. Walnut Creek, CA 94553 925.937.8311

The Open House Senior Center (El Cerrito) 510.599.7677

Pleasanton Senior Support Program of the Tri-Valley 925.931.5379

Rainbow Community Center Social events/support for LGBTQ Adults 55+ 2118 Willow Pass Road, Suite 500 Concord, CA Rainbowcc.org 925.692.0090

Walnut Creek Senior Center Volunteer Care Coordinator 924.943.5851

INSURANCE ASSISTANCE

Health Insurance Counseling and Advocacy Program (HICAP) 400 Ellinwood Way Pleasant Hill, CA 94523 Call for appointment: 925.602.4163

Trained volunteers offer confidential consultation in all complexities of Long Term Care, Medicare, HMO's and Medigap Plans.

LEGAL ASSISTANCE

(See Attorneys)

Bay Area Legal Aid 510.233.9954

California Advocates for Nursing Home Reform (CANHR) 650 Harrison St. San Francisco, Ca 94107 1.800.474.1116 Contra Costa Senior Legal Services 7202 Clayton Rd. #202 Concord, CA 94519 925.609.7900

Provides free services to seniors 60+ in matters of housing, income maintenances, consumer issues, abuse and estate planning. Also provides Free simple will services to seniors who are single, with a monthly income not to exceed \$2,900 or \$60,000 in assets, or married with a monthly income not to exceed \$3,300 or \$90,000 in assets, excluding a house.

Continued on Page 17



HEALTHY LIVING AT HOME

a premier provider of Medicare Certified Home Health Services



To assist in your healing process, Healthy Living At Home, offers the following MEDICARE COVERED HEALTH SERVICES

Our professionals are "AT YOUR SERVICE" anywhere in the Bay Area. We provide immediate and specialized attention to your particular healthcare needs to ensure that you or your loved one feel safe, secure and independent. ALL IN THE COMFORT OF YOUR OWN HOME!

YOUR HOME HEALTH EXPERT

For More Information Contact, Amber Green 510.362.4655



Contra Costa County Public Law Library "Your source for legal information"

MAIN BRANCH

A.F. Bray Courts Building Monday-Friday, 8 a.m.- 5 p.m. 1020 Ward Street Martinez, CA 94553 925.646.2783

WEST COUNTY

George D. Carroll Courthouse Monday-Friday 8 a.m.-12 p.m., 12:30 p.m.-4:30 p.m. 100 37th St., Room 237 Richmond, CA 94805 510.374.3019

EAST COUNTY

Richard E. Arnason Justice Center 1000 Center Drive - Room 1045 Pittsburg, CA 94565 925.252.2800

The law library serves everyone, including the general public as well as the legal community.

Website: www.cccpllib.org

Family Justice Center

1210 Hilltop Mall Rd., Suite 110D Richmond, CA 94806 510.965.4949

2151 Salvio St., Suite 201 Concord, CA 94520 925.521.6366

www.cocofamilyjustice.org

Walnut Creek Seniors' Club

1375 Civic Dr. Walnut Creek, CA 94596 925.943.5852

Will preparation the 1st Monday. 1-3 p.m. Senior Legal Consultations, 2nd and 4th Thursday, 11:00-2:00 p.m., Call for appointment: 925.943.5851

Continued on Page 18

henever I speak with my mother, she always tells me where her papers are....the papers that I'll need in case she ever dies. Except, when I ask her for the details, it turns out that these aren't the papers I might need if she lives, but becomes incompetent or too ill to take care of her personal matters on her own.

But, my mom believes she's prepared, and she's not. In fact, I'm worried that if something happens, we'll be scrambling in all directions. I don't think she's alone in this regard. That's why I'm writing this piece for all of us.

Here are the important documents you'll need. And be sure to tell your family where they're stored. Born To Age also recommends: The Estate Document Organizer, a notebook that contains ALL the information your family will need. These Organizers are available from creator, Julie Jones at (707) 343.1252. They can also be seen at: www.estatedocsorganizer.com

Start collecting these documents as soon as possible, and update them every few years to reflect changes in assets and preferences.

1. An Original Will

A will allows you to dictate who inherits your assets. Dying without a will means losing control of how your assets are distributed. Instead, state law will determine what happens. Wills are subject to probrate – legal proceedings that take inventory, make appraisals of property settle outstanding debt and distribute remaining assets. One way to avoid probate is with a Revocable Living Trust.

2. A Revocable Living Trust

This is a transfer of ownership of various assets to a trust. You can serve as a trustee on behalf of the benficiaries you designate. Or, you can designate a trust executor on the event of your death.

3. Durable Financial Power of Attorney Form

This form designates who will make financial decisions on your behalf in the event that you are incapacitated.



13 Documents You Need For Effective Planning

4. Documentation of Assets

This includes housing and land ownership, cemetery plots, vehicles, stock certificates, savings bonds, any partnership or corporate operating agreements and a list of brockerage and escrow mortgage accounts.

5. Tax Returns (previous three years)

6. Banking Information

List of all bank accounts and online log-in information. List any safe deposit boxes, and register your spouse or child's name with the bank and ask them to sign the registration so they can have access without securing a court order.

7. Durable Health Care Power of Attorney Form (Advance Directive)

This allows your designee to make health care decisions on your behalf if you are incapacitated.

8. Authorization to Release Protected Health Information Form

This allows you to designate people who can be given information about your health from your doctor or hospital.

9. A Physician's Order for Life Sustaining Treatment (POLST) Form

This bright pink form is for terminally ill or people who are very old and frail and not expected to live more than a year. The POLST designates preference for on the spot medical treatment in the emergency room, or by the EMTs.

10. Life Insurance Policies

Family members need to know the name of the carrier, the policy number and the agent associated with the policy.

11. Benefits Accounts

This includes pensions, annuities, individual retirement accounts and (401)ks for your spouse or children. If your heirs don't know about these accounts, they won't be able to claim them.

12. Your marriage license, or your divorce judgement/ decree.

13. Your Birth Certificate and Social Security card.

18 Planning



Contra Costa County 2018

LONG TERM CARE INSURANCE COUNSELING

(See HICAP, Insurance Counseling)

NOTARY SERVICES

Concord Senior Center 2727 Parkside Circle Concord, CA 925.671.3320

Free notary services on Mondays, 11 a.m.- noon. Also provides free notary services for the homebound.

REALTORS

(Real Estate Services)

Julie Germain, Realtor **Senior Real Estate Specialist** 1641 Tice Valley Blvd. Walnut Creek, CA Juliegermain.com 925.849.2884 (see ad page 19)

REVERSE MORTGAGE

Finance of America Mortgage www.foamortgage.com/danville Susan Richey (North Bay Area) srichey@financeofamerica.com Cell: 707.688.9537 Lee Roebke (South Bay Area) Iroebke@financeofamerica.com 408.621.4862 (see ad page 18)

Jadestone Mortgage

Blair Herbert **Reverse Mortgage Specialist** Blair@jadestoneinc.com www.jadestoneinc.com 510.243.2740 (See ad on page 18)

The Loan Ladies@Homebridge 2200 Sand Creek Road, Suite I Brentwood, CA Homebridge.com

925.706.6706 (see ad page 20)

Retirement Funding Solutions 2603 Camino Ramon, Suite 200 San Ramon, CA 94583 Ricksanvicente.com 925.848.6575

REVERSE MORTGAGE COUNSELING

Counselor about reverse mortgage in home equity conversion. 925.679.8023

SENIOR PRODUCE MARKETS

These produce markets are sponsored by the Episcopal Senior Communities.

Stoneman Village

390 East Leland Rd. Pittsburg, CA 94565 Stonemanvillage.org 925.427.1870 (See ad on page 10)



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Lee Roebke NMLS-232319 (408) 621-4862 (707) 688-9537

Sue Richev

NMLS-582967

Sycamore Place

1100 Sycamore Place Ave. Brentwood, CA 94513 1st and 3rd Thursdays, 11 a.m.-noon

SMOKE DETECTORS

FREE for Contra Costa homeowners over age 60. 925.941.3327

TAX ASSISTANCE

AARP-TAX AIDE

Provides free tax assistance to low and mid income people of all ages in Antioch, Brentwood and Pittsburg Senior Centers. Volunteer counselors. Appointments only. Call: 925.726.3199 For a home visit, call: 925.726.3199

Alcosta Senior Center

9300 Alcosta Blvd. San Ramon, CA 925.973.3250

Concord Senior Center

2727 Parkside Circle Concord, CA 925.671.3320

Martinez Senior Center

818 Green St. Martinez, CA By appointment only. 925.370.8770

Walnut Creek Seniors' Club 1375 Civic Dr. Walnut Creek, CA 94596 925.943.5852

AGING IN **PLACE**

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As a trusted local lender for over 30 years I will meet with you in person, with no obligation, to explain how this updated and revised program works.

EASY QUALIFYING:

- $\sqrt{}$ Title stays in your name. $\sqrt{}$ Use the tax free cash for any purpose.
- $\sqrt{1}$ Pay off your mortgage.
- $\sqrt{}$ There are no monthly payments.

Call: Blair Herbert

510 243 2740 Reverse Mortgage Specialist Ca. Bureau of Real Estate License No.01856661 National Mortgage Licensing System License No. 289678 Not affiliated with a government agency.

3260 Blume Dr. Ste. 320, Richmond, Ca. 94806 Blair@jadestoneinc.com www.jadestoneinc.com

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A REVERSE MORTGAGE LOAN IS A LIEN ON YOUR HOME ... YOU CONTINUE TO PAY PROPERTY TAX. INSURANCE AND UPKEEP ON YOUR HOME!



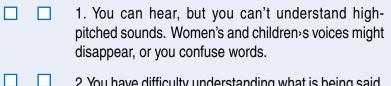


"A lot of people are just in denial, it's their family that is noticing and talking louder to them."

DO YOU SUFFER FROM HEARING LOSS?

Hearing loss is gradual, and gets worse over time. Noise from sports, music, and more can affect your hearing. Take this simple test and see whether you have hearing loss:

Yes No



- 2. You have difficulty understanding what is being said, unless you are directly facing the speaker.
- 3. You are continually asking people to repeat phrases and words.
 - 4. You prefer the TV or radio louder than others do.
 - 5. You avoid social occasions, family gatherings or group meetings where listening might be difficult.

If you answered yes to any of these questions, you may have a hearing loss and should have your hearing tested.



Hearing Loss . . . A Sign of the Times

The world is a noisy place. Combine that with rock and roll music, piercing sirens, loud gunfire, daily hair blowers and a Harley Davidson motorcycleand lost hearing is a guarantee. The problem is that most people won't admit it, and instead of getting a hearing aid, they'll turn the TV volume up to loud, say "what?" a hundred times a day, and eventually become quiet and withdrawn.

On average, it takes a man seven years to get a hearing aid after being diagnosed with hearing loss, according to Yolanda Kananen, a Pleasant Hill based hearing specialist.

Even with almost every baby boomer destined for some hearing loss, there's still a huge stigma involved in not only diagnosing, but eventually having break down and buy an hearing aid.

"A lot of people are just in denial, it's their family that is noticing and talking louder to them," said Kananen. "Family just gets exhausted from it, and often, too, it's their children who tell them that it's time to get a hearing aid."

Most people don't realize that hearing loss can have severe consequences to other parts of the body. For example, with hearing loss, there's a 30-40 percent increase in cognitive decline. People's minds just decline faster if they can't hear.

People who can't hear also have more balance disturbances...which translates to more falls.

And, they also become more depressed because they are no longer full participants in life.

With more noise, there is more hearing loss. One of the changes Kananen is seeing is that the average age of getting a hearing aid has dropped from 67, to 55. She points out, too, the people start losing hearing at about age 30.

And, with all the kids listening to music and using earbuds, she expects to see even more people with hearing loss in the near future.

People are often worried about the cost.

A decent hearing aid, for both ears, will run between \$2,800-\$6,800, according to Kananen.

She points out that the Veteran's Administration will pay for veteran's hearing aids, and Medi-Cal also will pay for aids, but the selection is limited.

People who are very low income can also apply to the Starkey Hearing Foundation who will fit them with a top-of-the-line digital hearing aid customized for their hearing loss. For more information on this program, call: 800-328-8602.



PEER COUNSELING NEEDS VOLUNTEERS

Ider people need to talk to other older people about their lives. Family and friends may not understand, or be too far away, and yet there is a need to share or to connect to another that is important for quality of life.

Who better to understand the experience of a health crisis than another person who's had that crisis? Older adults are wiser and have life experience to share. An older adult can provide support, understanding and encouragement to a peer.

If you have a few extra hours a week, think of becoming a peer counselor. Peer counselors visit to help people find the best solutions to manager this life. The healing is in the talking, being heard and understood.

Peer counselors help look at problems in new ways.

For more information on volunteering or to have a peer counselor visits, call Joyce Martin at 925.521.5636

The Benefits of Volunteering

- Volunteering connects you to others.
- Volunteering helps you make new friends and contacts
- Volunteering increases your social and relationship skills.
- Volunteering provides benefits to both mental and physical health.
- ➤ Volunteering increases self-confidence.
- ➤ Volunteering provides a sense of purpose.
- Volunteering combats depression.
- Volunteering helps you stay physically healthy.
- Volunteering kindles happiness.
- Volunteering can advance your career.
- Volunteering offers you the chance to try out a new career without making a long-term commitment.
- Volunteering can teach you valuable job skills.
- Volunteering can also help you build upon skills you already have and use them to benefit the greater community.
- Volunteering brings fun and fulfillment to your life.

(Source: helpguide.org)

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The Loan Ladies Kathy Zickenberg Mortgage Loan Originator, NMLS #265957 kathy.zickenberg@homebridge.com www.homebridge.com/KathyZickenberg

Patti Shaner Mortgage Loan Originator, NMLS #255604 patti.shaner@homebridge.com

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FINANCIAL SERVICES





VOLUNTEER

Volunteer.org matches volunteers with organizations by zip code: www.volunteer.org

AARP Tax-Aide provides free tax preparation services to senior and low to moderate income taxpayers of all ages in Antioch, Brentwood and Pittsburg Senior Centers. Volunteer counselors are trained and certified in tax preparation software and basic tax law, and, experienced tax counselors are alwayavailable. s available. For more information, call: 925.726.3199

Brentwood Senior Center 925.516.5444

Caring Hands

A program at John Muir Health Consider volunteering to help a senior avoid isolation and loneliness by visiting and/or driving. 925.952.2999

Contra Costa Seniors for Children

Mentors needed for elementary school children. One hour per week for one student to help with social and academic needs. 925.427.1123

Concord Senior Center

Needs volunteers for: Receptionists, Food Service Assistants, Special needs adult chaperones, crocheters and knitters for holiday cheer gifts. **925.671.3320**

Diablo Foundation

for the Aging 140 Gregory Lane, Suite 170 Pleasant Hill, CA 94523 925.945.8040 (See ad on page 9)

Elder's Learning Community

3701 Barrett Ave., Richmond, CA 94805 Seeking artists and educators in West Contra Costa County to work one-onone with seniors on a learning project of choice. A six month committment is requested. Must be 21 years old. **510.234.1839** (See ad on page 8)

Help Your Senior Night in Danville Jean Overmoe: 925.314.3476

Gentiva Hospice

6140 Stoneridge Mall Rd. Pleasanton, CA 94588 www.hopehospice.com 925.737.0203 (See ad on page 44)

Hospice of the East Bay

3470 Buskirk Ave. Pleasant Hill, CA 94523 www.hospiceeastbay.org Needs volunteers to assist with patients and family. Free training. Many opportunities available. 925.887.5678

Lamorinda Spirit Van 925.283.3534

Lafayette Senior Services 500 St. Mary's Rd. 925.284.5050

Martinez Senior Center 818 Green St., Martinez, CA 925.370.8770

Meals on Wheels and Senior Outreach Services

1300 Civic Dr., Walnut Creek, CA More than 1,000 volunteers deliver meals, help at C.C. Cafes, visit homes and seniors, organize fundraising efforts, and help in the office. **925.937.8311**

Pleasant Hill Senior Center 233 Gregory Lane Pleasant Hill, CA 925.798.8788

Retired Senior Volunteer Program (RSVP) 925.472.5771 / 925.472.5760

San Ramon Senior Center

9300 Alcosta Blvd. San Ramon, CA 925.973.3250

Senior Peer Counseling Program 925.521.5636 English 925.521.5653 Spanish 925.521.5638 Chinese

Senior Support Program

5353 Sunol Blvd. Pleasanton, CA 94566 **925.931.5388**

Alamo: The Sheriff's Valley

Station Office in Alamo is looking for volunteers. Citizens should have a clean criminal history, and would be responsible for one shift a week for four and a half hours. Call Fred Perfetto: 925.837.2902

Search and Rescue: The Contra Costa Sheriff's Search and Rescue Team needs volunteers to respond to missing person's incidents, disasters and other critical incidents. The program provides required training. Call 925.646.4461

The Museum of San Ramon Valley

needs greeter for three hours, one day a month. Call Carmen Curtis at 925.837.9781

The Lindsay Wildlife Museum

needs docents to lead class tours, teach children. No experience necessary. **925.627.2444**

The City of Richmond needs volunteers 510.620.5502 or 501.620.6511

Canine Companions for Independence is looking for volunteers to raise a puppy for 15-18 months. **1.800.572.2275**

Mt. Diablo State Parks needs volunteers. 925.837.6129

Mobility Matters, Rides for Seniors MOBILITY = INDEPENDENCE!

Volunteer to drive an ambulatory senior in Contra Costa or Alameda County to a medical appointment or grocery shopping by volunteering for Rides for Seniors. This free, one-on-one, door-through-door rides program was started in 2005 and fills a gap in services for seniors who no longer drive and/or cannot access other forms of transportation. If you are a good driver, ages 25-75, and can provide an occasional ride to an ambulatory senior in your area based on your availability, please contact us. A training session and background check is required and provided by Mobility Matters. Call Laurie at 925.284.6161 or email Laurie@mobilitymatterscc.com

Walnut Creek Seniors' Club 1375 Civic Dr. Walnut Creek, CA 94596 925.943.5852

Volunteering brings fun & fulfillment to your life!



Quality of Life: Index to Articles

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ADULT DAY and ALZHEIMER SERVICE CENTERS

(These centers provide health care services for frail adults, those with Alzheimer's or other dementias, and allow their caregivers respite time.)

Adult Day Services Network of Contra Costa 490 Golf Club Rd. Pleasant Hill, CA 94523 www.adultdaycc.org 925.682.1000

A centralized referral point for adult dav care resources. Centers offer activities and socialization for frail elders, while providing respite for their caregivers.

WEST COUNTY

Open House Respite Program 6500 Stockton Ave. El Cerrito, CA 94530 510.559.7677

Guardian Adult Day Health Center 3905 San Pablo Dam Rd. El Sobrante, CA 94803 510.669.1005

West County Adult Day **Care Center & Alzheimer's Respite Center** 1015 Nevin Ave., Suite 108 Richmond, CA 94801 510.235.6276

EAST COUNTY

Celebration Senior Day Program 2260 Jeffery Way Brentwood, CA 94513 925.240.5437

St. Anne Village, Inc. 2800 Camino Diablo Byron, CA 94514 925.240.4757

The Bedford Center 1811 C St. Antioch, CA 94509 925.778.4171

CENTRAL COUNTY

Lamorinda Adult Respite Center Holy Shepherd Lutheran Church 433 Moraga Way Orinda, CA 94563 larc@holyshepherd.org 925.254.3465

Martinez Respite Program 1111 Ferry St. Martinez. CA 94553 925.370.8772

Mt. Diablo Center for Adult Day Health Care & Alzheimer's Day **Care & Resource Center** 490 Golf Club Rd. Pleasant Hill, CA 94523 www.rsnc-centers.org 925.682.6330

Thursday Fellowship Lafayette-Orinda Presbyterian Church 49 Knox Dr. Lafayette, CA 94549 925.283.8722

SOUTH COUNTY

Valley Oak Respite Center Danville Congregational Church 989 San Ramon Vallev Blvd. Danville, CA 94526 925.956.9269 or 925.945.8040

Center for Elders Independence P.A.C.E.Program of All Inclusive Care for the Elderly Eastmont Town Center, Downstairs 7200 Bancroft Ave., Suite 188 Oakland, CA 95605 510.433.1150 (See ad on back cover)

ALZHEIMER'S FINANCIAL ASSISTANCE

Alzheimer's Family Relief Program 22512 Gateway Center Drive Clarksburg, MD 20871 301.948.3247 or 800.437.2423

Provides emergency assistance for patients and caregivers.

ALZHEIMER'S INFORMATION

Alzheimer's Association East Bay Office 3675 Mt. Diablo Blvd., Suite 250 Lafayette, CA 94549 925.284.7942 or 800.272.3900

UCD Alzheimer's Disease Center

100 N. Wiget Lane, Suite 150 Walnut Creek CA 94598 855.420.2612

Comprehensive assessment and evaluation for Alzheimer's Disease and other dementias. Clinic services are available to the public.

Alzheimer's Disease Education and Referral Center P.O. Box 8250 Silver Spring, MD 800.438.4380

Alzheimer's Services of the East Bay 2320 Channing Way Berkeley, CA 94704 510.644.8292

Provides care management, education and training, and an Alzheimer's adult day health care program serving Alameda and West Contra Costa County.

Continued on Page 25



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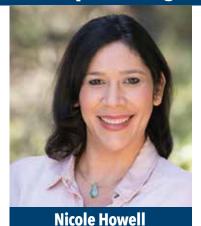
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Contra Costa Ombudsman Advocates for People Living in Retirement Homes



By Yvonne Baginski

ust ten years ago, nursing homes were places where elderly, very ill and/or disabled people went to be cared for when unable to afford care at home or anyplace else. Often, these people qualified for Medi-Cal and the State of California paid for their long term care.

While this is still true for some, it is no longer the case for many. The type of long term care that was once prevalent in nursing homes, has shifted to assisted living facilities and board and care homes (both types of housing are licensed by the State of California as Residential care Facilities for the Elderly (RCFE).

Contra Costa County, for example, has 30 nursing homes and 430 RCFE's. RCFE's provide non-medical long term care. And, since this care is nonmedical, it is not paid for by any health insurance, Medicare or Medi-Cal. Instead, anyone moving into a RCFE needs to pay with either their own money, a long term care insurance policy, or if eligible, VA benefits.

RCFE's charge between \$3,000 -\$7,000 for a room, which includes meal, housekeeping, care and some activities. Sometimes, a room can be shared in a board and care home, which reduces the costs to about \$1,500 a month.

This shift in the long term care industry has put families in a tight

spot, according to the new Contra Costa County Ombudsman Director, Nicole Howell. The Solano program recently merged with the Contra Costa Ombudsman program to oversee and advocate for the estimated 10,000 Contra Costa County residents living in long term care facilities.

Volunteer Ombudsmen visit and make sure that people are receiving services, being cared for, have needs met and regulations are followed. Initial complaints about service or care can be made directly to the Ombudsman office which then investigates and manages the complaint. Currently, the Ombudsman office is actively recruiting volunteers to work with local residents in nursing homes and RCFE's.

One of the trends that Howell is concerned about is that the numbers of people who are aged, frail, and need a place to live safely continues to increase, very few options are available. For example, low-income people, on Medi-Cal, might not be able to find a bed available in a nursing home.

Howell points out that many nursing homes are now acute rehabilitation centers. This means they accept people, right out of the acute care hospital, for rehabilitation after a stay or surgery. Many people stay in a nursing home 21-45 days, get their physical rehabilitation, and then are discharged home. If they continue to improve, Medicare or health insurance will pay for their stay and treatment, but only for a specific amount of time. If physical conditions don't change, the acute rehabilitation care changes to "custodial care," and that usually means a discharge home, an RCFE or, if no place is available, a continued stay at the nursing home at an out of pocket charge. Once the money runs out, the might qualify for Medi-Cal. and then continue to live in the nursing home.

However, without a need for acute rehabilitation, or a hospital stay, a person who is low income, on Medi-Cal and is failing at home due age or dementia, might have a struggle finding a nursing home. according to Howell. Sometimes, too, a nursing home might be found that is out-ofcounty, making it impossible for family and friends to visit frequently.

One of the reasons that nursing homes prefer acute rehabilitation patients, according to Howell, is that they receive better reimbursement rates from Medicare. The daily reimbursement rate for a nursing home, paid by Medicare is \$800 a day. For Medi-Cal, it runs \$180-\$216 a day.

As the new Ombudsman, Howell sees one role as to advocate for people who are on Medi-Cal and need long term care.

"Nursing homes cannot discriminate based on pay status," she said. "If a facility says they have no Medi-Cal long term beds, then contact Ombudsman...we welcome that."

The Ombudsmen staff also advocate for people who are no longer able to speak for themselves. "Some problems we see are care issues, or a person not receiving a shower or medications in time. Sometimes, too, it's a roommate situation," she said. "We can also help people who are being discharged home before it is safe, or they are ready. People have a right to appeal the discharge decision, and we can help with that."

Ombudsmen work within the system of care to make sure that both sides understand the situation and are working for a viable solution.

"These are businesses, they do care about people, and they're providing a service," she said. "We don't demonize them. They have their own struggles."

One of those struggles, she pointed

out, is often complicated families who disagree about care and procedures, or that all the medical information wasn't transferred from the hospital to the facility.

The Ombudsmen also work with family issues. Howell added, "Some of the most aggregious abuse and neglect could be at the hands of a family member or friend. Financial abuse is common."

Making a complaint is simple. Just call 925-685-2070. Each report is confidential and case information is private. The Ombudsmen investigate each complaint. Reports are also sent to the Community Care Licensing Office in Oakland. If a facility receives a citation all violations are available for review. For Contra Costa County residents, that means a drive to 1515 Clay Street, Oakland.

The Ombudsman office, now located in Pleasant Hill, also has some information. While they can't make specific recommendations on local RCFE's, they can identify places to visit, according to Howell.

As the aging population continues to increase, and people with memory losses and dementia struggle to live safely at home, their system of care needs to change. Right now, Howell points out, the system is "broken," and will soon be overwhelmed with people who are unable to afford any sort of care and there will be no place for them to move.

She is not without hope, however. Getting people involved is the key to making the changes to create a a better long term care community. And, she hopes that the Contra Costa Ombudsman program will be a key player in the process.





DOOR TO DOOR CANNABIS 😡 FOR SENIORS



Laurie Light shows Jeanine Faull products from Octavia Wellness.

By Yvonne Baginski

Rather than go to a dispensary to buy their cannabis, seniors in Contra Costa County now have the option of having their cannabis ordered and delivered by a Octavia Wellness, a new company exclusively working with teaching and working with older adults.

"It's a better idea," concedes Laurie Light, one of the sales representatives in Walnut Creek, " many seniors don't want to go to a cannabis dispensary. They aren't sure what to take or how to use it."

In just one year, Octavia has recruited 70 salespeople throughout California. Light notes that seniors need more one-on-one support in wading through a myraid of product lines and often are making their decision without a doctor's supervision or support.

While a doctor might provide a medical recommendation to purchase cannabis, they don't often talk specifics about what to purchase, dosages or where to buy. Light's services also include helping with procuring medical recommendations, either via telehealth conference calls, or by referring to doctors or nurses.

One of Octavia's top salespeople, which they call a "wellness consultant," is Jeanine Faull, age 78, who has over 100 clients in Rossmoor, an exclusive Walnut Creek-based senior community. Faull also uses cannabis for sleep assistance and to alleviate her arthritis pain.

She admits that she hasn't used cannabis since her college days, but now it is different.

"I had a long, painful surgery and afterwards, the doctor put me on opiates...which, I hated, she said. "A friend suggested cannabis. I got started by getting a card. Cannabis got me off the opiates."

A member of Kaiser, Faull found her doctor "noncommital," with information, so she went online.

"I knew I wanted pain relief, but I had no idea what to buy, or how much to use. A lot of my research was done online," said Faull. When she visited her first dispensary, she admits surprise by "its size and how many older people were there."

Once the cannabis worked on Faull, she started telling her friends. She admits that some people have had more dramatic results than others, and sometimes, "nothing seems to work."

Octavia's Wellness Consultants attend bi-monthly training classes, led by Light. There is now a chief medical officer, Marsha Bluto, M.D., who is establishing a curriculum and developing cannabis formulations specificallyf for older aduls.

Faull's clientele are all over age 70, and admittedly "nervous," about

trying cannabis for the first time.

"They remember being afraid when their kids were smoking pot," she said with a smile. "They usually don't want to smoke it, preferring a tincture or a cream."

It's been over a year since Faull has worked as a consultant. Most of her sales are word-of-mouth and numbers continue to grow.

"It's like an octopus, it's exploded... all word-of-mouth, friend-to-friend," she said.

"I'm retired comfortabley and really don't need the money. I do it because I believe in it."



At Hillcrest Memory Care you will receive personalized care from our compassionate care partners, nurses and program specialists. We create a warm and stimulating environment for our residents and visitors.

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ASSISTED LIVING / MEMORY CARE

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CONCORD

1700 Broadway St., 925.686.1700 Lic # 5005347

PLEASANT HILL

175 Cleaveland Rd., 925.935.1001 Lic # 075600194

2770 Pleasant Hill Rd.,925.935.1660 Lic # 071440541

SAN LEANDRO

1000 East 14th St., 510.636.0660 Lic # 015600341

FREMONT

3800 Walnut Ave., 510.505.0555 Lic # 015600118

SAN JOSE

380 Branhan Lane, 408.972.1400 Lic # 015600118

ELK GROVE

6915 Elk Grove Blvd., 916.714.2240

DAVIS

2726 5th St., 530.564.7002 Lic # 57705341

SACRAMENTO

1075 Fulton Ave., 916.971.4800

Hillcrest Memory Care Living 825 E. 18th St. Antioch, CA 94509 www.memorycomliving.net 925.706.7944 (See ad on page 24)

Insight Memory Care Choices

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Montecito Oakmont Senior Living

4756 Clayton Rd. Concord, CA 94521 Oakmontmontecito.com 925.391.8881 (See ad on page 3)

Oakmont of Concord

1401 Civic Court Concord, CA 94520 Oakmontofconcord.com 925.267.8505 (See ad on Page 3)



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ASSISTED LIVING COMPLAINTS

Ombudsman Service of Contra Costa County 2255 Contra Costa Blvd., Suite 204 Pleasant Hill, CA 94523 925.685.2070

ASSISTIVE TECHNOLOGY

Hearing Loss Association of America, Diablo Valley Chapter WCUMC 1543 Sunnyvale Ave. Walnut Creek, CA 94597 info@hearingloss.org www.hearinglossdv.org 925.838.8306

Independent Living Resources of Solano and Contra Costa County Main Office:

1850 Gateway Blvd., Suite 120 Concord, CA 94520 Phone/TTY: 925.363.7293

Contra Costa County: 3727 Sunset Ln. #103 Antioch, CA 94509 925.754.0539

All services are free to seniors, their families and agencies serving them.

BENEFITS COUNSELING

Independent Living Resources of Solano and Contra Costa County Main Office: 1850 Gateway Blvd., Suite 120 Concord, CA 04520

Concord, CA 94520 Phone/TTY: 925.363.7293

Contra Costa County: 3727 Sunset Ln. #103 Antioch, CA 94509 925.754.0539

All services are free to seniors, their families and agencies serving them.

BOOKS FOR THE HOMEBOUND

Contra Costa Public Library

Books delivered to your door. Susan LaPat: 925.927.3211 Richmond: 510.620.6561 Danville, Sandra Paiva: 925.837.4889

CAREGIVER / COMPANION SERVICES

For a comparison of costs and services see pages 30-31.

A Better Living Home Care

2280 Diamond Blvd., Suite 580 Concord, CA 94529 925.680.0300

All Seasons Home Care

399 Taylor Blvd., Suite 101 Pleasant Hill, CA 94523 www.all-seasons-homecare.com 925.363.4900 (See ad on page 31)

The Antioch Senior Center 415 W. 2nd St. Antioch, CA 94509 925.439.1202

This Home Chore Registry connects people in need with people who care. Services may include laundry, food shopping, personal care, and accompaniment to medical appointments, meal preparation, light housekeeping, yard work, chores, and more.

Better Days Provider, LLC

1200 Mt. Diablo Blvd., Suite 211 Walnut Creek, Ca 94596 Betterdaysprovider.com 925.457.0720 (See ad on page 25)

Continued on Page 26



CAREGIVER / COMPANION SERVICES cont.

Contra Costa Public Authority In Home Supportive Services 800.510.2020 Caregiver Registry 800.333.1081

The Public Authority operates a Registry that recruits, checks references for home care workers and supplies a list of names to consumers. If you qualify for In Home Supportive Services, they will provide you with a list of three to six names of potential caregivers.

Diablo Valley Foundation for the Aging 140 Gregory Lane, Suite 170 Pleasant Hill, CA

Pleasant Hill, CA www.dv-fa.org 925.945.8040 (See ad on page 9)

Hillendale Home Care and

Certified Nurse Training School 1777 N. California Blvd. Suite 210 Walnut Creek, CA 94596 www.hillendale.net 925.933.8181 (See ad on page 28)

Homelife Senior Care

6440 Brentwood Blvd. Suite A Brentwood, CA 94513 info@homeliveseniorcare.com 925.240.5770 (See ad on page 31)

Honor Home Care

2151 Salvio St. #310 Concord, CA 94520 www.joinhonor.com 925.338.8820 (See ad on page 5)

Home Care for Seniors

1855 Olympic Blvd., Suite 200 Walnut Creek, CA 94590 www.jfcs-eastbay.org 925.949.6151

Meals on Wheels and Senior Outreach Services Home Care Referrals 925.937.8311 Provident Home Care 2950 Buskirk Ave. Suite 155 Walnut Creek, Ca 94597 Providentcare.com 925.395.4877 (see ad page 31)

Precious Home Companion 1280 Boulevard Way, Suite 104 Walnut Creek, CA 94595 www.precioushome.com 800.321.6655 / 925.939.0197 (See ad on page 27)

ResCare Home Care 1850 Gateway Blvd., Suite 280 Concord, CA 94520 Rescare.com 925.685.5577 (See ad page 26)

Visiting Angels

16 Crow Canyon Ct., #200 San Ramon, CA 94583 www.jmhomecare.com 925.552.6500

CAREGIVER SUPPORT

(See also Support Groups and Counseling)

Caregivers Assistive Technology Program Independent Living Resources 3200 Clayton Rd. Concord, CA 94519 925.363.7293

This program includes a demonstration and lending library for devices and equipment. Referrals to current assistive technology and services, assessment of current assistive technology and training in support and use of equipment.

Family Caregiver Alliance

1235 Montgomery St., Ste 950 San Francisco, CA 94104 www.caregiver.org 415.434.3388 800.445.8107

Meals on Wheels and Senior Outreach Services

Workshop training and support for unpaid care, usually provided by family members. 1300 Civic Dr. Walnut Creek, CA 94553 925.937.8311

DMV DRIVING TEST

Rosemary Robles Senior Driver Ombudsman 7677 Oakport St., Ste 220 Oakland, CA. 94621 510.563.8998

ELDER ABUSE REPORTING

Adult Protective Services Contra Costa County 925.646.2854

Elder Angels 415.284.1150 916.372.8556

Ombudsman Services of Contra Costa County

For residents of nursing homes, board and care homes and assisted living facilities. 2255 Contra Costa Blvd. Suite 204 Pleasant Hill, CA 94523 925.685.2070

FOOD SERVICES

Antioch Senior Center The Bread Table Bread giveaway each Mon.,Wed., Thurs. and Fri. 9-11:30 a.m.

Food Bank

of Contra Costa and Solano Provides free food to eligible residents. 1.800.870.FOOD

Hercules Senior Center

Free Produce giveaway, twice monthly. 1st and 3rd Tues., 11 a.m.-noon

Meals on Wheels & Senior Outreach Services 1300 Civic Drive Walnut Creek, CA 94596 925.937.8706

CC Café Lunch Program

Rodeo: 510.799.2706 Pittsburg: 925.439.2136 Walnut Creek: 925.280.7310 Bay Point: 925.458.2662 Crockett: 510.787.1341

Concord: 925.825.1488

Lunch reservations are required.

Senior Food Program

Twice a month grocery distribution to people over age 55. Must meet household Income guidelines. Max for one person is \$1,670. Available in Antioch, Bay Point, Brentwood, Concord, El Sobrante, Martinez, Oakley, Pittsburg, Richmond, Rodeo, San Pablo and Walnut Creek. 925.676.7543





Richmond Emergency Food Pantry

(For West Contra Costa County) Tuesday - Friday, noon-3 p.m. 2369 Barrett Ave. 510.235.9732

FRIENDLY VISITORS

Brentwood: Senior Citizen's **Club Sunshine** 925.516.5444

Caring Hands John Muir Medical Center Walnut Creek. CA 925.952.2999

Diablo Valley Foundation for the Aging

140 Gregory Lane, Suite 260 Pleasant Hill, CA www.dv-fa.org 925.945.9080 (See ad on page 9)

Lavender Seniors of the East Bay

For the LBGT community in West Contra Costa County. 510.647.9655

A one-to-one volunteer visiting program. Volunteers visit once a week, sharing time, talking, taking a walk or ride, shopping, etc.

Senior Support of Tri-Valley

Dublin, Livermore, Pleasanton 925.931.5379

Meals on Wheels & **Senior Outreach Services Friendly Visitors Program** 1300 Civic Dr. Walnut Creek, CA 94596 924.937.8311

GERIATRIC PYSCHIATRIC SERVICES

Geriatric Psychiatric Services 2500 Alhambra Martinez, CA 925.370.5200, Ext. 4782

GRAB BAR INSTALLATION/ HANDYMAN SERVICES

SAFE AT HOME

Bob Timbers Grab Bars and Handrails safeathomegrabbars.com 925.360.1909 (See ad on page 27)

HEALTH CARE

Center for Elders Independence P.A.C.E.Program of All Inclusive Care for the Elderly Eastmont Town Center, Downstairs 7200 Bancroft Ave., Suite 188

Oakland, CA 95605 510.433.1150 (See ad on back cover)

Older Adults Clinic-Central County

3052 Willow Pass Road Concord, CA 94520 Fax: 925.646.5505 Phone: 925.646.5535

Older Adults Clinic-East County

3505 Lone Tree Way, Suite 4 Antioch, CA 94509 Fax: 925.427.8779 Phone: 925.427.8775

Older Adults Clinic-West County

11720 San Pablo, Suite C El Cerrito, CA Phone: 510.374.3629 Fax: 510.374.3294

HEALTH CARE COMPLAINTS

California Medical Review (CMRI) 1.800.841.1602

CMRI is California's peer review organization for problems with Medicare or Medi-Cal related complaints about the quality of care provided by physicians and other providers.

HMO-HOTLINE

For consumer complaints about Health Maintenance Organizations. 1.800.400.0815

HOME DELIVERED MEALS

Meals on Wheels

& Senior Outreach Services These are hot lunches delivered to your home by volunteer drivers, Monday through Friday. Recipient must be over age 60, homebound and have difficulty preparing meals. No weekend meals, but two frozen meals can be delivered on Friday.

Pittsburgh: 925.778.4370

San Ramon: 925.937.8311

Walnut Creek: 925.937.8607

Other Meals on Wheels Programs:

El Cerrito: 510.559.5677

Dublin: 925.931.5385

Pleasanton: 925.931.5385

West County: 510.412.0166

Far Eastern Contra Costa County: 925.625.4545

Continued on Page 28





Prompt Personal Service Expert Installation **Trusted Local Company**





"Your Best Choice For Home Safety"



HOME HEALTH CARE SERVICES

(These services are paid for by Medicare, Medi-Cal or private insurance)

Center for Elders Independence P.A.C.E.Program of All Inclusive Care for the Elderly

Eastmont Town Center, Downstairs 7200 Bancroft Ave., Suite 188 Oakland, CA 95605 510.433.1150 (See ad on back cover)

Healthy Living At Home

1320 Willow Pass Rd., Suite 715 Concord, CA 94520 www.healthylivingservices.org 877.513.7363 (See ad on page 16)

LOW VISION / BLIND SERVICES AND EQUIPMENT

Lighthouse of the East Bay 3075 Adeline, Ste 100 Berkeley, CA 94703 510.845.8700

Lion's Center for the Visually Impaired 175 Alvarado Ave. Pittsburg, CA 94565 Seniorvision.org 925.432.3013

Orientation Center for the Blind 400 Adams St. Albany, CA 510.559.1208

MEDICAL EQUIPMENT AND SUPPLIERS

Independent Living Resources of Solano and Contra Costa County Main Office; 1850 Gateway Blvd., Suite 120 Concord, CA 94520 Phone/TTY: 925.363.7293

Contra Costa County: 301 W. 10th St., #18 Antioch, CA 94509 925.754.0539

All services are free to seniors, their families and agencies serving them. Wheelchairs, walkers, commodes and other assistive devices are also available without charge.

Martinez Lions Club

Wheelchairs/walkers available. 925.370.0113

ReCares

Connects and redistributes donations of gently used medical equipment and unused home health supplies. Free of charge. 12619 Broadway Oakland, CA 510.241.2273

MEDICAL TRANSPORTATION

Murphy Medical Transportation, Inc. Serving the East Bay www.murphymedicaltransport.com 707.425.0100 (See ad on page 28)

MEDICATION DROP OFF

The Dougherty Valley Police Substation accepts prescription and over-the-counter medications, 8:30 a.m.-4:30 p.m. Monday-Friday, at the station, 2401 Crow Canyon Rd., San Ramon. Never place medications down toilets or drains because it can harm soil and water. Call 925.973.3300

MONEY MANAGEMENT

Money Management Program 510.236.5812 East County: 925.685.2070

Antioch Senior Center offers money management counseling on Thursdays, 9 a.m. to noon. 925.625.5473

NURSING HOME COMPLAINTS

Nursing Home Ombudsman 4415 Cowell Rd. Suite 100 Concord, CA 94518 925.685.2070

California Advocates for Nursing Home Reform (CANHR) 650 Harrison St.

San Francisco, Ca 94107 www.cahnr.org 1.800.474.1116

If you're looking for a nursing home, or are wondering what sorts of complaints have been lodged against a specific nursing home, CANHR maintains a complete listing of homes, deficencies, comments, etc.



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- Drivers & Care Attendants are trained and certified in CPR and First Aid. We assist Clients from time of pick-up to drop-off to ensure that they arrive at their destinations safely and on time.
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Call 925-933-8181 www.hillendale.net



P.A.C.E. (Program of All Inclusive Care for the Elderly)

Center for Elders Independence P.A.C.E.Program of All Inclusive Care for the Elderly Eastmont Town Center, Downstairs 7200 Bancroft Ave., Suite 188 Oakland, CA 95605 510.433.1150 (See ad on back cover)

PLACEMENT SERVICES

Care Patrol of Contra Costa mikea@carepatrol.com 925.979.8656 (See ad page 29)

Insight Memory Care Choices Serving Entire Bay Area 650.208.8809 (See ad on page 22)

SUPPORT GROUPS

ALZHEIMER'S CAREGIVER SUPPORT GROUPS

www.alz.org/norcal

ANTIOCH

Antioch Senior Center 415 W. 2nd St., Antioch, CA 94509 Two Caregiver Support Groups. 2nd and 4th Wednesday, 1:30-3 p.m. Antioch Senior Center 415 West 2nd St. 650.962.8111

Meets 2nd and 4th Thursday of month.

BRENTWOOD

Caregiver Support Group 2nd Thursday, 7-8:30 p.m. Neighborhood Church 50 Birch St. Brentwood, CA 94513 800.272.3900

LAFAYETTE

Caregiver Support Groups Alzheimer's Association Conference Room 3765 Mt. Diablo Blvd. Suite 250 1st Tuesday, 11:30-1:00 p.m. Heather Gray: 925.284.7942

PLEASANT HILL

Mt. Diablo Center For Adult Day Health Care 490 Golf Club Rd. Pleasant Hill, CA 3rd Wednesdays, 4:30-6 p.m. 925.682.6330

RICHMOND

Meets last Wednesday of the month, 2-4:00 p.m., West County Adult Day Care 1015 Nevin Ave., Suite 108 510.235.6276

SAN RAMON

Caregiver Support Group Meets 2nd Monday, 7-9 p.m. San Ramon Senior Center 9300 Alcosta Blvd. San Ramon, CA 94583 Heather Gray: 800.272.3900

WALNUT CREEK

Shell Ridge Community Church 1st Tuesday, 10:30 a.m. 200 La Casa Via Walnut Creek. CA

ALS (Lou Gehrig's Disease) Support Group

Grace Liu: 800.272.3900

Meets 3rd Saturday, 1-3 p.m. John Muir Medical Center 1601 Ygnacio Valley Rd. Walnut Creek, CA 94598 510.251.2572

Continued on Page 32

FORMER LIVERMORE, BERKELEY & SANDIA WORKERS

MORE THAN 48,000 PEOPLE IN THE TRI-VALLEY AREA MAY QUALIFY FOR NO-COST IN HOME CARE

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Did you work at Livermore, Berkeley or Sandia Lab?



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www.nuclearcarepartners.com





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WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN CONTRA COSTA

n Contra Costa County, getting help at home isn't as easy as it sounds. For many, bringing a stranger into their home to take care of them in a very vulnerable time can seem overwhelming. There are worries about who that person might be, how much to pay them, how many hours they should work and the most prevalent: Can this person be trusted?

While most would prefer a family member or someone they know take care of them, this may not always be the best thing. While promises are made, commitments can be difficult to keep. If caregiving is absolutely necessary, many find that hiring outside assistance with a regular schedule is the most reliable solution. That way, family members can remain as family, and others can be counted on to do the work.

There are many choices in hiring help at home. Many will hire privately, that is, pay out-of-pocket for help on an "as-needed" basis. There are many different ways to find caregivers. Some senior centers maintain lists, there are other sources from discharge planners, physicians offices and hospice agencies. Remember, too, that if you hire privately, you work out the hours, rate of pay, etc....and, you're also an employer and must abide by IRS rulings for tax purposes.

Here's a brief rundown on the types of agencies in Contra Costa County.

HOME HEALTH AGENCIES

These agencies provides services that are 100% covered by Medicare and Medi-Cal. The service must be ordered by a physician. However, clients still have a personal choice of any agency. There are certain requirements for care, for one, you must be homebound and in need of skilled care. This would translate to a nurse or physical, occupational or speech therapy. This is also a time and visit limited service. Some aide service can be available, if there's a skilled need. This is a service NOT covered by long term care insurance. Born To Age does not list the prices



these agencies charge because the costs are directly reimbursed by Medicare. Client is not billed for services.

Healthy Living At Home 1320 Willow Pass Rd., Ste. 715 Concord, CA 94520 Healthylivingservices.org 877.513.7363

Nuclear Care Partners 925.344.6466

PRIVATE DUTY HOME CARE AGENCIES

These agencies can provide both skilled and non-skilled medical care. The services might be covered by long term care, or other insurances, and private pay. The agency is the employer. Caregivers are hired, screened and paid for by the agency. If the caregiver is ill or unable to work, a substitute caregiver is available. The agency pays payroll taxes, worker's compensation and maintains liability coverage. The agency also determines what the caregiver can and can't do. There is over a minimum number of hours for service. Care provided by these agencies can include: skilled care, personal care, transportation / errands, meal preparation, medication reminders, light housekeeping, laundry, etc. Shifts can be hourly, live-in or sleepover.

All Seasons Homecare 399 Taylor Blvd., Suite 101 Pleasant Hill, CA 94523 Phone: 925.363.4900 www.all-seasons-homecare.com HCO #074700008

Locally owned for over ten years. Provides care throughout Contra Costa County and the Tri-Valley Area (Livermore, Pleasanton, Dublin) of Alameda County. Employees are screened, and background checked through the California Dept. of Justice and FBI. All have current TB tests, are bonded and covered under Worker's Compensation and general liability insurance. All caregivers are accepted intot he State of California Home Care Aide Register, and have verified industry experience. We employ Certified Nursing Assistants and Home Health Aides. Staff are trained on an ongoing basis in Alzheimer's, Dementia, Hospice and Transfer techniques. Services available 24/7 incluiding holidays. Services include safety supervision, companionship, assist with personal care, meal prep, medication reminders, light housekeeping, laundry and transportation t. Free no obligatioin assessment. No deposit required to start service. Care plan with details made before start of service, no hidden fees. VA and long term care insurance approved and can assist in applying for funding and claims. Hourly rates start at \$27.50. Flat daily rates for 16 hour and longer shifts.

Better Days Provider

1200 Mt. Diablo Blvd., Suite 211 Walnut Creek, CA 94596 bach@betterdaysprovider.com betterdaysprovider.com 925.457.0720 HCO# 074700080

Serving the Bay Area since 2008. Better Days is locally owned, not a franchise, providing in-home care services. Specifically targets matching the right caregiver to each individual, considering personality, skills and experience. The right caregiver can simplify life for the client, family and loved ones. Better Days works with long term insurance cmopanies. Hourly rates start at \$25 an hour. Rates are subject to change. Free assessment and quote. Rates vary depending on level of care, number of hours and location. Licensed, insured and bonded.

HomeLife Senior Care 6440 Brentwood Blvd. Ste. A Brentwood, CA 94513 925.240.5770 www.homelifeseniorcare.com HCO# 074700003

HomeLife Senior Care is the premier, state licensed, non-medical home care agency serving East and Central County, Rio Vista and Tracy. Dedicated to providing you and your loved ones the best in comfort, reliability and peace of mind. Services can range from less than 1 hour a week to 24/7 live-in care, and our professional support team is available 24 hours a day, 365 days a year. Caregivers are state registered, trained, bonded and insured and serve clients with needs related to Dementia, Alzheimer's Disease, Hospice and as Personal Care Aides. Activities include safety monitoring and assistance with bathing, dressing, grooming, light housekeeping, personal care, errands, transportation, companionship, transfers, and more. HomeLife Senior Care is recognized with an "A+ Rating" by the Better Business Bureau, is a Home Care Pulse "Provider of Choice", and proudly received "Business of the Year" by the Chamber of Commerce. Prices range from \$26 hourly.



WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN CONTRA COSTA

Honor Home Care 925-465-9915 www.joinhonor.com HCO# 074700053

Honor is the fastest growing nonmedical home care provider in the Bay Area. Why? Because families love our caregivers. 96.4% of Honor caregivers earn 4 or 5-star ratings. Need extra help at home to stay independent? Want help with meals, mobility, or personal care? Need respite care or support with Alzheimer's, dementia, Parkinson's, cancer, stroke, or other chronic condition? Honor can help. Our caregivers are compassionate, highly trained, thoroughly screened and background checked, insured-and reliable. Call us to schedule a free in-home consultation and learn what makes our caregivers so special. Flexible scheduling and pricing,

no deposits or long-term contracts required. Rates: Contra Costa County (Richmond, San Pablo, Walnut Creek, San Ramon, Moraga, Orinda, and other communities.)

Under 2 hours = \$60/hr 2-3 hours = \$45/hr 4 hours = \$28/hr 5-8 hours = \$25/hr 9-11hours = \$27/hr 12 or more = \$27/hr

Precious Home Companion 1280 Boulevard Way, Suite 104 Walnut Creek, Ca 94595 925.939.0197 or 800.321.6655 www.precioushome.com

Serving Contra Costa, Alameda, Marin, Napa, Solano, Sacramento Counties. A member of Better Business Bureau, and 2008-2009 Gilbert Guide approved agency.

Since 1990, Precious Home Companion is a full-service home care agency. All caregivers are payrolled, insured, bonded, with Worker's Compensation and criminally background checked. Services include personal care, including assistance in bathing, grooming, dressing, exercise and homemaking services such as light housekeeping, meal preparation and errand services. Medication management, pre/post surgery services, memory care, hospice care and companionship. Rates start at \$25/hour for Live-Out Program; Live-In Program starts at \$200/day, and Sleepover starts at \$150/night. FREE ASSESSMENT. 24 hour client phone support.



Provident Care

2950 Buskirk Ave., Suite 155 Walnut Creek, CA 800.632.4663 HCO# 07470003

Provident care is family owned and based in the East Bay and Central California. Owner Robin Conley, R.N. is directly involved in day-today operations, including making client visits, as needed. General services include medication management, personal care, meal preparation, housekeeping, laundry, companionship, safety and supervision. Client care managers work directly with caregivers in supervising clients at home. The managers selects the most appropriate caregiver, accompanies to first visit, and is the care liaison for the family. Services also include Diabetes Management, Alzheimers/ Dementia Care, Hospice and Blood Pressure monitoring.

Rates run between \$26-29 per hour, includes client care management. Minimum shift is four hours. Discount on 12-hour shifts.







R.A.S.P. for Caregivers

Caregiving can be a daily challenge. Therefore it is important to remember the FOUR TENTPOLES OF CAREGIVING:



Like everyone, your client or loved one has lived a full life that wasn't always easy, yet, chances are that they rose to the task of nurturing their own loved ones and deserve your respect.



The aged are often lacking for human contact and affection. A hug, an attentive ear, a kind gesture, all go a long way toward improving the quality of life and making them feel valued.



Maintaining a light mood, sharing an amusing anecdote, and finding simple ways to bring a smile are caregiving gold.



Always remember that someone took care of you when you were in your formative years, and guided you through the process of becoming the caring person that you are. And while it may be tedious at times, our elders deserve our patience as they return to the dependency of childhood.



The Commons at Dallas Ranch Mbk senior living 4751 Dallas Ranch Road Antioch, CA 94531 MBKSeniorLiving.com

How Can I Trust My Caregiver?

The most common question we receive at Born To Age, is whether to trust a caregiver or home care agency, to come into a home. People are often concerned about strangers taking over daily tasks of living, but also having access to private information, jewelry boxes, mail, etc.

No one can guarantee that a caregiver will not steal or take advantage of anyone while in their home. Even family members have been known to take things without permisson.

There are, however, safeguards that can be in place.

The first one is to remove anything of value from the home, or place it in a safe place. Especially small things, jewelry, coins, money, etc. Checkbooks and bank information should go into a lockbox. Mail should be picked up by a trusted friend, or put into a safe place.

Even if a caregiver is in place, it is a good idea for friend/family members to drop by while they're on duty for a friendly visit. Don't have to stay long, but vary the days and times.

Be careful if the caregiver starts suggesting other assistance/ substitutions from relatives or other people they know. We do not recommend that anyone hire the relatives of their caregiver for yardwork, handyman or other services.

If the caregiver is employed by a Home Care Agency, make sure they (both the agency and caregiver) are licensed by the State of California.



Yvonne Baginski Publisher, Born to Age

All caregivers working for an agency are required to be licensed. This means they've been fingerprinted, have a clear background and a TB test. It also requires they undergo five hours of training every year.

You can check to see if a caregiver is licensed, by going online to the Home Care Services Bureau at www.ccld.ca.gov. Click on "Home Care." You will need the caregiver's name and ten digit license number.

The same with the Home Care Agency. All licensed agencies are listed on this site.

If you hire an independent caregiver, one who is NOT affiliated with any home care agency, there is no licensing requirement and they are not required to register with the State of California.

Caregivers usually provide the following services: Bathing, dressing, feeding, exercising, personal hygiene and grooming, transferring/ ambulating, positioning toileting and incontinence care, making phone calls, assisting with medications, meal planning and preparation, transportation, housekeeping, laundry, commpanionship, and shopping.





There are only two pieces of paper that you need to prepare for planning your wishes for end of life care.

1. Advance Directive

This is for EVERYONE over the age of 18. With the Advance Directive, you appoint an agent to speak on your behalf if you are unable to do so on your own. You do not need an attorney to complete this form. It is very simple, available at your doctor's office, local hospitals and online. You need two witnesses, or a notary, to witness your signature. Very simple to complete. Copies of the Advance Directive should be given to the agents, the hospital, and your physician.

2. Physician's Order for Life Sustaining Treatment (POLST)

This form is primarily for those whose death would not come as a surprise in a year or two. This is a BRIGHT PINK form, it is a legal order, and it must be signed by both the person AND, a doctor. Copies can be made and distributed, they are all legal. However, the POLST must be dated and signed. Many doctors will not sign the form without a conversation regarding the terms of the form. Once the POLST is complete, it should be place somewhere visible in the home (on a refrigerator, wall by the bed, etc.). The reason for the POLST is it advises an immediate action. When the ambulance arrives, the POLST instructs on whether or not to rescucitate, for example. If gives guidance on immediate treatment until the person can respond, or an agent can be located. POLST forms are available at your doctor's office.

> See page 17 for a list of the 11 Documents You Need For Effective Planning

RAGING THROUGH THE AGES

ildy raging through life, Patricia Sanborn of Santa Rosa, CA wants to redefine age altogether...counting by stages, rather than ages.

She stresses that the third stage of life (the one she's currently occupying at age 73), has been her most significant growth period. Sanborn, who was once a case manager guiding people through the care needed for fraility and disability, is now writing and speaking about staying active, happy and alive.



She calls her new life, "Fearless Aging," and stresses that it's all about making the best choices so that a longer life can also be a better life.

She works out daily, is a long distance bike rider, does yoga, aerobics...staying as active as she can because she knows that physical strength and flexibility are paramount to everything else.

She focuses on staying sharp, having a good attitude, being positive and knowing that there is much life left to live.

"If I can flex muscles earlier on, say at 70, the behavior change would be easier in my 90's. This can prevent me from aging like my parents," Sanborn countered.

With a graduate degree in Gerontology, she knows that the future might not bode well for many. And she's also determined that her life will be different.

"I talk to myself to find out what it is I do want," she said with a laugh. "Life is changing. I talk to quite a few people. Every older person is unique. Who they are is based on their life experiences."

Today she's working on a book, and it's on her favorite topic: Choices in Aging

Sanborn admits that she fights ageism daily, citing that ageism "is a form of denial. Ageism is everywhere, it's common in jokes, facilities, well, it's with a person all their life, so we all make fun of getting old."

She also battles with procrastination, "which is just waiting for a crisis."



On a verbal roll, she defines Fearless Aging further: It means to gain awareness to what prevents us from listening to message on what is good for us."

For Sanborn that means making a list of all her strengths and not worrying about the rest. Admittedly, "not everything in life is important."

It's being fit, healthy and eating the right foods that are at the top of Sanborn's list. She also likes to knit, sew and create things for people.

"I am continually trying to find what excites me... what blossoms in me to be discovered," she said.



BRAIN TUMOR NETWORKING GROUP

2nd and 4th Wednesdays, 7-8:30 p.m. 3276 McNutt Ave. 925.933.0107

BREAST CANCER SUPPORT GROUPS

BRENTWOOD

Meets the 4th Tuesday, 2-4 p.m. John Muir Outpatient Center 925.947.3322

DANVILLE

Meets 1st and 3rd Thursday, 7-9 p.m. St. Isodore's Catholic Church Ministry Center 440 La Gonda Way, Rm 214 925.837.2122

ANTIOCH

Meets 1st Wednesday, 2-3:30 p.m. Sutter Delta Medical Center 3901 Lone Tree Way 925.779.3613

WALNUT CREEK

Newly Diagnosed Support Group Wednesdays, 10:30 a.m.-12:30 p.m. Please attend a newcomers group first. The Cancer Support Community 3276 McNutt Ave. 925.933.0107

CANCER SUPPORT GROUPS

CONCORD

John Muir Cancer Institute Meets 1st Tuesday, 7-8:30 p.m. 925.674.2190

Leukemia, Lymphoma, Multiple Myeloma Support Group

Meets 1st Thursday, 7-8:30 p.m. John Muir, Walnut Creek 1601 Ygnacio Blvd. 925.947.3322

PLEASANTON

Meets Tuesdays, 2-4 p.m. Valley Care Health Library and Ryan Corner Cancer Resource Center 5725 W. Las Positas Blvd., Suite 270 925.933.0107

SAN RAMON

Meets 2nd Tuesday, 7:30-9:00 p.m. Prostate Cancer Group San Ramon Medical Center South Building, West Day Room 6002 Norris Canyon Rd. 925.933.0107

Carcinoid Neuroendocrine Cancer Group

1st Saturday (even months), 1-4 p.m. The Cancer Community 3273 McNutt Ave Walnut Creek 925.933.0107

Colectoral Cancer Support Group

2nd Wednesday, 4-5:30 p.m. The Cancer Support Community 3276 McNutt Ave., Walnut Creek 925.933.0107

Gynecological / Ovarian Cancer

Support Group 1st and 3rd Thurs, 11 a.m.-12:30 p.m. The Cancer Support Community 3276 McNutt Ave., Walnut Creek 925.933.0107

HEAD AND NECK CANCER SUPPORT GROUP

4th Wednesday, 4-5:30 p.m. Walnut Creek 925.933.0107

LUNG CANCER SUPPORT GROUP

2nd Wednesday, 4-5:30 p.m. The Cancer Support Community 3276 McNutt Ave., Walnut Creek 925.933.0107

CAREGIVERS SUPPORT GROUPS

PLEASANT HILL

3rd Wednesday, 4:30-6 p.m. Mt. Diablo Center for Adult Day Health Care 490 Golf Club Rd. 925.682.6330

WALNUT CREEK

2nd Thursday, 6-7:30 p.m. Eldercare Services 1808 Tice Valley Blvd. 925.937.2018

CHRONIC PAIN SUPPORT GROUPS

DANVILLE

2nd and 4th Mondays, 11 a.m. - 1 p.m. Community Presbyterian Church 222 W. El Pintado Rd.

Chronic Pain Pro-Active Group for Women

Meets every other Wed.,12:30-2:30 p.m. dashby@msn.com 925.234.5621

CLUTTERER SUPPORT GROUPS

Clutterers Anonymous Thursdays, 7:00-8:30 p.m. Solutions for chronic hoarding, clutter and disorganization. St. Luke's Lutheran Church 2491 San Miguel Dr., Room 9 Walnut Creek 925.736.8627

FIBROMYALGIA SUPPORT GROUP

Fibromyalgia Support Group

2nd Friday, 11 a.m.-1 p.m. Concord Library 2900 Salvio St. Joynce: 925.671.2779

HEART-TO-HEART SUPPORT GROUP

Mended Hearts Support Group

2nd Thursday, 7-8:30 p.m. John Muir Medical Center Concord 925.947.5206

MAN-TO-MAN PROSTATE SUPPORT GROUP

SAN RAMON

2nd Tuesday, 7:30-9:00 p.m. San Ramon Regional Medical Center South Building, West Day Room 925.933.0107

We Make Senior Housing SIMPLE.

WHEN IT'S TIME TO CONSIDER senior housing, call us for the personalized, professional help you'll need to find exactly the right place. We are a **FREE** service for seniors and their families.

OUR OASIS 5-STEP PROCESS

- 1 Your initial, no-obligation consultation
- 2 Identifying your lifestyle, healthcare needs and financial considerations
- 3 Finding ways to reduce your monthly costs
- **4** Developing a personalized list of local housing options
- 5 Touring the communities with you until you find "the right place"

CONTACT Your Local Senior

Advisor Today to Get Started!

SUSAN TAMAOKI Senior Living Advisor

510.778.5644 STamaoki@YourOasisAdvisor.com WalnutCreek.OasisSeniorAdvisors.com





WALNUT CREEK

4th Thursday, 11 a.m. - 12:30 p.m. 925.933.0107

MULTIPLE SCLEROSIS SUPPORT GROUP

2nd Wednesdays monthly. For location and time, call Julie at 925.513.4686 or Kathy at 925.286.7674

PARENTING AGAIN

A group designed to help those taking a major parenting role for grandchildren. Childcare is provided. 2nd Saturday of each month, 5:30 p.m. Olive Building Valley Christian Center Fireside Room 7500 Inspiration Drive, Dublin

PARKINSON'S SUPPORT GROUP

East Bay Tremor Support Group

3rd Saturday, 10 a.m. Alcosta Senior Center San Ramon 925.487.5706

Parkinson's Disease Support Group

3rd Saturday, 9 a.m.-noon Fireside Room Grace Presbyterian Church 2100 Tice Valley Blvd. Walnut Creek Caregivers meet at same time in the Oak Room Gregg Riehl: 925.254.8349 Parkinson's Network of Mt. Diablo P.O. Box 3127 Walnut Creek, CA 94598 925.314.1875

Tri-Valley Parkinson's Support Group

2nd Saturday, 10 a.m.-noon Pleasanton Senior Center 5353 Sunol Ave. 925.831.9940

PERIPHERAL NEUROPATHY SUPPORT GROUP

WALNUT CREEK

4th Friday, 10-11:30 a.m. Las Tramps Room Hillside Clubhouse, Rossmoor David Woods: 925.287.8300

PET LOSS SUPPORT GROUP

2nd Tuesday, 5:30-7 p.m. 2890 Mitchell Dr. Walnut Creek 925.887.5681

SENIOR WOMEN'S SUPPORT GROUP

EL CERRITO

For older women looking for mutual support. Thursdays, 1-2:45 p.m. Fee: \$12 for El Cerrito residents, \$14 for non-residents. The Open House Senior Center. Amy Glick: 510.220.5043

Tri Delta Transit, to the park, to "we should do this more often."



STROKE SUPPORT GROUPS

CONCORD

Stroke Support Group of Contra Costa County

2nd Monday of month, 7-9 p.m. Alternates between the John Muir Medical Center, Walnut Creek Campus (Bell Auditorium) and Concord Campus (Concord Room) Info: Adzuna1@gmail.com or Ann Dzuna, 925.376.6218

WIDOWED PERSON SUPPORT GROUP

ALAMEDA/CONTRA COSTA

Widowed Person Support Group Please call for monthly events: 510.654.0974 or 925.932.3448

TELEPHONE REASSURANCE

Friendly Caller Program 925.937.8311

Telecare 925.934.0901 510.970.5334

TRANSPORTATION

Mobility Matters: Rides for Seniors In Contra Costa and Alameda Counties

1035A Carol Lane, Lafayette Volunteers provide door-to-door, one-on-one, assisted services. 925.284.2207

Antioch Senior Bus 415 W. 2nd St. Antioch, CA 925.754.1080

Reservations are made one working day, by 11:30 a.m., in advance by calling 925.754.1080. There is a limit of three rides per day, 50 cents per ride. Senior Bus tickets cost \$5.00 a sheet and can be purchased at the Antioch Senior Center 415 2nd St., Antioch

BART tickets, valued at \$24.00 worth of rides are available to seniors who are 65 or older for \$9.00 Available at local Senior Centers. Ticket info: 925.676.2278

Brentwood: Rides for Seniors Program

Trained volunteers take seniors to appointments and grocery shopping. 925.284.6161

Brentwood Dime-A-Ride 925.754.3060

Call 511 Paratransit, the Bay Area Travel Guide. From anywhere in

the Bay Area, you can call 511 to get free transportation information. Information is available on BART, paratransit, Muni, AC transit, the airport and traffic conditions.

Center for Elders Independence P.A.C.E. Program of All Inclusive Care for the Elderly

Eastmont Town Center, Downstairs 7200 Bancroft Ave., Suite 188 Oakland, CA 95605 510.433.1150 (See ad on back cover)

County Connection Link, is a door-to-door, advance registration, dial-a-ride service in Central Contra Costa County. Call 925.938.7433 for an application form.

County Connection Bus Tickets include disabled or senior riders, and are \$17 for 20 rides. People over age 65 can purchase a discount punch card. "How to Ride a Bus" training is available FREE of charge. Call 925.676.1976, ext. 601 or 608 for information. Cards are available at local Senior Centers.

Dial-A-Ride

Tri-Delta Transit's door-to-door transportation for eligible seniors and disabled individuals traveling in eastern Contra Costa County and other senior transportation and in-home care services. 925.754.3060 (See ad on page 35)

Continued on Page 36



El Cerrito: EASY RIDE

Rides for seniors within City of El Cerrito. Advance Registration required. \$2 per ride. Monday-Friday. 510.559.7677

Lamorinda Senior Transportation Lamorinda Spirit Van 925.283.3534

Program serves older adults living in Lafayette, Moraga and Orinda with rides. Will take people for shopping, errands, appointments and lunch at the Walnut Creek Senior Center. Monday-Friday, 9 a.m.to 5 p.m., and Sunday morning church. The van will also go outside of LaMorinda area.

Orinda Seniors Around Town

Rides for appointments, grocery shopping and fun activities. 925.402.4506

San Ramon, Senior Express Van Grocery Shopping Shuttle, Stoneridge Mall Shuttle. 925.973.3250

Senior Helpline Services Rides for Seniors 925.284.6161

Rides to medical appointments, Monday-Friday. Saturday rides for shopping.

Desota and Yellow Cab offer Contra Costa seniors, 20% discount on cab rides. 925.284.1251

MEDICAL TRANSPORTATION

THROUGHOUT EAST BAY

Murphy Medical Transportation, Inc.

www.murphymedicaltransport.com 707.425.0100 (See ad on page 28)

Pleasanton Paratransit Service

For Pleasanton/Sunol adults 60+ years and/or ADA qualified individuals needing transportation within Pleasanton/Sunol or to specific medical centers outside the City limits. \$2.00/\$2.50 per trip. Call 9:00-3:00 p.m. for registration and reservations: 925.931.5376

Pleasant Hill Senior Van (Pleasant Hill residents only) 925.671.5272

Fare: \$1.50 each way. Monday-Friday: Pleasant Hill Tuesday: Walnut Creek medical appts.

Thursday: Concord and Martinez, medical appts.

Priorities for scheduling are medical and dental appointments. Rides for shopping, senior center, etc. Multiple stops for one passenger will not be made.

Richmond Paratransit

Transportation services for seniors and people with disabilities residing in the City of Richmond, and the unincorporated areas of East Richmond Heights, El Sobrante, Hasford Heights, Kensington, North Richmond and Rollingwood. Offers van transportation Monday-Friday, 8:30 a.m. to 5 p.m. To receive van service and purchase taxi scrip, passengers must show a valid ID card, issued by Richmond Paratransit. Cost of card is \$2. 510.307.8026 or 510.307.8027

SAN PABLO

Senior Center offers rides to grocery store or Dr. appointments. \$1 each way. Must make reservation 24-hours in advance. 510.215.3096

Tri Delta Transit

801 Wilbur Ave. Antioch, CA 94509 925.754.6622

Door-to-door transportation services for eligible senior and disabled individuals traveling in Eastern Contra Costa County. For information or an application call 925.754.3060. (See ad on page 38)

Fixed Route Bus:Tri Delta Transit operates 17 bus routes (14 weekday, 3 weekend) serving Antioch, Brentwood, Pittsburg, Oakley, Bay Point and Discovery Bay. Senior fare is 85 cents per ride, or \$1.75 for an all-day unlimited ride pass good on all fixed routes. 20 ride passes are also available for \$17. "How to Ride" presentations are available to all senior organizations. To arrange a free presentation, call 925.754.6222

Walnut Creek Senior's Club Mini-Bus Service 925.933.5851

Reservations can be made the day before the ride. Rides cost \$1 each time you board the bus. Reservation phone hours: 9-11 a.m.

Westcat Dial-A-Ride

Out of Service Area Special Transportation 601 Walter Ave. Pinole, CA 94564 510.724.7433

VETERANS AFFAIRS

Concord Vet Center 1333 Willow Pass Rd., #106 Concord, CA 925.680.4526

Veterans Affairs Center for Rehabilitation and Extended Care 150 Muir Rd. Martinez, CA 925.370.4701

120-bed facility in Martinez. Provides speech therapy and radiology, it is composed of three units for stroke and neurocognitive care, subacute care and Alzheimer's respite and long term care.

Veteran's Home of Yountville

P.O. Box 1200 Yountville, Ca 94599 800.404.8387

Veteran's Service Office

10 Douglas St., Suite 100 Martinez, CA 94533 925.313.1481 (Central County)100 37th Street, Room 1033 Richmond, CA 94805 2101 Vale Rd., Suite 302 San Pablo, CA 510.374.3241

VA Clinic 800.382.8387

VA Outpatient Clinic 925.372.2000

VISITING SERVICES

(See Friendly Visitors)

Meals on Wheels and Senior Outreach Services Friendly Visitors Program 1300 Civic Drive Walnut Creek, CA 94596 925.937.8311

VISUALLY IMPAIRED SERVICES

Books for the Blind and Physically Handicapped 900 N St. Sacramento, CA 95814 1.800.952.5666

350 Los Ranchitos Rd. San Rafael, CA 94903 800.295.4050

WHEELCHAIR REPAIR AND TRANSPORTATION

Wheelchairs of Berkeley 2911 Shattuck Ave. Berkeley, CA 94705 510.549.8727

WestCat Dial-A-Ride

Out of Service Area Special Transportation 601 Walter Ave. Pinole, CA 94564



hat are the options open to me, and how will the government pay for it?

The government does not usually pay for custodial care at home. Custodial care, means that if a person needs help with bathing, housekeeping, food preparation and/or medication monitoring mostly, they will have to pay for it out of pocket. Medicare only pays

for skilled medical care, that is usually provided by therapists, nurses and social workers, intermittently.

Medicare does not pay for assisted living, board and care nor custodial home care. There are also eligibility requirements for paying nursing home care, incluidng a limit of coverage based on utilizataion of days, and skilled care. So, for the first 30-90 days of nursing home a person may be covered under Medicare, but this often changes to no coverage once the person is stabilized and in custodial, long term care.

Home Care costs about \$27-32 an hour (see page 28-32) for costs and minimums, and most agencies require a 4-hour daily minimum. A board and care can run between \$3,500 to \$5,000 for semi-private and/or private room, and assisted living can run between \$5,500-\$7,000 a month.

So, if a loved one needs home care, or placement into a board and care home, or assisted living facility, here are the options available.

1. Private pay. Many people pay for services out of savings and retirement accounts. Assets are spent on services, based on ability to pay. If a home is owned, a reverse mortgage might be an additional source of funds for this type of care. A reverse mortgage is available for seniors only.

Another option is a home equity line of credit, or selling the home to a trusted friend/family member and leasing it back.

2. The Veteran's Aid and Attendance Benefit. This can supplement private pay, but one must prove eligibility for



services. (see page 37 for details). This benefit is retroactive from time of application, and can take up to one year to determine eligibility and payment. This benefit can help pay for home care, or assisted living care. It does not pay for rent or lodging expenses, but is restricted to medical and care services.

3. Long Term Care Insurance. Read the policy very carefully. Some only cover nursing home or assisted living care. Or, provide a daily limit that covers only a portion of the care. Some policies sold in the 1990s are basically useless today, unless a person wants to go straight to live in a nursing home. If you have a policy purchased before 2010, review it carefully to make sure it is actually going to provide funding for the services you might prefer. Policy review is available without charge from advocates from the Health Insurance Counseling and Advocacy Program (HICAP). Call 1-800-434-0222 to make an appointment for a review of your policy.

4. Medi-Cal:

On January 1, 2014, California expanded Medi-Cal eligibility for some low-income adults. When you complete a Covered California application, your application will be automatically reviewed by Covered California. But if your income is under 138% FPL, you will be reviewed for Medi-Cal eligibility.

Medi-Cal offers free or low-cost health coverage for California residents who meet eligibility requirements. Medi-Cal health plans are similar to the majority fo the health coverage options available through Covered California. Covered California is the new marketplace that makes it possible for individuals and families to get free or low-cost health insurance through a plan selected as well as get help paying for private health insurance.

The goal is to make it simple and affordable for Californians to get health insurance. Covered California ia a partnership of the California Health Benefit Excchange and the California Department of Health Care Services.

B. Long Term Care Medi-Cal. The basic requirements to gualify for

Medi-Cal are that you are in a nursing home, at least 65 year old, (or blind or disabled), and medical/nursing bills exceed your income, and your countable assets do not exceed \$2,000. You must also be a U.S. citizen, or lawful permanent resident of California. A partial list of exempt (noncountable) assets include: a home, houseboat, mobile home and multi-unit dwelling if you live in one of the units some time before entering a nursing home; household goods and personal effectswedding, engagement rings and heirloom jewelry, one car, burial plots, prepaid burial plan, and some annuity or pension plans if payments of principal and interest are being made.

It is a good idea to speak with a Medi-Cal planning expert to determine planning and eligibility for Medi-Cal.

Medi-Cal does not pay for room and board at any assisted living or board and care home. It also does not pay for private home care.

And, finally, the big question: What Happens When We Run Out of Money?

Sometimes families pitch in funding on a month-to-month basis to supplement care. For example, the monthly SSI stipend may not provide enough money for a board and care home, so the children or other friends add money, as needed. Or, when the well runs dry, Medi-Cal eligibility and nursing home placement for long term care becomes one reality that may need to be faced. There are very few options available for low income seniors. Patching together services, family support and spending down assets seems to be the path followed most often.

Questions about any of the above, including referrals to other resources, are available at **Born To Age**, **707.226.7127**

If You've Ever Worked in the U.S. Atomic Industry

Compensation and medical benefits to current or former civilian employees who've worked at certain government or privately owned medical facilities where atomic weapons were produced or tested, are now available from the Energy Employees Occupational Illness Compensation Program in Livermore. Lump sum benefits of up to \$150,000, to qualified claimants, are available if claimants worked in a covered facility and developed radiogenic cancer, beryllium disease or silicosis. Qualified survivors of these deceased workers may also be eligible for compensation.

While the amount of compensation may vary, most employees found to have a work related illness will receive a federal payment and medical benefits for the treatment of the covered condition.

If you have worked, or know of someone who's worked at a designated Department of Energy facility, Please call, 866.606.6302 or 925.606.6302, for more information.



Seven Important Facts About V.A. Medical Benefits

- The veteran does not need to have been involved in actual combat, only to have served during a period considered wartime.
- 2 The approval process for VA benefits usually takes five to six months, but it pays retroactively.
- If you don't have all the documents needed to apply, you can still submit Form 21-4138 start the application process. Retroactive benefits are based on the date that the form is received.
- For aplicants 70 and older, the review process can be expedited.
- There is a maximum allowable income for VA benefit applicants, but medical and care expenses can be deducted from the applicant's income to determine "countable income." Applicants with higher incomes may be eligible when medical and care expenses reach a high threshold.
- Veteran's Aid and Attendance does not require that the recipient become impoverished before qualifying. When out-of--pocket medical bills exceed gross income, the recipient is qualified.
- 7 The maximum benefit to the veteran or veteran's spouse is about \$1950 per month. The benefit is paid directly to the beneficiary instead of the residential facility or caregiver.

* * * * * * * * * * * * *

YES! Please contact me for advertising in the Born to Age 2019 Contra Costa Directory

Name______

Business Name_____

Address_____

Phone_____

Email

Any comments on this directory?_____

Suggestions for next year?_____

Send to: Born to Age P.O. Box 6863, Napa, CA 95581 707-226-7127 www.borntoage.com

VETERAN'S BENEFITS TO PAY FOR LONGITERM CARE

Most veterans and surviving spouses who are in need of assisted living or in-home care, can qualify for the "Aid and Attendance" Benefit offered by the Veteran's Administration. The benefit can pay up to \$3,085 per month to a married veteran, and a single or widowed veteran can receive up to \$1,758 per month. Unmarried surviving spouses can received up to \$1,380 a month. All of these benefits are tax free.

Under this program, money is awarded based on need and there are certain income and asset requirements. The veteran or spouse applying must show that while assistance may not be needed with everything, there is help needed with bathing, dressing/undressing, medications, transferring or other care on a daily basis. This is the type of care provided in assisted living, or by an in-home care companion. To qualify, an applicant must have an average less than \$80,000 in assets, EXCLUDING home and vehicle. Also, the veteran must have served one day during a period of war and had at least 90 days of active duty.

Eligibility must be proven by filing the proper Veteran's Application for Pension or Compensation (Form 21-534 for surviving spouse) (Form 21-526 veteran). This application will require a copy of the the DD-214 (discharge papers), a medical evaluation from the physician, current medical isues, net worth limitations, net income and out-of-pocket medical expenses.

Approval takes about six months, but the VA is supposed to give priority to any application for benefits by a veteran over age 70. If the benefit is approved, the money awarded is retroactive to date of application.

For more information, contact the Contra Costa County Veteran's Administration. There are several businesses who will work with Contra Costa County residents in helping them through the application maze. Website information is available at: www.veteransaid.org



Calm, not crisis. Home, not hospital. The patient, not the disease.

With VITAS, the focus is on quality of life. We manage pain and other symptoms, get to know the patient and family, focus on what is important.



Learn more about hospice. VITAS.com • 800.723.3233 🖪 💟





Final Wishes: Index to Articles

BODY DONATION

UC San Francisco Willed Body Program Department of Anatomy School of Medicine, AC-14 San Francisco, CA

415.476.1981

CEMETERY

Catholic Funeral and Cemetery Service, Oakland 4457 Willow Rd., Suite 100 Pleasanton, CA 94588 Cfcsoakland.org 925.946.1440 (See ad on page 39)

Holy Cross Cemetery 2200 East 18th St. Antioch, CA 94509 briank@cfcsoakland.org 925.757.0658 Queen of Heaven 1965 Reliez Valley Road Lafayette, CA 925.932.0900

Saint Joseph 2540 Church Lane San Pablo, CA 510.234.2012

Memory Gardens Cemetery 2011 Arnold Industrial Dr. Concord, CA 94520 Memorygardensconcord.com 925.685.3464

CREMATION

(See Chart on page 42-43)

Alta Vista Cremation and Funeral Services 4795 Blum Rd. Martinez, CA 94553 www.altavistacremation.com 925.228.1500 (See ad on page 39)



Alta Vista Cremation and Funeral Service

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925-228-1500 Licenses FD1924, COA611, CRV264

Alta Vista Main Street Chapel

901 Main St., Suisun City, Ca 707.421.0100 (See ad on page 39)

Contra Costa Burial / Cremation Assistance Indigent Burial 1960 Muir Rd. Martinez, CA 925.313.2616

Diablo Valley Cremation 2401 Stanwell Dr., Suite 460-17 Concord, CA 94520 Diablovalleycremation.com

Neptune Society of Northern California 1855 Olympic Blvd., #110 Walnut Creek, CA 94596 Neptune-society.com 925.944.5100 (See ad on page 41)

ELDER WISHES

Elderly Wish Foundation P.O. Box 4365 Antioch, CA 94531 info@elderlywish.org 925.978.1883

Granting wishes to any Contra Costa senior with a life threatening or terminal illness. We make that special wish come true. Anyone can call.

FUNERAL SERVICES

(See Chart on page 42-43)

Alta Vista Cremation and Funeral Services 4795 Blum Rd. Martinez, CA 94553 Altavistacremation.com (See ad on page 39)

Continued on Page 40

CATHOLIC FUNERAL & CEMETERY SERVICES



Funeral | Cremation | Cemetery | Family Estates

(925) 273-7166 | cfcsoakland.org Serving all faiths throughout the Bay Area



40 Final Wishes



Contra Costa County 2018

Alta Vista Main Street Chapel 901 Main St. Suisun City, CA 707.421.0100 (See ad on page 39)

Graham-Hitch

Cremation and Memorial Center 125 Railroad Ave., Suite D Danville, CA 94526 www.ghmemorial.com 925.837.2500

GRIEF SUPPORT GROUPS

ANTIOCH

Edna Fallman Education Center, Sutter-Delta Medical Center 3901 Lone Tree Way Pre-registration required. 925.779.3570

BRENTWOOD

Widow to Widow Support Group Mondays, 5-7 p.m. 350 John Muir Parkway, Suite 120 Pre-registration required 925.887.5681

Adults Who Lost a Parent

Tuesdays, 6-8 p.m. 350 John Muir Parkway, Suite 120 925.887.5681

CONCORD

Grief Support Group, Concord Muir Medical Center 2540 East Ave. 2nd and 4th Mondays, 6:30 p.m. 925.674.2132

EL CERRITO

(short term bereavement support) Wednesdays, 10:30 a.m.- noon 1.800.260.0094

El Cerrito Royale

Third floor lounge 6510 Gladys Ave. 925.335.8741

PLEASANTON

Pleasanton Senior Center 2nd and 4th Friday, 10-11:30 a.m. 5353 Sunol Blvd. Pleasanton, CA 925.829.8770

PLEASANT HILL

Hospice of the East Bay

Offers support groups and workshops for people experiencing grief and loss after the death of a loved one. Groups meet at Hospice's admin offices: 3470 Buskirk Ave. 925.887.5678 (See ad on page 40)

HOSPICE SERVICES

Hospice of the East Bay 3470 Buskirk Avenue

Pleasant Hill, CA 94523 www.hospiceeastbay.org 925.887.5678 (See ad on page 40)

VITAS Innovative Hospice Care

365 Lennon Lane, #140 Walnut Creek, CA 94598 www.vitas.com/ca/northerncalifornia-hospice 800.723.3233 or 925.930.9373 (See ad on page 38)

You have a choice of hospices.

Now there's an easy way to compare.

Deciding which hospice to choose for your family can be stressful. Luckily, Medicare now offers a great resource called **Hospice Compare** which helps you research the quality of care provided by every hospice provider in your community. Compare up to three hospices at a time, or a single hospice against the national average.

Hospice East Bay's quality scores are above the national average in every category. We invite you to take a look! Visit www.Medicare.gov/HospiceCompare to make an informed choice for you and your family.



(925) 887-5678 wwwHospiceEastBay.org





TRUST ADMINISTRATION

(See also Legal Services)

Diablo Foundation for the Aging

140 Gregory Lane, Suite 170 Pleasant Hill, CA www.dv-fa.org 925.945.8040 (See ad on page 9)



END OF LIFE DOULAS....TRENDING TO THE FUTURE

hile few people have even heard of the term, " End-of-Life Doula, " it is a newly emerging practice providing support to the dying at home. In the San Francisco Bay area, these doulas are mostly working as volunteers at hospices, and have yet to be embraced by the end of life industry as a basic precept of care. While most insurances will pay for hospice care...doulas are still outside that scope of care. Similar to birthing doulas, an end-of-life doula will sit with the actively dying person, and be with their family throughout the experience.

Lori Goldwyn of Pt. Richmond, Ca, left her career as a birth doula, to train for another sort of care about two years ago. She believes she had "calling" for the work.

"I was feeling something was missing in my life, and thought maybe I should become a chaplain. I wanted to be more than a friendly visitor," she

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remembers. "And then I read about the end-of-life doula."

About two years ago, in New Jersey, Jamie Rakow started a training program for these doulas, and formed an organization, the International End-Of-Life Doula Association. Her threeday trainings are held throughout the United States, and after Goldwyn was trained, she became an active volunteer at an area hospice. She hopes, one day, that doulas will become recognized as staff of these agencies, as well.

Rakow knows of no hospice utilizing doulas in a professional capacity, though doulas can be hired privately by a family.

"The field now is what birth doulas were like 25 years ago," said Rakow, pointing out that the way hospices are currently structured for insurance payment reimbursements doesn't really work well with the ways doulas support a family or dying person.

Doulas, for example, sit vigil, 24-hours, around the clock during active dying. They are also constantly present whenever necessary. For example, "we try to find out everything we can about the family and circumstances so that we can create a blueprint on how someone wants to live out the last days of their life," she said.

While many hospices have developed some sort of "No One Dies Alone," program, Rakow sees the doulas in a different light.

"Doulas offer a much deeper, richer program," she said.

Yet, Goldwyn agrees, that it's been a

challenge to be recognized by some hospices. For one, may people don't want to pay out-of-pocket for a service that comes under the umbrella of endof-life care, but is not included as a hospice benefit. Though she offers a sliding scale and hopes to make her services available to everyone, most of her work has been as an unpaid Hospice volunteer.

"Doulas don't provide the same services as a hospice volunteer or chaplain," says Goldwyn. "We complement these services. We do more. We develop ongoing relationships, and we can be there more often and stay longer."

For example, Goldwyn helps with life review, legacy work and establishes close relationships with the family in helping to reduce anxiety and fear.

"We work with family and patients to 'hold that space,' and the family feels our support," she says.

Her work with birthing, Goldwyn believes, has also made her more conscious of the dying process.

"I guide people through the entrance and exit. It's a door between worlds, and we are not in control of it. It's also the biggest mystery we have in this life."

As more people choose to die at home, and the hospice industry continues to grow, Goldwyn wants to make sure that people have choices in who will sit at bedside and provide the comfort they need.

"Right now, some hospices fall short of providing this type of care. Hospice has become a big business and there's so much work to be done in educating and supporting families."

"I guide people through the entrance and exit. It's a door between worlds, and we are not in control of it. It's also the biggest mystery we have in this life."



Consumer Protection Price Survey on Death Arrangements Contra Costa County

	Direct Cremation	Crematory Fee	Containers	3-Day Storage	Disposition Permit \$12 Death Cert. \$25	Total Cost of Direct Cremation	Immediate Burial	Lowest Listed Casket	3-Day Storage	Deposition Permit \$12 Death Cert. \$25	Total Cost of Direct Burial
Dan Scales Alta Vista	\$775	Included	Included	Included	\$25 Permit Included	\$ 800	\$1200	Included	Included	\$25 Permit Included	\$1225
Pittsburg Funeral Chapel Pittsburg	\$1399.50	Included	Included	Included	\$25 (permit included)	\$1424.50	\$2075	\$895	Included	\$25 Permit Included	\$2965
Higgins Chapel Antioch	\$2445	Included	Included	Included	\$37	\$2482	\$3295	Included	Included	\$37	\$3332
Brentwood Funeral Home Brentwood	\$3600	Included	Included	Included	\$37	\$3637	\$5490	Included	Included	\$37	\$5527
Bay Area Cremation & Society	\$1495	Included	Included	Included (\$195 for residential	\$25	\$1520	\$2966	Included	Included	\$25 (permit included)	\$2991
Moore's Mission Funeral Home Concord	\$2450	Included	Included	Included	\$37	\$2487	\$2945	\$895	Included	\$37	\$3877
Acacia Cremation & Burial Society	\$749	Included	Included	Included	\$25 (permit included)	\$774	\$2035	\$995	Included	\$37	\$3067
Neptune Society Walnut Creek	\$2070	Included	Included	Included	\$37	\$2107	Not Available				
Wilson Kratzer San Ramon Valley	\$2695	\$250 (not included)	Included	Included	\$25 (permit included)	\$2970	\$4990	Included	Included	\$25 (permit included)	\$5015
Ouimet Brothers Concord	\$2150	\$258.50	Included	Included	\$37	\$2270.50	\$3695	Included	Included	\$37	\$3732
Sinai Memorial Chapel Lafayette	\$2195	\$213.50	Included	Included	\$37	\$2445.50	\$2675	\$1450	Included	\$37	\$4162
Deer Creek Walnut Creek	\$1195	Included	Included	Included Transport from residence \$100	\$37	\$1332	\$2395	\$695	Included	\$37	\$3090
Tradition Care Antioch	\$799	Included	Included	Included	\$37	\$836	\$1495	Included	Included	\$37	\$1732
Diablo Valley Cremation Concord	\$995	Included	Included	Included	\$37	\$1032	\$1595	\$995	Included	\$37	\$2627



Consumer Protection Price Survey on Death Arrangements Contra Costa County

	Direct Cremation	Crematory Fee	Containers	3-Day Storage	Disposition Permit \$12 Death Cert. \$25	Total Cost of Direct Cremation	Immediate Burial	Lowest Listed Casket	3-Day Storage	Deposition Permit \$11 Death Cert. \$19	Total Cost of Direct Burial
Hulls Walnut Creek	\$1975	Included	Included	Included	\$37	\$2012	\$3095	Included	Included	\$37	\$3132
Oakmont Lafayette	\$2415	Included	\$445 (not included)	Included	\$37	\$2860	\$5565	Included	Included	\$37	\$6602
Fuller Funeral Richmond	\$1623	Included	Included	Included	\$37	\$1660	\$3290	Included	Included	\$37	\$3227
Smith Witter El Sobrante	\$775	Included	Included	Included	\$37	\$812	\$1685	Included	Included	\$37	\$1702
Wilson & Kratzer Richmond/San Pablo/Crockett	\$2440	Included	Included	Included	\$37	\$2477	\$4460	Included	Included	\$37	\$4497
Oak Park Hills Walnut Creek	\$1995	Included	Included	Included	\$37	\$1622	\$2800	\$775	Included	\$37	\$3507
Graham Hitch Cremation & Memorial Center	\$1495	Included	Included	Included	\$37	\$1532	\$2450	Included	Included	\$37	\$2487
Alta Vista Crematorium & Funeral Service Pacheco	\$775	Included	Included	Included	\$25 (permit included)	\$800	\$1200	Included	Included	\$37	\$1237
Stewart Rose Richmond	\$2100	Included	Included	Included	\$37	\$2137	\$3700	Included	Included	\$37	\$3737

In updating this survey for 2017-2018, Born to Age only compared the prices for either a direct cremation or immediate/direct burial. Each of the mortuaries have extensive price lists of all their package deals, and must disclose the charges for everything involved in planning a funeral. Anyone can request a price list at anytime. Local mortuaries charge a range of prices for the similar services. Compare prices. Prices can change and cannot be guaranteed from this chart.

Before you start looking around, decide exactly what you'd like in terms of final arrangements. Not everyone wants a direct cremation or burial. But, know that the mortuaries do have price lists for everything,from caskets, to mementos, and even jewelry. What Direct Cremation usually includes;

An alternative container (usually a cardboard container)
 Removal of the body within the mortuary service area and transportation to the crematorium. (usually within 7-35 miles).
 A 3-day storage fee.

4. Obtaining required permits.

5. Cost of using a crematory.

 Obtaining necessary permits.
 Removal of the body within the mortuary's local service area (usually within 7-35 miles from a facility) and transportation to a local cemetery.
 A 3-day storage fee In Contra Costa County, some

What Direct Burial usually includes

mortuaries don't include the cost of the lowest priced casket in their direct burial packages. That is a separate charge, ranging

from \$345 to \$1,795 (see chart). You can also purchase caskets from other retailers.

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