

Age-Friendly West Sacramento
West Sacramento City Hall
1110 West Capitol Avenue
West Sacramento, CA 95691

Age-Friendly Newsletter



Your Guide to Staying Connected with the City
www.cityofwestsacramento.org/agefriendly
To update your contact information, please call (916) 617-4500

News

We Want to Hear From You!

As a member of the AARP Network of Age-Friendly Communities, West Sacramento has committed to a long-term effort to make the city more pleasant and livable for seniors – which makes it better for everyone! The City's Age-Friendly Action Plan is a document that lays out projects the City intends to undertake in order to improve older residents' quality of life.

The City is in the process of updating its current Age-Friendly Action Plan, and we'd love to hear your ideas about what the City could do to improve YOUR life in any of the following areas:

- Outdoor Spaces and Buildings
- Transportation
- Housing
- Social Participation
- Respect and Social Inclusion
- Work and Civic Engagement
- Community and Health Services

To participate in our phone survey, call our Age-Friendly Survey message line at **(916) 617-5045** and record a message with your best ideas for improving West Sacramento to suit your needs.

This is a recorded line only. You are not required to submit any personal information, and your responses will be anonymous unless you choose to leave your name.

We hope you'll participate! If you have questions and/or want a follow up call from City staff, please say so and leave your number when you record your survey response. We hope to hear from you!

See Page 5 for Events

West Sac Connect

Sign up for Yolo Alert

Keep safe and up to date!

By signing up for Yolo Alert, you will receive location-based emergency alerts quickly at work and at home by providing all your typical locations as well as your phone numbers, and email addresses.

Learn more at www.yolo-alert.org.

Dial **2-1-1** or **(855) 866-1783** (toll-free) or **(530) 392-4182** for assistance signing up.



All Female City Council Elected in West Sacramento

For the first time in West Sacramento history, the City Council is made up of all women.

Three newly elected council members were sworn into office on December 7, 2022 making the panel one of six female only councils in California according to League of California Cities.

Mayor Martha Guerrero was re-elected, Dawnté Early was elected in District 3 and new member Verna Sulpizio Hull was the District 4 winner. They join Mayor Pro Tem Quirina Orozco and Norma Alcalá to comprise the City's council.



Get Around West Sacramento for FREE!

Getting around West Sacramento using Via just got easier!

Starting February 1, we're expanding the city's Free Rides program through a Clean Air Funds grant awarded by the Yolo-Solano Air Quality Management District.

Now you can ride anywhere in town when you start or end your ride in the Broderick/Bryte neighborhoods for FREE - only for a limited time!*

Service Hours:

Monday - Friday: 6:00 a.m. - 11:00 p.m.

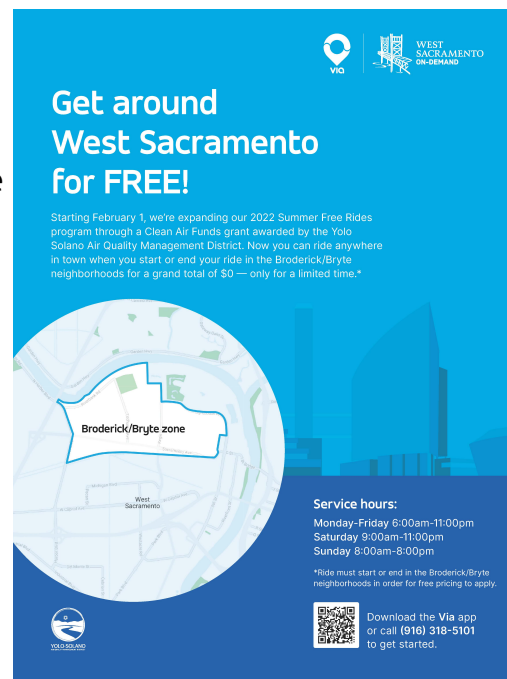
Saturday: 9:00 a.m. - 11:00 p.m.

Sunday: 8:00 a.m. - 8 p.m.

*Ride must start or end in the Broderick/Bryte neighborhoods in order for free pricing to apply.

Download the VIA app or call **(916) 318-5101** to book a ride.

Find out more at: wsac.city/ViaRideshare



COVID-19 Testing

The COVID-19 rapid test kit vending machine has been relocated from behind City Hall to the Community Center across the street, at 1075 West Capitol Ave. Community members can also get free home test kits during business hours at the Arthur F. Turner Library.

These are home antigen test kits and they are FREE through a partnership with the Yolo County Health & Human Services Agency. Please only take what you need.

Residential households in the U.S. can order one set of 4 free at-home tests from USPS.com.

- Limit of one order per residential address
- One order includes **4** individual rapid antigen COVID-19 tests

To order, please visit: <https://www.covid.gov/tests>



2-1-1 Yolo County

If you need help with healthcare, including COVID-19 related questions, housing, transportation, etc. call **2-1-1!**

2-1-1 Yolo is the information hub for Yolo County, linking residents to vital health and human services, information, and resources in the community.

2-1-1 Yolo is free, multilingual, confidential, and available 24 hours per day, every day of the year. Please keep this number handy as you can call them to ask for information and services that you may need now or in the future!



Food Assistance

Yolo County Food Bank is here to help any Yolo County resident in need of food assistance. Through its network of partner agencies, programs, and collaboration with Yolo 2-1-1, it can provide referrals specific to need and region.

To contact Yolo County Food Bank call: **(530) 668-0690**, or call **2-1-1**.



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

Yolo County Library - Books by Mail

Books by Mail is a free service from the Yolo County Library that brings library materials to you through the mail on a long-term or short-term basis. It is a free service available to any resident who has a disability, illness or lack of transportation that prevents access to a Yolo County Library branch.

Please contact Yolo County Library at **(530) 757-5588** for more info.



Meals on Wheels

Meals on Wheels Yolo County continues to serve West Sacramento seniors meals. When congregate meals became too risky at the onset of the COVID-19 crisis, Meals on Wheels' service delivery model pivoted solely to home delivered meals.

Meals on Wheels comes to your home courtesy of volunteer drivers. For more information or to find out if you are eligible for their home delivery service call **(530) 662-7035**.



HEAP

If you need help paying for your gas/electric/fuel bill, you can apply for the HEAP Program. You can access the application on their website: <http://www.nces.org>

Help may be obtained by calling the toll free number at **1-800-233-4480**. You may leave your full name, mailing address, home phone number, and daytime phone number and an application will be mailed to you within 2-3 business days.

Or make an appointment at the Community Center by calling **(916) 617-5320** and where you can get application help.



February

- 13** Live Strong & Safe Workshop at Community Center - 1pm to 2pm
- 15** Diabetes Empowerment Education Program (DEEP) Workshop at Community Center - 2pm to 3:30pm
- 20** President's Day (City Offices Closed)
- 22** Diabetes Empowerment Education Program (DEEP) Workshop at Community Center - 2pm to 3:30pm
- 24** Father Daughter Dance at Community Center - 6:30pm to 9:30pm
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- 28** City of West Sacramento Blood Drive at City Hall - 9:30am to 1:30pm



March

- 1** Diabetes Empowerment Education Program (DEEP) Workshop at Community Center - 2pm to 3:30pm
- 1** City Council Meeting at City Council Chambers - 7pm to 11pm
- 6** Herb Gardening at Community Center - 1pm to 2pm
- 6** Movie Mondays (Every Monday) at Community Center - 1pm to 3pm
- 7** Healthy Living for your Brain & Body at Community Center - 12:30pm to 1:30pm
- 15** City Council Meeting at City Council Chambers - 7pm to 11pm
- 24** Parents Night Out at Recreation Center - 6pm to 9pm



April

- 1** Soggy Doggy at Recreation Center - 11am to 1pm
- 4** Parks, Recreation & Intergenerational Services Commission at City Council Chambers - 6pm to 8pm
- 5** City Council Meeting at City Council Chambers - 7pm to 11pm
- 7** Smart phone Workshop iPhone at Community Center - 10am to 12pm
- 14** Smart phone Workshop Android phone at Community Center - 10am to 12pm
- 19** City Council Meeting at City Council Chambers - 7pm to 11pm
- 24** Arts, Culture & Historic Preservation Commission at City Council Chambers - 6pm to 8pm

