

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

Save the date for the Senior Resource Fair Aging Unbound!

The City of West Sacramento will be hosting its annual Senior Resource Fair and proclaiming the month of May Older Americans Month on Friday, May 12th at the West Sacramento Community Center commencing from 10 a.m. to 12:30 p.m.

Established in 1963, Older Americans Month (OAM) is celebrated each year in May, serving as a time for us to pay tribute to the contributions and achievements of senior citizens, accentuate significant trends, and reaffirm our commitment to honoring our aging community members.



A diverse array of non-profit organizations, Municipal, County, and Government Agencies will be present at the Senior Resource Fair, providing information to enhance and support the daily living, communication, health, and interests of the elderly population in West Sacramento.

This year's OAM theme, "Aging Unbound," offers an opportunity to explore a wide range of aging experiences and promote the importance of enjoying independence and fulfillment by paving our own paths as we age. This May, we cordially invite you to join us at the Senior Resource Fair, where we will celebrate the 60th anniversary of OAM and challenge the commonly held perceptions of aging.

West Sac Connect

Improve your community. Report an issue!

We are here to help! Residents say: "Love the West Sac Connect app! And City staff are always so responsive." West Sac Connect is a website where residents can report any non-emergency issues within West Sacramento and city staff will go out and handle it.

Some issues include:

- Abandoned shopping carts and vehicles
- Animal services
- Illegal dumping
- Potholes
- Street Light concerns/outages
- Sewer/water/landscape/park maintenance

To report any issues visit: wsac.city/wsconnect



We Want to Hear From You!

The City is in the process of updating its current Age-Friendly Action Plan, as part of its commitment to making the community more livable for older residents, 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. **Español: 916-617-5044, Русский: 916-617-5046.**

This is a recorded line. No personal information is required, and your responses can be anonymous. If you want a follow-up call, please leave your number with your survey response. Thank you!

Sidewalks and Transportation Equity Program

Join the City of West Sacramento for an active transportation audit series. There will be refreshments, family-friendly spring activities, and community discussions around critical sidewalk and pedestrian transportation issues.

- **Broderick/Bryte Community Audit** (Russian translation provided)
Saturday, April 22 @ 10:30 am – 12:30 pm
Meeting location: Lighthouse Charter School, 899 Brye Ave.
- **Westacre Park Community Audit** (Spanish translation provided)
Saturday, April 29 @ 10:30 am – 12:30 pm
Meeting location: Joey Lopes Park, 840-878 Sycamore Ave.
- **Bryte Park Community Audit**
Saturday, May 6 @ 10:00 am – 12:00 pm
Meeting location: 425 Todhunter Ave



RSVP here: <https://events.aarp.org/MayWalkAudit>

Sycamore Trail Extension Phase II Groundbreaking

The City launched Phase II of the Sycamore Trail extension Thursday, April 6 with a groundbreaking event at the base of what soon will be a bicycle/pedestrian bridge over U.S. 50 between the Harbor Blvd. and Jefferson Blvd. exits.

The extension will include landscaping, lighting, park features, and decorative fencing over Highway 50 welcoming motorists to the City of West Sacramento.

Read more about the project here: <https://wsac.city/SycamoreTrailExtension>



Resources

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.

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.



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**.



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.



April

- 19** City Council Meeting at City Council Chambers - 7pm to 11pm
- 22** Community Sidewalk Audit (Bryte/Broderick) at Lighthouse Charter School - 10:30am to 12:30pm
- 24** Arts, Culture & Historic Preservation Commission at City Council Chambers - 6pm to 8pm
- 25** City of West Sacramento Blood Drive at City Hall - 9:30am to 1:30pm
- 29** Community Sidewalk Audit (Westacre Park) at Joey Lopes Park - 10:30am to 12:30pm
- 30** Breathe Bike Rodeo at The River Walk - 11am to 2pm



May

- 1** Master Gardeners Summer Vegetable Gardening at Community Center - 1pm to 2pm
- 3** City Council Meeting at City Hall - 7pm to 11pm
- 6** Community Sidewalk Audit (Bryte Park) at Bryte Park - 10am to 12pm
- 11** Disney Movie Night at Bryte Park - 6:30pm to 9:30pm
- 12** Senior Resource Fair at Community Center - 10am to 12:30pm
- 17** City Council Meeting at City Hall - 7pm to 11pm
- 25** West Sac Rhythm on the River Summer Concert at Drakes the Barn - 5:30pm to 9pm
- 29** Memorial Day (City Offices CLOSED)



June

- 7** Dive-In Movies at Recreation Center - 8:30pm
- 7** City Council Meeting at City Hall - 7pm to 11pm
- 21** City Council Meeting at City Hall - 7pm to 11pm
- 26** Arts, Culture & Historic Preservation Commission at City Council Chamber - 6pm to 8pm
- 29** West Sac Rhythm on the River Summer Concert at Drakes the Barn - 5:30pm to 9pm

