

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 | (916) 617-4500
Would you like to keep receiving this newsletter? See Page 6.

Drought Marches On

Water Conservation Tips

Spring showers won't wash away California's lingering drought. The City of West Sacramento is urging water users to cut back on their water usage. Here are some tips on how to save water at home!

1. Sign up for the Water Portal! Get free leak alerts and view your water usage by signing up at wsac.city/water-portal.
2. Lower your water bill by applying for the Water Wise House Call program. It offers a free survey for your outdoor landscape system! Apply at wsac.city/water-programs.
3. Receive \$150 to replace your old sprinkler controller with a more efficient "smart" controller! Apply at wsac.city/water-programs.



For more information or questions please call Environmental Services at 916-617-4590 or visit wsac.city/water.

News

City Transitions to District Elections



Following direction from the City Council, the City of West Sacramento is transitioning from an at-large election system to a district based system in accordance with the California Voting Rights Act (CVRA).

The City Council also decided to retain the current at-large election structure for the mayor, and chose to divide the City into four districts for the election of each councilmember.

The California Voting Rights Act strongly favors area elections over at-large elections and is intended to protect voting rights. The City Council voted to switch to district elections beginning with the November 2022 general election.

District boundaries are being developed during a series of public meetings over the next several weeks in West Sacramento. To learn more about the District Elections visit www.cityofwestsacramento.org/districtelections, or call (916) 617-4500.

See Page 5 for Events

West Capitol Ave. Rehabilitation Project Finished

The West Capitol Avenue Project is complete! Over the course of 10 months, the West Capitol Avenue project crews made dramatic improvements to West Capitol Avenue and a portion of Jefferson Blvd.

The project achieved several major accomplishments along the 3.3 mile corridor – pedestrian, vehicle, and bicyclist safety, such as high visibility green bike lane striping, road rehabilitation, improved utilities, and underground infrastructure. A critical component of the project included the sustainable use of recycled car tires in the pavement on West Capitol Avenue.



West Sac Goats Are Back in Town!

The #WestSacGoats are baaaaaack for this Spring, and will be heading to various locations throughout the City! The herd is hard at work helping clear out long grass and weeds in hard to reach areas around West Sacramento.

The goat's annual visit to West Sacramento is coordinated by the West Sacramento Parks and Recreation Department and the West Sacramento Fire Department.

The 400 goats can clear about two acres of brush per day, in an environmentally friendly manner as part of the City's wildfire suppression program.



Community Center Senior Programs Are Open!

Starting in April, the Community Center will be open for those who are registered, from Monday through Thursday 9 a.m. to 3 p.m. Starting in May, the center will be open Monday through Friday 9 a.m. to 3 p.m.

You must register in advance for programs or Senior Lounge use. You can register anytime online at www.westsacfun.org or at the Community Center during normal operating hours. Free programs require an active Community Center membership.



The Yolo County District Attorney's Elder Protection Unit

The Yolo County District Attorney's Elder Protection Unit is dedicated to protecting seniors from criminals who exploit their trust, steal their resources, and neglect or physically abuse them.

To report suspected cases of Elder Abuse Offsite, Informational Contact the police at (916) 617-4900 or Yolo County Adult Protective Services at (916) 375-6239 or visit wsac.city/support-for-seniors



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: 1 530-668-0690, or call 2-1-1



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: <https://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 where application assistance is available.



An Easy Way to Get Around

If you need an affordable way to travel anywhere in town, use the City's rideshare option! Via Rideshare costs \$3.50 one-way, or \$1.75 for seniors 62+ and people with qualifying disabilities who apply for the 50% discount. Set up an account and request a ride by either downloading the "Via Affordable Rideshare" app on your smartphone or calling (916) 318-5101 from any phone. A comfortable passenger van will pick you up in minutes to take you to your destination.

Via Rideshare is offered on-demand Monday - Friday 7 a.m. to 10 p.m. and Saturdays from 9 a.m. to 10 p.m. To learn more, please call (916) 318-5101 or visit www.cityofwestsacramento.org/via.



Support Services

City of West Sacramento

As part of the services offered at the Community Center, the City has a Senior Information Specialist to help connect you to a wide array of opportunities and assistance.

Contact: (916) 617-4620 EXT. 5



April

- 18** Monday Morning Chair Exercise at Community Center - 10 a.m. to 11 a.m. (Every Monday and Thursday until June)
- 18** Movie Mondays at Community Center - 1 p.m. to 3 p.m. (Every Monday this Month)
- 19** Scrapbooking Class at Community Center - 11 a.m. to 12 p.m. (Every Tuesday this month)
- 20** City Council Meeting at City Hall - 7 p.m. to 11 p.m.
- 23** Breathe Bike Rodeo at The Bridge District - 10 a.m. to 12 p.m.
- 26** Brain Boosters at Community Center - 9:30 a.m. to 10:30 a.m.



May

- 2** Brain Booster at Community Center - 9:30 a.m. to 10:30 a.m.
- 2** Card Making Class - 11 a.m. to 12 p.m. (Every Tuesday this month)
- 4** Brain Booster at Community Center - 9:30 a.m. to 10:30 a.m.
- 5** Kaiser Well Being Classes at Community Center - 12:30 p.m.
- 5** Cinco de Mayo Bingo at Community Center - 1 p.m. to 3 p.m.
- 10** City Council Special Meeting at City Hall - 5:30 p.m.
- 12** Kaiser Well Being Classes at Community Center - 12:30 p.m.
- 13** Yolo County Master Gardeners Class at Community Center - 12:30 p.m.
- 19** Kaiser Well Being Classes at Community Center - 12:30 p.m.
- 20** Happy Memorial Day! City Offices and AFT Library are closed
- 26** Kaiser Well Being Classes at Community Center - 12:30 p.m.
- 24** Senior Resource Bag at Community Center
- 25** Senior Resource Bag at Community Center



June

- 1** City Council Meeting at City Hall - 7 p.m. to 11 p.m.
- 2** Brain Booster at Community Center - 9:30 a.m. to 10:30 a.m.
- 4** Brain Booster at Community Center - 9:30 a.m. to 10:30 a.m.
- 6** Sacramento Storytellers Guild at Community Center - 9 a.m. to 11 a.m.
- 7** Scrapbooking Class at Community Center - 11 a.m. to 12 p.m. (Every Tuesday this month)
- 13** Sacramento Storytellers Guild at Community Center - 9 a.m. to 11 a.m.
- 15** City Council Meeting at City Hall - 7 p.m. to 11 p.m.
- 30** Fab 4th BBQ at Community Center - 1 p.m. to 3 p.m.



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