



City of West Sacramento

# AGE-FRIENDLY NEWSLETTER

SPRING 2024

**Your Guide to Staying Connected with the City**  
[www.cityofwestsacramento.org/agefriendly](http://www.cityofwestsacramento.org/agefriendly)

To update your contact information, please call  
**(916) 617-4500**

## NEWS

### CITY COUNCIL APPROVES ENTERPRISE BRIDGE STUDY



The West Sacramento City Council has approved a contract for a comprehensive study of the Enterprise Bridge project.

The proposed bridge would directly connect the Southport

Industrial Park to Interstate 80, relieving traffic congestion from Southport Parkway and Industrial Blvd. It would also serve as a convenient connection between the north and south parts of town providing a route during emergencies.

This initiative will improve safety for all road users and increase accessibility for pedestrians and cyclists. The study will explore various options to address environmental concerns and improved design, aligning with the city's sustainability goals in reducing greenhouse gas emissions and advancements in environmental equity.

### THE WEST SAC GOATS RETURN FOR SPRING GRAZING

Get ready, because the West Sac Goats are back! Thanks to the teamwork of the West Sacramento Parks and Recreation Department and the West Sacramento Fire Department, every year these furry firefighters return to West Sacramento.



These 400 goats are like nature's brush-clearing squad, chomping through about two acres of tall grass per day as part of the city's environmental plan to prevent wildfires.

You can spot them near Village Parkway, and in the Honda Hills and along our levees. But don't wait too long - they'll only be here until late May 2024!

### WALK WITH FRIENDS!



Connect with fellow seniors every Friday until April 26th at the West Sacramento Community Center from 10:30 a.m. to 11:30 a.m. Enjoy age friendly activities like chair exercises, group walks, and stretching. Plus, take home a bag of FREE fruits and veggies! Classes are available in Spanish, Russian, and Ukrainian.

Free rides to and from the Community Center are available during program hours. Call VIA at [916-318-5101](tel:916-318-5101) to book your ride.

For more information or to reserve your spot, contact [admin@healthdcouncil.org](mailto:admin@healthdcouncil.org) or call **(916) 556-3344**.

### FREE WORKSHOPS ON ADVANCE CARE PLANNING FOR SENIORS



The West Sacramento Community Center is hosting two free workshops on advance care planning for seniors aged 50 and above. The workshops, led by Yolo Cares Life Transitions Team members Brandy Jones and

Teresa Lebeau, will take place on Monday, June 3, and Monday, June 24, from 12 p.m. to 1:30 p.m.

The sessions will cover the importance of advance care planning, palliative care, and guidance for caregivers transitioning from chronic to terminal illness scenarios. Free lunch will be provided by Yolo Cares, and each attendee will receive a swag bag at the end of each workshop.

Register by calling the Community Center at **916-617-5320** or [visiting www.westsacfun.org](http://visiting.westsacfun.org).

## NEWS *(continued)*

### SIGN UP FOR THE LAWN REPLACEMENT REBATE PROGRAM



**West Sac residents, you are now eligible for a \$300 credit to replace your lawn with high-quality compost and mulch delivered right to your door!**

Transform your front yard into a water-wise landscape with the Lawn-Be-Gone rebate program! West Sacramento residents can apply for a voucher of up to \$300 to cover their lawns with high quality compost and mulch, delivered right to the home.

Converting your lawn to mulch will save you time, money, and water for years to come!

To apply and find more information on the program, please visit <https://wsac.city/water-programs> or call **(916) 617-4590**.

## 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!

## RESOURCES *(continued)*

### 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. Contact Yolo County Food Bank, please call: **(530) 668-0690**, or call **2-1-1**.

Yolo Healthy Aging Alliance's Mobile Meals truck will be at Margaret McDowell Manor, 1525 Merkley Ave. on April 11, May 9, June 13, and July 11 from 11 a.m. - 12 p.m. Seniors 60+ can receive two free meals; under 60 can purchase for \$10 each. Email [ashley.rivas@yolohealthyaging.org](mailto:ashley.rivas@yolohealthyaging.org) to sign up. No monthly RSVP required.

### VOLUNTEER INCOME TAX ASSISTANCE (VITA)



Volunteer Income Tax Assistance (VITA) volunteers provide **FREE** Income Tax Preparation Assistance to low-income, elderly, disabled and limited English speaking people. Please contact Yolo County Children's Alliance at **(916) 572-0560** to make an appointment.

### MEALS ON WHEELS



Meals on Wheels Yolo County continues to serve West Sacramento senior residents. Meals on Wheels comes to your home courtesy of volunteer drivers.

For more information on eligibility for home delivery service or to volunteer as a driver please 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.



## UPCOMING EVENTS



APRIL		
1	Cesar Chavez Day	(City Offices CLOSED)
5	Disaster Ready Workshop at Community Center	11am to 2pm
10	Coffee with West Sac PD at Community Center	11:30am to 1pm
10	CalFresh Smart Strategies for Healthy Food Shopping, Planning, and Preparation at Community Center	1pm to 2pm
10	City Council Meeting at City Hall	7pm to 11pm
11	Free Expungement Clinic at Yolo County Administration Building	9am to 1pm
11	Yolo Healthy Aging Alliance's Senior Town Hall Series at City Hall	2pm to 3:30pm
11	Yolo Healthy Aging Alliance's Mobile Meals Food Truck at Margaret McDowell Manor	11am to 12pm
23	City of West Sacramento Blood Drive at City Hall	9:30am to 1:30pm
28	Breathe Bike Rodeo at Mill & Riverfront Street	11am to 2pm

## Senior Resource Fair

Friday, May 17th | 10AM TO 12:30PM

Vital Resources for Seniors!  
Older Americans Month Proclamation -  
Senior Support - Health & Wellness -  
Free Via Rides - Light Snacks



West Sacramento  
Community Center  
1075 West Capitol  
Avenue  
(916) 617-5320



Est. 2011

MAY		
1	City Council Meeting at City Hall	7pm to 11pm
3	Kaiser Permanente's Well Being Workshops at Community Center	1pm to 2:30pm
9	Yolo Healthy Aging Alliance's Mobile Meals Food Truck at Margaret McDowell Manor	11am to 12pm
10	Kaiser Permanente's Well Being Workshops at Community Center	1pm to 2:30pm
12	Senior Resource Fair at Community Center	10am to 12:30pm
15	City Council Meeting at City Hall	7pm to 11pm
24	Kaiser Permanente's Well Being Workshops at Community Center	1pm to 2:30pm
27	Memorial Day	(City Offices CLOSED)
31	Kaiser Permanente's Well Being Workshops at Community Center	1pm to 2:30pm



JUNE		
3	Yolo Cares Seniors, Caregivers, and the Path to Peaceful Transitions Workshop at Community Center	12pm to 1:30pm
5	City Council Meeting at City Hall	7pm to 11pm
13	Yolo Healthy Aging Alliance's Mobile Meals Food Truck at Margaret McDowell Manor	11am to 12pm
14	Juneteenth Celebration at Bridgeway Lakes Community Park	5:30pm to 8pm
19	Juneteenth	(City Offices CLOSED)
24	Yolo Cares Seniors, Caregivers, and the Path to Peaceful Transitions Workshop at Community Center	12pm to 1:30pm
26	City Council Meeting at City Hall	7pm to 11pm

## Age-Friendly West Sacramento

West Sacramento City Hall  
1110 Capitol Avenue  
West Sacramento, CA 95691

PRESORT  
STANDARD  
US POSTAGE  
**PAID**  
CPS

### IMPROVE YOUR COMMUNITY. REPORT AN ISSUE!

We are here to help! “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](https://wsac.city/wsconnect)



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