



AREA AGENCY ON AGING
assistance ► advocacy ► answers

AgeWell e-Newsletter | May Issue 03 | AgeWell is an ACOA Publication

Quote of the Day: *"The only person you are destined to become is the person you decide to be."* — **Ralph Waldo Emerson**



NOTES FROM THE CHAIR – MAY 2025

Richard White, Chair

Last week saw both the House of Representatives and the Senate pass a joint resolution that paves the way for drastic cuts to Medicaid and the Supplemental

Nutritional Assistance Program (SNAP), both of which are relied upon every day by older adults and people with disabilities. If this resolution becomes law, Medicaid will be cut by at least \$880 billion and SNAP by \$230 billion. This hurtful policy will be enacted to pay for tax cuts for the very wealthy and corporations.

The good news is that the resolution is only a blueprint for action, not yet a law. We can and should stop any proposed cuts from being put in place. Standing together, older adults in Napa and Solano counties can shout aloud and make it clear that older adults, people with disabilities, caregivers, and families deserve access to vital health and long-term care.

Together, we can protect and preserve Medicaid and SNAP to ensure this hurtful

policy never becomes law. Are you ready and willing to lend your voice?

Now is a critical time to contact your lawmakers in Congress and urge them to reject ANY cuts to Medicaid and SNAP. Act today!!

- Call your Senators (Padilla and Schiff) and Representative (Garamendi or Thompson) and insist they protect Medicaid, SNAP, and other programs on which many older adults rely.

Dial **202-224-3121**, follow the verbal instructions and you will be directed to the appropriate legislator.

Until we meet again, be safe and AgeWell!



House Passes Bill That Would Devastate Health Coverage for Millions in Medicaid and Medicare

Medicare Watch by Lindsey Copelaand , May 22, 2025

Today Republicans in the U.S. House of Representatives passed their [sweeping reconciliation bill](#). It now heads to the Senate, with a goal of final passage this summer. [Read the full article here](#).

Legislative Update



What we are watching!

JUSTICE IN AGING

FIGHTING SENIOR POVERTY THROUGH LAW

Last week, Governor Newsom [released a May budget revision](#) that includes deep and harmful cuts that fall hard on older adults and people with disabilities, and will impact access to long-term care and harm immigrants.

The budget reinstates the Medi-Cal asset limit of \$2,000, which will force people to once again impoverish themselves to access the help they need and will cause tens of thousands of older and disabled people to lose coverage. The budget would also roll back Medi-Cal access for all undocumented immigrants, including older adults, and eliminate coverage for long-term care.

[This new fact sheet](#) shows how **Medi-Cal funded home and community-based services (HCBS) are a lifeline for older adults**. Advocates should use this as well

as [our recent fact sheet](#) about the Medi-Cal asset limit elimination to educate legislators about the negative impact these cuts and Medicaid cuts proposed at the federal level would have on our growing aging population in California.

We know from experience in previous economic downturns that short-term cuts to programs that low-income older adults rely on lead to deeper and more challenging problems in the future. Please [sign on to this organizational letter](#) opposing the cuts proposed in the May Revision.

In the News

New scam

There is a new scam called BRUSHING. What is it?

Example: A package arrives with no sender information. You open up the package—what is inside is wrong, empty but and this is the WARNING you scan the QR code to learn more and it sends you to a fake website that can steal your personal information like passwords or bank details. HINT: If you do not get a card or any kind of receipt—BE WARY.

Report this package to the US Postal Inspection Service.



New Website Expands Access to Aging and Disability Support Across Napa and Solano Counties

Submitted by Elaine Clark, Napa/Solano Area Agency on Aging

Designed to connect Napa and Solano counties' older and disabled adults with resources that support their health, independence and well-being, a new website—

www.aaans.org—is now live. The Napa/Solano Area Agency on Aging (N/S AAA) manages the new, highly accessible website.

Launched in conjunction with [Older Americans Month](#), the website reflects the agency’s mission to help people navigate their next chapter with confidence. At the center of the platform are the dedicated [Napa](#) and [Solano County Resource](#) pages, providing user-friendly directories of free services ranging from healthcare counseling to transportation, caregiver respite to legal counsel and housing to community-building activities. For those still warming up to online tools, the site offers downloadable resource guides in English and Spanish, along with the option to speak directly with a staff member for personalized support.

“In a time when digital inclusion is more important than ever, we’re proud to offer this online resource,” says Elaine Clark, director of the N/S AAA. “No one should miss out on services because of complexity or confusion. We’re here to change that.”

Spreading awareness of this website is especially critical in Solano County, where the rapid growth of the older adult population is making aging more difficult to afford. The N/S AAA is launching a robust, three-month outreach campaign to ensure the growing community knows where to turn for support. Through digital ads, printed materials, direct mailers, local magazine placements and social media outreach, the agency aims to drive residents to the website where they can explore the full range of available services.

The N/S AAA provides leadership in addressing issues related to older and disabled adults, develops community-based systems of care and promotes citizen involvement in the planning and delivery of services. With key insights into the community, a vast network of service providers and a commitment to advocating for overlooked populations, the agency is a trusted partner of Napa and Solano counties’ nearly 200,000 older and disabled adults. Learn more at www.aaans.org.





Do you live in Solano County and are you or someone you know under critical care Dialysis or End of life and low income and do not have a device to stay connected to loved ones?

If so you may qualify for our I-Pad program, call our ADRC Group today to find out if you qualify at 707-200-7116. **THIS IS SOLANO COUNTY ONLY**

Community Champions ADRC Solano as Best Senior Resource in the County

In a testament to its commitment to the community, the Aging and Disability Resource Connection (ADRC) Solano has been named the best senior resource in Solano County by the Fairfield Daily Republic's annual Readers Choice Award. The distinction reaffirms ADRC Solano's standing as a lifeline for individuals and families seeking expert guidance, compassionate care and real solutions.

"We don't just provide information—we help people take the next step," says Sheralyn Lime, ADRC Solano Program Coordinator. "Whether that's helping someone remain independent in their home, guiding families through critical care decisions or connecting people to essential resources, we see firsthand how the right support can change lives. This recognition is a powerful reminder of why we do what we do."

A collaboration between the Napa/Solano Area Agency on Aging and the Independent Living Resources of Solano and Contra Costa Counties (ILRSCC), ADRC

Solano provides unbiased information and personalized guidance for aging and disability-related needs. From transition assistance and options counseling to coordinating short-term care, ADRC Solano offers comprehensive support to help live with dignity.

To learn more about ADRC Solano's services, visit <https://www.aaans.org/adrc>.



Advancing Equity: Insights from California's LGBTQIA+ Adult Survey.

Submitted by Lynne Baker, ACOA Member

On March 21, 2025, CCLTSS (California Collaborative for Long-Term Services and Supports) hosted a webinar to explore key findings from California's first statewide survey on the health and well-being of LGBTQIA+ older adults. Conducted in early 2024 with over 4,000 participants aged 50 and above, the study highlights experiences across economic well-being, discrimination, healthcare access, mental health, and more. The webinar delves into challenges and presents

recommendations to enhance support.

<https://youtu.be/X2phaNc5t3c?si=qKdO3P2yF1R4DPB7> Definitely worth an hour of viewing time.



Do you know a local centenarian? We want to honor them

The Solano County Board of Supervisors needs the community's help in identifying centenarians living in our community for recognition at a Board of Supervisors

meeting later this fall as part of the 19th annual centenarian commemoration celebration.

For the past 18 years, the Solano County Board of Supervisors has celebrated the lives of local centenarians by hosting a special recognition ceremony during a Board meeting. This annual commemoration not only honors some of the county's oldest residents but also highlights their life stories and draws attention to the unique challenges facing the senior community.

The life stories of our centenarians are documented in a hard cover yearbook as well as a video that features interviews with those that can participate. We present the video to the public at a Board of Supervisors meeting each year and a copy of the book is given to each centenarian and/or their family as a lasting tribute to their life and contributions to the community. This program, while rewarding for the Board of Supervisors, is really an important part of preserving our County's rich history. These stories become part of the permanent record, not just for future generations of the centenarians' families to hold, but for all of us.

The Board has honored more than 275 centenarians in Solano County. Two centenarians reached super-centenarian status, including Marie West in 2011 and Reta Wills in 2021. Super-centenarians are those individuals who have reached 110 years or older, which only occurs at a rate of about 1 in 7 million people.

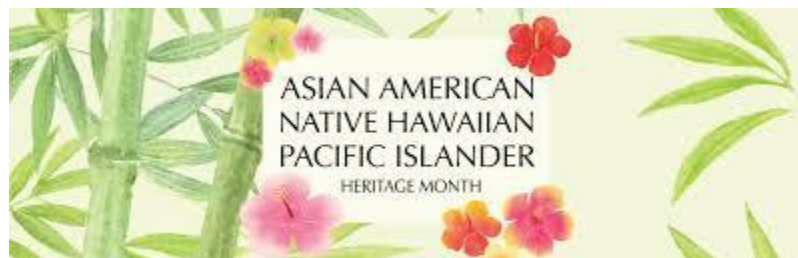
CONTACTING THE COUNTY ABOUT CENTENARIANS

If you know of a Solano County centenarian, or, someone who is currently 99 years old and will be turning 100 by year's end, please email Centenarian@SolanoCounty.gov and/or call (707) 784-3004 by or **before August 1, 2025**. Please relay the following information over the phone or in an email to the Supervisor, including (1) name, (2) address, (3) phone number, (4) and best contact email address.

Featured Stories



May is Mental Health Awareness Month, an annual observance founded by Mental Health America in 1949 to highlight the importance of mental wellbeing, educate the public, reduce stigma and promote support for those affected by mental health conditions. Each year, individuals and organizations come together to raise awareness and advocate for better mental health care and resources.



May is Asian American, Native Hawaiian, and Pacific Islander Heritage Month

Chosen by the Federal Asian Pacific American Council, the theme for the 2025 Asian American, Native Hawaiian, and Pacific Islander Heritage Month, is “A Legacy of Leadership and Resilience.” This year’s theme honors the hard work of AANHPI leaders who established a foundation for future generations to thrive and adapt to change and adversity. The 2025 AANHPI Heritage Month poster features bamboo as a symbol of strength, endurance, and resilience for its ability to withstand the harshest conditions. [Read more here.](#)

Donna’s Hacks on Shoulder Surgeries

Submitted by Donna Harris, ACOA Member

I am not a surgeon or a doctor. But I have helped my late wife through several surgeries & I myself have had a rotator cuff repair surgery, hip replacement and more recently a reverse shoulder replacement surgery, among others. I have friends who will be going through one of these surgeries coming up. And I just thought I would write down some of the tips that I found helped me. If they can help anybody else, great! But it's always a good idea to check with your doctor first!!

In each case, I've had help the first few weeks. In a couple of weeks, I'll be going home, to take care of myself solo. So if you won't have a caregiver past those first weeks, , think about these hacks:

[HACKS SHARED HERE](#)

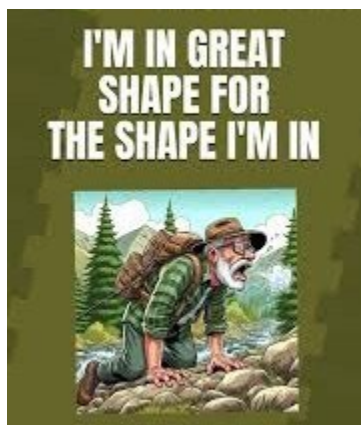
Senior Dating: A Guide to Dating as an Older Adult

Submitted by Dr. Alan Werblin, ACOA Member

Dating as an older adult can offer positive new experiences, and there are several easy ways to get back into the dating world.



If you're a senior looking for love, how do you find it? According to a recent Pew Research study, 21 percent of men and 49 percent of women age 65 and up are single. There are plenty of dating opportunities for older adults, with new ways to find companionship to the potential for new experiences on dates. This guide will walk you through the benefits of dating, ways to meet other single seniors, and more to find that special someone to give your life a bit more zest! [Click for tips on Senior Dating 101.](#)



**I'm in Great
Shape for
the Shape I'm in**

Submitted by Dr. Alan Werblin, ACOA Member

I'm in great shape for the shape I'm in
Considering all the trouble I'm in
My cataracts make my vision dim
My ear hairs always need a trim
I'm in great shape for the shape I'm in

I'm up five times at night to pee
It's bone to bone on both my knees
I always get the senior discount
My doctor's worried about my blood count

My fungal nails need a trim
I'm in great shape for the shape I'm in

I never purchase green bananas
I spend the days in my pajamas
My family says I shouldn't drive
A major freedom to deprive
I have arthritis in every limb
I'm in great shape for the shape I'm in

So is my glass half full or empty?
Do I have days to live or years aplenty?
Is my future bright or grim
I'm in great shape for the shape I'm in
I'm in great shape for the shape I'm in

For a Healthier You

Baked Sweet and Sour Chicken Thighs with Pineapple

Submitted by Fern Yaffa, ACOA Member



2 servings

- 3/4 pound skinless, boneless chicken thighs
- 1 tablespoon cornstarch
- 1/3 cup bite-sized onion chunks
- 1/3 green bell pepper, cut into bite-sized chunks
- 1/3 red bell pepper, cut into bite-sized chunks
- 1/3 cup bite-sized pineapple chunks
- 1/3 cup ketchup
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons brown sugar, or to taste
- 1 tablespoon low-sodium soy sauce
- 1 large clove garlic, minced
- 1/2 teaspoon ginger paste (such as Gourmet Garden™)
- 1 green onion, sliced, or as needed (optional)

Directions

1. Preheat the oven to 400 degrees F (200 degrees C). Lightly grease a baking dish or spray with cooking spray.
2. Pat chicken thighs dry with a paper towel, cut into 1-inch chunks, and add to the dish. Sprinkle with cornstarch, and toss until chicken is coated. Stir in onions, green and red bell peppers, and pineapple.
3. Add ketchup, rice vinegar, brown sugar, soy sauce, garlic, and ginger paste to a small bowl, whisk until well combined, and stir into the chicken mixture.
4. Bake until chicken is no longer pink at the center and juices run clear, 14 to 17 minutes, stirring halfway through. An instant-read thermometer inserted near the center should read 165 degrees F (74 degrees C). If sauce is a bit thick, stir in a splash of water to thin out until you reach your desired consistency.

5. Garnish with green onion slices and serve.

Cook's Note

Ginger paste may be found in a tube in the produce department at your grocery store. If it's not available, you may substitute 1/4 teaspoon ground ginger powder, but the paste of fresh ginger root really is better. This recipe may be doubled.

Bottom of Form

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5. Garnish with green onion slices and serve. It can be served over rice.



Mental Health Matters

From the Medicare.gov website

Medicare covers many [mental health services](#) to support you, including depression screenings, individual and group therapy, and family counseling. You

may be able to get mental health counseling and treatment, including addiction recovery, from home via [telehealth](#).

[Learn More](#)

If you're feeling isolated, it can take a toll on your mental health. Get tips on caring for your mental health, and [learn when to seek professional support](#).



Caregiving, a new documentary created with **executive producer Bradley Cooper**, highlights the challenges and triumphs of caregiving in America. **Award-winning actress Uzo Aduba** (*The Residence, Painkiller, Orange is the New Black*) narrates the film, bringing her own experience as a caregiver for her mother to the project. The two-hour documentary will **premiere Tuesday, June 24, 2025, at 9 p.m. ET** on **PBS** and the **PBS YouTube Channel**. An **early streaming premiere begins Tuesday, May 27, 2025**, on **WellBeings.org, PBS.org**, and the **PBS app**.

More at this link: [Caregiving, Premiering June 24 on PBS - Well Beings](#)



New Guidelines for Alzheimer's Diagnosis

Edited with AI from an article by Megan Brooks

January 15, 2025

New guidelines from the Alzheimer's Association offer updated advice for doctors on how to diagnose Alzheimer's disease and related conditions more effectively. These guidelines are useful for both general doctors and specialists.

What's New?

This is the first major update since 2001 for specialists and the first-ever guideline for general doctors. The guidelines were summarized in three articles published online on December 23 in a special issue of *Alzheimer's & Dementia*.

Key Points

Dr. Brad Dickerson, a co-author of the guidelines, explained that the new recommendations cover the full process of diagnosing Alzheimer's, from start to finish. Dr. Dickerson is a professor at Harvard Medical School and directs the Frontotemporal Disorders Unit at Massachusetts General Hospital.

"If doctors follow these recommendations and healthcare systems provide enough resources, most patients should see better outcomes," Dr. Dickerson told Medscape Medical News.

An expert group reviewed over 7,000 publications and included 133 that met their criteria to develop these guidelines. They suggest a three-step evaluation process:

- Assessing cognitive and functional status
- Identifying symptoms related to cognitive-behavioral conditions
- Determining the likely brain diseases causing the symptoms

Important Recommendations



KROC FEST

SAT JUNE 7
11AM-3PM

FREE BBQ

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PRIZES

KIDS ZONE

+ MORE



RAY & JOAN

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[gokroc.org](#) | 707.439.7880

586 East Wigeon Way | Suisun City, CA 94585



LORI D. WILSON

Assemblywoman, District 11

AD 11 at City Hall

June 20, 2025

Vallejo City Hall

555 Santa Clara Street

Vallejo, CA 94590

10:00 AM - 5:00 PM

To schedule a one on one meeting with Assemblywoman Wilson you can **call** the District Office at the number below **OR** fill out the form below:

tinyurl.com/ad11atcityhall1on1

RSVP: tinyurl.com/ad11atcityhallrsvp



asmdc.org/wilson



(707) 438-7359



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**Come for nutritious meals,
friendship, *and fun!***

- Yummy lunches, completely re-imagined with *YOU* in mind!
- Engaging conversation and social opportunities
- Guest speakers—Help us choose the topics!

Free for adults 60+. Voluntary contributions are accepted, but not required. Come as often as you like!

**Meal Reservations are Required
two days in advance.**

To make a meal reservation, you can:

- Go to one of the sites from 11 am–1 pm
- Call or text (707) 684-4376
- Email info@innovativehealths.com

Visit our website for more information:
innovativehealths.com/congregate-meals-program



**INNOVATIVE
HEALTH
SOLUTIONS**



LOCATIONS & HOURS

BENICIA SENIOR CENTER
1201 E 2nd St., Benicia
Mon–Fri | Lunch @ 11:30 AM

FAIRFIELD ADULT RECREATION CENTER
1200 Civic Center Dr., Fairfield
Mon–Thur | Lunch @ 11:30 AM

FLORENCE DOUGLAS CENTER
333 Amador, Vallejo
Mon–Fri | Lunch @ 11:30 AM

MCBRIDE SENIOR CENTER
91 Town Square, Vacaville
Mon–Fri | Lunch @ 11:30 AM

RIO VISTA SENIOR CENTER
25 Main St., Rio Vista
Mon–Fri | Lunch @ 11:50 AM

JOSEPH NELSON COMMUNITY CENTER
611 Village Dr., Suisun City
Mon–Fri | Lunch @ 11:30 AM

DIXON SENIOR MULTI-USE CENTER
201 S 5th St., Dixon
Tues & Thur | Lunch @ 11:30 AM

LUNCH BUDDIES BISTRO SPANISH

Spring fling

By Melissa Kirsch, the New York Times



It's the time of year when we become reacquainted with what's been hiding out in the back of the closet. The weather's turning, necessitating an unearthing, a rediscovery of clothes that have been hanging there silently, awaiting their turn. Here in the Northern Hemisphere, at the back end of May, there are gradually — almost begrudgingly — more warm days than cool ones. One day soon you'll hang up your coat for the last time and won't think about it again until fall.

I've been taking bags of clothes to the thrift store, stuff that I've hung onto for too long, that's been occupying hangers and drawer space and head space. It feels good to part with things, to get that real estate back in both my apartment and my brain. No longer must I have a conversation with that green jacket every time I open the hall closet, no longer is it part of the consideration set. Get rid of enough old things and you can almost see your life a little more clearly. You think those old polo shirts are just sitting there, not harming anyone, but once they're gone, there's just less to contemplate.

My friend Minju told me she was cleaning out her closet recently and happened upon that big box of loose snapshots anyone who came of age before digital cameras has hiding in the recesses of their storage nook. She pulled the box down from the shelf and began going through them, photos of her as a child, in high school and college, old pictures of her family. She'd always planned to "do something" with the pictures, as we all do, but what? Put them in an album? Digitize them so they'll be captured on our devices with the rest of our cloud-contained archives? Deciding she wanted to keep the photos close at hand so she'd actually look at them, Minju selected a bunch to put in a basket in her living room. Now, when she's sitting on the couch, instead of scrolling on her phone, she might pick up the stack of photos. When visitors come over, they might flip through them.

Spring cleaning airs things out, replaces stacks of rarely worn sweaters with room to maneuver. It feels good to get rid of things, but it also feels good to purposefully decide what to fill the space with. What else are we storing in closets and crawl spaces, out of sight and mind, that we'd like to have present in our everyday lives? The old pictures, the love letters, the postcards and birthday cards and childhood

artwork and binders full of mix CDs, maybe shoeboxes full of mix tapes. All those things we saved to do something with someday. What might we do with them now?

Get Involved

Volunteer With Molly's Angels



Our Molly Care Calls program offers weekly 30 minute wellness check-in calls for seniors in Solano County, scheduled at your mutual convenience. These calls often grow into meaningful friendships, providing a sense of community and reassurance that no one is alone and we are *Neighbors Helping Neighbors*.

Care Calls also help identify seniors in need of vital resources. We partner with local organizations to connect seniors to food, housing, transportation, mental health support and more.

**Your call can make a big difference.
Volunteer today!**

Molly's Angels: Supporting Seniors Since 1999

Sign Up Today: mollysangels.com, mollysangels@mollysangels.com
or call 707-224-8971.

molly's angels
Neighbors Helping Neighbors

 **AREA AGENCY ON AGING**
assistance • advocacy • answers

 **MEALS ON WHEELS** SOLANO COUNTY

VOLUNTEER WITH MOLLY'S SPANISH

Flip the Script on Aging: The Power of Peer Volunteering

Submitted by Shannon Lovelace-White , Program Director, Molly Cares

Older Americans Month 2025 embraces the theme "Flip the Script on Aging," encouraging a fresh perspective on growing older and challenging outdated stereotypes. One of the most impactful ways older adults can redefine aging is to continue to be active in their community through volunteering. Giving back to fellow seniors not only strengthens communities but also fosters a sense of purpose, connection, and well-being for both the volunteers and those they assist.

Peer-to-peer volunteering offers a unique and meaningful way for older adults to stay engaged, share experiences, and provide much-needed support to others navigating similar life stages. Organizations such as **Molly's Angels, Carquinez Village, Meals on Wheels, Faith in Action, and Innovative Health Solutions** exemplify this approach, relying on dedicated older volunteers to enhance the lives of their peers. These organizations offer a wide array of volunteer opportunities tailored to different interests and abilities. Volunteers can provide transportation to medical and personal appointments, deliver food and assist with office tasks, assist at congregate meal sites, or even volunteer from the comfort of their own home as a friendly caller. These opportunities ensure that older adults can contribute in ways that best suit their lifestyle while making a meaningful impact on the lives of others.

Beyond their ability to connect on a personal level, older adult volunteers are often seen as more trustworthy by program participants, an invaluable trait in a world where scams targeting seniors are increasingly common. Their shared experiences foster a sense of security and credibility, ensuring that those receiving assistance feel safe and supported. Additionally, older volunteers are known for their reliability, bringing dedication and consistency to the programs they serve.

Studies show that volunteering later in life can lead to improved mental and physical health, reducing feelings of isolation and increasing overall happiness^[1]. By stepping up to help one another, older adults reinforce the idea that aging is not about decline, it's about contribution, connection, and continued growth.

As we celebrate Older Americans Month, let's recognize and support the vital role of senior volunteers in our communities. By flipping the script on aging through service, older adults prove that growing older is an opportunity to make a lasting impact one act of kindness at a time.

To learn more about volunteer opportunities, visit the following websites:

[Molly's Angels](#)

Molly Cares program participants enjoy a friendly 30-minute phone chat each week with a local volunteer caller, sharing common interests and connecting over great conversations. Care Calls are made by dedicated volunteers who understand the profound impact of these conversations, not only on the well-being of seniors but also on their overall safety, health, and independence. Care Calls are made from the comfort of the volunteer's home.

Carquinez Village

Help us support senior members to remain safely in the place they call home by providing rides or filling other needs that support members and each other. We are fueled by volunteer energy. It takes a Village...

Faith in Action

Faith in Action: Providing a continuum of services to seniors in Solano County since 1998. Volunteers needed for: Transportation, Home Visitation, Peer Counseling (individual, in-person groups, and virtual groups), Phone Buddies, Fall Prevention, and Outreach.

Innovative Health Solutions

Love working with Seniors? | Ready to give back to the community? | Ready to gain technical job skills? | Innovative Health Solutions is looking for dedicated individuals to join us in our mission to enhance the health and wellbeing of Solano County Older Adults through nourishing meals, connection, and community engagement.

Meals on Wheels Solano County

Assembling Food Bank Bags: Help pack supplemental grocery bags with shelf-stable goods and fresh produce for older adults facing food insecurity | Meal Delivery: Deliver nutritious meals and a friendly smile to homebound seniors | Administrative Support: Assist with essential office tasks like data entry, filing, and organizing materials to keep our programs running smoothly | Client Reassessment Calls: Check in with clients over the phone to update their service needs and ensure continued care | Pet Food Delivery: Bring pet food and supplies to clients to help keep their furry companions healthy and fed | Emergency Meal Delivery: Respond quickly to urgent meal needs by delivering emergency food packs to clients | Fan Drive Delivery: Distribute box fans to vulnerable clients during extreme heat to support their health and safety (summer only).

[1] Mayo Clinic Health System. (n.d.). *3 health benefits of volunteering*. Retrieved April 2, 2025, from <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/3-health-benefits-of-volunteering>

Napa/Solano Area Agency on Aging

www.aaans.org

(707) 784-8960

275 Beck Ave., Fairfield, CA 94533