

City of Winters
Senior Program Project
2017-2018

Sheila Allen, RN, PhD, consultant

10/8/18

Table of Contents

Introduction.....page 3

Interviews and themes..... page 3

Survey results.....page 5

Winters older adult demographics.....page 6

A Comparison of Yolo County older adult demographics.....page 13

Outreach and educational events.....page 14

Task Force work and report.....page 15

Review of other local Senior Centers.....page 15

Transportation.....page 16

Winters Senior Resources.....page 20

Age Friendly Communities-an overview.....page 20

SWOT analysis.....page 25

Recommendations for future action.....page 26

Appendixes

A. Winters Senior Community Survey results.....page 27

B. Winters demographic data full report.....page 28

C. Yolo County demographic data full report.....page 46

D. Winters Senior Resource Guide – English/Spanish.....page 64

E. Yolo County Senior Resource Guide.....page 93

F. Yolo Healthy Aging Alliance resource page.....page 93

Introduction

The City of Winters embarked on an assessment of the needs of older adults in Winters over the past 12 months. During this time consultant Dr. Sheila Allen, in consultation with the City of Winters Senior Project Task Force and city staff, reached out to the community and studied demographics and best practices to identify next steps to enhance the aging experience in Winters.

Interviews and Themes

In order to identify a sampling of issues and concerns for older adults in the community, key informant interviews were conducted with individuals in the community. These persons were selected by advice of city leadership and then by asking those interviewed who they would recommend to contact to better understand older adult needs in Winters. This resulted in 23 individual interviews and 5 presentations to local senior organizations followed by a group input process. Following is a list of those interviewed and their organization or position at the time of the interview.

Interviews Conducted

First	Last	Organization	Date
Chris	Kelsch	Winters Healthcare Foundation	7/26/2017
Joyce	Jordan	Winters Healthcare Foundation	7/26/2017
Pam & Neil	Van Alfen	Golden Bear Estates	8/2/2017
Officer	Bautista	Yolo County Sheriff officer	8/2/2017
Leticia	Quirarte	Winters Healthcare Foundation	8/3/2017
Jasmine	Andrews	RISE, Inc., Outreach worker	8/9/2017
Wally	Pearce	Winters Senior Foundation, President	8/10/2017
Jerry	Baker	Congregate Meals-Community Center	9/11/2017
Dawn	Barrera	St. Anthony's Catholic Church	9/25/2017
Dr. Bill	Davis	Private physician	9/25/2017
Don	Saylor	Yolo County Supervisor	9/28/2017
Cecilia	Aguiar-Curry	Assemblymember/former Winters mayor	10/2/2017
Valerie	Whitworth	Winters Senior Foundation/caregiver	10/2/2017
Peggy	Norman	Fortnightly Club President	10/10/2017
Maira	Aceves	CSU-Sacramento Gerontology student	10/13/2017
Karen	May	Winters Senior Foundation, member	10/16/2017
Elva	Pedraza	Older Latina Woman-retired WSD	10/18/2017
Carrie	Green	Chamber of Commerce/Winters School Board	10/20/2017
Lee & Steve	Wilce	Winters Senior Citizen Club	11/2/2017
Pierre	Neu	Winters City Council member	11/13/2017
Jesse	Loren	Winters City Council member	11/28/2017
Bill	Biasi	Winters City Council member	11/29/2017
Ashley	Thompson	Winters Senior Apartments	12/20/2017

Groups	Date
Fortnightly Club	10/10/2017
Auld Fartz	10/3/2017
Hispanic Advisory Committee	10/16/2017
Winters Senior Foundation	11/8/2017
Winters Senior Citizen Club	12/20/2017

The notes and results of these interviews were analyzed for themes, interests and issues that emerged. Overall, those interviewed find the City of Winters a good place to age because of its “small town feel”, safety, social opportunities and developed relationships that help them to support each other. Most did not have any current needs but were able to identify needs of others and future needs for themselves and their family members. Almost all rejected being labeled a “senior” (even those in their 80’s) but were comfortable being described as an “older adult”.

The two highest concerns identified that were repeated between individuals and the groups were a lack of transportation options and road and sidewalk safety. Transportation was identified as needed within the City of Winters and to regional locations such as Vacaville or Winters for shopping, Davis and Woodland for medical care, shopping, and senior and county services, and to West Sacramento for Medicare and Social Security appointments. Transportation was noted as a top priority for almost everyone interviewed.

Another high priority area was road and sidewalk safety. In particular, the ability of older adults and families to walk to the only grocery store was discussed many times by individuals and groups. The absence of a cross walk at Morgan St. across Grant Avenue was a particular concern. Not having a sidewalk on the north side of the road additionally made trips to the grocery store very difficult. In addition, the Yolo Bus stop is also on the north side of Grant Avenue, requiring a dangerous, unguarded crossing. No individual or group believed that the round-about at Walnut St. would alleviate this problem. Persons interviewed also noted that state of sidewalks and curbs need to be evaluated with many dangerous cracks and uneven surfaces and insufficient cut outs at corners for wheelchairs and walkers.

These interviews yield many suggestions for program and services that are needed to have a positive aging experience in Winters. In addition, problem areas and issues were shared. Following are the finds in no rank order.

Key Informant Identified Issues

Programs

Group travel opportunities
 Movie nights (English/Spanish)
 Accessible-affordable housing
 Computer classes
 Gardening opportunities
 Game days
 Crafts-sewing, knitting groups
 Pool table
 English and Spanish classes
 Dementia education/programs
 Exercise classes/Zumba
 Senior yoga-including chair yoga
 Small court soccer
 Country dance class/events
 Walking/hiking group
 Bus to Cache Creek
 Volunteer opportunities
 Book Club
 Woodworking group
 Cooking classes
 Cultural food exchanges

Services

Connection to services
 Food distribution
 Grocery delivery service
 Caregiver respite
 Friendly visitor or phone calls
 Expand home delivered meals
 Legal assistance
 Translation services
 Transportation to Social Security
 Affordable home cleaning service
 Caregiver support group
 Transportation to department store
 Opportunities to volunteer in schools

Issues

Senior center-staffed and volunteer
 Need outreach & inclusion of Latino community
 More downtown handicap parking needed
 Fear of participation for undocumented
 Need universal design code for new housing
 People need services-someone else needs it more
 Low attendance congregate meals
 Transportation to Social Security in West Sac.
 Find out how people get their information
 Bus vouchers no longer available in Winters
 Need additional affordable, accessible housing
 Outreach to seniors in surrounding rural areas
 HICAP not in Winters, now only West Sac.
 Cooling center that allows dogs
 Senior isolation
 People don't know about existing services
 Need to identify more volunteer bus drivers
 Consider additional bicycle safety measures
 Encourage more older adults to ride bike
 Printed resource guide specifically for Winters

Survey results

In order to provide an opportunity for broad participation in the identification of priority areas to address for older adult programs and services in Winters a survey was developed. Paper copies of the survey were distributed at the 2017 Carnitas Festival, the community center, city hall and at meetings of the Winters Senior Citizen Club, the Winters Senior Foundation, RISE, Inc., the Hispanic Advisory Committee, and the Fortnightly Club. The survey was also posted on the city website.

One hundred and thirty-seven surveys were returned. Of these, 43% were of Latino/Hispanic background, 83% were over the age of 50, and 20% were currently a caregiver for someone over the age of 50. Survey participants were asked to identify top priorities for services (to address individual health, social and community services and supports) and programs (group activities that persons can participate in). Many persons at various ages often stated that they did not have any needs. Therefore, the survey was divided into the first section for what older adults (not necessarily you) need and want while the second section asked specifically if they personally would utilize a service or program in the next 5-10 years. Following are the findings:

1. **The top five priorities people chose for services needed for older adults in Winters:**
 1. Local transportation (to store, bank, etc.)
 2. Regional transportation (hospital in Davis, Social Security in West Sac)
 3. In home care and personal assistance
 4. Home visits for isolated seniors
 5. Help knowing what services are available

2. **The top five priorities people chose for programs needed for older adults in Winters:**
 1. Exercise classes
 2. Walking Club
 3. Card and Game activities
 4. Craft groups
 5. Computer and Smart phone use

3. **The top five services that participants or family members would likely use in the next 5-10 years are:**
 1. Local transportation (to store, bank, etc.)
 2. Regional transportation (hospital in Davis, Social Security in West Sac)
 3. In home care and personal assistance
 4. Help knowing what services are available
 5. Help with connection to services

4. **The top five programs that participants or family members likely use in the next 5-10 years are:**
 1. Exercise classes
 2. Walking Club
 3. Card and Game activities
 4. Computer and Smart phone use
 5. Travel group

Winters Older Adult Demographics

In collaboration with UC Davis and Yolo County Health and Human Services, a quantitative description of the demographics of the older adult population of Winters, California is provided. The overarching goal of this population description is to identify and highlight notable attributes of the older adult population of Winters so that policies and programs might be tailored to the unique needs of Winters older adults. Not all charts are shown here. The full report can be found in Appendix B.

METHODS

Data source

This report relies exclusively on data provided by the 2016 American Community Survey (ACS)¹ 5-year estimates, accessed through the American FactFinder database². Briefly, the ASC is an ongoing survey that provides yearly estimates of demographic data for small geographic areas (Census tracts and block groups³). The 2016 5-year estimates are based on survey responses collected between

2012 and 2016 from over 10 million people and/or households from across the United States, including over 1 million from California.

The strength of the ACS lies in its ability to capture and/or estimate demographic changes that 1) occur on a timescale that is too short to be observed in the decennial Census, or 2) have largely taken place since the most recent Census data was collected. As of the writing of this report, the 2010 Census data is 8 years old, thus until the 2020 Census data is available the ACS provides the most comprehensive, up-to-date information collected and disseminated in a highly standardized format. The primary weakness of the ACS is that the reliability of the data for smaller populations, including rural areas, is somewhat lower due to the small absolute number of respondents. For most populations described here this not a major issue; however, where under sampling issues may exist it is noted in the text.

Geographical areas

As this report is focused on describing the demographics of older adults in Winters, California. As such, all data are based in ACS data for Census tract 113.

Age ranges

Due to the sampling limits of the ACS, the precise age range that defines “older adults” in this report varies somewhat depending on the variable being considered. In general, this report considers older adults as being 65 years old or older. Where disaggregated data is available for adults in the approximately 45 to 60-year age range that data is presented as well.

RESULTS

General population

Figure 1. shows the population distribution for adults over 35 years old expressed as a percent of the total population. The estimated population counts are given in Table 1. The most notable feature of this dataset is that the data show that Winters has a higher percentage of adult residents in the 50 to 64-year age groups compared to the immediately younger and older groups.

Figure 1: General population

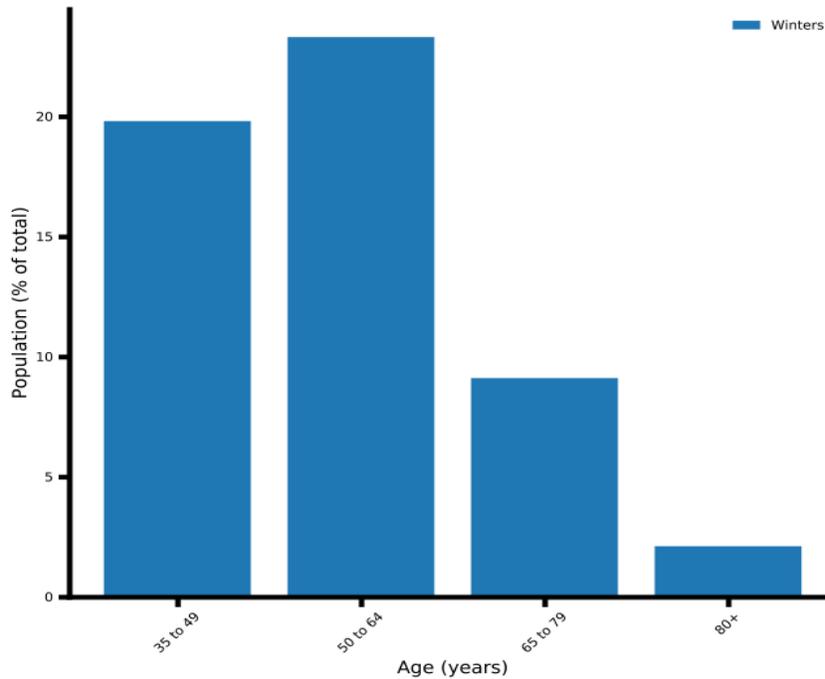


Figure 1: Population of each age group in Winters expressed as a percent of the total population.

Table 1: General population (count [90% CI])

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 49	3392.86 [356.08]	3115.55 [376.63]	585.96 [163.72]	4032.82 [420.57]	11951.25 [209.67]
50 to 54	3082.46 [337.40]	3128.18 [400.24]	672.13 [215.43]	4078.76 [390.34]	11951.25 [209.67]
55 to 59	3185.84 [323.78]	2943.04 [391.52]	672.13 [189.57]	3671.58 [373.92]	11322.23 [419.34]
60 to 64	2782.93 [313.12]	2470.10 [349.41]	663.51 [318.83]	3517.20 [417.44]	10483.55 [419.34]
65 to 69	2290.70 [241.84]	1915.48 [284.80]	370.53 [163.72]	2637.57 [290.40]	7967.50 [419.34]
70 to 74	1431.20 [198.85]	1623.85 [282.01]	301.60 [137.87]	1624.88 [238.82]	5661.12 [419.34]
75 to 79	1220.97 [202.75]	1130.27 [243.39]	112.02 [112.02]	1061.88 [217.28]	3983.75 [419.34]
80 to 85	887.05 [169.79]	629.30 [167.05]	77.55 [60.32]	1000.14 [211.29]	2725.72 [209.67]
85+	1152.82 [196.70]	554.41 [152.22]	103.40 [77.55]	1439.85 [236.52]	3564.41 [419.34]

Reported Race

Figure 3. shows the breakdown of the population data by racial identity for adults over 45 years old, expressed as a percentage of the total population of each geographic area. The ACS includes 9 options from which respondents can indicate their racial identity: Asian; Black or African American; American Indian and Alaska Native; Native Hawaiian and Other Pacific Islander; Some Other Race; Two or More Races; White Alone, not Hispanic or Latino; Hispanic or Latino; White. In this report, only the most frequently indicated 6 categories are included for the purpose of brevity. In this data Winters stands out in several ways. First, there is a relatively high proportion of Winters residents indicating Hispanic, White, or Other racial identity in the age groups between 45 and 75 years old. Furthermore, relatively fewer Winters respondents indicated Black or Asian racial identity. This trend held across most age groups for this 45 and over dataset.

Figure 3: Reported race

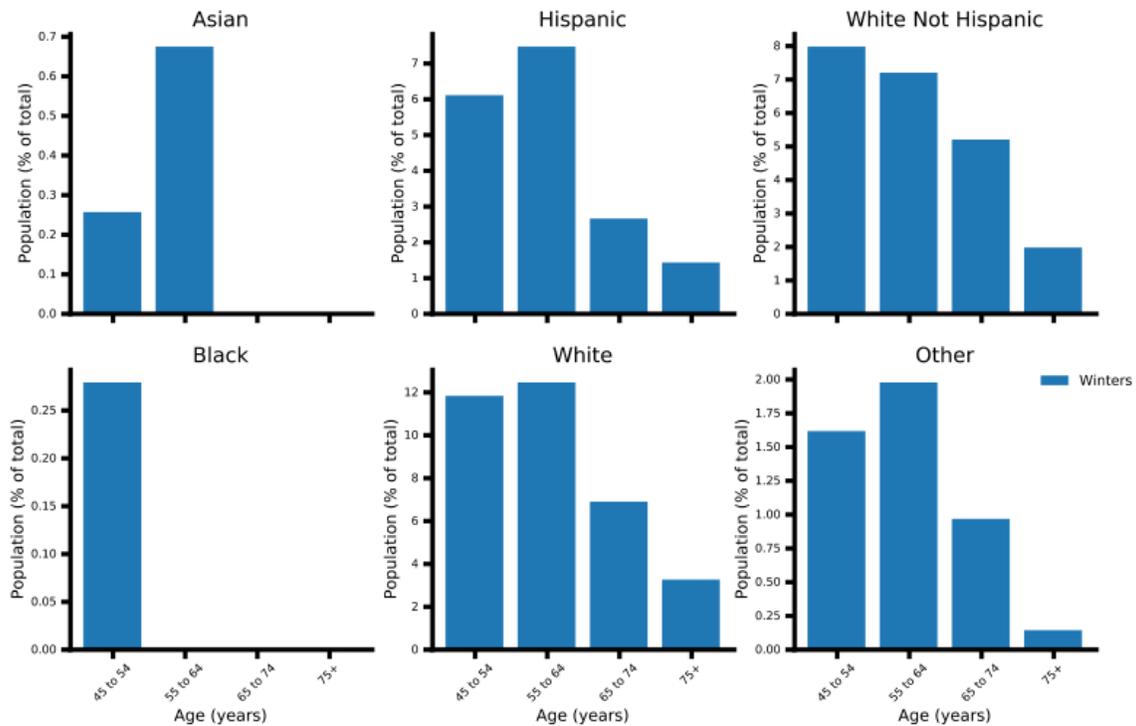


Figure 2: Breakdown of population within each age group by reported race.

Reported Poverty level

Figure 5. shows the estimated percentage of residents whose income in the past 12 months does not exceed the federal poverty level for 2016⁵. The most notable feature of poverty level data is the relatively high percentage of Winters residents in the 55 to 64 year age category that fall below the poverty line. The estimated error suggests a large degree of uncertainty in this estimate, again likely due to the low number of respondents from which the estimates were derived; however, the increase is quite prominent. The trend appears to reverse for the oldest age groups (65 to 74 and 75+ years).

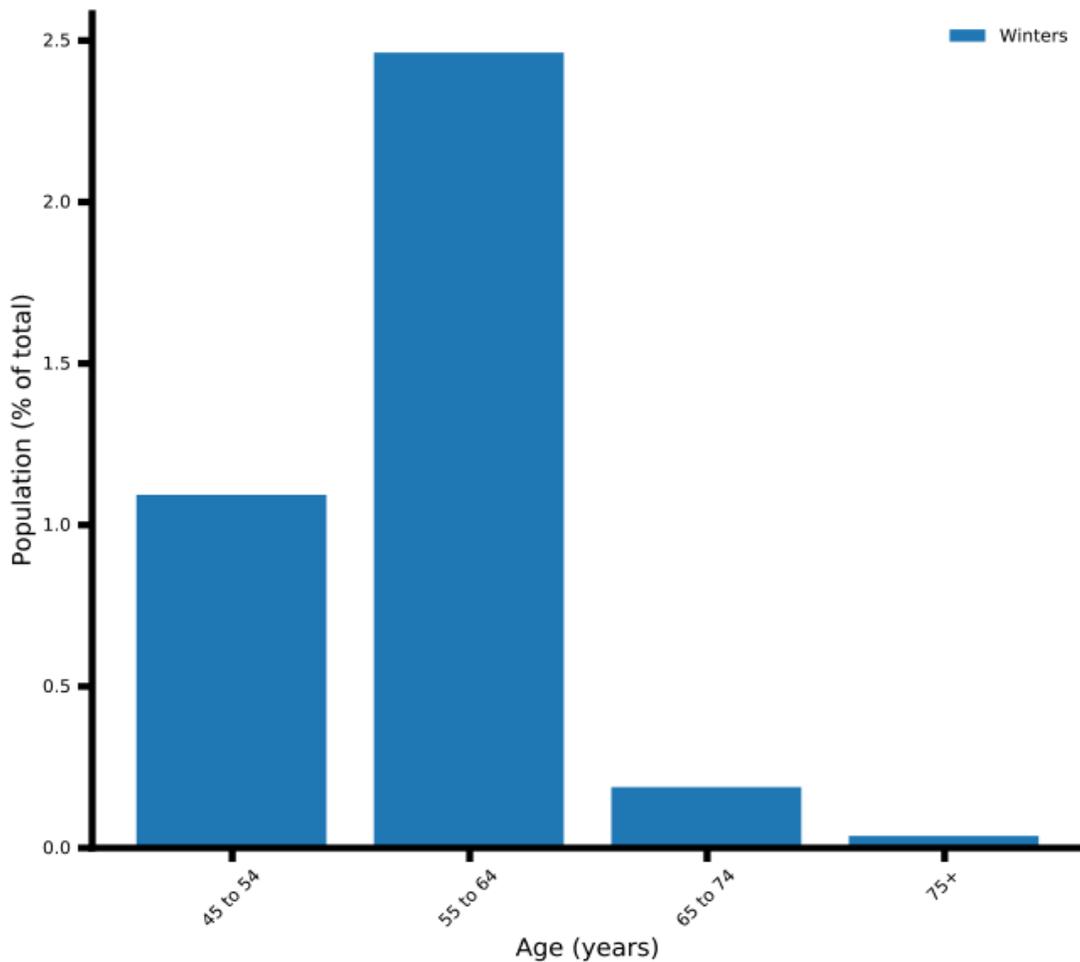


Figure 3: Population of residents in each age group whose income over the past 12 months was below the federal poverty line.

Reported Disability status

Table 4. shows the prevalence of reported disabilities for the two age groups within the range focused on in this report (see Methods) for which data are available, expressed as a percentage of the total population in each age group.

Table 4: Number of residents in each age group in each location reporting a disability

Age Range	Winters
65 to 74	138
75+	182

Reported Employment Status

Figure 7. shows the estimated unemployment and labor participation rates for each age group expressed as a percentage of the population of each age group. Due to the way the data is aggregated before being made available, the 65 to 74 year age group spans 10 years, while the younger age groups span only 5 years. Two trends in this dataset are notable. First is the relative increase in unemployment, and corresponding decrease in labor participation, among Winters residents in the 55 to 59 age group, and the second is the reversal of this trend in the 60 to 64 age group. While the reduction in unemployment among Winters residents age 60 to 64 could be the result of people dropping out of the labor force, the increase in labor participation rates and absolute number of people participating in the labor force suggests that this is not the case. The available ACS data do not suggest a cause for this trend, though variability due to small sample size cannot be ruled out.

Figure 7: Employment status

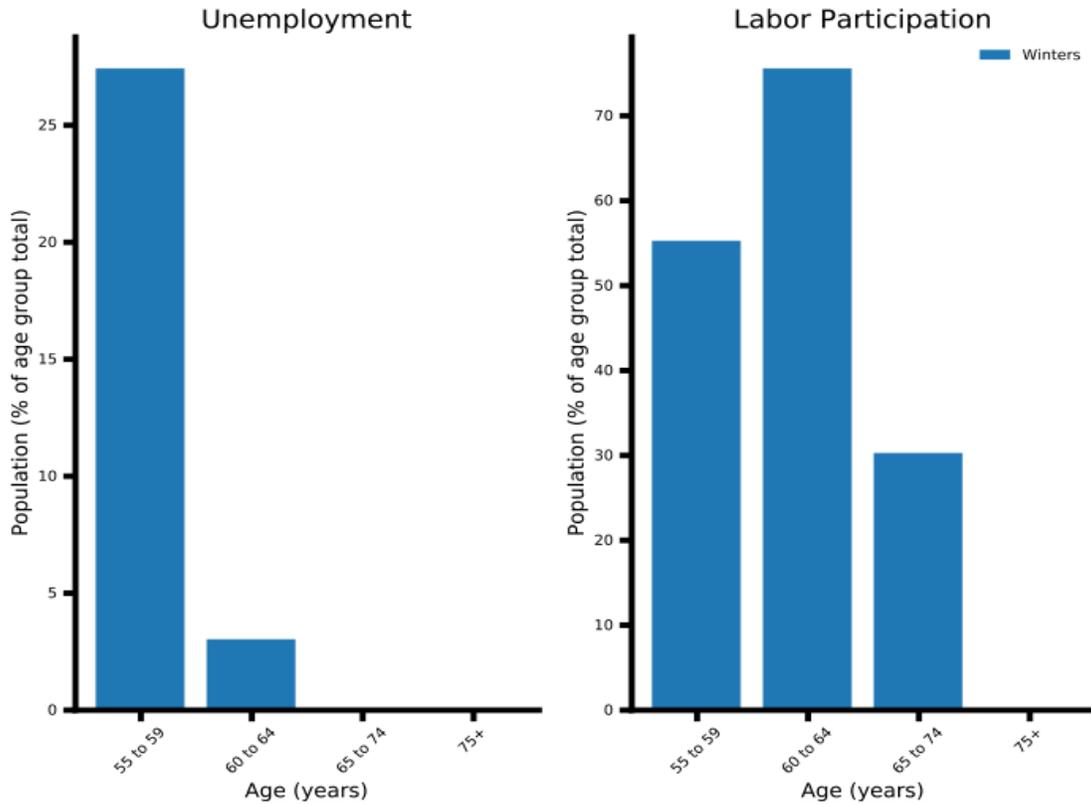


Figure 4: (Left) Percent of each age group reporting an unemployed status and (Right) percent of each age group participating in the labor force.

Reported Health Insurance Provider

Figure 8. shows the percentage of each age group that receives health insurance through public (left) or private (right) institutions, expressed as a percentage of the population of each age group within each geographic area. Within the ACS data, public health care programs consist of Medicare, Medicaid, or insurance received through the Veterans Administration; private health care programs include employer provided, direct purchase, or insurance received through the Department of Defense Military Health System. Individuals that receive benefits though both private and public sources are counted in both categories. The only notable trend in this dataset is the dramatic jump in the proportion of people receiving public health insurance between the 55 to 64 age group, around 15 to 20%, and the 65 to 74 age group, around 90%. This is to be expected however, as the age for Medicare eligibility is 65. Below age 65 Winters resident appear slightly less likely to have public health insurance, though the effect is very small. Otherwise, Winters’ residents appear very similar to the other communities across all age groups considered here.

Figure 8: Health insurance provider

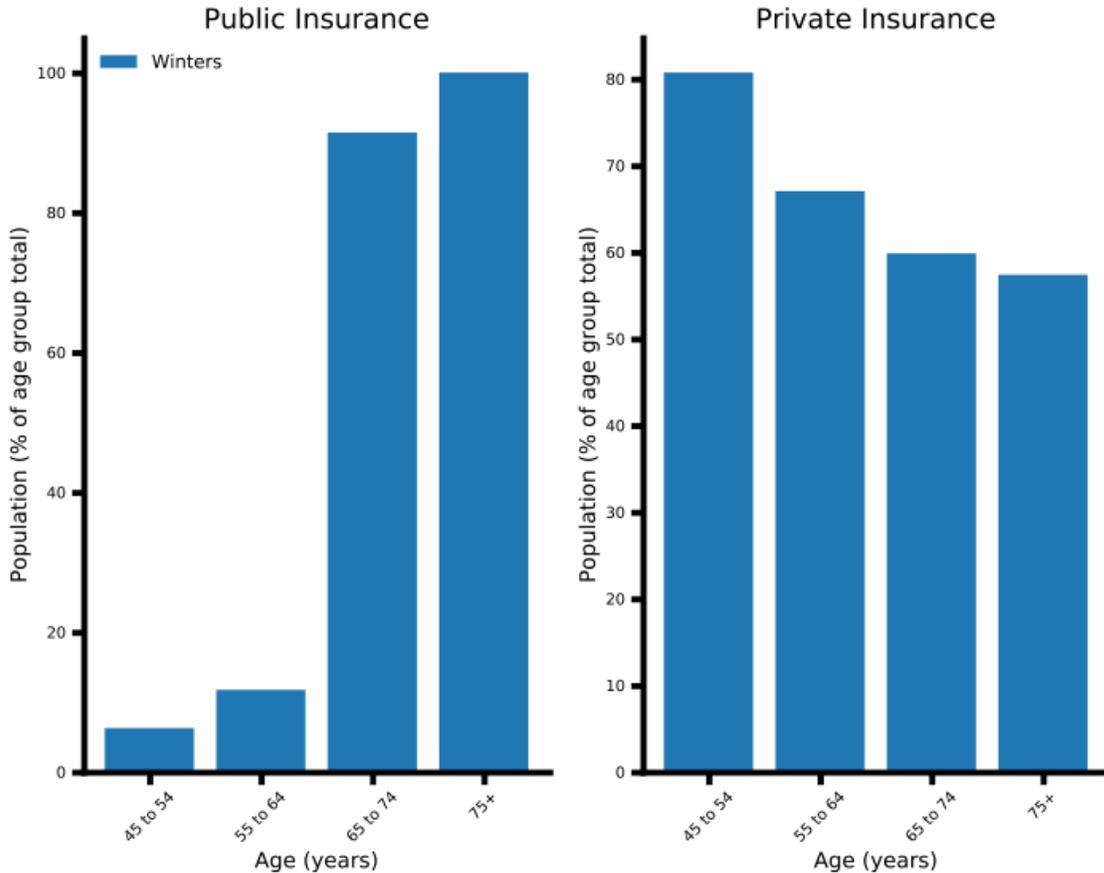


Figure 5: (Left) percent of each age group receiving health insurance through public provider and (Right) percent of each age group receiving health insurance through a private provider.

A Comparison of all Yolo County older adult demographics

A demographic comparison of all Yolo County cities was completed to look for trends and differences within Yolo County. The full report can be found in Appendix C. The overarching goal is to identify and highlight the attributes that distinguish the older adult population of Winters from other Yolo County communities so that policies and programs might be tailored to the unique needs of Winters older adults.

As the principal goal of this report is to provide a detailed description of the demographic makeup of Winters, California in relation to the surrounding communities, no strong conclusions will be made. However, when considering all of the datasets presented here three general trends about Winters residents within the 55 to 64 age category are worth noting: 1) for Winters, the 55 to 64 age category has the highest population among older adults, showing higher a population than both the immediately

younger and immediately older age groups; 2) Winters residents between 55 and 64 show higher poverty rates than the other communities considered here, and higher poverty rates than the Yolo county average, the only age group considered here to show such a trend; 3) Winters residents between 55 and 64 show higher unemployment rates than the other Yolo county communities studies here, again the only age group to show such a trend (see Appendix C.)

Outreach and Educational events

In order to meet the goals of the project a series of outreach events were scheduled early in the project to receive input from the community on gaps in services and priorities for program and services in Winters. The second half of the project included a series of education events and some limited pilot services to address some priorities needs identified. Following is a listing of the events and programs along with their attendance record. In all, over 500 Winters older adults participated in the programs and events offered during the project.

<u>Date</u>	<u>Event-Program</u>	<u>Attendance</u>
9/30/2017	Carnitas Festival-information and survey	45
10/12/2017	Yolo Senior Resource Fair	19
10/11/2017	Winters Senior Foundation presentation	17
10/10/2017	Fortnightly Club presentation Winters Senior Citizen Club	22
11/8/2017	presentation	41
12/4/2017	Flu Clinic Senior Citizen Town Hall meeting	68
1/16/2018	(English)	28
2/7/2018	Senior Citizen Town Hall (Spanish)	5
5/9/2018	AARP-Fraud Prevention presentation AARP-Age Friendly Community Town	33
6/11/2018	Hall	9
6/27/2018	Begin Senior Transportation bus service In Home Supportive Services	5
8/8/2018	Committee Yolo County-Healthy Yolo-Healthy	12
8/9/2018	Aging	14
8/10/2018	Agency on Aging-Area 4	25
8/21/2018	AARP presentation-Medicare Choices	6
9/5/2018	Yolo County Commission on Aging	22
9/6/2018	Yolo Choices-End of Life discussions	14
9/10/2018	Home Modification for Older Adults Winters Senior Citizens Club-project	11
9/12/2018	update Carnitas Festival-information table	30
9/29/2018	English Carnitas Festival-information table-	45
9/29/2018	Spanish	47
Total outreach attendance		518

Task Force work and report

In order to provide direct feedback and involve a small cross section of the community a Winters Senior Project Task Force was selected. Members included Jesse Loren (city council), Irene Goya-Tweedt (Hispanic Advisory Committee), Ramon Altamarino (Hispanic Advisory Committee), Bob Johnson (Winters Senior Citizen Club), Rae Johnson (Winters Senior Citizen Club), Valerie Whitworth (Winters Senior Foundation) and Wally Pearce (Winters Senior Foundation, President at time of appointment), Maira Aceves (CSUS Gerontology intern), Dan Maguire (City of Winters staff), Dago Fierros (City of Winters staff). The Task Force focused on two main issues. Site visits to local senior centers to ascertain best practices and what may work for a senior center in Winters and transportation. They also acted in an advisory role for the project and final recommendations. Meetings were held approximately once a month for the year duration of the project.

Review of other local Senior Centers

The Task Force visited local senior centers to get a sense of the layout, programs, facilities and planning to create a community resource that is highly functioning, inviting and meets the needs of the older adults in the community. Task Force members visited the following centers with these major observations:

1. Davis-Feb. 5- well established with classes to appeal to wide variety of older adults. Open 8am-8pm. Example of many programs: movies night, Travelaires, Bingo, and space rented to public (for income). They have a shortage of storage space. Has full kitchen. Has flexible space. Have a creative and engaged director. Mix of paid and volunteer instructors and other volunteer opportunities. Have 4 paid staff: director, front desk, information/assistance coordinator, janitor paid by the city general fund.
2. Woodland-March 5-One full time coordinator-very dynamic, finds the needs and make them happen. Flex spaces-make more opportunities for use. Decorating beautiful and reflects the valley. Utilize more outside resources in their space for senior services such as information and assistance, veteran services, AARP taxes rather than directly provide the service. Large commercial kitchen but is not used very often. Facility is a combination Senior Center and Community Center with senior dedicated space. Full time coordinator is part of the parks and recreation department and paid by city general fund.
3. Suisun-April 4-closest to our size. No a commercial kitchen. Paid full time coordinator is very important. Newsletter to get people in there. Work with community to bring in resources. Classes are taught by volunteers. Next door to senior housing with modest participation by them.
4. West Sacramento-May 7-Mixed use space for whole community-day care, theater, older adult lounge. One part-time senior resource person. Facility/program manager but not older adult specific. Majority of classes and programs not senior specific. All senior classes taught by volunteers or self-directed (e.g. exercise program is video). Seniors pay small fee to be a member of the senior lounge.

With the site visits as the basis for discussion the Task Force members provided the following recommendation to the city:

1. There is a need for paid staff at the center and it cannot be just volunteer driven and staffed with volunteers. This was clear from every senior center visited. Would need to look at what would be structure to pay for FTE as there is no current funding source. Need to have rent-ability of space for sustainability and be well managed to take advantage of this community resource. FTE is critical so that doors can be open. Task Force suggestion that perhaps there could be a local tax. Staff noted that city manager has opened 3 senior centers that were all volunteer.
2. Evaluate ability to build up (multi-story) to take advantage of the footprint. If not for initial building design, build first floor so that additional stories can be added.
3. There is a need for a commercial kitchen (currently in the plan).
4. Essential that we have rental space that includes table/chairs and kitchen. Could provide funding source and there is a community need. An ongoing funding source will help with sustainability of senior center. Flexibility of space to appeal to different populations. Could have moveable walls. Need to assure that additional uses are within CDGB guidelines. There are certain assumptions of the populations that CDGB funded projects serve. Should be low income individuals and seniors are assumed as low income.
5. The task force members liked West Sacramento approach that is intergenerational.
6. Instructors were mostly volunteer at every senior center with some paid small stipends.
7. STORAGE. You will always need more. Be sure to plan sufficient storage from the start.
8. Assure that the programs and services are what people want. Senior volunteers could provide planning and oversight of programs.
9. It would be best to have staff at center who are bi-lingual to provide welcoming environment for our Latino seniors.
10. There is urgency to get this done. The community in general and seniors in particular have been waiting some time to see it happen.

Transportation

As transportation was identified as a top need from the survey the task force looked into different models of addressing this need. The Task Force received a presentation from Woodland Community Care Car to see if this volunteer based program would be a good fit for Winters. Don Campbell, chair of the Community Care Car non-profit board presented the following information about the Woodland Community Care Car program:

Financial:

- Does not receive state or local funds, all funds received by donations.
- Van drive 60-80 miles in town each day. About 8000 rides each year. \$1,000 per month for fuel. Local gas station gives a discounted price for fleet.
- They are a 501(c)3 non-profit with Board of Directors, quarterly breakfast meeting.
- Request \$2 per ride coupon or can pay cash. Will not refuse service for lack of payment.
- Total budget for program is \$10,000-\$15,000 per year.
- Drivers and helpers not insured, they use their own private insurance.
- The vans have their vehicle insurance through the city but the Care Car raises the funds to cover other expenses.

- Fundraising through local businesses and an annual dinner.
- Two 2017 vans and two older vans (purchased steps that slide out and handles to help with getting in and out). Hobbit (a local car dealership) helps with maintenance and purchase (they put the sponsorship name on the side of the van) Got a discounted price: \$60,000 for 2 of them.

Services:

- Does not go outside City of Woodland.
- Service hours-8am-3pm, 2 vans, 5 days a week and Sunday 3 vans to get people to church. Also provide rides to the “lunch bunch” to congregate meals at Community and Senior Center.
- Age: 55 years and older.
- People with medical appointments have priority. 4 people per half hour (2 per car). Have the 3rd van driver and van on-call. Can move up to 32 people per day (first come first serve).
- Need to call in 24 hours ahead of time. Can schedule an appointment 4 months ahead of time. Every day at 3pm they decide the route for the next day.

Policies:

- Requirement-must be able to get in and out of van themselves. Must be ready to be picked up for 30-minute window before the appointment. Will wait for 5 minutes after arrival and then leave (new policy). Educate people to schedule appointments in the morning so they can get ride home within service hours.
- Can't be in a wheelchair and won't transport wheelchair. Will take walkers. Request that they be at a findable location. Have started giving them a 5-10-minute warning call.
- After 3 failures to notify (they didn't need the ride and didn't let them know) receive a warning letter. If you do it again, then cannot get a ride for 30 days.
- 160 volunteers-they only have to drive about once per month. Have training of new drivers. Find volunteers at senior resource fair. Have a \$2 million liability policy. Insurance company checks volunteer records. Plus-side is the volunteering experience is good for the volunteer. Have a reserve list for back up. Want to give all the people on the list a chance to drive so they continue to be interested. Have a quarterly volunteer appreciation breakfast sponsored by the Board of Directors.

Yolo Bus was also asked to present to the Task Force on their current and future transportation options for Winters. Jose Perez, a Yolo Bus Senior Transportation Planner, presented the following information to the Task Force.

Yolo Bus line

- “Travel Training and Service Information” handout provided to the group. Travel training-what do you need to know to ride the bus. Training is 30 minutes to hour. Training is available by request.
- Fixed route Yolo Bus-Route 220 comes through Winters each day, 4 runs through Winters to Davis (roundtrip so 4 back also).
- Driver cannot make change-ok to use dollar bills
- All buses are wheelchair accessible. Anyone can ask for the wheelchair assist.

- Part of Google Transit for your smart phone. They also have a map through their website “Yolo Bus Live”. Can also sign up to receive text alerts for your route-will let you know if there is a significant delay or detour.
- Launching wifi on buses in a couple of months.
- Cost: Monthly pass \$93.50 unlimited, \$46.75 unlimited for seniors or disabled
- Sacramento monthly passes work on Yolo Bus
- You do not need a California ID to apply
- Customer Service 530-666-BUSS (bi-lingual) open 7a-6p. Can call for help to figure out how to get where you want to go.

Yolo Bus Special

- Runs same days and times as fixed route.
- Eligibility-need to be certified as mobility impairment with form completed by health care provider. Only need to have completed one time.
- Takes 1-2 weeks to complete application.
- Must be within $\frac{3}{4}$ miles of fixed route (all of City of Winters, some limited rural). Give scheduler start and end address (will tell you if within the boundaries of the program).
- Start of trip must be in Yolo County but will provide ride to Vacaville and parts of Sacramento.
- If an eligible rider needs a person to assist them, include this on the certification application and the attendant will travel for free.
- You also can have a guest but if not on certification must pay.

Microtransit pilot- Knights Landing fixed bus route ridership was declining so working with them to change to microtransit (smaller bus or van, on demand). Will provide a report to City of Winters on pilot to see if this will work for Winters. Ridership on Winters fixed route is very low and very expensive.

Via Project “Dial-a-Ride” in City of West Sacramento for all residents with senior rides subsidized by City of West Sacramento (not Yolo Bus). Flat rate based on customer demand. May also be an option for Winters.

The Task Force discussed transportation options and priorities and requested that a pilot project for weekly trips to Walmart utilizing the City of Winters short ADA buses and a volunteer driver could address a requested need for a place to purchase food, clothes, pharmacy and dry goods. Persons requesting a ride call the main City of Winter phone line by noon on Monday before the Tuesday trip. The project started in June. Posters were distributed at the Community Center and Winters Senior Apartment, a message through the Winters Senior Foundation listserv, an announcement at the Winters Senior Citizens Club and multiple press releases in the Winters Express. Participation in the pilot has been very low with only 5 unique individuals taking part in the project. The available days is now decreased to the 1st and 3rd Tuesday of each month.

To increase the community knowledge of the available transportation options, a section was developed for the Winters Senior Resource Guide (see below). The full resource guide in Spanish and English can be found in Appendix D.

Transportation

Winters Senior Foundation Medical Appointments Car

Volunteer drivers will drive to medical related appointments (including doctor appointments, lab, pharmacy, therapy, etc.) within and outside Winters. Rider must be able to transfer into car. Caregivers may ride along. Appointments must be made 72 hours in advance.

Telephone: (707) 497-5289.

Partnership Healthplan Care Management ride program

Persons with Medi-Cal that receive their benefit through Partnership Healthplan and have complex medical needs can receive additional care management including free transportation assistance.

Contact Partnership Healthplan for eligibility requirements. (800) 809-1350 Website:

<http://www.partnershiphp.org/Providers/HealthServices/Pages/Care-Coordination.aspx>

Yolo Bus

Yolo Bus picks up within the city of Winters and has lines that connect to Davis, West Sacramento, Winters, Woodland, downtown Sacramento, Sacramento International Airport, Cache Creek Casino Resort, Esparto, Madison, Dunnigan and Knights Landing. Yolo Bus connects with other local public transportation systems. In Davis Unitrans and Fairfield-Suisun Transit and Regional Transit and Light Rail in Sacramento.

Telephone: (530) 666-2877

Website: <http://www.yolobus.com/>

Yolobus Special

ADA Paratransit Service for persons with disabilities in Yolo County is provided by Yolobus Special. It is available on a prearranged basis for any trips proposed within the designated service area. Yolobus Special serves the cities of Winters, Davis, West Sacramento, Woodland and portions of Sacramento.

Telephone: (530)666-2877

Website: <http://www.yolobus.com/riderinformation/yolobusspecial.php>

Faith in Action-Ride with Pride Program (Solano County residents only)

Transportation to and from medical or social programs. Individual recipients are requested to make a donation of \$5.00 for the round trip; however, no one is turned away for a lack of funds.

Telephone: (707) 469-6667 Website: www.faithinactionsolano.org

Winters Senior Resources

As a part of the scope of work for this project a Winters specific Senior Resource Guide was developed. All programs and services were checked to assure that they cover persons in Winters and the surrounding area. These guides in both English and Spanish were first distributed at the 2018 Carnitas Festival. Additional copies will be available at city hall, the community center, Winters Healthcare, Yolo County HHSA-Winters center, the Winters library and on the City of Winters website. The guides can be found in Appendix D. In addition, Senior Link of Yolo County produces an annual countywide Senior Resource guide. This can be found in Appendix E. Finally, Yolo Healthy Aging Alliance, a countywide non-profit whose mission is to enhance the well-being of older adults in Yolo County through Education, Collaboration and Advocacy has a resource section on their website that includes additional countywide resources with program descriptions. This can be found in Appendix F. and at www.yolohealthyaging.org.

Age Friendly Communities-an overview

As a part of this project, AARP was invited to present a town hall presentation on “Age Friendly Communities” on June 11, 2018. Julie Bates, a regional coordinator with AARP provided city staff and community members the process and benefits of becoming an Age Friendly Community. The criteria for membership and benefit of membership in the Age Friendly Network is as follows:

Criteria for Membership in the AARP Network of Age-Friendly Communities

The mayor or community chief executive requests membership from AARP and commits to meeting the World Health Organization’s criteria which are:

- Establish mechanisms for involving older people in all stages of the age-friendly cities and communities process (e.g., create an advisory citizens’ committee)
- Conduct a comprehensive and inclusive baseline assessment of the age-friendliness of the community (Years 1-2)
- Develop a three-year community-wide action plan based on assessment findings (Years 3-5)
- Identify indicators to monitor progress against this plan

The Benefits of Membership in the AARP Network of Age-Friendly Communities

- Opportunities to encourage local residents, businesses and other nonprofit groups to play an active role
- Connections to global and national networks of participating communities as well as aging and civil society experts
- Access to news, information and guidance about best practices, models, results and challenges in the age-friendly movement

- Opportunities for partnership with other communities, both domestic and international
- Mentoring, assessments and peer review evaluation by experts and member cities and towns
- Recognition by AARP and the World Health Organization of the community's commitment to become more age-friendly

The Age-Friendly Community Network is based on World Health Organization (WHO) research that found that 8 domains are key to an age friendly community. These domains are supportive of not only healthy aging but for community members of all ages. The 8 domains are listed below.



As noted above, the age friendly application process is conducted over 5 years with the first 2 years dedicated to community conversations and a discussion of the 8 domains and then the identification of 2-3 priority areas to address during years 3-5 of the process. An Age Friendly Advisory Committee is usually appointed that includes representation of the aging community and the city council. The City of West Sacramento is in year 3 of their Age Friendly application process and are implementing transportation changes and cross walk and city street updates. The AARP provides information, survey assistance and technical support for the process. The Yolo Healthy Aging Alliance is also available for assistance.

Three initial meetings were held to receive preliminary input on the 8 domains, including input from the Winters Senior Project Task Force. Suggestions collected are as follows:

Domain 1-Outdoor spaces and buildings-Availability of safe and accessible recreational facilities

- a. Classes or groups on technology including computer, smart phones, regular phones
- b. Potlucks, picnics, craft days, bingo
- c. Volunteer groups-reading program with elementary students

- d. Cooking, baking and nutrition
- e. Community garden-have more garden space. (32 plots in Walnut Park with ADA raised beds)
- f. Chair exercises with DVD and weights-can do this on their own
- g. Walking groups
- h. Senior Hours at the pool in the summer time.
- i. Theater groups- night out together
- j. Senior Bus trips to movies, theater, festivals
- k. Trips to River Cats
- l. Travelairs

Task Force: The Senior Center is an identified need and supported by the community surveys of this project. Additional outreach for the Latino population is needed so they know it is their place too. The center should include cultural and Spanish-language programs. Programming and planning could occur through community volunteers but site visits found that successful senior centers have paid staff for the coordination of programs and building use.

2-Transportation Safe and affordable modes of private and public transit

- a. Yolo Bus:
 - Transportation to Woodland-is an all day trip-regular service between here and Davis is limited. Works for working in Davis only.
 - Doctor appointments and basic grocery shopping is needed
 - Request regular bus service to Walmart (Dixon and Vacaville)
 - Safeway-Petco in Davis
- b. Other transportation needs:
 - Solano County-has free bus pass for those over certain age (Yolo Bus does also)
 - Yolo Bus-Special by appointment, ADA and wheelchair friendly
 - Lyft and Uber (2 have used) everyone would use if it is easy.
 - Woodland Community Care Car-they like the idea
- c. Transportation concerns:
 - Bus stop is across the busy street (Grant)-no bench or covering.
 - Grant Street is very busy even more busy certain time of day.
 - Needed: Cross walk and or stop sign to get across Grant Ave.
 - Control over Grant Ave. not city issue-need to bring in CalTrans

Task Force: This is the highest priority area identified in the survey. Needs further discussion to identify an affordable, sustainable system that people will utilize.

Quick verbal survey of town hall participants: TransportationWhere is your primary physician?

Winters-5

Davis-1

Woodland-1

Vacaville-3

Where do you go to the Pharmacy?

Winters-3 (Eagle Drug also has free home delivery)

Vacaville-7

Davis-0

Where do you go to the Hospital? (911 Takes you Davis but you can ask to go to Kaiser)

Davis-7

Vacaville-3

Woodland-2

Where do you do the majority of your Shopping/Groceries?

Winters-0

Davis-1

Dixon-4

Vacaville-6 (all over)

If there was a senior shuttle would you use it?

Now-3

Sometime in the future-12

3-Housing Range of housing options for older residents, the ability to age in place and home-modification programs **Group noted this is a priority area but ran out of time to discuss further.

- There is no assisted living facility in Winters so have to move away from family and friends.
- Limited affordable housing options.

Task Force: Priority area-additional affordable, accessible senior housing is needed. This should be addressed with the new senior housing project. An additional housing gap is assisted living in Winters.

4-Social participation Access for older adults to leisure and cultural activities, and opportunities for social and civic engagement with both peers and younger people

- Would like to get information on regional plays and concerts
- We need to find community members that have a Class B license to increase access to existing city buses. We should utilize the city buses more.

Task Force: Intergenerational computer classes are desired. Computers have been purchased by the city and are available. "Interact" service group at the high school could provide technical support for seniors.

5-Respect and social inclusion Programs to promote ethnic and cultural diversity, as well as multigenerational interaction and dialogue

Task Force: Communication from city and between residents and senior groups is not where it should be. More work is needed in this area.

6-Civic participation and employment Paid work and volunteer activities for older adults, and opportunities to engage in the creation of policies relevant to their lives

- Would like to know how to volunteer with children, especially through schools.

7-Communication and information Access to technology that helps older people connect with their community, friends and family

- Would like Winters Senior Foundation and County to come to their Senior Housing to give them information.
- Move in packet for people into apartments in particular and older people into Winters in general.

Task Force: Winters Senior Resource Guide will help with knowledge of services that are currently available. There has been low turnout for programs and services provided. We don't know how to reach the seniors yet, especially the Latino population.

Quick verbal survey of town hall participants: How do you get your information?

- 6 Can use computer (4 would like a class on how to use a computer/smart phone)
- 11 Word of mouth
- 6 Local newspaper
- 4 Facebook
- 7 City newsletter each month in utility bill
- 1 Local magazine once a month (from Solano County) Yolo should have one like this.
- 2 City manager – Friday update (need to subscribe)

8-Community support and health services Access to homecare services, health clinics and programs that promote wellness and active aging

Task Force: This is an important area. There are some programs and services but we are not there yet.

SWOT analysis

Utilizing all the data collected over the year of this project a SWOT analysis was completed:

Strengths

Parts of senior community already engaged
Local primary healthcare-Winters Healthcare
Multiple senior groups
Yolo County Service Center in Winters
RISE, Inc. support for low income persons
Yolo Bus Special & Faith in Action transportation
Winters Senior Foundation volunteer drivers
Local library
Have bi-lingual city staff
Local newspaper
Promotores program for Latino outreach
Many seniors have local family for support
Elder Day-recognize oldest residents

Opportunities

Planned senior center
City interest in expanding senior programs
Many non-profits available for partnerships
City owns 2 short buses with wheelchair lifts
Interest in starting a City Senior Commission
Local service clubs and businesses to engage
Network of Age Friendly Communities
Yolo Bus microtransit project
Intergenerational volunteer opportunities
Expansion of Yolo Food Bank distribution
Additional affordable senior housing planned
Expansion of RISE, Inc. programs
Additional coordination between senior groups
Expand ride share opportunities
Expand volunteer opportunities for seniors
Faith community could be more involved
Engage Chamber of Commerce
Can start senior programs in existing space

Weakness

Limited transportation options
No senior center
No assisted or skilled nursing-leave community
Poor sidewalk conditions
Dangerous walking access to grocery store
Insufficient number of affordable home care providers
Few specialty health services
People do not know about existing services
Not all programs/services in Spanish
No Latino senior group
Difficult to reach isolated seniors
Senior housing has a yearlong wait list
Need better emergency communication
Not much mixing of Latino and Anglo communities
High levels of low income seniors

Threats

Budgetary restraints
Large, low income cohort of "younger" old
Increased cost of housing
High cost of low utilized bus service
Immigration status concerns
Fire risk
Increasing older population overall

Recommendations for future action

- 1- The City of Winters could benefit from starting a Commission on Aging. This group would be advisory to the city council and city manager on aging matter and provide the leadership for the development of programs and services in Winters including at the senior center when it is built. In addition, the Yolo County Commission on Aging has representative from each city based commission on aging so that Winters will have a countywide voice also.
- 2- The community is expecting and anxious to see the Senior Center move forward. There are interested individuals that are ready and willing to assist with the planning and development. The hope is that it happens as soon as possible. While the budget restrictions are understood, the background work by the consultant and the Task Force shows that successful Senior Centers have paid coordinator staff to assure the building is open, safe and that programming is scheduled. For full inclusion would highly recommend this person be bi-lingual.
- 3- There are many non-profits and county organizations that can provide services and educational opportunities. There may not be a need for starting many new services that could be brought in such as Senior Link of Yolo County. They only need to be contacted and provided a space and their availability advertised. In addition, Yolo Healthy Aging Alliance is available and interested in ongoing work in Winters to bring resources, education and advocacy. Consultant, Sheila Allen, is the Executive Director and is ready and willing to facilitate this connection.
- 4- There are additional transportation options that need to be explored to address this top need. We recommend follow up with Yolo Bus on the possibility of microtransit, discussions with West Sacramento about their Via program, and additional discussions with the community about how best to use the resource of the 2 ADA minibuses already owned by the city.
- 5- Safe roads and sidewalks are the second, high priority area identified. In particular, a safe, direct walking passage across Grant Avenue to the grocery store is desired. Assemblymember Aguiar-Curry can assist the city with discussions with CalTrans to identify options to address this need. This will also address the needs of persons walking from Yolo Housing east of Highway 5.
- 6- The City of Winters may benefit from an ongoing older adult planning process such as the Age Friendly Network of Communities. The ground work has been laid and significant data collected.

Appendix A.
Winters Senior Community Survey results

(N=137)

- 127 reported they live in Winters or the surrounding area (93%)
- 59 are of Latino or Hispanic background (43%)
- 106 are over the age of 50 years (83%)
- 27 are currently the caregiver of someone over the age of 50 (20%)

The top five priorities people chose for services needed for older adults in Winters:

1. Local transportation (to store, bank, etc.)
2. Regional transportation (hospital in Davis, Social Security in West Sac)
3. In home care and personal assistance
4. Home visits for isolated seniors
5. Help knowing what services are available

The top five priorities people chose for programs needed for older adults in Winters:

1. Exercise classes
2. Walking Club
3. Card and Game activities
4. Craft groups
5. Computer and Smart phone use

The top five services that participants or family members would likely use in the next 5-10 years are:

1. Local transportation (to store, bank, etc.)
2. Regional transportation (hospital in Davis, Social Security in West Sac)
3. In home care and personal assistance
4. Help knowing what services are available
5. Help with connection to services

The top five programs that participants or family members likely use in the next 5-10 years are:

1. Exercise classes
2. Walking Club
3. Card and Game activities
4. Computer and Smart phone use
5. Travel group

Appendix B.

Winters demographic data

The Demographics of Older Adults in Winters, California

INTRODUCTION

This document aims to present a quantitative description of the demographics of the older adult population of Winters, California. The overarching goal is to identify and highlight notable attributes of the older adult population of Winters so that policies and programs might be tailored to the unique needs of Winters older adults.

METHODS

Data source

This report relies exclusively on data provided by the 2016 American Community Survey (ACS)¹ 5-year estimates, accessed through the American FactFinder database². Briefly, the ACS is an ongoing survey that provides yearly estimates of demographic data for small geographic areas (Census tracts and block groups³). The 2016 5-year estimates are based on survey responses collected between 2012 and 2016 from over 10 million people and/or households from across the United States, including over 1 million from California.

The strength of the ACS lies in its ability to capture and/or estimate demographic changes that 1) occur on a timescale that is too short to be observed in the decennial Census, or 2) have largely taken place since the most recent Census data was collected. As of the writing of this report, the 2010 Census data is 8 years old, thus until the 2020 Census data is available the ACS provides the most comprehensive, up-to-date information collected and disseminated in a highly standardized format. The primary weakness of the ACS is that the reliability of the data for smaller populations, including rural areas, is somewhat lower due to the small absolute number of respondents. For most populations described here this not a major issue; however, where under sampling issues may exist it is noted in the text.

Geographical areas

As this report is focused on describing the demographics of older adults in Winters, California. As such, all data are based in ACS data for Census tract 113.

Age ranges

Due to the sampling limits of the ACS, the precise age range that defines “older adults” in this report varies somewhat depending on the variable being considered. In general, this report considers older adults as being 65 years old or older. Where disaggregated data is available for adults in the approximately 45 to 60 year age range that data is presented as well.

RESULTS

General population

Figure 1 shows the population distribution for adults over 35 years old expressed as a percent of the total population. The estimated population counts are given in Table 1. The most notable feature of this dataset is that the data show that Winters has a higher percentage of adult residents in the 50 to 64 year age groups compared to the immediately younger and older groups.

Reported Race

Figure 2 shows the breakdown of the population data by racial identity for adults over 45 years old, expressed as a percentage of the total population of each geographic area. The corresponding count data is given in Table 2. The ACS includes 9 options from which respondents can indicate their racial identity: Asian; Black or African American; American Indian and Alaska Native; Native Hawaiian and Other Pacific Islander; Some Other Race; Two or More Races; White Alone, not Hispanic or Latino; Hispanic or Latino; White. In this report, only the most frequently indicated 6 categories are included for the purpose of brevity (see Figure 2 and Table 2). In this data Winters stands out in several ways. First, there is a relatively high proportion of Winters residents indicating Hispanic, White, or Other racial identity in the age groups between 45 and 75 years old. Furthermore, relatively fewer Winters respondents indicated Black or Asian racial identity. This trend held across most age groups for this 45 and over dataset.

Reported Poverty level

Figure 3 shows the estimated percentage of residents whose income in the past 12 months does not exceed the federal poverty level for 2016⁵. The corresponding count data is given in Table 3. The most notable feature of poverty level data is the relatively high percentage of Winters residents in the 55 to 64 year age category that fall below the poverty line. The estimated error suggests a large degree of uncertainty in this estimate, again likely due to the low number of respondents from which the estimates were derived; however, the increase is quite prominent. The trend appears to reverse for the oldest age groups (65 to 74 and 75+ years).

Reported Disability status

Figure 4 shows the prevalence of reported disabilities for the two age groups within the range focused on in this report (see Methods) for which data are available, expressed as a percentage of the total population in each age group. Table 4 gives the corresponding counts.

Reported Employment Status

Figure 5 shows the estimated unemployment and labor participation rates for each age group expressed as a percentage of the population of each age group. Table 5 gives the corresponding counts. Due to the way the data is aggregated before being made available, the 65 to 74 year age group spans 10 years, while the younger age groups span only 5 years. Two trends in this dataset are notable. First is the relative increase in unemployment, and corresponding decrease in labor participation, among Winters residents in the 55 to 59 age group, and the second is the reversal of this trend in the 60 to 64 age group. While the reduction in unemployment among Winters residents age 60 to 64 could be the result

of people dropping out of the labor force, the increase in labor participation rates and absolute number of people participating in the labor force (see Table 5B) suggests that this is not the case. The available ACS data do not suggest a cause for this trend, though variability due to small sample size cannot be ruled out.

Reported Health Insurance Provider

Figure 6 shows the percentage of each age group that receives health insurance through public (left) or private (right) institutions, expressed as a percentage of the population of each age group within each geographic area. Table 6 gives the corresponding counts. Within the ACS data, public health care programs consist of Medicare, Medicaid, or insurance received through the Veterans Administration; private health care programs include employer provided, direct purchase, or insurance received through the Department of Defense Military Health System. Individuals that receive benefits through both private and public sources are counted in both categories. The only notable trend in this dataset is the dramatic jump in the proportion of people receiving public health insurance between the 55 to 64 age group, around 15 to 20%, and the 65 to 74 age group, around 90%. This is to be expected however, as the age for Medicare eligibility is 65. Below age 65 Winters residents appear slightly less likely to have public health insurance, though the effect is very small. Otherwise, Winters' residents appear very similar to the other communities across all age groups considered here.

REFERENCES AND RESOURCES

1. <https://www.census.gov/programs-surveys/acs/>
2. <https://factfinder.census.gov/>
3. A Census tract is a geographical unit determined by the Census Bureau comprising, on average, about 4,000 people. Census block groups are slightly smaller, typically between 600 and 3,000 people.
4. ACS Design and Methodology, Chapter 12: <https://www.census.gov/programs-surveys/acs/methodology/design-and-methodology.html>
5. <https://aspe.hhs.gov/prior-hhs-poverty-guidelines-and-federal-register-references>

Figure 1: General population

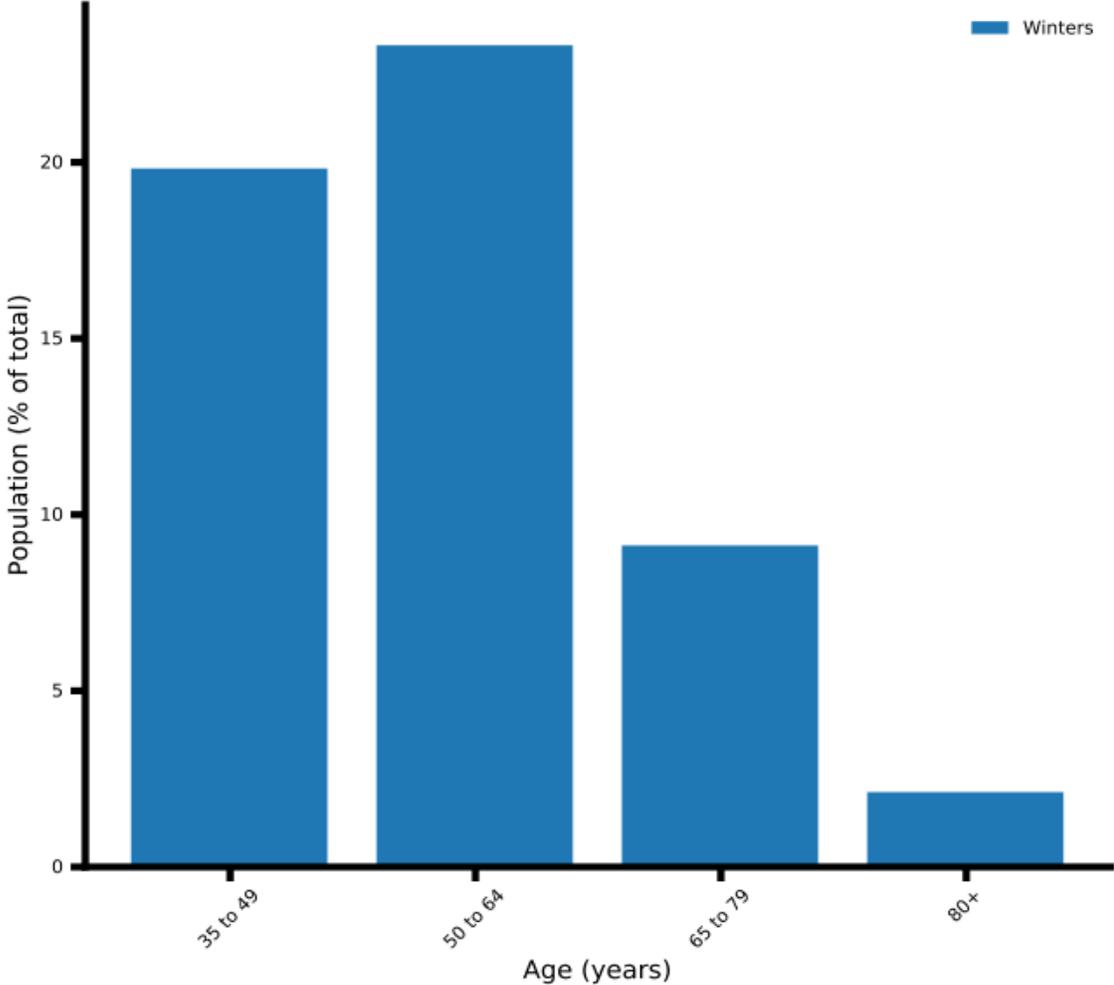


Figure 6: Population of each age group in Winters expressed as a percent of the total population.

Figure 2: General population

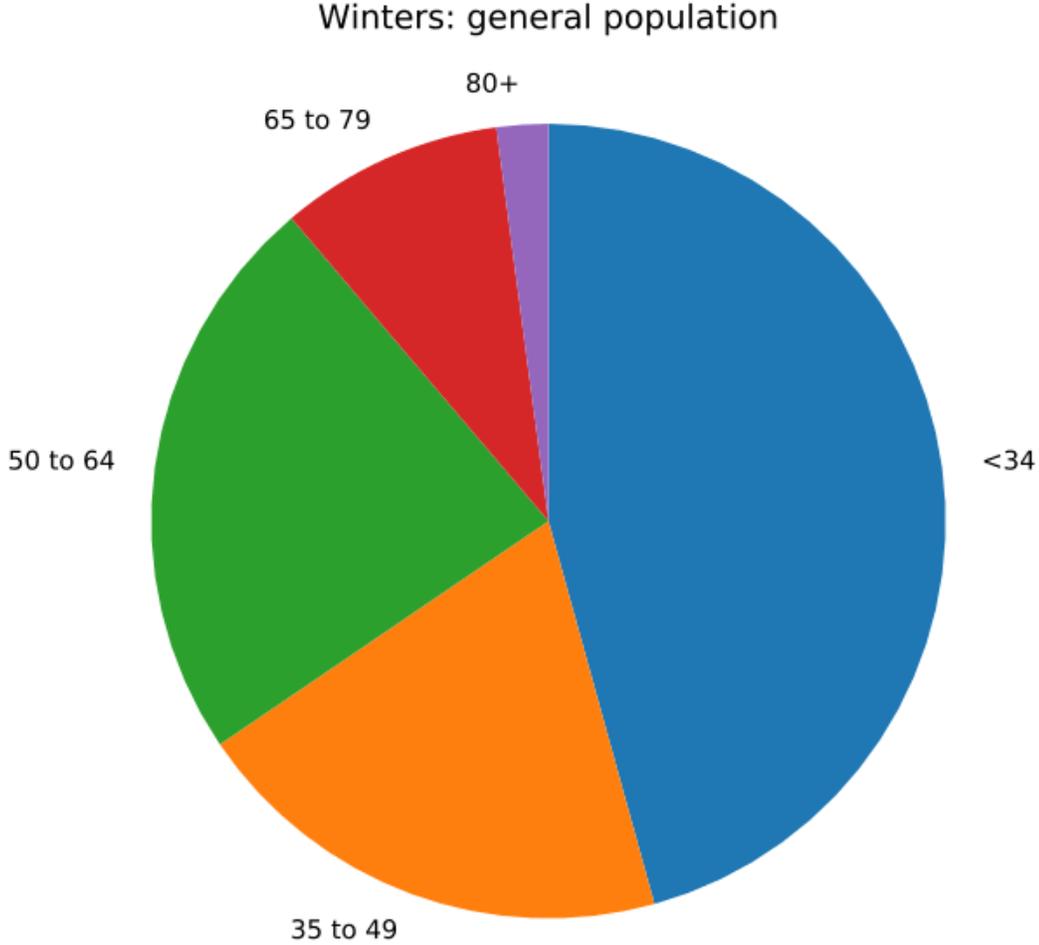


Figure 7: Winters general population visualized as a pie chart

Table 1: Winters - General population

Age Range	Winters
35 to 49	1706.17
50 to 64	2007.76
65 to 79	784.15
80+	180.96

Figure 3: Reported race

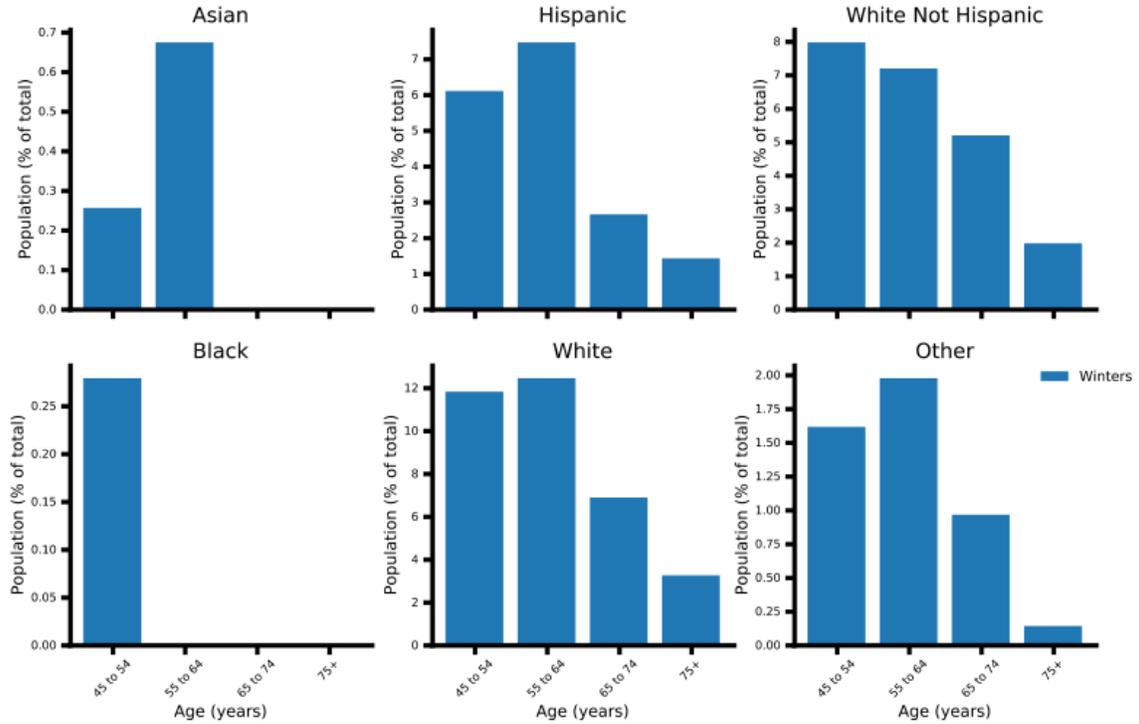


Figure 8: Breakdown of population within each age group by reported race.

Figure 4: Reported race

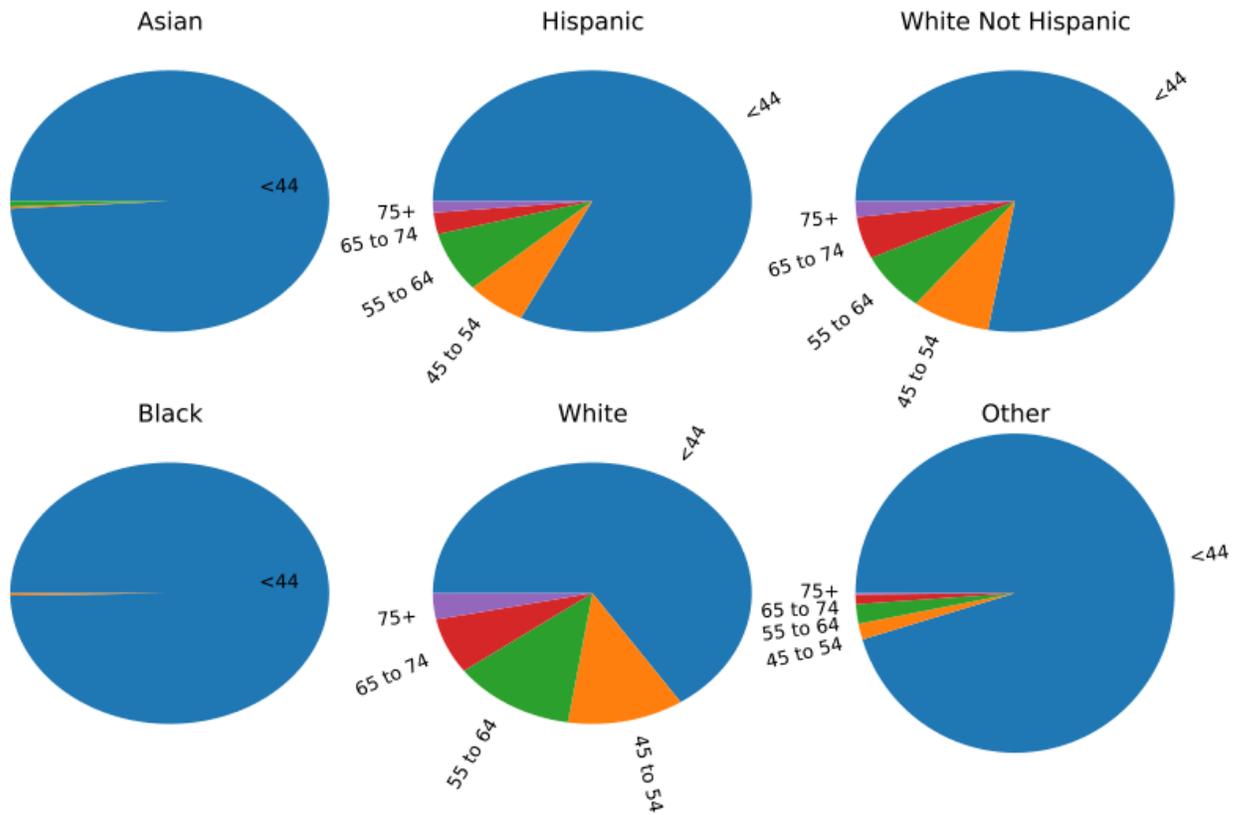


Figure 9: Reported race visualized in pie chart form.

Table 2: Winters - population by reported race**A. Asian**

Age Range	Winters
45 to 54	22.00
55 to 64	58.00
65 to 74	0.00
75+	0.00

B. Black or African American

Age Range	Winters
45 to 54	24.00
55 to 64	0.00
65 to 74	0.00
75+	0.00

C. Hispanic or Latino

Age Range	Winters
45 to 54	525.00
55 to 64	642.00
65 to 74	228.00
75+	122.00

D. White

Age Range	Winters
-----------	---------

45 to 54	1017.00
55 to 64	1071.00
65 to 74	592.00
75+	279.00

E. White Not Hispanic

Age Range	Winters
45 to 54	686.00
55 to 64	619.00
65 to 74	447.00
75+	169.00

F. Other

Age Range	Winters
45 to 54	139.00
55 to 64	170.00
65 to 74	83.00
75+	12.00

Figure 5: Poverty status

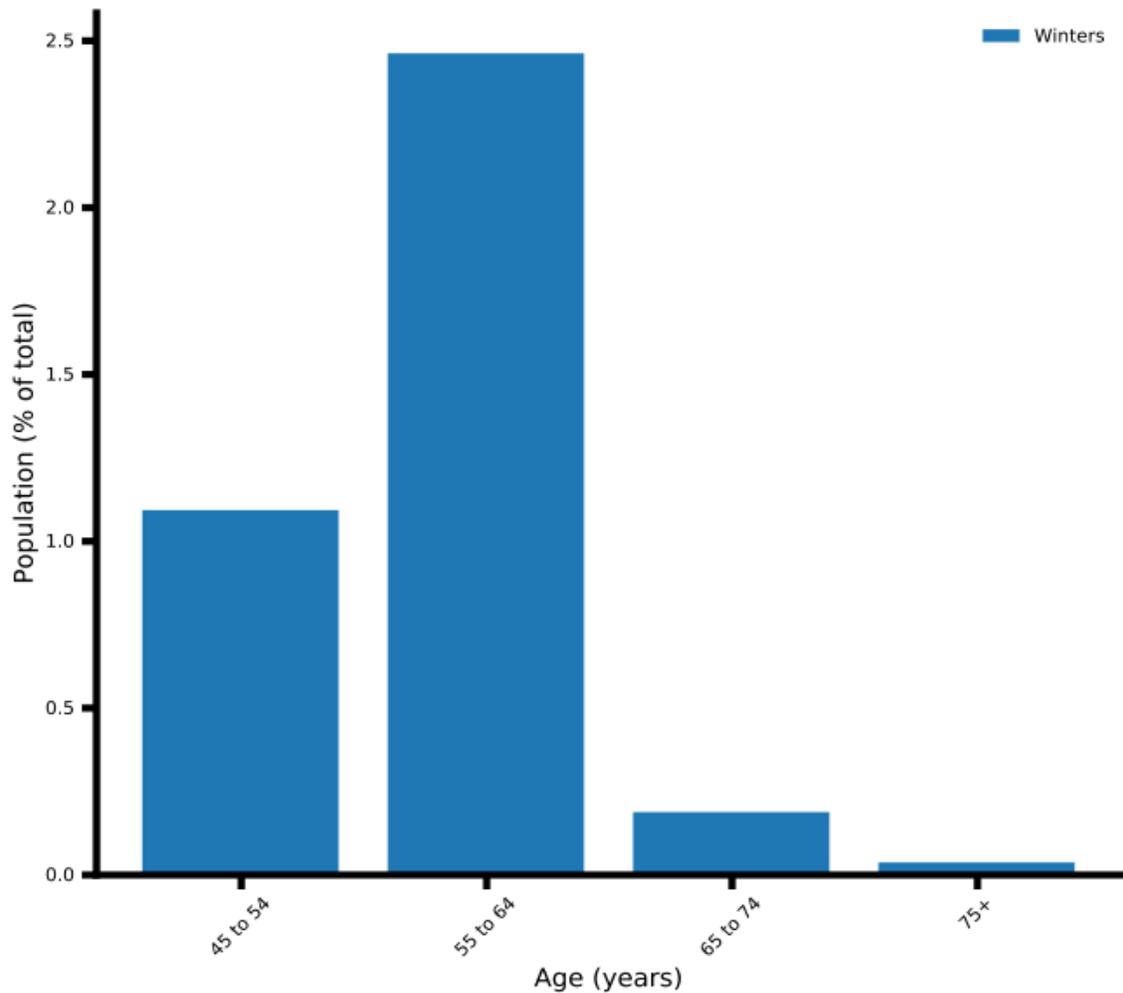


Figure 10: Population of residents in each age group whose income over the past 12 months was below the federal poverty line.

Table 3: Population below federal poverty line

Age Range	Winters
45 to 54	94.00
55 to 64	212.00
65 to 74	16.00
75+	3.00

Figure 6: Disability status

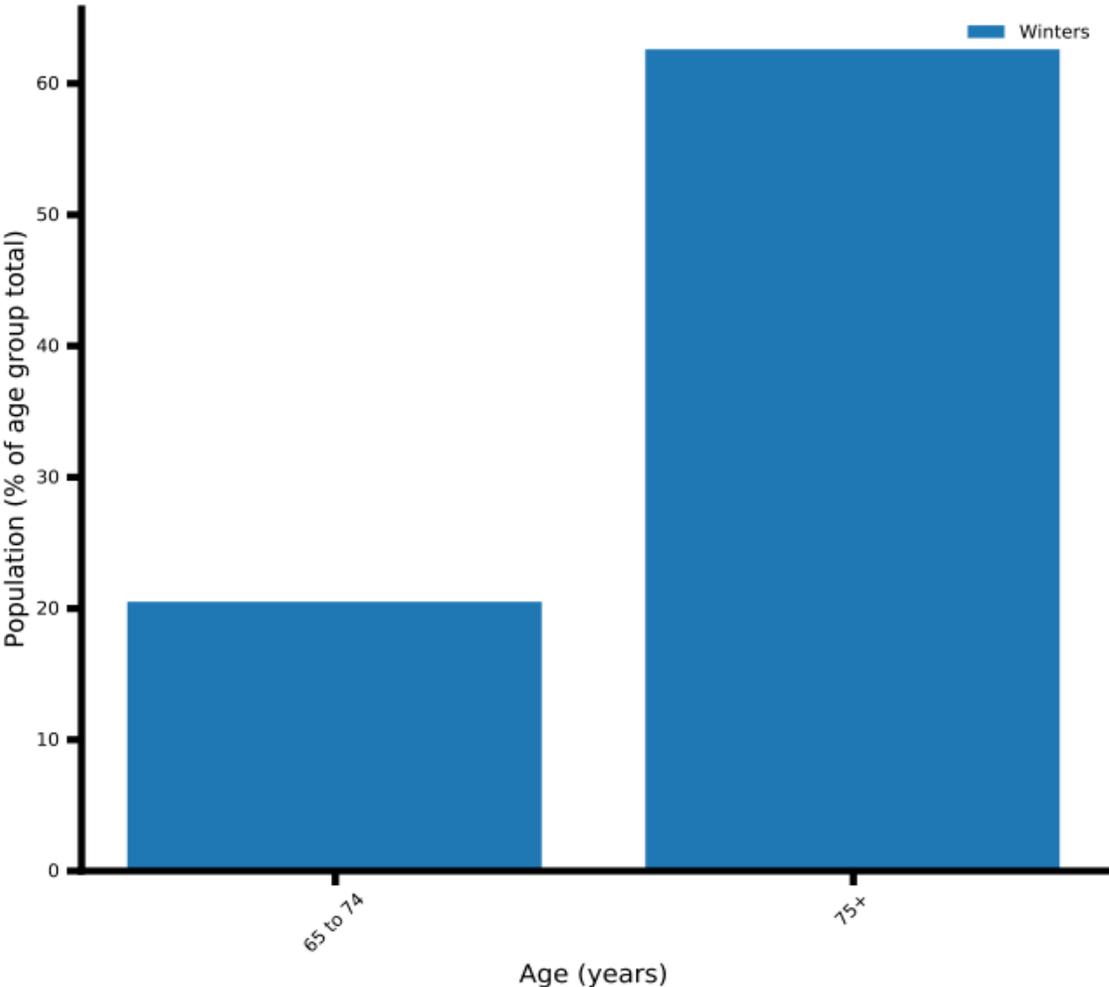


Figure 11: Percent of each age group reporting a disability.

Table 4: Number of residents in each age group in each location reporting a disability

Age Range	Winters
65 to 74	138.00
75+	182.00

Figure 7: Employment status

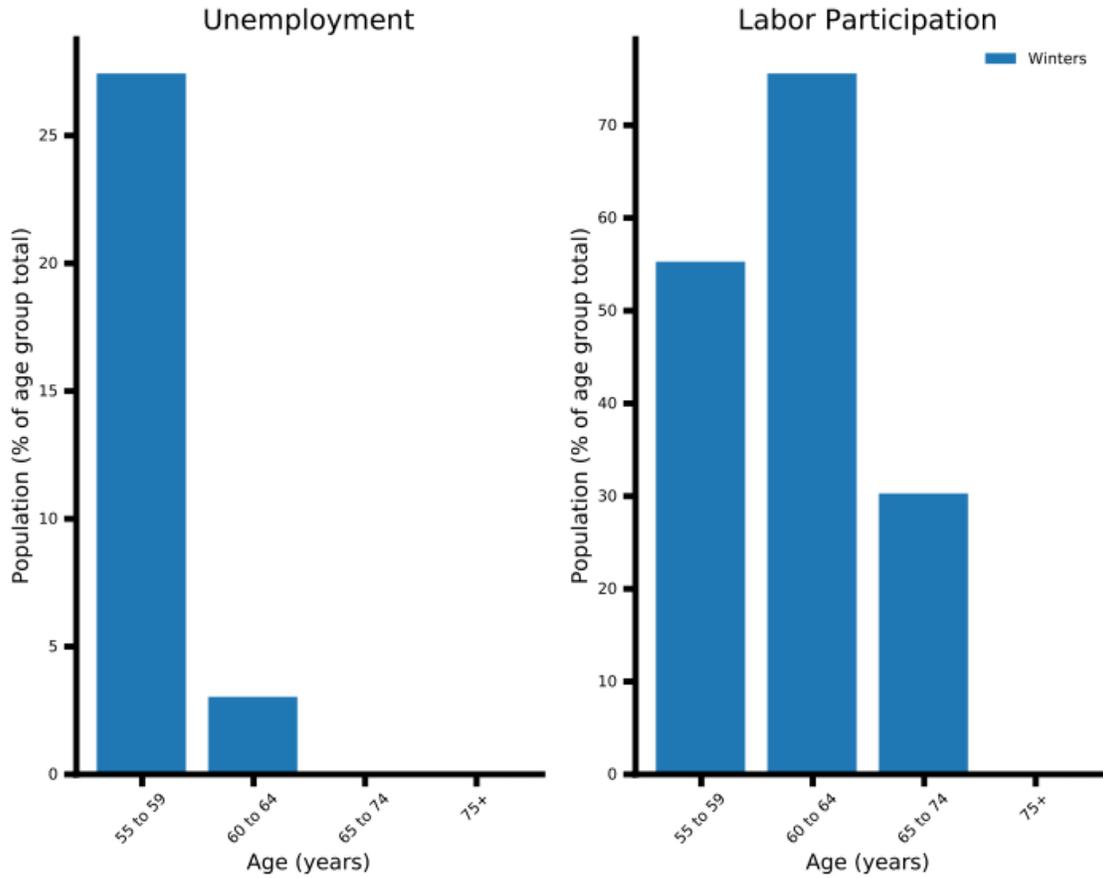


Figure 12: (Left) Percent of each age group reporting an unemployed status and (Right) percent of each age group participating in the labor force.

Table 5: Employment status for each age group in each location

A. Unemployment

Age Range	Winters
55 to 59	184.68
60 to 64	19.92
65 to 74	0.00
75+	0.00

B. Labor participation

Age Range	Winters
55 to 59	372.05
60 to 64	501.32
65 to 74	203.85
75+	0.00

Figure 8: Health insurance provider

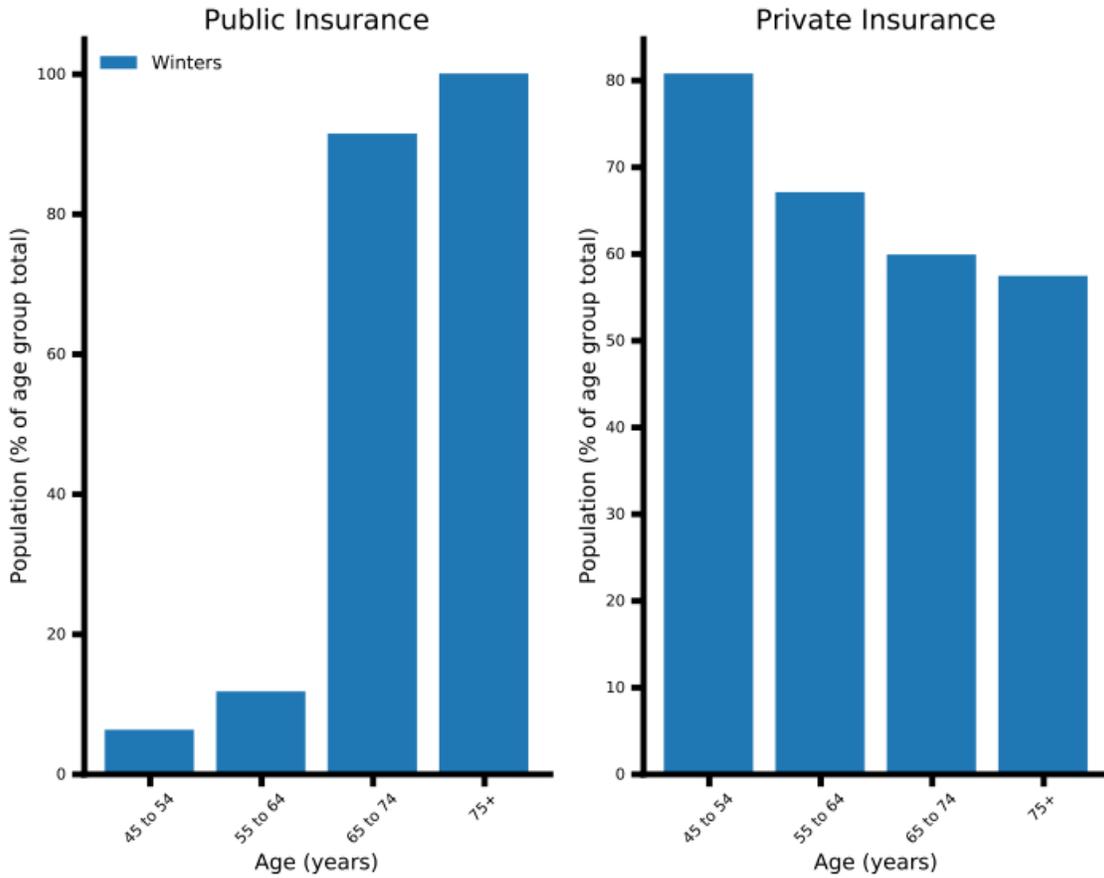


Figure 13: (Left) percent of each age group receiving health insurance through public provider and (Right) percent of each age group receiving health insurance through a private provider.

Table 6: Health insurance provider for each age group and location

A. Public insurance

Age Range	Winters
45 to 54	79.00
55 to 64	157.00
65 to 74	617.00
75+	291.00

B. Private insurance

Age Range	Winters
45 to 54	1018.00
55 to 64	897.00
65 to 74	404.00
75+	167.00

Appendix C. Yolo County demographic data

The demographics of older adults in Winters, California:

A comparison with neighboring communities in Yolo County

INTRODUCTION

This document aims to present a quantitative description of the demographics of the older adult population of Winters, California in relation to other locals within Yolo County, as well as Yolo County as a whole. The overarching goal is to identify and highlight the attributes that distinguish the older adult population of Winters from other Yolo County communities so that policies and programs might be tailored to the unique needs of Winters older adults.

METHODS

Data source

This report relies exclusively on data provided by the 2016 American Community Survey (ACS)¹ 5-year estimates, accessed through the American FactFinder database². Briefly, the ACS is an ongoing survey that provides yearly estimates of demographic data for small geographic areas (Census tracts and block groups³). The 2016 5-year estimates are based on survey responses collected between 2012 and 2016 from over 10 million people and/or households from across the United States, including over 1 million from California.

The strength of the ACS lies in its ability to capture and/or estimate demographic changes that 1) occur on a timescale that is too short to be observed in the decennial Census, or 2) have largely taken place since the most recent Census data was collected. As of the writing of this report, the 2010 Census data is 8 years old, thus until the 2020 Census data is available the ACS provides the most comprehensive, up-to-date information collected and disseminated in a highly standardized format. The primary weakness of the ACS is that the reliability of the data for smaller populations, including rural areas, is somewhat lower due to the small absolute number of respondents. For most populations described here this not a major issue; however, where under sampling issues may exist it is noted in the text.

Geographical areas

As this report is focused on describing the demographics of older adults in Winters relative to surrounding communities, the geographical areas for which data are presented are: Davis, West Sacramento, Woodland, Winters, and Yolo County as a whole. The Census tracts that comprise each of these areas are given in Table 1.

Table 1

Area name	Census tracts included
Davis	105.01, 105.05, 105.08, 105.09, 105.10, 105.11, 105.12, 105.13, 106.02, 106.05, 106.06, 106.07, 106.08, 107.01, 107.03, 107.04
West Sacramento	101.01, 101.02, 102.01, 102.03, 103.04, 103.02, 103.10, 103.12, 104.02
Winters	113
Woodland	108, 109.01, 109.02, 110.01, 110.02, 111.01, 111.02, 111.03, 112.03, 112.04, 112.05, 112.06

Age ranges

Due to the sampling limits of the ACS, the precise age range that defines “older adults” in this report varies somewhat depending on the variable being considered. In general, this report considers older adults as being 65 years old or older. Where disaggregated data is available for adults in the approximately 45 to 60 year age range that data is presented as well.

Variability estimates

The variability estimates included in this report, as given by the ACS data, represent a 90% confidence interval (CI) on the corresponding estimate, what the ACS refers to as “margin-of-error”. The 90% CI is calculated from an estimated variance that is estimated by a replicate-based procedure known as successive difference replication⁴. The basic interpretation of a 90% CI is that, if the sampling and estimation procedure were repeated numerous times, the true value of the parameter being estimated should fall within the interval 90% of the time. The interval in this case would be $[V_{EST} - 90\% CI, V_{EST} + 90\% CI]$, where V_{EST} is the estimated value (e.g. the population of Winters residents between the ages 55 and 64). Data presented in table is form is formatted as:

$$count [90\%CI]$$

where *count* is the estimated size of the given population followed by the 90% CI within square brackets. In figures, all error bars represent ± 1 standard error, which is a more natural metric for visual display and is given by:

$$SE = \frac{90\%CI}{1.645}$$

RESULTS

General population

Figure 1 shows the population distribution for adults over 45 years old for each geographic area expressed as a percent of the total population. The estimated population counts, and corresponding estimated variability, and given in Table 1. There are two notable features of the general population data that relate specifically to Winters. First, the data show that Winters has a greater percentage of adult residents in the 50 to 65 year age groups compared to both the other communities and Yolo county as a whole. Above age 65 the percentages for Winters look quite similar to the other locations. The second notable feature is quite apparent in the general population data is that the magnitude of the estimated variability is approximately proportional to the total population of the geographic area. Thus, as Winters has a much lower total population than the other areas, its variability is correspondingly larger, a fact that should be kept in mind when interpreting all of the data presented in this report.

Reported Race

Figure 2 shows the breakdown of the population data by racial identity for adults over 45 years old, expressed as a percentage of the total population of each geographic area. The corresponding count data is given in Table 2. The ACS includes 9 options from which respondents can indicate their racial identity: Asian; Black or African American; American Indian and Alaska Native; Native Hawaiian and Other Pacific Islander; Some Other Race; Two or More Races; White Alone, not Hispanic or Latino; Hispanic or Latino; White. In this report, only the most frequently indicated 6 categories are included for the purpose of brevity (see Figure 2 and Table 2). In this data Winters stands out in several ways. First, there is a relatively higher proportion of Winters residents indicating Hispanic, White, or Other racial identity in the age groups between 45 and 75 years old compared with the other areas. Furthermore, somewhat fewer Winters respondents indicated Black or Asian racial identity than the other areas. This trend held across most age groups for this 45 and over dataset.

Reported Poverty level

Figure 3 shows the estimated percentage of residents whose income in the past 12 months does not exceed the federal poverty level for 2016⁵. The corresponding count data is given in Table 3. The most notable feature of poverty level data is the relatively high percentage of Winters residents in the 55 to 64 year age category that fall below the poverty line. The estimated error suggests a large degree of uncertainty in this estimate, again likely due to the low number of respondents from which the estimates were derived; however, the increase is quite prominent. The trend appears to reverse for the oldest age groups (65 to 74 and 75+ years).

Reported Disability status

Figure 4 shows the prevalence of reported disabilities for the two age groups within the range focused on in this report (see Methods) for which data are available, expressed as a percentage of the total population in each age group. Table 4 gives the corresponding counts. In this dataset Winters appears very similar to the other communities, and Yolo county in general. The general finding that around 50 to 60% of Yolo county adults over age 75 report having a disability is rather notable.

Reported Employment Status

Figure 5 shows the estimated unemployment and labor participation rates for each age group expressed as a percentage of the population of each age group. Table 5 gives the corresponding counts. Due to the way the data is aggregated before being made available, the 65 to 74 year age group spans 10 years, while the younger age groups span only 5 years. Two trends in this dataset are notable. First is the relative increase in unemployment, and corresponding decrease in labor participation, among Winters residents in the 55 to 59 age group, and the second is the reversal of this trend in the 60 to 64 age group. While the reduction in unemployment among Winters residents age 60 to 64 could be the result of people dropping out of the labor force, the increase in labor participation rates and absolute number of people participating in the labor force (see Table 5B) suggests that this is not the case. The available ACS data do not suggest a cause for this trend, though variability due to small sample size cannot be ruled out.

Reported Health Insurance Provider

Figure 6 shows the percentage of each age group that receives health insurance through public (left) or private (right) institutions, expressed as a percentage of the population of each age group within each geographic area. Table 6 gives the corresponding counts. Within the ACS data, public health care programs consist of Medicare, Medicaid, or insurance received through the Veterans Administration; private health care programs include employer provided, direct purchase, or insurance received through the Department of Defense Military Health System. The only notable trend in this dataset is the dramatic jump in the proportion of people receiving public health insurance between the 55 to 64 age group, around 15 to 20%, and the 65 to 74 age group, around 90%. This is to be expected however, as the age for Medicare eligibility is 65. Below age 65 Winters residents appear slightly less likely to have public health insurance, though the effect is very small. Otherwise, Winters' residents appear very similar to the other communities across all age groups considered here.

CONCLUSIONS

As the principal goal of this report is to provide a detailed description of the demographic makeup of Winters, California in relation to the surrounding communities no strong conclusions will be made. However, when considering all of the datasets presented here three general trends about Winters residents within the 55 to 64 age category are worth noting: 1) for Winters, the 55 to 64 age category has the highest population among older adults, showing higher a population than both the immediately

younger and immediately older age groups; 2) Winters residents between 55 and 64 show higher poverty rates than the other communities considered here, and higher poverty rates than the Yolo county average, the only age group considered here to show such a trend; 3) Winters residents between 55 and 64 show higher unemployment rates than the other Yolo county communities studies here, again the only age group to show such a trend.

REFERENCES AND RESOURCES

1. <https://www.census.gov/programs-surveys/acs/>
2. <https://factfinder.census.gov/>
3. A Census tract is a geographical unit determined by the Census Bureau comprising, on average, about 4,000 people. Census block groups are slightly smaller, typically between 600 and 3,000 people.
4. ACS Design and Methodology, Chapter 12: <https://www.census.gov/programs-surveys/acs/methodology/design-and-methodology.html>
5. <https://aspe.hhs.gov/prior-hhs-poverty-guidelines-and-federal-register-references>

Figure 1: General population

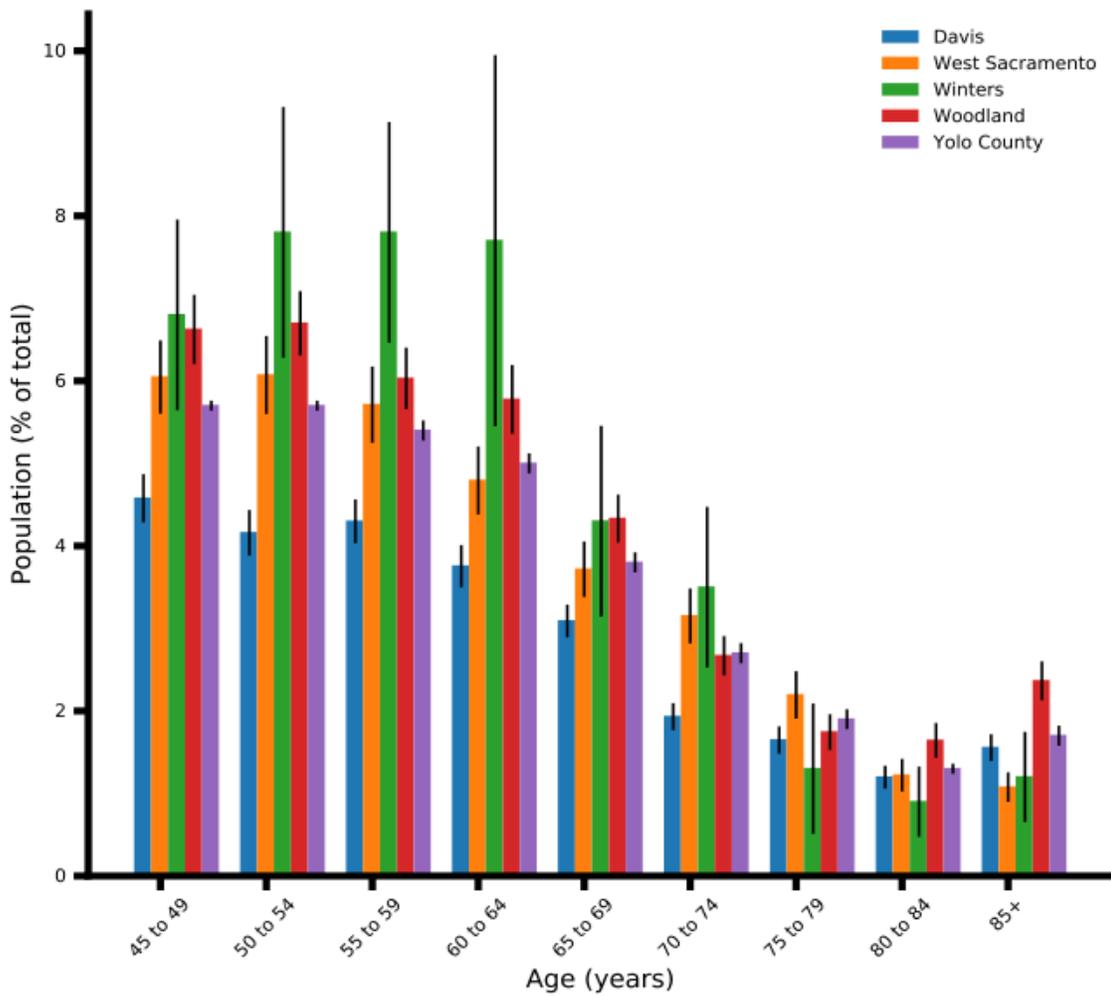


Figure 14: Population of each age group in each location expressed as a percent of the total population of the corresponding area. Error bars represent ± 1 Standard Error (SE).

Table 1: General population (count [90% CI])

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 49	3392.86 [356.08]	3115.55 [376.63]	585.96 [163.72]	4032.82 [420.57]	11951.25 [209.67]
50 to 54	3082.46 [337.40]	3128.18 [400.24]	672.13 [215.43]	4078.76 [390.34]	11951.25 [209.67]
55 to 59	3185.84 [323.78]	2943.04 [391.52]	672.13 [189.57]	3671.58 [373.92]	11322.23 [419.34]
60 to 64	2782.93 [313.12]	2470.10 [349.41]	663.51 [318.83]	3517.20 [417.44]	10483.55 [419.34]
65 to 69	2290.70 [241.84]	1915.48 [284.80]	370.53 [163.72]	2637.57 [290.40]	7967.50 [419.34]
70 to 74	1431.20 [198.85]	1623.85 [282.01]	301.60 [137.87]	1624.88 [238.82]	5661.12 [419.34]
75 to 79	1220.97 [202.75]	1130.27 [243.39]	112.02 [112.02]	1061.88 [217.28]	3983.75 [419.34]
80 to 85	887.05 [169.79]	629.30 [167.05]	77.55 [60.32]	1000.14 [211.29]	2725.72 [209.67]
85+	1152.82 [196.70]	554.41 [152.22]	103.40 [77.55]	1439.85 [236.52]	3564.41 [419.34]

Figure 2: Reported race

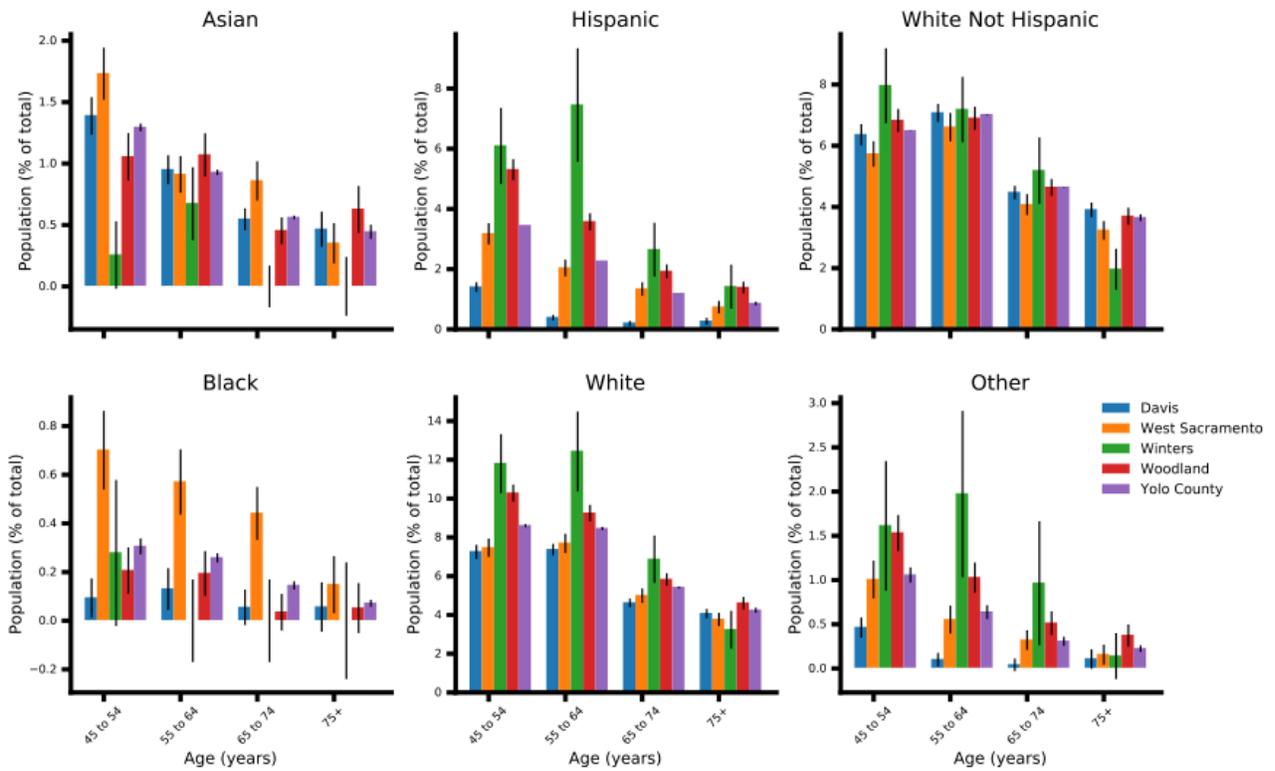


Figure 15: Breakdown of population within each age group by reported race. Error bars represent ± 1 Standard Error (SE).

Table 2: population by reported race (count [90% CI])**A. Asian**

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	937.00 [169.58]	887.00 [179.04]	22.00 [38.91]	631.00 [190.17]	2607.00 [104.20]
55 to 64	641.00 [130.50]	467.00 [126.08]	58.00 [42.01]	640.00 [172.92]	1871.00 [73.54]
65 to 74	369.00 [99.28]	440.00 [134.85]	0.00 [24.04]	271.00 [107.24]	1132.00 [48.60]
75+	314.00 [158.44]	180.00 [138.54]	0.00 [34.00]	375.00 [188.24]	895.00 [189.02]

B. Black or African American

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	63.00 [89.35]	359.00 [136.40]	24.00 [42.54]	123.00 [94.10]	615.00 [109.56]
55 to 64	88.00 [94.78]	292.00 [113.14]	0.00 [24.04]	116.00 [90.61]	521.00 [62.13]
65 to 74	37.00 [80.98]	226.00 [91.67]	0.00 [24.04]	21.00 [74.57]	292.00 [56.44]
75+	38.00 [112.45]	76.00 [99.05]	0.00 [34.00]	31.00 [101.44]	145.00 [47.74]

C. Hispanic or Latino

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	948.00 [178.96]	1626.00 [298.40]	525.00 [179.07]	3172.00 [344.15]	6941.00 []
55 to 64	263.00 [97.41]	1044.00 [233.14]	642.00 [267.68]	2136.00 [281.60]	4565.00 []
65 to 74	135.00 [92.08]	687.00 [189.99]	228.00 [127.06]	1150.00 [229.64]	2395.00 []
75+	181.00 [126.23]	377.00 [175.14]	122.00 [103.72]	830.00 [191.15]	1725.00 [211.67]

D. White

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
-----------	-------	-----------------	---------	----------	-------------

45 to 54	4897.00 [398.25]	3825.00 [396.58]	1017.00 [215.52]	6147.00 [439.15]	17340.00 [292.87]
55 to 64	4971.00 [329.83]	3941.00 [418.15]	1071.00 [292.05]	5530.00 [421.66]	17038.00 [267.29]
65 to 74	3118.00 [248.46]	2558.00 [316.19]	592.00 [173.05]	3487.00 [314.90]	10917.00 [168.29]
75+	2747.00 [266.95]	1931.00 [291.81]	279.00 [137.91]	2757.00 [312.34]	8549.00 [445.84]

E. White Not Hispanic

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	4293.00 [382.14]	2936.00 [353.52]	686.00 [173.68]	4083.00 [368.04]	13071.00 [27.66]
55 to 64	4773.00 [326.34]	3386.00 [391.89]	619.00 [151.49]	4125.00 [377.70]	14136.00 [48.41]
65 to 74	3018.00 [243.97]	2088.00 [288.35]	447.00 [153.81]	2774.00 [275.02]	9356.00 [32.25]
75+	2636.00 [261.99]	1657.00 [256.39]	169.00 [94.97]	2210.00 [278.46]	7355.00 [370.13]

F. Other

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	312.00 [125.81]	515.00 [180.62]	139.00 [103.77]	916.00 [201.05]	2130.00 [285.70]
55 to 64	67.00 [85.33]	283.00 [132.73]	170.00 [133.22]	614.00 [167.96]	1284.00 [261.08]
65 to 74	27.00 [79.81]	164.00 [94.22]	83.00 [99.54]	306.00 [132.35]	619.00 [171.94]
75+	72.00 [121.79]	80.00 [95.65]	12.00 [36.76]	223.00 [123.76]	450.00 [125.55]

Figure 3: Poverty status

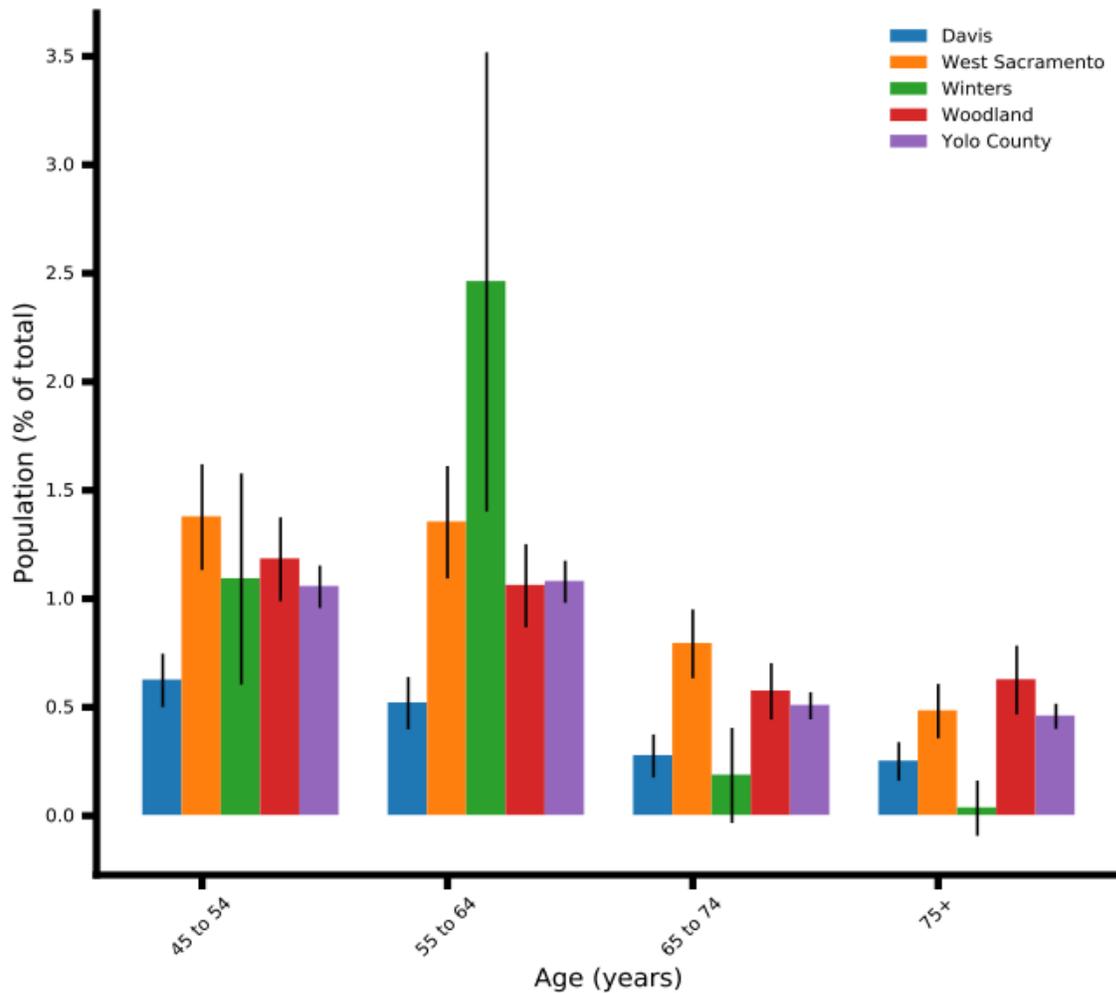


Figure 16: Population of residents in each age group in each location whose income over the past 12 months was below the federal poverty line. Error bars represent ± 1 Standard Error (SE).

Table 3: Population below federal poverty line (count [90% CI])

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	421.00 [136.36]	705.00 [205.48]	94.00 [68.96]	707.00 [190.12]	2127.00 [324.66]
55 to 64	350.00 [133.85]	693.00 [218.44]	212.00 [150.01]	634.00 [188.79]	2173.00 [321.27]
65 to 74	186.00 [110.00]	406.00 [133.63]	16.00 [31.06]	343.00 [127.60]	1021.00 [206.63]
75+	169.00 [98.50]	247.00 [105.66]	3.00 [18.03]	374.00 [155.91]	923.00 [192.82]

Figure 4: Disability status

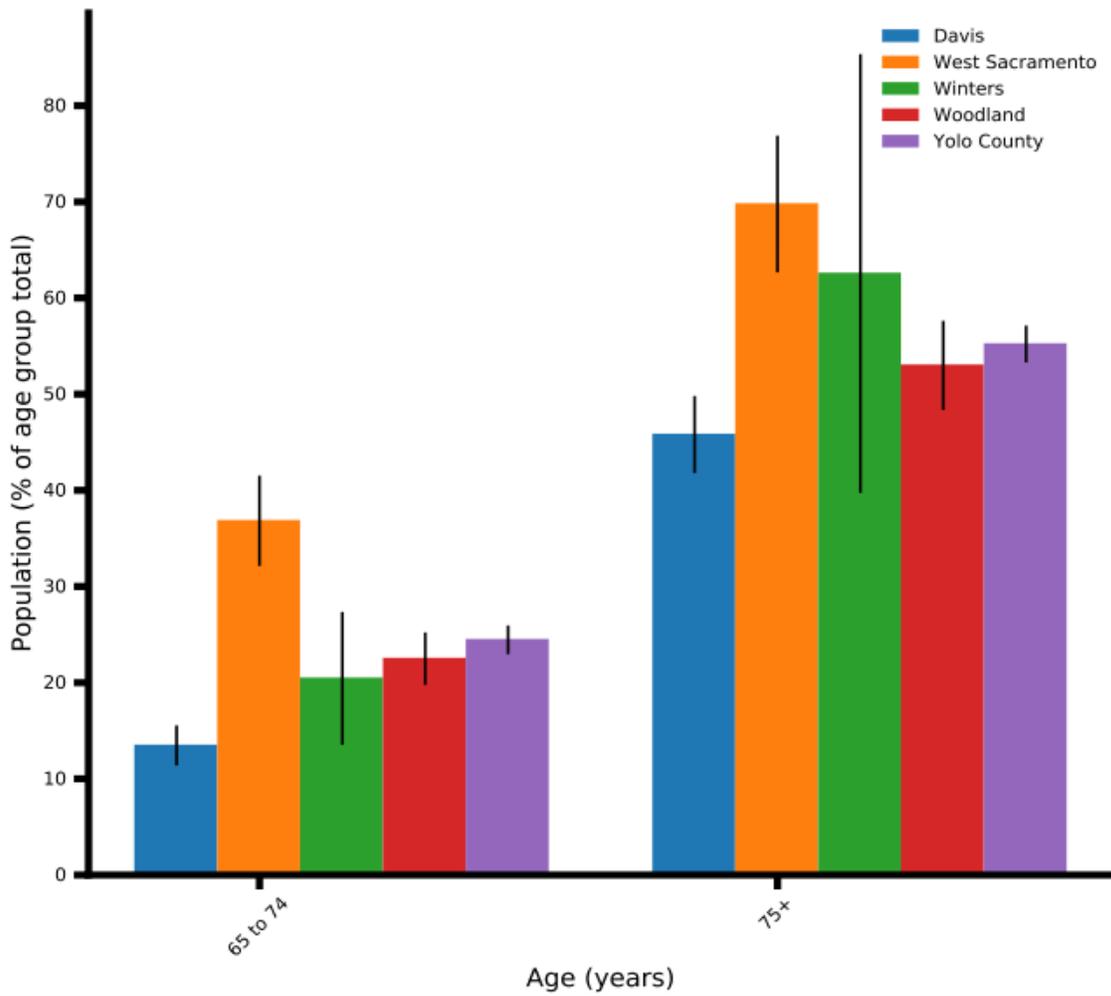


Figure 17: Percent of each age group reporting a disability for each location. Error bars represent ± 1 Standard Error (SE).

Table 4: Number of residents in each age group in each location reporting a disability (count [90 % CI])

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
65 to 74	490.00 [124.52]	1306.00 [273.97]	138.00 [76.69]	943.00 [187.92]	3261.00 [328.81]
75+	1440.00 [207.44]	1585.00 [265.79]	182.00 [109.24]	1743.00 [250.45]	5481.00 [312.97]

Figure 5: Employment status

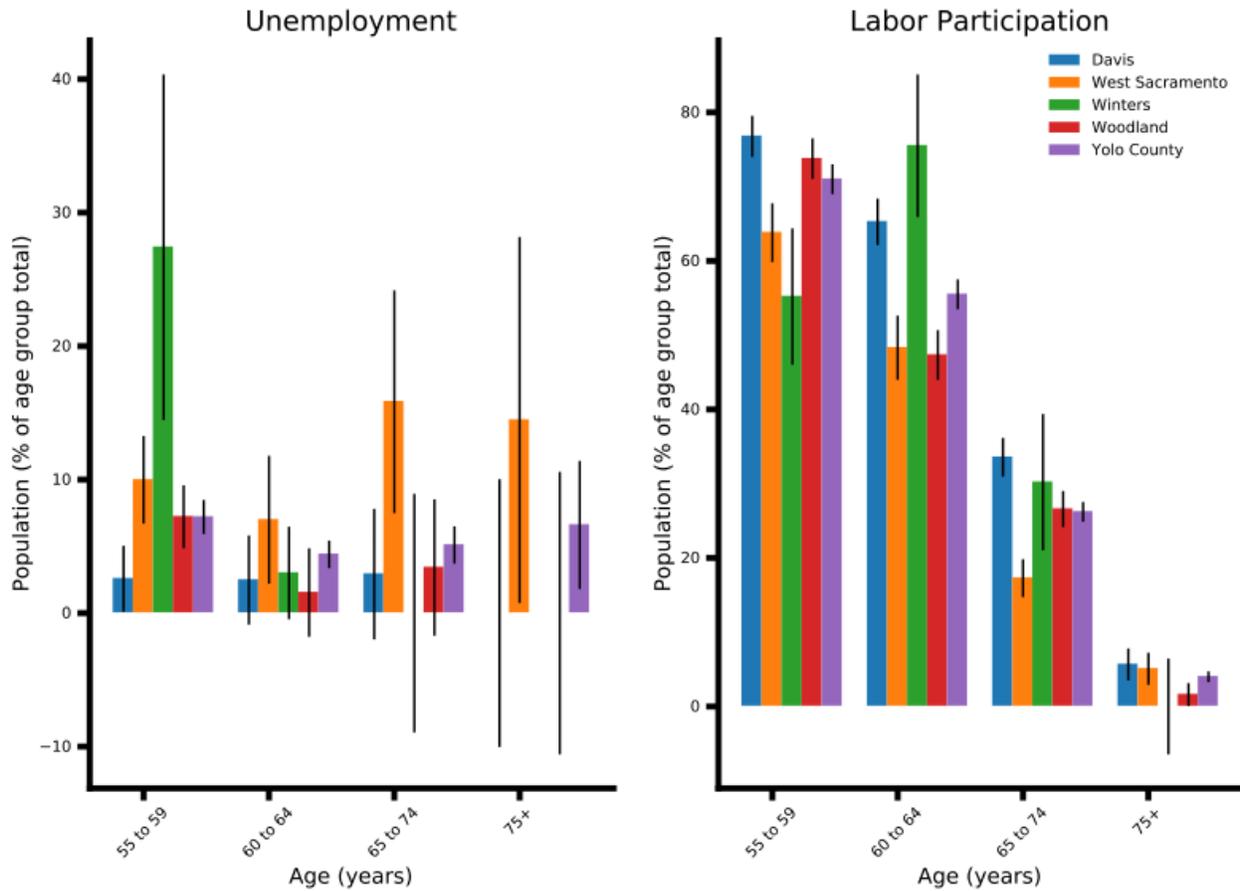


Figure 18: (Left) Percent of each age group reporting an unemployed status and (Right) percent of each age group participating in the labor force. Error bars represent ± 1 Standard Error (SE).

Table 5: Employment status for each age group in each location (count [90% CI])**A. Unemployment**

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
55 to 59	81.95 [129.49]	292.95 [158.34]	184.68 [143.56]	264.98 [142.39]	818.71 [238.79]
60 to 64	68.87 [152.88]	172.90 [194.86]	19.92 [37.85]	54.12 [192.19]	458.30 [177.07]
65 to 74	108.45 [298.66]	561.91 [487.30]	0.00 [99.22]	146.01 [359.80]	688.45 [310.48]
75+	0.00 [535.28]	336.24 [524.42]	0.00 [0.00]	0.00 [607.36]	678.61 [812.28]

B. Labor participation

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
55 to 59	2445.95 [144.64]	1873.24 [191.60]	372.05 [101.77]	2707.44 [165.26]	8073.41 [375.24]
60 to 64	1816.82 [142.89]	1194.63 [175.97]	501.32 [104.91]	1666.91 [194.33]	5780.88 [343.73]
65 to 74	1245.18 [158.52]	613.45 [148.93]	203.85 [101.92]	1137.57 [171.27]	3536.74 [296.98]
75+	183.68 [114.99]	118.04 [82.58]	0.00 [30.85]	55.83 [89.24]	411.28 [123.38]

Figure 6: Health insurance provider

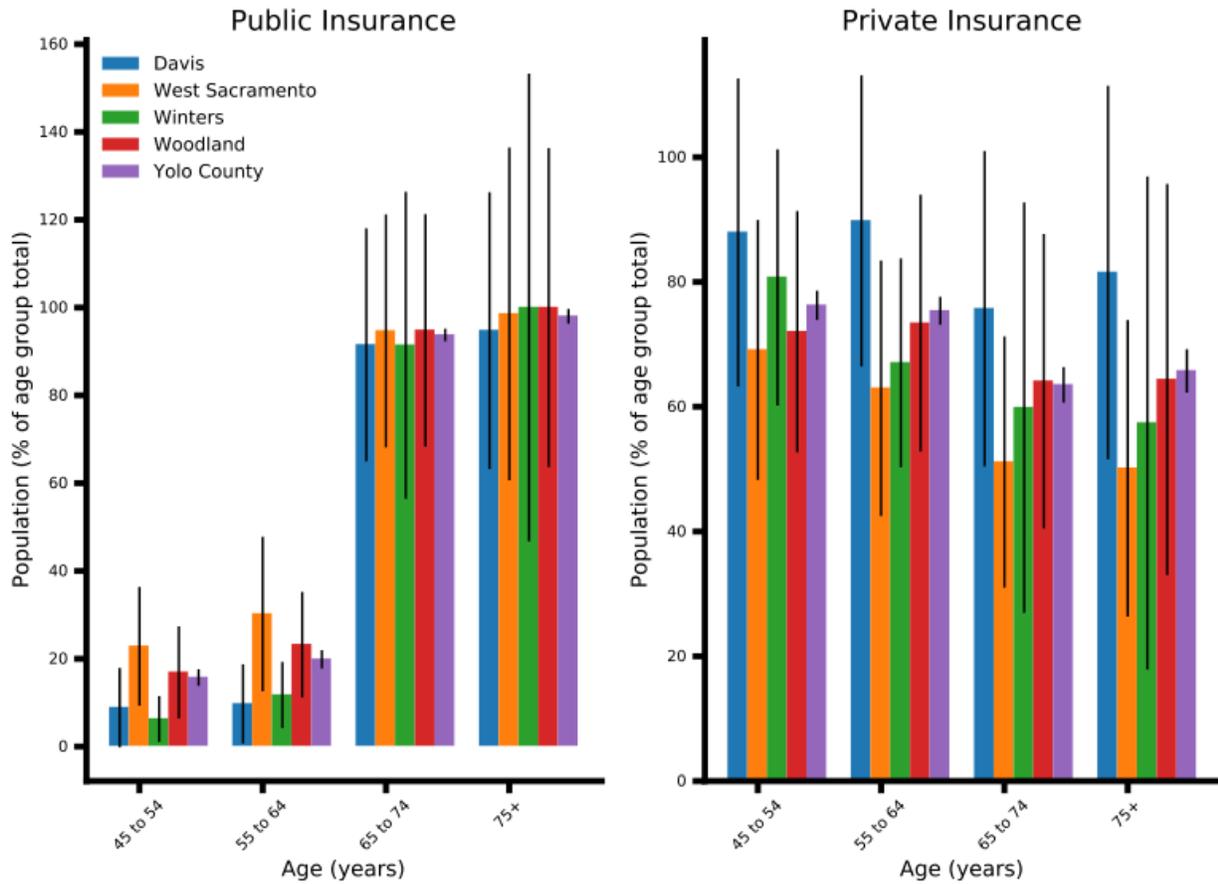


Figure 19: (Left) percent of each age group receiving health insurance through public provider and (Right) percent of each age group receiving health insurance through a private provider. Error bars represent ± 1 Standard Error (SE).

Table 6: Health insurance provider for each age group and location (count [90% CI])**A. Public insurance**

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	572.00 [186.21]	1422.00 [353.23]	79.00 [66.00]	1351.00 [272.89]	3763.00 [448.00]
55 to 64	579.00 [154.97]	1630.00 [345.28]	157.00 [101.00]	1649.00 [266.74]	4310.00 [452.00]
65 to 74	3330.00 [255.68]	3357.00 [337.06]	617.00 [236.00]	3975.00 [335.55]	12503.00 [191.00]
75+	2979.00 [263.94]	2239.00 [312.48]	291.00 [155.00]	3289.00 [360.94]	9730.00 [165.00]

B. Private insurance

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	5679.00 [446.95]	4304.00 [448.82]	1018.00 [259.00]	5760.00 [469.04]	18243.00 [562.00]
55 to 64	5351.00 [374.70]	3399.00 [380.94]	897.00 [224.00]	5215.00 [457.45]	16341.00 [485.00]
65 to 74	2755.00 [245.52]	1813.00 [249.46]	404.00 [222.00]	2687.00 [297.50]	8469.00 [381.00]
75+	2563.00 [250.15]	1139.00 [192.81]	167.00 [115.00]	2117.00 [312.50]	6527.00 [345.00]

Appendix D.
Winters Senior Resource Guide – English/Spanish

WINTERS SENIOR RESOURCE GUIDE

All the agencies you need to know about as you age

Winters Senior Programs Project | 2018



Transportation

Winters Senior Foundation Medical Appointments Car

Volunteer drivers will drive to medical related appointments (including doctor appointments, lab, pharmacy, therapy, etc.) within and outside Winters. Rider must be able to transfer into car. Caregivers may ride along. Appointments must be made 72 hours in advance.

Telephone: (707) 497-5289.

Partnership Healthplan Care Management ride program

Persons with Medi-Cal that receive their benefit through Partnership Healthplan and have complex medical needs can receive additional care management including free transportation assistance. Contact Partnership Healthplan for eligibility requirements. (800) 809-1350 Website: <http://www.partnershiphp.org/Providers/HealthServices/Pages/Care-Coordination.aspx>

Yolo Bus

Yolo Bus picks up within the city of Winters and has lines that connect to Davis, West Sacramento, Winters, Woodland, downtown Sacramento, Sacramento International Airport, Cache Creek Casino Resort, Esparto, Madison, Dunnigan and Knights Landing. Yolo Bus connects with other local public transportation systems. In Davis Unitrans and Fairfield-Suisun Transit and Regional Transit and Light Rail in Sacramento.

Telephone: (530) 666-2877

Website: <http://www.yolobus.com/>

Yolobus Special

ADA Paratransit Service for persons with disabilities in Yolo County is provided by Yolobus Special. It is available on a prearranged basis for any trips proposed within the designated service area. Yolobus Special serves the cities of Winters, Davis, West Sacramento, Woodland and portions of Sacramento.

Telephone: (530)666-2877

Website: <http://www.yolobus.com/riderinformation/yolobusspecial.php>

Faith in Action-Ride with Pride Program (Solano County residents only)

Transportation to and from medical or social programs. Individual recipients are requested to make a donation of \$5.00 for the round trip; however, no one is turned away for a lack of funds.

Telephone: (707) 469-6667 Website: www.faithinactionsolano.org

Food Resources

Meals on Wheels of Yolo County

Meals on Wheels of Yolo County provides nourishing fresh meals prepared daily to persons age 60 years and older who are home-bound. Meals are delivered Monday through Friday by volunteers. Volunteer drivers are always welcome, and donations are appreciated. Call to receive meals and to volunteer.

Telephone: (530) 662-7035

Website: mowyolo.org

Congregate Meals at the Winters Community Center

Congregate (group) meals are served free of charge for persons age 60 years and older Monday through Friday at 11:30 at the Winters Community Center. Pre-registration is required and paperwork can be completed at the Community Center. The program is managed by Meals on Wheels of Yolo County.

Telephone: Meals on Wheels (530) 662-7035,

Winters Community Center (530) 795-4233, Community Center Address: 201 Railroad St.

Food Bank of Yolo County

The Food Bank of Yolo County distributes food through various programs and locations in Yolo County to those that are eligible. Every 1st and 3rd Thursday of the month from 10:00am-11:00am 200 Baker St. Room 4 & 5 Winters. Every 1st Wednesday of the month from 10:00am-12:00pm 512 First St., Winters. To receive text reminders about food distributions in Winters, text "ALMOND" to 888777

Telephone: (530) 668-0690

Website: <http://www.yolofoodbank.org/>

RISE Inc.

RISE Inc. provides services from pre-school experiences through elder recreation and resource programs. Youth programs, employment services, emergency food, clothing, and a variety of other programs for social services in rural Yolo County.

Telephone: (530) 794-6000

Website: <http://riseinc.org>

Mental Health & Crisis Support

Adult Protective Services

Adult Protective Services provides resources, information and referral services to the elderly (65 and older) and to dependent adults (18- 64) who are suffering or at risk of abuse, exploitation or self-neglect. Adult Protective Services investigates allegations of abuse and links clients to the appropriate resources.

Telephone: 530-661-2727

Website: <http://www.yolocounty.org/health-human-services/adult-aging/adult-protective-services>

Yolo County District Attorney's Office Elder Protection Unit provides information and assistance with reported fraud and scams. The phone calls and reports which come to our office can be investigated in house by the appropriate fraud department, referred to local law enforcement or responded to with information about civil remedies and other community resources.

The DA's fraud hotline: 1-855-496-5632

Website: <http://www.yolocounty.org/law-justice/district-attorney/departments/elder-protection-unit>

Yolo Hospice

Grief support services are available, free of charge, to those whose loved ones have been in their care, as well as to community members. Bereavement specialists and trained volunteers facilitate groups and family meetings, and provide individual support sessions, home visits and telephone contact as needed. Referrals to additional support resources are made when appropriate.

Telephone: (530) 758-5566 or 1-800-491-7711

Website: <http://www.yolohospice.org/>

The Friendship Line

The Friendship Line reaches out to older adults offering telephone counseling, support, reassurance, crisis intervention, elder abuse prevention, medication reminders, well-being checks, and information and referral. The friendship Line provides support to at-risk seniors, family members and their advocates 24 hours a day, 365 a year. Any person aged 60 years or older, their family members or any others who may be concerned can call.

Telephone: 1-800-971-0016

Website: http://www.ioaging.org/services/counseling_seniors_sf.html

Mental Health & Crisis Support (continued)

Yolo County 24-Hour Crisis Line

*IMPORTANT – The after-hours and Toll-Free crisis phone number goes to the Yolo County Dispatch line. The operator will answer “County Dispatch” or “Communications.” Please don’t hang up. Identify your problem as a “Mental Health Crisis” and you will be connected with someone who can help you. Telephone: 1-888-965-6647

Older Adult Mental Health Care Team

This team provides triage, crisis intervention assessments, therapeutic counseling, and wrap-around case management support for individuals aged 60 and older who present with a serious mental illness.

Telephone: (530) 666-8630

Website: <http://www.yolocounty.org/health-human-services/adult-aging/older-adult-outreach-assessment-programs>

Yolo County Mental Health Urgent Care

Services are available to individuals experiencing a mental health crisis, including those who are insured through Medi-Cal and uninsured individuals. Persons may be brought in by family or friends or self-referral. Services include crisis assessment and supportive counseling, medication intervention, referrals to community services and safe discharge planning. Open 7 days per week, 12pm – 9pm, location at 500 Jefferson Blvd., Building B, West Sacramento

Telephone: (855) 897-2033

Yolo County Adult Specialty Mental Health Services

Yolo County provides a range of mental health services to community members of all ages, including adults, older adults, children, and youth. Yolo County will help anyone in a crisis, connect persons to appropriate mental health services and provide on-going services for those with chronic and severe mental health symptoms who have no insurance or who qualify for Medi-Cal. Woodland: 137 N. Cottonwood St. Woodland, CA 95695 (530) 666-8630 Davis: 600 A St. Davis, CA 95616 (530) 757-5530

Housing

Yolo County Housing

Yolo County Housing provides quality affordable housing and community development services. It also provides safe temporary housing to migrant farmworker families during the county's growing season and operates in two centers in Yolo County.

Telephone: 1-800-662-9656

Main Office location: 147 W Main St, Woodland, CA 95695

Winters Office: 62 Shams Way, Winters, Telephone: (530) 795-4111

Website: www.ycha.org

Local Handyman

Cecil (Pancho) Padilla donates the labor and the senior requesting the age in place modifications pays for any hardware needed. Service is a Winters Rotary Project and home must be in the City of Winters.

Telephone to schedule appointment: (530) 753-0585

Yolo County Housing Rehabilitation Program

The program is funded by the Community Development Block Grant and gives out low-interest rate loans for homeowners to make repairs to their home to address health or safety related issues.

Phone: 1-800-995-0431

Website: <http://www.yolocounty.org/general-government/general-government-departments/county-administrator/county-administrator-divisions/economic-development/housing/housing-rehabilitation-loan-program>

Winters Senior Apartments

Thirty-eight affordable units for older adults and persons with disabilities. Includes free parking, common room and on-site manager.

Telephone: (530) 795-1033

Address: 400 Morgan St., Winters

Caregiving/Caregiver Support

Winters Caregiver Support Group

Group facilitated by local psychologist, Wendy Davis, meets every Wednesday at 10am. The purpose of the group is to support each other and share ideas and resources. Call for consultation and location.

Telephone: (530) 309-5149

Citizens who Care for the elderly

Provides social support services to frail elderly and their family caregivers including in-home volunteers for respite, and Saturday Club respite 2nd and 4th Saturdays at Davis Senior Center.

Telephone: (530) 758-3704

Yolo County In-Home Supportive Services

In-Home Supportive Services (IHSS) provides services support a person living in their home including personal care, light housekeeping, shopping, meal prep and accompanying to medical appointments. Eligibility: Medi-Cal, blind, disabled or 65 years of age or older, AND unable to live at home safely without help. Note: Caregivers are also continually recruited to provide care in the Winters area.

Telephone: (530) 661-2955

Website: <http://www.yolocounty.org/health-human-services/adult-aging/in-home-support-services>

Yolo Adult Day Health Center

Yolo Adult Day Health Center is a program designed for adults struggling to function independently. The diverse program of health, social and rehabilitation services promote the well-being, dignity and self-esteem of an individual. The goal is to maximize independence, improve management of chronic symptoms, prevent hospitalization and/or premature nursing home placement. Free transportation available.

Telephone: (530) 666-8828

Location: 20 Cottonwood St. Woodland, CA 95695

Website: <http://friendsofadultdayhealth.org/yolo-adult-day-health-center>

Del Oro Caregiver Resource Center

Serves families and individuals who provide care for frail elderly and brain impaired adults. The goal is to improve the well-being of family caregivers and provide support throughout the caregiving process. Time off for caregiver respite can be arranged and care plan assistance.

Telephone: (916) 728-9333 Website: www.deloro.org

Education & Recreation

Winters Senior Citizen Club

Social club with seasonal activities, bingo and guest speakers. Potluck lunch and meeting 2nd Wednesday each month, 11:30am at Winters Community Center, 201 Railroad St., Winters.

Winters Senior Foundation

Local non-profit whose mission is to advocate for and support local seniors. Activities include weekly games, excursions, and volunteer opportunities. Game day: Free, walk-ins welcome. Weekly on Thursdays, 1pm – 3:30pm, St. Anthony Parish Hall, 555 Main St., Winters. Monthly meetings include education and information are the 3rd Wednesday each month, 2pm – 4pm (except July and August), Winters Safety Building, 700 Main St., Winters.

Telephone: (707) 497-7289 Email: wintersseniorfoundation@gmail.com

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 available to any Yolo County resident who has a disability, illness or lack of transportation that prevents access to a library.

Telephone: (530)757-5588 or (530)575-5580 Website: www.yolocounty.org/booksbymail

Yolo County Library-Winters Branch

Public library with books, CDs, DVDs, ebooks and computer access.

Friends of Winters Library supports library and sponsors cultural and educational events.

Telephone: (530) 795-5001

Address: 708 Railroad St., Winters

Davis Senior Center

Provides access to a wide range of recreational, social, and supportive services for mature adults and their family members. Winters residents are welcome!

Telephone: (530) 757-5696

Website: <http://cityofdavis.org/city-hall/parks-and-community-services/senior-services>

Woodland Senior Center

Woodland Senior Center is an access point for programs that encourage healthy aging, provide basic social services, information and referral and socialization opportunities for older adults.

Winters residents are welcome! Telephone: (530) 661-2001 Website:

http://www.cityofwoodland.org/gov/depts/communityserv/adult_senior/default.asp

Connection to Services and Care Management

Senior Link of Yolo County

Senior Link is a free information & assistance program of Legal Services of Northern California that serves older adults 60+ in Yolo County. Program provides information & assistance accessing resources including in-home help, consumer problems, education & employment programs, financial assistance, fitness & recreation, food & meals, health insurance counseling, health care & wellness services, housing, minor home repairs, legal assistance, mental health & counseling, support groups, tax & rebate assistance, transportation and veteran's services. Phone assistance available in English and Spanish.

Telephone: (530) 207-4250

Location: 619 North St, Woodland, CA 95695

Del Oro Caregiver Resource Center

Serves families and individuals who provide care for brain impaired adults and frail elderly. The goal is to improve the well-being of family caregivers and provide support throughout the caregiving process.

Telephone: (916) 728-9333 Website: www.deloro.org

Resources for Independent Living

promotes the socioeconomic independence of person with disabilities and seniors by providing peer supported, consumer directed independent living services and advocacy. RIL provides 7 core services: Advocacy and Legislative Monitoring; Housing; Personal Assistance Services; Information and Referral; Peer counseling; Independent Living Skills training; and Assistive technology.

T: 916-446-3074 F: 916-446-2443

<http://www.ril-sacramento.org/>

Yolo 2-1-1

211 Yolo is the information hub for Yolo County, linking residents to vital health and human services, information and resources in the community. Use our guided search options below, dial 2-1-1 or text your zip code to 898211 for text response. This service is free, multilingual, confidential and available 24 hours per day, every day of the year.

Telephone: 211

Health and Medical

Winters Healthcare Foundation

Winters Healthcare Foundation is a local community clinic providing primary care medical, dental and pre-natal care. They also provide behavioral and mental health services as well as specialist referrals and pharmacy. WHF provides care to anyone in our community including those with Medi-Cal and those without any insurance. Staff is bi-lingual in Spanish.

Telephone: (530) 795-4377

Website: <http://www.wintershealth.org/>

Dr. Bill Davis, private practice physician

Primary and family care provided in your home or by appointment. Accepts Medicare, cash or his private practice membership dues.

Telephone: (530) 795-1110

Sutter Medical Plaza Winters

Local access to Sutter Medical Group primary care, internal and family medicine providers.

Address: 111 Main Street, Suite B, Winters

Telephone: (530) 795-3822

Communicare Clinics

Davis Community Clinic

Medical Reception: (530) 758-2060 Dental Reception: (530) 757-4667

Behavioral Health Reception: (916) 403-2970.

Website: http://www.communicarehc.org/View_webpage.asp?Title=Davis

Hansen Family Health Center-Woodland

Medical Reception: (530) 405-2800 Dental Reception: (530) 405-2811; Behavioral Health

Reception: (530) 405-2815

Website: [www.communicarehc.org/View_webpage.asp?Title=Hansen%20Family%20Health%20Center%20\(Woodland\)](http://www.communicarehc.org/View_webpage.asp?Title=Hansen%20Family%20Health%20Center%20(Woodland))

Health and Medical (continued)

Medical Equipment Closets

The Winters Community Center and the Davis Senior Center lend out wheelchairs, walkers, commodes, toilet seat rises, and canes to older adults in need. Donations for use of the equipment are accepted.

Winters Community Center: Contact Marie at 530-795-4241, 201 Railroad Avenue, Winters

Davis Senior Center: 530-757-5696, 646 A St., Davis (you do not need to be a resident of Davis to borrow or donate to this closet)

Eagle Pharmacy

Local pharmacy provides in-store and in-home medication information. Free home delivery.

Telephone: (530) 795-4123

Address: 101 Main Street, Winters

Yolo Hospice

Yolo Hospice provides end-of-life transition care emphasizing clinical expertise, individualized plans of care, and support connecting with other community services. Yolo Hospice offers bereavement and grief services including group and individual support to any member of our community who has lost a loved one, regardless of whether the loved one was a Yolo Hospice patient. All clinical and grief services are provided at no charge.

Telephone: (530) 758-5566 or (800) 491-7711

Location: 1909 Galileo Court, Suite A Davis, CA 95618

Website: <http://www.yolohospice.org>

Private Home Care Agencies

Provides personal care in your home.

Apex Care Telephone: (530) 421-9111

Comfort Keepers Telephone: (530) 666-4300

WeCare4Yolo Telephone: (530) 564-6229

Your Home...Nursing Services Telephone: (530) 753-7478

Assisted Living

Carlton Plaza Senior Living

The Davis community offers both independent and assisted living options, along with numerous personalized care services, including our signature memory care program for those challenged by dementia and Alzheimer's disease. Licensed nurses are on site every day to help residents manage their diabetes, medications and other health issues.

Tel: 877-707-7756 Website: <http://carltonseniorliving.com/location/davis/>

St. John's Retirement Village

St. John's Retirement Village is a non-profit, multi-level, wellness-focused community located in Woodland, CA built to enhance quality of life for every senior that calls its lushly landscaped 14-acre campus home. Four levels of care, active assisted living, personal care, memory support and skilled nursing serve over 160 seniors. Residents enjoy hearty farm-to-fork fare, an activity program geared toward successful aging and care that supports independence delivered by a compassionate and highly trained staff.

Tel:530-662-1290 Fax:530-662-4639 Website: <http://www.srv.org/>

University Retirement Community

University Retirement Community is a fully accredited, not-for-profit Continuing Care Retirement Community. All of the programs have been carefully designed to provide you with the services, amenities, and activities you want to enjoy now—along with those you may need later. As a CCRC, University Retirement Community offers the following levels of care and support: residential living, assisted living, memory care, care giving, skilled nursing care, and a variety of other health and wellness programs. URC's Medicare Certified Health Care Center 5-star community, which is open to the public, provides compassionate skilled nursing and rehabilitation for individuals who are temporarily or permanently in need of such services.

Tel: 530-747-7000 Website: <http://www.retirement.org/davis/>

Support Groups

Dementia Caregivers Support Group

Dementia Caregivers Support Group offers support group for families, including children and spouses, and caregivers of persons with dementia (not for those with dementia). Group meets the third Wed. of every month, 10am-noon. Drop ins welcome. Tel: 530-757-5696 Address: Davis Senior Center 646 A St. Davis, CA 95616

Alzheimer's Association Support Group

Monthly meeting led by a social worker at Yolo Adult Day Health Center in Woodland. Discussion of resources and caregiving techniques. Drop ins welcome. Meetings the 2nd Thursday of every month, 6:30p-8p.

Tel: 530-666-8828 Address: 20 N. Cottonwood St., Woodland, CA 95695

Arthritis Support Group

Arthritis Support Group provides a network of others living with arthritis to find support. The purpose is similar condition is to take comfort in the experiences of others in this support group.

Telephone: 530-662-9038 Address: 2001 East St. Woodland, CA 95695

Hear, Here! Support Group

HEAR! HERE! is your local chapter of the Hearing Loss Association of America [HLAA] serving Yolo County. They offer informational programs for the hearing impaired throughout the year that are open to all. Telephone: 530-757-5696

Email: hearherewoodland@gmail.com Address: 646 A St. Davis, CA 95616

Living with Cancer Support Group

Support group for those living with cancer to provide comfort, present information, teach coping skills, help reduce anxiety, and provide a place for people to share common concerns and emotional support.

Tel: 530-669-5305 Address: 1321 Cottonwood St. Woodland, CA 95695

Parkinson's Support Groups

Care Partners support group, 2nd Wednesday of month, 1:30pm

Parkinson's support group for those with the disease, 3rd Thursday of the month, 1:30pm

Tel: 530-757-5696 Address: 646 A St. Davis, CA 95616

Recursos en Winters para Personas Mayores

Todas las agencias que debes conocer a medida que envejeces

Proyecto de Winters para Gente Mayor | Recursos para personas mayores | 2018



Medios de Transporte

Carro de la Fundación de citas médicas en Winters

Los conductores voluntarios conducirán a citas médicas (incluyendo citas con el doctor, laboratorio, farmacia, terapia, etc.) dentro y fuera de Winters. La persona usando este transporte debe poder transferirse en el coche y fuera del coche. Si tienen cuidadores también pueden ir a la cita. Las citas deben hacerse con 72 horas de anticipación

Teléfono: (707) 497-5289.

Asociación HealthPlan Care Management programa “Ride”

Las personas con Medi-Cal que reciben su beneficio a través de la Asociación HealthPlan y tienen necesidades médicas pueden recibir atención adicional, incluyendo asistencia de transporte gratuito. Comuníquese con Partnership HealthPlan para requisitos de elegibilidad. (800) 809-1350

Sitio web: <http://www.partnershiphp.org/Providers/HealthServices/pages/Care-Coordination.aspx>

Yolo Bus

El autobús de Yolo recoge dentro de la ciudad de Winters y tiene líneas que conectan con Davis, Sacramento del oeste, Winters, Woodland, Sacramento del centro, Aeropuerto Internacional de Sacramento, Resort del Casino Cash Creek, Esparto, Madison, Dunnigan y Knights Landing. El autobús de Yolo conecta con otros sistemas locales del transporte público. En Davis Unitrans y Fairfield-Suisun Transit y tránsito regional y Light Rail en Sacramento.

Teléfono: (530) 666-2877 Sitio Web: <http://www.yolobus.com/>

Yolobus Special

El servicio de paratransito de ADA para personas con discapacidades en el Condado de Yolo es proporcionado por Yolobus Special. Se requiere un registro de una sola vez para el programa. Los paseos están disponibles sobre una base predispuesta para cualquier viaje propuesto dentro del área de servicio designada. Yolobus Special sirve las ciudades de Winters, Davis, Sacramento oeste, Woodland, Vacaville y porciones de Sacramento. Teléfono: (530) 666-2877

Sitio web: <http://www.yolobus.com/riderinformation/yolobusspecial.php>

Faith in Action-Ride con el Programa Pride (Sólo residentes del Condado Solano)

Transporte hacia citas médicas o sociales. Se pide a los destinatarios individuales que hagan una donación de \$5.00 para el viaje de ida y vuelta; sin embargo, no se ha rechazado a nadie por falta de fondos. Teléfono: 707-469-6667 sitio web: www.faithinactionsolano.org

La tarjeta de conexión electrónica de la tarjeta del conector del autobús de Yolo es un nuevo sistema de pago de la tarifa del tránsito eléctrico, eliminando la necesidad del cambio exacto para el autobús o comprando diversos pasos para diversos sistemas del transporte. La tarifa agregada se puede aplicar fácilmente por los dispositivos electrónicos de usted o de los miembros de familia o de amigos. Para más información llame a Senior Link al 530-207-4250.

Recursos Alimenticios

Meals on Wheels del Condado de Yolo

Meals on Wheels del Condado de Yolo proveen comidas nutritivas preparadas diariamente para personas de 60 años y más. Las comidas son distribuidas de lunes a viernes a través de voluntarios. Los conductores voluntarios son siempre bienvenidos, y las donaciones son apreciadas. Favor de llamar para recibir comidas o para ser voluntario.

Teléfono: (530) 662-7035 Sitio Web: mowyolo.org

Las comidas de congregación en el Centro Comunitario de Winters

Las comidas se congregan (grupales) se sirven de forma gratuita para personas de 60 años de edad y mayores de lunes a viernes a las 11:30 en el centro comunitario Winters. El pre-registro es requerido y el papeleo puede ser completado en el centro de la comunidad. El programa es administrado por Meals On Wheels del Condado de Yolo.

Teléfono: Meals On Wheels (530) 662-7035,

Centro de comunidad de Winters (530) 795-4233 Dirección: 201 Railroad St, Winters CA

Banco de Alimentos del Condado de Yolo

El Banco de alimentos del Condado de Yolo distribuye alimentos a través de varios programas y ubicaciones en el Condado de Yolo a los que son elegibles. Cada 1st y a 3rd Jueves del mes de 10:00AM-11:00AM 200 Baker St. Sala 4 & 5, Winters. Cada 1st Miércoles del mes de 10:00AM-12:00PM 512 1st St., Winters. Para recibir recordatorios del texto sobre distribuciones de los alimentos en Winters, el texto "ALMOND" a 888777

Teléfono: (530) 668-0690

Sitio Web: <http://www.yolofoodbank.org>

RISE Inc.

RISE Inc. proporciona servicios desde experiencias preescolares a través de programas de recreación y recursos para gente mayor. También proveen programas para jóvenes, servicios de empleo, comida de emergencia, ropa y una variedad de otros programas para servicios sociales en el Condado de Yolo rural.

Teléfono: (530) 794-6000

Sitio web: <http://riseinc.org>

Apoyo para la Salud Mental y la Crisis

Servicios de protección para adultos

Los servicios de protección para adultos proveen recursos, información y servicios de remisión a personas mayores (65 y mayores) y a adultos dependientes (18-64) que están sufriendo o en riesgo de abuso, explotación o negligencia personal. Los servicios de protección para adultos investigan las denuncias de abuso y vinculan a los clientes con los recursos apropiados.

Teléfono: 530-661-2727

Sitio web: <http://www.yolocounty.org/Health-Human-Services/Adult-Aging/Adult-Protective-Services>

Oficina del Fiscal de Distrito del Condado de Yolo Unidad de protección de Adultos Mayores

La oficina de la protección de adultos mayores proporciona información y asistencia con fraudes y estafas reportadas. Las llamadas telefónicas y los informes de fraude y estafas son investigados en casa por el Departamento de fraude apropiado, referidos a la aplicación de la ley local o respondido con información sobre los recursos civiles y otras fuentes comunitarias.

Línea telefónica de fraude: (855) 496-5632

Sitio web: <http://www.yolocounty.org/Law-Justice/District-Attorney/departments/Elder-Protection-Unit>

Yolo Hospice

Los servicios de apoyo a la aflicción cuando un ser querido es diagnosticado con una enfermedad terminal están disponibles gratuitamente para aquellos cuyos seres queridos han estado a su cuidado, así como para los miembros de la comunidad. Los especialistas en aflicción y voluntarios entrenados facilitan grupos y reuniones familiares, y proporcionan sesiones de apoyo individuales, visitas domiciliarias y contacto telefónico según sea necesario. Las referencias a recursos adicionales de apoyo se hacen cuando es apropiado.

Teléfono: (530) 758-5566 Ubicación: 1909 Galileo Court, Suite A Davis, CA 95618

Sitio web: <http://www.yolohospice.org/>

La línea de la amistad

La línea de la amistad se extiende a los adultos mayores que ofrecen consejería telefónica, apoyo, intervención de crisis, prevención de abuso de ancianos, recordatorios de medicamentos, cheques de bienestar, e información y referencias. La línea de la amistad brinda apoyo a personas mayores en riesgo, miembros de la familia y sus defensores las 24

horas del día, 365 días al año. Cualquier persona mayor de 60 años de edad, sus familiares o cualquier otro que pueda estar interesado puede llamar. Teléfono: 1-800-971-0016

Sitio web: http://www.ioaging.org/Services/counseling_seniors_sf.html

Línea de crisis de las 24 horas del Condado de Yolo

* importante – el número de teléfono de la crisis después de horas y sin peaje va a la línea de envío del Condado de Yolo. El operador contestará "envío del Condado" o "comunicaciones." Por favor, no cuelgues. Identifique su problema como una "crisis de salud mental" y estará conectado con alguien que pueda ayudarle. Teléfono: 1-888-965-6647

Equipo de Atención para la Salud Mental de Adultos Mayores

Este equipo proporciona evaluaciones de la intervención de crisis, consejería terapéutica y apoyo de manejo de casos de envoltura para personas mayores de 60 años de edad para presentar con una seria enfermedad mental.

Teléfono: 530-666-8630 Fax: 530-666-8633

Página web: <http://www.yolocounty.org/Health-Human-Services/Adult-Aging/Older-Adult-Outreach-Assessment-Programs>

Atención urgente de salud mental en el Condado de Yolo

Los servicios están disponibles para individuos que experimentan una crisis de salud mental, incluyendo aquellos que están asegurados a través de Medi-Cal y personas no aseguradas. Las personas pueden ser traídas por familiares o amigos o auto-referidos. Los servicios incluyen evaluación de crisis y Consejería de apoyo, intervención de medicamentos, remisiones a servicios comunitarios y planificación segura de la descarga. Abierto 7 días por semana, 12pm-9PM, ubicación en 500 Jefferson Blvd., edificio B, West Sacramento

Teléfono: (855) 897-2033

Sitio web: <http://www.yolocounty.org/Health-Human-Services/Mental-Health/Mental-Health-Services>

Recursos de Viviendas

Viviendas del Condado de Yolo

La vivienda del Condado de Yolo proporciona vivienda accesible de calidad y servicios de desarrollo comunitario a los residentes de Woodland, West Sacramento, Davis, Winters, esparto, Yolo, Knight Landing, Dunnigan, Madison y Dixon. También proporciona vivienda temporal segura a las familias campesinas migrantes durante la temporada de crecimiento del Condado y opera en dos centros en el Condado de Yolo.

Teléfono: 1-800-662-9656 Ubicación: 147 W Main St, Woodland, CA 95695

Oficina en Winters: 62 Shams Way, Winters CA Teléfono: (530) 795-4111

Sitio web: www.ycha.org

“Handyman” Local

Cecil (Pancho) Padilla dona su trabajo y el individuo solicitando la ayuda de modificaciones paga por cualquier material necesario. El servicio es un proyecto de Winters Rotary y el hogar debe estar en la ciudad de Winters

Teléfono para hacer cita: 530-753-0585

Programa de Rehabilitación de Vivienda en el Condado de Yolo

El programa está financiado por el subsidio de desarrollo comunitario y otorga préstamos de bajo interés para que los propietarios hagan reparaciones a su hogar para tratar asuntos relacionados con la salud o la seguridad. Tel: 1-800-995-0431

<http://www.yolocounty.org/general-government/general-government-departments/county-administrator/county-administrator-divisions/economic-development/housing/housing-rehabilitation-loan-program>

Apartamentos para Gente Mayor de Winters

38 unidades asequibles para adultos mayores y personas con discapacidades. Incluye parking gratuito, sala común y Gerente en los apartamentos.

Teléfono: (530) 795-1033

Dirección: 400 Morgan St., Winters

Asistencia para Cuidadores

Grupo de apoyo para cuidadores en Winters

Grupo facilitado por la psicóloga local, Wendy Davis, se reúnen todos los miércoles a las 10am. El propósito del grupo es apoyarse mutuamente y compartir ideas y recursos. Convocatoria de consulta y localización. Teléfono: (530) 309-5149

Ciudadanos que cuidan a las Personas Mayores

Proporciona servicios de apoyo social a los ancianos frágiles y a sus cuidadores familiares, incluyendo a los voluntarios en el hogar, y el Club de respiro del 2do y 4to sábado en el centro de ancianos en Davis. Teléfono: (530) 758-3704

Servicios de Apoyo en el Hogar (IHSS)

Los servicios de apoyo en el hogar ("IHSS") proporciona cuidado casero, ayuda, y limpieza ligera. Para ser elegible para IHSS, usted debe estar en Medi-Cal, ciego, discapacitado o 65 años de edad o más, y no puede vivir en casa con seguridad sin ayuda. Los cuidadores también son continuamente recaudados para proveer cuidado en Winters.

Teléfono: (530) 661-2955

Sitio web: <http://www.yolocounty.org/Health-Human-Services/Adult-Aging/in-Home-Support-Services>

Centro de Salud para Adultos en el Condado de Yolo

El centro de salud para adultos en el condado de Yolo es un programa específicamente diseñado para adultos que luchan para funcionar independientemente. Su diverso programa de servicios de salud, sociales y de rehabilitación promueve el bienestar, la dignidad y la autoestima de un individuo. El objetivo es maximizar la independencia, mejorar la gestión de los síntomas crónicas, prevenir la hospitalización y/o la colocación a un asilo.

Teléfono: 530-666-8828 Ubicación: 20 Cottonwood St. Woodland, CA 95695

Sitio web: <http://friendsofadultdayhealth.org/Yolo-Adult-Day-Health-Center>

Yolo Hospice

Yolo Hospice proporciona atención de transición al final de la vida, enfatizando la experiencia clínica, los planes individualizados de atención y el apoyo a la conexión con otros servicios comunitarios. Yolo Hospice ofrece servicios de duelo, incluyendo apoyo grupal e individual a cualquier miembro de nuestra comunidad que haya perdido a un ser querido, sin importar si el ser querido era un paciente de Yolo Hospice. Todos los servicios clínicos y de duelo se proporcionan sin costo alguno. Teléfono: (530) 758-5566 o (800) 491-7711

Ubicación: 1909 Galileo Court, Suite A Davis, CA 95618 Sitio web: <http://www.yolohospice.org>

Del Oro Centro de Recursos para Cuidadores

Atiende a familias e individuos que proveen cuidado para adultos con problemas cerebrales y adultos mayores frágiles. El objetivo es mejorar el bienestar de los cuidadores familiares y proporcionar apoyo durante todo el proceso de cuidados. Se puede organizar un descanso para el cuidador del cuidador y asistencia del plan de cuidados.

Teléfono: (916) 728-9333

Sitio web: www.Deloro.org

Educación & Recreación

Club de Ciudadanos para Gente Mayor

Club social con actividades estacionales, bingo y conferencistas invitados. Almuerzo y reunión el segundo miércoles cada mes, 11:30am en el Centro Comunitario de Winters, 201 Railroad St., Winters.

Fundación para Gente Mayor de Winters

Local cuya misión es abogar por y apoyar a las personas mayores locales. Las actividades incluyen juegos semanales, excursiones y oportunidades de voluntariado. Día del juego: gratis, todos son bienvenidos. Semanalmente los jueves, 13:00 – 3:30pm, St. Anthony Parish Hall, 555 Main St., Winters. Las reuniones mensuales incluyen la educación y la información son el 3er miércoles cada mes, 2pm – 4pm (excepto Julio y Agosto), Winters Safety Building, 700 Main St., Winters. Telefono: (707) 497-7289

Correo Electronico: wintersseniorfoundation@gmail.com

Libros de la Biblioteca del Condado de Yolo por Correo

Los libros por correo son un servicio gratuito de la biblioteca del Condado de Yolo que le trae materiales de la biblioteca a través del correo a largo plazo o a corto plazo. Están disponible para cualquier residente del Condado de Yolo que tenga una discapacidad, enfermedad o falta de transporte que impida el acceso a una sucursal de la biblioteca del Condado de Yolo.

Teléfono: (530) 757-5588 or (530) 575-5580 Fax: (530) 757-5590

Sitio web: www.yolocounty.org/booksbymail

Librería del Condado de Yolo – Winters

Librería publica con libros, CDs, DVDs, libros electrónicos y acceso a computadoras. Amigos de la librería de Winters ayuda a los eventos culturales y educativos. Telefono: (530) 795-5001

Address: 708 Railroad St., Winters

Davis Senior Center

Davis Senior Center es un centro de coordinación comunitario para los servicios recreativos, sociales y de apoyo para adultos maduros y sus familiares. ¡Los residentes de Winters son bienvenidos!

Teléfono: 530-757-5696 Fax: 530-758-0463

Sitio web: <http://cityofdavis.org/City-Hall/Parks-and-Community-Services/Senior-Services>

Woodland Senior Center

Woodland Senior Center es un punto de acceso para programas que fomentan el envejecimiento saludable, proveen servicios sociales básicos, información y oportunidades de remisión y socialización para los adultos mayores. ¡Los residentes de Winters son bienvenidos!

Teléfono: 530-661-2001

Sitio web: http://www.cityofwoodland.org/gov/Depts/communityserv/adult_senior/default.asp

Conexión a servicios y Administración de Cuidados

Senior Link del Condado de Yolo

Senior Link es un programa gratuito de información y asistencia de servicios legales del norte de California que atiende a adultos mayores de 60 años en el Condado de Yolo. El programa proporciona información y asistencia para acceder a recursos que incluyen ayuda en el hogar, problemas con el consumidor, programas de educación y empleo, asistencia financiera, acondicionamiento físico y recreación, alimentos y comidas, Consejería de seguros de salud, servicios de salud y bienestar, vivienda, reparaciones menores en el hogar, asistencia legal, salud mental y consejería, grupos de apoyo, asistencia fiscal y de reembolso, transporte y servicios para veteranos. Asistencia telefónica disponible en inglés y español.

Teléfono: 530-207-4250

Ubicación: 619 North St, Woodland, CA 95695

Del Oro Centro de Recursos para Cuidadores

Atiende a familias e individuos que proveen cuidado para adultos con problemas cerebrales y ancianos frágiles. El objetivo es mejorar el bienestar de los cuidadores familiares y proporcionar apoyo durante todo el proceso de cuidados.

Teléfono: (916) 728-9333

Sitio web: www.Deloro.org

Recursos para Vivir Independiente (RIL)

RIL promueve la independencia socioeconómica de la persona con discapacidades y las personas de la tercera edad, servicios de vida independiente son dirigido por el consumidor y la abogacía. RIL proporciona 7 servicios básicos: abogacía y monitoreo legislativo; Vivienda Servicios de asistencia personal; Información y referencias; Consejería de conexión; ayuda para vivir independiente; y tecnología asistida.

Teléfono: 916-446-3074 Sitio web: <http://www.RIL-Sacramento.org/>

Yolo 2-1-1

211 Yolo es el centro de información del Condado de Yolo, que vincula a los residentes con servicios vitales de salud y humanos, información y recursos en la comunidad. Utilice las opciones de búsqueda guiada a continuación, marque 2-1-1 o texto su código postal a 898211 para respuesta de texto. Este servicio es gratuito, multilingüe, confidencial y disponible 24 horas al día, todos los días del año.

Teléfono: 211 Sitio web: <https://www.211yolocounty.com/>

Salud y Bienestar

Winters Fundación Healthcare

La Fundación de Winters Healthcare es una clínica de la comunidad local que proporciona atención médica, dental y prenatal. También proporcionan servicios de salud mental y conductual, así como referidos especializados y farmacia. WHF proporciona atención a cualquier persona en nuestra comunidad, incluyendo aquellos con médicos y aquellos sin ningún tipo de seguro. El personal es bilingüe en español. Teléfono: (530) 795-4377

Sitio web: <http://www.wintershealth.org>

Dr. Bill Davis, Medico de Practica Privada

Atención primaria y familiar proporcionada en su casa o con cita previa. Acepta Medicare, efectivo o sus cuotas de membresía de practica privada.

Teléfono: (530) 795-1110

Sutter Medical Plaza en Winters

Acceso local a los proveedores de atención primaria, medicina interna y familiar.

Address: 1111 Main Street, Suite B, Winters

Teléfono: (530) 795-3822

Clinicals Communicare

Clínica Comunitaria de Davis

Recepción Medica: (530) 758-2060 Recepción Dental: (530) 757-4667

Recepción Salud de Conducta: (916) 403-2970. Sitio Web:
http://www.communicarehc.org/View_webpage.asp?Title=Davis

Centro Hansen Family Health-Woodland

Recepción Medica: (530) 405-2800 Recepción Dental: (530) 405-2811; Recepción Salud de Conducta: (530) 405-2815 Sitio Web:
[:www.communicarehc.org/View_webpage.asp?Title=Hansen%20Family%20Health%20Center%20\(Woodland\)](http://www.communicarehc.org/View_webpage.asp?Title=Hansen%20Family%20Health%20Center%20(Woodland))

Closet de Equipos Medicos

El centro comunitario de Winters y de Davis presta sillas de ruedas, caminantes, subidas del asiento de tocador, y bastones a los adultos mayores en necesidad. Usted no necesita ser un residente de Davis para pedir prestado el equipo en Davis. Donaciones para usar los equipos son aceptados.

Centro comunitario de Winters, contactar a Marie al 530-795-4241, Railroad Ave., Winters

Davis: 530-757-5696 Locacion: 646, A St. Davis

Eagle Pharmacy

Farmacia local provee información de medicaciones en casa y en la tienda. Entrega gratuita a domicilio.

Telefono: (530) 795-4123 Domicilio: 101 Main Street, Winters

Yolo Hospice

Yolo Hospice proporciona atención de transición al final de la vida, enfatizando la experiencia clínica, los planes individualizados de atención y el apoyo a la conexión con otros servicios comunitarios. El Yolo Hospice ofrece servicios de duelo, incluyendo apoyo grupal e individual a cualquier miembro de nuestra comunidad que haya perdido a un ser querido, sin importar si el ser querido era un paciente de Yolo Hospice. Todos los servicios clínicos y de duelo se proporcionan sin costo alguno.

Teléfono: (530) 758-5566 o (800) 491-7711

Ubicación: 1909 Galileo Court, Suite A Davis, CA 95618

Sitio Web: <http://www.yolohospice.org>

Agencias de Atención Domiciliarias Privadas

Proporciona cuidado personal en su hogar.

Apex Care Teléfono: (530) 421-9111

Comfort Keepers Teléfono: (530) 666-4300

WeCare4Yolo Telefono: (530) 564-6229

Your Home...Nursing Services Telefono: (530) 753-7478

Asistencia de Apoyo para Su Vida

Carlton Plaza Senior Living

La comunidad de Davis ofrece opciones de vida independiente y asistida, junto con numerosos servicios de atención personalizada, incluyendo nuestro programa de cuidado de memoria de firmas para aquellos desafiados por la demencia y la enfermedad de Alzheimer. Las enfermeras licenciadas están en el sitio todos los días para ayudar a los residentes a manejar su diabetes, medicamentos y otros problemas de salud. Tel: 877-707-7756

Sitio web: <http://carltonseniorliving.com/Location/Davis/>

St. John's Retirement Village

La aldea del retiro de St. John's es una comunidad sin fines de lucro, multi-nivel, bienestar-enfocada situada en arbolado, CA construida para realzar calidad de la vida para cada Senior que llame su hogar exuberante ajardinado del campus de 14 acres. Cuatro niveles de atención, vida activa asistida, cuidado personal, apoyo a la memoria y enfermería especializada sirven a más de 160 personas de la tercera edad. Los residentes disfrutan de una abundante comida de granja a tenedor, un programa de actividades orientado hacia el envejecimiento y cuidado exitoso que apoya la independencia entregada por un personal compasivo y altamente entrenado.

Tel: 530-662-1290 Fax: 530-662-4639 sitio web: <http://www.sjrv.org/>

Comunidad de Jubilación Universitaria

La comunidad de jubilación universitaria es una comunidad de jubilación de cuidados continuos sin fines de lucro, totalmente acreditada. Todos nuestros programas han sido cuidadosamente diseñados para proporcionarle los servicios, amenidades y actividades que desea disfrutar ahora – junto con las que puede necesitar más adelante. Como CCRC, la comunidad de jubilados de la Universidad ofrece los siguientes niveles de atención y apoyo: vida residencial, vida asistida, cuidado de la memoria, cuidado de la salud, cuidado de enfermería especializada, y una variedad de otros programas de Sanidad y bienestar. La comunidad de 5 estrellas del centro de salud certificado por Medicare, que está abierta al público, proporciona enfermería y rehabilitación experta y compasiva para individuos que están temporalmente o permanentemente en necesidad de tales servicios. Tel: 530-747-7000 Web:

<http://www.retirement.org/davis/>

Grupos de Apoyo

Grupo de Apoyo para Cuidadores de Demencia

Grupo de apoyo a los cuidadores de la demencia ofrece Grupo de apoyo para familias, incluyendo niños y cónyuges, y cuidadores de enfermos de demencia. El grupo de apoyo a los cuidadores de la demencia es para familias y cuidadores de enfermos de demencia, no para aquellos con demencia. Grupo se reúne el tercer miércoles de cada mes, 10am-12pm.

Tel: 530-757-5696 Dirección: Davis Senior Center 646 A St. Davis, CA 95616

Alzheimer's Association Grupo de Apoyo

Reunión mensual dirigida por trabajador social en el centro de salud para adultos de Yolo en Woodland. Discusión de recursos y técnicas de cuidados. Drop ins bienvenida. Reuniones el 2º jueves de cada mes, 6:30P-8P. Tel: 530-666-8828 dirección: 20 N. Cottonwood St., Woodland

Arthritis Grupo de Apoyo

El grupo de apoyo para la artritis proporciona una red de otros que viven con artritis para encontrar apoyo. El propósito es una condición similar es tomar consuelo en las experiencias de otros en este grupo de apoyo. Teléfono: 530-662-9038 Dirección: 2001 East St. Woodland

Hear, Here! Grupo de Apoyo

¡Oír! ¡Aquí! es su capítulo local de la Asociación de la pérdida de oído de América [HLAA] sirviendo el Condado de Woodland, de Davis y de Yolo. Ofrecemos programas informativos para las personas con discapacidad auditiva durante todo el año que están abiertos a todos.

Teléfono: 530-757-5696 Dirección: 646 A St. Davis, CA 95616

Grupo de Apoyo para Vivir con Cáncer

Grupo de apoyo para aquellos que viven con cáncer para proporcionar consuelo, información actual, enseñar habilidades de afrontamiento, ayudar a reducir la ansiedad, y proporcionar un lugar para que la gente comparta preocupaciones comunes y apoyo emocional.

Tel: 530-669-5305 Dirección: 1321 Cottonwood St. Woodland, CA 95695

Grupo de Apoyo para Personas con Parkinson's

Care Partner's Grupo de Apoyo, el segundo Miércoles de cada mes a la 1:30pm

Grupo de Apoyo para personas con Parkinson's, el tercer Miércoles de cada mes a la 1:30pm

Tel: 530-757-5696 Dirección: 646 A St. Davis, CA 95616

Appendix E.
Yolo County Senior Resource Guide

Current and regularly updated Yolo Senior Resource Guide is a complete listing of resources throughout all of Yolo County can be found at <https://lsnc.net/seniorlink>.

Appendix F.
Yolo Healthy Aging Alliance Resource Page

A listing of key resources with a program descriptions and contact information can be found at <https://yolohealthyaging.org/resources/>.