



CENTER FOR ELDERS'
independence

Serving Older Adults through Community Connection
and Holistic Care



Expanding Access to Care for Seniors: CEI has opened three new PACE centers, expanding access to care and increasing our ability to serve older adults in their own neighborhoods.



Why Pace?: PACE is a national healthcare program offering high-touch, highly qualified and engaged teams. PACE enables older adults to live in their homes and in their community as long as medically and socially possible.



We welcome and encourage tours: Come tour our CEI PACE Program and experience our unique model of care in action.



All slides available here
www.acera.org/oe



**Three New Locations. One Mission: Helping Seniors Age at
Home with Confidence.**

Care Partners

Alameda County Public Health

FREE SERVICES

Support for living safely at home

Community resources

Find local services and help locating medical equipment.

Care and support

Get help navigating healthcare and In-Home Supportive Services (IHSS).

Planning and wellness

Learn about Life Care Planning, fall prevention and wellness.

Who can qualify

Alameda County residents

Low-income adults 50+ and low-income people with disabilities.
IHSS recipients and care providers, plus eligible residents' caregivers.

Source: Alameda County Health

How to reach us

(510) 577-3517

Monday–Friday

8:30 AM–5:00 PM

Visit our website for more info

health.alamedacountyca.gov/program/care-partners/



LEGAL ASSISTANCE FOR SENIORS

Free legal help for Alameda County older adults

Program Highlights

- Free legal advice and information
- May provide representation, referrals, and community education
- Common topics:
 - Elder abuse restraining orders
 - Public benefits (SSI, SSR, CAPI)
 - Consumer issues
 - Medicare & Medi-Cal issues

Contact LAS

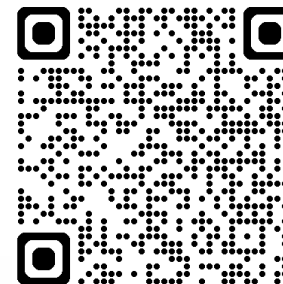


(510) 832-3040



lashicap.org

All slides available here
www.acera.org/oe





24/7 Helpline
(800.272.3900)



Local Resources

- Find your chapter (alz.org/findus)
- Support groups
- Alzheimer's Association & AARP Community Resource Finder (alz.org/crf)



Online (alz.org)

- alz.org/care
- alz.org/safety
- alz.org/driving

ALZConnected[®]
(alz.org/alzconnected)

ALZNavigator[™]
(alz.org/alznavigator)



Education Programs
(alz.org/education)

- In-person, online and virtual



DID YOU KNOW?

IN JULY WE PARTNERED WITH MEALS
ON WHEELS AND WE ARE NOW
MAKING AN ADDITIONAL
75,000 MEALS!
INCLUDING MEDICALLY
TAILORED DIETS!

HOW TO FIND US:

- CALL: (925) 500-8241 FOR OUR SENIOR MEAL PROGRAM
- (925) 580-1616 FOR GENERAL QUESTIONS
- VISIT: [OPENHEARTKITCHEN.ORG](https://openheartkitchen.org)

Alameda Health System Foundation

Highlights

- Over 130,000 patients served annually
- 91% are on Medi-Cal/Medicare
- Only East Bay Adult Level 1 Trauma Center
- Meeting our communities where they are with AHS Mobile Health Services
- Give by direct gifts, stock, QCDs, planned gifts, donor-advised funds (DAFs), or employer matching gifts!

How to Reach Us

- Scan the QR Code 
- Donate today at:
FoundationAHS.org/Donate
- Contact:
Vera Hannush
Sr. Director of Philanthropy
vhannush@alamedahealthsystem.org
(510) 271-2517



All slides available here
www.acera.org/oe



Alice Home Care

Highlights

- **Trusted In-Home Care:**

Personalized, non-medical support that helps older adults remain safe, comfortable, and independent at home.

- **Culturally Responsive Care:**

English-, Cantonese-, and Mandarin-speaking caregivers who understand the importance of language, culture, and personal routines.

- **Local & Community-Focused:**

Alameda-based and proudly serving older adults and families throughout Alameda County and Contra Costa County.

How to Reach Us

- www.alicehomecare.com
- (510) 924-8529
- info@alicehomecare.com

All slides available here
www.acera.org/oe



Adult Protective Services

Highlights

- Adult Protective Services is a state mandated program intended to investigate and remedy or reduce danger to dependent adults and older adults who are at risk of physical, sexual, mental or financial abuse, neglect or self-neglect.

How to Reach Us

Website

<https://socialservices.alamedacountyca.gov/our-services/Abuse-and-Protection/index>

APS Hotline:

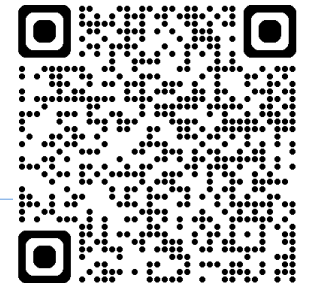
510-577-3500

1-866-CALL-APS

Online:

ReportToAPS.org

All slides available here
www.acera.org/oe



Alameda County Deferred Compensation Plan



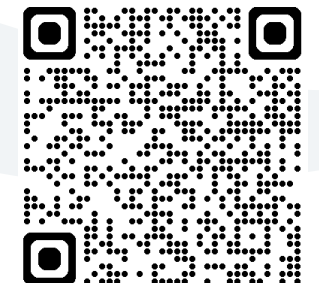
Highlights

- **RMD Age Rules:** Required withdrawals begin at age 73 (age 75 if born 1960 or later).
- **Flexible Payouts:** Set up monthly, quarterly, or annual penalty-free distributions.
- **Account Support:** Representatives can automate payouts, adjust tax withholdings, or update beneficiaries.
- **Contact** one of the plan's financial professionals with questions or to help with transactions.

How to Reach Us

- alamedacountydcp.com
- **855-WOW-457B** (855-969-4572)
- [**DeferredCompensation@acgov.org**](mailto:DeferredCompensation@acgov.org)

All slides available here
www.acera.org/oe





Financial wellness resources & account tools
Helpful tools for retirees

What's New

MONEYWISE

Financial wellness blog

Estate planning • scam awareness • budgeting tips
Subscribe for ongoing financial wellness guidance.

ACCOUNT ALERTS

Account alerts help monitor transactions

Set custom alert preferences in your online account.

How to Reach Us

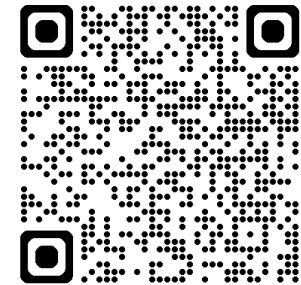
WEBSITE

1stunitedcu.org

PHONE

(800) 649-0193

All slides available here
www.acera.org/oe





Retired Employees of Alameda County

Stay Connected Stay Informed Enjoy Retirement



Why Join REAC?



A Voice in Your Benefits



Spring & Fall Luncheons



Monthly Insider News



Retiree-to-Retiree Support

Dues:

\$2 per
month

Deducted
from your
pension

Ready to Join?

It takes 60 seconds

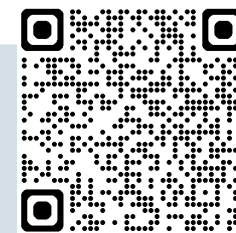
acera.org/reac



All slides available here
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Learn More: reacsite.org

ACERA Webpage: acera.org/assoc



Alameda County Retired Employees

A retiree chapter of SEIU Local 1021 serving many ACERA retirees

Why Retirees Join ACRE

- **Advocates for Alameda County retirees**

ACRE representatives attend ACERA Board and Committee meetings.

- **Keeps an eye on retiree benefits**

Tracks supplemental retiree benefits and issues affecting the retirement system.

- **Connects retirees with a broader network**

Participates with statewide organizations focused on county retirees.

Member dues **\$3 / month**

Learn more
seiu1021.org

Connect With ACRE



Contact

Pete Albert

peter.albert@seiu1021.org

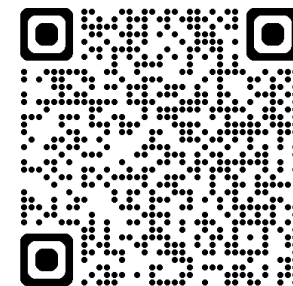


Phone

(510) 350-4527

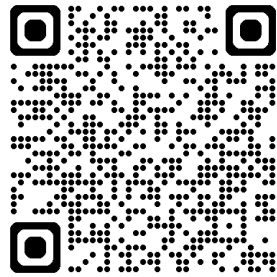
For ACRE information

All slides available here
www.acera.org/oe



Social Security Administration

How Can we Help?



Create your personal *my* Social Security account at **ssa.gov/myaccount** or scan the QR code below.

To create an account, you must:



Be at least 18 years of age



Have a Social Security number



Have an email address



How to Reach Us

- www.ssa.gov
- 800-77-1213
- Follow us on @SocialSecurity





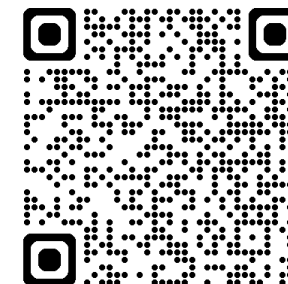
Highlights

- **Starting** with the **2027** plan year, **ACERA** is expanding healthcare choices for our non-Medicare retirees in California
- **ACERA** partners with **Via Benefits** to offer expert guidance when selecting your healthcare coverage in retirement
- **ACERA** makes **Via Benefits** available at no cost to you or your family members

How to Reach Us

- Medicare eligible retirees:
 - my.viabenefits.com/ACERA
- Pre-Medicare eligible retirees:
 - marketplace.viabenefits.com/ACERA
- 1-888-427-8730

All slides available here
www.acera.org/oe



Kaiser Permanente

Highlights

- Comprehensive Medicare coverage with coordinated care, pharmacy, and preventive services
- Convenient access to care through office visits, video visits, and 24/7 medical advice
- Mail-order pharmacy and online prescription refills
- Wellness programs, preventive screenings, and health education resources

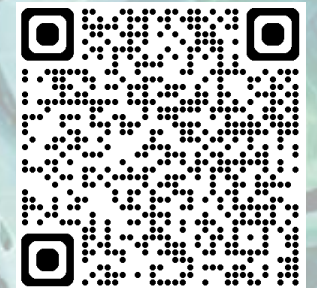
How to Reach Us

- kp.org
- **By Phone:** Call 1-800-464-4000



Scan to learn more
about your Kaiser
Permanente

All slides available here
www.acera.org/oe



Delta Dental of California

Why Delta Dental

More Savings

We save members money each year. Because Delta Dental dentists agree to set fees, you'll pay less out-of-pocket when you visit dentists in the Delta Dental PPO™ and Premier® networks.

More Dentists

Four out of five dentists nationwide are contracted Delta Dental dentists, so it's likely that your current dentist is a Delta Dental dentist.

More Satisfaction

Members rate Delta Dental **more favorably on reputation, value, quality of care and customer service.** Most of our enrollees stay with us year after year

How to Reach Us

Contact Customer Service

Get help by phone or online

Delta Dental PPO™ - 888-335-8227 (Monday through Friday, 8:00 a.m. to 8:00 p.m. PT)

DeltaCare® USA - 800-422-4234 (Monday through Friday, 8:00 a.m. to 9:00 p.m. PT)

24/7 Automated Phone System Available

Contact Us Online

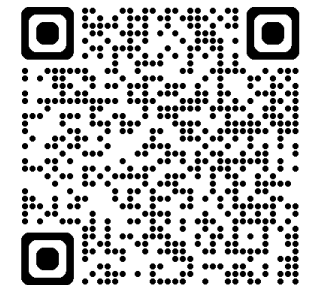
Visit deltadentalins.com and select Contact Us. Follow the prompts or submit a Customer Service form for assistance.



VSP Essential Medical Eye Care

- Fully covered retinal screening for members with diabetes.
- Exams and services to treat immediate issues like pink eye and sudden changes in vision.
- Treatment options to monitor ongoing conditions such as dry eye, diabetic eye disease, glaucoma, and more.
- \$20 per exam for additional exams and services.

All slides available here
www.acera.org/oe



VSP Exclusive Member Extras: Hearing Health



Nationwide network
of more than 8,850 licensed
hearing aid professionals



Straightforward, nationally
fixed pricing on a wide
selection of hearing aids



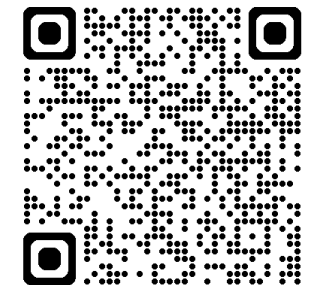
One year of free visits
for fitting, adjustments,
and cleaning



Eighty free batteries
per hearing aid for non-
rechargeable models

All slides available here
www.acera.org/oe

TruHearing®



Discounts on over-the-counter hearing aids are also available.

VSP is providing information to its members but does not offer or provide any discount hearing program. VSP makes no endorsement, representations or warranties regarding any products or services offered by TruHearing, a third-party vendor. TruHearing is not insurance and not subject to state insurance regulations. For additional information please visit

<https://www.vsp.com/offers/special-offers/hearing-aids/truhearing>. For questions, contact TruHearing directly. Not available directly from VSP in the states of Washington and California.



United Healthcare®

New for 2027!

UHC rewards increasing to \$1,000

URL to view plan features:

exploreuhcplans.com/alameda

Key Features

- 24/7 Virtual Visits
- United Healthcare Hearing Benefit
- Behavioral Health Support
- Easy Digital Tools
- Calm App
- One Pass Gym Membership

How To reach Us



1-800-624-8822

All slides available here
www.acera.org/oe

