



**We all want to thrive  
independently as we age**

**LIFE ElderCare can help  
**YOU** stay healthy and  
connected to community**

**Need support? We provide:**

- Meals on Wheels – healthy meals delivered to your home
- Assisted transportation
- Visits and companionship
- In-home exercise and minor home modification
- Care coordination & more

**We can connect you with  
services throughout  
Alameda County**

Call **510-894-0370** or  
email **[info@LifeElderCare.org](mailto:info@LifeElderCare.org)**  
to get started

Donations are optional but gladly accepted.





## Volunteer to be a part of LIFE

**It's flexible, fun, and only  
takes a few hours to bring joy  
to seniors**

Meaningful ways to get involved:

**DRIVE** seniors to appointments,  
the grocery store, and other  
essential errands. Flexible weekday  
scheduling.

**DELIVER** Meals on Wheels with a  
smile. Help out any weekday you  
are available from 10am-12pm.

**VISIT** with a senior and make a  
new friend. You will both look  
forward to your weekly visits.

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and visionary donors including:**

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**[www.LifeElderCare.org](http://www.LifeElderCare.org)**