



Married for 63 years, Bob and Virginia are Fremont residents who rely on LIFE ElderCare's programs. Bob gets daily meals from Meals On Wheels and they both improved their mobility by completing the Falls Prevention Program. Bob can no longer drive so he and Virginia rely on VIP Rides to get to the store and to medical and dental appointments.

We help to make life safer, healthier and more secure for seniors who chose to age independently in their own homes.

Call 510.574.2090 today to sign up for services -- or join the 500 volunteers who have already made the Tri-City area a model for aging in place.

Making the Choice to Age in Place

As we grow older one thing remains important to many of us -- the ability to age independently in our own home for as long safely possible. LIFE ElderCare offers Tri-City residents an easy, low to no-cost way to do this.

Seniors, age 60 and older, living in Fremont, Union City and Newark, California can access nutritious meals, quality companionship, reliable transportation, and personalized, in-home exercise through one trusted organization.

Providing the Basics of Life

Our four direct service programs, **Meals on Wheels, Friendly Visitors, Falls Prevention and VIP Rides**, promote healthy lifestyle choices and support daily well-being. They also give seniors the assistance they need to remain in their own home when adverse events or health conditions make it difficult to carry out the essential activities of daily life.

Healthy Aging Requires Active and Engaged Community Involvement

LIFE ElderCare provides a link between seniors in need and people in the community who want to help. Whether it is for a short period of time after a hospitalization, or for a longer period of time due to a chronic illness or disability, our fully screened and trained volunteers are ready to offer assistance.

Major Funding

Alameda County Area Agency on Aging, City of Fremont, Alameda County Meals on Wheels, RGW Construction, Janice Futch-Claridge, California Wellness Foundation, Amgen Foundation, East Bay Foundation on Aging, Sobrato Family Foundation, San Francisco Foundation, Palo Alto Medical Foundation, Kaiser Permanente.

Board of Directors

Judy Zlatnik, President
Janice Cook, Treasurer
Mary M. Anderson, Secretary

Janette Blazick
Joyce DeZarn
Aileen Fox
Dr. Dianne Martin
Lily Shih

Executive Director
Mary M. Anderson

Development Director
Liz Jardin

LIFE ElderCare provides equal opportunity to its consumers without regard to race, creed, color, gender, sexual orientation, age, religion, national origin, physical or mental disability, and mental condition, in compliance with applicable local, state and federal laws.

LIFE ELDERCARE
3300 Capitol Avenue
Fremont, CA 94538
510.574.2090

Visit us online at:
lifeeldercare.org
lifeeldercare.wordpress.com
youtube.com/lifeeldercare
twitter.com/lifeeldercare



LIFE ELDERCARE

Nonprofit, community supported
direct service programs for older adults.

- MEALS ON WHEELS**
- FRIENDLY VISITORS**
- FALLS PREVENTION**
- VIP RIDES**

Serving the Tri-City Area of Fremont,
Newark and Union City, CA.



lifeeldercare.org



MEALS ON WHEELS

Meals on Wheels provides hot, nourishing, home-delivered mid-day meals to homebound seniors age 60 and older and to individuals with disabilities who cannot shop for or prepare their own meals.

The meals are delivered Monday through Friday between 10:30 a.m. to 12:30 p.m. Frozen meals are provided for weekends/holidays. Special dietary needs are met.

A diverse variety of meals are prepared daily and include the following choices: regular, vegetarian, renal, diabetic, soft, mechanical soft, and puree. All meals are low in sodium, cholesterol and fat.

Our volunteers do more than just deliver a meal, they bring a friendly hello, a warm smile and a daily wellness check.

FOOD

Barbara Emge
Program Coordinator
510.574.2092
bemge@fremont.gov



FRIENDLY VISITORS

Our Friendly Visitors Program matches frail, isolated seniors with volunteers who provide companionship, giving older adults the chance to share their knowledge and experience with people of all ages and backgrounds.

It takes so little to make a big difference in the life of a lonely senior. During a two hour weekly visit, friends share telephone calls, shopping trips, movies, and dinners. For many visitors, a special relationship develops that greatly enriches their life.

Volunteers are from all ethnic backgrounds and walks of life. They share that special gift of their time that brings quality to the life of a senior. What can be more fulfilling than discovering another human being?

FRIENDSHIP

Bernie Thien
Program Coordinator
510.574.2097
bthien@fremont.gov



VIP RIDES PROGRAM

VIP Rides links seniors and individuals with disabilities with a volunteer to accompany and/or assist while traveling to appointments, grocery shopping or errands using local Paratransit. Volunteers may also use their own vehicle to drive ambulatory clients who require door-through-door assistance.

The following assistance is provided: push wheelchairs for Paratransit riders, provide a steady arm for riders when walking or climbing stairs or if visually impaired, assist with shopping and carrying packages.

Rides are limited to persons who do not have a family member to assist them, or any other means to get to necessary appointments and errands.

TRANSPORTATION

Lori Vogel
Program Coordinator
510.574.2096
lvogel@fremont.gov



FALLS PREVENTION

Do you want to stay fit and healthy? Participants in the Falls Prevention Program have shown an average of 29% improvement in their mobility and a significant decrease in their overall fear of falling.

No matter what the health situation, bed-ridden, chair bound or just afraid of falling -- doing custom designed, daily exercises will improve mobility. Non-seniors with disabilities are also encouraged to join.

The program includes a personalized 12-week, in-home exercise program that is monitored by LVN students from Unitek College, as well as a home safety assessment, minor home modifications, and a medication review.

INCREASED MOBILITY

Maureen Parent
Program Coordinator
510.574.2088
mparent@lifeelderc.hostpilot.com