

# DAILY REPUBLIC

FAIRFIELD-SUISUN, CALIFORNIA

## Local lifestyle columnists

# Many community resources available for seniors

By **Serena Enger** | July 16, 2016

There are many resources addressing the quality of life for seniors living in Solano County. Ask a friendly librarian to help you connect with the resources that interest you most.

The Area Agency on Aging is a good place to start if you have questions about a wide range of topics: quality housing, caregiving services, legal assistance, meal delivery and fun leisure activities at senior centers. They also list resources for seniors with low incomes or those facing homelessness. The Area Agency on Aging publishes a helpful and extensive online guide to resources in the county. It can be found at [www.aaans.org/resource-guide-toc/?county=solano](http://www.aaans.org/resource-guide-toc/?county=solano).

Born to Age is another useful annual guide that highlights senior care facilities and an array of services and activities for seniors living in Solano County. They also publish guides for other Bay Area counties. You can pick up a free copy at your local public library or read it online at [borntoage.com](http://borntoage.com).

Community Action North Bay, here in Fairfield, assists residents, including seniors and veterans facing loss of home or income through working with them on housing placement, food distribution and referrals for mental health services.

Legal Services of Northern California addresses civil legal issues. They have a toll-free number at 800-222-1753. Check out their fact sheets concerning money-saving opportunities for seniors and legal self-help and estate planning. They are available online at <http://slh.lsn.net/fact-sheets-flyers>.

Fairfield and Suisun City low-income seniors can receive free groceries twice a month through a Food Bank of Contra Costa and Solano County program at two locations in Fairfield. The Food Bank's website lists locations for various services.

The city of Fairfield's Adult Recreation Center offers an array of programs for having fun and meeting your neighbors through its many clubs and programs, and exercise classes. They also offer AARP driver training and tax preparation assistance.

Both Solano County Library and the Adult Recreation Center are good places to go to get free flu shots in the fall. They also provide a Senior Day Program in which lunch and specialized programs are offered. After getting registered, seniors can participate in the Meals on Wheels of Solano County service at the Adult Recreation Center.

Take advantage of summer by registering for a class or program through the Fairfield Parks and Recreation's online portal or in person at the Fairfield Community Center, next door to the Fairfield Civic Center Library. Maybe it's time to take that aquatic fitness class. The Aquatics Center at Allan Witt Park's offers fitness classes for seniors ranging from deep-water (low-impact) aerobics, range of motion, and water walker exercise-based swim classes to help you stay fit and energized. Check the offerings online at [www.fairfield.ca.gov/gov/depts/cr/aquatics/allanwitt/](http://www.fairfield.ca.gov/gov/depts/cr/aquatics/allanwitt/).

Need help learning how to use a computer to access this information? Visit any branch of Solano County Library to access free public computers or our free Wi-Fi. Visit us or call our Telephone Assistance Center at 866-572-7587 to make an appointment for a one-on-one computer tutoring session. You can also bring your own laptop, tablet, or e-reader to learn how to use it better or access our free e-books, e-audio books and electronic magazines.

Looking to volunteer and meet new people?

The library welcomes volunteers to help us deliver library books to home-bound residents, serve as computer tutors and promote library services at outreach events. Or, consider joining the Friends of the Fairfield-Suisun Libraries. They raise money for our programming at the Fairfield Civic Center, Fairfield Cordelia and Suisun City branches by volunteering a few hours a week at the used bookstore at the Fairfield Civic Center Library.

Programs include the Summer Reading Challenge, storytimes, Afternoon Adventures, and African-American Heritage Month. Drop by the bookstore and ask a volunteer for a membership application.

Love the outdoors? Volunteer at Solano County parks. You can lead nature walks, be part of a park improvement project or assist at an event like the Coastal Cleanup Day. There are opportunities throughout the county from Rio Vista to Lake Solano. You can find more information online at [www.co.solano.ca.us/depts/rm/countypark/volunteers.asp](http://www.co.solano.ca.us/depts/rm/countypark/volunteers.asp).

This summer, Solano County Library invites you to take the Summer Reading Challenge. It's not just for children and teens anymore. Adults can read or listen to five items and choose

between a coupon to a Friends of the Library bookstore item or have up to \$5 in fines reduced.

Have fun this summer. Let a librarian help you discover a new genre or recommend books on a favorite hobby. The challenge runs through Aug. 31. Visit us at the Information Desk or online at [www.solanolibrary.com](http://www.solanolibrary.com) for more information.

Look for our Medicare Open Enrollment Information Session from 1 to 3 p.m. Oct. 3. A representative from the Solano County HICAP Office (Health Insurance Counseling & Advocacy Program) will discuss benefits and changes to Medicare and answer your questions.

*Serena Enger is the supervising librarian at the Fairfield Civic Center, Solano County Library. She recently re-read and recommends "Ishi in Two Worlds: A Biography of the Last Wild Indian in North America" by Theodora Kroeber.*