

SENIOR TRANSPORTATION & MOBILITY WORKSHOP & Harvest Fair ITINERARY

10:30 AM - 11:00 AM: Resource Vendors SET-UP - various local transportation agencies such as Lafayette Spirit, BART, County Connection, Mobility Matters, etc.

MORNING / AFTERNOON FORMAT

- 11:00 AM - 11:15 AM: Welcoming remarks from SMAC COUNCIL / Chair Candace Evans and Vice Chair Bryan Harris

Icebreaker activity (Introduction of vendors & ACOA executive board)

- Brief overview of the day's goals and benefits of exploring resources/ Introduction of Guest Speakers: Congressman Mark DeSaulnier, Assemblywoman Rebecca Baurer-Kahan, BART Director Matt Rinn, and EBLC President Mark Orcutt.
 - Simple, engaging icebreaker to encourage interaction and create a welcoming atmosphere.
- 11:15 AM - 11:30 AM: **Welcome Video from Congressman Mark DeSaulnier**
 - 11:30 PM – 12:30 PM: **Session 1: GUEST SPEAKERS** (15 mins each)
 - Local officials will answer questions from the Q&A Box
 - Opportunity to ask questions related to sessions or personal concerns.
 - 12:30 PM – 1:00 PM: LUNCH Break and Informal networking
 - Opportunity for attendees to chat, share experiences, and connect with peers and cohorts.
 - Question drop box for local officials and guest speakers to answer.
 - Food will be served / HOLIDAY BOXES* will be given out and accessible restrooms available. (* Holiday boxes include farm fresh food produce, eggs, cheese, and bottle of wine)

- 1:00 PM - 1:40 PM: **Session 2: NAVIGATING LOCAL SENIOR RESOURCES**
 - Presentations from local organizations and agencies supporting seniors (BART, East Bay Leadership Council)
 - Highlight key services like transportation, housing, home meal delivery, and home health services.
- 1:40 PM - 2:00PM: **Wrap-up and THANK YOU**
 - Summary of key takeaways and resources shared during the workshop.
 - Collection of feedback forms to improve future workshops.

What Our Seniors Want To Know:

Number 1 - Medi-CAL Cuts

Many seniors rely on Medi-Cal to cover transportation (NEMT) to medical appointments, and reductions could mean fewer people having this crucial benefit. Due to this more focus is on **Other Senior Transportation Options:** , including:

- Public Transportation Discounts
- Specialized Transit Services
- Volunteer Driving Programs
- Ride-Sharing Services Adapted for Seniors
- Private Ride Services

Number 2 - COLA and Senior Transportation Services

Cost-of-Living Adjustments (COLAs) are designed to help seniors maintain their purchasing power despite inflation. However, they often do not fully offset the rising costs, particularly for healthcare and housing.

Recent health policies now allow Medicare Advantage plans to offer transportation as a supplemental benefit for chronically ill enrollees. This includes providing rides for non-medical purposes, such as grocery shopping.

Example : The Metropolitan Transportation Commission focuses on addressing the transportation needs of older adults, people with disabilities, and low-income individuals

through programs like the Coordinated Public Transit-Human Services Transportation Plan and the Contra Costa Travel Training Program.

SUMMARY

In summary, while COLAs aim to mitigate the effects of inflation on seniors' fixed incomes, increasing food costs due to tariffs and other factors present a significant challenge. Access to affordable and reliable transportation is crucial for seniors, and changes in funding or available services can further affect their ability to obtain essential goods and services.

De-immigration and deportation of seniors; how they are being protected while being transported to their appointments etc. Most seniors are afraid to leave their homes and engage.