

Healthy Aging Center

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Healthy Aging Center Manager
Department of Health & Human Services





WHAT IS YOUR SECRET FOR HEALTHY AGING?

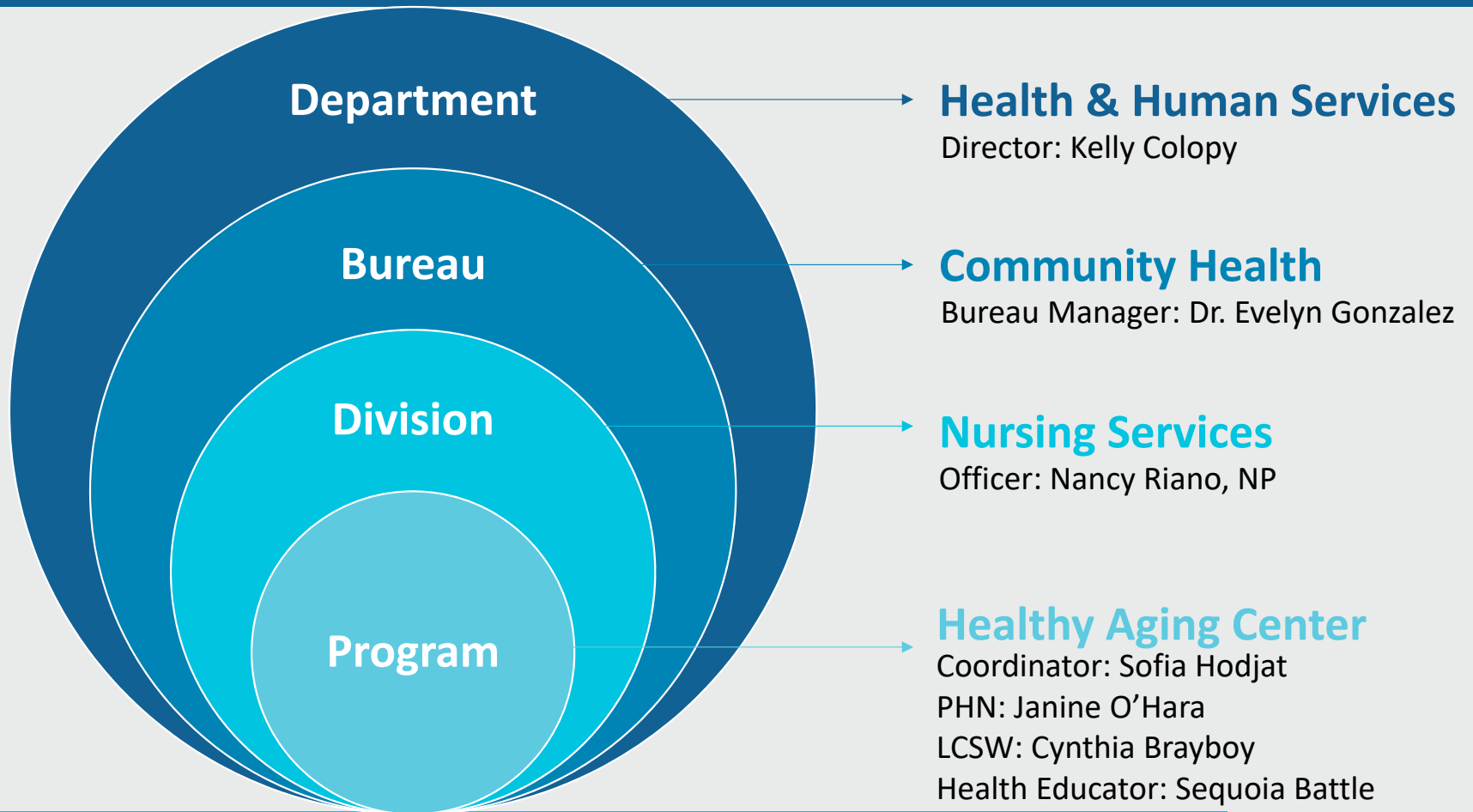
September was Healthy Aging Month

CITY OF
LONGBEACH

A nighttime photograph of a city skyline with various skyscrapers and palm trees, all illuminated and reflected in a body of water. A semi-transparent white banner is overlaid across the middle of the image.

THE HEALTHY AGING CENTER

THE HEALTHY AGING CENTER



WHERE DOES THIS PROGRAM LIVE?



Healthy Aging Center - Room 111
1150 E 4th St., Long Beach, CA 90802



562-570-3529



HealthyAgingCenter@longbeach.gov



www.longbeach.gov/healthyaging



CITY OF
LONG BEACH

SCOPE OF WORK

Visioning & Planning

Develop & implement Age-Friendly Initiative & Strategic Plan for older adults

Coordinating older adult services & providers (LB Aging Services Collaborative)

Advocating for the inclusion of older adults in all conversations



Visioning & Planning



Strategic Plan

CITY OF
LONG BEACH
RECOVERY ACT

**Coordination &
Administration
Contract**



**LB Aging Services
Collaborative**

SCOPE OF WORK – continued

Programs & Services

Senior Links: home visits, case management, referrals, supportive services

Supportive Services: grief groups, ride coordination, tech programs

Community Engagement: outreach, educational events, internships



HEALTHY AGING CENTER

TRANSPORTATION PROGRAM



ELIGIBLE TRIPS MAY INCLUDE RIDES TO:

- Medical appointments
- Pick up prescriptions
- Grocery shopping
- Public Social Services
- Mental health services
- LB Health Department
- Multi-Service Center
- Senior Centers
- and MORE!

Do you need help getting to appointments or other essential services?

LET US HELP!

The Healthy Aging Center is now offering FREE transportation through Long Beach Yellow Cab for older adults to access essential services. Rides must be booked in advance and some limitations may apply. Connect with the Healthy Aging Center staff today to learn about eligibility requirements and how to book a ride!

**TO APPLY, CALL:
562-570-3529**



Healthy Aging Center

A Penny for your Thoughts

Grief Support Group

The Healthy Aging Center will be holding a grief support group for older adults in Long Beach who have experienced a recent death of a loved one. Our goal is to provide a safe place to build a community of support, education about grief, and to create a memory book in honor of our loved one. Transportation within the Long Beach area is available upon request.

**Tuesdays
10:00-11:30am**

Weekly sessions from
October 11th - December 5th

Eligibility:

- Long Beach resident
- 55 years of age or older
- Experienced a loss of a loved one within the last two years



Long Beach Senior Center

1150 E 4th Street
Long Beach, CA 90802

PREREGISTRATION IS REQUIRED

(562) 570-3529





HEALTHY AGING CENTER

Supporting healthy living and independence for older adults

CALL

562.570.3529
for more information

1150 E 4th St. Room 111
Long Beach, CA 90802

longbeach.gov/HealthyAging
healthyagingcenter@longbeach.gov



Did You Know?

The Healthy Aging Center - Senior Links Program provides public health nursing & social work case management services to older adults in need of support by conducting home, office, or telehealth visits. The program also provides connections to services needed so people can continue living safely and independently in their homes.

We provide referrals to social service agencies to assist with:

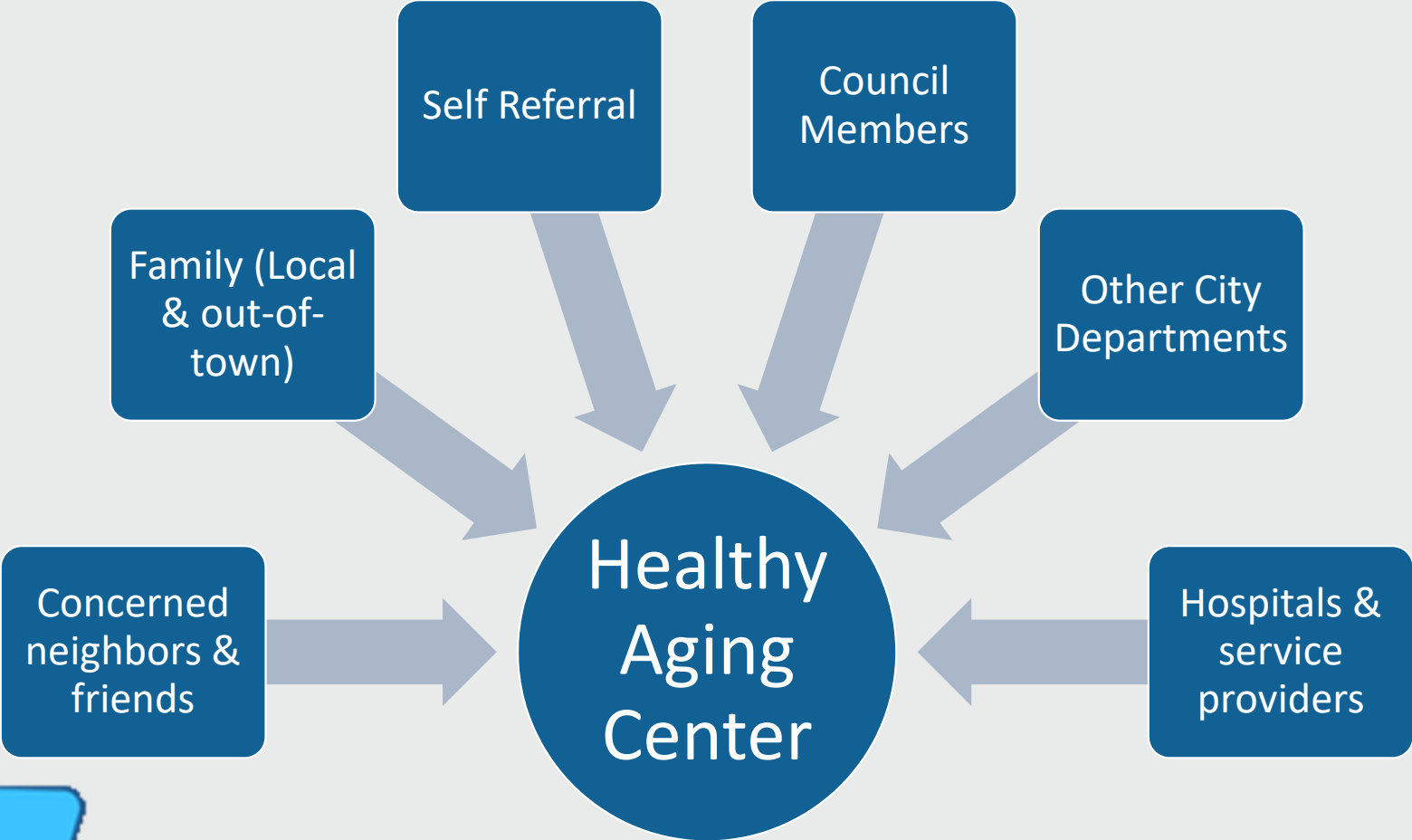
- Individual/Family Support
- Mental/Behavioral Health
- Nutrition Assistance
- Benefits Navigation
- In-Home Support
- Social Activities
- Transportation
- Health Care
- Caregiving
- and MORE!

Eligibility

Must be:

- 55 years or older
- Living in Long Beach

Common Referral Sources



The Healthy Aging Center can connect Long Beach residents 55 and older to services such as:



Transportation



Personal care



Health Care



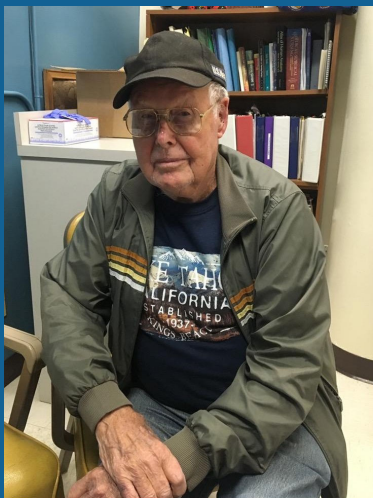
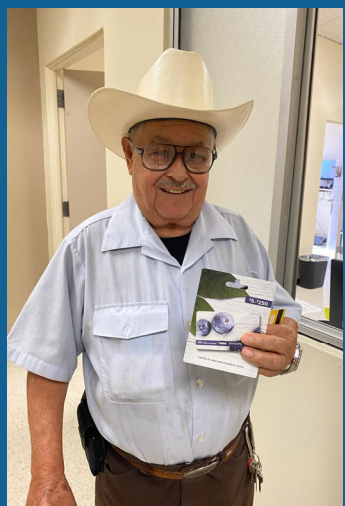
House cleaning



Nutrition assistance



Mental health care



Thank you!

(562) 570-3529

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Monday - Friday 8am – 4:30pm
1150 E 4th Street, Room 111
Long Beach, CA 90802

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LONG BEACH
HEALTH & HUMAN SERVICES

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