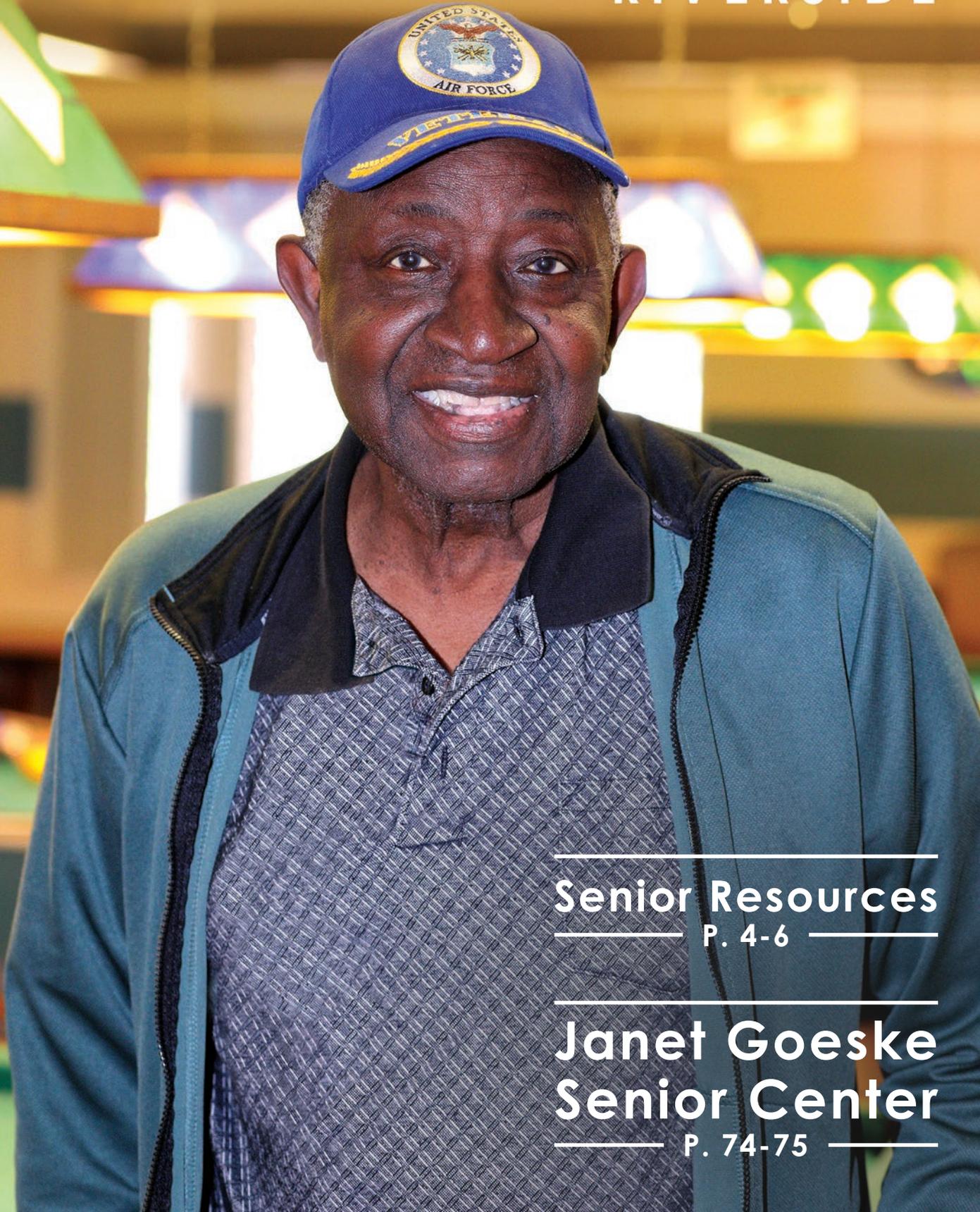


EXPLORE



FALL 2018

RIVERSIDE

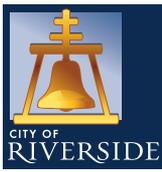


Senior Resources

P. 4-6

Janet Goeske
Senior Center

P. 74-75



City Hall
3900 Main St.
Riverside, CA 92522
City Hall Hours:
Monday – Friday
8 a.m. – 5 p.m.

ExploreRiverside.com
Explore@RiversideCA.gov • (951) 826-5311

Mayor
Rusty Bailey

City Council Members

| | |
|------------------|--------|
| Mike Gardner | Ward 1 |
| Andy Melendrez | Ward 2 |
| Mike Soubirous | Ward 3 |
| Chuck Conder | Ward 4 |
| Chris Mac Arthur | Ward 5 |
| Jim Perry | Ward 6 |
| Steve Adams | Ward 7 |

City Manager
Al Zelinka

TABLE OF CONTENTS

| | |
|-----|---|
| 3 | Meals on Wheels |
| 4-6 | Senior Resources |
| 7 | What to Do if You Fall |
| 8 | Being a Part of Team Riverside - Al Zelinka |

ACTIVITY GUIDE

To view the Parks and Recreation Activity Guide

[Click Here](#)

REGISTER NOW!
RivReg.org
(951) 826-2000

| | |
|-------|-------------------------------------|
| 73 | RPU Rebates and Assistance Programs |
| 74-75 | The Janet Goeske Center |
| 76 | RiversideTV Deaf Awareness Week |
| 77 | Scam Alert |
| 78-79 | Community Calendar |

DID YOU KNOW?

DISCOUNTED DOG LICENSES FOR SENIORS

Discounted pricing for dog licenses is available to seniors aged 60+. To be eligible, the dog must be spayed or neutered, and the dog owner must present a photo ID at the time of purchase.



Additional documentation required includes proof of spay/neuter, rabies vaccination certificate, and microchip number.

| License Fees: | 1 Year | 2 Year | 3 Year |
|---------------------|-------------|-------------|-------------|
| Unaltered Dog | \$100 | \$175 | \$250 |
| Spayed/Neutered Dog | \$16 | \$25 | \$35 |
| Senior (60+) | \$10 | \$15 | \$20 |

For more information, visit RiversideCA.gov/PublicWorks/Pet-License.asp

i For a list of senior resources, visit RiversideCA.gov/Seniors

EXPLORE COVER: Art Donnell at the Janet Goeske Senior Center. For more information on Janet Goeske Senior Center, turn to page 74. Steve Jacobs

TOGETHER WE CAN



PROTECT & SERVE RIVERSIDE'S SENIORS

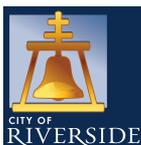


MEALS ON WHEELS

The **City of Riverside** has partnered with **Meals on Wheels** to target **over 120** of their participants to bring them fire safety inspections, police department resource information and supplies, and community center resource information, all while **raising donations for Meals on Wheels** to continuously provide nutritious meals to Riverside's seniors.

FOR MORE INFORMATION OR TO DONATE NOW, VISIT

RiversideMOW.org



CARFIT PROGRAM



The Riverside Police Department wants to help keep our seniors **SAFE WHILE ON THE ROAD!**

Riverside County Community Health Profile revealed that **MOTOR VEHICLE CRASHES** continue to be a **LEADING CAUSE** of unintentional injury and fatality for persons 55-65 years. The Transportation Injury Mapping System (TIMS) reports that in Riverside

County for the years 2014-2016, **66.4% OF SENIORS (55+)** were involved in a collision. By making small, inexpensive changes to the vehicle, the CarFit program aims to boost safety among residents and allow them to stay proactive drivers. The partnership program assists mature drivers with proper seating, line of sight and mobility options while driving a vehicle.

GET HOME SAFE PROGRAM

The **Get Home Safe Program** offers **FREE ID bracelets** with online emergency information profiles for people with Alzheimer's and other cognitive impairment disorders.

ONE IN NINE PEOPLE over the age of 60 is afflicted with Alzheimer's disease.

This is why the Riverside Police Department is making it a priority to help safeguard our residents.

These bracelets and emergency information may help first responders locate and identify your cognitive-impaired loved ones if they go missing.



YOU ARE NOT ALONE PROGRAM



The Riverside Police Department's **YOU ARE NOT ALONE (Y.A.N.A.)** program's focus is making daily, or as otherwise arranged, phone contacts to ensure the safety and welfare of seniors and/or physically challenged members of our community.

If contact is made, no further action is required. If the client doesn't answer the phone after several attempts, an emergency contact person or police officer will visit their residence. The "You Are Not Alone" Program is a **FREE SERVICE** provided by your Riverside Police Department.

For more information on the programs above,
call (951) 826-5700 or visit RPDOnline.org

R O U R S E N I O R S

NEEDLES/SHARPS DISPOSAL PROGRAM



Help preserve our environment by **PROPERLY DISPOSING OF NEEDLES/SHARPS**, which are hazardous waste.

It is **UNLAWFUL** to put medical sharps such as hypodermic needles, lancets, pen needles, etc. into curbside collection recycle or trash containers.

The Public Works Department has partnered with the Fire Department to provide **NEEDLES/SHARPS DISPOSAL LOCATIONS** to City of Riverside residents:

Downtown Fire Station 1
3401 University Ave

Arlington Fire Station 2
9449 Andrew St.

Magnolia Center Fire Station 3
6395 Riverside Ave.

FILE OF LIFE PROGRAM

Stay prepared with your **LATEST MEDICAL INFORMATION** – including allergies, medications, contact persons and more – all in one safe place, with the File of Life.

The File of Life can provide critical medical information to firefighters & paramedics

during a **MEDICAL EMERGENCY**. Emergency Responders who see a File of Life Decal on the front door of a residence will look for a File of Life pocket on the refrigerator or bathroom mirror when responding to medical emergencies.



SMOKE DETECTOR PROGRAM

Working **SMOKE DETECTORS** save lives and are a “must” in every household. Regular inspections are needed to prevent potential emergencies.

In June 2018, the Riverside Fire Department teamed with **MEALS ON WHEELS** to visit our most vulnerable

citizens. Our seniors may sometimes be unable to test or inspect their own smoke detectors and many may not be able to hear the low battery warning. **110 SENIORS** were visited over a three-day period to ensure the home was equipped with a working smoke detector.

For more information on the programs above,
call (951) 826-5311 or visit RiversideCA.gov/Fire



HELPING OUR SENIORS ONE STEP AT A TIME



BLINDNESS SUPPORT

Blindness Support services has a program for seniors who are blind and or vision impaired. They offer free vocational training to keep loved ones safe in their home while living with low vision. Blindness Support Services serves both Riverside and San Bernardino County.

FOR MORE RESOURCE INFORMATION, VISIT:
3696 Beatty Drive, Riverside, CA 92506
or contact (951) 341-9244

COMMUNITY ACCESS CENTER

The Community Access Center (CAC) is a completely **FREE RESOURCE CENTER** that advocates for the elderly as well as people with mental and physical disabilities. The primary purpose of CAC is to empower consumers by providing services and information to support them in making choices that will positively affect their independence. Some of the services offered include: peer counseling, assistive technology, senior low vision programs, IDEA Advocacy, ADA Compliance Reviews, and disaster planning.

FOR MORE RESOURCE INFORMATION, VISIT:
6848 Magnolia Ave # 150, Riverside, CA 92506
or contact (951) 274-0358



CARE CONNEXUS, INC

Care Connexus, Inc. provides an array of **ADULT DAY SERVICES** for older adults who are mentally, physically, or socially impaired and who need assistance with the tasks of daily living, but do not require full-time nursing care. The organization also provides education, counseling, and support for caregivers. Research shows that caregivers who have social and emotional support have lower levels of depression, greater life satisfaction, and better psychological well-being than those who do not.

FOR MORE RESOURCE INFORMATION, VISIT:
4130 Adams Street, Suite B, Riverside, CA 92504
or contact (951) 509-2500



For an extensive list of senior resources, visit [RiversideCA.gov/Seniors](https://www.RiversideCA.gov/Seniors)



WHAT TO DO IF YOU FALL

Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, **stay as calm as possible**.

Take several deep breaths to **try to relax**. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.

Decide **if you are hurt** before getting up. Getting up too quickly or in the wrong way could make an injury worse.

If you think you can get up safely without help, **roll over onto your side**. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees and crawl to a sturdy chair.

Put your hands on the **chair seat** and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.

If you are hurt or cannot get up on your own, **ask someone for help or call 911**. If you are alone, try to get into a comfortable position and wait for help to arrive.

Carrying a **mobile or portable phone** with you as you move about your house could make it easier to call someone if you need assistance. An emergency response system, which lets you push a button on a special necklace or bracelet to call for help, is another option.

KEEP YOUR BONES STRONG TO PREVENT FALLS

Falls are a **common reason** for trips to the **emergency room** and for hospital stays among older adults. Many of these hospital visits are for fall-related fractures. You can help prevent fractures by keeping your bones strong.

Having healthy bones won't prevent a fall, but if you fall, it might prevent breaking a hip or other bone, which may lead to a hospital or nursing home stay, disability, or even death. Getting enough **calcium** and **vitamin D** can help keep your bones strong. So can physical activity. Try to get **at least 150 minutes per week** of physical activity. Always **consult a qualified medical professional** before starting any nutritional or fitness program.

Other ways to maintain bone health include **quitting smoking and limiting alcohol use**, which can decrease bone mass and increase the chance of fractures. Also, try to maintain a **healthy weight**. Being underweight increases the risk of bone loss and broken bones.

Osteoporosis is a disease that makes bones weak and more likely to break. For people with osteoporosis, even a minor fall may be dangerous. Talk to your doctor about osteoporosis.

BEING A PART OF TEAM RIVERSIDE



A L Z E L I N K A

Meet **Al Zelinka**, an adventurous man that loves to spend time with his wife, Anna, son, John, and mom, Pat. Al loves local farmers markets, tinkering in the garage, and a good laugh (and potluck) with neighbors - and is the City of Riverside's City Manager.

Al is known for his devotion to public service and **more than 25 years** working collaboratively to build community. He has worked for the City for **six years**, the past three as Assistant City Manager and is excited for what's in store for his new role. Al is motivated by how much **Riverside's leaders and residents** care about the community, and their notable investment of time and resources to Riverside. Let's take a moment and get to know him.

Straight from the source:

- **Do you have any pets?** Yes! Two dogs, one of which is from Mary S. Roberts. Plus, we have a number of fish inside and two koi outside.

- **Favorite book?** A Sand County Almanac by Aldo Leopold
- **Favorite quote?** "In matters of style, swim with the current; in matters of principle, stand like a rock." by Thomas Jefferson
- **Favorite musicians?** Lyle Lovett, John Hiatt, and Bruce Springsteen
- **What are three top priorities/visions/goals/dreams you have for the City?**
 - 1) A City with long-term financial health;
 - 2) A City of resilient civic infrastructure;
 - 3) A City that is perpetually more self-reliant and self-sufficient.
- **I love Riverside because...** It is a complete community with people who care about one another, who care about the physical place of Riverside, and who care about its history and future.



GreenRiverside

ENERGY AND WATER REBATES AND ASSISTANCE PROGRAMS

The City of Riverside is committed to making our city a greener place to live by supporting renewable energy, responsible purchasing and design, and sustainable living practices.

Our Energy and Water Rebates and Assistance Programs are available to all customers, but are particularly helpful to the senior members of our community, as their use can have a direct impact on their budget by:



Demonstrating cost-effective ways to **lower energy and water use** through conservation



Taking advantage of **money-saving rebates**



Applying for the **SHARE program**, which assists qualified, low-income residential customers with their electric utility bills and deposits



Offering a **lower rate structure** to any household with a full-time resident who regularly requires the use of specific electronic devices



Applying for the **Utilicare program**, which provides electricity at an adjusted rate to customers with medical devices



Utilizing the income-qualified **ESAP program**, which allows for authorized contractors to provide energy efficient improvements

For more information on these programs, visit [GreenRiverside.com](https://www.GreenRiverside.com)



The Janet Goeske Center is a non-profit senior center offering **200+ programs**, activities, services, and special events for those aged 50 & better. The best part? ALL offerings are provided for **FREE** or **very low-cost!**

Janet Goeske, the founder and namesake, fought to improve the lives of senior citizens well into her eighties. Her tireless efforts led to many accolades over the years including the construction and dedication of Riverside's Janet Goeske Senior Center (The Center). On May 18, 1984 the Janet Goeske Center opened its doors to the local senior community with 12,000 square feet of space for seniors including meetings, games, arts and crafts, billiards, card room, kitchen, dance hall, lounge area, lunch room, and administrative offices.

As programming and attendance at The Center continued to grow, it became obvious the physical space must also expand, so it did. In 2003, The Center more than **DOUBLED** its size to 25,000 square feet, adding a second auditorium, complete gymnasium, two administrative offices, and two meeting rooms. The expansion also granted access to a tennis courts and a swimming pool at the Goldware Senior Housing complex next door.

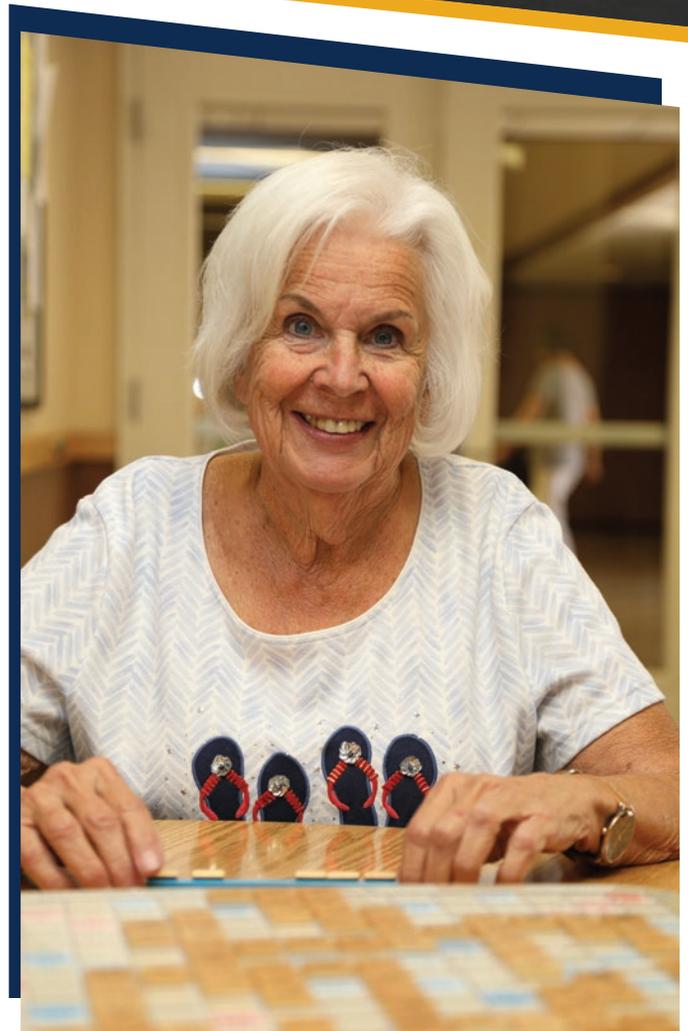
The Center has now been serving the senior community for over 33 years and hosts over 200 weekly activities! The Center also provides senior advisory services, a food pantry, publishes a 20-page monthly magazine/newsletter called "The Pacesetter", and operates seven days per week (nearly double the hours of other local senior centers).

For more information, visit JGC4Seniors.com, or contact (951) 351-8800 and Contact-Us@JGC4Seniors.com



THE JANET GOESKE CENTER

5257 Sierra Street, Riverside, CA 92504





RIVERSIDE TV

CATCH A GAME EACH WEEK — High School Football —

Three Great Ways to Watch



YouTube.com
@CityofRiverside

Subscribe and be the first to know about the great things happening across the City!



WatchRiverside.com

Watch your favorite shows 24/7 online.



Watch from the comfort of your home

AT&T: Channel 99
Charter: Channel 3
Frontier: Channel 21



MODEL DEAF COMMUNITY COMMITTEE PRESENTS

DEAF AWARENESS

WEEK

Deaf Awareness Week, also called International Week of the Deaf (IWD), is a week-long celebration around Riverside to increase public awareness of deaf issues, people, and culture. Activities and events throughout Deaf Awareness Week encourage individuals to come together as a community for both educational events and celebrations.

KICK-OFF CELEBRATION

Saturday
September 22, 2018
10 AM - 4 PM

Main Street
Downtown Riverside
Between Ninth & Tenth St.

FREE ADMISSION

- Food Trucks
- Live Entertainment
- Kid Zone
- Rock Climbing Wall
- Street Vendors
- And More!

For more information about Deaf Awareness Week and the kick-off celebration, visit

ModelDeafCommunity.org

A MESSAGE FROM THE RIVERSIDE POLICE DEPARTMENT



SCAM WARNING

Scams can happen to anyone. Be prepared and cautious when a situation seems odd.
The following list describes different scams to be cautious of:



Lottery & Sweepstakes Scam - The suspects will call, email, or send a letter to the victim claiming they have won the sweepstakes or lottery. The suspects often tell the victim they must pay some sort of "impound" or "escrow" fee to release the winnings. If the suspects demand money in these cases, then it is a scam! An actual lottery or sweepstakes would remove any costs or fees from the winnings. The suspects may also send the victim a check and ask that it be deposited into the victim's bank - then they ask that part of the money from the check be wire transferred back. Unfortunately, the check is always determined to be counterfeit days after money is sent to the suspects.



IRS or Jury Duty Scam - The suspects call the victim and claim money is owed to the IRS or that the victim missed Jury Duty. The suspects tell the victim to purchase a prepaid credit card (GreenDot or iTunes) and provide the number so the victim can avoid being arrested.



Public Utilities Scam - The suspect will call and claim the victim owes money for their utility bill. The suspect claims power to the victim's home will be shut off immediately unless they purchase and provide prepaid credit card information.



Jailed Relative Scam - The suspect contacts the victim and claims to be law enforcement from another country. They claim a relative is in jail for a crime and demand money (prepaid credit card or wire transfer) for immediate bail. The suspect will often tell the victim that their relative will be transferred to a very bad prison if the bail money is not immediately sent.



The "Grandma It's Me" Scam - The suspect will call the victim and convince them they are a close relative (most often a grandchild). They tell the victim their vehicle broken down on their way to visit and that they need money for the mechanic. They will ask that money is wire transferred or a prepaid credit card number is provided.



The Sweetheart Scam - The victim is in an online chat room or social media site. The suspect will take their time and convince the victim that they are "soul mates" and in love. The suspect convinces the victim to wire transfer money so the suspect can visit the victim. The suspect may also ask for credit card information to help pay for expenses.

One of the common themes in several of these scams is the suspects demand that the victim **purchase some sort of prepaid credit card** - the suspects want the card information once it is purchased.

The best way to handle potential scams like these would be to **hang up the phone immediately**. The IRS will **NEVER** attempt to collect by phone. You can call the utilities company directly to confirm if a bill is outstanding. If you still have concern that you received a scam call or letter, then you can call your police department to check for you.

AUGUST

2

Arts Walk

Downtown
6 – 9 p.m.
RCAAArts.org

4

Downtown Farmers Market

Downtown
8 a.m. – 1 p.m.
(951) 826-5408

5

American Idol: Live! 2018

Fox Performing Arts Center
7 p.m.
RiversideLive.com



7

National Night Out

6 – 9 p.m.
RPDOnline.org



POLICE • COMMUNITY PARTNERSHIPS

11

Yuridia: Desierto Tour

Riverside Municipal Auditorium
8 p.m.
RiversideLive.com



18

Chess Club

Orange Terrace Library
2 – 6 p.m.
(951) 826-2184

18

Bulky Item Drop Off Only

Corporation Yard
9 a.m. – 2 p.m.
RiversideCA.gov/CURE

23

5th Annual Senior Health & Fitness Expo

Bordwell Park
9 a.m. - 12 p.m.
RivReg.org

31

Alice in Chains

Riverside Municipal Auditorium
8 p.m.
RiversideLive.com



SEPTEMBER

1

Downtown Farmers Market

Downtown
8 a.m. – 1 p.m.
(951) 826-5408

6

Arts Walk

Downtown
6 – 9 p.m.
RCAAArts.org

7

Queen Extravaganza Performing Queen's Greatest Hits

Fox Performing Arts Center
8 p.m.
RiversideLive.com



21

Pancho Barraza

Fox Performing Arts Center
8 p.m.
RiversideLive.com

22

Deaf Awareness Week Kick-Off Celebration

Downtown Riverside
10 a.m. - 4 p.m.
ModelDeafCommunity.org

2018 Riverside Mini Maker Faire

6951 Flight Road
10 a.m. – 4 p.m.
RiversideCA.gov/Airport

24-29

Deaf Awareness Week

All Around Riverside
ModelDeafCommunity.org

27

A Bowie Celebration: The David Bowie Alumni Tour

Fox Performing Arts Center
8 p.m.
RiversideLive.com



30

FleaESta - Vintage Flea Market Fiesta

Riverside Municipal Auditorium
8 a.m. - 2 p.m.
RiversideLive.com

Kidz Bop Live 2018

Fox Performing Arts Center
4 p.m.
RiversideLive.com



OCTOBER

1-5

Inland Empire Startup Week

All Around Riverside
IE.StartupWeek.co



4

Arts Walk

Downtown
6 – 9 p.m.
RCAAArts.org

6

Riverside Citrus Classic Bike Ride

Riverside Plaza
7 a.m.
Riverside-Citrus-Classic.com

Downtown Farmers Market

Downtown
8 a.m. – 1 p.m.
(951) 826-5408

10

Fifty & Better Health Fair

Janet Goeske Senior Center
8 a.m. – 2 p.m.
JGF4Seniors.org/Healthfair

13

Love Riverside Serve Day

Sherman Indian High School
8 a.m. – 1 p.m.
LoveRiverside.org

Love Riverside

19

Amanda Miguel & Diego Verdaguer - Siempre Juntos US Tour

Fox Performing Arts Center
8 p.m.
RiversideLive.com



NOVEMBER

1

Arts Walk

Downtown
6 – 9 p.m.
RCAAArts.org

3

Riverside Day of the Dead

White Park
1 – 10 p.m.
RiversideDayoftheDead.com

Downtown Farmers Market

Downtown
8 a.m. – 1 p.m.
(951) 826-5408

4

Riverside's Got Talent!

Riverside Municipal Auditorium
6 - 9 p.m.
KiwanisUptownRiverside.com

12

98° at Christmas 2018

Fox Performing Arts Center
8 p.m.
RiversideLive.com



13

Celtic Thunder X Tour

Fox Performing Arts Center
7:30 p.m.
RiversideLive.com

Estas Tonne - The Breath Of Sound World Tour

Riverside Municipal Auditorium
8 p.m.
RiversideLive.com

21

Joe Bonamassa

Fox Performing Arts Center
8 p.m.
RiversideLive.com

23

26th Annual Festival of Lights Switch-On Ceremony

Downtown Riverside
5:30 – 10 p.m.
RiversideFestivalofLights.com



24

Small Business Saturday

Around Riverside
All Day
ShopRiversideNow.com



DECEMBER

6

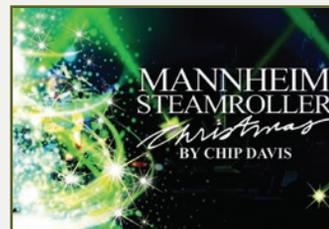
Arts Walk

Downtown
6 – 9 p.m.
RCAAArts.org

30

Mannheim Steamroller Christmas By Chip Davis

Fox Performing Arts Center
8 p.m.
RiversideLive.com



To see more events and detailed information, or to submit your event to the calendar, visit RiversideCA.gov/Calendar

Dates and times are subject to change.