

Services Available to Oakmonters

Free or low cost services, ranging from rides to appointment, meal delivery, a library and educational classes.

Transportation

Oakmont Volunteer Helpers (OVH)

Get a ride to medically related appointments within Santa Rosa, to Safeway on Calistoga Road, or to businesses and activities within Oakmont. With a minimum of three working days' notice we can usually fill a request for a ride.

Contact: the current Coordinator's name is listed in the shaded box on the next-to-last page of the Oakmont News.

Oakmont Community Transportation



A Santa Rosa City #16 Bus circulates throughout the community, and makes one daily excursion to shopping areas outside of Oakmont.

Contact: OVA Office please call 539-1611

Scheduled route:

Mon: Bennett Valley Center

Tues: Montgomery Village

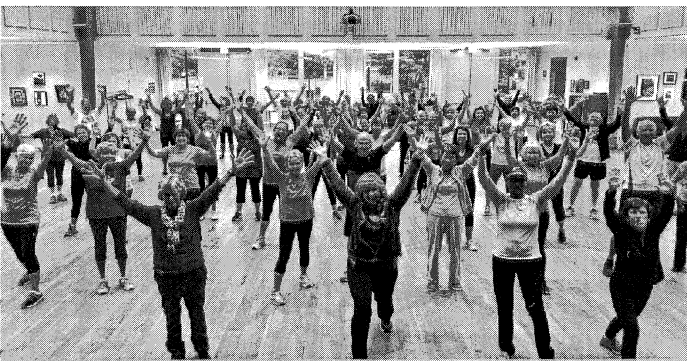
Wed: Oliver's

Wed & Fri: St. Francis center (Safeway)

Thurs: CVS @ Farmers Lane

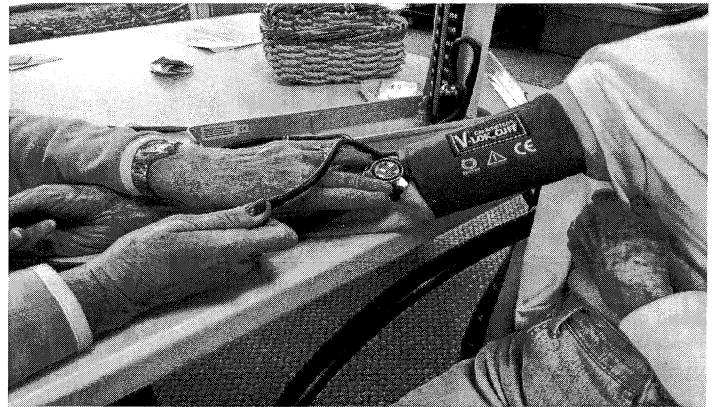
Health

Oakmont Health Initiative



OHI provides an instructor-led fitness program for Oakmont residents. Classes are free and meet on Monday, Wednesday and Friday at 9AM in the Berger auditorium.

Blood Pressure Checks



When: Wednesday @ 10:30am-Noon

Where: Berger Center, Room D

Blood Pressure readings done by nurses.

Contact: Del Baker 539-1657

Food Delivery

Meals on Wheels



Nourishing meals delivered to your home offered by the Sonoma County Council on Aging (COA). Oakmont residents can contact the COA (707-525-0143) for information on eligibility, services and/or to arrange for delivery.

For general questions regarding this service or to Volunteer contact Olivia Kinzler @ 595-1214 or Connie Medeiros @ 843-4447

Keep this handy to access services and contact information

Entertainment

Movies at Oakmont

Where: Berger Center.

Sundays, 2:00 and 7:00 pm with the exception of December and January, when we show only the 2 p.m. movie. This is a free event.

Library

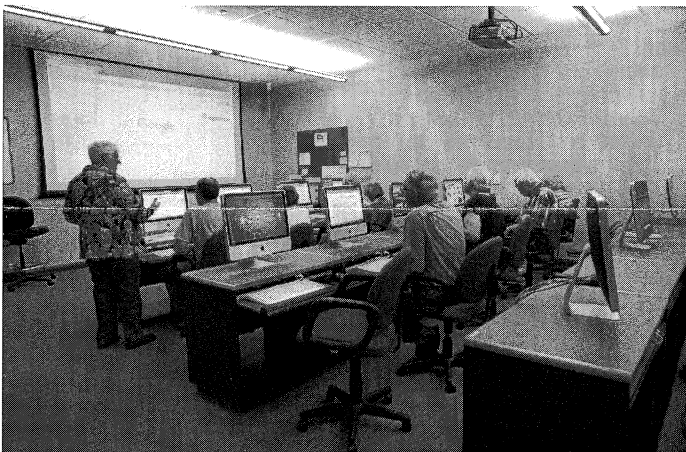
Location: Central Activity Center

Hours: Open daily whenever the Center is open. (6am - 9pm)

The Library has over 20,000 items available for Oakmont residents and their guests. No fees, no due dates, no library cards, no sign outs – just browse and take them home or relax in the comfortable reading area.

Education

Oakmont Technology Learning Center



The OTLC provides technology instruction, for a modest fee, in a classroom environment by knowledgeable volunteer teachers and assistants. Class offerings include Mac-only, PC-only, and combined Mac/PC topics, Apps, as well as smart phones and tablet computers such as Android devices, iPhones and iPads.

Contact: Visit oakmont-learning.org or call 538-1485 to leave a message.

Miscellaneous

Caregiver Support Group

OVH sponsors the Oakmont Caregiver Support Group, a professionally facilitated group led by a licensed therapist that meets 2nd and 4th Wednesday mornings from 10:30–Noon in Central Activities Center Room B. You can drop in anytime to capture a wealth of practical information about the

nuts and bolts of caregiving as well as ways to cope with the loneliness, frustration, and uncertainty common with this life challenge.

Contact Vickie Jackanich (707-595-3054) for further information.

Tax Preparation

AARP Tax-Aide provides free income tax preparation services in Oakmont. There are some limitations on the scope of services provided, mainly based on types of income rather than amount of income.

Contact: The OVA office for information.

Windows PC and Android Assistance

Assistance with Windows PC and Android SmartPhone basic problems. Not all the volunteers support the Android devices. Contact information is published regularly in the Oakmont News and eBlast.

Current contact information:

Carl Appellof: 291-5278

Andy Holroyd-Sills: 775-5220

Al Medeiros: 843-4447

John Tan: 415-717-2995

Social Call

Social Call will match an Oakmont volunteer with an Oakmont resident for one-on-one visits which typically last 1–2 hours/week. The nature of the interaction will depend on the interests of the matched individuals and may include sharing stories, conversation, playing cards, going out for a cup of coffee, and much more. Social Call is a COVIA sponsored service.

Contact: Casey O'Neill at (415) 535-7741, or email her at coneill@covia.org.

This insert, sponsored by Oakmont Volunteer Helpers, contains information about some of the volunteer services available to Oakmont residents.

Volunteers are an important commodity at Oakmont; one we're famous for. If you would like to become an Oakmont Volunteer please contact the OVA Office at 539-1611. They will be able to tell you about volunteer opportunities.