



District 5 Newsletter

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For a complete listing of events in District 5, visit my [Community Calendar](#).

My District 5 e-newsletter is designed to keep *you*, the residents of Alameda County's Fifth District, informed about important issues in our communities. The Fifth District includes the cities of Albany, Berkeley, Emeryville, Piedmont, and large portions of Oakland, namely West Oakland, North Oakland, Rockridge, the Fruitvale District, and the Dimond District.

Contact me with your feedback by e-mailing dist5@acgov.org or by calling (510) 272-6695.

SUPERVISOR LAUNCHES NEW WEBSITE



Visit the Website for More Information On:

- Government Resources
- Advocacy Resources
- Caregiving Resources
- Disability Issues
- Driver Safety
- Legal Issues
- Housing Options

Website address: <http://www.acgov.org/board/district5/caring/>

Planning and Caring for Aging Loved Ones

Sooner or later, we will be taking care of a parent or a loved one who is aging. According to the National Family Caregivers Association, "More than 50 million people provide care for a chronically ill, disabled or aged family member or friend during any given year." Our State's elderly population is expected to reach 12.5 million by 2040, an increase of 232 percent from 1990. Beginning in 2010, 1 in 5 Californians will be 60 years of age or older. As the average age of the population becomes older, the importance of a care giver becomes increasingly significant, both functionally and economically. [Read the full story.](#)

Alameda County Kicks- Off *Soda Free Summer* Campaign!

Did you know that the average person eats almost 175 pounds of sugar a year, which is about half a pound a day! The single biggest source is sugary drinks. It's no wonder that two out of three Americans are overweight or obese—extra calories from all that sugar leads to weight gain, putting people at risk for lifelong health problems such as diabetes and heart disease. That's why the Public Health Department's Nutrition Services is launching the *Soda Free Summer* campaign.

[Read the full story.](#)

Oakland Based Urban Gardens (O.B.U.G.S.) Providing Healthy Alternatives for Oakland Youth

When my staff and/or I attend community meetings throughout the district the constant refrain we hear is that young people don't have anything positive to do. For neighborhoods to thrive, it is essential that young people have a feeling of ownership and responsibility. A small committed staff at Oakland Based Urban Gardens (O.B.U.G.S.) is working with West Oakland youth so they can play a part in improving their community, by learning about gardening and the positive results of healthy eating. [Read the full story.](#)

Alameda County Traveling Another Road to Safety

The Alameda County Children and Family Services Department (Child Protective Services or CPS) receives nearly 15,000 calls to report some type of neglect or abuse of children annually. The calls received range from varying forms of neglect to serious allegations of physical abuse. Often families who are referred to the CPS/Child Abuse Hotline do not require intervention, where the Department would begin to monitor the family or in extreme cases remove children from their homes. However, these families are still in need of resources and services to prevent them from coming into the system. [Read the full story.](#)

To remove your name from our mailing list, please send an e-mail with the subject REMOVE to:
dist5@acgov.org
