



Bryte and Broderick Community Action Network

transformation through education

Board of Directors December 17, 2014

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To: West Sacramento City Council
Re: Senior Shuttle Service in West Sacramento

The Board of Directors of the Bryte and Broderick Community Action Network strongly support continuation of shuttle services for seniors in West Sacramento.

Since the Senior Shuttle started almost 3 years ago, there have been many seniors in our City who have benefited from the service. It is often the case when seniors must relinquish their car keys there are no other affordable means of transportation to local services and activities.

Although Yolo Bus offers an excellent alternative to most individuals who do not drive, distance to the bus stops presents a daunting and often impossible challenge. Yolo Bus Special paratransit provides door to door services, although less convenient and more expensive. Currently, the paratransit service does not allow pickup services for people more than $\frac{3}{4}$ mile away from their fixed route.

One very important aspect of the Senior Shuttle service is the opportunity for socialization. An increasing amount of seniors may be at risk of being socially isolated or lonely. Current trends indicate that more seniors tend to live longer at home or in the community, i.e. "aging in place". Studies of elderly people and social isolation concluded that those without adequate social interaction were twice as likely to die prematurely. The increased mortality risk is often compared to that from smoking. And loneliness is about twice as dangerous as obesity.

We strongly encourage the City of West Sacramento to continue an affordable, flexible, convenient door to door shuttle service within our City.

Thank you for your consideration.

On behalf of the BBCAN Board of Directors

Charlotte Dorsey, chair BBCAN Senior Services Committee

