



Supervisor Keith Carson

District 5 News and Updates

Release Date: November 20, 2009

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HOLIDAY SEASON WISH LIST - FOOD.

People are looking for the most basic needs to survive - food. Calls are pouring into the Alameda County Community Food Bank's *Food Helpline* by the thousands with people requesting emergency food assistance — many are first-time callers. One such caller, a resident of Oakland, called for the first time to request food for herself and a child she cares for – she is a skilled worker that has been unemployed for over a year and her savings have dried up. The nearest food distribution location was closed, but the Food Bank volunteer provided her with the next nearest location. She was able to make it to the community center in time for dinner.



disabilities, abuse survivors, people living with AIDS, and the homeless have access to food.

As the holiday season begins, unemployment in Alameda County hovers around 10%, wages and salaries are decreasing and government assistance programs are being stripped to the bone, more individuals and families are finding themselves in greater need of help.

At this time last year The Alameda County Community Food Bank was averaging 2,000 calls per month. Currently, the Food Bank is getting 3,000 calls per month. Furthermore, the 275 partnering agencies have needed to stretch their food supply by giving less food per recipient to feed more people.

The Food Bank staff and volunteers work daily to ensure that all Alameda County residents, including low-income and working poor adults, children, the elderly, people with

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FREE H1N1 VACCINATIONS

Alameda County is the first line of defense for disease outbreaks. Since the H1N1 influenza virus is so widespread it is imperative that the Public Health Department along with city departments work quickly to distribute the supplies of the vaccination they are receiving from the Centers for Disease Control in order to protect the most vulnerable populations.

As of October 20th there have been 224 hospitalizations and 17 deaths in Alameda County from confirmed H1N1 influenza.

The [Alameda County Public Health Department](#) is providing no-cost H1N1 vaccinations to uninsured residents who are at highest risk of complications from exposure to the H1N1 virus. Alameda County will continue to administer H1N1 vaccines on December 5th and December 12th

Highest risk individuals include:

- Pregnant women
- Persons who live with or provide care for infants younger than 6 months (e.g. parents, siblings, and childcare providers)
- Children ages 6 months – 4 years
- Children and adolescents ages 5 – 18 years who have chronic medical conditions that put them at higher risk for flu-related complications.

Please note that some primary care providers serving these populations have also received the H1N1 vaccine, so residents with health insurance are encouraged to contact their primary care provider for guidance on receiving the H1N1 vaccine. As supply of the H1N1 vaccine increases, the Public Health Department will expand vaccination efforts to include other vulnerable populations identified by the [Centers for Disease Control](#).

If you are a Berkeley resident contact the [Berkeley Public Health Department](#) for more details at 510-981-5300.

NEXT DISTRICT 5 LOCATION

Saturday, December 12
Bushrod Recreation Center
560 59th Street, Oakland

Clinic Hours:
9:00 a.m. – 1:00 p.m.,
or until supply depletes.

For more locations visit:
[http://www.acphd.org/H1N1/documents/
POD_Clinic_Schedule_Current.pdf](http://www.acphd.org/H1N1/documents/POD_Clinic_Schedule_Current.pdf)



Ready to Learn Fun Fair



An AmeriCorps volunteer with Jumpstart reads with a young boy at the 4th Annual Ready to Learn Fun Fair at Manzanita Community/SEED School on Saturday, October 10th. The event was sponsored by Supervisor Keith Carson, First 5 Alameda County Every Child Counts, and PBS KIDS Raising Readers.



Those who attended walked away with free kits for parents, free books, information on health services and family programs. Many won free school supplies, tickets to museums, and gift certificates to local bookstores.



The Oakland Fire Department (OFD) was parked in front of the school where families attending the fair were able to meet OFD personnel and explore the fire truck. OFD was one of over 20 organizations promoting the importance and lifelong positive impacts of early education, literacy, nutrition, and regular physical activities.

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The Food Bank's vision is to eradicate hunger in Alameda County by providing nutritious food and nutrition education to people in need, educating the public, and promoting public policies that address hunger and its root causes. The Food Bank creates alliances with public and private organizations to meet the needs of their clients, educate the general public about hunger and other poverty related issues.

The Food Bank needs help, now more than ever, to fill the growing need of our communities. An innovative and effective way to donate is through the online *Virtual Food Drive* where every \$1 donated stretches into \$7 worth of food with the Food Bank's bulk purchasing power and ultra-efficient distribution network. It's the greenest and easiest of all food drives. As a result of the food drive the Food Bank saves precious resources – schedulers, drivers, food sorters and fuel – during the busy holiday season.

Food drives that utilize the familiar large barrels are easy to sign-up for by using the online sign-up form on the Food Bank website.

For more information on ways to get involved with the Alameda County

Community Food Bank and find the nearest distribution site for Holiday Food Baskets call (510) 635-3663 (FOOD) or visit www.acfb.org.

Other opportunities to help with food distribution

Oakland

Lake Merritt United Methodist Church

November 26

Contact: srford1@aol.com

First AME Church

Every Tuesday, Wednesday and Friday

Contact: 510-655-1527

Berkeley

Newman Center

First Saturday of every month

Contact: philjoan@hotmail.com

Dorothy Day House

6 days/week 6:30 to 9:30 a.m.

Contact: rmweber2003@aol.com

Berkeley Boosters

November 24 & December 23, 6:30 to 9:30 a.m.

Contact: fupresa@berkeleyboosters.org

CLEAN SLATE, SECOND CHANCE

The Fourth Annual Clean Slate event hosted by Congresswoman Barbara Lee, State Senator Loni Hancock, Assemblyman Sandré Swanson, County Supervisor Keith Carson and Mayor Ron Dellums was a success by all accounts. Hundreds of people were able to remove barriers that were keeping them from obtaining employment or from being productive members of our community. Some of the services provided for those in attendance included, starting the process of obtaining a driver's license or California I.D., obtaining or replacing their social security card, receiving their criminal record history, starting a payment plan for outstanding fines with the County or in some cases having a minor fine or infraction dismissed. The event is part of an ongoing commitment to assisting those who have barriers to success.

