

## Three New PACE Centers Open in May

**C**enter for Elders' Independence stands for access to affordable, comprehensive social and medical care for all seniors and we are inspired to make life better for our neighbors. To accomplish this, CEI is opening three new PACE centers in May 2025.

Operating as an Alternative Care Setting (ACS) since summer 2024, **PACE Tri-Valley** will become a full PACE center in May and will serve Livermore, Pleasanton and Dublin.

**PACE West County** is located at the former Thrift Town in El Sobrante on San Pablo Dam Road. The location was originally a roller-skating rink back in the 1970s. It will serve seniors in all of West Contra Costa County.

The third location, called **PACE Temescal**, is at 3901 Broadway. This location will consolidate the current Downtown Oakland and Berkeley PACE centers giving all participants in Berkeley, Emeryville and North and Downtown Oakland an improved experience with a spacious clinic and more room for flexible day center space.

All three new PACE centers offer expanded square footage for key services such as a memory care room, arts and crafts, a mock apartment for occupational therapy, a patio, state-of-the-art exam rooms and more. PACE Tri-Valley is the largest at over 23,000 square feet and the other two new centers hover around 19,000 square feet.

Grand Opening celebrations are slated for July and August. (Please see page 2.) These celebrations will welcome the public, community partners, participants and their families.

Look for your invitation to join the celebrations with community health fairs, PACE center tours, live music, door prizes and lots of fun.

Be sure to sign up! To be added, send a quick email to Elaine Noble at [enoble@cei.elders.org](mailto:enoble@cei.elders.org).

**We are thrilled to open these new PACE centers and to welcome you at the grand openings.**



*New PACE Tri-Valley Center*



*New PACE Temescal Center*



*New PACE West County Center*

## CEO Message:

# 3 Grand Openings this Summer



Access to high quality healthcare is more vital now than ever. CEI provides that access to seniors here in the East Bay. We do that by locating PACE where services are needed—directly in key neighborhoods and by creating state-of-the-art spaces where we can provide flexible and robust care that keeps older adults healthy and living at home.

The Bay Area 60+ population will double between 2020 and 2060. Expanding our capacity to serve is essential. The three new PACE centers opening in May are much larger, brighter and offer over 19,000 square feet for flexible social programming, medical care, rehabilitation and all of the coordinated PACE services that our neighbors need.

Part of the growth is honoring the diverse and wide range of people in our communities, where we give participants the joy of self-expression, whether that's through art or cultural celebrations that reflect one's unique culture and heritage.

This past April, CEI reached a census milestone of over 1,300 seniors in the PACE program. We are excited to keep growing to meet the needs of East Bay seniors.

I personally invite you to join us to celebrate three grand openings this summer. Invitations will be forthcoming.

Maria E. Zamora, MBA

President & CEO

## JOIN THE GRAND OPENING CELEBRATION

### **PACE Tri-Valley**

July 25, 2025

2PM to 5PM

2441 Constitution Drive,  
Livermore, CA 94551

### **PACE West County**

August 1, 2025

3PM to 6PM

3645 San Pablo Dam Road,  
El Sobrante, CA 948013

### **PACE Temescal**

August 8, 2025

3PM to 6PM

3901 Broadway,  
Oakland, CA 94611

RSVP: [enoble@cei.elders.org](mailto:enoble@cei.elders.org)

# Welcome 2 New Trustees



## Kati Knox, MPA, MSW, RCFE

*Clinical Liaison, Grace and Glory Hospice*

Kati Knox is a dedicated leader in the senior care space with over three decades of experience supporting elders, caregivers, and their families. Growing up in the Bay Area, she developed a deep, personal connection to aging through relationships with her grandparents and great-grandmother. This lifelong passion led her to a career devoted to enhancing the lives of seniors, ensuring they receive compassionate, high-quality care and resources.

Currently, Kati serves as the Clinical Liaison for Grace and Glory Hospice, a full-service home hospice agency setting new standards for excellence in end-of-life care. She is committed to advocating for seniors and their families, ensuring they have access to the housing options, resources, and guidance they need during challenging transitions.

Beyond her professional work, Kati has founded a nonprofit organization dedicated to supporting isolated and frail seniors, served on numerous local and regional boards, and participated as a political appointee on county and city commissions focused on enriching the lives of seniors, families, and communities. We welcome her on the CEI Foundation Board of Trustees.

## Patrick Elahmadie, Esq.

*Trustee, CEI Foundation Board of Trustees*

Patrick Elahmadie is a distinguished business and estate planning attorney with extensive expertise in business formations, contract drafting and review, mergers and acquisitions, and comprehensive estate planning. Patrick was born in the East Bay and raised in Concord, California, after spending part of his early life in Lebanon. He earned a Diploma in International Relations from UC Davis before obtaining his law degree from USC Gould School of Law, where he also earned a Business Certificate.



Beyond his legal career, Patrick is deeply committed to community service and advocacy. He is the co-founder and board member of SmileonU, a nonprofit dedicated to providing dental care to those in need. Additionally, he volunteers as a pro bono legal advisor at COBiz in Richmond, where he supports local entrepreneurs with business law guidance.

Patrick's legal expertise, strategic insight, and dedication to community impact make him a valuable addition to the CEI Foundation Board of Trustees. His commitment to empowering elders and strengthening communities aligns with CEI's mission to support seniors in living independently with dignity.

## Board of Directors Center for Elders' Independence

- Florence Raskin, Chairperson
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- David Lindeman
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- Jacqueline Sellers
- Maria E. Zamora, President & CEO

*The Board and Maria wish to thank Sharon Cornu for her dedicated five years of service to CEI and to seniors.*

## Board of Trustees CEI Foundation

- Jim Vawter, Chairperson
- Amy Kimmel
- Mary Young-Williams
- Wesley Alexander
- Amber Childress
- Patrick Elahmadie
- Kati Knox
- Florence Raskin
- Tom Hyland, Executive Director

*The Board and Tom wish to thank Péllo Walker for his enthusiastic years of service as a Trustee and as a steward for senior healthcare*

## Subscribe to the Digital Newsletter!

Send a quick email to:  
[enoble@cei.elders.org](mailto:enoble@cei.elders.org) or call  
510-433-1150 ext 8860  
to receive short newsletters  
several times a year.

This is our last printed newsletter.  
**See you online!**



# FINDING STRENGTH AND INDEPENDENCE: Mei Lee's Journey with PACE

Over a year ago, Mei Lee was living an active life, walking up to six miles a day through the Oakland Hills. But everything changed when she took a trip to Taiwan to visit friends and participate in her church's voting delegation. After a whirlwind of activity, she developed pneumonia, which led to months of hospitalization. During that time, doctors discovered other underlying health conditions, and her once vibrant spirit began to fade.

By the time she returned to Oakland, Mei could barely stand long enough to cook, let alone take her beloved walks. Her daughter, Christine, worried for her safety and was preparing to move her to North Carolina to ensure she wouldn't have to live alone. That's when a friend suggested looking into the PACE Program at Center for Elders' Independence (CEI).

From the moment she joined CEI, everything changed. Her dedicated health care team sprang into action, managing her medications, monitoring her health, and ensuring she had the support she needed. With their expert care, Mei regained her strength—physically, emotionally, and socially. She was able to remain in her own home, where she felt happiest.

Now, Mei is embracing life again. Instead of preparing for a move across the country, she recently embarked on an adventure of her own: visiting the San Francisco Museum of Modern Art for the first time. Christine still worries about her mother's health, but she is in awe of her tenacity and fearless independence.

Because of CEI's care and support, Mei Lee has regained her confidence and continues to enjoy the life she loves—one step at a time.



## CEI Recognized as an Age-Friendly Health System

### CEI Earns Highest Level 2

CEI is now officially recognized by the John Hart Foundation and the Institute for Healthcare Improvement as an Age-Friendly Health System. CEI

**earned the highest Level 2 Committed to Care Excellence in November.** Level 2 demonstrates that we implement and follow through on the 4Ms of senior healthcare of Mentation, Mobility, Medication and What Matters Most. Our individualized care plans are based on these aspects of senior healthcare with What Matters Most as the crux of the care plan.

CEO Maria Zamora says, "Being Age-Friendly is a natural alignment to our commitment to participants, especially as What Matters Most is at the center of what we do every day. Our Charter

**Age-Friendly**  
Health Systems

**Committed to  
Care Excellence**

guides us in that commitment and being an Age-Friendly organization put us in an elite group of healthcare systems."

As of March 2025, there are close to 1,500 other healthcare systems with this prestigious Level 2 designation nationwide.

Watch Maria and Dr. Jim Mittelberger talk about what being Age-Friendly means to CEI on our YouTube channel.



# "The Left-Handed Poet" Found Life in HCBA

At age 74, Brenda Parish spends her days being creative by either writing poetry or artistically coloring in adult coloring books. She imparts words of wisdom to anyone facing loneliness, sadness or isolation—"Find the will of hope. Develop an interest and do it every day. Learn new skills, captivate your ideas and formulate your art."

Brenda had to relearn how to speak, transfer from bed to a wheelchair or a car and how to use her left hand for ordinary tasks. Most remarkably, Brenda relearned how to write using her non-dominant hand in a few short months after experiencing a hemorrhagic stroke at age 62.

Brenda experienced a seven-hour seizure requiring more care and therapy than what her adult daughter Rita could provide. Rita had extensive training as a CNA, then a home health aide and then a restorative nurse assistant to help her mother with physical therapies, but the new reality was too much for one person to handle.



to stay at home and Rita had the time to go back to college and get a degree in Public Health from Cal State University East Bay. Because classes were mostly online, Rita could balance caregiving, being a daughter and a student.

"I would have never gone into healthcare without being inspired by what happened to my mother. I'm grateful for the experience and what she has taught me," Rita shared. "I learn from her every day—the patience she has for herself and treasuring what she does have."

Rita continued, "I was in Texas the day my mother experienced her stroke. When I got back, I had to face the heartbreaking decision—whether to give my mother a chance to recover or let her go. I was deeply touched and encouraged by a doctor to give my mother that chance. Life is so much better with her here."



So, Rita researched various programs and found CEI's HCBA Program. (HCBA is the Home and Community Based Alternatives waiver program offered by the State of California and managed by CEI.)

Over the past five-six years, since joining the HCBA Program at Center for Elders' Independence, both Brenda and Rita have flourished. By adding two more caregivers to Brenda's care plan, Brenda was able





# First Celebration of Lives Honors 80 Participants

On Saturday, February 22, 2025, CEI hosted its first all-center Celebration of Lives Ceremony at the PACE San Leandro Center. The service honored participants and staff—gathered to share memories, express love, and celebrate the lives of those we lost.

CEO Maria Zamora was in attendance, offering heartfelt words of support. Concord Center Director Emily Hoshida provided live music, creating a comforting and reflective atmosphere, while CEI Chaplain Mi Chun presided over the ceremony, guiding attendees through moments of remembrance and healing.

Through shared stories, music, and reflection, the CEI community came together at this meaningful gathering. The event reaffirmed CEI's commitment to supporting participants and their families beyond care, providing space for healing and connection. The event was made possible through the Healing and Hope Fund of the CEI Foundation.

CEI Chaplain Mi Chun shares, "The service was a



beautiful occasion to honor our departed participants and their legacies in our CEI community. Families, friends and staff came together to commune in their grief and share gratitude for the amazing work we do together."





## How to Support Seniors

Help support and expand programs for CEI seniors by:



**Visit the website:** [ceifoundation.elders.org](http://ceifoundation.elders.org) to support a specific cause.



**Mail the enclosed return envelope** with your check or credit card information.



**Call the CEI Foundation** at **510-318-7162** and speak with us directly about your gift. We can facilitate complex donations such as stocks, IRA or Roth distributions, wills or real property.

*We thank you for your support.*





## Last Printed Newsletter

### Stay In Touch via email

This will be the last printed and mailed issue of this community newsletter.

To stay in touch and read current events at Center for Elders' Independence, join our digital email newsletter by sending a quick email to: [enoble@cei.elders.org](mailto:enoble@cei.elders.org).

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