El Sobrante senior health center celebrates remodel

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A newly refurbished senior health center in El Sobrante that can serve up to 400 West County seniors celebrated its grand reopening last week.

The Center for Elders’ Independence (CEI) remodeled and redesigned the Guardian Adult Day Health Center at 3905 San Pablo Dam Road.
The 7,469 square foot facility, originally founded in 1994, provides health services and therapeutic activities to frail elderly and disabled adults at risk of institutional care. Such services, in part, help many at-risk seniors live at home rather than in nursing homes.

The remodeled center features new furnishings, modern décor, a welcoming lounge for social activities, state-of-the-art rehab gym with physical and occupational therapy, a new dining room, new transportation vans, a beautiful, spacious courtyard with shaded areas and a PACE plan with full medical, dental and podiatry services.

Such services are needed to address the rising number of seniors who are seeking care in emergency rooms, urgent care clinics and skilled nursing facilities due to a lack of sufficient resources and support to live at home, according to Contra Costa County Supervisor John Gioia.

“The growing long-term care needs of seniors are better met through a comprehensive day center like Guardian Adult Day Health Center in El Sobrante,” Gioia said in a statement.