

AGING & independence

COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY
AGING & INDEPENDENCE SERVICES

Navigating the World in New Ways

By **Kim Gallo**
Director, Aging and Adult Services
Aging & Independence Services

What do a race car driver, restaurant owner, engineer, and community college official have in common? These forward-thinking individuals, all in their sixties or beyond, found themselves wondering what they could do to stay as independent as possible as they age. Becoming more comfortable with the local public transportation system seemed essential, and they decided to sign up for a travel training course in La Mesa, taught by Judi Bonilla, a self-described “Older,” gerontologist, educator, and advocate for older adults.

Group Travel Training is instruction on how to use public transportation that is destination oriented. Although it might be ten, fifteen, or more years until Judi’s students decide to hang up the car keys for good, they all realized that becoming more comfortable with alternative transportation options sooner rather than later would ease the transition—and open up new worlds—even while driving is still an option.

Navigating the public transportation system alone, however, can be daunting. Judi would know. When she was in her thirties, she spent four years backpacking through Europe. She remembers a time while in France when she couldn’t

(Continued on page two)



Older adults try out public transportation during a travel training workshop.

REGISTER NOW: VITAL AGING 2019

Join Aging & Independence Services on **Wednesday, June 19 from 9-2:30** for ***Vital Aging 2019: Live Well to Age Well!*** This FREE community event brings older adults together for a day of learning and inspiration. Explore topics such as brain health, caregiving, fitness, and safety, and hear updates on the County’s Age Well San Diego initiative. This year’s keynote speaker is Marilu Henner, the New York Times best-selling author, actress, producer, and healthier living advocate. Enjoy workshops, exhibitors, free lunch, and more!

There will be two locations: the main event site at the San Diego Convention Center downtown (\$5 parking fee) and a companion site at the California Center for the Arts, Escondido (free parking). To register, visit: www.AISEvents.org or call Sharp at **(800) 827-4277**.



*Keynote Speaker
Marilu Henner*

P. 2 ALL ABOARD! FREE PARK & RIDE OPTION
TO VITAL AGING 2019 MAIN SITE



**LIVE WELL
SAN DIEGO**
LIVELWELSD.ORG

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find the metro: “it seemed so cavernous and I seemed so small. I was nervous...I was lost and didn’t speak fluent French. I know what it feels like as an adult to be disheartened and want to cry.” Over time, Judi mastered various public transportation systems and came to see how powerful public transportation can be.

Today, among her initiatives, is helping older adults to understand and master their transportation options. She is the author of the book *Freewheeling After Sixty* and also works with local organizations to offer travel training. Through these courses, Judi makes learning fun by planning outings to Coronado, Old Town, and other sites around the county that make for an enjoyable day trip and bring older adults together to make new friends. She helps her students feel comfortable by giving them permission to make mistakes in a supportive environment. She admits, “I know on a cellular level what it feels like to have the line growing behind you, trying to quickly buy a ticket and feeling frustrated and overwhelmed.”

Judi has witnessed the transformation that comes from students who have challenged themselves to go beyond their comfort zone. She recalls one woman who had a “big city” life but felt her world was getting smaller as she no longer felt comfortable driving in heavy traffic. She agreed to take a travel training course. In the coming weeks, Judi noted an impressive shift in attitude. After mastering public transportation, the woman regained her former city life and enjoys dining, drinks, and entertainment in downtown San Diego.

Although very important, public transportation is just one piece of the mobility puzzle. Judi encourages older adults to think about creating a personalized transportation system. This might be a portfolio of options that includes driving during the day, taking a ride hailing service such as Uber or Lyft to get to an evening engagement, riding the bus or trolley to special events, and getting rides from a loved one after a doctor’s procedure. Older adults have more options today than they did previously and some of that is due to shifting mindsets. Judi notes, “In the past, it had been binary, either you drove or you didn’t in southern California culture. My system is to create awareness that you may be able to drive throughout your life. Or, you may choose to reduce or stop driving, whether it is due to traffic, a health condition, or the cost to maintain a vehicle.”

ALL ABOARD TO VITAL AGING!

The Metropolitan Transit System (MTS) recognizes that access to transportation is a priority for all communities in San Diego and is proud to be a sponsor of the Vital Aging 2019 conference! Free parking will be available at SDCCU Stadium (formerly Qualcomm Stadium) on Friars Road.

Vital Aging attendees who pre-register and select the park & ride option will be given a free day pass at the stadium courtesy of MTS. Trained volunteers will assist event attendees to board the trolley and will accompany them to the San Diego Convention Center downtown. To register for Vital Aging, visit www.AISEvents.org or call Sharp at (800) 827-4277.

Judi’s primary message for older adults is this: never stop learning. Openness to new experiences and a willingness to practice are two attitudes that serve everyone well as they plan for their future. Judi is one who practices what she preaches. When Judi turned fifty, she decided she would start practicing for retirement. She learned to hula dance, ride a motorcycle, and went back to school. She figured that if she started learning early, she’d be great at these activities by the time she reached 65 or 70. She encourages older adults to take a similar approach by exploring transportation options now.

For those who do wish to continue driving as long as possible, she urges older adults to take care of their health. She suggests, “Maintain your eye sight, address chronic conditions and health conditions such as diabetes, and take every opportunity to be active.” She also encourages people to adopt an attitude of interdependence. We all depend on one another in different ways. There is empowerment in planning and asking for assistance with transportation.

Are you interested in trying out public transportation in a fun and supportive atmosphere? Take the trolley to the Vital Aging conference on June 19 for free! See the orange box above for details.

Organizations interested in hosting a group travel training course can contact Judi at go@freewheelingaftersixty.com. Also, free travel training for individuals is currently offered by the Metropolitan Transit System. Visit www.sdmts.com/traveltraining or call Marcial Gutierrez at (619) 557-4516 for details.

In the COMMUNITY

PUBLIC TRANSPORTATION FOR OLDER ADULTS

The Metropolitan Transit System is helping to make transportation more accessible for older adults in our community. MTS CEO Paul Jablonski says, “Public transit can enhance mobility for seniors by providing access to many destinations across our region. The introduction of a \$3 Day Pass later this year will make it easier for many San Diego seniors to choose transit and see the benefits for themselves.”

To make public transit less intimidating for first-time riders of all ages and abilities, MTS offers free travel training classes. Travel training can teach individuals skills such as planning a trip, buying fares, and getting on and off the bus and Trolley. Trainings range from group presentations in a classroom setting to one-on-one rides with a certified travel trainer. To find a Travel Training class near you, visit: www.sdmts.com/traveltraining.

LEGACY CORPS VOLUNTEERS SOUGHT

Legacy Corps volunteers provide a break for caregivers and companionship for elderly or disabled loved ones in veteran and military families. Volunteers become members of the national AmeriCorps Program, and receive a monthly stipend. At the completion of the 450-hour, 12-month commitment, members earn a \$1,612 educational award, which may be gifted to children or grandchildren. There will be an orientation on **Wednesday, June 26 from 9 a.m.-2 p.m.** at 5560 Overland Ave., San Diego 92123. For details, call **(858) 505-6300** or email Dalija.Dragisic@sdcounty.ca.gov.

WORLD ELDER ABUSE AWARENESS DAY

The International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations (UN) launched the first World Elder Abuse Awareness Day (WEAAD) on June 15, 2006 in an effort to unite communities around the world in raising awareness about elder abuse. When we come together, we can prevent elder abuse from happening and put support services in place to address elder abuse.



Elder abuse is widespread. Every year an estimated 1 in 10 older Americans are victims of elder abuse, neglect, or exploitation. In addition to being a clear violation of the American commitment to justice for all, elder abuse is an issue with many consequences for our society. Its effects on our communities range from public health to economic issues. The good news is that we can prevent and address the issue of elder abuse. There are many ways to strengthen our social supports through policies, services, and programs that keep us integrated in our communities as we age.

BE A “SENTINEL”

- Keep in contact and talk with your older friends, neighbors, and relatives frequently
- Be aware and alert for the possibility of abuse
- Look around and take note of what may be happening with your older neighbors and acquaintances
- Ask questions and listen

If you have concerns about an older adult, or suspect possible elder abuse, call the AIS Call Center at **(800) 339-4661**.



If you are an older adult, one of the best ways to avoid becoming a victim of elder abuse is to stay connected to others. For information about opportunities to stay connected through volunteer opportunities, health promotion programs, access to transportation, or daily phone call reassurance programs, call the AIS Call Center at **(800) 339-4661**.

VOLUNTEER OF THE MONTH

William (Bill) Radatz, Volunteer of the Month for June, 2019, was nominated by Monte Turner of Senior Gleaners of San Diego County. Bill served as board treasurer and chair of the fundraising committee from 2013–2018. He has also provided substantial assistance with fundraising.



Bill Radatz

Laurel Gray, the former board president of Senior Gleaners, says that “Bill’s character is one of creative persistence, a hard worker who gets things done no matter the difficulty.” Although Bill was not an accountant, he enjoyed making the Senior Gleaners’ books balance at the end of each month. He took his role seriously and performed it with gusto. Besides handling routine banking for the organization, Bill prepared detailed monthly reports and a comprehensive annual report and budget for Senior Gleaners. Bill’s attention to detail regarding financial transactions was extremely helpful to the smooth running of the Senior Gleaners organization.

Bill’s greatest contribution to Senior Gleaners of San Diego County was his development of several fundraising events including one in April 2018 that raised nearly \$5,000. He organized and coordinated the events and fully participated in them as well.

Although Bill has transitioned away from managing the organization’s finances, he still assists the new treasurer with various duties and provides essential support at outreach events. His boundless enthusiasm and positive attitude are contagious. Bill inspires others to get involved and contribute.

In addition to all of his great work with Senior Gleaners, Bill currently serves as the chair of the board of the Third Avenue Charitable Organization (TACO), which provides services to the downtown homeless and low-income

population. He is also one of the co-founders of the non-profit Survivors of Torture, International, and served many years as their board chair. Bill and his wife Martha have been long-time volunteers with Heifer International.

Bill notes, “Volunteering is a way to reaffirm the values I learned throughout life and it continues to challenge me to put these values into action. It keeps me engaged with the changing world and especially with those who are harmed or forgotten in our society...you meet such good people (fellow volunteers) with whom you share so many values.”

Thank you, Bill, for all that you do to make San Diego, and the world, a better place!

VOLUNTEER WITH FEEDING SAN DIEGO

Feeding San Diego is a non-profit organization dedicated to feeding children, families, and seniors in need. Volunteers are currently needed to help support front desk operations by assisting Feeding San Diego staff with clerical work, such as greeting guests, answering and directing incoming phone calls, providing guests with food assistance resources, accepting food and fund donations, and helping to maintain a clean and welcome center lobby. Shifts are available Monday-Friday from 8 a.m.–4:30 p.m.

If you are interested in joining this dynamic organization, please contact Mary Anne Briggs at **(858) 495-5039** or **MaryAnne.Briggs@sdcounty.ca.gov**.



SENIOR VOLUNTEERS
IN ACTION



Give. Grow. Volunteer.

Are you looking for a flexible volunteer opportunity to feed your mind, body, and spirit while serving the community? Aging & Independence Services can help! Through Senior Volunteers in Action (SVA) and the Retired and Senior Volunteer Program (RSVP), you can make an impact in rewarding fields such as law enforcement, senior services, youth mentorship, museums and the arts, and more. Contact the senior volunteer programs office today at **(858) 505-6399**.



PARTNER SPOTLIGHT

ALZHEIMER'S ASSOCIATION

There are more than 84,000 people living with Alzheimer's disease or related dementia in San Diego County. Add to that the number of family members and other caregivers who face the daily challenges of helping those with the disease, and the number of local people who are directly touched by dementia surpasses 200,000. These are the people the Alzheimer's Association San Diego /Imperial Chapter serves, in addition to their work towards finding a cure.

The services offered by the Alzheimer's Association encompass a wide range of activities in communities throughout San Diego County, including in-person care consultations, in-person and telephone-based support groups, safety programs, and education programs. A variety of programs are offered in both English and Spanish, and are available as in-person classes or online. Topics include diagnosis, warning signs, communication, living with Alzheimer's Disease, and caregiving techniques.

The Alzheimer's Association outreach to diverse communities includes the Promotora program focusing on Latino families that may be unaware of the organization's services, as well as special programs and education in the LGBT community.

As we are living longer and witnessing the rise in cases of Alzheimer's Disease and related dementia, Alzheimer's has joined cancer atop a list of medical concerns among all Americans. With no known cure, research becomes a critical component of the national focus of the Alzheimer's Association.



Each month, Aging & Independence Services acknowledges a Live Well San Diego partner—an organization in our community that is committed to the vision of a region that is building better health, living safely, and thriving. To learn more about Live Well San Diego or to become a partner, visit www.livewellsd.org.



San Diego's scientific community is at the forefront of research into Alzheimer's Disease, and receives more Association funds in the effort to find a cure than any other region in the country. \$12.3 million of current funding from the Alzheimer's Association has made San Diego a pivotal center of research activity.

The Alzheimer's Association also recruits advocates in the community so that the need for Alzheimer's care, education, and research is heard at every level of government. This advocacy has helped to pass landmark legislation, and ultimately, increase funding.

For the thousands of people who have, or will have Alzheimer's, the work of the Association is critical to enhancing their quality of life. If you have any questions about Alzheimer's disease or the Alzheimer's Association, visit the Association's web site at www.alz.org/sandiego, or call the 24/7 telephone help line (800) 272-3900.

COOL ZONES FOR HOT DAYS

Each summer, older adults are encouraged to beat the heat by visiting Cool Zones throughout the county. These air-conditioned sites welcome older adults and persons with disabilities free of charge. Some offer social opportunities, meals, or other resources. The effects of heat can be greater on older adults and their bodies may not provide the same warning signs as they did at younger ages. Visit www.CoolZones.org or call **(800) 339-4661** and press “6” to locate a Cool Zone near you.



CAREGIVER WORKSHOPS

Wednesday, June 12 from 1-3 p.m.-*Planning Cognitively Stimulating Activities* will be held at Alzheimer’s San Diego, 6632 Convoy Court, San Diego 92111. To RSVP, visit www.alzsd.org or call **(858) 492-4400**.

Monday, June 17 from 10-11:30 a.m.-*Resources and Tools for Family Caregivers* will be held at the Sharp Health Plan office, 5820 Tech Way, San Diego 92123. Learn about health and community resources, placement options, support groups, and more. RSVP at www.sharp.com/classes or **(800) 827-4277**.

Thursday, June 27 from 10-11 a.m.-*Understanding Alzheimer’s and Dementia* will be held at the Fallbrook Family Health Center, 1328 S. Mission Rd., Fallbrook CA 92028. Learn about stages and risk factors, current treatments available for symptoms, and resources. RSVP to **(800) 272-3900** or www.alz.org/sandiego.

Friday, June 28 from 1-2:30 p.m.-*Safety at Home* will be held at the Grossmont Healthcare District Conference Center, 9001 Wakarusa Street, La Mesa 91942. Review important tips to keep people living with memory loss safe and well at home. To RSVP, visit www.alzsd.org or call **(858) 492-4400**.

HEALTHIER LIVING CLASSES

These free, interactive, and goal-oriented workshops help people manage their health conditions.

Healthier Living with Chronic Conditions: June 5-July 10 (Wednesdays), 12-2:30 p.m. at Versa at Civita, 2365 Via Alta, San Diego 92108. Okay to begin on June 12.

Classes are sponsored by Aging & Independence Services. For details, visit www.HealthierLivingSD.org, or call **(858) 495-5500** to leave a message.

NEW TAI CHI CLASSES!

Improve your balance and mobility with Tai Chi! Three new classes are now being offered in addition to existing classes that take place in Imperial Beach and the Linda Vista, Rolando, and Tierrasanta communities of San Diego:

South Chula Vista Library: 389 Orange Avenue, Chula Vista 91911. Tuesdays and Thursdays from 12-1 p.m.

Spring Valley Community Center: 8735 Jamacha Blvd., Spring Valley, CA 91977. Tuesdays and Thursdays from 11 a.m.-12 p.m. These classes are open to all, and include a focus on fall prevention and reducing arthritis symptoms.

Kalos Apartments: 3795 Florida St., San Diego 92104. Tuesday and Thursdays from 3-4 p.m. These classes are open to all, and include a focus on fall prevention and reducing arthritis symptoms.

Classes are sponsored by Aging & Independence Services. For more information, visit www.HealthierLivingSD.org, or call **(858) 495-5500** to leave a message.

COMMUNITY CALENDAR

JUNE 11, TUESDAY 6-7 P.M.

Join the San Diego River Park Foundation for a presentation on *Science & the San Diego River* at the Serra Mesa-Kearny Mesa Library, 9005 Aero Dr., San Diego 92123. Learn about efforts to improve the health of the San Diego River and ways to get involved. To RSVP, email marina@sandiegoriver.org or call (619) 297-7380.

JUNE 12, WEDNESDAY 1 P.M.

A workshop on *Earth-Friendly Eating for Personal and Planetary Health* will be held at the Point Loma/Hervey Library, 3701 Voltaire St., San Diego 92107. Hear from a registered dietitian and clinical professor at UCSD how to make better food choices. For details, call (619) 531-1529 or email CGonzalez@sandiego.gov.

JUNE 13, THURSDAY 10:30 A.M.

A presentation, *Eyewitness to History: A Personal Account*, will be held at the Lawrence Family Jewish Community Center, 4126 Executive Dr., La Jolla (UTC area) 92037. Lou de Beer, a recipient of the Coronado Avenue of Heroes Award, will relay his personal account of WWII and Korean War experiences. Lou was born in Amsterdam and as a boy, he witnessed the arrival of the German troops in 1940. He lived through 18 months

of occupation. Price: \$6. RSVP in advance to Melanie at (858) 362-1141.

JUNE 15, SATURDAY 10-10:45 A.M.

Dance It Out Adaptive Fitness classes will be held on Saturday mornings throughout June at Dance for 2, 7528 Clairemont Mesa Blvd., San Diego 92111. These all-inclusive dance fitness classes get everyone moving and grooving, both walkers (those who are able-bodied) and rollers (those using a wheelchair). Come exercise and have fun while dancing to over 20 styles of dance. For details, call (858) 573-1571 or visit www.wheelchairdancers.org.

JUNE 14, FRIDAY 12:30 P.M.

Mah Jongg Club is held on Fridays throughout June at the San Marcos Library, 2 Civic Center Dr., San Marcos 92069. Enjoy Mah Jongg, a game of chance and strategy. Learn to play or hone your skills while making friends. For details, call (760) 891-3000.

JUNE 17, MONDAY 1-2:30 P.M.

Stress and Its Effect on the Mind, Body, and Spirit will be held at the Pomerado Outpatient Pavilion, 15611 Pomerado Rd., Poway 92064. Topics include acceptance, mindfulness, positive coping mechanisms, relaxation tips, forming new habits, and more. To register, visit www.palomarhealth.org or call (800) 628-2880.

JUNE 18, TUESDAY 12:45 P.M.

A presentation, *The Importance of Civil Rights*, will be held at the College Avenue Center, 6299 Capri Dr., San Diego 92120. Hear from Gloria Brown, a civil rights activist and leader in the Civil Rights Movement during the late 1960's, who organized marches and demonstrations. For details, call (858) 637-3273 or email elissal@jfssd.org.

JUNE 19, WEDNESDAY 9 A.M.-2:30 P.M.

The *Vital Aging 2019 Conference* will be held at the San Diego Convention Center, 111 W. Harbor Dr., San Diego 92101. There will be a companion site at the California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido 92025. Keynote program featuring Marilu Henner, workshops, resources, exhibitors, lunch, and more! Free. To RSVP, visit www.AISEvents.org or call Sharp at (800) 827-4277.

JUNE 29, SATURDAY 9 A.M.-12 P.M.

A workshop on *Living and Care Options* will be held at St. Paul's Plaza, 1420 E. Palomar St., Chula Vista 91913. Topics that will be covered include: community resources for housing and care options, senior care services, being prepared for medical emergencies, and selling your home/downsizing. For details or to RSVP, call Linda Spence at (619) 239-2097 or email lsponce@stpaulseniors.org.

ADVISORY COUNCIL

The AIS Advisory Council will meet at noon on Monday, June 10 at AIS: 5560 Overland Ave., 3rd Floor, San Diego 92123.

SEND IN YOUR ITEMS

We welcome your contributions to this monthly calendar. Just send items by the 1st of each month preceding the issue date to: sarah.jackson@sdcounty.ca.gov.

AGING & INDEPENDENCE SERVICES

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Call Toll Free: (800) 339-4661
www.aging.sandiegocounty.gov

HOME-BASED SERVICES ▪ INFORMATION AND ASSISTANCE ▪



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