

AGING & independence

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

San Diego County: The Place to Age Well

By **Dr. Chuck Matthews**
Interim Director, Aging & Independence Services

Joan Lunden, the award-winning journalist and former *Good Morning America* co-host for nearly two decades, has long been a trusted source of information on healthy aging and the caregiver experience. We are excited to announce that she will be joining us as the keynote speaker at the County's Aging Summit event this year, which will be held on Thursday, June 28.

As a Baby Boomer in her sixties, Joan is leading the way with redefining what it means to be in one's "golden years." She shares, "There are a lot of things older adults can do to stay vibrant and healthy. It is really about creating a lifestyle that will keep us socially engaged, using our brains, and learning new things."

It is no secret that the Baby Boomer population is aging and communities across the country are preparing for a rapid increase in the number of older adults in the coming years. In San Diego County, by 2030, every 1 in 5 residents will be age 65 or older. That's over 750,000 residents!

A variety of challenges will accompany this demographic change, with concerns about housing, transportation,

and medical care at the forefront. However, older adults bring great strength to our communities too, and play an essential role in their vibrancy and cohesiveness.



Joan Lunden will be the keynote speaker at Aging Summit 2018

For older adults to continue to live independent and fulfilling lives, their communities must embrace them and meet their needs. It has often been said that a society can be judged by how it treats the young and the old. The best communities support their residents across the entire lifespan. Different terms, such as "age-friendly" or "livable", are used to describe places that nurture the tiniest infants to the frailest elders—and everyone in between.

Age Well San Diego (Age Well) is our region's response to addressing the needs of our aging population. Approved by the San Diego County

Board of Supervisors in May, the Age Well San Diego Action Plan will be formally unveiled at the Aging Summit. The Action Plan was developed in partnership with AARP®, The San Diego Foundation, and numerous community organizations and residents. Former Aging & Independence Services director and advocate for older adults, Pam Smith, will guide attendees through

(Continued on page two)

P. 2 Register Now for Aging Summit 2018!!!



**LIVE WELL
SAN DIEGO**
LIVEWELLSD.ORG

(Continued from page one)

the Action Plan and invite participants' involvement as we continue the Age Well journey.

Attendees will have the opportunity to learn more about age-friendly communities and how San Diego County is focusing our age-friendly work on five theme areas: Dementia-Friendly, Health & Community Support, Housing, Social Participation, and Transportation.

Joan recognizes that the communities and environments in which people live have a profound impact on their health and wellbeing. Joan explains, "It is up to all of us to redefine what aging looks like. Ideally, our later years afford us opportunities to really contribute in meaningful ways. The communities in which we live can and should support us to live lives that we love."

AGING SUMMIT Age Well in Action 2018



REGISTER NOW: AGING SUMMIT 2018!!!

Join us for a day of inspiration, education, and fun at Aging Summit 2018! The conference will be held on **Thursday, June 28 from 9 a.m.-3 p.m.** at the Town and Country Convention Center in Mission Valley, and the California Center for the Arts, Escondido.

Discover how San Diego County is becoming an age-friendly and dementia-friendly community. Learn about local resources, and how you can be involved! The event is free and lunch is included.

To register, call Sharp at **(800) 827-4277**. For additional information, visit **www.AISEvents.org**.

Special Thanks to Aging Summit Sponsors:

SHARP

AARP Real Possibilities
California

 **The San Diego Foundation**

abc 10

NORGAN
North County's Action Network
For Older Adults and Adults with Disabilities

Dementia-Friendly Communities: It Takes All of Us

An important element of the Age Well San Diego initiative is its focus on making San Diego more dementia-friendly. A community that is dementia-friendly is sensitive to the social needs of individuals living with dementia. For instance, restaurants might participate in the Purple Tables program, a special reservation system that helps to accommodate diners with special needs, such as dementia, with specially trained staff and a more predictable dining experience. Businesses, such as banks, might adjust their signage to reduce confusion. Dementia Friendly America has created guides for different community sectors, including libraries, health care organizations, and businesses, with tips on how to be more welcoming of patrons living with dementia. To learn more, **visit www.dfamerica.org**.

Residents of all ages can help a community to be dementia-friendly, too. Dementia Friendly America offers brief online trainings that individuals can take to become a "Dementia Friend." Viewers learn what it is like to live with dementia and then turn this knowledge into action. This could mean sharing what they have learned with others, or committing to regularly visit someone who is living with dementia. Nearly 17,000 people nationwide have registered as a Dementia Friend and are contributing to a movement that is changing the way people think, act, and talk about dementia. For details, visit **www.dementiafriendsusa.org**.

In the COMMUNITY

COOL ZONES FOR HOT DAYS

Each summer, older adults and others 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, but 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.

CALIFORNIA SENIOR LEGISLATURE

If you are passionate about issues facing older Californians and their families, consider running for the California Senior Legislature (CSL). The volunteer CSL recommends legislation that would benefit older adults. Three local assembly seats need to be filled. To be eligible, candidates must be age 60 or older, registered to vote, and a resident in San Diego County.

Call **(858) 496-4241** to have a nomination package mailed, or visit <http://4csl.org/members/forms/> and scroll to the “Candidates for Election to the CSL” section for an application packet. Submit packets to Renee.Sherrill@sdcountry.ca.gov by June 22.

An election will be held during the AIS Advisory Council meeting on July 9. For further information, email Ted Kagan at tkagan@cox.net.

LEGACY CORPS VOLUNTEERS SOUGHT

Volunteers are needed to provide respite for caregivers and companionship for elderly or disabled loved ones to support caregivers in veteran and military families. Legacy Corps 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 \$1,527 educational award, which may be gifted to children or grandchildren.

The Legacy Corps program is now recruiting for a Nov. 1 start date. There will be an orientation on **Thursday, August 16** from 9 a.m.-2 p.m. at 5560 Overland Ave., San Diego 92123. For details, call **(858) 505-6300** or email Dalija.Dragisic@sdcountry.ca.gov.

HELP KIDS LEARN HEALTHIER HABITS

You can make a difference in your own life and the lives of preschoolers (ages 3–5) by participating in the Five & Fit program. This program in East County is looking for older adults (age 55+) to work in teams, helping to guide children and their families toward improved physical activity and nutrition. Activities include gardening, tasting various fruits and vegetables, and other fun nutritional education.

The program pays a stipend of \$100 per month for a commitment of 16 hours per month. For more information, email Pam.Plimpton@sdcountry.ca.gov or call **(858) 495-5769**.

JOIN THE SOCIAL SERVICES TRANSPORTATION ADVISORY COUNCIL

The Social Services Transportation Advisory Council (SSTAC) is looking for new members! This SANDAG advisory group consists of 21 members who review, recommend, and promote the development and use of accessible transportation services within the San Diego region.

There are currently five positions available: one position for a voting member who is a senior 60 years or older; two positions for voting members who represent the interests of seniors, persons with limited means, or disabled transportation users; one position for a representative of a social service provider agency that serves seniors; and one position for a representative of a social service provider that services persons with disabilities.

Membership applications are due by 5 p.m. on Friday, June 15. The SSTAC meets bimonthly, and terms last three years. No prior experience is necessary to apply. To learn more about the application process, visit sandag.org/sstac or contact Audrey Porcella at **(619) 699-1961** or Audrey.porcella@sandag.org.

SENIOR VOLUNTEERS

VOLUNTEER OF THE MONTH

Randy Sherman is the June 2018 Volunteer of the Month, nominated by Sergeant Monica Sanchez at the San Diego County Sheriff's main office. Randy is the Senior Volunteer Patrol (SVP) coordinator for this site. His duties include tracking volunteer hours, running training academies, and managing meetings.



Randy Sherman

Randy facilitates both the monthly administrative meeting and the quarterly meetings for the You Are Not Alone (YANA) program, which provides welfare checks on seniors living alone. In addition to his administrative duties, Randy also makes time to do patrols in rural areas.

Whenever additional assistance is needed, Randy always steps up and goes "above and beyond." For example, when the station participates in parades, which occurs about five times a year, Randy always volunteers to drive the shuttle to make sure all the parade walkers get to where they need to go on time.

He also helps out with the annual teddy bear drive. Last year, he drove all over the county, picked up more than 1,000 donated teddy bears from various station collection points, and delivered them to Rady Children's Hospital. When training academies are held, an activity he particularly enjoys, Randy regularly exceeds full-time hours.

Randy is considered to be an especially trustworthy, dependable, and hard working volunteer. The station depends on him for operations to run smoothly. Sergeant Sanchez adds, "He has been an awesome addition to the program. We couldn't survive without Randy's help".

Other senior volunteers very much enjoy his company, too, and say he is "awesome to be around," "the best coordinator ever," and a "great guy."

Congratulations, and thank you, Randy, for all that you do!

HOME START SEEKS VOLUNTEERS

Home Start recognizes that all children hope for a bright future. That's why Home Start works tirelessly to help families identify and use their strengths to build a better future for their children. They are committed to a community-based collaborative effort to reach children and families at risk, and prevent child abuse and neglect.



Home Start is looking for volunteer sales assistants and individuals to sort donations in their Thrift Boutique. Located in the Normal Heights neighborhood of San Diego, the Thrift Boutique is a social enterprise that provides revenue to support its life changing programs. It also provides a supportive setting for young mothers in their maternity shelter program to develop job skills and gain work experience as they move toward greater independence. Home Start provides a hand up, not just a handout.

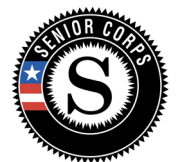
Volunteer help is needed Tuesday through Sunday between 11:00 a.m. and 5:00 p.m. Ideally, the volunteer would be available once a week or bi-weekly.

Please contact Luiza Campos for more information at lcampos@home-start.org or (619) 692-0727 x 103.

To learn more about Home Start's services or additional volunteer opportunities, visit www.home-start.org.



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.



ELDERHELP OF SAN DIEGO: A CHAMPION FOR SENIORS

With more than 10,000 Baby Boomers a day turning 65 and people living longer than ever, the need for improved healthcare delivery and social services for seniors has never been greater. Unfortunately, many older adults in our community struggle each day to meet their basic needs. This is where ElderHelp of San Diego steps in and provides support to over 7,000 seniors and their families every year.

ElderHelp fills a unique niche in the community by providing in-home assistance options to any senior age 60 or older who lives within the agency's large service area. ElderHelp's personalized services address the growing health and logistical challenges seniors face, including financial hardships, lack of resources, adjusting to aging, restrictions to mobility, poor understanding of health conditions, social isolation, depression, and caregiver stress. The agency strives to help older adults remain in their home, reduce or delay the likelihood of a significant health event, and enhance quality of life.

One of the biggest needs of the senior population is transportation. ElderHelp provides door-to-door transportation, getting seniors to their medical appointments, the grocery store, and to community outings. Some older adults just need a helping hand with garden and home maintenance, so skilled volunteers show up to fix things.

Of particular significance is the agency's proactive health advocacy and monitoring, which averts or delays



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.



the financial hardship of needing a nursing home or long-term care. Because many older adults have chronic health conditions, ElderHelp's social workers provide medical advocacy to stabilize clients' health and keep them in touch with their doctors.

In addition to bringing comfort and peace of mind, ElderHelp's services help clients to extend their modest incomes by saving them the expense of transportation, minor home modifications and repairs, garden services, and pet care. And, because so many seniors live alone and are isolated, ElderHelp also is able to match clients with compatible friendly visitors, who brighten their days and even develop long-term relationships with them.

ElderHelp does not require payment for services. Instead, clients are asked to donate what they can. More than 400 trained volunteers deliver most of the agency's services. This unique service delivery model has proved to be a great success – it leverages capacity, is fulfilling for volunteers, and delivers needed assistance to seniors.

To learn more about ElderHelp, including volunteer opportunities, other ways you can help seniors, or to receive assistance, visit www.elderhelpofsandiego.org or call (619) 284-9281.

LIVE WELL SAN DIEGO 5K

Run or walk to help save lives! Join the San Diego Blood Bank and the County of San Diego for the *Live Well San Diego* 5K on **Sunday, July 29** starting at 7:30 a.m. at the County Administration Center, Waterfront Park, 1600 Pacific Highway, San Diego 92101. Thousands will come together in support of a healthy, safe, and thriving San Diego County.



This year, we celebrate the hero in all of us with a superhero-themed race and morning activities. Interact with local military, police, and fire fighter heroes; visit the Discovery Expo; and enjoy food truck offerings. Bring the grandkids and pets, too! To register, visit www.livewellsd5k.com or call (619) 400-8174.

HEALTHIER LIVING CLASSES

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

Healthier Living with Diabetes: June 13-July 25 (Wednesdays, no class July 4), 9:30 a.m.-12 p.m. at Belden Village, 7777 Belden St., San Diego 92111.

Healthier Living with Chronic Pain: June 21-July 26 (Thursdays), 9:30 a.m.-12 p.m. at the Regional Wellness Center, 1636 E. Mission Rd., Fallbrook 92028.

Healthier Living with Chronic Pain: July 10-August 14 (Tuesdays), 1-3:30 p.m. at Price Charities Building/Urban League of San Diego County, 4305 University Ave., San Diego 92105.

Visit www.HealthierLivingSD.org, or call (858) 495-5500 to leave a message and learn more.

CAREGIVER WORKSHOPS

Wednesday, June 13 from 10-11 a.m.-*Understanding Alzheimer's & Dementia* will be held at Southern Caregiver Resource Center, 3675 Ruffin Rd. #230, San Diego 92123. Define and understand Alzheimer's disease and dementia. Understand causes of difficult behaviors and how to respond. RSVP to (800) 827-1008.

Friday, June 15 from 10-11 a.m.-*Healthy Living for Your Brain & Body: Tips from the Latest Research* will be presented by the Alzheimer's Association at the Alpine County Library, 1752 Alpine Blvd., Alpine 91901. Learn about diet, exercise, cognitive activity, and more. Develop a plan for healthy aging. Light refreshments. RSVP to (800) 272-3900.

Tuesday, June 19 from 10-11:30 a.m.- *Home Care, Day Care, & Memory Care: What You Need to Know* will be held at the South Bay Family YMCA, 1201 Paseo Magda, Chula Vista 91910. Is it time for more help? Learn about care options. Pre-register at www.alzsd.org or by calling (858) 492-4400.

Thursday, June 21 from 10 a.m.-12 p.m.-*Driving and Memory Loss* will be held at Alzheimer's San Diego, 6632 Convoy Ct., San Diego 92111. Learn about methods for evaluating driver safety, transportation resources, and tips for talking with loved ones. Register at www.alzsd.org or by calling (858) 492-4400.

Thursday, June 21 from 1-2 p.m.-*The Basics: Memory Loss, Dementia, and Alzheimer's Disease* will be presented by the Alzheimer's Association at Oceanside Silvercrest Residence, 3839 Lake Blvd., Oceanside 92056. Covers causes, risk factors, stages, and treatment. Light refreshments. RSVP to (800) 272-3900.

COMMUNITY CALENDAR

JUNE 14, THURSDAY 9:30-11:30 A.M.

A free class series, *Law and the Retiree: Current Events*, will be held on Thursdays through August 23 at the Lawrence Family Jewish Community Center, 4126 Executive Dr., La Jolla 92037. Join in lively discussions on contemporary topics of interest to seniors, including: healthcare, foreign affairs, and Social Security. Register for Continuing Ed. class 3145H at www.sdce.edu or call (619) 388-1873.

JUNE 18, MONDAY 10-11:30 A.M.

Medicare 2018: What You Need to Know will be held at the Braille Institute, 4555 Executive Dr., San Diego 92121. In this free workshop, experts from Elder Law & Advocacy will discuss coverage options and costs. To register, call (858) 452-1111.

JUNE 18, MONDAY 11 A.M.

Piano lessons for beginners will be held at the Serra Mesa-Kearny Mesa Library, 9005 Aero Dr., San Diego 92123. Explore your musical talent through learning the fundamentals of piano. Keyboards will be provided. Call (858) 573-1396 for details.

JUNE 19, TUESDAY 10 A.M.-2P.M.

A *Juneteenth Celebration and Resource Fair* will be held at the

George L. Stevens Senior Community Center, 570 S. 65th St., San Diego 92114. A \$12 donation covers a full lunch menu with proceeds benefitting the center. For details or to RSVP, call (619) 266-2066.

JUNE 19, TUESDAY 6-7:30 P.M.

A *Death Café* will be held at the Fallbrook Library, 124 S. Mission Rd., Fallbrook 92028. Enjoy tea and snacks while exploring questions about life, death, and dying through open discussion in a relaxed, agenda-free environment. For details, call (760) 731-4650.

JUNE 22, FRIDAY 12:30 P.M.

Encore, a women's choral ensemble, will perform at the College Avenue Center, 6299 Capri Dr., San Diego 92120. This group performs familiar pop tunes, music from Broadway and film, sing-a-longs, and more! For details, call (858) 637-3273 or email elissal@jfsd.org.

JUNE 23, SATURDAY 11 A.M.-1 P.M.

Join in a celebration of life at the *Cancer Survivors Day program* at Scripps Mercy Hospital, Chula Vista, 435 H St., Chula Vista 91910. Anyone who has been touched by cancer is invited to attend. Enjoy inspiring talks, appetizers, refreshments, and local live music. To register, call (619) 862-6600.

JUNE 25, MONDAY 10-11:30 A.M.

A presentation on *Wills and Trusts* will be held at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa 91942. An estate planning expert will explain why everyone should have a will and some need a trust. This free session will provide information on inheritance taxes and legal issues. A free consultation is available. To RSVP, call (800) 827-4277 or visit www.sharp.com/classes.

JUNE 28, THURSDAY 9 A.M.-3 P.M.

Agging Summit 2018 will be held at the Town & Country Convention Center, 500 Hotel Circle North, San Diego 92108. This free event will feature keynote speaker Joan Lunden. The keynote program will be webcast to the North County site at the California Center for the Arts, Escondido. To RSVP, call Sharp at (800) 827-4277 or visit www.AISevents.org for details.

JUNE 30, SATURDAY 2-3 P.M.

The Story Behind Anza-Borrego Desert and Places to Hike in Summer will be held at the Poway Library, 13137 Poway Rd., Poway 92064. Join author Diana Lindsay for a discussion on the Anza-Borrego Desert and summer hikes that can be done in the park and in the Laguna Mountains. For details, call (858) 513-2900.

ADVISORY COUNCIL

The AIS Advisory Council will meet at noon Monday, June 11 at AIS: 5560 Overland Ave., Third Floor, San Diego 92123. Meetings are open to the public.

SEND IN YOUR ITEMS

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

COMMUNITY ENRICHMENT • HEALTH INDEPENDENCE SERVICES • INFORMATION AND ASSISTANCE • PROTECTION AND ADVOCACY • HOME-BASED SERVICES • INFORMATION AND ASSISTANCE



When You Don't Know Where To Turn Turn To Us!



Whether the need is for assessment, service referrals, or follow-up, with just one phone call, you or a loved one can receive help for:

- Seniors
- Disabled adults
- Abused adults
- Those requiring home-based care to prevent institutionalization

As a public agency, we provide comprehensive information and impartial assistance free of charge to county residents. Since 1974, people have been turning to us at Aging & Independence Services. You can too.



Call Toll Free: **(800) 510-2020**
www.aging.sandiegocounty.gov

If calling from an area code out of San Diego County, call: **(800) 339-4661**



Aging & Independence™ is published monthly by the County of San Diego Health and Human Services Agency, Aging & Independence Services. The purpose is to inform and recognize older adults, volunteers, and community partners.

Board of Supervisors
 Greg Cox, District 1
 Dianne Jacob, District 2
 Kristin Gaspar, District 3
 Ron Roberts, District 4
 Bill Horn, District 5

Chief Administrative Officer
 Helen Robbins-Meyer

Director, Health & Human Services Agency
 Nick Macchione

Interim Director, Aging & Independence Services
 Chuck Matthews

Editor, Sarah "Sally" Jackson
sarah.jackson@sdcounty.ca.gov

Calendar information is welcome and must be submitted before the 1st of the month preceding the issue date. Submit to: Editor *Aging & Independence*, P.O. Box 23217, San Diego, CA 92193. Or, submit by email to: sarah.jackson@sdcounty.ca.gov

Special permission is not needed to reproduce any information contained in this publication with credits to *Aging & Independence*™

Return Service Requested

(800) 510-2020
 San Diego, CA 92193-3217
 P.O. Box 23217

AGING & INDEPENDENCE SERVICES

FIRST CLASS MAIL
 PRESORTED
 POSTAGE & FEES PAID
 COUNTY OF SAN DIEGO
 SAN DIEGO, CA
 PERMIT NO. 571

LIVE WELL
 SAN DIEGO
 LIVEWELLSD.ORG

