

# AGING & independence

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

## Healthy Aging Starts at Home

By David Estrella  
Director, Housing & Community Development Services

It is no secret—housing in Southern California can be expensive. Housing costs can put a strain on working families, as well as seniors or people with disabilities who must subsist on a fixed income. Sadly, there are people in our region who are struggling to put—or keep—a roof over their heads. Housing and Community Development Services (HCDS), a division of the County of San Diego (County), Health and Human Services Agency (HHS), is helping some of the community's most vulnerable residents so they have a place to call home.

Take Sylvia\*, a 60-year-old woman who had been homeless for seven years. The streets were a scary place and she had been beaten and faced other threats. Thanks to a referral from the Chula Vista Police Department, Sylvia was connected with Project One For All. This program provides comprehensive treatment services, including mental health services and permanent housing, through partnerships with a variety of community agencies. Living in safe housing gives individuals who were previously homeless the stability they need to take care of many pressing medical and mental health issues.

Today Sylvia is living in her own apartment. She now

feels safe and is excited to be looking for work. Project One For All has provided treatment and assistance to over 600 homeless individuals, such as Sylvia, over the

past two years. For veterans who are homeless, the Veterans Affairs Supportive Housing (VASH) program can provide rental assistance, as well as case management, to help with other ongoing needs.

Sometimes, though, residents may have a roof over their head, but the roof is leaking. Or, a person who uses a wheelchair does not have ramps to allow them to safely enter and exit their property.

For those who own mobile homes and are struggling to pay for essential repairs that are causing health and safety concerns, HCDS may be able to help. The Mobile Home Repair Grant program is available for people living in unincorporated areas of San Diego County, as well as the cities of Del Mar, Imperial Beach, Lemon Grove, Poway, or Solana Beach, who meet various income and eligibility criteria.

Patricia\* and her husband Steve\*, were grateful to have the assistance of the program. Patricia uses a

*\*Client names have been changed*

*(Continued on page two)*



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wheelchair and Steve serves as her caregiver. However, their mobile home was not retrofitted to allow Patricia to properly access the bathroom and shower facilities, or to use them independently.

When HCDS staff arrived at Patricia's mobile home in East County, they were concerned by what they saw. The wooden subfloor of the couple's primary bathroom was rotten and the toilet had fallen through the floor. Patricia had to use a portable commode. The shower facilities were also not accessible and she could not get into the bathtub, or access the sink and vanity. HCDS staff were able to help. They arranged for repairs to fix the bathroom and plumbing, installed a walk-in shower, and added an accessible vanity and sink. Today, Patricia is able to safely use her bathroom and shower facilities.

In addition to the programs currently available to serve residents, with a rapidly growing older adult population, our region needs to look to new solutions to ensure that older adults have appropriate housing options. Through Age Well San Diego, San Diego County's age- and dementia-friendly communities initiative, the County is convening five "theme teams" to work on crucial issues. The Housing Theme Team will be taking a look at housing from many angles. The team will look at zoning issues and help to create model language for zoning ordinances that will allow for mixed-use "villages" where a variety of housing types and services can be located in close proximity. In

addition, the team will explore policies and programs to help prevent homelessness, and to support those who are currently homeless. Identifying innovative ways to create and finance affordable housing stock will be another area of focus.

One of the newest and most promising opportunities to increase the amount of affordable housing in the region is through the use of "granny flats," also known as "accessory dwelling units" (ADUs). Due to new legislation, the process of obtaining the permitting for granny flats is much easier and less costly than it used to be. Granny flats, which are usually small in size, could be a "win-win" for home owners who could benefit from some extra rental income each month, as well as renters of all ages in need of low-cost, accessible housing. The Housing Theme Team will educate the community, including homeowners' associations, about the benefits and opportunities of ADU's.

A healthy, safe, accessible home helps support healthy aging. Visit [www.sandiegocounty.gov/sdhcd](http://www.sandiegocounty.gov/sdhcd) to learn more about programs offered by HCDS, as well as to access a list of low-income housing options and other resources. Or, call **2-1-1** to learn about a variety of housing and social service programs and resources available to residents countywide.

If you would like to join the Housing Theme Team and work on Age Well San Diego housing goals, email [Christina.Patch@sdcounty.ca.gov](mailto:Christina.Patch@sdcounty.ca.gov).

## AGING SUMMIT 2018 A SUCCESS

Over 2,500 older adults and professionals attended Aging Summit 2018: Age Well in Action, hosted by Supervisor Greg Cox and HHSA Director Nick Macchione, on June 28. Attendees enjoyed the keynote presentation featuring former *Good Morning America* co-host Joan Lunden on aging boomers, and former Aging & Independence Services (AIS) Director Pam Smith, on Age Well San Diego (Age Well), the County's age-friendly and dementia-friendly initiative.

## JOIN AN AGE WELL THEME TEAM

The Summit may be over, but implementation is just about to begin on the Age Well Action Plan.

Professionals and interested community members are invited to join one of five "Theme Teams" to work on goals to help improve the quality of life for older adults in San Diego County. The five focal areas are: Dementia-Friendly, Health & Community Support, Housing, Social Participation, and Transportation. Email [Christina.Patch@sdcounty.ca.gov](mailto:Christina.Patch@sdcounty.ca.gov) to learn more.

## THANK YOU TO AGING SUMMIT SPONSORS

The Aging Summit would not have been possible without support from generous sponsors. Special thanks to Platinum sponsor: **Sharp Healthcare**. Thanks also to Gold Sponsors: AARP®, ABC 10News, and The San Diego Foundation.

# 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 take a greater toll on people's bodies as they age, so it is especially important for older adults to keep cool. Visit [www.CoolZones.org](http://www.CoolZones.org) or call **(800) 339-4661 and press "6"** to locate a Cool Zone near you.



When a hot weather episode is forecasted, older adults who are living on a fixed income and have difficulty accessing a Cool Zone site can request that an electric fan be sent to their home. For details, call AIS at **(800) 339-4661 and press "6"**

## TECHNOLOGY AND HEALTH FAIR

An *Interactive Technology and Health Fair* will be held on **Thursday, August 9** from 9 a.m.-2 p.m. at the George L. Stevens Senior Center, 570 South 65th St., San Diego 92114. Hosted jointly by the San Diego Community Action Network (SanDi-CAN) and the South County Community Action Network (SoCAN), the event will feature presentations, an interactive resource fair, health screenings, and technology. Lunch will be provided. To register, call **(619) 236-6905**.

## 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@sdcounty.ca.gov](mailto:Dalija.Dragisic@sdcounty.ca.gov).

## NORTH COUNTY GRANDPARENTS SYMPOSIUM

Grandparents who are raising grandchildren, and other relative caregivers raising young family members, are invited to attend a free symposium, *Our Adventure: Finding Beauty on the Road Less Traveled*, on **Saturday, August 25 from 8 a.m.-1:30 p.m.** at the North Inland Live Well Center, 649 W. Mission Ave., Escondido 92025.

The event will focus on self-care, fun family activities, and building support networks. Attendees will have the opportunity to connect with other families with similar life experiences. Lunch and childcare will be provided with pre-registration. To register, call **2-1-1** or visit [www.211sandiego.org/grandparents](http://www.211sandiego.org/grandparents).

## 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 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@sdcounty.ca.gov](mailto:Pam.Plimpton@sdcounty.ca.gov) or call **(858) 495-5769**.



# SENIOR VOLUNTEERS

## VOLUNTEERS HONORED FOR MAKING A DIFFERENCE

The Retired & Senior Volunteer Program (RSVP) and Senior Volunteers in Action (SVA) volunteers were honored at three regional luncheons during the month of May. These amazing volunteers contribute valuable service to communities within San Diego County, making it a better place to live. Special awards were given to volunteers with the highest number of hours in each region. Medals of appreciation were also given to those reaching 20 and 25 years of service during 2017.



This year's sponsors helped to make the recognition events possible: Accredited Home Care, At Your Home Family Care, Kaiser Permanente, La Vida Real, San Diego County Credit Union, and Seacrest at Home.



**ABOVE: JUNE PEEVER FROM ESCONDIDO POLICE TALKS ABOUT HER VOLUNTEER ACTIVITIES.**



**ABOVE: OPPORTUNITY DRAWING WINNERS CELEBRATE AT THE METRO RECOGNITION EVENT.**



**LEFT: MATT PARCASIO FROM AGING & INDEPENDENCE SERVICES SHARES VALUABLE RESOURCES.**



**VOLUNTEERS FROM EAST AND SOUTH ACCEPT AWARDS.**



**VOLUNTEERS ENJOY A LUNCH IN THEIR HONOR.**



# PARTNER SPOTLIGHT

## THE GEORGE G. GLENNER ALZHEIMER'S FAMILY CENTERS, INC.®

*AFFORDABLE, SPECIALIZED DAY CARE FOR INDIVIDUALS WITH ALZHEIMER'S AND RELATED DEMENTIAS*



*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](http://www.livewellsd.org).*

With over 84,000 San Diegans affected by Alzheimer's disease and related dementias, the need for affordable resources is greater than ever. Many families try to cope alone, but caring for a loved one with Alzheimer's can be exhausting and prove to be detrimental to the health of the caregiver. When families do decide to seek professional care, they are often overwhelmed and don't know where to turn. Many consider hiring care within their home and others begin to debate whether residential placement has become necessary. However, the George G. Glenner Alzheimer's Family Centers, Inc.® can provide another option.

Founded by Joy Glenner and the late Dr. George G. Glenner, the UCSD researcher that discovered the link between beta-amyloid protein and Alzheimer's disease, the Glenner Centers provide specialized adult day care at a relatively affordable rate. With centers located in Encinitas, Hillcrest, and Chula Vista, the Glenner Centers can offer significant care and support. Many consider them a senior center with a special expertise.

Attending one of the Glenner Centers allows loved ones to continue to live at home longer while still receiving the expert care, supervision, and socialization needed during the daytime hours. It also allows the caregiver the opportunity to receive a much-needed break and time to tend to other duties, or simply rest. Each center is staffed with a registered nurse, and all program aides are specially-trained to care for individuals with dementia. Rates are less than \$12/hour for a full 8-hour day, which includes a continental breakfast and lunch. They accept Long Term Care Insurance and

some veterans may be eligible for services through the Veterans Administration.

In addition to day care services, the Glenner Centers offer several free professionally-facilitated caregiver support groups throughout San Diego, with free respite care provided at most groups. They are also about to open the nation's very first immersive reminiscence therapy day center for the memory impaired. This new center is called Town Square® and was designed to replicate a 1950s/1960s city in order to facilitate reminiscence. Town Square is located in Chula Vista and is scheduled to open this summer.

Whether it be through their existing day programs, their professionally-facilitated support groups, or via their innovative Town Square Center, the Glenner Centers can be of vital help in managing the difficult disease of dementia. Please call **(619) 543-4700** or email [information@glenner.org](mailto:information@glenner.org) for more information or to schedule a visit.



## HEALTHIER LIVING CLASSES

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

***Tomando Control de Su Salud (Español)***: August 1–September 5 (Wednesdays), 9:30 a.m.-12 p.m. at the Fallbrook Regional Health District Wellness Center, 1636 E. Mission Rd., Fallbrook 92028.

***Healthier Living with Chronic Conditions***: August 6–September 17 (Mondays, no class on Sept. 3), 9:30 a.m.-12 p.m. at Belden Village Apartments, 7777 Belden St., San Diego 92111.

***Healthier Living with Chronic Pain***: September 4–October 9 (Tuesdays), 12:30-3 p.m. at the College Avenue Center (within Temple Emanu-El), 6299 Capri Dr., San Diego 92120.

## 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](http://www.livewellsd5k.com) or call (619) 400-8174.

## CAREGIVER WORKSHOPS

**Wednesday, July 25 from 9 a.m.-1 p.m.-*What Every Caregiver Should Know: A Guided Tour*** will be held at the Solana Beach Presbyterian Church, 120 Stevens Ave., Solana Beach, 92075. Offered by the Caregiver Coalition of San Diego, this conference covers a variety of caregiving topics. Free respite care for those who need someone to look after their loved one during the event. To register, call Cindy Wright at (858) 509-2587.

**Tuesday, July 31 from 10 a.m.-12 p.m.-*Caregiver Skills Clinic: Bathing & Grooming*** will be held at Alzheimer's San Diego, 6632 Convoy Ct., San Diego 92111. Learn how to help a person with dementia with bathing and grooming, including physical techniques and ideas for managing resistance. Register at [www.alzsd.org](http://www.alzsd.org) or by calling (858) 492-4400.

**Friday, August 3 from 1-2 p.m.-*Safety at Home in the Middle Stage*** will be offered by teleconference. As Alzheimer's progresses, a person's abilities change but with creativity and problem solving, you can adapt the home to support these changes. Join us to discuss home safety, including adapting the home environment, firearm safety, wandering, and getting lost. The teleconference is free, but pre-registration by August 2 is required. Once you have registered for the class, the dial-in instructions will be emailed by the end of the day on August 2. RSVP to the Alzheimer's Association at (800) 272-3900.

**Wednesday, August 8 from 1-3 p.m.-*La Perdida de Memoria 101*** (en Español) will be held at the San Marcos Senior Activity Center, 111 Richmar Ave., San Marcos 92069. Una sobrevista amplia para personas que quieren aprender más sobre la pérdida de memoria, la enfermedad de Alzheimer y los otros tipos de demencia. Aprenda más sobre los síntomas y los factores de riesgo y reciba apoyo con recursos. \*Registación es requerido para el servicio de relevo. Para reservar relevo por favor llame al (858) 492-4400.

# COMMUNITY CALENDAR

## JULY 25, WEDNESDAY 6-8 P.M.

**Healing After Loss**, a drop-in support group meeting that will take place on Wednesdays for eight weeks starting July 25, will be held at the Sharp HealthCare Corporate Office, 8695 Spectrum Center Blvd. Room 135, San Diego 92123. This series focuses on practical concerns of adults who are grieving the loss of a loved one who has died. Free. No RSVP required. Visit [www.sharp.com/classes](http://www.sharp.com/classes) or call (800) 827-4277 for weekly topics.

## JULY 27, FRIDAY 1-3 P.M.

**Communicating with Technology: Using Windows 10 for the Computer** will be held at the Serra Mesa-Kearny Mesa Library, 9005 Aero Dr., San Diego 92123. Call (858) 573-1396.

## JULY 28, SATURDAY 10 A.M.-1 P.M.

**Standing Strong: Preventing Falls this Summer Season**, will be held at the Scripps Memorial Hospital Encinitas Conference Center, 354 Santa Fe Dr., Encinitas 92024. Attend this free event to hear what you can do to prevent falls. Balance screenings, a resources fair, and lunch included. To RSVP, call (858) 626-6160 or email [InjuryPreventionLJ@scrippshealth.org](mailto:InjuryPreventionLJ@scrippshealth.org).

## JULY 31, TUESDAY 12:45 P.M.

A presentation on **Jewish Family**

**Service (JFS) Resources** will be held at the College Avenue Center, 6299 Capri Drive San Diego 92120. Hear about the latest and greatest programs. For details, call (858) 637-3273 or email [elissal@jfssd.org](mailto:elissal@jfssd.org).

## AUGUST 3, FRIDAY 10-11:30 A.M.

**Tips for Staying Independent**, will be held at the Escondido Senior Center/Park Ave Center, 210 E. Park Ave., Escondido 92025. This class covers what no one wants to talk about: incontinence. Learn about different options and technology for seniors and caregivers. Free. Register for Class #742 at [www.SanDiegoOasis.org](http://www.SanDiegoOasis.org) or call (619) 881-6262.

## AUGUST 3, FRIDAY 12 P.M.

A **luau** will be held at the College Avenue Center, 6299 Capri Drive San Diego 92120. Enjoy a Polynesian-style lunch at noon, followed by a dance concert with the Pride of Polynesia dance troupe at 12:30. For details, call (858) 637-3273 or email [elissal@jfssd.org](mailto:elissal@jfssd.org).

## AUGUST 8, WEDNESDAY 9 A.M.-2:30 P.M.

An aging conference, **Healthy and Safe Aging**, will be held at Fredericka Manor Retirement Community, 183 Third Ave., Chula Vista 91910. Includes continental breakfast and lunch. To register, visit [www.sharp.com/classes](http://www.sharp.com/classes) or call (800) 827-4277.

## AUGUST 11, SATURDAY 3-4:30 P.M.

A free film, **Speaking of Dying**, will be shown at the San Marcos Branch Library, 2 Civic Center Dr., San Marcos 92069. This 30-min compilation of interviews and stories reveals the complexities of end-of-life choices. A discussion will follow. For details, email [HemlockSanDiego@gmail.com](mailto:HemlockSanDiego@gmail.com) or call (619) 233-4418.

## AUGUST 13, MONDAY 10-11:30 A.M.

A presentation, **Life Estate Gift Annuity VS. Reverse Mortgage**, will be held at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa 91942. If you, or your parents, are “house rich and cash poor” and would like to receive income without moving, hear from Norm Timmins, Gift & Estate Planning Director of the Grossmont Hospital Foundation. RSVP at [www.sharp.com/classes](http://www.sharp.com/classes) or call (800) 827-4277.

## AUGUST 15, WEDNESDAY 10-11:30 A.M.

**Earth-Friendly Eating for Personal & Planetary Health** will be held at Oasis, 5500 Grossmont Center Dr., #269, La Mesa 91942. Preparing food and sharing it with other is nourishing to our bodies and spirits. Learn how to eat to minimize environmental impacts. Fee: \$12. Register for Class #291 at [www.SanDiegoOasis.org](http://www.SanDiegoOasis.org) or call (619) 881-6262.

### ADVISORY COUNCIL

The AIS Advisory Council will not meet in August. The next meeting will be Monday, September 10 at AIS: 5560 Overland Ave., 3rd Floor, San Diego 92123.

### 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](mailto:sarah.jackson@sdcounty.ca.gov).



# 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](http://www.aging.sandiegocounty.gov)



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

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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](mailto:sarah.jackson@sdcounty.ca.gov)

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