

AGING & independence

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

A Love for Life that Touches Generations

By Kim Gallo
Director, Aging & Independence Services

Pat Loughlin, 81, feels fortunate to be living a “blessed life.” This mother of four, grandmother of twelve, and great grandmother of nine delights in having “a lot of little sweethearts to love.” She exclaims, “I love being a grandma! That’s what I think I was put on this earth for.” Unfortunately, though, many of those sweethearts are spread across the country.

Pat discovered intergenerational volunteering at precisely the time in life when she needed a little extra connection. After spending nearly a decade in Washington state caring for her elderly mother until her passing, Pat moved back to San Diego in 2011. While she was glad to be close to Californian family members again, she missed her young great grandchildren. She learned about an opportunity to volunteer with preschoolers in the Five & Fit intergenerational program. For the program’s seven-year tenure, Pat and other “garden grannies” taught preschoolers about gardening, nutrition, and fitness.

Intergenerational programs are a special kind of volunteer opportunity. According to non-profit Generations United, they are social vehicles that intentionally bring younger and older generations together to form meaningful relationships that also help to address community challenges. In the case of Five & Fit, volunteers were supporting obesity prevention efforts.



Pat Loughlin

Pat has also been involved in Intergenerational Games events across the county. These events pair older adults with youth for a fun day of exercise and connection. The pairs get to know each other and witness first-hand that common stereotypes about the other generation are often not true, such as “old people can’t play sports” or “kids today aren’t respectful.”

Volunteering with children has been enriching for Pat and enables her to share some of her grandmotherly love. She explains, “It brings you so much energy and fun. It’s just a win-win all the way around. You leave a little bit of yourself with those kids.” Pat notes that each volunteer brought their own strengths and knowledge to the table. As a child, Pat spent summers at her grandparents’ farm in Montana. These early experiences led to a love of cooking delicious, healthy foods. She was eager to introduce healthy cooking to the children. Another fellow volunteer was skilled at gardening, and yet another possessed artistic talent. These older adults felt the gratification of sharing their skills and interests with the kids.

She also could see what a big impact volunteering was having on the children. “The kids would be so tickled to see you,” Pat explains. “We were the people that were just there for them. We gave them our time to just

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listen and hear what they had to say, encouraging their imaginations.” She adds, “Volunteering isn’t a job; it’s a joy.”

And, the joy of volunteering is something that Pat believes more people should experience, whether for the social connection, sense of meaning, or even just to stay healthy. Research has found that older adult volunteers reap a variety of health benefits, such as lower mortality rates, greater functional abilities, increased brain functioning, less stress, and reduced rates of depression.

Intergenerational volunteer work certainly gave Pat a sense of purpose as she came out of a low point in her life. “It kept my inspiration up to cook and create and plan. There’s the stimulation of thinking of something to do each week.” Without the sense of purpose volunteering provided—and the nudge from her kids to start walking and get back in shape—the past several years could have been a lot more difficult.

Pat expresses the hope that more people who may be facing a transition or experiencing loss or loneliness will turn to serving others, or a cause they care about. “You don’t want to see people giving up. We all have really important things to give...you have to find your niche. You aren’t going to find it if you don’t get out.”

And while intergenerational volunteer work has played a big part in Pat’s post-retirement years, she keeps herself active and involved in many other ways, too. She plays pickleball at a local park and has met many friends. Pat and her pickleball pals regularly go out to Taco Tuesday dinners together, or simply have fun together. When not playing pickleball, Pat and her daughter can be found showing off their dance moves at a local Zumba Gold® class. Pat also enjoys cooking and baking, and her son regularly meets her for an evening out to watch college basketball, dinner, or a concert. She travels to

see her grandchildren and great grandchildren whenever possible. Staying connected to people of all ages, both friends and family, continues to be a big priority.

Recently, Pat had the opportunity to experience intergenerational connection in a different way. Pat and her siblings visited the old family farm in Montana her family had owned back in the 1890s. They spread their mother’s ashes on their grandparents’ grave and saw cousins and their former childhood playmates. It was a special tribute and meaningful journey.

Pat may be in her eighties, but she has no intention of slowing down just yet. She embraces her age and this phase of her life. “Eighty is a good thing,” Pat explains. “You think, ‘I made it to 80 and I’m still kicking.’ I love being my age because I’ve got so much energy and capability.”

Pat’s engagement in life is an example to younger generations—and those of her own generation—in many ways, whether it is by sharing the importance of volunteer work, staying active, or having a positive attitude toward getting older. However, she notes that when it comes to being a mentor figure, “you don’t have to tell somebody what to do all of the time. You just show them. It doesn’t go unnoticed.” What really makes Pat stand out is her genuine kindness and consideration of others. Pat notes, “Sometimes all you need to be for someone is a good listener and to hold their hand. Why wouldn’t you want to be that for someone?”

To learn more about intergenerational volunteer opportunities, contact Aging & Independence Services’ Intergenerational Coordinator, Pam Plimpton, at **(858) 495-5769** or **Pam.Plimpton@sdcounty.ca.gov**.

Adults 50 and over can explore numerous community volunteer options by calling the AIS senior volunteer programs office at **(858) 505-6399** or by emailing **MaryAnne.Briggs@sdcounty.ca.gov**.

NUTRITION ASSISTANCE EXPANDED

CalFresh, the program formerly known as “food stamps,” provides extra money for food each month to households living on a low or fixed monthly income. The program has recently expanded eligibility criteria to allow those on SSI/SSP to receive benefits. Receiving CalFresh will not change SSI/SSP benefit amounts.

You could qualify for CalFresh if your gross monthly income is less than \$2,024 for one person or less than \$2,744 for two people. Apply for CalFresh benefits from home today! Call **2-1-1** or visit **GetCalFresh.org**.

In the COMMUNITY

HELP FOR THOSE WITH MEMORY PROBLEMS

Are you or someone you know living with dementia, memory problems, or other cognitive difficulties? Do you need help with care and making a plan for the future? If you live in the North County region, or within select North-Central San Diego ZIP codes, the FIRST program can help!

FIRST is a free, 4-month home-based program for people who are having difficulties with their memory. The program also helps caregivers of people living with dementia. A social worker will conduct an assessment of your needs and work with you to create a plan. You will get connected to resources and learn ways to handle living with memory problems or caring for someone with dementia. Additional services include life planning (finances, legal issues, future care) and caregiver support (education, respite).

This program serves most ZIP codes north of the 52 freeway and west of the 15, as well as the communities of Escondido, Rancho Bernardo, Poway, Scripps Ranch, Kearny Mesa, and Tierrasanta. For details, call **(858) 495-5537**.

TECHNOLOGY FAIR

San Diego Oasis, in partnership with Aging & Independence Services, will host the annual ***Get Connected: Technology Fair for 50+*** on **Tuesday, October 15 from 9:15 a.m.-3 p.m.** at the Reading Cinemas movie theater located within Grossmont Center Mall, 5500 Grossmont Center Dr., La Mesa 91942. Shuttle service from North County will be provided (shuttle registration opens Sept. 1).

Attend workshops on social networking, online safety, apps, smart phones, telehealth, and more. Bring your own devices and have your questions answered during one-on-one “Ask the Experts” sessions. The event is free and registration is required. Visit www.sandiegooasis.org or call **(619) 881-6262** and register for class #75.

WHAT IS EMOTIONAL ABUSE?

Are you walking on egg shells? Emotional abuse can be just as devastating as more obvious forms of abuse. It can occur in marriages, parent-child relationships, and any other close relationship. Victims of emotional abuse may suffer from anxiety, depression, or post-traumatic stress disorder, and are at risk for substance abuse and suicide.

To help the community learn more about emotional abuse, Ascension Catholic Church is hosting a community event, ***What Is Emotional Abuse?*** on **Thursday, October 17 at 7 p.m.** at the church, 11292 Clairemont Mesa Blvd., San Diego 92124. The event is free and refreshments will be served. For details on the event, call **(858) 279-2735**. For help with issues related to emotional abuse, contact the Family Justice Center at **(619) 533-6000**.

CAREGIVER WORKSHOPS

Tuesday, September 17 from 1-2 p.m. *10 Warning Signs of Alzheimer’s* will be held at the Alzheimer’s Association, 5075 Shoreham Pl., Ste. 240, San Diego 92122. Alzheimer’s and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. To register, visit <http://bit.ly/2Gcb5tK> or call **(800) 272-3900**.

Thursday, September 19 from 2:30-4 p.m. *Resources and Tools for Family Caregivers* will be held at the Sharp Grossmont Brier Patch Campus, 9000 Wakarusa St., Building F, Rooms 13-14, La Mesa 91942. Find out about health and community resources, placement options, support groups, and more. To register, visit www.sharp.com or call **(800) 827-4277**.

Thursday, September 26 from 1-3 p.m. *Safety at Home* will be held at the San Marcos Senior Activity Center, 111 Richmar Ave., San Marcos 92069. Review important tips for keeping people living with memory loss safe and well at home. Learn how to reduce the risk of wandering, falls, household injuries, medication errors, and more. To register, visit www.alzsd.org or call **(858) 492-4400**.

SENIOR VOLUNTEERS

VOLUNTEER OF THE MONTH

Stan VanderMey, Administrator of the California Highway Patrol's Senior Volunteer Program (SVP) in Oceanside, nominated John Weinandy as the RSVP Volunteer of the Month for September 2019. Stan describes John as a "highly competent and conscientious volunteer who is always willing to be of assistance and is highly respected."



John Weinandy

In addition to this Volunteer of the Month award, John received the Oceanside Senior Volunteer of the year award in March of 2019. He received both awards for his many years of dedicated service with the Senior Volunteer Patrol (SVP) in Oceanside. John joined the SVP program in 2005.

John's outstanding administrative qualifications were noted by his peers and he was appointed SVP Treasurer in 2008. As Treasurer, John kept the Senior Volunteer Patrol's financial records in first-class order. He was also instrumental in providing the information to enable the Senior Volunteer group to receive their 501(c)(3) non-profit status with the IRS. As SVP Treasurer, John served as a member of the Board of Directors as well.

In addition to John's faithful work on field shifts, at special events, and as a field trainer for new members, he has helped the organization in a variety of other ways. John researched and obtained the cell phones and GPS units that are used in the Senior Volunteer Patrol vehicles and he provided updated equipment as needed. He also researched and obtained a set of small radios that can be used to supplement the extender units on an as-needed basis. He prepared, maintained, and distributed a roster of the SVP members with their contact information for the use of the SVP team. This was a tremendous asset to the group and gets used daily.

John has been described as "the epitome of being ready, willing, and able." These are the essential qualities of an outstanding volunteer. Thank you, John, for your many years of service to the community and for making ours a safer place to live.

VOLUNTEER WITH HOME START

Home Start, Inc. is a non-profit child abuse prevention and treatment agency that has strengthened and developed San Diego's families, communities, and systems of care since 1972.



Opportunity 1: Boutique Treasure Hunters

Sort through donations with a selective eye and help keep only worthy items for the Thrift Boutique. No experience necessary! The Boutique is located at 3611 Adams Ave., San Diego 92116 and the commitment is one day per week, Tuesday through Saturday.

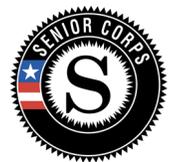
Opportunity 2: Administrative Support

Provide administrative help such as filing, data entry, and file auditing at our Community Services for Families (CSF) Program. The CSF program promotes child safety, child well-being, and stable living environments for children through home-based parent education and case management services. The office is located at 480 N. Magnolia Ave., El Cajon 92020 and the commitment is one day per week.

To apply for either position, or for more information on other volunteer opportunities, call **(858) 505-6399**, or email 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

A CARING HEART HOME CARE

A proud *Live Well San Diego* partner, A Caring Heart (ACH) Home Care was established in 2010 to provide the kind of care to older adults that the founders would want for their own family members. ACH caregivers strive to enhance the quality of life for clients so they can remain in their own home and spend quality time with family and loved ones.

ACH provides seniors with home care assistance to help with various activities of daily living. Caregivers can assist with bathing, hygiene, incontinence care, and preparing favorite meals. ACH can provide rides for doctor appointments, errands, and grocery shopping. In addition, ACH can assist older adults to enjoy activities such as seeing a museum, walking through the park, or going to a restaurant.

ACH can also help with safety and fall precautions at home. Staff can assist with walking, repositioning, exercises, and improving range of motion. ACH caregivers can provide reminders to take medications daily.



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.

For seniors who need assistance after an injury, hospital stay, or serious illness, ACH caregivers can provide help in the home. Caregivers will help clients to heal and gain the strength they need to get back their independence in the comfort of their own home.

ACH hires caring and skilled caregivers who are trained in caring for loved ones with dementia, Alzheimer’s disease, or memory loss. ACH caregivers help provide a safe and secure home environment. They use redirection to promote structure and continuity. This reduces anxiety and confusion. ACH caregivers also engage in activities to build seniors’ cognitive reserve, engaging their brain with activities such as conversation, art, music therapy, and reminiscence.

Another service ACH provides is hospice care. ACH strives to give loved ones compassionate care and help maintain the dignity everyone deserves when they are nearing the end of life. This helps family members to spend the precious time they have left without worrying.

ACH strives to provide the highest quality personal care that a caregiver can give with the goal of establishing and maintaining long-term and rewarding relationships with clients.

Whether the need is for long-term or short-term care, respite, hospice, or companionship care, A Caring Heart is ready to help. To learn more, visit www.achhomecare.com or call (619) 585-1877.



DANCE CLASSES FOR ALL AGES AND ABILITIES

The Wheelchair Dancers Organization will be offering **Ballroom & Latin Dance** classes on every Thursday in September (Sept. 5, 12, 19, and 26) from 10 a.m. to 12 p.m. at the War Memorial Building in Balboa Park, 3325 Zoo Dr., San Diego 92101. Social dancing will take place from 10-11 a.m. with dance instruction starting at 11 a.m. Free. Register at the door. All ages and abilities are welcome. For details, call **(858) 573-1571** or visit **www.wheelchairdancers.org**.

SPOTLIGHT ON FALL PREVENTION

One in four older adults (65+) fall each year. The good news is that many falls are preventable and you can reduce your risk of falling:

- **Stay active** to improve your strength, flexibility, and balance. Walking, dancing, Tai Chi, and exercise classes are all good ways to improve your health.
- **Talk with your doctor** about health issues such as osteoporosis, your Vitamin D level, medications, difficulty with hearing or vision, or if you feel faint, off-balance, or dizzy. Your doctor or pharmacist can also look at your medications to check for side effects that can affect your coordination.
- **Have your vision checked** at least one time each year by a professional.
- **Make your home safer:** remove things you could trip or slip on, maintain good lighting and night-lights, and install strong grab bars and handrails. Our eyes often need more light as we age.

For more tips, visit: **www.SanDiegoFallPrevention.org**. If you would like to schedule a fall prevention presentation for your organization, email **Carolyn.Proskow@sdcounty.ca.gov**.

FALL PREVENTION AWARENESS DAY EVENTS

Attend a free fall prevention workshop, **Taking Steps to Prevent Falls**, on **Monday, September 23 from 9 a.m.-12 p.m.** Hear from experts, participate in balance screenings, visit exhibit tables, and come away with helpful resources and information. Enjoy refreshments and opportunity drawings. The workshop will be held at two locations:

- San Diego Oasis, 5500 Grossmont Center Dr., Ste. 269, La Mesa 91942. To register, call **(619) 881-6262** or go online and create a MyOasis account at **www.oasisnet.org/User-Register** and register for class #50.
- San Marcos Senior Activity Center, 111 Richmar Ave., San Marcos 92069. To register, call **(760) 744-5535**. If you would like to have lunch at the Senior Activity Center, please RSVP the day before for the lunch (over 60: suggested \$4 donation; under 60: \$5 fee).

A MATTER OF BALANCE CLASSES

Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activities. **A Matter of Balance** is an award-winning program designed to manage falls and increase activity levels. You will learn to view falls as controllable, set goals for increasing activity, makes changes to reduce fall risks at home, and exercise to increase strength and balance. Classes meet weekly for 8 sessions.

September 27-November 15 (Fridays), 10 a.m.-12 p.m. at Scripps Memorial Hospital La Jolla, 9888 Genesee Ave., La Jolla 92037. To register, contact Paige Colburn Hargis at **InjuryPreventionLJ@scrippshealth.org** or **(858) 626-6160**.

COMMUNITY CALENDAR

SEPTEMBER 6, FRIDAY
12:45-2:15 P.M.

Good Grief: A Workshop on the Grieving Process will be held at the Oasis Grossmont Learning Center, 5500 Grossmont Center Dr., Ste. 269, La Mesa 91942. Whether you have suffered a loss or are supporting another who is grieving, this workshop provides information and tools. Free. Register for class #445 at www.SanDiegoOasis.org or call (619) 881-6262. Also see class #444 on Widows' Words at 11 a.m. preceding the grief workshop.

SEPTEMBER 9, MONDAY
12:30-2:30 P.M.

Communicating with Technology classes will be held on Mondays throughout September (except Sept. 2) at the Serra Mesa-Kearny Mesa Branch Library, 9005 Aero Dr., San Diego 92123. Topics may include: the cloud, operating systems, web browsers, Apple & Microsoft tools, social networks, photography on your mobile device, online safety, and more. Bring your own device for a more hands-on experience. For details, call (858) 573-1396.

SEPTEMBER 13, FRIDAY
9 A.M.-1 P.M.

The San Diego County Council on Aging will hold the **Healthy Aging in a Changing World Health Fair** at the First United Methodist Church, 2111 Camino del Rio S., San Diego 92108.

Speakers, resource tables, giveaways, prizes, and free continental breakfast. To register, call Craig May at (619) 957-9196.

SEPTEMBER 13, FRIDAY
9:30-11:30 A.M.

Hear from health, financial, legal, and medical experts at the **Coffee Talk: Health and Wealth Panel** which will be held at the Pacific Beach/Taylor Branch Library, 4275 Cass St., San Diego 92109. To RSVP, call the Alzheimer's Association at (800) 272-3900 or visit <http://bit.ly/2LoNsIT>.

SEPTEMBER 13, FRIDAY
1-2:30 P.M.

A free class, **Tools, Tips, and Traps in Estate Planning** will be presented by Sharp Grossmont Hospital at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa 91942. Hear about wills and living trusts, and how to plan for the possibility of not being able to care for yourself. Learn how make a plan for your beneficiaries and how to choose who will settle your estate. To register, visit www.sharp.com or call (800) 827-4277.

SEPTEMBER 21, SATURDAY
11 A.M.-5 P.M.

A **Multicultural Festival** will be held at the Cathy Hopper Clairemont Friendship Center/North Clairemont Park, 4425 Bannock Ave., San Diego 92117. Enjoy food, crafts, music,

dance, and family fun. Free. For details, call (858) 483-4007 or email scp@lsssc.org.

SEPTEMBER 21, SATURDAY
8:30-11:30 A.M.

The **Standing Strong Fall Prevention Workshop** will be held at Scripps Memorial Hospital La Jolla, Schaezel Center-Great Hall, 9890 Genesee Ave., La Jolla 92037. This free, interactive event includes presentations from experts, balance screenings, resources, and breakfast. To RSVP, call (800) 727-4777 or email InjuryPreventionLJ@scrippshealth.org.

SEPTEMBER 28, SATURDAY
12-1:30 P.M.

A class, **Maintaining Your Brain Health**, will be held at the Pine Valley Library, 28804 Old Hwy. 80, Pine Valley 91962. Learn about the latest research on lifestyle changes and strategies to help maintain your brain health. To register, visit www.alzsd.org or call (858) 492-4400.

SEPTEMBER 28, SATURDAY
12-4 P.M.

The Wheelchair Dancers will host the free **Annual Dance-Ability Showcase & Fundraiser** at the Balboa Park Club, 2144 Pan American Way, W., San Diego 92101. Food, opportunity drawings, vendors, and dance showcases. For details, call (858) 573-1571. RSVP at www.eventbrite.com (search "Gotta Dance").

ADVISORY COUNCIL

The AIS Advisory Council will meet on Monday, September 9 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.



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