

AGING & independence

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

Do What You Love...And Some Good Along the Way

By Kim Gallo
Director, Aging & Independence Services

Sailing has been a passion of Tim Forderer's, (57), ever since his dad took him out on the water as a young boy. However, it wasn't until the passing of his father in 1994 that Tim appreciated how short life can be. A few years later, he decided to change course and focus on his passion. Tim quit his job at a wireless telecommunications firm and became a yacht captain.

Captain Tim proceeded to sail around the world three times, visit awe-inspiring destinations, and meet diverse people. He journeyed south to Antarctica, north beyond Svalbard Norway to the North Polar Ice Cap, and numerous points of call in between. But beyond just a pleasant vocation, sailing put Tim in touch with opportunities—and helped him feel the imperative—to make a difference.

A pivotal moment in Captain Tim's new career occurred during his first circumnavigation in 2006. Upon docking in Sorong, West Papua New Guinea, he was asked to visit the local school. The teacher wanted her students to hear a native speaker of English. When Tim got in front of the students, everyone fell silent. All eyes were upon him. Having nothing prepared, he shared from the heart. His first words: "When I was your age, my dad taught me how to sail. I took to it like a fish in water." The teacher helped to translate. He continued, "I was able to turn that love of sailing, into a job, into a career." He could see light bulbs go off within many of the youth.

But what came next, he will always remember. The

students all stood and began to sing a very special song they had prepared and practiced all week. The essence of the children's message was: "So long Captain Tim, we wish you smooth sailing and great adventure. So long Captain Tim, we will always remember you. So long Captain Tim, we hope you will always remember us and take us sailing with you in your heart."



Captain Tim Forderer with children from Bacolod City, Negros Occidental Philippines. Tim assisted with literacy and water filtration projects.

Before he left, a little girl asked him to sing them a song. He began singing Bob Marley's "Three Little Birds" ("Don't worry about a thing, 'Cause every little thing is gonna be all right...") The children sang along. Before he knew it, Tim was crying in front of 300 little kids, moved by the power of human connection. Tim and the children may have come from two completely different worlds, but

in that moment, they were one. This was the inspiration for Tim to speak with over 10,000 young people all over the world encouraging them to do what they love.

As Captain Tim and the crew sailed away from Papua New Guinea, they realized that they had the opportunity to make a contribution to the world—even if it was just by spending time with people and paying attention. "Never forget us," Tim recalls. "That stuck with me." Captain Tim discovered he could do what he loved while also making a difference along the way.

Captain Tim kept his promise to the children of West Papua New Guinea. He never forgot them. Nor did he forget the

(Continued on page two)

COVID-19 UPDATES: www.coronavirus-sd.com

COVID-19 RESOURCES: www.aging.sandiegocounty.gov



LIVE WELL
SAN DIEGO
LIVWELLSD.ORG

(Continued from page one)

people he met on remote islands of Indonesia who were in need of clean drinking water. Wherever he stopped, Tim made it a point to connect with the young people. He also took note of what the local people needed to live healthier lives. Tim became deeply interested in the concept of sustainable development—that is, development that balances the immediate needs of people with the long-term health of the world, its ecosystem, and the needs of future generations.

To this day, Captain Tim continues to sail, connect with youth, and pursue social and sustainable development projects, big and small. He partners with local people and organizations to tackle a variety of problems and needs—building fences to protect school children from Komodo dragons, building solar powered desalination infrastructure to bring people clean water, developing youth job and empowerment programs, and providing disaster relief to islands devastated by hurricanes. Tim’s passion and his commitment to connect with others has brought him endless opportunities to be of service.

Everyone’s journey looks different. Clearly, not everyone will become a yacht captain, but Tim believes that anyone at any age can live a fulfilling life of purpose and be who they want to be. Whether someone is a teenager or retired and in their 80s, he encourages folks to ask, “What does this chapter of life have in store for me?” He notes that the old playbook for careers, for retirement, and for life in general is out the window. It is up to each of us to create our own path. For those who may not know where to start, he encourages people to identify the things in life that bring them joy and the causes that create anger or sorrow. The intersection of these things could be the right destination.

“There has never been a time in history [where there is so much opportunity] for creating what you do with your talents, your skills, your energy, your heart,” Tim explains. “There has never been a more urgent time and call to action, for getting in the game, and saving our planet.” He continues, “I’ve been in all of these places. I have seen the poverty, the food scarcity, gender inequality and exploitation, and the degradation of the ocean. Hey come on, let’s go!”

While Tim’s journey has included many exciting and exotic ports of call, he believes cultivating a life of purpose can be as simple and close-to-home as helping out the neighbor next door. In fact, Tim’s current adventure is taking place at his mom’s retirement community in Oaks North Mirador Rancho Bernardo. When the pandemic came, travel

opportunities dried up and Tim moved in with his mother who is in her early eighties.

“I didn’t think I’d be on land right now,” he explains. “But I find myself right where I am supposed to be, staying with my mom. That is adding a lot of value for her and for me.” For Tim, it is a moment of reinvention—something we all must periodically do. To pay his bills, Tim is working as the neighborhood handyman. It makes him feel good to get to know the neighbors and to be a trusted person who can help. And, he is also engaged with an organization called the Wonderment which is a non-profit online platform that encourages youth collective action and exploration. People from around the world can go to the website (www.thewonderment.com) to explore ideas with others and to create projects to impact their community. Tim is involved in a project that connects young people in the boating community with young people in the global communities they visit, to facilitate meaningful cultural experiences and impactful projects.

While Tim feels energized by and optimistic tackling the world’s big problems, he detects a sense of desperation among some of his neighbors. “There is a deep level of frustration about the world today,” he explains. “People wonder, ‘How did we get here? What is it going to be like for my grandkids and that generation?’” Some people cope by tuning out. But, Tim explains, “This is an all hands on deck situation. . . a call to action. It takes many drops in the bucket to fill the bucket. If everyone feels like they can’t make a difference we make zero progress.”

For those who feel a sense of depression or hopelessness, he encourages them to “get out of self and into service.” Most people, regardless of income or disability, are in a position to do something for others. And, the very act of being of service, often leads to a sense of fulfillment and joy. Even the smallest things matter. “Hold the door for somebody, give a compliment,” Tim suggests.

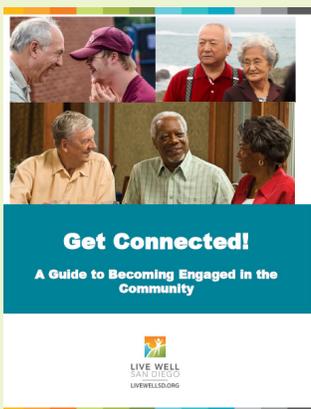
Through all of his adventures, Tim notes that the biggest gifts have been the friendships he’s made and his perspective on life. And then there are all of the incredible memories. “I sit back and talk about these things, relive them,” Tim explains. “Richness is not about the number in your bank account, it is the number you have in your heart.”

To learn more about Captain Tim Forderer’s adventures, visit his LinkedIn profile at www.linkedin.com/in/timothyforderer/ or his Facebook page: www.facebook.com/timothy.forderer/photos.

In the COMMUNITY

TECHNOLOGY PRESENTATIONS AVAILABLE ONLINE

More than 2,500 older adults tuned into last month's free Get Connected: Technology Fair for Adults 50+. Event presentations are now posted online. Whether you missed the event or would like to check out the sessions again, visit <https://san-diego.oasisnet.org/technology-fair/>. The 45-minute "Tech Talk" sessions cover a variety of topics, including cyber security, telehealth, finding reputable online health resources, smart home technology, how to develop a safe and easy-to-remember password system, and more. Be sure to share these informative, empowering presentations with family and friends! For additional technology classes, including some free options sponsored by Cox Communications throughout the months of November and December, visit www.sandiegoasis.org.



NEW AGE WELL RESOURCE ADDRESSES SOCIAL ISOLATION

Feeling a sense of connection and belonging is important for all of us and can positively impact our health. To help address social isolation, the Age Well San Diego Social Participation Team created *Get Connected! A Guide to Becoming Engaged in the Community*. Specially adapted to be relevant during the COVID-19 pandemic, the guide provides resources and strategies to help you get connected, whether you feel lonely, want to build connections to prevent loneliness, or are trying to help someone you know become more socially connected.

To access the guide, visit www.aging.sandiegocounty.gov, click on "COVID-19 Community Resources" and then "Social Engagement."

NUTRITION PROVIDERS KEEP SENIORS SAFE, WELL-FED

Due to the pandemic, more older adults are in need of meal assistance. Fortunately, AIS' contracted senior nutrition providers have been able to meet the increased demand. In the month of September, 380,000 home-delivered or to-go meals were served, which is more than three times what was served in September 2019. AIS has continued to support the community through increased funding for senior nutrition and flexibility in service delivery.

While congregate meal sites remain closed, contracted providers have adapted to provide curbside to-go meals to seniors while following protocols to ensure safety for both staff and seniors. Contracted providers have recruited additional staff and volunteers to support the increased demand, and many have added new delivery routes to accommodate the needs of homebound seniors.

To help encourage a sense of community and keep people smiling, some providers have added fun twists to the drive-through pick up routine, such as designating special days like "Happy Hat Day." Thank you to all the senior nutrition providers for helping to keep our community nourished!

Those in need of food resources or meals can visit www.aging.sandiegocounty.gov and click on "COVID-19 Community Resources." Or, call the AIS Call Center at (800) 339-4661.



Above: The City of Carlsbad celebrates serving 30,000 senior meals to the community.

Below: Older adults celebrate "Happy Hat Day" as they pick up meals from the Carlsbad Senior Center.





VOLUNTEER OF THE MONTH

Wayne Osborne, a Senior Volunteer Patrol (SVP) Officer from California Highway Patrol (CHP) Oceanside, is the Retired and Senior Volunteer Program (RSVP) Volunteer of the Month for November. He was nominated by Stan Vander Mey, the CHP Oceanside SVP Administrator.

Wayne plays an integral part in the smooth running of the SVP, especially behind the scenes. For the past six years, Wayne has been the primary individual to ensure the department stays up-to-date on personnel records. Since 2016, he has been the SVP Secretary, preparing and distributing meeting minutes. Wayne's attention to detail is second to none and his accuracy is invaluable. Wayne also regularly attends the SVP Academy classes that are held to train new recruits. He shares his administrative expertise with the recruits as he assists them with required paperwork.



Wayne Osborne

Wayne serves as Administrative Assistant to the Evidence Officer in the Special Duty group. The Special Duty Officers are assigned to tasks in the office rather than in the field, such as communications, public information, training, and evidence control. Wayne's duties involve computer research to determine which cases have been finalized and no longer require evidence to be retained. Wayne's diligence and attention to detail are particularly well suited to this activity.

Wayne's skills and hard work have been noted and appreciated by the CHP staff. Stan Vander Mey says, "Wayne enjoys the camaraderie of the group and the feeling of being useful to the greater community." The community of Oceanside is lucky to have Wayne. Thank you, Wayne, for all that you do!

VOLUNTEER SPOTLIGHT: ED GUZIK PUBLISHES FIRST ARTICLE DURING THE PANDEMIC



Ed Guzik

Many senior volunteers have been unable to fulfill their typical duties during the COVID-19 pandemic, but this hasn't prevented volunteers from continuing to be involved in new and interesting activities. RSVP volunteer Ed Guzik has served as a CHP volunteer for 13 years and has been with the Ronald McDonald House for over a year. While he misses volunteering, he is proud to have written his first published article during the pandemic. He shares this experience writing about one of his passions—classic cars—below:

"If you are currently a Senior Volunteer, chances are you grew up in the 1950s and 60s, decades that are now considered 'the golden age of old cars.' Most anyone who lived and drove a car during these decades can recall huge boat-sized vehicles, unique vehicle styling characteristics (think big tail fins), and muscle-car horsepower. These cars were extraordinarily fun to drive.

There were the quirks and frustrations—6 volt batteries, manual chokes, engines and radiators prone to overheating in the summertime, easy-to-flood carburetors, fuel vapor lock, bias ply tires, and incredibly low gas mileage. Cars manufactured during the mid-20th Century are now a piece of nostalgic Americana.

While sheltering-at-home these past few months due to COVID, I was reading one of the old car enthusiast magazines. Since 2004, Hemmings *Classic Car* magazine has been catering to those who enjoy reading about the old cars I describe above. One of the recurring features in this magazine is a monthly article entitled "Reminiscing," which is typically one of the first articles I like to read when I get my new issue. It is always written by a reader, not a professional automotive writer.

With all this COVID-related sheltering time on my hands, and maybe out of sheer boredom too, I decided to write and submit an 800-word article on my own personal automotive memories from this period. Much to my surprise, it was promptly published in the September 2020 issue of Hemmings *Classic Car* on page 67. You just never know where life is going to take you, especially as a volunteer."



PARTNER SPOTLIGHT

A PLACE FOR MOM

Every family has a unique story. Understanding that story is the key to helping families find the right living arrangement for their loved one—a home where they can be healthy, be safe, and thrive. A Place for Mom prides itself in being the largest senior living and in-home care referral source, helping over 300,000 families a year nationally.

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.

A Place For Mom is staffed with knowledgeable and compassionate local senior living advisors. These advisors provide an insider’s view on care options and senior resources within San Diego County. In addition, they can share information on over 16,500 senior living communities across the U.S. and Canada.



Senior living communities vary widely in costs, services, amenities, resident demographics, and social programs. Local advisors can discuss each feature with families, helping to match each family with the options that meet their unique needs and preferences. Advisors understand how complex this stage of life can be for a family. Discussions with advisors can cover everything from how to have sensitive conversations with loved ones, to how to finance care and prepare for the future. A Place For Mom provides compassionate support before, during, and after the move, to ensure everything is going well.



A Place for Mom is an advocate for quality Senior Care. The organization reviews licenses, inspection reports, and other public information on the more than 16,500 senior housing partners that list their services in the national network. A Place for Mom relies on families to give honest, up-to-date feedback on their experiences with senior living communities. Families are encouraged to share their impressions about senior care providers in A Place for Mom’s network before and after the move. This

emphasis on honest feedback and transparency benefits older adults, families, and the senior living industry. There is no cost to consumers for using A Place for Mom’s services. The organization is compensated by partner communities only if a client opts to move in.

To connect with a San Diego-based advisor, call or text Mitchell Au at **(760) 262-7464** or email **MitchellA@aplaceformom.com**. For more information about A Place for Mom and to see a complete list of local advisors, visit www.aplaceformom.com.



STAY FIT FROM HOME

Physical fitness remains important for everyone as we continue to live under stay-at-home orders and practice social distancing. The Feeling Fit Club can help! Designed for older adults, the Feeling Fit Club is a functional fitness program. While in-person classes are not currently available, older adults can follow along to episodes on TV: Monday – Friday at 8:00 a.m., 1:00 p.m., and 4:00 p.m. on Cox channels 19 or 24, Time Warner channel 85, and U-verse channel 99. The classes can also be accessed online or by DVD. Visit www.aging.sandiegocounty.gov or call **(858) 495-5500** for details. You may also call to request a free stretch band to use at home.

FALL PREVENTION PRESENTATIONS

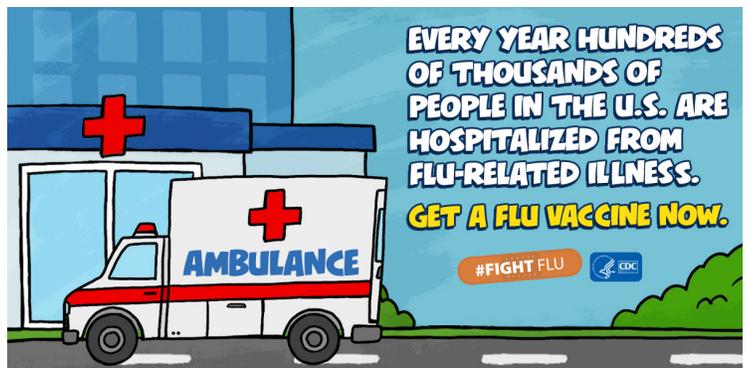
In recognition of Fall Prevention Awareness Week in September, AIS, Scripps Health, and the San Diego Fall Prevention Task Force hosted a week-long series of online seminars. The workshops covered a variety of topics, such as home safety and tips for caregiving, as well as active workshops focused on maintaining balance and increasing strength. These presentations were filmed and are now available to view online. To view the workshops, visit www.sandiegofallprevention.org.

GET YOUR FLU SHOT

Influenza (“the flu”) is a contagious illness that can be severe and life-threatening, especially for older adults. The flu can make existing health problems worse and is particularly dangerous for people with chronic health conditions, like heart disease and diabetes. The best way to prevent catching the flu is to get the flu vaccine every year. Last flu season in San Diego County, 108 people died from the flu. Getting a flu shot is especially important this year because of the COVID-19 pandemic. Those who get a flu shot are helping to steps to preserve health care resources and keep hospital capacity free to serve those who contract COVID-19. The vaccine is now available at many retail pharmacies and physician offices. To find a site for a flu shot, call **2-1-1** or visit www.sdiz.org.

In addition to getting the flu vaccine, here are some tips to help you stay healthy during flu season (and all year):

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like the flu.
- Avoid close contact with people who are sick.
- If you are sick, limit your contact with others as much as possible so you don’t spread your infection to them.



COMMUNITY CALENDAR

Please note: Due to the pandemic, all classes and events listed below are online. To ensure a timely and relevant calendar, the online and printed versions of this calendar may vary.

NOVEMBER 6, FRIDAY 9-10 A.M.

A *Virtual Garden Experience* with Olivewood Gardens & Learning Center will be held in partnership with the Alzheimer's Association. Those with early stage dementia and their care partners are invited to tour the beautiful gardens and Victorian home. Also hear from Olivewood's activity leaders on choosing plants and planting techniques. To register, visit <https://bit.ly/2H8NVb1> or call (800) 272-3900. Offered in Spanish from 10-11 a.m. For Spanish, visit <https://bit.ly/3nVeOrL>.

NOVEMBER 11, WEDNESDAY 1-2 P.M.

A free online class, *Cox Presents: Virtual Reality 101* (course #641), will be offered by Oasis. If you've ever watched a video about traveling the world and wish you were the one swimming with dolphins or climbing Everest, Virtual Reality (VR) can bring these experiences to you! Explore VR and its applications in entertainment, travel, wellness, and healthcare. Visit www.SanDiegoOasis.org or call (619) 881-6262 to register.

NOVEMBER 17, TUESDAY 10-11 A.M.

An online class, *Healing Through the Holidays*, will be offered by Sharp HospiceCare. The holidays present unique challenges for those grieving the loss of family and/or

friends. Learn coping strategies and discover new traditions to honor and remember loved ones. To register for this class, call (800) 827-4277 or visit www.sharp.com/classes.

NOVEMBER 18, WEDNESDAY 6-7 P.M.

A free, online class, *Current Events* (course #273), will be hosted by Oasis. Facilitator Rick LeVine will cover topics based on what's in the news (elections, court cases, foreign affairs, etc.). LeVine is an attorney and a former newscaster. Participants appreciate his wealth of knowledge and ability to present the news without bias. Visit www.SanDiegoOasis.org or call (619) 881-6262 to register.

NOVEMBER 20, FRIDAY 4 P.M.

A *Telebriefing on COVID-19* for older adults and service providers will be hosted by the County of San Diego. Hear the latest updates from public health experts. Participants can submit questions in advance or ask during the call through the chat feature on the Zoom platform. To join the online session, visit <https://zoom.us/j/218631109>. To join by phone, call (669) 900-6833 and enter meeting ID 218 631 109. Email COVID-AIS@sdcounty.ca.gov for details.

NOVEMBER 30, MONDAY 1-2 P.M.

An online class, *A Military History of San Diego: 1769 to 1946* (course #248), will be hosted by San Diego Oasis. Local historian Rudy Shappee will take you on an enlightening romp through some of our city's

lesser-known military history. Hear about the role the U.S. Army played in the development of the city and how North Island became known as the birthplace of Army aviation. Cost: \$10. Visit www.SanDiegoOasis.org for information and to register. For details, call (619) 881-6262.

DECEMBER 2, WEDNESDAY 10-11:30 A.M.

An online event, *Care, Compassion, and Complications: A Panel Discussion on Hospice & Palliative Care*, will be offered by Alzheimer's San Diego. This discussion will focus on the challenges caregivers may face in using hospice or palliative care services, as well as the poignant joys of a good end of life. The panel will include professionals and family caregivers, who will reflect on their experiences, and answer your questions. To register, visit www.alzsd.org or call (858) 492-4400.

DECEMBER 9, WEDNESDAY 2-3:30 P.M.

An online seminar, *Transportation Options for Seniors*, will be offered by Sharp. Traveling around San Diego can be difficult and daunting. Learn about low-cost, donation-based, and reduced-fare transportation options offered in San Diego and East County for older adults. To register for this class, call (800) 827-4277 or visit www.sharp.com/classes.

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.



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

AGING & INDEPENDENCE SERVICES

P.O. Box 23217
San Diego, CA 92193-3217
(800) 339-4661

Return Service Requested

▪ INFORMATION AND ASSISTANCE ▪ PROTECTION AND ADVOCACY ▪



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) 339-4661**
www.aging.sandiegocounty.gov



COMMUNITY ENRICHMENT ▪ HEALTH INDEPENDENCE SERVICES

HOME-BASED SERVICES ▪ INFORMATION AND ASSISTANCE

▪ INFORMATION AND ASSISTANCE ▪ PROTECTION AND ADVOCACY ▪



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.

Chief Administrative Officer
Helen Robbins-Meyer

Director, Health & Human Services Agency
Nick Macchione

Director, Aging and Adult Services
Aging & Independence Services
Kimberly Gallo

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

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