

# AGING & independence

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

## Democracy: It Takes a Village

By Kim Gallo  
Director, Aging & Independence Services

For sixteen years, Stanley Logan, 55, and his wife, Joanne, have woken up at the crack of dawn on election day. They open the garage door of their Rancho Peñasquitos home and spend the next 15 hours welcoming hundreds of people inside so that their neighbors can exercise their right to vote. The day may be long, but Stanley wouldn't miss it; even his boss knows that when election day rolls around, Stanley will need to take a day off.

Joanne, who had spent time working for the Census Bureau, was the one who signed up the Logan residence to be a polling site. Throughout the years, they each have served in various volunteer roles for elections, from an entry level position as a clerk to opportunities requiring considerable oversight responsibility, such as precinct and field inspectors. Other volunteers, including high school students, join them at their home to ensure election day is a success.

The value of civic engagement and serving in your neighborhood is something Stanley learned early in life. As a boy growing up in Hemet, California, Stanley recalls walking alongside his mother as she went to vote at somebody's home. His mother also was involved in hospice and the Logan family sang in community concerts



STANLEY LOGAN

for their church as well as the Ramona Pageant, the longest running outdoor play in the United States.

Stanley and Joanne raised their own children, two sons and a daughter, with the idea that it is good to “bring a little bit more to people’s lives.” When the kids were young, they sang in community concerts and musicals for their church. Stanley’s two sons learned the value of community service through scouting, with both boys rising to the level of Eagle Scout. Their daughter was a volunteer at Scripps’s Birch Aquarium during high school and has also volunteered as a poll worker.

The best civic engagement opportunities, however, are those that are genuinely enjoyable. Stanley has found it gratifying to volunteer with the County of San Diego’s Registrar of Voters: “It’s a great opportunity to connect with our neighbors...even the ones next door that we don’t often see!” he says.

In our busy world, it can be harder than in times past to feel a sense of community. Yet, our need for friendship and social support hasn’t decreased—if anything, it is greater in our increasingly mobile society where family members may live far away and neighbors often do not know one another.

*(Continued on page two)*



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## INTERGENERATIONAL GAMES

Intergenerational (IG) Games events offer older adults and youth the opportunity to connect, while having fun engaging in easy and noncompetitive fitness and wellness activities, such as playing horseshoes and kicking soccer balls. The next IG Games will be held on **Thursday, October 10 from 9:30 a.m.-12 p.m.** at the La Mesa Arts Academy, 4200 Parks Ave., La Mesa 91941. Lunch and a t-shirt are included! To register as an older adult participant or to assist with this free event, call **(619) 667-1322** or visit **[www.cityofflamesa.us/specialevents](http://www.cityofflamesa.us/specialevents)**.

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Opening their home up as a polling site and volunteering during the elections have helped Stanley and his wife to expand their social circle and feel more connected to their community. “We’ve met more neighbors through this than anything,” he says. “There isn’t an election that goes by that doesn’t have a dozen neighbors who say, ‘Thank you for doing this.’”

There are some other perks to signing up to provide a polling place. “People compliment your garage,” Stanley jokes. “It helps me to keep it in order.” Neighbors have also delivered bagels or coffee on occasion, to recognize their service.

Given his role as a precinct inspector, Stanley’s friends and colleagues look up to him as someone who is passionate, up-to-date, and well informed. He admits that at times it can be a lot of work to stay up-to-date, but reminds people they don’t have to be perfectly informed on every candidate and position to participate in an election. Even though the responsibility can seem overwhelming at times—or if people believe that their one ballot doesn’t matter that much—Stanley encourages everyone who is eligible to vote to do so. He urges, “Be passionate about your right to vote. There are plenty of countries and millions of people who don’t have the right. It is an important civic duty.”

Poll workers, of course, must be neutral and non-partisan ushers to democracy. While Stanley has his own beliefs, Stanley follows the poll worker principles of success, which includes treating every voter and visitor with respect. “I don’t care what [party] my neighbors are because I interact with so many different types of people.” Stanley clearly understands the democratic process and encourages voters to express their own personal views by casting a ballot. He adds, “My wife and I don’t always vote the same. We often laugh and say, ‘I’m going to cancel your vote out!’”

While he and his wife can be playful about their differences in opinion, Stanley worries about the growing sense of division in our country and the tendency to marginalize those who don’t have the same beliefs. He says, “At the end of the day, we have to respect each other’s opinions and understand that there are reasons behind why people feel the way they do. We have to be able to work together and start listening to the other side.”

The antidote, Stanley believes, is to learn from those who think differently than you do. “San Diego is such a great place because you have so many different cultures... you’re richer for having to interact with people from all different walks of life.” To have meaningful connections with others, however, requires that people of all ages put down their phones and nurture real, in-person relationships. The older generation has to model this for our youth, he believes. “We can’t stay at home and watch Netflix and text and think that we are making connections,” Stanley explains. “Kids have to see us going out and making [real] connections.”

With one young granddaughter and another on the way, Stanley reflects on the hopes he has for America’s future: a free society full of opportunity, a robust democracy, and an atmosphere of respect. When it comes to political action and tackling the large, global-scale issues facing our country and our world, Stanley believes that “whatever our approach, what matters most is if we act with kindness and openness and communicate with one another. I hope the country becomes a bit more kind.”

The Registrar of Voters relies heavily on the volunteer services of poll workers to ensure our community can exercise their right to vote. Each election, up to 8,000 volunteers are needed to assist voters at the polls. If you are interested in learning how you can be a part of democracy by volunteering as a poll worker, contact Poll Worker Recruitment by phone at **(858) 565-5800** or email **[pollworker@sdcounty.ca.gov](mailto:pollworker@sdcounty.ca.gov)**. Applications are accepted online at **[SDVOTE.com](http://SDVOTE.com)**.

# In the COMMUNITY

## 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.

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.sandiegoasis.org](http://www.sandiegoasis.org) or call **(619) 881-6262** and register for class #75. Shuttle service from North County will be provided.

## KINSHIP CAREGIVER SYMPOSIUM

Grandparents raising grandchildren and other kinship caregivers are invited to attend a free skill and resource conference on **Saturday, October 12 from 8:30 a.m.-2:30 p.m.** at Vista Square Elementary, 540 G St., Chula Vista 91910. This will be a day of inspiration, reflection, connection, and opportunities. The Symposium will focus on providing caregivers raising relative children with tools to help them better care for their families. In addition, attendees may receive flu shots, dental varnish, and healthcare and food application assistance. There will be health screenings and a food pantry on-site. Lunch and childcare are provided with advance registration. To RSVP, call **2-1-1** or visit: [www.211sandiego.org/Grandparents](http://www.211sandiego.org/Grandparents).

## TREATMENT FOR HOARDING DISORDER

The consequences of hoarding disorder are staggering, especially for older people. Individuals with hoarding disorder accumulate a large number of possessions and have great difficulty discarding their items, which eventually leads to extreme levels of clutter in the home. As a result, people often experience social isolation and have difficulty accessing important items such as appointment books, bills, glasses, and medications.

The UCSD CREST Community Program provides evidence-based treatment for hoarding disorder. CREST stands for Cognitive Rehabilitation and Exposure/Sorting Therapy, and combines cognitive training to improve organization and problem-solving skills with exposure therapy to reduce the distress of discarding items. The program also provides care management, peer support, family groups, and aftercare services. As a mobile intervention, the UCSD CREST Community Program provides clients with services both in their homes and in one of three new office locations across San Diego County. CREST’s service area was recently expanded to serve all of San Diego County.

CREST is currently accepting new clients, and treatment is free for those who meet eligibility requirements. Information and resource referrals are available for people of all ages and income levels, so anyone with concerns about hoarding is encouraged to call. Service providers or potential clients who are interested in treatment or want more information may call the CREST Community Program office at **(619) 543-6904**.

## 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**.

## VOLUNTEER OF THE MONTH

Steve Shorr is the RSVP volunteer of the month for October. He was nominated by Bill Simon, Administrator of the North Coastal Sheriff's Station Senior Volunteer Patrol (SVP). Steve is a valued member of the SVP team and has been an active member since 2005. As their chief statistician, Steve works to ensure that daily patrol logs and monthly activity reports are prepared accurately and delivered to staff in a timely manner.



Steve Shorr

Steve also serves as the chief scheduler, preparing schedules for the SVP patrols each month and updating them weekly as changes are needed. For the past seven years, Steve also has shared responsibility for the Thursday patrol. In this capacity, Steve organizes the patrol staffing and assigns personnel with specific tasks, including special assignments requested by the command staff. Steve also served as the station's SVP recruiting coordinator from 2011 to 2017.

Steve's favorite volunteer activity is doing patrols as these duties are so different from those in his previous career as a certified public accountant. The patrolling also makes him feel good about helping his fellow North County residents.

In addition to volunteering with the SVP program, Steve is also a driver for the City of Encinitas' Out and About program. For that program, he drives an older adult with whom he has been matched to medical and banking appointments, and assists him with weekly shopping.

Steve is the ultimate unsung hero. He is a modest gentleman who works quietly and without fanfare. His work is always accurate and he has a knack for highlighting other volunteers' strengths. Although he does a lot of work behind the scenes, his impact is immense. The work he performs is vital to the smooth functioning of the North Coastal Sheriff's Station SVP program. Thank you, Steve, for all that you do!

## VOLUNTEER WITH THE MIDWAY

Would you like to make a difference in your community by volunteering with fun people and making new friends? The Midway Museum, a San Diego landmark, has open volunteer positions in the safety and ship restoration departments, book store, docent corps, and more!

Safety volunteers patrol all areas of the ship, providing basic first aid for guests and staff, and respond to all emergency situations. They help visitors find their way around.

Ship restoration includes revitalizing selected areas of the Midway and transforming compartments and work spaces to authentic representations of "the way life was" aboard the Midway.

Volunteering in the docent corps (as a tour guide) includes interfacing with the public while providing a personal touch to the Midway's self-guided audio tour of the museum.

As a Midway volunteer, you are essential to the everyday operation of the museum and are part of a dynamic crew that shares in the passion of keeping history alive and building a greater sense of community, all while having fun. Come on down to the Midway and "learn the ropes!"

For more information on volunteer opportunities, call **(858) 505-6399** or email [MaryAnne.Briggs@sdcounty.ca.gov](mailto: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

## CAREGIVER COALITION OF SAN DIEGO

Taking care of others can be rewarding and an honor, but it can also be challenging and overwhelming. The Caregiver Coalition of San Diego works to improve the quality of life for caregivers, their families, and the community through training, advocacy efforts, and collaboration. The Coalition represents the efforts of more than three dozen agencies and organizations, including public, non-profit, and for-profit entities, all working to serve families caring for their loved ones.

For more than a decade, the Caregiver Coalition has hosted free educational conferences to support family caregivers with practical instruction and support. Held at locations throughout San Diego County, the conferences feature workshops hosted by professionals on topics of interest to caregivers. Each conference includes a resource fair and free respite care. Last year, the Coalition hosted seven conferences that touched more than 400 attendees.

The Coalition also hosts free educational webinars throughout the year. These presentations provide an opportunity for professionals or caregivers who may be unavailable to attend in-person trainings to learn helpful information. These interactive presentations are recorded and available on the Coalition website. Past presentations have covered topics such as Aid & Attendance, advance care planning, and creating memoirs for those living with dementia.

*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).*



In addition, the Caregiver Coalition Speakers Bureau provides free educational presentations for groups and organizations. Professionals are available to speak on topics such as the aging process, communication in elder care, in-home care, resources for caregivers, and more. Coalition members are also available to provide referrals to help caregivers find community resources to best meet their needs.

The Caregiver Coalition website provides information and links to local resources, including a caregiver handbook that was created by Coalition members. The handbook is a helpful guide and roadmap for the caregiving journey.

Professionals and members of the public who are passionate about serving caregivers are welcome to join the Coalition's efforts. Meetings are held monthly and there are a variety of opportunities to become involved in the Coalition's work.

To learn more about the Caregiver Coalition or to access resources, visit [www.caregivercoalitionSD.org](http://www.caregivercoalitionSD.org), or email [InfoSDcaregivercoalition@gmail.com](mailto:InfoSDcaregivercoalition@gmail.com).



## DANCE FOR YOUR HEALTH

Dance your heart out! Join the South County Community Action Network for the Dancing for Your Health event on **Friday, October 25 from 6-9 p.m.** at the Otay Recreation Center, 3554 Main St., Chula Vista 91911. Dance to a live DJ and enjoy light refreshments, appetizers, a tap dance demonstration, and opportunity drawings. The event is free, but attendees are requested to bring a donation of non-expired canned or packaged food items to support the San Diego Food Bank. To RSVP, call **(619) 731-3139** or visit **<http://bit.ly/D4YH2019>**.

## CHECK YOUR MOOD

Good mental health starts with you! Getting screened for depression is an important part of healthcare checkups, much like getting your blood pressure checked or being screened for heart disease or diabetes. Check Your Mood is an annual awareness campaign that takes place throughout the month of October and includes community screening events and resource information about depression and mental illness. Visit **[www.LiveWellSD.org/CheckYourMood](http://www.LiveWellSD.org/CheckYourMood)** to take a self-assessment and learn about available resources.

## 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. 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](http://www.sdiz.org)**.

## NEW TAI CHI CLASSES!

Improve your balance and mobility with Tai Chi! Two new free classes are now offered:

**Montgomery-Waller Rec. Center:** 3020 Coronado Ave., San Diego 92154. Tuesdays and Thursdays from 2-3 p.m.

**Norman Park Senior Center:** 270 F St., Chula Vista 91910. Mondays and Wednesdays from 11:30 a.m.-12:30 p.m.

Classes are sponsored by Aging & Independence Services. For more information and the complete class schedule, visit **[www.HealthierLivingSD.org](http://www.HealthierLivingSD.org)** or call **(858) 495-5500** to leave a message.

## CAREGIVER WORKSHOPS

**Wednesday, October 9 from 10-11 a.m.:** *Emergency Preparedness Tools for Caregivers* will be held at Southern Caregiver Resource Center, 3675 Ruffin Rd, San Diego 92123. Learn how to prepare for emergencies, develop communication plans, and identify support services. Register at **<http://bit.ly/PrepCare>** or call **(858) 268-4432**.

**Wednesday, October 23 from 6-7 p.m.:** *Effective Communication Strategies* will be held at the Alzheimer’s Association office, 5075 Shoreham Pl., Ste. 250, San Diego 92122. To register, visit **[www.alz.org/CRF](http://www.alz.org/CRF)** or call **(800) 272-3900**.

**Thursday, October 24 from 1-3 p.m.:** *Home Care, Day Care & Memory Care: What You Need to Know* will be held at the San Marcos Senior Activity Center, 111 Richmar Ave., San Marcos 92069. Register online at **[www.alzsd.org](http://www.alzsd.org)** or call **(858) 492-4400**.

# COMMUNITY CALENDAR

## OCTOBER 9, WEDNESDAY 6 P.M.

A presentation, *Medical Insights: AIDS/HIV*, will be held at the Serra Mesa-Kearny Mesa Library, 9005 Aero Dr., San Diego 92123. Hear from the former medical director of infection prevention and clinical epidemiology at Sharp Memorial Hospital about his experiences working with patients, as well as the science behind this once deadly disease. This event is offered as part of the One Book One San Diego library series to complement the "The Great Believers" by Rebecca Makkai. For details, call (858) 573-1396.

## OCTOBER 16, WEDNESDAY 10 A.M.-12 P.M.

A *Senior Health and Resource Fair* will be held at the Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd., San Diego 92107. Flu shots, free health screenings, and exhibitor tables with community resource information will be available. Free. For details, call Sharp Memorial Senior Resource Center at (858) 939-4790.

## OCTOBER 17, THURSDAY 7 P.M.

A community event, *What Is Emotional Abuse?*, will be held at Ascension Catholic Church, 11292 Clairemont Mesa Blvd., San Diego 92124. This free event is being held by the church in partnership with the

Family Justice Center. Refreshments will be served. For details, call (858) 279-2735.

## OCTOBER 18, FRIDAY 9:30-11:30 A.M.

A *Health Fair & Flu Shot Event* will be held at the College Avenue Center, 6299 Capri Dr., San Diego 92120 (inside Temple Emanu-El). Health care providers, vendors, and agencies will guide you on the path to a healthier lifestyle. Free screenings. For details, call (858) 637-3270 or email Bret at [bretc@jfssd.org](mailto:bretc@jfssd.org).

## OCTOBER 19, SATURDAY 8 A.M.

The *Walk4ALZ* will be held at Balboa Park (Park Blvd. and Presidents Way), San Diego 92101. Join Alzheimer's San Diego to support the more than 84,000 San Diegans living with Alzheimer's or another dementia. Help local families and support Alzheimer's research efforts. To sign up, call (858) 966-3319 or visit [www.alzsd.org/walk](http://www.alzsd.org/walk).

## OCTOBER 28, MONDAY 10 A.M.

*Broadway and Bagels*, a fun exploration of the musicals of theater and film, will be held at the Lawrence Family Jewish Community Center, 4126 Executive Dr., La Jolla 92037 (UTC area). Price: \$12. RSVP to Melanie at (858) 362-1141 by Oct. 22.

## NOVEMBER 1, FRIDAY 2:30-5:30 P.M.

A *Poetry Party* will be held at the Balboa Park Club Santa Fe Room, 2150 Pan American Road West, San Diego 92101. Come read your favorite poetry or simply listen and enjoy the power of the spoken word. For details, call the City of San Diego's AgeWell Services at (619) 525-8247.

## NOVEMBER 5, TUESDAY 9:30 A.M.-2:30 P.M.

*Navigating Caregiving for Veterans and Military Families*, a free conference offered by the Caregiver Coalition of San Diego, will be held at the North Inland Live Well Center, 649 E. Mission Ave., Escondido 92025. Attend workshops and learn about local resources. Lunch will be provided. Registration will open Oct. 9. To RSVP, visit [www.sharp.com/classes](http://www.sharp.com/classes) or call (800) 827-4277.

## NOVEMBER 6, WEDNESDAY 5:30-8:30 P.M.

*Healing Through the Holidays*, an annual event focused on helping people who are grieving the death of a loved one, will be held at the Courtyard by Marriott-Spectrums Ballroom, 8651 Spectrum Center Blvd., San Diego 92123. This Sharp HospiceCare event will feature various presentations on coping. To register, call (800) 827-4277 or visit [www.sharp.com/classes](http://www.sharp.com/classes) by Nov. 4.

### ADVISORY COUNCIL

The AIS Advisory Council will meet on Monday, October 14 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](mailto:sarah.jackson@sdcounty.ca.gov).



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