

January - February - 2021

*Goodbye 2020...NO One will miss you!!!
HELLO 2021...We're So Glad You Are Here!*

INSIDE THIS ISSUE & SPECIAL EVENTS

Notes from the Director2
 Ways to Stay Connected3-4
 Music Class / Bible Study5
 Wellness6
 Healthy Living7-8
 Senior Services9
 Book Club10
 Compassion International.11
 Ways to Help / What's Cooking... 12-13
 Kingdom Builder14
 Senior Resources15
 Celebrations / Calendar16

Senior Center

We may be closed due to Covid restrictions,
 but we are still here for you -
 Cindy & Elizabeth
 858-509-2587

**January and February 2021 Holidays
 (Office closed and no feeling Fit Club)**

- January 18th - Martin Luther King Jr Day
- February 22nd- Presidents' Day

Please be sure to look at the SBPC
 website for up-to-date church details.
solanabeach.church

**SBPC is Worshipping
 Please join us!**

Did you know that worship service is available
 by live stream on your personal device
 or outdoors on the SBPC patio?

Not only do you still have the option to attend
 church from the comfort of your home, but you can
 now social distance on the grounds at SBPC and
 view the service as a community on the new
 outdoor big screen.

Please join us for a time of worship,
 prayer, scripture reading, and music.
Service is at 10am on Sundays
 (or anytime afterwards as a prerecorded
 service on the SBPC website.)

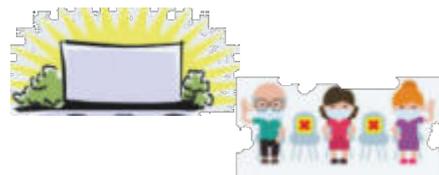
To view on your personal device:

- Login to Solanabeach.church
- Click on the heading **Messages**
- Click on **Live** (pre-recorded broadcasts are also available).



To attended campus worship:

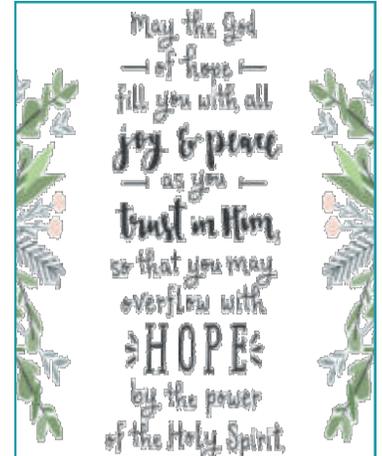
- Pre-register at solanabeach.church
- Arrive at least 20 min early to be checked in and to be seated in church seating, or to get settled with your own lawn chair/blanket.



NOTES FROM THE DIRECTOR

How can it be that we're launching into a New Year? It feels like we've been on hold for most of the last year and now it's time to turn the calendar pages again...

Looking back, I am overwhelmed with gratitude for the **MANY, MANY BLESSINGS** we've experienced in the past, highly unusual year. I'm grateful for health and wellness for so many, for encouragement when we begin to despair, for friendships that span the distance of time and space, and for the generosity and kindness you've shared week after week after week.



With this basis of gratitude, I am looking forward with a great sense of **HOPE** for 2021. We've come a long way together and we'll continue to lean into life in a brand new year. There's hope for a new and effective vaccine, hope for the return of gathering together safely, hope for travel and adventure, hope for continuing the new and lasting relationships we've forged during Covid-19.

Paul says in Romans 15:13, "May the God of **HOPE** fill you with all joy and peace as you trust in Him, so that you may overflow with **HOPE** by the power of the Holy Spirit."

During a recent worship service, I made notes to myself that as the **TRUE KING**, Jesus is faithful to provide:

- All that I **NEED**
- What I don't deserve; that is salvation by grace
- Spiritual gifts to help me walk along the journey of life



If I can keep these simple points on my radar screen, I can wake up each day with true **HOPE** in the New Year. I wish the very same for each of you.

Hope-fully yours,
Cindy

P.S. On Feb. 1. 2021, I'll celebrate my 32nd anniversary working at SBPC. How very blessed I feel to have a "job" I truly love. Thank you for blessing me as we've worked, played, shared, prayed and grown older together these past years.

WAYS TO STAY CONNECTED

Senior Center Membership

Many of you have asked about the Senior Center membership renewal that we normally would have taken in September at the Open House. Several of you have mailed in donations to the Senior Center, and we're truly grateful! Last spring, we had no idea the Covid closures would extend into the New Year. But here we are! Elizabeth and I are still working full time, both from our homes and in the office, to provide quality programs and services and help you stay connected. We are looking forward to the day that we can be together in person! We are also accepting membership donations for 2020-2021. Please find a membership form in the Encore and if you are able to renew your membership (or start a new one), we'd be happy to receive it. If, however, you would prefer to wait until we are fully opened, and meeting in person, we understand that as well. Thank you for your generous support over the years!

We are having lots of fun!

The Senior Center has its own "private" Facebook page where you'll see notes of encouragement, announcements for upcoming events & concerts, have a chance to connect with friends, celebrate birthdays and share your thoughts.

Join us on
facebook



Please contact Elizabeth at 858-509-2587 or Elizabeth@solanapres.org for an invitation to join this fun lovin Facebook group.

3

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ZOOM ON IN!

Feeling Fit Club:



Mondays and Wednesdays 9:45 -11am
Sue Grant leads nearly 50 “Zoomers” twice a week! Using weights and a chair during the class, you’ll get a good, safe workout at home and have fun while you’re staying fit. *NOTE: NO Classes on Monday Jan 18th or Feb. 22nd - Holidays.

For more information, or to sign up to receive the Zoom invitation, please contact Cathy at 858-342-9716 or email caktyre@gmail.com.

Don’t want to Zoom? You can get a free exercise DVD and stretch band from the County by calling 858-495-5500.



Current Events Discussion Group:

Wednesdays 10 -11am

Join the gang to discuss what’s going on locally and around the globe. Bring an article or news item to discuss.



Fellowship with Friends:

Wednesdays 11:30am -12:30pm

Get together with your friends on this online venue. It’s great to catch up with each other, see familiar faces and hear friendly voices. It’ll boost your spirits! Bring some good news, something fun or even a prayer request to share! We’re in this together!

To get involved with the Current Events or Fellowship with Friends groups, please contact Cindy or Elizabeth at 858-509-2587 or by emailing Cindy@solanapres.org or Elizabeth@solanapres.org. We’ll get you connected and send a Zoom invitation to your email.



Son Seekers Bible Study:

Sundays 8:30-9:45

Please see page **5** for complete details.



Book Club:

2nd Wednesday of each month 1:30 pm

Enjoy reading and sharing your literary thoughts with friends. Everyone is welcome! See page **10** for details.

MUSIC APPRECIATION CLASS

Music Appreciation Class offers Online Covid Concerts



Many of you have enjoyed the 100+ Covid Concerts provided by Randy Malin. They've been a wonderful respite in a crazy world! By request, Randy will send an email with a bit of information and a link to a beautiful musical experience. If you would like to be included in this Covid Concert series, please contact Cindy or Elizabeth and we'll get you added to the email list. Randy's love of music and his passion to share it with others makes his concert series something you don't want to miss.

SON SEEKERS BIBLE STUDY



Everyone is invited to join the Son Seekers Bible Study group. They meet by Zoom on Sunday mornings from 8:30 - 9:45 am.

New members are welcome to join this group as they dig deeper into God's word. The class is continuing with John Stott's study on Romans.

Note: Prior to the Sunday class, please contact one of the following persons to help you get connected to the online meeting:

Connie Illian jcillian5@gmail.com

Shelia Rodrigues shejposey@gmail.com

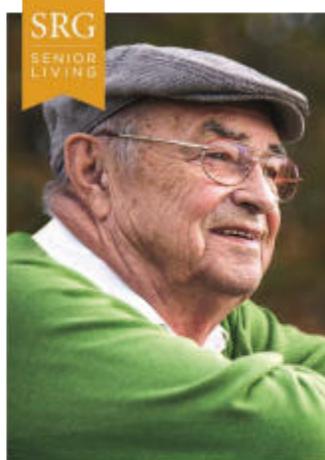
5

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KINGDOM BUILDER FOUNDATION

Will it matter that you were here?

KBFoundation.org



Keeping Your Aging Brain Healthy

Humans are social creatures and when we feel lonely; our brains suffer in more ways than one. First, the stress that comes with social isolation impacts our brains directly. Second, a lack of social activity prevents us from taking positive steps towards living a full and active life. Many Scientists agree that exercise, social activity, and nutrition are key factors in keeping your brain healthy, and that when it comes to the aging brain the rule of “use or lose it” applies.

One of the most popular trends in brain health over the last decade has been the explosive growth of the Brain Games industry.

What Are Some of the Best Brain Games for Seniors?

Fortunately, keeping our brains healthy does not have to be boring, repetitive or time-consuming. In fact, some of the best ways to keep our minds in great shape are with brain games such as Sudoku, Crossword and Jigsaw Puzzles, Word Searches, Solitaire and board games such as Scrabble.

Sudoku - Stay Sharp and Enjoy a Good Brain Workout.



A puzzle in which players insert the numbers one to nine into a grid consisting of nine squares subdivided into a further nine smaller squares in such a way that every number appears once in each horizontal line, vertical line, and square. Sudoku may help keep your brain 10 years younger.

Crossword Puzzles – Build a Better Vocabulary, while Having Fun



Crossword puzzles are a great way to challenge our minds but also a great way to relax. You can start a puzzle on Sunday and pick it up throughout the week, since there is no pressure to finish in one sitting. A long-term study by the Albert Einstein College of Medicine found that seniors who did crosswords had a 47 percent lower risk of dementia.

Jigsaw Puzzles – Find Peace and Calm with this Visual Meditation



Jigsaw puzzles are introduced to us as babies and the act of matching pictures to shapes is the first brain game most of us play. Working on puzzles can also help to lower our rate of breathing and reduce our heart rate and blood pressure.

Word Search – Relaxing Way to Keep Your Brain Ticking



If you don't fancy a numbers game and you've hit a brick wall with Crossword clues, a word search could be the perfect game for your brain. Search for the words listed in a scramble of letters – a great activity to relax with while challenging your brain to find all the hidden words.

Solitaire – A Great Game to Play Alone



A tabletop game using just a standard pack of 52 cards, Solitaire is a great game to play alone to keep your brain sharp. It requires pattern recognition and strategy.

Scrabble – Creating Words and Scoring Big



Add to existing words or strategically form new words while trying to score the maximum number of points. If you enjoy taking a random set of letters and making words while ensuring you are getting the highest possible score, scrabble will keep you thoroughly entertained.

HEALTHY LIVING - TIME FOR SOME FUN



Let's start the New Year with a trip down memory lane.
Give your brain some exercise and have some fun answering these questions.

1. Where were headlight dimmer switches previously located?

- a. On the floor shift knob
- b. On the floor, left of the clutch
- c. Next to the horn

2. The bottle top of a Royal Crown Cola bottle has holes in it. For what was it used?

- a. Capture lightning bugs.
- b. To sprinkle clothes before ironing
- c. Large salt shaker



3. Why was having milk delivered a problem in northern winters?

- a. Cows got cold and wouldn't produce
- b. Ice on highways forced delivery by dog sled
- c. Milkmen left deliveries outside doors and milk would freeze, expanding and pushing up the cardboard bottle top.

4. What was the popular chewing gum named for a game of chance?

- a. Blackjack
- b. Gin
- c. Craps

5. What method did women adapt to look as if they were wearing stockings when none was available due to rationing during W.W.II?

- a. Suntan
- b. Leg painting
- c. Wearing slacks

6. What postwar car turned automotive design on its ear when you couldn't tell whether it was coming or going?

- a. Studebaker
- b. Nash Metro
- c. Tucker

7. Which was a popular candy when you were a kid?

- a. Strips of dried peanut butter
- b. Chocolate-licorice bars
- c. Wax coke-shaped bottles with colored sugar water inside

8. How was Butch wax used?

- a. To stiffen hair cut into a flat top so it stood up
- b. To make floors shiny and prevent scuffing
- c. On the wheels of roller skates to prevent rust



9. Before inline skates, how did you keep your roller skates attached to your shoes?

- a. With clamps, tightened by a skate key
- b. Woven straps that crossed the foot
- c. Long pieces of string or twine

10. As a kid, what was considered the best way to reach a decision?

- a. Consider all the facts
- b. Ask Mom
- c. Eeny-meeny-miney-mo

HEALTHY LIVING - TIME FOR SOME FUN cont...

11. What was the worst thing you could catch from the opposite sex?

- a. A cold
- b. VD
- c. Cooties

12. "I'll be down to get you in a _____, Honey?"

- a. SUV
- b. Taxi
- c. Streetcar

13. What was the name of Caroline Kennedy's pet pony?

- a. Old Blue
- b. Paint
- c. Macaroni



14. What was a Duck-and-Cover Drill?

- a. Part of the game of hide and seek
- b. What you did when your mom called you in to do chores
- c. Hiding under your desk, covering your head with your arms in an A-bomb drill

15. What was the name of the Indian Princess on the Howdy Doody show?

- a. Princess Summerfall Winterspring
- b. Princess Sacajawea
- c. Princess Moonshadow

16. What did all really savvy students do when mimeographed tests were handed out in school?

- a. Immediately sniffed the purple ink, as this was believed to get you "high"
- b. Made paper airplanes to see who could sail theirs out the window
- c. Wrote another pupils name on the top, to avoid failure

17. Why did your mom shop in stores that gave Green Stamps with purchases?

- a. To keep you out of mischief licking the backs, which tasted like bubble gum
- b. They could be put in special books and redeemed for various household items
- c. They were given to the kids to be used as stick-on tattoos



18. "Praise the Lord, and pass the _____?"

- a. Meatballs
- b. Dames
- c. Ammunition

19. What was the name of the group who made the song "The Gypsy" a hit in the US?

- a. The Ink Spots
- b. The Supremes
- c. The Esquires

20. Who left his heart in San Francisco?

- a. Tony Bennett
- b. Zavier Cugat
- c. George Gershwin

ANSWERS 1. b) On the floor, left of the clutch 2. b) To sprinkle clothes before ironing. 3. c) Cold weather caused the milk to freeze and expand, popping the bottle top. 4. a) Blackjack Gum. 5. b) Special makeup was applied followed by drawing a seam down the back of the leg with an eyebrow pencil. 6. a) 1946 Studebaker. 7. c) Wax coke bottles containing super-sweet colored water. 8. a) Wax for your flat top (butch) haircut. 9. a) With clamps, tightened by a skate key .10. c) Eeny-meeny-miney-mo. 11. c) Cooties. 12. b) Taxi. Better be ready by half-past eight! 13. c) Macaroni. 14. c) Hiding under your desk, covering your head with your arms in an A-bomb drill. 15. a) Princess Summerfall Winterspring. She was another puppet. 17. b) Put in a special stamp book, they could be traded for household items at the Green Stamp store. 18. c) Ammunition 19. a) The Inkspots. 20. a) Tony Bennett.

SENIOR SERVICES

Aging & Independent Services

The county of San Diego Health and Human Services Agency, Aging & Independence Services (AIS) provides a wide range of services for older adults, family caregivers, and people with disabilities. **Contact:** (800) 510-2020 (within San Diego); aging.sandiegocounty.gov

Interfaith Community Services

Serving residents throughout North County, from Oceanside to the inland communities south and east of Escondido. Its programs for seniors include minor home repair and modifications; Project CARE, with daily phone check-ins, emergency medical information packets; outreach and referrals for senior services; and a client advocate team offering social services support, including emergency financial assistance.

Contact: (760) 489-6380; interfaithservices.org

Sharp Senior Resource Centers

Open to anyone, the resource centers hold free classes, workshops, health and wellness lectures, as well as maintaining a library stocked with information on housing options, home care agencies, legal and financial services and more. **Contact:** (619) 740-4214; www.sharp.com/services/seniors/resource-centers.cfm

VA San Diego Healthcare System

Offers caregiver support and VA resources - physical, occupational and speech therapy, mental health care; adult day health care (day care centers); home-based primary care; respite care; palliative/hospice program; health care or telehealth. Most are free or available at San Diego VA medical centers for a co-pays, depending on veteran qualification. **Contact:** (760) 643-2068; sandiego.va.gov/services/caregiver/index.asp

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	<p>Is Someone You Care for in Need of Home Care?</p>  <p>LivHOME An Arosa Company</p> <p>(619) 994-5647 Call Jetta Russell 24/7 for a Complimentary Consultation</p> <p>HOME CARE • CARE MANAGEMENT Serving San Diego County for the last 30 years</p> <ul style="list-style-type: none">• Want in-home personalized care?• Confused about options?• Refusing help? • Stuck in a crisis?• Memory loss? • Family conflict?	
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MONTHLY BOOK CLUB



The Solana Beach Community Senior Center's Book Club is Zooming!
The club meets on the 2nd Wednesday of each month through Zoom at 1:30 pm. Everyone is welcome to participate in this warm-hearted, relaxed discussion group but must contact Chiuyee Ho (chiuyee@gmail.com) in advance to be included in the Zoom meeting.

Copies of the selected books can be found online (download or audio in the county library system at <https://www.sdcl.org/ebooks.html>, on eBooks, or purchased through Amazon.) Please contact Carol Pletcher (pletcher.carol@gmail.com or 651-341-1205) if you need assistance or have a question.

January Reading: [Wild: From Lost to Found on the Pacific Crest Trail](#) by Cheryl Strayed

At twenty-two, Cheryl Strayed thought she had lost everything. In the wake of her mother's death, her family scattered and her own marriage was soon destroyed. Four years later, with nothing more to lose, she made the most impulsive decision of her life. With no experience or training, driven only by blind will, she would hike more than a thousand miles of the Pacific Crest Trail from the Mojave Desert through California and Oregon to Washington State - and she would do it alone. Told with suspense and style, sparkling with warmth and humor, *Wild* powerfully captures the terrors and pleasures of one young woman forging ahead against all odds on a journey that maddened, strengthened, and ultimately healed her. (Goodreads)

Wild is the Goodreads Choice 2012 winner. Copies of the book will be distributed in December and discussion will take place via Zoom on Wednesday, [January 13th](#).

February Reading: [The Late Show](#) by Michael Connelly

In this first installment of the Renée Ballard series, #1 bestselling author Michael Connelly introduces a "complicated and driven" young detective fighting to prove herself on the LAPD's toughest beat (The New York Times).

Renee Ballard works the midnight shift in Hollywood, beginning many investigations but finishing few, as each morning she turns everything over to the daytime units. It's a frustrating job for a once up-and-coming detective, but it's no accident. She's been given this beat as punishment after filing a sexual harassment complaint against a supervisor.

Propulsive as a jolt of adrenaline and featuring a bold and defiant new heroine, *The Late Show* is yet more proof that Michael Connelly is "a master of the genre" (Washington Post).

The Late Show will be distributed in January and discussed via Zoom on Wednesday, February 10th .



The Book Club is always open to new members!

Currently, the Book Club meets by Zoom on the second Wednesday afternoon each month. If you would like to join this group, please contact Cindy or Elizabeth at the Senior Center office (858) 509-2587 and we will get you connected!

COVID-19 and Compassion's Work in El Salvador

El Salvador has reported more than 34,000 COVID-19 cases and more than 980 related deaths as of Nov. 6, 2020. Businesses in El Salvador are operating without restrictions. In-person classes for schools and universities remain suspended through Dec. 31. The country has reopened airports for international flights and is actively promoting tourism in order to help the economy and restore lost jobs. Additionally, El Salvador was hit by the Category 4 Hurricane Eta on Nov. 3. The storm caused widespread evacuations in flood-prone areas throughout the country.

At this point, in order to abide by local guidelines staff members are still calling and checking in on families, and in some communities they are able to visit children while obeying social distancing guidelines. Because of the generous support of sponsors and donors, they have been able to distribute 245,111 food packs and 125,114 hygiene kits to children and their families! Further, Compassion partner churches are supporting vulnerable families with food and available medicine and developing online tutoring materials so children can continue learning from home.

Thank you for your generosity in giving financial contributions to Stephanie and her family in El Salvador. Your kindness will provide them with a special Christmas. GRACIAS! During the pandemic, monetary gifts, like what we sent to Stephanie and her family, will be given to her parents for them to purchase what best fits her situation. It may be a toy, clothing or shoes, or it may be used to pay rent and purchase food if that is what is needed most. Please know we also sent Stephanie a Christmas card and fun stickers from all of her Abuelos/Grandparents....YOU!




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WAYS TO HELP



Solana Beach Presbyterian Church Community Serve Day

Community Serve Day is the Sunday where we worship God by joining with our friends and neighbors to do tasks all over San Diego County that make a difference and shine God's goodness. Through our acts of service we want to bring God's love to serve and serve with, demonstrating the kingdom of God. The next Community Serve Day is scheduled for **March 14, 2021** Registrations will be begin on **February 7, 2021**.

Are you interested in serving? Do you have questions? Send an email to communityserveday@gmail.com or call our information line at 858-829-1046.



WAYS YOU HELPED

SBPC Thanksgiving Food Drive Success!

Our Thanksgiving Food Drive was a huge success. With your help, we shattered our goal of 1,000 bags. In the end, **1,202 Thanksgiving meals** were assembled complete with a gift card for a turkey.

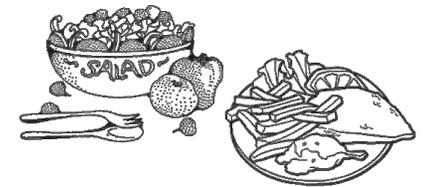


A very special **THANK YOU** to those of you who donated to the Veterans' Thanksgiving Dinners. 40 meals were delivered to very happy recipients! We're looking forward to delivering in person next November!



WHAT'S COOKING?

How About Some Good Food in the New Year!



The Thanksgiving and Christmas meals prepared by Lara Pauley were a bit hit!

Lara is happy to continue cooking for us into the New Year, scheduling a monthly meal on the 4th Wednesday. A no-contact, drive through pick up is scheduled for 1-2pm, or you may request a door step delivery, available for a small fee.

Please see the insert with Lara's delicious menus and complete details on ordering, payment and deadlines. *Here's to good eats in the New Year!*

Lara's Sauerkraut Salad Recipe

Ingredients:

- 1 large can sauerkraut (2-3 cups)
- 1/2 cup granulated sugar
- 1/4 cup olive oil
- 1 red pepper, diced
- 1 large carrot, grated
- 2 stalks celery, diced
- Salt and pepper to taste



Step One: Drain sauerkraut. Reserve a small amount of liquid.

Step Two: Mix sauerkraut and sugar in a bowl. Let set for at least 15 minutes.

Step Three: Add olive oil. If you want a bit more "dressing" add the reserved liquid.

Step Four: Add diced red pepper, grated carrot and diced celery.

Season with salt and perrer to your taste.

Refrigerate for several hours, if possible, before serving.

ENJOY !



*Scrumpt-dilly-icious!!!
A Senior Center Favorite for sure!*

KINGDOM BUILDER UPDATE

The New Year is always a good time to take an assessment of your situation, documentation and make sure things are in order. The Kingdom Builder Foundation shares the following information for your consideration.

An estate plan is something every adult should have, even if you are young and your assets are few. It helps preserve the value of your assets and ensures the legacy you wanted is carried out after you have passed. Estate plans protect your assets for your family as well as other heirs. It helps preserve the value of your assets and ensures the legacy you wanted is carried out after you have passed.

There are many benefits to having an estate plan. Without one, the courts will often decide who gets your assets. The process can take years as well as rack up fees. Taxes come into play with estate planning. If you do some estate planning, you can reduce federal and state estate taxes as well as state inheritance taxes. There are also ways to decrease the income tax beneficiaries might have to pay. If you don't have a plan, you may owe the government a lot.

An estate plan can include the following:

- A living trust which outlines who controls your assets after you die, and how those assets should be distributed
- A health care power of attorney who you identify as the person who can speak for you should you become incapacitated
- A financial power of attorney who can take over the management of your assets should you become incapacitated
- A will

The great news about creating a living trust is that it is just that...a living, breathing document that can be changed over time to match your changing life situations. Assets can easily be added, beneficiaries changed, without the need to rewrite the entire document.

And, of course, if you are committed to continuing support of God's ministries after your passing, Kingdom Builder Foundation can become a component of your trust, guaranteeing a legacy of giving after your death.

At Kingdom Builder Foundation, our purpose is to provide our donor community with a trusted means of making a positive and lasting influence on God's kingdom for present and future generations through legacy gifts. Through an estate plan, you can designate money to be left for kingdom purposes.

Here are some online resources for estate planning:

<https://www.legalzoom.com/personal/estate-planning/>

<https://www.andersonstatelaw.com/estate-planning/the-ultimate-estate-checklist/>

<https://www.investopedia.com/articles/wealth-management/122915/4-reasons-estate-planning-so-important.asp>

We'd also be happy to assist you or answer any questions you may have regarding the Kingdom Builder Foundation.

Please Contact Us

Kingdom Builder Foundation
120 Stevens Avenue, Solana Beach, CA 92075

Phone: 858-509-2593

Email: info@kbfoundation.org



KINGDOM BUILDER
FOUNDATION

SENIOR RESOURCES

STEPHEN MINISTRY



Does life seem uncertain given the current condition of our world right now? Are you weary, are you fearful, are you feeling the effects of social isolation?

Rest assured you are not alone.

SBPC Stephen Ministry is here for you. This wonderful group of Christ-centered caring individuals is ready walk alongside you spiritually and emotionally when you need them.

Stephen Ministry is available for confidential spiritual and emotional support.

If you would like a Stephen Minister to contact you, contact Karen La-Haise at 858-509-2580 ext. 1221 or Karen@solanapres.org

Senior Center Lending Library



The Senior Center has received a number of donated books and we would love to share/deliver them to you for your reading enjoyment.

We have an array of literature ~ fiction, non-fiction, historical, mystery, science, etc.

Please contact our office for an updated list of authors and titles ~ 858-509-2587.

WORTH MENTIONING



Whether taxpayers are supporting natural disaster recovery, COVID-19 pandemic aid or another cause that's personally meaningful to them, their charitable donations may be tax deductible. These deductions basically reduce the amount of their taxable income.

COVID Tax Tip:
How the CARES Act Changes Deducting Charitable
Contributions

Here's how the CARES Act changes deducting charitable contributions made in 2020:

Previously, charitable contributions could only be deducted if taxpayers itemized their deductions. However, taxpayers who don't itemize deductions may take a charitable deduction of up to \$300 for cash contributions made in 2020 to qualifying organizations. For the purposes of this deduction, qualifying organizations are those that are religious, charitable, educational, scientific or literary in purpose. The law changed in this area due to the Coronavirus Aid, Relief, and Economic Security Act.

The CARES Act also suspends limits on charitable contributions and temporarily increases limits on contributions of food inventory. More information about these changes is available on [IRS.gov](https://www.irs.gov).

CELEBRATIONS / MARK YOUR CALENDAR



We should not forget to celebrate our Senior Center friends whom we have come to know and love, and until we can meet again safely please lift our birthday people up in thought and good wishes.

JANUARY BIRTHDAYS: Mary Ballin, Noni Bilinski, Barbara Conjonte, Carol Crines, Aida Davies, Betty Ertfai, Renate Hausmann, Eloise Housman, Muffie Knox, Pat Leverett, Tom Lewis, Kathalijn Nelson, Barbara Phillips, Patricia Price, Fran Schugmann, Becky Sparks, Marcia Walthers

FEBRUARY BIRTHDAYS: Dawne Dickinson, Ruby Edman, Eleanor Firkser, Diane Hardison, Barbara Jenkins-Lee, Elaine Jensvold, Gene Karnes, Jack McMahon, Jane Morton, Betsy Penberth, Cheryl Rodzach, Patricia Sarkar, Phil Tripp, Glory Tsung, Cathy Tyre

MARK YOUR CALENDAR ~ Holidays and Fun Observances

JANUARY



- New Year's Day - Jan 1
- National Bird Day - Jan 5



- National Hot Tea Day - Jan 12



- Dress up Your Pet Day - Jan 14

- Ditch New Years Resolution Day - Jan 17



- National Hugging Day - Jan 21

- Compliment Day - Jan 24



FEBRUARY



- Ground Hog Day - Feb 2

- Send a Card to a Friend Day - Feb 7

- Valentine's Day - Feb 14



- President's Day - Feb 15

- Ash Wednesday - Feb 17

- Random Acts of Kindness Day - Feb 17

- Leap Day - Feb 29



We receive no subsidies from federal, state, county or local government and appreciate your donation at any time. Thanks for your support!



Solana Beach Community Senior Center
 120 Stevens Ave. Solana Beach, CA 92075
 858-509-2587 ~ solanabeach.church
Cindy@solanapres.org / Elizabeth@solanapres.org