

# encore

a publication for life enrichment

## Solana Beach Community Senior Center

March / April - 2021



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### Senior Center

We may be closed  
due to Covid-19,  
but we are still here for you!  
Cindy and Elizabeth  
858-509-2587

~ March and April 2021 Holidays ~

- March 14 - Daylight Savings Begins
- March 28 - Palm Sunday
- April 2 - Good Friday
- April 4 - Easter Sunday

Please be sure to look at the SBPC website for  
up-to-date church details - [solanabeach.church](https://solanabeach.church)

### Community Serve Day



Mark your calendars!  
Community Serve Day  
is scheduled for Sunday, March 14!

“CSD” is the Sunday where we worship  
God by joining with our friends and  
neighbors to do tasks that make a  
difference and shine God’s goodness.

There will be a wide range of “safe” at  
home serving activities for all.

Please see page 12 for full details.

### GOD - HOPE by Larry Warner 1/26/2021

Not a sentimental, fanciful, irrational  
wishing-for, escaping-from notion,  
but a life-infusing, future-focused certainty  
flowing from the cross and empty tomb,  
testified to by the love of God within,  
rooted in the character and veracity  
of a God-with-us-for-us-in-us.

This futuristic God-hope  
boomerangs into the now,  
anchoring our faith during  
the storms and tribulations of life,  
sustaining and stabilizing,  
igniting Kingdom of God understanding,  
illuminating Spirit of God awareness,  
spurring us to live Jesus with  
courage, boldness and  
inspired creativity,  
reminding us that today’s reality  
is not the end of the story—  
the best is yet to come.

**Mission Statement:** Our mission as the Solana Beach Community Senior Center is to provide excellent resources, meaningful personal relationships and fulfilling volunteer and growth opportunities for aging well. ♥

## NOTES FROM THE DIRECTOR



As you're reading this newsletter, it's been an entire year since we've been together in person at the Senior Center. Wednesday, March 4, 2020 was the last gathering we enjoyed in Debin Hall. Angie Osborn has been keeping a running tally of the days and regularly reports the growing number from her daily journal. Depending on when you're reading this article, we may well be at 365 and counting.... I thought for sure we'd be together for our Annual Open House in September. When September came and went, I started to look toward January, the perfect time for us to get together, starting off the New Year with great gusto. Now, with the vaccine available, I'm hopeful we can gather safely by August 2021.

One thing I know for certain is that we are still BETTER TOGETHER.... whether that's by phone, on Zoom meetings, connecting via notes in the mail or email, or wearing masks and hollering at each other across driveways and fence lines. I treasure each encounter we have, in whatever form available!

The National Council on Aging's most recent newsletter provided lots of information on what we know to be true.... that staying connected is important! The results indicated that loneliness was associated with a 40% increased risk of dementia. This association held controls for social isolation, clinical, behavioral, and genetic risk factors. The association was similar across gender, race, ethnicity, education, and genetic risk. Simply put, loneliness is associated with an increased risk of dementia. It is however, one modifiable factor that can be intervened on to reduce dementia risk.

So, as we continue live in social isolation during challenging times, how can we reduce our loneliness? Connect-connect-connect! I can't encourage you strongly enough to reach out to trusted friends and family in safe ways: by phone, computer, even wearing a mask and yelling across the driveway! Get outdoors, go for a safe walk or a safe drive. Roll down the window and sing your heart out. Don't let a day go by that you don't make the first move to contact someone outside of your home. Don't wait for someone to contact you....be first! You and those you contact will be better for it. In fact, you could be someone's lifeline and you definitely can reduce your risk of dementia.

**As the year of Covid19 isolation comes, I want to encourage you with both a challenge and an invitation:**

**Challenge:** Speak to someone outside of your home each day for 30 days. Keep a record. Who did you communicate with? By what means? How did you feel? You can start this challenge TODAY!

**Invitation:** Join at least one of our Zoom group gatherings online.

- Sue Grant and the **Feeling Fit Club** meet 15 minutes early to just chat and catch up. They've got people exercising separately yet together from across the county and across the country! Amazing!
- The **Current Events** group meets to catch up on what's happening in our world, bringing news from a variety of sources. If you're a newsy-person, this is a great group for you.

## NOTES FROM THE DIRECTOR cont...

- **The Fellowship with Friends** group is a hoot! We talk about a previously designated topic and everyone gets a chance to share. It's not rocket science, just reminiscing, sharing and caring. The hour zips by! We learn more about each other and offer friendship and support in these days of social isolation and potential loneliness.
- **Book Club** – Do you love to read? This group does too! Discussion on a shared book, interwoven with experiences and knowledge make this a wonderful connection with simply delightful people!
- **Son Seekers Bible Study** – If you want to learn more about scripture, this is a safe, friendly group that meets weekly for study, prayer and connection. If you have questions about faith or long for the fellowship of other Christians during this year of uncertainty, this group is for you.

You can see all the details on how to connect with these groups on page 4.  
If you have questions or need help connecting, please don't hesitate to contact me or Elizabeth.  
If you don't have a computer or tablet, you can join by phone.

Stay safe, well and connected,

Cindy



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### ZOOM ON IN!

#### Feeling Fit Club:



Mondays and Wednesdays 9:45 -11am

Sue Grant leads 50 or more “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.

For more information, or to sign up to receive the Zoom invitation, please contact Cathy at 858-342-9716 or email [caktyre@gmail.com](mailto: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](mailto:Cindy@solanapres.org) or [Elizabeth@solanapres.org](mailto:Elizabeth@solanapres.org). We’ll get you connected and send a Zoom invitation to your email or phone.



#### Son Seekers Bible Study:

Sundays 8:30-9:45am

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

#### Book Club:



2nd Wednesday of each month 1:30pm

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 - 9:45am.**

**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](mailto:jcillian5@gmail.com)

Shelia Rodrigues [shejposey@gmail.com](mailto:shejposey@gmail.com)

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### NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)

### AVAILABLE FOR A LIMITED TIME!

### ADVERTISE HERE NOW!

Contact **Christine Nicholls** to place an ad today!  
[cnicholls@lpiseniors.com](mailto:cnicholls@lpiseniors.com) or  
**(800) 950-9952 x5841**

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**KBFoundation.org**



## SENIOR CENTER NOTES

### Senior Center Membership

Thank you for your support of the Solana Beach Community Senior Center... especially during Covid-19 isolation in the past year.

We are offering **FREE** Membership at the Senior Center for the 2020-2021 season. We'd love to include you "officially" (even if you haven't been a member in the past.) If you completed and returned your membership form recently, **THANK YOU!** Please feel free to share the enclosed membership form with a friend. If you haven't completed the membership form, we'd welcome it anytime.

We are grateful for your connection and look forward to being together again in person.... someday!



### Senior Center "FACEBOOK" fun!

The Senior Center has its own "private" Facebook page! Join in to see notes of encouragement, announcements for upcoming events, and to connect with friends, celebrate holidays and birthdays, and share your thoughts.

Please contact Elizabeth at 858-509-2587 or [Elizabeth@solanapres.org](mailto:Elizabeth@solanapres.org) for an invitation to join this wonderful Facebook group.

## WELLNESS - WAYS TO STAY ENGAGED



**Road Scholar** has provided the most amazing educational travel experiences for years. Now while we're not able to travel, Road Scholar has brought many of its popular programs online. Increasing accessibility and keeping everyone safe, this is the next best thing to being on a Road Scholar trip. Take a look at these online options for short and longer term educational insights: [www.roadscholar.org](http://www.roadscholar.org)

### Virtual Lectures



Get a taste of one of Road Scholar's most popular programs all from the comfort of your own home! Join your instructor for a 45-60-minute online lecture with a live Q&A session to quench all your curiosities on the subject! Pick and choose from a variety of classes at a very modest price.

### Adventures Online



Join a small group of new friends and expert instructors online and be fully engaged with multiple days of lectures, performances, discussions and more that will re-create the Road Scholar experience virtually.



During Covid19, there's no shortage of malicious attempts, and yes, many successes, in scamming older adults out of lots of money! The Department of Justice suggests with the elderly population growing and seniors racking up more than \$3 billion in losses annually, elder fraud is likely to be a growing problem. The fact that we're all isolated, away from our usual connections and safe places, we are all more vulnerable to the unscrupulous activities of evil people. These pariahs also have extra time on their hands and are playing on emotions during a time of crisis. Some of the scams are old, some are new and some even play off the current Covid19 crisis. Don't be fooled! These scammers are excellent in what they do and have taken advantage of many people, from trusting grandparents to sharp businessmen around the globe.

### The FBI lists the following as common scams directed at older adults:

- **Romance scam:** Criminals pose as interested romantic partners on social media or dating websites to capitalize on their elderly victims' desire to find companions.
- **Tech support scam:** Criminals pose as technology support representatives and offer to fix non-existent computer issues. The scammers gain remote access to victims' devices and sensitive information.
- **Grandparent scam:** Criminals pose as a relative—usually a child or grandchild—claiming to be in immediate financial need.
- **Government impersonation scam:** Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.
- **Sweepstakes/charity/lottery scam:** Criminals claim to work for legitimate charitable organizations to gain victims' trust. Or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."
- **Home repair scam:** Criminals appear in person and charge homeowners in advance for home improvement services that they never provide.
- **TV/radio scam:** Criminals target potential victims using illegitimate advertisements about legitimate services, such as reverse mortgages or credit repair.
- **Family/caregiver scam:** Relatives or acquaintances of the elderly victims take advantage of them or otherwise get their money.

Sadly, there are even more scams and scammers out and about, ready to play on one's emotions and current isolation.

Please review the following suggestions on how to protect yourself from becoming a victim of fraud. Take the extra step to evaluate, research and consult with a trusted friend or family member, before you agree to any transfer of your hard earned money. Below are suggestions in protecting yourself from fraud.

- **Recognize scam attempts** and end all communication with the perpetrator.
- **Search online** for the contact information (name, email, phone number, addresses) and the proposed offer. Other people have likely posted information online about individuals and businesses trying to run scams.
- **Resist the pressure to act quickly.** Scammers create a sense of urgency to produce fear and scare victims into immediate action. Call the police immediately if you feel there is a danger to yourself or a loved one.
- **Be cautious** of unsolicited phone calls, mailings, and door-to-door services offers.

cont...

## HEALTHY LIVING - WAYS TO STAY SAFE cont...

- **Don't answer the phone if you don't recognize the number.** Friends and family numbers should come up with caller ID. Friends and family will leave a message, solicitors and potential scammers won't.
- **Never give or send any personally identifiable information,** money, jewelry, gift cards, checks, or wire information to unverified people or businesses.
- Make sure all computer anti-virus and security software and malware protections are up to date. **Use reputable anti-virus software and firewalls.**
- **Disconnect from the internet and shut down your device if you see a pop-up message or locked screen.** Pop-ups are regularly used by perpetrators to spread malicious software. Enable pop-up blockers to avoid accidentally clicking on a pop-up.
- **Be careful what you download.** Never open an email attachment from someone you don't know, and be wary of email attachments forwarded to you. **DO NOT CLICK ON ANY LINKS OR ATTACHMENTS in the email or visit websites that seem unfamiliar or have strange web addresses.**
- **Take precautions to protect your identity** if a criminal gains access to your device or account. Immediately contact your financial institutions to place protections on your accounts, and monitor your accounts and personal information for suspicious activity.
- **Hang up on robocalls.** The recording might prompt you to speak to a live operator or offer to remove you from their call list but instead will bombard you with more robocalls. These calls are getting very sophisticated. Don't pick up a call you don't recognize. If you do, don't be shy about hanging up immediately.
- **Fact-check information.** Scammers, and sometimes well-meaning people, share information that hasn't been verified. Before you pass on any messages, contact trusted sources. Visit [What the U.S. Government is Doing](#) for links to federal, state and local government agencies. Check out the claim on Snopes.com.
- **Know who you're buying from.** Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they don't. When shopping for necessary items like groceries, seek help from trusted businesses offering free delivery or ask a friend or family member.
- **Don't respond to texts and emails about checks from the government.**
- **Don't click on links from sources you don't know.** They could download viruses onto your computer or device.
- **Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying they have information about the virus.** For the most up-to-date information about the Coronavirus, visit the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).
- **Do your homework when it comes to donations, whether through charities or crowdfunding sites.** Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don't do it.

**Never share personal information, especially passwords or account numbers, with anyone via email.**

**These scammers are really good at what they do! If you feel you've been a victim, or know of a friend or family member who has been victim of elder financial abuse, REPORT IT!**

The local FBI field office is located at 10385 Vista Sorrento Parkway, San Diego, CA 92121 and covers San Diego and Imperial Counties. Report financial abuse at [sandiego.fbi.gov](https://sandiego.fbi.gov) or by calling (858) 320-1800. You can also submit a tip online at [tips.fbi.gov](https://tips.fbi.gov).

If you are reporting Internet- based fraud, please submit a tip to [IC3.gov](https://ic3.gov).

cont...



## HEALTHY LIVING - WAYS TO STAY SAFE cont...

When reporting a scam—regardless of dollar amount—include as many of the following details as possible:



- Names of the scammer and/or company
- Dates of contact
- Methods of communication
- Phone numbers, email addresses, mailing addresses, and websites used by the perpetrator. Methods of payment.
- Where you sent funds, including wire transfers and prepaid cards (provide financial institution names, account names, and account numbers.)
- Descriptions of your interactions with the scammer and the instructions you were given
- You are also encouraged to keep original documentation, emails, faxes, and logs of all communications.

**Additional resources if you suspect any kind of elder abuse, call:** Emergency: 911;  
 Adult Protective Services: 800-339-4661 (County of San Diego) 24 hours a day, 7 days a week;  
 San Diego District Attorney/Elder Abuse Unit: 619-531-4300;  
 For Skilled Nursing, Assisted Living, Long-Term Care Ombudsman: 1-800-640-4661;  
 Police or Sheriff Department Where the Abuse Occurred

### Information Sources:

- <https://www.ncoa.org/economic-security/money-management/scams-security/top-10-scams-targeting-seniors/>
- <https://www.fbi.gov>
- <https://www.justice.gov/elderjustice>

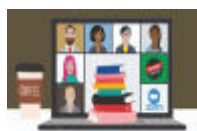
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<p><i>You've known her struggles. Let us show you the comfort of</i>  <b>SPECIALIZED CARE.</b></p> <p>When you're ready, Brookdale is here to help. Whether your loved one needs an extra hand or a moment-by-moment guide, Brookdale offers all the care and assistance of our highly trained associates. At Brookdale our profession is our passion.</p> <p><b>For more information, call (858) 259-2222.</b></p>	<p><b>Brookdale Carmel Valley</b></p> <p>Assisted Living              Alzheimer's &amp; Dementia Care              Rehabilitation &amp;              Skilled Nursing</p> <p><b>13101 Hartfield Avenue              San Diego, CA 92130</b>  <small>RCFE #AL374603617,              SNF #080000634, COA #275</small></p> <p><b>brookdale.com</b></p> <p><small>2432-P1-0615-ROP SW Brookdale® is a trademark of Brookdale Senior Living Inc. Nashville, TN, USA</small></p>	
	<p><b>Is Someone You Care for in Need of Home Care?</b></p> <p> <b>LivHOME</b>              An Arosa Company</p> <p><b>(619) 994-5647</b>              Call Jetta Russell 24/7 for a Complimentary Consultation</p> <p><b>HOME CARE • CARE MANAGEMENT</b>              Serving San Diego County for the last 30 years</p> <ul style="list-style-type: none"> <li>• Want in - home personalized care?</li> <li>• Confused about options?</li> <li>• Refusing help? • Stuck in a crisis?</li> <li>• Memory loss? • Family conflict?</li> </ul>	



## MONTHLY BOOK CLUB

### ZOOM ALONG WITH THE SOLANA BEACH COMMUNITY SENIOR CENTER'S BOOK CLUB.



The club meets on the 2nd Wednesday of each month through Zoom at 1:30 pm. Everyone is welcome to participate in this wonderfully relaxed discussion group, but please contact Chiuyee Ho ([chiuyee@gmail.com](mailto: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](mailto:pletcher.carol@gmail.com) or 651-341-1205) if you need assistance or have a question.

### March Reading: The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid

Following the California-related theme, March's selection, *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid, (2017) is heartbreaking yet beautiful (Us Weekly), "Tinseltown drama at its finest" (Redbook): a mesmerizing journey through the splendor of old Hollywood into the harsh realities of the present day as two women struggle with what it means—and what it costs—to face the truth.

"Riveting, heart-wrenching, and full of Old Hollywood glamour, *The Seven Husbands of Evelyn Hugo* is one of the most captivating reads of 2017." —BuzzFeed

**The Seven Husbands of Evelyn Hugo will be discussed via Zoom on Wednesday, March 10, 2021.**

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### April Reading: The Circle by Dave Eggers (2013)

A bestselling dystopian novel that tackles surveillance, privacy and the frightening intrusions of technology in our lives—a "compulsively readable parable for the 21st century (Vanity Fair).

When Mae Holland is hired to work for the Circle, the world's most powerful internet company, she feels she's been given the opportunity of a lifetime. The Circle, run out of a sprawling California campus, links users' personal emails, social media, banking, and purchasing with their universal operating system, resulting in one online identity and a new age of civility and transparency.

What begins as the captivating story of one woman's ambition and idealism soon becomes a heart-racing novel of suspense, raising questions about memory, history, privacy, democracy, and the limits of human knowledge.

**The Circle will be discussed via Zoom on Wednesday, April 14, 2021.**



### **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!



In the most recent update from mid-January, we learned that active COVID cases have been declining in El Salvador since last summer except for a small rise in December. The country reported a total of 45,960 COVID-19 cases and 1,336 related deaths as of Jan. 1, 2021. Most businesses are operating without restrictions. Airports continue to remain open for international flights, and the country is actively promoting tourism in order to help the economy and restore lost jobs. Although it is not required, the government recommends wearing a mask at all times.

Compassion partner churches are supporting vulnerable families with food and available medicine and developing online tutoring materials so children can continue learning from home. The Center Stephanie would normally attend remains closed. Compassion El Salvador has been able to distribute over 310,000 food packs and 157,000 hygiene kits and to provide medical support to 52,000 individuals. They are also providing resources to help families plant home gardens. Compassion El Salvador has shared uplifting messages and public health information for entire communities through local radio. Some center staff members have been able to arrange small, virtual birthday celebrations for children. Many tutors have formed prayer groups to pray for the children in this season. Thank you for your continued support for Stephanie! We welcome your contributions (via a check in the mail) while we're not meeting in Debin Hall.

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 <h2>Memory Care for Every Stage</h2> <p>ActivCare at Bressi Ranch specializes in residential memory care regardless of the stage of the disease. As residents' needs change, so does their care.</p> <p>A continuum of care...just another way we enhance life for those with memory loss.</p> <p><b>ACTIVCARE<sup>®</sup></b> At <b>Bressi Ranch</b> Residential Memory Care</p> <p>6255 Nygaard St. Carlsbad, CA 92009 760-687-9649   <a href="http://activcareliving.com">activcareliving.com</a></p>	<div data-bbox="812 1031 1170 1339">  </div> <div data-bbox="1170 1031 1541 1339">  </div> <div data-bbox="812 1350 1541 1654"> <h3>Jo's Senior Care Services</h3> <p>Our Services are In-Home non-medical care:</p> <ul style="list-style-type: none"> <li><b>Personal Care Assistant - Companionship</b></li> <li><b>Transportation</b> - Doctor's appointments, visit friends &amp; family, Church, Grocery Shopping, Post Office, Library and more.</li> <li><b>Property Maintenance</b> - to seniors &amp; families. We provide minor repairs, maintenance &amp; junk disposal.</li> <li><b>Home Safety Check</b> - We ensure seniors are safe &amp; secure. To help prevent falls risk, trip &amp; home hazards.</li> </ul> <p>Abraham Lim - 760-650-5434 / 760-487-8635</p> </div> <div data-bbox="812 1665 1541 1971"> <h3>LPI is Hiring Ad Sales Executives</h3> <div data-bbox="812 1680 1170 1858"> <p><b>BE YOURSELF.</b> <b>BRING YOUR PASSION.</b> <b>WORK WITH PURPOSE.</b></p> </div> <ul style="list-style-type: none"> <li>• Full-Time with Benefits</li> <li>• Paid Training</li> <li>• Expense Reimbursement</li> <li>• Travel Required</li> </ul> <p>Contact us at: <a href="mailto:careers@4lpi.com">careers@4lpi.com</a>   <a href="http://www.4lpi.com/careers">www.4lpi.com/careers</a></p> </div>
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## WAYS TO HELP

### *Solana Beach Presbyterian Church Community Serve Day March 14th, 2021*



Community Serve Day is the Sunday where we've traditionally worshiped through serving in a variety of ways throughout the community. This year, you can serve safely separated, "at home", in a variety of ways. The opportunities are great and the blessings abundant! There's something for everyone!

Registration is OPEN and you can begin with your project NOW! Several projects are designed to be completed in the safety of your home. These projects can be delivered to you and picked up upon completion, or dropped off at the church on Community Serve Day, March 14th .

Register online at <https://sdcsd2021.5000hands.org/g/page/welcome/>  
or call 858-829-1046.



All ages and abilities are welcome!



## WAYS YOU HELPED

Our knitters and crocheters have been busy during the Covid -19 shutdown! Thank you for your busy hands making baby hats & blankets for both SBPC's Welcome Baby Ministry and Pauline's Promise, supplying lovely baby gifts to local military new parents. You've also helped keep lots of people warm with beautiful winter scarves and hats that are made available to clients at New Day Ministries in San Diego and El Refugio, south of the border. Thank You!



Thirty-five driving teams of all ages revved their engines to deliver over 200 Quarantine Care/Love Bags on February 13th . It was pure joy to see the love being shared across the county! Thank You!

You've reached out to connect with friends and neighbors, looking after one another during these uncertain times. Your acts of kindness, notes of encouragement and uplifting calls are heartwarming and lifesaving! Your prayers have been a great support! Thank You!



**Thank you for all you've done to help others.  
May the blessings flow back to you 10-fold!**



## WHAT'S COOKING?

### How About Some Good Food - Lara Pauley Catering



#### Monthly Dinner Box for March 24th

##### Irish Pub Pot Pie

(Choice of beef or chicken with carrots, onion, mushrooms and peas)

##### Lara's Famous Sauerkraut Salad

##### Shamrock Potatoes

A combination of red skinned potatoes and fresh herbs tossed with lively white wine vinaigrette.

##### Irish Soda Bread

##### Pistachio Cake with a Cinnamon Sugar Crust

Order by March 17th . Pick up or delivery on March 24th 1-2pm  
at Solana Beach Presbyterian Church.

Delivery fee is \$5. Each meal is **\$15** and serves one person.  
An extra 3% will be added to all credit card payments to cover fees.

To order, visit [Larapauley.com](http://Larapauley.com), email [larapauleycatering@gmail.com](mailto:larapauleycatering@gmail.com),  
or call Lara at 760-415-5853.

## LARA'S YUMMY GRANOLA RECIPE

- 4 cups old fashioned rolled oats
- 1 1/2 cups raw nuts or seeds (I used a variety of nuts & pepitas)
- 1 tsp sea salt
- 1/2 tsp cinnamon
- 1/2 cup melted coconut oil
- 1/2 cup olive oil
- 1/2 cup pure maple syrup or honey ( I use pure maple syrup)
- 1 tsp vanilla
- 2/3 cup drained cranberries or other dried fruit

\* [Optional add-ins to be added in **after fully cooled**:

1/2 cup dark chocolate chips , 1/2 cup toasted coconut flakes ]

1. Preheat oven to 350 degrees and line a baking sheet with parchment paper
2. Combine oats, nuts and/or seeds, salt and cinnamon in a large bowl.
3. Pour in the olive and coconut oil, maple syrup and/or honey and vanilla. Mix well until every oat and nut is lightly coated.
4. Pour mixture on to your prepared pan and use a large spoon to spread evenly.
5. Bake 20-25 minutes, stirring halfway (remember the granola will further crisp up when it cools)
6. Let granola cool completely undisturbed (at least 45 minutes)
7. Add in chocolate and toasted coconut if desired
8. Store the granola in an airtight container at room temperature for up to 2 weeks or in a freezer bag in the freezer for up to 3 months.

#### Lara's Granola



**ENJOY! Lara**

### Kingdom Builder Granting Update

The Kingdom Builder Foundation provides grants to Christ-centered organizations and missions through generous giving in the form of legacy gifts. The most recent granting process resulted in awards to local and global missions totaling over \$45,000. This brings the total grants awarded since 2009 to over \$750,000. It was a challenging year for everyone, but the Kingdom Builder Foundation has continued to fulfill its mission through the generosity of donors and the hard work of its Board of Directors.

#### The organizations which received funding in the most recent period include:

**Casa de Amistad**, a mentoring program housed at SBPC, requested help to expand their current online tutoring program by hiring "hosts", allowing Casa to serve more students.

**Foundation Matthew**, is located in Escondido and provides food to low-income, vulnerable individuals. Their award will support the development of a client web intake/sign in and website support so that they can serve more individuals and families.

**North County Immigration & Citizenship Center**, a mission that helps immigrants navigate the complex legal and cultural pathways to citizenship, received a two year grant to help establish a legal case management system.

**One Collective**, located in Kenya, cares for and nurtures orphans and children who are disabled. They will use their grant to purchase a vehicle to transport disabled children and pick up medical supplies.

**Servant Project International** is a humanitarian organization that demonstrates the love of Christ in Pakistan. Their award will be used in micro-enterprise for women/widows to produce sustainable income once given goats (an income-producer).

**Urban Youth Collaborative** supports motivational outreach Bible clubs for over 3,500 students in San Diego, Tijuana and Atlanta. KBF funding will be used for grocery gift cards for low-income students and their families in San Diego who are struggling to meet basic needs due to COVID-19.

**Young Life East San Diego County** is focused on outreach to adolescents to introduce them to and strengthen their faith. Kingdom Builder Foundation's grant will provide for half of the required training costs for two leaders of color to participate in the Developing Emerging Leaders program.

**To learn more about Kingdom Builder Foundation,  
and how you can help build God's kingdom,**



#### Please Contact Us

Kingdom Builder Foundation  
120 Stevens Avenue, Solana Beach, CA 92075  
Phone: 858-509-2593  
Email: [info@kbfoundation.org](mailto:info@kbfoundation.org)

## SENIOR RESOURCES

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.

**STEPHEN  
MINISTRY**

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. They will meet with you privately by phone, video chat, or in person when it is safe to do so.



**Stephen Ministry** is available for confidential spiritual and emotional support.

If you would like to learn more about Stephen Ministry contact  
Karen La-Haise at 858-509-2580 ext. 1221 or Karen@solanapres.org.  
If you'd like to be connected with a Stephen Minister, call Penny at 619-253-4225.

### 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 with new additions all the time ~ fiction, non-fiction, historical, mystery, science, etc.

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

## SENIOR TAX-AIDE



AARP may be offering tax assistance again this year but due to Covid-19 restrictions their programs have been modified to follow State regulations.

For AARP tax assistance please contact them directly at **1-888-227-7669** or visit **aarpfoundation.org/taxaide** for up-to-date tax help/information.

**NOTE:** Unfortunately, due to Covid-19  
The Solana Beach Community Senior Center  
will **NOT** be a host site this year for AARP Tax-Aide.

## 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.

**MARCH BIRTHDAYS:** Lyn Allison, Luis Benavides, Mary Bowker, Lucille Brown, Howard Busby, Susan Coyle, Dorothy Deans, Art Delvaux, Ann Fobes, Barbara Fjellman, Jacquelyn Hall, Ruth Harvey, Kaaren Henderson, Pat Kellenbarger, Don Maquet, Marlin Mortimer, Raquel Shantal, Connie Walsh, Lorraine Woepfel, Darlene Whorley

**APRIL BIRTHDAYS:** Carolyn Berger, Lyle Cowan, Edie Engardt, Dolores Graham, Betz Lewis, Betsy Neu, Susan Peters, Carol Pletcher, Eleanor Pottorff, Nia Preuss, Mary Pritchett, Jan Squires, Rhedis Thomas, Marcia Stanley, Arline Torres

### MARK YOUR CALENDAR ~ Holidays and Fun Observances



#### MARCH



- World Compliment Day ~ 1st
- Caregiver Appreciation Day ~ 3rd
- World Day of Prayer ~ 5th
- Daylight Savings Time Starts ~ 14th
- Everything You Do is Right Day ~ 16th
- Saint Patrick's Day ~ 17th
- Palm Sunday ~ 28th



#### APRIL

- April Fool's Day ~ 1st
- Good Friday ~ 2nd
- Easter Sunday ~ 4th
- Walk on Your Wild Side Day ~ 15th
- Earth Day ~ 22nd
- International Dance Day ~ 29th
- Arbor Day ~ 30th



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](http://solanabeach.church)  
[Cindy@solanapres.org](mailto:Cindy@solanapres.org) / [Elizabeth@solanapres.org](mailto:Elizabeth@solanapres.org)