

JANUARY/FEBRUARY - 2022

INSIDE THIS ISSUE & SPECIAL EVENTS

- Notes from the Director2
- Ways to Stay Connected3-5
- Music Class/Bible Study6
- Mental Wellness7
- Kingdom Builder Update8
- Compassion International9
- Book Club10-11
- Words of Wisdom12
- Senior Seminars13
- Trips14
- Senior Resources15
- Celebrations/AARP16

When the Song of the Angels is Stilled by Howard Thurman

When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and the princes are home,
When the shepherds are back with their flocks,
The work of Christmas begins:
To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among people,
To make music in the heart.



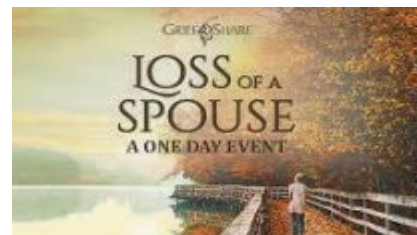
SENIOR CENTER EVENTS

- Senior Center Holiday Closures:
Monday Jan.17th, and Monday, Feb. 1st.
- GriefShare Support Groups -
Loss of a Spouse, Loss of a Loved One.
- Senior Seminars - Long-Term Care
Insurance and Senior Real Estate /
Residential Living Options.
- Senior Center Trips - Mystery, Chula Vista
Nature Center, Gleanings for the Hungry.
- AARP Tax-Aid is back in February.

[View all Event Details in this Encore!](#)

WELLNESS SEMINAR

Are you or someone you know
grieving the death of a spouse?



DATE: Sunday, January 30th

TIME: 1pm

PLACE: SBPC Hispanic Chapel

More information and details can
be found on page 7.



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



We're so excited to see you come around... and praying we'll be one step closer to getting back to our regular rhythms and routines.

As I write this newsletter in the weeks rounding out a completely wild and uncertain year, I'm staying focused on HOPE... The hope I have in Jesus.

At the beginning of Advent, Pastor Mike gave references from both scripture and theologians on the power of hope. Jeremiah 29:11 is a well-known and beautiful reminder of God's good intentions for us. "For I know the plans I have for you" declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Renowned Christian author, ethicist, and theologian in the Reformed tradition, Lewis Smedes (1921-2002), wrote **Keeping Hope Alive: For a Tomorrow We Cannot Control**, in 2000. His words still ring true today. *Smedes* says, "Hope is as native to our spirits as thinking is to our brain. *Keep* hoping, and you *keep* living. Stop hoping, and you start dying." William Carey, known as the Father of the Modern Missions (1761-1864) simply said: "Expect GREAT things from God. Attempt GREAT things for God."

As I look forward, with HOPE, into the New Year, I'm excited to see what God has in store for each of us individually and as a community of friends. The Senior Center is a wonderful community that offers friendship, fellowship, a place to belong and serve... a family! I look forward to seeing you often in 2022...whether in person or online with our Zoom offerings. However we gather, I am overjoyed to be a part of this amazing community and have been blessed richly getting to know you all. **Thank you!**

February 1st marks my 33rd anniversary at SBPC and with the Senior Center. For me, thirty-three years ago, it was love at first sight!
I'm so looking forward to the next year....
Filled with HOPE, and TOGETHER with you!



Happy, Hope-filled-New Year,
Cindy



WAYS TO STAY CONNECTED

The Senior Center Is Open

We are delighted to have so many of our friends joining us again! We have made a few changes in our programming to help keep everyone healthy and safe, and have many fun and exciting plans in the works.

Please note **NEW TIMES** and format with the following:

Wednesday Programs & Lunch

Our Wednesday Programs will BEGIN at 11:30am and conclude at 12:15. Lara's delicious lunch will be served **indoors** after the program, or are available to go. Lunch cost is **\$8** (Please don't let cost keep you away! Please see Cindy if this is a barrier for you.) For proper planning and accurate food purchasing purposes, **all lunch reservations are needed one week in advance.**

Call 858-509-2587 to reserve.

A Quick Glance at Coming Programs

- **January 5:** Kick off the New Year & Celebrate January Birthdays with our favorite, Peter Seltser. Menu: New Years Soup, Salad & Apple Bacon Grilled Cheese.
- **January 12:** Mission Focus: Juan Daniel Espitia-Ethiopia & the Afar. Menu: Moroccan Chicken (infused w/orange & cinnamon) served with vegetable couscous.

Cont...

3



Belmont Village residents enjoy exceptional hospitality, luxurious amenities and premier programs for health and wellness. Senior Living has never looked better!

Distinctive Residential Settings
Chef-Prepared Dining and Bistro
Health and Wellness Programs
Award-Winning Memory Care
Therapy and Rehabilitation Services

BELMONT Village
SENIOR LIVING
CARDIFF BY THE SEA

760.436.8900
3535 Manchester Ave.
belmontvillage.com

Winner of the George Mason University Healthcare Award. Provider to the NFL Player Care Plan.

 RCFE License 374603231 © 2015 Belmont Village, L.P.

Celebrating the Golden Age



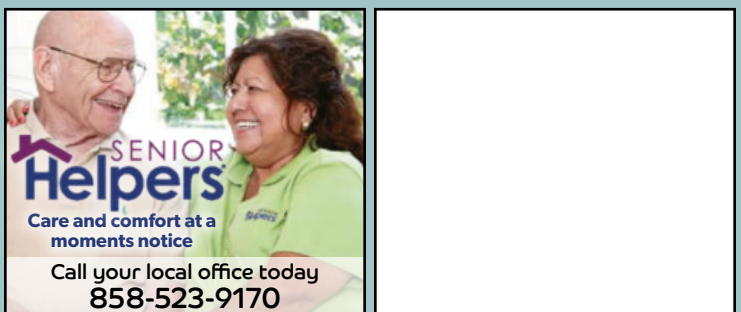
Dania Macias | REALTOR License # 01910462
SENIORS REAL ESTATE SPECIALIST (SRES CERTIFIED)

- Making the sale of your property Hassle-Free, sold in "As is" condition, with NO Seller repairs.
- Downsizing services available-Property cleaning, Moving, Packing, and Haul Away.
- I serve Sellers and Buyers anywhere in San Diego County.



Guiding Seniors and their families with a personalized approach when selling their property making the transaction less stressful and more successful!

CELL: 858-213-7909 • www.daniamacias.txrhomes.com



SENIOR Helpers
Care and comfort at a moments notice

Call your local office today
858-523-9170

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Brett Reineck** to place an ad today!
breineck@lpicommunities.com or (800) 950-9952 x2511



WAYS TO STAY CONNECTED - cont...

A Quick Glance at Coming Programs - cont...

- **January 19:** Walter Ritter-Write Out Loud. Menu: Salmon Nicoise with green beans, Potatoes, Hard Boiled Egg, and Tomato.
- **January 26:** Sensational Iris Mone. Menu: Roast Pork with cherry almond glaze, Wild Rice Pilaf, Vegetables, and Salad.
- **February 2:** Celebrate February Birthdays & Vincent Young plays All Requests. Menu: Chicken Marsala over pasta, Roasted Vegetables with Mixed Greens.
- **February 9:** Brain Games: Team Trivia. Menu: Chicken & Beef Sliders, Tater Tots, Garden Salad.
- **February 16:** DeAnna Manley sings Country Western. Menu: Hawaiian Pork BBQ, Macaroni Salad, Grilled Vegetables and Pineapple.
- **February 23:** Janette Sheldon: Community Serve Day Info and Opportunities. Menu: Chicken Tortilla Casserole, Beans and Rice.

Feeling Fit Club (FFC):

Will meet in person, INDOORS, in the Hispanic Chapel parking lot #3! Sue Grant leads you in a great workout on Mondays and Wednesdays from 8:30 - 9:30am. You are welcome to attend either or both days. There is no fee as FFC is sponsored by San Diego County's Aging and Independent Services. First time attendees, please arrive a few minutes early to complete the necessary paperwork. Bring a water bottle to stay hydrated. The FFC will also continue to meet via Zoom at the same times/days. **Note: Holiday Observance - No Class on Monday Jan. 17th, and Monday, Feb. 21st, 2022.**

Fun and Games:

Do you enjoy playing Bridge, Hand and Foot, Canasta, Scrabble, or Mahjong? How about Mexican Train Dominoes, Yahtzee or Rummikub? Games keep your mind sharp. You're invited to come on Wednesdays to Debin Hall from 10-11:20am to see who's playing what and join right in. We'll set up the tables and provide most games, you provide the fun!

Current Events Discussion Group ~ ZOOM:

Current Events will ZOOM weekly from 10-10:30am. (Note, the time change.) This group meets to discuss what's happening in the world, locally and globally. Bring a news article to share and discuss. It's informal and everyone is invited to bring up a topic of interest.

Fellowship with Friends ~ ZOOM

Fellowship with Friends will ZOOM weekly from 10:45am-11:15am. Get together with your friends online and catch up. Bring some good news or share something fun, or even ask for a prayer request! It'll boost your spirits!

The Music Appreciation Class:

The Music Appreciation Class with Randy Malin is currently only available through email until further notice. Please see page 6 for details.

Son Seekers Bible Study:

Bible Study is back on campus as well as Zooming and will meet on Sundays from 8:30-9:45am. Please see page 6 for details.

Cont...

WAYS TO STAY CONNECTED cont...

Book Club:

The Book Club has doubled the fun on the 2nd Wednesday of the month! Choose your preferred way to meet, in person or on Zoom. Enjoy reading and sharing your literary thoughts with friends. Everyone is welcome! Please see page 10 for specific details.

Silver Age Yoga:

The Silver Age Yoga class will be held in Debin Hall's lower level, Room 16, from 8:30-9:30am on Fridays. Designed specifically for the needs of seniors of all ability levels, this "chair only" class means no mats and no getting on the floor. There are some standing postures, but these can all be done with the help of a chair if needed. There is no fee, but donations are welcome for non-profit Silver Age Yoga. Please join instructor, Danyll Monroe, for a wonderful class each week.

Ginny's Sewing Fellowship:

Do you like to sew? This group of lovely gals will meet at 10 am on the 1st and 3rd Tuesday of the month in Debin Hall's lower level, Room 16. Join in the fun and fellowship-and they often bring lunch to enjoy together afterwards. For more information on this sewing group please contact Muffie Knox at 858-342-6628 or by email at dknox6@san.rr.com.

5



760-489-2938

Anderson
Estate Law Inc.

www.andersonstatelaw.com
Attorneys Mark A. Anderson and Cale D. Beck

Specialists in Estate Planning

- ◆ Revocable Living Trusts ◆ Trust Administration
- ◆ Charitable Trusts ◆ Probate
- ◆ Education Trusts ◆ Wills
- ◆ Special Needs Trusts ◆ Powers of Attorney
- ◆ 40 Years Experience ◆ House Calls Available
- ◆ FREE Initial Consultation

"We help families painlessly transfer their wealth and value to their chosen loved ones."

145 South Fig Street, Escondido, CA



SRG
SENIOR LIVING

Our assisted living is accredited for two reasons. You. And your family.

Because having the peace of mind of accreditation is important. Just one of the many reasons to choose La Vida Del Mar.

Call today to learn more.

LA VIDA DEL MAR
INDEPENDENT & ASSISTED LIVING RESIDENCES

850 Del Mar Downs Road • Solana Beach • **858.345.4127**
RCFE#374602832 LaVidaDelMar.com



KINGDOM BUILDER
FOUNDATION

Will it matter that you were here?

KBFoundation.org



MUSIC APPRECIATION CLASS

Randy Malin continues to share his passion for music with his followers via email.

If you would like to be included in The Music Appreciation Class concert series please contact Elizabeth at Elizabeth@solanapres.org or 858-509-2587.



Thank you Randy for filling our lives with joyful sounds!

SON SEEKERS BIBLE STUDY

Everyone is invited to join the Son Seekers Bible Study group on Sunday morning from 8:30-9:45am in Room 15, or by ZOOM. This group continues studying the book Acts using John Stott's study entitled Acts: Seeing the spirit at Work. Newcomers are always welcome!

Have questions, want to connect by Zoom, or need more detail? **Contact:**

Connie Illian jcillian5@gmail.com
Shelia Rodrigues shejposey@gmail.com



CRAFT CONNECTION



Special Valentine Craft Class with our very own Senior Center member Karen Sullivan

Join other crafty folks and create something lovely.

Under Karen's direction you will explore your creative side and make Valentines.

Come to Debin Hall on Wednesday, February 2nd from 10 - 11:20am to join in the fun.

This class is FREE and all supplies will be on hand.

The class size is limited to 8, so be sure to sign up and/or

RSVP with Elizabeth at Elizabeth@solanapres.org / call 858-509-2587.

**Hope to have YOU
join in the Holiday fun!**

MENTAL WELLNESS

Grieving the death of a spouse?

*Or do you
know someone who is?*

Your life has changed
forever. The daily emotions
and challenges can seem
too hard to bear.

**Find help at a
Loss of a Spouse
seminar.**

GRIEF SHARE®

LOSS OF A SPOUSE

Join us for this encouraging seminar.

January 30th, 2021

1pm - SBPC Hispanic Chapel

Call today for more information

858-509-2580 x 1221

Solana Beach Presbyterian Church

www.solanabeach.church/events

MENTAL WELLNESS

Solana Beach Presbyterian Church



GRIEF SUPPORT GROUP

Help and encouragement after the death of a loved one.

This confidential support group is designed to help you rebuild your life. We know it hurts, and we want to help.

GriefShare is a special weekly seminar.



BEGINNING DATE FOR 2022 TBA

Hosted by Solana Beach Presbyterian Church

120 Stevens Ave., Solana Beach, CA 92075

13-week series - Meets Sundays 1pm to 3pm

SBPC HISPANIC CHAPEL

FOR INFORMATION CALL KAREN at 858-509-2580 x 1221

Fall 2021 Grants

At Kingdom Builder Foundation, we provide grants to missions through legacy gifts. The Kingdom Builder Foundation is excited to announce that our donor generosity and growing investments enabled us to grant over \$40,000 this fall granting cycle. Here is a list of who received funding:

Alliance for African Assistance: Alliance is sponsoring 510 Afghan evacuees to resettled in San Diego. This grant will pay for rent (for one month), food, medication, transportation, and other necessities of daily life for four Afghan families of five families.

Foundation Matthew 633, Inc.: Increase efficiency of providing twice-weekly provision of food and diapers to vulnerable families in North County, San Diego.

Lakeside Community Presbyterian Church: LCPC's Eat and Greet once a month program provides an intergenerational, inclusive, relational bridge that reduces hunger and feelings of isolation.

Pathways to Citizenship: Year 2 of 2 (Multi-year grant) to expand legal software support.

SBPC Hospitality: Monthly Parties on the Patio through June 2022 for re-gathering to encourage and deepen relationships for our Spanish and English congregants where we can invite others and promote belonging to God and one another through conversation, shared meals and fun. Events are expected to grow in-person attendance by 20%.

SBPC Student Ministries: "COVID camp special" for 50-60 7th -12th grade SBPC Students and their friends after they were unable to attend Forest Home Winter Camp last year. Part of the re-gathering and outreach effort.

SBPC Wellness: New wellness ministry focused on pre-teen mental health to host 3 Family Wellness events help normalize mental health discussion in the church, increase awareness, provide training opportunities and help SBPC be a beacon of hope and help in the community.

Our mission at Kingdom Builder Foundation is to support the building of God's Kingdom by providing grants to Christ-centered missions through legacy gifts of members and friends of Solana Beach Presbyterian Church.

To learn more about Kingdom Builder Foundation, please visit our website: kbfoundation.org or contact us ~

Kingdom Builder Foundation
120 Stevens Avenue
Solana Beach, CA 92075
Email: info@kbfoundation.org



Compassion International Update

The COVID-19 pandemic threatens to push millions of children and families deeper into poverty, erasing hope for the future and years of hard work. It is estimated that 27 million more people will fall into poverty as a result of the pandemic, the first increase in the global poverty rate in more than 20 years.

Please continue to pray for those deeply impacted by this pandemic.

The Compassion staff, volunteers and frontline church partners across the world are working diligently and creatively to address immediate needs and to help vulnerable children and their families rebuild from lasting effects of the pandemic.



Thank you for your continued support and prayers.



Stephanie Our Sponsor Child
Sponsored since March 10, 2017

If you would like to make a financial donation for Stephanie and her family, please contact the Senior Center office at 858-509-2587.

Your Support in Action

-  **566,066 food packs**
have been delivered
-  **294,862 hygiene kits**
have been delivered
-  **105,103 individuals**
have received medical care

Does your Medicare health plan meet your needs?

When it comes to choosing a Medicare health plan, there's a lot to consider. As your Kaiser Permanente Medicare specialist, I am here to help make Medicare simple.

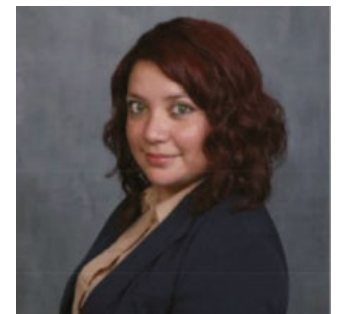
Now's the time to get in touch so I can help you:

- Understand the basics of Medicare
- Learn the benefits of a Kaiser Permanente Medicare health plan, which is rated 5 out of 5 Stars in California for 2021, Medicare's highest possible rating¹
- Enhance your coverage with additional dental, hearing, and vision benefits
- Learn how you may be able to enroll and become a member as soon as next month²
- Enjoy \$0 copays for virtual care, including phone, email, and video visits³



Join me at a Live Neighborhood Webinar to learn more.

Call me to RSVP or visit my website at mykpagent.org/melissas



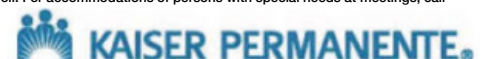
Melissa Salcedo-Mendoza

Kaiser Permanente
Medicare Specialist

Call me at:
619-952-7518

Se habla español

¹Every year, Medicare evaluates plans based on a 5-star rating system. ²You must meet all Medicare health plan enrollment requirements. ³When appropriate and available. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. For accommodations of persons with special needs at meetings, call 1-800-921-2900 (TTY 711). Kaiser Foundation Health Plan, Inc., 393 E. Walnut St., Pasadena, CA 91188-8514



MONTHLY BOOK CLUB

THE SOLANA BEACH COMMUNITY SENIOR CENTER'S BOOK CLUB

The Book Club is enjoying another season of great literature and even better discussions with friends. The Book Club has grown too large to accommodate a single discussion, so is splitting into two groups, trading selections each month.

You're welcome to join either group:



Roomies (in-person), or **Zoomies** (those meeting online).

The **Roomies** (in person group) meets at 1pm in Room 15. Please note the NEW time to accommodate those enjoying lunch at the Senior Center. January 12th discussion: *Where The Crawdads Sing* by Delia Owens. February 9th discussion: *Bad Ass Librarians of Timbuktu* by Joshua Hammar.

JANUARY READING: Where the Crawdads Sing by Delia Owens

This 2018 mystery was on the NY Times Best Seller list for 124 weeks.

In *Where the Crawdads Sing*, Owens juxtaposes an exquisite ode to the natural world against a profound coming of age story and haunting mystery. Thought-provoking, wise, and deeply moving, Owens's debut novel reminds us that we are forever shaped by the child within us, while also subject to the beautiful and violent secrets that nature keeps. (Goodreads)

Where the Crawdads Sing will be discussed on Wednesday, January 12 at 1:00pm in Room 15.

FEBRUARY READING: Bad Ass Librarians of Timbuktu and Their Race to Save the World's Most Precious Manuscripts by Joshua Hammar:

To save ancient Arabic texts from Al Qaeda, a band of librarians pulls off a brazen heist worthy of Ocean's Eleven in this "fast-paced narrative that is...part intellectual history, part geopolitical tract, and part out-and-out thriller" from the author of *The Falcon Thief*. (The Washington Post)

B.A.L Manuscripts will be discussed on Wednesday, February 9 at 1:00pm in Room 15.

The **Zoomies** will meet via Zoom at 1pm. January 12th discussion: *The Midnight Library* by Matt Haig. February 9th discussion: *Island of Sea Women* by Lisa See.

JANUARY ZOOM: Midnight Library by Matt Haig:

Between life and death there is a library, and within that library, the shelves go on forever. Every book provides a chance to try another life you could have lived.

Cont.

COMPASSION INTERNATIONAL UPDATE - STEPHANIE

To see how things would be if you had made other choices... Would you have done anything different, if you had the chance to undo your regrets? A dazzling novel about all the choices that go into a life well lived, from the internationally bestselling author of *Reasons to Stay Alive* and *How to Stop Time*. (Goodreads)

Midnight Library will be discussed on Wednesday, January 12 at 1:00pm.

FEBRUARY ZOOM: Island of Sea Women by Lisa See

This beautiful, thoughtful novel illuminates a unique and unforgettable culture, one where the women are in charge, engaging in dangerous physical work, and the men take care of the children. A classic Lisa See story—one of women's friendships and the larger forces that shape them—*The Island of Sea Women* introduces readers to the fierce female divers of Jeju Island and the dramatic history that shaped their lives.

Island of Sea will be discussed on Wednesday, February 9 at 1:00pm.

Books are provided by the Solana Beach Library and available online via Libby. For more information on meeting in person or to get registered to get the Zoom link, please contact Cindy or Elizabeth at 858- 509-2587.



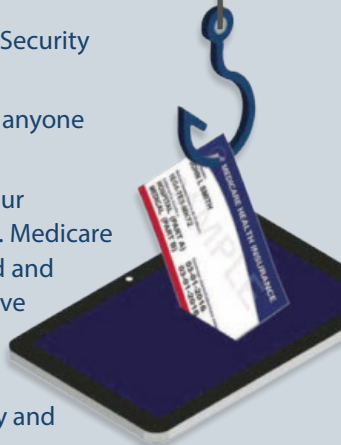
The Book Club is poised for a fascinating 2021-2022 reading adventure! EVERYONE is WELCOME to join this literary group.

11

Protect Your Medicare

Follow these Tips to prevent Medicare ID fraud:

- >> Keep your Medicare and Social Security cards secure.
- >> Don't share your numbers with anyone but your health care team.
- >> If someone calls and asks for your Medicare information, hang up. Medicare will only call you if you've called and left a message or a representative said that someone will call you back.
- >> Check your statements carefully and log into **Medicare.gov** to spot any possible fraud or billing mistakes.
- >> Report suspicious activities by calling **Senior Medicare Patrol:**



1-855-613-7080



This project was supported, in part, by grant 90MPPG019-04-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

TORREY PINES
SENIOR LIVING
A Stellar Living Community

SCHEDULE A TOUR Today!

COME JOIN THE FUN!

Luxury Senior Living Options
Assisted Living - Memory Care
Skilled Nursing & Rehabilitation

(858) 259-2222
13010 Hartfield Ave. San Diego, CA 92130
www.stellariving.com



Ten Commandments for a Long and Peaceful Life

Thou shalt not worry, for worry is the most unproductive of all human activities.

Thou shalt not be fearful, for most of the things we fear never come to pass.

Thou shalt not face each problem as it comes.
You can handle them only one at a time.

Thou shalt not cross bridges before you get to them,
for no one yet has succeeded in accomplishing this.

Thou shalt not take problems to bed with you,
for they make very poor bedfellows.

Thou shalt not borrow other people's problems.
They can take better care of them than you can.

Thou shalt be good listeners, for only when you listen
do you hear ideas different than our own. It's very hard
to learn something new when you're talking.

Thou shalt not try to re-live yesterday for good or ill – It is gone.
Concentrate on what is happening in your life today.

Thou shalt not become bogged down by frustration, for 50% of it is rooted
in self-pity and will only interfere with positive actions.

Thou shalt count thy blessings, never overlooking the small ones,
for a lot of small blessings add up to a big one.

Shared in 2017 as a "Thought for the Day"
by Julia Gaysunas



SENIOR SEMINARS

DATE: January 19th
TIME: 1pm
PLACE: SBPC New Chapel

Linda A. Jahnke B.C.P.A
Board Certified Patient Advocate

TOPIC “I HAVE LONG TERM CARE INSURANCE, NOW HOW DO I USE IT?”

1. What are my policy benefits?
2. When is it time to file a claim?
3. What are common mistakes to avoid when filing a LTC claim?
4. What is a LTC claim advocate and how can they help?

Linda Jahnke has been a Long Term Care Insurance Specialist for over 33 years. Originally working in a skilled care facility that provided services to individuals with Alzheimer’s Disease, Linda saw firsthand the need for planning for this type of care. Linda quickly built a career as an insurance broker. In 2013 Linda founded **Jahnke Consulting and Long Term Care Alliance**.

The mission of Jahnke Consulting is to educate families and the professional community on the importance of planning for long term care expenses and claims advocacy. Upon obtaining a professional designation through the **Professional Patient Advocate Institute**, Linda began to accept clients who need her expertise to navigate through their long term care claims.

Linda is a longtime, trusted advocate for seniors and has served many members of SBPC and the Senior Center. Her work as a claim advocate is invaluable! Come to learn more about how to use your LTC policy. The seminar is free; however advanced reservations are appreciated. Call 858-509-2587.

DATE: February 2nd
TIME: 1pm
PLACE: SBPC New Chapel

Senior Real Estate Services & Understanding Residential Living Options

Presented by Dania Macias, CSRES and Brenda-Lee Smith from Oasis Senior Advisors

DISCUSSION TOPICS WILL INCLUDE:

Dania Marcias



- What is senior living and what does it include?
- Review of the various types of senior living – independent, assisted, memory, residential
- How do I know what type of senior living is right for my loved one?
- What are the costs of senior living vs staying in individual home?

Brenda Lee Smith



- San Diego County Housing Update: How is the Housing Market doing and where is it headed?
- What types of Home Upgrades net the highest Return on Investment?
- How can I sell my home for the highest value but with the least hassle?
- What is an iBuyer? What are the downsides to selling off Market?

If you are considering selling your home and moving to a retirement community, this seminar is for you! Dania Macias is a Certified Seniors Real Estate Specialist (CSRES), an exclusive designation achieved by less than 2% of realtors in the US. She offers a network of reputable, licensed service providers to help with seniors’ needs. Brenda-Lee Smith can help you navigate the confusing terrain of residential living options for seniors with a hands-on approach. Come to find out more about selling your home and/or finding the right situation for your next home.

The seminar is free; however advanced reservations are appreciated. Call 858-509-2587.

TRIPS

Mystery Trip?

Join Cindy and Elizabeth
as they head out on a fun filled daytime adventure.
You won't want to miss out!

DATE: Thursday, January 20th, 2022

COST: \$10, includes transportation. No host lunch.

DEPARTURE TIME: 9:45am. Returning by 2:30pm.

Activity Level: 5 (moderate - standing, walking, sitting, and a few stairs)

RSVP by calling 858-509-2587 or email Elizabeth@solanapres.org.



CHULA VISTA NATURE CENTER

The Living Coast Discovery Center is an environmental education center with marine animal, animal and bird exhibits located in the Sweetwater Marsh Unit of the San Diego National Wildlife Refuge in Chula Vista, California.

DATE: Thursday, February 10, 2022

COST: \$25.00, includes entrance and transportation. No host lunch nearby.

DEPARTURE TIME: 9:30am. Returning by 2:30pm.

Activity Level: 7 (standing, walking, sitting, and a few stairs)

RSVP by calling 858-509-2587 or email Elizabeth@solanapres.org.



You're invited to join an enthusiastic group at Gleanings in Dinuba, CA (not far from Fresno) for an amazing week of fellowship, service, worship and fun! There's a lot to do and something for every skill and energy level. You might be packing dry soup mix, assist with office tasks, painting or making tied quilts. You'll be living in motel type rooms with bathrooms and all meals furnished.

DATE: Sunday, March 13 - 18th

DEPARTURE: 10am on Sunday, March 13 **RETURN:** Friday, March 18th

ACTIVITY LEVEL : 4 (moderate - standing, walking, sitting, stairs may be involved)

COST: \$125 includes transportation, 5 nights lodging, 3 meals a day while at Gleanings.

NOTE: Not included are 3 lunches & 1 dinner on the travel days. A minimum of 6 is needed to make the trip a "go". Paid reservations are needed by February 25th. For more information please call Pat (619-997-6856). Reservations call Cindy (858-509-2587). Visit www.gleanings.org



Senior Center Trip Activity Gauge

Please be mindful,
and help us assure
everyone's safety.

{Activity Level Gauge}

1...2...3...4...5...6...7...8...9...10

easy

- sitting
- little walking

moderate

- standing
- walking
- stairs may be involved

strenuous

- lots of standing or walking
- stairs or uneven walkways

SENIOR RESOURCES

FREE LIFT ASSISTANCE

Have you or a loved one ever fallen and needed a little help getting up? Great news! Help is available through a community service known as "LIFT ASSIST!" This non-emergency service is available through most of North County (excludes Escondido and Camp Pendleton) by calling 858-756-1126. Note, the number when called will be answered by emergency dispatch personnel and they will help you activate this service.

SENIOR LEGAL SERVICES

Legal services are offered to seniors 60+ for counseling on Power of Attorney, Living Wills, Financial matters and more. This service is offered on a donation basis. Many situations can be handled with a phone interview. Please call (858) 565-1392 ext. 205 or ext. 208 to schedule an appointment.

HICAP (Health Insurance Counseling & Advocacy)

Health Insurance Counseling and Advocacy Program (HICAP) offers FREE assistance in dealing with any health insurance issue, questions or problems with providers. To schedule an appointment please call Elder Law and Advocacy at (800) 434-0222 followed by 2.

AIS (Aging and Independent Service)

Aging and Independent Services provides services to older adults, people with disabilities and their families to help keep clients safely in their homes, and promote health and vital living. For more information, call (800) 331-4661.

221 San Diego

Is a free 24-hour confidential phone service in 200+ languages and a searchable online database. 211 provides information on health and wellness, housing and utilities, food assistance, military and veteran services and more. Just dial 211 for assistance.

ElderHelp

ElderHelp provides personalized services and information that helps seniors remain independent and live with dignity in their own homes. Contact (619) 284-9281 or online at www.elderhelpofsandiego.org.

Some important numbers

- Adult Protective Services: (858) 495-5660
- Consumer Fraud: (619) 531-3507
- Social Security Administration: (800) 772-1213
- Alzheimer's Association San Diego Chapter: (800) 272-3900

CELEBRATIONS / MARK YOUR CALENDAR



Having the opportunity to wish a happy birthday and celebrate the life of a great friend like you is a true gift.

JANUARY BIRTHDAYS:

Mary Ballin, Noni Bilinski, Barbara Conjonte, Carol Crines, Aida Davies, Betty Ertfai, Renate Hausmann, Arlene Hodges-Layl, Eloise Housman, Muffie Knox, Pat Leverett, Tom Lewis, Kathalijn Nelson, Barbara Phillips, Patricia Price, Fran Schugmann, Becky Sparks, Patricia Straight, Marcia Walthers.

Birthday Sponsor :



FEBRUARY BIRTHDAYS:

Dawne Dickinson, Eleanor Firkser, Diane Hardison, Barbara Jenkins-Lee, Elaine Jensvold, Gene Karnes, John McMahon, Jane Morton, Betsy Penberth, Cheryl Rodzach, Patricia Sarkar, Phil Tripp, Glory Tsung, Cathy Tyre.

Birthday Sponsors :



&



TAX-AID BEGINS FEBRUARY 2nd

Under the auspices of the AARP Tax-Aide program, income tax assistance and tax form preparation for 2021 Federal and California Returns are being offered until Wednesday, April 13. This tax preparation service is available to low and middle income taxpayers, with the primary focus being on those who are 60 and older.

The AARP Tax-Aide assistance is on a **“First Come, First Serve...no appointment needed system”** on **Wednesdays** (9am to 1pm) at Solana Beach Presbyterian Church in Room 15. On Saturday mornings the team is at St. James Catholic Church in Solana Beach (administration building) between 9am and 1pm. The AARP Tax-Aide is FREE and runs from February 2 - April 13, 2022. NOTE: Tax-Aid subject to CDC guidelines.



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