

# Park Avenue Post

Park Avenue Community Center (PACC) news, events, activities, resources, & a whole lot of fun!

### Office Hours

Monday - Friday  
8 a.m. - 3 p.m.

### Contact Us

760-839-4688  
[recreation@escondido.org](mailto:recreation@escondido.org)

### Find Us Here!

210 E. Park Avenue  
Escondido, CA 92025

We are flying through another fun and eventful year together! We will be having an exciting double feature movie day this month, so if you enjoy boxing movies be sure to mark your calendar so you don't miss it. More information about the movie and our other events can be found on pages four and five.

April is National Volunteer Month. The staff at the Park Avenue Community Center want to extend a huge "thank you!" to all of the volunteers who help with the nutrition program, activities, and services. You are all deeply appreciated!

*For some people  
Volunteering is about giving  
But for the likes of you  
It is a way of living...  
Thank You*



We have a new Department Specialist to welcome to our team! Sandra will be helping us in the evenings and weekends. Sandra is a mother of three wonderful humans, one furry-four-legged puppy and a grandmother of four grandchildren that she adores! During the day Sandra works as a hairstylist in the assisted living and skilled nursing communities. In her free time Sandra likes to get together with her family and have a good time with them. When her activities/work allows, Sandra enjoys traveling! Welcome to the PACC family Sandra!

## Newsletter Subscriptions

Are you interested in receiving a mailed newsletter subscription? Come to the front counter to subscribe to a one year subscription for \$20.

You can also get the newsletter emailed to you each month for free by signing up online: [www.escondido.org/older-adult-services](http://www.escondido.org/older-adult-services)



# Park Avenue Post

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Jilaine Hernandez, Supervisor III

Lina Ildefonso, Customer Service Representative II

Vanessa Arguelles, Resource Representative

Department Specialists: Sheri Jeffreys, Sandra Ledesma, Veronica Lutz

Mary Rodelo, Nutrition Program Coordinator

Nutrition Staff: Autumn Nuno

Nutrition Transportation Staff: Cameron Grigoriadis

Maintenance Staff: Vicente, Alex, Brenda

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## Senior Nutrition Program

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### Nutrition Program

Congregate meals are nutritionally balanced meals served indoors at the Park Avenue Café and are designed to sustain and improve participant's health and reduce isolation by promoting socialization. **Seating is limited, and reservations are required.**

### Lunch Transportation

Lunch transportation is offered for nutrition participants only (to Center and back home). Participants may be wait listed due to capacity issues.

### Reservations for Meals & Lunch Transportation

Older adults ages 60 and over can sign up for these programs. If you would like to be added to the list for congregate meals or lunch transportation, call 760-839-4803 and leave your name, age, and phone number. Participants must fill out enrollment paperwork, all forms need to be updated yearly.

The Escondido Senior Nutrition Program is supported by the City of Escondido and the County of San Diego Aging and Independence Services.

# PARK AVENUE CAFÉ LUNCH MENU – APRIL 2024

DELICIOUS LUNCH SERVED MONDAY - FRIDAY FROM 11:30 A.M. TO 12:15 P.M.

**SENIORS 60 & OVER** - \$4 SUGGESTED VOLUNTARY CONTRIBUTION

**UNDER 60** - \$9 FEE

NO ELIGIBLE PERSON AGE 60+ WILL BE DENIED A MEAL BECAUSE OF FAILURE OR INABILITY TO CONTRIBUTE.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>HOMEMADE TURKEY MEATBALLS W/ MARINARA SAUCE ON SPAGHETTI</b> VEGETABLE MEDLEY CANNED PEACHES WHOLE WHEAT BREAD	<b>LEMON HERB TILAPIA</b> LIME BROWN RICE SAUTÉED SPINACH GALA APPLE	<b>ROASTED PORK TENDERLOIN W/ CHIMICHURRI SAUCE</b> LENTILS STEAMED BROCCOLI CANNED PEARS WHOLE WHEAT BREAD	<b>BEEF STROGANOFF ON BUTTERED EGG NOODLES</b> ROASTED CARROTS NAVEL ORANGE WHOLE WHEAT BREAD	<b>BROWN ALE BRAISED CHICKEN THIGHS</b> GARLIC ROASTED POTATOES FRESH GREEN BEANS BANANA WHOLE WHEAT BREAD
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>JERK CHICKEN THIGHS</b> LEMON RICE PILAF ROASTED ZUCCHINI GALA APPLE WHOLE WHEAT BREAD	<b>SHEPHERD'S PIE</b> ROASTED BRUSSELS SPROUTS CANNED PEACHES WHOLE WHEAT BREAD	<b>* ROOT BEER GLAZED HAM</b> MASHED POTATOES ROASTED CARROTS NAVEL ORANGE WHOLE WHEAT BREAD	<b>PECAN CRUSTED TILAPIA</b> STEAMED BROWN RICE CREAMED SPINACH BANANA	<b>ROASTED PORK LOIN</b> BLACK-EYED PEAS STEAMED CABBAGE CANNED PEARS WHOLE WHEAT BREAD
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>CHICKEN CURRY</b> BROWN RICE PILAF SAUTÉED BOK CHOY GALA APPLE WHOLE WHEAT BREAD	<b>HOMEMADE MEATLOAF</b> MASHED POTATOES ROASTED ACORN SQUASH CANNED PEARS WHOLE WHEAT BREAD	<b>CAJUN BLACKENED CATFISH</b> CHEESE GRITS OKRA AND TOMATOES ORANGE WHOLE WHEAT BREAD	<b>SWEET N/ SOUR PORK</b> STEAMED RICE FRESH ROASTED CARROTS CANNED PEACHES WHOLE WHEAT BREAD	<b>LIME CILANTRO CHICKEN</b> BLACK BEANS SAUTÉED CAULIFLOWER BANANA WHOLE WHEAT BREAD
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>BRAISED HOMESTYLE BEEF STEW</b> BUTTERED EGG NOODLES ROASTED CARROTS NAVEL ORANGE WHOLE WHEAT BREAD	<b>* BBQ CHICKEN THIGHS</b> BAKED BEANS COLESLAW BANANA WHOLE WHEAT BREAD	<b>BRAISED CITRUS PORK</b> MASHED POTATOES FRESH SPINACH GALA APPLE WHOLE WHEAT BREAD	<b>DIJON HERB CRUSTED COD</b> COUSCOUS STEAMED BROCCOLI CANNED PEACHES WHOLE WHEAT BREAD	<b>TURKEY BOLOGNESE SAUCE ON WHOLE WHEAT PENNE PASTA</b> ROASTED EGGPLANT GALA APPLE
<b>29</b>	<b>30</b>	<p>THE NUTRITION PROGRAM IS SUPPORTED BY THE CITY OF ESCONDIDO AND THE COUNTY OF SAN DIEGO AGING &amp; INDEPENDENCE SERVICES.</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p> <p>* DENOTES ENTIRE MEAL BEING &gt;1000 MG SODIUM</p> <p>ALL MEALS ARE SERVED WITH LOW FAT MILK</p>		
<b>BBQ PULLED PORK</b> BAKED BEANS COLESLAW GALA APPLE WHOLE WHEAT BREAD	<b>BRAISED BRISKET</b> FARRO ROASTED CORN AND BELL PEPPERS BANANA			

PLEASE MAKE YOUR RESERVATIONS 48 HOURS BEFORE YOU WISH TO DINE.

(ON THURSDAY FOR MONDAY RESERVATIONS) **760 - 839 - 4803**

LUNCH RESERVATION, LUNCH TRANSPORTATION & CANCELLATION LINE. (24 HR. VOICE MAIL)

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## PACC Highlights

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### **April Events:**

#### **Friday, April 5 - Friday Film - School of Rock at 9:30 a.m.**

Come enjoy the comedy, *School of Rock*, starring Jack Black, Mike White, and Joan Cusack. Overly enthusiastic guitarist Dewey Finn gets thrown out of his bar band and finds himself in desperate need of work. Posing as a substitute music teacher at an elite private elementary school, he exposes his students to the hard rock gods he idolizes and emulates - much to the consternation of the uptight principal. As he gets his privileged and precocious charges in touch with their inner rock 'n' roll animals, he imagines redemption at a local Battle of the Bands. In the Auditorium at 9:30 a.m. Runtime is 1 hour 45 minutes

#### **Wednesday, April 10 - April Celebration**

Join us after lunch as we celebrate all birthdays in April. Sponsored by AmeriCare. In the Auditorium from noon - 12:30 p.m.



#### **Friday, April 19 - Friday Film Double Feature - Rocky II 9 a.m. & Rocky III 12:30 p.m.**

Join us at 9 a.m. to watch Rocky II as we watch Rocky struggle in family life after his bout with Apollo Creed, while the embarrassed champ insistently goads him to accept a challenge for a rematch. Runtime is 1 hour and 59 minutes. After lunch at 12:30 p.m. we will continue the series with Rocky III and watch as Rocky faces the ultimate challenge from a powerful new contender, and must turn to a former rival to help regain his throne as the undisputed fighting champion. Runtime is 1 hour and 39 minutes in the Auditorium.

#### **Tuesday, April 23 - Educational Forum - Fall Prevention**

Join Natalie Scroggins and Miranda Quevedo of AmeriCare as they discuss key factors contributing to falls and implementing strategies to prevent them. In the Auditorium at 12:15 p.m.



#### **Friday, April 26 – Spring Garden Dance Party**

Join the fun at our monthly afternoon dance from 12:30 - 2 p.m. in the Auditorium.

#### **Mondays & Wednesdays - Feeling Fit Club**

This free functional fitness program for older adults focuses on aerobic endurance, strength, flexibility, and balance to maintain independence. This class is sponsored by the County of San Diego, Health and Human Services Agency and held at both 9 and 10 a.m. in the Auditorium.

#### **Tuesdays & Wednesdays - Shuffleboard**

Looking for novice to experienced Shuffleboard players to join in on the fun, from 9 a.m. – noon every Tuesday and Wednesday in the Shuffleboard building.

#### **Wednesdays - Table Tennis**

All levels welcome on Wednesdays in the Auditorium from 1 - 3 p.m.

#### **Wednesdays - Chess Club**

Join Chess players in the Shuffleboard building on Wednesdays from noon - 3 p.m.

**\* ALL CLASSES AND EVENTS ARE SUBJECT TO CHANGE OR CANCELLATION \***

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## CLASSES

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**Bake with Vanessa coming soon.**

**Art with Lina - Get added to the interest list. Leave your name, phone number and e-mail address at the front counter.**

**Tuesday, April 16 - Garden with Sheri**

Sheri will guide you through the process of how to plant and care for a flower that you will get to take home with you. Sign up at the front counter from April 8 - 10. Class will be held outside under the Gazebo from 10 - 10:45 a.m.

**Tuesday, April 30 - Spring Craft**

Join in this fun spring craft to make your very own bunny to take home. Sign up at the front counter between Monday, April 22 through Wednesday, April 24. Class will be held in the Maple at 10 a.m.

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**Recreation Classes held at the Park Avenue Community Center**

Enroll in all Escondido Recreation classes online today at [recreation.escondido.org](http://recreation.escondido.org)

**Better Balance with Stability Ball: 4/2 - 4/30 Tuesdays @ noon \$40**

**Better Balance with Stability Ball: 4/4 - 4/25 Thursdays @ noon \$32**

- Join the fun in this low impact aerobics class. We use weights, bands and a stability ball to improve strength, flexibility and balance.



**Chair Fitness: 4/3 - 4/24 Wednesdays @ 12:30 p.m. \$32**

- Using a variety of exercises in a chair. This class will help increase your strength, flexibility and balance.



**Senior Tai Chi: 4/2 – 4/30 Tuesdays @ 7:30 a.m. \$40**

**Senior Tai Chi: 4/4 - 4/25 Thursdays @ 3 p.m. \$32**

**Senior Tai Chi: 4/5 - 4/26 Fridays @ 7:30 a.m. \$32**

- Tai Chi is a gentle exercise program designed to give the participants better balance, flexibility and strength.



**Zumba for Boomers: 4/2 - 4/30 Tuesdays @ 5 p.m. \$45**

**Zumba for Boomers: 4/4 - 4/25 Thursdays @ 5 p.m. \$36**

- Dance for your heart and music for your soul! In this easy-to-follow class, we'll dance Salsa, Swing, Bachata and even a little Country. Lynn has Jazzercise for many years and brings the fun to this class. No experience needed.





## Dixon Lake



March 27, Dixon Lake was stocked with over 1,000 pounds of Rainbow Trout. Hours are 6:30 a.m. to 7 p.m. and a daily fishing permit is required. We hope to see you there.

## East Valley Community Center



Looking for ways to stay active, or play a game with friends? Open Gym at the East Valley Community Center is for all ages and just \$5 to drop in.

You can enjoy a game of pickleball or basketball (volleyball & badminton are occasionally available; ask at the front desk.)

Check out the schedule here: <https://recreation.escondido.org/open-gym>

## Park Avenue Community Center



Coming in May, we will have a grand opening of the PACC outdoor nutrition program dining area.



# What You Need to Know About Misleading Advertising

## Fraudulent and misleading ads

Consumers nationwide are often misled by advertisers who use “Social Security” or “Medicare” to entice their victims. These companies often offer Social Security services for a fee, even though the same services are available directly from us **free of charge**.

These services include getting:

- A corrected Social Security card showing a name change.
- A replacement Social Security card.
- A *Social Security Statement*.
- A Social Security number for a child.

Some direct marketers suggest that Social Security is in poor financial shape. They state that people risk losing their Social Security or Medicare benefits unless they send a contribution or membership fee to the advertiser. Other companies give the false impression of a Social Security endorsement or affiliation by offering a “Social Security Update” or related benefit update. Typically, these companies solicit private information from consumers and then resell that information. These marketing practices clearly mislead and deceive the American public.

## How we combat misleading advertising

Section 1140 of the Social Security Act is a consumer-protection tool against misleading advertising. It prohibits the use of our words and symbols in a manner that conveys the false impression that we issued or approved the communication. Section 1140 prohibits individuals and companies from:

- Misleading consumers by giving a false impression that we are associated with or endorse the communication. Prohibited communications can take many forms. These include mailed, emailed, and televised advertisements, websites, social media, personally targeted advertisements, mobile applications, and text messages.
- Reproducing and selling our publications without authorization, as well as charging for services without notice that we provide for free.

Our Office of the Inspector General (OIG) can impose civil monetary penalties against individuals, organizations, and other entities that violate Section 1140. This authority is

delegated from the Commissioner of Social Security. The OIG may impose penalties for each violation and a separate penalty for each misuse related to a broadcast or telecast.

## What to do if you receive misleading information about Social Security

Reports of fraud may be submitted online at [oig.ssa.gov/report](http://oig.ssa.gov/report).

Or send the information, including the complete ad and envelope, or copy of the website page, to:

Office of the Inspector General Fraud Hotline  
Social Security Administration  
P.O. Box 17768  
Baltimore, MD 21235

Also, advise your state’s attorney general or consumer affairs office and the Better Business Bureau in your area.

## What to do if you receive misleading information about Medicare

Contact the Office of Inspector General for the Department of Health and Human Services online at [oig.hhs.gov/fraud/report-fraud](http://oig.hhs.gov/fraud/report-fraud).

Or, by U.S. mail at:

U.S. Department of Health & Human Services  
Office of Inspector General  
Attn: HHS Tips Hotline  
P.O. Box 23489  
Washington, DC 20026

## Contacting Social Security

The most convenient way to do business with us is to visit [www.ssa.gov](http://www.ssa.gov) to get information and use our online services.

Or, call us toll-free at 1-800-772-1213 or at 1-800-325-0778 (TTY) if you’re deaf or hard of hearing. We can answer your call from 8 a.m. to 7 p.m., weekdays. We provide free interpreter services upon request. You can also use our automated services via telephone, 24 hours a day, so you do not need to speak with a representative. **Wait times to speak to a representative are typically shorter Wednesdays through Fridays or later in the day.**



Securing today  
and tomorrow

SSA.gov |

Social Security Administration

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## Community Updates

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**Senior Travel Office:** 760 - 294 - 1851

Monday, Wednesday, and Fridays from 10 a.m. - noon

**Travel meeting will be Monday, April 8 at 1 p.m. in the Auditorium.**

For more information about each trip, come in during office hours to pick up a flyer.

### Upcoming Senior Travel Trips:

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Coastal Tour (Central California)	May 15 - 17
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Lunch and entertainment in tribute to Johnny Cash and Patsy Cline	June 12
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Academy Museum of Motion Pictures with the Original Farmers Market	August 15
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Lunch with Wine and Musical Revue	September 19
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## SDG&E'S ACCESSIBLE INFORMATION, RESOURCES & SERVICES



SDG&E is committed to supporting customers and making sure that everyone is offered equal access to information, resources and services. To learn more, visit [\*\*sdge.com/AFN\*\*](https://sdge.com/AFN). Customers are also encouraged to share their household's individual needs using the form found at [\*\*sdge.com/access-and-functional-needs-survey\*\*](https://sdge.com/access-and-functional-needs-survey).



Let us know whether you or someone in your household:

Has a disability;

Uses an electronic medical device for health, safety or independence;

Is blind or has low vision;

Is deaf or hard of hearing; and/or

Requires the use of assistive technology or durable medical equipment.



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# Community Updates

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## Senior Service Council Escondido

728 North Broadway, Escondido, CA 92025. 760 - 480 - 0611

(Enter at the Park Avenue Community Center Main Entrance)

Monday & Friday 9 a.m. - noon, and Tuesday - Thursday 9 a.m. - 3 p.m.

<http://escondido-senior-services.org>

### Free Income Tax Preparation

April 1 thru April 15

Call for DEBB  
appointment

APPOINTMENTS STRONGLY RECOMMENDED. Walk-in appointment availability will be determined daily based on the number of tax preparers and possible cancellations and cannot be guaranteed. Schedule online at <https://escondido-senior-services.org> or call 760-480-0611 to schedule an appointment. Assistance on tax returns from Internal Revenue Service or California Franchise Tax board. For low and moderate income taxpayers. Bring Social Security cards, photo ID, W2s, 1099s, Social Security award letters, last year's tax return and any other paperwork required to complete your federal and CA state returns. Married taxpayers **must both** be present. Tax return will be completed and filed at this one visit. We **CANNOT** prepare the following tax returns: married filing separate, out of state or rental property income.

### Taxi Coupon Program Tuesdays and Wednesdays

9 - 11:30 a.m. DEBB

Taxi coupons may be used for doctor appointments, banking, shopping, and churchgoing within the City of Escondido. Escondido low income seniors age 50 years and older with no other means of transportation may qualify. **Must apply in person.** Bring proof of income, including most recent bank statement, picture ID and proof of age. Allow 1 week for approval.

### Legal Aid

Every Wednesday by appointment

9 - 11 a.m. DEBB

Get advice on wills, trusts, divorce, landlord relations, and other general legal issues.

### Notary Services

Wednesday, April 3 & 17 by appointment

9 - 11:30 a.m.

### Hearing Screening

By appointment call 760 - 489 - 6901

Off-site office

When scheduling appointment, you must mention referral from the Senior Service Council.

### Grief Support Group

Thursday, April 11 & 25

1 - 2 p.m. Oak

The declining health or loss of a loved one is a life-changing event. The support of others on a similar journey can help rebuild your life. Join this healing journey sponsored by Bristol Hospice of San Diego.

### Alzheimer's Care

Monday, April 8 & 22

10 - 11:30 a.m. Maple

### Partner Support Group

This support group is for care partners who are caring for someone who is living with dementia. This group is offered by Alzheimer's San Diego. Please call 858 - 492 - 4400 for more information.

### Parkinson's Support Group

Wednesday, April 3 & 17

10 - 11 a.m. Oak

The Parkinson's Association along with the Juan Carlos Organization invites you to join in for their Tai Ji Quan program. Bilingual instructor will teach you techniques to enhance balance and reduce falls. For more information call 858-999-5671 or visit [www.parkinsonsassociation.org](http://www.parkinsonsassociation.org)

### Multiple Sclerosis Support Group

Wednesday, April 17

1 - 3 p.m. Cedar

This support group is for those with M/S, their families and caregivers. For more information please contact Michelle Easterling - Group Co-Leader, [m.easterling@gmail.com](mailto:m.easterling@gmail.com).

### (HICAP) Health

Every Tuesday by appointment.

DEBB

### Insurance Counseling and Advocacy Program

Call 858 - 565 - 8772 to schedule an appointment.

Counselors available to assist seniors and persons with disabilities make informed decisions about healthcare coverage, Medicare benefits and supplemental insurance plan options.

**Volunteers needed call 760 - 480 - 0611 for more information.**

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## Resource Information

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The PACC resource representative provides community resources to seniors and their families, in order for the senior to live independently with confidence and vitality. Call 760 - 839 - 4049 to leave a message with your name, phone number, and details regarding your resource needs.



Meals on Wheels focuses on caring for seniors 60 and over whose diminished mobility makes it hard to shop for food, prepare meals, or socialize with others. For more information, call the North County office at: 760 - 736 - 9900 or visit: [www.meals-on-wheels.org](http://www.meals-on-wheels.org)



For more information visit: [www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)

The San Diego Food Bank Senior Food Program distributes boxes of food once per month to eligible low-income seniors 60 years or older at the Park Avenue Community Center on the fourth Monday of each month from 8:30 - 11:30 a.m. (except holidays).

Next food distribution at PACC is Monday, April 22  
Applicants can enroll in the program in person on distribution day or by calling 866 - 350 - 3663.



Call FACT at 888 - 924 - 3228  
8 a.m. - 4 p.m. Monday through Friday

FACT is proud to offer a unique and exciting specialized transportation service called RideFACTNOW for San Diego County residents with disabilities using a mobility device in need of a wheelchair accessible van (WAV). This on-demand para-transit service operates on a same-day basis, with as little as one-hour basis. RideFACTNOW costs \$10 for a one-way ride.

Please call FACT at 888 - 924 - 3228 for information, or to request a ride.  
8 a.m. - 4 p.m. Monday through Friday to schedule. Or visit the website at [www.factsd.org](http://www.factsd.org).

# Important Phone Numbers

## EMERGENCY SERVICES

Fire, Paramedic, Police Emergency	9-1-1
Emergency calls—Cell Phone	760-839-9111
Poison Control Center	800-876-4766

## CITY OF ESCONDIDO

City Clerk's Office	760-839-4617
Code Compliance (Enforcement)	760-839-4650
Community Services Department	760-839-4691
Fire Department (non-emergency)	760-839-5400
Graffiti Removal	760-839-4668
Helicopter Announcement Transcription	858-866-4356
Library	760-839-4683
Park Avenue Community Center	760-839-4688
Police Department (non-emergency)	760-839-4722
Utility Billing	760-839-4682
Utility Billing (Pay by Phone)	855-608-2480
Water/Wastewater Emergencies	760-839-4668

## FINANCIAL SERVICES

Section 8 HUD	858-694-3900
Social Security Administration	800-772-1213

## GENERAL SERVICES

211 San Diego County Resources	2-1-1
American Red Cross	858-309-1200
CA DMV	800-777-0133
CA DMV Hearing Impaired	800-368-4327
CA Department of Public Health	833-544-2374
Interfaith Community Services - Housing, Legal Aid, Meals, Supportive Services, and Tax Preparation	760-489-6380
San Diego Eldercare Directory	619-293-1680
San Diego Humane Society - Escondido <a href="http://www.sdhumane.org">www.sdhumane.org</a>	800-888-2275
Senior Service Council Escondido	760-480-0611

## HEALTH, CONSELING, & SUPPORT GROUPS

Adult Protective Services	800-510-2020
Aging and Independence Services	800-339-4661
Alzheimer's Association	800-492-4400
American Cancer Society	833-227-2345
Arthritis Foundation	800-283-7800
Center for the Blind	760-758-5956
Deaf Community Services	619-398-2441
Grief Support Groups	<a href="http://Griefshare.org">Griefshare.org</a>
Health and Human Services Agency	858-694-3900
HICAP (Health Insurance Counseling and Advocacy Program)	800-434-0222

## HEALTH, CONSELING, & SUPPORT GROUPS Continued

NAMI (National Alliance on Mental Illness) N. Inland San Diego County	800-532-5933
Mental Health & Crisis Intervention	888-724-7240
Parkinson's Foundation	800-473-4636

## LEGAL SERVICES

Elder Law and Advocacy <a href="http://www.seniorlaw-sd.org">www.seniorlaw-sd.org</a>	858-565-1392
Legal Aid Society of San Diego <a href="http://www.lasdsd.org">www.lasdsd.org</a>	877-534-2524

## MEALS & NUTRITION

Escondido Senior Nutrition	760-839-4803
Meal on Wheels	760-736-9900
San Diego Co. CalFresh (food stamps)	866-262-9881
San Diego Food Bank	866-350-3663

## MEDICAL INFORMATION

<b>COVID-19 Testing/Vaccination</b>	<b>2-1-1</b>
Kaiser Permanente	833-574-2273
MediCal Information Line	800-514-6885
MediCare Help Line	800-633-4227
Neighborhood Health Care	760-737-2000
North Inland Resource Center	858-696-3400
Ombudsman/Advocate Program	800-640-4661
Palomar Medical Center	442-281-5000
Pomerado Medical Center	858-613-4000

## RECREATION & EDUCATION

Escondido Adult School	760-739-7300
Palomar Community College	760-744-1150
Park Avenue Community Center	760-839-4688
Senior Travel Service	760-294-1851

## TRANSPORTATION

FACT	888-924-3228
North County Transit District	760-966-8500
NCTD Lift Eligibility	760-966-6645
NCTD Lift Reservations	760-726-1111
S.S.C.E. - Taxi Voucher Program	760-480-0611

## UTILITY ASSISTANCE

CARE Energy Bill Discount Program	
San Diego Gas & Electric	800-411-7343
California LifeLine Program	866-272-0357
California Telephone Access Program is now California Connect	800-806-1191

Fun & Games - April

T B L L A B E S A B U N N Y E  
S S U A J E F S G G E L M A W  
E R O T L E A V E S N J S F E  
J E E H T T U O R P S T T L A  
X S M W G E M V S W E N A S T  
E U P E O O R E O R E C L H H  
N O V U O L T F X W A R M O E  
I H M L D I F A L O R C P W R  
H D B U K D L R U Y T W L E F  
S R I T N L L B N S H D P R G  
N I C A E C J E P G D X R S K  
U B H R D H G R S Z A C U I P  
S Z B K R J I R D E Y G W V B  
Z M I M A N I P X Z E Y C Z R  
U S P O G G C U W Y Q L H G B

BASEBALL

BIRD

BIRDHOUSE

BLOOM

BUNNY

BUTTERFLY

EARTH DAY

EASTER

EGGS

FLOWERS

GARDEN

KITES

LEAVES

PUDDLES

SHOWERS

SPRING

SPROUT

SUNSHINE

UMBRELLA

WARM

WEATHER