

# 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

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SPRING FORWARD  
SET YOUR CLOCKS AHEAD AN HOUR

**Spring Forward**

Daylight savings will begin Sunday, March 10. Don't forget to set your clock one hour ahead when you go to bed on Saturday, March 9.

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We would like to offer a big Thank You to everyone that participated in learning and performing the "Cupid Shuffle" dance! We had an amazing turn out with over 30 participants. The group even taught the dance to a few of the Escondido Firefighters that came to the center to administer blood pressure screenings.

Be sure to check out all of the fun and educational events that are planned for this month (see pages 4 & 5) so you can plan to take part of the wonderful offerings available at the Park Avenue Community Center!

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**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)

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**PACC Staff**

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Jilaine Hernandez, Supervisor III

Lina Ildefonso, Customer Service Representative II

Vanessa Arguelles, Resource Representative

Support Staff: Sheri Jeffreys, Sandra Ledesma, Veronica Lutz, Rene Orozco

Mary Rodelo, Nutrition Program Coordinator

Nutrition Staff: Autumn Nuno

Nutrition Transportation Staff: Cameron Grigoriadis



# Park Avenue Post

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## City News

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### Interacting with the City, and Staying Informed:

- See something that needs to be fixed? To report potholes, graffiti, and discarded debris, use [Report It!](#)
  - You can pay your utility bill and apply for a business license or permit utilizing our [Online Services](#)
  - Curious about what is being built around town? To see up-to-date major project updates, visit the [Major Projects Dashboard](#)
  - Never miss a class...register for recreation classes and leagues using our [Online Registration](#)
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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 – MARCH 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
THE NUTRITION PROGRAM IS SUPPORTED BY THE CITY OF ESCONDIDO AND THE COUNTY OF SAN DIEGO AGING & INDEPENDENCE SERVICES.  MENU SUBJECT TO CHANGE WITHOUT NOTICE. * DENOTES ENTIRE MEAL BEING >1000 MG SODIUM ALL MEALS ARE SERVED WITH LOW FAT MILK				<b>1</b> <b>LIME CILANTRO CHICKEN</b> BLACK BEANS SAUTÉED CAULIFLOWER BANANA WHOLE WHEAT BREAD
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</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 PORK W/ SEASONED APPLES</b> MASHED POTATOES FRESH SPINACH CANNED PEARS WHOLE WHEAT BREAD	<b>TURKEY BOLOGNESE SAUCE ON WHOLE WHEAT PENNE PASTA</b> ROASTED EGGPLANT GALA APPLE WHOLE WHEAT BREAD	<b>DIJON HERB CRUSTED COD</b> COUSCOUS FRESH STEAMED BROCCOLI CANNED PEACHES WHOLE WHEAT BREAD
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>BBQ PULLED PORK</b> BAKED BEANS COLESLAW GALA APPLE WHOLE WHEAT BREAD	<b>BRAISED BRISKET</b> FARRO ROASTED CORN AND BELL PEPPERS BANANA	<b>TEXAS CHILI W/BEANS</b> ROASTED POTATOES SAUTÉED CARROTS CANNED PEACHES WHOLE WHEAT BREAD	<b>TERIYAKI CHICKEN THIGH</b> STEAMED RICE STEAMED BOK CHOY NAVEL ORANGE WHOLE WHEAT BREAD	<b>SOUTHWEST TILAPIA</b> BROWN RICE CHARRED BRUSSELS SPROUTS FRUIT COCKTAIL
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>CHICKEN CACCIATORE ON BOWTIE PASTA</b> BRAISED COLLARD GREENS CANNED PEACHES WHOLE WHEAT BREAD	<b>TURKEY MEATLOAF</b> MASHED POTATOES ROASTED CARROTS GALA APPLE WHOLE WHEAT BREAD	<b>BAKED ZITI AND BEEF</b> ROASTED ZUCCHINI CANNED PEARS WHOLE WHEAT BREAD	<b>APPLE, FENNEL, ROASTED PORK TENDERLOIN</b> LENTILS ROASTED PARSNIPS BANANA WHOLE WHEAT BREAD	<b>LEMON HERB TILAPIA</b> LEMON RICE PILAF SAUTÉED CAULIFLOWER NAVEL ORANGE WHOLE WHEAT BREAD
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>CHICKEN AND RICE CASSEROLE</b> STEAMED PEAS AND CARROTS GALA APPLE WHOLE WHEAT BREAD	<b>PARMESAN BAKED CHICKEN TENDERS</b> STEWED RED BEANS BALSAMIC ROASTED BRUSSEL SPROUTS CANNED PINEAPPLE CHUNKS WHOLE WHEAT BREAD	<b>SWEDISH MEATBALLS</b> MASHED POTATOES SPINACH WITH SAUTÉED GARLIC CANNED PEARS WHOLE WHEAT BREAD	<b>GARLIC HERB ROASTED PORK LOIN</b> ROASTED SWEET POTATO STEAMED BROCCOLI NAVEL ORANGE WHOLE WHEAT BREAD	<b>BAKED FISH VERA CRUZ</b> BROWN RICE PILAF STEAMED CORN KERNELS 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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### March Events:

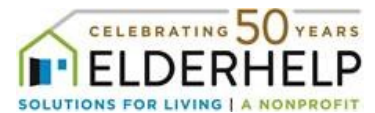
#### **Tuesday, March 5 - Educational Forum - Escondido Transportation**

Do you have ideas for making it safer and easier to get around Escondido by foot, bike, or transit? Join Craig Williams, Associate Traffic Engineer at the City of Escondido, to learn about the exciting mobility planning efforts underway and how you can help influence the improvements to the City's transportation network. Information is in English & Spanish. In the Auditorium at 10 a.m.



#### **Tuesday, March 12 - Educational Forum - Senior Housing Support & Other Resources**

Join Carrie from ElderHelp to learn about ElderHelp's HomeShare program - a roommate matching service, and the new Housing Support Fund, which can assist seniors with moving expenses and reduce barriers to housing. In the Auditorium at 12:15 p.m.



#### **Wednesday, March 13 - March Celebration**

Join us after lunch as we celebrate all birthdays in March. Sponsored by San Diego Seniors Community Foundation. In the Auditorium from noon - 12:30 p.m.



#### **Monday, March 18 - Fun "LUCKY" BINGO**

Fun "LUCKY" Bingo will be hosted in the Auditorium from 12:30 - 1:30 p.m.

#### **Tuesday, March 26 - Educational Forum - Exercise to Prevent Falls**

Join Sara White, COTA, CSCS, CFPS & Lindsay Copleman, PTA of Gary & Mary West PACE for an educational presentation and discussion about exercise to strengthen your body to help you prevent falls. In the Auditorium at 12:15 p.m.



#### **Thursday, March 28 - Helping Hands 8th Annual Sr. Senior Prom - An Evening Under the Stars**

You are cordially invited to enjoy a delightful day with great music, a fun photo booth, complimentary corsages & boutonnieres, and fabulous snacks. Towards the end of the event, a King and Queen will be crowned and there will be a special performance by The Helping Hands Youth. Don't forget to dress to impress. Join the fun at our monthly afternoon dance from 12:30 - 2:30 p.m. in the Auditorium.

#### **Friday, March 29 - Friday Film - School of Rock - Now playing April 5 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

#### **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 12:30 - 3 p.m.

## **Wednesdays - Chess Club**

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

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## **CLASSES**

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**Craft and baking classes will return in the Spring.**

**Art with Lina will return in the Summer.**

### **Tuesday, March 19 - Intergenerational Gardening with Sheri**

Older adults and students from Mission Middle School will partner to take part in this fun class. Together they will paint a decorative piece and plant wildflower seeds in a pot. Sign up at the front counter between Friday, March 8 through Tuesday, March 12. Class will be held outside of the Auditorium at 9:30 a.m.

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

### **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: 3/5 - 3/26 Tuesdays @ noon \$32**

**Better Balance with Stability Ball: 3/7 - 3/28 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: 3/6 - 3/27 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: 3/5 – 3/26 Tuesdays @ 7:30 a.m. \$32**

**Senior Tai Chi: 3/7 - 3/28 Thursdays @ 3 p.m. \$32**

**Senior Tai Chi: 3/1 - 3/29 Fridays @ 7:30 a.m. \$40**

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



**Zumba for Boomers: 3/5 - 3/26 Tuesdays @ 5 p.m. \$36**

**Zumba for Boomers: 3/7 - 3/28 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 taught Jazzercise for many years and brings the fun to this class. No experience needed.





YOU ARE CORDIALLY INVITED TO  
HELPING HANDS  
8TH ANNUAL SR. SENIOR PROM

# *An Evening Under The Stars*

THURSDAY, MARCH 28, 2024

12:30 - 2:30PM

**PARK AVE COMMUNITY CENTER**

210 PARK AVENUE, ESCONDIDO, CA 92025

FOR MORE INFORMATION CALL 760-839-4688

ENJOY A DELIGHTFUL DAY WITH GREAT MUSIC. INCLUDED IS A FUN  
PHOTO BOOTH, COMPLIMENTARY CORSAGES & BOUTONNIERES AND  
FABULOUS SNACKS. TOWARDS THE END OF THE EVENT KING AND  
QUEEN WILL BE CROWNED AND THERE WILL BE A SPECIAL  
PERFORMANCE BY THE HELPING HANDS YOUTH.

\*DON'T FORGET TO DRESS TO IMPRESS\*





### Scams - Franchise Tax Board



Scammers sometimes pretend to be government officials to get you to send them money or access your information.

The main types of scams are through:

- Email, Mail, Phone, Text messaging, and Websites.

Typically, we contact you by mail several times prior to contacting you directly by phone or in person. Do not reply to text messages, download attachments or click on any links in emails if you're not sure they're genuine.

#### Types of scams

You should be suspicious of anyone that contacts you and:

- Asks for **passwords** for your credit cards, bank account, bank debit card, MyFTB account, email account, personal or business accounts.
- Threatens to contact law-enforcement to have you arrested if a tax debt is not paid.
- Demands payment by third-party issued or pre-paid debit cards. We **do not** accept these forms of payment.

Claims that there is a problem with your account. Our agents already have access to your account information and will explain the nature and details of your tax or nontax debt.

#### Email

If you receive a suspicious email that claims to be from us requesting personal information, it may be a phishing email. Phishing emails look legitimate because they often use real logos and phone numbers. Delete it from your inbox and your trash folder.

Commonly requested information in a phishing email may include:

- Social security number, Username, Password, Credit card or bank account numbers, Wage withholding, Employee payroll

The email may also direct you to a fake website. Once you enter your personal information, it can be used to steal your identity.

#### Mail

If you receive a letter by mail that claims to be from us requesting personal information, it may be a scam. View our [letters](#) page to verify the notices we send. If you would like additional verification, contact us.

#### Phone

Phone scams are the most common method used to scam taxpayers. Phone scams involve a caller claiming to be associated with us.

The caller may:

- Say you owe taxes
- Demand payment and ask for the payment to be made through a pre-paid card, even staying on the phone with you while you go to purchase one
  - Threaten to contact law-enforcement to:
    - Have you arrested
    - Suspend your license
    - Have you deported

#### Text messaging

If you receive a suspicious or unsolicited text message claiming to be from FTB, do not respond or click on any links, as the text may be a phishing scam.

A phishing text may ask for:

- Usernames, Passwords, Payment, Credit and debit card numbers, Banking information, PINs, Social security number

FTB does **not** send text messages asking for personal or financial information or account numbers.

View our [Text messaging](#) page to verify when FTB texts and what information we send.

**Report a scam by phone at 800-852-5711 weekdays, 8 a.m. - 5p.m. or online [webapp.ftb.ca.gov/informantdb/](http://webapp.ftb.ca.gov/informantdb/)**

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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, March 11 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:

Taste of Los Angeles	March 26
From the Desert to the Farm	April 6
Coastal Tour (Central California)	May 15 - 17



### ARE YOU PREPARED FOR STORMS?

The San Diego County of Emergency Services has tips on how to prepare for storms and other emergencies. You should create a plan, build an emergency kit and sign up for alerts. Check out these helpful tips.

- Create a family disaster plan at [alertsandiego.org](https://alertsandiego.org). Practice evacuating with your family to be prepared at a moment's notice.
- Have an emergency kit ready with necessary items if you had to evacuate, including food and medication.
- Have contingency plans for different times of the day, such as an emergency while some family members are at work or school.
- Check with schools or childcare providers to make sure you are aware of emergency plans and how you will be contacted.
- In case you are separated during a disaster, discuss where to reunite because phone service may not be reliable during a disaster.
- Your pets are part of your family too. Make sure they are microchipped and that you have a pet disaster plan in place. Learn which items to have packed at [sddac.com](https://sddac.com).
- Register your (and other family members' cellphones) with Alert San Diego at [alertsandiego.org](https://alertsandiego.org) to be notified if an emergency is affecting your neighborhood.
- Get free sandbags at locations throughout the County. Find one near you at [alertsandiego.org](https://alertsandiego.org). Sandbags help divert or redirect water, mud and debris from your property and help prevent soil erosion.

Have you been affected by winter storms? You may be eligible for assistance and recovery resources. Learn more at [sdge.com/RecoveryResources](https://sdge.com/RecoveryResources).





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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**

**March 1 thru April 15**

**Call for  
appointment**

**DEBB**

**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 to 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, March 6 & 20 by appointment**

**9 - 11:30 a.m.**

**DEBB**

#### **Hearing Screening**

**By appointment call 760 - 489 - 6901**

**Off-site**

Professional Hearing Associates

1045 E Valley Pkwy. Escondido, CA 92025

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

Dr. David Illich, Audiologist will conduct and interpret a free professional hearing test.

#### **Grief Support Group**

**Thursday, March 14 Maple Room.**

**1 - 2 p.m.**

**Thursday, March 28 Oak Room.**

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, March 11 & 25**

**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, March 20**

**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 Lisbeth Garces, support group coordinator, 619 - 971 - 3904

#### **(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 for the Senior Service Council reception desk**

Please call to apply 760-480-0611.

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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, March 25

Applicants can enroll in the program in person on distribution day or by calling 866 - 350 - 3663.



# FACT

Facilitating Access to Coordinated Transportation

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 notice. 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
Braille Institute San Diego Center	800-272-4553
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

COVID-19 Testing/Vaccination	2-1-1
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 Connect	800-806-1191



## Fun & Games - St. Patrick's Day

C	D	R	R	M	D	Y	Y	Z	V	A	Z	V	F	M	BLARNEY
Z	K	N	Y	H	D	U	U	H	I	M	X	U	F	R	CHARM
E	C	S	Y	O	S	X	B	X	W	G	O	L	D	A	CLOVER
S	U	W	E	M	E	R	A	L	D	G	R	Q	B	H	DANCE
H	L	O	N	P	Y	R	O	O	I	K	R	E	I	C	DUBLIN
A	Z	B	R	R	X	P	N	F	D	N	O	E	Q	L	EMERALD
M	Y	N	A	Y	Y	W	E	D	A	R	K	P	E	X	GOLD
R	J	I	L	O	Q	F	K	S	N	S	D	P	Q	N	GREEN
O	S	A	B	H	E	C	L	D	C	A	R	A	T	E	IRELAND
C	A	R	O	D	I	A	Z	B	E	E	L	T	B	T	ISLE
K	D	F	A	R	E	V	O	L	C	R	C	E	C	P	LEPRECHAUN
Y	P	R	E	B	G	S	M	H	I	Y	M	S	R	J	LIMERICK
S	A	M	U	K	T	L	A	S	U	G	H	Q	M	I	LUCK
P	I	I	S	U	E	U	L	E	E	F	N	D	K	C	MARCH
L	S	D	T	P	N	E	Q	U	H	C	R	A	M	I	PARADE
															RAINBOW
															SHAMROCK

Our Transportation Coordinator, Rose, is leaving us for a fabulous full-time job opportunity in San Diego. She made sure all transportation clients arrived to the center lunch, programs, and events, and returned home safely. Rose's energetic spirit, dancing moves, and fun stories will be missed! She always did her job with a smile, good luck in your new endeavor.

