

# Whatcha call it

LOVE



HEART

# February 2021

Escondido Senior Center news, events, activities, resources, and a whole lot of fun!



**Park Avenue  
Community Center  
(PACC)**  
**210 E. Park Ave.  
Escondido, CA 92025**  
**760-839-4688**

Office Hours

Temporarily suspended while facility is closed to the public.

Stay connected to the City visit:

<https://www.escondido.org/city-newsletters>

**PACC STAFF**

Jilaine Hernandez, Supervisor III

Mary Rodelo, Program Coordinator

Lina Ildefonso, Customer Service Rep. II

Sheri Jeffreys, Department Specialist

Vanessa Arguelles, Dept. Specialist

Angela Naranjo, Department Specialist

PACC Maintenance Staff:

Estella, Vicente, Alex



February is American Heart Month!

It's that time of year when we all are reminded just how important it truly is to maintain our heart health. However, we can all agree that we should also strive to sustain/improve our overall health as well! Let's start improving our health with a variety of nutritious fruits and vegetables (see page 6 for five reasons to add color to your diet). Second, move your body everyday with some exercise to help your physical and mental well being. Third, take some time for quiet meditation to calm your mind and make your heart a little happier. Adding any of these will help you feel more energetic everyday! Don't forget to visit your doctor for any medical advice that you may need.

**Another way to help retain your health during the pandemic is to receive your COVID-19 vaccine. For more information on vaccine sites and public transportation see pages 4 and 5.**



The Park Avenue Community Center will be closed Monday, February 15 in observance of Presidents' Day.

**There will be NO LUNCH pick-ups or deliveries on this day.**

## SENIOR NUTRITION PROGRAM

The Senior Nutrition program has transitioned to delivery and pick-up of cold, to-go meals since March 2020. At this time, we are accepting participants 60 and over to be added to a waitlist. To be added to the waitlist, call: 760-839-4803. Leave your name, phone number and address.

If you would like to make a donation, we would be pleased to accept checks payable to City of Escondido. Checks can be mailed to the Park Avenue Community Center at 210 East Park Avenue, Escondido, CA 92025.

## SENIOR NUTRITION DOCUMENTARY



We would like to offer our gratitude to all the city employees who have contributed to the Senior Nutrition Program throughout the COVID-19 pandemic. Watch these hero's in action on the City of Escondido's [YouTube](#) video. Their hard work and dedication ensures that older adults in the community receive a nutritious meal Monday to Friday.

City of Escondido's Senior Nutrition Program

## HOLIDAY SPIRIT DAYS

### February Spirit Days

February 8-12: Love your Heart! Wear red to raise and spread awareness to eradicate heart disease and strokes.

Tuesday, February 16 is Mardi Gras. Wear purple, gold, green and your Mardi Gras beads.

# COMMUNITY UPDATES

## Regional Stay Home Order Ends as ICU Projections Improve:

The CA Department of Public Health is ending the Regional Stay Home Order across California. This action comes as projected ICU availability rose above 15%. Counties will return to their assigned blueprint tiers.

### San Diego County Re-Enters Purple Tier

Purple Tier Operations:

- Restaurants - outdoor only, 5 a.m. - 10 p.m. Live entertainment okay. Takeout and delivery 24 hours
- Wineries - outdoor only
- Bars, breweries, distilleries that serve food must operate as restaurant
- Hair salons, barbershops, nail solons, tattoo parlors - open indoors
- Grocery stores - 50% capacity indoor
- Retail - 25% capacity indoor
- Hotels - open
- Professional sports - open without live audiences
- Offices - remote work
- K-12 schools - distance learning if not already open for in-person instruction
- Amusement parks - closed
- Places of worship - outdoor only
- Gyms - outdoor only
- Family entertainment centers - outdoor only (e.g., kart racing, mini golf, batting cages)
- Youth & adult sports - outdoor only, low contact
- Movies theaters - outdoor only
- Museums - outdoor only
- Zoos/aquariums - outdoor only





# Adults 65 and over are now eligible for COVID-19 vaccine!

**BE COVIDSAFE ✓**

Residents age 65 and over are now eligible for COVID-19 vaccination and can receive vaccinations at County sites.

### How to get an appointment for the vaccine for adults age 65+:

1. You are encouraged to first contact your doctor or healthcare provider to request the vaccine. Many healthcare providers are notifying their patients.
2. If a vaccine appointment is not available through your doctor, or you do not have a provider, then go to [VaccinationSuperStationSD.com](https://VaccinationSuperStationSD.com) to make an appointment at a County or County Partner site. Appointments fill up very quickly and you may need to keep trying.
3. **If you are age 75 and over, and you do not have access to the internet, you may dial 2-1-1 on your phone for assistance in making an appointment. Please do not call 2-1-1 if you are able to access the website.**

To view this information in Spanish please visit <https://www.sandiegocounty.gov/>

---

#### Notes:

- Appointments are **required**; people without appointments will be turned away.
- Do not schedule an appointment if you have COVID-19, or are sick. Please follow Centers for Disease Control & Prevention (CDC) guidance for this situation:
  - [cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html)
- Wear a mask.

#### Additional Resources:

County of San Diego (County) COVID-19 Website: [coronavirus-sd.com](https://coronavirus-sd.com)

County COVID-19 Vaccine Website: [coronavirus-sd.com/vaccine](https://coronavirus-sd.com/vaccine)

Older Adult & Disability Sector Website: [coronavirus-sd.com/AgingAndDisability](https://coronavirus-sd.com/AgingAndDisability)

California COVID-19 Website: [covid19.ca.gov](https://covid19.ca.gov)

CDC COVID-19 Website: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)



LIVE WELL  
SAN DIEGO

01-25-2021

# RIDE FREE TO YOUR VACCINE



Starting January 28, MTS will offer free transit rides for everyone in the region who needs to get to their COVID-19 vaccine appointment location. This includes all vaccination sites in the county including Super Vaccination stations, hospitals, and other community immunization locations!

You only need to show a confirmation email of your vaccine appointment that day - either a printout or on a smartphone - to get on board for free. County-hosted COVID-19 vaccinations sites are currently open for people in all tiers of Phase 1A, including adults 65 and older and healthcare workers.

### Vaccination Centers:

The County of San Diego is operating several immunization centers, and recently opened two Super Vaccination sites.

UC San Diego Health - Petco Park Super Station is located in Downtown across from the 12th and Imperial MTS Transit Center, and is accessible by all Trolley lines.

Sharp Healthcare - South Bay Super Station is located at the Sears in Chula Vista. This vaccination center is easily accessible by the UC San Diego Blue Line, with a short five minute bus ride to the location.

For more information on vaccinations, eligibility and appointments, visit the County of San Diego [website](#). For those who wish to be notified when they become eligible for the vaccine and schedule their appointment, may sign up on state's website [My Turn](#).

MTS Access Paratransit [subscription passengers](#) must book ahead of time to/from trips in the normal way. Access will offer free trips to drop-off locations only.

Plan your trip by visiting <https://www.sdmts.com/schedules-real-time-covid-19-updates/free-rides-vaccines>

\*The trip planner shows vaccination and testing sites throughout San Diego County. However - rides to COVID testing centers require a fare.



**FACE COVERINGS ARE REQUIRED  
at stations and onboard vehicles**



American Heart Association,  
**Healthy for Good™**



## 5 REASONS TO ADD COLOR

Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

### 1. Lots of the Good

Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.



### 2. Less of the Bad

Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!

### 3. Won't Weigh You Down

Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.



### 4. Super Flexible Super Foods

All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.

### 5. A Whole Body Health Boost

A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.



# COMMUNITY UPDATES

## Online Safety

The internet is a marvelous thing. Users can view photographs of far off lands, find information on nearly any topic, and connect instantly with people around the globe. This ability to instantly connect with people can be used for good, or it can be used by those who would seek to commit crimes. Internet criminals aim to gather personal information such as your name, date of birth, banking information, and Social Security Number. Alternatively, scammers may utilize malicious software to trick you into paying for ‘ransomed’ files, or outright steal money from your bank. The methods used by internet thieves are varied, but there are some common tips to help keep you safe online.

- **Do not share personal information** – You should never share any of your personal information such as your name, address, date of birth, Social Security Number, passwords, credit card numbers, banking information, etc. If you would not give the information to a stranger on the street corner, you should not give it out over the internet.
- **Be guarded** – If you don’t know the sender, or were not expecting the sender to include an attachment, do not open the attachment without a little investigation first. Check if the email address matches the sender. Criminals will use official company logos and a legitimate looking format to trick you into clicking a link. This link may infect your computer with malware, or afford the scammer an opportunity to gather your personal information. If you were not expecting an attachment from a contact, call the contact to make sure they sent you the attachment. Criminals will either create a fake email account which appears to be legitimate, or use computers infected with malicious software to use the email account associated with that computer.
- **Use caution when clicking on links** – Scammers will try to trick you into clicking on links by claiming things such as suspicious activity on your account, your personal information needs to be confirmed, or you are eligible for a refund. The old adage, “if it sounds too good to be true, it probably is,” applies.
- **Gift cards are not currency** - If you are asked to make any kind of payment in the form of a gift card, it is a scam. No legitimate business, utility, or government agency will ever ask you to pay for anything by purchasing gift cards and then transmitting those numbers to them. If this happens, it is always a scam. Hang up the phone, stop texting/emailing, and block their number or email address.

Any suspected internet crimes can be reported to the FBI at [IC3.gov](http://IC3.gov). By being mindful, and alert, you can safely enjoy all of the benefits the internet brings.



## Escondido Public Library will Reopen for Limited In-Person Services on Monday, February 1, 2021



Library hours will be 9:00 a.m. – 5:00 p.m. Monday through Saturday. Holds can be picked up on the self-service shelves during Library open hours. Additionally, curbside pickup service for holds will be offered Tuesdays and Thursdays from 11:00 a.m. – 1:00 p.m., and Wednesdays from 2:00 p.m. – 3:00 p.m. For information on how curbside pickup works, visit [www.escondidolibrary.org/curbside](http://www.escondidolibrary.org/curbside). At this time, the Friends Book Shop, Literacy Learning Center and Pioneer Room remain closed. Donations are not being accepted at this time.

Patrons will be able to browse the stacks and check out books, audio books, and DVDs. Time in the library will be limited to two hours maximum each day in order to adhere to the limited 20% capacity guidelines. All in-person programs have been suspended, but many regular programs such as book clubs and storytimes are being held online. Visit [www.escondidolibrary.org/digital](http://www.escondidolibrary.org/digital) for a full schedule of virtual events.

## Volunteer Opportunity—Library Board of Trustees

The City is seeking a volunteer to apply to serve on the Escondido Public Library Board of Trustees.

The Library Board of Trustees provides oversight of library services and advises the City Council, staff and the Library Director on the development of plans, policies and programs that are responsive to the community needs. Trustees will help guide the future of library services and more.

The group meets on the second Thursday of each month at 2:00 p.m. Meetings may be virtual during COVID-19.



**ESCONDIDO**  
City of Choice

VOLUNTEER

**NEEDED**

LIBRARY BOARD OF TRUSTEES

**APPLY ONLINE**

<https://www.escondido.org/data/sites/1/media/docs/applicationforappointment.pdf>

For more information and to apply, visit [www.escondido.org/boards-commissions](http://www.escondido.org/boards-commissions)

## COMMUNITY UPDATES



### Winter Safety Tips for Your Home

A Sempra Energy utility®

Safety should come first every season. Your home depends on electricity, which provides you with power for cooking, hot water, lighting and more. But did you know every year about 51,000 home electric fires occur resulting in nearly 500 deaths? Here are some helpful safety tips for your home.

**1. Carbon monoxide safety:** Keep your family safe from this odorless, colorless gas.

- a. Install a battery-operated carbon monoxide detector.
- b. Never use your oven to heat your home.
- c. Always operate portable generators outdoors.



**2. Appliance safety tips:** Give your appliances the attention they need this winter.

- a. Remember to clean or replace your furnace filter.
- b. Have a fireplace? Start winter with a clean chimney flue.
- c. Clean out dryer lint to lower the chance of a fire.

**3. Power off:** Power down when you're not around.

- a. Turn off lights, computers, TVs and other electronic devices when not in use to reduce risk of fire.
- b. Use a smart power strip to make powering off easy.
- c. Keep electrical cords away from heat sources and foot traffic and don't place them under rugs where damage can go unnoticed.



For more tips on using energy safely, visit [sdge.com/safety](http://sdge.com/safety).

---

Heart health trivia answers: 1. A    2. B    3. B    4. A    5. C    6. C    7. B    8. C    9. C.  
10. A    11. A    12. A    13. B    14. B

## RESOURCE INFORMATION



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 4th Monday of each month from 8:30 - 11:30 a.m. (except holidays).

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

**Next food distribution at PACC is Monday, February 22, 2020.**

For more information visit <https://sandiegofoodbank.org/>



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).**



Need help locating resources in our community? The Park Avenue Community Center staff can help.

**Call 760-839-4049 and leave a message with your name, phone number, and details about your need.**

In order to assist with the COVID-19 crisis, FACT is offering transportation for San Diego residents for any essential needs (medical appointments and grocery shopping) until further notice. Seniors, persons with disabilities, veterans who need assistance may call FACT at the number below. For your safety and to protect others, please wear a face covering or mask when riding. Drivers may not provide the trip if riders are not wearing a face covering. Please schedule your ride at least 3 days in advance. **Please note: FACT will be reinstating fares on February 5, 2021.**

Call FACT at **888-924-3228**

8:00 a.m. - 3:00 p.m.

Monday through Friday

for more information or visit [factsd.org](http://factsd.org).



# IMPORTANT PHONE NUMBERS

## EMERGENCY SERVICES

Fire, Paramedics, PD Emergency **9-1-1**  
Poison Center.....1-800-876-4766

## CITY OF ESCONDIDO

Community Services.....760-839-4691  
Park Avenue Community Center .....760-839-4688  
Police Department.....760-839-4722  
Fire Department.....760-839-5400  
Utility Billing.....855-608-2480  
\*Make payments and check balance,  
available 24/7

## FINANCIAL

Interfaith Community Services  
Tax Preparation .....760-489-6380  
Identity Theft Resource Center .....  
.....888-400-5530  
Social Security Office....800-772-1213  
Aging and Independent Services  
County of SD.....800-510-2020  
Section 8 HUD.....760-741-5922

## GENERAL INFORMATION

American Red Cross.....858-309-1200  
DMV.....800-777-0133  
\*Hearing Impaired:.....800-368-4327  
Chamber of Commerce....760-745-2125  
California Department of Public Health  
.....833-544-2374  
211 SD County Resources.....211  
<https://211sandiego.org/>  
SD Eldercare Directory....619-293-1680  
Senior Svc. Council Esc....760-480-0611  
[escondido-senior-services.org](http://escondido-senior-services.org)

## COVID-19 TESTING SITES

State Testing.....888-634-1123  
County Testing.....211

## HEALTH, COUNSELING & SUPPORT GROUPS

Accucare Home Medical Equipment  
.....760-746-2331  
Adult Protective Services.....  
.....800-510-2020  
Aging and Independence Services  
County of SD.....800-510-2020  
Alzheimer's Association...800-272-3900  
American Cancer Soc.....877-903-1589  
Arthritis Foundation.....800-422-8885  
Center for Blind.....760-758-5956  
Deaf Comm. Services ....619-398-2441  
Grief Support Groups .... griefshare.org  
Health and Human Services Agency  
.....858-694-3900  
[https://www.sandiegocounty.gov/  
content/sdc/hhsa.html](https://www.sandiegocounty.gov/content/sdc/hhsa.html)

HICAP (Health Insurance Counseling &  
Advocacy).....858-565-8772  
or .....800-434-0222

Interfaith Comm. Svcs....760-489-6380  
NAMI—North Inland San Diego  
Alliance Mentally Ill.....800-523-5933  
New Life Medical Supplies  
.....800-903-6171  
Kaiser Escondido.....619-528-5000  
Medical Info. Line..... 858-514--6885  
Medicare Help Line.....800-633-4227  
Neighborhood Health Care  
.....760-737-6900  
N. Inland Resource Center  
.....858-694-3900  
Ombudsman/Advocate....800-640-4661  
PACC Resource Office 760-839-4049  
Palomar Hospital.....442-281-5000  
Pomerado Hospital..... 858-613-4000  
Albertson Pharmacy.....760-735-5884  
CVS Pharmacy.....760-489-1505  
Vons Pharmacy.....760-489-0981

## ANIMAL SERVICE

Humane Society.....760-888-2275  
[www.sdhumane.org](http://www.sdhumane.org)

## MEALS & NUTRITION

Escondido Senior Nutrition Program  
.....760-839-4803  
Interfaith Comm. Serv...760-489-6380  
Meals on Wheels.....760-736-9900  
Public Assistance (food stamps)  
County of SD.....866-262-9881  
SD Food Bank..... 858-527-1419  
or.....866-350-3663

## NORTH COUNTY SENIOR CENTERS

Fallbrook Senior Cntr.....760-728-4498  
Park Ave. Comm. Cntr....760-839-4688  
Ramona Senior Center....760-789-0440  
San Marcos Senior Cntr..760-744-5535

## TRANSPORTATION

FACT.....888-924-3228

## LEGAL

California Indian Legal Services  
Escondido Office.....800-829-0284  
[www.calindian.org](http://www.calindian.org)  
California Rural Legal Assistance  
.....760-966-0511  
[www.crla.org](http://www.crla.org)  
Elder law and Advocacy  
.....858-565-1392  
[www.seniorlaw-sd.org](http://www.seniorlaw-sd.org)  
Interfaith Community Services Free  
Legal Aid Clinic.....760-489-6380  
Legal Aid Society of San Diego  
.....877-534-2524  
[www.lassd.org](http://www.lassd.org)

## UTILITY ASSISTANCE

CARE Energy Bill Discount Program  
.....800-411-7343  
California Telephone Access Program  
.....800-806-1191



LOVE YOUR HEART

High blood pressure is the most common underlying condition identified in San Diego County's COVID-associated deaths.

## Check Your Blood Pressure Love Your Heart Week February 8-14, 2021

- Free blood pressure screenings, virtual events, tips and activities
- Learn to take your own blood pressure and what it means
- Get the latest resources to form heart healthy habits



For a full calendar of online events visit <https://www.livewellsd.org/content/>

Scan QR code to submit your blood pressure results for Love Your Heart Week!



**LoveYourHeartSD.org**

### Fun & Games - Love your Heart...Health Trivia

1. Your heart can live outside your body.  
A. True    B. False
2. On average, how many times does a heart beat in a lifetime?  
A. 2.5 million    B. 2.5 billion    C. 2.5 trillion
3. The bigger your heart the better.  
A. True    B. False
4. A broken heart can...  
A. really hurt.    B. be seen on an X-ray  
C. last forever
5. Where in your chest is your heart?  
A. Left    B. Right    C. Center
6. How many gallons of blood does your heart pump each day?  
A. 800    B. 1000    C. 2000
7. When was the first successful human heart transplant?  
A. 1946    B. 1967    C. 1978
8. How many chambers are in the heart?  
A. 2    B. 3    C. 4
9. Which animal heart is most like a humans?  
A. Dog    B. Pig    C. Ape
10. A heart can sometimes fix itself.  
A. True    B. False
11. The heart has been linked with love at least as far back as...  
A. The middle ages    B. Elizabethan times  
C. The 60's
12. Be careful of airport security if you have a pacemaker.  
A. True    B. False
13. Your heart needs 1 hour straight exercise each day.  
A. True    B. False
14. Your heart stops beating when a heart attack strikes.  
A. True    B. False

**Trivia answers can be found on page 9.**