Park Avenue Post

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

Office Hours

Temporarily suspended while facility is closed to the public.

Contact Us

760-839-4688
recreaction@escondido.org

Find Us Here!

210 E. Park Avenue
Escondido, CA 92025

June is National Safety Month!

This is the perfect opportunity to make a difference in your home and community by identifying risks and improving safety standards. If you see needed repairs around Escondido the quickest way to report them is the Report It! app, which can be found in both the Google Play Store and the iTunes App Store. If you do not have a smartphone, you can report issue to the City Manager's Office by calling 760-839-4631.

Sidewalk Sale

Where: Park Avenue Community Center
210 E. Park Avenue

Friday, June 4	11 a.m. - 1 p.m.
Saturday, June 5	9 a.m. - noon

See what treasures you can find. From clothes, shoes, books, board games, frames, puzzles, furniture, accessories, and more!

Proceeds benefit the seniors of Escondido.

Employee Spotlight

Alex, our PACC night maintenance staff, has achieved a major life accomplishment and graduated from Alliant International University with his Masters degree in Education and School Counseling! He is hoping to start his career in the coming school year at a local high school or community college. Alex's advice to anyone that is interested in a similar career path is, "Pick a program that is right for you. Do a program that is in person so that you have the camaraderie with other students and your professors, and strive to do better everyday."

Congratulations Alex! We wish you all the best in the pursuit of your career!

ESCONDIDO
City of Choice

Park Avenue Post

Table of Contents

Nutrition Program ____ 2
PACC Highlights ____ 3
Community Updates ____ 4 - 6
City News ____ 7
Health & Safety ____ 8 - 9
Resource Information ____ 10
Important Phone Numbers ____ 11
Fun & Games ____ 12

PACC Staff

Jilaine Hernandez, Supervisor III
Mary Rodelo, Nutrition Program Coordinator
Linalynn Illdefonso, Customer Service Representative II
PACC Staff: Sheri Jeffreys, Vanessa Arguelles, Angela Naranjo
Nutrition: Fernando Suarez del Solar, Angelica Teran
Maintenance Staff: Estela, Vicente, Alex

Senior Nutrition Program

Nutrition Program Returns to In Person Dining June 15

Nutrition Program

The Escondido Senior Nutrition Program will **be returning to in person congregate meals on Tuesday, June 15.** 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 will be limited due to construction and reservations will be required**. Masks, physical distancing, and all mandatory safety rules will be strictly enforced.

To follow compliance**, Monday, June 14, will be the last day of meal delivery**. Grab and go meals will continue to be available; reservations are required. Please make arrangements for other food sources as needed. Food resources are included on page 10.

Lunch Transportation

Lunch transportation services will also resume on June 15 and riders must live within the City limits. **Lunch transportation is offered for nutrition participants only.**

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 interest list for congregate meals or lunch transportation, call 760-839-4803 and leave your name, age, and phone number.

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

PACC Highlights

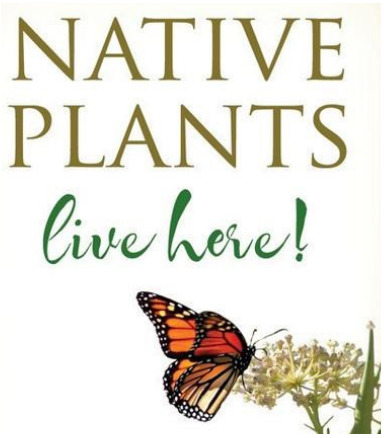
June Spirit Days

June 14 - 18 is Aloha Week!

We will be saying goodbye to spring and hello to summer!

Tuesday, June 22: TUTU Tuesday has finally returned!

Ah, it's Summer Thyme!



The Escondido Senior Center is looking for two knowledgeable volunteers aged 50+ to help with the maintenance of our California Native Plant Garden. If you are gifted with a green thumb and would like to lend a helping hand, call 760-839-4688 for more information.

Outdoor Dining Area Coming to the Park Avenue Community Center

We have some big things going on here at the Park Avenue Community Center! Thanks to Community Development Block Grant funding, the courtyard area behind the Café will be surfaced with concrete and shade will be added to create a beautiful outdoor space for all to enjoy.

Escondido Police Help Resident in Need

Corbin, a hard-working nutrition staff member, was hit by a car a few weeks ago which damaged his bicycle—his only mode of transportation to his job. Fortunately, the Escondido Police Department had additional funds that were provided by a generous group of donors. With those funds, Lieutenant Miller was able to surprise Corbin with a new bike. Corbin has also made a full recovery and is back delivering meals to seniors!

Emergency Customer Protections Ending

In the beginning of the COVID-19 crisis, SDG&E put emergency customer protections in place to help ease the financial burden many Southern Californians were suddenly feeling. The California Public Utilities Commission (CPUC) has extended the emergency customer protections to June 30. Normal business operations will resume on July 1.

If you have a past due account balance, SDG&E encourages you to set up a flexible payment plan. Credit and collections activities will resume on July 1. You can set up payment arrangements online on My Account or through the SDG&E mobile app. Visit sdge.com/my-account-2021 for more information.

From monthly discounts to one-time payment assistance, SDG&E has different programs available to help manage bills. Visit sdge.com/assistance for information.

- Renters impacted by the COVID-19 pandemic may qualify for rent and utility payment assistance. Call 2-1-1 to learn more.
- If you are currently a CARE or FERA customer, you may also be eligible for debt forgiveness. Visit sdge.com/AMP to find out if you qualify.
- Program recertifications and verifications for CARE, FERA and Medical Baseline will resume on July 1. SDG&E will notify you via email or mail if additional documentation is needed. To see how SDG&E can help, visit sdge.com/covid and answer a few easy questions.

If you are an SDG&E business customer, normal credit and collection practices are also scheduled to resume July 1. Avoid disconnection and set up a payment plan and rest easy knowing you're covered. Visit sdge.com/recovery to learn more.

Park Avenue Community Center Reopening

The Park Avenue Community Center is undergoing construction and has a tentative reopening date of August 2. Until then, we will be open for approved OASIS classes, pool room reservations, nutrition congregate lunches, and appointments, NO WALK-INS. Take a look at when some of your favorite activities will be returning*.

Service Adjustments

- Daily coffee and newspapers will no longer be available.
- Thrift Store will remain closed.

July 2021

- Senior Travel Meeting
- Feeling Fit classes

August 2021

- Senior Service Council (included the following programs: HICAP, Legal Assistance, Clubs, and Health Screenings)
- Shuffleboard
- Table Tennis
- Chess

October 2021

- Art with Lina

November 2021

- Bingo - Return dates have not yet been determined

***Timeline subject to change in accordance with State, County, and City guidelines**

Senior Travel Office: 760-745-5414

Next Travel meeting will be held Monday, July 12 at 1 p.m.

Will Reece, a vacation manager from AFC Vacations will present travel options.

THE QUAD

LEARNING AND FITNESS YOUR WAY

San Diego Oasis

Introducing THE QUAD: Learning and Fitness Your Way!

We have created new learning environments that we believe will meet your needs and preferences by allowing you to continue learning and staying fit in ways that work best for you.

Don't feel like driving? You'll have options.
Not comfortable being out and about just yet? You'll have options.
Want to be around people? You'll have options.

We want learning and fitness to work for you, your way, whether it's convenience, comfort or community!

LEARN MORE: san-diego.oasisnet.org/the-quad

SAN DIEGO OASIS AT THE ESCONDIDO SENIOR CENTER IS NOW OPEN FOR IN-PERSON FITNESS CLASSES!

Zumba via Chair | Lynn Morgan
Class #600 | Tuesdays, June 8-29 | 3:45 PM | $40

Chair Fitness | Traci Thys
Class #601 | Wednesdays, June 9-30 | 1:00 PM | $40

Tai Chi Early Risers | Pat Griffith
Class #602 | Tuesdays, June 8-29 | $40

Tai Chi - Beginners | Pat Griffith
Class #603 | Thursdays: June 10-24 | 3:00 PM | $30

Tai Chi - Advanced | Pat Griffith
Class #604 | Thursday: June 10-24 | 4:00 PM | $30

Line Dancing - Beginners | Carol Stroecker
Class #605 | Tuesdays: June 8-29 | 8:00 AM | $40

Line Dancing - Beginners | Carol Stroecker
Class #606 | Tuesdays: June 8-29 | 1:30 PM | $40

Tai Chi Early Risers | Pat Griffith
Class #609 |Fridays, June 11-25 | 7:30 AM | $30

Register at
SanDiegoOasis.org
and click on **Classes**

Questions?
(760) 796-6020

City News

This month, the City of Escondido is saying farewell to City Manager, Jeffrey Epp as he retires at the end of June. We would like to thank him for his 36 years of dedicated service to our community. Stay tuned to learn more about incoming City Manager, Sean McGlynn in the July issue of our City newsletters.

- **Escondido Creek Trail Project Update:**
    - The City continues to make progress on the Escondido Creek Trail Expansion and Renovation Project. Join us on Tuesday, June 22 from 6 - 8 p.m. for an in-person informational session. Drop in anytime for project updates and to ask questions. Learn more about the project at escondido.org/ECT.
- **Cruisin' Grand Returns:**
    - SoCal Productions and the City of Escondido are excited to welcome Cruisin' Grand back to our historic downtown. Cruisin' Grand will kick off on Friday, June 18, from 4 - 9 p.m. and run every Friday night until September 24. All of your favorites will return including live music, DJs, kettle corn, and of course, the best display of pre-1974 hotrods in the country! Visit cruisingrand.net for additional details.
- **Fourth of July Fireworks:**
    - The City of Escondido is excited to bring fireworks back to celebrate Independence Day on July 4. While we will not have our traditional large-scale event, there will be a spectacular fireworks show at 9 p.m. The community is welcome to enjoy the fireworks show from anywhere in central Escondido including Grape Day Park. The fireworks will be launched from their typical location in the Woodward Avenue parking lot. Grape Day Park will be open past dusk with traditional regulations in place – no dogs, BBQs, or alcohol.
- **Weekly Activity Report:**
    - Did you know that the City produces a Weekly Activity Report? This report highlights community stories, major development project updates, public safety news and much more. To receive the report in your inbox send your preferred email address to mthorne@escondido.org. You can also view the report at www.escondido.org on Thursdays.
- **Escondido Public Library Foundation Commissioning New Mural:**
    - The Escondido Public Library Foundation has commissioned muralist Julia Anthony to paint the outside west wall of the Library building with a dazzling and colorful mural. Visit library.escondido.org to view the proposed art.
- **Emergency Broadband Benefit**
    - The Emergency Broadband Benefit is an FCC program to help eligible households pay for internet service during the Covid-19 pandemic. Through the government-funded program, eligible households can receive discounted internet service. Visit www.cox.com/ebb for more information.

Get Ready To Pack — Get Set To Leave — Go!

Knowing when to leave when there is a wildland fire in your vicinity will reduce the chances of injury or death and allow firefighting crews to do their jobs more effectively. CAL FIRE has an excellent mobile device app that provides information about READY (harden your home and create defensible space), SET (create a family action and evacuation plan), and GO (what to do when faced with a wildfire). It also provides up-to-date information about wildfires regionally and you can choose to have alerts pushed directly to you based on your location. You can find the CAL FIRE app in the Apple App and Google Play stores or visit http://www.readyforwildfire.org/.

Get Ready To Pack

Long before fire season begins, take time to make a list of items to take with you during an evacuation, including personal items like photographs, jewelry, prescriptions and eyeglasses. Keep this list in an easy-to-retrieve location so that when a fire appears to be coming your way, you will know what to pack.

Store important documents such as birth certificates, insurance papers and a household inventory list in a safe deposit box. Keep copies of those documents in a fire resistant container or safe.

Emergency Supplies—three day supply of water (one gallon per person per day) and food that won't spoil; one change of clothing, including shoes, per person; one blanket or sleeping bag per person; first aid kit that includes all needed prescription medications; emergency tools, battery operated radio, flashlight and extra batteries; extra set of car keys; sanitation supplies.

Be ready to move pets and other animals; have leashes, pet carriers, food and water ready. Consider your pet's individual needs including cat litter, medication and grooming needs. If you own a trailer for your livestock, keep it in good working condition. If you do not have a trailer, make arrangements with friends who do to help you in case of fire.

If you aren't at home when fire threatens, stay away from the area. You might not even be able to enter the emergency area. Authorities close roads for everyone's safety and to insure access for emergency vehicles. Make arrangements in advance for family members and pets that will be at home when you aren't.

Get Set To Leave

For information about a fire, DO NOT CALL 9-1-1. Instead, tune into a local radio station or televisions broadcast and leave 9-1-1 free for life-threatening emergencies. Make sure you are properly clothed. Sturdy shoes, a long-sleeved shirt, long pants (cotton or wool) and gloves will help protect you from heat and burning cinders. A handkerchief or dust mask and goggles will make it easier to breathe and protect your eyes. Locate car keys and have your vehicle facing out so you can drive forward out of the driveway. Pack up and load the items on your list, including the Emergency Supplies Kit. Close all doors and windows inside your home. Remove fabric curtains from your windows so they will not be ignited by radiant heat. If you have mini-blinds, close them and leave them in place. Outside, move patio furniture and other obstacles into the garage or away from the house where they will not obstruct firefighter efforts. Don't wait to be told to evacuate. If the fire appears to be threatening your home, don't wait; lock up the house and leave. If fire or law enforcement officials advise you to evacuate, lock up immediately and leave.

Go!

Drive with your headlights on so others will see you through the smoke. Keep windows rolled up to prevent embers from igniting your car's interior. Choose the safest route, constantly watching for changes in speed and direction of the fire and smoke. Be aware of approaching fire trucks and other emergency vehicles and move over to allow them to pass.

2-1-1 Assistance with Scheduling Vaccination Appointments

Homebound residents of any vaccine-eligible age may call 2-1-1 to register to receive the vaccine at their home. The process from registration to actual in-home appointment is quicker now than when this service was first rolled out.

There are also options for receiving the vaccine in a senior and disability-friendly environment. If you or your clients require special assistance, please call 2-1-1. Vaccine assistance is available if:

- You do not have access to a computer
- You need someone to assist you with scheduling a COVID-19 vaccine appointment
- You need special accommodations at a vaccine clinic
- You (or a loved one) are homebound, and need assistance getting a vaccination

---

Know Someone Who Recently Tested Positive? Timely Treatment Can Help

Medically eligible symptomatic COVID-19 positive patients whose COVID-19 symptoms have developed within the last 10 days can receive monoclonal antibody treatment at the Monoclonal Antibody Regional Center (MARC). Treatment will be provided at no cost to the patient, regardless of health insurance or immigration status. The MARC is available to those who live or work in San Diego County. Individuals who are 65 years of age or older and whose COVID-19 symptoms have developed within the last 10 days may call **(619) 685-2500** directly to schedule an appointment at the MARC.

There are currently two centers to receive treatment:

Palomar Medical Center Downtown

555 East Valley Parkway, Escondido, CA 92025
Open 7 days a week from 8 a.m. to 8 p.m.

San Ysidro Health

391 Oxford Street, Chula Vista, 91911
Open 7 days a week from 8 a.m. to 5 p.m.

For more information, visit www.sandiegocounty.gov/COVIDHealthProfessionals.

Resource Information

San Diego Food Bank

Next food distribution at PACC is Monday, June 28

For more information visit: 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).

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

FACT

Call FACT at 888-924-3228
8 a.m. - 3 p.m. Monday through Friday
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 fall FACT at the number above. 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. For more information visit: www.factsd.org

PACC

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 request.

Meals on Wheels

Meals on Wheels focuses on caring for senior 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

Important Phone Numbers

EMERGENCY SERVICES

Fire, Paramedic, Police Emergency	9-1-1
Poison Control Center	800-876-4766

CITY OF ESCONDIDO

City Clerk's Office	760-839-4617
Code Enforcement	760-839-4650
Community Services Department	760-839-4691
Fire Department (non-emergency)	760-839-5400
Graffiti Removal	760-839-4668
Library	760-839-4683
Park Avenue Community Center	760-839-4688
Police Department (non-emergency)	760-839-4722
Utility Billing	855-608-2480
Water Department	760-839-4681

FINANCIAL SERVICES

Section 8 HUD	858-694-3900
Social Security Administration	800-773-1213

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 www.sdhumane.org	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	Griefshare.org
Health and Human Services Agency	858-694-3900
HICAP (Health Insurance Counseling and Advocacy Program	800-434-0222
NAMI (National Alliance on Mental Illness) N. Inland San Diego County	800-532-5933

LEGAL SERVICES

California Indian Legal Services www.calindian.org	800-829-0284
California Rural Legal Assistance www.crla.org	760-966-0511
Elder Law and Advocacy www.seniorlaw-sd.org	855-565-1392
Legal Aid Society of San Diego www.lassd.org	877-534-2524

MEALS AND 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
Oasis - Escondido	760-796-6020
Palomar Community College	760-744-1150
Park Avenue Community Center	760-839-4688
Senior Travel Service	760-745-5414

TRANSPORTATION

FACT	888-924-3228
North County Transit District	760-966-8500

UTILITY ASSISTANCE

CARE Energy Bill Discount Program San Diego Gas & Electric	800-411-7343
California Telephone Access Program	800-806-1191

FUN & GAMES - HAWAII

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

ALOHA
ARCHIPELAGO
BEACHES
CANOEING
COFFEE
GRASS SKIRT
HAWAIIAN
HONOLULU
HULA
HUMPBACK
WHALES
ISLANDS
KAHO'OLAWE
KAUA'I
KAYAKING
KONA COAST
LANA'I
LUAU
MACADAMIA NUTS
MANTA RAYS
MAUI
MOLOKA'I
NAPALI COAST
NI'IHAU
NORTH SHORE
O'AHU
PACIFIC OCEAN
PEARL HARBOR
PINEAPPLES
RESORTS
SAND
SCUBA DIVING
SNORKELING
STATE
SUGARCANE
SURFING
TOURISTS
TROPICAL
UKELELE
VACATION
VOLCANOES
WAIKIKI
WAIMEA BAY
WARM
WHALE WATCHING