We would like to offer a big thank you to all of the wonderful people in our community who are doing their part by staying home as much as possible, keeping your physical distance when out in public, and practicing exceptional personal hygiene, to keep both yourself and everyone around you healthy. YOU are making a big impact and helping to keep this situation from growing out of control, thank you!

Summer is drawing to an end, and I’m sure we are all looking forward to the changing of the season. The Whatcha Call it newsletter is also going to undergo some change, and we would appreciate your input. Fill out the brief survey on page 2 to help us make the changes you want to see. The Park Avenue Community Center will be hosting an outdoor flu clinic this month, for more information read page 4. The sun continues to bring us heat, read up on tips to reduce your energy bill on page 9 and the location of a cool zone in Escondido when there is an extreme weather advisory on page 10.

Spirit Days
Thursday, September 10 HAT DAY this is the day for you to show off your favorite hat!
Tuesday, September 22 It’s TUTU Tuesday. This will be our whimsical day to dress up like a ballet dancer.
"Sometimes you find yourself in the middle of chaos, and sometimes in the middle of chaos, you find yourself."
— Boonaa Mohammed

The Park Avenue Community Center will be closed Monday, September 7 in observation of Labor day.
The Senior Nutrition program has transitioned to delivery and pick-up of meals since March. 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. For those currently approved to receive meals, call on Fridays to leave your meal schedule for the following week.

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.

The Park Avenue Community Center will be closed Monday, September 7 in observance of Labor day. There will be NO lunch pick up or lunch deliveries on this day.

We are planning to update our newsletter with a new look, and new name! Fill out your survey online following the link https://www.surveymonkey.com/r/BT9K2DN

If you are a part of our nutrition program you will receive this survey with your lunch the first week of September.

1. Give us a suggestion for a new name for the newsletter. ______________________

2. How often do you read the newsletter? Circle your answer.
   - Once per month.
   - Several times per month.
   - I don’t read the newsletter.

3. What areas of the newsletter are important to you? ______________________

4. What changes would you like to see in the newsletter? ______________________

5. Are you able to access the newsletter online? YES NO
Thank you to all of our generous community members and organizations who have reached out with gestures of kindness and generosity to donate to our Nutrition program. The groups and individuals below have donated both monetary gifts and physical items that improve the quality of life for the seniors in our community. We are so grateful for each and every one of you!

**Mad Engine**, a locally based apparel/accessory company has taken up the million mask challenge. This company has a goal of donating a million masks to the community. Our staff Vanessa, reached out to MAD Engine and they generously donated over 2000 masks to the Park Avenue Community Center to be used by both staff and our local senior community.

Vivian, President of Escondido Senior Enterprise and the board, generously donate Food for Less gift cards yearly. These gift cards are provided to seniors that are part of the weekly PACC programming and nutrition program who are in need of food.

St. Timothy’s Church has graciously donated grocery gift cards. These gift cards have provided much needed items to our seniors during quarantine. Some of the essentials provided were toilet paper, water, soups, and groceries.
FREE Flu Clinic

The Park Avenue Community Center will host a FREE Outdoor Flu Clinic by Palomar Health on Tuesday, September 29 from 8:30 am – 10:30 a.m.

Event Details:

- **BRING your red, white, and blue Medicare card.**
- The senior center buildings are **closed**; services and restrooms are not available.
- **Masks are to be worn at all times and 6 ft physical distancing is mandatory.**
- If you or someone in your household are experiencing any of the symptoms below, please stay home and notify your health care provider.
  - Temperature over 100 degrees F
  - Chills
  - Coughing
  - Congestion or runny nose
  - Shortness of breath or difficulty breathing
  - Body or muscle aches

Forms will need to be filled out completely prior to receiving a flu shot.

Hand sanitizing and temperature scan are required prior to participation.

Minimal shade and seating available.

Thank you for your cooperation to keep everyone safe and healthy for this essential event.

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**Eviction Moratorium**

The Escondido City Council passed an Ordinance on April 8, 2020, adopting a Temporary Eviction Moratorium as a result of the COVID-19 impact. The Ordinance has been extended until September 30, 2020, when the Council will hear the matter again to consider modifications to, and/or further extensions of, the moratorium.

If you need individual help contact Legal Aid Society of San Diego through their intake line at 1-877-534-2524.

For frequently ask questions visit escondido.org/covid-19.aspx.
HEALTH & SAFETY

60 and over in the time of COVID-19?

By Jennifer Leach, Associate Director, Division of Consumer and Business Education, Federal Trade Commission

I know, 60-year-olds. You’re not old. In fact, we’ve found that, when people think “old,” they think of someone about 10 years older than they are right now. But, because we’ve been warned about the effects of the Coronavirus on people 60+, listen up. Because scammers follow the headlines and know you might have this on your mind.

Right now, scammers are scuttling out of their dark corners to offer false hope (Home test kits! A cure!) and use fear (Your Social Security number is about to be revoked! Your loved one is in trouble!) – all to get your money or information. (None of those things are real, by the way.) They’re asking for your bank routing number to “help” you get your relief money – which is not how you’ll get it, by the way. They’re sending fake emails that look real, but those fake CDC or World Health Organization emails are trying to steal your personal information – or, if you click a link, put malware on your computer, tablet, or phone. Scammers are calling (and calling… and calling…), using illegal robocalls to pitch you the latest scammy thing. They’re texting, and they’re all over social media.

So, while you’re washing your hands and working to stay safe, here are a few ways you can help protect yourself – and those you love – from scammers.

- **Don’t be rushed.** Whatever the call, email, text, or social media post is about, remember that scammers try to rush you. Legit people don’t.

- **Check it out.** Before you act on something or share it – stop. Do some research. Do the facts back up the story?

- **Pass it on.** If you get offered something great, or you’re worried about something alarming: talk to someone you trust before you act. What do they think?

**Keep in touch with the FTC.** Sign up for Consumer Alerts to help spot scams: ftc.gov/subscribe. And watch for the latest at ftc.gov/coronavirus.

**Report scams to the FTC.** Go to ftc.gov/complaint. Your report can help us shut the scammers down.

Want to help even more? Tell a friend. And hey, let’s be careful out there.
What You Can Do If You Are at Increased Risk for Severe Illness from COVID-19

Are You at Increased Risk for Severe Illness?

Based on what we know now, those at increased risk for severe illness from COVID-19 are:

- Older adults
- People of any age with the following:
  - Cancer
  - Chronic kidney disease
  - COPD (chronic obstructive pulmonary disease)
  - Immunocompromised state (weakened immune system) from solid organ transplant
  - Obesity (body mass index [BMI] of 30 or higher)
  - Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
  - Sickle cell disease
  - Type 2 diabetes mellitus

Here Is What You Can Do to Help Protect Yourself

- Limit contact with other people as much as possible.
- Wash your hands often.
- Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Avoid all cruise travel and non-essential air travel.

Call your healthcare professional if you are sick.
For more information on steps you can take to protect yourself, see CDC’s [How to Protect Yourself](https://www.cdc.gov/coronavirus).

[cdc.gov/coronavirus]
Earthquake Tip for Seniors

**Before an Earthquake**

1. Eliminate hazards/ secure tall furniture and decorative pieces to the wall and store larger items on lower shelves. Make it as easy as possible to quickly get under a sturdy table or desk for protection.

2. Special equipment like life support systems should be anchored. Tanks of gas, such as oxygen, should be fastened to the wall.

3. Keep a list of medications, allergies, special equipment, names and phone numbers of doctors, pharmacists and family members. Make sure you have this list available at all times.

4. Keep an extra pair of eyeglasses, prescription medications, and hearing aid batteries with emergency supplies. Keep walking aids near you at all times.

5. Have a power outage light in each room. These lights plug into any outlet and light up automatically if there is a loss of electricity.

6. Have a whistle to signal for help.

7. Ask two people you trust to check on you after an earthquake. Tell them your special needs. Show them how to operate any equipment you use and where your emergency supplies are kept. Give them a spare key.

**During an Earthquake**

1. Stay calm. If you are in bed or sitting down, DO NOT get up, stay put. If you are standing, duck under cover or sit down to avoid falling.

**After an Earthquake**

1. Check yourself for injuries. Check all emergency equipment, making sure the telephone receiver is on the hook. Be prepared for aftershocks.

2. Turn on your portable radio for instructions and news reports. Cooperate with public safety officials and their instructions.

3. If you evacuate, leave a message at your home telling family members and others where you can be found.
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, September 28, 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.

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 free transportation for San Diego residents anywhere within San Diego County for any essential need (medical appointments and grocery shopping) until the stay at home order is lifted. This free service is available to seniors, persons with disabilities, students, veterans and other residents who need assistance. 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.

Call FACT at 888-924-3228
8:00 a.m. - 3:00 p.m.
Monday through Friday
for more information or visit factsd.org.
San Diego Gas & Electric (SDG&E) is offering tips and resources to help its customers reduce energy bill spikes that could occur due to hot weather and an increase in working from home and homeschooling during the pandemic.

If you’d like to lower your energy use and bills, here are a few tips you can consider.

1. If you are on a Time-of-Use (TOU) pricing plan, shift some of your energy use to lower-cost hours outside of the 4:00 p.m. – 9:00 p.m. peak period. If you don’t know which pricing plan you’re on, visit sdge.com/myaccount.

2. When streaming content, choose the smallest device that makes sense for the number of people watching.

3. Turn down the thermostat on your water heater a few degrees because gas or electricity are needed to heat your water.

4. Make sure you check you’re A/C filter every 1-2 months. Dirty filters cause your system to work harder to keep you cool, wasting energy.

5. Get more energy-saving tips at sdge.com/summer.

SDG&E has payment assistance programs that can help residents save on their monthly bills. These programs are available to those who meet income eligibility criteria and include the California Alternate Rates for Energy (CARE) program, the Family Electric Rate Assistance (FERA) and LIHEAP, the federally funded Low-Income Energy Assistance Program. More information is available at sdge.com/assistance. Customers who are concerned about higher bills can enroll in a Level Pay Plan to smooth out the monthly cost fluctuations. Learn more at sdge.com/LPP. If you need more time to pay your bill, Call SDG&E’s Customer Contact Center at 1-(800)411-7343 to make payment arrangements.
San Diego Oasis is offering classes online. Go to [www.sandiegooasis.org](http://www.sandiegooasis.org) to register. All classes are conducted through Zoom for your protection. You will be provided a password to enter the class once you have registered online. There is also an online tutorial on the home page of San Diego Oasis if you are unfamiliar on how to use Zoom. If you need any additional assistance, please call San Diego Oasis Help Line at 619-881-6262. Oasis is adding online classes every day, so be sure to check the website throughout the month for new class additions.

Beat the Heat

The City of Escondido is currently offering a cool zone when there is an extreme weather advisory. If you are in need of a cool zone in Escondido, please call the East Valley Community Center for more information.

East Valley Community Center
2245 East Valley Parkway
Escondido, CA 92027
760-839-4382

Tell a Joke Day

**What did the Dad tomato say to the baby tomato?**
CATCH UP (Ketchup)

**Why is a Bee’s hair always sticky?**
Because it uses a honey comb.

**What do you call a bear with no teeth?**
A gumdrop bear.

**How do you organize a space party?**
You planet.

**What kind of sports car does a cat drive?**
A Furrari.

Thank you to everyone that sent in these great jokes!
## 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: 760-489-6380
- Tax Preparation: 760-489-6380
- Identity Theft Resource Center: 888-400-5530
- Social Security Office: 800-772-1213
- Aging and Independent Services: 800-510-2020
- 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/
- Humane Society: 760-888-2275
- www.sdhumane.org
- SD Eldercare Directory: 619-293-1680
- Senior Svc. Council Esc: 760-480-0611
- escondido-senior-services.org

## HEALTH, COUNSELING & SUPPORT GROUPS
- Accucare Home Medical Equipment: 760-746-2331
- Adult Protective Services: 800-510-2020
- Aging and Independence Services: 760-839-6251
- County of SD: 800-510-2020
- Alzheimer's Association: 800-272-3900
- American Cancer Society: 877-903-1589
- Arthritis Found.: 800-422-8885
- Center for Blind: 760-758-5956
- Deaf Comm. Services: 619-398-2441
- Grief Support Groups: 858-694-3900
- HICAP (Health Insurance Counseling & Advocacy): 858-565-8772
- Interfaith Comm. Svcs: 760-489-6380
- NAMI—North Inland San Diego: 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

## MEALS & NUTRITION
- Escondido Nutrition Program: 760-839-4803
- Interfaith Comm. Serv: 760-489-6380
- Meals on Wheels: 760-736-9900
- Public Assistance (food stamps): 866-262-9881
- SD Food Bank: 858-527-1419

## NORTH COUNTY SENIOR CENTERS
- San Marcos Senior Cntr: 760-744-5535
- Fallbrook Senior Cntr: 760-728-4498
- Park Ave. Comm. Cntr: 760-839-4688
- Ramona Senior Center: 760-789-0440

## TRANSPORTATION
- Fact: 888-924-3228

## LEGAL
- Elder law and Advocacy: 858-565-1392
- Legal Aid Society of San Diego: 877-534-2524
- Tenants Legal Center: 858-571-7100

## UTILITY ASSISTANCE
- CARE Energy Bill Discount Program: 800-411-7343
- California telephone Access Program: 800-806-1191

## COVID-19 TESTING SITES
- State Testing: 888-634-1123
- County Testing: 211
FUN & GAMES — DANCE STYLES

BALLET
BOLLYWOOD
CHA CHA
CHARLESTON
CLOGGING
COURT DANCE
DISCO
FLAMENCO
FOLK DANCE
FOXTROT
JITTERBUG
MAMBO
MERENEGUE
POLKA
QUICKSTEP
SALSA
SQUARE DANCE
SWING
TANGO
TAP
TWO STEP
WALTZ
WESTERN