We hope everyone is taking some time to appreciate the many wonderful things that we all have in our lives; friends, family, neighbors, nature, warm weather, wild life, and each other!

As we move forward in these very different times, there are many parts of the city that are beginning to reopen (see page 8): City hall, parks, lakes, recreation programs, as well as local businesses and restaurants with restrictions and precautions in place.

July is parks and recreation month! It’s that time of the year to become more active. Keep yourself busy by doing chair exercises, playing games, organizing, gardening, fishing, cooking, etc. Check page 3 to see how Recreation staff have been active. Learn about the importance of keeping yourself hydrated on page 6, and read up on some tips to stay cool on page 7.

While fireworks displays have been cancelled due to the pandemic, you can still celebrate our nation’s birthday with an at-home picnic with all of your summer favorite foods like corn on the cob, watermelon, and hot dogs. If you still want to see a fireworks show you can tune in to see one on TV, and don’t forget to wear your Red, White, and Blue.

Wishing you a very Happy 4th of July! (Closed July 3)

**Spirit Days for July**

**July 2** Show your patriotic spirit by wearing Red, White, and Blue!

**July 15** Let’s all have fun, wear your silliest socks!

**July 28** Hawaiian Attire Day, wear your best Hawaiian fashion!
Since the middle of March when the County of San Diego announced that meals could no longer be served in congregate settings due to the COVID-19 pandemic, the City had to alter the Senior Nutrition Program in order to remain compliant with public health orders while still providing the vital meals our seniors have come to rely on.

Senior Nutrition has transitioned to delivery and pick-up of meals. 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.

We will be CLOSED on Friday, July 3.

We have a new Senior Service Aide, Arely Flores. Arely is looking forward to returning to school to finish her studies in Sociology. She has eclectic taste in music, and enjoys listening to Bad Bunny. Her current favorite song is Ni Bien Ni Mal.

Arely will be another fabulous addition to our PACC family. She will be helping in all areas of transportation, including scheduling your pick-up and drop-off appointments. Arely is looking forward to meeting, and getting to know more of the wonderful people at the Escondido Senior Center. Welcome Arely Flores!

We would like to extend our deepest gratitude to the Escondido Community Services staff that have continued to assist in carrying on with our Senior Nutrition program. Each one of these essential workers are heroes!
These are just a few ideas to inspire you to have fun at home.

Have fun and keep busy!
Happy Parks and Recreation Month!

We want to hear from you!
Let us know how you will be keeping busy this summer. Share some ideas with your friends at the Community Center. We are looking for people to share a favorite family recipe, your gardening tips, fun hobbies, activities, games, book recommendations, etcetera.

Call us at 760-839-4688 to share your stories.

For more ways to keep busy visit the City of Escondido’s virtual recreation website recreation.escondido.org/virtual-recreation.aspx

Also, Feeling Fit Club is on channel 19 Monday - Friday at 3:00 p.m.
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.

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 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.

Call FACT at 888-924-3228
8am and 3pm
Monday through Friday
for more information or visit factsd.org.
HEALTH & SAFETY

COVID-19

Help prevent the spread of respiratory diseases like COVID-19

+ WASH YOUR HANDS
Wash your hands with soap and warm water regularly.

+ COVER A COUGH OR SNEEZE
Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.

+ DON’T TOUCH
Avoid touching eyes, nose or mouth, especially with unwashed hands.

+ KEEP YOUR DISTANCE
Avoid close contact with people who are sick.

+ STAY HOME
If you experience respiratory symptoms like a cough or fever, stay home.

+ GET HELP
If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.

MORE INFORMATION
Follow the California Department of Public Health: @capublichealth and www.cdph.ca.gov/covid19
It’s important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients from food, and then get rid of the unused waste. Water is found in foods—both solids and liquids, as well as in its natural state. With age, you might lose some of your sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids. Remember, water is a good way to add fluids to your daily routine without adding calories.

Try these tips for getting enough fluids:
- Don’t wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Add liquids throughout the day.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.

Drink fat-free or low-fat milk, or other drinks without added sugars.

If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men. Don’t stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

Learn how to shift to healthier beverage choices.
Tips to Beat the Heat

- Slow down. Be your most physically active during the coolest part of the day, usually between 4:00 a.m. - 7:00 a.m. Pace yourself when engaging in physical activity.
- Stay indoors as much as possible. If air conditioning is not being used, stay on the lowest floor. Keep shades down and blinds closed, but windows slightly open.
- Electric fans do not cool the air, but they do help sweat evaporate, which cools your body.
- Take a cool shower, bath or sponge bath.
- Avoid using the oven.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect away some of the sun’s heat.
- Air out hot cars before getting into them.
- Never leave children or pets inside vehicles at any time, even with the windows cracked. Temperatures inside a vehicle can reach lethal levels no matter what the weather is like.
- Drink more fluids than usual even if you do not feel thirsty.
- Water is the safest liquid to drink during heat emergencies. Avoid drinks with alcohol or caffeine; they make the heat’s effects on your body worse.
- Eat small meals and eat more often. Avoid foods that are high in protein, which increases metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.
- If you take diuretics, ask your physician about a lower dosage during hot weather.
- If it is safe to do so, leave windows open at night. Open windows on two sides to create cross ventilation.
- Place a piece of cardboard covered with aluminum foil in sunny windows to reflect sunlight and heat away from the house.
- Vacuum, clean or replace air filters regularly for maximum cooling efficiency.
- If affordable, install outdoor awnings or sunscreens.

Call your physician if you feel you may be experiencing a heat-related illness.

For more information on San Diego County Cool Zones call Aging and Independence Services at 1-800-339-4661 or visit their website: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais.html
CITY SERVICES

City Parks and Open Spaces:
City of Escondido parks and open spaces are open in accordance with the new County of San Diego Public Health Order. All parking lots are open and active recreation areas are open.

- Fishing: Shoreline fishing is permitted. Facial coverings are required when purchasing a fishing permit and social distancing will be enforced.
- Fishing on the docks is open. 6 ft. spacing markers have been placed on the docks, facial coverings are required at all times.
- Full day boat rentals: hourly rentals will not be available for the time being.
- Camping at Dixon Lake will fully reopen on July 3.
- Play structures remain closed at all parks per the County order.
- Queen Califia’s Magical Circle is closed until further notice.

City Facilities:
City Hall is reopened with the modifications listed below. Both walk-ins and appointments are welcome.

- Visitors will check in outside at a new information booth.
- Facial coverings are required at all times.
- Visitors are encouraged to show up individually to conduct business.
- Hours of operation are Monday - Friday from 8:00 a.m. to 5:00 p.m.

Many City services can be accessed online at:
https://www.escondido.org/online-services.aspx

RECREATION REOPENING DATES

June 15 - Registration Begins for Learn-to-Swim Lessons and Summer Day Camps
June 17 – Sports Center Skate Park Opens
June 26 – Open Swim Begins
July 6 – Learn to Swim Lessons Begin
July 6 – Summer Camp Begins

There are many ways to interact with the City of Escondido online!

¡Hay muchas maneras de interactuar con la ciudad de Escondido a través del internet!

Visit ols.escondido.org  Visita ols.escondido.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
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/
Humane Society........760-888-2275
www.sdhumane.org
SD Eldercare Directory........619-293-1680
Senior Svc. Council Esc........760-480-0611

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 Society........877-903-1589
Arthritis Found........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
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
Escondido Nutrition Program
........................................760-839-4803
Interfaith Comm. Serv........760-489-6380

MEALS & NUTRITION
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 Cntr........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

VETERINARY
Rancho Bernardo Pet Hospital
..........................760-432-2782
Signature Veterinary Services
..........................619-354-1025

Covid-19 Testing sites
State Testing...............888-634-1123
County Testing...............211
Thank you to all of our generous community members and organizations who have reached out with gestures of kindness and generosity to help others. The groups and individuals below have donated both monetary gifts and physical items that improve the quality of life of the seniors in our community. We are so grateful for each and every one of you!

The Escondido Seniors Housing Corporation recently donated $15,000 to promote future activities and care for the senior citizens of Escondido. We would like to give a heartfelt thanks to you at The Escondido Senior Housing Corporation!

Thank you to DPI Specialty Foods for donating approximately 1,400 water bottles valued at over $2,800. We appreciate Mr. Poirier for reaching out to share this essential item with our community. Thank you for the generous donation DPI Specialty Foods!

Las Villas Del Norte, an Escondido assisted living community, donated 160 meals, additional fruit, and bags. The value of is donation is over $1300. Thank you Las Villas Del Norte, for the donation of meals and the time you gave to distribute lunches for the senior community!

Ms. Bowdoin donated her entire stimulus check to the Park Avenue Community Center. Thank you Ms. Bowdoin for you heart warming generosity!
BE AWARE: UTILITY SCAMMERS ARE BACK AT IT

There is a new wave of scammers targeting SDG&E customers. They’re using the same old tactic: they threaten to turn off your power unless you immediately pay a past-due bill. The uptick is troubling because some of the scammers are targeting elderly SDG&E customers who are especially vulnerable, such as those who require electricity to meet critical medical needs. The current tactics used by scammers include impersonating SDG&E’s billing department and asking for payment using Green Dot MoneyPak, a way of sending cash via prepaid or bank debit cards. SDG&E does not ask customers to pay using methods such as Green Dot MoneyPak.

Tactics Being Used Now
One active scam targets seniors, some of whom rely on assisted oxygen therapy powered by electricity. Scammers convince them to use Green Dot MoneyPak to load prepaid or bank debit cards at grocery stores. Victims are told to pay by this method to avoid service disconnection. It can be confusing because the scammers use a 1-800 number (1-800-262-3917) with a recorded message and menu options that mimic SDG&E’s customer service line, which is 1-800-411-7343. When victims call the scam number, they hear a recorded message that tells them they are calling SDG&E’s business line. They are given different menu options, including one to pay their bill or to report a gas leak or power outage.

If scammers do not get you on the phone directly, they may leave you an automated message like this:
“Hi, this is an automated message from San Diego Gas and Electric Billing Department. This call is to inform you that your power will get disconnected in 30 minutes due to a pending balance on the account. Please call the direct billing department number at 1-800-262-3917 to avoid power disconnection. Again, the number is 1-800-262-3917.”

Bottom Line
SDG&E will never proactively contact customers requesting their credit card, banking or other financial information or threaten immediate disconnection. Even if you have a past-due balance that needs to be paid, SDG&E will always provide past-due notices in writing before shutting off service and offer payment plan options. Those who have been laid off or seen their hours reduced due to the coronavirus, SDG&E is temporarily suspending service disconnections for nonpayment until further notice. Read more at sdgenews.com.

If you are a caretaker for an older adult or have elderly relatives or friends, please warn them about utility scams and urge them to follow the tips below to avoid becoming a victim.

SDG&E will NOT:
- Call a customer and demand immediate payment. Customers may receive communications directing them to pay their bill via their MyAccount at sdge.com or the Billmatrix system. SDG&E offers automated payment by phone when you call 1-800-411-7343.
- Request that a customer use pre-paid debit cards for payments or cryptocurrencies like Bitcoin to pay their bill.
- Send emails with an online payment method with a QR code.

Hang up!
If a caller claims to work for SDG&E and asks for payment over the phone, it’s a scam. Only provide financial information by telephone if you made the call.

Call SDG&E at 1-800-411-7343 or visit sdge.com/myaccount to verify information about your account.

If you believe you might have been a victim of fraud, please call SDG&E immediately at 1-800-411-7343 to report it. Get more tips to avoid becoming a victim of a utility scams at sdge.com/scams.