

**Community  
Action to  
Reach the  
Elderly (& Disabled)  
in San Diego County**



For Information,  
Call 1-800-510-2020

**Postal Alert  
Training Workers  
to Be Watchful**

By *Saman Yaghmaee*  
Project CARE Coordinator

The Postal Alert program, an integral component of Project CARE, has letter carriers keeping a watchful eye on the mailboxes of elderly and disabled residents along their route. A sticker inside the mailbox tells the carrier to pay attention. If mail has not been picked up after two days, the carrier will see if the individual is all right.

Aging & Independence Services



*Jamie Wolf, right, with Sammy Sayjai, manager of the Grim Avenue Post Office.*

(AIS) is offering free training and forms to postmasters and their staff members. Jamie Wolf, an AmeriCorps volunteer with Project CARE at the Neighborhood House Association, has initiated this effort by offering trainings to postal

carriers and managers in the Southeast San Diego area. Warning signs include mail that accumulates for more than two days, or the sudden, unkept appearance of a lawn, home, or of the seniors themselves.

AIS can customize the red stickers that go inside the mailbox, printing each individual Project CARE site's name and phone number. This ensures that postal carriers know who to contact if a senior appears to be at risk.

We thank Jamie for her great initiative and contribution to the Postal Alert program. She can be reached at (619) 263-2108. Project CARE sites that want customized stickers can call (858) 505-6300.

**Project CARE Notes**

The most recent Project CARE meeting spotlighted minor home repair needs and programs. We welcomed new faces from various organizations, such as the Urban Corps., Maac Project, Rebuilding Together, and the County's Department of Housing Development & Community.

Kelli Davenport from SDG&E talked about available home improvement services, such as attic insulation, water-heater blankets, weather-stripping & caulking, and energy-saving devices. For details, call (858) 514-4030, or (888) 340-4030 in North County.

AIS staff discussed plans to allocate funding for minor home repair/home modifications services through the Family Caregiver Support Program. Pamela Thorsch with Rebuilding Together San Diego said her agency is developing a year-round program to address home modifications and emergency repairs. She is also seeking skilled and unskilled

volunteers to join forces for renovating the homes of low-income homeowners. Colleen Mallen from Jewish Family Services stated that they have volunteers for minor home repair in North County, and she can be reached at (619) 563-5232 x 126.

Marcia Buchalter presented the new countywide Project CARE brochure that includes all the Project CARE sites' addresses and phone numbers. An email version of the brochure is available. Contact saman.yaghmaee@sdcountry.ca.gov.

Interfaith Community Services reported the loss of its winter shelter this year, but is seeking a permanent shelter for elder and disabled. The group is also organizing inclement-weather shelters in churches and coordinating with neighboring communities for expected overflow this winter.

Lutheran Social Services discussed the new Zip Trip program, which has volunteers transporting low-income seniors. The program is available in Spring Valley and is expected to grow in other communities.



## Goodbye to a Good Friend

When the City of Chula Vista became part of Project CARE by agreeing to provide minor home repair, Lutheran Social Services was asked to set up the program. The first person to step forward and offer help was Saul Roskin, an all-around handyman. For the next 11 years, Saul worked tirelessly, only taking time off for trips with his wife, Hannah.

Early this year, Saul was diagnosed with cancer and he died this July. He will be greatly missed by all who knew him. He gave selflessly for 30 years to help others and was the backbone of the South Bay office.

## *Winning in Tough Financial Times*

We are mindful of aiding clients on fixed incomes who struggle with the cost of living in our county. Last year, Aging & Independence Services cosponsored a series of workshops with SDG&E and Consumer Credit Counseling Services called "Winning in Tough Financial Times." And we are beginning them again.

The workshops help participants make the most of their money by tracking expenses, creating a spending plan and tapping into discounts and specials. The workshop also talks about community resources, such as Project CARE.

The next workshop will be held from 9:30 to 10:30 a.m. Monday, Nov. 15, at the Imperial Beach Senior Center, 1075 8th St., Imperial Beach. To register (for this workshop only), call **(619) 424-7077**.

If you belong to an organization that might want to have this workshop as part of a meeting, call Gabriela Alvarez with Consumer Credit Counseling Services at **(619) 497-0126, ext. 31**. It's also available in Spanish.

## Updates from South Bay

The National City Rotary presented Kimball Senior Center with a check for \$3,000 to purchase 50 phone dialers and batteries for that Project CARE's Are You OK? program. The need for this emergency device became apparent after a client had a stroke and was on the floor all night. Had she had one of the dialers, she could have called for help.

Chula Vista's Project CARE continues to think outside the box to distribute the Vials of Life. Volunteer Tillie Lee approached the exercise instructor at the Norman Park Center about the vials. As a result, more than 70 vials were distributed in two weeks. The plan is to ask all the group leaders at the center to display the vial so that group members know it exists and where to get one.

## Three New Coordinators

We have three new Project CARE Coordinators who have recently joined the network: Laly Goodmote from Meals-On-Wheels, replacing Mary Jane Hodges; Maricela Rodriguez from Senior Community Center, replacing Joel Gumbayan in the central region; and Beth Owens, who has been assigned to coordinate the Project CARE at the Oceanside Senior Citizens Center. Beth can be reached at (760) 435-5250. Maricela can be reached at (619) 235-6538, and Laly at (619) 295-9501.

Please share your knowledge and experience with our new members so that they can settle comfortably and quickly into their new jobs.

## News from North County

The Encinitas Senior Center selected a Project CARE volunteer, Marian Calvano, as Volunteer of the Month for September. Marian monitors Are You OK? calls and helps in the office. Her hands are never idle, according to staff at the center; she has outfitted everyone with her hand-knitted slippers.

## New Vials of Life Available

Vials of Life with the new style have arrived and are available for distribution to all Project CARE sites. The new vials are made of vinyl, a soft and pliable sleeve with a magnet in the back. The medical information card plus the door sticker are slipped inside the vinyl pouch, which is slightly larger than the old plastic box containers.

As always, we thank SDG&E, which provided funding for 20,000 Vials of Life, twice the number from last year. As part of our agreement with SDG&E, the Vial of Life recipients will also be given applications for the Medical Baseline and CARE programs managed by SDG&E.

We also thank a group of senior volunteers at Canterbury Court Apartments in Chula Vista who assembled all the vials within few days.

For more information or to receive Vials of Life, call AIS at (858) 505-6300.

## *Contribute Stories to the Newsletter*

This newsletter is distributed quarterly with AIS's *Aging & Independence* bulletin. The next newsletter will be in the February bulletin. Deadline for submissions is Jan. 7. Send material to: Denise Nelesen, AIS, 9335 Hazard Way, San Diego, 92123; or email to [denise.nelesen@sdcounty.ca.gov](mailto:denise.nelesen@sdcounty.ca.gov).

**Next Project CARE meeting: 9 a.m. Jan. 5 at AIS, 9335 Hazard Way**