

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



For Information,  
Call 1-800-510-2020

## Project CARE Programs Continue to Help Seniors

By *Saman Yaghmaee*  
Project CARE Coordinator

Aging & Independence Services (AIS) is pleased to assist the growth of Project CARE by increasing awareness of the program and supporting the sites with resources. The new countywide Project CARE brochure designed by Buchalter Consulting Group has been very successful. The brochure includes the name, phone number, and serving areas of all Project CARE sites, as well information on how to become a volunteer in Project CARE. To receive a copy of the brochure, call the AIS Call Center at (800) 510-2020.

Each community develops its own Project CARE program, depending upon the needs of the individual and the resources available in the community.

The following is an update of some of

the basic components of Project CARE:

**Vial of Life:** A new order has been placed on the Vials of Life as we are running out of our stock. We should be receiving the new supply by the end of this month. Last July, we changed the look of the vials from a hard plastic box to vinyl pouches, as we could create more of those for the same amount of money. The pouches work the same as the boxes, with magnets on the back. Seniors put their medical information in the pouches and attached them to their refrigerators.

At the last quarterly Project CARE meeting, partici-

pants recommended updating the vial's information card and adding more space under the Current Medication section. Last year, we included pet information on the card, including a potential pet sitter's name and number to notify in case of an emergency. We continue to improve the vials with the feedback we receive from community partners and from those who use the vials. Forward any additional suggestions by

Aug. 6, when the new order will be placed.

AIS's Outreach and Education Team has initiated a new campaign for training City of San Diego firefighters and paramedics on senior safety issues, and will include information on the Vial of Life.

**Minor Home Repair:** The Family Caregiver Support Program awarded grants for minor home repairs for

caregivers to Interfaith Community Services and Jewish Family Services, covering North Coastal and Inland areas, and Central and North Central regions, respectively. AIS is seeking a partner to extend minor home repair services in South and East regions. Contact Saman Yaghmaee at (858) 505-6300 to learn more about this program.

**You Are Not Alone (YANA):** Retired and Senior Volunteer Program (RSVP) and Senior Volunteer Patrol (SVP) members continue to accept referrals from Project CARE sites. The service is available

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*The Family Caregiver Support Program provides funds to two agencies that have volunteers assisting caregivers with minor home repairs.*



through law enforcement agencies in various communities. Contact me if you wish to receive the recent directory of YANA affiliates by Zip code.

**Safe Return:** Alzheimer's Association continues to support those Project CARE clients with dementia and other cognitive impairments. Aging & Independence Services provides the Alzheimer's Association with some limited funding for low-income clients needing to sign up for the Safe Return program, which has ID bracelets and necklaces, plus other tools to help locate seniors who wander from their homes. For more information, call Ann Sediego, Outreach Coordinator at Alzheimer's Association at (858) 492-4400, ext. 139.

**Are You OK?:** AIS is switching to a new Project CARE system for making phone calls to homebound seniors, a system that runs on newer, window-based computers. In consultation with staff at Interfaith Community Services and Adaptive Computer Empowerment Services (ACES), we have started replacing the existing systems at all Project CARE sites. AIS will continue to provide all sites with consultation, maintenance and trouble shooting of the new system at no cost to the sites.

**Postal Alert:** AIS is offering free training and forms to postal employees in all geographical areas. The latest training that was organized by Jamie Wolf with Project CARE at Neighborhood House Association in Southeast San Diego area, and magnified the importance of training postal carriers and managers on a periodic basis as postal personnel change rapidly. We can customize the red stickers that go inside the mailbox by printing each individual Project CARE site's name and phone number. Project CARE sites that want customized stickers can call (858) 505-6300.

## An Addition to Our Outreach Team

Brian Rollins is the new member of the Outreach & Education Team for the Central and North Central region, replacing Cathy Babin-Weil, who retired earlier this year. Brian worked for ARC San Diego for 13 years.

The members of the Outreach & Education Team frequently talk about Project CARE out in the community.

You can reach Brian at (858) 505-6305, or email him at [brian.rollins@sdcounty.ca.gov](mailto:brian.rollins@sdcounty.ca.gov).



*Brian Rollins*

## Transportation Aid in San Marcos

*By Rebecca Steiner*

*Director of Senior Services, Interfaith Community Services*

A new transportation service has begun operating out of the San Marcos Project CARE office. The San Marcos Senior Transportation Program is a collaborative effort between Interfaith Community Services, Project CARE, the San Marcos Senior Center, and Palomar Pomerado Health intended to address the problem of senior isolation by providing taxi vouchers for medical purposes. Palomar Pomerado Health provided the initial \$2,500 to get the taxi voucher program off the ground, and an additional \$4,000 grant from San Marcos Community Foundation will provide even more vouchers. Private individuals can also donate funds for the purchase of a taxi voucher.

Seniors are provided with \$20 vouchers that help offset the cost of a roundtrip taxi ride. Escondido Yellow Cab and Courtesy Cab companies are providing the rides. Applicants must be 60 or older, have no other means of transportation, and earn no more than \$22,000 per year. Applicants will be screened over the phone. Interested applicants or those who wish to donate to the program can contact Stan Sweatt at Project CARE in San Marcos, (760) 744-0467.

## News....

We had to say goodbye to several Project CARE coordinators during this quarter. We are sad to see them leave and wish them the best.

Marie Gallagher, coordinator for the Norman Park Center site left after three years of service and keeping up with rapid growth of population in South Bay area.

Project CARE coordinators John Hamilton (ElderHelp of San Diego), Maricela Rodriguez (Senior Community Centers of San Diego) and Gail Dupler (Encinitas Senior Center) have moved up to other jobs outside their organization or other positions within their agency.

### Send Us Your News

This Project CARE newsletter seeks contributions of stories, photos, etc., anything of interest to coordinators of Project CARE sites or those who wish to help seniors remain safely in their homes.

Send material to: Denise Nelesen, Aging & Independence Services, 9335 Hazard Way, San Diego, CA 92123. Or you can send an email to: [denise.nelesen@sdcounty.ca.gov](mailto:denise.nelesen@sdcounty.ca.gov)

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