

Seaside Insider

October 2020 Virtual Edition

City of
Carlsbad

Welcome to Carlsbad's Virtual Center!

To register for Virtual Programs:

- Go to www.carlsbadconnect.org
- On top right corner click Login/Create Account
- Adults 50+ tab from the options.
- Select the class you would like to sign up for.
- Once registered you will receive an email the evening before the class is scheduled as well as one hour prior to the start of the class with directions on how to login.

Virtual Culinary Lab

Thursdays, Oct. 1–29, 12–1 p.m.

Join Culinary Lab instructor Kyle Dixon for “Lunch at the Culinary Lab.” The class will be live-streamed as Kyle cooks a new delicious and nutritious meal each week. Students will receive the recipe in advance so they can have all ingredients on hand to cook along with Kyle!

- Oct. 1: Nucleic Classics
- Oct. 8: Leif Erikson Day (Icelandic Cuisine) + Kitchen safety tips for Fire Safety Week
- Oct. 15: Arakanese (Myanmar Cuisine)
- Oct. 22: Sunday Brunch
- Oct. 29: Ethiopian Cuisine



“24K” Zumba Gold with Saleemah

Fridays, Oct. 2–30, 10:30–11:30 a.m.

Cha-cha, merengue, salsa and swing will get you moving your feet, clapping your hands, shaking your hips and have so much fun you'll forget you're exercising! Easy-to-follow dance steps makes this class suitable for beginners and experiences alike! \$29 for the month.

Basic Zentangle® 101

Tuesday, Oct. 6, 9:30 a.m.–11:30 a.m., \$41

Interested in learning art but think you aren't artistic enough? Try Zentangle®! Zentangle® requires no experience, few supplies and can be done almost anywhere, any time. In the class you will learn the basics and history of Zentangle®. Materials are supplied and can be picked up at the Carlsbad Senior Center from 11 a.m.–noon during curbside lunch pickup. Zentangle® 101 is prerequisite for other Zentangle® classes.

DNA: A Storytelling Workshop

Wednesday, Oct. 7, 11 a.m.–12 p.m.

Since the beginning time, humans have felt the need to tell our stories. We rely on these stories to pass on our histories, our lessons, our humanity, our very identity. The need to tell our story is a part of our DNA. But how do we tell that story? Join New Village Arts' Artist-in-Residence, Frankie Alicea-Ford, as we dive into the world of storytelling! We will discuss what makes an effective and strong story, craft stories of our own, and (if you're interested) perform them for each other. Take advantage of the special introductory rate of \$10 for the workshop.

Functional Yoga

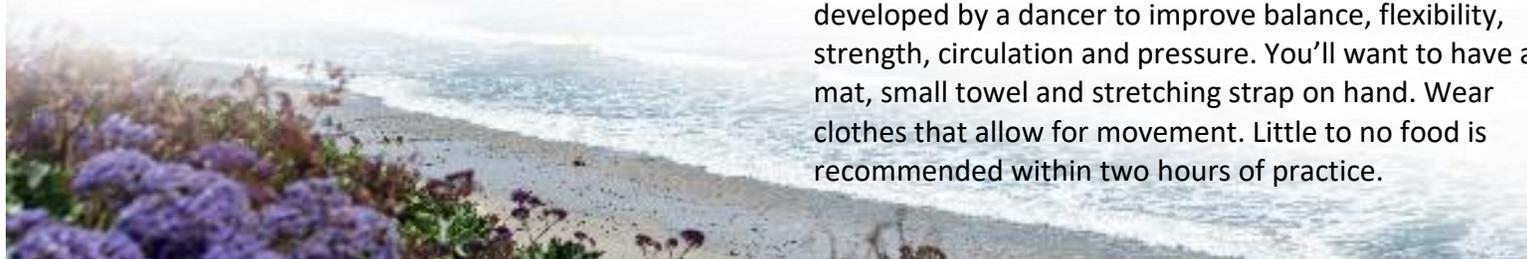
Wednesdays, Oct. 7–28, 1–2 p.m., \$52

Join experienced instructors on Zoom to create a union of mind, body and spirit. You'll practice basic postures and breathwork all from the comfort and safety of your home. This class is not for beginners. You'll want to have a mat, small towel and stretching strap on hand. Wear clothes that allow for movement. Little to no food is recommended within two hours of practice.

PiYo (Pilates/Yoga)

Wednesdays, Oct. 7–28, 2:15–3:15 p.m., \$52

Join experienced instructors on Zoom for more yoga, this time for your core, back and belly! Pilates was developed by a dancer to improve balance, flexibility, strength, circulation and pressure. You'll want to have a mat, small towel and stretching strap on hand. Wear clothes that allow for movement. Little to no food is recommended within two hours of practice.



UCSD Osher Lifelong Learning

Wednesdays, Oct. 7–28, 9:30–10:30 a.m., Free

The Carlsbad Senior Center has partnered with UCSD Osher to offer viewings of the recorded lectures. There will be weekly discussions on Zoom where participants can politely discuss their thoughts on the week's lecture. Every Friday evening a link will be sent out to all registered participants to access the week's video. The link will remain active until the following Wednesday evening.

- **Oct. 7:** M.C. Escher: Mind-being, Mathematically-Inspired Art
- **Oct. 14:** The Arc of Western Art and the Great Disruptions of the Renaissance and Impressionism
- **Oct. 21:** Star-Making During Hollywood's Golden Age: Zero Mostel
- **Oct. 28:** Star-Making During Hollywood's Golden Age: Marilyn Monroe

The ABCs & Part D of Medicare 2021

Thursday, Oct. 8, 1:30–2:30 p.m., Free

This educational workshop will help you to better understand Medicare, your plan options and how to sort through the confusing pieces and parts of Medicare. Learn about the Part D changes coming in 2021.

Presenter, Steve Kuzmack, will provide attendees with the latest updates and explain exactly what moves you can make during the Annual Election-, Initial Enrollment- and Special Enrollment-Periods.

Whether you are going on Medicare for the first time, or have been on Medicare for many years, plan on attending and bring your questions to this information-packed workshop. Steve is a California licensed insurance agent since 1994 and local Carlsbad resident.

Zentangle – Tangled Recipes

Tuesday, Oct. 13, 10 a.m.–12 noon, \$41

Explore Tangle Recipes and learn ways to mix, stir and combine tangle patterns into deliciously tangled tiles. Students will gain an understanding of tangle types, ways to achieve balance of patterns and methods of adding tangle enhancers and embellishments to Zentangle® tiles. Basic Zentangle®101 is preferred but no art background is required. Materials are supplied and can be picked up at the Carlsbad Senior Center from 11 a.m.-noon during curbside lunch pickup.

Digital Photo & Tech Classes

All About Podcasts

Wednesday, Oct. 21, 2–3:15 p.m., Free

Would you like to enjoy hearing your favorite radio programs on your schedule instead of having to remember the program's broadcast date/time? Many radio programs (e.g. NPR's This American Life) are available as free downloadable audio files...just like an audio book. Copy them to your portable device (e.g. smartphone, iPod) and listen at your convenience. Our instructor, Mike McMahon, is a big fan of podcasts and will give you a practical guide to what it's all about.

Google Photos - Essentials

Wednesday, Oct. 28, 2–3:15 p.m., Free

Google Photos is free photo software that can help you organize, edit, and share your photos. It is the logical next step for those who used Picasa Web Albums in the past. Over the past several years, the feature set of the software has grown and many have now come to rely on Google Photos for their photo work. Our instructor, Mike McMahon, will demonstrate many of the helpful features of this software.

Morningstar Investment Education Lectures

Area residents have free access to Morningstar guidance through the City of Carlsbad Libraries' online database—cardholders are not required to be Carlsbad residents. Each class, instructor Shelley Murasko, examines Morningstar's changing monthly information. These **free** classes are from 1:30–3 p.m.

Oct. 12: *Mutual Fund Investing Basics*

Join us in this class where we show how to use Morningstar's Fund Investor 500 Newsletter to benchmark your portfolio and discover funds that have earned Morningstar's top ratings while emphasizing the basics of investing.

Oct. 26: *Top Morningstar Articles & Other Special Investing Topics*

Delve into timely topics from Morningstar with key topics this month being: How worried should we be about Social Security? And, Coronavirus, the economy, and the impact on investors.

Successful Aging in Place:

Who Gets Grandma's Yellow Pie Plate?

Thursday, Oct. 15, 1:30–2:30 p.m., Free

This family-focused educational program offers ideas for the transfer of personal property. We will have some fun with real stories while we discuss the six key decision-making issues including goal setting, titled vs. non-titled property, fairness criteria and family dynamics. Presented by Certified-Aging-In-Place-Specialist, Kindra French, Owner of 101 Mobility of San Diego and current President of the San Diego Chapter of the National Aging in Place Council.

Go Organic with Zentangle

Tuesday, Oct. 20, 10 a.m.–12 noon, \$41

Not all lines are straight. During this class we will explore organic tangles that make us think of nature. Create a tile or two that are teeming with organic tangles. Basic Zentangle® 101 is preferred but no art background is required. \$35 for the class. Basic Zentangle supplies needed: Regular Zentangle® tiles (2), 01 micron, graphite pencil and tortillon; PN and 08 micron are optional. If any materials are needed, contact the instructor. Materials can be picked up at the Carlsbad Senior Center from 11 a.m.–12 noon.

Healthy Rituals for Well-Being and Health, Including How to Deal with Fear

Thursday, Oct. 22, 10–11:30 a.m., Free

We are all now working on keeping healthy rituals for ourselves a daily practice especially in stressful times with COVID-19 and civil unrest. But in addition to daily things we can do, what about when we are dealing with fear? What can we do to deal with it without putting our head in the sand? What practices work best when confronted with our fears? How do you tell when it is interrupting our health and when is it not healthy? This session addresses these issues so that we're able to maintain our daily disciplines for well-being and bring more joy to our daily life.

Carlsbad History Highway

Monday, Oct. 26, 10–11 a.m., Free

Travel down the Carlsbad History Highway in this new virtual presentation series. The Carlsbad Historical Society will be hosting a presentation on the rich and diverse parts of Carlsbad history each month. This month's presentation is: **Know Carlsbad: First Peoples, Missions Ranchos and Town**

Intro to Watercolor

Tuesdays, Oct. 27–Dec. 8, 9–11:30 a.m., \$152

Have fun learning to paint in the beautiful medium of watercolor. Explore newfound creativity in a supportive group atmosphere. Our focus is on understanding painting techniques, values, color harmony and creating a strong composition. Step-by-step demonstrations, color reference photo and line sketches are provided.

Intermediate/Advanced Watercolor

Thursdays, Oct. 29–Dec. 12, 9–11:30 a.m., \$152

Challenge your artistic abilities by applying exciting watercolor techniques that make your paintings truly beautiful. Classes include a color reference photo, supportive feedback and a line sketch. No drawing required. Materials not included.

All About Eyes: What Seniors Should Know About Age-related Eye Conditions

Thursday, Oct. 29, 10–11:30 a.m., Free

Macular degeneration, glaucoma, cataracts and diabetic retinopathy are some of the leading causes of senior-related vision loss, affecting approximately 6.5 million over the age of 65. This remote and free presentation will take you on an educational journey into the world of age-related eye conditions where you will:

- Explore the rate at which these conditions occur
- Examine the major structures of the human eye—where conditions are located
- Review causes/symptoms/standard treatments of the most common conditions
- Learn about practical daily living services/resources to help you
- Partake in interactive discussions and ask questions

Presented by Braille Institute, San Diego.

Carlsbad Sings! – Halloween Spooktacular

Friday, Oct. 30, 1–2 p.m., Free

Join the Carlsbad Senior Center staff for a spectacularly spooky sing-along. Popular Halloween tunes like “Thriller,” “I Put a Spell on You” and “Monster Mash” are just a few of the frighteningly fun songs to get you in the Halloween mood.



OCTOBER is Virtual Arts & Humanities Month



The Cultural Arts October series is designed to coincide with National Arts & Humanities Month. The largest annual celebration for arts and humanities in the nation, this initiative was launched by Americans for the Arts and national partners through a national collective to further the recognition of the importance of culture in America.

Theater | Letters Aloud presents *All Our Best: Perseverance in Times of Struggle*

Thursday, Oct. 8 at 7:00 p.m. | LIVE virtual event

Featuring real letters from real people throughout history writing about their experiences in times of pandemics, civil rights activism and finding hope and meaning...and humor...when times are particularly tough, “All Our Best” proved to be the perfect show to experience live during these troubling times.

Music for Families | *En Casa con Sonia with Sonia de los Santos*

Join Latin Grammy nominee, Sonia De Los Santos from home with En Casa con Sonia! Sing along to her beloved songs, learn about the stories that inspire her music, and get to know the work of some of her favorite artists. Acompaña a Sonia ¡desde casa! Canta sus canciones, aprende sobre las historias que inspiran su música y conoce el trabajo de algunos de sus artistas favoritos.

- Recorded musical experience available Wed., Oct. 14 through Mon., Oct. 19, 2020

Poetry & Jazz | *The Langston Hughes Project by Ron McCurdy* Tuesday, Oct. 27 at 7:00 p.m. | LIVE virtual & recorded experience

A multimedia concert performance of Langston Hughes’ kaleidoscopic Jazz poem suite, “Ask Your Mama: 12 Moods for Jazz,” Hughes’ homage to the struggle for artistic and social freedom at home and abroad at the beginning of the 1960s. Together the words, sounds and images recreate a magical moment in our cultural history, which bridges the Harlem Renaissance, the post-World War II Beat writers’ coffeehouse jazz poetry world, and the looming Black Arts performance explosion of the 1960s.

- Recorded performance available Wednesday, Oct. 21 through Sunday, Oct. 25, 2020

Experience at home, then join us for a live Artist Talk with Dr. Ron McCurdy on Tuesday, Oct. 27 at 7:00 p.m.



Interview | Artist Talk with Wu Man

Monday, Oct. 29 at 7 p.m. | LIVE virtual event

Hosted by Branden Muresan, journey through the minds of artists and discover what drives and inspires them through a live interview during virtual Artist Talks. Recognized as the world’s premier pipa virtuoso and leading ambassador of Chinese music, Wu Man has carved out a career as a soloist, educator, and composer giving her lute-like instrument—which has a history of over 2,000 years in China—a new role in both traditional and contemporary music.

Music | Chamber Music Society of Lincoln Center presents *CMS Front Row*

CMS Front Row events include live, HD performance video from the CMS archive, featuring the thoughtfully curated repertoire that CMS audiences have come to expect and enjoy. Each concert will include introductions by CMS Artists, and end with a live Q&A with the featured artist, hosted by CMS co-Artistic Directors David Finckel and Wu Han.

- Recorded performance available Wednesday, Oct. 28 through Monday, Nov. 1, 2020

MORE INFO: arts@carlsbadca.gov or 760-602-2090





Fire Prevention Week is October 4-10



Serve Up Fire Safety in the kitchen!

Join the Carlsbad Fire Department while we team up with the National Fire Protection Association to promote this year's Fire Prevention Week campaign, "Serve Up Fire Safety in the Kitchen!"

According to NFPA, cooking is the leading cause of home fires and home fire injuries in the United States. Almost half of reported home fires started in the kitchen, mostly from the ignition of food or other cooking materials.

Our goal is to keep you and your loved ones safe from a cooking fire.

You can participate in 2 Virtual Events this week:

- Fire Prevention Specialist Medi Maldonado will join the **Culinary Lab** on Thursday Oct 8 for extra kitchen safety tips. [Register at: www.carlsbadconnect.org](https://www.carlsbadconnect.org)
- Saturday October 10 at 10:00 join our **Live Virtual Fire Station Open House**. Sparky will cook with a fire station crew, share safety tips, and we'll respond to your questions via Facebook Live. Tune-in here: www.facebook.com/cityofcarlsbad

Follow the City's social media pages through the week of October 4-10th for daily safety tips:

www.facebook.com/cityofcarlsbad
[@carlsbadcagov](https://www.facebook.com/cityofcarlsbad)
[@carlsbadfiredepartment](https://www.facebook.com/cityofcarlsbad)

Tag us at **#carlsbadfiresafe2020** to share how YOU keep your home safe from fires.

For more general information about Fire Prevention Week and cooking safety tips, visit:

<https://www.carlsbadca.gov/services/depts/fire/prevention/>

KITCHEN SAFETY TIPS

Stay focused on the food: Unattended cooking is the leading cause of fires in the kitchen.

- **Stay in the kitchen when you are frying, boiling, grilling, or broiling food.**
- **Turn off burners** if you leave the kitchen-even for a short period of time.
- **Use a timer** to remind you that you are cooking or carry around a wooden spoon as a reminder.
- If you are sleepy, have consumed alcohol, or have taken medicine that makes you drowsy, **DO NOT cook. Place a delivery order from a local restaurant!**

Keep cooking areas clear: Clear away clutter & give cooking appliance space to lessen the chance of a kitchen fire.

- **Keep anything that can catch fire** away from your stovetop
- Loose clothing can hang down onto burners can catch fire. **Wear short, tight fitting, or tightly rolled up sleeves when cooking.**
- **Have a "Kid-Free Zone" of at least 3' feet** around the stove and areas where food is prepared.
- **Keep pets** off cooking surfaces and nearby countertops.
- **Clean up food** and grease from burners and stovetops.

Put a lid on it: You can take simple steps to keep a small kitchen fire from getting out of control

- **Always keep a lid nearby when cooking.** If a small grease fire starts, slide the lid over the pan and turn off the burner. Leave the pan covered till cool
- **NEVER use water to extinguish a grease fire** because it will spread the fire.
- If you have a microwave oven fire, **turn the appliance off immediately** and keep the oven door closed.

Prevent scalds & burns: Hot liquids & steam from the stove or oven can cause devastating injuries.

- **Turn pot handles** away from stove's edge
- **Keep your face away** from hot oven doors when checking or removing food
- Open microwaved food slowly, away from your face. **Let food cool before eating.**

October Activities Calendar



Green - Intergenerational (All Ages Welcome!) Red - Senior Specials Blue - Fee Based			1	2
			12 - 1 p.m. Culinary Lab: Nucleic Classics	10:30 - 11:30 a.m. "24K" Zumba Gold w/ Saleemah
5	6	7	8	9
Fire Prevention Week, see page 4 for activities & info.	9:30 - 11:30 a.m. Basic Zentangle 101 2 - 3 p.m. Head to Heart	9:30 - 10:30 a.m. UCSD Osher Discussion 11 a.m. - 12 p.m. DNA: A Storytelling Workshop	12 - 1 p.m. Culinary Lab: Icelandic + fire prevention tips 1:30 - 2:30 p.m. The ABCs & Part D of Medicare 2021	10:30 - 11:30 a.m. "24K" Zumba Gold w/ Saleemah
12	13	14	15	16
1:30 - 3 p.m. Morningstar - Mutual Fund Investing Basics	10 a.m. - 12 p.m. Zentangle - Tangled Recipes 2 - 3 p.m. Head to Heart	9:30 - 10:30 a.m. UCSD Osher Discussion	12 - 1 p.m. Culinary Lab: Myanmar Cuisine 1:30 - 2:30 p.m. Successful Aging in Place	10:30 - 11:30 a.m. "24K" Zumba Gold w/ Saleemah
19	20	21	22	23
11 a.m. - 12 p.m. Ask the Orthopedic Surgeon	10 a.m. - 12 p.m. Go Organic w/ Zentangle 2 - 3 p.m. Head to Heart	9:30 - 10:30 a.m. UCSD Osher Discussion 2 - 3:15 p.m. All About Podcasts	10 - 11:30 a.m. Healthy Rituals for Well-Being and Health 12 - 1 p.m. Culinary Lab: Sunday Brunch	10:30 - 11:30 a.m. "24K" Zumba Gold w/ Saleemah
26	27	28	29	30
10 - 11 a.m. Carlsbad History Highway 1:30 - 3 p.m. Morningstar - Top Articles & Other Special Investing Topics	9 - 11:30 a.m. Intro to Watercolor	9:30 - 10:30 a.m. UCSD Osher Discussion 2 - 3:15 p.m. Google Photos - Essentials	9 - 11:30 a.m. Int/Adv Watercolor 10 - 11:30 a.m. Learn about Age-related Eye Conditions 12 - 1 p.m. Culinary Lab: Ethiopian Cuisine	10:30 - 11:30 a.m. "24K" Zumba Gold w/ Saleemah 1 - 2 p.m. Carlsbad Sings! - Halloween Spooktacular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu subject to change</p> <p>*Denotes >1000mg. sodium</p> <p>1% milk served daily</p>	<p>Virtual class registration: www.carlsbadconnect.org</p> <ul style="list-style-type: none"> Log In/Create Account Select Adults 50+ tab <p>Once registered, you will receive an email the evening before the class and again an hour before the class or call 760-602-4650</p>	<p>Lunch service information on back page or online</p>	<p>1</p> <p>Bratwurst * in Beer & Onion Chutney, Sauerkraut Mashed Potatoes & Gravy, Carrots Wholegrain Bread Whole Fruit</p>	<p>2</p> <p>Chicken Marsala Mixed Rice Broccoli Whole Fruit</p> <p>Fun Friday: Hawaiian Shirt Day!</p>
<p>5</p> <p>Beef Stew Parsley Potatoes Carrots Mixed Vegetables Whole Wheat Bread Whole Fruit</p> <p>Fire Safety Week 4-10</p>	<p>6</p> <p>Thai Chicken with Bok Choy & Peppers Mixed Rice Green Beans Orange</p>	<p>7</p> <p>Pulled Pork with Wild Berry Mojito BBQ Sauce, Garnished with Cabbage, Sweet Potatoes, Corn Wholegrain Bread Whole Fruit</p>	<p>8</p> <p>Swedish Meatballs * with Creamy Dill Sauce, Parsley Potatoes Peas Whole Wheat Bread Whole Fruit</p>	<p>9</p> <p>Chicken with Sun-dried tomato & eggplant pesto Whole Wheat Pasta Spinach Orange</p> <p>Fun Friday: Hat Day!</p>
<p>12</p> <p>COLUMBUS DAY HOLIDAY</p>	<p>13</p> <p>Ginger Beef Ginger, Bamboo Shoots, Scallions, Mixed Rice Manhattan Blend Vegetables, Whole Fruit</p>	<p>14</p> <p>Cheese Ravioli, Meat Sauce, Italian Vegetables, Chickpea & Tomatoes, Wheat Bread, Orange</p>	<p>15</p> <p>Moroccan Chicken Apricot Sauce Herbed Rice Mixture Spinach Orange</p>	<p>16</p> <p>Krabby Cake * Pasta Alfredo California Vegetables Whole Fruit</p> <p>Fun Friday: Share a Recipe Day!</p>
<p>19</p> <p>Chicken Gumbo * with Sausage, Okra, Tomatoes, Peppers Mixed Rice, Spinach & Collard Greens Whole Fruit</p>	<p>20</p> <p>Meatloaf Mashed Potatoes, Gravy Peas & Carrots Whole Wheat Bread Orange</p>	<p>21</p> <p>Chicken Parmesan* Breaded Chicken Breast, Topped with Cheese and Marinara Sauce, Manhattan Blend, Wheat Pasta Whole Fruit</p>	<p>22</p> <p>Steak & Mushroom Shepherd's Pie, Mashed Potato Topping, Peas, Carrots, Whole Wheat Bread, Whole Fruit</p>	<p>23</p> <p>Chicken Piccata Wheat Pasta Green Beans Carrots Whole Fruit</p> <p>Fun Friday: Wear Purple Day!</p>
<p>26</p> <p>Pepper Steak Mixed Rice Broccoli Carrots Orange</p>	<p>27</p> <p>Paprika Chicken Paprika cream sauce Parsley Potatoes Mixed Vegetables Whole Wheat Bread Whole Fruit</p>	<p>28</p> <p>Roast Pork Apple Sage Sauce Sweet Potatoes Green Beans Wholegrain Bread Whole Fruit</p>	<p>29</p> <p>Chicken a l'Orange Mixed Rice Pilaf California Vegetables Whole Fruit</p>	<p>30</p> <p>Hamburger Mushroom & Onion Sauce, Mashed Potatoes, Peas Whole Wheat Bread Orange</p> <p>Dress up for Halloween!</p>

CARLSBAD SENIOR CENTER LUNCH SERVICE 760-602-4650

- Carlsbad residents 60+ can register for the city's meal program, which provides nutritious meals Monday through Friday, except for holidays.
- Meals are served cold, with reheating instructions.
- New customers must reserve their meal by noon the day before service, Monday through Friday.
- Once registered in the program, you can pick up meals Monday through Friday in front of the Carlsbad Senior Center 11 a.m.–12 noon. You only need to call if you are canceling service.
- City employees are in front of the senior center, behind a table, providing six-foot social distancing with masks.
- Once you arrive, stay in your car and a city staff member will bring your meal to you.
- Home meal delivery service only provided after verification of need for special service.
- For up to date information on city reopenings, check City of Carlsbad: <https://carlsbadca.gov/COVID19>



The City of Carlsbad understands that the COVID-19 emergency is having a significant effect on our community.

The following is information from city, state and other agencies regarding programs and services to help, visit: www.carlsbadca.gov/covid19

Resources & Contacts

Aging and Independence Services for assistance, information or reporting abuse	1-800-339-4661
Carlsbad Police (Non-emergency):	1-760-931-2197
Front Desk (general info & transportation)	1-760-602-4650
Facility Reservations www.carlsbadconnect.org	1-760-602-7510
Facilities Elder Abuse Ombudsman	1-800-640-4661
In-Home Supportive Services, North County	1-760-480-3424
Medicare Helpline	1-800-633-4227
Senior Shield Scam Hotline	1-858-715-1648
North County Coastal Mental Health Services	1-760-967-4475
Elder Law Legal Assistance	1-858-565-1392
Medical Insurance Assistance (HICAP)	1-800-434-0222
ElderHelp's HomeShare.....	1-858-748-9675
Hi-Noon Rotary's Helping Hands	1-760-593-7188
Pine Avenue Community Center	1-760-434-5022
San Diego Eldercare Directory	1-619-293-1680
Identity Theft Resource Center	1-858-693-7935
Social Security Office	1-800-772-1213
Alzheimer's San Diego	1-858-492-4400
Grief Support Groups: griefshare.org	
San Diego Food Bank	1-858-527-1419
RideFact	1-888-924-3228