



Del Mar Community Connections

PO Box 2947 Del Mar, CA 92014 www.dmcc.cc 858-792-7565

Supporting and Serving Seniors

April 2024 Newsletter



Maria, Ana, Cathy, and Donna enjoy a DMCC Explorers outing to the Flower Fields, April 2023

Del Mar Community Connections is a volunteer-driven organization providing programs and services to allow our maturing seniors to live safely and independently in the homes they love.

Announcements



Grocery Van Expansion

Due to the growing popularity of the weekly Grocery Van, beginning this month, there are now two opportunities each Wednesday for DMCC's Essential Transportation clients to do their most important errands. Grocery Van riders should specify when making a reservation for the Sassy Chassis if they would prefer to take the Morning Van (9am - Noon), or the Afternoon Van (1pm - 4pm). Riders will continue to be picked up at home, and can expect to visit the same stores (Vons, Trader Joes, Sprouts, and CVS).



***NOTE:** We are continually monitoring local Covid-19 transmission data to evaluate the safety of gatherings. We have planned both remote and in-person activities. Please plan to attend DMCC in-person activities ONLY if you are prepared to show proof of full vaccination from Covid-19, including an mRNA booster.

Spotlight Activities

DMCC Explorers: EDCO Anaerobic Digester [IN PERSON]

Friday, April 12
10:30am - 2pm
Meet at DMCB, 225 9th St.

[REGISTER HERE](#)



Or call (858) 792-7565

Join DMCC Explorers for a fascinating visit to EDCO's Escondido recycling and processing facility. See how your food scraps, green waste, and recycled items are being processed

for other uses. Learn about the anaerobic digester: how microorganisms break down organic materials and how biogas is generated and converted into renewable natural gas for EDCO's trucks. You will also learn about the anaerobic byproduct, digestate, which is rich in nutrients and can be used as fertilizer for crops. Have a chance to ask questions about how our green waste and recycling is used and how EDCO creates sustainable solutions for the environment. After learning about organic recycling, the group will stop for a no-host lunch. Meet at the Del Mar Community Building at 10:30am and the DMCC Sassy Chassis van will take everyone to Escondido. Registration is limited. Participants must provide proof of their Covid-19 vaccination + booster status. **Accessibility note:** The tour involves using stairs, and may be challenging for those with limited mobility. Participants must wear closed-toed shoes and will be provided with a hard hat and vest to wear for safety.

DMCC Trailblazers [IN PERSON]

Monday, April 15
9am - 10:30am
Meet at SDRP Ranger Station, (15699 San Andres)



[REGISTER HERE](#)

Or call (858) 792-7565

Get some fresh air! Socialize! Get some exercise! Learn something new! And appreciate the unique beauty of our surroundings with the DMCC Trailblazers senior trail-walking group. On the third Monday of each month at 9am, volunteer Lois Higgins will lead Del Mar seniors in an easy-rated one-and-a-half to two mile walk along the lagoon in San Dieguito River Park. The group will occasionally have the opportunity to learn something new when they are joined by River Park staff and volunteers for an interpretive experience. This activity is planned in partnership with park rangers, and will begin from the ranger station, where there is ample parking. Please wear good walking shoes and sunscreen and bring your own water. **Accessibility note:** This trail is rated easy, and while the terrain is flat, the surface may be variable. Please make DMCC staff aware if you require assistance.

Foodie Van: VAGA Restaurant [IN PERSON]

Thursday, April 18
Noon - 3pm
Meet at DMCB, 225 9th St.



[REGISTER HERE](#)

Or call (858) 792-7565

Ride the Foodie Van! Join friends and neighbors who want to experience the latest food trends for a no-host luncheon at an upscale restaurant - and let DMCC do the driving. We pick the restaurant and reserve a table for you, so that you can focus on enjoying good food and good company.

This month, enjoy a meal at VAGA, the restaurant in the new blufftop resort Alila Marea. San Diego cuisine with a touch of wanderlust comes in the form of adventurous shared plates, entrees, sides, and desserts conceived through the bounties of neighboring land and sea. Dine with views of ocean bluffs and local surf breaks, visible from both the outdoor patio and floor-to-ceiling windows in the dining room. Or, shift your gaze from water to fire at a chef's counter seat lining the exhibition kitchen.

The DMCC van will depart the Del Mar Community Building (225 9th St.) at Noon and will return at approximately 3pm. Registration and proof of Covid-19 vaccination+booster required.

Annual Ice Cream Social [IN PERSON]

Friday, April 19
1pm - 3pm
Del Mar Civic Center, 1050 Camino Del Mar
Free!



[REGISTER HERE](#)

Or call (858) 792-7565

You're invited to join DMCC at our fourth annual Ice Cream Social. DMCC's Social and Good Times Committee has planned a wonderful event featuring the Sweet Treats ice cream truck. Enjoy your favorite frozen treat! Listen to music from a barbershop quartet! Bring a friend or neighbor, or just yourself! Reservations required; DMCC Essential Transportation Enrollees will be offered free van transportation to this event.

Regular Activities and Programs

Move with Michael [IN PERSON]

Monday, April 1

2:30pm – 3:15pm
DMCB Patio, 225 9th St.

[REGISTER HERE](#)

Or call (858) 792-7565



Join Physical Therapist Michael Leiderman and other DMCCers for lower extremity/upper extremity range of motion and strengthening exercises to help your functional mobility, physical safety, pain management, and more. He will provide emphasis on large muscle groups that assist with walking, standing, stairs and reaching to improve overall functional independence. Have some fun while learning to prevent falls!

Tuesday Lunch Connections [IN PERSON]

Tuesdays, April 2 & 16
Noon – 1:30pm
DMCB Patio, 225 9th St.

To register: Call the DMCC office at (858) 792-7565



Del Mar's more mature residents enjoy a nice meal from a local restaurant among the fellowship of others - outdoors on the Del Mar Community Building Patio! Check "The Week Ahead" emails sent on Sunday mornings to learn more about that week's planned meal and program. Reservations required and must be made by the previous Monday morning. Transportation is provided to this luncheon for those enrolled in DMCC Transportation Services. Generously sponsored by the Del Mar Foundation.

The Knitting Circle [IN PERSON]

Every Tuesday
2:30pm – 4:30pm
Del Mar Community Building Patio (225 9th St.)

[REGISTER HERE](#)

Or call (858) 792-7565



Join program leader Melissa Gans and other knitters in creating a knitting community. Open to all skill levels. Beginners will learn basic skills to cast on, knit stitch and cast off. More experienced knitters will have an opportunity to refresh and advance their skills. If you know how to knit, bring your yarn and needles. Registration required. Please note that proof of full vaccination + booster against Covid-19 are required to participate. Weather permitting, classes will be held outdoors on the Del Mar Community Building patio.

Grocery Van [IN PERSON]

Every Wednesday
9am – Noon OR
1pm – 4pm

To register: Call (858) 792-7565 or email dmcc@dmcc.cc



NEW this month! There are now two separate grocery van shifts; when making a reservation, please specify if you would prefer the morning (9am - Noon) or afternoon (1pm - 4pm) van.

Take a ride on the Sassy Chassis and go on a group trip to Trader Joe's, Ralph's, and Sprouts in Encinitas. We assist riders in shopping, loading, and unloading their purchases. Enrollment in DMCC's free Essential Transportation services required. **Please note:** Full vaccination against Covid-19, including booster, is required to ride this van. You may not ride the van if experiencing symptoms of respiratory illness. It is required to wear a KN95 or better mask for the duration of the outing.

Mah Jongg [IN PERSON]

Every Wednesday
10am – 1pm
Powerhouse, 1658 Coast Blvd.

[REGISTER HERE](#)

Or call (858) 792-7565



Join us at the Powerhouse to play American Mah Jongg, a game of skill, strategy, and luck. No partner necessary; experience required. We're always looking for new players; call the DMCC office at (858) 792-7565 or email dmcc@dmcc.cc for more information.

Bridge [IN PERSON]

Every Wednesday
1:00pm – 3:30pm
Del Mar Community Building Patio (225 9th St.)



[REGISTER HERE](#)

Or call (858) 792-7565

No partner necessary; play Chicago bridge on a drop-in basis. More players needed for this classic card game! Call the DMCC office at (858) 792-7565 or email for more information.

Sage Investment Group [IN PERSON or REMOTE]

Thursdays, April 4 & 18
10am – 11:30am
DMCB Multipurpose Room, 225 9th St.



[REGISTER HERE](#)

Or call (858) 792-7565

Now meeting back in person - but also available to join remotely! Join a group of investment hobbyists who enjoy talking about the financial markets. Try to make sense of current economic conditions and explore a range of strategies to achieve individual investing goals. Discussions are informal and wide-ranging, and pursue topics of general interest not strictly limited to the markets. No prior investment experience necessary!

Retail Therapy Club [IN PERSON]

Monday, April 8 & 22
11am – 3pm

To register: Call (858) 792-7565 or email dmcc@dmcc.cc



Go on a group shopping trip with friends and neighbors and let DMCC do the driving! Meet at the Del Mar Community Building at 11am, or if you're registered in transportation services, get picked up and dropped off at home. Please call DMCC at (858) 792-7565 or email us at dmcc@dmcc.cc 24 hours in advance to arrange pick up or let us know you'd like to reserve a seat on the van. Check our calendar at dmcc.cc/calendar to find out what destination we plan to visit.

Qigong with Ali [REMOTE]

Tuesday, April 9
10:30am – 11am



[REGISTER HERE](#)

Or call (858) 792-7565

Qigong is translated as “Energy Work” that increases your “Chi” (life force energy). It is a 4,000-year-old ancient health practice of coordinated body-posture and movement, breathing, and meditation that is accessible to people of all levels of physical fitness. No matter what your relationship to exercise, Qigong offers practices to help strengthen your body, relieve stiffness, and release stagnation. Join instructor Alison Jayne as she teaches you the basics of marrying your mind to your body and helps you to boost your health and enliven your spirit. **This month's focus: Spine Health and Posture.** Visit dmcc.cc/qigongwithali to learn the basics and watch her other classes with DMCC. Registration required.

Remarkable Del Mar History: Surprise! [REMOTE]

Wednesday, April 10
11am – Noon



[REGISTER HERE](#)

Or call (858) 792-7565

Join Del Mar Historical Society president Larry Brooks as he takes a deep dive into local myths and legends and sorts out the fiction from the stranger truth. **This month's topic: Surprise!**

Caregiver Support Group in Partnership with the Alzheimer's Association [IN PERSON]

Thursday, April 11
11:30am – 1pm
DMCB, 225 9th St.



[REGISTER HERE](#)

Or call (800) 272-3900

On the second Thursday of each month, DMCC is hosting a support group in partnership with the Alzheimer's Association. Facilitator Jeanie Grischy and Co-facilitators Arlene Lighthall and Carol Steblay will help family caregivers to build a support system, exchange practical information, and share concerns in a nonjudgmental environment right here in Del Mar.

Singing Connection [IN PERSON]

Thursday, April 11
4pm – 5pm
Private Residence



[REGISTER HERE](#)

Or call (858) 792-7565

Singing - like laughter, sunshine, and exercise - helps maintain our well-being and happiness. Come and get happy with us as we sing on an outdoor patio at a private Del Mar residence. Song sheets and piano accompaniment provided. Newcomers always welcome! For more information, email dmcc@dmcc.cc or call (858) 792-7565.

ROMEO [IN PERSON]

Tuesday, April 23
Noon – 1:30pm
En Fuego Cantina, 1342 Camino Del Mar



[REGISTER HERE](#)

Or call (858) 792-7565

Back in person! Retired Older Men Eat Out with friends and neighbors at one of Del Mar's favorite restaurants. Reservations are required.

HICAP Medicare Counseling [IN PERSON]

Thursday, April 25
1:30pm – 4:30pm, By appointment
DMCB, 225 9th St.



[REGISTER HERE](#)

Or call (858) 565-8772

Get help with Medicare at DMCC HQ from the Health Insurance Counseling and Advocacy Program monthly. HICAP Counseling is free, unbiased, and confidential. Learn about Medicare, get help appealing bills or denials, learn about long term care coverage, learn ways to reduce drug costs, get help comparing plans, or get screened for financial assistance. Counselors are registered with the CA Department of Aging.

What Have You Been Reading? Book Club [IN PERSON]

Friday, April 26
10:15am – 11:15am
Del Mar Branch Library, 1309 Camino Del Mar



No registration needed.

In partnership with the Del Mar branch library: The book club with no homework! Participants talk about the books they have been reading. What are some great reads, which ones - not so much? This group is facilitated by Del Mar Branch volunteer Judith.

Reach Out Club Outing: Lunch at Serving Seniors [IN PERSON]

Friday, April 26
10:15am – 2pm
Meet at DMCB, 225 9th St.



[REGISTER HERE](#)

Get involved with DMCC's new community service club for seniors by joining this outing to serve a hot, nutritious meal to seniors living in poverty in downtown San Diego. The DMCC Sassy Chassis will take the group to the Gary and Mary Wellness Center, and you can spend quality time with other Del Martians who enjoy reaching out and giving back.

Volunteers of the Month April 2024: Support Group Facilitator Team

"As part of DMCC's Strategic Plan, we are now targeting support of Family Caregivers because it is an increasingly necessary job and emotionally draining; it's difficult because of the uncertainty of what is required, and how long the support will be needed," says Vice President of Strategic Planning Katie Militello, who nominated April's honored volunteers. "DMCC decided it would be most beneficial to collaborate with the Alzheimer's Association of San Diego, where Jeanie volunteers, to provide a quality support group for family caregivers. Carol and Arlene attended an extensive training program with the Alzheimer's Association in order to be prepared and knowledgeable regarding the most current resources and understanding of facilitating supportive group dynamics. There were 15 people in attendance at the very first session of the DMCC support group, which indicates how needed and important it is to offer this support. There is no better example of volunteers, who are committed to the community than Carol, Arlene and Jeanie. We are so grateful for their dedication, perseverance and caring of our community."

Originally from Texas, Jeanie Grischy got her BSN from the University of Texas and worked as an ER nurse and critical care nurse before earning her MSN in anesthesia. She moved to San Diego and worked for the UCSD Department of Anesthesiology for 33 years. When Jeanie found herself caring for her mother who had been diagnosed with Alzheimer's, "I realized the need for programs and funding for people suffering from this devastating disease and their families." When she's not taking her 14-year-old English Labrador to Dog Beach, Jeanie volunteers on the Alzheimer's Association Gala committee, the Solana Beach Public Arts Commission, and the Del Mar Village Association.

Arlene Lighthall grew up in Indiana, and subsequently all around the world. She has lived in Venezuela and has studied at universities in Salamanca, Spain, Florence, Italy, and Zurich, Switzerland, earning degrees in comparative literature and in foreign languages. Arlene has called Del Mar home for 50 years, taught at MiraCosta College for 22 years, and cared for her husband Richard and her two sons. Though her husband and one of her sons are no longer with us, she speaks with pride of her son and daughter-in-law who are Stanford doctors, and her two granddaughters. Arlene has been volunteering for as many causes as she can since she was just a child, she is notably one of DMCC's founders: "I am astounded to see how the early efforts of a few women to help seniors remain in their homes have expanded to the vital organization of today. The program for Alzheimer's caregivers is a fine example of dedication and sensitivity to community needs."

Carol Steblay grew up in Montreal, Canada, but has lived in Del Mar since 1991; she had a career in secretarial positions and worked in real estate for many years, helping people to realize their dreams. Carol's large family consists of her daughter, son, daughter-in-law, stepdaughter, six grandchildren – and of course, her husband Terry, who has long been in leadership positions for DMCC. Asked why she donates her time, Carol says "DMCC gives me an opportunity to interact and become better acquainted with many of our neighbors. What motivated us to work on the Alzheimer's caregiver support group for the past year was to provide resources and comfort in a safe environment for caregivers of dementia-related illnesses."

The Alzheimer's and Dementia Caregiver Support Group meets on the second Thursday of each month at 11:30 at the Del Mar Community Building. DMCC is looking to develop more programs and services to assist family caregivers; to offer your thoughts, please call the DMCC office at (858) 792-7565 or email dmcc@dmcc.cc. To learn more about these volunteers or other opportunities to help DMCC, visit www.dmcc.cc/volunteerofthemonth. Thank you Jeanie, Arlene, and Carol!



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