



# AGING WITH RESILIENCE

Combating Loneliness and Enhancing Your Mental Health

## 2021 Resource Guide

If you, or someone you know, needs help during these challenging times, we're here for you.

[www.jfssd.org](http://www.jfssd.org) / (858) 637-3210

## The JFS Behavioral Health Committee

The Behavioral Health Committee, founded by Linda Janon in 1997, supports Jewish Family Service of San Diego in its efforts to provide behavioral health services that foster self-sufficiency and community engagement for individuals and their families through education and outreach. The Committee holds events during the year that inform and promote awareness on subject matters relating to behavioral health issues and seeks to eliminate the stigma surrounding mental health.

### Chairs

Lisa Goldberg  
Dr. Rachel Milstein Goldenhar

### Members

Mona Angel  
Bonnie Baron  
Kira Finkenberg  
Carla Fox  
Meg Goldstein  
Claire Grezemkovsky  
Gloria Harris  
Linda Janon  
Cecile Jordan  
Barbara Kent  
Debbie Kramer  
Mimi Lee  
Dana Levin  
Alyssa Mass  
Dr. Jenny Meiselman  
Marie Raftery  
Lori Shearer  
Devorah Shore  
Fern Siegel  
Karen Foster Silberman

Thank You

Behavioral  
Health  
Committee



Temple  Emanu-El  
A Home, A Family, A Warmth to Tradition



Jewish Federation  
OF SAN DIEGO COUNTY

**SHARP**

Mesa Vista  
Hospital

# We know living at home is important to you. Let's talk about how we can assist.

At Jewish Family Service of San Diego, we are committed to meeting the changing needs of older adults as they age. We have a variety of options that can support you in-home. We're here for you.

- **Foodmobile Meal Delivery**  
Delicious home-delivered meals and wellness checks for older adults.
- **On the Go**  
Flexible individual and group transportation services for riders ages 60+.
- **JFS Fix-It**  
Free minor home-safety repairs for low-income older adults.
- **No-Touch Drive-Thru Food Distribution**  
Weekly grocery assistance available Monday–Friday, 11:00am–1:00pm at Jewish Family Service (8804 Balboa Ave, 92123).
- **Social & Wellness Centers**  
Social day programs providing education and enrichment activities, exercise, entertainment and hot kosher lunches for adults ages 60+ (*currently operating virtually during COVID-19*).
- **Serving Our Survivors**  
Provides Holocaust survivors with connections to JFS services, programs, and community resources. Assistance is funded by the Conference on Jewish Material Claims Against Germany. Eligibility for these services are set by the guidelines of Claims Conference.  
**Services available in English and Russian.**

*Serving the Entire Community*

If you are interested in learning more about our services, please contact us at (858) 637-3210 or visit [www.jfssd.org](http://www.jfssd.org)



**Jewish  
Family  
Service**

**Moving Forward  
Together**

# RESOURCES IN SAN DIEGO

## FOOD

### Feeding San Diego

Feeding San Diego is on a mission to connect every person facing hunger with nutritious meals by maximizing food rescue. Click on the link provided and scroll to the middle of the page - there you can search for a Food Distribution near you.

**(858) 452-3663**

**Learn More at [www.feedingsandiego.org](http://www.feedingsandiego.org)**

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### Jacobs and Cushman San Diego Food Bank

The Jacobs & Cushman San Diego Food Bank and our North County Food Bank chapter comprise the largest hunger-relief organization in San Diego County. Click on the link provided and scroll to the bottom of the first page image to find the San Diego Food Bank's Food Distribution Programs scheduled for the month of May 2021. Or click on the following resources to learn more about each of them.

- Super Pantry Program
- Emergency Food Assistance Program
- Neighborhood Food Distribution Program
- Senior Food Program

**(858) 527-1419**

**Learn More at [www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)**

# TRANSPORTATION

## Disabled American Veterans (DAV)

DAV is a nonprofit charity that provides a lifetime of support for veterans of all generations and their families, helping more than 1 million veterans in positive, life-changing ways each year. They provide rides to veterans attending medical appointments and assists veterans with benefit claims. If you are a veteran and need a ride, click on the link below to use the DAV Hospital Service Coordinator Directory.

**(858) 552-7470**

**Learn More at [www.dav.org](http://www.dav.org)**

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## GoGo Grandparent

We provide transportation, groceries, home services & more- built better for older adults. Order rides, grocery delivery, pharmacy delivery, meals, home chores and more by calling our convenient phone number. To learn more about this service and their eligibility requirements, please click on the link below.

**(855) 464-6872**

**Learn More at [www.gogograndparent.com](http://www.gogograndparent.com)**

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## Facilitating Access to Coordinated Transportation (FACT)

FACT is offering low-cost rides in San Diego County for seniors aged 60+, persons with disabilities, students, veterans, and other residents who need assistance to make essential trips for medical needs or grocery needs.

**(760) 754-1252**

**Learn More at [www.factsd.org](http://www.factsd.org)**



## **Ride Well to Age Well Guide: A Special COVID-19 Edition**

Age Well San Diego, a Health & Human Services Agency initiative, is our region's plan for an age-friendly and dementia-friendly community. The Special COVID-19 Edition aims to provide timely information about transportation services, but due to rapid changes in programs and policies the resources listed on the guide are subject to change. Be sure to contact the listed transportation providers directly for up to date information.

**Learn More at [www.sandiegocounty.gov](http://www.sandiegocounty.gov)**

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## **Seniors A Go Go**

Seniors A Go Go, a service of ElderHelp, is a volunteer driver program that provides transportation, so seniors stay mobile and connected to their communities. They provide transportation to medical care, visits with friends and family, and more. To learn more about this service and their eligibility requirements, please click on the link below.

**(619) 284-9281**

**Learn More at [www.elderhelpofsandiego.org](http://www.elderhelpofsandiego.org)**

# ALZHEIMER'S AND DEMENTIA

## Alzheimer's Association

Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public. To learn about the topics that the professional staff at Alzheimer's Association can speak to, please click on the link below.

**24/7 Helpline: (800) 272-3900**

**Learn More at [www.alz.org](http://www.alz.org)**

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## Alzheimer's San Diego

Alzheimer's San Diego, a local nonprofit organization, holds the mission of mission of helping people impacted by dementia, fighting stigma, and supporting research. All of their programs are completely free to the community.

**(858) 492-4400**

**Learn More at [www.alzsd.org](http://www.alzsd.org)**

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## The Alzheimer's Project

The Alzheimer's Project has brought together an unparalleled team of experts and decision-makers. This team includes local leaders in the fields of health care, research, caregiving, law enforcement and County and City government. To learn more about the support The Alzheimer's Project provides caregivers and the education they provide to the community, please click on the link below.

**(800) 339-4661**

**Learn More at [www.sdalzheimersproject.org](http://www.sdalzheimersproject.org)**



## **Dementia Friendly America**

DFA is a national network of communities, organizations and individuals seeking to ensure that communities across the U.S. are equipped to support people living with dementia and their caregivers.

**Learn more at [www.dfamerica.org](http://www.dfamerica.org)  
or email [Renee.Sherrill@sdcounty.ca.gov](mailto:Renee.Sherrill@sdcounty.ca.gov)**

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## **Positive Approach to Care - Teepa Snow**

The Positive Approach to Care (PAC) team, led by the teachings and guided by the leadership of Teepa Snow, change the culture of dementia care and decrease the stigma around dementia through affordable, and positive, educational training. PAC serves ALL people connected to those living with brain change and dementia.

**(877) 877-1671**

**Learn more at [www.teepasnow.com](http://www.teepasnow.com)**



# COMMUNITY RESOURCES

## 2-1-1 San Diego

2-1-1's mission is to serve as a nexus to bring the community (organizations) together to help people efficiently access appropriate services and provide vital data and trend information for proactive community planning.

**2-1-1**

**Learn more at [www.211sandiego.org](http://www.211sandiego.org)**

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## ElderHelp of San Diego

ElderHelp, a local nonprofit organization, provides personalized services and information that help seniors remain independent and live with dignity in their own homes.

**(619) 284-9281**

**Learn more at [www.elderhelpofsandiego.org](http://www.elderhelpofsandiego.org)**

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## Elder Law and Advocacy

Elder Law & Advocacy offers free assistance with legal, Medicare, caregiver, long-term care and many other issues. The organization seeks to help those in greatest need, including those who are isolated, homebound or institutionalized; or unable to travel due to illness or frailty.

**(858) 565-1392**

**Learn more at [www.seniorlaw-sd.org](http://www.seniorlaw-sd.org)**

## Family Caregiver Alliance

The mission of Family Caregiver Alliance is to improve the quality of the life for family caregivers and the people who receive their care. They provide information and tips on how to care for others and strategies for maintaining your own well-being as a caregiver.

**(800) 445-8106**

**Learn more at [www.caregiver.org](http://www.caregiver.org)**

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## HICAP - Health Insurance Counseling and Advocacy Program

Elder Law & Advocacy's HICAP (Health Insurance Counseling and Advocacy Program) program is staffed by trained counselors who can give you the information you need to make an informed decision about your healthcare choices. All HICAP counselors are registered with the California Department of Aging and provide unbiased, impartial information and counseling. We do not sell, endorse, promote or recommend commercial products or services. To make an appointment with HICAP, please call the number listed below.

**(858) 565-1392**

**Learn more at [www.seniorlaw-sd.org](http://www.seniorlaw-sd.org)**

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## Neighborhood House Adult Day Health Care Center ADHC

ADHC is designed for adults with disabling physical, mental, cognitive and/or intellectual impairments providing participants with nursing, rehabilitative (OT, PT and ST) therapies and psycho-social services. They provide transportation to and from their Adult Day Health Care Center.

**(619) 233-6691**

**Learn More at [www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)**



## Sharp Mesa Vista Hospital Senior Intensive Outpatient Program

Sharp Mesa Vista's Senior Intensive Outpatient Program is designed for older adults who are experiencing depression, anxiety, addiction or other mental health disorders. Our experienced caregivers, who specialize in geriatric psychiatry and addictions, use an educational approach to help seniors manage symptoms and prevent relapse.

Learn more at [www.sharp.com](http://www.sharp.com)

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## Southern Caregiver Resource Center

Southern Caregiver Resource Center (SCRC) offers services to family caregivers of adults with chronic and disabling conditions or diseases. With a team of highly-qualified, professional staff, SCRC supports families through a full range of programs and services.

**(858) 268-4432**

Learn more at [www.caregivercenter.org](http://www.caregivercenter.org)



**Jewish Family Service of San Diego**  
JOAN & IRWIN JACOBS CAMPUS • Turk Family Center  
8804 Balboa Ave., San Diego, CA 92123  
(858) 637-3000 • [www.jfssd.org](http://www.jfssd.org)