

SENIOR NETWORKING & ACTION MEETINGS 2017

Compiled by Andrea Holmberg, Sharp Senior Resource Centers, 619-740-4214

andrea.holmberg@sharp.com

Last Updated February, 2017

Meeting Group:	Caregiver Coalition of San Diego
Date/Time:	Last Thursdays, 10-11:30 a.m.
Location	Burn Institute 8825 Aero Dr., 1 st Floor Conference Room, San Diego 92123
Contact:	Dalija Dragisic, Dalija.Dragisic@sdcounty.ca.gov 858-505-6300
Website/Social Media:	www.CaregiverCoalitionSD.org https://www.facebook.com/pages/Caregiver-Coalition/142346875794950?v=wall
Mission:	To identify and address the needs of Caregivers through advocacy efforts and collaboration of a broad coalition membership in order to improve the overall quality of life for caregivers, their families and the community.
Goals:	Host 6-10 family caregiver conferences, webinars. Coalition partners with others on programs of interest to caregivers and advocates for family caregivers. Committees include Education, Outreach, Marketing and Speakers Bureau.
DuesMembership	Free. Public welcome.

Meeting Group:	East County Action Network for Older Adults & Adults with Disabilities (ECAN)
Date/Time:	Third Wednesdays, 1-3 p.m. No meetings in March, Aug., Dec.
Location	Renette Recreation Center, 935 S. Emerald Ave., El Cajon, CA 92020
Contact:	Hazel Quinones, Hazel.Quinones@sdcounty.ca.gov 619-401-3994 To receive emails from ECAN or request your email message be distributed to ECAN: www.bit.ly/AISGovDelivery
Website:	None
Mission:	To be the East County community based network that takes action and advocates for Older Adults and Adults with Disabilities.
Goals:	Revised every 6 months: Current issues: Transportation, Intergenerational Games, Health Care, Mental Health and Information. Educational Guest Speakers.
Dues/Membership	Free. Public welcome.

Meeting Group	East County Intergenerational Council
Date/Time	First Wednesday every other month: Feb, Apr., Jul., Sept., Dec. 2 -3:30 p.m.
Location	La Mesa Adult Enrichment Center, 8450 La Mesa Blvd 91942
Contact	Jennifer Navala jennifer.navala@sdcounty.ca.gov 858-573-7319
Website	http://www.livewellsd.org/content/livewell/home/community/community-leadership-teams/east-region/intergenerational.html Facebook: @SDintergenerational Twitter: @SD_IGCouncil
Mission	To enhance and foster relationships across the generations for mutual benefit, understanding and education.
Goals	The Council serves as an avenue to promote and encourage intergenerational strategies in senior and youth programs and discuss new solutions to improve health and wellness across the generations.
Dues	Free. Public Welcome.

Meeting Group:	East County Senior Service Providers
Date/Time:	Second Wednesdays, 2:30-4 pm
Location:	El Cajon Salvation Army, 1011 E Main St., El Cajon 92020
Contact:	Co-Chair Jeremy Willis, 619-538-0802, C: 858-775-3466 arborsdsm2@islllc.com Co-Chair Marian Mann, lem3@aol.com 619-258-0056
Website:	No website. http://www.facebook.com/pages/East-County-Senior-Service-Providers/185953294773601
Mission:	Identify, educate and advocate for issues relating to the quality of life of older adults residing in the East San Diego County area.
Goals:	Develop and maintain a communication link for senior service providers. Provide education on senior issues and resources. Advocate for quality of life issues for the older adults of San Diego's East County. Host a senior health fair annually. Make donations to selected non-profits each year.
Dues/Membership	Annual Dues: \$25 per organization (dues not required to attend meetings.)

Meeting Group:	AIS Fall Prevention Task Force
Date/Time:	Second Tuesdays, 12:45-1 Orientation; General Meeting 1– 2 p.m.
Location:	Aging & Independence Services 5560 Overland Ave, 1st floor, San Diego 92123 (sometimes meets on 3 rd floor)
Contact:	Kari Carmody, AIS Health Promotion, 858-495-5061 Kari.Carmody@sdcounty.ca.gov
Website:	www.SanDiegoFallPrevention.org www.HealthierLivingSD.org
Mission:	To reduce falls and their devastating consequences in San Diego County.
Goals:	Projects for 2017 include events throughout the year.
Dues/Membership	Free. Public welcome. Members play an active role and in addition to meetings, work on projects outside of the meetings.

Meeting Group:	AIS Fall Prevention Task Force –North County Chapter
Date/Time:	Third Tuesdays, 1:00 - 1:15 Orientation; General Meeting 1:15 – 2:15; Networking 2:15 – 2:30 p.m.
Location:	Tri-City Wellness Center 6250 El Camino Real, Carlsbad, Ca. 92009 (Conference room is just to the right of the entrance, off the main foyer).
Contact:	Kari Carmody, AIS Health Promotion, 858-495-5061 Kari.Carmody@sdcounty.ca.gov
Website:	www.SanDiegoFallPrevention.org www.HealthierLivingSD.org
Mission:	To reduce falls and their devastating consequences in San Diego County.
Goals:	Projects for 2017 include events throughout the year
Dues/Membership	Free. Public welcome. Members play an active role and in addition to meetings, work on projects outside of the meetings.

Meeting Group:	AIS Health Promotion Committee
Date/Time:	Second Tuesdays, 2:30 – 4 p.m.
Location:	Aging & Independence Services 5560 Overland Ave, 1st floor, San Diego 92123 (sometimes meets on 3 rd floor)
Contact:	Kari Carmody, AIS Health Promotion, 858-495-5061 Kari.Carmody@sdcounty.ca.gov
Website:	www.HealthierLivingSD.org
Mission:	This is a networking group that covers a wide range of health issues. With a mix of guest presentations and discussion, members are encouraged to bring their projects to the group for input. The committee also serves as an informal advisory committee for the Aging & Independence Services Health Promotion unit, which has several ongoing programs at a wide variety of community sites.
Goals:	Projects for 2017 include planning content and logistics for the bi-annual Vital Aging event occurring in June.
Dues/Membership	Free. Public welcome.

Meeting Group:	Long Term Care Integrated Project (LTCIP)
Date/Time:	Quarterly (March, June, September & December). Meetings are held on the second Friday from 8:30 -10 a.m. Date, time and location are announced on the LTCIP Web site at www.sdltcip.org
Location:	AIS, 5560 Overland Ave, Suite 310, San Diego 92123
Contact:	Kristen Smith 858-495-5853 kristen.smith@sdcounty.ca.gov
Website:	www.sdltcip.org
Mission:	To develop a comprehensive, person-centered, integrated continuum of care (health, social and supportive services) that preserves individual dignity and allows consumers of long term services and supports to remain an integral part of their family and community.
Goals:	See web site.
Dues/Membership	Free. Public welcome.

Meeting Group:	North County Action Network (NorCAN)
Date/Time:	Fourth Tuesdays, 1-3 p.m.
Location:	The Foundation for Senior Well-Being, Panorama Building, 131 Richmar Ave., San Marcos 92069
Contact:	Matthew Parcasio 858-505-6435 Matthew.Parcasio@sdcounty.ca.gov To receive emails from NorCAN or request your message be distributed to NorCAN: www.bit.ly/AISGovDelivery
Website:	www.norcansd.org
Mission:	Our mission is to advocate for and improve the lives of older adults, persons with disabilities and their families by working efficiently and collaboratively to enhance the services they receive.
Goals:	
Dues/Membership	Free. Public welcome.

Meeting Group:	San Diego Community Action Network (SanDi-CAN)
Date/Time:	Last Tuesdays, 10:30 a.m.-12 noon
Location	War Memorial Building 3325 Zoo Dr. Zoo North Parking Lot, San Diego 92101
Contact:	Brian Rollins 858-505-6305 brian.rollins@sdcounty.ca.gov To receive emails from SanDiCAN or request your email message be distributed to SandiCAN: www.bit.ly/AISGovDelivery
Website:	None
Mission:	To be the community based action partnership of providers, volunteers and consumers of services dedicated to improving quality of life for older adults and adults with disabilities living in the City of San Diego.
Goals:	Advocate for seniors & dependent adults in San Diego. Offer informative events for the disabled and senior populations including annual end of life, military benefits expo and multicultural event.
Dues/Membership	Free. Public welcome.

Meeting Group:	San Diego County Coalition for Improvement of End of Life Care
Date/Time:	First Wednesdays, 10 – 11:30 a.m.
Location	Burn Institute, 8825 Aero Dr., San Diego 92123
Contact:	General phone line (858) 635-1224 sdcoalition@yahoo.com Chair: Lydia Lombardi 760-576-5822 Secretary: Veva Arroyo 619-667-1969
Website:	www.sdcoalition.org https://www.facebook.com/SDCCEOLC
Mission:	To educate and raise awareness within San Diego County about end-of-life issues and to provide resources to help people make informed choices.
Goals:	We partner with community organizations, faith communities and professionals in order to bring an increased awareness and an opportunity for dialogue, discussion, and education on end of life issues. Topics: Advance Care Planning, POLST, Palliative Care, Hospice, Organ/Tissue Donations, Burial/Cremations and Bereavement.
Dues/Membership	Annual Dues: Sole Proprietorship/Student \$40. Organization \$150.

Meeting Group:	San Diego County Council on Aging
Date/Time:	First Thursdays, 8:15-10 a.m.
Location	Vibra Hospital of San Diego, 555 Washington St., San Diego 92103 (located on parking level P2 in Cafeteria), parking validation available.
Contact:	Craig May sandiegocouncilonaging@gmail.com
Website:	www.sdcco.com
Mission:	The San Diego County Council on Aging is a non-profit multidisciplinary organization that promotes Education, Awareness, and Networking in the Greater San Diego area to enhance the quality of life for seniors.
Goals:	Protect the rights and lifestyles of the senior population. Remain informed regarding the fair allocation of government and private resources to serve the needs of seniors. Provide education for professionals and the community to improve the quality of life for the senior population. Collaborate with other senior organizations.
Dues/Membership	Annual Dues: \$45 yearly for 2 agency employees, the third employee is another \$45. Members may bring a guest 2 times before membership dues are enforced.

Meeting Group:	San Diego Dementia Consortium
Date/Time:	Third Wednesdays, 8:30 to 9:30 a.m.
Location	900 Canterbury Lane, Room 300, Escondido 92025
Contact:	Alana Harris 760-484-3090 aharris@silveradosenior.com
Website/Social Media:	www.sddementiaconsortium.org
Mission:	The SDDC is organized exclusively for charitable, scientific and educational purposes and more specifically to advance public knowledge and awareness of dementia and cognitive health as well as to develop and promote clinical and research programs to benefit those patients with dementia and cognitive disease.
Goals:	Initiate new programs and projects hands-on which benefit the welfare of elderly cognitive impaired patients in our community. We also sponsor activities which promote cognitive health among seniors and across the lifespan
Dues/Membership	Annual Dues: Individual \$35. Organization: \$75 up to 3 members

Meeting Group:	San Diego Regional Home Care Council
Date/Time:	Third Thursdays, 8-10 a.m. includes light breakfast.
Location	First United Methodist Church, Lounge, 2111 Camino del Rio South, San Diego 92108. Free parking in lots P1 or P2
Contact:	Toni Petruzzo, Secretary, info@sdrhcc.org
Website:	www.SDRHCC.org
Mission:	To promote the expansion of quality in the home care community; to foster high standards of practice in home care.
Goals:	Interpret the objectives of home care services and programs under State and Federal laws; and to collaborate with all interested parties involved in home care services and programs. Host Spring Luncheon.
Dues/Membership	First time guest is free. Annual membership: \$75.

Meeting Group:	San Diego Senior Providers (formerly South Bay Senior Providers)
Date/Time:	First Wednesdays, 8:30 – 10:30 a.m.
Location	Travels between different communities.
Contact:	Jean Vaccaro, Co-Chair southbayseniorproviders@gmail.com 619-253-4095 Co-Chair Jeremy Willis, arborsdsm2@islllc.com 619-538-0802, C: 858-775-3466 Mercedes Margritz, Co-Chair mmargritz@themontera.com 619-464-6801
Website:	None.
Mission:	Our mission is to enhance the quality of life to the San Diego senior community by providing education and advocacy.
Goals:	To provide senior education & advocacy through networking & community collaboration.
Dues/Membership	Free. Public welcome.

Meeting Group:	Senior Specialists Networking Group
Date/Time:	Monthly Networking Luncheons, 11:30 a.m. – 1 p.m. San Diego: Second Tuesdays. North County: Fourth Thursdays
Location:	Travels between different senior living communities.
Contact:	Janette Beck Cell: 760-497-1150 ssngjanette@yahoo.com
Website:	None
Mission:	Invites you to increase your senior client referral base and knowledge about products & services. RSVP at www.meetup.com/sd-ssng or www.meetup.com/ssng-nc
Goals:	Build Business Relationships to better serve our senior clients.
Dues/Membership:	Membership \$150 per year includes lunch, printed business listing, online business listing, slot on our speaker roster. Non member fee: \$20 pp includes lunch, networking, and tour of host community.

Meeting Group:	Serving Seniors Networking Breakfast
Date/Time:	First Tuesdays, 7:15 – 9:15 a.m. schedules varies, call to confirm
Location:	Travels between different facilities
Contact:	Patti Phillips 800-680-9133 or 619-507-2100 patti.phillips57@gmail.com
Website:	www.ServingSeniorsNetworkingBreakfast.com
Mission:	This networking organization is professionals serving the senior population in any capacity.
Goals:	Our purpose is to educate one another on our products, services, facilities and to build relationships through our monthly meetings. We can then make better recommendations to our senior clients who deserve professionals with integrity, knowledge, and a dedication to excellent service.
Dues/Membership:	\$20 per breakfast if paid in advance.

Meeting Group:	South County Action Network (SoCAN)
Date/Time:	Fourth Tuesdays, 1-3 p.m.
Location:	County Library - Community Room, Bonita-Sunnyside Branch, 4375 Bonita Rd., Bonita 91902
Contact:	Anabel Kuykendall 619-731-3140 anabel.kuykendall@sdcounty.ca.gov To receive emails from SoCAN or request your message be distributed to SoCAN: www.bit.ly/AISGovDelivery
Website:	Not available at this time.
Mission:	With a finger on the community pulse and an eye on the future, the SoCAN collaborative works to continually improve the quality of life for seniors and adults with disabilities.
Goals:	Our vision is for older adults and adults with disabilities will be living healthy, safe and independent lives engaging with and enhancing the quality of life of the community. Projects for 2017 include events such as South County Intergenerational Games, Live Stronger Longer and Dancing for your Health.
Dues/Membership:	Free. Public welcome.