It is difficult to say goodbye to such a wonderful group of folx here at NPSA. I have truly enjoyed getting to know all of you and building long lasting friendships. Some people come into our lives and make footprints on our hearts and we are never, ever the same. This experience is exactly that for me. I have learned so much in my short time here and as I step into my next chapter, I take comfort in knowing that I was part of such an awesome and flourishing community. This is not a goodbye, but rather a - see you later. As I will be back to volunteer for Senior Services in the future. NPSA, thank you so much and stay well and healthy! I will miss you all dearly! Your Friend~Robert Rochin
The Great Plates program provides a dinner delivery to adults who are currently unable to obtain and prepare meals and who meet the program’s age, health status, and income requirements. Participants in other federally funded programs such as Cal Fresh and the Older Americans Act senior meal program are not eligible for Great Plates.

Eligibility

To qualify for the Great Plates program, applicants must be:
• Adults 18-64 who affirm that they have an underlying health condition or disability that makes it difficult to prepare or obtain food, OR
• Adults who are 60-64 AND at high-risk as defined by the CDC, including (one of the following): OR
  • Adults who are 65 or older

Individuals must live alone or with one other program-eligible individuals

Participants must not be currently receiving assistance from other state or federal nutrition assistance programs. Receiving other types of public assistance is allowable, just not state or federal nutrition assistance programs like CalFresh, WIC or food through the Senior Food Program.

Participants must have an annual income within the following range:
• household size 1: $24,981-$74,940 (single household)
• household size 2: $33,821-$101,460 (two-person household) Apply Now!

There are two ways to apply:

Call the Aging & Independence Services Call Center at (800) 339-4661 and select option 7. A representative will be available to assist you during regular business hours: 8 a.m. - 5 p.m., Monday through Friday.

*If you are 18-59 years old, you may be eligible for the Great Plates 2.0: Dinner Delivered program.
Dear Residents,

ConAm is always looking for ways to maximize your resident experience. We are excited to introduce APTEXX. APTEXX is an online, user and mobile friendly resident portal that allows YOU the ability to pay your rent, set rent reminders, process maintenance request and more with a click of your finger.

To Sign-Up Please visit:  northparkseniors.aptx.cm

Communication is key in running our community. In order to register for APTEXX and in an effort to lower the risk of potential exposure to the Coronavirus (COVID-19), we ask that you please provide our leasing staff with your updated contact information via email or by phone.

Please Call or Email Today to Update Your Contact Information
Email: northparkseniorapts@chworks.net
Phone: (619) 955-8321

RESIDENT PORTAL & PAYMENTS

Rent Reminders
We get it. You have a lot going on. Get simple text and email reminders to help you stay on track.

Simple Updates
Keep track of payments and stay in-the-know. We’ll also send you a confirmation every time we get your payment.

Pay Your Way
Pay your rent with a debit card or your bank account.

Security
Aptexx uses the same security that banks use. Your payments are always secure.

Communication
Aptexx allows our community to effectively provide updates via text and email.

To set up ACH (Payment through your bank account). All information needed is right on the front of your check. See sample below.
**EASY TO REGISTER**

You must have your household phone number and email address updated with our community leasing team in order to register for Aptexx. Please call the office to update your contact information today.

**STEP 1**
1. Enter Last Name
2. Enter Apartment Unit #

**STEP 2**
When your household name appears, click Register.

**STEP 3**
1. Enter your language preference
2. First/last name, email address, phone number and unit number.
3. Enter a 4-digit pin and click register.
4. Once submitted, you will receive an email/call verification code.
   **Verify your account and your registration is complete.**
MAINTENANCE REQUEST

1. Login to the resident portal.
2. Select “Maintenance.”
3. Answer quick questions about your request.
4. Upload a photo if needed.
5. Submit your request.
6. We’ll let you know when it’s done!

NO DEBIT CARD! NO PROBLEM

APTEXX has partnered with NetSpend® to offer you a prepaid card solution to help you make your online debit card payments. Prepaid NetSpend has 130,000+ convenient reload locations. (Walmart, 7-11, CVS and more)

https://www.netspend.com/aptexx

THANK YOU

ConAm would like to thank you for your continued cooperation. We hope that APTEXX makes your daily routine as a resident easier!

Please feel free to reach out to our site staff for more information on APTEXX via phone: (619) 955-8321
# NPSA Monthly Programming Schedule

Email rrochin@thecentersd.org for Zoom meeting information. For virtual senior social hour, email seniors@thecentersd.org

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10 AM Monday Morning Social on Facebook. Join Room.</td>
<td>7:30am General Food Bank @ the LGBT Center</td>
<td>2:30pm Virtual Senior Social Hour</td>
<td>AM Serving Seniors Pantry Meal Box Delivery</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 2</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10 AM Monday Morning Social on Facebook</td>
<td>2:30pm Virtual Senior Social Hour</td>
<td>AM Serving Seniors Pantry Meal Box Delivery</td>
<td>JFS Meal Delivery</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 3</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10 AM Monday Morning Social on Facebook</td>
<td>1pm Residents Advisory Committee Meeting</td>
<td>AM Serving Seniors Pantry Meal Box Delivery</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 4</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10 AM Monday Morning Social on Facebook</td>
<td>12pm Senior Food Bank @ the LGBT Center</td>
<td>1pm Residents Meeting</td>
<td>AM Serving Seniors Pantry Meal Box Delivery</td>
<td>JFS Meal Delivery</td>
</tr>
</tbody>
</table>

<p>|        |        | 1pm Senior Food Box Delivery | 2:30 Virtual Senior Social Hour |  |  |</p>
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 PM</td>
<td>Feeling Fit Club</td>
</tr>
<tr>
<td>2 PM</td>
<td>Feeling Fit Club</td>
</tr>
<tr>
<td>3 PM</td>
<td>Senior Social Hour</td>
</tr>
<tr>
<td>4 PM</td>
<td>Committee Meeting</td>
</tr>
<tr>
<td>5 PM</td>
<td>5 - 6:30 PM Group Discussion Group</td>
</tr>
<tr>
<td></td>
<td>Gay Men's Prostate Group</td>
</tr>
<tr>
<td></td>
<td>Happy Hour - Sun</td>
</tr>
<tr>
<td>6 PM</td>
<td>5 - 6:30 PM Group Discussion Group</td>
</tr>
<tr>
<td></td>
<td>Gay Men's Prostate Group</td>
</tr>
<tr>
<td></td>
<td>Happy Hour - Sun</td>
</tr>
<tr>
<td>7 PM</td>
<td>7:30 AM BANK</td>
</tr>
<tr>
<td></td>
<td>Feeling Fit Club</td>
</tr>
<tr>
<td>8 PM</td>
<td>2:30 PM - 3:30 PM Group Discussion Group</td>
</tr>
<tr>
<td></td>
<td>Gay Men's Prostate Group</td>
</tr>
<tr>
<td></td>
<td>Happy Hour - Sun</td>
</tr>
<tr>
<td>9 PM</td>
<td>5 - 6:30 PM Group Discussion Group</td>
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<tr>
<td></td>
<td>Happy Hour - Sun</td>
</tr>
</tbody>
</table>

Note: All meetings are taking place online ONLY. Email seniors@heceterald.org for meeting information.
September 2020

Senior Social Hour
Wednesdays, 2:30pm – 3:30pm
*All meetings will take place online. Email seniors@thecentersd.org for meeting information*
If you are 50 years or better and looking to connect with others in our community while safely social distancing, join us! We’ll be checking in with each other, making new friends, and supporting one another as we stay safe at home. For more information on the group, please contact Elisa Barnett at 619.354.6887 or seniors@thecentersd.org.

Lunch & Learn: “Medicare/Health Insurance Choices”
Wednesday, September 16 from 1-2PM
*All meetings will take place online. Email seniors@thecentersd.org for meeting information*
As you age, your medical care becomes a greater part of your daily life. Knowing your health insurance choices gives you the power to adjust your care to serve your needs. Navigating health insurance choices is a challenge and aging into Medicare is a complex process. Medi-CAL, Medicare, Covered CA, and the private insurance carriers operate with their own sets of rules and regulations; there is an unknowable amount of information. Dylan Murray can answer many of your questions and give you direction and guidance. He is appointed to sell Medicare supplemental plans, Advantage plans, and prescription drug plans. In addition, he is approved to enroll Californians into health plans through Covered California. For more information on the group, please contact Elisa Barnett at 619.354.6887 or seniors@thecentersd.org.

HIV Positive Seniors Discussion Group
Thursday, September 10, from 12-1pm
*All meetings will take place online. Email seniors@thecentersd.org for meeting information*
If you are 50 years or better and living with HIV, then this discussion group is just for you! Discuss the topics that interest you most. Discover how to feel your best. Socialize with others who can relate. Join us for this lively discussion group to connect, to learn, and to have fun. For more information on the group, please contact Elisa Barnett at 619.354.6887 or seniors@thecentersd.org.

The Feeling Fit Club
Mondays, Wednesdays, and Fridays from 1-2pm
*All meetings will take place online. Email seniors@thecentersd.org for meeting information.*
This class for older adults helps to improve balance, strength, flexibility, and maintain independence. It’s suitable for all levels - exercises can be done sitting or standing. Come join the group as they get themselves a workout that’s fun and productive. For more information on the group, please contact Elisa Barnett at 619.354.6887 or seniors@thecentersd.org.

Grief & Loss Discussion Group
The 1st, 2nd, 3rd & 4th Mondays of the month from 5:00-6:30pm
*All meetings will take place online. Email seniors@thecentersd.org for meeting information.*
The Grief & Loss Discussion Group is for those handling a loss or dealing with grief of a loved one or someone close who has passed or no longer a part of ones’ life. This group is facilitated by Maureen Scahill Cantrella and welcomes all experiencing grief, loss, or sadness. For more information on the group, please contact Elisa Barnett at 619.354.6887 or seniors@thecentersd.org.