

MISSION COVE UPDATES

- We will be having Dance Fitness with Patty on Thursday May 9th, 16th, and 23rd at 12:30 pm in the multipurpose room.
- Tech Support with Eric will be held on Tuesday May 7th and 21st at 11 am. If you have any electronic devices that aren't working efficiently or just have any questions in general related to everything technology, please come down and visit Eric on those days.
- Our community coffee and donut social will be held on Thursday May 30th at 9 am in the community room.
- The May Food Bank Box delivery will be held on Monday May 13th. If interested in receiving a box, please let Eric know!
- Eric is still waiting to hear from Community Resource Center regarding the first expected delivery for their Project Dash produce program. It is tentatively scheduled to happen sometime in May. Once Eric hears more details, he will share them with you all immediately. CRC is currently not taking any new applicants for their produce program.

May 2024

MISSION COVE SENIORS

***All the News That's fit to Print!**



CINCO DE MAYO COOKOUT!

Grilling season is back! Eric will be hosting our food community party on Thursday May 2nd at 12 pm in the courtyard. He will provide the meat to grill (Carne Asada and Chimichurri Chicken) tortilla chips, guacamole, and drinks, but please feel free to bring a main or side dish and/or dessert if you'd like.

Although it will be a Cinco De Mayo celebration, everyone is encouraged to bring down any traditional dish that you'd like. There will be music and games in the courtyard as well. Hope to see you there!



ERIC LIGARE
ELDERHELP OF SAN
DIEGO
HOURS
MONDAY-THURSDAY
8 AM-5:30 PM
FRIDAY
8 AM-12 PM

MISSION COVE ONSITE
HOURS
TUESDAYS-THURSDAY

SAN DIEGO FOOD BANK
BOX DELIVER
2ND MONDAY EVERY
MONTH
INTERESTED? SEE ERIC!

OFFICE: 619 284-9281

DIRECT: 619-852-4786

ELIGARE@ELDERHELPOFSANDIEGO.ORG

elderhelpofsandiego.org

RESOURCE OF THE MONTH

In-Home Supportive Services

The In-Home Supportive Services (IHSS) program can provide homemaker and personal care assistance to eligible individuals who are receiving Supplemental Security Income or who have a low income and need help the home to remain independent.

Services Provided

Having help with tasks around the house not only makes the lives of seniors and the disabled easier, in some cases it allows the person to remain at home. IHSS includes domestic and related services, and help with personal care such as:

- Bathing and grooming
- Dressing
- Housecleaning
- Shopping
- Laundry
- Meal preparation and cleanup

Eligibility

There are several factors which go into determining eligibility for IHSS. The following information will help you determine if you or someone you know might qualify.

To be eligible for IHSS, an individual must:

- Fall within the financial eligibility guidelines
- Be blind, disabled, or age 65-plus
- Meet eligibility requirements for full-scope Medi-Cal
- AND be unable to live at home safely without help

Financial Criteria:

- Persons receiving SSI/SSP
- Persons not receiving SSI/SSP may be eligible, but might be required to pay part of the costs

How to Apply

You, or any person acting on behalf of an applicant, may submit an application to Aging & Independence (AIS) using one of the methods below. If you are applying on behalf of an applicant, please ensure IHSS application is completed with the applicant's information (even if the applicant is a minor)

Professionals, such as hospital discharge planners, may also submit a referral online at the AIS Web Portal: www.aiswebreferral.org.

Phone

Call (800) 339-4661 to complete an application with Call Center staff.

Email

Complete and submit the **IHSS application** to ADRC.HHSA@sdcounty.ca.gov.

MAY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 WEEKLY FOOD MARKET-11:30 AM	2 COOKOUT- 12 PM	3 	4
5 	6	7 Tech Support-11 am Arts & Crafts 1 pm	8 WEEKLY FOOD MARKET-11:30 AM	9 DANCE FITNESS- 12:30 PM Multipurpose Room	10	11
12 	13 San Diego Food Bank Box Delivery	14 Bingo 11 am	15 WEEKLY FOOD MARKET-11:30 AM	16 DANCE FITNESS- 12:30 PM Multipurpose Room	17 	18
19	20	21 Tech Support-11 am	22 WEEKLY FOOD MARKET-11:30 AM	23 DANCE FITNESS- 12:30 PM Multipurpose Room	24	25
26	27 	28 Bingo 11 am Arts & Crafts 1 pm	29 WEEKLY FOOD MARKET-11:30 AM	30 COFFEE SOCIAL HOUR- 9 am	31 	

ERIC LIGARE
ELDERHELP OF SAN DIEGO
HOUSING SERVICES COORDINATOR
M – TH (8AM- 5:30PM) F (8AM- 12PM)

ERIC'S MISSION COVE
OFFICE HOURS
Tuesdays-Thursdays
619-852-4786