



North Park Senior Apartments

BINGO



Join us every other Wednesday in the Community Room for an afternoon of fun.

A special thanks to Lanny and David for taking the lead to organize and facilitate the return of this community activity!



In Person
NPSA Community Room



Every Other Wednesday
2:00 PM - 4:00 PM



FOR MORE INFORMATION

mhernandez@thecentersd.org
(619) 436-4124

NPSA MAY 2024

Birthday

CELEBRATION!

The Residents Advisory Committee will be hosting the Birthday Celebration on **Saturday, May 4th at 1 pm** in the Community Room. Come celebrate your neighbors with May birthdays. Call or text Shelly at 760-975-1843 if it is your birthday this month, so you can be included in the fun!



THE CENTER

SAVE THE DATE

50+ & Better Together

Senior Services LGBTQ+ Health Symposium and Resource Fair

The Center's Auditorium

An exciting event focused on the unique needs of LGBTQ+ Older Adults

LGBTQ+



WED., MAY 15, 2024

10:00 AM - 3:00 PM

**3909 CENTRE STREET
SAN DIEGO, CA**



Light breakfast and **FREE lunch** provided.

Attendees will have the chance to listen to speakers, meet one-on-one with representatives of senior serving agencies throughout San Diego County, and explore private care resources.



**MORE DETAILS COMING SOON!
STAY UPDATED HERE:**

www.thecentersd.org/senior-services/
seniors@thecentersd.org
(619) 692-2077 Ext. #147



MARK YOUR CALENDARS

WED. MAY 8TH Join us at **10 AM** for our Monthly Resident's Advisory Committee Meeting.

WED. MAY 15TH Join for a special LGBTQ+ Health Symposium and Resource Fair from **10 AM - 3 PM**. In-Person at The Center. *(This is a special Lunch and Learn Event. *)*

WED. MAY 22ND Residents Meeting - Join us at **1 PM** for the Monthly Resident's Meeting ***In Person in the Community Room**

TUES. MAY 28TH Senior Food Bank - Held at The Center the 4th Tues. of every month from **1 PM to 3 PM**. Open to all low-income individuals 60 years and older.

CENTER OFFICE CLOSURES The Center will be closed on the following: Monday, May 27th in observance of the Memorial Day Holiday.

MONDAY MORNING SOCIAL 10AM

Monday Morning Social is open to all residents. We look forward to seeing you in the Community Room!

JFS MEAL DELIVERY

JFS Meal Delivery takes place every other Fridays for 65+ residents. If you would like to access this resource please contact Jason via email. seniors@thecentersd.org

SENIOR FOOD BOX

Sign up for the San Diego Food Bank, monthly Senior Food Box Program. A box will be delivered to your doorstep once you have completed initial enrollment and designate Jason as your "proxy" to pick up on your behalf. For eligibility and signup, email Jason at seniors@thecentersd.org.

North Park Senior Apartments Grey Matters Dance Session



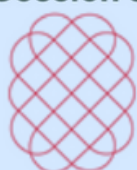
In Person

NPSA Community Room

Monday, May 13th, 2024

Monday, May 27th, 2024

Session starts at 11:30am*



**GREY
MATTERS**



Please join us on Monday, May 13th & 27th, 2024, at 11:30 am for an interactive presentation provided by Grey Matters Dance for Seniors; an artistically driven movement program to keep older adults physically, cognitively, and emotionally healthy.

FOR MORE INFORMATION

✉ mhernandez@thecentersd.org

☎ (619) 436-4124



Photo by Patrick Lyons
Neighborhood House, SLC, UT



**GREY
MATTERS**

Grey Matters Dance for Seniors (former Minding Motion for Graceful Aging™) is an artistically driven movement program to keep the unique populations we serve physically, cognitively, and emotionally healthy. Originating as a program created to serve those living with Parkinson's and other dementia symptoms, Grey Matters Dance now also offers programs designed from inception to serve aging populations thrive.

For more information about pricing and availability contact:
Utah representative, Juan Carlos Claudio • 801.520.0989
greymattersdance@gmail.com
California representative, Mitchum Todd • 619.200.2464
greymattersdancesc@gmail.com



THE CENTER

FREE

Neighborhood Law clinic

Join us for a Free Legal Clinic with licensed attorneys who will provide free consultations monthly on a wide range of legal matters in a safe and affirming space.

2ND THURSDAY
10:00 AM - 12:00 PM
THE CENTER'S AUDITORIUM
3909 CENTRE ST, SAN DIEGO



For more information:
onduty@thecentersd.org



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ACCESS TO LAW INITIATIVE





THE CENTER
SAN DIEGO
LGBT
COMMUNITY

FOOD BANKS

The San Diego LGBT Community Center provides the community healthy food, using social distancing and safety protocols.



NEIGHBORHOOD FOOD DISTRIBUTION

The Center hosts a distribution for the 'Community Cares Project' of the San Diego Food Bank

**1ST TUESDAY OF EACH MONTH
8:00AM -10:00AM**

SENIOR FOOD BANK

You are eligible if you are low-income & 60 years or older. Enroll in person at our site on the day of, or call the Jacobs & Cushman San Diego Food Bank at 866.350.3663.

**4TH TUESDAY OF EACH MONTH
1:00PM - 3:00PM**

WHERE?

The Center's parking lot
at 3909 Centre Street,
San Diego, CA 92103.

FOR MORE INFORMATION:

www.sandiegofoodbank.org

MAY 2024 619.692.2077 x214 or smerkbenitez@thecentersd.org



North Park Senior Apartments



Resident's Lunch & Learn



In Person

NPSA Community Room



Wednesday,

May 22, 2024

12:00 PM - 1:00 PM

Please join us on Wednesday,
May 22, 2024, for an
informational Lunch and Learn
presentation provided by
Travelers Aid Society of
San Diego.

*Lunch will be provided. **

LUNCH &

LEARN



FOR MORE INFORMATION



mhernandez@thecentersd.org



(619) 436-4124



**Travelers Aid Society
of San Diego**



Senior Food Program



What is the Senior Food Program?

The Senior Food Program is a USDA program which works to improve the health of low-income seniors 60 years of age and older by supplementing their diets with nutritious foods. The Food Bank packs and distributes 35-pound food boxes at more than 50 locations throughout San Diego County. Boxes contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.



This is an example of what seniors will typically receive in a monthly Senior Food Program box.

How to apply:

To be eligible, applicants must be at least 60 years old, a resident of San Diego County, and meet the federal income guidelines* listed below. Eligible applicants must apply in person at a distribution site near his or her residence.

Household Size	Gross Monthly Income	Gross Annual Income
1	\$1,580	\$18,954
2	\$2,137	\$25,636
3	\$2,694	\$32,318
4	\$3,250	\$39,000
Additional Member	\$557	\$6,682

**Income guidelines are provided by the USDA and were last updated 1/26/2023.*

What you need to apply:

- Valid I.D. with Date of Birth (driver's license, passport, etc.)
- Proof of address* (Utility, water, or telephone bill, rent receipt or rental agreement)

**(P.O. Box is not valid)*

For your local distribution site, call the Food Bank at
1-866-350-FOOD (3663) or call 2-1-1
SanDiegoFoodBank.org

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov

This institution is an equal opportunity provider.



Programa del Alimentos para Personas de la Tercera Edad

¿Qué es el Programa de Alimentos para las Personas de la Tercera Edad?

El Programa de Alimentos para las Personas de la Tercera Edad, es un programa financiado federalmente que asiste a las personas de 60 años o más con bajos ingresos para ayudar a incrementar su salud complementando sus dietas con comida nutricional de USDA. El Food Bank empaca y distribuye cajas con comida a mas de 50 lugares en el Condado de San Diego. Las cajas de 35 libras incluye pasta, vegetales, frutas, cereal, leche, carne enlatada, y proteína que no contenga carne.



Este es un ejemplo del contenido de una caja de comida mensualmente.

Cómo aplicar:

Para ser elegible, los solicitantes deberán tener al menos 60 años de edad y tener un ingreso menor al que marca la guía de ingresos establecida* por el gobierno federal y ser residente del Condado de San Diego. Los solicitantes elegibles deberán inscribirse al programa en persona en su distribución local.

# de personas en el Hogar	Ingreso Mensual Bruto	Ingreso Anual Bruto
1	\$1,580	\$18,954
2	\$2,137	\$25,636
3	\$2,694	\$32,318
4	\$3,250	\$39,000
Miembro add.	\$557	\$6,682

*Guías de ingresos son previstas por USDA y fueron actualizadas en 26/1/2023.

¿Qué se necesita para aplicar?

- Identificación valida con su fecha de nacimiento
(licencia de manejo, pasaporte, etc.)
- Comprobante de domicilio*
(Luz, cable o teléfono, recibo de renta o contrato de renta)

**(No se aceptan P.O. Box)*

Para su distribución local, llame el Food Bank al
1-866-350-FOOD (3663) o marcar 2-1-1
SanDiegoFoodBank.org

De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, discapacidad, edad, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA. Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que está disponible en línea en: http://www.ascr.usda.gov/complaint_filing_cust.html y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por

(1) correo: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; o

(3) correo electrónico: program.intake@usda.gov.

UNDERSERVED COVID-19 Impacted Individuals (UCII) Grant

Providing supportive services to assist workers who have been impacted financially by the coronavirus (COVID-19) pandemic.



SUPPORTIVE SERVICES ARE AVAILABLE IN TWO TIERS:

TIER ONE:

You may receive supportive services totaling up to \$400 if you are receiving at least 50% of your previous wages either from your employer directly or with Unemployment Insurance (UI) payments.

TIER TWO:

You may receive supportive services totaling up to \$800 if you are not receiving at least 50% of your wages from your employer directly or with UI payments.

AVAILABLE SUPPORTIVE SERVICES

- Equipment necessary for teleworking (e.g. computer, internet, etc.)
- Housing assistance
- Utility assistance
- Child care assistance
- Transportation assistance
- Needs-related payments can be provided if the individual meets federal and local requirements

TO BE ELIGIBLE YOU NEED TO BE:

- Age 18 and up
- Individuals whose household income are not above 400% of the federal poverty level for the last six months prior to enrollment in the UCII grant
- **AND meet one of the following criteria:**
 - Laid off due to COVID-19.
 - Experienced a reduction in hours and/or pay due to COVID-19.
 - Unable to work for any of the following COVID-19 related reasons:
 - Subject to quarantine.
 - Caregiver for someone who is subject to quarantine.
 - Need to care for children because of school closure or closure of other childcare provider.
 - At higher risk of getting seriously ill from COVID-19 or lives with someone at higher risk, as outlined on the California Department of Public Health COVID-19 website.
 - Required to telework but does not have the necessary equipment.

For information contact Sylvia Contreras at (619) 266-4254 or SylviaContreras@workforce.org.

NPSA MAY 2024 PROGRAMMING SCHEDULE

PLEASE EMAIL: JCUNEO@THECENTERSD.ORG OR
SENIORS@THECENTERSD.ORG FOR MORE INFORMATION
 REGARDING SENIOR SERVICES PROGRAMMING.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1			1:30 PM - 2:30 PM Feeling Fit Class at The Center 2:00 PM - 4:00 PM NPSA Bingo	12:00 PM Senior Advisory Committee - 1st Thurs Each Month	1:30 PM - 2:30 PM Feeling Fit Class at The Center
WEEK 2	10 AM Monday Morning Social 11:30 PM - 12:30 PM Grey Matters at The Center 1:30 PM - 2:30 PM Feeling Fit Class at The Center	11:30 am - 3:30 pm Game Day in the Center Library	10 AM - Residents Advisory Committee Meeting 1:30 PM - 2:30 PM Feeling Fit Class at The Center	12:00 PM HIV+ Discussion Group - 2nd Thurs Each Month 12:00 PM - 2 PM Senior Drop-In at The Center	JFS Meal Delivery 1:30 PM - 2:30 PM Feeling Fit Class at The Center
WEEK 3	10 AM Monday Morning Social 11:30 PM - 12:30 PM Grey Matters 1:30 PM - 2:30 PM Feeling Fit Class at The Center	11:30 am - 3:30 pm Game Day in the Center Library	12 PM - Senior Lunch and Learn at The Center 3rd Wed. Each Month 1:30 PM - 2:30 PM Feeling Fit Class at The Center 2:00 PM - 4:00 PM NPSA Bingo	12:00 PM - 2 PM Senior Drop-In at The Center	1:30 PM - 2:30 PM Feeling Fit Class at The Center
WEEK 4	10 AM Monday Morning Social 11:30 PM - 12:30 PM Grey Matters at The Center 1:30 PM - 2:30 PM Feeling Fit Class at The Center	1 PM Senior Food Bank at the LGBT Center 2 PM Senior Food Box Delivery	12 PM - 1 PM NPSA Lunch & Learn 1 PM - 2 PM Residents Meeting 1:30 PM - 2:30 PM Feeling Fit Class at The Center	12:00 PM - 2 PM Senior Drop-In at The Center	JFS Meal Delivery 1:30 PM - 2:30 PM Feeling Fit Class at The Center
WEEK 5	10 AM Monday Morning Social 11:30 PM - 12:30 PM Grey Matters 1:30 PM - 2:30 PM Feeling Fit Class at The Center	11:30 am - 3:30 pm Game Day in the Center Library	1:30 PM - 2:30 PM Feeling Fit Class at The Center		1:30 PM - 2:30 PM Feeling Fit Class at The Center



MAY 2024



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