

MISSION COVE UPDATES

- Our San Diego Food Bank Box delivery will be on the Monday November 18th due to Veterans Day falling on the 11th. If you are interested in receiving one or no longer wish to receive a box, talk to Eric!
- Our coffee and donut social will be held on Thursday November 14th at 9 am in the community room.
- Arts and Crafts will be held on Tuesday November 5th and November 26th at 1 pm in the community room
- The CRC food bag delivery will unfortunately be discontinued in 2025. November and December will be the last months of the delivery. November delivery will be on Wednesday the 20th and 27th. Floors 1 & 2 delivery will be on November 20th. Floors 3 & 4 will be on November 27th.
- The CRC Holiday Gift Baskets registration has begun! Please let Eric know asap if you wish to receive a gift basket this year. Distribution will be sometime in mid-December. I will let everyone know the exact date when I get it.
- REMINDER: Daylight Savings ends for the year at 2 am on Sunday November 3rd when we fall back and gain an hour of sleep. Adjust your clocks accordingly. Also, don't forget to vote on Election Day November 5th!

NOVEMBER 2024 MISSION COVE SENIORS

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



Community Thanksgiving Feast

Mission Cove will be having our Thanksgiving celebration on November 21st at 12pm in the community room. Same as last year, it will be pre-ordered from Sprouts with turkey, mashed potatoes, stuffing, cranberry sauce etc. This will be a multi-cultural event that will embrace residents of all customs and traditions, and everyone of all backgrounds are highly encouraged to attend. Residents are free to bring a side dish, dessert, or drink of their choice. If you do decide to bring something to eat or drink, please let Eric know. Looking forward to celebrating with everyone!

ERIC LIGARE

**ELDERHELP OF SAN
DIEGO**

HOURS

MONDAY-THURSDAY

8 AM-5:30 PM

FRIDAY

8 AM-12 PM

**MISSION COVE ONSITE
DAYS**

TUESDAYS-THURSDAY

**COMPUTER LAB HOURS
MONDAY-FRIDAY**

8 AM-5 PM

**SAN DIEGO FOOD BANK
BOX DELIVER**

**2ND MONDAY EVERY
MONTH**

INTERESTED? SEE ERIC!

OFFICE: 619 284-9281

DIRECT: 619-852-4786

ELIGARE@ELDERHELPOFSANDIEGO.ORG

RESOURCE OF THE MONTH

Mobile Crisis Response Team (MCRT)



North Coastal San Diego, CA

536 West Vista Way, Suite A
Vista, CA 92083

Program Inquires: (760) 758-1650

Fax: (760) 758-1701

Hours of operation for MCRT are 24/7, 365 days a year

MCRT is dispatched through the San Diego Access and Crisis Line (ACL) (888) 724-7240.

Program Director: Megan Patrick-Thompson, PhD

What is MCRT?

The North Coastal Mobile Crisis Response Team (MCRT) is a non-law enforcement mobile crisis intervention program for children, youth, and adults, who are experiencing a behavioral health crisis and located in the North Coastal region of San Diego County. Requests for MCRT services are triaged by the San Diego Access and Crisis Line (ACL).







What happens if MCRT responds to a referral?

MCRT is dispatched through the San Diego Access and Crisis Line (ACL) (888) 724-7240.

MCRT will arrive to the destination provided by the ACL in a marked vehicle. MCRT will have Exodus employee ID visible, and wearing a black MCRT or teal polo shirt. If the individual is not visible upon arrival, MCRT will attempt to make telephonic contact prior to approaching any doors or encampments.



NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>There will be no Elderhelp hours on Thursday November 28th and Friday November 29th in observance of Thanksgiving and Black Friday. Our community Thanksgiving Feast will be held on Thursday November 21st at 12 pm in the community room.</p>						
		ARTS & CRAFTS- 1 pm	WEEKLY FOOD MARKET- 11:30 AM	Tech Support- 11 am		
		BINGO 11 AM- Community Room	WEEKLY FOOD MARKET- 11:30 AM	Coffee Social- 9 am		
	San Diego Food Bank Box Delivery	BINGO 11 AM- Community Room	WEEKLY FOOD MARKET- 11:30 AM	THANKSGIVING PARTY-12 PM		
		ARTS & CRAFTS- 1 pm	WEEKLY FOOD MARKET- 11:30 AM		NO EH HOURS	

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
eligare@elderhelpofsandiego.com

