



NPSA NOVEMBER 2024

Birthday CELEBRATION!

The Residents Advisory Committee will be hosting the Birthday Celebration on Saturday, November 2nd at 1 pm in the Community Room. Come celebrate your neighbors with November 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 LGBT Veterans Wall of Honor

Join us for The Benjamin F. Dillingham, III & Bridget Wilson LGBT Veterans Wall of Honor 2024 Induction Ceremony

THURSDAY
NOVEMBER 07
6:00 - 8:00 PM

THE CENTER'S
AUDITORIUM
3909 CENTRE ST, SAN DIEGO

The evening will include a brief program with celebration of military colors, the National Anthem, announcement of inductees, and special remarks.

RSVP [BIT.LY/VWOH-2024](https://bit.ly/vwoh-2024)

For more information
advocacy@thecentersd.org

MARK YOUR CALENDARS

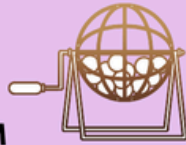
- THURS. NOV. 7TH** You are invited to attend the monthly Senior Advisory Committee at The Center, from **11:30 am to 1 pm**.
 - WED. NOV. 20TH** Lunch and Learn - Join us for an exciting and informative lunch time group activity at **12 PM** In-Person at The Center.
 - TUES. NOV. 26TH** Senior Food 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.
 - WED. NOV. 27TH** NPSA Lunch and Learn - Join us for an exciting and informative lunch time group activity at **12 PM** In-Person in the NPSA Community Room. **FREE LUNCH ***
 - WED. NOV. 27TH** Residents Meeting - Join us at **1 PM** for the Monthly Resident's Meeting ***In Person in the Community Room**
- CENTER OFFICE CLOSURE**
The Center will be closed on:
November 11th, 2024 - Veteran's Day
November 28th & 29th, 2024 - Fall Holiday

Bingo is back! Please join in the fun!

North Park
Senior Apartments



BINGO Time



NPSA COMMUNITY ROOM
WEDNESDAY, NOVEMBER 6TH & 20TH
2 PM - 4 PM

Come play Bingo every other Wednesday in the Community Room for an afternoon of fun. For more information, please reach out to Miguel Hernandez, Senior Services Case Manager at (619) 436-4124 or mhernandez@thecentersd.org.



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

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.

Enjoy a Meal With Us!

CONGREGATE MEALS

Starting Tuesday,
October 15, 2024
11:30am-12:30pm

**For Those 60 Years
Of Age Or Older**

*Meals for purchase available for
individuals 59 years or younger*

The San Diego LGBT Community Center
3909 Centre St., San Diego, CA 92103



*Please call to make a reservation.
Reservations are required by 3:00pm the previous day.*

(858) 637-3230



North Park Senior Apartments




Resident's Lunch & Learn

FREE LUNCH

LUNCH & LEARN

Please join us on Wednesday, November 27, 2024, for a fun celebration of Thanksgiving. Come enjoy delicious food, socialize, mingle and make new friends.

 **In Person**
NPSA Community Room

 **Wednesday,**
November 27, 2024
12:00 PM - 1:00 PM

FOR MORE INFORMATION

 mhernandez@thecentersd.org

 (619) 436-4124



50+ & Better Together



Free Medicare and Insurance Enrollment Assistance

Get assistance during the Medicare Annual Enrollment Period by meeting with a licensed insurance specialist.

Learn about 2025 Medicare and Prescription Plan updates, extra benefits, and plan options for the upcoming year.

 **TUESDAYS**
OCT 22 - DEC 3, 2024

 **THE CENTER**
3909 Centre Street San Diego

 **10:00 AM - 12:00 PM**

This free resource and support are made possible through a partnership with Aaron Blanco, Health Plan Specialist with SBHIS Insurance Services.

**Assistance available in English,
Spanish, and Portuguese.**

 (619) 692-2077 Ext. #147

 seniors@thecentersd.org

50+ & Better Together



THE CENTER



CASPIAN
HEALTH INSURANCE

Free Medicare and Prescription Drug Education Seminar

Join us for a seminar on Medicare and Prescription Plan updates for 2025, including:

- Insurance plans accepted by doctors
- Plan options for 2025
- Price changes for medications
- Spreading out the cost of prescriptions
- Medicare donut hole
- Tips to avoid scams



OCT 28, 2024

NOV 18, 2024



2:30 PM - 3:30 PM



THE CENTER LIBRARY

3909 Centre Street San Diego

This educational seminar is made possible through a partnership with Dylan Murray, Licensed Agent, and Co-Founder of Caspian Health Insurance. (CA Insurance License 0H31185)

 (619) 692-2077 Ext. #147

 seniors@thecentersd.org



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, \(AD-3027\)](http://www.ascr.usda.gov/complaint_filing_cust.html) 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



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.

¿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)*

# 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.*

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 necesitan 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

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.

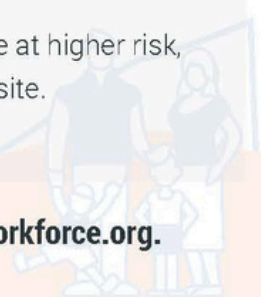
AVAILABLE SUPPORTIVE SERVICES

- 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 NOVEMBER 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					JFS Meal Delivery 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 NPSA 1:30 PM - 2:30 PM Feeling Fit Class	Vote at The Center 11:30 am - 3:30 pm Game Day in the Center Library	10:00 AM - 11:00 AM NPSA Residents Advisory Committee 1:30 PM - 2:30 PM Feeling Fit Class at The Center 2:00 PM - 4:00 PM Bingo	12:00 PM Senior Advisory Committee - 1st Thurs Each Month	1:30 PM - 2:30 PM Feeling Fit Class at The Center
WEEK 3	10 AM Monday Morning Social Veteran's Day Center Closed No Programs Scheduled	*SPECIAL DATE* 8 AM to 10 AM General Food Bank at The Center (Day Change due to Special Election)	12 PM - 1 PM Lunch & Learn at the Center 1:30 PM - 2:30 PM Feeling Fit Class	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 4	10 AM Monday Morning Social 11:30 PM - 12:30 PM Grey Matters NPSA 1:30 PM - 2:30 PM Feeling Fit Class	11:30 am - 3:30 pm Game Day in the Center Library	12 PM - 1 PM NPSA Lunch & Learn 1 PM - 2 PM Residents Meeting 1:30 PM - 2:30 PM Feeling Fit Class 2:00 PM - 4:00 PM 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 5	10 AM Monday Morning Social 11:30 PM - 12:30 PM Grey Matters @ The Center 1:30 PM - 2:30 PM Feeling Fit Class	1 PM - 3 PM Senior Food Bank at the LGBT Center 2 PM Senior Food Box Delivery 11:30 am - 3:30 pm Game Day in the Center Library	1:30 PM - 2:30 PM Feeling Fit Class	Fall Holiday Center Closed No Programs Scheduled	Fall Holiday Center Closed No Programs Scheduled



VOTE