

MISSION COVE UPDATES

- There will be no Elderhelp hours on Monday June 15th, Friday June 19th, and Friday June 26th-July 6th. Eric will return on Tuesday July 7th
- Art with the incomparable Elisabeth will be on Tuesday June 2nd and June 23rd at 1pm in the community room.
- A special thanks and congrats to Rebecca, who finished her MSW and internship at Mission Cove. She was a tremendous asset to Mission Cove and will be missed.
- Mission Cove's Coffee Social will be held on Thursday June 25th at 9:30 am. Feel free to come down while Eric provides coffee and donuts.
- Mission Cove will be getting its allotment of Senior Farmer's Market gift cards sometime in June/July. Please be on the lookout for announcement!

JUNE 2026 MISSION COVE SENIORS

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



Cultural Cooking Class

The Cultural Cooking Class lives on! On Wednesday June 24th, Eric will be hosting a cooking class where residents will learn to bake, cook, grill a quick and simple recipe. It will be held in the community room directly following our weekly food distribution. Eric will be bring all the necessary supplies, so residents only need to show up eager to learn and hungry to eat! The class should take no more than hour. Each class we will be learning to cook something new, so if you have a easy and simple recipe that you're willing to share or want to try something new, this is the class for you! Resident's do not need to participate in the food distribution to attend this class. It will begin promptly at 12 pm.



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

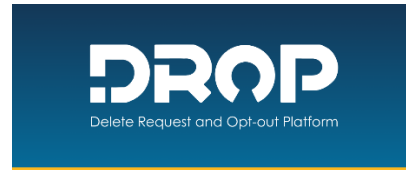
INTERESTED? SEE ERIC!

OFFICE: 619 284-9281

DIRECT: 619-852-4786

ELIGARE@ELDERHELPOFSANDIEGO.ORG

RESOURCE OF THE MONTH



 CalPrivacy

DROP was created under the [California Delete Act \(SB 362\)](#) and is operated by the California Privacy Protection Agency (CPPA). It provides California residents with a centralized way to submit deletion and opt-out requests to data brokers registered in the state.

As of January 1, 2026, California residents can:

- Verify their residency using the state's approved identity verification systems
- Create a DROP profile
- Submit a deletion request to registered data brokers

DROP allows individuals to submit identifying information—such as names, dates of birth, email addresses, phone numbers, and certain device identifiers—so data brokers can attempt to match and delete records.

Outcomes reported by brokers may include:





- Deleted: Records removed, with certain legal exemptions
- Opted-out: Records could not be matched precisely, but sale is restricted
- Exempted: Records legally permitted to be retained
- Record not found or Pending

Consumers can return to their profile to add more data over time if matches are incomplete.

To get started, please visit

<https://consumer.drop.privacy.ca.gov/>

JUNE 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 ART & CRAFTS- 1 PM	3 WEEKLY FOOD MARKET-11:30 AM	4 TECH SUPPORT- 11 am	5	6
7	8 San Diego Food Bank Box Delivery (offsite)	9 BINGO 11 AM- Community Room	10 WEEKLY FOOD MARKET-11:30 AM	11 TECH SUPPORT- 11 am	12	13 
14 	15 NO EH HOURS. ERIC OFF	16 BINGO 11 AM- Community Room	17 WEEKLY FOOD MARKET-11:30 AM	18 TECH SUPPORT- 11 am	19 	20
21	22	23 ART & CRAFTS- 1 PM	24 WEEKLY FOOD MARKET-11:30 AM	25 COFFEE SOCIAL-9:30 AM	26 NO EH HOURS. ERIC OFF	27
30 	Eric will be on PTO from Friday June 26 th and will return on Tuesday July 7 th . I wish you all the happiest and safest 4 th of July's.					



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