Glenner unveils remote care for seniors

By KENDRA SITTON | UPTOWN NEWS

For over a year, Glenner Centers in San Diego has been working on a program to make their assistance more accessible to family caregivers of people with dementia. The organization founded by UCSD Alzheimer’s researcher Dr. George G. Glenner and his wife Joy Glenner has operated a day care center in Hillcrest and other parts of San Diego for decades.

Many family caregivers needed more support than just a few days of care per week so the organization began developing GLENNERCARE, a remote way for fulltime caregivers to access support. Conveniently, the rollout of the new program coincided with the shuttering of the regular care centers due to COVID-19.

Clients enrolled in the program have access to a 24/7 care team that helps to prevent and mitigate crises. The focus is to provide proactive and innovative care.

“What we’re trying to do is use technology in a way that we can prevent ER visits or visits to urgent care,” explained Tanya Navarro, a social worker for Glenner.

Caregivers can call a social worker at any time if someone with dementia is agitated or having an issue. The social worker assesses the situation, can help de-escalate the situation or connect the client to other resources, including healthcare professionals. In addition, patients’ vitals are monitored constantly so nurses call.
The engineer behind authors, gems, heroes and scientists

San Diego street names: The first installment in the series

**PastMatters**

**Katherine Hon**

Many streets in San Diego originally had different names from what we know them by today, especially the subdivisions ("tracts") mapped prior to 1900. In those early days, development was so sparse, it did not matter that there were at least fifteen "First Streets" throughout the city. However, by the late 1890s, urbanization was intensifying, and the potential for mass confusion with the existing street name patterns was obvious.

To eliminate duplication and achieve some continuity where street names changed from tract to tract, about 90 names were changed throughout the city by Ordinance No. 599 adopted by the Board of Aldermen on February 6, 1899, and more than 250 names were changed by Ordinance No. 755 adopted by Ordinance No. 755 May 21, 1900. Ordinance No. 755 brought authors to Point Loma and gems to Pacific Beach, among many other changes.

The source of alphabetical themes for street names changed by Ordinance No. 755 was Louis Jackson Davids, the relatively new city engineer. In the following memorandum to the Board of Public Works on February 1, 1900: "Gentlemen, I hand you herewith a list of streets in the city of San Diego, the names of which occur in other and more central parts of the City. The new names suggested are taken either from natural objects (trees, flowers etc.) or from men celebrated in Science, Literature, Statesmanship, War etc., care being taken to maintain alphabetical order. It would seem advisable to have these names changed by ordinance and to take such action as will prevent further duplication in names of streets."

The Board of Public Works acknowledged receipt of Davids' memorandum and list at their February 8, 1900 meeting, noting: "The City Engineer suggests new names, with a recommenda tion that they be substituted for the old ones. Upon motion being duly seconded the same was referred to the Common Council with recommendation that the same be adopted."

The San Diego Union's February 9, 1900 issue reported, "Mr. Davids has proposed new names for most of the duplicates and the board has decided that it would be a good thing to make the change before any greater difficulty is likely to result from the change. A communication will be sent to the council recommending the adoption of the suggestions made by the engineer."

Ordinance No. 755, which provided for "changing the names and regulating the naming of certain streets in the city of San Diego," was read and adopted at the aldermen's meeting on May 21, 1900 and approved by the mayor the following day. The list of name changes was certified by the city clerk as being published in the San Diego Union's May 24, 25, and 26, 1900 issues.

Davids' list of new street names that are mostly still present include alphabetical authors from Addison to Zouch — later Zola — and Alcott through Dumas in Roseville, authors Elliott through Lytton in Loma Portal, historians Abbott through Guizot in Ocean Beach, gems Agate through Hornblende and statesmen Allison through Randall in Pacific Beach, naval heroes Bainbridge through Rogers in La Playa, cities Chicago through Nashville in Clairemont/ Bay Park, and scientists/engineers Carnegy through Herschel in La Jolla.

Who was this scholarly civil engineer? Davids had been unanimously selected by the Board of Public Works to be city engineer from three candidates on April 27, 1899. He replaced Edwin Capps, city engineer since July 1891, who resigned because he had just been elected mayor.

Davids' selection was favorably received. The San Diego Union's April 28, 1899 issue reported, "Mr. Davids is by far the best man, so far as engineering ability is concerned, that the board of public works could have chosen... it is safe to say that the city's interest will at all times be carefully guarded by him."

Davids was born in New Rochelle, New York, in 1854 and obtained his civil engineering degree from Union College — a private liberal arts college in Schenectady, New York — in 1878. He began living in San Diego around 1886. An article about his wedding to Eda Skidmore in the San Diego Union's April 27, 1894 issue noted, "Mr. Davids is well-known in this city as a gentleman of more than ordinary culture and enviable attainments as a civil engineer. In this state as well as in Mexico and South America, where he was engaged for a series of years in railroad construction. He recently quit the services of the Santa Fe railroad company to look after his private interests in and about San Diego." His "beautiful and accomplished bride" was described as a native Californian who had traveled extensively and had recently "been teaching in the public schools of this city." Perhaps the couple came up with the "cele brated" names for streets together.

Davids was described in the 1894 Great Register of San Diego County as being 40 years old and 5 feet 10 inches tall, having a light complexion with blue eyes and brown hair, and living at 170 21st Street.

Davids' home was on the southwest corner of 21st and I streets in what is now the Sherman Heights Historic District. His house was built in 1892 and has been replaced with a newer structure. However, other nearby homes built in the late 1800s still grace the neighborhood. Davids' across-the-street neighbor was William B. Hollington, a retired English physician who lived at 171 21st Street from about 1888 to his death in 1908. Hollington's Victorian-era Queen Anne style house was built in 1887 and is a designated historic resource.

The Board of Public Works "dispensed with" the services of Davids at their October 25, 1900 meeting. The Evening Tribune's October 25, 1900 issue related the conversation of the board members, who acknowledged he was "a competent engineer, but has a different opinion from this board as to the manner of running his office." They replaced him with George d'Hemricourt — one of the other candidates in 1899 — at a special meeting on October 30, 1900.

Davids subsequently moved to Oakland with Eda and their son Cyril. He worked as a civil engineer there and in Los Angeles, where the family was living by 1920. He and his wife died within nine days of each other in October 1931 in Los Angeles.

Although he was San Diego's city engineer for only a year and a half, Davids' renaming of city streets in 1900 had a profound effect on the identity of many San Diego neighborhoods.

Stay tuned to future PastMatters columns for more about original street names and changes throughout the city.

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Katherine Hon is the secretary of the North Park Historical Society. Reach her at info@northparkhistorical.org or 619-294-8990.
idea,” said Cars & Coffee organizer Newell Booth. “I thought, ‘Wow, instead of having a car show for the neighbors to come look at, we’ll take it to them.’”

Booth said he knew the event — dubbed the Cars & Coffee Social Distancing Tour and Neighborhood Drive-By — would have a captive audience with people staying at home in self isolation, even those who would normally be at church on Sunday morning. He also knew it would be easy to find cars and drivers for the parade.

“The car people are anxious to go somewhere because all our tours are cancelled,” he said. “Everything is on hold for all of the car activities.”

In the two short weeks before the parade, Booth laid out the route, got the word out to car clubs throughout the region and advertised the event through social media sites like NextDoor and through neighborhood groups like the El Cerrito Community Council. He set up a website for the event and enlisted the help of a realtor friend who lent him signs to put up along the route, inviting residents to take part. Booth’s wife Gladene also pitched in with the planning and was “just as enthused” for the parade as he was, even offering up some fun ideas for the participating drivers that brought some levity to the event in these troubled times.

“In the middle of the show, we had a health inspection,” Booth said. “We have a circle drive at our home so we drove [the cars] through our circle drive and we had a ‘doctor’ at one end that aimed a hair dryer at ‘em and showed ‘em they had a, you know, fake temperature. Then we sent ‘em to a ‘pharmacist’ where we had a funny prescription and gave ‘em a bag of trail mix.”

The event also included a canned food drive for local food banks.

On the day of the parade, Booth knew the event would bring a good turnout of cars so the meet up for the event was changed from the Chase Bank to the College Area Baptist Church parking lot. A whopping 76 cars showed up for the parade, making it Cars & Coffee’s largest event to date. “It went viral, pardon the pun, mainly because people were ready to get out,” Booth said.

Cars & Coffee began several years ago as an informal gathering at the Duet Coffee Shop on El Cajon Boulevard. In it’s early years, there would be only five or six cars, one being Booth’s 1906 Buick. When the original organizer for the group announced he was moving away from San Diego, the future of the informal Car parade

**CONTINUED FROM PAGE 1**

SEE CAR PARADE, Page 14

RAIN, WIND, AND FIRE...

“The three menaces to any chimney, fireplace, or stove.”

Every year there are over twenty thousand chimney / fireplace related house fires in the US alone. Losses to homes as a result of chimney fires, leaks, and wind damage exceeds one hundred million dollars annually in the US.

CHIMNEY SWEEPS, INC., one of San Diego’s leading chimney repair and maintenance companies, is here to protect you and your home from losses due to structural damage and chimney fires.

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For a limited time, readers of this paper will receive a special discount on our full chimney cleaning and safety inspection package with special attention to chimney water intrusion points in preparation for the rainy season.
INFLUENTIAL CHILDHOOD

Gomez is a San Diego native and first generation Mexican-American who was born in Barrio Logan and lived south of Interstate 8 her entire life. “I grew up very humble but at the same time, my parents did everything they could to provide a better path for all three of their children,” she said.

Gomez’ parents were undocumented and worked multiple jobs that paid minimum wage. “Jobs that took advantage of them because they were undocumented,” she said. “They kept their heads down and did their work.”

Gomez said her family moved and she grew up on the South Bay a lot while growing up. At one point, they didn’t have a home of their own and lived in the living room of another family’s house. “So, you can imagine growing up in somebody else’s space. That leaves a strong imprint on a child,” she said. “For me growing up, that was my experience: having housing insecurity, at times food insecurity. But I also felt that my parents worked to make it a through and provide for their children.”

Gomez credits her parents’ sacrifices as a motivating factor for her to work hard in school. In middle school and high school, Gomez woke up every morning at 5 a.m. to take public transportation to San Carlos and then Tiajuana because her mother knew that wealthier communities had better schools and “access to success.”

“That was really an eye-opener for me because already knowing that we were struggling but I just thought that was the reality for everybody,” she said. “I noticed the difference from where I came from the community where my school was. There were grocery stores and parks.”

EARLY ACTIVISM

In her senior year at Serra High School, Gomez said she became politically active.

That was the year that Pete Wilson introduced Prop 187 targeting immigrant [communities],” she said, adding that her family was affected and her parents came to help with voter outreach to defeat the proposition. It passed but was later ruled unconstitutional by the courts.

Gomez continued her activism at SDSU where she studied urban planning with an “environmental and cultural lens.”

“I thought that was something that I felt comfortable with, so I went and I really struggled with that because I thought that was something that somebody else does. But because I was so committed, I just felt like, ‘okay I know that I can bring something to the table. I know that.’”

Gomez credits a strong grass roots campaign for her election to the District 9 seat — a race she was outspent by her opponent 3 to 1 and “wasn’t supposed to win.”

Since her election to the City Council, Gomez said she has maintained a strong agenda to help underserved communities — like the ones she grew up in. Her decision to serve on the MTS board was influenced by her high school years riding the bus to school almost every day. Gomez, eventually ran to be chair of MTS and was elected by her colleagues from 10 different cities in San Diego County.

“My goal was to highlight the importance of transit in our region,” she said. “If you look at the history of transit here in our region, it has never been a priority for electeds. But these last couple of years we’ve built a strong voice on the importance of it and we’re going to continue pushing.”

In addition to being elected by her colleagues to lead the MTS board, Gomez was elected twice by her fellow City Council members — unanimously by Democrats and Republicans — to be Council President. Gomez credits her transparency as the reason for gaining the trust of the Council members from both sides of the aisle.

A RUN FOR CONGRESS

As the elected representative of District 9, Gomez said she has always worked to be supportive of the district’s large immigrant community. When Rep. Susan Davis announced she would be stepping down from her CA-53 seat at the end of this year, Gomez decided to run for congress with the idea that she could be a voice for immigration reform in the U.S.

“My values really are about justice, about making sure gov- ernment is more inclusive about who we are and recognizes that,” she said. “Everything really stems from that. Everything that I’ve do- ne as a community organizer, as public policy advocate has been to really try and transform the system to be more reflective of who we are.”

Since launching her campaign, Gomez has racked up support from a wide range of groups and people, including labor unions, teachers, the Sierra Club, and politicians like presidential candidate Sen. Bernie Sanders all the way to La Mesa Mayor Mark Aromanis, who now considers himself an independent but originally ran as a Republican.

Although she expects she will be outspent by the Jacobs campaign, Gomez sees her strong message, experience and local roots as key to winning in November — even as the COVID crisis has taken away door-to-door canvassing, one of the main tools of grassroots campaigns.

“The COVID just creates more creativity in how we reach out to voters. As a grassroots campaign you have to be creative. It’s not going to slow us down at all,” she said.

Like many other campaigns, Gomez said her team recently focused on phone banking wellness checks for seniors in CA-53 and also built a resource page to share with any constituents that might need it.

“ ’It wasn’t about, ’Can we count on your support? ’ It was about an ‘Are you okay, do you need any support, how can we assist you’ type of message and just leave it at that,” she said.

Still, Gomez said she is ready to get back to campaigning on her message of support for policies like universal single-payer healthcare and a Green New Deal.

“If you look at my background as public policy advocate on ad- dressing environmental racism, the Green New Deal gets to that, so that is something I’ll continue pushing,” she said.

With the COVID crisis pushing spending to its limits, Gomez said she is working on formulating some plans for addressing the deficit.

“Don’t think we’re maximiz- ing taxation on the wealthy and we have created a system where we are taxing more on the middle
Nonprofit CEO keeps developmentally disabled people connected

Ken Barnes became CEO of Options 4 All, a nonprofit serving developmentally disabled adults, on Feb. 3. Within weeks, he had shifted from meeting employees of the organization throughout the state to forming an internal coronavirus task force. In week six of his tenure, the stay-at-home order was issued – and he was prepared.

“Thursday, March 19, that afternoon we started rolling out [remote programming] and the governor issued the state order that night. The next day, we were ready because we’ve been planning for three weeks,” Barnes explained in a phone interview. At this point, Barnes has spent more time working from home than he has spent working in the office. The organization’s 420 employees are also all working from home. While other nonprofits have struggled to keep their payroll, Options 4 All has actually hired seven people since the crisis began.

“The thing that I’m most excited about is that we’ve been able to keep our staff home. I didn’t want them to face the economic stress in the midst of it; there’s all kinds of stressors happening,” Barnes said.

To support staff, the organization has also set up an anonymous counseling program for employees. With staff members still employed, the organization has been able to keep serving the 1,400 disabled adults in its orbit.

The majority of the work Options 4 All does is community engagement. “We help them engage in society, so they can fully participate,” Barnes said. “This is a population that historically have been confined to their homes.”

By taking people with autism, Down syndrome, cerebral palsy and other conditions on outings to the library, park, Starbucks and stores, Barnes said two things are accomplished. First, disabled adults are taught how to interact and second, other people unlearn stigma surrounding disabled people.

“Intelegually disabled” people are normal people just like them. They just are just neurologically diverse,” Barnes said.

Another effort Options 4 All has is supportive employment. Many of their clients are employed at grocery stores and healthcare centers and other essential jobs where they receive some coaching and guidance from the nonprofit staff so they can be as independent as possible.

A small portion of their work is helping care for disabled people living independently without family or friend support. This can mean paying bills, managing their household, and grocery shopping.

The last portion of their work is a film and media studies program with Joey Travolta, the older brother of actor John Travolta. People take classes and train to work in the film industry. Participants create commercials for local companies and recently released their first feature film, “Carol of the Bells.”

Each of these programs have been made remote so participants can continue receiving support while sheltering at home. “We didn’t want them to lose all of their daily habits and their daily routine that they rely upon,” Barnes said. “We’re gonna do everything we can to meet them where they are and continue to provide services.”

Barnes first got involved with Options 4 All in 2014 when a friend invited him to a fundraiser because she knew that Barnes grew up with a twin brother with cerebral palsy, although his brother died many years ago. After the fundraiser, Barnes began volunteering and within a few years was on the board of directors.

Last year, the organization’s CEO of 27 years moved on. Barnes was living in Sacramento at the time after years of work in public affairs and management consulting.

“The board went out and did a search and I thought, gosh, it sounds crazy but I think I want to apply, but we will take a pay cut and have to agree to a more expensive area in the state,” he said. He was selected and moved to San Diego for the new role.

The work is especially significant during the pandemic because some states, including Washington and Alabama, have placed intellectually disabled adults as a lower priority for life-saving treatments in their disaster preparedness plans. Advocates worry that some of the 7 million intellectually disabled Americans would be denied ventilators and other life-saving treatment if there was a shortage.

“Those emergency precautions are basically saying that someone who has Down syndrome or someone who’s on the autism spectrum is less valuable than someone who’s not on the autism spectrum. It goes beyond cruel. It’s inhumane,” Barnes said passionately.

The potential situation reminds Barnes of his brother. “Twin A’s got cerebral palsy so let him die. Twin B, he’s more valuable, so let him live.” Barnes imagines a healthcare worker deciding.

Barnes does not believe triage should be based on someone’s interpretation of the value of someone’s life based on what they are capable of. Barnes is willing to advocate for clients if need be. Already, a sickened person in the program faced the “double barrier” of English being their family’s second language and being disabled after being diagnosed with COVID-19. A staff member called the family and the healthcare center to ensure the person was receiving proper care.

“I don’t think there’s anything more important than protecting the most vulnerable people in our society,” Barnes concluded.

—Editor Kendra Sitton can be reached at kendra@sdnews.com.
I had a newborn baby and a toddler and believed I was dying. I choked on every breath and thinking it would be my last. I couldn’t leave my home. I couldn’t drive to the beach or go to the grocery store. It wasn’t safe outside. This was in the year 2014. It wasn’t the government telling us to ‘shelter in place’ for safety. It was my mind. I was suffering postpartum anxiety and agoraphobia, the thoughts and fear that nowhere is safe.

I believed the pain would never end as relief was nowhere in sight. I couldn’t manage the unfamiliar barriers and restrictions my mind was putting on me. Recognizing the signs, my OB/GYN directed me to get help. Partnered with medication, I began cognitive behavioral therapy, practicing techniques to calm my mind, and challenge my thoughts. But the mental illness had taken over my body, holding it hostage. I wondered if any of these tricks and tools would ever start to work.

Six years later, we are in the midst of a pandemic and similar to anxiety, the virus escalated quickly, giving people an overwhelming feeling that it will never end. Welcome to my world.

Currently, I’m teaching college students, now online, while schooling my three young children (ages 2, 5, and 8). Putting my children to sleep, I told a bedtime story, as we all lay down, under the covers, with our eyes closed. I made up an adventure going through the letters of the alphabet. “At the zoo an Alligator named Allie told me to go see a Bear named Barry. He told me to look for a Cougar named Carrie. She told me to look for a Dolphin named Duphne.” When I got to the letter M, my three children were asleep and I felt relaxed. Distracting my thoughts, focusing on a mental exercise, was one of the tools I learned in my treatment.

Scrolling through social media during this pandemic, I began recognizing a number of recommendations I realized I had already integrated into my daily plan. Instead of overwhelming my thoughts with the depths of an unknown future, Monday through Friday, we are following a schedule. The toddler is our alarm clock at 6:30 a.m., cueing us all to wake up. We then get dressed and make beds before breakfast. A “school” day plan is on a dry erase board. Amid the chaos, I have been putting order in my day. In the evenings, when I can, I go for a walk outside and call a friend. Exercise is an excellent stress reliever and helping the fresh air keeps me in the current moment. At the same time, the conversation keeps me connected to a support system. All of these little steps, remind me that taking them day by day, will help keep me healthy.

Unlike years before, now, I am mentally prepared. I can’t see the end of this pandemic, but I know through dealing with my anxiety, it can’t last forever. Challenging my mindset was one of the tools I learned in the treatment. I am not stuck at home like I was before. I am safe at home, doing my part to keep others healthy.

To stay on top of my anxiety during this unprecedented time, I have to use coping tools in my toolbox. But I am also realistic. I understand, today will not be the same for me as tomorrow. I should limit my caffeine. It increases your heart rate while stimulating nervous feelings. While I have three children bouncing all around at all hours while I “school” them at home while I am teaching, I chose to focus on what I can do. While I navigate this pandemic with the tools I learned from a mental health practitioner, I will still have a cup of coffee in hand.

—Jessica Keith has spent the past three years teaching Cultural Adaptation at San Diego State University. She can be found lecturing in the classroom to an audience who listens or at home with her three children who are more interested in Lesgos than their mommies’ master’s degree in International Education. Jessica Keith is a resident of North Park.

By JESSICA KEITH | UP TOWN NEWS

Social isolation: Spotting the signs and opening minds of your senior loved ones

By SIMIHA VALANCIUTE | SEE|DUCS

If you’re the caretaker of a parent or other elderly relative, it can be challenging to convince your loved one to try something new. However, what you may perceive as stubbornness could be a sign they are experiencing social isolation, which poses serious risks to their health and wellbeing. Social distancing, while important to containing the coronavirus, may exacerbate their loneliness by taking away normal routines and activities, as well as physical contact and hugs from family and friends. It’s now more important than ever for caretakers to identify the signs of social isolation and help loved ones find ways to stay curious and engaged with the world virtually.

• Social isolation occurs when a person withdraws and becomes disconnected from friends, family and their community. Multiple studies have shown social isolation is as bad for a person’s health as smoking 15 cigarettes a day and is even more harmful than obesity: it has also been linked to higher blood pressure, a lowered immune response and earlier onset of dementia.

• Here are just a few ways an older parent or relative may show negative effects of social isolation:
  • Lack of interest in staying connected to the outside world, their hobbies or social activities they once enjoyed
  • Poor personal hygiene
  • Signs of poor nutrition, such as rapid weight gain or loss, or lack of appetite
  • Significant disruption, clutter or hoarding behavior in their home
  • Having trouble sleeping, or sleeping more than usual
  • Declines in memory or information processing

If you’re thinking these sound a lot like the signs of depression, you’re correct: depression and social isolation often go hand-in-hand. As with depression, the solution for social isolation will differ from person to person, but staying active, socializing with others and focusing on something else are the keys to combating both.

It can be difficult, though, to convince an older loved one to get outside their comfort zone, whether that’s embracing different ways of communicating through technology or trying new activities. There are a variety of reasons older adults may be reluctant to open their minds to new ways of doing things. Change is hard for people of any age, and seniors especially may rely on rigid ways of thinking to navigate the constantly changing world and feel good about themselves.

One healthy way to give seniors that self-esteem: help them learn a new skill, or at least experience a familiar activity in a new, virtual way. Doing so may allow them to socialize with new people and develop confidence as they improve.

Here are some ideas:
  • Go back to school. Multiple community colleges in the San

Members of the Oasis community on a laptop. (Courtesy photos)
Calif. Senate adapts

By TONI G. ATKINS

This past month has seen some changes in the way we do things in the Senate, as all of us in California—and around the world—continue trying to get through this crisis together.

In April, I created the Special Senate Budget Subcommittee on COVID-19 Response to oversee how California has been funding our vital containment and response efforts. Governor Gavin Newsom has broad emergency spending authority, and when the Senate and the Assembly approved up to an additional $1 billion in emergency funding to respond to the COVID-19 pandemic, we assured Californians there would be this appropriate legislative oversight all of this spending.

At my first hearing on April 16, the Budget Subcommittee looked at areas where the emergency funding has gone thus far, including obtaining hospital beds and equipment, child care for essential workers along with protective equipment and cleaning supplies for child care providers, lowering the risk to our communities by getting more homeless people into motel rooms, and filling gaps in the federal loan program to help small business.

The hearing made a couple things extremely clear—dealing with COVID-19 continues to be extremely fluid and fast-moving with major decisions having to be made in the moment, and the repercussions on the state budget. As a mother of school-age children, I recognize the role of the internet in providing entertainment and interaction. As your city attorney, I want to protect all kids from the potential harm that can result from this unprecedented increase in online engagement.

Online predators are savvy. They understand that children are home from school and parents may be nearby, but distracted with other responsibilities. They lie about their age and identity, earn victims' trust, and try to obtain family information and photos. They may engage in sexual conversation, or suggest meeting in person. Predators can also be schoolmates, who

City Attorney News

By MARA W. ELLIOTT

As families across San Diego shelter in place to protect against coronavirus, children are spending more time online—for school, for entertainment, and for social interactions with their friends.

To make this possible, parents have had to ease up on previous restrictions on internet access. Yet the concerns that prompted those restrictions are no less real today. Protecting children from a pandemic should not compromise their protections against online threats.

This hearing was also the Senate’s first opportunity during this crisis to include remote participation as part of the proceedings. Ten thousand more people than is usual for a hearing tried to watch online, and while that caused some technical glitches at the outset, we ultimately were able to successfully connect and stream the hearing. Most of the committee participated electronically, and for the Senators, staff and others who took part in person, we adhered to strict social distancing protocols.

The decision to try something new with remote participation was easy, given that protecting the public health takes precedence right now. Parents, students, and teachers all across California are already utilizing remote strategies. We know we can do the same and provide transparent, accessible, and participatory opportunities to conduct the people’s business.

In addition to the work being done by the Budget subcommittee, I also recently created a Special Committee on Pandemic Emergency Response to look at California’s overall actions regarding the current crisis and to make findings and recommendations for steps we can take now to prepare for future pandemics.

Despite these changing times, one thing remains constant—my team and I always remain available to assist you in any way we can.

—Toni G. Atkins represents District 39 in the California Senate. Follow her on Twitter @SenToniAtkins.

Protecting our children’s safety online

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This hearing was also the Senate’s first opportunity during this crisis to include remote participation as part of the proceedings. Ten thousand more people than is usual for a hearing tried to watch online, and while that caused some technical glitches at the outset, we ultimately were able to successfully connect and stream the hearing. Most of the committee participated electronically, and for the Senators, staff and others who took part in person, we adhered to strict social distancing protocols.

The decision to try something new with remote participation was easy, given that protecting the public health takes precedence right now. Parents, students, and teachers all across California are already utilizing remote strategies. We know we can do the same and provide transparent, accessible, and participatory opportunities to conduct the people’s business.

In addition to the work being done by the Budget subcommittee, I also recently created a Special Committee on Pandemic Emergency Response to look at California’s overall actions regarding the current crisis and to make findings and recommendations for steps we can take now to prepare for future pandemics.

Despite these changing times, one thing remains constant—my team and I always remain available to assist you in any way we can.

—Toni G. Atkins represents District 39 in the California Senate. Follow her on Twitter @SenToniAtkins.
San Diego should have to worry about where their next meal is coming from. We are grateful to the thousands of San Diegans who have generously donated to Feeding San Diego during this unprecedented crisis. Our donors from across this generous community make our work possible everyday.

Feeding San Diego offers no-touch, drive-through food assistance at hundreds of sites throughout San Diego County. The organization’s food finder map has become a valuable resource to the community and can be found at: feedingsandiego.org/find-food.

COMMUNITY COLLEGES’ FALL TERM ONLINE
Fall semester classes across the San Diego Community College District (SDCCD) will be offered primarily through online and distance education. The decision was announced last week by SDCCD Chancellor Constance M. Carroll in an email to the district’s 5,000 employees. The district’s 100,000 students also are being informed.

Chancellor Carroll offered that the district, which includes San Diego City, Mesa, and Miramar colleges and San Diego Continuing Education, will make an effort to allow some exceptions for classes such as science, clinical and career-technical labs, classes for first responders, and others which are difficult to offer completely online. In those cases, however, social distancing and other health protocols would need to be closely followed.

Chancellor Carroll said it was important to make the decision about modality for the fall semester early enough to allow the faculty and the campuses to prepare. She also announced that the district and the campuses would be providing additional professional development to ensure the highest quality of instruction and student support during this online phase.

The district has also begun discussions regarding a phased-in approach that would determine when employees might return to work. However, as with classes, the work environment would need to be safe for employees.

The SDCCD converted over 5,000 classes to all-online instruction on March 23. Since then, it has also announced that summer classes will be held online due to the continuing COVID-19 pandemic, and that commencement ceremonies will be conducted virtually in mid-July. Thousands of district students have been provided with laptops, wifi hubs, and other equipment to ensure they can continue their studies. In addition, hundreds of thousands of dollars in scholarships and emergency grants have been secured to assist students—many of whom have lost jobs.

The district estimates it has incurred approximately $4 million in unanticipated costs thus far due to the COVID-19 pandemic.

BANKERS HILL RESIDENT NAMED VP OF FINANCE AND TREASURY AT MISSION FED
Mission Federal Credit Union, San Diego’s largest member-owned, not-for-profit, full-service financial institution exclusively serving San Diego County, has appointed Eric Larson as its new Vice President—Finance and Treasury.

Larson most recently held roles as Chief Financial Officer of CalPrivate Bank and its holding company, Private Bancorp of America, Inc. from 2010 until 2019. Prior to his tenure at CalPrivate, Mr. Larson was employed at San Diego National Bank from 1983 until 2009, the last twelve years as Chief Financial Officer. Mr. Larson graduated from Iowa State University with a Bachelor of Business Administration degree in Finance.

“Eric brings a very deep background in Finance & Treasury to Mission Fed, said Doug Wright, Chief Financial Officer at Mission Fed. “Both as CFO of San Diego National Bank and CFO for Cal Private Bank, Eric did an outstanding job of observing balance sheet management, interest rate risk, liquidity, and investment functions for the organization. We are honored to welcome him to the Mission Fed team.”

ORAL HYGIENE KITS BEING DONATED TO SENIORS
With seniors ‘sheltering in place’ and potentially doing so for many more months to come, the Gary & Mary West Senior Dental Center is making sure vulnerable San Diego seniors have the items they need to keep up their health and oral hygiene during this time.

The organization is in the process of preparing and delivering 5,000 Home Care Oral Hygiene Kits for vulnerable seniors in San Diego County. Each kit contains much needed dental and health care items to help seniors maintain their oral and overall health during these challenging times.

Examples include reusable tote bag, toothpaste, toothbrush, mouth rinse, dental floss, soap, hand sanitizer, toilet paper, paper towels, and oral health educational materials for seniors. The kits will be delivered via Serving Seniors home delivered meal service that reaches this vulnerable population on a daily basis throughout the county. The distribution has begun and will continue to as long as the kits are available.

They say “oral hygiene is the gateway to health,” and at this time more than ever, we should be keeping our seniors’ health top priority as they build a defense against a potential Covid-19 infection. In fact, the stats are alarming: Nearly 1 in 5 seniors over the age of 65 have no teeth, 2 in 3 have gum disease, and 1 in 5 have untreated cavities.

The foundation is seeking donations to complete more kits and will match donations up to $10,000. $5 provides one kit for seniors. Visit seniordentalcenter.org to donate.

ONE-MONTH-OLD GIRAFFE CALF NAMED
On Mother’s Day, a one-month-old giraffe calf at the San Diego Zoo Safari Park received her name after more than 18,000 fans cast their ballots in a week-long online voting campaign. Voters were asked to choose between two names—Zeena and Zahara—and by popular vote, the female youngster will now be called Zahara (pronounced za haa rah), which is derived from Arabic origins.

The calf was born April 4 to first-time mom Zawadi (pro- nounced za waa dee), and was introduced to the other members of the herd 2 weeks later. Visitors to the San Diego Zoo and the San Diego Zoo Safari Park websites will now have the opportunity to watch Zahara on Giraffe Cam presented by Fiesta, as she explores her new home and interacts with the diverse wildlife that shares the habitat. Zahara is a healthy calf with terrific vitality and a highly relaxed demeanor, wildlife care specialists said.

“This calf is normally so very calm and collected,” said Matt Galvin, lead wildlife care specialist at the San Diego Zoo Safari Park. “Not much bothers her. She is usually content to nap in the shade while the adults browse nearby, but we’ve noticed on occasion, she does get overly excited and runs through the savanna.”
Nurses discuss life on the frontlines; urge residents to wear masks

DAVE SCHWAB | UPTOWN NEWS

Covid-19 is changing the way we live and work, including healthcare workers like nurses, who continue to engage patients individually in hospitals and out in the field.

Reporter Dave Schwab caught up with four of them for a Q&A discussing how the battle is going against the pandemic on the healthcare front lines.

The impact is far-ranging for nurses, from little or no impact to a great deal – and suddenly.

DS: How is working during the pandemic different than before?

“There are so many differences in the day-to-day, but the glaring ones are the availability of supplies/PPE, and the level of anxiety and fear that comes with the job,” said Tiffani Zalinski, a critical care nurse in the Post-Anesthesia Care Unit at UCSD Jacobs Medical Center in La Jolla.

“When Covid-19 broke out (March 14), I realized there was no PPE available on my unit, when our unit was previously stocked full of PPE, including N-95 masks, gowns, gloves, goggles, cleaning supplies, hand sanitizers. On March 14 when I came to work, all the PPE had been confiscated by the administration and locked away. We now had to obtain permission to get these supplies.”

Added Zalinski, “We go to work every day wondering things like, ‘How many people here are asymptomatic carriers that haven't been tested? Am I one of them? Are my coworkers infected? Are we going to get sick? Are our families going to get sick?’”

“For me personally, not that much is different as I have been doing telephone triage for a while now,” said Mimi Kramer, RN, a triage nurse for Advantage Health Systems, Hospice Division, in San Diego, which handles patients countywide. “What is different is when I get a call about a patient who is running a fever or having difficulty breathing, I immediately think they may have Covid-19 and I need to assess what the ramifications of that would be.”

“Well it is a bit scary when you hear news of healthcare workers falling ill and dying from this virus,” said Angelito Tan, an RN in San Diego with the California Nurses Association. “We have had TB, HIV, Hepatitis, and MRSA (in hospitals), and a lot of healthcare workers have contracted such diseases during their careers. No one seems to question the hazardous conditions we as healthcare workers face every day, simply because it does not cause death in a matter of weeks. Now with coronavirus, everyone is now talking about how hazardous our jobs are.”

“The pandemic has brought a whole new animal into healthcare,” said Shannon Cotton, a registered nurse in the Covid-19 designated ICU at UCSD-Hillcrest.

Shannon Cotton, a registered nurse in the Covid-19 designated ICU at UCSD-Hillcrest.

“Covid 19 does not discriminate:
San Diego actors develop web series in isolation

For a group of San Diego actors, the end of in-person classes, performances and audiences does not mean the end to perfecting their craft. Since the shutdown began, these actors have started a web series to make light of the foibles of Zoom hang-outs and buying toilet paper. A new episode of “Socially Distanced” is released on YouTube every Monday night.

“We came up with this idea of utilizing Zoom in creating this web series where we can safely practice social distancing and in a satirical way talk about some of the concepts and ideas that are going on right now with COVID-19,” creator Jeff Willy said.

Each episode is written and produced by Willy and Kristen Trammell and focuses on an eccentric family in social isolation from each other. They enlist a cadre of local actors to play the family, many of whom they knew through the LA Acting Studio in San Diego. The episodes are scripted with each family member joining and leaving the video chat at different cues.

“It’s a balance between being scripted but then also having a little bit of improvisation within it,” Willy, who directs and acts in the episodes in addition to writing and producing.

The actors have had to adapt to this new method of performance. Internet lags and even just not being in the same physical space makes reacting to other actors more difficult. Some of those lags and cuts have been kept in the episodes because they lend an air of authenticity to what people are experiencing.

“We try to time it with cues and we do some rehearsals, but a lot of this is really just being flexible and trying to adapt to figure out how to interact with people and act in any medium,” Willy explained.

As coronavirus hit the U.S., acting opportunities quickly dried up. As it has continued, some of those have picked up again, according to Willy. There are many online acting competitions like monologue challenges and casting calls. Auditions are being held over Skype. Certain San Diego studios have also brought their acting classes online, including the LA Acting Studio Willy is a part of.

Many of the actors in San Diego are non-union and do not have the benefits of being in the SAG-AFTRA union to weather out the pandemic. The creators of “Socially Distanced” have yet to find a way to monetize the series, so the focus of the endeavor is giving the actors a creative outlet during a time of stress.

“It’s more about the art form, more than anything. It gives people a medium to express themselves creatively and just continue to connect, even though we’re not physically connecting,” Willy said.

Find the webisodes at bit.ly/2T3NNe8 or find them on the Fourth Wall Entertainment channel on YouTube. or find them on the Fourth Wall Entertainment channel on YouTube.

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Get more tips at sdge.com/safety
Circulate San Diego encourages residents to ride bicycles this May

By DAVE SCHWAB | Circulate San Diego

May is Bicycle Safety Month and regional nonprofit Circulate San Diego, which promotes mobility choices, is encouraging people to walk, drive, or ride their bikes while practicing social distancing.

With shelter-in-place orders continuing, San Diegans still need to get to essential jobs, run errands, or go outside to exercise. As a result, vehicular traffic has reduced significantly and alternative modes of travel have become increasingly popular. That is evidenced by several areas that have seen more than 1,000 pedestrian trips per day, and greater biking by families and people of all abilities.

That is why San Diego Mayor Kevin Faulconer recently unveiled his “Slow Streets” pilot program. The program makes it safer for San Diegans to walk and bike by creating more space for physical distancing and reducing congested foot traffic at parks, beaches, and outdoor trails.

The City has closed select streets, such as Diamond Street in Pacific Beach from Mission Boulevard to Olney Street, to thru-traffic to implement Safe Streets. This prioritizes pedestrian and cyclist use as cost-effective transportation for essential workers during a time of economic strain and decreased transit service. Safe Streets include temporary barriers and signage allowing residents to move about their neighborhood while practicing safe social distancing.

Circulate’s executive director, Colin Parent, said the organization has published a report recently showing that many essential riders continue to rely on transit. “However, many may feel they should avoid transit if they can, and a bicycle is an affordable choice,” said Parent. “Bicycle shops have been doing a lot of business lately, and there’s reason to think to ride a bicycle may become more popular after our experience with the pandemic. Riding a bicycle allows people to get around while avoiding close quarters and re-circulated air.”

Added Parent, “While there are still fewer cars on the road, many have observed that cars have been traveling faster than usual. That creates a new danger for cyclists, so we need to continue our efforts to educate all road users to operate safely.”

As part of Safe Streets, the City has reopened key bikeways as transportation corridors to connect essential workers to their jobs. Those include major commuter bikeways like the SR-56 Bikeway, the San Diego River Bikeway from Ocean Beach east to Mission Valley, Rose Canyon Bikeway, the SR-52 Bikeway and Murphy Canyon along I-15 and Lake Hodges Bridge. Of Safe Streets, Andy Hanshaw, chair of the City’s Mobility board said: “Safe, outdoor spaces for residents to access their jobs and essential needs by biking and walking is critical during this time. These include the existing commuter bikeways that also make these connections. We look forward to helping identify additional streets that build on this network.”

A bike month resource page online is at circulatesd.org. There is also a Bike Month Bingo game people can play that encourages more biking available at bit.ly/2La39Aq.

—Dave Schwab can be reached at reporter@sdnews.com

Circulate San Diego encourages residents to ride bicycles this May.
Glenner care
CONTINUED FROM Page 1

to check if there are any abnormalities like an increased heart rate. This happened to Mary Gross recently, who is the caregiver of her husband Ted.

“One day Ted’s pulse was very high. That was strange as I got a call from the nurse. ‘How is Ted feeling? what’s going on?’ And if there had been something wrong. They would have taken it to the next level and that would be calling our doctor,” Gross explained. “I feel like I’m covered… Rather than calling my son at three in the morning, I’d rather call them.”

76-year-old Gross also feels like Ted is receiving more personalized and adaptable care than if they were part of a big company. “I really heard Tanya the social worker, say ‘Mary, I am here for you.’ And I know she is. I’m not just saying that. I can tell when somebody’s like ‘Yeah we’re definitely here for you. Call 1-800-pep-you-up.’” Gross said with a laugh.

Gross said Navarro spent an hour interviewing her to find out about their lifestyle, children and grandchildren. “It’s so important to have that personal approach with every individual. Not all dementia is created equal,” Navarro said.

Before moving to Glenner, Navarro worked extensively in remote care for dementia patients before, primarily in Mexico while studying for her Master’s degree. “When I was invited to participate in this project, I was very excited because I was already doing stuff that I really enjoy: using the internet as a platform to deliver services, to deliver support to those that are homebound,” she explained. “It felt right.”

Since the program began in tandem with the pandemic, Navarro said many caregivers struggling with isolation at home have come to depend on her. She is providing mediation, foreign language to telehealth and more. If your loved one speaks fondly of their college days, or has previously expressed curiosity about a certain subject, sign them up for an online class.

• Get moving in the living room. Virtual fitness classes are everywhere now. Yoga studios and gyms are offering live streamed online classes or video workouts, but your loved one may feel that these are too “young” for them. If that’s the case, check out Silver Sneakers’ selection of home workouts designed especially for people aged 65 and older. If you’re their primary caretaker and can still visit them at home, try a workout with them—it might get you two laughing, which is also good for your health!

Social isolation
CONTINUED FROM Page 6

Diego area offer online classes for seniors, and many are free. Organizations like San Diego Oasis, a national nonprofit that offers lifelong learning courses for seniors, offer dozens of free or low-cost courses in topics from art history, science, technology to do so. If your loved one misses a support group their faith community previously provided, encourage them to check out the free support groups available through San Diego Oasis.

• Demystify technology. Many of the same colleges and nonprofit organizations offering academic or lifelong learning courses for seniors also teach practical skills workshops that help them use new technology. San Diego Oasis offers multiple virtual lessons, taught by our engaging, smart, and funny instructors, to help seniors master video chats with Zoom, figure out their smartphone and more. You’ve probably heard many people say, “we’re all in this together.” For caretakers of seniors, this means not just looking out for your loved ones’ physical wellbeing, but also watching out for the signs of social isolation. Opening our minds to new experiences is the best way to stay mentally healthy and connected to community.

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Buying, selling homes not that bad in pandemic

By SARAH WARD

Many buyers may find it laughable to even think about buying a home right now in the middle of this virus pandemic but I am going to put a few thoughts on the table as to why it might be an excellent time to purchase a San Diego property and if you are a seller, listing your property this summer might work out just fine. Sometimes making a move in a market dip can be a smart idea.

San Diego is a world-class destination that will remain in high demand for years to come. A significant proportion of San Diego properties each year are purchased by international buyers seeking a beautiful safe-haven to live. Think about it. Los Angeles is crowded. Northern California has much colder winters and Arizona and Palm Desert get extremely hot. Our small paradise will continue to be populated San Diego and their well-paid employees will continue to be purchasing homes for years in the future. When demand outstrips supply, prices rise and compared to Silicon Valley and parts of L.A., San Diego is still a bargain.

Why purchase a property now, in the middle of a pandemic? There are several reasons. First, interest rates are ridiculously low. Thirty-year mortgage rates, which were 4.5% just a few months ago are now at 2.875%. There are two ways to look at this. A mortgage payment on a $600,000 property would drop from $3,040 a month down to $2,526, so that would save a buyer $600 a month. But for the next few months, there will be less competition, giving a buyer a better shot at securing an excellent property. As far as prices, home prices are fairly steady with the thinking that this current state of the market is temporary but a buyer could maybe get a slight discount right now compared to the beginning of the year. We could soon be back to a strong normalized housing market in 2021 and beyond. Now might be just the perfect time to jump into the market and find an excellent property. Call me for a no-obligation Zoom meeting to discuss your options and what you could afford.

As far as sellers go, listing a property this June or July might work fine. There are still strong buyers in the marketplace and there is less inventory now. I have been using online techniques to meet with clients and I have perfected online open houses using a live feed from directly inside the subject property for potential buyers to see and be able to answer their questions on the live feed. For interested buyers, we can then schedule an in-person appointment at the property using protective gear. So if you are looking to list in the next month or two, there are excellent techniques to assist in getting a property sold at a good price. Quality properties are still selling fairly quickly. Call me at 858-411-6041.

92115 MARKET REPORT: As expected market activity has dropped in the past month. New single family listings have dropped 50% from last April and pending sales are down 68% but the median home price has stayed fairly steady down only 6% year over year. As an interesting note, I have a second office on Fay Avenue in La Jolla and in the last month the number of high priced properties coming on the market there has nearly doubled. If you have spare time, search the MLS on my website for the 92037 zip code, and properties at $4 million and above. FineAndCoastal.com. You will see some absolutely stunning properties that have just come on the market in La Jolla.

—Sarah Ward is a realtor with College Area Realty.
San Diego to donate face shields to neighboring Tijuana’s public hospitals

Proving the strength of the cross-border collaboration between San Diego and Tijuana, on May 12 San Diego Mayor Kevin L. Faulconer was joined by Tijuana Mayor Arturo Gonzalez Cruz to announce the donation of 1,000 3D-printed face shields from the City of San Diego to the City of Tijuana for use in public hospitals. Faulconer also detailed a new regional bi-national working group that tracks and monitors the pandemic in San Diego and Baja California.

“Covid-19 knows no boundaries, so our border region is working together to monitor the situation in Baja and preparing for health care needs in the San Diego region should they arise,” Faulconer said. “San Diego and Tijuana are in this together, so I’ve directed our libraries to 1-D print face shields to help protect Tijuana’s healthcare workers as they work to save lives.”

In April, the City of San Diego Public Library partnered with the San Diego Public Library Foundation, began producing protective face shields for local hospital workers using a dozen 3-D printers that were relocated from the San Diego Central Library’s IDEA Lab. Each face shield consists of a 3-D printed visor, a protective laminate shield, a D ring for attaching an anchor, and an elastic strap. The City can produce approximately 300 in a single week and over the past month has produced a total of 1,660 face shields.

“Donation this strengthens the ties between the sister cities of Tijuana and San Diego, reaffirming the solidarity of the families that make up our mega-region. Today more than ever we must be united, working hand-in-hand to overcome this pandemic. I appreciate the goodwill of Mayor Faulconer and the support this donation provides to Tijuana doctor’s and nurses in our region. The City of San Diego established in April a regional working group of more than a dozen agencies to monitor and respond to the impact of US citizens crossing into the United States from Mexico seeking medical treatment related to Covid-19 or other illnesses may have on hospitals or emergency resources in San Diego County. Projections show Mexico could hit its peak in the coming weeks, putting even more strain on an increased demand on its healthcare systems. This group meets two times per week with daily data reports to prepare for potential scenarios and reduce the burden on San Diego County resources.

The San Diego Region Border Unified Command led by the City’s Emergency Operations Center consists of representatives from:

- City of San Diego Fire-Rescue Department
- City of San Diego Police Department and Government Affairs
- County of San Diego Health and Human Services Agency, Public Health Preparedness & Response Branch and Sheriff’s Department
- California Department of Public Health, Office of Bilingual Border Health
- U.S. Department of Homeland Security Customs and Border Protection, Border Guard, Patrol, Coast Guard and Federal Emergency Management Agency Region IX (FEMA)
- Centers for Disease Control and Prevention (CDC)
- California Governor’s Office of Emergency Services (CalOES)
- City of Chula Vista Fire Department and Police Department
- Imperial County Fire Department and Office of Emergency Services
- Calexico Fire
- CALFIRE

In addition, approximately five cross-border collaboration groups to the City of Tijuana by an organization identified by the border command. CalDART, a group that uses general aviation aircraft for disaster assistance, was activated and distributed the emergency ventilators.

San Diego and Tijuana have a long-standing relationship of cross-border collaboration going back several generations. Faulconer and previous mayors in both cities have continued to build on the megarregion’s strong binational ties by advocating on behalf of American and Mexican residents and businesses in Washington, D.C. and Mexico City. Faulconer and González currently serve as co-chairs for the U.S.-Mexico Border Mayors Association and reaffirmed the mayors’ commitment to binational collaboration in January by signing a new Memorandum of Understanding.

Mayor Faulconer highlights home caregivers, invites seniors to join check-in program

As the City of San Diego continues to take steps toward a safe reopening of parts of the community and economy, Mayor Kevin L. Faulconer outlined resources for seniors, who continue to be one of the groups most vulnerable to contracting COVID-19. Faulconer highlighted in-home caregivers, represented by Domestic Workers Local 1930, and encouraged seniors to sign up for the City’s free Social Calls program.

“Seniors remain one of the groups most vulnerable to COVID-19, and resources are available to help,” Faulconer said. “Home caregivers and other workers who are on the front lines are lifelines to seniors in need. Older San Diegans who can’t risk exposure but need help shopping for food, or are just looking for conversation, can rest easy knowing that people are here to help.”

In-home care workers are among the essential workers on the front lines of this crisis, protecting some of the most vulnerable populations from being exposed to the coronavirus. Caregivers are a lifeline for many San Diegans, providing groceries and picking up prescriptions for people who cannot leave their home.

“I want to thank Mayor Faulconer for his strong leadership and highlighting critical care workers providing care in the most intimate, infection-susceptible settings,” said Doug Moore, executive director of the United Domestic Workers of America. “Caregivers are invisible heroes who have stepped up in the midst of the COVID-19 pandemic to protect some of the most vulnerable to this deadly virus. It’s a thankless job, but we remain more than prepared to provide them with the proper equipment to stay safe.”

For many older adults, a compassionate voice in their lives can make a big difference in a time of crisis. The City of San Diego’s Social Calls program provides a valuable service to our senior residents who may be feeling more impacted and isolated than ever during the COVID-19 pandemic,” said Andy Field, director of the City’s Parks and Recreation Department. “The social calls program provides a valuable service to our senior residents who may be feeling more impacted and isolated than ever during the COVID-19 pandemic,” said Andy Field, director of the City’s Parks and Recreation Department. “The service offers seniors a friendly voice to help them feel better connected to their community as well as information about potential resources they can utilize if they have concerns about health and wellness, nutrition or transportation.

For updates on City of San Diego services, programs, links to helpful information related to preventing fraud and abuse, please visit sandiego.gov/coronavirus.

Nurses can be reached at re...