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. Additionally, patients’ vitals are monitored constantly so nurses call if the values are abnormal.

Gomez running as ‘true blue progressive’

By JEFF CLEMETSON | College Times Courier

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat. (Courtesy Georgette Gomez for Congress)

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

By JEFF CLEMETSON | College Times Courier

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

Gomez is a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national press attention due to its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs, and the other is San Diego City Council President Georgette Gomez, a candidate for the CA-53 congressional seat.
HISTORY

The engineer behind authors, gems, heroes and scientists
San Diego street names: The first installment in the series

Past Matters
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 much 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 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. 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 recommendation 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 Hornblend 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 Crawford 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 interests 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 1879. 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 entertainment 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 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 “celebrated” 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 J 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 1920. 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’Hemecourt — 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 Past Matters columns for more about original street names and changes throughout the city.
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 was in question. But Booth stepped up and took the lead, organizing the Cars & Coffee Social Distancing Tour and Neighborhood Drive-By.

The event was a huge success, drawing a large turnout of cars and drivers who were ready to get out and enjoy some fun. Booth and his wife Gladene were just as enthused about the event as they were before, even offering up some fun ideas for the participating drivers that brought some levity to the event in these troubled times.

In the end, the event was a huge success, drawing a large turnout of cars and drivers who were ready to get out and enjoy some fun. Booth and his wife Gladene were just as enthused about the event as they were before, even offering up some fun ideas for the participating drivers that brought some levity to the event in these troubled times.
Gomez
CONTINUED FROM Page 1

and a former policy work in the Obama Administration’s State Department. On the other end is San Diego City Council President Georgette Gomez, daughter of undocumented immigrants and a progressive with the endorse-ment of leftist presidential candidate Sen. Bernie Sanders.

In the March 1 primaries, Jacobs came out on top with 29.1% of the vote, compared to Gomez’ 20%. Gomez talked up to the race’s crowded field of 14 candidates and being heav-ily outspent by the Jacobs campa-ign and a SuperPac that sup-ports her.

“We always knew that Sara was going to come in first and us in second just because the nature of the spending,” Gomez said. Gomez added that she wasn’t disappoint-ed with the primary results and that she expects to win in November because her “message is really stronger.”

That message includes a hun-dred-beginnings backstory and political passion that focus on in-equality, poverty and the environment.

“As a true blue progressive — and I mean that with sincerity in terms of that my life experience has guided me in everything that I do — it really is a motivator for me to transform government to address some of these serious is-sues that people are facing.”

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

Gomez said her family moved around 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 an-other family’s house.

“So, you can imagine grow-ing up in somebody else’s space. That leaves a strong imprint on a child,” she said. “For me growing up, that was my experience: hav-ing housing insecurity, at times food insecurity. But I also felt that my parents worked to make it through and provide for their children.”

Gomez credits her parents’ sac-rifices 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 trans-portation to San Carlos and then Tijuana because her mother knew that wealthy communities had better schools and “access to success.”

“That was really an eye-opener for me growing up, knowing that we were struggling but I just thought that was the reality for everybody,” she said. “I noticed that we lived so far away 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 [communi-ties],” she said, adding that her family’s status “was directly impacted by Prop 187” and that she worked to help with voter outreach to de-feat 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.” She said “I had worked in Barrio Logan, I knew there was no question that my community was treated com-pletely different than other com-munities. You could taste it in the pollution in the air,” she said. “My intention of going to college was to try and understand how you influence the development of com-munities and how do you do it in a way that is healthy and is reflect-ive of the community members.”

At SDSU Gomez got involved with an environmental justice club where she was introduced to the Environmental Health Coalition, a nonprofit advocacy group that she went to work for after graduation. As a communi-ty organizer at EHC, Gomez lead a campaign to stop an old power plant from reopening; organized to shut down a peak power plant proposed for a location near an elementary school; influenced community developments in Barrio Logan and joined a grassroots group to create better jobs, affordable housing, and better mobility; and helped create the statewide California Environmental Justice Alliance to influence state policy.

The latter resulted in her work-ing on the national Sustainable Communities Program started by the Obama Administration which worked to transform underserved neighborhoods by making them greener — she worked on the pilot program for the National Clinic.

Also during this time, Gomez worked on helping get fellow Democrats elected, which is what eventually led her to the Barrio Logan City Council, where she was elected to the MTS board was influenced by her high school years riding the bus to school almost every day. Gomez, eventu-ally 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 re-gion,” she said. “If you look at the history of transit here in our re-gion, 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 done as a community organizer, as public policy advocate has been to

really try and transform the sys-tem 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 Aropostathis, who now considers himself an in-dependent but originally ran as a Republican.

Although she expects to be out-spent 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 to 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 fo-cused on phone banking wellness checks for seniors in CA-51 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?’ 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 a 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 deficits.

“I 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

Gomez cites her roots as a South Bay native as a reason she is best to serve the 53rd. (Courtesy Georgette Gomez for Congress)
Nonprofit CEO keeps developmentally disabled people connected

By KENDRA SITTON | Uptown News

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 learn to remove stigma surrounding disabled people.

“I believe that people with disabilities 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.

“This isn’t just about those who have Down syndrome or someone who’s on the autism spectrum. It’s about 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’ he’s got cerebral palsy so let him die. Twin B, he’s more valuable, so let him live.” Barnes imagines a healthcare worker deciding.

Ken Barnes (top, center) with several adults enrolled in the Options 4 All program in a Zoom call. (Courtesy photo)

Gomez

CONTINUED FROM Page 4

class and people living in poverty than the 1%,” she said. Adding that corporate taxation and reforming military spending would be in her plan to fund more developmentally disabled adults, Gomez said, “I understand what we need as a region. I have that experience and I’m ready to lead and really fight hard to ensure we’re moving the country in a more inclusive, 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.
Sheltering anxiety in its place

By JESSICA KEITH | Feature Story

I had a newborn baby and a toddler and believed I was dying. I choked on every breath assuming 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 post-partum 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 ORGVN directed me to help get me through. Partnered with medication, I began cognitive behavioral therapy, practicing techniques to calm my mind and to 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 escaped 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 Daphne.” 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 feeling 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 Legos than their mommy’s master’s degree in International Education. Jessica Keith is a resident of North Park.

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

By SIMONA VALANCIUTE | Feature Story

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 and 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 disrepair, 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 one’s mind 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 a 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
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 over all of this spending.

At our 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 pandemic will have major repercussions on the state budget.

The hearing showed there is still information we need to ensure California’s efforts are having the desired effects, and much preparation we need to do in a very short time to pass a budget.

Thankfully, we are more prepared than ever to enter a downturn. But the magnitude of the shutdown of the economy will reach beyond even our historic preparation. It will take major additional federal support for local governments and states throughout our country. It is imperative that California maximizes our efforts to gain the federal support our state needs to get through this crisis in as strong of shape as possible.

Notes from Toni

Sen. Toni Atkins in her office (Photos courtesy of Office of Sen. Toni Atkins)

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

By MAREA 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.

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:

- Reclaim Your True Beauty

Dr. David Hornbrook DDS, FAGDC

- At the Hornbrook Center for Dentistry, our goal is to always provide the highest level of dental care in an atmosphere that is comfortable, relaxing, and a very special experience for every one of our patients.

Uncompromising in both quality of care and customer service are the reasons we have had such a loyal community following the past 30 years in San Diego.

- Metal Free
- Crowns/Bridges
- Implants
- and more...
Home improvement program with SDSU closer to fruition

BY JOSE REYNOSO

As we, very slowly move toward easing of stay-at-home orders, I believe even the slow pace begins to shed a small light at the end of a very grim tunnel. Social distancing and face-masks will continue to protect for some time but even with these precautions in place, I’ve noticed many more of my neighbors out walking the neighborhood. Pleasant conversations from our yard with neighbors that we typically rarely see, walking on the street, have provided opportunities to get to know people a little better and come closer, socially. Walk around your neighborhood. Stop and notice flowers and trees that grace our neighborhoods. Maybe, notice where you might need to plant more trees that will make these walks a little more pleasant. That might put a bee in your bonnet to get involved and encourage neighbors to plant those trees or get involved with programs to plant more trees along our streets.

Take a look at your community, neighborhood or block, whatever. How can it be made better? How can you get involved to help accomplish that? We have been given an opportunity, if you will, to take the time and take stock of our situations, whether they be related to family, home or community. Several years ago, several colleagues on the College Aarea Council to get involved and I had an idea to work with the SDSU, Associated Students’ Campus Community Commission to find neighbors in our community that could use help with sprucing up their homes. The primary focus would be homes of elderly residents who may not have the resources, either financial or physical to maintain their properties. This would help students obtain the community service credits they need for graduation and the community.

The CACC allocated funds for supplies (gloves bags, possible some tools, etc.) in their budget to get things going but we needed to get liability insurance. We could not because we were not a registered 501c3 non-profit entity. We have accomplished that and the CACC budgeted funds and are now looking into getting that insurance.

Hopefully, things will improve and students will be back on campus in the fall, at which point we hope to finally get this partnership of the Associated Students and the community off the ground. Stay tuned and get involved. Help us help our neighbors.

The CACC has begun holding its regularly scheduled meetings, both board and committee. They will be held via video-conferencing on Zoom so look for the announcements and join in and watch your neighbors in action, working for the betterment of community. If you are not on our e-mailing list, please go to our website, collegearea.org and sign up.

Our community plan update is moving forward. The plan will lay out our visions and plans for our community for the next 10, 20, 30 years or more. Be a part of it. Your input is extremely valuable in shaping the growth of our area. There will be many opportunities for the community to provide input to the committee/city. Take advantage of these. Stay informed. Contrary to the old adage, in this situation: ignorance is not bliss.

—Jose Reynoso is president of the College Area Community Council.

KIDS AND COMMUNITY IN THE COVID ERA

Like many throughout San Diego and around the world, Katie Austin is sheltering at home and “attending” school online to comply with coronavirus policies.

As part of the Class of 2020, 17-year-old Katie is missing out on school traditions. The Alvarado Estates resident won't experience rites of passage like prom and grad night, and her long-anticipated graduation ceremony will be delayed or cancelled. Instead, Katie’s community created a different kind of celebration in the age of COVID-19.

When spring sports were cancelled, it seemed she’d miss out on the Senior Day celebration of her final high school softball season, too. Instead, her coaches and teammates decided they would find a way to congratulate their team captain, pitcher and the lone senior on the team. They invited the residents of Alvarado Estates to join their parade of decorated cars and cheering teammates (driven by their parents), as they made their way through the neighborhood.

The unexpected tribute meant so much to the teenager, who said, “It was such a huge surprise that it brought tears to my eyes. It was so nice of everyone to do something so special for me.”

Families with students of all ages are having to navigate the new norms of education, as well as the physical and emotional needs of their children while staying at home.

Ten-year-old Jason Poliak actually prefers being home schooled. His parents feel that this pandemic has been a good experience for him. “He has adapted well and we feel that this will turn out to be a positive life lesson,” they said. “It’s shown him that life isn’t always perfect. And on top of that, he is part of history in the making.”

This certainly is an unprecedented time for all of us. For children, the separation from their peers and ever-changing expectations is, no doubt, especially difficult. While it pales in comparison to loss of life, loss of income, food insufficiency and other dire circumstances resulting from this pandemic, we’ve asked a lot of the children in our community.

Let’s acknowledge the difficulties and disappointments, and make sure they know the sacrifices they make are helping the greater good. Let’s continue to cheer on our kids and show them that we are in it together for the well-being of our community.

—Written by Susan Clarke Griswald who writes on behalf of the Alvarado Estates Association.

ENTERTAINMENT IN COLLEGE VIEW ESTATES

If you live in College View Estates and thought your brain was playing quarantine induced tricks because you were hearing bagpipe music on Friday afternoons, don’t worry, you are not going nuts! The dulcet tunes are in fact the result of amazing CVEA residents Jean and Kurt Hoeger. Jean and Kurt both got into bagpipes through the House of Scotland Pipe Band and have been playing for decades. While Kurt thinks bagpipe music is the “coolest in the world,” Jean has a more personal connection to Scotland and its music. Jean’s father can trace his ancestry to Robert the Bruce (you recall “Braveheart”) and the music reminds her of the wild beauty of Scotland.

The Hoegers recently became grandparents for the first time, and I asked if they considered playing “Baby Shark” on the bagpipe for their grandson. In true form, Jean said, “No ‘Baby Shark!’ Now, now, not ever!”

The Kultz advertise their play on NextDoor. so I hope you are able to hear it out while they play in the community.

Along with pipe music, kids and adults in our community continue to enjoy some excellent outdoor time thanks to a Kona Shaved Ice truck last week. Residents maintained responsible distancing rules on a gorgeously warm day and it was great to see neighbors meeting up and chatted about how our neighbors are helping raise our spirits while we are stuck at home.

—Written by Prashant Bharadwaj, president of the College View Estates Association.

ROLLANDO STREET FAIR OFFICIALLY POSTPONED

We are all living through unusual times. I hope this message finds you safe.

As you know, we did not hold the Rolando Street Fair last month. This was heartbreaking for many of us, especially those who put much time into the event. With the uncertainty that we are in and the lead time needed to put on such an event, the Rolando Community Council Board of Directors has decided to cancel the 2020 Rolando Street Fair and concentrate on a spectacular 25th anniversary of the Alvarado Street Fair.

Also as you know, we have cancelled community events as part of the stay at home order by Governor Newsom and local officials. We expect events to be cancelled for the near future, although we hold hopes for holding events as soon as it is safe to do so.

The April-May-June months are when we hold our annual elections to our board of directors. Because of the uncertainty and the fact that much of the RRC goes “dark” in July and August, the board of directors has decided that, with the climate we are currently in, we will not start the nominations and election process until September (at the earliest). This will give residents a chance to get through our stay at home orders, live through the RRC elections. In accordance with the bylaws, all officers shall serve until their successors have taken office.

The present officers, president, vice president, secretary and treasurer of the Rolando Community Council, as well as all board members, have officially announced they will not seek re-election.

—Written by Todd Rehfuss, president of the Rolando Community Council.
The Sustainable, Optimized Urban and Latino-driven Agriculture (SOULA) project started in 2017 with the purpose of addressing food security through interdisciplinary collaborations. The project is supported by a USDA Hispanic Collaborations Grant and is led by San Diego State University faculty members Drs. Changqi Liu, John Love, and Ramona Pérez.

Over 1,100 square feet of outdoor laboratory research space used by SOULA researchers (faculty and students) is leased from, and located in, the non-profit College Area Community Garden (CACG). The CACG is directly adjacent to SDSU and leases prime organic growing space to SDSU affiliates, as well as neighboring residents and those working in the general College/Rolando area.

Each SOULA professor specializes in a unique research area, bringing students from all backgrounds together to work as a team. The project has allowed multiple students to travel abroad, learn from different communities, and apply their knowledge back at San Diego. So far, SOULA has funded student travel to Oaxaca, Mexico for two summers.

In Oaxaca, students learned about milpa, an indigenous farming technique that has the potential to improve food security and sustainability. Milpa, sometimes called the “Three Sisters,” is growing corn, beans, and squash together. It reduces chemical input and soil erosion and increases productivity through water conservation and nitrogen fixation. At the College Area Community Garden, students have been combining milpa and urban agriculture techniques such as composting, raised beds, and drip irrigation and analyzing the success of their integration. The study also compares crops grown in different types of soils for their growth performance, yield, and nutritional values.

Recently, Daniel Pentico, a SDSU student with the SOULA program, and an expert in hydroponics, raised bed construction, and organic growing techniques such as composting, raised beds, and drip irrigation and analyzing the success of their integration. The study also compares crops grown in different types of soils for their growth performance, yield, and nutritional values.

Recently, Daniel Pentico, a SDSU student with the SOULA program, and an expert in hydroponics, raised bed construction, and organic growing techniques such as composting, raised beds, and drip irrigation and analyzing the success of their integration. The study also compares crops grown in different types of soils for their growth performance, yield, and nutritional values.

Recently, Daniel Pentico, a SDSU student with the SOULA program, and an expert in hydroponics, raised bed construction, and organic growing techniques such as composting, raised beds, and drip irrigation and analyzing the success of their integration. The study also compares crops grown in different types of soils for their growth performance, yield, and nutritional values.

Recently, Daniel Pentico, a SDSU student with the SOULA program, and an expert in hydroponics, raised bed construction, and organic growing techniques such as composting, raised beds, and drip irrigation and analyzing the success of their integration. The study also compares crops grown in different types of soils for their growth performance, yield, and nutritional values.

Recently, Daniel Pentico, a SDSU student with the SOULA program, and an expert in hydroponics, raised bed construction, and organic growing techniques such as composting, raised beds, and drip irrigation and analyzing the success of their integration. The study also compares crops grown in different types of soils for their growth performance, yield, and nutritional values.

Recently, Daniel Pentico, a SDSU student with the SOULA program, and an expert in hydroponics, raised bed construction, and organic growing techniques such as composting, raised beds, and drip irrigation and analyzing the success of their integration. The study also compares crops grown in different types of soils for their growth performance, yield, and nutritional values.
San Diego actors develop web series in isolation

KENDRA SITTON | [Image 552x934 to 765x1053]

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-ARTS 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/2T0tNe8 or find them on the Fourth Wall Entertainment channel on YouTube. or find them on the Fourth Wall Entertainment channel on YouTube.

—Editor Kendra Sitton can be reached at kendra@sdcnews.com.

San Diego relies on a huge network of underground pipelines to provide the natural gas used for heating, hot water and cooking. SDG&E® builds, inspects, upgrades and repairs thousands of miles of gas pipelines to ensure their safety. As a customer, it’s a good idea to work with a licensed contractor from time to time to make sure the gas lines serving your appliances are in good shape.

You can also stay safe by knowing the signs of a gas leak: See-Hear-Smell.

If you suspect a gas leak: immediately evacuate the area and call 1-800-411-7343 or 911 from a safe place. Your safety is our highest priority.

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

By DAVE SCHWAB | Reporter

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 streets, such as Diamond Street and outdoor trails. 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/2LanZ9q.

—Dave Schwab can be reached at reporter@sdnews.com.
Glenner care
CONTINUES 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 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 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 workout videos 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, language, technology, and track and field. We love you and to be proud! We love you, Mom & Dad.

The telehealth from GLENNER-CARE is covered by Medicare so Gross accesses it for free, although there are private options.
“I feel like this is going to be a big help not only to me, but to other people,” Gross said. “I hope it goes national because in the middle of the night, you don’t want to have to call 9-1-1 be the first call you have to make.”
—Kendra Sitton can be reached at kendra@sdnews.com.

Glenner care
CONTINUES FROM PAGE 1

An enrollment specialist fielding calls at the socially distanced Glenner office
(Courtesy photo)

The telehealth from GLENNER-CARE is covered by Medicare so Gross accesses it for free, although there are private options.
“I feel like this is going to be a big help not only to me, but to other people,” Gross said. “I hope it goes national because in the middle of the night, you don’t want to have to call 9-1-1 be the first call you have to make.”
—Kendra Sitton can be reached at kendra@sdnews.com.

The telehealth from GLENNER-CARE is covered by Medicare so Gross accesses it for free, although there are private options.
“I feel like this is going to be a big help not only to me, but to other people,” Gross said. “I hope it goes national because in the middle of the night, you don’t want to have to call 9-1-1 be the first call you have to make.”
—Kendra Sitton can be reached at kendra@sdnews.com.

The telehealth from GLENNER-CARE is covered by Medicare so Gross accesses it for free, although there are private options.
“I feel like this is going to be a big help not only to me, but to other people,” Gross said. “I hope it goes national because in the middle of the night, you don’t want to have to call 9-1-1 be the first call you have to make.”
—Kendra Sitton can be reached at kendra@sdnews.com.
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 colder winters and Arizona and Northern California has much significant proportion of San Diego 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 colder winters and Arizona and Palm Desert get extremely hot.

Another reason to buy now is that there is less buyer demand. A few months ago when a quality, well-priced property came on the market, a large pile of offers would come in to the seller. 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 the number of high priced properties coming on the market 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. Fine and Coastal.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 Community Newspaper Group

May, 2020 | sdnews.com

WELCOME TO HARBORVIEW SENIOR ASSISTED LIVING

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. Fine and Coastal.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 Community Newspaper Group

May, 2020 | sdnews.com

NEW TO THE MARKET

Nestled on a quiet cul de sac, this turn key bungalow offers privacy, the potential for an ADU (granny flat), 3 bedrooms, 2 baths, and a seamless flow between indoor/outdoor living spaces. To take a 3-D virtual tour or view the video of the home visit: 6645SaracenSt.com

Michelle Serafini | 858.829.6210
DRE 01411969
Rosa Buettner | 858.945.7314
DRE 01089718

Call us before you List or Purchase your home

Tony Romano
Sales Manager
Realtor / Veteran | Cal #02062741
(619) 677-5773
BUY • SELL • MILITARY RELOCATION
PROPERTY MANAGEMENT
RestandRelaxRealestate.com
Share stunning 3D virtual tours.

San Diego Community Newspaper Group

May, 2020 | sdnews.com

REAL ESTATE

San Diego Community Newspaper Group

May, 2020 | sdnews.com

WE are your CONCIERGE REAL ESTATE COMPANY

Christie Romano
Broker/Owner | Cal #01476904
(619) 677-5773
RestandRelaxRealestate.com
christie@restandrelaxrealestate.com
ChristieRomanoBroker

San Diego Community Newspaper Group

May, 2020 | sdnews.com

Your College Area Realtor

As your Neighbor with 15 years experience, I’ll get you the Best Price!

Steve Seus
(619) 818-3526
SteveSeus@gmail.com
www.SteveSeus.com

San Diego Community Newspaper Group

May, 2020 | sdnews.com

Call us before you List or Purchase your home

Tony Romano
Sales Manager
Realtor / Veteran | Cal #02062741
(619) 677-5773
BUY • SELL • MILITARY RELOCATION
PROPERTY MANAGEMENT
RestandRelaxRealestate.com

San Diego Community Newspaper Group

May, 2020 | sdnews.com

WELCOME TO HARBORVIEW SENIOR ASSISTED LIVING

HarborView Senior Assisted Living in a boutique assisted living home located next to downtown San Diego in the Uptown Banker’s Hills neighborhood. HarborView is dedicated to offering compassionate, personalized care and support services for residents living with Alzheimer’s or related demen- tias. We also promote the physical, social, and spiritual aspects of our residents’ lives. Our well-trained and considerate staff works around the clock in this charming Italian Renaissance chateau.

619-233-8382 • 2350 Albatross St., San Diego, CA 92101
Cruising classics (Photo by Jeff Clements)

The group also recently started doing occasional tours around local neighborhoods. In August, Cars & Coffee invited the Horseless Carriage Club and the Police Museum on a tour through La Mesa and Lemon Grove, stopping at various points of interest along the way.

“We gave them an hour long tour of the area, but it was not a parade,” Booth said. “We saw some people, but it was not for their entertainment it was for ours.”

At the group’s next regular meeting the first Sunday of June, Cars & Coffee is planning a short tour of Rolando. Allied Gardens and Del Cerro at the end of the car show. However, Booth said there are no plans for another parade like the one on May 3.

“Not that kind,” he said. “It was too much work.”

—Reach editor Jeff Clements at jeff@sdnews.com.
Sold by Sarah
3117 Freeport Blvd
Represented Buyer!

Thinking of Buying or Selling? Take Advantage of These FREE Offers!

SELLERS:
FREE "PRECISE PRICE" HOME VALUATION
FREE "ROOM-BY-ROOM IMPROVEMENT REVIEW"
FREE 1-YEAR SELLER'S LIABILITY INSURANCE PLAN

BUYERS:
FREE "WHAT CAN I AFFORD?" QUALIFICATION
FREE "BUYER BREAKDOWN" CONSULTATION
FREE "WELCOME HOME" PHOTO SHOOT

Call Sarah Today to Schedule Your Appointment! 858-431-6043

Sarah Ward, Your Local REALTOR®

We support Equal Housing Opportunity and follow REALTOR® Code of Ethics. If your property is currently listed with another real estate broker, please disregard this document. It is not our intention to solicit the offerings of other real estate brokers. Free home valuation report available to home owners at the discretion of broker and includes opinion of value based on comps and inspection. Broker DRE# 01243316.