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Jack Schirner
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Howard Salmon
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Mark Weaver

Carmen Cervantes

Liduvina Favela

David Schwartz

Richard West

Are You Lonely, Or Do You Just Like Solitude?

(By Jack Schirner)

The Covid pandemic had a significant impact on many, many people across the country. We were all relatively isolated for many months. The people still working had to choose between working from home (if it was possible), or taking a leave of absence, or worse, being laid off. Many small businesses closed forever, and their employees had to try to start all over again. School aged children suffered tremendously by losing much needed in-class instruction. Many are now several years behind where they should be. Some may never recover from that deficiency.

The impact on retired seniors was different. Many were confined to their houses for months, binge watching TV with very little social interaction except by phone. People across many generations (especially seniors) came out of the pandemic with a new ailment that continues to negatively impact their lives – they now suffer from chronic loneliness. Others came out of the mass-ordered shut down with a new appreciation for solitude, and now prefer to take walks in the woods or take long breaks from the hustle and bustle of our crazy new world. So where do you stand? Do you just yearn for occasional solitude, or do you find yourself increasingly lonelier?

Recent studies have revealed that nearly half of the adults in the US experience feelings of loneliness daily, even though not all of that was caused by Covid-19. Loneliness causes people to feel empty, alone, and unwanted. A new advisory issued by the US Surgeon General cites data from several studies that indicate loneliness can lead to an increased risk of anxiety, depression, stroke, heart disease, dementia, or even premature death. Loneliness is partially defined by feelings of isolation, even when surrounded by other people. The lonely person feels rejected or abandoned by other



FALLBROOK SENIOR CENTER STAFF

Susie Gonsalves
Executive Director

Jeffrey Dionisio
Administrative Assistant

Araceli Flores
Server/Facilities/Driver

Rodolfo Pedroza
Chef

Veronica Orozco
Kitchen Assistant

David Vidaca
Home Delivered Meals Driver

The Fallbrook Senior Center Form 990
can be viewed and printed from the
guidestar website: www.guidestar.org

Fallbrook Senior Center
399 Heald Lane
Fallbrook, CA 92028

OFFICE HOURS

Monday-Friday 8am - 4pm
Closed Saturday & Sunday

(760) 728-4498

fallbrookscdirector@gmail.com
www.fallbrookseniorcenter.com

THRIFT STORE

(760) 723-4602

Monday-Friday 9am - 3pm
Closed Saturday & Sunday

Manager: Saliha Raddini
Driver/Sales: Robert Mesquita

people. Solitude, on the other hand, is voluntary. Many people enjoy spending time by themselves but continue to maintain positive social relationships that they can return to when they crave connection. Loneliness is a state of mind resulting from wanting human contact but feeling alone. People can be alone and not feel lonely, or they can have contact with people and still experience feelings of isolation. Loneliness can be caused by physical isolation, such as when we were shuttered during Covid, or when they move to a new location, get a divorce, or experience the death of a significant person in their life.

For some, the rise of the internet and social media has led to fewer in-person interactions with close friends, which in turn has led to more loneliness. A person can have hundreds of "Facebook Friends" and still not be close with any of them. Yet having a few close friends is enough to ward off loneliness and reduce the negative health concerns associated with this state of mind. The more actual face-to-face contact you have with friends, the more you can boost your sense of well-being.

Your Senior Center plays a very important role in your physical and mental health. The Center provides great opportunities to meet new people and cultivate new friendships. You can join a group or start your own group with people who have similar interests as you. Volunteering is also an excellent way to stop feeling lonely. Volunteer opportunities are shown to ease stress, reduce feelings of depression, help make new friends, and connect with others, which can make you a happier person. Besides working to connect with others, don't overlook the potential power of exercise, healthy food, proper sleep, sunshine, and even meditation for fighting loneliness. You can find a long list of both volunteer opportunities and physical and social activities that exist, or could exist, at the Center. If you have a particular interest or hobby that you would like to share, or participate in, contact the administrative office today at (760) 728-4498. We are here for YOU.

Chess Group

Whether you would like to learn or a long time
player we have the group for you!

**Come join the Chess Group meeting on
Tuesday mornings from 9-11**



Friends Are Life's Great Joy

At Silvergate Fallbrook, neighbors become fast friends, enjoying spectacular activities together every day.

**Come see your social life blossom in Fallbrook's
finest retirement community and
*Make Every Day Matter***

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420 Elbrook Dr. • Fallbrook, CA 92028 • SilvergateRR.com/FB





Please join us in welcoming the new board members to the Fallbrook Senior Center, as they bring their expertise and diverse backgrounds to serve our senior community.

Liduvina Favela (Lidu) is a highly accomplished professional with over 20 years of experience in public service and education. She has been the Assistant Superintendent of Business Services for the Ontario-Montclair School District. Lidu has been actively involved in her community, serving on the board of directors for various organizations, including the Inland Empire Economic Partnership and the California Latino School Boards Association. She holds a bachelor's degree in business administration and a master's degree in educational leadership from California State University, San Bernardino. Her experience in finance and education makes her a very valuable addition to our board. We are very grateful to have her.

Howard Salmon has a well-rounded background with a variety of healthcare companies, as CEO, Director, and Board of Directors. He comes to us with a Master of Health Administration from the University of Minnesota, a Lieutenant Commander of the United State Public Health Service, and a lifetime fellow with the American College of Healthcare Executives. He has served on the board of directors of the Fallbrook Regional Healthcare District. We are fortunate to have a director with the knowledge and experience of Mr. Salmon. Howard will serve as our Treasurer.

Tom Mintun's prior expertise lies primarily with toll road construction and nuclear power plant construction and operation, both as an Operations Manager and Systems Engineer. He also has experience in dealing with the County of San Diego operations. He has been president of the Friends of the Fallbrook Library for the last seven years. Tom has a Bachelor of Science degree from the United States Naval Academy, and a Master of Science from George Washington university. He is a professional Nuclear Engineer and a licensed commercial pilot. He will now also be the vice president of our board.

Dr. Mark Weaver is a respected clinical psychologist, executive coach, and organizational development specialist. Mark has been helping organizations grow over the past 25 years by blending best practices from psychology and brain science with business management techniques that work in today's marketplace. He is president of Deep CoachWorks and is an executive ADHD coach. Mark's expertise and leadership have made him a sought-after speaker and consultant for organizations across multiple industries. We welcome his insights, his experience, and his enthusiasm to our board.



Liduvina Favela



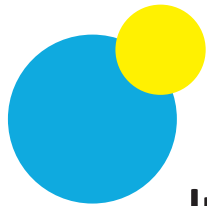
Howard Salmon



Tom Mintun



Dr. Mark Weaver



How Exciting!



Intergenerational Activities coming in June

We are thrilled to announce an exciting collaboration between the Fallbrook Senior Center and The Fallbrook Community Center Summer Camp Kids! This summer, we are introducing a series of intergenerational activities that will bring together our older adults and enthusiastic young campers. Our program aims to foster meaningful connections and create lasting memories through a range of engaging experiences. Participants will embark on nature walks in the beautiful San Diego parks, where they can explore the wonders of the outdoors, appreciate the local wildlife, and enjoy the fresh air. To ensure everyone's comfort and convenience, transportation will be provided for these outings. Additionally, we are excited to introduce the popular sport of Pickleball, where seniors and kids can team up, learn from one another, and engage in friendly competition. We look forward to the fun and laughter that will fill our centers as generations come together to create a vibrant and inclusive community.

Please call the Senior Center office for more information 760-728-4498

OUR COMMUNITY'S CHOICE

Trusted since 1982



**"We are committed
to caring for our
community and treat
our patients as if they
were our own family"**

*Leslee B. Cochran, M.D.
Executive Medical Director*

951-200-7800 • www.HospiceoftheValleys.org

FALLBROOK SENIOR CENTER JUNE 2023 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane

Monday - Friday Doors open at 10:30 760-728-4498

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Suggested contribution: \$5.00 per meal for seniors 60 and older. There is a \$10.00 charge for non-seniors. Meals include small salad, bread, and milk. Menus are subject to change without notice. ▲ denotes meal ≥1,000 mg of sodium

5
Chicken Cordon Bleu
Broccoli
Brown Rice
Mixed Green Salad w/walnut
Green Apple ▲

6
Vegetarian Chili w/beans
Corn
Sweet Potato
Mixed Green Salad
Whole Wheat Roll
Watermelon

7
Swiss Steak
Sliced Carrots
Scalloped Potatoes
Mixed Green Salad w/garbanzos
Whole Wheat Roll
Tangerine

8 **Birthday Lunch**
Pesto Bruschetta Chicken
California Blend
Brown Rice
Mixed Green Salad w/garbanzos
Blueberries

9
Fish Veracruz w/red pepper
Corn w/red pepper
Quinoa
Mixed Green Salad
Ambrosia

12
Vegetable Lasagna
Broccoli
Three Bean Salad
Whole Wheat Garlic Bread
Canned Pears

13
Turkey Meatball Noodle Soup
Peas
Whole Wheat Cheese Quesadilla
Mixed Green Salad w/garbanzos
Tangerine

14
Pork Loin
Spinach
Baked Potato
Mixed Green Salad
Cantaloupe

15
Chicken Fajita on Brown Rice
Fajita Blend
Mixed Green Salad w/garbanzos
Strawberries

16
Cilantro & Lime Tilapia
Butternut Squash
Mixed Green Salad w/walnuts
Quinoa
Tropical Fruit

19
Beef Cabbage Roll
Peas and Carrots
Brown Rice
Mixed Green Salad
Tropical Fruit

20
Turkey Meatballs with whole
wheat Spaghetti
Corn with Red Peppers
Mixed Green Salad w/garbanzos
Orange

21
BBQ Chicken
Butternut Squash
Roasted Potatoes
Mixed Green Salad w/walnuts
Whole Wheat Roll
Strawberries

22
Beef Stroganoff
Cauliflower
Whole Wheat Pasta
Mixed Green Salad w/garbanzos
Applesauce

23
Fish Taco's
Fiesta Blend
Whole Wheat Tortilla
Coleslaw
Ambrosia

26
Chicken Rolled Taco's
Black Beans
Brown Rice
Mixed Green Salad
Mango

27
Orange Chicken
Spinach
Quinoa
Mixed Green Salad w/walnuts
Mandarin Oranges

28
Turkey Burger
Mixed Vegetables
Baked Fries
Mixed Green Salad w/garbanzos
Whole Wheat Sandwich Roll
Strawberries

29
Cheesy Beef Pizza Pasta Bake
Broccoli
Whole Wheat Pasta
Mixed Green Salad
Banana

30
Baked Swai Fish
California Blend
Brown Rice
Coleslaw
Grapes

FALLBROOK SENIOR CENTER JUNE 2023 ACTIVITY SCHEDULE

399 HEALD LANE FALLBROOK CA 92028 760-728-4498

MONDAY • TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



5	9:00 Exercise Class	7	1	2
	9:00 Pickleball			
12	10:00 Spanish 1 Class			
	12:00 Pinochle			
13	12:30 PACE Presentation & Blood Pressure Checks			
19	9:00 Exercise Class	14	8	9
	9:00 Pickleball			
20	10:00 Spanish 1 Class			
	10:00 50th Anniversary Planning Meeting			
26	12:00 Pinochle			
27	9:00 Line Dancing	21	22	23
	9:00 Chess			
28	9:00 IG Pickleball*			
	2:00 Bridge (Full)			
29	12:30 Chair Yoga			
	12:30 Pool Tournament			
30				
31				

*IG = Intergenerational

9:00 Exercise Class
10:00 Beginning Ukulele
11:00 Ukulele
11:30 Social Bridge
12:00 Camera Club

9:00 Exercise Class
10:00 Beginning Ukulele
11:00 Ukulele
11:30 Social Bridge

9:00 Exercise Class
10:00 Beginning Ukulele
11:00 Ukulele
11:30 Social Bridge

9:00 Exercise Class
10:00 Beginning Ukulele
11:00 Ukulele
11:30 Social Bridge

9:00 Exercise Class
10:00 Beginning Ukulele
11:00 Ukulele
11:30 Social Bridge

Fallbrook Senior Center Thrift Store



Hours Monday - Friday 9am - 3pm
760 723.4602



FHCSD PACE AT
FALLBROOK SENIOR CENTER

**WELLNESS
EXPO**

YOU'RE INVITED

WHEN: MONDAY, JUNE 5

12:30 pm - 2:00 pm

WHERE: FALLBROOK SENIOR CENTER

399 Heald Ln. Fallbrook, CA 92028

Giveaways!

Get to know your local PACE Center!
Meet the staff from FHCSD PACE OCEANSIDE

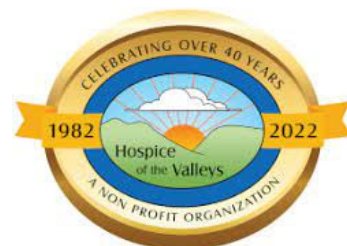
- Fall Prevention Tips
- Older Adult Services Information
- Clinical Services Information
- Blood Pressure Check
- Make and Take Craft Tote Bag

For more information call Agostino Scalercio at:
619-415-5140

A STORY WORTH TELLING

Writing a personal history can be beneficial in many ways. It allows us to reflect on our life experiences, and gain a deeper understanding of our own values, accomplishments and challenges. The act of writing can be therapeutic, offering a sense of closure, healing and empowerment. Ultimately, this process of writing offers a profound opportunity to celebrate our lives.

Call the Senior Center if interested
in taking a class. **760.728.4498**



Hospice of the Valleys

UPCOMING EVENTS

Mark Your Calendars



Monday, June 6th at 12:30 Come check out the PACE Program.
They offer Primary Care – Transportation and Social Activities.
See what services are available for you!

Monday, June 12th at 10:00am 50th Anniversary Planning Party
All are invited to attend.

Monday, June 26th at 12:30 Alzheimer's Association will present
Understanding Alzheimer's and Dementia. Learn the difference between
Alzheimer's and dementia, Alzheimer's stages and risk factors, current
research and available treatments and ways the Alzheimer's
Association can help.



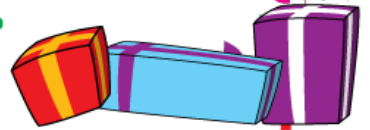
Pam Belanger
May 1



Nancy Colburn
May 18



Happy Birthday!



General Membership Meeting

General Membership Meeting – April 13, 2023

The first general membership meeting of 2023 was called to order at 9:36 a.m. on April 13, 2023 by Board President Nickie Williams. The meeting began by reciting the Pledge of Allegiance, led by Secretary Jack Schirner.

President's Report:

President Williams introduced our new board members to the general members in attendance. They are: Liduvina Favela, Howard Salmon, Tom Mintun, Mark Weaver

Director's Report:

Executive Director Susie Gonsalves reported on the activities within the center during March. Her report is on-file and may be viewed by any member. Highlights of her report include:

- The Senior Center served a total of 1,611 meals in the month.
- We currently have 447 members
- Thrift Shop income for the month totaled \$11,481.35.
- Susie announced that our 50th anniversary celebration will be held the week of May 13, 2024. Our next planning-meeting will be Thursday, May 18th at 10:00 a.m. The meetings are an hour long. All members interested in helping plan this momentous event are welcome to attend.
- Because of conflicts with various graduation ceremonies in May, our planned intergenerational Prom is being rescheduled to the fall.

Thrift Shop Expansion Project:

We briefly discussed plans currently underway to improve the appearance and space of the Thrift Shop. Drawings are being developed by Youngren Construction that will enable us to replace the storage containers currently being utilized behind the thrift shop and enclose the area into a single but separate building that will be adjacent to our existing structure.

SDSCF Assessment presentation:

Joe Gavin and Jerry Wray, from the San Diego Seniors Community Foundation (SDSCF) joined us to recap their recently completed Assessment of the Fallbrook Senior Center. The assessment outlined our strengths and weaknesses and will be instrumental in developing a business plan to help us grow over the next few decades. They relayed comments and criticisms received from the focus group discussions that they hosted over the last few months.

Their assessment provided three options for us to consider in determining our future direction. After reviewing the options, our board voted to increase our collaboration efforts with other non-profit organizations in town so that we may provide additional programs and activities, while at the same time exploring opportunities to expand our existing structure. We will not continue to explore moving to a new location or building a new structure at this time.

Our guests from SDSCF also spoke about the other Senior Centers in San Diego County that they are currently working with to enhance their ability to better cope with the expanding number of seniors expected over the next ten years. They also took questions from the members in attendance.

The meeting was adjourned at 11:00 a.m.

Submitted by Jack Schirner, Board Secretary

- SUPPORTERS -



Fallbrook Woman's Club



- PARTNERSHIPS -



- IN-KIND DONORS -



National Charity League, Inc.
Mothers AND Daughters SERVING COMMUNITIES Together





Don't forget to save your receipts from Major Market and bring them into the Senior Center.

We total all of the receipts and submit them to Major Market in return for a donation each month. Every little bit helps.



FALLBROOK SENIOR CITIZENS SERVICE CLUB

The mission of the Fallbrook Senior Center is to promote healthy aging, independence and well-being of active, older adults in the communities we service. We will provide programs and services which support the dignity and enrichment of life for seniors fifty (50) and above. The Center provides a place to gather with activities and services including:

- ***Nutrition Services including lunches***
- ***Health Education and Exercise Classes***
- ***Legal and Financial Services***
- ***Educational and Cultural Programs***
- ***Recreational and Social Activities such as bridge, bingo and pool***

The Center is a membership organization but has a goal to coordinate services, skills and knowledge to benefit our seniors in the wider community

Fallbrook Senior Center Pool Tournament

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It's time to chalk up your cue again and join us at the table.

We discontinued our regular pool tournaments when we had to close because of Covid 19.

Now that we're somewhat back to normal again we need to resume.

Come join us for great fun and cash prizes!!!

**Have you been
thinking about
volunteering?**

**Call us at
(760) 728-4498**

fallbrookscdirector@gmail.com

You will be glad you did!