



Fallbrook Area Organizations You Should Know – Part 6

By Jack Schirner

PACE – A Program of All-Inclusive Care for the Elderly

PACE is one of the many programs offered by the Family Health Center of San Diego (FHCS), an organization that has been in operation for the last fifty years. FHCS is one of the 10 largest Federally Qualified Health Centers in the nation, with 77 sites across San Diego County. Those sites include 25 primary care clinics, 21 behavioral health facilities, 8 dental clinics, 4 vision clinics, and other locations with services for in-home care.

FHCS provides comprehensive primary care and preventive care to people of all ages, regardless of their ability to pay or health insurance status. They are funded by the federal government and receive special reimbursement rates from Medicare and Medi-Cal. They are part of the health care safety net, which means they serve populations that are underserved, uninsured, or vulnerable. They provide services such as health, oral, mental health, substance abuse, and transportation services. PACE is a program designed specifically for those over 55 years of age.

You are eligible to utilize the services provided by PACE if you: • are 55 years or older (if you are a Senior Center member you are), • live in a designated PACE service area



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Rodolfo Pedroza
Chef

Veronica Orozco
Kitchen Assistant

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

(If you live in the greater Fallbrook/Bonsall area you do), are able to live safely in the community, and • meet the level of care requirements determined by the California Department of Health Care Services. Most of the PACE participants receive their services at no cost. If you have already been approved to receive Medi-Cal, or Medicare and Medi-Cal, you will very likely be approved to receive PACE services at no additional cost. If you currently only qualify for Medicare, you may have to pay a share of the PACE cost. If you are not eligible for either Medicare or Medi-Cal, you may be able to receive PACE services at a cost to you.

PACE focuses on the social, physical, and mental health needs of older adults so they can continue to live safely at home. It is an alternative to nursing facilities. Once they have confirmed your eligibility, you can receive • Primary and specialty health care, • Adult Day Care, • Transportation to and from a PACE center (in Oceanside or Vista) and to and from other approved healthcare appointments, • Physical/ Occupational/ Speech Therapy, • Vision, Dental, and Audiology care, • In-home care such as personal care and light housekeeping, • Behavioral Health Services, • Medication assistance, • Medical supplies and equipment, • Meals on-site or delivered to your home, • Nutrition counseling • Social Activities, and Social Services such as counseling and family support.

A certified enrollment Specialist can meet you at your home for a detailed overview of the PACE program and services and to conduct an assessment for your program eligibility. Through PACE a team can provide you personalized, comprehensive health care focused on wellness and prevention. To obtain additional information or to find out if you qualify, call PACE at (760) 826-PACE (7223).



VETERANS SUPPORT GROUP

**Wednesday, February 21st, from 9:30-10:30 a.m. in the
Senior Center Card Room**

Meet and make connections with other local veterans, share stories and experiences. Open to veterans from all branches of the service.

AARP'S TAX-AIDE PROGRAM

February thru April 15

Free tax return preparation for low and middle income taxpayers with extra assistance for older adults. Personal federal and state returns of a non-complex nature. Call the Senior Center office to schedule your appointment.

January 9th



HAPPY BIRTHDAY



Pat Roybal
January 13



Don Schutt
January 25



Gordon Fleig
January 24



Wendy Crosman
January 29



Maria Lopez
January 26



Mick McCammond
December 12






New Year's Eve Celebration Luncheon



FALLBROOK SENIOR CENTER FEBRUARY 2024 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane



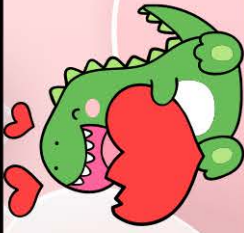
Monday - Friday Doors open at 10:30 760-728-4498

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>There is a \$5.00 charge per meal for individuals ages 50 and above, and a \$12.00 charge for those under the age of 50.</p>			<p>1 Split Pea Soup w/ham Cheese Quesadilla Mixed Vegetables Salad/Roll Fruit ▲</p>	<p>2 Bake Pollock Broccoli Barley Salad/Roll Dessert</p>
<p>5 Crunchy Beef Taco Black Beans Rice Salad/Roll Fruit</p>	<p>6 Baked Chicken Spinach Baked Potato Salad/Roll Yogurt with blueberries</p>	<p>7 Fresh Scrambled Eggs Pancakes Bacon Mixed Fruit Muffin</p>	<p>8 Sweet and Sour Turkey Meatballs Asian Vegetables Brown Rice Salad/Roll Fruit</p>	<p>9 Baked Shrimp Vegetables Barley Salad/Roll Fruit</p>
<p>12 BBQ Chicken Broccoli Brown Rice Salad/Roll Fruit</p>	<p>13 Applewood Smoked Chicken Sausage w/Sauerkraut Brussels Sprouts Sweet Potato Salad/Roll and Fruit</p>	<p>14 Valentines Lunch Pesto Bruschetta Chicken California Blend Baked Potato Salad/Roll Dessert</p> 	<p>15 Birthday Lunch Meat Loaf w/gravy Green Beans Mashed Potatoes Salad/Roll Fruit ▲</p> 	<p>16 Cilantro & Lime Tilapia Peas and Carrots Barley Salad/Roll Fruit</p>
<p>19 CLOSED</p> 	<p>20 Beef Lasagna Zucchini Salad/Garlic Bread Yogurt with blueberries</p>	<p>21 Homemade Chicken Noodle Soup Cheese Quesadilla Vegetables Salad/Roll Fruit</p>	<p>22 Homemade Chicken Enchiladas Rice and Beans Salad/Roll Dessert</p>	<p>23 Fish and Chips Mixed Vegetables Baked French Fries Salad/Roll Ambrosia</p>
<p>26 Honey Mustard Chicken Spinach Pasta Salad/Roll Fruit</p>	<p>27 Beef Chili Carrots Corn Bread Salad/Roll Fruit ▲</p>	<p>28 Turkey Burger on Whole Wheat Bun Mixed Vegetables Sweet Potato Fries Salad/Roll Fruit</p>	<p>29 Beef Tips w/gravy Peas Pasta Salad/Roll Dessert</p>	<p>▲ Denotes meal that is > 1,000 mg of sodium. Menus are subject to change without notice.</p> 

FALLBROOK SENIOR CENTER FEBRUARY 2024 ACTIVITY SCHEDULE

399 Heald Lane - Fallbrook, CA 92028 760-728-4498

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

					1 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	2 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge (Full) 12:00 Camera Club
5 9:00 Exercise Class 9:00 Pickleball 12:00 Pinochle	6 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	7 9:00 Exercise Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	8 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	9 9:00 Exercise Class 9:00 Photography Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge (Full)		
12 9:00 Exercise Class 9:00 Pickleball 12:00 Pinochle	13 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	14 9:00 Exercise Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos 12:30 Board Meeting	15 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	16 9:00 Exercise Class 9:00 Photography Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge (Full)		
19 CLOSED  ★ HAPPY ★ PRESIDENTS DAY	20 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	21 9:00 Exercise Class 9:30 Veterans Support Group 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	22 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	23 9:00 Exercise Class 9:00 Photography Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge (Full)		
26 9:00 Exercise Class 9:00 Pickleball 12:00 Pinochle	27 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	28 9:00 Exercise Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	29 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge			

Fallbrook Senior Center Thrift Shop



Hours: Monday - Friday 9am - 3pm

760 723.4602

When your Smartphone Isn't

(By Jack Schirner)

Most of us now have a Smartphone and use it every day. Is that a good thing or a bad thing? The answer is "Yes."

Many of us grew up in a time when our phone had a crank on it, or at least it was a black plastic box with a rotary dial and hung on the wall. There may have been a live switchboard operator who answered when you picked up the receiver. Perhaps your family shared a phone line with multiple other families. You were to only answer an incoming call that signaled your assigned number of rings. They were called party lines. You had to be careful what you said because one of the other parties on the shared line might be listening in on your conversation. If you lived in town rather than in a rural area, you probably had a three- or four-digit phone number that was not shared with another party (mine was 427W. My two best friends had numbers 395J and 686). We were only allowed to use our phone to make a "local" call. Long-distance calls were expensive and required the help of a long-distance operator. Calls were less expensive if made after 7 pm.

Gradually our phones kept getting smaller, but they were still tethered to a cord and confined to one room of the house. Using a watch as a phone was only capable by Dick Tracy in comic books. When wireless phones were first introduced, they were about the size of a small suitcase and were only available to very few executives.

Today, after multiple new versions of the Apple Smartphone, we should assess what we've gained and what we've lost with this amazing piece of technology. We've gained the ability to communicate with our family and friends around the world in seconds. We can call them, or send them a message, or send pictures to them. We can get answers to any question without the need to look up an answer in a dictionary or encyclopedia. Our Smartphones are cameras, calculators, payment devices, shopping catalogs, weather forecasters, news broadcasters, music players, gaming devices, and much, much more. **Smart, very smart.**

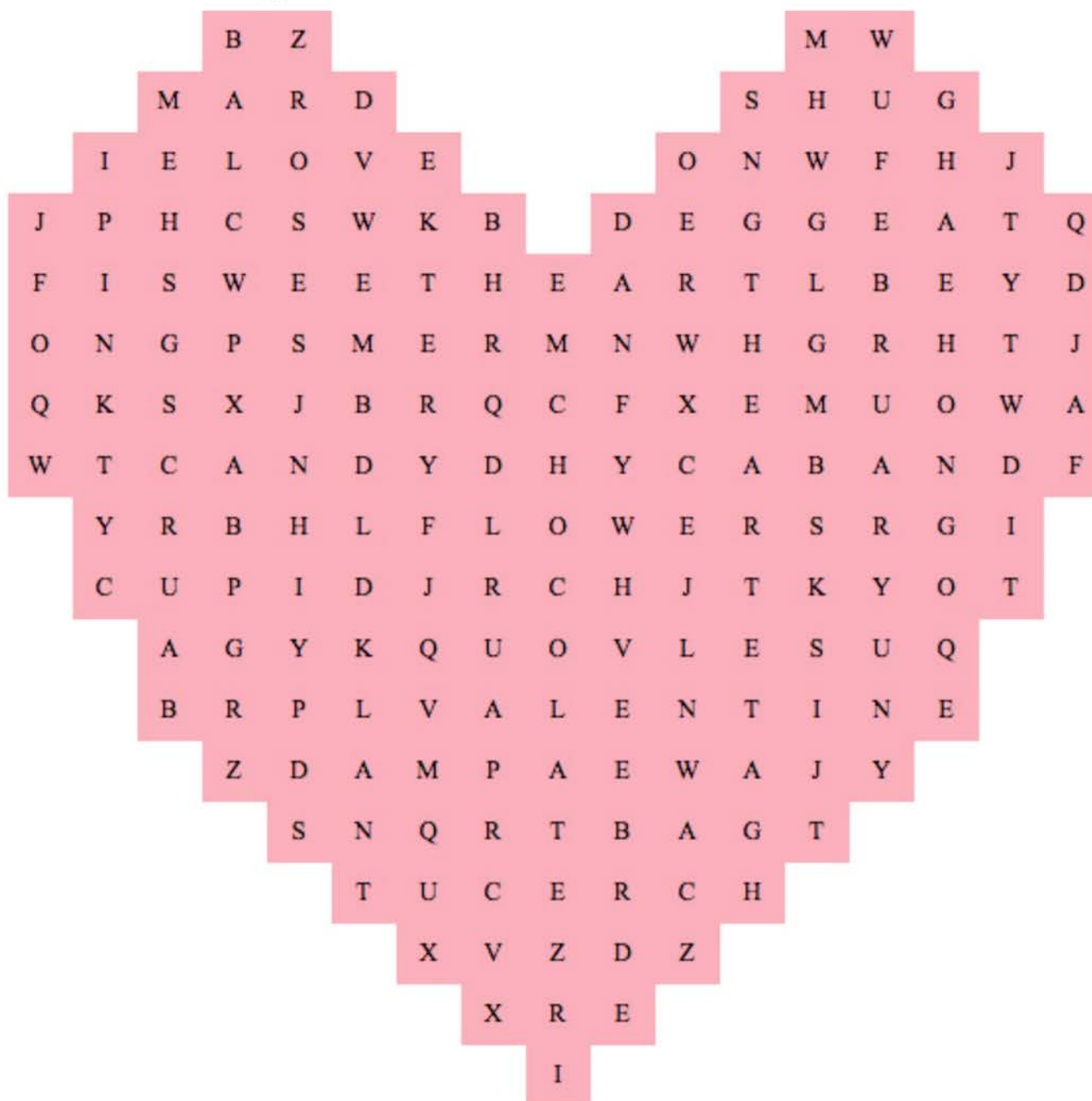
Most all these capabilities are good. But what about the bad things they do that can negatively affect our health, happiness, or behavior? Let's look at some of the negative effects they have triggered. The negative consequences are basically for the same reasons that they are smart – because they can do so many things. Many people today spend every waking moment on their phone. It's relatively easy to become addicted to them – not just teens and preteens, but also for any of us. Because it's so easy to send a text message, we may find ourselves less likely to call a friend and talk directly to them. Young people are losing their ability to carry on a live conversation with other human beings. Text messages can create some anxiety if the recipient doesn't immediately respond, or if they mis-interpret the "tone" of the message. Spending hours looking at your phone can lead to vision problems, or worse. Texting while walking or driving can lead to accidents that are sometimes deadly. In fact, "Twalking" accidents have become one of the leading causes of hospitalization.

Because a person no longer needs to learn and remember so many details of our physical world, some people are losing their cognitive capacity. They are losing their ability to remember, to reason, or to solve problems by thinking about them. Excessive phone usage can lead to posture problems, the more you bend your neck, hunch your shoulders, or slouch your back while looking at the screen. The habit of checking your phone right before bed can cause sleep quality and quantity issues. All these unintended consequences can be **bad, very bad.**

So, what should you do to reduce the negative effects? There are several things you can do: The most important thing is to be mindful of how you are using your device and balance that use with other activities that can enhance your wellbeing, such as physical exercise, social interaction, meditation, and hobbies. Once again, your Senior Center can come to your rescue, providing an opportunity for all these positive actions. Limit the amount of time you spend on your phone and get down to the center for some good old personal conversations and activities. **It could be smart, very smart.**



Valentine's Day Word Search

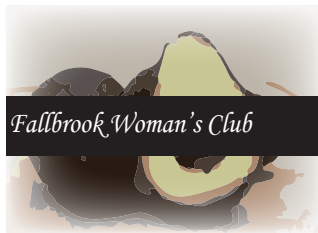


LOVE
CHOCOLATE
PINK
VALENTINE
ROSES

CUPID
FEBRUARY
RED
HUG
FLOWERS

CANDY
HEART
SWEETHEART
CARD
SWEET

- SUPPORTERS -



- PARTNERSHIPS -



- IN-KIND DONORS -





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.

VOLUNTEER OPPORTUNITY

"Those who bring sunshine to the lives of others cannot keep it from themselves."

-James Matthew Barrie

Consider volunteering at the Senior Center just a few hours a week. Call the office to see how you can help.

760-728-4498

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 Reference and Tax Service***
- ***Educational and Cultural Programs***
- ***Recreational and Social Activities such as bridge, bingo and billiards***

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