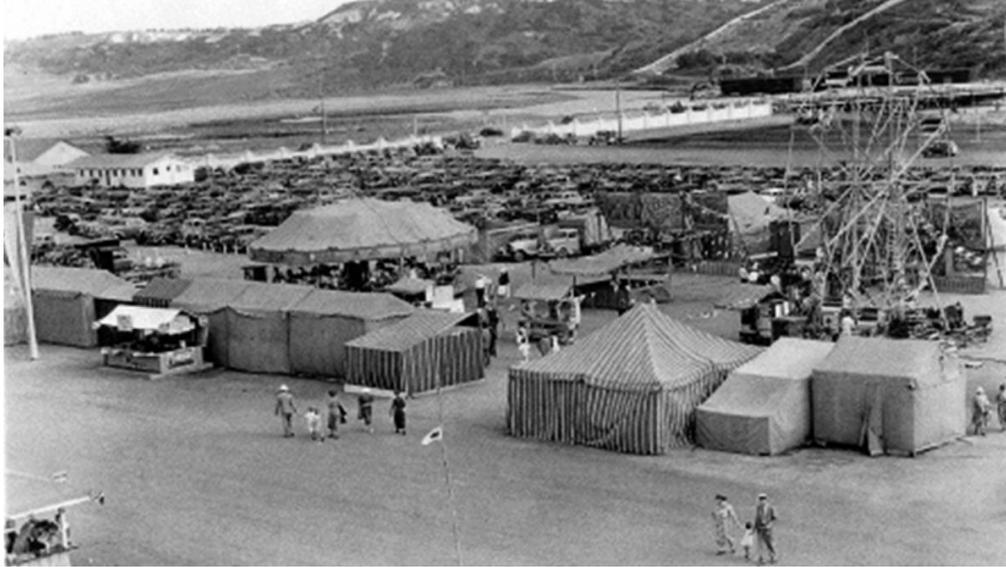


June 2021 Newsletter



Opening Day, First Del Mar Fair, 1936 – Photo Courtesy of Del Mar Historical Society

Del Mar Community Connections is a volunteer-driven organization providing programs and services to allow our maturing seniors to live safely and independently in the homes they love.

Announcements



Volunteer of the Year: Tom Cleworth

On May 14th, DMCC president Terry Kopanski presented volunteer driver Tom Cleworth with the 2021 Volunteer of the Year award. Read on to find out more about Tom!



Volunteers Are the Heart!

DMCC is a volunteer-driven organization, employing volunteers to drive seniors to medical appointments, serve on planning committees and our Board of Directors, lead our engaging programs and activities, and so much more. Visit dmcc.cc/volunteer to find out more about volunteer opportunities and learn how to apply to join our team!

Pandemic Response Services

Stay Safe: How DMCC Can Help

DMCC operations are active, with staff and volunteers working for you as we follow strict safety protocols.

COVID-19 Vaccination information: Everyone age 12 and older is now eligible for a vaccine, and appointments are widely available. Make an appointment at myturn.ca.gov or through a local pharmacy.



Call (858) 792-7565 to request assistance from DMCC volunteers who will help with internet scheduling of appointments, or if you are enrolled in DMCC transportation services, call to schedule transportation to the vaccine.

Delivery services: If you need assistance in obtaining groceries, face masks, or other essential items, please fill out [this form](#) (preferred) or call (858) 792-7565. DMCC assistance is free - you simply need to be a 92014 resident who is 65+ or disabled. The grocery delivery schedule and usage guidelines can be found at the end of the *Week Ahead* email sent every Sunday or at dmcc.cc/grocerydeliveryschedule. Pandemic response delivery services are funded in partnership with the Del Mar Foundation.

Remote Activities: Participate in DMCC activities from your home computer or telephone! Read on to find out about the remote activities we have scheduled for June as of the sending of this newsletter. Make sure you're subscribed to our email list to learn about the latest. Bookmark dmcc.cc/calendar and you'll always have the login or registration information for our programs at your fingertips.

Friendly Neighbor calls: We are calling to check on our senior neighbors to say hello and identify needs. If you or someone you know is need of a regular check-in call, please let us know.

Remote Activities

Tuesday Lunch Connections

Tuesdays, June 1st and 15th
Deliveries 11:15am - 12:30pm
Program begins at 12:30pm

Meeting Link:

<https://us02web.zoom.us/j/94743232250>

Join by phone: Call (651) 372-8299

Meeting ID: 947 4323 2250#



Our TLC regulars can look forward to a fresh meal delivered to their homes at lunchtime on what would otherwise be the TLC meeting days. We will also have a remote program over Zoom that anyone can join - details to be included in "The Week Ahead" email on the previous Sunday. This program is generously sponsored by the Del Mar Foundation.

How the Internet Can Work for You

Every Tuesday
9:30am - 10:30am

Meeting Link: <https://zoom.us/j/813438626?pwd=MGcyM2tQc1VkOHZLSHERODBUYjAwdz09>



Scientist, computer expert, and DMCC Computer Tutor Klaus Gubernator will help you understand the Internet and make use of it to improve your life. He will also help you to familiarize yourself with Zoom so that you can virtually meet up with family and friends and participate in DMCC programming.

Computer Tutoring

Every Tuesday
10:30am - 11am

Meeting Link: <https://zoom.us/j/813438626?pwd=MGcyM2tQc1VkOHZLSHERODBUYjAwdz09>



Receive one-on-one help from DMCC's resident computer expert volunteer Klaus Gubernator. Call DMCC at (858) 792-7565 to arrange for an appointment with Klaus, then click the meeting link at the appointed time.

Sage Investment Group

Thursdays, June 3rd & 17th
10am – 11:30am

Meeting Link: <https://us02web.zoom.us/j/83840609441>

Join by phone: (669) 900-6833

Meeting ID 838 4060 9441#



Consider sharing some possible investment adjustments you might make in the near future or some general observations on market strategies with all of us at our meetings on the first and third Thursday of the month.

Adapting to Life Transitions

Fridays, June 4th & 18th

2:30pm – 4pm

Meeting Link: <https://zoom.us/j/793892571>

Join on the phone: (651) 372-8299

Meeting ID: 793 892 571#



Connect with peers in this twice-monthly discussion group, which will help you adapt to change by providing you with resources specialized for seniors interested in living vibrantly. Facilitated by Marriage and Family Therapists Katie Militello and Emily Gilmore, this group is open to seniors and their loved ones who are interested in sharing their experiences and concerns in a supportive environment. In June, we will discuss AWE - When have you experienced this in your life? Can we create opportunities to experience awe? Dr. Kirk Schneider defines awe as the humility and wonder or sense of adventure toward living — a sense of fully engaging or participating in life. It requires time — the need to slow down. We will explore this topic and any others that come up during our meeting. Please join us!



Qigong with Ali

Tuesday, June 8th

10:30am – 11:15am

Qigong is translated as “Energy Work” that increases your “Chi” (life force energy). It is a 4,000-year-old ancient health practice of coordinated body-posture and movement, breathing, and meditation that is accessible to people of all levels of physical fitness. No matter what your relationship to exercise, Qigong offers practices to help strengthen your body, relieve stiffness, and release stagnation. Join instructor Alison Jayne as she teaches you the basics of marrying your mind to your body and helps you to boost your health and enliven your spirit. Visit dmcc.cc/qigongwithali to learn the basics and watch her other classes with DMCC.

[REGISTER HERE](#)

Or call (858) 792-7565



Remarkable Del Mar History with Larry Brooks: History of the SD County Fair

Wednesday, June 9th

11am – Noon

Join Del Mar Historical Society president Larry Brooks as he takes a deep dive into local myths and legends and sorts out the fiction from the

[REGISTER HERE](#)

Or call (858) 792-7565 stranger truth. This month's topic: the history of the San Diego County Fair.



Sweet Hour with Carly: Easy Strawberry Tart

Wednesday, June 9th
2pm - 3pm

[REGISTER HERE](#)

Or call (858) 792-7565

Carly Michaels gives a tutorial on dessert preparation, live from her home kitchen. No special talents required to join; bake along or just watch! It's just like watching a cooking show, except better - you can interact with the host as she bakes and then stop by her driveway afterwards to pick up a sample of the dessert. Invite friends and family members, too. This month's recipe: Carly will make an easy strawberry tart. Please register and we'll send you the joining link and recipe so that you can make it at home!

DMCC Happy Hour

Thursday, June 10th
4pm - 5pm

Meeting Link:

<https://us02web.zoom.us/j/86022889906>



Pour yourself a drink from your home bar, then join Nate McCay and other DMCCers to share jokes, stories, recipes, or whatever else is on your mind.



DMCC Health & Wellness Premiere Speaker Series: The Secrets of Longevity

With Deborah Szekely and Dr. Mary Walshok
Friday, June 18th
10:30am-11:30am

[REGISTER HERE](#)

Or call (858) 792-7565

DMCC's Health and Wellness Premiere Speaker Series is delighted to announce a conversation between DMCC board member Dr. Mary Walshok and Deborah Szekely, the iconic founder of the spa movement in America who founded Rancho La Puerta and the Golden Door health spas. Szekely recently celebrated her 99th birthday. Rancho La Puerta has been in operation for more than eighty of those years and continues to be ranked the number one spa in the world by Condé Nast. Szekely is internationally recognized for her work, is the author of many books, and continues to lecture weekly at the Ranch and at conferences and meetings around the world. Their conversation will focus on what she sees are the secrets to longevity, many of which will surprise you! Please register for this program in order to receive a reminder email with the joining link.



Effective Communication Strategies With the Alzheimer's Association

Wednesday, June 23rd
2pm – 3pm

[REGISTER HERE](#)

Or call (858) 792-7565

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join DMCC and educator Julia Cheng to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Please register for this program to receive a reminder email with the joining link.

ROMEOZ (Retired Old Men Eating Over Zoom)

Tuesday, June 22nd
Noon – 1 pm

Meeting Link:

<https://us02web.zoom.us/j/88347410394>



Our monthly luncheon group for the guys, now meeting remotely. Grab a sandwich and meet with other Retired Older Men to catch up and eat IN!

Page Turners Book Talk

Thursday, June 24th
2pm – 3pm

Meeting Link:

<https://us02web.zoom.us/j/84848884260>



DMCC Page Turners and Del Mar Library Book Talk group have joined forces, and we're meeting remotely. Join us monthly to talk and share with others about great books and hidden gems you have read.



[REGISTER HERE](#)

Or call (858) 792-7565

How to Protect and Access Your Electronic Medical Information

With Lisa Berry Blackstock

Monday, June 28th
1:30pm – 2:30pm

Healthcare has transitioned into an age where medical histories and records are commonly stored and managed electronically. EMRs (electronic medical records) were promised to be convenient, quick, and private. However well-intentioned, EMRs (along with online patient portals) have experienced their share of problems. It is vital that patients have access to their health histories while being assured of their privacy. Vulnerabilities do exist with

computers, though. What can be done by a patient to minimize his or her complications and inconveniences when EMRs and patient portals go awry? Join DMCC and Lisa Berry Blackstock, private patient advocate and founder of Soul Sherpa Healthcare Advocacy Services, for an informative and educational session. Learn how to minimize your exposure to potential problems with your computerized medical information. There are ways to protect and access what belongs to you and no one else: Your private medical history. Please register for this program and receive a reminder email with the joining link.

Featured DMCC On-Demand

Do You Own Your Stuff or Does Your Stuff Own You? with Jami Shapiro

In April, founder of local senior move management company Silver Linings Transitions Jami Shapiro gave us tips and tricks to help us get rid of and organize our stuff in order to live more freely. Visit dmcc.cc/programresources to watch the video!



While you're there, you can view video of other past DMCC presentations and events. There are also pages reserved especially for the Health and Wellness Premiere Speaker Series, Remarkable Del Mar History, Sweet Hour with Carly, and Qigong with Ali. Stay tuned to hear about further content we will add to keep you engaged at home!

Volunteer of the Year

Tom Cleworth

DMCC's Volunteer of the Year for 2021 is Tom Cleworth, volunteer driver. Tom won volunteer of the month in March 2020, making him eligible for the award, because he works long hours and drives thousands of miles to help Del Mar seniors go to medical appointments and do their grocery shopping. His longtime love of the Chicago Cubs and more than 30 years working for the postal service gave him the invaluable patience and humor he displays in his volunteer work. On May 14, 2021, DMCC President Terry Kopanski presented a surprised Tom with the award at the DMCC Drive-In Ice Cream Social.



Thank You and Congratulations, Tom!!!

