



**Del Mar
Community Connections**
20 Years Supporting and Serving Seniors

April 2021 Newsletter



View of the Del Mar Pier in the 1930s, which was demolished in 1957 – 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



DMCC's Thousandth Delivery!

On March 18, 2021, DMCC's delivery driver Amanda Allen made our thousandth pandemic response delivery. Since March 30, 2020 we have provided groceries, meals, masks, and other essential hygiene and safety supplies to more than 120 senior households. We are proud of our efforts to help seniors stay safe from viral exposure, and we thank the Del Mar Foundation for their partnership in helping to provide this vital service to the community.

We  Volunteers

Volunteer Appreciation

DMCC is Volunteer-Driven! And we can't do it without you. On April 30, we'll be showing our volunteers how much we appreciate all they do for the seniors of Del Mar. If you're one of our 80+ volunteers, check your email for more information to come!
Are you interested in learning more about volunteering for DMCC? Visit dmcc.cc/volunteer to find out what you need to know!

Pandemic Response Services

Stay Home and Stay Safe: How DMCC Can Help

We want to make it easier for you to stay home. DMCC in-person programs are suspended until it is safe to gather again. DMCC operations are active, with staff and volunteers working for you as we follow strict safety protocols.

COVID-19 Vaccination information: Access to the vaccine is a frequently-changing situation. Those seeking the vaccine are asked to 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, sanitizers, face masks, cleaning supplies, or items borrowed from the library, 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. Please provide us with at least one business day's notice when requesting deliveries. The grocery delivery schedule can be found at the end of the *Week Ahead* email sent every Sunday or at dmcc.cc/grocerydeliverschedule. 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 February 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

Sage Investment Group

Thursdays, April 1st and 15th
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.

Singing Apart

Thursdays, April 1st and 15th
3pm - 4pm

Meeting Link: <https://zoom.us/j/989350997>



DMCC's monthly singalong group is now meeting from the comfort of your own computer! Join pianist Linda Chisari and other (mostly muted!) Del Mar music lovers as we lift our spirits in a singalong. Give the DMCC office a call at (858) 792-7565 to make arrangements to obtain a hard copy of the program songbook if you do not already have one.

Adapting to Life Transitions

Fridays, April 2nd & 16th
2:30pm - 4pm

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

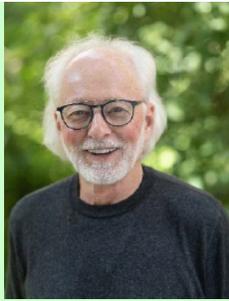
Join on the phone: (651) 372-8299

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. The theme for April is *Creativity*. What does creativity mean to you? Many people think creativity is only connected to a conventional artistic talent or skill, such as painting. How have you been creative in your life beyond this narrow definition? Creative solutions and ways of living (in business, relationships, and community) make life richer and more fun. We will explore this topic and any others that come up during our meeting. Please join us!

**The Power of Purposeful Aging
With Richard Leider**



Health & Wellness Premiere Speaker Series

Tuesday, April 6th
3pm – 4:30pm

[REGISTER HERE](#)

Or call (858) 792-7565

Join Richard Leider as he provides Del Mar seniors with clear evidence, insight and practical tools for purposeful aging. Richard Leider is an internationally bestselling author, coach, and keynote speaker who has pioneered the way we answer the question of purpose. Widely viewed as a pioneer of the global purpose movement, his work is featured regularly in many media sources including PBS public television and NPR public radio. His PBS Special – The Power of Purpose – was viewed by millions of people across the U.S. He has taken his purpose message to all 50 states, Canada, and on four continents.

Tuesday Lunch Connections

Tuesdays, April 6th & 20th
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://us02web.zoom.us/j/813438626?pwd=MGcyM2tQc1VkoHZLSHERODBUYjAvdz09>



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, use telemedicine, and participate in DMCC programming. This month, Klaus will discuss managing, securing and migrating emails. He will also discuss sending images, videos and documents.

Computer Tutoring

Every Tuesday
10:30am – 11am

Meeting Link: <https://zoom.us/s/813438626?pwd=MGcyM2tQc1VkoHZLSHERODBUYjAvdz09>



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.

DMCC Happy Hour

Thursday, April 8th

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.



Qigong with Ali

Tuesday, April 13th

10:30am – 11:15am

[REGISTER HERE](#)

Or call (858) 792-7565

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.



Remarkable Del Mar History with Larry Brooks: The Library Wall

Wednesday, April 14th

11am – Noon

[REGISTER HERE](#)

Or call (858) 792-7565

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 stranger truth. This month's topic: the famed Del Mar Library Wall.



Sweet Hour with Carly: Carrot Cake

Wednesday, April 14th

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. In this session Carly will make Harriet's Carrot Cake. Please register and we'll send you the joining link and recipe so that you can make it at home!



Do You Own Your Stuff or Does Your Stuff Own You?

With Jami Shapiro of Silver Linings Transitions

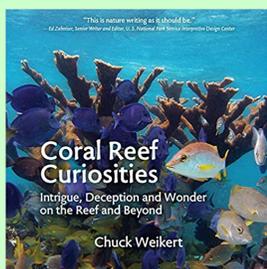
Monday, April 19th

2pm – 3pm

[REGISTER HERE](#)

Or call (858) 792-7565

Jami Shapiro's favorite motto when it comes to organizing is “perfect is the enemy of done” and in her presentation she will address the reason so many people are shopping and accumulating during the pandemic. Jami is the founder of Silver Linings Transitions, a senior move management company that specializes in downsizing, aging in place services and home organization. As someone who comes from a family of chronically disorganized people, she has first hand experience in seeing how having too much stuff can be a challenge both for safely living and going through the downsizing and organizing process. Join Jami's presentation to learn practical tips for decluttering.



Page Turners Book Talk: Author Visit

Thursday, April 22nd

2pm – 3pm

[REGISTER HERE](#)

Or call (858) 792-7565

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.

In April, Page Turners will welcome local author Chuck Weikert as he discusses *Coral Reef Curiosities*. Registration required.

Click [here](#) to purchase the book from local bookstore Diesel (located in Del Mar Highlands Town Center).

ROMEZO (Retired Old Men Eating Over Zoom)

Tuesday, April 27th

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 up with other Retired Older Men to catch up and eat IN!

Featured DMCC On-Demand

Estate Planning 101 with Heidi Klippel

In March, attorney Heidi Klippel took a straightforward approach in discussing the steps to take and pitfalls to avoid when setting up a comprehensive estate plan, including a trust, will, durable power of attorney for management of property and personal affairs, and an advance health care directive (also known as a living will). 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 Month



Carol Steblay

Carol Steblay is so cheerful! She dedicates herself to a task and she does it with a big smile. Carol performs many volunteer tasks for DMCC, including driving seniors to medical and essential appointments, but board member and Program Committee Chair Pat JaCoby nominated Carol for volunteer of the month because of the special work she does on DMCC's program committee. Carol is DMCC's point person whenever we work with the Alzheimer's Association, which makes her work incredibly valuable!

Born in Montreal, Canada, Carol moved to California in the mid-1960s, then Del Mar in the early 1990s, and has lived here ever since. Making her living in real estate, Carol felt especially rewarded in her job when she frequently worked with first time home buyers, who needed to put their confidence in someone who could help them navigate a confusing and high stakes process. Carol loves to travel, hike, play tennis, cook, and walk the beach every day.

DMCC isn't the only organization to benefit from Carol's hard work and cheerfulness. Carol has been a member of the Del Mar Garden Club for many years, and she oversaw the landscaping redesign project in front DMCC's headquarters at the Del Mar Community Building, as well as the landscaping at the Del Mar branch library. She has additionally volunteered for the Parks and Recreation committee, the San Dieguito River Valley Conservancy, and Scripps Green Hospital. It was at Scripps Green where Carol learned how important it is that "a few words of comfort can impact another person's day."

DMCC has a variety of committees to promote a variety of interests. Our Programs Committee meets regularly to share ideas they anticipate will be of interest and informative for senior Del Mar community members. Carol says "Volunteering has given me an opportunity to get acquainted with some of our Del Mar seniors and I especially enjoy hearing about their earlier lives in Del Mar."

Thank You Carol!!!

