

**Community  
Action to  
Reach the  
Elderly (& Disabled)  
in San Diego County**



*For Information,  
Call 1-800-510-2020*

**Minor Home  
Repair Can Be  
a Major Help**

*By Saman Yaghmaee  
Project CARE Coordinator*

For many seniors, even the smallest task around the house can be a significant challenge. Their income may be fixed, but the cost of home repairs continues to increase. The need for help increases, too, as their houses grow older.

Several Project CARE sites have been successful in recruiting volunteers and assisting seniors in making minor home repairs, such as installing a grab bar, ramp, repair of faulty plumbing, and basic electrical repairs.

However, the need for minor home repairs has always surpassed the available resources since the high cost of gasoline and

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*Project CARE Coordinator Saman Yaghmaee shows a sample of what the new Vial of Life could be.*

**New Look for Vials of Life?**

The Vial of Life has had a couple of transitions. The first vials were small bottles with medical information stuffed inside and hung in the refrigerator. Then it was decided that the vials should be on the outside, so a plastic box was created with a magnet on the back.

Another new style is just around the corner. Participants at the last Project CARE meeting voted to create a vinyl vial, a soft and pliable sleeve with magnets on the back and an opening on top. The medical information card plus other information can be easily slipped inside. The size is larger than the plastic box, so paramedics can find it easier on the front of the refrigerator.

Some of the North County Project CAREs have been using this format, which is much less expensive to produce. SDG&E has been a great partner in sponsoring the Vials of Life, and now twice as many can be produced for the same amount of money.

Marcia Buchalter from Buchalter Consulting is helping to design the new vial, which will hopefully be available this summer.



*With Help From Our Friends -- The local fire departments have been great advocates for Project CARE, as well as assisting needy clients. Thanks!*





*Teens Aiding Seniors -- Key Club members from Vista high schools painted and made minor home repairs for some 19 homes owned by seniors in their community. Nadine Proctor-Kaina, Project CARE coordinator in North County, highlights this as a way to involve youth in Project CARE.*

## Share Items into Newsletter

If you are a Project CARE coordinator and you don't see any information about your site(s) in this newsletter, remember that we welcome your contribution. This newsletter is an excellent venue for showcasing what coordinators are doing to promote Project CARE. It's a great way to further educate readers about the nature of Project CARE. Remember to take photos of your events and send them in.

The newsletter is distributed quarterly with AIS's monthly Aging & Independence bulletin.

Send material to: Denise Nelesen, Aging & Independence Services, 9335 Hazard Way, San Diego, CA 92123; email: dnelessa@co.san-diego.ca.us

The next newsletter will be in the August bulletin.  
**Deadline for next submissions: July 8. Don't miss out!**

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material is making it increasingly difficult to recruit sufficient volunteers to meet the growing need for services.

Carol Roach with the County's Preventive Health Care for the Aging program has formed a coalition to ensure that all seniors would have access to home safety assessments and minor home repair services at no or low cost. The goal of the coalition is to correct housing problems that are a threat to the life, health or safety of seniors, particularly those who are isolated and/or have limited resources.

The coalition is currently working on creating a comprehensive directory of providers and services in the county, identifying volunteer resources, and recruiting and training volunteers. She has been engaging home improvement retailers in providing regular training for volunteers, and she has been networking with Project CARE sites in creating an interagency referral process which would connect seniors and volunteers. To connect with Carol, call **(858) 490-4432**.

Aging & Independence Services has also been responsive to this shortage by collaborating with Interfaith Community Services (ICS) and Jewish Family Services (JFS) in providing minor home repair services for up to 200 seniors and their caregivers. To access these services, contact Nadine Kaina at **(760) 941-0140** or Stan Sweatt at **(760) 744-0467** with ICS, or Colleen Mallen at **(619) 563-5232** at JFS.

## Notes from Warner Springs

*By Jenna Peterson, Project CARE Coordinator/Warner Springs*

On Valentine's Day, the Back Country Project CARE located in Warner Springs put on a party at the Community Resource Center.

This was our first event to reach out to the seniors in our area.

We are a small community spread over a large geographical area, with very limited resources and services available. (The closest large town is more than miles away!) Many of our seniors live alone and are isolated, without neighbors.

We would appreciate it if you could offer suggestions for diversification, how to attract volunteers, and avenues for funding so that our volunteers could be reimbursed for mileage to town. Contact Jenna at **(760) 782-0670** or jennap00@hotmail.com.

