



THE NETWORK

Newsletter of The Retired Employees of San Diego County

DAY AT THE PADRES
WEDNESDAY, SEPTEMBER 9, 2026 AT 1:10PM

San Diego Padres VS Washington Nationals

When: Wednesday, September 9, at 1:10pm

Where: Petco Park, 100 Park Blvd, San Diego, CA 92101

Cost: \$40 per person

Program: The Retired Employees of San Diego County are happy to announce that the annual Day at the Padres will take place Wednesday, September 9, at 1:10pm versus the Washington Nationals. This promises to be a lively and fun afternoon. We'll be seated in sections 120 & 122, but there will likely be a mix of sun and shade so be sure to bring your hat.



RESDC is only selling 30 tickets directly. Please call or email for further seating details.

We'll see you at the ballpark. Go Padres!

Please note: Per Padres policy, tickets are only available digitally via your smartphone. They will be forwarded and uploaded through the MLB Ballpark app, located in your App Store (iPhone) or Google Play Store.

For more information, visit: <https://www.mlb.com/padres/tickets/mobile/guide>

RSVP:

Choose your Registration method:

Register Online: Pay with a credit card. Go to www.resdc.net/events, click the green "Register" button and follow the steps to register and pay. You will need to use the email address associated with your member account. Need assistance? Contact us at (619) 688-9229 or resdc@resdc.net.

Register by Mail: Pay with a check made payable to RESDC and mail to 3760 Convoy St., Suite 118, San Diego, CA 92111. Preferred email must be included. □

August 21, 2026



National Senior Citizens Day

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August Calendar of Events

**11—(Tues.) FBI Elder Justice Task Force Presents:
Elder Fraud and Processes**

10:00am. Online Teams Meeting Room.

13—(Thurs.) RESDC Board of Directors Meeting
9:30 a.m.

PRESIDENT'S MESSAGE

By Janel Pehau



When you were an active (i.e., not yet retired) County employee, how aware were you of the vast array of services provided by the County of San Diego? Many of us had areas of expertise and responsibilities that kept us narrowly focused during our careers. Some services are provided region-wide while others are provided only in

the unincorporated areas of the county. One of the County departments that provides services region-wide is Aging & Independence Services. Some of you may have worked in that department and some of you may have interacted with it to obtain assistance for an older member of your family. But now as retirees, it can be a valuable resource for us as we navigate this new phase of our lives.

I recently received the Aging & Independence Services (AIS) 2026 Summer Bulletin. The feature article in the Bulletin highlighted the Feeling Fit Club, which is a functional fitness program for older adults operated by AIS. The classes are free and focus on strength, balance, aerobic endurance, and flexibility. Furthermore, there are four ways to participate in the classes: in person (I counted 17 locations throughout the County), virtually through Zoom, via a free DVD, or on local television. Find out more about the class schedules by visiting this website:

www.healthierlivingsd.org. For this article, the author interviewed an individual who had been participating in the Feeling Fit Club for five years. She praised the program for helping her achieve positive changes to her health and for gaining new friendships. If you are interested in Tai Chi as a form of exercise, AIS offers free classes at various locations: Tai Chi for Arthritis and Fall Prevention and Tai Chi: Moving for Better Balance (has a Zoom option). Schedules for these classes can also be found on the Healthier Living website.

The AIS Bulletin highlights other services that may be of interest to you or a friend or relative. There is an article on "Cool Zones," which are places that older adults and persons with disabilities can go free of charge to get relief from high temperatures. As we age, our bodies are less able to handle higher temperatures than when we were younger. For more infor-

mation and to find a Cool Zone location near you, visit www.CoolZones.org or call the Aging & Independence Services Call Center at (800) 339-4661. There is also an article in the Bulletin about the "You Are Not Alone (YANA)" program. The YANA program is a free service that supports independent living by providing social interaction and wellness checks for its clients. The service is provided through a partnership between AIS's Retired and Senior Volunteer Program (RSVP) and local law enforcement agencies such as the San Diego County Sheriff's office. Again, you can find out more information about this service by calling the Aging & Independence Services Call Center at (800) 339-4661.

The RSVP was featured in another article in the AIS Bulletin, this time reporting that the County Board of Supervisors in April 2026 recognized Daryush Bastani as Volunteer of the Year for his outstanding service with the Senior Gleaners of San Diego County. The mission of Senior Gleaners is to feed the hungry by engaging older adult volunteers to collect surplus crops and unsold groceries for distribution to individuals and families in need. The article describes all the impressive things he's done for the program during his more than 8 years of dedicated service. An important take away from this article and the one about the YANA program is that AIS is a valuable resource for connecting retirees interested in staying active through giving back to the community with many different opportunities to volunteer.

To learn more about the services available through Aging & Independence Services or inquire about opportunities to volunteer, contact the Call Center at (800) 339-4661 or visit the Aging & Independence Services website at <https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais.html>. □

FIXING SOCIAL SECURITY FINANCES STILL PENDING

By Chris Heiserman, Immediate Past President



Every year the Center for Retirement Research at Boston College prepares an analysis of the current Trustee's Report from the Social Security Administration. The June 2026 "perspective" on Social Security's financial outlook was authored by Alicia Munnell, former director of the Center. It says recognition of some factors that mean less revenue for the trust fund offers a more

realistic picture of its status.

The issues are: lower than previously assumed fertility rates, which translates into fewer workers paying payroll taxes and therefore lower revenues; federal immigration policies that remove individuals from the work force and also means fewer contributions to payroll taxes; and the effect of the One Big Beautiful Bill Act (OBBBA) that made permanent the 2017 tax cuts and increased a larger standard deduction. The resulting lower revenues are a key reason Social Security's projected 75-year deficit rose to 4.42% of taxable payroll, from 3.82% in 2025. The bottom line is the expected depletion date for the Trust Fund would move from 2033 to 2032. At that point the program would be able to pay

only 78% of retirement benefits.

The brief offers great detail on the numbers and assumptions in the Trustee's Report, but it points out that Americans enthusiastically support Social Security and want their elected leaders to fix the program's finances. Munnell said: "Fixing Social Security sooner rather than later would keep more options open, distribute the burden more equitably across cohorts, and most importantly, restore confidence in the nation's major retirement program."

The analysis noted that if payroll taxes were raised immediately by 4.42 percentage points – 2.21% each for the employee and the employer – the program could pay full slated benefits through 2100. Of course, the long-term shortfall in the Trust Fund has been obvious for decades; now the window for solving the problem has narrowed to six short years. The Center brief concludes that "numerous options are available on both the revenue and benefit side to close the gap. All that is needed is the political will."

A pdf version of the Center's brief is available from their website at the following link:

https://crr.bc.edu/wp-content/uploads/2026/06/IB_26-12-1.pdf □

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FBI ELDER JUSTICE TASK FORCE: ELDER FRAUD AND PROCESSES



What: A free informational webinar just for RESDC members by the San Diego FBI Field Office.

Where: Online Teams Meeting Room. Go to www.resdc.net/events to register. The meeting link will be sent to registrants closer to the date of the event.

When: Tuesday, August 11, 2026, at 10:00am.

Program: Retired Special Agent Alex Murray and Intelligence Analyst Irene Zaborowski from the San Diego FBI Field Office will present a discussion on Elder Fraud. The program usually lasts 90 minutes and will cover common frauds and scams, health care fraud, and prevention with time for questions and answers.

RSVP is required. Register today at: www.resdc.net/events or call our office at 619-688-9229.

Choose your registration method:

Register Online: Go to www.resdc.net/events and click the green "Register" button, then follow the steps. To log in, use the email associated with your member account.

Register by phone: Call our office at (619) 688-9229 during our office hours of 9:00am – 2:00pm, Monday – Friday. □



WELCOME NEW MEMBERS

Madonna Bagsic
Pamela Jordan
Maria Victoria Mata
Agatha Valera

Agriculture Wgths. & Meas.
Agriculture Wgths. & Meas.
Treasurer/Tax Collector
Superior Court

The surviving spouse of a member is eligible for RESDC membership. For enrollment assistance, call (866) 688-9229. □

2026 RESDC SCHOLARSHIP RECIPIENTS

By Carlos Gonzalez, Scholarship Committee Chair

Loreta Carota

RESDC 2026 Merit Scholarship Recipient - \$2,000.

Loreta graduated from Helix Charter HS, La Mesa, CA, with a 4.67 GPA, she is sponsored by her grandmother **Connie Janzen**.

Personal Statement: "I am applying to college to become an elementary school teacher. When I tell people this, they sometimes respond with surprise or mild disappointment, as if teaching



young children is a small goal. But I see it differently. The adults who shaped me most were my early teachers. They taught me English when I arrived in kindergarten speaking only Dutch with a passive knowledge of English. They noticed when I was struggling and found different ways to explain things until something clicked. They made me believe I belonged in a classroom where I initially felt invisible. That kind of work changes the direction of a child's life. It changed mine."

Over the past several years, Loreta has been preparing for this career in ways that go beyond taking the right classes. She has taught ballet every week to children and adults with intellectual and developmental disabilities. The classes included students with vastly different needs, in the process Loreta learned to plan lessons that give each person something to work toward. She tutors English Learners at Vista La Mesa Academy, which mirrors her own experience learning a new language while trying to keep up academically. Loreta completed an Education Pathway program at her HS that placed her in elementary classrooms where she could observe experienced teachers who manage thirty different learners at once. Through these experiences she learned that teaching is not about standing in front of a room and talking. It also requires watching closely, adjusting constantly, and caring about each student as an individual.

School and Community References: Loreta is not applying to college to discover her path; she already knows it. She wants to teach young children, a goal she has been preparing for most of her life. She is planning to attend a four-year university in the fall and begin the Liberal Studies program aligned with elementary teacher preparation, followed by a credential program, student teaching and a master's degree. Loreta is extremely involved, hardworking, and a thoughtful role model and leader for other students.

Caden Hannah

RESDC 2026 Merit Scholarship Recipient - \$2,000.

Caden graduated from La Costa Canyon HS, Carlsbad, CA, with a 3.88 GPA, he is sponsored by his grandfather **William Trachta**.

Caden's Personal Statement: "applying for this scholarship is both an honor and a tribute to the legacy of my



grandfather, who worked 26 years for the County of San Diego. He is also a Vietnam war veteran. His example instilled in me great respect for public service and showed me the impact one person can make over time. I am proud to carry forward the values he modeled for me. If I were to describe myself in three words, they would be competitive, compassionate, and loyal. These traits have guided my actions throughout high school and have shaped who I am".

Caden's competitive spirit was recently recognized in the SD Union Tribune, when he hit four three-pointers, including a game winner at the buzzer. This experience taught him the value of perseverance and personal growth. Compassion has been central to his involvement in Assisteens, a volunteer organization where he served as Treasurer and participated in philanthropic events across his community, including "Fill-a-Belly" program, where they prepared and distributed homemade meals to people with food insecurities. One memorable connection was with a military veteran who appreciated the chance to talk and be listened to. Loyalty defines his relationship with family, teammates, and school. He is steadfast in his commitments, whether supporting his family, excelling academically, or helping teammates succeed. Loyalty is reflected in his love for basketball, where he has assisted with youth camps and programs for students with special needs.

School and Community References: Caden stands out not only for his academic excellence, but more importantly for his genuine kindness, empathy, and leadership that truly define his character. He is an incredibly self-motivated student who demonstrates passion and heart in his approach to learning and life. Caden has been admitted to Indiana University Kelley School of Business, into their business and finance program.

James Hayes

RESDC 2026 Merit Scholarship Recipient - \$2,000.

James graduated from Ann Sobrato HS, Carlsbad, CA, with a 4.41 GPA, he is sponsored by his grandfather **Daniel E Kelley**.

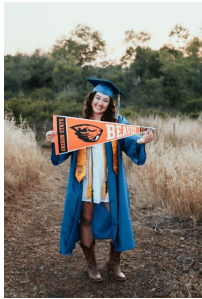
James' Personal Statement: "Whether battling the Live Oaks Nuts, our town rivals, on the court during a Friday night game or swapping scuba regulators with



three feet of visibility in freezing Monterey Bay, I am never one to quit. My first year in the DIME Dual Immersion program (exclusively Spanish teaching) had slugged me in the gut, leaving me confused and depressed. Luckily, the year came to a finish. As the mountain of tension crumbled into a hopeful summer with my family, I can remember conversations I had with my parents who told me even adults make mistakes and that this may have been one of them. I was given the choice to switch to an English classroom the next fall. Looking back, thinking about my decision, a stronger voice continued to echo in me, an emphasis in my household on "finishing what we started, with diligence." My response to the choice was to stay where I was and to finish what I started. As my Spanish skills grew thanks to the dual immersion program, AP courses, and working towards a seal of biliteracy, so did my character".

Water polo was an example of James' growth. The coach (his art teacher) invited him to join the team; he decided to give it a try. Soon he found out that his recreational swimming skills were no match for the demands of this brutal sport that caught him paddling over to heave in the gutters. However, James persisted and put in the hard work. Eventually, all the pain and frustration were memories, and he became a leading scorer and team captain. The "consistent follow-through" in his decisions, has made him who he is today. His decision to stick with the dual immersion program; his decision to always stand with his family; his decision to be a Christian have built his spirit and character.

School and Community References: James has earned placement on the Superintendent's Honor Roll every semester of high school. This accomplishment reflects not only his intelligence, but also his steady work ethic and commitment to always doing his best. This level of performance requires focus, time management, and determination. He speaks clearly about the importance of protecting marine environments and hopes to contribute meaningfully to conservation and scientific understanding. His academic discipline, combined with his passion and practical experience, makes his goal both realistic and inspiring.



Emilee Mercado

RESDC 2026 Merit Scholarship Recipient - \$2,000. George Shoemaker Memorial Award.

Emilee graduated from Mira Mesa HS, San Diego, CA, with a 4.25 GPA. Emilee is recipient of the George Shoemaker Memorial award for \$2,000. Born in Dec 1930, George Shoemaker was a RESDC Board member for over 30 years, after 27

years of service with SD County, he retired in 1982. George passed away in January 2022. Emilee is sponsored by her grandmother **Judy Taylor**.

Emilee's Personal Statement: "for the past four years, I have invested everything I had in my school, work, family, community, academics, extracurriculars, sports, and future goals. I believe that my hard work and dedication to these commitments, along with my strong values for education prove that I deserve this award."

Emilee has been a prominent participant in the school's Associated Student Body (ASB), elected as Vice President her sophomore year. Also, active participant with the Challenged Athletes Foundation (CAF); National Honors Society; Prom Committee President; co-founder of Pickleball Club; as President of the club, she promoted the school's open courts, where students of all skill levels are welcome to participate during lunchtime. Emilee was selected to the school's tennis varsity team in her junior year. She played a significant role in winning a CIF Championship for the first time in school history. Emilee helped plan and run fundraisers to fund various class events. She handled promotions and all communication with vendors and service providers; her efforts resulted in over \$3,000 in sponsorships for the graduating class. Through these activities, she has gained considerable organization, delegation, marketing, and public speaking skills. Emilee's extracurricular activities include volunteering at a local elementary school, teaching to read and write; assisting the elderly in the community; volunteering at the San Diego Ice Arena,

leading group classes for beginner skaters. Emilee maintained her status on the Academic and Principal's Honor Roll all four years.

School and Community References: Emilee is committed to helping others; a positive role model to all. "The principal at a local elementary school, where Emilee volunteers, calls her, "teacher;" Emilee has given over 300 hours to our school and community." She is interested in the world of business and is pursuing a career in marketing. She will excel in this pathway, as she has always been highly skilled in design, as well as marketing, through the work she has done for the Student Council.



Daniel Michael Vinegrad

RESDC 2026 Merit Scholarship Recipient - \$2,000.

Daniel graduated from Coronado HS, Coronado, CA, with a 4.70 GPA, he is sponsored by his father **David Vinegrad**.

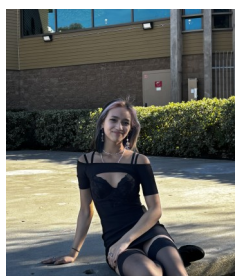
Daniel's Personal Statement: "at home, my parents encouraged independence while holding me accountable, shaping my ability to manage responsibilities with consistency and discipline. As I grew older, balancing rigorous coursework with part-time work and leadership roles required maturity and focus. There were moments when managing advanced classes, research commitments, and community initiatives felt overwhelming, but those challenges strengthen my work ethic and reinforced a lesson my family always emphasized: meaningful opportunities are earned through sustained effort."

Daniel's commitment to service became deeply personal when the Tijuana River sewage crisis intensified and beaches across San Diego County closed under contamination warnings. An event that once felt like a distant policy issue became immediate and urgent. As a direct consequence, Daniel founded Coronado High School's Stop the Sewage Club, growing it into an 80-member organization focused on clean water advocacy. Since its founding, Daniel has led letter-writing campaigns, organized beach rallies, hosted community forums and traveled to Sacramento to lobby for change with one goal in mind: protecting our coastline.

Daniel's desire to help others is evident in his work as a high school intern at Emerald Keepers, studying environmental data systems. Also, co-managing Coronado Crops, a student-led gleaning initiative to reduce food waste. He also serves as a Surf Instructor at Blue Wave Surf Coronado, teaching ocean safety and environmental stewardship to younger students. In five to ten years, Daniel sees himself designing water infrastructure and coastal resilience systems that directly protect public health. He hopes to work at the intersection of engineering, public policy, and community engagement, ensuring that solutions are both technically sound and accessible.

School and Community References: Danny's ability to bring people together is one of his greatest strengths. He worked with local officials and environmental organizations to raise awareness and push for

solutions to the Tijuana River sewage crisis, demonstrating maturity and communication skills well beyond his years. In the Fall of 2026, he will begin studying environmental engineering at Stanford University; next critical step toward his vision for environmental advocacy in our community.



Allana Reyes

RESDC 2026 Merit Scholarship Recipient - \$2,000, and the La Rue Pierce Volunteer Service Award - \$1,000.

Allana graduated from Altus Schools East County HS, El Cajon, San Diego, CA, with a 4.36 GPA. Allana was awarded a \$2,000 merit scholarship, and \$1,000 La Rue

Pierce voluntary service award. She is sponsored by her grandmother **Lourdes Ramirez Reyes**.

Allana's Personal Statement: "As a high school senior at Altus Schools East County in a dual enrollment program at Grossmont College, Allana has developed a passion for medication research and development. She is fascinated by the natural world; from getting the first microscope to joining the BE WISE program to pursuing a career in Biology, her passion has been lifelong. As soon as she was able to answer the question "What do you want to be when you grow up?"; her answer, "scientist." However, it was only through her own experiences and the help from her mentors that this passion was directed towards the world of medicine".

Allana's community service includes, BE WISE member since 2021; Teen Science Café Leader since 2025; the Jacobs & Cushman SD Food Bank 5-hours/week, since 2025; SD Blood Bank 4-hours/week, since 2025; the Animal Pad volunteer, 2-hours/month since 2025; Girls Who Lead externship, 30-hours/one week; private caregiver 5-hours/week, since 2020. Her altruistic nature allows her to connect with the community and understand their needs and strengthens her passion for helping others.

School and Community references: Allana revealed herself as a diligent, hardworking, and respectful learner. Able to work independently and maintain strong grades in all assigned coursework over the past 4 years, and she tries to engage in insightful discussions that show her desire to learn and understand content more deeply. Allana is planning to attend a 4-year university to study cellular and molecular biology to gain further experience with research, in order to secure a future career in medication development. □

QUOTE OF THE MONTH

"To see the summer sky is poetry, though never in a book it lie—true poems flee."

-Emily Dickinson

HIDDEN GEMS—RESTAURANT EDITION

By Chuck Brown



As a kid, I "discovered" airport restaurants and have been a fan ever since. One of my older brothers was a tool design engineer with Lockheed "everything" – Aircraft, Missiles and Space, Propulsions. He was an avid "wing nut" and would always search the skies when he heard an engine. He took me to the restaurant at the general aviation airport in Hesperia, CA. Open for lunch and dinner, they

had a reputation for some of the best steaks in the area. I've been to various airport cafes/restaurants around the state and have found they're solid bets for a good meal at reasonable prices.

Fast forward a bazillion years to... San Diego. Depending on where you live, there might be an aviation restaurant near you – four to choose from.

Casa Machado (Hours 11 am – 9 pm) Montgomery Field 3750 John J. Montgomery Dr, San Diego

Located on the second floor of the terminal, there is an excellent view of parked aircraft and the runway. A very extensive menu (from antojitos to postres) of traditional and specialized Mexican dishes, a champagne brunch, weekday lunch specials and banquet facilities (this is where my retirement party was held). There is a full bar.

Gillespie Field Café (Hours 7am – 2pm) 2015 N. Marshall Ave, El Cajon

Located on the edge of the airpark, there is a broad view of aircraft and both runways. This is home base for the Sheriff's ASTREA fleet. The breakfast and lunch menus are huge. Breakfast includes egg dishes, omelets, waffles, pancakes, etc. The lunch menu has a variety of sandwiches and burgers, soups/chili, salads, and homemade desserts. Beer and wine are available.

The Landing Strip (Hours 11 am – 9pm) Brown Field 1424 Continental St, San Diego

From ground level, there is a full view of the runway and taxiway. The menu includes appetizers, burgers, salads, soups, and various Mexican dishes. There is a full bar/cocktail lounge as well.

The Landings Gastropub (Hours 10:30 to various closing hours. Open 8am on Saturday & Sunday) McClellan-Palomar Airport 2198 Palomar Airport Rd, Carlsbad

There is a narrow view, between buildings, of the runway. The menu has lots to choose from – salads, soups, sandwiches, burgers, and desserts. The wine and beer list is extensive. Live entertainment Thursday through Sunday. □



BOARD MEMBER PROFILE LEILA ATTAR

A member of the RESDC Board of Directors since February 2018, Leila retired in September 2016, after 32 years of service with the County. Born and raised in New York, Leila moved to California in 1979, where she received her Master of Public Health from San Diego State University. Leila's career at the County of San Diego began in 1984, at what was then the Health Services Department, now the Health and Human Services Agency. From 1989 to 2000, she was an Analyst with the Alcohol and Drug Services division, where she worked with the community based organizations that provide the wide array of prevention, treatment and recovery services to the residents of San Diego County. She then worked as an Analyst at the County's Probation Department starting in the year 2000, providing administrative support to the special programs for youth, adults, and families involved or at risk of being involved in the justice system.

A member of the CRASH, Inc. Board of Directors since 2001, Leila's familiarity with the operations and requirements of the County has assisted CRASH in understanding its expectations. When a potential residential facility became available, she worked on evaluating its appropriateness and feasibility for an agency program. CRASH, Inc. is a non-profit agency providing substance abuse services in San Diego.

Leila lives in San Diego with her husband, Jim. She enjoys traveling, keeping up with current events, getting together with friends, and supporting environmental and animal causes. Her goal is to work on keeping this planet livable for the generations to come. □



Speaker, Lt. Colonel Leonard M. Howard, at the RESDC Flag Day Luncheon, June 2026.



In Memoriam

Anaheed Abrahamian	HHSA
Mark Anderson	HHSA
Robert Armstrong	Sheriff
Gloria Bisson	Superior Court
William Black	District Attorney
Joan Brookman	Assessor/Recorder/Cty. Clk.
Lowell Bruce	Sheriff
Patricia Burkardt	HHSA
Lucinda Covell	HHSA
Mary Criqui	Probation
Ellen Davis	HHSA
Douglas Dejardine	Sheriff
Diana Denoyer	HHSA
Marilyn Dolezal	HHSA
Bertha Dorsett	HHSA
Joseph Dziuba	Public Works
Shirley Eppler	General Services
Robert Forsythe	Planning & Land Use
Geraldine Frank	HHSA
Robin Fritchman	HHSA
Richard Gillenberg	HHSA
Homer Haughey	HHSA
Debbie Havens	HHSA
Connie Horst	HHSA
Joyce Huska	Superior Court
Vivien Isom	District Attorney
Jafar Izadi	Housing/Commty. Devlp.
Shirley Layman	
Andres Magaoay	
Richard Mattson	HHSA
Trina McKinney	HHSA
Elliott Moses	District Attorney
Barbara Mulvey	Planning & Land Use
Sharon Murphy	Human Resources
Rosaura Olea	Library
Shirley Parnell	HHSA
Willie Patterson	Sheriff
Tina Pena	
George Puthoff	HHSA
Ernestine Selby	HHSA
Margie Simmons	Public Works
Suzanne Smith	
Karen Standing	HHSA
Lois Stone	
Linda Therien	Auditor & Controller
Mary Jo Thompson	
Patricia Valdez	HHSA
Maria Velasco	HHSA
Abelardo Viray	Sheriff
Nancy Walker	

Member Privacy

Any retiree or surviving spouse who does not want his/her death notice published in the "In Memoriam" column may notify the RESDC office and your privacy will be maintained. □



Office Hours: 9 a.m. to 2 p.m. Monday through Friday.

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Business and Inquiries: Business matters and address changes may be recorded on the office voice mail at any time, call (866) 688-9229. Please spell your last name so the correct member record can be located.

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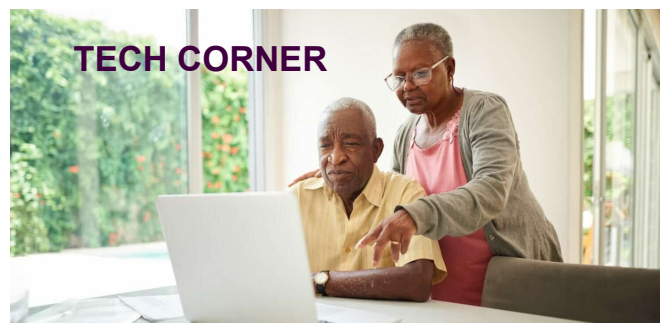
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Jeanette “Jeanie” Harrison celebrated her 90th birthday in November, hosting 25 family members at her and her husband, Euel’s, ranch in central Texas. They all enjoyed the “country life” for a few days. Jeanie retired from EDP services in 1986 after 17 years service to the county. She writes, “We are both finally retired. We still work our 142 acre ranch, slowly.” □



Start small.

If you feel completely out of your comfort zone when it comes to technology, there’s absolutely no shame in beginning with the basics.

Jacob Kalvo, co-founder and CEO at Live Proxies says, “When it comes to seniors who feel like they’re falling behind technologically, my first tip would be to embrace one device at a time. Start with a device you need to use most often—like a smartphone or a tablet. Familiarize yourself with its basic functions before moving on to more advanced features. This helps build confidence and reduces overwhelm.” □

FREE!

Smoke Alarms for Seniors!

Smoke alarms are critical for a
home fire escape plan

Are You Prepared?



To sign-up for your free smoke alarm installation,
contact our Senior Smoke Alarm Coordinator today at:



(858)-541-7862

or email: smokealarm@burninstitute.org

*The Burn Institute is a local non-profit serving the San Diego community for 50 years.
Learn more at Burninstitute.org*

SDCERA

SEND DOCUMENTS TO SDCERA SECURELY

Need to send SDCERA an important form? Use the SDCERA secure file upload tool to safely send files online instead of using unsecured email.

Simply provide your information, upload your file, and include a brief description of what you’re sending. We accept many common file types, including PDF, JPG, PNG, DOC, and more.

Get started at upload.sdcera.org. □