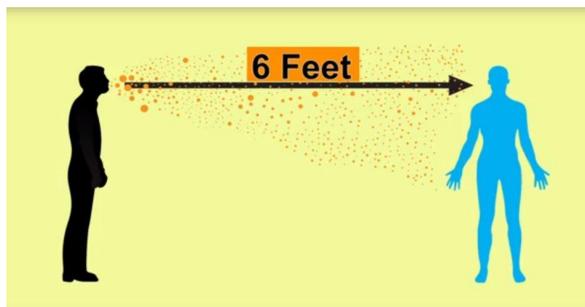


## April 2020 Newsletter



*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.*

## COVID-19 Response



### **Stay Home and Stay Safe!**

We are encouraging all of our seniors to understand and follow the shelter in place orders issued by the State of California and San Diego County Health and Human Services to stay safe. DMCC in-person programs are suspended indefinitely. DMCC operations are still active, with staff and volunteers working for you as we follow social distancing and hygiene guidelines.

## How DMCC Can Help

We want to make it easier for you to stay home. If you need assistance in obtaining groceries, personal hygiene items, or cleaning supplies, please fill out [this form](#) (preferred) or call (858) 792-7565. To receive assistance you simply need to be a Del Mar resident who is 65+ or disabled. Please provide us with as much notice as possible when requesting items.

If you were formerly tech-averse and you now need help connecting to the world via the Internet, please call us at (858) 792-7565 and we will try to get you what you need to join in!

## Remote Activities

Just because you're hanging out at home doesn't mean you can't participate in DMCC activities! Read on to find out about the remote activities we have scheduled for April as of the date of this newsletter getting published. We anticipate that we will be adding more to our calendar, so make sure you're subscribed to our email list to learn about the latest.

## Help From Other Organizations

- The **Del Mar Village Association** is continuously updating a list of Del Mar restaurants and businesses that are staying open by utilizing pick-up and delivery services so that you can support local business as you get your needs met. Find their list at this link: <https://visitdelmarvillage.com/guide-to-open-del-mar-businesses/>
- **StayHomeSD** is a startup program that will deliver basic necessities to you with a quick turnaround. Visit [stayhomesd.com](http://stayhomesd.com) or call (619) 800-3252 to ask for help.

## Remote Activities

### Learn How to Zoom with Klaus

Every weekday

10am - 10:30am

Our computer tutor Klaus Gubernator wants to help you stay connected even as you stay at home.

Visit <https://zoom.us/j/813438626> to learn directly from Klaus how to use the Zoom platform to meet, learn and socialize.

zoom



### Singing Apart

Every Thursday

3pm - 4pm

DMCC's monthly singalong group Singing Together is now meeting weekly, from the comfort of your own computer! Join pianist Linda Chisari and other Del Mar music lovers while we lift our spirits in a singalong. To join, visit <https://zoom.us/j/989350997>



## **Adapting to Life Transitions**

**Friday, April 3rd & 17th**

**2:30pm - 4pm**

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. To join from home, visit <https://zoom.us/j/793892571>.



## **Tuesday Lunch Connections**

**Tuesday, April 7th & 21st**

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. This program is generously sponsored by the Del Mar Foundation.



## **How the Internet Can Help You**

**Tuesday, April 14th & 28th**

**9:30am - 10:30am**

Scientist, computer expert, and DMCC Computer Tutor Klaus Gubernator will help you understand the Internet and make use of it to improve your life.

Visit <https://zoom.us/s/813438626> to join this class.



## **Volunteer of the Month**

### **Klaus Gubernator, Computer Tutor**

Klaus Gubernator, organic chemist and founder of eMolecules, has been DMCC's volunteer Computer Tutor since the fall of 2017. Originally from Germany, then Belgium and Switzerland, Klaus came to Del Mar 23 years ago.

Klaus is known for his extensive knowledge of computers and the Internet, and his enthusiasm for people to use it to improve their lives at any age. He has always been generous with his time, both in leading a class for DMCC and in providing one-on-one instruction for those who need personalized help. Recently in dealing with the pandemic crisis, he has augmented his service to DMCC by remotely leading a class once a day in order to teach people how to use videoconferencing platform Zoom. He's also working behind the scenes to make long-term plans to help connect those in the community that are tech-averse, because "Communication is so important for seniors in such difficult times."

DMCC program leaders help seniors to learn something new or participate in an activity that enriches their quality of life and the feeling of community. Program leaders enjoy being in charge of their corner of the DMCC calendar of activities; Klaus says, "At this stage of my career, helping others is my only priority; service above self, in the spirit of Rotary."

Thank you Klaus!!!



*Del Mar Community Connections is a 501(c)(3) non-profit corporation providing resources to age in place...because there's no place like home.*

*Contact Us! (858) 792-7565 - dmcc@dmcc.cc - www.dmcc.cc*

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