



# Del Mar Community Connections

PO Box 2947 Del Mar, CA 92014 www.dmcc.cc 858-792-7565

*Supporting and Serving Seniors*

## June 2025 Newsletter



Andrea from the California Department of Insurance makes a presentation to Tuesday Lunch Connections participants, June 2023

***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



#### Transportation Expansion!

DMCC's Essential Transportation services for non-driving seniors are expanding again! Beginning June 1, all older adults who no longer drive (permanently or temporarily) and live in the 92014 ZIP code south of Via de La Valle and west of I-5 are now eligible to enroll in DMCC's FREE Essential Transportation services.

Enrolled seniors are picked up at home by the Sassy Chassis van or a volunteer in their own vehicle for things like grocery, medical, personal care, and other essential errands. Enrollment is required, and certain guidelines apply. To learn more and enroll, please visit our [Essential Transportation services page](#) or call (858) 792-7565.



#### 2025 Report to the Community

Our 2025 Report to the Community, celebrating 25 years of DMCC, will be mailed to households and emailed to you soon! Check your mailbox and inbox to find out more about what's new in the last year, learn about the impact DMCC has in the community, and see some great photos.



**\*NOTE:** We have planned both remote and in-person activities. Please plan to attend DMCC in-person activities ONLY if you are prepared to show proof of full vaccination from Covid-19, including at least one mRNA booster, and are free from symptoms of respiratory infection.

### Spotlight Activities

#### Aging with Resources: Planning to Maximize Quality of Life [IN PERSON]

Friday, June 13

11am – Noon

Del Mar Town Hall (1050 Camino Del Mar)

There is a range of attitudes about aging, from those who run from it to those who embrace it. The truth of the matter is we have been aging since the moment we were born. Regardless of where you fall on the spectrum, life is fluid, and with that fluidity comes change and sometimes even crisis. The best way to maximize quality of life and mitigate risk, as you age, is to know what resources are available to you, how to access them, and when to utilize them for optimal benefit.

During this presentation, Rebecca Montano, Ph.D will review the various resources for people who are aging. She will discuss myths vs facts of Medicare, accessing Long Term Care, developing an Advanced Health Care Directive, Care Management, and more. Most importantly, she will provide a framework for creating a plan to maximize quality of life so that you are not trying to make decisions in the midst of a crisis.



**REGISTER HERE**

**Or call (858) 792-7565**

## Memoir with Mai Lon: Special 4-Week Summer Session [IN PERSON]

Beginning Thursday, June 19

9am – 11am

DMCB Multipurpose Room (225 9th St.)

Telling Your Story: Time and Place is Everything! Join longtime Del Mar memoir-writing expert Mai Lon Gittelsohn for this special summer workshop in which we'll explore time and place as elements of storytelling. Signups for the 4-meeting session are first come, first served for a very limited number of seats. To find out more, call the DMCC office at (858) 792-7565 or email [dmcc@dmcc.cc](mailto:dmcc@dmcc.cc). Meeting dates: 6/19, 7/3, 7/10, 7/17 (please note that there is no meeting on 6/26.) Registration extremely limited!



REGISTER HERE

Or call (858) 792-7565

## Foodie Van: Cesarina [IN PERSON]

Monday, June 23

11:30am – 2pm

Meet at DMCB, 225 9th St.

Ride the Foodie Van! Join friends and neighbors who want to experience the latest food trends for a no-host luncheon at an upscale restaurant - and let DMCC do the driving. We pick the restaurant and reserve an outdoor table for you, so that you can focus on enjoying good food and good company.

This month we're revisiting an earlier favorite! [Cesarina](#) in Point Loma is a charming and cozy trattoria with an extensive menu of fresh pasta options and a Michelin Bib Gourmand designation.

The DMCC van will depart the Del Mar Community Building (225 9th St.) at 11:30am and will return at approximately 2:00pm. Registration and proof of Covid-19 vaccination+booster required.



JOIN THE WAITLIST

Or call (858) 792-7565

## Page Turners: Alka Joshi and *Six Days in Bombay* [REMOTE]

Thursday, June 26

2pm – 3pm

Join DMCC and the Del Mar Library monthly to meet authors and share your insights with others about great books at Page Turners. In June, we'll welcome international bestselling author Alka Joshi in her second return to DMCC Page Turners, as we discuss her latest, *Six Days in Bombay*.

When renowned painter Mira Novak arrives at Wadia hospital in Bombay after a miscarriage, she's expected to make a quick recovery, and her nurse, Sona, is excited to learn more about the vivacious artist who shares her half-Indian identity. Sona, yearning for a larger life, finds herself carried away by Mira's stories of her travels and exploits and is shocked by accounts of the many lovers the painter has left scattered throughout Europe. When Mira dies quite suddenly and mysteriously, Sona falls under suspicion, and her quiet life is upended.

DMCC will provide a limited number of complimentary copies of the book to 92014 residents who want to get in on the discussion; please indicate on the registration form if you would like us to reserve a copy for you, and we will be in contact to arrange pickup.



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Or call (858) 792-7565

## Explorers: The UCSD Stuart Collection [IN PERSON]

Monday, June 30

10am – 2pm

Meet at DMCB, 225 9th St.

\$20 per person

Join DMCC for a docent-led tour of the Stuart Collection at UCSD, a unique collection of site-specific works by leading artists of our time. Where else can you find a 180-ton teddy bear made out of concrete? Or a crooked house perched precariously on the edge of a seven-story building? How about a eucalyptus tree that recites poetry and music? Sounds like something Alice would find when climbing through the looking glass. Such wonders are spread over the UC San Diego campus in La Jolla and are just a few of the internationally renowned public artworks in the Stuart Collection.

Meet at the Del Mar Community Building at 10am and the DMCC Sassy Chassis van will take everyone to La Jolla. After the tour, the group will stop for a no-host lunch. Participants



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## Regular Activities and Programs

### Writing Your Story Open Session [IN PERSON]

Every Monday  
10am – Noon  
DMCB Multipurpose Room, 225 9th St.

Join this weekly gathering of others with a passion for writing. Writing Your Story participants Linda Chisari and Lynn Gaylord will share prompts and lead discussions between formal Writing Your Story workshop sessions so that others may engage in on the personal and meaningful process, learning from fellow narrators and experiential learners. In the course of each meeting, there will be time to write and opportunities for members to share their writings from the session.



[REGISTER HERE](#)

Or call (858) 792-7565

### Move with Michael [IN PERSON]

Monday, June 2  
3:00pm – 4:00pm  
DMCB Patio, 225 9th St.

Join Physical Therapist Michael Liederman and other DMCCers for lower extremity/upper extremity range of motion and strengthening exercises to help your functional mobility, physical safety, pain management, and more. He will provide emphasis on large muscle groups that assist with walking, standing, stairs and reaching to improve overall functional independence. Have some fun while learning to prevent falls! Registration required. Sassy Chassis pickup offered to Essential Transportation enrollees who would like to participate.



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Or call (858) 792-7565

### Tuesday Lunch Connections [IN PERSON]

Tuesdays, June 3 & 17  
Noon – 1:30pm  
DMCB Patio, 225 9th St.

Del Mar's residents age 85+ enjoy a nice meal from a local restaurant among the fellowship of others - outdoors on the Del Mar Community Building Patio! Check "The Week Ahead" emails sent on Sunday mornings to learn more about that week's planned meal and program. Reservations required and must be made by the previous Monday morning. Transportation is provided to this luncheon for those enrolled in DMCC Transportation Services. Generously sponsored by the Del Mar Foundation.



To register: Call the  
DMCC office at (858)  
792-7565

### The Knitting Circle [IN PERSON]

Every Tuesday  
2:30pm – 4:30pm  
DMCB Multipurpose Room, 225 9th St.)

Join program leaders Melissa Gans, Toni Wong, and other knitters in creating a knitting community. Open to all skill levels. Beginners will learn basic skills to cast on, knit stitch and cast off. More experienced knitters will have an opportunity to refresh and advance their skills. If you know how to knit, bring your yarn and needles. Registration required.



[REGISTER HERE](#)

Or call (858) 792-7565

### Grocery Van [IN PERSON]

Every Wednesday  
9am – Noon **OR**  
1pm – 4pm

Take a ride on the Sassy Chassis and go on a group trip to Trader Joe's, Ralph's, and Sprouts in Encinitas. We assist riders in shopping, loading, and unloading their purchases. Enrollment in DMCC's free Essential Transportation services required. There are now two separate grocery van shifts; when making a reservation, please specify if you would prefer the morning (9am - Noon) or afternoon (1pm - 4pm) van. Please note: Full vaccination against Covid-19, including booster, is required to ride this van. You may not ride the van if experiencing symptoms of respiratory illness.



To register: Call  
(858) 792-7565

### Mah Jongg [IN PERSON]

Every Wednesday

10am – 1:00pm  
Powerhouse, 1658 Coast Blvd

Join us at the Powerhouse to play American Mah Jongg, a game of skill, strategy, and luck. No partner necessary; experience required. We're always looking for new players; call the DMCC office at (858) 792-7565 or email [dmcc@dmcc.cc](mailto:dmcc@dmcc.cc) for more information.



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Or call (858) 792-7565

### Bridge [IN PERSON]

Every Wednesday  
1:00pm – 3:30pm  
Del Mar Community Building Patio (225 9th St.)

No partner necessary; play Chicago bridge on a drop-in basis. More players needed for this classic card game! Call the DMCC office at (858) 792-7565 or email for more information.



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Or call (858) 792-7565

### \$age Investment Group [REMOTE]

Thursdays, June 5 & 19  
10am – 11:30am

Join a group of investment hobbyists who enjoy talking about the financial markets. Try to make sense of current economic conditions and explore a range of strategies to achieve individual investing goals. Discussions are informal and wide-ranging, and pursue topics of general interest not strictly limited to the markets. No prior investment experience necessary!



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Or call (858) 792-7565

### Water Fitness Shuttle [IN PERSON]

Every Thursday  
Pickups begin at 2:15pm  
Class held 3pm–4pm  
\$5 per participant; pay at pool

Especially for DMCC's Essential Transportation participants who wish to engage in an effective low-impact physical exercise program! At the Carmel Valley Pool's outdoor Water Fitness class, flexibility, endurance, strength, and coordination are emphasized while eliminating stress on the joints and back. Anyone can join! The DMCC Sassy Chassis will pick you up at home, take you to the Carmel Valley Pool, and then return you to your own door. Participants should bring a swimsuit, towel, sun protection, and a change of clothes.



Call (858) 792-7565 to register.

### Caregiver Support Group in Partnership with the Alzheimer's Association [IN PERSON]

Thursdays, June 12 & 26  
11:30am – 1pm  
DMCB, 225 9th St.

On the second and fourth Thursday of each month, DMCC is hosting a support group in partnership with the Alzheimer's Association. Facilitator Jeanie Grischy and Co-facilitators Arlene Lighthall and Carol Steblay will help family caregivers to build a support system, exchange practical information, and share concerns in a nonjudgmental environment right here in Del Mar.



REGISTER HERE

Or call (800) 272-3900

### Singing Connection [IN PERSON]

Thursday, June 5  
4pm – 5pm  
Private Residence

Singing - like laughter, sunshine, and exercise - helps maintain our well-being and happiness. Come and get happy with us as we sing at a private Del Mar residence. Song sheets and piano accompaniment provided. Newcomers always welcome! For more information, email [dmcc@dmcc.cc](mailto:dmcc@dmcc.cc) or call (858) 792-7565.



REGISTER HERE

Or call (858) 792-7565



## Grief and Loss Group [IN PERSON]

Fridays, June 6 & 20  
10am – 11:30am  
St. Peter's Episcopal Church Library  
1 Parish Ln.

The Del Mar Grief and Loss Group is a supportive, healing space for individuals coping with the pain of loss. Those mourning a loved one can join others from DMCC and St. Peter's Episcopal Church twice monthly to gain understanding, comfort, and coping strategies. We offer a compassionate environment where participants can share their feelings, listen to others, and begin to process their grief. Through shared experiences, we find comfort and hope on our journey toward healing. Join trained facilitators Deacon Pete Martin, Katie Militello, and Judy Tullie to connect with others who truly understand, and take the next step in your grief journey. This group is open and welcome to all belief systems.



No registration  
required.

## Retail Therapy Club [IN PERSON]

Monday, June 9  
11am – 3pm

Go on a group shopping trip with friends and neighbors and let DMCC do the driving! Meet at the Del Mar Community Building at 11am, or if you're registered in transportation services, get picked up and dropped off at home. Please call DMCC at (858) 792-7565 or email us at [dmcc@dmcc.cc](mailto:dmcc@dmcc.cc) 24 hours in advance to arrange pick up or let us know you'd like to reserve a seat on the van.



To register:  
Call (858) 792-  
7565

## DMCC Trailblazers [IN PERSON]

Monday, May 16  
9am – 10:30am  
Meet at SDRP Ranger Station, 15699 San Andres

Get some fresh air! Socialize! Get some exercise! Learn something new! Appreciate the unique beauty of our surroundings with the DMCC Trailblazers senior trail-walking group. Volunteer Lois Higgins will lead Del Mar seniors on an easy-rated, one-and-a-half mile walk along the lagoon in San Dieguito River Park. This activity is a collaborative effort between DMCC, San Dieguito River Park rangers, and San Dieguito River Valley Conservancy staff, ensuring a welcoming and enriching experience for all participants. The walk begins at the ranger station, where there is ample parking. Please wear good walking shoes, apply sunscreen, and bring plenty of water.

Accessibility Note: This trail is rated easy, with a flat but variable surface. If you require assistance, please inform DMCC staff in advance.



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Or call (858) 792-7565

## HICAP Medicare Counseling [IN PERSON]

Wednesday, June 18, 10am – Noon  
Thursday, June 26, 2pm – 4pm  
By appointment only  
DMCB, 225 9th St.

Get help with Medicare at DMCC HQ from the Health Insurance Counseling and Advocacy Program monthly. HICAP Counseling is a one-on-one service that is free, unbiased, and confidential. Learn about Medicare, get help appealing bills or denials, learn about long term care coverage, learn ways to reduce drug costs, get help comparing plans, or get screened for financial assistance. Counselors are registered with the CA Department of Aging.



APPOINTMENT  
HERE

Or call (858) 565-8772

## Reach Out Club Outing: Serving Seniors [IN PERSON]

Friday, June 27  
10:15am – 1:30pm  
Meet at DMCB, 225 9th St.

Get involved with DMCC's new community service club for seniors - spend quality time with other Del Martians who enjoy reaching out, giving back, and making a difference in the community! Serve a hot, nutritious meal to seniors living poverty in downtown San Diego. The DMCC Sassy Chassis will take the group to the Gary and Mary Wellness Center to help the Serving Seniors charity, which believes that all seniors, regardless of income, should be able to thrive, engage in their communities, lead purposeful lives, and have a place they call



REGISTER HERE

Or call (858) 565-8772

home.

## ROMEO: Retired Older Men Eating Out [IN PERSON]

Tuesday, May 27

Noon – 1:30pm

En Fuego Cantina, 1342 Camino Del Mar

Retired Older Men Eat Out with friends and neighbors at one of Del Mar's favorite restaurants. Reservations are required.



[REGISTER HERE](#)

Or call (858) 565-8772

## Volunteer of the Month: Nancy Kane



Nancy Kane loves gardening, quilting, and her community, and is one of those people who is organized enough to harness her artistic skills and coordinate others to serve her community. As a Del Mar Garden Club (DMGC) board member, Nancy was in charge of the Project JOY outreach partnership with DMCC over the 2024 holiday season, organizing her fellow DMGC members to create beautiful handmade gifts to deliver to the homes of community members who are homebound, recently widowed, recovering from injury, or otherwise in need of a demonstration of extra love from their community. Nancy was nominated by DMCC and DMGC board member Tanya Young, who said, "DMCC is so fortunate that Nancy headed up Project JOY last year. She designed handmade quilted "Bowl Cozies" and filled them with treats to bring joy to every recipient. The lucky DMGC and DMCC volunteers got to have fun hanging

out with Nancy and learning more about her amazing work."

Originally from Massachusetts, Nancy has lived in California since 1989 and has called Del Mar home since 2019. She began her career as a buyer for JC Penney before raising her four children with her husband Chris. She currently owns a small business in partnership with a friend providing a specialty quilting service called a longarm service ([www.thequiltqueens.com](http://www.thequiltqueens.com)). And she now really enjoys spending as much time as possible with her three granddaughters, "and they all live in San Diego!"

A core part of Nancy's identity is her volunteer work; in addition to her responsibilities to the Garden Club and DMCC, she volunteered for all her kids' schools and sports program when she was raising them. She has been actively providing service to Feeding San Diego since 2012, because "it truly fills my soul to help others."

DMCC depends on the partnership of other community organizations for some of our most valued programs, and it's a fun way to get even more people involved in keeping older adults in the community. Nancy says about the partnership "When the Garden Club asked for someone to head up Project JOY last year, I raised my hand right away! After delivering some of the gifts a few years back, I couldn't wait to put my spin on it. The partnership not only brings so much joy to the gift recipients, but also to so many other Garden Club volunteers that helped put it all together." To learn more about Nancy or volunteering for DMCC, visit [www.dmcc.cc/volunteerofthemonth](http://www.dmcc.cc/volunteerofthemonth). If you have an idea for a way a partner organization can work with DMCC to benefit the older adults of Del Mar, contact our office at [dmcc@dmcc.cc](mailto:dmcc@dmcc.cc) or call (858) 792-7565.

Thank you Nancy!

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