



**Welcome  
to the  
General Membership Meeting**

# Invocation

Peter Whittet

*Dream Center San Diego*

# **Table Discussion**

*Rev. Meg Decker*


*Can We Make the Information  
Easier to Share? How?*




# **Senior Services**

***Senior Services Charlene Marson  
Program Manager***

# THE NUMBERS: JULY 2015 – JULY 2016

- 261 Seniors were given Free Minor Home Repairs 2015/2016.
  - 8, 817 meals were served
  - 684 were brand new attendees to the Senior Connections Lunch.
  - 37 Seniors receive daily “How R U?” Phone Calles each day.
  - 182 Seniors have received case management through Project Care
  - 15 Seniors have been given emergency funding (generously provided by the Foundation for Senior Wellbeing) to assist them through a crisis.
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# SENIOR CONNECTIONS LUNCH PROGRAM

- We serve lunch 5 days a week at 5 different locations.
  - Meal choices are \$2.00 and are cooked fresh to order.
  - Includes an entrée, side, dessert and beverage.
  - Daily speakers and entertainment are part of daily lunch.
  - Fresh organic produce from local farms are given away free everyday.
  - Goal is to improve senior nutrition, socialization and access to community resources.
  - We have served 1,300 unduplicated seniors since November 2014
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# PROJECT CARE

- Offers homebound seniors a safety net to help them successfully age in place.
- In-home assessments by a case manager address needs.
- A care plan that includes weekly follow-up phone calls.
- Referrals to internal ICS and external community resources.
- Vials of life are distributed, daily reassurance phone calls, network with community partners such as YANA and utility workers who are the eyes and ears in the community.

# SENIOR EMERGENCY ACCOUNT

- Direct funds to support a senior in crisis.
- Funds are a one time gift, with no repayment.
- Qualifications; seniors have the ability to support themselves for stable housing etc.
- Funds go directly to third party; medical bills and equipment, rent, deposits, car repairs and payments, utility bills...
- Generously donated by The Foundation for Senior Wellbeing located in San Marcos.



# MINOR HOME REPAIR

- Free minor home repairs for North County Seniors
- Repairs are for safety and security in the home.
- Grab bars, screens, door locks, lighting, lite plumbing.
- Cannot do repairs that require a contractors license or cosmetic. i.e. electrical wiring, roofing, painting, new cabinets etc.
- Clients need to have difficulty performing 2 ADL's, have an un-paid caregiver. Priority is given to low income clients.

# VOLUNTEERS

- All of our senior programs rely heavily on volunteers.
- We could not do what we do every day without the generous hearts of people willing to serve.
- We currently have 35 volunteers who assist the Senior Services Department.
- Often times we reach out to the faith communities to assist clients who have needs that are beyond our scope. Needs such as yardwork, roofing, moving, furniture and financial funding have all been met by generous faith communities.

# SENIOR SERVICES STAFF

Charlene Marson-Program Manager

Donna Stinson-Senior Connections Coordinator

Jon Holland –Minor Home Repair Coordinator

Brittany Tate- Case Manager

Dave Lyons-Senior Outreach Specialist

# FAITH BASED ACADEMY

**Presented by:**

Interfaith Community Services

**Sponsored by:**

San Diego Health & Human Services



# COMMON MENTAL HEALTH ISSUES EXPERIENCED BY SENIORS

- Insomnia
- Depression
- Alzheimer's
- Dementia



# What is Insomnia ?

Often takes longer than 30 minutes to fall asleep for three or more nights in a week for over a month

## Symptoms include:

- Waking up during the night
- Waking up too early
- Feeling tired during the day
- Irritability
- Depression
- Anxiety
- Increased errors or accidents
- Tension headaches
- Stomach pain
- Difficulty paying attention



WHAT IS DEPRESSION?



# Depression

Depression is a common mental health condition that has a variety of physical and mental symptoms. Although we all feel down and fed up every now and again, depression is more than just that. If you have the condition, you can be sad for weeks, or even months.


Types of depression include:

- mild depression
- clinical depression
- bipolar disorder
- seasonal affective disorder (SAD)

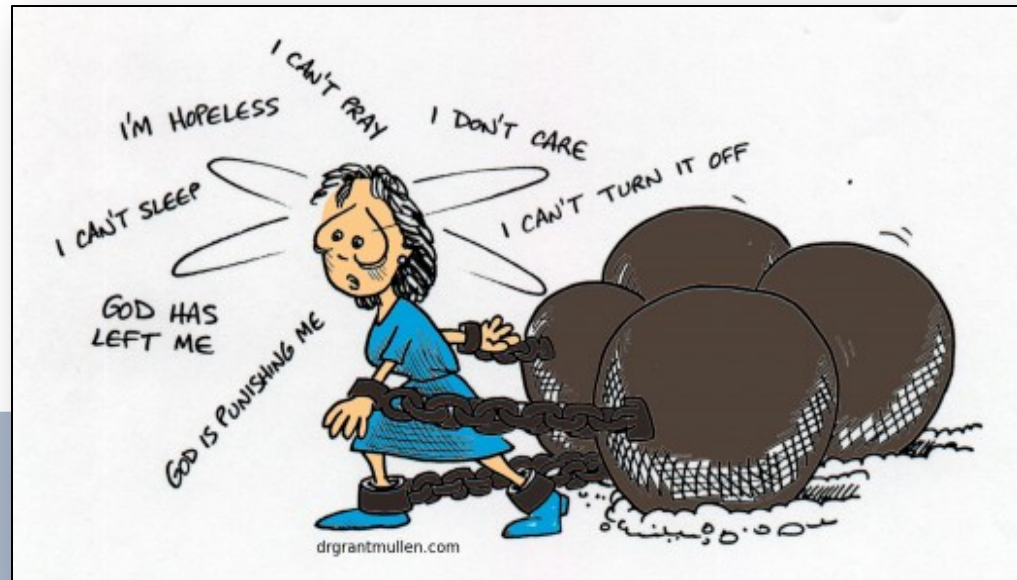




# Symptoms of Depression

- Fatigue and decreased energy
  - Feelings of guilt, worthlessness, and/or helplessness
  - Feelings of hopelessness and/or pessimism
  - Insomnia, early-morning wakefulness, or excessive sleeping
  - Irritability, restlessness
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- Overeating or appetite loss
- Persistent aches or pains, headaches, cramps
- Digestive problems that do not ease even with treatment
- Persistent sad, anxious, or "empty" feelings
- Thoughts of suicide



# **Announcements & Updates**

**Greg Anglea**

***Executive Director***

***Interfaith Community Services***



YOU (AND YOUR +1) ARE INVITED TO  
INTERFAITH COMMUNITY SERVICES  
2016 ANNUAL MEETING



Tuesday, September 20, 2016  
10:00 a.m. - 12:00 p.m.

Saint Thomas More Catholic Church  
1450 S. Melrose Dr., Oceanside, CA 92056



# **Updates on Offering Hope in Housing**

**Rev. Meg Decker**

***Vice Chair of Board of Directors***

***Interfaith Community Services***

# Chaplaincy Program Development



**Rev. Meg Decker**

***Vice Chair of Board of Directors  
Interfaith Community Services***

# **Announcements**

**Mary Ferro**

***Faith Liaison***

***Interfaith Community Services***

# **Benediction**

**Dick Belprez**

***St. Thomas More Catholic Church***