

**Ageing & Independence Services County of San Diego
Health Promotion Speakers Bureau**

Agency	Topic	Contact Information	Notes
211 San Diego	What is 2-1-1?	Meg Storer, 858-300-1240, mstorer@211sandiego.org	<i>2-1-1 provides access to countywide services and serves as an information line as well</i>
Aging & Independence Services, COSD	Intergenerational Programs: Value of IG Programs; How to Develop an IG Program; How to get Involved with intergenerational activities	Pam Plimpton, 858-495-5769, Pam.Plimpton@sdcounty.ca.gov	
Aging & Independence Services, COSD	Preventing Elder & Dependent Adult Abuse; also *AIS Community Prgrms & Resources *21 Ways to Protect from Financial Abuse *Later Life DV *Mandated Reporting of Elder Abuse	North & East Regions contact Kathy Holmes-Hardy at 619-401-3994, kathy.holmes@sdcounty.ca.gov. South & Central Regions contact Anabel Kuykendall at 619-476-6223, anabel.Kuykendall@sdcounty.ca.gov	<i>30-60 minutes, AIS resources and Vials of Life available with trainings</i>
Aging & Independence Services, COSD	Volunteer: Make a Difference; also *Retired Senior Volunteer Program (National Volunteer Program)	Linda Hopkins, 858-505-6448, linda.hopkins@sdcounty.ca.gov	<i>RSVP has thousands of local volunteer opportunities</i>
AIS Volunteer	Eating Healthy; Microwave Meals, Nutrition for Seniors	Vicki Velasco, 619-449-1979	<i>bilingual as well</i>
Alzheimer's Association	Alzheimer's Disease; also *The Safe Return Program *Maximizing your Memory *How to live a Brain Healthy Lifestyle	Laura Printy, 858-492-4400 x122, laura.printy@sanalz.org	<i>The Alzheimer's Association also offers educational opportunities throughout the county each month</i>
American Red Cross	Disaster Preparedness, Red Cross services	Ricardo Moran, 858-309-1272, ricardo.moran@sdarc.org	<i>5 - 30 minute presentations</i>
Braille Institute	Free programs and services for the blind and visually impaired	Carmen Apelgren 323-663-1111, ext. 1357, capelgren@brailleinstitute.org	
Burn Institute	Fire Safety for Seniors; also *Fire Safety for the Visually Impaired *Kitchen Safety, Smoking Dangers, Planning a Fire Escape	Gwen Lammers, Community Outreach Specialist, Burn Institute, 8825 Aero Drive, Suite 200, 92123, 858-541-2277, Ext. 13, glammers@burninstitute.org	

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Consumer Center for Health Education & Advocacy; Legal Aid Society San Diego	Medicare and Medicare Part D; Medi-Cal; CMS; Health Care Coverage Issues; Intergenerational Programs	Kristi Evans, 619-471-2681kristie@cchea.org	<i>English & Spanish available. White wall or screen for PowerPoint Presentation</i>
Department of Environmental Health, Vector Control	Vector Control Services; Rat & mosquito Control; Vector Borne Illnesses (West Nile, Nortavirus & Plague)	Sharon Untiedt, Public Information Officer, 858-694-2797, sharon.untiedt@sdcounty.ca.gov	
Doctors Speaker Bureau	How to Decrease Stress or Increase Energy and Relaxation; also*Arthritis*Headaches *Pressure Points	Maryam Rad- coordinator, 619-275-3683; healthlecture@hotmail.com	<i>Several other topics available, please contact for more information</i>
Elder Care Law Firm	Long -Term Planning; also *Medi-CAL Eligibility *Legal Documents (POA, wills, etc)	Richard Scott Stewart speaker, contact Olga at 619-282-1194 or gostephens@cox.net	<i>Spanish lawyer also available</i>
George G. Glenner Alzheimer's Family Centers	Alzheimer's and Dementia, also *Difficult Behaviors *Communication Tips *Glenner Alzheimer Family Center Program & Services	420-1703, Dcarnerie@glenner.org or, Marge Galante, Center Manager/Social Worker, 619-543-4704 or, Sheila Meyer, BSW, Center Manager/Social Worker, 760-635-1895	
HealthNet	Duals	Andres Morales, andres.morales@healthnet.com; Alfonso.castellanos@healthnet.com	<i>Provides information on Duals Program</i>
Heritage Senior Care	General Caregiving Skills; also *Assisting with Personal Care *Caring for a loved one with HIV/AIDS;Caring for the Caregiver; Fall Prevention and home safety; Antioxidants	Cindy Wilson, Director of Senior Services, 760-720-7740, cwhsicare@sbcglobal.net	
HICAP (Health Insurance Counseling & Advocacy Program)	HICAP* Medicare (How to-Where to- When to) Advocate *HMO/PPO & Supplemental Insurance; Long Term Care (LTC) Insurance; Information LIS - Low Income Subsidy; Medicare - Medi-CAL (Medi-Medi);HICAP is your advocate in the Medicare Program	Jean Soderberg, Community Ed/Outreach Specialist, 858-565-8772, jsoderberg@seniorlaw-sd.org	<i>English & Spanish available.</i>

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Humana Marketpoint Broker/Agent	Medicare, Long-Term Care, Critical Illness Insurances; individual health, vision & dental, annuity, disability, and final expense insurances	Greg McMullen, 858-922-0195 gcmullen@humana.com	
Independent Broker/Agent	California Partnership for Longterm Care & Eldercare Planning	Grant B. Keefer, 760-809-2689; gbkefer@yahoo.com	
Independent Broker/Agent	Medicare Plans; Peer Counseling; also *Mental Health Methods*Acupuncture	Joel Vorensky, 619-584-8093, jvorensky@sciti.com	
Aging & Independence Services - Legacy Corp	Respite Care	Brian Rollins, Brian.Rollins@sdcounty.ca.gov, 858-505-6305	
LivHome	Geriatric Care Management; also "Brain Mapping: Understanding and Managing Challenging Behaviors."	Marcie Hanna, ElderCare Consultant, 619-544-1622, mhanna@livhome.com	
McNally Financial Services	Long-Term Care Insurance	Michael Snyder, 858-646-3082, mmtsnyder@sdcglobal.net	
Oasis Institute	Education for 50+	Simona Vacuete	
Parkinson's Disease Assoc. of San Diego	Parkinson's Disease	Karen Jensen, 858-273-6763	
Pietrek Spinal Care	Nutrition; also *Exercise *Fibromyalgia *7 Steps to Wellness	James Pietrek, 858-676-1218; drpietrek@pietrekspinalcare.com	
Poway Adult Day Health Care Centers	Adult Day Care Services; also *Caregiver Support *Health Ministries (faith based)	Lois Knowlton, Comm Outreach Coordinator: Office: 858-748-5044; Hm:619-466-3094, loisknow@aol.com	<i>Speaks Spanish</i>
Revisions Resources	Financial tools and solutions for homeowners, reverse mortgages, and housing options	Liliane Choney, Executive Director, 6119-281-6400, liliane@revisionsresources.org	
San Diego Fall Prevention Task Force	Fall Prevention	Kristen Smith, 858-495-5061, kristen.smith@sdcounty.ca.gov or	
SD Center for the Blind	Vision loss	Loyd Davis, Counselor, 760-758-5956, ldavis@sdcdb.org	

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Sharp Healthcare	Health Information; also*How to Obtaining Quality Health Information on the internet *Trustable information for complimentary and alternative medicines	Jackie Davis, Community Health Librarian, 858-939-5031, jackie.davis@sharp.com	
Sharp Hospice Care	Advanced Directives for Health Care	South Bay/Coronado region contact: Monica Medrano (619) 672-6487. Metro San Diego/North County region contact: Veva Arroyo (619) 241-1912. East County contact: Janinie Lortscher (619) 667-1900 or janine.lortscher@sharp.com. Main contact number (619) 667-1900.	<i>Service area is east county, point loma, near I-8; has volunteer that speaks Spanish</i>
Sharp Hospice Care	End of Life and Grief	South Bay/Coronado region contact: Monica Medrano (619) 672-6487. Metro San Diego/North County region contact: Veva Arroyo (619) 241-1912. East County contact: Janinie Lortscher (619) 667-1900 or janine.lortscher@sharp.com. Main contact number (619) 667-1900.	<i>bilingual as well</i>
Sharp Hospice Care	A Time for Hospice- understanding hospice care; *Taking Care of Ourselves as We Care for the Dying *Advanced Directives	South Bay/Coronado region contact: Monica Medrano (619) 672-6487. Metro San Diego/North County region contact: Veva Arroyo (619) 241-1912. East County contact: Janinie Lortscher (619) 667-1900 or janine.lortscher@sharp.com. Main contact number (619) 667-1900.	<i>wide variety of topics within hospice as well. Bilingual as well.</i>
Sharp Senior Resource Center	The Empowered Consumer: How to Talk to Your Health Care Provider; Advance Health Care Directives, Senior Services in San Diego and caregiver resources called “Help! I’m a Caregiver”,	Andrea Holmberg, 619-740-4214, andrea.holmberg@sharp.com	<i>Service area is east county, and City of San Diego; has volunteer that speaks Spanish</i>

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Silverado Hospice	Hospice 100- Nuts & Bolts of hospice care; also *Hospice 101- hospice care and medicare guidelines *Grief during the holidays	Sarah McSpadden, RN/Administrator, 888-328-4558, smcspadden@silveradohospice.com	
Silverado Senior Center	Bereavement; also *End of Life *Spiritual Aspects of Aging *Hospice & Palliative Care *Psychosocial Aspects of Aging *Family Systems	Nerice Kaufman, Community Relations, 760-525-3815, nkaufman@silveradohospice.com	
Social Security Administration	Social Security Programs & SSI Benefits	Yolanda York, 619-557-5374	
Society for Financial Awareness (SOFA)- non-profit	Getting Fiscally Fit; Financial Blunders; Investment Concerns in a Fragile Market; Intelligent Wealth; Retirement Planning; Asset Allocation & True Diversification	Doug Shoemaker, Emeritus Chapter President, 619-704-1500, doug@twmadvisor.com	
Sound Health Music	Music TherapyTopics: (1) Caring for the CG: Using music for self-care and burnout prevention; (2) Intermusic: Strategies for CG/Older Adult Interaction through Music; (3) Generations Together: Music and IG Programming	Kat Fulton, MM, MT-BC; 858-205-8660, kat@soundhealthmusic.com	

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Southern Caregiver Resource Center	Aging Process: What is Normal & What is Not, Family Caregiving 101, Stress Management Skills, Improving Communication, The Long-Distance Caregiver, Successful Mealtime for Everyone, Caring for the Caregiver, Caregiving Through the Holidays, Finding Balance between Work and Life, Spirituality and Caregiving, Aging Parents: When and How to Help, Understanding Care Options, Understanding of: Depression and Frustration, Stress and Exhaustion, Anger and Guilt, Alzheimer's Parkinson's and Dementia. Specialized presentations available on request	Alejandra Ceja-Aguilar , 858-268-4432, ext. 113 aceja@caregivercenter.org	<i>One hour presentation requires 12 attendees, Spanish available</i>
St. Pauls PACE	Keeping Frail seniors in their Homes; also *Better care for San Diego Seniors who are low income	Amanda Dunkin, Director, 619-677-3800, marketing@stpaulspace.org	
Synergy Clinical Research	Chronic Obstructive Pulmonary Disease (COPD); Depression; Memory Testing - Memory Loss - Alzheimers; Osteoarthritis	Olga Chavez, 619-327-0155 chavez@synergysandiego.com	
Tassinari Physical Therapy, Inc.	Walk Tall: A Comprehensive Osteoporosis Management & Treatment Program	Marcia Tassinari, MPT, 858-581-6900, tassinpb@sbcglobal.net	
The Adaptive Clothing Store	Adaptive Clothing	Judi Ravetti, 619-460-1702, admin@adaptiveclothingstore.net	
The ARC of San Diego	Disabilities "Developmental"; Stepping Out to Healthy Lifestyles- Walking & Fitness Programs	619-444-9417	
United Insurance Group, Inc.	LTC Insurance; Medi-CAL, Medicare	George Stalmah, 619-997-4038, exaflyer@yahoo.com	