

# Age Well San Diego

Want to help build an age-friendly San Diego County?

## Get Involved with Age Well San Diego!

Age Well Teams consist of organizations, community members, and County of San Diego staff who are working together to create and implement the Age Well San Diego Action Plan. Contact the Team representative listed below to learn more and join upcoming meetings.



### Health & Community Support Team

Matthew Parcasio | [Matthew.Parcasio@sdcounty.ca.gov](mailto:Matthew.Parcasio@sdcounty.ca.gov) | 858-505-6435



### Social Participation & Inclusion Team

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### Housing Team

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### Transportation & Community Connections Team

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### Dementia & Brain Health Team

Toni-Ann Simpelo | [Toni-Ann.Simpelo2@sdcounty.ca.gov](mailto:Toni-Ann.Simpelo2@sdcounty.ca.gov) | 858-285-6020

For general inquiries about the Age Well San Diego initiative, please contact Melissa Hernandez at [Melissa.Hernandez@sdcounty.ca.gov](mailto:Melissa.Hernandez@sdcounty.ca.gov) or Jana Schwartz at [Jana.Schwartz@sdcounty.ca.gov](mailto:Jana.Schwartz@sdcounty.ca.gov)



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