

Community Service Association Newsletter

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www.sandi.net/csa

Message from the CSA Board of Directors

This month's newsletter spotlights ElderHelp of San Diego, a CSA grant recipient that provides support for senior citizens throughout San Diego County.

Thank you, CSA members, for your generous contributions that help to make possible these services to our community.

Profile of ElderHelp of San Diego

ElderHelp of San Diego is a volunteer-based, nonprofit organization that has provided services to San Diego seniors since 1973. ElderHelp's mission is to provide personalized services and information that help seniors remain independent and live with dignity in their own homes. ElderHelp's programs address critical issues at the root of physical and mental health and well-being for its clients – issues like isolation, transportation, affordable housing, and healthcare transitions.

One such client, Anny, lives in San Diego alone and all of her family live out of state. ElderHelp provides Anny with rides to medical appointments, help with grocery shopping, and weekly "are you ok?" phone calls to ensure her well-being. She recently told her nephew in Houston about ElderHelp's services, and her nephew called to express his gratitude. He went on to say that it gave him, and their entire family, a sense of relief and peace of mind to know that Anny was in such good hands.

ElderHelp's support is critical in keeping clients like Anny connected to the kinds of resources that allow them to stay healthy and to contribute to their communities in meaningful ways.

ElderHelp's three core programs are:

Seniors-A-Go-Go—This program provides escorted transportation to medical appointments, ensuring continuity in healthcare and safe delivery home. It also provides rides to social activities and classes, visits with

loved ones, and more. Through Seniors-A-Go-Go, clients can stay connected and involved in their communities, decreasing isolation and its devastating effects on health and well-being.

Concierge Club—Over 350 volunteers provide in-home assistance, including help with grocery shopping, minor home repairs, home safety inspections, yard maintenance, sorting mail and organizing bills, friendly visits, and help with pet care. Through Concierge Club, members also have access to Care Coordinators who provide support and advocacy around healthcare, communications, and transitions from the hospital to home.

HomeShare—This program creates affordable housing solutions by facilitating live-in matching between senior homeowners and low-income home seekers. HomeShare allows seniors to age in place, to garner additional income, and to find companionship, security, and assistance with daily tasks. Home seekers benefit by acquiring lower rent or rent-free secured housing in exchange for help with meal preparation, transportation, yard work, etc.



“Support from CSA last year allowed ElderHelp to purchase a tablet to be used by Care Coordinators in the field, furthering our reach and improving our ability to serve nearly 5,000 San Diego seniors.”

For more information about ElderHelp, please visit www.elderhelpofsandiego.org or call (619) 284-9281.

CSA Mission Statement

The Community Service Association of San Diego Unified School District is a nonprofit association organized to solicit contributions from district employees for recognized charitable agencies in San Diego County which support the arts, education, health, and human services.