

# AgeWell Services

# The Scroll

September, October, November 2020

AgeWell Services' Staff

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Programs offered in this newsletter are for adults 55 years and better.

**AgeWell Services will be closed September 7th, November 11th and 26th,  
in observance of City Holidays.**

To join our mailing list, or for more information, please call (619) 525-8247 or email  
[thescroll@sandiego.gov](mailto:thescroll@sandiego.gov).

*Throughout this newsletter there are a number of advertisements and community-sponsored activities.  
The City of San Diego does not necessarily endorse the services offered by these organizations.*

**Visit us on the web at:**

<https://www.sandiego.gov/agewellservices>

# Announcements

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### Age Friendly San Diego

Age Friendly San Diego is an initiative designed to help make San Diego more livable for everyone, especially older adults. This initiative is led by City of San Diego Parks and Recreation, in partnership with The San Diego Foundation, San Diego State University Social Policy Institute, and AARP. A Progress Report of the Age Friendly San Diego initiative is available at [SanDiego.gov/agewellservices](http://SanDiego.gov/agewellservices). There is an opportunity at the end of the report for the community to provide feedback. We plan on conducting Action Planning Sessions in the fall, either in person or virtually, as conditions allow. Your participation and continued support is much appreciated—together, we build a stronger, more diverse community.

### Ralphs/Food 4 Less Fundraiser

**Please note: Cards must be re-registered every September.** If you register your Ralphs and/or Food 4 Less cards, AgeWell Services will earn a percentage of your purchase to support older adult programs. Call 1(800)443-4438 or visit [www.ralphs.com](http://www.ralphs.com) and/or [www.food4less.com](http://www.food4less.com).

**Reminder:** AgeWell Services (AWS) moved to Park De La Cruz Community Center (3901 Landis St., 92105). We have not officially opened our doors due to COVID-19. Staff look forward to seeing you soon!

### Virtual Programming/Nutrition Survey

Due to COVID-19, in-person activities hosted by AWS's have been paused. As a result, AWS is exploring virtual programming options to temporarily substitute for regular activities in addition to better understanding nutrition needs of older adults. To assist in our planning efforts, please answer some brief questions and share your opinions, by clicking here:

[https://sdsu.co1.qualtrics.com/jfe/form/SV\\_7VsFp1dsiKLdP7L](https://sdsu.co1.qualtrics.com/jfe/form/SV_7VsFp1dsiKLdP7L)

The survey takes less than 5 minutes to complete and is designed for individuals who are 50 years and older. Your input and participation is vital to our success.

### Best of Luck Sinthya

Congratulations to, Sinthya Carranza, Recreation Specialist, who was promoted to Supervising Recreation Specialist for San Diego Parks and Recreations' Aquatic Division in February 2020. Sinthya has been with the City of San Diego since 1990. She previously worked for the Aquatics Division as a Pool Manager III. While at AWS, Sinthya organized and lead many special events including the Talent Show, Craft Sale, Art Show and Photo Exhibit as well as coordinated and worked closely with numerous Senior Lounge volunteers and Activity Leaders. Thank you Sinthya for your dedication to AWS. Your commitment and passion truly made a positive and lasting impact in the lives of hundreds of older adults. We will miss you and wish you the best in your future endeavors.



# Online Registration

Due to COVID-19, fall programs are currently virtual and all registration must be online. When registering for programs, use the registration code listed in the Scroll newsletter. The following is information on how to register.

## Steps to register on SD Rec Connect

Register online at [www.sdrecconnect.com](http://www.sdrecconnect.com)

Create an online profile using the Activity Registration System. Log on at

**SDRecConnect.com. First Time Online Registration:** Click “Create an Account”. Fill out “New Account Request” form completely for the primary responsible person, including all required fields, and click Submit (or Submit and Add Family Member to add family members). Upon completion, an email will be sent to the email address provided. Check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you’ve used this special link. Note: it’s possible this email will go to your “spam” folder, so check carefully. To avoid duplication, be sure to let others in your household know you’ve set up the account.

**Returning Customers:** For people who have an existing account online, click the “Sign In” or “My Account” button. Enter your login (email address) and password.

## AWS Staff Are Here To Help You Navigate Virtual Program Registration

We want to see you, but know registering for virtual programs can be daunting. We are happy to walk you through the process over the phone. Call, (619) 525-8247, to make a 1:1 appointment or call Rafael Padilla at (619) 236-6905 on:

- Wednesdays 11:00am-1:00pm
- Thursdays 11:00am-1:00pm
- Saturdays 2:00pm-4:00pm

Fall registration starts August 15, 2020 at 10:00am  
Winter Registration starts November 14, 2020 at 10:00am

# Virtual Activities

Due to COVID-19, fall programs will be held virtually **FREE** of charge.  
Staff are available to assist with online registration (see page 3).

**Yoga** Registration Code: [76334](#)  
**Tuesdays & Thursdays**  
**7:00 am-8:00am**  
Calling all early risers! Discover how yoga can strengthen your core, improve posture and decrease stress and anxiety. Wear comfortable and loose fitting clothes. **Se Habla Espanol.**  
**Leader: Irma L., Volunteer**

**Mindful Mornings for Veterans** Registration Code: [75914](#)  
**Wednesdays: 10:00am-11:00am**  
Spending too much time thinking negative thoughts can be draining and likely cause stress, anxiety and symptoms of depression. Veterans will partake in mindfulness exercises to help direct your attention away from this kind of thinking and help you engage with the world around you. The program will consist of stretching, meditation and breathing techniques.  
**Leader: Nick Hurd, Therapeutic Recreation Specialist**

**Laugh Hour** Registration Code: [75281](#)  
**Wednesdays: 11:00am-12:00pm**  
Scientific studies show that laughter: may reduce pain, can aid digestion, lower stress, fights depression, lowers fear, reduces anger, improves the immune system and more! Program is open to individuals age 18 and over.  
**Leader: Alicia S., Volunteer**

**Dance Class** Registration Code: [76242](#)  
**Wednesdays: 12:00pm-1:00pm**  
Are you bored of sitting and watching television? Are ready to get out of your chair and move? If so, join us for a weekly dance lesson which includes a different dance style each month:

September	Bachata
October	Salsa
November	Cha Cha

**Leader: Victor Ortiz, Therapeutic Recreation Leader**

**Lotería** Registration Code: [76350](#)  
**Thursdays: 2:30pm-3:30pm**  
Lotería is a traditional game of chance, similar to bingo, but using images on a deck of cards instead of numbers. Every image has a name and an assigned number. Three games will be played. Win free prizes. **Se Habla Espanol.**  
**Leader: Rafael Padilla, Assistant Recreation Center Director**

# Virtual Activities Continued

## Zumba

Registration Code: [75570](#)

**Fridays: 9:00am-10:00am**

Zumba is an easy-to-follow program that lets you move at your own speed. Wear comfortable clothes, have water handy and be ready to get your groove on!

**Leader: Dang Le, Recreation Leader I**

## Virtual Trivia

Registration Code: [76243](#)

**Fridays: 12:00pm-1:00pm**

AWS Trivia will provide an opportunity for participants to socialize with peers, enhance cognitive skills, and learn new information in a fun way. Winners will receive prizes!

**Leader: Victor Ortiz, Therapeutic Recreation Leader**

## Poetry Party “The Poetical Party of Choice”

Registration Code: [76333](#)

**First Fridays: 3:30pm-5:00pm**

**September 4th**

**October 2nd**

**November 6th**

Check in and socialize with your peers from 3:00-3:30 pm. Readings will start at 3:30 pm. Be bold, adventurous and virtually experience, first hand, the power of the spoken word.

**Leader: Christophver R., Volunteer**

## Bingo

Registration Code: [75569](#)

**Saturdays: 10:00am-11:00am**

Our virtual bingo program easily allows you to join fun weekly bingo games. Three games are played each week. Participants can win prizes that will be mailed to their homes. Tell a friend.

**Leader: Rafael Padilla Assistant Recreation Center Director**

## Check In With Jen

Registration Code: [75460](#)

**2nd & 4th Saturdays: 1:00pm-2:00pm**

Grab your favorite beverage & be ready to discuss several interesting topics.

September 12th

Local Mexican Restaurants

September 26th

National Parks

October 10th

Local Farmers Markets

October 24th

Favorite Local Restaurants

November 14th

Local Museums



**Leader: Jennifer Walsten, Recreation Leader II**

# Volunteer Updates



In respectful memory of a dedicated and kind volunteer who faithfully served others as an AgeWell Services Lounge Volunteer every Tuesday. Cecilia L passed away on June 18th, 2020. Our thoughts are with her family and friends.



## Happy Birthday!

Please join us in



SEPTEMBER	OCTOBER	NOVEMBER	NOVEMBER
John C-21	Steve T-20	Juan Z-9	Mark F-18
Virginia W-21		Joyce M-11	Frances C-29
Chris R-23		Bob J-17	
Marlene G-24		Marlys E-18	



### Farewell Haywood

AWS says goodbye and good luck to longtime volunteer Haywood who moved to Texas in May. He volunteered with AgeWell Services for four years, and supported numerous AWS programs, including the Social Call program, Bingo, Lunch and Learns, special events, bi-monthly dances, and was occasionally a Trip Escort. He served as an Office Ambassador which included completing administrative paperwork, provided community resources, answered phones, completed large mailings and made confirmation phone calls. His efforts helped AWS to serve hundreds of older adults. The staff at AWS miss his humor, smile and positive attitude.



### Social Call Program

The AWS Social Call Program has tripled since the beginning of COVID-19 in mid-March. At that time, volunteers were making up to 12 calls per day. Thanks to the dedicated AWS volunteers, Marlys, Bob and Connie, as well as Therapeutic Recreation Leaders, Mark L. and Alicia B., we have enrolled 50 additional people to the program. The program serves as a valuable social Check in and a friendly voice to older adults who live on their own. If you are interested in receiving a friendly call, see the Social Call flyer on page 7 of the SCROLL. We are happy to help you enroll.

**If you are interested in becoming a volunteer, please contact contact Sharon Moninger at (619) 236-7753 or [Smoninger@sandiego.gov](mailto:Smoninger@sandiego.gov)**

# Social Calls



## We Are All In This...Together.

**F**or many older adults, a compassionate voice in their lives can make a powerful difference especially during these unprecedented times. The **City of San Diego Parks & Recreation AgeWell Services** staff will call you, **FREE**, up to 7 days a week, between 8am-11am just to check in and say "Hello".

If you would like to add yourself or a loved one to the **AgeWell Services Social Call List**, contact us at **619-236-6905** or email **thescroll@sandiego.gov**

Because human connection makes life better for everyone.



# Special Events

## 45th Annual Art Exhibit

AgeWell Services 45th Annual Art Contest and Exhibit will be held virtually this year. Photographs of art pieces must be submitted between **October 2nd—16th.**

For registration information, contact AgeWell Services at (619) 525-8247 or [thescroll@sandiego.gov](mailto:thescroll@sandiego.gov)

**Support your peers virtually**

## Veterans Appreciation Month

In honor of your service to our country, we will celebrate veterans, of all ages, by showing our appreciation the entire month of November. Please send a photo of yourself in uniform, by **Monday, October 26<sup>th</sup>**, to [thescroll@sandiego.gov](mailto:thescroll@sandiego.gov) or mail to Park De La Cruz, 3901 Landis St., San Diego, CA 92105. Please identify your:

- Branch of Service
- Rank
- Number of Years Served
- Military Occupational Specialty

The photos will be shown repeatedly throughout the month of November on the City of San Diego's AgeWell Services website. For more information, contact Jennifer W. at (619) 525-8247.

## HOORAY FOR HOLLYWOOD

**Talent Show**

**March 19, 2021**

**War Memorial Building**

Singers, comedians and dancers will fill the stage to entertain you.

The 2020 Talent Show was cancelled, due to COVID-19. Thus, performers who earned a spot in the 2020 show will be allowed to return with no auditions required.

Tickets purchased for the 2020 show will be honored for the 2021 show. Additional ticket sales will take place in the winter. Call (619) 236-6905 or email [Rafaelp@sandiego.gov](mailto:Rafaelp@sandiego.gov) with questions.

**The 2020 Craft Sale is cancelled, due to COVID-19. We look forward to seeing everyone again in 2021.**



# Serving Seniors Pantry Meal Boxes



## Pantry Meal Boxes

**NOW AVAILABLE FOR AGES 65+**

### Currently not receiving meal support?

The City of San Diego is partnering with Serving Seniors to offer a 7-Day Pantry Meal delivered directly to your door each week or available for pick up at Park de la Cruz Community Center located at 3901 Landis St. San Diego 92105. Enjoy a **FREE** nutritious, shelf-stable meal in minutes with minimal preparation. Meals are prepackaged in easy-to-open containers and refrigeration not required.

**SIGN UP FOR A WEEKLY DELIVERY TODAY!**

**(619)525-8247**

**THESCROLL@SANDIEGO.GOV**

### Included in the 7-Day Pantry Meal Box

Boxes can be picked-up, at Park De La Cruz on Thursdays

**Breakfast Cereals & Pastries**

**Lunch & Dinner Entrées**

**Fruit Cups & Snacks**

**Crackers, Cookies & Peanut Butter**



# Community Resources

In addition to visiting the City of San Diego's website at sandiego.gov, there are additional community resources, geared towards older adults, you may find helpful during these unprecedented times.

## County of San Diego Aging & Independence Services

Webpage for [COVID-19 Programs, Services, and Resources: Older Adults and Adults Living With Disabilities](#) is a user-friendly site that has resources for food needs, transportation, mental health, scam prevention, social engagement and more. There are [new videos](#) on how to use commercial food services like Uber Eats or Door Dash. Under the transportation tab you'll find our popular [Ride Well to Age Well Guide: Special COVID-19 Edition](#) that lists changes to transportation services during the pandemic.

The County webpage for [Older Adult and Disability Service Providers](#) provides information on public health guidelines from trusted sources, and resources specific to individuals with disabilities.

**Weekly updates and telebriefings.** The County holds telebriefings to address issues relating to older adults/individuals with disabilities and long term care. If you would like to sign up for weekly email updates and telebriefing information, [click here](#).

The [Live Well @ Home](#) website is a resource to help community residents find tips and strategies to stay healthy in both mind and body while staying at home. Resources and activities are organized by age group and topic to help you find the right tools to match your needs.

County of San Diego Public Health website, [www.coronavirus-sd.com](http://www.coronavirus-sd.com), has regularly updated information about COVID-19 in San Diego County, including local data and resources on topics like testing.

**2-1-1:** Dial 2-1-1 to get information and resources related to food needs, health resources, utilities, housing, income & employment, and enrollment for services like CalFresh.

**Mental health support.** County compiled a [list of mental health resources](#) and crisis lines. In addition, the [Friendship Line](#) (800-971-0016) and [You are Not Alone \(YANA\)](#) calls are available for people living with disabilities.

[Therapeutic Recreation Services](#) provides recreational opportunities for children and adults with disabilities. They are currently offering a variety of virtual programs, in addition to a Social Call program for individuals ages 18 and over with a disability. For more information, call (619) 525-8247 or visit [sandiego.gov/therapeutic\\_recreation\\_services](http://sandiego.gov/therapeutic_recreation_services).

# Community Resources Continued

## Elder Help

ElderHelp continues to support seniors in San Diego during the COVID-19 pandemic. Current services include:

**I&R:** *Information & Referrals* help connect seniors and families with current resources available in the community.

**RUOK:** Offers *live* daily check-in calls (Monday-Friday) for seniors age 60+.

**Care Coordination:** Due to COVID-19, this program focuses on the most essential needs, including grocery shopping/delivery of groceries and other essential items. These services are dependent on volunteer availability, so there may be a delay.

**Seniors A Go Go:** Due to COVID-19, rides are offered to medically essential appointments only.

For more information: (619) 284-9281 or visit [www.elderhelpofsandiego.org](http://www.elderhelpofsandiego.org)



### LEADERS IN SENIOR CARE

St. Paul's Senior Services is a non-profit, non-denominational organization dedicated to serving the physical, spiritual, and social needs of seniors. Our communities work together to ensure that residents obtain the help they need, whether it is daycare, independent living, assisted living or skilled nursing.

1(833) STPAULS | [StPaulsSeniors.org](http://StPaulsSeniors.org)

### The following City of San Diego pools are open for programs

#### CARMEL VALLEY (858) 552-1623

3777 Townsgate Drive, 92130  
M, W, F. Water Fitness 11:30am-12:30pm,  
Lap Swim 1pm-6pm  
Family Swim 1pm-6pm

#### MARTIN LUTHER KING JR. (619) 527-3451

6401 Skyline Drive, 92114  
T, TH, Sun. Lap Swim 12pm-6pm  
Family Swim 12pm-6pm

#### TIERRASANTA (858) 636-4837

11238 Clairemont Mesa Blvd., 92124  
M, W, F. Lap Swim 10am-4pm  
Family Swim 10am-4pm

#### VISTA TERRACE (619) 424-0469

310 Athey Avenue, 92173  
M, W, Sat. Lap Swim 12pm-6pm  
Family Swim 12pm-6pm

# Community Resources Continued



## FOOD Resources in San Diego

San Diego offers a variety of food resources designed for older adults. Resources include: food assistance, congregate dining, and home delivered meals.

### Gathering Information on Available Options:

Be prepared. Have your name, date of birth, street address, zip code, phone number, paper and pen ready to take notes. There are several resource lines and websites available for information. Many require advanced registration.

#### **Food Assistance:**

- **CalFresh:** CalFresh is California's food stamps (SNAP) program. Eligible individuals receive money on an EBT card to buy food. [getcalfresh.org](http://getcalfresh.org)
- **211 San Diego:** Calling 211 will connect to an operator who can link you to a variety of food resources, including enrollment into CalFresh and local food pantries. Simply dial: 2-1-1 and press "1" for English or "2" for Spanish or search on the web at: [211sandiego.org](http://211sandiego.org)
- **Jacobs & Cushman San Diego Food Bank:** The Food Bank provides food distributions for low-income older adults throughout San Diego County. Eligible individuals receive a 35 pound box of staple foods. Food distributions occur once per month. [sandiegofoodbank.org](http://sandiegofoodbank.org)

#### **Congregate Dining and Home Delivered Meals:**

- **Ageing & Independence Services (AIS):** AIS, a department of the County of San Diego Health and Human Services Agency, connects older adults to programs and services, including congregate dining and home delivered meals at: [aging.sandiegocounty.gov](http://aging.sandiegocounty.gov) or 1-800-339-4661
- **Meals on Wheels:** Home delivered meals service throughout San Diego County. Contact at: [meals-on-wheels.org](http://meals-on-wheels.org) or 619-260-6110.

# Community Resources Continued



## TRANSPORTATION RESOURCES in San Diego

San Diego offers a variety of transportation solutions designed for older adults. Many require advanced enrollment into the service and advanced ride requests—plan early!

### Gathering Information on Available Options:

Be prepared. Have your name, date of birth, street address, zip code, phone number, requested destination addresses, paper and pen ready to take notes. There are several resource lines and websites available for information.

### **Personal Transportation:**

- **211 San Diego:** Calling 211 will connect to an operator who can link you to a variety of transportation options. Simply dial: 2-1-1 and press “1” for English or “2” for Spanish or search on the web at: [211sandiego.org](http://211sandiego.org)
- **FACT- Facilitating Access to Coordinated Transportation:** This organization is designed to provide resources and transit for individuals. The [factsd.org](http://factsd.org) website provides resources based on your personal trip information or call 1-888-924-3228 to talk to an operator.

### **Mass Transportation:**

- **511 San Diego:** For help navigating the public transit system or information about a transit pass, called a “Compass Card.” Dial: 5-1-1 or [511.sd.com](http://511.sd.com)
- **MTS Access:** ADA paratransit is designed for customers with disabilities who are functionally unable to use the MTS fixed routes. A medical professional must confirm eligibility. Complete application process on-line at: <https://application.rideonmts.com> or call 1-844-299-6326.

You may want to enroll in more than one service to maximize your transportation options and flexibility. Service parameters and availability vary by program.

# Community Resources Continued

## City of San Diego Wellness Workshops

Sharp HealthCare, the official health and wellness partner of the City of San Diego, is offering the community monthly prerecorded workshops for the remainder of the calendar year. Workshops were previously held at libraries and recreation centers in each of the nine City of San Diego council districts and were moved online to Sharp's YouTube channel in response to the COVID-19 pandemic and related prevention measures. **To find out more information and view current presentations, please visit [www.sharp.com/wellnessworkshop](http://www.sharp.com/wellnessworkshop).**

Current and upcoming topics include:

### **August 2020: Prediabetes (available August 24)**

More than 80 million Americans have prediabetes, according to the Centers for Disease Control and Prevention (CDC), and many don't even know it. Watch this free online workshop to learn about prediabetes risk factors and how to prevent or delay the progression to Type 2 diabetes through nutrition and lifestyle choices.

### **September 2020: Back Pain Management**

Back pain is one of the most common reasons people miss days at work or see a doctor. Watch this free health workshop to learn about the body mechanics that cause lower back pain, how to prevent it from occurring and how it can be managed through physical therapy when needed.

### **October 2020: Building Resilience and Adapting to Change**

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – such as family and relationship problems, serious health issues, financial stressors and even the COVID-19 pandemic. Learn how to build resilience, adapt to change and cope with life's many challenges at this free online workshop.

### **November 2020: How to Curb Loneliness and Isolation During Challenging Times**

Older adults are increasingly vulnerable to loneliness and social isolation – and it can have a serious effect on their health. But there are ways to overcome loneliness, even if one lives alone and has limited social support. This talk will discuss the current findings on loneliness, including relevant research, as well as provide tips to help you and your loved ones navigate situations that may increase the likelihood for isolation and feeling lonely.

**Please check back each month to see when upcoming workshops are available online. Note that workshop topics and schedules are subject to change.**

# City of San Diego Corporate Partner



## Helping seniors remain healthy, active and independent.

At the Sharp Senior Health Centers, we combine medical excellence with compassionate care to help you feel your best. Our team specializes in geriatric medicine and will work closely with you to develop a customized plan for medical care, mental health services and resources like transportation and meal preparation. It's all part of the extraordinary level of care we call The Sharp Experience.

For more information or to make an appointment, visit [sharp.com/seniorhealth](http://sharp.com/seniorhealth) or call **858-262-8601** (Clairemont) or **619-557-3500** (Downtown San Diego).

**SHARP.**

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**Return Service Requested**

**Would you like to go paperless?**

If so, please email [thescroll@sandiego.gov](mailto:thescroll@sandiego.gov), Subject: Paperless Scroll. Starting with the next quarter you will receive an electronic version of the Scroll, sent directly to your email.

The City of  
**SAN DIEGO**  
Parks and Recreation Department

**"To provide healthy, sustainable, and enriching environments for all."**

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 525-8247) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.



*All City of San Diego parks and beaches are smoke free.*

