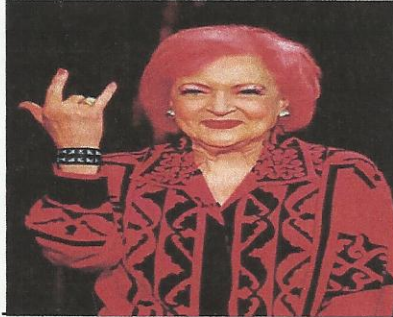


Senior Center Project



City of San Marcos Senior Center



111 Richmar Ave.

San Marcos, CA 92069

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2/4/12 10:15-10:35am Saturday

The three of us meet on the grass outside of open lab. We've decided that the best time to visit the center would be during Spring Break. We agreed to meet on **March the 22nd** at **Ryan's Brothers Coffee** off of Twin Oaks Valley Rd. around **Noon**. From there we will carpool to the senior center and do our windshield survey. Brittany will call the center to make sure we are allowed to go during that time. Rachel has agreed to use her vehicle for carpooling and will also be the driver.

We as a group chose the San Marcos Senior Center because of its central location relative to where we all live. We are also excited to see what our local senior center has, and what resources these individuals can use.

2/4/12

Internet Search

<http://www.ci.san-marcos.ca.us/index.aspx?page=213>

The web page is found under the City of San Marcos' website. There's a small picture of the building with the address above it. There's also a link to follow to get directions via google map. The website gives a brief description of the building's layout but it doesn't state any of the services they provide. The phone number is **(760) 744-5535** for seniors to contact for further inquiries.

Senior Center Visit Thursday Mach 22, 2012

1. Upon entering the center, what is your immediate impression.

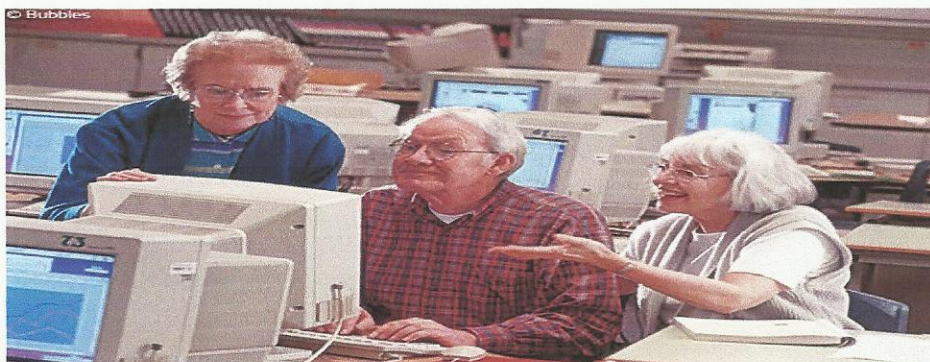
It was very appealing and welcoming. The facility was clean and well kept with beautiful landscaping.

2. Approximately how many seniors were present?

About 40 seniors were present. We were informed that throughout the entire day about 500 seniors come through for the various services.

3. What type of activities or functions were the seniors engaged in?

Several seniors were playing cards in the dining room, and some men were in the billiard room. There was a lady reading and a group of ladies in the library socializing. It was apparent that some seniors utilized the center frequently due to the groups and social interactions between them. There were also many seniors getting free aid in doing their taxes.



4. Was there a meal program? How does it work?

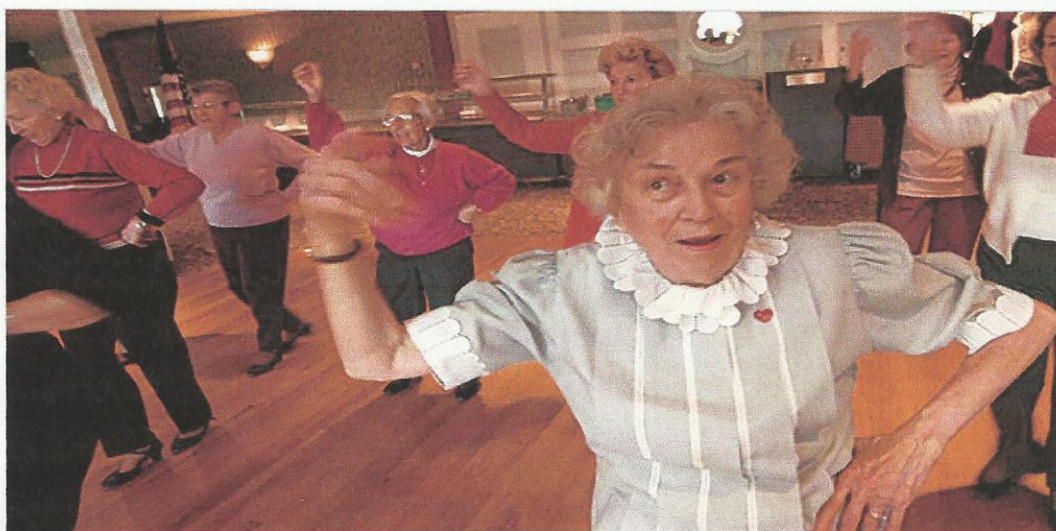
Lunch is provided daily (as long as they request the day before). For seniors over 60 it is a donation of \$3, and for those under 60 it costs 5\$. The meals are brought in by a company in Vista that provides a high calorie, nutritious meal. For example, today's lunch was baked ham

steak w/ orange-pineapple sauce, scalloped potatoes, and vegetables. There is a soup and salad bar available Tuesdays and Thursdays for those who do not want the hot meal.



5. Do activities seem to meet the needs of the people of the local community?

The free tax services is very helpful along with their many exercise classes (laughing yoga, after hours Zumba, stretching classes, ballroom dancing, palates, Tai Chi, exercise room & equipment). They offer a large variety of classes and activities that meet the needs of the San Marcos seniors.



6. Is there a bulletin board with postings, specifically geared to seniors? What types?

There were multiple boards with various postings. One had information about drivers, care givers, rooms for rent, and free cats. Another board focused on the free writing classes and tax services. There was also a post for the \$5 computer classes that teach seniors how to make

invitations as well as show you how to connect with friends and family on Facebook. There is also a resource room with various pamphlets that inform citizens about local hospices, health care resources, meals on wheels, home care, etc.

7. What preventative and supportive services are offered at or through the center?

The offer weekly blood pressure checks, a nurse and registered dietitian that visit weekly, fall prevention class, and CSUSM nursing students offer a class about how to reduce sodium in your diet. They also provide driving classes to prepare seniors for license renewal.



8. Does the Senior Center focus on a specific ethnic population?

There are mostly low-middle class Caucasians. However, there were a few Hispanics, African Americans, and Asians present.

9. What type of professionals are involved in planning and implementing the activities of the center?

This is run by the city of San Marcos. There is a paid director, and a nutritionist, but the center is mainly run by volunteers.

Windshield Survey Thursday March 22, 2012

1. What type of housing developments are noted?

Around the senior center there were many double story apartments and town homes. Many of them were low income apartment complexes. There were newer models and older ones. There weren't many single story homes or senior housing facilities available.

2. What community resources do you note that are immediately surrounding the senior center?

Right next to the center was a fire station. On the center's property was a children's playground. Across the street was a post office, 7-eleven, hair and nail salon, Papa John's pizza, dry cleaners, a dental office, and a jazzercise class. The senior center offered discounts at the local jazzercise and salon for seniors. Also near the center was a bus stop and sprinter for transportation. There is a Mission Federal ATM , a local car wash, and several small local markets.

3. What community resources are, missing?

There wasn't a big grocery store (Vons, Target) nearby, only small Hispanic markets were accessible. There was no pharmacy, drug stores, or doctor offices nearby. There were also no churches or entertainment facilities (movie theater, bowling).

4. Do the community resources meet the needs of the senior population? How/ How not?

Not completely, because there are no specific housing facilities for seniors. There should be closer department /grocery stores to meet the needs of the seniors. It is also important that they have a pharmacy because many seniors are taking multiple medications (polypharmacy). A doctor's office or urgent care facility would be ideal. The community is focused more on a Hispanic culture due to the housing, markets, and restaurants.

Created by;

Brittany Garcia, Kendra Koenig, and Rachel Martinez