



**City of San Marcos Senior Center
111 Richmar Avenue
San Marcos, CA**

Nurs 281

Medical Surgical Nursing III

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The San Marcos Senior Center exceeded our expectations in the resources and classes that they offered for the local seniors. The center provided meals, exercise classes, educational and writing classes, as well art and ceramic classes. There was a unique display with croquet and knitted caps and blankets for sale by the seniors. There was ample space, parking, and wheelchair access was available inside and outside of the building. The facility was clean and very welcoming, while the staff was very friendly and welcoming. There was a newsletter unique to the facility and many resource pamphlets available in English and Spanish.

The community, however, did not adequately meet the needs of local seniors. This was mainly due to lack of pharmacies, grocery stores, and larger department stores. However, there were different forms of transportation available for the seniors to use to get to the Senior Center. Also, there was a San Marcos Fire Department right next door to the facility.

We decided as a group to complete the Windshield Survey first to assess the local community prior to visiting the senior center. We chose to visit the Senior Center secondly to have a better idea of the local resources prior to entering. We chose the San Marcos Senior Center due to its central location.

The senior center lacked any type of information to give to the seniors out in the community about their facility. Many people are unaware of the center and its resources which are available to them. Any type of marketing or publications about the senior center may attract more people to utilize this opportunity.

The surrounding community lacked any specific senior housing along with doctor's offices or pharmacies. Specialists such as ophthalmologists, podiatrists, and orthopedics offices were not available either. There were no larger grocery stores or department stores for household and personal supplies.

We were surprised about the amount and variety of resources available to the seniors. For example, seniors can be transported to and from the facility via the center's van for \$1 a day. They also have a free grocery service provided by the Alpha Project that takes seniors to Stater Brother's every Thursday and assists them in unloading their groceries. For local seniors, there's also a taxi voucher program that will transport clients to and from medical appointments. To contact the senior center for questions or to order lunch, the phone number is 760-744-5535. Some other local resources include:

- Interfaith Community Services "Project C.A.R.E": they will assist with home safety measures (i.e. grab bars in bathroom and night lights), "how are you daily phone call services", etc. Phone #-760-744-0467
- Meals on Wheels for North County Seniors Phone #-760-736-9900