



SRCA 50 Plus

A Standing Committee of the SRCA

Aging Successfully in Scripps Ranch...

Questions? Contact us at SRCA50Plus@scrippsranch.org

The Scripps Ranch Civic Association and SRCA 50 Plus establish formal and informal partners with organizations that can help Scripps Ranch Seniors “Age Successfully.” Our key partners include:



Helping Seniors Stay In Their Homes

[ElderHelp of San Diego](#) is a non-profit organization that provides personalized services and information that help seniors remain independent and live with dignity in their own homes. ElderHelp uses Scripps Ranch resident volunteers to support programs including:

- [The CONCIERGE CLUB](#): offers help with the basic necessities of life through personal attention, meaningful engagement and coordinated programs and services.
- [SENIORS A GO GO](#): provides seniors with escorted, door-through-door transportation, reducing the number of missed appointments and providing savings!
- [HOME SHARE](#): serves those who are looking for affordable housing or have a spare room in their own home and would like someone to move in with them.
- [R.U.O.K.](#) receive a live call each day to see how you are doing. ElderHelp of San Diego makes R.U.O.K. calls that include checking in with seniors and asking, “**aRe yoU OK?**” If you don’t answer, they will follow up to make sure that they can verify your wellbeing.
- For more information, contact ElderHelp at www.elderhelpofsandiego.org/or call 619-284-9281.



The Heart of Alzheimer’s Care & Cure. Free Programs & Services for Local Families

Alzheimer’s San Diego’s mission: To provide San Diego families with care and support, while advancing critical local research for a cure. They are the go-to local resource for dementia information, classes, activities, research and support for people with dementia and their families. They are innovating and expanding services that truly make a difference in the lives of people suffering from Alzheimer’s disease— and the loved ones who care for them. For more information, go to www.alzsd.org or call 858.492.4400

SRCA 50 Plus collaborates with Alzheimer’s San Diego to hold numerous Alzheimer’s/dementia informational lectures and workshops at the Scripps Ranch Library throughout the year. Checkout the [SRCA 50 Plus Calendar](#) to see what is coming up next.