

-----Original Message-----

From: meagan moffat <meagan.moffat@gmail.com>

Sent: Monday, December 8, 2025 7:52 AM

To: RecAdmin <recadmin@oceansideca.org>

Subject: Age Friendly Action Plan

EXTERNAL MESSAGE: Use caution when opening attachments, clicking links, or responding. When in doubt, please contact CustomerCare@oceansideca.org

Good morning!

My family and I recently moved to Oceanside and we absolutely love the community here. I wanted to submit a request to the Age Friendly Action Plan that would make it more livable for families like ours, especially in the Loma Alta neighborhood that we live in.

We live on a truck route in Loma Alta and love to walk the neighborhood but there are many places that the sidewalk does not connect in front of houses. This makes it unsafe for us to walk with our two young kids. There are certain areas that are more dangerous to walk than others but assessing the sidewalks for walk ability, especially in neighborhoods that have parks and young children to allow them to experience their neighborhood, get outside and get some exercise.

I was also wondering if you know the best way to start advocating for sidewalks to be put in sooner? Any advice is greatly appreciated

Thank you,

Meagan George, PT, DPT, NCS

Doctor of Physical Therapy

Board-Certified Neurologic Physical Therapist PWR! moves certified

From: CHRISTY HARTIG <chartigc@aol.com>
Sent: Monday, December 15, 2025 8:03 AM
To: Manuel Gonzalez <MhGonzalez@oceansideca.org>
Subject: Re: City of Oceanside Age-Friendly Plan

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I led several of the tables. The plan pretty much is sugar coated. There does not address the building of Oceanside without infrastructure. That was a big issue and seem the deep concerns the citizens had. There were a few sense of urgency and this plan does not seem to address it.

Sent from my iPhone

On Dec 9, 2025, at 1:27 PM, Manuel Gonzalez <MhGonzalez@oceansideca.org> wrote:

Greetings,

The City of Oceanside Age-Friendly Plan has been posted for public comment. [Click here](#) to access the plan and comments can be provided until midnight on December 26, 2025 by e-mailing recadmin@oceansideca.org. We anticipate presenting the plan to City Council on January 28, 2026. Please take a moment to review the plan, and please share it with your friends and family.

Best regards,

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Manuel Gonzalez, MBA (he/him)

Director

City of Oceanside

Parks & Recreation Department

Office 760-435-5561 | Mobile 760-405-3445

mhgonzalez@oceansideca.org | www.oceansiderec.com

From: N Scott <deannie.scott@gmail.com>

Sent: Tuesday, December 16, 2025 12:59 PM

To: RecAdmin <recadmin@oceansideca.org>; Jonathan Borrego <jbtorrego@oceansideca.org>; Darlene Nicandro <DNicandro@oceansideca.org>

Subject: Age Friendly Plan

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This is a very aspirational plan with tons of good ideas. It will require more work obviously and I see the need for a connection to planning efforts and future development.

A couple things keep me personally from lots of participation: lack of ADA handicapped parking spaces. For example, I rarely go downtown now due to the lack of free, accessible parking. It seems the downtown area, harbor and beach is carved out for tourists especially without regard for us seniors.

Transportation: this plan seems to focus more on downtown rather than the actuality of most of us living outside that area. Something that is overlooked is **actual walkability** in certain areas. I live in Loma Alta and that are many, many, many communities with steep inclines and changes in topography off Oceanside Boulevard that simply make accessing the Sprinter a false reality. For example, don't know many seniors who could navigate Hoover or Crouch down to the Sprinter and back up to their homes. In our older neighborhoods there are NOT contiguous sidewalks, there are narrow sidewalks with post boxes and utility poles in the sidewalk and so forth which forces people to walk in the street and dodge traffic and parked cars. So encouraging and touting the Sprinter as a viable transportation mode for us is very unrealistic. How are we supposed to get to the parks, beaches, and gathering spots without our cars? Seriously get started in these neighborhoods with the walk surveys. Incorporate leadership and planning staff in these surveys. I have been asking planning staff for years to walk the route from Mesa down the Sprinter and back, adding in a couple grocery bags full on the way back up! So far no one has taken me up on it.

The senior transport is also very unclear and light on details.

Again, I love that there is a plan and all the work that went into it. But without recognizing real on-the-ground data it is cannot be properly implemented and is aspirational rather than operational.

Doing the Walk Surveys in these neighborhoods is critical, should be an immediate priority and will demonstrate the *inaccessibility problem* that is pretty wide spread. Taking those results should dovetail with new building regulations. In other words, if the neighborhood is **not** walkable or accessible continuing to allow projects in those areas should not be promoting the *fantasy* that seniors (or anyone else) will easily access the Sprinter. ie in those areas limited development should not take place *due to public health & safety concerns*. If we can't get 'there' it is pointless to add housing for us.

Thanks for accepting my comments.

Nadine Scott, 38 year resident

Strive for Kindness

From: Jane MacKenzie <janiemack@gmail.com>
Sent: Monday, December 22, 2025 12:20 PM
To: Manuel Gonzalez <MhGonzalez@oceansideca.org>
Subject: Re: City of Oceanside Age-Friendly Plan

EXTERNAL MESSAGE: Use caution when opening attachments, clicking links, or responding. When in doubt, please contact CustomerCare@oceansideca.org

Hi Manny,

I read through most of this long and beautiful document. Many kudos to the preparer! Nice work.

I have some comments, and I'll reference the page #. I realize this document is "final" and my comments may be beyond the scope of the project, or too late in the game. Anyway, here goes:

p. 5 - Add Carlsbad to the Age-Friendly Cities

p. 11 - Housing - there are 11 (separate HOA) 55+ condo communities here in Oceanside - the Oceanas. They were built from the mid-60s thru the mid-80s. Hundreds of units in each "phase". Also, Ocean Hills Country Club. Only manufactured homes were called out in this study.

Additionally, there are numerous senior housing communities in Oceanside. Most have "independent living" residents, who still drive and so forth. None of these were mentioned. Granted, they are for the affluent, but manufactured homes for lower income residents are only part of the Oceanside senior demographic. Examples would be Fairwinds, Hacienda Mission San Luis Rey, Ocean Hills and several others. In theory, independent living residents are still able to be active citizens in Oceanside. "Independent living" services include some meals, housekeeping, scheduled transportation and some activities. If a senior needs assisted living or dementia care, they are much less likely to participate in the larger community. Residents of skilled nursing were also omitted - three in Oceanside, to my knowledge.

For working-age people, senior housing seems far off. But for seniors, it is on the horizon, so if a person wants to age in Oceanside, going into senior housing here is an option. It would be good to at least make a reference to these options.

p.16 - Are we done with this except for taking it to Council in January? Do they go through it topic by topic and discuss, or do you expect to have it green-lighted as it stands?

p. 29 - with reference to "recruit volunteer drivers" GoWalk program - I used to be a volunteer driver with Jewish Family Service (JFS) in RB. They provided us with extra liability

insurance. I would be reluctant to take on this liability in today's world, as a volunteer driver, without the additional coverage.

p. 36 - Volunteering with the City - back in 2018 when I volunteered, the process was kind of vague. The library had a dedicated person who handled questions and orientation but Parks & Rec did not. I'm assertive but many people won't try as hard as I did. People aren't aware of volunteer opportunities, commissions etc. This needs work.

p. 38 - partner with higher education - this is already in place at MiraCosta. I've taken classes in their Lifelong Learning (aka Older Adults) non-credit program for over 10 years. MCC staff are super helpful in person, but the senior needs to take the initiative. Everything is online (application to the college, class schedules, student portal for registration, and class materials). Many classes are now on Zoom, but there are still some in-person classes. MCC also has a fabulous program for special needs adults that I'm not too familiar with. Just handing out the catalog isn't enough for many seniors, they need hand-holding to figure out the MCC application and registration process. Opportunity lost at our two senior centers.

p. 38 - Why is reinstating the senior citizens commission mid-range?

p. 45 - "non-profit free caregiver training"?? Over the past 25 years, I have been a family and paid caregiver and never heard of this. Are they referring to the Southern Caregiver Resource Center, maybe? I'm not sure what they offer currently, but they're not North County-based. There is no caregiver training at community colleges. MCC has a for-credit nursing program. A caregiver resource hub is an excellent idea. The State has a program for Medi-Cal recipients - In-Home Supportive Services - IHSS. It's administered by the County. When I was briefly a provider with IHSS, they did provide training. Health-related associations like Alzheimer's Association etc., generally offer workshops, but nothing I'd consider "training" as such. A diligent person can definitely learn from these, as I did, back in the early 2000s.

p.52 - Disaster Preparedness should all be immediate. We live with fire danger every year. It's just a matter of when, not if.

My last two comments are not referenced in this document. First, the paid parking lots downtown used to have special blue signage permitting disabled placard holders to park in the lot for FREE. Those signs have disappeared. Why? Parking downtown is very unfriendly to anyone with mobility challenges. People with placards park free at meters but meters are generally not available.

Lastly, I've long suggested that it would be very helpful to provide some kind of outsourced professional social worker type person on an appointment basis at the senior centers, maybe once a month or so. Emphatically NOT one of these "placement companies" with dollar signs in their eyes (paid big \$ by facilities for placing a resident). I realize there could

be a conflict of interest and/or liability with recommending senior service providers to residents in crisis. Both seniors themselves and their family members are woefully ignorant of how to find care - both in-home and in facilities. All "we" do at present is hand them these magazines, which are just paid advertising. Same with these senior expo exhibitors, all looking at selling their services. This is a big issue, especially for those with no local families. And worse for the lower income. Senior services providers are all profit-focused and notoriously bad. It's the 80/20 rule - 20% wonderful people who are in great demand. 80% not good, including home care agencies and senior housing. Caregivers have been in short supply for years. The promises made by the salespeople are not delivered. People need to learn how to evaluate their options and advocate for their best interests.

All for now Manny, thanks again for this ambitious effort. Happy Holidays - Jane

On Tue, Dec 9, 2025 at 1:27 PM Manuel Gonzalez <MhGonzalez@oceansideca.org> wrote:

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Manuel Gonzalez, MBA (he/him)

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