

Age Well San Diego

2.0

Want to help build an age-friendly San Diego County?
Get Involved with Age Well San Diego 2.0!

Age Well Teams consist of organizations, community members, and County of San Diego staff who are working together to create and implement the Age Well San Diego Action Plan. Contact the Team representative listed below to learn more and join upcoming meetings.



Health & Community Support Team

Matthew Parcasio | Matthew.Parcasio@sdcounty.ca.gov | 858-505-6435



Social Participation & Inclusion Team

Armida Martinez | Armida.Martinez@sdcounty.ca.gov | 858-505-6448



Housing Team

Dalija Dragisic | Dalija.Dragisic@sdcounty.ca.gov | 858-505-6300



Transportation & Community Connections Team

Jana Schwartz | Jana.Schwartz@sdcounty.ca.gov | 619-346-3751



Dementia & Brain Health Team

Toni-Ann Simpelo | Toni-Ann.Simpelo2@sdcounty.ca.gov | 858-285-6020

For general inquiries about the Age Well San Diego initiative, please contact
Melissa Hernandez at Melissa.Hernandez@sdcounty.ca.gov or
Jana Schwartz at Jana.Schwartz@sdcounty.ca.gov



LIVE WELL
SAN DIEGO

LIVEWELLSD.ORG