

THE SCOOP

Senior Resource Newsletter

April 2021



And the Hunt is on....

The deadline to file your 2020 tax return has been extended to May 17, 2021. We have included some information with locations where you can drop off your documents on page 8. Additional assistance can also be found on the AARP website: www.AARP.org.

The COVID-19 vaccine is still being offered. If you have not received your vaccine and need assistance, please call the H. Louis Lake Senior Center at 714-741-5253 and a staff member will assist you. More vaccine information can be found on page 11.

The Senior Center is conducting wellness calls to Garden Grove elderly residents. If you or anyone you know would like to register for the Wellness Program, please see the flyer on page 7 for more information.

In addition, the Center would like your help! We would like to know how we can continue to provide support to you while the Center is currently closed. More information on how you can participate and take the survey can be found on page 7.

The H. Louis Lake Senior Center remains closed for normal activities, however staff continue to be on-site and are available by phone or virtually Monday - Friday, from 8:00 a.m.-3:30 p.m.

Remember, we are in this together!

~Senior Center Staff

*"Nothing is impossible,
the word itself says 'I'm
Possible!'"*

~ Audrey Hepburn



**H. Louis Lake
Senior Center
11300 Stanford Ave.
Garden Grove, CA
92840
(714) 741-5253**

**Monday-Friday
8:00 a.m. - 3:30 p.m.**

Find a digital version of this newsletter online at www.ggcity.org/seniorcenter

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The mission of the Community Services Department is creating and celebrating a healthy and vibrant community.

Important Phone Numbers

City of Garden		Directory/ Important Numbers
Agencies/Services	Phone Number	Email/Website
Adult Protective Services	(800) 451-5155	www.ssa.ocgov.com
Acacia Adult Day Care Center	(714) 530-1566	www.acacia-services.org
Community Legal Aid SoCal	(714) 571-5200	www.communitylegalsocal.org
Garden Grove Community Services Department	(714) 741-5200	recreation@ggcity.org
Garden Grove Community Meeting Center	(714) 741-5262	events@ggcity.org
Garden Grove City Hall	(714) 741-5000	www.ggcity.org
Garden Grove Code Enforcement	(714) 741-5358	www.ggcity.org/code-enforcement
Garden Grove Graffiti Hotline	(714) 741-5381	
Garden Grove Animal Care Services	(714) 741-5565	animalcare@ggcity.org
Garden Grove Police Department (Non-Emergency)	(714) 741-5704	police@ggcity.org
Garden Grove Main Library	(714) 530-0711	www.ocpl.org
Garden Grove Water Department	(714) 741-5078	www.ggcity.org/water
H. Louis Lake Senior Center	(714) 741-5253	www.ggcity.org/seniorcenter
HICAP-A Program of Council on Aging	(714) 560-0424	www.cahealthadvocates.org
O.C.T.A. Access	(714) 220-0224 (714) 636-7433	www.octa.net
Orange County Fire Authority	(714) 573-6000	www.ocfa.org
Republic Services	(714) 238-2444	www.republicservices.com
Social Security Administration	(800) 772-1213	www.ssa.gov





Food Services



Lunch Café Program

Due to COVID-19 (Coronavirus), the H. Louis Lake Senior Center Lunch Café program has been converted to a frozen meal pick-up program. Frozen meals will be available for pick-up via a drive through or walk-up option every Tuesday from 9:30 a.m. until 10:30 a.m. at the H. Louis Lake Senior Center (11300 Stanford Avenue). Adults age 60 and over are eligible to receive meals. For more information, please call (714) 741-5253. Days, times, and locations for pick-up are subject to change.

Registered Lunch Café participants can have a family member or friend pick up their meals by providing the first and last name, and the address of the program participant. Unregistered participants may have someone pick up their meal as long as that person has the ID card for the individual for whom the meal is intended.

UPCOMING EVENTS

- 4/6/21 Chat & Donuts w/ Alignment Healthcare, 8:30-9:30am**
- 4/8/21 Let's Chat About It via Zoom, 1-2pm**
- 4/15/21 Let's Chat About It via Zoom, 1-2pm**
- 4/22/21 Let's Chat About It via Zoom, 1-2pm**
- 4/27/21 Monthly Birthday Celebration sponsored by Monarch**
- 4/29/21 Let's Chat About It via Zoom, 1-2pm**

Garden Grove Special Senior Shopping Hours

The retailers below have announced special shopping hours dedicated to older adults (65+) who are among the most vulnerable to severe complications from COVID-19. Confirm with your local stores that the senior hours are being enforced during the times listed.

Albertsons: Daily
7-9 AM

ALDI: Tues & Thurs,
8:30-9:30 AM

Costco: Mon– Fri,
9-10 AM

El Super: Every day,
7-8 AM

Food 4 Less: Every day,
6-7 AM

Northgate: Every day,
7-8 AM

Ralphs: Every day,
6-7:30 AM

Sam's Club: Tues &
Thurs, 7-9 AM

Vallarta Supermarket:
Daily, 7-8 AM

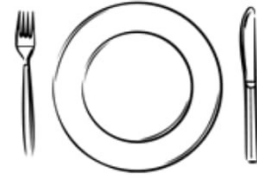
Walmart: Tues, 6-7 AM

Alternative Food Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
Community Action Partnership Senior Box Program	Eligibility: Age 60+ and low income. Food distribution: Each eligible person receives a 30lb box of food.	(714) 667-0717
Second Harvest Food Bank	Food distribution at the Honda Center. Saturdays 9:00 AM to 12:00 PM www.feedoc.org	(949) 653-2900
Free Food Map	Food distribution sites for adults, children, and families. www.ocfoodhelp.org	Please visit website
Food Pantries	Food distribution for anyone in need. Locations vary by city. www.foodpantries.org/st/california	Please visit website
Meals on Wheels Orange County	Home meal delivery to homebound, frail, and socially isolated seniors living in Orange County. Meals are by donation or low cost.	(714) 220-0224
Mom's Meals	Eligibility: Age 65+, disabled, enrolled in Medicaid/Medicare, or a member of a Health Insurance Plan that offers a paid meal benefit. www.momsmeals.com	(877) 508-6667
Livingstone Community Health Clinic	Food pantries: Tuesday-Friday 9:00 AM to 5:00 PM	(714) 248-9500
HOPE	Emergency food and diapers: Wednesday & Thursday from 12:00 PM to 5:00 PM by appointment only	(714) 539-4357
Calvary Chapel Garden Grove	Emergency food every Friday 3:00 PM to 4:30 PM	(714) 897-8972
Christ Cathedral	Food pantry every Thursday 10 AM to 12 PM	(714) 971-2141
Lutheran Social Services	Canned goods, baby food, and diapers. Monday & Tuesday 9:30 AM-12:30 PM Wednesday & Thursday 10:00 AM-3:00 PM	(714) 534-6450
Saddleback Church	Drive and park food pantry, brought to car. Fridays 11:00 AM-1:00 PM	(949) 609-8006
Access California Services	Food vouchers provided by appointment only Monday-Friday 8:00 AM-5:00 PM	(714) 917-0440
Cal Fresh	Call to schedule a drive thru appointment for Food Stamps	(855) 541-5411
Garden Grove Unified School District	Free lunches for school age children at various sites Monday & Wednesday 11:00 AM-1:00 PM www.ggusd.grab.us/grab-n-go	Please visit website
Anaheim Unified School District	Free lunches for 0-18 year olds at various sites Monday-Friday www.ausd.grab.us/grab-n-go	Please visit website



INTRODUCING



Senior Cuisine Delivered™

AFFORDABLE
RESTAURANT-QUALITY
MEALS DELIVERED
SAFELY TO YOUR DOOR

MEALS on WHEELS®
ORANGE COUNTY

SENIOR CUISINE DELIVERED OFFERS:

Convenience

Fresh, nutritious, ready-to-eat meals developed for seniors. Just heat and enjoy!

Affordability

Reasonable prices and no additional delivery costs or hidden fees.

Comfort

You'll have peace of mind knowing meals are being delivered safely to your front door.

SERVING CENTRAL & NORTH ORANGE COUNTY

LEARN MORE & ENROLL ONLINE
MealsOnWheelsOC.org

or call (714)823-3294

For Senior Cuisine Delivered in South Orange County, please visit our partner AgeWellSeniorServices.org.

**CITY OF GARDEN GROVE
H. LOUIS LAKE SENIOR CENTER
PROGRAMA DE APOYO PARA
PERSONAS MAYORES**



El Programa de Apoyo Para Personas Mayores se dedica al logro del envejecimiento exitoso a través de opciones de apoyo y recursos comunitarios para satisfacer sus necesidades de salud y bienestar.

Elegibilidad: Residente de Garden Grove y 60 años de edad o mayor.

Para más información, por favor llame al 714-741-5253.



**CITY OF GARDEN GROVE
H. LOUIS LAKE SENIOR CENTER
SENIOR SUPPORT PROGRAM**



Senior Support is dedicated to the achievement of successful aging through support and community resource options to meet your health and wellness needs.

Eligibility: Garden Grove resident, 60+ years of age.

For more information please call 714-741-5253



**THÀNH PHỐ GARDEN GROVE
TRUNG TÂM PHỤC VỤ
NGƯỜI CAO NIÊN
H. LOUIS LAKE
CHƯƠNG TRÌNH HỖ TRỢ
NGƯỜI CAO NIÊN**



Bộ phận Hỗ trợ người cao niên chú trọng việc hỗ trợ cộng đồng người cao niên qua các nguồn tài nguyên trong cộng đồng để tăng cường và giữ gìn sức khỏe.

Điều kiện hợp lệ: Cư dân Garden Grove, trên 60 tuổi.

Để biết thêm thông tin, vui lòng gọi 714-741-5253



Senior Wellness Program

In response to the COVID-19 pandemic, the City of Garden Grove H. Louis Lake Senior Center is providing a Senior Wellness Program for Garden Grove seniors. Senior Center staff will conduct weekly phone calls to check on the well-being of seniors. The phone calls also serve as an opportunity for seniors to socialize with staff, help promote mental well-being, and provide valuable community resources during COVID-19.

Seniors interested in registering for the Senior Wellness Program or for more information on how to receive frozen meals, may contact the H. Louis Lake Senior Center at (714) 741-5253 Monday through Friday, from 8:00 AM to 3:30 PM.

H. Louis Lake Senior Center Survey



WE WOULD APPRECIATE YOUR FEEDBACK.

We would like to ask you a few questions to better determine how the Senior Center can provide you support while the center remains closed.

To participate in the survey call 714-741-5253.



Tax Assistance Update



With COVID-19 complications posing a risk to both older taxpayer clients and Tax-Aide volunteers, the H. Louis Lake Senior Center is unable to provide AARP tax filing services in 2021.

Visit the AARP website for updates at <https://aarp.org>

For tax filing information visit the IRS website at <https://www.irs.gov>

or call the IRS @ 1-800-829-1040



Tax Assistance in Orange County



OC FREE TAX PREP

IRS certified volunteer tax preparers can help you file your 2020 Federal and State income tax returns.

Appointments are required for services at the Volunteer Income Tax Assistance (VITA) drop-off locations.

Nearby locations

*Community Action
Partnership of OC*

11870 Monarch Street
Garden Grove, CA
92841
714-839-6199

Coastline College

12901 Euclid Street
Garden Grove, CA
92840
1-800-596-4017
ext. 101

*Access California
Services*

631 South Brookhurst
Street, Suite 107
Anaheim, CA 92804
714-917-0440

Please visit the following website to find more locations

<https://ocfreetaxprep.com/2021-tax-prep-locations/>



H. LOUIS LAKE SENIOR CENTER
LET'S "CHAT" ABOUT IT THURSDAYS
 APRIL 2021 ZOOM WORKSHOPS



JOIN US EVERY THURSDAY, 1:00PM TO 2:00PM

WELLNESS WORKSHOP

April 8th

We will discuss wellness during times of grief & loss.



**REGISTRATION IS REQUIRED,
 PLEASE CALL 714-741-5423**

VIRTUAL RECREATION

April 15th

Learn how to navigate virtual recreational activities.



**REGISTRATION IS REQUIRED,
 PLEASE CALL 714-741-5423**

SPRING CRAFT

April 22nd

Let's get crafty!
 Pick up your craft kit at the Senior Center.

Space is limited to the first 10 registrations.
 There will be a material fee of \$5.00



**REGISTRATION IS REQUIRED,
 PLEASE CALL 714-741-5423**

**LEARN ABOUT
 ORANGE COUNTY'S
 RESOURCE
 AND
 REFERRAL SYSTEM 211**



April 29th

Learn how to navigate resources for older adults.



**REGISTRATION IS REQUIRED,
 PLEASE CALL 714-741-5423**

Programs are for individuals age 55+.

If you are not familiar with Zoom a staff member is available to assist you.
 Please call the H. Louis Lake Senior Center to register and receive password/code to join.

Zoom ID: 943 1136 6298

You can also dial in: 1-669-900-6833



COVID-19 Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
Administration for Community Living	Coronavirus disease resources and information. Please visit website: acl.gov/COVID-19	1-800-677-1116
COVID-19 Pandemic "Neighbor to Neighbor Check-In"	"Stay Home. Save Lives. Check In." campaign urging Californians to help combat social isolation and food insecurity among Californians who are 65+ by helping them obtain basic necessities like groceries and prescriptions.	1-833-544-2374 Crisis Hotline
County Of Orange Health Referral Line	For COVID-19 questions	1-800-564-8448 Daily: 8 AM to 8 PM

Older Adult Community Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
Adult Protective Services-Orange County Social Services	Adult Protective Services (APS) is a program designed to prevent and remedy the abuse, neglect, or exploitation of elders and dependent adults who have been harmed or are at risk of harm.	(800) 451-5155 APS EMERGENCY AVAILABLE 24 HOURS
Council on Aging ReConnect Program	Program offers short-term comprehensive services to OC residents who are experiencing emotional challenges and overall health barriers, particularly those appearing later in life.	(714) 479-0107 Monday to Friday 8 AM to 6 PM
Family Caregiver Resource Center Orange County	Providing supportive services to families coping with physical, emotional, and financial responsibilities of caregiving. Services include family consultation, assessment, and care planning.	(800) 543-8312
In Home Support Services-Orange County Social Services Agency	Eligibility: must be 65 or older, disabled, or blind and must be living at home. Must meet financial eligibility criteria for Medi-Cal, and must be unable to live at home safely without IHSS services.	(714) 825-3000
Office on Aging Information & Resources	Info on shelters, housing, affordable rental housing, senior apartments, nursing homes, and board & care homes. Older adult disability resources: hearing, motion (balance loss), and vision. www.officeonaging.ocgov.com/resources	(800) 510-2020
Orange County Older Adult Services	Mental health and crisis services.	(714) 972-3700

COVID-19 VACCINE

Orange County seniors can obtain the COVID-19 vaccine by appointment only.

Residents 65 and older are now eligible through the County of Orange's vaccine and management app Othena. The Othena app will NEVER ask for your social security number, credit card information, bank information, or any payment of any sort, in any way. Othena has an app and website. Register to be notified when the County has an appointment available at www.othena.com

COVID-19 Vaccine Update

ORANGE COUNTY



To learn more about the County's phased distribution plan, visit: www.COVIDVaccineFacts.com

Information is also available by contacting the County's COVID-19 Hotline at 714-834-2000 or via email at ETeam@ochca.com

VACCINE RESOURCES

www.othena.com

www.occovid19.ochealthinfo.com

www.cdc.gov/coronavirus

www.COVIDVaccineFacts.com





presents

Healthy Grieving: How to Live After Loss

Zoom Meeting

As we age we tend to have more losses in life. Grief is a natural response to a loss. We grieve for our losses but how you grieve is unique to you. Learn about how to express your grief in healthy ways and how to live after loss.

Thursday, April 8, 2021
1pm – 2pm

Please call the H. Louis Lake Senior Center at 714-741-5423 to register and receive password/code to join.

Zoom ID: 943 1136 6298

You can also dial in: 1-669-900-6833

Rev. 2017-0801



Volunteer Action for Aging Programs and Activities

For more information on Independence at Home's Volunteer Action for Aging program, call 562-637-7169 or email VAA@scanhealthplan.com

Technology

Group classes on Zoom and one-on-one tech support

Cyber Security: How to protect yourself online

iPad Basics: Learn the main functions of the iPad

Tablet & Smartphone Basics: Learn the key functions of your device

Photography Basics Series: Explore how to use tablets or smartphones to take photos

Cyber Senior*: Volunteers provide one-on-one tech support, via Zoom or telephone calls

Guided Autobiography Series

A multi-week autobiographical writing class conducted via Zoom featuring individual and group exercises

Guided Autobiography I: (5 classes)

Guided Autobiography II: (4 classes, prerequisite GAB I)

Guided Autobiography III: (ongoing writers group, prerequisite GAB I & II)

Social Programs

Clients are matched with a volunteer to provide one-on-one socialization

Friendly Visitor* (currently and temporarily offered as Friendly Caller)

Friendly Caller*

**volunteers can be recruited based on individual language needs*

*Independence at Home's Volunteer Action for Aging programs and activities are designed to provide opportunities for older adults to socialize with peers and promote well-being. Services are offered at **no cost** and classes are typically 1-2 hours long. We welcome any feedback to improve our programs. Please note that no SCAN Health Plan benefit information will be covered during classes.*



Happy, healthy and in your own home.

Aging can be stressful, particularly if you are a senior on your own. It's also common for caregivers to feel anxious, nervous or depressed. But it doesn't have to be that way.

We're here to listen.

Independence at Home's Insights program provides seniors with friendly, trained therapists to support clients with these challenges, and help them feel happier and healthier so they can stay in their own homes. Insights therapists help caregivers and care recipients to cope with their feelings, which can help improve their physical well being too.

If you're an older adult, or the caregiver of an older adult, we encourage you to learn more about the Insights program.

Our services

- Are delivered where and when you need them
- Are provided by a mental health expert
- Include help from a pharmacist
- Are available at **no cost** to participants
- Are provided in English, Korean, Spanish and Vietnamese

Insights goals

- Help older adults to be happier and healthier
- Prevent clients from unnecessarily going into a nursing home
- Encourage independent living at home
- Provide self-care and resources for caregivers

Eligibility requirements

- Resident of Los Angeles County, Orange County, Riverside County or San Bernardino County

Insights services are not available to SCAN Health Plan members.

Connect with the support you need today.

If you or someone in your care could benefit from Insights, please contact us at:

Independence at Home
3800 Kilroy Airport Way
Suite 100
Long Beach, CA 90806

866-421-1964 toll-free
562-492-9236 fax

IndependenceAtHome.org



@IndependenceAtHome



TIME FOR ME

Come and join us to learn coping strategies to support your wellness and make time for yourself.

TUESDAY 4:30 PM - 5:30 PM
ZOOM ID: 977 4902 1053

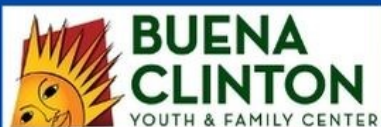
Class will be in Spanish. To register call: (714) 741-5768
Password will be given when you register.

TIEMPO PARA MI

Ven y únete con nosotros para aprender estrategias que pueden apoyar tu bienestar y enseñarte a hacer mas tiempo para ti.

MARTES 4:30 PM - 5:30 PM
ZOOM ID: 977 4902 1053

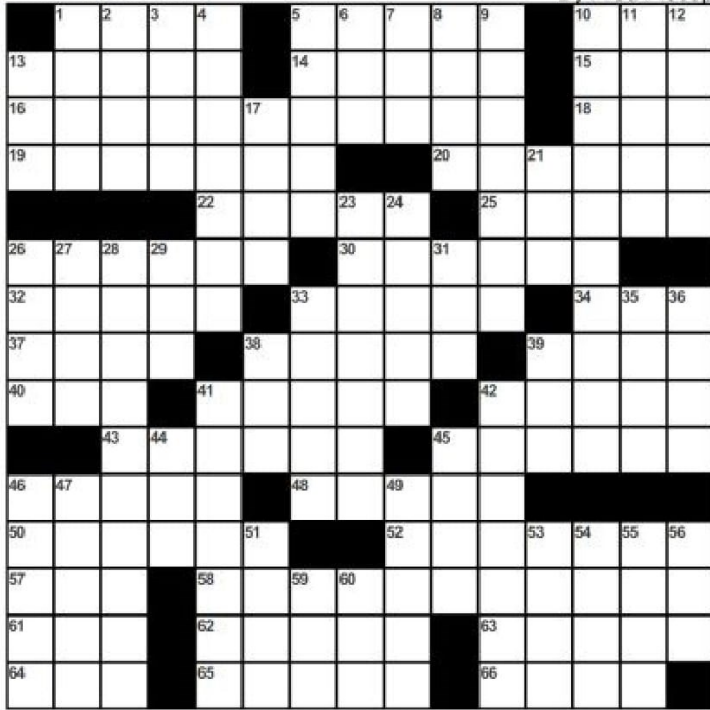
Para registrarse llame al: (714) 741-5768
La contraseña se le dará cuando se registre.



Crossword Puzzle

CONTINENTAL

By Fred Piscop



ACROSS

- | | |
|-----------------------------|--|
| 1) France's Cote d'__ | 39) Silver State city |
| 5) "__ to bury Caesar ... " | 40) Texer's "didn't need to know that" |
| 10) Ltr. add-ons | 41) Fastener for drywall |
| 13) Striker's cry | 42) Marx Brothers specialty |
| 14) "Fat chance!" | 43) Camden Yards player |
| 15) Soccer fan's cry | 45) Like hoppy ale |
| 16) Basketball strategy | 46) Added wing |
| 18) Bit of frat jewelry | 48) Firebug's offense |
| 19) Give a pep talk to | 50) Makers of Barbie |
| 20) Added zip to | 52) Cried 15-Across |
| 22) Shown on TV | 57) "The Gold-Bug" author |
| 25) Olfactory offenses | 58) Place for bargains |
| 26) Verbally abuse | 61) Rescue squad letters |
| 30) Accepted, as a job | 62) Not so congenial |
| 32) Thruway signs | 63) Rocket segment |
| 33) "Alfie" star Michael | 64) Morse tap |
| 34) Bay State fish | 65) Quitter's comment |
| 37) Bratty talk | 66) Word that can precede the first parts of this puzzle's theme answers |
| 38) Goes belly up | |

DOWN

- 1) In a short time
- 2) Some California wines, for short
- 3) Lone Star state sch.
- 4) Calls again
- 5) Derive by reasoning
- 6) Cedar Rapids college
- 7) Hold title to
- 8) Church event
- 9) Assault from Moe
- 10) Selena Gomez show, e.g.
- 11) Harder to outwit
- 12) FedExes, say
- 13) Action movie gun
- 17) "HOMES" part
- 21) Altar affirmation
- 23) Amazon.com, notably
- 24) Embroidered ornament
- 26) Veg out
- 27) Event with proctors
- 28) Driver's license prerequisite
- 29) "__ alive!"
- 31) Come-__ (lures)
- 33) Showy lily
- 35) Story opener
- 36) Take-charge sort
- 38) Rock's __ Fighters
- 39) Maze scurrer
- 41) Added to the recipe
- 42) Deft touch
- 44) AARP part (Abbr.)
- 45) Physicist Niels
- 46) Excited, with "up"
- 47) "Diana" star Watts
- 49) Near-miss, perhaps
- 51) Off one's rocker
- 53) Caesarean rebuke
- 54) Leonine outburst
- 55) Logician's "therefore"
- 56) Balmoral Castle river
- 59) Lucy of "Elementary"
- 60) "__ Girls" (Kelly movie)



By Fred Piscop

CONTINENTAL



Chicken and Pineapple Skewers!

Fire up the grill and enjoy this sweet and savory dish that is a great addition to any potluck or get together!

Prep Time: 30 min
Cook Time: 15 min

Total Time: 45 min
Servings: 16

Ingredients:

- 1 cup ketchup
- 1/4 cup low sodium soy sauce
- 1/4 cup honey
- 1 Tbsp yellow mustard
- 1/4 cup brown sugar
- 2 whole garlic cloves
- 1 lemon, juiced
- 8 boneless, skinless chicken thighs
- 1 fresh pineapple
- 16 wooden skewers, soaked in water for 30 minutes. (metal skewers can also work).
- Extra-virgin olive oil, for brushing
- Kosher salt
- Freshly ground black pepper

Instructions:

1. In a saucepan over medium heat, add the ketchup, soy sauce, honey, mustard, sugar, garlic, and lemon juice.
2. Bring to a simmer and cook gently until thickened, about 10 minutes. Set aside and cool.
3. Heat an outdoor grill or grill pan. Cut each thigh into two pieces.
4. Peel the pineapple and cut into 1 1/2-inch chunks.
5. Alternating between the chicken and pineapple, thread the pieces onto the skewers. Brush them with olive oil and season them with salt and pepper.
6. Remove the garlic cloves from the sauce and discard. Put about half the sauce into a small bowl for later. Brush the skewers with some of the sauce.
7. Cook them on the grill, basting regularly with the sauce, until cooked through, about 10 to 15 minutes.
8. Serve with reserved sauce on the side for dipping.



**H. Louis Lake
Senior Center
11300 Stanford Ave.
Garden Grove, CA
92840**

Contact Us

Give us a call for more information about our services, resources, and classes.

(714) 741-5253

Monday-Friday
8:00 a.m.-3:30 p.m.

Visit us on the web at
ggcity.org/seniorcenter

PRESORT STD
U.S. POSTAGE
PAID
GARDEN GROVE, CA
PERMIT NO. 248

