

THE SCOOP

COVID-19 RESOURCE EDITION

April 2020

Message from Management

The City of Garden Grove recognizes the importance of serving our senior citizen community during this challenging time. We realize how important socialization, physical activity, and nutrition is for our senior residents. However, your health, safety, and well-being is our top priority.

We want you to know that our staff are here for you. We are establishing weekly wellness phone calls. Staff are answering phone lines daily M-F: 8 AM-3:30 PM. You are more than welcome to call for information or to just say hi!

We realize that you may have many questions and have put together this newsletter filled with important resources that may help not only you, but your families and neighbors as well. The City continues to closely monitor the situation with COVID-19 and provides updates as they become available on our City website at ggcity.org/coronavirus.

We are eager to get back to our normal operation and miss you all. Remember, we are in this together!

-Community Services Management Team



Senior Center St. Patrick's Day Dance, March 2020

*"Clouds come floating
into my life, no longer to
carry rain or usher
storm, but to add color
to my sunset sky."*

- Rabindranath Tagore

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

In This Issue

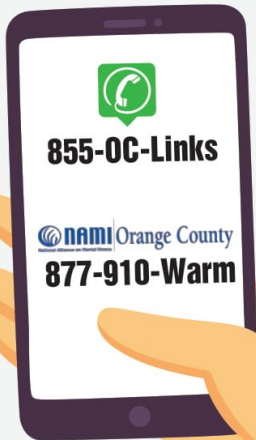
- City Statement
- Wellness Checks
- Important Numbers
- Food Services
- CDC Tips
- COVID-19 Scams
- OC Health Info
- Community Resources
- Fitness
- Social Distancing

Senior Wellness Program

In response to the COVID-19 outbreak, the City of Garden Grove H. Louis Lake Senior Center is providing a Senior Wellness Program for Garden Grove seniors. City Community Services 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.

In partnership with Meals on Wheels Orange County, the H. Louis Lake Senior Center is providing frozen meals for seniors over 60 years old.

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.



COVID-19 and Mental Health

- You may be feeling anxiety, worry, or fear related to the social disruption caused by COVID-19.
- Everyone reacts differently to stressful situations.
- If you or a loved one experience these feelings, you can reach out to the following resources for support.



You can call **1(855) OC-LINKS** or visit www.ochealthinfo.com/oclinks Monday through Friday from 8 a.m. to 5 p.m. to talk or chat with a trained, clinical navigator.

The **NAMI Warmline** is also here to provide non-crisis support for anyone struggling with mental health concerns from 9 a.m. to 3 a.m. Monday through Friday and 10 a.m. to 3 a.m. Saturday through Sunday at **1(877) 910-WARM** or www.namioc.org.

There is also great information available on our website. **We'll get through this.**



OC Health Care Agency – www.ochealthinfo.com/novelcoronavirus
Centers for Disease Control and Prevention – www.cdc.gov/coronavirus/2019-ncov

IMPORTANT PHONE NUMBERS

City of Garden Grove 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 is being converted to a frozen meal pick-up program. Frozen meals will be available for pick-up via a curbside or walk-up option every Tuesday from 10:00 a.m. until 12:00 p.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. Contact Meals On Wheels OC via phone at (714) 220-0224 or view their website (www.mealsonwheelsoc.org/covid-19-lunch-café) daily starting at 9am for the latest updates.

Registered Lunch Café participants can have a family member or friend pick up their meal 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 for the individual for whom the meal is intended.

Staff Safety Precautions:

- **Washing and sanitizing** hands prior to putting on gloves.
- **Minimizing** the amount of hands that come into contact with each set of meals.
- **Maintaining** the appropriate level of **Social Distancing** while receiving, packing, and distributing meals.
- **Changing** gloves regularly.
- **Wearing** masks during receiving, packing, and distribution of meals.

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: Tues & Thurs, 7-9AM

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

Costco: Tues & Thurs, 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, 7-7:30 AM

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

Smart & Final: Tues & Thurs, 6-8 AM

Target: Tues & Wed, 8-9 AM

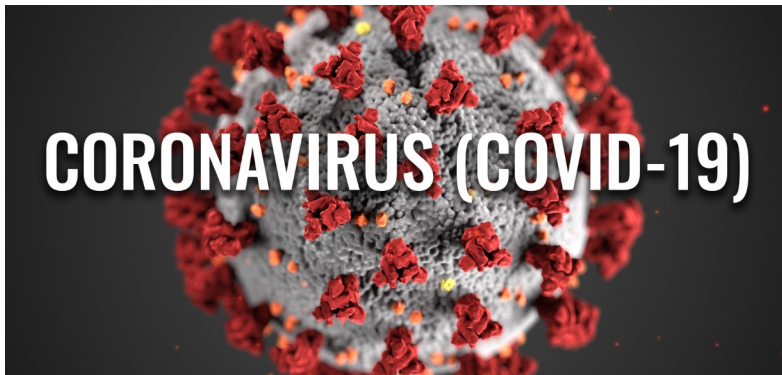
Vallarta Supermarket: Every day, 7-8 AM

Vons: Tues & Thurs, 7-9 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 years old at various sites Monday-Friday www.ausd.grab.us/grab-n-go	Please visit website



CDC: COVID-19 & Older Adults

According to the CDC (Center for Disease Control and Prevention), older adults 65 years and older, are at a higher risk for severe illness. COVID-19 is a new disease and we are learning more about it everyday.

Stress and Coping

Older adults are at higher risk for severe illness from COVID-19 which may result in increased stress during a crisis. Fear and anxiety about the COVID-19 can be overwhelming and cause strong emotions.

What you can do:

- **Take breaks** from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care** of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Make time** to unwind. Try to do some activities you enjoy.
- **Connect** with others. Talk with people you trust about your concerns and how you are feeling.
- **Call your healthcare provider** if stress gets in the way of your daily activities for several days in a row.
- **If you are feeling overwhelmed** with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others, call: **911** or the NAMI Warmline at **(877) 910-WARM**.

What you can do:

- **Stay home** if possible. Only leave your home for essential activities.
- **Wash your hands** often.
- **Avoid close contact** (6 feet, which is about two arms length) with people who are sick.
- **Clean and disinfect** frequently touched surfaces.
- **Avoid all cruise travel** and non-essential air travel.
- **Call your healthcare professional** if you are feeling sick or if you have concerns about COVID-19 and any underlying health conditions.
- **For more information** on steps you can take, see the CDC's "How to Protect Yourself."



Scams Amid the Coronavirus Pandemic

While you're washing your hands and working to stay safe, here are a few ways you can help protect yourself – and those you love – from scammers.

Don't be rushed.

Whatever the call, email, text, or social media post is about, remember that scammers try to rush you. Legit people don't.

Check it out. Before you act on something – stop. Do some research. Do the facts back up the story?

Pass it on. If you get offered something great, or you're worried about something alarming: talk to someone you trust before you act. What do they think?

Keep in touch with the FTC. Sign up for Consumer Alerts to help spot scams: ftc.gov/subscribe. And watch for the latest at ftc.gov/coronavirus.

Report scams to the FTC. Go to ftc.gov/complaint. Your report can help us shut the scammers down.

Spot the Scams: FTC Scam Bingo

During the Coronavirus outbreak, many people are working from home — and maybe even, for the first time in a long time, answering calls from unfamiliar phone numbers. It might be your colleague's cell phone...or it might be a robocaller or scammer. So here's a way you can spot some of those scam calls you might be getting. And it's a way to spread the word to help protect others in your community.

FTC Scam Bingo

Want to help warn others about scams? Post on your social media (w/ #FTCScamBingo) and play with your friends. Want to let us know what's going on? **When you have bingo, share with the Federal Trade Commission on Facebook (@FederalTradeCommission) or Twitter (@FTC)!**

Got a robocall 	Got a scam call	“Lower your interest rate”	“Problem with SSN”	“COVID-19 cure!” 
“Treat COVID-19”	“Get COVID-19 test kit”	“Utilities problem”	Blocked a caller	Reported a scam
Fill in your own <input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/>	“Lower your debt”	FREE  SPACE	“Refi your mortgage”	“Forgive student loans”
Call from your own # 	Call from similar #	COVID-19 phishing scam	“Get free gov’t money” 	“Get health insurance”
Call from “tech support”	Pressure to act NOW 	Call from “Scam Likely”	Hung up on robocall	Fill in your own <input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/>

Learn more about spotting and reporting scams at consumer.ftc.gov. Sign up for Consumer Alerts at ftc.gov/subscribe.



Federal Trade Commission

PEOPLE AT RISK FOR SERIOUS ILLNESS FROM COVID-19

Older Adults (ages 60 and up) & Individuals with Underlying Health Conditions

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

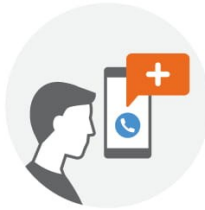


If a COVID-19 outbreak happens in your community, it could last for a long time. An outbreak is when a large number of people suddenly get sick. Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

Get Ready for COVID-19 Now

Have supplies on hand



Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.



If you cannot get extra medications, consider using mail-order.



Be sure you have over-the-counter medicines and medical supplies to treat fever and other symptoms.

Take everyday precautions



Avoid close contact with people who are sick.



Clean and disinfect your home to remove germs.



Wash your hands often with soap and water for at least 20 seconds.



If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.



Avoid crowds, especially in poorly ventilated spaces.



Wash your hands after touching surfaces in public places.



Avoid touching your face, nose, eyes, etc.



To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.



If COVID-19 is spreading in your community, take extra measures to put distance between yourself and other people. Stay home as much as possible. Consider ways of getting food brought to your house through family, social, or commercial networks.

Have a plan for if you get sick

- ✓ Consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19.
- ✓ Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.
- ✓ Determine who can provide you with care if your caregiver gets sick.
- ✓ Most people will be able to recover from COVID-19.

Watch for symptoms and emergency warning signs:

- Pay attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- If you develop emergency warning signs for COVID-19 get medical attention immediately (call 911). In adults, emergency warning signs*:



Difficulty breathing or shortness of breath



Persistent pain or pressure in the chest



New confusion or inability to arouse



Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

Guidance from the Centers for Disease Control and Prevention (<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>) used to inform content and design.



HELP PREVENT THE SPREAD OF NOVEL CORONAVIRUS (COVID-19)



Novel Coronavirus is a new virus that causes respiratory illness in people. Symptoms include coughing, sneezing, runny nose, fever and shortness of breath. To help prevent the spread of the virus and protect yourself, follow Dr. Rita's recommendations!



Wash your hands often with soap and water



Avoid close contact with people who are sick



Cover your cough or sneeze with a tissue or sleeve



Avoid touching your face



Stay home when you are sick and get lots of rest



Eat healthy foods and drink plenty of fluids

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 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

Community Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
Orange County 211	A free 24 hour, 3 digit telephone number that will enable callers to access comprehensive info and referrals to health and human services. Provides links to services including food, shelter, counseling, etc.	Dial 211 or text 898-211 for available resources in your area.
County Of Orange Health Referral Line	Non-medical questions - Emergency Operations Center Public Information hotline	(714) 628-7085 Daily, 7 AM to 7 PM
National Alliance on Mental Illness (NAMI)	Mental health services and information	(714) 544-8488
	Warmline - Mental health crisis hotline	(877) 910-9276
Veterans Crisis Line	Crisis intervention services for Veterans	(800) 488-8244 (Press 1)
Volunteers of America-OC Support Services	Resources and information for Veteran families	(855) 266-3209
OC Health Care Agency-Behavioral Health Services	Crisis or psychiatric emergency resources. Please if you are experiencing a crisis or psychiatric emergency call 911.	(866) 830-6011 24 hours, 7 days a week
OCLinks OC Behavioral Health Info & Referrals	Information and referral service to help navigate the Behavioral Health Services, including crisis services, adult mental health, alcohol and drug inpatient and outpatient programs.	(855) 625-4657 Mon-Fri, 8 AM to 6 PM
Salvation Army	Rental assistance by appointment only. Mon-Thur, 9 AM to 2:30 PM (Closed from 12 to 1 PM)	(714) 783-2344



“Happiness can be found, even in the darkest of times, if one only remembers to turn on the light.”

- J.K. Rowling, Harry Potter and the Prisoner of Azkaban



OFFICE ON AGING
ORANGE COUNTY

Contact us at:
1-800-510-2020

New Extended Hours:

Monday - Friday
8:00 A.M. - 8:00 P.M.

Saturday - Sunday
8:00 A.M. - 5:00 P.M.

Languages

English, Spanish, and Vietnamese speaking information specialists. Over 250 languages available through a third-party interpreter service.

RESOURCE LINKAGE

Information, referrals and assistance are provided free of charge. The programs that we fund or other services we refer you to may have charges associated with their services.

WE HAVE INFORMATION ON THE FOLLOWING KINDS OF SERVICES

- Adult Day Care
- Bereavement/Burial Assistance
- Case Management
- Dementia Support
- Disability Services
- Emergency Hotlines
- Employment/Volunteerism Safety
- Financial Assistance
- Health Education
- Home Modification/Repair
- Housing/Shelter
- In-Home Services
- Insurance
- Legal Services
- Meals/Food
- Recreation/Sports/Learning
- Senior Centers
- Transportation
- Veteran's Services

Staying Fit during Self-Quarantine

It's hard to keep up with and keep calm about, the ever-changing restrictions and policies surrounding the coronavirus outbreak. Physical fitness is an important coping mechanism for those of us trying to keep anxiety at bay and maintain a sense of normalcy and well-being. At the same time, it's important to prioritize safety and social distancing. As many of us settle in to stay home for the unforeseeable future, we should be making time for our mental and physical health.

Start with Stretching:



Shoulder Circles



Hand Stretches



Sit and Reach Stretch



Neck Stretch



Inner Thigh Stretch

Chair Exercises:



Front Arm Raises



Seated Shin Strengtheners



Plies



Seated Twists



Side Bends



Seated Knee Lifts

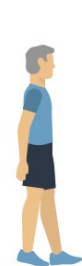
Balance Exercises:



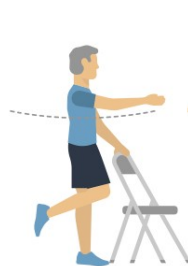
Flamingo Stand



Single Limb Stance with Arm



Toe the Line



Clock Reach



Side Leg Raises

If you decide to go out for a walk and get some fresh air...

- Be mindful of social distancing.
- Walk in less crowded areas.
- Map out a route in your neighborhood and make sure a friend or family member knows it.



NEIGHBOR CHECK-INS

COVID-19

Calling all Neighbors

Californians can safely help older adults and those with chronic health issues who are at higher risk from COVID-19.



Neighbor to Neighbor - Remember, limiting in person contact is important, so call or text if you can. If you want to check on a neighbor and don't have their number, you can talk through the door. Drop off a treat, a book or just a nice note!



Reach out to older adults who live alone - Call, text, video chat! This is a good time to bring back letter writing! If you're an older adult reach out to your friends and family.



Ask how you can help and don't hesitate to ask for help - Older adults are being asked to stay home and may have trouble getting groceries, medication, and other necessities. Ask how you can help and don't hesitate to ask for help yourself.



Utilize state and local services - Encourage neighbors in need to call 833-544-2374, a one-stop hotline to help Californians who have questions or who need assistance during this crisis. You can also utilize your local 211 assistance line.

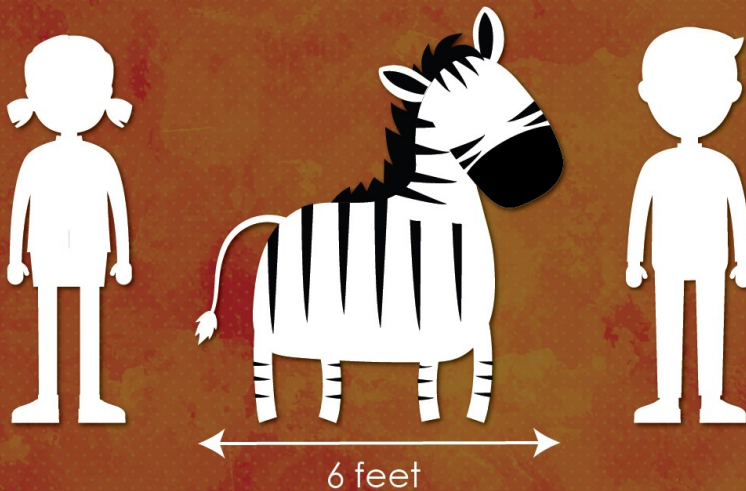


Be Safe! - Most importantly, remember to follow the California Department of Public Health's guidelines. Visit cdph.ca.gov/COVID19 to make sure we are all safe.

Visit serve.ca.gov

#CANeedsYou





Keep one zebra of space between you and others!



Contact Us

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

H. Louis Lake Senior Center

11300 Stanford Ave.
Garden Grove, CA
92840

(714) 741-5253

Visit us on the web at
ggcity.org/seniorcenter



What is social distancing?

Put simply, it means avoiding crowds when possible to help stop or slow down the spread of a highly contagious disease.



What are social distancing measures?

- For an individual, this could mean maintaining enough distance between yourself and another person (**generally, 6 feet**) to reduce the risk of breathing in droplets that are produced when an infected person coughs or sneezes.
- In a community, social distancing measures may include limiting or cancelling large gatherings of people.

How can I practice social distancing?

- ✓ Maintain distance between yourself and anyone who is coughing or sneezing.
- ✓ Avoid handshaking, hugging or other intimate types of greetings – greet others with a wave, nod or bow instead.
- ✓ Avoid non-essential travel.
- ✓ Avoid crowds, especially in poorly ventilated spaces.
- ✓ Know your employer's policies for telecommuting/working from home, should that become necessary.
- ✓ Stay home if you are sick.
- ✓ Avoid visiting hospitals, long-term care facilities or nursing homes unless there is a medical need to do so.



@ohealthinfo



@ohealth

OC Health Care Agency – www.ohealthinfo.com/novelcoronavirus
Centers for Disease Control and Prevention – www.cdc.gov/coronavirus/2019-ncov