

# THE SCOOP

Senior Resource Newsletter

February 2021

## LOVE is in the Air!

And what better way to celebrate love, than by getting you and your loved ones vaccinated. The COVID-19 vaccine has become more readily available and Orange County currently has two Super POD (Point Of Distribution) sites located at Disneyland in Anaheim and at Soka University in Aliso Viejo. Check with your healthcare professional to determine if you should be receiving the vaccine, and if so, schedule an appointment. More vaccine information can be found on pages 10-12 of this issue.

While many are in a hurry to receive their COVID-19 vaccines, please be aware that someone is always out there attempting to take advantage of the situation. Be cautious and alert to protect yourself from scams and do not give out any personal information to unknown sources. Additional tips and things to look out for can be found on page 13.

Tax season is here, and with COVID-19 posing a risk to both older taxpayer clients and Tax-Aide volunteers, the Senior Center is unable to provide in-person tax preparation services this year. Some nearby options where you can drop-off are on page 16. Additional assistance can also be found on the AARP website: [www.AARP.org](http://www.AARP.org)

Meals on Wheels is rolling out a new fee-based meal delivery service called Senior Cuisine Delivered. The new service offers convenient, affordable, restaurant-quality meals delivered directly to your door! To learn more, turn to page 5.

While the H. Louis Lake Senior Center is still currently closed for normal activities, staff continue to be onsite and are available by phone or virtually to assist you Monday-Friday: 8:00 a.m.-3:30 p.m. Pick up the phone and give us a call!

Remember, we are in this together!

~Senior Center Staff



*“ They invented hugs  
to let people know  
you love them without  
saying anything.”*

*-Bil Keane*

**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](http://www.ggcity.org/seniorcenter)

### In This Issue

- Important Numbers
- Food Services and Resources
- Case Management
- Emergency Rental Assistance
- Staying Connected
- Vaccine Information and Avoiding Vaccine Scams
- Community Resources
- Tax Assistance
- Crossword
- Recipe

# Important Phone Numbers

## City of Garden Grove Directory/ Important Numbers

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





# 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 HOLIDAYS

**2/12/21 - Lunar New Year**

**2/14/21 - Valentine's Day**

**2/15/21 - Presidents Day**

## 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:** Daily, 7-8 AM

**Food 4 Less:** Daily, 6-7 AM

**Northgate:** Daily, 7-8 AM

**Ralphs:** Daily, 6-7:30 AM

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

**Vallarta Supermarket:** Daily, 7-8 AM

**Walmart:** Tues, 6-7 AM

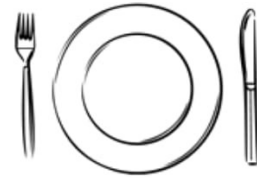
# Alternative Food Resources

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

or call (714)823-3294

For Senior Cuisine Delivered in South Orange County, please visit our partner [AgeWellSeniorServices.org](https://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





# EMERGENCY RENTAL ASSISTANCE PROGRAM

for Orange County Renters



The **County of Orange** will offer rental households, up to **\$10,000 in financial assistance** for unpaid rent or utility bills due to the impact of **COVID-19**.

**Accepting applications starting February 1** and will only be accepted until February 28, 2021.

## To **APPLY** and **find more information**:



Visit the website at [www.ERA.211OC.org](http://www.ERA.211OC.org)



Text **ERA** to **898211**



Call **2-1-1**

## Eligibility requirements include:



Eligible expenses are **UNPAID rent or utility bills** due to COVID-19 impact only, not future rent or utility costs. You must also meet income requirement as stated below.

Household annual income must be at or below **80% Area Median Income (AMI)**:

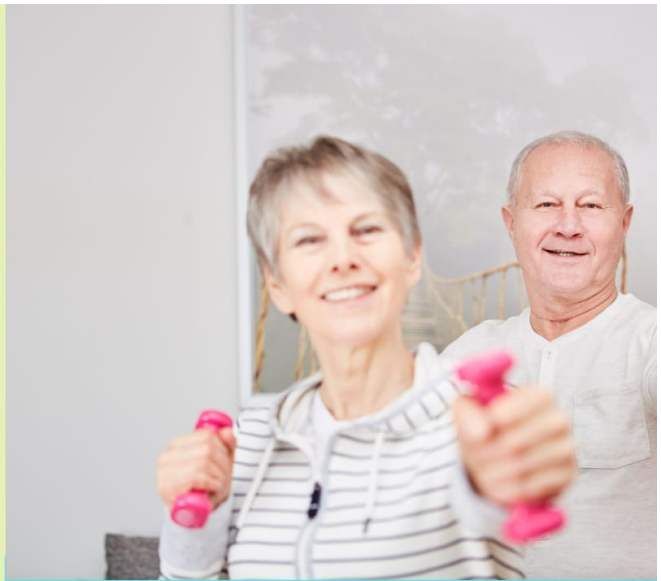
Household Size	1	2	3	4	5	6
<b>80%AMI Level</b>	\$71,750	\$82,000	\$92,250	\$102,450	\$110,650	\$118,850

Landlords can encourage tenants to apply.

Rental households in the cities of Anaheim, Santa Ana and Irvine are ineligible for this County program, as those cities provide their own rental assistance programs.

# HOW IS THE SENIOR CENTER STAYING CONNECTED DURING THE PANDEMIC?

Covid 19 has changed the way we stay in touch. We are learning to adapt with the current changes.



**Sign up Today!**



Receive Senior Center updates by sending us your email address.

**IMPORTANT!**

Have you changed your contact information?

PLEASE CALL OR EMAIL US .



**Email:**  
[hlouislakesc@ggcity.org](mailto:hlouislakesc@ggcity.org)

**CALL**  
**714-741-5253**





H. LOUIS LAKE SENIOR CENTER  
**LET'S "CHAT" ABOUT IT THURSDAYS**

**FEBRUARY 2021 ZOOM WORKSHOPS**

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

**MIND & BODY  
WELLNESS  
February 4th**

Manage stress and practice wellness during COVID-19.

**REGISTRATION IS REQUIRED,  
PLEASE CALL 714-741-5253**



  
**VALENTINE'S DAY CRAFT  
February 11th**

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

Limited craft kits  
available by  
appointment only.

**REGISTRATION IS REQUIRED,  
PLEASE CALL 714-741-5253**

**TECHNOLOGY  
RESOURCES**

**February 18th**

Learn about resources to  
help with your smartphone,  
tablet, or computer.



**REGISTRATION  
IS REQUIRED,  
PLEASE CALL  
714-741-5253**

**COMMUNITY  
RESOURCES**

**February 25th**

Learn about County of Orange  
vaccine updates, tax assistance,  
and other resources available.



**REGISTRATION  
IS REQUIRED,  
PLEASE CALL  
714-741-5253**

**Programs are for individuals age 55+.  
If you are not familiar with Zoom a staff member is available to assist you.**

# COVID-19 Vaccination Distribution



Orange County resident's vaccination group will be determined by a number of factors, such as:

- Work settings
- Direct contact with COVID-19 patients
- Recent positive COVID-19 test result or infection
- Pregnant or breastfeeding
- History of severe allergic reactions to injected medications or vaccinations
- Age
- Existing comorbidities
- Living environment - congregate facility or long term care facility

## "WHEN CAN I GET VACCINATED?"

Phased Approach to Vaccine Distribution - Given the limited initial supply of COVID-19 vaccines, distribution will be limited at first and increase over time. Determinations will be based on reaching critical populations to reduce morbidity and mortality rates due to the transmission of COVID-19.



## Where can I go to get my vaccine?

If you fall into Phase 1A, please contact your employer, long-term care facility for vaccination instructions, or register online through [www.Othena.com](http://www.Othena.com). Additional information will be provided here in the near future as details become available.

*Please visit [occovid19.ochealthinfo.com/covid-19-vaccine-resources.com](http://occovid19.ochealthinfo.com/covid-19-vaccine-resources.com) for more information on Phase 1A.*



## Orange County Vaccination Timeline

Contingent on vaccine availability and local administration capacity

ACTIVE PHASE

### Phase 1A

TIER 1 - HIGH & MODERATE RISK  
TIER 2 - HIGH RISK



**Orange County resident's vaccination group will be determined by a number of factors, such as:**

- Work settings
- Direct contact with COVID-19 patients
- Recent positive COVID-19 test result or infection
- Pregnant or breastfeeding
- History of severe allergic reactions to injected medications or vaccinations
- Age
- Existing comorbidities
- Living environment - congregate facility or long term care facility

All information in this pamphlet is subject to change, please reference the latest version to view the most up-to-date information.  
Last revised 12/16/20

Sources: <https://www.cdph.ca.gov/programs/cid/dcdc/pages/covid-19/cdph-allocation-guidelines-for-covid-19-vaccine-during-phase-1a-recommendations.aspx>  
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/evidence-table.html>

## “WHEN CAN I GET VACCINATED?”

Phased Approach to Vaccine Distribution - Given the limited initial supply of COVID-19 vaccines, distribution will be limited at first and increase over time. Determinations will be based on reaching critical populations to reduce morbidity and mortality rates due to the transmission of COVID-19.

- National Academy of Sciences Prioritization

### Phase 1A | Critical and Healthcare Workers

estimate **December - March**

#### TIER 1

- Acute care, psychiatric and correctional facility hospitals
- Skilled nursing facilities, assisted living facilities, and similar settings for older or medically vulnerable individuals and residents in these settings
- Paramedics, Emergency Medical Technicians (EMTs) and others providing emergency medical services
- Dialysis centers

#### TIER 2

- Intermediate care facilities for persons who need non-continuous nursing supervision and supportive care
- Home health care and in-home supportive services
- Community health workers, including promotoras
- Public health field staff
- Primary Care clinics, including Federally Qualified Health Centers, Rural Health Centers, correctional facility clinics and urgent care clinics

#### TIER 3

- Specialty clinics
- Laboratory workers
- Dental and other oral health clinics
- Pharmacy staff not working in settings at higher tiers

### Phase 1B & 1C | High-risk Individuals

estimate **February - March**

California Department of Public Health (CDPH) is developing detailed guidance for this distribution phase. We will post additional information as it's available.

### Phase 2 | Critical Workers and Moderate-risk Individuals

estimate **March - April**

CDPH is developing detailed guidance for this distribution phase. We will post additional information as it's available.

### Phase 3 & 4 | Everyone

estimate **Summer**

Populations not identified in prior phases above, will be addressed and defined further by CDPH. Please visit our web-page in the future, to learn more as information is further defined.

## Where can I go to get my vaccine?

If you fall into Phase 1A, please contact your employer or your long-term care facility for further details.  
Return to this site in the future for more information as it is defined.



# 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](http://www.othena.com)

## COVID-19 Vaccine Update

ORANGE COUNTY



To learn more about the County's phased distribution plan, visit: [www.COVIDVaccineFacts.com](http://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](mailto:ETeam@ochca.com)

### VACCINE RESOURCES

[www.othena.com](http://www.othena.com)

[www.occovid19.ochealthinfo.com](http://www.occovid19.ochealthinfo.com)

[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

[www.COVIDVaccineFacts.com](http://www.COVIDVaccineFacts.com)





Protect Yourself

# AVOID COVID-19 Vaccine Scams

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.
- ✓ **Protect Yourself. Do not give out your personal information to unknown sources.**

**!** If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: **1-800-HHS-TIPS** | [tips.hhs.gov](https://tips.hhs.gov)
- FBI Hotline: **1-800-CALL-FBI** | [ic3.gov](https://ic3.gov)
- CMS/Medicare Hotline: **1-800-MEDICARE**



For accurate, up-to-date information about COVID-19, visit:

[oig.hhs.gov/coronavirus](https://oig.hhs.gov/coronavirus)  
[fbi.gov/coronavirus](https://fbi.gov/coronavirus)  
[justice.gov/coronavirus](https://justice.gov/coronavirus)



HHS  
Office of  
Inspector  
General



Federal  
Bureau of  
Investigation



Department  
of Justice



# COVID-19 Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
Administration for Community Living	Coronavirus disease resources and information. Please visit website: <a href="https://acl.gov/COVID-19">acl.gov/COVID-19</a>	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. <a href="http://www.officeonaging.ocgov.com/resources">www.officeonaging.ocgov.com/resources</a>	(800) 510-2020
Orange County Older Adult Services	Mental health and crisis services.	(714) 972-3700



# 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

## *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. Please call Lori McIntyre to participate at 714-741-5423.



# 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

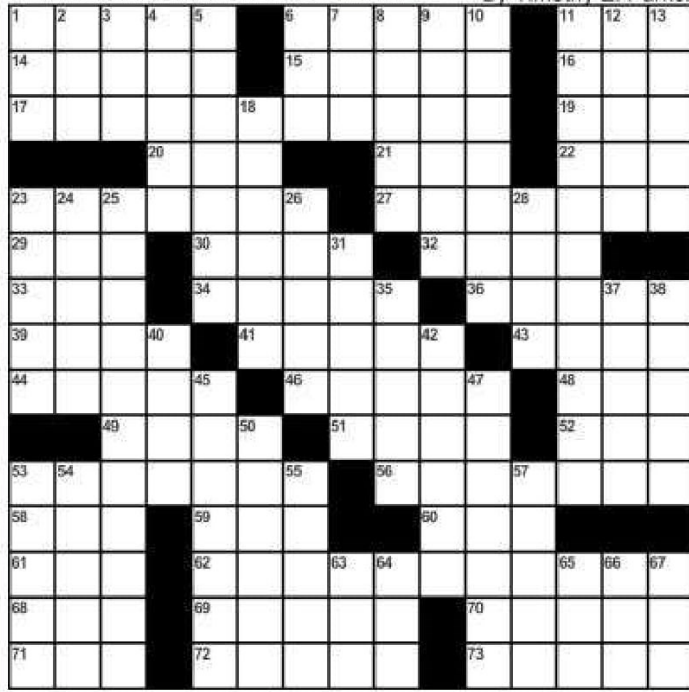
Please visit the following website to find more locations

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

# Crossword Puzzle

## A WIN-WIN-WIN SITUATION

By Timothy E. Parker



### ACROSS

- |  |  |
|--|--|
| 1) Anklebones                          | 43) Voyaging on an ocean               |
| 6) University in Texas                 | 44) Fire remnant                       |
| 11) "This means ___!"                  | 46) Andrea Bocelli, for one            |
| 14) For all to hear                    | 48) Malone on "Cheers"                 |
| 15) Truly love                         | 49) Coral strip                        |
| 16) Anger                              | 51) 100-meter event                    |
| 17) They are see-through               | 52) Clairvoyance, e.g.                 |
| 19) "... heat, ___ gloom of night ..." | 53) Breastbone                         |
| 20) "Mode" preceder                    | 56) Some instrument pluckers           |
| 21) Munched                            | 58) When doubled, a dance              |
| 22) Tall Australian bird               | 59) Airport schedule abbr.             |
| 23) Becoming morning                   | 60) Chunk of lawn                      |
| 27) Like some humor                    | 61) Common tree                        |
| 29) ___-Wan Kenobi                     | 62) Achieve total victory              |
| 30) Jewish homeland                    | 68) "___ moment, please"               |
| 32) Below-the-belt comment             | 69) End of a bridal path               |
| 33) Animal house                       | 70) Contents of some office cartridges |
| 34) "Come in!"                         | 71) The "p" in mpg                     |
| 36) Nosy thing to do?                  | 72) Be educated                        |
| 39) Roams                              | 73) Prepare to be tested               |
| 41) Auctioneer's hammer                |  |

### DOWN

- 1) Glass shooter
- 2) Legendary Muhammad
- 3) "Anchorman: The Legend of \_\_\_ Burgundy"
- 4) Country in northeastern Africa
- 5) Put on a pedestal
- 6) Drink from a dish
- 7) Org. on toothpaste tubes
- 8) One-celled organism
- 9) Ridges on ranges
- 10) Caulks again, e.g.
- 11) Some juicy vats
- 12) Bouquet
- 13) Any "I Love Lucy," now
- 18) On the decline
- 23) Avoid artfully
- 24) Crosswise, on deck
- 25) Jacket worn on a blustery day
- 26) Intimated
- 28) Russian assembly
- 31) Decisive refusal
- 35) Kidney-related
- 37) Minimal amount
- 38) Reading lights
- 40) Nostradamus, purportedly
- 42) Plague item of biblical proportions
- 45) Subscriber's option
- 47) Sharp replies
- 50) Pointless, as an effort
- 53) Ice cream portion
- 54) Macbeth was one
- 55) Kind of ray
- 57) Far from a Mensa candidate
- 63) Steering device, on water
- 64) Jumbo coffeepot
- 65) Large African antelope
- 66) "\_\_\_ be a fool not to!"
- 67) Attempt



By Timothy E. Parker

A WIN-WIN-WIN SITUATION





## Ingredients:

- 1/2 cup canola oil
- 1/2 cup honey
- 1 cup packed brown sugar
- 2 egg whites
- 2 tsp vanilla extract
- 1 tbsp water
- 1 1/2 cup whole wheat flour
- 1 cup all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 1tsp ground cinnamon
- 1 1/4 cup semisweet chocolate chips

# No Cholesterol Chocolate Chip Cookies

*This healthy, well, healthier take on chocolate chip cookies is both good for the heart and good for the taste buds!*

**Prep Time: 30 min    Total Time: 40-45 min**

**Cook Time: 8-9 min    Yields: \*2-3 dozen**

\*Serving size may vary depending on size of cookie.

## Instructions:

1. Preheat oven to 350 degrees F. Grease cookie sheets.
2. In a medium bowl, stir together the canola oil, honey, sugar, egg whites, vanilla, and water.
3. In a separate bowl, mix together the whole wheat flour, all-purpose flour, baking powder, salt, and cinnamon.
4. Blend dry ingredients into the wet mixture and mix well.
5. Fold in the chocolate chips.
6. Drop cookies by rounded teaspoonfuls onto the prepared cookie sheets.
7. Flatten with a fork dipped in flour.
8. Bake for 8-9 minutes in the preheated oven.
9. Let cool and enjoy!



# Institute on Aging Friendship Line

**Just dial 1-800-971-0016**

The Friendship Line is both a crisis intervention hotline and a warm line for non-emergency emotional support calls. It provides round-the-clock crisis support services including: emotional support; elder abuse reporting; well-being checks; grief support through assistance and reassurance; active suicide intervention; and information and referrals for isolated older adults or adults living with disabilities.

In addition to receiving incoming calls, Friendship Line also offers outreach to eligible callers. Volunteers connect with people on a regular basis, and help monitor their physical and mental health concerns. The call-out services act as an intervention to prevent suicide in the long term by improving the quality of life and connectedness of isolated callers. Any aging adult or person living with disabilities, who suffers from depression, loneliness, isolation, anxiousness, or may be thinking about death or suicide, can benefit from completely confidential phone calls with Friendship Line volunteers. Sometimes the road to happiness begins by simply saying hello to someone who cares.

## Meals on Wheels Volunteer Drivers Needed



Orange County volunteers make a big impact on everyday lives of older adults in Orange County. Deliver nutritious meals and a friendly check in.



For volunteer information and opportunities, please contact  
Linda Molthen 714-229-3377 or apply online at  
<https://www.mealsonwheelsoc.org/emergency-volunteer-opportunities>

**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

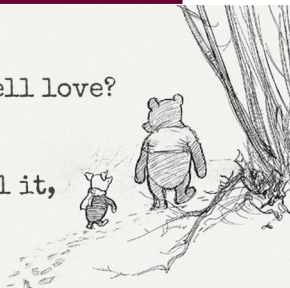
Monday-Friday  
8:00 a.m.-3:30 p.m.

Visit us on the web at  
[ggcity.org/seniorcenter](http://ggcity.org/seniorcenter)

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

Piglet:  
How do you spell love?

Pooh:  
You don't spell it,  
you feel it.



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*"If you live to be a hundred, I want to live to be a hundred minus one day, so I never have to live without you." - Winnie the Pooh*

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## 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.

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

