

# THE SCOOP

Senior Resource Newsletter

HOLIDAY EDITION  
2020

## Message from the H. Louis Lake Senior Center Staff

The H. Louis Lake Senior Center recognizes how important socialization, physical activity, and nutrition is for our senior residents. As we transition to a “new” normal we will take every precaution to ensure your health, safety, and well-being is our top priority.

This “Holiday Edition” provides you with essential resources during this holiday season.

We have launched via zoom “Great Coffee Great Conversations” chat. This program is dedicated to engaging and “chatting” with participants in the comfort of their own homes. Please see the flyer in this issue for more information.

The City continues to provide updates on COVID-19 as they become available on our website at [ggcity.org/coronavirus](http://ggcity.org/coronavirus).

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

Remember, we are in this together!

-Senior Center Staff

*Not what we say  
about our blessings  
but how we use  
them, is the true  
measure of our  
Thanksgiving*

~ W.T. Purkiser



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

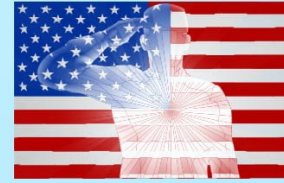
- Important Numbers
- Great Conversations Flyer
- Food Services
- Zooming Forward
- Case Management
- Upcoming Programs & Activities
- COVID-19 Resources
- Community Resources
- Holiday Safety
- Holiday Recipes

# 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>





### **Resources for Veterans National Call Center for Homeless Veterans**

If you are or know a Veteran who is homeless or at risk of becoming homeless, you may contact the National VA Call Center for Homeless Veterans. These resources are also available to Veterans' family members and friends, VA medical centers, VA partners, community agencies, and service providers. Call 1-877-424-3838, 24/7.

### **Veterans Crisis Line**

The Veterans Crisis Line connects Veterans and Service members in crisis and their families and friends with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text. Call 1-800-273-8255 and Press 1, 24/7.

### **War Vet Call Center**

The War Vet Call Center is a confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. Call 1-877-WAR-VETS (1-877-927-8387), 24/7.

### **Women Veterans Call**

The Women Veterans Call Center (WVCC) provides VA services and resources to women Veterans, their families, and caregivers. You can also chat online anonymously with a WVCC representative. Call 1-855-VA-Women (1-855-829-6636) 8 a.m.–10 p.m. ET, Monday–Friday; 8 a.m.–6:30 p.m. ET, Saturday.

### **Resources for Family Members or Friends of Veterans Caregiver Support**

If you are caring for a Veteran, the VA Caregiver Support Program offers training, educational resources, and a variety of tools to help you succeed. Call 1-855-260-3274, 8 a.m.–8 p.m. ET, Monday–Friday for advice on being a caregiver.

### **Coaching Into Care**

This VA program provides guidance to Veterans' family members and friends for encouraging a reluctant Veteran they care about to reach out for support with a mental health challenge. Free, confidential assistance is available by calling 1-888-823-7458 Monday – Friday, 8 a.m. – 8 p.m. ET, or emailing [CoachingIntoCare@va.gov](mailto:CoachingIntoCare@va.gov).

**For more resources visit [va.gov](http://va.gov)**

**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



# Great Coffee Great Conversations

Brew your favorite morning beverage and join H. Louis Lake Senior Center staff live on ZOOM.

DAY: THURSDAYS

DATE: OCTOBER 8TH TO DECEMBER 17TH

TIME: 1:00PM TO 2:00PM



To Register Call 714-741-5423

Zoom ID: 994 0211 7386

Phone Number 1-669-900-6833

Password to join will be given when you register.  
Participants will be entered each month for a chance to win a  
Coffee themed Gift Basket!

\*No meeting on Nov 26th



# Thankful For Our Volunteers!

**Senior Center Staff appreciate our Senior Center Volunteers. In the month of November we distributed individual pies with a thank you card to 36 of our volunteers. We miss all of our volunteers and want to wish them the best during this holiday season.**



## 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

**11/10/20 Veteran's Theme Distribution**

**11/17/20 Thanksgiving Theme Distribution**

**11/24/20 Monthly Birthday Celebration**

**12/10/20 Park(ing) Lot Movie**

**12/15/20 Christmas Themed Distribution**

**12/17/20 SC Santa's Village**

**12/22/20 Monthly Birthday Celebration**

## 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:** Tues, Wed,  
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,  
6-7:30 AM

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

**Vallarta Supermarket:**  
Every day, 6-7 AM

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



H. Louis Lake  
SENIOR CENTER

# PARKING LOT BINGO!

Thursdays  
9am-10:30am

Free!

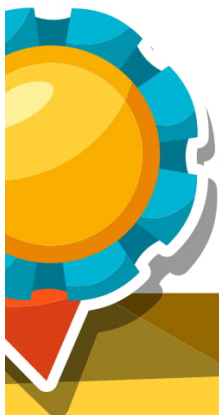
To pre-register please call the H.  
Louis Lake Senior Center at

714-741-5253

- **Must Pre-Register to Participate**
- **Maximum of Two People Per Car**
- **Please Bring Your Own Pen**
- **Cards Will Be Used Only Once**



Sponsored By:







[www.ggcity.org/virtualrec](http://www.ggcity.org/virtualrec)

**So you want to Zoom?**



**Let's start Zooming & Join a Meeting!**

The Center will be hosting Zoom 101 classes. Please call the Center at 714-741-5253 to get more information and to register.

# ZOOMING FORWARD

We are committed to ensuring that Garden Grove's community has the resources to maintain healthy lives and social engagement during these challenging times. While some of our services are being offered over the telephone, we would like you to "ZOOM" in and check out the virtual programming being offered. For more information please call 714-741-5253.

## New Classes!



**Zumba Gold**  
**Class Instructor:**  
**Carmen Gutierrez**

To register and receive your Zoom invite link, please email the H. Louis Lake Senior Center at [hlouislakesc@ggcity.org](mailto:hlouislakesc@ggcity.org), or call **714-741-5253** with your name, phone number, and address.

1. Zumba Gold: This is a zumba class with exercise to help your body and mind. Classes are Monday, Tuesday, Wednesday from 9:30a.m to 10:30a.m.
2. Slow Movement Exercise for Seniors: This is a chair exercise class that utilizes slower exercise and smooth movements. This class is every Monday from 11a.m. to 12p.m.

## New Activities!



**Loteria (Mexican Bingo)**  
**Fridays**  
**3:00PM to 4:00PM**

Join us on Fridays from 3:00p.m. to 4:00p.m while we play Loteria! Stimulate you mind and body all while having fun and winning prizes.

To register and receive the zoom login information please call **714-741-5253** or email [hlouislakesc@ggcity.org](mailto:hlouislakesc@ggcity.org).



**Great Coffee Great Conversations**  
**Thursdays**  
**1:00PM to 2:00PM**



Brew your favorite morning beverage and join the H. Louis Lake Senior Center staff live on ZOOM. Participants for a chance to win a coffee themed gift basket!

To register and receive the zoom login information please call **714-741-5253** or email [hlouislakesc@ggcity.org](mailto:hlouislakesc@ggcity.org).



## Workshops

### *Stability and Balance Class*



**Every Saturday  
11:00 a.m.**



Balance is important for everyone, especially as we get older. Strengthen your balance and stability with these online classes. This class is brought to you by Monarch and Sponsored by SCAN. If you are interested in this workshop please call **714-741-5253** for the meeting ID and password.

## Services



### *Legal Aid*

**Monday - Friday  
8:00 a.m.-5:00 p.m.**

Community Legal Aid SoCal is dedicated to meeting the legal needs of seniors 60+ throughout Orange County. Legal Aid is conducting telephone appointments and consultations through their OC Senior Citizens Legal Advocacy Program. Please call **714-571-5251** to make an appointment. You can also visit their website at <https://www.communitylegalsocal.org/> for more information on programs and services.



### *HICAP*

**Monday - Friday  
8:00 a.m.-5:00 p.m.**

Questions about Medicare? HICAP is part of the national network of State Health Insurance Assistance Programs (SHIP) and is the most dependable source of unbiased and accurate Medicare related information. Please call **(714) 560-0424** to make an appointment to talk to a counselor. You can also visit their website at <https://www.coasc.org/programs/hicap/> for more information on programs and services.



11300 Stanford Ave | Garden Grove CA 92840 | 714-741-5253

# HOLIDAY COOKING FIRE SAFETY



*More cooking fires are reported on Thanksgiving Day than any other day of the year, followed by Christmas and Christmas Eve. Help protect your family and your home by practicing cooking safety this holiday season.*



*There are more than 3x as many home cooking fires on Thanksgiving Day, a 250% increase over the daily average.*



**Orange County  
Fire Authority**

**(714) 573-6200**  
[ocfa.org](http://ocfa.org)



## **Holiday Cooking Safety Tips**

- Stay in the kitchen when frying, grilling, or broiling food. Unattended cooking is the leading cause of home cooking fires.
- Check food often while cooking. If you are entertaining guests, use a kitchen timer to remind you that the stove or oven is on.
- Wear short, fitted, or tightly rolled sleeves when cooking.
- Keep cooking areas clear. Pot holders, paper towels, wooden utensils, and even cookbooks can be fire hazards if left too close to the stove, oven, or other kitchen appliances.
- Clean cooking surfaces regularly to prevent grease buildup.
- Make sure children and pets stay at least three feet from the oven or stove.
- Test your smoke alarms and never disable them while cooking.

## **What to do if there is a Fire**

- If the fire is on the stove, cover the pan with a lid and turn off the stove. Never try to move the pan to the sink and NEVER pour water on a grease fire.
- If the fire is in the oven or microwave, keep the door closed and turn off the appliance.
- A multipurpose ABC fire extinguisher can also be used on a small cooking fire. An extinguisher should only be used if the fire is not spreading, smoke and heat have not filled the area, and you have a clear escape path.



# Loaded Sweet Potato Casserole

*This easy **Sweet Potato Casserole** recipe is loaded with brown sugar, cinnamon and nutmeg and topped with toasty marshmallows and cinnamon streusel. It's the best sweet potato side dish to compliment to your Thanksgiving meal!*

**Prep Time: 45min**    **Total Time: 1h 30min**  
**Cook Time: 45min**    **Yields: 8-10 Servings**

## Instructions:

1. Preheat oven to 350°F (176°C).
2. Put the sweet potatoes in a large pot and cover with water. Bring the water to a boil and boil until the potatoes are fork tender, about 8 minutes.
3. Drain the potatoes and return to the pot. Mash the potatoes until they are your desired level of smoothness.
4. Add the milk, brown sugar, butter, eggs, cinnamon, nutmeg, vanilla and salt to the potatoes and stir until well combined.
5. Pour the potatoes into a 9×13 casserole dish. At this point you can cover the dish and refrigerate for up to two days before cooking, or you can put them in the oven right away. Heat them until cooked through, 25-30 minutes (might take less time if you're cooking them right away).
6. While the potatoes are cooking (or you could also prepare this ahead of time), combine the flour, brown sugar, cinnamon, nutmeg and cloves for the streusel topping.
7. Add the melted butter and stir until well combined.
8. When the casserole is heated through, remove it from the oven and top it with the marshmallows and streusel. I like to add some marshmallows, then the streusel, then the remaining marshmallows.
9. Bake for another 10-15 minutes. If you want to brown the marshmallows a little more, turn the oven to the broil setting at 400 degrees until they've browned to your liking. Serve casserole warm.

## Ingredients:

### Sweet Potatos

- 3 lbs fresh sweet potatoes, peeled and cut into 1 inch cubes
- 1/2 cup (120ml) milk
- 1 cup (225g) packed light brown sugar
- 1/4 cup (56g) unsalted butter, melted
- 2 eggs
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 tsp vanilla extract
- Pinch of salt

### Topping

- 1/3 cup (44g) all purpose flour
- 1/3 cup (75g) light brown sugar, packed
- 1/2 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- Pinch of ground cloves
- 3 tbsp (42g) salted butter, melted
- 2-3 cups marshmallows

# THIS HOLIDAY SEASON SPREAD CHEER, NOT COVID-19

The holidays are usually a time to celebrate with family and friends. With COVID-19 in our communities, you may be wondering how we can celebrate safely. See below for some things to consider during the holidays.



If you think you may have COVID-19, the most important thing to do is isolate yourself. This means staying away from others and not traveling. Most people will have mild illness (or even no illness) and can recover at home without medical care. If you want to get a test you can get a free test. Find out where you can get tested for COVID-19 before the holidays at [ohealthinfo.com/covidtest](https://ohealthinfo.com/covidtest).

## Lower Risk Activities

These activities are safer for your celebrations:

- Eating your holiday meal only with people who live in your household.
- Having a virtual holiday celebration with friends and family.
- Shopping online instead of in person.
- Watching sports events, parades and movies from home.

## Medium Risk Activities

These activities can put you at some risk for COVID-19:

- Having a small outdoor celebration with family and friends. Remember, the smaller the number of people, the safer.
- Visiting holiday attractions where people can wash hands or use hand sanitizer often, wear masks and can stay 6 feet apart.

Tips to stay safer while gathering:

- If your gathering is indoors, try to stay at least 6 feet away from people who do not live with you.
- It's always safer to keep your face covering on. You can remove your face covering briefly when eating or drinking.

## Higher Risk Activities

These activities can put you at high risk for COVID-19. **You should avoid these activities to keep you and your family safe:**

- Shopping in crowded stores and on popular shopping days like Black Friday.
- Watching or participating in a crowded race, parade or celebration.
- Attending large indoor gatherings with people from outside of your household.



### Safer Holiday Travel

If you must travel, go to CDC's "[Travel during the COVID-19 Pandemic](https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html)" at [cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html](https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html) to find ways to travel more safely.



### Don't worry about the flu too!

The holiday season is also flu season. Make sure you are also protecting yourself and your family from the flu. Find out where you can get your flu vaccine at [ohealthinfo.com/getyourflushot](https://ohealthinfo.com/getyourflushot).



### Safe Food Handling

Remember to also practice safe food handling. Go to [ocfoodinfo.com](https://ocfoodinfo.com) for more information.

For more information on celebrating safely during the holidays, visit [ohealthinfo.com/covidholidaysafety](https://ohealthinfo.com/covidholidaysafety)

# Hot Chocolate

## Original Hot Coco Makes 10 Servings

### Ingredients:

- 1/4 C unsweetened cocoa powder
- 1/2 C granulated sugar
- 1/2 tsp salt
- 1/3 C water
- 4 C whole milk
- 1 tsp vanilla

### Instructions:

1. In a saucepan mix the dry ingredients.
2. Add the water and bring to a boil, keep boiling for one min.
3. Then add the milk.
4. Heat until it's the temp you like.
5. Take off the heat and add the vanilla, stir and serve

## Slow Cooker

## Peppermint Hot Chocolate

Makes 8 Servings

### Ingredients:

- 2 cups milk
- 1 cup cream
- 2 tablespoons vanilla extract
- 1 1/2 cup granulated sugar
- 16 ounces chopped bittersweet chocolate
- 2 teaspoons salt
- 1/2 teaspoon peppermint oil

### Instructions:

1. Add milk, cream, vanilla and sugar to a pot and place over medium heat.
2. When milk mixture is hot, add the chopped chocolate and stir constantly. Continue stirring and add remaining ingredients.
3. When mixture is starting to simmer, take off heat and serve or chill in fridge.

## Rum Chata Hot Chocolate

### Ingredients:

- 3/4 cup hot cocoa
- 1 ounce Rum Chata
- 1/4 cup whipped cream
- Chocolate shavings, garnish

Makes 1 Serving

### Instructions:

1. Fill your favorite hot chocolate mug 3/4 full with your favorite hot cocoa.
2. Add 1 ounce of Rum Chata this will give your drink a creamy taste.
3. Top it off with some whipped cream and chocolate shavings.

**¡Gratis!**

El Centro Para Personas Mayores H. Louis Lake Presenta

# ★ PELÍCULAS en el Estacionamiento

**ELF**

**JUEVES, 10 DE DICIEMBRE**

**4:30 PM | 5:00 PM**

EL ESTACIONAMIENTO SE ABRE

LA PELÍCULA COMIENZA

**ESTACIONAMIENTO DEL COMMUNITY MEETING CENTER**

**11300 STANFORD AVE, GARDEN GROVE, 92840**

El espacio está limitado a 50 autos preinscritos  
No autocaravanas o campers



**PERSONAS MAYORES  
DE 50 AÑOS DEBEN  
LLAMAR AL  
(714) 741-5253  
PARA REGISTRARSE**



**Miễn phí!**

H. Louis Lake Senior Center giới thiệu

# ★ Buổi Chiều PHIM TẠI Bãi Đậu Xe

**ELF**

**THỨ NĂM, 10 THÁNG 12**

**4:30 PM | 5:00 PM**

MỞ CỬA

BẮT ĐẦU CHIẾU PHIM

**BÃI ĐẬU XE TRUNG TÂM HỢP CỘNG ĐỒNG**

**11300 STANFORD AVE, GARDEN GROVE, 92840**

Chỗ có giới hạn cho 50 xe đăng ký trước  
Không cho xe RV (dã ngoại) hoặc mang đồ cắm trại vào



**CÁC VI CAO NIÊN  
CÓ THỂ GỌI ĐĂNG  
KÝ TẠI SỐ  
(714) 741-5253**



**무료**

H. LOUIS LAKE 노인 센터가

# ★ 주차장 영화관을 소개합니다!

**꼬마 요정**

**목요일 12 월 10 일**

주차장은 오후 4시 30 분에 | 영화는 오후 5시 에  
개장합니다 | 시작합니다

**커뮤니티 미팅 센터 주차장**

**11300 STANFORD AVE, GARDEN GROVE, 92840**

등록된 차량은 50대로 제한됩니다  
캠핑카는 허용되지 않습니다



**노인분들은  
노인센터 에  
전화하셔서  
등록하시면 됩니다.  
(714-741-5279)**





**Free!**

H. Louis Lake Senior Center  
PRESENTS

**MOVIE**

*in the Park(ing) Lot!*



**ELF**

**THURSDAY, DECEMBER 10**

**4:30 PM**

LOT OPENS

**5:00 PM**

MOVIE STARTS

**COMMUNITY MEETING CENTER  
PARKING LOT**

**11300 STANFORD AVE, GARDEN GROVE, 92840**

**SPACE IS LIMITED TO 50 PRE-REGISTERED CARS  
NO RVS OR CAMPERS**



**SENIOR CITIZENS REGISTER BY CALLING  
THE SENIOR CENTER AT (714) 741-5253**



[GGCITY.ORG/SCMOVIE](http://GGCITY.ORG/SCMOVIE)

*H. Louis Lake*  
SENIOR CENTER



Wishing You  
a  
Safe Holiday  
Season



**Save The Date!**

**Santa's Village**

**December 17th**

**11:30am-12:30pm**

**Event Will Take Place In The  
Community Meeting Center  
Parking Lot**

**11300 Stanford Ave, Garden  
Grove, CA 92840**



# 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

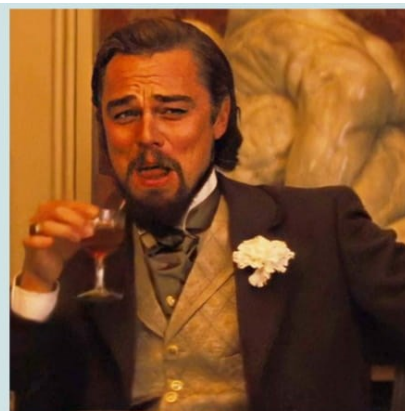
# Older Adult Community Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
<b>Adult Protective Services-Orange County Social Services</b>	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
<b>Council on Aging ReConnect Program</b>	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
<b>Family Caregiver Resource Center Orange County</b>	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
<b>In Home Support Services-Orange County Social Services Agency</b>	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
<b>Office on Aging Information &amp; Resources</b>	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
<b>Orange County Older Adult Services</b>	Mental health and crisis services.	(714) 972-3700

## A little COVID humor.....

**A man walks into a bar,  
orders a Corona and 2  
Hurricanes.**

**The bartender says, that'll  
be \$20.20.**



# 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

# 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



# HAPPY HOLIDAYS NEIGHBOR!

During the Coronavirus pandemic, seniors should stay at home to protect their health and safety while maintaining a connection with those they love.

Visit our website to download a **"Happy Holidays Neighbor!" postcard** and let your neighbor know you are here to help!



Offer to help with picking up groceries, prescriptions, or holiday shopping



Call and check on elderly friends and family members



Organize a holiday card drive to deliver notes and seasons greetings to seniors



Offer to hang exterior holiday decorations



@oc\_ooa



@OCooA



@OC\_OoA



1-800-510-2020 or  
1-714-480-6450



[officeonaging.ocgov.com](http://officeonaging.ocgov.com)

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)

*Laughter is timeless,  
imagination has no age,  
dreams are forever*  
~Walt Disney

## 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.

## 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.

