

2022

2022



THE SCOOP



Senior Resource Newsletter

January– February 2022

It's hard to believe 2022 is already here! It seems like 2021 was gone in a blink. We realize that the past year was a challenge, but when we reflect on 2021 there are amazing accomplishments and outpouring of community support. We are proud to have coordinated multiple vaccine clinics for the Garden Grove senior community, we provided approximately 85,086 frozen meals, we hosted the first Halloween Resource Fair, and reopened the Center doors in June of 2021 which I am happy to report that we had no COVID outbreaks or exposures throughout the year.

Unfortunately on January 3rd, in response to the surge of the Omicron variant, our management team decided to temporarily close the Center's doors to ensure the safety of participants and staff. We continue to offer the weekly drive through frozen grab-and-go meals on Tuesday mornings; the Home Delivered Meal program; the social support program (virtually or by phone); and the Paint Like the Masters Art class virtually. We hope to reopen soon as we miss all of you and hope to get back to some sort of normalcy again.

The state has extended the indoor mask mandate, which continues to be a requirement at our Center. Some research has shown that with this new variant cloth and surgical masks are not holding up to the spread of COVID-19. Visit page 17 to learn more on how you can best protect yourself.

Staff are available at the Center Mondays, Wednesdays, and Thursdays 9:00 a.m. - 3:30 p.m. and Tuesdays 1:00 p.m. - 3:30 p.m., answering the phones to provide you with the most up-to-date information. We have featured some guides that can help you stay safe and healthy in 2022. Also, check out our newly designed web page with updated information on the Center's programs and services <https://ggcity.org/community-services/h-louis-lake-senior-center>

This year, we hope to launch new classes and bring back popular programs and services. Your continued patience and resilience is greatly admired.

Warm Regards,

Gabi

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

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

MONDAY 9:00A.M. - 3:30P.M.

TUESDAY 1:00P.M. - 3:30 P.M.

WEDNESDAY 9:00 A.M. - 3:30 P.M.

THURSDAY 9:00 A.M. - 3:30 P.M.

FRIDAY - CLOSED (By Phone Only)

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

Important Phone Numbers

City of Garden 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.communitylgalsocal.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

COVID-19 Resources

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

Older Adult Community Resources

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

ATTENTION!

Effective Monday, January 3, 2022:

To protect public health and slow the spread of COVID-19, the H. Louis Lake Senior Center will be temporarily closed for in-person programming. The Food Distribution Program will continue as scheduled. Senior Support/Case Management Services will be virtual until further notice.

For additional information and latest updates you may call our main office line at (714)741-5253 Monday through Thursday 9:00AM-3:30PM. Stay Safe.

¡ATENCIÓN!

A partir del lunes 3 de enero de 2022:

Para proteger la salud pública y retrasar la propagación de COVID-19, H. Louis Lake Senior Center se cerrará temporalmente para programas en persona. El programa de distribución de alimentos continuará como programado. Los servicios de administración de casos / apoyo para personas mayores serán virtual hasta nuevo aviso.

Para obtener información adicional y actualizaciones recientes, puede llamar a nuestra línea principal de la oficina al(714)741-5253 de lunes a jueves entre 9:00 a.m. y 3:30 p.m.

¡Mantengase a salvo!

XIN CHÚ Ý!

Có hiệu lực từ Thứ Hai, ngày 3 tháng Giêng, 2022:

Để bảo vệ sức khỏe cộng đồng và làm chậm sự lây lan của COVID-19, Trung tâm phục vụ người cao niên H. Louis Lake Senior Center sẽ tạm thời đóng cửa những chương trình tiếp xúc trực tiếp. Chương trình Phân phối Thực phẩm sẽ tiếp tục theo lịch trình. Dịch vụ Hỗ Trợ Người Cao Niên / Quản lý Hồ sơ sẽ qua mạng (virtual) cho đến khi có thông báo mới.

Để biết thêm thông tin và cập nhật mới nhất, xin gọi đến đường dây chính của chúng tôi theo số (714) 741-5253 từ Thứ Hai đến Thứ Năm, 9:00 giờ sáng - 3:30 chiều.



**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



Volunteers Needed!



We are in need of volunteers to support the Meals on Wheels Program on Mon., Wed., and Thurs. between the hours of 8:30 AM and 12:30 PM. We are looking for reliable and committed volunteers, who are willing to give of their time to help us provide food to homebound seniors in Garden Grove!

In this role you will be using your own vehicle to deliver meals to 6-8 seniors on a weekly route. You will pick up the food at the H. Louis Lake Senior Center, where the food will be pre-packed for your convenience.

Please note: You will need to complete an application process and pass a background check, via an online website.

Important Info: Safety procedures are in place, such as wearing gloves & face masks for ALL volunteer positions.

If interested, please contact Tracy Hall at thall@mealsonwheelsoc.org or (714) 229-3349

Thank you for your heart to serve in Garden Grove!

H. Louis Lake
SENIOR CENTER

MEALS
on WHEELS
ORANGE COUNTY



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 9:00 a.m. until 10:00 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.

Lunch Café participants can have a family member or friend pick up their meals by providing a valid form of ID for which the meal is intended for.

DRIVEN TO COMBAT FOOD INSECURITY



ONE TASTY MEAL AT A TIME

Bracken's Kitchen delivers hot and nutritious meals to those in need. In partnership with Bracken's Kitchen the Center plans to offer seniors a hot meal.

Please call the Center for more information at (714) 741-5253.

ACTIVITIES SCHEDULE

All in person classes and activities require pre-registration due to limited capacity.

Please call and reserve your spot one week prior to the class.

For information, please call us at 714-741-5253.

POOL TABLES

Day: Monday-Thursday

Time: 9:00 a.m. to 3:30 p.m.

****Tuesdays 1:00p.m. to 3:30p.m.**

Activity Description:

Pool tables are open daily, on a first come, first serve basis. Come in to enjoy a game or two by yourself or along with some friends.



PAINT CERAMICS

Day: Mondays

Time: 1:00 p.m. to 3:00 p.m.

Activity Lead: Judi

Activity Description:

Starting January 3rd, beginner start up supply kits will be available or you may bring your own. The activity lead will provide you more information on how to obtain materials needed.

OPTIONAL: \$5.00 MATERIAL FEE FOR START UP KIT.



GAME ROOM

Day: Wednesdays

Time: 1:00 p.m. to 3:00 p.m.

Activity Description:

Drop in game room, card games, board games and more.

PLEASE NOTE: NO GAME ROOM ON January 26th & February 23rd

***Schedule subject to change.**



MOVIE DAYS

Days: Wednesdays

January 26th & February 23rd

Time: 1:00 p.m. to 3:00 p.m.

Activity Description:

Please call the center for more information about our movie day schedule.



BINGO

Day: Thursdays

Time: 10:00 a.m. to 11:30 a.m.

Activity Description:

Join us for some Bingo fun and prizes!

Cost is \$1.00 for ten cards.



2022

H. Louis Lake
SENIOR CENTER





SCHEDULE OF CLASSES

All in person classes and activities require pre-registration due to limited capacity.

Please call and reserve your spot one week prior to the class.

For information, please call us at 714-741-5253.

LONGEVITY STICK

Day: Wednesdays

Time: 10:00 a.m. to 11:00 a.m.

Instructors: Beatrice & Andrew

Class Description:

An outdoor exercise, which aims to improve balance, flexibility, mental focus and breathing capacity.



Due to inclement weather class may be cancelled



BALANCE & MOBILITY

Days: Tuesdays & Thursdays

Time: 1:30 p.m. to 2:30 p.m.

Instructor: Molly

Class Description:

Focuses on stretching and strength training, with an emphasis on balance while utilizing various tools.

ZUMBA

Day: Thursdays

Time: 1:30 p.m. to 2:30 p.m.

Instructor: Carmen

Sponsored by Amistad Clinic

Class Description:

This is a chance to let go and dance like no one is watching. Zumba burns calories, improves heart health, and reduces stress.



TAI CHI

Day: Mondays

Time: 10:00 a.m. to 11:00 a.m.

Instructor: Blanca

Class Description:

An outdoor, low impact, slow motion exercise. Helps reduce risk of falls and stress, and enhance mental capacity.



Due to inclement weather class may be cancelled

ADAPTIVE LINE DANCING

Day: Mondays

Time: 1:00 p.m. to 3:00 p.m.

Instructors: Pearl & Fred

Class Description:

This class focuses on recreation line dancing to help maintain strength and mobility for overall health and wellness.



PAINT LIKE THE MASTERS 2022

Day: Wednesdays (01/12/22 - 05/26/22)

Time: 9:30 a.m. to 11:30 a.m.

Instructors: SAC College Staff

Class Description:

Concentrates on improvement of motor skills and decision-making through utilization of a variety of art media and techniques.



TECHNOLOGY CLASS 2022

Day: Mondays (01/24/22 - 05/24/22)

Time: 10:00 am to 12:00 noon

Instructor: SAC College Staff

Class Description:

Introductory technology class for older adults. Laptops will be provided.



PLEASE DO NOT COME TO THE CENTER IF YOU HAVE BEEN SICK OR HAVE BEEN IN CONTACT WITH SOMEONE WHO IS FEELING SICK OR EXHIBITING COLD OR FLU LIKE SYMPTOMS.





FREE introductory technology class
coming in 2022

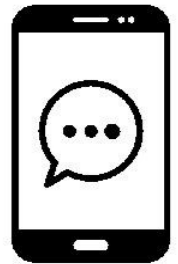
Technology Tips and Tricks



Learn how to use computers, social media,
the internet, and more.

Laptops provided!

Sign up today, space is limited.



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



ENROLL TODAY!

Mondays:

10:00 a.m. to 12:00 noon

Classes begin on

Monday, January 24, 2022

and run through

Monday May 23, 2022.

This class is being brought to you by



Santiago Canyon College

DIVISION OF CONTINUING EDUCATION
What happens here matters.



GARDEN GROVE

Join our Older Adults Program!

PAINT LIKE THE MASTERS

100% Tuition Free!

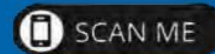
In this class, students will learn to paint like the masters without the frustration of a beginner artist.

Class meets on Wednesdays:
January 12 to May 26, 2022

9:30 a.m. to 11:30 a.m.

Instructor: Lorna Manapat

<https://lornamanapat.edublogs.org>



To register, please call the
H. Louis Lake Senior Center
at (714) 741-5253.

sccollege.edu/olderadults



Santiago Canyon College
DIVISION OF CONTINUING EDUCATION
What happens here matters.



H. LOUIS LAKE SENIOR CENTER MOVIE DAY

11300 STANFORD AVE., GARDEN GROVE, 92840

MUST PRE-REGISTER. CALL (714) 741-5253

Come enjoy our free Winter movie series! Each movie will start promptly at 1:00pm.



Please do not come to the center if you have been sick or have been in contact with someone who is feeling sick or exhibiting cold or flu like symptoms.



Protect Yourself and Your Loved Ones

**JOIN US FOR A FREE VIRTUAL CLASS ON:
FINANCIAL ABUSE**

**Friday, January 28, 2022
Time: 10:00 am -11:30 am**

<https://us06web.zoom.us/j/82305683678?pwd=MmmpsNVhDMitLZC9xVEVEajZLMHZWQT09>
Meeting ID: 823 0568 3678, Passcode: 568105

This online course will highlight:

- **Types of financial abuse**
- **Warning signs of financial abuse**
- **How to prevent financial abuse**
- **Resources available to the community**

Who should participate?

Community members, friends, caregivers, and interns

**Brought to the community by the Orange County
Strategic Plan for Aging and Human Options**

**For more information on how to host a class, please contact: Emily Bennett at
(949)757-3775 or Emily.Bennett@alzoc.org**



**ORANGE COUNTY
STRATEGIC PLAN
FOR AGING**

HUMAN  OPTIONS

FREE LEGAL AID FOR SENIORS

Receive assistance on a variety of legal issues including:

Family Security



We support clients with divorce, child custody, limited conservatorship, foster and transition age youth issues, and barriers to education.

Housing Defense



Support with eviction, publicly subsidized housing, substandard housing, landlord/tenant issues, housing discrimination, and predatory mortgage lending practices.

Economic Justice



We support families struggling with financial challenges and assist clients with consumer debt relief, discrimination, employment issues, expungement, loans, tax controversies, unemployment benefits, and utilities.

Small Claims



We offer information to individuals involved in, or could become involved in, Small Claims Court in Orange County. Our Online Dispute Resolution system can help you negotiate a settlement online.

Protection from Abuse



Provide trauma-informed legal services to support clients who are victims of crime including domestic violence, child & elder abuse, harassment, sexual assault, human trafficking, and other serious crimes. Services include protective orders, crime victim assistance, and representation.

Immigration



We focus our immigration work on adults and minors who are survivors of a crime. We assist with VAWA Self-Petitions, T-Visas, U-Visas, naturalization, Special Immigrant Juvenile Status, adjustment of status, cancellation of removal, and asylum applications.

Health Access



We provide legal assistance to clients in Orange County who qualify for our services related to health care coverage and access issues involving Covered California, Cal Medi-Connect (OneCare Connect), Medi-Cal (CalOptima), Medicare, Medical Safety Net Program, and private health insurance plans. We are also the Ombudsman for the OneCare Connect plan.



Community
Legal Aid SoCal

Community Legal Aid SoCal



Hotline: 800-834-5001



Website:
communitylegalsocal.org

H. Louis Lake Senior Center | Appointments

Call the Senior Center to book a legal aid appointment (60+ only) or for additional information at (714) 741-5253.



January 26, 2022 1:00 PM - 3:00 PM

February 23, 2022 1:00 PM - 3:00 PM

Redefining Dental Care

Healthy Smiles provides direct dental services through our Smile Mobiles.

**Wednesday,
February 2, 2022
8:30am to 5:00 pm**

Available Services

Our staff adheres to all proper protocols to ensure the safety of our patients and staff.

- Exam
- X-Rays
- Dental cleanings
- Oral Cancer screening
- Fillings
- Extractions

Insurance Accepted

- Medi-Cal
- Most PPO
- Sliding Scale Fee (based on income)

Appointments & Information

714-537-0700



DENTAL SERVICES
AVAILABLE FOR THE
WHOLE FAMILY!

hello@healthysmilesoc.org
healthysmilesoc.org



Order free coronavirus test kits from the USPS

FREE AT-HOME COVID-19 TESTS



GO TO THE USPS WEBSITE BELOW

Residential households in the U.S. can order one set of 4 free at-home tests per household from USPS.com.

To order your free test kits, click or go to the link below.

[COVIDTESTS.GOV](https://www.usps.com/covid19)

Here's what you need to know about your order:

- Limit one order per residential address.
- One order includes 4 individual rapid antigen Covid-19 tests.
- Orders will ship free starting in late January.

When Do You Need Your Mask in California?

Masks are Currently Required for **EVERYONE** in Indoor Public Places

Due to rising COVID-19 rates and hospitalizations, California currently requires **EVERYONE** to wear a mask in indoor public places (such as grocery stores and movie theaters) **regardless of vaccination status**.

Masks are also still required for public transit (airports, planes, trains, buses and stations) and health care settings.

Some Exemptions Apply

Children under age 2 and people with certain medical conditions are not required to wear a mask, and some exceptions apply in certain settings. Visit [cdph.ca.gov](https://www.cdph.ca.gov) to learn more.

Upgrade Your Mask

Choose a mask with **good fit** and **good filtration**.

A well-fitted mask has no gaps between the face and mask. Good filtration blocks virus particles from getting through the mask itself. N95 and KN95 masks are best. Also, double masking is an effective way to improve fit and filtration. A close-fitting cloth mask can be worn on top of a surgical/disposable mask to improve fit and filtration.

Read our [Q&A](#) & our [Get the Most Out of Masking](#).



Scan the QR code to see interactive links on this flyer



Top 10 Healthy New Year's Resolutions for Older Adults

Making New Year's resolutions to eat better, exercise, watch your weight, see your healthcare provider regularly, or quit smoking once and for all, can help you get healthier and feel better for many more years to come. The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy.

Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats

In later life, you still need healthy foods, but fewer calories. The USDA's Choose My Plate program (choosemyplate.gov), and your healthcare provider, can help you make good choices.

Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Include sources of calcium and Vitamin D to help keep your bones strong. Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.

Be active

Physical activity can be safe and healthy for older adults—even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood. Check with your insurance plan to see if you are eligible for the SilverSneakers program, which can provide access to local fitness centers.

See your provider regularly

You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives. At each visit, talk to your provider about all the medications you're taking, and whether or not you still need them. Find out if you should be getting any new or booster immunizations/shots.

Quit smoking

Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking. You can access the National Cancer Institute's website (www.smokefree.gov) for resources. Additionally, ask your healthcare provider for help. Don't lose hope if you failed to quit in the past. On average, smokers try about four times before they quit for good.

Toast with a smaller glass

Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems. One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit for older men is no more than 14 drinks per week and for older women, no more than 7 per week.

Guard against falls

One in every three older adults falls each year – and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

Give your brain a workout

The more you use your mind, the better it will work. Reading is a good choice. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior center. Or take a course at your local community college – some offer free classes for adults 65 and older.

Speak up when you feel down or anxious

About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.

Get enough sleep

Older adults need less sleep than younger people, right? Wrong! Older people need just as much – at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening. Visit the National Sleep Foundation's website (www.sleepfoundation.org) for more tips on how to sleep better.

Reconsider multivitamins

Reconsider using vitamins or nutrition supplements. as many older adults do not need them. Consult your healthcare provider if you have any issues or concerns about your nutrition.



40 FULTON STREET
18TH FLOOR
NEW YORK, NY 10038
212.308.1414 TEL
212.832.8646 FAX
Info@healthinaging.org

DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems. February 2020

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Enjoy car-free streets
and pop-up activities at

RE:IMAGINE OPEN STREETS

SATURDAY, APRIL 2, 2022
2 PM – 6 PM

Explore the new Medal of Honor Bike and Pedestrian Trail
along the old Pacific Electric Right-of-Way route,
and experience all that Downtown Garden Grove has to offer,
in a one-of-a-kind way.

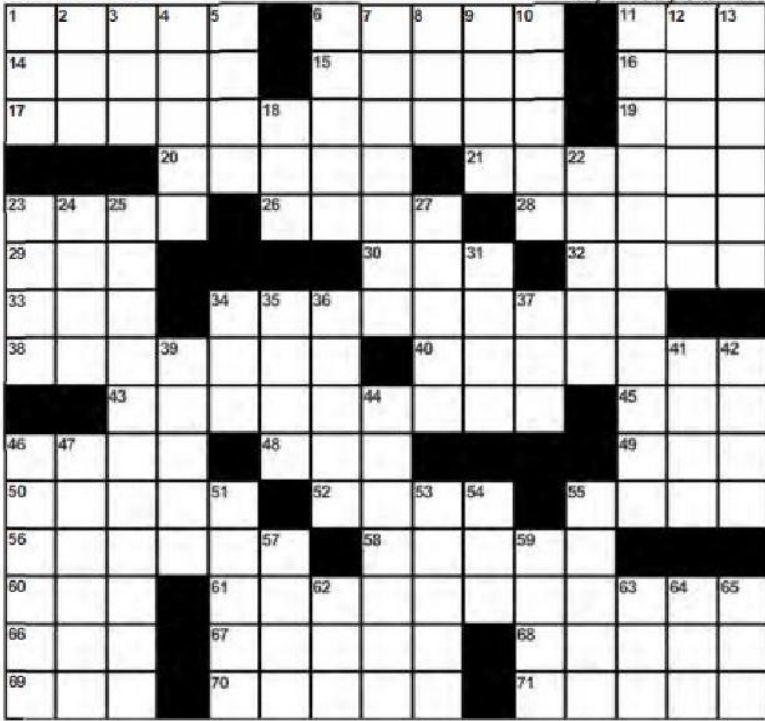
**LIVE A
HEALTHIER,
MORE
CONNECTED
LIFE**



ggcity.org/openstreets

DOT COM

By Corey Bowers



DOWN

- 1) Yolk ___ (egg part)
- 2) Seasoned veteran
- 3) Upper limb
- 4) Small band
- 5) Painting pitcher
- 6) Up and about
- 7) Pancake flipper
- 8) Day care attendee
- 9) Archer on Olympus
- 10) What many incumbents do
- 11) Applying pressure
- 12) Literary prefaces
- 13) Ark landfall
- 18) Well-used pencil
- 22) Type of line or plant
- 23) Break from the wild side?
- 24) Share a border with
- 25) Funny females
- 27) Diplomacies
- 31) Salmon variety
- 34) Mandela's org.
- 35) Leave leaveless
- 36) Upper class "type"
- 37) Racket
- 39) Poisonous protein in the castor bean
- 41) Labor strenuously
- 42) Time of "comfort and joy"
- 44) Can be identified
- 46) Home of senators
- 47) Ceased to be frozen
- 51) Cyma ___ (molding type)
- 53) Throat dangler
- 54) Potential aunt, for short
- 55) Reserved or preserved
- 57) Village or hamlet
- 59) Like ___ of bricks
- 62) Day of many a fed. holiday
- 63) One that serves the queen
- 64) Young fellow
- 65) Widths of some spaces

ACROSS

- 1) Word with "age" or "race"
- 6) Flower that blooms in the fall
- 11) Number cruncher
- 14) Archer's missile
- 15) Wind-borne item
- 16) "Bobby Hockey"
- 17) Sports broadcast VIP
- 19) Extinct bird of New Zealand
- 20) Spread a rumor
- 21) Evening meal
- 23) Mexican snack
- 26) Dry, as bubbly
- 28) First name of a Sally Field character
- 29) Blood classification letters
- 30) Fond du ____, Wisc.
- 32) League division, often
- 33) Closemouthed
- 34) Phone number parts
- 38) Everlasting
- 40) Panting for a potable
- 43) Poetic Emily
- 45) Letters from the hole?
- 46) Related to the ear
- 48) Southwest info
- 49) It's nothing in soccer
- 50) "... ___ finest hour"
- 52) Very large birds
- 55) Eyeball, in a way
- 56) Bronzed from the beach
- 58) Ornithological
- 60) Bristle on barley or rye
- 61) Capable of igniting and burning
- 66) Mighty small
- 67) Chat room persona non grata
- 68) Blue expanse
- 69) Staples in magazines
- 70) Breathing interruption
- 71) More than desires

Crossword Puzzle



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DOT COM

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Contact Us

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

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