



The SCOOP



Senior Resource Newsletter

July-August 2022

Can you feel the heat? Summer is definitely here and boy has it been a warm one already. A reminder that California heat can be intense and for many older adults it poses a health risk. If you need to escape the heat, stop by and visit the Senior Center. It is a great way to stay cool, interact with friends, and stay active. On page 21 you will find information about how to stay safe during the summer months and information on local cooling center(s). When temperatures reach 95 degrees and above, cooling centers are activated throughout the County. The Center many times will extend operating hours for our members. Call or stop on by to obtain more information.

During summertime, we know most people can't wait to get out and have some fun in the sun. Senior Center staff have planned a few local trips in July and August, see pages 14 and 15. Space is limited, so call to reserve your spot.

Unfortunately, the COVID-19 virus has not gone away. The County is seeing a rise in COVID cases. We encourage our members to wear their mask indoors when possible, to have the best possible protection. The Center has disposable masks available as well as free test kits. Free testing is also available at the COVID Clinic kiosk in the park. For more information or to schedule an appointment call 877-219-8378.

Craft days are also back with a new activity that combines the craft with a walking trip to Duck Donuts at SteelCraft, Garden Grove's newest eatery next to Garden Grove City Hall. Join members and staff to enjoy coffee and donuts. (see pages 16 and 17 for more information).

Lastly, what would summer be without an outdoor concert. The Center will be hosting transportation to one of the City's free outdoor concerts on July 14th, however everyone is welcome to attend the free Outdoor Concert Series all summer long. See page 28 for this year's line up!

Warm Regards,
Gabi

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

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

Modified Hours:

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

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Important Phone Numbers

City of Garden Grove Directory/ Important Numbers

<u>Agencies/Services</u>	<u>Phone Number</u>	<u>Email/Website</u>
H. Louis Lake Senior Center	(714) 741-5253	www.ggcity.org/seniorcenter
Garden Grove Police Department (Non-Emergency)	(714) 741-5704	police@ggcity.org
Orange County Fire Authority	(714) 573-6000	www.ocfa.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	www.ggcity.org/pw/graffiti-abatement
Garden Grove Animal Care Services	(714) 741-5565	animalcare@ggcity.org
Garden Grove Main Library	(714) 530-0711	www.ocpl.org
Garden Grove Water Department	(714) 741-5078	www.ggcity.org/water
Republic Services	(714) 238-2444	www.republicservices.com
O.C.T.A. Access	(714) 220-0224 (714) 636-7433	www.octa.net
Social Security Administration	(800) 772-1213	www.ssa.gov
Medi-Cal	(800) 281-9799	www.ssa.ocgov.com/health-care-services
CalFresh	(877) 847-3663	www.ssa.ocgov.com/cash-calfresh/calfresh
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
HICAP-A Program of Council on Aging	(714) 560-0424	www.cahealthadvocates.org

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
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

**NOW
OPEN
FRIDAYS**

Join us

9:00AM-3:30PM



FREE COVID-19 HOME TEST KITS

**COVID-19 Home Test Kits are
available at the
H. Louis Lake Senior Center
on a first come, first serve basis.**

**For more information call:
(714) 741-5253**

H. Louis Lake
SENIOR CENTER

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: Residents of Garden Grove, 60+ years of age

Walk In Hours: Mondays from 11:00 a.m. to 1:00 p.m.

For more information, please call: 714-741-5253

FREE ENROLLMENT ASSISTANCE

Apply For:

- Medi-Cal
- CalFresh
- CalWORKs
- Covered Ca
- General Relief/
Alivio General

Required Documents

- Proof of income/Prueba de ingresos o impuestos
- Birth certificate (children)/ Acta de nacimiento (para niños)
- Proof of address/ Comprobante de domicilio
- Identification card/ Tarjeta de identificación
- Proof of citizenship/ Prueba de ciudadanía
- Social Security card (if applicable) /Tarjeta de Seguro Social (si es aplicable)
- Immunization record/ Tarjeta de vacunas
- Proof of pregnancy/ Comprobante de embarazo

Dates/ Fecha: Third Thursday of the month/ Tercer jueves del mes

Time/ Hora: 9:00 AM -2:30 PM

Address/ Dirección: 11300 Stanford Ave
Garden Grove, CA 92840

Call for appointment/ Llame para hacer su cita: (714) 741-5253

In collaboration with/ En colaboración con:



**WALK-INS ACCEPTED
AFTER 1:00pm/ PUEDE
LLEGAR SIN CITA DESPUÉS DE
LA 1:00PM**



**COMMUNITY HEALTH INITIATIVE
OF ORANGE COUNTY**

For more information regarding the services call CHIOC/ Para más información sobre los servicios hable a CHIOC (855) 927-8333

Lunch Café Program

Beginning August 1, indoor dining will resume on Monday, Wednesday, and Friday from 11:30am - 12:30pm. Pre-registration is required on a weekly basis. Registration for Monday, August 1, will begin on July 25.



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

Tuesday, July 12, 2022 from 8:30 a.m. to 9:30 a.m.

Tuesday, August 9, 2022 from 8:30 a.m. to 9:30 a.m.

Please call the Center for more information at

(714) 741-5253.

Food Resources in Orange County for Seniors – 2022

Organization	Ask About These Programs!	Contact Info
	<ul style="list-style-type: none"> • SNAP • CalFresh Expedited Services • Restaurant Meals Program • CalFresh & Farmers Markets • Market Match Program 	<p>For interactive assistance: (714) 541-4895 For live assistance: (800) 281-9799 www.MyBenefitsCalwin.org www.getcalfresh.org Restaurant Meals Program Locations: http://ssa.ocgov.com/calfresh/calfresh/rmp_locations</p>
	<ul style="list-style-type: none"> • Pre-Screening for CalFresh Program • Senior Grocery Program • CalFresh & Farmers Markets • Senior Meals Programs (Congregate or Home Delivered Meals) • Additional Food Assistance Programs 	<p>Dial 2-1-1 or (888) 600-4357 (toll free) 24-hrs www.211oc.org Farmers Markets & CalFresh: https://ocfoodhelp.org/farmers-markets/</p>
	<ul style="list-style-type: none"> • Child and Adult Care Food Program (CACFP) • Senior Meals Programs (Congregate or Home Delivered Meals) • Senior Farmers Market Nutrition Program (SFMNP) 	<p>(800) 510-2020 http://officeonaging.ocgov.com</p>
	<ul style="list-style-type: none"> • Pre-Screening for CalFresh Program • The Emergency Food Assistance Program (TEFAP or EFAP) • Commodity Supplemental Food Program (CSFP) 	<p>(714) 897-6670 www.ocfoodbank.org</p>
	<ul style="list-style-type: none"> • Pre-Screening for CalFresh Program • The Emergency Food Assistance Program (TEFAP or EFAP) • Senior Grocery Program 	<p>Call 2-1-1 or text your zip code to 898-211 www.OCFoodHelp.org</p>



Health Promotion and Community Planning



This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging

FREE FOOD FOR SENIOR CITIZENS (60 YEARS AND OLDER)



Each eligible person receives a box of food weighing approximately 32 pounds, including cereal, juice, peanut butter, milk, canned veggies, fruit, soup, milk and cheese.

Income Guidelines:

Household Size	Maximum Income
1 Senior	\$1,396 per month
2 Seniors	\$1,888 per month
3 Seniors	\$2,379 per month



QUALIFIED PEOPLE WILL RECEIVE FOOD THE SAME DAY



BRING YOUR PHOTO ID WITH YOU

Distribution Sites:

Orange County		LA County	Riverside County
Anaheim	Los Alamitos	Hawaiian Gardens	Mead Valley
Buena Park	Midway City	Long Beach	Menifee
Costa Mesa	Orange	Norwalk	Mira Loma
Cypress	Placentia	Santa Fe Springs	Riverside
Garden Grove	San Clemente	Whittier	
Huntington Beach	Santa Ana		
Irvine	Seal Beach		
La Habra	Tustin		
Laguna Hills	Westminster		



For a site near you, please contact:

Esther - 714-897-6670 ext. 3612

ecarranza@capoc.org

USDA is an Equal Opportunity provider and employer.

www.capoc.org    

EDUCATION PROGRAMS

Presented by the Alzheimer's Association ®

SCAN ME!



To learn more on our website



JULY 2022

To learn more or register, click the links next to each program or call our 24/7 Helpline 800.272.3900

ONLINE/OVER-THE-PHONE EDUCATION

Accessible by Zoom & phone-in option, pre-registration required to receive dial-in information.

***NEW* Managing Money:**

A Caregiver's Guide to Finances

Tuesday, July 26, 1-2:15 PM PST | [Register](#)

Advancing the Science: The Latest in Alzheimer's and Dementia Research

Thursday, July 7, 10:30-11:30 AM PST | [Register](#)

Healthy Living for Your Brain and Body

Thursday, July 28, 10:30-11:30 AM PST | [Register](#)

10 Warning Signs of Alzheimer's

Tuesday, July 12, 1-2 PM PST | [Register](#)

Thursday, July 21, 11-12 PM PST | [Register](#)

Dementia Conversations

Thursday, July 14, 5:30-6:30 PM PST | [Register](#)

Understanding Alzheimer's and Dementia

Wednesday, July 6, 5:30-6:30 PM PST | [Register](#)

Wednesday, July 20, 10:30-12 PM PST | [Register](#)

Effective Communication Strategies

Thursday, July 7, 3-4 PM PST | [Register](#)

Understanding and Responding to Dementia-Related Behavior

Wednesday, July 20, 5:30-6:30 PM PST | [Register](#)

Living with Alzheimer's for Middle Stage Caregivers (3 Part Series)

Thursday, July 14, 10:30-12 PM PST | [Register](#)

Thursday, July 21, 10:30-12 PM PST | [Register](#)

Thursday, July 28, 10:30-12 PM PST | [Register](#)

En Español

Cuerpo y Cerebro Sano es Vida Sana

miércoles, 6 de julio, 3-4 PM | [Regístrese aquí](#)

Información para Entender la Enfermedad de Alzheimer y la Demencia

miércoles, 13 de julio, 3-4 PM | [Regístrese aquí](#)

Conozca las 10 Señales de Advertencia

miércoles, 20 de julio, 3-4 PM | [Regístrese aquí](#)

JOIN US IN PERSON IN AUGUST

***NEW* Managing Money:**

A Caregiver's Guide to Finances

Friday, August 5, 12:30–1:30 PM PST

Yorba Linda Community Center

4501 Casa Loma Avenue, Yorba Linda, CA 92886

Call 800.272.3900 to register

IN-PERSON CAREGIVER SUPPORT GROUPS

Cottonwood Church – Los Alamitos

Tuesday, July 5, 2:30 - 4:00 PM PST

Mt of Olives Adult Day Program - Mission Viejo

Wednesday, July 20, 9:30 - 11:00 AM PST

Plus several online/over-the-phone options!

Call 800.272.3900 to learn more & register or visit

https://www.alz.org/oc/helping_you/support_groups

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.

**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.**

POOL TABLES



Day: Monday-Thursday

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

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

Join in on some creative time with friends to paint and create your own art. You may bring your own materials or purchase a starter kit from the Center. The activity lead will be able to provide assistance and information on where to purchase materials.

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

PINOCHLE



Day: Wednesdays

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

Activity Description: Pinochle, also called pinocle or penuchle, is a trick-taking, Ace-Ten card game typically for two to four players and played with a 48-card deck.

***Schedule subject to change.**

SUMMER TRIPS

JULY 14 - Concert in the Park

JULY 27 - OC Fair

AUGUST 17 - San Juan Capistrano

AUGUST 24 - Beach

Activity Description:

Please call the Center for more information about our trip schedule.

***\$5 fee per trip**

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.

THE SOUND OF MUSIC



Days: Wednesdays (07/06/22-08/03/22)

Time: 12:00 p.m. to 2:00 p.m.

Activity Description:

Please call the Center for more information.



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.

**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.**

TAI CHI



Day: Mondays

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

Instructor: Blanca

Class Description:

Tai Chi is an outdoor, low impact, slow motion exercise. Helps reduce risk of falls and stress, and enhances mental capacity.

 **In the case of inclement weather class may be canceled.**

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.

 **In the case of inclement weather class may be canceled.**

ACRYLIC PAINT WORKSHOP

Day: Wednesdays (July 6, 13, 20, 27, & Aug 3)

Time: 9:00 a.m. to 11:00 a.m.

Instructor: SAC College Staff

Class Description: Challenge yourself and let Lorna Manapat, who has create over 40,000 portraits worldwide, teach you the tricks of the trade without the frustration of a beginner artist.

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.



ZUMBA

Day: Thursdays

Time: 1:00 p.m. to 2:00 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.



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.



BB

H. Louis Lake SENIOR CENTER

SUMMER FIELD TRIPS

Yachty by Nature



**JULY
14**

**Eastgate Park
5:00 PM-9:00 PM**

\$5 FEE



**JULY
27**

**OC Fair
10:00 AM-3:00 PM**

\$5 FEE

Times listed reflect departure from the Center and estimated return to the Center. Please plan to arrive 30 minutes prior to departure time.

**Limited capacity.
Call the Senior Center to register
(714) 741-5253**



SUMMER Field Trips

AUG
17



Mission San Juan Capistrano
8:30 AM-2:30 PM

\$5 FEE

AUG
24



Huntington Beach
9:00 AM-2:00 PM

\$5 FEE

Limited capacity

* Times listed reflect departure from the Center and estimated return to the Center. Please plan to arrive 30 minutes prior to departure time.

To register, call the Senior Center
(714) 741-5253

JOIN US FOR
Craft
Days



\$5 Fee

.....

**MONDAY JULY 11, 2022
FROM 11:30 AM TO 12:30 PM**

&

**MONDAY JULY 25, 2022
FROM 11:30 AM TO 12:30 PM**

\$5 FEE

**SPACE IS LIMITED AND REQUIRES REGISTRATION.
CALL THE CENTER FOR MORE INFORMATION**

(714) 741-5253

11300 STANFORD AVE., GARDEN GROVE 92840

Craft Days

AT



12900 EUCLID ST. STE 150 GARDEN GROVE, CA 92840

WEDNESDAY, AUGUST 10, 2022

10:00 AM-11:00 AM

&

WEDNESDAY, AUGUST 31, 2022

10:00 AM-11:00 AM

\$5 FEE

SPACE IS LIMITED AND REQUIRES REGISTRATION.

CALL THE CENTER FOR MORE INFORMATION

(714) 741-5253



Every Wednesday
9:30 am-11:30 am
Starts on **July 6, 2022**
@ H. Louis Lake Senior Center
11300 Stanford Ave
Garden Grove, CA



OLDER ADULTS ACRYLIC Painting Workshop

Call to
Pre-register @
(714) 741-5253



So you can't draw
& you can't paint but
in 5 weeks you can!

Challenge yourself and let Lorna Manapat, who has created over 40,000 portraits worldwide, teach you the tricks of the trade without the frustration of a beginner artist. By the end of this 5 week-workshop, you will surprise your family & friends with the "reveal" of your masterpiece!



Summer Sound OF MUSIC



SINGING AT
H. LOUIS
LAKE WITH
GREG

H. Louis Lake
SENIOR CENTER

**ENJOY YOUR WEDNESDAYS
SINGING AND PLAYING
GOOD MUSIC**

**WEDNESDAYS AT 12 - 2 PM
JULY 6-AUGUST 3, 2022**

TO REGISTER: CALL (714) 741-5253



SANTA ANA COLLEGE
School of Continuing Education



SEVERE DROUGHT

**Save
Water**



GGCITY.ORG/DROUGHT

EXTREME HEAT SAFETY



In extreme heat and high humidity, evaporation is slowed and the body must work harder to maintain a normal temperature. Below are some safety tips and recommendations for how you can prepare for extreme heat waves, ensuring you and your family stay safe.



The most common types of heat related illnesses are heat cramps, heat exhaustion and heat stroke. Conditions resulting from extreme heat can result in illness, injury or even death.



**Orange County
Fire Authority**

(714) 573-6200
ocfa.org



If the weather is extremely hot

- Stay indoors as much as possible and limit exposure to the sun.
- Avoid strenuous work or activities during the warmest part of the day. Use a buddy system when working in extreme heat and take frequent breaks.
- Eat well-balanced, light, and regular meals.
- Drink plenty of water.
- Limit intake of alcoholic beverages and sugary drinks.
- Dress in loose-fitting, lightweight, and light-colored clothes.
- Protect your face and head by wearing a wide-brimmed hat.
- Check on co-workers, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Watch for signs and signals of: sunburn, heat cramps, heat exhaustion, and heat stroke. Those most at risk include infants, young children, adults over 65 years of age and those with chronic conditions.
- Protect your skin by using "broad spectrum" or "UVA/UVB protection" sunscreen.
- Limit outdoor activities to the coolest part of the day, usually before 10am and after 3pm. Rest often in the shade if you are outside.
- Never leave infants, young children, or pets in a hot car.

To prepare for extreme heat, you should

- Install window air conditioners snugly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors to reflect heat back outside.
- Weather-strip doors and door sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers as they can reduce the heat that enters a home by up to 80 percent.

August 2020



FEEL EMPOWERED

with CAP OC Success Coaches

At CAP OC, we want to help you reach your life goals by being your personal coach!

we: GUIDE, INSPIRE, MENTOR, FACILITATE, ENCOURAGE

you: LEARN, THRIVE, SUCCEED, NETWORK, AND MORE!

learn more about:



Finances



Medical Resources



New Hobbies



Internet & Phone Apps



Fun Activities

and more!

Call us today for more info!

Grisel Corrales: 714-837-8428
 Emilio Zamorano: 714-719-6485
 Justin Nguyen: 714-702-4503

This is a FREE service!



COMMUNITY ACTION PARTNERSHIP
 ORANGE COUNTY

Hy vọng quý vị luôn

CẢM GIÁC SỨC MẠNH NỘI TẠI

Hiểu rõ hơn về: Tài chính * Mạng xã hội & ứng dụng di động
Hỗ trợ y tế * Sinh hoạt vui vẻ * Sở thích mới lạ * ..và nhiều nữa!



QUÝ VỊ
HỌC HỎI
THĂNG TIÊN
THÀNH CÔNG
KẾT NỐI

Tại **CAP OC**, chúng tôi muốn
đồng hành và giúp đỡ quý vị đạt
mục tiêu của riêng mình.

CHÚNG TÔI
HƯỚNG DẪN
THỨC ĐÃY
THEO SÁT
TẠO ĐIỀU KIỆN
KHUYẾN KHÍCH

Gọi ngay hôm nay!

Dịch vụ này miễn phí!

Justin Nguyen: 714-702-4503
Grisel Corrales: 714-837-8428
Emilio Zamorano: 714-719-6485



**COMMUNITY
ACTION
PARTNERSHIP**
ORANGE COUNTY

Que siempre se sienta

EMPODERADO

Aprenda más acerca de: Finanzas * Recursos medicos
Actividades divertidas * Nuevos pasatiempos
Internet & aplicaciones de tel. * y MAS!



USTED
APRENDE
PROSPERA
ES EXITOSO!

Aqui en **CAP OC**, queremos ser su
entrenador personal y ayudarle a
alcanzar sus metas de vida.

NOSOTROS
GUIAMOS
AYUDAMOS
INSPIRAMOS
MOTIVAMOS

¡Llamanos hoy! **¡Este servicio es GRATUITO!**

Grisel Corrales: 714-837-8428
Emilio Zamorano: 714-719-6485
Adelina Miranda: 714-334-7359



**COMMUNITY
ACTION
PARTNERSHIP**
ORANGE COUNTY

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 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. July 27, 2022 1:00 PM - 3:00 PM August 24, 2022 1:00 PM - 3:00 PM
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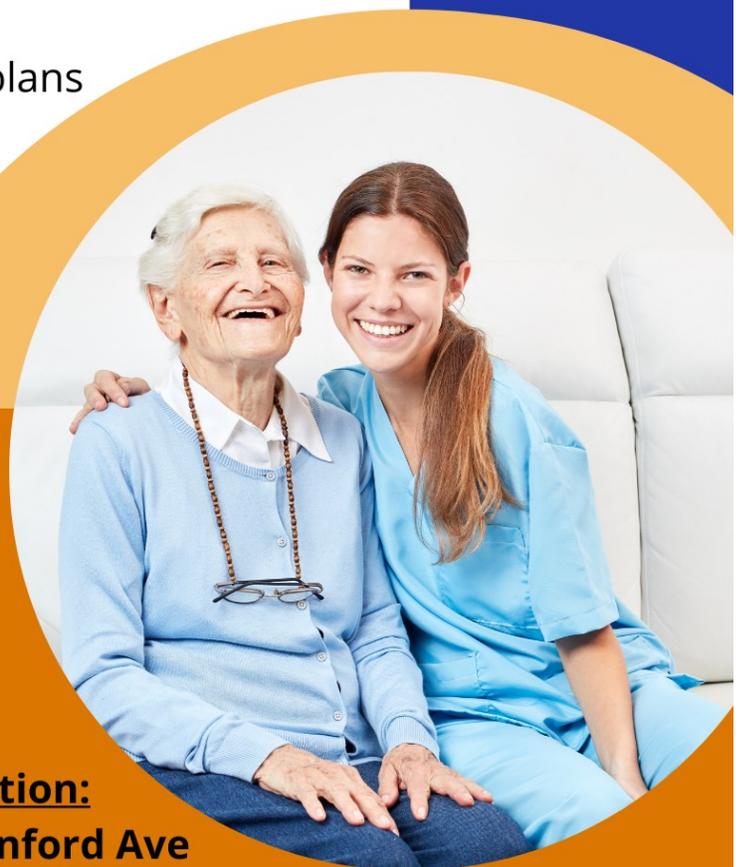


Mobile Dental Services!

- Healthy Smiles for Kids of Orange County is expanding and offering dental services for the entire family!
- We offer comprehensive exams, fillings, and extractions for adults and seniors.
- We accept Medi-Cal, most PPO plans and sliding fee scale (based on income).

H. Louis Lake Senior Center:

To be placed on the interest list for the next mobile clinic, please stop by the Senior Center or call the front desk.



**Location:
11300 Stanford Ave
Garden Grove, CA 92840
714-741-5253**



HOME REPAIR GRANTS AVAILABLE

- The City of Garden Grove is offering home rehabilitation grants of up to \$5,000 to address Municipal Code violations, substandard living conditions, and necessary health & safety improvements to your home.
- Eligible activities include exterior painting, plumbing, electrical, roofing, windows, HVAC, pest control, and handicap accessibility.

**2022 Low-Income Limits
(Effective May 1, 2022)**

HOUSEHOLD SIZE	INCOME LEVELS Low Income (80%)
1	\$ 75,900
2	\$ 86,750
3	\$ 97,600
4	\$ 108,400
5	\$ 117,100
6	\$ 125,750
7	\$ 134,450
8	\$ 143,100

ELIGIBILITY

- Annual household income must be at or below 80% of the Area Median Income (AMI), as determined by the State and seen in the table to the left.
- All members of the household over the age of 18 must submit income verification documentation as part of the application process.
- Applicant's home must be in the city of Garden Grove and owner-occupied.
- Prior grant recipients must wait 5 years to re-apply.
- Homeowner must contribute a minimum of \$500 of their own funds towards the project.
- If the home repairs cost more than the maximum grant amount of \$5,000, the homeowner will be responsible for paying the difference.

APPLICATION PROCESS

- Funding will be awarded to 20 eligible applicants who are selected through a blind raffle. The City will hold two raffles, one in July and another in January.
- A total of 10 eligible applicants will be selected during each raffle.
- 1st Round of Applications - Application Portal will be open from June 24, 2022 – July 22, 2022.
- 2nd Round of Applications - Application Portal will be open from December 19, 2022 – January 19, 2023.
- To fill out an application, please visit <http://apply.ggcity.org>



For more information, please contact Timothy Throne at:
 (714) 741-5144 / timothyt@ggcity.org
 or visit: ggcity.org/home-repair-program



Límites de bajos ingresos de 2022 (vigentes a partir del 1 de julio de 2022)

HOUSEHOLD SIZE	INCOME LEVELS Low Income (80%)
1	\$ 75,900
2	\$ 86,750
3	\$ 97,600
4	\$ 108,400
5	\$ 117,100
6	\$ 125,750
7	\$ 134,450
8	\$ 143,100



SUBVENCIONES PARA REPARACIÓN DEL HOGAR DISPONIBLES

- La ciudad de Garden Grove está ofreciendo subsidios para reparaciones en el hogar de hasta \$ 5,000 para abordar violaciones del Código Municipal, condiciones de vida deficientes y mejoramientos necesarios de salud y seguridad en su hogar.
- Las actividades elegibles incluyen pintura exterior, plomería, electricidad, techos, ventanas, sistema de climatización, control de plagas y accesibilidad para discapacitados.

ELEGIBILIDAD

- El ingreso familiar anual debe ser igual o inferior al 80% del Ingreso Medio del Área (AMI), según lo determine el Estado y se ve en la tabla a la izquierda.
- Todos los miembros del hogar mayores de 18 años deben presentar documentación de verificación de ingresos como parte del proceso de solicitud.
- La casa del solicitante debe estar en la ciudad de Garden Grove y estar ocupada por el propietario.
- Beneficiarios de una subvención previa deben esperar 5 años para volver a presentar una solicitud.
- El propietario debe contribuir un mínimo de \$500 de sus fondos propios para el proyecto.
- Si las reparaciones de la casa cuestan más que el monto máximo de la subvención de \$5,000, el propietario será responsable de pagar la diferencia.

PROCESO DE SOLICITUD

- Se otorgarán fondos a 20 solicitantes elegibles que serán seleccionados a través de una rifa a ciegas.
- La ciudad realizará dos sorteos, uno en julio y otro en enero. Se seleccionará un total de 10 solicitantes elegibles durante cada sorteo.
- Primera ronda de solicitudes: el portal de solicitudes estará abierto del 24 de junio de 2022 al 22 de julio de 2022.
- Segunda ronda de solicitudes: el portal de solicitudes estará abierto del 19 de diciembre de 2022 al 19 de enero de 2023.
- Para completar una solicitud, visite <http://apply.ggcity.org>

Para obtener más información, comuníquese con Timothy Throne al (714) 741-5144, timothy@ggcity.org, or visit: ggcity.org/home-repair-program



Gírlimites de ingresos de 2022 (Có hiefluc tú rí ngày 1 tháng Năm, 2022)

HOUSEHOLD SIZE	INCOME LEVELS Low Income (80%)
1	\$ 75,900
2	\$ 86,750
3	\$ 97,600
4	\$ 108,400
5	\$ 117,100
6	\$ 125,750
7	\$ 134,450
8	\$ 143,100



CHƯƠNG TRÌNH TÀI TRỢ SỬA CHỮA NHÀ

- Thành phố Garden Grove đang cung cấp chương trình trợ giúp sửa chữa nhà lên tới \$5,000 để hỗ trợ cư dân sửa chữa các vi phạm Luật Thành phố, điều kiện sống không đạt tiêu chuẩn, cũng như giúp cải thiện an toàn & sức khỏe cần thiết cho nhà của mình.
- Những công việc sửa chữa hội đủ điều kiện bao gồm sơn lại bên ngoài nhà, sửa hệ thống ống nước, điện, lợp mái, cửa sổ, HVAC, kiểm soát côn trùng (pest control) và lối đi dành cho người khuyết tật.

ĐIỀU KIỆN

- Thu nhập hộ gia đình hàng năm phải bằng hoặc dưới 80% thu nhập trung bình khu vực (Area Median Income), được xác định bởi Tiểu bang và được liệt kê bên dưới.
- Tất cả các thành viên của hộ gia đình trên 18 tuổi phải nộp tài liệu chứng minh thu nhập như một phần của quy trình đăng ký.
- Người nộp đơn phải là cư dân sống trong Thành phố Garden Grove và đang sở hữu và sống tại căn nhà đó.
- Người đã nhận qua trợ cấp những năm trước phải chờ 5 năm để đăng ký lại.
- Người chủ nhà yêu cầu đóng góp ít nhất \$500 trên dự án muốn sửa chữa.
- Nếu công trình sửa chữa vượt hơn số tiền trợ giúp \$5,000, người chủ nhà yêu cầu phải chi trả cho khoản tiền khác biệt.

QUÁ TRÌNH NỘP ĐƠN

- Tiền tài trợ sẽ được trao cho 20 người nộp đơn hội đủ điều kiện được chọn thông qua xổ số (blind raffle.)
- Thành phố sẽ tổ chức hai cuộc xổ số, một vào tháng Bảy và một vào tháng Giêng. Tổng cộng 10 người nộp đơn hội đủ điều kiện sẽ được chọn trong mỗi đợt xổ số.
- Vòng nộp đơn đầu tiên - Thông tin để nộp đơn sẽ mở từ ngày 24 tháng Sáu- ngày 22 tháng Bảy năm 2022.
- Vòng nộp hồ sơ lần 2 - Ứng dụng trên mạng sẽ mở từ ngày 19 tháng 12 năm 2022 - 19 tháng Giêng năm 2023.
- Để ghi danh chương trình này, vui lòng xem tại: <http://apply.ggcity.org>

Hoặc để biết thêm chi tiết, xin liên lạc ông Timothy Throne tại (714) 741-5144, timothy@ggcity.org, hoặc xem tại: ggcity.org/home-repair-program

GARDEN GROVE + GGCF PRESENTS

FREE SUMMER CONCERT SERIES



Parks Make Life Better!



June 23



June 30

THURSDAY EVENINGS
6:30 PM - 8:30 PM

June 23 - Garden Grove Park
Huong Thuy / Hoang My An
Justin Nguyen / Carol Kim



July 7



July 14

June 30 - Downtown Main Street
Bruno & the Hooligans

July 7 - Eastgate Park
Blue Breeze Band

July 14 - Eastgate Park
Yachty by Nature

July 21 - Eastgate Park
Tijuana Dogs

July 28 - Eastgate Park
Gold Rush Country



July 21



July 28

THE VOICE — of Garden Grove —

Thursdays at 6:00 PM, June 30 - July 28

Join us as local high school students
compete for cash prizes and the title of
"The Voice of Garden Grove!"



Organics Recycling is coming to Garden Grove!



The City of Garden Grove is developing an organics recycling program that will require the community to recycle food scraps and yard waste in an organics bin. As the program implementation date approaches, the City will provide residents and businesses with detailed information.

Get started on becoming an organics recycler now by visiting ggcity.org/organics-recycling.

Rene's Kitchen

presents

DOLE WHIP



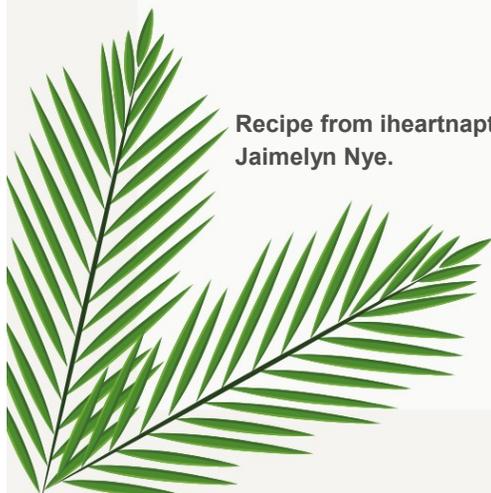
INGREDIENTS

- 4 ounces pineapple juice
- 2 cups frozen pineapple
- 1/2 cup vanilla ice cream

DIRECTIONS

1. Pour the juice, pineapple and ice cream in a blender.
2. Blend on high speed until smooth and creamy. Add more juice or ice cream if needed to reach desired consistency.
3. Pour into glasses and serve immediately or store in a covered container in the freezer until ready to serve.

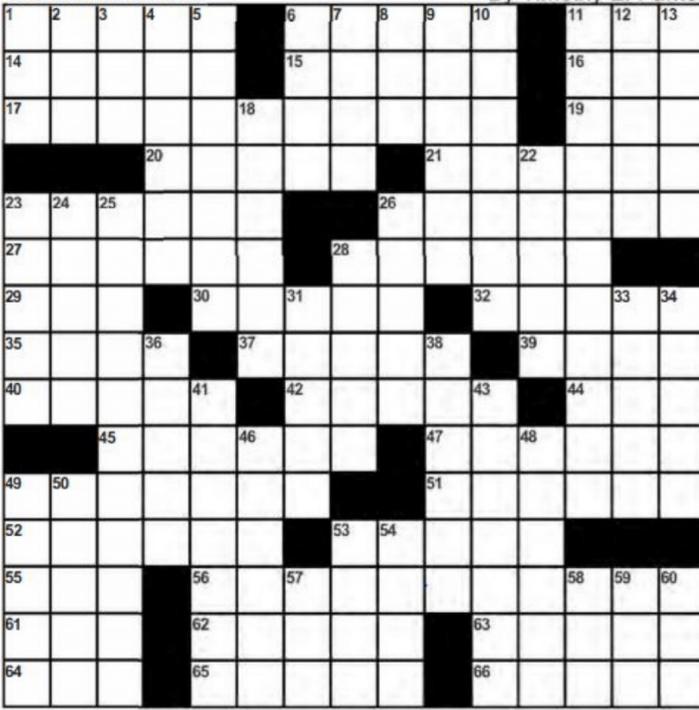
Recipe from iheartnaptime's
Jaimelyn Nye.



Crossword Puzzle

GO WITH THE ...

By Timothy E. Parker

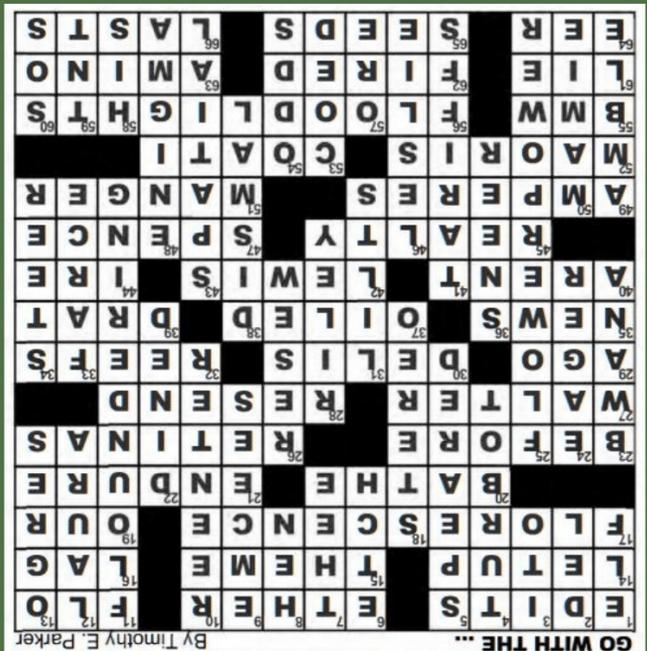


ACROSS

- | | |
|-----------------------------------|--|
| 1) Reviews and corrects | 39) "Dang!" |
| 6) Old-time anesthetic | 40) "There ___ enough hours in the day" |
| 11) This puzzle's 15-Across | 42) "Great Balls of Fire" singer Jerry Lee |
| 14) Run slower | 44) Rage |
| 15) Crossword puzzle feature | 45) Lots of business? |
| 16) Get a little behind | 47) "King of Queens" character |
| 17) The unfolding of blossoms | 49) Units of current |
| 19) Joint owners' pronoun | 51) Nativity setting |
| 20) Enjoy a hot tub | 52) Relatives of Tahitians |
| 21) Stand the test of time | 53) Raccoon's relative |
| 23) Prior to | 55) Upscale auto |
| 26) Eye parts with cones | 56) Theater illuminators |
| 27) Mitty of fiction | 61) Make a polygraph go nuts |
| 28) Dispatch again | 62) Shot, as a gun |
| 29) "It's ___!" (thumbs-up reply) | 63) Acid type |
| 30) Lunch meat shops | 64) Always, poetically |
| 32) Coral islands | 65) Bird-feeder filler |
| 35) Front-page stuff | 66) Makes it until the end |
| 37) Removed a squeak | |

DOWN

- 1) Diminutive folklore creature
- 2) Costa ___ Sol
- 3) "What was ___ think?"
- 4) Tasty flatfish
- 5) Impaled
- 6) Cut into metal
- 7) "... 'tis of ___"
- 8) Farm female
- 9) Hosts
- 10) Come back into, as the atmosphere
- 11) Trying not to go under
- 12) Dem of TV and films
- 13) Grimm characters
- 18) Audiophile's setup
- 22) Had an elegant supper
- 23) African sir
- 24) Ready, willing and able
- 25) Hippies' '60s catchphrase
- 26) Change a hem length
- 28) Life of ___ (ease)
- 31) Cheerful little tunes
- 33) Madcap comedy
- 34) Beefy bovine
- 36) Villainous expression
- 38) Bleak
- 41) Export-import duties
- 43) Having three dimensions
- 46) "The Naked Gun" actor Nielsen
- 48) Mind-boggling puzzle
- 49) Carefree walk
- 50) Mrs. Eisenhower
- 53) Kind of softball team
- 54) Racetrack quote
- 57) Hidden gold, e.g.
- 58) Not hers
- 59) Dynamite stuff
- 60) Plea at sea



By Timothy E. Parker

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

Modified Hours:

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

Visit us on the web at
ggcity.org/seniorcenter

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