



THE SCOOP



Senior Resource Newsletter

March– April 2022

Spring is in the air! St. Patrick 's Day and Easter will be here before we know it. The Center is having a few holiday activities to get us all in the spirit, see craft flyer on page 11.

There are several changes happening at the Senior Center. I am excited to announce we have filled our full time Coordinator position. Brenda Bautista, who currently is our MSW intern at the Center will soon be a part of the full time team. She will be responsible for coordinating the transportation program, health and wellness programs, and continuing to provide case management for our participants and older adult community. Brenda brings a wealth of knowledge of senior services, having worked with In Home Supportive Services for the past 7 years. Brenda has a Bachelor's in Psychology and is currently working on her Master of Social Work. Come by the Center to meet Brenda and join her for a St. Patrick's Day craft on March 17th!

Additionally, Rene Camarena, who is an Assistant Supervisor with the Human Services division will now also support the day to day operations of the Senior Center. Rene is no stranger to the Senior Center as he has worked for the Community Services Department for more than 20 years. During his career he also served as an intern at the Center and is excited to bring new ideas and support to our senior community.

This issue highlights new programs offered at the Center. Community Health Initiative of Orange County (CHIOC) on page 5 is a new partner who will be on-site to offer assistance to the community and help participants enroll in a variety of health plans, general relief, and food stamp programs.

The art class with Santa Ana College has been well received. We are excited to share that some of our students' work will be showcased at Santiago Canyon College Art Exhibit now through March 24, see page 13 for more information.

I am confident these changes we will improve our programs and services as we continue to bring back more options for you to take part in. I want to applaud each and every one of you for your resiliency and trust.

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 - CLOSED

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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

**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



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
- Proof of Citizenship/ Prueba de Ciudadanía
- Social Security Card (if applicable) /Seguro Social (si está disponible)
- Immunization Record/ Tarjeta de Vacunas
- Proof of Pregnancy/ Comprobante de Embarazo

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

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

Address/ Lugar: 11300 Stanford Ave
Garden Grove, Ca 92840

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

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

**In collaboration
with/ En
colaboración con:**

H. Louis Lake
SENIOR CENTER



COMMUNITY HEALTH INITIATIVE
OF ORANGE COUNTY

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



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 Senior Center plans to offer seniors a hot meal on:

Tuesday, March 15, 2022






9:00 a.m.-10:00 a.m.

Tuesday, April 12, 2022

9:00 a.m.-10:00 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

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:

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.

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 March 30th & April 27th

***Schedule subject to change.**

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.

MOVIE DAYS



Days: Wednesdays

March 30th & April 27th

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

Activity Description:

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



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.

TECHNOLOGY CLASS 2022



Day: Mondays (01/24/22 - 05/25/22)

Time: 10:00 a.m. to 12:00 p.m.

Instructor: SAC College Staff

Class Description:

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



****Class is filled to capacity.**

We are currently taking an interest list for the next class coming in Summer "Tips & Tricks with Smart phone."

PAINT LIKE THE MASTERS 2022



Day: Wednesdays (01/12/22 - 05/25/22)

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.



****Class is filled to capacity.**

We are currently taking an interest list for the next session.

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.



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.



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.

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.



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

JOIN US FOR
CRAFT
DAYS



THURSDAY, MARCH 17, 2022

11:30AM-12:30PM

St. Patrick's Day craft with Brenda

&

THURSDAY, MARCH 31, 2022

11:00AM-12:00PM

Easter craft with Alice

Space is limited and requires registration.

CALL THE CENTER FOR MORE INFORMATION

(714) 741-5253

11300 Stanford Ave., Garden Grove, 92840



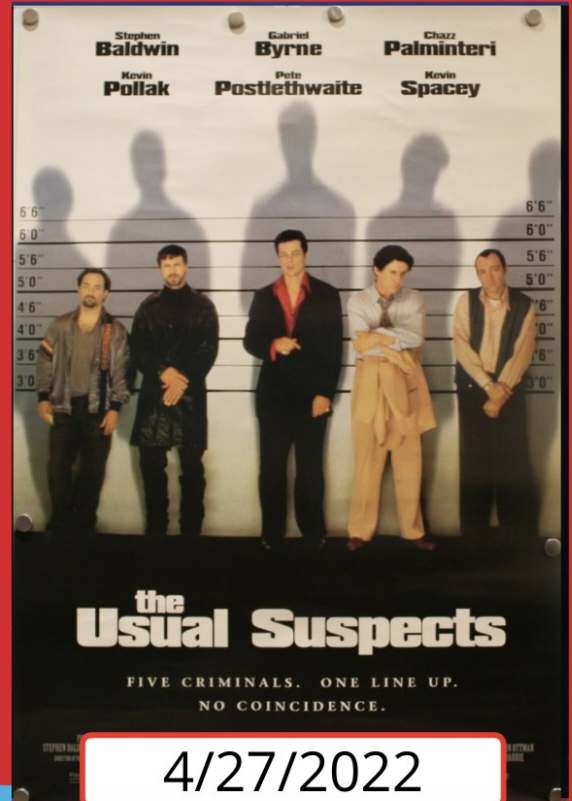
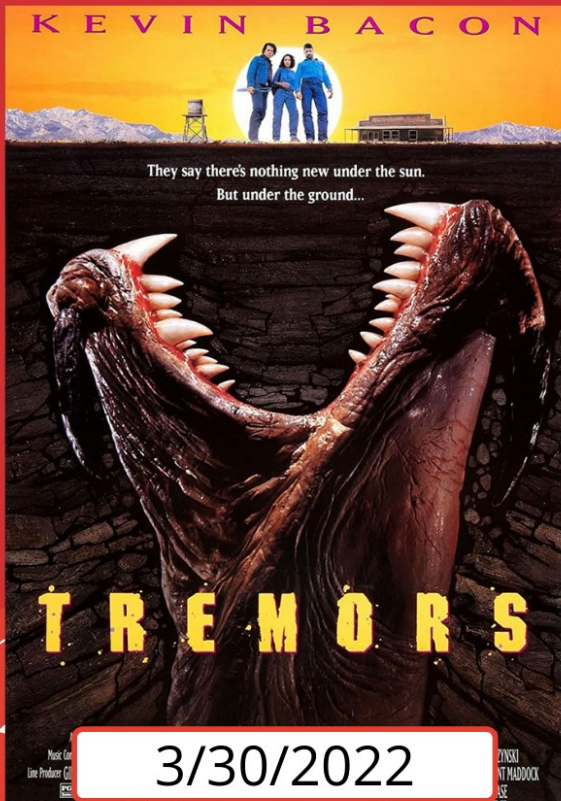
H. Louis Lake
SENIOR CENTER

H. LOUIS LAKE SENIOR CENTER MOVIE DAY

11300 STANFORD AVE., GARDEN GROVE, 92840

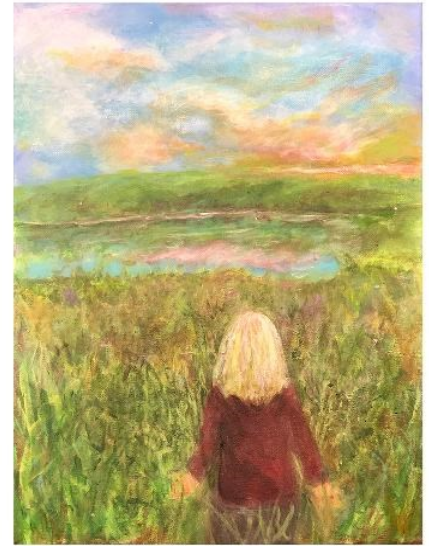
MUST PRE-REGISTER. CALL (714) 741-5253

Come enjoy our free spring movie series! Each movie will start promptly at 1:00 p.m.



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.

SCC ART GALLERY PRESENTS



MEMORIES OF THE PAST, VISIONS OF THE FUTURE SELECTED WORKS FROM THE SCC AND SAC OLDER ADULTS PROGRAM

JOIN US AS WE SHOWCASE
CONTINUING EDUCATION STUDENTS
FROM SCC AND SAC

MEMORIES OF THE PAST, VISIONS OF THE FUTURE

SELECTED WORKS BY
SCC & SAC OLDER ADULT PROGRAM

OPENING RECEPTION:
FEBRUARY 24, 2022 FROM 4-6PM

GALLERY HOURS:
MON/WED/THURS 12PM - 3PM
OR BY APPOINTMENT

SHOW RUNS FROM
FEB 24 TO MARCH 24

SCC ART GALLERY IS LOCATED ON
THE EAST SIDE OF THE D-BUILDING
ENTER FROM THE OUTSIDE

RSCCD BOARD OF TRUSTEES
PHILIP YARBROUGH, PRESIDENT, TINA ARIAS MILLER, ED.D, VICE PRESIDENT,
DAVID CROCKETT, CLERK, JOHN R. HANNA, ZEKI IFRNANDIZ, LAWRENCE LARRY R. LABRADO,
SAL TINAJERO, ELISABETH NEELY, STUDENT TRUSTEE

MARVIN MARTINEZ, CHANCELLOR
PAMELA RALSTON, PH.D, PRESIDENT, SANTIAGO CANYON COLLEGE



Income Tax Assistance

If you are looking for a location nearest you to get your taxes done for the 2022 tax season, you may check with the following facilities and websites:

Abrazar - (714) 278-4679

Address: 7101 Wyoming St. Westminster, 92683
-No residency requirement
-Assistance is **not** in person; Documents need to be uploaded through online portal or dropped off and applicant will be called back to make an appointment.
-No age requirement
-Tax services provided through a VITA site.

Anaheim Senior Center - (714) 765-4510 – Vietnamese

Address: 250 E. Center St. Anaheim, 92805
-No residency requirement
-Appointment required
-Age requirement: 60+
-Tax services provided by AARP

Brea Senior Center - (714) 990-7750

Address: 500 Sievers Ave. Brea, 92821
-No residency requirement
-Appointment required
-No age requirement
-Tax services provided by AARP

Buena Park Senior Center - (714) 236-3870

Address: 8150 Knott Ave. Buena Park, 90620
-No residency requirement
-Appointment required
-Age requirement: 55+
-Tax services provided by AARP

Fountain Valley Senior Center - (714) 593-4446

Address: 17967 Bushard St. Fountain Valley, 92708
-No residency requirement
-Appointment required
-Age requirement: 55+
-Tax services provided by AARP

Huntington Beach Senior Center - (714) 536-5600

Address: 18041 Goldenwest St. HB, 92648
-No residency requirement
-Appointment required
-Age requirement: 18+
-Tax services provided by AARP

Tustin Senior Center - (714) 573-3340

Address: 200 S. C Street Tustin, 92780
-No residency requirement
-Appointment required
-No age requirement
-Tax services provided by AARP

OC Free Tax Prep (888) 687-2277 -

www.ocfreetaxprep.com

AARP Tax-Aide Locator -

www.aarp.org/money/taxes/aarp_taxaide/locations/



2022 FREE TAX PREP LOCATIONS



Before you call or visit a site, please check the most current list online at OCFreeTaxPrep.com/get-locations.

AARP Tax-Aide ●

888.227.7669
Multiple locations

Abiding Savior Lutheran Church ●

23262 El Toro Road
Lake Forest, CA 92630
abidingavior.com/vita or
949.830.1001

Abrazar, Inc. ①

7101 Wyoming Street
Westminster, CA 92683
714.278.4679

Access California Services ● ●

Facilitated Self Assistance
631 South Brookhurst Street, Suite 107
Anaheim, CA 92804
714.917.0440

Anaheim Independencia

Family Resource Center ●

10841 Garza Avenue
Anaheim, CA 92804
714.826.9070

Boys & Girls Club of Santa Ana ● ●

Facilitated Self Assistance
950 West Highland Street
Santa Ana, CA 92703
714.543.5540 ext. 317

California International Bank, NA ●

15606 Brookhurst Street, Suite C-D
Westminster, CA 92683
888.434.8248

California State University, Fullerton

Virtual tax prep only
Visit OCFreeTaxPrep.com/get-locations
for the latest details.

Coastline Community College

12901 Euclid Street
Garden Grove, CA 92840
Visit OCFreeTaxPrep.com/get-locations
for the latest details.

Community Action Partnership of OC ●

11870 Monarch Street
Garden Grove, CA 92841
714.944.3222

County of Orange Social

Services Agency ●
1928 South Grand Avenue
Santa Ana, CA 92705
888.434.8248

Cypress Community Park ●

255 Visions
Irvine, CA 92620
888.434.8248

Downtown Anaheim

Community Center ●

250 East Center Street
Anaheim, CA 92805
714.765.4500

El Modena Family Resource Center ●

18672 East Center Avenue
Orange, CA 92869
714.532.3595

Family Assistance Ministries ●

1030 Calle Negocio
San Clemente, CA 92673
949.492.8477

Good Hands Foundation – Irvine ●

20 Truman Street
Irvine, CA 92620
714.400.2089

Irvine Valley College ①

5500 Irvine Center Dr.
Irvine, CA 92618
888.434.8248

Melinda Hoag Smith Center

for Healthy Living ①

307 Placentia Avenue
Newport Beach, CA 92663
888.434.8248

Ponderosa Park Family

Resource Center ●

320 E Orangewood Ave
Anaheim, CA 92802
714.765.5400

San Francisco Solano Church ①

22082 Antonio Parkway
Rancho Santa Margarita, CA 92688
949.546.8127

Southwest Community Center ●

1601 W Second Street
Santa Ana, CA 92703
714.448.7761

St. Kilian Church ●

26872 Estanciero Drive
Mission Viejo, CA 92691
949.866.8783

West Anaheim Youth Center ●

320 S. Beach Boulevard
Anaheim, CA 92804
714.765.6400

FREE VIRTUAL TAX PREP SERVICE!

Learn more at OCFreeTaxPrep.com/taxes2022

In partnership with Code For America's GetYourRefund.org



By Appointment



FACILITATED SELF ASSISTANCE

Appointment required for on-site assistance. Free tax sites cannot prepare returns with all types of income or expenses. Please verify with the appointment representative or site greeter that your return can be prepared.

An appointment is not a guarantee of service.

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.



March 23, 2022

1:00 PM - 3:00 PM

April 27, 2022

1:00 PM - 3:00 PM



Alzheimer's | ORANGE COUNTY

Legal & Financial Planning Workshop

March 17, 2022 • 11:00 am - 12:30 pm (Zoom)

Speaker: Christina McGonigle, Esq.

Certified Elder Law Attorney

McGonigle & Hunsaker, LLP

Identify the steps to getting legal, financial, and future care plans in place. Information will be provided on: Estate Planning, Durable Powers of Attorney for Healthcare and Finance, Conservatorship, Probate, Trusts and Living Wills, Advance Directives, Long Term Care Planning & Medi-Cal Eligibility.

To register, please visit: bit.ly/FLMar172022

Thank you to our sponsor:



844-373-4400 | www.alzoc.org | facebook.com/alzoc



DENTAL SERVICES
AVAILABLE FOR THE
WHOLE FAMILY!

hello@healthysmilesoc.org
healthysmilesoc.org

Redefining Dental Care

Healthy Smiles provides direct dental services through our Smile Mobiles.

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

855-999-3030

DIGNITY AT HOME

Orange County's Fall Prevention Home Safety Program



The Dignity at Home program provides low-income households with no-cost home modifications and mobility aids.

Fall prevention services may include:

- Ramps
- Grab bars and handrails
- Toilet frames and risers
- Shower seats
- Stair lifts
- Flooring repair
- Doorway modifications
- Wheelchairs, scooters, and other mobility aids not covered by insurance



HELP IS AVAILABLE WHEN YOUR HOME DOES NOT MEET YOUR NEEDS.

Contact the Aging and Disability Resource Connection to apply:
(714) 480-6450 | www.adrcoc.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.

UPDATED INFO!

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 begin shipping the week of March 7, 2022.



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

Irish Cream-Topped Brownie Dessert



Prep	Total	Ingredients	Servings
15 MIN	3 ^{HR} 45 MIN	9	9



Ingredients

Brownie Base

- 1 box (10.25 oz) fudge brownie mix
- 1/4 cup vegetable oil
- 2 tablespoons Irish cream liqueur
- 2 eggs

Irish Cream Topping

- 1 carton (8 oz) whipping (heavy) cream (1 cup)
- 1/4 cup milk
- 1/4 cup vanilla instant pudding and pie filling mix (half of 3.4 oz box)
- 3 tablespoons Irish cream liqueur
- 1 bar (1.4 oz) chocolate-covered toffee candy, crushed

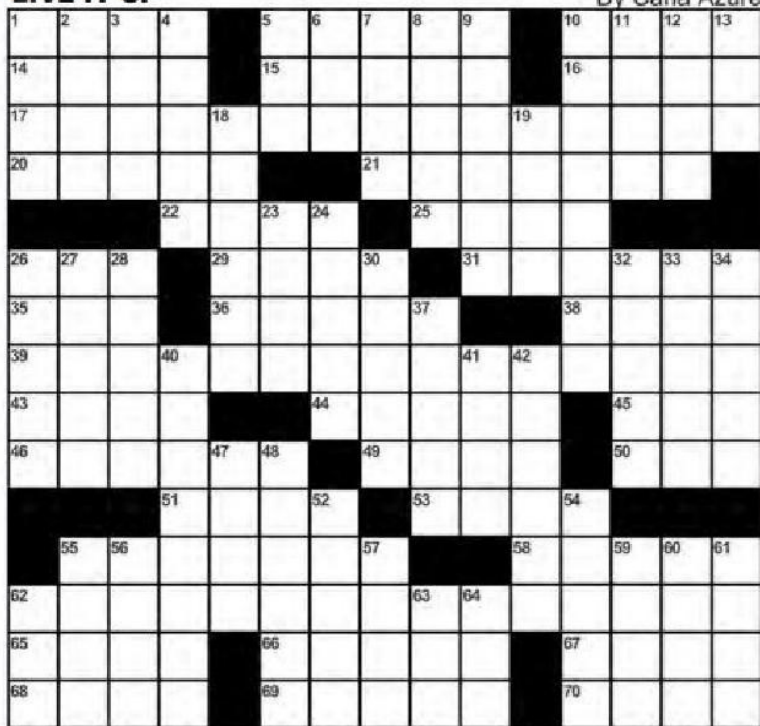
Steps

- 1 Heat oven to 350°F. Grease bottom only of 8-inch square pan with shortening. In large bowl, stir brownie mix, oil, 2 tablespoons liqueur and the eggs with spoon about 50 strokes or until blended. Spread batter in pan.
- 2 Bake 23 to 26 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- 3 In medium bowl, beat whipping cream, milk, pudding mix and 3 tablespoons liqueur with electric mixer on high speed 4 to 6 minutes or until soft peaks form. Spread mixture over cooled brownies. Sprinkle with crushed candy. Cover; refrigerate at least 2 hours before serving. Cut into squares. Store in refrigerator.

Crossword Puzzle

LIVE IT UP

By Carla Azure



DOWN

- 1) "S.O.S.!"
- 2) Angle between stem and stalk
- 3) Baltic capital
- 4) Type of alcohol
- 5) Old hand
- 6) Stumblebum
- 7) Eyelid bump
- 8) Desktop pictures
- 9) Thuds
- 10) Dairy breed
- 11) "We try harder" company
- 12) This puzzle's theme word
- 13) Flowery poem
- 18) Instructed
- 19) Commuter line
- 23) Nursemaid in India
- 24) Blackest part of a shadow
- 26) Seasoned rice dish
- 27) Fat-nosed antelope
- 28) Read between the lines
- 30) It doesn't hold water
- 32) Cleans up prose
- 33) Kind of code
- 34) Drooping
- 37) Evergreen-forested landscape
- 40) Avoided
- 41) Captured
- 42) Naval Academy grad
- 47) Viscount's superior
- 48) Least extroverted
- 52) Suffix with "sea" or "moon"
- 54) Director Christopher
- 55) Take ___ (snooze)
- 56) ___ mortals
- 57) "... and make it fast!"
- 59) Prefix with "type"
- 60) Semiaquatic salamanders
- 61) Fit together, as gears
- 62) Stomach muscles, briefly
- 63) Ram's ma'am
- 64) Low digit

ACROSS

- | | |
|-------------------------------------|----------------------------------|
| 1) Aesop character | 43) Long, long time |
| 5) Assume to be true | 44) "Par ___" (airmail stamp) |
| 10) Head light? | 45) What "it" plays |
| 14) Departure | 46) Mockeries |
| 15) Pawl grabber (Var.) | 49) Freudian topics |
| 16) "Ars amatoria" poet | 50) Guileful |
| 17) One's child, typically | 51) Cries of triumph |
| 20) Costa del Sol feature | 53) Blood-related |
| 21) All together | 55) Either of two continents |
| 22) Hilo feast | 58) Robot of Jewish legend |
| 25) Rod at a pig roast | 62) Another chance for happiness |
| 26) Telekinesis, e.g. | 65) Unadorned |
| 29) Indoor sports facilities | 66) Salmon do it |
| 31) Accommodates, in a way | 67) Army insects |
| 35) "At Seventeen" singer Janis | 68) Did Daytona |
| 36) Nun's attire | 69) Crow's home of old |
| 38) "I had no ___!" | 70) Snack |
| 39) Not to be fooled with, in a way | |



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 - CLOSED (By Phone Only)

Visit us on the web at
ggcity.org/seniorcenter

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