

THE SCOOP

Senior Resource Newsletter

March 2021

Spring has sprung! Here's to lots of warm and sunny days to come!

March is National Kidney Month and National Nutrition Month! In this edition of our SCOOP we have provided some information on ways our kidneys keep us healthy, and risk factors to be aware of. Daily nutrition is a part of maintaining a healthy lifestyle. You can find valuable tips on page 7, 8, and 9.

The COVID-19 vaccine has become more readily available and Orange County currently has two Super POD (Point Of Distribution) sites located at Disneyland in Anaheim and at Soka University in Aliso Viejo. Check with your healthcare professional to determine if you should be receiving the vaccine, and if so, schedule an appointment. More vaccine information can be found on page 11 of this issue.

The deadline to file your taxes this year is April 15, 2021. We have included some information with locations where you can drop-off your documents on page 14. Additional assistance can also be found on the AARP website: www.AARP.org.

Center staff continue to conduct programming virtually. We are using Zoom to conduct activities and workshops that are beneficial for you. Please see the flyer in this issue for more information.

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

Remember, we are in this together!

~Senior Center Staff

"Remember that sometimes not getting what you want is a wonderful stroke of luck."

~Dalai Lama



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

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

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

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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		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.communitylegalsocal.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





Food Services



Lunch Café Program

Due to COVID-19 (Coronavirus), the H. Louis Lake Senior Center Lunch Café program has been converted to a frozen meal pick-up program. Frozen meals will be available for pick-up via a drive through or walk-up option every Tuesday from 9:30 a.m. until 10:30 a.m. at the H. Louis Lake Senior Center (11300 Stanford Avenue). Adults age 60 and over are eligible to receive meals. For more information, please call (714) 741-5253. Days, times, and locations for pick-up are subject to change.

Registered Lunch Café participants can have a family member or friend pick up their meals by providing the first and last name, and the address of the program participant. Unregistered participants may have someone pick up their meal as long as that person has the ID card for the individual for whom the meal is intended.

UPCOMING EVENTS

- 3/4/21 Let's Chat About It via Zoom, 1-2pm**
- 3/11/21 Let's Chat About It via Zoom, 1-2pm**
- 3/16/21 St. Patrick's Day Themed Distribution**
- 3/18/21 Let's Chat About It via Zoom, 1-2pm**
- 3/25/21 Let's Chat About It via Zoom, 1-2pm**
- 3/30/21 Monthly Birthday Celebration**

Garden Grove Special Senior Shopping Hours

The retailers below have announced special shopping hours dedicated to older adults (65+) who are among the most vulnerable to severe complications from COVID-19. Confirm with your local stores that the senior hours are being enforced during the times listed.

Albertsons: Daily
7-9 AM

ALDI: Tues & Thurs,
8:30-9:30 AM

Costco: Mon– Fri,
9-10 AM

El Super: Every day,
7-8 AM

Food 4 Less: Every day,
6-7 AM

Northgate: Every day,
7-8 AM

Ralphs: Every day,
6-7:30 AM

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

Vallarta Supermarket:
Daily, 7-8 AM

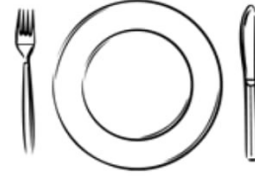
Walmart: Tues, 6-7 AM

Alternative Food Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
Community Action Partnership Senior Box Program	Eligibility: Age 60+ and low income. Food distribution: Each eligible person receives a 30lb box of food.	(714) 667-0717
Second Harvest Food Bank	Food distribution at the Honda Center. Saturdays 9:00 AM to 12:00 PM www.feedoc.org	(949) 653-2900
Free Food Map	Food distribution sites for adults, children, and families. www.ocfoodhelp.org	Please visit website
Food Pantries	Food distribution for anyone in need. Locations vary by city. www.foodpantries.org/st/california	Please visit website
Meals on Wheels Orange County	Home meal delivery to homebound, frail, and socially isolated seniors living in Orange County. Meals are by donation or low cost.	(714) 220-0224
Mom's Meals	Eligibility: Age 65+, disabled, enrolled in Medicaid/Medicare, or a member of a Health Insurance Plan that offers a paid meal benefit. www.momsmeals.com	(877) 508-6667
Livingstone Community Health Clinic	Food pantries: Tuesday-Friday 9:00 AM to 5:00 PM	(714) 248-9500
HOPE	Emergency food and diapers: Wednesday & Thursday from 12:00 PM to 5:00 PM by appointment only	(714) 539-4357
Calvary Chapel Garden Grove	Emergency food every Friday 3:00 PM to 4:30 PM	(714) 897-8972
Christ Cathedral	Food pantry every Thursday 10 AM to 12 PM	(714) 971-2141
Lutheran Social Services	Canned goods, baby food, and diapers. Monday & Tuesday 9:30 AM-12:30 PM Wednesday & Thursday 10:00 AM-3:00 PM	(714) 534-6450
Saddleback Church	Drive and park food pantry, brought to car. Fridays 11:00 AM-1:00 PM	(949) 609-8006
Access California Services	Food vouchers provided by appointment only Monday-Friday 8:00 AM-5:00 PM	(714) 917-0440
Cal Fresh	Call to schedule a drive thru appointment for Food Stamps	(855) 541-5411
Garden Grove Unified School District	Free lunches for school age children at various sites Monday & Wednesday 11:00 AM-1:00 PM www.ggusd.grab.us/grab-n-go	Please visit website
Anaheim Unified School District	Free lunches for 0-18 year olds at various sites Monday-Friday www.ausd.grab.us/grab-n-go	Please visit website



INTRODUCING



Senior Cuisine Delivered™

AFFORDABLE
RESTAURANT-QUALITY
MEALS DELIVERED
SAFELY TO YOUR DOOR

MEALS on WHEELS®
ORANGE COUNTY

SENIOR CUISINE DELIVERED OFFERS:

Convenience

Fresh, nutritious, ready-to-eat meals developed for seniors. Just heat and enjoy!

Affordability

Reasonable prices and no additional delivery costs or hidden fees.

Comfort

You'll have peace of mind knowing meals are being delivered safely to your front door.

SERVING CENTRAL & NORTH ORANGE COUNTY

LEARN MORE & ENROLL ONLINE
MealsOnWheelsOC.org

or call (714)823-3294

For Senior Cuisine Delivered in South Orange County, please visit our partner AgeWellSeniorServices.org.

**CITY OF GARDEN GROVE
H. LOUIS LAKE SENIOR CENTER
PROGRAMA DE APOYO PARA
PERSONAS MAYORES**



El Programa de Apoyo Para Personas Mayores se dedica al logro del envejecimiento exitoso a través de opciones de apoyo y recursos comunitarios para satisfacer sus necesidades de salud y bienestar.

Elegibilidad: Residente de Garden Grove y 60 años de edad o mayor.

Para más información, por favor llame al 714-741-5253.



**CITY OF GARDEN GROVE
H. LOUIS LAKE SENIOR CENTER
SENIOR SUPPORT PROGRAM**



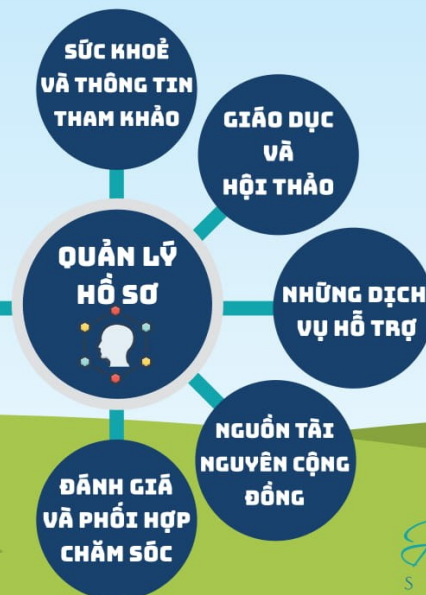
Senior Support is dedicated to the achievement of successful aging through support and community resource options to meet your health and wellness needs.

Eligibility: Garden Grove resident, 60+ years of age.

For more information please call 714-741-5253



**THÀNH PHỐ GARDEN GROVE
TRUNG TÂM PHỤC VỤ
NGƯỜI CAO NIÊN
H. LOUIS LAKE
CHƯƠNG TRÌNH HỖ TRỢ
NGƯỜI CAO NIÊN**



Bộ phận Hỗ trợ người cao niên chú trọng việc hỗ trợ cộng đồng người cao niên qua các nguồn tài nguyên trong cộng đồng để tăng cường và giữ gìn sức khỏe.

Điều kiện hợp lệ: Cư dân Garden Grove, trên 60 tuổi.

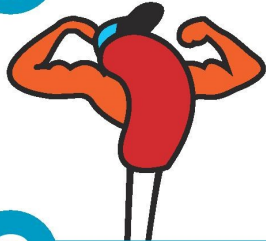
Để biết thêm thông tin, vui lòng gọi 714-741-5253



March is National Kidney Month

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

Regulate blood pressure

Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Nerve damage



Cardiovascular disease



Heart attack



Stroke



Anemia/ low red blood cell count



Weak bones



High blood pressure



Kidney Failure

4 RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

2 TESTS YOU CAN TAKE (BLOOD AND URINE)



Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



National
Kidney
Foundation®

Learn more at kidney.org

Make every bite count



Take a look at your current eating routine. Pick one or two ways that you can switch to choices today that are rich in nutrition.

A healthy eating routine can help boost your health now and in the years to come. Think about how your food choices come together over the course of your day or week to help you create a healthy eating routine.

It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium.



Choose from these simple tips to help you...

Fruits



Focus on whole fruits

- Start your day with **fruit at breakfast**. Top cereal with your favorite seasonal fruit, add bananas or chopped apples to pancakes, or mix a spoonful or two of raisins into hot oatmeal.
- Keep **ready-to-eat fruits** in the refrigerator for a quick snack.
- For dinner, chop up a combination of seasonal, frozen, or canned fruits to make a **quick fruit salsa** to top fish or chicken. Add fruit such as orange sections, apple wedges, or grapes to a **salad**.



Vegetables



Vary your veggies

- Add shredded carrots to the lettuce and tomato **in your sandwich**, make **soup** from the veggies in your vegetable drawer, and **snack on raw vegetables**.
- Try a **stir-fry** with fresh or frozen vegetables for a quick meal or easy side dish.
- Pick out a vegetable that the family has not tried and **get a new recipe** from a cookbook, website, supermarket, or friend.



Grains



Make half your grains whole grains

- For breakfast, enjoy a whole-grain-based **hot or cold cereal**. Consider trying whole-grain puffs or flakes that are new to you—you might discover a new favorite!
- Instead of sandwich bread, try a **whole-grain pita, tortillas, naan or other whole-grain flatbread, sliced breads, or rolls**.
- Create your own trail mix with whole-grain cereal or enjoy whole-grain crackers with turkey, hummus, or avocado for a **healthy whole-grain snack**.





Vary your protein routine

- **Broil lean beef cuts** like sirloin, top round, or flank steak. **Roast lean types of pork tenderloin or loin chops** and slice into strips for dinner, salads, and sandwiches.
- **Have fish or seafood twice a week.** Make a lunchtime sandwich or salad with canned tuna, grill fresh or frozen tilapia or salmon for dinner, or enjoy fish tacos.
- **Meatless meals** are tasty and budget friendly. Try bean-based vegetarian chili or lentil soup, grilled or braised tofu with vegetables, or adding nuts to salads.



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

- **Add low-fat or fat-free dairy** to oatmeal or pureed vegetable soups instead of water, and to smoothies or scrambled eggs.
- The nutrients in dairy are **important at every stage of life.** Include foods like low-fat or fat-free dairy milk or yogurt. Need an alternative? Try lactose-free dairy milk or yogurt that's low-fat or fat-free or fortified soy versions.
- Looking for a beverage? Grab a **glass of low-fat or fat-free milk or fortified soy milk** (soy beverage). Choose the unsweetened option.



Choose foods and beverages with less added sugars, saturated fat, and sodium



Tips for Less Added Sugars

- Choose **packaged foods that have less or no added sugars**, such as canned fruit packed in 100% juice for an easy snack, plain yogurt (you can add your own fruit), and unsweetened applesauce.
- Try chilled, **plain water or sparkling water with a squeeze of fruit** for a splash of flavor. Limit sugary beverages such as soda, lemonade, sports drinks, or fruit drinks.

Tips for Less Saturated Fat

- In place of foods higher in saturated fat, **look for foods like nuts, seeds, and fatty fish** like tuna, salmon, trout, and mackerel, which are high in unsaturated fats and a healthier choice.
- Choose **canola oil, olive oil, or other vegetable oils** for cooking.

Tips for Less Salt and Sodium

- Start simple by choosing foods with less sodium. **Check the Nutrition Facts label and choose foods with a lower percent (%) Daily Value (DV) for sodium** on the label, especially if a family member has high blood pressure, diabetes, or kidney disease.
- **Cook at home!** Preparing your own food puts you in control of how much sodium goes into your meals. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.



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

COVID-19 VACCINE

Orange County seniors can obtain the COVID-19 vaccine by appointment only.

Residents 65 and older are now eligible through the County of Orange's vaccine and management app Othena. The Othena app will NEVER ask for your social security number, credit card information, bank information, or any payment of any sort, in any way. Othena has an app and website. Register to be notified when the County has an appointment available at www.othena.com

COVID-19 Vaccine Update

ORANGE COUNTY



To learn more about the County's phased distribution plan, visit: www.COVIDVaccineFacts.com

Information is also available by contacting the County's COVID-19 Hotline at 714-834-2000 or via email at ETeam@ochca.com

VACCINE RESOURCES

www.othena.com

www.occovid19.ochealthinfo.com

www.cdc.gov/coronavirus

www.COVIDVaccineFacts.com



Get Your Stimulus Check from the IRS

Economic Impact Payments, or “Stimulus Checks” help reduce the financial burden of COVID-19

eitcoutreach.org/stimulus

Am I eligible?

You are eligible if:

- 1 Your income is under \$75,000 (single or married filing separately) or \$150,000 (married filing jointly). You also qualify if you have no income.
- 2 You and your spouse, if filing jointly, each have a valid Social Security number (one if military).
- 3 Someone else cannot claim you as a dependent on their tax return.

How do I get the payment?

You can check on the status of your payment on IRS.gov/GetMyPayment.

Do nothing if you:

- Already filed taxes for 2018 or 2019; **OR**
- Receive Social Security, Social Security Disability Insurance (SSDI), or Supplemental Security Insurance (SSI); **OR**
- Are a railroad retiree or Veterans Affairs (VA) beneficiary.

The IRS will send your payment by direct deposit or mail. You will get a letter from the IRS stating when the payment was made and how.

Complete an Online Form if you:

- Earned less than \$12,200 (\$24,400 if married) in 2019*; **AND**
- Are not required to file a tax return; **AND**
- Don't plan on filing.

Go to www.irs.gov/eip and click the button for non-filers

Complete the form by **November 21** so the IRS knows where to send your payment.

File your taxes now if you:

- Earned more than \$12,200 (\$24,400 if married) in 2019.

How to file for free by **October 15**:

Virtual Tax Prep

If you have access to a mobile phone or a computer connected to the internet, you can get help to file your federal and state taxes. Go to GetYourRefund.org.

Do-It-Yourself Taxes

File your own taxes at MyFreeTaxes.com or IRS.gov/FreeFile.

Volunteer Income Tax Assistance (VITA)

While many sites are closed, some offer drop-off or virtual help. Find your local VITA site to call: irs.treasury.gov/freetaxprep/.

*If you had any earnings in 2019, you may qualify for other refunds. File your 2019 taxes to apply for the stimulus payment and claim any additional qualifying credits.

Beware of scams

The IRS will NOT contact you by phone, email, text message, or social media to request personal information – especially banking details – or ask you to provide a “processing” fee. The IRS will send written correspondence.

The IRS refers to this money as an “Economic Impact Payment.” Communications that use phrases like “stimulus check” or “recovery rebate” probably aren't from the IRS.

THE DETAILS

▶ Direct Deposit

If you don't have a bank account, the IRS will mail you a paper check, but it will take much longer. If you don't have a bank account, you can still get direct deposit by entering an account and routing number. You can find these numbers with:

- **Prepaid debit card** - Once you get a card, you may need to contact the company directly to find the account and routing numbers needed for direct deposit.
- **Payment apps** - CashApp, Venmo, and PayPal now offer account and routing numbers you can use for direct deposit.

▶ Address Changes

If you have moved since filing a 2019 tax return, update your address at your local post office or moversguide.usps.com.

If you don't have a permanent mailing address, you can ask to use the address of a family member, friend, or a place you go to for services (such as like a health care clinic, drop-in day center, shelter, community action agency, or church).

▶ Self Employment/ Gig Work

If you made over \$400 in self-employment income in 2019, you must file a tax return. Your stimulus payment will not be reduced if you haven't paid self-employment taxes. You may be charged late fees by the IRS if you don't pay taxes by July 15.

▶ Immigrants

If you're married and filing jointly with your spouse, both spouses must have a Social Security Number (not an ITIN) to receive the payment. If your children do not have a Social Security Number (SSN), it does not affect your \$2,400 payment, but you will not receive a \$500 payment for them.

If you're married and filing separately from your spouse and one of you has an SSN and one of you has an ITIN, the spouse with an ITIN is **not** eligible and the spouse with an SSN is eligible for \$1,200.

If neither you nor your spouse has an SSN, you cannot get a \$500 payment for your children even if they have SSNs.

QUICK TIPS

KIDS

You'll get \$500 for every dependent child under 17 who has an SSN or Adoption Taxpayer Identification Number (ATIN).

PAPER RETURNS

The IRS is not currently processing paper returns. If you don't have internet access, get help to file electronically.

CHILD SUPPORT

If you are overdue on child support, your Economic Impact Payment could be reduced or eliminated.

BACK TAXES & STUDENT LOAN DEBT

Your payment will not be interrupted and you will receive the full amount.

BENEFITS

Your payment won't reduce the benefits you receive from SNAP, TANF, Medicaid, federal rental assistance, or another program. It will not affect unemployment payments.

For help with health coverage go to healthcare.gov.

TAXES

Payments are not taxed.

Tax Assistance Update



With COVID-19 complications posing a risk to both older taxpayer clients and Tax-Aide volunteers, the H. Louis Lake Senior Center is unable to provide AARP tax filing services in 2021.

Visit the AARP website for updates at <https://aarp.org>

For tax filing information visit the IRS website at <https://www.irs.gov>

or call the IRS @ 1-800-829-1040



Tax Assistance in Orange County



OC FREE TAX PREP

IRS certified volunteer tax preparers can help you file your 2020 Federal and State income tax returns.

Appointments are required for services at the Volunteer Income Tax Assistance (VITA) drop-off locations.

Nearby locations

*Community Action
Partnership of OC*

11870 Monarch Street
Garden Grove, CA
92841
714-839-6199

Coastline College

12901 Euclid Street
Garden Grove, CA
92840
1-800-596-4017
ext. 101

*Access California
Services*

631 South Brookhurst
Street, Suite 107
Anaheim, CA 92804
714-917-0440

Please visit the following website to find more locations

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



H. LOUIS LAKE SENIOR CENTER
LET'S "CHAT" ABOUT IT THURSDAYS
 MARCH 2021 ZOOM WORKSHOPS



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

MIND & BODY WELLNESS

March 4th

Manage stress and practice wellness during COVID-19.

**REGISTRATION IS REQUIRED,
 PLEASE CALL 714-741-5423**



**ZOOM : POPULAR
 VIDEO CHATTING**

March 11th

Learn more about how to navigate Zoom features.



**REGISTRATION IS REQUIRED,
 PLEASE CALL 714-741-5423**

**FOOD & SHOPPING
 DELIVERY SERVICES**

March 18th

Learn more about how to navigate food and shopping delivery services.



**REGISTRATION
 IS REQUIRED,
 PLEASE CALL
 714-741-5423**

SPRING CRAFT



March 25th

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

Space is limited to the first 10 registrations.

There will be a material fee of \$5.00

**REGISTRATION IS REQUIRED,
 PLEASE CALL 714-741-5423**

Programs are for individuals age 55+.

If you are not familiar with Zoom a staff member is available to assist you. Please call the H. Louis Lake Senior Center to register and receive password/code to join.

Zoom ID: 943 1136 6295

You can also dial in: 1-669-900-6833



Meals on Wheels Volunteer Drivers Needed



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



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



H. Louis Lake Senior Center Survey



**WE WOULD APPRECIATE YOUR
FEEDBACK.**

We would like to ask you a few questions to better determine how the Senior Center can provide you support while the center remains closed. Please call Lori McIntyre to participate at 714-741-5423.



TAKE SURVEY



Community Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
Orange County 211	A free 24 hour, 3 digit telephone number that will enable callers to access comprehensive info and referrals to health and human services. Provides links to services including food, shelter, counseling, etc.	Dial 211 or text 898-211 for available resources in your area.
County Of Orange Health Referral Line	Non-medical questions - Emergency Operations Center Public Information hotline	(714) 628-7085 Daily, 7 AM to 7 PM
National Alliance on Mental Illness (NAMI)	Mental health services and information	(714) 544-8488
	Warmline - Mental health crisis hotline	(877) 910-9276
Veterans Crisis Line	Crisis intervention services for Veterans	(800) 488-8244 (Press 1)
Volunteers of America-OC Support Services	Resources and information for Veteran families	(855) 266-3209
OC Health Care Agency-Behavioral Health Services	Crisis or psychiatric emergency resources. Please, if you are experiencing a crisis or psychiatric emergency, call 911.	(866) 830-6011 24 hours, 7 days a week
OCLinks OC Behavioral Health Info & Referrals	Information and referral service to help navigate the Behavioral Health Services, including crisis services, adult mental health, alcohol and drug inpatient and outpatient programs.	(855) 625-4657 Mon-Fri, 8 AM to 6 PM
Salvation Army	Rental assistance by appointment only. Mon-Thur, 9 AM to 2:30 PM (Closed from 12 to 1 PM)	(714) 783-2344

Senior Wellness Program

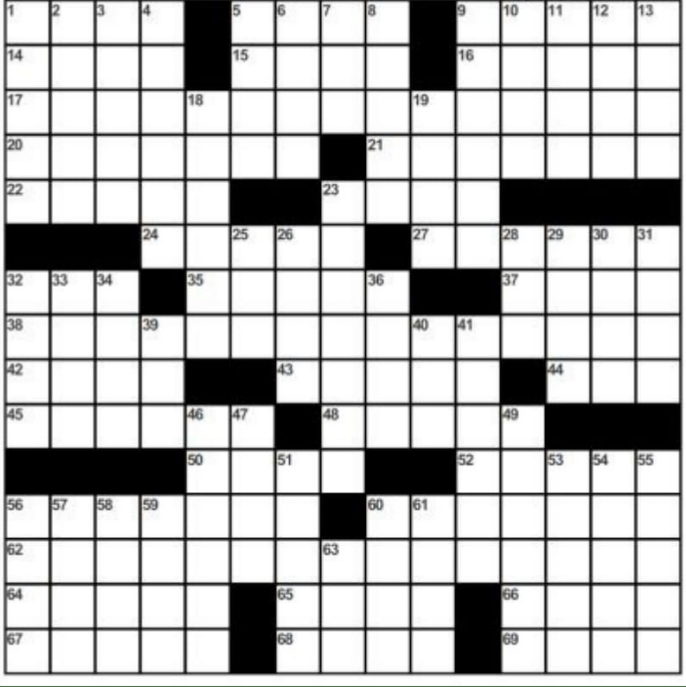
In response to the COVID-19 pandemic, the City of Garden Grove H. Louis Lake Senior Center is providing a Senior Wellness Program for Garden Grove seniors. Senior Center staff will conduct weekly phone calls to check on the well-being of seniors. The phone calls also serve as an opportunity for seniors to socialize with staff, help promote mental well-being, and provide valuable community resources during COVID-19.

Seniors interested in registering for the Senior Wellness Program or for more information on how to receive frozen meals, may contact the H. Louis Lake Senior Center at (714) 741-5253 Monday through Friday, from 8:00 AM to 3:30 PM.

Crossword Puzzle

REPTILE HOUSE

By Alice Goodwin



ACROSS

- 1) Emulate a quarterback
- 5) Leak through slowly
- 9) Prepares for a boxing match
- 14) With the bow, to a violinist
- 15) All done
- 16) Hushed
- 17) 1986 "fish out of water" film
- 20) Hot and sultry
- 21) Condiment in gourmet cooking
- 22) Perspiration
- 23) Nicholas I was one
- 24) Become embedded
- 27) Tire protector
- 32) Recede like a tide
- 35) One way to cook eggs
- 37) Common beverage
- 38) Cause for ahem?
- 42) Edible Pacific tuber
- 43) Part of a drum kit
- 44) Ribonucleic acid, familiarly
- 45) Old sailor
- 48) Rustic poems (var.)
- 50) Christian Coalition, e.g.
- 52) ___ Island (immigration landmark)
- 56) Partial paralysis
- 60) Not at all harsh
- 62) Good thing to have in the jungle
- 64) Farm mudholes
- 65) Big-mouthed pitcher
- 66) Noted canal
- 67) Is inclined
- 68) "Friends" friend
- 69) Changes hair color

DOWN

- 1) Formal accords
- 2) It points the way
- 3) Rifle attachment
- 4) Like a party animal
- 5) 37-Across, e.g.
- 6) Opposite of good
- 7) Anago, really
- 8) Fourth estate
- 9) Shape learned in preschool
- 10) Corny bits of wordplay
- 11) Verdi classic
- 12) Walk dizzily
- 13) Proofreader's direction
- 18) Multi-armed creatures
- 19) Unable to hear
- 23) "Poly" attachment, in school names
- 25) Have on
- 26) B-movie machine guns
- 28) Major ATM manufacturer
- 29) It can open for you
- 30) Impressive style
- 31) Pro ___ (in proportion)
- 32) Semiaquatic salamanders
- 33) Hillside, to the Scottish
- 34) When doubled, one of the Society Islands
- 36) Be in charge of
- 39) "In ___ We Trust"
- 40) Make an attempt
- 41) Cosmetics queen Curtis
- 46) Be preoccupied with
- 47) Flippant
- 49) Assaulted with goo
- 51) Purple willow, e.g.
- 53) Distrustful
- 54) Private film producer, informally
- 55) Eyelid lumps
- 56) Whispered attention-getter
- 57) Poker pay-in
- 58) Form of precipitation
- 59) Barely managed
- 60) Bottom of the barrel
- 61) Does the wrong thing
- 63) A couple





Irish Shepherd's Pie

This makes a lovely alternative to the much more common corned beef and cabbage that you may have been planning for St. Patrick's Day.

Prep Time: 25 min

Total Time: 1 hr 35 min

Cook Time: 1 hr 10 min

Servings: *8

*Using a 9" x 13" casserole dish.

Ingredients:

- 1 tbsp olive oil
- 1 tbsp butter (for meat mixture)
- 1 tbsp butter (for potatoes)
- 1 onion, diced
- 2 pounds lean ground lamb
- 1/3 cup all-purpose flour
- salt and black pepper, to taste (for meat mixture and potatoes)
- 2 tsp minced fresh rosemary
- 1 tsp paprika
- 1/8 tsp ground cinnamon
- 1 tbsp ketchup
- 3 cloves garlic, minced
- 2 1/2 cups water, or as needed
- 1 (12 oz) package frozen peas & carrots, thawed
- 2 1/2 pounds Yukon Gold potatoes, peeled and halved
- 1 pinch ground cayenne pepper
- 1/4 cup cream cheese
- 1/4 pound Irish cheese (such as Dubliner), shredded
- 1 egg yolk
- 2 tbsp milk

Instructions:

1. Preheat oven to 350 degrees F (190 C).
2. Place olive oil and butter in Dutch oven over medium heat. Stir in onion and ground lamb; brown the meat, breaking it up into small crumbles as it cooks, about 10 minutes.
3. Stir in flour until incorporated, then mix in salt, black pepper, rosemary, paprika, cinnamon, ketchup, and garlic; cook and stir until garlic is fragrant, 2-3 minutes.
4. Stir in water and scrape any brown bits from the bottom of the Dutch oven. Reduce heat to medium-low and bring mixture to a simmer; cook and stir until thick, about 5-6 minutes.
5. Remove lamb mixture from heat and stir in peas and carrots until combined.
6. Spread lamb mixture into the bottom of a 9x13-inch baking dish and set aside.
7. Place potatoes into a large pan of salted water. Bring to a boil, reduce heat to medium and cook until tender, about 15 minutes. Drain well and return potatoes to pan.
8. Mash butter, cayenne pepper, cream cheese, and Irish cheese into the potatoes until they are combined and smooth. Season to taste with salt and black pepper.
9. Whisk together egg yolk and milk in a small bowl then stir into the potato mixture.
10. Top the lamb mixture in the baking dish with the mashed potatoes and spread evenly to cover.
11. Bake in preheated oven until the top is golden brown and sauce is bubbling up around the edges, 25-30 minutes.
12. Enjoy!

**H. Louis Lake
Senior Center
11300 Stanford Ave.
Garden Grove, CA
92840**

Contact Us

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

(714) 741-5253

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

Visit us on the web at
ggcity.org/seniorcenter

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Institute on Aging Friendship Line

Just dial 1-800-971-0016

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

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

