



# THE SCOOP

Senior Resource Newsletter

May 2021

## May is Older Americans Month!

Every year in May, Older Americans Month recognizes the contributions of older adults across the nation. While raising families and building careers, older Americans also gave back to their communities in a variety of ways. Whether they volunteered to deliver meals to homebound seniors, wrapped silverware for a lunch program, or volunteered to teach an exercise class, each one deserves recognition for their commitment. In this edition, we are recognizing one of our long time participants and volunteers. Visit page 5 to see who it is!

The COVID-19 vaccine is still being offered. If you have not received your vaccine and need assistance, please call the H. Louis Lake Senior Center at 714-741-5253 and a staff member will assist you. More vaccine information can be found on page 10 & 11.

It's not too late... the deadline to file your 2020 tax return has been extended to May 17, 2021. Visit the AARP website at: [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide) or call 888-AARPNOW (888-227-7669) for more information.

May is also Stroke Awareness Month. A stroke is life changing, and a frightening experience that can create a daunting road to recovery for survivors. According to the American Stroke Association, strokes are the number two most common cause of death worldwide. Please see important facts on page 18 & 19 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, from 8:00 a.m.-3:30 p.m.

Remember, we are in this together!

~Senior Center Staff

*"If love is as sweet as a flower, then my mother is that sweet flower of love."*

~ Stevie Wonder



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

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

Find a digital version of this newsletter online at [www.ggcity.org/seniorcenter](http://www.ggcity.org/seniorcenter)

### In This Issue

- Important Numbers
- Food Services
- Older Americans Month/ Sponsorship Recognition
- Let's Chat About It
- ZOOM Training Program
- Case Management
- Vaccine Information
- Community Resources
- Stroke Awareness Information
- Puzzles
- Recipe

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	<a href="http://www.ssa.ocgov.com">www.ssa.ocgov.com</a>	
Acacia Adult Day Care Center	(714) 530-1566	<a href="http://www.acacia-services.org">www.acacia-services.org</a>	
Community Legal Aid SoCal	(714) 571-5200	<a href="http://www.communitylegalsocal.org">www.communitylegalsocal.org</a>	
Garden Grove Community Services Department	(714) 741-5200	<a href="mailto:recreation@ggcity.org">recreation@ggcity.org</a>	
Garden Grove Community Meeting Center	(714) 741-5262	<a href="mailto:events@ggcity.org">events@ggcity.org</a>	
Garden Grove City Hall	(714) 741-5000	<a href="http://www.ggcity.org">www.ggcity.org</a>	
Garden Grove Code Enforcement	(714) 741-5358	<a href="http://www.ggcity.org/code-enforcement">www.ggcity.org/code-enforcement</a>	
Garden Grove Graffiti Hotline	(714) 741-5381		
Garden Grove Animal Care Services	(714) 741-5565	<a href="mailto:animalcare@ggcity.org">animalcare@ggcity.org</a>	
Garden Grove Police Department (Non-Emergency)	(714) 741-5704	<a href="mailto:police@ggcity.org">police@ggcity.org</a>	
Garden Grove Main Library	(714) 530-0711	<a href="http://www.ocpl.org">www.ocpl.org</a>	
Garden Grove Water Department	(714) 741-5078	<a href="http://www.ggcity.org/water">www.ggcity.org/water</a>	
H. Louis Lake Senior Center	(714) 741-5253	<a href="http://www.ggcity.org/seniorcenter">www.ggcity.org/seniorcenter</a>	
HICAP-A Program of Council on Aging	(714) 560-0424	<a href="http://www.cahealthadvocates.org">www.cahealthadvocates.org</a>	
O.C.T.A. Access	(714) 220-0224 (714) 636-7433	<a href="http://www.octa.net">www.octa.net</a>	
Orange County Fire Authority	(714) 573-6000	<a href="http://www.ocfa.org">www.ocfa.org</a>	
Republic Services	(714) 238-2444	<a href="http://www.republicservices.com">www.republicservices.com</a>	
Social Security Administration	(800) 772-1213	<a href="http://www.ssa.gov">www.ssa.gov</a>	





# 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

- 5/4/21** "Mother's Day" Theme Distribution sponsored by SCAN
- 5/6/21** Let's Chat About It via Zoom, 1-2pm
- 5/13/21** Let's Chat About It via Zoom, 1-2pm
- 5/20/21** Let's Chat About It via Zoom, 1-2pm
- 5/25/21** Monthly Birthday Celebration sponsored by SCAN
- 5/27/21** Let's Chat About It via Zoom, 1-2pm

## 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

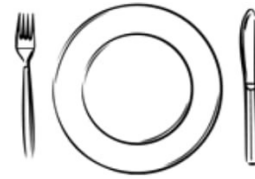
**Vallarta Supermarket:**  
Daily, 7-8 AM

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





INTRODUCING



Senior Cuisine Delivered™

AFFORDABLE  
RESTAURANT-QUALITY  
MEALS DELIVERED  
SAFELY TO YOUR DOOR

**MEALS** on **WHEELS**<sup>®</sup>  
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](https://MealsOnWheelsOC.org)**

or call (714)823-3294

For Senior Cuisine Delivered in South Orange County, please visit our partner [AgeWellSeniorServices.org](https://AgeWellSeniorServices.org).

## CELEBRATING OLDER AMERICANS MONTH



**CONNECTING DURING COVID** - Tom has been a regular participant at the H. Louis Lake Senior Center for the past 7 years. The Center closed its doors in March of 2020 and began a weekly Grab & Go meal distribution. Tom has been coming to the Grab & Go distribution since the beginning of the stay-at-home orders. He diligently comes each week to pick up meals for himself and his family. During these regular visits, Tom engages in several socially-distanced conversations with his old friends from the Center. Just as it was pre-Covid, Tom is ever the enthusiastic conversationalist. He has shared that he enjoys these moments of brief reconnection, and misses his friends. While the Grab & Go meals help keep Tom and his family fed, they also provide a brief respite to those feelings of isolation brought on by the previously issued stay-at-home orders and allows Tom to share in that sense of belonging he once had prior to the closing of the Center's doors. However watered down the experience may be, it affords Tom an opportunity that he is incredibly thankful for on a weekly basis.



Thank you to Yakult U.S.A. Inc. for its generous donation of their probiotic drink. We were able to distribute 400 5-packs of the tasty beverage to the participants at our Grab & Go meal distribution as well as the participants who receive meals delivered to their home. We appreciate and value the relationship we have developed with Yakult.

# LET'S "CHAT" ABOUT IT THURSDAYS

MAY 2021 ZOOM WORKSHOPS

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



**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



Join us to learn how laughter Yoga can improve your overall health.

PRESENTATION PROVIDED BY SCAN INDEPENDENCE AT HOME



REGISTRATION IS REQUIRED,  
PLEASE CALL 714-741-5423



Learn how to recognize the red flags associated with scams.

PRESENTATION PROVIDED BY SCAN HEALTH PLAN



REGISTRATION IS REQUIRED,  
PLEASE CALL 714-741-5423



Join us to learn about Orange County Council on Aging supportive services and programs.



REGISTRATION IS REQUIRED,  
PLEASE CALL 714-741-5423

**Programs are for individuals age 50+.**

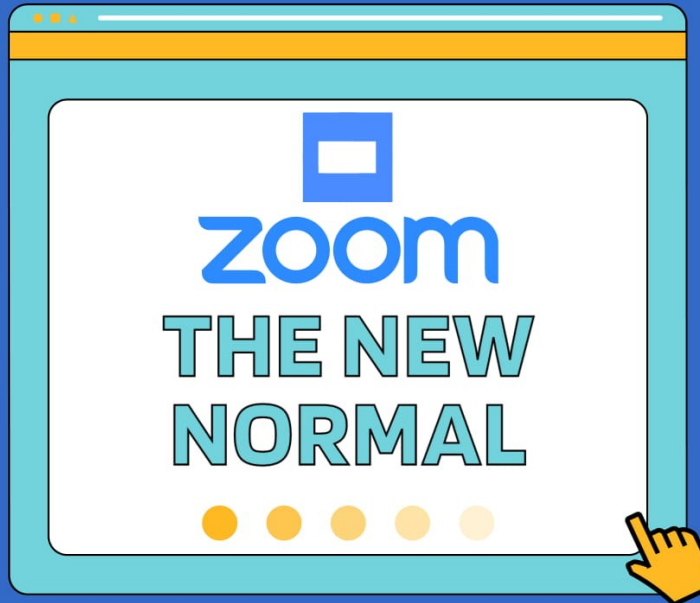
If you are not familiar with Zoom, a staff member is available to assist you.  
Please call the H. Louis Lake Senior Center to register and receive password/code to join.

Zoom ID: 943 1136 6298 **zoom**

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



## WANT TO LEARN HOW TO USE ZOOM?



**THE H. LOUIS LAKE SENIOR CENTER WILL BE OFFERING 1-ON-1  
IN-PERSON ZOOM TRAINING.**

### HERE'S WHAT YOU NEED TO KNOW:

- **TRAININGS WILL BE OFFERED BY APPOINTMENT ONLY  
(FOR A MAXIMUM OF 1 HOUR)**
- **YOU WILL NEED TO PROVIDE YOUR OWN DEVICE  
(TABLET, SMART PHONE, LAPTOP)**
- **YOU MUST WEAR A MASK WHILE INSIDE THE CENTER**

**FOR AN APPOINTMENT PLEASE CALL (714) 741-5253**

**PLEASE DO NOT COME TO THE CENTER IF YOU HAVE BEEN SICK, HAVE BEEN IN CONTACT WITH SOMEONE WHO IS FEELING SICK, OR ARE EXHIBITING COLD OR FLU LIKE SYMPTOMS. PLEASE CALL THE CENTER TO RESCHEDULE YOUR APPOINTMENT.**

- 11300 Stanford Ave., Garden Grove, CA 92840 •

**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





## COVID-19 Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
<b>Administration for Community Living</b>	Coronavirus disease resources and information. Please visit website: <a href="https://acl.gov/COVID-19">acl.gov/COVID-19</a>	1-800-677-1116
<b>COVID-19 Pandemic "Neighbor to Neighbor Check-In"</b>	"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
<b>County Of Orange Health Referral Line</b>	For COVID-19 questions	1-800-564-8448 Daily: 8 AM to 8 PM

## Older Adult Community Resources

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



## Garden Grove COVID-19 Vaccination POD

The Providence St. Joseph Hospital and City of Garden Grove are offering COVID-19 vaccines to eligible individuals at the Garden Grove Sports & Recreation Center at Garden Grove Park.

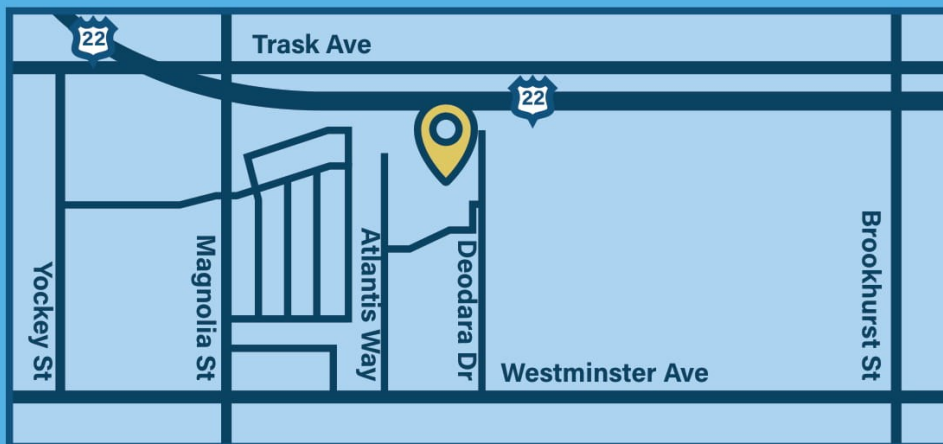
### Sports & Recreation Center

13641 Deodara Drive, Garden Grove, CA 92844

**Wednesdays | 8:30 AM - 5 PM**

*Appointments are required and must be made at:*

**MyTurn.ca.gov**



General Questions and Assistance to Register:

California COVID-19  
Hotline  
(833) 422-4255

Additional Resources:  
[ggcity.org/coronavirus](http://ggcity.org/coronavirus)



## ĐỊA ĐIỂM POD CHÍCH NGỪA COVID-19 TẠI GARDEN GROVE

Bệnh viện St. Joseph và Thành Phố Garden Grove hiện đang chích ngừa COVID-19 cho những ai hội đủ điều kiện tại Garden Grove Sports & Recreation Center, tọa lạc phía sau công viên Garden Grove.

Nếu có các câu hỏi thông thường và cần giúp đỡ ghi danh, xin liên lạc đường dây nóng COVID-19 California tại (833) 422-4255

Thông tin cũng có trên trang mạng [ggcity.org/coronavirus](http://ggcity.org/coronavirus)

**Sports & Recreation Center**  
13641 Deodara Drive,  
Garden Grove, CA 92844

**Vào các ngày thứ Tư,  
từ 8:30 giờ sáng - 5:00 giờ chiều**

Quý vị cần phải làm hẹn trên trang mạng:  
**MyTurn.ca.gov**



Providence



## 가든 그로브 COVID-19 예방접종 장소

Providence St. Joseph 병원과 가든 그로브 시는 가든 그로브 공원의 스포츠와 레크리에이션 센터에서 접종대상자들에게 COVID-19 예방접종을 제공하고 있습니다.

일반 질문 과 등록 지원 : 캘리포니아 COVID-19 문의전화 (833) 422-4255

추가 정보: [ggcity.org/coronavirus](http://ggcity.org/coronavirus)

**스포츠와 레크리에이션 센터**  
13641 Deodara Drive,  
Garden Grove, CA 92844

**수요일 오전 8시 30분 - 오후 5시**

예약은 필수이며 [MyTurn.ca.gov](http://MyTurn.ca.gov)  
에서 예약을 하실수 있습니다.



Providence



## Garden Grove Sitio de Vacunación Para COVID-19

El Hospital Providence St. Joseph y la Ciudad de Garden Grove están ofreciendo vacunas contra el COVID-19 a personas elegibles en el Garden Grove Sports & Recreation Center (Centro de Deportes y Recreación) en Garden Grove Park.

Para Preguntas Generales y Asistencia para Registrarse: Línea directa COVID-19 de California (833) 422-4255  
Recursos Adicionales: [ggcity.org/coronavirus](http://ggcity.org/coronavirus)

**Sports & Recreation Center**  
13641 Deodara Drive,  
Garden Grove, CA 92844

**Cada Miércoles 8:30 AM - 5 PM**

Citas son necesarias y deben hacerse por Internet en:

**MyTurn.ca.gov**



Providence



# CITY OF GARDEN GROVE COMMUNITY SURVEY



The City of Garden Grove is inviting Garden Grove residents to complete a community survey as part of the General Plan update for the preparation of a new Environmental Justice Element. This survey will focus on identifying and improving health risks that affect residents in Garden Grove, including reducing pollution burdens and promoting access to parks, physical activity, community services, healthy foods, and creating safer streets for walking and biking. We need your input! Eligible participants can enter a raffle to win one (1) of four (4) \$25 Target gift cards!

**The community survey is available until  
Friday, June 11, 2021.**

The community survey can be completed online at  
<https://ggcity.org/housing-element>

Use your phone  
camera or QR  
reader to link to  
the online survey:



Thank you for your participation. If you would like to receive more information about the Environmental Justice Element or Housing Element update, please visit the City's webpage at <https://ggcity.org/housing-element>.

La Ciudad de Garden Grove está invitando a los residentes de Garden Grove a completar una encuesta comunitaria como parte de la actualización del Plan General para la preparación de un nuevo Elemento de Justicia Ambiental. Esta encuesta se enfocará en identificar y mejorar los riesgos de salud que afectan a los residentes de Garden Grove, incluyendo como reducir la contaminación y como promover acceso a parques, actividad física, servicios comunitarios, alimentos saludables y la creación de calles más seguras para caminar y andar en bicicleta. ¡Necesitamos su opinión! ¡Los participantes elegibles pueden participar en una rifa para ganar una (1) de cuatro (4) tarjetas de regalo de Target de \$25!

**La encuesta comunitaria está disponible hasta el  
viernes, 11 de junio de 2021.**

La encuesta comunitaria se puede completar en línea en:  
<https://ggcity.org/housing-element>

Utilice la cámara  
de su teléfono o  
utilice el código  
QR para enlazar la  
encuesta en línea:



Gracias por su participación. Si desea recibir más información sobre el Elemento de Justicia Ambiental o sobre la actualización del Elemento de Vivienda, visite la página web de la ciudad <https://ggcity.org/housing-element>.



Planning Services Division  
(714) 741-5312 | [planning@ggcity.org](mailto:planning@ggcity.org)  
11222 Acacia Parkway, Garden Grove, CA 92840



# CITY OF GARDEN GROVE COMMUNITY SURVEY



Thành phố Garden Grove kính mời quý cư dân hoàn thành bản khảo sát cộng đồng, là một phần của quá trình điều chỉnh bản Quy Hoạch Chung (General Plan) để chuẩn bị cho Hạng Mục Công Lý Môi Trường mới. Bản khảo sát cộng đồng sẽ tập trung vào việc xác định và cải tiến những rủi ro về sức khỏe đang ảnh hưởng đến những cư dân thành phố, bao gồm: giảm thiểu những gánh nặng ô nhiễm, đồng thời thúc đẩy khả năng tiếp cận công viên, các hoạt động thể dục thể thao, các dịch vụ cộng đồng, các nguồn thực phẩm lành mạnh, và tạo ra những lộ giới an toàn cho người đi bộ và đi xe đạp. Thành phố cần sự đóng góp của quý vị! Những cư dân hợp lệ có thể tham gia xổ số để giành được một (1) trong bốn (4) thẻ quà tặng Target trị giá \$25!

**Bản khảo sát cộng đồng sẽ có hiệu lực đến  
Thứ Sáu, ngày 11 tháng 6 năm 2021.**

Bản khảo sát cộng đồng có thể hoàn thành trực tuyến tại:  
<https://ggcity.org/housing-element>

Xin dùng máy ảnh trên  
điện thoại hoặc ứng  
dụng QR reader để  
quét mã kết nối với bản  
khảo sát trực tuyến.



Xin chân thành cảm ơn sự tham gia của quý vị.

Nếu quý vị muốn cập nhật thêm thông tin về Hạng Mục Môi Trường hoặc Hạng Mục Gia Cư,  
xin truy cập trang chủ của thành phố tại <https://ggcity.org/housing-element>.

가든 그 로브시에서는 새로운 환경 정의 요소 준비를 위한 일반 계획 업데이트의 일환으로 가든 그로브 주민들이 커뮤니티 설문 조사를 완료하도록 초대합니다. 이 설문 조사는 오염 부담을 줄이고 공원, 신체 활동, 지역 사회 서비스, 건강 식품에 대한 접근을 촉진하고 걷기와 자전거 타기를 위한 안전한 거리 조성을 포함하여 가든 그 로브시 주민들에게 영향을 미치는 건강 위험을 식별하고 개선하는 데 초점을 맞출 것입니다.

귀하의 의견이 필요합니다! 적격 참가자는 추첨에 참여하여 \$ 25 대상 기프트 카드 4 개 중 1 개를 받을 수 있습니다.

**커뮤니티 설문 조사는 2021  
년 6 월 11 일 금요일까지 제공됩니다.**

커뮤니티 설문 조사는  
<https://ggcity.org/housing-element>  
에서 온라인으로 완료 할 수 있습니다.

휴대 전화 카메라  
또는 QR 리더를  
사용하여 온라인 설문  
조사에 연결하세요.

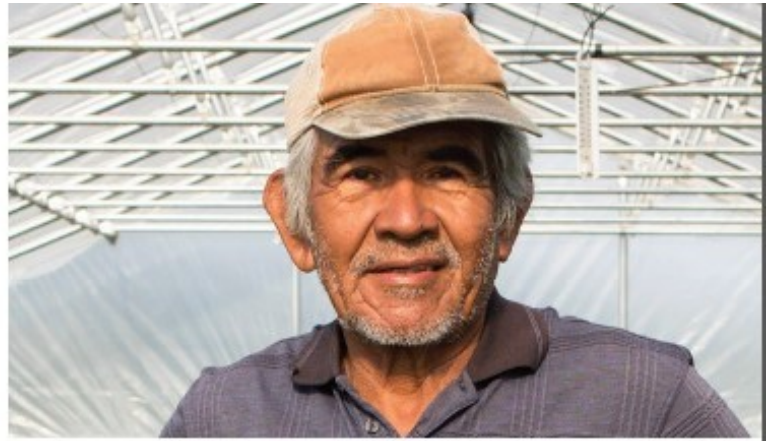


참여해 주셔서 감사합니다. 환경 정의 요소 또는 주택 요소 업데이트에 대한 자세한 정보를  
받으려면시 웹 페이지 <https://ggcity.org/housing-element>를 방문하십시오.



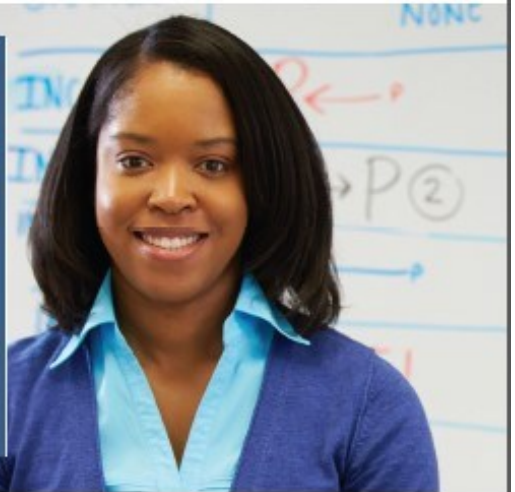
Planning Services Division  
(714) 741-5312 | [planning@ggcity.org](mailto:planning@ggcity.org)  
11222 Acacia Parkway, Garden Grove, CA 92840





**ORANGE COUNTY  
COVID EQUITY  
COMMUNITY RESPONSE**  
A PROJECT OF  **MECCA** HEALTH ETHNIC COLLABORATIVE OF COMMUNITY AGENCIES

FUNDED BY 



# CALL TO SET UP YOUR VACCINATION APPOINTMENT AT ANY COUNTY OF ORANGE POD SITE

Appointments are being made for Individuals **50 or older**, Healthcare and Community Health Workers, Food & Agriculture Workers, Education, and Childcare Workers, Emergency Personnel, and Community Members with High-Risk Health Conditions or Disabilities at all County of Orange public distribution sites.



Contact **714-278-4670** or [covidinfo@abrazarinc.com](mailto:covidinfo@abrazarinc.com)

IN PARTNERSHIP WITH:





# ***TIME FOR ME***

Come and join us to learn coping strategies to support your wellness and make time for yourself.

***TUESDAY 4:30 PM - 5:30 PM***  
**ZOOM ID: 977 4902 1053**

Class will be in Spanish. To register call: (714) 741-5768  
Password will be given when you register.

# ***TIEMPO PARA MI***

Ven y únete con nosotros para aprender estrategias que pueden apoyar tu bienestar y enseñarte a hacer mas tiempo para ti.

***MARTES 4:30 PM - 5:30 PM***  
**ZOOM ID: 977 4902 1053**

Para registrarse llame al: (714) 741-5768  
La contraseña se le dará cuando se registre.



# Independence at Home

Independence at Home (IAH) is a community service of SCAN Health Plan®, connecting seniors and their caregivers to the help they need—at no cost.



**1-866-421-1964:** *One call does it all!*

It starts with a phone call. Where it ends depends on the client's needs.



**Information, Resource & Referral Line**



**In-Home Assistance**



**Telephone Calls, Video Chats or In-Home Visits**



**Government Programs**



**Caregiver Support**



**C-MEDS**  
*Medication Safety*



**Insights**  
*Mental health support*

We also care for seniors in the community in a variety of ways.



## VOLUNTEERISM

### VOLUNTEER ACTION FOR AGING

Addressing the issue of loneliness and isolation by engaging older adults in a variety of events via telephone calls or video chats.

- Volunteers of all ages welcome
- Opportunities range from one-time events to ongoing commitments
- 25+ years of Thanksgiving meal delivery



## HEALTH EDUCATION

### FREE COMMUNITY EDUCATION

Lectures, workshops and activities offered to the community through different platforms (telephone group meetings, video chats) to improve the health and quality of life of seniors and caregivers.

### TRADING AGES

Interactive senior sensitivity workshop provides insight into the emotional and physical challenges associated with aging.



## COMMUNITY GIVING

Providing grants and sponsorships to nonprofit organizations whose services align with the SCAN mission.

### Funding areas:

- Emergency assistance
- Nutrition
- Senior support services

## THE IAH TEAM



Social Workers



Nurses



Pharmacists



Gerontologists



Therapists



Health educators

IAH is for adults 55 years and older and adult caregivers to those 55 years and older.

If you know of a senior or caregiver who could benefit:

**1-866-421-1964**

[www.independenceathome.org](http://www.independenceathome.org)



@IndependenceAtHome



*Keeping Seniors Healthy and Independent*





## Outreach and Engagement

Thinking, Feeling,  
Being Well



The Priority Center's Outreach and Engagement (TPC O&E) program is a Prevention and Early Intervention Program designed to reach people of all ages who are not yet receiving care and experience mild to moderate behavioral health conditions. There are no age, insurance or income restrictions. All services are provided at no cost and are available in English, Spanish, Vietnamese, Korean, Arabic and Farsi.

O&E Services focus on Referral and Linkage and include:

- **Outreach:** To raise mental health awareness and decrease stigma surrounding mental health.
- **Short-Term Case Management:** Comprehensive needs assessment, skill building, and connection to resources to improve emotional well-being and access to long-term services.
- **Short-Term Counseling:** Comprehensive mental health assessment and brief therapy to identify risks and work on solutions to promote a healthy lifestyle.
- **Mental Health Screening:** Screenings for depression and/or anxiety are provided.
- **1:1 Skill Building:** Individual sessions on topics including emotional and social well-being, growth and development, life skills, anger and stress management, prevention, healthy communication, and healthy relationships.
- **Educational Workshops/Webinars:** Group presentations on topics including emotional and social well-being, growth and development, life skills, anger and stress management, prevention, healthy communication, and healthy relationships.
- **Support Groups:** Groups providing support and encouragement from peers to cope with challenges and enable resilience.

Current cities served include: Costa Mesa, Fountain Valley, Garden Grove, Huntington Beach, Orange, Santa Ana, Villa Park and Midway City.

Through our subcontractor OMID Institute, Inc. we also serve the following cities for the Arabic and Farsi speaking community: Anaheim, Brea, Buena Park, Cypress, Fullerton, La Habra, La Palma, Los Alamitos, Placentia, Seal Beach, Stanton, Westminster, and Yorba Linda.

For more information, to enroll or schedule educational workshops and 1:1 skill building sessions, please contact the Priority Center's O&E Program Infoline: **1 (888) 955-6570**.

Email: [oe@theprioritycenter.org](mailto:oe@theprioritycenter.org) Website: [www.theprioritycenter.org](http://www.theprioritycenter.org)



Funded by the Orange County Health Care Agency, Behavioral Health Services, Prevention & Intervention, Mental Health Services Act/Prop. 63



American Stroke Association.  
A division of the American Heart Association.

Together to End Stroke®

# 05

## Key Facts About Stroke

Stroke.org



FACT #1:

### stroke kills brain cells

Stroke happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.



FACT #3:

### about one in four stroke survivors is at risk for another

Stroke happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.



FACT #2:

### types of stroke

Ischemic caused by a clot, Hemorrhagic caused by a rupture and Transient Ischemic Attack (TIA) or "mini stroke" caused by a temporary blockage.



FACT #4:

### prevention is key

Had a stroke? Create a plan with your doctor to prevent another, which may include managing high blood pressure and discussing aspirin or other medicine.

Aspirin is not appropriate for everyone, so be sure to talk to your doctor before you begin an aspirin regimen.

## F.A.S.T.

FACT #5:

### time lost is brain lost

Now that you know prevention, here's how you spot one.

Learn the FAST warning signs:

F

Face Drooping

A

Arm Weakness

S

Speech Difficulty

T

Time to Call 911

Together to End Stroke nationally sponsored by



© Copyright 2019 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. American Stroke Association is a registered trademark of the AHA. Unauthorized use prohibited. DS15342 10/19

# **FAST** IS:

**FACE DROOPING** — Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

**ARM WEAKNESS** — Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**SPEECH DIFFICULTY** — Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

**TIME TO CALL 9-1-1** — If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

## **BEYOND F.A.S.T. — OTHER SYMPTOMS YOU SHOULD KNOW**

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or loss of coordination
- Sudden severe headache with no known cause

**[StrokeAssociation.org/WarningSigns](http://StrokeAssociation.org/WarningSigns)**

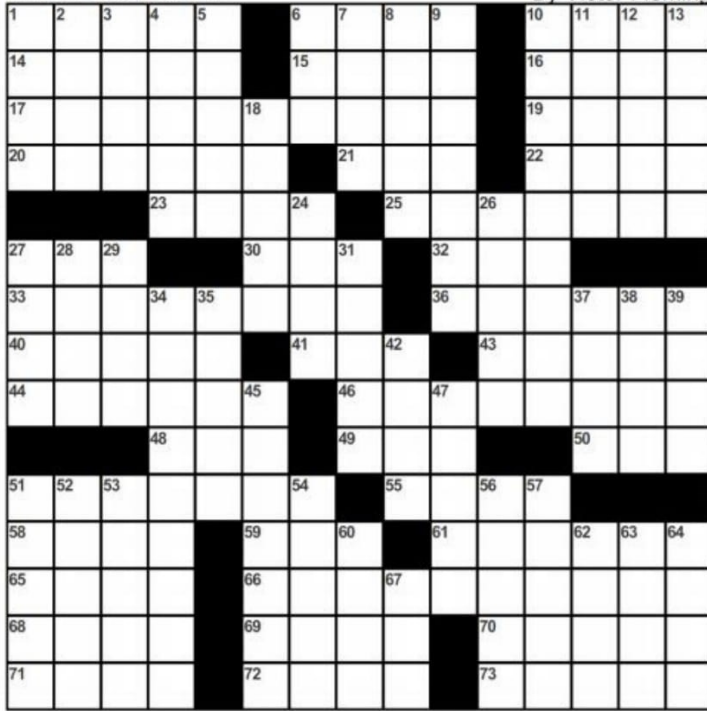
**1-888-4-STROKE**

©2012, American Heart Association. 12/12LN1966

# Crossword Puzzle

## PI ARE SQUARED

By Victor Fleming



### ACROSS

- 1) Plant used as a ground cover
- 6) Genealogist's map
- 10) Small pouches, briefly
- 14) Significant \_\_\_
- 15) Redundant exclamation
- 16) Rapper on "Law & Order: SVU"
- 17) Solo at a recital
- 19) Worst possible score
- 20) "Cross my heart!"
- 21) Match, as a bet
- 22) Director Snyder
- 23) Chicago paper, familiarly
- 25) Vast area
- 27) Plastic pipe material
- 30) Catch, in a way
- 32) Tyrolean peak
- 33) Basketball player, informally
- 36) Horse that hasn't won
- 40) Set of morals
- 41) Tour transportation
- 43) "Wow!"
- 44) Entered
- 46) Texas flag symbol
- 48) Money-managing exec
- 49) Former NBA star Ming
- 50) Arboreal street name
- 51) Greet casually
- 55) Ready to pluck
- 58) Support, with "up"
- 59) Air quality org.
- 61) Discriminatory, in a way
- 65) Mischief-making Norse god
- 66) "Well, aren't you the perfectionist!"
- 68) "You asleep?" response
- 69) Year, on monuments
- 70) Not fancy at all
- 71) Like a broken bronc
- 72) Like one end of many pools
- 73) "Fiddler on the Roof" matchmaker

### DOWN

- 1) Arizona tribe
- 2) Redding of R&B
- 3) Irwin or George Bernard
- 4) Religious principle
- 5) Loud, like a crowd
- 6) "More than I want to hear!"
- 7) Some deli loaves
- 8) Show host
- 9) Driver's license requirement
- 10) Domino's deliveries
- 11) Neptune's realm
- 12) Cougars or Bobcats, to auto buffs
- 13) Feed, as a furnace
- 18) Computer command under "File"
- 24) Telly watchers' network, with "the"
- 26) Cessna or Lear product
- 27) "That was close!"
- 28) Say "yea," say
- 29) Red Scare lawyer Roy
- 31) Word in a letter sign-off
- 34) A choirmaster may toot one
- 35) "Star Trek" genre
- 37) Go out with
- 38) "And others," briefly
- 39) Expected outcome
- 42) Do some parasailing
- 45) Place to jot things down
- 47) See 5-Down
- 51) Banana concoction
- 52) Enticing emanation
- 53) Li'l Abner's surname
- 54) State one's views
- 56) Full of vim and vigor
- 57) Napoleon on Elba
- 60) Oily skin can cause it
- 62) Self-confident words
- 63) Burlesque bit
- 64) Daly of "Cagney & Lacey"
- 67) Keystone lawman



# Margarita Mocktail!



**ALSO KNOWN AS A VIRGIN MARGARITA, THIS NON-ALCOHOLIC MARGARITA MOCKTAIL RECIPE IS THE PERFECT BLEND OF SWEET AND TART. ALL AGES CAN ENJOY!**

## Ingredients:

- 2 cups limeade
- 3/4 cup orange juice
- 1/4 cup simple syrup
- 1/2 - 1 cup club soda
- sugar & coarse salt (for the rim)
- lime for garnish
- ice

\*Recipe makes four (4) servings.

\*\*If you are of age, add 1.5-2 ounces of tequila to each glass.

## Steps:

- In a small pitcher, mix together limeade, orange juice, and simple syrup.
- Mix together equal parts sugar and coarse salt and pour onto a plate.
- Run lime slice around the rim of the glass and dip into the sugar/salt mixture.
- Fill glass half way with ice.
- Pour limeade mixture into the glass, almost to the top.
- Top off the glass with a splash of club soda.
- Squeeze a lime wedge into your drink and 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](http://ggcity.org/seniorcenter)

PRESORT STD  
U.S. POSTAGE  
**PAID**  
GARDEN GROVE, CA  
PERMIT NO. 248

## 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.

