

# THE SCOOP

**Senior Resource Newsletter**

**May 2020**

## Message from Management

The City of Garden Grove Community Services Department partnered with several local organizations, volunteer groups, and businesses during the COVID-19 stay-at-home order, ensuring nutrition, well-being, and safety for our senior citizen community.

Our partnerships with Meals on Wheels Orange County, Second Harvest Food Bank of Orange County, the Garden Grove Police Department, Garden Grove CERT Volunteer Program, Carolina's Italian Restaurant, and 9702 Chapman Corporation provided over 5,000 frozen meals, 270 food boxes, over 200 shelf-stable meal boxes, 500 cloth masks, and 75 hot meals to over 300 senior residents throughout the month of April.

This month's newsletter provides you with new resources and information. Additional information and updates on COVID-19 can be found on our City website at [ggcity.org/coronavirus](http://ggcity.org/coronavirus), as well as a new Senior Section on our virtual recreation page.

We are in this together!

-Community Services Management Team

*"Time has a wonderful way of showing us what really matters."*

- Margaret Peters

**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)



Senior Center frozen meal assembly, April 2020

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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	<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>



# 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. City Community Services 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.

In partnership with Meals on Wheels Orange County, the H. Louis Lake Senior Center is providing frozen meals for seniors over 60 years old.

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.



## Institute on Aging Friendship Line

**Just dial 1-800-971-0016**

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



In addition to receiving incoming calls, Friendship Line also offers outreach to eligible callers. We 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.





# 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 10:00 a.m. until 12:00 p.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.



Multiple bags of frozen meals, April 2020

## 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:** Mon-Fri, 7-9 AM

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

**Costco:** Tues, Wed, Thurs, 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, 7-7:30 AM

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

**Smart & Final:** Every day, 7:30-8 AM

**Target:** Tues & Wed, 8-9 AM

**Vallarta Supermarket:** Every day, 7-8 AM

**Vons:** Mon-Fri, 7-9 AM

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



# Alternative Food Resources

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

# THANK YOU to our Generous Donors

Through partnerships with Second Harvest Food Bank of Orange County, Carolina's Italian Restaurant, and 9702 Chapman Corporation, the H. Louis Lake Senior Center has provided over 200 shelf-stable meal boxes, 75 hot meals, and 500 cloth masks to over 300 senior residents throughout the month of April.

## Second Harvest Food Bank

We are grateful for this partnership that has resulted in over 200 shelf-stable food boxes being distributed to help supplement seniors with food needs during COVID-19. One box packed with groceries is distributed per household on Tuesdays in conjunction with the Frozen Meal program while supplies last.



Donated meal from Carolina's Italian Restaurant

## 9702 Chapman Corporation

The 9702 Chapman Corporation generously donated 500 cloth masks to be distributed to senior citizens in the community. The managers of the corporation wanted to ensure that all seniors picking up meal during the Center's weekly distributions could safely leave their homes with a mask.



Shelf-stable food donation from Second Harvest Food Bank

## Carolina's Italian Restaurant

At the very start of the COVID-19 shutdown, Carolina's owner, Tim Ibrahim reached out to the City expressing interest in donating meals to senior citizens who may not be able to leave their homes for food or meals. To remedy this, he has donated 25 individual hot-and-ready meals each week to seniors in need for the past 3 weeks.



Distribution of face masks donated by the 9702 Chapman Corporation



## Tax Return Updates

### Filing date extended

Due to the COVID-19 pandemic, the AARP in-person Tax Aide Program has been suspended. The deadline for filing has been extended to July 15, for both federal and state returns. Unfortunately, AARP will not be able to restart the tax service until it is considered 100% safe for the counselors and for our clients. While we wait for the service to resume, you can elect to file an Automatic Extension of Time to File (Form 4868) which extends your personal filing due date to October 15, 2020. This can be done online ([irs.gov](https://www.irs.gov)) or mail-in any time between now and July 15.

Be aware of all the scams that are targeting tax payers at this time. The official form of contact with taxpayers by the IRS is through USPS mail, not by email, text messages, or social media to request personal or financial information.



## A Very Special Number

### Just dial 2-1-1

2-1-1 Orange County is a comprehensive information and referral system for residents and visitors of Orange County, CA. 211OC provides a resource database of health and human services and support that is accessible 24 hours a day, 7 days a week. Online and through a multi-lingual hotline, people of all income levels, languages, and cultural backgrounds are connected quickly and effectively to existing programs and disaster response information.

Resources are tailored to the needs and circumstances of each individual or family, taking into account accessibility, eligibility requirements, and other factors through live assistance from highly-trained and certified Information & Referral Specialists or through a searchable online resource database. 211OC can provide information and referrals for the following: community clinic locations; medical, dental, and vision care; immunizations; prescription assistance; food; homeless shelters; transportation; substance abuse; elder and child care; legal services and other resources offered by local nonprofits and government agencies.







**[www.ggcity.org/virtualrec](http://www.ggcity.org/virtualrec)**

We know the next few weeks will be challenging, but we hope to provide resources that will keep you happy, healthy and engaged.

## Exercise

**SilverSneakers** – Are you a member of SilverSneakers? If so, there are a variety of on-demand workouts you can access from the comfort of your home! [www.silversneakers.com](http://www.silversneakers.com)

**Senior Exercises Online** – This is a virtual portal featuring a variety of free exercise videos for people over age 60. [www.seniorexercisesonline.com](http://www.seniorexercisesonline.com)

**Go4Life** – Go4Life from the National Institute on Aging offers a variety of workout videos, aimed to help seniors build strength, flexibility, balance, and endurance. Visit [www.youtube.com](http://www.youtube.com) and search for “National Institute on Aging”

**Daily Caring** – Daily Caring has a variety of resources for seniors, including daily workout videos! [www.dailycaring.com](http://www.dailycaring.com)

## Games

**AARP Daily Crossword** – Visit the AARP website for access to daily crosswords (like the one on the next page) and other games like Mahjongg, Solitaire, and Sudoku! [www.games.aarp.org](http://www.games.aarp.org)

## Virtual Zoos

**San Diego Zoo** – Take a trip down south and view live webcams, featuring elephants, tigers, and many more! Visit [zoo.sandiegozoo.org/live-cams](http://zoo.sandiegozoo.org/live-cams) to see them all!

**Smithsonian’s National Zoo** – The Smithsonian’s webcams feature naked mole-rats, lions, giant pandas, and elephants! Visit [nationalzoo.si.edu/webcams](http://nationalzoo.si.edu/webcams) to check them out!

# the Daily CROSSWORD

## Puzzle 753

Saturday, May 2, 2020

Boatload Puzzles

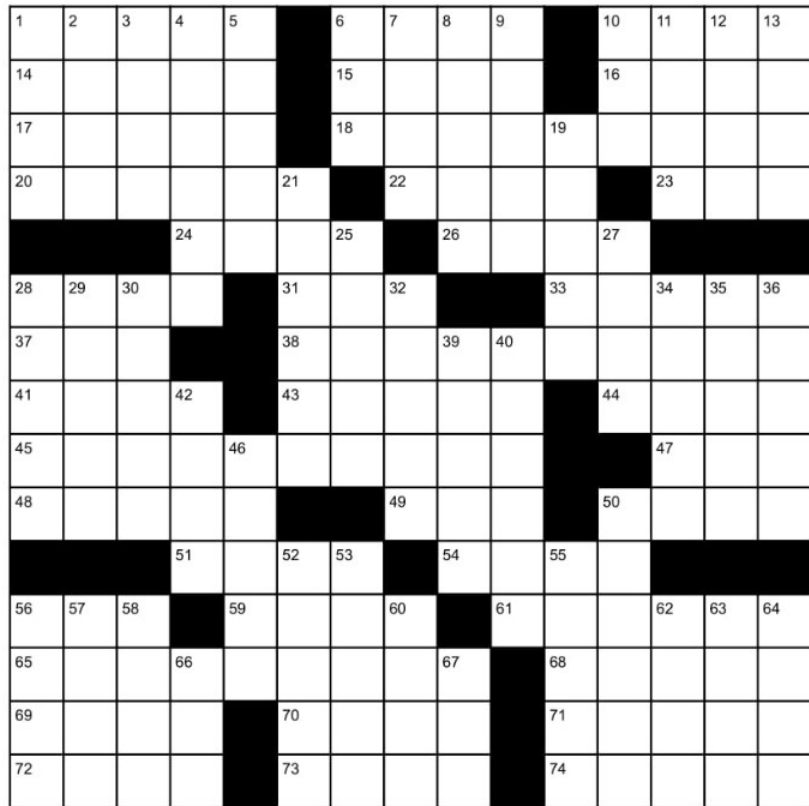
Puzzle Content Copyright (c) 2007 Boatload  
Puzzles, LLC

### ACROSS

- 1 Lagoon's boundary
- 6 Nest contents
- 10 Amtrak stops (abbr.)
- 14 Juliet's love
- 15 Wander
- 16 Clark \_\_\_\_\_ (Superman)
- 17 Curl
- 18 Ease
- 20 Felt
- 22 Painter Salvador \_\_\_\_\_
- 23 Cat's cry
- 24 Makes mistakes
- 26 Hog's dinner
- 28 Laundry appliance
- 31 Exclamation of discovery
- 33 Lariat
- 37 Forty winks
- 38 Deceiving
- 41 Realm
- 43 Fiery felony
- 44 Burn
- 45 Tenacious
- 47 Fight
- 48 Locomotive
- 49 Earl Grey, e.g.
- 50 Hardens
- 51 Fruit beverages
- 54 Ceremony
- 56 Single
- 59 Country hotels
- 61 Bedding
- 65 Spotted dog
- 68 Radio and newspapers, e.g.
- 69 Norwegian port
- 70 Brim
- 71 Makes level
- 72 Grating sound
- 73 Coffee break
- 74 Copenhagen natives

### DOWN

- 1 \_\_\_\_\_ and crafts
- 2 Ripped
- 3 Warning sign
- 4 Reduce



- 5 Defeated candidate
- 6 Age
- 7 Prospector's quest
- 8 Festive events
- 9 Odor
- 10 Go downhill
- 11 Squad
- 12 Starting bet
- 13 Hearty soup
- 19 Fiddle's kin
- 21 Serious plays
- 25 Blouse
- 27 Tablets
- 28 Not fitting
- 29 Less common
- 30 "Phantom of the \_\_\_\_\_"
- 32 Item of value
- 34 Colander
- 35 Garden pest
- 36 Monstrous giants
- 39 Hermit
- 40 Involve
- 42 The Orient
- 46 Calcutta's country
- 50 Swiss city
- 52 Go onstage
- 53 Insulting
- 55 Clocked
- 56 Scent
- 57 Apollo agcy.
- 58 Building wings

- 60 Droops
- 62 First garden
- 63 IX
- 64 Brashness
- 66 Janitor's tool
- 67 Fisherman's snare

## SUDOKU

MEDIUM

1		4	9		5			
				7	2	4	1	
	6			1				9
6	3	8	7	2		5		
		5	6		4	9		
		7		5	8	6	3	2
4				8			9	
	8	9	3	4				
			2		7	1		4

Solutions can be  
found on page 13.

# GARDEN GROVE BE COUNTED!

DON'T FORGET TO COMPLETE YOUR  
2020 CENSUS FORM:



BY MAIL



ONLINE



PHONE

**Your Answers and Personal Information are Confidential.**

**¡HÁGASE  
CONTAR!**

No olvide completar su formulario del censo 2020 por correo, en línea o por teléfono. Sus respuestas e información personal son confidenciales.

*H. Louis Lake*  
SENIOR CENTER

(714) 741-5253

**HÃY CÙNG THAM GIA THỐNG KÊ DÂN SỐ!**

Đừng quên hoàn thành mẫu Thống kê dân số 2020 của quý vị bằng thư, trực tuyến hoặc qua điện thoại. Các câu trả lời và thông tin cá nhân hoàn toàn bảo mật.

Kristy Thái, Vietnamese Community Liaison (714) 741-5101



(844) 330-2020



[my2020census.gov](https://my2020census.gov)

United States  
**Census  
2020**





# CHECK ON YOUR ELDERLY NEIGHBORS

During the Coronavirus pandemic, seniors should stay at home to protect their health and safety.

Visit our website to download a "Hello Neighbor!" postcard and let your neighbor know you are here to help!



Do they have food, water and an adequate amount of personal hygiene supplies?



Do they need help picking up groceries or prescriptions?



Do they need meals delivered to their home?



Do they have someone they can contact in the event of an emergency?



@oc\_ooa



@OCOoA



@OC\_OoA



1-800-510-2020 or  
1-714-480-6450



[www.officeonaging.ocgov.com](http://www.officeonaging.ocgov.com)

## 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

## 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

# Community Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
<b>Orange County 211</b>	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.
<b>County Of Orange Health Referral Line</b>	Non-medical questions - Emergency Operations Center Public Information hotline	(714) 628-7085 Daily, 7 AM to 7 PM
<b>National Alliance on Mental Illness (NAMI)</b>	Mental health services and information	(714) 544-8488
	Warmline - Mental health crisis hotline	(877) 910-9276
<b>Veterans Crisis Line</b>	Crisis intervention services for Veterans	(800) 488-8244 (Press 1)
<b>Volunteers of America-OC Support Services</b>	Resources and information for Veteran families	(855) 266-3209
<b>OC Health Care Agency-Behavioral Health Services</b>	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
<b>OCLinks OC Behavioral Health Info &amp; Referrals</b>	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
<b>Salvation Army</b>	Rental assistance by appointment only. Mon-Thur, 9 AM to 2:30 PM (Closed from 12 to 1 PM)	(714) 783-2344

1	A	2	T	3	O	4	L	5	L	6	E	7	G	8	G	9	S	10	S	11	T	12	A	13	S
14	R	15	O	16	M	17	E	18	O	19	A	20	M	21	K	22	E	23	N	24	T	25		26	
27	T	28	R	29	E	30	S	31	S	32	A	33	L	34	L	35	E	36	V	37	I	38	A	39	T
41	S	42	E	43	N	44	S	45	E	46	D	47	D	48	A	49	L	50	I	51	M	52	E	53	W
56		57		58		59	E	60	R	61	R	62	S	63	S	64	L	65	O	66	P	67		68	
71	28	72	I	73	R	74	O	75	N	76	A	77	H	78	A	79		80	L	81	A	82	S	83	S
86	31	87	N	88	A	89	P	90		91	M	92	I	93	S	94	L	95	E	96	A	97	D	98	I
101	41	102	A	103	R	104	E	105	A	106	A	107	R	108	S	109	O	110	N	111	S	112	E	113	A
116	44	117	P	118	E	119	R	120	S	121	I	122	S	123	T	124	E	125	N	126	T	127	V	128	I
131	48	132	T	133	R	134	A	135	I	136	N	137		138		139	T	140	E	141	A	142	G	143	E
146		147		148		149	A	150	D	151	E	152	S	153		154	R	155	I	156	T	157	E	158	
161	56	162	O	163	N	164	E	165		166	I	167	N	168	N	169	S	170	L	171	I	172	N	173	E
178	61	179	D	180	A	181	L	182	M	183	A	184	T	185	I	186	A	187	N	188	M	189	E	190	D
194	69	195	O	196	S	197	L	198	O	199		200	E	201	D	202	G	203	E	204	E	205	V	206	E
209	71	210	R	211	A	212	S	213	P	214		215	R	216	E	217	S	218	T	219	D	220	A	221	N
226		227		228		229		230		231		232		233		234		235		236		237		238	

## Solutions to puzzles from page 9.

*“And in the end,  
it’s not the years  
in your life that  
count; it’s the life  
in your years.”*

*- Abraham Lincoln*

1	7	4	9	6	5	8	2	3
5	9	3	8	7	2	4	1	6
8	6	2	4	1	3	7	5	9
6	3	8	7	2	9	5	4	1
2	1	5	6	3	4	9	7	8
9	4	7	1	5	8	6	3	2
4	2	1	5	8	6	3	9	7
7	8	9	3	4	1	2	6	5
3	5	6	2	9	7	1	8	4



# Create a Family Plan During COVID-19



1

## **Create an alternate caregiver list**

Set up roster of adults who can step in to provide childcare



## **Prepare documents**

Write letter authorizing caregiver to seek medical treatment for your child

2

3

## **Write down special instructions**

Leave "need-to-know" list for caregiver: allergies, medication, etc.



## **Create a kid-friendly "go bag"**

Pack bag with overnight essentials and personal items

4



A family plan template can be found at [bit.ly/occhildcare](https://bit.ly/occhildcare).  
For more information visit [ready.gov/pandemic](https://ready.gov/pandemic).

# How to Enroll in Medi-Cal

CalOptima Manages Medi-Cal  
Health Care for Low-Income Individuals in Orange County



## Eligible Low-Income Groups



## Where to Apply

### Free Enrollment Help

Coalition of Orange County  
Community Health Centers  
[www.coccc.org](http://www.coccc.org)  
1-714-352-5990

Community Health Initiative  
of Orange County  
[www.chioc.org](http://www.chioc.org)  
1-855-927-8333

California Health Plus  
[www.californiahealthplus.org](http://www.californiahealthplus.org)  
1-855-899-7587

Covered California  
[www.coveredca.com](http://www.coveredca.com)  
1-800-300-1506  
1-888-889-4500 TTY

Asian Americans  
Advancing Justice  
[www.advancingjustice-oc.org](http://www.advancingjustice-oc.org)  
1-714-587-2050 Ext. 3

Social Services Agency  
[www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)  
1-800-281-9799

Families and  
Communities Together  
Orange County  
[www.factoc.org](http://www.factoc.org)  
1-714-566-2878

YEAR-ROUND  
ENROLLMENT

## Documents You May Need



Proof of  
Income



Birth  
Certificate



Proof of  
Address



Personal ID



Social  
Security Card



Proof of  
Citizenship



Individual  
Taxpayer  
Identification  
Number (ITIN)

## Medi-Cal Benefits



Doctors



Hospital



Vision



Dental



Behavioral  
Health



Pharmacy



**CalOptima**  
Better. Together.

Orange County's  
Community Health Plan

CalOptima members that need assistance with their health care benefits can contact CalOptima Customer Service at 1-714-246-8500 or toll-free at 1-888-587-8088.  
[www.caloptima.org](http://www.caloptima.org)

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)

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GARDEN GROVE, CA  
PERMIT NO. 248

**The mission of the City of Garden Grove is to provide responsible leadership and quality service as we promote safety, cultural harmony, and life enrichment.**



## Strawberry Ball Cancellation

Unfortunately, due to the COVID-19 pandemic, the H. Louis Lake Senior Center must cancel the Strawberry Ball this year. The health and safety of our participants is our top priority. We look forward to crowning a new strawberry king and queen next year!

**Before leaving your home, ask yourself:**

- ✗ **Is this essential?**
- ✗ **Can this wait?**
- ✗ **Is there an alternative way I could accomplish the same task from home?**

[www.ochealthinfo.com/novelcoronavirus](http://www.ochealthinfo.com/novelcoronavirus)



**ochealth**  
CARE AGENCY

