



# The SCOOP



Senior Resource Newsletter

November - December 2022

In this issue, we have highlighted some of the fall fun activities in September and October. Whether you got to enjoy a field trip, dressed up and took part in Halloween events, or played in our 3rd annual pool tournament, we hope you had as much fun as we did (see pages 8-9).

To get us in the holiday spirit, staff have planned some exciting excursions, fun crafts, and socials for this winter season. See pages 10-11 for upcoming holiday crafts and page 12 to learn about our trips to Rogers Gardens in Corona Del Mar or enjoy an evening at the famous Newport Festival of Lights Cruise. Space is limited so sign up early. Join us December 6<sup>th</sup> as we trim the Senior Center Christmas tree (see page 13).

We realize the holidays can be a difficult and stressful time for many. We want to remind our community that you are not alone. The Center offers a Senior Support Program (page 18) that provides linkages to community resources, support groups, and workshops. Let's Chat program is back, see page 15 for topics. For more information, call or stop by to learn how we can bring you some holiday cheer.

2022 has brought our community closer together more than ever. You are what makes the Senior Center a special place. On behalf of the staff and myself we wish you all a very special holiday season.

Happy Holidays,

Gabi  
Human Services Supervisor

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

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

#### Hours:

MONDAY 9:00 A.M. - 3:30 P.M.  
TUESDAY 9:00 A.M. - 3:30 P.M.  
WEDNESDAY 9:00 A.M. - 3:30 P.M.  
THURSDAY 9:00 A.M. - 3:30 P.M.  
FRIDAY 9:00 A.M. - 3:30 P.M.

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# Important Phone Numbers

## City of Garden Grove Directory / Important Numbers

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

## 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>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



## **Lunch Café Program**




The indoor dining, hot lunch program has returned and is currently being offered on Monday, Tuesday, Wednesday, and Friday. This schedule is subject to change. Meals are served on a first come, first serve basis. Registration for the day's lunch must be done in person and you may do so starting at 9:00 a.m. (when the center opens). Lunch will be served starting at 11:30 a.m. Menus are available and are subject to change. If you have any questions regarding the Meals on Wheels Orange County hot lunch program, please call us at (714) 741-5253. See below for our Thursday hot lunch option.



Bracken's Kitchen delivers hot and nutritious meals to those in need. In partnership with Bracken's Kitchen the Center offers seniors a hot meal. This hot meal option is currently only being offered on Thursdays. Meals are served on a first come, first serve basis. Registration for the day's lunch must be done in person and you may do so starting at 9:00 a.m. (when the center opens). Please call the Center for more information at (714) 741-5253.



## Food Resources in Orange County for Seniors – 2022

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



### Health Promotion and Community Planning



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

# ACTIVITIES SCHEDULE

All in-person classes and activities require pre-registration due to limited capacity.

Please call and reserve your spot one week prior to the class.

For information, please call us at 714-741-5253.

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

## POOL TABLES



**Day:** Monday-Friday

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

### Activity Description:

Pool tables are open daily, on a first come, first serve basis. Come in to enjoy a game or two by yourself or along with some friends.

## PINOCHLE



**Day:** Wednesdays & Fridays

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

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

**\*Schedule subject to change.**

## BINGO



**Day:** Thursdays

**Time:** 10:00 a.m. to 11:30 a.m.

### Activity Description:

Join us in the dining room for some Bingo fun and prizes!  
Cost is \$1.00 for ten cards.

## PAINT CERAMICS

**Day:** Mondays

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

**Activity Lead:** Judi

### Activity Description:

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

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



## FIELD TRIPS

**NOVEMBER 22 - Roger's Gardens**

**DECEMBER 14 - Newport Beach**

**Holiday Lights Cruise**

### Activity Description:

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

**\*Each trip will have a fee**

## FALL IN LOVE WITH MUSIC



**Days:** Wednesdays (10/19/22-12/16/22)

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

### Activity Description:

Come sing along with instructor Greg as he plays live music and teaches some music history.

**\*Schedule subject to change due to holidays**



# SCHEDULE OF CLASSES

All in-person classes and activities require pre-registration due to limited capacity.  
Please call and reserve your spot one week prior to the class.

For information, please call us at 714-741-5253.

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

## TAI CHI

**Day:** Mondays

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

**Instructor:** Blanca

### Class Description:

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



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



## LONGEVITY STICK

**Day:** Wednesdays

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

**Instructors:** Beatrice & Andrew

### Class Description:

An outdoor exercise, which aims to improve balance, flexibility, mental focus and breathing capacity.



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



## PAINT LIKE THE MASTERS

**Day:** Wednesdays & Fridays

(10/19/2022 - 12/16/2022)

**Time:** 9:30 a.m. to 11:30 a.m.

**Instructor:** SAC College Staff

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



## ZUMBA

**Day:** Thursdays - **No Zumba in December**

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

**Instructor:** Carmen

Sponsored by Amistad Clinic

### Class Description:

This is a chance to let go and dance like no one is watching. Zumba burns calories, improves heart health, and reduces stress.



## ADAPTIVE LINE DANCING

**Day:** Mondays

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

**Instructors:** Pearl & Fred

### Class Description:

This class focuses on recreation line dancing to help maintain strength and mobility for overall health and wellness.



## BALANCE & MOBILITY

**Days:** Tuesdays & Thursdays

**Time:** 1:30 p.m. to 2:30 p.m.

**Instructor:** Molly

### Class Description:

Focuses on stretching and strength training, with an emphasis on balance while utilizing various tools.



**\*Schedule subject to change due to holidays**





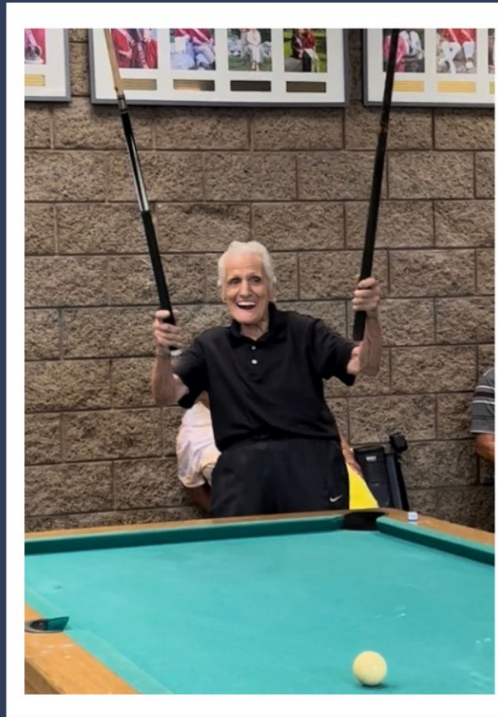
# H. Louis Lake Senior Center's Fall Fun







# POOL TOURNAMENT CHAMPION **TONY GERMINARO**



On Tuesday, September 27, 2022, Tony Germinaro, along with 7 other fierce competitors, participated in our 3rd Annual Pool Tournament. His opponents were tough and the games were nail biters, but Tony went on to win 4 straight games to be declared the champion of the day. We celebrate this victory with you and look forward to watching you defend your title next year.

*H. Louis Lake*  
SENIOR CENTER



 **OPTUM®** |  Monarch HealthCare®

# CRAFT DAYS

**Tuesday, November 15, 2022**

**10:00 a.m. – 11:00 a.m.**



**\$5 FEE**

**SPACE IS LIMITED AND REQUIRES REGISTRATION.**

**CALL THE CENTER FOR MORE INFORMATION**

**(714) 741-5253**



# Craft Days

**TUESDAY, DECEMBER 6, 2022**

**10:00 A.M. - 11:00 A.M.**



**\$5 FEE**

**SPACE IS LIMITED AND REQUIRES REGISTRATION.**

**CALL THE CENTER FOR MORE INFORMATION**

**(714) 741-5253**





# Field Trips



## RODGER'S GARDENS

November 22



8:30 a.m. – 1:30 p.m.

**\$5 FEE**

Join us for a self-guided tour of the beautifully decorated grounds. Visit their boutique for some gifts and the nursery for some new greenery for your home.

## NEWPORT BEACH HOLIDAY LIGHTS CRUISE

December 14



3:30 p.m. – 7:30 p.m.

**\$20 FEE**

Enjoy an evening cruise viewing the elaborately decorated and brightly lit homes in the Newport Harbor Area.

Spots are limited to 20.



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



**Limited capacity.**

**Call the Center at (714) 741-5253 to register.**







# Tree Trimming

**Tuesday, December 6, 2022**

Starting at 9:30 a.m.

**Join us to for some  
holiday festivities  
including entertainment,  
activities, and a Holiday  
snack.**

**Call the Center for more  
information  
(714) 741-5253**

*H. Louis Lake*  
SENIOR CENTER

**G**  
GARDEN GROVE





# Mejor Juntos

CHARLAMOS CONECTAMOS DISFRUTAMOS

**Acompáñenos cada  
lunes a las 10am - 11am**



**Dedicaremos tiempo entre  
amigos para  
crear conexiones más profundas  
con nuestra comunidad.**



**Este grupo estara personalizado  
para ustedes por ustedes**

**Un entorno confidencial y sin  
juzga para hablar de  
cualquier cosa que desee**

**TEMAS PROPUESTOS:**  
**La Salud Mental y Emocional**  
**La Comunicacion**  
**El Autocuidado**  
**y Muchos Mas**

**"LA AMISTAD DUPLICA  
NUESTRAS ALEGRÍAS  
Y DIVIDE NUESTRAS  
TRISTEZAS"**

Si tiene preguntas o para  
inscribirse, llame al:

714-741-5253.



# LET'S CHAT

JOIN US FOR GREAT  
CONVERSATIONS

## UPCOMING TOPICS

**November 2, 2022**

**Moment by Moment:**

Stress and How to Live in the  
Moment



**December 7, 2022**

**Money Talk:**

Financial Health and Tips



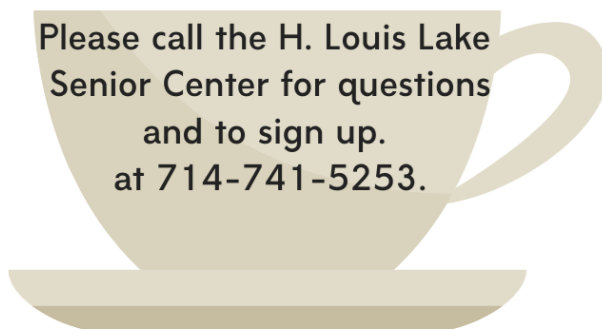
"That is what learning is. You  
suddenly understand  
something you've understood  
all your life, but in a new  
way." – Doris Lessing



Join Us Every  
First  
Wednesday  
of  
the Month  
12:30PM - 1:30PM



Please call the H. Louis Lake  
Senior Center for questions  
and to sign up.  
at 714-741-5253.

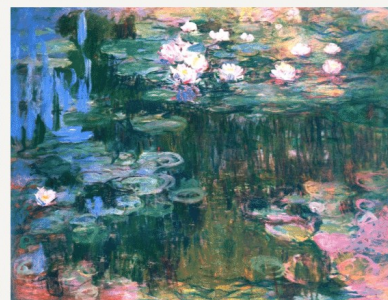




Painting Classes  
Every Wednesday / Friday  
9:30 am-11:30 am  
this coming fall  
@ H. Louis Lake Senior Center  
11300 Stanford Ave  
Garden Grove, CA



*"So you can't draw  
& you can't paint but  
allow me to awaken  
the artist in you!"*  
—Lorna Manapat



## PAINT LIKE THE MASTERS

watercolor / acrylic

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





# *Fall in Love* **WITH MUSIC**



SINGING AT  
H. LOUIS  
LAKE WITH  
GREG

*H. Louis Lake*  
SENIOR CENTER

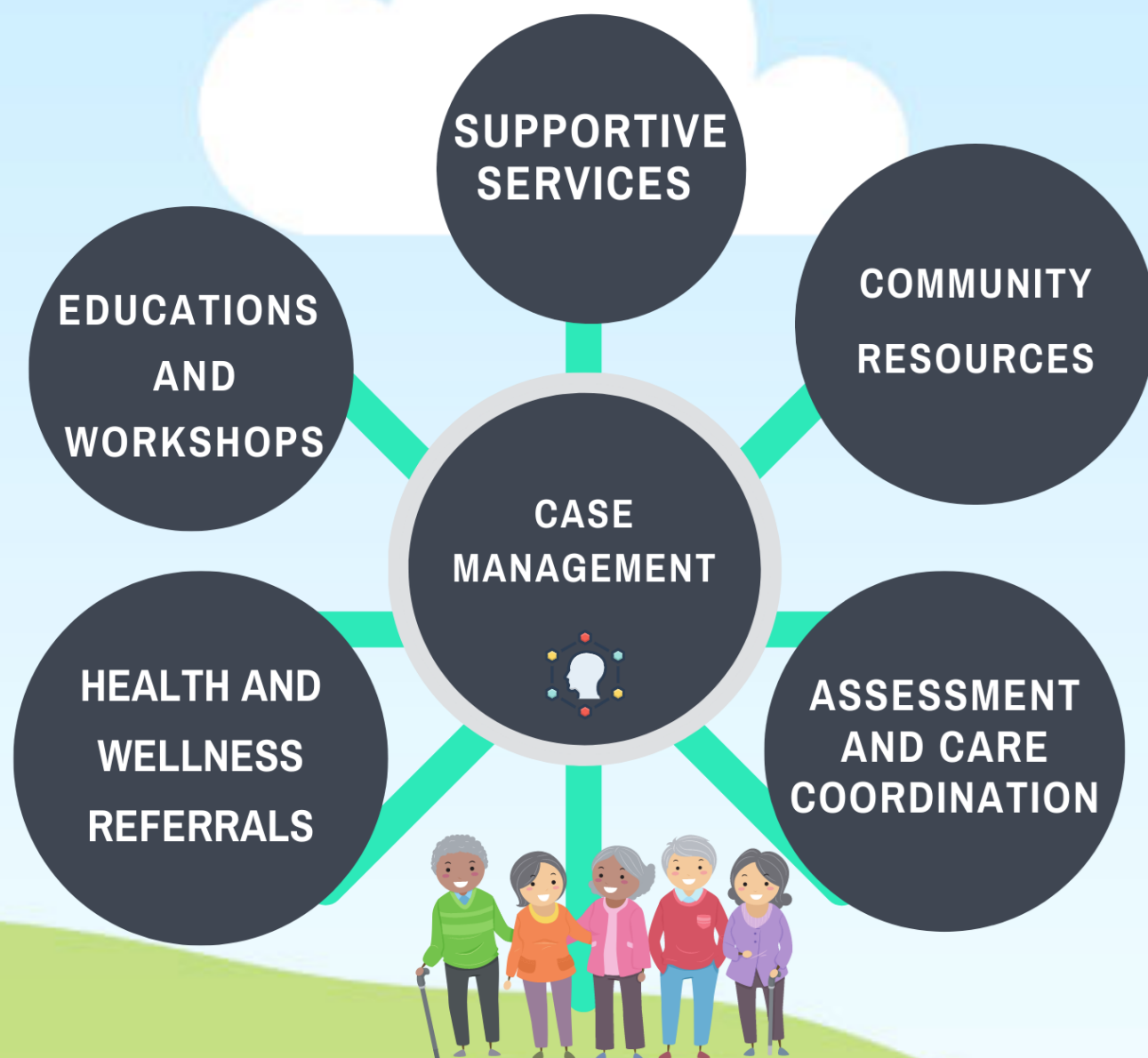
**ENJOY YOUR WEDNESDAYS  
SINGING AND PLAYING  
GOOD MUSIC**

**WEDNESDAYS  
AUG. 24-DEC. 15, 2022  
TO REGISTER: CALL (714) 741-5253**



**SANTA ANA COLLEGE**  
School of Continuing Education

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



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

**Eligibility: Residents of Garden Grove, 60+ years of age**

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

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

# FREE ENROLLMENT ASSISTANCE

## Apply For:

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

## Required Documents

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

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

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

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

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

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



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



**COMMUNITY HEALTH INITIATIVE  
OF ORANGE COUNTY**

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



# FREE FOOD FOR SENIOR CITIZENS (60 YEARS AND OLDER)



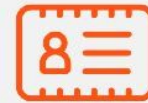
Each eligible person receives a box of food weighing approximately 32 pounds, including cereal, juice, peanut butter, milk, canned veggies, fruit, soup, milk and cheese.

## Income Guidelines:

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



**QUALIFIED PEOPLE  
WILL RECEIVE FOOD  
THE SAME DAY**



**BRING YOUR  
PHOTO ID  
WITH YOU**

## Distribution Sites:

### Orange County

Anaheim  
Buena Park  
Costa Mesa  
Cypress  
Garden Grove  
Huntington Beach  
Irvine  
La Habra  
Laguna Hills  
Los Alamitos  
Midway City  
Orange  
Placentia  
San Clemente  
Santa Ana  
Seal Beach  
Tustin  
Westminster

### LA County

Hawaiian Gardens  
Long Beach  
Norwalk  
Santa Fe Springs  
Whittier

### Riverside County

Mead Valley  
Menifee  
Mira Loma  
Riverside



**For a site near you, please contact:**

Esther - 714-897-6670 ext. 3612  
ecarranza@capoc.org

USDA is an Equal Opportunity provider and employer.

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



# Find Local Resources For **Seniors • People with Disabilities • Caregivers**



**The Aging and Disability Resource Connection (ADRC)** links seniors and people with disabilities to resources that promote independence.

Assistive Devices	Home Modification/Repair
Adult Day Programs	Housing Assistance
Alzheimer's/Dementia Services	In-Home Care
Benefits Workshops	Legal Assistance
Caregiver Support	Safety Education
Disability Services and Products	Senior/Community Centers
Educational Programs	Service Coordination
Food Support	Support Groups
Health Insurance Counseling	Transportation
Home-Delivered Meals	Veterans Services



Need support? Our Options Counselors can help you access services and create a plan to live independently.



**Call or Click!**  
**(714) 480-6450**  
**[www.adrcoc.org](http://www.adrcoc.org)**





# **FREE COVID-19 HOME TEST KITS**

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

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

*H. Louis Lake*  
SENIOR CENTER



# FREE LEGAL AID FOR SENIORS

Receive assistance on a variety of legal issues including:

## Family Security



We support clients with divorce, child custody, limited conservatorship, foster and transition age youth issues, and barriers to education.

## Housing Defense



Support with eviction, publicly subsidized housing, substandard housing, landlord/tenant issues, housing discrimination, and predatory mortgage lending practices.

## Economic Justice



We support families struggling with financial challenges and assist clients with consumer debt relief, discrimination, employment issues, expungement, loans, tax controversies, unemployment benefits, and utilities.

## Small Claims



We offer information to individuals involved in, or could become involved in, Small Claims Court in Orange County. Our Online Dispute Resolution system can help you negotiate a settlement online.

## Protection from Abuse



Provide trauma-informed legal services to support clients who are victims of crime including domestic violence, child & elder abuse, harassment, sexual assault, human trafficking, and other serious crimes. Services include protective orders, crime victim assistance, and representation.

## Immigration



We focus our immigration work on adults and minors who are survivors of a crime. We assist with VAWA Self-Petitions, T-Visas, U-Visas, naturalization, Special Immigrant Juvenile Status, adjustment of status, cancellation of removal, and asylum applications.

## Health Access



We provide legal assistance to clients in Orange County who qualify for our services related to health care coverage and access issues involving Covered California, Cal Medi-Connect (OneCare Connect), Medi-Cal (CalOptima), Medicare, Medical Safety Net Program, and private health insurance plans. We are also the Ombudsman for the OneCare Connect plan.



### Community Legal Aid SoCal



**Hotline: 800-834-5001**



**Website:**  
**communitylegalsocal.org**

### H. Louis Lake Senior Center | Appointments

Call the Senior Center to book a legal aid appointment (60+ only) or for additional information at (714) 741-5253.

**November 30, 2022 · 1:00 PM - 3:00 PM**







DAYLE MCINTOSH  
CENTER

# HOUSING WORKSHOPS



**TO RSVP, CONTACT LUPE AT 714-621-3300 EXT. 330**

**TO REQUEST AN INTERPRETER OR AN ACCOMMODATION,  
PLEASE CONTACT US 7 DAYS BEFORE THE WORKSHOP.**

**SEE NEXT PAGE FOR WORKSHOP TIMES AND DATES**







# WORKSHOP TOPICS

## HOUSING SEARCH 101

**STEP-BY-STEP TUTORIAL ON HOW TO USE TECHNOLOGY FOR HOUSING OPPORTUNITIES AND HOW TO CONDUCT HOUSING SEARCHES**

JAN 13, 2 PM | MAR 24, 10 AM | JUNE 9, 2 PM | AUG 25, 10 AM | NOV 10, 2 PM

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## HOUSING APPLICATIONS AND DOCUMENT READINESS

**GET TIPS ON HOW TO FILL OUT APPLICATIONS AND LEARN WHAT IT MEANS TO BE DOCUMENT READY FOR HOUSING INTERVIEWS**

JAN 27, 10 AM | APR 14, 2 PM | JUNE 23, 10 AM | SEP 8, 2 PM | DEC 8, 2 PM

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## SUBSIDIZED HOUSING

**UNDERSTAND SUBSIDIZED HOUSING INCLUDING SECTION 8 AND PROJECT-BASED APARTMENTS**

FEB 10, 2 PM | APR 28, 10 AM | JULY 14, 2 PM | SEP 22, 10 AM | DEC 22, 10 AM

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## BUDGETING FOR HOUSING

**LEARN ABOUT INCOME LIMITS, RENTAL ASSISTANCE PROGRAMS, AND HOW TO SAVE FOR A SECURITY DEPOSIT**

FEB 24, 10 AM | MAY 12, 2 PM | JULY 28, 10 AM | OCT 13, 2 PM

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## KNOW YOUR RIGHTS

**REVIEW TENANT'S RIGHTS AND RESPONSIBILITIES, AND GET TIPS ON HOW TO COMMUNICATE WITH YOUR LANDLORD**

MAR 10, 2 PM | MAY 26, 10 AM | AUG 11, 2 PM | OCT 27, 10 AM



# ReConnect Program

Early Intervention Services for Older Adults (EISOA)



## Who We Are

The Council on Aging – Southern California has been a trusted nonprofit organization since 1973. We provide unbiased information, programs, and services to more than 100,000 adults and families annually.

The ReConnect EISOA Program provides culturally and linguistically responsive prevention and intervention services to Orange County residents who are experiencing behavioral health barriers, aging challenges, or health inequities later in life.

## Program Eligibility

- ▶ Orange County adults age 60 and older
- ▶ Limited or inadequate social support
- ▶ Willing to participate in the program
- ▶ Experiencing loneliness, isolation, grief, or late-life transitions
- ▶ Facing behavioral health conditions, chronic health issues, or cognitive decline

## CALL US — WE CAN HELP

We are open Monday through Friday from 8:00 A.M. to 5:00 P.M.  
The ReConnect Program is offered in English, Spanish, Korean, Vietnamese, Japanese, and Chinese.

**(714) 352-8820 | [www.coasc.org/reconnect](http://www.coasc.org/reconnect)**

## What We Do

Our program provides 1 to 12 months of early intervention services at no-cost to participants and includes:

- ▶ Outreach and education
- ▶ Comprehensive screenings
- ▶ In-home clinical case management
- ▶ Psychiatric assessments
- ▶ Individual and group therapy
- ▶ Referrals and linkages to resources
- ▶ Caregiver and family support
- ▶ Peer mentor services
- ▶ Support groups
- ▶ Wellness activities and social engagement

### Services available at:

- ▶ COASC main office - county wide
- ▶ Laguna Woods Village
- ▶ Leisure World Seal Beach
- ▶ LGBTQ Center Orange County



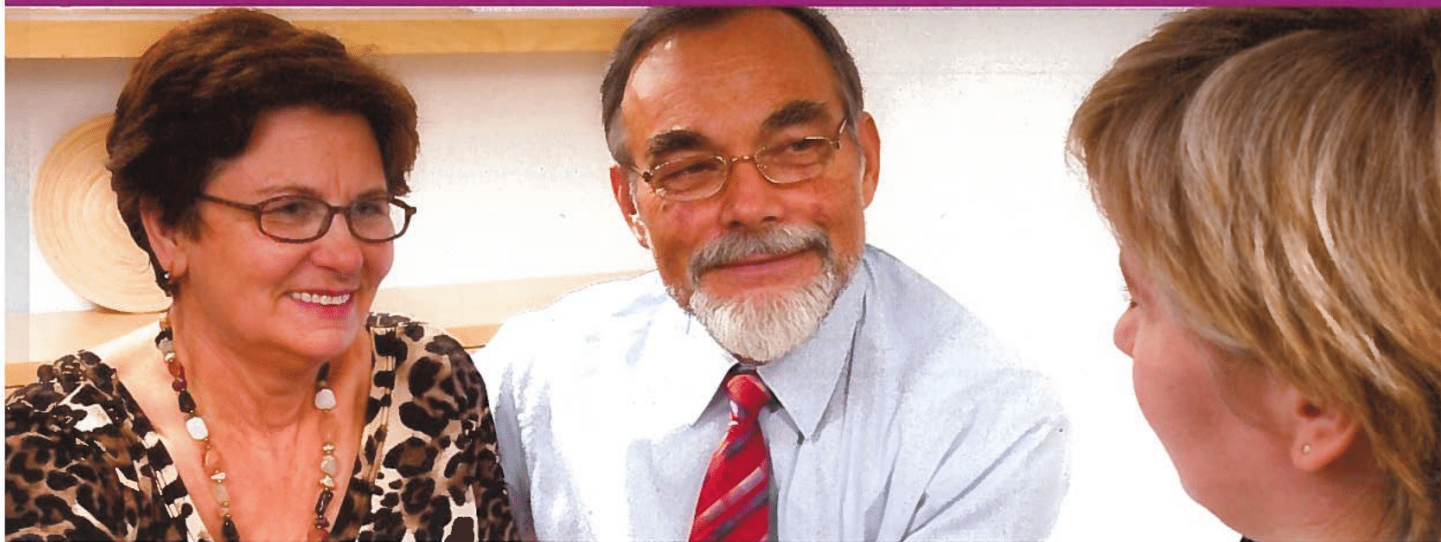
**ReConnect**

a Program of Council on Aging



# Health Insurance Counseling & Advocacy Program (HICAP)

Free, Unbiased Medicare Counseling



## Who We Are


The Council on Aging – Southern California has been a trusted nonprofit since 1973. We provide unbiased information, programs and services to more than 290,000 adults and families annually.

The Council on Aging's HICAP counselors are California state-registered staff and volunteers, offering individualized counseling and group seminars about Medicare and other related health insurance topics.

HICAP is part of the national network of State Health Insurance Assistance Programs (SHIP) and is the most dependable source of unbiased and accurate Medicare related information.

## CALL US – WE CAN HELP

Our HICAP Call Center is open Monday through Friday, 8:00 A.M. to 4:00 P.M.

 (714) 560-0424 or (800) 434-0222

 [www.coasc.org/hicap](http://www.coasc.org/hicap)

## What We Do

HICAP offers personalized one-on-one counseling to assist beneficiaries in understanding their Medicare benefits and choosing options best-suited for their needs.

### HICAP Counselors Can:

- ▶ Compare and evaluate insurance plans
- ▶ Assist with problems
- ▶ Assist with cost-saving options

### HICAP Counselors Explain:

- ▶ Medicare benefits and enrollment
- ▶ Medicare Advantage Plans (Part C)
- ▶ Prescription Drug Plans (Part D)
- ▶ Medigap Plans (supplemental policies)
- ▶ Long-term care services and support



**HICAP**

a Program of Council on Aging

# Rene's Kitchen

presents:

## Apple Crumble



### INGREDIENTS

#### CRUMBLE TOPPING

1 cup all purpose flour

3/4 cup brown sugar light or dark

1 teaspoon baking powder

1/2 teaspoon salt

1/2 teaspoon ground cinnamon

8 tablespoons unsalted butter melted

#### FILLING

2 1/2 pounds Granny Smith apples peeled, cored, and sliced or diced into bite sized pieces (about 6 to 7 cups)

1/2 cup granulated sugar or brown sugar

1 tablespoon lemon juice

2 tablespoons corn starch or all purpose flour

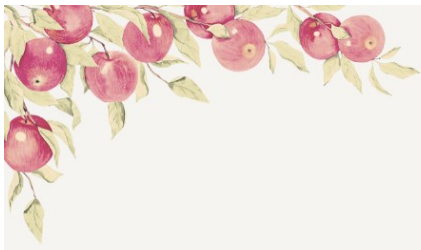
1/2 teaspoon salt

1 teaspoon ground cinnamon



Timeout, T.- M. O. (2021, September 18). The Best Apple Crumble (Quick & Easy). Mom On Timeout. Retrieved October 20, 2022, from <https://www.momontimeout.com/apple-crumble-recipe/>





# INSTRUCTIONS



Preheat oven to 375°F. Lightly spray an 8 or 9-inch baking dish with nonstick cooking spray and set aside.

## Crumble Topping

1. In a medium bowl combine 1 cup all purpose flour,  $\frac{3}{4}$  cup brown sugar, 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon ground cinnamon. Whisk to combine.
2. Add the 8 tablespoons unsalted melted butter and stir with a fork until crumbly.

## Prepare Filling

1. In a large bowl, combine 2  $\frac{1}{2}$  pounds Granny Smith apples,  $\frac{1}{2}$  cup granulated sugar, 1 tablespoon lemon juice, 2 tablespoons corn starch (or flour if using),  $\frac{1}{2}$  teaspoon salt, and 1 teaspoon ground cinnamon.
2. Transfer apple mixture to the prepared baking dish and spread into an even layer.
3. Sprinkle crumble topping mixture evenly over the top of the filling.
4. Bake for 35 to 45 minutes or until bubbling and golden brown on top.
5. Let cool for 15 minutes before serving with ice cream if desired.

Enjoy!



Timeout, T. - M. O. (2021, September 18). The Best Apple Crumble (Quick & Easy). Mom On Timeout. Retrieved October 20, 2022, from <https://www.momontimeout.com/apple-crumble-recipe/>

# Word Search Puzzle

## House

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

S	T	U	D	I	O	L	B	A	T	H	R	O	O	M
C	A	N	H	O	L	L	O	W	W	A	L	L	A	T
P	O	T	I	E	C	L	D	A	E	T	S	D	E	B
E	A	L	W	I	N	D	O	W	S	I	L	L	B	C
T	S	N	O	I	T	A	D	N	U	O	F	D	E	H
S	D	E	R	N	G	U	T	T	E	R	I	I	D	I
R	R	O	H	C	N	A	L	L	A	W	R	S	R	M
O	F	F	I	C	E	A	R	C	A	D	E	A	O	N
O	C	R	E	T	T	I	D	A	R	A	E	S	O	E
D	O	C	T	A	E	B	L	E	G	L	S	T	M	Y
E	R	L	A	D	R	D	E	I	R	E	C	O	T	H
A	R	T	I	S	R	I	N	S	N	T	A	V	A	K
O	I	T	A	P	U	L	L	E	D	G	P	E	C	I
N	D	S	I	T	T	I	N	G	A	R	E	A	T	O
T	O	W	O	D	N	I	W	R	E	M	R	O	D	H
D	R	A	I	N	P	I	P	E	E	T	F	L	O	O
N	E	H	C	T	I	K	R	O	A	F	A	N	A	T
T	R	O	O	L	F	I	S	H	U	T	T	E	R	C

DORMER WINDOW  
DRAINPIPE  
FIRE ESCAPE  
FLOOR  
FOUNDATIONS  
GARAGE  
GUTTER  
HAT RACK  
HOLLOW WALL  
KITCHEN  
OFFICE  
PATIO  
SHUTTER  
SITTING AREA  
STOVE  
STUDIO  
TURRET  
WALL ANCHOR  
WELL  
WINDOWSILL

ARCADE  
BATHROOM  
BEDROOM

BEDSTEAD  
CEILING  
CHIMNEY

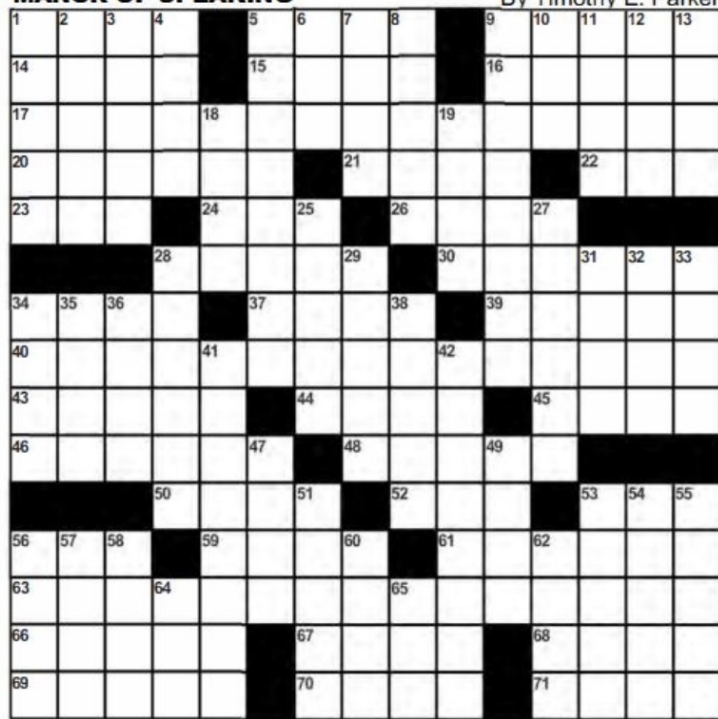
COLONNADE  
CORRIDOR  
DOORSTEP



# Crossword Puzzle

## MANOR OF SPEAKING

By Timothy E. Parker



### ACROSS

- |   |                                    |
|---|------------------------------------|
| 1) X-ray doses                              | 43) In spite of the fact, to bards |
| 5) Sounds of laughter                       | 44) Dillies                        |
| 9) Holler                                   | 45) Blunt-tipped sword             |
| 14) Assist a robber, e.g.                   | 46) Take offense to                |
| 15) Separable cookie                        | 48) Flagstones                     |
| 16) "If a tree falls in the forest and ___" | 50) Airshow stunt                  |
| 17) "American" schedule components          | 52) "We Do Our Part" org.          |
| 20) Takes home from the pound               | 53) Foolish sentimentality         |
| 21) Ukrainian capital                       | 56) Anger                          |
| 22) More than a heavy drinker               | 59) Wishes undone                  |
| 23) Certain Civil War fighter               | 61) Fall                           |
| 24) "___ all in your mind"                  | 63) Some kitchen attachments       |
| 26) Set ___ world record                    | 66) Word with "tube" or "city"     |
| 28) "___ Almighty" (Jim Carrey film)        | 67) Lemon quality                  |
| 30) Hawaiian hellos                         | 68) Exciting part of a seat?       |
| 34) Basilica end                            | 69) Bucks                          |
| 37) FDR's Scottie                           | 70) Eyelid malady                  |
| 39) Verdugo of old Hollywood                | 71) Notable deed                   |
| 40) Longtime maid, e.g.                     |                                    |

### DOWN

- 1) Traffic cop's gun
- 2) Domicile
- 3) Disband
- 4) March movement
- 5) Attractive one, in old slang
- 6) "Entourage" role for Jeremy
- 7) Relative of "Darn!"
- 8) Bulgarian capital
- 9) Whiny individual
- 10) Harley, in slang
- 11) Aahs' partners
- 12) "Render \_\_\_ Caesar ..."
- 13) Pop quiz, e.g.
- 18) Use a spoon
- 19) Legendary diva Horne
- 25) Type of duck
- 27) Pack animals
- 28) A house of worship
- 29) \_\_\_ Island (old immigration checkpoint)
- 31) Generous serving
- 32) Lestat creator Rice
- 33) Fill up fully
- 34) Worship from \_\_\_
- 35) Lacking color
- 36) Does a doggie trick
- 38) Ski mecca
- 41) Award bestowers, essentially
- 42) Alienate
- 47) \_\_\_ de force
- 49) Stretched tightly
- 51) Plural of 13-Down
- 53) Sacagawea, historically
- 54) Alpha's opposite
- 55) Beginning or early stages
- 56) Wading marsh bird
- 57) Puniest pup
- 58) Sicilian volcano
- 60) Small lovers' skirmish
- 62) Non-kosher
- 64) A stereotypical pirate may have one
- 65) "Press \_\_\_ key"



By Timothy E. Parker

MANOR OF SPEAKING

**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

Hours:

MONDAY	9:00 A.M. - 3:30 P.M.
TUESDAY	9:00 A.M. - 3:30 P.M.
WEDNESDAY	9:00 A.M. - 3:30 P.M.
THURSDAY	9:00 A.M. - 3:30 P.M.
FRIDAY	9:00 A.M. - 3:30 P.M.

Visit us on the web at

[ggcity.org/community-services/h-louis-lake-senior-center](http://ggcity.org/community-services/h-louis-lake-senior-center)

