



# THE SCOOP



## Senior Resource Newsletter

September - October 2021

Ahoy Mateys,

Shiver me Timbers, it's already September! This month we are excited to partner with the Orange County Aging Collaborative to be one of six senior centers to host the Turning Silver into Gold event on Friday, September 24<sup>th</sup>. This event is a symposium to re-engage and reconnect with our Senior Community. Older adults will learn about local treasures in their community and will be able to engage from their comfort of their home via Zoom or in person at the H. Louis Lake Senior Center. Free food, guest speakers, and fun giveaways, so come feast your sights on Orange County's treasure trove of senior services. Call the Center to pre-register.

Avast ye, hearties we have some new and familiar classes and activities. Zumba and Paint Ceramics have returned this month. In October, Pinochle will resume as well a new art class offered by Santa Ana College. Don't forget that we still have Let's Chat in person or via Zoom. We have some great resources and educational workshops as well as fun crafts for fall.

September is Fall Prevention Month. We have teamed up with the Orange County Fire Authority to provide educational outreach on fall prevention.

October is World Mental Health month to raise awareness of mental health issues around the world. In this issue you will find information on steps to take charge of your mental health during challenging times. We now offer a Social Support Program here at the Center to help provide older adults linkages to resources as well as mental health/counseling and support groups.

For all you crafters out there, the city is looking for vendors for our Winter in the Grove event. Applications are currently being accepted now until November 15<sup>th</sup>.

Alas, we realize with case counts rising we need to continue to stay cautious, and appreciate everyone's cooperation with wearing masks. We hope that we can start bringing back events soon in a safe and secure environment. Stay tuned by signing up for our virtual list serve to receive updates on new events. Visit our website at <https://ggcity.org/seniorcenter> or stop by and visit to get the latest news!

Gabi O'Cadiz-Hernandez  
Human Services Supervisor

"In the dark, there is discovery, there is possibility, there is freedom in the dark once someone has illuminated it." -  
Captain Flint, *Black Sails*



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 Ave.**  
**Garden Grove, CA 92840**  
**(714) 741-5253**

MONDAY 9:00A.M. - 3:30P.M.

TUESDAY 1:00P.M. - 3:30 P.M.

WEDNESDAY 9:00 A.M. - 3:30 P.M.

THURSDAY 9:00 A.M. - 3:30 P.M.

FRIDAY - CLOSED (By Phone Only)

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**The mission of the Community Services Department is creating and celebrating a healthy and vibrant community.**

# Turning Silver into Gold

Discover hidden treasure at your local Senior Center

Restart | Reengage | Reconnect

## Explore OC's Treasure Trove of Senior Services!

Orange County is a sea side paradise, with a bounty of services to help  
Older Adults live an independent, full life.

Learn about the gems in your community that feature arts and culture,  
life-long learning, navigating dating, and optimizing aging.

**Come aboard for a virtual voyage and discover the local  
treasures in your neighborhood!**

### Friday, September 24<sup>th</sup> | 8:30 am-12 noon



**This is a hybrid, in-person and virtual event.  
Join us at one of 8 OC Senior Centers, or via zoom!**

For more information please call the City of Garden Grove  
H. Louis Lake Senior Center at 714-741-5253.

**Wear your mask and RSVP...or you'll walk the plank!**

**This event is brought to the community by:**

OneCare Connect Cal MediConnect Plan, Ting Fiber Internet, Aging & Disability Resource Connection,  
SBHIS Insurance Services, Alzheimer's Orange County, Meals on Wheels OC, Be Well OC, OC Aging Services Collaborative,  
OC Caregiver Resource Center, Memorial Care Medical Group, Independence at Home, and OC Senior Center Directors.







# Food Services



## Lunch Café Program

Due to COVID-19 (Coronavirus), the H. Louis Lake Senior Center Lunch Café program has been converted to a frozen meal pick-up program. Frozen meals will be available for pick-up via a drive through or walk-up option every Tuesday from 9:00 a.m. until 10:00 a.m. at the H. Louis Lake Senior Center (11300 Stanford Avenue). Adults age 60 and over are eligible to receive meals. For more information, please call (714) 741-5253. Days, times, and locations for pick-up are subject to change.

Lunch Café participants can have a family member or friend pick up their meals by providing a valid form of ID for which the meal is intended for.

DRIVEN TO COMBAT FOOD INSECURITY



ONE TASTY MEAL AT A TIME

Bracken's Kitchen delivers hot and nutritious meals to those in need. In partnership with Bracken's Kitchen the Center plans to offer seniors a hot meal.

Please call the Center for more information at (714) 741-5253.

## 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

# 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.communitylgalsocal.org">www.communitylgalsocal.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>



## 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



**Community  
Legal Aid SoCal**

Advocates for Justice in Orange and Los Angeles Counties

Receive assistance on a variety of legal issues  
including but not limited to:

- Elder Abuse
- Landlord/Tenant Disputes
- Government Benefits
- Limited Conservatorships
- Consumer Issues
- Guardianships

**HOTLINE: 800-834-5001**

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



## Free Legal Aid for Seniors



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.



## Appointments available for:

September 22, 2021 1:00 p.m. - 3:00 p.m.

October 27, 2021 1:00 p.m. - 3:00 p.m.

November 24, 2021 1:00 p.m. - 3:00 p.m.

December 22, 2021 1:00 p.m. - 3:00 p.m.

**Call the Senior Center to book an appointment or for any  
additional information  
(714) 741-5253**

# Volunteers Needed!



We are in need of volunteers to support the Meals on Wheels Program on Mon., Wed., and Thurs. between the hours of 8:30 AM and 12:30 PM. We are looking for reliable and committed volunteers, who are willing to give of their time to help us provide food to homebound seniors in Garden Grove!

**In this role you will be using your own vehicle to deliver meals to 6-8 seniors on a weekly route. You will pick up the food at the H. Louis Lake Senior Center, where the food will be pre-packed for your convenience.**

**Please note:** You will need to complete an application process and pass a background check, via an online website.

**Important Info:** Safety procedures are in place, such as wearing gloves & face masks for ALL volunteer positions.

**If interested, please contact Tracy Hall at [thall@mealsonwheelsoc.org](mailto:thall@mealsonwheelsoc.org) or (714) 229-3349**

**Thank you for your heart to serve in Garden Grove!**

*H. Louis Lake*  
SENIOR CENTER

**MEALS**  
**on WHEELS**  
ORANGE COUNTY



# 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.

## 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.



## 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.

## ZUMBA

**Day: Thursdays**

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

**Instructor:** Carmen

Sponsored by Amistad Clinic

**Class Description:**

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

## TAI CHI



**Day: Mondays**

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

**Instructor:** Blanca

**Class Description:**

An outdoor, low impact, slow motion exercise. Helps reduce risk of falls and stress, and enhance mental capacity.

## 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.



## PAINT LIKE THE MASTERS

**Day: Wednesdays (10/6/21-12/8/21)**

**Time:** 9:00 a.m. to 10:30 a.m.

**Instructors:** SAC College Staff

**Class Description:**

Concentrates on improvement of motor skills and decision-making through utilization of a variety of art media and techniques.



**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.**



# 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.

## BINGO



**Day: Thursdays**

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

**Activity Description:**

Join us for some Bingo fun and prizes!

Cost is \$1.00 for ten cards.

## PAINT CERAMICS

**Day: Mondays**

**Time:** 10:00 a.m. to 12:00 noon

**Activity Lead:** Judi

**Activity Description:**

Starting September 13th, beginner start up supply kits will be available or you may bring your own. The activity lead will provide you more information on how to obtain materials needed.



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

## MOVIE DAYS



**Day: Last Wednesday of every month**

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

**Activity Description:**

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



## LET'S "CHAT" ABOUT IT



**Days: Wednesdays**

**Join virtually on Zoom or attend in person.**

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

**Activity Description:**

Please join our "Chats" on Wednesdays to learn about resources, health & wellness, technology and participate in craft activities.

## POOL TABLES



**Day: Monday-Thursday**

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

**\*Tuesdays 1:00p.m. to 3:30p.m.**

**Activity Description:**

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

## PINOCHLE



**Day: Wednesdays**

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

**Activity Description:**

Beginning Wednesday, October 6th, join us weekly for a fun game of Pinochle.



**PLEASE NOTE: NO PINOCHLE ON THE LAST WEDNESDAY OF EVERY MONTH.**

**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.**



# LET'S "CHAT" ABOUT IT WEDNESDAYS

## SEPTEMBER 2021 WORKSHOPS

JOIN US EVERY WEDNESDAY, 10:30AM TO 11:30AM

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

SEPTEMBER 8TH

### HOW TO DISPOSE OF MEDICATION SAFELY



Join us to learn more about how to dispose you medication safely.

Via **zoom** or join us in person

PRESENTATION PROVIDED BY SCAN HEALTH PLAN  
PRE-REGISTRATION IS REQUIRED,  
PLEASE CALL 714-741-5253

SEPTEMBER 15

### CALIFORNIA PHONE PROGRAMS



Do you have difficulty seeing or hearing your phone? please join us to learn about resources available to you.

Via **zoom** or join us in person

PRESENTATION PROVIDED BY CALIFORNIA TELEPHONE ACCESS PRORAM

PRE-REGISTRATION IS REQUIRED,  
PLEASE CALL 714-741-5253

September 22nd

### Dementia 101



Join us to learn more about the symptoms of Dementia.

Via **zoom** or join us in person

PRESENTATION PROVIDED BY SILVERADO HOSPICE

PRE-REGISTRATION IS REQUIRED,  
PLEASE CALL 714-741-5253

SEPTEMBER 29TH

### HALLOWEEN

### CRAFT DAY

\$5.00 material fee

Join us in person

AT THE H. LOUIS LAKE SENIOR CENTER  
Space is limited to the first 10 paid registrations.

PRE-REGISTRATION IS REQUIRED,  
PLEASE CALL 714-741-5253

Programs are for individuals age 55+.

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

Zoom ID: 943 1136 6298

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





# LET'S "CHAT" ABOUT IT WEDNESDAYS

## OCTOBER 2021 WORKSHOPS

**JOIN US EVERY WEDNESDAY, 10:30AM TO 11:30AM**

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.

**OCTOBER 6TH**  
**PRIORITY CENTER**  
**OUTREACH**  
**&**  
**ENGAGEMENT PROGRAMS**  
 Learn about mental health screenings and wellness programs.

Join us to learn more about the Priority Center wellness programs.  
 Via **zoom** or join us in person

PRESENTATION PROVIDED BY THE PRIORITY CENTER  
 PRE-REGISTRATION IS REQUIRED,  
 PLEASE CALL 714-741-5253

**OCTOBER 13TH**  
**HEALTHY HEART**  
**PRESENTATION**

Join us to learn more about how to maintain a healthy heart.  
 Via **zoom** or join us in person

PRESENTATION PROVIDED BY SCAN HEALTH PLAN  
 PRE-REGISTRATION IS REQUIRED,  
 PLEASE CALL 714-741-5253

**OCTOBER 20TH**  
**ZOOM 101**  
 WANT TO LEARN HOW TO USE ZOOM?  
 PLEASE JOIN US IN PERSON  
 Bring your cell phone, computer or tablet.

Join us in person  
 AT THE H. LOUIS LAKE SENIOR CENTER  
 Join us in person and learn how to use Zoom.  
 Then you can join our weekly "Chats" on Wednesdays.

PRE-REGISTRATION IS REQUIRED,  
 PLEASE CALL 714-741-5253

**OCTOBER 27TH**  
**THANKSGIVING WREATH**  
**CRAFT DAY**  
 \$5.00 material fee

Join us in person  
 AT THE H. LOUIS LAKE SENIOR CENTER  
 Space is limited to the first 10 paid registrations.

PRE-REGISTRATION IS REQUIRED,  
 PLEASE CALL 714-741-5253

**Programs are for individuals age 55+.**

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

**Zoom ID: 943 1136 6298**

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

**zoom**

# Martial Arts

## Practical Self Defense for Seniors

This class provides practical self defense techniques to provide mental and physical stamina. This class will keep participants engaged, excited, and motivated in a structured and positive environment.

**Instructor: Athletes Global**

**Location: H. Louis Lake Senior Center**

**Ages 55+**

**\$40/4 sessions**

Class #	Day offered	Dates of class	Time
30600	Monday	9/13-10/4	2:30 - 3:30 pm
30601	Monday	10/11-11/1	2:30 - 3:30 pm
30602	Monday	11/8-11/29	2:30 - 3:30 pm
30603	Monday	12/6-12/27	2:30 - 3:30 pm



# Special Interest

## Brain Fitness

Brain Fitness class focuses on stimulating and improving critical and creative thinking skills, focus, memory, and concentration. Helps improve confidence and self-esteem.

**Instructor: Athletes Global**

**Location: H. Louis Lake Senior Center**

**Ages 55+**

**\$40/4 sessions**

Class #	Day offered	Dates of class	Time
35000	Thursday	9/9-9/30	3:30 - 4:30 pm
35101	Thursday	10/7-10/28	3:30 - 4:30 pm
35102	Thursday	*11/4-12/2	3:30 - 4:30 pm
35103	Thursday	12/9-12/30	3:30 - 4:30 pm



\*No class on 11/25 due to the Thanksgiving holiday.

**Register online at [ggcity.org/register](http://ggcity.org/register) or in-person at City Hall located at 11222 Acacia Pkwy, Garden Grove, CA 92840. For more information, please call (714) 741-5200.**





## SENIOR MOBILITY PROGRAM INFORMATION



### WHAT IS THE SENIOR MOBILITY PROGRAM



- The Senior Mobility Program promotes the continuation of an independent lifestyle for individuals age 60 and older, through the provision of dependable door-to-door transportation services for the residents of Garden Grove.
- Transportation is provided by means of California Yellow Cab Company.
- Cost is \$4.00 each way.
- The transportation program provides trips to the H. Louis Lake Senior Center, medical appointments, and Grocery shopping trips within the city of Garden Grove.
- Transportation for medical appointments can be up to five (5) miles outside of Garden Grove city limits.
- The service is provided Monday through Friday from 7:30 a.m. to 6:00 p.m. within the city of Garden Grove.
- The client should be ready for the arrival of a taxi one hour prior to the appointment time.



### HOW DO I JOIN THE PROGRAM



- To sign up for the Senior Mobility Program you must schedule an appointment with the Transportation Coordinator to obtain an application.
- You can pick up an application at the center, request to have it emailed or mailed.
- To submit your completed application, you will need to bring a valid form of identification.
- Enrollment must be approved before utilizing transportation services.



### HOW DO I ORDER THE TAXI SERVICE



- Once your application has been processed by City staff, you will be given an ID number and the dispatcher phone number to schedule transportation rides.
- You can make appointments up to 3 days in advance, but must be made at least 24 hours in advance.
- You must cancel your trips 24 hours in advance.
- Transportation for medical appointments can be up to five (5) miles outside of the city Garden Grove city limits.
- All clients must communicate with California Yellow Cab to change or cancel trips.



### WHAT IF I USE A WHEELCHAIR OR OTHER ASSISTIVE DEVICES



- California Yellow Cab has wheelchair and ADA accessible vans.
- If you need accommodations you can list them on your application so the dispatcher is aware.
- When scheduling the service, it is important to mention certain medical equipment requirements and accommodations to the dispatcher.

Please call the H. Louis Lake Senior Center for additional questions at 714-741-5253.



# SENIOR FALL PREVENTION



*Falls are the leading cause of injuries for the elderly community and can greatly reduce their ability to remain independent. Take steps now to protect your health and reduce your fall risk.*



*Every 11 seconds, an elderly adult is treated in the emergency room for a fall. Every 19 minutes, an elderly adult dies from a fall.*



**Orange County  
Fire Authority**

**(714) 573-6200**  
**ocfa.org**



## **Manage Meals, Meds, and Exercise**

- Choose healthy meals and stay hydrated to prevent drops in blood pressure.
- Review medications with your doctor or pharmacist. Many drugs prescribed for seniors come with fall-risk warnings.
- Do exercises that will improve your strength and balance such as Tai Chi or Yoga.

## **Make Your Home Safer**

- Add grab bars outside the shower or tub and near the toilet.
- Place non-slip mats in the bathtub and on the shower floor.
- Keep traffic areas clear by removing shoes, clothing, books, electrical cords, or other items you may trip over.
- Make sure bathrooms, hallways, and stairs are well lit.
- Replace throw rugs with non-slip rugs. Use non-skid pads under rugs to add stability.
- Install handrails along both sides of hallways and stairs.
- Use risers to elevate beds, chairs, and sofas.
- Rearrange cabinets and drawers so items used most often are within easy reach.
- Wear sturdy shoes with non-slip soles both inside and outside your home.

## **Have Your Eyes Checked**

- See your eye doctor at least once a year, and update your eye glasses, if needed.

May 2020



September 20th-24th is National Fall Prevention Awareness Week. Orange County Fire Authority in partnership with the H. Louis Lake Senior Center will be on-site to promote fall prevention education by providing a weekly pop-up resource booth at the Senior Center; Sign ups will be taken to attend a fall prevention safety presentation.

Weekly pop-up resource dates:

Tuesday, September 7th 1:00p.m.-3:00p.m.  
Tuesday, September 14th 1:00p.m.-3:00p.m.  
Thursday, September 16th 11:00a.m.-1:30p.m.  
Tuesday, September 21st 1:00p.m.-3:00p.m.  
Thursday, September 23rd 9:00a.m.-10:00a.m.  
Tuesday, September 28th 1:00p.m.-3:00p.m.  
Tuesday, September 30th 11:00a.m.-1:30p.m.

For more information contact the H. Louis Lake Senior Center or call Elizabeth Denney, OCFA Education Specialist directly at (949) 344-9321.





# Taking Charge of Your Mental Health

## FIND THE RIGHT SPECIALIST



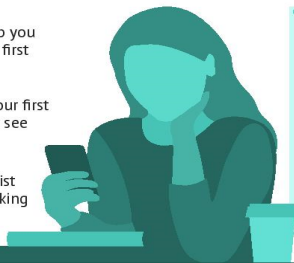
Ask your doctor or nurse to help you find a specialist and make your first appointment



There may be a long wait for your first visit, so speak up if you need to see someone right away



If the first mental health specialist you see isn't a good fit, keep looking for one who works for you



### DON'T FORGET!

- > Surround yourself with family and friends
- > Talk to a counselor, social worker, nurse or trusted adult
- > Continue doing what you love: reading, sports, writing, nature walks, creating art

## MAKE YOUR FIRST APPOINTMENT COUNT



Be ready to talk about your health history and what you're experiencing



Be clear about what you want and need to get better



You may be asked to fill out a questionnaire describing your mental health experience



Ask the mental health specialist to explain treatment options so you understand the plan and what you need to do

### NAVIGATING YOUR INSURANCE

- 📍 Involve someone with experience to help you
- 📍 Call your insurance company to ask what mental health benefits are covered
- 📍 To find a provider, visit your insurer's website or call the number on your insurance card

## ASK QUESTIONS



If I have thoughts that scare me what should I do?

How often should we meet? What can I do between appointments if I need help?

Do I have to take medication? What does it help with? What are the side effects?

How long will it take for me to feel better, a few days, weeks or months?



## STAY INVOLVED



Keep a wellness log and monitor your progress



Ask for changes if your treatment plan is not working for you



Stick with it; most therapies and medications take time to work



Your treatment plan may change, so be an active partner in this process

## LIVE WELL



Remember that you have control over living well



Find a routine that works for you that includes a healthy diet, exercise and regular sleep patterns



Stay close to your support network. Engage family, friends, teammates and your faith community. Think about joining an online community



Be realistic and mindful of your needs and know your limits



### GETTING THROUGH IT

- > Try staying away from drugs and alcohol. This is not always easy, so find strategies that work. Using drugs or alcohol to feel better is harmful to you.
- > If you use alcohol or drugs, be honest and tell your therapist or doctor because it affects your care plan.
- > Stay positive. Surround yourself with positive messages, people and activities. This will help you to feel better.

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**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



# BOUTIQUE CRAFTERS WANTED

for the upcoming  
Winter in the Grove



Saturday, December 4, 2021

3:00-7:00 pm

Village Green Park, 12732 Main St. Garden Grove



- ❄ Handmade Items
- ❄ Jewelry
- ❄ Floral Decorations
- ❄ Wreaths
- ❄ Ceramics/Pottery
- ❄ Purses/Handbags
- ❄ Soaps/Oils/Lotions
- ❄ Candles and more!

***Applications will be accepted now  
thru Monday, November 15, 2021***



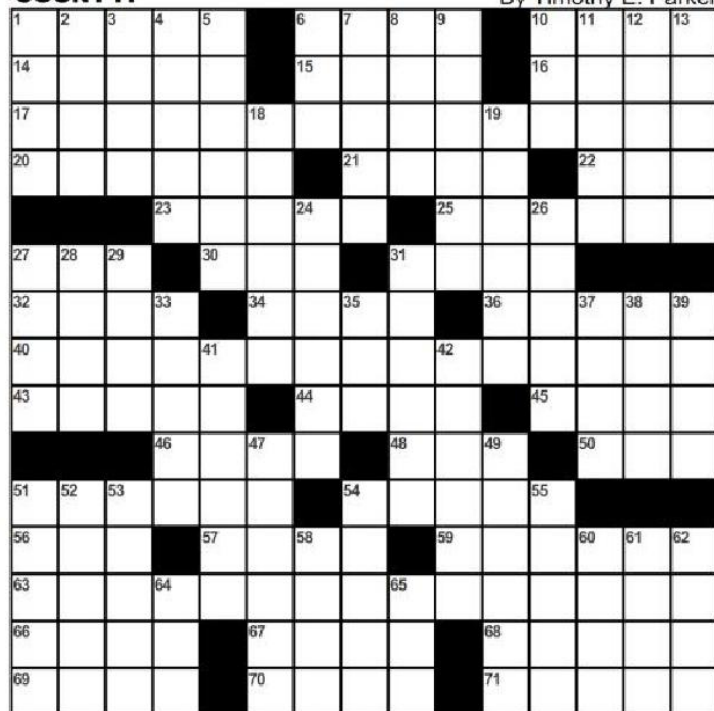
For more information and to inquire about the application, policy and waivers please visit [ggcity.org/winterinthegrove](http://ggcity.org/winterinthegrove) and/or call 714-741-5242.



# Crossword Puzzle

## COUNT IT

By Timothy E. Parker



## ACROSS

- 1) Disorderly, fussy outbursts
- 6) Part of an escalator
- 10) Attempt, in slang
- 14) Heep created by Dickens
- 15) Blanched
- 16) More than a gofer
- 17) Set the date, in a way
- 20) Jacket part
- 21) Break stone
- 22) Wrinkle maker
- 23) Providing details of current events
- 25) Vodka cocktail
- 27) Bleat
- 30) Part of two sts.
- 31) Pin one's hopes (on)
- 32) Arm bone
- 34) Go upward
- 36) Donor's offering
- 40) Fall short
- 43) Get ready to drive
- 44) Certain breads
- 45) Goes quickly
- 46) Pertness
- 48) Do something
- 50) It can cause quite a bang
- 51) Rip off
- 54) Community standards
- 56) Prepare to pull the trigger
- 57) Frau's partner
- 59) Constructs, as a building
- 63) Makes a soccer faux pas
- 66) South American monkey
- 67) Where Marco Polo explored
- 68) Bring together
- 69) Restrain
- 70) Put an edge on
- 71) Guided a gondola

## DOWN

- 1) After-dinner roll?
- 2) Kind of thermometer
- 3) Desperate, as straits
- 4) Like some old buckets
- 5) Pushed
- 6) Treatment type
- 7) Far from chic
- 8) Brio
- 9) Mammal's coat
- 10) "Gabriel" lead-in
- 11) Kind of wave
- 12) "What goes around, comes around," e.g.
- 13) Stereotypical artist's hat
- 18) New Jersey city
- 19) Final words (var.)
- 24) Many Colorado tourists
- 26) Gold and frankincense complement
- 27) Sacrifice between the lines
- 28) Ubiquitous lotion ingredient
- 29) Poker chip, sometimes
- 31) Prepare, as leftovers
- 33) Charm
- 35) Muddy home
- 37) Dressage display
- 38) Gulf off the coast of Yemen
- 39) Cardinal's residence
- 41) Cochise, famously
- 42) Have nothing to do with
- 47) It may be near a slide
- 49) Shredded
- 51) Willingly avoids meals
- 52) Allowed by the courts
- 53) Be theatrical
- 54) "Sesame Street" resident
- 55) Music-score sign
- 58) Foolhardy and hasty
- 60) Make like a snake
- 61) England's national art gallery
- 62) Coaster in the cold
- 64) Backboard attachment
- 65) Common grain unit



By Timothy E. Parker

COUNT IT



**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 9:00A.M. - 3:30P.M.  
TUESDAY 1:00P.M. - 3:30 P.M.  
WEDNESDAY 9:00 A.M. - 3:30 P.M.  
THURSDAY 9:00 A.M. - 3:30 P.M.  
FRIDAY - CLOSED (By Phone Only)

Visit us on the web at  
[ggcity.org/seniorcenter](http://ggcity.org/seniorcenter)

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