

# THE SCOOP

Senior Resource Newsletter

September-October  
2020

## Message from the H. Louis Lake Senior Center Staff

The H. Louis Lake Senior Center recognizes how important socialization, physical activity, and nutrition is for our senior residents. As we transition to a “new” normal we will take every precaution to ensure your health, safety, and well-being is our top priority.

This September/October edition provides you with new resources on fall prevention and mental health awareness as well as new program information.

Our Case Management program is dedicated to successful aging through support and community resource options to meet your health and wellness needs. See the flyer in this issue for eligibility and more information.

The City continues to provide updates on COVID-19 as they become available on our website at [ggcity.org/coronavirus](http://ggcity.org/coronavirus).

The H. Louis Lake Senior Center is currently closed. Staff are answering phone lines daily M-F: 8:00 a.m.-3:30 p.m.

Remember, we are in this together!

-Senior Center Staff

*“Age is an issue  
of mind over  
matter. If you  
don’t mind, it  
doesn’t matter.”*

*-Mark Twain*



2019 Halloween Celebration

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

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

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

## In This Issue

- Important Numbers
- Wellness Checks
- Food Services
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- Upcoming Programs & Activities
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- Community Resources

# 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. Senior Center staff will conduct weekly phone calls to check on the well-being of seniors. The phone calls also serve as an opportunity for seniors to socialize with staff, help promote mental well-being, and provide valuable community resources during COVID-19.

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

## Institute on Aging Friendship Line

### Just dial 1-800-971-0016

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



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

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



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

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

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



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



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

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

For more information please call 714-741-5253



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



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

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

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





# Food Services

## Lunch Café Program

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

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



### UPCOMING EVENTS

**9/15/20 Sports Theme Distribution**

**9/24/20 Drive-thru Ice Cream Social**

**9/29/20 Monthly Birthday Celebration**

**10/20/20 Monthly Birthday Celebration**

**10/27/20 Halloween Theme Distribution**

**10/29/20 Halloween “Trunk-Or-Treat”**

## 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:** Tues, Wed,  
Thurs, 9-10 AM

**El Super:** Every day,  
7-8 AM

**Food 4 Less:** Tues &  
Fri. 6-7 AM

**Northgate:** Every day,  
7-8 AM

**Ralphs:** Every day,  
6-7:30 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, 6-7 AM

**Vons:** Daily, 6-7 AM

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

# FOOD ASSISTANCE in Orange County

## Need food? We can help!

Food resources to help families prevent hunger during this difficult time. The following programs are available for food assistance.



### CalFresh for Individuals or Families

Visit [GetCalFresh.org](http://GetCalFresh.org) or [MyBenefitsCalWIN.org](http://MyBenefitsCalWIN.org) or call 1-800-281-9799 to apply for food assistance.



### WIC for Moms, Babies, and Children under 5

Call 1-888-WIC-WORKS (1-888-942-9675) to apply for food assistance.



### School Meals for School Aged Kids

Call the school district near your home for "Grab and Go" meals offered in select schools.



### Senior Food Program/Commodity Supplemental Food Program for Seniors

Call 2-1-1 or text your zip code to 898-211.



Funded by USDA SNAP, an equal opportunity provider and employer.

# 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

# Apple Cider Mo(ck)scow Mule

The perfect way to toast to the  
beginning of fall



## Ingredients

- Lime juice
- Ginger beer
- Sparkling cider
- Sliced apple, for garnish
- Cinnamon sticks, for garnish
- Ice

## Steps

1. Fill two copper mugs with ice. Fill 2/3 full with sparkling cider, then top with ginger beer and 2 oz of lime juice.
2. Garnish with an apple slice and a cinnamon stick. Serve.
3. **\*\*Optional\*\*** If you are of age and would like to turn this into a cocktail, replace the 2 oz of lime juice in step one, with 2 oz of vodka.





[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. Stay tuned for more virtual classes!

## So you want to Zoom?



Let's start Zooming & Join a Meeting!

Joining a Zoom meeting is quick and easy! Discover the options for joining meetings based on your requirements and to ensure the best meeting experience possible.

Type the link below into your web browser's search bar for more information and video tutorials.

<https://support.zoom.us>

# ZOOMING FORWARD

We are committed to ensuring that Garden Grove's community has the resources to maintain healthy lives and social engagement during these challenging times. While some of our services are being offered over the telephone, we would like you to "ZOOM" in and check out the virtual programming being offered. For more information please call 714-741-5253.

*\*For information on our October Workshops please visit  
<https://ggcity.org/virtual-recreation-center/senior-resources>*

## Services



**Legal Aid**  
**Monday - Friday**  
**8:00 a.m.-5:00 p.m.**

Community Legal Aid SoCal is dedicated to meeting the legal needs of seniors 60+ throughout Orange County. Legal Aid is conducting telephone appointments and consultations through their OC Senior Citizens Legal Advocacy Program. Please call **714-571-5251** to make an appointment. You can also visit their website at <https://www.communitylegalsocal.org/> for more information on programs and services.



**HICAP**  
**Monday - Friday**  
**8:00 a.m.-5:00 p.m.**

Questions about Medicare? 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. Please call **(714) 560-0424** to make an appointment to talk to a counselor. You can also visit their website at <https://www.coasc.org/programs/hicap/> for more information on programs and services.

## Classes



**Zumba**  
**Monday & Thursday | 2:00 p.m.-3:00 p.m.**  
**Class Instructor: Carmen Gutierrez**

Zumba is BACK! The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination all from the comfort of your own home. To register and receive your Zoom invite link, please email the H. Louis Lake Senior Center at [hlouislakesc@ggcity.org](mailto:hlouislakesc@ggcity.org), or call **714-741-5253** with your name, phone number, and address.



11300 Stanford Ave | Garden Grove CA 92840 | 714-741-5253

# Workshops

## *Making Sense of Medicare*

**1st Wednesday of the month**

**2:00 p.m.-3:00 p.m.**

**Speaker: Grecia Nunez**



Want to know how to get the most out of your Medicare benefits? Come join Monarch Healthcare to learn about all the “extras” your plan offers! If you are interested in this workshop please call **714-741-5253** for the meeting ID and password.


## *Inflammation*

**MemorialCare**  **September 1, 2020**  
**at 9:30 a.m.**

Inflammation - The Silent Killer: Come chat with Dr Trinh about the relationship between Sugar, Inflammation and ketosis. If you are interested please use the link

**<https://us02web.zoom.us/j/81985983902>** to join.

## *Leaky Gut Syndrome*

**MemorialCare**  **September 9, 2020**  
**at 9:30 a.m.**

Leaky Gut Syndrome - Latest Medical Research: come chat with Dr Trinh about how your Gut Health and Brain Health is connected.

If you are interested please use the link **<https://us02web.zoom.us/j/81985983902>** to join.

## *Food is Medicine*

**MemorialCare**  **September 15, 2020**  
**at 9:30 a.m.**

Food is Medicine: come discuss with Dr Trinh about specific food to address specific health conditions. If you are interested please use the link

**<https://us02web.zoom.us/j/81985983902>** to join.

## *Cancer Prevention Strategies*

**MemorialCare**  **September 23, 2020**  
**at 9:30 a.m.**

Cancer Prevention Strategies: Come discuss with Dr. Trinh different tips and strategies you can do to prevent cancer. If you are interested please use the link

**<https://us02web.zoom.us/j/81985983902>** to join.

## *Alzheimer's Risk Reduction*

**MemorialCare**  **September 29, 2020**  
**at 9:30 a.m.**

8 Pillars of Alzheimer's Risk Reduction: Come discuss with Dr Trinh about the latest research in Alzheimers Disease. If you are interested please use the link

**<https://us02web.zoom.us/j/81985983902>** to join.



11300 Stanford Ave | Garden Grove CA  
92840 | 714-741-5253

# Alzheimer's | ORANGE COUNTY



## Virtual Support Group Calendar

Looking for connection and support with other caregivers? Join a virtual Zoom support group! We have several days and times to choose from. You can participate via video call or telephone (audio only). We also invite you to join our [Facebook Caregiver Support Group](#) to stay connected with other caregivers and care partners.

### Alzheimer's/Dementia Caregiver Support Group

- 1st & 3rd Wednesdays at 10:00 AM
- Every Wednesday at 1:30 PM
- 2nd & 4th Wednesdays at 3:00 PM
- 3rd Tuesday of the month at 7:00 PM

### Specialized Support Groups

- **After Dementia (Grief & Bereavement Support)**
  - 1st Monday of the month at 1:30 PM
- **Faith-based Support Groups**
  - 1st Tuesday of the month at 5:30 PM
  - 1st & 3rd Mondays at 7:00 PM
- **Men's Caregiver Support Group**
  - 2nd Tuesday of the month at 6:00 PM

Contact [kathy.carchidi@alzoc.org](mailto:kathy.carchidi@alzoc.org) or call **844-435-7259** if you are interested in joining a support group. Check <https://www.alzoc.org/services/support-groups/> for the most up to date information



*H. Louis Lake*  
SENIOR CENTER

## **PARKING LOT BINGO!**

Thursdays  
9am-10:30am

**Free!**

To pre-register please call the H.  
Louis Lake Senior Center at  
**714-741-5253**

- **Must Pre-Register to Participate**
- **Maximum of Two People Per Car**
- **Please Bring Your Own Pen**
- **Cards Will Be Used Only Once**





BOO!

# MISSING OUR SENIORS THIS SPOOKY SEASON



## CRESCENT MUMMY DOGS



### INGREDIENTS

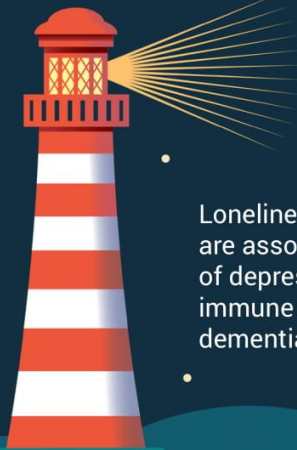
- 1 can (8 oz) Pillsbury™ refrigerated crescent rolls or 1 can (8 oz) Pillsbury™ refrigerated Crescent Dough Sheet
- 2 1/2 slices American cheese, quartered (2.5 oz)
- 10 Oscar Mayer™ hot dogs
- Cooking Spray
- Mustard or ketchup, if desired

### STEPS

1. Heat oven to 375°F.
2. If using crescent rolls: Unroll dough; separate at perforations, creating 4 rectangles. Press perforations to seal. If using dough sheet: Unroll dough; cut into 4 rectangles.
3. With knife or kitchen scissors, cut each rectangle lengthwise into 10 pieces, making a total of 40 pieces of dough. Slice cheese slices into quarters (1/2 slice cheese, cut in half).
4. Wrap 4 pieces of dough around each hot dog and 1/4 slice of cheese to look like "bandages," stretching dough slightly to completely cover hot dog. About 1/2 inch from one end of each hot dog, separate "bandages" so hot dog shows through for "face." On ungreased large cookie sheet, place wrapped hot dogs (cheese side down); spray dough lightly with cooking spray.
5. Bake 13 to 17 minutes or until dough is light golden brown and hot dogs are hot. With mustard, draw features on "face."

# STAY CONNECTED

## to Combat Loneliness and Social Isolation



**Feeling lonely and being isolated are bad for your health.**

Loneliness and social isolation are associated with higher rates of depression, a weakened immune system, heart disease, dementia, and early death.\*

**Are you at risk?**



Try to stay active and better connected if you:

- live alone or can't leave your home
- feel alone or disconnected from others
- recently had a major loss or change
- are a caregiver
- lack a sense of purpose

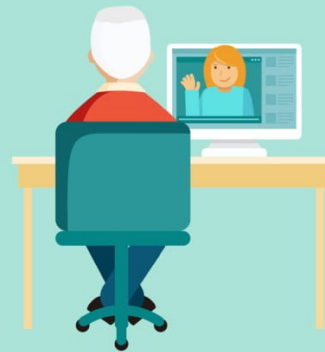
## Ideas for staying connected

**Find an activity that you enjoy or learn something new.** You might have fun and meet people with similar interests.



**Get moving!** Exercise decreases stress, boosts your mood, and increases your energy.

**Volunteer.** You'll feel better by helping others.



**Stay in touch** with family, friends, and neighbors in person, online, or by phone.

**Consider adopting a pet.** Animals can be a source of comfort and may also lower stress and blood pressure.



For more information about preventing loneliness and social isolation, visit <https://www.nia.nih.gov/health/participating-activities-you-enjoy>.



\*Cacioppo JT, Hawkey LC. Perceived social isolation and cognition. *Trends Cogn Sci*. 2009;13(10):447-54.



# Fall Word Search



ACORN  
APPLE  
AUTUMN  
CHESTNUTS  
CHILLY  
CIDER  
COBWEB  
FALL  
FOOTBALL  
GOURD

HALLOWEEN  
HARVEST  
HAY BALE  
HAYRIDE  
LEAVES  
MAIZE  
NOVEMBER  
NUTS  
OCTOBER  
PUMPKIN

QUILT  
RAKE  
SCARECROW  
SEPTEMBER  
SLEET  
THANKSGIVING



# 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="http://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

*“A little gray hair is a small price to pay for all this accumulated wisdom.”*  
-Unknown

## Puzzle Corner

Solution:

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

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

# The Funnies



I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it.



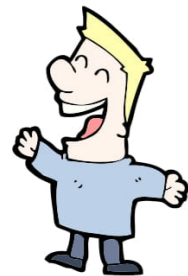
Why do they call it the novel coronavirus? It's a long story....



Why didn't the sick guy get the joke? It flu over his head.



Did you hear the joke about the germ? Never mind, I don't want to spread it around.



Where do sick boats go to get healthy? The dock!



# HELP PREVENT THE SPREAD OF NOVEL CORONAVIRUS (COVID-19)



Novel Coronavirus is a new virus that causes respiratory illness in people. Symptoms include coughing, sneezing, runny nose, fever and shortness of breath. To help prevent the spread of the virus and protect yourself, follow Dr. Rita's recommendations!



Wash your hands often with soap and water



Avoid close contact with people who are sick



Cover your cough or sneeze with a tissue or sleeve



Avoid touching your face



Stay home when you are sick and get lots of rest



Eat healthy foods and drink plenty of fluids

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)

*"Growing old is mandatory but growing up is optional."  
-Walt Disney*



## Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

*Many falls are preventable.*

*Stay safe with these tips!*

- 1** Find a good balance and exercise program  
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend. 
- 2** Talk to your health care provider  
Ask for an assessment of your risk of falling. Share your history of recent falls. 
- 3** Regularly review your medications with your doctor or pharmacist  
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed. 
- 4** Get your vision and hearing checked annually and update your eyeglasses  
Your eyes and ears are key to keeping you on your feet. 
- 5** Keep your home safe  
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas. 
- 6** Talk to your family members  
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue. 

**ncoa**  
National Council on Aging

To learn more, visit [ncoa.org/FallsPrevention](http://ncoa.org/FallsPrevention).

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