

# The Scoop

11300 Stanford Avenue, Garden Grove, CA 92840 | (714) 741-5253  
Monday-Friday 8:30am-3:30pm | [ggcity.org/SeniorCenter](http://ggcity.org/SeniorCenter)

## ISSUE HIGHLIGHTS

- Important Phone Numbers
- Center Announcement
- Community Cleanup
- Bracken's Kitchen Breakfast
- Lunch Café
- Schedule of Classes
- Activities Schedule
- Mejor Juntos
- Chair Yoga
- iPad Class
- Computer Basics
- Line Dancing
- HOAG
- AARP Driving Course
- Birthday Celebration
- Karaoke
- Craft
- New Year's Celebration
- International Week
- Valentine's Day Dance
- Valentine's Day Celebration
- Thanksgiving Recap
- Rene's Kitchen
- Senior Mobility Program
- Legal Aid
- Community Resources
- Crossword Puzzle

We made it another year around the sun! What better way to ring in the new year than with some fun! Staff have prepared a morning filled with good food, treats, and music on Tuesday, January 16 in the dining room. Also, International Week is returning the week of January 23-26, see page 21.

If your New Year's resolution is to clean out that garage, get more organized, or reduce clutter, see page 5. The City, in partnership with Republic Services is hosting six clean up days throughout the city. The first clean-up day is January 27, 2024.

February is about embracing friendships, self-love and time with our loved ones, and **WE LOVE OUR SENIORS!** Join us for a Valentine's craft on January 23, where we will be making heart shaped wreaths. Dance the night away with your favorite people at the Senior Center at our evening Valentine's Dance on Friday, February 9, 2024. The evening will feature music, a pasta dinner, and a special gift for all who attend. All are welcome during our Valentine's Day party on February 14. Sign up early to reserve your spot.

Wishing you love and happiness in 2024!

Gabi  
Human Services Supervisor



The mission of the Community Services Department is to enrich and serve an inclusive, healthy, and vibrant community by innovatively connecting people through parks, programs, and play.

# 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/calfresh">www.ssa.ocgov.com/cash-calfresh/ 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

# **CENTER CLOSED**



**The H. Louis Lake Senior  
Center will be closed on the  
following days due to the  
holidays:**

**Monday, January 1, 2024**

**Monday, January 15, 2024.**

**Monday, February 19, 2024**



# 2024 COMMUNITY CLEANUP DAYS

Hosted by the City of Garden Grove, Garden Grove Sanitary District, and Republic Services.

Cleanup days are from 9:00 a.m. to 11:00 p.m.

**January 27**

**Pacifica High School  
6851 Lampson Avenue**

**March 16**

**Skylark Elementary  
11250 Mac Murray Street**

**May 11**

**Garden Grove Park  
9301 Westminster Avenue**  
\*Paper shredding opportunity.

**July 20**

**Ralston Intermediate  
10851 Lampson Avenue**

**September 14**

**H. Louis Lake Senior Center  
11300 Stanford Avenue**

**November 9**

**Garden Grove  
Municipal Service Center  
13802 Newhope Street**

Dates and locations are subject to change.  
Check the City's website and social media regularly.



For more information, visit [ggcity.org/cleanup-days](https://ggcity.org/cleanup-days)



GOOD MORNING...



It's time for



# Bracken's Kitchen Breakfast!

Bracken's Kitchen is now offering  
breakfast every Tuesday morning  
from  
9 AM - 10 AM.

For more information please  
contact us at (714) 741 - 5253



*H. Louis Lake*  
SENIOR CENTER







# LUNCH CAFÉ

**Meals on Wheels is currently being offered Monday through Friday at 11:30 AM. Meals are served on a first come first serve basis, with registration for the day's lunch in person beginning at 8:30 AM (when the center opens). Lunch will be served starting at 11:30 AM. Adults ages 60 and over are eligible to receive meals.**

**For more information please contact us at  
(714) 741 - 5253**





# 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.

## TAI CHI


**Day:** Mondays & Wednesdays

**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.**



## CHAIR YOGA

**Days:** Wednesdays & Fridays

(1/17/2024 - 2/28/2024)

**Time:** 10:15 a.m. to 11:15 a.m.

**Instructor:** Paloma from SAC

### Class Description:

This low impact course is designed to increase flexibility and muscle strength as a way of improving and enhancing physical and mental alertness through adapted yoga postures.



## ADAPTIVE LINE DANCING

**Day:** Fridays

**Time:** 1:30 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.



## FIT MIND FIT BODY

**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 move like no one is watching. Fit Mind Fit Body burns calories, improves heart health, and reduces stress.



## HEALTH EDUCATION

**Days:** January 9th and January 23rd & February 13th and February 27th

**Time:** 2:00 p.m. to 3:30 p.m.

**Instructor:** Julia from HOAG

**Class Description:** Join us for an interactive health class with Community Nurse Navigator, Julia Teal, RN.



## COMPUTER BASICS

**Day:** Wednesdays

**\*\* MUST BE PRE-REGISTERED \*\***

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

**Instructor:** Santiago from SAC

### Class Description:

Join us for a class on computer basics with Santa Ana College. If current semester is full, you can pre-register for our interest list for the upcoming semester.



# SCHEDULE OF CLASSES, CONTINUED



## IPAD CLASS

**Days:** January 2nd and 16th  
February 6th and 20th  
**Time:** 9:45 a.m. to 10:45 a.m.

**Instructor:** Kimberly

### Class Description:

Join Kimberly for lessons on how to use an iPad. Topics for the class may vary. Check the front desk for more information. Class is capped at 19 people per class. iPads will be provided.



## AARP DRIVING



**Days:** January 9th & 10th  
**Time:** 9:30 a.m. to 3:00 p.m.

### Class Description:

Renew your driving skills with the AARP Smart Driver 2-day course.

**\*\$20 for AARP members and \$25 for non-members; paid directly to the instructor the day of the class**

# SCHEDULE OF ACTIVITIES

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:** 9:45 a.m. to 11:15 a.m.

### Activity Description:

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



## POOL TABLES

**Day:** Monday-Friday

**Time:** 8:30 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.



## CRAFT DAYS

**Days:** Tuesday, January 23rd

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

**Activity Lead:** Alice

**Activity Description:** Join Alice as she teaches how to create a one of a kind craft that you can use to accentuate your seasonal and home decor!



## PAINT CERAMICS

**Day:** Mondays

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

**Instructor:** Judy

### Activity Description:

Join in on some creative time with friends to paint and create your own art. You may bring your own materials. The instructor will be able to provide information on where to purchase materials.



## PINOCHLE

**Day:** Wednesdays

**\*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.**



# Mejor Juntos

CHARLAMOS CONECTAMOS DISFRUTAMOS

♥ Acompañenos el segundo y cuarto  
miercoles del mes de 9 a.m. – 10 a.m.

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

ESTE GRUPO ESTARÁ  
PERSONALIZADO PARA USTEDES  
POR USTEDES.



## TEMAS PROPUESTOS:

- La Salud Mental y emocional
- La comunicacion
- El Autocuidado y Muchos Mas.

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

Si tiene preguntas o para  
inscribirse, llame al  
714-741-5253.





*Relax and Unwind with*

# CHAIR YOGA



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**Wednesdays and Fridays**

**10:15AM to 11:15 AM**

**January 17, 2024 - February 28, 2024**

**[sccollege.edu/olderadults](https://sccollege.edu/olderadults)**

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**Please call the H. Louis Lake Senior Center  
for questions and to register.**

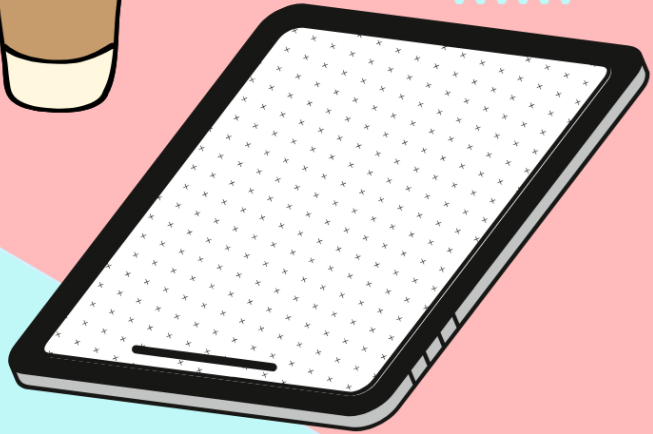
**714-741-5253**



**SANTA ANA COLLEGE**  
School of Continuing Education



*H. Louis Lake*  
SENIOR CENTER



# IPAD CLASS


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**WHEN:**  
**JANUARY 2, 16**  
**FEBRUARY 6, 20**

**IPADS WILL BE PROVIDED**

**10:00 AM - 11:00 AM**


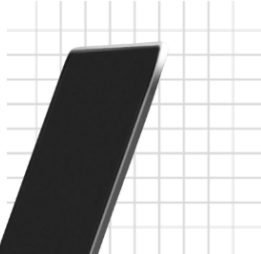
**CALL THE CENTER FOR MORE INFORMATION  
AND TO REGISTER.  
(714) 741-5253**



# COMPUTER BASICS

The Computer Basics class is now on  
Wednesdays 1:00 p.m. to 3:00 p.m.  
starting January 17, 2024

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



**SANTA ANA COLLEGE**  
School of Continuing Education



*H. Louis Lake*  
SENIOR CENTER

# LINE DANCING

NOW ON FRIDAYS  
1:30 P.M. - 3:00 P.M.



PLEASE CALL 714-741-5253 FOR MORE INFO



# Health Education Classes

## Living Our Best Life with Purpose

Please join us for this complimentary interactive health class.  
Topics Include Prevention and Best Management of  
Chronic Disease and Lifestyle Related Illness.



**WHEN:** Every 2nd Tuesday  
January 9 and January 23  
February 13 and February 27

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

**Goal Setting:** 2:00 p.m. – 2:30 p.m.

**Health Education:** 2:30 p.m. - 3:30 p.m.

**Register prior to class at 714-741-5253**

*Together let's discover healthy life-giving behaviors!*

Presented by Julia Teal, RN, PHN, CHWC  
Hoag Community Nurse Navigator  
[Julia.teal@hoag.org](mailto:Julia.teal@hoag.org)



# Safer Driving May Save You Money

**Take the AARP Smart Driver™ classroom course and you could save money on your auto insurance!\***

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

## THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

**NEW**  
CONTENT  
ADDED!

### Date(s) & Time(s):

#### 2-DAY COURSE

**(Both days are required)**

1/9, 9:30 AM - 3:00 PM

1/10, 9:30 AM - 3:00 PM

### Register Now:

Space is limited and requires registration.

Call the center for more information and to register.

(714) 741-5253

### Location:

H. Louis Lake Senior Center

11300 STANFORD AVENUE

GARDEN GROVE, CA 92840

**\$20 for AARP members | \$25 for non-members**

For more information, visit [aarp.org/drive](http://aarp.org/drive) or call **1-888-773-7160**

\*Upon completion, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.



# *Birthday Celebration!*

Join us every last  
Wednesday of the month  
for a slice of cake during our  
monthly birthday  
celebration!

STARTING AT 11:15AM



**Sing your favorite  
songs & hang out  
with friends.**



**Singing Seniors  
KARAOKE  
DAY!**

**Tuesday,  
January 30th &  
February 27th**

**TIME:**

**9:30AM - 11:30AM**

**LOCATION:**

**H. Louis Lake Senior Center  
11300 Stanford Ave.  
Garden Grove, CA 92840**

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





# CRAFT DAY

**Tuesday,  
January 23, 2024  
10 a.m. - 11 a.m.**



**\$5 FEE**

**Space is limited and requires  
registration.  
Call the center for more  
information.  
(714) 741-5253**

The poster has a dark blue background decorated with stylized fireworks in gold and white at the corners and sides. Two champagne flutes with gold ribbons are positioned on either side of the main title. Gold confetti is scattered throughout the design.

**NEW YEAR'S**

**2024**

*Celebration*

**TUESDAY,  
JANUARY 16, 2024  
10:00 AM - 11:30 AM**

Join us and celebrate  
the New Year!

Call the Center for more  
information.

(714) 741-5253

# INTERNATIONAL WEEK

**Tuesday, January 23, 2024  
to  
Friday, January 26, 2024**

Join us  
for a week long celebration of  
different cultures. Activities will  
include Show and Tell, crafts, loteria,  
daily appetizers, and performances.



**For more information,  
call the H. Louis Lake Senior Center at  
(714) 741-5253**





JOIN US FOR A

# Valentine's Day!

*Dance*

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♥ Friday, February 9, 2024  
5:00 p.m. - 8:00 p.m.

Cost is \$15 per person



**CALL THE CENTER AT (714) 741-5253 FOR ANY QUESTIONS.**

**11300 STANFORD AVE. GARDEN GROVE, CA 92840**





# Valentine's Day Celebration

FEBRUARY 14TH

10:00AM TO 11:30AM

For more information,  
please call the center at  
714-741-5253

*See you there!*

H. Louis Lake Senior Center  
11300 Stanford Ave.,  
Garden Grove, CA 92840



# Thanksgiving CELEBRATION





# CARNE EN SU JUGO

## Directions



## RENE'S KITCHEN

### Ingredients

- 3-5 serrano chilies – depends on spiciness level you'd like
- 1 carton of Beef Stock
- 1 medium size can of pinto beans
- 1 TBSP of chicken bouillon
- Garlic powder
- Onion powder
- Cumin powder
- Cilantro for garnish
- Chopped red onion for garnish
- Limes
- 2-3lbs of stew meat – sliced into bite size pieces
- 1 small yellow onion - chopped
- 3 garlic cloves – Minced
- 3 garlic cloves - Whole
- 1 pack of bacon – cut into bite size pieces
- 6-8 tomatillos
- Salt
- Pepper

- Put your stew meat into a bowl and add garlic powder, onion powder, cumin powder, and Salt & pepper. There are no measurements here, just add whatever feels right but remember it is easier to add more later, than take away any of it once you put it in. Set aside.
- In a small pot place the tomatillos, whole garlic, and serrano chilies. Add water until it ingredients are covered and add some salt. Bring to a boil and cook for 10 to 15 minutes or until all ingredients are cooked through. Let it cool for a bit and then add tomatillos, chiles, and garlic cloves into a blender with about a 1 cup of the cooking water. Add chicken bouillon and blend.
- While this is cooking, throw in your bacon into a medium to large pot and cook until brown. Remove bacon and set aside. Remove some of the bacon grease from the pot leaving only about 1 to 2 TBSPs behind. Add your chopped yellow onion and cook for 2-3 minutes, add minced garlic and cook for another minute.
- Add your sliced seasoned stew meat and cook until brown. This is where the name comes from. As the meat cooks, it releases all its juices which helps stew the meat. It's time for the tomatillo sauce. Strain the sauce into the pot. Add about half the carton of beef broth (more or less depending on how soupy you want it). Add can of pinto beans and cooked bacon into the pot. Bring to a boil, then reduce heat to low and place lid and let it simmer for 1.5 to 2 hours. You can taste to and re-season if it needs it.
- I like adding Mexican bulb onions while the meat is simmering. They get really soft and absorb all the goodness of the broth.
- Serve in a bowl and add chopped red onion and cilantro for garnish.

# SENIOR MOBILITY PROGRAM



## About:

- ✓ The Senior Mobility Program is available to residents of Garden Grove age 60 years or older.
- ✓ Service provided Monday through Friday from 7:30 a.m. to 6:00 p.m.
- ✓ Proof of address and age required at time of application.

## Our Service:

- ✓ ***FREE*** trips to and from the senior center!
- ✓ Trips to medical appointments up to 5 miles outside city limits.
- ✓ Trips to grocery stores within Garden Grove.
- ✓ \$2.00 fee for trips to and from medical appointments or grocery shopping.



Please call the H. Louis Lake Senior Center for additional questions and to sign up.

714-741-5253

# 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.

January 24, 2024 - 1:00 PM - 3:00 PM

February 28, 2024 - 1:00 PM - 3:00 PM





# 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:**



COMMUNITY HEALTH INITIATIVE  
OF ORANGE COUNTY

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

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



# FREE GROCERY BOX DELIVERY

Are you a  
Medi-Cal  
Member?



- **Features:** Fresh grocery box delivered directly to your door!
- **Benefits:** Our registered dietitian will work with you to build the perfect box for you!
- **Eligibility:** Medi-Cal member with chronic health conditions.

→  
SCAN TO  
LEARN MORE



by



**Get started today!**

949-673-0783

meals@sunterraonline.com

[www.projectfoodbox.org/MTM](http://www.projectfoodbox.org/MTM)

SUNTERRA PRODUCE IS AN ORANGE COUNTY BASED, MINORITY OWNED GROWER AND DISTRIBUTOR OF FRESH PRODUCE.

**SUPPORTIVE  
SERVICES**

**EDUCATION  
AND  
WORKSHOPS**

**COMMUNITY  
RESOURCES**

**CASE  
MANAGEMENT**



**HEALTH AND  
WELLNESS  
REFERRALS**

**NEEDS  
ASSESSMENT**



**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:** Monday from 11:00 a.m. to 1:00 p.m.

For more information, please call: (714) 741-5253



# 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)**





# 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

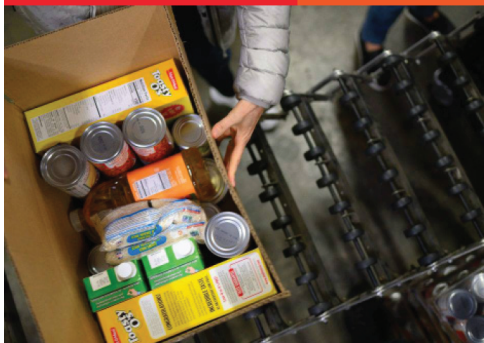


**ReConnect**

a Program of Council on Aging



# 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	\$2,266 per month
2 Seniors	\$3,052 per month
3 Seniors	\$3,840 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  
Meniffee  
Mira Loma  
Riverside



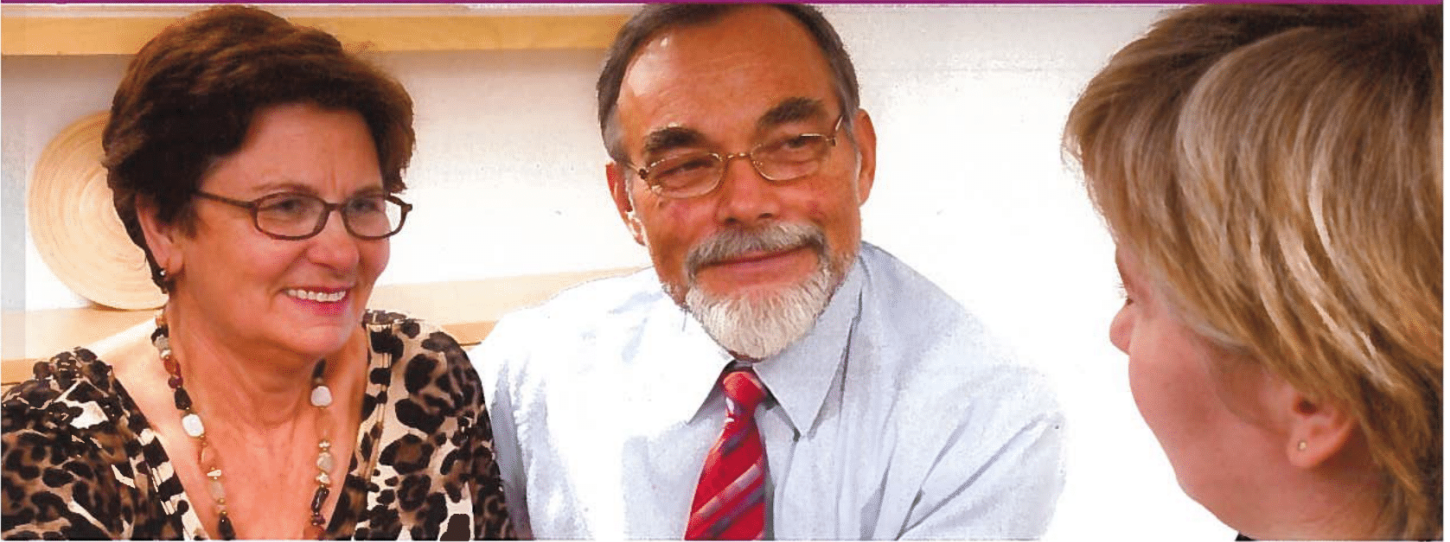
**For a site near you, please contact:**  
714-667-0717

USDA is an Equal Opportunity provider and employer.

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

# 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**

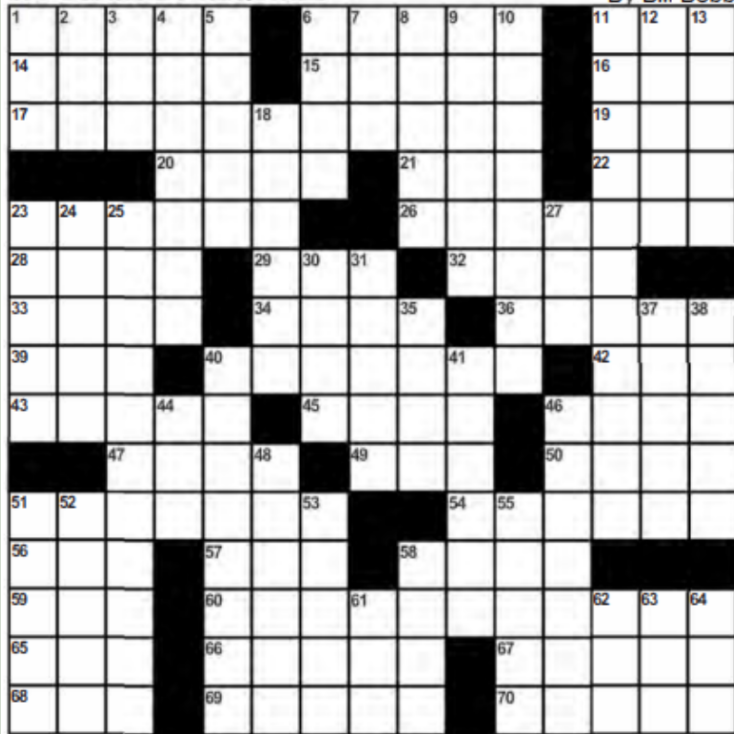
a Program of Council on Aging



# Crossword Puzzle

## NO BLANKET REQUIRED

By Bill Bobb



### ACROSS

- |                                |  |
|--------------------------------|--|
| 1) Small and elegant           | 42) Chapter of history                 |
| 6) Star-to-be                  | 43) Medicinal ointment                 |
| 11) Popular cured meat         | 45) Japanese aborigine                 |
| 14) Alaska resident            | 46) 1944 Normandy event                |
| 15) Be crazy about             | 47) Young goats                        |
| 16) Liftoff preceder?          | 49) Washout on the dance floor         |
| 17) Easily infuriated          | 50) "If all ___ fails ..."             |
| 19) Dynamite's kin             | 51) Retribution seeker                 |
| 20) Canadian native            | 54) Pared or skinned                   |
| 21) Fox alternative            | 56) Be less than candid                |
| 22) Cultivating tool           | 57) Opposite of WSW                    |
| 23) Angora fleece              | 58) "In the headlights" animal         |
| 26) Fringed carriages          | 59) Republican Party                   |
| 28) Grand-scale poetry         | 60) Difficult and controversial issues |
| 29) Bratty kid                 | 65) It has a wet head and hops         |
| 32) Tofu source, in London     | 66) Fragrant root used in perfumes     |
| 33) Rectangular paving stone   | 67) Lewis the puppeteer                |
| 34) Well-ordered               | 68) Musical discernment                |
| 36) Exodus commemoration feast | 69) Money receiver                     |
| 39) Is after you?              | 70) "Poly" add-on                      |
| 40) Jacuzzis                   |  |

### DOWN

- 1) Scrooge's utterance
- 2) Nobel-winning UN agcy.
- 3) "Private" transportation
- 4) Rejected one
- 5) Multiple wombs
- 6) Batman's garment
- 7) Fancy poem of tribute
- 8) Dawns, in poetry
- 9) Volcano on Antarctica
- 10) Humanitarian symbol
- 11) Like one in a rage
- 12) Be a pain in the neck
- 13) Parcels (with "out")
- 18) Sheep type
- 23) Arizona features
- 24) Type of house or glasses
- 25) Inn owner, sometimes
- 27) Bread type
- 30) Kind of physics
- 31) Place for some durable furniture
- 35) Bluefin, e.g.
- 37) Delete
- 38) Emitted sunbeams
- 40) Fly close to the ground
- 41) "Help yourself" offering
- 44) Diesel of films
- 46) Famines or shortages
- 48) Married woman, in Madrid
- 51) Pond scum, e.g.
- 52) String quartet part
- 53) Go for it again
- 55) Tenement arrangement
- 58) Amount of medication
- 61) Rhubarb or Boston cream
- 62) The "O" of Cheerios
- 63) Before, to a poet
- 64) Address for many officers



**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	8:30 A.M. - 3:30 P.M.
TUESDAY	8:30 A.M. - 3:30 P.M.
WEDNESDAY	8:30 A.M. - 3:30 P.M.
THURSDAY	8:30 A.M. - 3:30 P.M.
FRIDAY	8:30 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)

