

# 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 Announcements
- Bracken's Kitchen Breakfast
- Lunch Café
- Schedule of Classes
- Schedule of Activities
- Mejor Juntos
- Chair Yoga
- Crochet
- HOAG
- Karaoke
- Birthday Celebration
- iPad Class
- Bingo Madness
- Duffy Boat Field Trip
- Movie Day
- Game Day
- Ice Cream Social
- Luau Dance
- Rene's Kitchen
- Cooling Center
- Community Resources
- Crossword Puzzle

May gray and June gloom are gone and the heat is officially here. As a reminder, cities have local cooling centers throughout the county to stay cool. See page 24 for information on our Garden Grove cooling center or call 211 to find out where to find your local cooling center in the county.

Join us for fun intergenerational events on July 3 and August 8. Bring your adult children, friends, or grandkids for our Independence Day lunch on July 3. All are welcome to eat lunch and enjoy root beer floats. Guests over 18 are welcome to join the fun for Bingo Madness that morning. On August 8th, join Game Day followed by lunch. All ages are welcome. Make sure to pre-register early.

Summer heat means fun summer nights! Join us, as we sail the night away for an evening on a Duffy Electric Boat cruise in Newport Beach on July 16, or break out your best Hawaiian attire for an evening Luau with dinner and dancing on August 29.

A big heartfelt thank you to the hard working staff, volunteers, and community partners, and to all of our members who support our Center. Wishing you a safe and happy Fourth of July!

Warm Regards,

Gabi  
Human Services Supervisor



Community Services Department Mission

To enrich and serve an inclusive 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>

# 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



**Happy  
4<sup>TH</sup> OF  
July**

**H. LOUIS LAKE SENIOR CENTER  
WILL BE CLOSED  
THURSDAY,  
JULY 4TH**







# CENTER ANNOUNCEMENTS

- **Bingo Madness:**
  - Wednesday, July 3, 2024  
9:30 a.m. - 11:00 a.m.
- **Duffy Boat Field Trip:**
  - Tuesday, July 16, 2024  
2:30 p.m. - 7:00 p.m.
- **Movie Day:**
  - Wednesday, July 24, 2024  
9:00 a.m. - 11:00 a.m.
- **Game Day:**
  - Wednesday, August 7, 2024  
9:00 a.m. - 11:00 a.m.
- **Ice Cream Social:**
  - Wednesday, August 28, 2024  
Starting at 11:45 a.m.
- **Luau Dance:**
  - Thursday, August 29, 2024  
5:00 p.m. - 8:00 p.m.



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

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

**Instructor:** Blanca

### **Class Description:**

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



## CHAIR YOGA

**Days:** Wednesdays & Fridays

**Summer Session:** 7/31/2024 – 8/9/2024

**Fall Session:** 8/21/2024 – 12/6/2024

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

**Instructor:** Paloma from Santa Ana College.

### **Class Description:**

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



## 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.



## HEALTH EDUCATION

**Days:** July 23rd and August 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.



## IPAD CLASS

**Day:** July 2nd and 16th

August 6th and 20th

### **Time:**

**iPad Class:** 9:30 a.m. to 10:30 a.m.

**General Tech Questions:** 10:30 a.m. – 11:00 a.m.

**Instructor:** Kimberly

### **Class Description:**

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

**NEW**— 15-minute appointments will be available after the iPad Class for participants who have questions about their phones, laptops, or tablets.



## 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.



## 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.



# 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.

## CROCHET



Days: Fridays

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

Instructor: Carole

Class Description: Join Carole for some coffee and crochet.

## 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.

## 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.

## CRAFT DAYS



Days: \*Call center for details

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 décor!

## 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.

## MOVIE DAY



Day: Wednesday, July 24th, 2024

Time: 9:00 a.m. to 11:00 a.m.

Movie Description:

\*Please call the center for more information.

## FIELD TRIP



Date: Tuesday, July 16th, 2024

Time: 2:30 p.m. to 7:00 p.m.

Excursion Details:

Embark on a delightful water trip with us as we sail away on Duffy boats!

\*There will be a fee for the field trip.



# Mejor Juntos

CHARLAMOS CONECTAMOS DISFRUTAMOS

**Acompáñenos el segundo y cuarto  
miércoles del mes de 9 a.m. - 10 a.m.**

Este grupo para mujeres estará  
personalizado para ustedes por  
ustedes.

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

**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



---

**Wednesdays and Fridays**

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

**SUMMER SESSION:**

**July 31, 2024 - August 9, 2024**

**FALL SESSION:**

**August 21, 2024 - December 6, 2024**

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

---

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

**714-741-5253**



**SANTA ANA COLLEGE**  
School of Continuing Education



**GARDEN GROVE**

*H. Louis Lake*  
**SENIOR CENTER**

# Join us for Coffee and Crochet Fridays

**9:00 AM - 10:00 AM**



**Beginner spaces are  
limited to 5.  
Intermediate and  
Advanced spaces are  
open.**

**Pre-registration is required. Please call the  
H. Louis Lake Senior Center  
for questions and to register.**

**714-741-5253**



# 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:** Tuesday, July 23, 2024  
Tuesday, August 27, 2024

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

**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)

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



**Singing Seniors  
KARAOKE  
DAY!**

**Tuesday,  
July 30th &  
August 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**







# HAPPY

# Birthday



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

STARTING AT 11:15AM





# IPAD CLASS

**WHEN:  
JULY 2, 16  
AUGUST 6, 20**

**IPADS WILL BE PROVIDED**

**IPAD CLASS: 9:30 AM - 10:30 AM  
GENERAL TECH QUESTIONS: 10:30 - 11:00 AM**

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

*H. Louis Lake*  
SENIOR CENTER





# BINGO *MADNESS*

WEDNESDAY, JULY 3, 2024

---

9:30 A.M. – 11:00 A.M.

**Join us for some Bingo fun!  
Participants can bring up to two  
guests of any age, space  
permitting.**

SPACE IS LIMITED AND REQUIRES REGISTRATION.  
CALL THE CENTER FOR MORE INFORMATION.  
(714) 741-5253



# Duffy Boat

## Field Trip

**Join us for a day by the bay  
floating away in a Duffy Boat!**

**Newport Beach, CA**

**Tuesday, July 16, 2024**

**Departure Time: 2:30 p.m.**

**Estimated Return Time: 7:00 p.m.**

**Cost: \$20**

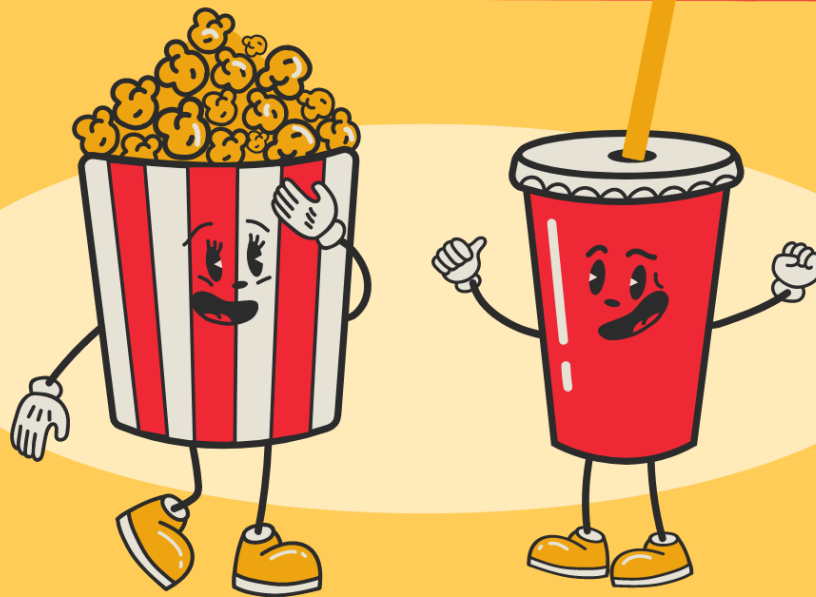
**Registration is required and spaces are limited.**

**Please call the center for more information at**

**714-741-5253.**



# **FREE MOVIE DAY**



**WEDNESDAY,  
JULY 24, 2024**

**9:00 A.M. – 11:00 A.M.**

11300 STANFORD AVE, GARDEN GROVE, 92840

FOR MORE INFO CONTACT US AT:

714-741-5253





# Game Day

Wednesday,  
August 7, 2024  
**9:00 a.m. – 11:00 a.m.**



Join us for some fun, games, and lunch! Participants can bring up to two guests of any age, space permitting.

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

# ICE CREAM SOCIAL

Indulge in a delightful experience of flavors,  
fun, and frozen treats at our Ice Cream  
Social event!

***Wednesday,  
August 28, 2024***

**STARTS AT 11:45 AM**



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





# Aloha!

JOIN US FOR A

## *Luau Dance*

**THURSDAY,  
AUGUST 29, 2024**

**5:00 P.M. - 8:00 P.M.**

**COST IS \$15 PER PERSON**

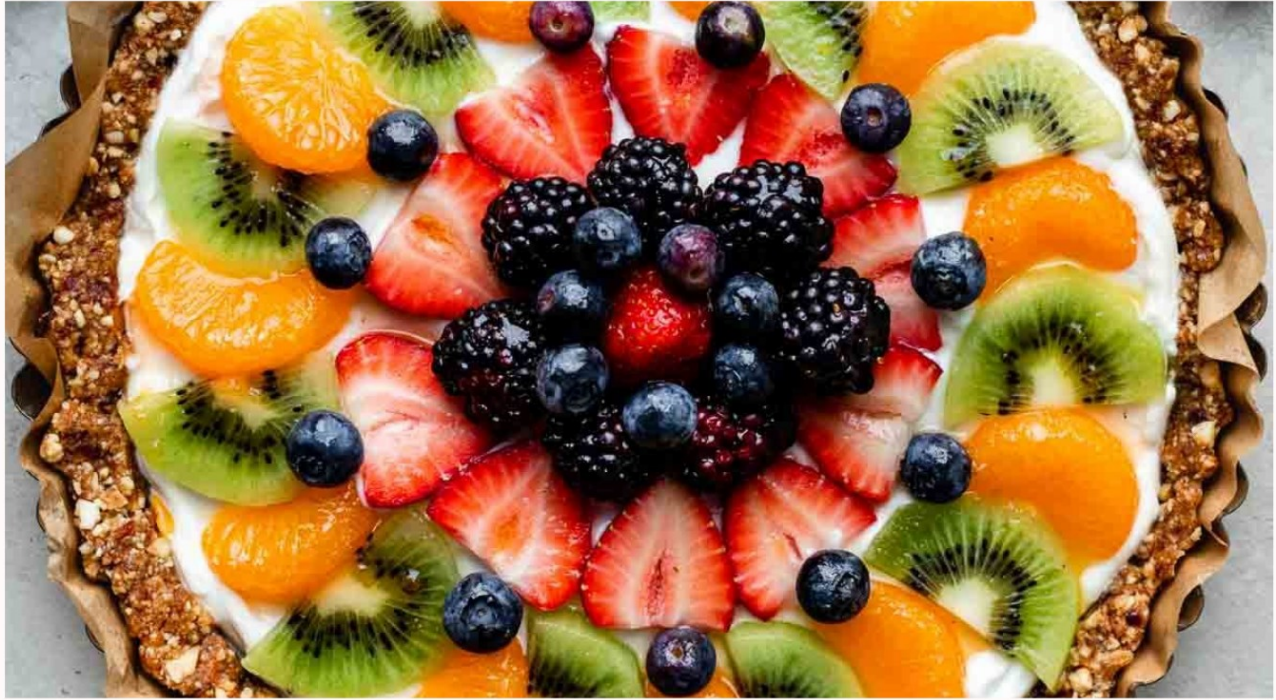
**CALL THE CENTER AT (714) 741-5253 FOR  
ANY QUESTIONS.**

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



# No-Bake Greek Yogurt Fruit Tart

*Rene's Kitchen*



8-10 servings



25 minutes

## INGREDIENTS

- 15 pitted Medjool dates (about 230g)
- 3/4 cup unsalted cashews
- 3/4 cup unsalted almonds
- 1 cup Greek yogurt (plain or any flavor)
- Assorted sliced fresh fruit
- Optional for topping:
  - 2 Tablespoons apricot preserves mixed with 1 Tablespoon water

## DIRECTIONS

1. Spray the bottom of a 9-inch tart pan, 9-inch cake pan, or 9-inch pie dish with nonstick spray. Line with parchment paper.
2. Soak the dates in warm water for 10 minutes. Drain them, and then cut them in half before using.
3. In a food processor or blender, pulse the dates, cashews, and almonds together until a thick “dough” is formed and the nuts are all broken up. Press evenly into the prepared tart pan and partly up the sides.
4. Spread the yogurt on top of the crust. Decorate with fresh fruit. Mix together the optional preserves and water topping, and brush over fruit for a glossy finish
5. Slice and serve immediately or cover and refrigerate for up to 1 day before serving.





# **COOLING CENTER**

When temperatures reach or exceed 95 degrees Fahrenheit, the community may find relief from the heat at the local cooling center below:

**Garden Grove Sports & Recreation Center**

13641 Deodara Drive,

Garden Grove, CA 92844

For hour of operation, call (714) 889-5783

For more information, visit  
[ggcity.org/cooling-center](http://ggcity.org/cooling-center).

You may also call 2-1-1- for additional  
cooling center locations

**\*\*Please see senior center staff to inquire if the  
senior center will extend hours until 5 p.m.**





## Senior Health Outreach & Prevention Program (SHOPP)



SHOPP is a Public Health  
Nursing Program that  
serves older adults (55+)

**Public Health Nurses provide home visitation and case management to older adults with health needs.**

### Public Health Nurses can help with:

- Referrals to medical, mental health, specialty care & more
- Provide health assessments, education, and medication review
- Access to health insurance
- Arrange transportation and home delivered meals
- Link to community resources
- Connect with supportive/caregiver resources
- Improve daily living skills

### To learn more:

- Website: <https://ochealthinfo.com/services-programs/community-and-nursing-services>
- Call: (714) 834-7747
- Fax: (714) 834-7780
- E-mail: [PublicHealthNursing@ochca.com](mailto:PublicHealthNursing@ochca.com)
- Scan QR Code



*Eligibility criteria may apply*

**Community and Nursing Services**



1725 W. 17th Street | Santa Ana, CA 92706 | (714) 834-7747 | <https://ochealthinfo.com/>

# HOARDING AND FIRE RISK



*Extreme clutter creates serious health risks, increases fire danger, and impacts quality of life. Help is available if you or someone you know has ongoing difficulty getting rid of possessions that are no longer useful.*



*Hoarding affects  
up to 6% of  
the population,  
including 19 million  
Americans.*



**Orange County  
Fire Authority**

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



## **Hoarding Fire Risk**

- Cooking is unsafe in a cluttered kitchen if flammable items are too close to the stove or oven.
- Heaters are often too close to furniture, boxes, stacks of paper, or other items that can burn.
- Electrical wires often fray under the weight of stacks or piles.
- Open flames from smoking materials or candles can easily come into contact with excess clutter.
- Cramped living quarters result in narrow pathways and blocked exits.
- During a fire, stacks of belongings can easily fall over and entrap residents or firefighters.
- The weight of stored items, especially if water is added to put out a fire, can lead to a building collapse.
- Excess clutter can make searching for, rescuing, or providing medical care to residents difficult or even impossible in a hoarding home.

## **You Can Help**

- Never ignore potential hoarding situations. Early intervention might save someone's life.
- When addressing hoarding, focus on risk prevention rather than clutter. Appeal to the resident's sense of safety and the well-being of family members, pets, neighbors, and first responders. Be caring and empathetic, not judgmental.
- Encourage the resident to start with small steps, such as installing smoke and carbon monoxide alarms, clearing exit paths from each room, and creating a home escape plan.
- Discuss possible solutions and local resources, including the Orange County Task Force on Hoarding by visiting [ochoardingtaskforce.org](http://ochoardingtaskforce.org).

# 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:**

*H. Louis Lake*  
SENIOR CENTER



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



# 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 10 miles outside city limits within Orange County.
- ✓ 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.

July 23, 2024 - 1:00 PM - 3:00 PM  
August 28, 2024 - 1:00 PM - 3:00 PM



# PEARLS OC

Program to Encourage Active, Rewarding Lives for Seniors



## 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.

PEARLS is an evidence-based program that offers culturally and linguistically responsive holistic services that have demonstrated effectiveness in reducing depressive and loneliness symptoms, increasing quality of life, and advancing health equity in community dwelling older adults.

## Program Eligibility

- ▶ Orange County adults aged 60 and older
- ▶ Individuals experiencing isolation, depression, and/or chronic health conditions
- ▶ Individuals willing to participate in the program

## CONTACT US – WE CAN HELP

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

(714) 492-1874 | [pearls@coasc.org](mailto:pearls@coasc.org) | [coasc.org/pearls](https://coasc.org/pearls)

## What We Do

Our program provides 4 to 6 months services at no-cost to participants that includes:

- ▶ Outreach and education
- ▶ In-home and/or virtual services
- ▶ Individual screenings
- ▶ Participant psychoeducation
- ▶ Training for problem-solving
- ▶ Goal setting
- ▶ Skill building coaching
- ▶ Social and physical activation
- ▶ Progress review
- ▶ Referrals to appropriate services
- ▶ Follow-up services

### Services available at:

- ▶ COASC main office - county wide
- ▶ OCAPICA



**PEARLS OC**

a Program of Council on Aging

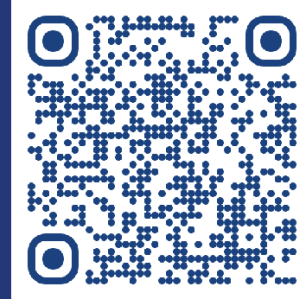


# DAYLE MCINTOSH CENTER



*The Dayle McIntosh Center (DMC) is a non-profit organization known as a Center for Independent Living. We are dedicated to empowering individuals with disabilities and older adults throughout Orange County to break down barriers which prevent them from achieving self-sufficiency.*

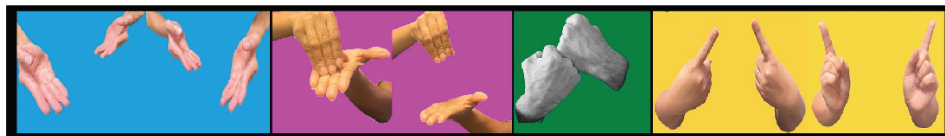
*We offer free services to people of all ages and all disability types.*



Scan for Referral Link

## Our Services:

- ✓ Advocacy
- ✓ Assistive Technology
- ✓ Blindness and Vision Loss Services
- ✓ Deaf Services
- ✓ Housing Services
- ✓ Independent Living Skills
- ✓ Information and Referral
- ✓ Nursing Facility to Community Transition
- ✓ Peer Support Groups
- ✓ Personal Assistant Services
- ✓ Youth Transition to Adulthood



### **Mission Statement:**

***"Access and equity by, and for, people with disabilities and older adults."***

### **Contact Us:**

- ☎ 714-621-3300
- 🌐 [www.daylemc.org](http://www.daylemc.org)
- 📍 501 N. Brookhurst Street #102  
Anahiem, CA 92801

# 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

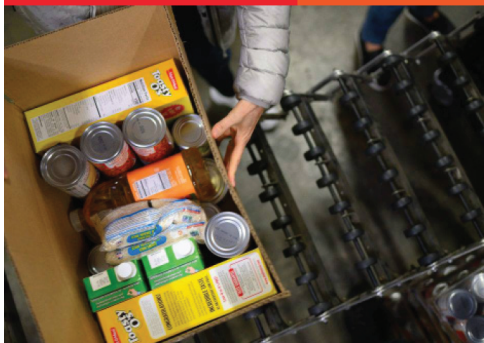


**ReConnect**

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**

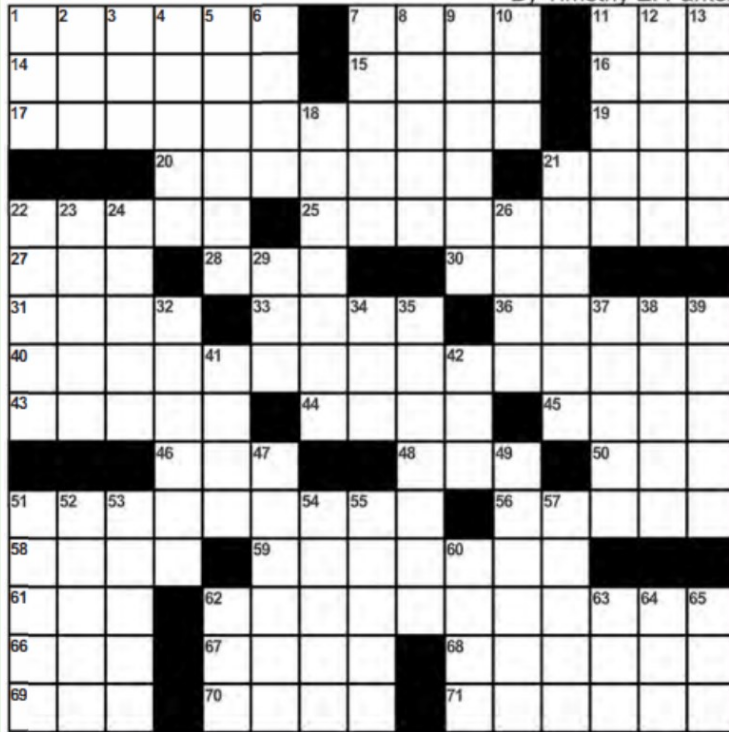
a Program of Council on Aging



# Crossword Puzzle

HELP!

By Timothy E. Parker



## ACROSS

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 1) Polar cover                      | 43) Cook Maryland crabs             |
| 7) SeaWorld favorite, once          | 44) "Buona ____" (Italian greeting) |
| 11) Great, to a Beatles' fan        | 45) Lowers, as a light              |
| 14) Flourish                        | 46) Zero, in soccer                 |
| 15) Word following a handshake      | 48) Drunkard                        |
| 16) Fury                            | 50) Agile deer                      |
| 17) Vast part of the North Atlantic | 51) Remarkable thing to see         |
| 19) Farmer's field                  | 56) Emit, as sweat                  |
| 20) Dresses                         | 58) Plushness or opulence           |
| 21) Restaurant reading              | 59) Cab driver?                     |
| 22) Iraqi port                      | 61) Rainbow shape                   |
| 25) Inheritance reducer             | 62) "Please pardon me"              |
| 27) Dada pioneer                    | 66) Center of gravity?              |
| 28) Turned chicken                  | 67) "Other" category (Abbr.)        |
| 30) Decompose                       | 68) Wolflike                        |
| 31) Belle man?                      | 69) Sushi roll fish                 |
| 33) Come unglued                    | 70) Scout uniform item              |
| 36) Tibet's capital city            | 71) Hypothetical evolutionary link  |
| 40) "Thusly, we have spoken"        |                                     |

## DOWN

- 1) Impersonal pronoun
- 2) When repeated, a Latin dance
- 3) Require an erasure
- 4) "It's a girl!" handout
- 5) Chat room icon
- 6) Bothersome type
- 7) Smells to avoid
- 8) Change back to zeros
- 9) To whom Brutus got his point across
- 10) Pie-mode link
- 11) \_\_\_\_ mignon
- 12) Pro basketball building
- 13) Plural of 31-Across
- 18) "Burnt" pigments
- 21) Modus operandi
- 22) Alcoholic cakes
- 23) "There \_\_\_\_ enough hours in the day"
- 24) Small shovel
- 26) Bridge-crossing fee
- 29) Beast associated with Balaam
- 32) Income from wealth
- 34) "Nay" offsetter
- 35) Astronomical distances
- 37) Burning
- 38) Really fat Japanese athletes
- 39) Cash or one's home, e.g.
- 41) Skip past
- 42) "7 Faces of Dr. \_\_\_\_" (1964 movie)
- 47) One of the Baltics
- 49) Gets ready for a golf drive
- 51) Frederic Douglass was one
- 52) Food prepared by blending
- 53) Do extremely well
- 54) Leafy salad green
- 55) Addams family butler
- 57) Feel around blindly
- 60) Caffeine source
- 62) Letters on an ambulance
- 63) Outer edge
- 64) Cell "messenger"
- 65) Japanese money





**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)