

THE SCOOP

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

ISSUE HIGHLIGHTS

- Participant Code of Conduct Guidelines
- Important Phone Numbers
- Bracken's Kitchen Breakfast
- Lunch Café
- Center Announcements
- Schedule of Classes
- · Schedule of Activities
- Mejor Juntos
- Alzheimer's Presentations
- Caring Connections
- Aerobic Training
- Self Defense
- Chair Yoga
- Mat Yoga
- Karaoke
- Bingo Madness
- Field Trip
- Movie Day
- Cookie Workshop
- · Ice Cream Social
- Dance
- Pacific Symphony
- Care Providers Recruitment
- · Tips to Avoid Falls
- Community Resources

🥯 Summer Is Here – Let the Fun Begin! 🌴

We're excited to welcome you to a season full of sunshine, connection, and fun! While a few classes will be paused to allow our dedicated volunteer instructors to enjoy some well-earned vacation time, we're still offering a fantastic lineup of new activities and events this summer.

Upcoming Events & Activities

Bingo Madness

Thursday, July 3

Join us as we kick off July with one of our most popular games. Come ready to shout "Bingo!" and win some great prizes.

Duffy Boat Excursion

Set sail with Captains Jake, Rene, and John for a relaxing two-hour cruise. Bring your favorite snacks and enjoy the fresh air and scenic views. Always a crowd favorite!

Movie Day

Monday, July 22

Come enjoy a film with friends—popcorn included!

Cookie Decorating

Thursday, August 8

Get creative with frosting, sprinkles, and more. All supplies will be provided.

Ice Cream Social

Tuesday, August 20

Beat the heat with a sweet treat and friendly conversation.

Special Performance: Symphony on the Go

We are proud to partner with the Pacific Symphony to present their Symphony on the Go program.

Enjoy a live chamber music concert at the Community Meeting Center on:

Monday, August 25 • 10:00-11:00 AM

This special event is free and open to all!

Aloha Celebration

Thursday, August 28

We're bringing the islands to you!

Join us for a warm and welcoming evening of Hawaiian-inspired dinner, dessert, and live entertainment as we celebrate Polynesian culture together.

Mahalo,

Gabi



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

Participant Code of Conduct Guidelines

We are committed to providing a safe, secure, and respectful environment for all. We expect all individuals to demonstrate civil and respectful behavior while here at our center.

The following guidelines are designed to provide safe and enjoyable activities for all participants:

- Be respectful to all participants and program staff.
- Take direction from program staff.
- Maintain an acceptable standard of hygiene.
- Refrain from using abusive or foul language.
- Refrain from causing bodily harm to self, other participants, or program staff.
- Refrain from damaging equipment, supplies, and facilities.
- Refrain from harassing staff, instructors, or participants.

Failure to follow the Code of Conduct policy may result in denial of program participation privileges. The City of Garden Grove Community Services Department strives to make your participation fun-filled, rewarding, educational, and safe.





Important Phone Numbers

City of Garden Grove Directory / Important Numbers

Agencies/Services	Phone Number	Email/Website
Acacia Adult Day Care Center	(714) 530-1566	www.acacia-services.org
Adult Protective Services	(800) 451-5155	www.ssa.ocgov.com
CalFresh	(877) 847-3663	www.ssa.ocgov.com/cash-calfresh/calfresh
Community Legal Aid SoCal	(714) 571-5200	www.communitylgalsocal.org
Garden Grove Animal Care Services	(714) 741-5565	animalcare@ggcity.org
Garden Grove City Hall	(714) 741-5000	www.ggcity.org
Garden Grove Code Enforcement	(714) 741-5358	www.ggcity.org/code-enforcement
Garden Grove Community Meeting Center	(714) 741-5262	events@ggcity.org
Garden Grove Community Services Department	(714) 741-5200	recreation@ggcity.org
Garden Grove Graffiti Hotline	(714) 741-5381	www.ggcity.org/pw/graffiti-abatement
Garden Grove Main Library	(714) 530-0711	www.ocpl.org
Garden Grove Police Department (Non-Emergency)	(714) 741-5704	police@ggcity.org
Garden Grove Water Department	(714) 741-5078	www.ggcity.org/water
HICAP-A Program of Council on Aging	(714) 560-0424	www.cahealthadvocates.org
H. Louis Lake Senior Center	(714) 741-5253	www.ggcity.org/seniorcenter
Medi-Cal	(800) 281-9799	www.ssa.ocgov.com/health-care- services
Orange County Fire Authority	(714) 573-6000	www.ocfa.org
Republic Services	(714) 238-2444	www.republicservices.com
Social Security Administration	(800) 772-1213	www.ssa.gov

Good Morning...





Let's have

Bracken's Kitchen Breakfast!

Bracken's Kitchen offers breakfast every Tuesday morning from 9 AM - 10 AM

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











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, call (714) 741 - 5253







Center Announcements



· Bingo Madness:

- Thursday, July 3
 - 9:30 a.m. 11:15 a.m.

• <u>Duffy Boat Field Trip:</u>

- Tuesday, July 15
 - 2:30 p.m. 7:00 p.m.

• Movie Day:

- Tuesday, July 22
 - 9:30 a.m. 11:30 a.m.

• Summer Cookie Decorating

- Friday, August 8
 - 9:30 a.m. 11:00 a.m.

· Ice Cream Social:

- Wednesday, August 20
 - 1:00 p.m. 2:00 p.m.

· Symphony on the Go:

- Monday, August 25
 - 10:00 a.m. 11:00 a.m.

· Aloha Celebration:

- Thursday, August 28
 - 4:30 p.m. 7:30 p.m.

• Balance & Mobility:

- No class on:
 - Thursday, July 17
 - Tuesday, July 22
 - Thursday, July 24
 - Tuesday, July 29
 - Thursday, August 28

Self Defense

- No class on:
 - Tuesday, August 5
 - Tuesday, August 12

• Chair Yoga

- No class on:
 - Wednesday, August 6
 - Friday, August 8
 - Wednesday, August 13
 - Friday, August 15

Aerobic Training

- No class:
 - Thursday, August 28



The H. Louis Lake Senior Center will be closed for Independence Day on July 4, 2025.



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

<u>Class Description:</u> Tai Chi is an indoor, lowimpact, slow-motion exercise that helps reduce the risk of falls and stress and enhances mental capacity.

CHAIR YOGA

<u>Days:</u> Wednesdays & Fridays (7/2/2025 - 8/1/2025)

<u>Time:</u> 10:00 a.m. to 11:15 a.m.

Instructors from Santa Ana College:

Wednesdays - Paloma | Fridays - Amy Class Description: Focuses on stretching and strength training, emphasizing balance while utilizing various tools.

BALANCE & MOBILITY

<u>Days:</u> Tuesdays & Thursdays <u>Time:</u> 1:30 p.m. to 2:30 p.m.

Instructor: Molly

<u>Class Description:</u> Focuses on stretching and strength training, emphasizing balance while

utilizing various tools.

AEROBIC TRAINING

Days: Thursdays

(8/21/2025 - 12/11/2025)

Time: 1:30 p.m. to 2:45 p.m.

Instructor: Amy

<u>Class Description:</u> Designed to boost your cardiovascular endurance and overall fitness

level through dynamic movements.

SELF DEFENSE FOR EVERYONE

Day: Tuesdays

(7/8/2025 - 7/29/2025)

Time: 9:30 a.m. - 11:00 a.m.

Instructor from Santa Ana College:

Kelvin

<u>Class Description:</u> Learn techniques to enhance personal safety, like easy-to-follow moves and situational awareness skills.

ADAPTIVE LINE DANCING

Day: Fridays

<u>Time:</u> 1:30 p.m. to 3:00 p.m.

Instructors: Pearl & Fred

<u>Class Description:</u> This class focuses on recreation line dancing, which helps maintain strength and mobility for overall health and wellness.

ALZHEIMER'S PRESENTATIONS

<u>Days:</u> 1st and 3rd Wednesdays <u>Time:</u> 9:00 a.m. to 10:00 a.m. Instructor: Alzheimer's OC

<u>Class Description:</u> Join us to learn ways to improve brain health to improve brain functioning, reduce the risk of cognitive decline, and enhance mental well-being.





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.

YARN CLUB

Days: Fridays

<u>Time:</u> 9:00 a.m. to 10:00 a.m.

Activity Description: Whether

you're a seasoned pro or just starting, join us for a cozy gathering of crochet and knitting

enthusiasts.

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-served basis. Come in to enjoy a game or two by yourself or

with some friends.

PINOCHLE

Day: Wednesdays

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

Activity Description: Pinochle is a

trick-taking, Ace-Ten card game typically played with a 48-card deck by two to four

players.

PAINT CERAMICS

Day: Mondays

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

<u>Instructor:</u> Judy

Activity Description: Join friends for creative time to paint and create your art. You may bring your own materials, and the instructor can provide information

on where to purchase some.









Mejor Juntos

CHARLAMOS CONECTAMOS DISFRUTAMOS

ACOMPÁÑENOS TODOS LOS MARTES 10:00 AM - 11:00 AM

Dedicaremos tiempo entre amigos para crear conexiones más profundas y juntos apoyarnos unos a otros.

Los acontecimientos de la vida se afrontan mejor entre amigos.

TEMAS PROPUESTOS:

- La Salud Mental y Emocional
- Superando Desafios
- Transiciones de la Vida
- El Autocuidado y muchos mas.

Si tiene preguntas o para inscribirse, llame al 714-741-5253. Un entorno confidencial y sin juzga que se enfocará en el bienestar y mejoramiento de la salud mental.







PRESENTATIONS



<u>July</u>



- Wednesday, July 2, 2025 Dementia 101
- Wednesday, July 16, 2025 Driving and Memory Concerns

<u>August</u>

 Wednesday, August 20, 2025 - Creating an Emergency Plan

MEMORY SCREENINGS

Free Memory Screenings at:

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

1st and 3rd Wednesday of every month 10:00 AM - 12:00 PM

By appointment only. Please call: 714-741-5253



Caring Connections



Join us for an opportunity to:

Make new connections & friends,
receive & give support, and
learn new skills.

EVERY THURSDAY 12:00 PM - 1:00 PM ATTEND ANY THURSDAY YOU LIKE

REGISTER NOW

Call the Center at 714-741-5253









AEROBIC TRAINING



THURSDAYS 1:30 PM TO 2:45 PM FALL SEMESTER: 8/21/2025 - 12/11/2025

A high-energy fitness class that uses rhythmic movement to elevate your heart rate and boost cardiovascular endurance. Set to upbeat music, each session combines dynamic full-body routines designed to improve stamina, coordination, and strength.

Expect a fun, fast-paced workout that keeps you moving and motivated!

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



SELF DEFENSE FOR EVERYONE

Tuesdays

SUMMER SESSION:

7/1/2025 - 7/29/2025

9:30 AM - 11:00 AM

FALL SESSION:

8/19/2025 - 12/9/2025

9:30 AM - 11:00 AM

Join our empowering self-defense class designed specifically for older adults! This engaging program focuses on practical techniques tailored to enhance personal safety and build confidence. Come and discover how to protect yourself while enjoying a fun and interactive experience!



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



Relax and Unwind with

CHAIR YOGA



Wednesdays and Fridays

SUMMER SESSION:

July 2, 2025 - August 1, 2025 10:15 AM to 11:30 AM

FALL SESSION:

August 20, 2025 - December 12, 2025 10:15 AM to 11:30 AM

sccollege.edu/olderadults

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

714-741-5253

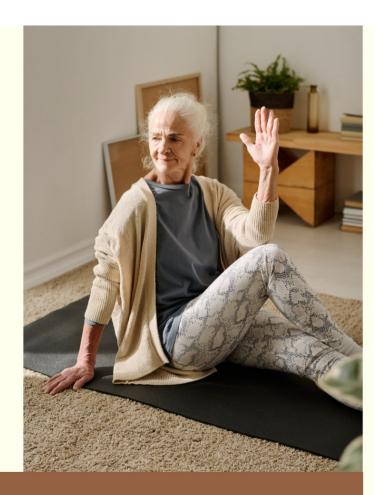






MAT YOGA

For Every Body



We will practice breathing techniques and slow, controlled postures to support well-being.

THURSDAYS 10:00 AM-11:00 AM

WHY ATTEND THIS CLASS?

- Suitable for beginners
- Includes standing and floor-based exercises, with seated options for all mobility levels
- Improve strength and flexibility
- Reduce stress and learn mindfulness techniques
- Please bring a yoga mat and water
- To reserve your spot, please call the Senior Center at 714–741–5253

Sing your favorite songs & hang out with friends!



singing Seniors KARAOKE DAY!

Tuesday, July 29 & August 26

TIME:

9:30 AM - 11:00 AM LOCATION:

H. Louis Lake Senior Center 11300 Stanford Ave.

Garden Grove, CA 92840

For more information please call (714) 741-5253









Duffy Boats



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

Place: Newport Beach, CA Date: Tuesday, July 15, 2025 Departure Time: 2:30 p.m.

Estimated Return Time: 7:00 p.m.

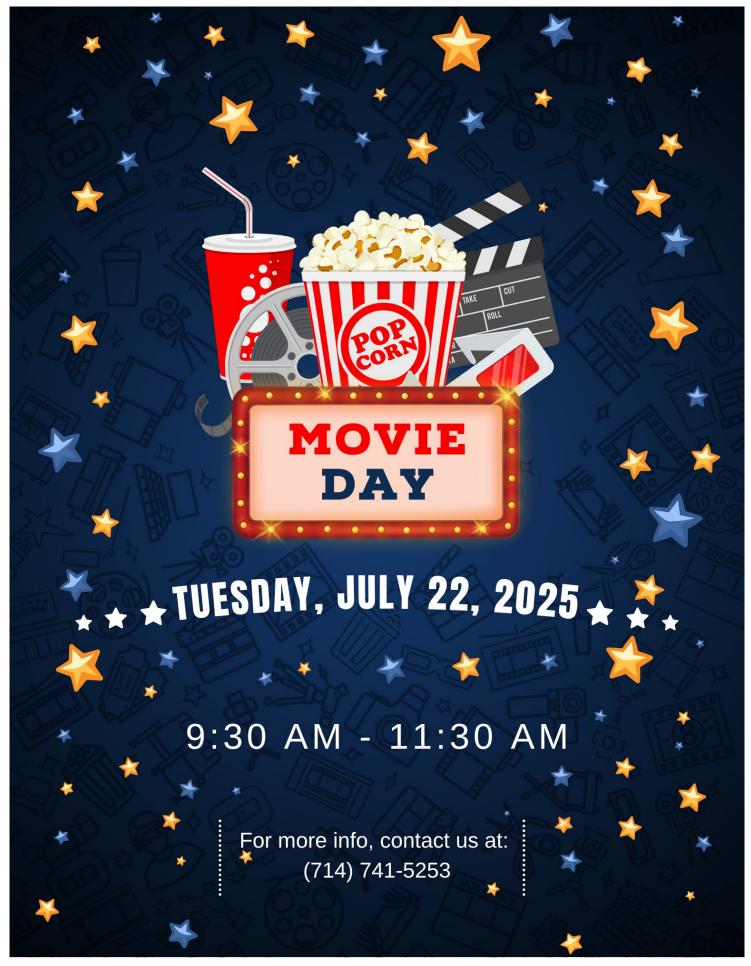
Cost: \$20





Registration is required, and spaces are limited. Please call the center for more information at 714-741-5253.







SUMMER COOKIE WORKSHOP

Join us for a fun, hands-on Summer Cookie Decorating Workshop!

Friday, August 8 • 9:30 AM to 11 AM

TO RESERVE YOUR SPOT, PLEASE CALL THE SENIOR CENTER AT 714-741-5253



WEDNESDAY, AUGUST 20, 2025

1:00 PM - 2:00 PM

CALL THE CENTER FOR MORE INFORMATION.
(714) 741-5253









THURSDAY, AUGUST 28, 2025

4:30 PM - 7:30 PM

COST IS \$15 PER PERSON

Join us for dinner, dessert, and entertainment!



(714) 741-5253 FOR ANY QUESTIONS.

11300 STANFORD AVE. GARDEN GROVE, CA 92840





Pacific Symphony musicians will be performing a chamber music concert for our Center at the Community Meeting Center.

Date: Monday, August 25, 2025

Time: 10:00 AM - 11:00 AM

Location: 11300 Stanford Ave,

Garden Grove, CA 92840

For any questions or to register, please call the Center. (714) 741-5253





JOIN OUR TEAM



WE ARE RECRUITING

CARE PROVIDERS



\$18.50 per hour; Overtime \$27.75 "over 40hrs/week" through the IHSS program
Apply to join our registry to assist seniors and people with disabilities in their homes

- Flexible Schedules & Hours
- Work Close to Home
- Health Benefits (if qualified)
- Travel time (if applied)
- Working with same person(s)

Potential Responsibilities:

- Bathing, grooming, dressing
- Cooking & cleaning
- Medication Management
- Transportation to appointments
- Shopping, errands, & other light tasks

Kevin Dinh (Vietnamese)
(714) 621-3300 Ext. 368
kdinh@daylemc.org



Judith Garcia (Spanish)
(714) 621-3300 Ext. 334
jgarcia@daylemc.org

Apply now!

501 N. Brookhurst St., Suite 102, Anaheim, CA 92801

Tips To Avoid Falls and Injuries

More than one in four people age 65 years or older fall each year. Some factors, such as poor hearing or eyesight, loss of muscle mass, balance problems, or even side effects from medications may increase fall risk for older adults. But even older adults who seem strong and healthy can fall.

Try the following tips to help prevent falls, make your home safer, and know what to do if you fall.







Steps To Take To Prevent Falls



Stay physically active. Plan an exercise program that is right for you. Regular exercise makes you stronger and more flexible. Certain types of exercise, including yoga, Pilates, and tai chi can improve your balance and muscle strength.



Have your eyes and hearing tested. Even small changes in sight and hearing are linked to an increased risk for falls. Wear your glasses or contacts as your eye doctor advises. If you have a hearing aid, be sure it fits well and wear it.



Know your medication side effects. Find out about the possible side effects of any medicines you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.



Avoid or limit alcohol. Too much alcohol can lead to balance problems and falls, which can result in hip or arm fractures and other injuries.



Use an assistive device to help you feel steady. Using canes and walkers correctly can help prevent falls. A physical or occupational therapist can help you decide which devices might be better for you and teach you how to use them safely.



Tell your doctor about falls.
A fall can alert your doctor
to a new medical problem or
issues with your medications or
eyesight that can be corrected.
Your doctor may suggest
physical therapy, a walking aid,
or other steps to help prevent
future falls.



Choose the right footwear.

To fully support your feet, wear nonskid, rubber-soled, low-heeled shoes. Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.



Get enough sleep.

If you are tired, you are more likely to fall.



Avoid going outside in bad weather. Some stores and pharmacies provide 24-hour delivery of prescriptions and groceries, and many take orders over the phone.

Making Your Home Safer

Many falls happen at home. Here are some changes you can make to your home that will help prevent falls and better ensure your safety.



Ensure good lighting. Leave a light on in the bathroom at night or use a night light. Install light switches at the bottom and top of stairs and at both ends of long hallways. Keep flashlights throughout the home in case the power goes out.



Install handrails. Ensure there are handrails in the bathroom and on both sides of any stairs. Consider installing a grab bar near the front door to provide balance while you are locking or unlocking the door.



Use nonskid material. Use no-slip strips to fix carpets firmly to the floor. In the bathroom, place nonskid mats, strips, or carpet on all surfaces that may get wet. Add no-slip material to indoor and outdoor stairways.



Avoid clutter. Don't leave items on the floor or stairs. Keep electrical cords near walls and away from walking paths.



Store regularly used items within easy reach. For example, in the kitchen, keep frequently used pots, pans, and utensils in a place where they are easy to reach. If something is too high to reach easily, use a "reach stick" or ask for help.

What To Do if You Fall

A sudden fall can be startling and upsetting. If you do fall, stay as calm as possible and remember the following steps:

- **1. Breathe.** Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
- **2. Determine if you are hurt.** Getting up too quickly or in the wrong way could make an injury worse.
- **3. Crawl to a sturdy chair.** If you think you can get up safely without help, crawl to a sturdy chair. Slowly rise and turn your body to sit in the chair.
- **4. Get help.** Keep a well-charged phone with you or have an emergency medical alert system, which is a special necklace, bracelet, or smartwatch with a button to call emergency services.

To learn more about preventing falls, visit www.nia.nih.gov/falls-prevention.

National Institute on Aging Information Center 800-222-2225 | 800-222-4225 (TTY) www.niaic@nia.nih.gov | www.nia.nih.gov/health NIH Publication No. 23-AG-7180 | December 2023



Older Adult Community Resources

AREA	SERVICES	PHONE NUMBER
Transportation	O.C.T.A. Access	(714) 220-0224 (714) 636-7433
	Abrazar	(714) 702-1586
	Community Action Partnership	(714) 667-0717
Food	Abrazar Westminster	(714) 893-3581
Mental Health	NAMI-National Alliance on Mental Illness	(714) 544-8488
	Older Adult Community Treatment	(714) 972-3700
	Orange County Housing Authority	(714) 480-2700
Housing	Orange County 211	2-1-1
Corogiving	Caregiver Resource Center OC	(714) 446-5030
Caregiving	In Home Support Services	(714) 825-3000
Dental Health	AltaMed Dental Services	(888) 499-9303

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 colaboración con:

Garden Grove, CA 92840

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

WALK-INS ACCEPTED

AFTER 1:00pm/ PUEDE

LEGAR SIN CITA DESPUÉS DE

LA 1:00PM

In collaboration with/En colaboración con





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



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 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, 2025 - 1:00 PM - 3:00PM August 20, 2025 - 1:00 PM - 3:00 PM



Community Legal Aid SoCal



Housing Search and Being Document Ready

Learn ways to increase your chances of successfully securing housing opportunities. February 25, 2 PM | June 24, 2 PM | Oct 28, 2 PM

Budgeting For Housing

Learn ways to increase your income and decrease expenses through community supports.

March 25, 2 PM | July 22, 2 PM

Housing Options

Learn about different housing options and how to apply for them.

April 22, 2 PM | Aug 26, 2 PM

Guest Presenter: Disability Rights California



Basic Housing Rights

Learn about accessing affordable housing, ensuring safe and healthy living conditions, requesting reasonable accommodations or modifications for persons with disabilities, and addressing evictions.

May 27, 2 PM

SSI Eligibility/Appeals

Learn about SSI eligibility and appeals will go over the SSI eligibility requirements, appeals, reporting requirements and other topics.

September 23, 2 PM

SSDI Eligibility/Appeals

Learn how Social Security pays benefits to people who can't work because they have a medical condition that's expected to last at least one year or result in death. Certain members of your family may be eligible for benefits based on your work history.

November 18, 2 PM

To RSVP and get the ZOOM details, please e-mail us at housing@daylemc.org or call 714-621-3300



To request an accommodation, please contact us 10 days before the workshop.

DAYLE MCINTOSH CENTER

The Dayle McIntosh Center (DMC) is a nonprofit 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.





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
- 501 N. Brookhurst Street #102 Anahiem, CA 92801



2-Step Chicken



Ingredients

- 1 tablespoon vegetable oil
- 2 chicken breasts
- 1 can cream of chicken soup, reduced-sodium
- ½ cup water 1/4 teaspoon kosher salt

Instructions

- Heat oil in a skillet over a medium-high setting.
- · Add chicken and cook for ten minutes.
- Remove chicken from the pan and set aside.
- Stir the soup and water together in the skillet and heat them to a boil.
- Return the chicken to the skillet. Reduce the heat to low and simmer for 10 minutes, or until the chicken reaches an internal temperature of 165°F.



Note:

Pair it with a salad or roasted mixed vegetables!

SOURCE

2-step chicken. MyPlate. (2020, November 2). https://www.myplate.gov/recipes/2-step-chicken

Would you like to see your recipe in the SCOOP? Please submit one of your recipes to a staff member at the front desk to have it featured in the next SCOOP.

MOVING RIGHT ALONG By Timothy E. Parker														
1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				П
17				18					19					П
20		Г	21				22							
23					24	25		26			27	28	29	
		30		Г		Г	31		32		Г			33
34	35			36				37			38			П
39	Г	Г	40		41	Г		Г	42		43	Г	Г	П
44						45				46		47		П
48		Г		49	50		51	Г			52			
	53					54		55					56	57
				58			59			60				П
61	62	63	64					65	66			67		П
68						69						70		
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ACROSS

- Bird known for thievery, briefly
- 4) Soft-palate attachment
- 9) Not appropriate or suitable
- 14) Roth plan
- 15) Banking expert?
- 16) Workplace for some clowns
- 17) Nothing at all
- 18) Preparing for Thanksgiving dinner?
- Like an improperly hung picture
- 22) Gin-flavoring fruit
- 23) Female inheritor
- 26) Professor's job security
- 30) Nervous ___ (worrisome person)
- 32) Plays a guitar
- 34) Clothing attachment
- 36) Yoga position
- 38) Agitation
- 39) Bonneville Flats locale
- 41) Wearing a hidden microphone

- 43) Poker payment
- 44) Investment firm T. Price
- 45) Spectacular stars
- 47) "Vandal" suffix
- 48) Damaged
- 51) River through Wales and England
- 53) Bobcats' relatives
- 55) Backs out
- 58) Bit of this and a bit of that
- 60) Campaign manager?
- 61) Declining to draw
- 67) Become mature
- 68) Middle Eastern rice dish (Var.)
- 69) Wear away
- 70) Ball prop
- 71) Barks sharply
- 72) Uses an acetylene torch
- 73) Botch something up

DOWN

- 1) Washington the blues legend
- 2) Questions do it
- 3) Rudely implying "forget it"
- 4) Abrupt increase
- 5) Seven on a grandfather clock
- 6) Consultants' center?
- 7) A great deal
- 8) See 20-Across
- 9) Like some requests
- 10) Silent assent
- 11) Hue and cry
- 12) Sermon seating
- 13) Tare factor
- 19) "Nay" and "uh-uh"
- 21) Before, poetically
- 24) Like a snail's pace
- 25) Play a set with the band
- 27) ___ Major ("Big Bear" constellation)
- 28) Biden, to Obama
- 29) Gives off
- 31) Common Market money
- 33) Part of a plant
- 34) Artificial grass
- 35) Coral island
- 37) Dissolve, as ties
- 40) Felled, as a small tree
- 42) Mr. Letterman
- 46) Government upper houses
- 49) Book of Moses
- 50) Place for cold cuts
- 52) U.S. flag color
- 54) Muscular "swine" anagram
- 56) Like beavers, it's said
- 57) Look with a curled lip
- 59) Grimm villain
- 61) Undercover infiltrator
- 62) Bit of men's formalwear
- 63) What a monopolist wants
- 64) Brief lie-down
- 65) D.C. dealmaker
- 66) Do simple math

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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.

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