

# THE SCOOP

11300 Stanford Avenue, Garden Grove, CA 92840 |(714) 741-5253

Monday-Friday 9:00am-3:30pm | [ggcity.org/SeniorCenter](http://ggcity.org/SeniorCenter)

## ISSUE HIGHLIGHTS

- Important Phone numbers
- Lunch Program
- Food Resources
- Class/Activity Schedule
- Chair Yoga
- Music
- Financial Workshop
- Karaoke
- Summer BBQ
- Craft Days
- Father's Day Celebration
- Mejor Juntos
- Stress Management Workshops
- HOAG Health Education
- Birthday Celebration!
- Ice Cream Social
- Strawberry Ball
- Senior Mobility Program
- CHIOC
- Legal Aid
- Community Resources
- Rene's Kitchen
- Crossword Puzzle

**APRIL SHOWERS BRING MAY FLOWERS, AND THE CENTER IS BLOOMING WITH CELEBRATIONS AND ACTIVITIES!**

**MAY IS STRAWBERRY SEASON AND YOU KNOW WHAT THAT MEANS, THE 46TH ANNUAL STRAWBERRY BALL! JOIN US AS WE RECOGNIZE OUTSTANDING SENIOR VOLUNTEERS THAT ARE DOING AMAZING WORK IN THE COMMUNITY. THIS YEAR'S STRAWBERRY BALL WILL INCLUDE DINNER, DESSERT, LIVE MUSIC, AND A PROGRAM HONORING THIS YEAR'S KING, HOWARD WHITTAKER FROM GARDEN GROVE ELKS LODGE #1952 AND QUEEN, ARLENE MARTIN FROM THE ASSISTANCE LEAGUE OF GARDEN GROVE. SPACE IS LIMITED SO BUY YOUR TICKETS EARLY. SEE PAGE 20 FOR MORE INFORMATION.**

**WE CANNOT FORGET THE DADS. JOIN US JUNE 14TH FOR A FATHER'S DAY CELEBRATION HONORING DADS AT THE CENTER. ENJOY APPETIZERS, PASTRIES, AND A SPECIAL GIFT TO SHOW DADS HOW MUCH THEY ARE LOVED AND APPRECIATED.**

**MAKE SURE TO REGISTER FOR OUR SUMMER KICK OFF BBQ ON JUNE 20TH. BRING YOUR FRIENDS OR COME TO MAKE NEW ONES. RENE AND JAKE WILL BE FIRING UP THE GRILL FOR SOME GOOD EATS. STAFF HAVE PLANNED TREATS, GAMES, AND ENTERTAINMENT TO KICK OFF THE SUMMER SEASON INTO FULL SWING.**

**WARM REGARDS,  
GABI  
HUMAN SERVICES SUPERVISOR**



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

# 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-services">www.ssa.ocgov.com/health-care-services</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



## Lunch Café Program

The indoor dining, hot lunch program has returned and is currently being offered on Monday, Tuesday, Wednesday, and Friday. This schedule is subject to change. Meals are served on a first come, first serve basis. Registration for the day's lunch must be done in person and you may do so starting at 9:00 a.m. (when the center opens). Lunch will be served starting at 11:30 a.m. Menus are available and are subject to change. If you have any questions regarding the Meals on Wheels Orange County hot lunch program, please call us at (714) 741-5253. See below for our Thursday hot lunch option.



Bracken's Kitchen delivers hot and nutritious meals to those in need. In partnership with Bracken's Kitchen the Center offers seniors a hot meal. This hot meal option is currently only being offered on Thursdays. Meals are served on a first come, first serve basis. Registration for the day's lunch must be done in person and you may do so starting at 9:00 a.m. (when the center opens). Please call the Center for more information at (714) 741-5253.

# Food Resources in Orange County for Seniors – 2023

Organization	Ask About These Programs!	Contact Info
	<ul style="list-style-type: none"> <li>• SNAP</li> <li>• CalFresh Expedited Services</li> <li>• Restaurant Meals Program</li> <li>• CalFresh &amp; Farmers Markets</li> <li>• Market Match Program</li> </ul>	<p>For interactive assistance: (714) 541-4895                      For live assistance: (800) 281-9799  <a href="http://www.MyBenefitsCalwin.org">www.MyBenefitsCalwin.org</a>  <a href="http://www.getcalfresh.org">www.getcalfresh.org</a>                      Restaurant Meals Program Locations:  <a href="http://ssa.ocgov.com/calfresh/calfresh/rmp_locations">http://ssa.ocgov.com/calfresh/calfresh/rmp_locations</a></p>
	<ul style="list-style-type: none"> <li>• Pre-Screening for CalFresh Program</li> <li>• Senior Grocery Program</li> <li>• CalFresh &amp; Farmers Markets</li> <li>• Senior Meals Programs (Congregate or Home Delivered Meals)</li> <li>• Additional Food Assistance Programs</li> </ul>	<p>Dial 2-1-1 or (888) 600-4357 (toll free) 24-hrs  <a href="http://www.211oc.org">www.211oc.org</a>                      Farmers Markets &amp; CalFresh:  <a href="https://ocfoodhelp.org/farmers-markets/">https://ocfoodhelp.org/farmers-markets/</a></p>
	<ul style="list-style-type: none"> <li>• Child and Adult Care Food Program (CACFP)</li> <li>• Senior Meals Programs (Congregate or Home Delivered Meals)</li> <li>• Senior Farmers Market Nutrition Program (SFMNP)</li> </ul>	<p>(800) 510-2020  <a href="http://officeonaging.ocgov.com">http://officeonaging.ocgov.com</a></p>
	<ul style="list-style-type: none"> <li>• Pre-Screening for CalFresh Program</li> <li>• The Emergency Food Assistance Program (TEFAP or EFAP)</li> <li>• Commodity Supplemental Food Program (CSFP)</li> </ul>	<p>(714) 897-6670  <a href="http://www.ocfoodbank.org">www.ocfoodbank.org</a></p>
	<ul style="list-style-type: none"> <li>• Pre-Screening for CalFresh Program</li> <li>• The Emergency Food Assistance Program (TEFAP or EFAP)</li> <li>• Senior Grocery Program</li> </ul>	<p>Call 2-1-1 or text your zip code to 898-211  <a href="http://www.OCFoodHelp.org">www.OCFoodHelp.org</a></p>



## Health Promotion and Community Planning



*This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging*

# 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 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.**

## CHAIR YOGA

**Day:** Wednesdays & Fridays

(05/5/2023 - 08/02/2023)

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

## 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:** Tuesdays (second and fourth)

May 9, May 23, June 13, June 27

**Time:** 2:30 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.

## 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.**

## ADAPTIVE LINE DANCING

**Day:** Mondays

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

**Instructors:** Pearl & Fred

**Class Description:**

This class focuses on recreation line dancing to help maintain strength and mobility for overall health and wellness.

## FIT MIND FIT BODY (AKA ZUMBA)

**Day:** Thursdays

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

**Instructor:** Carmen

Sponsored by Amistad Clinic

**Class Description:**

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

## COMPUTER BASICS

**Days:** Mondays

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

**Instructor:** Santiago from SAC

**Class Description:**

Join us for a class on computer basics with Santa Ana College. Pre-register for our interest list this upcoming summer.

FELIZ  
DIA  
mamá

happy  
Mother's  
day



## SCHEDULE OF CLASSES, CONTINUED



### SPRING INTO MUSIC

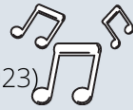
**Days:** Wednesdays (5/28/23-8/02/2023)

**Time:** 12:00 p.m. to 2:00 p.m.

**Instructor:** Greg from SAC

**Class Description:**

Come sing along with instructor Greg as he plays live music and teaches music history.



### PAINT CERAMICS

**Day:** Mondays

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

**Instructor:** Judy

**Class 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.



**\* \$5.00 MATERIAL FEE FOR START UP KIT AVAILABLE.**

### LIFE SKILLS - LET'S CHAT

**Day:** Wednesdays

**Time:** 12:30 p.m. to 2:00 p.m.

**Instructor:** Melina from SAC

**Class Description:**

Join Melina for various lifestyle workshops. Topics will include stress management, end of life planning, and wellness.



## 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.

### PINOCHLE

**Day:** Wednesdays & Fridays

**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.



### BINGO

**Day:** Thursdays

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

**Activity Description:**

Join us in the dining room for some Bingo fun and prizes!

Cost is \$1.00 for ten cards.



**\*Schedule subject to change.**

### POOL TABLES

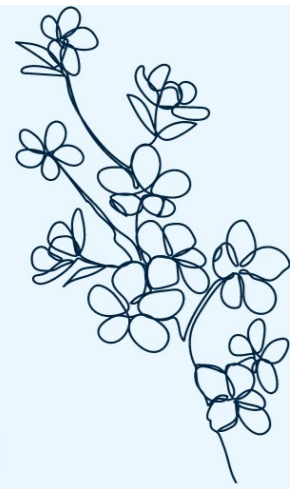
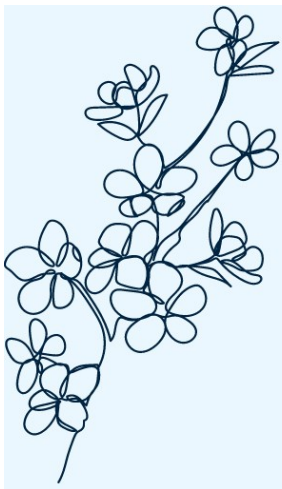
**Day:** Monday-Friday

**Time:** 9:00 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.





*Relax and Unwind with*

# CHAIR YOGA



**Chair Yoga  
with  
Paloma**

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

**Wednesdays and Fridays**

**9:30 AM to 10:30 AM**

**May 31, 2023- August 4, 2023**

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

**714-741-5253**





# SUMMER SERENADE

With Mr. Greg Ozment, M.Mus.



WEDNESDAYS AT 12-2PM  
MAY 31-AUGUST 2, 2023  
TO REGISTER: CALL (714) 741-5253

Enjoy your Wednesdays  
Learning, Singing, and Playing Music

*H. Louis Lake*  
SENIOR CENTER

 **SANTA ANA COLLEGE**  
School of Continuing Education

# Financial Workshop: Budgeting



Tuesday, May 16, 2023  
10:00 a.m. - 11:00a.m.

Having to stay under the monthly budget could be a challenge, but it's not impossible. Join us for a Budgeting workshop with Lionel.



Please call the H. Louis Lake Senior  
Center

for questions and to sign up.  
714-741-5253



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



**Singing Seniors  
KARAOKE  
DAY!**

**Tuesday, June 27  
No karaoke in May.**

**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 DAYS



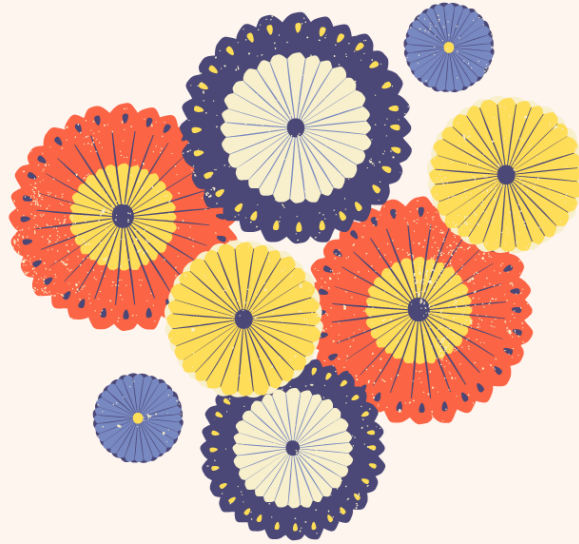
TUESDAY, MAY 2, 2023

10:00 AM - 11:00AM

\$5.00 FEE

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

# CRAFT DAYS



TUESDAY, JUNE 20, 2023

10:00 AM - 11:00AM



\$5.00 FEE



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

*H. Louis Lake*  
SENIOR CENTER



**G**  
GARDEN GROVE



# SUMMER KICKOFF BBQ

• LET'S CELEBRATE •

**TUESDAY, JUNE 20, 2023**  
**2:00 PM - 4:00 PM**

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

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



# Field Trip



**SATURDAY, JUNE 24, 2023**

**BUS DEPARTS AT 8:30 AM**

**ANTICIPATED RETURN TO CENTER IS 6:30 PM**

**\*\*Please plan to arrive 30 minutes prior to departure**

**FE€ \$20.00**

**SPACE IS LIMITED AND REQUIRES REGISTRATION.**

**CALL THE CENTER FOR MORE INFORMATION**

**(714) 741-5253**



A decorative background featuring a large field of small blue stars scattered across the page. In the top left corner, there are three larger blue stars of varying sizes. In the top right corner, there are two more large blue stars. A blue banner with white and dark blue triangular flags hangs across the middle of the page.

Join us for a

Father's Day Celebration

Wednesday, June 14, 2023

10:00 a.m.-11:00 a.m.

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



# Mejor Juntos

CHARLAMOS CONECTAMOS DISFRUTAMOS

Acompáñenos el segundo y cuarto  
martes 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.



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

## TEMAS PROPUESTOS:

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

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



# LIFE SKILLS WORKSHOP

## STRESS IS AN ASSET, LEARN TO USE IT!

Wednesdays at 12:30 p.m. to 2:00 p.m  
Activity Room

Centuries-old brain design causes stress incompatible with today's reality. Learn techniques to improve your life by taking advantage of it. (Bring your notebook or journal)

4/26 Stress and its manifestations

5/3 Mental and emotional ways to reduce stress

5/10 Self-soothing techniques for your body:  
reflexology and body massage

5/17 Self-soothing techniques for your mind:  
mindfulness, meditation, and other techniques

5/24 Stress as fuel through movement: dancing  
and exercise

Questions and to sign up call  
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:** Every 2nd and 4th Tuesday  
May 9 & May 23  
June 13 & June 27

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

**TIME:** 2:30pm to 3:30pm


**Register prior to class at 714-741-5253  
and receive an extra raffle ticket for prizes!**

*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)



# Birthday Celebration!



JOIN US EVERY LAST  
WEDNESDAY OF THE  
MONTH FOR A SLICE OF  
CAKE DURING OUR  
MONTHLY BIRTHDAY  
CELEBRATION!

STARTING AT 11:15AM





*enjoy every moment.*

*GOOD TIMES*

THURSDAY, JUNE 8, 2023

STARTING AT 11:45 AM

CALL THE CENTER FOR MORE INFORMATION.

(714) 741-5253





The City of Garden Grove presents the 46<sup>th</sup> Annual

# Strawberry Ball 2023

**Thursday, May 25, 2023**

*Community Meeting Center*

*Butterfield AB Room*

*11300 Stanford Avenue, Garden Grove*

**4:30 p.m. - 7:30 p.m.**

**Check-in begins at 4:00 p.m.**

*Introduction of the 2023 Strawberry Ball King & Queen*

*Senior Volunteers of the Year*

**\$15.00 per person**

*(Includes dinner, desserts & entertainment)*

*Advance reservations required*

*RSVP by May 18, 2023*

**tickets available at**

*H. Louis Lake Senior Center*

*11300 Stanford Avenue, Garden Grove*

**(714) 741-5253**



# 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.
- ✓ \$4.00 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 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

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



COMMUNITY HEALTH INITIATIVE  
OF ORANGE COUNTY

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



# 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](http://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.

May 22, 2023 - 1:00 PM - 3:00 PM

June 21, 2023 - 1:00 PM - 3:00 PM



# Housing is Health



## As a CalOptima Health member, you may be eligible for:

- Resources to help you find and keep housing
- Help with move-in expenses
- Help arranging your move
- Assistance working with your landlord

## To learn if you are eligible

Call CalOptima Health Customer Service toll-free at **1-888-587-8088** (TTY 711) 24 hours a day, 7 days a week.

## Not a CalOptima Health member?

Call the County of Orange Social Services Agency to apply for Medi-Cal at **1-800-281-9799**, Monday–Friday, 6:30 a.m. to 8 p.m., and Saturday, 7:30 a.m. to 4 p.m.

## More Benefits

### Day Habilitation

Help learning daily living skills needed to stay housed

### Personal Care Services

Help with daily tasks, bathing, dressing, meal preparation and grocery shopping

### Medically Tailored Meals

Meals that meet your dietary needs if you have a chronic condition



PRI-036-1204\_E (11/22)

[CalOptima.org](https://www.caloptima.org)

[f](#) [t](#) [i](#) @CalOptima



# Signs of Elder Abuse



Elder abuse can include neglect, physical, emotional, financial or sexual abuse. It is up to all of us to prevent and report suspected abuse. **Here are some signs of elder abuse that everyone should know.**

## Emotional & Behavioral Signs

- > Unusual changes in behavior or sleep
- > Fear or anxiety
- > Isolated or not responsive
- > Sadness

## Physical Signs

- > Broken bones, bruises, and welts
- > Cuts, sores or burns
- > Torn, stained or bloody underclothing
- > Sexually transmitted diseases without clear explanation
- > Dirtiness, poor nutrition or dehydration
- > Poor living conditions
- > Missing daily living aids [glasses, walker, and medications]

## Financial Signs

- > Unusual changes in bank account or money management
- > Unusual or quick changes in a will or other financial documents
- > Fake signatures on financial documents
- > Unpaid bills



## REPORTING ABUSE

Programs such as Adult Protective Services (APS) and the Long-Term Care Ombudsmen are here to help. For reporting numbers, contact Eldercare Locator at 1-800-677-1116 [[www.eldercare.acl.gov](http://www.eldercare.acl.gov)].

*In cases of urgent danger, call 911 or the local police or sheriff.*



# 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		LA County	Riverside County
Anaheim	Los Alamitos	Hawaiian Gardens	Mead Valley
Buena Park	Midway City	Long Beach	Menifee
Costa Mesa	Orange	Norwalk	Mira Loma
Cypress	Placentia	Santa Fe Springs	Riverside
Garden Grove	San Clemente	Whittier	
Huntington Beach	Santa Ana		
Irvine	Seal Beach		
La Habra	Tustin		
Laguna Hills	Westminster		



**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)

# 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

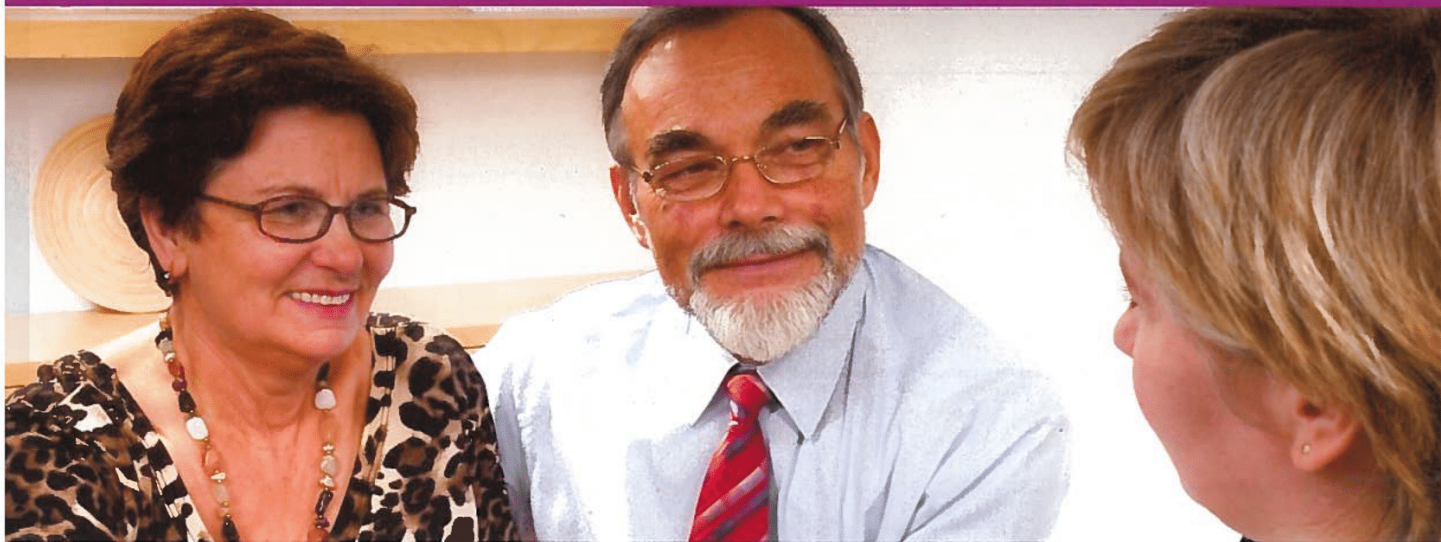


**ReConnect**

a Program of Council on Aging

# 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

# Rene's Kitchen

presents:

## Chow Mein Noodles



### INGREDIENTS FOR NOODLES

- 1 pack of chow mein noodles
- 1 small yellow onion (thinly sliced)
- 2 stalks of celery (chopped)
- 2 sticks of green onions
- 1 cup cabbage (chopped)
- 1 tbsp of chopped chives
- 4 tbsp avocado oil
- 1 tsp sesame seeds
- 1 carrot

### INGREDIENTS FOR SAUCE

- 11 tbsp regular soy sauce
- 1 tbsp oyster sauce
- 1 tsp sesame oil
- ½ tsp sugar
- ½ tsp rice wine vinegar
- ½ tsp chili oil



### INSTRUCTIONS

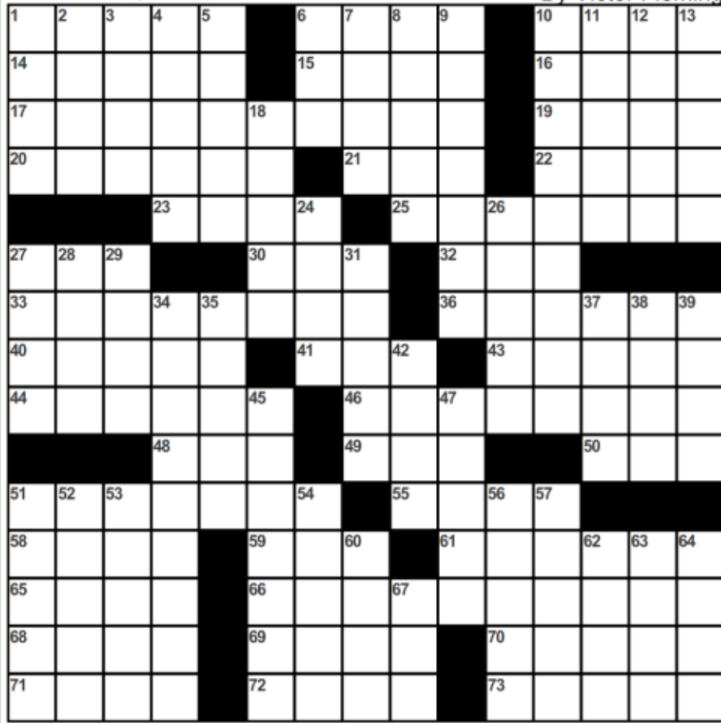
1. Add your chow mein noodles to a pot of boiling water and cook for 3 minutes. Drain and set aside while you prepare the remaining ingredients.
2. Slice your yellow onion, julienne cut your carrot, chop your celery, cabbage, and green onions.
3. Mix together all the sauce ingredients into a bowl.
4. Heat up a wok or large pan over high heat with 1 tbsp of oil to cook your onions, carrots, celery, and cabbage for 1 minute or until they begin to soften, then temporarily remove from wok.
5. Add 1½ tbsp of oil to the high heat wok or large pan along with your egg noodles. Spread them out then cook for 1 minute on each side.
6. Add your veggies and sauce back into the wok. Continue to mix thoroughly until all ingredients are incorporated.
7. Garnish with sesame seeds, and chives.



# Crossword Puzzle

## PI ARE SQUARED

By Victor Fleming



### ACROSS

- |                                   |                                           |
|-----------------------------------|-------------------------------------------|
| 1) Plant used as a ground cover   | 43) "Wow!"                                |
| 6) Genealogist's map              | 44) Entered                               |
| 10) Small pooches, briefly        | 46) Texas flag symbol                     |
| 14) Significant ___               | 48) Money-managing exec                   |
| 15) Redundant exclamation         | 49) Former NBA star Ming                  |
| 16) Rapper on "Law & Order: SVU"  | 50) Arboreal street name                  |
| 17) Solo at a recital             | 51) Greet casually                        |
| 19) Worst possible score          | 55) Ready to pluck                        |
| 20) "Cross my heart!"             | 58) Support, with "up"                    |
| 21) Match, as a bet               | 59) Air quality org.                      |
| 22) Director Snyder               | 61) Discriminatory, in a way              |
| 23) Chicago paper, familiarly     | 65) Mischief-making Norse god             |
| 25) Vast area                     | 66) "Well, aren't you the perfectionist!" |
| 27) Plastic pipe material         | 68) "You asleep?" response                |
| 30) Catch, in a way               | 69) Year, on monuments                    |
| 32) Tyrolean peak                 | 70) Not fancy at all                      |
| 33) Basketball player, informally | 71) Like a broken bronc                   |
| 36) Horse that hasn't won         | 72) Like one end of many pools            |
| 40) Set of morals                 | 73) "Fiddler on the Roof" matchmaker      |
| 41) Tour transportation           |                                           |

### DOWN

- 1) Arizona tribe
- 2) Redding of R&B
- 3) Irwin or George Bernard
- 4) Religious principle
- 5) Loud, like a crowd
- 6) "More than I want to hear!"
- 7) Some deli loaves
- 8) Show host
- 9) Driver's license requirement
- 10) Domino's deliveries
- 11) Neptune's realm
- 12) Cougars or Bobcats, to auto buffs
- 13) Feed, as a furnace
- 18) Computer command under "File"
- 24) Telly watchers' network, with "the"
- 26) Cessna or Lear product
- 27) "That was close!"
- 28) Say "yea," say
- 29) Red Scare lawyer Roy
- 31) Word in a letter sign-off
- 34) A choirmaster may toot one
- 35) "Star Trek" genre
- 37) Go out with
- 38) "And others," briefly
- 39) Expected outcome
- 42) Do some parasailing
- 45) Place to jot things down
- 47) See 5-Down
- 51) Banana concoction
- 52) Enticing emanation
- 53) Li'l Abner's surname
- 54) State one's views
- 56) Full of vim and vigor
- 57) Napoleon on Elba
- 60) Oily skin can cause it
- 62) Self-confident words
- 63) Burlesque bit
- 64) Daly of "Cagney & Lacey"
- 67) Keystone lawman



**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	9:00 A.M. - 3:30 P.M.
TUESDAY	9:00 A.M. - 3:30 P.M.
WEDNESDAY	9:00 A.M. - 3:30 P.M.
THURSDAY	9:00 A.M. - 3:30 P.M.
FRIDAY	9:00 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)

