

# 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
- New Center Hours
- Memoriam
- Resource Fair
- Vaccine Clinic
- Bracken's Kitchen Breakfast
- Lunch Café
- Schedule of Classes
- Schedule of Activities
- Chair Yoga
- Health Education Class
- Mejor Juntos
- Birthday Celebration
- Muzeo Field Trip
- Halloween Dance Party
- Crafts
- Karaoke
- Duffy Boats Recap
- Yacht Party Recap
- Food Resources
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- Legal Aid
- Senior Transportation
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- Rene's Kitchen
- Crossword Puzzle

Avast ye hearties! Come aboard with us September 20, 2023, as we set sail to "Treasure ye health and wellness." Join us for a swashbuckling time with community resources, music, vaccines, loot, and grub! See page 6 for more information on how to sign up.

Activities include a field trip to Muzeo located in Anaheim, on October 18th (see page 16). Space is limited so sign up early to hold your spot. Craft days are set to take place on September 19th and October 17th. Join our instructor Alice for some fun seasonal crafts that can decorate your home this fall and Halloween season.

Join us if you dare, for a ghostly good time at our Halloween Dance Party on October 27th! The party will include a costume contest, dinner, and dancing (see page 17).

If evening time is too spooky, come out on October 31st for Costume Karaoke and have a ghoulishly good time (see page 21).

And let's not forget, the Center is resuming its normal hours starting September 5, 2023. Operating hours will be 8:30 AM - 3:30 PM, Monday through Friday. We will also be serving up some Bracken's Kitchen Breakfast on Tuesdays, starting in September. See page 8 for more information.

Cheers,

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

# **NEW CENTER HOURS**

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**The H. Louis Lake  
Senior Center will  
now be opening  
at 8:30 AM  
starting on  
Tuesday,  
September 5th.**







# HOWARD EUGENE WHITTAKER

NOVEMBER 1934 - AUGUST 2023

HOWARD EUGENE WHITTAKER MOVED TO THE UNITED STATES FROM CANADA AND ENLISTED IN THE UNITED STATES MARINE CORPS WHERE HE WAS AN AIRCRAFT AND HELICOPTER MECHANIC. HE MOVED TO GARDEN GROVE AFTER RETURNING FROM JAPAN/KOREA WHERE HE WAS STATIONED FOR 18 MONTHS. HE AND HIS LATE WIFE MARY JANE LIVED MOSTLY IN GARDEN GROVE AND RAN SEVERAL SUCCESSFUL BUSINESSES TOGETHER. HOWARD COULD TEAR ANYTHING APART, FIX IT, AND PUT IT BACK TOGETHER AGAIN. HE LOVED RESTORING CLASSIC CARS AND WAS VERY INVOLVED IN VOLUNTEERING IN THE COMMUNITY. HIS VOLUNTEERISM WITH THE GARDEN GROVE ELKS EARNED HIM THE ROYAL CROWN AS SENIOR KING OF THE STRAWBERRY FESTIVAL FOR 2023. FOR THE LAST 15 YEARS, HIS BEST FRIEND HAS BEEN CATHY VAN BRUGGEN WITH WHOM HE EMBARKED ON MANY ADVENTURES. HOWARD WAS A GREAT MAN WHO LOVED HIS FRIENDS AND FAMILY. HE IS SURVIVED BY HIS 7 CHILDREN, 22 GRANDCHILDREN, 46 GREAT GRANDCHILDREN, AND 18 GREAT-GREAT GRANDCHILDREN.





# "TREASURE YOUR HEALTH AND WELLNESS" RESOURCE FAIR



**WEDNESDAY,  
SEPTEMBER 20, 2023  
10 AM - 1 PM**

**OPPORTUNITY  
DRAWING, MUSIC, &  
COMMUNITY  
RESOURCES!**

**FREE LUNCH FOR THE FIRST 100 SENIORS  
REGISTERED**

**VACCINES WILL BE AVAILABLE!**

CALL THE CENTER AT (714) 741-5253 TO  
REGISTER.

COMMUNITY MEETING CENTER  
11300 STANFORD AVE. GARDEN GROVE, CA 92840

# Vaccine Clinic

**H. Louis Lake Senior  
Center in Partnership  
with Albertsons  
pharmacy!**



## Vaccines offered:

- ✓ Shingles
- ✓ RSV Vaccine
- ✓ TDAP
- ✓ Hep B
- ✓ Flu
- ✓ Pneumonia
- ✓ COVID  
(Pfizer/Moderna)

Participants will be given a  
10% off coupon to Albertsons

When: Wednesday,  
September 20, 2023

Time: 10:00 a.m. - 1:00 p.m.

Bring your  
Medi-Cal/Medicare card!

\*NO CO-PAYMENT UNLESS REQUIRED BY YOUR PLAN

To register, call the center at (714) 741-5423  
11300 Stanford Ave. Garden Grove, CA 92840



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 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

(08/23/2023 - 12/15/2023)

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

**Instructor:** Paloma from SAC

### Class Description:

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

## 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)

September 12th and 26th, October 10th & 24th

**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.

## 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

**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.

## COMPUTER BASICS

**Days:** Mondays

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

**Time:** 9:30 a.m. to 11:30 a.m.

**Instructor:** Santiago from SAC

### Class Description:

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

# ACTIVITIES SCHEDULE

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.

**HAPPY  
HALLOWEEN**

## 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 & 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.

**\*Schedule subject to change.**

## 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.**



## PAINT CERAMICS

**Day:** Mondays

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

**Activity Lead:** 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.

**\* \$5.00 material fee for start up kit available.**



## FIELD TRIP

**Day:** Wednesday, October 18th

**Time:** 12:00 p.m. to 5:30 p.m.

**Activity Description:** Join us for a trip to the Muzeo in Anaheim and enjoy a self guided tour to view the art and exhibits.

Please call the Center for more information about our trip schedule.

**\*Field trip will have a fee.**

## CRAFT DAYS

**Days:** Tuesday, September 19 and October 17

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

**Activity Lead:** Alice

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





*Relax and Unwind with*

# CHAIR YOGA



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**Wednesdays and Fridays**

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

**August 23, 2023- December 15, 2023**

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

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

**714-741-5253**

# 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  
September 12 & September 26  
October 10 & October 24

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

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

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

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

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

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



# 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.**



## 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.**



# Birthday Celebration!



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

STARTING AT 11:15AM





# Muzeo Field Trip



*Wednesday, October 18, 2023*

*Bus departs at 12:00 p.m.*

*Anticipated return is at 5:30 p.m.*

**\$10 FEE**

Space is limited and requires registration.

Call the center for more information

(714) 741-5253

# HALLOWEEN DANCE PARTY



**Cost is \$15 per person.**

**Music, dinner, and costume contest!**

**\*\* Payment must be made at time of R.S.V.P. to  
secure your spot**



Friday, October 27, 2023  
5:00 p.m. - 8:00 p.m.

CALL THE CENTER AT (714) 741-5253 TO  
REGISTER

11300 Sianford Ave. Garden Grove, CA 92840



PLEASE JOIN US FOR A



# FALL CRAFT

 **\$5 FEE** 

**TUESDAY, SEPTEMBER 19**

**10 AM - 11 AM**

Space is limited and requires  
registration.

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

11300 STANFORD AVE. GARDEN GROVE, 92840

*H. Louis Lake*  
SENIOR CENTER





Come join us for a fun and  
spectacular

# HALLOWEEN CRAFT

Tuesday, October 17

10 AM to 11 AM  
\$5 FEE

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

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



**Singing Seniors  
KARAOKE  
DAY!**

**Tuesday,  
September 26 &  
October 31**



**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**



*H. Louis Lake*  
SENIOR CENTER

# COSTUME KARAOKE



**TUESDAY, OCTOBER 31, 2023**

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

Join us for a morning of frightful fun and fabulous costumes!  
Coffee and snacks will be provided!

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

11300 Stanford Ave.  
Garden Grove CA, 92840







# DUFFY BOATS





# YACHT PARTY!





# FREE GROCERY BOX DELIVERY

Are you a  
Medi-Cal  
Member?



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

→  
SCAN TO  
LEARN MORE



by



**Get started today!**

949-673-0783

meals@sunterraonline.com

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

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

## 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>  <b>Restaurant Meals Program Locations:</b>  <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>  <b>Farmers Markets &amp; CalFresh:</b>  <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*



# FREE ENROLLMENT ASSISTANCE

## Apply For:

- Medi-Cal
- CalFresh
- CalWORKs
- Covered Ca
- General Relief/  
Alivio General

## Required Documents

- Proof of income/Prueba de ingresos o impuestos
- Birth certificate (children)/ Acta de nacimiento (para niños)
- Proof of address/ Comprobante de domicilio
- Identification card/ Tarjeta de identificación
- Proof of citizenship/ Prueba de ciudadanía
- Social Security card (if applicable) /Tarjeta de Seguro Social (si es aplicable)
- Immunization record/ Tarjeta de vacunas
- Proof of pregnancy/ Comprobante de embarazo

**Dates/ Fecha:** Third Thursday of the month/ Tercer jueves del mes

**Time/ Hora:** 9:00 AM -2:30 PM

**Address/ Dirección:** 11300 Stanford Ave  
Garden Grove, CA 92840

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

**In collaboration  
with/ En  
colaboración con:**



COMMUNITY HEALTH INITIATIVE  
OF ORANGE COUNTY

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

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

# FREE 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.

September 27, 2023 - 1:00 PM - 3:00 PM

October 25, 2023 - 1:00 PM - 3:00 PM



# SENIOR MOBILITY PROGRAM



## About:

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

## Our Service:

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



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

714-741-5253

**SUPPORTIVE  
SERVICES**

**EDUCATION  
AND  
WORKSHOPS**

**COMMUNITY  
RESOURCES**

**CASE  
MANAGEMENT**



**HEALTH AND  
WELLNESS  
REFERRALS**

**NEEDS  
ASSESSMENT**



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

## **SENIOR SUPPORT PROGRAM**

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

**Eligibility:** Residents of Garden Grove, 60+ years of age

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

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





# 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**



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PHOTO ID  
WITH YOU**



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**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



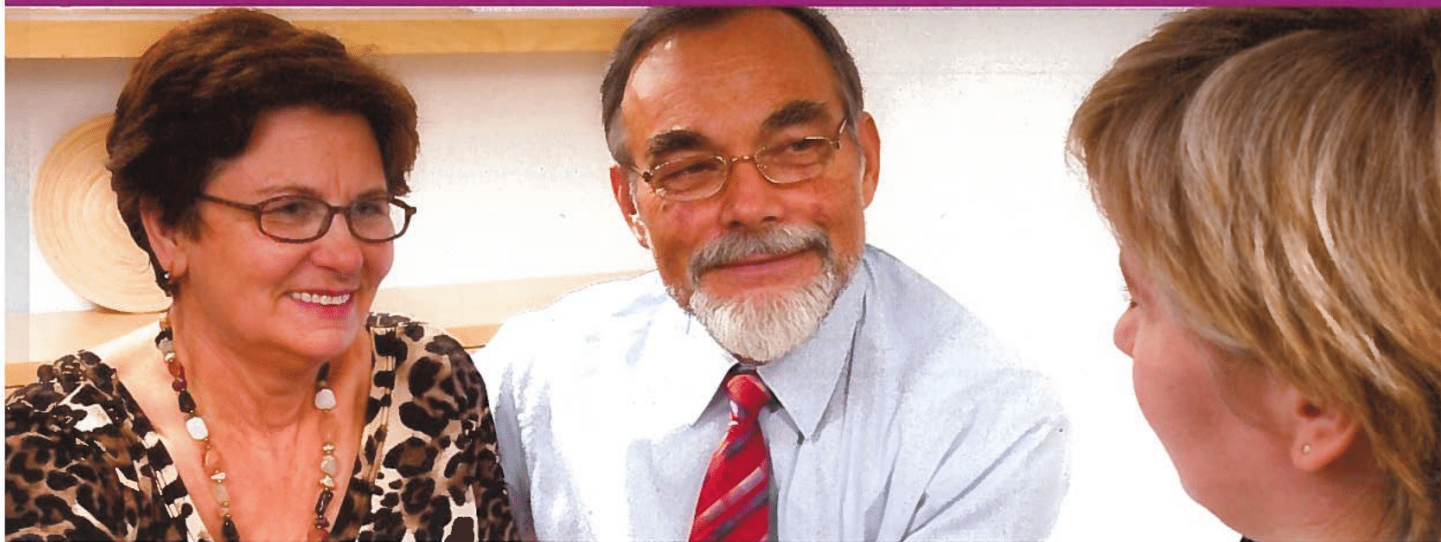
**ReConnect**

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:

## Pozole



### INGREDIENTS

1-2 lbs pork ribs or protein of choice  
2 heads of garlic  
1 white/yellow onion  
4-6 bay leaves  
1 Tbsp dried oregano  
15-20 dried California chiles  
salt to taste  
24 oz. can of hominy  
2 cucumbers  
1 red onion  
radishes  
limes  
1 head of cabbage  
tostadas



### INSTRUCTIONS

- In a medium size pot, add your pork ribs or choice of protein with half a white/yellow onion, a whole head of garlic, bay leaves, and salt.
- Fill up your pot with water and make sure water covers 2 to 4 inches above the meat.
- Bring to a boil for about 15-30 minutes and remove all impurities.
- Cover and let cook for 90 minutes.
- In a separate pot, add water and 15-20 cleaned, dried California chiles and bring to a boil for 15-30 minutes, until they are soft and pliable.
- In a blender, add 6 cloves of garlic, half of the white/yellow onion, dried oregano, boiled chiles, 2 cups of water used to boil chiles, and salt. Blend.
- Using a strainer, incorporate blended mixture into your pot where you are cooking your meat.
- Bring to a boil and add your hominy.
- Let it cook for another 30 minutes.
- Chop your red onion, cucumbers, radishes, and cabbage to use as toppings for your pozole.

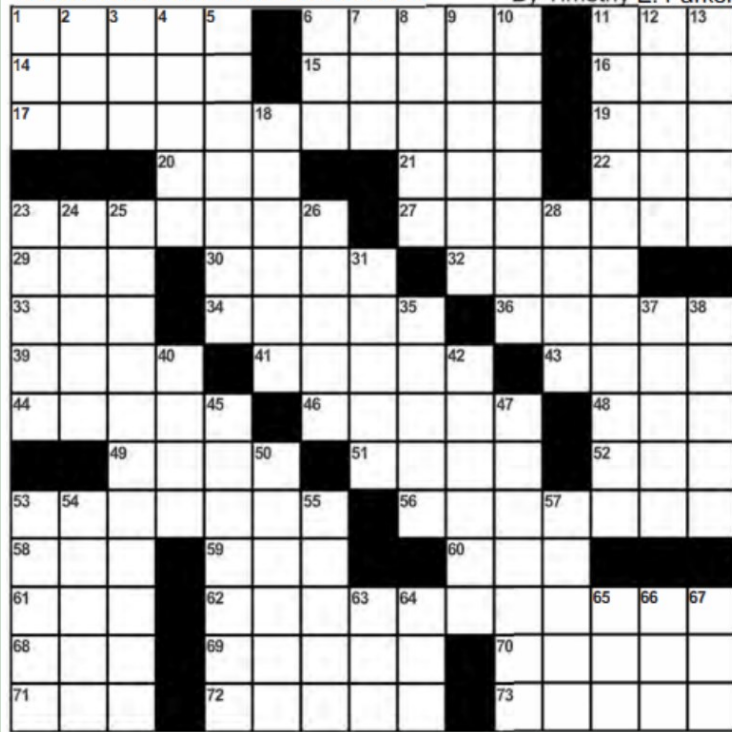
**Enjoy!**



# Crossword Puzzle

## A WIN-WIN-WIN-WIN SITUATION

By Timothy E. Parker



### ACROSS

- |  |  |
|--|--|
| 1) Anklebones                          | 43) Voyaging on an ocean               |
| 6) University in Texas                 | 44) Fire remnant                       |
| 11) "This means ___!"                  | 46) Andrea Bocelli, for one            |
| 14) For all to hear                    | 48) Malone on "Cheers"                 |
| 15) Truly love                         | 49) Coral strip                        |
| 16) Anger                              | 51) 100-meter event                    |
| 17) They are see-through               | 52) Clairvoyance, e.g.                 |
| 19) "... heat, ___ gloom of night ..." | 53) Breastbone                         |
| 20) "Mode" preceder                    | 56) Some instrument pluckers           |
| 21) Munched                            | 58) When doubled, a dance              |
| 22) Tall Australian bird               | 59) Airport schedule abbr.             |
| 23) Becoming morning                   | 60) Chunk of lawn                      |
| 27) Like some humor                    | 61) Common tree                        |
| 29) ___-Wan Kenobi                     | 62) Achieve total victory              |
| 30) Jewish homeland                    | 68) "___ moment, please"               |
| 32) Below-the-belt comment             | 69) End of a bridal path               |
| 33) Animal house                       | 70) Contents of some office cartridges |
| 34) "Come in!"                         | 71) The "p" in mpg                     |
| 36) Nosy thing to do?                  | 72) Be educated                        |
| 39) Roams                              | 73) Prepare to be tested               |
| 41) Auctioneer's hammer                |  |

### DOWN

- 1) Glass shooter
- 2) Legendary Muhammad
- 3) "Anchorman: The Legend of \_\_\_ Burgundy"
- 4) Country in northeastern Africa
- 5) Put on a pedestal
- 6) Drink from a dish
- 7) Org. on toothpaste tubes
- 8) One-celled organism
- 9) Ridges on ranges
- 10) Caulks again, e.g.
- 11) Some juicy vats
- 12) Bouquet
- 13) Any "I Love Lucy," now
- 18) On the decline
- 23) Avoid artfully
- 24) Crosswise, on deck
- 25) Jacket worn on a blustery day
- 26) Intimated
- 28) Russian assembly
- 31) Decisive refusal
- 35) Kidney-related
- 37) Minimal amount
- 38) Reading lights
- 40) Nostradamus, purportedly
- 42) Plague item of biblical proportions
- 45) Subscriber's option
- 47) Sharp replies
- 50) Pointless, as an effort
- 53) Ice cream portion
- 54) Macbeth was one
- 55) Kind of ray
- 57) Far from a Mensa candidate
- 63) Steering device, on water
- 64) Jumbo coffeepot
- 65) Large African antelope
- 66) "\_\_\_ be a fool not to!"
- 67) Attempt





**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)