



SENIOR NEWSLETTER MARCH 2021

National Nutrition Month

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National Nutrition Month[®] is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

Consider the following tips on page 4 to help you get started on your way to eating right.

Community Shout-Outs (continued on pg. 5)

Let someone know you're thinking of them, congratulate them, or greet them by sharing a short and sweet message from afar.

To: Senior Center
From: Norm Ifuku "Pineapple"

"Shout-out" to all staff, staff members & volunteers. Your continuous and relentless support of the senior programs are greatly appreciated. Bridging the elements of cold and rain, you are truly "first responders"

*throw
kindness
around like
confetti*

Community Shout-Out cards are passed out Wednesdays during the senior nutrition program. You may also request a shout-out card during your next senior lunch pick-up visit. Please return the completed card on your next senior lunch pick-up. We will do our best to share your messages in the next newsletter.

Under Executive Order from Governor Newsom, Policy Directive of the State Department of Public Health, and order of the San Bernardino County Department of Public Health, the Gardening Club, Walk & Talk, all other Healthy Montclair activities and classes, as well as senior center in person activities, are postponed until further notice.

The safety of our community is our utmost priority and hope you understand with the situation of COVID-19.

Thank you for your support with this matter.

For more information, please visit <https://www.cityofmontclair.org/residents/the-novel-coronavirus-covid-19>

For information or questions regarding the Senior Center, please call Toni Carrillo at (909) 625-9456
For information or questions regarding Healthy Montclair, please call Letty Gavilanes at (909) 625-9485

Visit HEALTHYMONTCLAIR.ORG for more updates and information on our programs and to view this and previous Healthy Montclair newsletters.



RESOURCES

Food Distribution The program is coordinated with the Community Services Department of San Bernardino County. To qualify you must bring a valid ID and live in San Bernardino County. Commodities to be given may include canned meat, canned vegetables, flour, corn meal, pudding, sauces, pasta, juices, and frozen items. The commodities change from month to month. Call (909) 625-9456 for information on qualifying income guidelines, confirmation of dates and food items. Please refer to The Emergency Food Assistance Program (TEFAP) 2020 Income Guidelines to determine if you qualify.

The next food distribution will be on **March 18, 2021**. Food will be distributed on a first come, first serve basis from 8:30 am to 10:00 am or while supplies last. The drive-thru food distribution will be taking place at the Montclair City Hall parking lot. Due to COVID-19 and your safety, we require all participants to wear a face mask and stay in your car. The boxes/bags of food will be placed in the trunk of your car. Participants must have their trunk cleared prior to arriving. Check the City of Montclair Facebook page for any location and time updates. www.facebook.com/Cityofmontclair

Senior Nutrition Program The Montclair Senior Center is currently offering curbside pickup for daily lunch, Monday through Friday from 11:30 a.m. to 12:30 p.m. in front of the Montclair Senior Center until further notice. There is a suggested \$2.50 donation for persons 60 years of age and older. Please see the next page for the March 2021 Senior Lunch Menu. For more information or questions, please call 625-9483.

Join us for Wacky Wednesdays during the Senior Nutrition Program! Please dress in the theme of the day:

Mar. 3 March Madness; **Mar. 10** Dr. Seuss Theme; **Mar. 17** St. Patrick's (Wear Green) Day;

Mar. 24 Spring Fling; **Mar. 31** Easter Celebration & March Birthday Fun!

COVID-19 Vaccinations All San Bernardino County residents ages 65 and over are now eligible to be vaccinated against COVID-19. To schedule a vaccination appointment, please visit sbccovid.com/vaccine/ and click on "Vaccine Locations & Registrations." Need assistance with scheduling an appointment or have questions about the vaccine? Residents of San Bernardino County may call (909) 387-3911 or email coronavirus@dph.sbcounty.gov

Montclair Seniors may call Toni Carrillo at (909) 625-9456 for additional vaccine information.

COVID-19 Testing In efforts to provide more testing opportunities for San Bernardino County residents, community testing events are being held throughout the county. At these testing events, samples are collected by inserting a swab up the nostril or into the mouth to the throat. These samples are then sent to a laboratory for COVID-19 testing. Testing is FREE and no symptoms or health insurance is required. To schedule a test at the Kid's Station (4985 Richton St., Montclair), please visit sbccovid19.com/testing-sites/ Individuals with no internet access or who have access/functional needs can call to make an appointment at (909) 387-3911, Monday-Friday from 9 a.m. to 6 p.m.

COVID-19 Hotline Residents of San Bernardino County may call the COVID-19 hotline for general information and resources about the virus. You may call the hotline number at (909) 387-3911, Monday through Friday from 9 a.m. to 5 p.m. You can also visit the website sbccovid19.com or email coronavirus@dph.sbcounty.gov

The hotline is NOT for medical calls. If you are feeling sick, please contact your health care provider or if it's an emergency call 9-1-1.

AARP Taxes Representatives from AARP will be assisting with filing income taxes at the Rancho Cucamonga Senior Center, Chino Senior Center, and Gibson Senior Center in Upland. **Deadline to file taxes is April 15.** Please call the center for more information and/or to set up an appointment.

- Rancho Cucamonga Senior Center, (909) 477-2780
- Chino Senior Center, (909) 591-9836
- Gibson Senior Center in Upland, (909) 981-4501

March 2021

Montclair Senior Center Drive Thru Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 BAKED PORK CHOP Macaroni & Cheese Stewed Tomatoes Green Salad Seasonal Melon WW Bread	2 OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	3 PULLED BBQ PORK SANDWICH w/Hamburger Bun Potato Salad Green Beans Fresh Vegetable Salad Tropical Fruit Ambrosia	4 SHEPHERD'S PIE Mashed Potato (in pie) Mixed Vegetables (in pie) Loose Leaf Salad Pineapple Chunks WW Bread	5 CHICKEN SOFT TACO Taco Toppings WW Tortilla Spanish Rice Refried Beans Fruit Cocktail
8 MEAT LOAF Mashed Potatoes Spinach Loose Leaf Salad Banana WW Bread	9 CHEF'S SPECIAL BAKED ZITI in Meat Sauce Green Beans Green Salad Pudding Apple Juice Garlic Bread	10 BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Fresh Orange Cup WW Bread	11 PORK CHOP MEXICANA Spanish Rice Stewed Tomatoes Green Salad Seasonal Melon WW Bread	12 BAKED FISH w/ Tartar Sauce Potato Wedges Corn Green Salad Bread Pudding WW Bread Orange Juice
15 ROAST PORK w/WW Bread Stuffing Mashed Potatoes Buttered Corn Apple WW Bread Orange Juice	16 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Oriental Mixed Vegetables Romaine Salad Orange Slices WW Bread	17 High Sodium Meal POLISH SAUSAGE Tomato Soup Boiled Potatoes Steamed Cabbage Fruit Cocktail Rye Bread	18 BBQ CHICKEN SANDWICH w/Hamburger Bun Potato Salad Coleslaw Seasonal Melon	19 CHILI BEANS w/ Shredded Cheese Green Salad Corn Bread Fresh Orange Cup
22 STUFFED PEPPER Mashed Potatoes Carrots Lettuce/Tomato Salad Fruit Cocktail WW Bread	23 BAKED HERB CHICKEN Navy Bean Soup Rice Green Beans Fresh Orange Cup WW Bread	24 MEAT LOAF Potatoes Au Gratin Corn Bread Pudding WW Bread Apple Juice	25 LASAGNA w/WW PASTA Lima Beans Romaine Salad Mixed Fruit Cup Garlic Bread Orange Juice	26 TUNA SALAD Corn Chowder Pasta Salad 3 Bean Salad Seasonal Melon WW Bread
29 BBQ CHICKEN Split Pea Soup Baked Potato Green Beans Coleslaw Fruit Cocktail WW Bread	30 HAM & SPINACH QUICHE Vegetable Beef Soup Beet & Onion Salad 3 Bean Salad Orange Slices WW Bread	31 Senior Birthdays! WHOLE WHEAT SPAGHETTI & MEAT SAUCE Green Beans Loose Leaf Salad French Bread Fruit Cocktail	SITE MANAGER: PATTI PENNINGTON (909) 625-9488 5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483 MONDAY- FRIDAY: 11:30 a.m. - 12:30 p.m.	SUGGESTED DONATION FOR ADULTS AGES 60+: \$2.50 <u>MENU IS SUBJECT TO CHANGE BASED ON FOOD AVAILABILITY</u>

FUNDING FOR THIS SERVICE HAS BEEN PROVIDED BY THE SAN BERNARDINO COUNTY DEPARTMENT OF AGING AND ADULT SERVICES THROUGH A GRANT AWARD FROM THE DEPARTMENT OF AGING.

We strive to provide high quality food and consistently follow our monthly menu; however, due to the COVID-19 pandemic, our supply of certain items on the daily menu may be low. We do our best to serve the items on our menu as advertised; however, we appreciate your understanding that the menu is subject to change daily. In addition, although we do our best to forecast how many meals will be needed daily, the demand for meals greatly varies and we may run out of the advertised menu; however, we will always have an option for lunch to provide any senior that participates in the daily nutrition program.

Thank you for your understanding. Please call Toni Carrillo at (909) 625-9456 with any questions or concerns.

Eating Right for Older Adults

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Make half your plate fruits and vegetables

- Eat a variety of different colored vegetables, including dark-green, red and orange.

Make at least half your grains whole

- Choose breads, cereals, crackers, and noodles made with 100% whole grains.
- Look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12.

Switch to fat-free or low-fat milk, yogurt and cheese

- Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices

- Eat a variety of foods from the protein food group each week, such as seafood,

nuts, beans, peas, and lentils, as well as lean meat, poultry and eggs.

- Protein foods are also a source of vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Limit sodium, saturated fat and added sugars

- Compare sodium in the foods you buy and choose those with lower numbers. Add spices or herbs to season food without adding salt.
- Select fruit for dessert more often in place of desserts with added sugars.

Stay Well Hydrated

- Drink plenty of fluid throughout the day. Choose unsweetened beverages, like water or milk.

Enjoy your food but be mindful of portion sizes

- Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

Cook more often at home, where you are in control of what's in your food

- When eating out, look for healthier menu options. Choose dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or take half home for later.

Be physically active your way

- Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active. If you are currently inactive, check with your doctor concerning increased physical activity.

Consult a registered dietitian nutritionist if you have special dietary needs.

- A registered dietitian nutritionist can create a customized eating plan for you.
- Contact your physician for a referral.

Featured Recipe

Salt-free Seasoning Blends

Boost the flavor of foods with salt-free herb and spice blends. Combine ingredients and store in a tightly covered jar. Rub or sprinkle them on food for added flavor.

- **Mixed herb blend:** Mix together ¼ cup dried parsley flakes, 2 tablespoons dried tarragon and 1 tablespoon each of dried oregano, dill weed and celery flakes.
- **Italian blend:** Mix together 2 tablespoons each of dried basil and dried marjoram, 1 tablespoon each of garlic powder and dried oregano and 2 teaspoons each of thyme, crushed dried rosemary and crushed red pepper.
- **Mexican blend:** Mix together ¼ cup chili powder, 1 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder and ground red pepper and ½ teaspoon cinnamon.

<https://www.eatright.org/food/resources/national-nutrition-month/toolkit>



Community Shout-Outs (continued)

Let someone know you're thinking of them, congratulate them, or greet them by sharing a short and sweet message from afar.

To: Staff

From: Arlene Coin, 91750

To all the kind people who serve meals during lunch time: the two men who hand out numbers; the two young ladies who collect the money; the ladies and young men who hand out the meals. I appreciate them all; their kindness, their smiles, their greetings, their courtesy. Even the driver who brings the meals who always gives us a wave as he leaves. Some days these are the only people we see in a day and they make my day more pleasant. God bless them!

To: All Seniors

From: Norm Ifuku "Pineapple"

Social gatherings are like "time bombs" ready to explode

To: My Casino Cousins

From: Cindy Caldera

Miss losing my money with family. Stay safe. I can't wait until we can get together again and sing "Gilligan's Island." Love you all.

To: R & N Johnson, 91763

From: S & B Sulanchupakorn, 91763

You are wonderful neighbors and a great blessing to us. We can always count on you. Thank you for all that you do for us!

To: All curbside lunch working bees, 91763

From: Nancy T. and Philip M., 91786

"Rain, cold, wind, the summer heat of hell!" Will not stop Montclair's Senior Lunch Program! The ladies and guys that work for all of us. "Job well done!!"

To: All

From: Romelia Olivas, 91763

Happy Valentines to the cooks and to the staff and the two girls that deliver my lunch. Happy Valentines!

To: Montclair Walkers, 91763

From: A Montclair Walker, 91763

In this time of no walking, get yourself a small dog. Walk the dog every day. Give the dog a name like "6 Miles." Then you can say to anyone who asks you about exercising, that "I walk '6 Miles' every day."

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