



SENIOR NEWSLETTER

APRIL 2021

Health Benefits of Gardening



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Let's welcome spring by enjoying the fresh air and doing a little gardening. In addition to growing your own fruits, vegetables, and flowers, there are other health benefits to gardening.

1. **Exposure to Vitamin D:** Vitamin D increases your calcium levels which benefits your bones and immune system. Outdoor activities like gardening are a perfect way to get your sunshine while pursuing a fun hobby. (But don't forget the sunscreen to protect your skin, and sunglasses for your eyes.)



2. **Decreased dementia risk:** a 2006 study found that gardening could lower risk of dementia by 36 percent. Researchers tracked more than 2,800 people over the age of 60 for 16 years and concluded that physical activity, particularly gardening, could reduce the incidence of dementia in future years.

3. **Mood-boosting benefits:** a study in the Netherlands suggests that gardening fights stress even better than other hobbies. Participants completed a stressful task and were then told to read inside or go outdoors and garden for 30 minutes. The gardening group reported better moods afterward, and their blood tests showed lower levels of the stress hormone cortisol. *(continued on pg.4)*

Featured Recipe on Page 4 plus more Health Benefits of Gardening

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 Action Partnership 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 **April 15, 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 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:

April 7 Baseball Opening Day; **April 14** Bandana Day; **April 21** Earth Day; **April 28** Hollywood Theme & Senior 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) 891-3810 or (888) 743-1485 or email coronavirus@dph.sbcounty.gov

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 May 17.** 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

Alternative tax preparation is available via Tax Aide. The AARP Foundation Tax-Aide service will be available through May 17. For more information, including what types of service are available near you and which documents you will need, visit aarpfoundation.org/taxaide or call 888-AARPNOW (888-227-7669).

Additional Tax Support The San Bernardino County Transitional Assistance Department is offering additional assistance and tax support through:

- IRS Certified TAD staff at (909) 515-8715
- Interactive Tax Assistant via irs.gov/help/ita
- IRS hotline at (800) 829-1040



April 2021

Montclair Senior Center Drive Thru Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
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 MENU IS SUBJECT TO CHANGE BASED ON FOOD AVAILABILITY		1 ROAST TURKEY Mashed Potatoes Buttered Corn Romaine Salad Banana WW Bread	2 BAKED FISH w/ Tartar Sauce Baked Potato Spinach Green Salad Apple WW Bread Orange Juice
5 SHEPHERD'S PIE Mashed Potato (in pie) Mixed Vegetables (in pie) Loose Leaf Salad Pineapple Chunks WW Bread	6 BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Fresh Orange Cup WW Bread	Baseball Opening Day 7 High Sodium Meal HAM w/ GLAZED SAUCE Lentil Soup Sweet Potatoes Green Beans Romaine Salad Corn Bread Peaches	8 COLD TURKEY SANDWICH On WW Bread Cream of Broccoli Soup Pasta Salad Carrot Raisin Salad Fresh Orange Cup	9 High Sodium Meal BEEF SOFT TACO Taco Toppings WW Tortilla Pinto Beans Spanish Rice Pudding Orange Juice
12 BAKED PORK CHOP Macaroni & Cheese Stewed Tomatoes Green Salad Seasonal Melon WW Bread	13 OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	Bandana Day 14 BBQ PULLED PORK SANDWICH w/WW Hamburger Bun Potato Salad Green Beans Fresh Vegetable Salad Tropical Fruit Ambrosia	15 CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices	16 SLOPPY JOES w/WW Hamburger Bun Potato Salad Carrots Mixed Fruit Cup
19 MEAT LOAF Mashed Potatoes Spinach Loose Leaf Salad Banana WW Bread	20 High Sodium Meal POLISH SAUSAGE Tomato Soup Boiled Potatoes Steamed Cabbage Fruit Cocktail Rye Bread	Earth Day 21 BBQ CHICKEN SANDWICH w/WW Hamburger Bun Potato Salad Coleslaw Seasonal Melon	22 PORK CHOP MEXICANA Spanish Rice Stewed Tomatoes Green Salad Seasonal Melon WW Bread	23 BAKED FISH w/ Tartar Sauce Potato Wedges Corn Green Salad Bread Pudding WW Bread Orange Juice
26 ROAST PORK w/WW Bread Stuffing Mashed Potatoes Buttered Corn Apple WW Bread Orange Juice	27 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Oriental Mixed Vegetables Romaine Salad Orange Slices WW Bread	Hollywood Theme 28 Senior Birthdays! SWEDISH MEATBALLS On Noodles Barley Soup Peas and Carrots Loose Leaf Lettuce Salad Seasonal Melon WW Bread	29 CHICKEN SOFT TACO Taco Toppings WW Tortilla Spanish Rice Refried Beans Fruit Cocktail	30 CHILI BEANS w/Shredded Cheese Green Salad Corn Bread Fresh Orange Cup

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.



Health Benefits of Gardening (*continued from pg. 1*)



4. Enjoyable aerobic exercise: Gardening is a great form of aerobic exercise; plus, you might become so engrossed in your work that you don't even realize you're breaking a sweat. Pulling weeds, reaching for various plants and tools, and twisting and bending as you plant will work new muscles in your body and help with strength, stamina, and flexibility.

5. Helps combat loneliness: After retirement, many people struggle with fewer socialization opportunities, and community gardens can be a fun way to engage with others while providing benefits to neighborhoods. According to the Centers for Disease Control and Prevention, community gardens are

"collaborative projects on shared open spaces where participants join together in the maintenance and products of the garden, including healthful and affordable fresh fruits and vegetables."

Source: <https://www.aarp.org/health/healthy-living/info-2017/health-benefits-of-gardening-fd.html>

DID YOU KNOW... Montclair has its own community garden? The Montclair Community Garden opened June 20, 2015, as part of the Healthy Montclair Initiative. The Montclair Community Garden has 28 plots for members of the community to rent on an annual basis.

If you are interested in renting a plot please call Leticia Gavilanes at (909) 625-9485 or email lgavilanes@cityofmontclair.org to request an application. If no plots are available, interested applicants will be put on a waiting list. Please join us and be a part of transforming our community one garden at a time!

Featured Recipe



GARDEN VEGETABLE GNOCCHI

Recipe and Photo by *Taste of Home*

Source: <https://www.tasteofhome.com/recipes/garden-vegetable-gnocchi/>

INGREDIENTS

- 2 medium yellow summer squash, sliced
- 1 medium sweet red pepper, chopped
- 8 ounces sliced fresh mushrooms
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 package (16 ounces) potato gnocchi
- 1/2 cup Alfredo sauce
- 1/4 cup prepared pesto
- Chopped fresh basil, optional



DIRECTIONS

1. Preheat oven to 450°. In a greased 15x10x1-in. baking pan, toss vegetables with oil, salt and pepper. Roast 18-22 minutes or until tender, stirring once.
2. Meanwhile, in a large saucepan, cook gnocchi according to package directions. Drain and return to pan.
3. Stir in roasted vegetables, Alfredo sauce and pesto. If desired, sprinkle with basil.

Community Shout-Outs

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

To: All Seniors

From: Norm Ifuku "Pineapple"

"A simple act of kindness goes a long way"

**throw
kindness
around like
confetti**

To: all who prepare, cook and wrap the food for us and guide us through the line

From: Doyle & Thelma Book, 91786

For all who help in feeding the elderly... We want you to know how much we appreciate your kindness toward us. We are blessed because of you and through you. You may not have considered it, but God says He will reward those who care for the weak, the homeless, the widows, orphans, the aliens, and strangers among us. You are blessed.

To: All Seniors

From: Norm Ifuku "Pineapple"

What we do today will carve the "future"

From: Raquel Navarro, 91709

I would like to thank ALL the lunch service staff from the packaging, to the drive thru staff for their dedication and hard work in serving our community. We value and appreciate ALL you do for us seniors!

To: Rocky's Pizza

Thank you for the fun pizza surprise! We have lovely lunches from the Montclair Senior Center, but it was a treat to have the pizzas!

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.