



SENIOR NEWSLETTER

MAY 2021

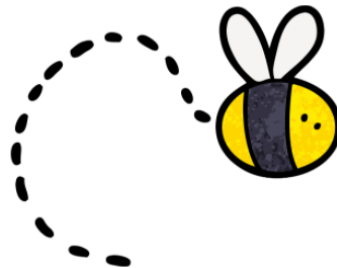
Mental Health Month - Practicing Self-care

Self-care activities help us enhance our well-being and maintain good mental health. They can include habitual, routine activities such as eating well and getting regular exercise, which often get neglected during particularly difficult or stressful periods in our lives.

Becoming aware of how often, or how well, we practice self-care activities can help us identify areas we are neglecting and improve upon them for better mental health.

The brief self-care checkup on page 6 can help you consider the frequency and quality of your self-care in five important life domains:

- Emotional
- Physical
- Social
- Occupational; and
- Spiritual self care.



Inside

Pg. 2	Resources
Pg. 3	May Menu
Pg. 4	SCAM ALERT Social Media Vaccination Posts
Pg. 5	Self-Care Check Up
Pg. 6	Agewise & Featured Craft
Pg. 7	Community Shout-Outs



For more information, please visit: <https://screening.mhanational.org/content/self-care-checkup/>

Self-Care Check Up on Page 5

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 **May 20, 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:

May 5 Mini Fiesta; **May 12** Mother's Day; **May 19** Patriotic Day; **May 26** Senior Birthday Fun! Celebrating Moms

ATTENTION! Meals on Wheels is looking for drivers to help deliver meals to seniors within the City of Montclair. If you are interested in volunteering, please contact Toni Carrillo at (909) 625-9456. Thank you!



UPDATE: COVID-19 Testing and Vaccinations Beginning Monday, April 26, COVID-19 testing and vaccinations will be available at Montclair Place (5060 E. N Montclair Plaza Ln., 2nd Floor, Ste. 2138). *For parking, enter off Moreno St. by Moreno St. Market Food Court.* Testing will be Mondays, Wednesdays, and Fridays from 10 a.m. to 6 p.m. Appointments recommended, walk-ins welcome. Testing is FREE and no symptoms or health insurance is required. To schedule an appointment, 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.

Vaccinations will take place by appointment only on Tuesdays, Thursdays, and Saturdays from 10 a.m. to 6 p.m. To schedule a vaccination appointment, please visit <https://sbccovid19.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 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

May 2021

Montclair Senior Center Drive Thru Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 STUFFED PEPPER Mashed Potatoes Carrots Lettuce/Tomato Salad Fruit Cocktail WW Bread	4 BAKED HERB CHICKEN Navy Bean Soup Rice Green Beans Fresh Orange Cup WW Bread	5 High Sodium Meal BEEF SOFT TACO Taco Toppings WW Tortilla Pinto Beans Spanish Rice Pudding Orange Juice	6 TUNA SALAD Corn Chowder Pasta Salad 3 Bean Salad Seasonal Melon WW Bread	7 LASAGNA w/WW PASTA Lima Beans Romaine Salad Mixed Fruit Cup Garlic Bread Orange Juice
10 BBQ CHICKEN Split Pea Soup Baked Potato Green Beans Coleslaw Fruit Cocktail WW Bread	11 HAM & SPINACH QUICHE Vegetable Beef Soup Beet & Onion Salad 3 Bean Salad Orange Slices WW Bread	12 WW SPAGHETTI & MEAT SAUCE Green Beans Loose Leaf Salad French Bread Fruit Cocktail	13 ROAST TURKEY Mashed Potatoes Buttered Corn Romaine Salad Banana WW Bread	14 MEAT LOAF Mashed Potatoes Spinach Loose Leaf Salad Banana WW Bread
17 COLD TURKEY SANDWICH On WW Bread Cream of Broccoli Soup Pasta Salad Carrot Raisin Salad Fresh Orange Cup	18 SLOPPY JOES w/WW Hamburger Bun Potato Salad Carrots Mixed Fruit Cup	19 High Sodium Meal HAM w/GLAZED SAUCE Lentil Soup Sweet Potatoes Green Beans Romaine Salad Corn Bread Peaches	20 CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices	21 BAKED FISH w/ Tartar Sauce Baked Potato Spinach Green Salad Apple WW Bread Orange Juice
24 BAKED PORK CHOP Macaroni & Cheese Stewed Tomatoes Green Salad Seasonal Melon WW Bread	25 CHEF'S SPECIAL BAKED ZITI in Meat Sauce Green Beans Green Salad Pudding Apple Juice Garlic Bread	26 Senior Birthdays! BAKED CHICKEN BREAST Rice Zucchini Mixed Fruit Cup WW Roll	27 SHEPHERD'S PIE Mashed Potato (in pie) Mixed Vegetables (in pie) Loose Leaf Salad Pineapple Chunks WW Bread	28 BBQ CHICKEN SANDWICH w/WW Hamburger Bun Potato Salad Coleslaw Seasonal Melon
31 Closed 		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.



SCAM
ALERT

SOCIAL MEDIA VACCINATION POSTS

Many people are celebrating when they receive the Coronavirus Disease 2019 (COVID-19) vaccine by posting photos of their vaccination card on social media. This is dangerous and could invite identity theft!

Your vaccination card includes personal information such as your full name, date of birth and where and when you received the vaccine. Scam predators are always looking for a way to get key pieces of personal information so they can use it to open accounts in your name and other criminal activities. If you want to share the news of your vaccination, try a photo of your bandaid or vaccine sticker!

The Federal Trade Commission (FTC) and Better Business Bureau (BBB) recommend the following to protect yourself from this type of scam:

- ▶ **Never** share clues to your Personal Identification Number (PIN) or passwords
- ▶ **Always** check your privacy settings on your social media apps
- ▶ **Update** security software on your devices when necessary
- ▶ **Remember** that anything posted on social media is there forever
- ▶ **Think** before you accept a friend request so you know who views your posts

Note: You may report scam predators to the FTC, BBB, Adult Protective Services (APS), Office of the Inspector General and the Federal Bureau of Investigation Internet Crime Complaint Center.

If you think you may be a victim of a scam, contact
San Bernardino County APS at 1 (877) 565-2020
or your local police department.

Self-Care Checkup

Rate how you believe you are doing in each activity (**1**= I can improve this; **2**=I'm average at doing this; **3**= I do this very well). Then decide whether this is a priority for you or not by marking "Yes" or "No."

It's important to remember the list is not exhaustive - some activities or domains may not pertain to you at all, or you may feel that others are missing. There is no right or wrong way to fill out this form, it is to be used as a guide for yourself to inspire you to work on ways to better your self care.

*This checkup is a modified version of the Prairie Health Self-Care Checkup worksheet which can be found here: <https://screening.mhanational.org/content/self-care-checkup/>

	Rating			Priority?	
Self-Care: Emotional					
Enjoying hobbies	1	2	3	Yes	No
Expressing emotions and feelings (e.g. talking, journaling)	1	2	3	Yes	No
Practicing self-nurturing activities (e.g. long bath, gentle walk outdoors)	1	2	3	Yes	No
Laughing about things	1	2	3	Yes	No
General emotional self-care	1	2	3	Yes	No
Self Care: Physical					
Attending health upkeep appointments (e.g. dental or general practitioner checkups)	1	2	3	Yes	No
Resting when unwell	1	2	3	Yes	No
Drinking enough water	1	2	3	Yes	No
Getting sufficient sleep	1	2	3	Yes	No
Moving your body (e.g. exercise, dancing)	1	2	3	Yes	No
Eating regular meals	1	2	3	Yes	No
Maintaining good hygiene	1	2	3	Yes	No
General physical self-care	1	2	3	Yes	No
Self-Care: Social					
Making time for loved ones	1	2	3	Yes	No
Staying in contact with distant connections (e.g. Zoom, Facetime, phone call)	1	2	3	Yes	No
Engaging in mentally stimulating discussions	1	2	3	Yes	No
Asking for help when you require it	1	2	3	Yes	No
Doing fun activities with others/enjoyable group activities	1	2	3	Yes	No
Spending quiet private time with a loved one	1	2	3	Yes	No
Making new friends/talking to new people	1	2	3	Yes	No
Overall social self-care	1	2	3	Yes	No
Self-Care: Occupational					
Seeking support when it's required at work	1	2	3	Yes	No
Balancing work and leisure activities	1	2	3	Yes	No
Taking lunch breaks/regular work breaks	1	2	3	Yes	No
General professional self-care	1	2	3	Yes	No
Self-Care: Spiritual					
Enjoying outdoor/nature time	1	2	3	Yes	No
Acts of kindness	1	2	3	Yes	No
Practicing gratitude	1	2	3	Yes	No
Meditating	1	2	3	Yes	No
Appreciating beauty (e.g. music, art, literature)	1	2	3	Yes	No
General spiritual self-care	1	2	3	Yes	No

AGEWISE PROGRAM

San Bernardino County Department of Adult and Aging Services | Agewise Program

Age Wise is a mental health program for older adults, aged 59 and over, who would benefit from behavioral health and wellness services and other resources to help meet basic needs. Services include in-home behavioral health and case management services, counseling services, peer and family advocacy, support and education groups provided throughout San Bernardino County.

The goal of the Age Wise program is to help individuals maintain the best possible behavioral and physical health in order to increase the ability to sustain independent living and well-being. Referrals and consultation are available to individuals, families and agencies working with the elderly.



For more information, please visit <http://hss.sbcounty.gov/daas/programs/AgeWise.aspx>

CENTRAL VALLEY

Age Wise Program – A, O, MH
686 E. Mill Street
San Bernardino, CA
Phone: (800) 451-5633
Fax: (909) 798-8582

HESPERIA

Age Wise Program – Circle of Care – A, O, MH
11951 Hesperia Road
Hesperia, CA 92345
Ph: (760) 956-2434
Fax: (760) 947-6311

Featured Craft: Mental Health Awareness Ribbons

May is Mental Health Awareness Month. One way you can show your support for mental health awareness is by wearing a green ribbon.



The green ribbon is the international symbol for mental health awareness. Wear a green ribbon to show colleagues, loved ones or simply those you walk past that you care about their mental health. It can also be worn in memory of a loved one.

The **materials** you will need to create a simple green ribbon as pictured on the left are:

- Green ribbon, preferably lighter colored, and less than an inch wide. You will need approximately 5 inches for one ribbon. You can make this longer or shorter for your preference
- Safety pin

Instructions: Hold the ribbon horizontally at its midpoint and fold the left end down and slightly across the midpoint. Then, fold the right end in the same way so the ribbon crosses itself slightly below the fold. At this cross-point, use the safety pin to secure the ribbon in place and to pin to your garment.

There are many ways to create your own Mental Health Awareness ribbon. Be creative and use your own talents, whether it's knitting, crochet, woodcarving, quilting, etc., to create your own awareness ribbon for yourself and loved ones.

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: Toni Carrillo

From: Jose O. and Josefina Preciado, 91763

Toni: Thank you very much for the help that you give to us (senior people)

To: all the senior center staff

From: Jose O. and Josefina Preciado, 91763

Thank you to all the senior center staff. Hugs and blessings.

To: all the donations

From: Jose O. and Josefina Preciado, 91763

Thank you very much to all the people; the donors that help this program for the seniors and more. God bless you!!! And miss all the activities and exercises and more; miss all of you.

Guess which Politician said the Quote!

By: Norman Ifuku "Pineapple"

Name each politician that said each quote. Submit your answers in a community shout-out along with your name. Winners will receive a shout-out in the next newsletter! Good luck!

1. "A house divided will never stand"
2. "Stay smart, stay apart"
3. "America is the beacon of the world"

From: Ester Vargas-Pipersky

It is with great sadness to inform you that lifelong resident of Montclair and President of the Montclair Senior Citizens Club Hollis Judkins passed away at home on Thursday, April 15, 2021. Hollis had been a volunteer for the City of Montclair Senior Programs for over 30 years. Hollis was very much involved with many programs, to name a few, the Montclair Walkers Club, Montclair Walkers Choral Group, Nutrition Program, Mini Market, Montclair Community Action Committee, and President of the Montclair Senior Citizens Club. Hollis loved her community and always had a smile on her face. Hollis will be greatly missed by all those who knew and loved her. Hollis is survived by her loving husband Elmer Judkins, two sons, and grandchildren. A memorial service is pending and will later be announced.



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.

Additional Resources

COVID-19 FUNERAL ASSISTANCE Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA is providing financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020. Applicants may apply by calling 844-684-6333 (TTY: 800-462-7585) from 9a.m. to 9p.m. EDT, Monday through Friday. Multilingual services are available.

For more information, please visit <https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance>