



## SENIOR NEWSLETTER JUNE 2021



### CDC Tips on Safe Food Storage

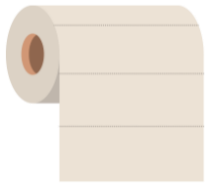
**These tips on storing fresh fruits and vegetables will help you cut down on food waste and trips to the grocery store. You'll save money while keeping fresh food on hand for your whole family.**

The challenge with fresh foods is keeping them fresh. Anything fresh can spoil quickly. Think about the last time you bought bananas. They may have seemed to turn brown overnight. Not to worry! Fresh foods can last longer if you store them right. Check out the Center of Disease Control and Prevention's (CDC) top 6 tips for keeping your fruits and vegetables ready to eat.

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#### 1. Soak Up Extra Water



Too much moisture can cause fresh foods to spoil. Some items, like lettuce, naturally give off moisture over time. To keep some foods from spoiling, don't let their liquids collect. It's best to store foods like lettuce and leafy greens with something to soak up extra water. This could mean putting greens in a container with a paper towel. You could also use a cloth vegetable bag. Either way, make sure you store leafy greens in the refrigerator so they last longer.

#### 2. Limit Air

Air makes some fruits and vegetables turn brown. Apple slices are one example. It won't hurt you to eat browning produce, but most people don't prefer it. Lemon juice can help foods keep their color. Squeeze some lemon juice over sliced fruits and veggies to protect them from the air. You don't have to worry about a sour taste either. When you're ready to eat, just rinse off the lemon juice. *(continued on page 6)*



### More Safe Food Storage Tips on Page 6

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 **June 17, 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](http://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: **June 2** Carnival Theme; **June 9** Say Something Nice Day 'Shout Out'; **June 16** Flag Day; **June 23** Father's Day; **June 30** Senior Birthday Fun! Celebrating Dads*

**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** 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. Located inside the mall, upper level, across from Forever 21.* Testing will be Mondays from 10 a.m. to 6 p.m. Appointments accepted, walk-ins welcome. Take home kits will be available Tuesday through Saturday. Testing is FREE and no symptoms or health insurance is required. To schedule an appointment, please visit [sbccovid19.com/testing-sites/](https://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 Tuesday through Saturday from 10 a.m. to 6 p.m. Appointments accepted, walk-ins welcome while supplies last. 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](mailto: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](https://sbccovid19.com) or email [coronavirus@dph.sbcounty.gov](mailto: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.


**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>



# June 2021



## Montclair Senior Center Drive Thru Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SITE MANAGER:</b> <b>PATTI PENNINGTON</b> (909) 625-9488  <b>5111 BENITO ST.</b> <b>MONTCLAIR, CA.</b> (909) 625-9483 <b>MONDAY- FRIDAY:</b> <b>11:30 a.m. - 12:30 p.m.</b>	<b>1</b> <b>High Sodium Meal</b> <b>POLISH SAUSAGE</b> Tomato Soup Boiled Potatoes Steamed Cabbage Fruit Cocktail Rye Bread	<b>2</b> <b>BAKED</b> <b>CHICKEN BREAST</b> Baked Potato Spinach Carrot Raisin Salad Fresh Orange Cup WW Bread	<b>3</b> <b>PORK CHOP</b> <b>MEXICANA</b> Spanish Rice Stewed Tomatoes Green Salad Seasonal Melon WW Bread	<b>4</b> <b>BAKED FISH</b> w/ Tartar Sauce Potato Wedges Corn Green Salad Bread Pudding WW Bread Orange Juice
<b>7</b> <b>ROAST PORK</b> <b>w/WW Bread Stuffing</b> Mashed Potatoes Buttered Corn Apple WW Bread Orange Juice	<b>8</b> <b>High Sodium Meal</b> <b>CHICKEN TERIYAKI</b> Steamed Rice Oriental Mixed Vegetables Romaine Salad Orange Slices WW Bread	<b>9</b> <b>SWEDISH</b> <b>MEATBALLS</b> On Noodles Barley Soup Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	<b>10</b> <b>CHICKEN</b> <b>SOFT TACO</b> Taco Toppings WW Tortilla Spanish Rice Refried Beans Fruit Cocktail	<b>11</b> <b>CHILI BEANS</b> w/ Shredded Cheese Green Salad Corn Bread Fresh Orange Cup
<b>14</b> <b>STUFFED PEPPER</b> Mashed Potatoes Carrots Lettuce/Tomato Salad Fruit Cocktail WW Bread	<b>15</b> <b>BAKED</b> <b>HERB CHICKEN</b> Navy Bean Soup Rice Green Beans Fresh Orange Cup WW Bread	<b>16</b> <b>MEAT LOAF</b> Potatoes Au Gratin Corn Bread Pudding WW Bread Apple Juice	<b>17</b> <b>CHICKEN</b> <b>ENCHILADA</b> <b>CASSEROLE</b> Refried Beans Corn Orange Slices	<b>18</b> <b>LASAGNA</b> <b>w/WW PASTA</b> Lima Beans Romaine Salad Mixed Fruit Cup Garlic Bread Orange Juice
<b>21</b> <b>BBQ CHICKEN</b> Split Pea Soup Baked Potato Green Beans Coleslaw Fruit Cocktail WW Bread	<b>22</b> <b>HAM &amp; SPINACH</b> <b>QUICHE</b> Vegetable Beef Soup Beet & Onion Salad 3 Bean Salad Orange Slices WW Bread	<b>23</b> <b>WW SPAGHETTI</b> <b>&amp; MEAT SAUCE</b> Green Beans Loose Leaf Salad French Bread Fruit Cocktail	<b>24</b> <b>ROAST TURKEY</b> Mashed Potatoes Buttered Corn Romaine Salad Banana WW Bread	<b>25</b> <b>High Sodium Meal</b> <b>BEEF SOFT TACO</b> Taco Toppings WW Tortilla Pinto Beans Spanish Rice Pudding Orange Juice
<b>28</b> <b>TUNA SALAD</b> Corn Chowder Pasta Salad 3 Bean Salad Seasonal Melon WW Bread	<b>29</b> <b>SLOPPY JOES</b> w/WW Hamburger Bun Potato Salad Carrots Mixed Fruit Cup	<b>30</b> <b>Senior Birthdays!</b> <b>High Sodium Meal</b> <b>HAM</b> <b>w/GLAZED SAUCE</b> Lentil Soup Sweet Potatoes Green Beans Romaine Salad Corn Bread Peaches		<b>SUGGESTED</b> <b>DONATION</b> <b>FOR ADULTS</b> <b>AGES 60+: \$2.50</b>  <b><u>MENU IS SUBJECT TO</u></b> <b><u>CHANGE BASED ON</u></b> <b><u>FOOD AVAILABILITY</u></b>

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

## COMPANION PET ADOPTION SCAMS

Scam predators are targeting people who are looking to adopt a companion pet during the Coronavirus Disease 2019 (COVID-19) pandemic.

The scam may involve a pet rescue group that seems legitimate and offers a heart-wrenching story about the pet. While they may not require any adoption fees, they ask you to provide a refundable deposit, reimbursement for veterinary bills or up-front transportation costs. They may state that this is urgent and the pet may be euthanized if you do not send the money immediately! In any case, once the scam predator receives your money, they disappear, along with the pet that never really existed.

The Better Business Bureau (BBB), Federal Trade Commission (FTC) and American Society for the Prevention of Cruelty to Animals recommends the following to avoid companion pet adoption scams:

-  Never buy or adopt a companion pet without seeing it in person. This is the best way to ensure you are not targeted by a scam predator.
-  Conduct an internet search of the image of the companion pet. If you find multiple pet adoption sites using the same picture, it is most likely a scam.
-  Do not use money transfer apps like Zelle or Venmo with people you do not know well. Protect yourself from these types of scams by only using these apps with close friends or family.
-  Reach out to your city or county animal shelter for a list of adoptable companion pets and lists of reputable adoption agencies.

**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.



SCAM  
ALERT

## COVID-19 VACCINE SCAMS

More people are at home and isolated during the Coronavirus Disease 2019 (COVID-19) pandemic and scam predators are using this as an opportunity to spread false information. These scam predators may create confusion if you are trying to sign up for the COVID-19 vaccine, so always go through your medical doctor or seek additional information on the vaccine in San Bernardino County at [www.sbcovid19.com/vaccine/](http://www.sbcovid19.com/vaccine/).

These scam predators may reach out to you by phone, text, email, or in person. They are attempting to obtain your personal information and/or payments!

The Federal Trade Commission, (FTC), Better Business Bureau (BBB), Centers for Disease Control and Prevention and the Federal Communications Commission recommend the following to protect yourself:

- 🚫 Never pay to sign up for the COVID-19 vaccine. Anyone who asks for a payment to put you on a list is a scam predator.
- 🚫 Remember that vaccine recipients do not have to pay for the vaccine.
- 🚫 Ignore sale ads for the vaccine. The vaccine is only available at federal and state approved locations.
- 🚫 Do not believe scammers who promise early access to vaccines for a fee.
- 🚫 No legitimate agency will request your Social Security number, bank account, or credit card information when scheduling an appointment.

**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.

# Tips from West Valley Mosquito and Vector Control District



As our California weather returns to hot days and warm evenings, it brings with it our dreaded outdoor companions! Operation technicians are seeing a marked increase in mosquito breeding in typical spots like underground storm drains, dairy lagoons, and of course, backyards!

Remember, it only takes a bottle cap's worth of water to breed mosquitoes. Take a look around your yard for those sneaky breeding sites (examples pictured on the left) and dump them out. If you want a professional to help you uncover those hidden water sources, call us for an inspection. There is no cost, it's fast, and we can help you protect your family and neighbors from those backyard biters!

## West Valley Mosquito and Vector Control District

Phone: (909) 635-0307

Email: [adminemail@wvmvcd.org](mailto:adminemail@wvmvcd.org)

Website: [wvmvcd.org](http://wvmvcd.org)



## Safe Food Storage Tips (continued from pg. 1)

### 3. Stop Water Loss

While water can cause some fresh foods to spoil, it can help others stay crisp. You can cut hardy vegetables like celery and carrots into bite-sized pieces for a healthy snack. Once they're cut, place them in a bowl of water and store everything in the fridge. This will keep your vegetables from losing moisture and becoming wilted.

For fresh berries, water and a little vinegar can keep them from getting mushy. Wash berries in a mixture of 1 part vinegar to 3 parts water. For example, 1 cup of vinegar and 3 cups of water. The vinegar and water mix helps remove grime, spores, and bacteria. Make sure you rinse your berries with clean water to remove any leftover vinegar. Pat them dry and store your berries in the fridge.



### 4. Separate Certain Foods

Some fruits and vegetables give off gases, like ethylene, as they ripen. These gases can cause other foods to age faster than usual. Fruits and vegetables that release gases include mangos, peaches, and pears. Other foods like cucumbers, raspberries, and strawberries can be affected by the gases and ripen too fast. To stop foods from aging too quickly, it's best to separate certain items. Try storing gas-releasing foods on a shelf separate from gas-sensitive ones.

### 5. Purchase Underripe Fruits and Veggies

When grocery shopping, everything you buy doesn't have to be ready to eat. Things like tomatoes, avocados, and cantaloupe continue to ripen after they're picked. Try purchasing some items when they're still a little firm. They will soften over time, and you'll have fresh produce for weeks on end.



### 6. Pick the Right Temperature

When it comes to storing fresh foods, temperature matters. The best storage temperature depends on the item you want to preserve. Most fruits and veggies do best in the refrigerator. Your refrigerator should be set to 40°F or less. You can use a crisper drawer to keep items fresh. The crisper helps fruits and vegetables get the right amount of air and keeps them from losing too much water. The crisper also keeps excess water from collecting. Remember, extra water can cause some foods to spoil.

Not all fresh foods need to be in the cold, though. You shouldn't refrigerate things like underripe bananas and avocados. The cold can interrupt fruits' ripening process and give fruit an unappealing look and texture. Store these fruits at room temperature.



For more information on food storage tips, please visit [www.cdc.gov](http://www.cdc.gov) This article is found under the Diabetes section > Resources and Publications > Features and Spotlights > Fruits and Vegetables: Keep Them Fresh to Keep You Healthy

# Featured Recipe

## Raw Corn Salad

Say hello to the beginning of summer with this refreshing and easy salad. Find a demonstration of this recipe on YouTube.com by searching "Cooking with the Food Trust: Raw Corn Salad"

*Recipe and photos by The Food Trust Kitchen.*

### INGREDIENTS

- 4 ears of corn
- 1 red onion, chopped
- 2 tomatoes, chopped
- 2 carrots, grated
- 2 tbsp. vegetable oil
- 1/4 cup vinegar
- 1 cup fresh cilantro, chopped
- Salt and pepper, to taste



### DIRECTIONS

1. Chop or grate ingredients. Remove husks from corn and cut kernels off the cob.
2. Combine corn, onion, tomatoes and carrots in a large bowl.
3. In a small bowl, combine oil, vinegar, cilantro, salt and pepper. Mix well.
4. Pour dressing on the salad, toss and enjoy!

## 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: Patti & Keith**

**From: Toni & Montclair Senior Staff**

Welcome back Patti & Keith! We have missed you a whole lot!

**To: Staff**

**From: Romelia, 91763**

Thank you to all the cooks, and the staff and specially Joanna and Julianna, miss you girls!

### Guess which Politician said the Quote!

By: Norman Ifuku "Pineapple"

Name each politician that said each quote. Answers are found below.

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

- Answers**
1. President Abraham Lincoln
  2. LA Mayor Eric Garcetti
  3. President Joe Biden

### Silly dad jokes in honor of Father's Day...

My son asked me to put his shoes on, but I don't think they'll fit me.

Why do fathers take an extra pair of socks when they go golfing? *In case they get a hole in one!*

My wife told me I had to stop acting like a flamingo. So, I had to put my foot down!

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.

# Montclair Senior Nutrition Meal Program Contributions

June 2021

Thank you for participating in the City of Montclair's Senior Nutrition Meal program. We are privileged to serve our community during these difficult and uncertain times, but we need your help now more than ever! This program is primarily grant-funded, but still relies on the generous support of our community to continue serving healthy, daily meals to Montclair senior citizens.

We would like to inform you that our senior nutrition suggested donation will be increasing to \$3.00 effective July 1, 2021. However, not everyone can afford to contribute, and your donation is not a requirement for you to receive a meal if you are eligible for the program. Any extra small contribution will help to maintain the meal program we are providing.

The Montclair Senior Nutrition Meal Program is asking that you please contribute what you can to help support and continue this program. Your contribution will be used to make a positive impact in the lives of Montclair senior citizens in our community. If you have any questions, please call our Senior Center at 909-625-9483.

- Beginning July, 1 2021, our suggested donation per meal will be \$3.00 for eligible program participants. Contributions are voluntary and confidential.
- No eligible individual shall be denied participation because of failure or inability to contribute.
- If you are not an eligible program participant, a guest fee of \$6.00 per meal is required.
- Funding for this service has been provided by the San Bernardino County Department of Aging and Adult Services through a grant awarded from the California Department of Aging.

*Thank you!*