



SENIOR NEWSLETTER

JULY 2021

How to Evaluate Health Websites

5 Quick Questions to Help You Evaluate Health Websites

from the National Center for Complementary and Integrative Health

When you're looking for answers to a health question, do you look for information online? Many people do. But using the internet as a source of health information can be risky because not all websites are trustworthy. When you visit an online health site, ask these quick questions:

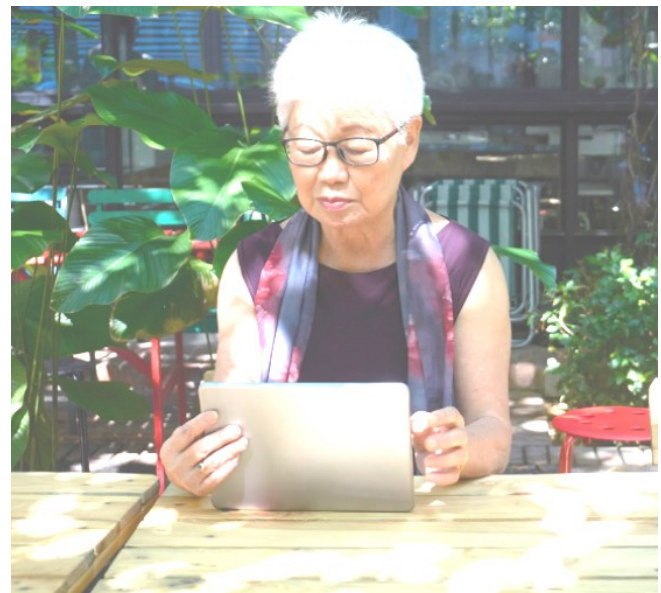
- **Who** runs or created the site? Can you trust them?
- **What** is the site promising or offering? Do its claims seem too good to be true?
- **When** was the information written or reviewed? Is it up-to-date?
- **Where** does the information come from? Is it based on scientific research?
- **Why** does the site exist? Is it selling something?

To find accurate health information, start with one of these organized collections of high-quality resources:

- **MedlinePlus.gov**, sponsored by the National Library of Medicine, which is part of the National Institutes of Health (NIH)
- **health.gov/myhealthfinder**, sponsored by the Office of Disease Prevention and Health Promotion in the U.S. Department of Health and Human Services.

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Senior center in person activities, are postponed until further notice.
A reopening survey is currently in process, see page 2 for more information.

For information or questions regarding the Senior Center, please call Mayra Cano 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 **July 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.

The City anticipates the Food Distribution returning to a walk-up program in August. Please see the August newsletter for more information.

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 \$3.00 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: **July 7 Stars and Stripes; July 14 Disney Day; July 21 Western Day; July 28 Senior Birthday Fun! Luau Day***

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 Mayra Cano at (909) 625-9456. Thank you!



Cooling Centers Seniors requesting assistance due to the heat may contact Adult Protective Services, 24 hours a day at 1 (877) 565-2020. The Montclair Library is a cooling center open Mon.-Wed. 11 a.m. to 7 p.m., Thurs.-Fri. 10 a.m. to 6 p.m., and Sat. 9 a.m. to 5 p.m. When temperatures are over 100 degrees on Sundays, the Montclair Senior Center is open from 12 p.m. to 6 p.m. There are more cooling centers located throughout San Bernardino County. For more information, please visit <https://211sb.org/news/coolplaces/>

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/

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. See the flyer on page 6 for more vaccine clinic information.

MONTCLAIR SENIOR CENTER REOPENING SURVEY: If you have not already responded, please call the Montclair senior center at 909-625-9483 with your responses to the following questions by July 9:



- 1) If the Senior Center reopens, would you attend lunch in person, in the dining room? *Yes, no, or unsure?*
- 2) If the Senior Center reopens, would you attend a recreational activity in person? *Yes, no, or unsure?*



July 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+: \$3.00 <u>MENU IS SUBJECT TO CHANGE BASED ON FOOD AVAILABILITY</u> |  | 1 BAKED ZITI in Meat Sauce Green Beans Green Salad Pudding Garlic Bread Apple Juice | 2 BAKED FISH w/ Tartar Sauce Baked Potato Corn Green Salad Pudding WW Bread Orange Juice |
| 5 Closed In observance of Independence Day  | 6 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Oriental Mixed Vegetables Romaine Salad Orange Slices WW Bread | 7 SWEDISH MEATBALLS On Noodles Barley Soup Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread Stars and Stripes | 8 CHICKEN SOFT TACO Taco Toppings WW Tortilla Spanish Rice Refried Beans Fruit Cocktail | 9 CHILI BEANS w/ Shredded Cheese Tortilla Soup Green Salad Corn Bread Fresh Orange Cup |
| 12 STUFFED PEPPER Mashed Potatoes Carrots Lettuce/Tomato Salad Fruit Cocktail WW Bread | 13 BAKED HERB CHICKEN Navy Bean Soup Rice Green Beans Fresh Orange Cup WW Bread | 14 MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice Disney Day | 15 TUNA SALAD Corn Chowder 3 Bean Salad Pasta Salad Seasonal Melon WW Bread | 16 LASAGNA w/WW PASTA Green Beans Romaine Salad Mixed Fruit Cup Garlic Bread Orange Juice |
| 19 BBQ CHICKEN Split Pea Soup Baked Potato Green Beans Coleslaw Fruit Cocktail WW Bread | 20 HAM & SPINACH QUICHE Vegetable Beef Soup Beet & Onion Salad 3 Bean Salad Orange Slices WW Bread | 21 WW SPAGHETTI & MEAT SAUCE Green Beans Loose Leaf Salad French Bread Fruit Cocktail Western Day | 22 ROAST TURKEY Mashed Potatoes Buttered Corn Romaine Salad Banana WW Bread | 23 High Sodium Meal BEEF SOFT TACO Taco Toppings WW Tortilla Pinto Beans Spanish Rice Pudding Orange Juice |
| 26 CHICKEN ENCHILADA CASSEROLE Tortilla Soup Refried Beans Corn Orange Slices | 27 SLOPPY JOES w/WW Hamburger Bun Potato Salad Carrots Mixed Fruit Cup | 28 Senior Birthdays! COLD TURKEY SANDWICH On WW French Roll Cream of Broccoli Soup Pasta Salad Carrot Raisin Salad Fresh Orange Cup Luau Day | 29 BAKED FISH w/Tartar Sauce Baked Potato Spinach Green Salad Apple WW Bread Orange Juice | 30 CHICKEN FAJITA w/Flour Tortilla Black Beans Spanish Rice Jello with Fruit Orange Juice |

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 Mayra Cano at (909) 625-9456 with any questions or concerns.

Featured Craft



Easy Red, White, and Blue Decoration

By Amy Johnson from *SheWearsManyHats.com*

You'll need:

- Red and blue liquid food coloring (liquid works better than gel)
- White rice
- Mason jar or other glass container that could work as a candle holder
- Flameless candles, you can find these at your local dollar store
- Baking sheets
- Glass or metal bowls and spoons for mixing, as food color can stain some plastics (Ziploc bags are another option)

Directions:

1. Separate rice into three bowls (or Ziploc bags) with the desired amounts per layer. For example, 2 cups of rice for each color.
2. Squirt food color into rice, you might need to use the back of the spoon to evenly distribute the food color throughout the rice. Use more or less drops for the desired depth of color.
3. Spread each color on baking sheets to dry (could take about 15-30 minutes depending on humidity).
4. Layer in jars for desired pattern and order of colors.
5. Gently settle the flameless candle in the middle of the rice. And that's it!



Featured Recipe

Red, White & Blue Cheesecake Strawberries

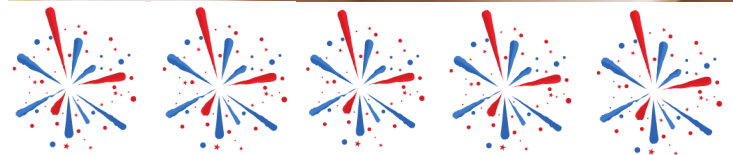
By Lindsay Funston from *delish.com*

Ingredients

- 1 (8-oz.) block cream cheese
- 1/3 cup powdered sugar
- 1/2 tsp. pure vanilla extract
- 1 cup Cool Whip
- 10 strawberries, halved
- 30 blueberries

Directions

1. In a medium bowl using a hand mixer, beat cream cheese, powdered sugar, and vanilla until fluffy and combined. Fold in Cool Whip.
2. Transfer mixture to a piping bag and pipe over cut side of strawberry.
3. Top with blueberries and serve.



BONUS Recipe! In honor of National Avocado Day on July 31



Healthy 5 Minute Avocado Toast

By Layla from *GimmeDelicious.com*

Ingredients

- Sliced bread of your choice
- 1 avocado
- Cilantro
- Lime
- Salt and Pepper

Directions

1. Toast your bread
2. Mash an avocado in a small bowl with a fork
3. Add cilantro, lime, and salt and pepper
4. Spread the mixture on the toasted bread
5. Sprinkle with pepper flakes or top it with other favorites like tomato, bacon, beans, jalapeno, spinach, egg... the possibilities are endless!

In addition to healthy fats and dietary fiber, avocados are a great source of nutrients including: Folate, Magnesium, Potassium, Riboflavin (Vitamin B2), Niacin (Vitamin B3), Pantothenic Acid (Vitamin B5), Pyridoxine (Vitamin B6), Vitamin C, Vitamin E, Vitamin K
Source: <https://www.cedars-sinai.org/blog/healthy-and-delicious-avocado.html>

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 the Staff

From: Nancy, John, Philip & Henry, 91786

We are appreciative of your smiles, kindness and thoughtfulness. We hope maybe in the fall or winter the walking club will start. I love the pork chop meal and the oven baked chicken. Thank you. Thank you Howard, Toni, Tania, everyone! Thank you for all that you do.

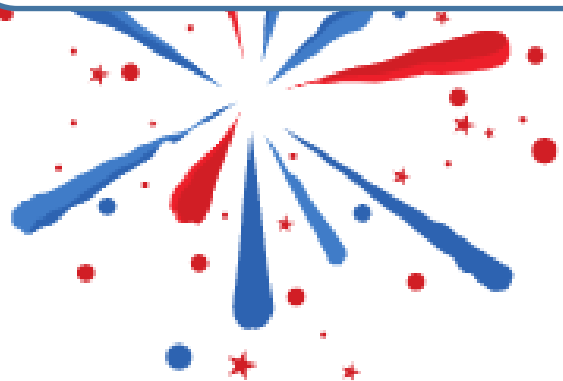
**throw
kindness
around like
confetti**



To: Staff

From: Margaret Stout, 91762

To all of you that work on the senior luncheon I commend you all. You are always so pleasant and friendly, it is a pleasure to see each and every one of you.



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.

REMINDER: Fireworks are illegal in Montclair

With the Independence Day holiday right around the corner, the City of Montclair reminds the public that the use of fireworks can cause burns, injuries, fires and even death, making them too dangerous to be used safely by consumers.

The Montclair Police Department needs the eyes and ears of residents in stopping the use of illegal fireworks. If you know of someone who is using fireworks in your neighborhood, if you know of someone who is in possession of illegal fireworks, or if you see fireworks in use, report it immediately to the Montclair Police Department by dialing **(909) 621-4771**. The use of illegal fireworks is a misdemeanor, subject to a \$1,000 fine, six months in jail, or both.



Have a safe and happy 4th of July!

COVID-19

VACCINATIONS AVAILABLE

MONTCLAIR COMMUNITY CENTER
5111 BENITO ST., MONTCLAIR, CA 91763

EVERY THURSDAY & FRIDAY, JULY 1ST - 30TH
10 A.M. - 2 P.M.

PFIZER VACCINATIONS AVAILABLE FOR PEOPLE 12 AND OLDER
JOHNSON & JOHNSON ONE-DOSE VACCINE AVAILABLE FOR PEOPLE 18 AND OLDER

Appointments will be available the Thursday before the event.

TO REGISTER FOR AN APPOINTMENT **(WALK-INS WELCOME)**



*Use the camera on your mobile device and hold it over the QR code to register

1. Scan the QR code (use Chrome or Safari)* OR go to [MyTurn.ca.gov](https://myturn.ca.gov) and provide the requested information.
2. When you see "Enter your address or zip code", enter the zip code for this event.
3. When you see this event, click "see availability" and make your appointment.

OR call the COVID-19 Hotline at 909-387-3911
(Monday through Friday, 9 a.m. – 5 p.m.)



For more information on COVID-19 in San Bernardino County, visit SBCOVID19.com.