



SENIOR NEWSLETTER AUGUST 2021

Keeping the Mind Active and Staying Cool During Hot Weather

Older Adults and Extreme Heat

from the Centers for Disease Control and Prevention

People aged 65 or older are more prone to heat-related health concerns. Older adults can't adjust to sudden temperature changes as fast as younger people. This may happen because of certain medicines they take or chronic illnesses that affect their ability to regulate body temperature. When not treated properly, heat-related illnesses can lead to death. But you can take steps to stay cool during hot weather.

How to Stay Cool If You are an Older Adult

- Drink water regularly. Do NOT wait until you're thirsty to start drinking water.
- Avoid using your oven or stove to prepare meals.
- Wear loose-fitting clothes.
- Take showers to cool down.
- Maintain the heating and air conditioning system in your home, so your home cools properly.
- If you don't have air conditioning, consider staying with a friend or family member during a heatwave. It may be enough to take an "air conditioning break" at a local mall or library during the heat of the day.
- Don't overwork yourself, and make sure you rest.
- Have others check up on you, and vice versa.
- Wear sunscreen and clothing to protect yourself from sunburns, which make it hard for your body to cool down.
- When outside in the heat, wear a hat, try to stay in the shade, and move slowly so you won't become overheated.
- Seek medical care immediately if you have symptoms of heat-related illness like muscle cramps, dizziness, headaches, nausea, weakness, or vomiting.

For more information about Older Adults and Extreme Heat, please visit the CDC's website at:
<https://www.cdc.gov/aging/emergency-preparedness/older-adults-extreme-heat/>

DID YOU KNOW? 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. Please see the following page, for additional information regarding cooling centers and assistance due to the heat.

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.

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RESOURCES

UPDATE: Food Distribution The next food distribution will go back to a walk-up event starting on **Thursday, August 19, 2021** in the Montclair Community Center from 8:30 a.m. to 9:30 a.m.

- All participants are responsible for picking-up their food in the Community Center and taking it to their car. (Participants may bring a cart or wagon to help carry the commodities to their vehicle).
- Food will be distributed on a first come, first serve basis or while supplies last.
- Please park in the Montclair Civic Center parking lots.
- Due to COVID-19 and for your safety, we require all participants to wear a face mask while in City buildings.

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. Check the City of Montclair Facebook page for any location and time updates.

www.facebook.com/Cityofmontclair

IMPORTANT INFORMATION PLEASE READ

UPDATE: Senior Nutrition Program Due to public health concerns because of the rise in the COVID-19 delta variant, **the Montclair Senior Center reopening is postponed until further notice.** We know this is very disappointing, your health and safety is of our utmost concern.

Curbside lunch pick-up will remain in place until further notice.

INTERESTED IN HELPING YOUR COMMUNITY? We are looking for fully vaccinated volunteers to help with the food distribution events and senior lunch. **We cannot run our in-person programming without your help!** If you are interested, please contact Mayra Cano at (909) 625-9456. Thank you!

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/>

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

August 2021

Montclair Senior Center Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 BAKED PORK CHOP Mashed Potato Stewed Tomatoes Green Salad Seasonal Melon WW Bread	3 OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	4 PULLED BBQ PORK SANDWICH Potato Salad Cole Slaw Fresh Vegetable Salad Mixed Tropical Fruit Ambrosia WW Hamburger Bun	5 SHEPHERDS PIE Mashed Potatoes Mixed Vegetables Loose Leaf Salad Pineapple Chunks WW Bread	6 BBQ CHICKEN SANDWICH Potato Salad Coleslaw Seasonal Melon WW Hamburger Bun
9 MEAT LOAF Mashed Potatoes Spinach Loose Leaf Salad Banana WW Bread	10 PORK CHOP MEXICANA Spanish Rice Stewed Tomatoes Green Salad Seasonal Melon WW Bread	11 BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Fresh Orange Cup WW Bread	12 BAKED ZITI in Meat Sauce Green Beans Green Salad Pudding Garlic Bread Apple Juice	13 BAKED FISH w/ Tartar Sauce Baked Potato Corn Green Salad Pudding WW Bread Orange Juice
16 ROAST PORK w/ WW Bread Stuffing Mashed Potato Buttered Corn Apple WW Bread Orange Juice	17 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Oriental Mixed Vegetables Romaine Salad Orange Slices WW Bread	18 SWEDISH MEATBALLS On Noodles Barley Soup Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	19 CHICKEN SOFT TACO Taco Toppings WW Tortilla Spanish Rice Refried Beans Fruit Cocktail	20 CHILI BEANS w/ Shredded Cheese Tortilla Soup Green Salad Corn Bread Fresh Orange Cup
23 STUFFED PEPPER Mashed Potatoes Carrots Lettuce/Tomato Salad Fruit Cocktail WW Bread	24 BAKED HERB CHICKEN Navy Bean Soup Rice Green Beans Fresh Orange Cup WW Bread	25 Senior Birthdays! Theme: Luau MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice	26 TUNA SALAD Corn Chowder 3 Bean Salad Pasta Salad Seasonal Melon WW Bread	27 LASAGNA w/WW PASTA Green Beans Romaine Salad Mixed Fruit Cup Garlic Bread Orange Juice
30 BBQ CHICKEN Split Pea Soup Baked Potato Green Beans Coleslaw Fruit Cocktail WW Bread	31 HAM & SPINACH QUICHE Vegetable Beef Soup Beet & Onion Salad 3 Bean Salad Orange Slices WW Bread		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</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 Mayra Cano at (909) 625-9456 with any questions or concerns.

Featured Recipe

Mediterranean Salad

Recipe and photo from <https://recipes.heart.org/en/recipes/mediterranean-salad>

Ingredients

- 1 head lettuce (green leaf, red leaf or romaine), cut into thin strips
- 1 chopped cucumber (peeled if desired)
- 1/2 cup tomatoes (chopped)
- 15.5 oz canned, no salt-added chickpeas (garbanzo beans) (drained, rinsed)
- 1/2 red onion (finely sliced)
- 1/2 cup crumbled, fat-free, or low-fat feta; or, 1/2 cup shredded Parmesan cheese
- 1/2 tsp. black pepper
- 1/2 tsp. garlic powder
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. red wine or cider vinegar



Directions

1. In a large bowl toss lettuce, cucumber, tomatoes, chickpeas, cheese and onion.
2. In a small bowl whisk olive oil, vinegar, garlic powder and pepper.
3. Pour dressing over salad mixture and toss.

Studies have shown that you can help prevent cognitive decline and reduce the risk of dementia with some basic good health habits: staying physically active, getting enough sleep, not smoking, having good social connections, limiting alcohol to no more than one drink a day, and eating a Mediterranean style diet.

Source: Harvard Health Publishing, Harvard Medical School

Keeping the Mind Active

Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them. Pursuing a hobby, learning a new skill, volunteering or mentoring are additional ways to keep your mind sharp.

Source: Harvard Health Publishing, Harvard Medical School

Sudoku

The goal of Sudoku is to fill the cells with numbers from 1 to 9. The numbers are placed in 9 squares, 3x3 each. In each row, in each column and in each small square there are 9 cells. The same digit can be used *only once* in each separate column, each line and in each small square.

Answers below.

4	8	5	2	3	9	6	1	7
2	7	1	6	4	8	5	9	3
9	3	6	5	1	7	2	8	4
8	5	9	3	7	6	1	4	2
3	2	7	4	5	1	9	6	8
6	1	4	8	9	2	7	3	5
7	9	3	1	2	4	8	5	6
5	6	2	9	8	3	4	7	1
1	4	8	7	6	5	3	2	9

								9
5			9	8		4		
7		3		2		8	5	
3					1	9		
			3	7	6			2
	3	6			7		8	
			6			5		3
			2		9			7

Community Shout-outs

throw
kindness
around like
confetti

To: Senior Lunch Program
From: Cindy Caldera, 91761

What did the Dalmatian say after lunch? *Now that hit the spot!*

To: the bus driver and all who bring the food
From: Walter & Roberta Hickler, 91763

Thank you for caring for our family and condolences from everyone. It means so much! Thank you for everything.

