



SENIOR NEWSLETTER

SEPTEMBER 2021

Stress Management with Breathing Exercises

STRESS

from the National Center for Complementary and Integrative Health

Stress is a physical and emotional reaction that people experience as they encounter changes in life. Stress is a normal feeling. However, long-term stress may contribute to or worsen a range of health problems including digestive disorders, headaches, sleep disorders, and other symptoms. Stress may worsen asthma and has been linked to depression, anxiety, and other mental illnesses.

- Some people use **relaxation techniques** (also called relaxation response techniques) to release tension and to counteract the ill effects of stress. Relaxation techniques often combine breathing and focused attention on pleasing thoughts and images to calm the mind and the body. Some examples of relaxation response techniques are autogenic training, biofeedback, deep breathing, guided imagery, progressive relaxation, and self-hypnosis. **See page 4 to learn more about breathing exercises.**
- The scientific evidence suggests that **mindfulness meditation**—a practice that cultivates abilities to maintain focused and clear attention and develop increased awareness of the present—may help reduce symptoms of stress, including anxiety and depression.
- Some but not all studies of **yoga** for stress management have shown improvements in physical or psychological measures related to stress.

Source: <https://www.nccih.nih.gov/health/stress?nav=govd>



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!

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.

RESOURCES

Food Distribution The next food distribution will be a walk-up event starting on **Thursday, September 16, 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.

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

<https://sbCovid19.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://sbCovid19.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 Bus COVID-19 testing is available Wednesday-Sunday from 11 a.m. to 7 p.m. at the Montclair Kid's Station located on 4985 Richton St. This is a State testing site. State testing sites are hosted by OptumServe in partnership with the California Department of Public Health. No symptoms are required for testing. Testing is free for all individuals, including those who are uninsured, underinsured, undocumented, or homeless. To schedule an appointment, visit <https://lhi.care/covidtesting> Participants without internet can call (888) 634-1123 to make an appointment. Please do not call the venues about testing or appointments. Walk-ins are welcomed.

September 2021

Montclair Senior 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 pm	SUGGESTED DONATION FOR ADULTS AGES 60+: \$3.00 MENU IS SUBJECT TO CHANGE. "WW" - Whole Wheat	1 WW SPAGHETTI & MEAT SAUCE Green Beans Loose Leaf Salad French Bread Fruit Cocktail	2 ROAST TURKEY Mashed Potatoes Buttered Corn Romaine Salad Banana WW Bread	3 High Sodium Meal BEEF SOFT TACO Taco Toppings WW Tortilla Pinto Beans Spanish Rice Pudding Orange Juice
6 <i>Clased</i> 	7 SLOPPY JOES w/WW Hamburger Bun Potato Salad Carrots Mixed Fruit Cup	8 High Sodium Meal HAM w/GLAZED SAUCE Lentil Soup Sweet Potatoes Green Beans Romaine Salad Peaches Corn Bread	9 COLD TURKEY SANDWICH On WW French Roll Cream of Broccoli Soup Pasta Salad Carrot Raisin Salad Fresh Orange Cup	10 BAKED FISH w/Tartar Sauce Baked Potato Spinach Green Salad Apple WW Bread Orange Juice
13 BAKED PORK CHOP Macaroni & Cheese Stewed Tomatoes Green Salad Seasonal Melon WW Bread	14 OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	15 PULLED BBQ PORK SANDWICH w/ WW Hamburger Bun Potato Salad Green Beans Fresh Vegetable Salad Mixed Tropical Fruit Ambrosia	16 SHEPHERDS PIE Mashed Potatoes Mixed Vegetables Loose Leaf Salad Pineapple Chunks WW Bread	17 BBQ CHICKEN SANDWICH w/ WW Hamburger Bun Potato Salad Coleslaw Seasonal Melon
20 MEAT LOAF Mashed Potatoes Spinach Loose Leaf Salad Banana WW Bread	21 High Sodium Meal POLISH SAUSAGE Tomato Soup Boiled Potatoes Steamed Cabbage Fruit Cocktail Rye Bread	22 BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Fresh Orange Cup WW Bread	23 PORK CHOP MEXICANA Spanish Rise Stewed Tomatoes Green Salad Seasonal Melon WW Bread	24 BAKED FISH w/ Tartar Sauce Potato Wedges Corn Green Salad Bread Pudding Orange Juice
27 ROAST PORK w/ WW Bread Stuffing Mashed Potato Buttered Corn Apple WW Bread Orange Juice	28 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Oriental Mixed Vegetables Romaine Salad Orange Slices WW Bread	29 Senior Birthdays! Theme: Fiesta! CHICKEN SOFT TACO Taco Toppings WW Tortilla Spanish Rice Refried Beans Fruit Cocktail	30 SWEDISH MEATBALLS On Noodles Barley Soup Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	

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.

Breathing Exercises

Stress Management: Breathing Exercises for Relaxation

From the University of Michigan Health website



Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax.

- The way you breathe affects your whole body. Breathing exercises are a good way to relax, reduce tension, and relieve stress.
- Breathing exercises are easy to learn. You can do them whenever you want, and you don't need any special tools or equipment to do them.
- You can do different exercises to see which work best for you.

Belly breathing (beginner)

Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress.

1. Sit or lie flat in a comfortable position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
5. Do this breathing 3 to 10 times. Take your time with each breath.

Notice how you feel at the end of the exercise.

4-7-8 breathing (advanced)

This exercise also uses belly breathing to help you relax. You can do this exercise either sitting or lying down.

1. To start, put one hand on your belly and the other on your chest as in the belly breathing exercise.
2. Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.
3. Hold your breath, and silently count from 1 to 7.
4. Breathe out completely as you silently count from 1 to 8. Try to get all the air out of your lungs by the time you count to 8.
5. Repeat 3 to 7 times or until you feel calm.

Notice how you feel at the end of the exercise.



Morning breathing (advanced)

Try this exercise when you first get up in the morning to relieve muscle stiffness and clear clogged breathing passages. Then use it throughout the day to relieve back tension.

1. From a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor.
2. As you inhale slowly and deeply, return to a standing position by rolling up slowly, lifting your head last.
3. Hold your breath for just a few seconds in this standing position.
4. Exhale slowly as you return to the original position, bending forward from the waist.

Notice how you feel at the end of the exercise.

Source: <https://www.uofmhealth.org/health-library/uz2255>

Inhale... Exhale... Relax

Featured Recipe

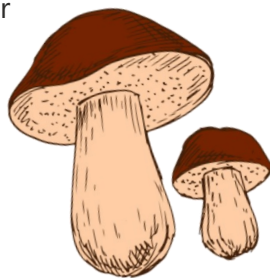
Vegan Pulled Pork with Avocado Coleslaw

Recipe and Photo from Whole Cities Foundation

If you love traditional barbecue flavors and mushrooms, you'll enjoy this vegan pulled "pork" sandwich. Trumpet mushrooms, with their unique quality to pull into shreds, substitute for pork. These sandwiches are served alongside a crisp and creamy coleslaw. Avocado and vegan mayo add creaminess, agave nectar adds sweetness, and apple cider vinegar adds that classic tang.

INGREDIENTS

- 16 ounces trumpet mushrooms, woody ends trimmed*
- 2 teaspoons olive oil
- 1/4 cup low-sodium vegetable broth, more if needed
- 1/3 cup diced white onions
- 2 tablespoons apple cider vinegar
- 1 1/2 teaspoons liquid smoke
- 1 teaspoon fresh thyme
- 1 teaspoon garlic granules** (or 1/2 teaspoon of garlic powder)
- 1 teaspoon chili powder
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 1/3 cup barbecue sauce
- 4 burger buns
- 1/2 avocado
- 1 tablespoon vegan mayonnaise
- 1 tablespoon agave nectar
- 1 tablespoon apple cider vinegar
- 1 teaspoon lime juice
- Pinch of sea salt
- Pinch of ground pepper
- 5 cups coleslaw mix (bagged shredded cabbage)



Delicious!



DIRECTIONS

1. To make the sandwiches, preheat the oven to 350°F.
2. To shred the mushrooms, run a fork from the top of a mushroom stem to the bottom, repeating until you have shreds that resemble pulled pork. Pull shreds into separate pieces. Roughly chop mushroom caps. Arrange all mushroom pieces on a rimmed baking sheet. Toss with oil and a pinch of salt and pepper, using hands to coat mushrooms thoroughly. Roast until mushrooms start to dry out and brown in places, 25 to 35 minutes.
3. Put broth and onions in a pan over medium-high heat, and cook, stirring occasionally, until onion starts to turn translucent, about 2 minutes. Add a little more broth if needed to prevent onions from sticking to the pan.
4. Add shredded mushrooms to the pan and cook 2 minutes more, stirring occasionally. Add small amounts of broth if needed to keep mushrooms from sticking. They should be moist but not boiling in liquid. Stir in vinegar, liquid smoke, thyme, garlic granules, chili powder, salt and pepper. Cook 2 minutes more.
5. Lower heat and stir in barbecue sauce. Remove from heat, cover to keep warm and set aside while preparing the coleslaw.
6. To make the avocado coleslaw, mash avocado with mayonnaise until smooth in a large bowl. Stir in agave nectar, vinegar, lime juice, salt and pepper. Add coleslaw mix and toss to combine well.
7. To serve, spoon mushroom mixture onto buns and serve with coleslaw on the side.

Source: <https://wholecitiesfoundation.org/recipe/vegan-pulled-pork-with-avocado-coleslaw/>

* **Trumpet mushrooms** can be substituted with oyster, Portobello, etc.

****Garlic granules** is a dried form of garlic that has been ground into granules rather than powder. Granulated garlic can be used much the same as garlic powder, but has about half the flavoring power as the same measure of garlic powder and like powder, the granules lack in providing the garlic texture of a fresh garlic.

We are a 2021 AARP Community Challenge Grantee!



We are excited to announce the Montclair Community Garden has been chosen as one of the eight in California to receive the national 2021 AARP Community Challenge grant.

The Montclair Community Foundation (MCF) in collaboration with the City of Montclair's Healthy Montclair initiative, received a 2021 Community Challenge \$15,000 grant award from AARP to enhance the Montclair Community Garden. The Montclair Community Garden is part of the Healthy Montclair Initiative, which addresses the social determinants of health, including education, healthcare, food, neighborhood/community development, poverty, and safety, through community outreach and engagement. The Garden is a key component to building healthy families and individuals; this includes people of all ages and abilities. The Garden aims to improve in offering individuals of different abilities an enjoyable gardening experience. The AARP Community Challenge grant will

provide MCF the opportunity to make the garden more accessible and safe with raised garden beds and an ADA compliant seating area for people of all abilities. It will also help make the garden more enjoyable for outdoor gardening activity throughout the year with the addition of a shaded structure and solar landscape LED lighting. These amenities currently do not exist in the Montclair Community Garden and once added, will improve the experience of outdoor gardening for all of the community, regardless of age or ability.

The AARP Community Challenge grant program is part of the nationwide AARP Livable Communities initiative that helps communities become great places to live for residents of all ages. The program is intended to help communities make immediate improvements and jump-start long-term progress in support of residents of all ages. For the fifth annual AARP Community Challenge, AARP received a record number of 3,500 applications from nonprofits and government entities, resulting in a highly competitive selection process. Nearly \$3.2 million is being distributed to fund 244 quick-action projects across the country.

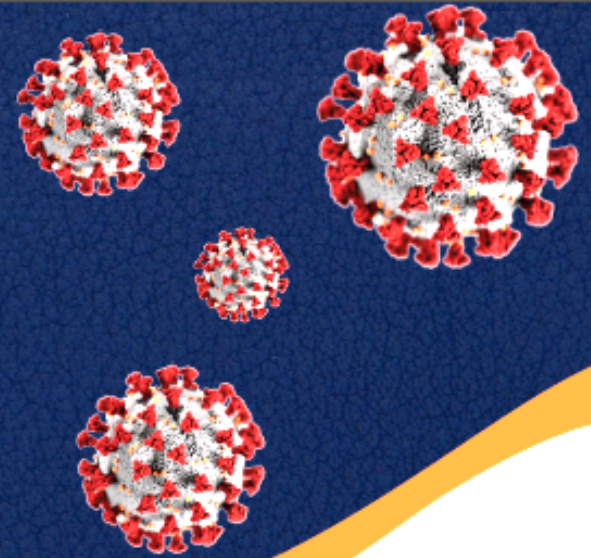
Please join us in thanking AARP & AARP California for this amazing opportunity!

To read more about AARP's quick-action grant program and the other grantees, visit www.aarp.org/CommunityChallenge

For more information about the Montclair Community Garden, please visit <https://www.cityofmontclair.org/montclair-community-garden/>

OPTUMSERVE

COVID-19 TESTING BUS



MONTCLAIR KID'S STATION (LOT)

4985 Richton St
Montclair, CA

WEDNESDAY - SUNDAY



11 A.M. - 7 P.M.

- Walk-ins Welcome
- No symptoms are required for testing
- **FREE** for all individuals, including uninsured, underinsured, undocumented, or homeless

Appointments should be made online at lhi.care/covidtesting
or by calling (888) 634-1123