



## SENIOR NEWSLETTER

### OCTOBER 2021

#### Diabetes Care Kits, Gardening Tips, Stuffed Cabbage

##### Diabetes Care During Emergencies

Source: Centers for Disease Control and Prevention

Managing diabetes can be hard during a major storm, loss of electricity, or infectious disease outbreaks. Plan ahead so that you can manage your diabetes during times of emergency.

Having essential supplies, prescriptions, important paperwork, and practical skills will help you during an emergency. People with diabetes should also be prepared to manage their condition during any kind of emergency, whether they have to shelter in place, evacuate, or protect themselves from an infectious disease.

Planning is an important part of being prepared for an emergency. In addition to having basic emergency supplies, people with diabetes should also put together a diabetes care kit. Keep the kit in an easy-to-carry waterproof bag or storage container so you can move quickly if you have to evacuate.

Put your medical information in a sealed plastic bag, including:

- Copies of any prescriptions, including eye health prescriptions.
- Current dosages and times when you take medicines.
- Your basal rates, insulin-to-carbohydrate ratio, insulin sensitivity factor, blood sugar target, and correction factors for insulin pumps.
- Your pharmacy and doctor's name, address, and phone number.
- The make, model, and serial number of your insulin pump or continuous glucose monitor.
- A copy of your photo ID and health insurance card. *(continued on page 6)*



#### 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](http://HEALTHYMONTCLAIR.ORG) for more updates and information on our programs.

# RESOURCES

**Food Distribution** The next walk-up food distribution event is on **Thursday, October 21, 2021** in the Montclair Community Center from 8:30 a.m. to 9:30 a.m. or until supplies last.

- 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](https://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.

### Montclair Senior Nutrition Meal Program Contributions

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.

The senior nutrition suggested donation is \$3.00. 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.

**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!



**Montclair Holiday Food Basket Program** Join us in helping the less fortunate in Montclair. From Monday, November 15 through Friday, December 10 food donations will be accepted from 8:00 a.m. to 6:00 p.m. at the Human Services Department (Recreation Center), located at 5111 Benito Street (behind the library). For the health and safety of those receiving baskets we cannot accept outdated, dented, bulging, perishable or open cans or packages. Residents are also encouraged to adopt a family. A donation of \$50 to feed a parent and child or a donation of \$75 to feed a family of four can be made any time prior to December 10. Food baskets will be available to families that live in Montclair and meet specific income guidelines. To be considered, applicants must complete an application. Applications will be accepted by appointment only. Location will be provided once application appointment has been confirmed. For more information on making a donation or to schedule an appointment, please contact Mayra Cano by October 22 at (909) 625-9457 or [mcano@cityofmontclair.org](mailto:mcano@cityofmontclair.org)

## **FLU SHOT AND COVID VACCINE/BOOSTER CLINICS NOW SCHEDULED**

The San Bernardino Department of Public Health will be providing flu shots, first, second, and third (booster) dose for Pfizer, and one dose of Johnson & Johnson on Tuesday, October 12, 2021 and Tuesday, November 9, 2021 from 10 a.m. to 2 p.m. at the Montclair Community Center, located at 5111 Benito St. Montclair, CA 91763. The flu vaccine and COVID-19 vaccine can be administered together. For more information on the Pfizer booster vaccine, please visit <https://sbccovid19.com/boosters/> You may register for an appointment by visiting <https://myturn.ca.gov> Walk-ins are welcomed if appointments are available.



---

**COVID-19 Testing and Vaccinations** COVID-19 testing and vaccinations will be available at Montclair Place (5060 E. N Montclair Plaza Ln., 2nd Floor). *For parking, enter off Moreno St. by Moreno St. Market Food Court. Vaccinations are held in the upper level, across Forever 21. COVID testing is held in the upper level, across from Wetzel's Pretzels.*

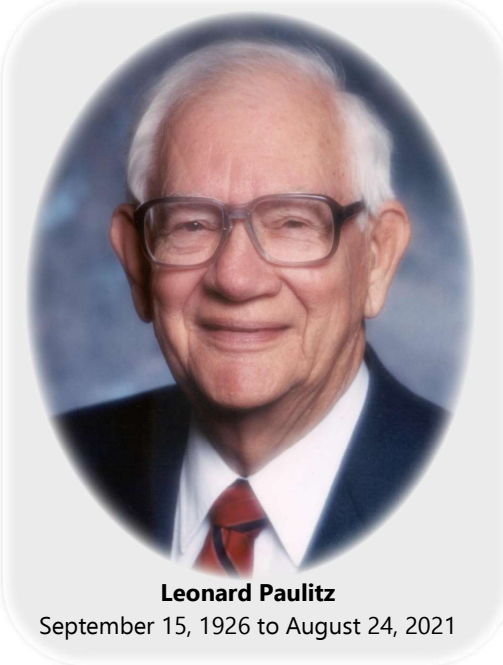
Testing will be Monday through Friday from 10 a.m. to 6 p.m. Appointments accepted, walk-ins welcome. Take home kits will be available Tuesday through Friday. Testing is FREE and no symptoms or health insurance is required. To schedule an appointment, please visit <https://sbccovid19.com/testing-sites/>

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 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.

# The Passing of Council Member Emeritus Leonard Paulitz



**Leonard Paulitz**

September 15, 1926 to August 24, 2021

We are saddened to announce that Council Member Emeritus Leonard Paulitz passed away on Tuesday, August 24, 2021, at Pomona Valley Hospital in the company of his six children, and in the thoughts and prayers of innumerable friends. Leonard, who was preceded in death by the passing of his wife Constance, was 94 years of age.

He was living independently in the family home until the time of his death, thanks to his caregivers, friends, family and neighbors. He would have turned 95 in three weeks. He was born in Farrell, Pennsylvania, son of John Paulitz and Theresa Weiss, ethnic German immigrants from Hungary. He was the ninth of ten children. The U.S. Army drafted Leonard for WWII during his senior year of high school. He served as a cryptographer in Missouri, California and other stateside locations. Leonard attended Gannon College in Erie, Pennsylvania on the GI bill, and graduated with a degree in accounting in 1950. He met Constance Marie Howard, a nurse working at the VA Hospital in Erie, Pennsylvania. They married on August 21, 1954 in Ashtabula, Ohio. Their family began with Gregory, Timothy, and Patricia who were born in Pennsylvania. The family moved to California in 1960 into the house in Montclair, where he lived the rest of his life.

In California, Kevin, Carol and Patrick joined the family. Leonard worked for General Dynamics as a computer programmer and systems analyst until his retirement in 1988. Leonard enjoyed gardening and tending to his citrus trees. He was a board member of the Reeder Foundation and helped start the Montclair Community Garden and Fruit Park. Leonard liked to go camping with his family and friends, first in a tent trailer and later in a motorhome. He loved to eat lunch at the Montclair Senior Center and visit with his friends.

One of his passions was local politics. He officially served the City of Montclair for 49 years but, was still unofficially involved in politics for another six years. He was on the Planning Commission from 1965-1977 and then served on the City Council from 1978-2014, the longest-serving council person in San Bernardino County. He represented the County of San Bernardino on the South Coast Air Quality Management District Governing Board; and the City of Montclair on the San Bernardino Association of Governments (SANBAG), Omnitrans, and League of California Cities, just to name a few. He had a major impact on the City of Montclair and its quality of life. He helped transform the city with the Montclair Plaza, beautifying streets like Holt Blvd, and obtaining state and federal funds for many projects including underpasses, sewers, Montclair Youth Center, Montclair Police Station and his beloved Montclair Senior Center. A more complete record of his accomplishments can be found at <https://www.cityofmontclair.org/the-passing-of-council-member-emeritus-leonard-paulitz/> and <https://www.dailybulletin.com/2021/08/30/former-montclair-city-councilman-leonard-paulitz-dies-at-age-94/>

Leonard was dedicated to his parish, Our Lady of Lourdes in Montclair, and to Our Lady of Lourdes School, that his children attended. He highly valued education, was inquisitive and was a wide reader and thinker, right to the very end. He shared his experience and knowledge of finances. He earned a Master's Degree from Cal Poly Pomona and taught Systems Analysis at Cal Poly before his retirement.





To read the full obituary, please visit <https://www.dignitymemorial.com/obituaries/ontario-ca/leonard-paulitz-10329751>

The funeral mass will be at 11 a.m. on Friday October 1, 2021 at Our Lady of Lourdes Catholic Church, located at 10191 Central Ave, Montclair, CA. Services will be inside the church and also live-streamed to the garden outside of the church, for those who choose not to be inside. There will be a reception/celebration of Leonard's life at an appropriate time in the future. If you wish to be notified of when that will take place, the family requests you email Patrick Paulitz at [irishdragons2@gmail.com](mailto:irishdragons2@gmail.com)



# October 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> 11:30 a.m. - 12:30 p.m.	<b>SUGGESTED DONATION FOR ADULTS AGES 60+: \$3.00</b> <b>MENU IS SUBJECT TO CHANGE.</b> "WW" - Whole Wheat		<b>1 CHILI BEANS w/ Shredded Cheese</b> Green Salad Corn Bread Fresh Orange Cup 	
<b>4 STUFFED PEPPER</b> Mashed Potatoes Carrots Lettuce/Tomato Salad Fruit Cocktail WW Bread 	<b>5 BAKED HERB CHICKEN</b> Navy Bean Soup Rice Green Beans Fresh Orange Cup WW Bread	<b>6 MEAT LOAF</b> Potatoes Au Gratin Corn Bread Pudding WW Bread Apple Juice	<b>7 TUNA SALAD</b> Corn Chowder Pasta Salad 3 Bean Salad Seasonal Melon WW Bread	<b>8 LASAGNA w/ WW PASTA</b> Lima Beans Romaine Salad Garlic Bread Mixed Fruit Cup Orange Juice
<b>11 BBQ CHICKEN</b> Split Pea Soup Baked Potato Green Beans Coleslaw Fruit Cocktail WW Bread	<b>12 HAM &amp; SPINACH QUICHE</b> Vegetable Beef Soup Beet & Onion Salad 3 Bean Salad Orange Slices WW Bread	<b>13 WHOLE WHEAT SPAGHETTI &amp; MEAT SAUCE</b> Green Beans Loose Leaf Salad French Bread Fruit Cocktail	<b>14 ROAST TURKEY</b> Mashed Potatoes Buttered Corn Romaine Salad Banana WW Bread	<b>15 High Sodium Meal BEEF SOFT TACO</b> Taco Toppings WW Tortilla Pinto Beans Spanish Rice Pudding Orange Juice
<b>18 CHICKEN ENCHILADA CASSEROLE</b> Refried Beans Corn Orange Slices	<b>19 SLOPPY JOES</b> w/WW Hamburger Bun Potato Salad Carrots Mixed Fruit Cup	<b>20 High Sodium Meal HAM w/ GLAZED SAUCE</b> Lentil Soup Sweet Potatoes Green Beans Romaine Salad Corn Bread Peaches 	<b>21 COLD TURKEY SANDWICH</b> On WW Bread Cream of Broccoli Soup Pasta Salad Carrot Raisin Salad Fresh Orange Cup	<b>22 BAKED FISH</b> w/ Tartar Sauce Baked Potato Spinach Green Salad Apple WW Bread Orange Juice
<b>25 BAKED PORK CHOP</b> Macaroni & Cheese Stewed Tomatoes Green Salad Seasonal Melon WW Bread	<b>26 OVEN BAKED CHICKEN</b> Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	<b>27 Senior Birthdays! BBQ PULLED PORK SANDWICH</b> w/WW Hamburger Bun Potato Salad Green Beans Fresh Vegetable Salad Tropical Fruit Ambrosia	<b>28 SHEPHERDS PIE</b> Mashed Potatoes Mixed Vegetables Loose Leaf Salad Pineapple Chunks WW Bread	<b>29 BBQ CHICKEN SANDWICH</b> w/ WW Hamburger Bun Potato Salad Coleslaw Seasonal Melon

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

# Diabetes Care During Emergencies (continued from page 1)

Pack enough diabetes supplies to last at least 1 to 2 weeks, including:

- Insulin and syringes for every injection.
- Blood sugar (glucose) meter.
- Extra batteries for your blood sugar meter and insulin pump.
- Lancets and lancing devices.
- Insulin pump supplies, including extra pump sets and insertion devices.
- Glucagon kits.
- Ketone strips.
- Alcohol wipes.
- Glucose tablets or 15 grams of quick carbs (such as juice, hard candy, or honey) to treat low blood sugar.
- Oral diabetes medicine.
- An empty plastic bottle or sharps container to safely carry syringes, needles, and lancets.
- Be sure to store your supplies properly according to the manufacturer's instructions. Also check the expiration dates for your supplies every few months. Anything that's close to expiring, replace with fresh supplies. You can use the supplies that were in the kit for your daily care before they reach the expiration date.



## Remember Your Other Health Concerns

### Know What to Do If You Can't Get Dialysis

Emergencies may also affect your care for other health conditions. If you're on dialysis for chronic kidney disease, getting dialysis treatment may not be possible, especially if the power is out or roads are closed. Find potentially life-saving tips if you can't get dialysis treatment, including the 3-Day Emergency Diet. This diet does not take the place of dialysis, but you can reduce the waste that builds up in your blood if you follow the plan and change what you eat. Please consult with your physician or dietitian for a personalized 3-Day Emergency Diet Plan.

### Take Care of Your Mental Health

Disasters and emergencies can take a toll on your health. Don't forget to take care of your emotional health during an emergency, so that you can help yourself and your family. If you're able to, connect with family, friends, and your community to take care of each other. Children will also have strong emotions during and after an emergency.

### Find a Shelter That Meets Your Needs

If you have to go to a shelter during an emergency, look for one that can meet your medical needs. Do you:

- Have a home health nurse?
- Use a walker?
- Use oxygen?
- Need assistance to go to the bathroom?
- Require wound care or medicine through an IV?

If you answered "yes" to any of these questions, then it's likely you should find a special medical needs shelter.

When you get to the shelter, tell the people in charge about your diabetes and any other conditions, such as being on dialysis. They can help you with medical care and insulin storage.

### When You Can't Speak for Yourself

Wearing a medical ID, usually a bracelet or necklace, can keep you safe and healthy if you can't speak for yourself. Emergency medical technicians are trained to look for a medical ID when caring for someone who can't speak for themselves.



# OCTOBER GARDENING TIPS

## Veggie, Fruit & Herb Gardening Tips

**Fall is for planting.** October is one of the best months in the garden for both you and your plants. Now is the perfect time to plant trees, shrubs, vines, perennials, and cool-season annuals because as the days grow shorter and the soil cools down it feels like spring to these plants. They establish their roots in the soil before it becomes too cool and once our actual spring arrives, they take off and grow like crazy up on top.

**Pumpkins & Squash:** Now is the time to harvest your pumpkins and squash for fall feasts and decorating. Pick when they are fully colored and firm. To test, if your fingernail easily pierces or creates an indentation in the skin, the pumpkin isn't ready to harvest.

**Strawberries:** In California, strawberries can be grown nearly year-round. Now is the time to plant strawberries for a fall/early window harvest. Strawberries are easy to grow and can be planted in pots, the garden or even hanging baskets.

**Lettuce, Kale, Spinach & Leafy Greens:** It's the start of leafy green seasons! As temps start to cool, plant all your favorite greens including lettuce, spinach, kale, and chard. Leafy greens grow quickly and can be planted from a starter plant or even seed. Plant in the garden or a pot and place in full sun.

**Broccoli, Cauliflower & Cabbage:** It's time to plant broccoli, cauliflower, and cabbage in the garden so they are ready for cool season soups and side dishes. The sooner in the month you plant them the sooner you get to harvest. Plant in full sun in the garden from starter plants or seed.

**Herbs:** Now is the time to think about all the savory herbs that will bring your holiday feasts to life and plant them in your garden. Rosemary, thyme and sage are the most popular herbs for the holidays.

**Root Vegetables:** Hearty and full of nutrients, now is the time to plant all the root vegetables including carrots, beets, radishes, turnips, and kohlrabi. To get the biggest, best crop plant in the garden in full sun.

**Reduce water for deciduous fruit trees,** doing this allows them to go dormant.



## In the Garden

**Pumpkin season is here!** Decorate your garden, containers, doorstep and home with pumpkins. Choose from classic orange jackpot pumpkins, mini pumpkins, white ghost pumpkins, heirlooms and more.

**Seasonal color change out.** It's time to refresh garden beds and containers with seasonal annual color. Cool-season flowers to plant now are Mums, Snapdragon, Pansies, Violas, Stock, Poppies, Primrose, Sweet pea, Cyclamen and more!

**Cut back Butterfly Milkweed.** It's important to cut back milkweed back to just six inches tall to encourage natural monarch butterfly migration and allows the plant to "hibernate"

during winter. They will burst again in spring just in time for the butterflies.

**Plant bulbs for spring blooms.** They're delayed satisfaction, but flowering bulbs are such nice spring surprises. You'll be glad you did. Bulbs are easy: dig, drop, done! There are lots of choices from tulips and daffodils to Bearded Irises that are waterwise with show-stopping flowers come early spring.

For more gardening tips, please visit <https://www.armstronggarden.com/monthly-tips/october-lawn-garden-tips>

## Chicken Laab Cabbage Rolls

*Recipe and Photo from Better Homes & Gardens*

Laab (or larb) is a minced meat salad flavored with fish sauce, lime juice, and fresh herbs. It's the inspiration for the filling in these updated cabbage rolls.

### INGREDIENTS

- 1 medium head savoy or green cabbage, separated into leaves and softened\*
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1 teaspoon grated fresh ginger
- 1 cup roughly chopped cabbage
- 1 pound uncooked ground chicken
- 1 tablespoon sambal oelek (some of the best alternatives for Sambal Oelek are crushed red chili flakes, chili pepper, sriracha, and gochujang.)
- 1 tablespoon lime juice
- 1 tablespoon low-sodium soy sauce or tamari
- 1 teaspoon fish sauce
- ½ teaspoon packed brown sugar
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh mint
- Spicy Sesame Dipping Sauce (see recipe)

### DIRECTIONS

1. Preheat oven to 350°F. Lightly grease a 2-quart rectangular baking dish. Lay cabbage leaves flat on a work surface.
2. For filling: In a small skillet heat 2 Tbsp. olive oil over medium-high. Add garlic, ginger, and chopped cabbage; cook and stir 2 minutes or until garlic and ginger are fragrant and cabbage is slightly wilted. Remove from skillet; let cool.
3. In a large bowl stir together ground chicken, sambal oelek, lime juice, soy sauce, fish sauce, and brown sugar. Stir in cabbage mixture and 2 Tbsp. each of the chopped fresh basil and mint.
4. Spoon about 1/4 cup of the filling onto a cabbage leaf; roll up like a burrito, tucking in sides as you go. Place roll, seam side down, into the prepared baking dish. Repeat with remaining filling and cabbage leaves. Drizzle rolls lightly with olive oil.
5. Cover and bake 20 to 25 minutes or until chicken is done (165°F). Serve rolls with Spicy Sesame Dipping Sauce and remaining basil and mint. Serves 4.

### Spicy Sesame Dipping Sauce

- In a small bowl stir together 1/4 cup low-sodium soy sauce or tamari, 1/4 cup thinly sliced green onions, and 1 tsp. each toasted sesame seeds, rice vinegar, sambal oelek, and toasted sesame oil.

**\*To soften cabbage leaves** so they are pliable for rolling, try one of the following methods.

**BOIL:** Fill a large pot halfway with water (pot needs to be large; the cabbage will displace some of the water). Bring to boiling, then reduce heat until water is simmering. Insert a large serving fork into cabbage core and submerge cabbage in water 1 to 2 minutes or until outer leaves soften. Remove cabbage from pot, cool slightly, and pull or trim the softened outer leaves away. Repeat dipping and peeling leaves away from core. (The thicker inner leaves will take 2 to 3 minutes to soften.)

**FREEZE:** Remove wilted outer leaves from cabbage. Rinse cabbage and remove core; pat dry. Place cabbage in a resealable plastic bag; seal. Freeze 3 hours or up to 2 days. When ready to use, thaw cabbage at room temp 2 to 3 hours. Peel the leaves away from core.

Source: <http://www.bhg.com/recipe/chicken-laab-cabbage-rolls/>



Recipe idea contributed by Barbara Notturmo.  
Thank you!