

SENIOR NEWSLETTER

NOVEMBER 2021

Health Benefits of Being Kind



Physical and Mental Benefits of Being Kind

By Jessica Heintz, DO

The physical and mental benefits of kindness are tangible. Kind actions signal our brains to release the natural chemicals of serotonin and dopamine. Essentially, these are the “feel good” hormones. When they are low, people can experience symptoms of anxiety and depression. Helping increase the levels of serotonin and dopamine by practicing kindness can help lessen these feelings and create a “helper’s high”. Positive emotions can subsequently help reduce stress. Depending on the action, kindness can even encourage physical activity. Raking your neighbor’s leaves will not only make

your neighbor smile, but it will also help you burn a few extra calories!

How can you start to develop this habit of giving in your own life? It is easy. Start with yourself, then move on to others. We cannot give of ourselves if there is no excess to draw from. Always begin with self care and being kind to yourself. Do something you enjoy and learn to set limits in your life. Keep a gratitude journal, take a bubble bath, practice your golf game, watch the sunset, exercise, enjoy a glass of good wine, sleep in late (or at the very least, go to bed early). Then, try to be kind to others. The opportunities are endless. You can volunteer, mentor, or become involved in supporting a charitable cause. Practice random acts of kindness by holding a door for someone, buying a stranger’s coffee, or even simply making eye contact with another person and smiling as they walk by.

Source: <https://noahhelps.org/physical-and-mental-benefits-of-being-kind/>

November 13 is World Kindness Day Consider helping your community by donating nonperishable food items, an unused and unwrapped toy, or a making a monetary donation to the Montclair Holiday Food and Toy Basket Program. More information can be found on page 2.

ATTENTION VETERANS



The Montclair Senior Center would like to thank our senior veterans for their service. A special event will take place during the Senior Lunch Drive-Thru on Thursday, November 11. If you are a veteran and would like to take part in this event, please contact Mayra Cano at (909) 625-9456 by **Monday, November 8**. 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

Daylight Saving Time Ends Sunday, November 7 "Spring forward and fall back."

On Sunday, November 7, 2021 remember to set your clock back one hour.

Food Distribution The next walk-up food distribution event is on **Thursday, November 18, 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

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. To donate to Senior Nutrition please make checks payable to the City of Montclair. If you would like your donation to the Senior Center programs, please make checks payable to the Montclair Community Foundation. Please call our Senior Center at 909-625-9483 if you have any questions.

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 Sue Yoakum at alsuey@verizon.net or (909) 986-5522. Thank you!



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!

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. For more information on making a donation, please contact Mayra Cano at (909) 625-9457 or mcano@cityofmontclair.org

RESOURCES *continued*

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, 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, Space #2138). *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 Tuesday through Saturday 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




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.



November 2021



Montclair Senior Center Drive Thru Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	2 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla	3 CHICKEN SOFT TACO w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla	4 BAKED ZITI Cooked Zucchini Green Salad Fresh Orange Wedges WW Bread	5 BAKED FISH w/ Tartar Sauce Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice
8 High Sodium Meal ROAST PORK w/ Bread Stuffing Mashed Potatoes Buttered Corn Apple Orange Juice	9 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookie WW Bread	10 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	11 Celebrating Veterans! BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread	12 <i>Closed</i> 
15 STUFFED PEPPER Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread	16 HERB BAKED CHICKEN Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread	17 MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice	18 TUNA SALAD Pasta Salad Three Bean Salad Cantaloupe WW Bread	19 LASAGNA w/ WW PASTA Cooked Zucchini Romaine Salad Mixed Fruit Garlic Bread
22 BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread	23 High Sodium Meal HAM & SPINACH QUICHE Three Bean Salad Carrot Raisin Salad Orange Slices WW Bread	24 Senior Birthdays! ROAST TURKEY Stuffing Mashed Potatoes Zucchini Carrot Raisin Salad Fruit Cocktail	25 	26 <i>We will be closed for the holiday on November 25 and 26</i>
29 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices	30 SLOPPY JOE w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Cantaloupe		SITE MANAGER: KEITH ALBER (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 GUESTS AGES 59 AND UNDER: \$6.00 MENU IS SUBJECT TO CHANGE. "WW" - Whole Wheat

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.

NOVEMBER GARDENING TIPS

In the Garden

Go native! Fall is the best time to plant native California bulbs, flowers, trees and shrubs. Cooler temperatures allow plants to get established before the heat of summer.

Start a salad bowl. Tasty and tender greens to tempt your tummy. Plant in a container of heirloom lettuce varieties and keep it close to your kitchen door.

Plant cool-season veggies. Peas, carrots, leeks, greens, broccoli, kale, radish, beets and parsnips are just a sampling of what you might grow.

Plant cool-season annuals for added pizzazz to borders, containers and flower beds. Dianthus, Iceland Poppies, Pansies and Snapdragons will bloom through spring.

Feed winter-blooming annuals which benefit from frequent feedings. Use a liquid fertilizer every 2 weeks for Holiday color.

It's compost time! The compost you've been turning all spring and summer is ready to use. Even if it hasn't completely broken down, use it.

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



Featured Recipe

Onion Dip from Scratch

Recipe by Alton Brown, Photo by Food Network

This homemade onion dip takes only a few more minutes to make than the instant kind, and once you've made it from scratch, you'll never go back to the store-bought version.

INGREDIENTS

- 2 tablespoons olive oil
- 1 1/2 cups diced onion
- 1/4 teaspoon kosher salt
- 1 1/2 cups sour cream
- 3/4 cup mayonnaise
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground white paper
- 1/2 teaspoon kosher salt

DIRECTIONS

1. In a saute pan over medium heat add oil, heat and add onions and salt.
2. Cook the onions until they are caramelized, about 20 minutes. Remove from heat and set aside to cool.
3. Mix the rest of the ingredients, and then add the cooled onions. Refrigerate and stir again before serving.

Source: <https://www.foodnetwork.com/recipes/alton-brown/onion-dip-from-scratch-recipe-1940409>



Have a happy and safe Thanksgiving!

