



## SENIOR NEWSLETTER

JANUARY 2022

**Happy New Year!**

***The Montclair Human Services Department would like to introduce you to the new Senior Citizens Supervisor, Celeste Dunlap.***



Celeste R. Dunlap is a Health and Wellness professional with over 35 years of clinical and academic experience. Celeste provided physical therapy to seniors for the past twenty-five years. To supplement her therapy background she has earned additional degrees and certifications; AA in Gerontology, BA in Behavioral Sciences, MS in Community Health Education, and certification as a Health and Wellness Coach. In the academic realm she was an Adjunct Professor at Chaffey College and an adjunct professor for the at

Western University of Health Sciences. She believes in a holistic approach to care and is a devoted life long learner. Her special interests include theatre, travel, and scrapbooking as well as health, fitness and wellness with a special emphasis on senior care. She is looking forward to serving the City of Montclair and eager to have a positive impact on the lives of the seniors who reside here.

***Welcome Celeste!***

***See page 4 for this month's featured recipe***

For information or questions regarding the Senior Center, please call Celeste Dunlap at (909) 625-9462  
For information or questions regarding Healthy Montclair, please call Letty Gavilanes at (909) 625-9485

**Visit [HEALTHYMONTCLAIR.ORG](https://HEALTHYMONTCLAIR.ORG) for more updates and information on our programs.**

# RESOURCES

**Food Distribution** The next walk-up food distribution event is on **Thursday, January 20, 2022** 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)

## 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. If you have any questions regarding donations, please call 909-625-9459.

**ATTENTION! Meals on Wheels** is looking for drivers to help deliver meals on Mondays, Thursdays, and Fridays to seniors within the City of Montclair. If you are available from 10:30 a.m. to 12:00 p.m. (approximately) and are interested in volunteering, please contact Sue Yoakum at [alsuey@verizon.net](mailto:alsuey@verizon.net) or (909) 986-5522. Thank you!



**COVID-19 Testing, Vaccinations, and Boosters** 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 and Boosters 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.

# January 2022

## Montclair Senior Center Drive Thru Lunch Menu

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| <b>3</b><br><b>BBQ CHICKEN</b><br>Baked Potato<br>Mixed Vegetables<br>Coleslaw<br>Cantaloupe<br>WW Bread                                 | <b>4</b><br><b>High Sodium Meal</b><br><b>HAM &amp; SPINACH</b><br><b>QUICHE</b><br>Three Bean Salad<br>Carrot Raisin Salad<br>Orange Slices<br>WW Bread  | <b>5</b><br><b>SPAGHETTI</b><br><b>&amp; MEAT SAUCE</b><br>Green Beans<br>Loose Leaf Salad<br>Fruit Cocktail<br>French Bread<br>Orange Juice                     | <b>6</b><br><b>ROAST TURKEY</b><br>Mashed Potatoes<br>Cut Corn<br>Shredded Romaine Salad<br>Oatmeal Cookie<br>WW Bread<br>Apple Juice | <b>7</b><br><b>High Sodium Meal</b><br><b>BEEF SOFT TACO</b><br>w/ Taco Toppings<br>Pinto Beans<br>Spanish Rice<br>Banana<br>Vanilla Pudding |
| <b>10</b><br><b>High Sodium Meal</b><br><b>CHICKEN</b><br><b>ENCHILADA</b><br><b>CASSEROLE</b><br>Refried Beans<br>Corn<br>Orange Slices | <b>11</b><br><b>SLOPPY JOES</b><br>w/WW Hamburger Bun<br>Potato Wedges<br>Loose Leaf Salad<br>Cantaloupe  | <b>12</b><br><b>COLD TURKEY</b><br><b>SANDWICH</b><br>Pasta Salad<br>Carrot Raisin Salad<br>Fresh Orange Cup   | <b>13</b><br><b>BAKED FISH</b><br>Baked Potato<br>Loose Leaf Salad<br>Apple<br>WW Bread<br>Orange Juice                               | <b>14</b><br><b>CHICKEN FAJITAS</b><br>Brown Rice<br>Black Beans<br>Pineapple<br>WW Tortilla   |
| <b>17</b><br><i>Closed</i><br>                          | <b>18</b><br><b>OVEN BAKED</b><br><b>CHICKEN</b><br>Baked Potato<br>Green Beans<br>Green Salad<br>Peaches<br>WW Bread<br>Orange Juice   | <b>19</b><br><b>BBQ Pulled</b><br><b>PORK SANDWICH</b><br>w/ WW Hamburger Bun<br>Potato Salad<br>Fresh Vegetable Salad<br>Fresh Orange Slices                    | <b>20</b><br><b>SHEPHERD'S PIE</b><br>Loose Leaf Salad<br>Banana<br>WW Bread  | <b>21</b><br><b>BBQ CHICKEN</b><br><b>SANDWICH</b><br>w/ WW Hamburger Bun<br>Sweet Potato Wedges<br>Coleslaw<br>Fresh Orange Cup             |
| <b>24</b><br><b>MEAT LOAF</b><br>Mashed Potatoes<br>Green Beans<br>Loose Leaf Salad<br>Banana<br>WW Bread                                | <b>25</b><br><b>PORK CHOP</b><br><b>MEXICANA</b><br>Brown Rice<br>Cooked Zucchini<br>Romaine Salad<br>Fresh Orange Cup<br>WW Tortilla   | <b>26</b><br><b>Senior Birthdays!</b><br><b>BAKED</b><br><b>CHICKEN BREAST</b><br>Baked Potato<br>Spinach<br>Carrot Raisin Salad<br>Seasonal Melon<br>WW Bread   | <b>27</b><br><b>BAKED ZITI</b><br>Cooked Zucchini<br>Green Salad<br>Fresh Orange Wedges<br>WW Bread                                   | <b>28</b><br><b>BAKED FISH</b><br>Potato Wedges<br>Cooked Carrots<br>Coleslaw<br>Bread Pudding<br>WW Bread<br>Orange Juice                   |
| <b>31</b><br><b>High Sodium Meal</b><br><b>ROAST PORK</b><br>Bread Stuffing<br>Mashed Potatoes<br>Buttered Corn<br>Apple<br>Orange Juice | <b>SITE MANAGER:</b><br><b>KEITH ALBER</b><br><b>(909) 625-9488</b><br><b>5111 BENITO ST.</b><br><b>MONTCLAIR, CA.</b><br><b>(909) 625-9483</b><br><b>MONDAY- FRIDAY:</b><br><b>11:30 a.m. - 12:30 p.m.</b> | <b>SUGGESTED</b><br><b>DONATION</b><br><b>FOR ADULTS</b><br><b>AGES 60+ : \$3.00</b><br><b>MENU IS SUBJECT TO</b><br><b>CHANGE.</b><br><b>"WW" - Whole Wheat</b> |   |  |

**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 Keith Alber (909) 625-9488 with any questions or concerns.



# Featured Recipe

## Bread Pudding

*A simple bread pudding is the perfect use for a day-old baguette or coarse country loaf. These breads have a similar texture and both have a rather bland flavor when stale, the perfect foil for a flavorful custard. Cut the bread into 3/4-inch slices, then cut again into 3/4-inch cubes. These bite-size pieces are perfect for soaking up all the custard yet still hold together well enough to give the dessert some texture.*

### Ingredients

- 12 slices day-old baguette, cut into 3/4-inch cubes
- 4 eggs, at room temperature
- 1/2 cup firmly packed light brown sugar
- 3/4 tsp. vanilla extract
- 1/2 tsp. ground cinnamon
- Pinch of freshly grated nutmeg
- Pinch of salt
- 4 cups milk
- 1/4 cup dried cranberries or raisins
- Confectioners' sugar for dusting

### Directions

1. Lightly butter an 8-inch square baking dish. Spread the bread cubes in it.
2. In a bowl, whisk together the eggs, brown sugar, vanilla, cinnamon, nutmeg and salt until well blended. Pour in the milk and whisk until combined.
3. Pour the mixture over the bread cubes. Let stand, pressing down on the bread occasionally, until it is evenly soaked, about 20 minutes.
4. Meanwhile, preheat an oven to 350°F.
5. Scatter the cranberries and/or raisins evenly over the surface of the soaked bread and press to submerge the fruit. Set the baking dish in a large, shallow roasting pan. Add very hot tap water to the roasting pan to come halfway up the sides of the baking dish.
6. Bake the pudding until a knife inserted near the center comes out almost clean, 45 to 55 minutes. Serve warm or at room temperature. Generously dust the top of each slice with confectioners' sugar. Serves 8.

**Source:** <https://www.williams-sonoma.com/recipe/bread-pudding.html>



## 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 Celeste Dunlap at (909) 625-9462.



Aging and Adult Services -  
Public Guardian

# COLD WEATHER

## TIPS

### DANGER SIGNS

Cold weather can be dangerous and even deadly. Precautions must be taken to ensure health and safety during winter months. A person suffering from the cold may not realize it. Be aware of the warning signs of cold-related illnesses which include:

- ▶ Hypothermia: Sends body temperatures to dangerously low levels
- ▶ Asthma: Airway constriction leads to shortness of breath and chest tightness
- ▶ Chest Infections or Bronchitis: Wheezing, fever, lungs may swell and produce mucus
- ▶ Heart Attack or Strokes: Cold causes blood vessels to contract and raise blood pressure

### PREVENTION TIPS

- ▶ **What to wear:**
  - ✓ Dress in layers of warm clothing with a wind-resistant outer layer
  - ✓ Carry a hat, mittens or insulated gloves and avoid getting cold air in your lungs
  - ✓ Ensure footwear is slip-resistant and waterproof
  - ✓ Replace rubber tips on canes, walkers and crutches
- ▶ **Preparing ahead of time:**
  - ✓ Stay dry but keep active and carry a bottle with you when you are away from home
  - ✓ Arrange to check in with friends or relatives and have them check in with you when it is very cold
  - ✓ Choose a high protein diet, drink water and have extra food, water, blankets and batteries on hand
  - ✓ Take your medications on time and be aware some medications make you susceptible to the cold
  - ✓ Plan outside activities for the warmest time of day and take your time, do not run around in a hurry
  - ✓ Consult a doctor regarding vaccines or if experiencing unusual coughing, breathing or other issues
  - ✓ Keep a list of emergency phone numbers next to your phone
  - ✓ Check your flashlight and smoke and carbon monoxide detectors to be sure they are working

#### **Reminders**

*Excessive cold exposure can result in illness or death.  
If you need emergency medical services, call 911 immediately!*

Visit the DAAS-PG Website to explore valuable programs and services at  
[www.SBCounty.gov/daas](http://www.SBCounty.gov/daas) or call Senior Information & Assistance at 1-(800)-510-2020.



Servicios Para Ancianos y Adultos -  
Guardián Público

# CLIMA FRÍO

## CONSEJOS

### SEÑALES DE PELIGRO

El clima frío puede ser peligroso e incluso mortal. Hay que tomar precauciones para garantizar la salud y la seguridad durante los meses de invierno. Una persona que sufre del frío podría no darse cuenta. Esté atento a los signos de advertencia de las enfermedades relacionadas con el frío, que incluyen:

- ▶ Hipotermia: Lleva la temperatura del cuerpo a niveles peligrosamente bajos
- ▶ Asma: La constricción de las vías respiratorias provoca falta de aire y opresión en el pecho
- ▶ Infecciones en el pecho o bronquitis: Sibilancias, fiebre, los pulmones pueden hincharse y producir flemas
- ▶ Ataque cardíaco o derrame cerebral: El frío hace que los vasos sanguíneos se contraigan y aumente la presión arterial

### CONSEJOS DE PREVENCIÓN

- ▶ **Cómo vestirse:**
  - ✓ Vístase con varias prendas de ropa térmica y con una prenda exterior resistente al viento
  - ✓ Lleve un gorro, manoplas o guantes aislantes y evite que le entre aire frío en los pulmones
  - ✓ Asegúrese de que los zapatos sean antideslizantes e impermeables
  - ✓ Sustituya las puntas de goma de los bastones, andadores y muletas
- ▶ **Prepararse con anticipación:**
  - ✓ Manténgase seco pero activo y lleve una botella con usted cuando esté fuera de casa
  - ✓ Haga arreglos para registrarse con amigos o familiares y pídale que se comuniquen con usted cuando hace mucho frío
  - ✓ Elija una dieta alta en proteínas, beba agua y tenga a mano comida, agua, cobijas y baterías adicionales
  - ✓ Tome sus medicamentos a tiempo y tenga en cuenta que algunos medicamentos la hacen susceptible al frío
  - ✓ Planee actividades al aire libre para la hora más caliente del día y tómese su tiempo, no corra de un lado a otro con prisa
  - ✓ Consulte a un médico sobre las vacunas o si experimenta una tos extraña, problemas respiratorios o de otro tipo
  - ✓ Mantenga una lista de números de teléfono de emergencia junto a su teléfono
  - ✓ Verifique su linterna y los detectores de humo y monóxido de carbono para asegurarse de que funcionen

#### **Recordatorios**

*La exposición excesiva al frío puede provocar enfermedades o la muerte.*

*¡Si necesita servicios médicos de emergencia, llame al 911 inmediatamente!*

Visite el sitio web de DAAS-PG para explorar programas valiosos y servicios en [www.SBCounty.gov/daas](http://www.SBCounty.gov/daas) o llame a Información y Asistencia para Mayores al 1-(800)-510-2020.

**ATTENTION**  
**Montclair Senior Citizens Club**

It is a new year, and time to renew your membership. To continue receiving this monthly newsletter every month, you need to renew your club membership by March 1, 2022. All newsletters will stop being mailed after March if you do not renew.

To renew your club membership, please include the attached membership application along with your \$10 membership dues in a sealed envelope. Payments can be made by cash or check. If you are including a check, please make your check payable to the City of Montclair. You can turn in your envelope to your senior meal delivery person, or by mail to City of Montclair, Attn: Senior Center, 5111 Benito Street, Montclair, CA 91763. **Renewals are due March 1, 2022.**

If you need further information or assistance, please call (909) 625-9462.

**Membership Application**

Membership dues for the Montclair Senior Citizens Club for the 2022 club year are \$10.00 per person. Membership dues are from January 1, 2022 to December 31, 2022. Please complete, sign and return this application to the Senior Citizens office.

Membership includes special club activities and a monthly mailed newsletter.

**Waiver of Liability and Disclaimer:**

I, the undersigned, hereby release, discharge, and hold harmless the City of Montclair, its officers, agents, employees, volunteers and other representatives from all liabilities, claims, and causes of action that I, my family, guardians, assignees, or legal representatives, have now or may hereafter have, arising out of or in relation to injury or damage resulting from my participation in Senior Center and/or City of Montclair activities. Further, I acknowledge that participation in Senior Center and/or City of Montclair activities may involve the risk of physical injury and I also acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that participation in the activities may cause me to be exposed or infected by COVID-19 and that such exposure or infection may result in personal injury, illness, permanent disability, and death.

**Acknowledgment and Consent:**

For both the internal and external use, I, the undersigned, hereby authorize and give the City of Montclair, its legal representatives and assignees, the right to compile address and mailing labels and permission to publish, without charge, photographs or videos taken during Senior Center activities or at special events sponsored by the City of Montclair where I may appear. I further authorize that these photographs and videos may be used in publications, audio-visual presentations, promotional literature, advertising, webpages, and/or other media or commercial, informational, educational, training, recruiting or promotional materials relating thereto using any means, method or media which the City of Montclair deems appropriate in its sole discretion. I consent to such uses and hereby waive all rights to compensation.

Office Use Only

File Card \_\_\_\_\_

Mailing List \_\_\_\_\_

Amount Paid \$ \_\_\_\_\_

\_\_\_\_\_  
**Signature**

**Date:** \_\_\_\_\_

**PLEASE PRINT**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Apt #** \_\_\_\_\_

**City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**New Member:** \_\_\_\_\_

**Renewal:** \_\_\_\_\_