



## SENIOR NEWSLETTER

### FEBRUARY 2022

#### Low-Carb Meal Plan Tips

##### Low-Carb Meal Plan Tips by The Diabetes Food Hub Team

Having diabetes or prediabetes does not mean you have to cut out all carbs, but cutting back on some carb foods, or making some smart swaps may help with managing blood glucose. If you are looking to include more low carb meals in your meal plan, we've rounded up some everyday tips for reducing carbs.

As always, we encourage you to work with a Registered Dietitian (RD/RDN) or Diabetes Care and Education Specialist (CDE/CDCES) to determine what amount of carbs is right for you, and come up with a meal plan that meets your unique needs.

##### Tips for lowering carbs in meals:

**REDUCE:** Cut back on the portion size of carb foods in your meal. For example, if you usually have 1 cup of rice with a meal, reduce the serving size to ½ cup.

**REMOVE:** If a meal includes several carbohydrate foods, remove one. For example, a burrito may include rice, beans, and a tortilla—you could remove one of those (whichever one you'll miss the least!)

**REPLACE:** If you reduce or remove carb foods from your meal, you can replace them with a lower carb food, like nonstarchy vegetables.

**RETHINK your drink:** Drinks like juice, sweet tea, soda, and milk all contain carbs. Depending on how many carbs are on your plate, you may want to replace sugary drinks with water as often as possible.

For more information, please visit: <https://www.diabetesfoodhub.org/articles/low-carb-meal-plan-and-tips-for-lowering-carbs>

*See inside for this month's double recipe feature!*

#### 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.

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, February 17, 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 7 days a week 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.

# February 2022

## Montclair Senior Center Drive Thru Lunch Menu

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
|    | <b>1</b><br><b>High Sodium Meal</b><br><b>CHICKEN TERIYAKI</b><br>Steamed Rice<br>Mixed Vegetables<br>Romaine Salad<br>Orange Slices<br>Oatmeal Cookie<br>WW Bread | <b>2</b><br><b>SWEDISH</b><br><b>MEATBALLS</b><br>On Noodles<br>Peas and Carrots<br>Loose Leaf Salad<br>Seasonal Melon<br>WW Bread            | <b>3</b><br><b>CHICKEN</b><br><b>SOFT TACO</b><br>w/ Taco Toppings<br>Spanish Rice<br>Black Beans<br>Fruit Cocktail<br>WW Tortilla  | <b>4</b><br><b>CHILI BEANS</b><br><b>w/ Shredded Cheese</b><br>Green Salad<br>Corn Bread<br>Fresh Orange Cup  |
| <b>7</b><br><b>STUFFED PEPPER</b><br>Mashed Potatoes<br>Mixed Vegetables<br>Loose Leaf Salad<br>Fruit Cocktail<br>WW Bread | <b>8</b><br><b>HERB BAKED</b><br><b>CHICKEN</b><br>Steamed Rice<br>Green Beans<br>Green Salad<br>Fresh Orange Cup<br>WW Bread                                      | <b>9</b><br><b>MEAT LOAF</b><br>Baked Potato<br>Corn<br>Bread Pudding<br>WW Bread<br>Apple Juice  | <b>10</b><br><b>TUNA SALAD</b><br>Pasta Salad<br>3 Bean Salad<br>Cantaloupe<br>WW Bread   | <b>11</b><br><b>LASAGNA</b><br><b>w/WW PASTA</b><br>Cooked Zucchini<br>Romaine Salad<br>Mixed Fruit Cup<br>Garlic Bread   |
| <b>14</b><br><b>BBQ CHICKEN</b><br>Baked Potato<br>Mixed Vegetables<br>Coleslaw<br>Cantaloupe<br>WW Bread                  | <b>15</b><br><b>High Sodium Meal</b><br><b>HAM &amp; SPINACH</b><br><b>QUICHE</b><br>3 Bean Salad<br>Carrot Raisin Salad<br>Orange Slices<br>WW Bread              | <b>16</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>17</b><br><b>ROAST TURKEY</b><br>Mashed Potatoes<br>Cut Corn<br>Romaine Salad<br>Oatmeal Cookie<br>WW Bread<br>Apple Juice   | <b>18</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>Pudding   |
| <b>21</b><br><i>Closed</i><br>           | <b>22</b><br><b>SLOPPY JOE</b><br>w/WW Hamburger Bun<br>Potato Wedges<br>Loose Leaf Salad<br>Cantaloupe  | <b>23</b><br><b>Senior Birthdays!</b><br><b>COLD TURKEY</b><br><b>SANDWICH</b><br>Pasta Salad<br>Carrot Raisin Salad<br>Fresh Orange Cup      | <b>24</b><br><b>BAKED FISH</b><br>w/ Tartar Sauce<br>Baked Potato<br>Loose Leaf Salad<br>Apple<br>WW Bread<br>Orange Juice  | <b>25</b><br><b>CHICKEN FAJITAS</b><br>Brown Rice<br>Black Beans<br>Pineapple<br>WW Tortilla  |
| <b>28</b><br><b>BAKED PORK CHOP</b><br>Macaroni and Cheese<br>Peas and Carrots<br>Green Salad<br>Cantaloupe<br>WW Bread    |   |   | <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>GUESTS AGES 59 AND</b><br><b>UNDER: \$6.00</b><br><b>MENU IS SUBJECT TO</b><br><b>CHANGE.</b><br>"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 Keith Alber (909) 625-9488 with any questions or concerns.

# Featured Recipe

## Egg and Avocado Toasts (serves 4)

This avocado toast gets a boost of protein by adding a poached egg and a dollop of Greek yogurt. Serve these low-cost egg toasts with a green salad tossed in a light balsamic vinaigrette for a balanced breakfast or lunch filled with protein, veggies, and healthy fats.

### Ingredients

- 4 eggs
- 4 slices of hearty whole grain bread
- 1 avocado (mashed)
- 1/2 tsp. salt
- 1/4 tsp black pepper
- 1/4 cup plain nonfat Greek yogurt

### Directions

1. To poach each egg, fill a 1-cup microwaveable bowl or teacup with 1/2 cup water. Gently crack an egg into the water, making sure it's completely submerged. Cover with a saucer and microwave on high for about 1 minute, or until the white is set and the yolk is starting to set but still soft (not runny).
2. Toast the bread and spread each piece with 1/4 of the mashed avocado.
3. Sprinkle avocado with the salt (optional) and pepper. Top each piece with a poached egg. Top the egg with 1 Tbsp. Greek yogurt.

**Source:** <https://www.diabetesfoodhub.org/recipes/egg-and-avocado-toasts.html>



## Pecan-Crusted Chicken Breast (serves 4)

This chicken dish takes just 8 minutes of prep time, 20 minutes in the oven, and voila! The result is actually impressive enough to serve for a special occasion but comforting enough to pair with your comfy clothes. You'll enjoy the homestyle crunchiness from the pecans along with a hint of natural sweetness and spiciness. Serve it with a harvest salad and sweet potato fries.

### Ingredients

- 1/2 cup pecan pies
- 4 (6-oz) boneless, skinless chicken breasts
- 3 tbsp. unsweetened applesauce
- 1 tbsp. spicy brown mustard
- 1/4 tsp sea salt

### Directions

1. Preheat the oven to 425° F. Prep a large rimmed baking sheet. For easier cleanup and less sticking, line with parchment paper (optional).
2. Place the pecans in a food processor. Pulse until they look like breadcrumbs. Transfer to a rimmed plate.
3. Place the chicken on the baking sheet. In a small bowl, stir together the applesauce and mustard. Spoon the applesauce-mustard mixture on top of each breast, spreading it evenly with the back of the spoon. Firmly press the applesauce-mustard side of each chicken breast into the pecans. Place the chicken back on the baking sheet, pecan-crusted side up. Sprinkle any remaining pecans on the chicken; press to adhere. Sprinkle with salt.
4. Bake for about 20 minutes, or until the chicken reaches an internal temperature of 165° F. Divide among four dinner plates and serve.

**Source:** <https://www.diabetesfoodhub.org/recipes/pecan-crusted-chicken-breast.html>



# 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:** \_\_\_\_\_

