



CITY OF MONTCLAIR SENIOR NUTRITION PROGRAM UPDATE

The Montclair Senior Center would like to welcome you back for in-person dining beginning May 2, 2022.

- **Curbside service will no longer be available.**
- **Home delivery will no longer be available.**
- Walk-in pick-up will be ***BY PRIOR ORDER ONLY*** and ***MUST be picked up*** between 10:30 a.m. and 11:00 a.m.

NO Exceptions. This option will be available until June 30, 2022.

- To place an order please call (909) 625-9483, the day before your walk-in pick up.
- If transportation is needed please place your order and arrange your ride (24-48 hrs ahead) with Patti S. at (909) 625-9452
- There is a suggested \$3.00 donation for persons 60 years of age and older. For more information or questions, please call (909) 625-9483 or (909) 625-9462.
- Daily lunches will be served Monday through Friday from 11:30 a.m. to 12:30 p.m. for in person dining.

Upon entering the Montclair Senior Center, all participants will be required to sign a waiver. Masks are NOT required but are HIGHLY RECOMMENDED when not eating or drinking.



SENIOR NEWSLETTER

MAY 2022

Healthy Lifestyle for Healthy Older Adults

Source: www.eatright.org | Academy of Nutrition and Dietetics

Men and women are living longer, enjoying energetic and active lifestyles well into their 80s and 90s. Study after study confirms eating well and being active can make a dramatic difference in the quality of life for older adults.

You are never too old to enjoy the benefits of improved nutrition and fitness. With nutrient-rich foods and activities with friends, you can feel an immediate difference in your energy levels and enjoyment of life. In fact, as we get older, our food and activity choices become even more important to our health.

Focus on Nutrient Density

As adults age, they need fewer total calories, but higher amounts of some nutrients, especially calcium and vitamin D. In terms of nutrition, you need to focus on quality not quantity. For both optimal physical and mental health, older adults truly need to make every calorie count.

Retired people on limited incomes may have trouble buying enough nutrient-rich foods to meet all their nutritional needs. If this is a problem for you or someone you love, explore the options for senior meal sites, Meals on Wheels or supplemental nutrition assistance programs in your community.

The golden years definitely are not the time for extreme diets or drastic weight loss. Your goal should be to eat better while staying within your calorie needs. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health.

Aim for a stable weight as you get older. If you want to lose a few pounds, talk to your healthcare provider or a registered dietitian nutritionist about the best plan for you. The right balance of foods and activities can help you maintain strong muscles and bones.

Enjoy the Power of Protein

People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Chewing protein foods such as meat also can be a problem for some older adults. Here are a few tasty tips to pump up your protein intake, without upsetting your food budget or energy balance.

- **Enjoy More Beans.** Add canned beans to salads, soups, rice dishes and casseroles.
- **Make Your Crackers Count.** Spread peanut butter on whole-grain crackers and eat them as snacks or alongside soup, chili or salad.
- **Pump Up Your Eggs.** Mix grated, low-fat cheese or extra whites into scrambled eggs.
- **Cook with Milk.** Use fat-free or low-fat milk rather than water to make soup or oatmeal.
- **Use Dry Milk Powder.** Mix a spoonful of dry milk into fluid milk, cream soups and mashed potatoes.

For more information, please visit: <https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/healthy-weights-for-healthy-older-adults>



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 for more updates and information on our programs.

RESOURCES

Food Distribution The next walk-up food distribution event is on **Thursday, May 19, 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

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 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 Wetzels Pretzels.

Testing will be Monday through Friday from 10 a.m. to 4 p.m. Appointments accepted, walk-ins welcome. Take home kits will be available Monday 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 Monday through Friday from 10 a.m. to 4 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 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.

SAVE THE DATE

Memorial Day Program

Join us on Monday, May 30 at 6 p.m. for the Community Activities Commission's 22nd Annual Memorial Day Program. The Program will be held in the Memorial Garden, adjacent to City Hall (5111 Benito St., Montclair), and will include the dedication of six new plaques to our Veterans' Memorial Wall. The Memorial Wall pays tribute to deceased Montclair residents from all branches of service. The event will feature patriotic songs, readings, and refreshments. For more information please call (909) 625-9479.



MONDAY,
MAY 30, 2022

6:00 pm ★ Memorial Garden

(located adjacent to City Hall, 5111 Benito St., Montclair)

PATRIOTIC SONGS ★ REFRESHMENTS ★ READINGS

Country Fair Jamboree

The 8th Annual Country Fair Jamboree will be held on Saturday, June 4 from noon to 6 p.m. at Alma Hofman Park (5201 Benito St. Montclair). The event will have games, food trucks, petting zoo, carnival rides, pie-eating, pony rides, bands, entertainment, splash pad, craft vendors, plus fun contests for all ages. Presale carnival wristbands at select locations. Event parking will be available at Our Lady of Lourdes Church (Shuttle service will be provided). For vendor and sponsorship information call the Montclair Chamber of Commerce at (909) 985-5104. For more event information please call (909) 625-9479 or visit www.cityofmontclair.org/countryfairjamboree



Featured Recipe

Mediterranean Zucchini

Recipe Credit: American Diabetes Association and American Heart Association. Photo Credit: Mittera.

Ingredients

- 2 Zucchini (cut in half lengthwise)
- 2 tsp olive oil
- 1/2 tsp lemon zest
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/8 tsp crushed red pepper flakes
- 1/8 tsp salt
- 4 tsp grated parmesan cheese

Directions

1. Preheat the oven to 400°F
2. Place the zucchini with the cut side up on a baking sheet. Drizzle the oil over each half.
3. In a small bowl, stir together the lemon zest, basil, oregano, red pepper flakes, and salt. Sprinkle over the zucchini.
4. Bake for 20 minutes, or until the zucchini is just tender. Remove from the oven. Immediately sprinkle each with 1 tsp Parmesan. Let stand for 5 minutes before serving.



May Senior Activities

COLORECTAL CANCER SCREENING WORKSHOP

May 9, 2022 at 10:00 AM—11:00 AM | Senior Center

Join us as we discuss the risk factors, common symptoms and screening recommendations for colorectal cancer. Colorectal cancer is the second leading cancer killer in the United States. Colorectal cancer screening saves lives. Screening can find precancerous polyps—abnormal growths in the colon or rectum—that can be removed before they turn into cancer. Screening usually starts at age 45, but talk to your doctor to find out if you should get screened earlier especially if a close family member of yours had it.

Join us for these upcoming senior activities during the senior lunch program!



May 2 Senior Center Reopening Day



May 5 Cinco de Mayo



May 11 Mother's Day Celebration



May 26 Senior Birthdays, Baseball Theme







May 2022



Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Senior Center reopening for in-person dining STUFFED PEPPER Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread	3 HERB BAKED CHICKEN Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread	4 MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice	5 CHICKEN FAJITAS Brown Rice Black Beans Pineapple WW Tortilla	6 LASAGNA w/WW PASTA Cooked Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread
9 BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread	10 High Sodium Meal HAM & SPINACH QUICHE 3 Bean Salad Carrot Raisin Salad Orange Slices WW Bread	11 SPAGHETTI & MEAT SAUCE Green Beans Loose Leaf Salad Fruit Cocktail French Bread Orange Juice	12 ROAST TURKEY Mashed Potatoes Cut Corn Romaine Salad Oatmeal Cookie WW Bread Apple Juice	13 TUNA SALAD Pasta Salad 3 Bean Salad Cantaloupe WW Bread
16 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices	17 SLOPPY JOES w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Cantaloupe	18 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup	19 BAKED FISH Baked Potato Loose Leaf Salad Apple WW Bread Orange Juice	20 High Sodium Meal BEEF SOFT TACO w/ Taco Toppings Pinto Beans Spanish Rice Banana Vanilla Pudding
23 BAKED PORK CHOP Macaroni and Cheese Peas and Carrots Green Salad Cantaloupe WW Bread	24 MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	25 Senior Birthdays! OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	26 SHEPHERD'S PIE Loose Leaf Salad Banana WW Bread	27 BBQ CHICKEN SANDWICH w/WW Hamburger Bun Sweet Potato Wedges Coleslaw Fresh Orange Cup
30 Closed 	31 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla	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 Milk is provided daily.	

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.