



SENIOR NEWSLETTER JUNE 2022

Join us for these upcoming senior activities.
Activities will begin on June 6, 2022.

BINGO

Mondays, 1:00-4:30 pm



Line Dancing

Thursdays, 1:00 - 2:00 pm



Arts & Crafts

Fridays, 9:00-11:30 am



Bridge Group

Fridays, 1:00-3:30 pm



Join us for these upcoming senior activities during the Senior Lunch Program.

June 8 Music Day

June 17 Celebrating Father's Day

June 22 Celebrating Graduations and Schools Out

June 29 Senior Birthdays! Theme: Summer at the Beach



CITY OF MONTCLAIR SENIOR NUTRITION PROGRAM UPDATE

The Montclair Senior Center welcomes you back for in-person dining Monday through Friday from 11:30 a.m. to 12:30 p.m. **Curbside service and home delivery are no longer available.** 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.

- Walk-in pick-up will be available **BY PRIOR ORDER ONLY** and **MUST be picked up** between 11:00 a.m. and 11:30 a.m. **NO Exceptions.** This option will be available until June 30, 2022.
 - To place an order please call or leave a message at (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 Serna 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.

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 (909) 625-9485.

Visit HEALTHYMONTCLAIR.ORG for more updates and information on our programs.

Window into Wellness with Celeste Part 1

Concept:

Let me suggest exploring the “WELLNESS WHEEL” concept. The wheel is divided into eight (8) sections. These sections include: relationships, spirituality, social life, physical/medical needs, education/vocation, recreation, cognitive/emotional needs and financial/material aspects of life.

Benefits:

The beauty of this resource is it costs nothing, it’s fluid, the segments do NOT need to be equal in size to produce wellness at any given point in time and it’s applicable and adaptable for a life time.

For example, during childhood one may focus on physical growth, recreation, and education while giving little attention to financial concerns but there is wellness. As we progress into our teens physical development, recreation, and education are still important but relationships and perhaps finances are also creeping into the mix. The proportions of the wheel segments change, but there is still wellness. As young adults, career-minded singles, young married, parents, and finally seniors all the components are parts of our lives everyday. How much of each do you need? Be honest with yourself and then create a practical plan for achieving your health and wellness goal(s). Repeat this exercise regularly, perhaps in place of your new year’s resolutions or perhaps on your birthday. Adapt your plan as needed. March forward with balance and control living life to the fullest.

Application:

The key to the WELLNESS WHEEL is to examine yourself with regard to each of the subcomponents.

- Do you need equal parts of each?
- Are some more important to you, or need more attention than others in this phase of life?
- Are there some that are being ignored while others are being attended to in excess?

Homework:

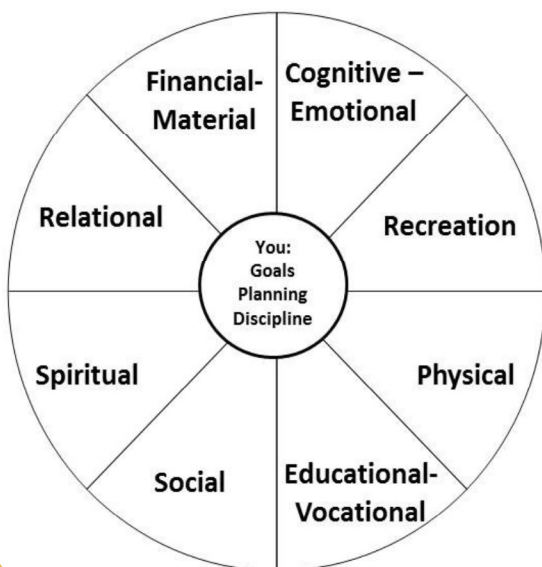
What do each of these areas include for you?

Is there anything missing in your life and what category does it belong in?

Encouragement

You and only you can determine the ratio of the components needed to strike your balance and hence your maximum level of function and wellness.

Wellness Wheel



Sub segments of the Wellness Wheel

- **Physical:** weight control, body types, hydration, nutrition, exercise
- **Mental:** Attitude awareness, esteem, problem solving, conflict resolution, dementia, memory, safety preparedness, combating stress
- **Recreation:** hobbies, laughter, vacation, diversion
- **Social:** teams, clubs, membership, support groups, neighborhoods, connectedness, belonging
- **Education/Vocation:** school, job, volunteering, sense of accomplishment, levels of enjoyment of a job/career
- **Finances:** budgets, investments, generosity, saving, thriftiness
- **Spiritual:** faith, morals, ethics, values, purpose, hope, philosophy of life, church, prayer, religion
- **Relationships:** effective communication, respect, forgiveness, boundaries, trust, commitment, consideration, affection, love

Narrative Credit: Celeste R Dunlap, MS

Concept and Wellness Figure Credit: John Gangi, MA

RESOURCES

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 from 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 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://sbcovid19.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://sbcovid19.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.

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!



Feeding America The Commodity Supplemental Food Program (CSFP) by Feeding America provides monthly food boxes to people 60 years and older. The next CSFP distribution will be on Thursday, June 23, 2022 from 12:30 p.m. to 2:30 p.m. For more information please see the flyer included on pages 5 and 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 Celeste Dunlap at (909) 625-9462.

SAVE THE DATE

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



Food Distribution The next walk-up food distribution event is on **Thursday, June 16, 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 highly recommend 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

Department of Aging and Adult Services (DAAS) A DAAS representative will be at the Senior Center on **Thursday, June 23** from 10:00 a.m. to 12:00 p.m., to provide information and assistance on programs that are available to senior citizens and to distribute bus passes, if available. For more information, call Mary Weeks at (909) 948-6234.

Legal Services Appointments with Isabel are available on the second Thursday of the month beginning **July 14** from 9 a.m. to 12 p.m. Appointments are limited, no walk-ins available. Seniors can make an appointment by calling Isabel at (951) 248-4728.



Are you **60+** and in need of supplemental food assistance? You may be eligible for the

COMMODITY SUPPLEMENTAL FOOD PROGRAM

- Can you self-declare that you meet the income guidelines below? *
- Do you have a form of identification with your date of birth?
- If so, you are eligible to receive **FREE MONTHLY** food through the **COMMODITY SUPPLEMENTAL FOOD PROGRAM.** *

SENIOR INCOME GUIDELINES:	
Household Size	Monthly Income
1	\$1,473
2	\$1,984

*Proof of income is **NOT** required. You may be asked to self-declare income.

*Food kits provide a selection of fruit, juice, vegetables, milk, cheese, grains, protein, and much more!

*Each senior in the household may apply individually!

CSFP DISTRIBUTION LOCATION



Montclair Senior Center
 5111 Benito Street, Montclair, CA 91763
 May 26, 2022 and June 23, 2022
 12:30pm-2:30pm

and will recur every 4th Thursday of each month.

All participants in household 60+ can apply individually.

We ask that all participants bring their form of identification, application, and grocery push cart for quick loading.

For questions, contact 951-359-4757.

This institution is an equal opportunity provider.

Your Local Food Bank

**FEEDING
AMERICA**
RIVERSIDE | SAN BERNARDINO

Tiene **60+** y tiene necesidad e ayuda de comida suplemental?

Usted puede calificar para el
**COMMODITY SUPPLEMENTAL
FOOD PROGRAM**

- Usted puede auto-declararse que califica el ingreso que esta mostrado debajo? *
- Usted tiene una forma de identificacion con su fecha de nacimiento y Si es asi, usted califica para recibir comida GRATIS MENSUALMENTE por medio de el **COMMODITY SUPPLEMENTAL FOOD PROGRAM.** *

SENIOR INCOME GUIDELINES:

Household Size	Monthly Income
1	\$1,473
2	\$1,984

*Prueba de ingresos NO es requerido. Usted sera requerido de auto-declarar sus ingresos

*Cajas de comida proveidas tendran una seleccion de frutas, jugos, vegetales, leche, queso, granos, proteina, y mucho mas!

LOCAL DE DISTRIBUCION CSFP



Montclair Senior Center
5111 Benito Street, Montclair, CA 91763

Distribuciones seran el
26 de Mayo, 2022 y 23 de Junio entre 12:30pm-2:30pm
y cada cuarto Jueves de cada mes.

Cada persona 60+ puede aplicar individualmente!

Pedimos que todos los participantes traigan su forma de identificacion, aplicacion, y carrito de empuje para servirle de manera rapida.
Si tiene preguntas, por favor comuniquese al 951-359-4757.

This institution is an equal opportunity provider.

Featured Recipe



Jordan Marsh Blueberry Muffins

Recipe contributed by Mayor Pro Tem Bill Ruh

Photo provided by NYT Cooking

Ingredients

- 1/2 cup butter
- 2 cups unsifted flour
- 1 cup sugar
- 2 large eggs
- 1/2 cup milk
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 and 1/2 cups large fresh blueberries*
- 1 and 1/2 teaspoons vanilla extract
- 2 tablespoons sugar (for top of muffins)

The recipe is from the famous Jordan Marsh Department store. It was located in Boston. It was the equivalent of Broadway or perhaps Nordstrom. As with many Department Stores of the era, they had a restaurant. The restaurant was famous for their Blueberry Muffins.

This is the original recipe. You may find it a great treat for brunch or with the Grandchildren. - Mayor Pro Tem Bill Ruh

Directions

1. Preheat oven to 375°F.
2. In a large mixing bowl, cream the butter and sugar until light and fluffy; add eggs, one at a time, beating after each addition.
3. In a second bowl, combine all dry ingredients. (You can use an electric mixer to combine the dry ingredients thoroughly at this point so that you won't need to overmix once the wet and dry ingredients are combined.
4. Gradually add the dry ingredients to the creamed butter and sugar mixture along with the milk and vanilla.
5. Optionally, mash 1/2 cup of the blueberries, and stir in by hand (this will turn batter a light shade of blue and add a touch of blueberry flavor, but this step may be skipped, if you wish). Add the remaining whole berries and stir in gently by hand.
6. Spray a 12 muffin baking pan with Baker's Joy (or other non-stick spray). Fill greased muffin cups.**
7. Sprinkle sugar on top of unbaked muffins.
8. Bake at 375°F for 25-30 minutes. Cool in pan. Run a knife around the edge of each muffin after several minutes to free it from the pan and cool on wire racks. Muffins may be brushed with melted butter and sprinkled with sugar, if desired.

Additional Notes

*Frozen blueberries may be used instead of fresh berries, however, the muffins may not be as flavorful. If frozen berries are used, do not crush any of them. Rinse several times in cold water, then pat dry with paper towels before using; this will help prevent the muffins from baking up blue-green.


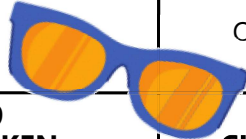
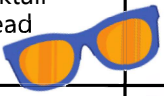
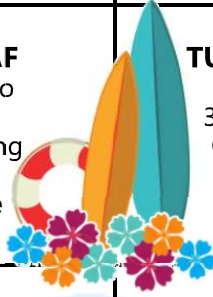
**It is suggested to use paper muffin/cupcake liners when baking these muffins as the abundance of blueberries make them especially prone to sticking. Toss the berries in flour before adding to keep them from sinking to the base of the muffin. This helps to prevent too much shrinkage in the blueberries.



June 2022



Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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.		1 BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread	2 BAKED ZITI Cooked Zucchini Green Salad Fresh Orange Wedges WW Bread 	3 BAKED FISH Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice
6 High Sodium Meal ROAST PORK w/ Bread Stuffing Mashed Potatoes Buttered Corn Apple Orange Juice	7 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookie WW Bread	8 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	9 CHICKEN SOFT TACO w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla	10 CHILI BEANS w/ Shredded Cheese Green Salad Corn Bread Fresh Orange Cup
13 STUFFED PEPPER Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread 	14 HERB BAKED CHICKEN Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread	15 MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice 	16 TUNA SALAD Pasta Salad 3 Bean Salad Cantaloupe WW Bread	17 LASAGNA w/WW PASTA Cooked Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread
20 BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread	21 High Sodium Meal HAM & SPINACH QUICHE 3 Bean Salad Carrot Raisin Salad Orange Slices WW Bread	22 SPAGHETTI & MEAT SAUCE Green Beans Loose Leaf Salad Fruit Cocktail French Bread Orange Juice	23 ROAST TURKEY Mashed Potatoes Cut Corn Romaine Salad Oatmeal Cookie WW Bread Apple Juice	24 High Sodium Meal BEEF SOFT TACO w/ Taco Toppings Pinto Beans Spanish Rice Banana Vanilla Pudding
27 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices	28 SLOPPY JOES w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Cantaloupe	29 Senior Birthdays! COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup	30 BAKED FISH Baked Potato Loose Leaf Salad Apple WW Bread Orange Juice	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.