



SENIOR NEWSLETTER JULY 2022

Join us for these weekly senior activities.

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, 12:30-3:30 pm



NEWLY ADDED!

BUNCO

Thursdays, 1:00-4:00 pm
Beginning July 7



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



July 1 Celebrating 4th of July

July 13 Ice Cream Social



July 27 Senior Birthdays! Theme: Travel and Vacation



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. Bus passes will be available for distribution in August 2022. 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.

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](https://www.healthymontclair.org) for more updates and information on our programs.

Window into Wellness with Celeste Part 2

I hope you enjoyed learning about the Wellness Wheel concept. In newsletters going forward I will continue to build on that foundation. Health and wellness are partner concepts... but there are differences. Health is often thought of as the absence of illness, injury, or disability. By this definition the fact that I wear glasses or you use hearing aids or an ambulatory device would mean we are not healthy. However, with corrective lenses, hearing aids, or a cane or walker we can achieve a level of wellness. Our limitations should NOT define us they should simply be a part of our whole, and that whole can achieve wellness.

This column will be devoted to working definitions of wellness.

General Wellness is: the integration of many different components of life as the wellness wheel exemplifies. These components expand one's potential to live and work effectively and make significant contributions to society. We call this quality of life (QoL).

Now let's look at 3 components of the wellness wheel. The following definitions of health and wellness for each area are provided by the Healthy People 2010 Plan.

Physical Health: A person with physical health is free from illness that affects the physiological systems of the body, such as, heart, nervous system etc. A person with physical health possesses an adequate level of physical fitness.

Physical Wellness: Physical wellness is a person's ability to function effectively in meeting the demands of the day's work and to use time effectively.

Mental/Emotional Health: A person with Mental/Emotional health is free of conditions such as clinical depression.

Mental/Emotional Wellness: Mental and Emotional wellness is a person's ability to cope with daily circumstances and personal feelings in a positive, optimistic and constructive manner.

Social Health: A person with social health is free from conditions or illnesses that severely limit them from functioning in society.

Social Wellness: Social wellness is a

person's ability to successfully interact with others and to establish meaningful relationship that enhance the QoL for all people involved in the given interaction.

Note that each definition of health states one is free of any specific clinical conditions. Each definition of wellness talks about a person's ability to function despite the existence of any of those conditions.

As a Health and Wellness coach, when I reflect on these topics I come back to these conclusions,

- a) I may not always have control over my health, but I always have control over my choices.
- b) I have Choices. My choices will influence and affect my wellness.

Be brave enough to take a self-inventory and then make the choices, be they lifestyle changes, modification to a process or your environment and/or embracing the use of some assistance so you can achieve your highest level of wellness. Remember this is about you and no one else. This is your highest level of wellness and your Quality of Life. Don't you deserve the best????

VOLUNTEERISM

Volunteering is good for your health and wellbeing. Volunteering falls under the Vocational/Educational segment of the Wellness Wheel but touches almost all the other segments in one way or another.

Studies indicate that 1/4 of Americans volunteer and 1/3 of those volunteer 100 hours or more a year. Volunteering just 2 hours a week (which translates to 100 hours of year) yields personal health benefits. So while helping others you are also helping yourself.

Some people say I don't have the time or I don't have a skill people need... but how do you know?

Here are 3 areas where we could use your help:

- Senior lunches
- Monthly Food Distribution program
- Drivers for Meals on Wheels

If you need more information or are interested in helping with lunches or Food Distribution, please call Celeste Dunlap at (909) 625-9462.

If you are interested in driving for Meals on Wheels please contact Sue Yoakum at (909) 986-5522.

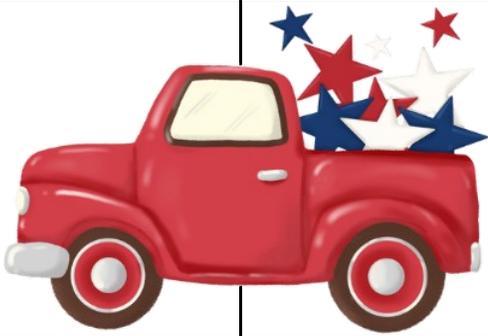




July 2022

Montclair Senior Center Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>SITE MANAGER: KEITH ALBER (909) 625-9488</p> <p>5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483 MONDAY- FRIDAY: 11:30 a.m. - 12:30 p.m.</p>	<p>SUGGESTED DONATION FOR ADULTS AGES 60+: \$3.00 GUESTS AGES 59 AND UNDER: \$6.00</p> <p>MENU IS SUBJECT TO CHANGE.</p> <p>"WW" - Whole Wheat Milk is provided daily.</p>		<p>1 High Sodium Meal ROAST PORK w/Bread Stuffing Mashed Potatoes Buttered Corn Apple WW Bread Orange Juice</p>	
<p>4 Closed</p> 	<p>5 HERB BAKED CHICKEN Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread</p>	<p>6 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread</p>	<p>7 CHICKEN SOFT TACO w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla</p>	<p>8 CHILI BEANS w/ Shredded Cheese Green Salad Corn Bread Fresh Orange Cup</p>
<p>11 STUFFED PEPPER Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread</p>	<p>12 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookie WW Bread</p>	<p>13 MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice</p>	<p>14 CHICKEN FAJITAS Brown Rice Black Beans Fresh Pineapple WW Tortilla</p>	<p>15 TUNA SALAD Pasta Salad 3 Bean Salad Cantaloupe WW Bread</p>
<p>18 BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread</p>	<p>19 High Sodium Meal HAM & SPINACH QUICHE 3 Bean Salad Carrot Raisin Salad Orange Slices WW Bread</p>	<p>20 SPAGHETTI & MEAT SAUCE Green Beans Loose Leaf Salad Fruit Cocktail French Bread Orange Juice</p>	<p>21 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup</p>	<p>22 BAKED ZITI Cooked Zucchini Green Salad Fresh Orange Slices WW Bread</p>
<p>25 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices</p>	<p>26 SLOPPY JOES w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon</p>	<p>27 Senior Birthdays! ROAST TURKEY Mashed Potatoes Cut Corn Romaine Salad Oatmeal Cookie WW Bread Apple Juice</p>	<p>28 LASAGNA w/WW PASTA Cooked Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread</p>	<p>29 BAKED FISH Baked Potato Loose Leaf Salad Apple WW Bread Orange Juice</p>

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.



WHAT'S NEW???

DID YOU KNOW...

The Regional Council on Aging meets the first Tuesday of every month at the Montclair Senior Center from 9:30 a.m. to 11:30 a.m. Come and learn about programs and services available to you. The Council also wants to hear about your needs and concerns. All Seniors are welcome.

Test to Treat

What: The Montclair OptumServe location is now offering free Test to Treat therapeutics for Covid-19.

Who: The Test to Treat program will provide access for qualified patients to receive a prescription oral anti-viral (Paxlovid or Molnupiravir) at the test site located on 4985 Richton St.

To learn more about Test to Treat, please visit the County's webpage for Covid-19 treatments and therapeutics: <https://sbccovid19.com/treatments-and-therapeutics-for-covid-19/>

COVID-19 Vaccines and Boosters to Homebound Residents The San Bernardino County Department of Aging and Adult Services— Public Guardian offers in-home COVID-19 vaccines and boosters to homebound residents, their caretakers and/or family members who are aged 5 and older. Our services ensure that homebound individuals who cannot safely leave their residence are able to receive the COVID-19 vaccine. San Bernardino County residents who are homebound, or are caretakers of homebound individuals, are encouraged to contact our **Homebound Vaccination support team at (888) 743-1485 to schedule an appointment**

ON GOING EVENTS

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, July 28, 2022 from 12:30 p.m. to 2:30 p.m. in parking lot B (behind the library).

COVID-19 Testing, Vaccinations, and Boosters

Who: all individuals ages 5+ who live or work in San Bernardino County

• **Any Dose / Pediatric Pfizer Vaccine (Ages 5-11); Any Dose / Pfizer Vaccine (Ages 12+)**

Where: Montclair Place (5060 E. N Montclair Plaza Ln., 2nd Floor, Space #2138), across Wetzel's Pretzels and Forever 21 respectively.

When: Monday through Friday from 10 a.m. to 4 p.m. Appointments accepted, walk-ins welcome while supplies last. **Services are FREE.**

- To schedule a testing appointment, please visit <https://sbccovid19.com/testing-sites/> or call (909) 387-3911
- To schedule a vaccination appointment, please visit <https://sbccovid19.com/vaccine/>
- For assistance or questions call (909) 891-3810 or (888) 743-1485 or email coronavirus@dph.sbcounty.gov

COVID-19 Testing Bus Hosted by OptumServe & the California Department of Public Health

Where: Montclair Kid's Station located on 4985 Richton St.

When: COVID-19 testing is available 7 days a week from 11 a.m. to 7 p.m.

Who: All individuals, including those who are uninsured, underinsured, undocumented, or homeless.

To schedule an appointment, visit: <https://lhi.care/covidtesting> or call (888) 634-1123.

SAVE THE DATE

What: Food Distribution

When: The next walk-up food distribution event is on **Thursday, July 21, 2022 from 8:30 a.m. to 9:30 a.m.**

Where: the Montclair Community Center

Who: San Bernardino County residents with a valid ID. 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



Montclair's Annual Summer Concert & Movie Series continues at Alma Hofman Park (Shark Park), 5201 Benito St., every Tuesday evening until August 2, 2022. Food Trucks will be selling your favorite foods and snacks.

The Splash Pad will remain open until 8 PM on concert and movie nights.

For more information, contact the Human Services Department at (909) 625-9479 or visit cityofmontclair.org

2022 Summer Concerts & Movie Series

- **Tuesday, July 5, 2022 · 7:00 p.m.**
Concert in the Park · Memberz Only (80's)
- **Tuesday, July 12, 2022 · 7:00 p.m.**
Concert in the Park · Miriam Neblina Latin Band (Latin Variety Band)
- **Tuesday, July 19, 2022 · 8:00 p.m.**
Movie in the Park · Spider-Man No Way Home (PG-13)
- **Tuesday, July 26, 2022 · 7:00 p.m.**
Concert in the Park · Mariachi Alma Latina (Mariachi)
- **Tuesday, August 2, 2022 · 6:30 p.m.**
National Night Out / Movie in the Park · Luca (PG) (Movie will start at 8:00 p.m.)

Patriotic Word Puzzle

Y Q T Z A E T F N F J H O I C
W G U A Q D F F B U O G S T E
H T O E I A J X L F X P P N B
I S K J T R N Y V T F A A A P
T F O K M A H J B Z Z T R S V
E E O V N P R Y R E D R K E Q
K R C M U T S B Z L V I L P Q
T X A N T P F B E A G O E I X
S F L M E O R G B L Z T R R Q
Q K Q W U D Z E Q Y E I S T D
F Z R R R M N B D K X C M S P
X P T O U X A E X O B X E J U
V H F B W O E W P S E N J J E
R N L G F E J O Q E Y Y F S T
I U N Z U H R M K R D X R R U
E M U U O X U I S F A N O A S
L U Y D P C K Q F W C Z I T T
A J A C I R E M A R I Q T S D

**JULY
FOURTH
STARS
STRIPES
PATRIOTIC**

**FIREWORKS
CELEBRATE
PARADE
COOKOUT
AMERICA**

**SPARKLERS
INDEPENDENCE
RED
WHITE
BLUE**

