

SENIOR NEWSLETTER

AUGUST 2022

Join us for these weekly senior activities.

BINGO Mondays, 1:00-4:00 pm 	Arts & Crafts Fridays, 9:00-11:00 am 
Line Dancing Thursdays, 1:00-2:00 pm 	Party Bridge Fridays, 12:30-3:30 pm 
BUNCO Thursdays, 1:00-4:00 pm 	West End Family Counseling Activities & Presentations, 9:30-11:30am AUG. 1 Brain Health Presentation AUG. 15 Benefits of Games

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



August 10 Getting To Know You

August 24 Ice Cream

August 31 Senior Birthdays! Theme: Luau



COOLING CENTERS

Montclair Senior Center

5111 Benito Street, Montclair, CA 91763

When temperatures are over 100 degrees on Sundays, the Montclair Senior Center is open to Montclair residents from 12 p.m. to 6 p.m. For more information please call (909) 625-9483 or visit <https://www.cityofmontclair.org/cooling-centers/>

Nutrition and Hydration

What we eat and drink are essential to good health. The Montclair Senior Center is open for lunch daily (Monday-Friday). Doors open at 10:30 a.m. for coffee, tea, and socializing. Lunch is served from 11:30 a.m. to 12:30 p.m. Suggested donation is \$3.00. Guests (those under 60) are welcome at a cost of \$6.00 per person.

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

Exploring Recreational Wellness

The long days of summer provide an opportunity to engage in recreational pursuits we might not otherwise get to enjoy. Dr. Peter Lichtenberg, director of the Institute of Gerontology at Wayne State University has this to say about recreation, leisure, and hobbies.

Recreational activities and leisure pursuits, often fall under the umbrella term of hobbies. These activities can be viewed from three different perspectives. They can 1) provide diversion, 2) fuel a passion, and/or 3) create a sense of purpose. Whether you engage in hobbies to pass the time (diversion), because you truly love the activity (passion) or because it is part of your reason to get up in the morning, recreational pursuits are good for you.

Chanty.com concurs and speaks of hobbies this way. Hobbies are a "source of abilities, interests, and efficiency that allows us to fully develop different sides of our personalities."

With all that in mind this column will address the Health and Wellness benefits of recreation, leisure activities, and engaging in hobbies. Here is a brief list of benefits. As you read them, determine which area of wellness they are contributing to (example: Time for yourself - contributes to mental wellness).

- Produces a product
- Is a good role model of life-long learning
- Provides a sense of relaxation
- Provides for social interaction
- Combats fatigue by providing mental activity
- Helps combat stress
- Increases your self-esteem and skill set

Let's compare and contrast 2 popular and trendy hobbies, coloring and Bingo, and their specific benefits. Coloring is solitary, personal in nature, and an expression of oneself. Depending on the subject of the piece, coloring can connect us with just about any segment of the Wellness Wheel. Bingo on the other hand is social, analytical, and external in nature,

creating an environment of social connections. Bingo creates a sense of competitiveness which prompts a state of heightened alertness. Bingo maintains your reflexes, both ocular and manual. Bingo can even be educational depending on the types of cards used.

For optimal health and well-being we need the benefits each of these has to offer. Upon closer examination and through thoughtful consideration we can see that between these 2 activities 4-5 of the 8 segments of the wheel are impacted.

Recreational pursuits are not wasting time... they are good for us... heart, mind, and soul. In closing, I would like to leave you with a quote from children's poet Phyllis McGinley and a personal challenge...

"A hobby a day keeps the doldrums away." (McGinley)

CHALLENGE

- What are **your** hobbies?
- Why do you pursue them?

Next time you pursue that hobby take a moment to consider what aspect(s) of the wheel are impacted and how you are nurturing your best health and wellness through recreational activities.



Narrative Credit: Celeste R Dunlap, MS

Concept and Wellness Figure Credit: John Gangi, MA

August 2022

Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 BAKED PORK CHOP Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread	2 OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	3 BBQ PULLED PORK SANDWICH w/WW Hamburger Bun Potato Salad Fresh Vegetable Salad Orange Slices	4 SHEPHERD'S PIE Loose Leaf Salad Banana WW Bread	5 CHICKEN SOFT TACO w/Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla
8 MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	9 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla	10 BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread	11 High Sodium Meal BEEF SOFT TACO w/Taco Toppings Pinto Beans Spanish Rice Banana Vanilla Pudding	12 BAKED FISH Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice
15 High Sodium Meal ROAST PORK w/Bread Stuffing Mashed Potatoes Buttered Corn Apple WW Bread Orange Juice	16 HERB BAKED CHICKEN Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread	17 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	18 BBQ CHICKEN SANDWICH w/ WW Hamburger Bun Sweet Potato Wedges Coleslaw Fresh Orange Cup	19 CHILI BEANS w/ Shredded Cheese Green Salad Corn Bread Fresh Orange Cup
22 STUFFED PEPPER Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread	23 CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookie WW Bread	24 MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice	25 CHICKEN FAJITAS Brown Rice Black Beans Fresh Pineapple WW Tortilla	26 TUNA SALAD Pasta Salad 3 Bean Salad Cantaloupe WW Bread
29 WW SPAGHETTI & MEAT SAUCE Green Beans Loose Leaf Salad Fruit Cocktail French Bread Orange Juice	30 HAM & SPINACH QUICHE 3 Bean Salad Carrot Raisin Salad Orange Slices WW Bread	31 Senior Birthdays! BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread	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.

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.

FUN FACTS about HOBBIES

Who knew???

- Between 12 and 20 MILLION Adult Coloring book are sold annually



- Gardening teaches responsibility and provides an opportunity for family bonding



- 77% of fishermen use artificial bait or lures. Rare lures, often made of wood and having glass eyes can be worth up to \$20,000.00!



Research some FUN FACTS about your favorite hobby.

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.

MONTCLAIR'S 61ST ANNUAL SUMMER CONCERT AND MOVIE SERIES

Montclair's Annual Summer Concert & Movie Series continues at Alma Hofman Park (Shark Park), 5201 Benito St., every Tuesday evening until August 2. 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, August 2, 2022 · 6:30 p.m.**
National Night Out / Movie in the Park ·
Luca (PG) (Movie will start at 8:00 p.m.)

SAVE THE DATE



What: Food Distribution

When: The next walk-up food distribution event is on **Thursday, August 18, 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

Department of Aging and Adult Services (DAAS) A DAAS representative will be at the Senior Center on **Monday, August 15** 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 also be available for distribution in August 2022. For more information, call DeMario Dunn at (909) 948-6235.

Legal Services Appointments with Isabel are available on the second Thursday of the month 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.

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, August 25, 2022 from 12:30 p.m. to 2:30 p.m. in parking lot B (behind the library).



COVID NEWS

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://sbcovid19.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**

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://sbcovid19.com/testing-sites/> or call (909) 387-3911
- To schedule a vaccination appointment, please visit <https://sbcovid19.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.

Featured Word Search: HOBBIES

I	A	S	I	N	P	A	I	N	T	I	N	G	I
F	S	F	I	S	H	I	N	G	G	N	I	I	D
F	O	W	D	O	O	C	S	N	A	G	I	D	N
G	H	C	O	I	O	O	I	I	R	N	N	A	O
I	N	I	I	N	N	O	A	P	D	I	N	N	S
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COOKING
DANCING
DRAWING
FISHING



GARDENING
HIKING
PAINTING
RUNNING



SHOPPING
SINGING
SNOWBOARDING
SURFING