



SENIOR NEWSLETTER SEPTEMBER 2022

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, 9:30-10:30 am

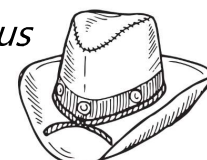
SEP. 19 Benefits of Games: Paint and Pastries

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

September 8 Back to School

September 16 Ice Cream Social *(sponsored by Council Member Emeritus Leonard Paulitz's Family)*

September 28 Senior Birthdays! Theme: Western Ho-Down



NEWLY ADDED!

LOTERIA

Wednesdays, 1:00-3:00 pm

Beginning September 7



Senior Center Hours of Operation

**CLOSED SEPTEMBER 5
FOR LABOR DAY**

Monday-Thursday, 8:00 AM - 6:00 PM

Friday, 9:00 AM - 5:00 PM

Closed on Saturday and Sunday

Reception Desk Phone: (909) 625-9483

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 <https://www.cityofmontclair.org/senior-center/> for more updates and information on our programs.

DID YOU KNOW...

The Regional Council on Aging meets the first Tuesday of every month (September 6) 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.

Speakers Bureau

In conjunction with the Regional Council on Aging, the Speakers Bureau is returning. Be fully informed on topics important to aging in place, safely and well.

WHAT: HICAP - an overview of insurance options. Basics of how HICAP helps seniors find the best health insurance for them. Recognizing Medicare fraud in phone calls and written correspondence.

WHO: Renato de Moraes

WHY: Insurance open enrollment is coming up

WHEN: Tuesday, September 13, 2022 from 1:00-3:00 pm

WHERE: Montclair Senior Center Dining Room



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.

COOLING CENTERS

Montclair Senior Center

5111 Benito Street, Montclair, CA 91763

When temperatures are 100 degrees or over on Sundays, the Montclair Senior Center is open to Montclair residents from 12 p.m. to 6 p.m. Proof of residency is required. 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.

September 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 ROAST TURKEY Mashed Potatoes Buttered Corn Romaine Salad Oatmeal Cookie WW Bread Apple Juice</p>	<p>2 BAKED ZITI Cooked Zucchini Green Salad Fresh Orange Slices WW Bread</p>
<p>5 <i>Closed</i></p> <p>HAPPY LABOR DAY</p>	<p>6 SLOPPY JOES w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon</p>	<p>7 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup</p>	<p>8 LASAGNA w/WW PASTA Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread</p>	<p>9 BAKED FISH Baked Potato Green Beans Loose Leaf Salad Apple WW Bread Orange Juice</p>
<p>12 BAKED PORK CHOP Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread</p>	<p>13 BBQ CHICKEN SANDWICH w/ WW Hamburger Bun Sweet Potato Wedges Coleslaw Fresh Orange Cup</p>	<p>14 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread</p>	<p>15 SHEPHERD'S PIE Loose Leaf Salad Banana WW Bread</p>	<p>16 CHICKEN SOFT TACO w/Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla</p>
<p>19 MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread</p>	<p>20 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla</p>	<p>21 BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread</p>	<p>22 High Sodium Meal BEEF SOFT TACO w/Taco Toppings Pinto Beans Spanish Rice Banana Vanilla Pudding</p>	<p>23 BAKED FISH Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice</p>
<p>26 High Sodium Meal ROAST PORK w/Bread Stuffing Mashed Potatoes Buttered Corn Apple WW Bread Orange Juice</p>	<p>27 HERB BAKED CHICKEN Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread</p>	<p>28 Senior Birthdays! Theme: Western Ho-Down BBQ PULLED PORK SANDWICH w/WW Hamburger Bun Potato Salad Fresh Vegetable Salad Orange Slices</p>	<p>29 OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice</p>	<p>30 CHILI BEANS w/ Shredded Cheese Green Salad Corn Bread Fresh Orange Cup</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.

Window into Wellness with Celeste

Aging is a popular topic these days. Almost everywhere we look we see articles, products, commercials, etc., bombarding us with facts, opinions, and theories about aging. So here are some questions to ponder. *At what age are you a senior? 55, 60, 62, 65?* All these ages have been used to classify a person as being a senior. Yet some pro-athletes are considered too old for the game at 35. Some Olympic athletes are too old at 25. Some news anchors have been replaced at age 40 for being too old. Are these people seniors? Is this age discrimination? Here's another question to ponder: *What does it mean when people say "act your age"?* Former President George H.W. Bush went sky diving for the first time at age 90 to celebrate his birthday. Should a number dictate what you do or do NOT do?

This column will be devoted to the fact we actually have more than one age. Yes, yes we do! Those at the Sloan Center on Aging and other such groups recognize 6 distinct age classifications:

- Your **chronological** (or calendar) age.
- Your **biological/functional age** (how well or poorly your body is aging).
- Your **relative** age (how you feel when comparing yourself to others).
- Your **generational** age (this describes the social, political, and economic influences that impact how we age).
- Your **social** age (this is simply how old society perceives you to be— *oh those stereotypes!*)
- Your **subjective** age (this age is *your* own sense of age).

When we consider these ages we can see that some we have no control over but there are others our personal lifestyles choices can definitely impact, either positively or negatively. So let's consider this topic in relationship to our wellness wheel. Chronological age falls exclusively in the physical segment. We are born on a certain day and we begin aging from that moment forward. Biological or functional aging, although part of the physical

segment, can affect and be affected by other segments. Biological or functional aging is influenced by nutritional choices, levels of exercise, activities we engage in, and the types of relationships we have, etc. Many researchers claim that biological/functional aging is a better indicator of health and fitness than our chronological age.

Let's look at the lives of two men you may be familiar with: Charlie Parker (jazz legend) and Jack LaLanne (fitness guru). Mr. Parker died at the chronological age of 35, however the medical examiner performing his autopsy reported he had the body of a 60 year old. How could that be? The stress of losing an infant daughter, drug and alcohol use, and the smoky, late night lifestyle of a performer took a tremendous toll on his body. His body aged rapidly and poorly. Now let's consider Jack LaLanne. He was a sickly child. He and his family turned to good nutrition and exercise as "medicine." Jack maintained that lifestyle until his death, at the chronological age of 92. When his body was examined it was determined he had a biological/functional age of a 65 year old. His body had aged well and more slowly despite his childhood challenges.

Our choices make a difference. We can not change our chronological age but we can influence our biological/functional age. We are worthy of the best... so I encourage all of us to consider being a bit more intentional about maintaining good strength, keeping our cholesterol in check, and our blood pressure under control. Walk to maintain bone density and stay well hydrated to maintain good body temperature. All of these factors influence positive biological aging.

Let me close with two of my favorite sayings about aging. First, "Age is a matter of the mind... if you don't mind, it doesn't matter." Second, Enjoy life... Act your age... but With abandon!!!!

Narrative Credit: Celeste R Dunlap, MS

SAVE THE DATE

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, September 22 from 12:30 p.m. to 2:30 p.m. in parking lot B (behind the library).



Department of Aging and Adult Services (DAAS) A DAAS representative will be at the Senior Center on the third Monday of the month (September 19) 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 September. For more information, call DeMario Dunn at (909) 948-6235.

Legal Services Appointments with Isabel are available on the second Thursday of the month (September 8) from 9 a.m. to 12 p.m. Appointments are limited, no walk-ins available. Seniors can make an appointment by calling Isabel at (888) 245-4257.

What: Food Distribution

When: The next walk-up monthly event is **Thursday, September 15, 2022 from 8:30 a.m. to 9:30 a.m.**

Where: 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

Tentatively Scheduled



The CITY OF MONTCLAIR celebrates
HISPANIC HERITAGE MONTH

October 8, 2022

5 p.m. - 7 p.m.

Montclair Place's Center Court

- Folklorico Dance Performance by the Montclair After-School Program
- Mexican Tissue Paper Flower Craft



IT'S THAT TIME OF THE YEAR... FLU SHOTS COMING SOON!



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

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

Where: Montclair Place (5060 E. N Montclair Plaza Ln., 2nd Floor, Space #2168), across from Forever 21.

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.
- 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 (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 Recipe

Fruit Pizza

High in antioxidants to support good biological aging. The berries, nuts, and dark chocolate are high in antioxidants, which support good functional health and aging. Great dessert or snack on a hot summer night and fun to make with your children or grandchildren!

INGREDIENTS

- 1 roll (16.5 oz) refrigerated Pillsbury™ Sugar Cookie Dough
- 1 package (8oz) cream cheese, softened
- 1/3 cup sugar
- 1/2 teaspoon vanilla
- Fruits of your choice such as: blueberries, raspberries, sliced strawberries, sliced bananas, sliced kiwis, sliced peaches, grapes, and cherries.
- Pecan pieces (optional)
- Dark chocolate for melting (optional)



DIRECTIONS

1. Heat oven to 350°F. Spray 12-inch pizza pan with cooking spray. Break up cookie dough in pan; press dough evenly in bottom of pan to within 1/2 inch of edge. Bake 16 to 20 minutes or until golden brown. Cool completely on cooling rack, about 30 minutes.
2. In small bowl, beat cream cheese, sugar and vanilla with electric mixer on medium speed until fluffy. Spread mixture over cooled crust.
3. Arrange fruit over cream cheese. If desired, top with pecan pieces and drizzle with melted dark chocolate.
4. Refrigerate until chilled, at least 1 hour.
5. To serve, cut into wedges or squares. Cover and refrigerate any remaining pizza.

Source: <https://www.pillsbury.com/recipes/easy-fruit-pizza/>



“It’s not how old you are. It’s how you are old.” - Jules Renard