

SENIOR NEWSLETTER

DECEMBER 2022

Join us for these upcoming activities during Senior Lunch

Friday, December 9

Fun Friday! Wear green and red

Friday, December 16

Fun Friday! Wear blue and silver

Wednesday, December 14

Senior Birthdays! Theme: Holiday Party



Senior Center Hours of Operation

CLOSED FRI. DEC. 23 AND MON. DEC. 26 FOR CHRISTMAS DAY

CLOSED FRI. DEC. 30 AND MON. JAN. 2 FOR NEW YEAR'S 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

Weekly Activities

BINGO

Mondays, 1:00 - 4:00 pm



Canasta

Wednesdays, 12:45 - 3:00 pm



Loteria

Wednesdays 1:00 - 3:00 pm



Line Dancing

Thursdays, 1:00 - 2:00 pm



BUNCO

Thursdays, 1:00 - 4:00 pm



Wishing you safe and happy holidays from all of us at the Montclair Senior Center

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 (December 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. A flyer is included on the last page.

WHAT: 10 Warning Signs of Alzheimer's

WHO: Gwen Alber

WHY: Learn about the common warning signs and how to reduce your risk

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

WHERE: Montclair Senior Center
Dining Room



HICAP Counseling Services

A HICAP Counselor will be available by appointment only, on Friday, December 16 from 9:30 a.m. - 12:30 p.m.

Please call Betty Nicoles at (909) 256-8369 to schedule an appointment.

West End Family Counseling Health and Wellness Upcoming Presentations at the Montclair Senior Center:

- Monday, December 5 from 9:30 - 10:30 a.m.
Holiday Coloring Card Event



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.

Arts & Crafts

Fridays, 9:00 - 11:00 am

By registration. If interested please call (909) 625-9483 to be put on our wait list.



Class is at capacity.

Nutrition and Hydration

What we eat and drink are essential to good health.

The Montclair Senior Center is open for lunch daily (Monday-Friday). Lunch is served from 11:30 a.m. to 12:30 p.m. Doors open at 10:30 a.m. for coffee, tea, and socializing.

Suggested contribution is \$3.00.




Guests (under 60 years of age) are welcome at \$6.00 per person.



December 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.	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.		1 LASAGNA w/WW PASTA Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread	2 BAKED FISH Baked Potato Green Beans Loose Leaf Salad Apple WW Bread Orange Juice
5 BAKED PORK CHOP Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread	6 OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	7 BBQ PULLED PORK SANDWICH w/WW Hamburger Bun Potato Salad Fresh Vegetable Salad Fresh Orange Slices	8 SHEPHERDS PIE Loose Leaf Salad Banana WW Bread	9 CHICKEN SOFT TACO w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla
12 MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	13 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla	14 Senior Birthdays! BAKED HAM Baked Potato Green Beans Green Salad Fruit Cocktail Corn Bread	15 High Sodium Meal BEEF SOFT TACO w/ Taco Toppings Spanish Rice Pinto Beans Banana Vanilla Pudding	16 BAKED FISH Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice
19 High Sodium Meal ROAST PORK w/WW Bread Stuffing Mashed Potatoes Buttered Corn Apple Orange Juice	20 HERB BAKED CHICKEN Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread	21 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	22 BBQ CHICKEN SANDWICH w/WW Hamburger Bun Sweet Potato Wedges Coleslaw Fresh Orange Cup	23 Closed for the holiday 
26 Closed for the holiday 	27 CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookies WW Bread	28 MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice	29 CHICKEN FAJITAS Brown Rice Black Beans Fresh Pineapple WW Tortilla	30 Closed for the holiday on December 30 and January 2

FUNDING FOR THIS SERVICE HAS BEEN PROVIDED BY THE SAN BERNARDINO COUNTY DEPARTMENT OF AGING AND ADULT SERVICES THROUGH A GRANT AWARD FROM THE CALIFORNIA DEPARTMENT OF AGING.

We strive to provide high quality food and consistently follow our monthly menu. 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

Written by Celeste R. Dunlap MS, Senior Citizens Supervisor

The holiday season is steeped in traditions. But a tradition can be born out of any occasion. Our son was a performer from the time he was 8 years old. On closing night of each production, he received a "Start Themed" gift. Each gift had a Carl's Jr coupon (Carl's star) and Starbursts. As he got older, he received a Starbucks card. These gifts were wrapped in the theme of the production he was in. For example, his gift for "The Man Who Came to Dinner" was in a take-out carton. This was a tradition we carried on until our son moved to the east coast.

One definition of tradition is: a belief or behavior with origins in the past. Traditions have a strong connection to one's identity. They are passed down within a group or society and contain symbolic meaning or special significance. According to Merriam-Webster a tradition is an inherited, established, or customary pattern of thought, action, or behaviors.

What do traditions have to do with one's health and wellness? The connections between tradition and health and wellness are found in Maslow's pyramid and the Wellness Wheel. You are already familiar with the Wheel but let me introduce you to the pyramid. Maslow's pyramid contains 5 levels. Each level brings an individual closer to reaching their full life potential. See the diagram below.



Consider the following about traditions and then reflect on the pyramid and wheel. Traditions create stability. Holiday traditions serve as touchstones, those things families return to year after year no matter what else happens. What item **MUST** be on the Thanksgiving table or it is not Thanksgiving? What event **MUST** happen at Easter, Kwanza, Day of the Dead, Christmas etc. or that celebration is **NOT** complete?

Establishing and taking part in traditions is often multi-generational. Connections across the age span are good for everyone. In general taking part in traditions promotes learning, prevents isolation (of teens and older adults), strengthens relationships, and creates lifelong memories. Specifically, taking part in traditions can promote a sense of purpose in children, reinforce a sense of identity in tweens and teens, and take us outside our self-centeredness. Traditions promote self/family identity as well as a drive to engage in community service.

What special traditions do you engage in? In light of the information in this column, what makes those traditions even more significant to you? Share that tradition and its expanded purpose with someone else this season.

SAVE THE DATE



What: Senior Mobile Pantry Program by Feeding America

When: Monday, December 19 from 12:00 p.m. to 2:00 p.m.

Where: Civic Center Parking lot B (behind the library, 5111 Benito St. Montclair).

Who: All ages welcome (one per household).

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

Legal Services Appointments with Isabel from Inland Counties Legal Services are available on the second Thursday of the month (December 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, December 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

Montclair Holiday Food Basket Program

Join us in helping the less fortunate in Montclair.

Food donations and unwrapped gifts for teens will be accepted through December 9 from 8:00 a.m. to 6:00 p.m. at the Montclair Senior Center. For the health and safety of those receiving baskets we cannot accept outdated, dented, bulging, perishable or open cans or packages.

Residents are also encouraged to adopt a family. A donation of \$75 to feed a parent and child or a donation of \$125 to feed a family of four can be made any time prior to December 9.

For more information on making a donation, please contact Adriana Navarrete at (909) 625-9454 or email acampos@cityofmontclair.org



FLU SHOTS & 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/>

Please note all OptumService testing site locations will be closed on Sun. Dec. 25 for Christmas Day and Mon. Dec. 26 in observance of Christmas Day.

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 Antigen Test Kits

The San Bernardino County COVID-19 testing location in Montclair Place is no longer offering PCR testing. However, they do have COVID-19 Antigen test kits available for pick up.

Where: Montclair Place (5060 E. N Montclair Plaza Ln., 2nd Floor, Suite #2176), across from the Mall Management Office.

When: Monday through Friday from 10 a.m. to 4 p.m.*

Who: Proof of living, working or attending school in San Bernardino County is required. *Limit two kits per person. Exceptions are available for caretakers or those who are homebound.*

For help making an appointment or testing questions please visit <https://sbcovid19.com/testing-sites/> or call (909) 387-3911.

*Hours of operation may vary. For updated hours of operation please visit <https://sbcovid19.com/testing-sites/>

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 Wednesday through Sunday from 10 a.m. to 6 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.

Please note all OptumService testing site locations will be closed on Sun. Dec. 25 for Christmas Day and Mon. Dec. 26 in observance of Christmas Day.

10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others.

The one-hour program covers:

- » Typical age-related changes.
- » Common warning signs of Alzheimer's.
- » How to approach someone about memory concerns.
- » Early detection, the benefits of a diagnosis and the diagnostic process.
- » Alzheimer's Association resources.

Also learn how to reduce your risk.

Tuesday, December 13th @ 1:00 pm
Montclair Senior Center
5111 Benito St. Montclair 91763
For more info call Gwen @
909-981-6504



Visit [alz.org/CRF](https://www.alz.org/CRF) to register online and explore additional education programs in your area.