

SENIOR NEWSLETTER

JANUARY 2023



THE SENIOR CENTER WELCOMES RECREATION COORDINATOR DEONDRA GUTIERREZ!

Deondra Gutierrez is the City of Montclair's new Recreation Coordinator for the Senior Center. Deondra was born in West Covina and grew up in the City of Montclair. She graduated from Montclair High School and attended Cal State San Bernardino where she received her Associates Degree in Business Administration. She is a mom of two beautiful boys and is married to her high school sweetheart for 12 years. She loves crafting, spending time with her family, and all things Disney! She previously worked for the City of Montclair's After-School Program as a Learning Leader and as a summer camp leader for the City's youth summer programs. She also worked for National Core (a nonprofit low income housing developer) and Queen of the Valley Hospital as a Unit Secretary for the Family Birth and Newborn Center.

"Life has led me back home to the City of Montclair once again! I am so glad to be HOME! I feel so content and happy to be back serving my community once again and working for a place that I love and adore. This community has always been so near and dear to my heart because of all the great people and because this is where my husband and I have chosen to raise our family. I look forward to working here with our lovely seniors and being a great asset and faithful citizen to our wonderful city." - Deondra Gutierrez, Recreation Coordinator — Senior Center

Join us for these upcoming activities during Senior Lunch

Tuesday, January 10

January Jazz

Monday, January 23

Lunar New Year

Wednesday, January 25

Senior Birthdays! Theme: New Year's, Wear Black, White, and Gold

Senior Center Hours of Operation

CLOSED MON. JAN. 2 FOR NEW YEAR'S DAY

CLOSED MON. JAN. 16 FOR MLK JR. 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.

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



Exercise Classes

Wednesdays and Fridays, 9:30 - 10:30 am

The class will be held in the Senior Center's East Room. Sponsored by West End Family Counseling.



ATTENTION

MONTCLAIR WALKERS WILL BE RESTARTING IN FEBRUARY 2023!

For more information please call Deondra Gutierrez at (909) 625-9456.



ANNOUNCEMENT: Due to the Holiday closures on **JAN. 2 and JAN. 16**, the West End Family Counseling Health and Wellness Presentations at the Montclair Senior Center are postponed until February 2023

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.

Join us for our Valentine's Day Dance on Tuesday, February 14, 2023.

More information will be announced soon. RSVP by calling (909) 625-9483 by Tuesday, February 7, 2023.

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:

1) Senior lunches; 2) Monthly Food Distribution program; 3) 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.



January 2023

Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <i>Closed for the holiday</i> HAPPY <i>New Year</i></p>	<p>3 HAM & SPINACH QUICHE 3 Bean Salad Carrot Raisin Salad Orange Slices WW Bread</p>	<p>4 WW SPAGHETTI & MEAT SAUCE Green Beans Loose Leaf Salad Fruit Cocktail French Bread Orange Juice</p>	<p>5 ROAST TURKEY Mashed Potatoes Buttered Corn Romaine Salad Oatmeal Cookie WW Bread Apple Juice</p>	<p>6 BAKED ZITI Cooked Zucchini Green Salad Orange Slices WW Bread</p>
<p>9 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices</p>	<p>10 SLOPPY JOE w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon</p>	<p>11 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup</p>	<p>12 LASAGNA w/WW PASTA Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread</p>	<p>13 BAKED FISH Baked Potato Green Beans Loose Leaf Salad Apple WW Bread Orange Juice</p>
<p>16 <i>Closed for the holiday</i> MLK JR. DAY</p>	<p>17 OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice</p>	<p>18 BBQ PULLED PORK SANDWICH w/WW Hamburger Bun Potato Salad Fresh Vegetable Salad Fresh Orange Slices</p>	<p>19 SHEPHERDS PIE Loose Leaf Salad Banana WW Bread</p>	<p>20 CHICKEN SOFT TACO w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla</p>
<p>23 MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread</p>	<p>24 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla</p>	<p>25 Senior Birthdays! BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread</p>	<p>26 High Sodium Meal BEEF SOFT TACO w/ Taco Toppings Spanish Rice Pinto Beans Banana Vanilla Pudding</p>	<p>27 BAKED FISH Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice</p>
<p>30 High Sodium Meal ROAST PORK w/WW Bread Stuffing Mashed Potatoes Buttered Corn Apple Orange Juice</p>	<p>31 HERB BAKED CHICKEN Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread</p>	<p>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.</p>	<p>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.</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 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

Are you one who makes New Year's resolutions? What do those resolutions generally revolve around? Do you find them to be sincere yet vague when you look at the actual wording? Example: *I want to lose weight.* Sincere but pretty vague, right? What is the true goal? What does lose weight truly mean? If you lose one (1) pound have you met your resolution? TECHNICALLY yes - but have you really? What's your track record for achieving your resolutions? The word resolution comes from the root "to resolve." Other terms might be "to decide" or "to determine." Strong words. Do they carry a negative connotation? Do the words and the phrasing set us up to fail?

Numerous studies conclude the failure rate for resolutions is quite high. Perhaps a change of perspective and a plan would provide a better outcome. Might I suggest a vision board or the idea of life rebalancing verses resolutions?

Personal vision is all about balance. A life vision is introspective, individual, and unique. A vision board starts with you, your purpose, and your desires. The visions are both internal and external. What do you want to look like 1 month from now, 6 months from now, a year from now? How will your overall life be better 1 month from now, 6 months from now, 1 year from now. Vision is not only about a better personal you but also the quality of relationships, the time spent doing hobbies, and making time for other important aspects of your life. Once you have that vision how do you get there? You get there with SMART goals.

Let's look at that age old resolution of losing weight. The goal can be re-phrased as "I want to lose 5 pounds this month." The overall goal may be 25 pounds but start with small steps. Now create a plan you can stick to that will get you there. Use the SMART goals method:

- S - Specific
- M - Measureable
- A - Attainable
- R - Realistic
- T - Timely

Evaluate your vision/goal. Is it specific? *Yes.* Is it measureable? *5 pounds –yes.* Is it attainable? *Yes.* Is it realistic? *Five (5) pounds in a month is realistic.* Is a month a timely end date? *Yes.*

Now how will you lose that 5 pounds? Choose options you ***will*** actually do. Be specific: for example -exercise for 30 minutes twice a week. Cut out snacks after dinner. Only have dessert on the weekend. Choose what works for you. When you are successful, you are more likely to continue to be successful. If you lose 5 pounds this month, would you follow the same method for another month to lose another 5 pounds? Chances are yes. Five months from now you are down 25 pounds. This first example is personal and internal and that might make it fairly simple. What of those relationships, hobbies, and other priorities? Let's identify just one. Set yourself up to succeed. Let's say you like to sew or do wood working but haven't in quite some time. What is the obstacle? Can you create a SMART goal and plan to bring this back into your life? Be Specific, Measureable, Attainable, Realistic, and Timely. Example: *I'd like to make a new dress by Feb 1, 2023.* Plan: Choose a pattern by Jan 1. Purchase materials by Jan 15. Check the calendar for a block or blocks of time to commit to this project. Enjoy new dress on Feb. 1

Say good bye to resolutions and hello to vision and balance. Enjoy taking some time to consider your vision. Make an actual board with pictures, note cards, etc. so you can truly see your future. Enjoy the journey towards a more balanced life. Modify the plan along the way if needed and celebrate the successes.

Happy New Year!!!!!!

SAVE THE DATE



What: Senior Mobile Pantry Program by Feeding America
When: Thursday, January 26 from 12:00 p.m. to 2:00 p.m.
Where: Community Center (adjacent to 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 **Tuesday, January 17** 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 January. 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 (January 12) 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, January 19, 2023 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

The Regional Council on Aging meets the first Tuesday of every month (January 3) 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.

HICAP Counseling Services

A HICAP Counselor will be available by appointment only, on Friday, January 27 from 9:30 a.m. - 12:30 p.m.

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

★ ★ *The Senior* ★ ★
*Center wishes you a
healthy and Happy
New Year!* ★ ★

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://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.**

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://sbccovid19.com/testing-sites/> or call (909) 387-3911.

*Hours of operation may vary. For updated hours of operation please visit <https://sbccovid19.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. Jan. 1 for New Year's Day.