

THE SCOOP

11300 Stanford Avenue, Garden Grove, CA 92840 |(714) 741-5253
Monday-Friday 8:30am-3:30pm | ggcity.org/SeniorCenter

ISSUE HIGHLIGHTS

- Important Phone Numbers
- Abrazar Tax Filing
- Community Clean Up Days
- Bracken's Kitchen Breakfast
- Lunch Café
- Schedule of Classes
- Activities Schedule
- Mejor Juntos
- Chair Yoga
- iPad Class
- Fair Housing Workshop
- Coffee and Crochet
- Hoag Health
- Karaoke
- Celebrations
- Craft Days
- Field Trip
- Strawberry Ball
- Event Recaps
- Longevity Farewell
- Rene's Kitchen
- Community Resources
- Wordsearch
- Crossword Puzzle

St. Patrick's Day is just around the corner and you know what that means, make sure to wear your best green! We hope the luck of the Irish be with ye and hope you join us on Wednesday, March 13, 2024 for a St. Paddy's Day Celebration, no shenanigans!

If a party isn't your fancy, you can join us for a fun excursion this spring! In March take flight to the Lyon Air Museum followed by a stop at South Coast Plaza. Space is limited, so stop by the front desk to get details and register early.

We hope you enjoy this issue, as the old Irish saying goes, "May your pockets be heavy and your heart be light. May good luck pursue you each morning and night."

Warm Regards,
Gabi
Human Services Supervisor



The mission of the Community Services Department is to enrich and serve an inclusive, healthy, and vibrant community by innovatively connecting people through parks, programs, and play.

Important Phone Numbers

City of Garden Grove Directory / Important Numbers

<u>Agencies/Services</u>	<u>Phone Number</u>	<u>Email/Website</u>
H. Louis Lake Senior Center	(714) 741-5253	www.ggcity.org/seniorcenter
Garden Grove Police Department (Non-Emergency)	(714) 741-5704	police@ggcity.org
Orange County Fire Authority	(714) 573-6000	www.ocfa.org
Garden Grove Community Services Department	(714) 741-5200	recreation@ggcity.org
Garden Grove Community Meeting Center	(714) 741-5262	events@ggcity.org
Garden Grove City Hall	(714) 741-5000	www.ggcity.org
Garden Grove Code Enforcement	(714) 741-5358	www.ggcity.org/code-enforcement
Garden Grove Graffiti Hotline	(714) 741-5381	www.ggcity.org/pw/graffiti-abatement
Garden Grove Animal Care Services	(714) 741-5565	animalcare@ggcity.org
Garden Grove Main Library	(714) 530-0711	www.ocpl.org
Garden Grove Water Department	(714) 741-5078	www.ggcity.org/water
Republic Services	(714) 238-2444	www.republicservices.com
O.C.T.A. Access	(714) 220-0224 (714) 636-7433	www.octa.net
Social Security Administration	(800) 772-1213	www.ssa.gov
Medi-Cal	(800) 281-9799	www.ssa.ocgov.com/health-care-
CalFresh	(877) 847-3663	www.ssa.ocgov.com/cash-calfresh/ calfresh
Adult Protective Services	(800) 451-5155	www.ssa.ocgov.com
Acacia Adult Day Care Center	(714) 530-1566	www.acacia-services.org
Community Legal Aid SoCal	(714) 571-5200	www.communitylgalsocal.org
HICAP-A Program of Council on Aging	(714) 560-0424	www.cahealthadvocates.org

COVID-19 Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
Administration for Community Living	Coronavirus disease resources and information. Please visit website: acl.gov/COVID-19	1-800-677-1116
County Of Orange Health Referral Line	For COVID-19 questions	1-800-564-8448 Daily: 8 AM to 8 PM

Older Adult Community Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
Adult Protective Services-Orange County Social Services	Adult Protective Services (APS) is a program designed to prevent and remedy the abuse, neglect, or exploitation of elders and dependent adults who have been harmed or are at risk of harm.	(800) 451-5155 APS EMERGENCY AVAILABLE 24 HOURS
Council on Aging ReConnect Program	Program offers short-term comprehensive services to OC residents who are experiencing emotional challenges and overall health barriers, particularly those appearing later in life.	(714) 479-0107 Monday to Friday 8 AM to 6 PM
Family Caregiver Resource Center Orange County	Providing supportive services to families coping with physical, emotional, and financial responsibilities of caregiving. Services include family consultation, assessment, and care planning.	(800) 543-8312
In Home Support Services-Orange County Social Services Agency	Eligibility: must be 65 or older, disabled, or blind and must be living at home. Must meet financial eligibility criteria for Medi-Cal, and must be unable to live at home safely without IHSS services.	(714) 825-3000
Office on Aging Information & Resources	Info on shelters, housing, affordable rental housing, senior apartments, nursing homes, and board & care homes. Older adult disability resources: hearing, motion (balance loss), and vision. www.officeonaging.ocgov.com/resources	(800) 510-2020
Orange County Older Adult Services	Mental health and crisis services.	(714) 972-3700

ABRAZAR FREE TAX FILING!

If your household income was *less than \$100,000* in 2023, you can file your taxes for free.

If your household income was *less than \$63,398 (MFJ)* in 2023, you may qualify for the Earned Income Tax Credit (EITC).

WHAT WILL I NEED TO PREPARE MY TAXES?

- Photo ID
- Social Security Card or ITIN (Individual Taxpayer Identification Number) for each family member, Joint returns - both spouses present.
- W-2's, 1099's & all other tax-related documents for 2023
- Form 1095-A Health Insurance Coverage Statement (if you had Covered CA)
- Childcare provider information: name, address, and Tax ID number (if available)
- 1098 E&T forms for educational expenses (if applicable)
- For direct deposit, a voided check or savings account statement with a routing number



HOW DO I QUALIFY FOR THE EITC?

- Be a U.S. Citizen or Legal Permanent Resident
 - Have a valid Social Security number
 - Have earned income for 2023
 - Earned less than \$63,398 (MFJ)
- Cannot use "Married Filing Separately" filing status
Cannot be claimed as a qualifying child
Cannot file Form 2555 or 2555EZ (for foreign income)
Cannot have more than \$11,000 in investment income

ABRAZAR FREE COMMUNITY TAX DAYS! (subject to change)

- DATES:**
- | | |
|--------------------------------|--------------------------------|
| 1. Saturday, February 03, 2024 | 2. Saturday, February 10, 2024 |
| 3. Saturday, March 02, 2024 | 4. Saturday, March 09, 2024 |
| 5. Saturday, March 23, 2024 | 6. Saturday, April 13, 2024 |

You can schedule an appointment on our new appointment portal:

<https://bit.ly/AbrazarFreeTaxPrep2024> or

Call us at: (714) 278-4679

SCAN ME



IN-PERSON APPOINTMENT TIMES: 9:00 AM – 4:00 PM
IN-PERSON LOCATION: 7101 Wyoming St. Westminster, CA 92683
PROCESS INFORMATION bit.ly/AbrazarFreeVirtualTaxPreparation

Home Self-Preparation of Taxes:

Please visit the website below for self-preparation:

www.myfreefiles.com

* Only available for those with income < \$79,000

** Abrazar does not assist self-preparers

Drop-off Option:

Drop-Off options will be available by special request and approval.

PLEASE CALL FOR MORE INFORMATION.



Embrace, Educate, Empower



2024 COMMUNITY CLEANUP DAYS

Hosted by the City of Garden Grove, Garden Grove Sanitary District, and Republic Services.

Cleanup days are from 9:00 a.m. to 11:00 a.m.

January 27
Pacifica High School
6851 Lampson Avenue

March 16
Skylark Elementary
11250 Mac Murray Street

May 11
Garden Grove Park
9301 Westminster Avenue
*Paper shredding opportunity.

July 20
Ralston Intermediate
10851 Lampson Avenue

September 14
H. Louis Lake Senior Center
11300 Stanford Avenue

November 9
Garden Grove
Municipal Service Center
13802 Newhope Street

Dates and locations are subject to change.
Check the City's website and social media regularly.



For more information, including items not accepted, visit ggcity.org/cleanup-days



REPUBLIC
SERVICES

GOOD MORNING...



It's time for

Bracken's Kitchen Breakfast!



Bracken's Kitchen is now offering
breakfast every Tuesday morning
from
9 AM - 10 AM.

For more information please
contact us at (714) 741 - 5253





LUNCH CAFÉ

Meals on Wheels is currently being offered Monday through Friday at 11:30 AM. Meals are served on a first come first serve basis, with registration for the day's lunch in person beginning at 8:30 AM (when the center opens). Lunch will be served starting at 11:30 AM. Adults ages 60 and over are eligible to receive meals.

For more information please contact us at
(714) 741 - 5253



SCHEDULE OF CLASSES

All in-person classes and activities require pre-registration due to limited capacity. Please call and reserve your spot one week prior to the class. For information, please call us at 714-741-5253.

TAI CHI

Day: Mondays

Time: 10:00 a.m. to 11:00 a.m.

Instructor: Blanca

Class Description:

Tai Chi is an indoor, low impact, slow motion exercise. Helps reduce risk of falls and stress, and enhances mental capacity.



CHAIR YOGA

Days: Wednesdays & Fridays

(3/6/2024 - 4/26/2024)

Time: 10:15 a.m. to 11:15 a.m.

Instructor: Paloma from SAC

Class Description:

This low impact course is designed to increase flexibility and muscle strength as a way of improving and enhancing physical and mental alertness through adapted yoga postures.



BALANCE & MOBILITY

Days: Tuesdays & Thursdays

Time: 1:30 p.m. to 2:30 p.m.

Instructor: Molly

Class Description:

Focuses on stretching and strength training, with an emphasis on balance while utilizing various tools.



HEALTH EDUCATION



Days: March 12th and March 26th & April 9th and April 27th

Time: 2:00 p.m. to 3:30 p.m.

Instructor: Julia from HOAG

Class Description: Join us for an

interactive health class with Community Nurse Navigator, Julia Teal, RN.

IPAD CLASS

Day: March 5th and 19th

April 2nd and 16th

Time: 9:30 a.m. to 10:30 a.m.

Instructors: Kimberly

Class Description:

Join Kimberly for lessons on how to use an iPad. Topics for the class may vary. Check the front desk for more information. Class is capped at 19 people per class. iPads will be provided.



ADAPTIVE LINE DANCING



Day: Fridays

Time: 1:30 p.m. to 3:00 p.m.

Instructors: Pearl & Fred

Class Description:

This class focuses on recreation line dancing to help maintain strength and mobility for overall health and wellness.

FIT MIND FIT BODY

Day: Thursdays

Time: 1:30 p.m. to 2:30 p.m.

Instructor: Carmen

Sponsored by Amistad Clinic

Class Description:

This is a chance to let go and move like no one is watching. Fit Mind Fit Body burns calories, improves heart health, and reduces stress.



COMPUTER BASICS

Day: Wednesdays

**** MUST BE PRE-REGISTERED****

Time: 1:00 p.m. to 3:00 p.m.

Instructor: Santiago from SAC

Class Description:

Join us for a class on computer basics with Santa Ana College. If current semester is full, you can pre-register for our interest list for the upcoming semester.



SCHEDULE OF ACTIVITIES

All in-person classes and activities require pre-registration due to limited capacity. Please call and reserve your spot one week prior to the class.

For information, please call us at 714-741-5253.

BINGO



Day: Thursdays

Time: 9:45 a.m. to 11:15 a.m.

Activity Description: Join us in the dining room for some Bingo fun and prizes!

Cost is \$1.00.

CROCHET



Days: Fridays

Time: 9 a.m. to 10 a.m.

Instructor: Carole

Class Description: Join Carole for some coffee and crochet.

POOL TABLES



Day: Monday-Friday

Time: 8:30 a.m. to 3:30 p.m.

Activity Description: Pool tables are open daily, on a first come, first serve basis. Come in to enjoy a game or two by yourself or along with some friends.

PINOCHLE



Day: Wednesdays

*Time: 1:00 p.m. to 3:00 p.m.

Activity Description: Pinochle, also called pinocle or penuchle, is a trick-taking, Ace-Ten card game typically for two to four players and played with a 48-card deck.

*Schedule subject to change.

CRAFT DAYS



Days: Tuesday, March 12 and April 9

Time: 10:00 a.m. to 11:00 a.m.

Activity Lead: Alice

Activity Description: Join Alice as she teaches how to create a one-of-a-kind craft that you can use to accentuate your seasonal and home décor!

PAINT CERAMICS



Day: Mondays

Time: 1:00 p.m. to 3:00 p.m.

Instructor: Judy

Activity Description: Join in on some creative time with friends to paint and create your own art. You may bring your own materials. The instructor will be able to provide information on where to purchase materials.

FIELD TRIP

Day: Tuesday, March 26, 2024

Time: 1:00 p.m. to 5:30 p.m.

Trip Description:

Join us for a trip to the Lyon Air Museum to look at military aircraft and other rare automobiles. After, we will visit the South Coast Plaza for some window shopping and sightseeing.

*Field trip will have a fee.



Mejor Juntos

CHARLAMOS CONECTAMOS DISFRUTAMOS

Acompáñenos el segundo y cuarto
miercoles del mes de 9 a.m. - 10 a.m.

Dedicaremos tiempo entre
amigos para crear
conexiones más profundas
con nuestra comunidad.

**Este grupo estará
personalizado para
ustedes por ustedes.**

TEMAS PROPUESTOS:

- La Salud Mental y emocional
- La comunicacion
- El Autocuidado y Muchos Mas.

**Un entorno confidencial y sin juzga para
hablar de cualquier cosa que desee.**

**Si tiene preguntas o para
inscribirse, llame al
714-741-5253.**

Relax and Unwind with

CHAIR YOGA



Wednesdays and Fridays

10:15AM to 11:15 AM

March 1, 2024 - April 26, 2024

sccollege.edu/olderadults

**Please call the H. Louis Lake Senior Center
for questions and to register.**

714-741-5253



IPAD CLASS

⊗ □ -

WHEN:
MARCH 5, 19
APRIL 2, 16

IPADS WILL BE PROVIDED

9:30 AM - 10:30 AM

**CALL THE CENTER FOR MORE INFORMATION
AND TO REGISTER.
(714) 741-5253**



Fair Housing Foundation is a HUD approved Housing Counseling Agency who is dedicated to promoting equal access to housing by educating about housing rights.

Fair Housing Foundation

GARDEN GROVE FAIR HOUSING WORKSHOP

Tuesday, March 12 @ 9:30-11:30 am

Garden Grove Community Center

11300 Stanford Ave. Room A, Garden Grove, CA 92840

Cost: FREE

Easy way to learn about your rights and responsibilities!

Assistance available in more than 200 languages upon request.

RSVP Today!

<https://bit.ly/3tOa1Z3>

or call 1(800) 446-3247

TTY (800) 855-7100

For registration assistance, email cprado@fhfca.org or call 800-446-3247 X1104.

Follow us on social media and be updated on upcoming workshops:



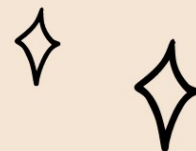
This workshop is for Tenants, Landlords, Managers, Property Owners, Attorneys, Realtors, and Management Companies.

This workshop covers:

- Information on COVID-19
- New Statewide Laws
- Federal and State Fair Housing Laws
- Housing Discrimination
- Modifications and Accommodation
- Families with Children
- Notices
- Evictions Process
- Security Deposits
- Habitability & Repairs
- Rent Increases
- And Lots More

Join us for Coffee and Crochet Fridays

9:00 AM - 10:00 AM



**Beginner spaces
limited to 5.
Intermediate and
Advance spaces open.**



Pre-registration is required. Please call the H.
Louis Lake Senior Center
for questions and to register.

714-741-5253

Health Education Classes

Living Our Best Life with Purpose

Please join us for this complimentary interactive health class.
Topics Include Prevention and Best Management of
Chronic Disease and Lifestyle Related Illness.



WHEN: Every 2nd Tuesday
March 12 and March 26
April 9 and April 23

WHERE: H. Louis Lake Senior Center

Goal Setting: 2:00 p.m. – 2:30 p.m.

Health Education: 2:30 p.m. - 3:30 p.m.

Register prior to class at 714-741-5253

Together let's discover healthy life-giving behaviors!

Presented by Julia Teal, RN, PHN, CHWC
Hoag Community Nurse Navigator
Julia.teal@hoag.org

**Sing your favorite
songs & hang out
with friends.**



Singing Seniors
KARAOKE
DAY!

**Tuesday,
March 26th &
April 30th**

TIME:
9:30AM - 11:30AM



LOCATION:
H. Louis Lake Senior Center
11300 Stanford Ave.
Garden Grove, CA 92840

For more information please call (714) 741-5253





Birthday Celebration!



Join us every last
Wednesday of the month
for a slice of cake during
our monthly birthday
celebration!

STARTING AT 11:15AM



St. Patrick's Day
CELEBRATION



**WEDNESDAY,
MARCH 13, 2024**

9:00 AM - 11:00 AM

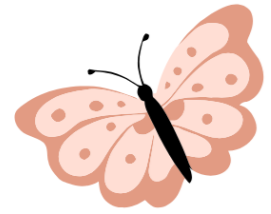
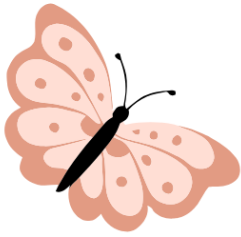
**EASTER
CELEBRATION**



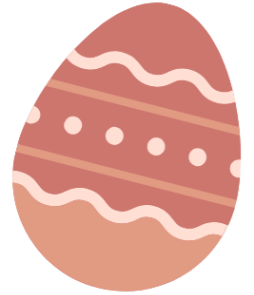
**WEDNESDAY,
MARCH 27, 2024**

9:00 AM - 11:00 AM

**Call the Center for more information and to sign up.
(714) 741-5253**



CRAFT DAYS



**Tuesday,
March 12, 2024**

&

**Tuesday,
April 9, 2024**



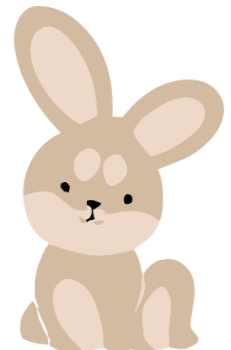
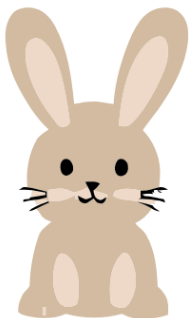
10:00 AM - 11:00 AM



\$5.00 FEE



SPACE IS LIMITED AND REQUIRES
REGISTRATION.
CALL THE CENTER FOR MORE INFORMATION.
(714) 741-5253



March Field Trip



Lyon Air Museum

Join us to see military aircraft, rare automobiles, military vehicles and motorcycles, and related memorabilia!

Tuesday, March 26, 2024

Departure time - 1:00 p.m.

Estimated Return Time - 5:30 p.m.

Cost: \$11

South Coast Plaza

Known as a global shopping destination, join us for window shopping and exploring the plaza!



**SPOTS ARE LIMITED AND REQUIRES EARLY REGISTRATION.
FOR MORE INFORMATION CALL THE CENTER
(714) 741-5253**

The City of Garden Grove
presents the 47th Annual

Strawberry Ball

Thursday, May 23, 2024

Community Meeting Center

Butterfield AB Room

11300 Stanford Avenue, Garden Grove

4:30 p.m. - 7:30 p.m.

Check-in begins at 4:00 p.m.

*Introduction of the 2024 Strawberry Ball King & Queen
and Senior Volunteers of the Year*

\$20.00 per person

(Includes dinner, desserts & entertainment)

Advance reservations required

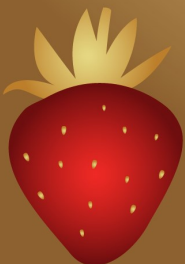
RSVP by May 16, 2024

Tickets available starting April 1st at

H. Louis Lake Senior Center

11300 Stanford Avenue, Garden Grove

(714) 741-5253



Valentine's Day



Dance



International Week



Day One:
Participants came dressed and ready to tell us about their cultures! They told us about the significance of their clothing or items.



Day Two:
Participants tried their hand at origami and lantern making!



Day Three

Bingo with a Spanish twist! Participants gave it their all at Loteria!



Day Four

Ending our four-day event, Polynesian and folklorico dancers came to dance for us on Friday morning. Some participants even decided to give the dances a try!



NEW YEAR'S *Celebration!*



“Always stop and take time to smell the roses.”

“Be happy. Take time to live life to the fullest.”



“Better health. Better fun.”



“I wish that everybody can be happy and healthy.”

Valentine's Day Celebration



happy valentine's day



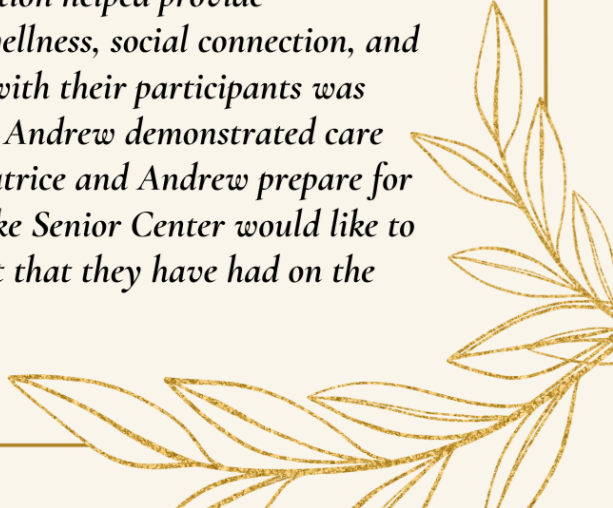


THANK YOU

*Andrew Chan
&
Beatrice Chang*

Andrew Chan and Beatrice Chang became dedicated Longevity Stick instructors for the H. Louis Lake Senior Center just some years ago when the instructor torch was passed down to them. Being volunteer instructors has had a positive impact on Beatrice and Andrew, as well as their participants. They have both enjoyed watching their participants learn Longevity Stick exercises and do well. They are filled with gratitude for the opportunity they had to witness the participants enjoy the class. They are thankful for the opportunity they received to enjoy the companionship of their participants. They are also thankful for their loyal participants who have attended week after week. Being able to see the enjoyment in their participants' faces provided Beatrice and Andrew with the satisfaction and motivation to continue holding class each week.

We are immensely grateful for the hard work, time, commitment, and dedication that Beatrice and Andrew have shown for the H. Louis Lake Senior Center and its participants. Their instruction helped provide participants with an opportunity for improved wellness, social connection, and peer support. The connections that they formed with their participants was greatly appreciated by center staff. Beatrice and Andrew demonstrated care and compassion for all their participants. As Beatrice and Andrew prepare for this time of rest and relaxation, the H. Louis Lake Senior Center would like to give them big "thank you" for the positive impact that they have had on the center, its participants, and the community.



Italian Sausage and Cheese Ravioli with Vegetables

Ingredients

- 1 - 1.5 lbs. Italian sausage
- 1 jar pasta/marinara sauce (plain)
- ¼ cup heavy cream or alfredo sauce (optional)
- 1 tsp Italian seasoning (optional)
- 1 red bell pepper, diced
- 1 zucchini cut into bite size pieces (optional)
- 1 package frozen cheese ravioli



Directions

- Cook Italian sausage and red bell pepper in pan until sausage is no longer pink.
- Drain excess fat.
- Add pasta sauce and seasoning to pan and bring to a boil.
- Cover and reduce to low heat, simmering for 20 minutes. If using zucchini, add during the last 10 minutes of simmering, remembering to raise heat to boiling after zucchini is added. Then cover and reduce heat to low simmering for at least 10 minutes.
- While sauce is simmering, cook ravioli according to instructions, timing so that the ravioli is done when sauce is done.
- When sauce is done, add optional heavy cream/alfredo sauce and stir to combine.
- Add ravioli and mix until ravioli is covered in sauce.
- Serve immediately.

SENIOR MOBILITY PROGRAM



About:

- ✓ The Senior Mobility Program is available to residents of Garden Grove age 60 years or older.
- ✓ Service provided Monday through Friday from 7:30 a.m. to 6:00 p.m.
- ✓ Proof of address and age required at time of application.

Our Service:

- ✓ **FREE** trips to and from the senior center!
- ✓ Trips to medical appointments up to 5 miles outside city limits.
- ✓ Trips to grocery stores within Garden Grove.
- ✓ \$2.00 fee for trips to and from medical appointments or grocery shopping.



Please call the H. Louis Lake Senior Center for additional questions and to sign up.
714-741-5253

FREE LEGAL AID FOR SENIORS

Receive assistance on a variety of legal issues including:

Family Security



We support clients with divorce, child custody, limited conservatorship, foster and transition age youth issues, and barriers to education.

Housing Defense



Support with eviction, publicly subsidized housing, substandard housing, landlord/tenant issues, housing discrimination, and predatory mortgage lending practices.

Economic Justice



We support families struggling with financial challenges and assist clients with consumer debt relief, discrimination, employment issues, expungement, loans, tax controversies, unemployment benefits, and utilities.

Small Claims



We offer information to individuals involved in, or could become involved in, Small Claims Court in Orange County. Our Online Dispute Resolution system can help you negotiate a settlement online.

Protection from Abuse



Provide trauma-informed legal services to support clients who are victims of crime including domestic violence, child & elder abuse, harassment, sexual assault, human trafficking, and other serious crimes. Services include protective orders, crime victim assistance, and representation.

Immigration



We focus our immigration work on adults and minors who are survivors of a crime. We assist with VAWA Self-Petitions, T-Visas, U-Visas, naturalization, Special Immigrant Juvenile Status, adjustment of status, cancellation of removal, and asylum applications.


Health Access




We provide legal assistance to clients in Orange County who qualify for our services related to health care coverage and access issues involving Covered California, Cal Medi-Connect (OneCare Connect), Medi-Cal (CalOptima), Medicare, Medical Safety Net Program, and private health insurance plans. We are also the Ombudsman for the OneCare Connect plan.



Community Legal Aid SoCal


 **Hotline: 800-834-5001**

 **Website: communitylegalsocal.org**

H. Louis Lake Senior Center | Appointments

Call the Senior Center to book a legal aid appointment (60+ only) or for additional information at (714) 741-5253.

March 27, 2024 - 1:00 PM - 3:00 PM
April 24, 2024 - 1:00 PM - 3:00 PM



PEARLS OC

Program to Encourage Active, Rewarding Lives for Seniors



Who We Are

The Council on Aging – Southern California has been a trusted nonprofit organization since 1973. We provide unbiased information, programs, and services to more than 100,000 adults and families annually.

PEARLS is an evidence-based program that offers culturally and linguistically responsive holistic services that have demonstrated effectiveness in reducing depressive and loneliness symptoms, increasing quality of life, and advancing health equity in community dwelling older adults.

Program Eligibility

- ▶ Orange County adults aged 60 and older
- ▶ Individuals experiencing isolation, depression, and/or chronic health conditions
- ▶ Individuals willing to participate in the program

CONTACT US – WE CAN HELP

We are open Monday through Friday from 8:00 A.M. to 5:00 P.M.
The PEARLS Program is offered in English, Spanish, Vietnamese, Korean, Mandarin, and to Veterans.

(714) 492-1874 | pearls@coasc.org | coasc.org/pearls

What We Do

Our program provides 4 to 6 months services at no-cost to participants that includes:

- ▶ Outreach and education
- ▶ In-home and/or virtual services
- ▶ Individual screenings
- ▶ Participant psychoeducation
- ▶ Training for problem-solving
- ▶ Goal setting
- ▶ Skill building coaching
- ▶ Social and physical activation
- ▶ Progress review
- ▶ Referrals to appropriate services
- ▶ Follow-up services

Services available at:

- ▶ COASC main office - county wide
- ▶ OCAPICA



PEARLS OC

a Program of Council on Aging

Find Local Resources For Seniors • People with Disabilities • Caregivers



The Aging and Disability Resource Connection (ADRC) links seniors and people with disabilities to resources that promote independence.

- | | |
|----------------------------------|--------------------------|
| Assistive Devices | Home Modification/Repair |
| Adult Day Programs | Housing Assistance |
| Alzheimer's/Dementia Services | In-Home Care |
| Benefits Workshops | Legal Assistance |
| Caregiver Support | Safety Education |
| Disability Services and Products | Senior/Community Centers |
| Educational Programs | Service Coordination |
| Food Support | Support Groups |
| Health Insurance Counseling | Transportation |
| Home-Delivered Meals | Veterans Services |



Need support? Our Options Counselors can help you access services and create a plan to live independently.



Call or Click!
(714) 480-6450
www.adrcoc.org



ReConnect Program

Early Intervention Services for Older Adults (EISOA)



Who We Are

The Council on Aging – Southern California has been a trusted nonprofit organization since 1973. We provide unbiased information, programs, and services to more than 100,000 adults and families annually.

The ReConnect EISOA Program provides culturally and linguistically responsive prevention and intervention services to Orange County residents who are experiencing behavioral health barriers, aging challenges, or health inequities later in life.

Program Eligibility

- ▶ Orange County adults age 60 and older
- ▶ Limited or inadequate social support
- ▶ Willing to participate in the program
- ▶ Experiencing loneliness, isolation, grief, or late-life transitions
- ▶ Facing behavioral health conditions, chronic health issues, or cognitive decline

CALL US – WE CAN HELP

We are open Monday through Friday from 8:00 A.M. to 5:00 P.M.
The ReConnect Program is offered in English, Spanish, Korean, Vietnamese, Japanese, and Chinese.

(714) 352-8820 | www.coasc.org/reconnect

What We Do

Our program provides 1 to 12 months of early intervention services at no-cost to participants and includes:

- ▶ Outreach and education
- ▶ Comprehensive screenings
- ▶ In-home clinical case management
- ▶ Psychiatric assessments
- ▶ Individual and group therapy
- ▶ Referrals and linkages to resources
- ▶ Caregiver and family support
- ▶ Peer mentor services
- ▶ Support groups
- ▶ Wellness activities and social engagement

Services available at:

- ▶ COASC main office - county wide
- ▶ Laguna Woods Village
- ▶ Leisure World Seal Beach
- ▶ LGBTQ Center Orange County



ReConnect

a Program of Council on Aging



FREE FOOD FOR SENIOR CITIZENS (60 YEARS AND OLDER)



Each eligible person receives a box of food weighing approximately 32 pounds, including cereal, juice, peanut butter, milk, canned veggies, fruit, soup, and cheese.

Income Guidelines:

Household Size	Gross Monthly Income
1 Senior	\$1,632 per month
2 Seniors	\$2,215 per month
3 Seniors	\$2,798 per month



QUALIFIED PEOPLE WILL RECEIVE FOOD BOX THE SAME DAY



BRING YOUR ID WITH YOU



Distribution Sites:

Orange County

- Anaheim
- Buena Park
- Costa Mesa
- Cypress
- Garden Grove
- Hunt. Beach
- Irvine
- La Habra
- Laguna Hills
- Los Alamitos
- Midway City
- Orange
- Placentia
- San Clemente
- Santa Ana
- Seal Beach
- Tustin
- Westminster

LA County

- Hawaiian Gardens
- Long Beach
- Norwalk
- Whittier

Riverside County

- Corona
- Mead Valley
- Menifee
- Mira Loma
- Riverside



For a site near you, please contact:

714-667-0717

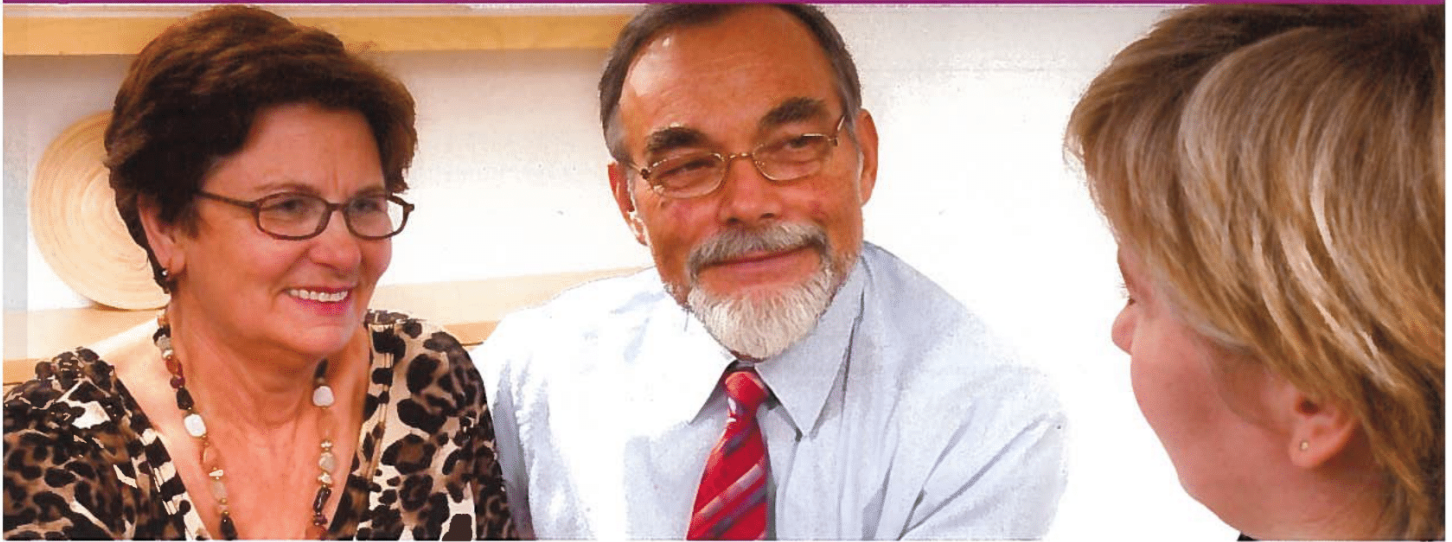
This institution is an Equal Opportunity provider.

www.capoc.org



Health Insurance Counseling & Advocacy Program (HICAP)

Free, Unbiased Medicare Counseling



Who We Are


The Council on Aging – Southern California has been a trusted nonprofit since 1973. We provide unbiased information, programs and services to more than 290,000 adults and families annually.

The Council on Aging's HICAP counselors are California state-registered staff and volunteers, offering individualized counseling and group seminars about Medicare and other related health insurance topics.

HICAP is part of the national network of State Health Insurance Assistance Programs (SHIP) and is the most dependable source of unbiased and accurate Medicare related information.

CALL US – WE CAN HELP

Our HICAP Call Center is open Monday through Friday, 8:00 A.M. to 4:00 P.M.

 (714) 560-0424 or (800) 434-0222

 www.coasc.org/hicap

What We Do

HICAP offers personalized one-on-one counseling to assist beneficiaries in understanding their Medicare benefits and choosing options best-suited for their needs.

HICAP Counselors Can:

- ▶ Compare and evaluate insurance plans
- ▶ Assist with problems
- ▶ Assist with cost-saving options

HICAP Counselors Explain:

- ▶ Medicare benefits and enrollment
- ▶ Medicare Advantage Plans (Part C)
- ▶ Prescription Drug Plans (Part D)
- ▶ Medigap Plans (supplemental policies)
- ▶ Long-term care services and support



HICAP

a Program of Council on Aging

FREE ENROLLMENT ASSISTANCE

Apply For:

- Medi-Cal
- CalFresh
- CalWORKs
- Covered Ca
- General Relief/
Alivio General

Required Documents

- Proof of income/Prueba de ingresos o impuestos
- Birth certificate (children)/ Acta de nacimiento (para niños)
- Proof of address/ Comprobante de domicilio
- Identification card/ Tarjeta de identificación
- Proof of citizenship/ Prueba de ciudadanía
- Social Security card (if applicable) /Tarjeta de Seguro Social (si es aplicable)
- Immunization record/ Tarjeta de vacunas
- Proof of pregnancy/ Comprobante de embarazo

Dates/ Fecha: Third Thursday of the month/ Tercer jueves del mes

Time/ Hora: 9:00 AM -2:30 PM

Address/ Dirección: 11300 Stanford Ave
Garden Grove, CA 92840

Call for appointment/ Llame para hacer su cita: (714) 741-5253

In collaboration with/ En colaboración con:

H. Louis Lake
SENIOR CENTER

**WALK-INS ACCEPTED
AFTER 1:00pm/ PUEDE
LLEGAR SIN CITA DESPUÉS DE
LA 1:00PM**



COMMUNITY HEALTH INITIATIVE
OF ORANGE COUNTY

For more information regarding the services call CHIOC/ Para más información sobre los servicios hable a CHIOC (855) 927-8333



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

FLOWERS

BREEZE

RAINBOW

BEE

BLOSSOM

SUNNY

LADYBUG

RAIN

BUTTERFLY

PICNIC

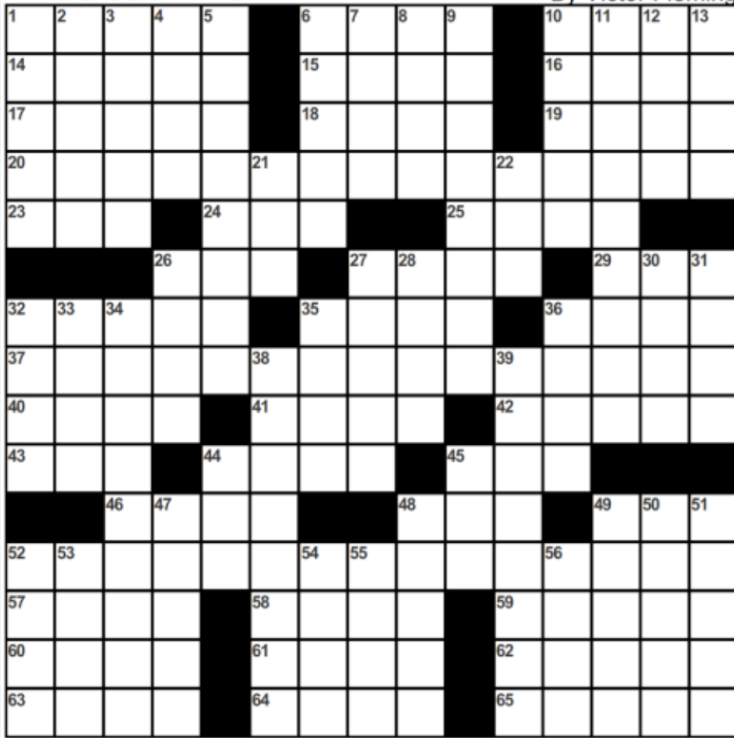
SPROUTS

GROW

Crossword Puzzle

WHO'S COUNTING?

By Victor Fleming



ACROSS

- | | |
|---|---------------------------------------|
| 1) Diner seating area | 40) Olden times |
| 6) Freudian topics | 41) Sign for a fortune-teller |
| 10) Wet blanket? | 42) Airline seat selection |
| 14) Lapis lazuli color | 43) Classic Jaguar model |
| 15) Church area | 44) Colorful equine |
| 16) Brightly colored parrot | 45) Econ. yardstick |
| 17) Ice cream shop stock | 46) As follows |
| 18) Fertile Crescent nation | 48) See 24-Across |
| 19) Wilson of "Wedding Crashers" | 49) Was in session |
| 20) Very rarely | 52) 1978 Commodores hit |
| 23) Born, in bios | 57) Loaf end |
| 24) With 48-Across, Altoids alternative | 58) Leprechaun land |
| 25) Lab assistant of film | 59) Hoops two-pointer |
| 26) Wrestler's surface | 60) Russian range |
| 27) Lemony taste | 61) Capital on the Tiber |
| 29) Mythical flier | 62) Strong thread |
| 32) Assailed | 63) Dummy |
| 35) Poor, as excuses go | 64) Fit of pique |
| 36) Like some consequences | 65) McGregor, Connery et al, by birth |
| 37) Zwieback, e.g. | |

DOWN

- 1) A breadwinner brings it home
- 2) Bluish 45-Down
- 3) Scale unit
- 4) Walnut, but not peanut
- 5) Pause
- 6) Computer of the '40s
- 7) Attire
- 8) Track shape
- 9) Glittery, as a gown
- 10) Replay effect, briefly
- 11) "Sure thing!"
- 12) Lunch box treat since 1912
- 13) Pitcher Early in Cooperstown
- 21) Tiny criticism
- 22) Omelet need
- 26) Medieval war club
- 27) No longer available
- 28) Revival shout
- 30) Like the Sabin vaccine
- 31) Hand over
- 32) River of Hades
- 33) Furry "Star Wars" critter
- 34) Its depth is measured in auto inspections
- 35) Dalai ___
- 36) Plumbing problem
- 38) Fan club members
- 39) Booed decisions in sports
- 44) Feel regret for
- 45) One state of matter
- 47) Chat-starting word
- 48) Basic principle
- 49) Final authority
- 50) Of legal age
- 51) Pounds the keys
- 52) Sound of heavy impact
- 53) Medal awardee
- 54) Links choice
- 55) Classic Chevalier song
- 56) Not of the cloth



H. Louis Lake Senior Center
11300 Stanford Ave.
Garden Grove, CA 92840

Contact Us

Give us a call for more information about our services, resources, and classes.

(714) 741-5253

Hours:

MONDAY	8:30 A.M. - 3:30 P.M.
TUESDAY	8:30 A.M. - 3:30 P.M.
WEDNESDAY	8:30 A.M. - 3:30 P.M.
THURSDAY	8:30 A.M. - 3:30 P.M.
FRIDAY	8:30 A.M. - 3:30 P.M.

Visit us on the web at

ggcity.org/community-services/h-louis-lake-senior-center

