

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
- Center Announcement
- Bracken's Kitchen Breakfast
- Lunch Café
- Schedule of Classes
- Activities Schedule
- Mejor Juntos
- Chair Yoga
- Coffee and Crochet
- HOAG
- Karaoke
- Birthday Celebration
- iPad Class
- Cinco de Mayo
- Mother's Day Tea
- Father's Day Celebration
- Ice Cream Social
- Summer Kick-off BBQ
- Craft Day
- Strawberry Ball
- GG Parks & Recreation Guide
- Organics Recycling
- Rene's Kitchen
- Resources
- Crossword Puzzle

As the saying goes, April showers bring May flowers! Let's hope the rain is officially behind us and we can enjoy some much needed sunshine. This time of year is filled with several events and celebrations, starting with our Cinco de Mayo celebration on Wednesday, May 1st.

We are excited to bring some intergenerational programming, in partnership with Meals on Wheels Orange County. Please join us along with your special guests for lunch at our Mother's Day Tea on Wednesday, May 8th or our Father's Day celebration on Wednesday, June 12th.

May is a special time in our city as we prepare for the Strawberry Festival. And of course the festivities start with our biggest event of them all Strawberry Ball! Join us as we honor this year's Garden Grove Senior Volunteers of the Year. Space is limited, so buy your tickets today; see page 23 for more information.

Once you recover from all the celebrations in May, we hope you join us for summer fun in June. Cool off with our ice cream social on Thursday, June 6th and our third annual summer kick-off BBQ on Wednesday, June 19th

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



CENTER CLOSED

**The H. Louis Lake Senior Center will be
closed on the following day due to
Memorial Day:**

Monday, May 27, 2024

CENTER ANNOUNCEMENTS

- Classes will be cancelled Thursday, May 23, 2024 in preparation for the Strawberry Ball. However, Lunch will still be open for registration.
- No Chair Yoga May 15th and June 19th

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

(5/1/2024 – 7/31/2024)

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

Instructor: Paloma from Santa Ana College

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: May 28 and June 25

Time: 2:30 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: May 7 and 21

June 4 and 18

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

Instructor: 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

(5/29/2024 – 7/31/2024)

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

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

Instructor: Santiago from Santa Ana College

Class Description:

Join us for a class on computer basics with Santa Ana College. If current semester is full, you can pre-register on 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: 9:00 a.m. to 10:00 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



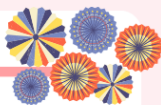
Day: Wednesdays

*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, May 14

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.

Mejor Juntos

CHARLAMOS CONECTAMOS DISFRUTAMOS

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

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

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

TEMAS PROPUESTOS:

- La salud mental y emocional
- La comunicación
- El autocuidado y muchos más



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

SUMMER SESSION:

May 1, 2024 - July 31, 2024

sccollege.edu/olderadults

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

714-741-5253




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: Tuesday, May 28, 2024
Tuesday, June 25, 2024

WHERE: H. Louis Lake Senior Center

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

hoag.
Community
Health

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



**Singing Seniors
KARAOKE
DAY!**

**Tuesday,
May 28th &
June 25th**

**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





IPAD CLASS



WHEN:

**MAY 7, 21
JUNE 4, 18**

IPADS WILL BE PROVIDED

**IPAD CLASS: 9:30 AM - 10:30 AM
TECH QUESTIONS: 10:30 - 11:00 AM**

**CALL THE CENTER FOR MORE INFORMATION
AND TO REGISTER.**

(714) 741-5253

H. Louis Lake
SENIOR CENTER





CINCO *de Mayo*

Wednesday, May 1, 2024

9:00 a.m. - 11:00 a.m.

Join us for our Cinco de Mayo celebration to enjoy activities, dancing, and snacks!



Call the Center for more information.

(714) 741-5253



Mother's Day TEA PARTY

Wednesday, May 8, 2024

10:00 AM-12:30 PM

Join us along with your loved ones for a Mother's Day Tea Party! Participants can bring up to two guests, space permitting. Enjoy some music and take fun photos. Food will be provided.

Seating is limited and requires pre-registration. For more information and to sign up, call the center.

(714) 741-5253
11300 Stanford Ave
Garden Grove, CA 92840



Father's Day Celebration

Wednesday, June 12, 2024

9:00 a.m. - 11:00 a.m.

Join us along with your loved ones for a Father's Day Celebration! Participants can bring up to two guests, space permitting. Food will be provided.

Call the Center for more information.

(714) 741-5253





ICE CREAM SOCIAL



**THURSDAY,
JUNE 6, 2024**



STARTS AT 11:45 AM

Call the Center for more
information.
(714) 741-5253



H. Louis Lake
SENIOR CENTER

G
GARDEN GROVE

BBQ

*Summer
Kickoff*



WEDNESDAY, JUNE 19, 2024
2:00PM - 4:00 PM

Join us to celebrate the Summer with a backyard style BBQ! There will be food, music, and dessert.

SPACE IS LIMITED AND REQUIRES
PRE-REGISTRATION.

CALL THE CENTER FOR MORE INFORMATION.

(714) 741-5253

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



H. Louis Lake
SENIOR CENTER

CRAFT DAY

**TUESDAY,
MAY 14, 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**

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

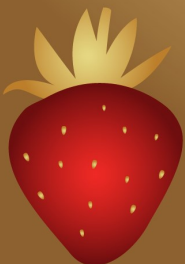
RSVP by May 16, 2024

Tickets available starting April 1st at

H. Louis Lake Senior Center

11300 Stanford Avenue, Garden Grove

(714) 741-5253



EXPLORE

Diverse classes designed for individuals of all ages to learn new skills, gain new friends, and stay active.



Garden Grove
PARKS & RECREATION GUIDE
GGPARKSANDREC.COM

Summer 2024



Recycle YOUR Organics

Garden Grove residents are encouraged to continue recycling their food scraps, food-soiled paper, and yard waste in their organics cart.

GGCITY.ORG/ORGANICS





Rene's Kitchen

STRAWBERRY SHORTCAKE

INGREDIENTS

1/2 cup softened butter
1 cup sugar
1/2 cup buttermilk
2 eggs
1 tsp vanilla
1 1/2 cups all purpose flour
1/2 tsp salt
2 tsp baking powder
fresh strawberries
whipped cream

DIRECTIONS

1. Preheat the oven to 350 degrees, lightly grease an 8x8 pan or 10 slots on a muffin pan.
2. Cream the butter and sugar with a spoon, beating well until the mixture is light and slightly fluffy (about 40 strokes around the bowl).
3. Add the buttermilk, eggs, and vanilla, and mix well.
4. Using a sifter sitting over the bowl, add the flour, salt, and baking powder to the sifter and tap the dry ingredients into the wet ones.
5. Mix with a spoon until no dry clumps of flour remain.
6. Bake 25-30 minutes for the 8x8 pan or 15-20 minutes for the muffin pan until the cake springs back and a toothpick in the center comes out clean.
7. Mash half of the strawberries and mix with a little sugar to add some extra sweetness.
8. Slice the other half of the strawberries and mix them into the mashed strawberry mixture. Let set for 15 minutes in the fridge until ready to use.
9. Serve slightly warm with fresh strawberries and whipped cream.

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

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.

May 22, 2024 - 1:00 PM - 3:00 PM
June 26, 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

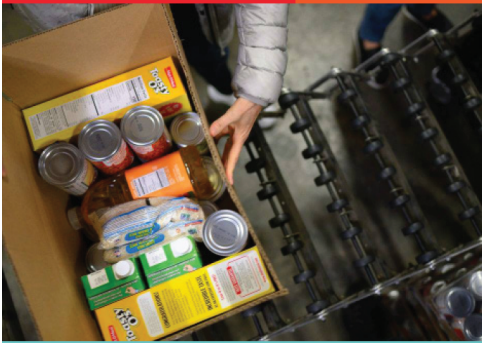


ReConnect

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, milk and cheese.

Income Guidelines:

Household Size	Maximum Income
1 Senior	\$2,266 per month
2 Seniors	\$3,052 per month
3 Seniors	\$3,840 per month



QUALIFIED PEOPLE WILL RECEIVE FOOD THE SAME DAY



BRING YOUR PHOTO ID WITH YOU

Distribution Sites:

Orange County		LA County	Riverside County
Anaheim	Los Alamitos	Hawaiian Gardens	Mead Valley
Buena Park	Midway City	Long Beach	Meniffee
Costa Mesa	Orange	Norwalk	Mira Loma
Cypress	Placentia	Santa Fe Springs	Riverside
Garden Grove	San Clemente	Whittier	
Huntington Beach	Santa Ana		
Irvine	Seal Beach		
La Habra	Tustin		
Laguna Hills	Westminster		



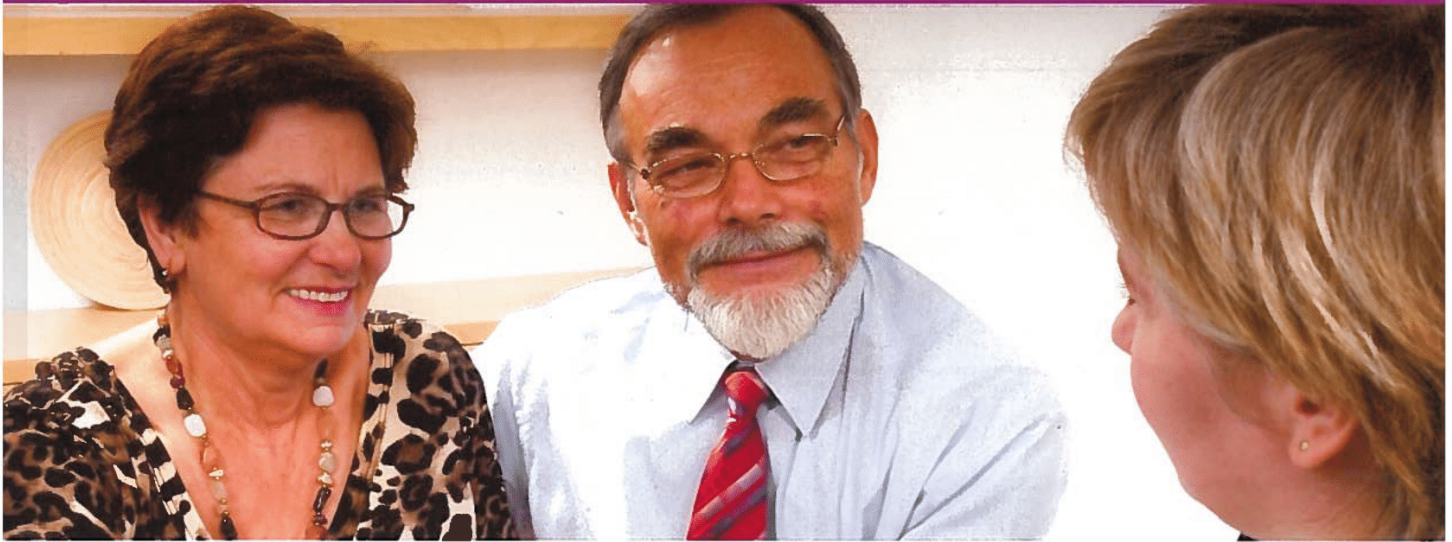
For a site near you, please contact:
714-667-0717

USDA is an Equal Opportunity provider and employer.

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



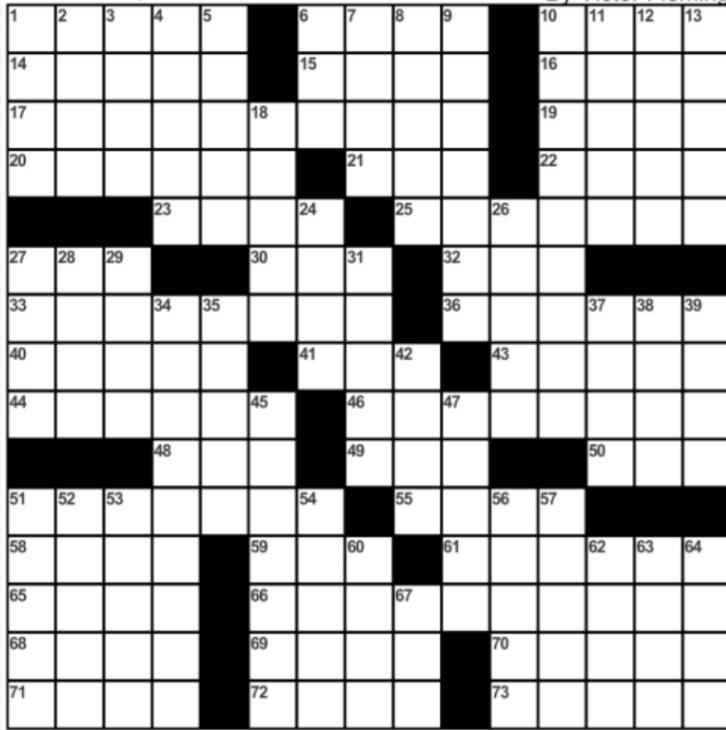
HICAP

a Program of Council on Aging

Crossword Puzzle

PI ARE SQUARED

By Victor Fleming



ACROSS

- | | |
|-----------------------------------|---|
| 1) Plant used as a ground cover | 43) "Wow!" |
| 6) Genealogist's map | 44) Entered |
| 10) Small pouches, briefly | 46) Texas flag symbol |
| 14) Significant ___ | 48) Money-managing exec |
| 15) Redundant exclamation | 49) Former NBA star Ming |
| 16) Rapper on "Law & Order: SVU" | 50) Arboreal street name |
| 17) Solo at a recital | 51) Greet casually |
| 19) Worst possible score | 55) Ready to pluck |
| 20) "Cross my heart!" | 58) Support, with "up" |
| 21) Match, as a bet | 59) Air quality org. |
| 22) Director Snyder | 61) Discriminatory, in a way |
| 23) Chicago paper, familiarly | 65) Mischief-making Norse god |
| 25) Vast area | 66) "Well, aren't you the perfectionist!" |
| 27) Plastic pipe material | 68) "You asleep?" response |
| 30) Catch, in a way | 69) Year, on monuments |
| 32) Tyrolean peak | 70) Not fancy at all |
| 33) Basketball player, informally | 71) Like a broken bronc |
| 36) Horse that hasn't won | 72) Like one end of many pools |
| 40) Set of morals | 73) "Fiddler on the Roof" matchmaker |
| 41) Tour transportation | |

DOWN

- 1) Arizona tribe
- 2) Redding of R&B
- 3) Irwin or George Bernard
- 4) Religious principle
- 5) Loud, like a crowd
- 6) "More than I want to hear!"
- 7) Some deli loaves
- 8) Show host
- 9) Driver's license requirement
- 10) Domino's deliveries
- 11) Neptune's realm
- 12) Cougars or Bobcats, to auto buffs
- 13) Feed, as a furnace
- 18) Computer command under "File"
- 24) Telly watchers' network, with "the"
- 26) Cessna or Lear product
- 27) "That was close!"
- 28) Say "yea," say
- 29) Red Scare lawyer Roy
- 31) Word in a letter sign-off
- 34) A choirmaster may toot one
- 35) "Star Trek" genre
- 37) Go out with
- 38) "And others," briefly
- 39) Expected outcome
- 42) Do some parasailing
- 45) Place to jot things down
- 47) See 5-Down
- 51) Banana concoction
- 52) Enticing emanation
- 53) Li'l Abner's surname
- 54) State one's views
- 56) Full of vim and vigor
- 57) Napoleon on Elba
- 60) Oily skin can cause it
- 62) Self-confident words
- 63) Burlesque bit
- 64) Daly of "Cagney & Lacey"
- 67) Keystone lawman



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