

CELEBRATING 50 YEARS  
**HBCOA**  
Huntington Beach COUNCIL ON AGING  
**SEPTEMBER  
2023**

# OUTLOOK

ON ACTIVE AGING



BE A PART OF THE ACTION THIS FALL

## ACTIVE LIVING EXPO



Senior Center in Central Park  
18041 Goldenwest Street  
Huntington Beach, CA 92648

**SATURDAY**  
SEPTEMBER 16



**EVENT TIME**  
10AM - 1PM



Huntington Beach is a City known as a 'Great Place to Age.' The upcoming Active Living Expo event is certainly a reflection of that. This free event will take place on Saturday, September 16, 2023, from 10am – 1pm. Over a thousand people attended last year's event, featuring over 80 vendors and resources, including City services, as well as groups representing the Center. There will be live entertainment and food available.

Finding new ways to explore aging, the Expo will provide information from a large swath of the aging community. This year's title sponsor is Hoag Hospital, one of the Center's major stakeholders. Other major sponsors include MemorialCare, Huntington Beach Hospital, Ivy Park at Huntington Beach, Greater Newport Physicians, SCAN Health Plan, Bennett Acupuncture Inc., and Optum/Anthem Blue Cross. Returning sponsors include, the Huntington Beach Assistance League DreamCatchers, Syrentis Clinical Research, Huntington Beach Symphony Orchestra, and the Center's personal training contractors, Always in Motion. We hope to see you at this year's event as you explore new ways to age.

**FREE PARKING AND SHUTTLE  
FROM THE CENTRAL LIBRARY**



**CITY OF HUNTINGTON BEACH SENIOR SERVICES  
SENIOR CENTER IN CENTRAL PARK**

**18041 Goldenwest Street, Huntington Beach, CA 92648 (714) 536-5600**

**Phones staffed Mon. - Thurs. 8 A.M. to 8 P.M., Fri. 8 A.M. to 5 P.M. & Sat. 8 A.M. to 12 P.M.**

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For additional information please visit the HBCOA website at [www.HBCOA.org](http://www.HBCOA.org) or like their Facebook page at Huntington Beach Council on Aging @HBCOA



## INFORMATION AND UPDATES

Grandparent's Day was a great success! Over 220 people attended this year's inaugural event. The smiles on the faces of both the children and their Grandparents told the whole story. They were greeted with gift bags from HBCOA and Staples supplied a wonderful box full of school supplies. They got a quick peak at the Handicrafters wonderful table of crafted stuffed animals and knitted goods and even had a chance to win a knitted animal. They played Bingo together, listened to 'Grandpa's Not For Sale' in the storytelling room and whacked the ping pong ball around. Next stop was snacks provided by the HB Wetlands Conservancy and the fun photo booth sponsored by MemorialCare. It was amusing to see the props the Grandparent's picked to be silly for their Grandchildren. The squeals of laughter could be heard as the kids made giant bubbles and played with the yard games. Face painting was the next station where wonderful art was applied to arms, legs, and faces. Even some of the staff were spotted with fun face paintings! A quiet, relaxing time was spent at the coloring table. Before the children left, they were able to pick out several books to take home and read thanks to the Huntington Beach Friends of the Library. Many Grandparents were spotted relaxing with a book and reading to their favorite people.

Mark your calendar for next August 3<sup>rd</sup>, 2024 for the second annual Grandparent's Day. It will be held from 9-12 with many of the same activities, plus some more fun events. I would like to thank all the volunteers, vendors, donors, and staff for making this a magical day. Just seeing the interaction between the different generations made the planning and implementation worthwhile. See you next year.

Bev Mast,  
Grandparents Day Chair



## 2024 OUTLOOK RENEWAL ANNOUNCEMENT

Date \_\_\_\_/\_\_\_\_/\_\_\_\_ 2024 New \_\_\_\_ 2024 Renewal  
 Levels of support: Bronze-Evergreen members are recognized in the **Outlook** as sponsors, and at [www.hbcoa.org](http://www.hbcoa.org).

\_\_\_\_ \$15 per person sponsors: \_\_\_\_ \$100 Bronze \_\_\_\_ \$250 Silver \_\_\_\_ \$500 Gold  
 \_\_\_\_ \$1000+ Evergreen Tree of Life Donor

\_\_\_\_ List my sponsorship as: \_\_\_\_\_

\_\_\_\_ Keep my donation anonymous.

\_\_\_\_ I have enclosed a self-addressed stamped envelope for my membership card

\_\_\_\_ I will pick up my card at the Senior Center.

\_\_\_\_ I do not wish to receive the **Outlook** by mail with my membership.

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E-MAIL \_\_\_\_\_

Annual fee includes a subscription to the **Outlook** newsletter, one issue per household, to be renewed annually. Discounts for HBCOA events apply per person. Sponsors receive discounts for couples. Make checks payable to **HBCOA** and mail to: 18041 Goldenwest St., Huntington Beach, CA 92648 **HBCOA Tax ID# 51-0179431** or go to [hbcoa.org](http://hbcoa.org). Renewal valid until 12/31/2024

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**Adult Protective Services (APS)**

**800-451-5155** addresses abuse and neglect of elder and disabled adults [www.ssa.ocgov.com](http://www.ssa.ocgov.com)

**AlertOC**

**714-536-5978** a mass notification system designed to keep Orange County informed of emergencies [www.alertoc.org](http://www.alertoc.org)

**Alzheimer's Family Center**

**714-593-9630** Alzheimer's and dementia care and support [www.afscenter.org](http://www.afscenter.org)

**Aging and Disability Resource Connection**

**714-480-6450** Referrals for older persons, persons with disabilities & caregivers [www.adrcoc.org](http://www.adrcoc.org)

**Be Well OC Mobile Crisis Response Team**

**714-960-8825.** Provides in-community assessment and crisis stabilization services to individuals experiencing mental health or substance use challenges.

**California Senior Medicare Patrol**

**855-613-7080** Helps beneficiaries avoid, detect, and report healthcare fraud [www.cahealthadvocates.org](http://www.cahealthadvocates.org)

**Caregiver Resource Center**

**800-543-8312** Caregiver support, respite care, and education [www.caregiveroc.org](http://www.caregiveroc.org)

**Connect America**

**1-800-949-2434** Personal response systems; discount for HB residents [www.connectamericawest.com](http://www.connectamericawest.com)

**HICAP**

**714-560-0424** Health Insurance Counseling & Advocacy for those with Medicare [www.coasc.org/programs/hicap/](http://www.coasc.org/programs/hicap/)

**211OC**

Provides resources on a variety of human service topics. [www.211OC.org](http://www.211OC.org) or just dial '211' or (949) 646-4357

**OCTA Access**

**714-560-5956** Transportation throughout Orange County for persons unable to take the fixed bus system [www.octa.net/getting-around/bus/oc-access/overview/](http://www.octa.net/getting-around/bus/oc-access/overview/)

**HBFD- Home Safety Visit**

**714-536-5411** fire safety plan, testing and possible replacement of detectors.

**Social Security Administration**

**800-772-1213** 17075 Newhope STE B, Fountain Valley, CA 92708 [www.ssa.gov](http://www.ssa.gov)

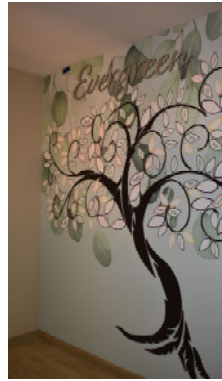
**OC Links**

**(855) 625-4657** Available 24/7. Provides linkage to behavioral health & crisis services via phone or chat. <http://www.ochealthinfo.com/bhs/about/nit/oclinks>

## EVERGREEN

HELPING SENIORS THRIVE

Symbolic of Senior Services and ageing, the HBCOA Evergreen annual donor program honors individuals, corporations, and legacy donors with a special leaf on the **Tree of Life**.



Annual donations allow for new and inventive programming provided at the Center. In addition to Social Services, including Care Management, Home Delivered Meals, and Transportation, these funds are used to offset the costs of activities including dances, concerts, travel, and recreational classes that are also sponsored by the HBCOA.

For more information about the program, or to make a charitable gift, please contact Senior Services Executive Director. *As always, age well and thrive.*



The 2024 HBCOA Membership Renewal period opens on September 16th.

Current HBCOA members should have received a renewal notice in the mail between late August and early September with a 2024 membership form and instructions on how to renew. You can also renew using the form on page 2 of this newsletter, by stopping in at the Travel & Resource Room at the Senior Center, or by visiting the HBCOA website at [www.hbcoa.org](http://www.hbcoa.org) and selecting the membership tab in the top bar and following the prompts.

Make sure to renew your membership before December 1 so that you do not miss a single issue of the *Outlook On Active Aging* monthly newsletter.



**COMM. LIB. SERVICES**

Ashley Wysocki, *Deputy Director*  
 Kristin Martinez, *Prog. & Srvcs. Mgr.*

**SENIOR SERVICES**

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 Scott Getman, *Recreation Supervisor*  
 Heather Dodd, *Admin. Coordinator*  
 Caryn Kawamoto, *Vol. Srvcs. Coord.*  
 Brandi Kelly-Contreras, *Transp. Coord.*  
 Lezly Castillo, *Transp. Dispatcher*  
 Vicki Gonzales, *Rentals Coordinator*

**Phone Directory****Community Services**

(714) 536-5486

**Senior Services**

(714) 536-5600

**Sr. Center Rentals & Marketing**

(714) 374-1534

**Transportation**

(714) 374-1742

**Care Management/Travel**

(714) 374-1572

**Home Delivered Meals**

(714) 374-1717

**Fitness Center**

(714) 374-1578

**Meals On Wheels Congregate Office**

(714) 375-8404

**HBCOA**

(714) 374-1524

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**SENIOR CENTER MESSAGE**

Hello Senior Center in Central Park Fans!

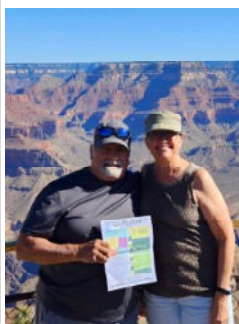
This month, we are looking forward to a fun and informative Active Living Expo event on September 16th. We are also excited to have two new staff, filling coordinator positions here at SCCP, one for rentals & events and the other in the Wellness Center.

Last month, our first Grandparents Day, was a huge success, thanks to the joint efforts of HBCOA Board Members, volunteers, staff, providers, sponsors, and participants, who all came together, making the vision a reality. Looking forward to the autumn season, we are excited to bring a great variety of classes, events, support groups, workshops, services, and other opportunities to the community. As always, more information can be found in the monthly *Outlook* and in the quarterly HB Sands.

Throughout the year, I am thankful to work with an exceptional team who strive to help optimize the aging experience and serve our community. I truly feel we are partners *with our community to serve our community* and hope you do, too!

Make each day count!

Michelle Yerke, MSG  
 Senior Supervisor, Interim

**WHERE IS YOUR OUTLOOK**

Ed & Elizabeth Pavloff took their Outlook on a grand tour of the Grand Canyon and surrounding southwest sights. Take your Outlook on vacation with you and pose for a picture. You could be featured in a later issue. Where in the world will the Outlook go next?

Send your submissions to  
[heather.dodd@surfcity-hb.org](mailto:heather.dodd@surfcity-hb.org)

**Senior Services Remembers**

**Loyce Palmer**

Send submissions to [heather.dodd@surfcity-hb.org](mailto:heather.dodd@surfcity-hb.org)



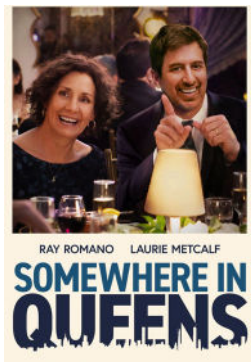
**Wednesday Afternoon at the Movies**  
**1 p.m. Free!**  
*(Movies & Times Subject to change)*



**BLACKBERRY**

**9/13**

A company that toppled global giants before succumbing to the ruthlessly competitive forces of Silicon Valley. This is not a conventional tale of modern business failure by fraud and greed. The rise and fall of BlackBerry reveals the dangerous speed at which innovators race along the information superhighway. **120 minutes. Rated R for language throughout.**



**Somewhere in Queens**

**9/27**

Leo Russo lives a simple life in Queens, New York with his wife Angela, their shy but talented son "Sticks", and Leo's close-knit network of Italian-American relatives and neighborhood friends. Happy enough working at the family construction business alongside his father and younger brother, Leo lives each week for Sticks high school basketball games, never missing a chance to cheer on his only child as he rules the court as a star athlete. When the high school senior gets a surprising and life changing opportunity to play basketball in college, Leo jumps at the chance to provide a plan for his future, away from the family construction business. But when sudden heartbreak threatens to derail Sticks, Leo goes to unexpected lengths to keep his son on this new path. **107 minutes. Rated R for language and some sexual material.**

*Come for lunch before the movie and make it an outing. Lunch check in begins at 9:30am and the meal is served at 11:30am. Call the Seniors On the Go Transportation dispatch line at (714) 374-1742 to book your rides to the movies or lunch for the month. Movies are free to attend and all are welcome. Open seating.*



**HBCOA Travel & Trips Calendar**  
**Sign-up for day trips in the Travel & Resource Room**  
**Monday -Friday between 8AM-3:30PM.**



**Salk Inst. & Birch Aquarium W/ Picnic**  
**Thursday, September 14, 2023**

Escape to San Diego's beautiful La Jolla coast and experience two of its most iconic sites. We begin at the legendary Salk Institute, an incredible campus that rests on La Jolla's coastal bluffs, 350 feet above the Pacific Ocean. We'll enjoy a 1-hour, docent-led exterior walking tour focused on the architecture of this 27-acre campus. Acclaimed by architectural critics as one of the world's boldest structures, the Salk Institute has been described as one of the most significant architectural sites in the U.S. The original buildings were designed by preeminent American architect Louis Kahn in collaboration with Dr. Jonas Salk in the early 1960s and declared a historical landmark in 1991. Dr. Salk, designed the structure to fulfill his vision of a facility with open, unobstructed laboratory interiors set in a dramatic location that inspires creativity among its researchers. We'll enjoy an included boxed lunch picnic at Mount Soledad National Veterans Memorial, offering magnificent 360-degree panoramic views. This afternoon we'll visit the beautiful Birch Aquarium at the Scripps Institution of Oceanography and dive into the world of sharks, seahorses, and coral reefs. The Birch Aquarium features more than 5,000 sea creatures in over 60 habitats including a rescued Loggerhead Sea Turtle, a Giant Pacific Octopus, Weedy Sea dragons, Moon Jellies and the world's smallest penguins – Little Blue Penguins. Enjoy time at leisure to explore the exhibits. **Member: \$139; Non-Member: \$149##**  
**Depart: 9:00 a.m. Return: 6:00 p.m.**

**Jackie & The Dodgers**

**Wednesday, September 27, 2023**



Take a journey through the pages of history with professional L.A. guide Curt and explore the life and legacy of Jackie Robinson, this unique tour focuses on Jackie's formative years which were spent in So-Cal. As we celebrate and pay tribute to Jackie Robinson, Curt will share amazing facts and stories about Jackie's early years, his athletic accomplishments at UCLA, his service in the U.S. Army and how he broke through barriers to play in the Major Leagues. In Pasadena we'll explore the neighborhood where Jackie lived from 1922 to 1946. We'll find out why Pasadena was hugely important to Jackie and why he and his brother are memorialized at Pasadena City Hall. Enjoy lunch on your own at Philippe the Original. This afternoon we'll take a behind-the-scenes tour of the legendary Dodger Stadium, home to the Dodgers since it opened in 1962. While the stadium is now the third oldest Major League Baseball stadium in the country, recent renovations have it looking better than ever! You'll get a whole new perspective of this LA icon on a docent-guided tour that will take us through the renovated centerfield plaza and pavilions, as well as restricted areas including the Vin Scully Press Box. Take a trip down to the field and walk through the team's Trophy Gallery, home to the World Series trophies, Most Valuable Player, Silver Slugger, Cy Young, and Rookie of the Year awards. See the 800-pound, eight-foot-tall bronze statue depicting Jackie Robinson stealing home during his rookie season with the Brooklyn Dodgers. Enjoy time to browse the Official Team Store featuring Dodger souvenirs and gear you can't find anywhere else at the Top of the Park! *This tour involves moderate walking. Stadium tour route and stops subject to change without notice.* **Member: \$129; Non-Member: \$139 Depart: 8:30 a.m. Return: 5:30 p.m.**

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September, 30 2023



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**Danny Matheus**

*Danny@Medicare101.net*

CA Lic. 0B02352



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## SENIOR CENTER

*Experts at Living Well*

### Class Spotlight - Let's Write Poetry

**Tuesdays at 12:30pm  
October 3rd - November 14th**

In this fun interactive workshop, you will find your sources of poetic inspiration. You will explore new ways of using language and of expressing yourself. The many creative activities in this workshop will inspire you to craft unique, original poems to share with your family and friends. Sign-up at the front desk or visit [HBSANDS.org](http://HBSANDS.org)



### Senior Center Closures in September

The Senior Center will be closed for regularly scheduled classes and activities on the following days in September:



**Monday, Sept. 4th - Labor Day**

**Friday, Sept. 15th - Active Living Expo**

**Saturday, Sept. 16th - Active Living Expo**

We wish you a happy Labor Day and we hope that we'll see you on Saturday the 16th for the Active Living Expo!

### Meet Our New Rentals & Events Coordinator

**Vicki Gonzales**



Vicki comes to the Senior Center in Central Park from the City of Norwalk, where she most recently worked as a Recreation Leader. She brings roughly 7 years of experience through her time there, where she worked in aquatics, facility rentals, youth sports, special events, and senior services. She holds a Bachelor's of Science degree in kinesiology with an emphasis in recreation and youth sports.

Vicki grew up playing sports in her local recreational leagues and travel basketball from a young age all the way through high school. Growing up, she was greatly involved in recreational programs such as hip hop, karate, and volunteer opportunities. In her free time, she enjoys volunteer coaching for local youth sports programs to

provide the same experiences she had.

Vicki fell in love with senior services when she had the opportunity to lead programming for the Norwalk Senior Center. She is excited to join the Huntington Beach team and is looking forward to helping offer high-quality resources and programs for residents and visitors to this amazing city.

### Surf City Gardeners

**Cool Season Veggies  
Wednesday, September 13th  
9am-10:30am**

Don't put away your garden tools after the summer crop! Learn about all the wonderful veggies that thrive in the California winter weather. Fresh lettuce, kale, broccoli, and cauliflower could be your bounty.



### OCTA Presentation

**Thursday, September 7th @ 10am**

Join OCTA staff as they present on bus riding basics, fare options, payment methods, trip planning, bus schedules, ADA accessibility, and more. Spots are limited and **registration is required**. RSVP at the Senior Center's front desk before spaces run out.





Hoag Health & Wellness Pavilion  
Join The Movement



## GYM CLOSURES IN SEPTEMBER

The Senior Center and Wellness Pavilion will be closed for three days in September. Please see below and plan accordingly on those days.

- **Monday, September 4th**
- **Friday, September 15th**
- **Saturday, September 16th**

On September 4th we are closed in recognition of Labor Day. On September 15th and 16th we are closed due to the Active Living Expo. We hope to see you all on Saturday, September 16th at the Expo! Free parking will be across the street at the library. For more event info please stop by the Senior Center's front desk.



## Hoag in September

### **Blood Pressure Screenings**

Wednesday, September 6th

9:00am - 11:00am

Walk-ins Only. No Appointment Required.

### **Memory Screenings**

Wednesday, September 20th

Memory Screenings are \$45

Appointment Required

Call 949-764-6288

### **Lecture - Medicare Basics**

Thursday, September 14th @ 9:30am

Learn the basics of Medicare. If you are preparing for retirement or beginning to research how to get started, this is the presentation for you!

Call 714-536-5600 to RSVP.



## Alzheimer's and Exercise

Did you know that this month is Alzheimer's month? And that also on September 21 it is World Alzheimer's Day? These days it seems as though everything has its own special day or a month. There's National Best Friend's Day,



National Dog Day, and much more. But this month is an important one. Alzheimer's disease affects millions of people, and that number is expected to nearly triple in the next decade.

What if I told you that the risk and symptoms of the most common form of dementia, Alzheimer's, could be lowered with regular exercise? New research presented at the American Psychological Association's annual meetings have continued to add to the tally of small studies that find correlations between physical activity and fewer signs/weaker symptoms of Alzheimer's.

One study found people older than 60 who reported getting at least 30 minutes of moderate exercise five days a week had fewer biomarkers of the disease, and less decrease in memory. Another found fewer biomarkers among those who had better aerobic fitness, while a third found that one biomarker - known as "white matter hyperintensities" - was slower to increase in people who were deemed to have high levels of aerobic fitness.

One thing is for certain - regular exercise is extremely beneficial and lowers the risk of many chronic diseases, including Alzheimer's. If you haven't joined the Wellness Pavilion and aren't exercising regularly, then stop by and see how you can get started! Our staff are friendly and knowledgeable, our trainers are the best, and our equipment is like new! Give us a call at 714-374-1578.

<https://www.healthline.com/health-news/regular-exercise-can-slow-alzheimers-symptoms#:~:text=New%20studies%20are%20adding%20to,fewer%20biomarkers%20associated%20with%20Alzheimer's.>



## VOLUNTEER NEWS

### Thank You Grandparent's Day Volunteers!

Thank you to all the volunteers who helped with our first ever Grandparent's Day event held here at the Senior Center in Central Park on August 5th. The event was a huge success and a special thank you goes to the wonderful HBCOA volunteer and board member Bev Mast for all her hard work to help make this event happen. The event consisted of a balloon artist, bubbler, face painter, crafts, Bingo, story time, line dance, giveaways and more! Generations of families came together to enjoy the event and make lasting memories. Thank you HBCOA, National Charity League, Girl Scouts, Lions Club and the Senior Center volunteers and staff who helped with this event.

thank you ♥



**SATURDAY, SEPT 16, 2023**  
**SENIOR CENTER IN CENTRAL PARK**

If you would like to volunteer,  
please reach out to  
Caryn Kawamoto, 714-374-1544 or  
caryn.kawamoto@surfcity-hb.org

### Reminder Monday Volunteers:

The Senior Center is closed on  
**Monday, September 4th** for Labor Day



### Volunteers Needed!

#### Current Volunteers Opportunities

- Transportation Drivers
- Home Delivered Meals
- Concierge Desk
- Travel & Resource Room
- Senior Café



#### Upcoming Events

- **9/16/23**—Active Living Expo

### HBCOA OUTLOOK Mailing Needs Your Help!



**Thursday, September 28th**  
8:00am-10:30am



Be sure to join us, coffee & doughnuts provided.  
Not a current volunteer? Get started today by picking up your application from the front desk!

### Contact the Volunteer Team

Caryn Kawamoto, 714-374-1544  
caryn.kawamoto@surfcity-hb.org

Kathy Pace, 714-374-1520  
Kathy.Pace@surfcity-hb.org



## SOCIAL SERVICES

Facilitating independent living and developing a plan for facing late-life transitions. Services made possible in part by Orange Coast Medical Center, HBCOA and HUD.

**Supporting Optimal Aging in the Community** Through partnerships with various organizations, Care Management, and Home Delivered Meals services focus on assisting those who lack adequate support and access to services.

### One on One Services

Provided by staff, volunteers, and non-profits, individual appointments are available to HB residents, 60 and older free of charge. Call the Travel & Resource Room 714-374-1572.

**Care Management:** Consultations provided via phone or in person by appointment. Resources, referrals, & information on subjects related to aging in place.

**Money Mentor:** Consultations on financial concerns. No sales pitch, is experienced and impartial. Can help with budgeting, organizing bills, banking, investment issues and communicating with financial institutions.

**Tech Coach:** Bring in your cell, laptop, or tablet for assistance from a tech savvy volunteer.

**Notary:** Volunteer provides notarization of up to 2 documents per visit.

**Legal Consultations:** 20-30 minute appointments are provided by non-profits, Elder Law & Disability Rights Center or Community Legal Aid So Cal.

**Nutritionist:** Consultations, including a thorough evaluation and healthy eating plan, available by appointment.

**HICAP:** Unbiased Medicare counseling by an experienced Council on Aging So Cal volunteer.



### Workshops & Support Groups



**Beyond Bereavement,** exploring healthy ways to cope with grief & loss, provided by Independence at Home. Free evening workshop, Sept 6th, 4-5pm. Sign-up by calling 714-374-1572.



**Care Partners' Support** provided by Alzheimer's OC, for family & friends of those with dementia. 2x/ mo. Contact Ellie 714-642-9458.



**Mental Health Support** for friends & family of adults struggling with mental illness. Provided by NamiOC. 1x/ month. Contact Lynne at 714-299-1405 for more details.

### Home Delivered Meals

SCCP staff and volunteers coordinate & deliver meals to over 115 qualified recipients each weekday. The service is specifically for HB residents who are over 60, homebound, unsupported, and meet qualifications. Currently, most northern OC cities have a waiting list for services. Alternate meal resources can be offered through Care Management or HDM staff by calling 714-374-1717.

### Wheelchairs & Walkers

SCCP lends out gently used wheelchairs & walkers to HB residents aged 60 and older. Services are made possible through generous support from the HBCOA and DreamCatchers of HB Assistance League. For details call 714-374-1572 and speak with a Care Manager.

#### Top fall prevention tips, at home:

- Have good lighting & wear sensible shoes
- Remove obstacles and hazards such as loose rugs
- Consult with your doctor about medication risks & develop an exercise plan
- Consider home adaptations to help accommodate safety needs



### Have an Extra Room? Need a little help or income? Consider Shared Housing.

Benefits of sharing your home can include: increased social opportunities, access to alternative transportation, healthier eating, a more active lifestyle, increased income, and decreased isolation. If you have an extra room and are considering it, SCCP Shared Housing Connection offers information, resources, and a low-tech, self-service way for locals to connect. The Shared Housing Binder with listings, standardized forms, and a resource packet are all available in the Travel & Resource room at SCCP, 8am -4pm, Mon- Fri.





## TRANSPORTATION

*Surf City Seniors on the Go!*



### Transportation Services (714) 374-1742

Senior Services provides services each weekday, from 8:30a.m. to 4:30p.m. to HB residents 60+ for all their transportation needs within Huntington Beach and to the Social Security office in Fountain Valley. The *Surf City Seniors on the Go!* shuttle brings older adults to the Senior Center for the MOWOC lunch program, classes, and activities. Medical transportation is also available to Hoag Memorial Hospital Presbyterian, Fountain Valley Regional Hospital, and to Orange Coast Memorial Medical Center.

A Volunteer Escort is available to provide extra assistance on shopping group trips. For more information ask the dispatchers.

Transportation appointments fill quickly. Please give as much notice as possible. Five days' notice is required to guarantee a ride. *Same day service is offered on a space available basis.* 24 hour notice is requested for cancellations.

Call between the hours of 9:00a.m. and 3:00p.m. to schedule your ride. New clients are registered by phone. Although there is no charge to seniors for transportation, donations are appreciated.

*Transportation services are made possible through a grant from Hoag Hospital.*



### How does a transportation ride work???

1. You call in 3-5 days in advance to book your ride. You will just need the address, suite number, and phone number of your destination, and if you have an appointment, the time you need to be there by.
2. The day before your ride you will receive a reminder call about your booking.
3. The day of your ride you will want to wait in a visible spot at your residence or in sight of your pick-up point for the 30 minute window of your pick-up time.
4. You will ride in comfort to your destination.
5. When you are ready for your return ride all you need to do is call the dispatch line and let them know you are set to go.
6. A driver will arrive to the designated pick-up point within 30 minutes or less to deliver you back to your residence.

It's just that easy. Shorter notice rides are accommodated as space permits. If you have any questions about transportation rides please contact the transportation office dispatch line at (714) 374-1742.



### Mature Driver Program

The mature driver improvement program is an eight-hour course for drivers 55+. It covers a range of topics that are of special interest to mature drivers. You may be able to receive discounts from your insurance company if you complete the course and provided a copy of your certificate to your insurer. The DMV offers a list of providers at [dmv.co.gov/seniors](http://dmv.co.gov/seniors).

Safe driving skills are key to maintain your drivers license. If you are not ready to give up your license but have hesitation about certain driving situations; know that the Surf City Seniors On the Go transportation program is there to take you on those trips around HB, that you may not feel comfortable making. Ride in style with the comfy and convenient Seniors On the Go.



### Grocery Shopping Groups

A healthy diet and good nutrition go a long way to having a healthy life. If you don't drive, then getting grocery's can be a challenge. Transportation has groups where you can be transported to the store for your routine shopping. Call the dispatch line to learn more about joining your local shopping group.



### Holiday Closure Notice

The transportation office and all services will be closed on **Monday, September 4** in observance of the Labor Day holiday. Have a safe and happy holiday.



### After-Hours Transportation

For transportation needs outside the regular hours of *Seniors On the Go*, consider using the OCTA Access bus program. For an application or questions about the program, contact OCTA at 714-560-5956 or [www.octa.net](http://www.octa.net)



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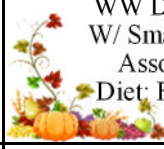
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# Senior Cafe September Menu

*Donation based for those 60 and older, no reservations required, check in prior to 11:15am encouraged*

Monday	Tuesday	Wednesday	Thursday	Friday
Voluntary Contribution \$3.00  Meal Cost for Under Age 60 - \$5.00  Meatless Meal				1 <b>*Labor Day Celebration*</b> <b>Hot Dog on WW Bun</b> Macaroni Salad Coleslaw Ketchup, Mustard, Relish SF Ice Cream
4	5	6	7	8
		<b>Tortilla Soup</b> Chicken Tinga Cilantro Lime Rice California Veg. Blend WG Tortilla SF Ambrosia		<b>Turkey Pot Roast</b> Brown Gravy Sweet Potatoes Collard Greens SF Fruited Gelatin
11	12	13	14	15
<b>Baked Ziti w/ Italian Sauce</b> California Veg. Blend 3 Way Salad w/ Ranch Dressing WW Dinner Roll w/ Smart Balance SF Ambrosia		<b>Split Pea Soup w/ SF Crackers</b> Provencal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple		<b>Western Day Celebration*</b> <b>Pulled Pork w/ BBQ Sauce</b> Baked Beans Carrots  WW French Roll Diet Peach Crisp
18	19	20	21	22
<b>Breakfast for Dinner Ome- let</b> Chicken Apple Sausage Baked Red Skin Potatoes Sliced Carrots WW Blueberry Muffin SF Pear Crisp		<b>Cream of Pumpkin Soup w/ SF Crackers</b> Chicken Citrus & Celery Salad Barley & Mango Salad WW Dinner Roll w/ Smart Balance Diced Peaches		<b>*Fall Celebration*</b> <b>Beef Goulash</b> Egg Noodles California Veg. Blend WW Dinner Roll W/ Smart Balance Assorted Pie Diet: Fresh Fruit 
25	26	27	28	29
<b>Ground Turkey Bolognese</b> Bow Tie Pasta Italian Veg. Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix		<b>Salisbury Steak</b> Mushroom Brown Gravy Mashed Potatoes Carrots WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit		<b>Pork Tenderloin</b> Creamy Mushroom Sauce Rice Pilaf Mixed Veg. WW Dinner Roll w/ Smart Balance SF Cookie

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Meals on Wheels Orange County Lunch Program may change the menu for reason of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% Milk served daily. 🌿 indicates sodium content over 1,000 mg. \* indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.

[www.MealsOnWheelsOC.org](http://www.MealsOnWheelsOC.org)



## WEDNESDAY

<b>8:30</b>	<b>Wednesday Walkers</b>	<b>O</b>
	9/6, 9/13, 9/20, 9/27	
<b>9:00</b>	<b>Zumba Gold Fitness</b>	<b>D*\$</b>
	9/13, 9/20, 9/27	
<b>9:00</b>	<b>Surf City Gardner's</b>	<b>1</b>
	9/13	
<b>10:00</b>	<b>HB Fish &amp; Rec Club</b>	<b>1</b>
	9/6	
<b>10:00</b>	<b>Young At Heart Singers</b>	<b>P</b>
	9/6, 9/13, 9/20, 9/27	
<b>10:30</b>	<b>Cardkateers</b>	<b>2*\$</b>
	9/20	
<b>11:00</b>	<b>MOW Dine-in Lunch</b>	<b>P</b>
	9/6, 9/13, 9/20, 9/27	
<b>12:30</b>	<b>Backgammon</b>	<b>G</b>
	9/6, 9/13, 9/20, 9/27	
<b>12:30</b>	<b>Chess</b>	<b>G</b>
	8/9/6, 9/13, 9/20, 9/27	
<b>12:30</b>	<b>Mah Jong</b>	<b>G</b>
	9/6, 9/13, 9/20, 9/27	
<b>1:00</b>	<b>Movies</b>	<b>P</b>
	9/13, 9/27	
<b>1:00</b>	<b>Easy Watercolor</b>	<b>2*\$</b>
	9/13, 9/20, 9/27	
<b>1:00</b>	<b>Its Your Money</b>	<b>1*</b>
	9/13, 9/20, 9/27	
<b>5:30</b>	<b>FireMed CPR</b>	<b>G*\$</b>
	9/13	
<b>6:30</b>	<b>Beg Bridge</b>	<b>2*\$</b>
	9/13, 9/20, 9/27	

## SATURDAY

<b>10:00</b> 9/16	<b>Active Living Expo</b>	<b>O</b>
<b>10:00</b> 9/16, 9/23, 9/30	<b>Family Martial Arts</b>	<b>D*\$</b>
<b>11:00</b> 9/16, 9/23, 9/30	<b>Sr. Martial Arts</b>	<b>P*\$</b>

L	The Lab
D	Dance Room
1	Edinger Medical Group 1
2	Edinger Medical Group 2
G	Game Room 1,2,3
X	Group Exercise Room
H	Hoag Office
P	Parkview Room (N & S)
S	Services Office
R	Resource Room
O	Patio
V	Virtual
\$	Participation fee
*	Registration

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