SENIOR MESSENGER

BERNARDI MULTI-PURPOSE SENIOR CENTER

FEBRUARY 2021

Happy Valentine's Day from Bernardi MPC

LOOK WHAT'S INSIDE!

We are currently **closed** to help prevent the spread of the virus.

You are welcome to call or email us if you have questions.

02 Contact Info
03 Director's Note
04 Resources
05 Cal-Fresh
06 American Heart Month
07 Clothing Drive
08 Bernardi Programs
10 Transportation
12 Heart Health Tips
13 Signs of Abuse
15 CV19 Check Up Statistics
19 Legal Resources
21 Nota de la Directora
22 Article in Spanish
25 COVID19 Vaccine Info
28 Free Tech Support

We provide services to Clients 60 and over

BERNARDI MULTIPURPOSE SENIOR CENTER
6514 SYLMAR AVE., VAN NUYS, CA 91401 | (818) 781-1101 | WWW.VIC-LA.ORG/BERNARDI

CENTER INFORMATION

Main line: (818)781-1101
Open: Mon– Fri 8:30-4pm

Stephanie Galloway, Director
sgalloway@vic-la.org
(747)248-5966

Leticia Perez, Information and Assistance
lperez@vic-la.org
(747)254-2963

Wendy Ayala, Case Management
wayala@vic-la.org
(747)235-2858

Nikki Jimenez, Case Management
njimenez@vic-la.org
(747)248-5976

Lydia Orozco, Transportation Coordinator
ber_trans@vic-la.org
(747)254-6859

Brittany Harper, Nutrition Director
bharper@vic-la.org
(747)235-2762

Laura Correa, Nutrition Coordinator
ber_nutrition@vic-la.org
(747)254-2579

Francisco Nava, Homebound Meal Coordinator
Fnava@vic-la.org
(747)235-3312

Stephanie Oscal, Assessment Aid
Soscal@vic-la.org
(747)254-2930

- Join Me for a Free Breakfast Seminar -

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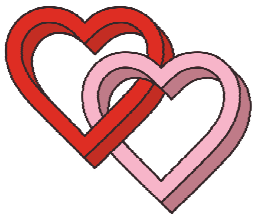
Happy Valentine's Day!

Hello my Bernardians (Bernardi MPC's staff and clients),

Welcome to February!

January was a very eventful month for our community and the nation. The 46th president of the United States of America, Joe Biden, was inaugurated on January 20th. According to http://publichealth.lacounty.gov/ adults 65 and over are eligible to receive the COVID-19 vaccine. Bernardi MPC started offering transportation once again to doctor appointments and grocery shopping.



This month hosts 2 national awareness topics:

- American Heart Month and
- Low Vision Awareness Month.

Throughout the newsletter you will find facts, articles and tips on these subjects. We hope that you learn something new from this newsletter every month. Include in the newsletter are activities for your amusement. If there is content you would like to see more of, please let us know by texting (747)254-2963 or emailing lperez@vic-la.org us.

Remember to wear a mask when you go outside and to wash your hands. If you cant wash your hands, use hand sanitizer. Try avoiding large crowds and stay indoors as much as you can.

From everyone here at Bernardi MPC, Happy Valentine's Day and stay safe.

Sincerely,
Stephanie Galloway
Executive Director

"Put your heart, mind, and soul into even your smallest acts. This is the secret of success" - Swami Sivananda

SERVICES & RESOURCES

TRANSPORTATION

Monday-Friday 7:30 – 3:30pm
Call 1-3 days in advance for service.
Provided to people 65+ who need to go to the doctor, dentist or shopping.

Suggested donation:

50¢ per trip

Each time you board a van is one trip. For more information call Lydia Aguilar (747) 254-6859 or (818) 781-1101 ext.4.

CITY RIDE AND TAXI VOUCHERS

We provide taxi vouchers when available. To be eligible, you must register with transportation and reside within Bernardi's Paratransit Aging Service Area.

MEDICARE COUNSELING

Available through the Center for Health Care Rights. Call (800) 824-0780.

LEGAL SERVICES FOR SENIORS

Call (818) 227-0490.

CASE MANAGEMENT

If you are 60 and over, have difficulty performing tasks in your home or have declining health, you January be eligible for services. Note: our case manager can come to your home to do an assessment if you are frail or homebound.

If you are 62 and over, homebound, living alone and low income you January be eligible for an Emergency Alert Response System (EARS).

Contact Wendy or Nikki, for more information at (818) 781-1101 ext. 3.

RESOURCES

If you need community referrals, general questions or help filling out forms, we can help. Call (818) 781-1101 and ask for Leticia or the front desk.

24/7 TEAM CARE HOSPICE
(818) 390-7654
oscar247teamcareinc@gmail.com
Visit us at: 247TeamCare.com
We create an environment of trust, compassion & caring.

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GetCalFresh.org 1-877-847-3663 (FOOD) CalFreshFood.org

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ADT Authorized Provider SafeStreets 1-855-225-4251

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6 AMERICAN HEART MONTH

Information gathered by WCU Student Volunteers

Each February, NHLBI and *The Heart Truth*® celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease. Research shows that we're more successful at meeting personal health goals when we join forces with others.

Make heart health a regular part of your self-care routine. When we support each other, we're more likely to stick with our goals and improve our heart health.

When we take care of #OurHearts as part of our self-care, we set an example for those around us to do the same.

Day	Theme
#Self-careSunday	Create your self-care checklist for the week.
#MindfulMonday	Know your blood pressure numbers and other heart stats.
#TastyTuesday	Make a tasty, heart-healthy recipe
#WellnessWednesday	Put your heart into your wellness routine.
#TreatYourselfThursday	Treat your heart to some relaxation and fun.
#FollowFriday	Share who inspires you to show your heart more love.
#SelfieSaturday	Post about your favorite way to take care of #OurHearts.

About American Heart Month: Ways to Get Involved. (n.d.). Retrieved January 07, 2021, from https://www.nhlbi.nih.gov/health-topics/education-and-awareness/american-heart-month/about

CLOTHING DRIVE COMING SOON

6514 Sylmar Ave. VanNuys, CA 91401

(747) 254-2963

Bernardi Senior Center is working on getting much needed clothing items to seniors and community members. All the items of the drive were donated.

Keep an eye out for more information on this project. We will be sending a flier with the meal delivery drivers later in the month. Feel free to text the number in red or email: lperez@vic-la.org Subject: Clothing Drive

LET US carry YOUR MESSAGE TO THE Senior Community

For advertising info call: 1-800-950-9952

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TTY - 818.785.7097
Toll Free - 800.524.5272
Email: ilcsc@ilcsc.org
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ACTIVITIES AND NUTRITION INFORMATION

HOME DELIVERED MEALS MONDAY - FRIDAY

We provide one hot lunch to homebound seniors age 60+ who live alone, are physically unable to cook for themselves. Members in the Bernardi service area. Call Bernardi MPC or email Ber_homebound@vic-la.org

MEALS ON WHEELS MONDAY - FRIDAY

Our dedicated volunteers provide a nutritious hot meal and cold supper. The cost is $6 per day. For information call (818) 998-5350.

ALMUERZO SE SIRVE A LAS 11:30 AM.

El menú está sujeto a cambios sin previo aviso.

ALMUERZO NUTRITIVO

Lunes-Viernes a las 11:30

Una comida caliente y nutritiva se ofrece para personas de 60 años. Vea nuestro menú. Donación sugerida:

$3.10 personas 60+

$ 8.19 personas 59-

La coordinadora de nutrición Laura Correa (818)781-1101

COMIDAS ENTREGADAS AL HOGAR

Lunes-Viernes

Proporcionamos un almuerzo caliente a personas que tienen 60 años o más y viven solos, no pueden cocinar por sí mismos y se encuentran en un entorno no institucionalizado. Los miembros deben vivir dentro del área de servicio de Bernardi. La donación sugerida es de $ 3.10 por comida.

COMIDAS A DOMILICIO

Lunes-Viernes

Nuestros voluntarios proporcionan una comida caliente nutritiva y una cena fría, entregados a mediodía, cinco días a la semana a los miembros que viven fuera del área de Bernard a personas que no pueden preparar comidas debido a una enfermedad, alta hospitalaria reciente u otra discapacidad. El costo es de $ 6 por día. Para más información llame al (818) 998-5350.

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com

Introducing SCAN Connections (HMO SNP).

The SCAN Connections (HMO SNP) includes (with Medicare and full Medi-Cal eligibility):

- **$0** Plan premiums and deductibles
- **$0** Doctor, specialist and hospital visits
- **$0** Unlimited transportation to medical appointments (75-mile limit each way)

Plus, low or no copay drug coverage for generic and brand name drugs

...plus many more!

scan HEALTH PLAN®

Call the SCAN representative listed below for more information:

Monica Ibanez
Phone: (818) 497-5673
MIbanez@scanhealthplan.com

Calling this number will connect you to a licensed insurance agent/broker.

SCAN Connections (HMO SNP) is an HMO plan with a Medicare contract and a contract with the California Medi-Cal (Medicaid) program. Enrollment in SCAN Health Plan depends on contract renewal. SCAN Connections is available to anyone who has both medical assistance from the State of California (Medi-Cal) and Medicare. SCAN Connections is a Coordinated Care Plan. This information is not a complete list of benefits. Call 1-877-452-5899 (TTY: 711) for more information.
Y0057_SCAN_11318_2019F_M 02192019 S886 02/19

NEED A RIDE?

Transportation Tuesdays

Grocery and Doctor Appointment Rides

Remember when scheduling your ride to your appointment, to schedule a ride back home. If this is your first time using our transportation service, you need to fill out the application.

Call to ask for the application, talk to your case manager or talk to your meal delivery driver.

Want to reach out to your Driver Directly?

Mirella (747)254-2977
Jose (818) 421-6078
Jesus (747)235-2990

You can contact the Transportation coordinator to schedule a trip, too!
Lydia (747)254-2921

Made with PosterMyWall.com

Martes De Transporte

Transporte para compras y citas con el médico

Recuerde cuando llame para pedir su transporte a su cita, pide trasportación de vuelta a su casa. Si es su primera ver usando nuestro servicio de transporte, necesita llenar la aplicación. Llame a los números en esta pagina o hable con su manejadora de casos..

¿Quieres llamar a tu conductor directamente?

Mirella (747)254-2977
Jose (818) 421-6078
Jesus (747)235-2990

Puedes contactar a la coordinadora de transportación directamente:
Lydia (747)254-2921

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HEART HEALTH: LOW SODIUM DIET TIPS

by: Eileen R. Yabut ABSN student of West Coast University

Low Sodium Guidelines:

- Eliminate the salt shaker
- Avoid using garlic salt, onion salt, MSG, meat tenderizers, broth mixes, Chinese food, soy sauce, teriyaki sauce, barbeque sauce, sauerkraut, olives, pickles, pickle relish, bacon bits, and croutons.
- Use fresh ingredients. (Cleveland Clinic, 2021)
- Remove salt from recipes (except for those calling for yeast)
- Orange, lemon, lime, pineapple juice, or vinegar can be a marinade.
- Avoid convenience foods. Also canned foods are notoriously high in sodium. (Cleveland Clinic, 2021)
- Use fresh, frozen, no-added-salt canned vegetables, low-sodium soups, and low-sodium lunchmeats.
- Use fresh herbs, onions, or garlic.
- In general, eating out will take you over the daily sodium allotment.
- Get in the habit of checking menus and guidelines for sodium content (you will be surprised)
- Maintaina diet with 2000mp of sodium or less per day.(Cleveland Clinic, 2021)

Recipe Ideas

All Recipes (low sodium)

https://www.allrecipes.com/recipes/16972/healthy-recipes/low-sodium/main-dishes/

Mayo Cliinic

https://www.mayoclinic.org/healthy-lifestyle/recipes/low-sodium-recipes/rcs-20077197

Eating Well

http://www.eatingwell.com/recipes/18018/nutrient-focused-diets/low-sodium/

Food Network

https://www.foodnetwork.ca/healthy-eating/photos/easy-low-sodium-dinner-recipes/#!low-sodium-beef-barley-soup

Self-Assessment:

Do you have any of the following?

- Previously diagnosed with high blood pressure
- Headaches
- Lightheadedness
- Shortness of breath
- Heart palitations (Cleveland, Clinic, 2017)

If yes, you should see a doctor as soon as possible for examination for possible high blood pressure/hypertension. (American Heart Association, 2020)

Do you eat the following more than one time per week?

- Fast food meals
- TV dinners
- Processed lunch meat and cheese
- Add extra salt on your food
- Consume canned vegetables and soups
- Eat pickled items (Graudal et al, 2017)

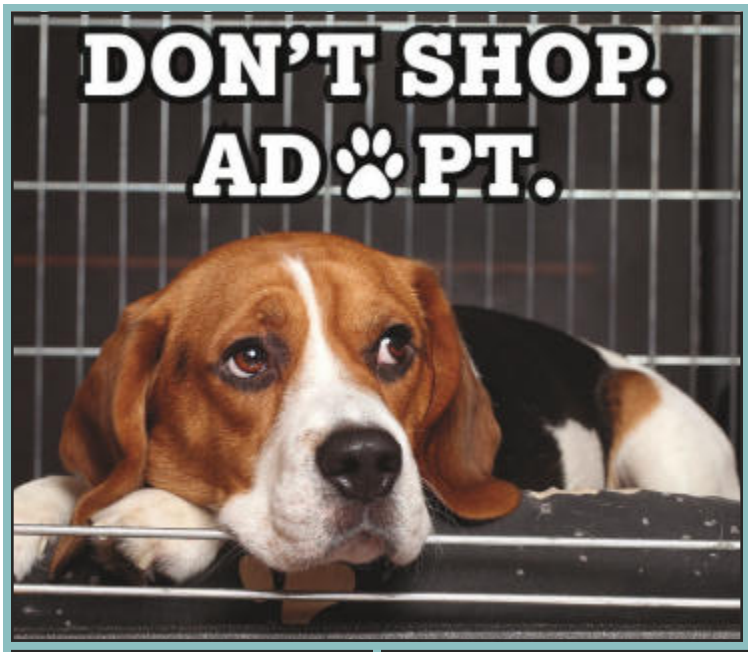
If yes, you should review the low sodium guidelines on this publications and consult with a doctor to review your blood pressure and for ideas on how to lower sodium intake (American Heart Association, 2020)

References:

Chung, M. L., Park, L., Frazier, S. K., & Lennie, T. A. (2017). Long-term adherence to low-sodium diet in patients with heart failure. *Western journal of nursing research*, *39*(4), 553-567.

Graudal, N. A., Hubeck-Graudal, T., & Jurgens, G. (2017). Effects of low sodium diet versus high sodium diet on blood pressure, renin, aldosterone, catecholamines, cholesterol, and triglyceride. *Cochrane Database of Systematic Reviews*, (4).

Wright, K. F. (2018). *Teaching Heart Failure Patients a Low-Sodium Diet* (Doctoral dissertation, Walden University).



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Critical Delivery Service

Temporary delivery program for older and dependent adults

As a result of the COVID-19 pandemic and the California Safer at Home Initiative, our aging population has an increased need for timely delivery services. WDACS has launched a temporary delivery program called Critical Delivery Services (CDS) to deliver food and other vital items to individuals who are unable to leave their homes due to COVID-19.

Who qualifies for delivery services?

Delivery services are reserved for those who meet at least one of the following criteria:

- Aged 60 years and older
- Individual with a permanent or temporary disability
- Dependent Adults (aged 18-59 years)

Once items are ready for pick-up, call 888-863-7411. Deliveries can be made:

- 24 hours a day
- 7 days a week

What can be delivered?

- Groceries
- Household Items
- Vital Necessities

Per month, individuals can recieve up to:

- Four (4) deliveries or
- 40 miles worth of deliveries

How can deliveries be scheduled?

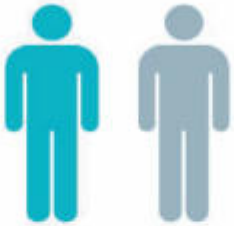
- Call 888-863-7411 to request delivery service
- Order items for delivery via online/ phone and provide payment for items to the pick-up location
- Critical Delivery Service Coordinator will schedule a taxi driver to deliver your items to you
- Critical Delivery Service Coordinator will call you back to confirm the delivery has been scheduled
- To schedule deliveries, call hotline M-F, 8:00am to 5:00pm. Same day deliveries are available only during schedule hours.

1 IN 2 LA RESIDENTS 75+ AT HIGH RISK OF GETTING COVID-19

COVID-19 is spreading rapidly nationwide and it will be several months before most people aged 75 and older are vaccinated.

567,000
Los Angeles population aged 75 and older

All are at serious risk of bad outcomes (hospitalization or death) **if they get COVID-19.**



1 in 2

More than **1 in 2** are at **high risk** of getting COVID-19 because:

- **53%** underestimate their risk of hospitalization
- **58%** engage in unsafe behaviors

Act now to help save thousands of lives!

- Make sure that everyone you know takes steps to avoid getting infected before they are vaccinated.
- Go to losangeles.cv19checkup.org for a free, confidential report on your COVID-related risks and how to reduce them.

CV19 CheckUp Powered by BellAge

These statistics are based on responses from 1,282 people aged 75 or older who completed the CV19 CheckUp online survey between Oct. 21 and Dec. 17, 2020.

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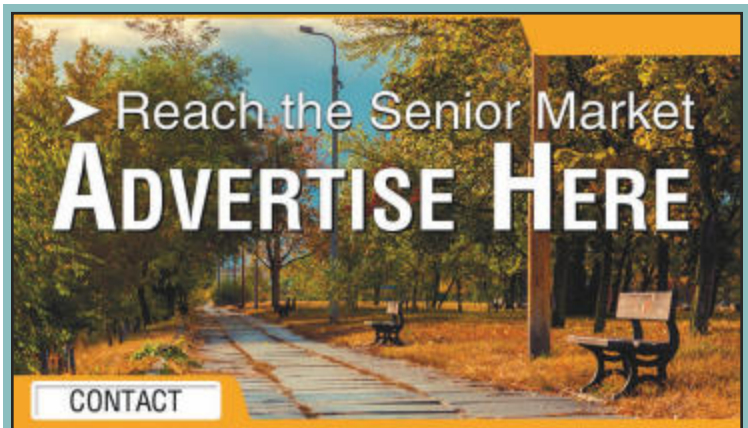

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https://www.nei.nih.gov/

The Aging Eye

Age-related eye diseases and conditions

Since your 40s, you have probably noticed that you needed glasses to see up close. You may have more trouble adjusting to glare or distinguishing some colors, particularly shades of blue and green.

These changes are a normal part of aging. They alone cannot stop you from enjoying an active lifestyle. They will not stop you from maintaining your independence. In fact, you can live an active life well into your golden years without ever experiencing severe vision loss.

But as you age, you should know you are at higher risk of developing age-related eye diseases and conditions.

As you age, you are at higher risk of developing eye diseases.

What are these diseases?

These conditions affect different parts of the eye. If not caught early and treated, they can lead to vision loss and even blindness.

- **Age-related macular degeneration (AMD).** AMD is a common eye disease among people aged 60 and older. It gradually destroys the macula, the part of the eye that provides sharp, central vision needed for seeing objects clearly. It comes in two forms: dry and wet. Each form requires different techniques to be used by eye care professionals to treat the condition.
- **Cataract.** Cataract is a clouding of the eye's lens and is common in older adults and people with diabetes. Vision loss by cataract is successfully restored with surgery. Although cataract surgery is one of the most common procedures performed in the United States today, some people never need it. Many others are able to postpone it for years.
- **Diabetic retinopathy.** Diabetic retinopathy is the most common condition among people with diabetes. It damages the blood vessels in the retina, usually in both eyes. If you have early-stage retinopathy, your eye care professional may suggest controlling

For an article in Spanish see page 22

Lea sobre la baja visión y algunas de las cosas que pueden causarla.

Información encontrada a través del instituto nacional de ojos.

your blood sugar, blood pressure, and cholesterol to prevent the disease from getting worse. For the more advanced stage, you may need laser surgery.

- **Glaucoma.** Glaucoma is not just one disease. It is a group of diseases that are all caused by the same event; fluid in the eye builds up and damages the optic nerve. Your eye care professional can help control glaucoma by prescribing eyedrops or pills. Laser surgery is another way to open clogged areas so that the eye fluid drains and eases pressure against the optic nerve. Surgery is another option, but is used only when drops or laser surgery fails to control the pressure.

What is low vision?

People who have age-related eye disease are more likely to develop low vision. Low vision means that, even with regular glasses, contact lenses, medicine, and surgery, everyday tasks are difficult to do. Reading the mail, shopping, cooking, seeing the TV, and writing can seem challenging.

Fortunately, help is available. Low vision specialists can offer a variety of services that help people make the most of their remaining vision. They cannot, however, restore lost vision.

As a result, people with low vision can continue enjoying friends, family, hobbies, and other interests just as they always have. The key is knowing there is help.

Information and resources

The National Eye Institute (NEI) is part of the National Institutes of Health and the federal government's lead agency for vision research that leads to sight-saving treatments, and it plays a key role in reducing visual impairment and blindness. For more information, visit the NEI Website at www.nei.nih.gov.

Get a dilated eye exam.

If you are aged 50 or older, make a point of visiting your eye care professional annually. Having a dilated eye exam every year or as recommended by your eye care professional can help detect age-related eye diseases in their early stages. Early detection and treatment can help save your sight. So even if you are not experiencing vision problems, you should get an annual eye exam. This is one of the best things you can do to protect your sight. **For more information about age-related eye diseases and conditions, visit www.nei.nih.gov/agingeye.**

FRAUD RESOURCES

Credit Card Fraud

Equifax: www.equifax.com 800-525-6285

TransUnion: www.transunion.com 800-680-7289

Free Annual Credit Report: www.annualcreditreport.com 877-322-8228

Investment Fraud

California Department of Business Oversight Seniors Against Investment Fraud (SAIF):

866-275-2677

Mail Fraud

US Postal Inspection Service Report mail fraud: http://postralinspectors.uspis.gov

877-876-2455

Internet Crime/Spam

Internet Crime Complaint Center: www.ic3.gov

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For ad info. call 1-800-950-9952 • www.lpiseniors.com Bernardi Multipurpose Senior Center, Van Nuys, CA I 4C 05-1193

Obtained from "Wise & Healthy Aging Westside Guide for the 50+"

Legal Assistance

Bet Tzedek Legal Services: www.bettzedek.org 323-939-0506
California Attorney General: www.ag.ca.gov 800-952-5225
Los Angeles City Attorney's Office Elder Abuse Hotline: 877-477-3646

Domestic Violence

National Domestic Violence Hotline: 800-799-7233
Domestic Violence Hotline Southern California (13 languages available): 800-978-3600

Mental Wellness

County of Los Angeles Department of Mental Health, Older Adult Services ACCESS Center:
-Help regarding hoarding and other mental issues
800-854-7771
National Suicide Prevention Lifeline: 800-273-8255

Information obtained from Citizens' Guide to County Services: County of Los Angeles lacounty.gov

Los Angeles Homeless Service Authority

811 Wilshire Blvd., 6th fl., Los Angeles, CA 90017
Phone: (213)683-3333, TTY: (213)553-8488
Website: lahsa.org, Email: communications@lahsa.org
Acts as an independent unit of local government. Created in 1993 by the City and County of Los Angeles to address the problems of homelessness on a regional basis. Plans, funds and administrators programs that assist homeless individuals and families with their transition towards self-sufficiency. Programs include:

1) Prevention Activities,
2) Outreach and Assessment,
3) Emergency Shelter,
4) Transitional Housing,
5) Permanent Supportive Housing, and
6) Supportive Services.

Public Services:

- **Request Medi-Cal and CalFresh Applications**.....Customer Service (866)613-3777
- **Elder Abuse Hotline**.....(877)477-3646
- **Domestic Violence Hotline**.....(800)978-3600

San Fernando Self-Help Legal Access Center, San Fernando Courthouse

900 Third St., Cafeteria, San Fernando, CA 91340
8:30am-noon and 1:30-4:30pm M-Th., 8:30am-noon F
Family Law: Divorce, Paternity; Domestic Violence, Housing Law; Other Civil Matters -Civil Harassment, and Name Change

Bernardi MPC is still closed.

Contact LA Regional Food Bank

so that they can deliver the box directly to you.

LOS ANGELES REGIONAL FOOD BANK

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Los Angeles, CA 90058
Phone: 323.234.3030
Fax: 323.234.0943

¡Feliz *Día de San Valentín*!

Hola mis Bernardianos (personal y clientes de Bernardi MPC), ¡Bienvenidos a febrero!

Enero fue un mes lleno de acontecimientos para nuestra comunidad y la nación. El presidente número 46 de los Estados Unidos de América, Joe Biden, fue investido el 20 de enero. Según http://publichealth.lacounty.gov/, los adultos de 65 años o más son elegibles para recibir la vacuna COVID-19. Bernardi MPC comenzó a ofrecer transporte una vez más a las citas con el médico y al supermercado.

Este mes presenta 2 temas de sensibilización nacional:

Mes Americano del Corazón y

Mes de la conciencia de la baja visión.

A lo largo del boletín encontrará datos, artículos y consejos sobre estos temas. Esperamos que aprenda algo nuevo de este boletín cada mes. Incluya en el boletín actividades para su diversión. Si hay contenido que le gustaría ver más, háganoslo saber enviando un mensaje de texto al (747)254-2963 o enviándonos un correo electrónico a lperez@vic-la.org.

Recuerde usar una mascarilla cuando salga y lavarse las manos. Si no puede lavarse las manos, use un desinfectante para manos. Intente evitar las grandes multitudes y permanezca en el interior tanto como pueda.

De parte de todos aquí en Bernardi MPC, Feliz Día de San Valentín y mantente a salvo.

Sinceramente,

Stephanie Galloway

Directora

ARTICULO EXTRACTO DE CÓMO VIVIR CON BAJA VISIÓN: LO QUE USTED DEBE SABER

https://www.nei.nih.gov/

¿Qué es la baja visión?

La baja visión es una condición que no se puede corregir con anteojos, lentes de contacto, medicinas o cirugía. Cuando se tiene baja visión es más difícil hacer las actividades diarias. Se hace difícil leer, ir de compras, cocinar, escribir o ver televisión. Cada año millones de personas en los Estados Unidos pierden parte de su visión. La baja visión puede suceder a cualquier edad. Sin embargo, es más común en las personas mayores de 65 años. Las causas más comunes de la baja visión son ciertos problemas de salud y enfermedades de los ojos. Entre estas causas se incluye:

- Degeneración macular relacionada con la edad.
- Catarata.
- Diabetes.
- Glaucoma.
- Lesiones en los ojos.
- Defectos de nacimiento.

No es posible corregir la visión que se ha perdido. Una vez que usted pierde parte de la visión, no la puede recuperar. Pero usted puede llevar una vida activa con la baja visión. Existen tratamientos y rehabilitación visual para la baja visión. Si nota cualquier cambio en su visión vaya al oculista de inmediato.

¿Cuándo debo hacerme un examen de los ojos?

Vaya regularmente a su oculista. Pida que le hagan un examen completo de los ojos con dilatación de las pupilas. Si nota cambios en sus ojos o en su visión, ¡vaya al oculista de inmediato!

¿Qué puedo hacer si tengo baja visión?

Para sobrellevar la pérdida de la visión hay cuatro cosas que debe hacer:

1. Primero, cuente con un excelente equipo de apoyo. Este equipo debe incluir a su oculista y a un profesional especializado en baja visión. Usted también debe formar parte de este equipo. Usted sabe mejor que nadie cómo está su visión. Por lo tanto, debe colaborar en el cuidado de su visión. También hay otros profesionales que le pueden dar apoyo. Éstos son:

- Los terapeutas ocupacionales.
- Los especialistas en orientación y movilidad.
- Los terapeutas certificados en baja visión.
- Los consejeros de rehabilitación o programas vocacionales de rehabilitación.

Estos profesionales pueden ayudarle a aprovechar al máximo la visión que le queda. También le enseñarán a valerse por sí mismo aun con baja visión. Usted aprenderá a ser más independiente.

2. Segundo, hable con un oculista acerca de su visión. Comparta cualquier problema que tenga con su visión. Marque abajo los cambios que ha notado y que le mencionará a su oculista.

VALENTINE'S DAY WORDSEARCH

https://www.puzzles.ca/wordsearch/valentines_day.html

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

ADMIRER
ADORE
AFFECTION
ATTRACTION
BEAU
BELOVED
BOYFRIEND
CANDLES
CANDY
CHOCOLATES
COUPLE
CRUSH
CUPID
DARLING
DATE
DEAR
DEVOTION
FANCY
FEBRUARY
FLAME
FLOWERS
FONDNESS
FOREVER
FRIENDSHIP
GIFT
GIRLFRIEND
HEARTS
JEWELRY
LIKE
LOVEBIRDS
LOVERS
PARTNER
PROPOSAL
RELATIONSHIP
RESTAURANT
ROMANCE
ROSES
SENTIMENT
SUITOR
SWEETHEART

Did you enjoy this puzzle? Visit: https://www.puzzles.ca/word-search

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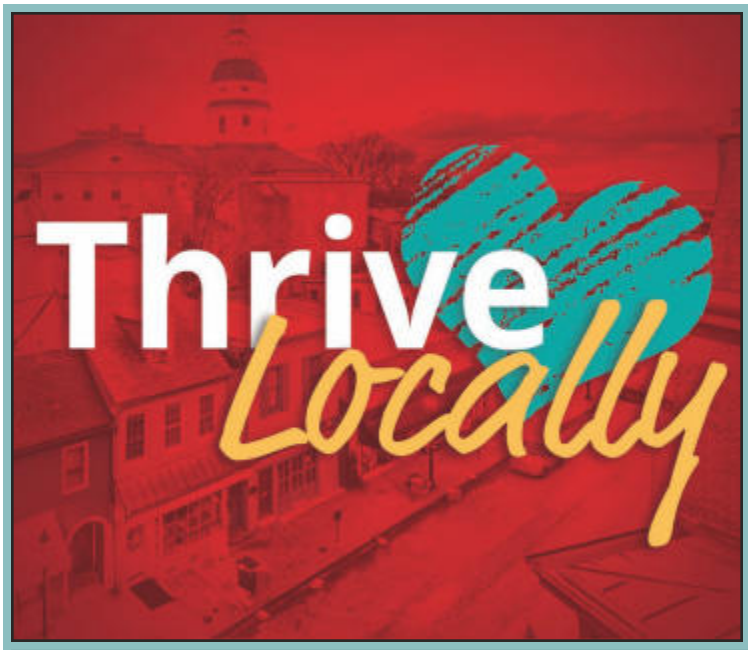
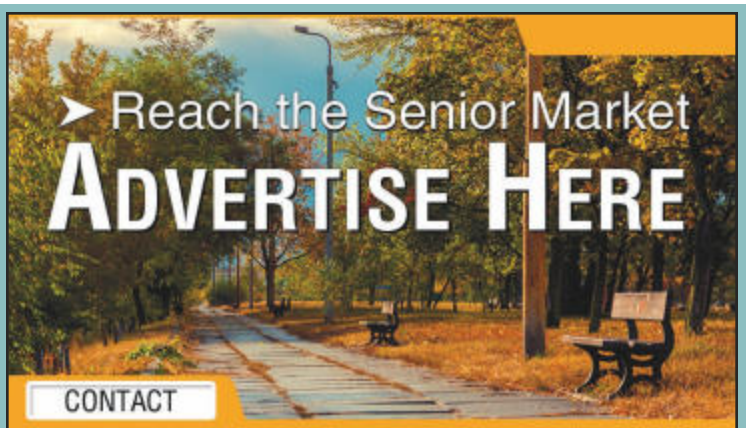
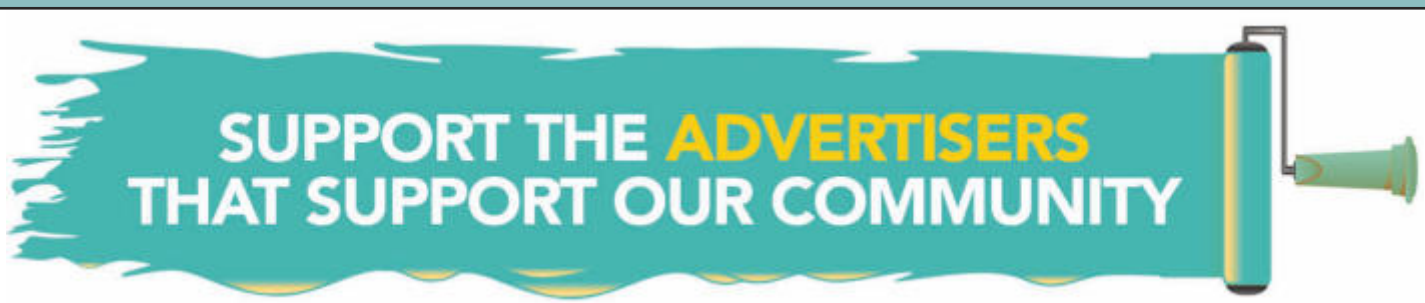




Contact Christine Nicholls to place an ad today!
cnicholls@lpiseniors.com or (800) 950-9952 x5841



NEVER MISS A NEWSLETTER !

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COVID-19 VACCINE DISTRIBUTION PHASES

Phase 1A (Tier 1)

- Health Care Workers at Acute Care Hospitals, Psychiatric and Correctional Facility Hospitals
- Skilled Nursing Facility Health Care Workers and Residents
- EMTs and Paramedics
- Other Long-Term Care Facility Health Care Workers and Residents
- Special Needs Group Living Health Care Staff
- Dialysis and Infusion Centers

Phase 1A (Tier 2)

- Health Care Workers In:
  - Residential Substance Abuse Disorder Facilities
  - Immediate Care Facilities
  - Home Health Care Service
  - Primary Care Clinics
  - Urgent Care Clinics
- Public Health Field Staff
- Field-Based Community Health Workers Doing Work with High Risk of Exposure
- Regional Centers

Phase 1A (Tier 3)

- Health Care Personnel in Specialty Clinics
- Laboratory Workers
- Dental and Other Oral Health Clinic Health Care Workers
- Pharmacy Staff Not Working in Settings at Higher Tiers
- COVID-19 Testing Staff

Phase 1B*

- Persons 75 years and older
- Frontline Essential Workers:
  - First Responders (Firefighters, Police)
  - Education (Teachers, Support Staff, Daycare)
  - Food & Agriculture
  - Manufacturing
  - Corrections Workers
  - U.S. Postal Service Workers
  - Public Transit Workers
  - Grocery Store Workers

Phase 1C*

- Persons 65-74 years old
- Persons 16-64 years old with High-Risk medical conditions
- Other Essential Workers:
  - Transportation and logistics
  - Food Service
  - Shelter & Housing (construction)
  - Finance (e.g., bank tellers)
  - IT & Communication
  - Energy
  - Media
  - Legal
  - Public Safety (Engineers)
  - Water & Wastewater

Phase 2**

- Persons 16-64 Years Old without High-Risk Medical Conditions

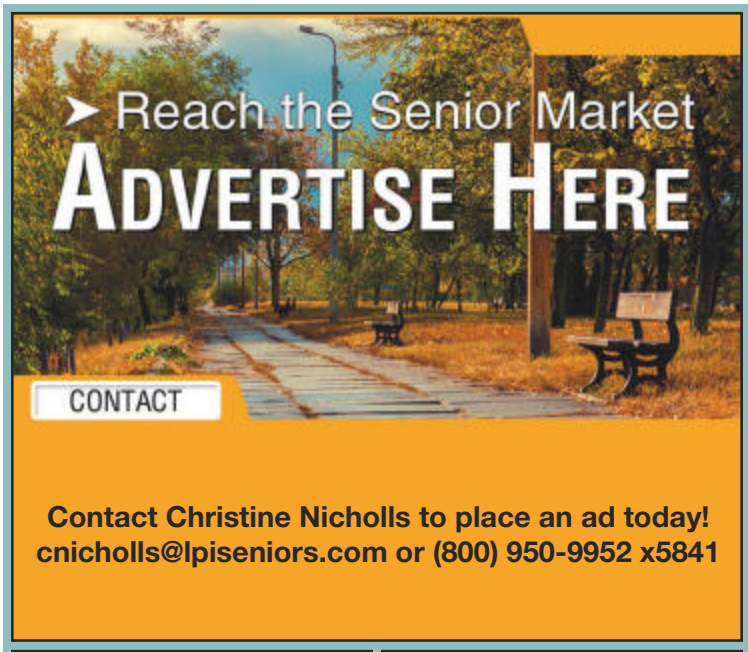
*These are based on preliminary guidance from the CDC ACIP Interim Recommendations for Allocation of COVID-19 Vaccine and may be modified by the State.

**Proposed population to be decided later by the ACIP.

WE'RE ALWAYS SEEKING VOLUNTEERS!

- Drivers for VIC's Meals On Wheels
- Driver's for Homebound
- Receptionist
- The Dining Room
- Wellness checks

Any assistance is appreciated. Please call us at (818) 781-1101 or visit the front desk to talk about available opportunities.



https://www.puzzles.ca/sudoku/

Sudoku #729 (Easy)

		1			7	2		8
8	5					1		
	7				1		9	4
	9			6		4		
3				4				
	8							7
2								5
		4	2	1			3	
			4			8		2

Sudoku #729 (Medium)

6		5			2		8	
7				4	5	2		
								8
			1		6			
			8		3		9	6
	3					6		
	1			5			2	9
					7			

Sudoku #730 (Easy)

	6						8	
1	3			4	9			
5	2			3		9	6	
			9		8		1	
		1					5	
		7			5		2	8
				9	6			
		5	4			8		
	1		2		3			

Sudoku #730 (Medium)

			8			3		4
9							5	
		6		5	9			
1			4	3				
					6			2
	7	8						
	1					8		3
	3	2		9				
				4				

NEED HELP WITH YOUR SMART PHONE OR COMPUTER?

https://cyberseniors.org/

Cyber-Seniors
Connecting Generations

If you are a Senior Citizen looking for tech help, call Cyber-Seniors toll-free at 844-217-3057

Cyber-Seniors services are completely FREE to Senior Citizens.

Senior tech-training resources that the Cyber-Seniors solution provides:

- *Accessibility Resources*
- *Cyber-Seniors 101/Beginner Lessons*
- *Intermediate & Advanced Tutorials*
- *Explore the Internet*
- *Tech Products & Services*
- *Cyber-Seniors Corner*
- *Discussion Forum*

Several of these resources are also available in **Spanish**

NEVER MISS A NEWSLETTER !

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2 TIPS FROM "PUT YOUR HEART INTO GETTING ACTIVE"

NO NECESITAS ESTAR TODO EL DÍA EN EL GIMNASIO

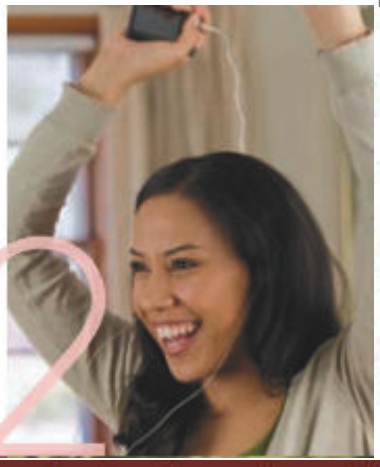
Realiza un total de 2 horas y 30 minutos de actividad aeróbica de moderada intensidad por semana—dedícale al menos 10 minutos cada vez. Esto puede reducir tu riesgo de desarrollar la enfermedad del corazón y otros factores de riesgo, como la presión arterial alta, diabetes y tener sobrepeso. También puede aumentar tu autoestima y disminuir el estrés.

YOU DON'T HAVE TO SPEND ALL DAY AT THE GYM

Aim for a total of 2 hours and 30 minutes of moderate-intensity aerobic activity each week—spending at least 10 minutes at a time. This level of activity can reduce your risk for heart disease and your chances of developing other risk factors, such as high blood pressure, diabetes, and being overweight. Other lifestyle benefits include providing energy, reducing stress, and building confidence.

NO HAY BUENAS EXCUSAS

Puedes hacer actividad física durante el día. Sal a caminar durante los descansos del trabajo en vez de tomar café. O simplemente haz más de lo que te gusta hacer, ya sea bailar, plantar flores en tu jardín o andar en bicicleta.



THERE ARE NO GOOD EXCUSES

You can get active throughout the day. Take walks at work instead of coffee breaks, or just do more of what you already love—biking, dancing, and gardening all count.

Find out more about getting active and living a heart healthier lifestyle by visiting **www.hearttruth.gov** and **www.nhlbi.nih.gov/health**

NIH National Heart, Lung, and Blood Institute

THE heart TRUTH®

*The Heart Truth, its logo, and The Red Dress are registered trademarks of HHS.

NIH Publication No. 13-7938
Revised December 2016

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY

30 SENIOR DISCOUNTS FOR RESTAURANT DINING

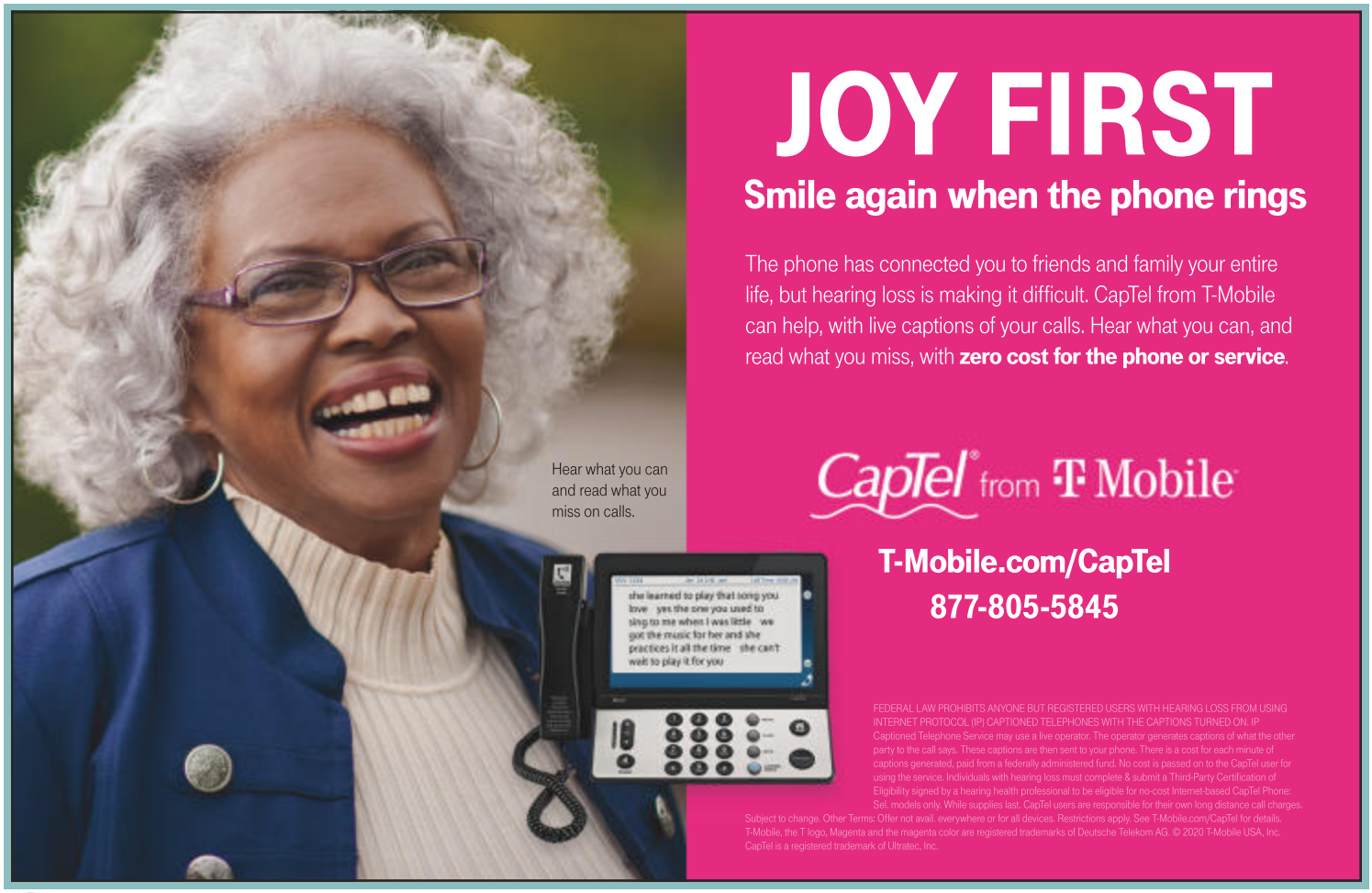
Applebee's: 10-15% off (varies by location) (60+)
Arby's: 10% off or a free drink (55+) varies by location
Ben & Jerry's: 10% off for seniors (60+) varies by location
Bob's Big Boy: Discount varies by location (60+)
Boston Market: Discount varies by location (65+)
Burger King: 10% off (60+) or a discount on coffee & soft drinks
Bubba Gump Shrimp Company: 10% off for AARP Members
Chick-fil-A : Free refillable senior drink, not including coffee.
Chili's Restaurant: Chili's offers a 10% (55+)
Claim Jumper: 10% off for AARP members
Dairy Queen: 10% off for seniors or free small drink
Denny's: 10% of 55+, 15% off for AARP members
Dunkin' Donuts: a free donut with the purchase of a L or XL drink
Einstein's Bagels: 10% off (60+)
El Pollo Loco: 10% senior discount (60+),
Jack in the Box: up to 20% off (55+)
KFC: Free small drink with any meal (55+)
Krispy Kreme: 10% off (50+). Buy coffee, get free donut.
McDonald's: Discounts on coffee everyday (55+)
Mrs. Fields: 10% off at participating locations (60+)
Outback Steakhouse: 10% off AARP members for meals
Papa John's: Try coupon codes GET40 or 25OFF or 25SAVE
Pollo Tropical: 10% off (50+)
Rainforest Cafe: 10% off for AARP members (50+)
Sizzler: Offers "Honored Guest Menu" (60+) varies by location
Subway: 10% off (60+) varies by location
Taco Bell: 5% off; free beverages for seniors (65+)
Tea Room Cafe: 10% off for seniors (50+)
Uno Pizzaria & Grill: 25% off on Wednesday (55+)
Village Inn: 10% off (60+)
Waffle House: 10% off every Monday (60+)

In formation obtained from https://www.theseniorlist.com/senior-discounts/

SENIOR DISCOUNTS IN RETAIL STORES!

Banana Republic Discounts: 10% off (No regular days; 50+)
Dressbarn: 10% off Tues and/or Wed (call ahead-varies by location – 55+)
Goodwill: 10% – 20% off one day a week (date varies by location – 55+)
Hallmark: 10% off one day a week (date varies by location; age may vary)
iParty: 10% senior discount every day; ask for a discount at the check out counter
Kohl's: 15% off on Wednesdays (60+)
Michael's Senior Discounts: 10% off every day (with AARP card – 55+
Modell's Sporting Goods: 10% off every day (65+)
Ross Stores: 10% off every Tuesday (55+)
The Salvation Army Thrift Stores: Up to 50% off, days vary (55+)
SteinMart: 20% off red dot/clearance items first Monday of every month (55+)
Walgreens Discounts: 20% off once a month, "Balance Rewards" card required. (65+ and AARP)
Bealls Department Store: 15% off every Tuesday (55+) verified
Bealls Outlet Senior Discounts: 15% off every Monday (55+) verified
Belk: 15% off first Tuesday of every month (62+)
Bon-Ton Department Stores: 15% off on senior discount days
C.J. Banks/Christopher Banks: 10% off every Wednesday (60+)
Clarks: 10% off (62+)

In formation obtained from https://www.theseniorlist.com/senior-discounts/



HAPPY VALENTINE'S DAY!!!

IF YOU WOULD LIKE TO CONTINUE TO RECEIVE THE BERNARDI NEWSLETTER....

Donation for the Year: $20.00

Name:_____

Phone Number:_____

Address:_____

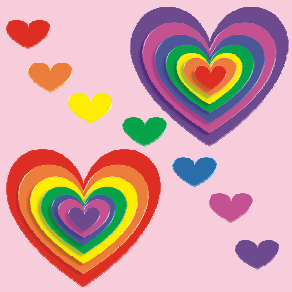
_____

Email: _____

TEAR THIS AND MAIL IT WITH YOUR DONATION.

Si gustaría seguir recibiendo el boletín, llene esta parte con su nombre y dirección y mándelo por coreo incluyendo una donación de $20 para el ano.

We hope you and your family stay safe. We can't wait for the day we are able to see all of you once again, here at Bernardi MPC.



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