SENIOR MESSENGER

Valley InterCommunity Council

VALLEY INTERCOMMUNITY COUNCIL
VICTORY BLVD #354 VAN NUYS, CA 91401 | (818) 880-4842 |
WWW.VIC-LA.ORG

July 2021

LOOK WHAT'S INSIDE!

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

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29 Support Group Resources

We provide services to Clients 60 and over

4 CENTERS INFORMATION

Alicia Broadous-Duncan Multipurpose Senior Center
11300 Glenoaks Blvd.
Pacoima, CA 91331
Ph: 818-834-6100
Fax: 818-834-6108

Bernardi Multipurpose Senior Center
6514 Sylmar Ave.
Van Nuys, CA 91401
Ph: 818-781-1101 dial 0 for reception
Fax: 818-779-2163

Mission

The pathway of Enriching Lives and Strengthening our Communities.

Robert M. Wilkinson Multipurpose Senior Center
8956 Vanalden Ave.
Northridge, CA 91324
Ph: 818-756-7741
Fax: 818-885-5581

Sherman Oaks East Valley Adult Center
5056 Van Nuys Blvd. Building B
Sherman Oaks, CA 91403
Ph: 818-981-1284
Fax: 818-981-1634

- Join Me for a Free Breakfast Seminar -

COLDWELL BANKER
GREATER VALLEYS

Do You Need Help Buying, Sellling or relocating to "right-size" into Your Best Living Arrangement?

Free Breakfast Sandwiches!

Gift Certificate Give-a-way!

Check Your Local Flyers for My Monthly Seminars.
Learn more about real estate & Protection from Scams!

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Seniors Real Estate Specialist SRES
(818) 571-1508
KevinPike@ColdwellBanker.com
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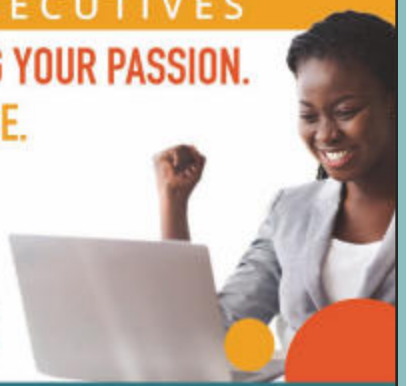


Contact us at careers@4lpi.com
www.4lpi.com/careers

Happy Independence Day!
UV Safety Awareness Month

Stay Cool San Fernando Valley!

Summer is here and the heat is at an all time high. To help ease some of that we have included information on cooling centers available in the San Fernando Valley. Its important that during the summer season you protect yourself from the sun's harmful rays and the heat waves to come. To commemorate July as UV Safety Awareness month, the newsletter is full of information and a fun CDC challenge.

We know that county regulations regarding COVID19 are changing and more and we would like to encourage you to get your yearly physical. Its best to know you have a clean bill of health and take precautions before you decide to change your routine. If you still need to get vaccinated, there is information on pharmacies that offer COVID19 vaccines and tests on pages 15, 20 and 27.

Have a great 4th of July weekend and we hope to be able to welcome you all back to the center soon.

Best Wishes,
Leticia Perez

"Warm summer sun, shine kindly here" -Mark Twain

Reminder to drink water

Stay Hydrated!!!

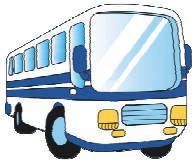
MPC SERVICES & RESOURCES

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.

Each time you board a van is one trip. For more information call your local center's Transportation department:

Northridge: Sandra (818)756-9304
Pacoima: Robert (818)834-6100
Sherman Oaks: (818)981-1284 Ext.223
Van Nuys: Mirella (747)254-2977



CITY RIDE AND TAXI VOUCHERS

We provide taxi vouchers when available. To be eligible, you must register with transportation and reside within VIC'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 may be eligible for services. **Note: our case managers 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 may be eligible for an Emergency Alert Response System (EARS).

Contact your case manager from you local center

Alicia Broadous-Duncan:
Verna (818) 834-6100 Ext.127
Bernardi: Wendy (747)235-2858 and Nikki (747)248-5976
Robert M Wilkinson:
Celinda (818)885-5220
Sherman Oaks:
Shawntee (818)981-1284 Ext.227

24/7
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virtual MEETINGS for those with memory loss
music movement culture memories

virtual-gatherings.com
800-670-2563
info@virtual-gatherings.com

CALFRESH ONLINE GROCERY DELIVERY FAQ SHEET

https://www.cdss.ca.gov/Portals/9/CalFresh/EBTOnline/EBT%20Online%20Q&A%20FAQ%20Sheet_FINAL.pdf

Californians visit GetCalFresh.org to apply or call 1-877-847-3663 (FOOD) to be connected to their local county social service office.

1 Can I use my EBT card to make purchases online?

If you get CalFresh food benefits, you can purchase groceries online using your EBT card at certain participating retailers. You can purchase the same food you would normally purchase in-store. If you get CalWORKs, you can buy groceries and other essential items online using your EBT card, at certain participating retailers.

2 What stores will take my EBT card online?

You can use your EBT card to make purchases online at Aldi through Instacart, Amazon, and Walmart. If you get CalFresh food benefits, you can find out more about how to purchase food online with your EBT card at: Aldi through Instacart, Amazon, and Walmart. Participating Albertsons, Safeway, and Vons locations offer Drive Up and Go™ for EBT payment at pick up. If you get CalFresh food benefits, you can find out more about how to purchase food for Drive Up and Go™ with your EBT card at: Albertsons, Safeway, and Vons.

3 Can I use my EBT card to cover the delivery fee?

At this time, your CalFresh food benefits cannot be used to cover the delivery fees. If you get CalWORKs, you can use your cash benefit to pay for delivery at Walmart.

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

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider SafeStreets 1-855-225-4251

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MPCS EXERCISE CLASSES & ALZ LA LEARNING CLASSES

zoom
ONLINE EDUCATION

CALL US:
818-834-6100

Online Arthritis Exercise Classes

Class: Arthritis Class
Instructor: Linda Wiggins
Location: The Pledgerville Villa Senior Living (PVSL) Apartments in Pacoima, CA
First Session: March 29, 2021

Class: Arthritis Class
Instructor: Bill Hurd
Location: Fickett Towers Senior Living Community
First Session: June 15, 2021

SEE YOU ON THE BIG SCREEN

More classes coming soon!

Interested in becoming a Certified Instructor? Would you like to be part of the VIC Family? We are also seeking individuals who are interested in joining our team as Certified Instructors/Facilitators. All certifications are paid for by the company.
Call 818-834-6100

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Learning @Home

Alzheimer's LOS ANGELES

Free Distance Learning Talks

Join us by Webinar or Telephone Call

See our website for dates & times:
AlzheimersLA.org/learning-at-home

To RSVP, call **844.HELP.ALZ** (844-435-7259) or email **help@alzla.org**

Registration closes 24 hours prior to the event.
All talks are 1 hour long, followed by Q&A.

https://cyberseniors.org/

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

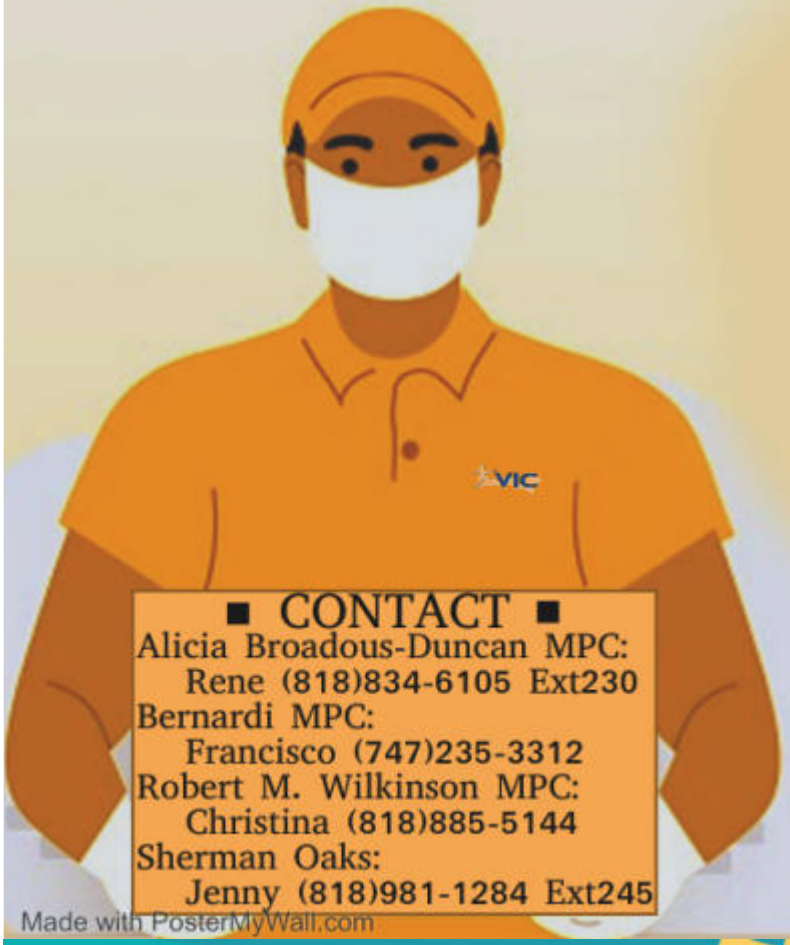
Cyber-Seniors services are completely FREE to Senior Citizens.

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*

Classes offered in other languages

MPC NUTRITION INFORMATION & CDC UV SAFETY



Homebound Meal DELIVERY

If you or a loved one can't shop and cook meals, you may want to have meals delivered to the home. VIC operates a Home-Delivered Meals Program that provides meals to people 60-and-over who are unable to prepare their own meals or do not receive home meal support. Contact the Homebound Meal Coordinator at the center closest to you to make arrangements.

PROTECT ALL THE SKIN YOU'RE IN

CDC U.S. Department of Health and Human Services Centers for Disease Control and Prevention

Use a Layered Approach for **Sun Protection**.

Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.

Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.

Wear a hat, sunglasses, and protective clothing to shield skin.

Seek shade, especially during midday hours.

CS277190

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

YEARLY PHYSICAL REMINDER

If you need assistance scheduling a doctor's appointment or other services contact your local Senior Center's case managers:

Alicia Broadous-Duncan MPC
(Pacoima):
Verna
(818) 834-6100
Ext.127

Bernardi MPC
(Van Nuys):
Wendy
(747)235-2858
Nikki
(747)248-5976

Robert M. Wilkinson MPC
(Northridge):
Celinda
(818)885-5220

Sherman Oaks East-Valley Adult Center
(Sherman Oaks):
Shawntee
(818)981-1284
Ext.227

San Fernando Valley

Transportation

Wear a Mask

Destinations:

- Doctor Appointments
- Grocery Store
- COVID-19 Vaccine Appointment
- Dentist appointments

Must schedule your ride 2-3 days in advance. Contact your local center's transportation department for more information on registering for a ride.

Alicia Broadous-Duncan: **Robert (818)834-6100 Ext. 104**

Bernardi: **Mirella (747)254-2963**

Robert M. Wilkinson: **Sandra (818)756-9304**

Sherman Oaks: **(818)981-1284 Ext. 223**

www.vic-la.org

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DIETARY APPROACHES TO STOP HYPERTENSION TIPS

Information acquired by WCU Student Volunteers

DASH DIET TIPS

What Is It?

DASH stands for **D**ietary **A**pproaches to **S**top **H**ypertension. It is designed to help treat and prevent high blood pressure (hypertension). This diet emphasizes vegetables, fruits, low-fat dairy, whole grains, fish,

Risks for Untreated Blood Pressure

Untreated blood pressure can lead to:

- Heart Disease
- Stroke
- Congestive Heart Failure
- Kidney Disease
- Blindness

DASH Diet Benefits

Reduces the risk of:

- Osteoporosis
- Cancer
- Heart Disease
- Stroke
- Diabetes

WHAT TO EAT

Reminder to consult your doctor or a nutritionist before making any changes to your diet

References:

Harvard School of Public Health. (2019, October 28). Diet Review: DASH. The Nutrition Source. https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/dash-diet/.

MayoClinic Staff. (2019, May 8). How to make the DASH diet work for you. Mayo Clinic. https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/DASH-diet/art-20048456.

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Fax (818) 786-4552 CFDA
5948 Van Nuys Blvd., Van Nuys, CA 91401

Signs of Elder Abuse

Isolation/ Abandonment

Financial Abuse

Mental Health Trauma

Physical Trauma/Abuse

Sexual Trauma/Abuse

Report Abuse! Call 877-477-3646

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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.

Contact your local Pharmacies for no-cost COVID-19 Testing!!!

CVS HEALTH, WALGREENS, RITE-AID

Drive-Thru COVID-19 Testing!!!
14550 Haynes St. Van Nuys, CA 91411
Hours: 8:30am-5pm
(818)650-6700

Call Now!

Walk In Testing- No Appointment necessary!!!
4849 Van Nuys Blvd #100 Sherman Oaks, CA 91403
Open Daily: 8am-8pm
(818)646-6700

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7120 Hayvenhurst Ave., Ste. 108 | Van Nuys, CA 91405

16 UV SAFETY AWARENESS MONTH

https://www.va.gov/qualityofcare/education/uv_safety_awareness_month.asp

Summer has arrived and while the sun is shining bright it's a golden time to highlight July as UV Safety Awareness Month!

We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.

The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

• UV-B rays have short wavelengths that reach the outer layer of your skin • UV -A rays have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.

Here are the harmful things unprotected sun exposure can do:

• Cause vision problems and damage to your eyes• Suppression of the immune system• Premature aging of the skin• Skin cancer

Fortunately, there are things you can do to minimize the risk that comes with sun exposure.

1. **Cover Up:** Wearing a Hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.

2. **Stay in the Shade:** The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.

3. **Choose the Right Sunscreen:** This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15,and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

4. **Use the Right Amount of Sunscreen:** According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palm-full) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions and following this advice you and your loved ones can enjoy the sun. If you arehaving any problems after being in the sun, be sure to talk to your healthcare provider.

Enjoy the outdoors this summer and remember to protect your eyes and the skin you're in!

Resources – (click to open in new tab)

Myhealthyvet – Preventing Skin Cancer

Myhealthyvet - Sunburn (Sun Poisoning)

Sunscreen Tips (http://www.veteranshealthlibrary.org/Encyclopedia/142,84471_VA) (http://www.veteranshealthlibrary.org/Search/142,S,85327_VA)

(http://www.shreveport.va.gov/patients/Sunscreen.asp)

FUN IN THE SUN AT HOME

Summer Activities

Visit a Museum:

-Getty Center
(Free Admission, Parking $15)

- The Broad Museum
(Free Admission, parking $ varies)
-The Museum of the San Fernando Valley
(Free Admission, Free Parking)

Visit a Park:

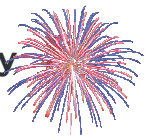
-Lake Balboa (Sepulveda Basin, CA)
-Vanalden Park (Northridge, CA)

Read a Book:

-Visit a library or use the digital library
> www.lapl.org

"Summertime is always the best of what might be."
Charles Bowden

VIC's Fourth of July Word Search



July
Valley Intercommunity Council
Barbeque
Independence Day
Sun

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PQWCOUNCILEJRTYHBVMXZPLOJKU
JMYHNTGFVEDCWJZGBARBEQUEMNI
LYUIOPVCINDEPENDANCEDAYXNJWJ
JKLOUDFRGWSRGFVBXSDRSUNGSTY

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

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

986 PHARMACY COVID-19 TESTING & VACCINATION

For more Information WWW.VIC-LA.ORG

Picture links:
Daipers: https://images-na.ssl-images-amazon.com/images/I/71Y4kIDLfiL._AC_SL1500_.jpg
EARS System: https://3b4dh64ce1zk1ipd4cx9773l-wpengine.netdna-ssl.com/wp-content/uploads/2015/02/DXSLRC1.jpg

Guidelines for CM Services:

- Be atleast 60-years-old
- Difficulty doing things
- Declining Health

For EARS:

- Be atleast 62-years-old
- Homebound
- Living alond and
- Low Income

If you meet the guidelines for "CM Services" you may be eligible for some programs. If you meet the guidelines for "EARS" on your right, you may be eligible for an Emergency Alert Response System (EARS).
Note: Our case managers can come to your home to do an assessment

Contact your case manager from you local center to learn more about the services they provide:

Alicia Broadous-Duncan: Verna (818) 834-6100 Ext.127
Bernardi: Wendy (747)235-2858 and Nikki (747)248-5976
Robert M Wilkinson: Celinda (818)885-5220
Sherman Oaks: Shawntee (818)981-1284 Ext.227

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FOURTH OF JULY DESSERT RECIPE

https://selfproclaimedfoodie.com/coconut-berry-icebox-cake/

Coconut Berry Icebox Cake

★★★★★

This red, white, and blue make ahead no bake Coconut Berry Icebox Cake is the perfect summer time dessert for a Memorial Day or Fourth of July potluck.

Course	Dessert	**Prep Time**	20 minutes
Cuisine	American	**Total Time**	20 minutes
		Servings	12 servings
		Calories	340kcal
		Author	Krissy Allori

Nutrition

Calories: 340kcal | Carbohydrates: 30g | Protein: 3g | Fat: 24g | Saturated Fat: 16g | Cholesterol: 31mg | Sodium: 121mg | Potassium: 231mg | Fiber: 3g | Sugar: 14g | Vitamin A: 335IU | Vitamin C: 27mg | Calcium: 32mg | Iron: 1.6mg

Ingredients

- 14 ounces unsweetened coconut cream
- 1/2 cup confectioners sugar
- 1 tablespoon coconut rum
- 1 cup heavy whipping cream
- 9 ounces coconut cookies I used a box of Trader Joe's Toasted Coconut Cookie Thins, can substitute with 2-3 sleeves of graham crackers
- 1 pound blueberries fresh
- 1 pound strawberries fresh, sliced very thin

Instructions

1. To make cream filling, start by whipping coconut cream in bowl of stand mixer with whisk attachment on medium speed until it is light and fluffy, about 3 minutes. Add confectioners sugar and mix on low until incorporated. Add coconut rum and mix on low until combined. Scrape sides, add heavy whipping cream, mix on low to incorporate and then increase speed to medium high for about a minute. Scrape walls and base of bowl, then continue mixing on medium high speed until nice peaks form, about 3-5 minutes.
2. To make the cake, spread some cream on the base of the plate. Arrange cookies so that their sides are touching but they do not over lap. Cover cookies with a spoonful of cream, using the spatula to spread. Top with a second layer of cookies, rotating their pattern to cover any gaps, then follow with a layer of cream. Thickness in between layers should be thick enough so that there is a creamy layer in between, but not so thick that your ingredients aren't level or they slide around.
3. Next, cover with a single layer of fresh blueberries. Top with cream, then top with two cookie/cream layers.
4. Next, cover with a single layer of sliced strawberries. Top with cream, then top with two cookie/cream layers.
5. Repeat until you run out of ingredients. I portioned everything so that my top and bottom layers would be the cookies surrounded by the cream.
6. Garnish with additional berries on top.
7. Loosely cover with plastic wrap and refrigerate at least two hours or up to several days before serving.

https://ourkidthings.com/wp-content/uploads/2018/06/Independence-Day-Game-Set-Printable.pdf

Happy Independence Day!

4th of July Word Search

A	F	E	A	S	T	I	W	D	M	P	A	P	I	C	N	I	C	S	L
L	D	X	B	O	O	M	B	E	W	H	I	T	E	D	S	I	G	B	L
A	B	X	U	B	A	T	T	L	E	F	I	E	L	D	A	C	B	T	I
N	A	Y	F	F	A	D	V	I	Y	N	U	S	E	D	A	R	A	P	R
O	N	I	L	N	G	J	H	C	X	S	M	O	D	E	E	R	F	B	G
I	G	A	T	W	N	D	E	I	C	E	L	E	B	R	A	T	I	O	N
T	G	H	D	T	I	E	F	O	K	R	Y	T	R	E	B	I	L	U	Y
O	E	L	A	R	R	C	I	U	M	K	E	L	A	E	Z	A	L	B	A
M	X	A	M	E	E	O	R	S	W	S	C	I	T	O	I	R	T	A	P
E	V	L	E	S	H	R	E	X	K	A	N	A	T	I	O	N	A	L	R
U	Y	P	R	S	T	A	C	Y	C	Z	E	A	L	X	Q	Q	J	A	S
U	R	Y	I	E	A	T	R	U	U	S	D	R	O	C	K	E	T	S	K
H	O	E	C	D	G	I	A	E	L	C	N	N	F	O	J	K	V	L	R
B	T	S	A	G	P	O	C	U	T	Q	E	O	H	M	X	K	R	J	O
L	S	D	I	Z	Y	N	K	L	O	N	P	O	I	U	R	Q	P	F	W
A	I	X	P	I	Z	S	E	B	P	D	E	R	H	S	Q	T	G	A	E
S	H	N	N	G	Q	F	R	B	G	J	D	R	Q	I	O	G	N	S	R
T	C	R	O	W	D	S	S	Y	Q	K	N	J	T	C	X	L	I	P	I
O	L	D	B	A	C	K	Y	A	R	D	I	Y	E	Q	O	V	P	J	F
K	J	U	P	H	J	L	W	F	E	S	T	I	V	A	L	Q	M	X	A
A	Y	C	A	R	C	O	M	E	D	T	Z	Z	A	V	H	Z	A	N	E
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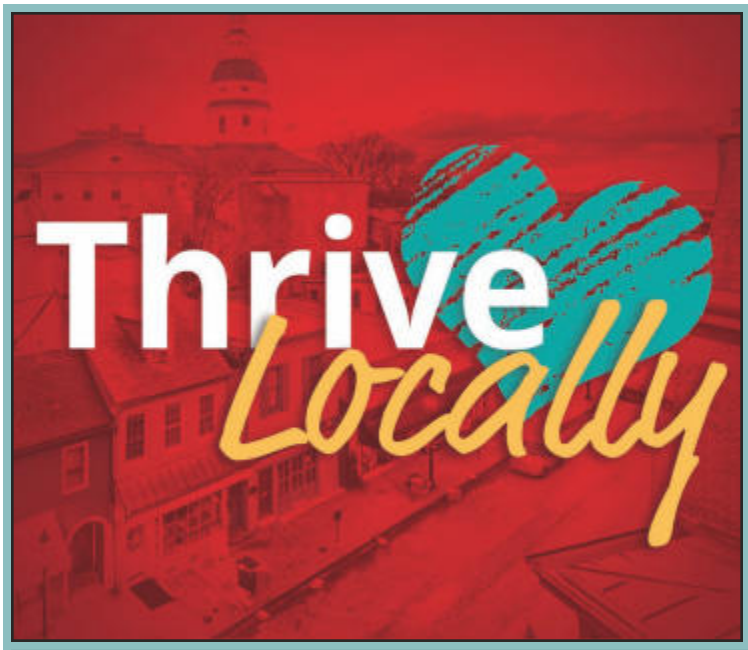
ABLAZE
ANTHEM
BACKYARD
BLAST
GATHERING
RED
WHITE
BLUE
CAVALCADE
CELEBRATION
CROWDS
DECORATIONS
BANG
BOOM
BATTLEFIELD
CAMPING
DELICIOUS
DESSERT
DEMOCRACY
EMOTIONAL
FEAST
FLAG
AMERICA
FIRECRACKERS
ROCKETS
EXPLOSIONS
MUSIC
PICNICS
POTLUCK
FREEDOM
INDEPENDENCE
GRILL
HISTORY
LIBERTY
NATIONAL
PARADES
PATRIOTIC
FIREWORKS
FESTIVAL



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High temperatures are a major threat to the public's health. Exposure to high temperatures or extreme heat, humidity and poor air quality can cause a variety of health problems, including heat-related illnesses, such as heat exhaustion, heat stroke, and even death. Cooling centers are locations designated to provide relief and safety during high temperatures for those who do not have a cool place or air conditioning. It is one way the County, cities and non-profit groups protect the public's health during heat events.

1. What is a cooling center?

Cooling centers are places in a community where you can cool down during hot weather, especially if you do not have access to air conditioning. Cooling centers include indoor air-conditioned government owned facilities such as libraries, community and senior centers.

2. Are cooling centers open during the pandemic?

Yes, because many locations, such as libraries, community and recreation centers, and private businesses like coffee shops, shopping malls, or movie theatres, are temporarily closed due to the pandemic. You can get information on a cooling center near you here, or you can call 211.

3. Is it safe to go to cooling centers?

The health and safety of staff and visitors at cooling centers is our number one priority. The County has developed modifications to cooling center plans with the cities to assure that they can be safely operated during times of high heat and which comply with Health Officer orders and requirements for physical (social) distancing.

4. Why is spending time in air-conditioned places important?

During hot weather, particularly during multiple days of constant heat and high overnight temperatures, spending at least a few hours in air conditioning each day can help reduce the risk of heat-related illness. Air conditioning is especially important if you are older, have very young children, or have certain health conditions.

5. What is heat-related illness?

Heat-related illness occurs when the body is unable to cool itself. The most common heat-related illnesses are heat or sun stroke, heat exhaustion, heat cramps, and heat rash. Learn more about identifying the symptoms of heat-related illness and what to do.

6. What other steps should I take to cool off during extreme heat?

If you cannot get to a Cooling Center, try closing window shades and curtains, drinking plenty of water or nonalcoholic and caffeine-free liquids, taking a cool shower or bath, limiting strenuous activities, and trying to avoid using a stove or oven.

7. Who can I contact for more information?

If you have any questions, please contact 211 for assistance.

For more information

For more information and advice, please visit the County's *Stay Healthy in the Heat* webpage at http://publichealth.lacounty.gov/eh/climatechange/ExtremeHeat.htm.

ROBERT M. WILKINSON MPC ZOOM CLASSES

World Issues Zoom Class

Group Leader- Ron Goodman
Time- Tuesdays 1-3pm
The World Issues group is a current event discussion group led by Ron Goodman. This has always been a popular class.

Spanish Class

Teacher: Donald Benson
Intermediate class- Wednesdays 9:30-11am
Begining class- will start with enough interterest

Please contact Marianne at (818)885-5220 or mybarra@vic-la.org to register for classes.

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https://www.cdc.gov/coronavirus/2019-ncov/vaccines/How-Do-I-Get-a-COVID-19-Vaccine.html

Find a COVID-19 Vaccine: Search vaccines.gov, text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you in the U.S.

There are several ways you can look for vaccination providers near you in the United States.

- **Visit Vaccines.gov** to find vaccination providers near you. In some states, information may be limited while more U. S. vaccination providers and pharmacies are being added. Learn more about COVID-19 Vaccination Locations on Vaccines.gov.
- Text your **ZIP code** to **438829** or call **1-800-232-0233** to find vaccine locations near you in the United States.
- **Check your local pharmacy's website to see if vaccination appointments are available**. Find out which pharmacies are participating in the Federal Retail Pharmacy Program.
- **Contact your state health department** to find additional vaccination locations in the area.
- **Check your local news outlets.** They may have information on how to get a vaccination appointment.

Scheduling vaccination appointments

Most vaccination providers schedule vaccination appointments online. To schedule your COVID-19 vaccination appointment, visit vaccine providers online scheduling services. If you have question about scheduling your vaccination appointment contact a vaccination provider directly.

- CDC **cannot** schedule a vaccination appointment.
- CDC **cannot** assist with verifying, rescheduling or cancelling your vaccination.

If you need to verify, reschedule, or cancel a COVID-19 vaccination appointment, contact the location that set up your appointment. If you need to schedule a second-dose appointment and the location where you received your first dose is no longer offering COVID-19 vaccine, you may be able to get your second dose at another location. Contact your state or local health department for help or look for other COVID-19 vaccination providers near you.

Planning for your COVID-19 vaccination

Learn more about COVID-19 vaccines and help ensure others in your community are vaccinated. Here is what you can do:

- Make a plan for yourself or your family members to get vaccinated.
- Learn more about COVID-19 vaccines and the benefits of vaccination.
- Join COVID-19 Community Corps. Receive timely, accurate information to share with your family, friends, and neighbors to encourage them to get vaccinated.
- Continue to take recommended actions to protect yourself and others from COVID-19.

Fast, Easy, Free, and Nearby COVID-19 Vaccination

The federal government is providing the vaccine **free of charge** to all people living in the United States, regardless of their immigration or health insurance status.

SUDOKU #783 AND #784

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

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

#783 (Easy)

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

#784 (Easy)

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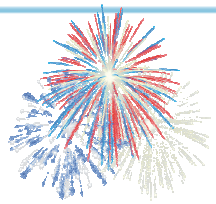
CITY OF LOS ANGELES Department of Aging

Support Group Resources

From LADOA's Program and Service Provider Directory
Last Revised 30August2019



AIDS/Sexually Transmitted Disease Hotline	(800) 342-2437
Alzheimer's Association	(800) 272-3900
Alzheimer's Association-Spanish	(800) 272-3900
Alzheimer's Caregiver Support Group	(800) 272-3900
American Cancer Society	(800) 227-2345
American Lung Association	(310) 735-9492
American Heart Association	(213) 291-7000
American Red Cross	(800) 675-5799
Arthritis Foundation	(323) 954-5750
Breast Cancer Support Group	(310) 517-4709
Children of Aging Parents (CAPS)	(800) 227-7294
Corporate California Council of the Blind	(800) 221-6359
Epilepsy Foundation	(310) 670-2870
Hospice Program Kaiser Home Health	(323) 783-7416
Los Angeles Caregiver's Resource Center	(800) 540-4442
National Multiple Sclerosis Society	(310) 479-4456
National Eye Care	(877) 887-6327
Parkinson Disease Foundation	(800) 457-6676
Stroke Association	(310) 575-1699
Valley Trauma/Rape Support Group	(818) 886-0453

For additional resources contact your local Multipurpose Senior Center. For information on Senior Centers in the San Fernando Valley visit: **WWW.VIC-LA.ORG**
For Additional Centers visit: **aging.lacity.org**

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SENIOR DISCOUNTS

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

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+)

Shopping

Banana Republic Discounts: 10% off (No regular days; 50+)
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)
Kohl's: 15% off on Wednesdays (60+)
Michael's Senior Discounts: 10% off every day (with AARP card; 55+)
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+&AARP
Bealls Department Store: 15% off every Tuesday (55+)
Bon-Ton Department Stores: 15% off on senior discount days
C.J. Banks/Christopher Banks: 10% off every Wednesday (60+)
Clarks: 10% off (62+)

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

HAPPY INDEPENDENCE DAY!

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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.

BERNARDI MULTIPURPOSE SENIOR CENTER
6514 SYLMAR AVE.
VAN NUYS, CA 91401

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 at our Multipurpose Senior Centers.

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