

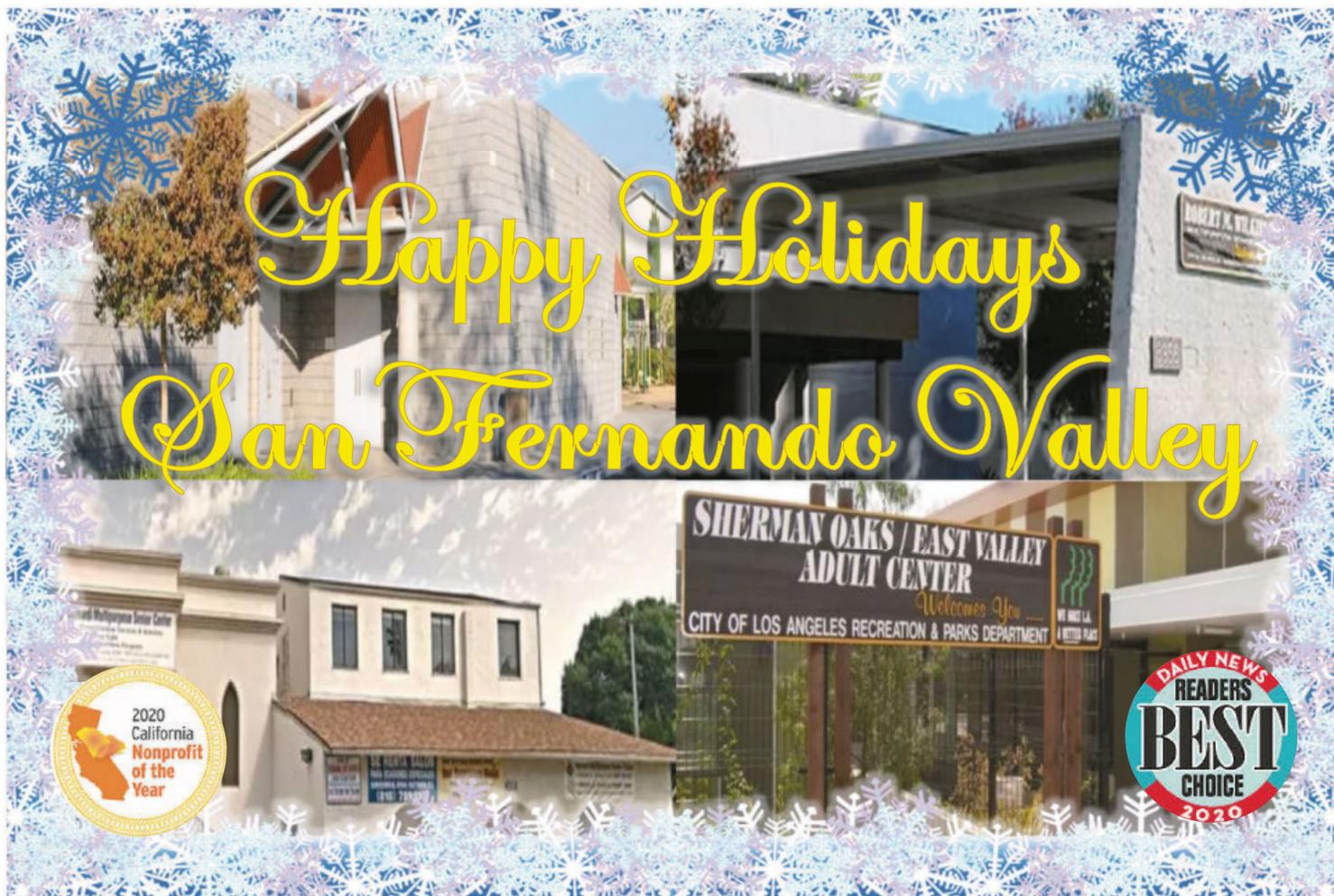
SENIOR MESSENGER

Valley InterCommunity Council



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

December 2021



**LOOK
WHAT'S INSIDE!**
We are currently
closed to help
prevent the spread
of the virus.

02 Adult Centers Info

03 Editor's Note

05 Cal-Fresh

07 MPCs news

08 MPCs Homebound

10 Holiday Arts and Craft

12 Holidays Recipe

14 Low Cholesterol Tips

16 National Flu Week

18 Holiday event Pics

20 Free Covid-19 Testing

27 Flu Vaccine Sites

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



Robert M. Wilkinson
Multipurpose Senior Center

8956 Vanalden Ave.
Northridge, CA 91324
Ph: 818-756-7741
Fax: 818-885-5581

“Such to me is the new image of Aging ; growth in self, and service to mankind.” — Ethel Percy Andrus

Bernardi
Multipurpose Senior Center

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



Sherman Oaks East Valley
Adult Center

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

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December 5-11 is national influenza Week!



Greetings, San Fernando Valley!!!

We hope you had a great thanksgiving. Everyone here at Valley Intercommunity Council is that thankful we are able to continue to help the San Fernando Valley community for over 55 years. Your favorite neighborhood Non-profit has been hard at work providing goods and services to the seniors of the community this holiday season alongside our community partners. Throughout the newsletter you can find pictures of our wonderful staff and volunteers hard at work with our holiday giveaway events.

To celebrate the holiday season, we have included a lot of fun activities, an apple pie recipe, and a section for your new years resolution. Along with this information we have included CDC Q&A on the Flu, infographics and a list of Flue vaccine sites as our way of participating in the National Influenza Week which is December 5-11. December also brings International Person with Disabilities Day, which is December 3, for more information look at page 15. Over all we hope you find the items in the newsletter entertaining and informative.

Happy Holidays from all of us here at Valley Intercommunity Council!

Be sure to have your COVID-19 vaccine card info in order and easily accessible to be compliant with the current Los Angeles County COVID-19 regulations. We hope the new year will bring great news and we will hopefully reopen our facilities to the public. We will provide you with more information once we have a confirmed date to reopen.



Best Wishes,
Leticia Perez

"This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!"-David Dellinger



<https://achieve.lausd.net/cms/lib/CA01000043/Centricity/Domain/318/landing-hero2x.png>

Wash Your Hands

Wear a Mask

Keep Your Distance

Stay Home if You're Sick

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

Andrea (747)248-5976

Robert M Wilkinson:

Maleigha and Albanely (818)885-5220

Sherman Oaks:

Shawntee (818)981-1284 Ext.227

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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

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- Flood Detection
- Carbon Monoxide



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1-855-225-4251

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For more Information WWW.VIC-LA.ORG

Picture links:
 Diapers: https://images-na.ssl-images-amazon.com/images/I/71Y4kiDLfL_AC_SL1500_.jpg
 EARS System: <https://3b4dh64ce1zklipds.com/wpengine.netdna-ssl.com/wp-content/uploads/2015/02/DXSL...jpg>



Guidelines for CM Services:

- ✓ Be at least 60-years-old
- ✓ Difficulty doing things
- ✓ Declining Health

For EARS:

- ✓ Be at least 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 Andrea (747)248-5976
- Robert M Wilkinson: Maleigha and Albanely (818)885-5220
- Sherman Oaks: Shawntee (818)981-1284 Ext.227

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! Signs of Elder Abuse !



Isolation/
Abandonment



Financial
Abuse



Mental Health
Trauma



Physical
Trauma/Abuse



Sexual
Trauma/Abuse



Report Abuse! Call 877-477-3646

Photo Credit: Pami Kaur, Valley Financial Services



Khalsa Care Foundation members, long-time supporters of VIC, prepare hundreds of bags of groceries for delivery to seniors during Thanksgiving and the Holiday Season.

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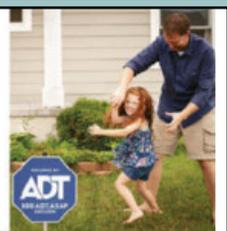
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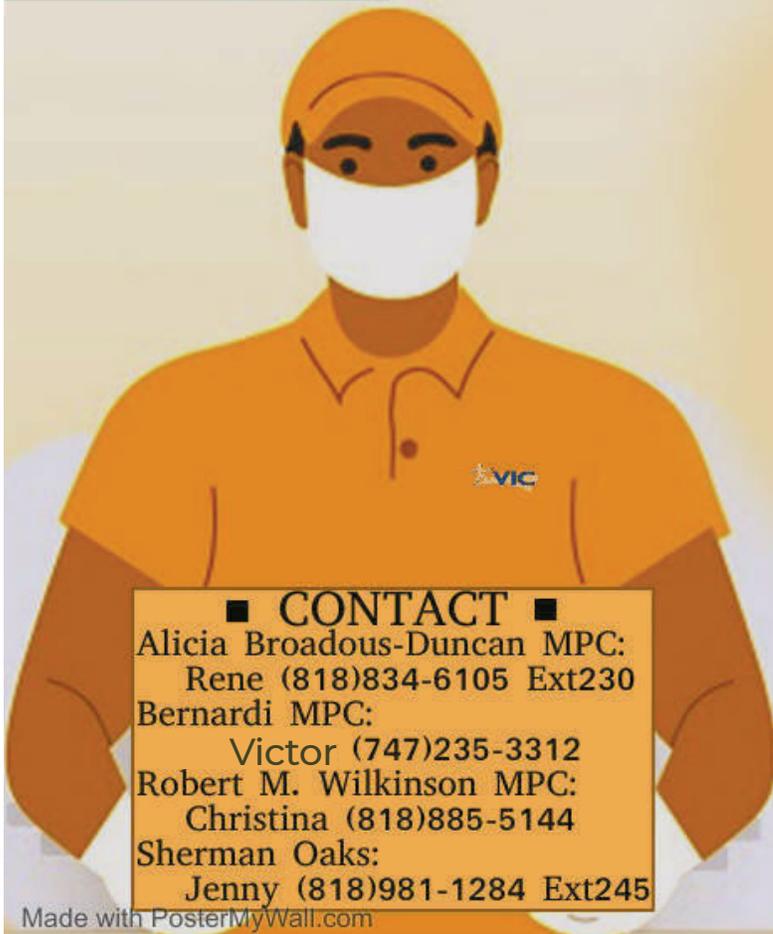
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- Burglary
- Fire Safety
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- Carbon Monoxide



ADT Authorized Provider | SafeStreets | 1-855-225-4251



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.



FREE SENIOR TECH SUPPORT

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.

<https://cyberseniors.org/>

Classes available in multiple
languages





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Retrieved from <https://learning-center.homesciencetools.com/article/diy-snow-globe-and-liquid-density/>



DIY Snow Globe by Aurora Satler

What You Need:

- Small glass jar with tight fitting lid
- Hot glue gun or super glue
- Water
- Fake snow or glitter

Optional: Small plastic trees, animals, houses, or other decorations

What You Do:

1. Use the superglue or hot glue to affix your trees or other decorative items to the inside of the lid. Let dry.
2. Fill jar about 3/4 full of water
3. Put a few pinches of glitter or fake snow in the jar.
4. Screw the lid on very tightly.
5. Turn your jar upside-down and watch the snow fall inside your homemade snow globe.
6. Finally, if you like, you may decorate the base (lid) of your snow globe with ribbon, fabric, or pretty paper.

Items can be found at
the Discount Store





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)254-2977

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

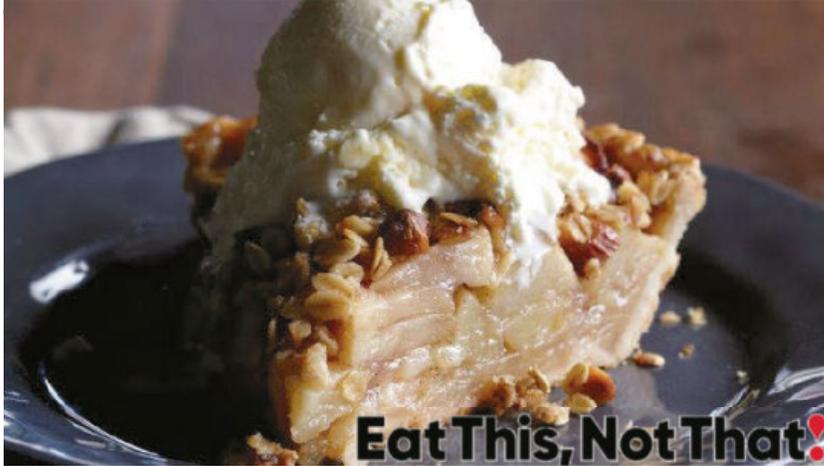
Sherman Oaks: (818)981-1284 Ext. 223



www.vic-la.org

12 APPLE PIE RECIPE

<https://www.eatthis.com/best-apple-pie-recipe/>



YOU'LL NEED

- 2 Granny Smith apples, peeled, cored, and sliced
- 2 Gala apples, peeled, cored, and sliced
- 1/3 cup granulated sugar
- 1/2 cup unsweet apple sauce
- 1 Tbsp flour
- Juice of 1 lemon
- 1 1/2 tsp cinnamon
- 1 frozen pie shell, thawed
- 1/4 cup chopped almonds
- 1/4 cup light brown sugar
- 1/4 cup rolled oats
- 2 Tbsp cold butter, diced

HOW TO MAKE IT

1. Preheat the oven to 375°F.
2. Combine the apples, granulated sugar, applesauce, flour, lemon juice, and 1 teaspoon of the cinnamon in a large mixing bowl.
3. Stir to thoroughly combine, then scrape into the pie shell. (Depending on the size of your apples, this may make more filling than you need. The apples should rise slightly over the pie shell, mounding in the center.)
4. Combine the almonds, brown sugar, oats, butter, and remaining 1/2 teaspoon cinnamon in a bowl. Use your fingers to help break up the butter and mix with the other ingredients.
5. Sprinkle the topping evenly over the pie.
6. Place on the middle rack and bake for 45 to 50 minutes, until the apples are soft and the crust is golden brown.

Cool before slicing and serving with scoops of vanilla ice cream.

Eat This Tip

Most people prefer their apple pie with a little something on top. Here are three great low-calorie ways to gild the lily.

- A 130-calorie scoop of Breyers Vanilla
- For a leaner add-on, try a bit of 2% Greek yogurt spiked with honey.
- For a more elegant counterpoint to the sweetness of the apples, a spoonful of crème fraîche (French-style sour cream) makes a lovely topping for this pie.



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Bernardi Multipurpose Senior Center, Van Nuys, CA

F 4C 05-1193

Photo Credit: Pami Kaur, Valley Financial Services



Photo Credit: Natasha, Cardea

Right: Bernardi MPC Staff and Volunteers from their Thanksgiving event (11/17/2021)
 Left: Khalsa Care Foundation Volunteers for Wilkinson and ABD Holiday events

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Protect Your Medicare

Follow these Tips to prevent Medicare ID fraud:

- >> Keep your Medicare and Social Security cards secure.
- >> Don't share your numbers with anyone but your health care team.
- >> If someone calls and asks for your Medicare information, hang up. Medicare will only call you if you've called and left a message or a representative said that someone will call you back.
- >> Check your statements carefully and log into **Medicare.gov** to spot any possible fraud or billing mistakes.
- >> Report suspicious activities by calling **Senior Medicare Patrol:**



1-855-613-7080



This project was supported, in part, by grant 90MPPG019-04-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

Created by WCU Student Mariam Khachatryan

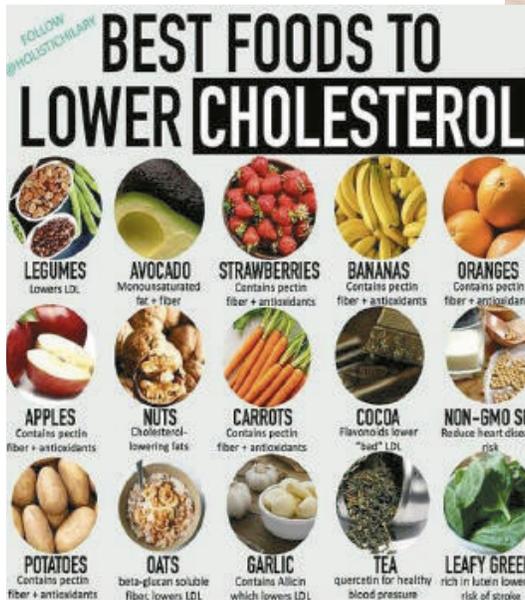
What is this Diet?

A diet that is generally low in fat can help you to lose weight, or to maintain a healthy weight. Maintaining a healthy weight will reduce your risk of heart disease stroke, and diabetes. Low fat foods are those that have 30% of their calories or less from fats. So, if a food contains fewer than 3 grams of fat per 100 calories, it is a low-fat food. Heart healthy lifestyle changes include a diet to lower your cholesterol. Saturated fat is a bad fat because it raises your LDL (bad cholesterol) level more than anything else in your diet. It is found in some meats, dairy products, chocolate, baked goods, and deep-fried and processed foods. If you are trying to lower your cholesterol, you should have less than 200 mg a day of cholesterol. Cholesterol is in foods of animal origin, such as liver and other organ meats, egg yolks, shrimp, and whole milk dairy products

**Any Questions?**

Talk to your doctor or Registered Dietician Today about the Low-Fat/Low-Cholesterol Diet also known as a Heart Healthy Diet.

FOODS TO AVOID
if you've **HIGH CHOLESTEROL**

**Who will benefit from this Diet?**

A low fat/low cholesterol diet is recommended for those who are overweight and have health conditions such as hyperlipidemia and atherosclerosis. By utilizing this type of diet, you will be able to decrease your LDL levels which is known as your bad cholesterol and increase your HDL levels known as your good cholesterol. Also, decrease total dietary fat, especially saturated and trans-fat, also known as hydrogenated fat, and calories to reach a healthy body weight. Dietary fats can be saturated (bad) or unsaturated (good). An easy way to remember the difference is that saturated fats solidify or remain solid at room temperature. Unsaturated fats do not; they are soft or liquid at room temperature. To reduce blood cholesterol levels, it is especially important to limit saturated fats. Saturated fats are found mainly in meats and dairy products made with whole milk. The heart pumps blood through blood vessels called arteries. This blood carries vital oxygen and nutrients needed by tissues and organs throughout the body. The heart itself is supplied with blood vessels called coronary arteries. When cholesterol levels rise above normal limits and stay high, some cholesterol is left behind in the arteries. Over the years, waxy cholesterol plaques build up on the artery walls, and so reduce or block blood flow. When blood flow to the brain is blocked, a stroke occurs. When plaque blocks a coronary artery, angina or a heart attack may be the outcome.

How much should I eat?

Fruits: 5-6 Servings a day

Vegetables: 5 Servings a day

Whole grains: 3-6 servings a day

Legumes: 4-5 Servings per week.

References

- UCSF Health. (2021, September 22). *Guidelines for a low cholesterol, low saturated fat diet*. ucsfhealth.org. Retrieved October 18, 2021, from <https://www.ucsfhealth.org/education/guidelines-for-a-low-cholesterol-lowsaturated-fat-diet>.
- Sambrook, D. J. (2017, September 11). *Low-fat and low-cholesterol diet plan: Nutrition advice*. Patient.info. Retrieved October 18, 2021, from <https://patient.info/news-andfeatures/low-fat-diet-sheet>.
- U.S. National Library of Medicine. (2021, May 5). *How to lower cholesterol with Diet*. MedlinePlus. Retrieved October 18, 2021, from <https://medlineplus.gov/howtolowercholesterolwith-diet.html>.



International Day of Persons with Disabilities

3 DECEMBER

Did you know?

- Of the one billion population of persons with disabilities, 80% live in developing countries.
- An estimated 46% of older people aged 60 years and over are people with disabilities.
- One in every five women is likely to experience

disability in her life, while one in every ten children is a child with a disability.

- Persons with disabilities in the world are among the hardest hit by COVID-19.

Join the Webinar on Disability Inclusion 101

<https://www.un.org/en/disabilitystrategy/webinar>

When we secure the rights of persons with disabilities, we move our world closer to upholding the core values and principles of the United Nations Charter. The United Nations Disability Inclusion Strategy provides the foundation for sustainable and transformative progress on disability inclusion through all pillars of the work of the United Nations: peace and security, human rights, and development.

<https://www.un.org/en/observances/day-of-persons-with-disabilities>



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Frequently Asked Influenza (Flu) Questions: 2021-2022 Season

What is the difference between flu and COVID-19?

Flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus (called SARS-CoV-2) and seasonal flu (most often just called “flu”) is caused by infection with one of many influenza viruses that spread annually among people.

Because some symptoms of flu and COVID-19 are similar, people may need to be tested to tell what virus is causing their illness. People can be infected with both a flu virus and the virus that causes COVID-19 at the same time. In general, COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. Compared with people who have flu infections, people who have COVID-19 can take longer to show symptoms and be contagious for longer. This FAQ page compares COVID-19 and flu, given the best available information to date.

What should someone 65 or older do who is having trouble finding high-dose or adjuvanted flu vaccine?

Several flu vaccine formulations are approved for use in people 65 and older, including two “enhanced” flu vaccines: the high-dose flu vaccine and the adjuvanted flu vaccine, both of which are designed to create a stronger immune response in people 65 years and older. Also, a recent study showed that recombinant flu vaccine can produce a stronger immune response in people 65 years and older. Additionally, there are standard dose flu vaccines that can be used in people 65 and older. It’s important to note that CDC does not have a preferential recommendation for any flu vaccine over another, and vaccination should not be delayed for a specific vaccine product when another vaccine licensed for use in people 65 and older is available.

If COVID-19 is spreading in my community, should I still go out to get a flu vaccine?

Yes. Getting a flu vaccine is an essential part of protecting your health and your family’s health every year. Take recommended precautions to protect yourself from COVID-19 while getting your flu vaccine.

Do I need a flu vaccine if I wear a mask and practice physical distancing?

Yes. Wearing a mask and physical distancing can help protect you and others from respiratory viruses, like flu and the virus that causes COVID-19. However, the best way to reduce your risk of flu illness and its potentially serious complications is for everyone 6 months and older to get a flu vaccine each year. By getting a flu vaccine, you may also be protecting people around you who are more vulnerable to serious flu complications.

Can I get a flu vaccine at the same time I get my COVID-19 booster shot?

Yes, you can get a flu vaccine at the same time you get a COVID-19 vaccine, including a COVID-19 booster shot.





FLU ALERT

FOR ADULTS 65+, IT'S TIME TO GET SERIOUS ABOUT FLU PREVENTION

STAY HEALTHY THIS FLU SEASON

Influenza (flu) is a contagious, respiratory illness that **can be severe and life-threatening**, especially for older adults.¹ Even as a healthy adult, it's important to help protect yourself from this potentially debilitating disease. For those suffering from chronic health conditions such as heart disease, diabetes, and asthma, flu can be especially serious. Because the immune system weakens with age, making it harder to fight disease, flu can be particularly severe for older adults.

The US Centers for Disease Control and Prevention (CDC) recommends annual flu vaccination for everyone 6 months of age and older, with rare exception, as the **single best way** to help prevent flu each season.¹

THE TRUTH ABOUT FLU

- About one third of adults age 65 years and older are unaware that individuals with chronic health conditions are at greater risk for complications from flu.²
- Every 4 minutes, an adult age 65 years and older is hospitalized due to flu or flu-related complications.³
- Every 12 minutes, an adult age 65 years and older dies from flu or flu-related complications.⁴
- Combined with pneumonia, flu is 1 of the top 10 leading causes of death in older adults in the US.⁴
- One third of adults in the US age 65 years and older do not get vaccinated against flu.⁵
- Adults age 65 years and older typically account for more than half (50 to 70 percent) of flu-related

2019-2020 Flu Season: Burden and Burden Averted by Vaccination

During the 2019-2020 season, CDC estimates flu caused:

38 million
flu illnesses

400,000
flu hospitalizations

22,000
flu deaths

It could have been even worse without flu vaccines.

Nearly 52% of the U.S. population 6 months and older got a flu vaccine during the 2019-2020 flu season, and this prevented an estimated:

7.5 million
flu illnesses



More than the combined population of Kentucky and Kansas

105,000
hospitalizations



Enough people to fill Michigan Stadium at the University of Michigan

6,300
deaths



Equivalent to saving about 17 lives per day over the course of a year

Imagine the impact if more Americans chose to get a flu vaccine. Many more flu illnesses, flu hospitalizations, and flu deaths could be prevented. The estimates for the 2019-2020 influenza season are preliminary pending additional data from the season.

<https://www.cdc.gov/flu/about/burden/index.html>

What to know about seasonal influenza

Influenza or "the flu", is an illness caused by seasonal influenza viruses. These viruses are spread from one person to another.

How to recognize the flu?

- Sudden high fever
- Headache
- Cough or sore throat
- Muscle pain

What to do when you have the flu?

- Cover your cough or sneeze with your arm/elbow or tissue
- Wash your hands frequently
- Get plenty of rest
- Drink plenty of water and eat nutritious food
- Seek medical advice if you are not getting better or if you are in a high risk group



get vaccinated
www.cdc.gov/flu



HEALTH EMERGENCIES
programme

HOLIDAY ESSENTIAL ITEMS DISTRIBUTIONS

Photo Credit: Eva Perez, MSN-ED



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Social Security Fraud

Do you suspect someone of committing fraud or abuse against Social Security? Contact the Office of the Inspector General's fraud hotline at 1-800-269-0271 or submit a report <https://oig.ssa.gov/>

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.

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

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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*that Support
 our Community!*



HOMEMEDS PROGRAM

A medication risk screen which produces alerts of potential medication-related problems which are reviewed by a pharmacist who makes recommendations to improve medication use. If they find any irregularities they contact your medical provider to adjust your medications to the correct amount

FOR MORE INFORMATION, PLEASE CONTACT THE EB PROGRAM 818-834-6100



**VIC's Evidence Based Program
HIRING!**

Interested in joining our team?

We are looking for Enthusiastic people to be
Certified Instructors/Facilitators

All Trainings paid by the company!!!

FOR MORE INFORMATION, PLEASE CONTACT
THE EB PROGRAM @ 818-834-6100



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Winter 2 - Word Search

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

BLIZZARD

HAIL

SKIS

BOOTS

HOCKEY

SLED

CARNIVAL

ICE FISHING

SLIPPERY

CHRISTMAS

KNIT CAP

SNOW BLOWER

EGG NOG

OLYMPICS

SNOW SHOVEL

FIREWOOD

PARKA

SNOWFLAKE

FREEZE

SEASON

SOLSTICE

GLOVES

SKIING



Color Me ↪



You Can Get A Free Tasty Treat For Getting Vaccinated

Krispy Kreme is motivating people to stop the spread of COVID-19 by offering free donuts to anyone with a vaccination card. For the rest of 2021, customers at any location can get a free Original Glazed donut upon presenting their card.

For seniors in the Van Nuys, Panorama City, Sun Valley, North Hollywood, and North Hills areas, with completed Vaccinations cards can schedule a ride with Bernardi's Transportation

department to get your free donut from Krispy Kreme. Hurry and call to schedule your ride!

They will be taking clients on Wednesdays and Fridays
Mirella (747)254-2977



Source: Now This
Original Source: USA Today, Krispy Kreme





Los Extras Esenciales pueden facilitarle la vida

Con un plan Medicare Advantage de Anthem, usted puede elegir dos de los beneficios adicionales enumerados a continuación: **sin costo adicional.***



Dispositivos de asistencia
Asignación anual de \$500 para dispositivos tales como pasamanos, banquillos para la ducha, asientos elevados para el inodoro y rampas temporales para movilidad.



Monitor de la actividad física y la salud
Reciba un monitor de la actividad física además de acceso a programas de salud y ejercicios en línea.



Control de plagas
Usted podría recibir tratamiento para su casa cada tres meses para plagas comunes o un tratamiento único para determinadas infestaciones si están afectando directamente su salud.



Transporte
Si necesita un traslado a ubicaciones aprobadas por el plan, este beneficio le brinda 60 traslados en una dirección por año.



Apoyo en el hogar
Hasta 60 horas por año de compañía y actividades independientes de la vida diaria.



Ayudante personal en el hogar
Brinda hasta 31 visitas (hasta 4 horas cada visita) de servicios de asistente de cuidado médico a domicilio si necesita ayuda con dos o más actividades de la vida diaria, tales como moverse por la casa, bañarse, vestirse, preparación de comidas o para proporcionar atención de relevo.



Tarjeta Flex — Dental, Audición, Vista
Hasta \$500 por año en cobertura adicional para sus necesidades dentales, de la vista o de audición.



Comidas saludables
Disfrute comidas saludables entregadas directamente a su casa. Usted podría recibir hasta 2 comidas al día por hasta 90 días para apoyar sus necesidades nutricionales.



Comestibles saludables
Ahorre en el costo de comestibles saludables cada mes con \$50, para compras en tiendas participantes cerca de usted.

* Los planes y los beneficios tal vez no estén disponibles en todas las áreas. Contáctenos directamente para comprobar la disponibilidad en su área de servicio. Esta póliza tiene exclusiones, limitaciones y términos bajo los cuales la misma puede continuar en vigencia o ser discontinuada. Para ver los costos y detalles completos de la cobertura, póngase en contacto con su agente o el plan médico. El programa de ejercicios SilverSneakers es brindado por Tivity Health, una compañía independiente. SilverSneakers es una marca comercial registrada de Tivity Health, Inc. © 2021 Tivity Health, Inc. Todos los derechos reservados.

Anthem Blue Cross y Anthem Blue Cross Life and Health Insurance Company son Organizaciones de Medicare Advantage que tienen contratos con Medicare. La inscripción en Anthem Blue Cross y Anthem Blue Cross Life and Health Insurance Company depende de la renovación del contrato. Anthem Blue Cross es el nombre comercial de Blue Cross of California. Anthem Blue Cross y Anthem Blue Cross Life and Health Insurance Company son licenciatarios independientes de Blue Cross Association. Anthem es una marca comercial registrada de Anthem Insurance Companies, Inc.



Isabel Fuentes
747-444-7397, TTY: 711

CA Lic. # 0D96598 Agente autorizado
Hablo español.

orieta.fuentes@anthem.com

FREE

ONLINE FITNESS CLASSES

VIC's EBP offers 3 Physical Activity Classes:

- Arthritis Foundation Exercise
- Walk with Ease
- A Matter of Balance

ARTHRTIS FOUNDATION EXERCISE PROGRAM

- Ongoing
- Designed to increase range of motion of the joints, increase muscle strength & cardiovascular endurance

WALK WITH EASE

- Ongoing
- Developed to help create & implement a walking plan to meet individual goals, manage pain, learn to exercise safely, boost energy, reduce stress & control weight

A MATTER OF BALANCE

- 4wks
- Learn to view falls & the fear of falling as controllable, set realistic goals to increase activity, change environment to reduce fall risk factors & exercise to increase strength & balance

818-834-6100

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Chronic Disease Self-management Program!!!

- Examples of what you can learn to manage
- kidney Disease
 - Obesity
 - Diabetes
 - Heart Disease

Program lasts 6 weeks



Learn to develop skills for living a healthy life and managing you chronic health conditions.

For more information And class availability please contact VIC's Evidence Based:

818-834-6100



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.

**AVAILABLE FOR
A LIMITED TIME!**

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to place an ad today!

breineck@lpicommunities.com

or (800) 950-9952 x2511

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LPi CALL 800.950.9952



Information gathered by WCU Student Volunteer

CALL 211 AND ASK FOR INFORMATION ON FLU SHOT AVAILABILITY AND CLINICS IN YOUR AREA

CVS: free flu shots. Open 7 days a week.

- Convenient online scheduling.

San Fernando Valley locations

- 15232 Sherman Way, Van Nuys, CA 91405
- 14920 Raymer st, Van Nuys, CA 91405 (Inside Target)
- 6201 Sepulveda blvd, Van Nuys, CA 91411
- 5711 Sepulveda blvd, Van Nuys, CA 91411 (Inside Target)
- 14735 Ventura blvd, Sherman Oaks, CA 91403
- 5601 Van Nuys blvd, Sherman Oaks, CA 91401
- 13021 Victory blvd, North Hollywood, CA 91606
- 5969 Lankershim blvd, North Hollywood, CA 91601

WALGREENS: Offers flu shots to anyone 3+

- Call your local pharmacy or 1-800-WALGREENS (1-800-925-4733)

San Fernando Valley locations

- 18430 Sherman Way, Reseda, CA 91335
- 7155 Van Nuys, Van Nuys, CA 91405
- 16100 Ventura blvd, Encino, CA 91436
- 13231 Victory blvd, Van Nuys, CA 91401
- 9750 Woodman ave, Arleta, CA 91331
- 17010 Chatsworth st, Granada Hills, CA 91344
- 18515 Devonshire st, Northridge, CA 91324
- 20505 Sherman Way, Canoga Park, CA 91306
- 5224 Coldwater Canyon ave, Van Nuys, CA 91401

Rite Aid

- Call (818) 345-1543
- 17266 Saticoy st, Van Nuys, CA 91406



Pacoima Public Health Center

- Monday-Friday
- 8am to 4pm
- Call (818) 896-1903 for more information
- 1330 Van Nuys blvd, Pacoima, CA 91331

West Valley Health Center

- Monday-Friday
- 8am to 4:30pm
- Call (818) 407-3100 for appointment
- 20151 Nordhoff st, Chatsworth, CA 91311

Family Health and Wellness Center

- Call (818) 709-6700
- 18433 Roscoe blvd suite 102, Northridge, CA 91325



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

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NEVER MISS A NEWSLETTER!

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





Support Group Resources

From LADOA's Program and Service Provider Directory
Last Revised 30December2019



| | |
|---|----------------|
| 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

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Information obtained from <https://www.theseniorlist.com/senior-discounts/>

- 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% off 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
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+)
Uno Pizzeria & 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+)
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
Clarks: 10% off (62+)





My 2022 New Year's Resolution is...



**SUPPORT THE
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*that Support
our Community!*

HAPPY HOLIDAYS!

IF YOU WOULD LIKE TO CONTINUE TO RECEIVE THE VALLEY INTERCOMMUNITY COUNCIL NEWSLETTER....

Donation for the Year: \$20.00

Name: _____

Phone Number: _____

Address: _____

Email: _____

TEAR THIS AND MAIL IT WITH YOUR DONATION.

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.



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

Place
Stamp
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