A Helpful Handbook

- A List of Helpful Phone Numbers
- Encouraging Words
- Resources & A Word Search Puzzle
- From Us To You, To Help You Get Through These Unsettled Times

The Gibson Senior Center Staff
would like to express that you are all in our thoughts,
and even though our senior center is closed to the public,
the staff is still here working Monday - Friday, 8:30 a.m. to 5:00 p.m.
to take your calls and answer any questions or concerns you may have.

George M. Gibson Senior Center
250 N. 3rd Avenue
Upland, Ca 91786
(909) 981-4501
Hello To Our Seniors!
Hope everyone is doing well!

As the weather is getting hotter, we wanted to remind you that our senior center is a designated cooling station and will be open from 11:00 a.m. to 6:00 p.m. when temperatures reach 100 degrees or higher. There is limited space so please contact our front office for more information.

Mark your calendar! On Tuesday, September 8th, the Gibson Senior Center will be a COVID-19 Testing site. The San Bernardino County of Public Health will be offering free COVID-19 tests to the community. All appointments for testing will be made through the County. For more information please contact our office at (909) 981-4501.

Just a reminder, the Senior Center will be closed on Monday, September 7th in observance of Labor Day!

As always, Stay Safe!
Helpful Numbers

Food Assistance
CalFresh... (909) 912-6118  www.211sb.org
A Supplemental Food Assistance Program.

Community Action Partnership.... (800) 635-4618  www.capsbc.org
Offers Food Pantry County Wide As Well As Other Human Services

Feeding America Food Pantry.... (951) 359-4757  www.feedingamericaie.org
County Food Pantry

FSA (Family Service Association).... (951) 342-3057  www.fsaca.org
Senior Nutrition Program

Housing Issues
Inland Fair Housing & Mediation Board... (800) 321-0911  www.ifhmb.com
A HUD Approved Counseling Agency

Senior Human Services
Department of Aging & Adult Services.... (909) 891-3900
www.hss.sbcounty.gov/daas
Area Agency on Aging

San Bernardino County Resources.... 211 or 1-888 435-7565  www.211sb.org
Provides Elder Assistance, Food, Clothing, Crisis Services

Senior Resources
Aging Next.... (909) 621-9900  www.agingnext.org
Provides Senior Resources.
Senior Support

Alzheimer's Association of Greater Los Angeles... (844) 435-7259  www.alzheimersla.org
Provides support & services for those with Dementia & Alzheimer’s Issues.

Inland Caregiver Resource Center.... (800) 675-6694  www.Inlandcaregivers.org
Provides Support & Respite for Caregivers

West End Family Counseling.... (909) 983-2020  www.wefcs.org
Provides Senior Counseling.

Taxes

AARP Tax Aid Program... (605) 549-5168
Answers questions for those who have already filed taxes this year.

Transportation

ACCESS “Curb To Curb” OmniTrans.... (909) 379-7160  www.omnitrans.org
Door To Door Shuttle Services. Eligibility & Application Process.

City Offices

George M. Gibson Senior Center..... (909) 981-4501
Community Senior Center Offering Various Programs, Activities & Services

Upland City Hall.... (909) 931-4100

Upland Fire Department.... (909) 356-3805

Upland Police Department (Non-Emergency)..... (909) 946-7624
For Life Threatening Emergencies.... 911

Upland Public Works ... (909) 291-2930

Upland Recreation Department... (909) 931-4280
www.uplandca.gov
Local Grocery Stores
That Have Adjusted Their Hours For
Seniors 65 Years or Older

**Smart & Final**
(909) 981-0250
Mountain Ave & Foothill, Upland
Opens at 7:30 a.m. For Senior Shopping

**Stater Bros. Market**
(909) 982-3514
Foothill Blvd & Mountain Ave, Upland
Opens at 7:45 a.m. For Senior Shopping

**Stater Bros. Market**
(909) 981-3237
Mountain Ave & 16th Street, Upland
Opens at 7:45 a.m. For Senior Shopping

**Walmart Neighborhood Market**
(909) 942-4931
Foothill Ave & Grove Ave, Upland
Opens Every Tuesday 6:00 a.m. - 7:00 a.m. For Senior Shopping

**Whole Foods**
(909) 579-2670
Baseline Rd & Monte Vista Ave, Upland
Opens 7:00 a.m. - 8:00 a.m. For Senior Shopping
The 2020 Census Has Started To Make Door To Door Visits To Collect Information From Those Individuals Who Have Not Yet Submitted Their Information. If Someone From The Census Department Comes Knocking At Your Door, Please Make Sure You Ask For Their Census Identification. For More Information, Please Visit Their Website At www.My2020census.gov

Due to the current COVID-19 public health emergency, State, County and Community Representatives are discussing potential changes to the way the 2020 Presidential General Election is conducted to better protect the safety of voters, election workers, and volunteers. For more information, please call (909) 387-8300 or Visit www.sbcountyelections.com/voting.aspx
Gibson Cooling Station

The Gibson Senior Center is a designated cooling station when temperatures reach 100 degrees or higher.

You can bring your bottled water, favorite book or magazine to read in our dining room.

Facial masks will be required and the 6ft. separation will be enforced.

There will be no accommodations for electronical device usages.

For more information call (909) 981-4501. As space is limited.

George M. Gibson Senior Center
250 N. 3rd Avenue
Upland, Ca 91786
Cooling Centers Nearby

Please call locations to confirm available hours.

Anthony Munoz Community Center, 1240 W. Fourth St. Ontario
(909) 933-3596

Archibald Library, 7368 Archibald Ave, Rancho Cucamonga
(909) 477-2720

Armstrong Community Center, 12655 Palmetto Avenue, Ontario
(909) 395-2020

Chino Branch Library, 13180 Central Avenue, Chino
(909) 465-5280

Chino Hills James S. Thalman Library, 14020 City Hall Dr, Chino
(909) 590-5380

DeAnza Community & Teen Center, 1405 S. Fern Street, Ontario
(909) 395-2030

Dorothy A. Quesada Community Center, 1010 S. Bon View Ave, Ontario
(909) 395-2300

George M. Gibson Senior Center, 250 N. 3 Ave, Upland
(909) 981-4501
James L. Brulte Senior Center, 11200 Baseline Rd, Rancho Cucamonga  
(909) 477-2780

Montclair Library, 9955 Fremont Avenue, Montclair  
(909) 624-4671

Ontario Senior Center, 225 E. B Street, Ontario  
(909) 395-2021

Ovitt Family Community Library, 215 E. C Street, Ontario  
(909) 395-2004

Paul A. Biane Library, 12505 Cultural Center Drive, Rancho Cucamonga  
(909) 477-2720

Westwind Community Library, 2455 Riverside Drive, Ontario  
(909) 395-2506
6 Ways to Eat Well As You Get Older

1. Know what a healthy plate looks like
   See how to build a healthy plate at ChooseMyPlate.gov

2. Look for important nutrients
   Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

3. Read nutrition labels
   Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

4. Use recommended servings
   Learn the recommended daily servings for adults aged 60+ at heart.org

5. Stay hydrated
   Water is an important nutrient too! Drink fluids consistently throughout the day.

6. Stretch your food budget
   Get help paying for healthy food at BenefitsCheckUp.org/getSNAP
Slips, Trips and Falls

stair
irregular
obstructed view
warning signs
equipment
shop floor
weather hazards
rugs
debris
hole
cleaning
good housekeeping
injuries
falls
mats
obstacles
uncovered cables
being aware
worn shoes
wet surfaces
poor lighting
shortcuts
attention
preventing
ladders
slips