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!

It's hard to believe that we are in the midst of summer already, and the new school year for most has already begun! Needless to say, these past months, our day to day lives have taken on a tremendous challenge to adjust to many changes.

For some, they are very difficult changes, especially for those that are use to going out and maintaining a social life. For others, some may just glide along smoothly with whatever life throws at them.

But whatever your style of adjustment is, always remember that changes can bring positive growth if you are open to it. This is a time where we can reflect on ways we want to make changes in our thinking, changes for our health and changes when it comes to our personal relationships & activities. Do the old ways of thinking and handling situations serve you anymore? There is nothing wrong with Self-Improvement. Have you ever wanted to learn a second language but never had the time? Have you ever wanted to try cooking a new meal but felt very unsure how to?

In this issue we are offering ideas and ways to help you stray out of your comfort zone and challenge yourself to be the best version of yourself possible by taking on something new and different. Because its never too late to learn something new!

Please contact the Gibson office if you need any assistance.

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
Are You Up For The Challenge?
It’s Never Too Late To...

Learn A Different Language!
Download The Fun & Free Duolingo App To Your Cell Phone And Start Learning A New Language Today.
For Computer Use Visit,
www.Duolingo.com

Learn To Make Healthy Meals!
Try Your Hand At Making Easy Healthy Meals.
Visit www.cleanfoodcrush.com To Try One of Their Many Yummy Recipes!

Take An Online Special Interest Course!
Want To Learn How To Make A Butterfly Garden?
Please Visit www.udemy.com/course/create-a-butterfly-garden/
Or You Can Browse Their List of Online Classes They Offer At...
www.udemy.com
Some Prices May Apply.
Cooling Station

The Gibson Senior Center Will Be Open This Friday, August 14, & Saturday, August 15th, 11:00 a.m. - 6:00 p.m. As A Cooling Station.

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.

Call (909) 981-4501 For More Information.
Friday, August 21, 2020

We Would Like To Show Our Appreciation To You By Offering You A Complimentary Chicken Sandwich Meal, Provided By:

Chick-fil-a®

Beginning, Monday, August 17th, Call The Gibson Front Office To Reserve Your Meal and You Will Be Provided With A Time Slot For That Day To Stop By And Pick It Up.

909 981-4501

Meals Are Limited.
Desert

ADAPTED
BURROW
CLOUD FREE CONDITIONS
COLD OCEAN CURRENTS
DESERTS
EXTREME TEMPERATURES
HIBERNATE
HOT DAY
LONG ROOTS
NOCTURNAL ANIMALS
RAIN SHADOWS
SAHARA DESERT
SUCCULENTS

BIOMES
CACTUS ADAPTED
COLD NIGHT
DEHYDRATION
DRY CONDITIONS
HARSH CONDITIONS
HIGH PRESSURE
LEAVES STEMS OR ROOTS
MOUNTAIN RANGES
PLANTS AND ANIMALS
RAIN UNRELIABLE
SHORT LIFE CYCLES
THREE FACTORS
Color Your Stress Away!