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 Fall is here and before you know it, the holidays will be too! Even though we remain closed to the public, staff is still here working our hardest by planning and putting together upcoming “Social Safety” events that hopefully bring you the resources and information you need.

In this issue, you will find more ways on how to prepare for emergencies for the rest of September’s “National Preparedness” Month.

And with the flu season just around the corner, we still plan on offering our Annual Health & Wellness Fair, along with our Flu Shot Clinic! There will be vendors here in the parking lot, COVID-19 Tests, as well as a $3.00 BBQ Grilled Hot Dog Lunch Box!

Because your safety in participating in these events are important to us, we ask for your continued patience when attending. We ask that you arrive at your assigned time slots for the flu shots, as well as the COVID-19 Testing. We ask that you continue to wear your facial masks, as well as respect the 6 ft. distance guidelines that our County has enforced.

It makes us very happy that we can continue to serve you.

As always, Stay Safe!
2020 Health & Wellness Fair!

Friday, October 9, 2020
8:00 a.m. - 12:00 p.m.

The Gibson Senior Center Will Be Hosting
It’s Annual Health Fair & Flu Shot Clinic!
Free COVID-19 Tests Will Be Offered By The County of San Bernardino
Public Health Department. Please Call 909 387-3911
To Schedule Your COVID Test.

Flu Shots will be offered. Medicare & most Insurance plans accepted.
Please Bring Medicare & Health Insurance Card.
Please Call 909 981-4501 To Schedule Your Flu Shot.

Provided By: Albertsons VONS Pavilions

A Variety of Vendors Will Be On Hand!
&
A Grilled Hot Dog Lunch Box Will Be Available For $3.00.

Please Note, This Event Will Be In Compliance With The SB County
Safety Guidelines And Facial Masks Will Be Required.

George M. Gibson Senior Center, 250 N. 3rd Avenue, Upland, CA 91786 (909) 981-4501
Ways You Can Prepare For Emergencies!

Be prepared for the unexpected.
Have an emergency plan and kit ready regardless of the type of emergency.
Share your plan with trusted family members & friends.

Food & Water
Keep at least three days of non-perishable food in an airtight, waterproof container,
include a can opener in case food in is cans. Have at least three days worth
of water (a gallon per day) for drinking and sanitation.

Medicines & Medical Records:
Keep a list of medications and if possible an extra supply of medicines
taken on a regular basis in a waterproof container.

Important Documents:
Place copies of important documents in a waterproof container,
if possible, original documents should be kept with
a trusted family member or friend.

Helpful Necessities:
Battery powered radio, flashlights, extra batteries, first aid kit,
whistle to signal for help, extra facial masks, handi-wipes, extra chargers for
electronical devices such as cell phones, ipads & laptops.

And don’t forget about your pets!

For more information,
please visit www.ready.gov/seniors
Or call 1 800 BE-READY.
Grilled Hot Dog BBQ Lunch Box!

Friday, October 9th, 2020
11:00 a.m. - 12:00 p.m.
$3.00

Tickets Available For Purchase Beginning Wednesday, September 16th!

Come Grab & Take A Freshly Grilled Hot Dog Boxed Lunch!
Includes...
A Freshly Grilled Hot Dog, Chips, Fruit Cup, Dessert & Water.

For More Information Please Call
(909) 981-4501

George M. Gibson Senior Center
250 N. 3rd Avenue
Upland, Ca 91786
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
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
COVID-19 TESTS (909) 387-3911  www.sbcovid19.com

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
Healthy Foods
Hard Word Search

ALMONDS
BEANS
BROWN RICE
CELERY
CORN
EGGS
OATMEAL
SALMON
TOMATOES
WATERMELON
ZUCCHINI

APPLES
BLUEBERRIES
CARROTS
CHEESE
CRANBERRIES
LEMONS
ORANGES
SPINACH
WALNUTS
WHOLE GRAINS

BANANAS
BROCCOLI
CASHEWS
CHICKEN
CUCUMBERS
LETTUCE
POTATOES
TOFU
WATER
YOGURT