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!

September is National Preparedness Month, and in the next couple of issues for this month, we will be offering simple ways on how you can be prepared in case of an emergency.

For more information, please visit www.ready.gov/september
September Is National Preparedness Month

It is recognized each September to promote family and community disaster planning now and throughout the year. As our nation continues to respond to COVID-19, there is no better time to be involved this September.

Here are ways you can prepare.

1. Get Informed
2. Plan Ahead
3. Make a Kit, For You & Your Pet
1. Get Informed

Know what disasters could affect your area, which could call for an evacuation and when to shelter in place. Know where your local shelters are. Keep a radio tuned to your local emergency station and monitor TV, radio and follow mobile alert and mobile warnings about severe weather in your area.

2. Make a Plan

Determine any special assistance you may need and include in your emergency plan. Create a support network of family, friends, and others who can assist you during an emergency and share and practice your disaster plans with them. Make sure that someone has an extra key to your home, and know where you keep your emergency supplies and how to use lifesaving equipment or administer medicine. If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify back-up service providers.

3. Make A Kit

Gather supplies that will last for several days after a disaster for everyone living in your household, including your pets. Be sure to include any special needs they may require.

For more information, please visit www.ready.gov/september
Preparing Your Pets For Emergencies

Just as you do with your own planning, don’t forget about your pets and what they may need when preparing your emergency preparedness kit.

Food:
Keep at least three days of food in an airtight, waterproof container.

Water:
Store at least three days of water specifically for your pets.

Medicines & Medical Records:
Keep an extra supply of medicines your pet takes on a regular basis in a waterproof container.

Collar with ID Tag, harness or leash:
Include a backup leash, collar and ID tag in your pet’s emergency supply kit.

Crate or Other Pet Carrier:
If you need to evacuate in an emergency situation take your pets with you, provided that it is practical to do so. Make prior arrangements to have a trusted friend or family member to take care of your pets if needed.

Familiar Items:
Put favorite toys, treats, bedding & puppy pads, etc. in your pets kit. Familiar items can help reduce stress for your pet.

Important Documents:
Place copies of your pets registration information, adoption papers, vaccination documents and medical records in a waterproof container and also add them to your own kit.

For more information, please visit www.ready.gov/seniors
In Observance of Grandparents Day This Month,
The Gibson Senior Center Would Like To Honor You By
Treating You To An Ice Cream Cup! Just Stop By
The Senior Center on Wednesday, September 16th,
Between 10:00 a.m. - 12:00 p.m.
To Pick Up Your Free Ice Cream Cup!...No Reservations Needed.

George M. Gibson Senior Center, 250 N. 3rd Avenue, Upland, Ca, 91786
(909) 981-4501
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.feedingamericaiie.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