



Moorpark
Life can be this good

Moorpark Active Adult Center **News**

October 2020 Vol. 29 No. 10



Hello!

The AAC Staff hopes this newsletter finds you healthy while you continue to practice social distancing and staying safe at home. We know it has been hard to find creative ways to keep busy, but we hope this newsletter helps. Even if you are just going out for a walk or staying in touch with friends online we encourage you to stay busy and safe during this unusual time. Since the center closed in March, staff has been working hard to offer virtual activities, so keep reading and check out the virtual events, classes and information that we have for you.

Remember that staff is here Monday through Friday from 8am to 4pm to answer any questions you might have. We are here to help.

799 Moorpark Ave., Moorpark, CA 93021

Monday—Friday: 8:00 a.m. - 4:00 p.m.

Saturdays & Sundays: CLOSED

Email: AAC@moorparkca.gov

www.moorparkca.gov

805-517-6261—General inquiries and reservations

805-517-6262—Senior Nutrition Program



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Closures

The Moorpark Active Adult Center is closed until further notice. Staff is on-site M-F 8am-4pm to answer questions via phone or email.



Staff:

Wendy Hibner, AAC Supervisor

Gilbert Lozano, Recreation Coordinator

Janet Harter, Senior Nutrition Coordinator

SOCIAL MEDIA

The Moorpark Active Adult Center is now on Facebook! Please like and follow the Moorpark Active Adult Center Facebook page for information regarding local senior programming and stay up-to-date on any COVID related changes in Moorpark.

We hope to start a few virtual classes soon, so let us know what classes would interest you. Please email comments or questions about virtual classes to aac@moorparkCA.gov.



COMMUNITY TESTING

COUNTY OF VENTURA **VENTURA COUNTY HEALTH CARE AGENCY**

COVID-19 TESTING

The County of Ventura has expanded free COVID-19 testing throughout the county for residents who have the slightest suspicion of having COVID-19 or have been exposed to someone with it. You don't need to have health insurance, but may be asked for it if you do.

Symptoms of COVID-19 can be:

- Cough or shortness of breath
- OR other symptoms: fever greater than 100.4°F, chills, muscle pain, headache, sore throat, new loss of taste or smell

Close contact means:

- Sharing a home
- Being closer than 6 feet for more than 10 minutes without wearing a mask
- Having contact with the bodily fluids (spit, blood) of the sick person through coughing, sneezing, sharing utensils

OPTUMSERVE STATE LOCATIONS

COVID-19 testing for all community members. Please register by calling or registering online.
Online: www.lhi.ca.gov/covidtesting • **Phone:** 1-888-634-1123 • **Hours of Operation:** Monday-Friday 8am - 8pm

Oxnard Performing Arts Center
800 Hobson Way, Oxnard, CA 93030

Thousand Oaks Library - Newbury Park Branch
2331 Borchard Road, Newbury Park, CA 91320

DRIVE-UP TESTING SITES

Hours of Operation: Monday-Friday 10am - 7pm • No appointment or insurance is needed

Moorpark College
7075 Campus Rd.
Moorpark, CA 93021

Ford Dealership
128 S. Hallock Dr.
Santa Paula, CA 93060

Oxnard College (Weekend Hours)
4000 S. Rose Ave., Oxnard, CA 93033
Friday-Tuesday 10am - 7pm

WALK-UP TESTING SITE

No appointment or insurance is needed • **Hours of Operation:** Monday-Friday 9am - 6pm
Ventura County Fairgrounds - 10 W. Harbor Blvd in Ventura - Enter at Gate 2

VENTURA COUNTY URGENT CARE LOCATIONS

For pre-screening and appointment, call the hotline at 805-652-7668.

OXNARD	VENTURA	EAST COUNTY
Las Islas Family Medical Group South 325 West Channel Islands Blvd., Oxnard, 93033 Open 7 days/week from 8am - 5pm	Academic Family Medicine Center 300 Hillmont Ave., Bldg. 340, Ventura, 93003 Monday-Saturday 8am - 4pm	Conejo Valley Family Medical Group 125 W. Thousand Oaks Blvd., Suite 200 Thousand Oaks, 91360 Open 7 days/week from 8:35am - 4:30pm
Magnolia Family Medical Center 2240 E. Gonzales Rd., Oxnard, 93036 Monday-Friday 8:30am - 5pm	West Ventura Medical Clinic 133 W. Santa Clara St., Ventura, 93001 Open 7 days/week from 8am - 5pm	Sierra Vista Family Medical Clinic 1227 East Los Angeles Ave., Simi Valley, 93065 Monday-Friday 8am - 5pm and Saturday and Sunday 8am - 2pm
	SANTA CLARA RIVER VALLEY Fillmore Family Medical Group 828 W. Ventura St., Fillmore, 93015 Monday-Friday 8am - 5pm	

COPING WITH STRESS

This is a very stressful time for most people. If you are feeling overwhelmed, unsafe, or need immediate help, you can call:

» 911

» Disaster Distress Helpline: 1-800-985-5990, or text TalkWithUs to 66746 <https://www.samhsa.gov/disaster-preparedness>

» National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or Lifeline Crisis Chat <http://www.suicidepreventionlifeline.org/>
<http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

» National Domestic Violence Hotline: 1-800-799-7233 <https://www.thehotline.org/>

» Veteran's Crisis Line: 1-800-273-TALK (8255) <https://www.veteranscrisisline.net/>

MEDICARE 2021

2021 Medicare Changes Presentation October 13, 1-2pm via ZOOM

The presentation will be hosted by the Health Insurance Counseling & Advocacy Program (HICAP). You will learn about any Medicare changes for 2021. Bring your questions!

To register, email the AAC at AAC@MoorparkCA.gov with your name and email address with "HICAP" in the subject line. We will then send you a link to the zoom meeting.

Please call or email the AAC if you need help setting up zoom. We would love to help! (805)517-6261 or AAC@MoorparkCA.gov.





Ventura County Area Agency on Aging **MEDICARE OPEN ENROLLMENT ONE-STOPS**

The Ventura County Area Agency on Aging's Health Insurance Counseling and Advocacy Program (HICAP) will be hosting One-Stops to assist local residents with navigating 2021 Medicare Open Enrollment.

Open Enrollment Runs from October 15th through December 7th

Online and telephone options available
In-person appointments available on case-by-case basis
One Stops are by appointment only
No walk-ins will be accepted

Online and telephone appointments will be available for the duration of Open Enrollment. In-person appointments will be available on a case-by-case basis every Thursday at the VCAAA office beginning October 22nd. Please visit www.vcaaa.org to complete the Part D comparison form or call us at (805) 477-7300 ext. 5 for more information. For additional information or to make an appointment, e-mail HICAP@Ventura.org.



HEALTH & FITNESS



Espie and Lia's Line-Dancing Class

Thursdays at 10:30am *NO CLASS ON OCTOBER 15*

The class will be recorded and posted to our webpage, so if you miss the class, you will be able to watch at your convenience. Email the Active Adult Center at aac@moorparkCA.gov with your name and email address with "line-dance" in the subject line to be included in the zoom call. We will provide the Zoom class link along with the class playlist and step sheets on the Wednesday before class.



The AAC will hopefully start Linda's beginners line dance class via Zoom in November.

More details to come!

National Institute on Aging (updated links)

The National Institute on Aging is providing workout videos to help you fit exercise and physical activity into your daily life even when you are at home.

Building strength: <https://www.youtube.com/playlist?list=PLmk21KJuZUM6kZzsR2aeT-NXYW2Kkitxp>

Stretching: <https://www.youtube.com/playlist?list=PLCCD15A44D95DBCDF>

Balance: https://www.youtube.com/playlist?list=PLmk21KJuZUM6_Gy9jxzF9sTO_6u_tYCOm

AARP 15-Minute Workouts

AARP is providing free 15-minute workouts that can be done from home. Visit <https://www.aarp.org/health/healthy-living/info-2019/get-moving.html> for the workouts and more information.

Do Yoga With Me

Free yoga classes are available online and can be done in the comfort of your own home. Yoga improves your strength, flexibility and mind. Videos are available online at www.doyogawithme.com.

PUZZLES (ANSWERS ON NEXT PAGE)

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

- | | | |
|------------|----------------|----------------|
| AMULET | CONJURE | POTION |
| APPARITION | EERIE | PUMPKIN |
| BATS | FRIGHTFUL | SKELETON |
| BLACK CAT | GHOST | SPELL |
| BOO | GOOSE BUMPS | SPOOKY |
| BRIMSTONE | JACK-O-LANTERN | TRICK OR TREAT |
| CACKLE | MOON | TWILIGHT |
| CAULDRON | MYSTERIOUS | WITCH |
| COBWEB | PHANTOM | |



Solve these visual word puzzles by looking for clues in the placement, color, or number of words. Have fun!

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat & ga
5. T B Bush A E	6. 1. Blame 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. MONSTER!

Halloween Word Scramble

Unscramble the Halloween words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

OYPKSO	<input type="text"/>								
LABKC	<input type="text"/>								
OLSETENK	<input type="text"/>								
NTHAEDU EUHOS	<input type="text"/>								
ATHPNOM	<input type="text"/>								
RIMG EPERAR	<input type="text"/>								
AUONDLCR	<input type="text"/>								



Q. What is a witch's favorite food?

Halloween Sudoku

Fill in the grids so that each column, row, and box contains one and an only one of the letters from the given word.

D			
S			H
W		O	S
O	S		D
D			W
			H

SHADOW

P	I		
S	E		
D	P		
		P	R
		D	E
	R	I	

SPIDER

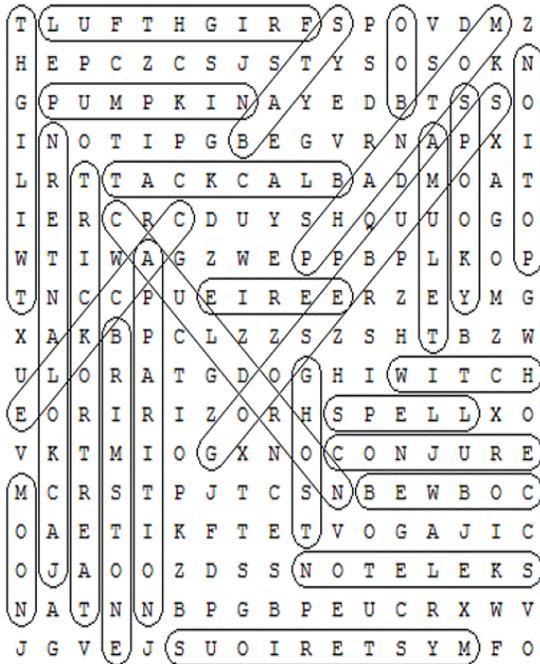
I			M
Z	O		I
E			Z
	B		Z
I		Z	M
Z			I

ZOMBIE

		N	E
R	O		
			O
N			
		R	G
G	A		

ORANGE

PUZZLE ANSWERS



1. Adding Insult to Injury
2. A Bit Under the Weather
3. The Ball Is In Your Court
4. Let the Cat Out of the Bag
5. Beat Around the Bush
6. No One To Blame
7. Yellow Belly
8. Take From the Rich and Give to the Poor
9. Three Blind Mice
10. A Green Eyed Monster

Halloween Word Scramble

SOLUTION

- OYPKSO S P O O K Y
- LABKC B L A C K
- OLSETENK S K E L E T O N
- NTHAEDU EUHOS H A U N T E D H O U S E
- ATHPNOM P H A N T O M
- RIMG EPERAR G R I M R E A P E R
- AUONDLCR C A U L D R O N

Q. What is a witch's favorite food?

G O U L A S H

Halloween Sudoku

SOLUTIONS

H	D	W	S	O	A
S	O	A	D	W	H
W	A	H	O	D	S
O	W	S	H	A	D
D	H	O	A	S	W
A	S	D	W	H	O

R	P	D	I	E	S
S	I	E	R	D	P
D	E	P	S	R	I
E	D	I	P	S	R
I	R	S	D	P	E
P	S	R	E	I	D

O	I	Z	E	B	M
B	Z	O	M	E	I
E	M	I	B	Z	O
M	B	E	I	O	Z
I	O	B	Z	M	E
Z	E	M	O	I	B

G	O	R	N	E	A
R	E	O	A	G	N
A	N	E	G	R	O
N	R	G	O	A	E
E	A	N	R	O	G
O	G	A	E	N	R

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BLOOD DRIVE

WE'RE ALL
IN THIS
Together



**Supervisor Huber's Office
BLOOD DRIVE**

Moorpark Community Center - Apricot Room
799 Moorpark Ave
Moorpark, CA 93021

**Thursday, October 15, 2020
9:00 a.m. to 3:00 p.m.**

To make your life-saving appointment, please visit: www.RedCrossBlood.Org and enter sponsor code: VCHuber

All blood donations are now tested for COVID-19 antibodies.
redcrossblood.org/antibodytesting

**Streamline your donation experience and save up to 15 minutes by
visiting RedCrossBlood.org/RapidPass to complete your
pre-donation reading and health history questions on the day of
your appointment.**

Schedule a blood donation appointment today:

Download the Blood Donor App | RedCrossBlood.org | 1-800-RED CROSS | 1-800-733-2767

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[211] - order ID: 110499 - Item ID: 4657235 - Qty: 1 of 1 - 0507094 - 2015-APJ-01555-AR05 - 211823

SENIOR NUTRITION PROGRAM



VENTURA COUNTY
AREA AGENCY ON AGING
To Serve. To Guide. To Envision.

The Moorpark Active Adult Center is one of several county-wide meal sites offered through the Ventura County Area Agency on Aging. The Senior Nutrition Program provides nutritionally balanced meals in a congregate setting, as well as home delivered meals, to seniors age 60+. To encourage the stay safe at home order, Home delivered meals (HDM) are available to all people, age 60 and older, and reside within Moorpark city limits. A combination of hot, frozen, and fresh meals are delivered by staff. To receive an application for Home Delivered Meals service, please contact the Active Adult Center Senior Nutrition Coordinator at 805-517-6262. The Senior Nutrition Coordinator will contact the applicant to discuss program details and eligibility requirements.



Ventura County Area Agency on Aging EatFresh.Org Mini Course

Healthy eating doesn't have to be confusing. This four-week online course is designed to boost nutrition, cooking, and healthy living knowledge for people 60 and older. Participants will learn how to eat healthy, save money, and cook easy and tasty meals. Classes are taught by a registered dietitian and are held Tuesdays from 1 p.m. – 1:45 p.m.

Class Dates:

October 13th
October 20th
October 27th
November 3rd

To register call (805) 406-8332 or e-mail Dietitian.RealFood@ventura.org.



*This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
This institution is an equal opportunity provider.*

COMMUNITY RESOURCE GUIDE

Never Underestimate the Power of Community

Your Best Advantage Is Knowing Your Options

If you're facing difficulties balancing your energy needs and household costs, Southern California Edison (SCE) provides assistance and resources that can help. Take a look at the programs we offer to help reduce your monthly energy costs, as well as the programs the government offers to help you manage your budget more effectively. For more information about the various programs offered and eligibility requirements, refer to the contact information provided with each listing.



Assistance & Resources

Discounted Rate Programs **1-800-798-5723**

We have two programs designed to help eligible individuals and families who may need support meeting their energy costs. The California Alternate Rates for Energy (CARE) program may provide a discount of approximately 30% on your energy bill, while our Family Electric Rate Assistance (FERA) plan offers a discount on electric bills if you have three or more people in your household and you exceed your baseline electricity usage by more than 30%.

Energy Assistance Fund **1-800-205-8596**

If you're struggling to pay your bills and you meet the eligibility requirements, the Energy Assistance Fund can help. Based on the actual amount of money you owe, this program could provide you with a one-time supplement of up to \$100 every 12 months toward the payment of your energy bill.

Medical Baseline **1-800-447-6620**

If you depend on electrically-powered medical equipment or have specific medical conditions, you may qualify for an additional baseline energy allowance to help with your equipment's monthly energy costs.

Level Pay Plan **1-800-434-2365**

Your monthly budget is easy to stick to when you let us divide your annual energy charges into 11 equal monthly payments. There is a month 12 settlement bill so you still pay the same annual amount, but you'll know how much money to budget monthly.

Payment Arrangements & Extensions **1-800-655-4555**

We understand there are times when you're not able to pay your current bill in full. If you find yourself in this situation, contact us so we can discuss a payment extension or a more flexible payment plan that works for you.

Energy Savings Assistance Program **1-800-736-4777**

This program can help you lower your energy costs by replacing your current working household refrigerator, cooling system, lighting, and more with energy-efficient models.*

Budget Assistant **1-800-655-4555**

Set an energy-spending goal and stay on track with free alerts that can help you avoid high-bill surprises and stay within budget.

Choose Your Due Date **1-800-655-4555**

You can select the time frame for your bill's due date that is the most convenient for you. You can select a date range of the beginning, middle, or end of the month.

General Questions and Information

Visit [sce.com/billhelp](https://www.sce.com/billhelp) or call:

English	1-800-655-4555
Spanish / Español	1-800-441-2233
Cambodian / ខ្មែរ	1-800-843-1309
Chinese / 中文	1-800-843-8343
Korean / 한국어	1-800-628-3061
Vietnamese / Tiếng Việt	1-800-327-3031

Government & Community Programs

These community, county, and government plans are here to assist you and your family. In addition, our partnership with the American Red Cross offers emergency training that can make an important difference in a crisis situation.

Low Income Home Energy Assistance Program

1-866-675-6623

csd.ca.gov

If you qualify, you can receive financial assistance to offset energy costs or have your home weatherized through the Home Energy Assistance Program.

CalFresh Program

1-877-847-3663

calfresh.ca.gov

The CalFresh Program supplements your food budget by offering monthly benefits through an electronic card. Use the card to purchase food at participating stores. Participants must meet program qualifications, and terms and conditions apply. This program is not affiliated with SCE.

Social Security Administration

1-800-772-1213

socialsecurity.gov

Social Security Administration programs are a great resource for qualifying customers, helping with retirement planning, Medicare prescriptions, and financial assistance. These programs are not affiliated with SCE.

American Red Cross

prepareocal.org

We're partnering with the American Red Cross to increase emergency preparedness throughout Southern California. Our joint effort, PrepareSoCal, will help save lives by teaching people how to stay safe and how to respond to emergencies.

Dial 2-1-1 for Free Help or go to 211.org



2-1-1 is a free, confidential phone service available 24/7 to assist you and your family during emergencies and with everyday needs. Services vary by community, but the list below gives a well-rounded sampling of the help that may be available to you:

- Financial / Public Assistance Programs
- Housing Assistance / Emergency Shelter Programs
- Parenting Resources
- Mental Health Services
- Legal Services
- Food Bank / Hot Meal Center Information
- Employment Services
- Transportation Services

* For the Energy Savings Assistance Program, not all services may be available in all areas, and a co-payment may be required in some instances.

Funding for many programs is provided on a first-come first-served basis and is subject to change without notice. This information is provided for information purposes only. The 2-1-1 service is not available in all communities in California as of 2009. SCE does not endorse and is not a participating agent in these programs.

MOORPARK ACTIVE ADULT CENTER

City of Moorpark
799 Moorpark Avenue
Moorpark, CA 93021

Features This Month:

- AAC Facebook—Like and Follow Us!
- Virtual Medicare Presentation
- Virtual Line Dancing
- Blood Drive
- Virtual Senior Nutrition Classes



Place Mailing Label Here

AGES 55+ ARE INVITED TO PARTICIPATE IN ACTIVE ADULT CENTER ACTIVITIES.

The Moorpark Active Adult Center News is published by the Moorpark Active Adult Center. The Center welcomes your comments, suggestions and questions regarding our monthly newsletter. Please call or write:

EDITOR

Moorpark Active Adult Center
799 Moorpark Avenue
Moorpark, CA 93021
Monday - Friday, 8:00 a.m. - 4:00 p.m.
phone: 805-517-6261 Fax: 805-532-2549
Email: AAC@moorparkca.gov
805-517-6261 for general inquiries and reservations
805-517-6262 for the Senior Nutrition Program

CITY HALL

799 Moorpark Avenue
Moorpark, CA 93021
805-517-6200
Website: www.moorparkca.gov

Ventura County Area Agency on Aging

Delegates: Sandra Fide

Local Emergency Updates:

Website - www.moorparkca.gov
TV - Channel 10 (local Gov. access)
Radio, Primary - KHAY (FM) 100.7
KVEN (AM) 1450

