

Resources/Recursos

Adult Protective Services	1(800) 491-7123
Alzheimer's Association alz.org	1(800) 272-3900
American Society on Aging	1(800) 537-9728
Blindness Support Services	(951) 341-9244
Caregivers Alzheimer's Association	1(800) 272-3900
Community Action Partnership	(951) 955-4900
City of Jurupa Valley	(951) 332-6464
Community Connect	1(800) 465-1123
Dial-A-Ride	1(800) 795-7887
Elder Abuse Hotline	1(800) 677-1116
Fair Housing Council of Riverside County	(951) 682-6581
Family Caregiver Alliance	1(800) 445-8106
Feeding America	(951) 359-4757
HICAP Health Insurance Counseling	(909) 256-8369/1(800) 434-0222
ICLS-Inland County Services, Ins.	1(800) 977-4257
Inland Counties Legal Services/Senior Hotline.....	(951) 320-7500
Jurupa Area Recreation Park District	(951) 361-2090
Meals on Wheels	(951) 683-7151
Medicare	1(800) 633-4227
Office on Aging/County of Riverside	(951) 867-3800
Poison Control Hotline	1(800) 222-1222
Riverside County Veterans Services	(951) 955-3060
Rubidoux Resource Center	(951) 328-1575
Sherriff's (Jurupa Valley)	(951) 955-2600
Social Security Administration	1(800) 772-1213
Veteran's Assistance	1(800) 827-1000

Due to COVID-19, masks, social distancing, and other guidelines provided by the CDC, State, or County may also be required at the time of events.



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under agreement with the City of Jurupa Valley



5888 MISSION BLVD. JURUPA VALLEY, CA. 92509

(951) 275-9975

VOL. 2 ISSUE 3 •
JANUARY, FEBRUARY, MARCH 2022

THE EDDIE DEE NEWS



Newsletter of the Eddie Dee Smith Senior Center

5888 MISSION BLVD. JURUPA VALLEY, CA. 92509

(951) 275-9975



As this new year is upon us and we reflect back on the past couple of years let us plan our intentions for ourselves. What are some things that you want to do? Maybe socialize more, exercise more, and probably eat more nutritious. Here at the EDS center we have what you're looking for to accomplish those intentions. Take a look inside this issue and get involved.



Como este nuevo año está sobre nosotros y reflexionamos sobre los últimos dos años, planifiquemos nuestras intenciones para nosotros mismos. ¿Qué es algo que quieres hacer? Tal vez socializar más, hacer más ejercicio y probablemente comer más nutritivo. Aquí en el centro de EDS tenemos lo que estás buscando para lograr esas intenciones. Revisa este boletín y participa en las actividades.

Center Hours

MONDAY-FRIDAY

8:00AM-3:00PM

Email

EDSSC@JARPD.org

CENTER STAFF

DEBBIE PATTERSON
Recreation Coordinator

JANET PALACIO
Recreation Specialist



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FSA-Senior Nutrition Lunch Program

Monday - Friday/Lunes - Viernes

11:30am - 12:30pm

To schedule a reservation for the senior nutrition lunch program, please call (951) 275-9975. A 24 hour notice is required for all lunch reservations. Para programar una reservacion para el programa de almuerzo, llame al (951) 275-9975. Se requiere un aviso de 24 horas para todas las reservas de almuerzo.

Feeding America-Food Pantry

1st Thursday of the month/ Primer Jueves del mes
By appointment only/ Por cita solamente.

To schedule an appointment for the Food Pantry, please call (951) 275-9975 on Tuesday the week of pick-up. You Must bring a cart.

Para programar una cita para recoger la comida, llame al (951) 275-9975 los lunes de cada semana. Debe traer su propio carrito.

Orange County Food Box

Last Monday of the month/ Ultimo Lunes del mes
10:00am-1:00pm

Eddie Dee Smith Senior Center

*Drive up outdoor pick-up. Conduzca hasta la recogida al aire libre.

Pick-up the last Monday of the month.

Please call (714) 897-6670 for more information.

Llame para mas informacion.

"If you can't feed a hundred people, just feed one."

"Si no puedes alimentar a cien personas, solo dale de comer a una."

-MOTHER TERESA



Medicare Resources

RECURSOS DE MEDICARE

Lecture Table Dates

FECHAS DE MESAS DE LECTURA

Date	Time	Agency
1/4/22	10:30am-1pm	ANTHEM
1/10/22	8:30am -10:30am	ANTHEM *Sweet Bread/Pan Dulce
1/21/22	10am-1pm	Monica Ruiz
2/9/22	10:30am-1pm	SCAN
2/18/22	10am-1pm	Monica Ruiz
2/28/22	11am-1pm	ANTHEM *Ice Cream Social
3/3/22	10:30am-12pm	SCAN
3/18/22	11:30-12:30pm	Monica Ruiz

Zumba Gold Returns!

Zumba Regresa

Join Elia from RCHF as she host Zumba Gold for the months of January and February at the center.

Únase a Elia de RCHF como presentadora de Zumba Gold durante los meses de Enero y Febrero en el centro.

Fridays/Viernes
9:00 am -10:00 am



Tax Preparation Day!

Preparación de Impuestos

Wednesday/Miercoles

10:00 am -11:00 am

Come and meet Charles Clinton from Community Action Partnership who will be answering all your Tax questions for 2021.



Venga y conozca a Charles Clinton de Community Action Partnership, quien responderá todas sus preguntas sobre impuestos para el 2022.

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Thank you

Alexander Family

Amistad Medical Clinic

Anthem Blue Cross

Baker's Drive-Thru

Monica Ruiz

Riverside Community Health Foundation

SCAN Health

For more information on how to become a sponsor, call (951) 275-9975.



Sponsorship/Patrocinio

The Eddie Dee Smith Senior Center can only achieve its goals with assistance of generosity from members of our community. Without this assistance serving those in our area, would not be possible. Please consider sponsoring, we appreciate any contribution towards the center's program and activities that serve our 55+ community.

El Centro para Personas Mayores Eddie Dee Smith solo puede lograr sus objetivos con la ayuda de la generosidad de los miembros de nuestra comunidad. Sin esta ayuda, no sería posible servir a los que se encuentran en nuestra área. Considere patrocinar, apreciamos cualquier contribución al programa y las actividades del centro que sirven a nuestra comunidad de 55+.



scan HEALTH PLAN
3800 Kilroy Airport Way Suite 100 Long Beach, CA 90806

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Sales Representative
1-951-505-3341
wmoyano@scanhealthplan.com
scanhealthplan.com/sales/walthermoyano
Se habla español
License #: 0H68128



St. Patrick's Day Word Search

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

	CLOVER COINS CORNED BEEF TRADITION GREEN	IRELAND IRISH LEPRECHAUN LUCK MARCH	PARADE PATRICK POT OF GOLD RAINBOW SHAMROCK	
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Para mas informacion, favor de llamar al Centro al (951) 275-9975 or visite www.JARPD.org

JANUARY

Get Organized Month

This upcoming year brings us a fresh new start. January is the month to get organized. setting intention for the new year can be stressful. start off with something small. Here is a useful tip to begin your organizational journey, also don't forget to visit the Organizational workshop in February to help with the process.

The 4 box Method

- Keep it until I die (Sentimental Value)
 - Appraise & Sell (Items of Value)
 - Keep with me (Unsentimental items)
 - Garage Sale/Donation (Unwanted items)
-

Mes de Organizaje

Este próximo año nos trae un nuevo comienzo. Enero es el mes para organizarse. establecer la intención para el nuevo año puede ser estresante. Empiece con algo pequeño. Aquí hay un consejo útil para comenzar su viaje organizacional, también no olvide visitar el taller organizacional en Febrero para ayudar con el proceso.

El método de las 4 cajas

- Guárdalo hasta que muera (Valor sentimental)
- Tasar y vender (artículos de valor)
- Quédate conmigo (artículos no sentimentales)
- Venta/donación (artículos no deseados)

Upcoming Activities

Proximas actividades

Food Pantry Bag

Bolsa de Alimentos
January/Enero 6

Smart Phone Training

Android
January/Enero 14
9:00am - 11:00am

Wreath Class

Clase de Corona
January/Enero 13 & 27
9:00am - 11:00am

Monthly Birthday Celebration

Celebracion de Cumpleaños
January/Enero 21

Smart Phone Training

Android
January/Enero 28
9:00am - 11:00am

BOOK YOUR NEXT EVENT WITH US!

Salon de Fiestas Para Rentar

Celebrate with Us!

SPECIAL OCCASIONS!

The Jurupa Area Park District offers facilities with a wide range of amenities to meet your personal or professional needs.

RENT A FACILITY!

Our Event Room and Dining Room at the Eddie Dee Smith Senior Center are the perfect venues for your wedding reception, quinceañeras, birthday party, or other special occasion.



Locations Include:

- Jurupa Community Center
- Veterans Memorial Community Center
- SkyView Event Center
- Eddie Dee Smith Senior Center
- Picnic Shelters
- and much more!

FOR PRICING AND AVAILABILITY INFORMATION, PLEASE CALL THE CENTER!



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Saludos en Español

M A S O M E N O S P D T S V S V U
 Ñ O G E U L A T S A H M O A T F L
 L C L V F B U E N A S N O C H E S
 E L S A A T T V Ñ F O T A A A S C
 E O E L N H G A M U L U R D N A O
 R T D O A F T R C E N I O S A I M
 G S R H Ñ H T C A T L S Ñ O D D A
 L U A D A O B P P C O G E I R S L
 S G T S M D R N N E I V S D O O Ñ
 P O S E A P I E Ñ C U A E A V N Ñ
 P H A Ñ T S P I V O F G S L A E E
 M C N O S V R B U D R B F V F U F
 G U E R A A A T I R O Ñ E S R B R
 P M U Ñ H Ñ M P P U E V O P O C O
 I M B O F I C D Ñ O F U E Ñ P E U
 U C O M O T E L L A M A S B T S D
 F T M E L L A M O Ñ U G M F V E L

Gracias	Por favor	Adios	Hola
Mucho gusto	Hasta luego	Hasta mañana	Mas o menos
Mal	Bien	Me llamo	Como te llamas
Señorita	Señora	Señor	Buenas noches
Buenas tardes	Buenos dias		

Broma del Boletín Trimestral

Ayer tuve una entrevista.

- Me preguntaron: ¿Nivel de inglés?
 - Alto.
- Diga "memoria" en inglés.
 - *Memory*.
- Póngalo en una frase.
- Salté por una ventana y *memory*.



Mask Policy Reminder

In order to maintain our facility open, the Eddie Dee Smith Senior Center Staff is asking you to help us by following the guidelines that are in place.

We are risking our ability to maintain our center open by not following the policy.

We ask that you do your part in helping us keep the center safe and well for everyone by wearing your mask at the center.

Recordatorio de Polica

Sobre el Tapa Bocas

Para mantener nuestras instalaciones abiertas, el personal del centro para personas mayores Eddie Dee Smith le pide que nos ayude siguiendo las pautas vigentes.

estamos arriesgando nuestra capacidad de mantener nuestro centro abierto al no seguir la política.

Le pedimos que haga su parte para ayudarnos a mantener el centro seguro y saludable para todos usando su máscara en el centro.

Upcoming Activities

Proximas actividades

Food Pantry Bag

Bolsa de Alimentos
February/Febrero 3

Wreath Class

Clase de Corona
February/Febrero 10 & 24
9:00am - 11:00am

Smart Phone Training

Android
February/Febrero 11
9:00am - 11:00am

Ladies Mini Spa Day

Dia de Spa Damas Solamente
February/Febrero 14
12:30pm - 2:45pm

Monthly Birthday Celebration

Celebracion de Cumpleaños
February/Febrero 18

Smart Phone Training

iphone
February/Febrero 18
9:00am - 11:00am

F E B R U A R Y

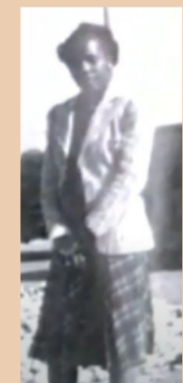
Black History Month!

Mes de la Historia AfroAmericana

February is Black History month and what better way to honor our very own Eddie Dee Smith. Eddie Dee has a life-long impact in our community. Her journey in helping others began in the 1940's. This month we would like to celebrate the legacy Eddie Dee left behind, especially a place that pays tribute to her. For the reason that our members have a place to come together to enjoy.



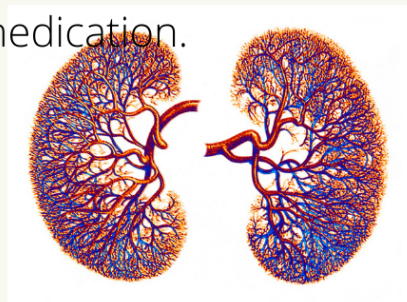
Febrero es el mes de la Historia Afroamericana y qué mejor manera de honrar a nuestra propia Eddie Dee Smith. Eddie Dee tiene un impacto de por vida en nuestra comunidad. Su viaje para ayudar a los demás comenzó desde la década en 1940's. Este mes nos gustaría celebrar el legado que Eddie Dee dejó, especialmente un lugar que le rinde homenaje. Por esta razón nuestros miembros tienen un lugar para reunirse y disfrutar.





March is a great reminder to check on your kidneys. Kidneys play an important role for three major reasons. 1: They regulate water. 2: They remove waste and regulate minerals. 3: They produce hormones. Schedule a check up. Here is what else you can do to protect your kidneys:

Control your blood pressure, exercise often, cut out processed foods, and reduce over the counter pain medication.



Marzo es un gran recordatorio para controlar sus riñones. Los riñones juegan un papel importante por 3 razones principales. 1: Regulan el agua. 2: Eliminan los desechos y regulan los minerales. 3: Producen hormonas. Programe una revisión a su doctor. Unas recomendaciones que puede hacer para proteger sus riñones:

Controle su presión arterial, haga ejercicio con frecuencia, elimine los alimentos procesados y reduzca los analgésicos de venta sin receta.

Upcoming Activities

Proximas actividades

Food Pantry Bag

Bolsa de Alimentos
March/Marzo 3

Wreath Class

Clase de Corona
March/Marzo 10 & 24
9:00am - 11:00am

Smart Phone Training

Android
March/Marzo 11
9:00am - 11:00am

Monthly Birthday Celebration

Celebracion de Cumpleaños
March/Marzo 18
11:30am - 12:30pm

Smart Phone Training

Android
March/Marzo 25
9:00am - 11:00am

Classes & Workshops Talleres & Classes

Vision & Compromiso

1/10/22: Ansiedad
1/24/22: Esquizofrenia
1/31/22: Bipolaridad
2/7/22: Efectos del Alcohol & Drogas

Lunes

9:00 am - 11:00 am

**Class held in Spanish*

Amistad Medical Clinic

Nutrition Class Painting Class

1/11/22	1/18/22
2/15/22	2/22/22
3/15/22	3/22/22

Tuesday/Martes

9:00 am - 11:00 am

Blindness Support Services

Monday/Lunes

10:00 am - 12:00 pm

1/10/22 Money Management/Administracion del dinero
2/14/22 Organization Skills/Habilidades Organizativas
3/14/22 Dinning Etiquette/Etiqueta de comedor

Cool/Warm Center

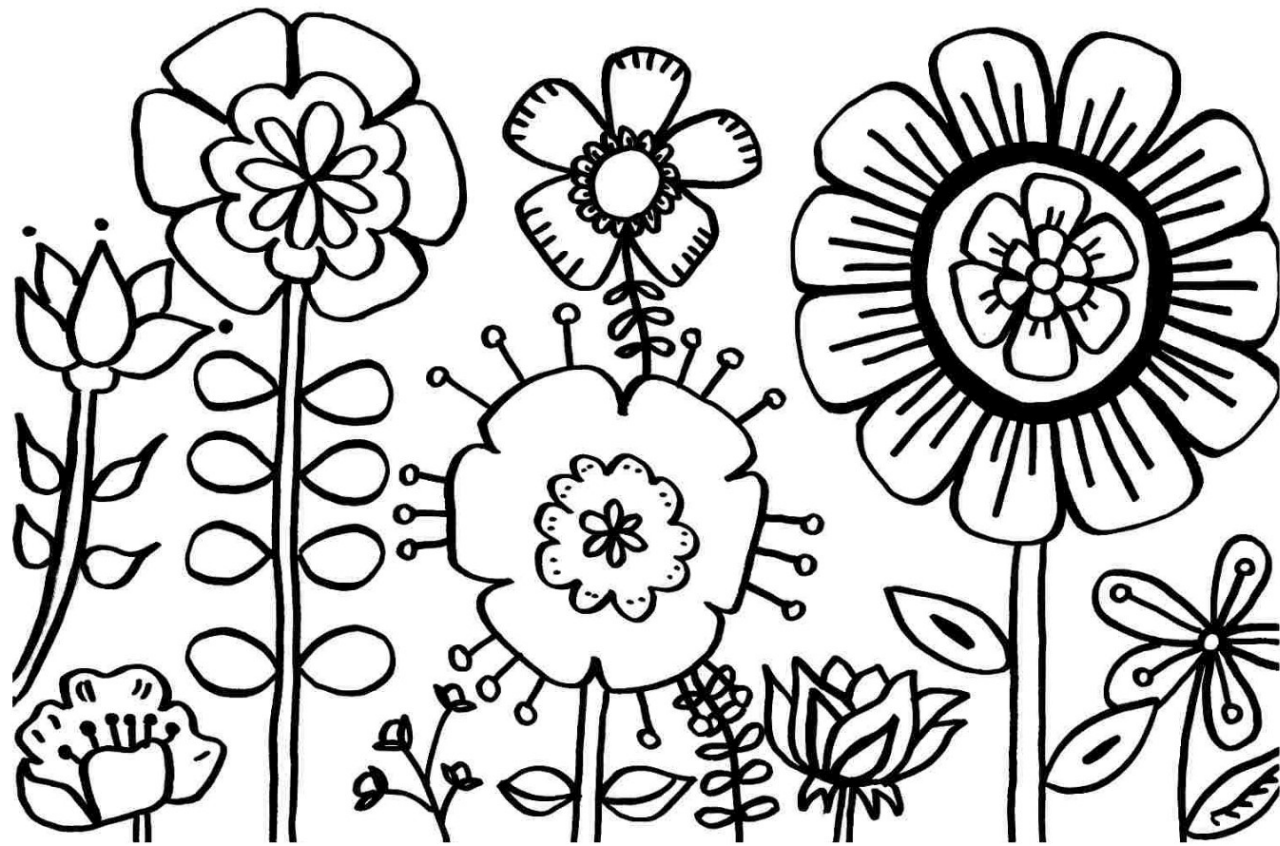
Seniors Only 55+
Monday – Friday
10:00a.m. to 3:00p.m.

When temperatures are forecast to exceed 97°F or below 40°F.

In partnership with the County of Riverside's Community Action Partnership, the Center will act as Cool/Warm Center for vulnerable seniors in need of temporary relief from the heat or cold, under certain weather conditions.

Cuando se pronostica que las temperaturas excederán los 97 ° F o por debajo de los 40 ° F.

En asociación con la Asociación de Acción Comunitaria del Condado de Riverside, el Centro actuará como Centro Cool / Warm para personas mayores vulnerables en Necesidad de un alivio temporal del calor o el frío, en determinadas condiciones climáticas.



Joke of the Quarterly Newsletter

A middle aged woman had a heart attack and was taken to the hospital. While on the operating table, she had a near death experience.

Seeing God, she asked, "Is my time up?" God said, "No, you have another 43 years, 2 months and 8 days to live." Upon recovery, the woman decided to stay in the hospital and have a face lift, liposuction and tummy tuck. Since she had so much more time to live, she figured she might as well look even nicer.

After her last operation, she was released from the hospital. While crossing the street on her way home, she was hit and killed by an ambulance. Arriving in front of God, she demanded, "I thought you said I had another 40 plus years? Why didn't you pull me out of the path of the ambulance!?"

God replied, "My child, I am sorry, I didn't even recognize you



CENTER EVENTS & ACTIVITIES



Eventos & Actividades del Centro



Valentine's Day Social - Senior Dance

SOCIAL DE SAN VALENTIN - BAILE

**Food
Dancing**

Sweetheart Dance
Friday, February 11th
4 -7pm

\$15 a ticket pre-sale
\$20 at the door

Space is limited!

RSVP
REQUIRED

**Comida
Baile**

Baile de los Enamorados
Viernes, 11 de Febrero
4 -7pm

\$15 por boleto preventa
\$20 en la puerta

Espacio Limitado!

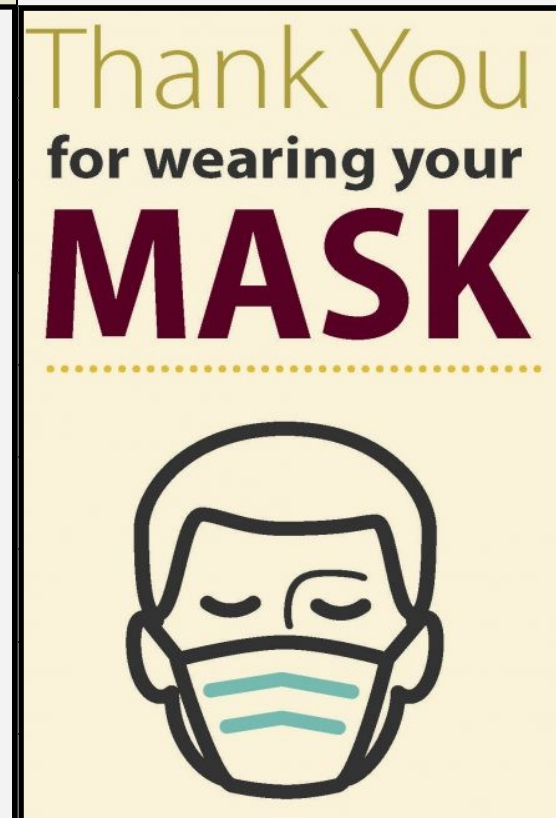
For more information, please call the Senior Center office at
(951) 275-9975 or visit www.JARPD.org

Eddie Dee Smith Senior Center

Monday		Tuesday		Wednesday	
8:30 - 10:30	Coffee Social	8:30 - 10:30	Coffee Social	8:30 - 10:30	Coffee Social
10:00 -11:00	BEI Class *1/24	8:30 - 9:30	Stretch & Flex	8:00 - 10:00	Queen of the Hill (Ladies Only)
11:30-12:30	Lunch Program	10:00 -2:00	Sewing Club	8:30 - 10:30	Painting Club
12:00 –3:00	Crochet Club	11:30 -12:30	Lunch Program	11:30 -12:30	Lunch Program
Lunch Program Programa de Lonche 11:30 — 12:30 pm Reservations Required Se requieren reservaciones		12 - 3pm	Ceramics Class	12:00 - 2:00	*Quilting
		<i>Gracias Por Usar Su Tapa Bocas!</i>		<i>*Food Pantry days may affect class times. Please check with the front desk for class times.</i>	



Wreath Class
January 13, 27
February 10, 24
March 10, 24
 9:30AM - 11:30AM



Thank You
 for wearing your
MASK

Programming Schedule

Thursday		Friday		Ongoing Activities	
8:30-10:30	Coffee Social	8:30—10:30	Coffee Social	8:00-3:00	Billiards
8:30 - 9:30	*Stretch & Flex	9:00 - 10:00	Zumba Gold	8:00-3:00	Computer Lab
11:30-12:30	Lunch Program	10:00 - 1:00	Watercolor	8:00-3:00	Gym
12:00-3:00	Mexican Train	11:30 -12:30	Lunch Program	8:00-3:00	Library

March 17, Wear Green
 Marzo 17, Use Verde
 February 14, Wear Red
 Febrero 14, Use Rojo



January 17th
 February 21st

11:30-12:30 Birthday Celebration (3rd Fri)
 11:00- 3:00 Canasta



**VOLUNTEERS
 MAKE A
 DIFFERENCE**

Center Hours
 Monday-Friday
 Lunes a Viernes
 8:00A - 3:00P

Sat & Sun
 Available for
 Rentals

*Centro disponible para fiestas



Special Events/Eventos Especiales :
 Monthly Birthday Celebrations/Celebraciones de Cumpleaños Mensuales
 3rd Friday of the month/3er viernes del mes