

City of Torrance

5-0 and on the go!

Promoting fitness, fun, and friendships

APRIL 2020



The health and safety of our residents and visitors is our highest priority, and the City of Torrance is striving to provide service while following local, state, and federal guidelines for preventing the spread of COVID-19. Therefore, the Bartlett and Tillim Senior Centers will be closed until further notice, and our senior citizens programs offered at the Russ Nolte Annex, Ken Miller Recreation Center, and Walteria Park are canceled.

We are disappointed that we have had to make these difficult decisions and we will reassess their status on a weekly basis. We will also continue to monitor COVID-19 and its effect on the public closely to make the best informed decisions.

We thank everyone for their patience, support and understanding - we look forward to welcoming our seniors back soon.



Torrance Cares 2-Go

This program is intended to support Torrance Residents including: seniors (60 years of age and older), those with disabilities, and with underlying health conditions during the COVID-19 pandemic; so they can be successful in their "Safer at Home" efforts. The Torrance Cares 2-Go Care Package provides 18 pre-selected essential grocery and sanitary items that are sourced from an area grocer.

Limit 1 order per household, per week, while supplies last. Care packages will be delivered by City Staff to this at-risk population once a week.

Due to the popularity of this service and to meet the demands of the at-risk community, we are now offering a new lower price of \$55. The \$55 care package may include items on the original 18 essential items list but some may vary. Items are not guaranteed and subject to availability.

If you would like to donate to help a senior, donations can be made by check made out to the City of Torrance and noted for Torrance Cares 2-Go. Send to the attention of: Shant Megerdichian, General Services Director, 3031 Torrance Blvd., Torrance CA 90503

For more information please call 310-618-6339



CitiCABLE PRESENTS: COVID-19 TODAY

Monday to Thursday at 4 P.M.

Friday to Sunday at 2 P.M.

Catch Torrance CitiCABLE's newest program "COVID-19 TODAY" and get daily live updates on the coronavirus health crisis and its impact here in Torrance.



TORRANCE GROCERS ACCOMMODATING VULNERABLE GROUPS



3455 Sepulveda Blvd.
(near Target)
7 to 7:30 a.m. - exclusive shopping for seniors 60+

5035 Pacific Coast Hwy
(PCH/Calle Mayor)
7 to 7:30 a.m. - exclusive shopping for seniors 60+

1770 W. Carson Street
(Carson/Abalone)
7 to 7:30 a.m. - exclusive shopping for seniors 60+

2909 Rolling Hills Road
(Rolling Hills Rd/Crenshaw)
7 to 7:30 a.m. - exclusive shopping for seniors 60+



5130 190th Street.
(190th / Anza)
7 to 8 a.m. (Tue & Thu)
Shopping for age 65+

1824 W. 182nd St.
(182nd/Western)
7 to 8 a.m. (Tue & Thu)
Shopping for age 65+



24325 Crenshaw Blvd.
(Crenshaw/Lomita)
7 to 9 a.m. (Mon-Fri) - Seniors, pregnant women, customers with disabilities & compromised immune systems

4705 Torrance Blvd.
(Torrance/Anza)
7 to 9 a.m. (Mon-Fri) - Seniors, pregnant women, customers with disabilities & compromised immune systems



19340 Hawthorne Blvd.
(Hawthorne/Del Amo)
6 to 7 a.m. Tuesdays reserved for seniors 60+



2640 Lomita Blvd.
8 to 9 a.m. (Tue & Thur) reserved for seniors 60+



2655 Pacific Coast Highway
(Rolling Hills Plaza)
7 to 8 a.m. - exclusive shopping for seniors 60+



3433 Sepulveda Blvd.
1st hour each Wednesday reserved for elderly and those with underlying health concerns



19720 Hawthorne Blvd.
(Torrance Promenade)
Seniors 65+ may bypass the line

2545 Pacific Coast Highway
(Rolling Hills Plaza)
8 to 9 a.m. daily, special line for seniors 65+



2601 Skypark Drive
7 to 9 a.m. (Tue & Thu)
Drive-up concierge orders for seniors and at-risk members



4848 W. 190th Street
(190th/Anza)
8 to 9 a.m. (Tue & Thur)
reserved for senior shoppers



2755 Pacific Coast Highway
(PCH/Crenshaw)
7:30 to 8 a.m. - reserved for seniors 65+ and customers with disabilities

17500 Crenshaw Blvd.
(Crenshaw/Artesia)
7:30 to 8 a.m. - reserved for seniors 65+ and customers with disabilities

21035 Hawthorne Blvd.
(Hawthorne/Torrance)
7:30 to 8 a.m. - reserved for seniors 65+ and customers with disabilities



3525 W. Carson Street
(Del Amo Fashion Center)
8 to 9 a.m. Saturdays
Reserved shopping for seniors and pregnant women

Delivered Meals: These two agencies will provide home delivered meals to seniors.



Torrance-South Bay Family YMCA (310) 602-4909



MEALS
ON WHEELS

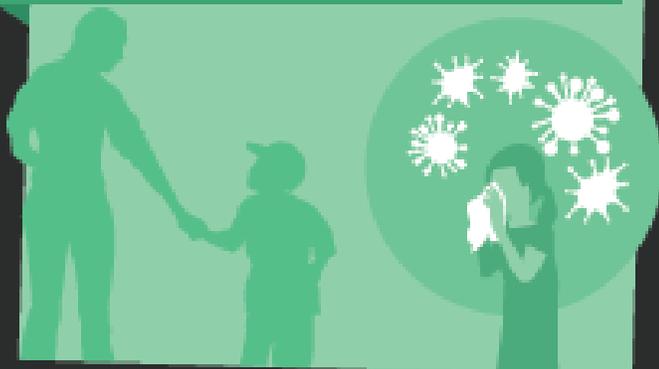
Torrance-Lomita Meals on Wheels (310) 542-3434

Serving Torrance and Lomita, California

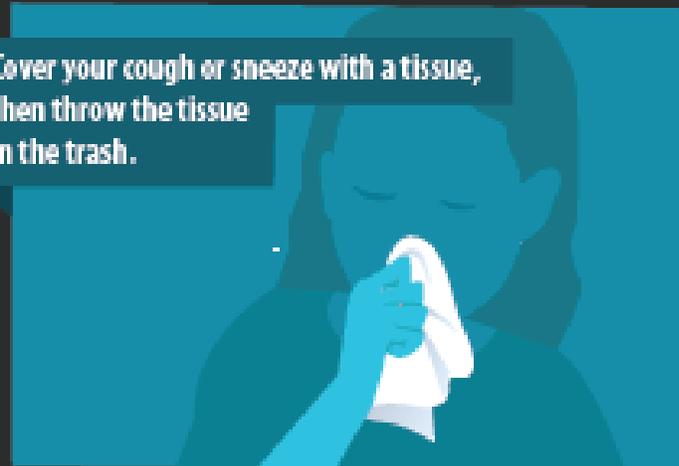
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

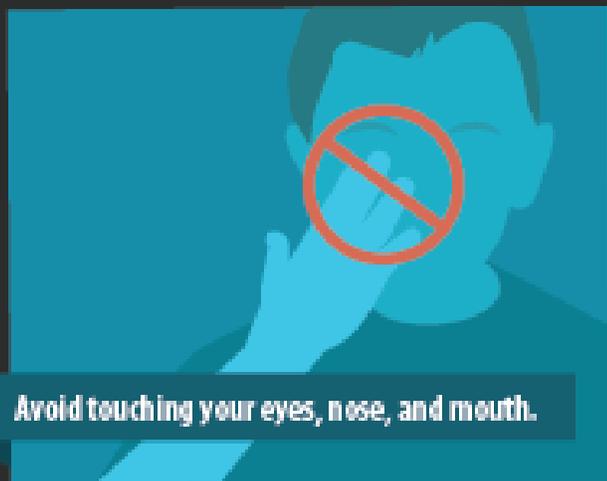
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)



When there is an emergency, get the information first with **TorranceAlerts**, the City of Torrance early warning notification system.

TorranceAlerts is our mass emergency notification system that enables you to receive early warning notifications concerning emergency events such as an earthquake, fire, public health emergency or similar situation. A **TorranceAlert** will be sent when the City is informing you of a “call to action”, such as evacuate, avoid, shelter, etc. to your telephone, email, and/or text. You can also download the app to receive notifications.

Individuals with disabilities who need assistance registering for **TorranceAlerts** may call the Interactive Communications Office at 310.618.5762 during regular business hours: Monday – Thursday and alternate Fridays, 8 a.m. to 5 p.m or email us at TorranceAlerts@TorranceCA.Gov.

Coping with a Crisis



During a personal crisis, some people are more capable of bouncing back than others. That’s due to their resilience. Resilience is about more than coping; it’s about confronting crises without being overwhelmed. Resilient people are better able to handle life’s stressors and adapt to changing situations. You can develop resilience by improving self-esteem, cultivating a strong system of social support and taking care of their physical and mental health.

Here are some other tips for resilience in the face of crisis:

Maintain Strong Connections with Family and Friends - Having strong, positive relationships provides support that can help you weather tough times.

Avoid Viewing Problems as Insurmountable - Learn from past experiences and be confident that you will get through current ones, too.

Accept That Change is Part of Living - Accepting change makes it easier to move forward with your life.

Keep a Long-term Perspective and Hopeful Outlook - Set goals for yourself so that you have a direction for your future.

Take Care of Your Physical and Mental Health - It’s especially important when you are feeling stressed to continue to eat a healthy diet and get adequate sleep and regular exercise.

Self-care for Stress Relief

To feel your best, it is important to take care of yourself. That means eating well, exercising, keeping work and home life balanced and maintaining good relationships. There are times, however, when even these things can’t prevent stress and anxiety from creeping in. That’s why self-care is so important. Taking a small amount of time out of your busy schedule just for yourself is key to handling all your

duties while getting the most out of life. Try these tips to give yourself the attention you need to be your best.

Deep Breathing - Deep breathing focuses on using the diaphragm (the spot just under your rib cage) to draw slow, deep breaths into the lungs and to release them slowly. Take a couple of minutes every hour to practice some deep breathing.

Stretching - Stress often appears as tension in our necks, shoulders and head. Stretching exercises can relieve tension, make your body more flexible and produce a calming effect. Even just shrugging your shoulders, stretching your arms and rolling your neck a few times a day can have positive effects.

Meditation and Visualization - Meditation involves “quieting the mind” by blocking out sensory input and distraction, while visualization involves using the brain’s creative capacity to create a stress-free experience, much like daydreaming. Try to carve out 15 minutes daily to quiet you mind and body.

Muscle Relaxation - Progressive muscle-relaxation techniques involve systematically tensing, relaxing and visualizing each major muscle group. It is best to practice these techniques when you have about 20 minutes and are able to find a quiet place where you can lie down without being disturbed.

Calming Thoughts - Our thought patterns often cause or contribute to the stress that we are feeling. The next time you encounter a stressful situation, take a moment to tune into your thoughts and feelings. Write these thoughts down and then write down a more positive replacement.

Tips for maintaining Mental Health in times of Crisis

This is a stressful time for many. With the government and media sharing updates throughout the day and the fear of the unknown, it is understandable to feel overwhelmed, stressed and anxious. You are not alone.

Millions of people across the country are facing the same worries and challenges that you are. It’s important to take care of your mental health.

While practicing physical distancing, there are easy self-care strategies that can help reduce feelings of depression and anxiety, or prevent anxiety before it even starts.

- ✓ **Eat healthfully.** Keep your body in top working order.
- ✓ **Exercise.** Reduces symptoms of depression and anxiety, whether we’re working out at home or taking a solo jog around the neighborhood.
- ✓ **Practice relaxation therapy.** Focusing on tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed, stressed or anxious.
- ✓ **Let light in.** For some people, increased exposure to light can improve symptoms of depression. If you can, open the shades and let more sunlight in.
- ✓ **Be kind to yourself!** Treat yourself with the same compassion you would a friend.
- ✓ **Stay connected.** Even if you can’t get together face-to-face, you can stay connected to friends, family and neighbors with phone calls, text messages, video chats and social media. If you’re feeling lonely, sad or anxious, reach out to your social support networks.
- ✓ **Monitor media consumption.** While you might want to stay up-to the minute with COVID-19 news, too much exposure can be overwhelming. Balance media consumption with other activities you enjoy, such as reading, cooking or listening to music.

You can also contact the Substance Abuse and Mental Health Services Administration’s **(SAMHSA) Disaster Distress Helpline at 800-985-5990**, the National Suicide Prevention Lifeline at 800-273-8255 or text MHFA to 741741 to talk to a Crisis Text Line counselor.



GoldenTALK - 24hr Senior Chatline

(888) 60-GOLDEN OR (888) 604-6533

GoldenTALK is a chat and crisis line for Older Adults who are 60 years of age and older. The chat line assists senior facing social isolation through warm conversations and also provides referrals and works closely with multiple agencies within Los Angeles County in the event of a crisis.

Scams Amid the Coronavirus Pandemic

Listed are a few of the new coronavirus-related scams targeting seniors and other vulnerable populations, as well as the population at large:

Coronavirus vaccine scams: Fraudsters are calling seniors claiming to have a coronavirus vaccination or preventative medicine and seeking over-the-phone payment to reserve their dose.

Investments in research and development scams: Seniors are also receiving phone calls regarding investment opportunities in companies that are purportedly researching and developing a vaccine.

Government assistance scams: The FTC is warning the public about potential issues regarding government payouts, including potential scams related to fees or other charges, attempts to get personal information and the fact that there are currently no monies being paid out. Home sanitation scam: Seniors being targeted with phone or online offers to have their homes cleaned and sanitized, but these offers require prepayment.

Dangerous websites/email blasts: Law enforcement has noted an uptick in fake websites and emails with malicious attachments claiming to sell products that combat coronavirus or that have preventive tips and fake information about confirmed cases. These fraudulent websites may promote links that claim to let the user donate to victims or to offer resources and advice but that lead to malicious websites.

Cybersecurity concerns/malware attacks: Threats here include various coronavirus-themed domain names that infect visitor with malware, phishing emails from email addresses that mimic the CDC or WHO domains, and downloadable apps that purportedly offer coronavirus prevention content.

Sales pitches amid the stock market sell-off: And as with any significant decline in the markets, there are scammers seeking to take advantage of investors through promises of safety in precious metals or real estate, can't-miss investment opportunities.

Seniors are encouraged to be mindful of fraudsters' efforts to exploit this situation.

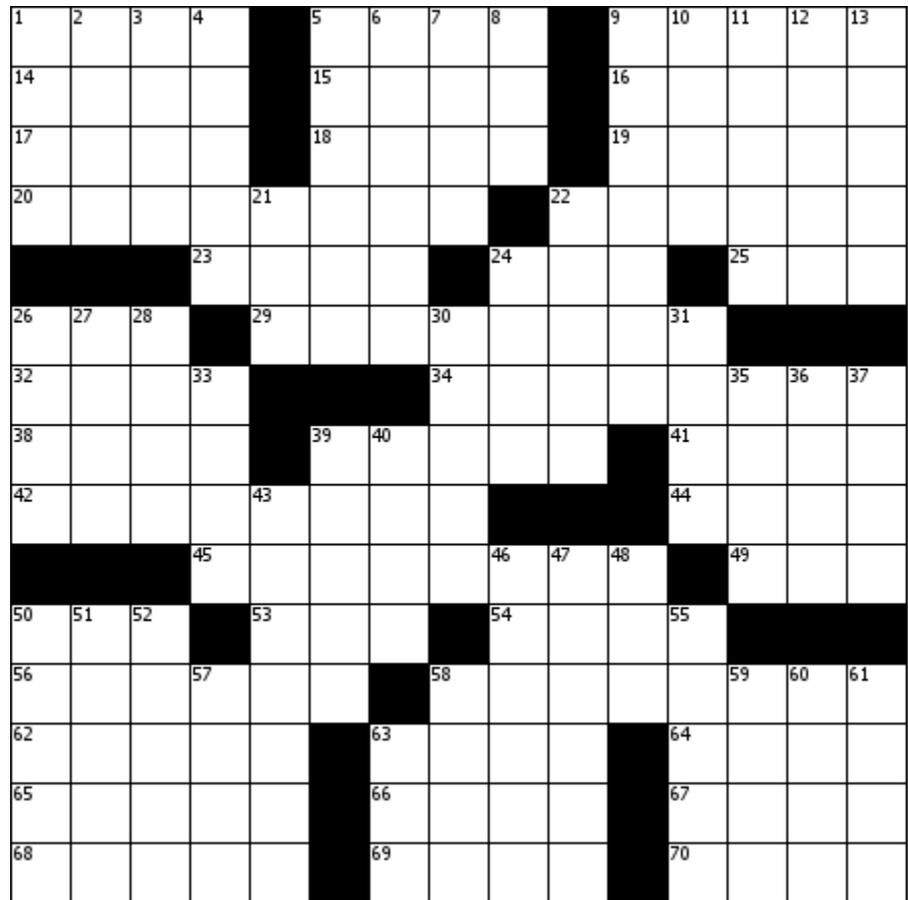
- Don't click on links from sources you do not know.
- Ignore online or telephone offers regarding vaccination. At this point in time, no vaccination for the coronavirus exists.
- Before donating, research charities that claim to aid those in need as a result of the coronavirus. The FTC warns people to avoid solicitations for donations made by cash, gift card, or money wire.
- Report suspected scams to authorities.



Spring Crossword

Across

1. Peruse
5. Mexican house
9. Irritating ones
14. Texas town
15. Upon
16. Edgar ____ Poe
17. In the center of
18. Mix
19. Andean animal
20. Statue base
22. Seesaw
23. Indian attire
24. Fedora, e.g.
25. Poet's "before"
26. Baby flower
29. Three-movement composition
32. Not ashore
34. Able to read
38. Large truck
39. Clairvoyants
41. Diva's song
42. Island off India (2 wds.)
44. Box tops
45. Raining ice



Down

1. Exchange
2. Showed up
3. Tart
4. Lymph ____
5. Cuban leader
6. Reach
7. Dirt
8. Mar. follower
9. Artist's board
10. She, in Toulouse
11. List of candidates
12. More docile
13. Kind of drum
21. Defunct USAF branch
22. Small pies
24. Inheritor
26. Freshwater fish
27. Operator
28. ____ Moore of "G.I. Jane"
30. Shoe spike
33. Is sick
35. Parched
36. Neat
37. Relaxation
39. Move stealthily
40. Makes do
43. Sports VIP (hyph.)
46. Take a breath
47. Sewing item
48. Goodness!
50. Potato state
51. Was furious
52. Change
55. Wilt
57. "The Diary of ____ Frank"
58. ____ cream
59. Jazz singer ____ Fitzgerald
60. Plant's beginning
61. Hurl
63. Explosive inits.





**CITY OF
TORRANCE**

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