By the time you read this, things may have changed—a lot.
As of Friday, March 13th, 2020, the Senior Center has been closed to the public until further notice.

We are currently serving a Grab’n’ Go Lunch from 11:00am-12:30pm, but all other activities have been cancelled or postponed.

Please call the center at 310.649.3319 or email the center at WESTCHESTER.SCC@LACITY.ORG for updates.

When we re-open, some things may change, so please be understanding. Miss you all! And stay safe!!

RESOURCES DURING THESE DIFFICULT TIMES

211—Los Angeles County Resource Line: Just dial 2-1-1

311—Los Angeles City Resource Line: Just dial 3-1-1

Senior Support Coalition: 310-695-7030 - Answering calls M-F 10am-4pm, WPV is providing information on various organizations that can provide help for Seniors in the Westchester, Playa Vista, Playa Del Rey, and Marina Del Rey communities.

I Did Something Good Today: 888-604-6533 - 24/7 Chat line for 60+ adults who are facing social isolation and/or who would like information on additional resources. I personally called the line to see what they’re about and the lady who answered was really nice. She said she’s volunteering to help seniors. She didn’t ask for my personal information or anything weird like that.

WSC Club
Book Club
Selection of the Month:
The Woman who Smashes Codes
by Jason Fagone
Next meeting:
April 26th @ 3:30pm
through ZOOM—an app. on your smart device.
Get your e-copy through the Library
# April 2020 Lunch Menu

All lunches served with 2% milk.  *Menu subject to change without notice.*

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>04/06</strong> BEEF SWEDISH MEATBALLS, WITH WG TARRAGON NOODLES, BEET SALAD, PEAS W/ ONIONS, BANANA</td>
<td><strong>04/07</strong> VEG BARLEY SOUP, OVEN FRIED CHICKEN, MAC &amp; CHEESE, SWEET POTATO, COLESLAW SALAD, FRUIT</td>
<td><strong>04/08</strong> TURKEY CHOW MEIN, JASMINE BROWN RICE, MIXED GREEN SALAD, FRUIT</td>
<td><strong>04/09</strong> BEEF CHEESE BURGER, WG BUN, ROASTED RED POTATO, CARROT/RAISIN SALAD, TAPIOCA OR RICE PUDDING, OJ</td>
<td><strong>04/10</strong> SPILT PEA SOUP, BAKED SALMON W/DILL SAUCE, WG ROLL, WHIPPED CAULIFLOWER, SPINACH SALAD, FRUIT</td>
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<td><strong>04/13</strong> EGG DROP SOUP, CASHEW CHICKEN, JASMINE BROWN RICE, CARROTS &amp; ZUCCHINI, MIXED FRUIT</td>
<td><strong>04/14</strong> BEEF STUFFED BELL PEPPER, WG ROLL, BROCCOLI, MIXED KALE &amp; BRUSSEL SALAD, VANILLA PUDDING</td>
<td><strong>04/15</strong> BUTTERNUT-SQUASH SOUP, BAKED FISH or vegetable quiche, VEG. BARLEY PILAF, PEAS &amp; ONIONS, SPINACH SALAD, ORANGE</td>
<td><strong>04/16</strong> CHICKEN DIJON, BROWN RICE PILAF, GREEN BEANS, BEET SALAD, FRESH FRUIT</td>
<td><strong>04/17</strong> MINESTRONE SOUP, VEGETABLE LASAGNA, MESCLUN MIX, FRUIT, OJ</td>
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<td><strong>04/20</strong> TOMATO BASIL SOUP, TUNA SALAD, WG ROLL, BROCCOLI SALAD, FRUIT</td>
<td><strong>04/21</strong> TANDOORI STYLE CHICKEN, PITA BREAD, BROWN RICE, GINGER CARROTS, MESCLUN SALAD, BANANA, OJ</td>
<td><strong>04/22</strong> SPAGHETTI W/ BEEF MEATBALLS, ITALIAN VEGETABLE MIX, CAESAR SALAD, FRUIT</td>
<td><strong>04/23</strong> TARRAGON TURKEY STEW, BISCUIT, GREEN SALAD MIX, FRUIT</td>
<td><strong>04/24</strong> TORTILLA SOUP, BBQ CHICKEN, WG ROLL, BLACK-EYED PEAS, CABBAGE-KALE SALAD, FRUIT</td>
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<td><strong>04/27</strong> ROAST TURKEY BREAST W/ GRAVY, WG BREAD STUFFING, WHOLE YAM, ROMAINE SALAD, FRUIT, OJ</td>
<td><strong>04/28</strong> POTATO LEEK SOUP, BAKED FISH or breaded fish, WG ROLL, GREEN BEANS, BEET SALAD, CHOCOLATE PUDDING</td>
<td><strong>04/29</strong> SW SHREDDED CHICKEN, CORN TORTILLA, PINTO BEANS, CABBAGE SALAD W/1000 ISLAND DRESSING, FRUIT CUP</td>
<td><strong>04/30</strong> RED BEAN GINGER SOUP, BEEF VEG STIR FRY, JASMINE BROWN RICE, SPINACH SALAD, BANANA</td>
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The lunches have been served every Monday-Friday from 11:00am (or 11:15am) until 12:30pm. Bring a bag to take home your meal.

Please call the Senior Center at 310-649-3319 before coming as things are changing daily. Remember to keep 6 feet between you and the other people in line —Thank you!
Is Your Dog a Service Animal?

Many people with disabilities use a service animal in order to fully participate in everyday life. Dogs can be trained to perform many important tasks to assist people with disabilities, such as providing stability for a person who has difficulty walking, picking up items for a person who uses a wheelchair, preventing a child with autism from wandering away, or alerting a person who has hearing loss when someone is approaching from behind.

The Americans with Disabilities Act (ADA) requires State and local government agencies, businesses, and non-profit organizations (covered entities) that provide goods or services to the public to make “reasonable modifications” in their policies, practices, or procedures when necessary to accommodate people with disabilities.

**DEFINITION OF A SERVICE ANIMAL:** Under the ADA, a service animal is defined as a dog that has been individually trained to do work or perform tasks for an individual with a disability. The task(s) performed by the dog must be directly related to the person’s disability.

**WHAT DOES “DO WORK OR PERFORM TASKS” MEAN?** The dog must be trained to take a specific action when needed to assist the person with a disability. For example, a person with diabetes may have a dog that is trained to alert her when her blood sugar reaches high or low levels. A person with depression may have a dog that is trained to remind him to take his medication. Or, a person who has epilepsy may have a dog that is trained to detect the onset of a seizure and then help the person remain safe during the seizure.

**ARE EMOTIONAL SUPPORT, THERAPY, COMFORT, OR COMPANION ANIMALS CONSIDERED SERVICE ANIMALS UNDER THE ADA?** No. These terms are used to describe animals that provide comfort just by being with a person. Because they have not been trained to perform a specific job or task, they do not qualify as service animals under the ADA. The ADA makes a distinction between psychiatric service animals and emotional support animals. If the dog has been trained to sense that an anxiety attack is about to happen and take a specific action to help avoid the attack or lessen its impact, that would qualify as a service animal.

**WHAT QUESTIONS CAN A COVERED ENTITY’S EMPLOYEES ASK TO DETERMINE IF A DOG IS A SERVICE ANIMAL?** In situations where it is not obvious that the dog is a service animal, staff may ask only two specific questions: 1) is the dog a service animal required because of a disability? and 2) what work or task has the dog been trained to perform?

**WHEN CAN SERVICE ANIMALS BE EXCLUDED?** The ADA does not require covered entities to modify policies, practices, or procedures if it would “fundamentally alter” the nature of the goods, services, programs, or activities provided to the public. Nor does it overrule legitimate safety requirements. If admitting service animals would fundamentally alter the nature of a service or program, service animals may be prohibited. In addition, if a particular service animal is out of control and the handler does not take effective action to control it, or if it is not housebroken, that animal may be excluded.

**WHAT DOES “UNDER CONTROL” MEAN?** The ADA requires that service animals be under the control of the handler at all times. In most instances, the handler will be the individual with a disability or a third party who accompanies the individual with a disability. The service animal must be harnessed, leashed, or tethered while in public places unless these devices interfere with the service animal’s work or the person’s disability prevents use of these devices. He may not allow the dog to wonder away from him and must maintain control of the dog. Under control also means that a service animal should not be allowed to bark repeatedly in a lecture hall, theater, library, or other quiet place. However, if the dog barks just once, or barks because someone has provoked it, this would not mean that the dog is out of control. If staff has asked the handler to control the service animal and he fails to do so, the staff may request that the animal be removed from the premises. Covered entities are not required to allow an animal to sit or be fed at the table.

Information taken from U.S. Department of Justice, Civil Rights Division, Disability Rights Section. Some questions and responses were shortened for space. For the complete document, go to [https://www.ada.gov/regs2010/service_animal_qa.html](https://www.ada.gov/regs2010/service_animal_qa.html).