



Arts and Crafts Classes

Fun & laughter
in our **FREE** classes.
Open to our older adult
clients — age 60 & over



Join us! Our senior arts and crafts classes are the perfect excuse for you to get out of your house.
Great people, great projects... great food!!!
Exclusively for our older adult clients to promote socialization.



The Mental Health of Older Adults is Improved by Social Activities

Activities Include:

- ♥ Weekly Support Groups
- ♥ Monthly Craft Class
- ♥ Targeted Workshops i.e. Fall Safety * Budgeting * Medicare
- ♥ Self-Help
- ♥ Quarterly Luncheons with Speakers
- ♥ Socialization Events



Following a confidential interview, we can determine if you qualify for:

- Counseling • HEAP
- Medi-Cal • CalFresh
- Weatherization
- Utility Assistance

All C.A.R.E. services
provided with
Compassion
Integrity
Respect
Dignity
Confidentiality



Contact: Margaret Tiefenthaler
C.A.R.E Program Lead
909-866-5247

This program can help:

- ♥ Improve family functioning
- ♥ Enhance social interaction
- ♥ Reduce stress and anxiety
- ♥ Improve quality of life
- ♥ Create sense of well being

Our staff develops activities throughout the year in the Big Bear Valley for Seniors aged 60 and older.

Our primary goal is to aid seniors in accessing all of the resources that are available to them such as:

MediCal; HEAP, CARE; IHSS (caregiving); CalFresh (Food Stamps); Veterans Affairs; APS (Adult Protective Services)



OUR VISION

EMBRACE those in crisis with short-term, emergency services

EQUIP individuals and families with program resources to help them on their journey

EMPOWER people to break the cycle of poverty, live with dignity and become self-sufficient

Lutheran Social Services PEI Older Adult Program

40880 Pedder Road
Big Bear Lake, CA 92315

Located in the PTL+ Building
X of Knickerbocker and Pedder

For more information, please call

Margaret Tiefenthaler
C.A.R.E. Program Lead
(909) 866-5247

Dial 7-1-1 for TTY users

mtiefenthaler@lsssc.org

LSS Main Office
41945 Big Bear Blvd., Suite 220
Big Bear Lake, CA 92315
909-866-5070



Behavioral Health

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C.A.R.E.

Community
Action
Response for
Elders

PEI Older Adult Services

