

Irvine Valley College Health & Wellness Center Newsletter

May 2020, Issue 6

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HEALTH AND WELLNESS
REIMAGINED



Hoag Now Offering Live Streaming Classes

Hoag is committed to keeping your employees healthy and is pleased to offer online classes to continue their health and wellness journey. Join our experts daily for classes that focus on a variety of topics that will make health a priority.

View our schedule of live stream classes at hoag.org/live-stream and join us today.

OUR SCHEDULE INCLUDES:

- 30-minute fitness classes
- Cooking demonstrations
- Nutrition tips from our Registered Dietitian
- Physician Presentations



FOOD RESOURCES

Community Resources | Call Each Location Prior to Visit

Food Resources for Families

Arbor Christina Fellowship: Free Food Distribution*

- Hours: First and Third Monday of each month. Arrive by 10:00 a.m.
- Phone: (949) 830-7473
- Location: [23302 El Toro Road, Lake Forest, CA 92630](#)

Calvary Chapel WestGrove: [Food Pantry](#)

- Food Distribution
- Hours: Wednesdays 5:30 p.m. – 6:30 p.m. and Fridays 3:00 p.m. – 4:50 p.m.
- Location: 12832 Knott Street, Garden Grove, CA 92841

Christ Cathedral: [Food Bank](#)

- Pre-bagged food distribution: Thursday, 10:00 a.m. - 2:00 p.m.
- Location: 13280 Chapman Ave, Garden Grove, CA 92840 by front gate of the property

Cool Water Ministries: [Mobile Food Pantry](#)

- Must be 13+ years of age.
- Hours: Fourth Saturday of the Month 12:00 p.m. – 1:30 p.m.
- Location: 515 East Almond Avenue, Orange, CA 92866

Christina Church Eben-Ezer*

- Hours: Fourth Saturday of the month at 11:30 a.m.
- Phone: (562) 458-4629
- Location: 555 Main Street, Tustin, CA 92780

Community Action Partnership and Power of One Foundation

- Providing Emergency Food Kits, one kit per car
- Hours: Saturday's 8 a.m. – 2 p.m.
- Location: Mainplace Mall 2800 N. Main Street, Santa Ana, CA 92705
- For more information, please visit www.capoc.org/resources

Family Assistance Ministries: [Food Bank](#)*

- Hours: Monday 10:00 a.m. – 6:00 p.m., Tuesday and Thursday 10:00 a.m. – 3:00 p.m., Friday 9:30 a.m. – 12:00 p.m., and second Saturday of every month 9:00 a.m. – 11:00 a.m.
- Phone: (949) 492-8477
- Location: 1030 Calle Negocio, San Clemente, CA 92673

Families Forward: [Drive Through Food Bank](#)*

- Drive through service including food and diapers
- Monday - Friday 10:00 a.m. - 2:00 p.m.
- Phone: (949) 552-2727
- Location: 8 Thomas, Irvine, CA 92618

Father Serra's Pantry/Mission San Juan Capistrano*

- Food distribution including infant formula
- Hours: Monday, Wednesday, Saturday 10:30 a.m. – 12:00 p.m.
- Phone: (949) 234-1302
- Location: 31641 El Camino Real, San Juan Capistrano, CA 92675

Food for Christ at the Rock: Drive Through Food Bank

- Hours: Drive through will be 7:00 am - 9:00 am on Saturday.
- Phone: (714) 331-6311
- Location: 101 East Orangethorpe Avenue, Anaheim, CA 92801

First United Methodist Church of Orange: [Sack Lunch Program](#)

- Small bag of nonperishables
- Hours: Monday-Friday 11:00 a.m. - 2:00 p.m.
- Location: 161 South Orange Street, Orange, CA 92866

H.O.P.E: [Food Pantry](#)*

- Pick up groceries by appointment only
- Phone: (714) 539-4357
- Location: 11022 Acacia Pkwy #C, Garden Grove, CA 92840

Helping Hands: Food Pickup*

- Food pickup sites may vary, call for more information
- Phone: (949) 230-7318
- Location: Dana Point

Mariners Church: [Food Pantry](#)

- Hours: Wednesday-Friday 9:00 a.m. – 1:00 p.m.
- Phone: 949-769-8131
- Location: 5001 Newport Coast Dr, Irvine, CA 92603

Someone Cares Soup Kitchen: [Free Meals*](#)

- Hours: Monday – Friday 12:00 p.m. – 3:00 p.m. and Saturday – Sunday 9:00 a.m. – 11:00 a.m.
- Phone: (949) 548-8861
- Location: 720 West 19th Street, Costa Mesa, CA 92627

Southwest Community Center

- Provides Hot Meals. Must Be Consumed off-site.
- Hot Meal Hours: Monday-Sunday 12:00 p.m.
- Food Pantry Hours: Monday and Wednesday 9:00 am-1:00 pm
- Phone: (714) 547-4073
- Location: 1601 West Second Street, Santa Ana CA 92703

South County Outreach: [Appointment Only Food Pantry](#)

- Food distribution will be by appointment only. Any shopper coming without an appointment will be directed to call the hotline.
- Phone: Pantry Hotline at 949-380-8144 ext. 207
- Location: 7 Whatney, Suite B, Irvine, CA 92618

South Shores Church: "Feed the Need" Food Distribution*

- Hours: Sunday mornings 11:30 a.m. – 12:30 p.m.
- Phone: (949) 234-1302
- Location: 32032 Del Obispo Street, San Juan Capistrano, CA 92675

St. Timothy's: [Drive Through Food Service*](#)

- Hours: Monday – Wednesday 9:00 a.m. – 11:00 a.m.
- Phone: (949) 249-4091
- Location: Laguna Niguel

Tustin Drive Through Food Drive

- Monday through Friday 9:00 a.m. – 1:00 p.m.
- Location: Families Together of Orange County Community Health Center, 621 West First St., Tustin CA, 92780

Saddleback Church: [Peace Community Resource Center Food Pantry*](#)

- Fresh and nonperishable grocery items, packages contain 5 days worth of food
- Families may receive assistance once every 30 days
- Locations: Anaheim, Irvine South, Laguna Woods, Lake Forest, Rancho Capistrano, San Clemente, Santa Ana, Norco, Torrance

Saint Paul's Episcopal Church

- Groceries
- Hours: Sundays 5:00 p.m. – 6:00 p.m.
- Phone: (714) 544-3141
- Location: 1221 Wass Street, Tustin CA 92780

Salvation Army Orange County: [Drive Through Food Distribution](#)

- Canned foods, produce, frozen goods
- Monday, Wednesday, Friday 9:00 a.m. – 1:00 p.m. and Tuesday, Thursday 2:00 p.m. – 6:00 p.m.
- For residents of North and Central Orange County - Bring ID
- May receive food once monthly, Must meet low income guidelines (TEFAP)
- Location: 1515 W. North Street, Anaheim, CA

The Salvation Army of Southern California

- Bring Picture ID
- Hours: Tuesday, Wednesday and Thursday 1:00 p.m.-4:00 p.m.
- Phone: (714) 832-7100
- Location: 10200 Pioneer Road, Tustin, CA 92782

Second Harvest Food Bank Drive Through

- Saturdays 9:00 a.m. to 12:00 p.m.
- Location: Honda Center parking lot: 2695 E. Katella Ave. Enter off South Douglass Road.

Serve the People: [Food Pantry*](#)

- Distribution of groceries, diapers, and hygiene items
- Hours: First and Third Saturdays of the month 6:00 a.m. – 9:00 a.m. Registration begins at 4:30 a.m.
- Phone: (714) 352-2911
- Location: 1206 E. 17th Street, Santa Ana, CA 92701

Health & Wellness Center
Center Hours and Services



Need Medical Consultation?

Our Medical Doctor and Nurse Practitioner are here for you! We are open Monday-Friday 9am-4:30pm via phone and Zoom conference for current registered students. For more information and to schedule an appointment, call the **Nurse Advice Line (949) 451-5687!**

Stressed? Anxious? Need to talk to someone?

Mental Health Therapists are available for current registered students! Our team of highly qualified therapists are available via Zoom conference. For more information and to schedule an appointment, call the **Nurse Advice Line (949) 451-5687!**

Quick Tip for Healthier Living

American Heart Association recommends 150 minutes of moderate intensity physical activity per week as tolerated. This means about 30 minutes of exercise per day for 5 days a week! For more information on staying heart healthy, visit www.heart.org.