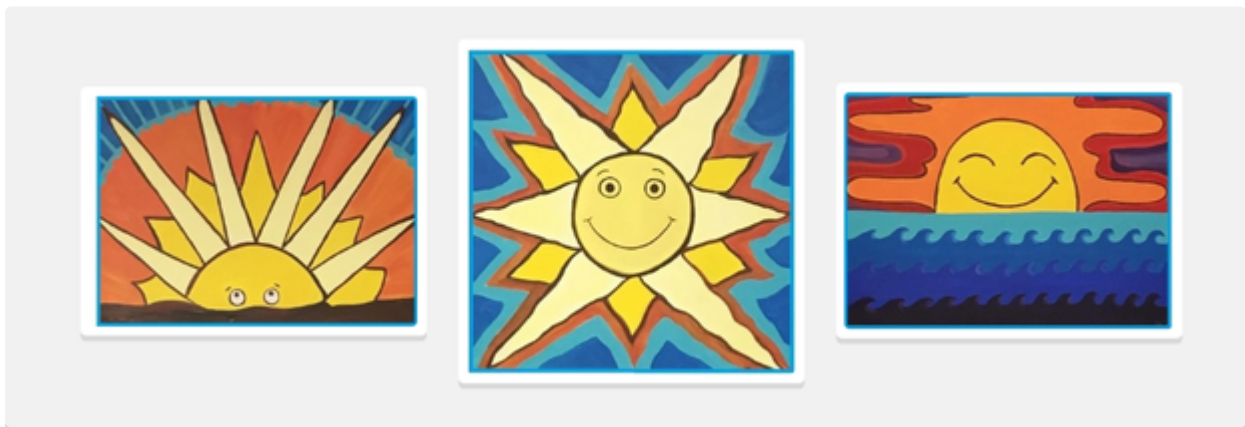


A BRIDGE & BEYOND

APRIL 2021

WHAT'S HAPPENING AT BRIDGES?



BRIDGES Staff and clients lead the way!

We are excited to announce that BRIDGES held its first COVID-19 vaccine clinic day! Vaccines were made available for BRIDGES staff and clients at no cost. We had 25 staff and clients successfully receive their first dose of the COVID -19 vaccine!

BRIDGES would like to thank Housing for Health - COVID-19 Crisis Response Team for making vaccinations possible. We look forward to our second vaccine clinic for 2nd doses!

Getting the COVID-19 vaccine is a safer way to help build protection for you, your coworkers, and family. Building defenses against COVID-19 is an important tool help stop the pandemic.

Benefits of Getting a COVID-19 Vaccine

- All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19.
- All COVID-19 vaccines that are in development are being carefully evaluated in clinical trials and will be authorized or approved only if they make it substantially less likely you'll get COVID-19.
- People who are fully vaccinated can gather indoors, without required masking and distancing, with either two other households of people who are fully vaccinated or with one other household of unvaccinated. **Fully Vaccinated means**, the following: 2 weeks after their second dose in a 2-dose series (the Pfizer or Moderna vaccines), or 2 weeks after a single-dose vaccine (the Johnson & Johnson/Janssen vaccine).



Casitas Esperanza clients

Casitas Esperanza clients enjoy weekly arts and crafts groups led by one of their very own clients! Projects include vision boards, collages, mood boards, dream vacation boards, canvas paintings and more.

Each week has a different theme. The goal is to encourage their peers to express themselves through art. This arts and crafts weekly group has had a great turnout and is enjoyed by all!



Heidy Jaimes

Hello Team! My name is Heidy Jaimes and I am the new Peer Advocate here at BRIDGES. I have a bachelor's degree in Health Science - Community Health Education and I'm passionate about health promotion, mental health, and providing support to individuals and groups to improve their quality of life. In my free time I love to be outdoors and enjoy moderate to difficult hikes, visiting my local parks, and going on trail runs. My hobbies include reading, listening to music, and spending time with family. I am a big fan of self-help books, poetry, comedy movies, and sushi. I am excited to be a part of this team and looking forward to working with everyone!

Heidy Jaimes - Peer Advocate



Happy Birthday



Jacqueline Solario

Karla Roldan

Beli Gonzalez

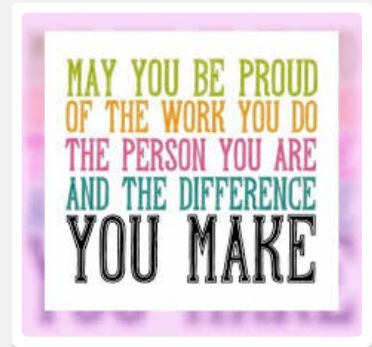
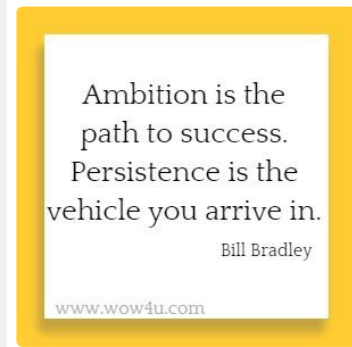
Dora Ramirez

Sandra Quintero

Monica Morales



Happy Anniversary



Lynnae Hernandez

Vivian La Febre

Cindy Luna

Charlotte Ozuolale

Dora Ramirez

Harley Rodriguez

Paulina Rojas

Karla Roldan

Jakelin Trujillo



Stress Awareness Month



How to cope with stress caused by current events

Anxiety is a normal response to a constant barrage of bad news. Headlines and notifications related to recent events are taking their toll on mental health in what some call "headline stress disorder."

While this is not a medical diagnosis, the continued anxiety or stress from headlines may cause things like heart palpitations and chest tightness or insomnia. Further progression may lead to physical and mental conditions such as anxiety disorders, depression, endocrine disorders or hypertension.

The combination of civil unrest, political instability and COVID-19, and the resulting economic uncertainty, has led to an increase in stress and anxiety in society. Both adults and children may struggle to process their feelings and maintain a sense of normalcy.

How to help yourself

- Take care of yourself first. Eat healthy foods, get enough rest and exercise regularly. Physical activity can reduce anxiety and promote well-being.
- Talk to people you trust about your concerns. A supportive network is important for emotional health.
- Take time for hobbies and fun activities or find interesting volunteer activities. This can be a healthy distraction from everyday stress.
- Limit your exposure to disruptive TV, radio and social media coverage.
- Practice mindfulness and relaxation techniques such as deep breathing and meditation.

How to help children cope with traumatic events

- Be aware of your own reactions to the event and manage your own stress. Stay calm and offer hugs and reassurance to restore your child's sense of safety and security.
- Share information about the event and answer your child's questions honestly. Listen to your child's fears and let them know that it is okay to share their feelings at any time.
- Restrict or prevent contact with disturbing news and social media coverage of the event. Children who see graphic images or hear disturbing news can be re-traumatized.
- Maintain as many stable routines as possible, including regular meals, bedtimes and exercise.
- Engage in fun activities to help the children relax and get the feeling that life is back to normal.
- Watch for signs of trauma, even after weeks have passed. Children, like adults, cope with trauma in different ways, and may show signs of sadness, anxiety or disruptive behavior weeks or months after the event.

 **How to cope with ...**

magellanhealthinsights.com



Awareness Days !



WORLD AUTISM AWARENESS DAY

World Autism Awareness Day (WAAD), on April 2nd each year to bring awareness to the growing need for innovative programs designed to support those with autism. While the day also celebrates the stories and lives of those with autism, it's also important to remember that autism is a life long condition with varying degrees of severity.

It's important to continue to support research for treatment and therapies that will improve the lives of those with autism. Speak out about autism to help eliminate the stigma associated with it. And use #WorldAutismDay to share on social media.



NATIONAL TELEPHONE DAY

On April 25th, we observe National Telephone Day. Around the world, there are 9.82 billion mobile phones. And while some predicted the landline to be obsolete by 2020, there are still about 931 million landlines around the world.

In May of 1967, the 100 millionth telephone line was installed in the United States. On May 11th, governors and dignitaries for U.S. territories joined President Lyndon Johnson on the largest conference call ever held up to that date. Each governor, dignitary, and the President were issued gold phones to commemorate the day. At the same time, a proclamation was issued declaring May 12th as National Telephone Day.



National Earth Day

Each year on April 22nd, National Earth Day campaigns around the globe promote ways to save the Earth.

Since its inception, the organizers promote events educating the public about a variety of subjects including:

- climate change
- air pollution
- water pollution
- erosion
- recycling
- composting
- renewable fuels and power
- carbon footprints
- efficient cars
- rain forests
- ecosystems

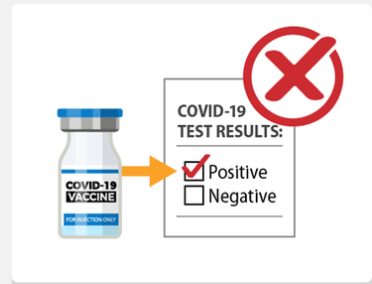
As citizens of the world, we can take actions protecting the Earth, its creatures and their habitats. Greener living can include more fuel-efficient vehicles or windows. It can also include landscaping for your climate reducing the amount of water required.

 **April National Day...**

nationaldaycalendar.com



MYTHS AND FACTS ABOUT COVID-19 VACCINES



Can a COVID-19 vaccine make me sick with COVID-19? NO

None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test? NO

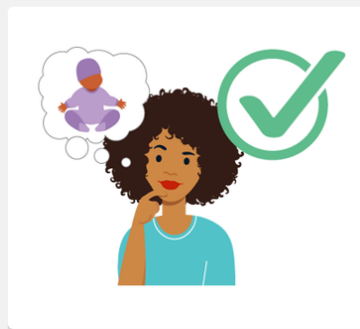
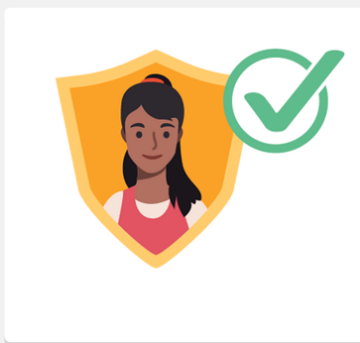
Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on viral tests, which are used to see if you have a current infection.

Will a COVID-19 vaccine alter my DNA? NO

COVID-19 vaccines do not change or interact with your DNA in any way.

Can I get vaccinated for COVID-19 while currently sick with COVID-19? NO

People with COVID-19 who have symptoms should wait to be vaccinated until they have recovered from their illness and have met the criteria for discontinuing isolation; those without symptoms should also wait until they meet the criteria before getting vaccinated. This guidance also applies to people who get COVID-19 before getting their second dose of vaccine.



If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine? YES

You should be vaccinated regardless of whether you already had COVID-19. That's because experts do not yet know how long you are protected from getting sick again after recovering from COVID-19. Even if you have already recovered from COVID-19, it is possible—although rare—that you could be infected with the virus that causes COVID-19 again.

Will a COVID-19 vaccination protect me from getting sick with COVID-19? YES

COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day? YES

If you are trying to become pregnant now or want to get pregnant in the future, you may receive a COVID-19 vaccine when one is available to you.



[COVID-19 Vaccin...](#)

www.cdc.gov

What you need to know about COVID-19 vaccines and the common myths and misconceptions about COVID-19 vaccination.



COMMUNITY RESOURCES

Do you qualify for CA COVID-19 Rent Relief?



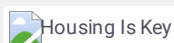
- ✓ Are you behind on rent or utilities?
- ✓ Have you experienced a financial hardship due to COVID-19?
- ✓ Is your income less than 80% of the Area Median Income?

Check eligibility and apply at HousingIsKey.com or call 833-430-2122

   CA COVID-19 RENT RELIEF

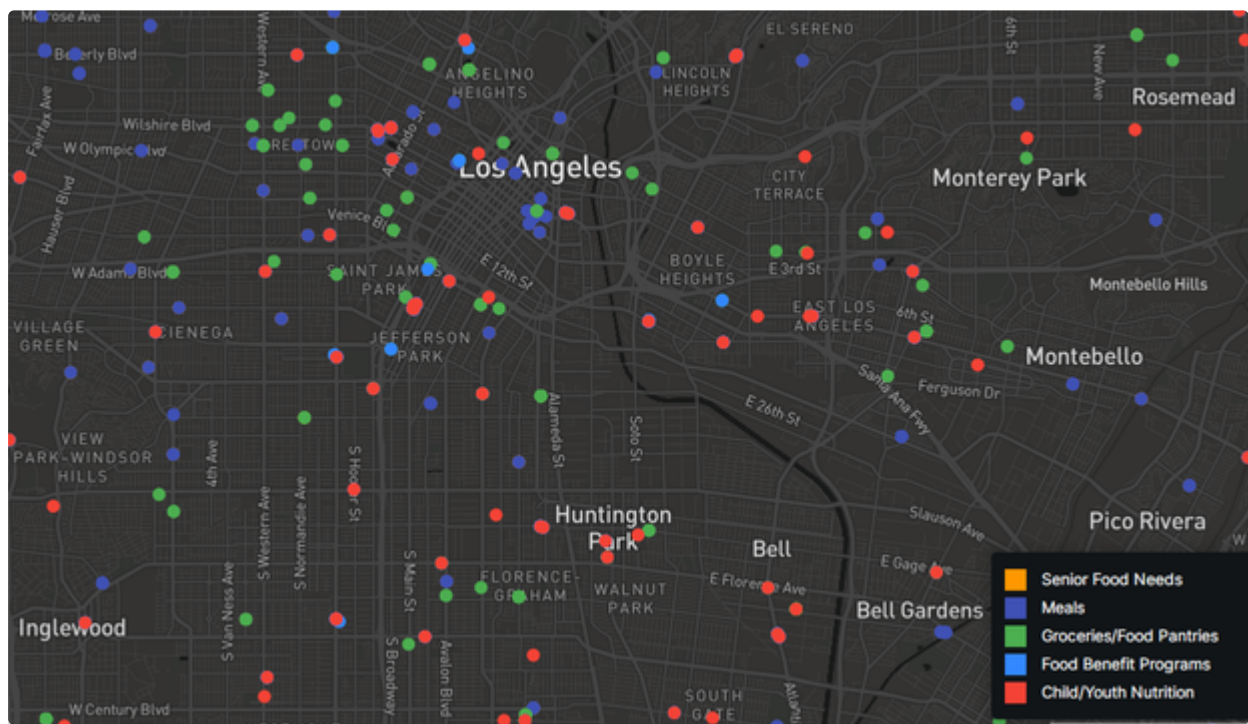
LA County COVID-19 Rent Relief

Los Angeles County will be participating in the California State-Wide Rental Assistance Program. Details for this program are under-way. The California Business, Consumer Services, and Housing Agency will be releasing additional program information soon. For program updates and resources, please visit HousingIsKey.com.



 **Housing Is Key**

housing.ca.gov



Food Resources

211 LA has partnered with Slingshot Aerospace to create a mapping tool that makes locating food resources near you easier than ever. Add your location and filter by type of resource, then click to see detailed information about the resource and how to access it.

 **Foodfinder 211LA**

foodfinder.211la.org

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How to Make an Appointment

Residents with disabilities or without computer access can call 833-540-0473 between 8:00 am and 8:30 pm 7 days a week for assistance with appointments.

Appointments & Doses are Limited.

COVID-19 Vaccine Appointments

Vaccines made by Pfizer, Moderna, and Janssen/Johnson & Johnson (J&J) are now available in Los Angeles County. In large studies that involved a diverse mix of people, all 3 vaccines were shown to be safe and effective at preventing COVID-19 disease, including severe illness and death. In addition, there is early data showing that the vaccines may help keep people from spreading COVID-19. We're still learning how effective the vaccines are against variants of the virus and how long protection lasts.

The COVID-19 vaccine is free for everyone, regardless of their immigration status. It is being offered to different groups in phases. Please talk to your doctor or sign up for email updates on this page to find out when vaccine will be available to you. Visit the appointment webpage to learn more about who is eligible to get a vaccine now, how to make an appointment, and what documentation is required.

 **LAC | DPH | COVI...**

publichealth.lacounty.gov

Listing of appointments for COVID-19 Vaccination in the Los Angeles County. Includes information on eligibility, vaccine types, available registration systems and unique registration links that have been made available. Additional information provided to assist in preparing for your appointment and next steps after vaccination.



SAVE THE DATE

FREE FOOD Drive-Thru Giveaway

**Tuesday, April 6, 2021
9 A.M. to 12 P.M.**

**East Rancho Dominguez Park
15116 Atlantic Ave., Compton 90221**

From Compton Ave. (east bound) to Williams Ave. (right) to Myrrh St. (right) to Atlantic Ave. (right)

Drive-thru distribution, **No walk-ups**. No eligibility required. Please wear a face covering.

Line formation begins at 8:30 a.m. Strictly enforced.

Food distribution in response to COVID-19

Free Drive-Thru Food Giveaway - East Rancho Dominguez Park

When

Tuesday, April 6th, 9am

Where

15116 Atlantic Avenue Compton, CA

More information

For more information:

<https://covid19.lacounty.gov/events/free-drive-thru-food-giveaway-east-rancho-dominguez-park-2/>

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USC Pacific Asia Museum Free Admission Sunday

When

Sunday, April 11th, 11am

Where

*46 North Los Robles Avenue
Pasadena, CA*

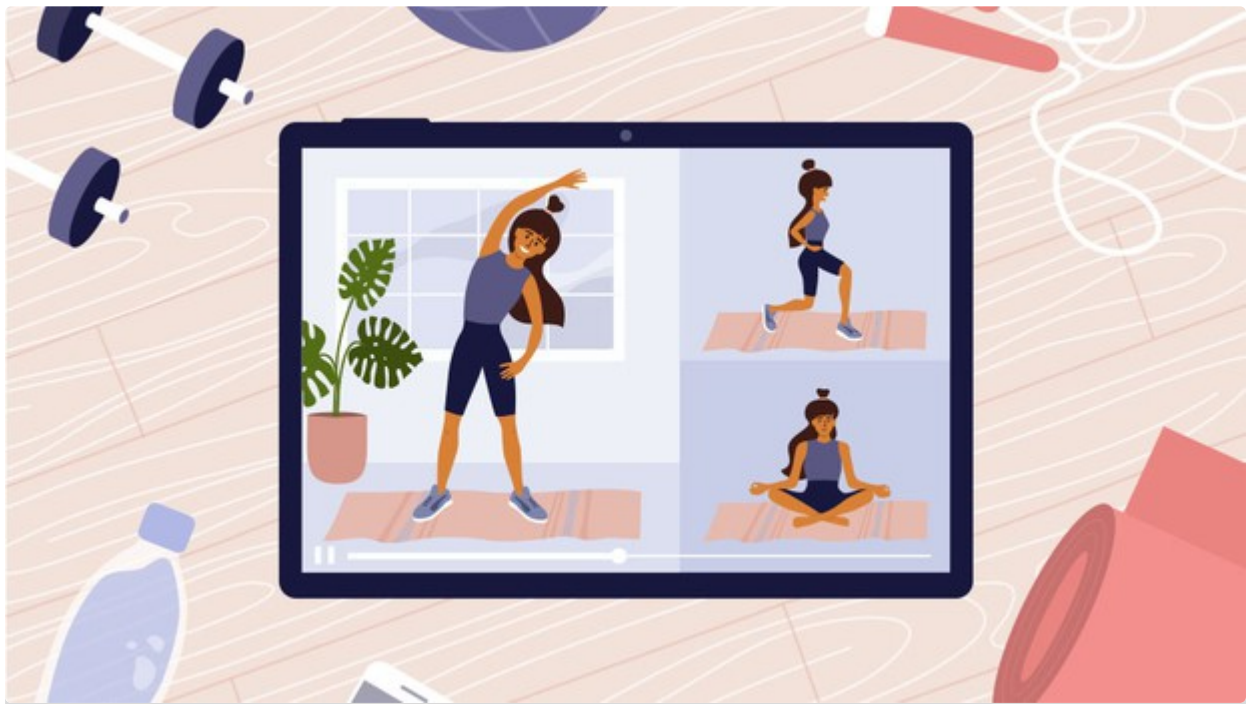
More information

Established in 1971, the museum is one of few U.S. institutions dedicated to the arts and culture of Asia and the Pacific Islands, serving the city of Los Angeles and the Greater Southern California region. The museum's mission is to further intercultural understanding through the arts of Asia and the Pacific Islands. The museum's historic building has served as a center for art, culture and learning in Pasadena since its construction in 1924.

For more information:

<https://www.gohilo.com/event/153956811149116/usc-pacific-asia-museum-free-admission-sunday-pasadena-ca/>

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Free Flo Fit Workouts

When

Saturday, March 13th, 2-4pm

Where

This is an online event.

More information

Free Flo Fit Workouts is a 60 minute class that focuses on Compound Body movements paired with high intensity interval training (HIIT). Be prepared to burn a high volume of calories DURING and AFTER the session.

Free Flo Fit is promoting healthy habits, and an active lifestyle! Whether your a beginner, intermediate or advanced in your fitness journey, this class is for YOU!!

What to bring: water, yoga mat(optional), athletic clothes and shoes, and a positive mindset.

For more information:

<https://www.eventbrite.com/e/free-flo-fit-workouts-tickets-96558203185?aff=ebdssbonlinesearch>

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No ID or signup required.
Pre-bagged grocery items.
Walk up or drive up service.
Must social distance 6 ft.
and wear a mask!

LET'S BE WHOLE
MIND · BODY & SOUL

Serving the public
weekly Wednesdays
through Fridays!

HEALTHY FOOD GIVEAWAY

tasty, nutritious
recipes!

CURRENT MONTHLY SCHEDULE 2021
(Wednesdays 12:30pm until supplies last.)
@ Sole Folks

free for
the community!

Let's Be Whole Healthy Mobile Food Pantry/Leimert Park

When

Wednesday, April 14th, 9pm

Where

4317 Degnan Boulevard Los Angeles, CA

More information

Everyone is welcome to Let's Be Whole's weekly, free, healthy food pantry covering 3 different areas! No income requirements or mandatory sign-ups are needed. Groceries are pre-bagged. Primarily food items from Whole Foods, Trader Joe's, and other food resources.

Join us on Wednesdays with our partnering organization, Sole Folks located at 4317 Degnan Blvd. Walk or drive up service. Must wear a mask and practice 6 ft. social distancing.

On the 1st & 3rd Thursdays of the month, join us beginning Feb. 4th at George Washington Carver Park, located at 1400 E. 118th St., L.A. 90059. Same social distancing rules apply.

For more information:

<https://www.eventbrite.com/e/lets-be-whole-healthy-mobile-food-pantryleimert-park-tickets-138845784479?aff=ebdssbonlinesearch>



Contact Us!



Braswell Rehabilitation Institute For Development of Growth and Educational Services, Inc.

Corporate Office (909) 623-6651

El Monte (626) 350-5304

TruStart (818) 657-0411

Follow us on Instagram! @Bridgesrehabinc

✉ info@bridgesrehab.org

🌐 bridgesrehab.org