

BRIDGES, Inc.

April-May 2023



Mental Health Awareness

More than 50 million Americans – or 1 in every 5 adults – grapple with mental health issues at some point over the course of a lifetime, but only about half seek help. May is Mental Health Month, a good time to heighten awareness of mental health issues and to raise awareness of resources for help.



Two Essential Resources

LA County Department of Mental Health:

The ACCESS Center, as part of LACDMH's Help Line, operates 24 hours/day, 7 days/week as the entry point for mental health services in Los Angeles County. Services include deployment of crisis evaluation teams, information and referrals, gatekeeping of acute inpatient psychiatric beds, interpreter services and client transport. 1-800-855-7771, ext 1.

Suicide Hotline:

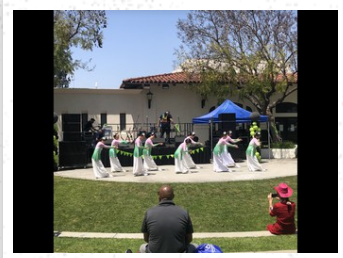
We can all help prevent suicide. The 988 Suicide and Crisis Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Taking Care in El Monte

Each May, we take time to recognize that mental health affects everyone and we celebrate how far we've come in addressing mental health issues as a community. This year, our theme is "May Mental Health Be With You". Our residents at Casitas Esperanza and Casitas Tranquilas are participating in a variety of fun activities. On the schedule this month is yoga and meditation at the beach, on-site art classes, lotion-making with essential oils, tie-dyeing festive t-shirts, a trip to the LA County Fair, and ending with a big barbeque and talent show.

City of Baldwin Park 3rd Annual Mental Health Awareness Event

On May 13, our staff and all residential clients attended the Mental Health Celebration that was held at Morgan Park in Baldwin Park. The clients had a wonderful time and enjoyed live entertainment, received a free taco lunch, and commemorative t-shirts.



Our clients relaxed and were entertained with live music.



This event promoted walking, running, and biking; all proven activities for boosting mental health.

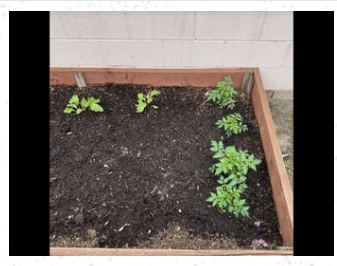


Taking in a performance by Mariposas Folklorico

Casitas Esperanza



Tomatoes & Peas



**Beets &
Cantaloupe**



**Yellow & Green
Zucchini**

Our Garden in El Monte

Our residential clients are growing a garden! Gardening has been shown to lower levels of stress and anxiety, and it can be very gratifying to plant, tend, harvest and share food you've grown yourself. Gardening is also a great team-building exercise and promotes healthy socialization and communication.

Casitas Tranquilas



Reverse Doodling

As we mentioned in our last newsletter, our clients in El Monte participate in an artistic expression exercise called "Reverse Doodling". Here is this month's work of art!

El Monte Site



ZUMBA

FITNESS

Zumba at El Monte

On May 19, staff member Diana Camarena conducted a Zumba class on-site for all clients and staff who wanted to participate. Zumba is a high-energy fitness program that incorporates cardio and Latin-inspired dance. This was such a fun and exciting way to get our exercise and steps in. All of the clients had such a good time; they enjoyed it just as much as staff did joining them!

TruStart



Team-Building at the Salt Caves

Our staff at TruStart in Woodland Hills is looking forward to their first team-bonding outing since the start of the pandemic this month. They are going to the Valley Salt Cave to participate in a 45 minute Halotherapy (Dry Salt Therapy) experience inside a salt cave containing 6 tons of pure pink Himalayan salt. During this experience, the salt air is inhaled and travels through your respiratory system providing relief for those with sinus and breathing ailments such as Asthma and Bronchitis. Dry Salt Therapy may also aid in strengthening the immune system, decreasing mental fatigue, and reducing stress. What a great activity to celebrate Mental Health Awareness Month!

May Birthdays

Erica Fucci
Shyanne Macías
Charlotte Osuolale
Carlos Portillo
Carmen Roman
Davis Truong
Karina Verduzco

May Anniversaries

This month, we have staff members who celebrated their 1st anniversary, 4th anniversary, and 13th anniversary with BRIDGES!

Mattie Calame
Veronica Jauregui
Jennifer Mejia
Sandra Quintero
Andrew Zaragoza



April is National Stress Awareness Month



Stress can be sneaky. Sometimes we don't even realize we're in a battle with physical, mental and/or emotional strain. This month's health observance encourages everyone to heighten their awareness of stress, particularly when it's long-lasting.

While we have left April behind, here are some ideas for managing stress that we can carry throughout the year.

- **Take action.** Use stress management techniques that have worked for you previously and seek out new practices if you're still struggling.
- **Revel in nature.** Studies show that experiencing nature reduces anger, fear and stress, while increasing pleasant feelings.
- **Exercise regularly.** Whether you bike, lift weights, or take walks, exercising will keep you strong and resilient, increasing your ability to fight stress.
- **Try some aromatherapy.** Aromatherapy uses aromatic essential oils to medicinally soothe the body and mind; it can decrease anxiety and improve sleep.
- **Have a hearty laugh.** Laughter defuses distressing emotions and helps you shift perspective, allowing you to see situations in a less threatening light.

April Birthdays

Danielle Pagan

Roxana Perez

Sandra Quintero

Grace Rojas

Karla Roldan

Nicole Smith

April Anniversaries

This month, we had one staff member celebrating 29 years with BRIDGES!

Alejandra Henderson

Vivian La Febre

Cindy Luna

Charlotte Osuolale

Roxana Perez

Erica Preciado

Paulina Rojas

Karla Roldan

Safety Corner

NEWS RELEASE



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As U.S. Emergency Declarations End, Access to COVID-19 Protections Continues for Los Angeles County Residents

As the U.S. Public Health Emergency and the National Emergency Declaration for COVID-19 end May 11, following last week's announcement by the World Health Organization (WHO) that COVID-19 is no longer considered a global public health emergency, the Los Angeles County Department of Public Health (Public Health) remains committed to ensuring all residents have access to the tools they need to keep community transmission low.

While the end of the federal states of emergency signals a new phase in the pandemic, COVID-19 continues to be one of the leading causes of death in Los Angeles County, requiring ongoing efforts to reduce severe illness through readily available vaccinations, testing and treatment.

Fortunately, Los Angeles County residents will see few immediate changes in their access to preventative resources. The federal government will continue to make its supply of COVID-19 vaccines and treatments, Paxlovid and Molnupiravir, available to residents at no cost regardless of a person's insurance coverage.

In California, new laws require insurance plans, including Medicare or Medi-Cal, to cover the cost of vaccines, testing and Paxlovid for COVID-19 treatment through Nov. 11, 2023. Exact coverage may vary depending on an individual's insurance plan.

Residents without insurance may receive free at-home test kits or PCR tests for COVID-19 at public health clinics and vaccination sites, at community health centers or purchase tests from a local retailer. People who are uninsured can visit coveredca.com to see if they qualify for Medi-Cal or Covered California coverage.

Public Health's Call Center will continue to operate, connecting eligible residents to free telehealth, homebound vaccination appointments, COVID-19 information and other resources. Residents are encouraged to call 1-833-540-0473, available daily between 8 a.m. to 8:30 p.m., to access these services.

Eating Well for Mental Health

Baked Feta Pasta



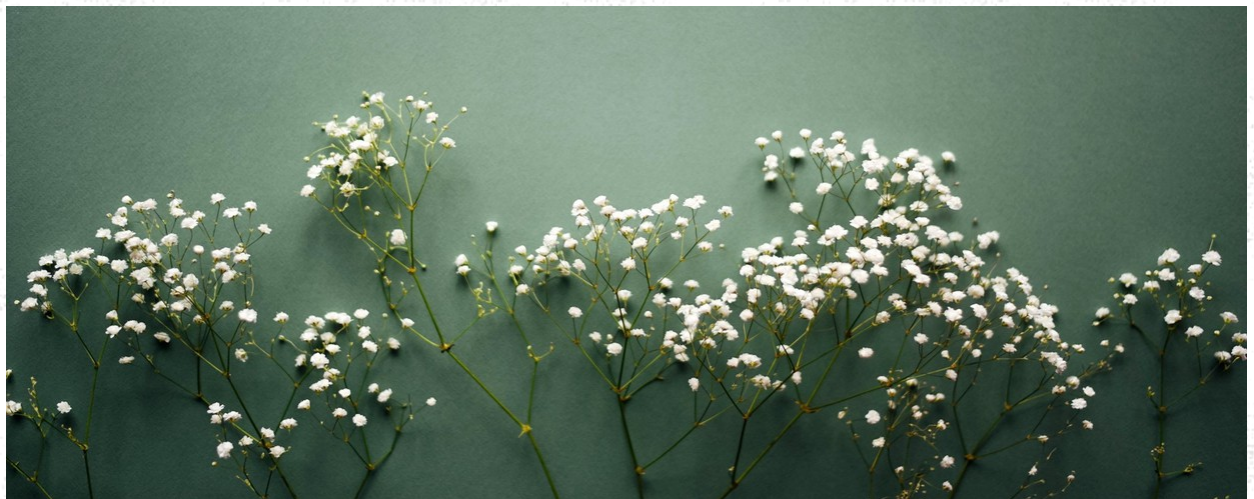
Ingredients

- 16oz cherry tomatoes
- 4 cloves garlic, crushed
- 8 oz block feta cheese
- 16 oz dried rigatoni pasta
- 8 oz cremini mushrooms, sliced
- 1/4 C olive oil
- 1 t salt
- 1 T oregano
- 1/2 t pepper
- 1 T crushed red pepper
- 4 C fresh spinach

- 1/2 C prepared pesto

Instructions

1. Preheat oven to 400 degrees.
2. In 13x9 baking pan, place block of feta cheese right in the center.
3. Spread cherry tomatoes, garlic, and mushrooms around the feta.
4. Drizzle olive oil and seasoning over cheese and veggies.
5. Place baking pan in oven, uncovered and bake for about 30 minutes or until cheese is soft.
6. While feta and veggies dish is baking, cook pasta according to package directions.
7. Remove baking pan from oven.
8. Lightly mash the soft feta and mix with veggies.
9. Add pasta and spinach. Stir to combine all ingredients.
10. Drizzle pesto on top and enjoy!



Contact Us!

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