

A BRIDGE & BEYOND

JANUARY 2022



HAPPY NEW YEAR

Wednesday Wins

BRIDGES has started the New Year with a new internal dialogue within the Agency to reflect on our individual WINS, big or small! Wednesday Wins allows staff to share their Wednesday Wins. This can be anything from a small personal win or meeting a work related goal that staff is excited about. Our first Wednesday win was uplifting and a big hit! We are excited for all the Wednesday wins to follow!

This idea was the brain child of our creative Executive Director, Lori Pendroff. Go team BRIDGES!



WHAT'S HAPPENING AT BRIDGES



Esperanza Science Adventure

Clients and staff had the opportunity to experience a fun filled day at the California Science Center! There, the clients were able to actively engage and participate in a wide array of interactive and educational activities. Such as, learning about the different climate areas, marine life and they were able to view the Space Shuttle Endeavor, which is on full display at the museum.

Clients really enjoyed the opportunity to explore all that the museum had to offer.



Emotional Wellbeing



Take control of your whole health—life, mind and body

Magellan Healthcare's Digital Emotional Wellbeing program, powered by NeuroFlow, helps strengthen your mind-body connection through interactive activities and education for overall wellbeing.

Key features:

- Complete activities such as breathing exercises, meditation, yoga or journaling.
- Track mood, sleep, stress and pain, and see your progress.
- Complete confidential, self-paced digital cognitive behavioral therapy for anxiety and depression.
- Connect to virtual therapy and in-person counselors.*
- Sync with other trackers like Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit.

This program can help you cope with and manage the effects of:

- Aging
- Anxiety
- Attention-Deficit Hyperactivity Disorder
- Balancing emotions
- Caregiving
- Chronic pain
- Depression
- Goal setting
- Grief and loss
- Mindfulness and meditation
- Post-traumatic stress disorder • Resilience
- Sleep
- Stress
- Substance use disorders



Visit your Employee Assistance Program member website at MagellanAscend.com or scan the QR code to get started.



[Magellan Health | W...](#)

www.magellanhealth.com

AWARENESS DAYS & FUN FACTS



NATIONAL COMPLIMENT DAY

National Compliment Day on January 24th offers a wonderful way to brighten someone's day or to give credit for a job well done!

A compliment has a powerful effect. It can instill confidence in a child, or validate someone's hard work. A compliment not only improves the receiver's mood, but it also says something about the giver. It tells them you noticed. Whether we recognize someone's achievement or their classic style, a compliment can go a long way.

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NATIONAL HOT CHOCOLATE DAY

Each year on January 31st, National Hot Chocolate Day warms up people across the country by celebrating the timeless cold-weather beverage.

There are health benefits to drinking hot chocolate. Cocoa contains significant amounts of antioxidants that may help prevent cancer. Studies have shown the flavonoids in chocolate may have a positive effect on arterial health and memory.



[Home](#)

nationaldaycalendar.com

SAFETY CORNER



What to Do If You Are Sick

If you have a fever, cough or other symptoms, you might have COVID-19. Most people have mild illness and are able to recover at home. If you are sick:

- Keep track of your symptoms.
- **If you have an emergency warning sign (including trouble breathing), call 911.**

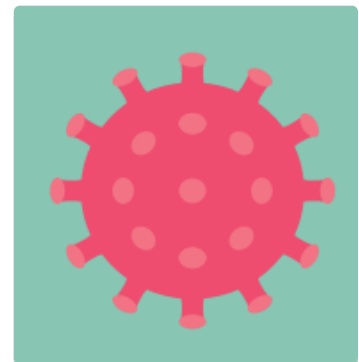
Stay home except to get medical care

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation,** ride-sharing, or taxis.



Get Tested

- If you have symptoms of COVID-19, get tested. While waiting for test results, you stay away from others, including staying apart from those living in your household.
- Self-tests are one of several options for testing for the virus that causes COVID-19 and may be more convenient than laboratory-based tests and point-of-care tests. Ask your healthcare provider or your local health department if you need help interpreting your test results.



- Symptoms of COVID-19 include fever, cough, or other symptoms.
- Follow care instructions from your healthcare provider and local health department. Your local health authorities may give instructions on checking your symptoms and reporting information.



If you are sick, wear a mask over your nose and mouth

- **You should wear a mask over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear the mask if you are alone. If you can't put on a mask (because of trouble breathing, for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.
- Masks should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the mask without help.



Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water** are the best option, especially if hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



Cover your coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw away used tissues** in a lined trash can.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Separate yourself from other people

As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask.

Tell your close contacts that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.

- Additional guidance is available for those living in close quarters and shared housing.
- See COVID-19 and Animals if you have questions about pets.
- If you are diagnosed with COVID-19, someone from the health department may call you. Answer the call to slow the spread.



Avoid sharing personal household items

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put in the dishwasher.



Clean all “high-touch” surfaces every day

- **Clean and disinfect** high-touch surfaces in your “sick room” and bathroom; wear disposable gloves. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.
- **If a caregiver or other person needs to clean and disinfect** a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and disposable gloves prior to cleaning. They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom.



High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

When to seek emergency medical attention

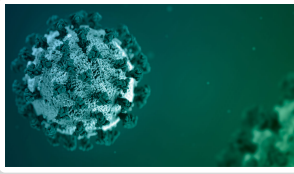
Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone



*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.



[Coronavirus Disease 2...](#)

www.cdc.gov

ADDITIONAL HEALTH TIPS

A photograph of a man with dark hair and a beard, wearing a light blue shirt, blowing his nose into a white tissue. He is looking down at the tissue.

**IS IT A
COLD, FLU
OR COVID?**

**WHAT TO LOOK
OUT FOR**

COMMON COLD

- MILD TEMP, 99°
- MILD SORE THROAT
- RUNNY NOSE
- COUGH
- THICK MUCUS THAT CHANGES COLOR

FLU

- HIGH FEVER, 101° OR 102°
- SEVERE SORE THROAT
- FATIGUE
- RUNNY NOSE
- DRY COUGH
- HEADACHES AND BODY ACHES

COVID-19

- HIGH FEVER, 101° OR 102°
- SEVERE SORE THROAT
- FATIGUE
- HEADACHES AND BODY ACHES
- SHORTNESS OF BREATH
- LOSS OF SMELL AND TASTE
- DIARRHEA

FREE COMMUNITY RESOURCE



COMMUNITY HELPLINE (877) 541-2525

The program provides telephone warmline counseling services to people living in Los Angeles County. Services include telephone support, listening, and information and referral service. The Helpline assists people of all ages and has a toll-free phone number available throughout California. There are no geographic restrictions



 You are Unique. So is y...

www.211la.org

BIRTHDAYS & ANNIVERSARIES



Mark Rodriguez

Paulina Rojas

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Happy Workiversary



Natalia Mathis 2Yrs

Lori Pendroff 15Yrs

Kaylee Rhoades 2Urs



FREE EVENTS



COVID Recovery Through Wellness

When

Thursday, Jan. 13th, 4-5pm

Where

This is an online event.

More information

Are you interested in developing a healthier and more meaningful life while managing the COVID 19 pandemic? Join the COVID Support VT staff for exploration of the 8 components of wellness and balance. Each week, facilitators will focus on one aspect of the Wellness Wheel, and provide support, encouragement and opportunities for interaction for participants as they find new ways towards wellness.

For more information: <https://www.eventbrite.com/e/covid-recovery-through-wellness-tickets-134663601457?aff=ebdssbonlinesearch>



Vegetable & Herb Growing for Beginners Part One - FREE EVENT

When

Tuesday, Jan. 18th, 2:30pm

Where

This is an online event.

More information

Growing Vegetable & Herbs for Beginners is in two parts.

Part One covers all the basics of choosing a site, factors that may affect your vegetable gardening, soil, feeding & watering as well as some resources that will help you along the way.

This one is all about planning & preparation, good soil health, understanding your soil structure and pH.

Manures, composts, mulches

Planning your garden beds, structures and creating micro climates.

We'll also have lots of tips on making things easier for you as a gardener.

Easy home tests you can try out too!

Plans and seed sources and lots more!

For more information: https://www.eventbrite.com/e/vegetable-herb-growing-for-beginners-part-one-tickets-227359246627?aff=ebdssbonlinesearch&keep_tld=1



Eating for Diabetes - FREE EVENT

When

Friday, Jan. 14th, 2-2:30pm

Where

This is an online event.

More information

Join your Hannaford Dietitian for a close look at the pre-diabetes & diabetes diet. Explore the role nutrition plays in managing blood sugar, reducing risk factors, and lowering risk of diabetes side effects, particularly in type 2 diabetes.

Participants will receive a link to join the webinar in their confirmation email.

For more information: <https://www.eventbrite.com/e/eating-for-diabetes-tickets-117437381369?aff=ebdssbonlinesearch>

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Health and Happiness Workshop - FREE EVENT

When

Monday, Jan. 31 st, 7-8:30pm

Where

This is an online event.

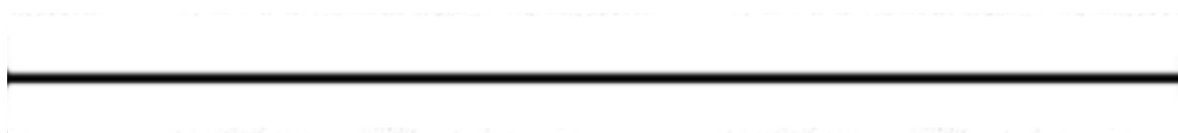
More information

Learn effortless techniques to manage your stress and increase your energy levels

The pandemic environment, personal problems and work pressure take a toll on our body and mind. The Art of Living brings you this free holistic and integrated workshop called the Health and Happiness which provide unique tools and techniques which help combat stress accumulated in our daily, modern life.

Through breathing techniques and meditation taught in this workshop one feels light, energetic and enthusiastic to take on life!

For more information: <https://www.eventbrite.com/e/health-and-happiness-workshop-tickets-115874570961?aff=ebdssbsearch>





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