

A BRIDGE & BEYOND

November 2022

CASITAS TRANQUILAS

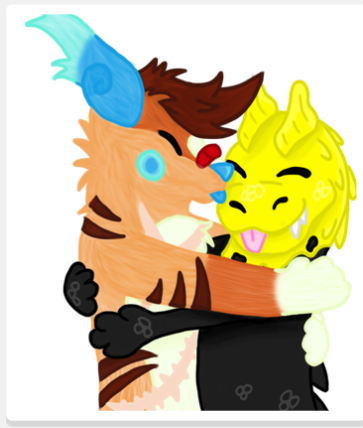


Life in Art

BurningIcarus is inspired by the beauty around them. They feel inspired by whatever genre is surrounding them. It could be a beautiful view; movie inspiration or it can simply be found almost anywhere. They also work in several different mediums when creating artwork. They have been doing commissioned works for a while.

BurningIcarus, has been a creative artist all their life. They have worked on drawing cats and now can draw any animal. As you can see their art is unique and the colors are bold and bright. The images leave you with a sense of wonder and curiosity.

We thank our very talented client BurningIcarus for sharing just a small snapshot of their art.



**Hug the Feels
Away**



Morning Cuddles



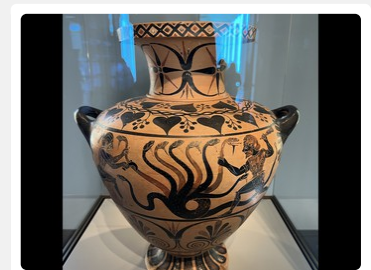
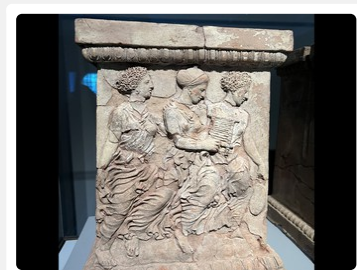
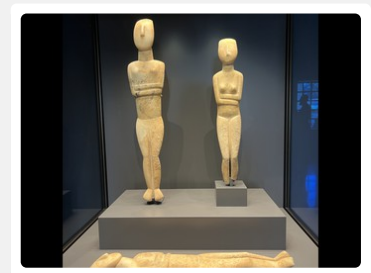
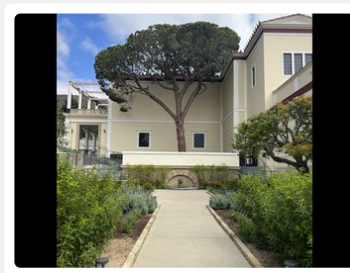
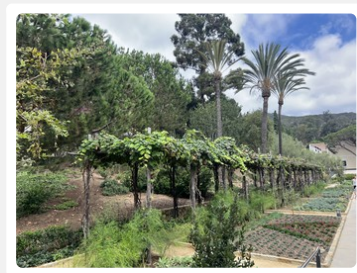
Party Animal



Our Visit to the Getty Museum

Jessica V. took clients on an outing to the Getty Museum where clients learned about European paintings, sculptures, and other arts. Clients and staff were fascinated by the decorative arts displayed.

Check out some of the amazing pieces of art photographed by our clients below.





Happy Anniversary



Davis Truong- 4 years



Happy Birthday



Daniella Arias

Anjena Mendias

Shelly Elftman

Veronica Hensley

Alan Perez



Awareness Days!

Men's Health Awareness (Movember)



What is Movember?

Movember, also known as "No Shave November," is a month-long campaign to raise awareness for several serious issues that threaten men's health and quality of life: prostate and testicular cancer, mental health issues, and suicide. Many men over the years have chosen to grow a mustache throughout the month of November as a way to show support for this important cause.

The Movember Foundation facilitates the campaign and seeks to provide educational resources and to promote fundraising efforts to continue this mission. From healthcare practices to fitness facilities to places of employment, promotional products can be a very effective way to achieve this important goal of improving men's physical and mental health.



[How Your Organization ...](#)

crestline.com

published: June 19, 2019 | updated: September 2, 2022 What is Movember? Movember, also known as "No Shave November" is a month-long campaign to raise awareness for several serious issues that threaten men's health and quality of life: prostate and testicular cancer, mental health issues, and suicide.



NATIONAL ALZHEIMER'S DISEASE MONTH

National Alzheimer's Disease Awareness Month in November shines a spotlight on the most common form of dementia. There is no cure for this disease that affects nearly 5.4 million Americans, and the number is growing. While the entire month is dedicated to raising awareness about the disease, it also focuses on increasing support for caregivers and sharing available resources.

If you think it only affects seniors, you'd be wrong. Early-onset Alzheimer's targets those under the age of 65. Over time, the disease becomes debilitating because of its progressive nature. Available treatments slow the progression, but there is no cure. Caregivers provide 24-hour care in most circumstances. As the disease progresses, the stress becomes overwhelming. Often, they receive respite from visitors, but many become isolated as time passes. A broad spectrum of resources from support groups to memory care and educational tools provides caregivers assistance.

HOW TO OBSERVE #AlzheimersDiseaseMonth

Learn about early screening and providing support for caregivers. If you need support visit the sites listed below. Join an event or make a donation. Use #AlzheimersDiseaseMonth to post on social media.

NATIONAL ALZHEIMERS DISEASE MONTH HISTORY

In 1983, President Ronald Reagan proclaimed National Alzheimer's Disease Awareness Month.



 NATIONAL ALZHEIMER'...

nationaldaycalendar.com

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Epilepsy Awareness Month



November is Epilepsy Awareness Month

November is National Epilepsy Awareness Month. Formally recognized by Congress since 2003, the Epilepsy Foundation has long since promoted its importance to bring awareness to the incurable disease.

Epilepsy is a neurological disorder that causes seizures. This disorder can affect people very differently. The severity and frequency of a person's seizures generally determine the overall impact on their life.

While some common causes of epilepsy include strokes, brain tumors, infections, and traumatic brain injuries, about 70% of cases have no known cause.

Because the causes of epilepsy are often unknown, it can be very difficult to treat. Therefore, living with epilepsy can be challenging for patients.


Epilepsy is often associated with cerebral palsy since it is caused by brain trauma. Birth injuries can increase abnormal brain activity, and seizures become more likely.

Children with hemiplegia and quadriplegia are at the highest risk for co-occurring cerebral palsy. Epilepsy treatments include medication, surgery, special diets, assistive devices, and electrical devices to manage their symptoms.

During National Epilepsy Awareness Month, families of cerebral palsy patients who also have epilepsy are encouraged to share their stories. Showing solidarity with the larger epilepsy community is a vastly powerful way to strengthen both groups.

When family, friends, and caregivers of cerebral palsy patients who also suffer from epilepsy share their stories, they create a sense of understanding among larger communities.



 November is National E...

www.cerebralpalsyguide.com

3 Min Read November is National Epilepsy Awareness Month (NEAM). Sharing your story and supporting others are powerful ways to advocate for awareness and a cure. With more voices, we can bring hope to those facing the disease. Learn about other ways to show your support of the epilepsy community now.



Lung Cancer Awareness Month



Lung Cancer Awareness Month is observed annually in November and highlights the need for more research to be conducted while cultivating a better understanding of the disease. Tragically, lung cancer is the second most common cancer and is also known as the leading cause of cancer deaths in men and women worldwide. Each year, 218,500 people are affected by lung cancer in the United States. Out of these, about 142,000 succumb to the disease. This is because lung cancer is difficult to identify, and many individuals don't experience any symptoms until the cancer has reached an advanced stage. It's for this reason that yearly lung cancer screenings are recommended to those who have a history of smoking or have quit within the past 15 years. This Lung Cancer Awareness Month, vow to educate everyone around you regarding the disease.



[Lung Cancer Awareness ...](#)

nationaltoday.com

Cases of cancer have been recorded as early as 3000 B.C. in Egypt. During that time, Egyptians believed cancer was caused by the Gods. On the other hand, the Greeks believed cancer was caused by an excess of black bile in the body. Around 460-370 B.C., Hippocrates used the word 'carcinosis' and 'carcinoma' to describe tumors.



Here are some fun things to do & cool places to visit the
Month of November



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Dia de Los Muertos - FREE Event

49th Annual Dia de Los Muertos Exhibition & Celebration

You're invited to our 49th Annual Día de Los Muertos Exhibition and Celebration taking place on Saturday, November 5 from 4:00 p.m. - 10:00 p.m.! Always free and family friendly. We encourage you to dress up in your favorite Día de Los Muertos fashion and take part in a community walking

procession led by local Aztec dancers, at 4:00 p.m. (meet up at 3:30 p.m.), from Mariachi Plaza to Self Help Graphics.

Our 49th Annual Celebration main stage will feature DJs LABellatini and VFresh, plus live performances by Brainstory, Spaghetti Cumbia, La Mera Candelaria, and more, co-curated by The Paramount and Self-Help Graphics.

Shop cultural makers at our beloved Muertos Market, from artisans and artists to printmakers and designers. Come hungry and support our street food vendors too! Enjoy seasonal *pan de muerto* from our team and the flavors of our neighborhood prepared by local street food vendors, in a special partnership with members of Vendedores en Acción; advocating for an equitable future for street food vendors in Los Angeles.

Location, Parking & Public Transportation

Self Help Graphics is located at 1300 E. 1st. St. Los Angeles, CA. 90033 (Boyle Heights). Our building is wrapped in murals, on 1st and Anderson Streets.

Extremely limited street parking will be available on 11/5. We encourage you to use a rideshare app to and from the event or carpool to attend seasonal activities.

We highly recommend taking the Metro L Line to the Pico/Aliso station. We are located directly across the street to the Metro L Line Pico/Aliso station and Mendez High School, between Little Tokyo and Mariachi Plaza in Boyle Heights. On 11/5 only, no on-site parking will be available in our gated lot, adjacent to our building.

Know Before You Visit

Masking is strongly recommended for all, regardless of vaccination status. Please do not visit if you are sick, show symptoms of COVID-19, or have a positive test result.

Unauthorized professional video and photos are prohibited.

We encourage the public to please check our website, call us at 323-881-6444 or email us at info@selfhelpgraphics.com before visiting if you have questions.



Open Heart Spoken Word- FREE Event



About the Event

Come join our Open Mic on Sunday, November 6th.

Featured Authors, Poets, and Writers will be sharing some work from their latest collections! Who knows what other awesome performances the night will bring!

Hosted by Andrew Zaragoza Jr, 2-time author and spoken word artist rooted in community. If you're a poet, singer, or writer looking for a platform to share your work, come check us out and perform!

7pm- Doors Open and signup list available

7:30pm- open mic sign up list begins

8:00pm- Intermission

8:15pm- Featured Guest Performers

10pm: Event Close

Time & Location

Nov 06, 7:00 PM

Sims Library of Poetry, 2702 W Florence Ave, Los Angeles, CA 90043



OpenHeart Spoken Wor...

www.simslibraryofpoetry.org

Come join our Open Mic on Sunday, November 6th.



SCI-ARC PRESENTS DAMJAN JOVANOVIC, "DISCOVERY"



Discovery: A story about rooftops, airships, robots, and inflatables is an installation exploring themes of worldmaking, ecology and artificial intelligence.

Born out of observations of an emerging rooftop culture of urban gardening and alternative lifestyles in downtown LA during the pandemic, the story of Discovery follows The Airborne Collective, a radical environmental hacker group seeking to make a flourishing roofscape ecosystem and unleash hope and optimism in the face of looming ecological threat.

Operating between the languages of design, fashion and video games, the project extends Lifeforms.io work on systems and aesthetics of simulated worlds into the space of a physical installation.

Jovanovic will be joined by fellow SCI-Arc faculty and acting History and Theory Co-Coordinator John Cooper for a public conversation on the exhibition on November 18 at 6pm in the SCI-Arc Gallery.

Damjan Jovanovic is an architect, educator and software designer, based in Los Angeles. He currently works as Full-Time faculty at the Southern California Institute of Architecture (SCI-Arc). Damjan finished the post-graduate Master of Arts in Architecture degree at the Städelschule in Frankfurt, Germany in 2014, where he afterwards worked as design faculty. Damjan's work centers on the development of experimental architectural software, and his interests lie in investigating the culture and aesthetics of software platforms, as well as questions of contemporary architectural education, authorship and creativity.

Lidija Kljakovic is Co-Founder of game design studio Lifeforms.io. She is a designer and digital artist, working at the intersection between video games and fashion and specializing in procedural design and creation of digital life forms.

Lidija is a multidisciplinary creative with experience ranging from hard core architectural design and development of real-world high rises in Frankfurt, Germany to running a successful fashion brand and store in Belgrade, Serbia.

She holds a master's degree from Belgrade University of Architecture. Her work was exhibited internationally, most recently at Ars Electronica and Frankfurter Kunstverein in Frankfurt, Germany.



 **Discovery: A story about ...**

www.sciarc.edu

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SAFETY CORNER




Winter Surge- COVID Information

Why respiratory viruses like COVID-19 and Influenza spread more easily in fall & winter

More mixing & mingling indoors


- More gatherings during holidays
 - More chances of transmission of virus between households
- More travel
 - Virus more likely to be carried long distances
- More time indoors
 - Respiratory viral exposure risk is always higher indoors than outdoors



Icon showing a winter hat and gloves, symbolizing cold weather.

Winter weather

- Colder air + lower absolute humidity
 - Cold air holds less water than warm air, often has lower absolute humidity
- Virus particles travel further, last longer
- More stress on respiratory tract
 - Dry mucus membranes with lower blood flow, reduced body defenses



covid19.lacounty.gov

9/29/2022

Nottmeyer et al, 2023. <https://doi.org/10.1016/j.scitotenv.2022.158636>
Neuman & Kawaoka, 2022. <https://www.emboopress.org/doi/10.1515/emmm.202115352>

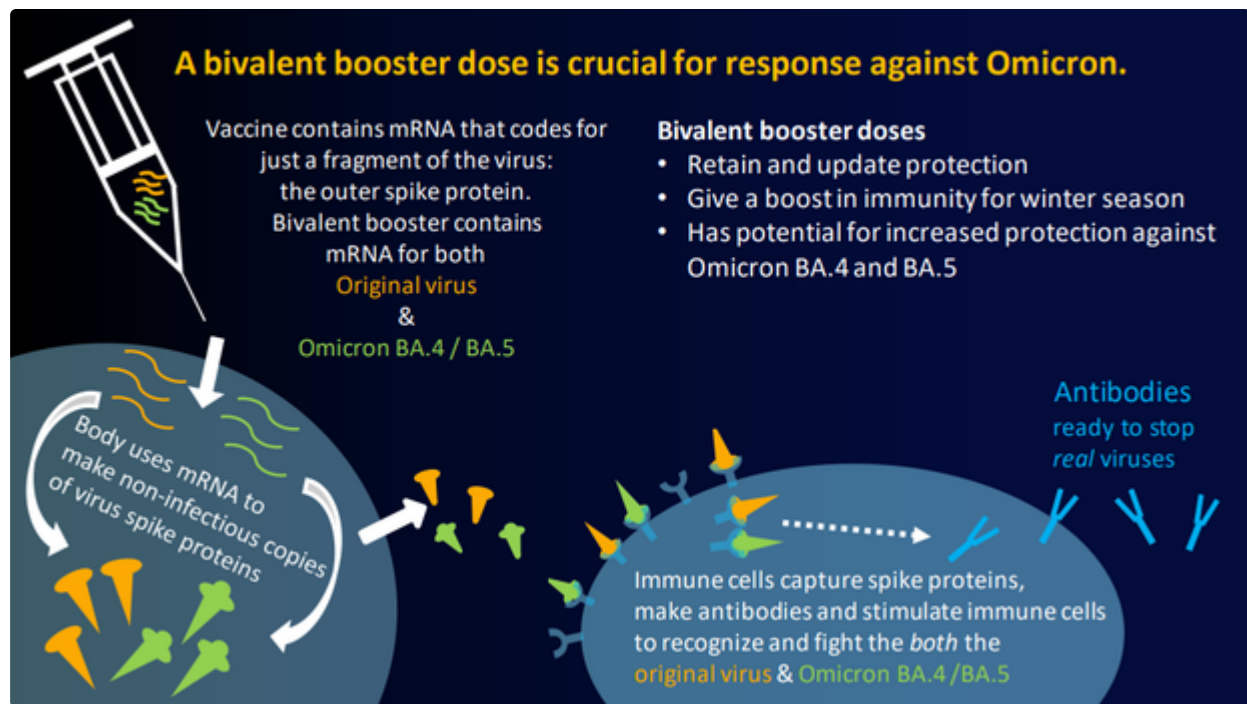
How to best prepare for a possible winter surge

- Get vaccinated/boosted, if eligible, regardless of prior infection.
 - Go to ph.lacounty.gov/howtogetvaccinated to find a provider near you.
- Test if you have been exposed to COVID-19, after travelling, if you have symptoms, or before attending an indoor gathering. To get tested:
 - Visit ph.lacounty.gov/covidtests/how
 - Contact your local pharmacy
 - Individuals with health insurance are able order up to 8 free antigen tests a month per member
 - Many schools and employers offer access to testing for those exposed at schools/worksites



covid19.lacounty.gov

10/13/2022



COVID Bivalent Booster and Seasonal Flu Vaccine Widely Available in LA County



The COVID-19 Bivalent booster and flu vaccine can be given at the same time in most cases.

Where can I get the flu vaccine and the bivalent booster?

- Many pharmacies and providers
- Public Health Centers and Public Health Vaccination sites
- Mobile Vaccine Clinic services for workplaces and events
 - Go to [VaccinateLACounty.com](https://vaccinate.lacounty.gov) and select HOST A MOBILE VACCINE CLINIC
- For in-home vaccination for homebound – visit ph.lacounty.gov/VaxAtHome
- Work with your SPA Regional Manager on organizing a bivalent clinic at your site



covid19.lacounty.gov

10/13/2022



FOOD PANTRIES



Free Food Pantry

In partnership with God's Pantry, we are distributing free grocery items on a bi-weekly basis on a first come, first served basis. We believe that having access to food is important for good health – and we want you to be healthy! Everyone is welcome.

When: Bi-weekly from 2:30pm – 4pm

Where: Community Resource Center in El Monte

3570 Santa Anita Ave

El Monte, CA 91731

Walk-ins welcome – no appointment needed.

Our Saviour Center

Hours: Tuesday and Thursday 10:00am to 1:00pm Unless it is a holiday. Requirements: Picture ID requested. For more information, please call.

El Monte, CA - 91731

(626) 579-2190

Emergency Resources Association El Monte/ South El Monte

Hours of Operation Monday - Friday 8:00am - 5:00pm There are no walk-ins, must call by 8:30 am to request food box. Food will be delivered the same day. Must live in the city of El Monte/ South El Monte. ERA provides basic needs to families in crisis such as food, clothing, and shelter. For more information, please call.

El Monte, CA - 91733

(626) 444-7269



 El Monte, California Foo...

www.foodpantries.org

Below is our current list of El Monte food pantries. We not only provide listings of pantries, but we also provide information on: food closets, food banks, soup kitchens, congregate meal locations, food boxes, vouchers, etc. Our comprehensive list of food assistance programs provides full descriptions, pictures, hours, volunteer information, etc.

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Easy to Make Gobble Gobble Goodies



Cinnamon Roll Turkeys

Ingredients

- 1 can (17.5 oz) Pillsbury™ Grands!™ refrigerated cinnamon rolls with icing
- 10 slices of bacon
- 5 candy corns
- 5 red mini candy-coated chocolate candies
- 10 candy eyeballs

Directions

1. Heat oven to 350°F. Line cookie sheet with cooking parchment paper.
2. Set icing aside. Separate dough into 5 rolls; place about 3 inches apart on cookie sheet. Unroll each roll about 1 inch; tuck dough into roll to create neck of turkey.
3. Bake 20 minutes or until light golden brown. Remove from cookie sheet to cooling rack; cool 5 minutes.
4. Meanwhile, cook bacon until crisp; drain on paper towel-lined plate. Cut bacon slices in half. Tuck 4 halves of bacon into back of each cinnamon roll so they stick up and look like tail feathers.
5. Drizzle tops of rolls with icing. Decorate turkeys with candy eyeballs, candy corn and candy-coated chocolate candies.



Ingredients

- 6 pretzel rods
- 1 bag (12 oz) white candy melts (or 1 cup vanilla baking chips)
- 1 bag (10 oz) mini marshmallows (set aside 24)
- 8 cups Cocoa Krispies cereal
- 1/4 cup butter

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- 1 bag (12 oz) white candy melts (or 1 cup vanilla baking chips)
- 1 bag (10 oz) mini marshmallows (set aside 24)
- 8 cups Cocoa Krispies cereal
- 1/4 cup butter

Notes

- Wait to shape the turkey legs until the cereal mixture has cooled enough to hold its shape
- Spray your hands with nonstick cooking spray as you work to keep the mixture from sticking to you (you may have to do this several times)
- Don't refrigerate-the pretzels will get stale and soggy
- Best served the same day or the pretzels start to get soft

Contact Us!



BRIDGES Community Treatment Services, Inc.

Corporate Office (909) 623-6651

El Monte (626) 350-5304

TruStart (818) 657-0411

Follow us on Instagram! @Bridgesrehabinc

✉ info@bridgesrehab.org

☎ (909) 623-6651

🌐 bridgesrehab.org