

A BRIDGE AND BEYOND

Reflection of December – Intention for January



Happy 2023!

Even though the nonprofit sector, at times, experiences problems that seem insurmountable, we also get to experience the joy and privilege that comes from the *important work* we all do caring for our communities and particularly for the most vulnerable among us.

My beginning of year hope is that all of you who have dedicated your lives to helping others, professionally or personally, will feel not only the weight of all that needs to be done, but the joy of knowing that you have done your best to bring about balance, healing, and care our world so desperately needs.

The end of 2022 was no less challenging, with audits and recertifications among us, the busy holiday season, significant changes brought about by California Advancing and Innovating Medi-Cal (CalAIM),

a COVID surge, and working to help our clients in their journeys of recovery. That being said, the new year brings new opportunities for celebrating successes, identifying areas for improvement, and setting new goals.

Let's embrace 2023 with continued passion for everyone that we have the privilege to serve. Remember that we may not know everyone's struggle and may not understand what they are going through, in a moment of time, we may be the one with a simple act of kindness that makes a positive difference in someone's life.



Hello 2023! January's Intentions for 2023



2023 Leads with Health as We Transition to 100% Smoke Free Facilities

BRIDGES is thankful to the hard-working staff who have made this shift for our clients and staff possible. Andrew, our Intake Coordinator, conducted field work and assessed the landscape prior to making any changes. The staff reviewed the potential barriers, some we have faced in the past, and discussed, problem solved and chipped away at them one by one, with the intent on making this important health initiative a success!

Further, the team began a gradual change increasing up to 100% smokefree on site by identifying a path forward with a week-to-week timeline. Starting with Monday as a Day 1 of 7, clients were given the opportunity to practice and familiarize themselves with the new on-site policy. Each week, we increased it by a day, taking us to January of 2023. Clients were provided with individual and group support needed to integrate this change into their daily routines.

We are happy with our preliminary results. Some clients are now contemplating quitting smoking altogether, while others are working to reduce their consumption gradually. We still have challenges to work through, but we have moved into January with optimism for our clients. While only a chapter in this story, we are hopeful that this initiative will save lives!

While reflecting on this process, Andrew was reminded of this quote that he often sees when visiting a local tea shop-"Be the change you want to see in this world."-Ghandi



Health Awareness This Month



National Cervical Cancer Coalition

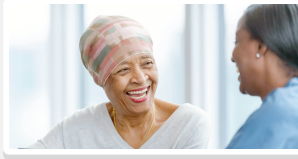
Over the last two decades, awareness of cervical cancer has grown significantly. This is due in large part to the [National Cervical Cancer Coalition](#), whose mission is to help women, family members and caregivers battle the personal issues related to cervical cancer and promote prevention through community education. Subsequently, the U.S. government designated the month of January to also raise awareness about this form of cancer.

According to the [American Cancer Society](#), approximately 13,240 new cases of invasive cervical cancer will be diagnosed and about 4,170 women will die from cervical cancer in the United States in 2018. Today, cervical pre-cancer is identified more often than the invasive form of cervical cancer.

Years ago, cervical cancer was one of the most common types of cancer that resulted in death for women in the United States. With the advent and increase in usage of Pap tests, the cervical cancer death rate decreased dramatically due to much earlier diagnoses.

How has this screening test helped? Before cancer even starts to develop in the cervix, a Pap test can recognize subtle changes. And if cervical cancer has started to evolve, this screening test identifies the change earlier on, when it's easier to treat and cure. In 1971 when President Nixon signed the National

Cancer Act and introduced the federal mandate "war on cancer," the five-year survival of women with Stage 0 cervical cancer was less than 50 percent compared to 93 percent today.



[Raising Cervical C...](#)

www.chaptershealth.org

Today we continue "DRops of Wisdom," our physician blog, with Dr. Ron Schonwetter, chief medical officer for Chapters Health System. He describes the importance of raising cervical cancer awareness during the month of January. Over the last two decades, awareness of cervical cancer has grown significantly.



BRIDGES January Birthdays 🎂

Mark Rodriguez

Gustavo Duenas

Crystal Skadron

Felipe Perez

Lizbeth Gonzalez

Paulina Rojas

January Anniversaries

Lori Pendroff

Gary Mathis

Kaylee Rhoades

Zulima Serrano

Natalia Mathis



A Reflection of December



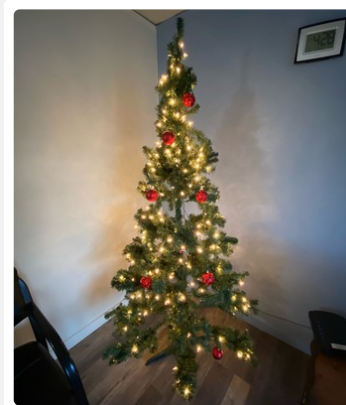
The Holiday Spirit

Clients and staff united to celebrate the differences and similarities between our chosen holidays. This holiday season was a chance to learn what unites us, and to appreciate our unique backgrounds.



Family-Style Meals

Our residential community celebrated Thanksgiving and the December holidays with our signature family-style meals. We love using mealtime as a way to connect and build friendships among staff and clients.



Festive Decorations

Little touches here and there around our residential and outpatient programs reminded everyone of the season of giving.



S'more Holiday Spirit from Our Front Offices!



The Front Office Tree! 🌲

Our holiday tree in the front office. Clients loved seeing the warm glow from the tree and enjoyed the candy cane treats.



Gifts for Clients! 📺



Our residential clients received a Target gift card in a stocking full of treats, as well as gift bags full of generous donations. We couldn't wait to see the look of surprise on our clients' faces! We are so grateful for each and every one of them, and this was a small way to express our gratitude at BRIDGES.



Snowflakes! ❄️

It was snowing! Just kidding, just cute little cut outs of snowflakes hanging from the office ceiling. Our clients loved the winter wonderland.



BRIDGES December Birthdays 🎂

Guadalupe Perez

Nicole Eugenio

Rosa Adame

December Anniversary

Monica Martins



Safety Corner

COVID-19 Booster Clinic

BRIDGES Inc will be hosting a COVID-19 vaccine and booster clinic for its clients and staff on February 1, 2023. The popup clinic is run by the Los Angeles County Department of Public Health and will also be offering the flu vaccine and the monkey pox vaccine for clients. BRIDGES is proud to play a part in the health and safety of the public.

GET VACCINATED!

Fall 2022 COVID-19 booster now available
for everyone aged 5 and up!

Where: Bridges Inc., El Monte

When: Wednesday, February 1st, 2023



For more information on
the Fall 2022 Boosters, scan here!



Before your appointment:

1. If you have health insurance, please bring your health insurance card
2. A consent form is required for minors to be vaccinated at sites run by the Los Angeles County Department of Public Health
3. Note: You do not need to show ID to get a vaccine. However, it is recommended that when you get a vaccine, you provide the name that is on your ID.

The Moderna and Pfizer Bivalent Booster is now authorized for use as a single booster dose 2 months after the primary series or last booster dose. Pfizer-BioNTech will be available for all individuals 5 years of age and older, and Moderna will be available for all individuals 6 years of age and older.



Have questions about the COVID-19 Vaccines? Visit [VaccinateLACounty.com](https://www.vaccinateLACounty.com)



Strategies to reduce severe illness this season



Make sure you and your family have updated bivalent vaccine protection for flu and COVID-19.



Seek prescription therapeutics when you have symptoms & test positive. You may access therapeutics at 1-833-540-0473 Monday-Friday, 8:00am – 8:30pm.

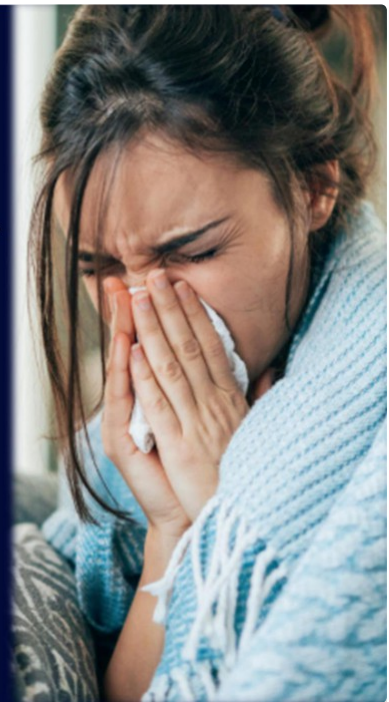
	COVID-19	Influenza
Available Oral Antivirals*	Paxlovid, Molnupiravir	Tamiflu, Baloxavir
When to Take	Within 5 days of symptoms	Within 2 days of symptoms
Eligible Ages	People 12 years and older	People 2 weeks and older

*Additional antivirals are available that can be administered via IV or in other forms, including for younger children. Your provider will advise you on the best fit.



covid19.lacounty.gov

12/15/2022



A MESSAGE FROM THE LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH

LET'S KEEP OURSELVES AND OTHERS SAFE\$



MEDICINES TO TREAT COVID-19

As soon as you start to feel sick, take a COVID-19 test. If you test positive ask for free COVID-19 treatment right away, even if your symptoms are mild.

The medicines work best when they are started as soon as possible.

For more information, including how to get tested and treated for COVID-19:

- Visit ph.lacounty.gov/covidmedicines
- Visit ph.lacounty.gov/covidtests/how
- Call the Public Health Call Center
1-833-540-0473
7 days a week 8:00 am - 8:30 pm



COVID treatment can help keep you from getting very sick.

Treatment may also help you feel better sooner. In addition, early evidence suggests that treatment may make people test negative sooner and lower the risk of developing long COVID.

Many adults and some children qualify for treatment if they have any symptoms of COVID-19 AND a positive test.

People with symptoms of COVID-19 AND a positive test may qualify for treatment if they:

- Are age 50 or older, and/or
- Are unvaccinated or not up to date with COVID-19 vaccinations, and/or
- Have one or more of the health conditions or characteristics below (even if they have had COVID-19 before or have been vaccinated).
 - A member of a community that has been disproportionately affected by COVID-19
 - Cancer
 - Chronic kidney, liver, or lung disease, including cystic fibrosis, TB, and moderate to severe asthma
 - Dementia or other neurological conditions
 - Diabetes
 - Disabilities
 - Heart conditions
 - Stroke/cerebrovascular disease
 - Mental health conditions
 - Overweight and obesity, physical inactivity
 - Pregnancy
 - Sickle cell disease or thalassemia
 - Smoking, current or former
 - Substance use disorders
 - Immune system problems including HIV infection, organ or bone marrow transplant or taking medication like steroids, chemotherapy.

*The list does not include all possible conditions or situations.
For details, visit the CDC webpage [People with Certain Medical Conditions](https://www.cdc.gov/coronavirus/2019-ncov/treatment/index.html).*

If you have questions, contact your doctor.

Only take treatments prescribed by a health care provider.

COVID medicines are not a replacement for COVID-19 vaccines. Vaccines are safe, free, and [widely available](#).

Los Angeles County Department of Public Health
ph.lacounty.gov/covidmedicines

Medicines to treat & prevent COVID-19 1/17/23





MEDICINES TO TREAT COVID-19

Types of medicines to treat COVID-19

These medicines are antiviral treatments – they prevent viruses from multiplying in the body.



Oral treatments (taken by mouth) - start *within 5 days* of developing symptoms. Taken twice a day for 5 days. The most common side effects are mild.

- **Paxlovid** (nirmatrelvir/ritonavir) – this is the recommended treatment for most people. It can be given to people ages 12 and older who weigh at least 88 pounds. It is very effective, easy to take, and safe. Talk to your doctor if you are taking other medicines. They may tell you to stop or lower the dose of your medicines while you take Paxlovid.
- **Molnupiravir** (Lagevrio) – this is for people who cannot take Paxlovid or remdesivir. It can only be given to adults ages 18 and over who are not pregnant.



Intravenous treatment (given into a vein) - start *within 7 days* of developing symptoms.

- **Remdesivir** (Veklury) – for adults and children who cannot take Paxlovid, including infants who weigh at least 3kg (about 7 pounds). Given once a day for 3 days. Doctors can choose to use this medication in patients with COVID-19 who have not tested positive.

COVID rebound is uncommon and is NOT a reason to avoid getting treatment. [Rebound infection](#) also happens in people who don't get treatment. It is mild in over 99% of cases.

How to get treatment for COVID-19



- **Your doctor, urgent care centers, and some pharmacists can write a prescription** that you can fill at [over 800 pharmacies](#) in LA County. If you need intravenous treatment, your doctor can refer you to an appropriate location.
- **A Test to Treat program*** - available at many pharmacies and clinics.
- **The Public Health Tele-Health Service*** - open 7 days a week from 8:00 am - 8:30 pm at 1-833-540-0473.

*These services provide easy access to COVID-19 testing, evaluation, and if you qualify, oral treatment.

If you need to leave home to get medical care, wear a respirator or medical mask that fits well to help protect others. See [ph.lacounty.gov/masks](#) for more information.

The medicines are free



- If a pharmacy said that you would be charged, please report it to 1-833-422-4255 or [go.cdph.ca.gov/covidpharmacyreporting](#). A facility may charge for administering medicines that are given by injection. There may also be charges for the doctor's visit or other office charges. You don't need to be a US citizen to get free medicines.
- A new law requires all health plans in California to cover the cost of COVID-19 tests, evaluation for treatments, vaccines, and treatment with no cost-sharing in most circumstances. See [Know Your Health Care Rights](#) for details. Medicare and Medi-Cal cover all costs. If you do not have insurance, ask the treatment facility if there are fees. The DPH Tele-Health Service is completely free.

Los Angeles County Department of Public Health
[ph.lacounty.gov/covidmedicines](#)

Medicines to treat & prevent COVID-19 1/17/23



Yummy for the Tummy! 🍪

A favorite receipt from staff at BRIDGES! Pistachios are healthy and delicious nuts proven to help lower cholesterol and blood sugar. They also help promote healthy gut bacteria!




Baked Brie with Honey and Crushed Pistachios

Ingredients:

- 1 Baguette Bread
- 2 packs of Brie Cheese
- 1/2 cup pistachios
- 2 tablespoons honey
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon thyme
- 2 tablespoons Olive Oil
- Salt to taste

Ingredients:

1. Preheat the oven to 350°F/180°C and line a small baking dish or sheet with parchment paper.
2. Slice the baguette into ½" pieces and brush with 1 tablespoon of the olive oil then sprinkle with salt.
3. Bake the bread for 2 to 3 minutes, then turn each piece, and continue baking another 2 to 3 minutes. Remove and set aside.
4. Chop the pistachios into crumbs, then mix together with the honey, red pepper flakes, and thyme.
5. Place the rounds of brie onto the prepared baking sheet and make small cuts on the top of the rounds.
6. Spread the pistachio mixture over the top of the brie rounds.
7. Pour 1 tablespoon of olive oil over the tops of the brie rounds. Drizzle additional honey on top if desired.
8. Bake for 10 to 15 minutes until the cheese is heated through and bubbling.
9. Serve with the toasted baguette slices.



'The beginning is
always today.'

- Mary Shelley



Contact Us!

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