

A BRIDGE & BEYOND

JUNE 2020



Mental Health Digital Art Contest

As you may know May was Mental Health Awareness month. In honor of Mental health awareness month BRIDGES hosts an annual Art Contest for clients. This year BRIDGES opted for a digital art contest themed "We Are All in This Together". A digital art contest allowed clients to be involved and creative while incorporating safe social distancing. This year's art contest included additional age category entries and mediums such as photograph and drawing.

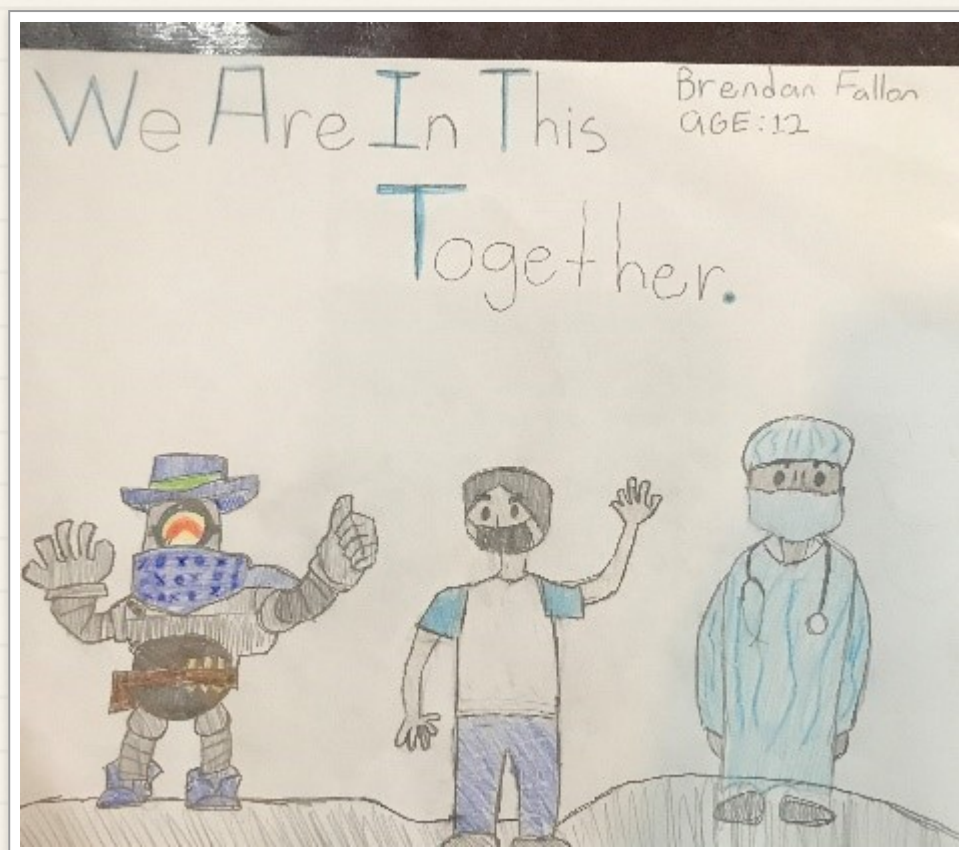
It was wonderful to see so many creative entries from talented clients. We could not be more excited to share the winning art in this month's newsletter. Those who won the contest will be receiving a certificate, gift card and their art shared in this month's newsletter. Congratulations to all winning contestants and we thank all of those who participated!

" WE ARE ALL IN THIS TOGETHER"



Client T.F. Age 7 - Trustart Best
drawing Ages 5-11

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Client B.F. Age - 12 Trustart Best
Drawing Ages 12+

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Client P.N. Age 21 Trustart Best
Drawing Ages 21+

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Client B.A. Age 21 Tranquilas Best
Digital Art (San Gabriel Valley)

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Client J.B Age 25 - Trustart Best Digital Art (San Fernando Valley)



SAFETY FIRST

What is social distancing?

What is social distancing?

Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing:

- Limiting face-to-face contact with others is the best way to reduce the spread of coronavirus disease 2019 (COVID-19).
- Stay at least 6 feet (about 2 arms’ length) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings

In addition to everyday steps to prevent COVID-19, keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally and across the country and world.

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Why practice social distancing?

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. However, this is not thought to be the main way the virus spreads. COVID-19 can live for hours or days on a surface, depending on factors such as sunlight, humidity, and the type of surface. Social distancing

helps limit opportunities to come in contact with contaminated surfaces and infected people outside the home.

Although the risk of severe illness may be different for everyone, anyone can get and spread COVID-19. Everyone has a role to play in slowing the spread and protecting themselves, their family, and their community.

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Tips for social distancing

- Follow guidance from authorities where you live.
- If you need to shop for food or medicine at the grocery store or pharmacy, stay at least 6 feet away from others. Also consider other options:
 - Use mail-order for medications, if possible.
 - Consider a grocery delivery service.
- Cover your mouth and nose with a cloth face covering when around others, including when you have to go out in public, for example to the grocery store.
 - Cloth face coverings should NOT be placed on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
 - Keep at least 6 feet between yourself and others, even when you wear a face covering.
- Avoid gatherings of any size outside your household, such as a friend's house, parks, restaurants, shops, or any other place. This advice applies to people of any age, including teens and younger adults. Children should not have in-person play dates while school is out. To help maintain social connections while social distancing, learn tips to keep children healthy while school is out.
- Work from home when possible.
- Limit using any kind of public transportation, ride sharing, or taxis, if possible. If you must use public transportation, follow these tips to protect yourself.
- If you are a student or parent, talk to your school about options for digital/distance learning.

**Click here to get more info on Covid-19
from CDC.GOV**



5 ways to support a loved one during COVID-19 - Magellen HEALTHCARE

The COVID-19 pandemic has changed our lives in many ways. We find ourselves focused on the news, concerned for loved ones and adapting to changes in our home, work and social routines.

While it may be easier for some people to adapt to the “new normal” of isolation and social distancing, many others are feeling overwhelmed with emotions like sadness, depression and anxiety. If you are concerned about someone close to you, the following tips will help you support your loved one during this difficult time:

1. Treat your loved one with respect and dignity. Listen nonjudgmentally and respect their privacy and confidentiality. Offer consistent emotional support and understanding. In difficult times, we all need additional love and understanding. Remember to be empathetic, compassionate and patient.
2. Have realistic expectations and accept the person as they are. Tough times can make it harder than usual to do everyday activities like cleaning the house, paying bills or feeding the dog.
3. Provide practical help. Your support can have a huge impact. Offer to help with overwhelming tasks but be careful not to take over or encourage dependency. For example, offer to bring groceries over, mow the lawn or take a pet for a walk.
4. Encourage them to take care of their physical health by getting enough rest, staying hydrated, avoiding excessive amounts of caffeine or alcohol, and eating healthy foods when possible.
5. Give reassurance and information. Reassure them that it is appropriate to experience fear, sadness or anxiety during situations like this. Remind them that there is hope, help is available, and with time and treatment they can feel better. Visit your program website for helpful COVID-19 information and resources.



COMMUNITY RESOURCES

Heat Wave Cooling Centers

Cooling centers are free, indoor air-conditioned locations where you can keep cool when there are extreme heat weather conditions. If you are planning to visit one of these Cooling Centers, it is advisable that you call in advance to make sure there is still seating available. All centers will be open from 12:00 p.m. to 6:00 p.m, and will operate in compliance with physical distancing and other safety criteria from the current Health Officer Order. If a Cooling Center is not operational, call 211 for LA County or 311 for LA City

[click here to find a Cooling Center in your area!](#)

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COVID-19 EMERGENCY RENTAL ASSISTANCE FOR UNINCORPORATED AREAS

This program provides rental assistance funds to low- and moderate-income eligible households economically impacted during the COVID-19 pandemic.

In order to be eligible, you currently must be a renter residing in the unincorporated communities in the 1st, 2nd, 4th, or 5th Supervisorial Districts of LA County. Click the link below or call 211 for more information.

[Click here to apply](#)

Critical delivery program for seniors and dependent adults

Critical Delivery Service

Temporary delivery program for older and dependent adults



As a result of the COVID-19 pandemic and the California Safer at Home Initiative, our aging population has an increased need for timely delivery services. WDACS has launched a temporary delivery program called Critical Delivery Services (CDS) to deliver food and other vital items to individuals who are unable to leave their homes due to COVID-19.

Who qualifies for delivery services?

Delivery services are reserved for those who meet at least one of the following criteria:

- ➔ Aged 60 years and older
- ➔ Individual with a permanent or temporary disability
- ➔ Dependent Adults (aged 18-59 years)

Once items are ready for pick-up, call 888-863-7411. Deliveries can be made:

- 🕒 24 hours a day
- 📅 7 days a week

What can be delivered?



Groceries



Household Items



Vital Necessities

Per month, individuals can receive up to:



Four (4) deliveries or



40 miles worth of deliveries

How can deliveries be scheduled?



Call 888-863-7411 to request delivery service



Order items for delivery via online/phone and provide payment for items to the pick-up location



Critical Delivery Service Coordinator will schedule a taxi driver to deliver your items to you



Critical Delivery Service Coordinator will call you back to confirm the delivery has been scheduled



To schedule deliveries, call hotline M-F, 8:00am to 5:00pm. Same day deliveries are available only during schedule hours.

[Click Here For More information](#)

LA County has just launched a new free delivery service for older adults aged 60+ and individuals with disabilities who are unable to leave their home due to the COVID-19 pandemic. This program will help vulnerable individuals get the groceries, household items, and other necessities they need during this time without having to leave the safety of their homes. Delivery will be available 24 hours a day, 7 days a week, at no extra cost. No application process is required but items must be pre-paid and ready for pickup. Deliveries can be scheduled by calling 1-888-863-7411 between 8:00 am and 5:00 pm, Monday through Friday.

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SENIOR MEAL AND FOOD DELIVERY PROGRAM

Los Angeles County has partnered with multiple vendors to deliver no-cost food and meal supports to adults ages 60 and older.

Sign up by calling **(800) 510-2020**.

If you are a resident of Los Angeles city, you may sign up through LAcity.org

**CLICK HERE TO SIGN UP THROUGH
LACITY.ORG**

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THE FRIENDSHIP LINE

The Friendship is a free resource for those who may need someone to talk to during these challenging times. It is for all ages and anyone who may be feeling lonely, stressed, or just need a friendly person to chat with for a few minutes.

The Friendship Line (888) 670-1363

Operating hours are from 7:00 am to 9:00 pm PST.

The Friendship line is sponsored by the California Department of Aging.

[Click here for more info about The Friendship Line](#)



HAPPY BIRTHDAY!



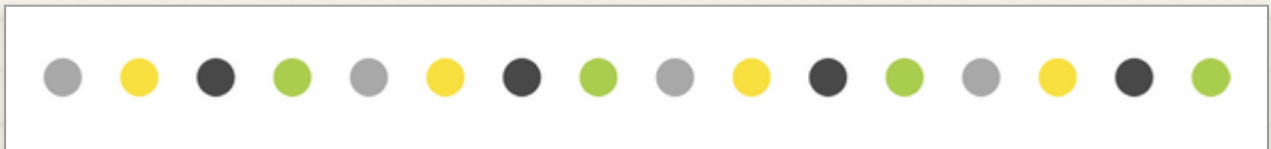
Ivan Arellano
Breannda Arguijo
Caroline Carbajal
Vivian Lafebre
Kaylee Rhoades
Marisela Soto

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HAPPY ANNIVERSARY!



Jorge Navarro 2 YEARS
Eillen Simangan 2 YEARS



welcome



VISIT BRIDGES ON

Instagram

VISIT OUR BRIDGES INSTAGRAM! FOLLOW
US TO SEE HOW STAFF AND CLIENTS
RAISE MENTAL HEALTH AWARENESS
AND HAVE FUN IN RECOVERY.

Ambition is the
path to success.
Persistence is the
vehicle you arrive in.

Bill Bradley

www.wow4u.com

"Life changes
very quickly,
in a very
POSITIVE way,
if you let it."

LINDSEY VONN

GH

DON'T
Forget
TO SMILE
Today

[Click Here To Visit Our Instagram Page](#)

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Contact Us!



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

 Facebook  @bridgesrehaborg

Corporate Office (909) 623-6651

El Monte (626) 350-5304

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Click here to visit our website

