

A BRIDGE AND BEYOND

June - July 2023

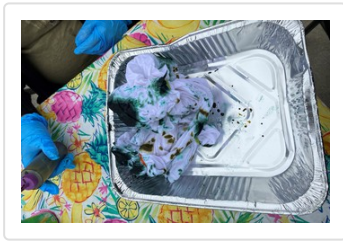


News From El Monte!

Tie-Dyeing Shirts

Staff and clients at Casitas Esperanza and Tranquilas participated in tie-dyeing shirts as part of a fun group activity. For many, it was their first time tie-dyeing, and they were amazed at the unique results of each shirt.

Tie-dyeing has many therapeutic benefits like quieting the mind centering your focus. It's also a practice in patience, and prior skill isn't necessary to create a beautiful work of art. We hope everyone loved the shirts they made and will remember the fun they had while making them.



Getting Started



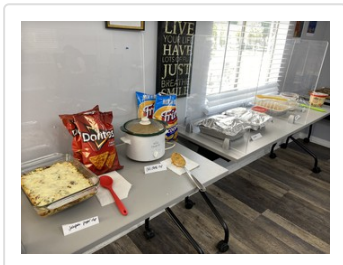
**Waiting for the
Shirts to Dry**



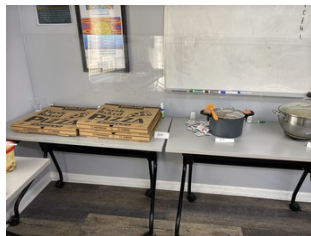
**Finished
Product!**

Staff Potluck

Our team in El Monte came together for a delicious potluck lunch that brought staff from all departments together. This was a great opportunity for our staff to enjoy one another's company and to celebrate everyone's unique taste in food. Some of the standout favorites were the jalapeno popper dip, a Butterfinger inspired chocolate cake, and chewy salted caramel brownies.



Chips and Dips

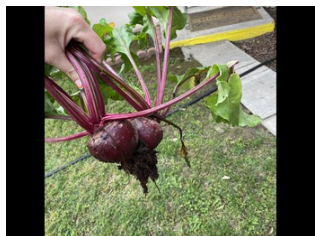


**Pizza, Rice &
Chili**



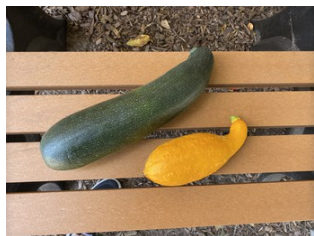
Desserts

Our Summer Harvest



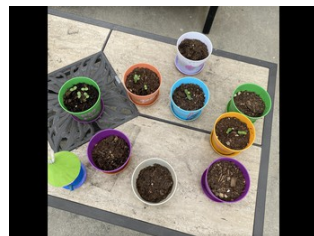
Beets

Our beets have really grown in the last couple of months!



Zucchini

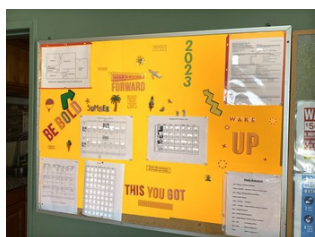
Our delicious zucchini was featured this month in our menus. Clients find it so rewarding to grow some of the food they eat.



Flowers

We planted flowers in these little pots to take care of.

Around the Site



Bulletin Board

One of our House bulletin boards featuring upcoming activities, chores rotation, the weekly menu, and emergency contact information.

names have been intentionally blurred out



Pride Flags

We hung Pride Month flags around the site to recognize and uplift LGBTQ voices and show our support for LGBTQ rights.



Bird Houses

We had fun painting bird houses and filling them with bird seed. Bird watching is such a relaxing activity.



News From Woodland Hills!

Success in the Words of a TruStart Client

"BRIDGES had helped me in so many ways! I've grown so much with the help of BRIDGES and I wanna thank my therapist Rose for helping me understand my feelings and cope with them. I've always struggled with my mental health and BRIDGES and Rose have help me set a path to dealing with it and not being afraid to ask for help. I am now in college, and I've joined my student council. I have as well joined a club and now I'm getting to experience so many new things. Thank you to BRIDGES for helping me!"



Photo of our client's UCLA college tour



Fun Outings for the Month of July



Smorgasburg Los Angeles



Smorgasburg operates the largest open air food markets in the country, with locations in New York, Los Angeles, Jersey City, Sao Paulo, and the most recently in Miami and Toronto.

Smorgasburg L.A. provides a platform for nearly 100 small businesses curated from the next wave of SoCal's food, beverage and shopping scene. It is the perfect place to spend a day with friends, family and colleagues!

Open Every Sunday: 10:00AM - 4:00PM

ROW DTLA. 777 S. Alameda St., Los Angeles CA 90021



Welcome Calendar FAQ Apply Partner with Us Other Projects Smorgasburg
Brooklyn Brooklyn Flea Smorgasburg Miami Smorgasburg Toronto



June Birthdays 🍰

Vivian LaFebre

Ashley Jara

Ashley McDowell

Grace Park

Jennifer Mejía

Kaylee Rhoades



June Anniversaries 🎉

Daniella Arias

Shyanne Macías



July Birthdays 🍰

Shianne Torales
Lynnae Hernandez
Jacqueline Molina



July Anniversaries 🌻


Larisa Cazacioc
Jakelin Trujillo
Rose Ellen Carranza
Diana Camarena
Anais Sustayta
Gustavo Duenas



Safety Corner 🚚



Simple Steps Can Help Prevent West Nile Virus and Other Mosquito-Borne Disease



As spring days become warmer - and mosquitos more common - the Los Angeles County Department of Public Health advises all residents to take precautions now to help prevent mosquito-borne diseases.

Illnesses such as West Nile virus and Saint Louis Encephalitis virus can be spread through the bite of an infected mosquito here in Los Angeles County. Public Health recommends the following actions to reduce the risk of West Nile virus and other mosquito-borne disease infections:


- Take steps to control mosquitoes indoors and outdoors:
- Use screens on windows and doors. Check for, and repair, holes in screens to keep mosquitoes outdoors.
- Stop mosquitoes from laying eggs in or near standing water. Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pet bowls, flowerpot saucers, rain barrels, or other containers. These are places where mosquitoes lay eggs.
- Empty and wash birdbaths and wading pools weekly.
- Clean and chlorinate swimming pools; drain any water collecting on pool covers.
- Stock garden ponds with fish that eat mosquitos such as mosquitofish, goldfish, or koi. These feed on mosquito eggs and larvae.
- Avoid outdoor activities at dusk and dawn during warm mosquito season when mosquitoes are most active.
- Use insect repellent. Choose Environmental Protection Agency (EPA)-registered repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women. Find the right insect repellent for you by using EPA's [search tool](#).
- Cover up. Wear long-sleeved shirts and long pants when you are outdoors, particularly at dusk and dawn, and in areas, where more mosquitoes are present, such as ponds with stagnant water.
- Report stagnant swimming pools or "green pools" to the Public Health Environmental Health Bureau at (888) 700-9995, or to a local vector control agency.
- Dead birds should be reported to the California West Nile Virus Dead Bird Hotline at (877) 968-2473 or online: <https://westnile.ca.gov/report.php>

"The best ways to prevent West Nile virus infections and other mosquito-borne diseases is to take steps now to eliminate mosquito breeding spots and to protect our families from bites," said Dr. Barbara Ferrer, Ph.D., M.P.H., M.Ed., Director of the Los Angeles County Department of Public Health. "Because there are no vaccines to prevent West Nile, or a treatment to cure this disease, we can all follow simple steps to reduce the risk of West Nile virus including removing standing water around our homes and avoiding mosquito-infested areas at dawn and dusk."

About West Nile Virus

West Nile virus is the leading cause of mosquito-borne disease in the continental United States and each year cases are detected among residents in Los Angeles County.

While everyone is at risk for West Nile virus, people over age 50 and those with health problems are at greater risk of serious illness. West Nile virus can affect the nervous system and result in meningitis, encephalitis, limb paralysis and even death.



Symptoms may include fever, headache, nausea, body aches, and a mild skin rash. Severe symptoms include high fever, muscle weakness, neck stiffness, confusion, as well as coma. While not all mosquitoes carry West Nile virus, the type of mosquito that spreads this virus is found throughout Los Angeles County, and across the state.

For more information on West Nile virus, visit publichealth.lacounty.gov/media/westnile. To find a local vector control district that helps protect residents from mosquitos, visit <http://www.socalmosquito.org>.



Heat Wave 2023

The Los Angeles County Department of Public Health (Public Health) reminds everyone to take precautions to avoid heat-related illness this holiday weekend. The National Weather Service is predicting hot and dry weather with elevated fire weather conditions across the desert, lower mountains, and interior valleys. Daytime high temperatures are expected to peak in the 90s to 109 degrees with hottest temperatures on Saturday.

Extreme heat poses a substantial health risk, especially for young children, the elderly, people with chronic diseases, pregnant individuals, people with disabilities, and people who are socially isolated who may be especially sensitive to negative health impacts from extreme heat. Never leave infants, children, pets, or those with impairments alone in a parked car for any amount of time. Cars get very hot inside, even if the windows are 'cracked' or open – it can take only a few minutes for the temperatures inside a car to rise to levels that can kill. Call 911 if you see a child or pet in a car alone.

If you are at substantial health risk, have a friend or relative call to check on you twice a day during a heat wave. If you know someone who has a substantial health risk to heat – including those who are sick or have chronic conditions, older adults, pregnant women, children, and those who live alone– check on them at least twice a day. Infants and young children, of course, need much more frequent monitoring.

Here are simple but important steps to stay safe:

1. Stay Cool

3. Know the Signs of Heat-related illnesses and What to do
4. Public Health offers the additional recommendations during high temperature days
5. Stay Informed

Check your local news for weather forecasts, extreme heat alerts, and safety tips, and to learn about any cooling centers in your area.

County and City partners have planned ways to safely operate cooling centers during times of high heat. Residents who do not have access to air conditioning are encouraged to take advantage of these free cooling centers. To find a location near you, visit <https://ready.lacounty.gov/heat/> or call 211.



YUMMY FOR THE TUMMY 😊



Peach Mango Smoothies

Ingredients

- 1 cup peeled and sliced peaches, cold (frozen peaches should be thawed)
- ½ cup chopped mangos, cold (frozen mangos should be thawed)
- ¼ cup mango nectar, cold
- ½ of a banana
- 2 teaspoons sugar or honey (optional)

- 2 ice cubes

Instructions

1. Combine all of the ingredients in a blender and purée until completely smooth. Pour into a tall glass and enjoy cold.



Contact Us!

BRIDGES Community Treatment Services, Inc.

Corporate Office (909) 623-6651

El Monte (626) 350-5304

TruStart (818) 657-0411

✉ info@bridgesrehab.org

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🌐 bridgesrehab.org

