

# A BRIDGE & BEYOND

JULY 2021

## MENTAL HEALTH AWARENESS



Each of us is always juggling a handful of roles such as parenting, student, employee or caretaker. It may be that we are struggling with mental health issues or simply feel overwhelmed by the responsibilities of everyday life. Nevertheless, it seems unimaginable to many of us to take time for ourselves. Sometimes, it can be difficult to take care of yourself, however, there are small things that can be done to make self-care and time for ourselves a little easier.

### Accept yourself as you are

Remember that you are running your own race. When you start to compare yourself to others, it is easy to feel inadequate, which makes it difficult to even take the very first step in self-care. Instead, try your best to accept the person you are and where you are in life.

### Find out what makes you happy

If you are caught up in all your responsibilities—you may not even really know what kind of self-care you need. Take the time to think about what you can do to feel happy or accomplished and find a way to add it to your schedule.

## Practice mindfulness

One of the best ways to make the most of any time you have to take care of yourself is to take a few slow, deep breaths, focus on each of your senses and try to be fully present in everything you do. Mindfulness has the power to help you slow down—even in the midst of all the challenges and responsibilities of life.


## Set yourself small goals

Unfortunately, taking time for yourself doesn't work overnight, so set small goals that you want to achieve instead of putting pressure on yourself to immediately establish the perfect self-care routine. Focus on taking a 15-minute walk outside every day or writing for 10 minutes every evening.

## Set yourself limits

Sometimes, the only way to make time for yourself is to reduce the time or energy you give to other people. If you set limits with people around your time, emotions and health, it can enable you to devote more time and effort to yourself and your own mental health. Remember that you are not alone. Everyone is struggling to make time for themselves, and the ups and downs of life mean that you need to be flexible and resilient in your routines and the way you plan your time. There will always be people who understand where you are coming from and are willing to help. Ask your friends and family for help if you need to take some time for your mental health.



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Managing the fastest growing, most complex areas of healthcare bringing solutions to a variety of clients and leading humanity to healthy, vibrant lives.



What's Happening at BRIDGES?

CASITAS ESPERANZA



## STRIKE!

Bowling alleys are terrific fun! What more entertainment do you need than the thrill of knocking down pins and watching clients on a winning streak and even the occasional gutter ball? Casitas Esperanza staff and clients were excited to be able to venture out into the the community as a group for the first time in a long time. For some, this was their first time bowling but it definitely won't be their last! Casitas Esperanza staff were thrilled to discover that they have clients who are naturals and enjoyed healthy competition with one another.

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## ENERGIZE ME

Casitas Esperanza has created a fitness area for client use. This area is equipped with several different types of equipment for strength training, cardio, and even boxing! Clients are encouraged to engage in healthy activities while still maintaining all safety protocols. As such, the staff has created a daily group called “Energize Me”. This is a morning session that all clients are invited to join. It consists of basic circuit training, cardiovascular exercises, and best of all fun!

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## CASITAS TRANQUILAS

## VEGGIE TALES

Last month we featured our beautiful garden in the newsletter. We are so excited to show you how much the great progress the garden has made. The first photo was taken during Spring when clients planted the garden as a group activity. We are so proud to show you the progress.

Our corn is now taller than our staff! Clients are excited to see the garden growing and thriving!



AWARENESS DAYS & FUN FACTS!





## INDEPENDENCE DAY

Each year on July 4th, the United States celebrates Independence Day. This federal holiday commemorates the adoption of the Declaration of Independence on July 4, 1776, declaring independence from the Kingdom of Great Britain.

For nearly 250 years, the country has been celebrating a day in history that inspires us still today. On July 4th, communities host speeches and ceremonies across the nation. Across the country, people crowd cities for parades and festivals. Cities deck the streets in red, white, and blue bunting and flags.

Families and friends also gather for some of the most mouthwatering food – large picnics and barbecues, local fairs provide a taste of culture and mom's home cooking, too. With so many converging on their hometowns, family and school reunions take place.

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## NATIONAL DRIVE-THRU DAY

National Drive-Thru Day on July 24th recognizes an innovation conveniently going strong today. The drive-thru reached its iconic zenith in the 1950s but stayed strong through the 60s, 70s and beyond. People have enjoyed this service since the 1930s.

### Focus on the basics

Sometimes it feels impossible to do even the smallest things. One of the most important things you can do is to focus on the building blocks of good self-care, such as showering, eating nutritious food, moving the body and sleeping well.

 What National Day are we celebrating today - National Day Calendar

 What National Day ar...

[nationaldaycalendar.com](http://nationaldaycalendar.com)

What National Day is Today? Find your answer quickly from the original and most authoritative National Day source on the planet, National Day Calendar. Celebrate Every Day!



FREE COMMUNITY RESOURCE



## LA WARMLINE (855) 952-9276

The LA WarmLine provides telephone support services to people living in Los Angeles County. Services include telephone support and live chat. The warmline is designed to aid people who are having difficulty coping with the stresses and crises which arise in daily living or who are concerned about particular personal or interpersonal problems.

Some of the issues talked about may include mental illness, substance abuse, loneliness, family relations, bereavement and suicidal feelings. The warmline clarifies the callers issues and offers support and guidance to assist callers to find their own resolution, but does not give advice. All calls are handled confidentially, and referrals are available for additional or ongoing services if needed.

For more information:

<https://www.211la.org/>



## SAFETY CORNER





# Daily Activities and Going Out

## What you need to know

- In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.
- If you decide to engage in public activities, continue to protect yourself by practicing everyday preventive actions.
- Keep these items on hand when venturing out: a face mask, tissues, and a hand sanitizer with at least 60% alcohol, if possible.

## Understand the potential risks of going out

As communities and businesses are opening, you may be looking for ways to resume some daily activities as safely as possible. While there is no way to ensure zero risk of infection, it is important to understand potential risks and how to adopt different types of prevention measures to protect yourself and to help reduce the spread of COVID-19.

The risk of an activity depends on many factors, such as:

- Is COVID-19 spreading in your community?
- Will you have a potential close contact with someone who is sick or anyone who is not wearing a mask (and may be asymptomatic)?
- Are you at increased risk of severe illness?
- Do you take everyday actions to protect yourself from COVID-19?

CDC cannot provide the specific risk level for every activity in every community. That's why it's important for you to consider your own personal situation and the risk for you, your family, and your community before venturing out.

## What makes activities safer

- You can maintain at least 6 feet of space between you and others. COVID-19 spreads easier between people who are within 6 feet of each other.
- They are held in outdoor spaces. Indoor spaces with less ventilation where it might be harder to keep people apart are more risky.
- People are wearing masks. Interacting without wearing masks also increases your risk



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As the nation's health protection agency, CDC saves lives and protects people from health, safety, and security threats.



## Welcoming our new intern to BRIDGES

My name is Felipe Perez. I am a Latinx graduate student pursuing a master's degree in Marriage and Family Therapy, currently going into my second and last year of the program. I am the 3rd child of four within my family and I take pride in being not only a first-generation college student that graduated with a Bachelor's in psychology in 2020, but also a first-generation Master's program student.

I take my education and my time as an intern at BRIDGES very seriously which means that I do not have too much time left over for myself but when I do have some time to myself, I love to play video games as well as practice drawing. Coming from a Latinx background, I grew up in a culture where I simply love food. But if I had to choose a favorite, it would have to be sushi. It's so rich in flavor and there are so many variations of sushi that you are always wanting to try something different. I am an open book; I love interacting and meeting new people and I cannot wait to meet the team members here at BRIDGES and get to know everyone on the team!





Happy Birthday



Ana Beltran

Lynnae Hernandez

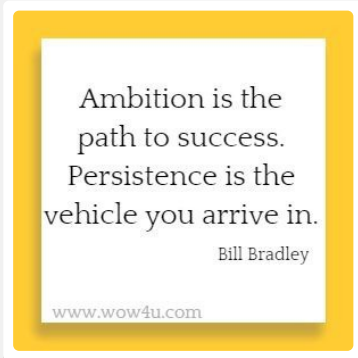
Jackeelyn Mendoza

Catalina Rincon

Jakelin Trujillo



# Happy Anniversary



Diana Camarena 1 Year  
Rose Ellen Carranza 1 Year  
Larisa Cazacioc 5 Years  
Shelly Elftman 6 Years  
Veronica Hensley 2 Years



SAVE THE DATE





## FREE SweatBox Yoga

When

Sunday, July 11th, 12-1 pm

Where

This is an online event.

More information

About this event : <https://www.eventbrite.com/e/sitc-virtual-yin-yoga-sweatbox-yoga-orchard-tickets-152071470863?aff=ebdssbonlinesearch>

**Yin Yoga:** Stretches the deep connective tissues between the muscles and the fascia throughout the body to increase blood circulation in the joints and improves flexibility.

SITC program is designed to provide working adults an opportunity to kick-start their workday with an invigorating workout, Sunrise in the City is a studio-gym based workout program that was traditionally held in the mornings, but now includes lunchtime, weekend and afternoon sessions. In view of the current situation, virtual sessions are being piloted to provide participants with more opportunities to join in for the workout sessions online.

For more information:

# Mental Health



## Talking to Children about Mental Health Free Webinar

When

Wednesday, July 14th, 12-1 pm

Where

This is an online event.

More information

**Learn how help children understand what mental illness is and is not, and how to answer their questions in this one-hour session**

About this event: <https://www.eventbrite.com/e/talking-to-children-about-mental-healthfree-webinar-tickets-158467613899?aff=ebdssbonlinesearch>

**Children are curious about their environment and the people around them. How do we answer their questions related to mental health?** Learn how help children understand what mental illness is and is not, and how to answer their questions in this one-hour session.

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# Keep Los Angeles Clean Special Events

For City of Los Angeles Residents\*

**FREE!**

**BULKY ITEM DROP OFF**

## FREE Bulky Item Drop-Off

When

Saturday, July 17th, 8am-4:30pm

Where

This is an online event.

## More information

Save yourself the time, trouble, and cost of going to the landfill! LA Sanitation & Environment (LASAN) will be accepting bulky items at five locations around the City on specific dates at least once a month throughout the year. Furniture, carpet, yard trimmings, shelving, and wood will also be accepted.

FOR MORE INFORMATION

<https://www.lacitysan.org/cs/groups/public/documents/document/y250/mdm3/~edisp/cnt037746.pdf>





## Free Online Wellness Meditation

When

Wednesday, July 28th, 6-6:45pm

Where

This is an online event.

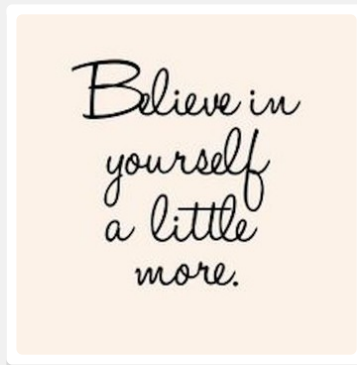
More information

About this event: <https://www.eventbrite.com/e/free-online-wellness-meditation-with-reiki-wed-600-645-pm-est-gmt-4-tickets-113253468172?aff=ebdssbonlinesearch>

During this period of uncertainty and Coronavirus safety precautions, it is critical to find time and ways to manage stress, balance emotions, replenish energy to be grounded and promote well-being for ourselves and loved ones. This free 45-minute online wellness meditation for self-care will focus on replenishing energy and grounding/balancing emotions (both of which will also help will promote well-being while addressing stress/worry). The Reiki Master who is also trained in Traditional Chinese wellness practices will also offer remote/distance blessings to address any specific conditions (for which you can request silently), if you wish to receive the Reiki/energy healing. This session can be done from any location.







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

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