

A BRIDGE AND BEYOND

February - March 2023



February ❤️

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou



REMEMBERING VALENTINE'S DAY- CASITAS TRANQUILAS

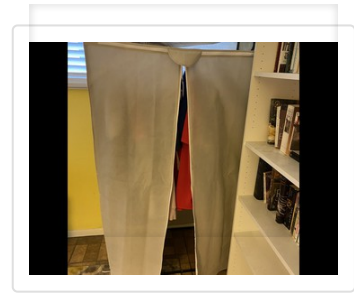
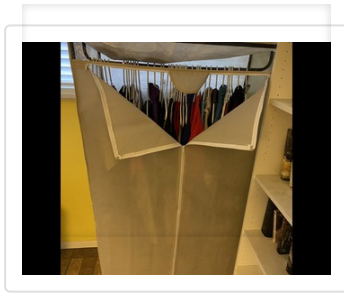
Valentine's Day Sundae

In celebration and recognition of Valentine's Day, Casitas Tranquilas hosted an ice cream social for all residents and staff. While enjoying a variety of delicious toppings and light refreshments, residents and staff joined together to reflect and celebrate the spirit of the love-filled holiday. A grand time was had by all who attended.



REVERSE DOODLING- CASITAS TRANQUILAS

This month, our Tranquilas group engaged in an activity called Reverse Doodling, an expressive arts technique aimed at reducing performance stress, encouraging mindfulness, and facilitating collaboration. The approach was introduced by Ashley, our MFT trainee, and goes as follows: a pre-created painting, typically watercolor, is printed on a sheet of paper and artists can individually or collectively draw lines around the shapes they see, embracing self-confidence while also easing the mind. The artistic experience was enhanced with low tempo music in the background to add to the therapeutic experience of art and creativity.



Last Month's Reflection: Black History Month



February is an important month of celebration and recognition of great achievements by African Americans.



Black History Month

www.history.com

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans.



BRIDGES February Birthdays 

Mattie Calame

Sophia Harris

Cindy Herrera

Lori Pendroff

Erica Preciado

Jakelin Trujillo

February Anniversaries 🎉

Susana Ascencion

Telina Grace

Ashley Jara

Dominic Rodriguez

Carmen Roman

Judi Williams

Jessica Valadez



March 

National Developmental Disabilities Awareness Month



National Developmental Disabilities Awareness Month (D.D.A.M.), observed throughout March, is a nationwide event to raise awareness about the inclusion of people with developmental disabilities and address the barriers that those with disabilities face.



[National Developmental Dis...](#)

nationaltoday.com

Back in the 1960s, people with intellectual and developmental disabilities (I.D.D.) were regarded as 'mentally disabled,' and often relegated to the back rooms of family homes or underfunded state-run institutions open to neglect and abuse.



BRIDGES March Birthdays 🎂

Jessica Valadez

Berenice Benitez

Cindy Luna

Gary Mathis

Natalia Mathis

Megan Collins

Grizelda Mercado

Alejandra Henderson

March Anniversaries 🎉

Jasmine Jara

Guadalupe Perez

Shannon Steib

Shianne Torales



Safety Corner 🧐

We're all in this together.



PROJECT FIRST LINE

As Los Angeles County has moved into the CDC “Low Community Level” and as of February 28th, the COVID-19 state of emergency has been lifted, all healthcare facilities, including

BRIDGES must continue to follow Infection Prevention Policies. BRIDGES is fortunate to collaborate with the Department of Public Health Project Firstline and receive guidance and support including infection prevention trainings, facility walkthroughs, resources, and COVID-19 updates.

In February Project Firstline conducted a facility walkthrough of our El Monte grounds. Excitedly, they acknowledged our continued efforts to practice infection prevention control. We continue to have available hand washing stations, hand sanitizer stations, disinfecting supplies, PPE, a wellness room that helps maintain physical distance when needed, and maintain our ready to use isolation room. PPE such as face masks are still used throughout the site daily, and while with others. I want to congratulate all of BRIDGES staff for their continued efforts in practicing infection prevention control and keeping everyone safe and healthy as this has been a team effort.

Thank you for all your hard work!

Diana Camarena

COVID Safety Coordinator



FIT TESTING N95 MASKS



One of our requirements, as an employer, is to make N95 masks available as needed. **CalOSHA** requires fit testing before wearing an N95 mask while on the job to assure that they are performing optimally, if needed. BRIDGES is now the proud owner of a fit testing kit, so that we can perform our own fit tests, efficiently. In our residential program it is conceivable that we would be caring for a client who tests positive for COVID. In this case, our staff caring for this client, or multiple clients with a positive COVID test would have to wear a good fitting N95 mask to stay as healthy and safe as possible. The N95 fit test is a pass/fail test that relies on the user's senses by using a bitter taste. If the user can taste the bitter taste while performing a few head movement exercises the fit test has failed and a different N95 model must be fit tested. Special acknowledgement to BRIDGES El Monte staff for participating in the N95 mask fit testing and making sure the appropriate model is used to help stop the spread of illness and reduce outbreaks.



YUMMY FOR THE TUMMY 😊



Deviled Eggs

Sometimes going back to basics is the best approach to creating a crowd-pleasing appetizer like this classic deviled eggs recipe.

Ingredients

- 6 large eggs
- 2 tablespoons mayonnaise
- 1 1/2 tablespoons sweet pickled relish
- 1 teaspoon prepared mustard
- 1/8 teaspoon salt
- Dash of pepper
- for garnish: Paprika

Directions

1. Place eggs in a single layer in a saucepan, add 3 inches of water and bring to a boil. Then cover, remove from heat, and let stand for 15 minutes.
2. Immediately drain and fill the saucepan with cold water and ice.
3. Firmly tap each egg on the counter until cracks form all over the shell. Peel under cold running water.
4. Cut eggs in half lengthwise, and carefully remove the yolks. Mash yolks with mayonnaise, add mustard, relish, salt and pepper. Stir well.
5. Spoon egg yolk mixture into the egg whites. Garnish with paprika, if desired.

****Note: If you have trouble peeling hard boiled eggs, here's a trick: Once the eggs are done cooking, drain the saucepan immediately and fill it with water and ice. Lightly crack each egg and place them back in the saucepan for 10 minutes, then remove and discard the shells under cold running water. The shells almost always come off more easily. ****



Contact Us!

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