

A Bridge & Beyond

NOVEMBER 2021

WHAT'S HAPPENING AT BRIDGES



Fall is finally here! Isn't it great?

Wonderful things are starting back up at BRIDGES! To commence, we are proud to share that we are one of the Mental Health agencies serving as a referral source and provider for the El Monte Union High School District Wellness Center. The Wellness Center officially inaugurated this past summer.

BRIDGES would like to thank Mario Rodriguez from South Bay Workforce Investment Board /South Bay OneStop Business & Career Centers located in Inglewood Ca.

Mario also introduced us to the wonderful staff and program God's Pantry located in Pomona, Ca., One of our newly collaborative partners!

Helping Hands Senior Foundation in Reseda, Ca also reached out to us regarding our programs, referrals, and collaboration.

Lastly, we are happy to share that the Mental Health Worker Program Advisory Board meetings for the Psychology and Mental Health Worker Program at Cerritos College have resumed. We are excited to put forth the Curriculum/courses for Spring 2022!

Bridges is looking forward to sharing more amazing projects, opportunities, and collaborations!

Ana Beltran
Community Outreach Coordinator



AWARENESS DAYS & FUN FACTS



NATIONAL DOUGHNUT DAY

National Doughnut Day on November 5th. The more traditional spelling is doughnut. However both doughnut and donut are pervasive in American English.

Doughnuts come in a large variety of recipes, flavors, and toppings. However, just like many pastries, we are only limited by imagination and ingredients at hand. From syrups and jellies to sprinkles and custards, top them, fill them, bake them or fry them. Doughnuts have a mouth-

watering way of glazing and dusting their way into our shopping carts. They also slip into the break room at work to share.



THANKSGIVING DAY

Thanksgiving Day is observed each year in the United States on the fourth Thursday in November.

In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, amid the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.





NATIONAL FRENCH TOAST DAY

Each year on November 28th, people across the United States enjoy National French Toast Day. Also known as eggy bread or omelet bread, it makes a great breakfast for guests or part of a brunch.

Home cooks and professionals alike whip up a few personal favorites when it comes to french toast recipes. The base consists of eggs and milk whisked together. Bread is dipped into the mixture and fried until golden. Many people also add some sugar, vanilla, and cinnamon to the base.

The flavor of French toast can be brightened with a squeeze of a fresh orange or stuffed with sauteed apples and cinnamon. Make French toast kid-friendly by cutting it into sticks. Then dip the sticks into syrup. Substitute sugary syrup with a fruit puree and fresh fruit pieces.



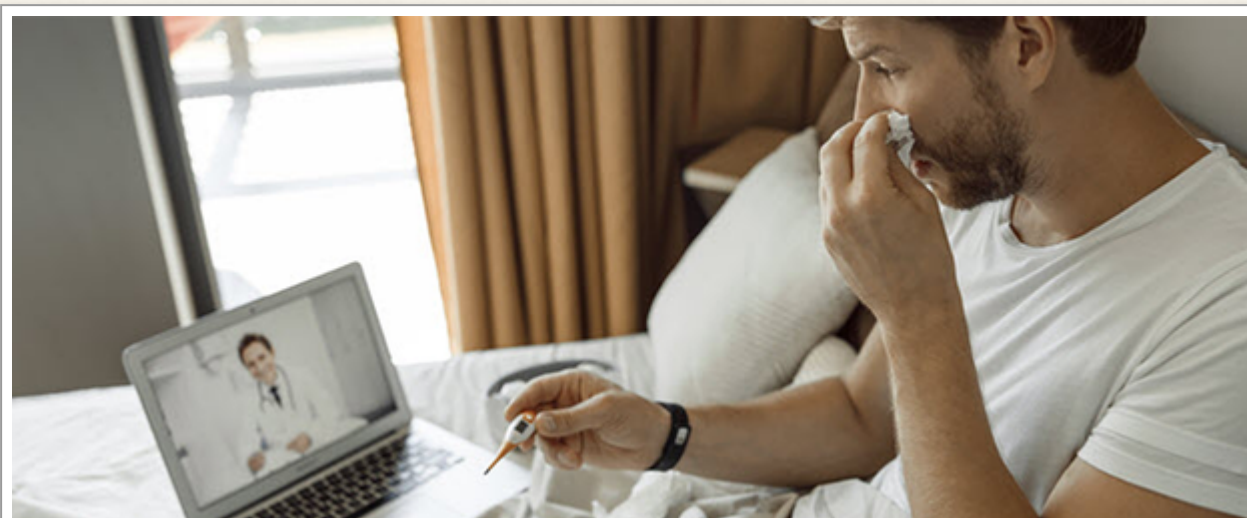
Safety Corner COVID-19



Guidance for Holiday Safety

Public Health encourages everyone who is not vaccinated for COVID-19 to get vaccinated now to be fully protected for the holidays.

Vaccinations are widely available throughout LA County and are always free and open to eligible residents and workers regardless of immigration status. Appointments are not needed at many sites, including all Public Health vaccination locations.



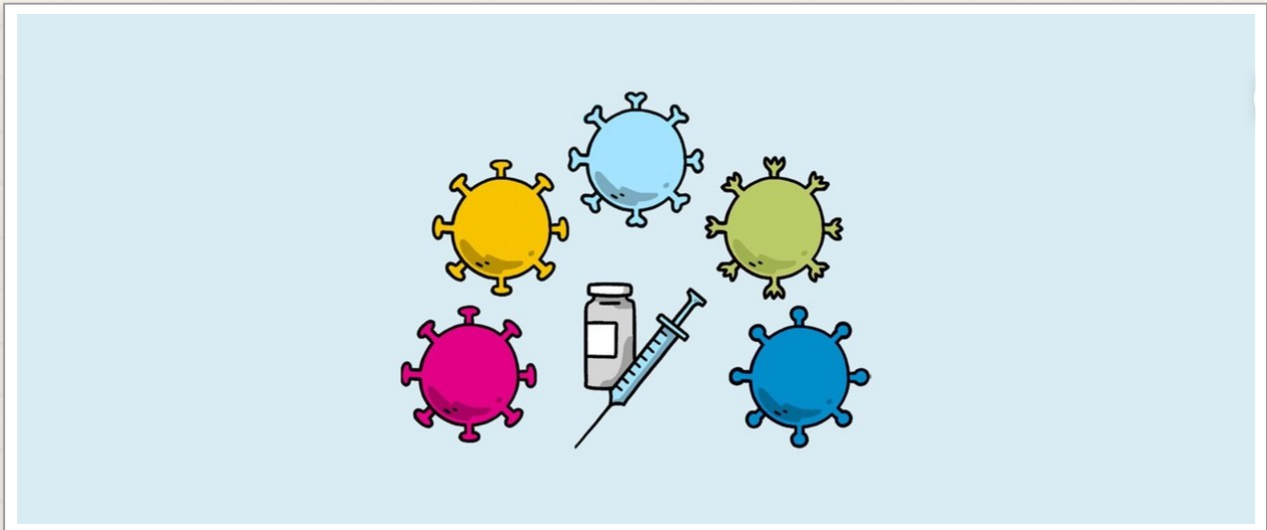
COVID-19 vs. Influenza

Similarities and differences of COVID-19 and Influenza:

- Influenza (flu) and COVID-19 are both contagious respiratory illnesses.
- They are caused by different viruses. COVID-19 is caused by infection with a coronavirus, and flu is caused by infection with influenza viruses.
- COVID-19 seems to spread more easily than flu. However, as more people become fully vaccinated against COVID-19, the spread of the virus that causes COVID-19 should slow down.
- Since symptoms of flu, COVID-19, and other respiratory illnesses are similar, the difference between them cannot be made based on symptoms alone. Testing is needed to tell what the illness is and to confirm a diagnosis.

- People can be infected with both flu and COVID-19 at the same time and have symptoms of both illnesses.

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Understanding Variants

The virus that causes COVID-19 is constantly changing, and new variants of the virus are expected to occur. Sometimes new variants emerge and disappear. Other times, new variants persist. Numerous variants of the virus that causes COVID-19 are being tracked in the United States and globally during this pandemic.

How Variants Work

If you think about a virus like a tree growing and branching out; each branch on the tree is slightly different than the others. By comparing the branches, scientists can label them according to the differences. These small differences, or variants, have been studied and identified since the beginning of the pandemic.

Some variations allow the virus to spread more easily or make it resistant to treatments or vaccines. Those variants must be monitored more carefully.

Infections and Spread Delta Variant

The Delta variant causes more infections and spreads faster than early forms of SARS-CoV-2, the virus that causes COVID-19

- **The Delta variant is more contagious:** The Delta variant is highly contagious, more than 2x as contagious as previous variants.

- **Some data suggest the Delta variant might cause more severe illness than previous variants in unvaccinated people.** In two different studies from Canada and Scotland, patients infected with the Delta variant were more likely to be hospitalized than patients infected with Alpha or the original virus that causes COVID-19. Even so, the vast majority of hospitalization and death caused by COVID-19 are in unvaccinated people.
- **Unvaccinated people remain the greatest concern:** The greatest risk of transmission is among unvaccinated people who are much more likely to get infected, and therefore transmit the virus. Fully vaccinated people get COVID-19 (known as breakthrough infections) less often than unvaccinated people. People infected with the Delta variant, including fully vaccinated people with symptomatic breakthrough infections, can transmit the virus to others. CDC is continuing to assess data on whether fully vaccinated people with asymptomatic breakthrough infections can transmit the virus.
- **Fully vaccinated people with Delta variant breakthrough infections can spread the virus to others. However, vaccinated people appear to spread the virus for a shorter time:** For prior variants, lower amounts of viral genetic material were found in samples taken from fully vaccinated people who had breakthrough infections than from unvaccinated people with COVID-19. For people infected with the Delta variant, similar amounts of viral genetic material have been found among both unvaccinated and fully vaccinated people. However, like prior variants, the amount of viral genetic material may go down faster in fully vaccinated people when compared to unvaccinated people. This means fully vaccinated people will likely spread the virus for less time than unvaccinated people.



CDC Works 24/7

www.cdc.gov



HAPPY ANNIVERSARY



Happy Workiversary



Linda Gonzalez 6 Years

Nicholas Rodriguez 2 Years

Davis Truong 3 Years

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HAPPY BIRTHDAY

Happy Birthday



Daniella Arias

Shelly Elftman

Veronica Hensley



FREE EVENTS



Gain tools to manage stress



Join us for a FREE online

Health & Happiness Workshop

Health and Happiness Workshop

WHEN

Monday, Nov. 1st, 7-8:30pm

WHERE

This is an online event.

MORE INFORMATION

Learn effortless techniques to manage your stress and increase your energy levels

About this event

The pandemic environment, personal problems and work pressure take a toll on our body and mind. The Art of Living brings you this free holistic and integrated workshop called the Health and Happiness which provide unique tools and techniques which help combat stress accumulated in our daily, modern life.

Through breathing techniques and meditation taught in this workshop one feels light, energetic and enthusiastic to take on life!

For more information:

<https://www.eventbrite.com/e/health-and-happiness-workshop-tickets-115874570961?aff=ebdssbonlinesearch>



Pasadena Museum Of California Art Free Admission

WHEN

Friday, Nov. 5th, 12-5pm

WHERE

490 Union Street
Pasadena, CA

MORE INFORMATION

Free Admission Friday at Pasadena Museum of California Art

The mission of the Pasadena Museum of California Art (PMCA) is to present the breadth of California art and design through exhibitions that explore the cultural dynamics and influences that are unique to California. Informed by the states rich mixture of cultures and inspired by its impressive geography, California art has long been defined by a spirit of freedom and experimentation.

PMCA exhibitions and educational programs explore the ways California's distinct perspectives and customs have shaped and defined art in all media. The PMCA is one block north of Colorado Blvd., between Los Robles Ave. and Oakland Ave. Free parking is available on the ground floor, with additional public parking located on Union Street directly north of the Museum.

For more information:

<https://www.gohilo.com/event/153956812028132/pasadena-museum-of-california-art-free-admission-friday-pasadena-ca/>



Understanding Trauma [Free Webinar]

WHEN

Tuesday, Nov. 9th, 11-11am

WHERE

This is an online event.

MORE INFORMATION

Explore the science of trauma and discuss how trauma impacts physical & mental health with a licensed therapist.

About this event

Trauma is defined by the emotional and psychological effect an event has on people, and less by the event itself. Explore the science of trauma and discuss how trauma impacts physical & mental health with a licensed therapist.

Certificates of attendance are provided at no cost.

About the instructor: Jaymi Dormaier, LMSW, holds a master's degree in social work from Michigan State University. In Jaymi's career as a social worker and therapist she has worked with a diverse population focusing on a variety of issues including homelessness, depression, anxiety, grief, trauma, foster care, adoption, and addiction. She is passionate about helping others live a life they love.

Jaymi is on the board of a non-profit organization focused on bringing more happiness to the world through random acts of kindness. In her free time Jaymi enjoys spending time with her dog, volunteering in her community, and camping.

For more information:

<https://www.eventbrite.com/e/understanding-trauma-free-webinar-tickets-173889436987?aff=ebdssbonlinesearch>



Free Thanksgiving Turkey and Gift Give Away

WHEN

Friday, Oct. 29th, 10am-1pm

WHERE

185 West Altadena Drive
Altadena, CA

MORE INFORMATION

About this event

The Rodney King Foundation, Eradicate the Hate, CTS Lutheran Church, Side Street Project and My TRIBE Rise has joined efforts to celebrate Thanksgiving with the Community! We will give away one free turkey or ham, groceries, home essentials, and other gifts per household. Come early! This is a first come first serve event.





BRIDGES Community Treatment Services, Inc.

Corporate Office (909) 623-6651

El Monte (626) 350-5304

TruStart (818) 657-0411

Follow us on Instagram! @Bridgesrehabinc

✉ info@bridgesrehab.org

☎ (909) 623-6651

🌐 bridgesrehab.org/

