

A BRIDGE & BEYOND

JUNE 2022



WHATS HAPPENING AT BRIDGES





VEGGIE TALES

Casitas Tranquilas and Casitas Esperanza clients began planting and growing their Spring garden. We are so excited to show you the great progress their gardens have made. This year clients and staff have planted a large variety of fruits and vegetables such as tomatoes, cilantro, jalapenos, strawberries, mint, yellow squash, beets, bell pepper, kale, radishes and much more!

Clients really enjoy gardening and maintaining their garden. Most of all they enjoy watching it grow!



BRIDGES CLIENT ACTIVITIES

In honor of Mental Health Awareness in May Tranquilas hosted barbeques for their clients and staff every Thursday, in addition clients have also enjoyed an ice cream day with a variety of ice cream flavors and yummy toppings to pick from.

Clients and staff also had the exciting opportunity to visit the LA County Fair! Some of the activities they enjoyed were the netting zoo area, games, and a picnic lunch. A great time was

had by all!

Casitas Esperanza clients recently had an outing to the movie theatre and watched the movie Dr. Strange. Another fun activity that we can now enjoy due to the beautiful weather is our weekly Friday barbeques.



5 WAYS TO IMPROVE YOUR MENTAL WELLBEING



Here are five things you can do every day to improve your mental health and wellbeing:

1. Connect

Build and strengthen relationships with the people around you. Meet up with friends, have lunch with a coworker or join a group in your community. Feeling close to and valued by others, including at work, is critical to boosting wellbeing. When we devote time to these relationships, we feel happier and more secure, giving us a better sense of purpose.

2. Be active

Look for ways to be active every day. Find something you enjoy that suits your fitness and capabilities like running, walking, gardening, dancing, and working on projects around the house.

Being active every day causes changes in our brain which can positively affect our mood and decrease stress, depression, and anxiety.

3. Give

Carrying out acts of kindness for other people, whether small or large, can increase happiness, life satisfaction, and a general sense of wellbeing. Make someone a meal, help with a project, or volunteer at an organization. You could just ask a friend or someone you work with how they are and really listen to the answer. Giving back to others can create positive feelings and help us feel more satisfied with life.

4. Take notice

Be present in the here and now. Pay attention to the world around you, nature, people, and your thoughts and feelings. Becoming more aware of the present moment boosts our wellbeing by helping us enjoy the world we have around us and understanding ourselves better.

5. Keep learning

Practice new skills and seek information about topics that interest you. Try a new recipe, listen to a podcast or fix something in your home. Generally being curious and seeking out new experiences at work and in life can boost your confidence and self-esteem, help you build a sense of purpose, and connect with others.

Each of these five practices has been shown to make a positive difference in how we feel and live our life.



5 ways to improve your well...

magellanhealthinsights.com

Magellan Healthcare is a proud supporter of Mental Health Month in May. We are committed to increasing awareness about mental health, wellbeing, and the importance of recognizing and addressing concerns through our community outreach and innovative behavioral health services for members and providers.



AWARENESS DAYS



ALZHEIMER'S & BRAIN AWARENESS MONTH

Worldwide, more than 55 million people are living with Alzheimer's or another dementia. This month is a great time to go purple. Purple is the official color of the Alzheimer's movement. Age is the greatest risk factor for Alzheimer's disease, but not the only one. While some brain changes are inevitable as we age, there is a growing body of research to suggest that adopting healthy lifestyle behaviors may help our brains age healthier.

Five tips to promote better brain health and help reduce the risk of cognitive decline:

Exercise regularly — Regular cardiovascular exercise helps increase blood flow to the body and brain, and there is strong evidence that regular physical activity is linked to better memory and thinking.

Maintain a heart-healthy diet — Stick to a meal schedule full of fruits and vegetables to ensure a well-balanced diet. Some evidence suggests a healthful diet is linked to cognitive performance. The Mediterranean and DASH diets, which emphasize whole grains, green leafy vegetables, fish and berries, are linked to better cognitive functioning, and help reduce risk of heart disease as well.

Get proper sleep — Maintaining a regular, uninterrupted sleep pattern benefits physical and psychological health, and helps clear waste from the brain. Adults should get at least seven hours of sleep each night and try to keep a routine bedtime.

Stay socially and mentally active — Meaningful social engagement may support cognitive health, so stay connected with friends and family. Engage your mind by doing activities that

stump you, like completing a jigsaw puzzle or playing strategy games. Or challenge yourself further by learning a new language or musical instrument.

Keep your heart healthy — Recent study shows strong evidence that a healthier heart is connected to a healthier brain. The study shows that aggressively treating high blood pressure in older adults can help reduce the development of mild cognitive impairment (MCI). These are great steps to take at any age. Research suggests that incorporating these behaviors in combination will have the greatest benefit, but even if you begin with one or two you're moving in the right direction.



WORLD CARING DAY June 7th

Each year on June 7, World Caring Day shines a spotlight on all the ways we connect and show each other we care. All acts of caring, whether big or small, are important. Caring is continuous and happens every day through compassion, support, kindness and understanding.

In a world of many worries, crisis, illness or need use World Caring Day to remind others to take the opportunity to practice kindness, understanding, and encouragement with everyone around us.



NATIONAL MOVIE NIGHT JUNE 10th

Pop some popcorn, grab a blanket and your favorite buddy, put away the cell phones and tablets, and then queue up a string of movies for a fun night of entertainment. National Movie Night on the second Friday in June encourages us to start (or restart) a tradition of movie nights with friends and family.

- Make a movie night bucket list.
- Share your favorite movie quotes.
- Create a group with people who love movies. Plan to celebrate with a night out at the movie theatre.
- Host a movie night in with the family. Pick a film the whole family will enjoy.
- Invite friends and family for a movie night BBQ. Hang a sheet or screen to project the movie onto. Wait for it to get dark and then let the entertainment begin.
- Load up the car and head to the nearest drive-in movie theatre.



JUNETEENTH June 19th

Each year Juneteenth (June 19th), also known as Freedom Day commemorates the end of slavery in the United States. The celebration takes place each year on June 19th, recognizing an event that took place in Texas in 1865.

In June 2021, the U.S. Congress passed legislation making Juneteenth a federal holiday. President Joseph Biden signed the legislation into law on June 18, 2021, declaring Juneteenth National Independence Day. Federal offices will observe the day on the closest weekday if Juneteenth lands on a weekend.



PRIDE DAY June 28th

As a sub-holiday during Pride Month, Pride Day is celebrated on June 28. The day marks the date in history when the first Pride march was held in New York City in 1970. However, different communities celebrate Pride Day on different days throughout June.

The sun isn't the only thing that comes out in June. Rainbow flags also start appearing in corporate office windows, coffee shops, and your neighbor's front yard. June has been an unofficial month of celebratory queerness for decades. Though the origins of Pride Month span back to the '50s, President Bill Clinton officially made it "Gay and Lesbian Pride Month" in 2000. President Barack Obama made it more inclusive in 2011, calling it Lesbian, Gay, Bisexual, and Transgender Pride Month. No matter what you call it, Pride Month has a rich history that informs how it's observed today.



[June National Days 2022](#)

nationaldaycalendar.com

May 26, 2022 - National Salsa Month | National Paper Airplane Day



SAFETY CORNER



Self-Testing At Home or Anywhere

Self-tests for COVID-19 give rapid results and can be taken anywhere, regardless of your vaccination status or whether or not you have symptoms.

- They detect current infection and are sometimes also called “home tests,” “at-home tests,” or “over-the-counter (OTC) tests.”
- They give your result in a few minutes and are different from laboratory-based tests that may take days to return your result.
- Self-tests along with vaccination, wearing a well-fitted mask, and physical distancing, help protect you and others by reducing the chances of spreading COVID-19.
- Self-tests do not detect antibodies which would suggest a previous infection and they do not measure your level of immunity.

When To Take an At-Home COVID-19 Test

- You have any COVID-19 symptoms - Immediately
- You were exposed to someone with COVID-19 - At least 5 days after your exposure, If you test negative for COVID-19, consider testing again 1 to 2 days after your first test
- You are going to an indoor event or a gathering - Immediately before the gathering, or as close to the time of the event as possible

How to Get an At-Home COVID-19 Test

- Order free tests at [COVIDtests.gov](https://www.covidtests.gov)
- Buy tests online or in pharmacies and retail stores. Private health insurance may reimburse the cost of purchasing self-tests.
- If you're not able to obtain a self-test when you need it, you might also visit a community testing site, or call your local health department for more options.

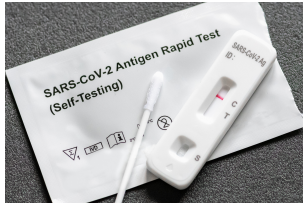
WHAT YOUR TEST RESULTS MEAN

IF YOUR TEST IS Positive

- The test detected the virus and you have an infection.
- Stay home for at least 5 days and isolate from others in your home.
- Tell your close contacts.
- Wear a well-fitted mask when around others. If available, a N95 or KN95 respirator is recommended.
- Watch for symptoms. If you have any emergency warning signs, seek emergency care immediately.
- Tell your healthcare provider. Contact them as soon as possible if:
 - Your symptoms get worse.
 - You are more likely to get very sick because you are an older adult or have an underlying medical condition. Possible treatment may be available for you.
 - You have questions about your isolation.

IF YOUR TEST IS Negative

- The test did not detect the virus, but doesn't rule out an infection.
- Some self-tests are designed to be used in a series (also known as serial testing). Consider repeating the test 24 to 48 hours later. Multiple negative tests increases the confidence that you are not infected with the virus that causes COVID-19.



COVID-19 and Your Health

www.cdc.gov

Important update: Healthcare facilities CDC has updated select ways to operate healthcare systems effectively in response to COVID-19 vaccination. Learn more [Self-Testing At Home or Anywhere](#) For doing rapid COVID-19 tests anywhere Self-tests for COVID-19 give rapid results and can be taken anywhere, regardless of your vaccination status or whether or not you have symptoms. They detect current infection and are sometimes also called "home tests," "at-home tests," or "over-the-counter (OTC) tests."





Daniella Arias - 1 Year

Jorge Navarro - 4 Years

Paola Rodriguez - 1 Year



Breannnda Arguijo

Ashley Jara

Vivian La Febre

Kaylee Rhodes

Marisela Soto



FREE RESOURCES



Watershed Bike Tour

When

Saturday, June 4th, 8-10am

Where

10900 Mulhall Street
El Monte, CA

More information

Ride along on the Rio Hondo River on this tour!! We will bike and tour Peak Road Conservation Park! Bike and helmets included!

About this event

Enjoy a fun and **FREE** bike tour with Day One (DO) along the Rio Hondo Bike Trail ! **REGISTRATION REQUIRED for Participation.** **This tour has only 15 slots, register early!** Bikes and helmets included to loan, but you can **BRING** your own bike. This ride includes a **light breakfast** and a tour of the Rio Hondo River and Peck Road Conservation Park!

For more information:

<https://www.eventbrite.com/e/watershed-bike-tour-tickets-343729142117?aff=ebdssbdestsearch>



Good For Your Soul: A Cooking Show

When

Wednesday, June 8th, 6-7pm

Where

This is an online event.

More information

About this event

Join us as our home chefs show us how to cook a meal that will be delicious and soul warming. Every **Wednesday at 6pm EST** one of our hosts will show us a favorite meal that is healthy, tasty, and easy to make, using what you have at home

For more information:

<https://www.eventbrite.com/e/good-for-your-soul-a-cooking-show-tickets-106149169022?aff=ebdssbonlinesearch>



Stronger Families Series - Emotion Coaching

When

Tuesday, June 14th, 7pm

Where

This is an online event.

More information

The Stronger Families Series works in partnership with other organisations to support parents to grow in their confidence and knowledge.

About this event

The Stronger Families Series welcomes Nic and Maggie who work as Education Psychologists at Aberdeen City Council

The Emotion coaching taster workshop will introduce you to what emotion coaching is and how you can use this to support your child's behavior and wellbeing. There will be an opportunity to ask any questions you might have.

For more information:

https://www.eventbrite.com/e/stronger-families-series-emotion-coaching-tickets-274136829637?aff=ebdssbonlinesearch&keep_tld=1

JUNETEENTH CELEBRATION

Saturday, June 18th from 1 to 6pm

Dalton Park | 18867 E Armstead St Azusa, CA 91702

2022 Juneteenth Freedom Day Festival at Dalton Park

When

Saturday, June 18th, 1pm

Where

18867 East Armstead Street
Azusa, CA

More information

**A Freedom Day Walk followed by Resource Fair, Wellness
Stations, Live Music, and more!**

This is a FREE event for the whole family.

RSVP'ing here confirms you will receive a goodie bag.

**To register for the Freedom Day Walk, please respond YES to
the question in the registration.**

**Due to the uneven grounding, the Juneteenth awareness walk
may not be accessible to everyone. The resource fair,
giveaways and festivities are accessible to all. Please be sure
to respond during the registration process if you will be
attending the walk or only registering for the Juneteenth
goodie bag and festivities.**

For more information:

<https://www.eventbrite.com/e/2022-juneteenth-freedom-day-festival-at-dalton-park-tickets-344862542147?aff=ebdssbdestsearch>



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

☎ 9096236651

🌐 Bridgesreahb.org

