

A Bridge & Beyond

AUGUST 2021

What's Happening at BRIDGES?



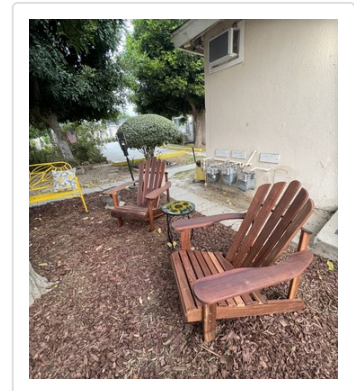
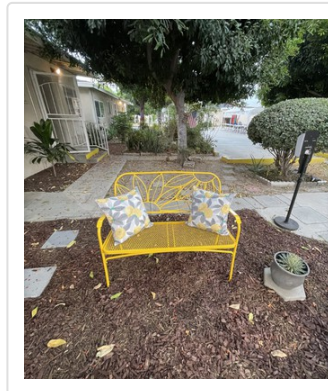
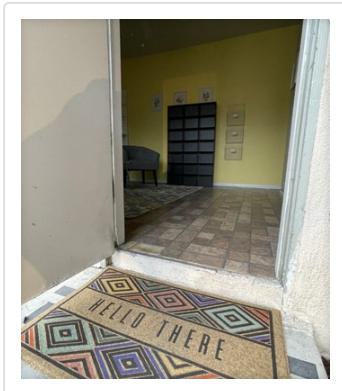
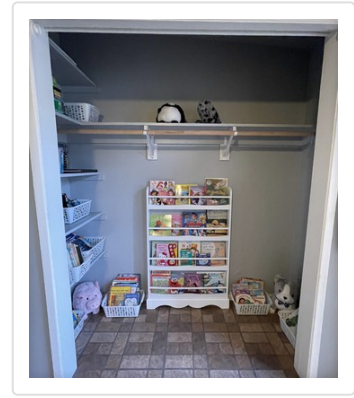
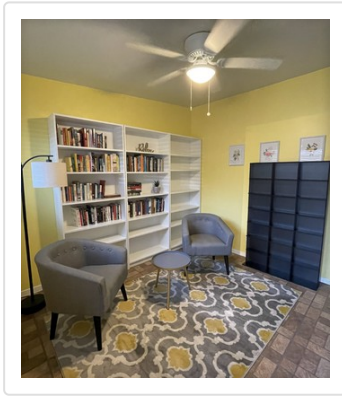
What a busy and fun summer as we slowly and safely begin to outreach more in the community. BRIDGES is happy to announce a collaboration with the Honduran Consulate. Our therapist will be on site providing mental health services and outreach to the Honduran community. We are more than grateful to be able to serve them, advocating for their needs and bringing information as well as education regarding mental health.

BRIDGES has also recently joined the Monrovia Chamber of Commerce. We were approached to participate and bring mental health awareness to this organization. It's a privilege to be one of the first mental health agencies to represent the community.

And, lastly, thank you to our Girl Scout, Claire Rodarte for completing the library rehabilitation project. She patiently waited for clearance due to the pandemic, never giving up on wanting to finish her project. Thank you Claire, for an amazing transformation to our library which now includes an outside area to relax and read for clients and their families. Great job, Claire!

Ana Beltran

Community Outreach Coordinator



BRIDGES FASHION RUNWAY

Esperanza clients participated in a summer kick off fashion show in which clients were given an opportunity to shop for an outfit of their choice and proceeded to walk down a makeshift runway while staff and peers cheered them on! Clients incorporated effective budgeting skills

in purchasing their outfits, in addition to further developing their socialization skills as they performed for their peers.

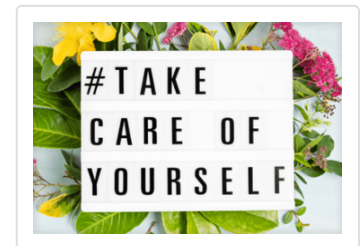
Jose Gomez
Program Director



Mental Health Awareness Topic

Staying Strong & Resilient

How good are you at rolling with life's punches? Somehow life always finds a way to serve up unexpected challenges. If you'd like to handle challenges better, try working on your resilience—so you can bounce back when facing a crisis or an overwhelming change. How?



- Differentiate problems from your response to them. Although a personal, work or financial crisis may temporarily seem disastrous, recognize that the events exist outside of you. You have the option of reacting with panic, or responding in a calmer, logical, problemsolving manner.
- Remind yourself that you've gotten through tough times before. Be confident in your ability to re-apply workable strategies
- Don't think of yourself as a victim. Instead, focus on generating a positive attitude toward your situation and fixing only the things you have control over.

Resilience tips



Stay flexible

Try not to get locked into a single approach to solving a life problem. As circumstances change, you might need to drop your original plan and develop an improved strategy.

Lean on your support system

Being able to share concerns with close family, friends and peers—and to brainstorm for practical solutions together—can give you more confidence as you move forward.

In times of crisis, stay strong!

Be sure to eat well, get enough sleep and exercise, and practice relaxation techniques. Staying physically and spiritually fit helps you stay balanced amidst stressful times.



 [Magellan Health | Welcome ...](#)



Awareness Days & Fun Facts



NATIONAL FRIENDSHIP DAY

On the first Sunday in August, National Friendship Day encourages people across the country and world to connect with friends. Make a new friend or reconnect with an old one.

Friendships come in many forms, and we begin developing them when we're very young. Throughout our lives, friendships and their meanings evolve. Our classmates and neighborhood pals explored the world with us. Together we shared experiences and made plans for the future. Eventually, paths diverge and new friends find a place in our social experience.

Our world expands and our culture changes. With each new friend, we expand our view of the world. Their experiences contribute to new meaning in our lives. Through friendships, we grow and broaden our horizons. Eventually, the world becomes smaller and more connected.



NATIONAL BEACH DAY

National Beach Day on August 30th celebrates all the sandy beaches across the nation. It also provides an opportunity to help keep those relaxing places clean, so we can continue to enjoy them long into the future.

Whether we spend time on beaches oceanside, at a lake or river, they provide recreation all summer long. Swimming, water sports, and sunbathing are just a few of the relaxing things that come to mind. We also enjoy playing Frisbee, volleyball and long walks. Floating along in the surf on a hot summer day with friends creates summer memories we remember for years to come.

Sometimes, just packing a few icy beverages and a good book is enough to make a beach day perfect. However, we are responsible for caring for the beach, too. Not only should we pack out what we pack in, but it's necessary to follow the beach rules, also. Safety and fun go hand in hand.



NATIONAL FRIENDSHIP DAY -
First Sunday in August



NATIONAL FRIENDSHIP DA...



Free Community Resource



Stay Cool – Find Your Local Cooling Center in LA County

Cooling centers are free, indoor air-conditioned locations where you can keep cool when there are extreme heat weather conditions.



[Click here to find a cooling center near you!](#)

...

Tips on Staying Healthy In the Heat

- **Stay Hydrated:** Drink plenty of water and keep hydrated throughout the day.
- **Wear Protective Clothing:** If you must go out, plan your day to avoid going out during the hottest hours, and wear sunscreen. Wear lightweight, light-colored clothes, and wear a hat or use an umbrella.
- **Avoid Hot Cars:** Cars get very hot. Never leave children or pets in cars and call 911 if you see a child or pet in a car alone.
- **Monitor your Health:** Beware of heat-related illness, like heat stroke and call 911 if you see these symptoms: high body temperature, vomiting, and pale and clammy skin.
- **Check on Others:** Check on those at risk, like those who are sick, older adults, pregnant women, and children, and those who live alone.

- **Mask Wearing:** If you are wearing a mask, avoid strenuous workouts wearing face coverings or masks not intended for athletic purposes.
- **Keep pets indoors** – heat also affects your pets, keep them indoors or if they will be outside, make sure they have plenty of water and a shaded area to help them keep cool.
- **Never leave a pet alone in a vehicle**, even with the windows cracked or open. Pets should also not be left in a garage, since garages can get very hot due to a lack of ventilation and insulation.



[Home](#)



Safety Corner



About Variants of the Virus that Causes COVID-19

Information about the characteristics of these variants is rapidly emerging. Scientists are working to learn more about how easily they spread, whether they could cause more severe illness, and whether currently authorized vaccines will protect people against them.

What is a variant?

Viruses constantly change through mutation, and new variants of a virus are expected to occur over time.

What we know

Viruses constantly change through mutation, and new variants of a virus are expected to occur. Sometimes new variants emerge and disappear. Other times, new variants persist. Multiple variants of the virus that causes COVID-19 have been documented in the United States and globally during this pandemic.

Viruses constantly change and become more diverse. Scientists monitor these changes, including changes to the spikes on the surface of the virus. By carefully studying viruses, scientists can learn how changes to the virus might affect how it spreads and how sick people will get from it.

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.

Key Points

- Genetic variants of SARS-CoV-2 have been emerging and circulating around the world throughout the COVID-19 pandemic.
- Viral mutations and variants in the United States are routinely monitored through sequence-based surveillance, laboratory studies, and epidemiological investigations.
- Variants seem to spread more easily and quickly, which may lead to more cases of COVID-19. An increase in the number of cases will put more strain on healthcare resources, lead to more hospitalizations, and potentially more deaths.



COVID-19 and Your Health



Happy Birthday



...

Larisa Cazacioc

Paola Rodriguez

Judi Williams

Andrew Zaragoza

...

Happy Anniversary

Heartfelt
Congratulations to you!

Megan Collins 1 year

Kristin San 2 years



Save The Date

No ID or signup required.
Pre-bagged grocery items.
Walk up or drive up service.
Must social distance 6 ft.
and wear a mask!

LET'S BE WHOLE
MIND · BODY · & SOUL

Serving the public
weekly Wednesdays
through Fridays!

HEALTHY FOOD GIVEAWAY

asty, nutritious
recipes!

CURRENT MONTHLY SCHEDULE 2021
(Wednesdays 12:30pm until supplies last.)
@ Sole Folks

free for
the community!

Let's Be Whole Healthy Mobile Food Pantry

4317 Degnan Boulevard, Los Angeles, CA, USA

Everyone is welcome to Let's Be Whole's weekly, free, healthy food pantry covering 3 different areas! No income requirements or mandatory sign-ups are needed. Groceries are pre-bagged. Primarily food items from Whole Foods, Trader Joe's, and other food resources. Join us on Wednesdays with our partnering organization, Sole Folks located at 4317 Degnan Blvd. Walk or drive up service. Must wear a mask and practice 6 ft. social distancing.

MULTIPLE DATES AVAILABLE. See link below for more information.

<https://www.eventbrite.com/e/lets-be-whole-healthy-mobile-food-pantryleimert-park-tickets-138845784479?aff=ebdssbdestsearch>



14th ANNUAL BACK TO SCHOOL OUTREACH – DRIVE THRU 2021

Cost: FREE

Date and time:

Sat, August 14, 2021

11:00 AM – 2:00 PM PDT

Location:

Allies for Every Child

12120 Wagner Street

Culver City, CA 90230

A Child's Dream-CA in partnership with Allies for Every Child is hosting its' 14th Annual Back to School Outreach on **Saturday, August 14, 2021. We will be providing:**

- FREE Backpacks for 800 students filled with school supplies and essential items! K-12 students only – Children MUST be present to receive (no deliveries).
- Groceries for the Whole Family (while supplies last)

Proof of registration is required. THIS IS A FIRST COME, FIRST SERVE

Details and additional information may be found on:

www.achildsdream-ca.org , (424) 209-2352 or (310) 846-4100

Register using link below:

<https://www.eventbrite.com/e/14th-annual-back-to-school-outreach-drive-thru-2021-registration-159285903425?aff=ebdssbdestsearch>



Happy Back to School! FREE backpacks and kids haircuts!

Date and time:

Sat, August 14, 2021

10:00 AM – 2:00 PM

Location:

Lynwood City Park

11301 Bullis Rd.

Lynwood, Ca, CA 90262

Do not miss the opportunity to attend the BACK TO SCHOOL event where your children will have the opportunity to have TOTALLY FREE haircuts, as well as backpacks (while supplies

last).

We will also have vaccines against COVID 19, glucose tests, mammograms, raffles and more!

See link below for additional details

<https://www.eventbrite.com/e/happy-back-to-school-free-backpacks-and-kids-haircuts-tickets-163375124395?aff=ebdssbdestsearch>

...



FREE Information Session - Art Therapy & Counselling

FREE ONLINE EVENT

Aug 7 Sat, 10:00 AM - 12:00 PM

Intro to Art Therapy & Counselling (online)

Our Transpersonal Therapy session lets you explore the healing techniques of transpersonal counselling and art therapy – a mode of therapy that allows people to discover the answers within themselves. Experience these life-changing therapies first hand with the help of our highly regarded and much sought after mentors.

All attendees will receive:

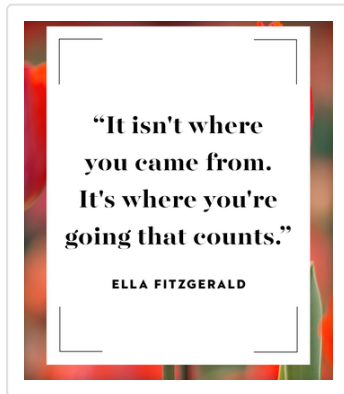
Access to special offers and discounts.

We will review:

- What is Transpersonal Art Therapy & Counselling.
- The pillars that underpin our training.
- Career outcomes and employment opportunities.
- Our courses & graduate stories.
- Some practical exercises.
-

Our sessions are run through Zoom. Please consider downloading Zoom before the session.

For more information visit:



Braswell Rehabilitation Institute For Development of Growth and Educational 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