

# A BRIDGE & BEYOND

OCTOBER 2022

## EMOTIONAL WELLNESS MONTH



October focuses on Emotional Wellness Month. While taking stock of our stress levels, it's an excellent time to make some changes, too. Emotional Wellness Month provides information and resources to help us do just that. Stress comes into all our lives in varying amounts. Depending on our demands, emotional health can take a toll. However, noting the causes of our stress helps identify the biggest offenders so we can stop them.

- **Review your financial plan.** Make sure your plan aligns with your savings and income with our goals. You may need to readjust for the future or change current spending habits. Even planning for a dream vacation can improve emotional wellness when done responsibly.

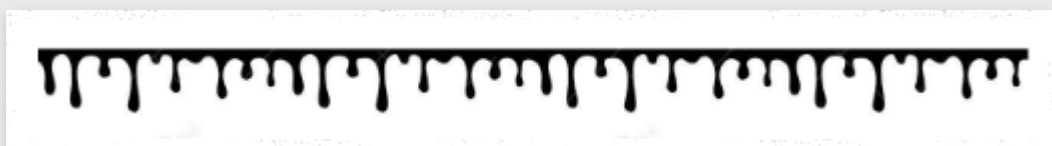
- **Calculate screen time.** In this digital world, the amount of time we spend online impacts our emotional health. We are bombarded by data, news, and alerts constantly. Consider reducing the amount of time spent in front of the screen. One way to reduce online and screen time is to unplug one day a week. Use the time to read a book, schedule a massage, and go for a walk. Rate your emotional wellness before and after your unplugged time.
- **Assess resources available to you.** Many employers offer tools and discounts for emotional wellness. Checking with your human resources department is an excellent place to start. From videos to free counseling sessions, these benefits provide substantial relief when life seems upside down.
- **Remember the relationships in your life.** This is a big one. Friends, family and even co-workers play a huge role in our emotional health. They improve our social and spiritual wellbeing by keeping us connected. Human beings thrive on social interactions. Without them, we feel isolated. Large or small, a well balanced, healthy, social community provides satisfying spiritual, emotional, recreational and educational benefits. As a result, our friends and family provide a strong support system we rely upon when a crisis strikes.
- **How's your physical health?** Keep up with routine health checks. Also, add healthy eating habits and increase physical activity to reduce overall anxiety.

By identifying stressors and improving our emotional health, we are more likely to surf through the highs and lows in life more successfully.

#### HOW TO OBSERVE #EmotionalWellnessMonth

Set some goals for reducing stress in your life. Consider what your biggest stressors are and the best ways to remove them. How do you reduce stress? Do you have a stellar support system?

Use #EmotionalWellnessMonth to post on social media.



## OCTOBER IS NATIONAL DEPRESSION AND MENTAL HEALTH AWARENESS





Depression is real, common, and treatable. Recovery is possible.

Depression is a serious mental illness that affects how people feel, think, and go about their everyday tasks. It isn't something that eventually "passes." The good news is that it's one of the most common and treatable mental health disorders. We can all play a role in supporting people with depression.

During National Depression and Mental Health Awareness and Screening Month, we would like to remind you that your program provides emotional health and well-being services and resources to help you and your household members learn more about depression and find treatment options.

Your program is available any time, day or night. You can use it as a resource for self-help tools, counseling, financial well-being, and other life enrichment services that are free of charge and confidential to use.



**Home - Magellan Health - Lif...** [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com)



## BREAST CANCER AWARENESS MONTH



October is upon us, and everyone is preparing for National Breast Cancer Awareness Month. It is a reminder that there is a gruesome disease that is out to get second base. These sweet, pink pastels are there to nudge us, saying “hey, don’t forget to examine your breasts, get your doctor to check them out too, and schedule your mammogram.” After all, about 1 in 8 U.S. women, and 1 in 1000 U.S. men will develop invasive breast cancer over the course of their lifetime, and being proactive in this fight is crucial.

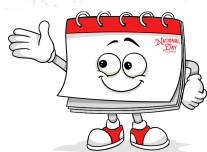
There are some guidelines, though. Breast self-exams are to be done monthly, and the best time to do them is about 10 days after the onset of your menstrual cycle. Breasts can be capricious, and they will change texture over the course of the monthly cycle, so sticking to one time of the month is best. If you no longer menstruate, then choose a day of the month and do it that same day from then on. If your breasts are generally lumpy and you don’t know what is normal and what isn’t, the best strategy is to simply become familiar with them.

Become so familiar with each ridge and curve that if something was to change, you’d notice it right away. Also, look in the mirror. Look for dimpling, swelling, or redness by standing with your hands on your hips, then with your hands in the air, standing straight, then leaning forward. You can dance if you want to, just make sure the door is locked because if someone walked in, it’d be really awkward for everyone involved.



The second guideline is to have your doctor examine your breasts. Find a doctor that you're comfortable with because he or she will be squeezing your breasts and looking at them rather closely every year. A lot of people would rather do it themselves, but if you were to find an abnormality, you'll need your doctor's help in getting the proper tests done to determine what is wrong. Only your doctor can provide an order (prescription) for a breast sonogram or diagnostic mammogram.

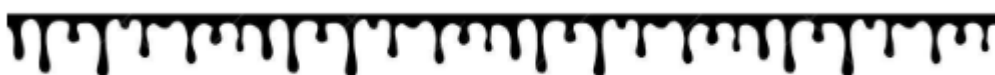
The last guideline is to get a mammogram. This only applies to certain people: women over 40 (or mid to late thirties if breast cancer runs in the family because a woman's risk of breast cancer approximately doubles if she has a first-degree relative who has had breast cancer), and patients with an abnormality in the breast. It is not generally recommended to get a mammogram before the age of 35. If a patient younger than 35 finds a lump, the first exam ordered will likely be a sonogram because it does not utilize radiation. And you know what? A mammogram really isn't that bad. It is only a few seconds of pressure on each breast, and that's it. The discomfort is worth it when it helps detect cancer in its earliest stages when it is most easily treated.



Home

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

National Day Calendar Guarantee Holiday Delivery by Pre-ordering the 2023 National Day Wall Calendar. When you order, you will receive the 2022 version so you can start Celebrating Every Day. This is an amazing gift idea! WAIT!! Celebrate Every Day with our FREE Daily Update Copyright © 2022 National Day Calendar.



October is . . . **LGBT History Month**  
[www.NationalDayCalendar.com](http://www.NationalDayCalendar.com)

# LGBT HISTORY MONTH

Every day in October, LGBT History Month recognizes the achievements of men and women in the LGBT community. LGBT History Month encourages informative discussions to learn more about the leaders in the movement who drove equality forward. Throughout the month, community events profile the civil rights history. Many initiatives impacted social, legal and political change.

## HISTORY

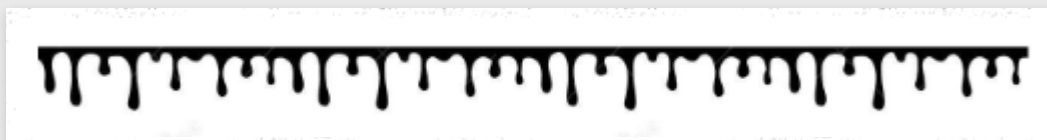
In 1994, Rodney Wilson, a Missouri high school teacher, believed a month should be dedicated to the celebration and teaching of gay and lesbian history. He gathered other teachers and community leaders. Together, they selected October because public schools are in session and existing traditions, such as Coming Out Day (October 11), occur that month. Gay and Lesbian History Month was endorsed by GLAAD, the Human Rights Campaign, the National Gay and Lesbian Task Force, the National Education Association and other national organizations.



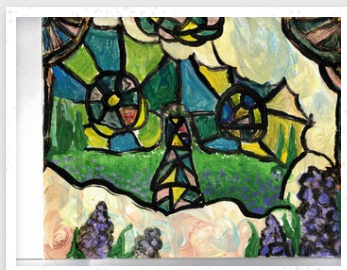
### Background | LBTHistoryMont...

[www.lgbthistorymonth.com](http://www.lgbthistorymonth.com)

LGBT History Month celebrates the achievements of 31 lesbian, gay, bisexual or transgender Icons. Each day in October, a new LGBT Icon is featured with a video, bio, bibliography, downloadable images and other resources.



## CASITAS TRANQUILLAS



## TREASURES ON CANVAS

*Above is Acrylic & Watercolor Art*

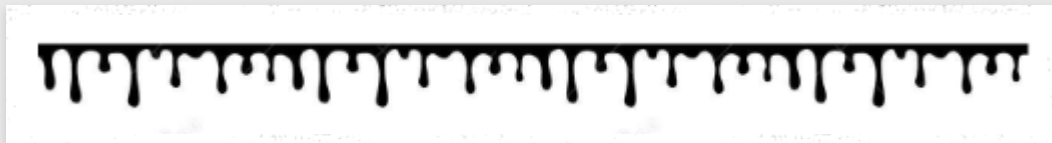


**Artist: Brayjonn B.**

Brayjonn has been a artist since he was a child. He finds inspiration in the beauty of nature and being in nature inspires his creativity to paint treasures on canvas. Brayjonn has captured the beauty of flowers and wildlife in a deep authentic way.

To create these beautiful works of art the artist used acrylic and watercolor on the canvas. We are very impressed and proud to share these incredible works of art with you.

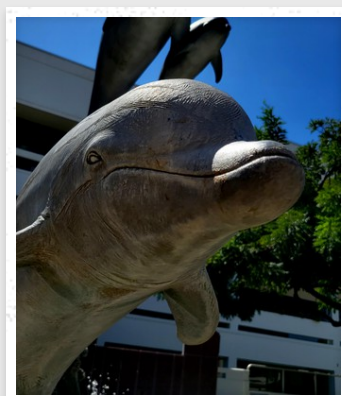
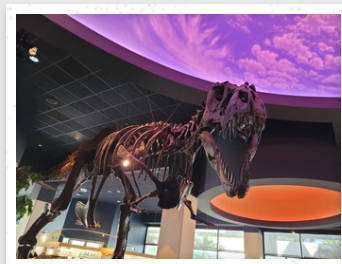
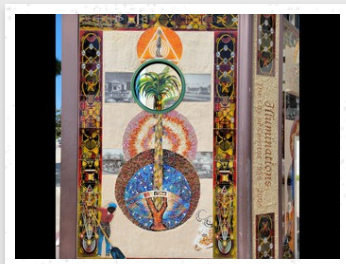
BRAVO BRAYJONN!! :)



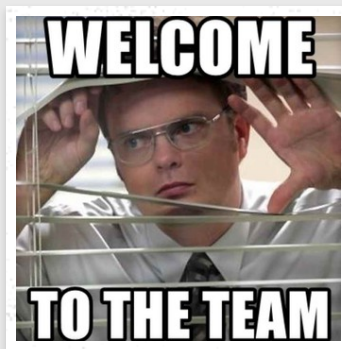
## CASITAS ESPERANZA

Casitas Esperanza had a fun outing to the Cerritos Library where they leisurely strolled through the sculpture garden. They got to see the Japanese Hand Fan exhibit and explored the library for the afternoon.

Below are some photos of the amazing sites and sculptures they got to see.

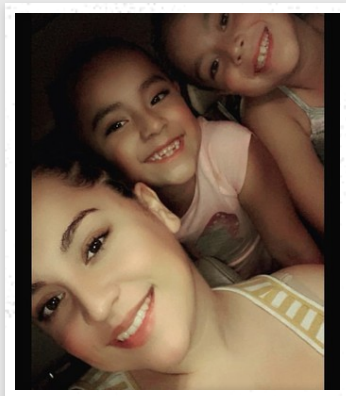


# WELCOME TO THE TEAM!

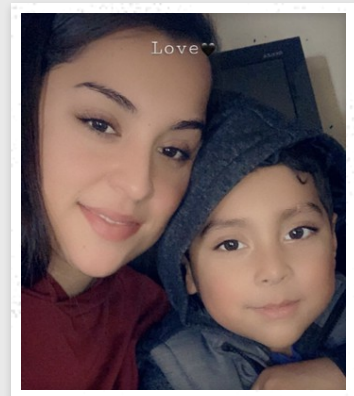


## LIZBETH GONZALEZ - PROGRAM ASSISTANT

Hello my name is Lizbeth, but everyone calls me Liz . I am the new Program Assistant for BRIDGES. This is my first time working in the mental health world so I am excited for the challenges that are up ahead. I am a young mom of three amazing kids. Aside being mom, I like to have fun and go on random adventures. I love listening to music, eating, sleeping, and of course I love laughing and making others laugh . If you see me around don't hesitate to say hello or drop by the front office !



This is a photo of Liz and her daughters Railey & Arianny.

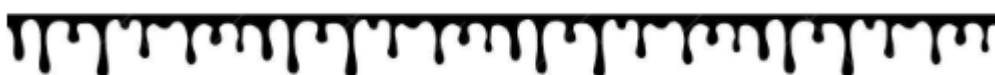


This is Liz and her son Roque (Rj).

## FELIPE PEREZ - CASE MANAGER/PEER ADVOCATE



My name is Felipe Perez. I graduated with my masters degree in Marriage & Family Therapy in May of 2022. During my time in graduate school, I had the honor to be an Intern Therapist for BRIDGES Project Independence at the El Monte site. Now that I completed my graduate school, I'm on the team as a Case Manager/Peer Advocate as I await my associates number to be an AMFT. A fun fact that many of the El Monte staff know is that my love for McDonalds knows no bounds. I'm glad to be back at BRIDGES due to the amazing work atmosphere, welcoming staff, and diverse population that is served within this Agency. If you ever see me, feel free to say hello!



# ASHLEY MCDOWELL-MFT INTERN

I am originally from a small town in Eastern Oregon but moved around a lot because my Dad was in the military. I went to college for a bit at Oregon State but transferred to California to be closer to my family. I graduated from California State University Northridge with my Bachelors in arts in psychology. I am currently studying for my Masters at Cal Poly Pomona and hope to graduate this June. I love playing sports, cooking when I can, and being outside. I have a Border Collie named Keeva who I am happy to spoil everyday.







## **ALICE HERNANDEZ - ACCOUNTING / HR ASSISTANT**

Hi everyone, my name is Alice Hernandez and I have just joined the team as the new Accounting and HR Assistant. I have been working in the medical field for about 10 years now, but this is my first time working specifically on the mental health side of things. I am so excited to be joining the team, and I cannot wait to get to know everyone better! In my spare time, I love hiking with my dogs and husband, visiting my grandkids, and enjoying some outdoor time at lovely campsites!



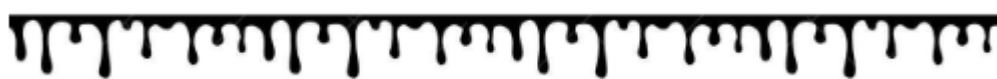


Happy Anniversary



Mark Rodriguez-11 Years

Marisela Soto- 5 Years





# Happy Birthday



Susana Ascencion

Diana Camarena

Rose Ellen Carranza

Liliann Garcia

Telina Grace

Jasmine Jara

Veronica Jauregui

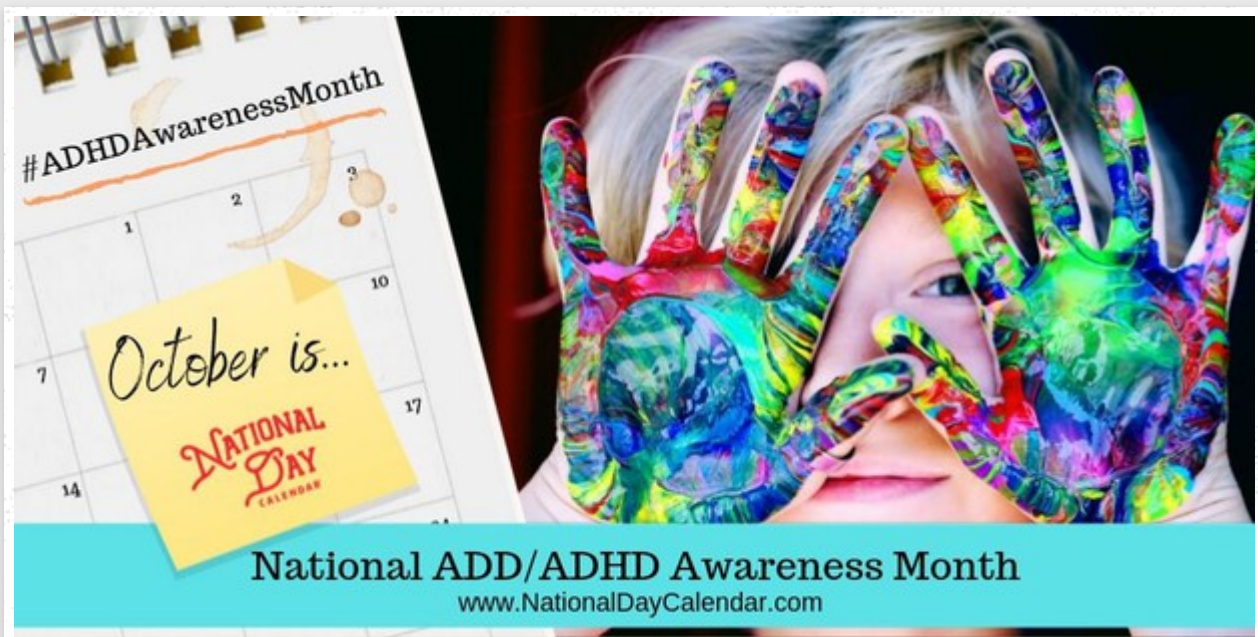
Monica Martins



Shannon Steib



## AWARENESS DAYS!



## NATIONAL ADD/ADHD AWARENESS MONTH

### NATIONAL ADD/ADHD AWARENESS MONTH

In October, National ADD/ADHD Awareness Month presents opportunities to eliminate the myths and share the facts about Attention deficit disorder and Attention deficit hyperactivity disorder.

While most children with either ADD or ADHD first present with symptoms between the ages of 3 and 7 years, many go undiagnosed. Others are misdiagnosed.

Both children and adults have ADHD. While approximately 5% of the population may have the disorder (more according to the CDC), males are more likely to be diagnosed than females.

Different sources (CDC, add.org, addrc.org) list varying causes of ADHD. Some list brain injury and exposure to environmental causes. Other sources dispute these causes. However, all agree to a genetic component.

Most with an ADD or ADHD diagnosis receive treatment with a combination of therapy and medication. Some may require medication throughout their life. However, depending on severity, others may be able to manage symptoms in adulthood without medication.

Help to dispel the myth that a child with ADD or ADHD is attention-seeking or just misbehaving. Their brains are wired differently. Share coping skills and ways to help children in the classroom, at home, and in their everyday environments.

Share your experiences and support by using #ADDAwarenessMonth on social media.

### **NATIONAL ADD/ADHD AWARENESS MONTH**

The Attentional Deficit Disorder Association promotes this awareness month each October helping to bring information, tools, and resources to those who need it most.

**Attention deficit hyperactivity disorder (ADHD)**

is a mental disorder that most often occurs in children.



**6.4  
Million**

American children ages 4-17 have been diagnosed with ADHD.

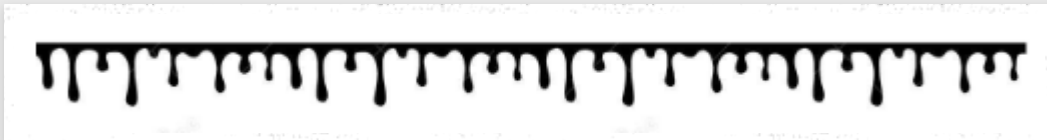


### **ADHD Numbers: Facts, Statistic...**

[www.addrc.org](http://www.addrc.org)

Attention deficit hyperactivity disorder (ADHD) is a mental disorder that most often occurs in children. Symptoms of ADHD include trouble concentrating, paying attention, staying organized, and remembering details. It can be a difficult condition to diagnose. Children with untreated ADHD are sometimes mislabeled as troublemakers or problem children.

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## **TRICK-OR-TREATING!**

### **HERE ARE SOME COOL PLACES THAT YOU CAN GO AND TAKE YOUR FAMILY AND FRIENDS TRICK OR TREATING!**

Halloween in Los Angeles is a special time, when horror enthusiasts create elaborate yard displays in order to terrify appreciative trick-or-treaters just for the love of doing it. These amateur efforts are typically decorated to resemble graveyards and/or haunted houses. Some offer walk-through mazes. A few feature elaborate mechanical and visual effects, timed with audio and music to create self-contained shows.

Although we refer to Halloween Home Haunts as “amateur attractions” (because they are non-profit), some feature professional-quality makeup, sets, costumes, and special effects. Home Haunts with live actors tend to be open on select nights, usually weekends and Halloween.

Decorated yards often run nightly, sometimes starting by mid-month or even earlier.

Almost all Halloween Home Haunts are free and open to the public. Some accept donations, either to off-set their costs or to benefit local charities.





## ANGELINO HEIGHTS-CARROLL AVENUE AND DOUGLAS STREET

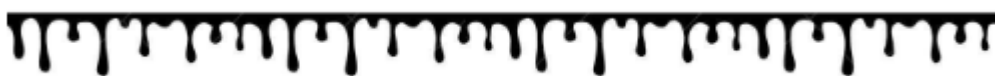
The historic neighborhood of Angelino Heights is famous for its Victorian mansions – perfectly suited for Halloween home haunts, which the locals deck out in elaborate yard displays. Consequently, the area has been labeled “The Haunted District,” earning a reputation as one of the best places in Los Angeles for Halloween Trick-or-Treating.

The actual number of yard haunts and trick-or-treaters varies from one Halloween to the next. Curious haunt-seekers can probably check out the decorations during the last week of October, but trick-or-treating festivities take place on October 31, of course.



 **Angelino Heights Trick-or-Treati...** [new.hollywoodgothique.com](http://new.hollywoodgothique.com)

Carroll Avenue and Douglas Street in Angelino Heights  
Date: Halloween Night The historic neighborhood of Angelino Heights is famous for its Victorian mansions - perfectly suited for Halloween home haunts, which the locals deck out in elaborate yard displays.



## HERITAGE SQUARE



**LOS ANGELES, CA** – The Cemetery Lane trick-r-treat experience returns to Heritage Square Museum in Los Angeles for select dates between October 19-30, 2022. Costumed visitors of all ages will make their way from home to home in the safely gated ‘neighborhood’ of Heritage Square Museum’s Victorian manors, which have been reimagined into a Halloween night from an era when the Addams Family, the Munsters and residents of the Twilight Zone joined millions of 1950’s and 1960’s American families in their homes each week.

“This year, guests will step back into the ‘50s and ‘60s when pop culture became obsessed with monster movies, as well as fascinated with the ‘horror hosts’ who permeated television airwaves late at night,” said David Markland, event Creator and Co-producer.

The mid-century theme of this year’s Cemetery Lane will transport guests young and old to a time when horror comics and magazines like Famous Monsters of Filmland flew off the shelves, and the real-life fears generated by the Cold War caused many a nightmare.

After a completely sold out event for its first year in 2021, Cemetery Lane has expanded to two weekends, with hourly timed ticketing including daylight hours on Saturdays and Sundays so the younger ghouls and boils will have plenty of time to fill their candy buckets before darkness falls and the eeriness intensifies in the neighborhood of Cemetery Lane.

Guests should expect a 45-minute to one hour immersive experience, including 13 trick-r-treat stops, character interactions, photo-ops, a selection of spooky vendors to shop from, and a curated selection of food trucks, along with other surprises.

Cemetery Lane is resurrected by David Markland (Co-Founder and Executive Director of Midsummer Scream) and Claire Dunlap (Co-Founder/Supervising Producer of Midsummer Scream and Co-Creator/Producer of Spooky Swap Meet), with decor and effects provided by Jeff Schiefelbein (creator of Sinister Pointe Haunted Attraction).

Tickets go on sale Saturday, August 27 at 9 a.m PST. Admission cost before 6 p.m. is \$27 and from 6 p.m on is \$32. Toddlers two years and under, not trick-or-treating, are admitted for free. Event entry is located at 3515 Pasadena Avenue, Los Angeles, 90031. Absolutely no parking or entry is available for Cemetery Lane from Homer Street.

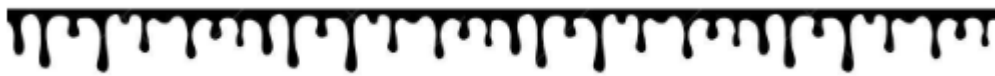
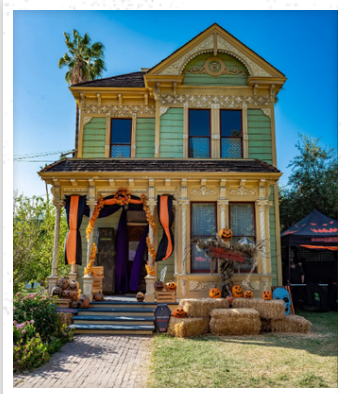




**Cemetery Lane**

[cemeterylane.com](https://cemeterylane.com)

Tickets are non-refundable for any reason be it personal, health related or otherwise. Cemetery Lane will be held rain or shine. No refunds granted due to weather. In the unlikely event of event cancellation, tickets will be refunded within 30 days. Tickets are valid only for date and time specified for entry.



## SAFETY CORNER



## WHAT YOU SHOULD KNOW ABOUT MONKEYPOX



## About Monkeypox

### KEY SYMPTOM: RASH



Rash, bumps,  
or blisters

The rash may:

- Look like bumps, pimples, blisters, sores, or scabs
- Be anywhere on the body including on the genitals, anus, mouth, hands, and face.
- Be in just one area or may spread over the body.
- Be itchy, or painful (especially if the rash is inside the mouth or anus).

### OTHER SYMPTOMS: FLU-LIKE SYMPTOMS



Fever / chills



Exhaustion,  
muscle aches,  
and headache



Swollen lymph  
nodes

- Flu-like symptoms can appear 1-4 days before the rash starts or after the rash starts.
- Not everyone will get these symptoms.

Symptoms usually start 5-21 days after exposure  
Most people recover in 2-4 weeks

## HOW DO YOU TEST FOR MONKEYPOX?

If you have a rash that might be due to monkeypox, your health provider will evaluate you and, based on their assessment, may swab your rash for testing. The swabs are sent to a lab, and the test result should be available in a few days. There are no self-tests or home tests for monkeypox at this time.

Until you know you don't have monkeypox, it is important to follow monkeypox isolation instructions.



<http://publichealth.lacounty.gov/...>

publichealth.lacounty.gov

## HOW IS MONKEYPOX TREATED?

Many people with monkeypox have a mild illness and recover without any antiviral treatment, usually in 2 to 4 weeks. There are no FDA approved medicines to specifically treat monkeypox infection. But an antiviral medicine called tecovirimat (or TPOXX) is FDA approved to treat smallpox and can be used to treat people with monkeypox. TPOXX can be given to people with severe monkeypox, including lesions in sensitive areas or pain that is not controlled with over-the-counter remedies, and to people who are more likely to get severely ill (see question below).

Your doctor can also prescribe non-monkeypox medicines that can help reduce pain and irritation from the rash or sores.



## FOOD PANTRIES



### FREE FOOD PANTRY

In partnership with God's Pantry, we are distributing free grocery items on a bi-weekly basis on a first come, first served basis. We believe that having access to food is important for good health – and we want you to be healthy! Everyone is welcome.

**When:** Bi-weekly starting on Wednesday, July 6 | 2:30pm – 4pm

**Where:** Community Resource Center in El Monte

3570 Santa Anita Ave

El Monte, CA 91731

Walk-ins welcome – no appointment needed.

#### Our Saviour Center

Hours: Tuesday and Thursday 10:00am to 1:00pm Unless it is a holiday. Requirements: Picture ID requested. For more information, please call.

**El Monte, CA - 91731**

**(626) 579-2190**

#### Emergency Resources Association El Monte/ South El Monte

Hours of Operation Monday - Friday 8:00am - 5:00pm There are no walk-ins, must call by 8:30 am to request food box. Food will be delivered the same day. Must live in the city of El Monte/ South El Monte. ERA provides basic needs to families in crisis such as food, clothing, and shelter. For more information, please call.





## El Monte, California Food Pantries

[www.foodpantries.org](http://www.foodpantries.org)

Below is our current list of El Monte food pantries. We not only provide listings of pantries, but we also provide information on: food closets, food banks, soup kitchens, congregate meal locations, food boxes, vouchers, etc. Our comprehensive list of food assistance programs provides full descriptions, pictures, hours, volunteer information, etc.



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## SAVE THE DATE





# CICLAVIA HEART OF LA

## WHEN

**SUNDAY, OCT. 9TH, 9AM-4PM**

## WHERE

**DOWNTOWN LOS ANGELES, LOS ANGELES, CA, USA**

**LOS ANGELES, CA**

## MORE INFORMATION

CicLAvia is a non-profit that catalyzes vibrant public spaces, active transportation, and good health through car-free streets. CicLAvia engages with people to transform our relationship with our communities and with each other. Inspired by Bogotá's weekly *ciclovía*, CicLAvia temporarily closes streets to car traffic and opens them to Angelenos to use as a public park. Free for all, CicLAvia connects communities to each other across an expansive city, creating a safe place to bike, walk, skate, roll, and dance through Los Angeles County.

- CicLAvia has been opening streets across Los Angeles County **since 2010**. We've traversed over 249 miles across Arleta, Boyle Heights, Chinatown, Culver City, East LA, Echo Park, Hollywood, Koreatown, Historic Downtown LA, Little Tokyo, MacArthur Park, Mar Vista, Pacoima, Panorama City, Pasadena, the San Fernando Valley, Southeast cities, South LA, Thai Town, Venice, West Hollywood, Wilshire Boulevard, and more.
- CicLAvia has **five times more people using its temporary park space during event days** than are using all of the other parks in the city of Los Angeles combined.

For more information:

[About - CicLAvia](#)



# THE BROAD MUSEUM

## WHEN

**FRIDAY, OCT. 1ST 2021 AT 11AM**

## WHERE

**221 SOUTH GRAND AVENUE**

**LOS ANGELES, CA**

## MORE INFORMATION

**Advance timed-entry tickets are free and required for entry.**

The Broad is a contemporary art museum on Grand Avenue in Downtown Los Angeles. The museum is named for philanthropists Eli and Edythe Broad, who financed the \$140 million building that houses the Broad art collections. It offers free general admission to its permanent collection galleries.

The Broad's postwar and contemporary art collection includes some 2,000 works, with a new piece purchased on average every week. The collection is stored in a vault in the middle of the Broad—the underside of that vault is rounded in a cavern-like, otherworldly grey. This 105-foot escalator takes newly arriving visitors into a passage through the center of that art archive to the third floor, where they explore the 50,000 square feet of exhibition space from the top down.

### **Monumental works**

With 23-foot-tall ceilings, the galleries are suited to monumental works (like Robert Therrien's supersized "Under the Table"), which in the contemporary art world are plentiful. That makes this collection particularly interesting for children. Those who are deeply versed in contemporary art quibble that this collection is perhaps too top-line and the choices are perhaps too well-known, but for the casual visitor, The Broad's selections make for a fine introduction to modern art: Works are generally approachable, understandable, memorable, or well-explained in the signage and on the museum's free app.

### **Balloon Dog (Blue)**

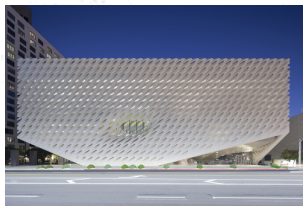
There are quite a few of Jeff Koon's massive "Balloon Dog" series around—one of them sold for nearly \$60



million in 2013—but the Broads own this one, which they used to keep on display at the Los Angeles County Museum of Art (LACMA), for which the Broads also funded a contemporary art wing. It stands before the east wall of the building, which is also shielded by the "veil" from Grand Avenue.

### **Andy Warhol room**

Before it had this permanent home, new as of September 2015, the Broad Foundation mostly contented itself with lending works to museums, but now there's a place to display the cream of the collection. Not everything is on display at once—selections will change every so often, but the collection always focuses on the rock stars of the contemporary art world. Here, it's Andy Warhol, whose Campbell's soup can works first intrigued the museum's collectors in the 1960s.



### **Inside The Broad, Los Angeles' G...**

[www.frommers.com](http://www.frommers.com)

Los Angeles's newest major attraction is called The Broad - and it's free. Named for a pair of art collectors and philanthropists who made their billions in construction and insurance, this \$140 million, purpose-built contemporary art museum—which is pronounced "Brode"—stands beside the swooping metal curves of Frank Gehry's Walt Disney Concert Hall.

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# ART NIGHT

artnight  
PASADENA

Friday  
October 14, 2022  
6-10 PM

 PASADENA  
CALIFORNIA • [WWW.CITYOFPASADENA.NET](http://WWW.CITYOFPASADENA.NET)



# ART NIGHT IN PASADENA

## WHEN

**FRIDAY, OCT. 14TH, 6-10PM**

## WHERE

**PASADENA, CA**

## MORE INFORMATION

Art Night is an ongoing partnership among many cultural institutions and the Cultural Affairs Division of the City of Pasadena. The event is sponsored by the Pasadena Arts & Culture Commission with support from the following: Pasadena Department of Transportation Transit Division; Los Angeles Metropolitan Transit Authority; and Pasadena Center Operating Company

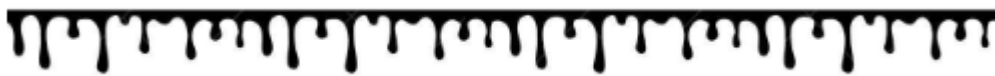
**PASADENA TRANSIT** Pasadena Transit 10 runs along Colorado Boulevard and Green Street until 8 p.m. Information at [pasadenatransit.net](http://pasadenatransit.net).

**METRO GOLD LINE** Attend Art Night by taking the Metro Gold Line to Pasadena.

For more information:

[ArtNightPasadena.org](http://ArtNightPasadena.org)

[Art Night Pasadena Spring 2022 - City of Pasadena](#)



## GHOUlish GOODIES





## MUMMY HOT DOGS

### Ingredients

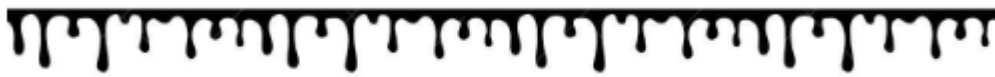
- 8 oz. crescent roll sheet (or crescent roll dough)
- 8 hot dogs
- 2 thick slices pepper jack cheese
- Nonstick spray
- Yellow or honey mustard, for serving

### Directions

1. Preheat the oven to 375 degrees. Open and unroll the crescent roll sheet onto a cutting board, with the long side facing you. Cut 1/4- to 1/2-inch-wide strips crosswise (or across the short side—you need 24 strips total).

2. Cut each slice of cheese into 4 long rectangles. Wrap one piece of cheese underneath one hot dog. Start with one strip of dough and wrap it around the cheese and hot dog like a mummy bandage. Continue with two more strips, pressing the end of the last strip together with the start of a new strip. Place cheese side down on a baking sheet lined with parchment paper and spray with nonstick spray. Repeat with all the remaining hot dogs.

3. Bake for 12 to 14 minutes, until golden brown. Let cool for 5 minutes before adding two



## Pumpkin Rice Krispie Treats

### Ingredients

- 6 Cups Rice Krispie Cereal
- 3 tbs Butter
- 10 oz Marshmallows approx 1 Bag
- Red & Yellow Food Coloring to make orange color
- 12 Tootsie Rolls
- 1 Green Fruit Roll-up you will only be able to find the blue/green combo

### Instructions

- Melt your butter in a large sauce pan over low heat
- Add marshmallows and stir constantly until melted
- Remove from heat
- Add approximately 4 drops of red food coloring & 2 drop yellow food coloring- Add until you have a nice bright orange color



- Mix in Rice Krispies
- Form small balls into the shape of a pumpkin (Tip: Add Non-Stick Cooking Spray (Pam) or Crisco to your hands before forming your balls)
- Cut Tootsie Roll in Half and add a half into each pumpkin while still warm
- Cut small leaves from the green portion of your Fruit Roll Up

## CONTACT US!



### **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](mailto:info@bridgesrehab.org)

☎ (909) 623-6651

🌐 [bridgesrehab.org](http://bridgesrehab.org)

