



Happy Volunteer
Appreciation Week!



April 18, 2022

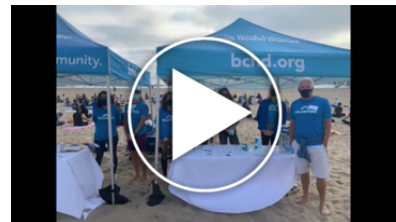
We love our volunteers! Their commitment to helping our neighbors live healthier, longer and more productive lives is one of the things that makes our community great. We'll be highlighting our incredible volunteer efforts all week through our social media channels in celebration of International Volunteer Appreciation Week April 17-23, so share, comment on and like your favorites! Thank you to our volunteers!



**Welcome to Volunteer
Appreciation Week!**



Youth Vaccine Clinics



**Thank You to Our
Volunteers!**

Since we celebrated Volunteer Appreciation Week last year, there have been many happy changes. BCHD administrative offices re-opened in mid-June, welcoming back staff and visitors to our offices. Volunteers started filtering back to in person service as we began ramping up our programs again.

In August 2021, **64 volunteers** donated **192 hours of service** for BCHD's Garden Prep Day by working in **8 elementary school gardens** in Redondo Beach. This event supported BCHD's LiveWell Kids Garden Program by ensuring all 8 school gardens were ready for the kids to resume their garden lessons in the fall.

In November and December 2021, BCHD hosted **18 COVID-19 vaccine clinics** for kids ages 5-11. **126 volunteers** donated **1,785 hours** at these clinics. Volunteers included medical students from UCLA David Geffen School of Medicine, retired medical professionals, school administrators, Youth Advisory Council members and the Redondo Beach Fire Department.

50 friendly "elves," including BCHD volunteers, interns, staff members and the Redondo Beach and Manhattan Beach Fire and Police Departments, delivered **265 holiday gift bags** filled with essentials to local older adults, many of whom are homebound or live in isolation.

19 volunteers assisted at BCHD's booth in February at the Redondo Beach Super Bowl 10K health expo. **9 "early riser" volunteers** cheered on **nearly 100 kids** in the Kids Run.

This month, BCHD staff and volunteers will be cleaning up Wilderness Park for Earth Day. Learn more [here](#).

We very much appreciate the help we receive from our volunteers throughout the year. Without you, our work would not be as impactful.

Here's what our volunteers had to say about giving back:

"The amazing thing about volunteering for BCHD is that it always feels like you receive more than you give. To see a housebound senior smile (or their eyes smile due to the masks these last few years!) when you deliver their groceries, warms your heart. They unknowingly share their wisdom on life which is a bonus. When they express their gratitude, I always remind them that if 'the tables were turned', I know they would be doing the same for me! Volunteering has added a lot of joy to my life." – Patty Mahoney, Errand Volunteer

"The reasons that I volunteer are many - I enjoy giving back to my community, meeting and interacting with new people and working with lots of interesting people. Volunteering gives me a sense of purpose and something I look forward to doing on a regularly scheduled basis." – Amy Abramson, Del Amo Front Desk Volunteer

"I really enjoyed volunteering for the mobile/homebound clinics!! I felt honored to be invited into the homes of older people who were interested in maintaining or improving their health. It was wonderful to socialize with them, while providing them with the vaccine. Their appreciation warmed my heart and made me proud that I have the knowledge and time to give back to the community." – Carol Hahn, COVID-19 Mobile Vaccine Clinic Volunteer

"I started volunteering after an acute illness that forced me to go on disability for a couple of months back in 2018. I am close to retirement and realized that I needed something more than sitting at home even though I have a lot of hobbies. I need interaction with people, and I really want to help people. That is my superpower. I have come to realize that what really makes me happy is my ability to help people tell their stories. I have been privileged to know two very different clients and they've told me so much about their childhoods, their dreams and what got them to where they are today. Some of their stories are super detailed and some are just feelings and fuzzy memories, but I think everyone deserves to share whatever they are comfortable with. My current client is so smart and a bit isolated, so I am glad to provide the phone support that he needs and seems to enjoy." – MaryAnne Bailey, Conversation Companion Volunteer

We can't say it enough – a big thank you to all our volunteers for your sincere support of BCHD and our mission. We look forward to seeing your smiling faces as we continue to build out more programs this year.





Volunteer Recognition Brunch

Save the Date: Saturday, June 18

After two years of not being able to hold our annual Volunteer Recognition Brunch to recognize all our volunteers and the amazing support they provide to BCHD, we are so excited to announce that we will be holding our 2022 Volunteer Recognition Brunch on Saturday, June 18 at the Westdrift Hotel in Manhattan Beach! More details to come.

Jordan Taylor, Health Promotions & Communications Intern Shares Her Experience

Choosing to study business marketing in college was an easy decision for me – I always knew that I wanted to be creative in my career and I also had an interest in sharing messages with an audience. After obtaining several Associates degrees from my local community college in Huntington Beach, I decided to continue my undergraduate education at Long Beach State. In Fall 2021, after starting my senior year, I found myself craving more than just an academic education – I wanted real-world experience that would prepare me for my professional career. One day while chatting with a friend, I learned that the company she worked for had an amazing internship opportunity in my field of interest, and this is fortunately what brought me to Beach Cities Health District (BCHD)!



[Read More](#)

VOLUNTEER IMPACT

2022 Volunteer Hours

We appreciate all the commitment of our community to help others in 2021. We are grateful for the 25,716 reported hours of BCHD volunteer service in 2021. This number includes vaccines administered, groceries shopped for, prescriptions picked up, calls made, Center for Health & Fitness front desk check ins, committees met, administrative support, intern projects, gardens kept, and more. Thank you all!

January 1,041
February 2,045
March 1,092
Total: Total: 4,178



Volunteer Anniversaries

Although many of you still are not back to actively volunteering in your usual roles right now, we are endlessly grateful for your commitment. The many collective

years of efforts toward a healthy beach community from our volunteer corps is truly incredible.

April Anniversaries

Candice Gill, 13
Marlis Saunders, 9
Faye Gipson, 8
Karen Blanchard, 4
Patrice Reiss, 1
Stephanie Goldman, 1

*Official years of service in BCHD system

FEATURED VOLUNTEER OPPORTUNITIES

Interested in volunteering (getting back to it or taking the next step to volunteer) with BCHD?

See below for what's currently available and please stay tuned to our newsletters and website as new opportunities arise! Anyone interested is welcome to fill out our Volunteer Application at www.bchd.org/volunteer. If you are or have been a BCHD volunteer or if you have questions, you're invited to email us at Volunteers@bchd.org.

Administrative Office Front Desk Volunteer- HIGH NEED

Our Admin and Community Services departments are looking for volunteer help including telephone coverage; front desk screening of staff and visitors; periodic disinfection of shared spaces; mail and package distribution; badge making; supplies inventory; assembling marketing packets and assisting with Help Desk Ticket tasks and projects. Weekly 4-hour shift commitment on a regular basis is required.

Center for Health & Fitness Front Desk Volunteer

CHF is looking for volunteer support with helping with greeting members, helping them check in, and assisting with light equipment sanitation. Weekly commitment of a two-hour shift.

Volunteer at Events!

Are you interested in helping us out in the community sharing our programs and resources with residents? See below on the community events we'll be participating in. Share with friends and family and volunteer together!

Earth Day at Wilderness Park

Sunday, April 24

Shift Time: 10 a.m. - 2 p.m.

Location: Hopkins Wilderness Park, [1102 Camino Real, Redondo Beach, 90277](#)

Volunteer Duties: We are looking for Volunteers to help with planting, weeding and preparing the restoration areas

Tour de Pier

Sunday, May 22

Shift Times: 6 - 10 a.m. & 10 a.m. - 2 p.m.

Location: Manhattan Beach Pier, [2 Manhattan Beach Blvd, Manhattan Beach, 90266](#)

Volunteer Duties: We are looking for volunteers to assist with set up and staffing BCHD's booth, running BCHD's engagement activities and supplying information and promo items to attendees.

[Sign-up to Volunteer at Events](#)

Volunteer Testimonial Survey Prize Winners

Thank you to all our volunteers who participated in the Volunteer Testimonial Survey. The winners of the raffle for a \$50 gift card to Kirari West in Redondo Beach are:

Amy Quan, CAPS Volunteer

Karen Blanchard, Community Services Front Desk Volunteer & Event Ambassador

Max Kelber, CHF Front Desk Volunteer

Congratulations! Volunteer Services will contact the winners to redeem their prize. STAY TUNED!



Random Acts of Kindness

In April, we celebrate volunteers who lend their time, talent and voice to make a difference in their communities. Giving your time and heart to others in this way is the ultimate act of kindness. Please share your story of how volunteering has made a difference in your life or the lives of others [here](#).

BCHD IN THE NEWS

Beach Cities Health District Receives \$1 million from Congress for allcove Beach Cities

BCHD received good news when President Joe Biden signed the \$1.5 trillion omnibus spending package into law earlier this month, which includes \$1 million for the allcove Beach Cities center. Funding for the integrated youth mental health center is one of ten community projects that were requested and championed by Congressman Ted Lieu to serve California's 33rd Congressional District.

[Read More](#)



Apply for a Micro-Enrichment Grant

BCHD's micro-enrichment grants provide small, one-time project-based health initiatives up to \$5,000 of funding. Micro-enrichment grants are intended to support small community projects that may otherwise not be funded by other means. Community organizations and groups, non-profit organizations and individuals are eligible to apply. Applications are due by noon on Friday, April 29. [Learn more.](#)



Apply for a BCHD Advisory Committee

BCHD Board of Directors is seeking qualified residents of the cities of Hermosa Beach, Manhattan Beach or Redondo Beach to serve on its advisory committees. Committee members have a direct impact on the health and wellness programs and services BCHD provides to the community. Applications are due by noon on Monday, May 2. [Learn more.](#)



Celebrate a World of Flavors: Mediterranean Cuisine

“Celebrate a World of Flavors” is a chance to learn more about your own food culture and those around you. Learn how to eat a well-balanced meal with lots of flavors!

Expand your diet by learning how to make an authentic Mediterranean dish and dine at a Blue Zones Project Approved Restaurant! [Click here for a Mediterranean grain bowl recipe.](#)



California Mosquito Awareness Week is April 17 - 23

Protect yourself from mosquito-borne viruses by preventing mosquito bites:

- Use Environmental Protection Agency-registered insect repellents that contain 5-30% DEET, picaridin, IR3535, citronella or oil of lemon eucalyptus. Always read and follow label instructions. Find the right insect repellent for you by using [EPA's search tool](#).
- Wear long-sleeved shirts, long pants, shoes and socks when outside.
- Use screens on windows and doors to keep mosquitoes outside.

For more tips and information on West Nile Virus, [click here](#).

COVID-19: LATEST UPDATES

Health Officer Order

Vaccines

Testing

Isolation & NEW Quarantine
Orders

Update on the BA.2 Variant in Los Angeles County

As BA.2 is now the predominant subvariant in Los Angeles County and across the world, getting boosted and following all safety measures are critical to protecting residents at elevated risk. The BA.2 subvariant now accounts for **67%** of sequenced specimens in the County for the week ending March 26. This highly infectious subvariant has also been identified in **86%** of cases across the U.S., according to the CDC, and it accounts for **92%** of global cases.

With BA.2 now the predominant subvariant, over the past week, Los Angeles County continued to see the same pattern as last week, with cases increasing, and hospitalizations and deaths remaining stable.



"I got my COVID-19 booster to ensure my patients and I are safe since I am in daily contact with vulnerable populations."

-Christine, Providence Trinity Care



CDC Recommends Additional Boosters for Certain Individuals

Following FDA's regulatory action on March 29, CDC is updating its recommendations to allow **certain immunocompromised individuals and people over the age of 50 who received an initial booster dose at least 4 months ago to be eligible for another mRNA booster** to increase their protection against severe disease from COVID-19. Separately and in addition, based on newly published data, adults who received a primary vaccine and booster dose of Johnson & Johnson's Janssen COVID-19 vaccine at least 4 months ago may now receive a second booster dose using an mRNA COVID-19 vaccine.

These updated recommendations acknowledge the increased risk of severe disease in certain populations including those who are elderly or over the age of 50 with multiple underlying conditions, along with the currently available data on vaccine and booster effectiveness. [Read more.](#)

Los Angeles County Post Surge Response Plan

The Los Angeles County Post Surge Response Plan, which aims to protect the most vulnerable residents, keep hospitals and the healthcare system functioning,

prevent unconstrained spread and significant illness, and prepare for future challenges presented by the evolving conditions of the virus, uses several metrics to assess risk. These metrics are tied to associated community prevention strategies and early alert signals that trigger a review of contributing factors and potential changes to community and sector-specific prevention strategies.

The County recognizes that post-surge does not imply that the pandemic is over or that there will not be additional unpredictable waves of surges that will require different monitoring metrics and approaches to meet changing mitigation needs.

Los Angeles County's Early Alert Signals allow the County to quickly determine any concerning trends that can result in future higher rates of transmission and/or increased illness severity. These signals include three community-wide measures: **variants of concern (or VOCs), Emergency Department COVID-19 visits and cumulative crude case rate in high poverty communities.** The signals also include four sector-specific measures, which are: new outbreaks at Skilled Nursing Facilities, new outbreaks at TK-12 schools, new outbreaks at settings with Persons Experiencing Homelessness and clusters at worksites.

If there are alerts in two or more sectors, which reach the threshold for moderate or high concern, the Los Angeles County Department of Public Health will conduct an in-depth review of contributing factors and consider changes to community prevention strategies. Sector-specific alerts that reach the threshold for moderate or high concern will result in mitigation measures that are tailored to that setting.



AdventurePlex

Where kids and families play their way to good health

- Summer camp



Center for Health & Fitness

Our comprehensive fitness center in Redondo Beach

- Cycling, Zumba, yoga, Pilates,

- Drop-in play
- Birthday parties
- Supervised weekend play so parents can have a night out
- Special events
- ToddlerTown play area
- 5-level play structure
- Programs for ages 0-12

[Learn More](#)

- strength & other exercise classes
- Online exercise classes
- Classes for older adults
- Programs for chronic conditions
- Access to trainers
- Massage
- Nutrition consultation
- Access to state-of-the-art gym equipment

[Learn More](#)

UPCOMING EVENTS

Virtual Families Connected Parent Chat

A free parent support group led by a licensed professional from the Thelma McMillen Center for Alcohol and Drug Treatment at Torrance Memorial Medical Center held in partnership with South Bay Families Connected. Open to all parents.

Tuesdays
10 – 10:50 a.m.

Upcoming Topics

April 19: Getting Your Child to Open Up About Drug and Alcohol Use

April 26: Helping Youth De-Stress in Healthy Ways

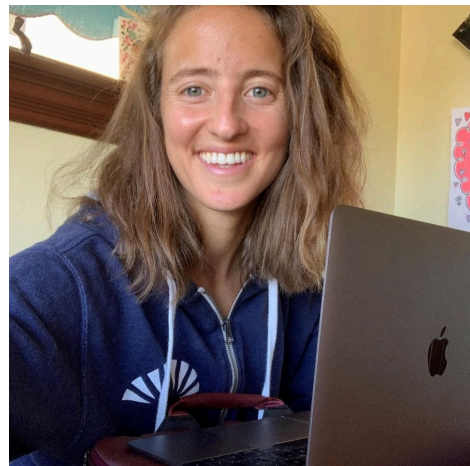
[Learn More](#)



Virtual Social Hour with BCHD Care Manager Charlotte Barnett

We want to provide a space for people to talk, ask questions and share their experience during COVID-19. Join us if you want to learn more about community resources or BCHD, or if you just want to connect! Open to all.

First & Third Tuesday of the Month
(April 19)
Now 10 – 11 a.m.



[Learn More](#)

Virtual BCHD Board Meeting

BCHD holds public board meetings at 6:30 p.m. every month (except Aug. and Dec.). Details about the meeting and agenda can be found online.

Wednesday, April 27
6:30 p.m.

[Learn More](#)



Virtual Peer 2 Peer Talk with Dane and Bruna Zaun

This engaging discussion, facilitated by Kevin Sousa, MFT, will cover mental health and the challenges both Dane and Bruna have faced in their personal lives as well as the pressures of being a professional surfer and evolving in their careers. Additional topics will cover mental health, feelings, thoughts, anxiety, depression, emotional crisis and how to navigate all this as an adolescent and young adult.

Thursday, April 28
6:30 – 8 p.m.

Submit questions for presenters [here](#). These questions will be addressed anonymously during the Q&A portion of the presentation.

[Join Here](#)



Virtual Mindfulness Drop-In

Take 30 minutes to downshift and practice mindfulness techniques. The guided session will be led by a trained Beach Cities Health District

instructor.

**First Wednesday of the Month
(May 4)
4 – 4:30 p.m.**

[Register Now](#)



Virtual Happiness Chats

This is a casual discussion group with light-hearted activities to spark conversation. Share ideas, tips, resources, jokes, quotes – anything that supports our happiness!

**Second Tuesday of the Month
(May 10)
12:30 – 1 p.m.**

[Register Now](#)



[Join Our Mailing List](#)