



BCHD VOLUNTEER NEWSLETTER

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Volunteer Spotlight of the Month: Monette Thomann Friend-to-Friend and Support Line Volunteer

By Lauren Groom

As a passionate volunteer for BCHD's Friend-to-Friend and Support Line volunteer programs, Monette Thomann's volunteer experiences are never dull. "Sometimes, I get off the phone and reflect on how rewarding my conversations with the client have been," she says. "In these programs, I am here to listen. And it does make a difference, for both of us."

Although Thomann claims she "epitomizes the average volunteer," she is actively volunteering with BCHD and is also applying to the Los Angeles County Master Gardener volunteer program, an intense gardening training that enables volunteers to help low-income residents grow their own food. "Gardening is a huge hobby of mine," Thomann says. "Through this program, I will learn organic gardening and apply what I learn to help create a healthier lifestyle for others once I get certified." Besides gardening, she loves to cook, bike and do anything outdoors. "Being outside is my favorite place to be," she says.

Thomann was born and raised in Los Angeles. She majored in Home Economics in college and worked for a local home decorating company and joined their financial office before retiring. Her passion for volunteering with the Friend-to-Friend program came through helping her mother, who was housebound and needed care. "Finding a social companion for my mother made a huge difference in her life, which made me want to help others with similar needs. So here I am!"

As a Support Line volunteer, Thomann calls senior clients to check in and find out how they are doing. "They love having someone who will listen to them. I ask a question and they just keep going! It's wonderful." Even though Thomann does not meet her clients in person, she certainly makes a huge difference in their lives and they have made a wonderful difference in her life as well. "It has been a very rewarding experience."



FluWatch: Get Vaccinated!

Contributed by Dr. Lisa Santora, Chief Medical Officer

BCHD is introducing a FluWatch page to our Web site at <http://www.bchd.org/resources/FluWatch.html>. On this page, we will be posting fact sheets, clinic lists and regular updates as well as links to trusted resources for information on both the H1N1 and seasonal flu.

Vaccination is an individual, informed decision. I encourage you to consider the benefits of vaccination for both the seasonal flu and the H1N1 virus. While many of us have healthy immune systems and can mount an effective response to both viruses without “getting sick,” we all can become carriers of the flu. When you are a carrier, you can transmit the infection (even when you are not “sick”) to at-risk populations, including infants, children, individuals with chronic diseases and older adults.

Remember an ounce of prevention:

- Get vaccinated
- Wash your hands regularly
- Sneeze and cough into the crook of your arm
- Don't touch your eyes, face or nose
- Avoid close contact with sick people
- Stay home when you are sick
- If you are sick, limit your contact with others

Boost your immune system:

- **Get your vitamin C** (eg. oranges and lemons).
- **Drink decaffeinated tea with lemons.** Your immune system works best at an intermediate pH. A diet rich in sugar, grain products and processed foods shifts the acid base balance to acidic (breeding grounds for viruses and bacteria). Despite its acidic nature, lemons increase the alkali balance after ingested.
- **Sleep eight hours a night.** Sleep has been linked to balanced hormone levels (including the stress hormone, cortisol). This balance is essential for maintaining a strong immune system. Elevated cortisol levels decrease your immune system response.
- **Avoid excess alcohol.** Your immune system is not just white blood cells. Your liver makes proteins, including cytokines and immunoglobulins that form the cascade that fights infections.
- **Decrease the carbohydrates in your diet and eat more proteins.** Diets high in carbohydrates increase your blood sugar, which stresses your immune system (bacteria and viruses love sugar). Protein is a building block for your immune system.
- **Stay hydrated and drink lots of water.** Your kidneys remove lots of waste and toxins from your body. Keep it pumping! Also, most headaches when you are sick are caused by dehydration.
- **If you can, stop drinking coffee.** If you can't, drink two extra glasses of water for every cup of coffee and take a multi-vitamin to replete the lost minerals and vitamins (caffeine overdrives excretion causing excess dumping of essential minerals and vitamins).
- **Eat lots of fruits and vegetables.** Build up your antioxidants (blueberries and broccoli are great sources)
- **Get physically active.** Physical activity strengthens your immune system, decreases stress and improves circulation (all the things you need to fight off infection).
- **Take care of yourself.** Nurture yourself. Take a meditation class or get a massage. Find a way to reduce stress in your life. Spend time with your friends and family. Remember optimal health includes social, spiritual and emotional wellness. You will get sick if you stress out your mind and body.

If you have any questions I can be reached at 310-374-3426, ext. 249 or lisa.santora@bchd.org.

From the Desk of BCHD

How is BCHD connecting to the community?

Community Care Services raised \$180 with its community partner, 24Hr Home Care, at the Chili's fundraiser event. A huge thank you goes to the South Bay Auxiliary for donating \$2,500!

The Center for Health & Fitness has kicked off its College Football Fitness Challenge. Each workout guarantees you a pick for that week's college football game. The winner of this year's fitness challenge will receive a cruise trip to Ensenada, Mexico! Other prizes include massages, movie tickets, etc.

Property Services will be facilitating a re-roofing project for the BCHD building as well as AdventurePlex. The BCHD parking lot will also be resurfaced and striped.

AdventurePlex's camps came to a close and were the most successful to date. Camp curriculum was expanded to include gardening, a reading club and unique fitness programming. This month, AdventurePlex will be hosting its annual Halloween Hullabaloo on Saturday, October 31 from 2 – 6 p.m. Children with costumes will receive half price admission. Come enjoy \$1 hot dogs and lots of other fun treats!

BCHD Organizational Restructure: The New Human Resources

Effective September 1, Administrative Services and Volunteer Services combined with the Human Resources department to better serve all staff and volunteers. What does this mean for you? These people will be assisting you in the following areas:



Denise Luna, Administrative Services Assistant

Contact information: 310-374-3426, ext. 110 or denise.luna@bchd.org

Location: 3rd floor front desk

- Handing out volunteer applications, information, etc. to potential volunteers
- Answering any general volunteer questions for new volunteers
- Checking references for potential volunteers
- Calling current volunteers for reminders or other similar calls
- Updating phone lists and other pertinent information for front desk volunteers



Bernadette Johnson, Senior Talent Management Specialist

Contact information: 310-374-3426, ext. 128 or bernadette.johnson@bchd.org

Location: 2nd floor, office outside of CHF main entrance

- Recruitment of all potential volunteers and interns
- Screening all volunteers that work with children or older adults
- Organizing and conducting volunteer orientations



Megan Burke, Talent Management Coordinator

Contact information: 310-374-3426, ext. 137 or megan.burke@bchd.org

Location: 2nd floor, office outside of CHF main entrance

- Scheduling and facilitating trainings and meetings throughout the year
- Handling all performance issues and volunteer or intern concerns
- Managing all recognition events and awards

Please note that Megan's office has moved, and Volunteer Services is no longer on the 3rd floor. We are happy to assist you in any way so please feel free to contact us if you have any questions.

Monroe's Musings

Contributed by Monroe Weinstock, CHF Front Desk Volunteer

A housework-challenged husband decided to wash his sweatshirt and asked his wife, "What setting do I use on the washing machine?" She asked, "What does it say on the shirt?" He replied, "TEXAS A&M."

BCHD VOLUNTEER OPPORTUNITIES

Please share the following information with friends, family, coworkers, etc., who might be interested in volunteering for any of the opportunities listed below. Contact Bernadette Johnson at 310-374-3426, ext. 128.

Highlighted Volunteer Opportunity

Volunteers Needed for H1N1 Vaccination Point of Dispensing (POD) at BCHD

Date: Saturday, October 24
Location: BCHD back parking lot
Shifts: 8 a.m. – 1 p.m. or Noon – 5 p.m.

Non-medical volunteers are needed to assist our Medical Reserve Corps with a POD location for the H1N1 vaccine. Volunteers will assist with the following:

- Registration and volunteer check-in
- Directing members of the public to different areas
- Traffic control
- Transporting supplies or other necessary items to medical professionals and volunteers

To sign up to volunteer for the POD, please call Bernadette Johnson, Sr. Talent Management Specialist, at 310-374-3426, ext 128 or bernadette.johnson@bchd.org.

2009 Volunteer Hours

Month:	Total:
January	3,625.00
February	3,668.75
March	4,147.75
April	4,603.00
May	3,502.25
June	5,901.25
July	4,008.50
August	3,151.50
TOTAL:	32,606.00

Other Opportunities

Manhattan Beach Pumpkin Race

Date: October 25, 2009
Shift times: 1 – 3 p.m., 3 – 5 p.m., or 1 – 5 p.m.

Volunteers are needed to assist AdventurePlex with a booth and inflatable obstacle course at this community event. Duties include asking parents to sign liability waiver forms, directing traffic of children on the obstacle course, ensuring children are following safety protocols, handing out information to parents, etc. For more information, contact Alcira Dominguez at 310-374-3426, ext. 111 or alcira.dominguez@bchd.org.

Help Us Spread the Holiday Spirit!

Community Care Services needs volunteers to deliver holiday gift bags to the homes of senior clients in our CCS care management program. This simple task brings much joy and cheer to those who might not have loved ones with whom to share this holiday season or who might find it difficult to cope during this time of year. If you would like to deliver bags, please contact Heather Hocking at 310-374-3426, ext. 144 or heather.hocking@bchd.org.

AdventurePlex Kids Club

Date: Last Thursday of every month from 9:30 a.m. – 1:30 p.m.
Location: Manhattan Village, Manhattan Beach
Help promote AdventurePlex programs while providing activities for kids.

Announcements

BCHD Orientation

Date: Tuesday, October 27, 1 – 3 p.m. or 6 – 8 p.m.

Location: Board Room, 3rd floor

Are you new to the District? Please attend this orientation to learn our story and the services BCHD offers to the community. We want to share our unique agency's mission, core values, key services and opportunities. RSVP to Bernadette Johnson at 310-374-3426, ext. 128 or bernadette.johnson@bchd.org.

Auxiliary Book Sale

Date: Thursday, October 22, 11 a.m. – 2 p.m.

Location: Hermosa Room, Lower Level

Pick up some new reading material! Book sale proceeds go to the CAPS group to purchase supplies to make lap robes for terminally ill children. Book donations are welcome any time. Donations accepted at the book sale or at the lobby information desk, first floor.

Entertainment Books For Sale

Entertainment Books from BCHD Community Care Services are \$30. Proceeds benefit the holiday gift bag project. The books make great holiday gifts or buy one to treat yourself. Purchase books at the Center for Health & Fitness front desk or the Community Care Services office on the 3rd floor.

Anger: Positive Outcomes From a Strong Emotion

Start Date: Thursday, October 8, 7:30 – 9 p.m. (ends November 12)

Location: Beach Cities Health District, Catalina Room

Cost: \$60 resident, \$75 nonresident

Learn how to identify problems, acknowledge and understand feelings and use the energy of anger in a way that can produce constructive rather than destructive outcomes. Facilitated by Jackie LaBouff, anger management counselor.

CPR, AED and First Aid

Date: Saturday, October 10, 9 a.m. – 5 p.m.

Location: Beach Cities Health District, Beach Cities Room

Cost: \$65 resident, \$75 nonresident

CPR, AED and First Aid for adults, infants and children will teach resuscitation techniques, response to cardiac arrest, assisting non-breathing individuals and multiple injury assistance. Participants will receive a course completion card for CPR, AED and first aid valid for two years.

