



BCHD VOLUNTEER NEWSLETTER

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Volunteer Spotlight of the Month: Carolyn Walker, 3rd Floor Administrative Front Desk

Carolyn Walker is a woman with a passion to volunteer and give back to the community.

Born in Breda, Iowa, and raised in Pontiac, Michigan, Walker moved to California in 1963.

Walker attended school in Minneapolis, Minn. where she specialized in becoming a secretary. Having a passion for the law, she worked as a legal secretary. In 1970, Walker began working in West Los Angeles where she assisted on many high-profile cases like the O.J. Simpson civil trial in Santa Monica. As the only secretary working for seven attorneys during the Simpson trial, things were very stressful and hectic for her, but “there was never a dull moment,” according to Walker. “There was always something new and it kept things interesting for me.”



In 2005, she was happy to retire and start spending time with her two grandkids. Walker also enjoys baking, gardening, scrapbooking and volunteering. She enjoys her work with the Affinity Group which fills and delivers 5,600 backpacks to disadvantaged first graders throughout the South Bay and Long Beach area.

In 2007, Walker began volunteering for BCHD at the front desk on the third floor. With a warm smile, Walker greets visitors, answers the telephone and assists with any other administrative duties like copying, sorting mail or tallying survey sheets.

“I love volunteering at Beach Cities,” Walker explains. “The people I work with are great. They try to make everybody’s life around them easier and do it with a smile. The work is not stressful and I don’t have to commute up the 405 anymore!”

Show Me Your Badge!

Do you wear your badge to your volunteer shift? This is an important reminder that all volunteers should be wearing a BCHD-issued badge when they are working, either in the building or when they are out in the community. Badges help our staff and members of the public identify you as a BCHD ambassador. As a public agency, we consistently deal with confidential information and subjects regarding staff, clients, etc. It is important to our staff to know who is around the building and make sure individuals are permitted to be in and around our offices.

Badges are also helpful in the following ways:

- Differentiates you from other visitors to our building (e.g., support group members, patients visiting doctors on campus)
- Identifies you as a volunteer if you are out with a client in the community or emergency services are called for your client
- Helps all staff recognize you when you are walking through BCHD offices to get forms, see staff members, use copy machines, etc.
- Distinguishes you from other visitors to our campus during a fire alarm and can assist staff when needed

So please remember to have your badge on when providing service to our community, either in or out of the building. Keep it in your car, tuck it away in your purse, or leave it at your work station in the building (if applicable). If you do not have a badge or need a replacement, please contact Megan Burke, Manager, Talent Management Services at (310) 374-3426, ext. 137 or megan.burke@bchd.org. Thank you!

Important Lessons Learned from the Blue Zones

By Winy Chen, CHF Dietitian

Last week when I attended the Blue Zones Vitality City meeting, it echoed so much of what I say to my clients: the environment in which we live does not make it easy for us to be healthy and happy. To achieve this goal, we need to build long-term, sustainable lifestyle changes.

What are Blue Zones? Blue Zones are places across the world where people live measurably longer and happier lives. These Blue Zones are located in Okinawa, Japan; Sardinia, Italy; and Loma Linda, California. By studying these places and people, experts have come up with the powerful lessons listed below:

1) Move Naturally: People living in Blue Zones often engage themselves in low-intensity physical activity as part of a daily work routine. Walking is the one activity that many people living in Blue Zones do consistently. For example, male centenarians in Sardinia worked most of their lives as shepherds, a profession that involved miles of hiking every day.

2) Mindful Eating: Be more mindful about your physical hunger and circumstances that affect eating. Eat until you are satisfied and not full. Take charge of your environment and find better ways to cope with your stress or boredom. Mindful eating is a simple easy way to cut calories without having to measure or record your food.

3) Plant Slant: Follow a plant-based diet. It does not mean you have to be a vegetarian. Rather aim for 4-6 cups of vegetables every day. The centenarians in the Blue Zones never had the chance to develop the habit of eating processed foods, soda pop or salty snacks. For much of their lives, they ate small portions of unprocessed food, and ate meat only once or twice a week.

4) Grapes of Life: Epidemiological studies seem to show that people who have a daily drink of beer, wine or spirits may accrue some health benefits. The specific nutrient found in red wine is called polyphenol which helps fight arteriosclerosis. We are talking about one to two small drinks a day. Can you drink a week's worth on Saturday night? The answer is NO. Too much alcohol at once increases the risk of cancer, and can also damage brain cells, liver, and other organs.

5) Purpose: Have a sense of purpose to live a meaningful life. A sense of purpose does not have to be something grand. It could be as simple as serving the community or watching children and grandchildren grow up well. Purpose can also come from a job or a hobby.

6) Slow Down: When the clock strikes 3pm, wouldn't it be nice if you could stop everything you are doing and just take a break to rest, to walk along the beach, to look around at the natural beauty, or just socialize with your colleagues or friends? People who have made it to 100 seem to exude a sense of sublime serenity. They are wise enough to know that many of life's most precious moments pass us by if we're lurching blindly toward some goal. Take the time to smell the roses.

7) Belong: Strengthen your spiritual dimension by participating in a religious or spiritual community. Studies have shown that attending religious services--even as infrequently as once a month, may make a difference in how long a person lives. If you don't have a particular religious faith, you may want to explore a belief that is not based on certain strict dogma. Buddhism is a good example; it encourages growth of individual spirituality.

8) Family First: The happiest centenarians in the Blue Zones put their families first. In today's busy lives, schedules have become more and more packed with "things-to-do." Husbands don't come home until after 7pm. Kids have sports practices. People don't do things together as a family anymore. So what are some ways we can do to spend more quality time with our families? Eat together. Take a family vacation. And lastly, spend quality time with your loved ones as frequently as possible.

9) Right Tribe: It is much easier to adopt good habits when everyone around you is already practicing them. In essence, if you want to live healthy, don't hang out with couch potatoes!

I hope you will find these lessons inspirational. In order for people to live an active and healthy life, we need to incorporate these kinds of changes. It all starts with community-based intervention, social networks and individuals.

Air Quality Challenges

South Coast Air Quality Management District (AQMD) includes all of Orange County and urban portions of Los Angeles, San Bernardino and Riverside counties. With nearly 17 million people and more than 10 million vehicles, we are the "smoggiest region of the U.S." according to the AQMD. Poor air quality directly affects an individual's quality of life and can lead to health problems, economic losses and a lack of federal support and funding.

BCHD has made several changes in an effort to become environmentally friendly. In 2006, BCHD updated the facility with new HVAC equipment, upgraded control systems, lighting retrofits and a cogeneration system. This project provided savings equivalent to 129 cars being removed from the road or the planting of 199 acres of trees. The new energy efficient light fixtures have decreased electricity consumption equal to planting 30 acres of trees or removing 20 cars from the road. BCHD has saved 1,200,000 kWh, 300,000 therms of natural gas and \$512,000 annually - a 42.9% savings.

Now it's your turn. Here are 10 things you can do to help clean the air.

1. Become aware in the fight against air pollution by joining Clean Air Congress. Membership is free and open to everyone. Visit www.cleanaircongress.org
2. If you are in the market for a new car, consider choosing one of the lowest polluting models available. Motor vehicles are responsible for more than half of all smog-forming emissions.
3. Report smoking vehicles and suspected air pollution violations by calling 1-800-Cut-Smog. Older and improperly maintained vehicles emit at least 20 times more pollution than newer models in good working condition.
4. Reduce wood smoke pollution. Convert your wood-burning fireplace to clean-burning gas logs. Wood stoves and other wood-burning devices emit an average of four times as much fine particulate pollution as all of the power plants in the four-county region. This pollution is associated with a decrease in lung function, triggering asthma and heart attacks as well as causing an increase in premature deaths.

5. Dry cleaners in the region emit about 850 tons a year of a toxic chemical called perchloroethylene. To find a dry cleaner using non-toxic methods in your area, go to the Clean Air Congress Web site at www.CleanAirCongress.org.
6. During the recent energy crisis, Californians did a better than expected job at conservation. If you haven't already, choose from the many options available to conserve energy – and save money – such as using compact fluorescent light bulbs, using the microwave to cook small meals and buying energy efficient appliances when you replace old ones.
7. Painting homes and other structures causes more than 50 tons per day of smog-forming pollutants – five times the amount from all the area's oil refineries. Read paint labels and choose coatings that contain little or no smog forming pollutants, identified as volatile organic compounds or VOCs.
8. Energy needed for summertime air conditioning boosts power plant emissions. Plant a tree to help shade your home and cool it naturally.
9. In one year of operation, one older gasoline-powered lawn mower pollutes as much as a new car driven 86,000 miles. Help cut pollution by purchasing an electric mower when you replace your gasoline powered model.
10. While many Southern Californians enjoy a summer cookout, traditional barbecues can be a significant source of air pollution. A simple solution is to replace your old barbecue with a natural gas grill. Some local utilities even offer rebates when purchasing gas grills.

For more information on air quality please visit <http://www.aqmd.gov>.

From the Desk of BCHD

Earlier this year the Center for Health and Fitness launched its new WellBeing weight management program and had participants sign up to achieve their weight loss goals. Recent statistics have been compiled and reveal that more than 200 pounds have been lost by participants! In addition, there has been a 16 percent drop out rate compared to an average 70 percent rate with other weight management programs like Jenny Craig and Weight Watchers. Congratulations to those who have lost and continue to lose weight. Also, a big shout out to the BCHD staff members and trainers for all their hard work motivating the participants and building strong relationships.

Monroe's Musings

Contributed by Monroe Weinstock, CHF Front Desk Volunteer

A FEW NEW DEFINITIONS

Arbitrator... A chef who quits Arby's to work for Burger King
 Burglarize... What a crook sees with
 Eclipse..... What an English barber does for a living
 Paradox..... Two physicians

| 2010 Volunteer Hours | |
|----------------------|------------------|
| Month: | Total: |
| January | 3,309.75 |
| February | 3,297.75 |
| March | 4,154.00 |
| April | 4,583.25 |
| May | 3,564.50 |
| TOTAL: | 18,909.25 |

BCHD VOLUNTEER OPPORTUNITIES

Please share this information with friends, family, co-workers, etc. who may be interested. To volunteer for any of these opportunities, please contact Bernadette Johnson at (310) 374-3426, ext. 128 or bernadette.johnson@bchd.org.

Highlighted Volunteer Opportunity

Errand Volunteer Training

Errand Volunteers help our homebound clients who can't drive or meet their daily basic needs. This service allows them to age in place for as long as possible. Errand Volunteers perform errands (pick up groceries, personal care items, prescriptions, etc.) for older and/or disabled clients. Volunteers who can drive clients to do their own errands during the weekdays are especially needed. Application, interview, and screening process must be completed. Volunteers receive training and on-going support from professional staff.

Date: Tue., Sept. 21 from 10 a.m. – Noon
App. Deadline Fri., Sept. 17

Other Opportunities

MoveWell Volunteers

MoveWell is a physician-approved, safe and simple exercise program for our frail beach cities residents to build up their strength to prevent falls and promote a healthier lifestyle. Volunteers will be trained and then matched with clients to go into their homes once a week to perform the exercises with them. These volunteers will also call them on the phone once a week to provide motivation and follow up.

Assist Others in Finding Health Information

The Center for Health Information & Emergency Preparedness is our health resource library that offers public access to a wealth of free information including books, DVDs, pamphlets and more. Volunteers assist the public in checking out materials, searching free online access health Web sites and databases, and connecting with community partners to keep information accurate and updated.

Friday Lobby Volunteers Needed

Join the South Bay Auxiliary on Fridays in assisting visitors with campus information, directions, wheelchair assistance, etc. Become a part of more than 50 years of philanthropy and service. Must be friendly, positive and possess excellent customer service and people skills. Training will be provided by staff and the Auxiliary day chairman. To learn more about the South Bay Auxiliary, visit <http://www.bchd.org/programs/documents/AuxFAQ.pdf>.

AdventurePlex Summer Camp Volunteers

Help us keep children energized and engaged throughout the summer with AdventureCamp. Volunteers assist our campers during the week with on-site arts and crafts classes, gardening lessons, rock climbing and ropes course sessions, and other fun and educational activities to keep our campers moving and engaged. A volunteer orientation will kick off this summer opportunity on June 18. Application and screening required before orientation.

Announcements

BCHD Orientation

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.

Date: Tuesday, July 27, 1 – 3 p.m.

Location: Board Room, 3rd floor

BCHD Board of Directors Meeting

Beach Cities Health District holds its board meetings on the last Wednesday of the month. All volunteers are welcome to attend. Video recordings and minutes are available for download on our Web site (www.bchd.org) following each meeting.

Date: Wednesday, July 28, 6:30 p.m.

Location: Beach Cities Room, Lower Level

American Red Cross Blood Drive

Summer is traditionally a slow time for blood donation because schools are out and many people take vacations. About 40 percent of the nation's blood supply comes from high schools. It is important that eligible blood donors find the time to donate during the summer. The need for blood never takes a vacation.

Date: Thursday, July 15, 10 a.m. – 4 p.m.

Location: Beach Cities Health District, Redondo Room

Cost: Free

C.P.R., AED, and First Aid

This course, approved by the American Heart Association and State of California Emergency Medical Services Authority, will teach resuscitation techniques, response to cardiac arrest, how to assist non-breathing individuals and multiple injury assistance. Participants will receive a course completion card for CPR, AED and first aid that is valid for two years. Please bring lunch with you.

Date: Saturday, July 17, 9 a.m. – 5 p.m.

Location: Beach Cities Health District, Beach Cities Room

Cost: \$65 resident, \$75 nonresident

“Strive not to be a success, but rather to be of value.” — Albert Einstein