



BCHD VOLUNTEER NEWSLETTER

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Volunteer Spotlight of the Month: Eric Carson, CHF Front Desk

By Jennifer Hagihara, Journalism Intern

Eric Carson absolutely loves working out, and on top of using the gym on a regular basis he contributes about 1,000 hours of service at the front desk at the Center for Health and Fitness (CHF).

“I come in three to four times a week,” Carson said. “Habits are strong. You form the right habit and it’s healthy—and I’ve become a gym rat.”

Carson’s habits include encouraging everyone to give the gym a chance like he did many years ago. Shoulder problems led him to BCHD’s gym to continue rehab on his shoulder. After meeting his first trainer, he quickly realized his shoulder wasn’t the only area he could work on. Cardio workouts, resistance training and stretching techniques (of which he was not a fan) were also incorporated into this routine, making for a well-rounded exercise program.

Over time, Carson began to accept the different routines and his success can be attributed to the past trainers he’s worked with—particularly his first, Shawna.

“I’m really grateful for that first trainer because she started with zero,” Carson said. “As you age, the challenges change and a good trainer helps you adapt to them.”

Because the gym made a difference in Carson’s life, he wanted to give back by helping others get the same benefits he received. As a front desk volunteer, Carson checks members in and ensures they have a positive experience before they even start their workout. From his personal experience, he can relate to others who may need an extra boost of self confidence.

Born in Cleveland, Ohio, Carson went to college in Boston before moving to California in 1963 to attend grad school at the University of California, Los Angeles. A retired engineer, in his free time he enjoys the arts, opera and traveling. Hiking is another activity Carson loves to do and proudly tells that he does “much better now than ten years ago.”



From the Desk of BCHD

The year started off well for BCHD. CHF launched its new WellBeing weight management program and had 40 participants sign up to achieve their weight loss goals. CHF also signed up 234 new members in January. AdventurePlex had a great January with 3,000 drop-ins, 129 classes offered and 31 birthday parties. They will be offering a Spring basketball camp hosted by the Los Angeles Clippers. Community Care Services received 29 new referrals in the beginning of the new year for seniors needing assistance in their homes.

BCHD has been actively developing partnerships with local community organizations. The City of Redondo Beach and South Bay Adult School has partnered with BCHD to offer classes on our campus. BCHD will host another art exhibit from the Redondo Beach Arts Group. This year's theme is "In Motion: The Human Body in Movement." The opening reception will be Saturday, June 12. More information will be available shortly.

BCHD had a strong presence at the Daily Breeze's annual South Bay Girl Talk Conference. Dr. Lisa Santora provided an informational presentation on women's health and BCHD launched its new promotional attention-grabber: the Wheel of Wellness! Attendees had the opportunity to spin the wheel and win CHF prizes. More than 300 people stopped by the booth. CHF also hosted a booth at the Redondo Beach Super Bowl 10K. This month, BCHD Human Resources and AdventurePlex staff will spend an afternoon at Mira Costa High School's career fair, talking to students about their careers at a public health agency.

Thank You for Your Assistance with the Haiti Relief Shoe Drive!

With the support of our community and volunteers, BCHD was able to collect, bundle and ship 5,000 pairs of shoes to those affected by the Haiti earthquake. BCHD partnered with Soles4Souls, Inc., a non-profit that formed in 2004 after the tsunami that hit Southeast Asia. Since then, Soles4Souls has been collecting pairs of shoes for underdeveloped or redeveloping countries around the world. The charity distributes these shoes free of charge to people in need and has given away more than 5.5 million pairs of new and gently worn shoes (currently donating one pair every nine seconds). For more information about this organization, visit www.soles4souls.org.

We thank our volunteers for making this shoe drive such a huge success. We appreciate your support and contributions of time and shoes!

Another Year Has Come and Gone...

A Note from Megan Burke, Manager of Talent Management Services

I just wanted to take a moment to thank all of our wonderful volunteers for making such an impact in 2009! We have increased the number of volunteers and hours of service to our community. It is always a privilege for our staff to work with those who take the time to contribute their time and talents to others, and we appreciate our partnership together bringing us that much closer to our vision: a healthy beach community.

Number of Volunteers in 2009 = 881

Number of Hours Contributed = 51,925.5

Monroe's Musings

Contributed by Monroe Weinstock, CHF Front Desk Volunteer

After hitting the 65 year mark, he thought he would increase his level of exercise activity. He booked an aerobics class for seniors, and after working up a sweat by bending, twisting, pulling, pushing and hopping up and down, he finally got the leotards on. By then, the class was over and done!

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

Join Us for the First Annual BCHD Campus Work Day!

This April, BCHD is hosting a work day to restore and beautify the wonderful campus we visit and work at every day. Some of the projects we'll tackle include repainting curbs for disabled parking, installing plants and bushes, sweeping and cleaning mechanical rooms, and deep cleaning the chapel and other highly utilized areas.

Morning refreshments will be provided. Please plan to wear your LiveWell t-shirt, close-toed shoes and hat and/or sunscreen while working outside! Please let us know you will be attending our work day by April 2, 2010. See you there!

Date: Saturday, April 10, 8:30 a.m. – Noon

Location: Volunteers will meet on the back patio by the loading dock.

2010 Volunteer Hours

Month:	Total:
January	3,309.75
TOTAL:	3,309.75

Other Opportunities

Volunteers Needed for Archiving Project

BCHD is looking for long-time BCHD community members to identify events and individuals in photos throughout the District's past! Volunteers will meet with staff one Tuesday a month to look through photos so we can properly archive District history. If interested, please contact Megan Burke at 310-374-3426, ext. 137 or megan.burke@bchd.org.

Volunteer with Hermosa Beach for an Emergency Preparedness Awareness Campaign

The Hermosa Beach Emergency Preparedness Advisory Commission will conduct a city-wide residential Emergency Preparedness Awareness Campaign. Volunteers will distribute important emergency preparedness information door-to-door to the residents of Hermosa Beach. If the residents are home, volunteers will conduct a four-question survey with the resident to determine all Hermosa Beach residents' level of preparedness. It is the City's first such event.

Date: Saturday, March 20, 10 a.m. – 3 p.m.

Location: Volunteers will meet at the Hermosa Beach Civic Center to pick up and return information packets and survey instruments.

To receive more information or participate in this campaign, please contact Brandy Harkins at 310-374-3426, ext. 170.

Clubhouse Volunteers Needed

Love working one-on-one with children? The CHF Clubhouse offers the opportunity to have quality time with children visiting the Clubhouse while their parents work out or attend classes. Play games, color, read and more with children in a safe and fun environment.

Help Our Seniors Get Moving! MoveWell In-Home Exercise Volunteers Needed

Help our frailer residents become stronger and healthier by volunteering for the new MoveWell In-Home Exercise program. You'll be matched with a client to assist them with a tailored exercise plan at their residence and follow up during the week. Ongoing training and supervision will be provided.

Friend-to-Friend Volunteers

Join the corps of volunteers providing weekly social visits to our isolated and homebound residents. Volunteers participate in an all-day training with professional staff on Saturday, April 24 and receive ongoing training and supervision.

Training Date:

Saturday, April 24, 9 a.m. – 4 p.m.

Monday, April 26, 6 p.m. (graduation)

Application deadline is Friday, April 16. Application and initial interview is required before attending the training.

AdventurePlex Gardening Volunteer Needed for Summer Camp

AdventurePlex is offering a gardening component with its summer camp this year and needs a volunteer to share very basic gardening skills with the campers. Groups of 10 campers will rotate through the garden for hands-on experience. Lead groups in weeding, pruning, harvesting and planting vegetables and herbs. Shift times are Wednesdays and Fridays starting June 23 and ending August 27. Gardening experience required.

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 along with 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

Date: Monday, March 29, 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.

Save the Date: Steppin' Out National Walking Challenge

Date: Monday, April 19 – Sunday, April 25

Join the BCHD team in maintaining our first place status for this national challenge! Participants wear a pedometer for one week and track how many steps they take each day. The goal is to walk 70,000 steps throughout this week, achieving the recommended physical activity level for optimal health that promotes increased energy, less stress, improved weight management and a decreased chance for chronic illnesses such as diabetes or cardiovascular disease.

Sign up for free! You can purchase a pedometer at the Center for Health & Fitness (CHF) for \$5. For more information or to register, contact CHF at 310-374-3426, ext. 147.

Save the Date: 14th Annual Volunteer Recognition Brunch

Date: Saturday, May 8, 10 a.m. – 12:30 p.m.

The Board of Directors and staff of the Beach Cities Health District invite you to join us for our annual Volunteer Recognition Brunch. This is a time for us to show our appreciation to all volunteers throughout our 20 different volunteer programs. Enjoy a wonderful brunch complete with entertainment, raffle prizes and more! A formal invitation will be sent out soon.

Anger – Positive Outcomes From a Strong Emotion

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, certified anger management counselor. 6 weeks

Start Date: Thursday, March 18, 7:30 – 9 p.m. (ends April 22)

Location: Beach Cities Health District, Catalina Room

Cost: \$60 resident, \$75 nonresident

Volunteers do not necessarily have the time; they just have the heart.

~Elizabeth Andrew