

SPA 7 Regional Health Office

LA County DPH Monthly Newsletter

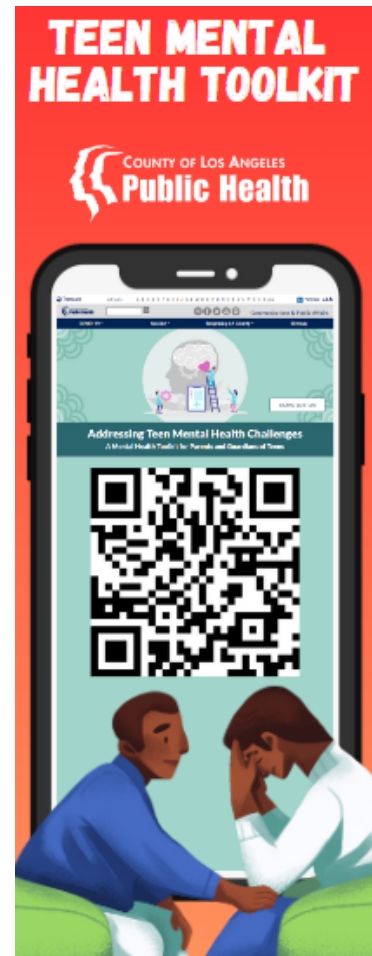
May 2024

Lea este boletín en Español

May is Mental Health Awareness Month

Mental Health Awareness Month has been observed in the U.S. since 1949. Observing Mental Health Awareness month encourages us all to fight stigma, provide support, educate the public and advocate for policies that support the millions of people in the U.S. affected by mental illness.

Los Angeles County Department of Public Health recently launched a Mental Health Toolkit for teens and parents/guardians of teens. If you are a teen or parent/guardian of a teen, explore the free guide to the most common mental health challenges facing this generation by using this link: <https://tinyurl.com/4etv2t48> or scan the QR code in the image.



May Observances



Women's Health Month

The goal of Women's Health Month is to empower women to make their health a priority and help women understand what steps they can take to improve their health.

This includes seeking medical help when you need it, but it also involves engaging in preventive care to keep you healthy, like scheduling checkups, examinations, vaccinations, living a healthy lifestyle, and more.

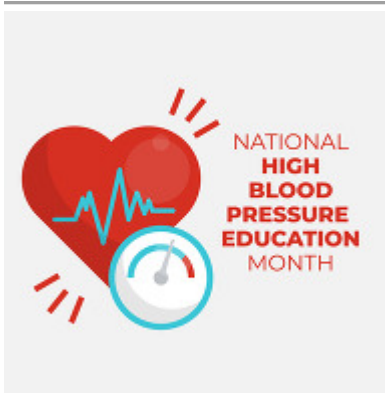
Women's Health Month also acts as an opportunity to educate women on the most common risks to their health, the symptoms, the warning signs, and when they should seek medical attention, so they know when something is out of the ordinary.

For more information on some common health concerns for women, please visit the Los Angeles County Office of Women's Health website here: <https://tinyurl.com/5zyzt6t>.

National Nurses' Month

National Nurses Month is an annual observance in the United States that celebrates the significant contributions that nurses make to the healthcare industry. It is a time to recognize and appreciate the dedication, hard work, and sacrifices that nurses make every day to provide high-quality patient care.

SPA 7 would like to take this time to recognize all of the amazing nursing staff that keep the Whittier Health Center running. You are appreciated!



High Blood Pressure Awareness Month

High blood pressure—or hypertension—is a major risk factor for heart disease. [Half of Americans have high blood pressure, and many don't know they have it.](#) It's important to know your numbers and work with a health care professional to control levels and manage risks.

[High blood pressure can be found in all age groups and usually has no symptoms.](#) However, lifestyle choices, such as healthy diet, regular exercise, refraining from smoking, and "knowing your numbers" can help manage your risks and help with high blood pressure control.

To learn how to monitor your blood pressure at home, please click here: <https://tinyurl.com/st7suzs9>. To request an educational high blood pressure presentation in SPA 7, please use this form: <https://tinyurl.com/bdfmatb9>

Asian American and Pacific Islander Heritage Month

Asian American and Pacific Islander Heritage Month (AAPI Heritage Month) is an annual celebration that recognizes the historical and cultural contributions of individuals and groups of Asian and Pacific Islander descent to the United States. The AAPI umbrella term includes cultures from the entire Asian continent—including East, Southeast and South Asia—and the Pacific Islands of Melanesia, Micronesia and Polynesia.



Asian Americans and Pacific Islanders have contributed significantly to many facets of American culture and society. In 2021, [Kamala Harris became the first Asian American Vice President](#) of the United States. In film history, AAPI people, stories, and traditions have become more visible with South Korean director Bong Joon Ho's *Parasite* winning the Academy Award for Best Picture in 2019 and the release of *Shang-Chi and the Legend of the Ten Rings* in 2021, debuting Marvel's first [Asian superhero](#).

To read more about AAPI Heritage Month, please click here: <https://tinyurl.com/yefebp5i>

Hearst Foundation Grant Opportunity

The Foundation funds programs designed to enhance skills and increase the number of practitioners and educators across roles in healthcare. The Foundations also support public health, medical research and the development of young investigators to help create a broad and enduring impact on the nation's health.

Approximately 25% of all grant requests will be awarded up to **\$100,000** or more. If you are interested in applying, or finding out if your organization qualified, please visit this website: <https://tinyurl.com/352urnwp>.

Free Gun Locks



In 2024, OVP is committed to distributing more than 60,000 cable gun locks – free of charge and no questions asked – across Los Angeles County. This unprecedented effort is designed to keep children safe from firearms, limit the possibility that a person intent on harming themselves or others can quickly secure a loaded, unlocked weapon, and guard against the theft of guns. To secure a lock from OVP, please fill out this form (limit of two locks per person): <https://tinyurl.com/5n8tvddz>

Free gun locks are also available at these Los Angeles County Medical Centers. To view all locations, please click here: <https://tinyurl.com/mtkrk3m2>

LA Health Portal E-Visits

Need care now? An eVisit is a quick, convenient online care choice for common medical concerns. An eVisit gives patients access to care from a provider who can order tests and/or medicines without a trip to the doctor's office. eVisits are a great choice for common medical concerns like:

- Cold or Flu
- Headache
- Muscle Aches
- Skin Rash
- Sore Throat
- Urinary Problems
- Vaginal Problems



How it works

- Sign in to LA Health Portal and fill out an eVisit form.
- Get a response email from a provider within 1 hour from 8 am to 8 pm, 7 days a week.*
- The provider will answer your questions and order tests and/or medicines if needed.

*E-visits sent after 8 pm will receive an answer the following day.

For questions, call [844-804-0055](tel:844-804-0055), select Option 3, or text [844-804-0001](tel:844-804-0001).

For more information, [watch a video about eVisits](#).

Not enrolled in LA Health Portal?

Enrolling is quick and easy for LA Health Services patients.

Click [here](#) to enroll online or download the app from your app store.

Community Public Health Teams

Community Public Health Teams (CPHT) is a project that brings together community-based organizations, health care partners, and Public Health staff. These teams work at the household level, conducting home visits to gather health needs and connect people to care and also works at the community level, inviting people to participate in creating community action plans.

This is a new approach to public health and health care in LA County. Public Health is investing public health infrastructure dollars to implement this pilot project for five years, beginning August 2023. The goal is to build long-term relationships with households, empower communities to define the health priorities that matter to them, and demonstrate that this new way of engagement can support better health outcomes.



To learn more about the CPHT project and find a CPHT near you use the link: <http://publichealth.lacounty.gov/pie/CommEngage/cpht.htm>.

Employment Opportunities

LA County Department of Public Health Americorps Members



Are you interested in the public health field? Healthcare Staffing Professionals, Inc is assisting The LA County Department of Public Health (LACDPH) in recruiting part-time and half-time AmeriCorps members.

AmeriCorps members will engage in community outreach, health education, and resource sharing in the most highly impacted communities located within Los Angeles County. Members will be assigned to one of the eight Service Planning Areas (SPAs) and work to meet the unique health needs of communities within their assigned region. The primary role of members will be to conduct community outreach.

To find more information and/or apply, please click here: <http://tinyurl.com/5xzchmxc>.

LA County Department of Parks and Recreation Youth @ Work Program

Youth@Work provides work experience with a comprehensive and strategic set of employment, training and support services provided through a network of AJCCs. Los Angeles County residents ages 14 to 24, that have the right to work in the United States.



Job Description: Leading recreational activities for persons of all ages, helping support event setup and takedown, and interacting with the public.

For more information and/or to apply, please click here: <https://parks.lacounty.gov/youth-at-work/>

Free or Low Cost Full-Scope Medi-Cal

In January 2024, a new California law allowed those in a lower income bracket to get free or low cost full-scope Medi-Cal.

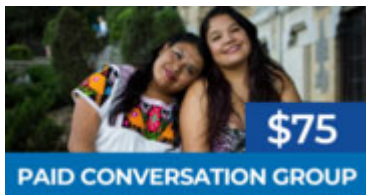
Full scope Medi-Cal covers:

- Doctor visits
- Hospital visits
- Dental care
- Vision care
- Mental health care
- Emergency services
- And much more



To find out if you qualify, or to apply, click here: <http://tinyurl.com/5s6sz4ef>.

Paid Conversation Group



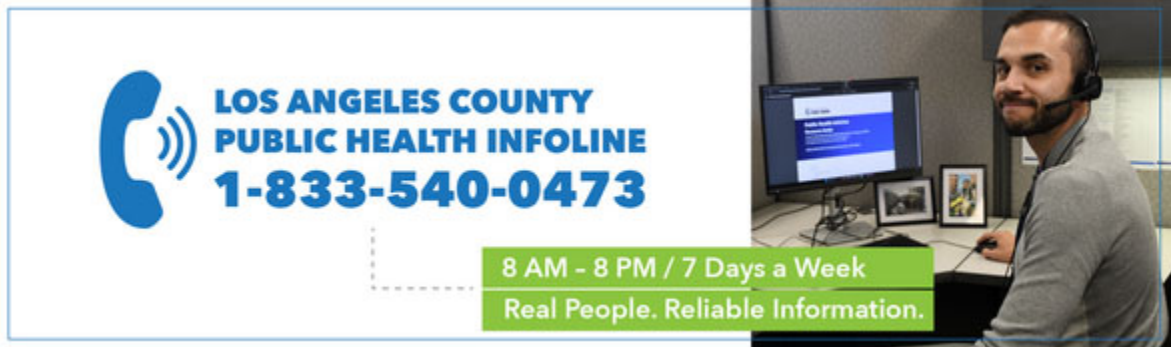
[EurekaFacts](#) is seeking **Spanish-speaking**, Hispanic/Latina women for online conversation groups. Participants will discuss women's health experiences and thoughts on information related to health and cultural influences. Sign up now to see if you qualify!

The sessions will last no more than 90 minutes. Those who complete a session will receive \$75. This project is funded by the Center for Disease Control and Prevention (CDC).

To register, call 240-403-1650, email outreach@eurekafacts.com, or visit the following websites:

- Spanish landing page: <https://www.eurekafacts.com/salud-de-la-mujeres/>
- English landing page: <https://www.eurekafacts.com/cdc-womens-health-study/>

DPH Resources



The image shows a promotional graphic for the Los Angeles County Public Health InfoLine. On the left, there is a blue telephone handset icon with three curved lines representing sound waves. To its right, the text reads "LOS ANGELES COUNTY PUBLIC HEALTH INFOLINE" in blue, followed by the phone number "1-833-540-0473" in a larger, bold blue font. Below this, a green banner contains the text "8 AM - 8 PM / 7 Days a Week" and "Real People. Reliable Information." in white. On the right side of the graphic, there is a photograph of a male call center agent wearing a headset and a grey shirt, sitting at a desk with a computer monitor displaying a website.

Los Angeles County Public Health InfoLine

The Los Angeles County Public Health InfoLine's goal is to expand the scope of resources Public Health can provide over the phone, strengthen community trust by having a live person to talk to, and a vital line of communication in case of future public health emergencies. All calls from the community are answered by health education assistants. Here are some of the topics the InfoLine can cover:

- COVID-19
- Mpox
- Insurance/Coverage
- Domestic Violence
- HIV & STDs/STIs
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

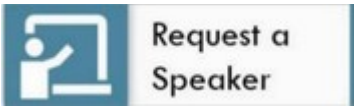
Immunization Coalition of LA County

The Immunization Coalition of Los Angeles County is a diverse, grassroots, community-based partnership of Los Angeles County hospitals, schools, clinics, health department programs, pharmacies, health plans, vaccine companies, and non-profit organizations with a mission to work together to improve access to the medically recommended immunizations for adults and adolescents, especially among groups at highest risk for vaccine preventable diseases in Los Angeles County.

If you are interested in getting vaccinated, looking for vaccination records, or reading up on the latest ICLAC news, please visit this website: <https://immunizelac.org/>



Need a Presentation on the COVID-19 Vaccine, Hands Only CPR, or other Health Topics?



The Los Angeles County Department of Public Health offers an array of presentations, including COVID-19, COVID-19 vaccines, and Monkeypox. If you would like to schedule a presentation for your organization, click this link: <http://tinyurl.com/562dad3e>.

Angelenos in Action

Join Angelenos in Action, a voluntary public health survey that takes less than 1-minute each week and helps us monitor respiratory illness throughout LA County.

Here's how it works:

1. Text "@PROTECT" to (833) 228-3056 to volunteer for our survey or sign up online using this link: <http://tinyurl.com/ys6se6we>.
2. Answer 5 quick questions to sign up.
3. You will be randomized to receive surveys one day a week.
4. Every week on that day, the LA County Department of Public Health will text or email you one YES/NO question to ask how you're feeling.
5. If you feel unwell, you will be asked two more YES/NO questions about symptoms of respiratory illness.



All data is kept completely private. To read more about Angelenos in Action, please click <http://tinyurl.com/bdhjuyje>.

Office of Violence Prevention - GVRO's



A Gun Violence Restraining Order, or GVRO, is a law that was approved by the State of California in 2016. The GVRO allows family members, household members, some employers, colleagues, teachers, and law enforcement to take action to prevent a person who poses a significant risk of harming themselves or others from having or purchasing a gun, ammunition, or magazine for a specified length of time, between 21 days and five years. To find out more on who can request one, and how to request one, please click this link: <http://tinyurl.com/y3hfb575>.

Free Naloxone Clinics

A number of Los Angeles County public libraries are hosting FREE Naloxone Clinics. Naloxone is a lifesaving medication that can reverse the effects of an opioid overdose.

No identification or proof of insurance is required. To find the clinic closest to you, please visit this website: <http://tinyurl.com/y5z2edu3>



SPA 7 Resources and Upcoming Events

LA CADA Resources and Opportunities



Jovenes Speak Up - Teen Leadership Group

Jovenes Speak Up is a leadership group for teens and young adults to help address issues in their community, learn life skills, earn volunteer hours, and contribute to substance use prevention in the communities. Join if you're interested in:

- volunteer hours
- letters of recommendation
- networking
- receiving incentives
- and being a voice in your community

Orientation is held every last Tuesday of each month. To sign up,

please click here: <https://tinyurl.com/34f9hmbt>

Free HIV Testing

Free HIV testing for youth ages 13-17 every Friday from 3-5pm. **Earn up to \$40 for participating.**

Location: 11015 Bloomfield Ave, Santa Fe Springs, 90670

Prevention Workshop Series

Youth and young adults ages 13-24 are encouraged to participate in this workshop series. Topics include:

- Addiction and the Brain
- STD/STI Prevention
- HIV/AIDS 101
- PrEP & PEP
- Peer Advocacy

Participants who complete the program earn up to \$30 in gift cards, and a certificate of completion.

To apply, please click here: <https://tinyurl.com/yc3h585v>

PIH Health Workshops

Check out these upcoming workshops and seminars with PIH Health:

Mind, Body, & Spirit Workshop

Check out this four week workshop series to explore and deepen your connection to yourself and spirit. Details:

- Wednesdays, 4:30PM-6PM, beginning May 1-May 22
- PIH Health Whittier Hospital, Conference Room A, 12401 Washington Blvd, Whittier, CA 90602
- To register, go to PIHHealth.org/CancerCare or call 562.698.0811 Ext. 12580

Skin Cancer Screening and Prevention Lecture

You're invited to attend an event featuring PIH Health Dermatologist Jamal Saleh MD, who will discuss skin cancer screening and prevention. You'll have an opportunity to have your skin checked for sun damage by a professional aesthetician at no cost, including free skincare products, light refreshments and other giveaways will be provided. Details:

- Wednesday, May 22, 2024, 4PM Reception, 5PM Lecture
- In person or virtual, a link will be emailed to virtual attendees
- PIH Health Whittier Hospital, Conference Room F, 12401 Washington Blvd., Whittier, CA 90602
- To register, visit PIHHealth.org/Calendar and search "skin cancer", or call 562-698-0811, Ext. 12537

Cancer Survivorship Series: Transforming from Patient to Survivor

This lecture will focus on nutrition information for cancer survivors. You will learn helpful eating tips, food safety, how to support your body with healthy foods and more. Details:

- Wednesday, September 4, 2024, 5PM-6PM



- PIH Health Whittier Hospital, Conference Room F, 12401 Washington Blvd., Whittier, CA 90602
- To register, visit PHIHealth.org/calendar and search "nutrition" or call 562-698-0811, Ext. 12570

Workplace for Environmental Restoration in Communities (WERC) Program

The WERC program is looking for candidates for the next phase of work to remove lead contamination from residential properties and parkways surrounding the former Exide battery facility in Vernon.

To qualify, you must reside in one of the following areas: Boyle Heights, unincorporated East Los Angeles, and the cities of Commerce, Vernon, Maywood, Bell, and Huntington Park.



To find out more information, please contact WERC Program Coordinator, Laura Castillo, at Laura.Castillo@dtsc.ca.gov or 916-282-8958.

Free Food Distribution and Produce Distribution

Free food distribution is every first Wednesday of the month at the Whittier Wellness Community (WWC). Upcoming distribution is on Wednesday, June 5 2024, starting at 8:30am.

For more information visit: [WWC Produce Distribution](#)



Free Outdoor Wi-Fi and Hotspots at Select LA County Libraries



The Los Angeles County Library is now offering free outdoor Wi-Fi, and portable hotspots at several of participating libraries. Visit one of our participating locations and use your device to get connected or take home a portable hotspot for up to 6 weeks!

For free outdoor Wi-Fi, click this link to find participating locations: <http://tinyurl.com/2s47amy>.

For a portable hotspot, click this link to find participating locations:

<https://tinyurl.com/2k5edcbm>.

Free CPR Classes

The Critical Care Training Center is offering CPR classes. If you're interested in earning a CPR certification, please click this link to find the classes closest to you: <http://tinyurl.com/mrxpj9t5>. All classes are free and are offered in English and Spanish.



Rapid Response Senior Meal Program



[The City of Los Angeles Department of Aging Rapid Response Senior Meals Program \(RRSMP\) is now open for enrollment.](#) The RRSMP offers (5) home-delivered meals weekly to individuals 60+ in the City of Los Angeles, prioritizing those with the most significant economic and social needs.

****As of March 23, 2024, the program has reached its capacity.** To sign up for the waitlist, please click here:

<http://tinyurl.com/54whawar>

To check if you are within LA City limits, please click here: <http://tinyurl.com/4jk82dmn>

East Los Angeles CommUNITY Wellness Program

CommUNITY Wellness is a community-based program for children and their parents. The goal of this program is to reduce the risk of childhood obesity by focusing on healthy habits related to eating, physical activity, sleep, and emotional wellbeing. This program is for both parents and children 6-12 years of age. Programming is every Wednesday from 4:30-6:30pm.



For more information, please call 213-438-5570 or email info@gasolfoundation.org

Vaccinate L.A. Newsletter



Sign up for the COVID-19 Vaccine Newsletter to stay updated on COVID-19 related facts. Visit [VaccinateLACounty.com](https://www.vaccinatelacounty.com) to learn more about:

- [In Home Vaccines](#)
- [Vaccine Schedule](#)
- [Vaccine Data](#)
- [Vaccine Records](#)
- **Vaccine Facts - [English](#) | [Español](#)**
- **Vaccine Side Effects - [English](#) | [Español](#)**

Useful Links and Resources

[iPrevail Online Mental Health Resource](#)
[COVID-19 Post-Surge Dashboard](#)
[COVID-19 Vaccination Distribution Dashboard](#)
[COVID-19 Vaccine Information](#)
[COVID-19 Vaccination Records](#)
[COVID-19 Surveillance Dashboard](#)
[COVID-19 Testing](#)
[Flu Vaccines](#)
[Free Tax Preparation Services](#)
[Free Snack Program](#)
[Get Ahead LA Financial Resources](#)
[Headspace: Free Mindfulness App](#)

[LA County America's Job Center of California](#)
[LA County's COVID-19 Tenant Protections Resolution](#)
[LA County's Office of Immigrant Affairs](#)
[LA County's Office of Emergency Preparedness and Response Program](#)
[LA County Youth Suicide Prevention Project](#)
[LA Department of Water & Power Bill Credit](#)
[LA Public Health Podcast](#)
[Laptop and Hotspot Loans from LA County Libraries](#)
[Masks – Free N-95](#)
[Mental Health Support](#) (800) 854-7771 or text "LA" to 741741
[Metro LIFE Program](#)
[National Suicide Prevention Lifeline](#)
[Opportunity LA: Child Savings Account for LAUSD Students](#)
[Request a Mobile Vaccination Team](#)
[Report a violation](#) (888) 700-9995, Monday – Friday from 8:00AM to 5:00PM
[SoCalGas Assistance Fund](#)
[Southern California Edison Assistance](#)

For additional resources, please dial 2-1-1

For more information on COVID-19, please [visit our website](#)

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