



Kippers for Breakfast, above, is a 37" X 37" quilt by Lori Anderson. The artist uses hand-dyed and commercial cotton fabric, fused applique, machine quilting, and hand beading.

ART QUILTS 2 Exhibit on Display at the California Heritage Museum

The California Heritage Museum is now presenting a new exhibit, ART QUILTS 2, a juried exhibition featuring artwork spotlighting the best contemporary artists who work with fabric.

The exhibition will continue through Sunday, September 19, 2021. The museum is offering free admission every Friday. The museum also offers free admission to Military members and their families.

Tobi Smith, Executive Director of the museum, along with Board member Helen Harding and Alice Beasley, an accomplished maker of art quilts herself, chose 62 art quilts from 198 works created by 86 artists.

The Studio Art Quilt Associates (SAQA) was founded in 1989 as a non-profit organization whose mission is to promote the art quilt through education, exhibitions, professional development, documentation and publications. SAQA defines the "art quilt" as "a creative visual work that is layered and stitched or that references this

form of stitched layered structure."

This exhibition includes a diverse array of styles, techniques, sizes, and subject matter that are both realistic and abstract.

A catalogue, designed by Cris Dawson of Dawson Designs, Los Angeles, represents all of the selected quilts, and will be available at the exhibition sites.

The California Heritage Museum is at 2612 Main St. in Santa Monica. Hours are Wednesday - Sunday, from 11 a.m. to 4 p.m. Call 310-392-8537 for more details on the museum's programs.

**Do You Recognize
This Local Celebrity?**
(Answer on Page 2)



Dr. Terese Hammond Honored for Community Service During Pandemic

At the height of the winter surge of the COVID-19 pandemic, it was Terese Hammond, M.D., medical director of the Intensive Care Unit/Critical Care Unit at Providence Saint John's Health Center in Santa Monica, to whom doctors, nurses, patients, and families turned for support and guidance. This medical expert knew how to remain calm under pressure and what to do to save patients' lives.

Recently, in honor of her service to the community, Dr. Hammond was recognized by U.S. Rep. Judy Chu (D-California) as a recipient of the Women of the Year Award. This year's awards honored "home-town heroes" who live, work or volunteer in the 27th Congressional District and who demonstrated great courage and leadership during the pandemic. Dr. Hammond is a resident of Pasadena. She was one of 12 women selected to receive the award. She was honored in May during a virtual ceremony.

"Amid all the struggle of this past year, each one of our honorees has risen to the occasion and made incredible impacts in the San Gabriel Valley. At a time when we needed heroes most, they stepped up and gave all of us hope," Chu said.

During the height of the pandemic when other hospitals were turning patients away, Dr. Hammond and her team expanded



Dr. Terese Hammond

Saint John's Health Center's ICU to accept patients transferred from other hospitals and to treat those who were critically ill.

The decision gave several patients from across Southern California the opportunity to receive Extracorporeal Membrane Oxygenation (ECMO) treatment, which uses a machine to pump and oxygenate a patient's blood outside of their body to give the heart and lungs time to rest.

"This has allowed many young people who otherwise would have died a second chance at life," Dr. Hammond explained.

Discover Why Erba Market's a Popular Destination



Jay Handal went from owning Italian restaurants to owning Erba.

It's probably been 30 years since I first met Jay Handal. He was the owner of two well-known Italian restaurants. One was in Brentwood Village and another in Culver City. Besides managing his restaurants, Jay had a desire to improve the quality of lifestyles for other business owners and residents in the areas where he lived and worked.

With his innovative ideas and sense of determination, he became involved in the political operations of these areas. He became active on the West Los Angeles Community Council and the West Los Angeles Chamber of Commerce.

Fast forward to last year when Jay called to tell me he owned a store on Pico and Centinela called Erba. As you might imagine, I wondered how he went from owning restaurants to owning a store that appeals to a different type of appetite. When we met, he explained that he had retired, but was doing some consulting on land use. One of his clients was in the cannabis business, and he asked Jay to work with him. Jay agreed, but wanted to be sure they would plan to open more stores.

"We have nine in construction," Jay described. "They are located from West Hollywood to Oxnard and Brentwood to Gardena."

The rest, as they say, is history. When you drive by the store, there are people going in and out as if they were going to a sale and didn't want to miss out.

I wondered how Jay found the vendors he wanted to work with. He said many of them came to him. There are 10 booths, or counters, where vendors can display their products. They do pay a fee to have a booth. His store is one of the top three in the state, he added.

"We have over 800 people a day coming in," Jay noted. "We do 200

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Planning Ahead

A Tale of Two Estates: Do You Need a Trust?



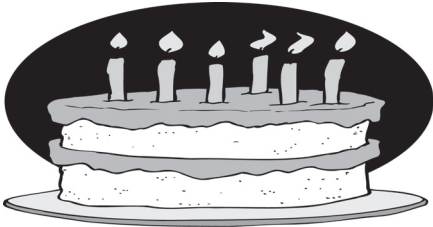
By Lisa C. Alexander, Esq.
Are you wondering if you need a Trust? Here is why you do: Sister ("Sally") and her brother ("Bill") each had homes in Pacific Palisades worth \$2,000,000. Sally died on May 1, 2020, with no estate plan. She was survived by two adult sons. Bill died in September 2020, survived by two adult daughters. Bill had a Trust. Sally's estate had to go through probate; Bill's did not. Bill's daughters received their inheritance on December 15, 2020. As of June 10, 2021, Sally's sons are still waiting for their inheritance.

The Petition for Probate of Sally's Estate was filed with the Court on May 21, 2020, but the hearing was not until October 8, 2020. Sally's sons were ready to sell their mom's house in a hot real estate market immediately after her death, but they had no authority to sign a listing agreement, or a purchase and sale agreement until after the October 8 hearing. They had to wait over four months. Bill's daughters were able to list their dad's house right away. Both houses closed escrow in November 2020. All of Bill's last expenses were paid. A reserve was set aside for final income taxes due in April 2021. Bill's daughters were his only beneficiaries, and they

were able to distribute and close the Trust in December 2020. Sally's Probate had to stay open for the four-month creditor's claim period after the October hearing. The four-month creditor's claims period ended in February 2021 and a Petition to close the Probate was filed at the beginning of March 2021. The hearing on the Petition to close the Probate is set for August 10, 2021. Nothing can be distributed to Sally's sons until after the Petition is approved at the hearing, still over a month away from today. The fees and costs for Sally's Probate total over \$35,000. The total fees and costs to settle Bill's Trust were under \$10,000.

Sally's sons saw how things can go wrong and Bill's daughters saw how things can go well. For both reasons, all of them will make sure they have the proper estate plans.

Lisa C. Alexander, Esq. can be reached by calling 310-656-4310.



Happy July Birthdays to
Kingsley Fife, Don Margolin, Jack Neworth, Sarah Margolin, Sally Gutierrez, Judy Scholer, Tony Dau, Manuella Selles, Ellen Horowitz, Pat Samarge, Florence Benjamin, Lisa Analco, Max Margolin, Bob Baker, Kent Colberg, Susan Potter, Spyros Dellaportas, Tara Pomposini, Qin Stubis, Kinsley Gilliland, Robert Klein, Carolyne Edwards, David Snow, Ann Greenspun, Monty Herring, Alexa Margolin, Tim Jackman, Jean McNeil Wyner, Pam Brady, Gerardo Reyes and Julie Gilberg.

An Unfortunate Side Effect of the Pandemic – Childhood Obesity

By Dr. Sheila Forman
The coronavirus pandemic has impacted so many areas of our lives, from job loss and home schooling to dealing with death and loss. An unfortunate and very serious side effect of the pandemic's impact is the effect it has had on our children's health. According to the American Academy of Pediatrics, almost 2.3 million children have tested positive for COVID. The health implications for these children are extensive and include respiratory illness, heart disease, and obesity. While the Centers for Disease Control and Prevention identified obesity as an underlying risk for contracting COVID, we now must be mindful of the fact that it is a consequence too. There are several reasons for why the pandemic has led to an increase in weight gain among children. These reasons include: a reduction in physical exercise, the lack of access to healthy school meals, and changes in family eating habits that may include more delivery service

and fewer grocery runs. To help children get back to a healthy weight, the following actions can be taken. **First, avoid dieting.** Diets cause weight gain in the long term, so you do not want to set your child up for a lifetime battle with weight. **Next, avoid judgment.** Pointing out a child's weight gain can cause psychological damage that could lead to an eating disorder. **Third, adopt a mindful approach to food and eating.** To be mindful when you eat, eat without distractions. That means no TV, computer, or phones. When you eat, just eat. In fact, use mealtimes as family times. Research tells us that families who have dinner together create healthier bonds and better well-being. **Also, practice eating only when you are physically hungry and then stopping when you are comfortably full.** If you eat when you are not physically hungry, you are emotionally eating. At that moment find something else to do. Ideally, address the emotion head-on. If you can't do that, then choose

something else to do instead of eat, such as reading a book, playing a game, or going for a walk. **And, finally, allow all foods.** No more "good or bad" foods. Food is food and when eaten mindfully, it is eaten in the right amounts and will not lead to excess weight. The best way for these changes to happen is if the parents take the lead and model these actions. Children learn from their parents' habits. So, be sure to do as you say and say as you do, and you and your children can come through this pandemic stronger and healthier.

Dr. Sheila Forman is a clinical psychologist based in Santa Monica. For more information, call 310-828-8004 or go to www.DrSheilaForman.com.

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Star Comments

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Answer to Neighborhood Celebrity
(Continued from Page 1)



Joel Ramos is a Client Relationship Consultant at U.S. Bank on Wilshire Boulevard and 14th Street.

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Brain Matters

What is Chronic Sinusitis?



By Dr. Abbas Anwar
Chronic sinusitis is the persistent inflammation of your paranasal sinuses that lasts for three months or longer. The paranasal sinuses are a group of air-filled cavities surrounding your nasal cavity.

Sometimes, these sinuses are not able to drain properly, into the nose like they should. This is often due to infections that inflame and close off the natural drainage openings of the sinuses or due to nasal polyps that physically obstruct these openings. People with allergies or asthma are often more prone to this obstruction because these conditions lead to a baseline inflammation within the sinuses.

When the sinuses are unable to drain properly, this can lead to a sinus infection, also known as sinusitis. Acute sinusitis typically lasts for about 7-14 days and often resolves on its own or with a short course of antibiotics. Chronic sinusitis, on the other hand, is a sinus infection/inflammation that persists for much longer, typically about 12 weeks.

Symptoms of chronic sinusitis include pressure around the eyes and nose, nasal drainage, nasal congestion, a decreased sense of smell, post-nasal drip, and overall lethargy. Diagnosing chronic

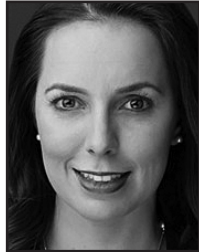
sinusitis often involves a CT scan to evaluate the inside of your sinuses to assess how open or obstructed the outflow tracts are.

Treatment for chronic sinusitis often involves longer courses of antibiotics to help fight off the infection. In addition, using both nasal steroids, like Flonase, and nasal saline irrigations have also proven to be effective.

When the above medical therapy fails, surgery is usually the next step. During the surgery, a small endoscope is inserted into the nose and micro-surgical instruments are used to open the sinus outflow tracts and drain the sinuses. A visit to your local ENT will help find the best treatment for you if you are suffering from symptoms of chronic sinusitis.

Dr. Abbas Anwar, a native of Southern California, is a board-certified otolaryngologist – head and neck surgeon, at Pacific Neuroscience Institute. He specializes in all aspects of general and pediatric ENT and has special interests in sinonasal diseases and infections, head and neck surgery, otologic disorders, and throat complaints. He is well trained in the latest leading-edge innovations in otolaryngology, including balloon sinuplasty, CT guided sinus surgery, and micro-laryngeal laser surgery. Go online to PacificENT.org, or call 310-362-9072 for more details.

Post Pandemic, MOMs Still Zooming Strong!



By Cheryl Thobe
Last November, St. Monica Catholic Church launched a new ministry called Mothers of Monica (MOMs).

It started solely as a way to fill the spiritual and communal void felt by mothers alike with the shuttering of church doors, schools, and mom support groups by the pandemic. The goal of the ministry was to create and to provide a remote “village” for moms to discuss the unique challenges of juggling motherhood, family, faith, work, and self (especially during the pandemic).

Well, nine months in, and this ministry is thriving! What started out as a desire to provide a space for fellow mothers has taken off with a force. The ministry has over 90 members (ranging from moms of newborns to empty nesters) and has been meeting weekly over Zoom every Tuesday night since

November. During these meetings, we have focused on meditation techniques, reflections on scripture, and the building of significant relationships between and among fellow mothers. While we can all agree the pandemic was not easy on anyone, especially mothers; the ability to meet virtually provided a novel way for time-constrained mothers to gather.

Weekly Zoom meetings not only met a need for us moms, but it also created a new way for moms to meet without any added stress caused by childcare planning or he dreaded Los Angeles commute. Basically, we are all meeting from the comfort of our own homes.

With the lifting of pandemic restrictions, and with people feeling more comfortable with bigger gatherings, the MOMs ministry hopes to expand with in-person meetings, family retreats, and social activities.

However, one thing is for certain; the Zoom meetings will stay.

(Continued on Page 4)

Discover Why Erba Market (Continued from Page 1)

deliveries a day,” he continued. “It’s like delivering pizza,” he smiled. “No different than the restaurant business. It fits right into my whole background.”

Jay and his staff of 89 are well trained and very knowledgeable about the products they are selling. As I walked by the various booths I could hear conversations between customers, of all ages, incidentally, and the staff behind the counters.

I felt like “Alice in Wonderland” at Erba, as it was my first visit and realized this was a whole new culture and that there is a great deal of information to learn. The store carries thousands of cannabis products for customers.

It is obvious that Jay enjoys talking with his customers. “I’m having fun at work,” he concluded, “and am looking forward to having fun with my grandchildren who are coming to visit soon.”

When I had first entered the store and greeted Jay, a tall young man with a beard came up to him, smiling, and told him how much he liked the store. That comment and the number of customers who were streaming in and out is an indication that Erba (weed in Italian) is a business that knows about good customer service.

Erba is located at 12320 W. Pico Blvd., just east of Centinela. Curb-

Byte by Byte

Celebrating the Science of Pride Year-Round



By Dr. Miceala Shocklee

As June comes to a close and the bulk of Pride festivities simmer down, there are plenty of ways to keep celebrating the LGBTQ+ community through science and technology. To keep your Pride sizzling all summer, consider these three ideas:

- **Keep learning!** Whether it’s exploring personal identity or delving into more information about the spectrums that humanity exists across, there is a wealth of scientific information out there to open eyes and close rumors. YouTube hosts a wealth of young, current researchers making the science and personal insight of being LGBTQ+ accessible, such as Jamie Raines at www.youtube.com/c/Jammidodger94/videos. Even the CDC has a list of resources for LGBTQ+ individuals and their families: www.cdc.gov/lgbthealth/youth-resources.htm.

- **Keep connecting!** From physics to veterinarians, there are a num-



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side pickup and in store hours are 8 a.m. to 9:50 p.m. Free delivery is from 9 a.m. to 9:30 p.m. For more details, call 310-207-1900, or go to erbamarkets.com. —D.M.



There are thousands of products to discover at Erba Market.

ber of scientific professional organizations with LGBTQ+ events and communities. For example, the American Institute of Physics has pulled together a hefty list of physics-centered queer-focused groups and resources at: www.aip.org/diversity-initiatives/pride-month. For a broader look at queer STEM professionals, take a look at 500 Queer Scientists: <https://500queerscientists.com/>.

- **Keep supporting!** The more educated you are, the more powerful your support can be. But, at the very least, donating to organizations that are on the ground – or online – providing listening and lifelines to those most in need is a solid start. The Trevor Project, the ACLU, and Pride in STEM are three groups fighting and working across mental health, legislation, and professional activities to keep queer youth and scientists alive and thriving.

Dr. Miceala Shocklee is a Caltech alumna and graduate of the University of Edinburgh veterinary school.

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Reflections From The East

Birth of a Book: A 20-Year Odyssey



By Qin Sun Stubis
If life is a journey, hopes and wishes are what guide our steps and carry us forward. Some wishes are small and easy to fulfill, like a walk in a park or satisfying the craving for a special dish, while others may be giant, ambitious leaps ahead, taking months or years to accomplish, such as finding a life partner, or finishing a college degree.

And, then there are lifetime dreams that we try hard to fulfill and don't want to let go of, even though we don't know whether or not we can ever reach our goals. Sometimes, we grow so desperate that we secretly ask for help by making a wish on a puffy roadside dandelion, or the first star our eyes spot twinkling in the night sky.

For the last 20 years, my biggest wish has been to write a book and find the right publisher for it. After

plodding along for a seemingly endless amount of time, I finally arrived at my summit, signing a contract with Guernica Editions to publish my historical memoir, "Once Our Lives."

It all started about two decades ago when I lost both of my beloved parents within the period of two years. As I grieved over their passing, I thought again and again about the extraordinary lives they had lived, taking them from a wooden shack in a Shanghai shantytown to a medieval fortress in China's wild west, from years of poverty and famine in the desert to the treacherous waters of the Cultural Revolution.

It suddenly occurred to me that I should not allow their life stories to perish with them, for they are testimony to human endurance and could inspire others struggling with crises, bringing them much-needed hope and courage during difficult times.

I started to carry a notebook

everywhere and wrote down whatever I could whenever I had a moment. Soon, I accumulated a pile of hand-written notes filled with colorful stories, eerie adventures, and historical events, many of which I saw unfold in front of me as a child, and others that my mother privately shared with me, often late at night in bed, when the two of us were alone.

Writing a book may be a daunting task, but finding the right publisher was even more challenging. Every time I grew despondent, I turned to F. Scott Fitzgerald for inspiration, remembering how he famously pasted rejection letters for "The Great Gatsby" all over his bedroom wall until one day, he got an offer to have it published.

I didn't know that bringing "Once Our Lives" into the world would be a 20-year-long odyssey. But, I did know that if I kept working at it, I might inch my way toward making that dream come true. Even so, I know that this is not the end of my

literary journey, only the turning of a page in the telling of one person's story. Remember to hold fast to your hopes and wishes, and you may end up writing a whole new chapter in your own life.

You can always reach me at qstubis@gmail.com.

Qin is a longtime columnist of ours who lives on the east coast. She is a wonderful cook and gardener.

Post Pandemic
(Continued from Page 3)

Mothers will always need a "village" to help raise our children, and the pandemic provided us with a new "virtual" tool for our toolbox.

To find out more about our Mothers group at St. Monica Catholic Community, please go to <https://stmonica.net/ministries/fellowship-groups/moms>.

What Can Parents Do Over the Summer to Prepare Their Child for School?



By Tim Kusserow
As we head into mid-summer, parents are asking how to prepare their child for the upcoming school year.

Responding to this question reminds me of the time that I served as a Head of School and elementary school principal. During the summer, I would reflect back on the previous school year and spend time identifying the areas where our students were adversely impacted. Then, I would strategize ways that we could compensate for these deficiencies in the upcoming school year.

Today, parents can apply the same strategy to their own children by asking the following two-part question, "Where has my child been adversely impacted this past school year ... and, what can I do over the summer to accommodate?" Here

are three suggestions:

1) Read, read, read. An effective way to enhance your child's academic performance in school is to encourage reading. Despite the best efforts of our teachers, I believe that a "learning loss" has occurred as a direct result of remote learning over the past two school years. How parents accommodate for their child's academic regression requires a more personalized approach, but it begins with the realization that students who perform well in school (and enjoy learning) are most likely voracious readers. Set time aside to read this summer!

2) Play dates. Students in grades K-12 have been deprived of face-to-face, authentic, social interactions that generations of children before them have experienced. Think back to the days when you were the age of your child ... this is the time when we formed lifelong friendships, made mistakes by saying the wrong thing, learned to read body

language and interpret facial expressions, interacted with friends who came from diverse backgrounds and/or socioeconomic status, or simply nurtured our creativity through play. Assuming current COVID- restrictions remain lifted, nurture a summer experience where your child can engage with peers.

3) Less technology. Two years ago, we were imploring parents to turn off the screen. In contrast, last school year, our child's classroom was the screen. While I am grateful to Zoom for salvaging the classroom experience this school year, perhaps it is time for the pendulum to shift back towards a "turn off the screen" mandate? What can parents encourage their children to do instead? Go for a walk on the beach, play catch with a buddy, cultivate the sustainable garden, or snuggle with the family pet. A return to "real life" (not virtual) activities may be the antidote

that the COVID generation benefits from as a way to foster gratitude, humility, and kindness, while simultaneously instilling a sense of compassion, open-mindedness, and fulfillment. Turn off the screens.

Simply put, I invite parents to reflect upon their own child's experience this past school year and to realize that our children missed out on having fun at school. From my perspective, that is the primary deficiency that needs to be compensated for over the summer. Have fun this summer!

Tim Kusserow, a third generation Santa Monica resident, has been an elementary school teacher, principal, and head of school for the past 25 years. He is the CEO/Founder of Kusserow Consulting and works with parents, school leaders, NPOs, and businesses as an educational advisor and parenting coach. Tim is at www.kusserowconsulting.com.

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Clergy Corner

Benefits of Supporting Local Businesses



By Janet Cromwell
In many religious traditions, there is a strong emphasis on missions. Generally, when people think of missions, the first things that come to mind are donating items to shelters for people without homes, volunteering at Boys & Girls Clubs, or serving food to those who are hungry, all of which are very important.

Yet, there is another way that each of us can be in mission, and that is to shop and dine locally. “What?” you ask. “How are those missions?” Locally-owned businesses employ people who live within our communities. Without the income they receive, our neighbors risk becoming a part of the homeless population. It is always easier to prevent homelessness than gather resources to get people back into housing.

By supporting local businesses, we build relationships with store owners and employees, which, in turn, develops a sense of community, mutuality, and well-being for everyone.

Shopping locally supports innovative and creative entrepreneurs within our neighborhoods. My favorite example is Ten Women Gallery on Montana Avenue where local artists offer their handcrafted artwork for us to purchase and enjoy in our own homes.

Dining in locally-owned restaurants support our local farmers market and our local – often organic – agriculture. In return, we benefit by enjoying regional cuisine prepared by innovative

chefs, such as at Kafe K on Main Street. To me, shopping and dining locally provides a huge service to the men and women who are working hard to build and sustain businesses for our convenience and enjoyment. Plus, independent businesses make our communities unique and interesting.

During the pandemic, large corporations such as Amazon and other mail order companies, were life savers for those who were concerned about going out to shop. They provided a safe alternative during the height of infections.

However, when we purchase from these multinational companies, the money we spend leaves our community. By buying locally, we retain financial resources here, where they can support our neighbors and be reinvested in more unique enterprises.

This change in habit from purchasing online to shopping locally, may be a fresh way to be in mission to our community while we continue to donate and volunteer in other vital organizations.

Rev. Janet Cromwell
Associate Pastor
West Los Angeles United Methodist Church
Jlcromwell8@gmail.com

Each month we ask a different member of the clergy to write a column for our readers.



Passing Through the Pico Neighborhood

A Perfect Summer Treat: Key Lime Pie

By Jahrid Longworth

“What could be more refreshing than a dairy-free key lime pie?” thought our Chef Jahrid as he noticed that the temperatures were going up outside. This is a wonderful dessert that will have your family asking for more than one piece. The blending of the coconut flavor and the tangy lime will really appeal to your taste buds.

Dairy Free Key Lime Pie

Ingredients:

- 1 graham cracker pie crust
- 2 cans coconut condensed milk
- 1 can coconut milk (unsweetened, full fat)
- 3 Tbsps. corn starch
- 3 limes, squeezed
- 1 lemon for zest

Instructions:

- 1. Preheat oven to 350 degrees.
- 2. Bake pie crust for 8-10 minutes.
- 3. While pie crust is baking, combine all other ingredients in the saucepan and cook for about 15



This pie is not going to last long, as it is so refreshing.

minutes, stirring constantly. Mixture should become thick and a little clumpy. Do not overcook.
4. Pour mixture into baked pie crust
5. Allow pie to cool for about one hour.
6. Place pie in refrigerator for 8-10 hours to set completely. Serve and Enjoy!

Sign up for Blood Pressure Self-Monitoring Program



Participants in the program will receive a blood pressure monitor, access to YMCA live-streamed exercise classes, and a four-month Y membership voucher.

Make an investment in your health and commit to reducing your risk for heart attack or stroke by joining the YMCA’s Blood Pressure Self-Monitoring Program.

Participants in the program will receive a blood pressure monitor, access to Y live stream exercise classes, and a four-month Y membership voucher.

This four-month evidence-based program helps adults with hypertension achieve the goal of lowering and managing their blood pressure with self-monitoring, awareness of triggers that elevate high blood

pressure, and developing healthier eating habits.

This is a free program in partnership with the L.A. County Dept. of Public Health. Space is limited.

For more information, contact Lidia Magarian, Chronic Disease Prevention Director, at 310-393-2721, ext. 129, or by email at lidiam@ymcasm.org.

Lidia will be providing a short free virtual presentation on the Santa Monica YMCA Blood Pressure Self-Monitoring Program

(Continued on Page 6)

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Program costs covered in kind by Providence St. John's Health Center

For more information please contact:

Lidia Magarian, Chronic Disease Prevention Director

Email: lidiam@ymcasm.org

Phone: 310-393-2721 ext 129

Saint John's Health Center
Providence



Santa Monica Playhouse Planning Captivating Theater Events

By Bob Rich

Since 1973, actress Evelyn Rudie and her husband, actor Chris DeCarlo, have been Co-Artistic Directors of the Santa Monica Playhouse. Together, they have created over 600 productions and have appeared on-stage in over 10,000 performances each. Santa Monica Playhouse has received more than 250 awards for bringing quality entertainment to over five million people. Even during the pandemic, Evelyn has hosted acting classes for kids and adults using Zoom, reaching international students, even in Dubai and Tel Aviv. One of the many great achievements of Santa Monica Playhouse has been *Love in Bloom*, about the heroes and heroines of Shakespeare. This show was the critics’ pick of the year.

Early in her career, Evelyn got to

work with many legends, appearing in Alfred Hitchcock’s TV series, a Fred Astaire film, and the romantic drama film, *Gift of Love* with Lauren Bacall, who was especially nice to work with. Evelyn earned an Emmy nomination for her performance in the TV drama series *Playhouse 90*.

A big highlight from Evelyn’s youth was receiving an insightful comedy mentorship from iconic entertainer Groucho Marx, who spoke with her about comedy timing, how to set up a joke, and what makes things funny. She was a guest on Groucho’s televised comedy quiz show *You Bet Your Life*.

Evelyn recognizes the vital gift of finding your artistic voice, so she helps young creative people discover their own distinctive style. Next year, Santa Monica Playhouse



Chris DeCarlo and Evelyn Rudie have been co-artistic directors of the Santa Monica Playhouse since 1973.

will host captivating theatre events on topics including the wit and wisdom of a distinguished playwright, a heartwarming look at women in contemporary society, and more.

They will put on a special New Year’s musical review as well, via live-stream and in-person. The archival productions of Santa Monica Playhouse can be viewed on their YouTube channel now for free.

Contact Santa Monica Playhouse at 310-394-9779, ext. 1, or email theatre@SantaMonicaPlayhouse.com. The theatre is located at 1211 4th St., just below Wilshire Blvd.

Please send Calendar Listings in by the 10th of the month before the event.

Steps to Take for Summer Safety

The American Red Cross Los Angeles Region wants everyone to have a safe summer and offers tips and resources for the entire family.

Water Safety

Before going in, on or around the water, every family member should become “water smart.” This starts with learning to be safe, making good choices, and learning to swim to at least achieve the skills of water competency.

Everyone should be able to enter the water, get a breath, stay afloat, change position, swim a distance and then get out of the water safely. A variety of water safety courses and resources are available to help. To help keep your family safe, the Red Cross offers these tips:

- Prevent unsupervised access to water. Fence pools and spas with adequate barriers and keep a constant eye for any water dangers such as portable splash pools/



Penelope, Greyson, Harrison, and Violet all check with their parents before going into the water.

- slides, buckets, and bathtubs.
- Adults should actively supervise children and stay within arm’s reach of young children and new swimmers. Kids should follow the rules. Designate a “water watcher” to keep a close eye and constant attention on children and weaker swimmers in and around the water until the next water watcher

takes over.

- Always wear a properly fitted U.S. Coast Guard-approved life jacket when on a boat and if in a situation beyond someone’s skill level. Swim as a pair near a lifeguard’s chair. Everyone, including experienced swimmers, should swim with a buddy, even in areas supervised by lifeguards. Always maintain constant attention and actively supervise children, even when lifeguards are present.
- Download the *Red Cross Swim* app for safety tips, kid-friendly videos and activities, and take the free Water Safety for Parents and Caregivers online course.

Grilling Safety

Grilling food is so popular that more than three-quarters of U.S. adults have used a grill – yet, grilling sparks more than 10,000 home fires on average each year. To avoid this, the Red Cross offers these grilling safety tips:

- Always supervise a barbecue grill when in use. Don’t add charcoal starter fluid when coals have already been ignited.
- Make sure everyone, including pets, stays away from the grill.

Keep the grill out in the open, away from the house, deck, tree branches, or anything that could catch fire.

- Never grill indoors – not in the house, camper, tent or any enclosed area.
- Use the long-handled tools especially made for cooking on the grill to help keep the chef safe.

Accidents and Emergencies Happen

The Red Cross has several resources to help people learn how to treat bee stings, burns and heat emergencies, including online and in-person training courses, a free First Aid app, and a First Aid Skill for Amazon Alexa-enabled devices.

Sign Up for Blood Pressure (Continued from Page 5)

on Tuesday, July 13, 2021 at 4:30 p.m. Pacific Time (U.S. and Canada). Contact Lidia ahead of time for the Zoom information.

The Santa Monica Family YMCA, is at 1332 Sixth Street in Santa Monica. For more information, go to www.ymcasm.org.

Plan ahead so those you leave behind will definitely know your wishes.



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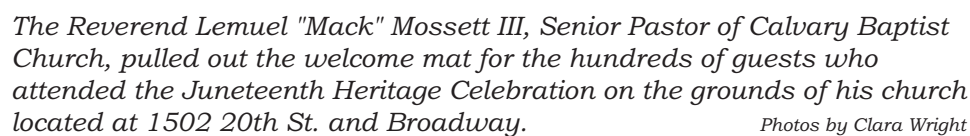








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The Calvary Baptist Church sent out a letter inviting the community to join the 2021 Juneteenth Heritage Celebration last month. They wrote that “Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the U.S. Dating back to 1865, it was on June 19 that the Union soldiers, led by Major General Gordon

Granger, landed at Galveston, Texas, with the news that the war had ended and the slaves were free.”

Those who attended were treated to musical performances, guest speakers, delicious food, and community vendors who sold a variety of handmade crafts.



“Think Pink for Women’s Wellness,” an Irene Dunne Guild annual event, focuses on health education and awareness for women and their families. The Irene Dunne Guild, a support group of Saint John’s Health Center Foundation, created Think Pink over 16 years ago as a gathering meant to educate women on important health issues. This year brings together mothers, sisters, daughters, and dear friends in a newly re-imagined and socially distanced setting with safety at the forefront. Guests will safely enjoy a series of lectures focusing on women’s health.

This year's event is Wednesday, September 1, from 8:30 a.m.-3 p.m. at the Upper Bel Air Bay Club. This popular event will ensure open areas and distance to move around safely, and masks will be available for those who need them.

Morning break-out sessions with notable physicians and speakers are featured. Over the years, topics have included healthy brain aging, addiction, urology, dermatology,

and breast health. The event culminates with a wonderful luncheon held outside on the lawn of the Upper Bel Air Bay Club overlooking the Pacific Ocean. Boutique shopping with open areas to prevent crowding will be available throughout the event with net proceeds benefitting programs, equipment, and services at Providence Saint John's Health Center. Tickets are \$150 per person. Think Pink Co-Chairs are Susie DeWeese and Kathy Yawitz. For more information, contact Esther Espinoza at Esther.Espinoza@stjohns.org, or call 310-829-8262.

The Irene Dunne Guild is celebrating its 34th year as a major support group of the Providence Saint John's Health Center Foundation in Santa Monica, California. The guild is comprised of over 100 members committed to putting their hearts forward to find innovative ways to fundraise, comfort patients, educate their community, and nurture the mission of providing compassionate care. For more details, see www.iredunneguild.org.

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Paws and Claws

My Elderly Cat Has Digestive Problems



By Dr. Frank Lavac MS, DVM
Q: My elderly cat has ongoing constipation issues. What can I do to help her?

A: I am so sorry that your cat is having this problem. The first step is to have a thorough exam with your veterinarian. Identifying underlying issues are important to management. For over 60% of cats,

underlying issues are not identified. The symptoms can vary and include poor appetite, vomiting, and straining to defecate. These patients are often found to be dehydrated. Abdominal x-rays and blood panels are often helpful in further elucidating causes and possible treatments.

For many cats, long term management includes use of a high fiber diet. These include diets like Hill's Prescription Diet W/D or Royal Canin Gastrointestinal Fiber Response cat food. Laxatives including lactulose, DSS and MiraLAX can be very useful, but must be carefully dosed according to veterinary recommendation to prevent potentially fatal side effects of overdose. In a few cases, a pro-motility drug called Cisapride can be beneficial.

Overall, this problem can be readily managed with the help of your veterinarian.

Dr. Frank Lavac can be reached by calling 310-828-4587.

Adopt a Pet



Henri is a three-and-a-half-year-old poodle mix. He is silly and spunky. He was rescued from the San Bernardino shelter with lacerations down his neck. He went immediately to the emergency vet for the necessary surgery to repair his wounds. Please contact Lange foundation at info@langefoundation.org.

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Connect to Nature in July

By Julie Rensink Hanson
Wild Birds Unlimited
Nature Shop

Many of us will begin our annual migration to the beach in July as summer temperatures heat up. While you're there, remember to share the shore with our bird neighbors who are nesting this time of year. The Western Snowy Plover, a small shorebird now listed as threatened, nests along the coast, estuaries, offshore islands, bays, and peninsulas from March through September. They carefully camouflage their nests to look like sand, making them difficult to see and vulnerable to human activity. We can help their efforts by allowing these birds to nest undisturbed while we enjoy our own day at the beach.

Orioles, who have been nesting, now start to look for more food supplies for their fledglings. Meanwhile, you may see the baby orioles visiting your nectar feeders and bird baths as they begin to explore the world outside their nests. They are paler in color than their bright yellow and black parents. Enjoy these visitors for the next two months before they begin their journey back south.

Bushtits, who had paired up earlier for mating, now start to form large flocks again. With hot buggy weather upon us, especially upon our plants, the Bushtits perform a valuable service, eating as many insects, such as aphids, as they can. Watch these little gray birds fly in and out of trees and bushes, conducting natural pest control



The Snowy Plover

along the way. While migratory shore birds, such as geese and ducks, won't start arriving until late August, several of our year-round residents will be plentiful this month. With the breeding season finished on the Channel Islands, Brown Pelicans return to the coast in large numbers. Long, slim dark Cormorants can be seen fishing at estuaries, such as Malibu Lagoon, alongside the spectacular white Great Egret.



A Brown Pelican

The equally impressive Great Blue Herons stride the edge of the water in Marina del Rey.

(Continued on Page 11)

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Teen Scene

Why Birthdays Are Meaningful



By Julia Abbott
By the time you read this paper, I'll be 17 years old. Even though I'll finally be able to sing "Dancing

Queen" with a little more conviction, it's strange to think of where the time has gone.

Birthdays are happy days, but they're also a little bittersweet. When my little brothers have a birthday, I cringe at how they get closer to teenagers, and farther from sweet little kids. When my parents have a birthday, it forces me to notice their grey hairs. Birthdays are a day of celebration, a time to reflect on the past year, and anticipate the next. However, when I look back on the past year, I feel a little sad. I wasn't really

able to celebrate my 16th birthday, but 16 was so exciting! However, I feel like 16 slipped by me, just like so many others in the pandemic.

We all lost a year of our lives, and some lost many more. Now that the pandemic finally seems to be ending, I hope we can all make the most of this next year. Sixteen might have been a bust, but 17 is looking promising. Even though a birthday is just another day, anyone can make it the start of a new chapter. I sincerely hope everyone can make the next year, whenever your birthday may fall, one where you live the year you want.

Julia Abbott is a local high school student who has been writing for us since she was in elementary school. She has won awards in debating, speaking, writing, piano and dance.

Connect to Nature in July (Continued from Page 10)

The North American Butterfly Association's annual butterfly counts are taking place this month. Each count is organized locally. Find out more by going to: www.naba.org/count.

The Delta Aquarids Meteor shower peaks in late July. An excellent viewing location is Mt. Pinos in the Los Padres National Forest. At over 8,000 feet and away from

urban light pollution, you will be amazed at how close the stars appear. Drive up to the Nordic Base, set up a lawn chair, and enjoy the show!

The Wild Bird Unlimited Nature Shop is located across from the Armstrong Garden Center. Call them at 424-272-9000, or go online to www.wbu.com/santamonica.

Susan Loranger (Continued from Page 9)

managed a department with eight leasing agents, three attorneys a marketing coordinator, and administrative assistants."

When the company went public, Susan wanted to make a change. After 19 years, she missed the family feel of a smaller office. "The culture changes," she explained. "It becomes more corporate."

She is looking forward to working with Mark Wittcoff at Landmark Equity Properties because he is

also a hard worker, very knowledgeable in commercial asset management, and they both share the same vision to grow the company.

Susan loves living in Santa Monica and riding her bike all over the tree-lined streets and beach bike path. She also enjoys hiking, playing tennis, and skiing. In addition, she serves as a member of the UCLA Stroke Rescue Program Council of Advocates.

—D.M.

From Me to You...



By Diane Margolin
For many years, the magic muffins from Neli's in West L.A. have been a favorite of mine. During this past year when I

wanted friends to know I was thinking about them, but couldn't visit, I would often have some of Neli's muffins delivered. The reaction to these over-sized fruit-filled delights was rewarding. People were not only thrilled to receive them, but then to discover that they tasted as delicious as they looked. The muffins sold are blueberry, pumpkin, cinnamon pecan, cream cheese, carrot, banana nut and chocolate. Check Neli's ad on Page 3 for details about free delivery in July. Call 310-477-0031 to place an order.

For the last few years, I had looked into purchasing a new bed. There are many mattress stores on Wilshire Blvd., and I visited almost all of them to see if I could find a bed I wanted to buy. One store, part of a big chain, seemed like a good place to visit. When I entered, I was approached by a salesman telling me he knew what I needed because he had 20 years of experience selling beds. That was before I said anything. He showed me a few beds, and I did find one I liked. He then told me he would give me a better price if I came in to buy it

over the weekend. I said the sale is through the end of the week, why did I have to decide by the weekend? I was polite, but eager to get away from him as soon as possible. So much for effective customer service.

I remembered visiting Mike at R Mattress store on Wilshire and 10th St. His is a family-owned business, and his approach was quite different. He carried the same mattress that I was interested in, and it was also for sale. He believes that people should go in to the store and see how their body feels on the various beds. He said people often read reviews online. But, you don't know the physical characteristics nor the health issues of the person who wrote the review. He says the salesman can't sell the bed. It's up to the customer. Mike will also give you free delivery and a free bed frame. Call Mike at 310-260-8672 if you are looking for a new bed.

By the time this issue is out, we will have had a chance to "test the waters" so to speak, when we go out in our neighborhoods to shop or dine in a restaurant. Take care.

The Santa Monica Star
1112 Montana Ave. #525
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424-581-6005 ©2021
Website:
www.thesantamonicastar.com
Email: SMStarNewspaper@gmail.com
Editor and Publisher:
Diane Margolin
Editorial Assistant: Miceala Shocklee
Advertising Sales: Diane Margolin
Ad Graphics: Dynamic Graphic
Contributing Writers:
Dr. Frank Lavac, Qin Stubis, Michael Margolin, Lisa Alexander, Anne Wallentine, Mark Presky, Julia Abbott, Jahrid Longworth, Dr. Sheila Forman, Kalina Silverman, Stacy McClendon, Cheryl Thode, Bob Rich, and Kera Snell.
Special thanks to Rufus Baker, Ron Robinson, and Becky Mejia.

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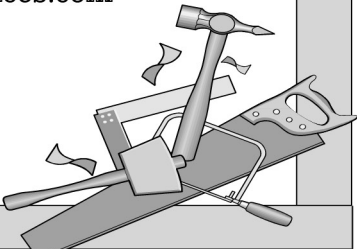
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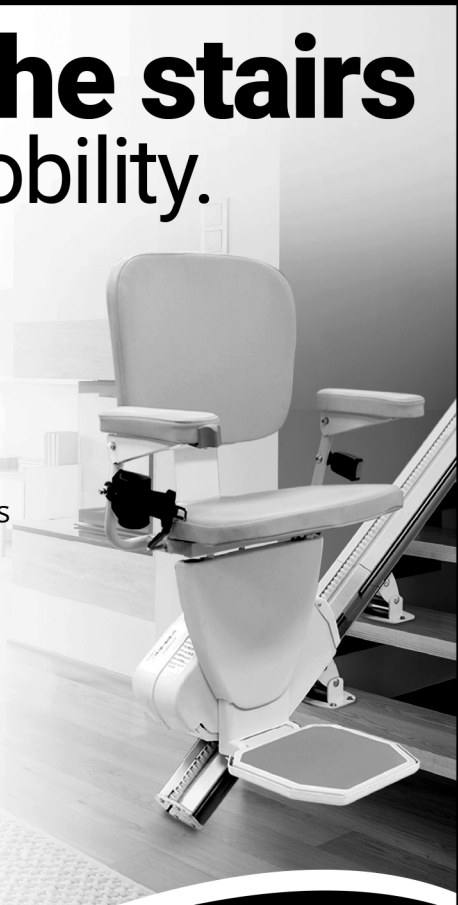
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Community Service in Santa Monica

Welcome From the New Rotary President



By Bill Powell
Years ago, too many to mention, I attended my first Rotary meeting. A colleague from work was a member and invited me to his Rotary lunch meeting. When I walked in the door, my first impression was, “Here is a gathering of some of the city’s leading citizens, and they are all letting their hair down and having a great time.” Before the official start, members were saying hi to each other and just catching up and socializing. My host introduced me to the members, and we sat down to an enjoyable meal. When the club president “rang the bell” signaling the official start, it got even better. First, there were “fines” for some made-up “violations” like buying a new car or helping a neighbor whose medical device broke down. Next came “announcements” where I was impressed and amazed by all of the service projects aiding the local schools that the group was organizing. Then came a funding drive to purchase an ambulance for a Mexican village whose only ambulance had just broken down. Last, was a reminder of their upcoming 4th of July party. After the formal “program” where a professor spoke about the desert ecosystem, I came away from the meeting thoroughly captivated by this fun-loving group of people called “Rotarians” who made things happen. I joined Rotary in 2007, and years after my first taste of Rotary, I begin my term as President of the

Rotary Club of Santa Monica during its 100th year! Now, as we again are able to enjoy live, in-person meetings and social events, and we can conduct live, in-person service projects throughout the local community, all of us at the Rotary Club of Santa Monica look forward to a fantastic Centennial year. For more information about our club, events, and virtual meetings, email rotaryclubofsantamonica@verizon.net, or call our office at 310-917-3313.



Past president Lisa Alexander plants succulents at the club’s recent day of service at John Adams Middle School.



Charlie Follette, landscape expert, is getting ready to plant at the club’s project at John Adams Middle School.

Photos by Iao Katagiri.

SM Lions Plan for the Coming Year



By Linda Levee
We at last have good news. July is the month that we start our meetings again at the Elks Lodge in Santa Monica. We will have one face-to-face meeting per month, and our Board Meeting will still be virtual. Our regular meetings are attended by members, and we should have no problem providing enough safe space. Our last regular virtual meeting had three students who won the Lions awards for community service. There were two students from New Roads School and one student from Palisades High School, who is also a member of our Pali Leos Club. These wonderful and resourceful students worked as volunteers with other teens needing help with disabilities such as autism or mental health conditions like anxiety and depression. The other student worked for a

local COVID-19 vaccination/testing site helping with patients signing in for shots or tests. All of these students were not sitting home worrying about what they were going to do during these challenging times. They found ways to further their life experiences in the process of helping others. We Lions were very proud to acknowledge their activities with a way to help them access their future education. The wonderful thing about being a Lion is that we get to help others of all ages, colors, religious beliefs and needs far beyond the norm. If you are looking for a way to join a group of like minded men and women, please contact Lion Linda, levelheadedlinda@yahoo.com, and request information about our meetings and programs.



SMBWC Takes Action



By Patricia Webber
The Santa Monica Bay Woman’s Club (SMBWC) has a long history of advocating for laws that benefit women and children. Our history also includes support for military service members. We do this through our affiliation with the General Federation of Women’s Clubs (GFWC) headquartered in Washington, D.C. Recently, the GFWC contacted its affiliated clubs throughout the country to ask individual members to write letters to our respective U.S. government representatives in support of two bills now in Congress. The first is addressing the Senate to act to stabilize the Crime Victims Fund. The Victims of Crime Act (VOCA, H.R. 1652) grants provide federal funding enabling local organizations serving survivors of domestic violence, child abuse, sexual assault, trafficking, and other crimes to provide counseling, case management, crisis hotlines, emergency shelters, and community-

based programs. The second is to urge the Senate to enact S. 613, the Puppies Assisting Wounded Service members (PAWS) for Veterans Therapy Act. The House of Representatives approved H.R. 1448 on May 12, with strong bipartisan support. The bill establishes a five-year pilot program allowing veterans with post-traumatic stress disorder (PTSD) to work with service dogs. After graduating from training, the veteran can adopt his or her newly-certified canine partner to provide continuous treatment. The Department will implement and evaluate the pilot program and determine the feasibility and advisability of expanding the pilot program to address mental health conditions other than PTSD. Here at our Club, we are now open for several of our ongoing activities. These include Monday bridge and canasta, Tuesday Artists’ League, and monthly Pass-the-Dish. Anyone interested in these friendly, engaging activities is welcome to call our office at 310-395-1308, or email us at info@smbwc.org.

Variety of Adult Day Care Services Seek to Advance Quality of Life for Seniors

By Grace Cheng Braun, MSPH
Presented by WISE & Healthy Aging, WISE Minds is a research-informed program that empowers older adults in the early stages of memory loss to use the very latest research to impact cognitive ability, stress and depression. WISE Minds offers the best that research has to offer to maximize capabilities. The WISE Minds programming is one of the adult day care services at WISE & Healthy Aging, a community-based nonprofit serving seniors and caregivers headquartered in Santa Monica. Adult day care programming at WISE & Healthy Aging promotes wellness and includes activities that stimulate mind, body, and soul. Organized in small groups, activities incorporate brain fitness as well as physical exercises to stimulate the heart and breathing rate – yes, getting the blood flowing throughout brain and body! Participants can engage in lectures with topics ranging from local

history to international ones. For those interested in the arts, the program offers music, and even on occasion, comedy improv sessions. In-person adult day care programming started back up in June, and there is also virtual (via Zoom) programming that continues to be available. Some say the best part about the adult day care programming is the strong friendships made among participants who can relate to each other about their experiences regarding early stage memory loss and/or physical limitations that come with aging. All Adult Day Service Center programming is a covered veterans benefit. WISE & Healthy Aging is a social services organization that seeks to advance the dignity and quality of life of older adults through leadership, advocacy, and high-quality, innovative services. Visit www.wiseandhealthyaging.org for more details.

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Mar Vista: Neighbor to Neighbor

New Neighborhood Zone Directors Named



By Tesi Treuenfels
We had a good turnout for the vote for our new neighborhood zone directors in Mar Vista in June. There are seven neighborhood zones represented at our neighborhood council meetings. Here are the unofficial results for the 2021-2013 Board of Directors; (Z1) Tyler Laferriere, (Z2) Martin Rubin, (Z3) Andrew Marton, (Z4) Robert Watkins, (Z5) Drew Ruesch, (Z6) Holly Tilson, and (Z7) Faith Myhra. Our Community Director is Kathryn Wheeler. There are several At-Large Directors; Carolyn K. Honda, Charlene Samiley, Stacey Greenwald, Jordan Paul, Kathy Rodriguez, Bitta Jansma Sharma,

and Mary Beth Blakey. A big welcome aboard to all new members of the Mar Vista Board. Please stay informed by visiting marvista.org. Notice the new murals around town? They are part of the Downtown Mar Vista Beautification Project, a partnership with the community to prioritize and implement improvements along Venice Blvd. between Beethoven and Inglewood. The Mar Vista Music and Art Walk took submissions for the mural and streetlight medallion art component of the overall project. For more information please take the time to visit marvistaartwalk.org.

Tesi is an educator and a longtime Mar Vista resident.



Thoughts From a Second-Time Father

Learning About Life From My Children



By Michael Margolin
Alexa's birthday is this month, which will mean that my wife, Enjoli, and I will be celebrating our eight year anniversary of being parents. Jake just turned five, so for most of those eight years, we have been parents of two kids. I think about the days they were born relatively often, and I still have a picture of Alexa when she was about 24 hours old as the photo on the lock screen on my phone. The photo still makes me wonder what was going through her little brain at just hours into her new world. Of course, I look at her at almost eight years old and sometimes I still wonder what is going on inside her head. That same process happens with Jake plenty of times, too. I ask myself what I have learned since becoming a parent or what my children have taught me. In a sense, I am always learning from children. I am also not certain exactly how I am learning, but I know I am because the older they get, we are raising somebody and entering territory as parents that we never have before. I am learning from that and learning how to be a parent of an eight-year-old girl and a five-year-old boy. I am not ready to be the parent of a teenager, and thank-

fully we have time to prepare and learn for that. I asked Enjoli what she learned from being a parent and she said that consistency is key. And, relatively speaking, I would think that our children would say they have heard the same direction and guidance as toddlers as they hear now, and will in the future. I am incredibly fortunate to be half of a loving marriage, and therefore leading by example is how I think we both parent. Alexa is a forgiving person, and though I am not one to hold grudges, I feel like this trait in her is a good reminder for me. It will benefit me since I am not a perfect parent, though I will strive to do the best I can and the best I know how to for my kids. Being a parent simply changes how you see the world around you the second that baby arrives. They teach you that it is possible to love somebody so much that it almost frightens you, as you realize love might not even be a strong enough word to express how you feel about these people you have helped create. I have been writing this column for eight years, and plenty of times I have noted how I am simply looking forward to what my kids will do next. I do not anticipate that sentiment changing anytime soon.

Michael Margolin is an avid sports fan who has been writing this column since the birth of his first child.

Getting Rid of an Old Computer or Other Tech Device



By Mark Presky
So you've gotten a new computer, pad, or even a phone, and it's time to pass the old one on to someone who can use it, or simply seek to recycle it. You may decide to sell it. It'll be important to get the data and information transferred to your new device, but you also need to erase the info from your old device. You definitely don't want that info falling into the wrong hands. If you're passing it on to a family member or friend, you'll probably want to leave some of the applications on it for their use. If you're selling or donating it, you'll want to

delete applications that you paid for, so the next owner isn't using your software licenses. And, if you're recycling it, you'll want to wipe out all your apps, files, and anything else that might be compromising. All stored information on a computer/tech device resides on the hard drive. You can wipe the hard drive by restoring it to factory presets, also called a "reset," but it is still possible to retrieve data from a reset disk, so you should go further to ensure the device is fully purged of all of your data. Here are the steps to wipe your information from your old device: **1)** Make a backup of your hard drive onto a separate external hard drive, **(Continued on Page 14)**

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Take Steps to Reverse Diabetes at the Santa Monica Family YMCA

According to the Center for Disease Control and Prevention (CDC), over 88 million American adults have diabetes – that’s one in three adults! Of those 88 million, more than eight in ten of them don’t even know they have it. Without taking action, many people with prediabetes could develop type 2 diabetes within five years. Have you checked your A1C blood value?

The Santa Monica Family YMCA Chronic Disease Prevention Director Lidia Magarian is leading the charge on raising awareness in our community about prediabetes and the steps that can be taken to reverse it.

Through the evidence based YMCA’s Diabetes Prevention Program, those at risk of developing the condition are taught how simple lifestyle changes can have a profound impact on overall health. The program helps adults at high risk of developing type 2 Diabetes adopt and maintain a healthy lifestyle by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease.

This program is a 12-month program carried out in a classroom group setting, currently provided by live stream meetings through our popular Zoom meetings.

To begin the next YMCA’s Diabetes Prevention Program which is scheduled to start on Thursday, July 22 from 5 p.m. - 6 p.m., Lidia



Lidia Magarian is the Chronic Disease Prevention Director at the Santa Monica Family YMCA.

hopes to hear from several participants. However, she can start new program groups at any time.

The goal of the program is to help participants to lose 7% of their body weight and increase physical activity by at least 150 minutes per week within the first half of the program.

If you are interested in signing up for the YMCA’s Diabetes Prevention Program, contact Lidia Magarian at 310-393-27321, ext. 129, or email: lidiam@ymcasm.org.



Above, Santa Monica High School seniors who received scholarships at the recent Chris Carrey PAL Scholarship Award Celebration. From left, Karen Morales, Audrialice Evans, Diana Lopez Meyer, and Melissa Ramirez Hernandez.

PAL Awards Scholarships to Six Members

For a second year in a row, the Santa Monica Police Activities League (PAL) held its annual Chris Carrey PAL Scholarship Award Celebration virtually to honor six PAL youth with personal recognition and individual scholarship awards totaling \$30,000 last month.

The program featured the scholarship recipients, their families, and the Chris Carrey PAL Education Scholarship donors. PAL also arranged to have dinner delivered to each award recipients’ home for the winners and their families to celebrate the evening.

Now in its 19th year, over 116 scholarships totaling more than \$310,000 have been awarded to PAL youth. This year’s Chris Carrey PAL Education Scholarships program recipients all come from Santa Monica High School.

Seniors Melissa Ramirez Hernandez, Karen Morales, Audrialice

Evans, and Diana Lopez Meyer each received a scholarship for \$5,000.

Juniors Kim Hansen and Kaliyah Harrington each received a scholarship for \$5,000. Congratulations to all of the students.

The scholarship program was hosted by Jivanto P. van Hemert, PAL alumnus.

Eula Fritz, Director at the Santa Monica Police Activities League, (PAL) said, “I’m grateful to all involved in creating, hosting, and providing funds for our second virtual Chris Carrey PAL Education Scholarships program. The student recipients have worked hard on their academic achievements and are extremely deserving of the assistance. The PAL community comes together each year to honor the best and the brightest of our youth and helps to guide them on a path of future successes.”

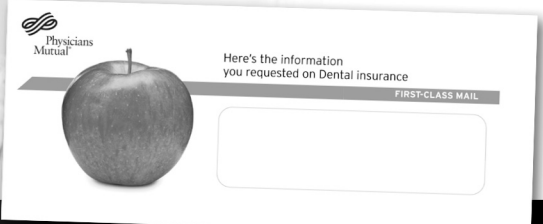
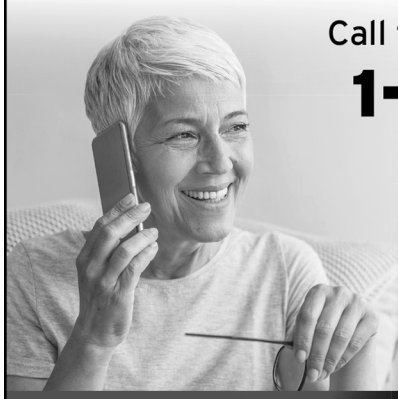
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6255

Getting Rid of an Old Computer

(Continued from Page 13)

stored away from your computer. (Always have a backup, even if you’ve transferred the information to your new device. Your new device can break down.) **2)** Delete all files that contain personal information, then empty the Trash folder. **3)** Delete the browsing history and cache from your browser(s), along with auto-fill form data such as addresses and stored credit card data. **4)** Delete any stored passwords from apps and delete the password manager, if you have one. **5)** Delete apps if you don’t intend to pass on the device with applications intact. (Even if you do, app makers such as Microsoft gather and store data on users, so it may be safer to delete the apps, then reinstall them after the factory reset.) **6)** Use a data shredding program such as Eraser to overwrite any data that may be left on the disk. (This can be time-consuming, but it isn’t necessary to sit and watch.) **7)** Follow the device manufacturer’s instructions to reset the device. (This is sometimes called “revert to factory settings.”)

If you have stored any files in “the Cloud,” delete them first. If the device is being recycled, encrypt the whole disk. That way, any last shreds of data should be irretrievable.

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Animal Hospitals

Explore What’s Happening Beyond Your Front Yard

By Bob Rich

• **July 1st – “Sourdough Sensations” is a screening of Nao Bustamante’s film, “Breadphones,”** along with a conversation with a professional baker sharing sourdough best practices. Participants can pick up a sourdough starter at Cafe Bolivar in Santa Monica, or the 18th Street Arts Center, and bake their own sourdough bread and then share their baking successes. Visit santamonica.com/event/sea-change-sourdough-sensations/, or call Santa Monica Travel & Tourism at 800-544-5319.

• **Saturday July 3 and Sunday, July 4 – Kool & the Gang with a Fireworks Spectacular,** Hollywood Bowl, 7:30 p.m. to 11:30 p.m.

• **Saturday, July 10 – Japanese American National Museum, performance of “Not Yo’ Butterfly with Nobuko Miyamoto”** (ft. Quetzal Flores) – Join Nobuko Miyamoto for a celebration of her new album and memoir. She will be joined in conversation and performance by Quetzal Flores. Her new memoir is the intimate and honest life story of this artist, activist, and mother. Admission is \$10 general/free for members. Registration is required using an RSVP link. Visit www.janm.org/events/2021-07-10/not-yo-butterfly-nobuko-miyamoto-ft-quetzal-flores, or call 213-625-0414 for general information.

• **Monday, July 12 – Summer Reading Show: “Spin Me a Shadow, Tell Me a Tale,”** – Firelight Shadow Theater presents folktales from around the world through the Santa Monica Public Library. Learn how to create shadow puppets and a screen. Supplies for the program are available, beginning Tuesday, July 6 at the Main Library and Curbside Pickup locations, while supplies last. For ages five and up. 2:30- 3:15 p.m. Register at <http://bit.ly/FirelightSTsmpl>.

• **Wednesday, July 14 – Art and Design at Santa Monica’s Fire Station 1** – The Library and Santa Monica Cultural Affairs invite you to a conversation with artist Deborah Aschheim, architect Rob Quigley, and Deputy Fire Chief Tom Clemo to mark the one-year anniversary of the Fire Station 1 facility. 7 p.m. to 8 p.m. Register for the program, then pick up a free copy of the book “Back Story” (while supplies last) at the Main Library Information Desk, Pico Curbside, or Montana Curbside. Register for the program here: <https://smfirebackstory.eventbrite.com>.

• **July 18 – 25, Plates in Places: Silent Auction** – The Santa Monica Conservancy invites the community



Above are cast members of “Alice and the Wonderful Tea Party” which will be presented at special showings throughout July at the Santa Monica Playhouse. For more details, call 310-394-9779.

to an exciting virtual silent auction, from Sunday, July 18 through Sunday, July 25. Enjoy Santa Monica’s food legacy and appreciate the local neighborhoods that touch everyone’s lives with excellent cuisine. Visit SMConservancy.org/event/plates-in-places-2021/, or call 310-395-1133.

• **Saturday, July 24, August 28, September 25, Arts Learning Lab** – These family-friendly hands-on art workshops will navigate ideas of community. Participate in discussions around how we define community, and make creative works that express our connections to one another. 11 a.m. to 12:30 p.m. 18th Street Arts Center. Visit Santamonica.com/event/arts-learning-labhome/2021-07-24/ or call 310-453-3711.

school students, call 310-828-1196.

• **Now through August 2, 2021 – Beyond the World We Know: Abstraction in Photography.** This exhibit of 16 artists shows how photography can reveal visual metaphors and personal expression. We can see abstraction in these photographs through new equipment, such as enlargers, or darkroom manipulations involving solarization in which the print is exposed to bright light during its development, introducing painterly elements and unusual spatial juxtapositions. Visit NortonSimon.org/exhibitions/2010-2019/abstraction-in-photography/, or call 626-449-6840.

• **Ongoing exhibit – Dogs! A Science Tail at the California Science Center** – Through captivating exhibits, explore the science behind the bond between

humans and dogs. Find out how both humans and dogs are designed for social connection. Discover dogs’ amazing senses and learn how they see, smell, hear, and understand their world. Test your dog trivia, learn the science behind dog behaviors, decipher the meaning behind barking and dog body language, and more. Visit Californiasciencecenter.org/exhibits/dogs-a-science-tail, or call 323-724-3623.

• **Ongoing exhibit – Tropical Pacific Gallery** where guests explore the beauty and diversity of coral reefs and their animal residents at the Aquarium of the Pacific. Explore coral reefs through a new show and an interactive exhibit in the art gallery. The Tropical Reef Habitat is the Aquarium’s largest exhibit, containing more than 500 animals including a new green sea turtle, olive ridley sea turtle, zebra shark, bonnethead sharks, and many varieties of tropical fish. Visit Aquariumofpacific.org/exhibits/coralreefs, or call 562-590-3100.

• **Now through August 28, 2021 – “What’s Her Story: Women in the Archives”** at the Autry Museum of the American West – In honor of the 100th anniversary of women winning the right to vote, explore captivating stories of women in the Autry’s collections. Meet women philanthropists, activists, artists, and a pioneering anthropologist, through diaries, photographs, letters, music, objects, and ephemera. Visit Theautry.org/exhibitions/whats-her-story-women-in-the-archives, or call the Autry at 323-667-2000 for general information.

• **Ongoing exhibit – “Orbit Pavilion” at The Huntington** – an outdoor installation that provides a creative “soundscape” experience demonstrating the movement of the International Space Station and 19 Earth Science satellites. Inside the large, shell-shaped sculpture, unique sounds are heard as each satellite passes overhead: a human voice, the crashing of a wave, a tree branch moving, a frog croaking. Each sound interprets one of the satellites’ missions. Huntington.org/orbit, or call 626-405-2100.

Save Samohi’s History Building


Over 6,200 Santa Monica residents and alumni have signed a petition calling on the Santa Monica-Malibu Unified School District (SMMUSD) to halt its plans to demolish the historic Samohi History Building, which appeared as Dawson High in the classic 1950’s film, “Rebel Without A Cause.”

The Samohi Alumni Association, the Santa Monica Conservancy, and five of Santa Monica’s neighborhood organizations (the official resident groups recognized by the city) have joined thousands of residents and activists to ask that the building, which has received national attention from the National Trust for Historic Preservation, be spared.


The groups are asking the school board to study adaptive reuse of the History Building instead of demolishing it. According to the group, new information shows that SMMUSD has known for a year that declining enrollment will mean the district will not need the new classrooms it proposes to take the History Building’s place.

For more information, please visit [SaveSamohiHistory](http://SaveSamohiHistory.com) at: www.savesamohihistory.com, or call Evelyn Lauchenauer, Chair of The Committee for Samohi History Building Adaptive Reuse, at 310-906-0163.

Please send Calendar Listings in by the 10th of the month before the event.




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If after getting fully vaccinated you come into contact with someone who has Covid, your immune system will fight off the infection. The vaccines do not contain the Covid virus, so a person cannot get Covid from getting vaccinated. The shots are safe!



Protect your family, friends and community. Everyone 12 years of age and older is eligible to be vaccinated.

You will never be asked about your immigration status when scheduling an appointment or getting vaccinated.



The COVID-19 vaccines are free for everyone.

You don't have to have health insurance. There is never any cost for anyone. Vaccinations are available in your neighborhood at hospitals, including local pharmacies and clinics. Mobile vaccinations are also available.



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It takes two shots of the Moderna or Pfizer vaccine to be safe from getting sick with Covid. The Johnson and Johnson vaccine takes only one shot. It takes two weeks after your last dose to be fully vaccinated.



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