

# COMMUNITY CONNECTIONS 2017 - DIRECTORY OF PARTICIPANTS

The following is a directory of most of the participants at the Community Connections event that took place on January 29<sup>th</sup>. Each participant was asked to submit an overview of what they were about and what they wished to obtain from the Community Connections event. We have taken that input and along with contact information for each organization, listed each within the following categories, as best we thought appropriate: Media Sponsors - Service Organizations & Clubs – Community Services - Community Assistance - Airport - Education, Museums, Landmarks = Entertainment & The Arts - Support For Kids - Activities For Kids - Seniors - Health & Fitness - Mental Health - Disability - In-Home Care.

Community Connections is a gift to our community from Covenant Presbyterian Church. It is the result of the work of all who serve on the church's community out-reach committee and many volunteers from the congregation. We hope that you, as a participant or attendee, expanded your "reach" and your connections within our great community. You are invited to share with us your feedback on our event and the "connections" that you made and will continue to make via the event. Send us an email at [communityconnections2017@gmail.com](mailto:communityconnections2017@gmail.com). All are also welcome to come and say hello to us any Sunday at 1030AM.

## OUR MEDIA SPONSORS

- **WESTCHESTER / PLAYA HOMETOWN NEWS**

Stephanie Davis 310-641-1016 [westchesterhometown@yahoo.com](mailto:westchesterhometown@yahoo.com)

The Westchester/Playa HomeTown News is your monthly community newspaper dedicated to providing news, features and information about the people and events in Westchester, Playa del Rey, Playa Vista and Marina del Rey. As a local small business, we feel it's important to not just provide information about the community, but also be a part of it! We are proud sponsors of numerous local programs and events including the Fourth of July Parade, Race for Success, Jet to Jetty, the Teacher Eddy Awards and the Westchester Arts and Music Block Party. Please contact us at [westchesterhometown@yahoo.com](mailto:westchesterhometown@yahoo.com) with story ideas or to advertise your business or organization.

- **M & M PRINTING**

Karen Cross 310-430-3875 [karencross222@yahoo.com](mailto:karencross222@yahoo.com)

M&M Printing has been serving and supporting local people and businesses for 35 years! We are proud to be part of the Westchester community! Please talk with us regarding program books, directories, flyers, mailers, banners, posters, and promotional pieces - we will put our experience and knowledge to work to help you and your organization!

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## SERVICE ORGANIZATIONS AND CLUBS

- **PLAYA VENICE SUNRISE ROTARY CLUB**

Peter Smyth 310-916-3648 [petersmythrotary@gmail.com](mailto:petersmythrotary@gmail.com)

Playa Venice Sunrise Rotary Club is a 501c3 charitable organization with over 50 local professional and business members. The aim of Rotary is to give back to the local, national and international communities with the motto of "Service Above Self". Rotary has serviced these communities for over 110 years via 26,000 Clubs and over 1.2 million members worldwide. Rotary services a broad spectrum of demographics including but not limited to: students and teachers of all ages, families of all nationalities and creeds. Elderly and homeless. We would like to increase community awareness and possibly locate new members.

- **THE ROTARY CLUB OF WESTCHESTER**

Christa Ramey [ramey.christa@gmail.com](mailto:ramey.christa@gmail.com)

The Rotary saves lives and improves the community. We feed, clothe, build, nourish, and serve our local and world community. WE have fun while we serve others.

Currently the Rotary Club of Westchester is actively welcoming volunteers for their make-over of SPY, Safe Place For Youth, a drop-in center in Venice for homeless teens. The make-over will happen over President's Day weekend. If you would like to help out in any way go to <http://spyrotarymakeover.wordpress.com>. Rotary club meetings are held every Wednesday at 12:10 at the Crowne Plaza LAX hotel, 5985 West Century Boulevard, Los Angeles, CA. Lunches (which are delicious!) are \$23 (check and cash, only) and include free validated parking (and reduced price valet parking).

- **WOMAN'S CLUB OF PLAYA DEL REY**

Carol Binnington 310-881-9283 [cbinnington@gmail.com](mailto:cbinnington@gmail.com)

Our organization's purpose is to promote community improvement through civic involvement, volunteer service, and material and monetary donations to local charities. The club also provides a place for women in the community to meet, develop new friendships and have fun together while helping others. We help children in foster care, veterans, food bank recipients, families in need at holidays, the homeless, promote youth art and music competitions. We want to let community women as well as other community organizations learn about our organization and what we do.

- **LADIES OF THE ELKS**

Betty Ford [firstmom84@aol.com](mailto:firstmom84@aol.com)

A community service organization that supports the westchester elks lodge BPOE 2050. They have a fashion show coming up soon on Saturday, March 18<sup>th</sup> at the Elks Lodge in Playa del Rey.

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## COMMUNITY SERVICES

- **WESTCHESTER STREETScape IMPROVEMENT ASSOCIATION**

John Ruhlen 310-490-0274 [jruhlen916@aol.com](mailto:jruhlen916@aol.com)

WSIA is a non-profit organization and our project is the Westchester Landscape Entry Project on Sepulveda Blvd. Our goal is to improve and beautify the major streets in Westchester. We are here to acquaint the community with our project, answer questions the community may have and to suggest their participation by donating to WSIA. All funds that are collected go to the project. The WSIA Board is all volunteer.

- **WESTCHESTER FARMERS MARKET**

Cynthia Rogers 310-936-9060 [westchester.cfm@gmail.com](mailto:westchester.cfm@gmail.com)

Held every Wednesday in Westchester Park and Sunday in the Westchester's Historic Downtown Triangle, Westchester Farmers' Market brings together over 50 of the region's best farmers, ranchers, specialty growers, food purveyors, and artisans each and every week. Westchester Vitalization as our sponsor and Westchester Town Center's BID as our community partner for the Triangle location, have championed a community in concert with net proceeds of the farmers' market's non-profit going back into the community to support local holiday events, youth and family organizations

- **NEIGHBORHOOD COUNCIL OF WESTCHESTER PLAYA**

Garrett Smith 310- 592-3680 [garrettNCWP@gmx.com](mailto:garrettNCWP@gmx.com)

The Neighborhood Council of Westchester/Playa (NCWP) is you. A quasi-governmental agency created by the City of Los Angeles Charter, NCWP is intended to give those who live, work or own property or otherwise declare a stake in our area a stronger voice in the governance of the City. Our board is composed of people just like you – people who live, work and play in Westchester, Playa del Rey and Playa Vista. We eat at local restaurants, use local parks and send our children to our neighborhood schools. Working together, we provide insight and ideas to our local elected officials and select worthwhile community benefit projects to support with the limited funds we receive every year from the City. Westchester, Playa Del Rey, Playa Vista including LMU and Los Angeles World Airports To actively encourage Stakeholder involvement with the Neighborhood Council of Westchester/Playa.

Neighborhood Council Membership is open to all Stakeholders. “Stakeholders” is defined as those who live, work, or own property in the neighborhood and also to those who declare a stake in the neighborhood and affirm the factual basis for it. Stakeholders are the lifeblood of our neighborhood council. We are here to 1) Identify opportunities/events in the community in which we can register stakeholders. 2) Produce collateral pieces to help educate our stakeholders on the basics—from what

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a neighborhood council is to the current issues being addressed by our committees.  
3)Encourage stakeholders to attend board and committee meetings. 4)Encourage stakeholders' participation by voting in the elections for board members.

- **NEIGHBORHOOD WATCH**

Cyndi Hench [kentwoodnw@aol.com](mailto:kentwoodnw@aol.com)

Neighborhood Watch is a crime prevention program that enlists the active participation of residents in cooperation with local law enforcement to reduce crime in their neighborhoods. It involves: neighbors getting to know each other, taking the time to care about each other and working together in a program of mutual assistance; residents being trained to recognize and report suspicious activities in their neighborhood; and crime prevention strategies, such as home security and suspicious activity identification and more.

- **KENTWOOD HOME GUARDIANS**

Tracy Thrower Conyers 424-272-1339 [tracy@living90045.com](mailto:tracy@living90045.com)

Kentwood Home Guardians is the homeowners association for 3384 homes in 21 tracts in Kentwood, roughly bounded by Sepulveda, Manchester, McConnell and Kentwood Bluffs. KHG was formed by the original developer in 1943. More information at [www.KentwoodHomeGuardians.com](http://www.KentwoodHomeGuardians.com). We want to make board members available to our members who visit the event for meeting, greeting and asking questions. We will also promote the event to our membership.

- **LAX COASTAL CHAMBER OF COMMERCE**

Christina Davis 310-645-5151 [christina@laxcoastal.com](mailto:christina@laxcoastal.com)

Serving the communities of Westchester, Marina del Rey, Playa Vista, Playa del Rey, Del Rey and surrounding areas, the LAX Coastal Chamber of Commerce promotes business and enhances the vitality of community through member services, educational programs, strategic partnerships, community outreach and legislative advocacy.

- **COMMUNITY POLICE ADVISORY BOARD - CPAB**

Dr. Ron Mito, Civilian Co- Chair, [CivilianCoChairPacificCPAB@gmail.com](mailto:CivilianCoChairPacificCPAB@gmail.com)

The CPAB is a collaboration between local residents and LAPD Pacific Area Command Officers and lead officers. The mission is to build a synergistic partnership between the Police Department and the diverse residential and business communities within Pacific Area for the purpose of reducing crime, the fear of crime, solving problems and improving the quality of life within the community. Servicing all communities residing within the borders of Pacific Area, including Del Rey, Manchester Square, Mar Vista, Oakwood, Palms, Playa Del Rey, Playa Vista, Venice, Westchester.. You can also contact Pat Karasick, Secretary of CPAB via Ron if you would like to volunteer at the police station. Pat accepts the applications and coordinates all volunteers at the LAPD Pacific

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Area station.

- **EMERSON AVE. COMMUNITY GARDEN CLUB**

Dorothy Stone 310-337-0827 [eacgc@yahoo.com](mailto:eacgc@yahoo.com)

The Emerson Avenue Community Garden Club, Inc. is a 501c3 non-profit organization run entirely by volunteers working to develop a one acre portion of the campus of Wright STEAM Magnet School into a sustainable, organic food garden and green space shared by the school and the public at large for the purposes of education and community building. We wish to share information about our garden and our community involvement to give others an opportunity to join us in a wonderful endeavor.

- **THE HOLISTIC CHAMBER OF COMMERCE**

Margie Hanson [mbca@holisticchamberofcommerce.com](mailto:mbca@holisticchamberofcommerce.com)

Looking for holistic and eco-friendly products, services and solutions? The Holistic Chamber of Commerce is a great way to find holistic professionals & practitioners who are reputable, reliable and caring. Solutions for your health, lifestyle and business. [www.holisticchamberofcommerce.com](http://www.holisticchamberofcommerce.com)

- **LOS ANGELES PUBLIC LIBRARY – WESTCHESTER – LOYOLA VILLAGE BRANCH LIBRARY**

Rita M. Romero [rromero@lapl.org](mailto:rromero@lapl.org)

Mission: The Los Angeles Public Library provides free and easy access to information, ideas, books and technology that enrich, educate and empower every individual in our city's diverse communities. We wish to promote all the wonderful resources that Los Angeles Public Library has to engage, enrich, educate, and empower the Westchester community.

- **HELEN'S ROOM**

Monica Kahn 310-624-9429 for appointment 860 Parkview Drive No. El Segundo

A Non-Profit appearance and resource center for cancer patients. You can receive free, private and confidential consultations with specially trained volunteers in a warm and inviting environment to help you improve your appearance and lift your spirits. Helen's Room offers services and products for women and men. All cancer patients are welcome. Hats, scarves, turbans and wigs – Breast prostheses, mastectomy bras -- Educational books and videos -- Community resources -- Support groups -- All products and services are free of charge.

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## COMMUNITY ASSISTANCE

- **HABITAT FOR HUMANITY OF GREATER LOS ANGELES**

Chris Untiet 310-749-8575 [chrisu@habitatla.org](mailto:chrisu@habitatla.org)

Our Mission: Seeking to put God's love into action. Habitat for Humanity brings people together to build homes, communities and hope.

Our Vision: A world where everyone has a decent place to live.

All are welcome: Habitat For Humanity has an open –door policy: All who believe that everyone needs a decent, affordable place to live are welcome to help with the work, regardless of race, religion, age, gender, political views or any of the other distinctions that too often divide people. We service hard working low income (30-80% AMI) families/individuals. We are getting ready to build 10 homes in Culver City later this year and would love to have as many involved as possible through prayer, volunteering, fundraising, helping to find the homeowners and advocacy. We would love to achieve increased promotion of this project during our time together.

- **IMAGINE LA**

Tara Ignont 323-944-0210 [tara@imaginela.org](mailto:tara@imaginela.org)

Imagine LA is a non-profit organization founded in 2006 dedicated to mobilizing new resources to help highly vulnerable families to transition from homelessness to self-sufficiency. The Imagine LA Family Empowerment & Mentorship model utilizes intensive family case management and super charges it with mentorship and access to private and public resources. Imagine LA's professional staff guides and matches every family member with a one-to-one mentor; plus every family gets a Budget Mentor; and other volunteers help with tutoring, career development, childcare, healthcare, meal-planning and more. Formerly Homeless Families and Emancipating Transitional Age Youth with kids throughout Los Angeles County.

Imagine LA is seeking volunteer mentors to be matched with members of our families for one-two years. In January, we will be bringing in 15 formerly homeless families that live in an apartment building in Compton near the intersection of the 105 and 110 freeways. All these families will need mentor teams to journey alongside them and help break their cycle of homelessness, poverty and neglect.

- **BADGE OF HEART**

Ken Lew .... 714-713-9063 [ken@badgeofheart.org](mailto:ken@badgeofheart.org)

A non-profit organization designed to partner with the community to help with family hardship and victims of crime.

Wanted to network and educate the community about the good work officers are doing

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for the community

- **FOOD PANTRY – LAX**

310-677-5597 Westchester Clergy Association

Emergency food distribution to those in need. Sponsored by the Westchester Clergy Association. Open Tuesday and Friday, 10am – 12pm. Located at 355 Beach St. Inglewood. Bring donations of non-perishable food to Covenant Presbyterian Church. Volunteers and money donations are also welcomed and encouraged.

- **NATIONAL VETERANS FOUNDATION**

Bill Morgan 626-589-2855 [bill@nvf.org](mailto:bill@nvf.org)

The National Veterans Foundation has operated from offices in Westchester for over 30 years. The NVF hosts the Lifeline for Vets, a one-stop, vet-to-vet hotline for Veterans of all eras and their family members. Veteran counselors at the Lifeline assist fellow Veterans with crisis counseling, accessing VA benefits, and finding mental health counseling, medical services, housing, education benefits, financial assistance and any other issues the Veteran may be facing. NVF also operates a homeless Veteran outreach program in the greater Los Angeles area. We serve Veterans of all ages, sex, and eras of service and their family members. We would like to network with other community groups, share information about our services, learn about the services provided by other groups, and connect with any Veterans attending the event.

### AIRPORT

- **LAX VIP PROGRAM**

Nahid Dashtaki 424-646-8285 [NDASHTAKI@lawa.org](mailto:NDASHTAKI@lawa.org)

The Volunteer Information Professionals (VIP) program mission is to assist passengers to ensure a friendly and positive experience at LAX. The personal touch is what passengers remember most during their travels which makes our volunteers “Very Important People” as well as Volunteer Information Professionals! VIPs are located in information booths on the Arrivals Level of each LAX terminal. On occasion, volunteers may be assigned to roam at the baggage claim area and its nearby exits. Volunteers will work in groups of two in four-hour shifts, with each volunteer working one shift per week, or more, if preferred. Hours of operation are 7 a.m. to 10 p.m. during the weekdays and 9 a.m. to 9 p.m. on the weekends. VIP’s help reduce the stress of travel by: Providing directions to various airport and community facilities; Assisting passengers with finding appropriate transportation; Providing suggestions to sightseeing attractions in the Los Angeles area; and Facilitating communications between distressed passengers and airlines.

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- **PUP ...LAX Pets Unstressing Passengers Program**

Heidi Huebner 424-646-7867 [hhuebner@lawa.org](mailto:hhuebner@lawa.org)

As traveling can create stress and anxieties at airports, the LAX Pets Unstressing Passengers program is an opportunity to provide an overall enhanced customer experience, providing stress relief and comfort to passengers through interaction with pets. Therapy dogs and handlers roam the departures levels in the gate areas of each terminal, visiting passengers awaiting flights and providing comfort, as well as airport information. The program educates and informs passengers about the LAX projects and construction related traffic impacts. The dogs in red Pet Me vests and handlers in red shirts with the PUP logo are an excellent addition to the customer service team. Passengers love seeing warm, wet noses and wagging tails that create a friendly “PAWSitive” experience at LAX.

### EDUCATION, MUSEUMS. LANDMARKS

- **FLIGHT PATH MUSEUM AND LEARNING CENTER**

Lynne Adelman 424- 646-7284 [lyne1001@aol.com](mailto:lyne1001@aol.com)

Flight Path preserves and promotes the legacy of Southern California aviation and aerospace. Our museum and learning center encourages youth to pursue education and careers in these fields. Flight Path’s exhibits and educational programs serve all who have an interest in and enthusiasm for aviation and aerospace. We hope to promote greater awareness in the local community for Flight Path and its educational benefits. We are also looking for volunteers.

- **THE HISTORICAL SOCIETY OF CENTINELA VALLEY**

Diane Sambrano 310-431-5517

The Historical Society of Centinela Valley shares the beginning of the South Bay Cities formed from what was the 24 thousand acre Rancho Centinela. Originally formed to purchase and preserve the 1834 Adobe home central to the vast land holdings, the society continues to gather artifacts which help us remember how the area changed through the decades and how several local area residents changed the world. We desire that more local residents become aware of our exciting local history and become interested in sharing that history as volunteers.

- **FRIENDS OF BALLONA WETLANDS**

Day Scott 310-306-5994 [day@ballonafriends.org](mailto:day@ballonafriends.org)

Friends of Ballona Wetlands (FBW) is the preeminent group fighting to save & restore the Ballona Wetlands. We serve the Los Angeles area. We bring 9,000+ yearly visitors for education & restoration. We serve the Los Angeles area. We bring 9,000+ yearly visitors for education & restoration.



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- **MINDFUL BASED WEALTH MANAGEMENT**

Darrell Hallenbrook 310-415-8066 [darrell.hallenbrook@ms.com](mailto:darrell.hallenbrook@ms.com)

This program is dedicated to promoting financial well-being through mindful-awareness-training and personal financial planning. It applies 3 key practices: Insight, Observation, and Empathy as critical tools for identifying effective and collaborative financial solutions. Our focus is to help our clients to see the interconnectivity of their personal mission with their financial ability. The program service individuals, couples, families and small business owners who are accumulating and/or building their estates, those who have built their estate and are preserving assets for retirement, and those who are “passing down” and distributing wealth to their loved ones. Darrell is teaching this program for free at 7:00pm every Wednesday evening at Covenant Presbyterian Church. You may drop in to a class any Wednesday. Come on by!

### ENTERTAINMENT AND THE ARTS

- **LOS ANGELS ARTS COLLECTIVE**

Lisa Hamor 310-641-2575 [lisa@la-arts-collective.com](mailto:lisa@la-arts-collective.com)

Los Angeles Arts Collective is a community performing arts center-providing education, training, and fulfillment through the performing and visual arts. They strive to build a foundation for the beginner and challenge the proficient to grow as an individuals and create memories that will last a lifetime. We service families with kids starting at age 2 – up and adults interested in fitness and dance.

- **BORN TO TALK RADIO SHOW**

Marsha Wietecha 310-351-0983 [wytoka@ca.rr.com](mailto:wytoka@ca.rr.com)

I provide the opportunity for a conversation with interesting people each week. Everyone has a story. I’m interested in hearing and sharing their stories on my audio/visual show. My show is heard round the country. Currently I have 311,000 listeners. 81% of my listeners are between the ages of 18-55. Females slightly more than males, with incomes over \$50K. Ethnicity is even between black and Whites. I would like the opportunity to let community people know that there is an internet radio station right in our own backyard and that I’m part of it.

- **TOASTMASTERS SPEAKERS BY THE SEA**

Mallory Greener 310-348-0801 [mallory@slickandslicker.com](mailto:mallory@slickandslicker.com)

Toastmasters is a non-profit organization started in 1924 to help people improve their skills for speaking in public. Membership in Toastmasters is inexpensive and is one of the greatest investments you can make in yourself. Meetings begin at 11am to 12pm every Wednesday. Visitors are always welcome, just drop by. No advance notice is needed. Photo ID required. Everyone who wants to improve their verbal

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communication skills. Exposure and potential members.

- **KENTWOOD PLAYERS**

Kathy Dershimer 310-645-5156 [kdershimer@gmail.com](mailto:kdershimer@gmail.com)

Westchester Playhouse, home of the Kentwood Players, is a non-profit community theater that has been offering quality entertainment for over 65 years in the Westchester area. We produce 6 plays a year, each running for 6 weeks, offering a variety of genres of live theater for our patrons. All of our members are volunteers and we welcome everyone to join us in our endeavors and come and see great productions! We appreciate your support!!

- **LOYOLA MARYMOUNT UNIVERSITY**

Andy O'Reilly 310-258-5693 [aoreilly@lmu.edu](mailto:aoreilly@lmu.edu)

LMU is a premier Catholic university rooted in the Jesuit and Marymount traditions that provides a transformation academic experience for students committed to lives of meaning and purpose. It offers a wide variety of programming and activities for local residents - art and cultural exhibits, faculty lectures, music and theater performances, a nationally recognized radio station, and a world class library. Provide local residents with the opportunity to learn more about the resources that the university offers.

- **CERAMICS AND QUILTING CLASSES IN WESTCHESTER**

Carmela Raack 310-641-0142 [carmraack@aol.com](mailto:carmraack@aol.com)

Ceramics and Quilting Classes are available in a Westchester home studio providing an enjoyable artistic and creative expression through painting or sewing. Classes are 8-week sessions with 2 teachers formerly from Emerson Adult School with more than 20 years experience. In addition to making quilts for family and friends, students donate to babies and children at Camp Pendleton. Collections are also for much needed household items, toys and clothing. I taught classes at Emerson Adult School for over 20 years. When it was decided to eliminate all art and senior classes we began having classes in a home studio. It has worked out very well except we are not attracting new students. I hope that this will help others to know the classes are available in the community. Students primarily from Westchester/Playa del Rey as well as Los Angeles, West Los Angeles, Inglewood and Hawthorne.

### SUPPORT FOR KIDS

- **KIDSAVE**

Jessica Prescott 310-642-7283 [jessicap#kidsave.org](http://jessicap#kidsave.org)

Kidsave Weekend Miracles is an innovative approach to helping older children, ages 9-17, in Los Angeles County foster care. Kidsave connects these youths with caring adults, known as host families, who are interested in adopting or remaining in a permanent,

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stable relationship with them. Host families commit to spending at least two days a month for a minimum of one year mentoring and advocating with Kidsave to find a youth a permanent family. Kidsave serves older foster youth between the ages of 9-17. We are looking for prospective hosts and adoptive families to connect with the older youth in LA County foster care. Too many youth exit foster care without a stable adult connection, and we are looking for people who want to help support these kids before they exit care.

- **DEPT. OF CHILDREN & FAMILY SERVICES – FAMILY RESOURCES RECRUITMENT**

Ivonne Crescioni 626-229-3779 [cresci@dcfs.lacounty.gov](mailto:cresci@dcfs.lacounty.gov)

Recruitment for Resource Families to foster/adopt children from the County of Los Angeles. We would like to register families interested in fostering and /or adopting children.

- **THE PACIFIC AREA BOOSTERS ASSOCIATION**

Diane Barretti [sbpress@aol.com](mailto:sbpress@aol.com) Margie Hanson [margieh@todaysway.net](mailto:margieh@todaysway.net)

The Pacific Boosters Association is made up of local businesses interested and committed to support the Pacific Area LAPD Station and Youth Groups. They are a fundraising organization and are actively welcoming new members and volunteers. The Pacific Area Boosters Association was Incorporated in 1973 as a 501c (3) non-profit organization. Donations are tax deductible.

- **AFS INTERCULTURAL PROGRAMS**

Brita Richardson 818-414-1079 [brichardson@afsusa.org](mailto:brichardson@afsusa.org)

AFS-USA (formerly the American Field Service), a 501(c)(3) nonprofit organization, is a leader in intercultural learning and offers international exchange programs in more than 40 countries around the world through independent, nonprofit AFS Organizations, each with a network of volunteers, a professionally staffed office, and headed up by a volunteer board. We've been exchanging students throughout the world for more than 70 years. That's seven decades of history and experience in international education with an exemplary record of safety, security, and service to students, parents, and educators. We would like to share study abroad and hosting opportunities with the community.

- **SOUTH BAY CHILDREN'S HEALTH CENTER**

Lisa Daggett-Cummings 310-316-1212 [ldaggett@sbchc.com](mailto:ldaggett@sbchc.com)

Founded in 1947 to meet the most pressing unmet health care needs of low income children in the South Bay. Beginning as a dental clinic; a hearing clinic, vision clinic and special services clinic were soon added to round out the array of services being offered at that time. In 1967, in response to the growing need for mental health services for children in the South Bay, and in affiliation with the Los Angeles Child Guidance Clinic

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and USC School of Medicine, SBCHC's Child Guidance Clinic was established. By 2008, SBCHC integrated the South Bay Youth Project, formerly run by the City of Redondo Beach into its array of services allowing us to offer a full range of child and youth focused mental health services in a clinic environment as well as within local schools. Today SBCHC offers three primary programs intended to improve the oral and mental health of more than 25,000 very low, low and moderate income children each year. Our focus on oral and mental health has a positive impact on the overall health and well-being of those we serve as well as an impact on their overall future successes.

### ACTIVITIES FOR KIDS

- **LAPD PACIFIC AREA JR CADETS AND CADETS**

Officer Javier Ramirez 310-622-3976 [39174@lapd.lacity.org](mailto:39174@lapd.lacity.org) [39174@online.lapd](mailto:39174@online.lapd)

The goal of the Jr. Cadet program is for police officers to develop constructive relationships with youth, positively influencing their interests, activities, and life direction. Activities are designed to enhance the abilities of youth to do things for themselves as well as for others and provide them with a sense of community pride, responsibility, respect, and self-reliance. For youth, ages 9 -12.

The Cadets program is for young men and women between the ages of 14 – 21 who are interested in serving their community by assisting police and learning basic police skills. LAPD Pacific Division police officers work with these young people to develop leadership skills and discipline. Their participation in community events and diverse special projects provide invaluable service to local neighborhoods and business.

- **TROOP 927 BOY SCOUTS OF AMERICA & PACK 824 CUB SCOUTS OF AMERICA**

Ed Lesnansky ... 310-568-1542 [scoutmaster@troop927.com](mailto:scoutmaster@troop927.com)

Troop 927 provides a quality scouting experience that will allow each scout to develop leadership and life skills as he advances through the Boy Scout ranks. Serving the Westchester community since 1965, youth membership consist of young men from the age of 11 to 21 and young women from the ages of 13 to 21 in our Venture Program. We wish to encourage families with youth in the ages of 11-21 to have their children participate in our fun and character building program. We also want the Westchester community to be aware of our strong participation in service to the organizations and people of Westchester.

- **WESTCHESTER RECREATION CENTER**

Stephen Joyce 310-670-7473 [westchesterrecreationcenter@lacity.org](mailto:westchesterrecreationcenter@lacity.org)

The Westchester Recreation Center offers a variety of programs throughout the year. Our After School Club runs from August to June and provides transportation from local schools to the park. Pre-School starts in August and ends in June for children 3-5 years old. Classes vary

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seasonally and last 6-8 weeks. Sports programs are offered for boys and girls ages 5 – 15 years old: Fall: Flag Football - Winter Basketball and Lacrosse - Spring: T-Ball/5-Pitch/Minors Baseball and Flag Football - Summer: Basketball

## SENIORS

- **WESTSIDE PACIFIC VILLAGE** (formally and dba Westchester Playa Village\_  
Carol Kitabayashi 310-695-7030  
WPV is a volunteer-driven, community based non-profit membership organization that supports seniors citizens and their families. We helps older adults live independently in the comfort and security of their homes so they may remain active and engaged in the neighborhoods they love. We are not a caregiving agency or residential facility - we are a community of local caring people/partners assisting our aging population maintain an happy, healthy lifestyle for as long as possible. You can volunteer as much or as little as your schedule permits! Membership open to older adults, age 55+. Volunteer opportunities for all ages; community service hours available for students Our goal at the event is to get the word out about WPV so folks know we are here for them and their families, and we hope to recruit volunteers of all ages too!
- **WESTCHESTER SENIOR CITIZEN CENTER** (CITY OF LOS ANGELES DEPT. OF RECREATION AND PARKS)  
Cristina Lovett 310-649-3317 [cristina.lovett@lacity.org](mailto:cristina.lovett@lacity.org)  
The Westchester Senior Citizen Center is for adults 50+ who want a place to meet up with or make new friends, join in activities such as exercise classes, arts & crafts play games & billiards, and take advantage of special services such as free lunches (donations welcomed) free lawyers, and free AARP tax preparation. We service adults 50+. We want to help people!
- **AFFORDABLE LIVING**  
Cynthia Kennedy 310-606-7650 [cynthia@alasseniorliving.org](mailto:cynthia@alasseniorliving.org)  
The Home Share Program of Affordable Living for the Aging strives to keep seniors in their homes and provide an affordable housing alternative for seniors seeking housing. Seniors with an extra room in their home or apartment, who need extra income or assistance with chores, errands, etc., are matched with pre-screened seniors seeking affordable housing. Affordable Living for the Aging recently received a grant from the County of Los Angeles to expand its home share program. In order to expand the program, we need more housing providers. I hope to identify new housing providers for the home share program through Community Connections.

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- **OPICA ADULT DAY CARE PROGRAM & COUNSELING CENTER**

Carol Hahn 310-612-9064 [cvhrn@earthlink.net](mailto:cvhrn@earthlink.net)

OPICA provides the community at large with a place to turn for information regarding memory loss. Through a broad range of socially and intellectually engaging cognitive stimulation programs delivered by specially trained staff and volunteers, OPICA creates a structured, yet joyful and nurturing, environment that enables adults in all stages of memory loss to maintain dignity and self-worth. Adults challenged with memory loss and their families.

### HEALTH & FITNESS

- **WESTCHESTER FAMILY YMCA**

Dawn Everard 310-670-4316 [dawneverard@ymcala.org](mailto:dawneverard@ymcala.org)

The Westchester Family YMCA is an association of persons of all ages, ethnic groups and religious affiliations who are united in a common effort to put Judeo-Christian principles into practice to enrich the quality of spiritual, mental, physical and social life for our families, our community and ourselves. Across Westchester and surrounding communities, we strive every day to nurture the potential of children and teens, improve the region's health and well-being, and provide opportunities to give back and support neighbors.

- **JUDY HIGA TAI CHI CLASS**

Judy Higa 213-304-1865 [jhiga605@gmail.com](mailto:jhiga605@gmail.com), Intro to Tai Chi, show the benefits of Tai Chi Judy teaches the Yang Long Form Tai Chi. For this event, Judy and her students will teach participants a one minute exercise for balance and form

- **OULA FITNESS**

Faith Ehrman 310-874-5555 [faithkassan@hotmail.com](mailto:faithkassan@hotmail.com)

OULA is more than just a group exercise class, it is an experience. We are a welcoming community where you enter looking to burn calories, and leave feeling better about yourself and your day. Its for anyone interested in an easy to follow, high cardio, dance class for people of all abilities. It's a motivating hour of high-energy exercise to great music where participants are encouraged to let it all out, and dance free of judgement. OULA is dance mania for your soul! Currently giving classes in Westchester, Culver City, Baldwin Hills, Santa Monica, Hollywood, Burbank Visit <https://www.oulafitness.com> for additional information

Our mission: Community outreach. Every person, every human, everyone wants & has a deep desire to feel & be connected. It is in connection we are seen, heard, felt, loved. The place of connection is where trust is built and freedom is allowed. It is here in the individual that creativity, confidence & growth expand. OULA is connection, with self &

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others. OULA is community.

Because our focus is on “how you feel” rather than “how you look,” our participants experience the freedom of a non-judgement (of self and of others) environment and community, rather than competition. Our approach to fitness is incredibly refreshing and healthy in the traditionally image-obsessed fitness industry. Our participants experience transformation from the inside out, and embrace our philosophy that when you feel good, you look amazing.

### MENTAL HEALTH

- **AIRPORT MARINA COUNSELING SERVICE**

Eden Garcia-Balis 310-670-1410 [ebalis@airportmarina.org](mailto:ebalis@airportmarina.org)

Airport Marina Counseling Service has been providing affordable, community-based mental health services and training mental health therapists since 1961. It is a pleasure to service the greater LAX and South Bay communities regardless of their age or inability to afford therapy. From couples and individual counseling to family therapy and medication monitoring, AMCS' doors are always open seven days a week. We serve anyone regardless of age or inability to afford treatment, providing services on a sliding-scale fee.

- **WESTCHESTER MENTAL HEALTH GUILD**

Ylla DeLeon 310-310-0560 [ylladeleon16@yahoo.com](mailto:ylladeleon16@yahoo.com)

The Westchester Mental Health Guild is a nonprofit volunteer organization, formed in 1962, to promote the cause of affordable mental health care in the greater LAX area. Members raise money, through fund-raising activities, to support Airport Marina Counseling Service, a private, nonprofit outpatient clinic responding to community health needs. We would like increased visibility in the neighborhood leading to increased membership and participation in the fund-raising activities.

- **DIDI HIRSCH MENTAL HEALTH SERVICES**

Elizabeth Rodriguez 310-677-77808 Ext. 833 [erodriguez@didihirsch.org](mailto:erodriguez@didihirsch.org)

Didi Hirsch is an agency that provides mental health services for children of various ages and diagnosis. We provide mental health services i.e. weekly therapy as well as psychiatric evaluations and medication management as needed for those who qualify. Our team also provides parent support and group treatment options for teens. (Clients must have Medical). Our Child and Family services are located on the 4th floor and our clients range from infants to young adults. We also have an adult services located on the 3rd floor. Our goal is for people to know we are here and available to help. We aim to provide mental health services to those in need and to reduce the stigma that is

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associated with therapy and mental health.

## DISABILITY SUPPORT

- **EMPOWER TECH**

Rickell Lewis 310-338-1597 [rlewis@empowertech.org](mailto:rlewis@empowertech.org)

Empower Tech provides children and adults with physical and developmental disabilities with education and training to lead independent and productive lives using Assistive Technology. Service all persons with disabilities from ages 16 and up. Would like to create an awareness of the options and opportunities for people with disabilities.

## IN-HOME CARE

- **HOMEWATCH CAREGIVERS & FIRST CLASS PLACEMENT**

Allison Beale 310- 956-6682 [allison.seniorcare@gmail.com](mailto:allison.seniorcare@gmail.com)

When you hire a West Los Angeles home care caregiver for yourself or a loved one you want to know that it is safe to have them in your home and also that this will be a positive experience for all parties. Homewatch CareGivers offers non medical home care in West Los Angeles for a variety of conditions and age ranges. We have invested in training caregivers, checking on the backgrounds of our employees, requiring CPR/first aid certification, and we offer you the chance to interview the prospective caregiver in advance. Once a caregiver is in place, they will be part of creating a customized care plan that takes into consideration the unique preferences and interests of the client. This is about quality, not quantity, so we can be there as much or little as needed. We work with all ages since we can help anyone after any type of surgery. I.e: knee, hip, or back surgery.

Our primary demographic is Seniors where we specialize in helping your loved ones age in place. Our caregivers are trained to work with Dementia and Alzheimer clients to help them enjoy daily interaction and loving care throughout their day or night.

I would love the community to know that we are here to help you and your loved ones through any journey that you are going through, be it short term or long term. We hire trained and employ only those with a cleared FBI and fingerprinted record, CPR and First Aid, TB tested and they must pass a personality test. All of these allow us to hire a quality trained Caregiver that we can bring into your home. If your loved one can no longer stay safely at home, we can help them find a new place of residence be it an Assisted Living, Independent Living Community. This is a free service to you and your loved one. We are here to help, please reach out to me and I am happy to help.



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- **CULVER PALMS MEALS ON WHEELS**

310-559-0666 [mowculverpalms@gmail.com](mailto:mowculverpalms@gmail.com)

We deliver affordable hot nutritious meals to persons living at home who are unable to prepare meals due to illness, accident, convalescence or age. Most special dietary needs can be accommodated. We deliver Monday thru Friday between 11:15 am and 12:30 pm.. Extra meals can be ordered for the weekend as needed. We serve Los Angeles County from Pico Blvd. to LAX and from La Cienega to the ocean. Let people know we are there meal program and we are there to help them.

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