



# BCHD VOLUNTEER NEWSLETTER

Vol. 13 Issue 10

October 2020

## Volunteer Spotlight: John Brayton, COVID-19 Test Site Volunteer

*Written by Sue Murray, Volunteer Spotlight Writer*

The current pandemic has sadly resulted in many people being out of work; it can be a tough time financially and mentally. But one inspiring South Bay resident, John Brayton, has taken a positive approach to his current situation by kindly volunteering with BCHD at the COVID-19 testing site.

It was John's love of good, healthy food and exercise that first got him involved with BCHD; volunteering for the Healthy Minds Initiative, a study that observes the impact of healthy lifestyle factors on brain health. John started by attending the initiative's half-day training course and then taking the tablet-based test he would be assisting others with. The test has been designed to assess and track the health and progress of older adults in the community. It looks at their health, diet, lifestyle and fitness over a three-year period. After his first day, John moved on to help with administering the testing program by registering the participants and assisting them with the tablets.



Just a few weeks later, the pandemic hit which paused the in-person tests and drove the need to switch John's support from Healthy Minds to helping out at the BCHD COVID-19 testing site in Redondo.

John's career in software engineering covered a variety of different fields including developing avionics systems and biomedical related systems. His experience in developing software and systems for a portable intensive care unit to save lives of soldiers who were severely injured on the battlefield made John perfectly qualified to help out at the testing site.

Travelling from his home in Gardena, John starts his day at 7:30 to get the testing site ready before it opens at 9. Coming from a background in software engineering, getting the computer equipment ready for the day is a natural fit. As new patients register, John transfers the written questionnaires into the computers to speed up the efficiency of the operation.

As John explains, "When the pandemic shut everything down, I felt the need to get out to meet people and be more involved in helping others. I really enjoy working with everyone on the team and knowing that I am doing something constructive during these difficult times; it's so important for us all to maintain a positive state of mind and volunteering for BCHD has been a great way to do that."

BCHD's Volunteer Services Associate Alejandra Sierra says, "It's always a pleasure to work with John when he is volunteering at the site. He's quick at getting each test ready and making sure each patient's profile is updated with no mistakes."

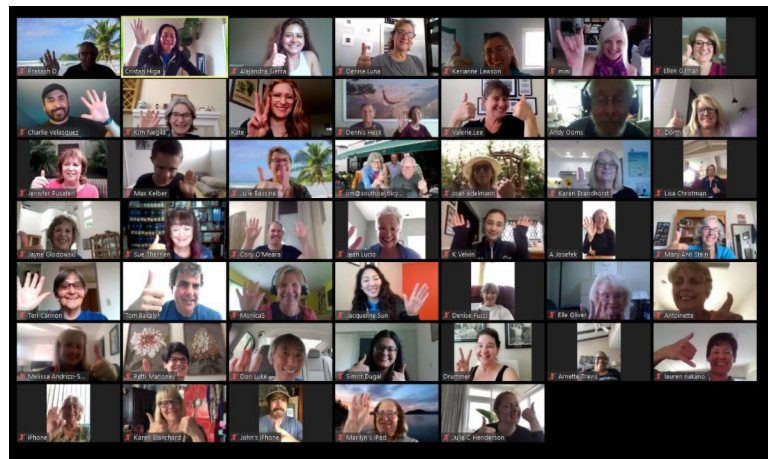
When John's not volunteering for BCHD, he's helping his senior parents down in Orange County who live by themselves and need a lot of additional support. John helps with their shopping, mowing their lawns and trying to keep them as independent as possible. Aside from that, John manages to squeeze in time for exercising on his static bike at his house.

Having spent so much time volunteering, John has plans when COVID-19 becomes a thing of the past. "I still want to look for a potential career in engineering or real estate, but I'll certainly continue volunteering with BCHD," he said.

## BCHD Volunteer Virtual Update

**Wednesday, November 11, 2020 at 3 p.m.**

Join us for a special virtual meeting for all Beach Cities Health District volunteers. In this 60-minute live meeting, volunteers will hear from CEO Tom Bakaly, Volunteer Services staff and, members of our leadership and communications teams. We'll relay an update on COVID-19 as it relates to us in the Beach Cities and our operations at BCHD, volunteering and give some special recognition for retiring volunteers. This meeting will announce the kick-off of a "volunteer challenge" focused on health and wellbeing, connection and activities that demonstrate leading by example during COVID-19. There will be prizes for winning participants, too! You won't want to miss it!



**To Join the Meeting:** <https://zoom.us/j/98967865049?pwd=ZlBhbnYU93ZWZmTG90NW5Bd1dQKytZdz09>

**You can also call in:** +1 669 900 9128

**Meeting ID:** 989 6786 5049

**Password:** LiveWell

\*Meeting will be recorded and available for review if you are unable to attend live.

## Join A Virtual Volunteer Social!

"I'm really enjoying the BCHD Volunteer Social Hour on Zoom each month. Although I was not a Zoom fan, I'm getting used to it and really having fun and getting to better know the other volunteers!"  
- Kim Neglia, Conversation Companion

Take some time to connect with your fellow volunteers during one, two, or all three of our remaining volunteer socials of 2020!



## Halloween Party!

Our Virtual Volunteer Social will be on Thursday, October 29 from 1-2pm. "Come" dressed up in your best Halloween attire! (optional but highly encouraged). We will be sharing a memorable Halloween story, so "bring" anything that reminds you of it for our "show and tell." We will be playing a game of BINGO after! There is room for EVERYONE and NO RSVP is needed!!! Please see below for meeting info:

**To Join the Meeting:** <https://zoom.us/j/91047789393?pwd=a1FWcllOSS9TMFgxSHFSbENsQmJCdz09>

**You can also call in:** +1 669 900 9128

**Meeting ID:** 910 4778 9393

**Passcode:** 297586

### Save the Dates for our remaining 2020 virtual socials:

October 29, 1-2pm

November 19, 1-2pm

December 17, 1-2pm

## How You Can Help: Stay Informed, Stay Safe

Beach Cities Health District continues to publish a regular newsletter, website updates and social media posts to inform the community of the latest news regarding COVID-19 health guidance, testing, closures and recovery. Be a health leader in the community by staying informed and staying safe.

In addition to physical distancing and wearing cloth face coverings when we are around others, **we all still need to take the same precautions that we were taking earlier on in the pandemic** - wash your hands frequently, avoid touching your eyes, nose and mouth with unwashed hands and self-isolate if you are sick. These actions combined are the best defense against COVID-19.

### Featured Opportunity: Volunteer Engagement Assistant

Volunteer Services is seeking an enthusiastic short-term volunteer who enjoys event planning to assist with virtual engagement initiatives through the end of year. This volunteer will do research and assist with planning including event flow, messaging and outreach with Volunteer Services staff. Familiarity with BCHD volunteer programs is a bonus. Commitment: 3 hours weekly with one virtual weekday meeting per week can be flexibly scheduled and done remotely.

### Featured Opportunity: Volunteer Social Facilitation

Looking for 3-5 warm & welcoming volunteers who can lead breakout room group activity facilitation at virtual volunteer socials. Commitment: 1.5 hours monthly on 10/29, 11/19, 12/17 from 12:45-2:15pm.

### Featured Opportunity: Spanish Bilingual Translator

We are looking for volunteers who are proficient in written Spanish to assist the District with translating a variety of documents from English to Spanish. Shift times are flexible and this opportunity is on an as-needed basis.

### Interested in any of these roles?

Current BCHD volunteers may [fill out this form](#) to indicate their interest.

To join our team, fill out an application at [www.bchd.org/volunteer](http://www.bchd.org/volunteer).

[Check this page on our site](#) for other ways to help during COVID-19.

## Volunteer Impact

While many BCHD volunteer roles continue to be on hold for safety reasons, some committees are meeting virtually and others are providing support to isolated and vulnerable residents running errands for essential supplies and delivering meals. We also have volunteers making check-in calls to BCHD clients which increases connection and reduces social isolation from a distance. There are volunteers operating computers and calling people who tested positive for COVID-19 at the Redondo Beach test site as well.

## Volunteer Hours

In 2019, volunteers reported more than 36,000 hours which made a big impact on the individual and collective level. We know that 2020 will not reach that level because of the COVID-19 situation. However, considering the reality of this time, we feel the hours you've given to our programs, these numbers are remarkable and don't even fully capture the support people have given to the community.

### 2020 Volunteer Hours

January	3,015
February	2,503
March	1,196
April	412
May	334
June	1,474
July	783
August	1,008
September	886
TOTAL:	11,611

## Volunteer Anniversaries

Although many of you aren't actively volunteering in your usual roles right now, we are endlessly grateful for your commitment. The many collective years of efforts toward a healthy beach community from our volunteer corps is truly incredible.

### October Anniversaries\*

Betty Raulin, 38  
Claudia Lindwall, 18  
Pat O'Blenes, 13  
Andrea Hughes, 11  
John Cable, 10  
Carolyn Jurk, 10  
Antoinette Phillips, 10  
Amy Myers, 8  
Don Luke, 5  
Laura Cordova, 4  
Jolee Bentley, 3  
Marilyn Crawford, 3  
Carrie Gonzales, 3  
Deanna Lapen, 3

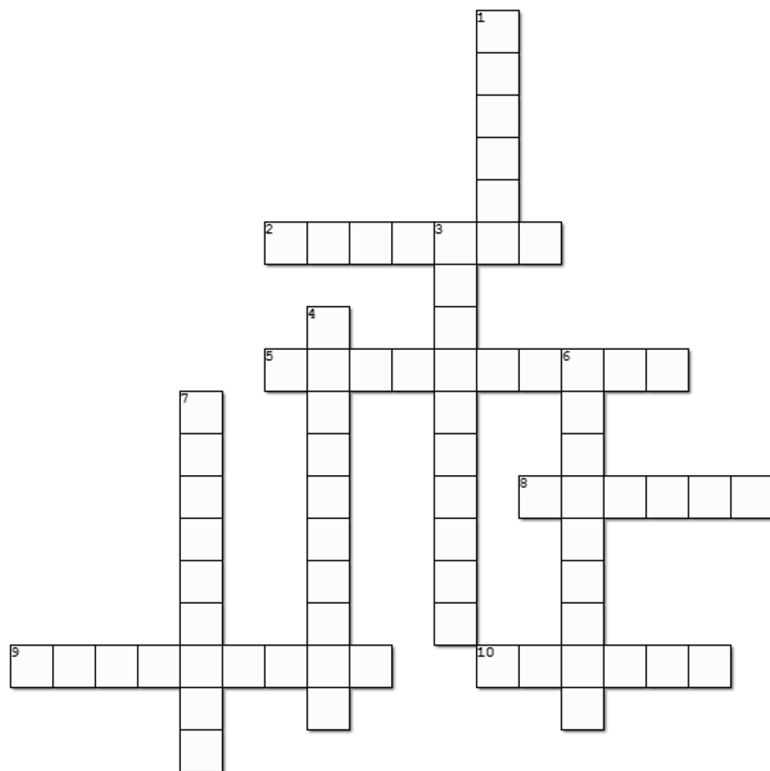
Steve Lapen, 3  
Rachel Lonsdale, 3  
Emma Morrett, 3  
Juan-Carlos Ortiz, 3  
Holly Rebbeck, 3  
Gloria Rezek, 3  
Ken Tang, 3  
Jennifer Westerland  
Richmond, 3  
April Diedrich, 2  
Leslie Kolczak, 2  
Wallace (Moe) Kreag, 2  
Caroline (Carly)  
Lawrence, 2  
Debbie Martin, 2

Cynthia Mendoza, 2  
Decio Rangel, 2  
Megan Schumaker, 2  
Mary Ann Stein, 2  
Dee Gustavson, 1  
Mahnaz (Marcy)  
Hosseinpour, 1  
Paige Lapen, 1  
Kira Makuta, 1  
Michael Merritt, 1  
Deiva Meyyappan, 1  
Seamus O'Meara, 1  
Jon Pelletier, 1  
Jason Proano, 1  
Jennifer Steffen, 1  
Drew Suarez, 1

\* Official years of service in BCHD system.

## Just For Fun: Fall Puzzle Time!

Enjoy some down time solving this super fun crossword puzzle using the clues below.



### Down

1. Part of a plant
3. High quality
4. Empathy in action
6. Moral uprightness
7. October 31st

### Across

2. Gathering of Crops
5. Relation between things
8. Freedom from illness
9. Cornfield Guardian
10. A Season of the Year

### September Crossword Answer Key

D S X M M A T V C K H Y A T Z  
M Y E T A N L G H N A P J W Y  
C W L P E Z Q O I T P X L K P  
R X D D T H K O L Z P N L I X  
D Q U H R E H E L P I N G M B  
H T I S E E M S Y N N D R R U  
S C O G N I E B L L E W S C R  
U R B S Q M W T E E S E O S F  
W B Q W C T R T G R S M C D L  
U E G B A Y B E W A M Y L N W  
T L F E D U Z H U O L E E F  
A P G C N L K Q N C C V I I B  
N X I T O U G I X D A O N R R  
M S R W E M T Z X G Y E E F  
J H G Z T Y E Q Z U S D T P Q

## Virtual Events Opportunities

### **Virtual Happiness Chats**

Support your well-being with casual discussions focused on connection and resilience. Attend one or all chats!

**Tuesdays, 12:30 - 1:30 p.m.**

### **Virtual Social Hour**

Join Blue Zones Project for a virtual “Social Hour.” Enjoy good company and practice some of BZP’s Power 9 Principles of Longevity, including Down Shift and Right Tribe. Our special guest will be Natural World Market & Cafe. Relax, bring your healthy bites and connect with your community!

**Tuesday, October 13, 4 p.m.**

### **Virtual BCHD Board of Directors Meeting**

Wednesday, October 28, 6:30 p.m.

### **Virtual Safe in the South Bay Series: LiveWell during COVID-19**

Beach Cities Health District’s Safe in the South Bay Series is bringing health experts, cities, chambers, schools and community members together around this fast-moving pandemic. The live-streamed series will cover a variety of COVID-19 topics, including testing, navigating the new normal, mental health and personal resilience.

Monday, October 19, 5 - 6 p.m.