



Roadmap to Economic Recovery



Dear Friends,

All of us are eager to go back to our favorite local businesses, reunite with friends

Angeles County with the tools we need to reach these goals. Our Board of Supervisors passed a Roadmap to Economic Recovery this week that will get people back to work and support local businesses.

We're starting an Economic Resiliency Task Force, which will garner input from businesses, labor partners, L.A. County department heads, and city leaders. I have heard heart-wrenching stories from people who are struggling to put food on the table, so we need to set our sights on recovery. We are creating a permanent non-profit L.A. County fund to provide economic security for jobseekers and small businesses. I'm also eager to implement our Los Angeles County Works initiative, which will enable us to advance workforce development efforts. Our community members know their own needs best, so I invite you to share your innovative ideas as we look for more streamlined, cost-efficient ways to work.

These efforts are critical to rebuild our communities. I know we will soon be able to reopen L.A. County to revitalize the local economy, ensure good-paying jobs for residents, and reconnect our community members.

Best wishes,

A handwritten signature in black ink that reads "Kathryn". The signature is fluid and cursive, with a large initial 'K' and a long, sweeping underline.

Kathryn Barger

Supervisor, Fifth District

Chair, Board of Supervisors

Mental Health Month

Mindfulness for your everyday life

Stress less. Move more. Sleep soundly.

Try for free



Learn a mindful approach

Explore guided exercises, videos, and more to help you get healthier and happier.



Headspace loves science

Just 10 days of Headspace can increase happiness by 16%.



Join over 60 million

Connect with friends and over 60 million people benefiting from mindfulness.

May is Mental Health Awareness Month! The Headspace app is here to help L.A. County residents cope with anxiety, decrease stress, sleep better, and navigate change. There's even a section made specifically for soaking up the sun while you're walking around your neighborhood. This incredible free resource is courtesy of the Los Angeles County Department of Mental Health and will meet your individual needs.

[Get into a good headspace.](#)

Helping Hands



Talk about a team effort! A group of volunteers who usually donate their talents to the Granada Hills Charter High School Robotics Team gathered at the North Valley Family YMCA gym to make 3D-printed shields for local hospitals and medical facilities. The volunteers from combineLA, with a network of nearly 100 people, are making parts for 1,000 face shields per day. Because the team is donating their time and expertise, each shield costs less than \$2. They are currently looking to expand their network and pursue a new design that will allow them to make 10,000 shields a day!

[Visit their site to volunteer, sponsor, or request resources](#)

Superheroes



Last weekend, Crime Survivors hosted a virtual Superhero 5K and sent along some shirts and medals so Team Kathryn could show our support. Their organization continues to share messages of hope and healing, which truly makes all their advocates heroes in our community.

[Connect with Crime Survivors and be a hero.](#)

Care for Children



We have to invest in a future where youth are safe, cared for, and loved. Since children have been home from school, calls to the Child Protection Hotline have declined by more than 50 percent, likely because the mandated reporters we normally rely on to report abuse or neglect don't have their eye on students. Please speak up if you know a child is in danger by calling 800-540-4000.

[Watch this heartfelt video to learn more.](#)

L.A. County Counts



**YOU CAN FILL OUT
YOUR CENSUS FORM
WITHOUT
LEAVING YOUR HOME:
ONLINE, BY MAIL,
OR BY PHONE!**



Have you filled out the census yet? It takes less than 10 minutes and results in 10 years of funding for schools, health care services, meal programs, and more! So far, half of L.A. County residents have finished the 2020 census. It's mandatory, so please complete it today!

[Make your community count.](#)

Showing Support



I love seeing our first responders and businesses showing each other kindness! In the Antelope Valley, the team at the local Target brought a basket of goodies to deputies at our [Palmdale Station](#) to thank them for their hard work. Our [Santa Clarita Valley](#) deputies stayed cool this week by picking up some popsicles to support Cunchy's Fruit, a family-owned shop in Canyon Country. I'm inspired by the connection between our community members and our Sheriff's Department!

Community Chat

You can still be
together
from a distance



covid19.lacounty.gov

#SaferAtHome

Let's get social! I joined the San Gabriel Valley Council of Governments, Supervisor Hilda Solis, some cities, and other local agencies for a Twitter chat this week to share about engagement with our communities in the midst of the pandemic. In case you missed it, you can catch up by checking out #EngageSGV.

[Get connected.](#)

In the News



During our daily press briefings, we've been so thankful for the talented ASL interpreters who keep the deaf community informed about the latest information. Rorri Burton, one of the incredible interpreters here in L.A. County, was featured in the New York Times this week! She shared about the whirlwind of being in the limelight during the pandemic, gave insight about her background, and highlighted the importance of diversity and representation.

[Read the story here.](#)

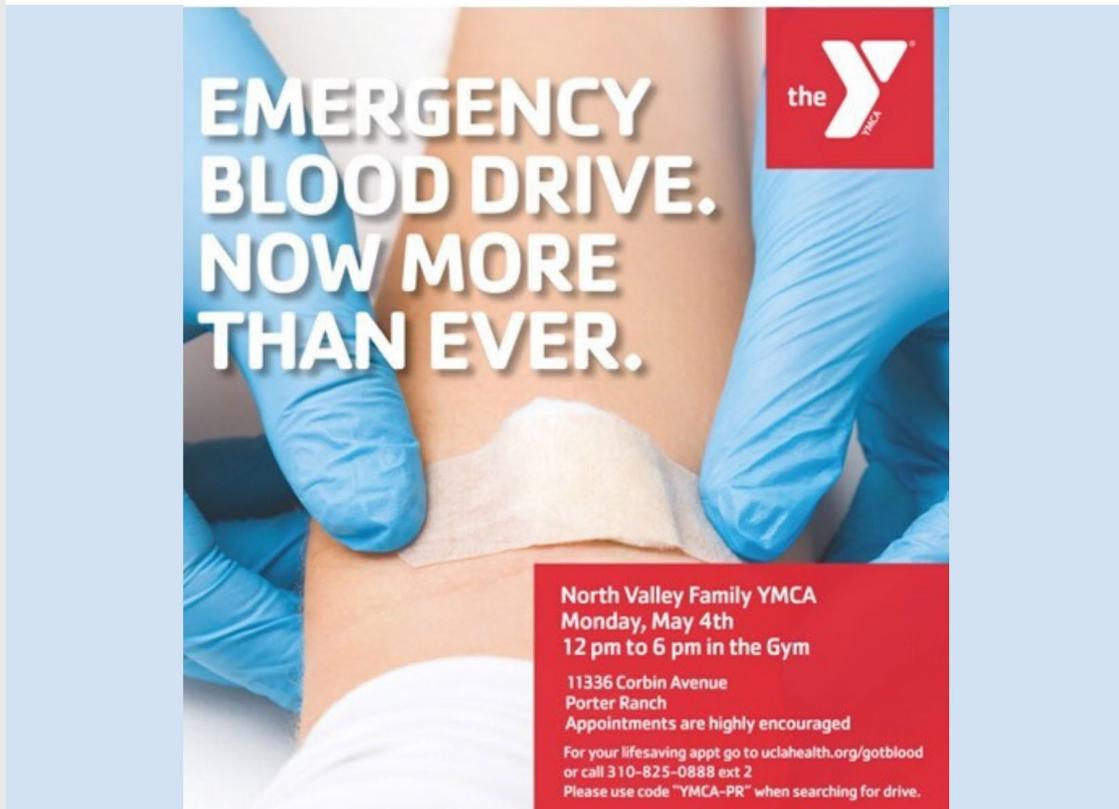
Telemedicine



Our L.A. County Fire Department expanded their Telemedicine program to provide resources for those in need from the comfort of their own home. When a paramedic arrives at the scene of a 9-1-1 call and determines the patient doesn't need to go to the emergency room but still requires a medical evaluation, they set up a video call with a nurse practitioner who can make an assessment and proceed to call in a prescription, make a referral, or schedule a doctor's appointment. The unit serves all 22 battalions every day of the week, and we are so grateful for their incredible work!

What's this all about?

Give Blood



**EMERGENCY
BLOOD DRIVE.
NOW MORE
THAN EVER.**

the Y
YMCA

North Valley Family YMCA
Monday, May 4th
12 pm to 6 pm in the Gym

11336 Corbin Avenue
Porter Ranch
Appointments are highly encouraged

For your lifesaving appt go to uclahealth.org/gotblood
or call 310-825-0888 ext 2
Please use code "YMCA-PR" when searching for drive.

Give blood and give life! There's a dire need for donors, and it's completely safe to donate if you're healthy. Sign up for the blood drive at the North Valley YMCA on Monday or find another location near you and make an appointment.

[Donate in Porter Ranch.](#)

[Find another location.](#)

School Tools



WESTERN JUSTICE CENTER

WEBINAR SERIES

COMFORT WITH CONFLICT:
HOW TO EMBRACE
SELF-AWARENESS

What's your comfort level with conflict?

Join us for a deep dive into tools you can use as a teacher or parent to help kids strengthen their self-awareness, manage their emotions, recognize bias, and become conflict-adept.

Guest Speaker: Tools for Peace - mindfulness experts.



REGISTER NOW
westernjustice.org/webinarseries

Tune into the Western Justice Center's School Tools series! It's perfect for principals, teachers, and parents who want to equip youth in their life with the skills they need to handle conflict well in the classroom and at home. The webinar is available at 2 p.m. on Wednesday May 6, Thursday May 7, and Friday May 15.

[Sign up to get schooled.](#)

World Trade

LOS ANGELES AREA
CHAMBER OF COMMERCE



CELEBRATE A MONTH OF WORLD TRADE IN MAY!

YOU CAN STILL PARTICIPATE IN THE INCREDIBLE LINE UP OF WORLD TRADE WEEK EVENTS DURING THE MONTH OF MAY

Although we have decided to reschedule the 94th Annual World Trade Week Southern California Breakfast to Sept. 22, 2020 we do look forward to celebrating World Trade Week the entire month of May. Given the current health concerns due to COVID-19, many organizations have made certain adjustments to their World Trade Week programs and events to ensure a healthy and safe community.

Take a look at what's planned during the month of May!

We wouldn't *trade* this annual tradition for anything! Check out an entire month of great content in celebration of world trade. Watch webinars on a variety of topics, including the "Supply Chain and COVID-19" and "Pandemic, Populism, and Power."

Tune in for a world of information.



Downtown:

500 W. Temple St. #869
Los Angeles, CA 90012
(213) 974-5555

Antelope Valley:

42455 10th Street West, Suite 104
Lancaster, CA 93534
(661) 726-3600

East San Gabriel Valley:

615 E. Foothill Bl. Suite A
San Dimas, CA 91773
(909) 394-2264

Santa Clarita Valley:

27441 Tourney Rd. Suite 180
Santa Clarita, CA 91355
(661) 287-3657

San Gabriel Valley:

215 N. Marengo Ave. Suite 120
Pasadena, CA 91101
(626) 356-5407

San Fernando Valley:

21943 Plummer St.
Chatsworth, CA
(818) 993-5170

