

# A Need for Nurses



Dear Friends,

As COVID cases rise and our hospitals continue to be overwhelmed, we must support our frontline workers so they can continue to save lives. They have worked extended hours, shortened or missed vacation days, and stretched their staff-to-patient ratios far beyond what they should have to bear. This week, [I wrote a letter to Governor Newsom](#) in support of SEIU 721's request for additional nursing staff in Los Angeles County. To meet this growing need and to ease the burden on our heroes, we've asked for registered nurses, licensed vocational nurses, and respiratory care practitioners from the Army National Guard to lend a hand.

Hospital workers are among the most vulnerable to contract the virus and are at risk of spreading it to their patients, family members, and neighbors. And, as we roll out the vaccine, these same healthcare workers are tasked with its distribution. I have worked with Los Angeles County healthcare workers for more than 30 years, and this is the most stretched I have ever seen our system. Meanwhile, I have never been so grateful for, and inspired by, their dedication and sacrifice.

[In a recent interview](#), one doctor from an L.A. County hospital said, "When I'm treating a COVID patient, it's a mix of emotions. You feel like you are doing the work you signed up for and taking care of patients. It's scary, to be honest. You're putting yourself in a risky situation... People are dying from this every day. I wish people would take it seriously."

With the new year underway, let's renew our commitment to protect our families and honor our healthcare workers. In 2021, remember the precautions we need to take to prevent the spread as we work toward recovery. We thank our healthcare workers for their bravery and service, we hope help is on the way, and we commit to do our part.

Best wishes,

A handwritten signature in black ink that reads "Kathryn". The signature is written in a cursive, flowing style.

Kathryn Barger  
Supervisor, Fifth District

# Restoring Power



My motion to mitigate Southern California Edison's power shutoffs passed unanimously at our Board of Supervisors meeting on Tuesday. We are reaching out to the California Public Utilities Commission, the Los Angeles Delegation, and the governor to address these issues while continuing to collaborate with Edison to lessen impacts on our communities.

Let's ensure power to the people.

# Vaccine Updates



Want to know more about the vaccine? We have a comprehensive list of answers to frequently asked questions, along with a timeline of when certain groups will begin to receive the vaccine in the months to come. For regular updates, sign up for the special vaccine newsletter at the same site.

[Don't hesitate, vaccinate.](#)

# PPE Giveaway



Need personal protective equipment? PPE Unite has got you covered. Schedule a free pickup in the Antelope Valley at their event on Saturday between 11 a.m. and 4 p.m. or find another location in your community.

[Pick up your PPE.](#)

# New Testing Sites



- 1 COUGH IN YOUR ARM 3 TIMES
- 2 SWAB VIGOROUSLY FOR 20 SECONDS
- 3 PLACE SWAB IN THE TUBE, THEN CLOSE THE TUBE
- 4 PUT TUBE IN THE BAG AND DROP IN THE BIN

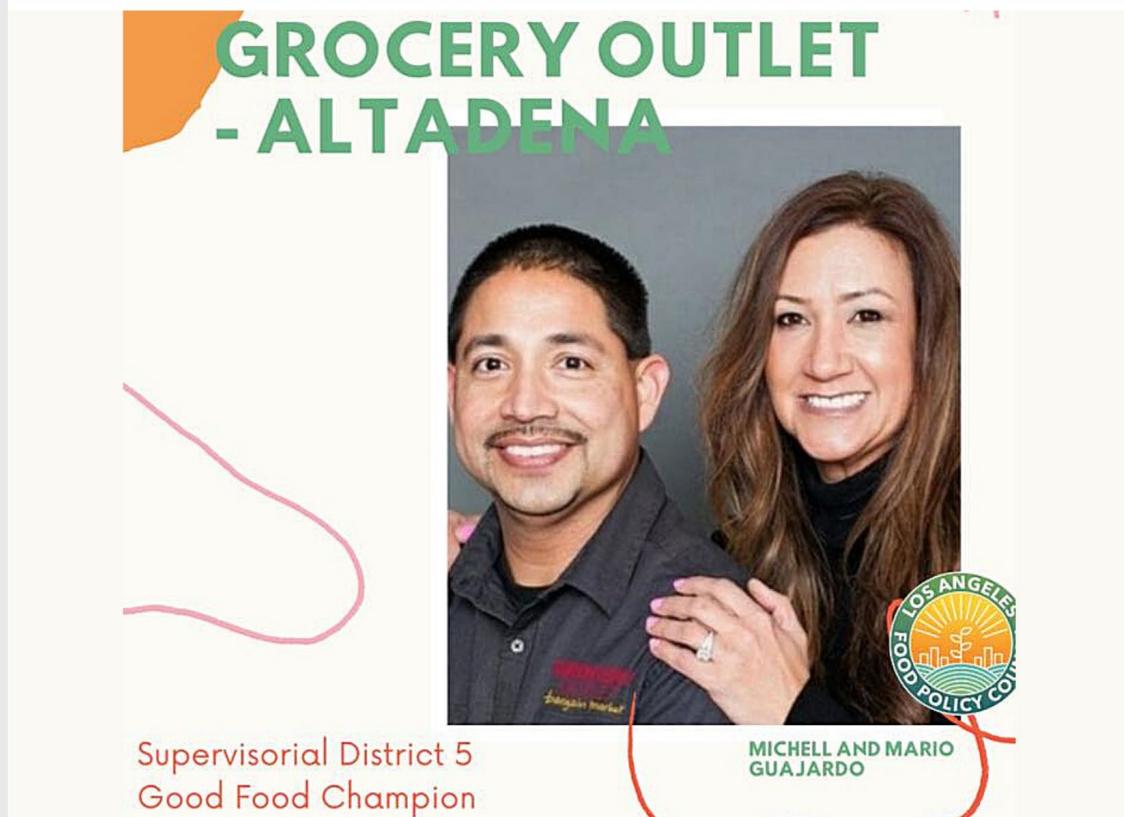
**STAY SAFE**

To make testing accessible to all our communities, we have added several new sites in the Antelope Valley. The Wilsona School District has testing on Wednesdays, Paving the Way Foundation has testing on Fridays, and the Antelope Valley Fairgrounds has testing on Mondays, Wednesdays, and Saturdays. There are many more testing sites available in North County, and in all of our communities across the Fifth District, to make testing convenient for you. Additionally, the at-home testing option enables you to send your test in the mail through Jan. 15.

[Find a location.](#)

[Order an at-home test.](#)

# Good Food Winner



Congratulations to our friends at Grocery Outlet Altadena for their well-deserved honor as Los Angeles Food Policy Council's 5th District Good Food Champion. Owners Michell and Mario always offer a helping hand to community members in need. Their mission, "touching lives for the better," is evident through their annual Independence from Hunger campaign, which raised more than \$23,000 last year. They also donated wonderful snacks for our backpack giveaway for local youth at the beginning of the school year.

[Join the good food movement.](#)

# Mental Health Care



In 2021, one of the greatest gifts you can give yourself is caring for your mental health. Take a look at the Los Angeles County Department of Mental Health's list of resources tailor-made for our community members experiencing stress, worry, anxiety, or depression. Even if you just want someone to talk to, there are resources for people at every level of need.

Prioritize your mental health.

# New Year, New Class



*Register now!*

## WINTER CLASSES

Virtual Classes for all ages  
begin January 11

Find a class and register online at:  
[parks.lacounty.gov/winter20](https://parks.lacounty.gov/winter20)

#LearnSomethingNew at #LACOUNTYPARKS  
@parks.lacounty.gov @LACountyParks

Was your New Year's resolution to take up a new hobby or hone a new skill? When you take a class, you can learn a language, pick up an instrument, get creative with arts and crafts, or have a great workout. The Department of Parks and Recreation's winter session begins Jan. 11 with classes available for all ages.

[Join a class.](#)

# Animal Activities

 PASADENA HUMANE  
**kids for animals**  

**Wildlife in Watercolor** (FREE)  
Tuesday, Jan. 5,  
3:30-4:15pm 

**After School Story Time** (FREE)  
Tuesday, Jan. 12,  
3:30-4pm 

**Animal Adventurers Workshop** (\$25)  
Sunday, Jan. 24,  
12:00-1:00pm 

**KFA Club** (\$100)  
Wednesdays,  
Jan. 13 – Feb. 17,  
3:30 – 4:15pm 

**Virtual Scouts** (\$125)  
Alternating Sundays, beginning Jan. 10,  
10:00-11:00am, *Pasadena and surrounding areas only* 

Looking for the purrfect resources for your animal-loving child? Pasadena Humane has a host of activities they'll remember forever. Whether they want to practice their art skills, hear a story, create a craft while doing trivia, learn about animal care, or tangibly help animals while earning a scout patch, all these incredible events are available online.

[Participate with Pasadena Humane.](#)

# Tossing Your Tree



As we wind down from the holidays, it's time to take down your tree. Plan to recycle it through next week with specific guidelines for your neighborhood.

[Take out the tree.](#)

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**Downtown:**

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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 120  
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 91311  
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