

# Navigator

The **Bazzeni Wellness Center** Community Newsletter

May 2022

## May is Mental Health Awareness Month

### *WHY WE LOVE MENTAL HEALTH AWARENESS MONTH*

#### **1. It's a celebration of mental health**

The only way to enjoy life to the fullest and experience all its wonders is if we take care of ourselves, mentally and physically. Don't shy away from talking about what's plaguing you because it might not be your fault, no matter how much society tells you otherwise.

#### **2. It's a celebration of changing attitudes**

We have come a long way from the times when mental patients were treated as outcasts, not only by their loved ones but also by medical professionals. Times have started changing and more and more people are changing their outlook on mental illnesses. However, we still have a long way to go.

#### **3. It's a celebration of humans**

We humans are a set of meticulously-put-together details. Our minds (and bodies) work in harmony to bring us amazing feats in technology, science, humanities, literature, etc. Our mental power, therefore, needs to be taken care of for a better tomorrow for the coming generations.

#### **What are some mental health helpline numbers?**

You can call 1-800-273-TALK (8255) or text 'MHA' to 741741

<https://mhanational.org/get-involved/contact-us>



## Older American Month

**After a meeting with the National Council of Senior Citizens, President John F. Kennedy encouraged all Americans to pay tribute to older people across the country by designating May 1963 as Senior Citizens Month.**

Every president since has issued a formal proclamation during or before the month of May in support of older Americans. In 1980, President Jimmy Carter issued a proclamation changing the name of this observance to Older Americans Month. This month continues to be a time to celebrate the age 65 and older population through ceremonies, events and public recognition. <sup>1</sup>

Every May, the Administration for Community Living (ACL) leads the nations Observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

**Dignity Health will also be celebrating Older American month in-person at The Salvation Army.**

**Not only is May for older Americans but it is also Stroke Awareness Month and we will be performing free health checks and carotid/thyroid screenings.**

<sup>1</sup> <https://www.census.gov/newsroom/facts-for-features/2017/cb17-ff08.html>

<sup>2</sup> <https://acl.gov/oam/2022/older-americans-month-2022>



# Workshops, Events, and More!

## In-Person Events:

Both events taking place at the Salvation Army  
3000 Long Beach Blvd, Long Beach, CA 90807

### **Grandmother and Mother's Day Tea**

**When:** Wednesday, May 4, 10am-11:30am

### **Older Americans Stroke Awareness**

**When:** Tuesday, May 31, 11am-2pm

### **RSVP Required, call or email.**

Salvation Army: 562-247-3539 or email:  
LBSenior.Center@usw.salvationarmy.org

### **Fall Prevention Workshop**

**When:** Monday, May 9, 10-11am

**Where:** Weingart Senior Center  
5220 Olivia Ave., Lakewood, CA 90712

### **Stress Management Workshop**

**When:** Wednesday, May 11, 10-11am

**Where:** Paramount Senior Center  
14400 Paramount Blvd., Paramount, CA 90723

### **6-week Diabetes Workshop:**

**When:** 6 Wednesdays, starting June 1 – July 6

**Time:** 10am-12pm

**Where:** John Parr Health Enhancement Center  
1055 Linden Ave., Long Beach, CA 90813

## Events on Zoom (Virtual):

### **Golden Hour with SCAN Health Plan**

*No Reservation Required*

**When:** Tuesday, May 3, 2pm-3pm

**Where:** Zoom

ID: 3504333027

**Passcode:** 987456

Phone: (US) +1 602-753-0140

### **Golden Hour with SCAN Health Plan**

*No Reservation Required*

**When:** Wednesday, May 25, 2pm-3pm

**Where:** Zoom

ID: 3504333027

**Passcode:** 987456

Phone: (US) +1 602-753-0140

### **Better Breather Clubs**

Support group meets monthly. Learn better ways to cope with lung disease. To register please call, 562-491-9931. Group meets via Zoom.

ID: 952 6451 4515

**Passcode:** 482145

**Next Support Group:** Tuesday, May 31, 10am-11am



# Dignity Health®

St. Mary Medical Center

1050 Linden Avenue  
Long Beach, CA 90813

**RETURN SERVICE REQUESTED**

May 2022

## Bazzeni Wellness Center

**Office is currently Closed**

1027 Linden Avenue, Long Beach  
Office Line: 562-491-9811

**"NEW WAY TO CONTACT US":**

StMaryCommunityHealth@dignityhealth.org

## STAFF

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If you would like to receive this newsletter directly at home, please contact the **Bazzeni Wellness Center at 562.491.9811.**

Si le gustaria recibir este foyeto en español porfavor llame al 562.491.9187.

## Did you know?

You can stay in touch and up-to-date by following us on social media.



@DignityHealthSoCal



@DignityHealthSC



@DignityHealthSouthernCalifornia



@StMaryMedicalCenter

When you see a QR code in the magazine, scan it with your personal smart device to watch the associated video.



## Maternity Tours

In-person maternity tours are back at St. Mary Medical Center.

To schedule please call 562-491-9109.

Visit our website to take a virtual tour.

<https://www.dignityhealth.org/socal/locations/stmarymedical/services/maternal-child-health>

