

From: County of Los Angeles <lacounty@subscriptions.lacounty.gov>
Sent: Thursday, October 30, 2025 11:28 AM
To: Angie Barboza
Subject: SPA 8 NOVEMBER NEWSLETTER: TEST

SPA 8 Regional Health Office LA County DPH Monthly Newsletter

November 2025

[Lea este boletín en Español](#)

November is Diabetes Month

Nationwide, over 38 million people have diabetes and nearly 98 million have prediabetes. During November each year, we take time to raise awareness about diabetes, its prevention, and its management.

Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer. But there's also good news: Taking charge of your health may help you prevent diabetes health problems.

Tips to get started:

- **Know your risk for developing diabetes.**
 - You are more likely to develop type 2 diabetes if you are overweight or obese, are not physically active, have pre diabetes, or have a family history of diabetes.
- **Manage your blood sugar, blood pressure, and cholesterol levels.**
 - Preventing diabetes or managing diabetes as soon as possible after diagnosis may help prevent diabetes health problems. You can start by managing your blood sugar, blood pressure, and cholesterol levels. Ask your doctor what your goals should be .
- **Take small steps towards healthier habits.**
 - Lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you prevent diabetes or manage diabetes.
- **Take your medication.**
 - Remember to take your medicines even if you feel healthy. Talk with your doctor or pharmacist if you have trouble taking your medicines on time or at the correct dose.
- **Work with your healthcare team.**
 - Managing diabetes takes a team. Your health-care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator. Ask your primary care provider if you should talk with other health-care professionals about preventing or managing diabetes.



For more information on diabetes from LA County Department of Public Health, please visit our website: <http://publichealth.lacounty.gov/diabetes/>.

To request an education workshop on diabetes, or other related topic, please fill out the SPA 8 Community Request Form:

November Observances

Alzheimer's Disease Awareness Month

Alzheimer's disease is a progressive, deadly brain disease for which there is no cure, and is not a normal part of healthy aging. It's important to monitor yourself and your loved ones for any signs of mild cognitive impairment (MCI), which can precede Alzheimer's and other forms of dementia.



Symptoms of Alzheimer's Disease:

- Memory loss
- Poor judgement leading to poor decisions
- Taking longer to complete normal daily tasks
- Wandering and getting lost
- Losing or misplacing things
- Mood and personality changes
- Difficulty with language
- Increased anxiety or aggression

Getting checked by your health care provider can help determine if the symptoms you are experiencing are related to Alzheimer's disease or MCI.

For more information on LA County initiatives on Alzheimer's such as "Healthy Brain LA" and more, please visit here: <http://publichealth.lacounty.gov/healthybrainla/>.



Lung Cancer Awareness Month

Lung cancer is the most common cause of cancer death in the United States for both men and women. Smoking is the most common cause of lung cancer in the United States. Other risk factors for lung cancer include being exposed to secondhand smoke; having a family history of lung cancer; being treated with radiation therapy to the breast or chest; exposure to asbestos, chromium, nickel, arsenic, soot, or tar in the workplace; and exposure to radon. When smoking is combined with other risk factors, the risk of lung cancer increases.

If you have any of the risk factors listed above, please reach out to your medical provider for a lung cancer screening. For assistance finding a lung cancer screening or any other screening you need, please visit here: <http://publichealth.lacounty.gov/hccp/preventive.htm>.

National Family Caregiver Month

November is a time to recognize and honor family caregivers across the country.

Celebrating Family Caregivers during National Family Caregivers Month enables all of us to:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification



- Increase support for family caregivers
- Reduce feelings of isolation

Please see the resources for caregivers below:

- [SSI Eligibility for Parents Caregivers \(3 minutes, 52 seconds\)](#) - video which provides parents and caregivers with a basic understanding of the Social Security Administration's eligibility requirements for children under the Supplemental Security Income (SSI) program.
- [Caregiver Resource Centers](#) - offers help throughout the state to serve thousands of families and caregivers of those with Alzheimer's disease, stroke, Parkinson's disease and other disorders.
- [Administration on Aging National Family Caregiver Support](#) - web resources for elders, caregivers, professionals and providers.
- [National Respite Locator Service](#) - helps parents, caregivers, and professionals find respite services in their state and local area to match their specific needs.

SPA 8 Resources and Upcoming Events

Curtis Tucker Center for Community Wellness



Free produce distribution will be held on the second and fourth Thursday of the month at the Curtis Tucker Center for Community Wellness (CCW), starting at 10:00 a.m.

Due to the Holidays December will have different dates. Please see the flyer below:



FREE PRODUCE DISTRIBUTION

No eligibility required, no paperwork,
or ID required.

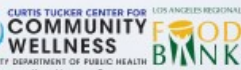
Curtis Tucker Center for Community Wellness

123 W. Manchester Blvd.
Inglewood, 90301

September 11, 2025	November 13, 2025
September 25, 2025	November 20, 2025
October 9, 2025	December 11, 2025
October 23, 2025	December 18, 2025

10:00 AM - 12:00 PM

or until supplies last
Please bring a reusable bag



Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CalFreshHealthyLiving.org for healthy tips.

Community Wellness Center Schedule

MON	TUE	WED	THU	FRI	SAT
					9:00am – 10:30am CardioSole Beginners Line Dancing (IP) 11:00am – 1:00pm Los Angeles Birth Doula: Planning [4] 2 Virtual Workshop (V) 1:30pm – 2:30pm Help Me Grow: Los Angeles Parent Cafe (IP) To register: https://tinyurl.com/HMGPParentCaf
10:00am – 10:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 2:30pm – 5:00pm African Communities Public Health Coalition: Immigration Office Hours (V) To register: https://tinyurl.com/ACPHCOH 6:00pm – 7:00pm Depression and Anxiety (V) Join by Phone: (323) 776-6996 Passcode: 867 235 2048	9:00am – 11:00am CardioSole Intermediate Advanced Line Dancing (IP) 12:30pm – 2:30pm Ticket Relief Court (IP) 1:00pm – 2:00pm Responding to an Overdose with Naloxone (V) Join by Phone: (323) 776-6996 Passcode: 362 863 4588 5:45pm – 7:15pm CardioSole Beginners Line Dancing (IP)	9:00am – 9:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 11:00am – 12:00pm Nurse's Health Hub Series: Festive & Food Safe - Preventing Salmonella This Holiday Season (IP) To register: https://forms.office.com/g/MT4MMvw1f 1:30pm – 3:00pm Food Smarts for Adults: November Health and Wellness (IP) 5:00pm – 6:00pm Rock the Mic: Community Karaoke Hour (IP)	9:00am – 11:30am African Communities Public Health Coalition: Immigration Office Hours (V) To register: https://tinyurl.com/ACPHCOH 10:00am – 11:00am Walking Club (Spanish/V) Join by Phone: (669) 444-9171 Meeting ID: 884 1504 87468 Passcode: 0022658 11:30am – 1:00pm CardioSole Beginners Line Dancing (IP) 2:30pm – 3:30pm Food Smart for Adults Series (IP)	8:00am – 9:30am Live Unstoppable: Walk/Run Please Meet Outside the Wellness Center (IP) 9:00am – 10:30am CardioSole Beginners Line Dancing (IP) 1:00pm – 2:00pm Gardening Workshop: Introduction to Gardening, Basic 101 (IP)	
10:00am – 10:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 2:30pm – 5:00pm African Communities Public Health Coalition: Immigration Office Hours (V) To register: https://tinyurl.com/ACPHCOH 6:00pm – 7:00pm Older Adult: Elder Financial Exploitation (V) Join by Phone: (323) 776-6996 Passcode: 867 235 2048	Center Closed In Observance of Veterans Day HAPPY Veterans DAY	9:00am – 9:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 10:00am – 11:15am Grief and Loss (Spanish/V) Join by Phone: (323) 776-6996 Passcode: 867 207 6328 11:00am – 12:00pm Nurse's Health Hub Series: Stay Safe This Season: Your Guide to Winter Viruses (IP) To register: https://forms.office.com/g/MT4MMvw1f 5:00pm – 6:00pm Rock the Mic: Community Karaoke Hour (IP)	10:00am – 12:00pm Free Produce Distribution Event (IP) Walk-up only, first-come first- served, while supplies last 3:00pm – 4:00pm Yoga Class (IP) To register: https://forms.gle/MkVShabMOwac3Z7	9:00am – 11:30am African Communities Public Health Coalition: Immigration Office Hours (V) To register: https://tinyurl.com/ACPHCOH 10:00am – 11:00am Walking Club (Spanish/V) Join by Phone: (669) 444-9171 Meeting ID: 884 1504 87468 Passcode: 0022658 11:30am – 1:00pm CardioSole Beginners Line Dancing (IP) 2:30pm – 4:00pm Poetry Class: The Pit of the Peach (IP)	9:00am – 10:30am CardioSole Beginners Line Dancing (IP) 1:15pm – 2:15pm NextGen Scholar Workshop: Education Tools to Save Time & Money (IP)

(IP) - In Person (V) - Virtual, Click Title to Join

MON	TUE	WED	THU	FRI	SAT
17 10:00am – 10:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 1:00pm – 2:00pm Gardening Workshop: Fall Season Seeding (IP) 2:30pm – 3:00pm African Communities Public Health Coalition: Immigration Office Hours (V) To register: https://tinyurl.com/ACPHCOH 6:00pm – 7:00pm Discover Your Passion (V) Join by Phone: (323) 776-6996 Passcode: 867 235 2044	18 9:00am – 11:00am CardioSole Intermediate Advanced Line Dancing (IP) 1:00pm – 2:00pm Responding to an Overdose with Naloxone (IP) 1:00pm – 2:00pm Responding to an Overdose with Naloxone (V) Join by Phone: (323) 776-6996 Passcode: 362 863 4094 5:45pm – 7:15pm CardioSole Beginners Line Dancing (IP)	19 9:00am – 10:30am Los Angeles Education Partnership: Nutrition Workshop for Parents (IP) 10:00am – 11:15am Holiday Blues (Spanish/V) Join by Phone: (323) 776-6996 Passcode: 867 207 6328 6:00pm – 7:00pm Unstoppable: Mental Health Workshop (IP)	20 10:00am – 12:00pm Free Produce Distribution Event (IP) Walk-up only, first-come first-served, while supplies last 1:00pm – 2:00pm Holiday Blues (V) Join by Phone: (323) 776-6996 Passcode: 825 810 0458 3:00pm – 4:00pm Yoga Class (IP) To register: https://forms.gle/MkYRhsabMOWar5aZ7	21 9:00am – 11:30am African Communities Public Health Coalition: Immigration Office Hours (V) To register: https://tinyurl.com/ACPHCOH 10:00am – 11:00am Walking Club (Spanish/V) Join by Phone: (669) 444-9171 Meeting ID: 884 1524 8746# Passcode: 002285# 11:30am – 1:00pm CardioSole Beginners Line Dancing (IP) 2:30pm – 3:30pm Food Smart for Adults Series (IP)	22 9:00am – 10:30am CardioSole Beginners Line Dancing (IP) 1:00pm – 2:30pm Think Tank: Communication Workshop (IP)
24 10:00am – 10:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 2:30pm – 3:00pm African Communities Public Health Coalition: Immigration Office Hours (V) To register: https://tinyurl.com/ACPHCOH 6:00pm – 7:00pm Holiday Blues (V) Join by Phone: (323) 776-6996 Passcode: 867 235 2044	25 9:00am – 11:00am CardioSole Intermediate Advanced Line Dancing (IP) 1:00pm – 2:00pm Methamphetamine 101 (V) Join by Phone: (323) 776-6996 Passcode: 913 437 638 1:00pm – 2:30pm Poetry Class: The Pit of the Peach (IP) 5:45pm – 7:15pm AD4L Soul Line Dancing (IP)	26 9:00am – 9:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 10:00am – 11:15am Social Isolation (Spanish/V) Join by Phone: (323) 776-6996 Passcode: 867 207 6328 1:30pm – 3:00pm Food Smarts for Adults: November Health and Wellness (IP)	27 28 29 Closed in Observance of Thanksgiving Holiday 		

To register for the program, please contact the instructor:

AD4L Soul Line Dancing | Stacy: (323) 804-0918

CardioSole Line Dancing | Donetta: (323) 445-4491

Think Tank: Communication Workshop | Irene: streetmeetcompany@gmail.com

Recognizing and Responding to an Opioid Overdose with Naloxone | Krystal: kmousseau@ph.lacounty.gov



123 W. Manchester Blvd.
Inglewood, CA 90301
<https://publichealth.lacounty.gov/shs/COCof.htm>



Programming Hours

Monday: 8:00 AM – 4:00 PM
Tuesday – Wednesday: 8:00 AM – 7:30 PM
Thursday – Friday: 8:00 AM – 4:00 PM
Saturday: 8:00 AM – 3:00 PM
Sunday: Closed



For more information, to partner with the Curtis Tucker Center for Community Wellness, or to be added to our listerv please contact: CurtisTuckerCCW@ph.lacounty.gov

(IP) - In Person
(V) - Virtual
Click Title to Join

Curtis Tucker Wellness Center Events

FREE POETRY CLASS THE PIT OF THE PEACH

Healing Through Words Workshop

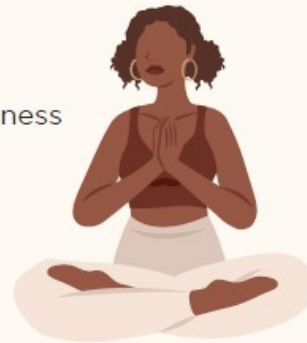
This name is inspired by poet Rupi Kaur and her novel, "Healing Through Words." We will be focusing on "self-care" activities such as meditation and writing our very own poetry. Participants will receive a \$20 Mastercard gift card after attending any 2 poetry classes!



November 14 | 2:30pm-4:00pm
November 25 | 1:00pm-2:30pm



Curtis Tucker Center for Community Wellness
123 W. Manchester Blvd.
Inglewood, CA 90301



Register Here:

<https://tinyurl.com/poetrypp>

For more information, please email:
Curtistuckerccw@ph.lacounty.gov



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8TH
NOV

123 W MANCHESTER BLVD
INGLEWOOD, CA 90301



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COMMUNITY**
LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
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**COUNTY OF LOS ANGELES
Public Health**



 **NOV 5, 12, 2025** |  **5:00PM-6:00PM**

✧ Join us for a fun and engaging karaoke workshop where you can
sing your favorite songs, connect with others, and simply
have a great time! This event is designed to encourage
self-expression and promote relaxation. Participants will
receive a \$20 Mastercard gift card after attending any 2 Rock
the Mic Sessions! ✧

The Curtis Tucker Center for Community Wellness

123 W. Manchester Blvd.
Inglewood, CA 90301



Register Here:

<https://tinyurl.com/rocthemic>



For more information, please email:
Curtistuckerccw@ph.lacounty.gov



Free Gun Locks



In 2025, OVP is committed to distributing more than 60,000 cable gun locks – free of charge and no questions asked – across Los Angeles County. This unprecedented effort is designed to keep children safe from firearms, limit the possibility that a person intent on harming themselves or others can quickly secure a loaded, unlocked weapon, and guard against the theft of guns. To secure a lock from OVP, please fill out this form (limit of two locks per person): <https://tinyurl.com/5n8tvddz>

Free gun locks are also available at [these](#) Los Angeles County Medical Centers and [these](#) LA County Libraries.

LA Health Portal E-Visits

Need care now? An eVisit is a quick, convenient online care choice for common medical concerns. An eVisit gives patients access to care from a provider who can order tests and/or medicines without a trip to the doctor's office. eVisits are a great choice for common medical concerns like:

- Cold or Flu
- Headache
- Muscle Aches
- Skin Rash
- Sore Throat
- Urinary Problems
- Vaginal Problems



How it works

- Sign in to LA Health Portal and fill out an eVisit form.
- Get a response email from a provider within 1 hour from 8 am to 8 pm, 7 days a week.*
- The provider will answer your questions and order tests and/or medicines if needed.

*E-visits sent after 8 pm will receive an answer the following day.

For questions, call [844-804-0055](tel:844-804-0055), select Option 3, or text [844-804-0001](tel:844-804-0001).

For more information, [watch a video about eVisits](#).

Not enrolled in LA Health Portal?

Enrolling is quick and easy for LA Health Services patients.

Click [here](#) to enroll online or download the app from your app store.

Community Public Health Teams

Community Public Health Teams (CPHT) is a project that brings together community-based organizations, health care partners, and Public Health staff. These teams work at the household level, conducting home visits to gather health needs and connect people to care and also works at the community level, inviting people to participate in creating community action plans.

This is a new approach to public health and health care in LA County. Public Health is investing public health infrastructure dollars to implement this pilot project for five years, beginning August 2023. The goal is to build long-term relationships with households, empower communities to define the health priorities that matter to them, and demonstrate that this new way of engagement can support better health outcomes.

To learn more about the CPHT project and find a CPHT near you, visit:
<http://publichealth.lacounty.gov/pie/CommEngage/cpht.htm>.

5 CORE STRATEGIES
Each CPHT implements five core strategies:

-  **Visit each household** annually to conduct household assessments
-  **Ensure households are connected** to health care and social services
-  **Analyze data** on health, mental health, and social determinants of health
-  **Convene community** and develop community action plans
-  **Mobilize partners** to advance health equity and improve conditions

DPH Resources



The banner features the Los Angeles County Public Health InfoLine logo on the left, which includes a blue telephone handset icon and the text "LOS ANGELES COUNTY PUBLIC HEALTH INFOLINE 1-833-540-0473". To the right of the logo is a photograph of a male call center agent wearing a headset and working at a computer. Below the logo and photo, a green bar contains the text "8 AM - 8 PM / 7 Days a Week" and "Real People. Reliable Information."

Los Angeles County Public Health InfoLine

The Los Angeles County Public Health InfoLine's goal is to expand the resources Public Health can provide over the phone, strengthen community trust by having a live person to talk to, and being a vital line of communication for future public health emergencies. All calls from the community are answered by health education assistants. Here are some of the topics the InfoLine can cover:

- COVID-19
- Mpox
- Insurance/Coverage
- Domestic Violence
- HIV & Sexually Transmitted Infections/Diseases
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

Immunization Coalition of LA County

The Immunization Coalition of Los Angeles County (ICLAC) is a diverse, grassroots, community-based partnership of Los Angeles County hospitals, schools, clinics, health department programs, pharmacies, health plans, vaccine companies, and non-profit organizations with a mission to work together to improve access to the medically recommended immunizations for adults and adolescents, especially among groups at highest risk for vaccine preventable diseases in Los Angeles County.

If you are interested in getting vaccinated, looking for vaccination records, or reading up on the latest ICLAC news, please visit:

<https://immunizelac.org/>

Also click here <https://www.cdc.gov/vaccines/hcp/imz-schedules/child-schedule-vaccines.html> for the Children and adolescent vaccine schedule



Need a Presentation on the COVID-19 Vaccine, Hands Only CPR, or other Health Topics?



Request a
Speaker

The Los Angeles County Department of Public Health offers an array of presentations, including COVID-19, COVID-19 vaccines, and Mpox. If you would like to schedule a presentation for your organization, see:

<https://forms.office.com/q/Pd9LhAXGCS>

Angelenos in Action

Join Angelenos in Action, a voluntary public health survey that takes less than 1-minute each week and helps the Los Angeles County Department of Public Health monitor respiratory illness throughout the County.

Here's how it works:

1. Text "@PROTECT" to (833) 228-3056 to volunteer for our survey or sign up online using this link: <http://tinyurl.com/ys6se6we>.
2. Answer 5 quick questions to sign up.
3. You will be randomized to receive surveys one day a week.
4. Every week on that day, the LA County Department of Public Health will text or email you one YES/NO question to ask how you're feeling.
5. If you feel unwell, you will be asked two more YES/NO questions about symptoms of respiratory illness.



All data is kept completely private. To read more about Angelenos in Action, please click <http://tinyurl.com/bdhjuvje>.

Office of Violence Prevention - GVRO's (Gun Violence Restraining Orders)



A Gun Violence Restraining Order, or GVRO, is a law that was approved by the State of California in 2016. The GVRO allows family members, household members, some employers, colleagues, teachers, and law enforcement to take action to prevent a person who poses a significant risk of harming themselves or others from having or purchasing a

gun, ammunition, or magazine for a specified length of time, between 21 days and five years. To find out more on who can request one, and how to request one, please see: <http://tinyurl.com/y3hfb575>.

Free Naloxone Clinics

A number of Los Angeles County public libraries are hosting FREE Naloxone Clinics. Naloxone is a lifesaving medication that can reverse the effects of an opioid overdose.

No identification or proof of insurance is required. To find the clinic closest to you, please visit this website: <http://tinyurl.com/y5z2edu3>



Vaccinate L.A. Newsletter



Sign up for the COVID-19 Vaccine Newsletter to stay updated on COVID-19 related facts.

Visit [VaccinateLACounty.com](https://vaccinate.lacounty.gov) to learn more about:

Useful Links and Resources

[iPrevail Online Mental Health Resource](#)

[COVID-19 Post-Surge Dashboard](#)

[COVID-19 Vaccination Distribution Dashboard](#)

[COVID-19 Vaccine Information](#)

[COVID-19 Vaccination Records](#)

[COVID-19 Surveillance Dashboard](#)

[COVID-19 Testing](#)

[Flu Vaccines](#)

[Free Tax Preparation Services](#)

[Free Snack Program](#)

[Get Ahead LA Financial Resources](#)

[Headspace: Free Mindfulness App](#)

[LA County America's Job Center of California](#)

[LA Tenant Protections Resolution](#)

[LA County's Office of Immigrant Affairs](#)

[LA County's Office of Emergency Preparedness and Response Program](#)

[LA County Youth Suicide Prevention Project](#)
[LA Department of Water & Power Bill Credit](#)
[LA Public Health Podcast](#)
[Laptop and Hotspot Loans from LA County Libraries](#)
[Mental Health Support](#) (800) 854-7771 or text "LA" to 741741
[Metro LIFE Program](#)
[National Suicide Prevention Lifeline](#)
[Request a Mobile Vaccination Team](#)
[Report a violation](#) (888) 700-9995, Monday – Friday from 8:00AM to 5:00PM
[SoCalGas Assistance Fund](#)
[Southern California Edison Assistance](#)

For additional resources, please dial 2-1-1

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to edit this placeholder text.



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