



July 2020
Summer Issue



The Guild Gab



Linda Peterson
President 2019 - 2021

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Eden Garcia-Balis, LMFT
Chief Executive Officer
AMCS

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The Prez Sez

Just as the coronavirus has changed nearly everything in our day-to-day lives, it also has changed fundraising for us at the Guild. We have learned how to conduct meetings on Zoom and have cancelled several fundraising events, including our Spring Tea and our Comedy Night.

Unfortunately, our annual Holiday Home Tour will also be a casualty of Covid-19. We will not host our Tour this fall because it is too much to expect homeowners to allow hundreds of people to visit their houses, or to expect a hundred docents to volunteer to greet them. We love the Holiday Home Tour and it breaks our hearts to miss it this year. We need to find new ways

to raise money for AMCS, and we would appreciate your suggestions on ways to do that. Please email me lspeterson7053@ca.rr.com if you have ideas. We are considering a spring garden tour, and some virtual events, such as cooking classes, wine tastings, and online auctions, and we will keep you informed as our plans evolve.

The quarantine and economic dislocation from the virus have increased the need for the services AMCS provides, and therefore, increased the need for the funds that we can provide. To that end, we are asking all of our members and supporters nonetheless to be generous this year. There is an envelope enclosed with this newsletter by which you

can make a donation or renew your annual membership for 2020, if you have not yet done so. We also have added a 'donate' button to our website to make it easier for you to donate. www.westchestermhg.org

If you are shopping online these days, as so many of us are, you can help us by designating the Guild as your charity through Amazon Smile. There is no simpler way to help us because Amazon will donate to the Guild 0.5% of every eligible purchase you make at www.smile.amazon.com.

We hope you and your loved ones are continuing to be careful and staying healthy this summer. We hope to see you again soon!

Eden's Epistle

These are truly unprecedented times, and while we are all adjusting to life in the midst of a pandemic, I am so grateful for the support of the Guild and the more than 160 supporters who turned up on Zoom to support our annual Spring Celebration.

The May 28 event raised more than \$300,000 to support AMCS's efforts to deliver low-cost community mental health services and train new therapists. Those

who were a part of the celebration saw us honor AMCS's 2020 Champion of Mental Health Sandy Luboviski and AMCS's 2020 Community Builder Tony Palermo, who have both been instrumental in helping AMCS become an indispensable part of the county's mental health care safety net.

While going to Zoom was a difficult decision and there were lots of moving parts behind the scenes, the

event was a complete success and has even gotten us thinking about doing more virtual events when the COVID-19 outbreak is over. I am so blessed to work with such a dedicated group of volunteers, staff and supporters who never cease to amaze me in their dedication to our mission.

May you all continue to be safe, and I know that working together AMCS will come through this stronger than ever!



Meet a Member – Daryl Keighley

Daryl Keighley grew up in the suburbs of Boston and attended Suffolk University majoring in Journalism. She moved to California in 1975 and continued her education in Los Angeles. Daryl presently works in accounting at Epstein and Associates in Marina del Rey. In 2004, she was a bone marrow donor (stem cell

procedure) for a six-year old boy with leukemia. He and his family live in Poland and he is now a college student. She was introduced to the WMHG by Linda Peterson who she met at a library book club. Daryl was already familiar with AMCS's reputation for counseling patients and training therapists. Daryl has a son

and daughter who are twins and she was active in the West LA Parents of Multiples when the twins were young. She recently became a Grandmother. In her spare time, Daryl enjoys cooking, gardening, reading, audio books and RV'ing with her partner, Frank and their chocolate Labrador, Bruno. Thank you, Daryl, for joining the WMHG.



Meet a Member – Norma Tyson

Norma Tyson is a native Angeleno. She went to Hamilton High School and graduated from UCLA with a BS in Physical Education. Norma taught dance at West Covina High School for 2 years. In 1957, she married David and they settled in Westchester raising their 2 daughters. A good friend from Hamilton

High told her about the WMHG and convinced her to join. Norma was very active on the Board and held many offices. She received the Heart of Gold in 1992. Norma volunteered at the Guided Cage for 36 years. She was the head buyer at the Guided Cage for many years. Norma really enjoyed volunteering at the shop and

misses all her friends. In her spare time, she enjoys quilting, reading mystery books, gardening and getting visits from her 7 grandchildren and 4 great-grandchildren. Thank you, Norma, for your outstanding years of service and generous support to the WMHG.



Meet a Member – Judy Dews

Judy Dews was born in Indianapolis, IN, attended the University of Madrid in the *Junior Year Abroad Program*, and graduated with a BA in Spanish Education from Purdue University in 1970. She secured a job at Eli Lilly & Co., based in Indy, as an editor of printed materials for their Spanish-speaking affiliates. In 1979, she had the opportunity to move to Los Angeles to become one of the first two field-based Clinical Research Associates (CRA) for Lilly. She traveled often, mostly out west, and retired in 2007. Much of her later career years with Lilly

involved clinical trials with new psychiatric drugs. Her knowledge of and interest in mental health diseases led her to volunteer with the Westchester Mental Health Guild (WMHG) after she retired. She also knew Polly Garstka who was instrumental in connecting Judy and her husband Daniel to WMHG and Airport Marina Counseling Service (AMCS). They volunteered many years with the Jet-to-Jetty race before Judy joined the Guild. Since 2008, Judy has been Co-President twice and has served as Treasurer since 2016. She received the Heart of Gold in 2019.

Judy and her husband love to travel, including trips to Mexico and Spain, where they can speak Spanish and keep their skills alive.

Judy is proud to be associated with WMHG and the funds raised by the Guild for AMCS so that help can continue for patients seeking treatment.

Thank you, Judy, for your years of invaluable service and continued participation on the WMHG Board. We are grateful to you and Daniel for all your generous support for the fundraising events for the WMHG and AMCS.



Pandemic Productivity



It has certainly been a challenge and a difficult time for everyone during the COVID-19 pandemic. To pass the time during the lockdown at home, Guild members put their **creative talents** to work.

Robin Adams, Annika Backman and Linda Peterson made **masks** for the seniors at the Westside Pacific Village as well as for family and friends.



Caroline Scherzer teaches **chair yoga** and during the quarantine, she has uploaded new chair videos weekly and sent them to her students so they can do the exercises at home. If you would like to receive Caroline's **chair video exercises**, please e-mail her and she will send you the link. ippeichan@live.com

Yoga Bliss



Strategies for Challenging Times

Airport Marina Counseling Service tells us that the **mental health effects** of the pandemic and shutdown may far outlive the virus. The CDC also warns long-lasting effects of any disease outbreak can include excessive fear, changes in sleep and dietary habits, increased substance abuse and worsening of mental and chronic health conditions. Those fears and anxieties have been made worse because everyone's routine, and the sense of stability that comes with it, has been shaken and turned upside down.



The CDC reports stress can affect anyone, but some people may respond more strongly to stress during a crisis.

The CDC offers tips for people to cope with the stress of the pandemic:

- Take breaks from news of the pandemic;
- Take deep breaths, stretch or meditate;
- Eat healthy, well-balanced meals;
- Exercise regularly;
- Get plenty of sleep;
- Avoid alcohol and drugs;
- Make time to unwind and engage in activities you enjoy;
- Talk with people you trust about your concerns and how you are feeling.



Often a consultation with a trained therapist, even via telephone or online, can go a long way in addressing immediate stressors. If you or anyone you know needs to talk, please contact **AMCS at (310) 670-1410** for an initial consultation with a trained therapist.



Veggie Ventures

Myra Kriwanek enjoys **gardening**. She planted a variety of heirloom tomatoes, grapes and strawberries. Myra and her family will enjoy the fruits of her labor soon.





Pre-Quarantine Adventure Tour

We had a wonderful time in **January** touring the **Getty Villa** located in Pacific Palisades.

The Getty Villa is an educational center and museum displaying antiquities from Greece, Rome and Etruria within Roman-inspired architecture and surrounded by Roman-style gardens.

A stellar Getty docent led members and guests on an especially informative **private tour** of the villa and the gardens. Many who had previously visited the villa commented that they had learned something new from the tour. The event was rounded out with a delightful **lunch at the café** and shopping in the **museum store**. Luckily, we were able to fit all the shopping bags on the bus. Thanks to everyone for supporting the event!

TACO TUESDAY TAKEOUT

August 18, 2020

5:00pm-7:00pm

Curbside Pickup
6569 W. 82nd St. 90045



\$20. Taco Dinner

3 tacos (choice of steak or chicken)
rice & beans, 1 complimentary margarita

\$50. Family Special

6 tacos, quesadillas, rice & beans,
2 complimentary margaritas

RSVP Ylla De Leon - ylladeleon16@yahoo.com

- For information, contact **Janie 310.905.0595**
- Don't wait. Space is limited...
- Venmo, cash, or check made payable to WMHG
- All profits benefit AMCS





Membership – Please Join Us Now!

You are all aware of the importance WMHG's support is to the **Airport Marina Counseling Service**.

Now, more than ever, we are needed to assist the clinic in providing funds to expand their reach to many more clients in need of services.

We are all feeling more stressed and anxious than usual due to the changes that have been happening in all our lives. Because of this, the therapists at AMCS are treating many more clients daily.



Continuing your membership in WMHG is how you can help!

We have included a 2020 membership envelope in this Guild Gab for those who are not up to date with their dues. We encourage you to continue to be a part of our great organization.

Please encourage your friends and neighbors to join us also.

Welcome to our new members:

Kimberly Kirui, Edgar Saenz, Marsha Wietecha and JoAnn Mills

100 Plus club members: Robin Adams, Cynthia Burrell/Paul Morgan, Patty Crockett, Judy & Dan Dews, Nancy Edwards, Janie Guthrie/Mark Skjervem, Heather & Keith Ivey, Myra & Rick Kriwanek, Dianne & Mike Landis, Kristin Linden, Sandy Luboviski, Laura & Don McGaughey, Linda Peterson/Gene White, Julie Porter, Martha & Bernhard Puzik, Edgar Saenz and Jane St.John.

Patron members: Julie Case, Pam & Hugh Crockett, Janet Cunningham, Ylla DeLeon, Lori Erlendsson, Lori & Denny Haythorn, Pat Hedge, Joan Jakubowski, Gail & John Ruhlen, Karen & Richard Schaffer, Greg Soukup, Marsha Wietecha and Candy & Jeff Yip.

Thank you for your support through the years. If you have any questions about the WMHG membership or know someone who might want to join our group, please contact me at sjlubo@aol.com or call 310-641-9991.

Thank you.

Sandy Luboviski,
V. P. Membership



Tributes - To Honor, Celebrate, Remember

One of the ways our members and friends support Westchester Mental Health Guild is through **TRIBUTES**. Many honor a loved one who has passed away with memorials this way. This year members lost a Son, a Mother, a Father and a Friend and many members sent **Tributes** in their memory.

Most recently, we lost long-time members Julia Varney and Bernie Jongewaard, and many members made fitting Tributes to commemorate their memories with a **donation in their name** to the organization they both loved.

Many members also acknowledge a friend or family members' **birthday** with a donation tribute and often send a thank you donation for a gift of kindness another member has provided. Maybe an **anniversary** is coming up?

Remember to purchase **Tribute cards** to honor your family and friends. **Tribute forms** are available on our website, www.westchestermhg.org. These tributes are a wonderful way to express your love and appreciation and at the same time support our organization and all its efforts for mental health.



Crafter Creations

The Guild Crafters have lovely handmade items for sale.

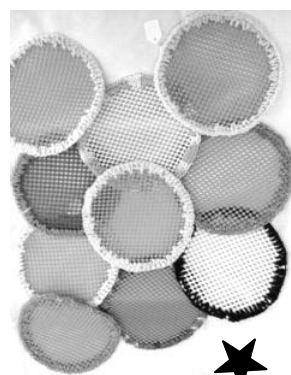


Jar Openers	\$3.00
Greeting Cards	\$3.00
Masks	\$5.00
Towels	\$10.00
Cork Trivets	\$10.00

Payment can be made in cash or a check made out to the **Westchester Mental Health Guild**.

Please contact Annika Backman at (424) 356-6755 or by e-mail: dabackman@yahoo.com.

THANK YOU for supporting the WMHG.





Westchester
Mental Health Guild

c/o Airport Marina
Counseling Service
7891 La Tijera Blvd.
Los Angeles, CA 90045

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**Westchester
Mental Health Guild**
and Airport Marina
Counseling Service



Visit our website
www.westchestermhg.org

Contact Us
info@westchestermhg.org

Fundraising Ideas

If you have any fundraising suggestions, please email ls.peterson7053@cc.rr.com or janieguthrie@gmail.com.

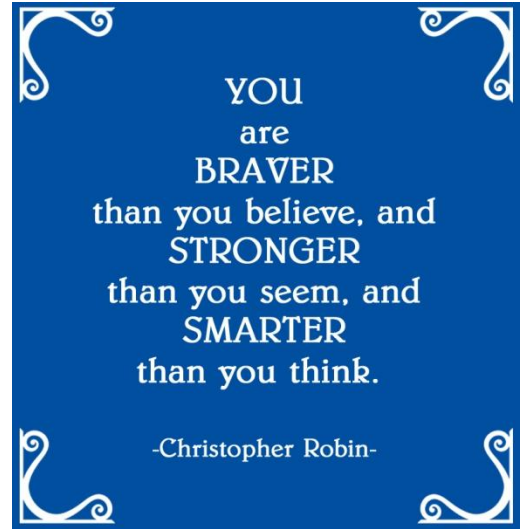
We look forward to hearing your creative ideas.

Donations

Now, more than ever, donations are needed as we're prevented from implementing our usual fundraising activities. Mental health support is critical, particularly now and in the days ahead.

Amazon Smile

Remember to designate Westchester Mental Health Guild as your charitable organization on smile.amazon.com. Your Amazon purchases will return a 0.5% donation to WMHG. It does add up!



TACO TUESDAY TAKEOUT

FUNDRAISER
August 18, 2020
5:00pm-7:00pm
Details on Pg. 4

CALENDAR