On April 20, Los Angeles County Supervisor Hilda L. Solis gathered with state Assemblymember Cristina Garcia, Montebello Mayor Salvador Melendez, the President and CEO of Beverly Hospital Alice Cheng, and several local elected officials, to launch a new COVID-19 mobile testing site at Beverly Hospital in the City of Montebello. This testing site will keep local communities healthy and will slow the spread of COVID-19 by identifying individuals who need to isolate or receive medical care.

“Many of our hardest working families are either uninsured or underinsured and don’t normally seek access to health care which is why increasing access to COVID-19 mobile testing sites remains one of my top priorities,” said Supervisor Solis. “Preliminary demographic data has revealed that communities of color have been disproportionately affected by COVID-19. I will do everything possible to remove barriers to testing. This virus does not discriminate; it has the potential to impact all of our communities. We are in this public crisis together. I thank Beverly Hospital for expanding access to testing and making sure all residents are safe and healthy.”

“Thank you to Beverly Hospital for opening this much needed testing site in Southeast Los Angeles County,” said Assemblymember Garcia. “The Southeast has some of the worst air quality and many environmental hazards like lead in the country. We know this is exacerbating the health problems associated with COVID-19. I’m happy that, together, we will be able to ensure that people in the Southeast have access to drive-through testing and that more facilities and resources will continue to be extended in this region.”

YMCA MEETING COMMUNITY NEEDS

During the Corona crisis, YMCAs throughout the Greater LA Area are providing a variety of emergency services ranging from providing childcare to healthcare providers’ or first responders’ children, to providing “grab & go” meals and home deliveries to seniors and shut-ins, to hosting ARC blood drives, and also providing showers to homeless in our urban center branches. The Y in Montebello hosted an American Red Cross blood drive on April 7th and our wonderful partner, California Assemblywoman, Cristina Garcia donated blood herself. The Y in Montebello is also providing “grab & go” meals on Mondays & Thursdays from 9am until supplies are exhausted. See our Facebook page for details. Also please see our Facebook page acknowledging the many amazing partners and sponsors who have made it possible for the Y to be of service in new ways in these challenging times.

Special thanks are due to our many sponsors and food donors to support our “Grab & Go” meals, with special thanks for major sponsors: Union Pacific Railroad Foundation, Gabriel Container Company, and Golden Rule Community Development and California Senator Bob Archuleta, Superior Grocers, and California Assemblywoman Cristina Garcia.
THANK YOU TO ALL FOR COMING TOGETHER DURING THIS PANDEMIC. YOU ARE ALL HEROES...#MONTEBELLOSTRONG!

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Honoring Our Fallen Heroes

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OPEN AND STILL DELIVERY AVAILABLE
In an effort to keep the community updated on changes during the “Safer at Home” Order, enacted Thursday, March 19, 2020, the City has provided some answers to your most popular questions. These items are subject to change at any time. Please check our social media pages and website for the most up-to-date information.

**PUBLIC TRANSIT**

**CLOSURES**

**FACE MASKS**

**STREET SWEEPING**

**EVENTS & SERVICES**

**EARLY BIRD MARKET**

**STAY INFORMED**

**UP TO DATE CITY INFORMATION CAN BE FOUND ON THE FOLLOWING LINKS**

**NON-EMERGENCY NUMBERS**

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Fire Department www.montebellofiredept.org Instagram & Twitter - @montebellofd (323) 767-6519

Police Department www.montebellopd.org Nixle - Text “90640” to 888-777 Facebook - www.facebook.com/montebellopd (323) 887-1313

Transit Department https://RideMBL.com (323) 558-1625

**NEW** My Montebello App Now available in the Apple Store or Google Play!

Mark 9:23 “Everything is possible for one who believes.”
THE LEGACIES OF THE TWO U.S. PRESIDENTS AND A CALL FOR 1.5 MILLION FLOWERS

By Rachel Melikian
April 24, 2020, is the 105th anniversary of the Armenian Genocide. For the first time in 55 years, no marches, no publicly held vigils, no publicly laying wreaths or prayer ceremony happened, due to the global Coronavirus pandemic mandates. Yet the quarantine did not stop many Armenians to drive by and lay flowers at the Montebello Monument.

We remind the world that the Montebello Genocide Monument, the largest and the oldest memorial in the United States, became a historical landmark in 2015, which was consecrated in 1968 and dedicated to the victims of the Armenian Genocide.

We remind the world that this is where U.S. President Ronald Reagan, then the governor of California, gave his memorable speech to honor the victims of the Armenian Genocide, and where over 10,000 Armenians gathered from around the world.

This year, Armenians participated in virtual commemoration, silently remembered, and without making a noise fundraised and donated five million meals, in memory of our 1.5 million sanctified martyrs, in support of Feeding America, “Tony Robbins will match the fundraising to make twice the impact.”

An Armenian child, draped with Armenia’s flag, prayed softly “Our Heavenly Father,” laid flowers at the Montebello Monument, and then left with his family. At 99 degree, I walked 5.8 miles, sang the prayers, prayed for my nation’s protection, played Komitas’s songs, and lit my father’s incense to the memory of their souls. We remind the world that Komitas symbolizes the sufferings of the Armenian Genocide, whose voice was silenced by the perpetrators of the Armenian Genocide. Komitas music has healing effects and even has the power to fight against COVID-19.

August 20, 2020, is the 100th anniversary of Wilsonian Armenia, but there is a total silence about it.

We remind the world that U.S. President Woodrow Wilson, in the Treaty of Sévres, arbitrated the borders of Armenia, one hundred years ago, in 1920. President Wilson was honored for his fight for the Armenian people by naming the new nation Wilsonian Armenia, a smaller country than Historical Armenia. To this day, Wilsonian Armenia retains its international force of law and is yet to be returned to Mother Armenia.

We remind the world that Reagan recognized the Armenian Genocide April 1981, the US Congress almost unanimously Oct. 2019, and, the U.S. Senate unanimously Dec. 12, 2019.

At Bicknell Park, the Montebello Genocide Memorial silently reminds the world the legacies of the two U.S. Presidents: Ronald Reagan and Woodrow Wilson.

Beautiful friends of Armenians, walk the walk of the pilgrimage to the monument, pay a homage and observe vigilant of silence, then talk the talk of prayers and justice, and lay a gift of flowers: one person, one flower to offer 1.5 million flowers. This is only one flower for each 1.5 million innocent soul. With one voice, let us demand justice for the victims of the Armenian Genocide.

September 21, 2020, is the 102nd anniversary of the Armenian Genocide, the world’s greatest atrocity. For the second time in 56 years, no marches, no publicly held vigils, no publicly laying wreaths or prayer ceremony happened, due to the global Coronavirus pandemic mandates. Yet the quarantine did not stop many Armenians to drive by and lay flowers at the Montebello Monument.

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Mother’s day comes once a year but we should show our appreciation for our mothers, and mother figures, that support us year round.

“My mom has always been supportive of whatever I did,” said Rebeca Caringal, junior in orchestra and colorguard at Schurr High School. “I love that she is always making sure my brother and I are feeling okay and that if we are sad, she is there to help no matter what.”

The second Sunday in May is the day we honor the mother figures in our lives. These amazing women that support and encourage us through our struggles and accomplishments.

“She’s helped me get through stressful times because of school and soccer,” said Sophya Argomaniz, freshman soccer member. “I was nervous, but she pushed me to try out and I made the team. I did it because of her.”

In many school programs, there is usually a booster parent committee, filled with many fathers and mothers. For example, in the Spartan Legion at Schurr High School, there are many parents, especially mothers, that are supporting their children in the program.

“My mom always makes sure that I stay positive and does anything so that I get the best life possible,” said Mia Vega, freshman color guard member in the Spartan Legion. “Thank you for everything.”

It would be an understatement to call these booster moms a hero, because the amount of effort they put into supporting their children and their programs is amazing. They contribute so much time to these programs and it is only for their child’s benefit and happiness.

In the Spartan Legion, we have mothers taking time out of their day to sew uniforms, organize fundraisers and attend performances. For all they do, we should appreciate them year round, rather than one day in May.

“My mother has always been supportive of me and my accomplishments in school,” said Sarah Beccera, senior in the Spartan Legion. “She has helped me stay organized with my school work and encouraged me to demonstrate good leadership skills.”

Take some time out of your day, not only on Mother’s Day, but every day, to tell your mother, thank you and I love you.

“I love you, mom.”

To Our Dearest Mothers

On this Mother’s Day, please stay at home if you can during this coronavirus pandemic. Be safe and healthy. You have always been the pillar of our families. We cherish you now and forever. God bless you.

State Senator
BOB ARCHULETA
32nd Senate District

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CHILD CUSTODY AND VISITATION IN THE TIME OF COVID1-19

By Gia L. Pacheco, Esq.
The Law Offices of George B. Pacheco & Associates

In last month's article, I gave a full review of several COVID-19 orders enacted by Governor Newsom as part of California's efforts to deal with this unprecedented pandemic. At that time little was still known about the implications of those orders. One area of increasing concern and anxiety has been by families that face having to comply with both custody and visitation exchanges and the Safe-at-Home self-isolation mandate during COVID-19. Here are a couple of updates during this time to family law:

What can I Expect from the Courts During COVID-19?

Currently, there are delays with any open court case. Many hearings that were scheduled between the issuance of the self-isolation orders and at present time have been or will be continued to later dates. The family law division of the Los Angeles Superior Court is hearing only restraining orders and ex-parte (emergency) requests for orders. For those having to come to court, be prepared to wear a mask and to practice social distancing. The Los Angeles County Sheriff’s Department has been working to enforce social distancing and mask in the courthouses. I was sitting waiting for a restraining order on behalf of a client and the benches were being cleaned regularly.

For individuals needing to file court documents, drop boxes have been set up at all the entrances to all courthouses. In order to receive copies of your filings you will need to own a self-addressed, stamped envelope with the filing with the appropriate payment, if necessary. At time only credit card authorization form or checks are being accepted. The documents will be deemed filed same day it is received by 4:30 p.m. Drop boxes will be checked frequently.

Unrepresented litigants who cannot electronically file or fax their pleading and attorneys who are required to submit paper copies of pleadings, are strongly encouraged to send them via U.S. Mail or other commercial delivery. There are orders posted almost daily by Supervising Judge Kenneth Brawley on the court’s website. For all other information, please visit www.lacourt.org. Please be advised the above information is for Los Angeles County only.

What to Expect with Current Custody and Visitaiton Orders

The policy for custody and visitation orders in California are in favor of the child or children to have “frequent and continuing contacts” with both parents. This means that both parents are able to share in the children’s rights and responsibilities of raising healthy, happy children and to accomplish this goal, the court has discretion to award primary physical custody of the children to the parent that is more likely to encourage the children to have frequent, quality time with the other parent. The exception being any issues involving drug use, domestic violence or lack of participation will chip away at the visitation time.

For the parent without any formal orders, you are still able to open a case. Family Code Section 3040 hold that once a case is filed there is an automatic temporary restraining order (ATROs) that prevents either parent from leaving the State of California without a court order.

Those with custody and visitation orders shall have their orders remain in full force and effect unless there has been a change in the family law circuit and by the court’s discretion with custody and visitation issues that judges will not grant ex-parte (emergency) orders to disrupt visitation schedules based on COVID-19 alone. This does not mean other factors will not come into play if emergency orders are necessary. For example, where a child is subjected to a parent who abuses drugs or domestic violence situation, etc. This should not deter you from filing because there is still an opportunity to be heard on a regular noticed hearing called a Request for Order. The only problem is that the hearings are being scheduled further out.

The issue from a legal perspective that we are currently facing is that there are no precedent or past cases for a Judge to refer to when deciding a case. Simply put, the law field was unprepared for this pandemic. There is one case that was decided in another jurisdiction where the judge denied a Mother’s request for full custody of the minor child during COVID-19. The Mother argued that the child would be “better off” with her full time sheltering in one place because she was capable of providing a more suitable environment while Father is am sure the Judge did not want to put the child in harm’s way, he or she has an obligation to see that the child would have frequent and continuing contacts with parent and decide in their best interests of the child. In this case, the child may greatly benefit from seeing the other parent to overcome any anxiety or distress.

The key message here is to remain compliant with your custody and visitation orders. Most parents who have custody and visitation orders in place have set parameters on pick up, drop off and school times. If the orders state that pick up is “after school” then the timing should remain the same even if children are schooling from home. If the parents are not aligned on communication and prevention practices, then the COVID-19 co-parenting will not work, and the only victims are the children. It is strongly encouraged to put differences aside and attempt to work out the plan. In my opinion if that any baseless deprivation of custodial rights during this time will be frowned upon by the court.

What if the Other Parent has Tested Positive for Coronavirus?

The recommendations by the Center for Disease Control is that anyone who has been exposed by the virus should go into two-week self-isolation period. If the child has been exposed to anyone with the virus then doctor recommendation is paramount. In this type of custody dispute, it is recommended to get testing, obtain a doctor note and/or a written letter or statement from the doctor with an explanation of why the parent and/or child must be isolated. You will want to document any issues with the other parent demanding parenting time. The issue goes beyond the parent-child relationship, it goes to protecting others as well. I have had several situations where law enforcement will not enforce the custody orders during this time which is very difficult for someone who truly has no reason to be deprived of visitation.

I have had this situation arise in my practice recently where Mother tested positive for the virus and had no choice but to make a difficult decision to allow the child to stay with Father who prior had minimal visitation. She sacrificed her parenting time to avoid the child being exposed and entrusted the child would be safe. When she was past the isolation period, demarcated by testing negative, Father refused to return the minor child. At this point, Father does not trust Mother’s report that she is negative and has used COVID-19 to deprive Mother of her custodial rights. His attorney agreed and we were able to resolve this without further intervention.

Meeting an Attorney for Consultation

While many law offices have closed, most attorneys have adapted to virtual or remote practice. The attorneys included, but are not limited to, phone meetings, zoom meetings, Skype or Facetime. My office is 100% virtual while all of our office works remotely. While the courts are closed, they are still accepting filings of parental authority and divorce cases.

On behalf of The Law Offices of George B. Pacheco & Associates I would like to wish our readers a Happy Mother’s Day and may you all continue being safe and healthy.
Montebello Housing Development Corporation (MHDC) has transitioned to teleworking. At this time our in person classes are cancelled. We are offering our Home buyer Education course online as listed below. The course is through HomeTRACK online in English and in Spanish.

This course can be taken in the comfort of your own home or anywhere there is internet. The cost for the class is $100 per household.

TO REGISTER VISIT www.MHDCCA.org, Click on HomeTRACK and sign up

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Please note that our phone volume may be higher than usual and we will get back to you by the next business day.
As the nation faces a blood supply shortage in wake of the current coronavirus pandemic, The American Red Cross held a blood drive April 16 at The Shops at Montebello. "It is important that The Shops at Montebello remain a resource for our community," said Marina Satoafaiga, Marketing and Business Development Manager. "Due to the amount of canceled blood drives caused by COVID-19, we realized we could help by offering a safe space for donors."

Over 55 individuals donated a pint of blood each including Montebello Mayor Salvador Melendez. Members of the Montebello Rotary Club also donated and served as event volunteers.

"I’d like to thank the Shops at Montebello for their partnership with The American Red Cross in delivering a blood drive for the residents of Montebello and the surrounding areas," said Melendez. "If you’re able to donate blood, please consider doing so."

"It was nice to see how many came out to donate blood," said Rotarian Eddie Franco. "Each healthy donor made a conscious decision to brave a pandemic to help save others’ lives," said Satoafaiga. "Kindness and goodwill are alive and well in Montebello."

According to The American Red Cross, each pint donated positively impacts the lives of three individuals.

"The Shops at Montebello was proud to support our community by providing a safe environment for those who wanted to donate," added Satoafaiga. "I want to thank Pro Image Sports for gifting each donor with a reusable water bottle and sport towel, and BJ’s Restaurant and Brewhouse for providing donors with a free pizookie coupon and providing lunch to The American Red Cross medical team."

The American Red Cross "encourages people to make blood donation appointments for the weeks ahead to ensure a stable supply throughout this pandemic."

Montebello Mayor Salvador Melendez

L/R: American Red Cross Coordinator, Robert Torrez; Marketing & Business Development Manager for The Shops at Montebello, Marina Satoafaiga; Montebello Rotarian, Eddie Franco
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Happy Mother’s Day!

Olga Berumen Cortes - Her smile keeps us together.

Marisol Berumen

Conchita Gutierrez and daughter Janice Torres

Lorena Rodriguez with daughters Lily (left) and Maya (right)
She’s an exemplary and fun mom!

Diana Bustamante (middle) with her 4 Kids

Anna V. Hernandez - A loving mom, grandma and daughter.

Marisa Diaz

Guadalupe Rodriguez and Felipa Prado

Marie Helen Delgadillo

Martha Rodriguez and Ella

Marisol Berumen

Maria R. Cortes Garcia

Maricela Robles
My mom has been a strong role model in my life - because of her I know that it’s important to take risks and it’s ok to fail, but when you do, you need to learn from it and try again; giving up is never an option. For this and so many other lessons, I am forever grateful.

On this Mother’s Day, thank you to all the wonderful moms who sacrifice for their kids and inspire them to be the best version of themselves. Wishing you all a day full of love, pampering and affection!

Assemblywoman Cristina Garcia

Paid for by Cristina Garcia for Assembly 2020, FPPC ID 1414110

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Coupon Must Be Shown
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MONTEBELLO REPORTER
Beverly hospital in Montebello, CA wants community members to know that the Emergency Care Center remains open and continues to see non COVID-19 patients. "It's important for people to know that the emergency department at Beverly Hospital continues to be open 24/7, 365," states Joseph Chan, MD - Medical Director of the Emergency Department.

People shouldn't hesitate to come to the hospital if they're having a true emergency. Dr. Chan continues, "If a person is having chest pain, severe abdominal pain or any other health issue, don't wait. Come into our Emergency Care Center to be taken care of. You don't want something that is treatable to become a life threatening health condition."

For those people concerned about coming to the Emergency Care Center and possibly contracting COVID-19 from other patients, Dr. Chan says that, "Beverly Hospital is screening COVID-19 patients and keeping them separated from others. We're using appropriate personal protective equipment (PPEs) including masks, gloves, face shields and gowns to protect the health of our patients, visitors, medical staff and employees. We're stressing the use of appropriate hygiene including hand washing and disinfecting. And finally we are expediting people's care in and out of the emergency department."

Beverly Hospital's emergency medical staff are here to evaluate people, we're here to treat, we're here to stabilize, we're here to take care of those with healthcare needs whether they have COVID-19 or not.
COVID-19 Testing Site continued

The Beverly Hospital COVID-19 mobile testing site, located at the physician's parking lot off Harding Avenue at 309 W. Beverly Blvd., will be open 9 a.m. to 3 p.m. Monday through Friday. Anyone interested in getting tested must first register at coronavirus.lacity.org/testing.

"Beverly Hospital is committed to serving our communities during this public health crisis by offering this drive-up COVID-19 testing site," said Cheng. "This testing site falls in line with our mission of promoting the health and well-being of our communities. I thank Supervisor Solis and Assemblywoman Garcia for partnering with us on this important effort."

At this new testing site, individuals will stay in their cars during the test, though pedestrian clients with appointments can be tested, as well. The test is a self-administered oral swab, meaning clients must swab their own mouths/throats by following the instructions provided on-site. The testing process will take between 5 and 10 minutes to complete. However, waiting times may vary depending on the time of day.

Registering online is the first step in determining who is eligible to be tested. At coronavirus.lacity.org/testing, individuals will be asked whether they are exhibiting symptoms, such as fever, coughing, and difficulty breathing. Those who receive confirmation of testing eligibility will then be given a selection of testing sites and available appointment times to complete the test registration process. A registration number will be required at the testing site.

For more information, please visit covid19.lacounty.gov/testing.

To register and see if you are eligible for a test, visit coronavirus.lacity.org/testing.

Thank You To Our Community

Beverly Hospital is deeply grateful and thanks our community for your support in this fight against COVID-19. Your financial support, personal protective equipment donations, and meals provided have given us a head start to fight the biggest battle we have faced together in healthcare. Our team of skilled nurses, physicians and many other hospital staff members are treating patients ill with COVID-19 in a safe and isolated environment 24 hours a day, 7 days a week, prepared to face any potential surge in the days to come.

Join Our COVID-19 Response:
Donate now to support our caregivers and hospital.
(323) 725-4264 | FoundationInfo@beverly.org

L/R: Doctor Carlos Haro; Assemblywomen Cristina Garcia; President/CEO Beverly Hospital, Alice Chang; Councilperson Jack Hadjinian; Sr. VP, Operations/CMO Nancy E. Lee; Montebello Mayor Salvador Matiendez; Montebello Mayor Pro Tem Kimberly Ann Colbos-Cawthorne

Joseph L. Chan, M.D.

Los Angeles County Supervisor Hilda L. Solis
A LETTER TO PATIENTS OF BEVERLY HOSPITAL’S CENTER FOR ADVANCED WOUND HEALING AND HYPERBARIC MEDICINE: WE STAY OPEN BECAUSE WE CARE FOR YOU

The team at Beverly Hospital’s Center for Advanced Wound Healing and Hyperbaric Medicine want to reach out to you—our patients and loved ones of patients—to let you know that we understand that what we are experiencing with COVID-19 is a first, not only for our healthcare system and communities, but also for all of us personally. It is understandable that the fear from this pandemic has caused a tremendous impact on our daily lives. Although times are uncertain, please trust in the incredible strengths and capabilities of our wound care team as we get through this together. We want to remind you that wound care is essential and keeping your appointments a vital part of protecting your health.

Your safety and well-being, as well as our staffs’ is among our highest priorities. We have implemented additional measures to ensure that we have an environment that is safe to work and care for you. We have implemented the following:

- All patients, visitors, and employees will be screened at the door. A temperature will be taken and if your screening results in a positive answer, a nurse will be screening you further.
- We have created two waiting areas with ample spacing between each seat to create social distancing capacity.
- We are asking all non-essential visitors to refrain from coming to the center.

Our staff is here to support you. For any questions or concerns, please do not hesitate to call us at 323-725-5066.

We are located at 413 N Poplar Ave., Montebello, CA 90640.

Stay Safe and Stay Healthy.

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SE HABLA ESPANOL
FIRST RESPONDER CELEBRATIONS FOR PHYSICIANS/NURSES/STAFF

During these difficult times our local first responders and medical staff are working extra hard and feeling the burden of the long hours and trying times. To honor these hard-working men and women, a special evening was planned. On Friday, April 10th, the Montebello Fire Department and Montebello Police Department gathered at Beverly Hospital to show their appreciation for the healthcare workers on the front line of the fight against COVID-19. The Montebello Firefighters and the Montebello Police arrived to Beverly Hospital to run the sirens, applaud and thank the staff for all they are doing to serve the communities during the Coronavirus Pandemic which include patients and first responders from Montebello, East Los Angeles, Pico Rivera and Bell.

Montebello native Byron Jackson who was inspired by videos on social media of similar events being held in other cities orchestrated this special event. Excited by the opportunity, Byron pulled his resources together to coordinate with Montebello Firefighters, Montebello Police and Beverly Hospital.

Byron contacted the Marketing Coordinator Maianh Nguyen at Beverly Hospital. Having liked and understanding the importance of the event, Maianh asked the hospital administration whom thought it was a great idea and even coordinated on their end a specific time for the staff shift change so that the ER staff could come outside and greet the first responders.

Once approval was secured to have the event at Beverly Hospital, Byron then contacted MFD Battalion Chief Alan Wilkes who also loved the idea and said he would be there to fully support the event. After securing the FD, his next call was to contact MPD Lieutenant Fernando Valle who as well was on board with the event.

“I explained to him what I was doing and asked for a squad car or two to participate in the event. MPD then sent the entire crew to the event; 8 squad cars total,” said Byron.

The Firefighters and Officers whom came by were also treated to some appreciation as the Hospital staff held a banner and thanked the first responders as they paraded by the Emergency Room.

“I was so proud to see our local Montebello public safety come out in full force to support this event as I had only expected maybe a handful of fire trucks and police cars. Both gave me their entire fleets. I was so humbled and appreciative of the gesture which shows their gratitude and commitment to Beverly Hospital and the City of Montebello,” said Byron.
Many have asked when the Y will open again for healthy lifestyles programs, and we’re awaiting official word from the health department and elected officials about when we may be allowed to reopen for our conventional services as before the COVID-19 closures. Until then, because the YMCA is more than just swim and gym, while our facilities are closed to group classes and hitting the weights, we are grateful for those who have the ability to support the Y by leaving their memberships active as many are doing to help the Y provide meals to struggling families through our “Grab & Go” days at the Y, and when we’re back to normal, so that we may also continue providing financial assistance for camp, swim lessons, teen leadership development, and more for youth development, for healthy lifestyles, and for social responsibility. However, for everyone for whom the current health crisis has created financial hardship, we’re glad to put memberships on hold or otherwise adjust membership accounts.

Meanwhile, and as we remain of service in other ways during the Corona crisis, we miss seeing our community active at the Y facility and hope that everyone remains well as we look forward to serving you and yours again after!

“Grab & Go” meals are available at the Y in Montebello through the duration or until supplies are exhausted on Mondays and Thursday mornings from 9am until supplies are exhausted, and seniors who need home delivery of food are welcome to call the Y at: (323) 887 YMCA (9622). If you have the capacity to support this good work by way of donating non-perishable food or financial support with which the Y may purchase food to distribute, or by way of volunteering during this time of crisis, please contact PaulParzik@ymca-la.org at the Y. Volunteers help out by sorting food at the Y two afternoons each week and by helping distribute grab & go bags at the Y Mondays or Thursday mornings, or by delivering meals to seniors on Monday or Thursday afternoons. If you wish to volunteer, please register at: https://ymcala.volunteermatters.org/project-catalog/184 or call the Y. Protective gear including face masks and gloves, along with hand sanitizer and wipes, are provided and all social distancing protocols are followed for everyone’s safety.

Thank you for your support during these challenging times, and remember that all our collective efforts, while some may seem small, make a huge difference.

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ITM MAY 2020
BOARDMEMBER EDGAR P. CISNEROS RESIGNS FROM THE MONTEBELLO UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Board of Education Member Edgar Cisneros has resigned from the Monte- bello Unified School District Board of Education with an effective date of April 23, 2020. “Unfortunately, other demands on my personal and professional life have made this difficult decision clear and inevitable for me as I no longer have the ability to dedicate the energy and time required of this significant obligation,” said Board of Education Member Edgar Cisneros. Mr. Cisneros continued, “I want to express my gratitude to each and every MUSD employee. All we achieved is only possible through your dedication and I will be forever grateful to you.”

Mr. Cisneros is a graduate student at the University of Southern California, an alum of California State University Long Beach, and a proud Montebello Unified graduate. He has two children who attend Monte- bello Unified schools and a 1-year old on her way to follow in her father and siblings’ footsteps. He has proudly served the Montebello Unified School District for over 6 years, and twice served a 1-year term as Board President. Throughout his tenure, the Board of Education has implemented Full-Day Transitional Kindergarten and Full-Day Kindergarten, expanded dual immersion, and imple- mented ethnic studies as a graduation requirement. These are just some of the many accomplishments that have made a big difference in the lives of Montebello Unified School District students.

“I want to thank my colleague and friend for his dedication and leadership to the students, personnel, parents, and communities of the Montebello Unified School District,” said Board of Education President Mariol Madrigal Uribe. “I am sure this was not an easy choice to make and I fully respect his decision to step down” continued Ms. Uribe. “I wish Mr. Cisneros the best moving forward and may the Lord bless him and his family on future endeavors.”

“I want to sincerely thank Board Member Cisneros for his leadership and public service to the students, parents, and personnel of the Montebello Unified School District,” said Dr. Anthony J. Marti- nez, Superintendent of Schools. “I feel fortunate to have worked with Mr. Cisner- os these past several years, working diligently on our vision of empowering students to achieve academic excellence as model citizens,” continued Dr. Marti- nez. “Mr. Cisneros has had a positive impact in our District and I wish him and his family the best.”

This Easter, even though we had to stay indoors, was actually very fun. My family had an exciting Easter egg hunt. Although Easter eggs hunts are fun, it is important to remember that the real reason we have Easter is to celebrate the resurrec- tion of Jesus Christ. Although the country is on hold at the moment, school is still happening in the country. My school, La Merced Elementary, is hosting classes online. We are using an app called Zoom every other day. After Zoom is finished, we can work on assignments provided by Google Classroom. This is a new thing that we all are having a hard time with. But until then, I know that God will continue helping us with the Coronavirus.

Going Online

Something new that has been happening due to the Coronavirus is online church services. We have been fortunate that our church at FFBC.net is offering online services. My family has taken it an extra step to keep the brethren informed. Since the studies were cut a few weeks short, we have been using youtube and facebook to present our studies online. You can follow us Thursday nights at 6pm on youtube at https://youtu.be/EIfFtpAP-K8Q or facebook at https://www.facebook.com/paul-road/posts/10216517688165213.

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CELEBRATE MOM’S & GRADS

LOOK WHAT EVERYBODY IS READING IN MONTEBELLO!

LOOK FORWARD TO SEEING YOU SOON.
SENIOR VILLAS TURN TWENTY

The Montebello Senior Villas opened their doors on May 1, 2000 and have been serving our senior population for the past 20 years. Due to the recent pandemic, they were unable to proceed with their plans to throw a 20th Anniversary party for their residents so the manager, Ann Nungaray, organized a little gift for them.

Ann, with the help of Adrianna Cruz, Suzette Llanes and Alma Llamas, prepared beautiful gift bags with cookies for every resident to thank them for choosing the Montebello Senior Villas as their home.

“We may not be able to celebrate together so we just wanted to do a little something to let them know how special they are to us and how much we appreciate each and every one of them,” said Ann Nungaray.

BOUYAH: Boo-YAH – Back-Up-Your-Area-Hospital

A Rotary Club of Montebello community project, in support of our nurses, doctors, and staff at Beverly Hospital and Montebello’s First Responders. Partnering with the Soroptimist, Lions, Chamber of Commerce, and the YMCA, they are providing needed comfort provisions for our front liners battling COVID-19.

Rotary and partnering clubs realized employees at Beverly Hospital will be under enormous pressure as this pandemic progresses. Inspired by Pamela Manookian, they developed the BUYAH program to help frontline hospital workers and first responders. The goal is to do all we can to allow them to focus on the life-saving services they’re providing to our community. As their hours increase, they will benefit from available comfort items to lighten their load during, after, and before their next shift. Also, understanding that our heroic medical staff and first responders will not have much time to go grocery shopping. And when they do, the grocery shelves may be empty.

The comfort items needed are; individual snacks, beverages, non-perishable food, household supplies, personal hygiene, and pet supplies. Rotary and partnering clubs are asking for community assistance with donations of these needed items. Drop off location will be The Beverly Hospital Foundation Office, 309 W. Beverly Blvd., Monday & Thursday, 12 noon to 2:00 pm.

Solving real problems takes real effort, commitment, and vision. Rotarians, in partnership with local community service organizations, work to protect communities from preventable disease, keep women and children healthy, improve education and economic outcomes, create safe water and sanitation infrastructure, and make our community and the world a more peaceful place.

ROTARY - People of Action

YES, WE ARE OPEN AND HERE TO HELP!

DUE TO COVID-19, WE WILL BE OPERATING AT REDUCED HOURS

NEW HOURS THRU MAY 15

Monday 9:00AM - 6:30PM
Tuesday 9:00AM - 6:30PM
Wednesday 9:00AM - 6:30PM
Thursday 9:00AM - 6:30PM
Friday 9:30AM - 6:00PM
Saturday 10:00AM - 2:00PM
Sunday CLOSED

1012 W. Beverly Blvd.
Tel: 323-721-7529  Fax: 323-721-8659

MONTEBELLO REPORTER
By Preeti Bhuva
Pharm.D. Candidate 2021
University of Southern California,
School of Pharmacy

Our immune system is our defense mechanism for fighting against viral or bacterial infections. COVID-19 has caused over one million infections and about 60,000 deaths in the United States by late April. Continuing to practice social distancing and proper hygiene are helping to flatten the curve, and lower the risk of getting the virus SARS-CoV-2, which causes the disease COVID-19. Though no supplement, diet, or lifestyle changes can prevent you from getting COVID-19, a good immune system may help support your body to fight infection. The following are healthy ways to strengthen the immune system that may aid the body to fight infections:

1. **Maintain a healthy weight.** Obesity has been linked to an increased risk in influenza and may also be linked to COVID-19. A low-fat plant-based diet can support white blood cells to fight infection.

2. **Engage in moderate exercise.** According to the American Heart Association, it is recommended that adults get at least 150 minutes a week of moderate-intensity exercise. Even light intensity exercise, such as walking, provides benefits to the immune system.

3. **Get adequate sleep every night.** Lack of good sleep can increase the risk of getting colds and other infections. Adults should get at least 7 hours of sleep a night.

4. **Manage stress** through activities such as yoga, meditation, reading, or exercise. Stress reduces the immune system’s ability to fight off pathogens.

5. **Eat healthy fats.** Healthy fats found in olive oil and fish can boost the immune system by reducing inflammation. Omega-3’s found in salmon, flax seeds, and chia seeds, can also reduce inflammation.

6. **Eat fermented food.** Fermented foods such as yogurt, sauerkraut, and kimchi have good bacteria called probiotics that are found in the gut. Probiotics can support the immune system fight pathogens.

7. **Getting your vitamins and minerals.** Eating a healthy balanced diet or taking supplements can support your immune system.
   - **Vitamin C** is a powerful antioxidant that can destroy free radicals. Having 1,000 to 2,000 mg a day has been found to decrease the duration of the common cold. Vitamin C is found in fruits and vegetables including citrus fruits, strawberries, spinach, and broccoli.
   - **Vitamin D** deficiency has been linked to an increased risk of viral infections and many respiratory infections. Vitamin D can be obtained naturally from sunshine or fortified foods such as milk and cereal.
   - **Zinc** is a mineral that has also been shown to help fight infections. Studies have shown having 75mg of Zinc per day can shorten the duration of the common cold.
   - **Elderberry** is a flowering plant shown to be a powerful antioxidant to help fight the common cold and flu symptoms.
   - **Garlic** contains a compound called Allicin that has shown to fight the cold and flu.

The Prescription Shop Pharmacy currently has essentials to help fight against the Cold, Flu, and COVID-19, including gloves, masks, hand sanitizers, antibacterial soap, isopropyl alcohol, toilet paper and clear face shield. In addition, they carry many vitamins and supplements to support a healthy immune system.

References:
- https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system
- https://www.healthline.com/nutrition/how-to-boost-immune-health
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