



thoughtful



mindful



joyful

**Heritage Clinic
United Mental Health Promoters**

Living The Inspired Life

March 2026

Newsletter

Welcoming A New Face to UMHP: Lisa Wong

A client once told me “the one thing that stays the same is change.” It’s such a simple but wise truth. I have never been very good at facing change. It has often been unsettling to me. Change has come into my life at the least expected, and sometimes most unwelcomed, times. Yet in hindsight, I see the blessing that wasn’t obvious to me initially. Change is not an easy companion to walk with, but I’m learning that it is in those moments, one’s resilience can take shape. It’s also a time when one’s community can show up, especially when the path becomes too difficult to walk alone.

Fortunately, I’m so grateful that I’ve had many lovely mentors and wonderful supervisors who have poured into me along the way. My path has veered for me professionally—from being a teacher to a therapist; from a therapist to an intake clinician; from an intake clinician to joining the UMHP team. Each transition has been a bit of a rough patch, but the challenge grew my capacity. Along the way, people spoke truth into my life, supported, encouraged, and uplifted me. I felt heard, seen, and affirmed. I think that’s what UMHP can do, which is why I’m so excited to be a part of this amazing team. We get to invite our participants into a conversation; to show them we see and hear their stories; to tell them that they matter; and to build a safe, supportive space for them to meet. To be frank, this new role for me is a challenge. I’m trying to understand all that it entails. Right now, the path still feels rocky and a bit uneven, and I can’t see what’s around the bend, but I can honestly tell you that I’m really enjoying the view from where I stand now. It has been such a great blessing to serve alongside my UMHP team members and I’m excited to see the changes and growth in our participants, as well as in ourselves.



Lisa and Kono

Spring Cleaning for the Mind

Spring is often associated with renewal, growth, and fresh starts. But as we move into the spring season, take time to remember that spring cleaning doesn't just refer to sweeping your house or reorganizing a closet. "Out with the old, and in with the new," pertains to not only our physical state, but to our minds, hearts, and habits as well.

Take a second this season to pause and reflect. Ask yourself:

- What are some things that have blessed me recently?
- What relationships have encouraged and supported me?
- What small, joyful moments might I have overlooked?

Reflection and gratitude are powerful ways to refresh your mental state. Consider writing these down as you recall what you've been thankful for!

At the same time, Spring is also an opportunity to gently evaluate what may need to be "cleaned out." Ask yourself:

- Are there habits that no longer serve me?
- Are there any negative thoughts that I've allowed to settle in?
- Have I overcommitted myself and neglected rest?

Mental and emotional clutter can build up, just like dust on a shelf. Just like a messy cupboard, the first step to cleaning it out is simply acknowledging that it is there.

Recipe: Mini Green Pesto Pizzas

Ingredients: 1 pound pizza dough, 1/2 cup pesto, 1 cup mozzarella cheese, 1 cup finely chopped broccoli, 1 small zucchini (sliced into thin coins), 1 cup frozen spinach (defrosted and water squeezed out)

Instructions

1. Preheat oven to 450°F.
2. Divide the dough into four equal pieces. Roll or shape each piece into an individual pizza disk.
3. Spread each disk with 2 tablespoons of pesto.
4. Sprinkle with 1/4 cup mozzarella.
5. Top with chopped broccoli, zucchini slices, and spinach.
6. Bake on a pizza stone or baking sheet for 15 minutes, or until the crust is golden and the cheese is melted.



DID YOU KNOW?

Approximately one four-leaf clover exists for every 5,000 three-leaf clovers!

It's Easy Being Green!

Have you ever wondered why your local mall has fake plants lining the walkways, or why that one restaurant you love has ivy against the windows? That's because nature, plants, and even just the color green have numerous benefits for your mental health! Studies have shown that simply **being in nature and seeing plant life** around you leads to **decreased anxiety** and **increased relaxation**. In color psychology, green is **associated with growth, renewal, and calmness**. You can **boost your mood** by going on a **walk outside**, having a **park picnic**, or tending a **personal garden**. Putting real or fake plants in your home can also help liven up the space and remind you to take a **deep breath and relax**. It may be a cliché, but it's always a good idea to stop and smell the roses!

Lucky Charms: More Than Just Marshmallows

When you say "lucky charms," almost everyone thinks of the colorful cereal that dotes a cute cartoon leprechaun on the front of the box. And while we all love a bowl of marshmallow-ey goodness, what about the inspiration behind this fan-favorite cereal? Real lucky charms come in all shapes and sizes from around the world. In Ireland, a **four-leaf clover** is said to bring luck, while in China, **hongbao**, or red envelopes, are filled with money and gifted to symbolize prosperity. In Turkey, the blue **nazar**, or eye bead, is worn to deter negative energy, and in Nigeria, **iyun**, or coral beads, are worn to display status and thought to spiritually protect. So while carrying a lucky charm may seem juvenile, these small tokens carry deep history and can remind us that hope, tradition, and a little extra confidence may be just what you need!



Heritage Clinic United Mental Health Promoters

FRIENDLY VISITOR

A FRIENDLY VISIT CAN MAKE ALL THE DIFFERENCE

The Heritage Clinic United Mental Health Promoter Friendly Visitor Program offers free, friendly visits for older adults (65+) living in the San Gabriel Valley. Our trained United Mental Health Promoters offer companionship, meaningful conversation, emotional support, and help connecting to community resources, all in a warm, respectful, and caring way.

This is a **free, non-medical program**, designed to support older adults who may be feeling isolated.

PEOPLE WHO MIGHT FIND THIS PROGRAM HELPFUL:

- ✓ Ages 65+
- ✓ Live in the San Gabriel Valley
- ✓ Experiencing isolation
- ✓ Self-referrals and community referrals welcome

TO LEARN MORE AND SEE IF YOU'RE A GOOD FIT:

Call: (626) 746-4983

Email: UMHPinfo.heritageclinic.org

United Mental Health Promoters is funded through the Los Angeles County Department of Mental Health. Heritage Clinic is a 501c3 non profit agency.



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

Resource Spotlight

Convalescent Aid Society

CAS loans medical equipment to residents of the San Gabriel Valley and San Fernando Valley for as long as they need it. This service is **FREE** for eligible lendees.

To find out if you qualify or to learn more info, call **(626) 793-1696**

FOR ALTADENA / PASADENA RESIDENTS DIRECTLY IMPACTED BY THE EATON FIRE PLEASE CALL (626) 793-1696 x300 FOR IMMEDIATE ASSISTANCE.

Walk with a Doc (Monrovia)

Looking for a simple way to boost your health and connect with your community? **Walk with a Doc – Monrovia** is a **free, all-ages walking program** led by a local healthcare provider. Each event **begins with a brief, approachable talk** on a current health topic, then a **walk** you can **take at your own pace**. It's a great opportunity to **move** your body, **learn** something new, and **meet** friendly neighbors along the way.

Every 1st Saturday at 9:00 AM, beginning March 8, 2026

Recreation Park – 620 South Shamrock Ave, Monrovia, CA 91016

(Meet at the Boys & Girls Club entrance)
Learn more at walkwithadoc.org

Technology Tutoring for Seniors

This **FREE** program is available to all seniors who are looking to **advance** their **skills on their laptop or smart phone**. Each participant will have a **one on one, 45 minute appointment with a teen volunteer**.

Make an **appointment** by calling **626-308-2875**

Wednesdays from 3pm-5pm

250 S. Mission Drive, San Gabriel, CA 91776

San Gabriel Community Recreation Center – North Room

Strength Training Class

This **FREE** strength training is designed **specifically for older adults** to enhance **muscle strength, flexibility, and balance** in a fun and supportive environment.

10:30am-11:30am

Every Tuesday/Thursday from March 10th -April 30th

Register in person at the Villa Park Community Center

363 East Villa St. Pasadena, CA 91101

Sharing the Joy and Living the Inspired Life



On 2/17, we hosted an event at the Pasadena Lamanda Park Branch Library. Our team taught attendees gesturing techniques to help self-soothe, and we followed that with a mixed media art project. Listening to different songs, our event goes and team members used watercolor to paint how the music made them feel.



Download the iChill app and have helpful resilience skills on your phone!

Feeling stressed or overwhelmed? The free iChill app for iOS and Android teaches wellness skills from the Trauma Resiliency Model (TRM)[®] and Community Resiliency Model (CRM)[®] to help regulate the body's stress responses. iChill supports users in returning to their "Resilience Zone," reducing symptoms of anxiety and improving overall well-being. Suitable for children, teens, and adults, the app is available in English, Arabic, Spanish, Hebrew, and Ukrainian.

RSVP for our next events, and check out some helpful partner events! More info on next pages.

Free Wellness Event

For Adults 65+ Living in the San Gabriel Valley

hopeful

imagination

Heritage Clinic United Mental Health Promoters invites you to Connect, Create, and Collage.

Join us for a gentle, creative wellness gathering that begins with a short time of guided reflection.

Then, using a variety of colors, elements, and textures, we'll create a collage to express what supports your well-being.

Materials and refreshments will be provided.

Tuesday, March 17, 2026

Pasadena Lamanda Park Branch Library 11am - 1pm

140 S Altadena Dr., Pasadena, CA 91107

Please RSVP to UMHP (626) 746-4983 OR Email UMHPinfo@heritageclinic.org
Caregivers & Walk-ins Welcome



This event is not sponsored by the Pasadena Public Library



Save the Dates!

Living the Inspired Life Free Wellness Events

Thursdays, April 2, 9, and 16
2pm - 4pm

**In Collaboration with Pasadena Village
at Washington Park Community House
700 E. Washington Blvd.
Pasadena, 91104**

Watch for more details!



**MEDICAL
MISSION
ADVENTURES**

**FREE CLINIC:
MEDICAL, DENTAL,
OPTICAL AND MENTAL
HEALTH**



ALTADENA

**MAR
14
2026**

9 am - 3 pm
COMMUNITY
BIBLE CHURCH
2124 Lincoln Ave.
Altadena, CA
91001

- Medical Consultations
- Mental health & Wellness Consultations
- Medication refills
- Dental Care (cleaning, filling, extraction)
- Vision Care
- Eyeglasses on site
- Point of care testing
- Spiritual Care

In Partnership With:



**COMMUNITY
BIBLE CHURCH**



**epicentre
church**

**For an appointment
please call:**

(626)360-0800

**Limited Walk Ins Available
Appointments Recommended**

Care Lunch

Caring for a loved one in the wake of the Eaton Fire?

Whether you have been caring for a spouse, child, friend, or another individual, you are invited to join in conversation over a complimentary meal with fellow caregivers. Caregiving is an act of love but can also be stressful, and the incidents over the last year have compounded the strain. Find support and share what you need with representatives from local nonprofit organizations Pasadena Village and ONEgeneration during this Care Lunch.

Village Office Community Room
236 W Mountain St, #113
Pasadena CA 91103

This free gathering is intended for adults who are caring for a loved one and who have been impacted by the Eaton Fire. You can bring your loved one, or a friend, if you like.

To RSVP or if you have any questions, please contact the office at 626-765-6037 or email info@pasadenavillage.org



**Heritage Clinic
United Mental Health Promoters**

Living The Inspired Life

February 2026

Newsletter

Faces of UMHP:

Ana Goodenberger



My professional journey is rooted in the example set by my mother. As the daughter of Cuban immigrants and a first-generation college graduate, she dedicated her career to helping students access and afford higher education, and she also contributed to early work related to DACA legislation. From her, I learned the importance of empowering others and ensuring that opportunities remain accessible to everyone.

I carried those values with me to Northeastern University, where I studied Human Services with a focus on Child and Family Services. While in Boston, I worked with several nonprofits including Jumpstart, uAspire, The Autism Program at Boston Medical Center, and Strong Women, Strong Girls. These experiences helped me build a strong foundation in fundraising, event planning, resource navigation, and program development.

I later returned home to California and became a case manager supporting unhoused adults in Pasadena. That role shaped me in profound ways. Listening to clients, building trusting relationships, and offering steady support through both hardship and progress strengthened my commitment to showing up with compassion and presence. I always aimed to be the kind of person I had once needed during my own challenging moments.

My path then led me to Heritage Clinic, where I supported clients who were trying to navigate the complexities of Medi Cal. I drew on my earlier experience while also developing specialized knowledge in a healthcare system that can often feel overwhelming for many people seeking care.

On the United Mental Health Promoters team, I am currently focused on building and implementing the Friendly Visitor Program. This free resource is designed to enhance well-being and reduce isolation among older adults through home visits from our staff. I also help participants connect with essential community resources throughout the San Gabriel Valley, with the hope of easing their daily challenges and ensuring they feel seen, supported, and valued.

Although I joined United Mental Health Promoters only this past October, it is clear to me that every step of my journey has prepared me for this work. With five years of experience in community mental health, I have seen firsthand how our peer support model can reduce stigma, offer comfort, and lighten the burdens that many of our participants carry.

Reducing stigma begins with open, honest, and compassionate conversations. It is easy to feel alone in a world that often encourages people to remain silent about their struggles. When we speak openly and without judgment, we create space for others to reach out for support and to feel less alone.

Valentine's Day Word Search!

Love

Flowers

Heart

Chocolate

Beloved

Valentines

Romance

Candy

Date

Soulmate

B U B C D Y P W W F X E D P H
P B E L O V E D L Z S I E N W
L L G U C V H N W N O D K M M
P O O G A C A M T D U G T W C
N X V H N K V L O T L V J N J
D W F E D C P R E E M J P X Y
W K Q T Y H N A P N A Q J B S
F Z Q I V O J D K Z T L Q D K
L R U O Z C V A Q O E I A U C
O C I G G O V T Z D F T N O A
W W B F X L Q E E B R W G E I
E B Y M M A Q S C X Q R N X S
R G M X K T R O M A N C E V Q
S F X F B E B Y I C K N M G R
M D H E A R T S U P P H X K A

Taking Care of Your Heart: Physical & Emotional

When people hear “heart health,” they often think about the physical aspect such as eating better, staying active, or watching blood pressure. And while all of those matter, our hearts are affected by more than just what we eat or how much we move.

Our mental and emotional health play a big role too. Stress, loneliness, and constant worry can take a toll on the heart over time. Feeling connected, supported, and understood, however, can do the opposite. A good conversation, a shared laugh, or knowing someone cares can be just as important as a walk around the block.

Taking care of your heart doesn't have to mean big lifestyle changes. Small, everyday choices add up. That might look like eating meals that make you feel good, getting enough rest, or taking a few quiet moments to breathe and reset. It can also mean reaching out when you're feeling overwhelmed instead of trying to handle everything on your own.

This month is a good reminder to check in with yourself. How is your heart feeling, both physically and emotionally? Paying attention to both is a simple but essential way to support your overall health.

DID YOU KNOW?

Doctors once prescribed chocolate to fix a broken heart!

Resource Spotlight

UMHP Friendly Visitor Program

Feeling Isolated?

Our program could be a good fit for you!

The **United Mental Health Promoters (UMHP) Friendly Visitor Program** brings social connection to **older adults in the SGV who are 65+** and experiencing isolation.

Our UMHP Friendly Visitors provide **regular visits to offer engagement, emotional support, and community resource navigation** in a safe and professional manner.

For more information contact us at:
(626) 746 - 4983

UMHPinfo@heritageclinic.org

We look forward to hearing from you!

Altadena Fire Recovery Information & Resources

The Eaton Fire caused devastating impacts in the **Altadena community**. **LA County Recovers** has compiled a guide for Altadena residents **impacted by the Eaton Fire** that compiles **key resources** for **immediate and long term recovery support**.

The site includes **resources and information** on topics such as rebuilding, city permits, law changes, legal needs, mental health services, replacing vital documents, etc.

For more information visit:
<https://recovery.lacounty.gov/altadena/>

Redefining Love Past Romantic



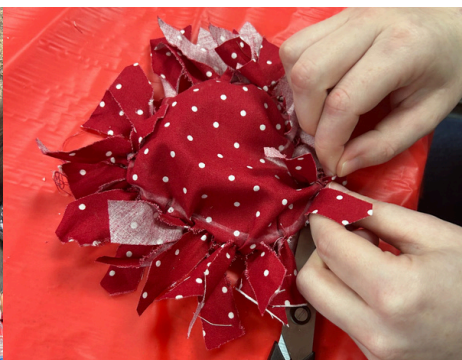
February usually puts the spotlight on romantic love: hearts, cards, flowers, the whole nine-yards. But love doesn't only show up in couples or grand gestures. Most of the time, it shows up in smaller, everyday ways.

Love is a friend who checks in "just because." It's a neighbor who notices when you haven't been around and makes sure you're okay. It's family members, caregivers, and community members who show up, help out, and listen when it matters.

Love can also be taking care of yourself! Getting some rest, asking for help, or doing something that brings you a little joy are all forms of love. Those things count too.

This February, let's widen the definition of love. Let's notice the people who make our days better, quieter moments of kindness, and the connections that keep us going. Sometimes the best kind of love is simply knowing someone cares.

Sharing the Joy and Living the Inspired Life



On 1/20/26, UMHP hosted a community event at the Lamanda Park Library, where participants created heart shaped hand warmers and received an AromaTouch hand massage.



On 1/30/26, we met at Deliverence Tabernacle, where participants created wish boxes that they will be writing intentions, wishes, and/or prayers into.



Thank you to Sophia Garcia, who gave her time to help us serve our community!

RSVP for our next event! More info on the next page.



Living ^{the} Inspired Life

FREE WELLNESS EVENT
For Adults 65+ Living in the San Gabriel Valley

Heritage Clinic United Mental Health Promoters
invites you to join us for
Mindful Expressions: Mixed Media Art for Wellness.

Our day together will help reconnect us with
our zone of well-being. Discover how color,
music, and creativity can support emotional
balance. No art experience necessary - just
curiosity and a willingness to explore.

Materials and Refreshments will be provided.

Tuesday, February 17, 2026
11am - 1pm
Pasadena Library
Lamanda Park Branch
140 S Altadena Dr., Pasadena, CA 91107

Please RSVP to UMHP (626) 746-4983
Email UMHPinfo@heritageclinic.org for more info
Caregivers & Walk-ins Welcome



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

This event is not
sponsored by the Pasadena Public Library



**Heritage Clinic
United Mental Health Promoters**

**Living The Inspired Life
January 2026
Newsletter**

Peace and a Fulfilling 2026 by Shawn Herz

I've never been one for New Year's resolutions as they often are unrealistic and not sustainable, however, this year, something deeply inspired me to make one that I will effortlessly practice daily. My NY's resolution is inspired by a group of monks who have broken their vows of silence to walk a 2,300-mile pilgrimage from Fort Worth, Texas, to Washington, D.C. with their mission to spread messages of peace, kindness, unity, and compassion across America.

When I learned about this journey in mid-December, it made me pause and reflect: How can I bring more peace and kindness into my own life and inspire others to do the same? While one person's actions may not single-handedly create world peace, small, spontaneous acts of kindness can spark a ripple effect. Imagine buying a coffee for a stranger, letting someone go ahead in the checkout line, or mailing a card to a friend just because. These simple gestures can restore faith in humanity and often inspire others to pay it forward. Kindness doesn't just change the world, it changes us. It can even make us healthier.

And speaking of health, let's not forget the most important kindness of all... kindness toward ourselves. When we treat ourselves with compassion through self-care, setting boundaries, and positive self-talk, we replenish our emotional reserves and build resilience. That inner strength enables us to extend kindness outward, creating a cycle of care and connection. It doesn't matter how you choose to be kind - what matters is that you choose to be kind. The world is full of good people. If you can't find one, be one. Wishing you all a peaceful and fulfilling 2026

New Years Crossword!

ACROSS

1. A wine drink used for toasts
2. To celebrate with movement & music
3. Self improvements for the new year
4. Leaving the NYE party _____ to sleep

DOWN

1. An apple drink used for toasts
6. Your _____ and uncles are visiting
7. Someone you host at your party
8. A general list of things you'll do for the new year

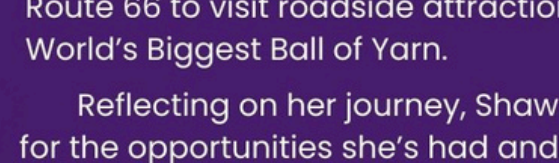


01

Celebrating Shawn Herz

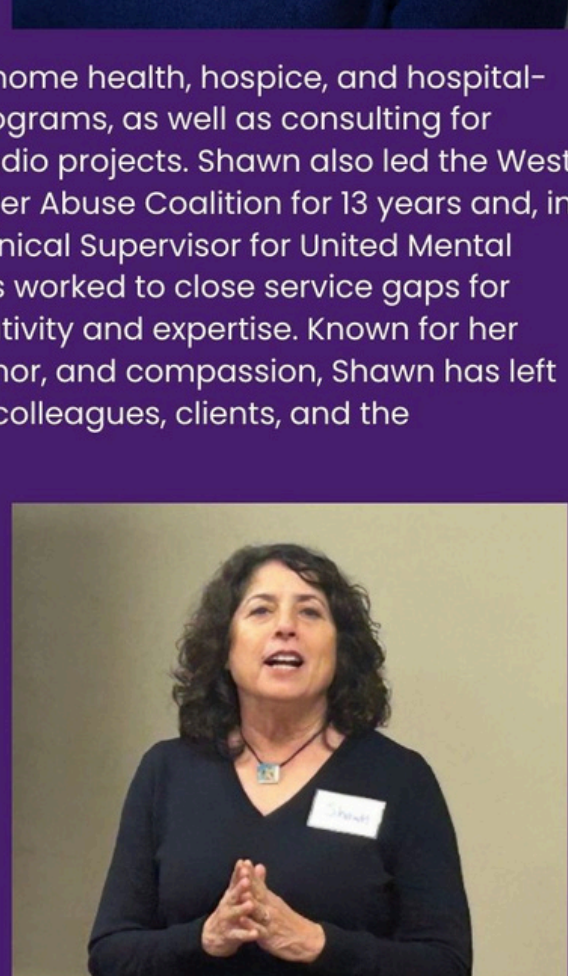
For more than forty years, Shawn Herz has dedicated her career to improving the lives of older adults and their families through her expertise in gerontology and mental health. Holding a Master of Science in Gerontology and a Master's in Marriage and Family Therapy from the University of Southern California, Shawn has combined clinical skills with heartfelt advocacy throughout her journey.

Since 2013, Shawn has been an integral part of Heritage Clinic, providing specialized clinical services and unwavering support to older adults. Prior to that, she served as Clinical Director for the Los Angeles Caregiver Resource Center at USC's Gerontology Center for 18 years, shaping programs that strengthened caregivers and families.

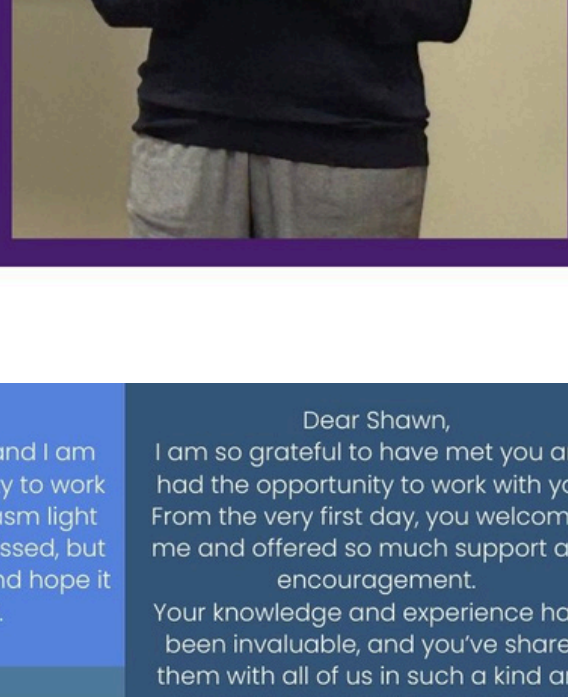


Beyond her career, Shawn has embraced a wide range of interests and accomplishments. She once owned a restaurant in West Hollywood, where she baked more than 300 cheesecakes in six months and earned a blue ribbon for her date cheesecake at the Riverside County Fair. As she enters retirement, Shawn plans to continue serving on the Board of the Leo Buscaglia Foundation, honoring his belief that love, kindness, and human connection are necessities, not luxuries. She also looks forward to spending more time with her family and friends, playing bluegrass music, and traveling along Route 66 to visit roadside attractions, including the World's Biggest Ball of Yarn.

Reflecting on her journey, Shawn shares her gratitude for the opportunities she's had and the lives she's touched. Her legacy of mentorship, advocacy, and compassion will continue to inspire us all.



Her career spans home health, hospice, and hospital-based senior care programs, as well as consulting for television, film, and radio projects. Shawn also led the West San Gabriel Valley Elder Abuse Coalition for 13 years and, in her current role as Clinical Supervisor for United Mental Health Promoters, has worked to close service gaps for older adults with creativity and expertise. Known for her deep knowledge, humor, and compassion, Shawn has left an indelible mark on colleagues, clients, and the community.



02

Shawn - we wish you well as you begin your next journey. I wish for you to have lots of fun adventures and enjoyments with family and friends and your garden and music. Your determined and persistent support of Heritage Clinic's mission and of individual clients has been outstanding. You have gone the "extra mile" for so many people, and in so many situations. We have learned from you and I hope Heritage Clinic will carry on your compassion and dedication. Thank you for all you have done!
Warmly, Janet

Shawn, it is truly a rare privilege to be blessed to work with someone like you who is authentic and intentional with your care towards me, our colleagues, and our office and org as a whole. Your thoughtfulness, humor, and kindness have sincerely impacted my life and those of our colleagues, and have truly shaped the culture of our office. We will surely miss you but will continue to bear the mark of your impact. Thank you for looking beyond yourself and your work, to see and care for your community here at Heritage. I'm grateful to have had you as a colleague and friend. Have fun with the adventures that are ahead! -Aaron

Shawn, Thank you so much for all of your hard work on our team! You are so very appreciated. Your knowledge and wisdom has been such a solid foundation for our new program, and you have been such a great mentor to me. And while it is hard to see you go, I am so happy that you will get a well deserved break. Take care, Elizabeth

Shawn, it has been an honor to have worked alongside you. You have led this team with compassion, tenacity, and wisdom. Thank you! - Almee

Shawn, you have been the wind beneath our wings! We're flyin' high now and thank for the rocket fuel! Your turn to do you, take a Buddha Breath, head out, and get your kicks on Route 66
-Cliff Armstrong

Shawn, It has been a joy and a pleasure to work alongside you. I've learned from you, been inspired by you, witnessed your ability to network and build connections. I enjoyed the time I went on an intake with you, because I witnessed firsthand how you conceptualized and understood the dynamics of the client and his household right away. You have an intuition, wit, and humor that are unforgettable; not to mention your natural tendency to help others, linking them to whatever is in the vast, infinite resource bank of yours. You reach to others in broad but specific as well. You see the community need, but also recognize the need to meet the individual where they're at. I heard someone once state, "Don't cry because it's over, smile because it happened." Though your official time with HC is ending, no tears will be shed; instead, I will smile when I see all of your lasting influences. Nevertheless, I will miss seeing you at the IA office, but I know that our friendship will extend beyond the office walls. Blessings to this next phase of your life. Wishing that you remember to be as kind to yourself as you've been toward others. -Lisa

Dear Shawn,
You are such an amazing person and I am grateful to have had the opportunity to work with you. Your energy and enthusiasm light up those around you. You will be missed, but I wish you a wonderful retirement and hope it is everything you dream of.
With admiration, Robyn

Dear Shawn,
Congratulations on an outstanding career! You have made such an impact on the community. You've also made such an impact on me. You have such a wealth of knowledge and information that you kindly shared with me for so many years! Thank you for being such a wonderful colleague and friend. Best wishes as you embark on this new journey. Enjoy retirement to the fullest extent!
Sincerely, Angel

Dear Shawn,
Congratulations on your retirement! Your guidance, wisdom, and unwavering support have shaped not only my career but also my life in ways I will always cherish. You have been more than a mentor; you have been a true friend, inspiring me with your passion, kindness, and dedication to making a difference. As you begin this new chapter, I hope it brings you joy, adventure, and plenty of time for the things you love most. -Ana

Thank you for your leadership and for prioritizing our mission to reach those that are underserved. You have left a lasting mark on the UMHP program. Wishing you many blessings and adventures in this next chapter.
All my best, Olivia Hinojosa

In just the short time we got to know and work with you, you've made a HUGE and LASTING impact! Your dedication to help build us into a strong team from scratch by sharing your wealth of knowledge as a gerontologist, connecting us with leaders in the community, and bestowing your legacy of jokes to us will be forever appreciated! Thank you for sharing buddha breaths, belly laughs, and most of all, your wonderful heart with us! You will be missed!
- Jackie Armstrong

Dear Shawn,
I am so grateful to have met you and had the opportunity to work with you. From the very first day, you welcomed me and offered so much support and encouragement.
Your knowledge and experience have been invaluable, and you've shared them with all of us in such a kind and respectful way. I truly admire your genuine kindness toward everyone you meet and your fierce advocacy for those in need or without a voice to advocate for themselves. I pray for blessings over your life and that you are filled with joy, peace, and love as you move into this next, more relaxing chapter. Please let's stay in touch—I look forward to continuing our friendship beyond work. -Sandy Llamas

Shawn, congratulations on this milestone! It is such an important step. We will truly miss you. I am going to miss our complicity, your incredible expertise in gerontology and professionalism in the office and the way you always embraced my sense of humor. Wishing you a happy retirement. I am so glad I met you and that our paths crossed. Be well and enjoy your retirement!! - Carlos

Shawn, you put such care and compassion into everything you do. You have made an impact on me, our Heritage Team, and the clients that we serve. I will be very missed here but we will keep in touch. Excited for your future ahead and all the new adventures you will be part of and the ongoing impact you will make. Thank you for being a wonderful colleague, mentor, and friend to me.
Blessings, Grace

To my dear sunshine (Shawn): My wish to you is that your retirement be filled with the same joy you've given to others. Work won't be the same without your wisdom, humor, and kindness. Your quirky sweaters inspired my inner child to forever stay alive and happy. You've left a mark that will inspire us for years to come. It was a true honor to get to work with you and make such a good friend. Have a wonderful retirement, Shawn. Where every day is Saturday.
With much love and admiration, Isabel

Shawn, thank you for your wonderful leadership and lasting legacy on our program. I wish you the best on the mother road. The world's biggest yarn ball is calling!! -Nick

Resource and Event Spotlight

Altadena Recovery Team

Donation and Distribution Drives for Eaton Fire Victims
Held **bimonthly** on every **2nd and 4th Saturday** from **12-2pm**
455 E Woodbury Rd., Altadena, CA 91001

To access the distribution center, you may walk up to the grey tent or drive through the parking lot's east entrance. Common supplies include toilet paper, paper towels, water, hygiene items, baby supplies, snacks, and more. Please note that some items may have a limit to ensure they can help as many people as possible.

New Eyes for the Needy

In need of prescription glasses that insurance won't cover?
New Eyes gives access to eyewear and clear vision, transforming the lives of financially struggling children and adults across the United States.

New Eyes assists low-income individuals in the United States. They provide a basic pair of eyeglasses with clear single or lined bifocal lenses. Due to client requests, they now offer lens upgrades such as progressive, tinted, blue-light filter, etc. at discounted, out-of-pocket fees on their eyeglasses ordering site.
Interested? Check out New-Eyes.org for more information!

Community Food Distribution

For those impacted by the Eaton Fire, Hollywood Food Coalition is holding a food distribution at the **Altadena Library**. Stop by to grab a bag of fresh produce! Supplies are limited, first come, first serve.

Wednesday, Jan. 14 & Jan. 28
11am-12pm
600 E Mariposa St., Altadena, CA 91001
Mail Library Parking Lot

If possible, please bring your own extra bags!

UMHP Friendly Visitor Program

Feeling Isolated?
Our program could be a good fit for you!

The **United Mental Health Promoters (UMHP) Friendly Visitor Program** brings social connection to older adults in the SGV who are **65+** and experiencing isolation. Our UMHP Friendly Visitors provide **regular visits** to offer **engagement, emotional support, and community resource navigation** in a safe and professional manner.

For more information:
Call us at **(626) 746-4983** and/or email us at **UMHPinfo@heritageclinic.org**
We look forward to hearing from you!

Sharing the Joy and Living the Inspired Life



On December 16, UMHP hosted a community event at the Lamanda Park Branch Library where participants built festive snow people, enjoyed a delicious lunch with holiday treats, and explored wellness practices together.



Happy New Year from all of us in the UMHP team!

RSVP for our next event! More info on the next page.

Living the Inspired Life

FREE WINTER WELLNESS EVENT

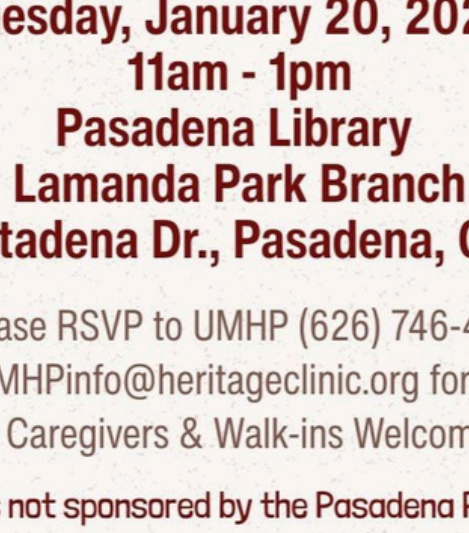
For Adults 65+ Living in the San Gabriel Valley

Heritage Clinic United Mental Health Promoters invites you to join us to come fill your hands - and your heart - with warmth!

We'll create personal Heart Hand Warmers perfect for easing tension, warming chilly hands, or simply bring a smile to your day.

We'll also take part in an uplifting wellness practice to help calm the mind and lift the spirit.

Materials and Refreshments will be provided.



Tuesday, January 20, 2026

11am - 1pm

Pasadena Library

Lamanda Park Branch

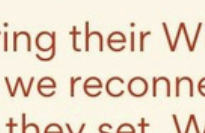
140 S Altadena Dr., Pasadena, CA 91107

Please RSVP to UMHP (626) 746-4983

Email UMHPinfo@heritageclinic.org for more info

Caregivers & Walk-ins Welcome

This event is not sponsored by the Pasadena Public Library



Living the Inspired Life

LIGHT & LOVE

A Free Two-Part Community Wellness Event

If you're 65+ and have been impacted by the Eaton Fire, Heritage Clinic United Mental Health Promoters invite you to join us for a two-part, supportive wellness series created to nurture healing, resilience, and connection.



FIRST GATHERING

We'll create a personalized **Wish Box**—a meaningful keepsake to hold intentions, affirmations, prayers, or hopes for the days ahead. As we craft, we'll gently reflect on what we want to carry forward and how setting intentions can support emotional healing after loss or disruption.



SECOND GATHERING

Participants will bring their **Wish Box** from part 1 as we reconnect with the intentions they set. We'll also create heart-shaped **Hand Warmers** filled with rice or lavender, designed to offer warmth, grounding, and comfort during moments of stress, grief, or uncertainty.

You may attend one or both gatherings - each stands alone, and together they create a meaningful journey of light and love. Materials and refreshments will be provided.

PART 1 - Friday, January 30th 11AM-1PM
PART 2 - Friday, February 6th 11AM-1PM

DELIVERANCE TABERNACLE CHURCH

Fellowship Hall (Entrance in Back)

1299 Santa Ave.

Pasadena, CA 91103

Please RSVP to UMHP (626) 746-4983

Email UMHPinfo@heritageclinic.org for more info

Caregivers & Walk-ins Welcome

