



**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.



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

