



thoughtful



mindful



joyful

Heritage Clinic
United Mental Health Promoters

(626) 746-4983 | UMHPinfo@heritageclinic.org

Living The Inspired Life

September 2026

Newsletter

Get Grounded!

Pay Attention to Your Body During Pain Awareness Month

September is pain awareness month, and while when we usually think of pain as an overt, intense feeling, sometimes pain can show itself in smaller, more subtle ways. An uncomfortable position, tensed muscle, or furrowed brow are all “micro-pains” that might be harder to pinpoint. During this month, consider taking a moment to get grounded and listen to your body.

Approach With Awareness

First, try finding a comfortable place to sit and take a slow breath. Without trying to change anything, shift your attention to your body and ask yourself if there are any places with discomfort that you might’ve not noticed before. Is it in one specific area? Does it feel achy, tight, sore, or heavy? What does my body seem to be asking for? And remember, you don’t have to have all the answers! Simply noticing and taking time to give your body a chance to communicate to you can be a helpful first step.

Start Soothing

Once you have located an area of discomfort, explore small ways to soothe it. This might mean changing positions, stretching gently, using a warm compress, or simply slowing down to rest. Sometimes, mental soothing can bring about physical comfort as well. Take deep breaths and remind yourself, “I can be gentle with myself through this pain, and I can find moments of comfort even when I am hurting.”

And sometimes, pain can call for a bigger support. If you have access to a healthcare provider, they may be able to help you troubleshoot ongoing pain. But support can take many other forms as well. Consider reaching out for help with needs, allowing yourself to lean on someone you trust, or taking whatever steps feel manageable to you.

Believe Your Body

The goal of grounding isn’t to magically make pain disappear. Instead, it can help you become more familiar with your body’s signals and recognize opportunities to care for it. Just because a pain isn’t debilitating, doesn’t mean that it deserves to be ignored, so perhaps try grounding this September and give your body grace in the ways that you can.

Cool Down or Heat Up: Simple Ways to Soothe!

DIY Dish Soap Gel Pack



1. Fill a small Ziploc bag about $\frac{3}{4}$ full with liquid dish soap
2. Remove excess air, double-bag it, and freeze for 2–3 hours.

The frozen soap forms a soft, moldable pack ideal for sore muscles!

No dish soap? No problem!

Replace it by dissolving 2 tbsp. of salt in 2 cups of water. Salt lowers the freezing temp of water, keeping the ice a slushy, moldable texture.

DIY Heat Pack



1. Fill a long, thick, cotton sock till it is about $\frac{1}{2}$ full with rice.
2. Tie the open end into a knot.
3. Microwave it for a minute or two, or until comfortably warm.

Spice it Up!

If you don't have rice, there are many other options such as dried beans, flaxseed, barley, and corn! Also, if you have it, try adding a drop of essential oil to the sock for a calming scent!

Living the Inspired Life: Photo Corner



We had so much fun at our event on 8/18 at Lamanda Park Branch Library where we shared some information about healthy sleep habits and created personalized journals!

Resource Spotlight

HICAP

Health Insurance Counseling & Advocacy Program (HICAP) is a free counseling service that helps Medicare beneficiaries understand their health insurance options, reduce healthcare costs, and access financial assistance programs.

Many seniors may qualify for programs that help pay Medicare premiums, deductibles, copayments, and prescription drug costs. HICAP can help identify available benefits and guide seniors through the application process

☎ 1-800-434-0222

🌐 www.hicapservices.net

Habitat for Humanity

San Gabriel Valley Habitat for Humanity helps seniors, veterans, and low-income homeowners with affordable home repair and accessibility improvements, including ramps, railings, roofing, and critical safety repairs.

🌐 www.sgvhabitat.org

📍 800 W Chestnut Ave

☎ (626) 709-3275

SELF CARE MAD LIB!

FILL IN THE BLANKS TO MAKE YOUR OWN SILLY SELF CARE STORY!

My self-care routine begins with _____ and exactly _____

beverage

_____ deep breaths. When things get stressful, I remember

num.

to _____ instead of _____. For a wellness break,

verb

verb

I enjoy _____ while staring thoughtfully at _____. After a hard task, I recharge

snack

noun

by _____ and celebrate with _____. Today, I am proud of myself for _____

verb

treat

_____. My current self-care mantra is: "I am grateful for _____

small win

noun

and I radiate _____.
noun

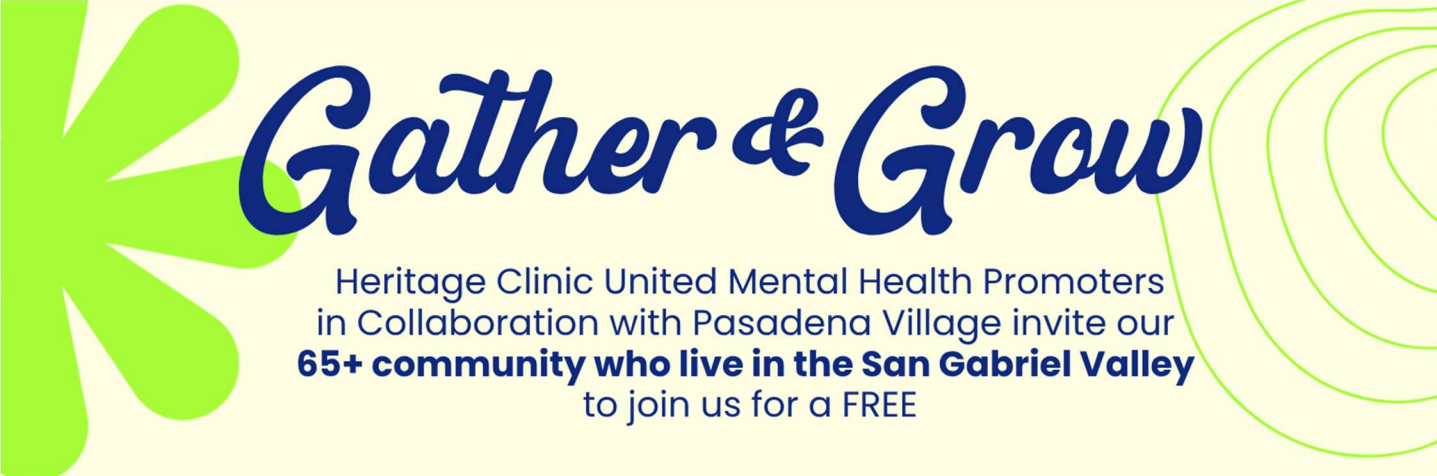
Bonus: If self-care were a job title, mine would be Chief Executive Officer of _____

something ridiculous

DID YOU KNOW?

Honey never spoils!

Archaeologists found edible honey in Egyptian tombs over 3,000 years old!



Gather & Grow

Heritage Clinic United Mental Health Promoters
in Collaboration with Pasadena Village invite our
65+ community who live in the San Gabriel Valley
to join us for a FREE

TWO-SESSION WELLNESS EXPERIENCE

THE ART OF AGING WELL

SEPT

10

Session One Learn + Connect

- GROUP DISCUSSION
- What are you looking forward to in this new season?

SEPT

24

Session Two Reflect + Create

- CREATIVE ACTIVITY
- Create a personal vision board grounded in your reflection.

Washington Park Community House
700 E. Washington Blvd.
Pasadena, CA 91104

2PM – 3:30PM

Light Snacks will be Available

For more info and RSVP: (626)746-4983 or Email UMHPinfo@heritageclinic.org



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



A BRIDGE TO COMMUNITY
PASADENA VILLAGE





Living the Inspired Life

FREE WELLNESS EVENT

For Adults 65+ Living in the San Gabriel Valley

We'll explore simple ways to improve balance, build resilience, and prevent falls. Learn valuable safety tips from a clinical specialist from Huntington Health Senior Care Network and discover practical ways to reduce fall risks at home and in the community.



Come connect with others, have fun testing your fall-prevention knowledge, and discover small steps that can make a big difference in staying strong, steady, and independent.



TUESDAY, SEPTEMBER 15, 2026

11AM - 1PM

Pasadena Library
Lamanda Park Branch
140 S. Altadena Dr.,
Pasadena, CA 91107



**SAVE
THE
DATES**



Gather & Grow

TOPIC:
BUILD YOUR RESILIENCE

SESSION 1 - OCT8

Learn + Connect

SESSION 2 - OCT 22

Reflect + Create

Washington Park Community House
700 E. Washington Blvd.
Pasadena CA 91104

2pm-3:30pm

MORE INFO TO COME!



EPICENTRE CHURCH

COMMUNITY EVENT FOR INDIVIDUALS AFFECTED BY THE EATON FIRE

Hope. Healing. Restoration.

FREE!



DATE

Saturday, Sept 19
6:00 - 8:30 pm

LOCATION

Epicentre Church
HOPE Room

ADDRESS

425 Sierra Madre Villa Ave
Pasadena, CA. 91107

Everyone is welcome—with or without kids! We'll enjoy dinner and time together, followed by separate fun, resilience-building activities for adults and children. Come eat, connect, laugh, and enjoy some much-needed fun as we continue moving forward in recovery together!

Questions? fireresponse@epicentrechurch.org

HOSTED BY EPICENTRE CHURCH FIRE RESPONSE

REGISTER HERE





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.

