



# David's Place Chronicles

Summer 2025

Official Publication of  
David's Place I

July-September 2025

## Practicing Mindfulness Helps with Feeling Calm

### Program Notes

Erin Hall



Dear Everyone! I am so glad you're here and want to talk about something truly special—mindfulness companionship to help you feel calm, centered, and strong.

You might already know that life can bring a lot of feelings: happy days, wiggly nerves, or times when thoughts race and it feels tough to slow down. That's okay. Mindfulness is simple—it's just about being with whatever is happening now, without worrying if it's "right" or "wrong."

Here are gentle steps you can try to build a kind, caring routine:

### 1. Breathing with Heart

Take one slow breath in through your nose...let it out gently through your mouth. Feel the breath in your chest. If your mind wanders, that's okay—just

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Touring Cerritos College.



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## Our New Team Member



Hi, my name is **Tanya**. I love music, concerts, and true crime. I adore hanging out with my kids and exploring new places. I love to learn new things. I am truly blessed to be a part of David's Place. There is a lot of love here and I need to be a part of this. The staff and individuals are truly beautiful inside and out.

My past job experiences have always been based on helping others and letting them know they matter. I am passionate in all that I do and hope I am able to make a difference here at DP. Thank you for having me. ♠



## Succeeding at David's Place

I would like to highlight an individual on my caseload that has been working hard on their goals. That woman is **Janisha**!

When Janisha first came to David's Place, she had a lot of goals for herself, some of which included moving out, finding a job, making friends and increasing her patience. I am honored to report that Janisha has made incredible progress on these goals! Janisha has been at David's Place for a little over a year and has taken the tools her clubs and counselors have provided her and applies them in her everyday life. From participating in our mindfulness clubs and attending our ILS lessons Janisha has learned things like radical acceptance to understand what is in her control and has increased her ability to be patient with

things out of her control.

Janisha has also made meaningful connections at David's Place and has taken opportunities to have social hang outs at super cool places like Knott's Berry Farm! Janisha was very motivated to start working again. She advocated to get Access, she attended multiple job interviews and never gave up on her job hunt and last month she was offered a position at Knott's Berry Farm. Janisha has grown so much in such a short amount of time, she inspires me to be the best version of myself and to push myself to better the things in my life I have control over. Janisha is a hard worker and kind to her peers, and I wish her plenty of more success in her future! ♠

## Cooking with the Culinary Arts Team





## Succeeding at David's Place

Success stories are often written to recognize the milestones, breakthroughs, and life-changing achievements of individuals who overcome obstacles. But every so often, someone walks into a place already embodying the essence of success—not defined by external achievements, but by the way they uplift those around them. **Michael** is one of those rare individuals.

From the moment he arrived at David's Place, Michael wasn't just a participant—he was an energy, a force of positivity. He didn't need to prove himself because his presence alone spoke volumes. Whether he was dancing to the "Stanky Leg," engaging in a competitive game of Uno, bowling with friends, creating in arts and crafts, or simply enjoying snack time, he was there—fully, authentically, and joyously. Michael doesn't just attend

David's Place; he enhances it. His laughter fills the halls, his impeccable fashion sense turns heads, and his love for scary movies adds an extra spark to conversations. Making friends comes naturally to him, as easily as the effortless smile that lights up his face. In every interaction, Michael demonstrates what success truly means—not as something to be reached, but as a way of moving through the world with kindness, joy, and unwavering positivity.

So today, we celebrate Michael. Not for something he has overcome or achieved, but for who he is—the man who turns life's highs and lows into something even brighter. His success isn't measured by accolades; it is felt by everyone fortunate enough to know him. And that is the kind of success worth celebrating. ♠



### July

- 1 Angel M.
- 1 Giovanni B.
- 2 Jeremiah H.
- 10 Jacob P.
- 11 Janisha R.
- 11 John S.
- 15 Jeronte J.
- 15 Marcos P.
- 26 Aidan W.

### August

- 7 Ryan C.
- 11 Bryan H.
- 14 Tammy K.
- 15 Joseph W.

### September

- 1 Richard C.
- 20 Veronica V.
- 22 Ozzy M.



### April 2025

#### Morning

Sam  
Ryan  
Tameka  
Maggie  
Courtney  
Adrian  
Adam  
Jeremiah  
Emily  
Noelle  
Jeronte  
Tammy  
Ozzy  
Elizabeth  
Andy  
Marcos  
Natasha  
Alex  
Gail  
Michael  
Antoine  
Raul

#### Afternoon

Jose  
Jose  
Meredith  
Freddy  
Ricardo  
Latanya  
Beatriz  
Jonathan  
Jodi  
Robert  
Janisha  
Leslie  
Carlos  
Jacob  
Joe  
Kent  
Alberto

### May 2025

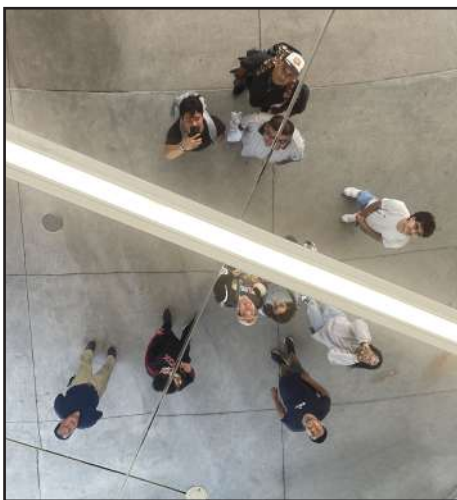
#### Morning

Sam  
Elizabeth  
Ryan  
Andy  
Maggie  
Marcos  
Courtney  
Natasha  
Adrian  
Alex  
Adam  
Gail  
Jeremiah  
John  
Emily  
Antoine  
Noelle  
Raul  
Jeronte  
Ozzy  
Thomas

#### Afternoon

Jose  
Jacob  
Latanya  
Joseph  
Kelly  
Eliza  
Beatriz  
Giovanni  
Van  
Juan F.  
Jonathan  
Janisha  
Jacob  
Jodi  
Robert  
Leslie  
Carlos  
David

## Cerritos College Tour



### Program Notes

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breathe in, breathe out, and come back to your breath. A little breath practice each day can bring calmness into your day.

#### 2. Body Pause

Close your eyes—or softly let them rest downward. Bring attention to your toes, legs, belly, shoulders—one part at a time. Notice how each part feels. This helps you slow down and be present in your body.

#### 3. Five-Senses Check-In

Look around and name quietly: “I see... I hear... I feel... I smell... I taste...” It’s a quick way to get grounded in the moment and feel safe.

#### 4. Easy Self-Kindness

Put a gentle smile on your face. Say softly to yourself: “May I be calm... May I be safe... May I be kind to myself.” You deserve warmth and care.

#### 5. Daily Moments of Wonder

Read a poem, taste a favorite snack, feel the sun on your skin, notice a bird’s song. Seeing a little joy helps remind you of simplicity and beauty every day.

#### ♥ You Are Enough

There’s no perfect way to do this. You’re doing great by simply starting. Every inhale, every moment you pause, is a step toward feeling stronger and kinder with

yourself.

Sometimes it won’t feel easy—yet each effort matters. Think of each peaceful breath as planting a seed in your heart.

If you ever feel stuck or frustrated, it’s okay. You’re not alone. Try smiling gently and naming one small thing you feel or sense right now, maybe your breath, your chair, the air on your skin.

#### ♥ You Are Not Alone

If it feels helpful, invite someone— a friend, caregiver, or group— to join you. Sharing quiet breathing, noticing sensations together, or simply holding space for these moments can bring connection and warmth.

#### ✨ A Wish for You

My wish for you is each day to find one small moment of peace, curiosity, or kindness. And if you ever forget to practice, know that each moment is a new chance to begin again—just like the gentle return to your breath when the mind drifts.

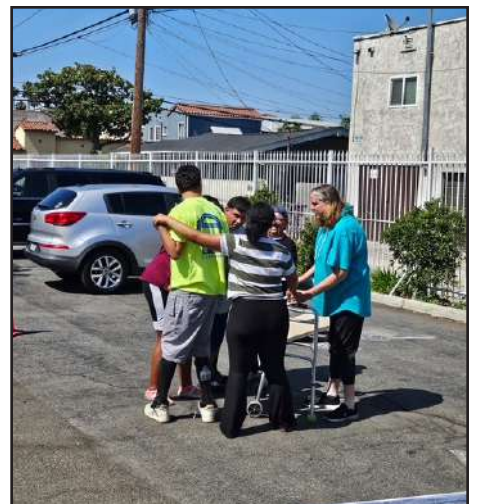
You are brave. You matter. You are exactly enough, right here, right now. ♠

*With kindness and hope,  
Erin*





## 4th of July Festivities at David's Place



Learning wants vs needs.



### David's Place

will be closed

Monday, September 1  
Labor Day

### Thank You!

Frances Garcia  
Reilly Griffin  
Erin Hall  
John Kuchinski  
Joahna Torres  
Carlos Velasquez



# BEAT THE HEAT, STAY SAFE!

Extreme temperatures are hitting our area! Take precautions to stay safe during this scorching heatwave. Here are some tips:



## WHO'S AT RISK?



ADULTS OVER 65, CHILDREN UNDER 4, PEOPLE WITH EXISTING MEDICAL CONDITIONS, AND PEOPLE WITHOUT ACCESS TO AIR CONDITIONING.

## WHAT CAN YOU DO?



### STAY COOL

- FIND AN AIR-CONDITIONED SHELTER
- AVOID DIRECT SUNLIGHT
- WEAR LIGHTWEIGHT, LIGHT-COLORED CLOTHING
- LIMIT YOUR TIME IN DIRECT SUNLIGHT



### STAY HYDRATED

- DRINK MORE WATER THAN USUAL
- DON'T WAIT UNTIL YOU'RE THIRSTY TO DRINK MORE FLUIDS
- AVOID SUGARY DRINKS AND ALCOHOL
- REMIND OTHERS TO DRINK ENOUGH WATER



### STAY INFORMED

- CHECK LOCAL NEWS FOR EXTREME HEAT ALERTS
- LEARN THE SYMPTOMS OF HEAT EXHAUSTION AND HEATSTROKE

