



David's Place Chronicles

Fall 2025

Official Publication of
David's Place I

October-December 2025

Mental Health Matters

Program Notes

Erin Hall



Fall Into Wellness: Caring for Your Mental Health as the Seasons Change

As the seasons turn, many of us notice more than just a change in the weather. Maybe the crisp air gives you a little burst of energy, or maybe the shorter days make you want to curl up under a blanket and hibernate. However you experience the shift, it's completely normal for seasonal changes to affect your mood and energy levels.

Why Do Seasons Impact How We Feel?

Our bodies naturally respond to light, temperature, and daily rhythms. When the days get shorter, our sleep cycles and energy can feel a little off balance. Some people even experience the "winter blues" or Seasonal Affective Disorder

continued — p. 4



Gone sailing



Inside This Issue

- Welcome New Team Members
- Succeeding at David's Place
- Happy Birthday
- Mammal Rehab Center
- DP Goes Sailing
- DP Gives Back
- Perfect Attendance
- Thank You!
- Autumn Health & Safety Tips

Welcome our New Team Members



Hello, I'm Connie. I'm the receptionist/ILS Aide here at David's Place.

My favorite hobby is sewing. Sewing has made me more resourceful, such as up-cycling old clothes and finding creative uses for fabric scraps. In a fast-paced world sewing is a form of meditation which helps me to relax and reduce stress.

My fun and leisure activities include crafting and cooking for family and friends. Hope you like my tamales. I also enjoy exploring new places through travel and sightseeing and would love to visit Hawaii one day.

I am passionate about creating a supportive and organized environment where individuals can thrive. With 10 plus years of experience in assisted living settings, I have sharpened my skills in both compassionate care and efficient administration.

My goal is to use the unique skill set to empower individuals to live their most independent lives. One of the most rewarding aspects of working at David's Place is witnessing an individual's progress toward greater autonomy.

Every skill mastered, no matter how small, represents a tangible step toward a more independent and self-determined life. I am very grateful to be a part of David's Place. ♠



Howdy, my name is Jennifer. I love being in nature, engaging in board games, and playing video games! I am super excited

to partake in my interests with everyone at David's Place! I look forward to seeing each person's creativity in groups and community outings. There is so much fun at David's Place that you often forget you are learning new skills in the same process! It is such a unique, culture, and inclusive environment to experience.

My passion has commonly been found in helping others. I hope I can bring lots of support and safety to everyone at DP. Thank you for allowing me to join you all, and I look forward to working with the awesome people here. ♠



Hello, my name is **Mia**, and I am very excited to be a new counselor at David's Place! A little about me is that I love tide

pooling, puzzles, and listening to music—I love finding new songs or artists so if you have any recommendations, please share! I am a big fan of spending time with my friends and family. I really enjoy trying new restaurants with them and being around good food places is so important to me...I learned that about myself after living in Santa Cruz for 3 years where there was a food drought.

Although I loved my time in NorCal, I am so glad to be back in Long Beach and even more glad to have this opportunity. I feel so lucky that I get to learn so much from everyone here and I can't wait to see everyone's success. I am very passionate about helping others and I hope that I am able to do that here. Thank you all for allowing me to be here! ♠



Succeeding at David's Place

Marcos has been doing an amazing job with his new phone plan! Every morning, without being reminded, he puts his phone on his counselor's desk. He only uses it during his 30-minute snack break, and then he gives it back right after.

Because of this, Marcos has been joining his groups more and talking with friends instead of being on his phone. Staff have noticed he is more social and involved.

On a recent outing to the McDonald's Museum, Marcos was given the opportunity to bring his phone to practice appropriate usage. He showed that he could use it the right way. He paid attention to the tour and didn't let his phone distract him. Marcos has worked hard to follow this plan, and it shows! We are very proud of him for taking on this challenge and proving how responsible he can be and how motivated he is to improve his social skills. **AWESOME JOB, MARCOS!** ♠



We are proud to recognize **Jonathan** for his outstanding dedication to personal growth, academic excellence, and independent living. Jonathan exemplifies what it means to set meaningful goals and pursue them with unwavering focus and integrity.

Jonathan's journey is marked by his exceptional ability to distinguish between needs and wants—an essential skill in independent living. His thoughtful decision-making and financial discipline were clearly demonstrated when he set his sights on a gaming console and successfully saved to purchase it himself. Driven by a passion for the Culinary Arts, Jonathan not only pursued this interest but excelled academically, earning exceptional grades that reflect both his

talent and commitment. His achievements are a testament to his work ethic and his ability to turn aspirations into reality.

In addition to his academic and personal accomplishments, Jonathan has shown remarkable emotional intelligence. Through his participation in the Mindfulness Club, he consistently demonstrated self-awareness, accountability, and the ability to regulate his emotions—qualities that speak to his maturity and leadership.

Jonathan is a role model for independence, goal-setting, and personal responsibility. His fearless approach to challenges and his commitment to self-improvement make him an inspiration to his peers and a valued member of our community. ♠



October

Dinesh
Hannah

November

Jodi
Jacob

Kay
Latanya
Antoine

Chris
Josh
Bobby

December

Maria
Johnny
Dustin
Robert
Sean
Noelle
Alberto
Van



New Team Member



Hey, I'm **Zaira**, but I go by Z as well! I'm currently a full-time student at California State University, Fullerton,

working to complete my Bachelor's degree in psychology. I was originally a 1:1 and hadn't gotten much experience in this field of work before, but coming here, I felt it was a welcoming and supportive environment! I've learned so much from the staff and even more from the clients. I hope to continue to learn and gain new experiences here and translate these skills into my studies!

Being a student and all, I still try to find time for myself by indulging in my hobbies like drawing, reading, watching anime, or playing video games with my friends online, to name a few. I hope to bring the individuals support and give them even more fun memories here as they've done for me over these past two months! ♠

Mammal Rehab Center



Program Notes

continued — p. 1

(SAD), where lower sunlight leaves them feeling down or more tired than usual.

Simple Ways to Take Care of Yourself

- Soak up daylight: Step outside when you can, even on cloudy days. A little fresh air and light go a long way.
- Keep moving: Whether it's a quick walk, dancing in your kitchen, or stretching before bed, movement boosts mood.
- Stick to routines: Regular meals, sleep, and activity help your body adjust more smoothly.
- Eat seasonally: Cozy soups, roasted veggies, and fresh fruits give comfort while keeping your body nourished.
- Stay connected: Don't let shorter days shrink your social circle—coffee with a friend, a call with family, or a community event can brighten your mood.
- Find your cozy rituals: Light a candle, brew a cup of tea, or start a new book—little comforts can make seasonal transitions something to look forward to.

Call-Out Box:

3 Fast Mood Boosters

☀ Step into the light: Even 10 minutes outdoors can refresh your mind and lift your energy.

☀ Move your body: Put on a favorite song and stretch, dance, or take a short walk.

☀ Reach out: Call or text a friend—connection is one of the quickest ways to brighten your mood.

Remember, You're Not Alone

If you find that the change in seasons leaves you feeling persistently low, unmotivated, or anxious, it's okay to reach out for support. A conversation with a doctor, counselor, or even a trusted friend can make a big difference.

Embrace the Season

Each season has its own gifts—whether it's colorful leaves, cozy nights, or the promise of a fresh start. By being mindful of how the changing seasons affect us, and by taking small steps to care for our well-being, we can move through each transition with a little more balance, warmth, and ease. ♠

*With kindness and hope,
Erin*

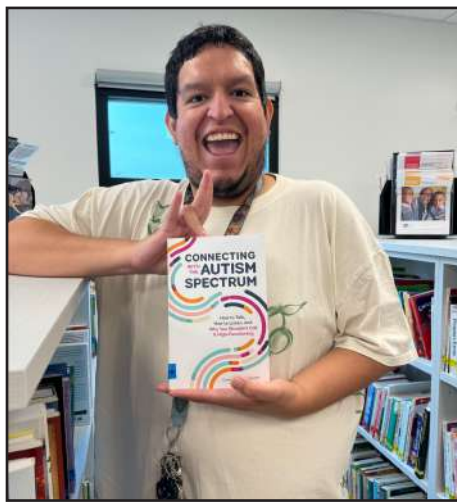


DP Goes Sailing



Thank you California Inclusive Sailing

DP Gives Back



DP gives school supplies at the HRC Resource Center.



July 2025

Sam
Ryan
Maggie
Adrian
Adam
Jeremiah
Noelle
Jeronte
Amie
Ozzy
Thomas
Elizabeth
Andy
Marcos
Natasha
Alex
Gail
John
Dinesh
Antoine

Jose
Freddy
Latanya
Van
Jonathan
Jodi
Kay
Robert
Fallon
Janisha
Leslie
Carlos
Jacob
Juan
Juan
Kent
Joseph

August 2025

Amanda
Maggie
Chris
Courtney
Adam
Jeremiah
Noelle
Emily
Jeronte
Amie
Thomas
Elizabeth
Andy
Marcos
Natasha
Dinesh
Alex
John
Michael
Antoine
Josh

Jose
Gio
Meredith
Latanya
Amie
Beatriz
Jodi
Fallon
Carlos
Jacob
Eliza
Kent
Joseph
Leanne

David's Place

will be closed

Thursday, November 27
Thanksgiving Day

Autumn Health and Safety Tips

Follow these tips to help you and your family stay safe and healthy this autumn!

Keep your kids safe and healthy.

Get involved with your kids' activities at home and at school to help ensure they are safe and healthy.

Take steps to prevent the flu.

The single best way to protect against the flu is to get vaccinated each year in the fall. Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often. Stay home if you get sick.

Get smart about antibiotics.

Antibiotics can cure bacterial infections, but not viral infections. The common cold and the flu are viral infections, so avoid using antibiotics if you have one of these. Using antibiotics when they are not needed causes some bacteria to become resistant to the antibiotic, and therefore stronger and harder to kill. See your doctor or nurse to find out if your illness is bacterial or viral.

Have a safe and healthy Halloween.

Make Halloween festivities fun, safe, and healthy for trick-or-treaters and party guests.

Test and replace batteries.

Check or replace carbon monoxide batteries twice a year when you change the time on your clocks each spring and fall. Replace smoke alarm alkaline batteries at least once a year. Test alarms every month to ensure they work properly.

Keep food safe.

Food is center stage during the holidays. Be sure to keep it safe by following basic food safety steps. Clean hands and surfaces often. Separate foods to avoid cross-contamination. Cook to proper temperatures. Chill promptly.

Learn your family history.

National Family History Day is observed on Thanksgiving Day. Over the holiday or at another family gathering, talk about and write down the health conditions that run in your family. Learning about your family's health history can help you take steps to ensure a longer, healthier future together.

Be prepared for cold weather.

Exposure to cold temperatures can cause serious health problems. Infants and the elderly are

particularly at risk, but anyone can be affected. Know how to prevent health problems and what to do if a cold-weather emergency arises. Remember that using space heaters and fireplaces can increase the risk of household fires and carbon monoxide poisoning.

Don't drink and drive.

Alcohol use impairs skills needed to drive a car safely. It slows reaction time and impairs judgment and coordination. Alcohol-related motor vehicle crashes kill someone every 31 minutes and non-fatally injure someone every two minutes. Don't drink and drive, and don't let others drink and drive.



Wash your hands.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. It's best to wash your hands with soap and clean running water for 20 seconds. If that's not possible, use alcohol-based hand rubs.

For more information, visit:

www.cdc.gov/family/autumn/index.htm

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
Office of Women's Health

CS207441