



South Central Los Angeles
Regional Center
*for persons with
developmental disabilities, inc.*

SCLARC Family Community Communique

Mission

SCLARC believes special needs deserve special attention. We are committed to the provision of culturally sensitive services which enhance the inherent strengths of the family and enable consumers to lead independent and productive lives

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Greetings,

SCLARC is Wishing You and Your Family a Happy Holiday!!

During this holiday season, SCLARC will be open for Business. However, on December 25th and January 1st, the agency will be closed!! SCLARC would like to share some important information and resources that might be helpful and useful to support you and your family over the holiday season.

SCLARC continues to encourage everyone, during this pandemic, to stay safer at home, continue to wash your hand, wear a mask and please keep a safe distance from all.

Happy Holidays!!!

Testing Sites

County of Los Angeles

(All testing is by appointment only. Please visit the following link to make an appointment)

<https://covid19.lacounty.gov/testing/>

Below are samples of testing sites available In LA County. Please click the link above where you will be directed to place your zip code and testing sites with available appointments, within your area, will be shown.

1. Los Angeles County - Crenshaw Area Office

3606 West Exposition Blvd.
Los Angeles, CA

2. Angeles Community Health Center - Los Angeles

1919 W 7th Street 1st Floor
Los Angeles, CA

3. Consulate General of Mexico

2401 W 6th St.
Los Angeles, CA

4. Universal Community Health Center

2508 S. San Pedro St.
Los Angeles, CA

5. Total Testing Solutions - Ladera Heights

5401 S Fairfax Ave.
Los Angeles, CA

6. South Central Family Health Center

4425 S. Central Avenue
Los Angeles, CA

7. UMMA Community Clinic

711 W. Florence Ave
Los Angeles, CA

8. The Forum

3900 W. Manchester Blvd
Inglewood, CA

9. Total Testing Solutions – Boyle Heights

1724 Pennsylvania Ave.
Los Angeles, CA

10. South Gate Park

9615 Pinehurst Ave.
South Gate, ca



SCLARC/ Central Neighborhood Health Foundation (CNHF)

COVID-19 TESTING

SCLARC – South Gate Location
12222 Garfield Avenue, Southgate, CA

JANUARY 11, 2020

9:00am - 3:00pm

South Central Los Angeles Regional Center (SCLARC) in conjunction with the Central Neighborhood Health Foundation (CNHF) is offering COVID-19 testing and the FLU Vaccine to our staff as well as Individuals we serve and vendors such as, ILS, SLS and Employment Service Providers.

The CNHF clinic will require all testing participants to pre-register by clicking on this link: <https://forms.gle/kZVokkScjXUQEi9c8>

Use the dropdown menu to select the name of the site/location. You will also find a single query to select date of test on the same form.

You will also be required to bring a valid I.D. and medical insurance provider card with you for verification. Test results will be returned within 24-73 hours. The clinic will contact you by phone at the number you provide.

Personal Protective Equipment

To the individuals and families served by SCLARC,

PPE is available for individuals and families served by SCLARC. If you are in need of PPE, please inform your Service Coordinator immediately, who will then place a request on your behalf.

Special Contacts

- **Clinical COVID-19 Help Line:**
(213) 431-3427
- **Face Mask Distribution**
PPEdistribution@sclarc.org
- **SCLARC's Main Number (213) 744-7000**
For an immediate need or an emergency after our normal business hours call:
(213) 744-7000 and request to speak to the on-call worker



WE ARE OPEN!

8:30 am – 5:00 pm

Should you need assistance during this time, please contact your assigned Service Coordinator. If you are having difficulty reaching your Service Coordinator, please contact us at the following:

- Case Management for Children **under 3 years of age**: 213.744.8803 or 213.744.8820 or email us at earlystarthelp@sclarc.org
- Case Management for **3 years old and above**: 833.SCLARC.1 (833.725.2721) or email us at cmhelp@sclarc.org
- For General questions related to Navigating the Covid 19 Crisis – 213.431.3427
- For after hours: 213.744.7000

Please note: Our offices will be closed on December 25, 2020 in observance of Christmas Day and on January 1, 2021 in observance of New Year's Day.



Family Resource Center Available Resources

School District Meal Distributions for Students

A detailed map with information about active meal distribution sites for children and students throughout the County. Map searchable by district and provides information for each location (address, open days and hours of service, and meals provided).

Food Bank Online Database

Food pantry locator through Los Angeles Food Bank, details location and hours.

Hotline for LA County Residents

Department of Mental Health hotline is available to serve those feeling anxious, depressed, or who just need someone to talk to. Call 800-854-7771 or Text "LA" to 741741.

COVID-19 Testing

In partnership with the City of Los Angeles and LA County, free testing is now available to ANY LA County resident with COVID-19 symptoms. To learn more about eligibility see the photos below or to set up an appointment visit: <https://corona-virus.la/Testing>

Informational Websites

California All

<https://covid19.ca.gov/>

Centers for Disease Control and Prevention

<https://www.cdc.gov/>

County of Los Angeles Public Health

<http://publichealth.lacounty.gov/media/coronavirus/>

South Central Los Angeles Regional Center

<https://sclarc.org/>

Food Distribution

Los Angeles Regional Food Bank

<https://www.lafoodbank.org/>

- 1. First African Methodist Episcopal Church**
2249 S. Harvard Boulevard
Los Angeles, CA 90018
- 2. West Angeles Community Corporation**
3045 South Crenshaw Boulevard
Los Angeles, CA 90016
- 3. Bread of Life Foursquare Gospel Church**
5175 1/2 W. Washington Blvd.
Los Angeles, CA 90016
- 4. First Presbyterian Church**
1809 West Boulevard
Los Angeles, CA 90019
- 5. Ananda Marga of L.A., Inc.**
1245 S. Norton Avenue
Los Angeles, CA 90019
- 6. Normandie Community Development Food Pantry**
3801 South Normandie Avenue
Los Angeles, CA 90037
- 7. West Adams Church of Christ**
4959 W. Adams Boulevard
Los Angeles, CA 90016
- 8. St. Thomas Center**
2727 W. Pico Boulevard
Los Angeles, CA 90006
- 9. Bryant Temple AME Church**
2525 W. Vernon Ave
Los Angeles, CA 90008
- 10. Christ the Good Shepherd Episcopal**
3303 W. Vernon Avenue
Los Angeles, CA 90008

Food Distribution

Los Angeles Regional Food Bank

<https://www.lafoodbank.org/>

- 1. Salvation Army Southeast Comm. Corp**
2965 E. Gage Avenue
Huntington Park, CA 90255
- 2. Complete Care Community Health Center**
7301 State Street
Huntington Park, CA 90255
- 3. Praise Chapel Florence Community Church**
1750 E. Florence Ave
Los Angeles, CA 90001
- 4. Downey First Christian Church**
10909 New St.
Downey, CA 90241
- 5. Desert Reign**
11610 Lakewood Blvd
Downey, CA 90241
- 6. Calvary Chapel Downey**
12808 Woodruff Ave.
Downey, CA 90242
- 7. St. Gertrudes Conference**
7025 Garfield Avenue
Bell Gardens, CA 90201
- 8. St. Helen Church**
9314 Madison Avenue
South Gate, CA 90280
- 9. South Gate S.D.A. Church**
3231 Minnesota Ave
Lynwood, CA 90262
- 10. Leo Turner Community Center/Clara Street Park
Free Food Distribution**
4835 Clara St.
Cudahy, CA 90201

Additional Information

1. [COVID-19 Vaccine Fact Sheet](#)
2. [COVID-19 Vaccine Information in Plain Language](#)
3. [Strategies for Coping](#)
4. [Reduce Risk Outside of The Home](#)

Novel Coronavirus (COVID-19)

Los Angeles County Department of Public Health
Guidance for Celebrating Holidays

Recent Updates:

11/30/20: Gatherings of more than one household are prohibited between November 30, 2020 and December 20, 2020 in compliance with the Temporary Targeted Safer at Home Health Officer Order for Control of COVID-19. On-site dining at restaurants, whether indoors or outdoors, is also prohibited during this period.

11/19/20: Travel advisory against any non-essential travel.

11/9/20: Purchasing trees from holiday tree lots is permitted as long as the holiday tree lot complies with required retail protocol and no amusement park, gathering, or festival type activities occur at the holiday tree lot.

As families start to plan for the holiday season it is important to consider how to celebrate safely in order to minimize the risk of exposure to COVID-19. Planning early and identifying safe alternatives to some of the more traditional but risky methods of celebration will be key. The Los Angeles County Department of Public Health would like to share information on how to take part in the holiday season in a manner that reduces the risk of spreading COVID-19. Since some of the traditional ways in which holidays are celebrated are not permitted this year, consider some safer alternatives that are listed below.

Not Permitted (gatherings and events are not currently allowed under the Health Officer Order)

- Private and public gatherings with individuals not in your household are prohibited with the sole exceptions of permitted religious or cultural services and ceremonies and protests.
- Carnivals, amusement parks or festivals.
- Santa/holiday displays or photo opportunities except when conducted outdoors with all participants wearing face coverings and maintaining a 6-foot physical distance.

Not Recommended

- Door to door activities, such as caroling, are not recommended because it can be very difficult to maintain proper social distancing on porches and at front doors and ensure that everyone answering or coming to the door is appropriately masked to prevent disease spread.

Permitted and Recommended

- Online parties/contests (e.g. Thanksgiving meal, tree trimming).
- Car parades that comply with public health guidance for [vehicle-based parades](#), including:
 - a. Drive by events or contests where individuals dress up or decorate their vehicles and drive by "judges" that are appropriately physically distanced.
 - b. Drive through events where individuals remain in their vehicles and drive through an area with holiday displays.
 - c. Drive in events where individuals can receive a treat bag (limited to commercially packaged non-perishable treats) or take away item from an organizer while the participants remain in their vehicle.



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- d. Drive in events where individuals drop off or pick up toys or other donations.
- Holiday movie nights at drive-in theaters (must comply with the public health [drive-in movie theater](#) guidance).
 - Live Performances or Concerts done at Drive-in theaters (must comply with the public health [drive-in movie theater](#) protocol).
 - Holiday themed meals at outdoor restaurants (must comply with the [restaurant](#) protocol).
 - Holiday themed art installations at an outdoor museum (must comply with the public health [museum protocol](#)).
 - Dressing up homes and yards with holiday themed decorations.
 - Outdoor Santa/Holiday displays or photo opportunities with all participants wearing face coverings and maintaining a 6-foot physical distance.
 - Buy and decorate a Christmas tree (tree lots must comply with the public health [retail establishment protocol](#) and may not have amusement park or carnival type activities such as rides, face painting, petting zoos, food service, bounce houses or visits with Santa that are closer than six feet.)

Travel

Rethink your plans! Since the holiday season is often a busy travel time, you might have been thinking of traveling to visit friends and family. Travel increases your chances of getting infected and spreading COVID-19, so staying home is the best way to protect yourself and others from getting sick. The state of California has issued a travel advisory recommending that all non-essential travel be cancelled, including travel for vacation, tourism, or recreation. The state advisory also recommends that anyone entering or returning to California from other states or countries should self-quarantine at home for 14 days after travel.

Before you travel, you are urged to consider the following:

- Is COVID-19 spreading at your destination?
 - The more cases at your destination, the more likely you are to get infected during travel and spread the virus to others when you return.
 - The following CDC sites can help you to assess the risk of travel both locally and internationally:
 - [CDC COVID Data tracker](#)
 - [CDC Travel Recommendation by Destination](#)
- Are you or is someone you live with at increased risk for severe illness from COVID-19?
 - Anyone can get very ill from the virus that causes COVID-19, but older adults and people of any age with certain underlying medical conditions are at increased risk for severe illness if they become infected with COVID-19.
- Does your destination have requirements or restrictions for travelers?
 - Some destinations have requirements, such as requiring people to test prior to travel or to quarantine upon arrival. Check state, territorial, tribal and local public health websites for information before you travel. If you are traveling internationally, check



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the destination's Office of Foreign Affairs or Ministry of Health or the [US Department of State, Bureau of Consular Affairs, Country Information](#) page for details about entry requirements and restrictions for arriving travelers.

- Do not travel if you are sick, or if you have been around someone with COVID-19 in the past 14 days.
- If you must travel, protect yourself and others by following the steps below in "Personal Protection Measures" and the tips for preparing for travel on the CDC [Travel](#) webpage.
- When returning after non-essential travel to another state or country you are asked to self-quarantine at home for 14 days and limit contact to only those in your household.

Personal Protection Measures:

Regardless of how you choose to celebrate the holidays it is important to keep the following in mind:

1. Correctly wear a [cloth face covering to prevent disease spread](#)¹ when outside your home and around others that are not part of your household.
2. Avoid confined spaces - Actively stay away from indoor and outdoor spaces that don't allow for easy distancing of at least 6ft between you and others.
3. Avoid close contact – Stay at least 6 feet away (3 or more adult steps) from all other people who are not part of your own household, especially while talking, eating, drinking, and singing.
4. Remain outdoors as much as possible when socializing with people not in your household.
5. Wash or sanitize your hands often.
6. Clean frequently touched items regularly.
7. If you are sick, or you have been in contact with someone who is sick with COVID-19 or has symptoms of COVID-19 stay home, away from others, and get tested.
8. Get your flu immunization. Flu will be circulating at the same time as COVID-19 and it is important to protect yourself and those around you from becoming ill with flu. For information on where to get vaccinated for free or low cost, call 211 or visit [ph.lacounty.gov/media/FluSeason](#).

Know where to get reliable information

Beware of scams, false news and hoaxes surrounding novel coronavirus. Accurate information, including announcements of new cases in LA County, will always be distributed by Public Health through press releases, social media, and our website. The website has more information on COVID-19 including FAQs, infographics and a guide to coping with stress, as well as tips on handwashing.

- Los Angeles County Department of Public Health (LACDPH, County)
 - <http://publichealth.lacounty.gov/media/Coronavirus/>
 - Social media: @lapublichealth

Other reliable sources of information about novel coronavirus are:

- California Department of Public Health (CDPH, State)
 - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>
- Centers for Disease Control and Prevention (CDC, National)

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- <http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>
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If you have questions and would like to speak to someone call the Los Angeles County Information line 2-1-1 which is available 24 hours a day.

¹ Wear masks with two or more layers to stop the spread of COVID-19. Wear the mask over your nose and mouth and secure it under your chin. For more info, <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html> and <http://publichealth.lacounty.gov/media/Coronavirus/docs/protection/GuidanceClothFaceCoverings.pdf>.