



April 16, 2020
NEW HORIZONS NEWSLETTER
 The Official Publication
 For the Board of Directors,
 Residents and Owners.

22727 Maple Ave. Torrance, CA 90505 Phone (310) 325-3080

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WEEKS AT A GLANCE

Thurs. April 16	NEWSLETTER EMAILED	
Fri. April 17		
Sat. April 18		
Sun. April 19		
Mon. April 20	All ballots must be rec'd by mail by 5:00 pm	
Tues. April 21	7:00 pm	Election Results tabulated winners announced
	7:30 pm	Assignment of Board Position
	Results of Election & Board Assignments Emailed	
Wed. April 22	EARTH DAY	
Thurs. April 23		
Fri. April 24	DISPLAY YOUR OK SIGN	
Sat. April 25		
Sun. April 26		
Mon. April 27		
Tues. April 28		
Wed. April 29	NEWSLETTER Emailed	

H.O.A BOARD ELECTION UPDATE

As of today, April 16, 2020 we have received 328 votes. If you haven't mailed in your vote. Please do so today, so your vote will count! We have received enough votes to have a quorum, our election is valid.

The Board will meet at 7:00 pm, in the Clubhouse Lounge on April 21. All the board members and nominees will observe the opening and counting of the ballots via GoToMeeting.com.

The four candidates with the most votes will stay with the existing board members, the other two, not chosen will leave. Barbara and Martha (the Commissioners) will oversee to the position assignments. Any position that is contested will call for a secret ballot, they will record the votes. Once tallied the decision will be announced. After the position assignment has been completed an email will be sent out to all the membership who have provided email addresses, announcing the results of the election and the configuration of the new Board.
 By: Gail Standley, Board Chair

THANK YOU FOR YOUR EMAIL ADDRESSES

We now have 423 email addresses for our owners and 18 for our renters. Thank you to all the volunteers who made the calls and collected updated email information. By word of mouth, neighbors have also spread the word that we are collecting emails to keep you updated. Please email admin@NHSB.org if you want to receive a newsletter via email.

NOTICE TO ALL REALTORS
NEW RESIDENT ORIENTATION DURING
COVID-19 PANDEMIC

During this difficult time of Corona virus pandemic, the orientation procedure has to adapt. If you know a prospective new resident, please share the following: All new residents are required to have an orientation.

1. Call Peter Wu at 424-328-0401 and give him the address of the unit you are intending to occupy.
2. He will send you an eight (8) page document by email, to be filled out and signed. He will help you complete the document by phone, if necessary. This document will form the base of your file in New Horizons office.
3. You must return the document by email to our Office (Admin@nhsb.org) to Lynette's attention or mail these documents to our office at 22727 Maple Avenue, Torrance, CA 90505. Together with the completed documentation, please include copies of your driver's license, car registration(s) and purchase and sale agreement if you are a buyer or the first page of your lease, if you are a renter.
4. In order for you to receive your key card, name badge, and car parking sticker, please include a check for \$20.00 made out to New Horizons South Bay Association. Lynette will mail them back to you.
5. The new 20 pages-long resident folder will be emailed to you. After you reading through this information, Peter will be happy to answer any questions that you may have

Thank you
 By Peter Wu, Resident & Orientation

MEMORIAL DAY PICNIC

Due to the COVID-19 outbreak and current state regulations, I am sorry to report that the **Memorial Day Picnic has been cancelled.**

We will make every effort to have a July 4th Picnic celebration.

By: Barbara Kerr, Chairman of the Picnic fun Club



DISASTER MANAGEMENT TEAM - ACTIVATION

Attention All residents!
Please find your **OK** signs and DISPLAY them on your front

sliding glass window by noon on April 24th. This will allow our Building Coordinators to see that you are home and OK. Building coordinators please report any residents not displaying their **OK** sign. We will make phone calls as needed. If you are unable to get in touch with the residents, please call their emergency contact, to ask if they are out of town.

By: Maggie Pagan, DMT Chair

IMPORTANT TIPS FOR HOME DELIVERIES

It is VERY IMPORTANT that you include your name, address with Unit A or B, your phone number, building number, and your Access number to help the delivery people find your home. Be Safe!

By Kathy Lindbergh, Board of Directors
(310) 530-3661

Keep Your Chi Moving!



Did you know that you have **Chi Energy** in your body? **Everyone has internal Chi Energy! It is a life-giving force and if you're reading this, you are alive!**

Chi-Gong is the practice of moving your internal energy for health. Whatever your exercise regimen may be, to *keep your Chi moving* do warm-ups that include isolating each of your major joints from head to toe and gently move and stretch them. We have all learned some form of relaxation. The best ones involve your mind's intentions. Likewise, the practice of **WU CHI** position is standing still, with feet shoulder width or hip width apart; stand in a relaxed position with arms by your side not touching your thighs; straighten your spine and gently bend knees as if about to sit on a very high stool, think about dropping your tail bone; draw your

neck back to align with your spine; feel like your **Body** is a puppet on a string with your head reaching for the sky; use your **Mind** to sense any tension and let it melt away; then check that your **Breath** should be slow and even. You will have attained the correct **WU CHI** posture! Maintain this posture for two minutes and over time build up to five.

WU CHI can be done at any time of day, indoors or out, even before going to bed. If you're one of my Tai Chi students, use the handouts from class to guide you through Wu Chi. Then continue with Five Organ Healing, Tiger Mountain Chi-Gong and the 24 Yang style Tai Chi. Since we all have to "Shelter in Place", Chi-Gong can improve your sense of well-being during this crisis. On any given day, especially a bright, clear day, go out onto your front or back patio to enjoy the fresh air. The sun will kiss your face and say, "I missed you!"

I hope to see more residents interested in "face to face" Wu Chi, Chi-Gong, and Tai Chi practice. Please join our friendly neighbors when class resumes. Having to "Shelter in Place," for long periods of time is a challenge. Having time on your hands can be a blessing, too. Explore the many videos on YouTube to help you along with **Chi-Gong** practice.

Sending Chi your way!

By: Elsie Wu, NH Resident & Tai Chi Instructor



GoldenTALK - 24hr Senior Chatline **(888) 60-GOLDEN OR** **(888) 604-6533**

GoldenTALK is a chat and crisis line for older adults who are 60 years of age and older. The chat line assists senior facing social isolation through warm conversations. It also provides referrals and works closely with multiple agencies within Los Angeles County in the event of a crisis.



INFORMATION FROM CITY OF TORRANCE

Delivered Meals: These two agencies will provide home delivered meals to seniors.



Torrance-South Bay Family YMCA (310) 602-4909



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Coping with a Crisis

During a personal crisis, some people are more capable of bouncing back than others. That's due to their resilience. Resilience is about more than coping; it's about confronting crises without being overwhelmed. Resilient people are better able to handle life's stressors and adapt to changing situations.

You can develop resilience by improving self-esteem, cultivating a strong system of social support and taking care of your physical and mental health.

Here are some other tips for resilience in the face of crisis:

Maintain Strong Connections with Family and Friends - Having strong, positive relationships provides support that can help you weather tough times. Make phone calls, reach out to family and friends. Share a laugh, sing a song, exercise, etc.

Avoid Viewing Problems as Insurmountable - Learn from past experiences and be confident that you will get through current ones, too. Remind yourself of how you got through other hard times. Share these experiences with others; they will, in turn share theirs.

Accept That Change is Part of Living - Accepting change makes it easier to move forward with your life.

Keep a Long-term Perspective & Hopeful Outlook - Set goals for yourself so that you are planning for your future.

Take Care of Your Physical and Mental Health - It's especially important when you are feeling stressed to continue to eat a healthy diet, get adequate sleep, and exercise regularly. Share your ideas with others.



Self-Care for Stress Relief

To feel your best, it is important to take care of yourself. That means eating well, exercising, keeping work and home life balanced and maintaining good relationships. There are times, however, when even these things can't prevent stress and your anxieties from creeping in. That's why self-care is so important. Taking a small amount of time out of your busy schedule just for yourself is key to handling all your stress.

Deep Breathing - Deep breathing focuses on using the diaphragm (the spot just under your rib cage) to draw slow, deep breaths into the lungs and to release them slowly. Take a couple of minutes every hour to practice some deep breathing.

Stretching - Stress often appears as tension in our necks, shoulders and head. Stretching exercises can relieve tension, make your body more flexible, and produce a calming effect. Even just shrugging your shoulders, stretching your arms and rolling your neck a few times a day can have positive effects.

Meditation and Visualization - Meditation involves "quieting the mind" by blocking out sensory input and distraction, while visualization involves using the brain's creative capacity to create a stress-free experience, much like daydreaming. Try to carve out 15 minutes daily to quiet your mind and body.

Muscle Relaxation - Progressive muscle-relaxation techniques involve systematically tensing, relaxing and visualizing each major muscle group. It is best to practice these techniques when you have about 20 minutes and are able to find a quiet place where you can lie down without being disturbed.

Calming Thoughts - Our thought patterns often cause or contribute to the stress that we are feeling. The next time you encounter a stressful situation, take a moment to tune into your thoughts and feelings. Write these thoughts down and then write down a more positive replacement.

Journal or Write a Letter: Journaling for Mental Health: One of the ways to deal with any overwhelming emotion is to find a healthy way to express yourself. Putting your thoughts down on paper can help you to get all of those thoughts and feelings out of your head and down on paper. Simply writing down your thoughts and feelings helps us to understand them more clearly. And if you struggle with stress, depression, or anxiety, keeping a journal or writing a letter can help you gain control of your emotions and improve your mental health by: managing anxiety, reducing stress, and cope with depression. Writing helps control your symptoms and improve your mood by helping prioritize problems, fears, and concerns. Tracking any symptoms day-to-day so that you can recognize triggers and learn ways to better control them. This provides an opportunity for positive self-talk and identifying negative thoughts and behaviors

Tips for maintaining Mental Health in times of Crisis

This is a stressful time for many. With the government and media sharing updates throughout the day and the fear of the unknown, it is understandable to feel overwhelmed, stressed and anxious. You are not alone. Millions of people across the country are facing the same worries and challenges that you are. It's important to take care of your mental health. While practicing physical distancing, there are easy self-care strategies that can help reduce feelings of depression and anxiety, or prevent anxiety before it even starts.

- ✓ **Eat healthfully.** Keep your body in top working order.
- ✓ **Exercise.** Reduces symptoms of depression and anxiety, whether you're working out at home or taking a solo jog around the neighborhood.
- ✓ **Practice relaxation therapy.** Focusing on tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed, stressed or anxious.
- ✓ **Let light in.** For some people, increased exposure to light can improve symptoms of depression. If you can, open the shades and let more sunlight in.
- ✓ **Be kind to yourself!** Treat yourself with the same compassion you would a friend.
- ✓ **Stay connected.** Even if you can't get together face-to-face, you can stay connected to friends, family and neighbors with phone calls, text messages, video chats and social media. If you're feeling lonely, sad or anxious, reach out to your social support networks.
- ✓ **Monitor media consumption.** While you might want to stay up to the minute with COVID-19 news, too much exposure can be overwhelming. Balance media consumption with other activities you enjoy, such as reading, cooking or listening to music.

You can also contact the Substance Abuse and Mental Health Services Administration's **(SAMHSA) Disaster Distress Helpline at 800-985-5990**, the **National Suicide Prevention Lifeline at 800-273-8255** or **text MHFA to 741741** to talk to a Crisis Text Line counselor.

Photos sent to us by Cathy Alvarez and Barabra Kee

EVEN THE DUCKS UNDERSTAND



SOCIAL DISTANCING



Thank you for the love near Building 500

NOW TAKING ORDERS



This program is intended to support **Torrance Residents** including: seniors (60 years of age and older), those with disabilities, and with underlying health conditions

Limit 1 order per household, per week, while supplies last.

Care packages will be delivered by City Staff to this at-risk population once a week.

The \$55 care package may include items on the original essential items list but some may vary

Items are not guaranteed and subject to availability. Torrance Care Package List \$55

- (4) Rolls of Toilet Paper
- Large Loaf of Bread
- 1 lb. Butter
- 1.5 lbs. Sliced Cheddar Cheese
- 5 lbs. Ground Beef
- 3 lbs. Frozen Chicken Breast

- 5 lbs. Pasta
- 32 oz. Marinara Sauce
- (2) Onions
- 2 lbs. Frozen Green Beans
- 24 oz. Liquid Eggs
- (1) Gal 2% Milk

HOW DO I PLACE MY ORDER?

Call us: **310-618-6339 (Monday -Friday, 9:00 a.m.- 4:00 p.m.)** or
submit via on line: <https://www.cityoftorranceca.com/TC2Go.htm>

Once the City receives your registration, a City employee will contact you in advance by phone to take payment and inform you of your delivery date and time window during the business week.

****Payments will be made over the phone by credit card only. All sales are final.**

HOW QUICKLY WILL MY ORDER BE FULFILLED?

The City will attempt to fulfill orders as quickly as possible. **Due to overwhelming interest, the fulfillment of some orders may take up to 5 - 6 business days.**

We appreciate your generosity, but please do not tip our delivery staff.

City Staff cannot accept any tips.

For more information please call 310-618-6339

If you would like to donate to help a senior, donations can be made by check, made out to the City of Torrance and noted for Torrance Cares 2-Go. Send to the attention of: Shant Megerdichian, General Services Director, 3031 Torrance Blvd., Torrance CA 90503 .

Be a part of the Clap Because We Care movement every Friday at 7:00 p.m.

Let's build a sense of community and gratitude in New Horizons during this difficult time.

Every Friday and Saturday night at 7:00 p.m, New Horizons neighbors are encouraged to open their windows and doors, take a big breath of fresh air, and clap for 5 minutes to honor and thank all the frontline responders and health care workers who are risking their own safety (and lives) to care for the sick. This is a harrowing time. There are people with no choice but to be where their professions insist they be, and they are there for us while we are at home for them.

In this moment humanity is going through can now be seen as a portal and as a hole. The decision to fall into the hole or go through the portal is up to you. If they repent of the problem and consume the news 24 hours a day, with little energy, nervous all the time, with pessimism, they will fall into the hole. But if you take this opportunity to look at yourself, rethink life and death, take care of yourself and others, you will cross the portal."

-White Eagle, Hopi Indigenous, 04/02/2020

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22909 A Maple A - 2 Bd 1.5 BA 950 sq. ft.
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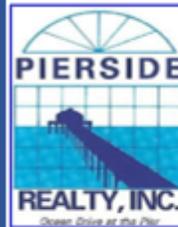
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