

LA County DPH Regional Health Office Service Provider Areas (SPAs) 5 & 6 Monthly Newsletter

November 2025

Diabetes Awareness Month

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This month of **November**, we raise awareness for **Diabetes**. It's a time to focus on the importance of managing this chronic condition and preventing it through education and lifestyle changes. Diabetes affects millions of individuals and families, and it is crucial to spread knowledge about the steps that can be taken to live a healthier life.

Diabetes is a chronic (long-lasting) disease where the body doesn't make or properly use insulin. Insulin is a hormone in the body that helps control the amount of sugar (glucose) in your blood. A person with diabetes has too much sugar (glucose) in the blood

What are the signs and symptoms of diabetes?

Finding diabetes early can prevent serious health problems. Most people have no symptoms until diabetes is severe and has already caused health problems. It's important to get tested for diabetes and treat it early.

If you have any of these symptoms, see your doctor to get tested for diabetes:

- Blurry Vision
- Frequent Urination
- Increased Thirst
- Extreme Hunger
- Sores that heal slowly
- Tingling/ numbness in hands or feet
- Increased Tiredness
- Irritability
- Very dry
- Unusual weight loss
- Confusion
- Frequent Infections

National Diabetes Program:

Click [here](#) to find a National Diabetes program near you. National Diabetes program is an evidence-based program that helps participants reduce their risk of developing type 2 diabetes.

We encourage you to participate take advantage of the resources offered by the LA County Department of Public Health. Together, we can make strides toward a healthier future.

[Visit LA County Department of Public Health - Diabetes Prevention & Management for more information](#)

IMMUNIZATION RECOMMENDATIONS



Los Angeles County Department of Public Health Endorses California Department of Public Health's (CDPH) Respiratory Virus Season Immunization Recommendations for 2025 - 2026 Flu Season

This guidance, created with California health partners and national medical groups (like the pediatricians and family doctors), focuses on the updated 2025-2026 COVID-19 vaccine formulation.

All children and adults who choose protection are recommended to receive COVID-19 vaccinations.

Who Should Get Vaccinated?

- All children and adults who want protection are recommended to get a COVID-19 vaccine.
- Those at higher risk for severe illness should get the new 2025-2026 vaccine as soon as possible. This includes:
 - Young children (6–23 months).
 - Children (2–18 years) who have never had a COVID-19 vaccine.
 - People who are planning pregnancy, pregnant, postpartum, or breastfeeding.
 - People 65 years and older.
 - People 6 months and older with underlying health conditions.
 - People who live or work with high-risk individuals.

Vaccine Access and Availability

- Finding a vaccine this fall/winter may be a bit harder than in previous years due to federal recommendation delays, but supply is expected to improve.
- There is currently limited supply of the updated vaccine for children under 12, but more is expected soon.
- To schedule an appointment, contact your health care provider, local pharmacy, or visit myturn.ca.gov.
- For questions, contact your health care provider.

To schedule your vaccine appointment, contact your health care provider, local pharmacy or visit myturn.ca.gov.

General Information About Vaccines

Vaccines are one of the safest and most effective tools we have to protect people of all ages from serious, preventable, diseases.

- They work by training the body's immune system to protect itself from a disease without experiencing an infection or severe disease.
- Everyone can benefit from vaccines, from newborns to older adults.
- Vaccines are recommended based on your age and health status.
- You may need different vaccines for school, work, travel, or childcare.

For the best protection, it's essential to stay up to date on vaccines by getting all the recommended doses.

Insurance Coverage

Effective September 17, 2025, California state law ensures no-cost insurance coverage for all immunizations recommended by the California Department of Public Health (CDPH).

[Click here](#)
to learn
more about
vaccine
safety and
how they
work.

LA County Heat Law

New Heat Rules in L.A. County



Hot days aren't just uncomfortable. They can actually be dangerous. Heat waves are getting longer and happening more often, and spending too much time in high temperatures can make you really sick.

To help protect residents from extreme heat, Unincorporated Los Angeles County has passed new rules making sure rental homes stay safe, healthy, and comfortable.

The new ordinance requires landlords to keep indoor temperatures at 82°F or below in all habitable rooms.

When do these changes take effect?

- By **January 1, 2027**, most landlords will need to meet the 82°F rule in every habitable room.
- Small landlords (those who own 10 or fewer rental units total) will need to meet the rule in at least one room per unit by 2027.
- By January 1, 2032: Small landlords must meet the rule in all rooms.

What does this mean for tenants?

- Tenants can now use portable cooling devices—like plug-in air conditioners or fans—without worrying about being evicted, charged extra, or penalized. Tenants need to let their landlord know in writing at least five days before installing a device so their landlords are aware of additional electrical demands.
- Landlords cannot charge extra fees for these devices but may be eligible for certain improvement credits to help meet the new requirements

For landlords:

- While upgrades are not required, it is a good idea to make sure electrical systems are strong enough to safely handle cooling devices. This helps prevent power issues and keeps everyone cool and safe during the hotter months.

[Check out these helpful resources](#) from the County of Los Angeles Department of Health.

For more information visit coolhealthyhomes.org

THANKSGIVING RECIPE



Sweet Potatoe Pie



Ingredients

3 large sweet potatoes
1 unbaked 9 inch pie crust
½ cup unsalted butter melted
½ cup dark corn syrup
1 1/4- 1/2 cups granulated sugar (can go up and down depending on how sweet you like your pie)
2 large eggs beaten
½ cup buttermilk
½ tsp ground nutmeg
½ tsp ground cinnamon
½ tsp ground allspice
1 tsp vanilla extract
pinch of salt
whipped cream for garnish

Instructions

Wash the whole sweet potatoes and drain them.
Place the sweet potatoes in a large pot and add cold water to cover by 2 inches. Bring the water to a boil over medium heat, and cook until the potatoes are tender, 30 to 40 minutes. (A fork should pierce the potatoes easily but they should not fall apart.) When the potatoes are done, drain and cool them.

Preheat the oven to 375 degrees F. Prepare the pastry for a 9-inch single-crust pie.
When the potatoes are cool enough to handle, peel and mash them in a large bowl with a hand mixer or a stand mixer.

Add the melted butter, corn syrup, and sugar. Beat on medium speed. Discard the long, stringy fibers that collect around the electric beaters as you beat the filling. In the end, you want a smooth, string-free filling.

Add the eggs one at a time. Beat well after each addition.
Pour in the buttermilk. Add the nutmeg, cinnamon, allspice, vanilla extract, and salt. Beat until the filling is smooth. Pour the filling into the prepared pie crust.

Bake for 35 to 40 minutes, or until a toothpick inserted into the center comes out clean. Remove from the oven and cool completely on a wire rack. Garnish with whipped cream and serve it up.

For more information visit [Grandbaby Cakes](#)



The MLK Healing & Trauma Prevention Center

The MLK Healing and Trauma Prevention Center, or "Healing Center," offers services to help children, families, and individuals improve their well-being. It is located in the MLK Center for Public Health and serves the South LA communities of Watts, Willowbrook, and Compton (SPA 6). The center provides support for mental health, substance use, and overall health and wellness.

All activities are FREE and open to the community.

For more information, contact MLKHealingCenter@ph.lacounty.gov.

To view our monthly calendar, please visit the MLK Healing Center website [here](#).

MLK Healing Center Featured Programs

♥ Breast Cancer Resource Fair Brings Awareness and Connection

On Thursday, October 16, during Tasty Thursday, the MLK Healing Center hosted a Breast Cancer Resource Fair. A meaningful event focused on raising awareness and connecting our community with vital breast health resources.

Community members had the opportunity to engage with local organizations and healthcare providers offering education, screenings, and support services related to breast cancer prevention, treatment, and recovery.

We extend our heartfelt thanks to everyone who participated, volunteered, and supported this event. Your presence and collaboration helped create an inspiring space for learning, empowerment, and wellness.

Together, we continue to strengthen our commitment to health, healing, and community connection.

♥ Thank you for being part of this important conversation and for supporting community wellness at the Healing Center.





**JOIN US FIRST AND THIRD THURSDAY
FOR PRODUCE GIVEAWAY**

Dates:
NOVEMBER 6TH & 20TH
DECEMBER 4TH & 18TH

**STARTS AT
12 PM**

MLK JR. CENTER FOR PUBLIC HEALTH

11833 S. Wilmington Ave.
Los Angeles CA 90059

For more information call 323-568-8732





**SYSTEMS NAVIGATION
SERVICES**

Need Resource Assistance?

WE ARE HERE TO HELP



FOOD



HOUSING



HEALTHCARE



EDUCATION



EMPLOYMENT



CHILDCARE



TRANSPORTATION



UTILITIES



LEGAL AID



ELDER CARE



**EMOTIONAL
HEALTH**



**FINANCIAL
ASSISTANCE**



**DOMESTIC
VIOLENCE**



**SUBSTANCE USE &
RECOVERY**



**AND
MORE...**

FOR MORE INFORMATION CONTACT:

**SCAN
ME**



**KIMBERLEY MARTINEZ
SYSTEMS NAVIGATOR**

(213) 760-2904



DPH-NAVIGATOR@PH.LACOUNTY.GOV

California Community Reinvestment Grants Program (CalCRG) is funded by Governor's Office of Business and Economic Development (GO-BIZ)





JOIN OUR MONTHLY WORKSHOPS November Virtual Presentations

Wednesday,
November 5th 2025
3-4PM

Methamphetamine 101



[Or, Click Here](#)

Thursday,
November 6th 2025
3-4PM

Substance Use 101



[Or, Click Here](#)

Friday
November 7th 2025
3-4PM

Understanding the risk
of Cannabis



[Or, Click Here](#)

OUR SERVICES



Substance Use
Disorder
Screening



Presentations



Referral for
prevention
and
treatment

Contact us for more information: Luis A. Renteria



Lrenteria@ph.lacounty.gov

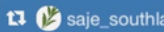


323-568-8188



COUNTY OF LOS ANGELES
Public Health

Community Resources



Are you being evicted in L.A. County?

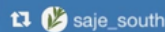
Do you need to speak with an attorney?



Virtual
Eviction Trial Prep
Workshops

2nd and 4th Tuesdays of the Month
6-8pm

Register:
StayHousedLA.org/workshops



¿Te están desalojando en el condado de Los Angeles?

¿Tienes alguna pregunta sobre desahucios para un abogado?



Presentación virtual
Preparación para el juicio de desahucio
Talleres

2º y 4º Martes del Mes
6-8pm

Regístrese:
StayHousedLA.org/workshops



Register: StayHousedLA.org/workshops

Community Resources

**Come together with residents and
join the
Willowbrook
Community Action for Peace (CAP)
Walking Club**

**ONLY 15 SPOTS
FOR TRAININGS**

What You'll Do:

- Attend a 3-hour Outreach & Engagement Training
- Spend 6+ hours connecting with your neighbors (Canvassing)
- Earn \$200 for your time and leadership



Why Join?

- Learn how to engage and support your community
- Meet neighbors and build local connections
- Help make Willowbrook safer, stronger, and more united

**Earvin "Magic" Johnson Park
George Washington Carver Park
Mona Park**

INTERVENTION • CAPACITY BUILDING • PREVENTION



N MY GRIND



**LOS ANGELES
WALKS**



**OVPP
OFFICE OF VIOLENCE PREVENTION**



COUNTY OF LOS ANGELES DEPARTMENT OF
**Parks &
Recreation**

LA COUNTY PARKS **FOOD** **PROGRAMS**

FOR YOUTH, TEENS & SENIORS

FREE HOT SUPPER TEEN PROGRAM

- 16 PARKS
- AGES 12-18
- MONDAY THRU FRIDAY
- SERVING TIME: 7:00 PM
- REGISTRATION IS REQUIRED

FREE YOUTH SNACK PROGRAM

- 48 PARKS
- AGES 17 AND UNDER
- MONDAY THRU FRIDAY
- SERVING TIME: 3:00PM - 4:00PM
- NO ENROLLMENT REQUIRED

SENIOR NUTRITION PROGRAMS

- 9 PARKS
- AGES 60+
- MONDAY THRU FRIDAY
- SERVING TIME: 11:00AM-1:00PM
- PRE-REGISTRATION REQUIRED
- BASED ON AVAILABILITY

FOR PARK LOCATIONS VISIT:



bit.ly/lacparksfoodprograms



To help support and expand these food programs for youth and families in need, please donate to the
Los Angeles County Parks Foundation: www.lacpf.org

Community Resources

SENIOR RESOURCE WORKSHOP

Learn about free resources
available to senior citizens



THURSDAY, NOVEMBER 6

10:00 a.m. - 2:00 p.m.

HOLMAN UNITED METHODIST CHURCH

3320 W ADAMS BLVD, LOS ANGELES, CA 90018

Get information on:

ESTATE
PLANNING

SCAM
PREVENTION

UNCLAIMED
PROPERTY

ELDER
FRAUD

LA COUNTY
RESOURCES

For questions, call the office of Supervisor Holly J. Mitchell at 213-974-2222
or email Kasie Hervey at Khervey@bos.lacounty.gov



HOLLY J. MITCHELL
LOS ANGELES COUNTY SUPERVISOR • 2ND DISTRICT





SAVE THE DATE

Santa is back with gifts on his sleigh for the PAL youth!

PAL'S HOLIDAY WORKSHOP

**Celebrate with the youth in the community
and help make the season bright!**

Tuesday, December 9, 2025

4:00pm



**1401 Olympic Blvd.
Santa Monica, CA 90404
310-458-8988**





Recent federal actions targeting immigrant communities, who are the heartbeat of Los Angeles, have created deep fear for many across Los Angeles County. These events have disrupted daily life for individuals and families, who are often left without essential resources and services. The Department of Public Health remains committed to supporting all residents, regardless of immigration status.

This page offers information and resources to help individuals and families stay informed, connected, and supported during this time.

- **Legal Resources** - Find free or low-cost legal help for immigration issues and documentation.
- **Food Assistance** - Locate food banks and learn about food assistance and access.
- **Mental Health Resources** - Access mental health support services, including help lines and youth-focused programs.
- **General Support** - Information about rights, education, and resources for immigrant families.

Find direct links to immigration support services and live workshops please click [here](#).

Useful Links

[Flu Vaccines](#)

[Get Ahead LA Financial Resources](#)

[iPrevail Online Mental Health Resource](#)

[LA County America's Job Center of California](#)

[LA County's Office of Immigrant Affairs](#)

[LA County Youth Suicide Prevention Project](#)

[LA Department of Water & Power Bill Credit](#)

[LA Public Health Podcast](#)

[Laptop and Hotspot Loans from LA County Libraries](#)

[Mental Health Support \(800\) 854-7771 or text "LA" to 741741](#)

[Metro LIFE Program](#)

[National Suicide Prevention Lifeline](#)

[Opportunity LA: Child Savings Account for LAUSD Students](#)

[Request a Mobile Vaccination Team](#)

[Report a violation \(888\) 700-9995, Monday – Friday from 8:00AM to 5:00PM](#)

[SoCalGas Assistance Fund](#)

[Southern California Edison Assistance](#)

[VaccinateLACounty.com](#)

For additional resources, please dial 2-1-1

For more information on COVID-19, please [visit our website](#)

Follow LA County Public Health on Instagram, Facebook, and Twitter: @lapublichealth

