



## GREETINGS!

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Visit our website



### For More Information:

[City Council Meetings](#)

[City Commission Meetings](#)

[City Calendar](#)

[Citizen's Service Center](#)

[Pasadena Unified School District](#)

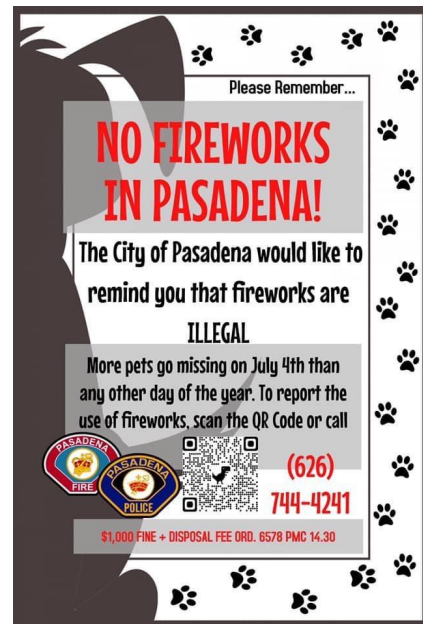
## July 2021 - In this Issue:

### District 2 Events

**Pasadena Public Health Department • Focus on  
Mental Health and Nutrition**

### Important Reminders

Happy Independence Day! As Pasadena begins to reopen we hope you are able to safely enjoy the festivities with your friends and family. The [95th Annual AmericaFest](#) is back at the Rose Bowl with a day full of tailgating, celebration, and entertainment including a motorcycle stunt show and a world-renowned fireworks display. As a reminder, all fireworks are illegal in Pasadena.



We are proud to report that Pasadena is leading the state in vaccination rates. According to the Pasadena Public Health Department, almost 78% of Pasadena residents are fully vaccinated. If you still need to get your vaccine, they are free and you can find a vaccine site [here](#).

Mark your calendars: in July we will have a Coyote Safety Workshop at Santa Catalina Library, Coffee with a Cop at Seed Bakery, and in early August we will have our first District 2 Walk & Talk with Department of Transportation at Milo Cafe! See our events section for more details.

Thank you for all of the calls and emails - we

appreciate hearing directly from you.

**Felicia Williams**  
Council Member - District 2

## DISTRICT 2 EVENTS

### **Coyote Safety Workshop**

*Saturday, July 17th 9am*  
*Santa Catalina Library – 999 E. Washington Blvd.*

We have heard your concerns about coyotes and the safety of our families and pets. Please join us at our Coyote Safety Workshop where we will hear from Pasadena Humane Wildlife Manager, Lauren Hamlett, and share ideas and concerns among neighbors for ways to address this problem.



### **Pasadena Police Curbside Coffee & Chat**

*Friday, July 23rd 8am – 10am*  
*Seed Bakery - 942 E. Washington Blvd.*

Join us for complimentary coffee and pastries from our local District 2 business, Seed Bakery, and discuss your safety and other concerns with the Pasadena Police Department. The Curbside Coffee & Chat allows Pasadena Police Officers, Park Safety Specialists, and support staff to meet the people they serve, hear the concerns of the community, and build relationships.

### **Walk & Talk with Department of Transportation**

*Saturday, August 7th - 8:30 am*  
*Milo Café and Organic Juicery – 720 N. Lake Ave., #5*

This will be the first in a series of walks around District 2 to hear from the residents and get our daily steps in! Join us with Joaquin Sisques, Principal Engineer from the Department of Transportation, to discuss the proposed improvements in the [North Lake Avenue Traffic and Pedestrian Safety Plan](#), along with speeding and traffic issues and potential solutions on our City streets. We will meet at 8:30am for complimentary coffee and pastries, and walk at 9am for about 1 hour.

## PASADENA PUBLIC HEALTH DEPARTMENT

### Focus on Mental Health and Nutrition

Pasadena is very fortunate to be one of only four cities in California with its

own health department! The Pasadena Public Health Department's programs embraced innovation during the pandemic, including wraparound mental health services and expansion of the Women, Infants, and Children and the Nutrition and Physical Activity Programs.

### **Mental Health and Covid Impacts**

The past 16 months of the global COVID-19 pandemic have had a significant impact on mental health. The U.S. population of adults reported anxiety and depression four times greater than what was reported pre-pandemic (40% vs. 10%). According to the CDC, younger adults ages 18 to 29 years and adults with less than a high school education experienced the

largest increase in mental health problems. The U.S. population of children reported higher levels of anxiety during the pandemic, five times what was reported pre-pandemic. The mental health of Pasadena community members has likely been impacted in similar ways as a result of COVID-19 and isolation. Research also suggests that to protect against the mental health impacts of COVID-19 and increase positive affect, children should engage in more physical activity and limit leisure screen time use.

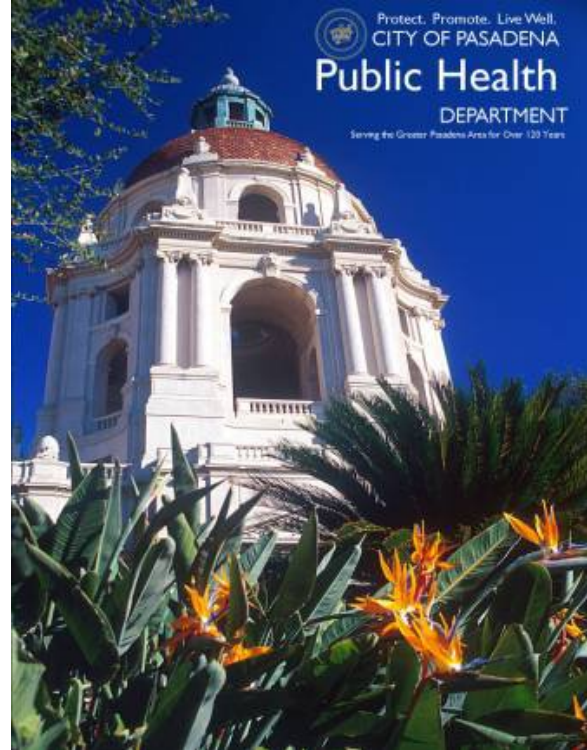
The Pasadena Public Health Department has responded to the increasing mental health needs in the community by encouraging wraparound services for those affected, including: safe housing, food, medical supplies, cleaning supplies, and access to other services like mental health, substance abuse prevention, and whatever else is needed. PPHD has created a [resource page](#) specific to mental health needs and COVID-19 in the community, including hotlines, articles, and links to other resources, to increase access to support.

### **Women, Infants, and Children (WIC)**

The WIC program provides monthly supplemental food benefits, nutrition education and breastfeeding support to families in Pasadena, Altadena, Sierra Madre and South Pasadena for pregnant, postpartum or breastfeeding women and/or children under the age of 5 who are at nutritional risk and live below 185% of the federal poverty level. Additionally, fathers, grandparents, or foster parents taking care of children under the age of 5 may be eligible. WIC continues to provide services via phone, email, texts and online and will gradually transition to in-person service in the coming months. For inquiries on how to apply or if you qualify for WIC, please call (626) 744-6520 or visit [here](#).

### **Nutrition and Physical Activity (NPA) Program**

The Healthy Retail Project is designed to improve community health by increasing access to healthier food in small Pasadena markets where historically fresh produce has been hard to find. The NPA program focused on healthy retail improvements during the pandemic to four local small markets: Los Robles Market on Los Robles Ave, The Corner Market on Orange Grove, Argentina Grocer on Villa Street and Lake Avenue Market on Lake Avenue. Commonly known as "food deserts", corner markets and stores in these areas need support





to improve access to healthier food.

## IMPORTANT REMINDERS

**Pasadena Redistricting Workshops** - Learn more about the City redistricting process and share your input! For more information and upcoming workshop dates click [here](#) or contact [cityclerk@cityofpasadena.net](mailto:cityclerk@cityofpasadena.net) or 626.744.4124

**Tuesday August 3rd is National Night Out!** - NNO enhances the relationship between neighbors and law enforcement to build a sense of safety and community. If you would like to plan a block party on your street or learn more, click [here](#).

**Parks After Dark Activities and Events** - Don't forget to check out all free activities and events at the City's Parks and Recreation 10th Annual [Parks after Dark program](#) which starts July 7th through August 7th.

**July 4th Holiday Trash Reminder** - Trash, recycling, and yard waste will be picked up on your normally scheduled day. There will be no delay in solid waste collection.

**Redistricting Pasadena** **GET INVOLVED! ¡INVOLUCRESE!**

Redistricting Pasadena is a community conversation  
Redistribuir los distritos de Pasadena es una conversación comunitaria

Participate in a community workshop, receive information on the process, and share your input:  
Understand how shifts in population affect Council District boundaries  
Learn about the redistricting process and how to utilize mapping tools  
Civic engagement experience  
Help to define communities of interest and shared community values  
Consensus building

**Participe en un taller comunitario, reciba información sobre el proceso y comparta su opinión:**  
Comprenda cómo los cambios en la población afectan los límites del distrito del consejo  
Aprenda acerca de redistribución y como utilizar herramientas para dibujar mapas  
Experiencia de compromiso cívico  
Ayude a definir comunidades de interés y comparta valores comunitarios  
La creación de consenso

DATE	DISTRICT	WORKSHOP LOCATION
June 26 10 a.m. - 12 p.m.	2	H&H Jivalagian Youth Center 2242 E. Foothill Blvd.
June 30 6 p.m. - 8 p.m.	1	Rose Bowl Locker Room 1001 Rose Bowl Dr. Parking Lot F
July 8 6 p.m. - 8 p.m.	3	Robinson Park Recreation Center Multipurpose Room 1081 N. Fair Oaks Ave.
July 15 7 p.m. - 9 p.m.	4	Pasadena City College Foothill Campus Jack Scott Community Room 3035 E. Foothill Blvd.
July 17 10 a.m. - 12 p.m.	7	Caltech Beckman Auditorium 332 S. Michigan Ave.
July 20 6 p.m. - 8 p.m.	6	Pasadena Convention Center Ballroom A 300 E. Green St. Validated Parking at Paseo Colorado
August 5 6 p.m. - 8 p.m.	5	Villa Parke Community Center Auditorium 363 E. Villa St.

Accessible on ZOOM  
<https://us02web.zoom.us/j/85300442855>  
For more information  
[www.cityofpasadena.net/redistricting](http://www.cityofpasadena.net/redistricting)  
[cityclerk@cityofpasadena.net](mailto:cityclerk@cityofpasadena.net)  
(626) 744-4124

要了解有關分區更多訊息，請訪問

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