

PLBRA



## Thoughts From Around Park La Brea

When my husband, Benni, and I moved from New York to Los Angeles, I worried that we'd never again feel like we were a part of a community. I desperately missed our old neighborly neighborhood. We had resided in an apartment building on Manhattan's Upper West Side, and it was like living in a small town America – without the racists. When we strolled around the corner for dinner and a movie, we always ran into people we knew, and would enjoy a little chat.

Not so in Southern California, where people typically go straight from the house to the car and vice versa. Our first home here was a duplex in the Mid-Wilshire area of Los Angeles. It seemed the only people on the street were walking their dogs, and most were so engrossed in their phones that if you dared to strike up a conversation you might cause cardiac arrest. I rarely saw my young careerist neighbors. I wouldn't ever consider ringing their doorbell to borrow a cup of milk. They probably didn't keep milk in the house anyway: they picked up their lattes en route to the studio. Eventually, through work and other New York transplants, Benni and I created a wide social circle, but none of our close friends lived nearby.

Then, in 2016, our building was sold. The new owner had plans for the property that didn't include us, and we were evicted. This was catastrophic. Fortunately, we found a two-level garden apartment 10 blocks away in the Park La Brea community. Our big patio faces a large communal lawn surrounded by other patios, and our tiny front porch faces another communal lawn—and playground—surrounded by other porches. On a nice day

(and that's almost every day), we can see parents and kids and dogs and retirees and young professionals relaxing, gardening, grilling, and talking with their neighbors. As soon as we moved in, people started coming over to welcome us. And that friendliness has persisted.

When Benni was recovering from hip surgery, our doorbell rang every day with offers of food: lamb curry from the Indian family, chicken soup from the Orthodox Jews. On the Fourth of July, the Texans next door invited the whole block over for a pot luck picnic.

The area is great for walking, so once again we can stroll around the corner for dinner and a movie. And once again, chances are high that we'll run into people we know. Once again, it's like living in small town America – without the assault weapons.

Right now, during the quarantine, we – as older citizens – get offers of help and support every single day from our wonderful neighbors. No one goes to the market without asking if we need anything. The people here are smart, kind, and socially responsible. We discuss everything from politics to TV shows to the most effective ways to use apple cider vinegar. The eviction that I thought was a life-destroying catastrophe turned out to be an astonishing stroke of good luck.

*Annie Korzen was the recurring Doris Klompus on Seinfeld. She has written humorous pieces for NPR's Morning Edition, The New York Times and many more, and you can hear her on themoth.org. Annie offers private coaching in writing the personal essay.*



## ABOUT US

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Dear Neighbors,

So here we are in May and still in our shelter in place directive. I hope that all of you are healthy and staying safe and sane. I have heard from a lot of folks that they are seeing people walk around with out face masks. Please remember that you are not just doing this for you, but for all the great folks here at Park La Brea. Let's keep each other safe!

Just a few thoughts on going the extra mile for our neighbors... A lot of folks are working from home and I know this can be extra stressful. I find that I am not use to having a lot of kids playing in the common yard - running around getting rid of their energy. This is one of those things that for me has been tough to adjust to. But I can't even imagine being the parents of those kids who are now at home all of the time – doing school, practicing piano, doing art projects, keep up with your sports and exercise – you parents are my heroes. So my extra effort is more compassion and patience.

Other courtesies and rules to remember, dogs must be on a leash outside your apartment (including the common yard). If you need to stretch your (and Spot's) legs, Park La Brea has off leash dog parks for your pups to frolic, socializes and have fun.

Through this time and effort of empathy, I have found that relationships with my neighbors have become closer. Talking about our issues, working towards resolutions and practicing compassion has helped a lot, as we all muddle through together. I hope you are all experiencing some of that.

Also, the website is up and running, [PLBRA.org](http://PLBRA.org). We will be making lots of changes in the coming months, but in the meantime, we are keeping it updated with info as we get it, including The Park La Brea Management emails (since we have heard from some of you that you have not gotten them). Thanks for reaching out and letting us know... anything else please contact us at [ParkLaBreaRA@gmail.com](mailto:ParkLaBreaRA@gmail.com).

We have also launched on other digital media platforms including Facebook (Park La Brea Residents Association), Twitter and Instagram @parklabreara. Tag us and let us know what you have going on at #ParkLaBreaRA. We are looking forward to getting social with you!

This newsletter is full of some interesting things. We have articles from some of our residents and some of the local business' in the area. We encourage you to reach out if you want to contribute something in the future and would love to include you.

Looking forward to seeing you on the other side of all of this.

Susan Ferris  
PLBRA

Our goal is to continue to make Park La Brea a great place to live.

[parklabreara@gmail.com](mailto:parklabreara@gmail.com)

## Patchwork Series

*Written by Park La Brea resident Leslie Shapiro as she explores and shares her love for the city she grew up in*

### THE INTRODUCTION

Los Angeles is a city with incredible diversity. Our people, our food, our cultures. I am a native angeleno. I love this city, and even though I've traveled far and wide, there is one thing about my home town that I have yet to find anywhere else: our diversity in architecture.

It's not uncommon to find several different styles of homes or buildings sitting side by side as one popular style gave way to the next. Taking cues from the decoration and motifs of a building, we can piece together its history and its place in the timeline of the city. Where else can you see an English Tudor cottage sharing the street with an ultra modern two story?

Los Angeles thrives on being different. We're risk takers, entrepreneurs, explorers. Our moderate climate has allowed us to venture into new territory, (pun intended!) expressing ideas that aren't as possible in harsher climates. Because of this, architects, artists and pioneers have been drawn here to carry out their plans and designs, creating a rich tapestry of styles and decoration that commingle within the large framework of the surrounding mountains. Early migrants helped shape the landscape, bringing remnants of their original homes, blending them with the earliest structures of the native angelenos. We are not

locked into a particular style of building, and that's where the fun starts!

When we allow ourselves to look a bit deeper into each sub-city, we find concentrated areas of historical styles that are visual candy for those that love art history. The streets are rich with culture and legend. From Mexican adobes, victorian mansions, craftsman bungalows, spanish revival duplexes...to mid century modern ranches of the sixties, sunny Los Angeles is where you'll find them all.

Like our people, LA's architecture is varied, interesting and full of character. Next time you're at a stop sign or red light, take a moment to contemplate the details of a building and imagine what life was like for its inhabitants decades ago. Our buildings offer a glimpse into Los Angeles as it was in bygone days - stories that are as diverse and unique as the people who live here. It's a patchwork worth exploring!

My love of Los Angeles and its buildings was embedded in me from early childhood. I'll continue to write about one area at a time... offering a deeper look into the architectural period and styles that are reflected in different pockets of the city. From the Venice

canals to Mount Washington, Los Angeles has a lot of fabulous ground to cover and I hope you'll join me as we explore it together.

Next up: HOLLYWOOD!

## Fitness Center

Dear Valued Members,

Yesterday, I was at the Swim Club. The temperature was in the middle 70s, the sun was bright, the sky was blue and the water on each of the pools glistened. My only thought was the eeriness of seeing no one, other than several of your staff members who were busy maintaining the pools. I could so easily envision the number of people I would have expected to see on a day such as this one and I immediately felt such a longing for this type of day to return. Instantly, I knew it was much more than the people I missed, it was our community; the camaraderie, the greetings, the love expressed in everyday conversations and salutations between the members and staff, which have long become an everyday experience. Like you, I so eagerly await to return to the life we all cherish!

During this time, your staff is busy keeping your club well-maintained and working on several new projects. Currently, we are having the locker rooms painted and repaired, new lockers and benches will soon be delivered, and work orders have been placed in motion to provide beautiful patio furniture and resurface the pool decks and outside shower area.

Additionally, I will be working with the Resident's Association to plan parties to celebrate your return, when our club reopens!

Please continue to look for Swim and Fitness up-dates in your community newsletter.

On behalf of myself and your staff, I would like to extend to you and your families our very best wishes.

Steve Lubarsky  
General Manager

## THIS QUARANTINE...STRESS...EATING...WHAT WE SHOULD BE DOING?

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### **Q| Obsession with quick fix dieting?**

Following a "cookie cutter" diet seems to be an easier solution to accept over addressing the underlying issues of where we go wrong with our eating choices.

### **Q| How many diets do people go on?**

The average 1.5 per year, and in a lifetime over 50

### **Q| Wow that is a lot. What are the overall costs for weight loss treatment?**

Average Americans spend more than \$30 billion/year on weight loss treatments.

### **Q| Why do you diets fail?**

Well even if folks are successful in losing, they are more likely unable to sustain the weight loss because they fail to address the main reasons for weight gain.

### **Q| What is diet backlash?**

Diet backlash, or deprivation-sensitive overeating, occurs when the diet ends and you overeat the foods you've deprived yourself from. Post dieting overeating occurs 50% of the time.

### **Q| So why do we overeat?**

Emotional or non-hunger eating is about looking for comfort through food because of uncomfortable or stressful feelings. Dieting can be a temporary fix, but when you quit dieting those feelings re-emerge.

### **Q| What about exercise?**

Exercise is important in maintaining overall health, however, eating accounts for at least 75% of weight-loss success. Plus most overestimate calories burned with exercise.

### **Q| So what is the solution?**

A solution for PERMANENT weight loss is to get a tailor made program. Weight loss is not about going hungry – it is the NON-hunger eating that is the culprit.

### **Q| How have you tackled this in your practice?**

I schedule a 90 min initial visit where we address everything from physical health, to lifestyle (including food preferences). We talk about what has/hasn't worked, and what they believe are their biggest obstacles.

We develop a plan for success, and meet weekly, to talk about choices, strategies and mindfulness.

It is a rewarding journey because it works.

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### **OMG NOT MY PET TOO!**

*By Dr Maie Takahashi, BH Small Animal Hospital*

**After the news** of a female Malayan tiger at the Bronx Zoo tested positive for COVID-19, the anxiety level regarding our pets spiked. **"Should we be concerned about passing COVID-19 to our pets or being at risk of getting the virus from them?"** There is currently no evidence that pets have transmitted or can transmit SARS CoV2 to people. It is clear that the COVID-19 pandemic is driven by human to human transmission; however, there is still a lot we do not know. The absence of evidence of a person being infected by a companion animal does not mean it cannot happen.

Coronaviruses are a large family of viruses. Many mammals and birds have their own strains. Often, coronaviruses stay within a single species, but some, like SARS, MERS and now SARS CoV2 (the virus that causes Covid-19) have demonstrated the

ability to infect several different animal species, including humans.

Out of an abundance of caution and until more is known about this virus, if you are ill with COVID-19 you should restrict contact with pets and other animals, just as you would restrict your contact with other people.

While we are recommending these as good practices, it is important to remember that there is currently no reason at this time to think that domestic animals, including pets in the US might be a source of infection with SARS CoV2 accordingly, there is no reason to remove pets from home where COVID 19 has been identified in member of the household, unless there is a risk that the pet itself is not able to be cared for appropriately. In this emergency, pets and people each need the support of others and veterinarians are there to support the good health of both.

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# FINDING PEACE OF MIND

IN THE TIME OF  
COVID-19

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My name is Polina Bowler. I am a licensed acupuncturist ( L.Ac., DOM) and have practice Chinese medicine at **East Meets West Holistic Center (EMW)** for 23 years.

At EMW we are a collective of health professionals, but we are also part of the collective that is experiencing this pandemic.

In our own EMW community we have begun putting together some of our favorite suggestions for your self-isolation routine - and now have the opportunity to share that routine with some of our greater community neighbors.

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*“May you live in interesting times” proclaims an old Chinese curse. Who will argue these times are not interesting?*

*In a very short period of time, the novel corona virus pandemic has made the unimaginable, a reality. The experience we are all sharing is so novel, that we have no history like it to help us navigate the present or shed some light on possible scenarios of the future.*

*As hundreds of millions of us in the US and more than a billion people across the globe remain largely confined to our homes for an extended period of time, we need to develop new routines and strategies to maintain our peace of mind.*

## Physically Isolate but Stay Connected

A big part of staying grounded through social distancing is staying socially connected. Physical isolation from others does not have to mean social isolation. Technology today allows us to stay in touch with anyone, at any time. Online groups, social media, video conferencing via Zoom, Google Hangout, Skype and FaceTime are saving the day. Some of us find that we are more in touch with family and friends than ever before.

Take time, too, to think of who can you help by being in touch? Who can use a friendly ear or even just a short note to let them know you are thinking of them?

## Eat Right

The foods that you eat play a crucial role in your overall well-being as well as your ability to handle stress. Stress hormones, such as cortisone, sap important nutrients such as B and C vitamins and magnesium from the body.

Cruciferous vegetables like cauliflower, broccoli, cabbage, kale are great sources of B vitamins. Cauliflower is high in vitamin B5, which helps convert carbs and fat into usable energy to help with fatigue and improves your ability to respond to stress.

Salmon is high in omega-3 fatty acids and B-12, which supports the production of red blood cells and nerve cells, and

is essential to the synthesis of the happy brain chemical serotonin as well as keeping stress hormones cortisol and epinephrine in check.

Blackberries are loaded with vitamin C, which not only helps reduce stress, but as new studies are showing helps fight Covid-19 virus.

Take time with your meal: set the table, listen to calming music, and taste your food – but if you do over indulge on the ice cream, don't be harsh on yourself. There is always tomorrow to eat well!

## Start Your Day Right

An excellent way to start the day is to center yourself, before checking social media, and tuning into the news. This can take the form of meditation, stretching, breathing exercises, or taking a walk. Even if only for a minute, close your eyes and flood yourself with positive intentions and images.

Before connecting with the rest of the world, first nourish yourself with a good breakfast and a cup of hot tea or coffee. This type of self-discipline helps you feel strong, allowing you to calmly digest the day's news, at your pace, when you are ready. It also puts you in a position to help others who may need your compassion that day.

Again, stay flexible with yourself. These are unpredictable times, some days simply getting up and out of bed deserves an acknowledgment.

## Less News, More Music

While staying informed is essential in a pandemic, you want to remember that social media posts are designed to grab our attention often through sensationalism and fear. Limit your time spent consuming media. CDC and WHO have all the information we need.

Listen to your favorite music instead. According to a study published in Psychology Today, listening to music stimulates brain to produce dopamine, the "happy" chemical.

## Don't let work take over your entire day!

And the last word of advice is to **meditate**. There are many online sources to learn if you are new to it or just sit comfortably, set a timer on your phone for 3 minutes and just observe yourself breathing in/out.

People from all corners of the earth are sharing an extraordinary journey together, that is changing us, our personal lives and transforming our societies. Striving to maintain a peaceful mind does not mean you must become the Buddha, it simply means you seek balance when you feel overwhelmed or disturbed. The gift of great trials is that they always inspire us to let our humanity and ingenuity flourish. Use the time now to develop your healthiest self by remembering the words of an ancient Chinese proverb, "**He who returns from a journey is not the same as he who left**". Stay safe and healthy!

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# HOW TO RESPOND EFFECTIVELY TO THE CORONA CRISIS.

by Dr Russ Harris  
[TheHappinessTrap.com](http://TheHappinessTrap.com)

FACE COVID' is a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT).

## F = FOCUS ON WHAT'S IN YOUR CONTROL

The Corona crisis can affect us in many different ways: physically, emotionally, economically, socially, and psychologically. In an ongoing crisis, we're all going to experience 'emotional storms': unhelpful thoughts spinning inside our head, and painful feelings whirling around our body. Focus what is in your control.

## A = ACKNOWLEDGE YOUR THOUGHTS & FEELINGS

Silently and kindly acknowledge whatever is 'showing up' inside you: thoughts, feelings, emotions, memories, sensation, urges and face them.

## C = COME BACK INTO YOUR BODY

Come back into & connect with your physical body.

Suggestion:

- Slowly push your feet hard into the floor.
- Slowly straightening up your back and spine.
- Slowly pressing your fingertips together
- Slowly stretching your arms or neck, shrugging your shoulders.
- Slowly breath

## E = ENGAGE IN WHAT YOU'RE DOING

Refocus your attention on the activity you are doing. Find your own way of doing this.

Suggestion:

- Look around the room & notice 5 things you can see.
- Notice 3 or 4 things you can hear.
- Notice what you can smell or taste or sense in your nose and mouth
- Notice what you are doing
- End the exercise by giving your full attention to the task or activity at hand.

## C = COMMITTED ACTION

Committed action means effective action, guided by your core values; action you take because it's truly important to you; action you take even if it brings up difficult thoughts and feelings. Exercise, cooking (as) healthy food, and doing meaningful activities by yourself or with others. If you're familiar with acceptance and commitment therapy or other mindfulness- based approaches, use them. Repeatedly throughout the day, ask yourself 'What can I do right now - no matter how small it may be - that improves life for myself or others I live with, or people in my community?' And whatever the answer is – do it, and engage in it fully.

## O = OPENING UP

Opening up means making room for difficult feelings and being kind to yourself. Difficult feelings are guaranteed to keep on showing up as this crisis unfolds: fear, anxiety, anger, sadness, guilt, loneliness and frustration.

We can't stop them from arising; they're normal reactions. But we can open up and make room for them: acknowledge they are normal, allow them to be there (even though they hurt), and treat ourselves kindly.

Remember, self-kindness is essential if you want to cope well with this crisis.

## V = VALUES

Committed action should be guided by your core values. What do you stand for in the face of this crisis? What sort of person do you want to be as you go through this? How do you want to treat yourself and others?

## I = IDENTIFY RESOURCES

Identify resources for help, assistance, support, and advice. This includes friends, family, neighbours, health professionals, emergency services. And make sure you know the emergency helpline phone numbers, including psychological help if required.

Also reach out to your social networks. And if you are able to offer support to others, let them know; you can be a resource for other people, just as they can for you.

## D = DISINFECT & DISTANCE PHYSICALLY

I'm sure you already know this, but it's worth repeating: disinfect your hands regularly and practice as much social distancing as realistically possible, for the greater good of your community. And remember, we're talking about physical distancing – not cutting off emotionally.

# MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 May Day	2 Kentucky Derby
3	4 Star Wars Day	5 Cinco De Mayo	6 National Nurses Day	7	8 No Socks Day	9 Lost Sock Day
10 Mother's Day	11 Eat What you Want day	12	13 Frog Jumping Day	14 Dance Like a Chicken Day	15	16
17	18 No Dirty Dishes Day	19	20	21	22	23 International Jazz Day
24	25 Memorial Day	26	27	28	29	30 Mint Julep Day
31 National Macaroon Day						





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Mr. Lloreda specializes in Plaintiff and Defendant civil trial work with emphasis on wrongful death and all serious personal injury cases.

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