



# Glendale Healthy Kids

SUMMER NEWSLETTER 2009

## HEALTHY KIDS DAY COLLABORATION A SUCCESS!

The 1st Annual Kids Health Fair held in collaboration with the Glendale YMCA was a HUGE success! Not only did kids receive free dental, asthma and anemia screenings, along with Body Mass Index Testing, but fun booths were also incorporated throughout.

Parents received information on nutrition, stress management, resources to keep kids healthy and samples from Whole Foods, Uncle Eddie's cookies and Cuban Al's Apples.

At the adjacent GUSD parking lot, The Glendale Noon Kiwanis were conducting their car seat safety inspections and completing the Child ID Kits.

The entertainment stage was busy all day, with an 11 a.m. weigh off culminating the "Losin' It For the Kids" contest between President Brian Bergh and Board member Ardy Kassakhian.

(It was a close race 31.3 lbs vs. 29.8 lbs., with the winners being all those who lost weight in support of the challenge.)

Thanks to Chair Jory Potts, her committee and the Glendale Sunrise Rotary Club for volunteer assistance.

Watch for information on the April 17, 2010 event, which will be bigger and better!

## SAVE THE DATE: SEPT. 19 AND 20, 2009 FOR GUESS WHO'S COMING TO DINNER!

Glendale Healthy Kids is proud to present "Guess Who's Coming To Dinner! 2009", which will be held on Sept 19 and Sept 20, 2009 at 6:30 p.m. Mark your calendars, because you don't want to miss out on this event! You may have the opportunity to sit next to a past mayor of Glendale, a CEO of a local company or a community volunteer. You may even be served by one of our Glendale Firefighters at a beautiful home, enjoy a 50's themed party, be a guest at one of the Americana's new restaurants, or have a gourmet chef cook you a delicious meal! Either way, you will find yourself enjoying an evening with good company, delicious food and a unique ambience. We have some new, exciting venues this year and look forward to seeing you at this year's **Guess Who's Coming To Dinner!** You can support GHK by purchasing your ticket or being a sponsor. This year, we are also offering "Phantom" tickets for those of you who would like to show your support for the event, but are unable to attend. If you have any questions, please e-mail Camille Levee at [Camille@glendalehealthykids.org](mailto:Camille@glendalehealthykids.org) or Event Chair Stacey Gin at [gin@glenopto.com](mailto:gin@glenopto.com) (Sponsor information is included in this issue)

## Mark Your Calendars:

Contact the GHK office for more info (818-548-7931)

- **July 12, 2009**

"USO Review" with the talented Show of Support Production Company and Co-sponsored by the City of Glendale Parks, Recreation & Community Service

- **Sept. 18, 2009**

Glendale Assn of Realtors Cocktail Mixer to benefit GHK

- **Sept. 19 & 20, 2009**

Guess Who's Coming To Dinner!

- **Oct. 10, 2009**

"Popcorn, Pendants & Peter Sellars"

- **Oct 24, 2009**

Kiwanis KIDS Duck Race, "Duck Lake" at Verdugo Park

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# The 2009 TASTE OF DOWNTOWN GLENDALE

was a resounding success, as evidenced by these photos taken by volunteer Tom Lenzo.



**The committee did a wonderful job. Thanks to our partner restaurants, entertainers and volunteers. See you on May 12, 2010. (more photos on [www.glendalehealthykids.org](http://www.glendalehealthykids.org))**

## Sunglasses for the Little Ones

By Lilit Aladadyan, MPH



Do you know that our eyes get 80% of their total lifetime exposure to the sun's UV rays by the age of 18. And since excessive lifetime exposure to UV radiation has been linked to the development of cataracts and other eye problems, it's never too early for kids to begin wearing sunglasses.

To protect against problems now and later in life, it's up to you to take the necessary steps to protect your children's eyes from the damaging effects of the sun. Teaching your children smart sun sense at a very young age will keep them protected from the sun's harsh glare for the rest of their life.

Just how do you keep sunglasses on a squirmy toddler?

- Take your toddlers "sunglasses shopping" and let them pick out their own pair of sunglasses. Buy good quality, wraparound sunglasses for children as soon as they can wear them. Sunglasses don't have to be expensive brands in order to be effective; as long as they're labeled as "100% UV filtration" your children will be protected. \*Caution: Toy sunglasses can do more harm than good. Toy shades simply darken the eye area and enlarge the pupils, allowing more damaging light to reach the inside of the eyes.
- It's a good idea to buy fun and comfortable sunglasses for toddlers.
- Set a good example by always wearing sunglasses yourself. Your child will learn to imitate you. Tell your child that sunglasses are to be worn outside. Put them on before going outdoors, and take them off as soon as you go back inside.
- If your toddler is reluctant to wear sunglasses, encourage him/her to wear a wide-brimmed hat to shade the eyes. The wider the brim, the more the eyes, and skin, will be shaded from the sun.
- Teach your toddler never to look directly at the sun. Try to keep your children in the shade: under trees, umbrellas or canopies.

## NORTHWEST GLENDALE LIONS CLUB PRESENTS AN UNPRECEDENTED 7 COMMUNITY ACHIEVEMENT AWARDS



NW Glendale Lions Club

For their commitment to the Lions goal of good eyesight for everyone, The Glendale Lions recognized local GHK providers **Dr. Stacey Gin, Adrina Ovanesian, and Arlene Yepremian** and OPTOS Coordinators **Janne Ballard** and **Jill Miale** and GHK Executive Director **Camille Levee**. The Awards were presented at the Lions annual banquet by President Vince De Santis.

## 15th ANNUAL CELEBRATION

Enjoyed by founders, friends, past presidents and providers. Glendale Memorial Hospital graciously hosted the event on April 29.

Larry Zarian introduced guests & awardees:

Provider of the Year: **Dr. Sheila Debnath**  
Dental Providers: **Dr. William Taormina & Dr. Ryan Candelora**  
Ancillary Provider: **KDX Imaging**  
Program Award: **Dr. Stephen Giovanisci**  
Volunteer of the Year: **Alice Rigney**  
Helping Hand Award: **Sue Eller & Bob Yousefian**  
Past presidents received special pins, as did 5, 10, and 15 year providers



Bob Yousefian & Sue Eller



Dr. Brian Bergh & Dr. Stephen Giovanisci



## GHK RECOGNIZED AS ORGANIZATION OF THE YEAR!



David Burghart presents President Dr. Brian Bergh & President Elect Elizabeth Manasserian with the 2009 Glendale Chamber Organization of the Year Award at the April State of the City luncheon.

## SPEAKER'S BUREAU CONTINUING.....

And another training session is scheduled for August 18 and August 25, 2009 7-8:30 p.m. Toastmistress Karen Hudson led a fantastic spring class with 5 graduates. Each participant receives a VHS tape of their final presentation in the class. There is no cost to this invaluable benefit which can be applied to your everyday experiences. But you **MUST** complete an application process. Contact Camille at GHK for more information.

## OOPS!

In our last issue we inadvertently missed Alasdair & Dr. Carol Ann Burton as GHK contributors. Also, Baxter International Foundation was incorrectly listed. Please accept our apologies!

# OUR GENEROUS DONORS (January 1, 2009 to May 31, 2009)

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## \$1,000 to \$2,499 "Rubies"

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## \$2,500 to \$4,999 "Sapphires"

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## \$10,000 and up "Diamonds"

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"TICKETS" - continued on page 5

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# Glendale Healthy Kids



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Fax 818.545.8104

[www.glendalehealthykids.org](http://www.glendalehealthykids.org)

Postage provided by Glendale Adventist Hospital and Medical Center

## GLENDALE HEALTHY KIDS A COMMUNITY BENEFIT ORGANIZATION

**OUR MISSION:** *Glendale Healthy Kids, in collaboration with volunteer healthcare professionals, community members and organizations, provides children of low-income, underinsured families with access to healthcare and offers preventative health education to the community.*

**OUR VISION:** *A community where every child has optimal health.*

### OUR VALUES:

- **INTEGRITY:** *honesty, trustworthiness, fairness*
- **CARING:** *Commitment to valuing difference and respecting the well-being and dignity of each person*
- **QUALITY:** *Excellence in services provided*
- **TEAMWORK:** *Commitment to working together as a community to achieve our goals.*

## SPECIAL THANKS TO VERDUGO HILLS PHARMACY!

For the past two months, they have provided a canister to collect change at the register. The canister says "Have a Heart for Kids Who Need Healthcare" We also provide a display for newsletters and "Facts For Families". The collection averages about \$1.00 per day. And it is invaluable to raising awareness of our program, as well as generating funds to help provide referrals. Do YOU do business with someone who might like to have one of these canisters?

Each one is about 6 inches in diameter and about 7 inches tall, so they don't take up much space. Call the GHK office if you have an opportunity to place a "Have a Heart for the Kids" Canister.

## DOES YOUR EMPLOYER PROVIDE AN OPPORTUNITY TO GIVE TO THE UNITED WAY CAMPAIGN?

If so, why not designate Glendale Healthy Kids? Contributions must be a minimum of \$26 for designation to our agency. Just list our name and **Agency # 16496.**

It's an easy way to provide the opportunity for a child to be healthy!

