

Newsletter



February 2021
11 Edition

Express Workforce Foundation
Lifetime Adult Day Program
LC Vocational Training Center
Lifetime Community Base Program

COMMUNITY HEART FOOD BANK

Every Thursday from 9am-1pm
Come to our Food Distribution Center
Located at
10871 Central Ave Ontario CA 91762
cs.nava@ewffoundation.org



HEALTH & FITNESS

- Heart Awareness Month
- Black History Month
- Creative Romance Month
- National Snack Food Month

Zoom with US!

Now you can join us at 8:30- 2:30 pm
M-F on zoom for innovative Safety
Training and Curriculum.

For more info:

ewffoundation.org or email
at ewf.lcc@gmail.com
us at 909.629.2900

COVID-19 AWARENESS

When you are traveling on public transportation this increases a person's risk of getting and spreading COVID19 by bringing people in close contact with others, often for prolonged periods, exposing them to frequently touched surfaces. If you must travel take the steps to protect yourself and others from COVID19.



For information on testing sites
please visit cdph.ca.gov

RESOURCES

Unemployment info- edd.ca.gov

EDD 1-800-300-5616

Food assistance

www.ewffoundation.org

Social Services- cdss.ca.gov

www.ewffoundation.org

San Gabriel Regional Center

sgprc.org

Inland Regional Center

inlandrc.org

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LC Vocational Training Center
Lifetime Community Base Program

COMMUNITY HEART FOOD BANK

Todos los jueves de 9am-1pm
Ven a nuestro Centro de Distribución de Alimentos
Situado en
10871 Central Ave Ontario CA 91762
cs.nava@ewffoundation.org



SALUD & FITNESS

- Mes de Concienciación del Corazón
- Mes de la Historia Negra
- Mes del romance creativo
- Mes Nacional de La Comida de Snack

Zoom with US!

Ahora puede unirse a nosotros a las 8:30- 2:30 pm M-F en el zoom para la formación de seguridad innovadora y el currículo.

For more info:

ewffoundation.org or email
at ewf.lcc@gmail.com
us at 909.629.2900

COVID-19 AWARENESS

Cuando usted está viajando en transporte público esto aumenta el riesgo de una persona de conseguir y difundir COVID19 al poner a las personas en contacto cercano con los demás, a menudo durante períodos prolongados, exponiendo luego a las superficies tocadas con frecuencia. Si debe viajar, tome las medidas para protegerse a sí mismo y a los demás de COVID19.



Para obtener información sobre los sitios de pruebas, visite cdph.ca.gov

Recursos

Unemployment info- edd.ca.gov

EDD 1-800-300-5616

Food assistance

www.ewffoundation.org

Social Services- cdss.ca.gov

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San Gabriel Regional Center

sgprc.org

Inland Regional Center

inlandrc.org

COMMUNITY HEART Food Bank



Community Heart Food Bank will provide free food to those in need at this drive-through distribution. Face coverings are required and for your safety, there will be no walk-up service.

10871 Central Ontario Ca 91764
EVERY THURSDAY
9 AM- 1 PM

Latest News

CLOSED

11.26.2020

&

11.27.2020



**50 families were given turkeys at our,
1st Annual Turkey giveaway**

**Special Thank you,
For all your support.**

PROGRAM UPDATE

LIFETIME COMMUNITY BASE ● LC VOCATIONAL TRAINING CENTER

ZOOM INFORMATION



Join Zoom Meeting
Meeting ID: 819 652 6961
Passcode: 1144

MONDAY - FRIDAY
UP TO 6 HOURS
STARTING AT 8:30 AM



Dial by your location
+1 669 900 9128 US (San Jose)
Meeting ID: 819 652 6961
Passcode: 1144

CIRRICULUM

- COMMUNICATION SKILLS
- POSITIVE BEHAVIOR SUPPORT
- SENSORY DEVELOPMENT
- ADVOCACY
- INDEPENDENT LIVING
- ARTS/ MUSIC/ DANCE
- PERSONAL SAFETY
- MOBILITY TRAINING
- HEALTH AND FITNESS
- VOCATIONAL TRAINING
- EXPLORING CAREERS
- EMPLOYMENT TRANSITION

SOCIAL MEDIA



www.ewffoundation.org



@LifetimeCommunityCare



@lifetimeccinc



@lifetimeccinc

VOLUNTEER

If you or someone you know is interested in volunteering at our local foodbank or making care packages at home, please reach out to cs.nava@ewffoundation.org

COMMUNITY RESOURCES



SAN GABRIEL/POMONA
REGIONAL CENTER

SAVE THE DATE

Start where you are. Use what you have. Do what you can.

ACTUALIZACIÓN DEL PROGRAMA

LIFETIME COMMUNITY BASE

LC VOCATIONAL TRAINING CENTER

INFORMACIÓN DE ZOOM



Join Zoom Meeting
Meeting ID: 819 652 6961
Passcode: 1144

LUNES - VIERNES
UP TO 6 HOURS
STARTING AT 8:30 AM



Dial by your location
+1 669 900 9128 US (San Jose)
Meeting ID: 819 652 6961
Passcode: 1144

CIRRUCULUM

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REDES SOCIALES



www.ewffoundation.org



@LifetimeCommunityCare



@lifetimeccinc



@lifetimeccinc

Voluntario

Si usted o alguien que conoce está interesado en ser voluntario en nuestro banco de alimentos local o hacer paquetes de atención en casa, comuníquese con cs.nava@ewffoundation.org

RECURSOS COMUNITARIOS



SAN GABRIEL/POMONA
REGIONAL CENTER

GUARDAR LA FECHA

12.2.2020

Vigilia a la luz de las velas

Empieza donde estás. Usa lo que tienes. Haz lo que puedas.



DRIVE THROUGH ,
WE'LL HAVE SOME FOOD READY FOR YOU!

COMMUNITY
HEART
FOODBANK

www.cwffoundation.org

EVERY
THURSDAY

Food Distribution Center
10871 Central Ave. Ontario, Ca 91762



SUPPORTED BY OUR MOST WONDERFUL SPONSORS

AMERICAN
PHILANTHROPY
FUND

nourishing
neighbors community relief

FEEDING
AMERICA

EXPRESS
WORKFORCE
FOUNDATION

Lifetime
Community Care Inc.