**Save the Date**

**APRIL 5, 2014**

2ND ANNUAL HEALTHY DOWNEY 5K RUN/WALK FOR TLC

If you would like to participate as a donor or volunteer, please contact TLC for more information. Check our website regularly for important updates at [www.dusd.net/mlc](http://www.dusd.net/mlc).

Call to find out how you may proudly display your organization on the banners and t-shirts.

Sponsorship Levels

<table>
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<tr>
<th>Level</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Diamond Heart</td>
<td>$1,000.00+</td>
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<tr>
<td>Platinum Heart</td>
<td>Under $1,000.00</td>
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<tr>
<td>Gold Heart</td>
<td>$500.00</td>
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<tr>
<td>Silver Heart</td>
<td>$100.00</td>
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**NEW PROGRAMS AT TLC!**

- **HEALTHY INTERVENTION PROGRAM (HIP) for children**
  A free health and nutrition program with the Downey YMCA staff for children (ages 8-12) and parents

- **Kids Can Cope bereavement support group**
  A free weekly program that includes group sessions with a Kaiser Permanente therapist for children dealing with the loss of a family member or someone suffering with a terminal illness.

**TLC Collaborative Meeting Dates 2013-14**

All Collaborative meetings are held at the TLC Family Resource Center @ 9:00 a.m.

- Heart Friday, November 1, 2013
- Heart Friday, January 10, 2014
- Heart Friday, March 7, 2014
- Heart Friday, June 6, 2014

**Back to School Donations**

Thank you to the following sponsors who donated much needed children's items such as: backpacks, school supplies, care packages, hygiene products, etc.

- Heart St. Raymond’s Marian Medal Group
- Heart Life Organization
- Heart Downey First Christian Church
- Heart Life Church
- Heart Schools First Federal Credit Union

**Adopt-a-Family Holiday Program**

**Would you like to spread some holiday cheer to children in need during this Christmas season?**

Donors will be paired with a child and will be asked to purchase an item of clothing and a toy from the child’s “wish list” during Christmas.

Another available holiday program is to “adopt” a family for Thanksgiving by providing food for a nice Thanksgiving dinner to a family experiencing hardship.

If you would like to make a difference this holiday season, contact TLC for more information.
### TLC Puzzle

| N V P V S T T M I P Y S S R O |  |
| Y O O R R K E F A H N H E N P |  |
| T W I A E D C R O O L T I N T |  |
| I N E T I V E A I O C L L O O |  |
| N H E C A N E T P A D A I M |  |
| U W A D T R C N R K K E M T E |  |
| M L U I U E O A T D C H A N T |  |
| M N N P N T H B S I O A F E R |  |
| O G P N N C S R A N O W B V Y |  |
| C L O T H I N G E L E N N R Y |  |
| H C H O M E L E S S L E A E O |  |
| C O U N S E L I N G E O T T Y |  |
| S L A R R E F E R D T F C N Q |  |
| N E R D L I H C A R I N G I W |  |
| V M N T R O P P U S I S I R C |  |

### Ways To Give To TLC

- You can mail in a tax-deductible check to: **TLC Family Resource Center**
- Become a sponsor, participant or volunteer at our **2nd Annual Healthy Downey 5K Run/Walk for TLC**
- Be involved as a donor for our TLC **Adopt-a-Family** holiday program
- Make a monthly contribution automatically through your checking account (DUSD employees only)

**Thanks for your continued support!**

### TLC 2013-2014 Advisory Board Members

- Dr. Robert Jagielski, Director, Student Services
- Luz Perez, TLC Coordinator
- Claudia Ramirez-Garcia, TLC Secretary

- Allan Tyner, Vice Principal, Warren High School
- Arlene Salazar, Director Parks and Recreation, City of Downey
- Barbara Halbmaier, Independent Studies, D.U.S.D.
- Beth Crawford, Operations Executive Director, Downey YMCA
- Beth Trombley, Director of Public Affairs, Kaiser Permanente
- Blanca Rochin, Assistant Principal, Downey Adult School
- Christina Ambrosino, Assistant Director, Exchange Club Family Support Center
- Debra Camacho, Counselor, Sussman Middle School
- Dr. Marion Solovei, Clinical Supervisor, JCFS
- Jennifer Robbins, Principal, Old River School
- Julie Helm, Volunteer, Retired-D.U.S.D. Administrator
- Julie Main, Vice Principal, Downey High School
- Patty McCaughan, Nurse, D.U.S.D.
- Robin Martin, Principal, Lewis Elementary
- Rose Boland, Volunteer, Retired-D.U.S.D. Head Nurse
- Xochitl Ortiz, Psychologist, D.U.S.D.

### TLC Mission Statement

Our goal is to create a **True Lasting Connection** between the City of Downey and the families of the Downey Unified School District to ensure healthy and successful futures for all our children.

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**TLC Staff**

- **(562) 469-6500**
  - Dr. Robert Jagielski, Director x6564
  - Luz Perez, Coordinator x2575
  - Lori Roman x2576
  - Claudia Garcia x2577
  - Olivia Gutierrez x2574

**TLC Family Resource Center**

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