

NEIGHBORHOOD COUNCIL OF WESTCHESTER / PLAYA

Working together to improve our communities!

"If you do not take an interest in the affairs of your government,
then you are doomed to live under the rule of fools."

CWP~ Plato



NCWP Joins 2022 National Night Out

Representatives from the Neighborhood Council of Westchester / Playa recently participated in the 2022 National Night Out at Playa Vista.

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make neighborhoods safer, more caring places to live.

National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.

NCWP board members had a great time meeting the men and women tasked with law enforcement in our neighborhood!



OPICA Offers Free Program for Caregivers

Are you responsible for the care of a loved one?

OPICA, which provides support for adults with memory loss and their families, is offering a program that will help you acquire the tools you need to care for yourself.

You will learn techniques to:

- Reduce personal stress;
- Communicate your needs effectively;
- Manage emotions when coping with difficult situations.

This FREE program consists of class on SIX consecutive Wednesdays August 24, 2022 through September 28, 2022

Location: Virtual on Zoom

Time: 10am – 11:30am Pacific Time

Instructors: Carol Hahn, MSN, RN and Tara Guden, LCSW

This program is offered free of charge, made possible by the generous support of OPICA donors.

You may like to purchase the companion book for \$30. For more information and/or to register for this program please contact Carol Hahn at CarolHahnRN@gmail.com or (310) 612-9064.

There are great things happening at the Westchester Senior Center. To find out more about all the Senior Center does, please visit the NCWP website or follow this link to download the Center's latest newsletter:

<https://ncwpdr.org/wp-content/uploads/2022/08/SUMMER-2022-NEWSLETTER-canva.pdf>

Next Neighborhood Council of Westchester/Playa Monthly Board Meeting:

6:30 p.m., Tuesday, September 6, 2022

via Zoom



www.ncwpdr.org • 213.473.7023

