



**3<sup>rd</sup> Quarter 2019**  
**"VISTA L.A." MAGAZINE SHOW**

**Show:** VIS #0719 ABC7 "Vista L.A." Magazine show  
**Air Date:** 9/20/19  
**Length:** 30 minutes  
**Origin:** Local  
**Type:** Public Affairs and Informational

**Host:** JOVANA LARA

**Theme:** TAKE CONTROL OF YOUR FAMILY'S HEALTH

**LA PLAZA HEALTH WORKSHOPS**

The rates of some life-threatening illnesses remain alarmingly high for Latinos—specifically heart disease and diabetes. Many still don't know their risk factors. And others that do, don't take proper actions to control these serious health concerns. This can be due to a lack of healthcare insurance, or because of educational, language or cultural barriers. The good news is that more groups are stepping up to bring it back to the basics and taking nutritional awareness to their communities—with a cultural approach.

LA Plaza de Cultura y Artes, a cultural center and museum dedicated to the stories of Mexicans and Mexican Americans in the U.S., is taking a unique approach to health education.

**MOMCOLOGIST**

Carolina Valls, a nurse, never imagined her most important patient would be her son. Now she calls herself a "Momcologist." IN November of 2017, Carolina found out that her son, Anthony was diagnosed with Medulloblastoma, a rare brain tumor, which in Anthony was the size of tennis ball. As they begin to fight this battle, the Valls family too time to research and begin doing their best to detoxify their home as much as possible. Everything from not using a microwave and doing away with foil to ridding their home of processed foods and plastic straws. Over the last year and half, they've seen Anthony take promising steps towards a healthier future, and Valls believes all of the small changes have had a big impact on the whole family.

**CLINICAS DEL CAMINO REAL, INC**

In the early '70s, community activist Roberto Juarez, unknowingly found his life's mission. He saw farmworkers and their families in desperate need for quality healthcare in his hometown. So he and a team of activists took action by starting a small free clinic based out of a motel in the city of Santa Paula in Ventura County. In 1971, Roberto and his small group began to effort bringing quality healthcare and access to this underserved population. Then, in 1975 on Cinco de Mayo - "Clinicas del Camino Real, Inc." was born.

**KIDS YOGA**

Practicing mindfulness has shown to have many physical and mental benefits for adults, but striking a yoga pose can also help children in many ways -- from promoting self-awareness to enhancing concentration and fostering learning.

SCHOOL Kids Yoga & Mindfulness is a weekly program created by Kelly Wood, that is implemented at some Los Angeles Unified School District Schools, like Milagro Charter Elementary School.

#### **ALZHEIMER'S CARETAKERS**

As Alzheimer's awareness month comes to an end, Vista L.A. got to know the Espinoza family. Francisco Espinoza is one of millions of people living with Alzheimer's and other forms of dementia in the U.S. An immigrant from the Mexican state of Michoacan, Francisco raised three daughters-all college graduates with Masters' Degrees. Jasmine Garcia, the eldest of Francisco's daughters, spoke with us. He was diagnosed with Alzheimer's at 61, a young age for those with the disease. Soon after, he was forced to retire from his night manager job at The Grill on the Alley, an iconic Beverly Hills restaurant. It was a job he'd earned after many years of service, and a job that filled him with pride. Enma, his wife, first realized something was wrong after a barber called to her attention that her husband had paid her twice. Caring for someone with Alzheimer's not only takes an emotional toll, it can significantly impact a caregiver's financial, physical and mental well-being. Recognizing their need for assistance, Enma and the Espinozas reached out to Alzheimer's Los Angeles. The Espinoza family became a part of a community and support system that is now thriving thanks to Alzheimer's L.A. Francisco's granddaughter, Arriana, has also taken an active role in advocating for Alzheimer's awareness. Science's battle with the disease is far from over and the increase in Alzheimer's cases in California is truly staggering. But thanks to organizations like Alzheimer's Los Angeles, perhaps this difficult journey can be a bit less painful.