



FirstServe

Community Services of the South Bay, Inc.

“Inspiring People, Changing Lives”

Health and Wellness Programs

FirstServe Community Services offers a number of programs of health and wellness, as part of our mission of serving people, changing lives. These programs assist people with physical health and recovery, as well as spiritual wholeness and support for loved ones.



Community Dental Care: Offered in partnership with a fine area Dental practice, this program makes basic dental care available to South Bay neighbors. Thanks to the efforts of a skilled Dentist and his dedicated team, people with limited or no dental insurance can receive basic services to improve and maintain their dental health. *FirstServe* coordinates all applications for assistance, in cooperation with the Dental office.

Faith-based Grief support: “The Lazarus Circle,” a monthly conversation and support group for bereaved people and their loved ones, meets on the third Thursday of each month. Pastor Bill Hurst leads this group. Sessions include presentations on grief and loss, and time for sharing. The group welcomes people to attend whenever they are able, and is open to arranging individual conversations and support.

Bereavement Support Services: Grief can impair people’s health and spirit not only in the immediate aftermath of a death, but sometimes for years or even decades afterward. *FirstServe* offers support groups to assist people in sharing grief and loss experiences, and transforming grief into joyful and restored living.

End-of-Life Care: In partnership with First Lutheran’s pastoral team, care and visitation services are available to individuals and families during illness and hospitalization, as well as during hospice and palliative care. Funeral and memorial services are available to all in need.

Through these and future programs *FirstServe* will continue to meet human needs and transform human hopes in service to God’s people.



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“First Friends” Adult Program

FirstServe Community Services exists to provide life-changing programs and support for people of all ages. As part of our mission of “serving people, changing lives,” *FirstServe* supports programs that encourage people to develop their creative potential and grow as honored children of God.



“FIRST FRIENDS” is one of *FirstServe’s* most interesting and important programs. This group reaches out to South Bay adults with special needs.

The goal of this group is to provide a setting where adults can enjoy creative and fun activities, engage in service projects and community involvement, and grow in their confidence and giftedness as individuals and friends.

“First Friends” meets on the last Wednesday of each month in the First Lutheran Library. Members of this growing group have exciting plans for their monthly meetings and activities.

Special needs adults are welcome to this group, and the group has been steadily growing. Participants develop new friendships and skills as they meet together for educational and servant activities — and have fun!



If you are interested in helping or joining this wonderful group, please contact Sr. Laura Carson, Program Associate for “First Friends.”

Through “First Friends,” and all its programs of health and growth, *FirstServe* will continue to meet human needs and transform human hopes in service to God’s people.



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“Serving People, Changing Lives”

English as a Learned Language

FirstServe Community Services recognizes the ethnic and cultural diversity of the South Bay, one of America’s most diverse urban areas. As part of our mission of “serving people, changing lives,” *FirstServe* is committed to helping new immigrants to learn language and cultural skills as they live and work in the South Bay.

English as a Learned Language (ELL) is *FirstServe’s* answer to this important need. This program invites new immigrants to gain greater familiarity and competence in conversational English, as well as learning daily life skills which they need to participate and thrive in America. The program meets twice a week in a classroom setting, gathering learners from across the globe.

Professional leadership is a key part of the ELL program design. Our teacher and program associate, Mrs. Tina Olson, is a veteran language educator with years of experience teaching adult learners. Tina teaches the twice-weekly classes, introducing students to basic vocabulary and pronunciation, as well as holidays and cultural observances, daily life skills, geography and travel.



Community and welcome are key elements in the ELL program. Beyond language and cultural education, common to all such programs, the *FirstServe* ELL program also builds relationships and friendships, and creates an environment of welcome and support for people new to the South Bay and the American experience.

Through ELL, and all its programs of help and healing, *FirstServe* will continue to meet human needs and transform human hopes in service to God’s people.



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“FIRST KIDS” Arts Programs

FirstServe Community Services exists to provide life-changing programs and support for people of all ages. As part of our mission of “serving people, changing lives,” *FirstServe* supports programs that encourage young people to develop their creative potential, especially through the performing arts.

FIRST KIDS is a creative partnership between *FirstServe* and First Lutheran Church and School (FLCS), to provide young people with experiences and training in the performing arts.

As with all *FirstServe* programs, **professional leadership** is a key part of the FIRST KIDS program design. The leader and program associate, Ms. Susan Spadaro, is a veteran theatre director, producer, actor, singer and playwright, with years of experience in the performing arts. Susan brings this excellence and experience to her mission of providing a wide range of creative arts opportunities for elementary and middle school children

Creative Opportunities are key elements in the FIRSTKIDS program. Young people have many options in developing their creativity through the performing arts. They include:



- Instrumental music programs in keyboard, woodwinds and guitar
- Vocal music programs in classrooms and choirs, in cooperation with FLCS staff
- Acting and improvisation classes
- Writing and creativity programs
- Dance and Movement classes

In addition to teaching performing skills, this program also builds relationships and friendships, and creates an environment of affirmation and encouragement for kids in these crucial formative years..

Through FIRST KIDS, and all its programs of health and growth, *FirstServe* will continue to meet human needs and transform human hopes in service to God’s people.



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Supporting our Many Programs

FirstServe Community Services of the South Bay, Inc., is supported solely by the gifts of individuals and corporations which make direct contributions to further its mission.

You can help support these programs in many ways:

Support the fundraisers we offer at First Lutheran, or serve as a volunteer in one of the programs.

Make a direct contribution, marked for *FirstServe*, to support our work.

Make a contribution of unused items, marked for *FirstServe*. In the past donations of walkers, wheelchairs and other items have been used to aid neighbors near and far. Please speak with our office before making a gift.

You can specify employee deductions you make at work, noting *FirstServe* as the recipient. Employers often match these contributions. Make sure you tell the Human Resource staff that *FirstServe* is an IRS approved 501[C][3] charitable tax exempt organization, and use this Tax I.D. number: **32-0187458** .

See if your employer will match a direct gift to a “local charity” (i.e. *FirstServe*). You can then make a direct donation to *FirstServe* and have it doubled. Use the tax number above.

See if your corporation, or one your family is engaged with, makes grants to charities which meet their criteria. Contact Bill Hurst, *FirstServe*’s Executive Director, and he will check the requirements, and, if we meet them, submit the application. This is a major source of income. And, many companies deeply appreciate their employees’ participation with local charities.

FirstServe is a California Non-profit charitable organization, and as an IRS recognized charity reports to both and meets all their standards and requirements. Share in the service and excitement...be a supporter, *Serving People; Changing Lives*. And thank you for all you do!

***FirstServe Community Services
Of the South Bay, Inc.***

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