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THE ZEST

December 2022// Issue 12

CITY OF LEMON GROVE *NEWS*

Happy Holidays

Here are a few tips on how to minimize your risk and stay safe.

The holidays are a time of year that brings people together in celebration and good cheer. However, it also brings with it many dangers. During this time of joy and celebration, unfortunately it is a time when people are more vulnerable to fraud and scams.

- Check your bank account and credit card statements for unauthorized charges or for any purchases you didn't make.
- Don't give out personal information over the phone, especially if you're not sure who is on the other end of the line.
- Avoid giving money or gift cards to people who knock on your door or call you on the phone asking for help.
- Be wary of email attachments from unknown senders, especially if they include links to websites that want you to enter personal information like your name, address, Social Security number and date of birth.

CHRISTMAS TREE Recycling

Starting on December 26, 2022 through January 15, 2023, you can recycle your Christmas Tree at Treganza Heritage Park (formerly Civic Center Park) by placing it in the recycling container that will be available in the parking lot. You can also bring your Christmas Tree to the Lemon Grove EDCO Station starting December 26 – January 8, 2023, M-F 5 am – 1 pm, Sat: 7 am – 4:30 pm, Sun 8 am – 4 pm. It is easy and free to Lemon Grove residents only.

Notice:

CITY HALL WILL BE CLOSED FROM FRIDAY DECEMBER 23, 2022 THROUGH FRIDAY DECEMBER 30, 2022. NORMAL OPERATIONS WILL RESUME ON JANUARY 2, 2023

"For uncounted millions, Christmas expresses the deepest hopes for a world of peace where love rather than mistrust will flourish between neighbors." — President John F. Kennedy

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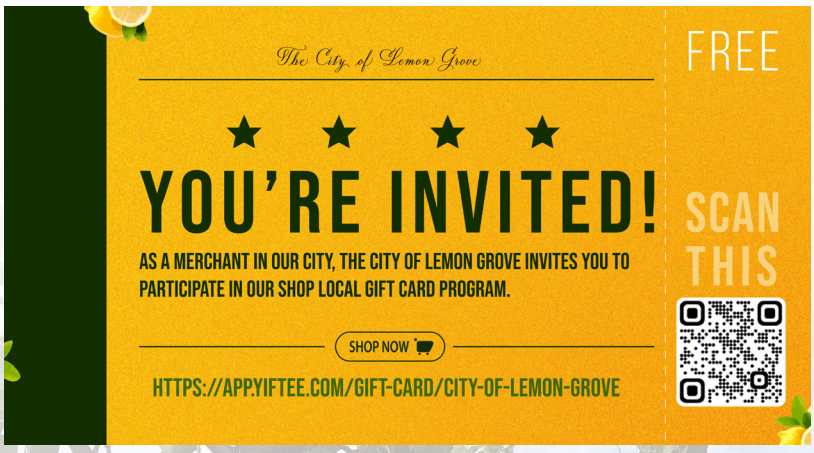
Find us on these social networks!



CRISIS LINE

(888) 724 - 7240

7 Days a Week 24 Hours a Day

The holidays are considered to be a season of joy for many. But they can also be especially frustrating for those impacted by mental illness. During the most wonderful time of the year, individuals and families impacted by mental health challenges may find themselves filled with stress, anxiety, and depression.

It is important to take steps to maintain good mental health by being kind to yourself and accepting the needs that put your own mental and physical well-being first.

First, consider and recognize your triggers. Next, take steps to avoid or limit your exposure to them. Then, reflect on what you are grateful for and thank those who have supported you in your journey. Last, get an appropriate amount of sleep as it is closely related to being able to effectively cope with stress and regulating your emotions.

Throughout the year you have met many challenges and while family is important, it is imperative to be realistic and prioritize your own self-care. Everyone struggles from time-to-time and everyone needs support.

Confidential and free of charge, the San Diego ACL (1-888-724-7240) offers support and resources countywide in over 200 languages from experienced counselors on all behavioral health, mental health and substance use topics.

LEMON GROVE CITY COUNCIL
Mayor Racquel Vasquez
Mayor Pro Tem Jerry Jones
Councilmember Jennifer Mendoza
Councilmember George Gastil
Councilmember Liana LeBaron

THE ZEST

Let us know what you think of *The Zest*!
Email us at **cityoflemongrove@lemongrove.ca.gov**

City Council meetings are the 1st and 3rd Tuesday of every month