

# Get Movin'

## Get Movin' Annual Newsletter

January 14, 2021

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### GET MOVIN'

is a Los Angeles-based organization aimed at educating men, women and children of the community about building healthy lifestyles in all areas.



### Recap

2020 was full of surprises that none of us asked for. From the COVID-19 pandemic and its long-lasting effects (now and looking ahead) to the turbulent and uncertain election season, we have all been shook to the core and bracing for the next curveball. Our team at Get Movin' has been carefully thinking about how to best leverage our resources to continue to fulfill our mission to educate the community about building healthy lifestyles; something that is even more important now than ever. Read on to hear about some of the ways we have been able to give back over the past year!



Brittani Clark

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President, Get Movin'

## Tackling the Pandemic through grass-roots efforts

### Giving back to COVID-19 first responders



On July 24, 2020, we at Get Movin' partnered with Ferraro's on the Hill ([www.eatatferraros.com](http://www.eatatferraros.com)), a local small business in the Compton area, to deliver **150+** meals to our heroes helping to combat the COVID-19 pandemic at Martin Luther King, Jr. Hospital. Ferraro's is a locally-owned eatery serving up pasta dishes, pizza & other Italian dishes. We were proud to be able to serve local business in the Compton community, while showing our gratitude to our men and women serving as first responders during the pandemic.

### Putting \$\$\$ where our mouth is

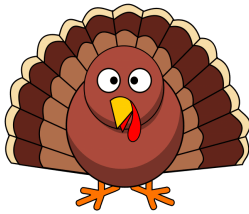
Get Movin' has also provided financial backing to the American Red Cross in their efforts to provide support during the pandemic in a variety of ways. Hear about just a few of them below:

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- **Testing for COVID-19 Antibodies.** For a limited time, American Red Cross will test all blood, platelet and plasma donations for COVID-19 antibodies as an additional health service donors
  - **Food Distribution.** American Red Cross is working to dispatch hundreds of volunteers at sites across LA County to package and serve prepared meals to families.
  - **(Virtual) Family Assistance Centers.** American Red Cross has created a Virtual Family Assistance Center for anyone in the U.S. dealing with COVID-19 to get the help and support they need.

For more information, check out the local American Red Cross website at

<https://www.redcross.org/local/california/los-angeles/about-us/our-work/covid-la.html>

## Holiday Turkey Giveaway



On December 13, 2020, we again partnered with Ferraro's on the Hill to host a Turkey Giveaway for Compton and Carson, CA families in need. In total, we gave away 100 turkeys along with side dishes to help families prepare for the holidays. In an effort to ensure we were reaching those in need, we worked with several local churches, K-12 schools and social workers to help us identify families who would benefit most from the giveaway. Any and all excess turkeys and canned goods were then donated to a food pantry in partnership with Faith Community Church ([@faithcommunitychurch1136](https://www.facebook.com/faithcommunitychurch1136)). We are hoping to make this an annual event to be able to serve and help our community!



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In the next year, we will need your support to help in continuing our efforts to best educate and support families in the community, particularly in these challenging times.

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Make sure to follow us on Facebook ([facebook.com/getmovnorg](https://facebook.com/getmovnorg)), Twitter ([@get\\_movin\\_org](https://twitter.com/get_movin_org)), and Instagram ([@getmovnorg](https://instagram.com/getmovnorg)) for the latest and greatest updates on what we are up to (as well as how you can help!). We would love to connect with you on these outlets to collaborate, chat, laugh and get through these trying times together!

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24355 Creekside Rd #801652 Santa Clarita, CA 91355

<http://get-movn.org>

