



# DROLLINGER PROPERTIES' *Westchester Forum*

WESTCHESTER NEWS AND INFORMATION FOR FRIENDS & TENANTS OF DROLLINGER PROPERTIES

## Drollinger Foundation Gives \$75,000 to WPV

Westchester Playa Village has announced that it has received a \$75,000 donation from the Drollinger Family Charitable Foundation. The funds will enable the organization to continue its efforts to help local seniors remain self-sufficient as they age in their homes.

"Many seniors are forced to move out of the homes in which they have lived for decades just because they can't handle some of the little things on their own," said Karen Dial in presenting the donation. "Westchester Playa Village helps seniors with all the little things that most of us take for granted – transportation to doctor appointments, shopping, household chores. Without their help, seniors often have no other choice but to move into an assisted living facility or move in with their families."

"Independence is tremendously important for all of our clients," said Linda Berri, who runs WPV. "We are so thankful for this grant because it means that more seniors will be able to stay in the homes they love."

WPV is a grassroots, volunteer-driven membership organization committed to supporting older adults, 55 years of age and over, living in the neighborhoods of Westchester, Playa del Rey, Playa Vista, Marina del Rey and Ladera Heights.

WPV provides transportation, light housekeeping, grocery shopping, IT assistance, daily telephone check-in calls and much more, through pre-screened volunteers and many additional services, such as residential maintenance and repairs, professional organizers, health and in-home care, by vetted fee-based service providers. WPV also offers events and programs such as health and wellness and educational awareness. Recipients of services pay an annual membership fee: \$500 for an individual and \$750 for a household of two or more. However, these membership fees do not sustain the village.

For more information on WPV and how you can help or become a member, please call (310) 695-7030.



## *Life*

### HERE AND THERE

I am really excited about our first newsletter of 2012, as we honor healthy life choices and some of the tenants who offer them here in Westchester. Several of our tenants have asked to tell what they do for a living and how it can enhance the life and vitality of others. I'm so pleased that I have the ability to share what they do and how it can help you achieve your health goals in 2012. Is it just me, or as we get older does it take just a bit more time and effort to stay as healthy as we were last year? And if we want to step up our game, it takes even a little more.

Here in Westchester we have some wonderful businesses to enhance our health and wellness



# SNAPSHOTS



**Congratulations to Marco and Eunice Hernandez-Flores who tied the knot on January 7! Marco has been with Drollinger Properties for over five years; and Eunice's family bought the Courtyard Cafe in the Airport Office Center in 2011, where Eunice works. She recently earned her bachelor's degree and is specializing in sign language and translating Spanish. We're so excited that they met and fell in love right here at Drollinger Properties!**



**Congratulations to Laurie Hughes, Executive Director of Gateway to L.A.; and longtime Westchester residents Mary Ellen and Alan Cassman who will be honored at the Fifth Annual Westchester Family YMCA's Kids Need Heroes event. The trio is being honored for supporting the YMCA's mission and personifying the character that is the foundation of the YMCA's efforts to build community and strengthen the body, mind and spirit of our youth, and to teach, by example, the next generation of leaders. A date and location have not yet been set for the event, but for more information, please contact the Westchester Family YMCA at (310) 670-4316.**



**Heart disease is the leading cause of death in the United States. The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Educate yourself on the dangers of heart disease and get on track to better heart health!**

## TENANT PROFILE:

# Chiropractor George Harraka

Dr. George Harraka believes chiropractic care is among the best ways to prevent injuries before they happen. The chiropractor, who has been running his practice in Westchester for the past eight years after a decade of practicing in New Jersey, says what he does is different from what a physician does.

"People go to an M.D. once they're already sick, but chiropractic care is more preventative," Harraka said. "Injuries that do come about are not as severe if you are adjusted on a regular basis."

Much of Dr. Harraka's practice centers on family care, addressing issues related to headaches, neck pain and back pain. In fact, his patients range in age from 1-year-old to 84-year-old.

"Everyone can benefit," he said.

Kelly Kane, a patient and one of Westchester's leading public school advocates, agrees.

"When I called Dr. Harraka, I was in tears," she said.

"My back had gone out, and I could barely get out of the car. Within a week, I was almost 100%. He's a miracle worker!"

"Chiropractic is a non-invasive, holistic way to manage pain," said Dr. Harraka, who added that he has truly enjoyed serving the Westchester community. "I like the people, and I have gotten to know many of the people in the community. This is a great, family-oriented area."

While his Westchester office is open Monday, Wednesday and Friday, he also juggles a practice in Torrance on Tuesday and Thursday.

"I see about 100 visits per week," he said, adding most of the patients see him three times per week for on-going maintenance, to address minor aches and



pains or to address sprains and strains encountered while playing sports.

*Dr. Harraka is located at 8632 South Sepulveda Boulevard, Suite 101 in Westchester. For more information or to make an appointment, please call (310) 348-8298.*

## *Personal Trainer Jeff Blair Tells His Story and Gives His Insight Into Making 2012 Your Year of Fitness*

*by Jeff Blair*

Do you hesitate to start a new fitness program since you do not want your hopes dashed once again? I once felt the same.

In the summer of 1998, I had a "former football player build." I packed 220 pounds on my 5'10" frame, and I felt horrible! My younger athletic days seemed like another lifetime ago. I knew I was not supposed to be fat. I had witnessed my dad's health deteriorate, and this was always in the back of my mind.

I thought I had tried everything. I became determined to change my fitness permanently.

My first action was walking at lunch with co-workers for ten minutes. That was it! This was just a baby step, but it was a start. I was not working out two hours per day or joining a bootcamp. I was just walking around the block! I thought "this cannot really be doing that much," but I honestly did not have energy to do much more at the time.

The 10-minute walk soon became a 20-minute walk. I noticed my energy was increasing, and I was already feeling better after just a few weeks! I soon



took up running again. I started weight training. I stopped eating junk food. I began to train with friends who also loved fitness. Don't get me wrong-I was not perfect, but I finally felt like I was making lasting progress.

One day I decided I wanted to complete a triathlon. I thought to myself (more than a few times) "you are really going to make a fool of yourself if you attempt a triathlon." But I just kept putting one foot in front of the other. I registered for my first triathlon pretty sure I would not be able to complete it. Well, I did complete it! That was a great day.

I eventually made a career change and became a full-time personal trainer in 2002. You do not have to finish a triathlon or become a personal trainer to get fit though. Do what I did-start by walking around the block 10 minutes at lunch. Then slowly add better habits

to your life. Little things can add up to big change.

Jeff Blair Fitness is located at 8632 S. Sepulveda Boulevard, Suite 101 in Westchester.

For more information, please contact Jeff at (310) 497-0863 or via email at [jeffblair@jeffblairfitness.com](mailto:jeffblair@jeffblairfitness.com). You can also learn more about his personal training efforts by visiting [www.jeffblairfitness.com](http://www.jeffblairfitness.com).

### **DANCING TO DROLLINGER**

Drollinger Properties is proud to announce that Vergari Dance Center is now part of the Drollinger Family.

The Vergari Dance Center, which was founded in 1981, inspires creation, education, and fulfillment through the performing and visual arts and builds a foundation for the beginner and challenges the proficient to grow as individuals, express themselves, and create memories that will last a lifetime.

The new, 2,870-square-foot center is currently under construction in the Drollinger Building at 8939 S. Sepulveda Boulevard, Suite 105 in Westchester, and we are pleased to welcome Lisa Hamor, the center's director, and her staff, students and parents to the Drollinger Properties family!

**We thank and congratulate the following new tenants and those who have renewed their leases with Drollinger Properties this quarter:**

### **Renewing Tenants**

Freightman International  
Katherine B. Thompson  
Dream One, Inc.  
Citibank (West)  
Petcon Air  
Jerry T. Hodges  
LA Counseling Services  
Top Notch Productions  
LAX Coastal Area Chamber of Commerce  
Peace Mediation Services  
Lightning Prototypes LLC  
Nicholas J. Hines  
South Bay Senior Services  
Kentwood Home Guardians  
Charles G. Cohan Esq.  
Fashion Photo  
Dr. Patrick Patterson  
Grabelle LLC  
Mantrap Nails  
L.A. International Floral  
Westchester Travel  
Balian Construction  
Gemstyle  
AJR Management & Consulting  
CitiBank  
Donald Glaza

### **New Tenants**

Asset Protection Unlimited, LLC  
Tomi Brent  
JP Sports Photography  
MIS Implants Technologies Inc.  
Wings of Love International, Inc.  
TWFG Insurance Services  
Vergari Dance Center  
Chris Blaylock  
Payment Express  
NKP Medical Marketing

**50% OFF!**

**YOGA**  
**2 Weeks Trial**



**body&brain Holistic Fitness**

**8801. S. Sepulveda Blvd. Westchester (above Petco)**  
**310-642-9642**

**Only \$45**





## LIFE HERE AND THERE (CONTINUED) ...

# Wellness Jewels

and we are sharing many of them with you in this month's Forum – personal training, yoga and chiropractic – Westchester Town Center has it all. But the one thing we have to do is set our goals, and then, be willing to do "Whatever It Takes" to accomplish those goals.

As January blew past us and February is in full swing, we have to take a long, in depth look at who we are and what we intend to be for ourselves as well as our families and coworkers in 2012. As I grow wiser, I become more aware of the need to fuel my body with healthy food, exercise my body for strength, flexibility and endurance, and fill my mind with positive and healthy information. I love going to our local Farmer's Market in Westchester. In Missoula we only have a Farmer's Market a portion of the year, but Southern California graces us with fresh, vine-ripened fruits and veggies, in season, year round. I never take for granted being able to pop in on Wednesday morning and pick up some tasty treats for the week.

I practice yoga faithfully because for me it enhances my flexibility and strength. We have a small workout studio available to all our employees... so instead of a coffee break...they can take 10, run upstairs and rejuvenate so they are ready to tackle the rest of their day. Please do whatever it takes for you personally to make your health a priority this year. It makes us better people, parents, employees and employers.

Namaste,

*Karen*

**"To Love and Be Loved is to feel the sun from both sides." I recently read this quote, by Laura Moncur, on a Valentine's card and it warmed my heart.**

**We have an enormous capacity to love and when we do it comforts, heals and reveals hope.**

**We are resilient and wealthy when we access our innate resource.**

**One moment at a time. Love. Love. Love.**

**I hope everyone had a wonderful Valentine's Day, and well wishes to you in 2012.**

Namaste,

**Julie Rae O'Connor  
Licensed Massage Therapist  
and Registered Yoga Teacher**



**FOR MORE INFORMATION ON ANY H.B.D. CO.-MANAGED SITE,  
CALL US AT (310) 417-8048 OR VISIT [WWW.DROLLINGERPROPERTIES.COM](http://WWW.DROLLINGERPROPERTIES.COM)**

**Drollinger**  
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