October Newsletter

October Highlights

10/10- Kick-Off Day @Hope of the Hills

10/24- INSAN Annual Free Health Fair @Pomona

New Members

Welcome to the start of our 2026-2027 service year! We're thrilled to greet new faces to Life Reset and reunite with our returning members. As we begin another year at Life Reset, we look forward to creating new opportunities and continuing to make a positive impact in our community. Let's make this year a memorable one!



Kick-Off Day 10/10

For our first event this year, Life Reset hosted a park clean-up on October 10th. Hope of the Hills is a park that Life Reset adopted in 2023, and we have spent time over the years taking care of it for the whole community to enjoy. We removed litter using paper bags and trash pickers. We strive to keep it a clean place for all families and wildlife.

Health Fair 10/24

Life Reset members assisted in the INSAN Annual Free Health Fair held in Pomona on the 24th. This health fair was an event that provided free medical services to homeless community members from medical professional volunteers. Students were able to contribute volunteer ideas such as distributing sanitary kits. There was also an opportunity to meet and listen to a neurosurgeon from John Hopkins about treatments for blind individuals.





Health Fair: Student Experiences

"I had the opportunity to volunteer for INSAN's annual Health Fair in Pomona. The event is a mass of canopies occupied by different organizations, and provided several free medical services, including dental shots, flu, glucose level, etc.; thus, it was buzzing with activity. There were an array of medical professionals running each station, and observing their practice helped deepen my understanding of healthcare. My volunteer duty was to guide patients as they navigate the several canopies to ensure their needs were met. I was assigned to a family of four, and assisting them was fulfilling to say the least. In addition to being cathartic, the experience gave me a new outlook on health care. The stations provided diagnoses rather than treating the symptom. For example, the mother I was helping discovered she had a cavity. The dentist didn't carve out the cavity: I am sure the mother would've adored having her dental issues solved on the spot. But that doesn't devalue the information she attained. As a student aspiring for a medical degree, I day dream of being one of those surgeons in the dramas. The INSAN Health Fair broadened my horizon, showing that a notable position wasn't required to provide adequate care. Seeing the family discover their symptoms was relieving. Although mostly in good condition, these evaluations provided them with valuable information. The health fair planted a seed that dumbed down my desires. Now I can be satisfied as one of those medical professionals within the canopies."

-Bryan Kim (10th)

"The 10th Annual Community Health Fair hosted by INSAN for Humanity in Pomona offered an interactive volunteer experience, serving as an opportunity for aspiring medical professionals to connect directly with community members and network with healthcare workers. There were three main tents where patients could measure their blood pressure, BMI, and blood glucose levels at the center of the fair, with specialty stations such as ophthalmology, orthodontics, and physical therapy spread throughout the venue. I spent my time guiding patients to different booths and shadowing clinicians in their practice. I helped those in need get free checkups and screenings while observing how physicians and specialists operate. This program offered a glimpse into real-time medical fieldwork and deepened my understanding of the profession. Ultimately, it was a rewarding opportunity to gain first-hand experience while also enjoying a fun and valuable volunteer event."



-Brandon Kim (10th)

Upcoming November Events

11/14- Tree Planting @Monrovia

11/15- Congressional Award Workshop