

Local non-profit the recipient of donation

A generous donor has partnered with the Pleasanton Chamber of Commerce to provide a monthly contribution to a small business. The anonymous donation has been named The 214 Gift, and each month, a different Chamber member will be presented with a \$200 check. The plan is to continue this monthly through 2020.

The 214 Gift for July was presented to Spectrum Community Services and Executive Director Lara Calvert. Spectrum Community Services is a registered, private non-profit organization that assists low-income individuals, families, and seniors in their efforts to live independently. They offer—in partnership with local service organizations—a wide variety of community programs and services.



Meals on Wheels

There is nothing more powerful than giving of one's self in the service of others. Please consider joining our mighty team of Spectrum Meals on Wheels volunteers who give generously of their time and compassion to help their fellow citizens live independent lives. "Volunteers make a world of difference. We simply could not serve the needs of over 250 seniors and disabled adults each day without them," said Calvert. Visit the volunteer page online

at www.spectrumcs.org/volunteers or call Carrie at 925-483-1989 to learn how to volunteer.

Need help with your PG&E bill?

Spectrum's Low-Income Home Energy Assistance Program (LIHEAP) is here for you. Qualified households receive credits to your PG&E bill to help. If anyone in your household has been on Unemployment Insurance this year, there is additional funding to help. We also can help with broken water heaters, furnaces, air conditioning and other energy saving measures through our Weatherization program. Please do not wait for a crisis, get help today. Visit spectrumcs.org/energy-services/liheap or call 510-881-0300.



Spectrum Community Services Executive Director Lara Calvert accepts the 214 Gift (anonymous contribution) from Chamber President/CEO Steve Van Dorn.

Business Spotlight

Therapy with a purpose

TheraCure is a premier physical therapy clinic in Pleasanton, with a focus on pelvic health, orthopedics and ergonomics. Owner Shalaka Gandbhir is a licensed, patient-focused physical therapist with 12+ years of leadership experience in clinical management.



TheraCure
Physical Therapy

"I have been practicing physical therapy since 2005," she said. "Healthcare has always been my passion. I always wanted to start my own practice to be able to give one-on-one time to the patients," Gandbhir said.



Shalaka Gandbhir, PT, MSPT

"At TheraCure, we approach physical therapy with an emphasis on understanding the root cause of your ailment, creating a personalized and focused plan of care, and maximizing your body's ability to heal naturally," said Gandbhir. She has experience in New York, Illinois and California, providing care in pelvic health, orthopedics, sports medicine, home health and geriatrics.

Gandbhir also notes that TheraCure can help with urinary incontinence, pregnancy and postpartum, lower back pain, sciatica, neck pain, arthritis, plantar fasciitis, and TMJ pain.

She decided to specialize in pelvic physical therapy when she needed it after giving birth to her son, referencing that incontinence and pelvic pain are quite common, yet rarely talked about.

During COVID-19, TheraCure is offering services virtually apart from in-person visits. "We combine a hands-on approach with continuing knowledge of medical and therapeutic advancements," said Gandbhir.

To learn more about TheraCure Physical Therapy, visit them online at www.theracurept.com, or on Facebook. It is located at 4133 Mohr Avenue, Suite F in Pleasanton.

Need help navigating through Medicare?



Are you turning 65? I can help. I work with many carriers throughout California to find the best plan for you. And good news, there is never a charge for my services.



Kathleen O'Leary
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Ribbon Cuttings

Creating new jobs, stronger economy



Supporting a healthier community

Turning Point Chiropractic — At Turning Point Chiropractic, the mission is to help our community live with vitality through specific Chiropractic Care. They are here to educate, empower, and remind you that each of us is born with the ability to heal from within. The main focus is to restore the body's healing capability so that we can put all of ourselves towards our own missions and passions. Dr. Arnold Koo specializes in neurologically-based chiropractic care for the whole family. He focuses on finding the root cause of your health concerns so that you can see and feel the results. Learn more at www.turningpointchiro.com or visit them at 6654 Koll Center Parkway, Suite 100 in Pleasanton.



Re-opened with CleanStay program

DoubleTree by Hilton Pleasanton at The Club — The DoubleTree Hotel in Pleasanton has re-opened and is safer and cleaner than ever. They know that you are as excited as they are to welcome back travel, even if it looks a little different these days. They also understand that their guests' expectations for cleaning and disinfection have changed. That's why they've created the Hilton CleanStay program, which builds on the already rigorous cleaning standards to provide complete peace of mind during your stay. From the Hilton Rigorous Room Seal to focused disinfection of high-touch areas in the guest room, they're committed to providing guests with a clean, comfortable space. From social distancing to changes to amenities and services, the DoubleTree is committed to protecting your wellbeing. Visit the DoubleTree at 7050 Johnson Drive in Pleasanton.