

# REACH

A Healthier Community Is Within Our Reach

*Made possible with funding from the Centers for Disease Control and Prevention.*

## GENERAL PLAN UPDATE

Participants of the Community Leadership Workgroup recently began a training series on general plan implementation with ChangeLab Solutions. ChangeLab will lead a series focused on how to advance actions around improving infrastructure for increased connectivity to healthy retail through active transportation and the expansion of farmers markets. Workgroup members are excited to begin learning how they can assist with implementation of the general plan.

## TEAM CHARTER BIANCHI

We are excited for our continued partnership with TEAM Charter School, which is unique in that they're the first school we are partnering with. We will be working with a group of parents to form a health committee to increase the amount of water their families drink and also encouraging physical activity. We are pushing towards providing safe routes to school and the community has committed to support in any way they can.

## FACES OF RESILIENCE (FOR)

Please help us welcome Marshall Elementary School as our new youth leadership development partners! Our youth program, Faces of Resilience, will be working with ten 8<sup>th</sup> grade youth leaders at Marshall Elementary to raise awareness around trauma and reduce stigma around seeking mental wellness on their campus.



## 4TH ANNUAL KELLEY DRIVE BLOCK PARTY

In our partnership with The Amelia Ann Adams Whole Life Center & Visionary Home Builders we are excited about our 4<sup>th</sup> Annual Block Party May 18<sup>th</sup> that will serve the Kelley Drive community. This block party is a health and resource fair to promote healthy eating and active living. In addition, residents are coming together and planning a beautify Kelley Drive cleanup day.

The event is sponsored by Health Plan of San Joaquin, Dignity Health, and First 5 of San Joaquin County.



## BREASTFEEDING SUPPORT IS WITHIN OUR REACH

We are happy to announce three churches that will be adopting policies around breastfeeding and creating private spaces for nursing moms! We look forward to moving this initiative forward with Harvest Church Ministries, Mayfair Seventh Day Adventist and Victory In Praise Church.

## Upcoming Events

### May 2019

- 2: Big Day of Giving
- 2: National Day of Prayer
- 7: Marshall Youth Group 2:30p
- 9: LDRE Meeting 4:00p
- 12: Mother's Day
- 14: Steering Committee Meeting 5:30p
- 15: Stagg Youth Group 2:30p
- 16: Community Leadership Meeting 5:30p
- 21: Marshall Youth Group 2:30p
- 23: LDRE Meeting 4:00p
- 27: Memorial Day (office closed)

### June 2019

- 4: Steering Committee Meeting 5:30p
- 4: Marshall Youth Group 2:30p
- 13: LDRE Meeting 4:00p
- 16: Father's Day
- 18: Marshall Youth Group 2:30p
- 19: Stagg Youth Group 2:30p
- 20: Community Leadership Meeting 5:30p
- 27: LDRE Meeting 4:00p

### Health & Fitness Sundays

- Wells Health Sunday - every 2<sup>nd</sup> Sunday
- TODHOP Health Sunday - every 3<sup>rd</sup> Sunday
- SDVC Health & Fitness Sunday - every 4<sup>th</sup> Sunday

### Food Distribution

-  PHAdvocates.org
-  @PHAdvocates
-  @WeArePHA
-  @wearephadvocates

## RISE STOCKTON

The City of Stockton's Transformative Climate Communities Planning (TCC) Grant is now **Rise Stockton!** The project, focused on identifying ways to reduce green house gases, and create economic opportunities in parts of downtown and south Stockton, is now heading into Phase 2. On April 8<sup>th</sup>, Rise Stockton held a kick-out off event for its Climate Leaders



Forum. The newly selected Climate Leaders, who all reside within the planning area, will undergo an 8-part training series on environmental justice issues and Climate Resiliency and ultimately become advocates for the project. We look forward to assisting with the growth and development of these leaders.

## COMMUNITY HEALTH LIAISONS

PHAdvocates has identified three Community Health Liaisons serving various parts of Stockton to assist us with connecting residents to resources. Please join us in welcoming Brandi Moore, Roslyn Burse and Jennifer Flores who will be assisting us in serving the Kelley Dr., Conway and Southeast neighborhoods of Stockton. We are excited to have their assistance in sharing all the great health resources available in our city.

## SOCIETY FOR PUBLIC HEALTH EDUCATION (SOPHE) CONFERENCE

In March, Christina Peoples, Director of Local Policy, attended the SOPHE 2019 Annual Conference in Salt Lake City, Utah. Public Health Advocates was the only REACH grantee invited by the Centers for Disease Control and Prevention (CDC), to join CDC to share about the REACH 20th Anniversary Year and its successes.



### REACH PARTNER DIRECTORY

#### FBO Partners

- Harvest Church Ministries
- Mayfair Seventh Day Adventist
- Rock of Hope City Church
- Shiloh Delta Valley Church
- The Open Door House of Prayer Ministries
- Victory In Praise
- Wings of Healings Christian Center

#### CBO Partners

- Conway Homes Resident Council
- Emerald Pointe Townhomes
- North Stockton Bengals
- TEAM Charter Bianchi

## PHYSICAL ACTIVITY TIP

- **Play a game of tag instead of watching television.** Tag is a fun way to increase everyone's heartrate.
- **Start a family garden.** Flowers & vegetables are perfect for when you have an abundance of space and herbs are great for pots if you have limited space.
- **Use sidewalk chalk to draw hopscotch, four square courts or create works of art.** Chalk is a colorful, inexpensive way for children to be creative.
- **Plan a nature scavenger hunt.** Small nets and mason jars can be used for kids to catch small insects & collect flowers.
- **Help your children organize a neighborhood softball or kickball game with their friends.** Pitching in healthy snacks & drinks can be a great incentive to motivate kids to join in the game.

Source: <https://www.nhlbi.nih.gov/health/educational/wecan/>

## HEALTHY RECIPE CORNER

### Pesto Chicken Tortellini & Veggies Serves: 4

#### Ingredients

- 1/2 cup sun-dried tomatoes drained of oil, chopped
- 1 lb asparagus ends trimmed, cut in half
- 1/4 cup basil pesto or use more
- 1 cup cherry tomatoes yellow and red, halved
- 1 cup tortellini uncooked



#### Instructions

1. In a large skillet heat 2 tablespoons olive oil on medium heat.
2. Add sliced chicken thighs (seasoned with salt), 1/4 cup of chopped sun-dried tomatoes and cook everything on medium heat for 5-10 minutes, turning chicken slices over a couple of times, until the chicken is completely cooked through.
3. Remove the chicken and the sun-dried from the skillet, leaving the oil in.
4. Add asparagus (ends trimmed), seasoned generously with salt, and 1/4 cup of sun-dried tomatoes to the same skillet.
5. Cook on medium heat for 5-10 minutes until the asparagus is cooked through. Remove the asparagus to a serving plate.
6. Cook tortellini according to the package instructions, drain.
7. Add cooked chicken back to the skillet. Add basil pesto. Stir to coat and cook on low-medium heat until the chicken is reheated, 1 or 2 minutes. Remove from heat.
8. Add cooked tortellini and halved cherry tomatoes to the skillet with the chicken. Stir to combine. Add more pesto if desired.
9. Season with more salt if needed.
10. Add chicken, cherry tomatoes and tortellini to the serving plate with asparagus.