

REACH



A Healthier Community Is Within Our Reach

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Clergy Network Newsletter

July - September 2018

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#REACHOUT CHURCH PICNIC

This year's REACH clergy campaign, #REACHout Church Picnic, took place on Saturday, May 19th at Fremont Park with over 200 people in attendance. The day was filled with fun physical activity games, great food and fellowship. Special thanks to Harvest Church Ministries, The Open Door House of Prayer Ministries, and Rock of Hope City Church for leading fun games focused on physical activity and nutrition, A & J Portable Toilets for the porta potty donation, and The Emergency Food Bank for their donation of bottled water.



Up-Coming Events

July 2018

- 3: Steering Committee Meeting 5:30p
- 4: **Independence Day ***
- 12: Youth Leadership Meeting 4p
- 19: Community Leadership Meeting 5:30p
- 26: Youth Leadership Meeting 4p

August 2018

- 7: Steering Committee Meeting 5:30p
- 9: Youth Leadership Meeting 4p
- 23: Youth Leadership Meeting 4p

September 2018

- 3: **Labor Day ***
- 4: Steering Committee Meeting 5:30p
- 13: Youth Leadership Meeting 4p
- 20: Community Leadership Meeting 5:30p
- 27: Youth Leadership Meeting 4p

Health & Fitness Sundays

- Wells Health Sunday - every 2nd Sunday
- TODHOP's Health Sunday - every 3rd Sunday
- SDVC Health & Fitness Sunday - every 4th Sunday

Food Distribution

- Mayfair SDA Senior Brown Bag Food Distribution - 1st/3rd Friday of the month

* PHAdvocates Offices Closed



**PUBLIC HEALTH
ADVOCATES**
EVERYONE HAS THE RIGHT TO BE HEALTHY

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

YOUTH LEADERSHIP - FACES OF RESILIENCE

Thirteen youth leaders are learning to channel their "good anger" to become youth organizers in their community. The youth have shared discrimination they and their peers have faced at their schools. They have a desire to organize on their campuses to focus on discipline policies and practices.

FBO EVALUATION RESULTS

PHAdvocates has helped 10 African American churches develop policies to increase access to physical activity and nutritious foods and beverages: water has been exchanged for sugary drinks at church functions; churches have incorporated physical activity breaks into educational sessions, bible study, and conferences; and faith leaders regularly promote healthy foods and beverages from the pulpit. Reaching more than 5,500 church members, we have seen substantial behavior changes and culture shifts.

Six REACH faith-based organizations participated in the surveys: Harvest Church Ministries, O Taste and See Ministries, The Open Door House of Prayer Ministries, Shiloh Delta Valley Church, Wells of Living Waters, and Wings of Healing Christian Center.

- Congregants drinking water every day increased from 86% to 96%.
- Congregants drinking soda decreased from 56% to 47%.
- Congregants eating fruit daily increased from 41% to 58%.
- Congregants eating green salad daily increased from 13% to 24%.

View and download the results at <https://www.stocktonreach.org/resources>. Thank you to our REACH team, partners, and healthy ministry teams for your hard work and dedication!



"Therefore encourage one another & build each other up, just as in fact you are doing." 1 Thessalonians 5:11 (NIV)

Steering Committee Update - PHAdvocates hosted two REACH Steering Committee planning and sustainability retreat sessions recently. David Gibbs from Community Initiatives provided technical assistance with the help of the Centers for Disease Control. The Steering Committee brainstormed ideas on sustaining the great work REACH has accomplished and is excited about plans for continuing the REACH work in Stockton.



General Plan - As we await the release of the General Plan Update, members of the Community Leadership Workgroup continue to learn about the General Plan Update Process and how the plan will be implemented. In mid-April, ChangeLab Solutions hosted a training on General Plans and Implementation, which served as a refresher for previous members and helped bring new members up to speed. We anticipate the plan will be released in the next weeks, but in the meantime, community leaders are preparing to respond and provide feedback on the plan's success in advancing our goals for health equity in the City of Stockton.

Rock of Hope City Church - Rock of Hope City Church officially adopted their Nutrition and Physical Activity guidelines this spring. They are on their way to making the healthy choice the easy choice for their members. In early May, the health ministry team, together with First Lady Nicole, participated in a ReThink Your Drink and Nutrition training. Rock of Hope also celebrated their journey to becoming a healthy church by hosting a kick off event for the congregation. With the help of San Joaquin County Public Health Department, Rock of Hope also started a community garden! Members and the community will soon have access to fresh fruits and vegetables right at the church. We would like to extend a special thank you to Sis. Valerie and Sis. Dash for leading these efforts. We couldn't have done it without you!

TCC - In late January, the Strategic Growth Council voted to award the City of Stockton with a \$170,000 Transformative Climate Communities Planning Grant. Stockton was ranked #5 among the 19 applications submitted from across the state! Grant funds will support a robust community engagement effort in South Stockton, along with the creation of a Sustainable Neighborhoods Plan. Public Health Advocates has been involved in the planning process and is excited to continue working with the City of Stockton and other partners to carry out this grant. Go Stockton!



- REACH Faith-Based Partner Directory**
- Bear Creek Community Church**
11171 N Lower Sacramento Road, Lodi, CA 95242 | (209) 369-2202
- Destiny Christian Center**
ksmith@sum.edu
- Harvest Church Ministries**
3051 E. Main Street, Stockton, CA 95205 | (209) 471-1633
- Mayfair SDA Church**
6940 El Dorado St, Stockton, CA 95207 | (209) 951-5750
- O Taste and See Ministries**
134 West Park Street, Stockton, CA 95202 | (209) 271-2827
- Rock of Hope City Church**
1565 S. Oro Avenue, Stockton, CA 95207 | (209) 942-4258
- Shiloh Delta Valley Church**
2088 S. Adelbert Avenue, Stockton, CA 95215 | (209) 982-1212
- The Open Door House of Prayer Ministries**
48 W. Poplar Street, Stockton, CA 95202 | (209) 944-9292
- Wells of Living Waters**
8130 Lorraine Ave, Suite 310, Stockton, CA 95210 | (209) 982-0732
- Wings of Healings Christian Center**
820 E. Main Street, Stockton, CA 95202 | (209) 948-5564



PHYSICAL ACTIVITY TIP

PUT YOUR HEART INTO GETTING ACTIVE

Heart disease is the #1 killer of American women, and physical inactivity is one of several major risk factors. So put your heart into getting active. Here are 5 tips to get you going.

- 1) You Don't Have to Spend All Day at the Gym: Aim for a total of 2 hours and 30 minutes of moderate-intensity aerobic activity each week— spending at least 10 minutes at a time. This level of activity can reduce your risk for heart disease and your chances of developing other risk factors, such as high blood pressure, diabetes, and being overweight. Other lifestyle benefits include providing energy, reducing stress, and building confidence.
- 2) There Are No Good Excuses: You can get active throughout the day. Take walks at work instead of coffee breaks, or just do more of what you already love—biking, dancing, and gardening all count.
- 3) A Complete Program Has Three Types of Activity: 1) Aerobic activity like brisk walking, jogging, or biking gets your heart rate up. 2) Resistance training (like doing pushups) firms, strengthens, and tones muscles. 3) Flexibility exercises stretch and lengthen muscles so you're more flexible—think yoga or tai chi.
- 4) Choose Activities that Suit Your Style While some people like to exercise alone, others benefit from the support of group classes or team sports. Whether indoors or outdoors, find what works for you and get your most vigorous physical activity at the time of day you feel most energetic, so you'll stick with it.
- 5) Once You Get Active, Make Sure You Stay Active: If you get bored with an activity, try something new by joining a gym or the YMCA. Set short- and long-term goals to become more physically active, and plan ahead by scheduling your physical routines into your day—that way, you'll make it a priority. Find out more about getting active and living a heart healthier lifestyle by visiting www.hearttruth.gov.

*The Heart Truth, its logo, and The Red Dress are registered trademarks of HHS.
NIH Publication No. 13-7938*

HEALTHY RECIPE CORNER

Tomato Spinach Shrimp Pasta Makes: 4 Servings

Ingredients

- 2 tablespoons olive oil
- 8oz (220g) medium shrimp, peeled and deveined
- 1/4 teaspoon red pepper flakes
- 1 teaspoon smoked paprika or more, to taste
- Kosher salt and freshly ground black pepper, to taste
- 1 teaspoon Italian seasoning
- 4 roma tomatoes, chopped
- 1/4 cup fresh basil leaves, chopped
- 6oz fresh spinach
- 3 cloves garlic, minced
- 8oz (220g) penne or spaghetti
- 2 tablespoons high quality olive oil, optional



Preparation

1. Add 2 tablespoons of olive oil to a large skillet, on medium-low heat. Add shrimp, red pepper flakes, paprika, Italian seasoning and salt in the skillet and cook on medium heat until shrimp is grilled cooked through, about 5 minutes. Remove shrimp from the skillet and set aside.
2. In the same skillet, add chopped tomatoes, chopped fresh basil leaves, fresh spinach, and chopped garlic. Cook on medium heat about 3- 5 minutes until spinach wilts just a little and tomatoes release some of their juice. Remove from heat and adjust seasoning, if needed. Cover with a lid and keep off heat.
3. Cook pasta according to package instructions, until al dente. Drain pasta and add to the skillet with the tomatoes and spinach. Reheat on low heat, mix everything well, adjust seasoning with salt and pepper. Remove from heat.
4. Once pasta and veggies are off heat, add grilled shrimp back and drizzle with good quality olive oil just before serving, for an extra taste. Serve the shrimp pasta immediately, enjoy!

Notes: Keep pasta al dente because they will soak up a bit of the sauce. Also, don't overcook shrimp at the beginning, otherwise they will dry up.

SOURCE: <https://www.eatwell101.com/shrimp-pasta-recipe-with-tomato-and-spinach>