

REACH

A Healthier Community Is Within Our Reach

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

STOCKTON GIRLTREK



We have joined the Girl-Trek Movement & we invite you to walk with us! There are two successful groups currently walking an average of 30 minutes per day, at least two times per week. Girl-Trek Stockton is rallying women to walk in their neighborhoods for “radical self-care and healing.” Our Inglewood team meets at the PHAdvocates – Stockton Office parking lot at 7:00 p.m. on Tuesdays and Thursdays. The Kelley Drive team meets every other Saturday at 8:00 a.m. at Emerald Pointe Townhomes. Make sure to register and join the Stockton GirlTrek-REACH Facebook page at <https://www.facebook.com/groups/488881015241068/about/>. Check the REACH website at <https://www.stocktonreach.org/> for updates and new teams.

FREE TRANSPORTATION FOR SUSD HIGH SCHOOL STUDENTS



As of August 1st, 7th – 12th graders with a SUSD ID can ride the bus anywhere in Stockton, anytime for free. Learn more by visiting sjRTD.com/SUSD or call (209) 943-1111. We encourage students to visit the Teen Impact Center where they can enjoy basketball courts, rock climbing, a video game room, dance studio, recording studio, and more! All services and activities offered at the Teen Impact Center are FREE! For more information

about the Teen Impact Center, please call (209) 461-2910.

TRAUMA 101 CLERGY TRAINING

On August 13th, PHAdvocates hosted a Trauma 101 Training for the REACH Clergy Network. DeAngelo Mack, Director of State Policy for PHAdvocates, led the training. Clergy members learned about trauma, the impacts of trauma, and the importance of supporting members and community. Using Biblical scriptures, DeAngelo focused on healing and provided tools for the pastors and leaders on how ministry can support and facilitate a more trauma informed space.

RESOURCE HUB

Remember to utilize your local Faith-based Resource Hub at Harvest Church Ministries. Call 209.478.9535 to learn about available health resources, health education and support.

Upcoming Events

September 2019

- 2: Labor Day-Offices closed
- 2: Black Family Day at 10am
- 3: Steering Committee Meeting at 5:30pm
- 12: Youth Leadership Meeting at 4pm
- 19: Community Trauma 101 Training 5:30pm-8:30pm (adults only)
- 26: Youth Trauma 101 Training 4pm-7pm (8th-12th grade only)

October 2019

- 1: Steering Committee Meeting at 5:30pm
- 10: Youth Leadership Meeting at 4pm
- 17: Community Leadership Meeting at 4pm
- 24: Youth Leadership Meeting at 4pm

Health & Fitness Sundays

- TODHOP Health Sunday - every 3rd Sunday
- SDVC Health & Fitness Sunday - every 4th Sunday

Food Distribution

- Mayfair SDA Senior Brown Bag Food Distribution - 1st/3rd Fridays
- Emerald Pointe Townhomes Mobile Farmer's Market - 4th Tuesdays

 PHAdvocates.org

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

HEALING JUSTICE SCREENING



Please join us on Tuesday, September 10th at 5:30pm for the FREE film screening of *Healing Justice*. Dinner provided, & engage in a rich discussion about the harmful impacts of our criminal justice system & what can be done to move from hurt to healing. To register for this event, please contact us at (209) 762-1608. Space is limited so please RSVP as soon as possible. The screening will take place at PHAdvocates – Stockton Office at 6702 Inglewood Ave. Ste. J, Stockton, CA.

COMMUNITY AND YOUTH TRAUMA 101 TRAINING

What is this word “trauma”? How does it show up in my life, family, community and city? Join us to learn what trauma is, how it affects us and others, and what we can do to begin the healing process. We will be providing two training opportunities for community members and youth. To register for one of the two trainings, please contact us at (209) 762-1608.

Community Trauma 101 Training (Adults only)

September 19th 5:30pm-8:30pm

Youth Trauma 101 Training (8th-12th grade only)

September 26th 4:00pm-7:00pm

SELF-CARE TIP

Practice Self Love: Loving yourself does not mean that you are vain. It is important to love yourself so you can love others. If practicing self-love is difficult for you, try this exercise: The Three Compliments Journal

First, you will need a *blank journal*, a *notebook*, and a *pen or a pencil*. When you wake up in the morning, look in the mirror, then grab the journal and pen, and give yourself three compliments.

Write down the compliments, read them aloud in front of the mirror and congratulate yourself.

This may be difficult at first but just stick with it and eventually you will feel the increase of self-love.

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

Valley View Church

CBO Partners

Conway Homes Resident Council

Emerald Pointe Townhomes

North Stockton Bengals

TEAM Charter Bianchi

Teen IMPACT Center

COMMUNITY STRONG SUMMER MEALS



This summer, Emerald Pointe Townhomes partnered with PHAdvocates, LUSD, and the Amelia Ann Adams Whole Life Center (AAAWLC) to host a free summer meals and summer camp program in the northern area of the Kelley Drive Community. Over 65 kids and teens were served healthy lunches and participated in fun physical activities and educational

games. Local agencies adopted one week during the summer to educate and connect with the youth including Dignity Health, Family Resource & Referral Center and the PHAdvocates Faces of Resilience youth group. The AAAWLC hosted a summer camp where kids learned leadership skills, confidence building through journaling and vision boarding. To celebrate the attendance and success of the summer camp program, the AAAWLC and PHAdvocates took the kids to the Wackford Aquatic Center in Elk grove.

ASADO CHICKEN AND SAUTEED LEMON ZUCCHINI

3 lbs (1.5kg) **Chicken breast**
2 to 3 medium sized **zucchini**, diced
8 **Garlic cloves**, minced
2 teaspoons **Oregano**
1 tablespoon smoked **Paprika**
2 teaspoons **Cumin Powder**
1/4 Cup (60ml) **chicken stock**
1/4 cup (60ml) **lemon juice**, more for serving
1/2 teaspoon **Onion Powder**
1/2 teaspoon **Chili Flakes**
1/4 cup (60ml) **Olive Oil**
Salt and fresh cracked **black pepper**



DIRECTIONS

In a bowl, combine paprika, cumin, chicken stock, lemon juice, onion powder, garlic, chili flakes, and olive oil. Taste and adjust salt and lemon before adding chicken.

Add in chicken and coat all sides. Cover and refrigerate for at least 30 minutes to marinate. When ready to cook, remove chicken from marinade and reserve the marinade for later.

Heat 1 tablespoon oil in a skillet over medium-low heat and cook chicken on both sides, until internal temperature reads 165°F (74°C) on an instant-read thermometer, approx. 15 minutes. Remove chicken to a plate and keep warm.

Add the diced zucchini to the same pan and season with salt, pepper and red chili pepper flakes (if using), add a bit of oil if necessary. Saute for 2-3 minutes over medium-low, then add the remaining marinade. Cook zucchini with the marinade sauce for 3-4 minutes, stirring from time to time, until the sauce has reduced a bit and zucchini are tender.

Divide cooked zucchini and the sauce into plates or bowls and top with sliced chicken breasts. Serve garnished with lemon slices, and fresh chopped parsley. Enjoy! An extra splash of lemon juice before serving the Asado chicken is highly recommended.