



FBO KICK OFF: SUNDAY'S BEST PLATE

Greater White Rose Church of God in Christ (Greater White ROSE C.O.G.I.C), a new REACH nutrition policy partner, developed their healthy kick off centered around the theme "Sunday's Best Healthy Plate." This event was inspired by the popular Christian singing competition. The idea was to cook a balanced, gourmet dish using fresh ingredients, vegetables, healthy carbs and protein. Each participant was given a cookoff package prior to the event which contained all the ingredients and directions. Participants picked up their items in a "drive-thru" service in the church's parking lot the day before the event. Both the Bishop and First lady were on site to greet members and encourage them to have fun with the challenge and to use this event as an opportunity to create healthier food and lifestyle choices.

During the challenge, participants logged on to Facebook LIVE and were able to cook alongside the virtual chef. The menu items included: boneless, baked chicken, mixed greens (kale, mustards, and collard) and a sweet potato pone. The chef used the ingredients and demonstrated how to plate a dish. After the plate was completed, the host

allowed time for participants to send in their "best plate" pictures and chose three Sunday's Best Healthy Plate winners LIVE. Winners won a raffle prize basket with several items to inspire healthy eating from REACH.

The broadcast was full of healthy tips and concluded with a balloon release and a reminder from the First Lady and health committee staff that "A healthier lifestyle is within REACH." The Sunday's Best Healthy Plate was a huge success thanks to the great leadership and enthusiasm of the Greater White ROSE C.O.G.I.C Health Committee.



UPCOMING EVENTS:

November 2020

3: REACH Steering Committee Meeting @ 5PM

12: FOR Healing Youth Leadership @ 5:30PM

19: Community Leadership Workgroup @ 5:30PM

26-27: Offices closed for Thanksgiving

December 2020

8: Clergy Network Meeting @ 5:45 PM

10: FOR Healing Youth Leadership @ 5:30PM

17: Community Leadership Workgroup @ 5:30PM

Dec. 18th – Jan. 3rd: Offices closed for holiday break

***Note:** All meetings will be taking place virtually. Please contact your meeting coordinator for a Zoom meeting link.

Food Distribution

- Mayfair SDA Senior Brown Bag Distribution: 2nd & 4th Fridays

GET OUT YOUR VOTE!

Election day is Tuesday, November 3rd and in addition to voting for the next president of the United States, we will be voting for several other important offices and ballot measures. Voting is one important way we can be a part of the change we want to see in our communities. For more information on where your polling location is and to view your sample ballot, visit www.sjgov.org and search "vote."

Important dates:

- November 3rd** is the last day to register to vote and vote in-person.
- November 20th** is the last day county election offices can receive mail in ballots, but they must be postmarked on or before November 3rd.

Public Health Advocates has created a California Voter Guide for all 2020 propositions. Download in English [here](#). Download in Spanish [here](#).



BREASTFEEDING DURING FLU SEASON

As the COVID-19 pandemic has taught us, our environment matters. We have learned to be vigilant in washing our hands, remaining a safe distance away from people, and have had to relearn daily interactions with even our closest friends and family members. As we move into flu season and a continued push to safely distance ourselves until the pandemic is over, it remains very important for breastfeeding mothers to continue breastfeeding their babies. As the flu season enters the equation, there is an increased benefit to breast milk. According to the CDC, breastmilk can offer protection for infants from the flu, especially for infants younger than 6 months who cannot take the flu shot. Even if a mother or family member becomes sick, breastmilk still has specific antibodies that can provide protection for a baby from its immediate environment. Make sure to wash your hands before feedings, continue to practice social distancing and ensure visiting friends and family wear masks, and continue enjoying your little ones during this holiday season.



SELF-CARE TIPS

During times of uncertainty and unrest (political, civil and the pandemic) it is easy to forget to take care of yourself. Audre Lourde famously said, "Caring for **myself** is not **self-indulgence**, it is **self-preservation**, and that is an act of political warfare." In order for us all to continue to fight the good and necessary fight, we must first take care of ourselves. Here are some self-care tips to help keep us strong and ready to take on the day:

- **Take a walk-** Whether you're alone or with friends, walking is good for both your mental and physical health. Check out Stockton GirlTrek, it is a great first step in walking in the direction of radical self-care.
- **Meditate-** Take some quiet time every day to practice mindfulness.
- **Practice gratitude-** Make a short list everyday of some of the things you're grateful for. Remember the big and small blessings all around us is an important part of self-care.
- **Try something new-** Sewing, photography, line-dancing or painting are just a few examples of new hobbies that can become a big part of your self-care plan.
- **Find joy-** Laughter is medicine! Seek and create opportunities that will bring you joy and happiness. Remember, "A day without laughter is a day wasted."

YOUTH SUPPORT GROUP

In June, Faces of Resilience (FOR) rolled out a youth peer support program to give Stockton youth space to discuss their feelings during this unique time. FOR staff learned through checking in with youth, that they were feeling lonely, afraid of uncertainty, and frustrated with all the new adjustments to their daily lives. The youth support groups have been successful in being a safe space for youth to share those feelings. The success of the support groups is due to the young people that lead them; Timothy Vaughn, Mackenzie Cook, Ethan Adams, and Mya Peoples. These young leaders have been responsible for planning and leading support groups every two weeks discussing topics like: forgiveness, personal values, purpose, emotional baggage and much more. All of us here at Public Health Advocates are very proud of these four young leaders for the amazing work they are doing. We congratulate all the youth who are participating in the youth support groups. It's truly a group

effort to create a positive atmosphere that all youth feel comfortable to share in. Youth leaders have shared that they have learned, "it's fun to support each other, and watch one another grow." We are excited to see that these young people are finding fun, exciting, and healthy ways to express and heal in such difficult times. Keep an eye out for our next update from our youth support groups!



REACH PARTNER DIRECTORY

Faith-Based Partners

Harvest Church Ministries
Mayfair Seventh Day Adventist
Hope Church
Shiloh Delta Valley Church
The Open Door House of Prayer Ministries
Victory In Praise
Wings of Healings Christian Center
Valley View Church of Christ
Holy Kingdom of Praise Ministries
Greater White Rose C.O.G.I.C

CBO Partners

Conway Homes Resident Council
Emerald Pointe Townhomes
North Stockton Bengals
TEAM Charter Bianchi
Teen IMPACT Center

BREASTFEEDING PEER COUNSELOR SPOTLIGHT



Crystal Thornton is a mother of 3 breastfed children with passion to support other moms. During her own breastfeeding journey, she recognized that there were limited breastfeeding resources for black moms in the community. Over the years she has been a breastfeeding resource to her family and friends and is in the process of being a lactation consultant.

