

REACH

A Healthier Community Is Within Our Reach

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

#REACH4BREASTMILK



Harvest Church Ministries has completed the design of their new Mommy and Me, lactation room. Their grand opening was a huge success; the room includes healthy messaging geared towards breastfeeding mothers, a soothing atmosphere, and even a monitor which allows mothers to be included in the service while they are nursing.

WELCOME TO THE TEAM!



Tim Vaughn



Mackenzie Cook



Dana Bailey

Please help us in giving a warm welcome to newest additions to our REACH team and Within Our REACH Steering Committee. We are excited to welcome Dana Bailey, the new REACH Program Manager. Dana brings a wealth of experience in administration and grants management, we are excited to have her as part of our team. We would also like to welcome Tim Vaughn and Mackenzie Cook, to the our WOR Steering Committee. Tim and Mackenzie are from our Faces of Resilience youth program and will now be representing the youth on our steering committee.

GIRLTREK

GirlTrek has 2 new groups, The Fabulous Advocates which meets every Thursday from 2:00 pm to 2:30 pm at 6702 Inglewood Ave. in front of the gazebo. Valley View 2 which is a branch off of The Valley View Walkers. Valley View 2 meets every Wednesday from 5:00 pm to 6:00 pm at 2088 Adelbert Ave. Stockton CA. 95215. We are so proud of all of the teams, we have had two teams earn all their GirlTrek swag which includes: GirlTrek water bottles, t-shirts and Fitbits. The teams have been actively walking since July and have gotten in at least 30, 30-minute walks. They are taking selfcare to a new level and strengthening the bonds of sisterhood. For more information or to find a group near you visit www.stocktonreach.org

Upcoming Events

November 2019

- 5: Steering Committee at 5:30 pm
- 6: Stagg-FOR at 2:30 pm
- 7: Father's Breastfeeding Support Training at 5:30 pm
- 11: Veteran's Day– Office closed
- 12: Marshall- FOR at 3pm
- 12: Clergy Trauma part 2 at 5:30pm
- 14: FOR Healing Meeting at 5:30pm
- 16: Grandmother's Breastfeeding Support Training at 11am
- 20: Stagg– FOR at 2:30pm
- 20-21 Rooted in Community: Moving from Trauma to Healing Conference in Long Beach
- 26: Marshall– FOR at 2:30pm
- 26: Kelley Monthly Meeting at 5pm
- 28-29: Thanksgiving- offices closed

December 2019

- 3: Steering Committee Meeting at 5:30 pm
- 4: Stagg– FOR Meeting at 2:30pm
- 5: FOR Healing Meeting at 5:30pm
- 10: Marshall- FOR Youth Leadership at 3pm
- 10: Clergy Network Meeting at 5:45 pm
- 18– January 1: Offices closed for holiday break

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 - 2nd/4th Fridays

SELF-CARE TIP

Play happy songs while getting ready. Music is known to bring all kinds of emotions. It is very doable and can be used to positively change your mood. Make a playlist of your favorite upbeat and happy songs and listen to it in the morning to set the tone for the rest of the day.

Tip: Keep updating your playlist every week

Benefits of listening to good music:

Improves mental focus, soothes and relaxes blood vessels, makes you happier, reduces stress levels

BREASTFEEDING SUPPORT!

Calling all great dads and Grandmas! Please join us for 2 trainings to learn how we can support the breastfeeding moms in our families and communities.

Greats Dad's Meet Up

Thursday, November 7th 5:30p-7:30p

Public Health Advocates
6702 Inglewood Ave STE J
Stockton, CA 95207


Grandmother's Afternoon Tea


Saturday, November 16th 11am-1:30p

Public Health Advocates
6702 Inglewood Ave STE J
Stockton, CA 95207



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

 PHAdvocates.org

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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
Holy Kingdom of Praise Ministries

CBO Partners

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

ACTIVE PEOPLE, HEALTHY STOCKTON

Public Health Advocates is joining a national movement to get everyone more physically active! We'll be working to promote active friendly routes to the destinations we go every day, making it easier to be healthy. Be on the lookout for our Active People Healthy Stockton logo, and hashtag #ActivePeopleHealthyStockton #ActivePeople when you post on social media about how you bike or walk to your everyday destinations.



ZUCCHINI TOMATO GRATIN RECIPE

Yield: 6 to 8 servings

- 3 medium sized zucchini squash, cut into 2-inch pieces
- 3 yellow summer squash, cut into 2-inch pieces
- 1 T chopped fresh Italian parsley
- 1/4 t crushed red pepper, rubbed together between your hands to bring out the flavor, plus salt and pepper to taste
- 1 egg, beaten
- 1 to 2 Roma or other smallish tomato thinly sliced. You can also use grape tomatoes
- 1 to 2 oz cheddar, Gruyere, or Swiss cheese, grated, plus 1/2 oz Parmesan cheese, grated



DIRECTIONS

- Preheat your oven to 350 degrees F.
- Bring a large sauce pan of water to a boil. Add the zucchini and summer squash pieces, bring the pot back to a boil, and simmer for 10 minutes. Strain the pan into a colander. Dump the cooked squash pieces into a heat proof bowl and roughly mash the pieces with a potato masher. You want to have large pieces, so don't over mash. Dump the mixture back into the colander to drain off extra liquid.
- Combine the squash, herbs, red pepper, salt and pepper, and egg into a baking dish and stir to evenly distribute everything. My gratin dish is 11 x 8. An 8 x8 Pyrex would be perfect.
- Add the tomato slices. Tuck some of the slices under the mixture and top the mixture with the rest of the slices.
- Place the dish into the preheated oven and bake uncovered for 10 minutes. After 10 minutes, remove the dish, and top with the cheeses and return it, uncovered, to the oven for 20 minutes. At the end of 20 minutes, if the cheese is not brown enough, turn on your broiler, raise the rack, and place the dish under the broiler. Stay close by and remove the dish when the cheese is how you like it.
- Note: This recipe can easily be scaled. It would be wonderful in little individual gratin dishes.