

REACH

A Healthier Community Is Within Our Reach

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

MOTHER'S DAY

Ideas to celebrate mom during "Shelter in Place"

- Set up the home as a spa center for mom
- Give mom some quiet/alone time for rest and relaxation
- Gather the family and start a compliment circle, every one share a memory or trait they love about mom
- Do a pop-up restaurant for mom in home, with a homemade menu, her own waiter and delicious healthy treats
- Handle her chores for a day and help lighten her load
- Tell her "I love you" every time someone mentions toilet paper on the news
- Spend time with mom playing a game ie. (puzzles, board games)
- Ask her "what can I do to make your day?"



BREASTFEEDING



Are you pregnant or breastfeeding? Although you may not be able to attend a childbirth or breastfeeding course at the hospital right now, there are still some great resources available online to assist you. Birthing in the time of COVID-19, is a great resource for expectant mothers with online courses that educate mothers with the most up to date advice available. These videos are free and you can watch as many times as you'd like. The videos range from stages of labor, to how to use birthing balls during labor. You may not be able to attend a birthing class in person, but this website

brings the class straight to you! Video link here: [Birthing in the Time of COVID-19: A Free Birth Class on YouTube](#)

For breastfeeding support during the COVID-19 virus, take a look at this blog created by breastfeeding moms in the military. This site gives great up-to-date tips on how to safely continue breastfeeding for everyday moms like you! Blog link here: [Pregnancy, Birth, and #COVID19](#)

DISTANCE LEARNING RESOURCES

- Internet: (Xfinity) Internet Essentials - you may qualify for 2 free months
- Socializing- Zoom is offering their services for free <https://zoom.us/freesignup/>
- Audible books- Audible <https://www.audible.com/ep/FreeListens>
- Free School Lunch: Check-in with your school district to find out the locations and times
- Sign-up for a Library card- read books directly on your phone or tablet <http://www.ssjcpl.org/>

Upcoming Events

May 2020

- 10: Mother's Day
- 12: FOR Marshall Youth Leadership 3PM
- 14: FOR Healing Youth Leadership 5:30PM
- 21: Community Leadership Meeting 5:30PM
- 25: Memorial Day Offices closed
- 26: FOR Marshall Youth Leadership 3PM
- 28: FOR Healing Youth Leadership 5:30PM

June 2020

- 2: REACH Steering Committee 5PM
- 9: Clergy Network Meeting 5:45PM
- 11: FOR Healing Youth Leadership 5:30PM
- 18: Community Leadership Meeting 5:30PM
- 19: Juneteenth
- 21: Fathers Day
- 25: FOR Healing Youth Leadership 5:30PM

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



**PUBLIC HEALTH
ADVOCATES**

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

COCONUT WATER BERRY POPSICLES

Ingredient List

- 1 ½ cup frozen berries
- 1 ¾ cup fruit-sweetened coconut water
- Lemon zest, to taste

Instructions:

- Toss berries with lemon zest and arrange in popsicle molds.
- Fill with coconut water.
- Freeze until solid (2-3 hours).



A FEW TIPS TO STAY GROUNDED DURING COVID-19

While we are all spending most of our time in doors it is easy to get bored or to think negatively about the future. It is important during this time to stay active and do things that make you feel good and happy. Some of the things that are recommended for staying on track are:

- Creating a schedule or a to-do list at the beginning of your day everyday
- Try to take a shower in the morning portion of your day just to signal to your body to wake up
- Take time to go outside and take a walk or preform other physical activities
- Plan to add fruits and vegetables into diet, it is scientifically proven that certain fruits and vegetables can increase positive moods
- Take time to spend some personal time with yourself
- Stay connected to friends and family by social media or by phone
- End your days by reflecting on 3-5 things that you are grateful for

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 of Christ
Holy Kingdom of Praise Ministries

CBO Partners

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

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ACTIVE PEOPLE, HEALTHY STOCKTON

The World Health Organization recommends regular physical activity for everyone in the family. Here are some tips to stay physically active during COVID-19 "Shelter in Place".



For infants under 1 year of age

- Spend regular time doing floor-based play with your baby in a prone position ('tummy time') and spread this throughout the day while the baby is awake.

For children under 5 years of age

- Active play in and around the home – invent games which involve being active and can develop skills in throwing, catching, kicking, as well as developing posture and balance.
- Active play and games where children get out of breath, such as running around, skipping and jumping.

For children and youth aged 5-17 years

- Active games and active play with family.
- Join in online active games or activity classes, also look for online physical education classes as well as exercise routines.
- Set up playground games indoors such as Jump rope and hop-scotch – make up new games and challenges that involve being active.
- Learn a new skill – for example try and learn to juggle.
- Encourage doing some muscle strength training activities such as lifting weights or use improvised weight such as bottles full of water or sand.

For adults

- Climb up the stairs as much as you can. Put some music on and walk briskly around the house or up and down the stairs for 10-15 minutes 2 or 3 times per day.
- Use household chores as a way to be more physical activity.
- Join in an online exercise class or make up your own routine to music you enjoy that uses the major muscle groups and raises your heart rate.
- Do some muscle strengthening activities such as lifting weights or improvise using full bottles of water or simply use your own body weight and do sets of press ups, sit ups and squats.
- Make time for fun, such as dancing to your favorite music.
- Jump rope (if your joints can handle it).
- Use home cardio machines if you have them.
- Walk or jog around your neighborhood (avoid crowded spaces and maintain the recommended 6-foot physical distance between individuals).
- Go for a bicycle ride.
- Do gardening and lawn work (Spring is a great time to start a vegetable garden).