

REACH

A Healthier Community Is Within Our Reach

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

Upcoming Events

March 2020

- 3: Steering Committee— 5:30pm
- 4: FOR Stagg Youth Leadership—2:30pm
- 6: Youth Parks Meeting—4pm
- 10: FOR Marshall Youth Leadership—3pm
- 11: Equity on the Mall — 9am to 3pm
- 12: FOR Healing Youth Leadership—5:30pm
- 18: FOR Stagg Youth Leadership—2:30pm
- 19: Community Leadership Meeting—5:30pm
- 20: Youth Parks Meeting—4pm
- 24: FOR Marshall Youth Leadership—3pm
- 24: Community Strong Meeting—5pm
- 26: FOR Healing Youth Leadership—5:30pm

April 2020

- 1: FOR Stagg Youth Leadership—2:30pm
- 3: Youth Parks Meeting—4pm
- 7: Steering Committee Meeting—5:30pm
- 9: FOR Healing Youth Leadership—5:30pm
- 14: FOR Marshall Youth Leadership—3pm
- 14: Clergy Network Meeting—5:45pm
- 15: FOR Stagg Youth Leadership—2:30pm
- 16: Community Leadership Meeting—5:30pm
- 17: Youth Parks Meeting—4pm
- 21: Community Strong Meeting—5pm
- 23: FOR Healing Youth Leadership—5:30pm
- 28: FOR Marshall Youth Leadership—3pm
- 30: FOR Showcase — 4pm

Health & Fitness Sundays

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

Food Distribution

- Mayfair SDA Senior Brown Bag Food Distribution - 2nd/4th Fridays

ALL CHILDREN THRIVE - CALIFORNIA (ACT-CA)

ACT-CA is a statewide initiative of PHAdvocates and UCLA Center for Healthier Children, Families and Communities. It is funded by Prop 63 to help California cities enact policies to prevent individual and community trauma, counter the negative effects, promote healing, and foster community resilience. Childhood trauma and its lasting impacts pose significant threats to physical and behavioral wellbeing throughout an individual's lifespan. Adverse childhood experiences (ACEs) are a fundamental contributor to many of California's most urgent and costly social problems. ACEs are so damaging that their prevention and intervention have been made a top public health priority.

ACT-CA will engage cities and support their efforts with tools, policies and practices that will enable them to address child poverty and related adversities, promote flourishing families, and ensure all children succeed, achieve their full potential, and thrive. PHAdvocates plans to work with a minimum of 60 cities throughout California to become an ACT-CA City. Stockton being one of those cities has had initial listening sessions, city expert interviews and community interviews. We are currently in the process of identifying community partners to assemble a core team. Each core team will have an advisory group that will include additional partners within the city. If you are interested in becoming a Community Partner to offer your expert guidance and grow creative solutions to community challenges please contact Dr. Flojaune G. Cofer, at FC@PHAdvocates.org or 844.962.5900, x230.

SAFER ROUTES FOR OUR STUDENTS

Friday, January 24th, PHAdvocates staff, California Walks, and Community Strong (residents of Kelley Dr., Bancroft Way, Darby Ct., Rion Way and Salters Dr.) met up at 5:30 am to walk with the students of Bear Creek High School. Each morning students must leave their homes before 6:00 am and walk over 2 miles to get to school. In winter

months there is often low visibility along with few stop signs and traffic calming measures along the route. There is no bus transportation so students must make this trek to and from school daily. Moving forward staff will continue to work with residents to identify safer routes and alternate modes of transportation for the students in the community.



WELLNESS TIP: GRATITUDE CHALLENGE

Share 3 positive things about your day for a week!

Are you having a long day again? Do you often find yourself in a tired mood? This daily healing tip can help improve your mental health, even if you feel happy all the time. At the end of each day take a moment to think of everything that occurred. Find 3 things that went well for you and quickly reflect on those 3 things by sharing them. There are many ways to share; You can tell a friend, type it in your phone, write it in a journal or simply state them out loud. The key to this practice is even if you're having a horrible day find 3 things to be positive about no matter how small, anything positive is all it takes. Making positive confirmations every day will begin to shift your mindset to a more positive attitude over time! Try this practice for a week! And once you really enjoy it keep it going! For more information visit: <https://happyproject.in/three-good-things/>

ACTIVE PEOPLE HEALTHY STOCKTON PHOTO CONTEST

Take a photo of yourself walking, biking and rolling to one of your everyday destinations, post them on Facebook with the hashtag #ActivePeople, #ActivePeopleHealthyStockton, and tag @reachsanjoaquin to be entered to win a contest. Winners will be selected on an ongoing basis and receive a gift!



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BREASTFEEDING

We are excited to announce that both PHAdvocates and Victory in Praise have adopted Lactation Accommodation policies to support the nursing moms they serve. PHAdvocates' new nursing space is located in Suite A and open to employees and community members. Victory in Praise Mother's room is in their Community Development Center. The room features a rocking chair, changing table, mini-fridge, hospital-grade multi-user breast pump and all the other supplies a nursing mom would need. We are happy to continue to support our partners who have adopted lactation support policies and look forward to continuing to create spaces for nursing moms throughout the city.

This year we will be working with 3 moms in the community to become breastfeeding peer counselors. Currently, in San Joaquin county there is only 1 African American Lactation Consultant and few other supports tailored specifically to African American moms. According to the California Department of Public Health's 2018 In-Hospital Breastfeeding Initiation data, African American moms initiate breastfeeding at a rate of 74.3% which is much lower than the county average of 90.2%. We hope that our efforts to increase the breastfeeding support available for moms in Stockton will help more of our moms feel confident and supported in their breastfeeding journey.



FOR YOUTH LEADERS ARE HEADING TO ALABAMA!

We are excited to announce that our youth leaders will have the amazing opportunity to travel to Montgomery, AL to visit the Equal Justice Initiative's Legacy Museum: From Slavery to Mass Incarceration. FOR youth leaders will also have the opportunity to explore other historical sites such as the Freedom Rides Museum. PHAdvocates hopes this trip will help strengthen our school based advocacy work. This experience will allow our youth leaders to learn about the historical trauma and institutional racism African American's have faced and the significance it plays in our prison systems today. Please come and learn from our youth as they reflect on this experience, and how this experience will impact the work they are doing in the Stockton community. Join us April 30th 4-6PM at PHAdvocates office, 6702 Inglewood Ave. in suite J.

To RSVP, contact Jordan Phillips at (209)- 762-1608.