

RFC WELLNESS NEWSLETTER

Health is Being Active

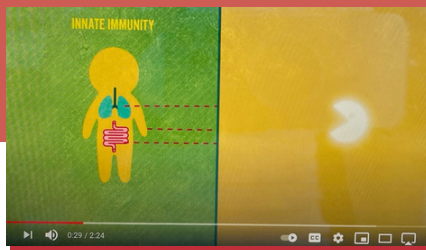
ALL PREVIOUS MONTHS OF THE RFC WELLNESS
NEWSLETTER ARE AVAILABLE ONLINE: [HERE](#)

August is ...

INSIDE THIS ISSUE:

National Immunization Awareness Month*

***Watch Here**



Link [*HERE](#)

National Back to School Month

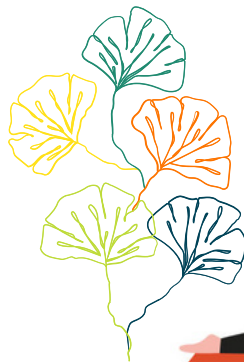
Link [*HERE](#)

Pose of the Month

Sphinx Pose

Step by Step

- Lie on your belly, legs side by side, and bring your elbows right under your shoulders.
- Draw your shoulders away from your ears and keep your head lifted.
- Actively press your forearms and legs onto the floor as you lengthen the spine.
- Take 5-10 breaths.



Sphinx

What is Sphinx Pose?

- This pose boosts your immune system.

How does Sphinx Pose work?

- This pose encourages good posture, opens the heart and stretches the chest.

What are some benefits of the Sphinx Pose?

- Stimulates abdominal organs
- Stretches shoulders and spine
- Helps relieve stress

Yoga Journal Article - [HERE](#)

Video Tutorial - [HERE](#)

- Pose of the Month

- Exercise of the Month

- 11 Questions

- Healthy Habit

- Tweet of the Month

- TED Talk of the Month

- Parenting Class

- We Heart Kids!

- One to Watch

- RFC Library Pick

- Quote of Note

- Current Groups

- Group Highlight

- Resources

- Help Lines





Mindfulness Exercise of the Month Earthing



What is the Earthing Exercise?

Earthing is also known as grounding exercise. Earthing means that we make an electrical connection with the Earth's energies, and the simplest form involves walking barefoot on grass, dirt or sand.

How does it work?

Think of the Earth as being a giant battery that supports life on this planet. The earth's surface has a subtle, negative electrical charge. We as humans are bioelectrical beings and by connecting to Mother Earth helps us top up on energy and rebalance our body systems.

What are the benefits?

- a) Immune support
- b) Stress reduction
- c) Improved sleep



Step by Step:

- 1) Chose a place where you want to "earth" or ground yourself.
 - Grass
 - Dirt
 - Sand
- 2) Take off shoes and socks.
- 3) Press your feet into the earth. You may walk around or stand still. You may close your eyes or keep them open. Feel and just try and be.

Link to Earthing Article [HERE](#)

Link to Video [HERE](#)

11 Questions

Getting to know the people at RFC a little bit more...

Why 11? Because 10 was not enough!



Interview with:

Jolie Mason, MPA

Human Resources Consultant

1. What's the hardest part about working virtually for you? What's the best part?

"I miss the in-person, day-to-day connection. The best part is not wearing shoes to work."

2. Are you an early bird or night owl?

"Both, which makes sleep a little difficult :)."

3. What is your favorite self-care activity?

"Taking a walk around my neighborhood with my spouse."

4. What is your most-used emoji?

"The hug emoji which I also refer to as 'excited jazz hands..'"



5. What is your favorite holiday?

"Anything that brings my family together around the table to share a meal together."

6. What's the best piece of advice you've ever been given?

"Ralph Waldo Emerson's quote, 'Life is a journey, not a destination.'"

7. What is the thing about working at RFC that you like the best?

"The staff and the community. We have such amazing staff and community of families at Richstone."

8. Does your current car have a name? If so, what is it?

"Yes! Panthère Noir ('Black Panther' in French)."

9. What was your least favorite food as a child? Do you still hate it, or do you love it now?

"Brussels sprouts. Love them now!"

10. What was the last great movie you saw? Why would you recommend it?

"One Night in Miami. Definitely recommend this movie. It's an important dialogue between prominent, African American men during the Civil Rights Movement."

11. What is your favorite dessert?

"Anything my 12-year-old chef nephew makes. Currently it's s'mores tarts!"

RFC Library Pick

Progressive Muscle Relaxation in Spanish
with Estefani Crisostomo, LMET



***Want to watch to this amazing video?
Head to the Richstone web site and find
the Resource Library page under the
Programs heading tab.
Use the password *rfcwellness***

ONE TO WATCH



- The Power of Vulnerability, Brené Brown -

Watch Free: [HERE](#)



Healthy Habit

30 Minutes of Physical Activity a Day



The Mayo Clinic recommends engaging in 30 minutes of moderate physical activity every day. If you can't get in 30 minutes at once, break it down to 5 minutes throughout the day. Any physical activity throughout the day is better than none!

Some Health Benefits:

- Protect against many chronic diseases
- Lower blood pressure & improve heart health
- Improve quality of sleep
- Aid in weight management
- Reduce feelings of anxiety & depression
- Improve memory and brain function
- Increase life span

Activity Suggestions

Brisk walking, jogging, swimming, cycling, jump rope, trampoline, lifting weights, playing Frisbee, gardening, hopscotch, 4-square, yoga, pilates, paddle boarding, dancing, climbing stairs, water aerobics

Article on "Physical Activity" - [HERE](#)
Benefits of Physical Activity Video - [HERE](#)

TED

Ideas Worth Spreading

Every Kid Needs a Champion | Rita Pierson



Watch [HERE](#)

"Tweety" Read



'How to Help Your Child Adjust to Going Back to School This Fall'

Cleveland Clinic Article - [HERE](#)

Richstone's Grief Group for Adults

BY: Juliette Horwitz, AMFT

Are you having a hard time coping with a recent or long term loss? Then you may benefit from Richstone's Grief Group. Richstone currently offers an open grief group for adults, in English, every Monday at 7:00 PM. We welcome anyone who could use support in their grief, regardless of when the loss happened. Group participants will increase their knowledge of the stages of grief, physiological responses to grief, relaxation techniques, self-care ideas while grieving, how to support grieving loved ones including children, how grief can affect our relationships, how to handle anniversaries and special events, and how to learn to live with a new normal.

To find information on how to sign up for this group, please see page 4 of our newsletter.



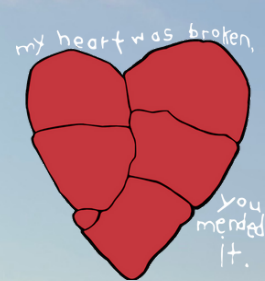
Quote of Note



"Act as if what you do makes a difference. It does."

—WILLIAM JAMES

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RFC Current Groups

Please call Citlali at (310) 970-1921 ext. 101 to sign up.

Parenting/Crianza - [online/virtuales]

- Parenting class (\$15/class) - MONDAY @ 6-7 pm (18 week curriculum) [online]
- Parenting class (\$15/class) - TUESDAY @ 7-8 pm (18 week curriculum) [online]
- Parenting class (\$15/class) - THURSDAY @ 7-8 pm (18 week curriculum) [online]
- Parenting class (\$15/class) - SATURDAY @ 12-1 pm (18 week curriculum) [online]
- Clase para padres (\$15/clase) - MARTES @ 6-7 pm (Clase por 18 semanas) [virtuales]
- Clase para padres (\$15/clase) - MIÉRCOLES @ 5-6 pm (Clase por 18 semanas) [virtuales]

Domestic violence/Grupo de apoyo y educación para sobrevivientes de violencia domestica [online/virtuales]

- Domestic violence class for perpetrators - ages 18+ (\$18/class) - WEDNESDAY @ 5-6 pm (26 or 52 week curriculum) [online]
- Domestic violence class for perpetrators - ages 18+ (\$18/class) - SATURDAY @ 9-10 am (26 or 52 week curriculum) [online]
- Clase de violencia domestica para agresores (\$18/clase) - MIÉRCOLES @ 6-7 pm Clase por 26 o 52 semanas [virtuales]
- Clase de violencia domestica para agresores (\$18/clase) - SÁBADO @ 10-11 am (Clase por 26 o 52 semanas) [virtuales]
- Psychoeducation & support group for intimate partner violence (\$5/class) - MONDAY @ 5-6 pm (15 week curriculum) [online]
- Grupo de apoyo y educación para sobre vivientes de violencia domestica (\$5/clase) - JUEVES @ 6-7 pm (Clase por 15 semanas) [virtuales]

Anger management/Manejo de la ira [online/virtuales]

- Anger management class - ages 18+ (\$18/class) - TUESDAY @ 6-7 pm (15 week curriculum) [online]
- Anger management class - ages 18+ (\$18/class) - THURSDAY @ 7-8 pm (15 week curriculum) [online]
- Manejo de la ira para adultos - ages 18+ (\$18/clase) - MARTES @ 7-8 pm (Clase por 15 semanas) [virtuales]

Health & wellness/Alud & bienestar [online/virtuales]

- Stress management - ages 18+ - FREE - THURSDAY @ 6-7 pm [online]
- Grief group - ages 18+ - FREE - MONDAY @ 7-8 pm [online]
- Grief group in Spanish - ages 18+ - FREE - THURSDAY @ 10-11 am

Children & adolescents/Niños & adolescentes [online/virtuales]

- Adolescent anger management- ages 13-17 FREE - WEDNESDAY @ 5-6 pm (15 week curriculum) [online]
- Teen talk - ages 14-17 - FREE - THURSDAY @ 4-5 pm [online]
- Teen grief group - ages 13-17 - FREE - THURSDAY @ 4-5 pm [online]
- Baby & Me/Bebé y yo - All Guardians - FREE - FRIDAY @ 11 am [online]

NEW: Healthy Gaming Group for Ages 18+

Mondays @ 6pm

Call Citlali (our new receptionist) to grab a spot!

Resources

- **Food Bank Locator Website - [HERE](#)**
- **American Veteran Inc.**
351 East Temple St. Los Angeles, CA 90012
Tel: 909-534-5953
(Hrs: Mon-Fri 9AM to 3PM)
- **Open Door Skidrow Ministries**
419 E. 6th St. Los Angeles, CA 90014
Tel 661-208-2143
(Hrs: Sun 4-6PM & Fri 7-9PM)
- **LA County COVID-19 NEWS**
[CLICK HERE](#)
- **LA COUNTY Free HEADSPACE Access**
Headspace is a Meditation and Mindfulness App
[CLICK HERE](#)

Hot Lines

National Suicide Prevention Lifeline

1-800-273-TALK (8255) or

[Live Online Chat](#)

Teen Line - Online

Teens talking to teens

Call: 310-855-HOPE (4673)

Veterans Crisis Line,

Call 1-800-273-8255 and Press 1

Text 838255, [Chat online](#)

Los Angeles LGBT Center

Center South

Tel: 323-860-3799



Department of Children and Family Services

Child Protection Hotline

800-540-4000