

RFC WELLNESS NEWSLETTER

Health
is ALL Year Round

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

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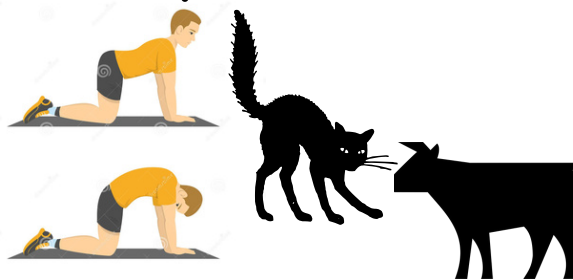
[*Watch Here](#)

December is...
HIV/AIDS Awareness Month*
Link [*HERE](#)

Pose of the Month Cat/Cow Pose

Step by Step

- Begin on all fours with a neutral spine and with your arms directly under your shoulders and hips over knees.
- Inhale as you bend your back, creating a C shape in your spine and round the tailbone while allowing your chin to rest on the chest (Cat).
- Exhale as you draw your stomach down towards the ground while you take your gaze up (Cow).
- Repeat 5-7 times.



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What is Cat/Cow Pose?

- This pose is a combination of two poses

How does Cat/Cow Pose work?

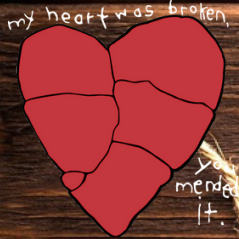
- It warms up your spine and releases back and neck tension after a long day.

What are some benefits of Cat/Cow Pose?

- Improves blood circulation between the vertebrae of your spine.
- Relieves back pain and stress
- Improves focus, coordination, and mental stability.

Article - [HERE](#)

Video Tutorial - [HERE](#)





Mindfulness Exercise of the Month

Mindful Eating What is Mindful Eating?

Mindful Eating simply means being fully attentive to your food when you buy, prepare, serve, and actually eat it.

How to eat mindfully

- Turn off electronic devices when eating
- Involve all 5 senses when eating
- Pay attention to flavors and textures.

What are the benefits of mindful eating?

- a) Healthier food choices
- b) Increased awareness of hunger and fullness
- c) Increased satisfaction with food

Step by Step

- 1) Look at what items you put on your shopping list.
- 2) Come to the table with an appetite but not starving.
- 3) Start with a small portion.
- 4) Take a moment to look at the food and appreciate it.
- 5) Bring all your senses to the meal. Be attentive to color, smell, and sounds it makes when cooking, and taste all of the ingredients.
- 6) Take small bites, since it's easier to identify food when the mouth is not completely full.
- 7) Chew thoroughly(20-40 times)
- 8) Eat slowly.



Link to 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:
Roger Van Remmen
President/CEO

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

"Missing the personal interaction of the team. It has been very difficult for me. Our assets at Richstone are the employees, and not working with them in person every day is tough. Not sure about the best part but my laundry and dry cleaning bill has certainly been reduced."

2. Are you an early bird or night owl?

"Great question! I would say without a doubt an early bird. Yet, if you ask the senior team, they might tell you an early bird and a night owl. With emails and texts you will find us communicating 16 hours a day."

3. What is your favorite self-care activity?

"I try to golf with my friends every Saturday. It really gives me a chance to walk away from the phone, emails, etc. Also, I really enjoy a 1 1/2 to 2 hour massage. Since COVID I have not had a chance to enjoy it. I am not sure I am ready yet as well."

4. What is your most-used emoji?



5. What is your favorite holiday?

"I enjoy the Christmas holiday. Really the whole month. It is a chance to be with family and friends and ones you have not seen in a while."

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

"Starting out in advertising, one of my mentors told me something I have never forgotten: 'Listen to the People!'"

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

"The employees, our clients, and the children!"

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

"No!"

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

"Lutefisk. It is a Norwegian dish served during the holidays. My uncle served it one time when I was a kid, and it is terrible. It was so bad I gave mine to the cat under the table and she would not eat it."

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

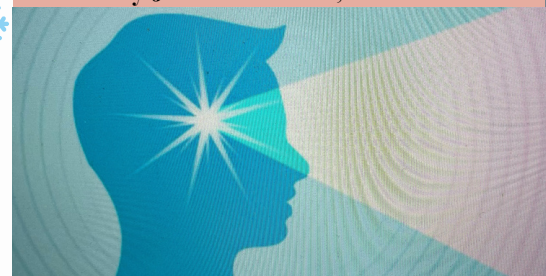
"The movie 'Alive'. A true story based on the Uruguayan Rugby Team, family and friends who were involved in a plane crash in the Andes. One of the team members, Nando Parrado, is the one who took the initiative to leave the crash site to find help! Barb and I met Nando and his wife on a trip and have since become good friends. We have traveled together. Actually, our last big trip prior to COVID was to South America and spent time with them. When his travels bring him to Los Angeles, I hope to have him speak to the staff! Someone you will never forget and very motivational!"

11. What is your favorite dessert?

"ICE CREAM! I just love it and can't say no!"

RFC Library Pick

"Boundary Visualization"
by Juliette Horwitz, AMFT



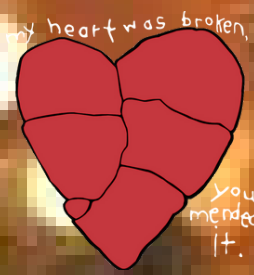
*Want to listen to this amazing audio?
Head to the Richstone web site and find
"Get Help" and click on the "Resources" tab.

ONE TO WATCH



Winter Celebrations Around the World

Watch Free: [HERE](#)



Healthy Habit

Two-Minute Walks



Research has found that two-minute walks every hour can eliminate a lot of health issues and have tons of POSITIVE effects on our BODY.

Health Benefits of Two-Minute Walks:

- Increased brain function
- Vital organ health
- Eliminating back and neck issues
- Improved circulation in legs and feet

How-To Suggestions:

- Set a timer on your phone or watch every hour.
- Make bathroom breaks, coffee breaks, snack breaks, or lunch breaks a time for walking instead of lounging.
- When working at an office, go talk to a coworker rather than sending an email.

Article on two-minute walks - [HERE](#)
Video - [HERE](#)



TED

Ideas Worth Spreading

Santa Claus & Finding Meaning | George Blythe



Watch [HERE](#)

"Tweety" Read



Aimee Helene
@AimeeHelene1

Follow

Dec 1 - 23: *spends hours a day looking online and in stores for the perfect gifts*

Dec 24: *gets everybody a set of windshield wipers from the gas station*

5:47 AM - 7 Dec 2018

How to Teach Your Children Generosity During the Holidays
Psychology Today - [HERE](#)



BABY AND ME GROUP

Richstone's Baby and Me Group is a free virtual support group for babies (ages newborn to walkers) and their caregivers. Parents, grandparents, sitters, aunts, uncles, or anyone who takes care of a little baby is welcome to join the group. This group is an interactive group where caregiver and baby have a chance to bond. Things covered in this group include, but are not limited to, song time, mommy stretches, and infant massage. The group meets every Wednesday at 4pm virtually. Please see page 4 of the newsletter to learn how to sign up for this group.



We Heart Kids!

Richstone Family Center:
Breakfast with Santa
December 18th, 9 - 11 AM



Quote of Note

The new year stands before us, like a chapter in a book, waiting to be written.

Happy New Year!





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 - Wednesday @ 4pm [online]

NEW: Co-Parenting Class in Spanish
\$15/per class - 12 week course

Saturdays @ 9AM

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 Skid Row Ministry

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 or [Chat online](#)

Los Angeles LGBT Center

Center South

Call: 323-860-3799



Department of Children and Family Services

Child Protection Hotline

Call: 800-540-4000