

RFC WELLNESS NEWSLETTER

Health
is Internal and
External

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

INSIDE THIS ISSUE:

[*Watch Here](#)

January is...

National Blood Donor Month*

Link [*HERE](#)

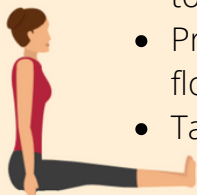
January is National
Blood Donor Month.

Pose of the Month

Staff Pose

Step by Step

- Sit with your legs extended forward.
- Bring your hands alongside your hips and straighten your arms.
- Flex your ankles, drawing your toes back.
- Press sitting bones into the floor and lengthen the spine.
- Take 10. 20 breaths.



What is Staff Pose?

- This pose is a seated pose which helps to improve posture.

How does Staff Pose work?

- It strengthens the back muscles while it stretches your back.

What are some benefits of Staff Pose?

- Improves posture.
- Strengthens upper body, shoulders and chest.
- Stretches hamstrings, and calves.

Article - [HERE](#)

Video Tutorial - [HERE](#)

- Pose of the Month
- Exercise of the Month
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- Current Groups
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Mindfulness Exercise of the Month

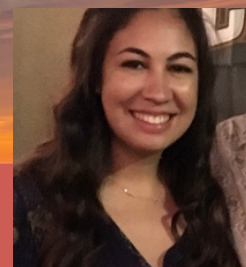


Balloon Breathing

- Sit or lay down in a safe comfortable space. (This can be sitting in a car or on a park bench.)
- Feel the outer edges of your body. - notice the top of your head and the tips of your fingers and toes.
- Breathe in and notice the air filling your lungs.
- Breathe out and notice your lungs pushing the air out.
- Imagine that your body is a big body-shaped balloon - Like a balloon animal in the shape of you.
- You can place your hands on your belly and notice that your belly goes out when you breathe in and back/down when you breathe out.
- Imagine that your whole balloon-shaped-you gets bigger on your inhales and smaller on the exhales
- Set your timer for 1-5 minutes and just breathe in and out like this.
- If thoughts pop into your mind let them go out on the next exhale.
- Letting the thoughts go again and again.
- Repeat 1-3x per day or whenever you feel like you need to relax or want a vacation from your mind.

11 Questions

Getting to know the people at RFC a little bit more...
Why 11? Because 10 was not enough!



Interview with:
Alexandra Hoatua, AMFT

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

The hardest part about working virtually is not having the separation between work and home settings. It's also really hard to stop myself from visiting the fridge in between sessions/meetings. With that being said the best part is not having to sit in traffic to and from work!

2. Are you an early bird or night owl?

I am definitely a night owl!

3. What is your favorite self-care activity?

Playing tennis and riding my bike on the beach path. I love getting fresh air, seeing the sunset and watching life go by as I clear my head!

4. What is your most-used emoji?



5. What is your favorite holiday?

I love Christmas time! There's so many celebrations and I love seeing all the houses and storefronts lit up with lights.. the only thing that would make it better is snow... but only on Christmas day.)

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

"The world is your oyster."

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

There are so many positive things I can say about RFC as a whole. As a therapist working here though, the best thing is the support we've been given especially through a pandemic. I have also thoroughly enjoyed my work with all of my clients, they have made such an impact on me as a person and as a clinician.

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

I may disappoint with this answer, but I do not have a name for my car.

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

I hated a lot of different vegetables as a kid that now as an adult I love. But mushrooms still remain on the list of food/veggies I won't touch.

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

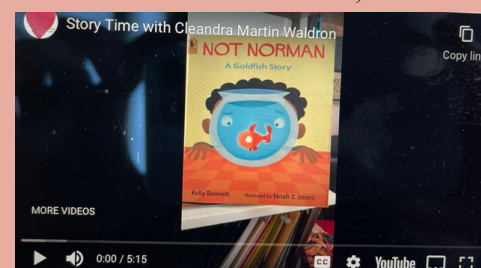
The last few movies I've seen I didn't think were that great but I can share the last show I watched which was Queer Eye. I am late to discovering this show, but I enjoy it so much and it leaves me in such an uplifted, positive mood after I watch it.

11. What is your favorite dessert?

My favorite dessert is Ben & Jerry's Phish Food ice cream.

RFC Library Pick

"Story Time with:" Cleandra Martin Waldron, 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

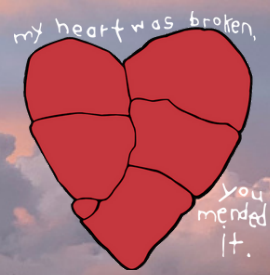


How Different Cultures Celebrate the New Year

Watch Free: **HERE**

Link to Article **HERE**

Link to Video **HERE**



Healthy Habit

Learn Something New Everyday



Research has found that learning something new everyday has great benefits on our minds and bodies.

Benefits of Learning Something New each Day

- Improves cognitive functioning (memory recall, concentration, problem solving etc)
- May reduce chance of developing dementia
- Improves self esteem
- MAY reduce stress
- Improves overall mental health

How-To Suggestions:

- Explore a new hobby (new language, new sport activity, writing workshop, book club, cooking etc.)
- Listen to podcasts
- Subscribe to informational articles

Article on Learning Something New - [HERE](#)
Video on "How to Keep Learning" - [HERE](#)

TED

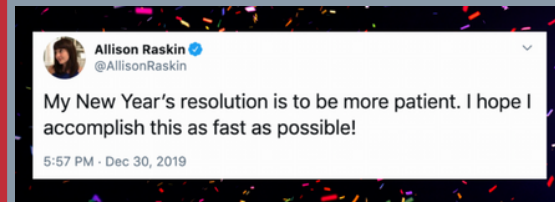
Ideas Worth Spreading

The Real Reason We're All So Busy (And What To Do About It) | Dorie Clark



Watch [HERE](#)

"Tweety" Read



New Year
New Me!

How to Make and
Keep a New Year's
Resolution
New York Times [HERE](#)



Zumba Class by Christine Gutierrez, AMFT

Zumba is a dance based workout that combines dance moves from salsa, merengue and hip hop, and a combination of body weight exercises into the choreography. Studies have shown that dance and/or movement can improve emotional, cognitive, physical and social well being! Cardio exercise helps strengthen the heart and muscles and stimulates secretion of positive hormones! Participating in Zumba is one way of relieving stress, having fun, and getting fit!

Fun Fact: Zumba originated in the 1990's by choreographer and dancer Alberto "Beto" Perez in Colombia when he taught an aerobics class and forgot his regular music; so instead he pulled out his salsa and merengue tapes and danced!

Come join certified Zumba instructor and AMFT, Christine Gutierrez for Zumba Every Tuesday at 6 PM via zoom!
Let's exercise and have fun while doing it!



We Heart Kids!

[826LA@Hammer](#): K-Pop
and Beyond

Saturday, January 29
@ 11am

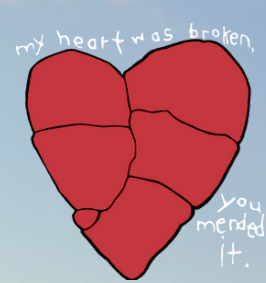
Info [HERE](#)

Quote of Note

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Every day is
a fresh start.

—



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