



RFC WELLNESS NEWSLETTER

Health
is for
Inside & Out

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

May is ...

National Foster Care Month*

Link *[HERE](#)

International Day of Families, 5/15

Link *[HERE](#)

*Watch [Here](#)



Pose of the Month



Reclined Butterfly Pose

About Pose:

1. What is the Reclined Butterfly Pose?
 - a. This pose is a yummy stretch for the hips and it regulates blood pressure.
2. How does the Reclined Butterfly Pose work?
 - a. Lying on your back while bringing the soles of the feet together will open your hips and regulate your blood pressure.
3. What are some benefits of the Reclined Butterfly Pose?
 - a. Regulates blood pressure and balances adrenals
 - b. Relieves indigestion, gas, and sciatica
 - c. Alleviates menstrual cramps
 - d. Prevents hernia
 - e. Reduces stress and calms the mind
 - f. Increases mobility in the hips



Step by Step:

1. Lie on your back
2. Bring the soles of your feet together, knees are out to the side like butterfly wings
3. Bring your arms to the side palms facing up
4. Take 5-10 deep breaths
5. To come out: Bring your hands to the outsides of your thighs and scoop your knees together like a book. Roll off to one side.

By: Rebecca Hotzel, LMFT

INSIDE THIS ISSUE:

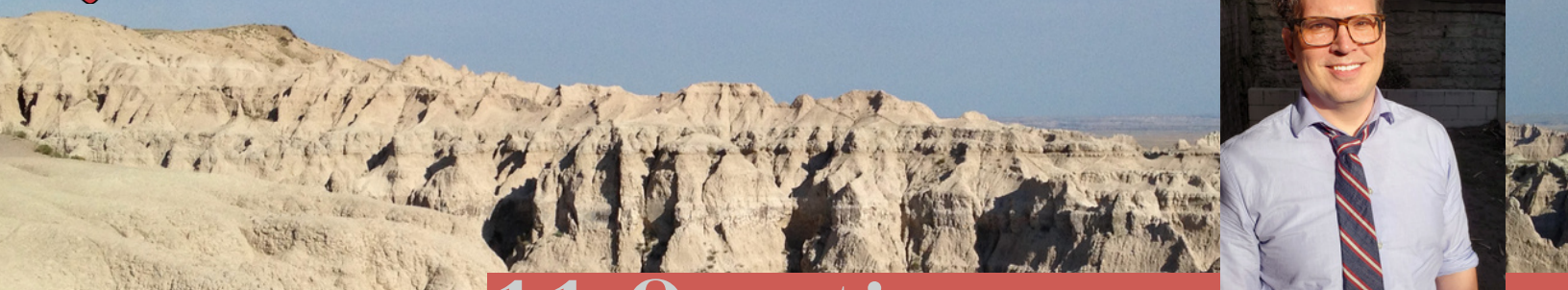
- Pose of the Month
- Exercise of the Month
- 11 Questions
- Healthy Habit
- Tweet of the Month
- TED Talk of the Month
- PAT
- We Heart Kids!
- One to Watch
- RFC Library Pick
- Quote of Note

- Current Groups
- Group Highlight
- Resources
- Help Lines



Yoga Journal Article - [HERE](#)
Video Tutorial w/ Chris - [HERE](#)





Interview with:

Seth Madej

Associate Marriage and
Family Therapist

11 Questions

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

Why 11? Because 10 was not enough!

Mindfulness/Breathing Exercise of the Month Body Scan

A body scan is a mindfulness/grounding technique which can help turn one's focus inward. It helps you tune into your body and notice any sensations that are felt throughout without any judgment. It can help reduce anxiety when your thoughts are racing by bringing the focus to the breath and bodily sensations, or as the beginning of a meditation practice.

Step by Step:

- Sit or lie down in a comfortable position. Close your eyes or hold a soft gaze.
- Start by focusing on the breath and noticing the sensations of your breath moving in and out of your lungs.
- Starting with your feet, bring focus to each part of your body for a period of time, noticing the feeling of the part against any surfaces, the feeling of clothing on the part, and what sensations are going on internally. Pay attention specifically to each of these sensations, without judgment and without attributing meaning.
- Spend as long as you like on each body part before moving to the next, from your feet to the very top of your head.
- Then allow yourself to feel your entire body in space, before opening up your eyes.

By: Seana Diemer Iwanyk, MFTT

Link to Body Scan Article [HERE](#)

Link to Audio Tutorial [HERE](#)

(use Password: rfcwellness to access the Resource Library)

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

"I became a therapist to be with other people, not to talk to them through a screen, so the hardest part is not being around my clients and coworkers. The best part is spending way less time sitting on the 110."

2. Are you an early bird or night owl?

"Honestly, I tend to go to bed early and wake up late. But I'm definitely more productive in the mornings, and I do like mornings when I get up for them."

3. What is your favorite self-care activity?

"Video games. I can easily lose hours with a controller in my hands."

4. What is your most-used emoji?

"👍 But I'm more of a Bitmoji guy:"



5. What is your favorite Holiday?

"I really like Thanksgiving dinner, especially when I make it myself."

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

"'Hold your head up.' A song gave me that advice right when I needed it, when I was in junior high and my self-esteem was low. I listened, and changing that simple behavior helped me to be OK with being me."

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

"My clients who let me step into their lives every week and teach me so much."

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

"Technically no, because I insist I'm against naming cars. But I liked my current car so much when I got it that I wanted to call it something, so I called it New Car. New Car is still New Car four years later."

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

"Cooked carrots. Gag. Every so often I make something with cooked carrots to try to grow up, but they're always gross."

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

"Judgment at Nuremberg (from 1961) is a classic that asks hard questions about why people do terrible things and if we can forgive them when they do, but it makes you come up with your own answers."

11. What is your favorite dessert?

"I'm like a wine snob but for dark chocolate."

11 Q's Help - Anna Chen, MFTT

ONE TO WATCH

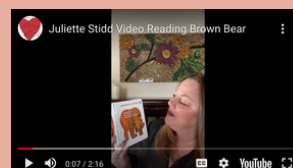


- Planet Ocean -

Watch Free: [HERE](#)

RFC Library Pick

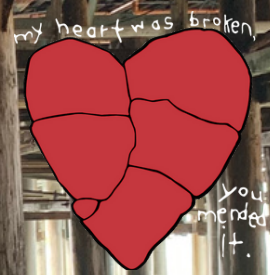
Brown Bear Story Time



*Want to watch these amazing videos?

Head to the Richstone Family website and find the Resource Library page under the programs heading tab.

Use the password: rfcwellness



Healthy Habit Making the Bed

By Hayden Hunter, MFTT
& Cleandra M. Waldron, AMFT

Research says:

"While there isn't much research specifically studying the effects of making your bed, there is a solid body of evidence showing a clear link between living and working in an organized, clutter-free environment and having improved focus, goal-setting skills, productivity, and lower levels of stress."

In essence, the assumption is that a tidy house (or workspace), makes for a tidy mind."

Very Well Mind, Article - [HERE](#)
"It might be a small accomplishment, but making the bed sets the tone for the entire day." In a 2014

commencement speech at University of Texas at Austin, Admiral McRaven shared his thoughts on the matter. *"If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another task and another and another."*

Watch it - [HERE](#)

"5" REASONS" Article - [HERE](#)

READ THIS TODAY?

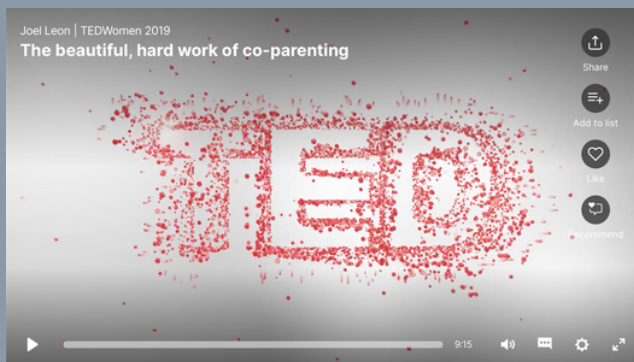
Psychology Today-

"Make your Bed, Change Your Life?"- Article [HERE](#)

TED

Ideas Worth Spreading

The Beautiful, Hard Work of Co-Parenting | Joel Leon



"Tweety" Liar?



Momsense Ensues
@momsense_ensues

4 came walking out of the bedroom without permission after bedtime and when I looked at him he said, "What!? I'm just getting a carrot."

I'll give him credit, it is the most unique excuse I've heard.

5:08 PM · Apr 10, 2021

♡ 571 💬 15 🔗 Copy link to Tweet

"When Children Begin To Lie, There's Actually A Positive Takeaway"

NPR Article - [HERE](#)

PAT - PARENTS AS TEACHERS

BY: DULCE GONZALEZ

What is Parents As Teachers? The concept for Parents as Teachers was developed in the 1970s as a result of educators in Missouri noticing that children who were starting kindergarten were not all in the same level of school readiness. Research has proven that parent involvement is important for a child's development. As a result, the Parents as Teacher Home Visiting Model was created, which would be a program that provides early detection of developmental delays and health issues and provides parent education to help parents understand how their child is developing. Since 1985, Parents as Teachers has expanded to all 50 states and six other countries. The curriculum is constantly being updated to promote school readiness and healthy development of children from ages 0-5. The four primary goals are to increase parent knowledge of early childhood development, provide early detection of developmental delays, prevent child abuse and neglect, and increase a child's school readiness and success.

Parents as Teachers website that provides more information: Website Link - [HERE](#)
Richstone website where they can find flyers about the program: Website Link - [HERE](#)

We Heart Kids!

[Virtual Magic Show](#)

[5/15](#)

Info & Link -
[HERE](#)

P.A.T.

HANDOUTS

HERE

(use

Password:

rfcwellness

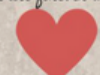
to access the

Resource

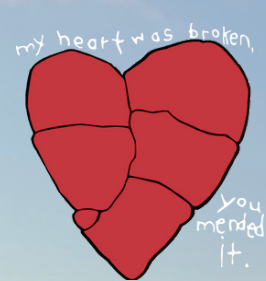
Library)

Quote of Note

Although I'm not their mother,
I care for them each day. I cuddle, sing
and read to them, and watch them as they play.
I see each new accomplishment, and help them
to grow and learn. I understand their language, and
I listen with concern. They come to me for comfort
and I kiss away their tears. They proudly show
their work to me, and I give the loudest cheers!
No, I'm not their mother, but my role is just
as strong. I nurture them and keep them
safe, though maybe not for long. I know
someday the time will come when
we will have to part. I know
these children I've cared
for are forever in my



Unknown author - Foster Parent



RFC Current Groups

Please call Oscar 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 for 18+ (\$18/class) - TUE @ 6-7 pm (15 week curriculum) [online]
- Anger management class for 18+ (\$18/class) - THUR @ 7-8 pm (15 week curriculum) [online]
- Manejo de la ira para adultos 18+ (\$18/clase) - MARTES @ 7-8 pm (Clase por 15 semanas) [virtuales]

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

- Stress Management - FREE - THURS @ 6-7 PM [online]
- Grief Group - 18+ FREE - MON @ 7-8PM [online]

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

- Adolescent Anger Management for Ages 13-17 yrs FREE - WED @ 5-6pm (15 week curriculum) [online]
- Teen Talk for ages 14-17 yrs (FREE) - THUR @ 4-5 pm [online]
- Teen Grief Group for Ages 13-17 yrs. - FREE - THURS @ 4-5PM [online]
- Baby & Me/Bebé y yo - All Guardians - FREE Fri @ 11am [online]

NEW: Teen Grief Group for Ages 13-17

Thursdays, 4-5 pm

Call Oscar today 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: 310-855-4673 (HOPE)

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