



AUGUST 2022 | VOL.20



# RFC WELLNESS NEWSLETTER

## HEALTH is Fulfilling

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

**\*Watch Here**

**National Immunization Awareness Month\***

**August is...**

Link **\*[HERE](#)**



## Pose of the Month

### Legs up the Wall Pose

### Step by Step

What is Legs up the Wall Pose?

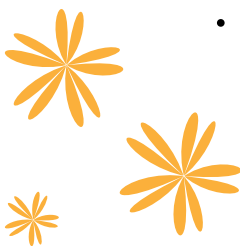
- It's a calming pose which can decrease anxiety, headaches and insomnia.

How does Legs up the Wall Pose work?

- It relaxes various parts of your body and calms your mind

What are some benefits of the Legs up the Wall Pose?

- Improves circulation
- Calms the body and the mind
- Can alleviate anxiety.



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

- Current Groups
- Group Highlight
- Resources
- Help Lines



Article - [HERE](#)

Video Tutorial - [HERE](#)



# 11 Questions

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

Interview with:  
**Joelle Russum**  
Marriage and Family Therapist  
Trainee

## Mindfulness Exercise of the Month

### Mindful Eating



#### What is Mindful Eating?

Mindfulness means focusing on the present moment and acknowledging and accepting your thoughts and feelings without judgement. That said, when we talk about mindful eating all it means is being present when you eat without any distractions such as your phone, driving, reading, walking and so on. Also pay attention to the food in your mouth (texture and taste of each item).

**Studies have found that mindful eating can decrease chances of over eating due to the fact that you eat slower and therefore will feel full faster.**


#### Other Benefits of Mindful Eating

- Promotes better digestion
- Keeps you full with less food
- Can influence the choices that you make about food.

#### How-To Suggestions:

- Turn off all devices and notifications
- Spend at least 20 minutes eating (set a timer)
- Start with a small portion on your plate
- Involve your senses when you eat (color of food, taste, smell etc)



- 1. What was the hardest part for you during the pandemic, what was the best part?**  
"The hardest part was managing the stress of being around my elder parents, before the vaccines were available. The best part was having no traffic and less smog!"
- 2. Are you an early bird or night owl?**  
"Early bird!"
- 3. What is your favorite self-care activity?**  
"Doing Yoga"
- 4. What is your most-used emoji?**  

- 5. What is your favorite holiday?**  
"Labor Day- always seem to be traveling!"
- 6. What's the best piece of advice you've ever been given?**  
"Live close to where you work."

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

"You can work as much or little as you need."

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

"Subie!"

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

"Salmon, and I love it now!"

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

"Encanto, and yes 100% recommend it."

#### 11. What is your favorite dessert?

".Chocolate covered almonds from TJ's "

## RFC Library Pick

### "Breathing Exercise for Children with Rebecca"



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

## ONE TO WATCH



Fun Facts About August - East Cleveland Public Library  
Watch Free: [HERE](#)

Link to Article [HERE](#)  
Link to Video [HERE](#)





## Healthy Habit

### Listening to Music

Research has found that listening to music can:

- Lead to better learning
- Improve memory
- Help treat mental illness
- Help your heart health
- Decrease fatigue
- Boost exercise performance
- Help manage pain
- Help reduce stress

Healthline Article - [HERE](#)

Watch it - [HERE](#)



## TED

### Ideas Worth Spreading

#### How to Preserve Your Private Life in the Age of Social Media | Bryce Dallas Howard



Watch [HERE](#)

## "Tweety" Read

John Willey  
@DaddysinCharge

My son actually said he was ready to go back to school. Apparently I've bored him enough.



"Helping Kids Back Into The School Routine"

Child Mind Institute  
Link [HERE](#)

## The Spectrum of Self-Care

by Cleandra Martin Waldron

The Spectrum of Self-Care

The "Self-Care Dare" seems to be everywhere right now. Self-care is definitely having its "moment." Friends ask, maybe your therapist asks, "And what are you doing for self-care at the moment?" This can be a helpful reminder but, for some people, it can feel overwhelming. "Oh, no! I haven't done XYZ today or even this year!"

Healthline article available [HERE](#)

**Self-care is as unique as the people who use it. There is no right or wrong way to practice self-care!**

Try THIS:

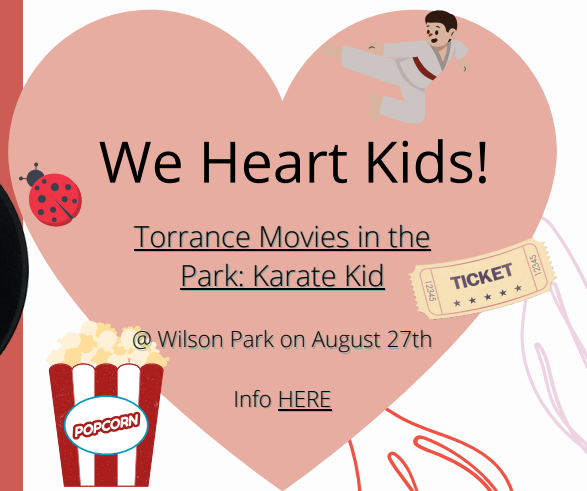
Take the pressure off the *idea* of self-care. Do you brush your teeth? Why not light a candle and make a moment out of this healthy grooming habit. Doing the dishes? Why not play some music in your headphones or on your phone and dance the dishes off their "feet." Self-care is not always about bubble baths or long walks on the beach (although if you can and that's what helps you, that's great too). Maybe self-care is more about the "SELF" or "YOU?" So... maybe it could be whatever you want or have the time for? Maybe start small? Breathe in: 1,2,3...and out 1,2,3...That was it. **A moment of radical self-care!** Perfect!

## We Heart Kids!

[Torrance Movies in the Park: Karate Kid](#)

@ Wilson Park on August 27th

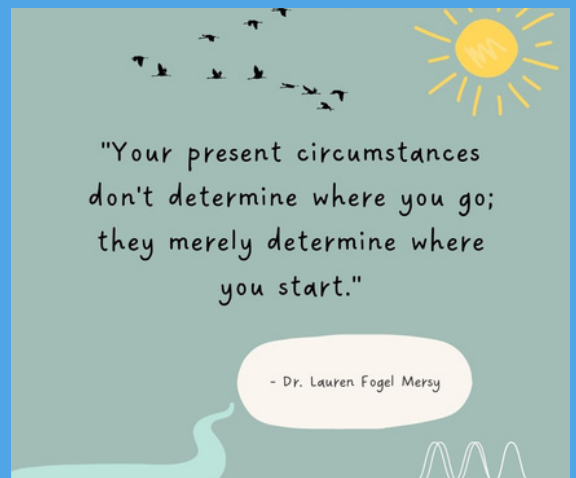
Info [HERE](#)



## Quote of Note

"Your present circumstances don't determine where you go; they merely determine where you start."

- Dr. Lauren Fogel Mersy





## 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]
- Baby & Me/Bebé y yo - All Guardians - FREE - Wednesday @ 4pm [online]

**NEW: Co-Parenting Groups**  
**English: Thurs. @ 5pm / Spanish: Sat. @ 9am**  
Free of Cost

## 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