

RFC WELLNESS NEWSLETTER

HEALTH is Beautiful

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

INSIDE THIS ISSUE:

*Watch Here



March is...
National Nutrition **MONTH***
[Link *HERE](#)

Pose of the Month

BRIDGE Pose

About the Pose

What is Bridge Pose?

- It is a backbend pose

How does Bridge Pose work?

- This pose strengthens mid and upper back muscles.

What are some benefits of the the Pose?

- Stretches chest, buttocks, thighs and ankles.
- May relieve back pain
- Can be a performed restoratively or dynamically



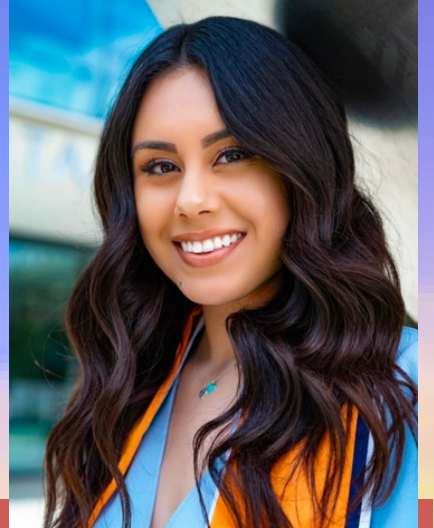
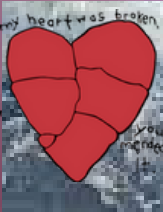
Step by Step

- Lie on your back with your knees bent and your feet on the mat, hip-distance apart.
- Bring your arms alongside your body, palms down.
- As you inhale, press down firmly through your feet and lift your hips.
- Press your upper arms down. You can clasp your hands behind your back and press your pinkie fingers into the mat. Broaden your collarbones and roll your shoulders beneath you.
- Continue to press down firmly through your heels and draw your thighs toward one another to keep them hip-distance apart.
- To finish, exhale as you release your hands and slowly lower yourself to the mat.

- Pose of the Month
- Exercise of the Month
- 11 Questions
- Healthy Habit
- Tweet of the Month
- TED Talk of the Month - Feature of the month
- We Heart Kids!
- One to Watch
- RFC Library
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- Current Groups -
- Feature of the Month -Resources
- Help Lines





Mindfulness Exercise of the Month

11 Questions

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

Interview with Vivian Vasquez, AMFT and Elevate Youth Grant Program Manager

Preparing Veggie Garlic Noodles

Ingredients

- 2 tablespoons vegetable oil
- 5 cloves garlic, minced
- 4 green onions, sliced, divided
- 2 carrots, cut into matchsticks
- 1 cup snap peas
- 2 tablespoons brown sugar
- 3 tablespoons soy sauce
- 9 oz dried rice noodles, cooked

Step by Step:

1. Heat the vegetable oil in a large skillet over medium heat. Add the garlic and 3 green onions and cook for 2-3 minutes, until fragrant and tender. Add the carrots and snap peas, then stir in the brown sugar and soy sauce.
2. Add the noodles and toss for a couple of minutes, until the noodles are well-coated and the vegetables are tender. Season with salt and pepper.
3. Serve immediately, garnished with the remaining green onion.
4. Enjoy!
5. (Add shrimp or chicken if you like)

1. What is the best vacation you ever took and why?

"The best vacation I took was in 2018 when I visited a relative in Taiwan. The culture, food, and people were amazing! I visited some of the world's most famous temples while I was there, the sights in Taiwan were something I will never forget."

2. Are you an early bird or night owl?

"I'm most definitely an early bird, I have the most energy in the mornings. I feel like I can accomplish anything in the morning!"

3. What is your favorite self-care activity?

"My favorite self-care activity is going for a run at the beach, it helps to clear my head and helps me feel at peace."

4. What was your favorite age growing up and why?

"My favorite age growing up was around 5 years old. At the time I was living in Houston with my mom and we made so many memories while living there. I will always hold those times close to my heart."

5. What is your favorite holiday?

"My favorite holiday is Halloween because my family and I dress up in costumes every year and we decorate our home in celebration of the holiday. Halloween is so fun!"

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

"The best piece of advice I've ever been given was to never settle for anything less than I deserve because life is too short. This piece of advice has helped me be who and where I am today and for that I will always be grateful."

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

"The thing about working at RFC that I like the best is the population I get to work with every day. The people I interact with daily are some of the most humble and resilient people I've ever crossed paths with. I appreciate my job every day."

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

"My car was given the name Trinity from the movie the Matrix. The color and design of my car went perfectly with the name."

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

"My least favorite food as a child was lentil soup. To this day it still gives me the ick! Haha"

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

"The last great movie I saw was Fury on Netflix. It's so good! I would highly recommend it."

11. What is your favorite dessert?

"My favorite dessert is frozen yogurt. I love (emphasize love) putting all kinds of fruit and sweets on my yogurt!"



What is International Women's Day? Watch Free: [Here](#)

RFC Library Pick

"Ocean Sound" from Pacific Park



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



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



Healthy Habit

Getting to know food labels

Research has found that getting to know food labels may help you make healthier choices overall when it comes to food.

How To?

1. Check the Serving size first. All the numbers on this label are for a 2/3-cup serving.
2. This package has 8 servings. If you eat the whole thing, you are eating 8 times the amount of calories, carbs, fat, etc., shown on the label.
3. Total Carbohydrate shows you types of carbs in the food, including sugar and fiber.
4. Choose foods with more fiber, vitamins, and minerals.
5. Choose foods with lower calories, saturated fat, sodium, and added sugars. Avoid trans fat.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 12g	24%
Saturated Fat 5g	10%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	20%
Total Carbohydrate 35g	70%
Dietary Fiber 4g	8%
Total Sugars 12g	24%
Includes 10g Added Sugars	20%
Protein 5g	10%
Total 17g	34%
Calcium 200mg	40%
Iron 10mg	20%
Potassium 200mg	40%

Article [-HERE](#)

TED

Ideas Worth Spreading

Caregiving Is Real Work - Let's Treat It That Way | Sharmi Surianarain



Watch [HERE](#)

"Tweety" Read



As a special treat for St. Patrick's Day, my kids will get to eat Lucky Charms for breakfast. Just kidding. They eat them every morning.

"Breakfast for Learning: Why the Morning Meal Matters"


Healthy Children.org



Link [HERE](#)

March is also Women's History Month

"Throughout history, the vision and achievements of powerful women have strengthened our Nation and opened the doors of opportunity wider for all of us. Though their stories too often go untold, all of us stand on the shoulders of these sung and unsung trailblazers — from the women who took a stand as suffragists, abolitionists, and labor leaders to pioneering scientists and engineers, groundbreaking artists, proud public servants, and brave members of our Armed Forces." (<https://www.whitehouse.gov>)




We Heart Kids!

How to Write Rad Comics
w/ Ron Robbins
(Ages 10-15)

When: March 25th
from 2-3pm

Info: [HERE](#)



Quote of Note

"Be there for others, but never leave yourself behind."



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]

Couples/Parejas [online/virtuales]

- Co-Parenting Group (English) - 18+ - FREE - Thursday @ 5-6pm
- Parenting Group (Spanish) - 18+ - FREE - Saturdays @ 9-10am
- Couples Group (English) - 18+ - FREE - Tuesday @ 6-7pm

Interested in joining our groups?

Check out our website and call our receptionist, Citlali, to register @ (310)970-1921

Resource

Food Bank Locator Website - [HERE](#)

351 East Temple St. Los Angeles, CA 90012
American Veteran Inc.
(Tel: 213-324-3333)
(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 & Crisis Lifeline

988- Call, Text or 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