

Spring 2015

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CENTER FOR
YOUTH WELLNESS
health begins with hope

WELLNESS CENTER DISPATCH

WELLNESS SUPPORT SERVICE

Pediatric Care
Wellness Coordination
Therapy
Biofeedback
Nutrition
Exercise
Acupuncture

**Bayview Child
Health Center**
415-697-0500

**Center for Youth
Wellness**
415-684-9520



Words of Wellness

Anita Alkire, RN, PHN, NP

It's Springtime! Nutrition. Fitness. Remember those New Year's Resolutions?

How many people make the same old New Year's resolutions? Lose weight, get healthy, work out, eat right, save money. And by January 2nd the resolution is almost forgotten and by the 5th you've gone to the gym twice and haven't been back since. By the 20th you've started the process of convincing yourself that resolutions are for dummies. Underneath it all, you really wish you could accomplish what you set to do and who you set out to be at the beginning of the year. It's now Spring and even if you haven't maintained those resolutions since Winter, fresh starts are in season! Keeping those resolutions to eat healthy and exercise helps combat toxic stress that can be caused by Adverse Childhood Experiences (ACEs). Exercising can help increase the "happy" chemicals in your body and choosing healthier food options can give your mind and body more energy. So what is the secret to keeping on track? Here are some tips and resources that can help you stay on track when it comes to your goals around wellness.

Tips from our staff to help you stay on track:

"When I'm craving something sweet I'll eat a (whole) piece of fruit before going for candy/cookie/cake/etc. Often after the fruit I don't want the sweet."



Instead of focusing solely on a patient's medical condition, nurses work to understand the psychological, spiritual, social, and physical needs of a patient when helping them heal. Gaining a holistic view of a patient helps them feel heard and build trust so they can begin to collaborate with health care providers to reach mutual wellness goals. This approach is in sync with the work the Center for Youth Wellness and the Bayview Child Health Center are doing to screen children for Adverse Childhood Experiences and prevent and heal the effects of toxic stress in our communities. I am proud to be a part of the team!

~Michelle Levinson | Clinic Manager at BCHC

"A few of my favorite things that are EASY to do to stay healthy. It sounds backwards, but try NOT to get a parking spot right in front of the store. It makes you get a few more steps in your day, and those steps add up. More steps = more calories burned! Take the stairs (at least one way) whenever you can. It helps strengthen the gluts! Drink two cups of water first thing in the morning. It helps keep you hydrated and awake for the rest of the day!"

~Anita Alkire | Wellness Nurse at CYW

"Keep healthy snacks on hand all the time! Granola bars, fruit, nuts, etc. Keep them in your purse, in your car, at your job. This will help curb cravings and help cut down on those "I'm starving" drive through stops...Oh and drink LOTS of water."

~Latanya Hilton | VP of Development & Strategic Planning at CYW

"Replace one short distance drive with a walk; start with one place, once and week and add another place or another day whenever possible."

~Lydia Vincent | Outreach Coordinator at CYW

"The kids and I love to play Just Dance 2015 or any other year. Its a great way to incorporate family time and fitness! We have so much fun! Or you can make up a family dance routine that the whole family can participate in."

~Nicole Banks | Receptionist at CYW

Free resources and services to get you started:

Supertracker: Make your personalized nutrition and physical activity plan to help you make healthier choices. Track your food and exercise. Visit www.supertracker.usda.gov to create a profile and get started!

Outpatient Nutrition Program: See a Registered Dietitian at SFGH for Medical Nutrition Therapy services including nutrition assessments & education. For more information, contact Debby Schlanger, MS, RD at (415) 206-8748 or debby.schlanger@sfdph.org. Hours: Tuesday-Friday: 8AM - 5PM.

FREE HEALTH RELATED HAPPENINGS

Soul Line Dancing* / Saturday, March 28, 9:30AM-10:30AM / Fun for the whole family and beginners are welcomed. Contact mmatthews@bcoa.org for more information.

First Saturday Health Party* / Saturday, April 4, 9AM-12PM / A free Saturday morning party that's good for your mind, body, and soul. Activities include: Afro Hip Hop, cooking demo, acupuncture, massage, & more! Contact communityorganizing@rafikicoalition.org for more information

*Events held at BCA/Rafiki Wellness: 601 Cesar Chavez Street (between Third St. & Pier 80). Visit www.bcoa.org for more

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