

# WASHINGTON COURTYARDS: HEALTHY EATING AND ACTIVE LIVING



A community newsletter brought to you  
by Health Education Council



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## COVID-19 Updates

Sources: Yolo County Website ([yolocounty.org](http://yolocounty.org));  
Official California State Government Website  
([covid19.ca.gov](http://covid19.ca.gov)); City of West Sacramento  
Website ([cityofwestsacramento.org](http://cityofwestsacramento.org))

Despite the expiration of the Shelter In Place order on May 28, 2020, Yolo County has reported an increase in COVID-19 cases in June 2020. With this in mind, we recommend you continue to take precautionary safety measures. We are now entering in the early 'Stage 2' of the resilience road map stage; however, all residents are still encouraged to practice social distancing and good hand-washing.

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“The County continues to move rapidly toward streamlining and clarifying processes aimed at approving and implementing the re-opening of select businesses and activities consistent with guidelines issued by the state.”

- Gary Sandy,  
Yolo County Board Chair



# What does stage 2 mean for us?

Stage 2 of the resilience roadmap is gradually re-opening some lower risk workplaces. This implies that some limitations will still be in place to ensure and protect public health and safety. Most of these workplaces includes: childcare, retail (curbside pick-up), manufacturing, offices, hair salons, drive-in religious services, and limited services.

However, please be advised that higher risk individuals need to continue to stay home until Stage 4 and follow the protocol.

Higher risk individuals include: people over 65 years of age, people with serious medical conditions, and people who live in nursing homes.

For additional information, visit

[www.yolocounty.org/coronavirus-roadmap](http://www.yolocounty.org/coronavirus-roadmap)



## California's roadmap to resilience stages:



**STAGE 1:**  
**Safety and  
preparedness**



**STAGE 2:**  
**Lower-risk  
workplaces**



**STAGE 3:**  
**Higher-risk  
workplaces**



**STAGE 4:**  
**End of Stay  
Home Order**

## Free testing for COVID-19

### West Sacramento COVID-19 Testing Center

Location:

- Club West, 1125  
Riverbank Rd. West  
Sacramento, CA 95605

Hours of operation:

- Tuesdays through Saturdays from 7am to 7pm

Details:

- Testing is available to anyone, regardless of documentation status or lack of insurance.
- Testing in West Sacramento is by appointment only by calling: (888)634-1123 or online at: <https://lhi.care/covidtesting>

### How to be safe from Coronavirus



If you are 60+ or if you have an underlying condition like **Cardiovascular disease, Respiratory condition, or Diabetes**, avoid crowded areas or places where you might interact with people who are sick.

Source: United Nations/World Health Organization





# Guidance for cloth face masks

Source: City of West Sacramento Website ([cityofwestsacramento.org](http://cityofwestsacramento.org)); World Health Organization ([www.who.int](http://www.who.int))

On June 18, 2020, the state of California introduced a statewide mandate that now requires the general public to wear face coverings in public spaces to help stop the spread of COVID-19.

## When to wear a face mask:

- o Inside any public space or store, including waiting in line to enter
- o When obtaining any form of healthcare service; hospitals, laboratory, medical clinic, pharmacy, veterinary clinic, dental office or blood bank.
- o Waiting for or riding on public transportation, paratransit, ride-share (including Via Rideshare)
- o Working or walking in common areas
- o Working in a space where food is prepared, packaged or distributed to others
- o In any room that is enclosed and people are present and unable to be physically distant
- o When outdoors in public spaces when maintaining a physical distance of 6 feet from persons who are not members of the same household or residence



## Individuals exempt from wearing a face mask:

- o Children two years and under must not wear a face covering because of the risk of suffocation
- o Persons who cannot wear a face covering due to a medical condition, mental health condition or disability that prevents them from wearing a face covering.

For full guidelines please visit the City of West Sacramento website ([cityofwestsacramento.org](http://cityofwestsacramento.org)) to view the State of California Department of Public Health's "Guidance for the use of Face Coverings"

# What to know about cloth face masks

Cloth face masks are becoming more commonly used due to the limited supply of in-store medical masks. At this time, the widespread use of masks are not supported by high-quality scientific evidence, and there can still be potential threat and harm. However, in some cases which social distancing may be impossible to maintain, the World Health Organization (WHO) advises that governments should encourage the use of non-medical cloth masks, which can act as a barrier to prevent the spread of the virus. New research findings identified the following preferable types of cloths, numbers of layers and the composition of a non-medical, cloth mask:

- An inner layer of absorbent material such as cotton
- A middle layer of non-woven material such as polypropylene
- An outer layer of a non-absorbent material, such as polyester, polyester blend or cotton

Keep in mind that masks on their own will not protect you from COVID-19. Please continue to wash your hands frequently and maintain social distancing in confined or crowded environments.



# Budget friendly recipes



## Three Sister's Salad

Quick, easy, and budget-friendly!

The "three sisters" are corn, beans, and squash (like zucchini). Native Americans planted them together in the garden because they help each other grow.

### Ingredients:

- 1 (15-ounce) can low-sodium or no salt added beans (black, kidney, or garbanzo)
- 1 (11-ounce) can corn with red and green peppers drained (or 1 cup fresh or frozen corn thawed)
- 1 small zucchini chopped
- 1 tablespoon chopped cilantro
- 2 tablespoon lime juice
- 1 jalapeño (optional)

### Directions:

- Carefully open can of beans. Drain beans and pour into a medium bowl
- Add corn, zucchini, cilantro, lime juice, and jalapeño
- Stir to combine. Serve right away or refrigerate for later

Serving size: 1 cup | Recipe makes 4 servings  
Total Calories: 220 Total fat: 1g Carbs: 43g  
Protein: 11g Fiber: 13g Sodium: 331mg

## Fastest- Ever Blueberry Muffin

Delicious and liver-friendly! Plus, blueberries are in season!

### Ingredients:

- Oil, butter, or cooking spray
- 2 tbsp fresh or frozen blueberries
- 1/4 cup plus 1 tbsp flour, ground flax, or almond meal
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 1 egg
- 1 tbsp honey, maple syrup, or sugar

### Directions:

- Grease a microwave-safe cup or bowl with butter or oil
- Mix dry ingredients together thoroughly
- Add egg and honey. Mix together
- Stir in blueberries
- Microwave for 60-90 seconds (depending on strength of microwave), or until fully cooked

## Did you know?

FOODS THAT ARE GOOD FOR YOUR LIVER INCLUDE:

Blueberries	Water
Oatmeal	Spinach
Broccoli	Herbs and
Coffee	Spices
Green Tea	

Serving size: 1 muffin | Recipe makes 1 serving  
Total Calories: 279 Total fat: 5 g Carbs: 46g  
Protein: 11g Fiber: 5g Sodium: 246mg

Find more recipes at  
[www.eatfresh.org](http://www.eatfresh.org)! Want to include  
your homemade recipes in our next  
newsletter? Email your recipe to:  
[rcullen@healthdcouncil.org](mailto:rcullen@healthdcouncil.org)



# Movement for Justice

Fighting for change during uncertain times

On May 25, 2020 a man named George Floyd was killed by a police officer, once again highlighting police brutality and injustice. Since that day, multiple demonstrations have been seen throughout the world to protest police violence and advocate for the end of systemic racism. The riots and looting that sprung from the incident are not new to this country. Similar riots and looting occurred in 1992 when a similar incident happened with the murder of Rodney King by a police officer. These looting and rioting actions date back to the time of the Boston Tea Party of December 16, 1973.



It is our first amendment right to assemble peacefully to protest our government and fight for change. This change does not come easy or for free. Many lives have been lost and the mental health of

those facing adversity, those in the protests and those watching from afar has been hurt.

Knowledge is power! Knowing how to help yourself and others is the best way to fight adversity and to maintain a healthy mental state during these times of change and uncertainty. Inform yourself and talk to your neighbors, friends and family about inequality, inequity; get to know your neighbor before judgement is made. Change starts with the only person you can change, yourself.

## Attend council meetings and become involved with local and state government.

To reduce the spread of COVID-19, members of the public are asked to watch the meeting Livestream by visiting <https://www.cityofwestsacramento.org/government/meetings-agendas/city-council>, or via Wave Cable Channel 20 and to submit comments in writing by 6:00 PM on the day of the meeting.

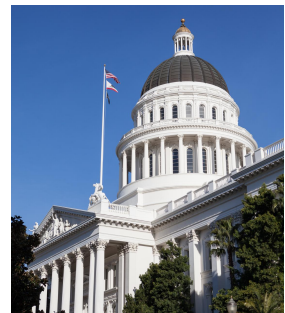
Send comments to [clerk@cityofwestsacramento.org](mailto:clerk@cityofwestsacramento.org) and write "Public Comment" in the subject line.



"We but mirror the world. All the tendencies present in the outer world are to be found in the world of our body. If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. This is the divine mystery supreme. A wonderful thing it is and the source of our happiness. We need not wait to see what others do."

– Mahatma Gandhi

Talk to your local government and speak up about things you have noticed and that you would like to change!



### West Sacramento City Council contact information:

Christopher Cabaldon, Mayor:  
(916) 617-4706

[christopherc@cityofwestsacramento.org](mailto:christopherc@cityofwestsacramento.org)

Beverly Sandeen, Mayor Pro Tem:  
(916) 617-4707

[beverlys@cityofwestsacramento.org](mailto:beverlys@cityofwestsacramento.org)

Chris Ledesma, Council Member:  
(916) 617-4708

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Martha Guerrero, Council Member:  
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Quirina Orozco, Council Member:  
(916) 617-4705

[quirinao@cityofwestsacramento.org](mailto:quirinao@cityofwestsacramento.org)

More information about your local government such as government meetings and current council member elections can be found at:

<https://www.cityofwestsacramento.org>



# Mental Health tips

Source: The Steve Fund ([stevefund.org](http://stevefund.org))

Rid yourself of the stigma of mental health. It is important to take time for personal reflection, meditation and self care. Especially during these times of uncertainty, adversity and trauma. You deserve it.

## Relaxation technique: Try these 5 steps:

Turn the TV off, put your phone in a separate room and find a safe space...

1. Sit or lay down somewhere comfortable
2. Close your eyes
3. Take a deep breath in through your nose for 3 seconds, hold it for 3 seconds and let the breath out through your mouth for 3 more seconds
4. Focus on your breathing; the feeling of the air through your nose, the feeling of the air as it fills your lungs, the feeling of your chest rising and falling
5. Repeat 5 times or as needed for a simple way to ease some stress and anxiety

Mental Health resources for activists, people of color and anyone willing to open their mind to be well:

<https://www.mindful.org/four-ways-people-of-color-can-foster-mental-health-and-practice-restorative-healing/>

<https://www.stevefund.org/celebrating-national-mental-health-awareness-month/>

Engage in self-talk (your internal talks with yourself) that supports and celebrates your strengths and nurtures positive actions that move you toward accomplishing your goals.

Dealing with racism, worrying about stereotypes, and feeling like an imposter can create layers of stress, tiredness, and isolation. Press pause, give yourself permission to slow down. Honor your emotions. Find someone to share your story with. Finding a connection who understands can be an important step towards healing and empowerment.

Practicing good self care is important to cope with mental health issues. Adequate sleep, exercise, nutrition, relaxation techniques, and creative outlets like arts and crafts can help you recharge.

## Feeling hopeless?

Having thoughts of death, harming yourself or others? Please reach out for help.

Text STEVE to 741741 to connect with a trained crisis counselor, 24/7 for free.

Call Sacramento County's Suicide Prevention Crisis Hotline at: (916) 368-3111



# Health Education Council (HEC) Community Updates

## Reminder: Complete your survey for a chance to win!

In mid-June an envelope with a questionnaire was sent to each apartment at West Capitol Courtyards, Washington Courtyards, Cummins Row, Patios #1, Patios #2 and Patios #3. This survey was created in order to help the Health Education Council create better connections with the residents of these properties and to be able to connect the residents to resources and various social services. If you fill out the short questionnaire and send it back to HEC in the pre-paid envelope, you will be entered into a raffle for a chance to win at \$100 gift card! The winner of the raffle will be contacted by phone no later than July 31st, 2020 and will be invited to be interviewed in our August newsletter, which is optional.



## Yolo County: Food Resources

Yolo County Food Bank is revising their previous food box delivery program that was offered in response to the COVID-19 pandemic. For the past few months, Yolo County Food Bank was offering a free, "no contact" food box delivery for low income senior citizens and other Yolo County residents with underlying health conditions who are not able to leave their homes. This service provided a weekly home delivery food box, supplemented with a bag of fresh produce, dairy products, and other essential items.



If you are a previous recipient of this program and wish to continue receiving food resources from us you are encouraged to re-apply for the program. The new application process includes more questions to allow the Yolo County Food Bank to get a better sense of what the needs are. Based on your answers, the Yolo County Food Bank will create a personalized food access plan tailoring to their needs.

If you believe that you or a family member qualifies, contact Richelle Cullen at: [rcullen@healtheducouncil.org](mailto:rcullen@healtheducouncil.org) or call: (916) 556-3344

### West Sacramento: Free food distribution locations:

1. Bryte Church - 1000 Sacramento Ave; Weekly on Wednesdays; Starts at 9 am until supplies last (drive-through distribution)
2. Alyce Norman Center - 1200 Anna Street; Weekly on Fridays; Starts at 9:30 am until supplies last (drive-through distribution)
3. Trinity Presbyterian Church - 1500 Park Blvd; 3rd Thursdays of the month; Starts at 6:30 pm until 7:30 pm
4. City Hall - 1110 West Capitol Ave; Weekly on Saturdays; Starts at 9:30 am until supplies last

**More distribution locations can be found on Yolo County Food Bank's website at: [www.yolofoodbank.org/get-help/](http://www.yolofoodbank.org/get-help/)**



# More community updates

## S.H.O.P. Program (Safety, Health, Opportunity and Practice)

HEC's S.H.O.P. Program promotes equity in Sacramento through violence prevention activities that bring together youth and community leaders. S.H.O.P. helps participants build mentoring relationships and a positive social network that they can rely on. S.H.O.P.'s multi-session curriculum focuses topics such as access to resources, financial literacy, education, safety, and social emotional connection.

S.H.O.P. currently has an online virtual summer program for youth ages 14 to 24 years old. The summer program is incentivized by a monetary stipend that participants will receive upon completion of the program.

Have questions? Please email Program Director, Imani Lucas at:  
[ilucas@healthedcouncil.org](mailto:ilucas@healthedcouncil.org)



## ATTENTION YOUTH AGES 14-24

S.H.O.P. 8-week summer program offering paid internships to completed projects related to financial literacy.

**June 8th - August 7th**

Students will benefit from:

- Network of mentors to help you find employment, if desired.
- Learn about the several different ways to earn income.
- Understanding credit management and budgeting.

**25 seats available.**

Register at:  
<https://healthedcouncil.org/prog-upd/shop.html>

Seats are still available and enrollment is open on an ongoing basis until seats are filled. To enroll, call: (916) 556-3344 or enroll online at: [healthedcouncil.org/prog-upd/shop.html](https://healthedcouncil.org/prog-upd/shop.html)

## Thinking about quitting smoking?

Free Program to double your chance of quitting for good

Quitting smoking can decrease your risk of developing cancer or having a heart attack. It is one of the best things you can do to improve your health.

One-on-one support is available from trained professionals in English, Spanish, Chinese, Korean and Vietnamese. Call 1-800-NoButts (1-800-662-8887) for a free nicotine patch\* starter kit.



CALIFORNIA  
SMOKERS' HELPLINE  
**1-800-NO-BUTTS**

Hours:

Monday - Friday from 7 am - 9 pm

Saturdays from 9 am to 5 pm

\*Free patches for qualified callers, made possible by funding from FIRST 5 California

