



The Gailen and Cathy Reever's Center
For Community Empowerment



A Gailen & Cathy Reever's Center for Community Empowerment Publication

November 2024

BE WELL
NEWSLETTER

Saint John's
Health Center
Providence

COVID -19 RESOURCES

UCLA END DISPARITIES
HEARTBEAT/F.E.A.S.T.
SATURDAY

OCTOBER 8, 2024- DECEMBER 27, 2024



KID'S ZONE
GARDEN PARTY



LOS ANGELES COUNCIL DISTRICT 8
COMMUNITY BASED ORGANIZATION GRANT FUND

OUR MISSION

THE GAILEN AND CATHY REEVERS CENTER FOR COMMUNITY EMPOWERMENT

The Gailen and Cathy Reeves Center for Community Empowerment, Inc. **promotes and strengthens** families and communities by offering **health & wellness, education, recreation, and cultural enrichment** programs.



EVENTS

GCRC JOINS IN THE POWER OF PARTNERSHIP AS WE WORK WITH **PROVIDENCE AND UCLA** TO ADDRESS HEALTH INEQUITIES IN OUR LOCAL COMMUNITY. FROM **VACCINE CLINICS TO HYPERTENSION PROGRAMS**, WE EMPOWER WELLNESS TOGETHER.

JOIN US FOR A FOCUS GROUP DISCUSSION ON COLORECTAL CANCER SCREENING

Saint John's
Cancer Institute
Saint John's Health Center
Providence



Are you age 30 or older?

We want to speak with you to better understand what you know about *Colorectal Cancer (CRC)*, *CRC screening*, and *your ideas about what we can do to encourage people in your community to get screened for CRC.*

Focus groups will include 8-12 people and will last 90 minutes.
Focus groups may be held in-person or virtually depending on participant preference.

Focus group dates, times, and locations will be determined based on participant availability.

Focus groups will be facilitated in English or Spanish

Focus group participants will receive a \$50 gift card

Childcare and stipends for transportation will be provided for in-person focus groups.

Food and refreshments will be provided.

Call 562-233-7431 or go to <https://redcap.link/barriersfocusgroup> or scan the QR code for more information and to see if you are eligible to participate.



THE HEARTBEAT / F.E.A.S.T. PROGRAM



THE PROGRAM KICKED OFF WITH ITS IN-PERSON WELLNESS CLASS LAST MONTH AND IS STILL GOING STRONG! STAY TUNED FOR MORE INFO ABOUT OUR NEXT SESSION, WHERE **TOGETHER**, WE WILL CREATE A MORE NOURISHING LIFE THROUGH **FOOD, EDUCATION, ACCESS, AND SUPPORT.**

TO LEARN MORE, CONTACT INFO@GCRCLA.ORG OR CALL (310) 834-1472



Healthy Eating

eat clean snacks

Rebel Dietitian, Dana McDonald, RD rebelDIETITIAN.US

1. Pistachios (25)
2. Fresh Fruit Popsicle
3. Veggies and Guacamole Dip
4. Bowl of Fresh Berries
5. Watermelon Slices
6. Walnuts (10 - 15)
7. Fresh Vegetable Juice
8. Baked Sweet Potato
9. Steamed Edamame
10. Mixed Nuts (1/4 cup)
11. Medjool Dates
12. Pecan Halves (10 - 15)
13. Whole Grain Tortilla with Nut Butter
14. Fresh Veggies with Hummus
15. Sliced Cucumbers
16. Fresh Pineapple Chunks
17. Mandarin Oranges
18. Banana with Peanut Butter
19. Carrot Sticks
20. Piece of Dark Chocolate (72%)
21. Almonds (23)
22. Baked Zucchini Chips
23. Fresh Mango Chunks
24. Small Dinner Salad
25. Cashews (10 - 15)
26. Raw Banana "Ice Cream"
27. Coconut Yogurt with Granola
28. DIY Apple Chips
29. Fresh Fruit Salad
30. Cup of Brown Rice
31. Hazelnuts (15 - 20)
32. DIY Raw Energy Bar
33. Dried Prunes or Apricots
34. Fresh Fruit Skewers
35. Apple Slices with Almond Butter
36. Plain Baked Potato
37. Fresh Smoothie
38. Muesli with Non-Dairy Milk
39. Broccoli and Cauliflower Florets
40. Veggie Wrap with Salsa
41. Oatmeal with Fresh Fruit
42. Grilled Peaches with Cinnamon
43. Baked Sweet Potato Fries
44. Two Bananas and Raw Almonds
45. Chocolate Covered Bananas (Frozen)
46. Cinnamon Popcorn
47. Frozen Grapes
48. DIY Trail Mix (1/4 cup)
49. Fresh Fruit Skewers
50. Peanut Butter Banana Sandwich



DISEASE PREVENTION

Treatment of disease is not the buzzword we're hearing today, but they're words that should become household words. Disease prevention is most valuable when it's implemented and monitored by the physician and adhered to by the patient. Disease prevention puts patients in a better position to live healthy lives, decreases the onset of disease, increases our lifespan, and improves our overall wellbeing in mental health, physical health, and emotional well-being.

SEVEN WAYS TO PREVENT DISEASE

YEARLY HEALTH SCREENINGS

STOP SMOKING

EXERCISE

EATING A HEALTHY DIET

WEIGHT LOSS

MEDICATION COMPLIANCE

VACCINES AND IMMUNIZATIONS



OUR FUNDING

CD8 COMMUNITY GRANT FUND

We are honored to be a recipient of

Council District 8 Community Grant Award.

We are proud to be a part of the diverse group of CD8 Community Grant Recipients. Specifically, we are thrilled to work alongside fellow organizations focused on benefitting the residents of CD8.



#CD8 COMMUNITY GRANT AWARD

BLACK EMPOWERMENT FUND



We are thrilled to be recipients of **@calfund's Black Empowerment Fund.**

As 1 of the 20 nonprofits receiving grants, we are excited to continue making a difference in our community.

#BlackEquityLA

THE BLACK EQUITY COLLECTIVE



UCLA END DISPARITIES GRANT

UCLA





The Gailen and Cathy Reeves Center
For Community Empowerment

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**GCRC IS A 501(C)(3)
ORGANIZATION**

**ALL DONATIONS ARE
TAX-DEDUCTIBLE.**



The Gailen and Cathy Reeves Center
For Community Empowerment

OUR PARTNERS



collective
BLACK @ EQUITY



UCLA Health

Saint John's Health Center

