



Health and Learning

A Quarterly Newsletter of the Daly City Youth Health Center

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New DCYHC Designated Fund Set Up for Donors

The Health Center recently created a Designated Fund through Philanthropic Ventures Foundation (PVF), nationally recognized for its innovative grantmaking and philanthropy. The new fund enables individuals, families, foundations and corporations to make donations to the Health Center by “designating” the Health Center as the recipient. Since PVF is a 501 (c) (3) public charity, donors are given the maximum tax deduction for their charitable giving. To make a donation, checks should be made payable to the Daly City Youth Health Center or Philanthropic Ventures Foundation and sent directly to PVF at 1222 Preservation Park Way, Oakland CA 94612-1201. Donors to the Fund receive an acknowledgement of their contributions from PVF. For more information, visit PVF on the web at www.venturesfoundation.org.

Breakfast Event Held to Thank Donors and Volunteers

On December 10, the Health Center held an Appreciation Breakfast to honor our volunteers and donors. In recent months, numerous volunteers have assisted the Health Center by giving of their time generously. Here are some of the ways our volunteers have helped us during the past year:

- ◆ Staffed our Annual Immunization Campaign
- ◆ Provided clerical help in our clinic
- ◆ Updated mental health resource materials
- ◆ Prepared statistical reports
- ◆ Provided mentoring to at-risk teens
- ◆ Facilitated our Teen Mom’s Support Group
- ◆ Served on our Advisory Councils
- ◆ Translated presentation text into Spanish for family planning conference in Mexico
- ◆ Gave presentations to our support groups

We are also pleased to report that our recently launched Donation Campaign has brought in \$1,824 from individuals and families so far. Our goal is to reach \$15,000 in individual donations by July 1, 2004. All of the donations are being used to purchase needed goods and services for our clients. In December, the MomFriends of Pacifica and the Pacifica Mothers Club donated toys and presents for the Teen Mom’s Support Group Holiday Party.

Thank you to all our volunteers and donors. Your support means everything to us! For more information on volunteering and donating, visit us on the web at www.dalycityyouth.org, or call Barbara Raboy (Director) or Carolyn Keefe (Development Coordinator) at 650-991-2240.

Support Groups

Parenting Your Teen: New group starts February 11 at DCYHC. Meets on Wednesdays, 6-8pm. Info: Jane 650-991-2240. Suggested donation \$5-10.

Young Dads' Support Group: For parenting teens and young adults. Meets on Wednesdays, 6-8pm at DCYHC. Info: Alex 650-573-2505.

Pregnant & Parenting Teen Moms' Support Group: A new group starts January 22 at Baden Adult School (Room 6, 825 Southwood, So. S.F.) and will meet on Thursdays from 3-5pm.

Staff from the *Parents Leadership Institute* will be visiting the group on February 12, 19 and 26 to teach a workshop on dealing with tantrums and discipline problems, and staying connected with your children. These workshops will take place during the regular support group meeting time. Classes will be taught in English, but materials and translation for Spanish speakers will be available. Childcare and dinner will be provided. Please call Carolyn or Heidi at 650-991-2240 to reserve a spot.

New Year Wish List

Happy New Year! As each of us begins a new year, please consider making a donation to the Health Center. Below is a wish list of supplies and equipment we currently need. To make a donation call Barb or Carolyn at 650-991-2240. Thank you!

- case of white photo copy paper
- 2 dozen 3-ring binders
- 200 manila file folders (1/3 cut)
- 2 dozen legal-ruled writing pads
- 2 easels with flip chart holders
- rotary literature display
- digital camera
- photocopier
- multimedia projector
- 25 stacking chairs (vinyl seats)
- laminating machine
- outdoor trash receptacle

Nutrition Tips for Teens

Good nutrition is important for good health. A balanced daily diet provides the following nutrients: protein, calcium, iron, zinc, vitamins, minerals, fiber and carbohydrates. Fast food, sugary snacks and sodas known to be high in fat and salt content, should be avoided. Drinking lots of water and getting exercise every day are also important. To stay healthy, it's important to eat a variety of foods in the right amount from each of the food groups. Below is a list of the five food groups and the recommended daily servings from each food group. This information represents what diet and nutrition experts currently recommend.

Five Food Groups:

GRAINS (bread, cereal, rice, pasta): 6-11 servings

VEGETABLES: 3-5 servings

FRUIT: 3-5 servings

MEAT, POULTRY, FISH, WHOLE BEANS,

EGGS, NUTS: 2-3 servings

MILK, YOGURT, CHEESE: 2-3 servings

Our clinic has free copies of *Fast Meals & Quick Snacks - A Cookbook for Teens*. This book was made possible by the U.S. Dept. of Agriculture, Food Stamp Program, through the California Nutrition Network for Healthy, Active Families, and the Sutter Memorial Hospital Adolescent Family Life Program (Sacramento, CA). The book shows how cooking at home can be fun for the whole family, and less expensive than eating out. This is a great resource for teens.

Paint-A-Thon and Human Race Events Set for Spring '04

Join us on Saturday, April 24 for an all-day Clinic Paint-A-Thon. Volunteer painters are needed and we need help planning the event. On Saturday, May 8, the Health Center will be participating in the *Human Race*, an annual community fundraising event held by the Volunteer Center of San Mateo County. The Health Center needs volunteer walkers and runners as well as individuals to sponsor the walkers and runners. We also need food for event participants. To help with these events call Barb or Carolyn at 650-991-2240.

Health and learning go hand in hand!