

# Health and Learning

Newsletter Vol. 8 No. 1. January – March 2008

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## From the Director, Barbara Raboy, MPH

Happy New Year! I hope your holidays were filled with joy.

Speaking of the holidays, I am pleased to report that DCYHC staff selected our *Teen Moms and Moms To Be Support Group* to receive holiday gifts from Health Center staff. Pictured below are staff members Nhan Huynh (foreground) and Jane Hipe (background), getting gifts ready for the teens.



On December 20<sup>th</sup>, staff from our *Pathways for Success* program took 9 students from Westmoor High School to volunteer at the *Compass*

*Community Services Annual Holiday Party* in San Francisco. The event brought together hundreds of homeless and formerly homeless families to share the holiday spirit with food, games, gifts, and entertainment.

This volunteer activity was an after-school field trip on the last day of school before the winter break. The *Pathways* students could have been somewhere else that day, but instead decided to volunteer. I am very proud of the students and staff for volunteering at this event.

Staff members Elaine Bautista (left) and Laura Chavez (right) served up a delicious holiday meal.



*Pathways* participants, sisters Melissa (left) and Melanie Bunac (right), were among the youth who volunteered.



Plans are underway for our 3<sup>rd</sup> Annual Awards Dinner Reception and Silent Auction, which will be held on April 30<sup>th</sup>. See the "Save the Date" article below for more information.

We wish to thank the Woodlawn Foundation for their recent general operating support grant as well as the countless dedicated individual donors who made donations to the Health Center during our annual end-of-the-year giving program.

## Save the Date

Mark your calendar! On Wednesday, April 30, 2008 from 6 – 9pm, we will be holding our **3<sup>rd</sup> Annual Awards Dinner Reception and Silent Auction**. This event honors our current and former youth and adult volunteers, and is taking place during National Volunteer Week. The event will be at Dominic's at Oyster Point (So. S.F.). Over 200 community members including elected officials, community leaders, founding members, staff, collaborative agencies, donors, youth and parents will gather for our annual fundraiser.

We are very excited to announce that this year a portion of our silent auction will be listed on eBay! This will give those of you who cannot attend our event an opportunity to support the Health Center. Please stay tuned for more details about our first on-line auction!

For more information including tickets, sponsorships, program advertising sales, or silent auction donations, please call Tracey Heather at 650-985-7014 or visit [www.dalycityyouth.org](http://www.dalycityyouth.org).

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## Now's the Time to Kick the Habit!

This February, DCYHC clients can take a big step towards a healthier life by quitting smoking.

The Daly City Youth Health Center is proud to team up with *Breathe California* to offer its **Ash Kickers Quit-Smoking Class**. The class is free for San Mateo County residents.

Led by a trained facilitator, the 6-session class offers participants 18-22 years old, resources, strategies and support to quit and stay quit. Together we'll help them every step of the way to becoming smoke-free. Don't let tobacco grab hold of your life. Throw out your cigarettes and sign-up today!

Classes start Tuesday, February 26<sup>th</sup> from 6:30 to 8:00 pm at the Health Center.

For more information, contact your Health Center provider or call Michela at *Breathe California* at 650-994-5868.

### Donate Your Vehicle

to support DCYHC

Easy, fast, efficient service.  
DMV and tow included. Tax deductible!

Call 650-985-7014  
or visit [www.vehiclesforcharity.com](http://www.vehiclesforcharity.com)

## JUHSD's Health and Wellness Activities

Join us January 31st at the District Office (699 Serramonte Blvd in Daly City), 5:30-8:00 pm, to share dinner, finalize mission statement, prioritize projects, hear school Wellness reports, view curriculum maps, and look at 2007 California Healthy Kids Survey data. Please contact Nancy Eagan, 550-7943, [neagan@juhsd.net](mailto:neagan@juhsd.net), if you would like to attend.

Prevention Program news: In Pacifica, *Tobacco Prevention Peer Educators* have worked for four years with the city of Pacifica to get an ordinance adopted that requires tobacco merchants to buy a Tobacco Retail License. License fees will provide funding for periodic compliance checks designed to educate merchants and monitor and prevent sales to youth under 18. On Jan. 28<sup>th</sup> the Peer Educators will present to the City Council, along with Chief Saunders, Pacifica Police Department, to formally request passage of the ordinance.

Three teams of JUHSD students will attend *Teens Tackle Tobacco, Alcohol and Drugs Youth*

*Conference* on February 4<sup>th</sup> at U.C. Berkeley. Some of the students will present at workshops.

*Project H.E.A.R.T.* (Healthy Eating and Right Nutrition), an obesity prevention program at Westmoor, Jefferson and two middle schools, is seeking new funding to continue positive lifestyle/school site changes youth have championed since 2005.

The *Partnership for a Safe and Healthy Pacifica*, a federally funded program to reduce substance abuse is seeking adult volunteers to work with **T-MAC** youth on special projects (Teens Making a Change). Attend a Volunteer Orientation meeting: Jan. 23rd, 6-7 pm, or Jan. 25th, Noon to 1 pm at Oceana High School (Room 402 by soccer field), 401 Paloma Avenue, Pacifica. For more information contact: Mary Bier, Coordinator, 550-7336, [mbier@juhsd.net](mailto:mbier@juhsd.net); Nancy Eagan, Director, 550-7943, [neagan@juhsd.net](mailto:neagan@juhsd.net).

## Support Group Corner

**Positive Parenting:** This FREE workshop and support group for parents meets on Wednesday evenings from 6:00-8:00pm at Jefferson High School. The location is room B204 at 6996 Mission Street in Daly City. The group facilitators are fluent in Tagalog and Spanish. For more information, please call Jane Hipe at 650-985-7018.

**Pregnant & Parenting Teen Moms' Support Group:** This FREE group meets Mondays from 12:00-1:00pm at Baden Adult School, Room #6, 825 Southwood Drive in So. S.F. For more information, please call Neepa Parikh at 650-985-7018 or Marianne LaRuffa at 650-985-7017.

## A NEW WAY TO SUPPORT THE HEALTH CENTER!



Do you currently sell items on eBay? Did you know that you can visit <http://givingworks.ebay.com> to register your items for sale and donate part or the entire final sale price to the Daly City Youth Health Center?

**eBay Giving Works** is an innovative program designed to put the power of the eBay Marketplace to work for nonprofit organizations. To date, more than \$40 million has been raised for nonprofits through items sold on eBay. Join today and support the Health Center! If you have any questions, please contact Tracey Heather at 650-985-7014.