



News at the Q



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April 2019

Inside this issue:

National Child Abuse Awareness Month  2

Outreach Events  2

Q's Quote Corner 2



Need Help to Enroll in Medicaid?

Contact
Veronica or Harry
215) 227-0300
ext. 7326 or 7309

April 2019 - Resilience!

National Health Observances for April

- National Minority Health Month
- National Child Abuse Prevention Month

National Minority Health Month begins on April 1, 2019, and the HHS Office of Minority Health will join our partners in raising awareness about the important

role an active lifestyle plays in keeping us healthy. The theme, **Active & Healthy**, highlights the health benefits from even small amounts of moderate-to-vigorous physical activity throughout the day. Every move counts! And physical activity promotes health and reduces the risk of chronic diseases and other conditions that are more common or severe among racial and ethnic minority groups. National Minority Health month is observed every year in April to highlight the health disparities that persist among racial and ethnic minority populations and the ways in which legislation, policies and programs can help advance health equity." Everyone in America should have the



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chance to live a healthy life, regardless of who they are and where they live.

Quality Community Health Care, Inc.,

recognizes Minority Health Month all year and the providers are committed to giving quality medical and dental health care to everyone regardless of his or her ability to pay. Do not end up a disparity, statistic, be counted among those who partner in their health. Make an appointment today. Call: (215) 227-0300

<https://content.govdelivery.com/accounts/USOPHSOMH/bulletins/22cf103/>

Resilience (FYI)

Have you ever found yourself wondering what makes someone successful at work and in ones personal life?

Chances are, like many people you



imagine that the key to success at work is intelligence or going above and beyond the demands of the role such as working extra long hours or taking on extra commitments. However, in modern workplaces characterized by staff cutbacks, deadlines, rivalry and organizational change, success relies on an individual's capacity to cope and even thrive

when faced with stress. Broadly speaking, resilience is the ability to 'bounce back' when encountering the challenges that are an inevitable part of life. The workplace presents a different range of stressors to employees. What is resilience in the workplace? Why is it even important? Can individuals even become more resilient anyway?

The exciting thing about resilience is that it is a skill. Like any skill, with practice, resilience can be learned. By acting **mindfully**, the employees who display resilience notice particular patterns in their thinking that may be impeding their chance at occupational success. This awareness promotes a capacity to cope with stress and unexpected challenges. Modern workplaces are typified by change. The climate of work imposes on employees a need to be flexible and adaptive. **Resilient workers** are seen to be more able to manage inevitable changes and deal with novel scenarios. They are also more skilled at dealing with setbacks and have the capacity to move on after they encounter a stumbling block.

Remember... Resilience is important to success. Incorporating positivity, emotional insight, balance, spirituality and reflection. will assist in the process of developing resiliency at work and in ones personal life.

<https://positivepsychologyprogram.com/resilience-in-the-workplace/#resilience-in-workplace>



"What you leave behind says as much about you as what you bring along."

National Child Abuse Awareness Month

April is National Child Abuse Prevention Month Building Community Building Hope Strong, nurturing communities that are supportive of families can get involved and play a role in preventing child

abuse and neglect and promoting child and family well-being. At the

Children's Bureau's Office on Child Abuse and Neglect (OCAN), we know that communities have the power to solve the problem of child maltreatment.

That's why the theme for **National Child Abuse Prevention Month** (NCAPM) is "Building Community, Building Hope." To support service providers and communities in their efforts to prevent child abuse and promote well-being, we've developed several resources, including a film series and a resource guide.

Included in this month's issue, we have included signs to be aware of and a few tips on how to act instead of reacting to day-to-day family stressors.

Managing Stress What's Happening
Everyone has stress, whether it's a bad day at work, car trouble, or simply too many things to do. However, too much stress can make it hard to parent effectively. After a while, your children may show signs of being stressed out, too!

What You Might Be Seeing
Some signs that you are stressed include:

- Feeling angry or irritable a lot of the time
- Feeling hopeless
- Having trouble making decisions
- Crying easily
- Worrying all the time
- Arguing with friends or your partner
- Overeating or not eating enough



- Being unable to sleep or wanting to sleep all the time

A build-up of stress also can contribute to health problems, including allergies, a sore neck or back, headaches, upset stomach, and high blood pressure.

What You Can Do
It is important to learn how to manage your

stress—for your own sake and for your children. The following suggestions may help:

Identify what's making you stressed. Everyone's stressors are different. Yours might be related to money, work, your surroundings (traffic, crime), your partner, your children's behavior, or health issues.

Accept what you cannot change. Ask yourself, "Can I do anything about it?" If the answer is no, try to focus on something else. If there is something you can do (look for a new job, for example), break it into smaller steps so it doesn't feel overwhelming.

Have faith. Look back at previous times when you have overcome challenges. Think, "This too shall pass." Consider that people who attend church, pray regularly, or practice other forms of spirituality tend to have less stress.

Relax! Try deep breathing, meditation, yoga, or listening to music. Take 30 minutes to play a board game and laugh with your kids.

Take care of your health. Getting enough sleep can make a big difference in your stress level. So can eating healthy foods and getting some exercise.

Take time for yourself. Take a bath, read a book, or pick up a hobby. When you can, hire a babysitter (or trade

time with a friend or neighbor) and get out for a few hours.

Develop a support network. Don't be afraid to ask for help. Older children can set the table. Your spouse or partner could take over bedtime a few nights a week. Friends might pick up the kids from school to give you a break.

Remember: Learning to manage your stress will improve your happiness and show your children that they can handle stress, too!

Also remember your Doctor is just a phone call away. If you think you need help, please call (215) 227 0300

immediately.
https://www.childwelfare.gov/pubPDFs/stress_ts.pdf

Outreach Events
Eat Right Philly
(PA-SNAP-Ed)

Purpose: To engage school families in learning about their health

Goal: Host 9 different community wellness events with in the zip codes 19121 and 19132

QCHC Outreach will be providing resources and Complimentary BP Screenings at:

Richard R. Wright Elementary
April 4th 12:00-2:00pm
E. W. Rhodes Middle School,
Friday, April 26th
10:00am-12:00noon