



May is a Month of Many!

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May is...

Each month, Healthy Fontana features a certain health topic in the newsletter. This month, we are celebrating 3: mental health, biking, and older Americans!



"You Are Not Alone"

Each May, the National Alliance on Mental Illness (NAMI) celebrates May as Mental Health Month and this year's theme is "You Are Not Alone" to stress the importance that it is okay not to be okay. Healthy Fontana just proclaimed the month of May as **Mental Health**

Awareness Month in the City of Fontana and will be following NAMI's theme and remind the community that we can work together so that no one feels alone in their struggles and as community we can come together to help anyone affected by mental illness get the appropriate care and support to live a healthy life.

What does mental health mean to you? Does it mean laughing everyday? Gardening? Talking with friends or family? **Share with us** via a video, poem, painting, song or more! Pick any creative piece and send to healthy@fontana.org for your chance at a **\$50 Target e-Gift Card**. More details can be found at healthyfontana.org.

"I lost myself physically...now I feel a lot more energetic."

Healthy Fontana recently had the pleasure of talking with 13 year old Hazel R. and her mom about walking, mental health, and more. Hazel would have experienced her first year of middle school last year, but because of COVID, she was forced into the virtual experience. The reason she got into walking was because she was getting sick of being home due to stay at home orders. She says, **"I lost myself physically and wanted to take a breather and go out**

Memorable Fruit Pizza for Memorial Day!



What you need:

- 1 English muffin (opt for whole grain)
- 2 Tablespoons reduced-fat cream cheese
- 2 Tablespoons sliced strawberries
- 2 Tablespoons blueberries
- 2 Tablespoons crushed pineapple

How to Make:

- 1. Wash hands with soap & water.

side and enjoy...when I did that...I feel a lot more energetic." She recommends that others stay healthy by not '*stressing themselves out too much*' and maintaining good mental health. Hazel has found that meditation during her walks also helps. Her passion for music and dance also drives Hazel to do things she's always wanted to do.

When asked what **mental health** means to her, Hazel talked about the importance of having a "**positive mindset**" and having a positive image of '**knowing how we can react.**' She adds that making time to **do something for yourself** also really helps.

Although she has little time for herself, Hazel's mom, Esperanza, always makes time to show her family "**amor, respeto, tranquilidad**" (translated: love, respect, tranquility). She believes that as a mother, she can transmit these qualities to her children by first being well herself.

Special thanks to Hazel and Esperanza for exemplifying a healthy mind and what it can do for a family.

Why Bike? Why Not?

Since 1956, May has been recognized as National Bike Month by the League of American Bicyclists. Typically during Bike Month, the League celebrates biking as a means to get to work, recreation activities, and more. Unfortunately, things might look a little different this year, but they continue to stress that biking can help all of us maintain our physical and mental health: "**Even short rides have massive benefits, including reducing stress and anxiety, and improving happiness, mental focus, and sleep.**" Regular cycling also stimulates the heart, lungs, and circulation, helping reduce the risk of cardiovascular diseases. Research has also shown that "people who cycle to work have 2-3 times less exposure to pollution than car commuters" and a longitudinal study of 30,000 people aged 20-93 years old found that regular cycling protected them from heart disease.

In honor of Bike Month, Healthy Fontana will be giving away **FREE helmets** all month long (while supplies last) for those who complete a Bike Safety Quiz. Healthy Fontana will also be giving away a **FREE bike to an adult and child** for those who participate in the month's activities. For more information, visit healthyfontana.org or call (909) 350-6542.

Sources:

National Alliance on Mental Illness website

The League of American Bicyclists website

Fontana Walks! And, They Ride, Too!

2. Split open the English muffin and toast the halves until slightly brown.

3. Spread cream cheese on both halves.

4. Divide the fruit between the two muffin halves and arrange on top of the cream cheese.

These are best when eaten after making but can also be refrigerated for later.

Extra Extra!

* Use any combination of fruit for the topping such as apples, peaches, or pears.

* Try peanut butter or another nut butter instead of cream cheese for added protein.

* Sprinkle nuts or seeds on top of each half for an added crunch!

Recipe from FoodHero.org



"Gardening adds years to your life and life to your years."

With the recent installation of Central City Park and the new 0.75 acre community garden in the City of Fontana, Healthy Fontana reminds everyone that gardening can be great for your mental and physical health. Clinical studies have shown that the more people who used their gardens were less likely to experience stress in a time where 1 out of 4 adults suffer from mental illness. "A report in the *Mental Health Journal* cited



Fontana Walks participants, Abel and Arlene, have been walking and riding together for years. Keeping active and staying healthy is not new to them. Being older Americans, they don't use their age as an excuse not to be active or stay healthy. They want people to remember that **'Being active can be as simple as taking a walk, and being around nature'** like their recent visit to the Mary Vagle Nature Center to take in fresh air and be around greenery.

Besides walking and finding online workouts, the couple enjoy biking regularly. Arlene began biking as a young child as a means of transportation and a way to get groceries. Abel, on the other hand, did not realize his passion for the activity until his 50s when his younger sibling asked him to join a bike ride. They both have been biking ever since, sometimes even together on a tandem bike!

With May also being mental health awareness month, the couple was asked what mental health means to them and what they feel can help improve one's mental health. For Abel, being surrounded by loved ones is important: *"Being with someone helps lift one's spirits."* For Arlene, mental health means **"being active and making healthy food choices."** Thanks to Abel and Arlene for reminding us that we can stay youthful by biking!

Registered Fontana Walks participants who **participate in the May 15th virtual event will be entered into a drawing for a \$50 Target e gift-card and an opportunity at an adult or child bike and repair kit.** For more information, visit fontanawalks.org or call (909) 350-6542.

The Administration for Community Living recognizes every May as **Older Americans Month** and this year's theme, **"Communities of Strength,"** emphasizes the opportunities we have to stay connected and engaged to build a strong community. Be sure to reach out to the older Americans in your life this month and engage them in healthy activities all month long!

gardening as being able to reduce stress and improve mood, with a reduction in symptoms of depression and anxiety."

We also love gardening because, gardening:

- Boosts air quality
- Promotes physical activity
- Encourages healthy eating
- Decreases the risk of illness

Save the Dates!

- 5/1/21-5/31/21: Entries accepted for opportunity drawings all month
- 5/9/21: Mother's Day
- 5/15/21: Virtual Fontana Walks!/Rides!
- 5/31/21: Memorial Day Holiday - Try the 'Memorable Fruit Pizza' recipe above!
- 5/31/21: Last day to submit entries into the opportunity drawings

Connect with Healthy Fontana!

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Healthy Fontana Hotline (909) 350-6542

www.healthyfontana.org | healthy@fontana.org

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