

# Happy Healthy New Year from Healthy Fontana! TEST

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## A Happy and Healthy New Year Can Start With You Now!

Now that the 'holiday season' is coming to an end, many of us look to new year's resolutions to ring in 2022. While one of the most popular resolutions is to get healthier physically, let's not forget about our mental health.



### "Take Walks or Listen to Music"

This year, consider focusing on your non-physical health and focusing on your mental health. Mental health is so important and there are steps we can take to reduce some risks in our physical health like reduction in stress leads to lower blood pressure. Some easy ways to get healthier in 2022 is to take walks or listen to music. The Centers for Disease Control and Prevention (CDC) recommends this as a great way to be more mindful of ourselves and it's an easy free way to focus on our mental state. The CDC also recommends an easy way to be healthier is to talk to our loved ones, the holidays can get us running around neglecting some of our loved ones in the bustle of it all. Now

### Lightly Curried Butternut Squash Soup



Ready to Eat In: 45 minutes

Servings Per Recipe: 4

What you Need:

- 1 Butternut Squash
- 1 Teaspoon Olive Oil
- 1 Onion, medium, diced
- 1 Green Bell Pepper, diced
- 3 Garlic Cloves, finely chopped
- 1 Teaspoon Cumin Powder
- 1 Teaspoon Ground Coriander
- 1 Teaspoon Turmeric
- 1/2 Teaspoon Cayenne Pepper
- 13.5 Ounces Light Coconut Milk
- 3 Cups Water

that the holidays are over, don't forget to call your loved ones or connect with friends and ask them how they are doing. Not only is this great for personal mental health but also helps others because it reminds them that the people in their lives care. Dedicate time weekly or monthly if you can to connecting with your family and friends. And, make a resolution to be more present in your day to day life and take a break from screen time such as phones or tablets when around others. Other great mental health resolutions can be reading more at night for mindful clarity, showing gratitude like thanking family or coworkers, writing in a journal, and/or meditating. These are just a few ideas on how to focus on our mental health this year and you can find more resources as well as tips or hotlines on <https://www.cdc.gov/mentalhealth/tools-resources>.

Additional resources for mental health can be found right in your community. San Bernardino County in partnership with The National Alliance on Mental Health list additional services available to you here: <https://www.namisb.org/resources>.

The National Alliance website also has resources for COVID related mental health as many of us may have experienced unique hardships the past two years. To speak to someone about mental health or services, check out this list of hotlines <https://www.namisb.org/crisis-services>. You can also call the Department of Behavioral Health which can direct any specific questions or concerns to the correct department at 1-888-743-1478.

This new year let's help break the stigma around mental health and don't be afraid to ask for help, if you need it. Prioritizing your mental health is just as important as your physical health.

## Be more active in your community and meet new people!

If you're looking for even more resolutions to start this year, why not try being more active in your community and meet new people?

Join [\*\*Fontana Walks\*\*](#) where you can get steps for your physical health and meet others in the community for your social health.

Gardening can also be another great tool for mental health with a yummy incentive. Did you know you can lease your very own garden plot in the City of Fontana for a small fee? For more information check out <https://www.fontana.org/491/Garden-Plots>. And, keep an eye out for workshops and events in the garden coming to you this year.

Wishing you all a happy and healthy new year in 2022! We look forward to seeing you soon!

- Salt & Pepper, to taste

Optional: Sour Cream Scallions, and Cilantro

To Make:

1. To prep the squash, peel off the tough skin w/a potato peeler. Cut the squash in 1/2 lengthwise with a sharp chef's knife, then scoop out the seeds and gloop.

2. Slice off the stem & very bottom of the squash & throw away. Take each 1/2 of the squash & place face-down on a cutting board. Slice each across into 1/2" sticks, then turn each slice into cubes.

3. Heat the olive oil in a large pot over medium heat. Add the onion, pepper, & garlic. Sauté for 2 minutes. Add the cubed squash & spices and stir.

4. Put a lid on the pot & let cook for another 2 minutes. Add coconut milk & water & stir. Bring soup to a boil, then turn down the heat to low & let cook -30 minutes, or until squash is tender.

5. Once squash is tender, taste the soup & add salt & pepper as needed.

6. Wait until the soup has cooled before transferring to a blender. Puree until smooth, then taste again & add more salt/pepper, as needed.

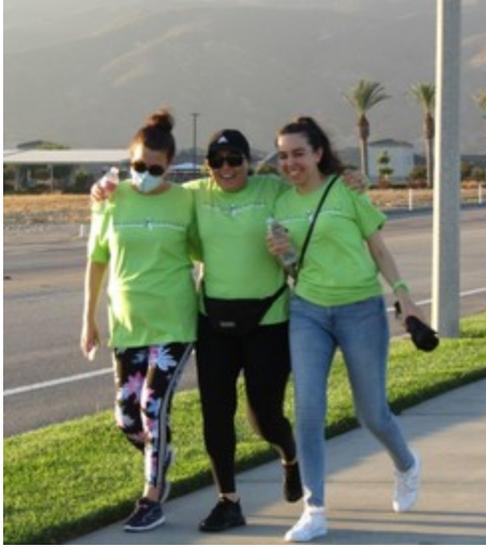
7. Pour into bowls & add optional toppings, if desired.

From: eatfresh.org

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### Upcoming Events:

- 1/17/22: Martin Luther King, Jr. Day - Community Services Department closed in observance
- 2/12/22: Fontana Walks! at Mary Vagle Nature



## Connect with Healthy Fontana!

Community Services Department

16860 Valencia Avenue | Fontana, CA 92335

Healthy Fontana Hotline (909) 350-6542

[www.healthfontana.org](http://www.healthfontana.org) | [healthy@fontana.org](mailto:healthy@fontana.org)

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