



# Alameda Family Services

Changing Lives, Building Community, Since 1969

## AGENCY UPDATE

By Katherine Schwartz, Executive Director

Discrimination and racism against Asian Americans is not new in this country. The political climate combined with ignorance, however, has resulted in a significant increase in violence and hate-crimes against Asian American communities. This past year has seen thousands of reports of racist verbal and physical assaults directed towards Asian Americans, which are terrifying. The recent mass murder of innocent people in Atlanta, most of whom were of Asian descent, only serves to increase the real fear experienced by our Asian American sisters and brothers every day.

Alameda Family Services stands against racism and discrimination of any kind. We stand firmly in unity with our Asian American sisters and brothers and with all people of color. We must be vocal allies and vigilant in our watch for xenophobia and racism in all its forms.

Alameda Family Services condemns racist words and actions towards all people of color and is committed to healing the divisions within our communities. Through inclusion, equality, and justice racism can be overcome and will be overcome.

These events can be traumatizing. If you need support in any way, please call us (510) 629-6210. Alameda Family Services is here.

## MENTAL HEALTH TIP

Heavy heart? Busy schedule? Full mind? Mindfulness is about paying attention to the current moment with intention.

Here are a few ways to add mindfulness to your day, brought to you by our School Based Program.

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### A FEW WAYS TO PRACTICE MINDFULNESS

-  Go for a walk, pay attention to what you're walking on and how it feels.
-  Pause, look around you. Be curious, as if you're seeing things for the first time.
-  Make every breath count. Inhale, a slow count to 3. Gently hold for 3 then; Exhale, a slow count to 3.
-  Move with your breath. Inhale - arms up. Exhale - arms down. Repeat.

Thank you to our Chef's Kitchen series sponsors!



# PROGRAM UPDATES

## School Based Program

In addition to being one of the longest months of the school year, March has been an incredibly busy month for the school based program. Our team has been honoring, highlighting, and spreading awareness about National Nutrition Month, World Teen Mental Wellness Day, and Women's History Month. Our team also flexed their creativity muscles establishing some new alliterations used in our Instagram posts & Snapshot Newsletter to remind youth to take care of themselves such as Mindfulness March, Wellness Wednesdays, & Thoughtful Thursdays.

## Early Childhood & Family Support

March 24th was our "Growing Garden Soup 0-5 Activity Bag Distribution Day". In partnership with the Alameda Early Learning Community Network, we hosted a press conference with special guests that included Supervisor Wilma Chan, Alameda Mayor Marilyn Ezzy Ashcraft, AUSD Board member Jennifer Williams, as well as our own Executive Director Katherine Schwartz. We also heard from parents and Island High School student interns that help out our program. Thank you to our partners for serving the community and teaching children the importance of learning while having fun!



# SPOTLIGHT: CHEF'S KITCHEN



During our Chef's Kitchen fundraising event this month with C'era Una Volta, Chef Rudy Duran taught us how to make Risotto allo Zafferano - Saffron Risotto with zucchini and shrimp; Filetto di Pesce Arrosto - Roasted whole fish (Branzino or Orata); Panna Cotta alla "mi moniera" - Panna Cotta done "my way".



A big thank you to our event sponsor, Kate McCaffrey Group | Compass, in addition to our series sponsors. It is only with your generous support that these events are possible.

Don't miss our final Chef's Kitchen event coming up on April 12th with Chef Saboor Zafari from Angelas!

Go to [alamedafs.org/chef](https://alamedafs.org/chef) to reserve today!

Donate at [alamedafs.org/donations.html](https://alamedafs.org/donations.html)