

NEWSLETTER

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MAY 2022

 @frontstinc



Code to the weekly Mood Boost. Scan QR code with your phone's camera for quick access.

Diversity Calendar

May is Mental Health Awareness Month!

Continue to page 3 for more on why our recognizing mental health is critical and how you can celebrate throughout the month.

5/1: International Worker's Day, or May Day, commemorates the historic struggles and gains made by workers and the labour movement, observed in many countries on May 1. In the United States and Canada a similar observance, known as Labor Day, occurs on the first Monday of September. May Day is celebrated on Sunday, May 1, 2022.

5/8: friendly reminder that **Mother's Day** is just a week away!

5/21: World Day for Cultural Diversity affirms culture's contribution to the three dimensions of sustainable development, acknowledging further the natural and cultural diversity of the world, and recognizing that cultures and civilizations can contribute to, and are crucial enablers of, sustainable development. Cultural diversity is a driving force of development, not only with respect to economic growth, but also as a means of leading a more fulfilling intellectual, emotional, moral and spiritual life.

Read the full article at www.un.org



(Photo: celebrating cultural diversity via @UNESCO)

5/22: It is always important to celebrate **International Day for Biological Diversity!** The United Nations has proclaimed May 22 The International Day for Biological Diversity (IDB) to increase understanding and awareness of biodiversity issues. The theme for 2022 is "Building a shared future for all life."

4/30: Correction from the April calendar; Beltane was mistakenly said to take place on 4/1. In 2022, Beltane was celebrated on 4/30.

- TIC Tip -

After trauma the world is experienced with a different nervous system. The survivor's energy now becomes focused on suppressing inner chaos, at the expense of spontaneous involvement in their life.

- Dr. Bessel Van Der Kolk

TIC Media Pick

Have you already checked out the *Wisdom of Trauma* All Access Pass material? Watch the videos straight from your smartphone or listen to these expert discussions like a podcast. When we talk about becoming more trauma-informed, it's hard to beat the resources we have right at our fingertips.

THE ALL ACCESS PASS

Website: www.wisdomoftrauma.com

Login ID: **ckortlever@frontst.com**

Password: **c57WkGrP34**

Click on "View Product" and voila!

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Trauma Informed Care

TIC Meeting Recap, April 2022

Our April meeting focus was centered on training and immediate action. How do we plan to integrate TIC training? Where are opportunities to examine our work through a TIC lens throughout the workday?

The following items have been initiated as a result:

- Increase TIC training for newly hired teammates. Include screenings of both *Healing Neen* and *Wisdom of Trauma* during the orientation and initial 2-week training schedule. Training change to take place immediately.
- Have as many FS teammates watch the film, *Wisdom of Trauma*, as possible by June 2022. The film may no longer be readily accessible after that time.
- Begin TIC framed discussions following the screening of the film
- Increase TIC training amongst managers

Long lasting and impactful change can take time. As a company, we are committed to building a truly trauma-informed workforce and will continue to take the necessary steps to lead this necessary culture shift within our company-based and local community.

Why do we celebrate MH Awareness Month?

Mental health awareness is the ongoing effort to **reduce the stigma around mental illness and mental health conditions by sharing our personal experiences**. Often, because of misconceptions about mental health and mental fitness, people often suffer in silence and their conditions go untreated.

Where does the impact of our MH show up?

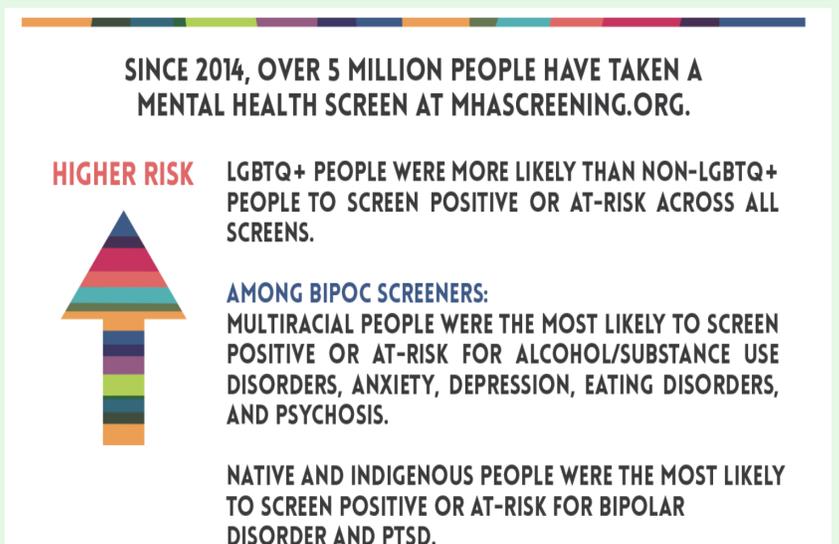
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental and physical health are equally important components of overall health. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



MAY IS MENTAL HEALTH MONTH 2020

DEI, Mental Health, and Ongoing Education

As an agency, we are constantly evaluating how we can improve ourselves as leaders, as service providers, as teammates, and as individuals. Being mental health advocates, we strive to educate ourselves and others on the significance of mental health in all life domains. That being said, when talking about mental health, we would be remiss to say that it affects us all equally. As part of the FS Family of Companies Diversity, Equity, and Inclusion Initiative we will be using our monthly newsletter to highlight the intersection between DEI and mental health. While the information is not always easy to read, it's essential to building a more diverse, equitable, and inclusive future.



Source: [Mental Health America](https://www.mentalhealthamerica.net)



How to Celebrate: A week by week guide to supporting our Mental Health throughout the month

Week 1 Finding it: checking in with me

Supporting our MH starts with recognizing where we're at! Begin checking in with yourself by intentionally taking pause and noticing what's happening in your body; are our shoulders tense, has our breathing changed, are we experiencing any pain, or is our face becoming flush? "The body keeps the score," so recognizing these changes within our body can be a great first step to gauging our individual mental health.

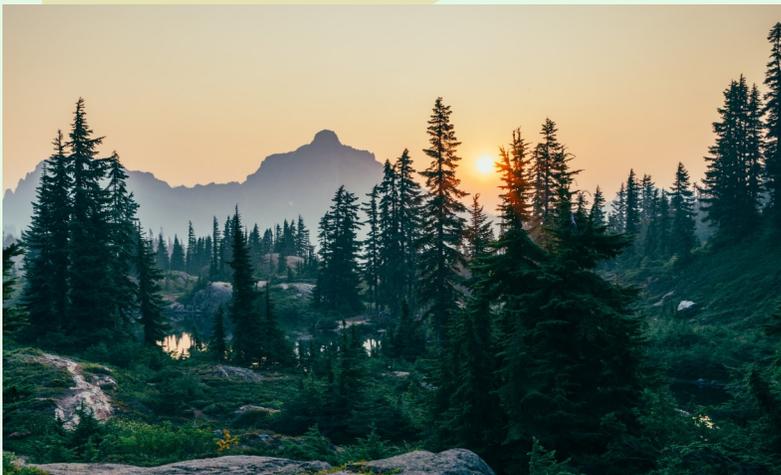


Week 2 Reflecting: mindfulness + meditation

Once we recognize that these changes are occurring we can set an intention to learn more about them. By working towards a state of mindfulness through such exercises as mindful meditation, tai chi, or qi gong, we can become more curious, aware, and comfortable with the discomfort and more familiar with what soothes us.

Week 3 Reconnecting: grounding

Consider using grounding techniques to reconnect with yourself! Grounding can take many forms, but an activity as simple as walking barefoot on the ground, immersing oneself in nature, or hugging a tree (seriously!) may help.



Week 4 Practicing: goal setting

Lastly, set a goal. Work towards making mindfulness an ingrained habit by setting attainable goals to continue the practice! Consider trying 1 meditation a week until you're ready to add more later on.

Garlicky Tomato Soup with Smashed White Beans

By [The Minimalist Baker](#)

A recipe to sit in a dew-dripped garden perhaps? A perfect Spring picnic snack? I would say that's exactly how our May featured recipe will be described. This quick 10-ingredient dish will keep the comfort through chilly afternoons and foggy evenings. Pairs best with garlic bread or a plant-based grilled cheese sandwich.

Ingredients

- 10 medium-large garlic cloves, peeled
- 3 Tbsp extra-virgin olive oil or olive oil
- 1 tsp red pepper flakes (omit or reduce for less heat)
- 2 Tbsp tomato paste
- 2 (15-oz.) cans white beans, slightly drained (cannellini or navy beans)
- 1 (28-oz.) can crushed tomatoes
- 1 cup vegetable broth (or water)
- 1/2 tsp sea salt (plus more to taste)
- 1-2 tsp maple syrup (plus more to taste)
- 1 (14-oz.) can coconut milk*, well shaken (divided)

Instructions

1. On a cutting board, smash the peeled cloves of garlic using the bottom of a heavy skillet or pan until flat and slightly broken apart.
2. To a large saucepan or pot over medium-low heat, add the olive oil then add the smashed garlic. Cook, stirring occasionally, until slightly golden brown. Then add the red pepper flakes and tomato paste and stir. Cook for another few minutes, stirring occasionally.
3. Add the (slightly drained) white beans, crushed tomatoes, vegetable broth or water, and salt. Bring to a low boil, then partly cover, reduce heat, and simmer until slightly thickened and fragrant – about 15-20 minutes. The longer it simmers and reduces, the richer the flavor will become.
4. Use a potato masher or the back of a wooden spoon to smash some of the beans (roughly half). Add the maple syrup and one quarter of the coconut milk (reserving the rest for serving) and stir.
5. Season to taste, adding more maple syrup for sweetness / to balance acidity, salt to taste, red pepper flakes for heat, or coconut milk for subtle sweetness / creaminess.
6. Serve hot. Garnish with remaining coconut milk and a pinch of red pepper flakes. Vegan parmesan cheese is also a nice optional touch.
7. Store cooled leftovers covered in the refrigerator for up to 4-5 days, or in the freezer for up to 2 months.

(Photo via The Minimalist Baker)



JOB BOARD

Current openings in the Front St. Family of Companies.

Front St. Admin. Svcs.–7th Ave. Center LLC- Front St. Inc–Front St. Housing Inc.– Laurel St. LLC

(*) indicates new job posting

FSAS/PAGET/HOUSING

***Occupational Therapist**

Full Time, FSI- Comm. Supports
Santa Cruz

Maintenance

Full Time, FSAS
Santa Cruz

Healing the Streets Case Manager

Full Time, - Comm. Supports
Santa Cruz

Healing the Streets Support Coach

Full Time, FSI- Comm. Supports
Santa Cruz

Peer Support Coach

Full Time, FSI–Housing/OAS-INN
Santa Cruz

Housing Sustainability Coordinator

Full Time, FSI–Sup. Housing
Santa Cruz

Caregiver

Full Time, FSI–Paget
Santa Cruz

FSI–DRAKE/ALL

***MHSS Coordinator**

Full Time, FSI
Santa Cruz + Monterey

Housekeeper

Full Time, FSI–Drake
Monterey

Cook

Full Time, FSI–Drake
Monterey

Kitchen Supervisor

Full Time, FSI-Drake
Monterey

Maintenance Technician

Full Time, FSI--Drake
Monterey

Med Room Nurse

Part Time, FSI–Drake
Monterey

Appointment Coordinator

Full Time, FSI–Drake
Monterey

Residential Caregiver

Full Time, FSI–Drake
Monterey

FSI–ALL/7TH

***Human Resource Assistant**

Full Time/Part Time, FSAS
Santa Cruz

LPHA Support

Part Time, FSI
Santa Cruz, Monterey

Senior MHSS Manager

Full Time, FSI
Santa Cruz, Monterey

On-Call Caregiver

Per Diem, FSI
Santa Cruz

Residential Caregiver

Full Time, FSI
Santa Cruz

Cook

Full Time, FSI–Willowbrook
Ben Lomond

Direct Care / Unlicensed Nursing Staff

Full Time, 7th Ave.
Santa Cruz

Nurse

Full Time/Part Time, 7th Ave.
Santa Cruz

CONTRIBUTIONS

Diversity calendar features: *International Day for Biodiversity*, <https://www.cbd.int/biodiversity-day>, *World Day for Cultural Diversity for Dialogue and Development*, <https://www.un.org/en/observances/cultural-diversity-day>,

Recipe and image via The Simple Veganista

Vision and “trauma-resources” image: wisdomoftrauma.com