



WHAT'S HAPPENING IN 93706

*From the desk of Executive Director Yolanda Randles
July 2023: Back to School Special Edition*



The West Fresno Family Resource Center has been providing free school supplies, clothing, haircuts, and shoes to up to 2,000 families a year for the past 20 years through its Back to School event. This year, the Family Resource Center is teaming up with CalViva Health and the Fresno Grizzlies give out even more supplies and to bring a unique experience to families. The event, which will take place at the Chukchansi Park, the Grizzlies' stadium, will also include a free meal and tickets to the baseball game for children and their families. Additionally, community vendors

and volunteers will provide resources and information on topics such as employment, school readiness, health screenings, and safety. Raffles and drawings will be held and participants can win other items such as tablets and bicycles.

It is our goal to make sure that every child in the community has the supplies and resources they need to start the school year off right. Don't miss out on this amazing opportunity to support our community and make a difference in the lives of our children. Join us on August 5, 3-6 p.m. at Chukchansi Park for this back to school event of the year!

BACK TO SCHOOL HEALTH FAIR



IN PARTNERSHIP WITH FRESNO GRIZZLIES AND CALVIVA HEALTH
Health screenings - Haircuts - and Free school supplies while they last, CHILD MUST BE PRESENT

**August 5, 2023
3pm to 6pm
Chukchansi Park
1800 Tulare St. Fresno Ca. 93721**

**FOR MORE INFORMATION
CALL 559-621-2967 OR VISIT WWW.WFRESNOFRC.ORG**





21ST FERIA DE SALUD DE REGRESO A LA ESCUELA

EN ASOCIACIÓN CON FRESNO GRIZZLIES Y CALVIVA HEALTH

**Exámenes de salud, cortes de cabello y útiles escolares gratuitos
mientras duren, EL NIÑO DEBE ESTAR PRESENTE**

**5 de agosto de 2023
3pm a 6pm
Chukchansi Park
1800 Tulare St. Fresno Ca 93721**

Para más información

LLame 559-621-2967 O VISITE WWW.WFRESNOFRC.ORG



'Let's pack the park'

Organizations collaborating to sponsor huge back-to-school event

CalViva Health and the Fresno Grizzlies are joining forces with the West Fresno Family Resource Center in an effort that could lead to the largest back-to-school event in the Fresno area.

These community-based organizations already know that back-to-school shopping can be stressful for some parents. But thanks to this collaboration, many students and parents will experience a sense of relief.

"The goal is that when it comes time for back to school we don't want parents to have to decide if they will pay a bill or buy school supplies," said Courtney Shapiro, director of Community



Courtney Shapiro, CalViva

Relations and Marketing for CalViva Health “We don’t want them to have to make that decision.”

Shapiro said every year there are several small backpack events, but she believes one huge event would have a greater impact on the Fresno community. CalViva reached out to its partners, which raised \$80,000 for the event. The goal is to serve as many as 5,000 families.

The event at Chukchansi Park, 1800 Tulare Street, will provide free school supplies, haircuts, clothing, and shoes. In addition, the park will be filled with community vendors and volunteers that will provide resources and information on topics such as employment, school readiness, health screenings and safety. Tablets, bicycles and other prizes will be raffled. To top the day off, participants will be given free tickets to watch the Fresno Grizzlies play a game of baseball. Of course, one can’t attend a baseball game without eating a hot dog. A meal will be provided as well.



Jason Hannold, Grizzlies

“Let’s pack the park,” said Jason Hannold, executive director of the Rotary Club of Fresno and a Community Advisor for the Fresno Grizzlies.

“We’ve been able to make this a grand event so that every child and parent in the city and county of Fresno has the ability to access backpacks and supplies.”

The Grizzlies are participating in this event because they want to be a good community partner, Hannold said.

“There’s nobody better here to partner with than Yolanda and the West Fresno Family Resource Center,” he said. “They’ve been doing this for 20 years very successfully.”

Shapiro said her organization also wants to do its share to help the community where its client live and work. CalViva serves more than 360,000 individuals, Shapiro said.

“We know that good health doesn’t just happen in a doctor’s office and we want to be able to meet the needs of our members where they are,” she said. “We focus in on giving back and working with local partners, such as the West Fresno Family Resource Center, that understand the community needs.”

What you need to know before you go

Important Rules To Follow:

- Every child must be accompanied by an adult
- Adults can only get supplies for children that are with them
- Adults must stay with children during the game



By the Numbers

Four Zones

Kids Zone
Health Zone
School Zone
BackPack Zone



50

Barbers

50

Vendors

5,000

Backpacks stuffed with school supplies



No cost to participants taking City Buses to the event

Back-to-School organizers are trying to think of everything to make this a successful event, including transportation and plenty of ice cold water. Participants riding City buses just need to tell the driver they are headed to the Back to School Event at Chukchansi Park, and the ride will be FREE.



“We want to provide as much as we can for the kids and community,” said Toni Wilson, outreach specialist for the Family Resource

Center. "We want them to have a great day. We're going to have a great event."

The event will be three times its normal size, Wilson said. "This is a great partnership with CalViva and the Grizzlies as we all want the students to start school on the right foot. This is great for our community."

For more information regarding the back-to-school event, or to get your questions answered, please contact:

Toni Wilson: (559) 981-1783

Hope Flint: (559) 981-1795

Take me out to the Ball Game



Free tickets to the game, a hot dog and soda, will be distributed during the Back to School Event

Rancho Cucamonga Quakes at Fresno Grizzlies

Chukchansi Park • Fresno, CA

PREPARE FOR EXTREME HEAT!

Why is Extreme Heat Dangerous?

- Extreme heat is one of the deadliest of all extreme weather events.
- Everyone is at risk! A person of any age who has prolonged exposure to extreme heat may suffer from heat illness and even death.



Who is at Highest Risk?



- People with greater heat sensitivity or heat vulnerability are at an increased risk of heat illness and death, including older adults, young children, those with chronic health conditions, those who are pregnant, urban residents, and those who work in non-air-conditioned environments.
- Warning signs of heat illness vary, but may include heavy sweating, muscle cramps, weakness, headache, nausea or vomiting, paleness, tiredness, or dizziness.

Create Your Own Heat Plan Checklist

- Make a plan for extreme heat that includes knowing the signs of heat illness, and helping friends and family.
- Check in on family and other vulnerable community members, such as those who are older, or those who have chronic health conditions.
- Know where your local cooling center is located and where to find transportation.



RESOURCES:

Learn more at HeatReadyCA.com



HeatReadyCA.com

¡PREPÁRATE PARA EL CALOR EXTREMO!

¿Por qué es peligroso el calor extremo?

- El calor extremo es uno de los eventos climáticos extremos más mortíferos.
- ¡Todo el mundo está en riesgo! Una persona de cualquier edad que tenga una exposición prolongada al calor extremo puede enfermarse gravemente por el calor e incluso morir.



¿Quién está en mayor riesgo?



- Las personas con mayor sensibilidad al calor o vulnerabilidad al calor corren un mayor riesgo de enfermarse por el calor e incluso morir, incluidos los adultos mayores, los niños pequeños, las personas con enfermedades crónicas, las embarazadas, los residentes urbanos y los que trabajan en ambientes sin aire acondicionado.
- Las señales de advertencia de las enfermedades causadas por el calor varían, pero pueden incluir sudoración abundante, calambres musculares, debilidad, dolor de cabeza, náuseas o vómitos, palidez, cansancio o mareos.

Crea tu plan contra el calor con lista de verificación

- Haz un plan en caso de calor extremo que incluya conocer los signos de las enfermedades causadas por el calor y ayudar a amigos y familiares.
- Mantente pendiente de tu familia y otros miembros vulnerables de tu comunidad, como los adultos mayores o los que tienen condiciones de salud crónicas.
- Conoce dónde se encuentra tu centro de enfriamiento local y dónde encontrar transporte.



RECURSOS:

Obtén más información en CuidateDelCalorCA.com



CuidateDelCalorCA.com

Conserving Water and Preparing for Heat in California – Frequently Asked Questions

Our climate is shifting, causing weather conditions like extreme heat to become more common. Extreme heat is a hazard to human health, worsens drought conditions, and exacerbates wildfires. As we move into the summer months, how can we work together to adapt to this new normal, stay cool, and conserve our limited water supply?



How can I conserve water in my daily life?

- Fixing leaks inside and outside the home can save up to 90 gallons of water each day.
- Running the washing machine only when full can save up to 45 gallons per load.
- Running the dishwasher only when full saves up to 24 gallons per load compared to washing dishes by hand.
- Installing aerators can save up to half a gallon per minute.
- Installing high-efficiency toilets can save up to 35 gallons per day.
- Instead of letting the water run while washing veggies and fruits, fill a bowl with water, drop them in and wipe them dry.
- Placing a bucket inside the shower while your water warms up and using it in your garden is a great way to save. Shorten your showers, take cold showers, or turn off the water while shaving – each of these actions can save over 10 gallons of water each shower.

Are there rebate programs for yard transformation?

Check with your local water agency to see if they can offer financial assistance with water-wise yard transformation, such as planting water-wise plants which are drought-resistant and adapted to California's climate.

Where can I learn more about extreme heat preparedness and water conservation?

Get heat ready at HeatReadyCA.com. Find out all the ways to conserve water at SaveOurWater.com.



HeatReadyCA.com

How can I cool down my home during extreme heat?

Set air conditioning to 78 degrees or lower. If air conditioning is unavailable create a darker, cooler environment by closing blinds and drapes, closing doors to unused rooms, using fans, including bathroom and stove fans to help circulate air, and avoiding using your stove.

For information about how to get help with your electricity bill, visit climateaction.ca.gov or csd.ca.gov/linwap.

Where can I go to get cool?

Keep cool by visiting a cooling center or other air-conditioned building, such as a local library, shopping mall, or community center. Public parks with shady areas or pools also can provide relief. Protect yourself further with a hat, sunglasses, sunscreen, and by staying hydrated. Call 2-1-1 to find essential community services for staying safe. Call 5-1-1 to find public transportation options if needed.

Centers:

- Maxie L. Parks Community Center 1802 E. California Ave.
- Mosqueda Community Center 4670 E. Butler Ave.
- Ted C. Willis Community Center 770 N. San Pablo Ave.
- Pinedale Community Center 7170 N. Pablo Ave., Pinedale

What are the warning signs of heat-related illnesses, like heat stroke?

Warning signs of heat illness vary, but may include heavy sweating, muscle cramps, feeling weak, headache, nausea or vomiting, tiredness, or dizziness. If experiencing symptoms, stop physical activity, move to a cool place, change into light, loose clothing, sip water and, if symptoms worsen, get immediate medical help. If you have a fever of 103 degrees or higher, you may be suffering from heat stroke and should call 9-1-1.

How can I help mitigate the risk of blackouts?

Conserve energy by turning off lights and avoiding use of major appliances, setting thermostats to 78 degrees or lower, and avoiding charging electric vehicles during Flex Alerts to keep the power grid stable.

Cuidar El Agua y Prepararse Para El Calor En California - Preguntas Frecuentes

Nuestro clima está cambiando, lo que hace que las condiciones climáticas, como los eventos de calor extremo, se vuelvan más comunes. El calor extremo es peligroso, hace que nuestros periodos secos sean más secos y aumenta el riesgo de incendios forestales. A medida que avanzamos hacia los meses de verano, ¿cómo podemos trabajar juntos para adaptarnos a esta nueva normalidad, mantenernos frescos y ahorrar agua?



¿Cómo puedo conservar el agua en mi día a día?

- Reparar fugas dentro y fuera del hogar puede ahorrar hasta 90 galones de agua al día.
- Llenar la lavadora sólo con cargas completas puede ahorrar hasta 45 galones en cada lavada.
- Usar el lavavajillas sólo cuando esté lleno ahorra hasta 24 galones de agua cada vez, comparado a lavar los trastes a mano.
- Utilizar aireadores puede ahorrar hasta medio galón por minuto.
- Instalar inodoros eficientes puede ahorrar hasta 35 galones por día.
- En lugar de lavar frutas y verduras con el grifo abierto, lávalas en un tazón con agua.
- Utiliza una cubeta para recolectar el agua de la ducha mientras se calienta. Toma duchas cortas y frías, y cierra la regadera al rasurarte. Estas acciones pueden ahorrar hasta 10 galones cada vez.

¿Existen programas de reembolso para la transformación de jardines?

Consulta con tu agencia de agua local para ver si ofrecen asistencia financiera para la transformación de jardines de poco riego, como la plantación de plantas de poco riego que sean resistentes a la sequía y se adapten al clima de California.

¿Dónde puedo obtener más información sobre cómo prepararme para el calor extremo y la conservación del agua?

Prepárate para el calor en CuidateDelCalorCA.com. Descubre todas las formas de conservar el agua en CuidemosNuestraAgua.com



CuidateDelCalorCA.com

¿Cómo puedo enfriar mi casa durante el calor extremo?

Ajusta el aire acondicionado a 78 grados o menos. Si el aire acondicionado no está disponible, crea un ambiente más oscuro y fresco cerrando las persianas y cortinas, cerrando las puertas de las habitaciones que no se usan, usando ventiladores, incluidos los ventiladores del baño y de la cocina, para ayudar a que circule el aire y evitando usar la cocina.

Para información sobre cómo obtener ayuda con tu recibo de electricidad visita climateaction.ca.gov o https://www.csd.ca.gov/lihwap.

¿Dónde puedo ir para refrescarme?

Mantente fresco visitando un centro de enfriamiento u otro edificio con aire acondicionado, como una biblioteca local, un centro comercial o un centro comunitario. Los parques públicos con áreas de sombra o piscinas también pueden brindar alivio. Protégete aún más con un sombrero, gafas de sol, protector solar y mantenéndote hidratado. Llama al 2-1-1 para encontrar servicios comunitarios esenciales para mantenerte seguro. Llama al 5-1-1 para encontrar opciones de transporte público si es necesario.

Centro:

- Maxie L. Parks Community Center 1802 E. California Ave.
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- Ted C. Willis Community Center 770 N. San Pablo Ave.
- Pinedale Community Center 7170 N. Pablo Ave., Pinedale

¿Cuáles son las señales de advertencia de enfermedades relacionadas con el calor, como la insolación?

Las señales de advertencia de las enfermedades causadas por el calor varían, pero pueden incluir sudoración excesiva, calambres, debilidad, dolor de cabeza, náusea, vómito, cansancio o mareos. Si presentas cualquiera de estos síntomas, detén toda actividad física, acude a un lugar fresco, ponte ropa ligera y holgada, bebe agua y, si los síntomas empeoran, obtén ayuda médica de inmediato. Llama al 9-1-1 si presentas cualquiera de estos síntomas o si tienes fiebre superior a los 103 °F (39 °C), ya que puede ser una insolación.

¿Cómo puedo ayudar a mitigar el riesgo de apagones?

Ahorra energía apagando las luces y evitando usar electrodomésticos grandes, ajusta el termostato a 78 °F (25 °C) o menos, y evita recargar coches eléctricos durante las Flex Alerts para prevenir apagones.



Next Food Distribution Days

August 3, 2023, Mary Ella Brown Center
1:00 p.m. to 3:00 p.m.

August 10, 2023, Mary Ella Brown Center
1:00 p.m. to 3:00 p.m.

August 17, 2023, Mary Ella Brown Center
1:00 p.m. to 3:00 p.m.

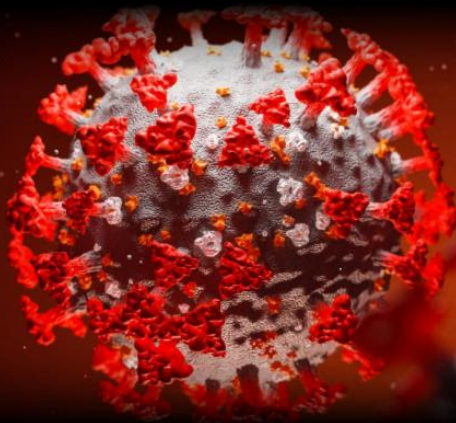
August 24, 2023, Mary Ella Brown Center
1:00 p.m. to 3:00 p.m.

Senior Food Drive (60 and older)

August 7, 2023, Maxie L. Parks Center
1:00 p.m. to 2:30 p.m.

OR

August 1, 2023, Mary Ella Brown Center
10:00 a.m. to 11:30 p.m.



COVID-19 UPDATES AND RESOURCES

Free COVID and Health Care Clinics*

No appointments needed. No insurance required

Every First and Third Thursday
Mary Ella Brown Center
1350 E. Annadale Ave. Fresno, Ca 93706

FREE COVID and Health Care Clinics
No appointment needed. No insurance required.

**Every
First and Third
Thursday**

Mary Ella Brown Center

1350 E. Annadale Ave.

Fresno, CA 93706

*Clinic dates and services may be subject to change.



1st Thursday

12PM - 2PM

COVID Care Clinic

+ **COVID-19 Test-to-Treat**
Testing • Treatments • Vaccines

3rd Thursday

10AM - 2PM

Health Care Clinic Services

+ **Health Screenings**

Heart Rate • Blood Pressure • Blood Sugar/Glucose

+ **COVID-19 Test-to-Treat**

Testing • Treatments • Vaccines

+ **Prescription Refills***

For diagnosed chronic conditions: High Blood Pressure, Diabetes, Asthma, etc.

*Proof of medication is required to receive prescription refills. No controlled substances.

+ **Vaccines**

COVID-19 • Flu Shots

+ **Wound Care**

Basic care of wounds and provider examination.



Scan the code to see
Upcoming Clinics

dates, locations, services, event details and more.



fresno.ucsf.edu/mobilehealth
Call/Text: (559) 349-8082

UCSF Fresno
Mobile Health and Learning

Cada Primer y Tercer Jueves

Mary Ella Brown Center
1350 E. Annadale Ave.
Fresno, CA 93706

*Las fechas y los servicios de la clínica pueden estar sujetos a cambios.



**Primer Jueves
12PM - 2PM**

Clinica de atención a COVID

+ **Prueba para tratar COVID-19**
Pruebas • Tratamientos • Vacunas

**Tercer Jueves
10AM - 2PM**

Servicios de la Clínica de Atención Médica

- + **Exámenes de salud**
Ritmo cardíaco • Presión arterial • Azúcar/glucosa en sangre
- + **Prueba para tratar COVID-19**
Pruebas • Tratamientos • Vacunas
- + **Resurtidos de Recetas***
Para condiciones crónicas diagnosticadas: Presión Arterial Alta, Diabetes, Asma, etc.
*Se requiere comprobante de medicamento para recibir resurtidos de recetas. Sin sustancias controladas.
- + **Vacunas**
COVID-19 • Vacunas contra la gripe
- + **Cuidado de Heridas**
Atención básica de heridas y examinación del proveedor.



Escanea el código para ver
Próximas Clínicas
fechas, ubicaciones, servicios, detalles de eventos y más.



*Las recetas para condiciones crónicas como asma, diabetes, presión arterial alta, etc., se pueden volver a surtir con la confirmación de que el medicamento se recetó previamente (frasco de receta o una nota del médico/proveedor que confirme que el paciente necesita el medicamento actualmente).

fresno.ucsf.edu/mobilehealth
Llame/Envíe mensaje de texto: (559) 349-8082

UCSF Fresno
Mobile Health and Learning

**Services Provided by UCSF Fresno Mobile Health and Learning Unit*

Next Clinic Days

August 3, 2023, Mary Ella Brown Center
12:00 p.m. to 2:00 p.m.

August 17, 2023, Mary Ella Brown Center
10:00 a.m. to 2:00 p.m.

Upcoming Events

**August
2**

Sweet Potato Project Pitch Competition

Peters Educational Center, Fresno State Student Recreation Center
5010 N Woodrow Ave, Fresno, CA 93740

- Time: 5:00 PM to 7:00 PM

For additional information, please review our flyer for the event.

**Sweet Potato Project Pitch Competition
Flyer**

August
4 - 5

West Fresno 2023 Open House

600 E. Church, Fresno, CA 93706

- Friday, August 4
4:00 p.m. - 6:00 p.m.
- Saturday, August 5
9:00 a.m. - 12:00 p.m.

September
23

Sweet Potato Scramble Golf Tournament

Check In at 8:00 am

Riverside Golf Course, 7492 N. Riverside Dr., Fresno, CA 93722

For more information, please contact Shirley Gambero

Office: (559) 621-2962

Email: sgambero@wfresnofrc.org



For registration details and sponsorship opportunities please **Visit our Website**

Visit our
Website

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Visit our
Website

Donate

West Fresno Family Resource Center (WFFRC) | 1802 E. California Avenue, Fresno, CA 93706

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