



Message From PATH:

It's officially Spring and time for another quarterly newsletter! PATH and other programs have been keeping busy hosting virtual events and projects, so make sure to check them out and share them with your friends and family. As always, we hope you find our tips and resources useful!

March 2021, it seems surreal many of us have been working from home, working through a pandemic, or just trying to survive the pandemic for a whole year. On March 19, 2020, the City of Fresno would enact an emergency order requiring all businesses close that were not deemed essential. Essential, it is a word we have now come to know and use in our everyday lives as this one word changed the lives of many as well.

(<https://www.fresno.gov/coronavirus/exempt-non-exempt-businesses/>) The state of California would soon enact its emergency orders with different tiers and daily case rate updates. (<https://covid19.ca.gov/state-dashboard/>) One year later and many of us are still maintaining social distancing, wearing a mask, distance learning, trying to work remotely or with masks, and continue to lead our everyday lives. Fresno County and much of the Central Valley remain in the purple category. (<https://www.co.fresno.ca.us/departments/public-health?locale=en>)

There is hope that we can soon transition to businesses opening again. We can all continue to do our part to slow the spread by following the Centers for Disease Control Guidelines, CA Department of Public health guidelines, and local county guidelines. Another thing we can all do is get vaccinated. To learn more about vaccines, you can go to <https://covid19.ca.gov/vaccines> to find a vaccine site near you or to see if you are eligible; please go to <https://myturn.ca.gov/>.

Most of the PATH team members are fully vaccinated or close to being fully vaccinated, and we look forward to seeing you all in person at community events or presentations when we transition back to in-person events. In the meantime, we will best we can continue to serve and educate the Fresno

County community on marijuana prevention and substance use issues virtually.

Tips

Grocery Shopping Tips from the U.S Food and Drug Administration

(<https://www.fda.gov/food/food-safety-during-emergencies/shopping-food-during-covid-19-pandemic-informationconsumers#:~:text=Practice%20social%20distancing%20while%20shopping,put%20away%20your%20groceries.>)

1. Prepare a shopping list in advance. Buy just 1 to 2 weeks-worth of groceries at a time. Buying more than you need can create unnecessary demand and temporary shortages.
2. Wear a face covering or mask while you are in the store. Some stores and localities may require it. Check your state, county or city guidelines for any other requirements.
3. Carry your own wipes, or use one provided by the store to wipe down the handles of the shopping cart or basket. If you use reusable shopping bags, ensure they are cleaned or washed before each use.
4. Practice social distancing while shopping – keeping at least 6 feet between you, other shoppers, and store employees. Keep your hands away from your face.
5. Wash your hands with warm water and soap for at least 20 seconds when you return home and again after you put away your groceries.
6. Again, there is no evidence of food packaging being associated with the transmission of COVID-19. However, if you wish, you can wipe down product packaging and allow it to air dry, as an extra precaution.

We celebrated International Women's Day on **March 8th** this year. The PATH project would like to recognize the women of PATH and the executive team on the Board of Directors. The CHC Board of Directors has six intelligent, powerful and generous females, three of which serve in executive roles as Chair, Vice-Chair and Secretary/Treasurer.



Leslie Sandberg, the ChairWOMAN of the Board, is our fearless leader. She helps make our organization a progressive, safe, and welcoming place to work with her inclusive, innovative, and hands-on approach as chair. Since IWD is about celebrating women's achievements, we will highlight our chair, who recently published her first book, *Butter and Love, A Daughter Remembers*. She has been leading many book club and journaling events within CHC to help our colleagues explore the benefits of writing and to dive into their feelings and experiences.

We are also lucky to have **Joan Werblun** and **Cassandra Joubert** as chair and secretary of the Board of Directors. Together these three strong, empowered, educated, and kind females lead CHC's Board of Directors and provide a positive example of breaking glass ceilings for the rest of the female staff at CHC.



We have three equally strong, passionate, educated, and culturally diverse women within the PATH project we would like to highlight.

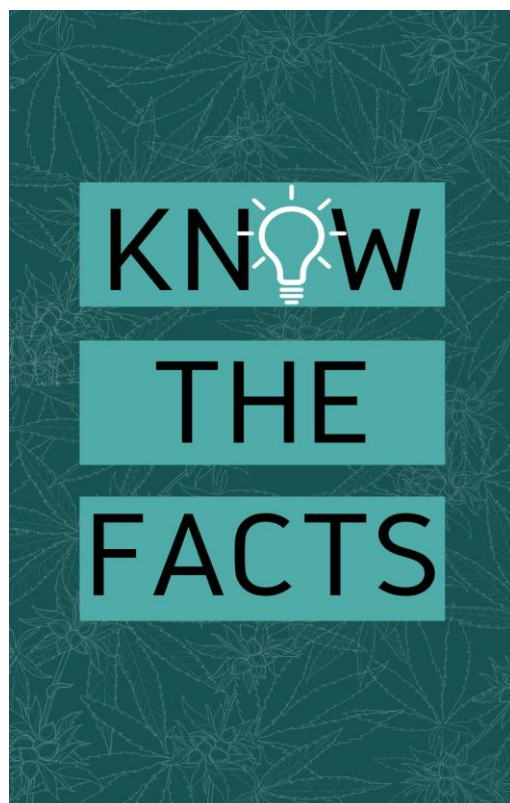
Karla Cruz is a first-generation college graduate and part of the only 4% of Latinas to have completed a master's degree before age 29. She is a daughter of immigrants and passionate about serving rural communities in the Central Valley and empowering others.

(<https://www.hispanicoutlook.com/articles/graduate-school-realities>)

Sally Lam is a brilliant, first-generation college graduate and daughter of immigrants. She loves to combine her passion for breastfeeding education with marijuana education and prevention.

Roni Perez is a strong, intelligent, and passionate advocate. A first-generation college graduate of UCLA, she enjoys advocating for youth in her community, creating a positive change through education and prevention, and always learning new things from grant writing to creating podcasts.

Today is another holiday, **Make-up Your Own Holiday Day**. Here at the PATH project, we encourage you to celebrate and create your day of fun. Its been a hectic, crazy, and unexpected year. Take this day to enjoy the little things, start a new family tradition, practice self-care, learn something new or relax.



Average THC content, the main psychoactive compound in cannabis that produces the high sensation, has nearly tripled in the past few decades. Some products, such as honey or butane hash oil, can even have as much as 80-99% THC. With THC averages increasing, people are sometimes unaware of the health implications high potency can potentially cause.

Higher THC content increases the risk of addiction or dependence especially if began using before the age of 18. According to the National Institute on Drug Abuse, people who begin using before the age of 18 are 4-7 times more likely to develop marijuana use disorder than adults. People who have developed dependence or addiction suffer withdrawal symptoms when trying to quit using marijuana. These withdrawal symptoms include: restlessness, irritability, anxiety, sleep disruption, appetite changes, cravings, headaches, or other physical discomfort.

Large doses of marijuana have a stronger effect on the mind and body which can be harmful to pre-existing health conditions including mental health.

[Click here](#) for more information on the health effects of marijuana.

Happening Next Month

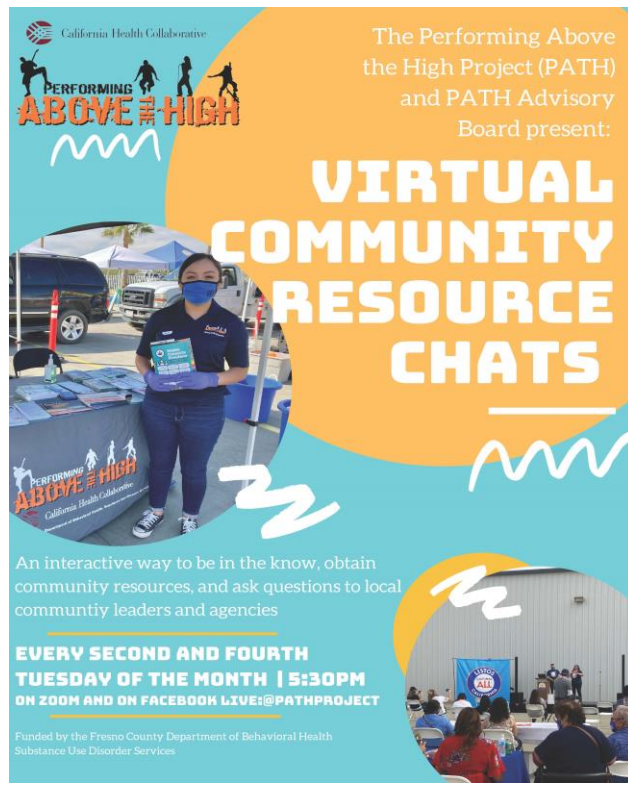


Join fellow youth Miguel and Evan as they share their perspective on the importance of having positive coping skills for their overall well-being as they navigate life as high school students in a world with so much noise.

Podcast is available to stream on all platforms including Spotify, Apple Podcasts, Google Casts and many more. Scan the image to launch.



On 4/20 PATH will be hosting a Virtual Paint Night open to Fresno County high school students. This event is meant to serve as a healthy alternative to substance use on a widely recognized day of smoking marijuana. Supplies will be provided to those who register and space is limited.



The PATH Project has started hosting Virtual Community Resource Chats on Facebook live where they invite other programs to share their upcoming events and resources. Follow our Facebook page to see past and upcoming chats!



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