

Nurturing Our Community's Parents

Child Abuse and Neglect Prevention Board

Children are the foundation of our society. Every child deserves to grow up in a safe, stable, and nurturing environment. Thanks to Bay View Community Center's (BVCC) Director of Family Learning and Community Engagement, Diana Billstrom, and the Child Abuse and Neglect Prevention Board, children are being given a greater chance at becoming successful contributing members of society.



Alba Elementary School Parent Group Closing Ceremony

The community-based Nurturing Parenting Programs serve as a treatment and prevention of child abuse and neglect and for the development and promotion of empathic, compassionate individuals, families, and communities. Over the weeks, Diana has ventured out into the community to different schools, where each location has a group that is working to complete each of the Nurturing Parenting lessons.

The curriculum provides 10 individual parenting lessons:

1. The Philosophy and Practices of Nurturing Parenting
2. Ages and Stages of Growth and Infants and Toddlers
3. Ways to Enhance Positive Brain Development in Children and Teens
4. Communicating with Respect
5. Building Self-Worth in Children
6. Understanding Feelings
7. Understanding and Developing Family Morals, Values, and Rules
8. Praising Children and their Behavior
9. Alternatives to Spanking
10. Learning Positive Ways to Deal with Stress and Anger

At the end of the program, each participant receives a certificate from BVCC and the Prevention Board certifying that they have completed the lessons and have a better understanding of the importance and power of the philosophy of nurturing.

To learn more about community-based education in nurturing parenting, email diana@bayviewcenter.org

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"I've always believed that if everybody does something [for the community] then the common good will improve and there'll be less need."

- Tom Brady, BVCC volunteer since November 2021

The End of COVID FoodShare

The impact of cutting COVID allocations

"The cut in COVID allocations will have a tremendous impact on our community and our emergency food pantry," says Bay View Community Center Food Pantry Director, Chad VanDierendonck.

February brought on a big financial hit – the end of extra FoodShare benefits for Wisconsin residents. This reduction in benefits signifies the beginning of families

having to stretch every dollar they have, something made more difficult by the rising prices of food.

"People will have less money for food, increasing [the] demand at food pantries, but those same pantries will not be seeing any additional money."

According to the Wisconsin Department of Health Services, 704,786 individual Wisconsin residents received FoodShare, with 242,125 residing in Milwaukee. With Congress decreeing the end of these federal funds, community support is now more crucial than ever. "The extra benefits that people received throughout COVID will not result in an increase in funding for food banks and pantries. The money is just gone. People will have less money for food, increasing the demand at food pantries, but those same pantries will not be seeing any additional money," says VanDierendonck.

It is difficult to be our best selves and offer as much as we are able when we have rumbling stomachs and minds worried where we will get our next meal. This makes it even more difficult to contribute to the growth of our community if parts of that community are always hungry. Bay View Community Center (BVCC) strives to tackle food insecurity with its emergency food pantry and fresh food access initiatives. "By increasing food security, people are more able to contribute to the community," says VanDierendonck.

But, the amount of money allocated to and spent by food banks and pantries is significantly less than what is distributed via FoodShare. VanDierendonck states that BVCC is working with Hunger Task Force to be as prepared as possible, but "We'll need to rely more on donations than we ever have before."

For more information on BVCC's Food Pantry visit bayviewcenter.org/food-pantry/

References

Wisconsin Department of Health Services.(2022). *Wisconsin State Food Stamp/FoodShare Benefits and Participation Data Recipients* [Data Set]. <https://dhs.wisconsin.gov/foodshare/fs-recipients-cy22.xls>

FOOD PANTRY NEEDS

Jam/Jelly

Cereal

Pasta & Pasta Sauce

Mac & Cheese

Canned Chicken/Tuna

Individually wrapped, single serving snacks

Toilet Paper

Dish Soap

Laundry Detergent

*Donations are accepted during regular Center hours
Monday-Friday, 8:30AM-4PM
Saturday, 9:30AM-12:30PM

Step into our Wellness Portal

Understanding the 8 Dimensions of Wellness

"As human beings, we are complicated and dynamic, and we're constantly growing, changing, and going through life experiences," states Bay View Community Center (BVCC) Program Coordinator, Daniel Lanza.



Bay View Community Center is proud to introduce the official launch of our new Wellness portal, a landing page on our website dedicated to showcasing information on upcoming community fitness classes, cooking classes, and wellness workshops. Visit our Wellness Portal to learn more about the social determinants of health and the 8 Dimensions of Wellness.

The 8 dimensions of Wellness, also known as the wellness wheel is a way of taking inventory of the different aspects of your life that contribute to your wellness.

As a start, Lanza plans to start teaching fundamental strength and yoga classes which are set to take place twice a week beginning in April. With dates and times still waiting to be announced, all classes will be welcoming and accessible to

ages 18 and older and those in need of exercise modifications to fit existing preconditions. "My goal for whatever class I teach is that people are having fun and that they forget that they're exercising. And when they leave my class I want them to feel strong, and I want them to feel proud of themselves," says Lanza.

To learn more about our wellness portal and upcoming classes, visit <https://bayviewcenter.org/wellness/>



Meet Your Wellness Coordinator & Instructor Daniel Ross Lanza, MS, NASM-CNC, CPT, CGFI

- BA Nutritional Sciences, UW-Milwaukee
- MS Sustainable and Resilient Food Systems, UW-Stevens Point
- Certified Group Fitness Instructor
- Certified Nutrition Coach
- Certified Personal Trainer

"I hope to gain a following of community members who are interested in wellness, and [to] talk to them to find out [what] their needs and interests are when it comes to their own personal wellness."

Nothing Quite like Healthy Nutrition

Upgrades and Opportunities

Bay View Community Center (BVCC) is ecstatic to announce our upcoming commercial kitchen upgrade! In addition to the wellness portal's mind and body courses, BVCC is looking forward to offering community nutrition services, including cooking and food demos. "Once those renovations are complete, we are going to have an awesome new space where we can offer things like cooking demos, nutrition workshops, and much more," says Daniel Lanza, Bay View Community Center Program Coordinator.



(Left) Mike Mortell, BVCC CEO & President, (Middle) Alderwoman Marina Dimitrijevic, (Right) Stephanie Harling, BVCC Board Chair

"I want our programming to be grounded and accessible to everyone."

The way you choose to fuel your body can go a long way in supporting your health. Lanza is determined to provide our community with affordable and healthy food options, especially with food prices rising and COVID FoodShare coming to an end. "I want our nutrition program to cater to everyday people who deal with everyday challenges. You don't need to spend a ton of money on organic food to have a healthy diet. And you don't need to totally cut out foods you love. And you don't need to go out and spend a ton of money on a mandolin or juicer. I want our programming to be grounded and accessible to everyone."

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UPCOMING FREE PROGRAMS

First Year Circle

Fridays, 10am-12pm

Storytime with Ms. Megan

3/21 & 4/18, 11am-12pm

Family Mindfulness Time

3/8, 3/22, 4/12, & 4/26, 11am-12pm

Untitled Teen Group

Mondays, 4pm-5pm

Low Impact Hand Weights

Mondays & Thursdays, 1pm-2pm

Language Exchange

2nd and 4th Thursdays, 5:30pm-7pm

Mahjong

Wednesdays, 12:30pm-3pm

To learn more &
register scan the
QR code

