

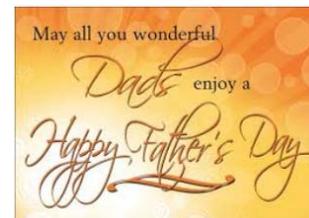


"Our families made strong through balance and support."

# Soboba Tribal Family Services

## June Newsletter

June 15<sup>th</sup> - World Elder Abuse Awareness Day



### Soboba Tribal Family Services

Nancy Currie, Director  
Christopher Evensen, Tribal Social Worker  
Theresa Sam, Case Manager  
Catherine Gonzalez, Legal Admin Assistant  
Monday – Thursday 7:00am to 5:30 pm  
(951) 487-0283

### Remember playing outside until mom called you in for dinner? Today's kids probably won't

In the last two decades, childhood has moved indoors. The average American boy or girl spends as few as 30 minutes in unstructured outdoor play each day, and more than seven hours each day in front of an electronic screen.

This shift inside profoundly impacts the wellness of our nation's kids. Our kids are out of shape, tuned out and stressed out, because they're missing something essential to their health and development: connection to the natural world.

#### Body

- Outdoor play increases fitness levels and builds active, healthy bodies.
- Spending time outside raises levels of Vitamin D, helping protect kids from future bone problems, heart disease, diabetes and other health issues.
- Being out there improves distance vision and lowers the change of nearsightedness.

#### Mind

- Exposure to natural settings may be widely effective in reducing ADHD symptoms.
- Exposure to environment-based education significantly increases student performance on tests of their critical thinking skills.

#### Spirit

- Children's stress levels fall within minutes of seeing green spaces.
- Play protects children's emotional development whereas loss of free time and a hurried lifestyle can contribute to anxiety and depression.
- Nature makes you nicer, enhancing social interactions, value for community and close relationships.

Excerpted from the National Wildlife Federation at [www.nwf.org/What-We-Do/Kids-and-Nature/Why-Get-Kids-Outside/Health-Benefits.aspx](http://www.nwf.org/What-We-Do/Kids-and-Nature/Why-Get-Kids-Outside/Health-Benefits.aspx)

For more information visit [www.BeOutThere.org](http://www.BeOutThere.org)

### Project Fatherhood

Soboba Tribal Family Services and the Cultural Center are proud to announce the Fatherhood Project, a holistic family wellness program aimed at increasing the skills of Native fathers. This program aims to help fathers of all ages to understand the sacred role they play in taking care of their children.

When Native people truly understand the past it motivates and inspires them to work toward a better future built on a strong family foundation.

For more information, please call Chris Evensen, Tribal Social Worker for Soboba Tribal Family Services at (951) 487-0283 or email at [cevensen@soboba-nsn.gov](mailto:cevensen@soboba-nsn.gov).

Every Wednesday from May 27 to July, 2015.  
Space is limited – please call or email us to reserve your seat.

### Positive Indian Parenting Classes

Honoring Our Children  
By Honoring Our Traditions

Soboba Tribal Family Services is offering a new Parenting Class that explores the values of traditional Indian child-rearing that have their roots in our culture and heritage and then help parents apply these values to their modern skills in parenting.

Classes are scheduled to start Tuesday, June 16<sup>th</sup> from 5-7pm. Class size is limited, so please call to reserve your seat.

For more information, contact Theresa Sam, Case Manager for Soboba Family Services, at (951) 487-0283 or email at [tsam@soboba-nsn.gov](mailto:tsam@soboba-nsn.gov)

#### Alternatives to Domestic Violence 24-hour Hotline

Riverside City and out of County: (951) 683-0829  
Remainder of Riverside County: (800) 799-SAFE (7233)  
TDD Line – (800) 787-3224

If you are in immediate danger call 9-1-1

#### Center Against Sexual Assault



24– Hotline: (951) 652-8300



## 5 Top Safety Tips for Summer

### 1. Leaves of three, let them be!

Teach kids to identify and avoid plants like poison ivy, poison sumac, and poison oak.

### 2. Check for Ticks

Don't forget to look behind your child's ears, in the scalp, under the arms, and in the groin area.

### 3. Practice Sun Smarts

Avoid direct sunlight during the hottest part of the day and drink water to keep hydrated.

### 4. Be Water wise

Always supervise kids in the water, and if you have a pool, hot tub, or pond, install a fence (with a lockable gate) around it.

### 5. Learn CPR

Check with nearby hospitals and local chapters of the American Heart Association and the American Red Cross to find a class in your area.

Excerpted from [www.kidshealth.org](http://www.kidshealth.org)

## World Elder Abuse Awareness Day June 15th

The purpose of World Elder Abuse Awareness Day (WEAAD) is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

### What is elder abuse?

Under California law, abuse of an elder (person 65 or older) or dependent adult (person with mental or physical disability) is a crime and is defined as:

- **Physical abuse** including hitting, punching, dragging, pulling hair or arms, burning, pinching, restraining, over or under medicating, etc.
- **Sexual abuse** including rape. It can also include convincing a victim, who is mentally impaired, to have sex.
- **Neglect** including failure to provide needed care: showers; clean and safe housing; adequate food and drink; clean and appropriate clothing; medical aids such as glasses and walkers; supervision for individuals who may need it.
- **Psychological abuse** including the caretaker being aggressive, controlling, uncaring or threatening withdrawing care or nursing home placement. The abuse may also include isolating the Elder from friends or family.
- **Abandonment** means leaving the Elder without care when the average person would know that this would endanger the Elder.
- **Self-neglect** is failure to provide one's self with needed care, food, shelter and clothing because of a mental or physical disability. Self-neglect is NOT a crime, but needs to be reported so the individual can receive help.
- **Financial abuse** including taking or using an Elder's money or other assets for any wrongful purpose or using undue influence to get a victim to sign documents (i.e. will, property transfer, etc.)

**To report suspected elder abuse, call Riverside County Adult Protective Services (APS) at (800) 491-7123. Lines are open 24-hours a day.**

### What happens after a report is made?

No two reports are handled the same. If the Elder is in immediate danger, an Adult Protective Services (APS) worker will respond right away. When there is less risk, it may be 3 to 10 days before the APS worker visits the Elder.

If you have given your name in the report, an APS worker may call you to get more details about the situation. Your identity will not be revealed to the Elder or the abuser.

For more information on WEAAD, visit [www.ncea.aoa.gov](http://www.ncea.aoa.gov)

You may also contact Soboba Tribal Family Services if you have concern. They will assist you.