



Soboba Tribal Family Services

October Newsletter



17th Annual Susan G. Komen Inland Empire Race for the Cure

October 18, 2015
Lake Elsinore Diamond Stadium
500 Diamond Drive, Lake Elsinore, CA

- 6:00 am Registration
- 6:00 am – 12pm Survivor Breakfast
- 6:30 am – 12pm Expo/Kid's Expo
- 7:00 am 10K Run
- 7:45 am Survivor Group Photo (outside Survivor Tent)
- 7:55 am Lead Survivors to the 8:00 am 5K Survivor Run
- 8:00 am 5K Run/Walk-Teams and Individuals
- 8:30 am Family 1.5 Mile Fun Run/Walk
- 10:00 am Survivor Ceremony, Unveiling Wall of Hope, Release of Doves (weather pending)
- 10:45 am Awards Ceremony, Survivor Awards, Runners Awards, and Kid's Art Contest

*Aerobic Warm-Up 15 minutes prior to both 10K and 5K races



For early registration and more information, visit www.komenie.org

Soboba Tribal Family Services

Director: Nancy Currie
 Social Worker: Christopher Evensen
 Case Manager: Theresa Sam
 Admin. Assistant: Catherine Gonzalez

Monday – Thursday 7:00am to 5:30 pm
(951) 487-0283

Healing Hearts Foster Parent and Relative Caregiver Training

Come join us for an informational Meeting on October 15, 2015

Please call us at (951) 487-0283 for the time and location

Make a difference become a foster parent



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

24 – Hour Child Abuse Hotline for
 Riverside County
 (800) 442-4918 or (800) 442-4453



Center Against Sexual Assault



24– Hotline: (951) 652-8300

Historic Hemet Theatre's Lost Souls Theatre



Owner William Martin is having nightmares and strange things are happening at the Hemet Theatre...Is there something supernatural going on?

Come for a unique haunt experience, designed by professional Haunt Master, Rick Baker. The haunt will tour all through the 94 year old theatre, including backstage, upstairs offices and the projection room...Can you survive Mr. Martin's Nightmare?

Wednesday October 14th
through Saturday October 31st

Sun, Wed & Thurs: 6:30 pm - 10:30 pm
Fri & Sat: 6:30 pm - 12:30 am
\$15 per person

For more information visit
www.historichemettheatre.com

Breast Cancer FAQs

Can physical activity reduce the risk of breast cancer?

Exercise boosts the immune system and helps you to keep your weight in check. With as little as three hours of exercise per week, or about 30 minutes a day, a woman can begin to lower her risk of breast cancer. This doesn't require going to the gym either. Power walking is more than sufficient!

Can a healthy diet help prevent breast cancer?

A nutritious, low-fat diet (30 grams or less) with plenty of fruits and green and orange vegetables can help reduce the risk of developing breast cancer. A high-fat diet increases the risk because fat triggers estrogen production that can fuel tumor growth.

Does smoking cause cancer?

Smoking is a confirmed risk factor for many types of cancer. Recent research in 2012 has confirmed that smoking is a contributing risk factor for developing breast cancer. Additionally, second hand smoke is also a risk factor for cancer. So if you are a smoker, help yourself in a significant way and join a smoking cessation program to help you stop. The day you stop smoking the healing can begin and each week in which you are smoke-free, you give yourself increasing advantages for a healthier life. Smoking also directly contributes to heart and other lung diseases, too.

Can drinking alcohol increase the risk of breast cancer?

Moderation is the key. One drink per day has been shown to slightly increase the risk of breast cancer. Having more than one drink per day has shown to be a more significant risk factor, and the alcohol content doesn't matter: wine, beer or a mixed drink. Alcohol also increases estrogen in your bloodstream.

Although we know that more than one drink per day increases risks, to date there are no studies that demonstrate directly that the more a person drinks, the greater the risk for cancer. And in some cases, drinking one glass of wine a day can offer heart-health benefit. If you drink alcohol, this is an important topic to discuss with your doctor so that you will know what limits are best for you to observe.

Is there a link between hormone replacement therapy (HRT) and breast cancer?

Yes, there is. HRT was added to the carcinogenic list by the American Cancer Society in the early 2000s. It is recommended that women with known risks not be placed on HRT to control menopausal symptoms. They should instead seek out safer alternatives.


Does a family history of breast cancer put someone at a higher risk?

Although women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. Statistically only 5-10% of individuals diagnosed with breast cancer have a family history of the disease.

How often should I go to my doctor for a check-up?

You should have a physical every year which should include a clinical breast exam and pelvic exam. If any unusual symptoms or changes in your breasts occur before your scheduled visit, do not hesitate to see your doctor immediately.

Excerpted from www.nationalbreastcancer.org




HOPE Presents

Movie and Discussion

"The Children Next Door"

Join HOPE in a short film viewing on Domestic Violence from the eyes of a child. The viewing will be followed by a discussion about ways the Hemet and San Jacinto Communities can support and provide resources for children and families that are victims of domestic violence.



Wednesday, October 7, 2015
4:00 pm - 7:00 pm
Hemet Historic Theatre
216 E. Florida Ave.
Hemet, CA 92543

Free Event!
Giveaways!
Free Food!
Kids Welcomed!

RSVP to Vernetta Griffin at
951-686-1096 or vggriffin@fsaca.org

www.hopecollaborative.org