



# Soboba Tribal Family Services

## JULY NEWSLETTER

Happy Independence Day – 4<sup>th</sup> of July



### 4<sup>th</sup> of July

Fourth of July celebrations occur throughout the United States each year and whether we personally have a less than positive feeling toward the widely celebrated holiday or look forward to the festivities, we are bound to encounter a firework display of sorts. Some will plan to attend a community firework show, while others will plan to do their own private show in their yard or the yard of a neighbor. No matter what your plans, it is important to be aware of the possible negative effects fireworks can have on those around you. The sounds of fireworks can resemble gun shots, automated weapons, and bombs. For some, hearing these sounds can lead to the feelings of anxiety, worry, and feeling on edge particularly for those with a history of being exposed to trauma.

**Trauma** is an emotional reaction to a terrible event like an accident, a death of a loved one, physical abuse, and sexual abuse. ([www.apa.org](http://www.apa.org)). Trauma can be experienced as a result of someone witnessing violence or as a result of direct experience. A history of trauma can be passed down from generation to generation, this is known as generational or historical trauma. ([www.pbs.org](http://www.pbs.org)). There are different causes to trauma; however, the reaction to the trauma can be the same. Some trauma reactions are shock, denial, unpredictable emotions, flashbacks (feeling as if you are re-experiencing the event), and difficulties within relationships, headaches, or nausea. While these feelings are a normal human reaction to a trauma, some people have difficulties moving on with their lives. ([www.apa.org](http://www.apa.org)). Because the wounds of trauma are mostly invisible, **many people with a history of trauma exposure suffer in silence during the 4<sup>th</sup> of July**, some will behave as if they are reliving the traumatic event, some shut down and withdrawal, while some feel nervous and anxious. In some cases hearing an unexpected loud noise or being in a large crowd can trigger a survival response that we all experience when we believe something is wrong or that we are in danger.

So what can be done?

The use of fireworks to celebrate holidays has been around for many years and will likely be around for many more. So for those of us that find the sight, sound, and/or smell of fireworks to be unnerving, the best remedy is to find ways to cope with the situation.

#### The following tips may help:

- Talk about how you're doing with love one's who care about you.
- Spend time with your family and friends.
- Avoid using drugs and/or alcohol to numb your pain.
- As much as possible, keep a normal schedule.
- If you plan to watch fireworks, you may want to go to a community display. This way you are prepared for the noise and the crowds.

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#### **Soboba Tribal Family Services Staff:**

Nancy Currie, Director  
 Alicia Golchuk, Tribal Social Worker  
 Walidah Thrift, Therapist  
 Catherine Gonzalez, Legal Admin. Assistant

#### **Office Hours:**

Mon-Fri 8:00am to 4:30pm  
 (951) 487-0283



### Mommy & Me

Soboba Preschool is excited to offer this program for parents and children.

Each class will focus on specific goals for child development while encouraging parents to interact with their child.

The class will be taught by Ms. Elaine with assistance from Walidah Thrift, Soboba Family Services.

#### **Guidelines:**

- This program is for children who are 2-3 years old. Classes will be held for 5 weeks beginning July 10<sup>th</sup>.
- Class times will be Wednesdays from 10am-11am
- Each child must be accompanied by a parent or guardian for the duration of the class. Due to supervision, siblings and/or children not in the program will not be permitted to attend.

If you have any questions, please call Dianne King, Preschool Director at (951) 487-8732



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

Riverside City and out of County: (951) 683-0829  
 Remainder of Riverside County: (800) 799-SAFE (7233)  
 (800) 787-3224 – TDD Line  
 Hemet Office: (951) 929-3079

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

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- If you plan to watch fireworks, you may want to go to a community display. This way you are prepared for the noise and the crowds.
- If you encounter any unexpected noise, first thing you're probably going to want to do is make a connection between the noise itself and the source of the noise. This connection will help increase your sense of safety. If you are fully aware that the noise is coming from fireworks as opposed to gun fire, you can reassure yourself that you are not in harm's way.
- If you plan to set off your own fireworks display in your yard or the yard of a neighbor, you may want to let your neighbors know what the plan is so as to not cause in undue stress on your neighbor so that he/she may prepare themselves.

Healing from trauma takes time and learning to cope with trauma takes time and practice. If you would like more information on trauma and ways to cope, please contact Tribal Family Services.



**Strong Hearted Native Women's Coalition, Inc.**, by honoring our women ancestors, will advocate for women and their families by promoting safety and a traditional non-violent lifestyle. Working towards empowering women with the tools for independence, courage, and a strong direction to make healthy life choices for herself, her children, and family.

PO Box 2488  
Valley Center, CA 92082  
760-644-4781 office  
760-477-5993 fax

[www.strongheartedwomen.org](http://www.strongheartedwomen.org)

### July 4<sup>th</sup> Word Search

P	S	G	A	L	F	V	J	I	D
K	A	M	E	R	I	C	A	O	M
F	X	T	S	T	R	I	P	E	S
O	B	F	R	E	E	D	O	M	Y
U	R	L	P	I	W	T	H	X	L
R	N	D	U	A	O	S	I	X	U
T	L	I	B	E	R	T	Y	H	J
H	E	U	T	A	K	A	I	Z	W
S	T	A	T	E	S	D	D	S	H
E	D	S	R	E	D	W	P	E	M

America  
Blue  
Fireworks  
Flag  
Fourth  
Freedom  
July  
Liberty  
Parade  
Patriotism  
Red  
Stars  
States  
Stripes  
United

## Tips for Preventing Heat Related Illness

As the weather heats up, so does the risk of heat related illness. The best defense is prevention. Here are some prevention tips:

- Drink more fluids regardless of your activity level. Don't wait until you're thirsty to drink.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Some people are at greater risk than others. Check regularly on:
  - Infants and young children
  - People aged 65 or older
  - People who have a mental illness
  - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.



### If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first "tip" (above), too.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

Excerpted from the CDC Health Studies Branch at



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