

# All People Coming Together

## Welcome

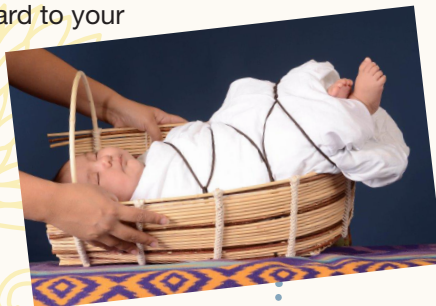
Welcome to the Spring/Summer edition of the "ALL PEOPLE COMING TOGETHER" newsletter where you can find information on LCTHC activities and events, family friendly community events, parenting tips and resources.

### **Gouk-Gumu Xolelpema \* Partnership with Parents Tribal Home Visiting Program**

completed 654 home visits from the months of January through May 2015! We also participated in several Spring Family Events such as Diabetes Day, The Hero Project, the Easter Party at the Legacy Court Pre-School, Family Garden Club and the THV Family Spring Dinner, "To Honor One is to Honor All" graduation, and we just concluded the Tribal Olympics.

### **A BIG CONGRATULATIONS TO ALL!**

Congratulations to all the parents of the children born in this New Year! Sending a warm welcome and hug to all the new babies. We look forward to your visit to see us in the Human Services Department at LCTHC or any of our groups at Legacy Court. Your visit is always welcomed. Also congratulations to the nine new baby ducklings born and raised in our LCTHC parking lot.



### **RECOGNITION OF PROGRESS TOWARDS GOALS**

We reserve this section to recognize all the hard work our Tribal Home Visiting (THV) Families have done during these past several months. THV families continued to attend the Play Groups, Job Skills and Parenting classes offered at Legacy. Four THV parents completed the Motherhood and Fatherhood

is Sacred™ classes facilitated by Family Advocates, Enola Dick and Sheeyay Duncan. Two parents completed adult education programs and received high school diplomas in May. Two parents completed community services hours that helped reduce legal fines. One parent entered a treatment program. Three families found and moved into better, affordable housing. Many parents are working full-time and part-time jobs to provide for their families. And THV families are continuing to work on Nurturing Parenting, moms are breastfeeding their infants and families are enjoying the many fun and free activities offered in the community. Way to go Tribal Home Visiting Families!

### **THV SPRING FAMILY DINNER 2015**

We had a wonderful turnout for our THV Spring Family Event which was held in conjunction with the Spring Garden Blessing Dinner this year. Fourteen THV families attended, a new record for our Biannual

Dinners. Everyone was busy enjoying all the fun activities such as the Bouncy House, Gardening with Angela, Spin ART with Enola, and the children's activities table.

### **THANK YOU COMMUNITY**

LCTHC Human Services would like to give a big thank you to all the busy beaders who created the beautiful necklaces for this year's Native Graduate's from Lake County. "To Honor One is to Honor All". Each graduate enjoyed choosing a necklace as their gift at the "To Honor One is to Honor All" Graduation Ceremony. There were an estimated 300 people attending the event. LCTHC believes in supporting our future leaders, and honoring our graduates with this special event.

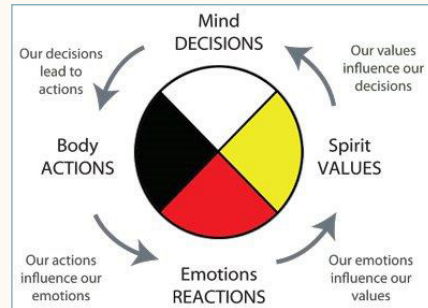


## CONGRATULATIONS!

### Graduates of LCTHC's "Fatherhood & Motherhood is Sacred"™

On July 8th, 2015 we will be holding a special dinner to celebrate the parents that have completed the "Fatherhood and Motherhood is Sacred"™ course curriculum at Legacy Court. LCTHC Human Services Dept. would like to encourage these individuals to use these teachings in their families and communities. "The Fatherhood and Motherhood is Sacred"™ classes will be starting again in the Fall of 2015. Please contact the Human Services Dept. for more information, if you are interested in attending these classes.

"The Family is at the heart of Native American cultures. There is no other work more important than fatherhood and motherhood." — *Native American Motherhood & Fatherhood Association*



## Cooling Down

Different activities can help adults and children release anger and "cool down" in healthy ways without hurting anyone by:

#### ADULTS:

- Exercising
- Taking deep breaths
- Using time-outs (remove yourself from the person or environment that causes anger.)
- Talking to a spouse, family member, or friend
- Writing about feelings or thoughts
- Going for a walk
- Sleeping/resting

#### CHILDREN:

- Talking to an adult about their feelings
- Playing outside (running, jumping, throwing, or kicking a ball)
- Playing by themselves (when other children are present)
- Using time-outs
- Drawing
- Writing words or about feelings
- Sleeping/resting

## HELP US WELCOME IN OUR NEW LCTHC COUNSELORS

LCTHC Human Services is happy to introduce to all our Tribal members the newest additions to our Human Services Counseling Dept. Robin Patton, LCSW joined LCTHC in October 2014 with many years of Counseling experience and a strong desire to assist people in finding their life balance. Whether it is the "sleep-work-play" balance or the "emotional-physical-spiritual-intellectual" balance, we can all benefit from living a fully aware life. Robin works with individuals and couples. She believes in the power of speaking your own truth, within yourself, your family and your community. "As travelers on this life journey we all need some direction and guidance at times." Robin provides counseling to support people in relationships. In couples counseling, the relationship is the focus, although each partner should also expect to focus on self-improvement and self-awareness. She also does one-on-one counseling as well.

Angela Knight, LMFT joined us in January of this year. She does counseling with children, teens, adults, families and groups as well as parenting education, including PCIT (Parent-Child Interaction Therapy). Angela held several workshops and groups on Healthy Parenting, Parent-Child Interaction and Youth Empowerment. In the Healthy Parenting workshop, Angela shared information on child development and effective parenting practices. Parent-Child Play Group is for parents and their 0-5yr old children. The group meets monthly, providing a fun and educational opportunity for our parents to play with their child/children using developmentally appropriate toys, make crafts and share information with other parents and their children. The Y.E.S. Groups (Youth, Empowerment & Support), started in late February by Angela, are counseling groups for our youth to learn important life skills such as: healthy decision making (e.g. Tony Robichaud was a guest speaker who taught the groups smoking cessation), conflict resolution and positive self-esteem. Angela recently completed the ASIST (Applied Suicide Intervention Skills Training) training and will collaborate with other agencies, including RCS, to empower and educate our youth to reduce the risk of suicide. Angela will also be teaching a new program for parents called Circle of Security this Fall. For more information about this program contact Angela at (707) 263-8382 ext. 1431.



## EAT A RAINBOW!

Why do you think that there are so many fun songs about rainbows? Rainbows are simply amazing and beautiful to see, not just in the sky, but also on your plate. When you eat a rainbow it helps your body receive the complete range of nutrients

### What does it mean when we say "Eat a Rainbow?"

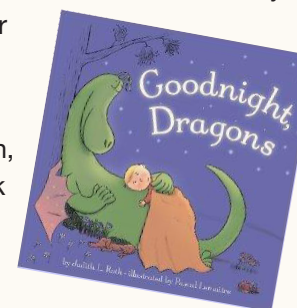
- It means that you are choosing a variety of different-colored whole foods through-out the day and week to serve with your meals.
- The more the natural the color of the food on your plate, for your meal or snack the more nutritious and better it is for your body.
- This does not mean you should make your rainbow of foods, from gummy bears, popsicles, or artificially colored foods.
- Did you know that it can take at least 10 exposures to a new food before it is accepted. It is important not to give up too soon when offering new foods.



## Story Time

Reading with your child is a great way to build language no matter what age your kids are.

The featured book this issue is "Goodnight, Dragons", by Judith L. Roth, illustrated by Pascal Lemaître. This book has a particularly beautiful message. It speaks to the reader of kindness, but not just any kindness, perhaps the most difficult one to show. Have you ever been hurt by a bully? Your first reaction is probably not going to be a need to be nice to that person. The amazing little



### THE RAINBOW EATER'S PLEDGE

- I will be open to trying new fruits and vegetables with a smile on my face.
- If I don't like a new fruit or vegetable I will politely say that I will try them again another day.
- I will try to eat at least 2 colors of fruits & vegetables daily and I will strive to eat 5 colors a day!
- I will encourage my friends and family to Eat a Rainbow every day!

### THE RAINBOW DINNER GAME

Step one: Before dinner, draw a rainbow on a sheet of paper. Bring your drawing, a pencil and some scratch paper to the dining table.

Step two: Look for a food on the table to match each color on your rainbow. Write down which colors are missing.

Step three: Make a list of foods that would fill in the missing colors. Then add these to the weekly shopping list.



boy in "Goodnight, Dragons", demonstrates that when dealing with a bully you need to set an example of kindness, and treat them the way that you would like to be treated. It shows that sometimes the reason why someone is being hurtful to you, is really just about them hurting themselves. It is a wonderful lesson for young readers to help them be better understanding about bullies and that everyone needs a warm cuddle from time to time.

The Tribal Home Visiting program has several copies of this book to share. Ask your Family Advocate how you can get a copy of this book from our lending library!



# LOOK Before you Lock!

## The Greenhouse Effect in Vehicles

The inside of a vehicle heats up VERY quickly! Even with the windows cracked, the temperature inside a car can reach 125 degrees in minutes.

Cracking the windows does not help slow the heating process OR decrease the maximum temperature.

80% of the increase in temperature happens in the first 10 minutes.

Children have died from heatstroke in cars in temps as low as 60 degrees.

Contributing Factors.

A child's body overheats 3-5 times faster than an adult body.

Change in normal daily routine, lack of sleep, stress, fatigue, distractions, hormone changes, worry... symptoms that ALL new parents experience!

Rear-facing car seats look the same whether there is a baby in it or not.

Children, especially babies, often fall asleep in their rear-facing child safety seats; becoming quiet, unobtrusive little passengers.

## Prevention / Safety Tips

KidsAndCars.org believes the solution to these preventable tragedies is a combination of education and technology. KidsAndCars.org would like all vehicles to come equipped with a system that would alert a driver if a child has been left in the vehicle. Below are some simple tips parents and caregivers can follow to prevent heat stroke tragedies.

- Never leave children alone in or around cars; not even for a minute.
- "Look Before You Lock" - Get in the habit of always opening the back door to check the back seat before leaving your vehicle. Make sure no child has been left behind.
- Create a reminder to check the back seat. Put something you'll need like your cell phone, handbag, employee ID or brief case, etc., in the back seat so that you have to open the back door to retrieve that item every time you park.
- Keep a large stuffed animal in the child's car seat. When the child is placed in the car seat, put the stuffed animal in the front passenger seat. It's a visual reminder that the child is in the back seat.

- Make a strict policy with your childcare provider that if your child does not show up as scheduled; they will contact you immediately to ensure your child is safe. In turn, you will agree to always call the childcare provider if your child will not be there on a particular day or time as scheduled.
- Keep vehicles locked at all times, even in driveways or garages. Ask home visitors, child care providers and neighbors to do the same.
- Keep car keys and remote openers out of reach of children.
- If a child goes missing, immediately check the inside passenger compartments and trunks of all vehicles in the area very carefully, even if they are locked. A child may lock the car doors after entering a vehicle on their own, but may not be able to unlock them.
- If you see a child alone in a vehicle, get involved. Call 911 immediately. If the child seems hot or sick, get them out of the vehicle as quickly as possible.
- Be especially careful during busy times, schedule changes and periods of crisis or holidays. This is when most tragedies occur.

**EIGHTY-SEVEN PERCENT (87%) OF CHILDREN WHO HAVE DIED FROM VEHICULAR HEAT STROKE ARE AGE 3 AND YOUNGER**



# CALENDAR OF EVENTS

## SPECIAL EVENTS

**LCTHC PARENT & CHILD DEVELOPMENT CENTER**  
**Ages 2 1/2 through 5 years**  
**Every Tues., Wed., & Thurs.**  
10:30 a.m. to 2:30 p.m.  
Helps parents prepare their child for kindergarten. Contact: Pat Hubbard at (707) 263-8382 ext. 1303. Child needs to be registered by August 21, 2015 for entry into 2016 school year. School will start on September 8th, 2015. Registration Packets are in the Human Services Dept.

**ADULT JOB SKILLS PROGRAM / EDUCATION**  
**"Reaching a Better Place"** - Adult education in Home Maintenance & Repair and Office Practices & Procedures, will help you advance in a career. Registration required by Aug. 25th in the Human Services Dept. Classes begin September 7, 2015.

**DRUM MAKING WORKSHOP**  
**FREE for our Native American patients.** Last Fridays of the month, 10:00 a.m. - 2:00 p.m. Lunch is included. Space is limited. Sign up early. PLEASE CALL Tony Robichaud

at (707) 263-8382 ext. 1309. OUR CULTURE IS OUR PREVENTION.

## FUN FOR THE FAMILY IN LAKE COUNTY



**JELLYSTONE RV PARK & CAMP RESORT**  
Features miniature golf, swimming pool, paddle boat pond, horseshoe pits, recreation hall, playground, outdoor movies, pedal cart bikes, located at 14117 Bottle Rock Rd. Cobb 928-4322.

**TATONKA LAND MINIATURE GOLF**  
A family fun place to test your putting skills, skee ball, arcade games, snacks available. 24240 Lakeshore Drive, Clearlake, (707) 994-1661.

## NATURE & OUTDOORS

**BIRDING**  
Anderson Marsh State Historic Park. Look for grebes, herons, marsh wrens, coots, mallards, acorn woodpecker and in the winter, the great bald eagle. 151 different species of birds have been sighted there. Located at 8825 Highway 53, Lower Lake.  
Another birding spot is the Clearlake State Park, located at 5300 Soda Bay Rd., Kelseyville. Look for quails, scrub jays, killdeer, and kingfishers. Campsites are available. There are areas for swimming and fishing as well.

**JULY 4TH**  
Independence Day Street Fair, 11 a.m. Duct tape boat regatta, kinetic sculpture racing. FIREWORKS, 9 p.m. at Library Park in Lakeport.

**JULY 23 - 25TH**  
Tule Boat Races at Big Valley Rancheria. Contact: Sarah Ryan at (707) 263-5277 ext. 105.

**SEPTEMBER 3 - 6TH**  
**Lake County Fair** - A wonderful small town family event. Carnival rides, livestock competitions, live entertainment. Located at 401 Martin St., Lakeport.

**KEEP A LOOK OUT FOR THE MONTH OF SEPTEMBER INDIAN DAYS CELEBRATIONS!**

# HIGHLAND SPRINGS RECREATION AREA

Warm water fishing, swimming, and non-powered boating are enjoyed at Highland Springs Reservoir, a small lake south of Lakeport. The reservoir covers 146 acres of land and is fed by Highland Creek. Catfish, bass, crappie, and bluegill are found in the lake. A large grassy area, picnic facilities and restrooms are located next to the reservoir. There are horseshoe pits and a basketball court. A disc golf course just off Highland Springs Road is available for public use.



## Highlights of Highland Springs

- Fishing & Hunting
- Hiking trails & Horse trails
- Swimming
- Disc / Frisbee golf
- Shooting range
- Picnic area
- Restrooms
- BBQ s

# CHILD SAFETY

Road injuries are the leading cause of preventable deaths and injuries to children in the United States. Correctly used child safety seats can reduce the risk of death by as much as 71 percent.



## Safety Tips for Car Seats

Safety engineers have been working hard to make sure that cars and car seats are designed to keep kids as safe as possible. But it's up to every parent to take full advantage of safety designs by making sure car seats and booster seats are used and installed correctly. Listed are some facts that you need to know to make sure that your precious cargo is safe.

## Top Tips

- Seventy-three percent of car seats are not used or installed correctly, so check your car seat before you drive.
- Learn how to install your car seat for free at Lake County Tribal Health.
- Once a car seat has been in a crash, it needs to be replaced. When buying a used car seat do not buy from thrift store or off the internet.
- When adults wear seat belts, kids wear seat belts. Make sure everyone buckles up for every ride.
- Never leave your child alone in a car, not even for a minute. Temperatures inside your car can rise 20 degrees and cause heatstroke in seconds.

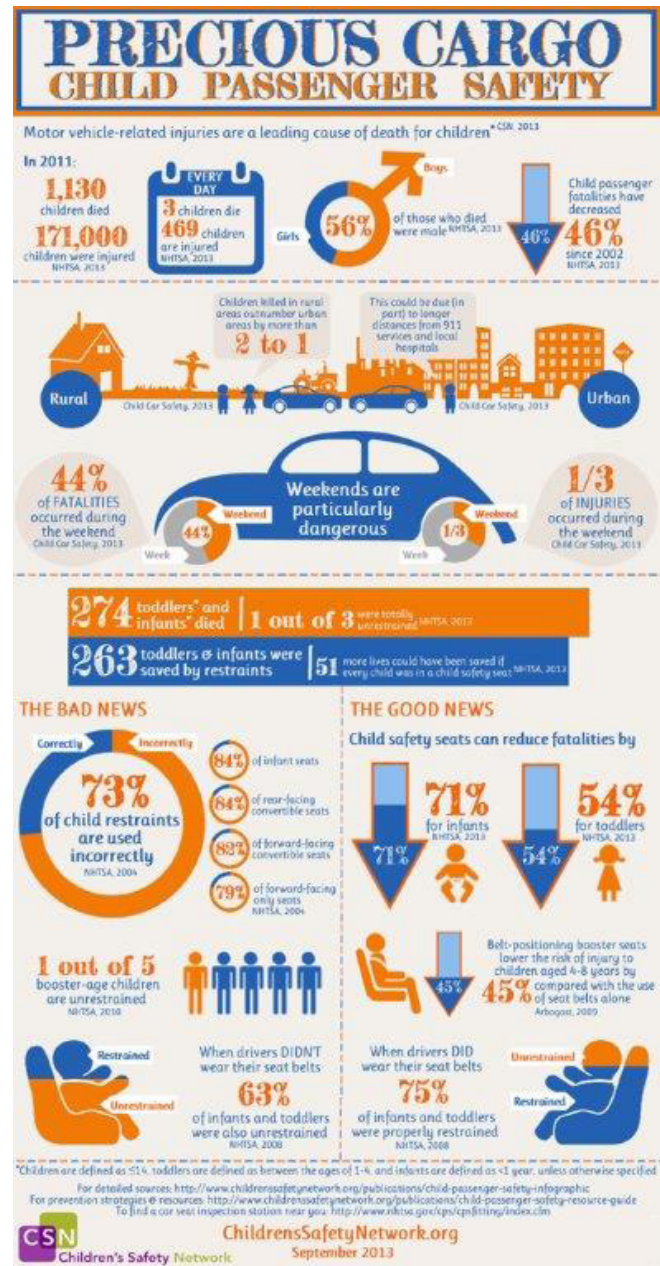
## ~ LEARN MORE ~

**LCTHC FREE CAR SEAT PROGRAM**  
Carseats for Native American Patients  
(You must be a parent or legal guardian)

**LCTH Public Health Conference Room**  
Every 2nd & 4th Thursday of the Month  
Starts promptly at 10:00 a.m.

Classes are led by a certified technician and are approximately 1 hour long.

For more information contact Ferlun  
707-263-8382 Ext. 1606



**Lake County Tribal Health**  
Modern Medicine  Personalized Care



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