

October 2024 Newsletter



Why Early Detection of Breast Cancer is Crucial for Native American Women

Breast cancer is a major health issue, and Native American women face unique challenges. Although they have lower breast cancer rates than other groups, they often experience worse outcomes because the cancer is detected too late.

Finding breast cancer early can make treatment more effective. Regular screenings like mammograms can catch cancer before it spreads. However, many Native American women have trouble accessing these screenings due to factors like living in remote areas, financial difficulties, or cultural beliefs.

To address these issues, we need to make healthcare more accessible. This can include mobile mammography units that travel to remote areas, financial help for screenings, and better transportation options. Combining traditional practices with modern medical care can also help make healthcare more acceptable and accessible.

Education is key to early detection. Campaigns that respect cultural values can teach women about the importance of self-exams and regular screenings. Working with local leaders and organizations ensures that the information reaches the community effectively.

Helping women navigate the healthcare system is crucial. Providing resources like patient navigators can assist with scheduling appointments and understanding treatment options, making it easier for women to get the care they need.

Early detection and better access to care are essential to improving breast cancer outcomes for Native American women. By focusing on education, increasing healthcare access, and offering support, we can work towards better health and lower breast cancer rates in these communities.

In this newsletter
you can expect:

Breast Cancer
Awareness Month

Fall Gathering

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Member Intro

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Employment
Updates

TANF Site Updates

Digital Wellbeing

Recipe & Books of
the Month

Drowsy Driving

Embracing Tradition

The Significance of Our Fall Gathering in Native American Culture

As the crisp autumn breeze ushers in the fall season, many of us eagerly anticipate our annual Fall Gathering. For Native American communities, this time of year carries profound cultural and spiritual significance. This gathering is not just a social event; it is a vibrant celebration of heritage, unity, and the rich tapestry of Native American traditions.

Autumn is traditionally a time of harvest and preparation for the coming winter. Native American cultures, with their deep connection to the land, celebrate this period as an opportunity to give thanks for the bounty of nature. The Fall Gathering is a reflection of this ethos, embodying a moment to honor the earth's gifts and to express gratitude for the sustenance and life it provides.

During this season, many tribes hold ceremonies and feasts that celebrate the harvest. These gatherings often include sharing foods like corn, squash, and beans—staples in many Native diets—that symbolize the fruits of their labor and the generosity of nature. The communal aspect of these events reinforces the importance of coming together as a community to support and uplift one another.

The Fall Gathering serves as a rich canvas for showcasing Native American cultural practices. Traditional dances, songs, and storytelling play a central role, offering a dynamic way to pass down knowledge from one generation to the next. These performances are not merely entertainment; they are vital to preserving the cultural heritage and fostering a sense of identity and continuity among younger generations.

Crafts and artistry are also prominent during these gatherings. Native American artisans often display intricate beadwork, pottery, and textiles, each piece telling a story or reflecting a cultural symbol. This exchange of artistry not only supports the preservation of traditional techniques but also provides a platform for cultural education and appreciation.

One of the most profound aspects of the Fall Gathering is its role in strengthening community bonds. It is a time for tribes and families to come together, reinforcing the values of kinship, cooperation, and mutual support. In a world that often emphasizes individualism, these gatherings are a powerful reminder of the strength found in unity.

The collective spirit fostered during the Fall Gathering helps to address contemporary challenges faced by Native American communities. By coming together to celebrate their shared heritage and collaborate on future endeavors, these gatherings act as a catalyst for communal resilience and empowerment.

The significance of the Fall Gathering extends beyond the present moment. It is an opportunity to honor and remember the wisdom of ancestors. Elders are often revered during these events, and their stories and teachings are highlighted as a source of guidance and inspiration. This reverence for the past ensures that the rich legacy of Native American culture continues to influence and enrich the lives of future generations.

Our Fall Gathering is more than a seasonal celebration; it is a vital expression of Native American culture and values. It reflects the deep connection to the land, the importance of community, and the enduring strength of tradition. As we gather this fall, let us embrace the opportunity to honor these traditions, celebrate our shared heritage, and build a stronger, more connected community. By participating in this meaningful event, we not only celebrate the bounty of the harvest but also reaffirm our commitment to preserving and honoring the rich cultural legacy of Native American peoples.

New Team Member

We are excited to introduce our new Program Services Manager to our TANF families. Shannon Carrier brings over 32 years of experience in the non-profit sector. He previously served as the Director of Program Services in Maui, Hawaii, where he focused on supporting the Native Hawaiian population and also spent two years on the Hawaii State Fatherhood Commission. Shannon has been married to Michelle Carrier since December 1992, and they are proud parents of four daughters and grandparents to four grandchildren. Three years ago, Shannon and his family relocated to Northern California. We are grateful that he chose to join our team and are eager to see how his expertise will help us grow our program and better support our families.



Education Department

To help your teen use social media responsibly and avoid negative effects, establish clear rules and limits to ensure social media doesn't interfere with their daily activities, sleep, or homework, and follow these rules yourself. Address any challenging behaviors by discussing them with your teen and consider reviewing their internet history if needed. Activate privacy settings on their social media accounts to prevent unintentional sharing of personal information. Regularly monitor their accounts, especially in the early teen years, and have ongoing conversations about their online experiences and feelings. Be a role model by sharing your own social media habits, and explain the importance of avoiding harmful behavior, such as gossip or sharing personal information with strangers. Additionally, encourage face-to-face interactions to help alleviate social anxiety.

Employment Department

In September, the Employment Department hosted several key events. A Financial Literacy course was held on September 11th and 18th, focusing on credit and debt management. On September 19th, a Career Exploration workshop took place at the Placer site, where participants completed career assessments to uncover their potential and passions. The results were then used to guide them in exploring various career fields and mapping out steps to pursue those paths. Additionally, four transitional cases were managed, and one participant secured full-time employment with the potential for self-sufficiency. Participants are encouraged to contact the department with suggestions for future workshops or topics.

Shingle Springs Tribal TANF Updates

Placer Site

Happy October – TANF Family –

Séekas’in! Placer is the place to be! We have so many updates to share with you all.

First of all, it was so great to see so many of you at our Back to School Night in September. I hope you enjoyed the evening and were able to make meaningful connections with the Sierra College students, other families and CIMC representatives. Secondly, we are gathering folklore and other tribal stories that have been handed down. Please share those oral traditions with me – so they can be displayed in our office.

We will be hosting open labs for Education and Employment, celebrating the SNAHC Fall Festival, the Auburn Big Time and our Family Culture Night. We hope to see you at all of those events.

We are hiring new staff, but in the meantime, if you need anything please feel free to reach out to me.

Sitapáy’omís!

Jenna Becker, Site Manager
530-820-0145, jbecker@sstanf.org

Sacramento Site

Hello Sacramento Site Families,

We are pleased to report progress in our hiring efforts. As we continue to expand our team, we appreciate your patience during this period. Your understanding is invaluable as we work to enhance our services and support. Our department has been dedicated to working closely with families to provide essential support services, referrals, and resources. It is important to connect with your Family Advocate for any services or referrals you may be interested or in need of as the Family Advocates are a driving force.

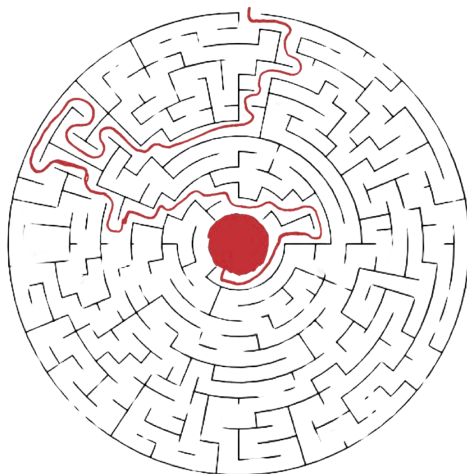
As the holiday season approaches, we are excited to announce several upcoming events. Keep an eye out for our Fall Gathering in October and Winter Solstice in December. We hope you join us for the events as your participation is appreciated and we look forward to seeing our families attending!

Thank you for your continued support and involvement. We look forward to connecting with you at our events and sharing more updates in the future.

Sincerely,
Sacramento Site

TANF Puzzles

Did you complete the Puzzle?



September 2024 Solution

Can you find all 10 differences?



Check back next month for the solution!

Shingle Springs Tribal TANF Updates

El Dorado Site

dai, niishanax (Hello) TANF Families!

Thank you to all the families who attended the Youth Beading event in September. We always look forward to seeing you and your children, smiling, learning and enjoying the activities at the El Dorado Site. We hope to see you and your families at our next TANF event!

Community Event in El Dorado County:

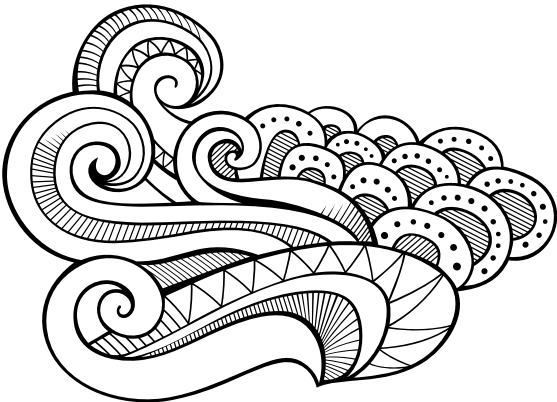
Saturday, October 12 | 11:00 AM- 4:00 PM
and Sunday, October 13 | 10:00 AM- 4:00 PM

The Hands4Hope Youth Fall Festival is a fun and interactive event for children of all ages held at the El Dorado Hills Town Center, Amphitheater-Side of Waterfront, 4364 Town Center Blvd. El Dorado Hills, CA 95762.

There will be Hayrides, Pumpkin Decorating, Obstacle Course, Crazy Hair Corral, Treat Trot, Pumpkin Bowling, Animal Meet n' Greet, Games & More!

Tickets will be sold at the event: Individual games & activities will run from \$1-\$5. \$15 Wristbands will also be available for unlimited games, (hayrides, pumpkin decorating, and animal meet n' greet are sold separately and not included with wristband).

hiisa, luwii, k'ele (thank you),
Dani, Julia and Stephanie



Yolo Site

Hoht-so, Ya'ah'teeh, Mun'ahoo, and Muchuourksis from the Yolo dream team.

Now that school is in full swing with deadlines and homework assignments, we would like to remind our families to reach out to our staff with any concerns regarding tutoring and extra educational assistance. We can refer them to our Education Department and/or assist with other resources. Do not wait until last minute, the sooner the better!

October is Domestic Violence Awareness Month and a time to support the survivors. It is a time for survivors to speak up and spread awareness. As well as give prayers to those that are making their journey whom have left their loved ones too soon. Four out of five American Indians and Alaskan Native Women have experienced some type of abuse in their lifetime. Domestic Violence is not traditional in any form. Abuse in any shape or form is not the holistic way of life, nor does it serve any purpose in our Indigenous communities. Don't heal in silence TANF has resources to help those that may be experiencing DV. We are here to be of service.

As a reminder, Halloween is right around the corner, and we would like to encourage our families to be safe and have fun. Always check your candy and inspect all the goodies you receive. Safety is key and always first.

Don't forget Family Culture night will be held on September 25th from 5:00pm to 7:00pm. Our staff is here to be of service, so email, stop by or call us at 916-741-5056.

Ah-ho (thank you) Ronda, Sapphira, Raymond and Mary.

October Classes



Oct. 1st 5-7pm
Talking Circle

Oct. 10th 4-6pm
Little Feathers

Oct. 24th 5-7pm
**Youth Beading
YOLO**

Oct. 2nd 4-6pm
**Tule Bracelets
SACRAMENTO**

Oct. 16th 4-6pm
**Tule Bracelets
EL DORADO**

Oct. 25th 5-7pm
**Daughters of
Tradition**



Oct. 3rd & 17th
4-6pm
**Linking
Generations**

Oct. 18th 6-8pm
Fall Festival

Oct. 25th 5-7pm
**Young Men's Drum
Group**



Oct. 19th 9:30 - 2:30pm
**Breast Cancer
Awareness Run**

Oct. 28th 5-7pm
**Tule Bracelets
PLACER**

Oct. 4th 10:30-2pm
Open Beading

Oct. 21st 10-12pm
**Parent Information
Workshop**

Oct. 29th 4-6pm
Cinema Night



Oct. 4th 4-6pm
Tribal Quest

Oct. 22nd 4-6pm
Water is Life

Oct. 30th 5-7pm
**Tule Bracelets
YOLO**

Oct. 7th, & 21st,
4-6pm
**Strengthening
Families**

Oct. 23rd 4-6pm
**Flute Lessons
for 10-18 yrs.**

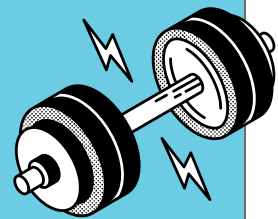
Oct. 31st 11-3pm
Career Fair



Oct. 8th 12-4pm
Momím Wené



**Education and
Employment
Open Lab**
9:30-11:30am



Oct. 9th 4-6pm
**Flute Lessons
for 5-10 yrs**

Oct. 3rd - Placer Site
Oct. 10th - El Dorado Site
Oct. 17th - Yolo Site
Oct. 24th - Sacramento Site

Oct. 9th, 16th, 23rd,
10-12am
The Workplace & You



Prevention Update

Greetings TANF Families!

We are excited that Prevention Staff received facilitator's training on the Medicine Wheel 12 Steps and will be offering a series of classes to TANF participants soon. It is a certified, culturally appropriate 12 Step Program for recovery that focuses on building character and values. The teachings can influence attitudes, behaviors, and decision making.

October is National Breast Cancer Awareness Month and 10/19/24 is Pink Day, a Breast Cancer Awareness Campaign for Native Americans, and a day to wear pink. Statistics report breast cancer is the second most common death from cancer for Native American and Alaska Native Women. Please schedule a breast cancer screening today. On 10/19/24, Prevention Staff will be participating in Wilton Rancheria's Breast Cancer Awareness Walk/ Run.

The Prevention Department offers various events to our TANF participants, so please review our monthly calendar. Transportation is limited but may be requested in advance.

We cannot wait to see you at our events!
Rosemary, Nikki, Ancita, Stephanie, Pauline, Richard, and Erikka



Placer Tule Doll Workshop



Wellness Warriors



Open Beading



Yolo Tule Doll Workshop



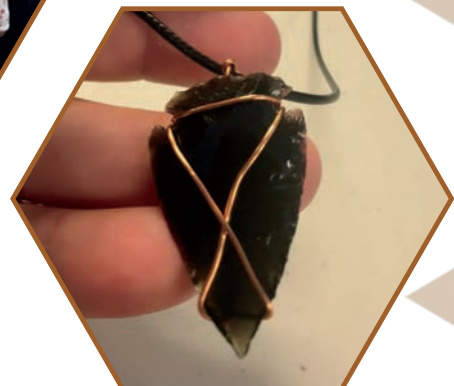
Wellness Warriors



Youth Beading



Shingle Springs Big Time



Family Night

Digital Wellbeing

Balancing Screen Time and Offline Activities

In today's digital age, screens are an integral part of our daily lives. From work and school to entertainment and socializing, it's easy to spend hours in front of a screen. However, balancing screen time with offline activities is crucial for maintaining digital wellbeing, especially for families.

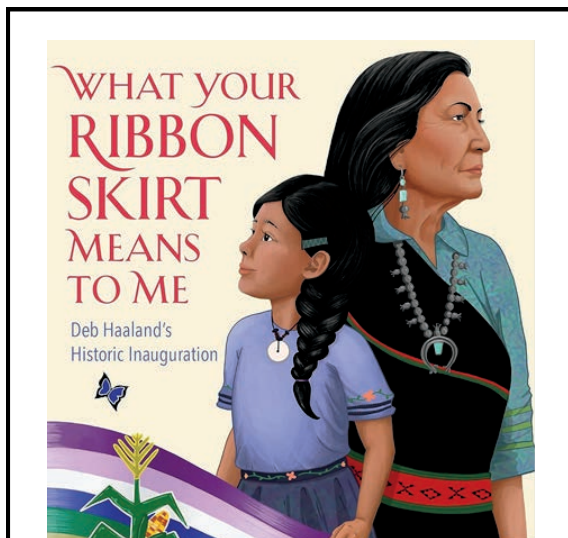
Excessive screen time can lead to various issues, including eye strain, sleep disturbances, and reduced physical activity. For children, it can also impact social skills and academic performance. Therefore, finding a healthy balance is essential for overall wellbeing.

Tips for Balancing Screen Time:

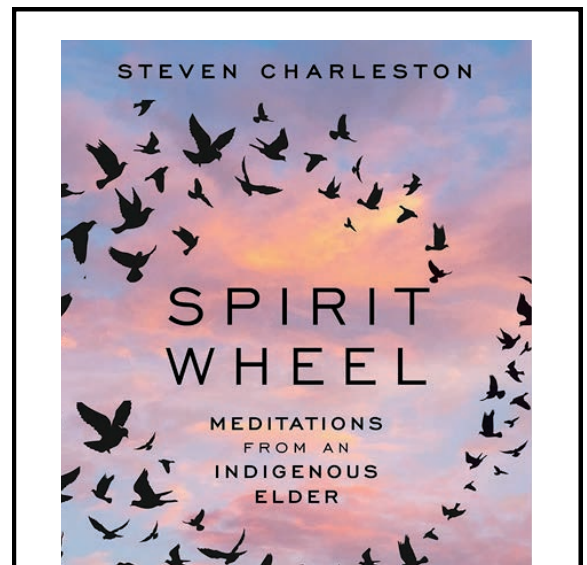
1. **Set Clear Boundaries:** Establish specific times for screen use, such as no screens during meals or an hour before bedtime. Consistency helps everyone in the family understand and respect these boundaries.
2. **Encourage Offline Activities:** Promote activities that don't involve screens. This could include outdoor play, reading, arts and crafts, or family board games. These activities not only reduce screen time but also foster creativity and physical health.
3. **Be a Role Model:** Children often mimic their parents' behavior. Show them the importance of balancing screen time by practicing it yourself. Engage in offline activities and limit your own screen use.
4. **Create Tech-Free Zones:** Designate certain areas of your home as tech-free zones, such as the dining room or bedrooms. This encourages family interaction and ensures that screens don't interfere with important activities like eating and sleeping.
5. **Use Technology Wisely:** Not all screen time is created equal. Educational apps and programs can be beneficial, so prioritize quality content over quantity. Use parental controls to monitor and limit what your children can access.

Balancing screen time with offline activities is vital for maintaining digital wellbeing. By setting boundaries, encouraging offline activities, being a role model, creating tech-free zones, and using technology wisely, families can enjoy the benefits of the digital world without compromising their health and relationships. Remember, it's all about finding the right balance that works for your family.

Books of the Month



This beautiful, informative, Indigenous picture book offers both an homage to Secretary Deb Haaland's achievements, and a celebration of urban Indigenous community through the eyes of a little girl.



I stand in the midst of creation's wheel
And watch in wonder the quiet majesty of
its turning. We are in the care of a love
without limit or definition. Under the
protection of a love that never looks away.

Tortilla Soup



INGREDIENTS

This soup tastes just as good or better the next day. It's a perfect, make-ahead recipe.

- Nonstick cooking spray
- 1½ cups chopped onion
- 3½ cups canned reduced sodium chicken broth
- 1¼ pounds bone-in chicken breasts, skin removed
- 1 cup diced, peeled chayote squash
- ¾ cup canned low sodium pinto beans, rinsed and drained
- 1 tablespoon chili powder
- ½ teaspoon garlic powder
- 4 (6-inch) corn tortillas, cut into strips, baked until crisp
- 1 avocado, peeled, pitted, and sliced

PREPARATION

1. Spray a large saucepan with nonstick cooking spray. Add onion and cook over medium-high heat for 5 minutes to brown, stirring occasionally.
2. Add broth and cover saucepan; increase heat to high. When broth starts to boil, add chicken, squash, beans, chili powder, and garlic powder.
3. Bring to a boil again; lower heat and simmer for 20 minutes.
4. Remove chicken from soup and let cool slightly. Shred into small pieces. Add shredded chicken back to soup.
5. Pour soup into bowls and top with tortilla pieces and avocado. Serve immediately.

Makes 4 servings - 2 cups per serving.



Drowsy or Fatigued Driving

Drowsy driving is a serious safety concern that can lead to accidents, injuries, and fatalities. Here are some key points to consider:

1. Impaired Cognitive Functions: Drowsiness affects coordination, reaction time, focus, judgment, and memory, making it difficult to drive safely.
2. Risk Factors: Lack of sleep, long driving hours, and certain medications can increase the risk of drowsy driving.
3. Warning Signs: Frequent yawning, difficulty keeping eyes open, and drifting from your lane are signs that you should stop and rest.
4. Prevention Tips: Ensure you get enough sleep, avoid alcohol and medications that cause drowsiness, and take regular breaks during long trips.



<p>Sacramento Site 2033 Howe Ave. Suite 100 Sacramento, CA 95825 916-760-1660</p>	<p>El Dorado Site 532 Main St. Placerville, CA 95667 530-683-0110</p>
<p>Placer Site 1919 Grass Valley Hwy. Suite 110 Auburn, CA 95603 530-820-0141</p>	<p>Yolo Site 1355 Haylard Dr. Suite 180 West Sacramento, CA 95691 916-741-5056</p>