



# Indian Valley Resource Center Community Newsletter

August Issue #12

Every Summer Has It's Own Story

On a mild day of 80-degrees, in 10-minutes the inside of a vehicle can rise to 99-degrees; in 20-minutes, 109-degrees; and in 60-minutes - 123-degrees!



A child's body heats up 3 to 5 times faster than that of an adult. Heatstroke can occur when the core body temperature reaches 104-degrees and internal organs begin to shut down. Once the body reaches 107-degrees, the person dies. Symptoms can progress to flushed dry skin and vomiting to seizures, organ failure, and death. Every week in the US a child dies from being left alone in a car. Most were forgotten by the parents and were younger than 2-years of age.

### NEVER LEAVE A CHILD ALONE IN A MOTOR VEHICLE!

A child should NEVER be left in a vehicle alone!

### LEAVE REMINDERS!

Leave a briefcase, purse, something needed at your final destination by the child while traveling.

### LOCK YOUR CAR!

Keep your car locked when you're not in it so children are unable to climb in on their own.

### IF YOU SEE A CHILD ALONE, CALL 911!

Save a Life...Save a Child!

### DON'T FORGET THE PETS!

Leave pets at home when doing errands in the heat.

### Where In The World Is Lauri?



For those of you who have been wondering why you haven't seen Lauri Rawlins-Betta at the IVRC there's a reason...and no, she hasn't left!

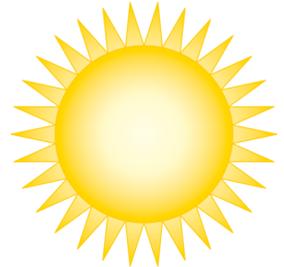
While vacationing in Southern California, she fell and broke her knee cap. Everything is on the mend, though it seems to take so long.

Meanwhile, Tamara Merino is in the office to help with any issues with which you may be dealing. Be sure to stop by and say Hello. And Lauri will be back in the office soon!

### BEAT THE HEAT!

#### Heat related deaths are preventable!

**WHAT:** Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.



**WHO IS AFFECTED:** More males than females are affected. Children, older adults, outside workers and people with disabilities.

**WHERE IS IT HOTTEST:** Houses with little to no air conditioning, construction worksites, and motor vehicles.

**HOW TO AVOID:** Stay hydrated with water & avoid sugary beverages; Stay cool in an air conditioned area; Wear light-weight, light colored, loose fitting clothes.

**KIDS' FEST - AUGUST 5th**  
Get ready for Kids' Fest at 4pm on August 5th held on the lawns of Greenville High School and sponsored by Evergreen Market.

Various non-profits will host activities including face painting, hair braiding, agility course, pedal car races, & crafts. Activities, games, food, beverages...it's all free!

**Bring the kids...have some fun!**



**TAYLORSVILLE POOL**  
M-F 1pm-5pm  
**Women's Water Aerobics**  
M-F 5:30-6:30PM  
**Many More Programs!!**  
530.284.6464

**WHAT'S ON THE HORIZON FOR INDIAN VALLEY & IVRC?**

**AUGUST 2016**  
**Kids' Fest**  
Evergreen's Kids' Fest at GHS...August 5th.

**SEPTEMBER 2016**  
**IVRC Food Shelf Collections**  
beginning with Pasta, Rice & Beans

**OCTOBER 2016**  
**IVRC Food Shelf Collections**  
Baking Supplies for dessert breads for Thanksgiving Boxes.

*Interested in volunteering at the IVRC or have a fundraising idea?*  
Call Lauri @530.284.1560

### Don't Forget The Pets!



This hot weather affects not only us, but our pets as well. It's just as important to keep pets hydrated, offer a cool and shady place to be, and watch the pads of their paws on hot concrete/asphalt.



## Four Things You Can Do To Get Ready To Go Back To School

Many adults and children have different schedules during summer vacation that they do during the school year. Bedtimes and wakeup times creep later or simply become irregular. Two of the biggest keys to a student's success, though, are getting enough sleep and sticking to a consistent routine, so now's the time

to ease into the new fall schedule. The following four tips should help you get back to the school schedules.

**#1: Slowly move bedtimes and wakeup times back to what they should be during the school year.** You can do this gradually over one or two week. If meal times or other regular routines have changed over the summer vacation, reset those as well. **Block out the school schedule (holidays, test days, etc.) on a calendar.** For parents, a family calendar in a prominent place helps everyone see what's going on at a glance, including after school activities and childcare. **Figure out where you're going.** One of the biggest stressors at the start of school is if you're going to a new building or your classes are in different locations than last year. Students/parents should know the route to school, where classrooms are and how long it takes to get there.

**#2: Organize your workspace and supplies.** De-clutter and streamline the workspace. Make sure it's a quiet, distraction-free place. **Stock up on the supplies you need,** including any organization accessories like file folders or desk organizers. Set-up new computers before school starts, so you're not fumbling with the PC at the last minute. **Make sure you have a system for processing school work.** Speaking of paperwork, medical records, immunization records should be ready and handy when you need them.

**#3: Get in the Back-to-School Mindset.** Review your previous academic achievements. **Set goals for yourself for this upcoming school year.**

**#4: Start the First Week the way you want to continue.** Doing the above should help you get a good start on the school year. You can make the first week even easier by setting up the daily routines that make school life easier. **The weekend before, pick out outfits for the week.** Each night before school, prep lunch & snacks; get school supplies for the next day in order, and clothes laid out. **Throughout the week, try to get to school early, check out the school's resources, and start making friends in class.**

A "Get Ready For School" checklist might help both young and older students, along with parents. Use these tips to make going back to school seamless and something of which to look forward.

### COMMUNITY WELLNESS TALK

August 4, 2016

6:30-7:45pm

Sacred Space, 109 Ann Street & Hwy 89

Join us in a Discussion led by Pat Bradley about how to stay balanced as our world and our community changes.

For more information call Nancy Pressor @ 530.616.0032

### Indian Valley Community Events

August 3 INDIAN VALLEY COLLABORATIVE

August 4 WIC at IVRPD Comm. Center

August 4 WELLNESS TALKS (6:30-7:45pm) Sacred Space  
530.616.0032

August 5 KIDS' FEST (4pm) GHS Campus

August 12 TAILGATE FOOD GIVEAWAY  
(St. John's-Quincy 9am-12noon)

August 29 COMMUNITY SUPPER  
(Methodist Church-Greenville)

For information on any of these events, call 530.284.1560 (M-Th, 9am - 2pm)

### NEW HOURS AT THE IVRC !!!

To better serve YOU, the IVRC is open every week,  
Monday through Thursday, from 9am to 2pm.

Indian Valley Resource Center—A PCIRC Wellness Center-Greenville, California

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