



Indian Valley Resource Center Community Newsletter

June Issue #10



A FUNNY THING ABOUT JUNE...

Every year, each month signifies “National Month of...” fill in the blank. When looking to see what June is the National Month Of, a list of 45 National Month Ofs came up. Some seem silly, such as National Bathroom Reading Month, National Accordion Month, or National Steakhouse Month. But there are others that seem too important to not only bring awareness to during the month of June, but each month and each day:

Adopt A Shelter Cat	Cancer from the Sun Awareness
Child Vision Awareness	Effective Communications
Fireworks Safety	Int'l Childhood Cancer Awareness
Student Safety	National Rebuild Your Life
National Safety	Vision Research

And we certainly DON'T want to forget: National Candy Month!

Whatever cause you choose to honor this month, do your very best to be there for someone, to listen to someone, and to care for someone. But most importantly, make this YOUR Month...be there for yourself, listen, and be caring to yourself.



THE COMMUNITY GARDEN

Have you been to the Community Garden in back of the IVRPD Community Center recently?

We've been really busy getting it all planted with strawberries, herbs, azaleas, pumpkin, zucchini, peppers of all colors and tomatoes!

Special thanks go out to the Public Health Agency for helping supply the plants; PCIRC's Leah Irons and her son, Chase, for digging the holes and planting the plants!



Volunteers have been weed eating, and pulling weeds from the flower borders surrounding the garden. Watering days are Wednesdays and Saturdays, and we're looking for watering volunteers.

Volunteers' schedules are being produced this month, so if you're interested in volunteering for the Community Garden, call 530.284.1560.
(Volunteers get to “reap the harvest”)

The People...

The people we surround ourselves with either raise or lower our standards. They either help us to become the *best-version-of-ourselves* or encourage us to become lesser versions of ourselves. We become like our friends.

No man becomes great on his own. No woman becomes great on her own. The people around them help to make them great.

We all need people in our lives who raise our standards, remind us of our essential purpose, and challenge us to become the...

Best Version Of Ourselves.

**There's nothing better than a good friend...
Except a good friend with Chocolate!**

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

JULY 2016
Community Garden Talks
Learn more about Hay Bale Gardening

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

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

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



Have You Noticed?

Tamara Merino has joined the PCIRC team and is working in the IVRC - Greenville office.

She brings her expertise in compassion having worked in nursing for many years, and good knowledge of Indian Valley community, having lived her for most of her life. Tamara will be able to provide services as a Family Advocate, so come in and see her for your needs.

You may have also noticed the new sign on the old Car Quest Building. Yes, that's right; the IVRC will be moving to 414 Main Street soon. Our new location will help facilitate the new wellness centers that PCIRC now have. Wellness Centers are located in Portola, Quincy, Greenville and Chester, and on FRC Campus. These centers will not only house Resource Center programs, but

also Behavioral Health and Drug & Alcohol programs.

With a few months out from completion on the renovations, an **Open House** will be announce when we move. So Keep Your Eyes Open for Your Invitation!

Also, there are **NEW HOURS** for the **IVRC** beginning in June. From now on all hours will be **Monday - Thursday, 9am - 2pm all weeks.** We will no longer be closed on the 1st Thursday of each month.

For more information, call 530.284.1560

JUNE: Child Vision Awareness Month

The month of June is **Child Vision Awareness Month.** That's 30 days to show your support for the more than 5 million elementary-aged children with vision problems.

Despite the fact that undetected and untreated vision problems can lead to serious academic, health and social problems, only 1 in 3 children receive an eye exam before entering school. A recent study showed that more than 11% of teenagers currently have undetected or untreated vision problems.

Oftentimes, kids don't even realize they have vision problems because they think everyone sees the world the same way they do. This is why regular eye exams and constant communication with your child about his or her vision is extremely important.

In some cases, children have even been misdiagnosed with ADHD or learning problems when vision problems are actually to blame.

If you have kids of your own, summer is a great time to take them in for eye exams. And now that you know how important it is to detect and treat vision problems at an early age, take this opportunity to talk about it with other parents.

For more information about child vision and vision development, visit AOA.org's section on [Children's Vision](#).

I can't wait to start blaming my normal lack of productivity on it being summertime.



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NEW HOURS AT THE IVRC !!!

Beginning in JUNE, the IVRC will be open every week, Monday through Thursday, from 9am to 2pm. This to better serve YOU!

Indian Valley Community Events

June CalFresh Enrollments @ IVRC

June Food Pantry Vouchers @ IVRC

June 2 WIC in Greenville @ IVRPD

June 15 Public Meeting: Greenville Hwys & Sidewalks (4pm)
(Towne Hall)

June 27 Community Supper (5:30pm)
(Methodist Church-Greenville)

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

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