



# Indian Valley Family Resource & Wellness Center Community Newsletter

October

Issue #14

## The 5-Stages of Grief...and Why We're Talking About Them

Unfortunately, Indian Valley lost a few members of our community this past summer. Many of us are grieving for family and/or friends who passed away. And many are unaware of the stages of grief that we all go through when there is a loss, particularly a death. There are five common stages of grieving that everyone goes through:

**Shock & Denial/Isolation:** The first reaction to learning of a death of a loved one is to deny the reality of the situation. It is a normal reaction to rationalize overwhelming emotions. It is a defense mechanism that buffers the immediate shock. We block out the words and hide from the facts. This is a temporary response that carries us through the first wave of pain.

**Anger:** As you move from Stage 1 to 2, reality and pain re-emerge. The intense emotion is deflected and is redirected and expressed as anger. The anger may be aimed at inanimate objects, complete strangers, friends, or family. Anger might be redirected at the lost loved one, even though we know they're not to be blamed.

**Bargaining:** "if only..." or "what if" statements come as we want life returned to what it was, our loved ones back. We want to

go back in time, change the situation.

**Depression:** There are 2 types of depression:

\*Sadness, regret, worry & anxiety-this can be eased by reassurance and helpful cooperation.

\*Quiet preparation to separate and to bid our loved one farewell; a more personal and private form.

People in the depression stage could experience a disconnect from things of love and affection.

And finally, Stage 5:

**Acceptance:** Often confused with the notion of being alright or okay, acceptance is the reality that a loved one is gone and this new reality is the permanent reality. This is part of the final healing and adjustment. There is awareness of the common-sense reasons of loss, though we may not understand them.

The most important thing to remember during this time of grieving is to take care of yourself, listen to your emotions, and if you need to talk to someone, do.

The IVRC offers peer-to-peer counseling. If you need to talk to someone, come in...we're here to help you get through your grief.

209 Crescent Street.  
Monday - Thursday 9am-2pm

## Naloxone - What Is It And Why Does IVRC Have It??

PCIRC and its Family Resource and Wellness Centers now offer Naloxone (also known as Narcan) at no cost to our clients.

### So what is Naloxone?

Naloxone blocks or reverses the effects of opioid medication, including extreme drowsiness, slowed breathing, or loss of consciousness. An opioid is sometimes called a narcotic.

Naloxone is used to treat a narcotic overdose in an emergency situation.

However, this medicine should not be used in place of emergency medical care for an overdose.

Naloxone is also used to help diagnose whether a person has used an overdose of an opioid.

**On September 16th, PCIRC staff were trained by members of the Plumas County opioid coalition on how to properly administer the drug Naloxone and to teach others how to administer the drug.**

This is a new educational program for PCIRC as we roll out Family Resource and Wellness Centers, bringing yet another no-cost healthy alternative to those seeking ways to access care without stigma.

You can contact any of our Resource and Wellness Centers for more information on Naloxone or call 530.284.1560.



**DON'T FORGET!!**  
Join us to learn how the CA Mental Health Services Act (MHSA) benefits our community.

Share your ideas on how we can make Mental Health Services even better!

**October 4th - 5:30pm-7:30pm**  
**Greenville Townhall**  
120 Bidwell Road

**OCTOBER 5<sup>TH</sup> is National "Do Something Nice" Day!"**  
So consider volunteering at your local Family Resource & Wellness Center!

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

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

**NOVEMBER 2016**  
**IVRC Food Shelf Collections**  
Thanksgiving Basket supplies.  
**Sign-Ups for Thanksgiving Baskets**

**DECEMBER 2016**  
**Angel Tree Sign-Ups**

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



**“What In The World Am I Looking At?,” You may ask. Our New Office!!**

Pictured here and below is the interior of the new Indian Valley Family Resource & Wellness Center. The IVRC is planning to relocate to 420 Main Street by November. Our new location will house Behavioral Health counselors, Alcohol & Drug programs, and have offices available for other agencies. Washer/dryer and shower facilities will be available along with food shelves, such as we already have. **We’re getting excited about being able to better serve YOU at this new facility!**



**Need help stretching your food budget?**

You may qualify for **CalFresh**. To learn more, please stop by and see us at 209 Crescent Street, Greenville or call the office at 530.284.1560 .

Drop-in Assistance Services include:

- \*Application Help
- \*Appeals Assistance
- \*Interview Preparation
- \*Questions Answered
- Eligibility Prescreen
- \*Required Verifications
- \*Helpful Materials
- \*Recertification Help



**Do you know what they call ghost mistakes?**

**Boo-Boos....**

**24/7 Dad®** is a unique set of programs designed to equip fathers with the self-awareness, compassion, and sense of responsibility that every good parent needs. It focuses on building the man first and the father second. There’s a group here in Greenville!

To participate call 530.284.1560.  
Facilitated by Scott Cash, National Fatherhood Initiative.



**Tasty News!**

**The Greenville Senior Nutrition Center** is now in its new home at the **American Legion Hall, 430 Main Street**. Meals are served daily, Monday through Friday, at noon. The Greenville site also offers Friday shopping and food pantry trips along with monthly Susanville trips. For more information, or to reserve your space for shopping/food pantry trips or meals, **call Debbie Hausen at 530.284.6608**. This site is also open for activities and gatherings from 9am to 1pm.

**Halloween Safety Tips - The Dos and the Don'ts**

**DO:**

- Go with a group
- Let your parents where you are
- Stay in well-lit areas
- Put your phone away!
- Don't stare at it while you walk
- Stay in the neighborhoods you know!

**DON'T:**

- Go into a house of a stranger
- Eat treats opened or tampered with
- Wear a costume that makes it hard to see or be seen
- Roughhouse around lit jack-o-lanterns
- Cross the street without looking first!

**Happy Halloween! Have Fun and Be Safe!**



**What Are We Doing In Indian Valley**

During the month of September, local churches have been collecting pasta, rice, and beans for the IVRC food shelves. In October, the Indian Valley Elementary classes are partnering with IVRC & the IV YOUTH Summit to collect baking goods for the YOUTH Summit teens to bake dessert breads for the Thanksgiving Baskets that are distributed in November. November collections will be for Thanksgiving Baskets. If you want to help by donating to the IVRC or need information on how your group/club can help, call Lauri at 530.284.1560. **Remember...it takes a community to care for the community!**

**Indian Valley Community Events**

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|------------------|---|-------------------|--|
| <b>October 4</b> | <b>MSHA Dinner &amp; Program</b><br>Greenville Townhall-120 Bidwell St. | <b>October 6</b>  | <b>WIC at IVRPD Comm. Center</b><br><b>Community Wellness Talk-6:30pm</b><br>Sacred Space--109 Ann St. (Medicinal Herbs) |
| <b>October 5</b> | <b>Indian Valley Collaborative</b><br>Roundhouse Council-330 Bush St.   | <b>October 24</b> | <b>Community Supper</b><br>United Methodist Social Hall-Pine St  |

**For more information, contact 530.284.1560**

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

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