



The Partnership for Safe Families & Communities of Ventura County,
The Designated Child Abuse Prevention Council



Our Mission is
"To promote a community committed to safe, healthy, peaceful families"

December 2011 Newsletter



~ Monthly Highlights ~

The Spirit of Giving during this Holiday Season

The Spirit of Giving provides a wonderful opportunity to show compassion, love and care toward those less fortunate.

Give the gift of hope by volunteering or making a donation to service providers who help to better the lives of those in our community.

Many men, women & children in Ventura County are struggling with homelessness. According to the Ventura County Homeless and Housing Coalition, during any given day there are 1,872 adults and children who are homeless in Ventura County. Having warm clothes and blankets are some of the greatest needs during this Winter Season. According to Karol Schulkin, Homeless Services Program, there is a great need of new & warm socks.

In response to this need, The Partnership is having our First Annual

Sock Drive for Homeless Feet Goal: 300 pairs of socks!

New Socks any Color, white crew or warm for the winter:
Men sizes 10-13, Women sizes 9-11 or children any size.

Please drop off your donations Monday-Friday, 9am-5pm at Aspiranet, 1838 Eastman Ave., Suite 100, in Ventura. For more information call (805) 289-0120 ext. 3031 or visit

www.partnershipforsafefamilies.org.

Click on the link below for:

[Sock Drive for Homeless Feet Flyer](#)



The Spirit of Giving during this Holiday Season Cont.

Resources for Homeless People in Ventura County:

*Holiday Greetings and Best Wishes
for a New Year filled with Love,
Joy and a World of Peace*



• 2-1-1 Resource Referral Hotline for Ventura County: for a complete list of resources call 211 or visit www.211ventura.org.

• VC Human Services Agency, Homeless Services Program: (805) 385-1800, [Homeless Services Brochure, Resource List for Eastern Ventura County, Resource List for Western Ventura County](#)

• List of Homeless Shelters in Ventura County [2011-2012 Winter Homeless Shelters](#)

• HPRP Eviction Prevention & Rental Deposits (805) 385-8585.

• Many Mansions Affordable Housing & Service Provider (805) 496-4948.

• RAIN Transitional Living Center (805) 385-1800 or visit www.vchsa.org.

• Light House for Woman & Children (805) 240-1644.

• Salvation Army Transitional Living Center (805) 648-4977, or www.salvationarmy-ventura.org.

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Message from the Partnership's Board President ~ Jennifer Frank

Greetings Partnership members!

December always seems so busy at my house: my son's birthday is at the beginning of the month, visiting with friends and family, all the shopping, shopping, and more shopping, decorating, baking, and of course the holidays at the end of the month. Sometimes I feel as if I get caught up in all the business and forget to be grateful for all that my family has: a warm home, food on our table, loving family and friends, and so much more.

The presentations from the panel members from the Human Services Agency's Homeless Services Program and Food Share at this month's Partnership meeting helped me to think about how many people do not have the benefit of even a home to sleep in. I feel very grateful to the panelists for the important work they do to help people in our community find stable housing, provide food for their families, find jobs, and receive health care. We should all remember their wonderful Spirit of Giving throughout the entire year.

Happy Holidays to each and every one of you!

~ Jennifer Frank, Board President

~ Become a Partnership Member ~

Help Support Violence Prevention Efforts

Becoming a member helps support The Partnership's mission to "promote a community committed to safe, healthy, peace families." Members will receive: access to leading-edge tools, resources, discounts, trainings, events, and submissions of your organization's events/activities in the monthly newsletter. Membership dues: Organizational \$60, Individual \$40, Student/Senior \$25, and scholarships are available. Join us to help Make a Difference in our Communities! For more information contact Elaine Martinez Curry (805) 289-0120 ext.3024, email: emcurry@aspiranet.org, or visit: www.partnershipforsafefamilies.org.



~ The Partnership's General Monthly Meeting ~

We will be Dark in January in observance of the Holiday Season.



The next General Partnership meeting is **February 1, 2011, from 10am-12noon**, located at Child Development Resources of Ventura County, 221 Ventura Blvd., Rooms A & B, Oxnard. February is Parent Leadership Month and we will have a special presentation by Child Development Resources of Ventura County. Please join us for the educational presentation, committee/agency updates, networking, resources, and more! For more information contact: Elaine Martinez Curry (805) 289-0120 ext.3024, or email: emcurry@aspiranet.org, or visit: www.partnershipforsafefamilies.org.

~ Monthly Highlights ~

World Aids Awareness

According to World Aids Campaign, this year's campaign slogan is "**Be an Activist**" As we mark 30 years of AIDS, let's be inspired by the early days of AIDS activism. AIDS has proven to be much more than an epidemic—it is a movement that has inspired people across the world. This movement is more important now than ever. The beginning of the end of AIDS is now in sight – we must get to Zero new HIV infections, Zero discrimination, Zero AIDS-related deaths. It is our shared vision and our shared responsibility, in memory of the millions who died of AIDS but also for future generations.

Find more about the World AIDS Campaign, email info@worldaidscampaign.org or visit www.worldaidscampaign.org/en/. [Find out](#) about the latest scientific breakthroughs that bring the end of AIDS closer to sight. [Enter](#) your blogs, videos, pictures, websites – be creative and show how you contribute to the beginning of the end of AIDS Ventura County Resource: HIV/AIDS Center: Monday to Friday, 8am to 5pm, located at 3147 Loma Vista Road Ventura, CA 93003. Contact: Craig Webb, Manager, (805) 652-3310.

~ Monthly Highlights ~



Universal Human Rights Month

According to www.thinkfinity.org, the [Universal Declaration of Human Rights](http://www.udhr.org/index.htm) was adopted unanimously by the United Nations General Assembly on December 10, 1948. However, many people still do not enjoy the same rights and privileges that Americans often take for granted. Take time this month to review the importance of these rights such as the right to vote, to a fair trial, and to freedom of speech.

SOURCE: www.thinkfinity.org, www.udhr.org/index.htm, 12/12/11

Safe Toys and Gifts Month

“ By taking a few, easy safety precautions, we can keep the holidays happy for everyone! ”
Hugh R. Parry, president and CEO of Prevent Blindness America.



Prevent Blindness America

Tips for making the Holidays Safe for You and Your Family

- Make recommendations to family members and friends about gifts that you feel are appropriate for your child. Be diligent about inspecting these gifts before allowing your child to play with them.
- Inspect all toys before purchasing. Monitor toys that your child has received as gifts to make sure they are appropriate for your child's age and developmental level.
- For younger children, avoid play sets with small magnets and make sure batteries are secured within the toy. If magnets or batteries are ingested, serious injuries and/or death can occur.
- Gifts of sports equipment should always be accompanied by protective gear (such as a basketball along with eye goggles or a face guard with a new batting helmet for baseball or softball).
- Any toy that is labeled “supervision required” must always be used in the presence of an adult. Keep toys meant for older children away from younger ones.
- Always save the warranties and directions for every toy. If possible, include a gift receipt. Repair or throw away damaged toys.
- Avoid toys that shoot or include parts that fly off.
- Inspect toys for sturdiness. Your child's toys should be durable, with no sharp edges or points. The toys should also withstand impact. Dispose of plastic wrapping material immediately on toys as they may have sharp edges.
- Don't give toys with small parts to young children. Young kids tend to put things in their mouths, increasing the risk of choking. If the part of a toy can fit in a toilet paper roll, the toy is not appropriate for children under the age of 3.

For more information on safe toys and gifts for children as well as general children's eye health topics, please contact Prevent Blindness America by calling (800) 331-2020, email

info@preventblindness.org or visit www.preventblindness.org,

[Download a copy of the safe toys press release.](#)

SOURCE: Prevent Blindness, 12/8/11



~ Health & Safety ~

Holiday Health & Safety Tips



Center for Disease Control

The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips. For more information visit: www.cdc.gov

- Wash your hands often

[Cover Your Cough](#), [Handwashing: Clean Hands Save Lives](#)

- Stay warm

[Stay Safe and Healthy in Winter Weather](#) , [Winter Weather](#)

- Manage stress

[Stress at Work](#) , [Sleep Hygiene Tips](#)

- Travel safely



[Extreme Cold: A Prevention Guide to Promote Your Personal Health and Safety](#),

[Drinking and Driving: A Threat to Everyone](#), [Child Passenger Safety](#), [Stay Safe and Healthy in Winter Weather](#), [Traumatic Brain Injury](#), [Travelers' Health](#)

- Be smoke-free

[Quit Smoking](#)

- Get check-ups and vaccinations

[Things to Do Before Your Next Check-Up](#), [Family Health History Resources and Tools](#), [Flu and People with Diabetes](#), [Get Smart: Know When Antibiotics Work](#), [Vaccines and Immunizations](#), [Women: Stay Healthy at Any Age](#) (AHRQ), [Men: Stay Healthy at Any Age](#) (AHRQ)



- Watch the kids.

[Electronic Aggression](#), [Home and Recreational Safety](#), [Toys are Safer This Holiday Season Due to Stronger Safety Rules](#) (CPSC)

- Prevent injuries.

[Bicycle Related Injuries](#), [Carbon Monoxide \(CO\) Poisoning Prevention](#), [General Injury Related Information](#), [Healthy Pets Healthy People](#), [Fire Deaths and Injuries: Prevention Tips](#), [Fireworks-Related Injuries](#), [Traumatic Brain Injury](#)

- Handle and prepare food safely.

[Be Food Safe](#), [It's Turkey Time: Safely Prepare Your Holiday Meal](#), [Seasonal Food Safety: Fact Sheets](#) (USDA)



- Eat healthy, and be active.

[Food Safety at CDC](#), [Alcohol: Frequently Asked Questions](#), [Get Smart Entertaining](#), [Healthy Weight](#), [Be Physically Active in the New Year](#), [Managing Diabetes During the Holidays](#), [Physical Activity for Everyone](#)

~ Health & Safety Continued ~



Know the 10 Warning Signs of Alzheimer's Disease Before Heading Home for the Holidays Early Detection Empowers Families to Plan for the Future

Alzheimer's Association, Excerpt from Press Release, November 14, 2011

The holiday season is traditionally a time to gather with loved ones. These visits with family can raise questions about the cognitive health of aging family members. With Alzheimer's disease in particular, it is important to know what behavior is and is not typical aging.

Below is a list of warning signs. If you notice any of the warning signs in your aging family members, please make certain he or she sees a doctor.

- Memory loss that disrupts daily life.
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks at home, at work or at leisure.
- Confusion with time or place.
- Trouble understanding visual images and spatial relationships.
- New problems with words in speaking or writing.
- Misplacing things and losing the ability to retrace steps.
- Decreased or poor judgment.
- Withdrawal from work or social activities.
- Changes in mood and personality.

Anyone with questions about Alzheimer's disease or seeking information should contact the Alzheimer's Association's 24/7 toll-free helpline at 800.272.3900 or visit www.alz.org/cacentralcoast.

SOURCE: Barbara Lanz-Mateoalz.org, 11/14/11

~ Family Strengthening ~

" The more you praise and celebrate your life, the more there is in life to celebrate. " ~ Oprah Winfrey

Positive Parenting and Strengthening Families



Yoga is a great tool for reducing stress, which may be a cause for misbehavior in children with challenging behaviors. Stress is often the cause of parents' overreaction, making those behaviors worse. Try some deep breathing and/or yoga exercises for yourself or your child.

Better yet, do them together!

SOURCE: Positive Parenting and Strengthening 2011 Calendar, Office of Child Abuse Prevention (OCAP), California Department of Social Services, Office of Child Abuse Prevention, (916) 651-6960.

Center for the Study of Social Policy's Strengthening Families A Protective Factors Framework

<http://www.cssp.org/reform/strengthening-families>



Strengthening Families is a research-based, cost-effective strategy to increase family strengths, enhance child development and reduce child abuse and neglect. It focuses on building five Protective Factors that also promote healthy outcomes.

Those five protective factors are parental resilience, social connections, knowledge of parenting and child development, concrete support in times of need and social and emotional competence of children.

Visit the website for more information and resources at www.cssp.org



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(805) 677-5403

www.partnershipforsafefamilies.org



For information, please contact Elaine Martinez Curry, Executive Director at (805) 289-0120 ext 3024 or e-mail emcurry@aspiranet.org.

**How to Get Involved with
The Partnership**

**Contribute time to
The Partnership's child
abuse, neglect, and family
violence prevention efforts:**

- Participate in one of our committees in the categories of adult abuse prevention, child abuse prevention, domestic violence prevention, sexual abuse prevention, the faith network, and/or youth engagement and development; and/or
- Volunteer and/or
- Become a member of The Partnership or make a donation to help our prevention efforts.

**Submit to
The Partnership's
Monthly Newsletter
Deadline for December is
December 30, 2011.**

E-mail Jeni Futvoye at jfutvoye@aspiranet.org.

Please send your submissions by the deadline. Information provided must meet submission criteria and be in alignment with The Partnership's mission.

Submissions may include:
Success stories, information about Your Trainings, Workshops, Conferences, Resources, Publications, Fundraising/Grant & Employments Opportunities. Include title, hyperlink, website, publication link/pdf, date/time, fee, CEUs, scholarships, and contact information. Thank you!

The Partnership's Committee Meetings

Join a Partnership Committee...

**Become actively involved in
the Partnership's ongoing efforts**

"to promote safe, healthy, peaceful families and communities".

- **Child Abuse & Neglect Education Committee (CAPC)** meets the fourth Wednesday of the month from 1-2:30pm, located at VC Public Health, 2220 E. Gonzales Rd., Suite 102, Oxnard. For more information contact Seleta Dobrosky at (805) 981-5190 ext 102 or email: seleta.dobrosky@ventura.org.

- **Domestic Violence Prevention Committee** meets the fourth Wednesday of the month from 1-2:30pm, located at Interface Children Family Services, 1305 Del Norte Rd., Camarillo. For more information contact Nicholle Gonzalez-Seitz: ngonzalez@icfs.org.

- **Sexual Abuse Prevention Committee**, meets the second Wednesday of the month from 8:30 – 9:30 a.m., 1030 N. Ventura Rd., Oxnard. For more information contact Caroline Prijatel Sutton: c.prijatel@thecoalition.org.

- **Youth Engagement and Development Committee**, meets the first Friday of the month from 11:00am - 12:00p.m., at TAY Tunnel, 141 W. Fifth Street Suite D., Oxnard. The mission of the Youth Engagement and Development committee is "to coordinate communication and foster collaboration among youth serving entities countywide that share our main objectives". For more information contact Jen Gomez at jegomez@pacificclinics.org.

- **Ventura County Adult Abuse Prevention Council**, all meetings held from 8:30-10am, at Alma Via Assisted Living of Camarillo, 2500 Ponderosa Dr., Camarillo. 4101 Las Posas Rd., Camarillo, (pre-register required). The VCAAPC is a non-profit organization dedicated to the prevention of elder and dependant adult abuse by providing education and advocacy services to Ventura County. For more information contact Melanie Farber at (805) 389-0977 or email at mifarber@personalparentcare.com.

Together We Can Make a Difference!