

Tribal employees help local food share with food drive competition

- First place: Accounting/Public Works – 654.17 pounds
- Second place: CHS/Health Administration/Clinic Computer System – 395.52 pounds
- Third place: Natural Resources/Planning – 283.0 pounds
- Overall amount donated – \$1,332 cash and 874.26 pounds of food

Despite the effect of the economy on everyone, Tribal employees raised 56 percent more in cash this year. In fact, in 2009 employees raised \$581 in cash compared to this year's \$1,332 in cash donations. This also included the "Jeans for Food" campaign, which was very successful in the employees' third year of raising funds.

Cash donations calculate so that with every \$1 donated, the Siletz Food Share can purchase \$5 worth of food through the Oregon Food Bank. Essentially the \$1,332 in cash could provide the Siletz Food Share with the opportunity to purchase \$6,660 in additional food to distribute to the community.

"I am very proud of the generosity of our employees giving back to the local community during this holiday season and the Siletz Food Share Program graciously thanks all who contribute. However, the

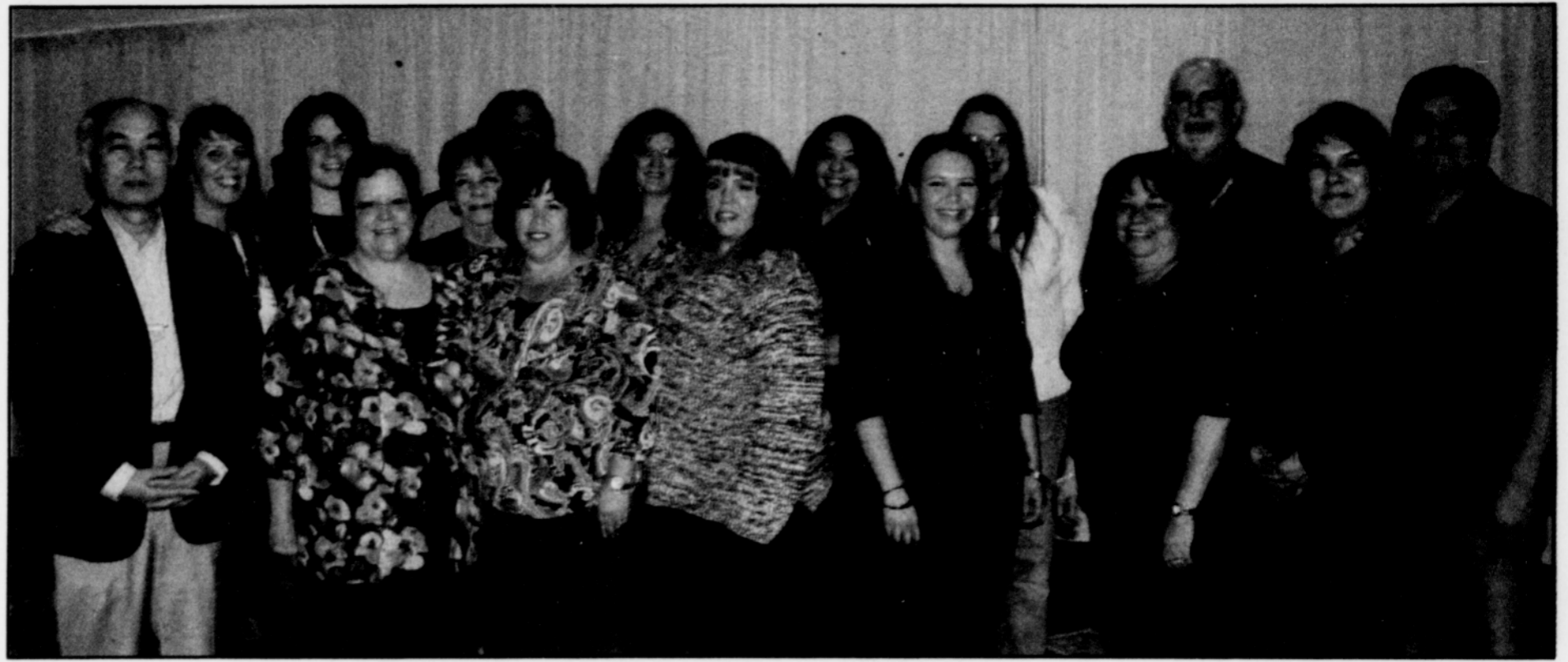


Photo by Diane Rodriguez

L to r: Gregg Gubuan, Debbie Williams, Stephanie Chamberlin, Pam Ben, Trish Valet, Bristo Bayya, Kelly Lane, Tricia Daniel, Christina Frederic, Chris Murphy, Alicia Keene, Karen Bell, Cheryl Lane, Randy Wilson, Cindy Urbach and Will Metcalf

need for assistance and donations for not only this program but other similar programs continue throughout the year in all communities," said Kelley Ellis, who coordinated this year's food drive along with Wendi Schamp. "I would encourage everyone to continue or start contributing to these programs once, twice or even monthly throughout the year. There are many ways to contribute, including household donations, clothing donations, food donations, cash donations or volunteering to assist a local program for a day or even one hour. Everything adds up and makes a difference. Sharing and giving to your local community is an amazing sensation."



Photo by Natasha Kavanaugh

L to r: Stan Werth, Sammy Bayya, Bristo Bayya, Eugene "Papa" Williams, Tony Whitehead and Max Hoover

January notes from the Healthy Family Healthy Child Project

By Mark Kimball, HFHCP Project Manager

I find myself struggling with writing this month's article. It's probably because of the disturbing nature of the subject matter, which is Elder abuse and the increase noted within the Tribe of reported Elder abuse.

Distasteful as this subject might be, it needs to be addressed. The abuse of our elderly population is not a crime of only the non-Native society, but is being seen in all Tribal cultures at an increasing rate of occurrence and in all of its forms.

There are three indisputable facts about Elder abuse:

- Other than the victim's age, Elder abuse is a crime that is indiscriminate in choosing whom it strikes. Factors such as one's socio-economic status, gender, race, ethnicity, educational background and geographic location do not provide a barrier against the abuse.
- Elder abuse victims often live in silent desperation, unwilling or unable to seek assistance because they unfortunately believe their cries for help will go unanswered and they fear retaliation from their abusers. Many Elders remain silent to protect abusive family members from the legal consequences of their crimes or are too embarrassed to admit they have fallen victim to predators. Others fear that no one will believe them,

chalking up their allegations to the effects of old age.

- With community vigilance, care and cooperation, Elder abuse can be stopped and its perpetrators arrested and prosecuted. Data tells us that in the past four years alone, social service and law enforcement resources have expanded dramatically to meet the growing need. **Remember – if you suspect abuse, report it.**

As our Elders become more physically frail, they are less able to stand up to bullying or are unable to fight back if attacked. They may not see or hear as well or think as clearly as they used to, leaving themselves open to unscrupulous people to take advantage of them. Mental and/or physical ailments may make them more difficult companions for the people who live with them or take care of them.

Across the United States, our Elders are being abused and/or harmed in some substantial way, often by those people who are directly responsible for their care. More than half a million reports of abuse against the elderly reach authorities every year and millions more cases go unreported.

Elder abuse tends to take place where the senior lives. The abuse most often happens in the home, where the abuser is often the adult child of the Elder. Other family members such as grandchildren or spouses/partners of the Elder can be the abusers. Institutional settings, especially

long-term care facilities, also can be the source of Elder abuse.

Elder abuse comes in many different forms, such as:

- **Physical Abuse.** Physical Elder abuse is non-accidental use of force against an elderly person that results in physical pain, injury or impairment. Such abuse includes not only physical assaults, such as hitting or shoving, but also the inappropriate use of drugs, restraints or confinement, or prolonged deprivation of food and/or water.
- **Emotional Abuse.** In emotional or psychological senior abuse, people speak to or treat elderly persons in ways that cause emotional pain or distress. Verbal forms of emotional Elder abuse include intimidation through yelling or threats, humiliation and ridicule, and habitual blaming or scapegoating. Another form of emotional abuse is seen in the form of non-verbal psychological Elder abuse and can take the form of ignoring the elderly person, isolating an Elder from friends and/or activities, or terrorizing and/or menacing the elderly person. The elderly also are victims of emotional abuse if emotional support is being withheld from them or they are forcibly confined.
- **Sexual Abuse.** Sexual Elder abuse is sexual contact with an elderly person without the Elder's consent. Such contact can involve physical sex acts, but activities such as showing an elderly person pornographic material, forcing the person to watch sex acts or forcing the Elder to undress also are considered sexual Elder abuse.
- **Neglect or abandonment by caregivers.** Elder neglect, the failure to fulfill a caretaking obligation, constitutes more than half of all reported cases of Elder abuse. It can be active (intentional) or passive (unintentional, based on factors such as ignorance or denial that an elderly charge needs as much care as he or she does). Elder neglect includes the failure to assist the Elder with personal hygiene, provide adequate clothing or shelter, provide adequate medical care, protect the Elder from health and safety hazards or prevent malnutrition or dehydration and self-neglect.
- **Financial exploitation.** Financial exploitation involves unauthorized use of an elderly person's personal funds or property, either by a family member, a caregiver or an outside scam artist. A family member or an unscrupulous caregiver might misuse an Elder's personal checks, credit cards or bank accounts. They might steal cash, income checks or household goods or forge the Elder's signature. Identity theft also is on the rise.
- **Scams.** It has been found that some Elders are susceptible to scams that target the Elder population. These can include but are not limited to an-