

Members elect board; Farlow will head board (at north county historical museum)

From PastPresent, newsletter of the North Lincoln County Historical Museum; September 2020

Cynthia Farlow was elected president by the NLCHM board to succeed Mick McLean who is stepping down after four years as president. Cynthia has been on the board for more than a year, has served as secretary and brings extensive experience to the position.

She sat on the board of the Siletz Tribal Arts and Heritage Society and volunteers for many charitable organizations.

Cynthia is a native Oregonian and coastal resident since 2003. She and her husband, Vance, live on Siletz Bay. The board welcomes Cynthia and her expertise.

C.T. Holman, Craig Anderson and Richard Hawkins were elected for three-year terms. Holman will continue as vice president, Richard Hawkins will continue as treasurer and Doug Force was elected secretary.

Thank you to all museum members who voted on new and renewing board members in June.



Courtesy photo from Cynthia Farlow

Cynthia Farlow was elected president of the NLCHM board on Aug. 20. Here is a photo of Jeff Syrop, museum director, looking at some items she loaned for display. "This is the first time a Siletz member has been elected president," Farlow said. "I am so excited to engage our Siletz history in the museum."



Courtesy photo from NLCHM

Cynthia Farlow (above) holds a photo of her family, including her grandmother, Adelaide Adams. They are members of the Siletz Tribe.

Tribal employment information is available at ctsi.nsn.us.

Supporting our children in stressful times, including a pandemic and wildfires

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

In light of world events, wildfires, the COVID-19 pandemic and the shifts to virtual and hybrid schooling, let's focus on practical tips for living through stress as best as possible. In my role as consultant nutritionist to Siletz Tribal Head Start, I offer nutrition information for families. Today's topic is about core principles to support our bodies to not only cope and survive, but to grow, develop and go on to thrive despite high stress.

Welcome back to another school year, one that does not look or feel familiar and raises more questions than seem to be answered. These are stressful times for all of us.

Please, let us remember that children feel stress and trauma too and they need information and support in order to manage. This year more than ever, children need to be informed, in age appropriate ways, about what is happening so they can grow, develop and become the powerful community members and leaders we need and want them to be. Children are our future—even when we have misgivings and confusion about what they face and our possible role(s) in it.

My focus is nutrition; however, many factors influence nutrition, both externally and internally. The available food supply is an external factor for available nutrients. Internally, how our body benefits from the available food is influenced by our lifestyles, our emotions, our illnesses and our stages of growth and development.

Events, both local and worldwide, impact our food supply and therefore our access to nutritious foods (or not). Many families receive emergency food boxes. While it is vitally important to have access to food, it isn't always the food that we would choose and this can place further stress on our attempts to be well.

The stresses of the pandemic and the wildfires have complicated the food supply. Many families were able to plant larger gardens this year and hopefully this food was shared and some was saved through drying, canning or freezing for future consumption (food security).

Stressors are quite critical and can interfere with our body's ability to fully receive, assimilate and use the nutrients from food for growth, repair and normal function. Stress includes physical illness and developmental stages with increased growth, as well as emotional factors of fear, confusion, uncertainty, abuse or trauma. At this time in history, our collective stress is very high.

Furthermore, even when we have well-developed nutritional practices or health protocols in place, if stressors are not addressed often the benefits are limited. For children, this can be seen as poor growth and development.

One of the reasons Head Start tracks growth of children is to screen for possible risk factors and to offer interventions when possible. Sometimes poor growth is due to an underlying health condition that may not be diagnosed or treated.

Food sensitivities can interfere with growth and development. Gluten sensitivity or celiac can clearly interfere with nutrient absorption and growth. Diabetes can

stunt normal growth and development, and when insulin levels are high (in the case of insulin resistance) excess weight gain can occur, often with suboptimal nutrition.

Infection is also a physical stressor, such as from bacteria or virus. Often infection is subclinical and we may be unaware of the smoldering fire that keeps our body in stress. Toxic mold exposure or candida (yeast) overgrowth is another example of a physical stressor.

Lack of diversity or lack of balance in the gut (intestinal) micro-biome is bodily stress-associated, with a wide range health issues that are broader than constipation or diarrhea. Our micro-biome actually controls many of our health outcomes. This means that when we support balance and diversity, our health is protected. As a note of caution, when a child's micro-biome is out of balance, the approach toward balance needs to be low and slow for success.

Emotional stressors can be difficult to identify and address. We know that childhood trauma (ACEs – adverse childhood experiences) impact health in many ways. Unresolved and ongoing stress can change how the body handles nutrition (digestion and assimilation), growth and bodily repair. All too often, patients are told to manage their stress and the conversation ends there.

How can we manage stress? Which stresses are important – big stress, everyday baseline stress, the elephant in the room stress (that we don't talk about)?

For many children, it is important to be informed about what is happening so they do not experience isolation or shame due to lack of knowledge or information. This applies to physical conditions that

are common and to those that are less common. This also applies to the stress of being ill and feeling different from others or having a parent who is struggling or not available.

Some people don't realize the sensitivity and awareness of most children. When children are sensitive, they pick up the stresses of others and if the conversation (information) is withheld, children are unable to process the tension they feel. They are not even able to ask because they don't know what they are feeling or why.

Please be sure to talk to your children about what is going on in ways they can understand while providing opportunities for them to ask questions and talk about their feelings and fears. Opportunities to talk about stressors serve to support children to "process and release" the tension from their bodies.

This form of education and support helps children keep or regain their resilience – one of the keys to our vital future (this is important for grown-ups too).

Please reach out to your Head Start teacher or director if you notice signs of physical and/or emotional stress you would like to address before your child experiences more serious difficulties. Referrals may be needed, as well as possible curriculum changes to better support Head Start children and their families.

Additionally, Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please ask to speak to the nutritionist. Visits usually occur over the telephone.