

Angels Ball and Fantasy of Trees canceled amid concerns of spreading COVID

LINCOLN CITY, Ore. – Due to the possibility of spreading COVID-19, the Board of Directors of Angels Anonymous has decided to cancel the Angels Ball and Festival of Trees scheduled for Dec. 1-4, 2021.

The Angels Ball generates the greatest share of funding needed to make it possible for Angels Anonymous to help residents in the North Lincoln County area

with immediate and basic needs. In 2020, even though the ball was canceled, donations from members of the community and beyond made it possible to lend a helping hand to those who so desperately needed it. More than 148 families, many of them victims of the Echo Mountain Complex fire, were assisted last year and the need has continued in 2021.

A huge vote of thanks goes out to our sponsors and donors for supporting our mission. Your help has provided a lifeline to literally hundreds of families over the past 23 years.

Lincoln County is still facing the struggle presented by the pandemic and as winter approaches, we anticipate the need for support will continue to be high. We ask for your support in this coming year

and hope to see you all again at the Angels Ball in 2022, when we can celebrate the holidays with renewed hope and the joy of the angels.

If you wish to make a monetary donation to Angels Anonymous, call 541-994-2651 or send your donation to Angels Anonymous, P.O. Box 554, Lincoln City, OR 97367.

PTSD effects on Native children who witness or feel threat of domestic violence

By StrongHearts Native Helpline

When we say, “domestic violence is not traditional,” it is to remind American Indians of a time before colonization. It’s a glimpse into a past when times were good. Instead, our memories only extend to the depths of colonization and the devastating impact it had on our people. Whether we know it or not, our words and actions reflect a story from the past.

Effects of domestic violence during pregnancy

In 2014, Michigan State University professors studied and linked the abuse of pregnant women to symptoms of trauma in their children. Professors concluded that stress hormones released during pregnancy also increase stress hormones within the fetus. Some of the symptoms exhibited by the newborn baby included

nightmares, startling easily and sensitivity to loud noises/bright lights.

Impact of domestic violence on children

Children and adolescents’ exposure to domestic violence or even the threat of violence/abuse has been linked to an increased risk of psychological, social, emotional and behavioral problems. Violence includes physical aggression or assault as well as emotional abuse such as humiliation, intimidation, controlling actions, and isolation from family and friends. Exposure does not require directly witnessing violence because children often experience the harms associated with an awareness of violence.

According to *Promising Futures, Best Practices for Serving Children, Youth and Parents Experiencing Domestic Violence*,

effects of exposure to domestic violence on children can include:

- Believing the abuse is their fault
- Turning against mother or father or having ambivalent feelings about both parents
- Feeling that they are alone, that there is no one who understands them
- Being afraid to talk about the abuse or express their feelings
- Developing negative core beliefs about themselves and others
- Developing unhealthy coping and survival reactions, such as mental health or behavior problems
- Believing that the world is a dangerous and unpredictable place
- Being isolated from people who might find out about the abuse or offer help

In a case study of children exposed to violence, nearly half (46%) involved a parent/caregiver who was a victim of intimate partner violence (IPV). These caregivers/parents had few social supports (39%); had mental health issues (27%); alcohol (21%) and drug abuse (17%); a perpetrator of IPV (13%); physical health issues (10%); a history of foster care/group home (8%); and cognitive impairment (6%).

Post-traumatic stress disorder and historical PTSD

“Post-traumatic stress disorder (PTSD) is a mental health condition that’s triggered by a terrifying event – either experiencing it or witnessing it. Symptoms can include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.” Children 6 years old and younger may re-enact the traumatic event through play and/or experience frightening dreams.

Sadly, American Indian juveniles experience PTSD at a rate of 22%, the same rate as combat veterans and triple the rate of the general population. This is due to Native children being “poly-victimized,” experiencing several forms of violence including sexual abuse, physical abuse, domestic violence, child maltreatment and community violence.

The risk of post-traumatic injuries, medical and behavioral disorders are increased by up to tenfold and their ability to thrive is severely compromised.

Four types of symptoms include intrusive memories, avoidance, negative changes in mood and thinking, and changes in physical and/or emotional reactions. Native children can experience:

- Negative thoughts about oneself and others

- Viewing the world as dangerous
- Hopelessness about the future
- Difficulty maintaining relationships
- Difficulty experiencing positive emotion
- Overwhelming feelings of guilt or shame
- Self-destructive behavior
- Irritability, angry outbursts or aggressive behavior

If you or the children in your life have disturbing thoughts and feelings about a traumatic event, or if you feel you’re having trouble getting your life back under control, a medical or behavioral health care provider can help. Getting treatment as soon as possible can help prevent PTSD symptoms from getting worse. Children can also benefit from counseling or other types of mental health therapy.

Traditional healing

We were once forbidden to use our traditional methods of healing, so it’s been a long road for Native peoples to reclaim our traditions, cultures and spiritual identity. The revitalization of our cultures and spirituality is so important.

Recovering from the loss of human life, ancestral lands, cultural and spiritual identity requires healing traditions and ceremonies. Our ceremonies promote wellness by acknowledging the interrelatedness of spirit, the Creator and the universe.

Our community gatherings provide an opportunity for traditional healers and storytellers to use prayer, drumming, songs and sacred objects to restore and renew a sense of hope and pride. Without these fundamental traditions, the journey to healing and recovery is made more difficult.

When medicine is needed, help is available

If you are a parent in an abusive relationship or if you experienced domestic violence growing up, StrongHearts Native Helpline is a 24/7 culturally appropriate domestic, dating and sexual violence helpline for American Indians and Alaska Natives, available by calling or texting 844-762-8483 or clicking on the chat icon on Strongheartshelpline.org. StrongHearts advocates can help you with safety planning and parenting skills.

StrongHearts Native Helpline is a project of the National Indigenous Women’s Resource Center and the National Domestic Violence Hotline.

Additional Resources

National Suicide Prevention Lifeline
800-273-TALK (800-273-8255)

Chinook Winds Casino Resort

Follow us on Twitter, find us on Facebook or visit our website at chinookwindscasino.com.

For more information about events in North Lincoln County, visit lcchamber.com, oregoncoast.org or lincolncity-culturalcenter.org.

Calling all Tribal member business owners

If you would like to be on the preferred Tribal members business list with Chinook Winds, please fax, mail, email or drop off your business card, brochures, or business information to:

Chinook Winds Casino Resort
Attn: Purchasing Dept.
1777 NW 44th St.
Lincoln City, OR 97367
Phone: 541-996-5853
Fax: 541-996-3847
erica@cwresort.com



If you want to be part of a great team and looking for a new career opportunity, Please call Human Resources at (541) 996-5800 or (541) 996-5806.

www.chinookwindscasino.com/careers

Office Hours: Monday through Friday 8am-4:30pm

Chinook Winds Casino Resort in Lincoln City, Ore., offers 24-hour Las Vegas-style gaming, an 18-hole golf course, headline entertainment from some of music’s most legendary stars, three full-service restaurants, a secure child care facility and arcade, and a 243-room ocean-view hotel.

For more information, visit chinookwindscasino.com, or call 888-CHINOOK (244-6665) or 541-996-5825.