

## Osage Nation Social Services

255 Senior Drive  
Pawhuska, OK 74056

Phone: 918-287-5338

Fax: 918-287-5231

E-mail: [rfish@osagetribe.org](mailto:rfish@osagetribe.org)



### 1st Annual Pill Dump Days A Great Success!

Thanks to several good hearted volunteers, good weather and 89 people from Osage County the Nations Prevention Program had great success with their first annual pill dump day. We traveled and set up at: Title VI we seen 9 people and collected 24 scripts, Fairfax-22 people and 101 scripts, Prue-0, Hominy-13 people and 59 scripts, Barnsdall-20 people and 139 scripts, Pawhuska Cedar Ridge-6 people and 32 scripts, Pawhuska Community Center-16 people and 91 scripts, Skiatook-3 people and 90 scripts. The total on liquids or unknowns-99.

The total number of pills-22,754.5 off the streets and out of the environment. We are all so very proud of the helping hard work from our volunteers and the wonderful turnout of this event. Several locals asked if we would be doing an event like this again and we let everyone know the next one will be held in the spring.

The Osage Nation Prevention Program would like to thank everyone who helped to make our 1st annual pill dump days such a great success!



## OSAGE NATION SOCIAL SERVICES

### Important Numbers

Osage Nation Police  
(918) 287-5510

Osage County Sheriff  
(918) 287-3131

Oklahoma Poison Control Center  
1-800-222-1222

Child/Adult Abuse Hot Line  
1-800-522-3511

### INSIDE THIS ISSUE:

Trick or Treat 2

HINI-Swine Flu 4

Recipes 6

Calendar of Events 7

# Osage Nation Social Services

OSAGE NATION SOCIAL

OCTOBER 2009

## The Effects of Domestic Violence on Children

Domestic violence affects every member of the family, including the children. Family violence creates a home environment where children live in constant fear. Children who witness family violence are affected in ways similar to children who are physically abused. They are often unable to establish nurturing bonds with either parent. Children are at greater risk for abuse and neglect if they live in a violent home. Statistics show that over 3 million children witness violence in their home each year. Those who see and hear violence in the home suffer physically and emotionally. "Families under stress produce children under stress. If a spouse is being abused and there are children in the home, the children are affected by the abuse." (Ackerman and Pickering, 1989)

Children react to their environment in different ways, and reactions can

vary depending on the child's gender and age. Children exposed to family violence are more likely to develop social, emotional, psychological and or behavioral problems than those who are not. Recent research indicates that children who witness domestic violence show more anxiety, low self esteem, depression, anger and temperament problems than children who do not witness violence in the home. The trauma they experience can show up in emotional, behavioral, social and physical disturbances that effect their development and can continue into adulthood.

Here are some potential effects: Emotional  
-Shame, guilt and self blame.

- Confusion about conflicting feelings towards parents.

-Fear of abandonment, or expressing emotions, the unknown or personal in-

jury.

-Anger

-Depression and feelings of helplessness and powerlessness.

-Embarrassment.

Some Behavioral effects:

-Acting out or withdrawing.

-Aggressiveness or passiveness

-Refusing to go to school.

-Care taking; acting as a parent substitute

-Lying to avoid confrontation

-Rigid defenses-

-Excessive attention seeking.

-Bedwetting and nightmares.

-Out of control behavior.

-Reduced intellectual competency.

-Manipulation, dependency, mood swings.

Continued on page

## Trick or Treat Safety

Halloween is a cherished tradition but the excitement of the night can cause children to forget to be careful. There is no real "trick" to making Halloween a real treat for the entire family. The major dangers are not from witches or spirits but rather from falls and pedestrian/car crashes. Halloween is such a fun time of year for kids and adults alike, so its important that we take some precautions to keep it that way! Here's a list of trick or treating tips for your family.

Wear comfortable shoes!!

Carry a flashlight

Wear something with a reflector on it

Go out before dark-especially for little ones. The big kids tend to flood the streets later at night making it hard for little ones to trick or treat.

Never go into a strangers house, even if they ask you to come in while they go and get some candy.

Throw away all homemade or unwrapped treats. I know some people work hard on making great home made treats, Remember most cases of kids finding razor blades in their candy or popcorn ball is an urban legend. but in this day and age its not worth the risk!

When walking down the street, have the adult walk closest to the road, and the children closest to the houses.

Do not run ahead of the adults-its very easy for children to get carried away and accidentally run into the road.

Do not pet strange animals while trick or treating. Though you really shouldn't ever pet someone's animal with out being invited to do so, you especially shouldn't during trick or treating where your costume or other costumes may be irritating or confusing to the animal.

Do not eat candy as you go.

Always be nice, even when people do not have any candy to give out.  
Do not knock on doors where the lights are off.

Watch where you step!

Have a plan before you start. If you are walking in an unfamiliar neighborhood, it is easy to get lost.

When you approach a treat giving house, make sure to yell "Trick or Treat!" very loudly!

When you get home, check all of the candy before allowing children to eat any of it.

You are looking for:

- \* old worn wrappers
- \* torn wrappers (even with the smallest hole)
- \* home made treats
- \* unwrapped treats
- \* toys with small parts that may be a chocking hazard
- \* money (change)
- \* fruit

can't next page



## Calendar of Events



## October

### October is Domestic Violence & Breast Cancer Awareness Month

October 12th Osage Day (Columbus Day ) All Tribal Offices Closed

October 14th Breast Cancer Awareness Luncheon for information call 287-5485

October 15th Osage Nation Counseling Center Domestic Violence Program  
Contact Counseling Center for more information 287-5425

October 16th send out all Angel Wish lists to all foster and adoptive parents

October 17th employee Halloween Party 7pm -1am Wakon-Iron

October 23rd Prevention Programs Youth Encampment Cultural Center  
Doors open at 5p.m.

October 24th Red Ribbon Pow Wow

October 24th & 25th Cultural Heritage Walk

October 25th Daylight Savings Time ends (set clocks back 1 hour)

October 31st Halloween

Free Flu shots for adults give by Public Health Nurses at the Diabetes Office any time on Monday, Wednesday Thursday and Friday

## Easy Halloween Recipes: Zombie Food

Spaghetti Pasta (brains)  
Nuts (flesh or bones)  
Grapes (eye balls)  
Yogurt, any flavor

Cook pasta and drain. Add nuts, grapes, and yogurt. Enjoy!



## Homemade Halloween Suckers

### Ingredients

- 6 or 8-inch wooden pop sticks
- Gummy worms, as needed
- 2 cups sugar
- 2/3 cup corn syrup
- 2/3 cup water
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon orange, lemon or cherry extract

Few drops orange food coloring

### Directions

Lay a silicone sheet on a baking pan, place the sticks on the pan and place 3 pieces of gummy Worms above the tip of each stick to form a gummy worm triangle.

Combine the sugar, corn syrup, and water in a clean, dry small saucepan. (It is best to use a heavy gauge pan and preferably with a pour spout.) Bring to a boil over high heat and cook without stirring until the mixture reaches 305 degrees F or "hard crack" stage on a candy thermometer. Occasionally wash down the sides of the pan with a clean pastry brush dipped in water to remove any sugar crystals that are clinging to the sides of the pan.

When the mixture reaches 305 degrees F, remove the pan from heat and dip the bottom of the pan into an ice bath for a few seconds to stop the candy from cooking. Add the extracts and food coloring and stir very gently with a wooden spoon so the color is evenly distributed.

Pour the syrup over the gummy worms and just over the stick. Cool the candy for at least 20 minutes.

Lift the lollipops off the silicone and either serve immediately or wrap in an airtight container.



\*any candy that looks like it may have been tampered with.

\* for small children, remove any hard candies. They tend to become slick once in the mouth and can quickly become a choking hazard.

\* lickable stamps

\* glass or sharp objects

If you find any of the above mentioned items, its best to discard them-trust me, there will still be plenty of treats to go around afterwards!!

Have a safe and Fun Halloween-and take lots of pictures!

## The Effects of Domestic Violence on Children

Cont'd from page 1

### Some Social effects:

- Isolation from friends and relatives.
- Stormy relationships.
- Difficulty in trusting, especially adults.
- Poor anger management and problem solving skills.
- Excessive social involvement to avoid home.
- Passivity with peers or bullying.
- Engaged in exploitative relationships as perpetrator or victim.

### Physical effects:

- Somatic complaints, headaches and stomachaches.
- Nervous, anxious, short attention span.
- Tired and lethargic.
- Frequently ill.
- Poor personal hygiene.
- Regression in development.
- High risk play.
- Self abuse.

Nurturing children from abusive homes can bring healing to their lives. In giving needed love and care to children, it is important for a parent to reflect these essentials:

**Trust and Respect:** Acknowledge children's right to have their own feelings, friends, activities and opinions. Promote independence, allow for privacy and respect their feelings for the other parent. Believe in them. **Provide Emotional Security;** Talk and act so children feel safe and comfortable expressing themselves. Be gentle. Be dependable.

**Provide Physical Security:** Provide healthy food, safe shelter and appropriate clothing. Teach personal hygiene and nutrition. Monitor safety. Maintain a family routine. Attend to wounds.

**Provide Discipline:** Be consistent: ensure that rules are appropriate to age and development of the child. Be clear about limits and expectations. Use discipline to give instruction, not to punish. **Give Time:** Participate in your children's lives, in their activities, school sports, special events, celebrations and friends. Include your children in your activities. Reveal who you are to your children.

**Encourage and Support:** Be affirming. Encourage children to follow their interests. Let children disagree with you. Recognize improvement. Teach New Skills. Let them make mistakes. **Give Affection:** Express verbal and physical affection. Be affectionate when your children are physically or emotionally hurt.

-Male children who witness the abuse of mothers by fathers are more likely to become men who batter in adulthood. -Older children are frequently assaulted when they intervene to defend or protect their mothers. ((Hilberman and Munson)

**Care for yourself:** Give time for you. It is important to remember that trust is a major factor when working with children exposed to domestic violence. Children need a safe place with an adult they can trust to begin healing.

Here are some shocking statistics: -Each year an estimated 146 children, ages 11-17 who came from homes where there was domestic violence, all sons over they age of 14 attempted to protect their mothers from attacks. Of that 62% were injured in the process (American Psychological Association)

-In a 36-month study of 146 children, ages 11-17 who came from homes where there was domestic violence, all sons over they age of 14 attempted to protect their mothers from attacks. Of that 62% were injured in the process (American Psychological Association)

# 2009 H1N1 Flu (Swine Flu) and You



What is the H1N1 virus?

**What is 2009 H1N1 (swine flu)?** 2009 H1N1 (referred to as "swine flu" early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person world-wide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the [World Health Organization](#) (WHO) sig-

naled that a pandemic of 2009 H1N1 flu was underway. **Why is 2009 H1N1 virus sometimes called "swine flu"?** This virus was originally referred to as "swine flu" because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. But further study has shown that this new virus is very different from

what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes. Scientists call this a "quadruple reassortant" virus. **Is 2009 H1N1 virus contagious?** CDC has determined that 2009 H1N1 virus is contagious and is spreading from human to human.

How does 2009 H1N1 virus spread?

Spread of 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

**What are the signs and symptoms of this virus in people?** The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever. Severe illnesses and death has occurred as a result of illness associated with this virus.

**How long can an infected person spread this virus to others?** People infected with seasonal and 2009 H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with the new H1N1 virus.

## Prevention & Treatment

There is no vaccine available right now to protect against 2009 H1N1 virus. However, a 2009 H1N1 vaccine is currently in production and may be ready for the public in the fall. As always, a vaccine

will be available to protect against [seasonal influenza](#). There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. **Take these everyday steps to protect your health:** Cover your nose and mouth with a tis-

sue when you cough or sneeze. Throw the tissue in the trash after you use it.

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.\*

Take everyday steps to protect your families health



# Prevention & Treatment



- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

### Other important actions that you can take are:

- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs \*(for when soap and water are not available), tissues and other related items could help you to avoid the need to make trips out in public while you are sick and contagious.

## Symptoms

### In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not inter-

- acting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

### In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or

- shortness of breath
  - Pain or pressure in the chest or abdomen
  - Sudden dizziness
  - Confusion
  - Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough.



## November is National Adoption Month



On one single day for the last 10 years, the lives of thousands of children in foster care have been forever changed. That day is National Adoption Day. Thanks to the efforts of adoption advocates, policymakers, judges and lawyers, a total of more than 25,000 children have been adopted from foster care on National Adoption Day over the last 10 years. But the need extends beyond just one day. The goal is: a foster care child is placed with a forever family every day.

Since 2000, the goal of National Adoption Day has been that every community in the U.S. will have an annual, institutionalized, self-driven celebration of National Adoption Day on or near the Saturday before Thanksgiving, which can include finalizing adoptions of children from foster care and celebrating all adoptions. In total, more than 25,000 children have been adopted from foster care on National Adoption Day. This year the 10-year anniversary of National Adoption Day will be celebrated on November 21, 2009. More on how Osage Nation plans to celebrate in the following weeks.