



# Victims Services Program

## June is **Elder Abuse** Awareness Month

### What Are the Warning Signs of Elder Abuse?

The most common **warning signs** of elder abuse are strange and sudden changes to an elderly loved one's mental, physical, or financial well-being. Specific signs of elder abuse vary depending on what type of elder abuse is affecting the victim.

#### Signs and symptoms of elder abuse can include:

- Injuries such as bruises, cuts, or broken bones
  - Malnourishment or weight loss
  - Poor hygiene
- Symptoms of anxiety, depression, or confusion
  - Unexplained transactions or loss of money
  - Withdrawal from family members or friends

**Valdez Native Tribe** stands with our Elders in honor and support. If you know an Elder who needs any type of support services call **(907) 835-1144**. An anonymous **Report of Harm** can be made by calling **(800)-478-9996**



## Contact

**Samantha Rice, Director**  
(907) 255 - 7172

**Keristyn Weber, Advocate**  
(907) 255 - 7413

**Office Phone**  
(907) 835 - 8069

**24/7 Crisis Hotline**  
(907) 835 - 1144

**Email**  
victims\_services@valdeztribe.org

**Mailing Address**  
PO Box 1634 Valdez, AK 99686

## Community Needs Assessment

Tell Us How **Victim Services** Can Better Help Valdez

1. Scan code to complete questionnaire online. Submit your mailing address at the end and we will **send you a gift card**
- or -
2. You can mail this questionnaire back in the self-addressed paid envelope or deliver to **627 Copper Drive, Monday-Friday 830-5 pm**, and place in our secure lock box at the front door. Ring the doorbell and you will receive a **gift card!**



If you or someone you know is a **victim of crime** and are in need of help call **(907) 835 - 1144**

# Gathering Circle

Join us on Facebook, **June 16th from 6-8 pm**, for our monthly Gathering Circle, as **John Boone and Keristyn Weber** share stories of the importance of Elders passing on harvesting traditions. John will be demonstrating how to **prepare and preserve hooligans**.



## 24/7 Crisis Hotline

**(907) 835-1144**

- You need someone to talk to
- You need information & resources
- You don't know what to do next
- You are a victim of a crime of trauma
- You are a family member of a victim

## Important Dates

### Halibut Hullabaloo

June 5 - 14

### Gathering Circle

June 16

### Elder Abuse Awareness Day

June 15

### Father's Day

June 20

### Summer Solstice

June 20

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## Valdez Native Tribe Social Services

**COVID-19** continues to change how society functions and people engage with each other. While medical professionals continue to learn about COVID-19 and local, state, and government officials continue to adjust mandates to ensure the safety of our communities, individuals can experience increased mental and physical distress. **Everyone experiences** stress from time to time, not all stress is bad. Stress is a normal reaction to life experiences. Chronic stress can have negative impacts upon your mental and physical health.

### Stress can cause:

- ▣ Increased fear, anger, sadness, worry, frustration, or numbness
  - ▣ Changes in appetite
  - ▣ Decreased energy, desire, and interests
  - ▣ Difficulty concentrating or making decisions
  - ▣ Difficulty sleeping or nightmares
- ▣ Headaches, body pains, stomach problems, and skin rashes
- ▣ Increase symptoms of chronic health problems (e.g., high blood pressure, diabetes, etc.)
  - ▣ Increase symptoms of mental health conditions (e.g., depression, anxiety, etc.)
  - ▣ Increase use of tobacco, alcohol, and other substances.

There are **different ways** to manage stress levels that can reduce the risk of negative mental and physical health effects. Here are some ways you can cope with increased stress:

- ▣ **Talk** with a mental health professional. Do not wait for your mental health to be severely impacted. Effective coping strategies can decrease risk of increased negative mental and physical health effects.
- ▣ **Talk** with a health care professional. Continue to seek medical treatment to ensure proper health care for existing conditions or early intervention for new health problems.
- ▣ Increase leisure **activities**. Summer is here! As the daylight continues to increase, get outside and enjoy the **outdoors**. Complete subsistence harvesting/living activities, go for a hike or fishing, plant a garden, or sit by the shore and enjoy the wildlife.
  - ▣ Make a list of activities, **priorities or goals**. Be mindful of your time and do not overwhelm yourself with too many tasks.
- ▣ Connect with family and friends. Keep in touch with family and friends. Many people have isolated or have been under quarantine during the last year. Connect with people who enjoy the same activities that you do.
  - ▣ **Exercise**. Exercising just 30 minutes a day can help improve your mood and health.

If you are experiencing chronic stress and **need assistance**, please call Dr. Bailey and schedule an appointment.

#### Resources

<http://www.valdezak.gov/149/Parks-Recreation>

[https://anc.apm.activecommunities.com/municipalityanchorage/home?onlineSiteId=0&from\\_original\\_cui=true](https://anc.apm.activecommunities.com/municipalityanchorage/home?onlineSiteId=0&from_original_cui=true)

<https://www.matsugov.us/lifestyle>

**Contact Dr. Bailey at  
(907) 461-7290 or [drtanya.b@valdeztribe.org](mailto:drtanya.b@valdeztribe.org)**