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PCA-NV NEWS

Pinwheels for Prevention

Statewide Pinwheels for Prevention Event Planning is in full swing!

The second planning call will occur on February 23, 2015 at 1PM.

Conference Line: 805-360-1000
Participant Access Code: 141093#

***Reminder!***
The LAST DAY to order pinwheels through the involvement survey is Friday, February 13, 2015

Other Dates to Remember:
- Final Planning Call: March 16, 2015 at 1pm
- Pinwheel Planting at the Nevada State Legislature: April 1, 2015 at 11AM
- Go BLUE: Friday, April 10, 2015 - Sunday, April 11, 2015

Pinwheels for Prevention 2015 Involvement Survey
**Volunteer More On Us Statewide Events Calendar**

**PCA-NV Highlights**

**SAVE THE DATE**

14th Annual Nevada Statewide Conference
Hosted by Prevent Child Abuse Nevada and the Child Abuse and Neglect Prevention Task Force

**When:** June 5, 2015 9AM-5PM
**Where:** Las Vegas, Nevada at the Innovation Conference Center

**What:** Nevada Statewide Child Abuse Prevention & Safety Conference

**More Information Coming Soon**

**PCANV Biannual Statewide Meeting**

Prevent Child Abuse Nevada holds a biannual statewide meeting. Notes from the last meeting are provided below.

**Statewide Meeting Notes-December 2014**

**Save the Dates for 2015:**
June 10, 2015
December 9, 2015

**Children's Week Links and Resources**

- [Children's Week Flyer](#)
- [Charter Bus Information](#)
- [Nevada State Legislature Website](#)
- [2015 Children's Legislative Briefing Book](#)
- [Bill Draft Requests (BDR's)](#)
- [2014 Nevada Report Card](#)
- [Nevada Institute for PINWHEELS FOR PREVENTION 2015 T-SHIRTS AVAILABLE NOW THROUGH FEBRUARY 27

Support child abuse and neglect prevention & GO BLUE!

This year PCANV held a statewide children's drawing contest for our 2015 Pinwheels for Prevention t-shirt. Congratulations to Meeha, age 11 of Las Vegas on being the winner!

Through an amazing website called booster.com, a portion of ALL t-shirt sales will go directly to PCANV

You only have until FEBRUARY 27 to complete your order

[Click Here](#) to order!

**Children's Week at the Nevada Legislature**

**Join Us in Carson City**
March 9-12 to Help Make Children's Issues A Priority During The 2015 Legislative Session

Join as families, agencies and organizations from across the state come together to strengthen Nevada's families by sharing a commitment to improve our communities through events and outreach efforts at the Nevada Legislature with activities aimed at promoting the health, safety and well-being of our children. Fill out the survey to [Get Involved](#).

**Complimentary Transportation to Carson City**

Buses departing from Las Vegas and Reno are arranged so families may help kick off the week. Buses are being filled on a first come first served basis, so be sure to fill out this survey to [Reserve Your Seat](#).

- Experience the Nevada Legislature!
2013 Child Maltreatment Report

The US Department of Health and Human Services, Children's Bureau has released the 2013 Child Maltreatment Report. This report presents national data about child abuse and neglect known to child protective services agencies in the United States during federal fiscal year 2013.

View the Report Here

Southern Nevada: safeTALK Suicide Awareness Training

SafeTALK is a suicide alertness training for everyone. In only a few hours, you will learn how to provide practical help to persons with thoughts of suicide. Expect to leave safeTALK more willing and able to perform an important helping role for persons with thoughts of suicide. safeTALK offers up to 3 CEU's for Nurses, Social Workers, Psychologist, MFT's and LADGC's.

When: Wednesday, February 18, 2015 1:00 pm- 4:30 pm
Where: Nevada Office of Suicide Prevention
3811 West Charleston Blvd - Room #112 Las Vegas, NV 89102

Las Vegas: Leaving Sunday, March 8 at 9AM and arriving back in Las Vegas Monday, March 9 at 11:30pm
(A limited amount of free hotel rooms are being provided for the stay overnight)

Reno: Leaving Monday, March 9 at 9AM and arriving back in Reno Monday, March 9 at 6PM

Help raise awareness of children's issues and remind elected officials that Nevada's youngest citizens should be a priority!

FOR MORE INFO about Children's Week at the Nevada Legislature visit nic.unlv.edu/childrensweek.html

FUN IDEAS FOR FAMILIES

Healing Hearts 4k Walk/Run

The Rape Crisis Center will be holding their Second Annual Healing Hearts 4k Walk/Run encouraging the Southern Nevada Community to get active in supporting survivors of sexual violence

When: Saturday, February 21 at 8 AM
Where: Cornerstone Park
1600 Wigwam Parkway
Henderson NV 89074

Participants are encouraged to form teams to raise funds for The Rape Crisis Center and to wear red the day of the event.

RCC will also be holding a second "I heal hearts by..." contest. Tweet your "I heal hearts by..." poster to @RapeCrisisCtr #healinghearts to win a gift card!

Click here to register

Shiny Heart Valentine's Day Cards

This is a super simple and fun craft using small number of items that can be found around the house.

Supplies:
Cost: Free

To register: email Brandi McConnell at bmmcconnell@health.nv.gov or telephone (702) 486-8225.

Training Provided by:
Office of Suicide Prevention and Nevada Coalition for Suicide Prevention

If you are a resident of Northern Nevada and would like a training to be provided in your area, contact the above number to arrange a class.

FREE INFANT CPR CLASS

FREE ONLINE CPR CLASSES
through infantcpr.com.

Great for grandparents, aunts and uncles, babysitters, and of course, parents!

Contact the PCANV office by phone or email to sign up

*Please note, this is a skills class ONLY and does not count for accredited CPR Certification.

- Colored Construction Paper
- Glue Stick
- Scissors
- Aluminum Foil
- Markers

Instructions:
1. Cut construction into a rectangle and fold in half to make a card
2. Cut a heart out of aluminum foil. The easiest way to do this is to fold a piece of aluminum foil in half and cut half the heart
3. Glue the heart to the front of the card
4. Write a nice Valentine's Day Message and decorate the inside with markers or other crafting materials you have laying around the house (glitter, cotton balls, etc.)

Heart Healthy in February

What's the best way to share the love this Valentine's Day? A healthy heart. The month of February is not just for sweet treats and hugs—it's also dedicated to raising awareness of the leading cause of death in America: heart disease. Incorporate some of these ideas into your family's meals for a heart-healthy diet.

The key to heart health is eating foods low in saturated fat, trans fat, cholesterol and sodium, and high in omega-3 fatty acids and fiber. Eating a well-balanced diet will include a combination of whole grains, lean proteins, fruits and vegetables and low-fat dairy. Saturated and trans fats are found in some meats, dairy products, baked goods and deep-fried and processed foods. Instead, eat more plant proteins, fish, poultry and low-fat dairy foods. Start cooking with oils high in monounsaturated and polyunsaturated fat instead of butter, margarine or shortening, which are high in trans fat.

Healthy Substitutions
Switch refined grains, like white rice or bread, with whole-grain options, such as brown rice and 100-percent whole-grain bread or pasta. Throughout the day, sip on water and limit sugary beverages by choosing fat-free milk and 100-percent fruit juices.

Next time you are at the grocery store, pick up some of these heart-healthy items:
- Beans, peas and barley
- Soybeans, other soy-based foods
- Fruits and vegetables
- Salmon, tuna, sardines and mackerel
- Red grapes and purple grape juice
- Nuts like almonds, walnuts, pecans and hazelnuts

- See more at: http://www.eatright.org/kids/article.aspx?id=6442467951#sthash.t08rQQJuZ.dpuf

Prevent Child Abuse Nevada has
POLICY UPDATES

Biennial Briefing Book & Children's Report Card

On January 20, 2015, national and local speakers, including First Lady Kathleen Sandoval, discussed issues Nevada's children face as the Children's Advocacy Alliance and the Nevada Institute for Children's Research & Policy released their biennial Legislative Briefing Book and Children's Report Card.

Prevent Child Abuse America

Capital View on Kids
Prevent Child Abuse America has released its latest issue of Capital View on Kids. The full document can be viewed here.

HHS Releases 2013 Annual Child Maltreatment Report
Last week the Children's Bureau released the annual 2013 Child Maltreatment Report. During the year, there were an estimated 3.5 million referrals or calls to child protective services agencies. The reports of child abuse or neglect were estimated to include 6.4 million children.

Congressional Leaders Assessing Policy Strategy
Indications are that congressional leaders are still carefully assessing what their strategy will be as they move forward in the 114th Congress. The debate is just how confrontational or cooperative they want to be in dealing with President Obama and the minority Democrats. This week may provide key indicators. The two parties were had their annual retreats to plot strategy with the Republican majority holding a joint House and Senate retreat in Pennsylvania.

Senate HELP Committee Begins Serious Debate on Ed Law
One early indication of the level of bipartisanship may come this week as the Senate HELP Committee uses its first full committee hearing to focus on the reauthorization of the Elementary and Secondary Education Act (ESEA). The ESEA was last reauthorized in 2002 as the No Child Left Behind Act but it expired in 2007.

GAO: TANF Work Programs Effective But Limited By Funds & Incentives
The Government Accountability Office (GAO) has issued a report, TANF Action Is Needed to Better Promote Employment-Focused Approaches that concludes there are effective strategies to move adults from public assistance (TANF) to work but that the current law and funding are limiting the use of these strategies by states.