

Siouxland CARES

November e-News

Siouxland CARES is a community anti-drug coalition whose mission is to improve the quality of life in Siouxland by eliminating the abuse of alcohol and other drugs and its related violence.

Learn more about our online and offline activities below!

CONTACT US:

siouxlandcaresdirector@gmail.com

Follow us on [Facebook](#).

Follow us on [Twitter](#).

Follow us on [Instagram](#).



To learn more, visit:
www.siouxlandcares.org

Upcoming Events!

Election Day
Tuesday, November 3
Vote!

**Siouxland CARES
Advisory Board Meeting**
Thursday, November 5
12:00 p.m. - 1:15 p.m.
Online via Zoom

Great American Smokeout
Thursday, November 19
Start your journey toward a smoke-free life

Thanksgiving
Thursday, November 26
Celebrate with care!

Looking for some helpful websites?

www.drugfreeinfo.org

www.samhsa.gov

www.iowapoinson.org

www.elks.org/dap

www.rosecrancejackson.org

www.stopbullying.gov

www.siouxlandmentalhealth.com

www.primeagetoengage.com

Stay Informed!

2020 Parent Survey

Attention parents and guardians of high school students! Your feedback is crucial as we work to reduce bullying and underage substance use in our community. Siouxland CARES is distributing our 2020 Parent Survey for interested participants who care for children currently in 9th through 12th grade. Please visit the English or Spanish link below to complete our survey by December 11th, 2020.

As an incentive, parents/guardians who complete the survey can register for a drawing for one of six \$25 gas gift cards!

Parent Survey in English:

<https://www.surveymonkey.com/r/SCPParentSurvey2020>

Parent Survey in Spanish:

<https://www.surveymonkey.com/r/SCPParentSurvey2020Spanish>

To view results from past surveys please visit: <http://siouxlandcares.org/parent-survey/>

Outreach Update!

Great American Smokeout

November 19, 2020

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit. [Quitting Starts Here!](#) Information provided by the American Cancer Society. To learn more, [click here!](#)

Other Helpful Resources:

[COVID-19 and Tobacco](#)

[My Life, My Quit: Youth Tobacco Cessation Program](#)

**Information and resources provided by our friends at Tobacco Free Siouxland. Tobacco Free Siouxland is a local*

Other Resources

Contact the Boys Town National Hot Line,
1-800-448-3000 or
the National Suicide Prevention Lifeline,
1-800-273-8255

If you think someone is a victim of human trafficking, call the National Human Trafficking Resource Center, 1-888-3737.888, to obtain information and to access supportive services for the victim. www.acf.hhs.gov/trafficking

Tri-State Curfew

The following curfew is in effect in Sioux City, Sergeant Bluff, and Woodbury County, Iowa, North Sioux City, South Dakota, South Sioux City, Nebraska, and Dakota County, Nebraska.

Please enforce these times in your home.

**10:00 p.m. for minors
under 14**

**11:00 p.m. for minors
14 and 15**

**Midnight for minors
16 and 17**

About Siouxland CARES

Siouxland CARES (Community-wide Awareness, Resources, Education and Support) About Substance Abuse is a community coalition comprised of 510 volunteers. Volunteers for Siouxland CARES (representing 12 community systems) contributed 9,531 hours in 2019 to CARES programs and services. The mission of CARES is to improve the quality of life in Siouxland by eliminating

coalition coordinated by Siouxland District Health Department.

the abuse of alcohol and other drugs and related violence.



The Anti-Drug is Communication.

Ask Who? Ask What? Ask Where?
It's not pestering, it's parenting!

Trustworthiness: Think it. Be it.

Respect: Give it. Get it.

Responsibility: Take it. Teach It.

Fairness: Share it. Practice it.

Caring: Show it. Receive it.

Citizenship: Have it. Honor it.

Make Your Character Count in Siouxland!

Youth Spotlight!

Masks Encouraged Initiative

Members of the Sioux City Mayor's Youth Commission and Sioux City Young Ambassadors will be helping to distribute window clings for the *Masks Encouraged* initiative. The complimentary cling, which reads "Masks Encouraged, Keep Siouxland Safe", is available to all businesses now.

On September 21, the Sioux City City Council approved a resolution requesting residents and businesses to wear a mask when in public to support efforts to reduce the spread of COVID-19. This is in addition to following other recommended mitigation strategies of social distancing, staying home if you or a household member is not feeling well and washing/disinfecting hands regularly.

To help fight the spread of COVID-19, the Kind World Foundation has generously donated \$15,000 to the Friends of Sioux City Police Department for the *Masks Encouraged* initiative. Other partners of this effort include the City of Sioux City, Siouxland District Health, Siouxland Community Health, MercyOne Siouxland Medical Center, UnityPoint Health- St. Luke's and Downtown Partners. In addition to the window clings, this donation will assist with costs associated with purchasing face masks to be distributed throughout the city as well as promoting their use in the area.

Siouxland CARES is part of the AmazonSmile Program where Amazon donates 0.5% of the purchase price of eligible products to CARES if you select our charitable organization. It's easy. Go to this direct link for Siouxland CARES and shop: [http://smile.amazon.com/ch/42-1331282!](http://smile.amazon.com/ch/42-1331282)

Please Donate Today!

Please consider supporting the efforts of Siouxland CARES. Your gift will allow us to continue providing much needed support as we work together to reduce the negative effects of alcohol and other drugs and related violence. Your investment in our organization helps us encourage youth to make the choice to be drug free and improve outcomes for children and families. Thank you for your consideration of a gift to

Additional initiatives are being discussed to utilize funding.

Wearing a mask in public settings and around people who don't live in your household, especially when you cannot socially distance, is an important mitigation strategy. If your business, restaurant, church, non-profit organization, etc. is interested in a window cling, please stop by one of the pick-up locations below!

Window Cling Pick-up Locations:

City of Sioux City Customer Service Center (Lobby)

405 6th Street, 8:00am - 5:00pm

Siouxland District Health Department

1014 Nebraska Street, 8:00am - 4:30pm

Participating businesses are encouraged to take a photo of their window cling and post it to social media utilizing the hashtag #KeepSiouxlandSafe.



**beSomebody
Quote of the Month**

Check out our November quote in the image below!

CARES.

Please send your gift made payable to Siouxland CARES, 401 Douglas Street, Suite 519, Sioux City, Iowa 51101. Siouxland CARES is a 501(c)(3) tax-exempt non profit corporation. Gifts to Siouxland CARES are deductible to the maximum extent allowed by law.

**I'M AN UPSTANDER
BECAUSE...**

*I want to see my school
and community grow.
Having more upstanders
can make a more positive
environment.*

'beSomebody' is a social norming campaign on good citizenship, doing the right thing, role modeling, reducing bullying, and eliminating alcohol and other drug abuse.

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