

Earthquake leaves a disturbing legacy

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It's normal
if you're
stressed out

By Michael Dorgan
Mercury News San Francisco Bureau

SAN FRANCISCO — Does your nervous system still seize up when a truck rumbles past? Do your young children still have nightmares about crumbling buildings?

If so, you may feel increasingly isolated, as if your family is the only one that has not fully recovered emotionally from the Loma Prieta earthquake.

That's not the case. Mental

health experts say there are literally hundreds of thousands of Bay Area residents whose lives are still being shaken by the Oct. 17 tremor. Worse, they say, the stress may increase this month as the Bay Area observes the anniversaries of two events that no one wanted to happen.

April 17 is the six-month anniversary of the Loma Prieta quake, and April 18 is the anniversary of

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Cash helps groups aid the victims

By Christopher Pummer
Mercury News Staff Writer

For some Santa Cruz families, the Loma Prieta earthquake continues to produce disturbing aftershocks within the home.

Now a \$12,000 grant from a Sacramento-based foundation will allow the Familia Center of Santa Cruz to expand its domestic violence programs to provide counseling for families when quake-related tension erupts in spouse or child

abuse.

"The earthquake caused a lot of economic and emotional distress," said Barbara Garcia, spokeswoman for the Familia Center. "It disrupted a tenuous peace within some families."

The Familia Center is one of 11 Santa Cruz County agencies sharing \$100,000 in grants awarded this week by the Sierra Foundation.

The money went to community-
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How \$100,000 was shared

These agencies shared \$100,000 in grants from the Sierra Foundation:

Fenix, Watsonville.....	\$15,500
Salud Para La Gente, Watsonville.....	\$15,000
Familia Center, Santa Cruz.....	\$12,000
Family Network Services Association, Santa Cruz.....	\$10,000
Westside Community Health Center, Santa Cruz.....	\$10,000
Santa Cruz Women's Health Center.....	\$10,000
Alto Counseling Center, Watsonville.....	\$9,000
Santa Cruz Hospice.....	\$8,000
Davenport Resource Center, Davenport.....	\$4,500
Santa Cruz County Mental Health Department.....	\$4,000
Santa Cruz County Health Services Agency.....	\$2,000

Health agencies get grants

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health programs that suffered financial setbacks and equipment damage as a result of the Oct. 17 quake. The foundation, which underwrites health care programs in 26 inland counties in Northern California, had never before funded programs in Santa Cruz County.

"There was an obvious need for assistance, particularly on the delivery of services to low-income people who normally have a problem getting health care anyway,"

foundation spokeswoman Jude Lemons said.

Salud Para La Gente — "Health for the People" — got one of the largest grants — \$15,000 for a health education program and community planning for disasters and emergencies.

The Santa Cruz Hospice received \$8,000 to repair its damaged building, and the Westside Community Health Center got \$10,000 to subsidize free medical visits for low-income and Medi-Cal recipients.