

Extension Notes:

Facts on Aging

Part 2 of a 3-part series

Safe-Proof The Elderly



Of all age groups in the United States, the elderly are most vulnerable to accidental injury, says Pennie Albrandt, Warm Springs Extension Agent.

Although people over 65 make up only 10 percent of the total population in the United States, they account for 24 percent of all accidental deaths, according to the National Safety Council.

Falls account for the largest number of accidents to the elderly; motor vehicle accidents-often when the elderly is a pedestrian - come next; and fires

are the third most common cause of fatal accidents. The elderly are more prone to accidents because of poorer eyesight, diminished muscular strength, and slower response time.

To avoid falls, adequate lighting is needed throughout the home, particularly in bedrooms, bathroom, kitchen and near stairs. Use strong rails firmly attached in tubs and showers; secure all loose rugs and carpeting; store all brooms and tools; eliminate tripping hazards; and mop up spilled liquids immediately. Furniture should have

rounded edges and be sturdy enough to be leaned on if necessary. There should be enough room around furniture for easy movement of an elderly person.

Common sense safety rules can help prevent fires. Never smoke in bed and don't overload the electrical circuits or leave any fire (including ranges) unattended. Plan and practice escape routes from every room in your home. Also, plan alternative escape routes. Know these routes so time can be saved if a fire occurs.



Poolside Powwow

Dancers' feathers fluttered in the wind and onlookers shivered in the chilly temperatures Monday as Art Mitchell's family and friends put on a demonstration at Kah-Nee-Ta Lodge. The mini-powwow followed a fashion show, all for the benefit of the Oregon Restaurant and Beverage Association conventioners, whose members convened at the resort for five days.

CDS Photo

Highlight of Round-up Westward Ho Parade

As the first light of day made its way through the darkness of the night the sounds of clanks and banging could be heard as the men were starting to assemble their floats for the famous Westward Ho parade which winds through downtown Pendleton.

The theme is unique as nothing in the parade is mobilized. Participants afoot, horseback and on wagons were buzzing around getting ready for one of the Round-Up's highlights that occurs each year. Cowboys, Indians and Pioneers all decked out in their attire have been waiting for the "Westward Ho" all year.

Representatives from all over the state from various Royal Rodeo Courts were also present to give the parade extra beauty. Some of the participants have been in the parade for years and years and plan to continue to return as much as they can. There were participants of all ages - some who rode had to be led through the downtown route while others were able to find room on wagons to give them a more comfortable ride.

Precisely at 10 a.m. there was an explosion of a bomb which was the kick off of the famous parade as crowds by the

thousands lined the streets to review the annual event. At this point the sound of drum beats were heard, the sharp trills of whistles, and then the sound of the bands picked up to give cadence for the marchers. This year the Pendleton High Buckaroo's marching band led the procession followed by the Grand Marshall.

It is interesting to see just what kind of transportation was used in the early days of this country. The tinkling of chains from the harness used on the horses and the mule teams and also the rumble of the wagon tires echoed through the streets which proved to be a very colorful sight for all who were there.

One of the more colorful events during the parade was from all the Tribes throughout the Northwest and Canada who rode through in colorful Indian regalia on horse back and wagons. Singing and drumming could be heard from time to time as youngsters did the War dance at intervals. Women and children followed on foot.

Everyone was spellbound until the last float passed by to conclude another year's famous Westward Ho parade for another year.



DURING THE ROUND-UP (above) shows Jamie Scott of Warm Springs riding in the Westward Ho Parade. In the background is Santa Minthorn. (Below) Lillie Heath far right, joined other ladies on this wagon which had rows of seats for several to ride. Marchers followed this float.

Spilyay Photos

