

"Bright smiles, bright futures" dental training to be held

You are invited to the "Bright Smiles, Bright Futures" Dental Training on Thursday 2/3 at 1:30 p.m. in Room 2E at the ECE Center. Find out about good dental habits for your child.

Did you know that more than 60% of our Head Start Children have evidence of "Nursing Bottle Mouth"? That's the new name for "Baby Bottle Tooth Decay." That's a really high

statistic, and the sad part is, "Nursing Bottle Mouth" is preventable. In an effort to reduce the number of children in our community with "Nursing Bottle Mouth", Early Childhood Education, the IHS Dental Clinic and Field Health Office are trying to create a Dental Awareness Campaign. If you would like to help or to find out more there will be a planning meeting at 12 noon in Room 2E at the ECE

Center (we'll have lunch). Please come volunteer some time and let's help our kids be more healthy! Randy Beemer, the children's dentist at the Health and Wellness Center, wants you to know that your child have their first check up as early as age one. Get your baby started on healthy dental habits by wiping their gums with a soft cloth, the most important way to avoid "Nursing

Bottle Mouth" is: 1) Put your child to bed without a bottle. If your baby must have a bottle, fill it with plain water. You may need to gradually dilute the bottle contents until the water is offered. 2) Don't let your baby sleep all night at the breast. 3) Avoid pop, Kool Aid, and other sweet drinks-in a bottle or a cup. The most important time for your child to brush his teeth is before going to sleep each night. Teach your child good dental habits and brush right along side him and set a good example.

ECE February happenings listed

The next ECE Parent club meeting is Wednesday 2/9 at 6 p.m. with a light meal and a special activity for families! We'll be in room 2E at the ECE Center. On the agenda will be: Officers elections, dental awareness, Easter Egg Hunt planning and Spring raffle ideas.

Find out about "Second Hand Smoke" at a child Health Training on 2/9 at 1:30 p.m. in Room 2E at the ECE Center. Cigarette smoking is bad for your health and your child's health! Come learn more with Linda Knight, PHN.

Early Childhood Education Mini Pow Wow, Friday, February 11, 9:30 to 11 a.m. at the Agency Longhouse. All parents/guardians, families, friends, dancers and drummers are welcome to come and participate with the children! All are welcome and encouraged to attend!!!

Learn a little something about child development and how more effectively deal with issues that may come up with your child. Crying baby, Bottle Breaking, Mealtime Hassles, Tantrums, Bed Wetting, Shopping Safety, Tattling, Toilet Training, etc. Come to Video Lunch featuring "Parent Talk for 2-5 years" at 12 noon on Friday 2/18 in the ECE Staff lounge. Lunch will be provided. Find out everything you ever wanted to know about Head Start and Policy Council at the next Policy Council meeting on Wednesday 2/23, 5:30-7:30 p.m. in room 2E at the ECE Center.

Everyone is welcome to the Nutrition Training featuring Lillian January and Free Lunch!! On 2/24 at 12 noon in the ECE Staff Lounge.

Lessons of the Cradleboard class scheduled

The next Positive Indian Parenting class will be "Lessons of the Cradleboard" on Wednesday 2/16 from 6-8 p.m. in Building "C" at the ECE Center. Alight meal and child care will be provided. All are welcome to attend. Positive Indian Parenting classes are every third Wednesday at the ECE Center.

Traditionally Indian mother were taught the importance of child development very early. During pregnancy expectant mothers had to follow certain rules about what they should do and how they should feel. Parents were taught that the child is always learning, changing and growing and that they must be helped along their path.

The Positive Indian Parenting class "Lessons of the Cradleboard" is designed to explore traditional methods of nurturing and how growth and development were recognized. It examines the use of cradleboards, wrapping and singing as nurturing ways. Further, it looks at how child development was viewed and encouraged. Parents will receive information on the needs of children and examine what the old ways teach us about bonding, nurturing and development.

Students of MHS urge to others "Do your best"



Danielle Sahme

Danielle Hope Sahme is eighteen years old and a senior at Madras High School. She is the daughter of Lila Martinez and Jim Sahme of Warm Springs. Her grandparents are Sylvia Wallulatum, Hazel (Charley) Suppah, and Matthew Suppah of Warm Springs. She has three brothers; Frank Sahme who is eight, Romaine Miller, 19 and Bruce Miller

age 21. She also has five sisters; Roberta who is five and Amy and Hazel Martinez age 3, Vanessa age four and Candace Sahme who is seven. She is of the Warm Springs, Hopi, and Umatilla descent.

She played basketball when she was in Junior High. She enjoys reading, listening to music and being with friends. Her favorite classes are Office Skills with Bonnie Grote, and Civics with Darryl Smith. Special awards Sahme has received include; honor roll during the third quarter of her junior year and all-star honor roll the first semester of her senior year. Sahme's outlook of the past school years she feels, "I wish I would have tried harder". Yet she does feel glad that high school is almost over. But she will miss seeing her friends when she leaves MHS.

Sahme would like to pursue a career in the field of Accounting at Oregon State University. She would like to comment to the remaining lower classmen at MHS, "Try your best while you still have time!" In five to ten years she sees herself, "In a stable position with a job or maybe still in school."

Seventeen year old Ellis F. Langley is the son of Jack and Linda Langley of Warm Springs. He is currently a senior at Madras High School. His grandparents are the late Evangeline Trimble of Warm Springs and Roy Langley of Tillamook, Or-

gon. He has two brothers, twenty-three year old Delton Trimble, twenty-five year old Willy Trimble, and one sister, Jackie Langley who is fourteen. Langley is of the Warm Springs, Wasco, Yakima, Pitt River, Nisqually and Grand Ronde descent.

He has taken an active part in Futures for Children, which involves leadership training, it is under the direction of Ramona Tanewasha and Andy Leonard. He also enjoys hunting, fishing and taking part in baseball and softball tournaments. In school he has been a member of the MHS baseball team since his freshman year. He also played football his freshman year at MHS. Langley feels baseball is his favorite sport he states, "because of the rush from hitting the ball and throwing someone out at the plate". His favorite classes at MHS include forestry with Bill Wysham and civics with Darryl Smith. Special recognition he has received include being on honor roll his freshman and sophomore years, an outstanding forestry student certificate his sophomore year, a varsity letter in baseball his junior year as well as various sports awards.

Langley says his outlook of the past school years have been, "fun, but I could have done better than I did." His feelings about this being his final year of high school he stated that he felt, "Sad, when you think about it, yet it's kind of a relief too."

When he leaves Madras he will miss "hangin' out with friends."

He would like to pursue a career in the forestry field by doing that at either Eastern Oregon or Oregon State University. He comments to the lower classmen of Madras, "Hang in there and do the best you can!" In five or so years from now Langley sees himself graduated from college and making some money.



Ellis Langley

Title V to meet Get a "Healthy Start" February 16

The Title V Parent Advisory Committee will meet at Warm Springs Elementary Library on Tuesday, February 8, 1994, at 7:00 p.m. Marsha Armstrong will give a report on her duties as an educational assistant at Buff Elementary. Dr. Steve Nelson of Northwest Regional Educational Laboratory will be presenting the Mid Year Progress Report. Nominations will be open to elect members to the Committee.

The IHS Diabetes Program and the Senior Program would like to invite you to learn more about how to eat for a "Healthy Heart". Please join us for dinner at the Senior Center on Wednesday, February 16, from 5:30 p.m. to 8:00 p.m. Several short presentations will be offered, including a slide show on the history and progress of the Diabetes Program.

Nutrition information on how to eat for a healthy heart will also be presented. If you and your family and friends would like to attend the "Heart Smart" Awareness Dinner, please call Colleen at 553-2460 to register. In order for us to plan for enough food and handouts, you must register by Friday, February 11, 1994.

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IHS news

Physician shortage has great impact

The New Health and Wellness Center has created a much improved environment for our patients. Our community is very appreciative and proud of this high technological advanced facility. Unfortunately we are plagued by a severe physician shortage. Many rural communities are suffering from this problem and Warm Springs is no exception.

The direct impact from this shortage is longer waiting times and a loss of continuity of care. Our patients like to see the same doctor when they come to the clinic, and we want them too, unfortunately we only have two permanent physicians to serve approximately 5,000 people. This has placed severe demands on our two permanent physicians, Dr. Manning and Dr. Creelman. We are three physicians, or physician extenders, short of where we want to be. When Dr. Barnett transferred to the Puyallup Tribal Health Center in July of last year and two physicians, (a husband and wife team) withdrew their applications due to health reasons we were faced with a severe shortage of providers. We have hired part-time physicians to fill the gaps, and although they do us a good service, we lose continuity. This results in longer exam times because the relief physicians must take time to become familiar with each patient's medical history by thoroughly reviewing the patient's medical chart.

To correct our long term shortage problem, we are actively recruiting physicians. We are recruiting both within the Indian Health Service and from the private sector. Good Family Practice Physicians are in high demand and we are competing with other rural areas throughout the country. We are in the process of hiring one physician who will come

in August of 1994. Dr. Miles Rudd is finishing his Family Practice Residency at Self Memorial Hospital in Greenwood, South Carolina and we look forward to his arrival.

The week of January 16, 1994 we interviewed a Nurse Practitioner and we have an additional female physician candidate coming for an interview in February. The Health Center is very concerned about our physician shortage and we are requesting the community's continued patience in this area. We are well aware of the community concerns and we are working hard to correct this problem.

The Health and Wellness Center is also working on patient flow problems in the New facility. We are making progress but we realize some confusion is still occurring. More newspaper and radio news releases are planned to keep the community informed on our changes.

On February 9, 1994 at 6:00 p.m. the Health and Wellness Center is

Community forum February 9, at the Community Center, 6:00 p.m.

sponsoring a community forum at the Community Center. Our staff will be there to inform the community on how to best utilize our services and to respond to community concerns. We will run the forum from 6:00 p.m. to 8:00 p.m. and our purpose is to work with the community to resolve issues. By working together and taking the communities recommendations to heart we hope to improve our services. Once we have our full compliment of physicians staff we can provide better continuity of care and expand our

Tribal Council Agenda

Monday, February 7, 1994
9 p.m.--Invocation/Minutes/Business
9:30 a.m.--Resource Protection Direction with Louie Pitt
10:30 a.m.--Natural Resource "Econ Recon" Report with Charles Jackson
1:30 p.m.--Legislative Update with Mark Phillips
2 p.m.--Unfinished Business
Tuesday, February 8, 1994
9 a.m.--Business
9:30 a.m.--Credit Committee Status Report with Bob Finch
11 a.m.--Deschutes River Management Update and Cooperative Management Agreement with Jim Noteboom
1:30 p.m.--BIA Forestry/Timber Sales with Bill Donaghu
3:30 p.m.--Unfinished Business
Wednesday, February 9, 1994
Indian Health Services Self Governance Meeting in Portland
Thursday, February 10, 1994
9 a.m.--Business
9:30 a.m.--Composite Products with Bob Macy
1:30 p.m.--Finance Monthly Report with Miles King
Saturday through Wednesday, February 12-16, 1994
Affiliate Tribes of Northwest Indians Winter Conference in Spokane, Washington

ECE Mini powwow February 10, 9:30-11:00 a.m., Agency Longhouse All are welcome

Traffic infractions have bigger fines as of Feb. 1

What it will cost when....

Table with columns: Offense, Former \$, New \$. Rows include NON-MOVING VIOLATIONS (Vehicle registration, Equipment, Seat belt, Handicap parking), MOVING VIOLATIONS (Bicycle, Traffic signal, Improper lane use, Involving pedestrian, Open container, Careless driving, Speed race/exhibition), EXCEEDING MAXIMUM SPEED (One to 10 mph, 11 to 20 mph, 21 to 30 mph, Over 30 mph), INSURANCE/LICENSE VIOLATIONS (No operator license, No PUC permit, Misuse/false application), SCHOOL ZONE VIOLATIONS (Failure to stop/yield).



clinic hours of operation. Questions and answers from the Pharmacy

Q. Why is the entrance to the pharmacy behind closed doors?

A. Your health care is a very private matter between you and your health care provider. Since pharmacy is part of your health care, we planned the pharmacy patient rooms to be a private patient area in which confidential things can be discussed between you and pharmacist. In order not to interrupt the flow of patients through the pharmacy, we have two rooms in which to serve you.

Q. Can I talk with a pharmacist even though my name has not been called to enter one of the two pharmacy patient rooms?

A. Yes. The rooms were created to give our patients a private area in which to discuss their medications and their concerns. They were not created to keep patients out of the pharmacy. We encourage all patients that wish to speak to us to feel free to enter an empty pharmacy room, step up to the window, and ask their questions to a pharmacist.

Q. Why do we now carry our charts when we never carried them in the old clinic?

A. It is much faster for you to carry your own chart that wait for a clinic staff member to find a stopping

point in their tasks and carry the chart for you. However, for those patients that are unable to carry their charts, clinic staff members will be very glad to carry the chart for you.

Q. The window inside the pharmacy patient room is covered by a Plexiglass shield. Even though it has been designed to allow people to talk through it, it looks impersonal. Why is it there?

A. The counting machines and label printers are very noisy. We placed the shield over the window to keep the noise from entering the pharmacy patient rooms. The emphasis upon our pharmacy program is to provide privacy in our pharmacy patient rooms. Other than for brief encounters, we wish to visit with you inside these rooms.

Q. What is the purpose of the Chart Drop in the main reception room?

A. Our plan was to make your trip through the pharmacy as fast as possible. Your chart slides directly into the main working area of the pharmacy. This allows our staff to spend as little time as possible in beginning to prepare your medication order and spend more time talking with you in the pharmacy patient rooms after we call your name.

Q. What is the routine for getting prescription filled?

- A. 1) Drop your chart into the Chart Drop.
2) Have a seat. (If you choose, you may return later to pick up the medicine.)
3) After we prepare your medications, we will call your name over the intercom and advise you to come into either Pharmacy Room 101 or Pharmacy Room 107.
4) A pharmacist will visit with you about your medications. We will be answering more questions in the very near future.