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WARM SPRINGS, OREGON

service.

lines

Some residents purchase generators as a back up for their

electrical systems, which isn't a bad idea, especially in outlying areas, if

Pacific Power manager Bob McConnell says the danger occurs when the generator is used to supply

power to an entire residence or business, without properly disconnecting from power company

"If a generator is plugged directly into home circuits, the generated

electricity will flow through the home

wiring and into nearby power lines,

they are used correctly.

SPILYAY TYMOO

Miller retires after 25 years of employment

Adeline Miller after 25 years of employment for the Confederated Tribes has decided to retire October 1994. A surprise retirement dinner

was held for Miller Wednesday, September 21, at the Agency Longhouse. Many of her friends and co-workers attended and Miller was



Adeline Miller was presented an award recognizing her dedication and hard work for the tribes since 1969.



surprised. Miller's co-workers and friends spoke of her kindness, fun trips and stories, her teaching of the cultural tradition to young and old alike, and of her many accomplishments while at her job. Through her work she has tried to help diabetic clients by teaching how to take their medications and basic care of selves. She has counseled young children in being young adults and taught of traditional ways.

Miller began her work for the tribes in 1969 as an Alternate Trainer at Tektronics, where she worked for 5 years. In 1974 Miller was hired as a Relief Worker for the Group Home. Five years later she became the CHR Sr. Specialist where she has been for the past nineteen and a half years. Miller was a long time employee

and was presented an award of recognition by Russ Alger. Miller has gone above and beyond the call of duty at her job and will be missed by her co-workers.



Adeline is going to be missed by many of her former co-workers for the tribes. Family and friends gave Adeline a hug.

p.m.

office at 553-3311.

school is great. Send money! Yours Truly, The Tribal funding process. What are the requirements for funding

Use generators correctly Fall and winter means an increase in the number of storms that can cause interruptions in electrical

which can cause serious injury to repair crews and passerby," he said. Once crews have fully repaired damaged outside lines, an improperly connected generator will likely be ruined, as it becomes a part of utility service

McConnell recommended that proper installation precautions be observed to assure adequate service

and maintain safety: 1) Read all instructions carefully before the unit is placed in service. 2) Wire the generator according to the National Electric Code specifications. 3) Contact an electrical contractor for proper installation, including provisions for disconnects from power company lines.

Look for signs announcing **District Meetings** concerning 1995 Operating Budget

Program highlights success strategies

Are you serious about getting a college education or technical training? Do you want to be successful in school? Would you like to be eligible for tribal funding? Do you really want to be prepared for your college experience? Then STUDENT SUCCESS

STRATEGIES is for you. Student Success Strategies 1) is a course being offered in Warm Springs for Tribal members thinking about furthering their education. 2) will tell you where to apply for scholarships and how to get through the PELL grant application. It will also tell you about college programs and their purpose. 3) will help you design a personal monthly budgeting plan so you won't run out of money before you won than out of money before you run out of school days. 4) will teach you goal setting methods and how to build effective time management techniques into your life. 5) will teach you test taking tips and build your critical thinking skills.

Student Success Strategies series will begin Tuesday, October 4th and continue every Tuesday through November 23rd. Classes will meet on the second floor at the Education Center promptly at 6:30 p.m. to 9:00

Tuition scholarships are being provided by the Tribal Education Department. Students may register at the Tribal Education Office or the COCC office in the Education Center. Enrollment is limited so hurry! For more information, call the COCC office at 553-1428 or the Education

Schedule of Classes October 4 - Dear Family, Hi,

and the College student. Are you ready to just say NO? November 15 - Are you ready for

Freshman English Composition and Algebra? Taking the college academic predictor tests. Designing a typical college schedule. Utilizing college resources such as tutoring, career advisement, etc. Student support systems: who to see and

where to go for help. November 22 - Getting to know the real you: Examining your assessment results. Setting realist goals and achieving them. Guest speakers.

This course is sponsored by the Education Department of the Confederated Tribes of Warm Springs.

Annual Show coming Oct. 15

Warm Springs 7th Annual Arts & Crafts Show will be held at the Warm Springs Community Center, October 15, 1994 from 10 a.m. to 4 p.m.

Everyone is welcome.

Crafts, artwork, beadwork, shawls, pillows and many other items will be on display for sale by Warm Springs Tribal and community

people.

No admission and plenty of parking space is available to the public. For more information,

call Carol Allison at the Warm Springs Community Center at (503) 553-3243.

Diabetes program sets series

The Warm Springs Diabetes Program is sponsoring a sixweek series of classes on diabetes. The classes will be held every Thursday beginning October 13, from 4:00 p.m to 5:15 p.m. in the Health and Wellness Center Community Health conference room. Anyone is welcome to attend and refreshments will be served. Registration is not required: however, if you know that you will be attending, please call Susan Mathew, Diabetes Nurse Educator, at the clinic at 553-2478 so that she can plan for handouts, chairs, etc.

During the roast honoring Adeline Miller Joe Jay Pinkham shared his memories of Adeline through his stories of their encounters at numerous powwows and gatherings.

Arts Network set in Portland

Organization for Native American arts, announces Native Arts Network 1994, to be held in Portland, OR October 13-16, 1994. The theme of the conference is The Artist as Community Healer. This theme will address the role of the arts in society as a positive force that can bring our minds and bodies into balance and harmony, benefiting both individual and community.

For the first time, Native Arts Network 1994 will include two tracks, one for Cultural Organizations and one for Native American artists. The conference will be arranged around issues, with regional representatives

Atlatl, the National Service from Atlatl's Second Circle national advisory board addressing how each issue has had an impact on art from their geographic area. Issues have been grouped in the following categories: Economic Forces, Political Forces, Social Forces, International Forces and Community Forces

> W. Richard West, Director of the National Museum of the American Indian will give the opening keynotes address

Scholarships are available for Native Americans interested in attending. For more information contact the Atlatl office at (602) 253-2731

Abuse/Neglect training set

Everyone is welcome to attend the Child Abuse and Neglect Training being held October 20-21, 1994, 8:00 a.m. to 5:00 p.m., at Kah-Nee-Ta Resort.

Lunch is on your own.

and what can you expect in the way of assistance? Designing a personal monthly income and expense budgeting plan and applying for Federal Financial Aid.

October 11 - "If you don't know where you're going, you'll probably end up there". Choosing a career that's right for you! Including comprehensive career, personality and values assessments. A.A., A.S, A.A.S., alphabet soup-so what does it have to do with me?

October 18 - Surviving College Life in the "Big City". Building effective time management skills, learning to be assertive, overcoming stress and communication issues discussed.

October 25 & November 1 - Left Brain/Right Brain. Problem solving skills that could really boost your GPA.

November 8 - The Library, or the Bar tonight? Substance abuse The schedule of classes will be as follows:

October 13 - Orientation to the Diabetes Program, slide show - Candace Reich, MPH

October 20 - What is Diabetes? Jennie Smith, FNP

October 27 - Complications of Diabetes, Susan Mathew, RN; Jennie Smith, FNP

November 3 - Nutrition, KaRene Lehman, RD

November 10 - Exercise & Home Glucose Monitoring, Susan Mathew, RN

November 17 - Social Issues & self care, Ken Stewart, MSW Because each class will cover a separate topic, you will benefit from coming to one or several of the classes if you are unable to attend the entire series. If you have any questions regarding the classes, or about the Diabetes Program in general, please call Susan at 553-2478.

Changes in dispensing policy aims to simplify system We would like to share some good pain medications (Tylenol, Aspirin); PERSON MAKING THE 9) Is there an "age limit"

news with you. We have been listening to the requests of our patients to create a more prompt means of dispensing Over The Counter medications. We likewise have always wanted a better system to service our patients with OTC meds. However, we legally have to record OTC meds in the patient's medical chart. We have been working for eight months to create a program that will satisfy both the needs of our patients and the legal requirements we must obey. Pharmacy will now be able to provide certain "simple" Overthe-counter drugs to you without your medical chart. We have devised a way to do this with our new computer system. In order to be able to do this, we must request your cooperation in completing our new pharmacy OTC Request Form. Hopefully, the following questions and answers will help you better understand the new policy

1) What are OTC drugs?

OTC drugs are drugs that do not require a doctor's prescription. 2) What are "simple" OTC

drugs?

These are the very common OTC drugs that do not require pharmacists to monitor. The following drugs will be considered "simple" OTC drugs and will be available without the medical chart: Antacids (Mylanta, Maalox, Riopan); Allergy and cold medications (Actifed, Sudafed, Dimetapp, cough syrup, Benadryl, CTM, Saline Nose drops); Fever and

Skin care (Bacitracin, Absorbase, Athlete's foot cream, dandruff shampoo, sunscreen, hydrogen peroxide); Headlice (Nix); Bowel care (Kaopectate, Metamucil, Hemorrhoid suppositories); Diabetic supplies (Syringes, ChemStips, Lancets, alcohol swabs); Birth Control (condoms, contraceptive foam); Calcium tablets.

3) Some OTC drugs such as Hydrocortisone Cream, Pedialyte, and Vaginal Yeast Cream are not on the list. Can I still get them without seeing the doctor?

Yes, you can get them without seeing the doctor. However, you must get your medical chart before coming to the pharmacy for your request. There is a good reason to exclude these medications from the list. Casual use of these type of drugs can cause problems for patients. Therefore, we feel it is in the best interest of our patients that pharmacists monitor these type of medications in order that problems do not develop. Please remember that our motive is to assist you in maintaining good health.

4) If there anything "special" I need to know about the new OTC **Request Form before I start using**

Yes, the computer requires a medical chart number to be entered for each person for whom a request is being made. WITHOUT THE CHART NUMBER, THE FORM CANNOT BE USED. THE

REQUEST WILL HAVE TO GET THE MEDICAL CHART FROM MEDICAL RECORDS IF THIS INFORMATION IS NOT KNOWN. You may get a list of chart numbers for your immediate family from medical records department. Please do this before you fill out the OTC Request Form (note: we suggest you carry a card containing all family member chart numbers with you in your wallet or purse to assist in completing the OTC form).

5) Can I get OTC medications for family members or friends that are not Native American?

No. Our drugs, by law, are reserved for Native Americans (exception: Headlice medicine will be given to all persons that live in the house in order to get rid of the Headlice). 6) Do I have to fill out a different

OTC Request Form for each person in my family that needs medicine?

No. We want this to be easy for you. You may enter all names on one request form.

7) Do I write down the name of the medicine that I want to get?

No. When the pharmacist gets the request form, she/he will ask you what you need. Remember, you only have to record the patient's name and medical chart number.

8) Is there a limit on how much medicine that can be given out?

Yes. The pharmacist will use dgment to determine the amount of medicine that is reasonable to dispense.

9) Is there an "age limit" for persons that are making the requests?

Yes. To use the OTC Request Form the person making the request must be 18 years old or older (exception: mothers that are younger than 18 years old may use the form to get meds for their children). Remember that teenagers at least 14 years old can get the same OTC medications, but they must get their chart before coming to the pharmacy. 10) How do I use the form?

A cabinet containing the forms will be available beside the pharmacy "chart drop box". Complete one form, drop the form inside the pharmacy chart drop box, and have a seat. The pharmacist will call your name over the paging system when it is your turn to be waited upon.

11) Can I get my medication immediately?

No. We work on all charts and requests in the order that they are received in the pharmacy. This is done to be fair to all people who are waiting. On slow days, we can service you in a very fast manner. On busy days, you will have to wait a little longer

12) What advantage is there for me to use the OTC Request Form? You get to avoid Medical Records.

Therefore, compared to the old system, you can get serviced in a more prompt manner. Just come to the pharmacy and fill out the form. 13) When does the new OTC

Request Form program start? October 15, 1994. KNOW YOUR **CHART NUMBERS!**

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