

## Elder abuse—continued from page 1



Youth panel speaker, Lillian Heath, with facilitator Bill Burke.

The incidence of specific types of elder abuse varies from one year to another. NCEA's 1991 study found that physical abuse accounted for 19.1 % of all reported cases. Other types of abuse differed from year to year.

Data gathered from 30 states in 1994 provided a clear picture about the identity of those who were perpetrators of elder abuse in the domestic setting as follows:

Adult Children ..... 35 %

Grandchildren ..... 5.9 %  
Spouse ..... 13.4 %  
Sibling ..... 2.9 %  
Other relatives ..... 13.6 %  
Service Provider ..... 6.2 %  
Friend/neighbor ..... 5.2 %  
All others ..... 10.3 %  
Unknown ..... 7.4 %

More than two-thirds of elder abuse perpetrators are family members of the victims. The category all others included unrelated caregivers, former spouses,

housemates and former housemates.

The elder abuse conference held a youth panel facilitated by Bill Burke, newly appointed board member of NICOA. He stated that elders have a lot of knowledge of cultural and traditional ways and that that should be shared with the youth of the reservation. He stated, "I believe in respect, I believe in trust. These things should be shared with the youth."

The Elders would like to live a good life. He stated there are ten, two-letter words he uses. "If it is to be, it is up to me."

Burke would like to see a senior facility for Indians, a nursing home. He would also like to see culture and traditional values restored. "Who better to teach this, but elders?"

Burke introduced the youth panel who spoke of their concerns about elders and what they have learned from their elders and parents.

Lillian Heath states, "You don't disrespect your elders they won't be here very long." She would also like to see elders come to her school and teach Indian language.

Mavis Kirk spoke of her teachings to respect all others, always shake their hands, never judge people, but respect them. She learned to love her elders. Kirk states that she likes to be around old people.

Aaron Mitchell said that people should visit their elders, help them clean their homes, help take care of them. He also shared his dream of attending Harvard, to be an advocate to help care for elders.

Deece Supphah shared her experience with elder abuse. Very

emotional, she shared her pain, her wishes to learn more of the cultures and traditions. She would have liked to learn them from her parents or her elders.

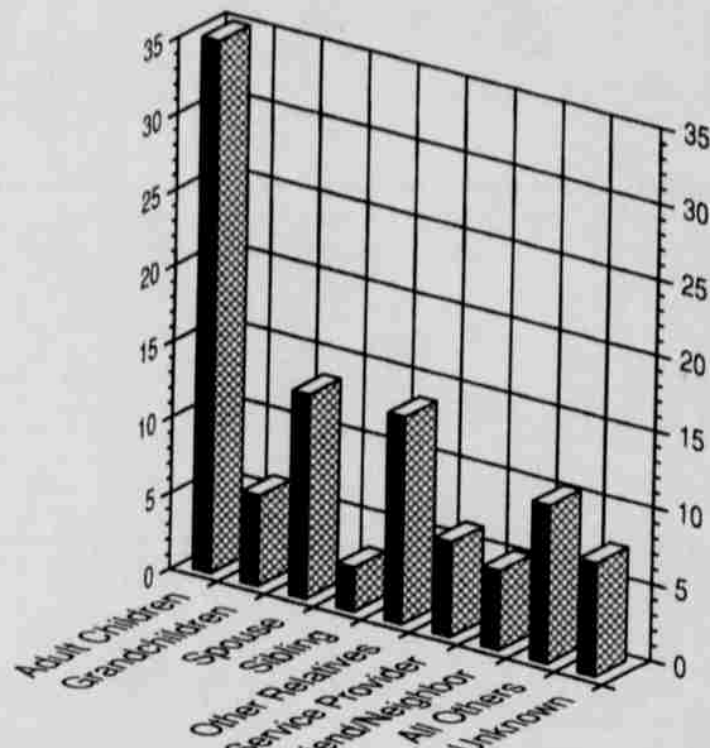
Adeline Miller and Joe Jay Pinkham thanked the youth for getting up there to speak, "they should be included in meetings more often," expressed Adeline.

Adeline worked with the Warm Springs elder program for 20 years. She made home visits to the elders who were glad to see her because

they are sad and alone. Many of them express that they get visitors only when they get their checks in the mail.

Adeline said they appreciate anyone stopping in to see them just to visit.

Adeline enjoyed working with the elders, "I learned a lot from them," she states. Today Adeline continues the teachings that she learned from the elders, cultural, traditional and the teachings of respect for everyone.



### 6th Annual Women and Wellness conference set for December

Ladies we've survived the flood and we've survived the fire! Let's spark up the enthusiasm and flood our minds with sharing, caring and excitement. All this and more will be happening!!

The 6th Annual Warm Springs Women and Wellness Conference on Wednesday, December 4, 1996 to Friday, December 6, 1996 at the Community Center.

Registration is free. For more information call Judy at the Community Health Education Office 553-4922.

### Energy assistance available to Central Oregon residents

Low income residents of Crook, Deschutes, and Jefferson Counties in need of financial help to pay their winter heating bills will be able to apply for energy assistance at Central Oregon Community Action Agency Network (COCAAN) offices. Each household must provide proof of income and heating source to be eligible for this single payment assistance. Households using wood or pellet stoves for heating must provide receipts.

Appointments can be scheduled starting November 18th by calling 1-800-500-7248. Intakes begin December 2, 1996 at sites in Bend, Redmond, Prineville, LaPine, Madras and Warm Springs. No walk-in appointment will be accepted.

Funds are limited and are on a first come first serve basis. Eligibility screening for low income senior and disabled households begins the first week of November 1996.

Last winter approximately 2100 households throughout Central Oregon received help totaling \$467,200 at an average of \$220 per household. This year, Central Oregon Community Action Agency Network (COCAAN) expects to serve the same number of households since the region's allocation for this winter is projected to be close to the same level as last year.

This is the eighteenth year that the Low Income Energy Assistance Program (LIEAP) has been financed by the Federal Government. No

### Tuberculosis is a treatable disease caused by bacterium

by Miles Rudd, MD

#### What is Tuberculosis (TB)?

Tuberculosis (TB) is an illness caused by a bacterium. A person gets infected with tuberculosis by breathing air contaminated with the TB bacteria. TB usually infects the lungs. TB can also infect the lymph nodes, kidneys, bones and the linings of the chest, abdomen and brain. A person with a severe lung infection from TB is said to have "Active TB". TB is spread into the air, every time the person speaks, laughs, sings, or coughs. A person with "Active TB"

is contagious to other people.

#### What is a TB skin test?

A TB skin test is done by injecting a small amount of the test material into the skin. The test will turn positive in people infected with TB. A positive test is determined by a nurse or doctor. They will measure the reaction the body has to the skin test.

#### Does a positive TB skin test mean I have Tuberculosis?

No. A positive skin test means

that you are infected with the TB bacteria. Further testing must be done to decide if a person has "Active TB". This testing begins with a chest x-ray. Sometimes mucus is collected from the lung. This is looked at for the TB bacteria. One out of ten people infected with the TB bacteria will develop "Active TB".

#### How do you treat "Active TB"?

TB is treated with antibiotics. Many TB bacteria today can resist certain antibiotics. This makes it necessary to treat a person with four antibiotics at first. Testing is done to find out which antibiotics will work best in each patient. This takes up to 2 months. After this, a person will be treated with two antibiotics. A full course of treatments lasts 6 months. Spread of TB is stopped by taking antibiotics as directed.

### Public hearing set to discuss Impact Aid

A public hearing has been scheduled during the regular School Board meeting beginning at 7:30 p.m. on November 25, 1996, in the library at Warm Springs Elementary School. The public is invited to attend and encouraged to ask questions and state opinions regarding District 509-J programs and the use of funds.

Persons having a disability are requested to contact the District 509-J Office by call Gail Stone at 475-6192, to discuss special arrangements which may allow you to fully participate in this Public Hearing.

**Thanksgiving carnival**  
**at Shaker Church November 26, 1996**  
**Starting at 6:15 p.m. until prizes run out**  
**Children's Fun Night!**  
**Game booths include—Pumpkin pie walk, horn of plenty fish pond, turkey toss, turkey shoot.**  
**There will be a turkey gobbler snack bar**  
**Everything is 25 cents**

### Museum holding membership drive

The Museum At Warm Springs is conducting a fall membership drive to help bolster The Museum's revenues and membership program.

As a member of The Museum At Warm Springs you become more than a visitor, you become a partner," said Museum Director Michael Hammond, PhD. "As a partner you enjoy a more rewarding museum experience."

A variety of membership categories are offered and benefits include: unlimited free admission for one full year, a subscription to Twanat, The Museum's quarterly newsletter, a 10 percent discount on all Museum Gift Shop purchases, along with special notices and invitations to openings and Museum events.

Currently, the "Memorable Images," exhibit is on display in The Museum's Changing Exhibit Gallery through January 17, 1997. Community members are encouraged to check out the exhibit and help identify some of the people in the photographs.

Indian Humor," is the next exhibit planned for the Changing Exhibit Gallery January 24, 1997 through March 7, 1997. It features various interpretations of Indian Humor by Native artists from a variety of backgrounds.

The "Glass Tapestry" show features beaded bags from the Elaine Horwitch Collection on loan to the Heard Museum of Phoenix, Ariz. Many of the beaded bags were created by local community members grandmothers.

Give a gift of culture this Christmas season," Hamond said. "Memberships make great gifts."

The Museum At Warm Springs is a non-profit educational institution. Contributions are tax-deductible as allowed by law. For more information call The Museum staff at 553-3331.

## A conversation with: Bertson Simtustus



Bertson in 1952, at the age of 18.

by Bob Medina

Sixty-five year old Bertson Simtustus was born in Simnasho in the spring of 1931 to Johnny and Elizabeth (Sam) Simtustus. Bertson's father was from Warm Springs and his mother was Nez Perce. He remembers his father being a stockman and used to raise horses and cattle at their ranch in Simnasho. His father grew hay and used it for feed.

Besides being a farmer and a rancher and a family provider, Bertson's father also served as the Chief of the Warm Springs Tribe on Tribal Council. Bertson's mother Elizabeth was a housewife and died at the age of fifty-five. Bertson remembers having three sisters and three brothers who are all deceased. Amos was Bertson's oldest brother and he doesn't remember his other brothers and sisters. Bertson remembers his grandmother on his mother's side but doesn't remember his grandfather's name or his father's parents name. "Growing up in the

Simnasho area was lots of fun for me as a young man because I would always help my father with the chores." I especially liked going horse back riding and learning how to drive the pickup my father used to have at the ranch. My father used to do all his farming with a team of horse's and I used to enjoy watching him work them. In the summer of 1937 I attended school in Chemawa, but returned to Warm Springs the next fall and attended the local boarding school until the eighth grade. It was 1947 when I completed the eighth grade but I couldn't continue my education for lack of funds and no place close enough for me to attend school. Bertson continued helping out at the ranch where he went horseback riding most everyday with his neighbor friends Leroy Scott, Earl Squimphen and Kip Culpus. "In 1952, I heard over KRCO radio station out of Prineville, that the 3rd Marine Division began forming and were preparing to ship out" says Bertson.

"After hearing that, I joined the U.S. Marines. It was on March 6, 1952 at the tender age of 18" recalls Bertson. "I was taken by train (MCRD) to Camp Pendleton, California where I took basic training," says Bertson. "After completing Boot Camp, we were shipped over to Korea where I was involved in one major battle, called Pork Chop Hill. The battle lasted two days and three nights. I remember it well. It was during my nineteenth birthday. There were two other battles that I was involved in while at Korea, but not as long and as major.

"In 1954 I was transferred to Alaska, where I served guard duty". On April 30, 1956 I was released from duty and returned home completing my four years.

"While attending a powwow in Toppenish, Washington I met a young lady by the name of Nelly Annette Gerry. Nelly was from the Colville Tribe, we got to know each other real good and on October 9 1956 we were married. Nelly gave me a son; we

named him Vincent Harley, who is now 38 years old and living here in Warm Springs."

"I worked at different jobs when I returned" says Bertson. One of them was at Dahl Pine where I worked as a tail sawyer until it burned down in 1961. I also worked at the Warm Springs mill for a short time but didn't like it there. "One of the best jobs I ever had was working for Tom Estimo training and racing horses says Bertson. "I was Tom's helper from 1963 until 1969," says Bertson. "We trained and raced horses for people like Kim Novac, Michael Landon (Little Joe from the show Bonanza) and his father and also Precher Don Drysdale. Training horses meant traveling to different areas as far away as California, Washington, and in Oregon. The stables broke up in 1969 so that was the end of my horse training days," recalls Bertson.

"In 1965, while attending a Soap Lake Powwow in Ephrata, Washington, I lost my first wife Nelly. She was hit by a drunk driver as she sat inside our car. I married my second wife in December of 1969, but in May of 1970, she died of heart disease. Her name was Roberta Manual. I met Roberta in Omak, Washington. We had many good times together."

"By 1980, my life started to change for the better" says Bertson I was admitted into the halfway house by the late George Berry. There I met a man by the name of Allen Elston. Mr. Elston was the pastor at the Baptist church in Warm Springs, but he also held Bible study at the halfway house. It seemed odd of the people, including myself, that were receiving counseling, were turning to Reverend Elston instead. After six months in the halfway house, my ways had changed thanks to the Reverend Elston. He made more sense to all of us and he helped us stay sober. I always wondered after that why I even drank. Reverend Elston helped me realize that the

power of Jesus Christ had been with me, even as a non-believer and it didn't matter where or what I had done. He also assured me that Jesus Christ had been with me during Korea and somehow had guided me to safety" says Bertson.

In 1982, "after I had accepted Jesus into my life, I married my third wife. Her name was Carol Burke." In 1984 I was baptized at the Baptist Church. I have been sober now for 17 years, thanks to Reverend Allen Elston.

"I recommend parents take their children to church more often. It helps the parent in raising kids and understanding each other," says Bertson.

Things used to be so much better in my younger years," says Bertson. Anything we wanted, we had to work for. It wasn't just given to us. The youth now a days expect so much for doing nothing. They need something in their life besides alcohol, drugs, and money," concludes Bertson.



Bertson today.

## Spilyay Tymoo

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