

Community Health news, About Grief: Part two of two



Counselors help people to understand themselves, create new goals and adjust to their loss or change.

Support Groups
Bereavement groups are a source of emotional and practical assistance for people who are coping with the death of a loved one.

Parents without partners is a national organization that provides help to people who are separated, divorced or widowed. Check around there may be one locally. Widowed persons service groups help persons deal with their loss and all of the new situations they may encounter.

Support groups also provide enjoyable social activities and contact with people who've had similar experiences. Other organizations and local hospitals may also offer referral services and other kinds of assistance.

What can you do for a Grieving person

First, try to place yourself in to grieving person's situation. Then, decide what type of support would be most helpful. Here are some ways you can help, especially during the early stages of grief.

Offer emotional support; be present if you can. Often just having someone near can be a tremendous help. Don't be afraid to show your care by giving the person a hug or holding his or her hand (if you can't be present, write, phone, send flowers etc. to show your concern).

Be a good listener. A good friend who's a sympathetic listener can be a great comfort to a grieving person.

Encourage independence. A grieving person may need an occasional reminder that he or she can handle the responsibilities of a new way of life.

Be patient. Keep in mind that it takes time for someone who's been badly hurt to accept his or her loss and to deal with the changes it has caused.

Reassure the grieving person.

After the initial shock has passed, you can help him or her to realize that the pain will lessen. You can do this by sharing your feelings and talking about any similar experiences you've had. Tell the person you understand what he or she is going through, but avoid using the phrase "I know just how you feel".

Provide practical assistance. Help with everyday chores. Relieve the person of some of the routine chores such as grocery shopping, doing house work, etc.

Assist with cards and letters. Offer to help write thank-you notes and other correspondence.

Lend a hand at meals. Bring something you've made to the person's home or extend an invitation for dinner at your home.

Answer the telephone. Offer to screen phone calls and take messages. Remember...recovery takes time. People often need the most

help after the initial shock of a loss wears off. Continue to provide support for as long as it's needed.

Some misconceptions about grief.

Tears are sign of weakness. Wrong. Tears are a way to release very intense feelings. Certainly there is no shame in showing how you feel about losing someone you loved.

It's best to avoid discussing a loss with a grieving person. False. Grieving people are grateful to friends who help keep memories alive, and are not afraid to talk openly about the pain created by the loss.

Children should be sheltered from grief. Not true. Kids need to be sensitive to their need by telling them about the loss in an honest, loving way. They too, need an open, caring person to talk with about their grief.

An end to grief mean an end to caring about a loved one. Not at all. Love lasts beyond grief through a commitment to living life fully. So, loss and grief are a natural part of life. Remember, recovery from grief will be easier if you: Understand, Believe, Learn to accept and seek help. Learn to live life.

Thank you again for the input. We welcome any comments or if you would like information on any other subjects give us a call at 553-4922 or write to us at C.H.E.T.; PO Box C; Warm Springs, OR 97761.

Thank you all for everything

To the editor,

On behalf of my family and extended family, I would like to thank everyone who came to my home and helped in the tragic death of my daughter, Tiffany Anne Wolfe, to the Police officers who kept us updated and still to this day are working with us. To my church family and friends who have stood by myself and my husband Celedonio and other daughter Lalani Plazola.

To the Tribes in their wonderful contribution and the Tribal Council who helped. Especially to the Tribal elders who did such a wonderful ceremony for my daughter, I cannot thank you all enough for all that you did to make my family welcomed.

A special thank you to Sarah, Lucy and Esther and to all the others that helped make things better, and you know who you are. Please accept my thank yous and May God bless you all.

May God Bless
Love Always,
Paulette & Celedonio Ruiz

To Byron Scott:
October 19th,
Wishing you a
Happy Birthday!
From: Jessica &
Jason Tufti

Halloween Dance Friday, October 30 Community Center

Girls 16 and Under
Basketball
Tournament
November 14, 15
Sponsored by the
Spokane Tribe Drug
Elimination Program in
Wellpinit, WA
\$100 per team
Contact Phil Haugen
509.258.7617
or Tiger Peone
509.258.7242
PO Box 284, Ford, WS
99013
Deadline: October 30

In the last issue we defined what Grief was. We discovered why it was important to understand Grief. We understand that grieving people share certain feelings. Tips were shared how you can live with loss and strive to regain a positive outlook.

Sources of help and Information:

If you need professional help, there are many people and places you can turn to, including counselors.

Types of counseling:
Individual-a one-to-one basis, Group therapy is a process of give and take. Group members help each other by sharing ideas and experiences.

Family counseling focuses on helping the family work through their grief as a unit. Choosing a counselor.

High School/Alternative/Middle School All-Indian Free For All Co-Ed Basketball Tournament

November 6, 7 and 8

Limit 8 team members

First 10 High School teams—6 local/4 traveling teams

Middle School six team limit 4 local/2 traveling

To be held at the Toppenish Community Center. For more information, call Youth Activities 865-5121, ext. 450/451

Message to friends: Listen to your heart

To the ones listening,

Keep your love, consistency, potential spirit, choice, forgiveness, smile and tears as priorities. These are very important today. Value yours. If you haven't thought about it, think and act in that order. The color of life depends on you. Feelings you keep, share, learn from. Prevent certain things. (It's hard to be right, easy to be wrong.) Shared by elders in family, handed down, quite an impression, gone but not forgotten, always in my heart. So, to the ones I love very much, you all know who you are. Don't doubt anything that your heart feels. Don't wait too long. Of course, your heart

talks. It's not crazy, it lives if you let it.

One day you came around in my space, I let you in my world (I respect.)

Okay. Level with me. Treat me with honesty. Please do be truthful and up front.

Reality is not taking on my part. It's giving friendship willingly, from my heart.

Puzzle pieces I don't do, it's not find out what part goes where, it's whole or nothing.

Back to respect. It always does and will continue to be this way. It works best for me. Yes, I do see you.

One question. Are you my friend? If you are, be yourself. No one is

perfect. We all laugh, cry, make mistakes, learn, touch, feel, see, smell, communicate, hear in our hearts and with our ears.

I've let you share my heart. It consists of speaking of failures, asking for help, lessons, solutions, awareness. Blessings today I have for you to be safe, learn from mistakes made, let your rainbow show. Be proud. Let no one or nothing detour you from honesty my friend. It's well worth every minute, truth...

I gave you friendship. It's yours. I gave it to you to have endurance, strength, wisdom, comfort, confidence, most of all, loyalty. God Bless. My prayers are with you.

Twink



Ladies of the Itkwaitisha Ayaiyatma Team #1029 (left to right-standing): Patsy Lenbek, Gladys Squiemphen, Nancy Seyler, Dena Thurby and Melva Tanewasha. Front row: Gwen Leonard, Tryna Mulenburg and Nancy Saludo. Not pictured are Connie Blake, Jolene Hintsala, Renee Silversmith-Wewa, Sonya Kenyon and Sherri Smith.

Thank you to our sponsor & supporters

To the editor,

Thank you. For the first time Warm Springs had a Women's Walking Team in the Annual Portland to Coast Relay August 28-29, 1998. The team name "Itkwaitisha Ayaiyatma" Walking Together, All the Women, consisted of Gwen Leonard, Tryna Mulenburg, Dena Thurby, Connie Blake, Nancy Seyler, Jolene Hintsala, Renee Silversmith-Wewa, Gladys Squiemphen, Melva Tanewasha, Patsy Lenbek, Sonya Kenyon, and Donetta Ewack. Drivers: Nancy Saludo and Sherri Smith. Our total time: 31 hours, 22 minutes. We averaged a 14-minute mile. This

was not just one person's team but all of us as a team. Everyone enjoyed themselves and throughout the relay, got caught up in the excitement from the beginning to the end as we all crossed the finish line with Sonya at Seaside!

A tremendous thank you to our sponsor, tribal member Deni Leonard of DLA Financial, Inc. out of San Francisco. His symbol for his company is the earth with eagle feathers circling it. From that, the team name was created. Thank you Dallas Winishut for helping us come up with the team name. Andy Leonard also supported us with helpful hints

and support. Tryna's sister and husband were kind enough to have 11 of us stay at their home the night before the relay. To our alternates for standing by to be on the team for nearly the year. You are encouraged to participate next year to keep walking! But our families and friends were very supportive of us as we trained at various areas of the reservation. We thank them for letting us put one foot in front of the other as we walked out the front door nearly every day to walk.

Team #1020
Itkwaitisha Ayaiyatma

Annual Halloween Carnival Thursday, October 29 Warm Springs Community Center

Bring the whole family!

Congratulations to Danell & Otis on the birth of their Twiny Twin Twinz!!
From Eileen & Sterling

A Special "Happy Birthday" to our mother Flora Frank We love you very much. Think of you all the time, and miss you very much!
Love your Lil' Monsters, Ericson "Lil Man", Shannon, "Bobos" & Davina "Neena"

A special Happy Birthday to my sister Flora Frank We're thinking of you!!
Love your lil' sister, Rachel, Avery, Leonard & Elvis

A very Happy Birthday wish out to my Big Sister "Flora Fawn Frank" I'm thinking of you on your special day, and praying that everything in life is going your way!

With lots of love
Your lil' sis,
Eileen & Sterling



Happy 6th Birthday
Jason Royce, 10/16
We love you very much & hope you enjoy your party!
Love, Taylor & Mom

Jason Royce:
Happy 6th Birthday
October 19,
Hope you had a great one!!!
Love you always,
Auntie Earlene & Lee-Lee

Happy 29th birthday???
Sherri L. Smith 10-25-98
Love, The Thurbys

Happy Birthday Mom
We love you and miss you
Have lots of fun and think about us
Love always,
Peters P./Davida/
Donallia/Romelle/Diego/
JJ/JD/DJ
Madeline/Puppie-From
Albuquerque, NM

Happy Birthday Auntie
Sherri
Love you very much!
Bubs Mitch

Salmon Powwow results sent

The Return of the Columbia River Salmon Powwow held in Richland, Washington on September 12, 1998 sends the following list of winners.

7-12 Girl's Fancy & Jingle
1st-Angela Bellinger, WSO; 2nd-Farrellyn Bellinger, WSO, 3rd-Tawya Andrews, Lapwai, ID

7-12 Girl's Traditional
1st-Courtney Buck, Lapwai, ID, 2nd-Jayshawn Reed, White Swan, WA

13-17 Girl's Fancy & Jingle
1st-Tatiane Penny, Lapwai, ID, 2nd-Lena Young Running Crane, White Swan, WA, 3rd-Christine Wesley, Harrah, WA

13-17 Girl's Traditional
1st-Maggie Sweowat, White Swan, WA, 2nd-Whitney Buck, Lapwai, ID, 3rd-Lauissa Bellinger, WSO

7-12 Boy's Fancy & Grass
1st-Wesley Walsey, Granger, WA, 2nd-Victor Barkley, Pendleton, OR, 3rd-Eli Sweowat, White Swan, WA

7-12 Boy's Traditional
1st-Andrew George, Granger, WA, 2nd-Teddy Walsey, Granger, WA, 3rd-Anthony Maldonado, Granger, WA



Shawnrae Gabriel, October 15, 1981. Happy Birthday-Eh! I am very proud of your strengths that you've shown. You are a Grizzly at heart. I'm sorry that I couldn't be there for your day.

I know you had a great day. Keep dancing for all your people. Continue living the good life that you have chosen and been blessed with.
Much Love & Prayers,
Your Dad Ivan

Candidate asks for support

To all the residents of Jefferson County,

Government must respond and consider the needs of each individual in this county. I am committed to a system that bases its decision on common sense and honesty. A county government that will operate openly and is run like a successful business.

Jefferson County, with its vast geographical size, diverse economical resources and rich cultural heritage, will need strong and fair leadership as it plans for growth. I have the ability and experience to face challenges that will guide our county with a positive approach.

It would be an honor to serve as your commissioner. Bringing an honest perspective and an open approach to the county's needs.

If you believe that Jefferson County needs common sense government and a fresh approach, vote for Frank Morton, County Commissioner.

Thank you,
Frank Morton

WA, 2nd-Teddy Walsey, Granger, WA, 3rd-Anthony Maldonado, Granger, WA

13-17 Boy's Fancy & Grass
1st-Lonnie Allen, Satus, WA, 2nd-Kenny Allen, 3rd-Damian Wilson, Lapwai, ID

13-17 Boy's Traditional
1st-Maynard Wilson, III, Lapwai, ID, 2nd-Chris Paul, White Swan, ID

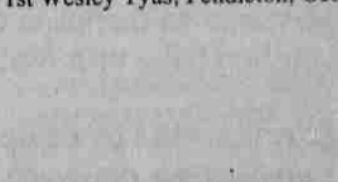
Women's Fancy
1st-Laverna Thompson, 2nd-Karen Luciai, Wapato, WA, 3rd-Patricia Thompson, Granger, WA

Women's Traditional
1st-Wilma Buck, White Swan, WA, 2nd-Katrina Walsey, Satus, WA, 3rd-Regina Madplume, Browning, MT

Men's Fancy
1st-Gerry Smith, Toppenish, WA, 2nd-Wilson Totus, Toppenish, WA, 3rd-Ted Umtuch, Pendleton, OR

Men's Traditional
1st-Rodney Totus, Toppenish, WA, 2nd-Wilson Powauke, Lapwai, ID, 3rd-Clendon Allen, Lapwai, ID

Men's Golden Age
1st Wesley Tyas, Pendleton, OR



Feliz Aviversario
Que cada momento feliz
Que juntos hayan pasado
Sea evocado con alegria
Y sea siempre recordado...
Y que en los dias por venir
Aumente su felicidad
Y el amor que hoy los une
Dure una eternidad
Joy



Carlitos Reynoso
It has been 8 whole years since the day you were born. Although you had some fears, you've come a long way, for October 27th is a very special day.
I know you are only the BIG 8 But it only makes you more great.
Happy Birthday Son!!
Love you lots-Your Mom, whom you've made so proud