

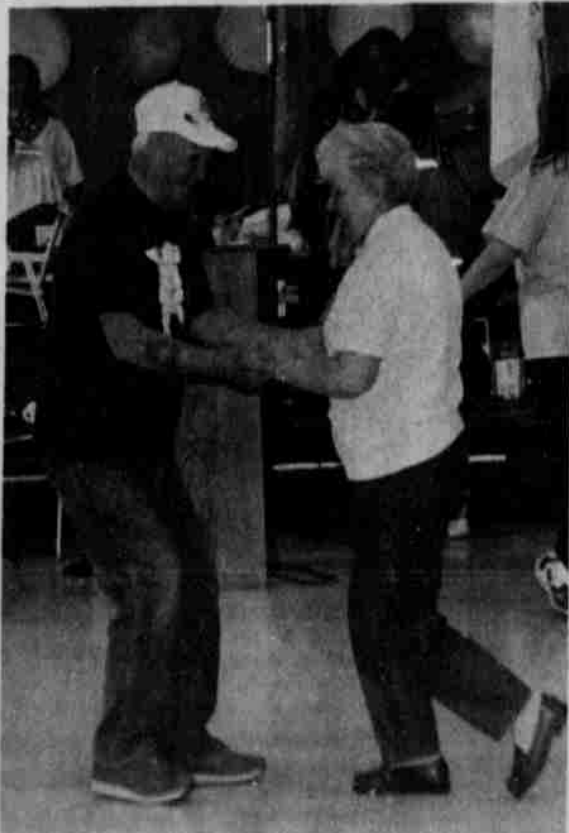
Seniors near and far gather to enjoy Honor Senior Day



Fresh Salmon roasting on an open pit for the meal during the honor Seniors day here in Warm Springs, on May 14, 1999.



All the participants had to keep a balloon between them as they danced around to some heavy music, everyone enjoyed them selves during the day.



An unidentified couple do the jeeter bug during the honor seniors day.



All participants had to pass a lifesaver candy from one tooth pick to the other without using their hands.



The little kids had their own give away during the honor sinors day, here a little boy is giving away a gift.



The Posting of the colors was done by the local veterans at the Honor the Seniors day in the longhouse here in Warm Springs. It was a great day.

News from the H & W Center



Message from Diabetes Program:
Spring is a time to get moving again. The weather is milder and the sun is shining and it is a good time to get into shape. Come join us for exercise class. Low Impact Aerobics is offered every Monday and Friday mornings at the Warm Springs Wellness Center (formerly known as the Community Center) from 8:15AM to 9:00AM. Wednesday mornings you can join us for Water Aerobics at Kahneetah from 9:00AM to 10:00AM. All classes are free of charge and fun!! For more information call the Warm Springs Diabetes Program at 553-2478.

Tuberculosis
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 treatment lasts 6 months. Spread of TB is stopped by taking antibiotics as directed.

If I am infected with TB, what are the chances of developing "Active TB"? One out of ten persons infected with TB will develop "Active TB" in their lifetime. Some of the people infected will get "Active TB" soon after infection. Other people infected will get "Active TB" at some point later in their life. The TB germ can hide in the body for as long as 40-50 years before it starts to grow again.

If I have a positive TB skin test, but don't have "Active TB", do I need to take antibiotics? Maybe. A person infected with TB has a chance of getting "Active TB" later in life. They will always be in constant danger of the hidden TB germs to start growing again. Taking a 6 month course of the antibiotic Isoniazid (INH) can help prevent most of these cases. This is a very important way of preventing the spread of TB.

Why would I not want to take an antibiotic for TB infection? The antibiotic, INH, can cause liver problems in a few people who take it. This problem is seen more often in people who are older than 35 years old or people who drink alcohol. The chance of having liver problems related to INH are very rare under age 35. Because of this, it is recommended that all at risk people under 35 years old with a positive TB skin test take INH. For those over 35, the risk of TB infection spreading to become "Active" TB may far out weigh the risk of liver trouble. This liver trouble will go away once the antibiotic is stopped. Many of the problems with INH can be prevented by completely avoiding the use of alcohol during treatment.

Oral History meeting on May 27

There will be a Oral History Program meeting on May 27, 1999. The meeting will be from 9:00a.m. to 6:00p.m. The meeting will take place at the Agency Longhouse.

There will be a Video & Pictorial presentation. There will be a lunch-potluck made by Cultural Resources. Everybody is welcome!

Early Childhood Education news

Head Start News
Results of the "Made In Warm Springs Raffle"

First of all many thanks to the parents and the staff for the time and effort in selling their raffle tickets and thanks to the people who supported us. We've made a whopping \$595.00 in which the proceeds will go toward families and children's activities throughout the year. Listed below are the happy-go-lucky winners of the prizes:

Quilt-Wyatt Rodin; Pen & Bill fold-Willie Stacona; Yarn Belt-Laura Fuentes; Girls Wing Dress-Linda Bowles; Leather Bag-Leander Lucero; Beaded Barrette-Bonnie Langelier; Picture-Joseph Moses; Hand Crafted Doll-Perthina White; Doll Board-Terrance Miller; Woman's Shawl-Perthina White; Chime-Perthina White; Beaded Barrette-Josie Redfox; Quilt-Michael Hammond; Pillows-Vicki Mosier; Basket & Match Earrings-Carol Skesjanic; Basket & Belt-Carol Skesjanic; Yarn Bag-Tiffany Henry; Lil Boy's Vest-Perthina White; Quilt-Kim Gunderson; Yarn Bag-Alley David; & Woman's Shawl-Eraina Palmer.

Early childhood special education

Ecse transition to kindergarten

To the ecse families, just a reminder that your individual family service plan (ifsp) appointments for your child's transitioning to kindergarten is happening. If you've missed your appointment and need to re-schedule or to find out when you've been scheduled for your child's meeting please call our disabilities supervisor, Tryna Muilenburg at 553-3241; she'll give you the day, date, and the time of your meeting. Thank you.

Head Start Registration
Warm Springs is now accepting applications for Head Start classes for the upcoming 1999-2000 school year. We have a total of 112 slots for 3 & 4 year old preschool children...only 28 slots for 3 year old children for full-day child care starting July 1, 1999 thru June 3, 2000.

The Head Start Part-day program starts September 7, 1999. Children who are now in the program do not need to reapply.

HEAD START DATES TO RE-MEMBER:

May 20th-Health Fair @IHS-8:30-3:00;

May 26th-Senior's Walk-10:30-11:00;

May 27th-WSE Kindergarten Visit-9:00-11:00 for 4 yr. olds & parents;-May 28th-End of the Year Picnic-11:30-1:00 @ECE; June 4th-End of the Year Powwow-10:00-11:00 Head Start Part-day Children's last day.

"Have a GREAT SUMMER !!!" **NEED CHILD CARE?**

If you need child care, here are the people to contact:

Lola Trimble-0-3 years of age
Nancy Seyler-3-4 years of age
Versa Fuentes-Smith

Sue Matters-5-13 years of age
To place your child on the recruitment pool, please fill out an intake form at the ECE front desk. If you are pregnant or planning on becoming pregnant, it is important to place your child on the recruitment pool list. Slots are filling fast.

For more information call 553-3241.

Spilyay Tymoo

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