

Spilyay Tymoo Sports

Diabetes Program receives grant, encourages healthy lifestyle



Newly paved walkway for exercise enthusiasts along the Shitike Creek, next to the baseball fields.

Hello everyone,

We wanted to give you an update on who we are, what we've been doing, and to remind you to get out and exercise for the November Fitness Challenge. And you don't have to be on a Fitness Challenge Team to take advantage of all the great opportunities at the Community Wellness Center.

The Diabetes Program was awarded a grant from HIS to work on diabetes awareness and prevention. We created a team to work on different projects to benefit the community. The team members are Diana Howell, Kathryn Queampts, Carol Wewa, Austin Greene, and myself (Rob Collison).

With the money we get from this grant, we have hired Lucinda Green as a Wellness Coordinator, bought exercise and training equipment, provided training to exercise staff, and helped support the Strong in Body and Spirit diabetes education team. And there are many more projects to come.

One of our big projects is almost done! We want everyone to try out the new paved walking path around the Community Wellness Center. Special thanks are due to everyone who worked so hard with me to make this project possible: Austin Greene, Diana Howell, Kathryn Queampts, Carol Wewa, Susan Mathew, Russ Alger, Jim Quaid, Del Towel, and all those community members who supported this attempt to provide a safe place for everyone walk, run and bike.

Keep on the lookout for our next project: A huge playground for the kids - it is going in right next to the Community Wellness Center and will take the place of the old equipment that is there now.

If you have any suggestions for future projects, you can give your ideas to any one of the team members or call me at 553-2478.

Take good care of yourselves,
Rob Collison and the Diabetes Grant Team

Basketball Fundamentals

It's that time again to learn the fundamentals of basketball. Welcome to join in this fun and exciting event hosting Andy Leonard.

Ages: 8-12 years old Boys and Girls

Where: @ the Warm Springs Community Wellness Center Gym

When: Monday- Thursday

Time: 5:30p.m. to 6:30p.m.

So don't forget your gear and come in and show your skillz. For more information you can contact Andy Leonard at the Community Wellness Center at 553-3243.

Fall Benefit Golf tourney results noted, sponsors thanked

The Museum at Warm Springs Fall Benefit Golf Tournament held on October 14, at Kah-Nee-Ta Golf Course was a success, and grossed over \$3,000. A big Thank You to Kah-Nee-Ta Vacation Resort, and the following people and businesses who sponsored a hole: Victor Atiyeh, Bank of the West, Indian Head Casino (2), Furbish Chemical, Donna Davis State Farm Insurance, Warm Springs Forest Products Industries, R.B. Pamplin Corporation (2), The Pioneer Newspaper, Brightwood Corporation, Raymond Tsumpti, Zane Jackson, Columbia River Bank, Warm Springs Power Enterprise, Midland Realty, GMAC Real Estate, Ernie Coufal, Pennbrook Properties (2).

The tourney winners were:

1st Place Gross went to the Greg Strowbridge Team, who won golf for four at the Sand Pines Golf Course.

1st Place Net went to the Albert Comedown Team, who won golf for four at the Bend Country Club.

2nd Place Gross went to the Brightwood Team, who won golf for

four at Lost Tracks Golf Course.

2nd Place Net went to the Jim Noteboom Team, who won golf for four at Wild Horse Golf Course.

3rd Place Gross went to the Zane Jackson Team, who won golf for four at Juniper Golf Course.

3rd Place Net went to the Pat Sebar Team, who won golf for two at Gearheart Links Golf Course, and Golf for two at Lakeside Golf Resort.

JP Patt won the LP #9 and KP #3, Gordon Cannon won the LP #18, Biff Johnson won the KP #16, Delvis Heath, Sr. won the Longest Drive on #9, Pat Sebar won the KP #1, Albert Comedown won the KP #10. The Bright Wood Corporation Team won the Chipping Contest.

Kah-Nee-Ta Resort Golf Pro Joe Rauschenburg, and Assistant Jim Boston helped tremendously to make this a fun event with quality prizes. We thank the businesses and people who donated prizes. We thank volunteers Starla Green, Heather and Jeremy Slate, and the Museum staff members who helped make this success.

Health & Wellness Center news



mandatory training for all staff. Each awareness month, there is poster/display campaign throughout the clinic. A policy has been implemented to promote and standardize our violence screening of patients, so the victim can start to realize the abuse is not OK. New this year was a walk against violence. It was from VOCS to IHS, with a lunch here at the end. We also have the "Hands are Not for Hurting" pledges still up and you can still make pledge to not use your hands for hurting!

November 16 IS THE GREAT AMERICAN SMOKEOUT

If you smoke - this is the day to commit to quit! There is a display and plenty of information, help and support available from the clinic!

There are other programs/departments that are even doing more too! Dental does a variety really great events. There is a team, WOW (Women of Warm Springs), that focuses on women's health and education with a monthly craft/education

lunch. There have been guest speakers on subjects like breast cancer at different times. Nutrition also is very active in educating from the grade school level to the senior lunches. There are also medical staff volunteers that speak at senior lunches on a monthly schedule. Diabetes Program also organizes a lot of educational events. There are also fun things like Halloween trick or treating for Headstart kids and participating in health fairs, like the November Fitness Challenge Poker Walk.

To coordinate all these activities, all interested departments meet monthly. These folks make up the Health Promotion Team. What we want is to encourage healthy choices and so we are trying different ways to get to different people of all ages.

Bear sighted!

Coming from IHS going to ECE and the four way stop on Hollywood.

Be on the look out - he wants everyone to Buckle UP their seatbelts!

There is a WOW (Women of Warm Springs) lunch special on Thursday 11/16!!! Lunch is provided and we will be making a 'turkey decoration centerpiece'!

See you at the Health and Wellness Center Atrium at Noon on Thursday!

What do we do at the clinic about Health Promotion?

Have you ever noticed all the disease prevention/health promotion activities that occur at the Warm Springs Health and Wellness Center? Listed below are samples of the type of Health promotion programs that our staff are involved in. These are not the only ones we do but these are some of our more frequent activities. The Indian Health Service coordinates with various Tribal programs to focus on providing health information to the community. Our goal is to prevent illness and to promote healthy lifestyles.

Open House for the Warm Springs Elementary School

This is a fun tour of the clinic loaded with information. All done in a pirate theme complete with staff in

costumes and the treasure is learning about taking care of themselves! Topics include X-rays, dental, things to stay healthy and drunk driving. This will be in February again this year for First and Third graders.

Boys and Girls Club

Some topics covered include seat belts, poison prevention, instruments a doctor uses, saying 'no' to alcohol, dental bingo and tobacco use.

Motor Vehicle Safety

The focus is on seat belts. This year seat belt legislation went into effect on the Reservation. "Buckle Bear" has been to visit Headstart classes and encourage them to buckle up. Vince and Larry, the crash dummies, also have visited the Elementary School in the past and been known to pop up at health fairs or walks.

Domestic Violence awareness and education

This is for staff and patients. We have helped plan and organize a three-day conference with Victim's of Crime Services for two years. We have had speakers on Wednesdays for the month of awareness, including



Scott to compete on National Finals

Dear family and friends,

I am writing this note in our newspaper to let you all know that our son Isreal T. Scott has made it into the National Finals Rodeo to be held in Albuquerque, New Mexico. He was at the top of the list for saddle bronc riding, this made him eligible to participate in the Indian National Finals Rodeo.

This event will be December 6th through December 9th. There will be special fundraisers or bake sales to help support Isreal on his trip to Albuquerque. We wish him the best in his event and our prayers go with him.

Love, Mom, Dad and sisters



Saddle Bronc Rider

Warm Springs Community Wellness Center

Special Activities Schedule

November

16—Indian Night Out, with dinner

20 & 21—Family Fall Craft making, 6:30 p.m.

24-26—Men's 6 foot and under Basketball Tournament.

22—4-H Cooking, last night of series of three classes, 3:00 to 6:00 p.m.

December

5—Christmas Tree Lighting at Community Wellness Center.

9—Annual Christmas Bazaar, 25th Annual.

12—November Fitness Challenge Awards Luncheon.

13—Family Craft making night.

21—Last minute Christmas Bazaar

Buckle up for safety