

High Lookee offers tryouts

Since the beginning of February High Lookee Lodge is offering one-month free rent to tenants who are not sure they want to move into an assisted living facility. This offer allows a person to stay in the facility and see if this type of living arrangement is suitable.

Assisted living is for people with a variety of care needs. If a person is functional and fairly independent but interested in a safe secure building and some assistance with activities of daily living, this could be the place for them. Any person that has some tie to the community or is a Native American from any tribe is welcome at High Lookee Lodge. Individuals who live or have lived in the community, are married into the tribe, have worked in the community, or are enrolled in outside tribes are eligible.

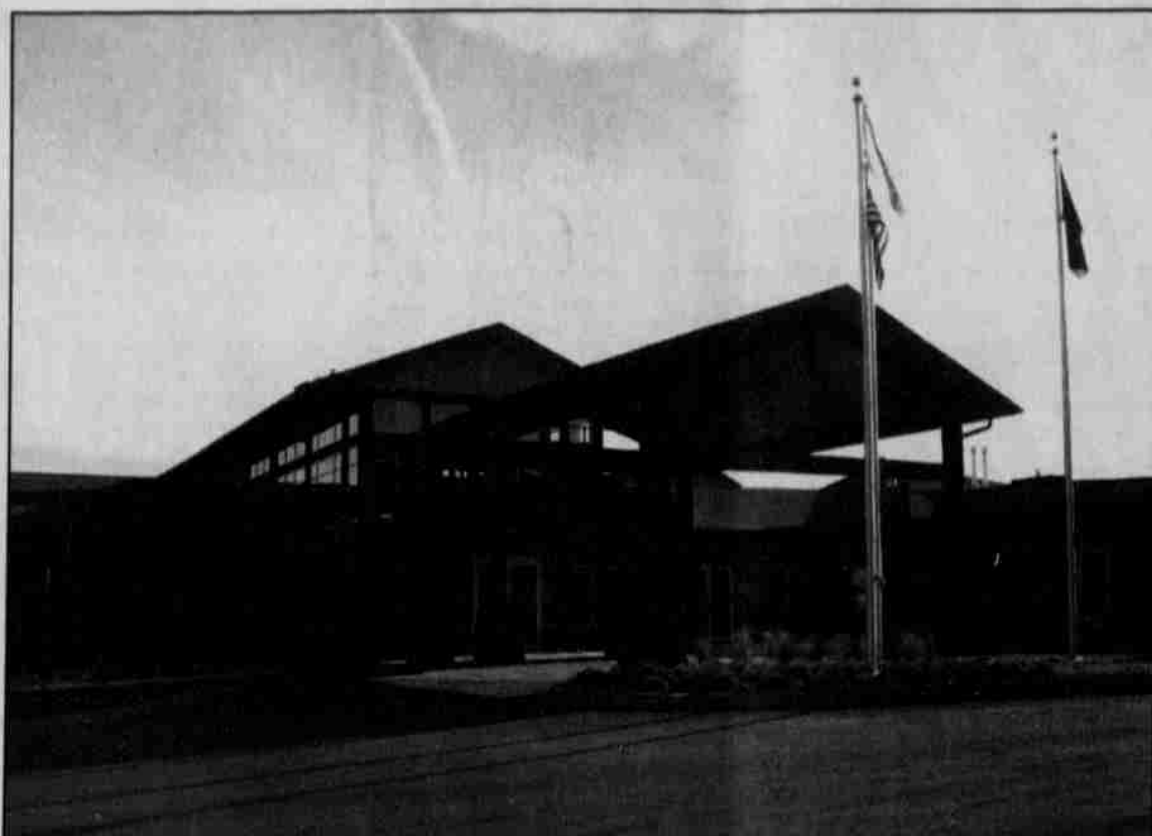
If after living there for one month they decide they would like to stay, the staff would then help in the application process for Medicaid and financial assistance, if they haven't already applied. Financial assistance is available through senior and disabled services division, for those individuals who meet certain financial criteria.

"This paperwork seems intimidating but with our help it is a smoother process," said Amy Carlson, Director of High Lookee Lodge.

There are 35 apartments at the facility, and 11 tenants who reside there now. Monthly rent includes a private apartment and bathroom, all meals, utilities, cable, housekeeping, laundry, medication monitoring, assistance arranging transportation, and more. If the tenant would like a telephone in his room, it is his financial responsibility. A telephone is available for tenants to make local calls.

Monthly activities are provided and there are staff members to assist you 24 hours a day.

This month's free rent offer is good only for the month that the tenant starts in. Whether they move in on the 1st or the 15th, they will either have to move out at the end of the month or pay the monthly fee. So, it



High Lookee Lodge is open to people that have ties to the community and others.

is best to move in early in the month to get full advantage of this offer.

Another offer being presented is the Participation Program. This pays \$200 a month to family members or friends who are actively involved in a tenant's care — takes them for rides, visits with them, helps in their care or takes them to doctor appointments.

These offers have just begun this year and will be offered for a limited time.

The facility is open and tenants are not required to stay there; they are free to leave and come back if they want. Some tenants have their own cars.

Although all the meals are prepared for the tenants they each have their own refrigerator and stove for preparing food. Other amenities include the sauna and whirlpool, which are becoming popular with current tenants.



The assisted living facility includes a fireplace and other amenities for its residents.

Warm Springs Elementary awards given

Warm Springs Elementary School held their monthly awards assembly Wednesday, January 31 in the school gymnasium. Proud parents watched their students receive awards for All Stars and Student of the Month.

An All Star is someone who can be depended upon and presents him- or herself in a well-behaved manner. Students of the month awards were given for various good deeds and accomplishments to students from their teachers.

February All-Stars

Philip Guerin, Waymon Harry, Norene Sampson & Jonathan Sweowat, Dena Thomas, Venus Garate, Abigail Scott, Kendall Main, William Caldera, Jordan Holliday, Chezzery Frank, Katherine Quaid, Leanna Boise, Kristi Olney, Carlos Reynoso,



Nakia Suppah, Adriel Pineda, Damian Reynoso, Jillisa Suppah

February Students of the Month
Rodney Mitchell, Marvin Fisher,

Chloe Suppah, Ashley Johnson, Valdimire Jefferson, Brianna O'Reilly, All Students in Class, Cadalena Bates-Perez, Dylan Miller, AprilRose Berry, Tanisha Reynoso, Jaylon Holliday, Dorothea Thurby, Troy Sam-Smith, Leander Smith, Chanda Howtopat, Laurissa Bellanger, Curtis Thompson, Philip Guerin, Victor Switzler Jr., Triston Boise, Jason Tufti, Norene Sampson, Rabe Clements, Rhyann Smith, Allee Tewee, Blake Weaselhead, Jamie Ball, Timmy Bulloch, Trent Heath, Theresa Winishut, Leighton Shaw, Kara Katchia, Rodrigo Fragua-Hernandez, Tamesha Brown, Kamianna Lujan, Lyla Williams, Teresa Fuentes, Thomas Sam, Julius Senator, Simone Jim, Damian Reynoso, Luther Keo, Britten Lumpmouth.

Announcements, tips from Early Head Start

Early Head Start will be moving into the Family Resource Center (old Indian Health Services building on campus) sometime this month. We will notify families by phone of any changes in group due to the move. If you do not have a phone, please listen to KWSO on group days for any announcements. Thanks!

Early Head Starts offers a special thank you to Amy Wright, PHN, and the whole team of public health nurses, pharmacists, and other dedicated folks at the Health and Wellness Center who helped to protect all of the ECE during November and December, 2000. They are grateful for the many hours you spent dealing with samples, creating a plan of action, rounding up and dispensing medicine, answering questions, and the list goes on. Thank you.

Getting ready to go to the clinic

The thought of "going to the doctor" makes some people—kids or grown ups—very nervous. As a parent, it is very important to remember that your attitude and what you say about going to the clinic and getting care will affect how your child feels about these experiences. Kids need to learn to take care of their bodies and health, and parents can help children learn this by showing them that going to the clinic is a positive experience.

There are many things that you can do to help your child be ready for visits to the clinic. Talk to your kids (even babies) about why people need healthcare; explain that it's a very important part of taking good care of yourself. Also, talk to your children about nurses, nurse practitioners, doctors, dentists and other healthcare professionals and what they do to help us be healthy. Before an appointment, explain to your child as much as you can about what will happen at the visit. Be honest but do not exaggerate or emphasize details that might be scary to your child.

If you have toddlers and preschoolers, you can let them act out a clinic visit by pretending to listen to your heart, peek in your ears and mouth, weigh and measure you, etc. This gives children a chance to get used to the kinds of things that happen at a visit to the clinic.

If your child will be getting shots at a visit, tell him this ahead of time and explain to him that shots help people stay healthy. Reassure your child that you will be with him/her and that the shot or shots will be over quickly. Let your kids know that sometimes parents and other adults (like grandparents, teachers, doctors, and nurses) need shots too. Assure your child that nurses and doctors learn to give shots very carefully. Never threaten your child with shots. This teaches children to think that shots are punishment, that only "bad" or naughty children get shots, and that people who give shots are doing it to punish them. If your child becomes scared and upset at the clinic, reassure and comfort him or her; don't twist what will happen in the exam room to use as a threat. Saying, "behave or the nurse will use a big needle" is cruel and untrue and makes children fearful.

A final point to keep in mind as you are helping your child learn about "going to the doctor" is that each of us is responsible for our own health. As a parent you are responsible for your child's health, too. You can put this responsibility into action by bringing a list of questions with you to appointments and learning as much as you can from your healthcare professionals. Talking responsibility also means that you can make choices. So, if your child is sick on the day you take him/her to the clinic for an exam and immunizations, you can decide to delay the immunizations until your child is feeling better. If your child sees you as an informed, thoughtful, responsible healthcare consumer, that is what he or she will learn to be. And, if your child sees your positive attitude toward healthcare and taking care of your own and your child's body, she will grow to care for herself too.

Reading with your child

"It's important to read to your children, but equally important for them to read to you. Children thrive on having someone appreciate their developing skills"

Kids learn about reading and language from seeing their parents and other adults read as well as having someone read to them. So, "reading" for a very young child can mean turning the pages, describing the pictures, telling a story, etc. When you read to your child, allow them the chance to read to you. Say, "Would you read the story to me this time?" And, don't forget other opportunities for reading such as road signs, cereal boxes, etc. Ask your child, "What does this say?" Remember, pretending is a great way for little kids to learn.

Loan guarantees available

The USDA Rural Housing Service has made available \$35.5 million in loan guarantees for rural homebuyers in Oregon.

The guaranteed rural housing program allows buyers to purchase a home in rural Oregon with no down payment and 100 percent financing. Participating lenders extend the loan to eligible homebuyers and USDA guarantees the loan, eliminating potential risk to lenders for providing 100 percent financing.

The homes must be located in an eligible rural area. Communities with less than 20,000 people that are

not located in a metropolitan statistical area are generally considered eligible rural areas.

To be eligible for the program, homebuyers must meet income guidelines, show the ability to repay the loan, and demonstrate a history of meeting obligations. For example, the adjusted income for a family of four ranges from \$57,750 to \$61,900, depending on the county of residence.

Additional information can be obtained by calling a participating local lender, or the USDA Rural Development office in Redmond (541) 923-4358, ext. 4.

Spilyay Tymoo

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Spilyay Deadlines

The next issue publishes Feb. 22, with a Feb. 16 deadline.

The March 8 issue has a March 2 deadline.

The March 22 issue has a March 16 deadline.

Alyssa Macy ...

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The nine-month fellowship, sponsored by Spirit Mountain Casino and the Federated Tribes of Grand Ronde, is awarded annually to one tribal member from Oregon. Another learning experience for Macy, the job involves researching legislation that the congresswoman will be called upon to vote — gun control, environmental issues, Internet security, voter reform. The resulting advice she passes on to Hooley is grounded in the way in which the proposed legislation will impact the congresswoman's district.

Macy's months in the capital have reinforced her belief in the need for more Indian youth to pursue higher education and become active in issues that directly or indirectly affect the Indian nations. Salmon was the topic of a budgetary hearing she recently attended. She experienced growing frustration as the meeting dealt with numbers and dry commentary. As an Indian she believed that no one was cognizant of the true significance of the fish to her people — the depth of its cultural as well as economic relevance. "We need to be educated, to go to D.C. so we can share with these people. We need to be articulate on the issues that affect us and be in positions of influence."

Macy puts her concern into action. Aware that young people back in Warm Springs may not be aware

of the many scholarship opportunities that are sent to Hooley's office, Macy put in a call last week to Spilyay to inquire of a way the paper can publicize these notifications. Her call was the impetus for this piece.

Macy's hope is that other Indian youth will go on to college and become involved in issues that shape their destiny. However, she believes that she, as well as other Indian students with whom she attended high school, were frequently the victims of low expectations. "Nobody expects me to do anything, so why should I?" was an easy attitude to fall into and requires extra ambition to overcome.

She adamantly points out that she is not special — not brighter than whoever sat next to her in high school. "People say to me, 'You've done so well.' I say, 'Anyone can do it.' I just won't let people tell me I can't do things — I'm stubborn!"

The future? A December marriage is first on the agenda. There will eventually be more schooling — perhaps law school. Working with indigenous peoples in other parts of the world appeals. Political office is certainly an option. In fact, to this young woman, the world is an exciting array of possibilities. What is certain? Alyssa Macy will not be dissuaded once she chooses her route; and, whatever her course, it will honor both the Warm Springs community and the promises she made her father.