

# High Lookee Lodge celebrates one-year anniversary

## Residents host over 200 visitors

High Lookee Lodge is one of the finest assisted living homes anywhere. The atmosphere at High Lookee really is more like a lodge than an assisted living facility.

The lodge recently celebrated its one-year anniversary. With help from volunteers, including people from Warm Springs Fire and Safety, the lodge was host to over 200 visitors last Wednesday afternoon.

Visitors were treated to lunch, including salmon, hamburgers, deer meat, salad,

and watermelon. People were also welcome to take a tour of the lodge.

Seventeen elders live at High Lookee Lodge. There are a total of 35 living spaces.

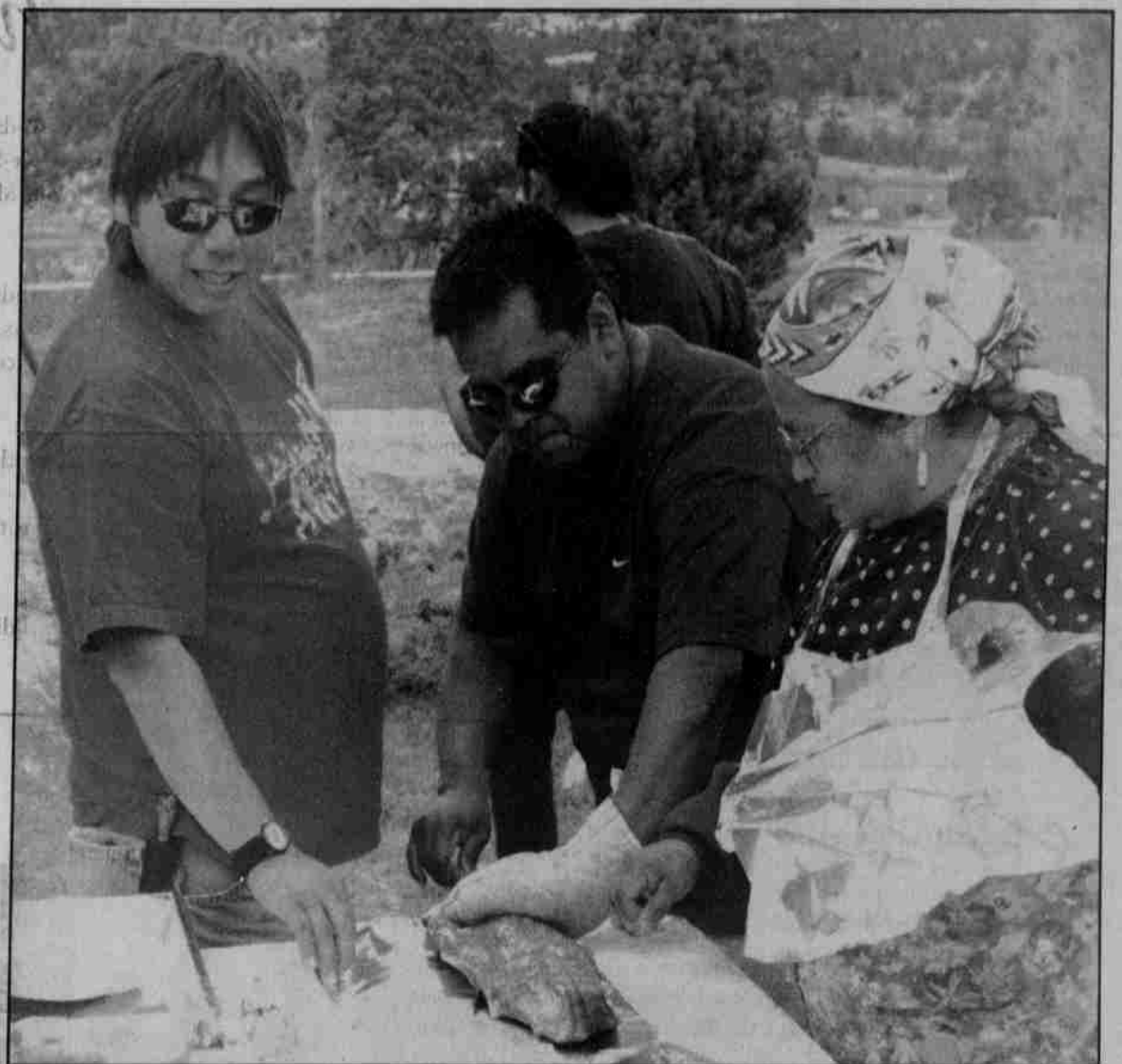
Thirteen staff people work there, providing around-the-clock care.

Anyone in the community is welcome to come to Bingo at the lodge on Wednesday and Sunday evenings at 6:30. Church services, also open to the community, are held at 7 p.m. on Tuesdays.



Photos by Dave McMechan

Above Gloria Mitchell visits with her grandmother Nettie Shawaway. At left, Wilbur Johnson prepares deer meat. Over 200 guests showed up for last week's one-year anniversary celebration at High Lookee.



# National tragedy, call to military can compound feelings of grief

## Counselors offer advice on how to adjust

As a result of the Sept. 11 terrorist attacks, a number of Warm Springs residents are preparing for military service. Some are volunteering while others, on reserve status, are being called up.

This can be a difficult and emotional time for the individuals preparing for service, as well as for their family and friends.

Anyone wishing to talk with a professional counselor about this or any other difficult situation is encouraged to contact the Warm Springs Community Counseling Center, 553-3205. Also, seek out elders or other people you trust, church members, or 4-H leaders, for example.

Since the Sept. 11 attacks, counselor Charlotte Herkshan has talked to veterans who were re-traumatized by the event.

"In talking with veterans," Herkshan said, "One of the main things I try to get across is that their emotions are natural, that their reaction is natural to an

unnatural event."

In experiencing trauma, she said, veterans are actually reacting more naturally than most of the rest of society. The veterans, she said, "are more acutely aware."

The feelings a person has had as a result of the Sept. 11 attacks might tend to compound an emotional trauma that the person had already been experiencing, said Guy Wallulatum, alcohol and drug treatment specialist at the Counseling Center.

"A national tragedy or threat of war will obviously add more grief and cause us worse distress," said Wallulatum. "This is especially true when we have loved ones in the military service or in the reserves or joining the military service out of loyalty to our country."

Wallulatum said that the recent losses of leaders and other community members, and crimes of violence, have already caused grief and fear among residents.

"Fear," he said, "turns into an

enemy too. We need to honor them and support each other at home and in our community. Song, prayer and ceremony together, are needed."

There is also a cost to caring for and about people, said Wallulatum.

He said that those in the helping profession — counselors, teachers, police officers, emergency personnel, doctors, nurses, clergy, advocate volunteers, and other helpers — will also be affected by listening to stories of fear, pain and suffering of others.

There are many names for this, such as secondary trauma, vicarious trauma, counter transference, deep grief and compassion fatigue.

"In life we are all helpers and caring people," said Wallulatum. "We share in our people's grief and help each other with our families, friends, neighbors and with our community."

The following information is from the Ace-Network website regarding compassion fatigue:

The concept of compassion fatigue (CF) emerged only in the

*"In life we are all helpers and caring people. We share in our people's grief and help each other with our families, friends, neighbors and with our community."*

**Guy Wallulatum**  
Treatment Specialist

last several years in the professional literature. It represents the cost of caring about and for traumatized people.

Compassion Fatigue is the emotional residue of exposure to working with the suffering, particularly those suffering from the consequences of traumatic events. Professionals who work with people, particularly people who are suffering, must contend with not only the normal stress or dissatisfaction of work, but also with the emotional and personal feelings for the suffer-

ing.

Compassion Fatigue is not "burnout". Burnout is associated with stress and hassles involved in your work; it is very cumulative, is relatively predictable and frequently a vacation or change of job helps a great deal. Compassion fatigue is very different.

Compassion fatigue is a state of tension and preoccupation with the individual or cumulative trauma of clients as manifested in one or more ways including re-experiencing the traumatic event, avoidance/numbing of reminders of the event, and persistent arousal.

Although similar to critical incident stress (being traumatized by something you actually experience or see), with CF you are absorbing the trauma through the eyes and ears of your clients. It can be thought of as secondary post-traumatic stress.

There are human costs associated with CF. Job performance goes down, mistakes go up.

Morale drops and personal relationships are affected —

peoples' home lives start to deteriorate, personality deteriorates and eventually it can lead to overall decline in general health.

Symptoms of CF include emotional numbing, social withdrawal, work-related nightmares, feelings of despair and hopelessness, among others.

Ways to cope with CF include spending time with family and friends who do not spend all their time talking about "problems"; engage in hobbies or relaxing activities, such as gardening, golf, art; take relaxing vacations, etc.

For more information visit the website at [www.ace-network.com](http://www.ace-network.com).

Story idea?

We want to hear about it!  
Call The Spilyay at 553-3274.