

## Workshop helps those with chronic pain

By Leslie Mitts  
Spilyay Tymoo

Those with chronic conditions can learn to cope through a new workshop in Warm Springs.

Three trained leaders will be teaching the workshop, entitled "Living Well with Chronic Conditions."

Pinky Beymer, Maria Godines and Johanna Fickett all underwent training in Bend in order to teach the workshop. As part of the requirement, at least one of the leaders must suffer from a chronic condition.

The six-week workshop will focus on teaching practical skills for living a healthy life with an ongoing health condition.

It's not just for those with the disease, either. The workshop is open to anyone caring for someone with a chronic condition as well.

For Fickett, a public health nurse, teaching the class is part of a personal interest in developing preventative care, she said.

While the Diabetes Program features the similar Lifestyle Balance Program, Fickett said, the workshop will differ slightly.

"This program is different because it's a self-management program," she said.

While the Lifestyle Balance Program teaches those suffering from diabetes how to live with the condition, she said, the workshop involves problem solving and teaches participants how to enhance their lives through management of their diseases.

"It's a way of developing skills to cope and live a better



Chronic pain workshop members.

life," Fickett said.

In Fickett's opinion, one of the main benefits of the workshop is to teach people to think in alternative ways in terms of helping themselves.

It also helps develop coping strategies, she said.

According to the promotional brochure, "Classes are fun and interactive. Participants share their successes and build a common source of support. The workshop builds confidence for managing health, staying active and enjoying life."

The workshop is part of the Chronic Disease and Self-Management Program developed and tested at Stanford University.

The program is designed to complement and enhance medical treatment and disease management.

Participants in the program see a variety of benefits, research has shown, including how to manage their symptoms better and communicate with doctors and loved ones, and also

feel less limited by their illness and may spend less time seeking medical care.

The workshop will be sponsored by Indian Health Services, the Confederated Tribes of Warm Springs, and with a grant from the Administration on Aging.

The same grant funds a fitness program through the Senior Program.

Topics covered will include managing symptoms, medication how-to, working with your healthcare team, setting weekly goals, effective problem-solving, better communication, how to relax, handling difficult emotions, tips for eating well, and safe and easy exercise.

The workshop will focus on people with chronic conditions such as asthma, diabetes, heart disease, arthritis, or other chronic conditions.

They hope to have at least 10 people participate Fickett said, and they are welcome to participate after that.

## Howlak Tichum

Joseph Ed Sconawah II

Joseph Ed Sconawah II "Shushainsh," born on June 1, 1993, went to the Lord on July 24, 2007.

Joe was 14 years young. Joseph was born on June 1, 1993 at Madras to parents Eddie J. Sconawah and Lillian J. Blackwolf.

Martin, Arnold and Kenneth Sconawah preceded him in death, all of whom are his brothers.

Joseph was a life-long resident of Warm Springs.

Joseph attended school at Warm Springs Elementary and Jefferson County Middle School and in May 2007 just recently graduated from the 8<sup>th</sup> grade from Riverside Indian School in Anadarko, Oklahoma.

Joseph was employed at Warm Springs Early Child-



hood Education.

It was his very first job and he enjoyed working at Early Childhood Education through the Workforce Education Development Department Summer Youth Program.

Joseph enjoyed playing video games, going fishing, hunting

and his special interests were in nature, especially in "Bigfoot". He enjoyed playing basketball, golfing and just hanging out with his friends. He did performances with the Wasco Dance Group.

Joseph is survived by both his parents Eddie and Lillian and his brothers Matthew Sconawah, II, Jeremiah Blackwolf and Donte Smith and Sister Mary Lee Sconawah. His cousins he was being raised with were Arthur, Jr., Eric, Tristan and Gloria A. Mitchell, all of whom are from Warm Springs, Oregon.

Joseph was being raised by his Aunt Angeline Blackwolf and Arthur B. Mitchell Sr. both of Warm Springs.

## Births

*Morningstar Arlene Medina*

Leona Tenorio of Warm Springs is pleased to announce the birth of her daughter

Rosemary Morningstar Arlene Medina, born on August 3, 2007.

Rosemary joins sister Sally Medina, age 1.

Grandparents on the father's side are Sally M. Medina and Eddie Medina.

Grandparents on the mother's side are Leon Tenorio and Jesslyn Heath.

*Mahayla Rose Robinson-Angeles*

Rex Robinson-Angeles and Charlene Chee of Warm Springs are pleased to an-

nounce the birth of their daughter Mahayla Rose Robinson-Angeles, born August 5, 2007.

Grandparent on the father's side are Amanda Robison of Warm Springs.

Grandparents on the mother's side are Sara Ike and Charlie Chee of Warm Springs.

*Janai Teara-Rane Mintorn*

Dion Minthorn and Nancy Williams of Warm Springs are pleased to announce the birth of their daughter Janai Teara-Rane Mintorn, born on August 3, 2007.

Janai joins brothers LeAnthony, Robert and Darnell, and sisters Lupe, Cherae and Mia.

Grandparents on the father's side are Rick and Marcia Minthorn of Warm Springs. Grandparents on the mother's side are Kennedy Smith and Edna Williams of Warm Springs.

*Velma Hazlynne Spino*

Martin Spino and Victoria Tufti of Warm Springs are pleased to announce the birth of their daughter Velma Hazlynne Spino, born on August 9, 2007.

Grandparents on the father's side are Vernon and Nellie Spino of Warm Springs. Grandparents on the mother's side are Eddie Medina and Laura Robinson.

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We are looking for families with 8-16 year-olds to participate in the Community Shadow Project with the Child and Family Center at the University of Oregon.

While learning family management skills, you can earn money by completing individual assessments, family intervention and working with a family therapist.

For more information contact Alison Ball, Child and Family Center, (541) 346-4088; or at [aball@uoregon.edu](mailto:aball@uoregon.edu).

Or contact the Shadow Project staff at the Warm Springs Community Counseling Center, 553-4918.