

Births

Apaullo Emerson LeClaire
David LeClaire Jr. and Maranda Blueback of Warm Springs are pleased to announce the birth of their son Apaullo Emerson LeClaire, born on February 29, 2008.

Grandparents on the father's side are Annette and David LeClaire Sr. of Warm Springs.

Grandparents on the mother's side are Leana and Kevin Blueback of Warm Springs.

LaRhia Clara Marian Stevens
Joseph Henry Stevens and Tara Moody of Warm Springs are pleased to announce the birth of their daughter LaRhia Clara Marian Stevens, born on February 29, 2008.

Grandparents on the father's side are Francie Wheeler and Davis Sohapp of Warm Springs.

Grandparents on the

mother's side are Judy Johns of Arizona, and Charles Gibson Moody of Warm Springs.

Denise Mena-Sahme
Fidel Mena-Castillo and Candice Sahme of Madras are pleased to announce the birth of their daughter Denise Mena-Sahme, born on March 2, 2008.

Grandparents on the father's side are Fidel and Gonzalla Castillo of Mexico.

Grandparents on the mother's side are Alice Jim of Warm Springs, and Jim Sahme of South Dakota.

Kaira Rose Jim
Paul Ace Jim III and Ayrion Renee Schjoll of Madras are pleased to announce the birth of their daughter Kaira Rose Jim, born on February 26, 2008.

Kaira joins brothers Gregory

and Noah, and sister Mariah.

Grandparents on the father's side are Edward and Eleanor Jim of New Mexico.

Grandparents on the mother's side are Don and Melinda Lupinacci of Culver, and Wayne and Jan Schjoll of Madras.

Seri Ann Gilbert
Jaydean D. Gilbert and Terrine M. Rabbie of Warm Springs are pleased to announce the birth of their daughter Seri Ann Gilbert, born on March 7, 2008.

Seri joins brothers Silas Jr. and Drew, and sister Tylyasha.

Grandparents on the father's side are Sandra McGill and Allen Gilbert Jr. of Warm Springs.

Grandparents on the mother's side are Irene Garcia and Bob Rabbie of Warm Springs.

Support workshop for chronic pain sufferers

The Living Well With Chronic Conditions Workshop is now open for enrollment. You may contact Jodi Fickett at 553-1196 ext. 4141 to sign up.

Classes begin Tuesday, March 25, and will be held at 5:15 p.m. until 7:45 p.m. every Tuesday for six weeks at the IHS.

If you are interested in participating in learning how to better self-manage a chronic condition that you have, or if you are taking care of or living with someone with a chronic condition, this is an empowering workshop for you to better manage debilitating illnesses.

Participants in the last workshop were very pleased with the outcome of the workshop held last winter.

Participants were asked how they benefited from the workshop, and what they felt were the most important aspect that they obtained from the workshop. Here are comments from the participants:

"The workshop was very informative and gave me

skills on how to deal with chronic pain and to talk with health providers."

"The most important thing for me was knowing that I was not alone, and being around others who I could reach out to. The trainers were very supportive."

"I felt that the benefit from the workshop was that I didn't feel alone about the condition and I felt reassured there are people who care about chronic conditions. It is good to know there are people who are there who help live with chronic conditions."

"The most important aspect for me was that I was able to address the frustration that I have to the facilitators, and that facilitators will inform the IHS providers through chain of command of the frustrations participants expressed at the workshop. The last workshop on getting needs met was very good. It made me feel like I was finally being heard."

"I think the workshop was very informative and encouraging. It helped change how I viewed my health problems."

"It is important for me to not feel condemned to my health conditions."

Jodi Fickett, Pinky Beymer and Maria Godines are facilitators of the workshop. Fickett and Beymer live with a chronic condition and Godines is a care provider for an elder who has a chronic condition.

Through the workshop they teach problem solving, goal setting, and the ability to self-manage using action plans, mental relaxation cd's, visualization, breathing techniques, exercise, and stress and pain management.

The Living Well With Chronic Conditions workshop is modeled on the Stanford University health management program. The workshop is free and is designed to teach people living with chronic conditions to self-manage their health and teach them how to talk with their doctor.

Please contact Jodi Fickett at 553-1196 ext 4141 to sign up.

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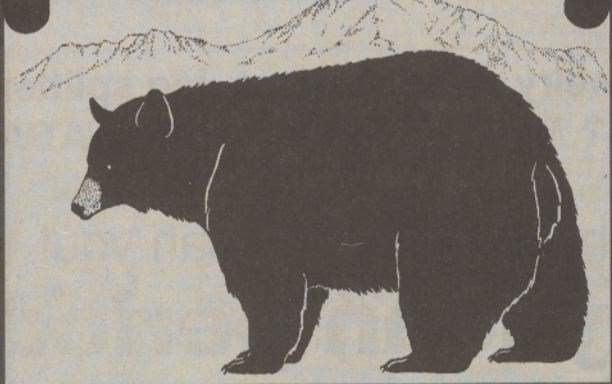
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