

New priority for H1N1 vaccinations

The Warm Springs Health and Wellness Center has started vaccinating the next priority groups for the H1N1 virus, also known as the Swine Flu.

People ages 25-64 with an underlying medical condition, such as disorders involving the lungs, heart, kidneys, blood, liver or metabolic system – including diabetes – now can be vaccinated. Flu-related complications many of these people are suffering has made health officials reprioritize their efforts because

the number of H1N1 vaccination doses still is low.

Vaccination clinics are being held in Pod A of the Community Center from 9-11 a.m. and 1-3 p.m. on Mondays and Fridays, and on Wednesdays from 1-3 p.m.

Still being targeted are other priority groups – including pregnant women, children, and caregivers of infants 6 months old and younger.

Overall priority for vaccinations has shifted in the state of

Oregon and the tribe is also going in this direction. Healthy young people, ages 5-24, aren't as high a priority for vaccination as they had been, according to the Oregon Public Health.

The goal is to see this group of younger people taken care of once more vaccine is available, however, state health officials say.

In the meantime, local health care workers advise people to:

Wash their hands frequently and well (or at least try to use a

hand sanitizer when there's no place to wash);

Cover their face when they sneeze or cough by placing their nose and mouth in the crook of their arm;

Avoid touching their face, especially their eyes, nose, mouth;

Throw tissues in the trash as soon as they are used;

Avoid sick people, if possible;

And stay home if you are sick.

— by Terri Harber

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Warm Springs Community Calendar

Wednesday, Dec. 2

At noon there will be **Yoga class** at the Community Center.

There's a **4-H "for fun"** afterschool activity every Wednesday afternoon 4-5 p.m. downstairs at the Education Building with Merle Kirk.

The Red Road For Parents is a 12-week program that teaches parents the tools required to meet the challenges that raising adolescents can bring. They meet every Wednesday from 5:30-7:30 p.m. in the upstairs lecture room at the Warm Springs Community Counseling Center.

Thursday, Dec. 3

At noon there will be **Core Strength class** at the Community Center.

There's a **4-H afterschool activity** Thursday 3:30-5 p.m. at the Education Building. It's "Dance For Fun" with Merle Kirk.

Deanie Johnson and Carol Sahme are holding **group dance practice** every Thursday from 5-6:30 p.m. in the aerobics room at the Community Center. The group is open to all ages.

Positive Indian Parenting Class will be held this evening at Warm Springs Community Counseling. The topic this week is Harmony in Childrearing.

Narcotics Anonymous will meet Thursday from 6-7:30 p.m. in the Family Resource Center conference room.

Friday, Dec. 4

At noon there will be **Body Flex class** at the Community Center.

Saturday, Dec. 5

A **fundraising breakfast** will be held at the Jefferson County Fire Station in Madras on Saturday from 8-11 a.m. Proceeds will go to PFC Alex Johnson, who is currently at Walter Reed Army Medical center, after receiving serious injuries from a roadside Bomb in Afghanistan last month.

There will be a **Christmas bazaar** Saturday from 9 a.m.-5 p.m. at the Native American Community Center of Portland State University. For details, call 503-970-8004.

Registration and scholarship forms are now available for the **4-H High Desert Leadership Retreat** that takes place in January at Eagle Crest. The program is for youth in 7-12 grades. Contact Warm Springs OSU Extension for

applications. The deadline to get in a scholarship request is December 11.

Monday, Dec. 7

At noon there will be **Cardio class** at the Community Center.

The **Legal Aid clinic** will be held at the family resource center from 1-4 p.m.

A combined **culture activity and language class** will be in Carol's Room at the Community Center with 4-H and the Language Program. Mondays from 4-5 p.m. is Ichishkin day; Wednesdays, 4-5 p.m., is Kiksht, and Thursdays, 4-5 p.m., is Numu.

A **woman's support group** meets this evening from 6:30-8 p.m. at the Warm Springs Victims of Crime Services office.

Tuesday, Dec. 8

There's a **Healthy Breakfast** Tuesday at the IHS Kitchen Conference Room from 9-10 a.m. The topic is Holiday Eating.

At noon there will be **Body Flex class** at the Community Center.

Community Counseling presents the **Red Road For Youth**, a weekly program designed to help kids find their role in community. They meet every Tuesday from 4:30-6:30 p.m. in the upstairs lecture room of the Warm Springs Community Counseling Center.

Wednesday, Dec. 9

At noon there will be **Yoga class** at the Community Center.

There's a **4-H "for fun"** afterschool activity every Wednesday afternoon 4-5 p.m. downstairs at the Education Building with Merle Kirk.

The Red Road For Parents is a 12-week program that teaches parents the tools required to meet the challenges that raising adolescents can bring. They meet every Wednesday from 5:30-7:30 p.m. in the upstairs lecture room at the Warm Springs Community Counseling Center.

Thursday, Dec. 10

At noon there will be **Core Strength class** at the Community Center.

There's a **4-H afterschool activity** Thursday 3:30-5 p.m. at the Education Building, it's "Dance For Fun" with Merle Kirk.

There is **group dance practice** every Thursday from 5-6:30 p.m. in the aerobics room at the Community Center. The group is open to all ages.

Positive Indian

Parenting Class will be held this evening at Warm Springs Community Counseling Center. The topic this week is Traditional Behavior Management and Lessons from Mother Nature.

Narcotics Anonymous will meet Thursday from 6-7:30 p.m. in the Family Resource Center conference room.

Friday, Dec. 11

At noon there will be **Body Flex class** at the Community Center.

Saturday, Dec. 12

Earth2O will be delivering **water to the Simnasho area** on Saturday. Please set your empty bottles outside to be picked up.

Monday, Dec. 14

At noon there will be **Cardio class** at the Community Center.

A combined **culture activity and language class** will be in Carol's Room at the Community Center with 4-H and the Language Program.

Tuesday, Dec. 15

At noon there will be **Body Flex class** at the Community Center.

Community Counseling presents the **Red Road For Youth**, a weekly program designed to help kids find their role in community. They meet Tuesdays from 4:30-6:30 p.m. in the upstairs lecture room of the Warm Springs Community Counseling Center.

The **Diabetes Awareness Support group** meets Tuesday from 5-7 p.m. at the Warm Springs Senior Center. This month's topic is Stress Management.

Wednesday, Dec. 16

Warm Springs Fire and Safety offers **First Aid classes** open to all community members the third Wednesday of each month at 9 a.m. Fire and Safety has more information.

Today at noon there will be **Yoga class** at the Community Center.

There's a **4-H "for fun"** afterschool activity every Wednesday afternoon 4-5 p.m. downstairs at the Education Building with Merle Kirk.

The Red Road For Parents is a 12-week program that teaches parents the tools required to meet the challenges that raising adolescents can bring. They meet every Wednesday from 5:30-7:30 p.m. in the upstairs lecture room at the Warm Springs Community

Counseling Center.

Thursday, Dec. 17

It's **Family Craft Night** at Warm Springs Elementary School from 5:30 until 7 p.m. in the gym.

At noon there will be **Core Strength class** at the Community Center.

There's a **4-H afterschool activity** Thursday 3:30-5 p.m. at the Education Building, it's "Dance For Fun" with Merle Kirk.

There is **group dance practice** every Thursday from 5-6:30 p.m. in the aerobics room at the Warm Springs Community Center. The group is open to all ages.

Positive Indian Parenting Class will be held this evening at Warm Springs Community Counseling. The topic this week is Praise in Traditional Parenting and Choices.

Narcotics Anonymous will meet Thursday from 6-7:30 p.m. in the Family Resource Center conference room.

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Legal Aid Services of Oregon provides free assistance to low-income Oregonians in many civil cases. Speak with an attorney during drop-in hours 1 to 4 p.m. on the first Monday of the month at the Family Resources Center in Warm Springs. Or call 385-6944 Monday through Wednesday between 10 a.m. and 2 p.m.

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