

## Johnson joins Community Health

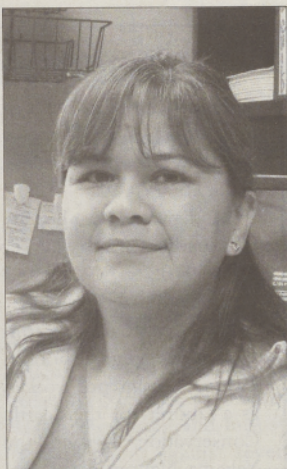
Elizabeth Johnson has joined the staff of the Warm Springs Community Health Department, as a public health nurse.

Johnson, a tribal member, grew up in the Portland-Vancouver area, and moved to Central Oregon in 1997. She attended Central Oregon Community College, studying in the Rural Nursing program.

She worked at the Warm Springs clinic, and then for some years at Mountain View Hospital, where she was the night shift supervisor.

In September of last year she became a traveling nurse, going to different hospital emergency rooms.

The traveling was difficult because she has three kids and one grandson at home. So she decided to work again at the Warm Springs clinic.



Elizabeth Johnson

She and AnnaMarie Wallace are the public health nurses at the clinic.

"I want everyone to know," Johnson said, "that they should

come and see either myself or Nurse Wallace, if they have a health issue that effects the community."

The nurses are focusing on immunization, as health officials are expecting another wave of the flu. The H1N1 vaccination is available this week.

To contact one of the nurses, call the clinic at 553-1196.

The Community Health Department, a tribal program, provides a range of services to the community.

The staff of 12 health workers focus on nutrition and fitness, diabetes prevention, education, maternal and child health, elder care, and other areas of community wellness. Home visits are an important part of the Community Health service.

## Flu shot clinics

H1N1 flu shot clinics on the reservation are scheduled this week as follows:

**Wednesday, Jan. 13** at the Post Office, 9 a.m.-11 a.m., and at Warm Springs Market 11 a.m.-1 p.m.

**Thursday, Jan. 14** at the tribal administration building, 9-11 a.m., and at the Family Resource Center, 11 a.m.-1 p.m.

**Friday, Jan. 15** at the Warm Springs Health and Wellness Center in Pod A, 9 a.m.- noon. There will be snacks and prizes.

Flu shots are also being given in Pod A at the clinic on Mondays, Wednesdays and Fridays from 1-3 p.m.



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## Diabetes coordinator awarded for leadership excellence

Jennie Smith, coordinator of the Diabetes Program at the Warm Springs Health and Wellness Center, recently was awarded the Portland Area Indian Health System Area Director's Exceptional Leadership in Health and Wellness Initiatives award.

Smith coordinates the Special Diabetes Program for Indians Diabetes Prevention Program, SDPI; the Indian Health Service, IHS; Model Diabetes Program at the Warm Springs Health and Wellness Center; and the Healthy Outcomes Promoted by Education, HOPE, programs.

During the years, she has consistently promoted the mission of the IHS Diabetes Program, which states:

*The Indian Health Service Division of Diabetes Treatment and Prevention is responsible for developing, documenting, and sustaining clinical and public health efforts to treat and prevent diabetes in American Indians and Alaska Natives.*

Smith encourages her staff to become certified as diabetes educators, fitness coordinators, group exercise instructors, and water aerobics instructors to enhance their ability to promote and teach prevention and wellness in the community.



Warm Springs Diabetes Program coordinator Jennie Smith shows one of the department's diabetes prevention T-shirts.

She and her staff are in the community daily promoting these concepts and working in concert with tribal programs to stretch and complement resources.

The HOPE program became certified in 2009 by the IHS. Only 39 diabetes programs in all

of Indian Country have attained this distinction.

It is one of three in the Portland area.

A significant difference has been observed in hospital admissions and emergency room visits -- from the time of diagnosis -- between patients en-

rolled in the HOPE program and those not enrolled.

HOPE patients have averaged 17 percent admissions and ER visits. Patients not in the program have nearly double the rate, 31 percent, of admissions and ER visits.

Eighty-seven patients at risk for diabetes have been trained in 10 SDPI classes during the past three years and only four have converted to diabetes.

The Warm Springs program had a SDPI review last year and was congratulated on being considered one of the top 10 sites in the country for program successes and participant outcomes.

Smith was also commended on her leadership style. She challenges her staff to be the best at what they do. All her employees are motivated and involved in their jobs.

This motivation and involvement has had a very positive impact on the community of Warm Springs.

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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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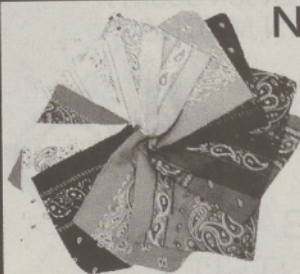
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