

# Challenges, rewards for care givers

By Terri Harber  
Spilyay Tymoo

Community Health representatives in Warm Springs assist more than 300 tribal members—nearly all seniors—with medical needs through home visits.

"We can make a difference," said Lori Mitchell, one of the reps. "We work with them to help keep them healthy."

Their primary duty is to ensure these people are doing all right—that their blood pressure, weight and other statistics are as they're supposed to be.

They also ask questions about such things as the person's diet, sleep, lifestyle and medication, and report information gathered to medical personnel at the tribes' Health and Wellness Center.

The doctors, nurses, etc., in turn, use the information the reps bring back to gauge progress and even modify care, if necessary.

"Several times they've picked up on a serious condition," Elizabeth Johnson, the tribes' community health supervisor, said of the reps.

"They help the patients keep in touch with the community and they notice any cognitive



Warm Springs Community Health representatives pose for a picture before starting another busy day (from left): Maria Lopez, Emerson Squiemphen, Lori Mitchell and Sara Scott.

*A problem is that the employees are spending significant amounts of time these days transporting the people to health care providers around the region ...*

The problem is that the employees are spending significant amounts of time these days transporting these people to health care providers around the region.

Does the person have family or friends who can drive them places? Does the person have access to public transportation? If so, their families and friends are asked to help out because the increased time spent shuttling patients cuts deeply into the time these workers can spend on home visits each week.

Is cost of gasoline a problem? Perhaps there is a way to mitigate that, Johnson also said.

The transportation offered

through this program only should be used if these other potential ways of getting places are unavailable.

For people who have no other way to get to out-of-town to obtain essential cancer treatments or dialysis hookups, the overall help the reps provide proves invaluable, Johnson said.

There are currently 333 tribal members living on the Warm Springs Reservation who are older than age 60. The reps also help younger tribal members with major chronic illnesses, such as cancer, HIV or heart problems.

The reps are overseen by Johnson, who is a registered nurse.

"I like it. It's different every day," Mitchell also said about her job. "You get attached to the elders of the community."

"We're busy," said Sara Scott, another rep. "Many of our patients live in the outlying areas. We keep track of their prescriptions and deliver them."

The reps also find it helpful to receive 48 hours notice from patients who need transportation, and can better arrange for out-of-town trips on Tuesdays and Thursdays than during the rest of the week.

Call 541-553-1196 for details and to arrange for care.

## Class on team building

Central Oregon Community College's Continuing Education Department is offering a class from 8:30 a.m. – noon, Friday, Feb. 4 called "Build a High Performing Team."

The class is designed to help business managers develop a cohesive team working toward a common goal. Because, a "cohesive team

can consistently outperform a collection of talented individuals," according to the class description.

It is being offered at the County Conference Room in Madras, 66 SE D St.

Pre-registration is required. Call 541-383-7270 or go to [noncredit.cocc.edu](http://noncredit.cocc.edu) to register.

## MHS ROTC fundraiser slated

Madras High School Junior ROTC cadets will be competing against other northwest schools on Feb. 5.

And five cadets have qualified for a national Civilian Marksmanship Program event in Ohio the second week of February.

There will be a fundraiser

Spaghetti Feed, auction and raffle at 6 p.m. on Saturday, Jan. 29 at the Madras Elks Lodge.

A second fundraiser selling advertising space in the home competition programming has a deadline of Wednesday, Jan. 26.

Contact the Buffalo Battalion Supporters at 541-410-2087 to purchase an ad.

## Healthy eating classes coming up

The Health and Wellness Center is hosting healthy eating classes in February and March. The classes are as follows:

### Healthy Salad Dressings

Learn how to make your own salad dressing. They taste better and are more economical. You'll get to take some home for the family to try.

Come to either class in the kitchen conference room in the Health and Wellness building: 3:30 p.m. or 5:30 p.m. on Thursday, Feb. 3. Light snacks will be served.

### Carbohydrate Counting

This is a series of three classes. Gifts and low-carbo-

hydrate snacks will be served.

Please plan on attending all three of the series to truly understand how to manage carbohydrate intake.

This class is open to folks with pre-diabetes, diabetes, or just someone who wants the knowledge.

Come to either class in the kitchen conference room in the Health and Wellness building at 3:30 p.m. or 5:30 p.m.

Each session will be on these Thursdays: Feb. 17, Feb. 24 and March 3.

Call nutritionist Linda Porter for details: 541-553-1196.

## Warm Springs Community Calendar

**WEDNESDAY, JANUARY 26**  
**Water aerobics** 10:15-11:15 a.m. at the Kahneeta pool.

The Museum at Warm Springs will be holding **Open Crafts times** 4-7 p.m. Wednesdays through Feb. 2, in the Museum Education Room. Please call ahead if you plan on attending: 541-553-3331, ext. 407.

**FYI:** Central Oregon Community College offers non-credit Community Learning classes in Madras. "Photoshop Elements" is a class that teaches organizing, editing and enhancing of photographs. It's from 9 a.m.-4 p.m. Saturday at Madras COIC. To register, call 541-383-7270.

**THURSDAY, JANUARY 27**  
The Career and Internship Fair at Portland State University's Native American Student and Community Center will provide information about summer jobs and internships. It's from 11 a.m.-2 p.m. at 710 SW Jackson in Portland. There is a long list of businesses and organizations participating. For more, contact Dean at 503-725-5348.

**Positive Indian Parenting class** at the Community Counseling Center from 5:30-7:30 p.m. This week's topic is "Harmony in Childrearing."

The Culture and Heritage Committee meets. These meetings are on the 2nd and 4th Thursdays of each month. For more, contact Paula Miller at the council office, 541-553-3257.

The Museum at Warm Springs will have the opening of its **Tribal Member Youth Art Exhibit** from 5:30-7:30 p.m. Everyone is invited for refreshments, a performance from the Wasco Dance Group and great artwork. Contact the museum, 541-553-3331 for details.

**FRIDAY, JANUARY 28**  
The Girls' Advisory Board is inviting all girls to its "chick flick" at the Community Film Center in Madras. Showing: "Despicable Me" from 6-9 p.m. It's free movie, pizza, drinks and dessert. Sign up at the Jefferson County Library, Juvenile Department or Kids Club in Madras.

**SATURDAY, JANUARY 29**  
**Students can get assistance** 9 a.m.-2 p.m. at Cascades Hall at Central Oregon Community College in Bend. COCC Enrollment Services staff will be available to help students and their parents complete it online, answer detailed financial aid questions, and more. Be sure to bring, recent completed federal tax returns, social security numbers, value of assets, and driver's license.

**SUNDAY, JANUARY 30**  
Tribal Social Services is taking applications and scheduling appointments for those in need of and who qualify for **energy assistance**. You will need to bring with you proof of income, social security numbers and a list of all people in your household. Call 541-553-3491, Gayleen Adams, for details.

**MONDAY, JANUARY 31**  
**FYI:** A "Bullying Solutions Workshop" will be held Friday, Feb. 4, from 8:30 a.m.-4 p.m. at the Living Hope Christian Center in Madras. If free but you need to register by Jan. 31 by calling 541-475-4884.

Victims of Crime Services will hold its weekly **Women's Support Meeting** from 6-8 p.m. Call 541-553-2293 for details.

There's a **glucometer class** from 2-3 p.m. at the Health and Wellness Center kitchen conference room.

**WEDNESDAY, FEB. 2**

**Water aerobics** this morning 10:15-11:15 a.m. at the Kah-Nee-Ta pool.

The Museum at Warm Springs will be holding **Open Crafts times tonight** for the last time from 4-7 p.m. at the Museum Education Room. Call to reserve a space: 541-553-3331, ext. 407.

**THURSDAY, FEB. 3**  
**Positive Indian Parenting class** at the Community Counseling Center from 5:30-7:30 p.m. This week's topic: "Traditional Behavior Management."

**FRIDAY, FEB. 4**  
**No School** today in the 509J district. It's the end of the 2nd quarter for elementary schools

Living Hope Christian Center in Madras is offering a **Bullying Solutions Workshop**. Workshop is free and open to the community. For more information, call 541-475-4884

**MONDAY, FEB. 7**  
There is a **Glucometer class**

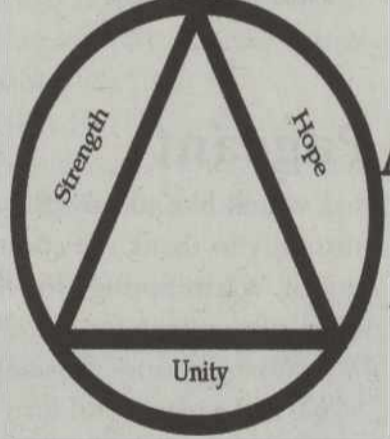
from 2-3 p.m. at the IHS kitchen conference room.

**FYI:** Central Oregon Community College offers non-credit Community Learning classes in Madras. "Sharpen Your Mind with Scrabble Skills" is a class that enhances your vocabulary and cognitive function with the game. It's on Feb. 8 and 15 from 6:30-8:30 p.m. at the Madras Senior Center. To register call 541-383-7270 or do it online at "noncredit.cocc.edu" – payment is due when you register.

Victims of Crime Services will hold its weekly **Women's Support Meeting** from 6-8 p.m. Call 541-553-2293 for details.

**TUESDAY, FEB. 8**  
**Healthy breakfast** is this morning from 9-9:45 a.m. in the Health and Wellness Center kitchen conference room. Pinky Beymer and Arlene Graham will make a presentation on Chronic Condition classes.

**Lunch and Learn** is at noon in the IHS atrium.



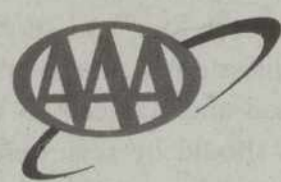
## Alcoholics Anonymous

Warm Springs Community Counseling  
Wednesday - 12-Noon & 7:00 p.m.  
Saturday - 10 a.m.

## Cliff's Repair & Auto Sales

**475-6618**

330 S.W.  
Culver Hwy.  
Madras



Approved  
Auto Repair

### 24 Hour Towing



**CLIFF'S**  
TOWING  
475-6618



**Free Battery Check & Installation with purchase**

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 Thursday between 9 a.m. and 4 p.m. (at lunch from noon-1 p.m.)