

Letters

Equine program

E'Took tee Ka dooge, Good Day my people, I want to take this time to express my appreciation for the support I received at the He He Youth Prevention Camp July 11, 2011 to July 15, 2011! Forgive me for the late submission.

Thank you to the following volunteers who assisted with the EAGALA/EQUINE Growth Development Program:

Clarence McKinley, Solomon Stuart, Billy Cochran. A list of volunteers who set up Natural Resources panels:

Carlo Wallulatam, Joe Culps, Buster Isadore, Eric Miller, Daniel Gilbert, supervisor Ricky Graybaell

Great job and well done to the rest of the volunteers, you know who you are. The Community's Healthy Interaction and great attitude are a healthy lifestyle. Thank you, from:

Mona Cochran, Warm Springs Community Counseling Center.



Courtesy photo.



Diabetes Prevention

Winners in healthy holidays contest

The nine-week "Lighten Up for the Holidays" campaign kicked off in late October and ended in early January. The campaign consisted of weekly weigh-ins, physical activity and nutrition support.

The goal was to lose or maintain weight during the holidays. Registered participants receive a fleece jacket, and those who lost the most weight received a travel fitness kit. The winners for the campaign are:

Men's division: Allan Smith, and Frank Smith.

Women's division: Misty Stonebraker, Vanessa Walker-Stwyer, and Margie Tuckta.

The fun run at the start of January consisted of three laps on campus. Times were recorded and prizes were given to the fastest time for male, female and youth. The winners were:

Male: Attcity Begay (won a George Foreman grill).

Female: Cece LeClaire (food basket).

Youth: Amare LeClaire-Jones (Nike back pack).

More from the Diabetes Prevention Newsletter:

Maintaining a nutrition log allows for self-awareness. A lot of times we do not realize just how much we are consuming. A small handful of cookies here and a handful of chocolate there all add up.

There are several ways to keep a food log: You can write in a food journal (there is a variety to choose from); or document on line.

For those who prefer to

write in a food journal, you may stop by the Diabetes Prevention Program office any time and pick up a "keeping track" blue book. For on line nutrition logs, try:

- Livestrong.com
- Sparkpeople.com
- Myplate.com
- Myfitnesspal.com

There are also several health, fitness and nutrition apps available for smart phones as well.

The Diabetes Prevention Program office is located at 1242 Warm Springs Street (on campus). Or call 541-553-1070.

Advertise in the Spilyay Tymoo

If you are interested in advertising in the Spilyay Tymoo, call Yvonne at 541-553-2210. Or email yvonne.iverson@wstribes.org

Feedback sought on local health services

The Joint Health Commission released the 2011 report to the community, entitled the *Annual Report: State of our Health and Our Health Delivery Systems*.

"To the credit of our distinguished tribal nation, a phenomenal community-wide effort to improve our health is under way," said Heather Crow-Martinez, Joint Health Commissioner.

"This grant work-in-progress is to be commended—so many families and individual are caring about and making great strides toward improved physical health, mental health, and spiritual health."

She added, "Numerous tribal departments, programs, committees, the Commission, and Indian Health Service have stepped up to be part of this outstanding endeavour of improved and improved systems of care.

"Programs are aligning and collaborating, data is being

collected and utilized in developing reasonable and effective health strategies. Most importantly, however, community members are seeing the benefits and taking decisive action toward their health and the health of their family."

When asked to comment, as a young person Jeremiah Johnson said, "The report is encouraging, even the negative statistics are shown in a positive light. We are going in the right direction with this. I like it [the report]."

The report is available on the tribes' website:

www.warmsprings.com/warmsprings/Links/

Feedback form

There is also an electronic copy of the Community Feedback form (also below), making it quick and easy to complete, and hit the 'Submit' button.

Your feedback will help the commission to make im-

provements to our local health services. The report was also posted on Facebook by the Warm Springs Prevention Unit. Please note that the community report is targeting Warm Springs tribal members, and not intended for outside agencies.

Community members are also asked to let the commission know where community meetings should be held, including home based meetings.

The report has a Personal Health Worksheet for community members to fill out, and post.

One high school student said reaching her health goal will require "no eating out, more fruit and vegetables, workout schedule, try new activities, do more [public] speaking, keep active, buy groceries and have a puppy to play with and take to the park."

(Note: Also find the form at the bottom right of this page.)

Happy Birthday wishes...

Being a grandparent is very special to us all. We are proud grandparents of 13 beautiful grandchildren and today we want to say to one of our pride and joys, our handsome grandson a big "Happy 1st birthday, Isley Jayden Bill Sam. We love you and miss you a lot. Love you, Isley, from grandma and grandpa Marella and Robert Sam Sr.

To our little brother on his 1st birthday, Isley Jayden Bill Sam, happy birthday Isley, we all love you and miss you. Take care, hope you have a great birthday. With all our love from: Woody Jr., Dartanian, Elisha, Chantel Picard, Janathian, Gerald Jr., Clarence Vernon Sam and Shasta Tailfeathers.

Happy 1st birthday to my big brother Isley Jayden Bill Sam. Hope your day is a good one and I really hope you will be at my 1st birthday, from Samuel Lester Picard.

Happy 1st birthday Isley Jayden Bill Sam, our little grandpa, take care, have fun on your day. Love, miss you, from: Woody and Sadie

Picard, Tracy and Kaila, Robert Jr., Elsie and Joey, Neda and Gerald Tias Sr.

Happy, happy 1st birthday out to our son Isley Jayden Bill Sam, we love you son. Love from dad and mom.

Happy 1st birthday to our G-grandson Isley Jayden Bill Sam, with all our love from: g-grandma and g-grandpa, Eliza and Harvey Jim family.

Heart Smart Dinner

The Annual Heart Smart Dinner will be held on February 27 at the Agency Longhouse from 4 til 8 p.m.

We are looking for

volunteers and donations of household items for the raffle. Contact Kat Spaulding at 541-553-4122, if you would like to help.

Warm Springs Community Health Service Survey

Your participation in this anonymous survey will help improve health services on the reservation.

Joint Health Commission Community Feedback for Health Service for Jan-Dec 2011
Please take a few minutes to provide your feedback about our community health services. Please return this form to a Drop Box at the Administration Building near the Reception Desk, * the Clinic or the Family Resource Center between Jan 21-Feb 28, 2013. If you have any questions or comments, please contact Jolene Estimo, Health and Human Services Administration, at 553-0497. Thank you!

- 1. Which sections or parts of this report did you find most informative and useful?**
- | | |
|--|--|
| <input type="checkbox"/> Infants / Mothers | <input type="checkbox"/> Young Adult |
| <input type="checkbox"/> Toddlers | <input type="checkbox"/> Adult |
| <input type="checkbox"/> Grade School | <input type="checkbox"/> Elder |
| <input type="checkbox"/> Middle School/High School | <input type="checkbox"/> Other: Please List: _____ |

Comments: _____

2. What other information would you be interested in learning or knowing about?

3. If we were to host a series of Community Engagement Meetings to gain input for health planning in 2013, where would you be willing to attend?
 Not interested Agency Simnasho Seekseekqua Other Location: _____

4. Would you be interested in hosting a Home-Based Meeting? No Yes
If yes, name and contact information _____

5. Which health services do you believe are the most helpful and the best investment in supporting you and your families' health?

Prevention Services: _____
Treatment Services: _____
Aftercare Service: _____

- 6. Please select the top 5 areas you believe our community must start with, and invest resources for the next few years, in order to improve our life expectancy and health:**
- | | | |
|---|---|--------------------------------|
| <input type="checkbox"/> Motor Vehicle accidents | <input type="checkbox"/> Hypertension/High blood pressure | <input type="checkbox"/> Abuse |
| <input type="checkbox"/> Tobacco Use | <input type="checkbox"/> Diabetes | |
| <input type="checkbox"/> Alcohol & other drug use | <input type="checkbox"/> High Cholesterol | |
| <input type="checkbox"/> Overweight /Obesity | <input type="checkbox"/> Arthritis | |
| <input type="checkbox"/> Unintentional Injury | <input type="checkbox"/> Mental Health/Suicidal thought | |
| <input type="checkbox"/> Other: _____ | | |

Please feel free to add comments on a separate piece of paper. Thank you!

High Lookie Lodge



2321 Ollallie Lane (PO Box 6)
Warm Springs, OR 97761

Assisted Living Facility

Call 541-553-1182