

Diabetes Health Care

Healthy advice during pregnancy

By Jeri Kollen, RN
Warm Springs Clinic

If you have diabetes and become pregnant, you want to have these diabetes numbers two to three months before you become pregnant:

A1c to be below 6 percent, (A1c is an average of blood sugars over 3 months);

Fasting blood sugars 60 to 90;

One or two hours after eating, 100 to 130.

A1c below 6 percent, fasting blood sugars 60 to 90, and blood sugars 100 to 130 one

and two hours after eating will protect the fetus from:

Birth defects, breathing problems, birth weight more than 9 pounds, stillbirth.

A1c below 6 percent, fasting blood sugars 60 to 90, and blood sugars 100 to 130 one and two hours after eating will protect the mother from:

Bladder infections, high blood pressure, premature delivery, and the chance of miscarriage.

The baby's heart, lungs, kidneys, liver, skin and all other organs start developing in the first 7 to 8 weeks of pregnancy.

Elevated blood sugars during and before this time can cause damage to these organs.

Birth control can prevent pregnancy until blood sugars are at recommended ranges.

If you have diabetes you can reach the safe blood sugar numbers by:

Moving your body (this burns sugar);

Taking your diabetes medications (these lower your blood sugars);

Eating more vegetables and protein (these do not raise your blood sugar);

Stopping pop and juice

(these make blood sugars go very high);

Seeing your provider or diabetes program provider to check your A1c and plan your pregnancy;

Talking to the Tribal Nutritionist Linda Porter. Call 541-553-1196.

For more information or to make an appointment with the Diabetes Program Provider, Diana Wambaugh, contact:

Jeri Kollen, RN and Certified Diabetes Educator, IHS Warm Springs Model Diabetes Program, 541-553-2478.

Pick-up routes set

After a confusing and ever-changing start to 2013, we finally have the garbage routes set.

Route 1 is run by Larry Langley. He is responsible for the following:

Monday

Industrial Park, Miller Heights, Campus commercial and residential, Hollywood Street, High Lookee Street, Ollallie Street, Oitz and Little Oitz loops.

Tuesday

Highway 26 residential and commercial, Jackson Trail, East and West Spur.

Wednesday

Tenino Road, Elliott Heights, Shitike Creek.

Thursday

Highway 26 north to HeHe Longhouse, County Line, B-100, B-160, Highway 9 to Simnasho, Simnasho, Highway 9 toward Schoolie Flat, S-300 Road.

Friday

S-120 Road, Highway 3 to Kah-Nee-Ta, Charlie Canyon, Rattlesnake Springs, Culpus Bridge, Wolfe Point, Sunnyside Drive to Crestview.

Route 2 is run by James Melvin. He is responsible for the following:

Monday

Kuckup Street, Sunset Lane, Eagleway, Deer Loop, Elk Loop.

Tuesday

Quail Trail, Juniper Street, Mt. Jefferson, Sunrise, Bear Drive, Looksh Street.

Wednesday

Park Heights, West Hills.

Thursday

Upper Dry Creek, Lower Dry Creek.

Friday

Eagleview, Sunnyside Drive (Eagleview to Crestview), Crestview, Salmon Drive, Tmsh.

People should have totes unobstructed so that the totes can be picked up. People in West Hills and the trailer park should have the tote at the curb. Dogs should be tied or restrained if they are at all aggressive.

If for some reason you are not picked up on the scheduled day, please call 541-553-4943 by 10 a.m. the next business day, so that we can get someone out to provide service. Please do not put rocks or dirt in the totes. The totes are not made for that kind of weight, and they will break.

If there is a holiday, those people normally picked up on that day will be picked up on the next business day, unless the holiday is a Friday, in which case those people will be picked up on Thursday.

Thank you.
Nancy Collins, Sanitarian

Drummers at Lincoln's



Drummers at Lincoln's Birthday Powwow this month at the Simnasho Longhouse.

Marge Kalama photos.



NCAI leader raises women's security issue

(AP) – The president of the National Congress of American Indians urged the House of Representatives last week to pass the Violence Against Women Act so Native Americans and Alaska Natives can “protect their own people and surrounding communities against brutality.”

Jefferson Keel's appeal followed Senate passage earlier this month of the act that continues to allow funding for domestic violence programs and victims support.

The bill, which the Senate approved on a 78-22 vote, would allow American Indian courts to prosecute and sentence suspects in domestic violence cases who are not American Indians.

Keel made the remark in the State of the Indian Nations address at the Newseum in Washington.

The annual address followed President Barack Obama's delivery of the State of the Union. Obama also urged the House to pass the Violence Against Women Act in his speech.

“There is nothing more important to tribal leaders than the safety and well-being of tribal citizens,” said Keel, a member of the Chickasaw Nation of Oklahoma.

House Republican leaders are working on their own version of the act, which expired in 2011.

Urgency for passage of the legislation is captured in the statistics that show high rates of sexual assault and domestic violence against Native American women and that almost 60 percent are married to men who are not Native American or Alaska Natives, Keel said. Such suspects in crimes can't be prosecuted in tribal courts, local authorities other than tribal officials often lack resources to respond to the crimes and federal authorities also have declined to prosecute many of the crimes, he said.

“Congress must allow tribes, like all governments, to protect their own people and surrounding communities, from brutality,” Keel said to applause.

Washington Democratic

Sen. Maria Cantwell, who now chairs the Senate Indian Affairs Committee following the retirement of former Sen. Daniel Akaka, echoed Keel's appeal in her follow-up “response from Congress.”

Keel delivered a largely upbeat message saying Indian Country has benefited from the Obama administration's commitment to tribal sovereignty. That has helped many tribes develop and manage their businesses and resources, “instead of managing poverty programs.”

Despite the progress, a quarter of native people live in poverty and unemployment for some tribes can be double the national average, Keel said. Many tribes rely on government funding to operate health centers, schools and other programs and facilities. The National Congress of American Indians had hoped tribes would be exempt from automatic funding cuts should they go into effect in two weeks because of the ongoing budget fight in Congress. But it appears that is unlikely.

Department of Interior Secretary Ken Salazar outlined how the automatic cuts might affect Native Americans and Alaska Natives in a letter to the Senate Appropriations Committee.

In the letter, a copy of which was obtained by The Associated Press, Salazar said tribes would lose almost \$130 billion in funding from the department. Cuts would be made to funding for human services, law enforcement, schools, economic development and natural resources.

Some of the effects of the funding cuts are:

Monthly general assistance payments to about 2,400 needy American Indians would stop.

Bureau of Indian Affairs schools would have to reduce staff, services or the number of days in the school year.

Funds that offset tribal management of federal programs would be reduced.

“Some people in some places are struggling already, it (the cuts) will worsen that,” Keel said.

Art show features local talent

The month of March at the Art Adventure Gallery in Madras will feature the many talented artists who live in and around Jefferson County.

Artists may submit up to six pieces in any medium. Two dimensional work should be framed, wired and ready for hanging.

Application forms will be

available at the gallery, or may be downloaded from the website:

artadventuregallery.com.

Work can be dropped off any time during business hours the last week of February. The opening reception for the All Jefferson County Exhibit will be Thursday, March 7 from 5:30-7 p.m.

Computer class in Outlook

There is an Outlook computer class being provided for Warm Springs Tribal employees on March 5-7 from 9 a.m. to noon at the Central Oregon Community College

Madras Campus.

Pre-registration is required by calling Job Creation and Development at 541-553-3324.

March 1 change for SS checks

By March 1, anyone who receives Social Security payments by check needs to change to direct deposit into a bank account, or opt for a government debit card to receive their benefits.

Social Security checks are being discontinued to save

money and to protect against fraud. If you haven't already made arrangements for this change, you can talk with your bank or credit union. Or to learn more you can go online at

GoDirect.org
Or call 800-333-1795.

Legal Aid offers free service

Legal Aid Services of Oregon provides free assistance to low-income Oregonians in many civil cases. Phone Legal Aid Services of Oregon to schedule an appointment to speak with an attorney on the first Monday of the month (excluding Holidays) at the Warm Springs Community Action Team building, 1136 Paiute Ave., Warm Springs. Call (541) 385-6944 on Monday, Tuesday, and Thursday mornings between 10 a.m. and noon, or on Tuesday and Thursday afternoons between 1 p.m. and 3 p.m.

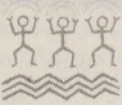
Advertise in the Spilyay Tymoo

If you are interested in advertising in the Spilyay Tymoo, call Yvonne at 541-553-1968.

Or email: yvonne.iverson@wstribes.org

Next deadline to submit items for publication in the Spilyay Tymoo is Friday, March 1. Thank you!

High Lookee Lodge



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

Assisted Living Facility

Call 541-553-1182