

Warm Springs Healthy Nation

# Preventing heart attacks and strokes

By Jeri Kollen, RN,  
IHS Warm Springs  
Diabetes Program

Things you can do to prevent heart attacks and strokes:

- Do not smoke.
- Move your body 30 to 60 minutes every day.
- Eat high fiber foods like whole grains, fruits and vegetables.
- Eat salmon every week.
- Know your cholesterol numbers, blood pressure, A1c and body mass index (BMI).
- If elevated, take medication, reduce sugar and saturated fat and/or lose weight.
- What causes Heart Attacks or Heart Disease?
- High blood pressure.

High cholesterol. Smoking. Diabetes.

An unhealthy diet, one that is high in saturated fat (butter, fatty meats), salt and calories; and low in fresh fruit, veggies, whole grain and fish.

The heart is damaged by high blood pressure causing constant pressure on the heart, causing the heart to work harder.

High blood pressure can make blood vessels burst in the brain causing a stroke.

Smoking causes the arteries to become smaller which slows the blood flow in the heart muscles and brain. This happens each time you smoke a cigarette.

High blood sugar damages artery walls allowing

cholesterol to stick to the artery walls, making them smaller (narrowing them). This also slows and can block the blood to the heart and brain.

High cholesterol builds on the artery walls; clots can break off and travel to smaller blood vessels in the heart muscles, blocking the blood flow to the heart.

### Symptoms of a heart attack

Pain or discomfort in the chest, jaw, neck, back, arms or shoulder.

Feeling weak, light-headed, faint or dizziness.

Shortness of breath.

Sudden nausea, vomiting, sweating.

Feeling of doom.

### Symptoms of stroke

Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body), trouble walking, dizziness.

Sudden confusion, trouble speaking.

Sudden trouble seeing in one or both eyes.

Sudden trouble walking or dizziness.

Sudden severe headache.

*What do you do if you or someone you know has these symptoms?*

Call 911.

For more information call me at the IHS Diabetes Program, 541-553-2478

After-hour questions call the nursing hot line number at 866-470-2015.

## Nchi Wanapum update

The Warm Springs N'chi Wanapum Canoe Family traveled to Celilo Village last week.

They launched the canoe from at Rock Creek Lake, Wash., and landed at Celilo Lake.

They had dinner at the Celilo Village Longhouse, and the next day launched at Celilo Lake, landing later at Lyle, Wash. The next day they landed at Hood River.

On Easter Sunday the family met for the Celilo Village Community Canoe Journey 2013.

Earlier this week they visited Willamette University in Salem. Cultural experiences coming up include:

- April 12-13: Root digging.
- April 18-19: Nike N7 Summit.
- April 19: Trout Lake Elementary Assembly.
- There is a board meeting coming up on April 26.

Comments from Jefferson Greene of the N'chi Wanapum Canoe Family:

We do have the wooden boards we requested along with another batch coming in thanks to The Warm Springs Forest Products, Warm Springs Utilities Department, Cory Queahpama, Victor Johnson, and Eldred Smith who enticed the idea.

The paddle making, after further input, is strongly suggested for the older teenage youth, as the process requires physical strength and precise attention to detail.

Paddles made by the N'chi Wanapum Canoe Family will be for use by any and every member of the Canoe Family, and will be held on to by the skipper.

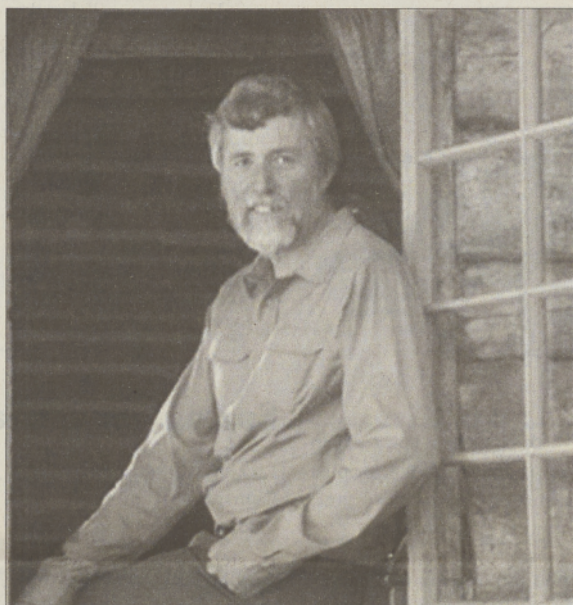
## Author presentation on Oregon disasters

Oregon author Bill Sullivan will do a presentation in Warm Springs based on his book, *Oregon's Greatest Natural Disasters*.

The presentation will be at the Health and Prevention Resource Center and Warm Springs Library, located in the Family Resource Center, on Friday, April 19, starting at 6:30 p.m.

*Oregon's Greatest Natural Disasters* was published in 2008. The book tells the dramatic story of the floods, earthquakes, forest fires, eruptions and tsunamis that have shaped Oregon and impacted people over the past 13,000 years.

Its final chapter is a hypothetical look at Oregon's



Courtesy W.S. Library

Sullivan will be in Warm Springs on April 19.

readiness for future natural disasters. Is Oregon ready? Are you ready? Come and find out!

Librarian and Community Read committee member Craig Graham has also been working with Sullivan's notes and maps to recreate a virtual Google Earth tour of his journey across Oregon, as chronicled in Sullivan's book *Listening for Coyote*.

This classic book recounts the adventure of Sullivan's 1,361-mile solo backpacking trek in 1985. The virtual tour will be projected at the upcoming presentation in Warm Springs, and at the Art Adventure Gallery in Madras.

For questions please contact 541-553-1078.

## MAC Recreation District needs Warm Springs vote

By the MAC Recreation District Political Action Committee

In May, registered voters will receive their ballots and be asked to vote once again on the Madras Aquatic Center Recreation District Operations Levy.

The proposed 5-year levy failed by 179 votes in the November election, so the Madras Aquatic Center (MAC) board has decided to put it on the ballot once again.

The November election brought out voters in staggering numbers in Jefferson County.

Over 4,500 people voted, many because of the presidential election, and this meant 2,074 "yes" votes for the MAC Recreation District.

Many of those votes came from Warm Springs residents living in Jefferson County. MAC supporters were thrilled with the support from Warm Springs and hope to get even more support in the May election.

"Over 450 Warm Springs voters participated in the November election, and that was 10 percent of all Jefferson County voters which is very impressive," said Michele Gemelas, a member of the MAC Political Action Committee (PAC).

"If we can encourage the

folks that voted 'no' on the MAC levy to vote 'YES,' we will be much closer to getting this levy passed," she said.

The MAC facility is home base for dozens of sports and fitness programs, both in-and out-of-water. The facility has had to close its doors completely for five weeks each of the last two years due to funding shortfalls.

The levy is needed to keep the doors to the facility open, to establish a maintenance fund and to continue the out-of-water recreation programs that are currently sponsored by a grant that will expire in the next few years.

Carolyn Harvey, former Wellness Coordinator for the Confederated Tribes, is the operations manager for the MAC, and has been helping to answer community questions about what the levy will mean to the communities served by the MAC, including Warm Springs.

She is hoping to expand the recreation programming to include even more Warm Springs participants.

MAC PAC members have said that passing the levy will be a huge step in that direction.

Feel free to call the MAC with questions about the levy, pool and program schedules or memberships, and be sure to vote in the May elections!

### Child welfare case going before U.S. Supreme Court

(AP)—The Attorney General in Maine says the state is joining South Carolina and other states in defending the federal Indian Child Welfare Act in a case going before the U.S. Supreme Court.

Mills said the state signed an amicus brief last week in a case in which a child born to a father who was a tribal member and non-tribal mother was put up for adoption by the mother. A non-Indian family adopted the child.

The South Carolina Supreme Court ultimately ruled the adoption violated the Indian Child Care Act.

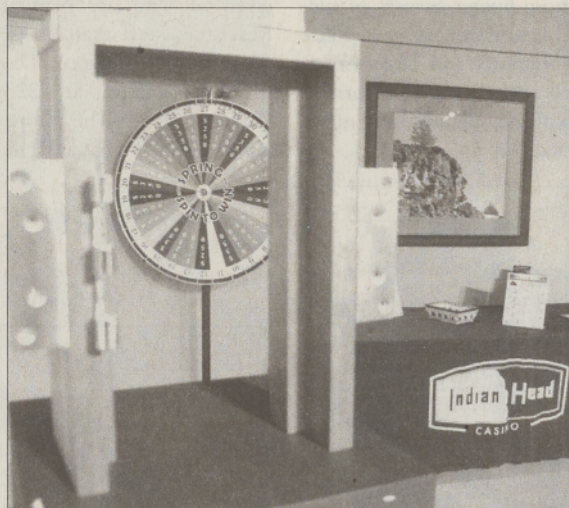
## Museum has new exhibit

The Museum at Warm Springs recently opened an interesting new exhibit on the tribal enterprises. Each of the enterprises is represented by a unique display in the Changing Exhibits Gallery.

The exhibit, "Transformations: Warm Springs Tribal Enterprises," runs through May 26. "See how Warm Springs has transformed and progressed over the years," the exhibit information says.

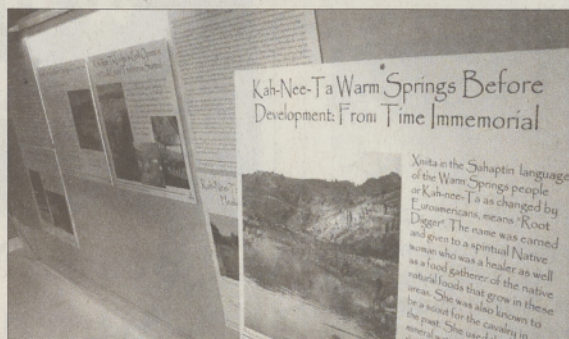
The museum is back on regular hours, open now on Mondays. This summer the museum will present "Indigenous Elements: The Life and Art of Apolonia Susana Santos."

"Though small in stature, she stood large in life, as she painted, sculpted and created strategies toward social change for Native youth."



Dave McMechan/Spilyay

The exhibit includes displays on all of the tribal enterprises, including Composite Products and Indian Head Casino (above); and Kah-Nee-Ta Resort and Spa (below).



### 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.

# High Lookie Lodge



Assisted Living Facility

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

Call 541-553-1182

# REUSE IT

## SECOND HAND

Open Wednesday thru Saturday

10 a.m. to 6 p.m. Ph. 541-553-1041