

## Twenty-first Heart Smart Dinner on Feb. 19

The Warm Springs Health and Wellness Center Model Diabetes Program would like to invite you to attend the Twenty-First Annual Heart Smart Dinner and Health Fair. The dinner and health fair will be on Wednesday, Feb. 19 at the Agency Longhouse.

This year's event will be held in honor of Michael E. Spaulding for his many years of dedication to the Heart Smart Dinner and the Warm Springs community.

The health fair will be held from 4-6 p.m., and will include educational booths from a



Courtesy photo.

large number of IHS, tribal and community groups. Blood sugar and other health screenings will be provided free of charge. Several turkey breasts will

be raffled off to those who attend the health fair.

The Heart Smart staff will begin serving a traditional salmon dinner at 5:30 p.m. Entertainment will be by the Sacred Winds Flute Group, beginning at 6 p.m.

"We look forward to seeing you all there for a great evening of education, food, raffles and entertainment," said Eric Bradford. For more information, contact Eric or Kat Spaulding. Call 541-553-2478 for information.

At right, Michael Spaulding preparing salmon.

## Recreation hosting Reawakening classes

The Warm Springs Community Wellness Center and Recreation Department are hosting Reawakening classes through the spring. Class sizes are limited to the first five who sign up.

Classes on January 28 and 29 are on corn husk bag making, advanced level, with instructor Kelli Palmer. All classes are at 5:30 p.m. at the Community Center.

Classes on Feb. 5, 12, 19 and 26, and March 5, 12 and 19, are on beading medallions, supplies provided, with instructor Margie Kalama.

The class on April 30 will be on pattern making—learn how to make patterns for regalia, with

instructor Lovey Colwash.

Classes on May 7 and 14, and on May 21 and 28, are on wing dress/under dress making with Lovey Colwash.

Starting this month are quilt classes with Sheilah Clements in Carol's Room. Browse quilt magazines and work on a project, or start a new one.

The instructors for these classes are volunteers who are graciously donating their time to the community. If you would like to teach a class, please contact Carol Sahme at 541-460-0939.

You can reach the community center at 541-553-3243.

Gordon L. Scott Jr. completed the Tribal Apprenticeship program, receiving a Certificate of Completion of Apprenticeship Automobile mechanic. Scott trained with Anthony Boise, under the tribal program and federal program of the Bureau of Labor. Scott would like to thank Marcia Soliz, Dan Martinez, Keith Moody, Don Courtney, and Anne Wetmore for their support. (Don Courtney, left, congratulates Gordon Scott on the completion of the apprenticeship.



Patti Tanewasha/Spilyay

## Counseling Center events

The following are Warm Springs Community Counseling Center upcoming events:

**Talking Circle:** For community members facing job loss and financial issues: Fridays, February 14 and 28, March 14 and 28, from 11 a.m.-2:30 p.m. Come in for a meal, care basket and talking circle. Sorry, no childcare available. Contact: Annie Kalama.

**Drop-In Group:** Mondays-Wednesdays-Fridays from 8-9:30 a.m. Come enjoy a light breakfast, art/craft, and discuss recovery and wellness topics. Contact: Rick Ribeiro.

**Relapse-Anger Resolution Group:** 5:30-7:30 p.m. Tuesdays. Facilitators: Guy Wallulatum and Alice Sampson.

**Wellbriety Event:** Thursday February 6, call Alice Sampson for details.

**Anger Management Group:** Wednesdays, from 5:15-7 p.m. Sorry, no childcare available. Facilitators: David Howenstine or Alice Sampson.

**Positive Indian Parenting Classes** are ongoing. Contact Rachel Macy for more information.

**New Intake Process:** We are now utilizing an Open Access Clinic to get community members the help they need as soon as possible. Drop-in hours are offered every day of the week. Call

553-3205 for details.

**Soaring Butterflies/Warrior Spirit:** This very successful program for youth is now being offered both at Jefferson County Middle School and Madras High School. Contact Sarah Frank for more information.

**Developmental Disabilities services/screenings** are offered in our clinic on Fridays. Contact: Alyse Nicodemus.

We continue to offer a variety of services including trauma therapy, child and family therapy, psychological testing, outpatient substance use treatment, prevention education, and gambling addiction treatment. Services are offered at the counseling center, in the 509-J school district, at the hospital or in

your home/community. Please call us for details.

**Youth Leadership:** Meets Thursdays at 4:30 for youth 12 and older. Contact: Rosanna Jackson or Andy Leonard.

**24-Hour Crisis Line:** 541-553-1171: Call us day or night if you are in need of confidential crisis support.

**Prevention Team:** Our prevention team is always busy planning activities and events in the community. If you have a question about upcoming events contact: **Meth and Suicide Prevention:** Rosanna Jackson, Rachel Macy or TJ Foltz; **Tobacco Prevention:** Scott Kalama; **Adolescent After-care:** Andy Leonard.

*We are interested any ideas you have to enhance the services we offer at WSCCC. Please contact Dr. Shilo Tippett or Guy Wallulatum, MSW to share ideas or input you have for our program.*

## A fond farewell



Dave McMechan/Spilyay

Former Warm Springs Post Master Marie Crawford.

Marie Crawford was the Warm Springs Post Master from 2006 until last Friday, her last day on the job. "It's been a wonderful journey," she said, "and I'm going to miss it. I'll miss the job but mostly I'll miss the people I've gotten to know here."

Marie lives in Alfalfa on a ranch with her husband. She'll miss the job, but not the daily commute, which takes an hour and 15 minutes.

"Now I'm going to focus on being a ranch wife and a grandma," she says.

## Seeking hospice volunteers

St. Charles Hospice is recruiting for hospice volunteers.

Volunteer opportunities vary. An orientation, training and ongoing support will be provided to help you work with hospice patients and on administrative or fundraising projects.

If you're interested, coordinator Judy Blevins will be in Warm Springs at High Lookee Lodge to meet with people on Wednesday, Jan. 29 from 11 a.m. to 3 p.m. Or you can call the St. Charles Hospice office at 541-460-4030

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Warm Springs Community Counseling has Adult Drop-In Center every Monday, Wednesday and Friday. Adults are welcome to stop by between 8 and 9:30 a.m. for a light snack, conversation and an activity. For more information, call Rick Ribeiro 553-3205.

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1029 NW 14<sup>th</sup> Street, Suite 100, Bend, OR 97701  
IN WARM SPRINGS BY APPOINTMENT ONLY - 1<sup>ST</sup> MONDAY OF EVERY MONTH 1 PM - 4 PM  
Community Action Team Building - 1136 Paiute Avenue  
CALL TO SCHEDULE YOUR APPOINTMENT - (541) 385-6944  
Monday, 10am-12pm - Tuesday, 10 am -12 pm and 1pm-3pm  
- Thursday, 10 am -12 pm and 1pm-3pm