

# Community assessment on FASD

The Warm Springs Fetal Alcohol Spectrum Coalition is conducting a tribal community assessment.

Your input is extremely useful in shaping future services and programs relating to Fetal Alcohol Spectrum Disorder.

The Community Health Education Team is hoping to have responses by mid May.

For information on participating, contact Evelyn Aguilar, Community Health Education Team secretary, at 541-553-2211. Or email: [evelyn.aguilar@wstribes.org](mailto:evelyn.aguilar@wstribes.org)

## Assessment questions

The assessment asks a series of questions, starting with the individuals tribal af-



filiation. Other questions:

Are you the parent or caretaker of someone with a fetal alcohol spectrum disorder (FASD)?

Have you heard of fetal alcohol or fetal alcohol spectrum disorder?

What does it mean to you? How serious is this problem with Tribal members? What do you think could

be done?

In general, what does our community feel about fetal alcohol spectrum disorders and its effect on past, present and future generations?

*(Check as many statements as you feel apply)*

Our community recognizes fetal alcohol spectrum disorders (FASD) as an issue.

Our community values identification of FASD.

Our community seeks diagnosis of FASD.

Our community is seeking education and intervention strategies.

Elders and families feel included in any identification and referral process.

In general, what are the special strengths and re-

sources of our community that might be helpful with FASD?

For example: Traditional practices, tribal school, Tribal Council resolutions relating to alcohol use, FASD task force or coalition. Multidisciplinary provider teams including juvenile services, corrections, courts, mental health, education, social services and families; commitment to dealing with FASD issues

Are there specific problems with the assessment, identification and diagnosis of FASD being done in our community?

If you received any information about FASD, how was that provided? If you would like to join the coalition please contact the Community Health Education Team, 541-553-2211.

## Welcome at Shaker Church

Friday and Saturday, May 16-17 at the Warm Springs Shaker Church:

Friday, May 16 – Adults, 8 a.m.-4 p.m. – Dealing with grief, and making ornaments for atwai loved ones.

Saturday, May 17 – Share your grief, 8 a.m.-4

p.m. Make ornaments. Anyone may attend but pre-registration is requested. Each day, continental breakfast, lunch and snacks. Please call Char Herkshan at 541-553-1454; or Neda Wesley at 541-553-1538. Free to anyone.

## Workshop for car shoppers

A free workshop in Warm Springs is coming, with the main topic being “Get the best car deal.”

The workshop will be held at the tribal Credit Enterprise at 6 p.m. on Tuesday, May 13. Presenter will be Tom Collier of Tom Collier Classic Motor Car Co.

“Know how to get the best car deal—before you start shopping. Save time and money, and walk away with a

good deal. Buying a car is not something most of do every day. It can be intimidating, if you're not armed with the facts—such as what the car is worth, what the dealer paid, and much you can afford.”

Attend this workshop and be informed.

For more information call 541-553-3201 to reserve your seat. Refreshments will be served. Also sponsored by Mid Oregon Credit Union.

## Heart Health luncheons

The Community Health Education Team offers Heart Health education on Thursdays through May.

The gatherings are from noon to 1 p.m. in the large conference room at the Family Resource Center. Lunch will be provided.

Space is limited to 20 people. For more information call Judy at 541-553-2211.

The course is based on a 10-week curriculum, condensed in a booklet for easy reading from Honoring the Gift of Heart Health for American Indians.

## Important gaming case at U.S. Supreme Court

The U.S. Supreme Court is taking a really long time with *Michigan v. Bay Mills Indian Community*, an Indian gaming case.

Oral arguments took place on December 2, 2013. Cases heard around the same time, and even more recently, have already been adjudicated; so the court has been taking a longer time than expected to release an opinion.

There is no explanation for the delay. But Richard Guest, an attorney with the Native American Rights Fund, said last month it could indicate that the justices are deeply divided on the matter.

The outcome will determine whether the state

*A question is whether the state can sue the Indian Community for operating an off-reservation casino on land that has not been placed in trust...*

of Michigan can sue the Bay Mills Indian Community for operating an off-reservation casino on land that has not been placed in trust or restricted status.

Tribal advocates fear the court could significantly erode the doctrine of sovereign immunity.



Dave McMechan/Spilyay

Angie Blackwolf (left), from Managed Care, and Juliane Smith, with IHS, check out the Easter baskets that were part of a fundraiser for the employees at the clinic. The baskets were up for silent auction, with the proceeds helping to fund employee activities. Faye Hurtado (in back) from Health and Human Services was also on hand for the start of the auction, held on Good Friday.

# Ways to recognize, treat osteoporosis

*(The following information is provided by the Warm Springs Community Health Education Team. Call them at 541-553-2211.)*

## What is Osteoporosis?

Answer: A disease that weakens bones over time, resulting in thin bones and low bone density.

Osteoporosis is a disease in which bones become fragile and more likely to fracture.

Osteoporosis is the most common type of bone disease.

Bone is living tissue. Existing bone is constantly being replaced by new bone.

Osteoporosis occurs when the body fails to form enough new bone, when too much existing bone is reabsorbed by

the body, or both.

Calcium is one of the important minerals needed for bones to form.

If you do not get enough calcium and vitamin D, or your body does not absorb enough calcium from your diet, your bones may become brittle and more likely to fracture.

A drop in estrogen in women at the time of menopause and a drop in testosterone in men is a leading cause of bone loss.

## Symptoms

There are no signs in the early stages of Osteoporosis. Many times people will have a fracture before learning that they have the disease.

There can be a loss of

height (as much as 6 inches) over time. A stooped posture or kyphosis (also called Dowagers hump) may develop.

One mineral density testing (most often with a DEXA Scan) measures your bone mineral density. Your health care provider uses this to test to:

- Diagnose bone loss and osteoporosis;
- Predict your risk of fu-

ture bone fractures;

- See how well osteoporosis medicine is working.

Treatment for osteoporosis may involve:

- Lifestyle changes, such as diet and exercise.

- Taking calcium and vitamin D.

- Using medicines.

Call the clinic for more information, 541-553-1196.



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