

## Clinic has flu vaccines as season arrives

Flu season is from October into May, with most cases happening in the early winter months.

The Warm Springs Community Health nurses have vaccines available for tribal members and employees. They give shots at the clinic, and also at spots around the community and the reservation. They will be post office this Friday, Oct. 3, and at Simnasho on Oct. 9.

The flu vaccination is especially recommended for young children, people 65 and older, pregnant women, and people with certain conditions such as heart, lung or kidney disease, nervous system disorders or a weakened im-



Edmund Francis receives his flu shot from community health nurse Jacklene Light (not pictured nurse Katie Russell). The nurses will be giving flu shots at the clinic and around the community in the coming weeks.

mune system.

People who are in close contact with any of these people are also encouraged to get a vaccination.

Each year thousands of people die from the disease.

The flu is spread mainly by people coughing or sneezing, or through close contact.

Flu vaccination is recommended every year. Some children 6 months to 8 years might need two doses during one year.

Flu viruses are always changing. Each year's vaccine is made to protect against three to four viruses that are likely to cause disease in the particular year.

### At Community Counseling

## Weekly support groups

This is the schedule of the Warm Springs Community Counseling Support Group meetings (held in the Counseling Center conference room unless otherwise noted):

**Monday** 5:30-7:30 p.m. - Aftercare Relapse Support Group.

**Tuesday** 12-1 p.m. - AA meeting.

**Wednesday** 7-8:30 p.m. - AA meeting.

**Thursday** 12-1 p.m. - AA meeting.

3:30-5 p.m. - Relapse Group.

6-7 p.m. - Narcotics Anonymous meeting (at the Shaker Church).

**Saturday** 10-11 a.m. - AA meeting.

*Come to Community Counseling and pick up flyers for Positive Indian Parenting, Relapse-Anger Resolution, and other support groups that are held throughout the year.*

If you have questions, please call 541-553-3205.

## Women's Group on Tuesdays

The Women's Group at Warm Springs Community Counseling meets on Wednesdays from 1-2:30 p.m. at the center.

Certificates are available if

you attend the sessions. For more information contact Alice or Katrina at 541-553-3205.

Meetings dates this month are October 8, 15, 22 and 29.

## Letter to the editor

### Special thanks

This is a special thank-you from the family of Harvey Jim.

First, we'd like to thank the Creator for giving another chance on life. There is a reason for everything. All the love, prayer and hugs were the best medicine he and we all needed: St. Charles Bend, VA Bend for seeing what was wrong; Ladonna, and Fawn for travelling all this way and spending days with us.

Thank you to my niece Winona Strong for her care and love. She stayed all through Harvey's hospital stay, nursed him through everything, holding me when I needed someone, driving me and visiting when they needed someone, spent time with utway sister and aunt Aurelia, was with the Suppah family, saw to their needs—

Now that's a caregiver. Love you my special niece.

Thank you, sister Charlotte Ray and Anona for making sure we ate right, and the lovely prayer from granddaughter Anona. All other family, Levi, Pearl and family, Marella, Bobbit and family, Tracy Sam and family, Chet Beck and family, Itta for calling daily, Tiger, Tates, and Wolf and family.

A very special thanks for Harvey's friend "Chief" Fudd Suppah and Bobbi for daily visits, prayer and songs. Thank you Wilson Wilson for prayer songs (bailing him out), Larry Dick, we know we can always depend on you for song and prayer.

Thank you sisters from Yakama for I know the love you have for Harvey. You know, I called the ambulance twice, lil Marella and I picked up Harv—dressed him to travel and loaded him.

Thanks Rose Racks – you did a great job and I finally after 30-40 minutes, called again to tell them to forget us—we were on the way to the hospital. We do love and care for our elder and veteran.

Tookya and Rigo and family, we know the love you all have for Harvey G-Pa, and the love he has for all of you. He is a good dad, G-Pa and Great G-Pa, we were in the hospital 27 days. Now we're

home.

Thanks Home Health for you caring way. You care for the people.

I could go on, and hope I never forgot anyone—The Jim nieces and nephews, not to forget Maxine McKinley and her Shaker Faith, love you too.

Thank, Love all of our people,

**Eliza Brown-Jim.**

### Diabetes dinner this month

The Diabetes Awareness and Support Group will have dinner and discussion on October 21.

This is presented by IHS Warm Springs Model Diabetes Program, and the Warm Spring Senior Program.

The Oct. 21 dinner and discussion will be from 5-6:30 p.m.

Discussion topic: Caring for and preventing diabetes foot injuries, with Dee Gordon, podiatry nurse.

## W.S. Extension recruiting adult volunteers

Adult volunteers are still needed to support 4-H programming this coming year.

Are you passionate about helping youth develop the skills to be competent and

caring adults? Do you have knowledge and enthusiasm in project areas such as leadership, science and technology, art, shooting sports, food and nutrition, youth sports, or

horses and livestock?

If so, stop by the Education building and pick up the volunteer packet.

If you are a new volunteer, a background check and

volunteer training will need to be completed before you start working with the kids.

Please call 541-553-3238 with questions.

## Summary of Tribal Council

September 15, 2014

1. Members present: Chief Alfred Smith Jr. (by phone), Eugene Austin Greene, Reuben Henry, Scott Moses, Orvie Danzuka, Carlos Smith. Rhonda Smith, recorder.

2. Crude Oil Transportation Update.

3. Federal Legislative Update.

4. State Legislative Update

5. Discussed the concern of the deer and fish inventory at the freezer.

6. Discussed ceremonial hunting.

7. Discussed ceremonial fishing.

8. Discussed the Fish & Wildlife Committee budget.

9. Discussed the 2014 budget.

10. Discussed the old Warm Springs Elementary building.

11. Discussed the busing system for the Warm Springs K-8 Academy.

12. Motion by Carlos to approve a Special Meeting at

Pendleton (ATNI); second by Reuben; question called for; vote: carlos/yes, Scott/yes, Reuben/yes, Orvie/yes, Alfred/yes; motion carried 5 yes, 0 no, 0 abstain, chairman not voting.



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