

Energy assistance for low-income households

by Cheryl Tom, director,
W.S. Social Services

Warm Springs Social Services has received the Low Income Home Energy Assistance (LIHEAP) for the 2014-15 season.

We will be processing applications for winter energy assistance, as applications are received.

However, we will be prioritizing by senior citizens and disabled persons first.

Through this Wednesday,

Nov. 26, we will only process applications for senior citizens and disabled persons.

Starting on December 1, we will start processing all other applications as well.

Applications must be complete before being processed.

You will need date-of-birth and Social Security numbers of all persons residing in your household.

The amount of assistance you will receive will be determined by a matrix used, based on income and the number of people residing in your

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home.

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If you know you cannot pay your bill we will work with

you and the power company to try and set up an arrangement.

However, be aware that if you default on your arrangement, you will then have to contend with the entire bill, which sometimes is up to \$1,000 plus dollars.

Feel free to call Ramona Lopez, the Social Services secretary/LIHEAP coordinator.

She is the primary person assisting you with your application. You can reach her at 541-553-3415.

Performing arts center update at school board

by Will Robbins/KWSO
for Spilyay Tymoo

The grand opening of the Madras High School Performing Arts Center is scheduled for January.

School district superintendent Rick Molitor gave an update on this project at the 509-J board meeting last week.

The 34,000-square-foot performing arts center is located near the sports facilities, and will have seating for 600.

The \$11.3 million center was a major component of the 2013 school district bond levy.

The bond levy also funded half of the Eagle Academy in Warm Springs, with the tribes sharing that cost. Some other business from the board meeting last Tuesday:

The two Madras High student liaisons gave their reports, followed by a report on the Oregon School Board Association conference.

Superintendent Molitor noted the OSBA conference featured the debut of *The Promise of Oregon* public awareness campaign.

On hand for the Sixty-Eighth annual convention, held in Portland, were hundreds of board members and school administrators.

The 509-J board also

heard a report on a pipe in the performing arts center that burst in a locker room, causing damage to the ceiling and cabinetry.

During the citizen's delegation portion of the meeting, board members heard from a parent who said her son, and other special needs students, are struggling to keep up with the proficiency grading system.

School board members reassured her that they believe in the new grading system, and that ultimately students will benefit.

Another citizen shared that the pep band and cheer team were not given a chance to shine at football games,

due to music playing on public address system during time outs.

Superintendent Rick Molitor then provided an overview of the updated Strategic Plan for the district.

MHS Athletic Director Evan Brown presented revisions to the school's athletic policy. Some of the changes include adjustments to the grading and eligibility requirements, and stricter disciplinary policies for behavioral violations.

The next school board meeting will be at the Eagle Academy on December 8, and will include the impact aid hearing.

The Community Center fall hours are Mondays and Wednesdays 8 a.m.-8 p.m., Tuesdays and Thursdays 8 a.m.-9 p.m. On Fridays and No School Days, the center is open 8 a.m.-5 p.m.

Indian Head Casino

— Employee of the Month —

Willene Yellowhair

Congratulations to Indian Head Casino Employee of the Month, Willene Yellowhair.

Willene has been with the casino since March of 2011. She is a revenue auditor.

Willene is a very dependable, dedicated employee; as well as a great team player.



Congratulations, Willene!

School District 509-J

Notice of Impact Aid hearing for fiscal year 2016

A public meeting of the school board for Jefferson County School District 509-J, to discuss the Impact Aid application for fiscal year 2016, and other matters relating to Impact Aid, will be held at 7 p.m. on Monday, Dec. 8, 2014 at the Warm Springs K-8 Academy.

The District annually affords its patrons, specifically Native American parents and guardians, the opportunity to offer comments and make recommendations relative to

the application for and the use of Impact Aid funds.

A survey regarding Impact Aid is posted on the school district website at www.jcsd.k12.or.us. Response to the survey can be remitted until December 5, 2014.

If anybody who wishes to attend the meeting, and has a disability requiring assistance, please advise Cindy Stanfield at 541-475-6192 about specific arrangements that may accommodate your participation in this meeting.

On guard against diabetic neuropathies

(The following article is from a recent presentation by Marilyn J. Waller-Niewold, Chief of Podiatry Services and Director of Amputation Prevention Program, Warm Springs Health and Wellness Center.)

Diabetes is a disease that occurs when the pancreas does not produce enough insulin (Type 1) or when the body cannot effectively use the insulin being produced, causing the body to improperly use sugar (Type 2).

Diabetes is the seventh-leading cause of death in all Americans.

While 9.3 percent of the U.S. population has diabetes, the rates of diagnosed diabetes in American Indians is 15.9 percent.

In Indian Country, Diabetes Mellitus is a leading cause of death and diminished quality of life.

Symptoms of Type 2 Diabetes Mellitus are different from symptoms of Type 1 Diabetes and include:

Frequent infections, blurred vision, cuts and bruises that are slow to heal, tingling or numbness in hands and feet, recurring skin, gum or bladder infections, and blisters that become infected quickly.

Not all of these symptoms have to occur in one person, but if you have one of these problems that seem to occur frequently, you should be checked for diabetes.

Diabetes can cause complications in the eyes, the kidneys, the gastrointestinal tract, the hands and feet and just about any body system

Diabetes complications

cause more than 60 percent of the non-traumatic lower-limb amputations in the U.S.

Diabetic neuropathies cause the majority of foot complications that can lead to amputation.

Diabetic neuropathies

Diabetic neuropathies are a family of nerve disorders. You might not have any symptoms at all and still have diabetic neuropathy.

Or you might have variable symptoms such as pain, tingling, burning sensation or numbness in your hands or feet.

Diabetes neuropathy can occur in every organ systems including the skin, digestive tract, heart and sex organs. Diabetic neuropathies increase with age, length of time or duration of diabetes disease and poor blood sugar control.

Normal blood sugar can be measured in terms of an A1c test and is 4-6 percent for people who do not have diabetes.

For people with diabetes, the lower the A1c value, the better the diabetes control and the lower your risk of developing complications such as eye, heart, kidney and foot infections. You goal; your offensive guard against complications; should be to have A1c values always less than 7 percent.

Think of the nerves like wires for electricity. The regular occurrence of increased blood sugar (not just at meal times but even while you are sleeping) circulating around the nerves of your

body all the time is sort of like short-circuiting the wires.

Your quarterly or twice yearly A1c test is your feedback to help you to proactively better control your diabetes and improve your diabetes care habits.

Unfortunately 60-70 percent of people with diabetes have some form of neuropathy within 5-10 years of having diabetes.

Diabetic neuropathies occur even sooner for people whose circulating blood sugar is not well controlled.

The number one cause of diabetic neuropathies is prolonged exposure to high levels of blood glucose. Other causes are long duration of diabetes, abnormal blood fat levels, auto-immune factors that cause nerve inflammation, inherited traits and drinking alcohol (with diabetes this is a double whammy for your nerve pathways.)

Some symptoms of diabetic neuropathies are:

Numbness, tingling or burning pain in the toes, feet, fingers and hands; wasting of muscles in the hands or feet with clawing of the fingers or toes); chronic indigestion; chronic diarrhea or constipation; dizziness or faintness that occurs because of changes in blood pressure after changing positions such as sitting up or standing; problems with urination; and erectile dysfunction.

The best way to prevent diabetic neuropathy or slow its progression is to keep blood glucose levels as close to normal as possible.

See **DIABETES** on 7



Wishing Warm Springs a Happy Thanksgiving, from Travis Bobb.

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