

# Positive trends noted in Health Report

The most recent Warm Springs Annual Health Report includes good news, in terms of overall health among tribal members, as well as health financing on the reservation.

“The vital statistics of the tribal members have improved dramatically over the last few years,” the report says.

Infant and child mortality rates have declined significantly over the past three years, while the average age of death among the Warm Springs population continues to rise.

The positive news about the average age of death is tempered by the fact that the age remains below that of the overall age of death in the U.S.

“Since 1987, the life expectancy at Warm Springs has increased by 17.5 years,

whereas in the U.S. all races population has increased by 3.9 years over that same period of time,” the report says. “This is the ultimate indicator of an improving health status.”

Leading causes of death in the three-year period were cirrhosis, accidents and diabetes. These were the same leading causes in the previous three years. Regarding these three leading causes of death, the report says:

“Each of these conditions is amenable to prevention efforts, but the individual is ultimately responsible for necessary behavior modification.

“While there has been significant improvement in accidental deaths as a result of seat belt laws, too many accidental deaths are still occurring. Alcohol abuse and hepatitis C are major con-

tributors to cirrhosis deaths.

Diabetes is not only a leading cause of death but a contributor to related heart disease or kidney failure.”

High risk teen pregnancy is another area that has seen significant improvement:

From 1996 through 2011, there were a total of 178 births averaging 20 per year to mothers 19 and younger. This represented 24 percent of all births in those years.

On the other hand, from 2012 through 2015, there were 36 births—nine per year—to that group of mothers. This represents 10 percent of total births.

Another positive trend, as stated in the Annual Health Report, is in regard to health care finances.

“One of the most positive trends affecting the customers of service is the

availability of alternate resources. From 2012-2015, the number of patients with alternate resources has increased by 1,032—an improvement by 31 percent.”

This improvement was the result of an effort to enroll members in expanded health care coverage opportunities, made possible by the Affordable Care Act.

Medicaid only eligibility increased by an astonishing 69 percent from 2012-2015. Dual eligibility for Medicaid and private insurance increased 41 percent.

“This has resulted in not only a significant increase in the potential for billable services, but significant reduction of expenditures of the purchase/deferred care program, which is operated by the tribe through a contract with Indian Health Service,” the report says.

## Forty-First Christmas Bazaar on Saturday

The Warm Springs Recreation Department and Community Center will host the Forty-First Annual Warm Springs Christmas Bazaar on Saturday, December 10 at the center.

The bazaar will be from 10 a.m. to 4 p.m. For vendors, or for all

other inquiries, please call Recreation at 541-553-3243. The bazaar is the best place to sell your items, and to find great gift items.

There will be fresh baked goods, Native American beadwork and jewelry, and artwork.

## Indian Nite Out Dec. 19

The Community Wellness Center and Recreation Department will present the Ninth Annual Christmas Indian Nite Out on December 19, at the Community Center.

Dinner is at 5:15 and the powwow starts at 6 p.m. MC will be Captain Moody.

The night will include family fun and games, sweep your teepee, and What's In Your Wallet. There will be door prizes and prizes for the dancers in full regalia.

Call all dancers and drummers for this night of fun. For more information call Recreation at 541-553-3243.

# Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

### Thursday, Dec. 8

Warm Springs jurors will need to check-in at 9:30 this morning at Warm Springs Tribal Court.

There is an **Alcoholics Anonymous** meeting today at noon at Community Counseling and a Narcotics Anonymous meeting this evening at 6 at the Shaker Church.

**On today's fitness schedule:** At noon there is Functional Fitness class in the Community Center social hall, Turbo Kick class in the Aerobics room, and volleyball in the Community Center gym. And there is Turbo Kick class at 4:15 in the Aerobics room. IBA open gym is at 7.

**Guiding Butterflies & Mighty Warriors** classes meet today from 1 to 3 in the Prevention room at Behavioral Health - Community Counseling. The class is for adults to participate in cultural-based teachings, crafts and activities.

There is **Social Dance class** today from 4:30-6 p.m. at the Community Center Aerobics room.

**Financial Skills for Families** class is this evening from 5:30-7:30 at the Community Action Team office.

### Friday, Dec. 9

**Fitness Opportunities** today include: Senior Fitness class at the Senior Center at 10:45. At noon there is basketball in the Community Center gym and Functional Fitness class in the Aerobics room. And at the Health & Wellness Center, Pilates-Yoga class is at noon. There is a family yoga class at 4 in the Aerobics room.

The Community Health Program at the Health & Wellness Center has a **Behavior Health Clinic** today. Walk-in appointments are available between 1 and 5 p.m. Services include screening, assessment, crisis intervention, referrals to mental health, medical, substance treatment, or other community resources. Children, adolescents and adults are welcome.

Today in **Madras High School sports:** Varsity Wrestlers will be at a meet at Culver. The varsity boys' basketball team is hosting the Madras Invitational.

The Jefferson County Library Film Center will show 'Hunt for the Wilder People', rated PG-13, Friday night at 7:30. It's free and shown in the Rodriguez Annex, next to

the Library in Madras.

### Saturday, Dec. 10

There is an **Alcoholics Anonymous** meeting this morning at 10 at Community Counseling.

Today in **Madras High School sports:** The Swimming teams travel to Ridgeview. Varsity Wrestlers are at a meet in Culver, and varsity boys' basketball is hosting the Madras Invitational.

The Forty-First Annual Warm Springs **Christmas Bazaar** is today from 10 a.m. to 4 p.m. in the Community Center gym. For vendor information call the Community Center at 541-553-1968.

A **community choir** will perform at a Holiday Galas at 7 p.m. tonight at the Madras Performing Arts Center.

### Sunday, Dec. 11

The Warm Springs **Food Bank** is located at the Presbyterian Church. They are open today from 11:30-1:30. All food banks and pantries do take donations of non-perishable food or cash

### Monday, Dec. 12

**Fitness Opportunities** today include: Senior Fitness class at the Senior Center at 10:45. At noon there is basketball in the Community Center gym and Functional Fitness in the Aerobics room. And at the Health & Wellness Center, Pilates-Yoga Class is at noon. And there is Turbo Kick class at 4:15 in the Aerobics room. Ladies open gym time is at 6:15.

**The Warm Springs Christmas Play** will be at the Community Center on Monday December 12. A light meal will be served from 5-6:30 and the play is at 7. Anyone who can help work on props for the play is asked to come to the Community Center on Tuesdays.

A **Women's Prayer group** meets Mondays from 12:05 to 12:35 at the Warm Springs Presbyterian Church.

The Community Health Program at the Health & Wellness Center has a **Behavior Health Clinic** every Monday and Friday. Walk-in appointments are available between 1 and 5 p.m. Services include screening, assessment, crisis intervention, referrals to mental health, medical, substance treatment, or other community resources. Children, adolescents and adults are welcome.

The Warm Springs Vo-

**itional Rehabilitation program** has orientation today at 3 p.m. at their office in the industrial park. If you or someone you know has or may have a disability that is a barrier to employment or employment advancement, they can learn about their options at an orientation or by calling 553-4952.

Today in **Madras High School sports:** Boys and girls freshman and JV basketball teams have games at La Pine High School.

Victims of Crime Services has a **Women's Support Group** today at the VOCS office, 1108 Wasco Street, behind the Old Boys' Dorm. It's from 3-5 p.m.

**Soaring Butterflies Warrior Spirit** group for high school age youth meets today from 5-6:30 p.m. at the Warm Springs Community Counseling Center's Prevention Room.

There's an **Aftercare Relapse Support group** today at 5 at Community Counseling. They also have a Walk-in Group for intakes every Monday, Wednesday and Friday at 1:30.

### Tuesday, Dec. 13

The **Mobile Medical Unit** will be parked at the campus area today. Patients can schedule to be seen by calling the medical reception desk, 541-553-2610, starting at 8am weekdays.

**On today's fitness schedule:** At noon there is Functional Fitness class in the Community

Center social hall, Turbo Kick class in the Aerobics room, and volleyball in the Community Center gym. IBA Open Gym is at 7.

Today at Community Counseling: There is an **Alcoholics Anonymous** meeting at noon. **Adult Alcohol Education Class** is at 1:15, and the **Veterans Group** meets from 1:30-2:30.

The Jefferson County **Food Bank** is located at 556 SE Seventh Street. They are open for distribution this afternoon. All food banks and pantries do take donations of non-per-

ishable food or cash.

The Warm Springs **Vocational Rehabilitation program** has orientation today at 3 p.m. at Community Counseling.

**Choir & Song Class** in preparation for the community Christmas plays are held every Tuesday from 5-6:30 at the Counseling Center in the Prevention Room downstairs. It is open to people of all ages.

A **volleyball clinic and open gym** volleyball are held every Tuesday and Thursday through December at the Youth Cen-

ter. The youth clinic is from 5:15-6, and open gym from 6-7 p.m. Boys and girls ages 7-17 are invited to participate in the clinic, people 14 to adults can take part in the open gym volleyball. All skill levels are welcome.

The Warm Springs **Numu Cultural and Language Evening** is tonight from 5:30-7 at the Culture and Heritage Building front office. All are welcome to share, learn and participate in Numu language and culture.

# Madras Campus UPCOMING

for the month ahead



Thank you to our wonderful community for the support during the last year.

Remember winter term starts Jan. 9, 2017

For More Information  
541.550.4100  
cocc.edu/madras



In advance of College events, persons needing accommodation or transportation because of a physical or mobility disability, contact Joe Viola at 541.383.7775. For accommodation because of other disability such as hearing impairment, contact Disability Services at 541.383.7583.

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