

HEALTH SERVICES

Walking, our oldest form of locomotion, is an excellent way to promote good health. People walk for a variety of reasons. Some walk to improve their physical fitness, others to lose weight, still others to relieve stress and improve mental function. When all the reasons for walking are considered, one strong concept emerges: the vast majority of people walk to improve their health.

Over 40 scientific studies show that exercise and health are strongly linked and they show that to derive the most benefits, exercise must be consistent and life long.

Whether you're young or old, fit or unfit, walking is one exercise you probably can continue for the rest of your life. And, to get you started, we are developing a walking fitness program for you to take part in. Watch for details in the March edition of "Smoke Signals".

Carol Terp, RN

EMERGENCY SERVICES

Emergency Rooms: All visits to the emergency room will be reviewed very carefully, and in those cases where a true emergency did not exist, such a problem which could have been handled during normal working hours, (8:00 am - 5:00 pm) will be denied for payment for the visit. All Emergency Services provided after working hours must be reported to the Contract Health staff within 72 hours of the service by calling 879-5211 or 1-800-422-0232 (toll free). Please call if you have any questions.

CONTRACT HEALTH STAFF

Jackie Colton, Contract Health Clerk
Karen Wilson, Registration Clerk

COMMUNITY HEALTH NURSING STAFF

Cheryle Kennedy, Health Director
Carol Terp, RN, CHN
Bonnie Martin, Nurses Assistant
Teri Mercier Holsclaw, Clerk

SOCIAL SERVICES

The Confederated Tribes of Grand Ronde Indian were restored to Federal recognition in November of 1983. This Congressional Act made the Tribe eligible to contract and operate federally funded programs to provide services to the tribal membership. The tribe currently has a six county service area which includes the following counties: Marion, Polk, Yamhill, Tillamook, Washington and Multnomah. There are approximately 500 tribal households within the service area.

In August 1986, the tribe hired two full-time staff people to administer and implement a social service program to serve our membership in our six county service area. Alan Ham, MPH, was hired as the Social Worker and Don Hudson, as the Social Researcher. The Social Service program is contracted with the Bureau of Indian Affairs. Here is a list of some elements built in the Social Service Contract:

- a) Provide individual and family counseling
- b) Provide referral services for the tribal membership
- c) Collect data relating to social service needs
- d) Assist clients in applying for appropriate service for State programs
- e) Meet with social service agencies within the six county service area, develop contact people and gather social service information
- f) Provide referral services to members seeking social and mental health services
- g) Coordinate social services with tribal and other Indian programs

DO YOU HEAT YOUR HOME WITH OIL OR WOOD?

The Oregon Department of Energy can help Oregon residents stay warmer and save money. Call their State Home Oil Weatherization (SHOW) program toll-free at 1-800-452-8660 for more information on:

- * free home energy audits for oil heated homes
- * 6.5% low-cost weatherization loans for homes heated with oil or wood
- * 50% rebate on approved measures (within income limits)