

— Health and Wellness —

Values of Native American people

Here are some examples of how the Native American value system differs from the values of mainstream society.

EXTENDED FAMILY

•Indian cultures consider many individuals to be relatives. Aunts are often considered to be "mothers." Uncles are often called "fathers," and cousins are brothers and sisters of the immediate family. Clan members are also considered to be relatives.

AGE

•Elders are respected. Experience is felt to bring knowledge. The older one is, the more knowledgeable he/she is. No effort is made to conceal white hair or other signs of aging.

GIVING

•The respected member of many Indian communities is the one who shares and gives all of his/her wealth to others. As resources are available, the virtue is to share them and use them.

ROLES AND STATUS

•Attitudes toward a person are not usually contingent upon that person's role or status the community, or the fact that a person holds a title or is considered by others to have power, authority, or influence in a private or government organization.

COMPACT LIVING

•Several people living in close quarters provides each person with a spiritual source of world security. One can live modestly and comfortably in close quarters.

HUMANS WALK IN BALANCE WITH MOTHER EARTH

•The earth and all the creatures dwelling upon it are here to respect and enjoy. If humans accept this world as he/she should, there will be balance and harmony and an abundance of food to sustain good health.

PATIENCE

•To have much patience and to be able to wait is considered to be a good quality. Decisions are made after much thought, contemplation, and advice from elders.

FEW MATERIAL THINGS

•Timeliness and grace of giving are virtues to be admired. Members of tribes are often suspicious of individuals who collect many material possessions. Some

tribes hold celebrations and give away most of their possessions to others as "love gifts" or "honor gifts."

TODAY CONCEPT

•Indian people generally live each day as it comes. Plans for tomorrow are left until the future becomes the present. To be occupied with things and events too far into the future is to invite trouble and threatening influence for those future plans.

NON-COMPETITION

•What one is going to do or have in life is usually not an issue in the Indian home. Tribal cohesion, tribal solidarity, and tribal prosperity are ideals which all work together. There is a decided "us," "we," and "our" orientation to possessions and success. Indian people, however, are very competitive in sports. Sports are games. Life is not a game.

SHAME

•Personal actions are based upon what rewards behavior will invite. No guilt is experienced over the act of wrongdoing itself. Disciplinary actions among Indian groups often include shaming an individual, but once this is done, no guilty feelings are held by an individual, and the group forgets the transgression. The personal shame and public ridicule arising from the negative fruition of poor behavior and/or poor judgement comprises the punishment.

TIME IS UNIMPORTANT

•Time is a very relative thing. Clocks are not watched. One does the things that need to be done. "Indian Time" means the time when everyone gets there. If a community meeting is set for 1 p.m., people will come as near to that time as they wish. So the meeting may actually begin later, and this bothers no one. There will always be time in which things can be done, so pressure to do things at specific times is a foreign concept to many Native peoples. The concept of "wasting time" is not understood (i.e., as long as a person is breathing, living, and occupying space in the physical world, that person is not wasting time).

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CHS billing questions are answered

Just a reminder to all tribal members that if you are Contract Health Services eligible, you need to call in your appointments for authorization, and speak with Jackie or Julie. You must do this regardless of whether you have other health insurance, otherwise you may receive a warning or denial letter for that appointment, and held responsible for all the charges incurred from that visit to your physician. All doctor visits must be pre-authorized, and all emergency room visits need to be reported to us within 72 hours.

Also, CHS is having some billing problems with Laboratory Corporation of America. CHS is working out the problems with LabCorp. If you receive any correspondence from them please send CHS a copy, and DON'T PANIC! Contract Health Services would like to apologize for any inconvenience this has caused tribal members. LabCorp has double-billed many accounts, and the CHS staff has caught them. The Tribe is no longer doing business with this company, and the staff is working hard to get these accounts cleared up. Your patience is appreciated.

Smoke Detector Month

April is "Check Your Smoke Detector Month." Smoke inhalation is the number one killer of victims of home fires!

Please take a moment this month to check the smoke detector in your home, replace the batteries, and make sure the beeper is loud enough. Your family's lives may depend on it!

If your smoke detector is wired into the electrical system of your home, just press the button. If it beeps, then it is okay. If not, then you need to have it checked by an electrician or replaced with a battery operated one.

Blue Ribbons from TFAP

April is National Child Abuse and Neglect Awareness Month, and the Tribal Family Action Program is sending blue ribbons to tribal members and employees a blue ribbon to tie to car antennae in support of the Blue Ribbon Campaign, sponsored by the tribal programs of Foster Home Care, Domestic Violence, and Indian Child Welfare.

Please join TFAP in recognition and prevention of child abuse and neglect. Tie your blue ribbon to your car or other display area, and let people know what it represents!

