

— Tribal Life —

Elder of the month



EMMA SELL was born on December 12, 1917 to Bart LaBonte and Marlena Cunningham. She has one brother, Joseph LaBonte who lives in Washington state. Emma's husband, Joseph Sell passed away on July 24, 1974. They have 5 daughters; 3 sons; 17 grandchildren; and 8 great grandchildren.

Emma loves sewing quilts and working on puzzles. She also attends Aumsville Pentecostal Church.



ELDERS VISIT WARM SPRINGS: Elder's Honor Day, hosted by the Warm Springs Tribe, was held on May 9. Grand Ronde Elders were treated to a day of games, dancing, and good food at the Warm Springs Longhouse, along with elders from other Oregon tribes.

Birth Announcement

Cynthia Butler and Lonnie Hogan proudly announce the birth of their son James Raymond, born on April 18, 1996. Their baby boy weighed 5 pounds, 13 ounces, and was welcomed home by his brother Kelly James and sister Jamie. Grandparents are Jim and Wilmadene Butler of Monmouth, Jim Hogan of Salem, and Shirley Hogan of Burns, Oregon. The baby was named after his grandpa Jim Butler, and the late Ray McKnight.

The Band-Aid Brief: Hay Fever

By Dr. Glenn A. Gerritz, Medical Director

Beware: allergy season is upon us and many of us suffer from hay fever. Hay fever is itchy eyes, sneezing, nasal congestion, and sometimes wheezing. Most people with hay fever have a family history of allergies in some relatives — be it hay fever, asthma, or food or bee venom allergy. Hay fever is caused by pollen in the air in the spring. Pollen from alder and birch causes hay fever symptoms in March and April; grass pollen is the culprit in May and June with the highest grass pollen counts being between Memorial Day and the 4th of July. Significant grass pollen is virtually gone after the 4th of July, and then weeds like English plantain cause symptoms in July, August, and September. There is no ragweed west of the Rockies.

People with hay fever make allergic antibodies to pollen which causes the body to release a histamine causing itchy eyes, sneezing, etc. Several over-the-counter antihistamines are effective in controlling the symptoms of mild to moderate hay fever, but can cause drowsiness. Severe hay fever can be incapacitating and cause fatigue, warranting a visit to the clinic. Non-sedating prescriptions of seldane or claritin plus inhaled cortisone in the nostrils is effective in controlling 95% of severe hay fever. Five percent of severe hay fever sufferers will require a course of oral cortisone or allergy injections of pollen.



CONGRATULATIONS TO DR. GERRITZ WHO WAS CHOSEN HEALTH SERVICES DIVISION EMPLOYEE OF THE MONTH FOR APRIL!

CHS update

Why does your insurance get billed?

All services provided by the Human Services Division are billed to your private insurance, Medicare or Medicaid (Oregon Health Plan). The revenues generated from these claims go back into the various health programs. Although, right now, the monies being collected are saved and will be used for the construction of the new Health and Wellness Center.

Billing your insurance companies also helps you meet your annual deductibles, which will also help lower any expenses you may incur for Contract Health.

Many of you may be receiving an Explanation of Benefits (EOB) from your insurance carrier, this is to show how much was billed and the amount paid on your claim. **There is absolutely no cost to you!**

If you have private insurance, Medicare, or Medicaid, please be sure to let the secretaries know when you arrive for your appointment.

Remember that the revenues received are going right back into our community to make us healthier and happier.

A quick reminder, if you use the clinic and are CHS eligible, there continues to be a problem with the lab bills. If you receive a bill, don't panic, just bring it into your Contract Health Representative and she/he will take care of it. We apologize for any inconvenience or confusion this may have caused you.

Poem dedication

I dedicate this to my father,
Roy N. Langley,
an 87 year old tribal elder.
From his children,
grandchildren, and great
grandchildren with all our love.
Beryle Langley Contreras

~ TO DADDY ~
My hero, my protector
at my beck and call
My conscience,
as if he sat on my shoulder
Patience and bank balance
grow thinner, as we grow older.
Tears, laughter
good times and bad
Happy times, laughter
tears, when we are sad.
Santa at Christmas, never revealing.
"Good ole Dad!"
Grandpa!!
grinning from ear to ear!
Arrival of angel,
so sweet, so dear!
Happiness again!
Boy to carry on name
Then girls and boys
is there no end?
Fourteen in all
count them once more!
House is overflowing,
as they burst out the door!
Alas! a baby cry do I hear?
Another angel,
so sweet, so dear.
Great Grandpa! Great Grandpa!
I have come to stay.
To take over your house,
and steal your heart away!

~ II ~
The cry of an angel,
you cannot believe your ears!
"My cup runneth over."
as I add up the years.
The peace and quiet promised
in your old age.
Disrupted by visits of love
with no ceiling on wage!
Again that familiar angel cry!
this time "Grandpa" is heard.
As your cup runneth over
you live to see
Children, grandchildren,
great grandchildren,
come to thee!
Is there no end to these intrusions?
Into your quiet life of seclusion.
Since the planting of your seed,
you must witness
The outcome of your deed!