




Elders enjoy "Luau theme" dinner

Tribal Elders took two weeks off to pow-wow and returned to the Elders' Mealsite in Hawaiian style with a luau. Staff decorated the room and had leis for everyone. Elders' Mealsite days now include Fridays.

Because many Tribal Elders have moved into the new Elder housing in Grand Ronde they are now able to attend these fun Elder events.

Photo by Brent Merrill



SPIRIT MOUNTAIN CASINO TRIBAL MEMBER EMPLOYEE PROFILE

IOLA GALINDO

TITLE: Front Desk Clerk HIRE DATE: Oct. 7, 1997

HOMETOWN: Monmouth, OR

JOB DUTIES: Guest service, data entry, teamwork, booking reservations.

JOYS OF JOB: "Meeting guests and working with my co-workers."

MOST INTERESTING PART OF YOUR JOB:

"I have met so many great people, fellow employees and guests here at the lodge."

HOBBIES: "I paint a lot of Native American ceramics.

I love sewing and making things for my granddaughter. I crochet table cloths, doilies and afghans."

PHILOSOPHY: "Always treat others the way you want to be treated."

WHAT BROUGHT YOU HERE TO SMC? "To be a larger part of my growing heritage."

FAMILY: Mother Betty Janie Riggs; Father John Ramos; Grandparents Andrew and Amanda Riggs; Great-grandparents Solomon and Jan Riggs; Brother Rodney D. Ramoz; Sister Victoria J. Hunt; Daughter Beronica A. Galindo; Son Todd D. Galindo; Granddaughter Ariana; and Grandson Todd Jr.

ANYTHING ELSE YOU WOULD LIKE TO ADD: "I would like to add that my Supervisor Sharon Hall and Lodge Manager Mark Holland are the most committed, understanding, dedicated people that I ever worked for. Between the two of them, my job is very enjoyable and relaxed. In closing, I would like to thank my Aunt Wilmadene and Uncle Jim Butler for giving me the strength and courage to apply for my position at the lodge."



STROKE

What you should know

Every year, more than 700,000 Americans experience a stroke. At least one-fourth of them are under age 65. Stroke is the country's third leading killer and the No. 1 cause of adult disability.

Doctors now commonly refer to stroke as a "brain attack," and that's exactly what it is. A stroke occurs when an artery in or leading to the brain becomes blocked in or leading to the brain becomes blocked or ruptures. Blood flow to the brain is then cut off—killing brain cells in that area, usually within minutes to a few hours.

ISCHEMIC STROKES are caused by a blood clot or plaque that blocks blood flow to an artery within the brain or neck.

HEMORRHAGIC STROKES occur when an artery in the brain hemorrhages or bursts, either flooding the surrounding tissue with blood or filling the space between the brain and the skull with blood.

Temporary interruptions of blood flow to the brain can cause brief episodes of stroke symptoms called *transient ischemic attacks*, or TIAs. A TIA can last from a few seconds up to 2 hours.

TIAs should never be ignored because they often act as a warning sign of a full-blown stroke. Consider this:

About 10 percent of all strokes are preceded by TIAs, and one-third of people who have TIAs will eventually have an actual stroke.

HOW TO HAVE A STROKE-FREE FUTURE

If someone asked you if it was possible to prevent a stroke, what would you say?

If you're like most people, you'd probably answer no.

"People often believe that a stroke just happens, that there's nothing they can do to prevent one. But that's not true. There are many things you can do that will substantially lower your risk of a stroke," said David Gordon, M.D., a leading stroke researcher, speaking at an American Heart Association stroke conference.

To reduce your risk of stroke:

KEEP YOUR BLOOD PRESSURE DOWN. One of the most significant risk factors for a stroke is high blood pressure. Have your pressure checked often by a medical professional. If it is high, faithfully take all prescribed medications. These drugs only work when taken routinely.

TREAT AF. Atrial fibrillation (AF) is a type of irregular heartbeat responsible for about 15 percent of strokes. Aspirin and a prescription drug (warfarin) help prevent strokes in people with AF.

DON'T SMOKE. Smoking doubles the risk of stroke. Women who smoke and take birth control pills face an even higher risk.

EAT PLENTY OF WHOLE GRAINS, FRUITS AND VEGETABLES. Diets rich in these foods help reduce risk.

EXERCISE REGULARLY. Physically active people enjoy lower risk.

CONTROL DIABETES. Treating diabetes can delay complications that raise the risk of stroke.

SHED EXTRA POUNDS. Being overweight can bring on other stroke risk factors, such as high blood pressure.

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🎉 Congratulations 🎉
Dustin and Teaya!

*We love you both.
Love Dad, Mom,
Angie, Ariahi and Shonn*



JOANN MERCIER
Happy
Nifty Fifty **50**



Love you!
From all of your wonderful cousins

Happy
Wonderful
Birthday
SIS

Love you,
David



HAPPY
BIRTHDAY
TO THE
CHILDREN OF
FREEMAN &
LAVERNE BEAN.

GRANDCHILDREN OF
MARGARET MENARD
AND THOMAS BEAN.



Linda, Tom and Donna