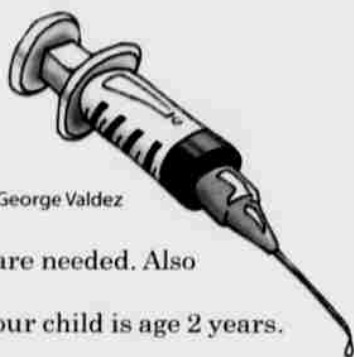


Get Your Child Ready For Fall With Immunizations

As the school year begins, it is a good time to make certain that your child's immunizations are up-to-date. The Confederated Tribes of Grand Ronde and United Medical Resources, Inc would like to encourage you to have your child immunized as recommended by his or her doctor. You want your child to be healthy. Immunizations can help. Many immunizations are given as shots and they can protect your child against many diseases.

Immunizations can protect your child from getting:

- ◆ Chickenpox
- ◆ Diphtheria
- ◆ Hepatitis B — can lead to liver disease
- ◆ HIB — hemophilus influenza bacteria — can cause a type of meningitis
- ◆ Measles
- ◆ Mumps
- ◆ Polio
- ◆ Rubella (German Measles)
- ◆ Tetanus (lockjaw)
- ◆ Pertussis (whooping cough)



Graphic by George Valdez

Tips that can help

- ◆ Ask your child's doctor which immunizations are needed. Also ask at what age your child should get them.
- ◆ Most immunizations are given by the time your child is age 2 years. But some are given into the teen years.

- ◆ Your child needs all of the shots your doctor tells you to get. Your child's health is not protected if he or she only gets some of the shots.
- ◆ Your child may run a fever. He or she may have a little swelling where the shot was given. If your doctor says it's OK, give your child acetaminophen (Tylenol). Follow the directions carefully.
- ◆ Immunizations generally are very safe. Any reactions usually are mild. Serious reactions are rare. Diseases are much more dangerous than the shots. Are you worried about your child getting shots? Call your doctor or clinic to ask questions.
- ◆ Follow your doctor's immunization schedule. When your child is getting one shot, make an appointment for the next one.
- ◆ Don't miss your appointments. If you have to cancel, set up another appointment.

Keep good records

- ◆ Ask your doctor for a shot record. This helps you and the doctor keep track of the shots your child has had. The doctor or nurse will write on the card each time your child has a shot.
- ◆ This is an important record. Keep it in a safe place. Child care providers and schools will ask for it when you register.
- ◆ Bring the record to every doctor's appointment.

For questions about childhood immunizations or other health issues, contact the PRIDE nurse, Kathleen Werning at 1-800-316-9946.

Unmarked Grave Sites In Grand Ronde

We need your help — If anyone knows the location of an unmarked grave or knows the name of someone who was buried at the Grand Ronde Cemetery and their grave has not been marked, please contact Mike Larsen, Facilities Manager at 503-879-2407.

Portland Satellite Office

OFFICE HOURS

Hours: M-F 8 a.m.-5 p.m.
12-1 p.m. lunch

Fall Cultural Classes

Adult & Youth Chinuk Wawa
TUESDAYS

Youth Sessions: 5 p.m. and 6:30 p.m.
Adult Session: 6:30 – 8:30 p.m.

Wood Carving
WEDNESDAYS
6:30 – 9 p.m.

Each participant will learn to carve a Columbia River style spoon or bowl.

Hand Drum Class

Date: Thursday, October 19, 1-4 p.m.
Location: Portland Satellite Office
Contact Lisa at 503-235-4230 to sign up.
Open to first 15 only.

The Tribal Foster Care Program will be in the Portland office every second Thursday of each month. We will be making ourselves available to service our Portland area families, as well as recruitment. We will be there from 10 a.m. - 3 p.m. For questions, please call Mechele Dorsey at 1-800-242-8196 or mechele.dorsey@grandronde.org

Any questions or concerns please contact: Lisa Archuleta, Tribal Services Representative at 503-235-4230.

Portland Satellite Office
3312 S.W. Kelly Ave.
Portland, OR 97201
Phone: 503-235-4230
Fax: 503-239-8047

Eugene Satellite Office

OFFICE HOURS

Hours: M-F 8 a.m.-5 p.m.
8-11 a.m. by appointment only
12-1 p.m. lunch
1-5 p.m. open for all

Upcoming October events are:

- Mondays** — Elders' lunch and social at 12-1 p.m.
- Tuesdays** — Beginner's yoga & strength training at longhouse, 6-7:30 p.m. — Al-anon meeting, 6-8 p.m.
- Wednesdays** — Advanced yoga & strength training at longhouse, 6-7:30 p.m. — RCA meeting, 6-8 p.m.
- Fridays** — Genealogy Club at 11:30 a.m.-1:30 p.m.
Yoga & strength training at longhouse, 6-7:30 p.m.

Coming this Fall to Eugene!

ONABEN A Native American Business Network is offering:

Indianpreneurship™

A Native American Journey into Business

Participants will be offered professional assistance with:

- ◆ Developing a Business Plan
 - ◆ Financing and Bookkeeping
 - ◆ Marketing
 - ◆ Legal Requirements
- Classes will be held at the Eugene Satellite Office.
Classes start on Thursday, October 5, 2006.
For more information about ONABEN services and to register for classes contact: ONABEN Main Office, Kristi Burns 1-800-854-8289 or Jon Darcy 1-541-484-7085.



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