

TU' KWA HONE NEWSLETTER

Burns, Oregon

February 18, 2019

Burns Paiute Tribe

100 Pasigo St.

Burns, OR 97720

541.573.8016

TRIBAL COUNCIL CONTACT:

Chairman - Eric Hawley

541.589.3104

Burns Tribal Police

Chief of Police

Alan Johnson

541.589.1030

Social Services Director /

ICWA Michelle Bradach

541.573.8043 / 541.413-0023

Domestic Violence / Assault

Teresa Cowing

541.573.8053 /

541.413.0216

Police After hours:

Call Frontier Regional 911

Non-emergency

541.384.2080

February 18, 2019
All Tribal offices will be closed in observance of President's Day.

February 22, 2019

Pow-wow meeting on Friday February 22nd @ 4P.M. @ Tu-Wa-Kii Nobi

Next Tribal Council meetings Wednesday - February 27, 2019 at 4:p.m. Tribal Council building.

No Tribal council meeting on the 20th of February.

Billboard

Attention FYI: Strategic Prevention Framework-Partners for Success will be taking pictures during the Culture night on the 28th of February. We will be looking for Interested individuals who would like to be in the picture and displayed on the billboard...

Any Questions: Please contact Becky at Road to Wellness office 541-573-8009



BURNS PAIUTE TRIBE

Job Announcement

Job Title: Language Technicians (1)
Department: Culture & Heritage
Reports to: Culture & Heritage Director
FLSA Status: Part-time/On-Call
Opens: May 29, 2018
Closes: Open until filled
Salary: \$13.00 + doe

This Candidate must pass a pre-employment drug screen and Criminal and Character Background Check.

SUMMARY OF MAJOR FUNCTION

Language Technicians work both independently and as part of the language team to coordinate Wadatika Yaduan Language Program objectives and activities.

1. Assist Elder Language Experts in effectively completing voice recording of words and phrases in both English and Northern Paiute.
2. Maintain strict confidentiality of sensitive and/or intellectual proprietary information that may present itself during the language recording project such as cultural site locations, family stories, etc.
3. Work independently and as a team member to complete short-midrange, and long-term objectives of the language program.
4. Maintain complete records of progress and outcomes of assigned program objectives.
5. Assist with language recording efforts as assigned.
6. Participate in and assist with field trips and project meetings related to the Language Project, as requested.
7. Participate and be engaged in the short, midrange, and long-term language team efforts with the Burns Paiute tribal community, Burns Paiute tribal staff, and Wadatika Yaduan language.
8. Work with the Language Team to coordinate regularly scheduled language events.
9. Maintain an impeccable attendance record.
10. Provide regular (weekly) detailed written and verbal progress updates to Language Team and Culture & Heritage Director.
11. Other duties as assigned.

Disclaimer

The above statements reflect the general duties considered necessary to describe the principal functions of the job as identified and shall not be considered as a detailed description of all the work requirements that may be inherent in the job. Other duties may be assigned.

MINIMUM QUALIFICATIONS

- A. Ability to work effectively with tribal community Elders (demonstrated experience preferred).

- B. Ability to work independently and as part of a team to complete assigned tasks in the time allotted
- C. Possess a working understanding of Indigenous Great Basin cultures, and the ability to assist in the incorporation of those cultural norms into research methods and practice.
- D. High energy individual with the ability to provide assistance and support to Elder Language Experts as they serve as expert language consultants with the Wadatika Yadian Language Program.
- E. Experience with or ability to quickly learn effective use of digital recorders, digital cameras, etc.).
- F. Ability to communicate effectively, both orally and in writing;(understanding and/or conversational fluency in Northern Paiute, particularly in the Wadatika dialect, preferred.
- G. Willingness to actively work toward Wadatika Yadian conversational proficiency.
- H. Valid Oregon Driver's License preferred.

Indian Preference

Indian preference will be given to candidates showing proof of enrollment in a federally recognized tribe. In the absence of Indian applicants meeting the qualifications as listed above, all applicants not entitled to or who fail to claim Indian Preference, will receive consideration without regard to race, color, sex, political preference, age, religion, or national origin.

HOW TO APPLY:

Return completed Burns Paiute Indian Tribe Application and cover letter to:

Danielle Taylor
Human Resources Director
100 Pasigo Street
Burns, OR 97720

Fax: 541-573-2323
Email: Danielle.taylor@burnspaiute-nsn.gov

Application for employment available at 100 Pasigo Street, Burns, OR 97720 Monday - Friday 8-5pm for online application go to burnspaiute-nsn.gov

After School Program @ Tu-Wa-Kii-Nobi 5-18yrs



We ask that if your child is coming to Tu-Wa-Kii Nobi please let us know where they go after.

We need working

Telephone number!

Remind kids they need to participate and follow directions while here, Kids need to be respectful! Or they will be sent home. Call if any questions.

Please call us prior to closing as to where kids go . Children under 10 need to have an adult at home.

Kids have Blue Reading logs that need to be signed for a Free entry to Roaring Springs Id.

Tu-Wa-Kii-Nobi Staff

Main # 541-573-1573

After School Program-

Elise Adams-YSC- 541-573-1572-

Anita Hawley YSC Asst. 573-1573

Taylor Crafts-TWKN assistant

Scott Smyth-TAPP Coord.

589-1849

Cameron -Evening Tutoring

Monday February 18th

There is school today Tu-Wa-Kii Nobi and all offices are closed for Presidents Day

No Evening tutoring Tonight-

Tuesday February 19th

3:20-4:00-Shack/Homework/Reading for 20min. Remaining free time -Slater Kids

4:00-5:00 Shack/Homework/Reading 20min.remaining free time -MS+HS

5:00-5:30-Clean up and take kids home

Wednesday February 20th

3:20-4:00-Shack/Homework/Reading for 20min. Remaining free time -Slater Kids

4:00-5:00 Shack/Homework/Reading 20min.remaining free time -MS+HS

5:00-5:30-Clean up and take kids home

6:00-8:00 Come and get your homework done-Evening Tutoring -W/Cameron

Thursday February 21st

3:20-4:00-Shack/Homework/Reading for 20min. Remaining free time -Slater Kids

4:00-5:00 Shack/Homework/Reading 20min.remaining free time -MS+HS

5:00-5:30-Clean up and take kids home

Youth council night at the Museum

Friday February 22nd

10:00-11:00- Free Time

11:00-12:00-Reading W/Ms. Lisa /Craft

12:00-1:30- Lunch For Tu-Wa-Kii Nobi

1:00-2:00- Prevention Hour

2:00-3:00 Hibernation and Migration at Armory we will take kids home after.

Upcoming Events and Activities

We are starting up with Pow-wow club with the help of Prevention Dept. We are encouraging the parents to come with to share your knowledge in dancing. We would like to put a program together with dancers . We need your input.

Feb. 28th we will have Culture Night see flyer for more info.

any Questions Please Call ..541-573-1572



WANTED!

Prevention is looking for 4 youth, ages 12 and up to work on a digital story! You can portray anything you feel you want to share with the community. It could be your favorite sport, school, hobby, a prevention message, your pet, or your family. This will require you to meet on Fridays during the day for a couple of hours for a month. **Please call, fb message, or text me, my number is 541-589-4595, or 541-573-8005- JODY.** Please contact me by Thursday, February 22nd. THANK YOU! The first class will be March 1, 2019. Requirements: Basic computer skills and photos of your topic.



TUTORING!

REMINDER: TUTORING IS AVAILABLE AT TUWAKII NOBI, MONDAY AND WEDNESDAY EVENING FROM 6 TO 8 PM! PLEASE UTILIZE THIS GREAT OPPORTUNITY TO HELP YOU CHILD!

RESCHEDULED!!

*Teen Valentines Dinner
At the Gathering Center
On February 25, 2019*



At 5:30

*Teens are allowed to bring a date
Please let us know if you are going
to attend, We hope to see you there!*

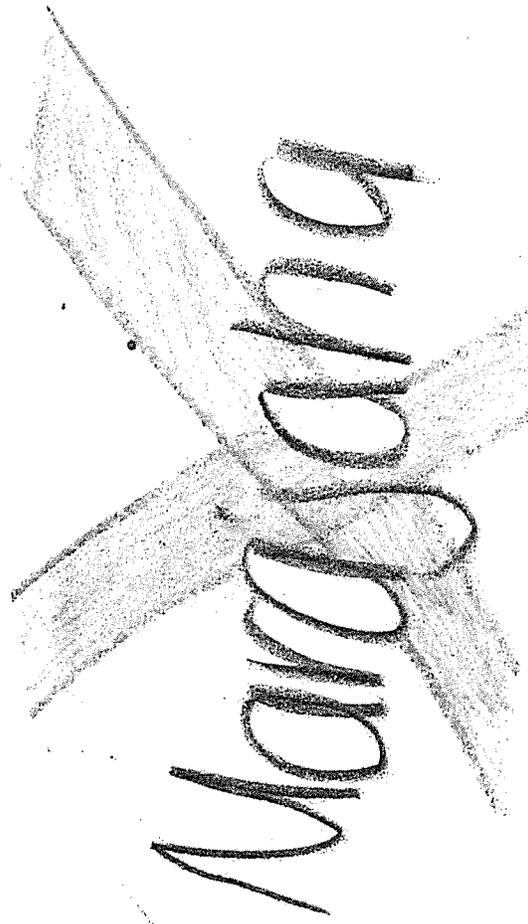
Domestic Violence &

Sexual Assault Program

Office 541-573-8053 or 541-413- 0216



MARIJUANA PREVENTION



“Education is not the learning of facts,
but the training of the mind to think.”

— Albert Einstein

MYTH/FACT

(Myth) - Cannabis is Harmless.

(Fact) - Regular marijuana use has been shown to be associated with long-term problems, including poor academic performance, memory loss and lung cancer. To a developing brain, like those of teenagers, marijuana can be especially toxic - using Cannabis can lead to panic attacks, depression and other mental health problems, not to mention increased anxiety.

PARENT TIP

Open communication is key.

CHILD TIP

Don't be afraid to say “No” to someone offering you marijuana.

ACTIVITY

Read Books Together.

PER MONTH

Reading is a great family activity whether you're sick or well. If you still have your voice, curl up with your kids and read them a few books. Let them read to you too or just talk about the illustrations. Reading is a perfect excuse to sit still for a while. It's also a good time for smuggling. Sometimes that's the best medicine to get you back on your feet.



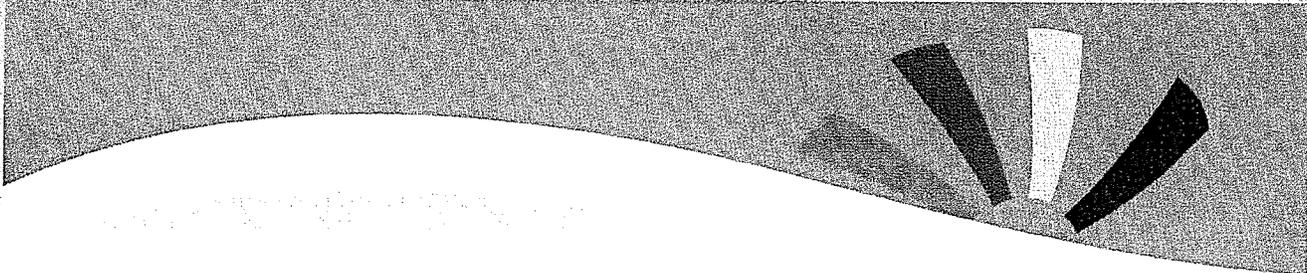
The Following Are Signs of A Healthy Relationship

- *You can be yourself*
- *You feel free to spend time apart and enjoy other friends*
- *Your partner accepts your feelings*
- *You and your partner can agree to disagree*
- *Your partner respects your boundaries*
- *You and your partner are honest with each other*
- *You and your partner continue to have fun together*
- *Your partner is encouraging and respectful*
- *You take the time to get to know your partner*
If you notice that you feel hurt, controlled or treated poorly, you may be in a unhealthy relationship and you should seek help from a trusted adult.

*Domestic Violence & Sexual Assault Program
541-573-8053 or 541-413-0216*

**TEEN
DATING
VIOLENCE
AWARENESS
MONTH**





FOSTER CHILDREN NEED YOU!

TRAIN TO BE A FOSTER RELATIVE OR ADOPTIVE PARENT



Not sure if you want to be a foster or adoptive parent?

Don't decide until you complete this *Foundations* training. You can discuss with a Foster Care Certifier the different options that fit best for you—be that respite, a long term provider, or child advocate—your commitment level is flexible.

What do I need to do to be a foster or adoptive parent?

- Complete Foundations classes. Foundations is free and answers questions about why children come in to foster care, DHS goals, child development and trauma, working with birth families and much more.
- Work with a Foster Care Certifier to complete your home study.

**Foster parents of all ages, ethnicity, sexual orientation and marital status are needed to meet the needs for a wide variety of children from newborn to 18 yrs.*

FOR QUESTIONS OR TO RSVP PLEASE CONTACT:

Ben Potter Benjamin.potter@state.or.us 541-962-5740

****It's important you RSVP so we get an accurate count for ordering curriculum, both spouses need to attend to be certified****

FOUNDATIONS

FEB/MAR 2019 CLASSES

8 mandatory sessions, 5:30-8:30 PM

Mon & Tue, Feb 25 & 26th, 2019

Mon & Tue, March 4 & 5th, 2019

Mon & Tue, March 11 & 12th, 2019

Mon & Tue, March 18 & 19th, 2019

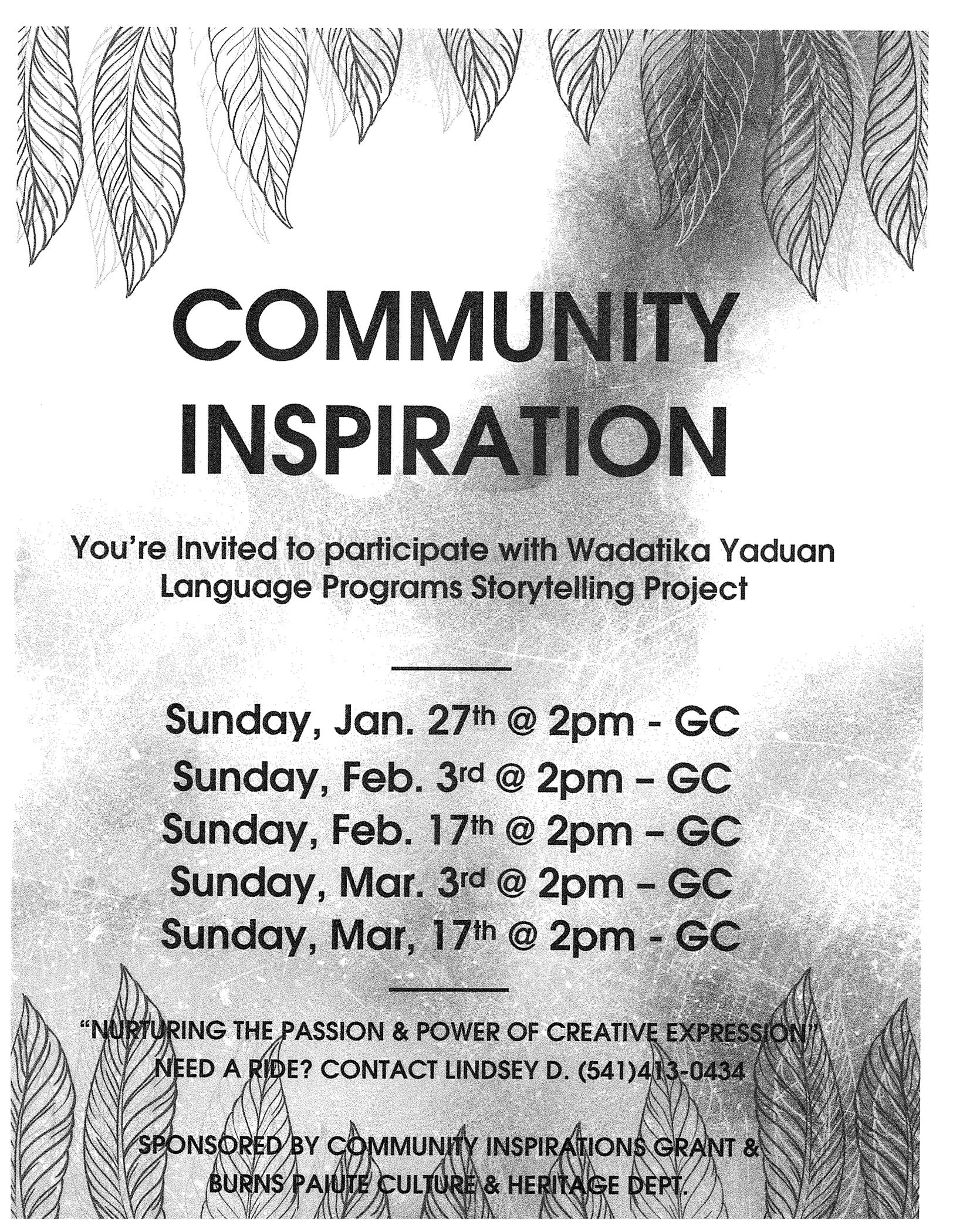
***All sessions required for certification, missed sessions will need to be made up**

**Burns DHS Office
Steens Conference Room
809 W. Jackson #200
Burns, OR 97720**

(Enter front of building, follow signs)

You can make the difference!

**OREGON DEPARTMENT OF HUMAN SERVICES
CHILD WELFARE PROGRAM**



COMMUNITY INSPIRATION

You're Invited to participate with Wadatika Yaduan
Language Programs Storytelling Project

Sunday, Jan. 27th @ 2pm - GC

Sunday, Feb. 3rd @ 2pm - GC

Sunday, Feb. 17th @ 2pm - GC

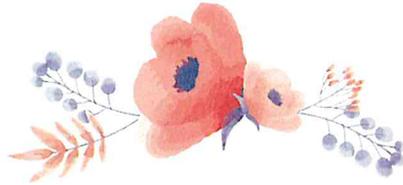
Sunday, Mar. 3rd @ 2pm - GC

Sunday, Mar, 17th @ 2pm - GC

"NURTURING THE PASSION & POWER OF CREATIVE EXPRESSION"

NEED A RIDE? CONTACT LINDSEY D. (541)413-0434

**SPONSORED BY COMMUNITY INSPIRATIONS GRANT &
BURNS PAIUTE CULTURE & HERITAGE DEPT.**



WADATIKA YADUAN LANGUAGE PROGRAM



Burns Paiute Culture & Heritage Department:
Wadatika Yaduan Language Program

 (541)573-0897

Language Team:

Director: Diane (541)413-1190

Lindsey (541)413-0434

Danny (541) 413-0381

Charlotte (541) 589-4924

POO TA MENITA MEHA February 15,2019

Pisa awawa neme, the Language Team hopes everyone's health is doing good. Sorry we had to cancel the last Community Game Night on Feb. 5th but due to Language Team having that bug that was going around, we thought it was safest to cancel. Now we hope everyone is feeling pisa, we encourage & we hope to see all you smiling faces at a few events the Language Program as well as Culture & Heritage have coming up. *Also, the Language House is still under way of moving & getting the network setup. Hopefully within the next few weeks, the Language Program will be officially in the Language House!

Community Inspiration Grant

Some community members along with the Language Team have been gathering on Sunday afternoons working on the Storytelling Project. It has been very fun so far with everyone's creative ideas. We will be having another CIG gathering this Sunday, Feb.17th @ 2:30p so please bring your families and come have some fun.

- Feb.17th, 2:30pm @ GC
- March 3rdth & 17th, 2:30pm @ GC

Community Language Game Night

The next Game Night will be held on Feb. 26th @ 5:30p. So, come on up and have a delicious Dinner, cheffed up by the wonderful Basket Weaver's and learn some phrases or words in a fun environment. **Remember to try and speak as much Wadatika yaduan at home with your family or even to yourself throughout the day. That is the only way you will get used of hearing it and speaking it.*

Wadatika Language Knowledge Bowl

The 1st annual Language Knowledge Bowl will be coming up quickly this spring. Miss Charlotte & Expert Elders will be holding beginner classes starting Feb. 18th, 20th, 22nd. From 4 – 6 pm at the Language House. We encourage all neme of all ages, and levels of our language to come down and practice, practice, practice...

Our Ancestors' Walk of Sorrow Convening

Dear Relatives,

Please join us for the 2nd Our Ancestors' Walk of Sorrow Convening, Friday, March 1st and Saturday March 2nd, 2019, in Reno, Nevada

(Agenda to follow)

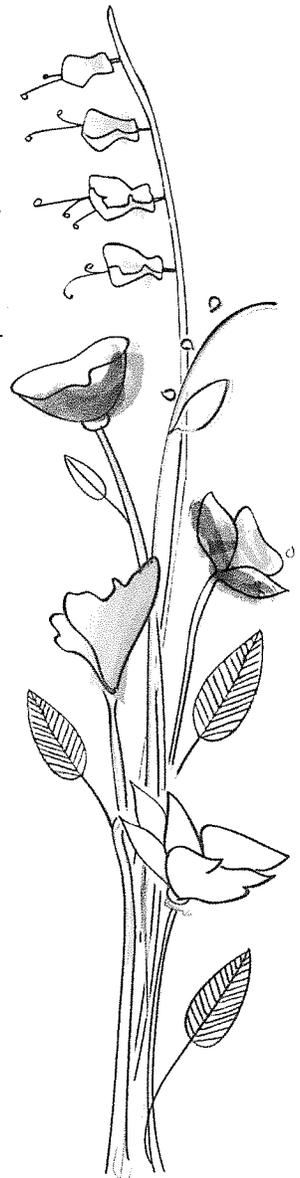
As a part of this Winter 2019 convening:

- ◆ We will provide updates and hold collaborative discussions about Our Ancestors' Walk of Sorrow Research Project.
- ◆ We will provide updates and hold collaborative discussions toward next steps for the Historic Collaborative Indigenous Archaeological Field School tentatively planned to occur Summer 2019, at the Former Malheur Reservation.
- ◆ We will discuss scholarships and training opportunities for tribal high school students and adults seeking work in cultural and heritage protection careers.
- ◆ We will provide opportunities for tribal attendees to meet and ask questions of University of Nevada, Reno staff that manage cultural items, and knowledge from Great Basin tribes.
- ◆ There will be inter-tribal networking opportunities among and between convening participants.

Some travel and lodging support is available upon request on a first come basis.

For More information contact: Diane L. Teeman
Email: dlteeman.burns.paiute@gmail.com
541-413-1190 (call or text)

This event co-sponsored by Dr. Sarah Cowie's PCASE Grant, and the Culture & Heritage Dept.,
Burns Paiute Tribe.





Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits.

Being physically active can help you:

- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy yourself and have fun



When you are not physically active, you are more likely to:

- Get heart disease
- Get type 2 diabetes
- Have high blood pressure
- Have high blood cholesterol
- Have a stroke

Physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age their metabolism slows, so maintaining energy balance requires moving more and eating less.

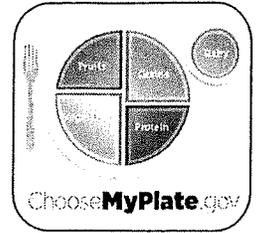
Some types of physical activity are especially beneficial:

- Aerobic activities make you breathe harder and make your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity. Vigorous activities take more effort than moderate ones. For **moderate activities**, you can talk while you do them, but you can't sing. For **vigorous activities**, you can only say a few words without stopping to catch your breath.
- Muscle-strengthening activities make your muscles stronger. These include activities like push-ups and lifting weights. It is important to work all the different parts of the body - your legs, hips, back, chest, stomach, shoulders, and arms.
- Bone-strengthening activities make your bones stronger. Bone strengthening activities, like jumping, are especially important for children and adolescents. These activities produce a force on the bones that promotes bone growth and strength.
- Balance and stretching activities enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t'ai chi.

Last Updated: Jun 10, 2015

10 tips

be an active family



**Nutrition
Education Series**

10 tips for becoming more active as a family

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 **set specific activity times**
Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



2 **plan ahead and track your progress**
Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 **include work around the house**
Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 **use what is available**
Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 **build new skills**
Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 **plan for all weather conditions**
Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 **turn off the TV**
Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

8 **start small**
Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



9 **include other families**
Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



10 **treat the family with fun physical activity**
When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

Wadatika Health News:

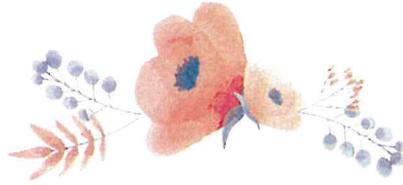
It is the beginning of a new year so all registered patients please come in or call and update your patient registration information (phone no., insurance, address). It also very necessary to have a copy of your Tribal enrollment on file.

If you do not come in and update your information and you make appointments they will not be authorized by WHC.

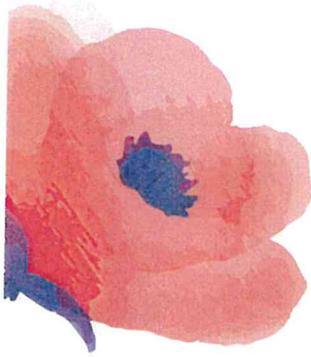
Attention:

If you need transportation to a medical appointment in town or out of town it is important that you call at least 24 hours in advance to guarantee a ride. To schedule a ride please contact the front desk so your name can be added to the transport schedule.

To all patients who have OHP or private insurance it is important that you take your cards with you to your appointments and also to the Pharmacy.



**Wadatika Yaduan
COMMUNITY
LANGUAGE GAME NIGHT**



Language Game Nights 2019

Location: Gathering Center

Time: 5:30-7:30pm Dinner Provided

If you need a ride, please give us a call! (541) 573-8097

Future Dates:

Burns Paiute Culture & Heritage Department:
Wadatika Yaduan Language Program

 (541) 573-8097

Language Team:

Director: Diane (541)413- 1190

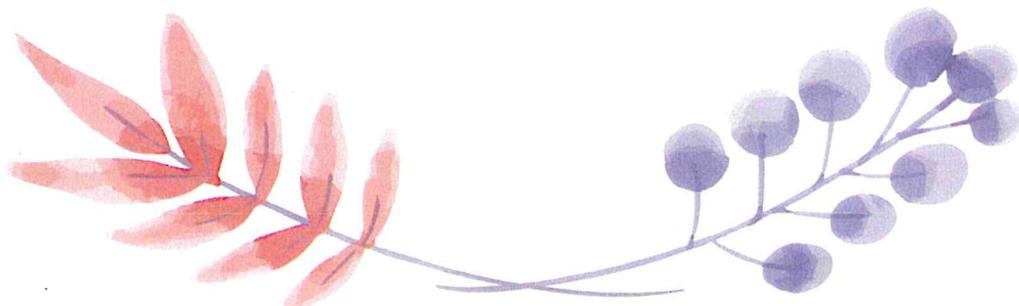
Lindsey D. (541)413-0434

Danny S.(541)413-0381

Esther C.

Charlotte R.

- January 8th & 22nd
- February 5th & 26th
- March 12th & 26th
- April 9th & 23rd
- May 14th & 28th
- June 11th & 25th
- July 9th & 23rd
- August 13th & 27th
- September 10th & 24th
- October 8th & 22nd
- November 12th & 26th
- December 10th & 24th



BURNS PAIUTE TRIBAL WATER SECURITY TALKING CIRCLE PARTICIPANTS NEEDED

When: Sunday, February 24, 2019, beginning at 9 am.

Hosted by: Burns Paiute Culture & Heritage Department, & Clarita Left-Hand Begay, Director of the Tribal Water Security Project - The University of Washington, Information School

Topic: Water quality, quantity, accessibility and cultural perspectives. Study with Clarita Left-Hand Begay

Description: This gathering will include a two-hour talking circle about water then end with dinner and a raffle. *Please note that this talking circle will be recorded for research purposes, so participants will be asked to sign a release/consent form.

Who should attend: Any Burns Paiute community member interested in protecting Paa (Water).

Location: Gathering Center

Contact: RSVP at 928-421-3379 or clarita@uw.edu, or Lindsey (541)413-0434

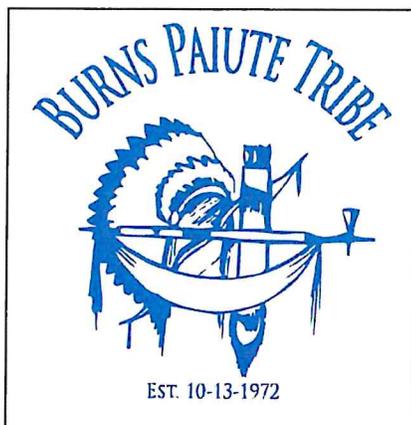
Schedule:

9am: **Opening Prayer and refreshments**

9:30am-11:30am: Talking Circle

11:30-12:30pm: Participant Lunch and Raffle

12:30-1pm: Debrief time



SCHOLARSHIP OPPORTUNITY

Dear NWIHA Voting Member:

We are now accepting applications from enrolled NWIHA tribal members for our 2019 Youth Scholarship Program. To be eligible, applicants must be members of an active (2019 dues paid in full) NWIHA Voting Member tribe, and must not have reached their 24th birthday by the application deadline.

Applications can be obtained by going to the NWIHA website, www.nwiha.org, and clicking on the Youth Scholarship Program header. **Please note that all applications and supporting documents must be submitted by email to info@nwiha.org on or before 5:00 PM PST, March 25, 2019.** We expect that competition for these limited scholarships will be very heavy, so please advise your tribal youths to be very careful in completing the requirements exactly as prescribed, and don't wait until the last minute to submit!

All applicants, selected or not, will be notified of the NWIHA Executive Committee decisions. Successful applicants will be recognized at the Banquet Dinner to be held Tuesday evening, April 2, 2019, at the Mill Casino Hotel and RV Park in Coos Bay, OR.

Complete instructions are contained in the Application Form. Any questions can be addressed to the NWIHA at info@nwiha.org, or by calling (360) 220-9212.

Thank you for your interest and support.

NORTHWEST INDIAN HOUSING ASSOCIATION

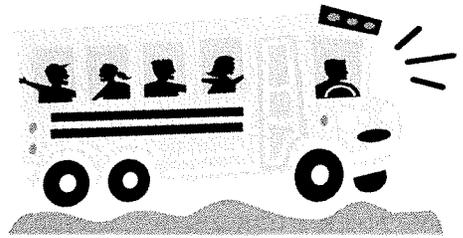
CONTACT THE HOUSING DEPARTMENT FOR ANY QUESTIONS

DANIELLE TAYLOR
541-573-8008 OR 8013

Exclusion Date 2/20/19



Parents, don't let your child get left behind!



School Year 2018-2019

Oregon law requires the following shots for school and child care attendance*

A child 2-17 months entering
**Child Care or
Early Education** needs*

Check with your child's program or
healthcare provider for required vaccines

A child 18 months or older entering
**Preschool, Child Care, or
Head Start** needs*

4 Diphtheria/Tetanus/Pertussis (DTaP)
3 Polio
1 Varicella (chickenpox)
1 Measles/Mumps/Rubella (MMR)
3 Hepatitis B
2 Hepatitis A
3 or 4 Hib

A student entering
**Kindergarten or
Grades 1-6** needs*

5 Diphtheria/Tetanus/Pertussis (DTaP)
4 Polio
1 Varicella (chickenpox)
2 MMR or 2 Measles, 1 Mumps, 1 Rubella
3 Hepatitis B
2 Hepatitis A

A student entering
Grades 7-10 needs*

5 Diphtheria/Tetanus/Pertussis (DTaP)
1 Tdap
4 Polio
1 Varicella (chickenpox)
2 MMR or 2 Measles, 1 Mumps, 1 Rubella
3 Hepatitis B
2 Hepatitis A

A student entering
Grades 11-12 needs*

5 Diphtheria/Tetanus/Pertussis (DTaP)
1 Tdap
4 Polio
1 Varicella (chickenpox)
2 MMR or 2 Measles, 1 Mumps, 1 Rubella
3 Hepatitis B

**At all ages and grades, the number of doses required varies by a child's age and how long ago they were vaccinated. Other vaccines may be recommended. Exemptions are also available. Please check with your child's school, child care or healthcare provider for details.*



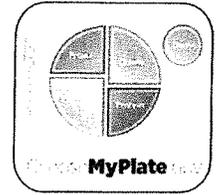
10 tips

Nutrition Education Series

eat smart and be active as you grow



10 healthy tips for teen girls



Young girls, ages 10 to 19, have a lot of changes going on in their bodies. Building healthier habits will help you—now as a growing teen—and later in life. Growing up means you are in charge of foods you eat and the time you spend being physically active every day.

1 build strong bones
A good diet and regular physical activity can build strong bones throughout your life. Choose fat-free or low-fat milk, cheeses, and yogurt to get the vitamin D and calcium your growing bones need. Strengthen your bones three times a week doing activities such as running, gymnastics, and skating.

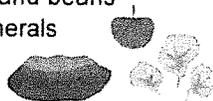


2 cut back on sweets
Cut back on sugary drinks. Many 12-ounce cans of soda have 10 teaspoons of sugar in them. Drink water when you are thirsty. Sipping water and cutting back on cakes, candies, and sweets helps to maintain a healthy weight.

3 power up with whole grain
Fuel your body with nutrient-packed whole-grain foods. Make sure that at least half your grain foods are whole grains such as brown rice, whole-wheat breads, and popcorn.



4 choose vegetables rich in color
Brighten your plate with vegetables that are red, orange, or dark green. Try acorn squash, cherry tomatoes, or sweet potatoes. Spinach and beans also provide vitamins like folate and minerals like potassium that are essential for healthy growth.



5 check Nutrition Facts labels for iron
Read Nutrition Facts labels to find foods containing iron. Most protein foods like meat, poultry, eggs, and beans have iron, and so do fortified breakfast cereals and breads.

6 be a healthy role model
Encourage your friends to practice healthier habits. Share what you do to work through challenges. Keep your computer and TV time to less than 2 hours a day (unless it's school work).

7 try something new
Keep healthy eating fun by picking out new foods you've never tried before like lentils, mango, quinoa, or kale.

8 make moving part of every event
Being active makes everyone feel good. Aim for 60 minutes of physical activity each day. Move your body often. Dancing, playing active games, walking to school with friends, swimming, and biking are only a few fun ways to be active. Also, try activities that target the muscles in your arms and legs.



9 include all food groups daily
Use MyPlate as your guide to include all food groups each day. Learn more at www.ChooseMyPlate.gov.

10 everyone has different needs
Get nutrition information based on your age, gender, height, weight, and physical activity level. Use SuperTracker to find your calorie level, choose the foods you need, and track progress toward your goals. Learn more at www.SuperTracker.usda.gov.

SuperTracker

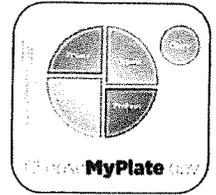


10 tips

Nutrition Education Series



make better food choices



10 tips for women's health

Make yourself a priority and take time to care for yourself. ChooseMyPlate.gov helps you choose the types and amounts of food and beverages you need. And, make time to be physically active, so you can do the things you want to do.

1 find out what you need
Get personalized nutrition information based on your age, gender, height, weight, and physical activity level. **SuperTracker** provides your calorie level, shows foods and beverages you need, and tracks progress toward your goals. Learn more at www.SuperTracker.usda.gov.



2 enjoy your food but eat less
Use a smaller plate at meals to help control the amount of food and calories you eat. Take time to enjoy smaller amounts of food.

3 strengthen your bones
Choose foods like fat-free and low-fat milk, cheese, yogurt, and fortified soy milk to help strengthen bones. Be sure your morning coffee includes fat-free or low-fat milk.



4 make half your plate fruits and vegetables
Add fruit to meals as part of main or side dishes. Choose red, orange, or dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for meals.



5 drink water
Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

6 eat whole grains more often
Choose whole grains like brown rice and whole-grain pastas and breads more often. Foods with a high-fiber content can help give you a feeling of fullness and also provide key nutrients.



7 learn what is in foods
Use both ingredient and Nutrition Facts labels to discover what various foods contain. SuperTracker's **Food-A-Pedia** makes it easy to compare nutrition information for more than 8,000 foods.

8 cut back on some foods
Cut calories by cutting out foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Choose cakes, cookies, candies, and ice cream as just occasional treats.

9 be a better cook
Try out healthier recipes that use less solid fat, salt, and sugar. Eat at home more often so you can control what you are eating. If you eat out, check and compare nutrition information. Choose healthier options such as baked chicken instead of fried chicken.

10 be active whenever you can
Set a goal to fit in at least 2½ hours of moderate physical activity in your week. Being active 10 minutes at a time also adds to your weekly total. Ask your friends or family to keep you company as you bike, jog, walk, or dance. Don't forget to do some muscle strengthening activities twice a week.



WISDOM WARRIORS

Chronic Disease Self-Management Program

Empowering Individuals To Help Themselves And Others

- **1 day a week, 2.5 hour** class for **6 weeks**.
- **Free book** upon completing the course.
- The class is for anyone with a **chronic illness** or those **caring** for someone with a **chronic illness**.
- Topics include: Pain & Fatigue Management, Making Action Plans to set and achieve goals, Problem Solving, Dealing with Difficult Emotions, Healthy Eating, Communication Skills, Working with Your Health Care Provider.

CLASS OFFERINGS

Where: Wadatika Health Center conference room

When: February 4th, 11th, 25th; March 4th, 11th, 18th, 25th

Time: 5:00 pm to 7:30 pm

For more information or to sign up please call or email:

Angela Smartt at 541-573-8048 or smarttaj@burnspaiute-nsn.gov

Deborah DeLaRosa at 541-573-8042 or Deborah.delarosa@burnspaiute-nsn.gov

Chronic Disease Self-Management Program

What Exactly Is a Chronic Health Condition? Health problems can be characterized as either “acute” or “chronic”. **Acute health** problems usually begin suddenly (cold, flu, and appendicitis) have a single cause, are often easily diagnosed; last a short time and get better with medication, surgery, rest and time. Most people with acute illnesses are cured and return to normal health.

Chronic illnesses are different. They usually begin slowly and proceed slowly. For example, a person may slowly develop blockage of the arteries over decades and then might have a heart attack or a stroke. Arthritis general starts with a brief annoying twinges that gradually increase. Unlike acute disease, chronic illnesses usually have multiple causes that vary over time. These causes may include heredity, lifestyle (smoking, lack of exercise, poor diet, stress, and so on), and exposure to environmental factors such as secondhand smoke or air pollution and to physiological factors such as low levels of thyroid hormone or changes in brain chemistry that may cause depression.

Self-Management Problems for Common Chronic Conditions

Chronic Condition	Possible Problems Caused by Chronic Conditions				
	Pain	Fatigue	Shortness of Breath	Physical Function	Difficult Emotions
Anxiety/Panic Disorder		X	X	X	X
Arthritis	X	X		X	X
Asthmas and Lung Disease		X	X	X	X
Cancer	X	X	X	X	X
Chronic Heartburn and Acid Reflux	X				X
Chronic Pain	X	X		X	X
Congestive Heart Failure		X	X		X
Depression		X		X	X
Diabetes		X		X	X
Heart Disease	X	X		X	X
Hepatitis	X	X			X
High Blood Pressure					X
HIV Disease (AIDS)	X	X	X	X	X
Inflammatory Bowel Disease	X				X
Irritable Bowel Syndrome	X				X
Kidney Stones	X				X
Multiple Sclerosis	X	X		X	X
Parkinson’s Disease	X	X		X	X
Peptic Ulcer Disease	X				X
Renal Failure		X			X
Stroke		X		X	X

Living a Healthy Life with Chronic Conditions – Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and other Physical and Mental Health Conditions.

PARENTING CLASSES WITH A FOCUS AROUND ADDICTION AND RECOVERY



Come Learn more about
Parenting with a Positive
Focus

- Practice Self-Care
- Have Fun as a Family
- Focus on the Positive
- Build a Sense of Community
- Accept and Validate Feelings
- Assume Flexible Family Role

Starts February 26, 2019 it is a 17-week program from 12-3

Every Tuesday

there are only 10 slots sign up soon, so you have a spot.

Have any questions please contact

Joellen 541-573-8003

Sponsored by:

Spirit Warriors

(A&D Program)

Frito Pie!



FEBRUARY **27, 2019**

LIVING IN SOBRIETY POTLUCK

Are you living a life of Sobriety? Come join us for our first Sobriety Potluck at the Gathering Center, they are the last Wednesday of each month from 5:30 – 7 PM.

This month the main dish will be Frito Pie bring your favorite side dish to go with it. This month's topic is just to get to know each other and have fun.

Have questions please call Joellen at 541-573-8003

**Are you living in
Sobriety?**

**Do you know who
in your community
is Sober?**

**Do you need more
Sobriety support?**

**What to hang with
others in the
community that
are in Sobriety?**

**Do you want to
know more about
resources for
Sobriety in the
community?**

Sponsored by:

**Spirit
Warriors**

CULTURE NIGHT

FEBRUARY 28TH, 2019

GATHERING CENTER

DINNER AT 5PM

CRAFTS 5:30-7:30PM

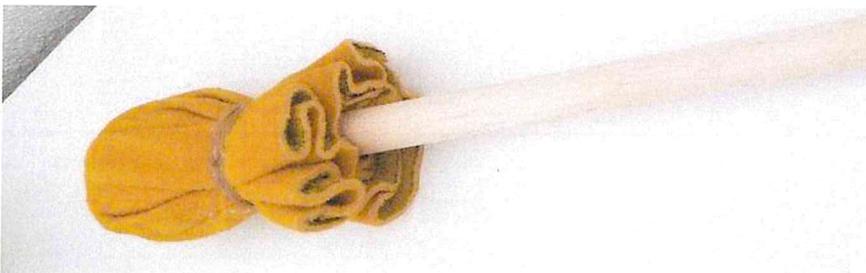
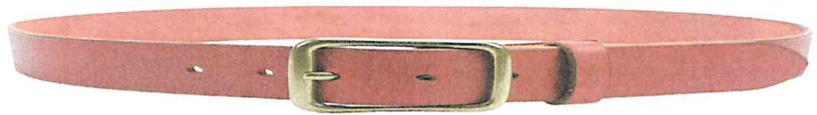


WE WILL HAVE DIFFERENT STATIONS TO CHOOSE FROM

SO COME EARLY

SOME STATIONS ARE

10 PEOPLE OR LESS



LEATHER BELTS

KEY CHAINS

CHOKERS

DRUM STICKS

If you have a craft you would like to teach

or anything you would like to share

Please contact Lanette@ 541-573-8002



American Legion

Celebrating 100 Years of Service to Our Country

POT LUCK DINNER

Hosted by American Legion Post 63 and Unit 63

SATURDAY, MARCH 16, 2019

Harney County Community Center

Doors Open at 2:30 p.m.

Program Starts at 3:00

Dinner Served Following the Program

In March of 1919, the American Legion was founded on four pillars: Veterans Affairs and Rehabilitation, National Security, Americanism, and Children and Youth. Each of these pillars encompasses a variety of programs that benefit our nation's veterans, its service members, their families, the youth of American and ordinary citizens.



Questions? Call Ron Copeland at 360-301-4163 or Shirley Torrey at 541-589-2468