

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 7 NO. 21

March 2, 1998

Weekly Menu

Mar. 2 - Mar. 6

DINNER



LeRoi

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, 2% or Skim Milk
- Tue.- Bean Soup, Chicken Salad Sandwich, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Wed.- Turkey Club Sandwich, Soup, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Thu.- Variety Pizza, Salad Bar, Dessert, 2% or Skim Milk
- Fri. - Tuna Salad Sandwich, Soup, Salad Bar, Dessert, 2% or Skim Milk

March 9



Rita

- Mon.- Honey Roasted Turkey Sandwich, Soup, Salad Bar, 2% or Skim Milk



Dennis

SUPPER

- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% or Skim Milk
- Tue.- Pork Chops, Rice, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Meatballs over Noodles, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Grilled Steak, Baked Potato, Garlic Toast, Tossed Salad, Fresh Fruit, 2% or Skim Milk
- Fri.- Lasagna, Garlic Toast, Vegetable, Salad Bar, Dessert, 2% or Skim Milk



Bugs

- Mon.- Baked Ham, Baked Potato Wedges, Vegetable, Salad Bar, 2% or Skim Milk

Graduation Pictures

Graduation Pictures will be taken
March 6, 1998,
from 10:00 am to 12:00 Noon
at the Skills Center,
contact Ext. 209.

All is getting serious for Nursing Students

Graduating students are being reminded that applications for graduation are due; picture taking can be arranged; cap and gown fittings are scheduled. But class assignments continue; new babies are arriving and require caring; and there is the management/leadership course to be arranged. Mid-term evaluations are due -- and sometime there will be a pinning ceremony. On March 17 they will be joining 200-300 nurses at the Radisson for the St. Alexius All Nursing Conference.

First year students are busy too as they experience mid-term clinical evaluations, learn the mechanics of doing a well-made patient bed, master the skills related to the art of taking a temperature, pulse, respiration, blood-pressure -- plus the underlying principles where there are deviations. And there are the safety features to be kept in mind when moving a sick patient from one position to another. Watching videos clarifies all of this - prior to being taped when doing some of the procedures. And then there is the joint evaluation with an instructor. It's good having Deanna LaVallie as a peer tutor assisting with this learning process.

Yes, all is getting serious for nursing students!
Submitted by Sister Kathryn Zimmer,
Director, AASPN Program



United Tribes Art Student Wins Logo Contest

Christine Fox entered a logo contest last December that was held by the Native Outreach Program at the Mayo Clinic in Rochester MN. She was notified this week that she was the winner. Christine will be traveling to Rochester in June to work with the clinic to get the logo into print.

Congratulation to Christine for a job well done!

CHEMICAL HEALTH CENTER

The Twelve Steps Toward Sobriety

1. I admit that because of my dependence on alcohol that I have been unable to care for myself and my family.
2. I believe now that a greater spirit can help me regain my responsibilities and model the life of my forefathers.
3. I rely totally on the ability of the Great Spirit to watch over me.
4. I strive every day to get to know myself and my position within the nature of things.
5. I admit to the Great Spirit and to my Indian brothers and sisters the weaknesses of my life.
6. I pray daily to the Great Spirit to help me.
7. I pray daily to the Great Spirit to help me correct my weaknesses.
8. I make an effort to remember all those that I have caused harm to and with the help of the Great Spirit achieves the strength to try to make amends.
9. I do make amends to all those Indian brothers and sisters that I have caused harm to whenever possible through the guidance of Great Spirit.
10. I do admit when I have wrong to myself, those around me and the Great Spirit.
11. I seek through Purification, Prayer, and Meditation to communicate with the Great Spirit as a child to a father in the Indian way.
12. Having addressed these steps, I carry this Brotherhood and Steps of Sobriety to all of my Indian brothers and sisters with alcohol problems and together we share all these principles in all of our daily lives.

"Just Say No" Family Club Schedule:

Mar. 5: *Swim and Slide, Mandan Comm. Center, 901 Division St., Mandan, Sun. 2-5 pm. Bus leaves Cafeteria at 2:00 pm, returns 5:00 pm.*

Mar. 12: *Bowling at Capitol Lanes, 1231 W. Divide Ave. Bus leaves Cafeteria at 6:00 pm, be ready to bowl at 6:30 - 7:30 pm.*

Mar. 19: *Pizza Party, Speaker and Games, Thurs., Cafeteria - 6:00 pm.*

Mar. 26: *Presentation in the Small Gym, topics to be determined. Thurs. 6:00 pm - Small Gym.*

April 5: *Trip to the Heritage Center and ND State Capitol.*

April 12: *Easter Sunday Egg Hunt and Games.*

April 16: *Crafts and Games, Thurs. 6:00 pm - Small Gym.*

April 23: *UTTC Health Fair (to be planned)*

April 26: *River Walk and Picnic, Sun. 2:00 pm, Sertoma Park.*

April 30: *Presentation, Thurs. 6:00 pm - Small Gym.*

May 3: *Trip to the Zoo, Sun., Sertoma Park, Bus leaves at 2:00 pm.*

Attention Students!!! The Learning Center will be open on:

Tuesday, March 3
Marge Palaniuk

Wednesday, March 4
Elton Spotted Horse

Thursday, March 5
Monica Comeau
Until 8:00 pm



Student Health Center

The Student Health Center and the Child Development Centers are seeing a few cases of diarrhea. This is a symptom of a specific condition.

DIARRHEA: rapid movement of fecal matter through the intestine resulting in poor absorption of water, nutritive elements and electrolytes producing frequent, watery stools. The major causes are local irritation of the intestinal musosa infection or chemical agents (gastroenteritis) and emotional disorders.

PARENTS will be notified of these symptoms for the welfare of the child. This symptom usually is accompanied by other symptoms which indicate the presence of infection. Notification of parents, after consulting with facility's health consultant shall follow the recommendation of that consultant regarding all the symptoms the child is displaying. Generally, these recommendations can be made by common sense.

Effection control and prevention of infectious diseases in the child care depends on affirmative relationships between parents, caregivers, public health authorities and the primary health care provides. These signs and symptoms may indicate a significant systemic infection that requires professional medical management and parental care.

Because diarrhea illness caused by an infectious agent may spread from child to child or from child to staff, either or both should be excluded from the Day Care setting or until seen by a doctor to indicate no further diarrhea is evidenced. Antibiotic therapy may not alter symptoms, but it does decrease shedding of the organism, and therefore, lowers the infectivity of these children. At times antibiotic therapy is generally not recommended unless the diarrhea is severe, sepsis is present or the child has specific underlying medical condition making the illness problematic. The children, none the less, must still be excluded from the child care setting until the actual diarrhea is resolved.

At times, the child will recover quickly at home in his/her own environment, under his/her blanket, with his/her parents.

The Day Care facility and the Student Health Center must be in compliance with the North Dakota State Health Department. National health and safety performance standards and guidelines for child care,

American Academy of Pediatrics and the North Dakota State Department of Human Services.

Diabetes Among American Indians

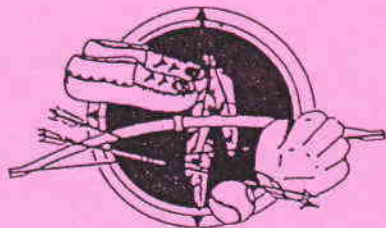
American Indians are a growing population. The latest population statistics reflect almost two million American Indians, an increase of 37% from 1980.

- One tribe, the Pimas of Arizona, are 300% more likely to have diabetes.*
- At least 1 in every 4 Pimas has diabetes.*
- Early reports by physicians working with American Indians indicated that diabetes was rare. By the mid 1980's American Indians were more than 10 times more likely than the general population to incur diabetes. One tribe, the Pima Indians of Arizona has the highest rate of diabetes in the world. About 50% of Pimas ages 35 years or older have diabetes.*
- Today, diabetes has reached epidemic proportions among American Indians. Complications from diabetes are major causes of death and health problems in most American Indian populations.*
- The serious complications of diabetes are increasing in frequency among American Indians. Of major concern are increasing rates of kidney failures, amputations, and blindness. In its most recent report, the National Diabetes Advisory Board noted that approximately 40% of all Indian receiving dialysis or transplantation in 1983 had diabetes, compared to 25% of the general population.*
- Among American Indians, the Pima Indians have been reported to have higher infant mortality rates associated with diabetes during pregnancy. The rate in Pima Indians is 3.8 percent compared with .28 percent for the general population.*
- The cost of diabetes-related kidney disease in one Indian Health Service administrative region alone was \$2.6 million.*

**Information for the
Next Newsletter must be
submitted to Arrow Graphics
No later then March 6
Attn: Wanda Swagger**

American Indian and Alaska Native People

Keepers of Wisdom
To Strengthen the Hearts



Give your heart a workout!

Strength, wisdom, and good health are American Indian birthrights. Our elders taught us many healthy ways that were practiced for many generations. Over time, some healthy traditions have been traded for unhealthy ways that increase the chances of getting some diseases.

Heart disease is the leading cause of death for American Indians and Alaska Natives today. We can do something to prevent heart disease. Being active is one way to keep a healthy heart.

Being active has always been part of our daily life. We hunt animals, play games, dance, run, swim, and ride bikes. Let us keep these healthy ways. At work or at home—give your heart a workout!

Brisk walking can give your heart a workout. It is good for both the young and old. Take a brisk walk for at least 20 minutes three times a week, alone or with your family. Start slowly and build up as you go along by walking longer and farther. Walking is an easy way to stay active.

Staying active is one of the best things we can do for our hearts. Being active is good because:

- ◆ It helps take off extra weight
- ◆ It helps lower high blood pressure and high blood sugar.

- ◆ It is relaxing.
- ◆ It gives the body more energy.
- ◆ It builds heart and lung strength.

Enjoy being active—it's part of our healthy traditions!



Celebrate good health! Healthy traditions prepare the hearts of tomorrow. Share this wisdom with your family and others.



National Institutes of Health
National Heart, Lung, and Blood Institute
Bethesda, Maryland

Indian Health Service
U.S. Department of Health and Human Services
Washington, D.C.



American Indian and Alaska Native People

Keepers of Wisdom
To Strengthen the Hearts



Treat your heart to a healthy celebration!

Strength, wisdom, and good health are American Indian birthrights. Our elders taught us many healthy ways that were practiced for many generations. Over time, some healthy traditions have been traded for unhealthy ways that increase the chances of getting some diseases.

Heart disease is the leading cause of death for American Indians and Alaska Natives today. We can do something to prevent heart disease. Healthy eating is one way to help your heart stay healthy.

Native foods and traditional ways can help us stay healthy. Native foods can still be found in many places today. We can also grow traditional plants such as beans, corn, pumpkin, squash, and melons. Berries, nuts, plants, fish, caribou, deer, rabbit, duck, and other native foods can be included in healthy eating. Traditional ways of preparing food like drying, baking, stewing, and boiling are good and healthy for the heart, too.



Today, many American Indian families choose foods that are high in fat, sugar, and salt. We also eat more than we used to. Many of today's eating habits can lead to disease.

Here are tips for making healthy food choices:

- ◆ Choose fish, fowl, deer, and caribou.
- ◆ Eat lean cuts of beef, pork, and mutton.
- ◆ Trim the fat from fresh meat. Take off the skin of chicken and other fowl, too!
- ◆ Remove fat from canned meat.
- ◆ Eat rice, corn, oats, and beans. Use brown rice and whole wheat flour.
- ◆ Eat salads and sandwiches with little or no dressing.
- ◆ Eat fruits and vegetables.
- ◆ Drink low-fat or skim milk and choose low-fat cheese.
- ◆ Bake, boil, broil, steam, or roast! Fry foods less often, and use vegetable oil instead of lard or shortening.
- ◆ Drain the liquid from canned vegetables and the syrup from canned fruits.

Let us treat our family to healthy eating every day!

Celebrate good health! Healthy traditions prepare the hearts of tomorrow. Share this wisdom with your family and others.



National Institutes of Health
National Heart, Lung, and Blood Institute
Bethesda, Maryland

Indian Health Service
U.S. Department of Health and Human Services
Washington, D.C.



ATTENTION GRADUATING STUDENTS:
THESE ARE THE CHOICES YOU HAVE TO
SELECT FOR YOUR GRADUATION MOTTO

WE WILL WALK THROUGH THIS WORLD EACH IN OUR OWN
WAY

WITH THE PASSING OF TIME WE HAVE ACQUIRED
KNOWLEDGE , UNDERSTANDING, AND FRIENDSHIPS; WITH
THE HELP OF MANY, WE ARE PREPARED TO MEET
TOMORROWS CHALLENGES.

WE DO NOT FEAR THE FUTURE; FOR WE ARE THE FUTURE .

DO NOT FOLLOW WHERE THE PATH MAY LEAD, GO
INSTEAD, WHERE THERE IS NO PATH AND LEAVE A TRAIL

EACH OF US HAVE DIFFERENT TALENTS, DIFFERENT
DREAMS, AND DIFFERENT DESTINATIONS; YET, WE ALL
HAVE THE POWER TO MAKE A NEW TOMORROW

TO ACCOMPLISH GREAT THINGS WE MUST NOT ONLY ACT,
BUT ALSO DREAM, NOT ONLY PLAN, BUT ALSO BELIEVE

I BELIEVE I COULD FLY, I BELIEVE I COULD TOUCH THE SKY

SEE YOUR ADVISOR FOR THE VOTING
BALLOTS ON THURSDAY, MARCH 5.