

# UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER

VOL. 4 NO. 13

December 18, 1995

## Weekly Menu

*Dec. 18 to Dec. 20*

### DINNER

Mon.- Goulash  
Tue.- Bean Soup & Ham Sandwich  
Wed.- Roast Beef w/Mashed Potatoes

### SUPPER

Mon.- Hamburger on a Bun  
Tue.- Pork Chops & Rice  
Wed.- Swedish Meatballs over Noodles

**Cafeteria Closed  
December 21 thru January 2**



## Message for the Moment

The AASPN Program observed its annual Lamplighting ceremony at 9:00 a.m. on Thursday, December 14, in the UTTC cafeteria Dining Area.

After a few opening remarks by Nursing Director, Sister Kathryn Zimmer, second year students were presented with lighted Nightingale Lamps by nursing faculty, Kathy Tokach, Anne Heid and Sherry Messmer. This was followed by a delicious muffin breakfast in which 1st year students and guests participated.

Guest speaker was Ms. Nina Martin, Director of the UTTC Early Childhood Program. Dwelling on the theme of light, she closed by inviting those being honored to be LUMINARIES for the world.

Anne Heid gave the closing prayer, "Keepers of the Spirit."

Those presented with lamps were Pierre Berger, Marilee Byington, Christine Johnson, Danielle Lyons, Linda Martinez, Bonnie Mehrer, Linda Nygard, Dana Reidhammer, Deborah Sperle, Rhonda Taken Alive, Marie Ternes and Nikki Volz. Glenda Rush and Shelly Harvey are also member of this class and received lamps previously when they were at UTTC.

And now the message for THIS moment: A BLESSED CHRISTMAS AND A JOY-FILLED 1996.

submitted by  
Sister Kathryn Zimmer, Director AASPN



## ATTITUDE

"The longer I live, the more I realize the impact of attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skills. It will make or break a company...A church...A home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... We cannot change the fact that people will act a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...We are in charge of our ATTITUDES."

Charles Swindall

CHEMICAL HEALTH CENTER  
wishes the UTTC staff, students and everyone  
a very Merry Christmas and  
a Happy New Year.

## Attention Deficit Hyperactivity Disorder

"Maybe you know my kid. He's the one who says the first thing that comes to mind. He's the youngster who can't remember a simple request. When he scrapes his knee, he screams so loud and long that the neighbors think I am beating him. He's the kid in school with ants in his pants who could do the work if he really tried. Or so his parents have been told over and over again." Drawn from Mary Fowler's (1990). Used with permission.

What is Attention Deficit Disorder?

It is a developmental disability estimated to affect between 3-5% of all children (Barkley, 1990). The disorder is characterized, impulsivity, and in many but not all cases, hyperactivity.

What causes ADD?

Scientific evidence suggests that the disorder is genetically transmitted in many cases, and caused by a chemical imbalance or deficiency in certain neurotransmitter that regulate the efficiency with which the brain controls behavior.

What are the signs of ADD?

Inattention. A child is usually described as having a short attention span and as being distractible. The child will have difficulty concentrating on tasks that are routine or boring, listening, beginning or finishing tasks, and following directions.

Impulsivity. The child often acts without thinking, and has great difficulty waiting for his or her turn.

Hyperactivity. (Poor motor control). Many (but not all) children with ADD are hyperactive. This child runs or climbs excessively, has difficulty sitting still, fidgets, and engages in physical activity not related to the task, such as frequent pencil sharpening, falling out of his or her chair, finger tapping, or fiddling with objects.

Disorganization. Inattentiveness and impulsivity often cause the child with ADD to be very disorganized.

Social Skills Deficits. The child with ADD is often described as immature, lacking in self-awareness and sensitivity, and demanding of attention.

Don't All Children Show These Signs Occasionally?

From time to time all children will be inattentive, impulsive, and exhibit high energy levels. But, in the case of ADD, these behaviors are the rule, not the exception.

How do I know for sure if my child has ADD?

There is no simple test, such as a blood test or urinalysis, which will determine if a child has this disorder. An accurate diagnosis requires an assessment conducted by a well-trained professional, usually a developmental pediatrician, child psychologist, child psychiatrist, or pediatric neurologist.

What does an ADD Assessment involve?

1. A thorough medical and family history.
2. A physical exam
3. Interview with the parents, child and child's teacher.
4. Behavior rating scales.
5. Observation of the child.
6. Psychological tests which measure I.Q. and social and emotional adjustment, as well as screening for learning disabilities.

How do I get my child evaluated for ADD?

If you suspect an attention or hyperactivity disorder, contact your child's teacher, pediatrician or early intervention services that are available in your area.

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How is ADD treated?

There is no cure or "quick fix" when treating ADD. Widely publicized "cures" such as special diets have, for the most part, proven ineffective. ADD generally requires these basic components about the disorder, training in the use of behavior management, medication when indicated, and an appropriate educational program.

How can I help my child improve self-esteem?

Most undiagnosed and untreated children with ADD suffer from low self-esteem. To encourage a good sense of self this child must be helped to recognize personal strengths and to develop them. These are not children who can't, or won't. They can and do. It's just that "can" and "do" come harder for them.

Does my child need special education?

Approximately one half of the children with ADD are able to learn satisfactorily and perform to their ability levels within a regular education classroom when the disorder is recognized, understood, and when curriculum adjustments to the regular program of instruction are made.

What are my child's legal rights for special education?

Numerous sources are available to provide information about your child's rights to receive a special education and related services. For an in-depth explanation of the laws governing the rights of children, contact the National Information Center for children and Youth With Disabilities.

Where can I find a parent support group?

There are support groups within the Bismarck-Mandan area. The Student Health Center at United Tribes are in the process of organizing a support group for parents on campus to possibly begin the second semester 1996. Any parent wishing further information, please contact Suzanne Cadotte RN, ext 247 for further details.

*News for the next weekly  
Newsletter should be turned in  
no later than  
December 29, 1995.*



**HAPPY BIRTHDAY**  
to my sons  
Blake Falcon - January 2  
Billy Falcon, Jr. - January 6  
love mom  
Elizabeth Good Shield

## Site Survey Team visits United Tribes Technical College

On December 14-15, 1995 a site survey team visited United Tribes Technical College for the purpose of evaluating the Health Information Technology Department for possible.

Dr. David Gale, Dean of the College of Allied Health and Nursing of Eastern Kentucky University represented the American Medical Association during this visit. Donna Wilde, MPH, RRA, Director of the Health Care Information Programs at Shoreline Community College in Seattle, Washington represented the American Health Information Management Association from Chicago.

The visit was very comprehensive and detailed. The team made several nice comments about the program and suggestions for improvement. Although the team is prohibited from notifying the college as to the actual outcome of the accreditation visit, indication was given that the visit was positive. We have every expectation that full accreditation will be granted and we should have official notification by April 1996.

Congratulations to Administration, Faculty and Staff for the generous support that made the site visit as positive as it was.

Thank You  
James Steen

Director, Health Information Technology



*Left to Right: Dr. David M. Gipp, President, UTTC; Donna Wilde, Site Survey Team; Eileen Erath, Health Information Tech. Instructor; Sherri Baker, Office Tech. Instructor; Dr. David Gale, Site Survey Team; James Steen, Health Information Tech. Director.*