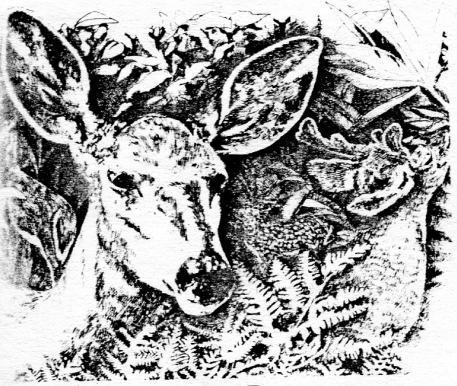


TITLE 6 "KCHI-WEW-IS-UWEY"



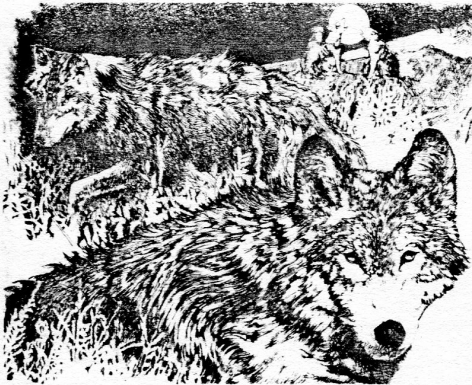
The Key Deer



The Grizzly Bear



The Southern Bald Eagle



The Eastern Timber Wolf



The California Bighorn

VOLUME 2 ISSUE 2

JANUARY 1982

OFFICES LOCATED AT:
PLEASANT POINT 853-2551, EXT. 254
FRANCES K. NICHOLAS, DIRECTOR
INDIAN TOWNSHIP 796-230L, EXT. 296
PHYLLIS LANK, LIASON

DENTAL NEWS FOR ELDERLY

WE ENCOURAGE OUR ELDERLY COMMUNITY MEMBERS TO MAKE YEARLY VISITS TO THE DENTAL CLINIC FOR EXAMS. EVEN THOSE PEOPLE WHO HAVE COMPLETE DENTURES AND ARE SATISFIED WITH THEM, SHOULD MAKE AN APPOINTMENT EVERY YEAR SO THAT THE DENTIST CAN CHECK THE FIT AND EXAMINE THE MOUTH FOR SORE SPOTS. THOSE PEOPLE WHO HAVE PARTIAL DENTURES SHOULD BE REMINDED THAT THE TEETH NEED TO BE CLEANED EVERY SIX MONTHS IN ORDER TO KEEP THE GUMS HEALTHY. WE ARE PRESENTLY BOOKED UP WELL IN ADVANCE, SO PLEASE CALL THE DENTAL OFFICE 853-2551, EXT. 266 AND MAKE AN APPOINTMENT IF YOU HAVEN'T DONE THIS ALREADY.

WITH SMILES,
THE DENTAL STAFF
DR. GREENLAW
BEATTY NICHOLAS
CYRIL FRANCIS
MIKE FARRELL

MY NAME IS ROBERT MENDOZA. I AM THE NEW HEALTH PLANNER FOR THE PLEASANT POINT HEALTH CENTER. I AM A CREEK INDIAN, ORIGINALLY FROM OKLAHOMA. I HAVE PREVIOUSLY WORKED FOR THE PASSAMAQUODDY TRIBE AS A NEWSLETTER EDITOR, IN THE TRIBAL PLANNING DEPT. AND MOST RECENTLY, AS THE WIC DIRECTOR.

MY JOB CONSISTS OF: DEVELOPING AND WRITING PROGRAM PROPOSALS, REVISING JOB DESCRIPTIONS, DEVELOPING POLICIES, PROCEDURES AND PROTOCOLS FOR VARIOUS HEALTH CENTER PROGRAM ACTIVITIES, OVERSEEING STAFF TRAINING, COMPILING RELEVANT STATISTICS AND INFORMATION FOR FUTURE PLANNING.

I ENJOY MY WORK FOR THE HEALTH CENTER AND AM OPEN TO ANY IDEAS OR SUGGESTIONS FROM THE COMMUNITY CONCERNING BETTER PLANNING FOR HEALTH.

HYPOTHERMIA

1. DANGEROUSLY LOW BODY TEMPERATURE. PREVENTIVE MEASURE FOR THE ELDERLY.

1. WEAR A HAT AT NIGHT WHEN ASLEEP.
 2. CHECK YOUR TEMPERATURE EVERY A.M. UPON RISING.
 3. DIET SHOULD BE WELL BALANCED WITH PLENTY OF FLUIDS.
 4. KEEP THERMOSTAT NO LOWER THAN 60 DEGREES DURING THE DAY AND NO LOWER THAN 55 DEGREES AT NIGHT.
 5. DO NOT DRINK ALCOHOL WHEN IN A COLD ENVIRONMENT BECAUSE IT WILL CAUSE THE BLOOD VESSELS TO DILATE AND LEAD TO A FURTHER LOSS OF HEAT.
2. A PERSON SUFFERING FROM HYPOTHERMIA FIRST BECOMES CONFUSED, THEN THE REST OF HIS NERVOUS SYSTEM SLOWS DOWN LEADING TO UNCONSCIOUSNESS.
3. DUE TO POOR RECOGNITION OF HYPOTHERMIA IN THE ELDERLY IT IS FREQUENTLY MISSED AND CAN BE FATAL.
- MAKE SURE YOU KEEP YOUR TEMPERATURE BETWEEN 68 & 72 DEGREES.
4. WHEN YOU GO OUTSIDE MAKE SURE AND WEAR WARM CLOTHING.

SAFETY TIPS FOR THE WINTER

1. FALLS

1. TO PREVENT FALLS OUTSIDE OF YOUR HOME ALWAYS KEEP YOUR WALKWAY CLEAR OF ICE AND SNOW. (SALT WILL MELT ICE).
2. WEAR GOOD FOOTWEAR WHEN YOU GO OUT. GOOD FOOTWEAR PROVIDES GOOD TREACTION.
3. TAKE A CANE WITH YOU WHEN YOU GO OUT FOR BALANCE. IF YOU DON'T HAVE A CANE, USE A STICK, YOU'LL BE SURPRISED HOW MUCH IT HELPS.
4. IF YOU TRACK WATER AND SNOW INTO THE HOUSE. CLEAN IT UP AS SOON AS POSSIBLE BECAUSE YOU COULD SLIP AND FALL.
5. IN CASE OF POWER FAILURE MAKE SURE YOU HAVE EMERGENCY LIGHTING, FLASH LIGHTS, CANDLES, ETC.
6. MAKE SURE YOU HAVE AT LEAST 3 OR 4 DAYS SUPPLY OF FOOD, IN CASE YOU CAN'T GET TO THE STORE.

QUESTIONS AND ANSWERS ABOUT "KEEP IN TOUCH"

1. WHAT IS THE "KEEP IN TOUCH" PROGRAM? IT IS A SERVICE TO PROVIDE DAILY TELEPHONE CONTACT, SEVEN DAYS A WEEK, WITH PERSONS LIVING ALONE, OR TEMPORARILY ALONE, TO CHECK ON THEIR WELL-BEING.
2. WHAT DO I DO TO JOIN? YOU SIMPLY FILL OUT A "KEEP IN TOUCH" APPLICATION FORM AND SEND IT TO: _____

3. WHO IS "KEEP IN TOUCH" FOR? IT IS FOR PEOPLE OF ALL AGES WHO LIVE ALONE IN YOUR TELEPHONE AREA, DESIRE THE SERVICE AND CAN BENEFIT FROM IT.
4. WHAT DO I DO IF I DO NOT NEED THE SERVICE FOR AWHILE? IF YOU ARE PLANNING TO BE AWAY FOR ANY PERIOD OF TIME, EVEN FOR A DAY, BE SURE AND TELL THE VOLUNTEER AT YOUR "KEEP IN TOUCH" CENTER THE DAY BEFORE YOU GO. IF YOU FIND OUT LATE IN THE DAY THAT YOU WILL BE GONE DURING YOUR CALL - IN TIME, LEAVE A MESSAGE AT YOUR "KEEP IN TOUCH" CENTER.
5. WHEN DO I CALL IN? PLEASE CALL DURING YOUR ASSIGNED TIME. WE WILL BE EXPECTING YOUR CALL AT THAT TIME EVERY DAY. THE TELEPHONES WILL BE ANSWERED FROM _____ UNTIL _____ EACH DAY OF THE WEEK.
6. MUST I CALL IN EVERY DAY? YOU MUST CALL IN EVERY MORNING INCLUDING SUNDAYS AND HOLIDAYS AT YOUR ASSIGNED TIME. IF YOU DO NOT CALL IN, WE WILL BECOME CONCERNED FOR YOU.
7. WHAT DO I SAY WHEN I CALL IN? ALL YOU NEED TO SAY IS YOUR NAME. PLEASE WAIT UNTIL YOU ARE SURE THAT THE VOLUNTEER HAS HEARD YOU AND UNDERSTOOD YOU.
8. WHY DO YOU WANT THE NAMES OF TWO CONTACT PERSONS? IF YOU FAIL TO CALL IN AND IF WE DO NOT GET AN ANSWER FROM YOUR TELEPHONE WHEN WE CALL YOU, IT IS IMPORTANT THAT WE FIND OUT WHY WE CANNOT REACH YOU. WE WILL CALL YOUR CONTACT PERSONS AND REQUEST THAT THEY CHECK ON YOU. IF WE FAIL TO RECEIVE ASSURANCE OF YOUR WELL-BEING, SOMEONE WILL COME TO YOUR HOUSE.
9. WHO WILL COME TO MY HOUSE IF YOU THINK SOMETHING IS WRONG WITH ME? YOUR CONTACT PERSON OR YOUR LOCAL "KEEP IN TOUCH" VOLUNTEER.
10. WHAT WILL HAPPEN IF I REPEATEDLY FAIL TO CALL? IN THE EVENT

FIRE ESCAPE TIPS

1. HAVE A PREPLANNED FIRE ESCAPE.
2. HAVE TWO WAYS OUT IN CASE REGULAR EXIT GETS CUT OFF.
3. ALWAYS CLOSE YOUR BEDROOM DOOR, BECAUSE SMOKE IS THE BIGGEST KILLER, NOT FIRE!
4. FEEL DOOR IF HOT, GO OUT 2ND EXIT.
5. IF USING WINDOWS, BE SURE YOU CAN OPEN SCREENS, STORM WINDOWS, CHECK OFTEN TO MAKE SURE IT'S NOT FROZEN SHUT, IF YOU CAN'T OPEN THE WINDOW, BRAKE IT OPEN WITH ANYTHING HANDY AND PUT A BLANKET OVER THE BOTTOM OF THE WINDOW, SO YOU WON'T GET CUT WHEN YOU CLIMB OUT.
6. IF ROOM IS FILLED WITH SMOKE CRAWL ON THE FLOOR TO YOUR EMERGENCY EXIT.
7. KEEP CALM.
8. INSTALL SMOKE DETECTORS, THEY ARE NOT VERY EXPENSIVE AROUND \$20.00, IF YOU BUY ONE LET ME KNOW AND I'LL INSTALL IT FOR YOU.

THANK YOU,
CHICK BARNES

CONTINUED FROM FOLLOWING PAGE

OF REPEATED FAILURE TO CALL IN AT YOUR DESIGNATED TIME, A "KEEP IN TOUCH" VOLUNTEER WILL CONTACT YOU TO SEE WHETHER OR NOT YOU WISH TO CONTINUE THE SERVICE.

11. WHO PAYS FOR THIS SERVICE? THIS IS A PROJECT SPONSORED BY _____ WITH ASSISTANCE FROM THE COOPERATIVE EXTENSION SERVICE OF WASHINGTON COUNTY. THE TELEPHONES ARE ANSWERED BY VOLUNTEERS. THERE IS NO CHARGE TO THE PERSON USING THIS SERVICE.

12. WHERE DO I OBTAIN FURTHER INFORMATION? _____
- _____

	Monday	Tuesday	Wednesday	Thursday	Friday
EB. 1 to 5	Baked Fish-Tarter Sauce Parsley Butter Potato Peas Whole Wheat Bread- Butter Milk Pineapple Cake 9	Meat Loaf-Catsup Creamed Potato Broccoli Whole Wheat Bread-Butter Milk Fruit Gelatin 73	Baked Chicken Hash Browned Potato Squash Whole Wheat Bread-Butter Milk Cranberry Crunch 8	Macaroni-Cheese Green Beans Carrot-Raisin Salad Whole Wheat Roll-Butter Milk Mandarin Orange Section Plain Cookie 85	Salisbury Steak-Gravy Potato In Jacket Beets-Orange sauce Whole Wheat Bread- Butter Milk Pears 52
EB. 3 to 12	Baked Sausage-Gravy Mashed Potato Stewed Tomato Whole Wheat Bread-Butter Milk Applesauce Molasses Cookie 7	Shepherds Pie Mixed Vegetables(NO Potato) Lettuce Salad Whole Wheat Roll-Butter Milk Peaches Cookie 82	Salmon Loaf-Hard Boiled Egg Sauce Parsley Butter Potato Spinich Whole Wheat Bread-Butter Milk Gingerbread 141	Beef Stew (1-1/2Cup) Hot Biscuit - Butter Milk Banana 28	Baked Beans Hot Dogs Carrot-Cabbage Slaw Brown Bread-Butter Milk Apple Crisp 24
EB. 15 to 19	<i>HOLIDAY</i> <i>Washington's</i> <i>Birthday observed</i>	Hamburg Pattie Scalloped Potato Carrott Pennies Whole Wheat Bread-Butter Milk Grapefruit Section Cookie	Ham - Raisin Sauce Sweet Potato Cauliflower Whole Wheat Bread-Butter Milk Peaches 5	Chicken Tetrizzini Green Beans Whole Wheat Roll-Butter Milk Cherry Cobbler	Barbequed Beef-Roll Peas and Carrots Coleslaw Milk Tapioca Pudding 27
EB. 22 to 26	Liver-Creole Sauce Mashed Potato Wax Beans Whole Wheat Bread- Butter Milk Pears Cookie 3	Meat Loaf-Gravy Potato in Jacket Carrots Whole Wheat Bread-Butter Milk Fruity Gelatin 33	Creamed Turkey Over Brown Rice Cranberty Sauce Spinich Whole Wheat Bread-Butter Milk Brownie 17	Baked Fish-Tarter Sauce Parsley Butter Potato Peas Whole Wheat Bread-Butter Milk Fruit Cocktail 9	Beef with Beans Coleslaw Cornbread-Butter Milk Rice-Raisin Pudding 114

Shirley W. Randall, R.D.M.S.
Consulting Dietitian

COOKING FOR 1 OR 2

PREPARING MEALS FOR ONE OR TWO CAN BE HARDER THAN PLANNING AND PREPARING MEALS FOR SOME OF THE ELDERLY. PREPARE SEVERAL MEALS AT ONCE FOR TONIGHT'S DINNER MAKE THREE OR FOUR. THEN LABEL, DATE AND FREEZE THE REST FOR ANOTHER DAY.

WHEN YOU'RE SHOPPING, SELECT FOOD CAREFULLY. BUY A FEW PIECES OF RIPE FRUIT THAT YOU CAN EAT RIGHT AWAY AND A FEW THAT AREN'T SO RIPE TO EAT LATER IN THE WEEK. BUY CANNED AND PACKAGE FOODS IN SIZE YOU WILL USE.

LOOK FOR WAYS TO ECONOMIZE BY COMPARING PRICES OF FRESH, FROZEN AND CANNED VEGETABLES AND FRUITS. WATCH FOR FRESH VEGETABLES AND FRUITS IN SEASON. FROZEN VEGETABLES IN LARGER ECONOMY SIZE BAGS CAN BE HANDY FOR ONE OR TWO. YOU CAN TAKE OUT A SERVING OR TWO AND STORE THE REST IN THE FREEZER.

BUYING LARGE SIZES OF STORABLE STAPLES SUCH AS FLOUR, RICE, AND SALAD OIL CAN ALSO SAVE YOU MONEY. ALSO COMPARE VALUE OF LOOKING AT UNIT PRICES ON FOOD PRODUCTS. THE UNIT PRICE WILL GIVE YOU THE PRICE PER SERVING OUNCE, POUND OR COMMON UNIT.

NUTRITION NOTES

MOST DIETS TODAY ARE RICH IN EGGS, WHICH ARE HIGH IN CHOLESTEROL AND MEATS, BUTTER, CREAM, AND WHOLE MILK WHICH ARE HIGH IN ANIMAL (SATURATED) FATS. EATING THESE FOODS TEND TO RAISE THE CHOLESTEROL LEVEL IN THE BLOOD. HIGH BLOOD CHOLESTEROL LEVEL CONTRIBUTE TO THE DEVELOPMENT OF ATHEROSCLEROSIS, A FORM OF HARDENING OF THE ARTERIES.

A CERTAIN AMOUNT OF CHOLESTEROL MUST ALWAYS BE PRESENT IN OUR SYSTEMS TO MAINTAIN LIFE AND HEALTH. WHEN WE EAT TOO MAY FOODS RICH IN CHOLESTEROL AND SATURATED FATS, THE SURPLUS CHOLESTEROL ENTERS THE BLOODSTREAM AND IS DEPOSITED IN THE LINING OF THE ARTERY WALLS. THESE DEPOSITS ACCUMULATE OVER MANY YEARS, NARROWING, ROUGHENING, AND SCARRING THE CHANNEL THROUGH WHICH THE BLOOD FLOWS. THIS IS THE CONDITION THAT UNDERLIES MOST HEART ATTACKS.

FOR PEOPLE WHO SHOW NO EVIDENCE OF HEART DISEASE, THE RISK OF HEART ATTACK MAY BE INCREASING IF THEIR REGULAR DIET HAS BEEN HIGH IN SATURATED FAT AND CHOLESTEROL. TO REDUCE THIS RISK, A MEAL PLAN THAT IS LOW IN SATURATED FAT AND CHOLESTEROL WHILE PROVIDING ALL THE ESSEENTIAL NUTRIENTS IS RECOMMENDED.

TO CONTROL THE AMOUNT AND TYPE OF FAT YOU EAT:

1. USE FISH, CHICKEN, TURKEY, VEAL FOR MOST OF YOUR MEAT MEALS FOR THE WEEK; USE MODERATE SIGNED PORTIONS OF BEEF, LAMB, PORK, AND HAM LESS FREQUENTLY.
2. CHOOSE LEAN CUTS OF MEAT, TRIM VISIBLE FAT, AND DISCARD THE FAT THAT COOKS OUT OF THE MEAT.
3. AVOID DEEP FAT FRYING; USE COOKING METHODS THAT HELP TO REMOVE FAT-BAKING, BOILING, BROILING, ROASTING, STEWING.
4. RESTRICT YOUR USE OF FATTY LUNCHEON AND VARIETY MEATS LIKE SAUSAGES AND SALAMI.
5. INSTEAD OF BUTTER AND OTHER COOKING FATS THAT ARE SOLID OR COMPLETELY HYDROGENATED, USE LIQUID VEGETABLE OILS AND MARGARINES THAT ARE RICH IN POLYUNSATURATED FATS.
6. INSTEAD OF WHOLE MILK AND CHEESES MADE FROM WHOLE MILK AND CREAM, USE SKIMMED MILK AND SKIMMED MILK CHEESE.

CORNBREAD

1 CUP FLOUR	¼ TEASPOON SALT
1 CUP CORN MEAL	1 EGG
2 TABLESPOONS SUGAR	1 CUP SKIM MILK
4 TEASPOONS BAKING POWDER	2 TABLESPOONS OIL

PREHEAT OVEN TO 375 F.

COMBINE FLOUR, CORN MEAL, SUGAR, BAKING POWDER AND SALT IN A LARGE BOWL. STIR WELL. BEAT EGG IN ANOTHER BOWL. ADD SKIM MILK AND OIL. STIR WELL. ADD LIQUID MIXTURE TO FLOUR MIXTURE. STIR UNTIL JUST BLENDED,

BATTER SHOULD BE A LITTLE LUMPY. POUR INTO GREASED AND FLOURED 8 INCH SQUARE PAN. BAKE 20-30 MINUTES UNTIL GOLDEN BROWN AND DONE MAKES 16, 2 INCH SQUARE PIECES.

HAPPY BIRTHDAY WISHES ARE EXTENDED TO THE FOLLOWING PEOPLE FROM THE STAFF FOR THE MONTH OF JANUARY :

PLEASANT POINT

EVA MOULTON	01-23-01
PETER BAILEY SR.	01-26-05
MARIA DANA	01-11-01
DAVID FRANCIS	01-23-17
SABATIS FRANCIS	01-22-13
FRANCES C. NICHOLAS	01-22-11
BEATRICE SOCTOMAH	01-29-20
VIRGINIA TOMAH	01-27-15

INDIAN TOWNSHIP

ALBERT DANA	01-23-17
LEWEY DANA	01-12-11
ELIZABETH NEWELL	01-11-05
PHYLLIS SOCABASIN	01-05-15
