



Mission: To promote the physical and emotional wellness of Native Americans by providing the highest quality of health care.

Upcoming Events:

Teen Tournaments begin on April 26, 2007, at the Timbee Hall.

Happy Easter
April 8, 2007

Shoshone-Bannock Tribes Health Education

April 2007 Newsletter

Immunization Month

Immunization is one of the most effective ways to protect infants and children from possibly serious diseases. There are many things parents want to give their children good health is perhaps the greatest gift. Vaccination is one of the most important ways a parent can protect their child's health. Most of today's parents

have never seen these diseases and the suffering they can cause and, then are less concerned about the need for immunization compared to other parental priorities. However, these diseases are not something of the past and circulating in many parts of the world. Over 1 million of our nation's two year olds are still missing one or

more of the recommended immunizations. Each day 11,000 babies are born who will need to be immunized against thirteen diseases. The week of April 21-28, 2007 has been declared National Infant Immunization Week to help ensure that children have all their vaccinations by the age of two.

National Child Abuse Prevention

The theme for 2007 National Child Abuse Prevention month is Healthy Families in Your Community. For every 1,000 **American Indian/Alaska Native** children, **16** were victims of abuse or neglect, according to Data (2004) & Child Maltreatment 2004 (NCANDS). Preventing child abuse and neglect is a community problem that depends on involvement among people throughout the community. Child maltreatment occurs when people find themselves in stressful situations without

community resources and parents who don't know how to cope. Idaho has seen a steady increase in the number of documented child abuse and neglect cases, according to the Health and Welfare Department. There are several studies that indicate abused or neglected children may suffer from substance abuse, obesity, and adult criminality later in life.

Ways to prevent child abuse.

- If baby cries. . . It can be frustrating to hear a baby cry. But, never

shake a baby-shaking a child may result in severe injury or death.

- Be a nurturing parent. Children need to know that they are special, loved and capable of following their dreams.
- Help yourself. When big and little problems of everyday life pile up to the point you feel overwhelmed and out of control-take time out. Don't take it out on your kid.

Source:
www.preventchildabuse.org



The Profession that focuses on Life Skills



For millions of people, the service of occupational therapy is a lifeline. People of all ages receive it to help them participate in the activities of their daily life. Sometimes people need occupational therapy to do things we take for granted, like getting dressed, being productive at school or work, eating unassisted, even socializing. Occupational therapy doesn't just treat medical conditions, it helps people stay engaged in the

activities that give them pleasure or a sense of purpose, despite challenges. Occupational therapists do this by helping people overcome their disabilities or medical conditions to do everyday things. The nature of the therapy depends on the individual and their environment; occupational therapists consider the whole person when developing a therapy plan. Occupational therapists

collaborate with physicians and other professionals to ensure a comprehensive approach. Children, for instance, sometimes have behavioral or developmental problems that limit their educational progress. Occupational therapy is so important to the well-being of children, and let the word out, that April is occupational therapy month.

Source: www.aota.org

Give thanks for unknown blessings already on their way."
Native American saying

KEEP OUR FUTURE GROWING: End Underage Drinking

Alcohol Awareness Month, sponsored by the National Council on Alcoholism and Drug Dependence since 1987, encourages local communities to focus on alcoholism and alcohol-related issues. Alcohol Awareness Month began as a way of reaching the American public with information about the disease of alcoholism - that it is a treatable disease, not a moral weakness, and that alcoholics are capable of

recovery. An integral part of Alcohol Awareness Month has been Alcohol-Free Weekend, which takes place on the first weekend of April (April 6-8, 2007). Alcohol-Free Weekend is designed to raise public awareness about the use of alcohol and how it may be affecting individuals, families, and businesses. During Alcohol-Free Weekend, NCADD extends an open invitation to all Americans to engage in three alcohol-

free days. Those who experience difficulty or discomfort in this 72-hour experiment are urged to contact local NCADD affiliates, Alcoholics Anonymous and Al-Anon to learn more about alcoholism and its early symptoms. Essentially, it is a community consciousness-raising effort about alcoholism and health related issues and may serve as a trigger to recovery.

Source: www.ncadd.org/programs/awareness



Health Education Corner

The Health Education Program would like to introduce Merilee Caldwell as the new Health Educator. She is a member of the Sho-Ban Tribes and a 2002 graduate of Pocatello

High School. She attended Boise State University in 2002-2004, and was a member of the Women's Basketball Team. And then attended Albertson's College of Idaho. While going to

school in 2006 worked at the local YMCA in Health and Fitness. In December of 2006 graduated with a degree in Physical Education and a minor in Education.