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Spilyay Tymoo

(Coyote News)

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Coyote News In Brief

Shelter planned
Grant received in 1995 provides for a women's shelter. Shelter director seeks suggestions for future of shelter. 2

Museum plans quilt show
The work of Warm Springs quilters will be featured in show beginning January 12 at The Museum at Warm Springs. 2

Classes offered
The Museum at Warm Springs is offering numerous classes as part of their cultural educational plan. 3

1995 revisited
Photos tell story of progress of Warm Springs. 4 & 5

Oregon A's win Tourney
Lapwai, ID was defeated by the Oregon A's in the Holiday Tournament. 6

Cougars to host tournament
Fourth annual tournament will be held January 26-28 at the Warm Springs Community Center. 6

4-H clubs profiled
4-H Livestock club is led by Laura Fuentes and Angie Orchard. 4-H offer how-tos to raise cows & sheep. 7

Winter soup recipes
Easy recipes are given for winter soups. 7



Cal-Nev met Lapwai, ID in game 6 of the Holiday Tournament. Lapwai won the game 128 to 94.

Workshop begins January 22

On November 15, 1995, representatives of the Deschutes National Forest and Confederated Tribes of Warm Springs Natural Resources staff discussed the proposals contained in the Metolius Wild and Scenic River Draft Management Plan with Tribal Council. In addition to the presentation to Tribal Council, a public workshop and public meeting in Warm Springs have also been scheduled.

The workshop will be held on Monday, January 22, 3 to 5 p.m. at The Museum at Warm Springs. The workshop will provide an informal atmosphere for Tribal members to review the draft plan, ask questions and offer comments. A formal public meeting will be held that same day,

6:30 to 8 p.m. at The Museum. This meeting will provide the opportunity for tribal and non-tribal members to offer testimony on the draft plan.

The public comment period will end on February 16, 1996 after which the participating agencies will finalize the plan. The opinions and comments of tribal members are very important to the process of determining how the Metolius River will be managed in the future. I would encourage you and anyone else with an interest in the Metolius River to participate in the workshop and/or meeting.

If you would like a copy of the draft management plan in advance of the workshop and meeting please contact Brian Cunningham or Sharlayne Garcia at 553-3548.

The Administrative Services Center (Tribal Council Office) will be hosting the 1996 Miss Warm Springs Pageant and Buffet on Friday, January 5, 1996 at 6:00 p.m. at the Agency Longhouse.

Come and join the festivity. Everyone welcome!

Please join us in celebrating the Grand Opening & Dedication of Jefferson County Middle School
1180 SE City View Street
Madras, OR
Saturday, January 13, 1996
at 10 a.m.
Tours through 2 p.m.



Seminar set

Restoring the Sacred—Awakening, Strengthening, Guiding and Protecting the Best in Our Children and Ourselves" is the title of a parenting seminar that will be offered in Warm Springs January 6 and January 13. Nancy Puente and Mark Bourassa, both child and family counselors at the Community Counseling Center, invite you to attend. One of the goals of the seminar is for parents, grandparents, aunts, uncles, teachers and friends to gain a fresh outlook on their role in the unfolding of children's lives. Another goal will be to enhance parenting skills. Keys to self esteem, barriers and builders to positive communication, effective discipline techniques and moral and spiritual development will be some of the topics addressed during the seminar.

The sessions will be held both Saturday mornings from 9-12 a.m. in the conference room at the old girl's dorm on Autumn Street near the elementary school in Warm Springs. The seminar is free and all are welcome. Refreshments will be served. Please call Mark or Nancy at 553-3205 for more information and registration.

Changes initiated in tribal benefits program

Close to 350 employees of the Confederated Tribes of Warm Springs turned out for recent Compensation and Benefits group meetings on 1996 health care and retirement plans. Claims coordinator Janell Smith said the large turnout may have been due in part to the meetings being mandatory. A total of 515 tribal employees are signed up for the plan through Compensation and Benefits. Major changes in the tribal health care plan were a critical factor in the department requiring employees to attend. The most significant of these changes was the Confederated Tribes of Warm Springs switching from Western Benefits, Inc. to NCAS-Northwest Inc. as their new third party administrator. Their contract includes the administrative duties and responsibilities of the health plan. The change to NCAS Northwest Inc. includes all departments under the Warm Springs tribal administration, Kah-nee-ta Resort, and Warm Springs Power Enterprise. The tribal entities of Indian Head Gaming Center, Warm Springs Composite Company, and Warm Springs Forest Products Industries are covered under different providers.

According to the 1996 tribal Health Care Benefits Plan Document, the change is being made to "...provide the "Highest Quality of Care" while spending resources wisely". The Confederated Tribes of Warm Springs spent over \$4 million on health care services in 1995 for tribal members, employees, and dependents. The change in health plans provides a comparison of cost for health care services.

That switch to NCAS-Northwest Inc. means Warm Springs tribal employees will now go by a preferred provider system of health care. A list of eligible preferred providers is available in the 1996 tribal Health Care Benefits Plan Document. For enrolled employee and family members in the health plan insurance will cover 85% of the first \$5,000 in allowable charges, with the employee holding 15% responsibility. If an employee were to go to a doctor or

dentist not on the preferred provider list, NCAS-Northwest Inc. would only pick up 75% of the tab. Other changes under the 1996 Health Benefit plan for tribal employees include a \$1,000 maximum annual benefit on the group dental portion and \$5 or 20% copayment on prescriptions with PCS Health Systems—a new prescription provider. Enrolled employees will now have one health card instead of separate ones for prescriptions and general health benefits. Pre-admission certification for surgeries and non-emergent hospital care will now be handled through Pacific Preferred.

This new system for tribal employees of preferred providers may have some impact when it comes to hospital care. The closest of the local hospitals, Mountain View Hospital in Madras, is not listed as a tribal preferred provider. While the choice of who to see remains up to the individual, under the health care plans new terms, NCAS-Northwest Inc. would only cover 75% of cost.

Mountain View Hospital Administrator Ron Barnes said the Warm Springs tribes switch in health care plans "took us by surprise" and that the hospital is now in contact to negotiate preferred provider status. Barnes handles all of the contracting for Mountain View Hospital District, under the authority of their board which meets next on January 18 at 7:30 p.m. Central Oregon District Hospital in Redmond, Pioneer Memorial Hospital in Prineville, and St. Charles Medical Center in Bend are hospitals in Central Oregon that are listed as preferred providers under the tribal plan.

Preferred providers are determined through negotiations with Pacific Preferred. This program contracts to simply negotiate with hospitals, groups of doctors, or other health care services. Its parent company is Blue Shield/Blue Cross, that also oversees NCAS-Northwest Inc. as the Warm Springs tribal administration third party administrator. Preferred provider

status only applies to medical care plans, not to dental or optical services. Pacific Preferred is located in Bend and NCAS Northwest Inc. is based out of Seattle.

There was some confusion over the status of Madras Medical Group as a preferred provider. Although not listed in the Warm Springs tribes 1996 Health Care Benefits Plan Document, Madras Medical has now completed negotiations with Pacific Preferred and is listed as a preferred provider by the tribal Compensation and Benefits department.

Response to the switch in health care plans has been mixed. Some employees at one group benefits meeting voiced that they would drive further for hospital care rather than pay a higher percentage in Madras. Others were concerned about coverage for family members who do not live in the Central Oregon area. The compensation and benefits department does have a listing of those providers available at their office.



Mountain View Hospital in Madras is not on Tribe's Preferred Provider list.

Deadline for the next Spilyay Tymoo is Friday, January 12, 1996