

News from the IHS Health & Wellness Clinic: Study reveals waiting time at clinic is improved



Waiting Time at Clinic

There has been numerous comments on the length of time patients have to wait to see a physician. In March of 1999, the clinic conducted a time study to see how long it actually took to receive services. Please keep in mind that we are a full function clinic with in-house pharmacy, lab, and x-ray to address your medical needs. A lot of outside clinics only have the physicians office and you have to travel for x-rays or prescriptions.

The time study took one week of appointments, which totaled 83. Of those appointments, 72% of them spent less than 1 hour from the time they signed in to the time they left the

medical side of the clinic. In addition only 4% of those 83 patients waited more than 20 minutes once they were placed in the exam room.

One interesting portion was the number of patients that week that showed up for their appointments on time, that was 80%. It is unfortunate that the other 20% that showed up late, are the ones who cause the clinic to back up the rest of the day.

These percentages are for patients who made future appointments, for patients who made same day appointments, which there were 154, those percentages are relatively the same.

What does this time study tell us? It tells us that for the most part patients get in and out in a rather fast time. In our discussions with health care facilities elsewhere in Central Oregon and the Nation, our times fall in line with them and in some cases better. There will be a few patients that will take longer just because of their complicated care that is required or they are there for 30 to 60 minute

appointments. We will continue to conduct time studies to look at where we can improve our services to the community. If you have any questions, please feel free to call Dean Seyler at 553-2461.

Immunization Clinic

Where: Warm Springs Health & Wellness Center Medical Clinic

When: First Wednesday of every month

Time: 8:30-11:30 am

How to get an appointment:

Call 553-1196 and ask for the appointment desk

Dates are: March 1; April 5;

May 3; June 7; July 5; August 2;

September 6; October 4;

November 1; & December 6, 2000.

Immunize to keep your family healthy!

NIGA 2000

For the biggest and best Trade Show in Indian Country

April 9-12, 2000

Oregon Convention Center

Portland, Oregon

NIGA 2000, now in its 9th year will be in Portland close to the Oregon and Washington Nations.

- Meet key management in the Indian Gaming Industry from all over the country
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- Attend informative workshops with the most up to date information in Indian Gaming
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For more information call (202) 546-7711.

Free class offered

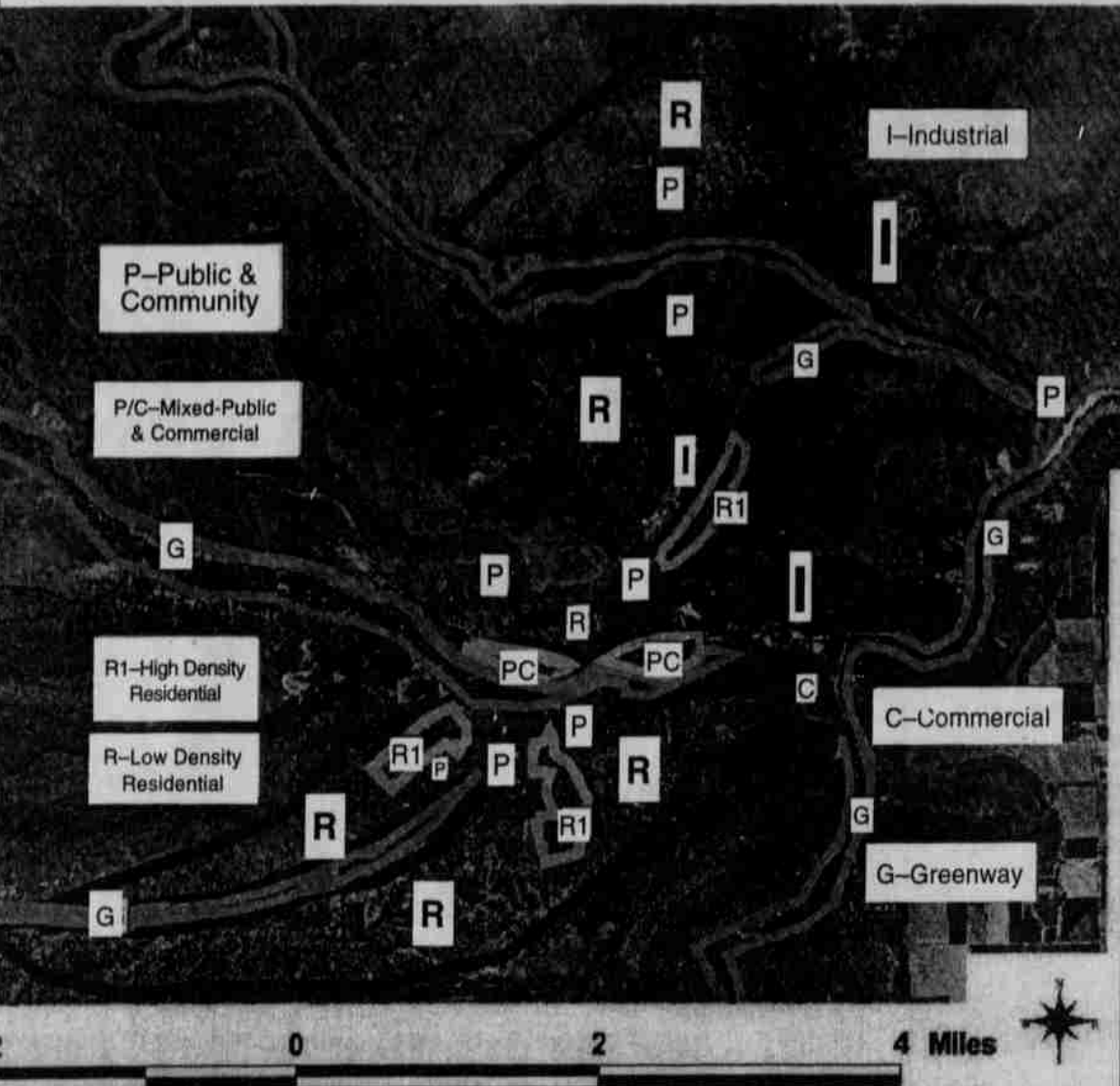
A free class for unemployed, under employed and career changing adults will be offered by COCC's Skill Center in Madras beginning Tuesday, March 7. The class will meet at the COCC's Madras facility for five weeks, Tuesday through Friday, from 9:30 a.m. to 4 p.m. through April 7.

The class includes career planning, resume preparation, computer literacy and math/reading skills review. Students exit the class with an action plan, an error free application, a goal directed resume, basic computer literacy and confidence in their work place survival skills.

Prospective students are invited to an information and orientation session at 10 a.m. or 1 p.m. on Tuesday, February 29, at Central Oregon Community College's Madras facility located at 281 SW 3rd. No pre-registration is required. For more information call the Skill Center at 475-2136.

Community public hearing notice

March 9, 2000—11:00 a.m. to 1:00 p.m. (food provided)
Agency Longhouse
Subject: Warm Springs Community Preliminary Land Use Plan
sponsored by Land Use Planning Committee and Planning Department



- (P) Public & Community: Post Office, Clinic, Schools, Longhouse, Cemeteries & Government buildings.
 - (P/C) Mixed Public & Commercial: Museum, Plaza and Campus areas.
 - (R1) High Density Residential: Apartments, Mobile Home Park, Assisted Living Center and West Hills.
 - (R) Low Density Residential: Sunnyside, Dry Creek, Greeley Heights and Tenino Valley.
 - (C) Commercial: Deschutes Crossing, W.S. Market and DMJ's.
 - (G) Greenway: Watercourses, Wetlands, Floodplains and Riparian areas.
 - (I) Industrial: WSFPI and Industrial Park.
- Come give your suggestions for the community's future land use and development needs.

Sign-up deadline is March 15th

Environmental Quality Incentive Program Sign-up is now open

The USDA's Natural Resource Conservation Service (NRCS) reports that the sign-up for the Environmental Quality Incentive Program (EQIP) on the Warm Springs Reservation opens February 1st and ends on March 15th. EQIP is a conservation cost share program for agriculture producers. Practices can be cost shared at 75% with the producer responsible for 25%. The producer's portion can be cash, material, or labor. Types of practices include (but are not limited to) fencing, livestock water developments, riparian restoration, juniper thinning, and range seeding. EQIP requires a resource management system plan. The Natural Resources Conservation Service will write this plan. The plan will include both cost share and non-cost share practices. One of the non-cost share practices that may be included is grazing management.

To find out if you are eligible for

EQIP funding, contact Treg Owings at the USDA NRCS office in Warm Springs. The number to call is 553-3599.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C., 20250-9410, or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity employer.

Social security sponsors conference

The Social Security Administration (SSA) is sponsoring the American Indian/Alaska Native National Service Delivery Conference which will be held in Denver, CO, March 14-16, 2000. The purpose of the conference is to discuss SSA's service delivery to American Indians and Alaska Natives to share methods that have been successful and to dialogue with experts and other agencies about ways to provide better service. Participants can also learn about employment opportunities with SSA.

Speakers will include: Kenneth Apfel, Commissioner of SSA; Wilma Mankiller, Former Principal Chief of the Cherokee Nation; Carrie Billy,

Executive Director, White House Initiative on Tribal Colleges and Universities; and Dan Wilcat, Professor, Haskell Indian Nations University.

Special events and programs, including panel discussions and a display of American Indian/Alaska Native art, will be designed to educate SSA employees and the American public and bring greater awareness of the diverse American Indian culture and heritage.

If you would like to register for the conference, please call 1-888-772-4468 or send an e-mail message to: AINA@ssa.gov.

Community Health and Education Team encourages kids to buckle up



Using a model, Anson Begay of C.H.E.T. demonstrates to ECE children the dangers they face when not using a seatbelt

Is your child worth five minutes? READ ON...

Today children are very fast learners, most of the time it is the adults who aren't. How can we change our attitudes to help our children live longer lives. We realize how dangerous and serious a head on collision or roll over is, but we also think that it won't happen to us. Unbuckled drivers endanger kids by setting bad examples for them to follow. When a driver is unbuckled, 70% of the time so are children riding in that vehicle. How can we be so selfish not to care for their safety. Everyone has a role, we all have a stake in this problem and we are all part of the solution. We must all buckle ourselves, our children and call upon others to do the same. Can you see your future without your children or them without you. Don't let ignorance separate you and your child. Reach across, grab the seatbelt and buckle up.

News from the Community Health Education Team

Why you should care about smoking in the workplace

You Decide, "Who's at Risk?" Smoke in a Work Place.

Today less than 3 in 10 adults smoke tobacco. Many Americans have either never smoked, or have "kicked the habit" and the number of ex-smokers is on the rise! Smoking in the workplace has drawn increased attention in recent years. More and more organizations, restaurants, and small personally owned businesses encourage employees to avoid tobacco products and restrict smoking to certain times or places. Like many Oregon businesses, locally owned establishments are also smoke free. You might ask yourself "why should I care about smoking in a workplace?" Because it affects everyone! Most employees who smoke know that smoking is bad for their health. Surveys show that 9 out of 10 smokers would like to quit. But, many do not know that their smoking is also a health hazard to other employees, customers, clients or other visitors to their workplace or business.

A smoke free workplace offers many advantages! Organizations and businesses that have gone "smoke free" report a healthier work environment, higher productivity, increased attendance, substantial savings in insurance, health care costs, and maintenance. Also

improved safety records, higher morale, and less stress. If you think you depend on tobacco, and feel you need it at certain times, more than likely tobacco is causing the tension and stress.

Getting Burned!

When tobacco is burned it produces two types of smoke. MAINSTREAM is sucked through the unburned tobacco and inhaled by the smoker. It contains thousands of chemicals. Among the most dangerous are nicotine (which narrows blood vessels, speeds up the heart), carbon monoxide (robs blood of oxygen), tar (coats the lungs and causes cancer). Other poisons include nitrogen dioxide, ammonia, benzopyrene (causes cancer), cadmium (in batteries), formaldehyde (preserves dead bodies) and hydrogen sulfide (a form of sulfuric acid). SIDE STEAM SMOKE rises directly from the burning tobacco into the air. It's like mainstream smoke, except that it contains 2 times more nicotine, 5 times more carbon monoxide, 2 times more tar, 73 times more ammonia, 3 times more benzopyrene and more cadmium.

Why sidestream smoke is more toxic. Mainstream smoke is cleaned somewhat as it passes through the

unburned tobacco and the filter (if there is one). Sidestream smoke goes directly into the air surrounding you. When a smoker inhales, oxygen fans the fire and the tobacco burns faster and a little more cleaner. However, tobacco that is allowed to burn slowly like in the ashtray burns less cleaner therefore much more toxic. Remember a smoker only puffs on mainstream smoke a fraction of the time the tobacco is lit, but side stream smoke is constantly being produced into the air you breathe.

Passive Smoking

A passive smoker is a person exposed to sidestream smoke and the mainstream smoke exhaled by the active smoker. After 30 minutes in a smokey room, passive smokers can have nearly as much carbon monoxide in their blood as someone who has actively smoked one cigarette. Over time, passive smokers have damage to small airways in the lungs and an increased risk of cancer.

Passive smoking can also have immediate effects such as coughing, headache, irritated eyes, irritated throat, sneezing, or nasal discharge, nausea, breathing problems, and increased heart rate. Pregnant women should take particular caution when around someone who smokes or spending excessive time in smoke

filled areas such as vehicles, restaurants, or work place. Being a passive smoker can effect you just as much as an active smoker. Don't think, just because the smoking section is on the other side of the room that you aren't affected. It only takes seconds before you can feel the affects of tobacco smoke.

Sanitary Outlook.

Have you entered a building or restaurant to see cigarettes butts lying on the ground near the entrance? Have you noticed when a waitress smoke that she put the cigarette to her mouth then as she picks up your food she exhales smoke onto your food then delivers your food. Without taking time to thoroughly clean their hands your food is being delivered for you to eat.

Understanding what the dangers of tobacco smoke and what's in tobacco, you can have a clear picture of the hazards. Knowing there are over 4000 chemicals in commercial tobacco is an advantage.

Telling people the benefits of smoke free environments and exploring new ways to reduce tobacco smoke in your work place are things you can do to protect your health and the health of your family. Don't let your health go up in smoke!

Spilyay Tymoo

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