

Foot care a specialty at clinic

In 2002 the Warm Springs Health and Wellness Center was awarded a grant to create a podiatry department, including the hiring of a full-time podiatry doctor. In 2003, Dr. Marilyn Waller-Niewold was hired to fill that position. Royce Embanks is a Registered Nurse and functions as the clinic's podiatry nurse specialist. The podiatry program technician is Rose Rudder.



Podiatry program technician Rose Rudder works with Dr. Marilyn Waller-Niewold.

What is Podiatry?

Podiatry is defined as "the specialized field that deals with the study and care of the foot and ankle, including anatomy, physiology, and medical and surgical treatment."

Podiatrists are medically trained doctors who specialize in this highly complex field. The foot is the part of the body that has the highest pressures and the greatest amount of daily physical stress.

Think about how many times your feet "come down" each day. How many miles would you cover in a lifetime?

What does the podiatry department at Warm Springs do?

The podiatry clinic is open each workday. Patients do not need to travel off the reservation for care of foot and ankle problems. Dr. Marilyn Waller-Niewold is our podiatry doctor. She is also a surgeon, so occasionally there may be a conflict with scheduled appointments for lower limb surgeries on our patients, many of whom have emergencies like fractures and severe infections.

She also does elective foot and ankle surgeries and all the

in-patient care of her hospitalized patients.

Current podiatry clinic hours are 10 a.m. to 5 p.m., Monday through Thursday. Fridays are reserved for minor surgical procedures in the clinic.

Because of the high demand for her services, there is currently a three to four week waiting period for non-emergency appointments. As the podiatry Registered Nurse, Royce Embanks can provide services under the supervision or advice

of Dr. Waller-Niewold. Embanks is available for debridement of fungal toenails, and also for home visits to elders or people confined to bed. He also does wound care under the doctor's supervision.

Program technician Rose Rudder is also available and she is the primary person who schedules appointments and helps the doctor in the clinic. She also does some continuation wound care and dispensing orthopedic supplies ordered by the doctor. The direct phone line for scheduling is 553-1196, ext. 4606. Royce Embanks can be reached at 553-5004. His office hours are 8 to 5 daily.

Podiatry and Diabetes

It is essential that the Warm Springs Clinic be able to treat and address foot and ankle problem for patients with diabetes mellitus. Foot disease is the most common complication of diabetes which leads to hospitalization. Nearly 95 percent of the amputations on patients at Warm Springs are a direct result of complications from diabetes.

Kah-Nee-Ta tourist season starts with spring break

By Urbana Ross

Congratulations to the 20 tribal members recently hired at the resort and casino. They are:

Aaron Hunt, Cody Miller, Sophia Williams, Gibson Danzuka, James Sam, Sheena Decoa, Tony Thompson, Dorothy Yahtin, Roberta Williams, Sheryl Lopez, Kendrick Arthur, Craig Tailfeathers, Martina Strwyer, Toni Tail, Phillip Tewee, Cassandra Wolfe, Kelly Wewa, Bruce Miller, Jerome Lewis, and Nellie Tanewasha.

They have all been hired in one of the following positions: servers, dishwashers, room attendants, and bellman, to name a few positions.

There are still many of these positions available. For those applying for a job, your application must be complete.

What is usually missing is a working phone number to contact you. We usually get a phone number not working or no answering machine.

It is very important to com-

plete your work history. Supervisors need to know this information.

Kah-Nee-Ta does not mail out letters for job interviews. Scheduling of interviews is done by phone.

It is extremely important to be aware that the pre-employment paper work starts after you've been selected for a position.

The pre-employment drug screening is done at Kah-Nee-Ta. We do not send you to Mountain View Hospital for the drug testing; therefore, as a reminder, you must have two pieces of picture identification to complete the pre-employment process.

I encourage tribal members wanting to work at Kah-Nee-Ta to contact the Human Resource Department to answer your questions. The number is 553-1112, ext.3430.

(Urbana Ross is manager of Kah-Nee-Ta Tribal Member Recruitment and Development.)

Employee leaving after 28 years

By Dave McMechan
Spilyay Tymoo

After 28 years working for the Confederated Tribes, treasury controller Lisa Sledge has resigned. Sledge lives in Culver with her family, and she has taken a new job at Seaswirl boats, near her home. "Instead of driving 45 minutes to work I'll be driving five minutes," she said.



Lisa Sledge

tribal finance because, she said, "there's always something new coming on. To me it's been such a great learning environment."

Getting to know the people who live and work in Warm Springs has also been a high point of her employment here, she said.

At Seaswirl, Sledge will be working as a cost accountant. This will be a somewhat new experience, as Seaswirl is a manufacturing enterprise, whereas her work with the tribes has been accounting of a government entity.

She will be missed by her co-workers, and the many others in the tribal organization who she has helped with often complicated budget-type issues.

Sledge's first job with the tribes was during the summer at Kah-Nee-Ta. Then she went to college, and when she came back she was hired as the tribes' internal auditor.

When she first came to work for the tribes, the administration building was brand new. Sledge noted that the tribes have just recently made the final payment on

the construction loan for the building.

Sledge has found her work with the tribes to be a fulfilling experience. "Seeing some of the traditional ways makes you realize the need at times to slow down," she said. "We should all try to take some of the wisdom into our own lives."

Sledge has liked working in

Course teaches personal finance

A new financial skills class will begin in April. Not only can you learn some great financial skills, but this class is accepted by both the Central Oregon Community Action Agency Network (COCAAN) and the Warm Springs Individual Development Accounts (IDA) programs to count toward completion of their programs. Individual Development Accounts (IDAs) are matched savings accounts that help you save for purchases to build your financial assets.

Class are scheduled on the following Mondays:

April 4: Building a healthy economy. April 11: Developing a spending plan. April 18: Working with checking and savings accounts. April 25: Understanding credit and your credit report. May 2: Accessing credit, part one. May 9: Accessing credit, part two. May 16: Purchasing a car.

To sign up, call advocate Shawnele Suplus at the Warm Springs Community Action Team: 553-3148.

Self-sufficiency office offers help

The Department of Human Resources Self-Sufficiency (DHS) office is located in the Family Resource Center at 1144 Warm Springs Street. Services include food stamps, temporary assistance to needy families, medical, domestic violence and child care assistance. Hours have recently changed. They are 9 a.m. to 4 p.m., Monday, Tuesday, Thursday and Friday; 1:30 to 4:30 p.m. on Wednesdays. Office is open from to noon to 1 p.m. Office is closed on federal and state holidays. The DHS staff can be reached at 553-1626.

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