

## TRAIL promotes healthy lifestyles

In the fall of 2004 the TRAIL program expanded from the original six pilot club sites to a total of 25 participating clubs in 15 states. TRAIL stands for Together Raising Awareness for Indian Life.

Each of the 25 Native American Boys and Girls Club sites received the following to implement the trail program:

Indian Health Service; pass-through grant from the National Congress of American Indians to fund operations for one year. Also: an evaluated program curriculum, training and on-going technical assistance; and NikeGo product grant.

The TRAIL program is aimed at reducing the onset of diabetes among Native American youth through an innovative combination of physical, educational and nutritional activities. TRAIL is a six-month (12 sessions) incentive-based program that provides youth with a comprehensive understanding of healthy lifestyles in order to



Photo courtesy of the Boys and Girls Club  
Kasheena Stevens and Koedy Florendo, of the Boys and Girls Club TRAIL program.

prevent diabetes.

The program is presented with four themes: About Me and My Health; Diabetes and Nutrition; Making Smart Food Choices; and Sharing Knowledge with Others.

The program emphasizes the importance of teamwork and community service. Participants apply decision-making and goal-setting skills and engage in service projects to improve healthy lifestyles in their communities.

Community and family members participate in activities with elementary aged club members.

We would also welcome and encourage any eight to 10 year old children who would like to participate in the program.

Activities provided to the club members include the following:

Nike incentive products for class participation; field trips and other fun activities; Kids Day Powwow, June 10; working with diabetes and nutrition program at the Warm Springs Health and Wellness Center.

Services provided to the community by club members include the following:

Healthy snacks delivered to various tribal programs and enterprises by the club members to promote healthy nutrition and diabetes awareness; a community garden, and a fun run/walk.

For more information on this program, contact Jocelyn Moses at 553-3161.

### Mini powwow at Pendleton

There will be a culture fair and mini powwow at the Sunridge Middle School in Pendleton on May 21st at noon. Everyone is welcome. The Sunridge Middle School is at 700 SW Runion Ave., Pendleton.

### Housing: quality homes and jobs

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"We were able to do different style of roofs. What we had budgeted was like a straight gable, but we went over the mountain and got quotes from Precision Roof Truss. They gave us a quote that was lower than the Central Oregon truss companies by close to a thousand dollars," he said. "But it's a bulk deal. You have to have two of them ready at once. You have to have two houses framed up, so they bring out two truss packages. We were able to save money there."

Due to the savings from not having to hire a contractor, Strong said he and his department were able to present each of the 20 homeowners, who had all been on a waiting list, with lots of options for the look of their homes, from exterior and interior paint, styles of tile both for kitchen counters and entry ways, whether or not to have a wood stove, roof color and style of cabinets. They could even choose the direction the house sits.

"A lot of times we would build houses 40 feet from the road, and the main picture window would be facing the street," he said. "What I did was had the homeowner sign off on it. I

### Help available for housing

The Housing and Urban Development (HUD) mutual help buy program, which provides tribal members the opportunity to own houses like the newly built homes on Bear Drive, is "in very good shape," said Pat Prow, Warm Springs Housing Department director.

Restrictions that had been in place have been lifted, he said, and, with the help of new bookkeeping procedures, is fiscally accountable as of the beginning of 2005. The first stage of six houses built on

Bear Drive is in budget and the entire project of 20 dwellings is projected to be completed within budget, Prow said, "with the employment of 100 percent tribal members."

What has helped in maintaining accountability is having Danielle Switzler on board as finance manager, Prow said.

Switzler handles the procurement processes and purchase contracts, in addition to payroll, and HUD and tribal housing compliance.

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### Fish: sea lions a growing concern

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"We're asking the states to utilize every authority available, within the existing law, to best manage this problem. The Marine Mammal Protection Act is a cumbersome law but it does have some available options. We're pleased to see the hazing efforts of the U.S. Army Corps of Engineers at Bonneville Dam have some positive effect, but we need all agencies to exercise their management options to effectively deal with this frustrating situation."

In the early 1970s, California sea lion population numbered only around 50,000 animals, requiring protection under the Marine Mammal Protection Act. NOAA Fisheries now esti-

mates the sea lions have grown to a healthy and robust population of over 300,000 animals.

In more promising news: fish counters late last week at Bonneville Dam posted the highest numbers of the season for spring Chinook, with 6,065 swimming through the first Columbia River fish ladders they encounter as they head inland from the Pacific to spawn. The May 5 tally was more than double the previous day's total of 2,542. The next-best day was April 25, when the count was 4,149.

"We finally got a decent number," said Cindy LeFleur, policy coordinator for the Columbia River Compact, made up of the Washington and Oregon fish and wildlife departments. (This story is by Spilyay staff and from AP reports.)

### IRMP: to guide residential development

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The response to the outline among the planning group, called the ID Team, was, to a person, positive.

IRMP will address how residential areas are planned and maintained, what type of utility services and facilities are provided, how transportation is developed and maintained, how a telecommunications system can be designed, how cultural, historical and archaeological resources are managed, how natural resources within the community are managed, if the community areas have room for recreational or open space, where industrial and commercial facilities should be located within the community, and zon-

ing the community areas.

"We're focusing on Warm Springs and the Simnasho community," said Lonny Macy, policy and planning manager at Natural Resources and the team leader for the IRMP III effort. "IRMP III is a priority this year. We have Tribal Council's authority to move ahead on this."

He said that when the plan is completed and approved by the Tribal Council, it will be an authoritative guideline, giving direction to any future projects within community areas. As with IRMPs I and II, provisions would be made to revise IRMP III in a five-year period.

"To some extent, as with IRMP I, the Council wants to make it long-term," Macy said. But the plan would also allow for evaluation of certain parts over time "to see what works and what doesn't."

Macy and four other planners from Natural Resources have been meeting each week to put the draft document together.

As the full ID Team has been convened, Macy said that perhaps those weekly meetings could involve different members of the at-large group, and theme meetings around different areas that IRMP III will address, including cultural resources or housing.

"We started some of this years ago, and we needed something to pull all this together," said Clay Penhollow of Natural Resources, who has been working on the project.

Macy suggested smaller groups among planners from different interest groups within the ID team meeting and then having the larger group convene again to compare notes.

### Survey: comments in various areas

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In addition to the survey results above, 11 pages of comments were gathered. These comments were categorized so that we could decide what it was we needed to improve. Here they are with a brief description of what we are doing about them:

**Waiting time issues - 53 comments (30 for medical clinic, four for dental, two for pharmacy, and two overall).**

We analyzed this and found that many of the waiting time issues were due to an increasing number of walk-in patients who generally spend a little more time waiting than patients who phone-in for appointments. When we asked why patients were walking in instead of calling, we were told that long waits on the phone and a limited number of available appointments were the reason (see phone issues below).

**Positive comments - 36 comments.** We are thankful that our customers who are happy with the services were willing to say this on our survey. Thanks.

**Phone issues - 24 comments.** We have had our first phone service improvement meeting, and all issues were discussed, including how we handle calls that come in, the phone system itself, how many people we need to answer the increasing number of calls that we get, and how to assess specifically where the problems are. We have conducted a study to look at how long a person waits on the phone to speak to a nurse, and we are well on our way to im-

proving this. Stay tuned, and please continue to give us your feedback.

**Staff attitude - 24 comments.** We have held several customer service trainings, and are attempting to educate our staff about how their attitudes affect our patients. We will continue to take these comments very seriously and will continue to provide training to the staff.

**Not seen by designated (primary) provider - 18 comments.** Everyone in our patient population has a designated provider (DP). Sometimes, however, the DP is at the hospital, at continuing education training, or has their schedule booked for the day. In situations like this, appointments are offered with Dr. Hoffman or Dave Caulfield, Nurse Practitioner. These two providers see patients with urgent needs and then will refer you back to your DP for chronic conditions. It is almost impossible to see your DP every time you come to the clinic, but we are continuing to look at our schedules to make it more likely that you will see your provider.

**Too many non-tribal members - 14 comments.** The Indian Health Service eligibility regulations determine who we will see at the Warm Springs facility. Members of federally recognized tribes and their descendants are eligible for direct services that are provided at the clinic.

There are other ways that you can let us know how we are doing, and we encourage you to use them. First, put a suggestion in our suggestion box, located outside the managed care office. This is for any sugges-

tion concerning your health care.

Second, make an appointment to visit with Michele Gemelas, quality improvement coordinator, or leave her a note. Some of you have done this and various changes in the clinic have been made because of things that our customers have brought to our attention.

Thank you to all for being patient with us at the Warm Springs Health and Wellness Center as we continue to work toward excellence. Also, thank you to everyone who helped administer the survey and especially to all our customers who completed them. All your comments have helped us to understand your needs even better, and we encourage you to continue letting us know how you feel about our services.

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