

Community Health focuses on outreach

By Dave McMechan
Spilyay Tymoo

The Community Health Department at the Warm Springs Health and Wellness Clinic provides a wide range of services to the community.

The staff of 12 health workers focus on nutrition and fitness, diabetes prevention, education, maternal and child health, elder care, and other areas of community wellness.

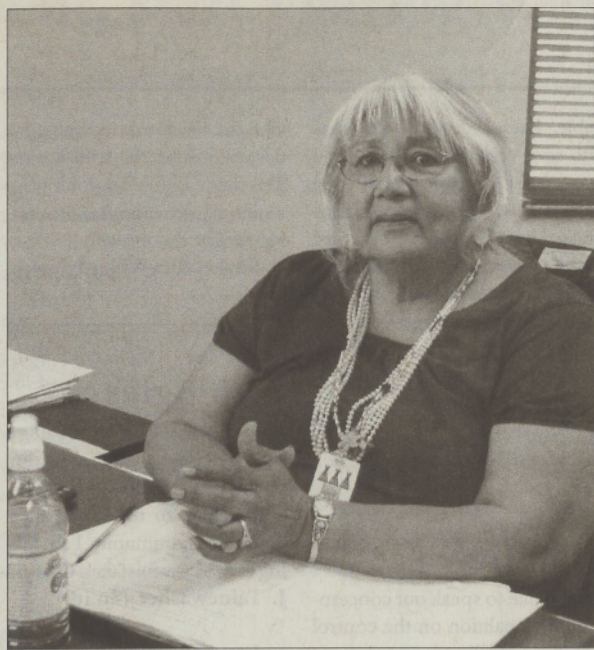
Home visits are an important part of the Community Health service.

"We have outreach workers who try to help get the people involved," said Roberta Queahpama, department director. "And we visit the people who might not be able to get to the clinic."

The outreach workers, for instance, make sure that patients are following their treatments at home.

"And we have a very open door policy," said Queahpama. "We try to assist as many people as we can."

The staff includes community health nurses, community health representatives, a nutri-



Community Health director Roberta Queahpama

tionist, fitness coordinator and diabetes prevention coordinator, social workers, and patient escorts.

The department programs are funded by grants, and through federal and state contracts. No tribal funding is used. The department is housed in

pod A of the clinic.

Queahpama has been the department director for about six months. She was hired after former director Joyce Oberly left for another job.

Queahpama has worked with the joint venture between IHS and the tribes. She worked for a

time with the joint venture budget analyst Cassie Katchia.

Before that, Queahpama for several years for the BIA in real property management.

She transferred to the IHS Portland area office, and then to the Warm Springs Service Unit.

She retired in 2007 but came back to work when the Community Health director position became vacant.

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Thank you for supporting the businesses you see in the Spilyay Tymoo.

Head Start now taking registration

Warm Springs Head Start is now taking applications for the Head Start 2009-2010 school year.

Head Start is offering your three to four-year-olds a preschool experience.

Head Start provides children with activities to grow mentally,

socially, emotionally and physically, as well as giving them kindergarten readiness.

Give your child the gift to learn, give your child a Head Start.

Be prepared to present the following for registration:

Verification of income, birth

certificate or tribal letter, physical and immunizations papers, custody or placement papers-we will need all of the paperwork in before the child is selected for the school year.

For more information on registration, call Jodi, Snuffie or Rachelle at 553-3241 (ECE).

Aquatic center hosting July 4 event

The Madras Aquatic Center will host a July 4 celebration on Saturday, starting 5:30 until the completion of the fireworks.

The event will feature four hours of swimming, games and recreation, a barbecue, live music and fun for people of all ages.

The evening will be topped

off with the fireworks display from an excellent vantage point.

You must buy admission bracelets in advance of the event. Bracelets can be purchased at the aquatic center, at 1195 SE Kemper Way in Madras. Admission includes swimming, music, barbecue dinner and fireworks. Individual re-

served deck seat: \$7.50 member/\$10 non-member. Individual general admission: \$5 member/\$7.50 non-member. Family reserved seats (six bracelets) \$25 member/\$30 non-member. Family general admission (six bracelets) \$20 member/\$25 non-member.

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Effective July 1, 2009, we will be open for business in our new location. We will be sharing space with Leed's Laid-Back Motors at 148 6th Street in Redmond, Oregon.

Our business name

will still be Cars and Trucks 4 U. The phone number will remain the same, 1-541-419-8088, as will the mailing address, P.O.Box 1496, Redmond, OR 97756.

We are really excited about our move, which we feel will enable us to help more people with their vehicle needs. We want to thank all our customers and friends for your busi-

ness and friendship while we were in Madras, and hope you will come see us at our new location.

When you're in Redmond please stop in for a visit and join me for a cup of coffee.

Looking forward to seeing you,
Wally Gray
PO Box 1496, Redmond, OR 97756