

Let's Talk Diversity awarded \$130,000 grant

The Let's Talk Diversity Coalition has been awarded a \$130,000 grant to help address social and health equity in the region.

The coalition, based in Jefferson County, includes the Confederated Tribes. The recent grant comes from the Office of Equity and Inclusion, and the Oregon Health Authority.

The Let's Talk Diversity Coalition is one of three regional equity coalitions formed in Oregon.

The grant to the local coalition will provide technical assistance and training to address policies and other social factors that influence health and lifelong wellness in underrepresented populations, including people of color, people with fewer financial resources, and people living with a mental illness or disability.

Many of these community

members are more likely to live with one or more chronic diseases such as diabetes, heart disease or cancer, and are more likely to die early as a result of a chronic disease.

"We know that people's health and life opportunities are affected by where they live, learn, work and play," said Sonya Littledeer-Evans, chair of the Let's Talk Diversity Coalition.

"Certain environments and policies, however well-intentioned, may actually maintain or make worse inequalities faced by so many."

The Let's Talk Diversity Coalition, comprised currently of 15 local and regional organizations, is no stranger to this work.

The group formed in 2008, and has focused on building a sustained movement toward cultural competency and multicultural understanding.

Since its inception, Let's Talk has brought together over 300

"To truly improve the health of our region's population, we must address the root causes of health disparities..."

community members from all backgrounds in five half- to full-day diversity workshops to promote cultural competency.

Collaboration with the state and other coalitions will provide additional capacity for Let's Talk Diversity to conduct community assessment around cultural competency and health equity, as well as develop a strategic regional equity plan.

Assessment will also outline key social factors in the region that may determine a person's length and quality of life. These include food supply, housing, economic and social relation-

ships, transportation, education, and health care.

The over-arching work of the Oregon coalitions is to ensure everyone gets a fair shot at retrieving these important resources.

"We are seeing a movement toward regional policy making in health care delivery as well decision-making in sectors outside of the health care industry that impact our health and wellbeing," said Heather Crow-Martinez, program manager for the grant's fiscal agent, Bestcare Treatment Services.

"To truly improve the health of our region's population, we must address the root causes of health disparities in our rural and underrepresented populations in Jefferson County and elsewhere in Central Oregon."

The Coalition held an open house to celebrate the community receiving the grant earlier this week.

Member discount at Skibowl

GOVERNMENT CAMP — Members of the Confederated Tribes of Warm Springs can now receive a 50-percent skiing and snowboarding discount at Mt. Hood Skibowl.

"We have a great relationship with the tribes, and we want to welcome tribal members back to their historical lands," said Kirk Hanna, owner and operator of Mt. Hood Skibowl. "We want to create a positive, fun and affordable family experience for tribal members here at Skibowl."

The discount applies to ski and snowboard rentals, and for tubing at the Skibowl Winter Adventure Park. This offer is good any day of the week until the end of the 2012 winter season, during

normally scheduled operating hours.

Please check the Skibowl website for current operating hours. To redeem the discount, tribal members need only show their tribal identification at the ticket office.

Skibowl is also working with the tribes to create a Confederated Tribes of Warm Springs cultural center at the ski area. The center will help educate guests on the history of the tribes at Skibowl and Mt. Hood.

Mt. Hood Skibowl is just an hour west of Warm Springs on Highway 26 in Government Camp. Open daily, it is known as America's largest night ski area. For up to date information, check the website, skibowl.com

Or call 503-222-BOWL.

A Message from the Pharmacy

Bring your medications to appointments

By Valerie Cooper

Health and Wellness Pharmacy

Any old medications you are no longer taking,

By bringing all your medications you are helping improve communication with your provider.

The provider is able to look at your medications and can talk with you about how you are taking them.

The provider can also make sure you do not have any questions about the medication, and make sure the medication is being used correctly.

The provider can answer any questions about length of treat-

ment; the provider can stop medications that are not needed; or can restart medications that are necessary for your health.

This talk with your provider can help, especially if you were seen at a clinic outside of Warm Springs, or recently left the hospital and were started on new medications.

Many over-the-counter products can cause problems with prescribed medications. If the provider knows that you are using other products the provider can:

Avoid using drugs that could possibly cause problems to your

health; and,

Talk to you about possible side effects that you could be having from medications.

By bringing in all your medicine to every visit you can learn more about your medications.

The goal is to help improve communication between you and your provider at the Warm Springs Health and Wellness Center.

Please, remember to bring in all of your medications with you to your next clinic visit. For more information, call 541-553-1196.

Spring GED classes start in April

The 2012 spring quarter GED program in Warm Springs begins on April 2, and lasts till June 7.

The basic reading and writing classes are from 9 a.m.-12 noon every Tuesday between those dates; and the basic math classes are at the same time on

Thursdays. Course cost is \$20 each.

GED testing information: 541-693-5671 (Bend and Redmond); and 541-475-2804 (Madras testing site).

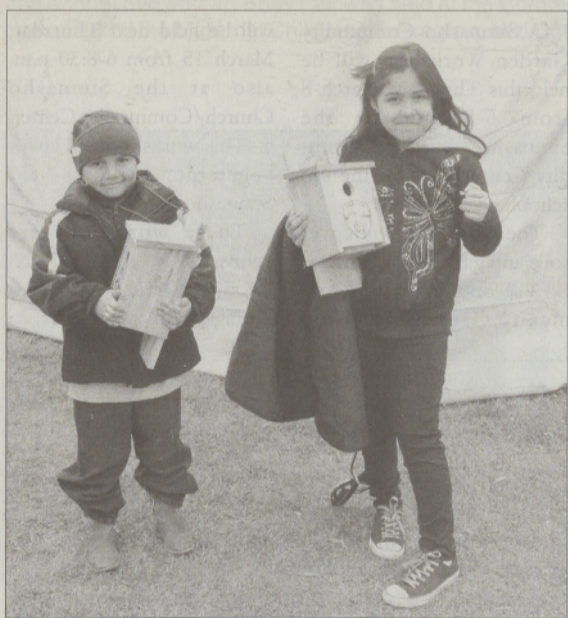
The Warm Springs instructor will be Cindy Viles, message phone 541-504-2914.

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At Eagle Watch 2012



Yvonne Iverson photos.

Warm Springs youth (above) show the birdhouses they made, while the Quartz Creek Drum and Dance Group performs (below).

This year's Eagle Watch Event had a variety of activities and information for the whole family.

Despite the chill in the air hundreds of visitors made their way to Round Butte Overlook Park for the fes-

tivities.

There were yurts set up for the information booths and activities.

A bookstore was available along with kids art activities, and bluebird house construction.



Summer youth academy offered

The Indigenous Ways of Knowing Summer Academy is now taking applications.

The academy is a two week residential program created to give Native high school students an introduction to the college experience.

Students will receive intense SAT Preparation from Kaplan Test Prep, as well as an introduction to the liberal arts.

The program is free for students who are selected to attend.

Twenty five students will be chosen to participate in the program.

The 2012-2013 Summer Academy is made possible through a grant from the Bill and Melinda Gates Foundation.

Application deadline is April 1, 2012. Those chosen to participate will be notified on May 1, 2012.

For more information, go to: graduate.lclark.edu.

Phone policy at courthouse

Tribal Court staff will answer the telephones at the courthouse from 8:30 a.m. to 12 noon, and from 1-4 p.m. daily.

During the time the phone is not being answered, the phone is set to take messages. Staff will review messages daily and return calls on a routine basis.

The court will remain open from 8 a.m. to noon and from 1-5 p.m. to assist the public, as usual.

If you have any questions you may call 541-553-3278.

Advertise in the Spilyay Tymoo

If you are interested in advertising in the Spilyay Tymoo, call Yvonne at 541-325-1089. Or email yvonne.iverson@wstribe.org

Memorial for

Daniel Keith James

October 4, 1953-December 21, 2010
Son of the late Matthew & Teresa (Greene) James

Wednesday, March 14, 2012

Stonesetting at 9 a.m. at the Hadley Cemetery
A gathering of family and friends for a meal and giveaway following at the White Swan Community Center, White Swan, Wash. For information call Daniel, 509-985-1980.

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