

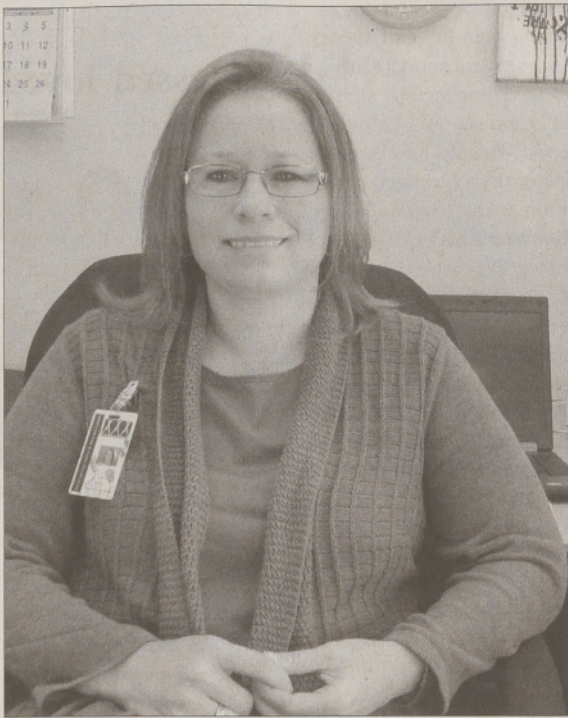
Meeting the changing health care needs

The elder population of the tribes has been increasing in recent years. The recent Annual Warm Springs Health System Report says, "The over 40 age group has grown in proportion to the younger age groups over the past several years."

This kind of information helps Warm Springs Health and Human Services in allocating resources and services.

For instance, the Community Health Services branch of Health and Human Services will see some additions during the first part of 2013. The additions will help to better serve the growing elder population, while meeting the needs of the younger age groups, said Tammy Wilson, manager of Warm Springs Community Health Services.

Community Health Services will soon add two new health representatives, a physical therapist, and a social worker. There will be a total staff of 28.



Tammy Wilson manages of the tribes' Community Health Services.

The Senior Program was added to Community Health Services last fall.

During the first part of 2013, Community Health Services will also begin oper-

ating the tribes' mobile clinic. The mobile clinic is currently being customized to meet the tribal specifications, and should arrive in Warm Springs in mid April, said

Wilson.

The mobile clinic is a project of tribal Health and Human Services, and will be staffed by Indian Health Services physicians, nurses and support staff. "We're working in partnership," said Wilson, "to best serve those who need our services the most."

Background

Wilson is a registered nurse with a Bachelor's degree in nursing. She lived in Warm Springs and worked at the clinic in the 1990s. She joined Mountain View Hospital (now St. Charles-Madras) in 1999, where she worked in various roles, including nurse manager for the inpatient unit, and chief nursing officer.

She returned to the Warm Springs clinic last year as director of Community Health Services.

Tammy has three sons, Jaron and Tanner Wells, and Gabe Wilson.

— Dave McMechan

'Weight of the Nation' screening at center

Warm Springs Recreation and the Community Wellness Center will host a screening of *The Weight of the Nation* documentary.

The screening is this Thursday, Jan. 10, in the social hall at the center. *The Weight of the Nation* is a campaign confronting the obesity epidemic in the U.S.

A centerpiece of the project is the compelling four-part HBO series. Each *The Weight of the Nation* episode is one-hour in length.

The screening this Thursday at the center will feature one episode, "An hour that may change your life."

On hand after the screening at the center will be nutrition, exercise and medicine experts; they will be available for a question and answer session on healthier lifestyles.

A focus of *The Weight of the Nation* is the increasing incidence of obesity in young people:

The percentage of children age 6-11 years in the U.S. who were obese increased from 7 percent in 1980 to nearly 20 percent in 2008.

The percentage of adolescents aged 12-19 years who were obese increased from 5 percent in 1980 to 18 percent in 2008. Other information:

Sugar-sweetened beverages are the largest source of sugar in the diets of children and adolescents.

Half of obese teenage girls become extremely obese by their early 30s.

Children consume more than 7.5 hours of media a day, seven days a week. From 2008 to 2010, preschool children were exposed to 50 percent more TV ads for energy drinks. Sugar-sweetened beverages are the largest source of sugar in the diets of children and adolescents.

About the project

Bringing together the nation's leading research institutions, *The Weight of the Nation* is a presentation of HBO and the Institute of Medicine, in association with the Centers for Disease Control and Prevention and the National Institutes of Health, and in partnership with the Michael & Susan Dell Foundation and Kaiser Permanente.

The centerpiece of the campaign is the four-part documentary series, each featuring case studies, interviews with our nation's leading experts, and individuals and their families struggling with obesity. The first film, "Consequences," examines the scope of the obesity epidemic and explores the serious health consequences of being overweight or obese.

The second, "Choices," offers viewers the skinny on fat, revealing what science has shown about how to lose weight, maintain weight loss and prevent weight gain.

The third, "Children in Crisis," documents the damage obesity is doing to our nation's children. Through individual stories, this film describes how forces at work in our society are causing children to consume too many calories and expend too little energy.

The fourth film, "Challenges," examines the major driving forces causing the obesity epidemic, including agriculture, economics, evolutionary biology, food marketing, racial and socioeconomic disparities, physical inactivity, American food culture, and the strong influence of the food and beverage industry.

For more, go to: theweightofthenation.hbo.com

Warm Springs Voc Rehab is open for business

The Warm Springs Vocational Rehabilitation program is back in business. If you think you have a qualifying disability, and would like to see if Voc Rehab can help you, then please call 541-553-4952, or 553-3415.

Voc Rehab can help those with qualifying disability to become employable and self-sufficient. These are the eligibility requirements:

The applicant must furnish written documentation of a psychological or medical disability signed by a professional.

The applicant must have problems in obtaining, main-

taining or advancing in employment caused by the disability.

Applicant must be enrolled in a federally recognized Indian tribe.

The applicant must reside within the Warm Springs Reservation, or within a 65-mile radius of the reservation boundaries.

There must be a reasonable expectation that the provision of vocational rehabilitation services will lead to employment. Examples of disabilities:

Amputations, blindness, hearing problems, learning disability, orthopedic problem,

seizure disorder, spinal cord injury, head injury, paralysis, alcohol or drug addiction (must have completed treatment), arthritis, mental retardation; or any other physical or mental condition that limits one's ability to work.

Examples of vocational rehabilitation services:

Vocational counseling and guidance; diagnostic examinations and procedures; assistive devices such as artificial limbs, hearing aids, wheelchairs, etc.; tools, equipment and licensing; transportation during vocational rehabilitation; referrals to substance abuse treatment cen-

ters; job direction; resumes; and more.

The Vocational Rehabilitation program has been in Warm Springs since 1993. It is funded by a federal grant. The Warm Springs tribes must compete with other tribes in the U.S. for the grant. The success of the program is reviewed yearly, and is a determination for future funding. The goal of the program is to improve employment outcomes of tribal members. Orientation is Mondays at 3 p.m. The office is at 4217 "A" Holliday Street.

IHS, Veterans Affairs announce reimbursement agreement

American Indian veterans will soon have increased access to health care services closer to home, following a recent Veterans Affairs and IHS national agreement.

Through the agreement, VA is now able to reimburse the IHS for direct care services provided to eligible American Indian and Alaska Native veterans.

While the national agreement applies only to VA and IHS, it will inform agreements negotiated between the VA and tribal health programs. VA co-payments do

not apply to direct care services provided by IHS to eligible American Indian veterans under this agreement.

The agreement between the two agencies marks an important partnering achievement for VA and the IHS, and is consistent with the administration's goal to increase access to care for Veterans.

"This reimbursement agreement between the VA and the IHS will help improve health care services for American Indian veterans, and further the IHS mission

and federal responsibility of raising the health status of American Indians and Alaska Natives to the highest level possible," said Dr. Yvette Roubideaux, director of the Indian Health Service.

"This will allow our federal facilities to work with the VA more closely as we implement this critical provision in the recently reauthorized Indian Health Care Improvement Act, passed as part of the Affordable Care Act."

The VA and IHS, in consultation with the federally-recognized tribal govern-

ments, came to the agreement, helping ensure access to quality health care for tribal member veterans.

Diabetes program funding extended

Congress last week extended the Special Diabetes Program for Indians in the bill that averted the fiscal cliff. The new law extends it for one more year at current funding levels—\$150 million in grants per fiscal year.

The program has been credited with helping tribes develop programs tailored to their needs.

IHS has reported measurable gains in preventing and treating diabetes as a result of the yearly grants.

High Looke Lodge

Assisted Living Facility

2321 Ollallie Lane (PO Box 6)
Warm Springs, OR 97761

Call 541-553-1182

SON, FATHER, PA

'Wish-na'
EUGENE L. DAVID
DEC. 17, 1931
APR. 22, 2002

PIONEER ROCK & MONUMENT
GOLDENDALE, WA

NATIVE AMERICAN DESIGNS

509-773-4702

\$499 UPRIGHT 2'X1'X3" GRAY GRANITE HEADSTONE
Carved on front and shipped UPS

201 Crafton Rd PO Box 348
Goldendale, WA 98620
www.betterheadstones.com
www.pioneerrock.com