

Good to know about Warm Springs Holistic Health

by **Alicia Oberholzer**
W.S. Holistic Health

The journey of a thousand miles begins with a single step. - Lao Tzu

Warm Springs Holistic Health opened its doors in October of 2016, making acupuncture and physical therapy accessible on the Warm Spring Campus.

Since that time, our clinic has grown in terms of space, staff, specialties and patients.

As we look forward to further integrating into the community, we would like to address some commonly asked questions regarding the Physical Therapy experience.

What is Physical Therapy?

Physical therapy is a con-



Alicia Oberholzer

servative medical approach used to reduce pain, restore movement, and optimize function.

Our specialties include orthopedics, sports injuries, women's health, balance, and cardiovascular rehabilitation.

Physical therapy is appropriate for people of all ages who need help getting back to their normal daily activities and improving their qual-

ity of life.

What should I expect at my first visit?

The initial evaluation is a one-on-one consultation with a Doctor of Physical Therapy.

The appointment will be in a private treatment room, lasting approximately one hour.

Your physical therapist will listen to your story, perform diagnostic tests, and measure your baseline level of function.

You will collaborate with your physical therapist to create meaningful goals and design a plan that supports a safe and efficient recovery.

What can I expect at a physical therapy treatment?

Treatments are one-on-one sessions with your physical therapist, generally one to two times per week.

Our current treatment lo-

cations include Warm Springs Holistic Health, Warm Springs Community Center, and Madras Aquatic Center. Sessions are typically a combination of education, hands-on care, and exercise structured around your needs and goals.

How long will I need to go to Physical Therapy?

It depends. Our approach is not cookie cutter, and each physical therapy program is designed based on a patient's individual symptoms, ambitions, and lifestyle.

Your physical therapist will be your guide and your teacher.

Our expectation is that once your goals are met, you will also be empowered with tools to prevent re-injury, self manage symptoms, and continue your journey towards long-term

wellness and independence.

How do I get started?

The physical therapy services at Warm Springs Holistic Health are accessible to all individuals eligible for managed care.

Your experience starts with a visit to your medical doctor, who can write a referral if they determine that you would benefit from physical therapy.

Once your referral is approved by managed care, you will receive a phone call from the physical therapy office to schedule your initial evaluation.

I still have questions. How can I learn more?

Please feel free to contact Warm Springs Holistic Health at 541-777-2663 for more information. Our operating hours are Monday-Friday 8 a.m. to 5 p.m.

Community notes...

The Boys & Girls Club of Warm Springs is enrolling now for its summer program.

Membership forms are available at the club.

The Summer Program will be available weekdays from 8 a.m. to 5 p.m., meals provided through the summer.

The member fee is \$25. For more information call 541-553-2323. Scholarships are available through Warm Springs Housing. Stop by their office to apply.

Canyon Ranch Kids Camp is coming up in June. It's a Christian Camp for boys and girls ages 8-13. Girls camp is June 18-20 and boys camp June 21-23. For more information contact Gladys Grant, 541-325-2650.

Pastor, wife return, start new church

Greetings Warm Springs,

Please allow me to introduce myself, and-or reintroduce myself.

My name is Desmond 'Desi' L. Wheeler (Osaias). Many of you know who I am and many don't.

I am from Warm Springs, a tribal member, and I have been away from home for many, many years.

I did not stay away from home just to stay away. As many of you know, I am a Pastor, and my wife Ranece and I have been very busy.

About our Father's business

Pastoring has taken me around the world and state side. I have just returned from Tanzania, East Africa—five years there—



where we left a strong church. Then we felt it was time to come back to the

Northwest.

Little did I know that God was going to bring my

wife and I back to Warm Springs.

We have been home for about three months, and currently I have started a new church. We are The Door Christian Fellowship Church. We are located at the old Full Gospel Church location.

When you come to visit you will see our church sign. Our heart is to serve our community, to preach Jesus, and see your lives and families strengthened through Christ Jesus.

I look forward to seeing many old friends and making new ones. Brothers and Sisters, it is good to be home and we look forward to seeing all.

Pastor Desi Wheeler

Pastor Desmond 'Desi' L. Wheeler and wife Ranece.

Howlak Tichum

Douglas Ray McConnell ~ 1945-2019

Douglas Ray McConnell passed away suddenly from heart-related problems on May 13, 2019 at the age of 73.

He was born September 5, 1945 in McMinnville to Lowell and Beatrice McConnell.

He was a proud graduate of McMinnville High School, and served in the Army National Guard for six years.

On August 28, 1971, he married the love of his life, Pattee Fox, of Willamina. In 1977, they had one daughter, Angela, his pride and joy. The three shared a special and close relationship.

Doug worked for Mt. Jefferson Plywood in Madras, US Plywood in Willamina, and Warm Springs Forest Products Industries, running the lathe initially and then as a millwright.

He retired in 2007 after 42 faithful years. He was a hard working, disciplined man who never took short cuts and always got the job done right.

After retirement, Doug enjoyed not going to work, delivering Meals on Wheels, working around the house and yard, and going on various adventures; but, his favorite things were camping at the Metolius River with dear friends, the Oregon Coast, and fishing in Alaska.

He was an avid hunter and fisherman, Green Bay Packer fan, model train enthusiast, loved old rock and roll (especially Neil Diamond), and enjoyed cooking and baking.

He loved making a fruitcake every Christmas and sharing it with the few who would eat it.

Doug was always active in his community, generous with his time,



and available to help others whenever needed. He was kind, patient, respectful, selfless, and steadfast. He was a big man with a big heart, big morals, and high integrity.

Doug and Pattee shared a beautiful marriage which was admired by many, and full of love, respect for each other, laughter, compassion, and compromise. They always took care of each other and ended each day with a kiss goodnight.

He loved listening to Pattee play the piano and would stop whatever he was doing to listen.

Although his absence leaves an aching hole in the hearts of many, may the pain be slightly less knowing he was doing something he loved to do: enjoying a beautiful day on a country drive with his dear wife.

He is survived by his beloved wife Pattee, daughter Angela, niece Jan Snyder, cousins Sheree Mauro and Colton Harper, and cat Whiskers.

He will also be sorely missed by many nieces, nephews, extended family, and dear friends.

A memorial service is planned for May 31 at 2 p.m. at the Metolius Train Depot. A reception will follow at the Madras Senior Center. Packer attire welcome.

A graveside service will be held at a later date at the Dundee Pioneer Cemetery.

Summary of Tribal Council

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· Motion by Glendon approving Joe to attend the Northwest Indian Gaming Conference. Second by Raymond M. Question: 8/0/0, Chairman not voting. Motion carried.

· Motion by Anita adopt-

ing Resolution No. 12,595 approving the transfer of Managed Care Carryover savings to the Environmental Health Carryover in the amount of \$500,000 for the purchase and maintenance of a minimum of two sanitation vehicles. Second by

Wilson. Question: 8/0/0, Chairman not voting. Motion carried.

Chief Operations Officer update.

Public Utilities update.

Request for past Tribal Councilwoman to attend

ATNI:

· Motion by Anita approving lodging, meals and mileage for Carina to attend ATNI; Motion failed due to lack of a second.

Request from Tananawit: · Request is denied due to lack of a motion.

Motion by Wilson to adjourn at 1:30 p.m.

Graduates: Academy Promotion

The Warm Springs Academy Eighth-Grade Promotion Day will be from 11:15 a.m. to 12:10 p.m. on Monday, June 10 at the Madras High School Performing Arts Center.

The school district board will hold a regular Monday meeting on June 10 at 7 p.m.

The Jefferson County School District last day of school for non-seniors Tuesday, June 11.

Early Childhood Education

Graduation days at Warm Springs Early Childhood Education are scheduled for Thursday and Friday, June 13 and 14.

The ceremonies for students in A pod are on June 13 starting at 9 a.m.; and for the students in B pod on June 14 also at 9 a.m.

Note: The graduate pages will be in the June 5 Spilyay.

Health: team award

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The Ambulatory Care Nurses: Lois Arata, Dee Devore, Shirley Eder, Shanalee Peterson, Annette

Sampson and Sheldon Sloan. And the Ambulatory Care Medical Assistants: Tama Carpen, Michelle Spaulding and Christine Zacarias.

Census jobs will be opening in W.S.

A U.S. Census is coming up in 2020, and the Census Bureau is seeking to fill census taker positions, including jobs here in Warm Springs.

The application process is easy. You can apply online at:

2020census.gov/jobs

As part of the application process, you will be asked to respond to questions that relate to your educational, work and other experience. If you need help, just call 1-855-562-2020.

If hired, your work schedule will depend on your position. Generally, hours for field positions

are flexible. Some positions require day hours, and others evenings and weekends.

Supervisory positions require employees to be available for certain day, evening and possibly weekend shifts.

The goal of the Census Bureau is to place the Census takers in his or her own community.

Employees are paid weekly. Field employees will be reimbursed for authorized work expenses like mileage, incurred while conducting Census work. Pay during the training period is a slightly lower rate.