

From VOCS

Due to the Confederated Tribes shutting down at least through August 3, Warm Springs Victims of Crime Services is asking that any person who is wanting to speak to an advocate call police dispatch at 541-553-1171, and request a call back.

Victims of Crime Services will be on call 24-7 until the tribes reopen. Thank you,

VOCS staff.

Confluence online

Confluence had planned a busy spring and early summer this year of Story Gatherings, classroom programs, student field trips, a volunteer work party, a tribal canoe race and finally, field school road trips for educators to visit indigenous communities throughout the Columbia River system.

Like so many events, all of that had to be cancelled, postponed or retooled due to Covid-19. We suddenly found ourselves learning the technical intricacies of Zoom meetings and live-streaming.

As challenging as this transition has been, it has also been inspiring to have the opportunity to reach more people online and include indigenous voices we may not have otherwise been able to because of distance and busy schedules.

The result was a new series called *Confluence Conversations* with some amazing speakers. Thanks to them for lending us their time and insights.

If you didn't get a chance to join us live, check out the recordings of *Voices of Land in Land and Sky, What Does It Mean To Be American?*, and *Parallel Lives*.

We ended the season with the Confluence Field School in June and July with a diverse group of educators from across Oregon and Washington.

Originally planned as a road trip to meet with tribal leaders and tradition keepers, we instead held these gatherings fully online.

These were powerful, in-depth discussions. Thank you to our speakers: Elizabeth Woody of Warm Springs, Linda Meanus of Warm Springs and Celilo, David Harrelson of Grand Ronde, Christine Dupres of the Cowlitz, Linda Meanus, Tony Johnson and Sam Robinson, Chinook Indian Nation.

Look for a new season of online public events and learning opportunities this fall and next year.

For the foreseeable future, all of Confluences public and educational programming will be online. Onward!

Colin Fogarty

Youth work

We are excited to announce our new YouthBuild program start date of September 21.

Interested members please apply online and come to an information session that we will be hosting. The link to apply and the dates of the information sessions are listed below.

We have worked hard to include important Covid-19 protocols and procedures that we will have in place to protect our members and staff to ensure the safety and health of all.

Please feel free to contact our Program Assistant Briana Binder if you have any questions or need more information.

We look forward to welcoming a new group of members to our program!

Questions? Call our program assistant Briana Binder at 541-526-1380.

With this program youth work with a team of their peers and gain valuable job training. The students earn money and scholarships.

Youth learn by preparing for their GED or high school diploma.

YouthBuild at Heart of Oregon Corps is a 12-month program designed to engage young people ages 16-24 who wish to complete their high school education and learn construction skills through building affordable housing in Central Oregon.

Dates and locations for upcoming YouthBuild Information Sessions are below.

· Tuesday, August 25, YouthBuild, 68797 George Cyrus Road, Sisters.

· Tuesday, September 1 same location.

· Tuesday, September 8, same location.

· Tuesday, September 15

Mental Toughness start date is Monday, September 21.

Text fraud

Oregon officials are warning consumers against responding to text messages offering access to lost or unclaimed funds held by the state of Oregon.

The Department of State Lands, which oversees the state's Unclaimed Property Program, has seen a recent increase in reports of text messages urging people to

Rehabilitation service at W.S. Holistic Health

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



An acute injury is one that has occurred recently, as in the past three months.

Symptoms often include pain, swelling, bruising, weakness, and reduced motion. If the injury is severe enough to necessitate a visit to a medical doctor, additional testing or imaging may be performed.

It is very common that doctors will refer patients to physical therapy to help reduce

pain and restore normal function after an injury.

A physical therapist acts as a guide through the healing process, teaching how to safely progress back to daily activities while reducing risk of further tissue damage. Physical therapy helps people recover from their

injuries faster with fewer long term problems.

Treatment of acute injuries can help reduce the risk of pain becoming chronic. Therapy can also teach individuals ways to prevent future injury by improving strength, range of motion, coordination, balance, and body mechanics.

Physical Therapy treatment programs can include:

Manual therapy: hands on treatment to reduce pain and restore motion

Movement and exercise: a graded approach to restoring active function

Home exercise program: An individualized program designed by the therapist to help patients recover faster, maintain long term benefit, and transition towards independent management

Telehealth: secure video conferencing is an option for socially distanced assessment and treatment

For more information about the body's amazing ability to heal, check out the video on acute injury posted on the Warm Springs Holistic Health youtube channel.

follow links and claim sums of money.

Individuals who receive these messages are advised to not click on website links contained in the messages, as they could be scams.

The State of Oregon currently holds \$740 million in unclaimed property for owners or their heirs.

Those interested in checking whether they have unclaimed funds should visit the state's Unclaimed Property website at unclaimed.oregon.gov

Apology

I would like to apologize to the Warm Springs community for driving under the influence in the month of June.

I am thankful nobody was hurt.

Again, I apologize, I am facing the consequences of my actions.

Tyrell Poitra

Integrated Resource Management Plan (IRMP) Community Survey

Help give feedback to IRMP Team for the 2022 Revision

CTWS Branch of Natural Resources wants to know what you think?
Access the survey by going to <https://grgo.page.link/UUEVs>

or take a picture of this QR code to get directed to the survey.

You can complete your 2020 Census information from the K W S O website - KWSO.org

Native hotline stacking up the numbers

callers need peer support.

Forty-two percent of callers need shelter.

Twenty-seven percent of callers need legal advocacy.

Nineteen percent of callers need transportation options.

Eighteen percent of callers need emergency financial aid.

StrongHearts Native Helpline—by Natives for Natives—methodology is resonating among Native Americans, and the increased number of callers in 2019 suggests that StrongHearts is a positive force in Indian Country.

“Thanks for reminding me I am a strong woman, because I forgot,” said one caller who reclaimed a sense of power.

“I feel like you’re reading my mind. I’ve never had anyone explain this to me in this way,” said another when StrongHearts advocates helped her put things into perspective.

Breaking down the numbers

In a breakdown of callers: 47 percent of callers identified as victim-survivors, while 9 percent were ‘helpers’—a family or friend who called on their behalf.

Of those callers, victim-survivors reported experiencing:

Nintey percent of callers reported emotional abuse.

Seventy-five percent of callers reported physical abuse.

Thirty percent of callers reported financial abuse.

Eighteen percent of callers reported digital abuse.

Fourteen percent of callers reported sexual abuse.

And Native violence victim-survivors reported:

Fifty-six percent experience abuse at the hands of a non-Native partner.

Forty percent disclosed children were involved in their abusive situation.

Fourteen percent reported being stalked.

Thirteen percent had been strangled.

Seven percent experienced cultural abuse.

Five percent reported their abusers have access to a firearm.

Every month, an average of 52 women are shot and killed by an intimate partner.

Nearly one million women alive today have reported being shot or shot at by intimate partners, and 4.5 million women have reported being threatened with a gun. To say that these are

alarming statistics is an understatement.

The need for StrongHearts advocates was identified by the National Domestic Violence Hotline and the National Indigenous Women's Resource Center.

They noticed that despite the huge number of Native Americans who reported domestic and dating violence few were reaching out for help. This is not a coincidence.

There is an inherent lack of trust between non-Native agencies and Native people. Native callers prefer to speak with Native advocates.

For a Native-centered, empowerment-based approach that is culturally appropriate for Native Americans impacted by domestic and dating violence, call 1-844-7NATIVE (1-844-762-8483) daily from 8 a.m. to 9 p.m.

As a collaborative effort of the National Domestic Violence Hotline and the National Indigenous Women's Resource Center, after-hour callers can connect with the hotline by choosing option one.

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Any written materials submitted to **Spilyay Tymoo** should be addressed to:

Spilyay Tymoo, P.O. Box 489, Warm Springs, OR 97761.

Phone: 541-553-2210 or 541-771-7521

E-Mail: david.mcmechan@wstribes.org
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