

Letters to the editor

Confluence stories



At the Confluence website, Antone Minthorn talks about having respect for the land and the benefits of everyone having a better understanding of that. See the website confluenceproject.org

In these uncertain times, we hear a lot of measurements of the economic crisis. Unemployment is way up. The gross domestic product is way down. But what about measuring the economy in terms of how many salmon are fighting their way up the rivers?

How many berries are available for picking? How we as a community are caring for each other and ourselves.

The indigenous people of the Columbia River have always been traders.

The Confluence project board chairman Antone Minthorn, an elder with the Confederated Tribes of the Umatilla Indian Reservation, talked to us recently about how measuring our economy goes beyond financial figures.

"I have a respect for the land," he says. "That this is your home, forever. This is what's going to take care of you... It's your economy."

Our latest Confluence Story Collection explores ways of looking at our environment, our history and our connections to each other. See the website: confluenceproject.org

Enjoy! Stay healthy, **Colin Fogarty**, Confluence executive director.

Confluence sites reopen

All Confluence sites that were closed due to Covid-19 are now open. This includes Cape Disappointment State Park, the Sandy River Delta, Sacajawea State Park, and Chief Timothy Park.

The Confluence Land Bridge in Vancouver remained opened.

While these sites are now open to the public, we encourage all visitors to please maintain social distancing and follow Centers for Disease Control and state guidelines.

Ready Set Gorge advises, If you're planning a trip to our region, please help keep our communities safe by following CDC and local health guidelines and respecting the requests of individual businesses.

Many parks and trails remain closed. Please plan before you go, and always have a plan B in case your destination is too crowded or closed.

Crowds lead to closures. When recreating on trails, maintain at least 6 feet of distance from other hikers and bikers. *Stay safe!*
Colin

Birth

Atylia Rain Thompson Sanders

Tyson Sanders and Francine Thompson of Redmond are pleased to announce the birth of their daughter Atylia Rain Thompson Sanders, born on August 8, 2020.

Grandmother on the father's side is Rebecca Sanders of Redmond.

Grandparents on the mother's side are Denise Gabriel of Madras, and Virgil Windyboy of Warm Springs.

Contact tracing

If you've been in close contact with someone who tested positive for Covid-19, you may be contacted by a contact tracer or public health worker from the health department in an effort to help slow the spread of the disease.

Here's what to know if you get a call:

First, the contact tracer may call to let you know you may have been exposed to Covid-19. All information you share with a contact tracer—like who you've been in contact with and your recent whereabouts—is strictly confidential.

You may be asked to self-quarantine for 14 days. This means staying home, monitoring your health, and maintaining social distance from

others at all times.

You may be asked to monitor your health and watch for symptoms of Covid-19. Notify your doctor if you develop symptoms, and seek medical care if your symptoms worsen or become severe.

Be aware of scammers pretending to be Covid-19 contact tracers. Legitimate contact tracers will never ask for your Medicare or Medicaid number, or other financial information.

If someone calls and asks for personal information, like your Medicare number, hang up and report it to us at 1-800-medicare.

Sincerely, **the Medicare Team.**

Youth work

We are excited to announce that three programs—AmeriCorps, YouthBuild and Stewardship—are recruiting in Warm Springs for September 2020. All programs are currently operating in person following our Covid-19 protocol.

If you have questions for YouthBuild call 541-526-1380.

If you have questions for AmeriCorps or Stewardship call 541-633-7834.

Through YouthBuild, youth work with a team of their peers and gain valuable job experience.

Youth earn money and scholarships.

They learn job skills, gain certifications, and prepare for their GED or high school diploma.

What is AmeriCorps?

Heart of Oregon AmeriCorps is a 3-month program designed to engage young adults ages 17-24. Members learn leadership and conservation skills through natural resources projects across Central Oregon. Must be able to commit to five-days a week.

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

What is Stewardship? Stewardship at Heart of Oregon Corps is a part or full-time minimum wage position. This is a great option for a young person's first job

The many benefits of healthy sleep

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



Did you know that humans are the only creatures on Earth that consciously deny themselves adequate rest?

Sleep is one of the most important aspects of a healthy and balanced routine.

Recommended hours of sleep vary by age and individual.

Adults function best on eight hours of sleep, while teenagers and children require slightly more.

Getting optimal levels of sleep can help reduce the risk of several chronic health conditions including heart disease, diabetes, cancer, and mental health disorders.

Sleep deprivation has been associated with a higher risk of obesity in both children and adults.

In addition, sleep has been shown to improve the function of our immune system. Studies have demonstrated that individuals who get less than seven hours of sleep per night are three times more likely to

catch the common cold than those who sleep over eight hours.

In addition, those who sleep less than five hours per night have a 70 percent increased risk of developing pneumonia compared to those who sleep over 8 hours.

Sleep also has a strong relationship to the way that our brains work. It affects our ability to learn and create memories.

Research has shown that sleeping less than five hours for five nights in a row, or not sleeping for one single 24-hour span causes on average a 20 percent deficit in brain function.

This is the same as a 0.08 percent blood alcohol level, which is the legal limit for driving intoxicated.

The effects of sleep also carry over to sport performance. Research has shown that basketball players who sleep an additional two hours per night increase their speed

by 5 percent and accuracy by 9 percent.

Meanwhile, athletes who have not slept well demonstrate lower energy, increased fatigue, and altered focus in sporting events.

Split-second decision making, reaction time, and higher level coordination are also affected.

Sleep is a key component of the healthy triad, which additionally includes nutrition and exercise.

Creating holistic goals and balancing your habits relative to these pillars can help support your journey towards living your best life.

If you have further questions regarding the benefits of sleep, feel free to contact a physical therapist at Warm Springs Holistic Health for more information.

Warm Springs Holistic Health is open 8 a.m. to 5 p.m., Monday through Friday. Appointments are required. Call 541-777-2663 to learn more. The center, a program of Managed Care, is located on campus next to the courthouse.

and to learn basic job skills and work habits. The schedule is flexible and youth can participate in education while working.

You can apply online at americorps.org

Program coordinator Allison Hinkle will then call and provide program details.

Youth from Warm Springs are encouraged to apply. Public transportation is available to YouthBuild at 68797 George Cyrus Rd, Sisters.

And to AmeriCorps and Stewardship at 1291 NE 5th Street Bldg. B, Bend; and AmeriCorps Prineville at 495 NW Locust Ave.

Behavioral Health

The Warm Springs Behavioral Health Center is open from 6 a.m. to 7 p.m. Monday through Friday with services provided by appointment.

Call 541-553-3205 for intakes and orientations, Behavioral Health assessment and

client counseling sessions.

There are small group classes at Behavioral Health. Crisis services are available 24-7. Call 541-553-1171.

And for anyone needing support navigating the stress of life and dealing with Covid-19 the National Suicide Prevention Hotline available 24-hours a day, 7-days a week at 800-273-8255.

Oregon cases overall

The latest Covid-19 report for the state of Oregon overall shows that the transmission of the virus is slowing, and that we are seeing a declining pattern of transmission since the July Fourth holiday.

While state covid data shows we are doing better than many other states, the virus continues to be a significant threat in our communities—and we're not close to keeping the infection rate at a level we'd need to reopen schools across Oregon.

We've made progress. The model shows that our collective actions have reduced transmission rates since the increase after we reopened, and we see that confirmed by leveling off of numbers of new infections and hospitalizations. Oregonians have flattened the curve again. But we're still months away from driving infection rates down to a level at which we could safely reopen schools in every county.

We need to reduce transmission rates from around 1 to .75. Currently, we estimate every person who contracts Covid-19 is probably passing the virus on to 1 other person. To safely reopen schools, we need to make sure people who become infected are passing it along to fewer people, so the virus is not spreading at a sustainable rate.


We need to keep the pressure on Covid-19:

Stay apart from people outside your household.

Limit the size of your social get-togethers.

Wear your face covering.


Oregon Health Authority



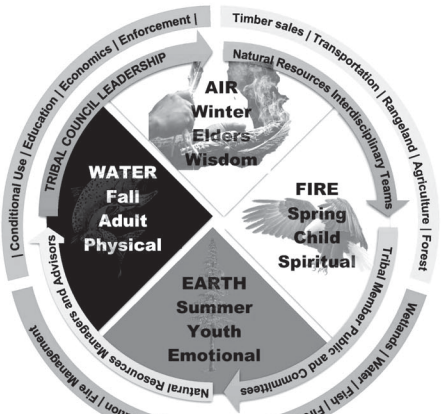
Integrated Resource Management Plan (IRMP) Community Survey

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://qr.go.page.link/UUEVs>



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



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