

Letters to the editor

Flu shots

The Warm Springs Clinic reminds the community that it is not too late to get your seasonal flu shot.

Flu shot hours at the clinic are 9 to 11 a.m. on Monday, Tuesday, Thursday and Friday; and 2 to 4 p.m. every-day.

Flu shots will be given by nursing staff, curbside in the comfort of your car. Present to the clinic entry gate during the above hours.

patch Center switched the night shift dispatch functions over to Frontier Dispatch for a period of 30 days.

The decision to utilize this service was made so the focus would be on training the two new dispatchers.

Please, for emergencies dial 911. Please avoid using the non-emergency line for emergencies. Although both the dispatch centers Frontier and Warm Springs have the same role and function, there are slight differences in how calls are handled.

This is a temporary switch for night shifts between Sunday and Thursday and we look forward to having the opportunity to provide quality training to our new dispatchers, so we can get our Call Center up and fully functioning again.

We also thank our partnering agency Frontier Dispatch Center for the willingness to assist us in this time of need.

Crystal Greene, Lieutenant, Warm Springs Police Department, Corrections/Telecommunications Division.

A wish...

We'd like to wish my youngest sister, Susan Switzler Coronado, a very Happy Birthday in Walla Walla, Washington.

Sending our love and prayers for healing. We miss you and wish we could visit more often.

Love and hugs always.

From the Tsumpti family.

Births

OpaLynne Rosey Williams

Lyle Williams Jr. and Ashlynn Danzuka are pleased to announce the birth of their daughter OpaLynne Rosey Williams, born on December 3, 2020.

OpaLynne joins brother Maliki, 5, and sister Mozanntique, 1.

Grandparents on the father's side are Judith Kalama and Allen Charley.

Grandparents on the mother's side are Kathy Danzuka and the late Roosevelt 'Rosey' Suppah.

Minnie L. Charley

Leonard Y. Charley Sr. and Delberta P. Williams are pleased to announce the birth of their daughter Minnie L. Charley, born on December 11, 2020.

Minnie joins brother Leonard Jr.

Grandparents on the father's side are Minnie L. Charley of Warm Springs, and Timothy Barnett of Oklahoma City.

Grandparents on the mother's side are Josie Williams and Warner Williams of Warm Springs.

W.S. Dispatch

To the Warm Springs Community,

As of last Sunday, December 13 at 7 p.m., the Warm Springs Police Dis-

KNT water

The Kah-Nee-Ta Resort area, specifically the Hamlets, is seeing a temporary water shutoff notice for this Wednesday, December 16.

The installation of the south Kah-Nee-Ta pressure relief valve station and altitude valve is the reason for the temporary shutoff.

Approximately 58 residences are affected by the December 16 shutoff.

According to Utilities, discolored water or air in the line is possible in the area after installation and water is back in service.

If experienced, run cold water until water runs clear.

If you have questions, call Chico Holliday at Utilities, 541-553-3246.

A covid update from clinic staff

Due to the impact of Covid-19 on our community, the Warm Springs Clinic will be limiting appointments for routine care that are not illness related.

We will still be available to help assist with any immediate or urgent medical needs during our normal operating hours.

We will continue providing assessment and screening for people with covid

Fond farewells to two from clinic team

The Warm Springs Health and Wellness Center bid farewell in December to Yvonne Iverson and Capt. James Gemelas. Yvonne and James are long-time members of the Health and Wellness team, and both are leaving to pursue new opportunities.

At the clinic we are grateful for the years of service they have provided. Yvonne has been the clinic budget analyst since 2013. She also manages Purchasing, Warehouse, and Quarters staff.

She has functioned as our Incident Command Finance Chief during our Covid-19 pandemic operations.

Yvonne attended the IHS Leadership Training Program, and has been a member of the Warm Springs Executive Management Team for many years.

Yvonne is also a trained Health Improvement Professional, and a



Yvonne Iverson

certified Nonviolent Crisis Intervention trainer.

She has constantly supported our clinic staff in both quality improvement and safety activities in addition to her regular duties.

A Warm Springs tribal member, Yvonne started her work at the clinic while still in high school.

After completing college, she returned to work for the Confederated Tribes in the Community Health Department, where she worked for 12 years.

She started as a physical therapy aide and ended as the Community Health Program Manager, demonstrating her unique ability to mo-



Cpt. James Gemelas

tivate and lead.

Meanwhile, Cpt. James Gemelas arrived for duty in 1993 when the Warm Springs Health and Wellness Center first opened.

He started in the Confederated Tribes Managed Care Department as a case manager. Jim took part time leave in 1995 to parent his young children while continuing to work fill-in at the Pharmacy.

Cpt. Gemelas returned full time as the Pharmacy director in 2003 before transferring to his current position as Clinical Applications Coordinator in 2006.

Also known as Captain Calm, Jim has guided the Warm Springs Health and Wellness staff, both tribal and IHS, through a wide variety of clinical computer applications, including the use of the Electronic Health Record and other data collection programs. He has cheerfully filled in at our pharmacy whenever needed.

In addition to his regular duties, Jim has functioned as our Incident Command System Liaison Officer from March of 2020.

Jim will be transferring to the Office of Information Technology for IHS.

We are grateful for all he has done in his time here and know he will continue to serve all of IHS as he works with the Electronic Health Record development program.

The Warm Springs Health and Wellness Center team.

symptoms at our outdoor testing and triage area.

Covid-19 symptoms include fever, cough, shortness of breath, sore throat, headache, weakness, nausea, vomiting, diarrhea, or unusual skin rashes.

In-person appointments will continue, but will be limited as we continue to provide care during the covid Pandemic.

If you have a medical need please call our Scheduling desk at 541-553-2610.

If you have questions about Covid-19, or if you are having covid symptoms, please call our Covid Nurse Line at 541-553-5512.

We appreciate your understanding during these challenging times.

Remember we all have a responsibility to slow the spread of covid. Stay Home and do not have visitors.

If you must go out for an essential needs

- Mask Up.
- Wash your hands often.
- Keep a safe distance from others; that is, six feet or more.

Warm Springs Clinic staff.

Slow the spread

To slow the spread of Covid-19, residents of the Warm Springs Reservation need to stay at home except for essential activities like grocery shopping, work or medical appointments.

Employees on administrative leave need to stay at home except for the above reasons.

Limit your contact with anyone not from your household by staying home and not allowing contact with people from outside your household.

Anyone who has tested positive, or has had a close contact, should be quarantined at home, and stay at home through your quarantine time.

Mask-up campaign with Bigfoot

The Northwest Portland Area Indian Health Board has shared its 'Bigfoot Mask Up' campaign material with the Confederated Tribes.

The campaign includes a large all-weather wooden cutout of Bigfoot (left, with Neal of KWSO).

The cutout has its own specially fitted mask (in this photo the Bigfoot is getting ready to mask up).

The campaign material also includes yard signs with Covid-19 safety messages (see page 2).

The Indian Health Board shared its campaign with tribes throughout the Northwest.



D.McMechan/Spilyay

From the Oregon Health Authority

We know that holiday celebrations are important for many.

Though many traditions involve gathering with our friends and family, this year the best way to honor loved ones is to celebrate at home with only the people we live with.

If you are considering gathering with people you don't live with, here are some tips for making the decision:

Check your community risk level to see what gathering size is allowed.

Talk to the host about what steps are being taken to increase safety.

Gathering outdoors is safer than indoors.

Wear a mask indoors and outdoors. Avoid shouting or singing.

Absolutely: Stay home if you are sick or have been near someone who thinks they may have or have been exposed to Covid-19.

Remember, it's okay if

you decide to stay home and remain apart from others. Do what's best for you.

Rather than canceling the holiday celebrations, plan your festivities and maintain your traditions with those in your household and include others virtually.

Spring at COCC

For winter and spring terms Central Oregon Community College will continue to offer the majority of its services remotely, facilities will remain closed to the public.



A Christmas chuckle with artist Travis Bobb.

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