

Letters to the editor

New Years Eve

People love having a reason to gather, and there’s no better time of year to spend with loved ones than New Year’s Eve. Health care workers want to remind you that this year the safest activity is to stay home.

If you are thinking of visiting for New Years, please consider the risk. And besides, the Indian New Year already happened, on the Winter Solstice last week.

The type of travel that is the lowest risk is traveling by car with only the people you live with. If you do have to travel, here are some tips for increasing your safety:

If you can, travel alone by car, or only with people you live with.

Limit stops and wear a face covering when you do have to stop.

If you have to travel by airplane, train, ship, ferry, subway, taxi or ride share wear a face covering.

Keep six feet of physical distance between yourself and anyone you don’t live with whenever possible.

Wash your hands often. Bring hand sanitizer with at least 60-percent alcohol in case there is no place to wash hands.

Stay in a separate room from others when you arrive at your destination.

Anyone who returns to Oregon or enters the state because of non-essential travel is urged to quarantine for 14 days after arrival and limit their interactions to the people they live with.

From Sanitation

Sanitation pickup routes regularly scheduled for this Friday, January 1, 2021 will be picked up on Thursday, December 31, 2020.

The vaccine

Covid-19 vaccines are now being administered in Warm Springs, and across Oregon and the rest of the U.S. Many are anxiously awaiting their turn to get a vaccination of their own. New vaccines, however, create new questions. Health authorities say:

While you may have had a severe allergic reaction to a vaccine in the past, that does not necessarily mean you will have a severe allergic reaction to a Covid-19 vaccine.

If you have had a severe allergic reaction to other vaccines, you should talk

with your health care provider about whether a Covid-19 vaccination will be safe for you. However, those who have a history of allergies to food, pets, venom, environmental factors, latex or oral medications may still get vaccinated.

The Centers for Disease Control and Prevention has also put safeguards in place to ensure that, in the instance someone does experience a severe allergic reaction as a result of a Covid-19 vaccination, the person receives immediate medical care.

For instance, people with a history of severe allergic reactions will be monitored for 30 minutes after getting the vaccine, as opposed to the standard 15 minutes for those without a history of severe reaction. To learn more about severe allergic reactions and the Covid-19 vaccine, visit the CDC’s ‘Covid-19 Vaccines and Severe Allergic Reactions’ webpage.

Haaland comments

Remarks by nominee for U.S. Secretary of Interior, Deb Haaland. If confirmed to the position, Ms. Haaland would be the first Native American to serve as Secretary of the Interior. Her remarks after her nomination:

Thank you. I’m proud to stand here—on the ancestral homelands of the Lenape Tribal Nation. The president-elect and vice president-elect are committed to a diverse cabinet, and I’m honored and humbled to accept their nomination for Secretary of the Interior.

Growing up in my mother’s Pueblo household made me fierce. My life has not been easy — I struggled with homelessness, relied on food stamps, and raised my child as a single mom.

These struggles give me perspective to help people succeed.

My grandparents—who were taken away from their families as children and sent to boarding school, in an effort to destroy their traditions and identities—maintained our culture.

This moment is profound when we consider the fact that a former Secretary of the Interior once proclaimed it his goal to, quote, ‘civilize or exterminate’ us. I’m a living testament to the failure of that horrific ideology.

I also stand on the shoulders of my ancestors, and

Sending our best wishes as clinic business office manager retires

Deborah ‘Debbie’ Jackson is retiring from the Indian Health Service at the Warm Springs Health and Wellness Center. Her retirement is this Thursday, December 31.

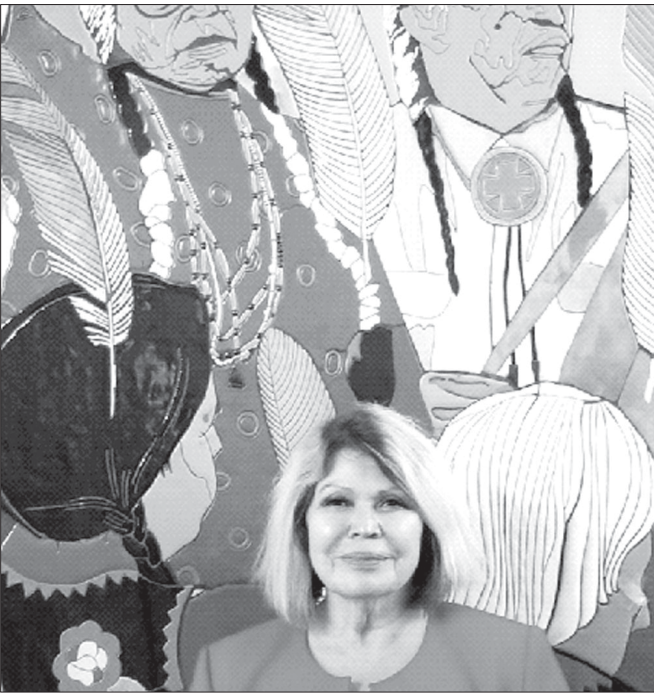
Debbie has worked at the clinic since September of 1999. She started in the business office, where she worked in every position before becoming the department manager in 2005.

Ms. Jackson is the daughter of Vernon and Louise Jackson.

As the clinic business office manager, Debbie supervised patient registration, billing, collections and accounts receivable. She consistently demonstrated commitment to assuring the Warm Springs Clinic and community had access to all available resources.

In 2012, Debbie implemented a grant from the Oregon Health Authority for a benefit coordinator positions to assist patients with obtaining and maintaining their enrollment into the Oregon Health Plan.

Prior to that, she ap-



Photos courtesy IHS

Debbie Jackson by the clinic front entrance mosaic: In upper left of the mosaic is Matilda Mitchell, who hand-crafted Debbie’s Miss Warm Springs beaded dress. Maxine Switzler beaded her Wasco headpiece.

plied for and managed a grant that funded activities to enroll eligible patients into the Children’s Health Insurance Program, known as CHIP.

Over the years of her federal career, Debbie has used her quiet and eloquent speaking style to help others better understand the unique needs and attributes of Native Americans and

the Warm Springs community.

She has been active in state and local health care planning groups for many years.

In 2011-2012, Debbie participated with a committee tasked to provide recommendations on integrating Indian healthcare needs into Oregon’s Coordinated Care organizations.



Debbie was Miss Warm Springs 1971. That year she was also alternate Miss Indian America. In 1970 she had been Miss Indian Northwest.

Debbie has been a part of the Warm Springs Executive Leadership Team for many years.

At the clinic e will miss her wise guidance, sense of humor, and unique style. We send her off with wishes for happiness in all her adventures during this new chapter of her life.

The staff of the Warm Springs Health and Wellness Center.

all the people who have sacrificed so that I can be here.

My dad was a U.S. Marine, and no matter where we were stationed, he made sure we spent time outdoors.

Time with my dad in the mountains or on the beach and time with my grandparents in the cornfield at Laguna taught me to respect the Earth and to value our resources. I carry those values with me everywhere. I’m a product of their resilience.

As our country faces the impacts of climate change and environmental injustice, the Interior Department has a role to address these challenges.

The president-elect’s goals are driven by justice and empowering communities who have shouldered the burdens of environmental negligence.

And we will ensure that the decisions at Interior will once again be driven by science.

We know that climate change can only be solved with participation of every department and of every community coming together in common purpose — this country can and will tackle this challenge.

The president-elect and vice president-elect know that issues under Interior’s jurisdiction aren’t simply about conservation — they’re woven in with justice, good jobs, and closing the racial, wealth, and health gaps.

This historic moment will not go by without the acknowledgment of the many people who have believed in me over the years and had the confidence in me for this position.

I’ll be fierce for all of us, for our planet, and all of our protected land.

I am honored and ready to serve. **Deb Haaland.**

Household resources available to community members

These are some facts about the Covid-19 Community Outreach project for 2021.

Any community member is eligible to receive a ‘community basket.’ The basket is comprised of whatever has been donated to my office, and does include things like laundry soap, bleach, hand sanitizer, toilet paper, paper towels, masks, etc.

Receiving items is based on household size to ensure that adequate supplies are given. A family of five receives enough supplies for their household just like a household of 15 would.

There are no income requirements—just a short survey.

If delivery is needed, that can be arranged.

Due to current organizational restrictions, phone calls are encouraged so that when pick-up is done there

Covid-19 Community Outreach Project



Covid-19 is in the community of Warm Springs, and to keep everyone safe please: Please wash your hands, wear a mask, & reduce going off the reservation.

How can you protect your home and family?

We can provide: household, cleaning, and personal protection supplies!

Call (541) 615-0141 or (541) 553-3415



Call I.H.S. if you feel sick with

- | | | |
|-----------------------|------------------|--------------|
| ⇒ Fever or chills | ⇒ Fatigue | ⇒ Runny Nose |
| ⇒ Cough | ⇒ Muscle or Body | ⇒ Nausea or |
| ⇒ Shortness of Breath | ⇒ Aches | ⇒ Vomiting |
| | ⇒ Sore Throat | ⇒ Diarrhea |



This project is made possible by donations and collaboration between: The Pandemic Partners Facebook Group and the Office of H&HS Health Care Analyst

will be a limited amount of interaction.

Households do not need to be Covid-19 positive to receive items. Part of prevention is making sure each household has adequate supplies.

Employees can pick up items for their caseload(s) or individuals they are working with.

All these items are donated and quarantined for at least five days, and in many cases longer.

Any person can make a referral and efforts will be made to reach out to that household.

If you have any specific questions regarding this program, please let me know and I will do what I can to assist and help answer them. Call 541-615-0141, or 541-553-3415.

By Buffy Hurtado, Health Care Analyst, Health and Human Services.

Spilyay Tymoo
(Coyote News, Est. 1976)

Publisher Emeritus in Memorium: Sid Miller
Editor: Dave McMechan

Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs. Our offices are located at 4174 Highway 3 in Warm Springs.

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.
Annual Subscription rates: Within U.S.: \$20.00