

Letters to the editor

For pets

A new service for pets—the Warm Springs Community Pet Food Bank—happens from 10 a.m. to 12 noon the second Saturday of every month. The first one will be Saturday, September 11.

The location is 2334 High Lookie Street, across from the Warm Springs Senior Center. Mask or other face coverings are required at all times.

The Warm Springs Community Pet Food Bank is presented by Fences for Fido. To reserve your pet, food call or text 503-319-9838. Or email: petfoodbank@fencesforfido.org

Fences for Fido, based in Portland, is an award-winning non-profit dedicated to improving the quality of life for dogs, especially those that are chained.

'We play, kids play'

Do you need help paying youth sports registration fees? The Every Kid Sports Pass can help.

Check out the Every Kid Sports Pass to see if you qualify for up to \$150 towards youth sports registration fees. Those who would qualify:

Kids between the ages of 4 and 18. Kids in families who receive SNAP, WIC or Medicaid benefits. Kids who want to participate in recreational and after-school sports.

Apply using your smartphone or computer: www.everykidsports.org

With the Every Kid

Sports Pass, families don't have to decide which of the kids get to play sports, because with Very Kid Sports, "We pay—Kids play!"

Vaccines during pregnancy

If you're pregnant, you may be wondering about the vaccinations. Getting vaccinated during pregnancy doesn't just protect yourself, but it can protect your baby as well.

Getting influenza, tetanus, reduced diphtheria toxoid and acellular pertussis (Tdap) vaccines while you're pregnant causes your body to create protective antibodies—proteins produced by the body to fight off diseases.

If you get these vaccines while you're pregnant, you pass on some of those antibodies to your baby. Newborns are not yet able to get these vaccines, so this immunity can act to protect your child during those first few months of life.

What about the Covid-19 vaccines? The Centers for Disease Control recommends covid vaccination during pregnancy as well.

The Covid-19 vaccination is recommended for all people ages 12 and older, including people who are pregnant, breastfeeding, trying to get pregnant now or might become pregnant in the future.

Pregnant and recently pregnant people are more likely to get severely ill with covid compared with non-pregnant people. Severe illness from covid during pregnancy can be avoided by get-

ting fully vaccinated.

Talk with your doctor about maternal vaccination.

Be heard

Based on the 2020 Census data, the legislative redistricting process is happening right now in Oregon.

Citizens are being asked to give testimony virtually and in writing to go on record about how you want to be represented, and what is important for your representation to know about your community.

Let your voice be heard: You can find details about giving testimony at oregonlegislature.gov/redistricting.

For our congressional district, oral testimony will be open this Wednesday through Friday, September 8-10.

Papalaximisha is hosting watch parties for both of those hearings: September 8 from noon to 4 p.m., and September 10 from 7:30 to 11 a.m.

Check the Papalaximisha Facebook page for details.

Online diabetes prevention

You're invited to join others in Central Oregon to get active, lose weight and feel great together: It's a free, online diabetes prevention program sponsored by Jefferson, Crook and Deschutes county health de-

partments.

Learn how to manage stress, improve your heart health, eat well and stay motivated.

The weekly workshop starts on September 14 from

9-11 a.m., and participants meet weekly until July 12 of next year.

Sign up today, spaces are limited. It's a chance to meet

and connect with neighbors in your community to fight pre-diabetes together. Call 541-876-1848 or visit: yourhealthcentraloregon.org

In Cooperation and Appreciation



Courtesy CTWS Governmental Affairs

The official red line copy presentation of federal Public Law 116-175, the legislation nullifying the 'Hutington treaty of 1865.' Sen. Jeff Merkley, among the sponsors of the law, presented the document to Tribal Council Chairman Raymond Tsumpti in August during the tribes' celebration of passage of the law.

Opioid overdose Prevention

The Warm Springs Prevention Team is sharing a training video for the emergency use of the Narcan (Nalaxone) Nasal Spray. The spray is used to treat an opioid overdose. It is the only FDA approved treatment of known or suspected opioid overdose.

Narcan Nasal Spray may counteract the life-threatening effects of an opioid overdose. Since most accidental overdoses occur in a home setting, it was developed for first responders, as well as family, friends, and caregivers—with no

medical training required. See the Prevention Facebook page: At Facebook search 'Warm Springs Prevention Team and Nalaxone Spray.' Or the QR code below leads to the video.



Warm Springs Food Bank is open



The Warm Springs Food Bank is open five days a week, 9 a.m. to 4 p.m. The Food Bank has a variety of items, and plenty, available to individuals who may not qualify for Commodities or Food Stamps. The Warm Springs Food Bank opened in 2020, established in partnership with NeighborImpact. The service is located in the Commodities building at the industrial park, 4217 A Holiday Street, Warm Springs. For information call me at 541-553-3579. Or email: theodore.perez@wstribes.org

Many Vets due for record raise next year

by Frankie Williams
Warm Springs Tribal
Veterans Representative

Military retirees and disabled veterans could see their monthly checks jump by hundreds of dollars each month in 2022, the largest increase since 1983.

The annual inflation-based Cost of Living Adjustment, or COLA, soon will be determined by the government, and all the figures point to an increase of at least 6 percent, and maybe more, beginning in 2022.

That means that next year, military retirees will see their monthly retirement check increase, with the average monthly check going up by around \$160.

Veterans receiving disability compensation from the Department of Veterans Affairs also will see their monthly disability



Frankie Williams, W.S. Veterans Representative

payments increase, with the average monthly amount increasing by nearly \$100.

According to the Department of Defense, there are around 1.87 million military retirees, with an annual average retirement payment of \$30,265.

The VA says nearly 5.1 million veterans receive disability compensation, with an annual benefit of \$18,549.

The annual COLA increase is based on the Consumer Price Index (CPI), which is measured by the Department of Labor. That agency measures the costs of a select group of goods and services and compares those costs to the previous year.

If there is an increase, retirees and many others receiving government benefits see an increase in their monthly payments for the upcoming year. If those costs go down, the government payments will remain the same in the upcoming year.

In 2021, costs for most goods and services have gone up much faster than they have in the past. The most recent data from the Department of Labor is showing a 5.4 percent increase from last year, and there are two more months left in the current fiscal year,

which ends on Sept. 30.

So, unless there is a major turnaround of the economy, with prices dropping dramatically in the next month or so, next year's government payments should see a hefty increase.

The CPI also is used to determine federal employee retirement and social security COLA adjustments as well as other federal benefit programs, so the CPI increase will affect over 50 million Americans.

Next year's COLA is scheduled to be announced in early October. When it is, military.com will have the latest information, including disability pay rates available to you.

For more information on Agent Orange or filing a claim, contact the Warm Springs Tribal Veterans Service Officer, Frankie Williams, 541-460-0605 or 541-777-2957

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LET US HELP YOU!!!
Need Help with Rent?
Apply Now!
Emergency Rental Assistance
Rent & Utilities
Contact Warm Springs Housing Authority
541-553-3250

For more information on Emergency Rental Assistance, veterans can call either the Warm Springs Housing Authority at 541-553-

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.

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