

Wellness and Prevention

There are two sections for Wellness and Prevention at the Tribe. One, housed in the clinic, provides home visits including lunch delivery for Elders who are shut-ins, and meals everyday at the Community Center for Elders, according to Wellness Secretary Egypt Leno. This section also acts as food coordinator for all catering for Tribal events.

Wellness also provides smoking, drugs and safe sex prevention programs for Tribal members.

Elder Advocate and Tribal member Pearl Mekemson does walking and exercising with Elders, and organizes a walking group. Tribal member Tracy Biery also participates with incentives developed through an exercise program at Nike.

"We promote health for the whole tribe," said Leno.

The section also provides medical transports for Tribal members who can't get rides to medical appointments.

Another section of the Tribe's Wellness program is based in the

Social Services Department, and organizes community prevention activities including events like Native Youth Wellness Day, round dances, youth basketball tournaments and workshops for both kids and their parents.



Egypt Leno

"We also did Families Together this year," said Tribal Youth Prevention Coordinator and Tribal member Lisa Leno, "a 12-week parenting class. That was phenomenal. It includes the entire family." The goal of the program is to teach

communication, understanding, respect for parents and kids. "It also really made a support system between youth and parents," said Leno. "So parents gained a support system."

Earlier in the year the section sponsored the 2nd Annual Youth Conference in Portland.

"I think that we're seeing awareness," said Leno. "I think it's had a positive influence on community. We're a drug- and alcohol-free alternative." ■

Records

Medical records serve as a basis for planning the care and treatment of patients," said Lillian Engel, Lead Health Information Technician in the Records section. They also serve as a legal document to describe the care patients receive. Medical records are a primary way that different health care providers communicate with each other, and finally, they also are useful as "a tool to assess and improve the care we render."

Patients have many rights regarding their medical records.

They have the right to inspect and obtain a copy of their records; a right to request a restriction on its use or disclosure; they can request that health record can be sent to other providers; and also a right to get a listing of when the section discloses their information when not otherwise authorized. As an example, the county health de-

partment keeps track of certain communicable diseases, and the records department lets them know when patients have them.



Lillian Engel

For its part, the Records section is responsible to maintain privacy of health information, to accommodate any reasonable requests for access; and to provide required information to insurance companies.

Patients can access the information in person; or with a form that they can get by fax or mail; They can contact the department to discuss these matters at 503-879-4585. The time it takes to process requests, said Engel, "depends on how much information they need and how busy the desk is, but we suggest they allow at least two weeks."

"It's very very busy all day long," she said. "Every area in the clinic needs attention from Records." ■

Business Office

The Business Office is run by Tresa Mercier. Tresa has worked at the clinic since it was established almost 21 years ago.

The Business Office handles patient registration, medical records, and supervises the receptionists. The Business Office also handles payment of health care, as well as billing health insurance companies. ■



Tresa Mercier

Physical Medicine

The Tribe provides three different kinds of physical medicine, according to Sandi Viren, Certified Medical Assistant in this section of the Clinic.

Acupuncture services are available on Mondays, Wednesdays and Fridays. Acupuncturist Dale



Dale Freeman

Freeman does traditional acupuncture along with Chinese herb therapies and *tuina* (a deep tissue massage). "Chinese medicine," said Viren, "is not like our traditional western medicine."

Freeman is booked out a month and a half in advance.

Podiatrist Hamid Arabshahi (Dr. A for short), sees patients on Tuesdays, and principally works on the feet of diabetes patients.

Chiropractor Kenneth Kelley is available on Thursdays. With a "very

steady following of patients," according to Viren, "a lot of what he treats is patients that have sprains or strains of the upper or lower back." He also performs ultra sound and an electro-stimulator for muscle pains. ■

The Pharmacy

The Tribe's full-service pharmacy not only provides prescribed medications that Tribal members, employees and community members need, but for Tribal members, the Pharmacy also offers mail delivery of prescriptions, according to Director Julie Davis.

"We do bubble packing for people that have trouble keeping track of their meds, to help them keep track of all the pills," she said. They perform the service on request and "for most of our elders now."

In fact, for Tribal members in the Grand Ronde, Sheridan and Willamina area, the Pharmacy will even deliver medications. Except for Elders, she said, "we can't guarantee every night," said Davis. "We try to plan our deliveries so we have three or four to the same area."

The Pharmacy is considering



Julie Davis

purchasing "a robotic dispensing machine," said Davis.

And Davis reminds patients that "we will not provide prescriptions to anyone but the patient without an ok in writing." ■

Behavioral Health - Dr. Joseph Stone, Behavioral Health Manager



Dr. Joseph Stone

Dr. Joseph Stone runs the Behavioral section of the clinic. He has been running the department for about five years. The Behavioral Health is the therapy section of the clinic and deals with addiction as well as other forms of counseling. He is a licensed psychologist as well as a Level III Addiction and Drug Councilor, and that's just in Oregon. He also carries credentials in other states and is also an internationally certified alcohol and drug councilor. ■

The Medical Lab

"We're pretty much a full service lab," said Director Michael Phipps. The lab performs 1,100-1,200 tests a month in house, while 65-70 get sent out. With three employees currently and a fourth anticipated, the Tribal lab plans to take on all drug testing for both casino and Tribe. Currently, the lab is doing 30-40 percent of the tests and the rest are contracted.



Michael Phipps

"We're more than willing to answer questions about how a test

is done or what it's done for," said Phipps, although all tests are confidential.

"We're trying to always improve the process for the customer to make things easier for the patient," said Phipps.

This year's best improvement: "we had a computer make phone calls ahead of appointments as reminders. We had a drastic improvement in patients remembering their ap-

pointments," he said. ■