

Klamath Tribal Health & Family Services

Q2 NEWSLETTER / SPRING-SUMMER 2023

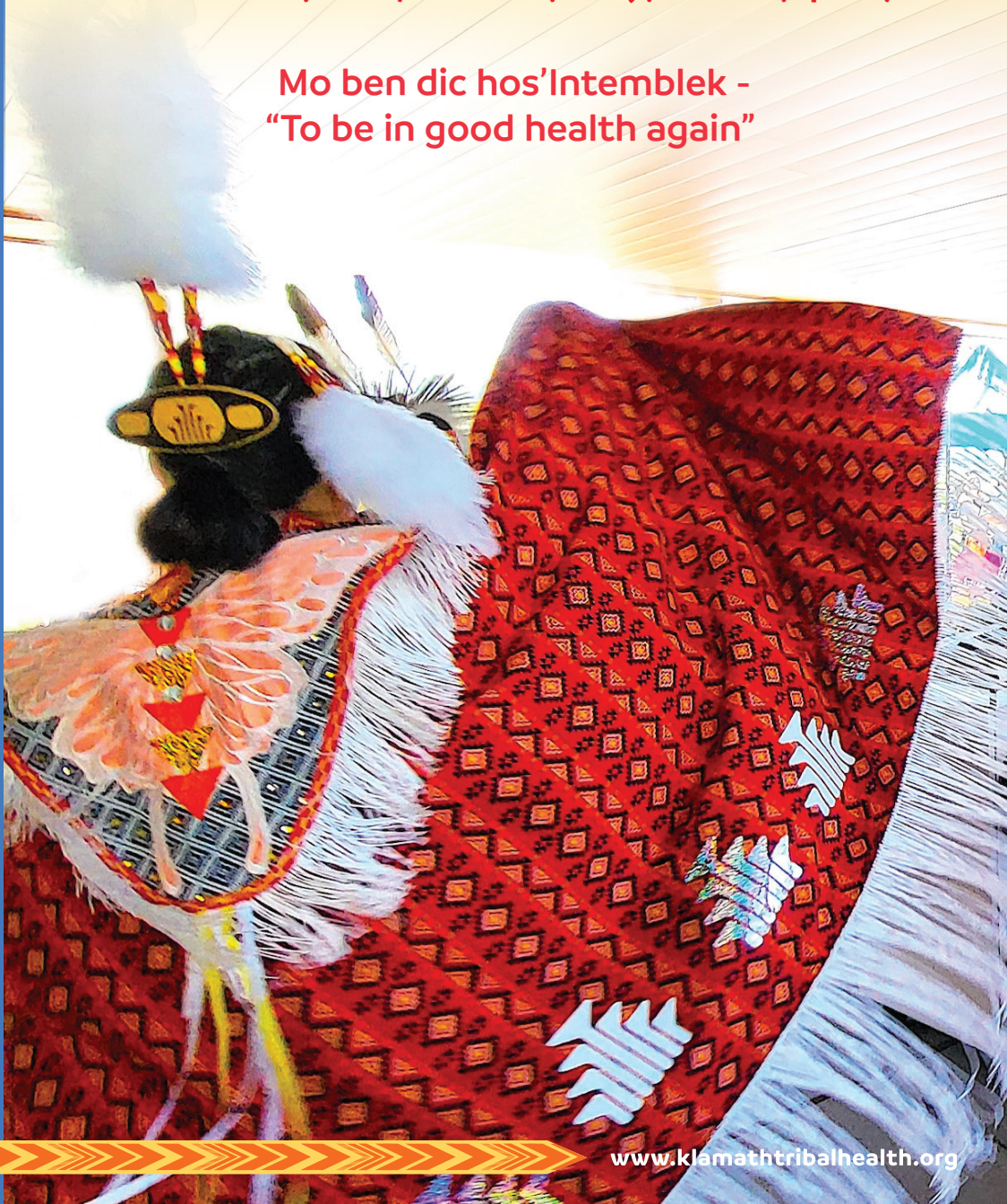
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Always Moving to Improve Our Wellbeing

Hoskanks (Mind) Coleks (Body) Hokis (Spirit)

Mo ben dic hos'Intemlek -
"To be in good health again"



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www.klamathtribalhealth.org



Klamath Tribal Health & Family Services NEWSLETTER

Greetings!

This publication is produced by Klamath Tribal Health & Family Services - The Health Branch of the Klamath Tribes, (the Klamath, Modoc, and Yahooskin/Paiute).

Content:

Information is provided by a wide range of submissions from Tribal Health departments, tribal programs and community partners.

***Important! If you have any concerns or questions about specific content that may affect your health, please contact your health care provider directly.**

KTHFS Rights:

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*Member of the Native American Journalist Assoc.

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Women's Fancy Dancer, Melissa Terrell, Klamath Tribes
Klamath Woman, Edward Curtis Collection



Did you Know...

THE KLAMATH TRIBAL HEALTH & FAMILY SERVICES 2022 ANNUAL REPORT IS NOW AVAILABLE!

Go to our website: www.klamathtribalhealth.org

See the NOTICES section

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Klamath Tribal Health & Family Services

OUR MISSION: To advance the overall mission of The Klamath Tribes, and the trust responsibilities of the United States government, by providing quality comprehensive, patient-focused health care in a culturally-sensitive manner while eliminating disparities and barriers to health.

Klamath Tribes' Holds Grand Opening of Second Tribal Health Center – Phase One

A grand opening of the new Klamath Tribal Health & Family Services center was held Friday, May 19, 2023, in Klamath Falls, Oregon



Klamath Tribal dignitaries, Council Chairman, Clayton Dumont, Jr.; Council Treasurer, Brandi Hatcher; and Councilwoman, Natalie Ball, are surrounded by Klamath Tribal dancers and Youth Council, during the Ribbon Cutting Ceremony for the new Health Center.

The newest center is opening in Phases and is part of the Klamath Tribes vision for continued over-all health services to members who live in the expansive Klamath Basin in southern Oregon. The 43,500 square-foot building is located on the top of a hill, overlooking Klamath Lake and the small suburb called Wocus, (Wocus was traditionally known as 'Rabbit Flat' and was a winter tribal camp area). The Tribes' new Health Center sits atop on 23 acres owned by the tribe and is considered a satellite clinic to the tribes' Chiloquin Health Wellness Center, located approximately 30 miles

north of the new Klamath facility. The new center is a state-of-the-art medical, dental, pharmacy, and Youth & Family Guidance/Behavioral Health facility. Both health centers will be open to serve tribal members for their over-all healthcare needs.

The ceremony began with a prayer from Klamath Tribal Member, Amanda Mellentine, and honor songs by drum groups, The Midnight Travelers and Northern Eagle. Guest speakers included Klamath Tribal Chairman, Clayton Dumont Jr., and Health General Manager, Chanda Aloysius-Yates.



After years of planning and construction, the Klamath Tribes' second tribal outpatient health center held its grand opening. The new center began opening in phases in May 2023 and will feature health care assistance in the following – Youth & Family Guidance & Behavioral Health, dental, pharmaceutical, and medical. The new center will improve overall health services to members and be a huge investment in the local economy. It is part of the tribes' mission for health – Mo ben dic hos'Intemblek – "To be in good health again."

After opening remarks, dancers blessed the area and the ribbon-cutting ceremony was conducted by members of Tribal Council. Tribal members and guests entered the beautiful building to enjoy lunch, desserts, and take full tours of the new center.

Chairman Dumont opened by saying, "I think that days like today, when we can showcase our accomplishments, are important for another reason. It's a chance for us to see beyond the horizon of the day. Think about what it was like before, where we've been and where we're trying to get to. I know that every tribal member here knows, and those of you who know us and care about us, recognize that the Klamath Tribes continue to experience more than our fair share of pain, grief, and tragedy. It can be overwhelming. And I don't want to try to recite all the names, and all the families, who have dealt with these struggles in the last months or recent years." Dumont cited a display of the old historic treaty of the Klamath Tribes that was on display inside the building, and thanked and recognized the family of Tyler Bates who donated it. Tyler passed away at a young age, and a beautiful plaque and picture of Tyler that his family dedicated in his honor is next to the treaty, "Tyler, like too many of our young people, we lost at way too young of an age, and under circumstances that should have never happened," said Dumont. He continued after an emotional pause, "So, as I was saying, I think that occasions like this are a chance to reflect, to try to escape that grief, that fog, for a moment, to think about the advances that we've made. We still have a lot of work to do, and nobody should try to minimize that, but, if you're old enough to think back, to think back to the time of termination; my living memories only go back as far as the mid to late 1960s, but we lost everything. We really had nothing to hold on to, except for our families and ourselves. And those days, were, for many, beyond tragic."

Dumont said his own adverse childhood experiences were not unique among the tribal members, and overcoming these experiences is hard and requires a lot of work. "But that pain, and that collective struggle, that all of us are engaged in, is what makes this day, and this place, so amazing," he said. Health General Manager Chanda Yates addressed the importance of the center's self-sufficiency. "What's really important to emphasize is that this facility is 100 percent paid for by the Klamath Tribes, reinvesting in healthcare for their people." The Klamath Tribes General Council approved this project using third party revenue, she said, generated by billing for the services offered. Those third-party dollars are re-invested back to the Klamath Tribes health care

programs and services. Currently, the behavioral health facility is fully open with its full scope of work for mental health services and substance abuse outpatient programming. The dental facility had a soft opening with existing staff providing dental emergencies. Existing staff from pharmacy and medical services will rotate between the tribes' Chiloquin health center and KTHFS.

The pharmacy is providing point-of-dispensing and allowing tribal members to pick up their medication in Klamath Falls instead of driving to Chiloquin. She added, "It's also important to know this is the new home to our Youth & Family Guidance/Behavioral Health programs, which provide behavioral health, prevention, intervention, substance use treatment and case management services for tribal members and other Native Americans living in Klamath County. This new center is amazing and we are slowly opening in phases with existing staff and introducing the new location and services so that it's widely accepted and used."

Brandon Tupper, Patient Registration Manager, provided tours of the medical facility. He pointed out the roomy triage rooms, a dietitian consultant room, a pediatric room with a cartoon-designed elephant exam table to ease the anxiety of the young patients, and nine spacious exam rooms. "The space we have here is so much more than the ones we have in Chiloquin," Tupper said. And he touted the state-of-the-art equipment. "It's really going to be amazing for our tribal members, and we are excited for when we get rockin' and rollin'." In addition to the medical facility services, Tupper said they offer community health services assisting home-bound patients with a team of four full-time staff members. Concluding the tour, he showed the tenth exam room for patients in need of isolation, and finally a large lab room.

Dr. Sara Folden, the Klamath Tribal Health Center Chief Medical Officer, expressed her enthusiasm for the size and interior aesthetics of the building, and its growth potential for services offered to the tribe. "It's just beautiful," she said. "The space that we have, lots of room to grow, which will be wonderful for the tribe." She said, "Ideally, I'd like to grow our own," Folden said. "I'd like to start with the junior high kids, and get in the school and let them know what we do, and find the people who are motivated and want to move in a medical direction and mentor them." She added that they have good relations with the Oregon Institute of Technology, Sky Lakes, and Oregon State University to assist in their recruitment efforts.



Pharmacy Director, Dr. Tim Langford, provided tours of the pharmacy. He described the use of a robotic system, also used in Chiloquin, that has an electronic eye and counts each tablet as it drops into the vile, then caps the medication and stores it. He said the robotic system accounts for 60 percent of the medication filled at the pharmacy and does so with high efficiency and accuracy.

The pharmacy also employs two couriers who deliver medication to tribal members. The pharmacy is twice the size of Chiloquin's, Langford said, with much more medication storage shelves. "You can see they're like library shelves," he said. "Hopefully, they'll make sure we have medicine, because sometimes we run out, especially over the last three years. Drug chain supply is a major issue. Just like getting groceries at the grocery store, and you can't get whatever sometimes. And that's affected medication, and so you have to stock more medicine to prevent that from happening." Langford said the goal is to have a full-staff of board-certified clinical pharmacists.

He added that all the tribal centers' pharmacists currently working are board-certified. "Our goal is to do really good clinical pharmacy," he said. KTHFS is working on opening some level of pharmacy services at 6000 New Way. The pharmacy is being setup with the physical aspects, technology, and software needed to run a pharmacy. Once physical, technology, and software are setup and they have enough staff, patients will be able to request medications filled in Chiloquin and then shipped to the 6000 New Way location for pickup. Later, as the pharmacy becomes fully staffed, the 6000 New Way pharmacy will open

as a pharmacy that fills medications. Based on their medication volume, and per prescription volume, Langford added, they are able to do more with better work flow and technology, efficiency of the robotic system, and efficiency overall.

Article photos and information provided by Taylor Tupper/KTH&FS Communications, and Ken Smith/Klamath Tribes PR. Images available for media use.



Chiloquin Wellness Center, located in Chiloquin, Oregon at 330 S. Chiloquin, Blvd, Chiloquin OR., approximately 30 miles North of Klamath Falls and the New Way Health Center.

Honored Guests Visit Klamath Tribal Health & Family Services

Klamath Falls, Oregon - On, April 4, 2023, Klamath Tribal Health & Family Services Administration hosted honored guests and visitors from IHS (Indian Health Services), Director, Roselyn Tso, Ann Church, IHS Acting Chief of Staff, CAPT Marcus Martinez, Director, Portland Area IHS, CAPT Roney



Won, Acting Special Assistant to Area Director, Senior Advisor to the Director, Joshua Marshall,

and Chief of Staff, Carmen Clelland. Klamath Tribal Council Members, Chairman Clay Dumont, Vice-Chairwoman Gail Hatcher, and Secretary Roberta Frost welcomed our honored guests along with Health General Manager, Chanda Yates, AO, Kimberly Kent, and several KTHFS Directors and staff.

The day started with a tour of the new health facility at 6000 New Way, and discussions around the history and current and future needs of the Klamath Tribes and our vision for continued health.

The mission of the Klamath Tribes thru continued partnerships with IHS is "Mo ben dic hos'Intemleak - To be in good health again."

KTHFS HGM, Chanda Yates, IHS Director Roselyn Tso, and KTHFS Chief Medical Officer, Dr. Sara Folden take a tour of the new medical facility and pediatric exam room. Photos by KTHFS CIS, Taylor R. Tupper




Klamath Tribal Health & Family Services

Years of Service Awards 2023

**Sepk'eeec'a – Thank you for your Years of Service!
Your Dedication is Recognized and Appreciated!**

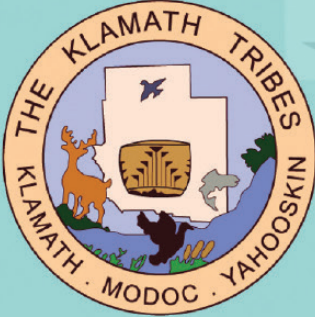
- Kelly Hawk**, Purchase/Referred Care (30 Years)
- Tana Walker**, Pharmacy (25 Years)
- Arlan Hicks**, Transportation (25 Years)
- Shannon Jones**, Finance (15 Years)
- Brandon Tupper**, Patient Registration (10 Years)







Kelly
Tana
Arlan
Shannon
Brandon



Klamath Tribal Health & Family Services

Mo ben dic hos'Intemlek - To be in good health again

IMPORTANT NOTICE!

New Klamath Tribal Health Center Hours Effective Now

Dear Patients,

In accordance with the KTH&FS presentation to General Council on February 18, 2023, on the opening of the Medical, Dental and Pharmacy Satellite Clinics at 6000 New Way in Klamath Falls, we are happy to announce that we are initiating Phase 1.

In Phase 1, we will need to adjust clinic hours for Medical, Dental and Pharmacy due to using existing staff to serve both locations (6000 New Way, Klamath Falls, and 330 Chiloquin Blvd., Chiloquin). We will be making adjustments during this transition and will continue to work hard to minimize any impacts to your health care services. We look forward to serving you at both locations.

NEW Office Hours for both KTH&FS - Wellness & Satellite Centers:

1. (Wellness Center at 330 Chiloquin Blvd., Chiloquin, OR 97624)
2. (New Satellite Health Center at 6000 New Way, Klamath Falls, OR 97603)

Wellness Center - Chiloquin, OR. 330 Chiloquin, Blvd.

Monday-Friday: 7:30am - 4:00pm

Closed for Lunch (12:00 noon-1:00 pm)

Chiloquin Dental Walk-in hours: 7:30am - 10:30am

Chiloquin Dental Walk in: 1:00pm - 2:30pm

Note: Only Chiloquin has Dental Walk-in currently
(541) 882-1487 or (541) 783-3295

Health Satellite Center - Klamath Falls, OR. 6000 New Way

Dental in Klamath by Appointment Only!

Monday-Friday: 7:30am- 4:00pm

Closed for Lunch (12:00 noon - 1:00 pm)

Must Call Wellness Center to schedule!

(541) 882-1487 or (541) 783-3295

*Please call for appointment.

Note: Pharmacy & Medical Satellite Services will be Coming Soon (2023) to 6000 New Way!

Currently, only Dental Satellite (by appointment- No walk-ins) and YFGC/Behavioral Health are at the new 6000 New Way location. Please call for appointments.

Note: These new hours ***Do Not*** affect the following:

Youth & Family Guidance/Behavioral Health Services (541) 882-1841

6000 New Way, Klamath Falls, Oregon, or any other Tribal Health office locations.

***Office hours for all other KTH&FS locations will remain: M-F 8:00am - 5:00pm *Open during lunch**

For any questions please call 541-882-1487 or (800) 552-6290

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ACCREDITATION ASSOCIATION
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Accreditation Association for Ambulatory Health Care, INC (AAAHC): KTHFS' path to re-accreditation is coming up soon!

What is AAAHC?

Accreditation Association for Ambulatory Healthcare, INC

What is accreditation?

Achieving accreditation means that this organization has undergone a thorough review of its policies and practices and has met nationally recognized standards for high quality health care. Both quality and performance of services are measured against nationally recognized standards. Accreditation represents the "gold standard" in ambulatory (outpatient clinic) care.

Benefits of AAAHC accreditation?

- Increased patient safety
- Increased employee safety
- Improved quality of care for our patients
- Achieve regulatory compliance
- Quality is displayed throughout the organization
- Increased funding opportunities
- Great recruitment & retention

Where are we now?

KTHFS has accomplished a huge goal by becoming accredited in October 2020! That being said, we are due to become re-accredited in the fall of 2023. The team at KTHFS has actively been working on maintaining accreditation standards throughout the last 3 years.

In September 2023, KTHFS will again welcome AAAHC surveyors for our next survey. Thorough preparation, presence and participation in the accreditation review process involves all of KTHFS staff. A huge thanks and kudos to each one of our staff members for their dedication and commitment to ensuring KTHFS maintains a safe and high-quality standard of care, not only for AAAHC but as a commitment to KTHFS' Mission, Vision and Core Values.

For more information regarding AAAHC accreditation contact:

Debbie Kilby, Quality Assurance Specialist

debbie.kilby@klamathtribalhealth.org or 541-882-1487 x 256

LCDR Nikowa Mendez, MHA, BSN, RN Compliance Administrator

nikowa.mendez@klamathtribalhealth.org or 541-882-1487 x 221



HIPAA: Notice of Privacy Practices

Your Information. Your Rights. Our Responsibilities.

A goal of the HIPAA Privacy Rule is to assure that individuals' health information is properly protected while allowing the flow of health information needed to provide quality health care and to protect the public's health and wellbeing.

What is the HIPAA Notice I receive? Klamath Tribal Health & Family Services offers all patients a copy of its "Notice of Privacy Practices". This Notice is important because it describes how medical information about you may be used and shared and how you can get access to this information.

What is in the Notice? The Notice describes how the Privacy Rule allows providers to use and disclose protected health information. It explains that your permission (authorization) is necessary before your health records are shared for any other reason. The Notice also describes your health privacy rights, the organization's duties to protect health information privacy, and how to contact the organization for more information or to make a complaint if you believe your privacy rights have been violated.

What information is protected? The Privacy Rule protects all individually identifiable health information held or transmitted by a covered entity or its business associate, whether it is in electronic, paper, or oral format. This information is referred to as "protected health information (or PHI)". PHI is any information that relates to or includes:

- An individual's past, present or future physical or mental health or condition
- The provision of health care to the individual
- The past, present, or future payment for the provision of health care to the individual
- Common identifiers such as an individual's name, address, birthdate or social security number

Why do I have to sign a form? The HIPAA (law) requires we ask you to state in writing that you received the Notice. Signing does not mean that you have agreed to any special uses or disclosures (sharing) of your health records. Refusing to sign the acknowledgment does not prevent a provider or plan from using or disclosing health information as HIPAA permits. If you refuse to sign the acknowledgment, the provider must keep a record of this fact.

How can I receive or view a copy of the Notice of Privacy Practices? There are many ways to obtain a copy or view the KTHFS HIPAA Notice of Privacy Practices:

1. The Notice is part of the registration packet offered at the time of registration.
2. The Notice is posted at all KTHFS healthcare facilities.
3. You may ask for a copy at any time.
4. If you would like a copy of the Notice mailed to you, please call the HIPAA Privacy Officer at (541)882-1487.
5. The Notice of Privacy Practices can also be found on our website at: <http://www.klamathtribalhealth.org/compliance-hipaa/>

For more information regarding HIPAA and Privacy Practices, please contact the KTHFS' HIPAA Privacy Officer: **LCDR Nikowa Mendez**, MHA, BSN, RN nikowa.mendez@klamathtribalhealth.org or 541-882-1487 x221

Breastfeeding Awareness

Welcoming a new baby into the family can be an anticipated and exciting life event. Parents have to make several decisions when planning for the birth of a baby. One of the first decisions they will make is how to feed the baby. Here is information for you to consider as you make your decision.

The State of Oregon has one of the highest breastfeeding initiation rates in the United States! The most recent data available from babies born in Oregon in 2019 indicate 87.2% of babies were never breastfed and 65% of these babies were still breastfeeding at 6 months of age with 34% of these babies exclusively breastfeeding at 6 months of age.¹ Exclusive breastfeeding means the baby is receiving only breastmilk in their diet. The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for about six months with complimentary food introduced around six months. The AAP now supports continued breastfeeding until two years or beyond, as mutually desired by mother and child.²

The benefits of breastfeeding are plentiful! Mom's breastmilk composition changes to meet the baby's nutritional needs as the baby grows. Additionally, mom's breastmilk contains antibodies that can help baby to develop a strong immune system and protect them from illness. Some other benefits of breastfeeding include:

HEALTH BENEFITS FOR MOM

Breastfeeding can help to reduce the mother's risk for:

- Diabetes
- Breast & ovarian cancers
- Heart disease
- Postpartum depression

Breastfeeding helps mom recover from childbirth, helps the uterus to return to pre-pregnancy size and can reduce postpartum bleeding.

Breastfeeding promotes maternal postpartum weight loss.

Exclusive breastfeeding can suppress ovulation and may offer some protection from pregnancy. If another pregnancy is not desired, an additional birth control method should be considered.

HEALTH BENEFITS FOR BABY

Breastfeeding can help to reduce the baby's risk for:

- Sudden Infant Death Syndrome
- Obesity
- Diabetes
- Asthma
- Ear infections
- Lower respiratory infections
- Childhood leukemia

Breastfeeding saves money! There is no cost for formula or feeding accessories when baby is breastfed.



OTHER BENEFITS

Breastfeeding requires no preparation. As long as mom and baby are together, the baby has immediate access to a supply of breastmilk at the perfect temperature.

There is no need to pack feeding equipment, or mix formula and prepare bottles, when mom and baby go somewhere. As long as mom and baby are together, a breastfed baby's food source is ready and available.

Breastfeeding is environmentally friendly. Breastfeeding does not produce waste in the landfills because there is no tangible waste or packaging to dispose of.

Ultimately, human babies are mammals. While mammals were biologically designed to breastfeed, the biological design does not imply breastfeeding is always easy for anyone involved. The baby, the mother, the father or other family members/caregivers can all face challenges when a baby is breastfed. It is important to discuss your feeding choice for your baby with your healthcare provider so you can plan in advance for success. The following resources are available in Klamath County to help support the breastfeeding family.

Klamath Tribal Health & Family Services – 541-882-1487 • Women, Infants & Children (WIC) – 541-883-4276

Thank you, Heather Anderson MJ RN/RN Referral Manager / International Board Certified Lactation Consultant
KTHFS Wellness Center Phone: 541-783-3293 ext. 389 Fax: 541-783-3273

Resources: 1 cdc.gov/breastfeeding/data/nis_data/data-files/2019/rates-any-exclusive-bf-by-state-2019.htm
 2 Updated AAP guidance recommends longer breastfeeding due to benefits | AAP News | American Academy of Pediatrics

TEAMWORK MAKES THE DREAM WORK

Meet your Klamath Tribal Health & Family Services Clinical Support Teams!



RNs (from left to right): **Registered Nurse**

Nikowa Mendez, Compliance Administrator/HIPAA Privacy Officer/RN **Kris Adams**, RN Case Manager

Rachel Miller, Infection Control RN **Heather Anderson**, RN Referral Manager **Haley Gallagher**, Community Health RN

Dana Ouellette, Community Health Nursing Supervisor **Nondi Long**, RN Case Manager



MA's (from left to right):

Medical Assistant

Briston Gilman

Rachelle Escatel-Tupper

Amy McCluskey

Crimson Bacigalupi

Rachel Vaca

Katahna Lang

Brenda Barkley CNA

MA's unavailable at time of photo: Gwennette Black, Kimmie McNair, & Michelle Ochoa.

For more information contact:

Heather Anderson MJ RN

RN Referral Manager

KTHFS Wellness Center

Phone: 541-783-3293 ext. 389

Fax: 541-783-3273

Photos by Gwennette Black



Klamath Tribal Health & Family Services

Mo ben dic hos'Intemlek - To be in good health again

Patient Registration Department

ATTENTION PATIENTS!

Insurance Verification and Patient Screening Notice!

It is Klamath Tribal Health's policy during the **Patient Check-in process** to verbally confirm the following:
Name, date of birth, current address, phone number, email, and your insurance information.

Address, Phone Number, Etc.

Your provider, RN, or other staff may need to contact you with important information such as lab or radiology results; referral information or any other additional information regarding your visit.

We may also need to send you important information by mail regarding your health care.

Insurance Information

Insurance information is necessary and important if your provider needs to refer you to an outside facility or specialist.

What if I don't have Health Insurance?

No health insurance? Then please let one of our Patient Registration Staff assist you with alternate health care screening. This screening is quick and beneficial to you.

We are sorry for any time delay and any inconvenience this may cause, but our staff is here and ready to help you navigate this important intake process.

Thank you for your patience as we work to better serve you.

Sincerely,

Brandon Tupper

Patient Registration Manager
 KTHFS - Wellness Center

Brandon C. Tupper

Patient Registration Manager
 Klamath Tribal Health & Family Services
 Wellness Center
 330 Chiloquin Blvd
 Chiloquin, OR 97624
 541.882.1487 ext. 363

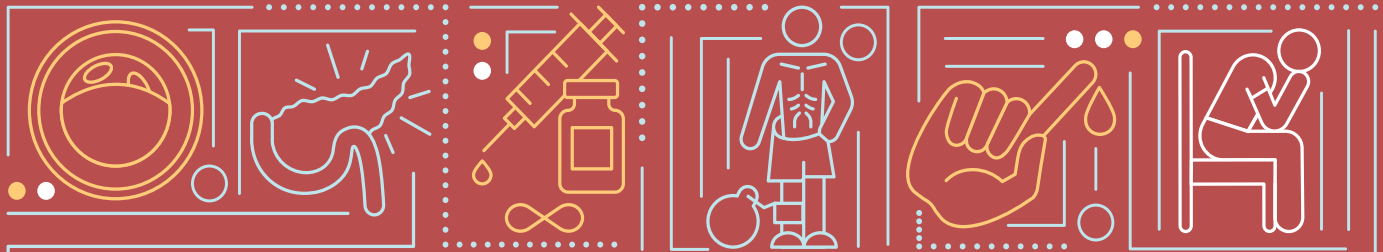
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Chief Medical Officer
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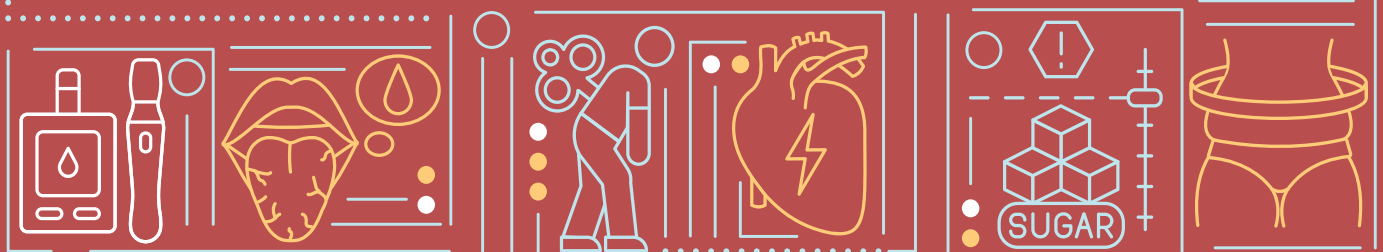


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Surprising Facts About Diabetes

By Aislyn Ukpik



Diabetes is not caused by eating too much sugar! Eating too much sugar can make you gain too much weight; and obesity is an indirect risk factor for Type II Diabetes.

Type II Diabetes is a metabolic change in the body indicating that your cells are struggling to recognize insulin. Insulin is made in the pancreas, and insulin is like adding gasoline to your car engine to make it run. If you do not have enough insulin your body has no way to convert your blood sugars into energy, this is also known as having high blood sugar.

If your body cannot use the insulin it is making, it means your cells have become insulin resistant. This is managed by changing your diet by making small changes over time, and by exercise. This doesn't mean you have to join a gym. Go for a 30 minute walk after dinner or lunch each day, or most days of the week. Set a goal for yourself to increase your activity minutes each week until you are able to achieve 150 minutes of activity weekly. If you have to, start small – take a short, five minute walk and work your way up to 30 minutes. You should be exerting yourself in your walk and still be able to sing a song or talk with your walking partner.

Yes, having a friend to support you in your activities ensures your success at becoming more active!

People who have Diabetes can have foods containing sugar. In fact, you can still eat ALL your favorite foods. Carbohydrate counting is the key. Maybe you want a piece of birthday cake, so you can swap out some of the carbohydrates in your dinner meal so you can have that piece of cake. If you are insulin dependent, you can adjust your medication to meet the amount of carbohydrates from your cake.

If you have gestational Diabetes while pregnant does not mean your baby will eventually develop diabetes. Be sure to work with your OBGYN to manage gestational diabetes while you are pregnant.

<https://www.nm.org/healthbeat/healthy-tips/5-surprising-facts-about-diabetes>

Aislyn Ukpik BFA, M. Ed.

Inupiaq (Western Eskimo)

she, her

KTHFS Diabetes Program

541.827.5601 or 541-882-1487

aislyn.ukpik@klamathtribalhealth.org

Spotlight on Teamwork! Going Beyond Clinical

Naanok ?ans naat sat'waYa naat ciiwapk diceew'a

"We help each other; We will live well."

In May 2023, Klamath Tribal Health & Family Wellness Team met with the Chiloquin Community EMS (Emergency Medical Services) and the Chiloquin-Agency Lake Rural Fire Chief, Mike Cook.

The Klamath Tribal Health Wellness Center Team would like to say, "Thank you to all who showed up and helped us continue to build on our community partnerships. It was a great week and we appreciated the time, space and warm welcome. We all know by working together and building our relationships, it will increase our understanding of resources available to our patients and families in the community. Sepk'eec'a – Thank you!"



Chiloquin Community EMS Team **Cody Silani** and **Mark Shae**; **Amber Dirksen**, KTHFS Medical; **Rachel Miller**, KTHFS Infection Control Nurse; **Debbie Kilby**, KTHFS Quality Assurance Specialist; **Brandon Tupper**, KTHFS Patient Registration Manager; **Briston Gilman**, KTHFS CMA; **Debra Ryan**, KTHFS Medical Records; **Mike Cook**, Chiloquin Fire & Rescue Chief.

Did you Know?

The KTHFS Medical Clinic provides medical care for pregnant patients up to week 20 of pregnancy. After 20 weeks you can continue to be seen for any non-pregnancy related health issues such as upper respiratory infections, UTI's, allergies, colds, injuries, etc. We are happy to provide all non-pregnancy related services from 20 weeks until delivery.

Thank you, please call for more information.

Sara Folden, MD, MBA

Chief Medical Officer

Klamath Tribal Health & Family Services

Office: (541) 827-8358

Sara.folden@klamathtribalhealth.org



For your family's peace of mind. You can't always be there, but we can.

ALL-IN-ONE CELLULAR MONITOR DEVICE



GPS Enabled
For in-home and on-the-go use
Optional integrated fall detection available
No additional help buttons needed

You can enjoy the following benefits with our systems:

Reliable Access to Help: Through its nationwide coverage over the AT&T 4G LTE network, the Micro offers 24/7 communication with its U.S.-based emergency response centers.

Water- and Weather-Tough: With a water-resistant certification of IP57, the Micro can go where its users go – including places likely to have more slippery surfaces, such as walks in the rain, showers and pool decks.

Integrated Fall Detection: The Micro features the company's patented automatic fall detection technology, to ensure access to help – even if the user is unable to push their emergency button. This feature is also optional: users can elect to add it at any point to their service plan.

Extended Battery Life: With a longer battery life than other mobile medical alert systems on the market, the Micro can go the distance for up to 5 days before needing to be recharged.

Advanced Location Tracking: With the company's multi-mode location accuracy that comes from GPS technology, cellular ID and short-range RF, the Micro location tracking capabilities can pinpoint the user's location in the event of an emergency.

Voice Guidance: The Micro's speakers allow for device voice guidance – as well as loud and clear communication with emergency operators.

Tech-Savvy Color: The Micro is available in a customized slate gray color, designed to integrate easily with other technology components in the user's life.



*Pictured: Tribal members grandmother Victoria Taylor, daughter Rachel Murray and granddaughter Raelynn Murray.
Photo by J. Sergi*



CONTACT YOUR PRIMARY CARE PROVIDER FOR ELIGIBILITY

Klamath Tribal Health & Wellness Center

Klamath Tribal Health & Family Services, 541-882-1487

The Little Things: Quick Tips for Staying Healthy While Maintaining Sobriety

Published May 26th, 2023

Living a life of sobriety comes with unique challenges, and staying healthy while dealing with these can sometimes feel impossible. However, the benefits of leading a healthy life have the potential to help you cope with your recovery, and there are several ways you can incorporate these practices into your routine. The CHIME Opioid Task Force shares a few tips to get you started.

Start a Fitness Routine. The American Institute of Stress points out that taking care of your body has both physical and mental health benefits. In fact, a fitness routine can help you to release endorphins, improve your sleep, and boost your energy levels – all of which are essential when you're in recovery. Start by finding a workout you enjoy and make time for it a few times a week.

Find Ways to Reduce Stress. Stress is a common trigger for a relapse, so finding healthy ways to cope with it is essential. Journaling your thoughts or time spent outdoors are examples of activities that can help you to reduce stress levels. You should also try to identify which activities cause you undue stress and could degrade your mental health.

Some who are experiencing undue stress at the workplace, or simply wanting to make changes to their career, take steps to begin their own business. If you have a skill set that you can maximize by becoming your own boss, look into small business loans, start working on a website, and use free tools at your disposal.

Seek Out Positive People. Recovery can be a constant mental battle, so it's vital to surround yourself with those who will uplift you and avoid those who might encourage you to fall back into old patterns. Spend time with friends and family who support your sobriety and avoid any situations where you might be tempted to use substances.

Redefine Fun. While suffering from addiction, most of your time may have been spent seeking a fix, so it's important to find new ways to have fun that don't involve substances. This might mean exploring new hobbies and trying new experiences. Find your passion by joining a club, taking a class, or volunteering for a cause you care about.

Eat Healthily. Eating nutritious foods can help improve your mood, mental health, and energy levels. Foods like bananas, avocados, beans, and carrots are linked to reducing depression, so try to incorporate these into your diet and limit your intake of processed foods and sugary drinks.

Practice Gratitude. Each day, take a few minutes to write down things you're thankful for. 12 South Recovery notes that points of gratitude could be anything from your sobriety to a great workout or delicious meal. Focusing on the good in your life will keep you cognizant of how much you have without your addiction and will motivate you to stay sober.

Meditate. Meditation can help you cope with stress, anxiety, and negative thoughts. It can also improve your focus and concentration. There are variety of different meditation practices out there, so try a few until you find one that helps you to calm your urges.

Improve Your Sleep. A lack of sleep can lead to fatigue, irritability, and difficulty concentrating. Aim for 7-8 hours of sleep each night and create a bedtime routine that includes winding down for 30 minutes before sleep.

Establish a Healthy Morning Routine. A healthy morning routine will set the tone for the rest of your day. Start by waking up at the same time each day and make time for activities like reading an inspirational book. Avoid logging into social media as soon as you awaken and seek positive news to start your day rather than watching a regular morning news show.

Spend More Time Outdoors. Being in nature can help you relax and de-stress. Spend time outside each day by trying activities like hiking, camping, or simply relaxing in your backyard.

Sobriety is an everyday battle, but by moving on to healthy habits, you'll soon redefine your purpose and discover a new identity. Consistency is key, so be sure to start your morning off right and incorporate the activities that most appeal to you for the best results

Written by Charley Sunday

*Shared by Shawn Jackson, Street Outreach Manager
Klamath Tribal Health & Family Services*

KTH&FS STREET OUTREACH PROGRAM

Local Coalition – Spreading Awareness! Fentanyl/Opioid Prevention Efforts

Klamath Tribal Health & Family Services (KTHFS) Street Outreach Program, is on the move in Klamath Falls, Chiloquin, Beatty, Sprague River and the surrounding area to help save lives! The Street Outreach team hit the ground running on November 29, 2022, which was our soft opening launch date.

Our primary goal is to provide low barrier connection, care and access to detox, and treatment services to those in need. Our Street Outreach team consists of a collaboration between KTHFS, Tayas Yawks and BestCare. We all work closely together to save lives by spreading opioid awareness and providing prevention and treatment services to fight the opioid epidemic. Our teams provide low barrier Harm Reduction, Narcan Distribution, Peer Support Specialists, and a Certified Alcohol & Drug Counselor (CADC) on-site for rapid access to detox and/or treatment services. We also provide minor medical services, drinks & snacks, and street survival supplies (like sleeping bags, socks, boots, hygiene supplies, coats, and blankets for winter and more).

“Non-Hispanic American Indian or Alaska Native people had the highest drug overdose death rates in both 2020 and 2021. (NCHS Data Brief ■ No. 457 ■ December 2022)”

The Street Outreach teams travel throughout our Indian Health Services (I.H.S) service area and meet people (tribal and non-tribal) where they live around the community and county. Additionally, the Street Outreach Program is creating a continuum of care for this population with existing agencies within our community.

Here is some outreach program background information. During our first couple of months, we provided street outreach services and reached maximum intake capacity for the month, so we were forced to find additional treatment beds. Lucky for us, our outreach staff are very resourceful, and we found those extra needed treatment beds. This was actually a good sign of things to come. By good things to come, I mean getting people into detox and treatment. Our launch was a huge success, and just what we were hoping for. Our success in getting people into detox and treatment and providing harm reduction services has only increased since we launched on November 29th.

Our community and many communities around the Country, are experiencing an onslaught of fentanyl being mixed in with other drugs or hidden and labeled as other pills completely (look a-like pills).

Fentanyl is a powerful opioid, 50—100 times more potent than heroin

- Fentanyl gets added into many drugs, including “normal looking” pills
- A pill containing fentanyl can look exactly like a pill without fentanyl
- Two pills with different amounts of fentanyl can look exactly the same
- Many people don’t realize they are taking fentanyl
- Fentanyl is causing a dramatic increase in overdoses
- Anyone who uses drugs can overdose, even if it’s their first time or if they have been using for a long time

(NPAIHB: The Truth About Fentanyl: Tribal Opioid Response, Healing Our Nation Together)

Our Street Outreach program distributes Narcan on site and will provide opioid overdose response instructions for use. Narcan is a potential lifesaving medication designed to reverse the effects of an opioid overdose within minutes of administering one or more doses.

The Street Outreach Program acknowledges all those individuals and families who lost a loved one to the opioid crisis, those who are currently battling an addiction themselves, or know someone who is battling an addiction. We are here to serve and help you in any way we can. If you see our outreach trailers out in the streets, please stop by and say hello!





OPIOID AWARENESS

The Street Outreach Team and Dic'ii Yawqs Prevention Program teamed up in May 2023 to create awareness and train our tribal youth about Opioids. On May 2nd, the teams met with tribal youth at Chiloquin Jr/Sr High School to explain what is the purpose of the Street Outreach Trailer? Why do we need the trailer and the Outreach Team? What is an Opioid? What is Opioid Prevention? These are all important discussion topics for our tribal youth. Prevention education is very important at this age. We aim to educate the youth about risk factors and instill the knowledge and importance of making healthy choices.

On May 12th, the teams met up once again at Chiloquin Jr/Sr High School to discuss Prevention Education during a weekly assembly. On May 26th, The Dic'ii Yawqs Prevention Team hosted the Restoration of the Spirit event at Ross Ragland Theater. The Street Outreach Team attended the event to discuss Opioid Awareness and supply harm reduction kits to participants. Both programs strive to educate our Tribal Community and bring awareness.

The Street Outreach Team and the Dic'ii Yawqs Prevention Team will continue our message of Prevention. The Dic'ii Yawqs team will continue hosting alternative activities to promote an alcohol and drug free lifestyle. The Street Outreach Team consists of alcohol and drug counselor's and peer support from Best Care and Tayas Yawks and will continue their work to educate our community. If you would like more information on Opioid Education, harm reduction or alcohol and drug awareness, please contact Klamath Tribal Health Youth and Family Guidance Center at (541) 884-1841.



OPIOID AWARENESS MONTH

Opioid Awareness Month

JULY 2023

Let's stand together and bring awareness on the opioid crisis affecting our communities.



What are opioids?

Opioids are drugs that block pain signals from reaching our brain. They can also change our mental state making us feel happy, relaxed, sleepy, or confused.



How Do People Become Addicted to Opioids?

Opioids change the way our brain works and the way we think. One of the first brain changes that occurs is that opioids hijack the part of our brain that controls our cravings.



How Do People Become Addicted to Opioids?

People often start to misuse prescription opioids by taking them:

- more often
- in larger amounts
- for reasons they were not prescribed for



To continue growing your knowledge around opioid misuse, visit our website at: www.npaihb.org/opioid



Opioid Awareness Month

This information is shared by KTH&FS Street Outreach Manager, Shawn L. Jackson, in partnership with (TOR) Tribal Opioid Response – NW Portland Area Indian Health Board.

For more information contact:
Shawn L. Jackson
Street Outreach Manager
Klamath Tribal Health & Family Services
Office (541) 882-1487 ext 425
shawn.jackson@klamathtribalhealth.org
www.klamathtribalhealth.org

Larissa Molina / Project Manager
Tribal Opioid Response (TOR)
Northwest Portland Area Indian Health Board
2121 SW Broadway, Suite 300, Portland, Oregon 97201
C: (503) 820-9253 E: lmolina@npaihb.org

WE SMILE: DENTAL SPOTLIGHT ON SUCCESS!

The KTHFS Dental Clinic has been participating in We Smile: Minimally Invasive Dentistry Style (We Smile) with the Northwest Tribal Dental Support Center (NTDSC) and Arcora Foundation. We Smile is a quality improvement collaborative with three aims:

- Increase Access to Care
- Reduce Oral Disease (measured by treatment completed)
- Increase Patient Satisfaction (by delivering culturally appropriate care and building/maintaining trust).

In We Smile, participating dental programs, including KTHFS Dental Clinic spent 18 months learning about, implementing, and teaching other We Smile participants about Minimally Invasive Dentistry (MID), also called Maximally Effective Dentistry. MID works to both prevent and treat oral disease without shots or drills. It helps dental providers deliver care safely, effectively, and compassionately; and helps patients feel comfortable getting the care they need, when they need it. MID is great for everyone, including those with dental fears and anxiety.

In We Smile, participating dental programs also conducted outreach in communities, and learned about and practiced motivational interviewing to build trust and partnerships with patients.

KTHFS Dental Clinic made significant progress implementing MID, conducting outreach, and achieved some impressive results. For more information contact KTHFS Dental at 541-882-1487.



Klamath Tribal Councilwoman, Natalie Ball, at the Grand Opening of 6000 New Way, Dental tour.

Photo by Taylor Tupper- KTHFS, Communications CIS

Important Reminder to our Dental Patients!

Please remember,

**Dental in Klamath Falls (6000 New Way) is
By Appointment Only!**

***Currently there are no 'walk-ins' at
our Klamath Falls location.**

**Please call the Wellness Center to schedule all
your Dental appointment needs.**

(541) 882-1487 or (541) 783-3295

We are Happy to Serve You and Keep you Smiling!

*Mo ben die hos 'Intemlek
"To be in good health again."*



Dental 6000 New Way Update:

The Dental Department will soon be offering more services at 6000 New Way. Up to this date, we have been seeing only emergencies at the satellite facility in Klamath Falls. As of the present date, all appointments at 6000 New Way are made through the Chiloquin Dental number. Please look forward to public announcements that will explain how services offered at 6000 New Way are to be expanded. The satellite clinic in Klamath Falls will greatly enhance access to care for the Tribal community.

Beatty Health Fair - Dental Highlight:

On June 13th, the Dental Department was at the Beatty Health Fair to give examinations and pass out supplies and answer any questions that the residents in that area may have.

Another exciting future event for Klamath Tribal Dental is the coming forth of Dental Health Aid Therapists or commonly called DHAT's. A DHAT is trained at a special school for almost two years. They can do cleanings, some fillings, and simple extractions. They are able to do many things that a Dentist can do. They will be Tribal members who have chosen to advance their careers. We are looking forward to a DHAT coming in 2024.

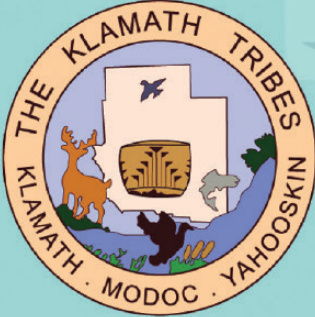
We invite everyone to come and see us. Going to the Dentist is not comfortable for some people and we realize that. We work to make it as comfortable as possible. Please continue to bring in your children regularly. The new ways to treat small cavities as well as prevent decay from ever starting are amazing. Prevention is so important in Dentistry. Always feel free to stop by the clinic and ask for any supplies you may need for your home care.

We offer nearly all Dental Services at our clinic in Chiloquin. The ones we cannot do are referred out to qualified specialists. Please come and see us. Call 541-882-1487.



Left photo: Klamath Tribal Member, **Evonna Cleven** and **Teena Walker**, Perio-maintenance Dental Assistant, enjoy a moment at the Health Fair.

Dental Team: **Teena Walker**, Perio-maintenance Dental Assistant; **Dr. Tom Barratt**, Dental Director; **Debbie Bishop**, Dental Hygiene Supervisor; and **Kaylee Robinson**, Dental Hygienist.



Klamath Tribal Health & Family Services

Mo ben dic hos'Intemlek - To be in good health again

THE FUTURE OF YOUR PHARMACY AT NEW WAY HEALTH CENTER:

The most common question we hear is "When is the pharmacy opening in Klamath Falls". Please be assured the pharmacy team is diligently working towards opening the Pharmacy at 6000 New Way in Klamath Falls.

The KTHFS Pharmacy not only provides medications to tribal members at no cost (last year that was a \$7,107,603 savings in co-pays and the cost of medications not covered by insurance), but unlike most retail pharmacies also provides:

- Clinical pharmacy collaborative clinics & consultation
- Clinical support of patients & integrated care teams
- Institutional refills & bubble packs
- Management of contracted after hours pharmacies
- Medication disposal
- Medication synchronization refill program
- Prescription home delivery to eligible patients
- Prescription and health education.

As you can imagine, it has been and is continuing to be quite a process towards opening the pharmacy at a Phase I level that provides emergent same day medications for patients seen and being a point of dispensing for medications filled at the primary pharmacy in Chiloquin. Currently, the pharmacy space is built with refrigeration, software, temperature monitoring, filling technology and much more happening over the next few months. There are also contracts and licensing being processed over the next few months to allow the pharmacy to function.

All of this has, and is happening during a shortage of pharmacy staff. This shortage is throughout the county. If you have seen the long lines at the different pharmacies, you already can guess that every pharmacy has open position for pharmacists and pharmacy technicians.

So when will the pharmacy open? We don't know for sure but current projections are later Summer or early Fall. As you patiently wait for the pharmacy to open in Klamath Falls, please continue to use the wonderful services provided through the pharmacy at the Wellness Center in Chiloquin, there are no long lines to pick up medications unlike the other pharmacies in Klamath County.

For more information contact:

CDR Timothy G. Langford, Pharm D, BCPS, USPHS
Pharmacy Director
Klamath Tribal Health & Family Services
Wellness Center
 330 Chiloquin Blvd.
 PO Box 490
 Chiloquin, OR 97624
 PH 541-783-2438 x354



tim.langford@klamathtribalhealth.org
www.klamathtribalhealth.org



Klamath Tribal Pharmacy Delivery Eligibility

1. **Elder** - Purchased/Referred Care (P/RC or CHS) eligible patients age 60 and older
2. **Disabled** - P/RC eligible patients with a physical or mental condition preventing ability to drive
3. **Dependent** - 18 years of age or less living in the household P/RC patient eligible for delivery
4. **Med Sync.** - Any patient enrolled in the Medication Synchronization program for a once monthly fill
5. **Institutional** - Any patient in an institutional facility (long-term care, nursing home, group home, jail, etc.)
6. **Emergency** - Any patient may receive an emergency home delivery if approved (e.g. - patient with COVID or surgery)
 - Please complete an updated Home Delivery Request form to continue eligibility for Home Delivery
 - Request delivery for refills at least 3 working days before needed and state preferred delivery time
 - Deliveries must be to the patient or address on file; and signed for by an adult

Supporting youth and families

Oregon YouthLine

1-877-968-8491 or text TEEN2TEEN to 839863. Trained teens respond Mon. to Fri., 4 p.m. to 10 p.m. PST. Adults available 24/7.

988 Suicide & Crisis Lifeline

Call or text 988 to speak with a trained counselor, 24/7. Visit [988lifeline.org](https://www.988lifeline.org) for more information or to chat online. LGBTQ2SIA+ youth can call 988, then press 3, or text "Q" to 988 for specialized support.

The Dougy Center

503-775-5683 in the Portland area, or search the center's worldwide directory for help near you.

Safe + Strong.

www.safestrongoregon.org



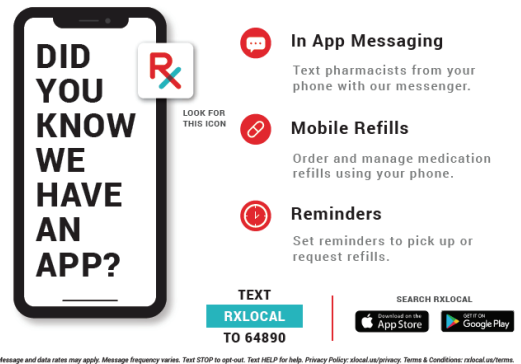
Requesting Refills at Klamath Tribal Pharmacy

You can request refills by calling the pharmacy during or after hours, using our website refill option, or from a **smartphone application**. Please follow the steps below for phone call, phone app, or web refill.

If you prefer, you can **call the pharmacy** (541-882-1487) any time of day, press "1" for pharmacy and press "1" again to then enter your seven digit prescription number (ignore any letters and only use the first 7 digits) on the automated phone system. If you need to **speak to a member** of the pharmacy staff, you can still do so by using option 1 for pharmacy, then option 3.

Step 1: Select "Register for an Account now" and Accept the Terms of Use

Select "Register for an Account Now"



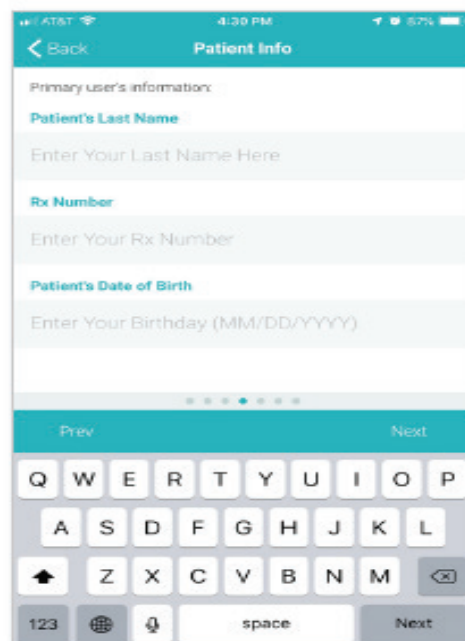
Download **RxLocal** to your smartphone

Note: For Web Refills from a computer, patients can create an account at <https://patient.rxlocal.com/account/login> or click on the Refills tab found at <http://www.klamathtribalhealth.org/>

Step 2: Enter required information for Rx Local to find your prescription information

Input Last Name, Rx Number, and Date of Birth

(All three of these fields need to match our database; if not please contact us)



Step 3: Create Your Account

- Username:
- Password:
- Email:
- Cell Phone Number:

Input Username and Password

Step 4: Create 3 Security Questions (multiple questions to choose from) with Answers

Step 5: Create a 4-6 digit PIN to access your account from your mobile device each time you open the mobile app.

Set Pin Number

(You will use this going forward)

Step 6 (Optional): Enable Photo access to send photos from the app to help your pharmacy stay on top of everything related to you. For example, snap a photo of your new insurance card, signed consent form, or other document and send it to the pharmacy.

Step 7 (Recommended): Enable Notifications to know when you have a message from your pharmacy, receive alerts for prescriptions, and receive medication reminders and other notifications. **(Note: We recommend not enabling this option if you are enrolled in our Medication Synchronization Program.)**

Step 8 (Optional): Set up Reminder for when to request refills.



Klamath Tribal Health & Family Services Wellness Center

330 Chiloquin Blvd.

PO Box 490

Chiloquin, OR 97624

PH 541-783-2438

www.klamathtribalhealth.org

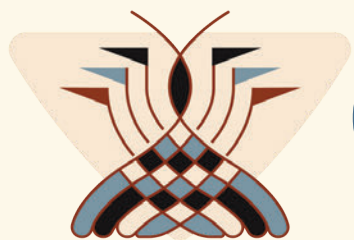
After Hours Emergency Prescriptions Can Be Filled at Klamath Falls Rite Aid and Sky Lakes Outpatient Pharmacy

What to do if Klamath Tribal Health & Family Services Pharmacy is closed:

Klamath Tribal Health & Family Services (KTHFS) will cover a short supply of urgent or emergency prescriptions ordered for a patient when the KTHFS pharmacy is closed either at the Klamath Falls Rite Aid Pharmacy or the Sky Lakes Outpatient Pharmacy located at the hospital in Klamath Falls. As of June 2023, the Rite Aid Pharmacy hours are (open Mon-Fri 10-6PM, closed Sat-Sun) and the Sky Lakes Outpatient Pharmacy hours are (open Mon-Fri 8-6PM, Sat 9-5PM, and closed Sundays.) Only Purchase/Referred Care (PRC) eligible Klamath Tribal Members can receive this service and only while the KTHFS Pharmacy is not open for business (weekdays after 4 PM, weekends, holidays, and emergency closures such as snow closures/power outages.)

Things to help ensure a smoother prescription fill:

1. Each month, both Rite Aid & Sky Lakes Outpatient pharmacies receive a list of the customers who are eligible. The pharmacy staff can confirm that the customer is on the most recent monthly Patient Eligibility List of Klamath Tribal Members. This service is only for Purchased/Referred Care eligible patients. If you are not on the eligibility list, but believe you should be, please keep your receipt and call the pharmacy billing office 541-882-1487.
2. Please communicate with the pharmacy staff that you are a Klamath Tribal Member as well as provide them with any other prescription insurance information you may have.
 - a. Many of our customers have Oregon Health Plan or Cascade Health Alliance and therefore no co-pay; please give the pharmacy staff your insurance information so you have the option of potentially receiving a full supply of the prescription utilizing your "Non-Tribal insurance" instead of a short supply to last you until the KTHFS Pharmacy is open. This may save you a trip to the KTHFS pharmacy to receive any remainder of a partial prescription.
 - b. We have instructed our contracted pharmacies that if the customer's "Non-Tribal insurance" requires a co-pay, they should consider asking what your preference is prior to initially filling the prescription. If you choose to fill the full quantity, please be aware that you as the customer will be responsible for paying any co-pay and will not be reimbursed by Klamath Tribal Health. For those who cannot afford a co-pay or choose to not pay the amount required for the full quantity of the prescription, you may have the contracted pharmacy bill Tribal Health instead at no out-of-pocket expense to you for a short supply of medication, up to 7 days, or enough to last until KTHFS pharmacy reopens.
3. Prescriptions cannot be transferred between pharmacies automatically. Therefore, if the contracted pharmacy partially fills your prescription, it is your responsibility to contact KTHFS pharmacy for us to request that the remainder of your prescription be transferred to the KTHFS pharmacy.
4. Note: For one-time acute or unit of use prescription items, the Rite Aid or Sky Lakes Outpatient pharmacy will consider filling the full supply. (Examples include but are not limited to Z-Pak®, Medrol-Dosepak®, Tamiflu®, short antibiotic course, inhalers, and insulin.)
5. If you have questions regarding eligibility or when a prescription can be filled at Klamath Falls Rite Aid or Sky Lakes Outpatient pharmacy, please call the KTHFS pharmacy 541-783-2438.
6. If you are at Klamath Falls Rite Aid or Sky Lakes Outpatient pharmacy and they are having a problem with a prescription, they can contact one of the KTHFS Pharmacists to see if they can help resolve the problem.
7. Remember, if you have an urgent problem regarding needing a prescription while Klamath Tribal Health is closed, call 541-882-1487 and choose option 9 for the Nurse On-Call Line.



DIC'II YAWQS
KLAMATH TRIBAL HEALTH PREVENTION



Creating Healthy Social Norms

Through prevention efforts and tribal best practices

The name

dic'ii (good) yawqs (medicine) teachings, values, traditions, opportunity are the good medicines that we bring to the community through our prevention work.

The logo

Our ancient myths tell of butterfly and her spirit bringing Aysis back to life. She was a medicine spirit who held the gift of recovery. Her depiction is intertwined with the quail design to signify our commitment to foster renewal and resilience within our youth and families.

Meet the Team



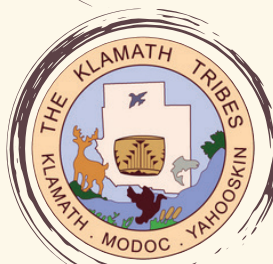
MANDY ROBERSON
KLAMATH
PREVENTION SUPERVISOR



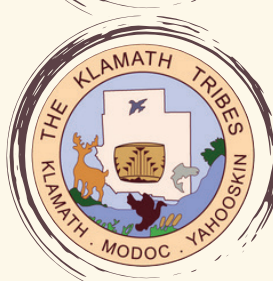
RASHEED LOWERY
PREVENTION COORDINATOR



LUPE MINTHORN
KOSEALEKTE
BAND OF PIT RIVER
KLAMATH/MODOC
PREVENTION COORDINATOR

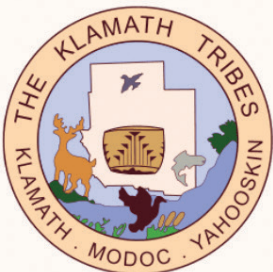


VACANT
PREVENTION COORDINATOR



VACANT
PREVENTION COORDINATOR
APPLY TODAY! CALL
HR AT 541-882-1487

Klamath Tribal Health & Family Services



Thank you 

The Team at Klamath Tribal Health & Family Services would like to thank everyone who participated in the COVID-19 Vaccine Incentive Program.

We are notifying you, **effective June 30, 2023, the Vaccine Incentive Program grant has ended and the funds have been spent out in full.**

By getting vaccinated against COVID-19, you not only protected yourself but you protected those around you and contributed to the protection of our entire community!

If you have any questions, please contact:

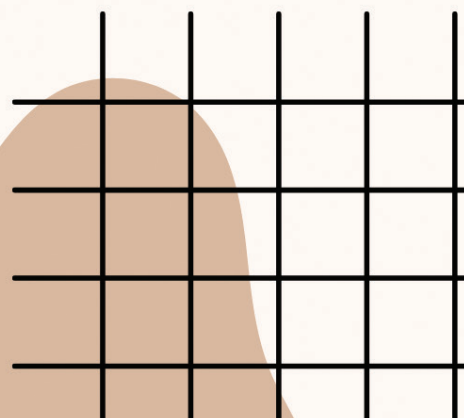
Rachel Miller, Infection Control RN

Klamath Tribal Health & Family Services

Medical Department

541-882-1487 ext. 605

ramiller@klamathtribalhealth.org



FROM TIME IMMEMORIAL



PHOTO BY EDWARD CURTIS

37TH ANNUAL KLAMATH TRIBES RESTORATION CELEBRATION

**AUGUST
25, 26, 27
2023**



Pow-Wow (goos olgi gowa)

Friday, August 25: Grand Entry at 7:00 pm
Saturday, August 26: Grand Entry at 1:00 pm and 7:00 pm
Sunday, August 27: Grand Entry at noon

Contact Person: Henry Rondeau / 541-783-2219, ext. 0
Vendor Contact: Charise Rich / 541-274-1168 (cell)
Email address: nativeonestop@yahoo.com



Health Row (Chiloquin Elementary School – Green Schoolyard)

Friday, August 25:

- Begins at 9:00 am

Contact Person: Tahnie Clark / 541-363-6813 (cell)
Email address: tahnies.clark@klamathtribalhealth.org

Run/Walk (Chiloquin Elementary School – Green Schoolyard)

Friday, August 25:

- Registration at 9:00 am
- Picture Lineup at 11:15 am
- Restoration Run/Walk at 11:30 am
- Lunch at 12:30 pm

Contact Person: Aislyn Ukpik, Diabetes Program Coordinator / 541-827-5601(work)
Email address: aislyn.ukpik@klamathtribalhealth.org

Parade (2nd Street)

Saturday, August 26:

- Line up at 9:00 am at Chiloquin High School
- Parade begins at 10:00 am

Contact Person: Joseph Allen / 541-783-2219, ext. 195; 541-205-8353 (cell)
Email address: joseph.allen@klamathtribes.com

Royalty Court/Pageant

Contact Person: Candi Usesarrow / 541-238-4446
Aiyana Reyes / 541-936-1624

ROYALTY APP



Co-Ed Softball/Homerun Derby

- Saturday, August 26 at 8:00 am
- Sunday, August 27 at 9:00 am

Contact Person: Kaneeta Kirk / 541-238-4492

FROM TIME IMMEMORIAL



2023 KLAMATH TRIBES 37TH ANNUAL RESTORATION CELEBRATION RESTORATION FUN RUN & WALK Klamath Tribal Health & Family Services

August 25, 2023

Chiloquin Elementary - Green Schoolyard
548 2nd Ave Chiloquin, OR 97624

9 am Fun Run/Walk Registration
Contact Aislyn Ukpik/541-827-5601
aislyn.ukpik@klamathtribalhealth.org

9 am Health Row
Contact Tahnier Clark/541-363-6813
tahnier.clark@klamathtribalhealth.org

11:15 am Picture Lineup

11:30 am Fun Run/Walk

12:30 pm Runner Recognition
Lunch by Melissa's Country Kitchen,

Exercise Garments for first 500, sizes not
guaranteed

ALL ARE INVITED
EVENT IS DRUG, VAPE, TOBACCO, &
ALCOHOL FREE





waq'lis ?i

Klamath Tribal Health & Family Services CORE VALUES

Waq'lis ?i is a term from the Klamath language and means, "How are you?"

Klamath Tribal Health & Family Services has incorporated the word to help convey our core values to one another. Core values are the principles that guide our day to day behaviors, our decisions, our actions, and our relationships with each other and with the people we serve.

W

WELLNESS. *We strive to improve the wellbeing of our patients through preventive approaches to health management by providing services to increase balance in body, mind, spirit, and heart.*

A

ACCOUNTABILITY. *We accept responsibility for our actions, attitudes, and mistakes.*

Q

QUALITY. *We strive to deliver high quality patient care and we all take part in quality improvement activities. We endeavor to ensure patient and employee safety.*

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L

LEADERSHIP EXCELLENCE. *Every KTHFS employee is a leader. Our actions are driven by our desire to do our best at all times. We work together to make the most efficient use of our resources, with dedication, commitment, and perseverance.*

I

INTEGRITY & ETHICS. *We accept responsibility for our behaviors and aspire to the highest standards of ethical conduct and performance. We are honest in our everyday business dealings. We protect confidentiality and secure patient health information.*

S

SERVICE & SENSITIVITY. *We demonstrate service to our community by delivering top-notch customer service to all internal and external customers. Going above and beyond for all of our patients is our expectation. We honor cultural traditions and values and we treat others the way we want to be treated, with sensitivity. We always respond to the needs of our patients and fellow co-workers with respect and compassion.*

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I

INNOVATION. *We seek innovative solutions on issues affecting the health of our patients and the status of the organization.*



Klamath Tribal Health & Family Services

VISION & MISSION

our vision

In service of its mission, Klamath Tribal Health & Family Services envisions a vibrant and healthy tribal community through the delivery of an accessible, high-quality, innovative, sustainable, and culturally-relevant healthcare program.

our mission

To advance the overall mission of The Klamath Tribes, and the trust responsibilities of the United States government, by providing quality, comprehensive, patient- focused health care in a culturally-sensitive manner while eliminating disparities and barriers to health.



CONTACT US:

Wellness Center
330 Chiloquin Blvd.
Chiloquin, OR 97624
541.884.1487

**Youth & Family Guidance/
Behavioral Health**
6000 New Way
Klamath Falls, OR 97601
541.884.1841

New Way Health Center
6000 New Way
Klamath Falls, OR 97601
541.882.1487

**Klamath Tribal Health
Administration**
3949 S. 6th Street
Klamath Falls, OR 97603
541.882.1487