

Klamath Tribal Health & Family Services

Q3 NEWSLETTER / FALL 2022

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We're getting back on track!

Strong, Resilient, Committed to Your Health & Well-Being

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

Mo ben dic
hos'Intemplek
"To be in good health again."



Photo by: Gwennette Black

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Klamath Tribal Health & Family Services (KTHFS) is the Health Branch of the Klamath Tribes of Oregon, (The Klamath, Modoc, and Yahooskin Indigenous People).

The Klamath Tribes – Treaty of 1864

We are the Klamath Tribes-the Klamath, the Modoc and the Yahooskin-Paiute people, known as mukluks and numu (the people). We have lived in the Klamath Basin of Oregon, from time beyond memory. Our legends and oral history tell about when the world and the animals were created, when the animals and Gmok'am'c – the Creator – sat together and discussed the creation of man. If stability defines success, our presence here has been, and always will be, essential to the well-being of our homeland and those who abide here.

The Klamath Tribes Welcomes Health General Manager, Chanda Aloysius Yates

The Klamath Tribes are pleased to announce the return of Chanda Aloysius Yates. She returned home to Klamath Falls, and started work in March as the General Manager of Klamath Tribal Health & Family Services- the health division of the Klamath Tribes responsible for providing over-all healthcare services to the Native American populations who reside in Klamath County. She will oversee services which include, but are not limited to: Medical, dental, pharmacy, behavioral health, and administration. She worked previously for the Tribe as the Health General Manager 2016-2019.

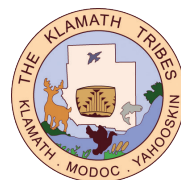
Tribal Council stated, "Following a rigorous recruitment and interview process, it was clear that with her experience, leadership, and past work with the Klamath Tribes, she was the right person for the job. With our active work on several initiatives to improve our system of care, and her understanding of our Mission and Vision, we know she can help us lead our organization and excellent staff to greater horizons, we are blessed to have her back."

Ms. Yates holds a Bachelor's Degree in Organizational Management and a Master's Degree in Business Administration. She brings with her 31 years of experience in Health Care Administration.

"I am both excited and appreciative for the opportunity to work with the Klamath Tribes again and to lead their Klamath Tribal Health & Family Services division. I am looking forward to working with Tribal Council and staff, as well as our Health Advisory Committee, community partners, and most importantly our patients." Yates stated.



Chanda Aloysius Yates, BA, MBA
KTHFS Health General Manager
 3949 South 6th Street, Klamath Falls, Oregon 97603
 Phone: 541-882-1487



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.



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:
 Klamath Tribal Health & Family Services reserves the right to edit all articles for clarity and length, or refuse publication of any material for content. The newsletter is a Patient Care news source and may not be used as a personal forum. All information is subject to review/approval by Klamath Tribal Health & Family Services. Published information does not necessarily reflect the opinion of KTHFS, our employees, or the Tribe. All Rights Reserved.

Order of News Priority:
 KTHFS Patient Care News
 Associated Community Health Information
 Health Events & News

Photographs/Printing/Production:
 Photos are provided by KTHFS departments, Publisher, Taylor R. Tupper, or other sources.
 Printing and co-design by JC Thompson, SmithBates Marcomm.

Distribution:
 Publications are distributed quarterly, or as necessary for Patient Health Information.

How to Subscribe to our 'Free' publication:
 E-mail us at: taylor.tupper@klamathtribalhealth.org

News Issues:
 Find the KTHFS Newsletters on our website at: www.klamathtribalhealth.org

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Cover Photo:
 Klamath Tribal Member, Blue Parrish
 2022 Klamath Tribes Restoration
 Celebration Photo by: Gwennette Black



Waq'li?si~ Greetings,

I'm happy to introduce myself to you as the Communications & Information Specialist for Klamath Tribal Health & Family Services (KTHFS) - The Health Branch of the Klamath Tribes. One of my many roles will be to publish our Tribal Health Newsletter. I look forward to facilitating this process and I hope you enjoy this new issue as we strive to provide the best patient care information to our membership, and the community.

I am a Modoc Indian of the Klamath Tribes (Klamath, Modoc, and Yahooskin-Paiute). I'm also proud to be Quechan, German and Czechoslovakian. I am the youngest daughter of Cheryl and Jerry Parrish, and the late Rayson Tupper; granddaughter of the late tribal elders Bill and Rachel Tupper, and Buttons Bodner and Shirley Curran.

I joined our Tribal Health team as a transfer from our Administration/Government offices in Chiloquin. I bring over 30 years of extensive work experience, which includes, but is not limited to, public relations, news management, administration, tribal government, economic development, marketing, multi-media, event coordination, strategic planning, networking, and aspects of communication in both the tribal and public sectors.

I look back and feel blessed to have worked directly with and learned from so many. Leaders and mentors like the late Chuck Kimbol, Bill Tupper, Philip Jackson, Buttons Bodner, Corrine Hicks, Helen Crume-Smith, Bert Lawvor, Bob Bajorcas, Lynn Schonchin Sr., Stevie Riddle, Gordon Bettles, Neva Eggsman, Celia Langel, Irwin Weiser, Bobby David, Chief Reid David, Cleo Atchley, Elwood 'Cisco' Miller, Louisa 'Mouie' Brown, and my father, Rayson - just to name a few.

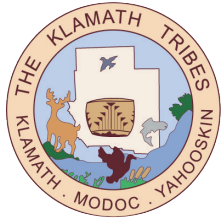
Honestly, there are too many people and family to mention (both past and present) that have helped shape my path. Each gave me insight and lessons about what it means to work for my tribe, our purpose, the struggle, and why we should never give up. Why Gmok'am'c (Creator) placed us here as the caretakers of these lands. It is our purpose. If the mukluks (the people) are not healthy, this place cannot be healthy. Our goal is Mo ben dic hos'Intemlek - To be in good health again. (Hoskanks - Mind), (Coleks - Body) and (Hokis - Spirit).

I'm happy to be here working to continue to create a better future for the next 7 generations. Everything we do is important, we are all connected. Our Ancestors said, "Naanok ?ans naat sat'waYa naat ciwapak dicew'a - We help each other; We will live well."

Sepk'eec'a, Thank you,



Taylor R. Tupper
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THE KLAMATH TRIBES

KLAMATH-MODOC-YAHOOSKIN

Klamath Tribal Council 2022-2025

Klamath Tribal Council is comprised of four executive and six member-at-large positions. These positions are elected by the Klamath Tribes general membership every three years.

They are the official governing body of the Klamath Tribes - (Klamath, Modoc, and Yahooskin -Paiute).

- | | |
|---------------------------------------|----------------------------------|
| Clayton Dumont, Jr. - Tribal Chairman | Gail Hatcher - Vice-Chairwoman |
| Roberta Frost - Secretary | Brandi Hatcher - Treasurer |
| Willa L. Powless - Member-at-Large | Natalie Ball - Member-at-Large |
| Les Anderson - Member-at-Large | Rose Treetop - Member-at-Large |
| Jeannie McNair - Member-at-Large | Ellsworth Lang - Member-at-Large |

Meetings:

Tribal Council meetings are held the 2nd and 4th Wednesday of each month at 10:00 am at Tribal Administration Headquarters (501 Chiloquin Blvd) in Chiloquin, Oregon.

- *Meetings are open to Klamath Tribal Members.
- *Meetings are also 'Live streamed' for members through the Website/Member Portal at: www.klamathtribes.org
- *Contact Member Benefits at 541-783-2219 for Tribal Member Access/setup.

Klamath Tribal Council Contact: 541-783-2219 or 800-524-9787

Klamath Tribal Health Advisory Committee (HAC)

2022-2025

- | | |
|------------------------------|------------------------------|
| Melva Fye - Chair | Laurel Robinson- Vice-Chair |
| Darlene Melendres- Secretary | Sandra Mosttler – HAC Member |
| Bonna Pool- HAC Member | |

THE KLAMATH TRIBES HEALTH ADVISORY COMMITTEE BYLAWS SECTION I: PURPOSE

The purpose of the Health Advisory Committee is to advise and make recommendations to the Klamath Tribal Council regarding aspects of health programs and health related matters affecting the services provided by Klamath Tribal Health & Family Services. The Committee will provide a unified voice as an advisory arm of the Klamath Tribal Council.

Meetings:

The Klamath Tribal Health Advisory Board meet the last Tuesday of the month 5:00pm-8:00pm, Large Conference Room 3949 South 6th Street, Klamath Falls, Oregon
KTHFS, Administration Headquarters
541-882-1487

- *Meetings are open to Klamath Tribal Members
- *Covid-19 Safety Protocols and Masking Mandates are in place for safety

Klamath Tribes Mask Mandate Update – Remains in Effect for All Klamath Tribal Health & Family Services Facilities

Dear Klamath Tribal Health Patients,

At the start of the COVID-19 Pandemic in March of 2020, the Klamath Tribes implemented a mask requirement for all facilities including Tribal Businesses. The Tribes monitored CDC Guidelines and State mandates throughout the pandemic.

On March 11, 2022 the State of Oregon lifted the mask mandate for indoor settings with exceptions for healthcare facilities. Shortly after the State lifted the indoor mask mandate, Tribal Businesses lifted their mask mandate for customers but retained the mask mandate for employees.

Tribal Council recognizes the advancement and increased availability of both vaccines and treatment for COVID-19 and although we still expect continued positive cases throughout the community also understand the need to move back to a more normal setting.

As such the Tribal Council passes the following:

Beginning August 24, 2022 masks will not be required indoors at the following facilities:

- All Klamath Tribal Administration Facilities
- All Kla-Mo-Ya Casino Facilities including the Sleep Inn
- All Crater Lake Junction Travel Center Facilities
- All Klamath Tribal Judiciary Facilities

This includes both employees and visitors to the above facilities.

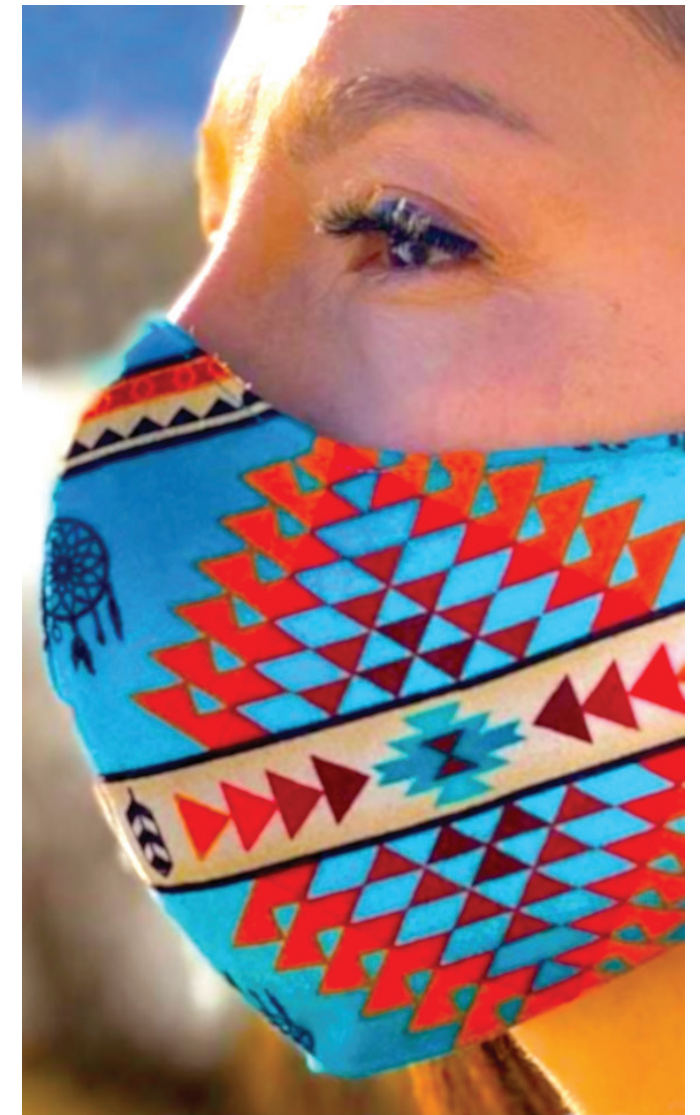
NOTE! The mask mandate for all Klamath Tribal Health Facilities remains in effect as required.

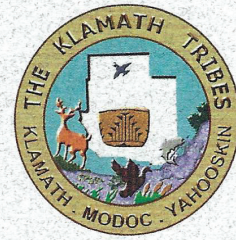
People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.

Tribal Council also recommends monitoring the community levels for risk of exposure to COVID-19. At this time, Klamath County is listed at medium with the following recommendations:

In Klamath County, Oregon, community level is Medium.

- If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautions
- Stay up to date with COVID-19 vaccines
- Get tested if you have symptoms





The Klamath Tribes
Tribal Council

MASK MANDATE CONTINUES

July 5, 2022

Dear Tribal Members and Tribal Employees,

On Friday Tribal Council met and discussed the ongoing indoor mask mandate for employees and for visitors to our non-business buildings. We know you are tired of the masks. We are too! All of us had hoped the danger from this virus would now be behind us.

However, last week Klamath County once again entered the “high risk” category as designated by the State of Oregon. Positivity rates are surging. Hospitalization rates have risen but may be flattening. Overall, the county remains woefully under-vaccinated at 51.2 percent.

Last week the decision was made to once again close our elders’ meal sites. We have seen spikes in disease in several of our buildings. As you know, we have many vulnerable members in our community, particularly the very young, our elders, and those with underlying conditions rendering them less able to fight the disease.

The KN95 masks (or better) now required for all our employees while indoors effectively reduce the spread of contagion and also help protect wearers from others who may be infected. Keeping our businesses open, continuing to provide services to our people, avoiding catastrophic hospitalization costs to tribally provided insurance coverage, and preventing more deaths in our families require that we continue wearing the masks.

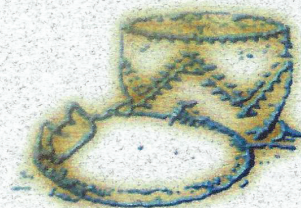
If you have not yet been vaccinated or do not have your boosters, please contact Klamath Tribal Health and Family Services at (541) 783-2438 and arrange to do so. Shots are free. And please be careful when you are away from work not to engage in risky behaviors that may impact all of us.

The more vigilant we are about protecting one another, the sooner we can all get rid of these uncomfortable masks.

Respectfully,

Clayton Dumont Jr.
Chairman
Klamath Tribes

501 Chiloquin Blvd. – P.O. Box 436 – Chiloquin, Oregon 97624
(541) 783-2219



Waq’li’sii – Greetings, How are you!

We are happy to announce the release of our ‘updated’ Patient Handbook. It is a comprehensive resource for our patients and their families. It focuses on our inspirational Mission, Core Values, Patient Services, New Hours of Operation, and Patient Rights & Responsibilities.

It is the mission and vision of Klamath Tribal Health & Family Services, “To be in good health again - *Mo ben dic hos’Intemlek.*”

Hoskanks – Mind

Coleks – Body

Hokis – Spirit

The Patient Handbook is available (printed copy) during ‘check-in’ at the Wellness Center (330 Chiloquin Blvd., Chiloquin, Oregon), or at Tribal Health Administration (3949 S. 6th Street, Klamath Falls, Oregon), and other KTHFS office locations.

*It is also available on our website at: www.klamathtribalhealth.org or by contacting Communications Specialist, Taylor Tupper at: taylor.tupper@klamathtribalhealth.org

We are committed to our patient’s health and well-being, we hope this handbook provides the answers needed by our patients.

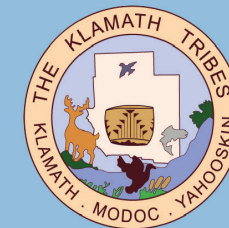
Sepk’ee’ca - Thank you, please call if you have any questions, 541-882-1487 or 800-552-6290.

Klamath Tribal Health & Family Services

(The Health Branch of the Klamath Tribes - Treaty of 1864)



**PATIENT
HANDBOOK**



Mo ben dic hos’Intemlek
(To be in good health again)

Revised 07/01/2022 - KTHFS Communications Office

Our Mission

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

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.

ATTENTION KLAMATH TRIBES PURCHASED AND REFERRED CARE PATIENTS (PRC)

(Formally known as Contract Health Service)

Did you know...

- PRC is now covering chiropractic, acupuncture and massage therapy services. PRC covers a total of 10 visits per calendar year, not of each service but 10 in total, at this time. You must have an approved referral, be PRC eligible, utilize alternate resources and call in prior to each visit for a claim number.
- PRC also covers physical therapy- 12 visits. You must also have an approved referral, be PRC eligible and utilize alternate resources and call PRC prior to each visit for a claim number.

Please remember to update your information each time you utilize KTHFS services, such as copies of insurances cards, tribal identification card, current phone number(s), emergency contact and proof of address in Klamath County. PRC can be reached by calling 541-882-1487 and pressing option #5 for the PRC department or by dialing your PRC Technician’s extension number. PRC fax number is 541-883-7501.

Klamath Tribal Health & Family Services New Hours of Operation:

It is an honor to serve our patients and to better meet your needs. We have changed our hours of operation - we are now open during the lunch (noon hour).

KTHFS Location(s)	Services	Hours of Operation
KTHFS Wellness Center 330 Chiloquin Boulevard Chiloquin, OR 97624 Telephone: (541) 882-1487 (800) 552-6290 (Toll free) Medical Fax: (541) 783-3273	*Medical Clinic	M-F, 7:30am - 5:00pm Same-Day Appointments upon availability.
	*Dental Clinic	M-F, 7:30am - 5:00pm Walk-ins, M-Th 7:30am - 4:00pm Fridays 7:30am - 12noon
	*Pharmacy	M-F, 7:30am - 5:00pm Open during lunch
Youth & Family Guidance Center 635 Main Street Klamath Falls, OR 97601 Telephone: (541) 884-1841 Fax: (541) 884-1851	*Behavioral Health Clinic	M-F, 8:00am - 5:00pm Same-Day Appointments upon availability
	*Prevention services/activities for Youth & Family *Mental Health Care treatment *Prevention & Recovery Support Services	Open during lunch
KTHFS Administration Headquarters 3949 S. 6th Street Klamath Falls, OR 97603 Telephone: (541) 882-1487 (800) 552-6290 (Toll free) Fax: (541) 882-1670 PRC Fax: (541)883-7501	*Purchased/Referred Care (PRC) *Human Resource/KTHFS Jobs *Community Health Program *Patient Benefits Services *Transportation Services, *Business Offices *Administration Offices, Compliance, Communications *Information Systems & Technology Department *Facilities/Security Department, *Finance Department *Exercise Room/Facility	M-F, 8:00am - 5:00pm Open during lunch
	*Public Health & Wellness *Diabetes Prevention *Opioid Prevention *Tobacco Prevention *Maternal Fetal Health Education *Wrap-Around Services & Vaccine Incentive	Open during lunch

Ho Mas Gi Program

The Ho Mas Gi Program is a new initiative that is designed to assist tribal members in returning to good health through traditional values, culture, and practices. Klamath Tribal Health and Family Services recognizes that the Klamath, Modoc, and Paiute were a healthy people since time immemorial and it was only recently that our tribal members' health began to suffer as a result of the drastic change in lifestyle that first came during the Reservation Era and continued through Termination. Although we have been restored as a tribe, many of those changes have remained. The Ho Mas Gi program aims to foster an environment and create programs that encourage tribal members to reconnect with the values, culture and practices that have a long history of keeping our people healthy.

Ho Mas Gi is a Klamath saying that means "That way be." Or more colloquially "Be THAT way." It is an old phrase that was used to encourage another tribal member who was making good choices. Which is what we want to do with program. The goal is not only to provide opportunities for tribal members to participate in traditional ways that encourage healthy lifestyles but also to foster a community that supports each other in choosing good health.

My name is Amanda Page and I am a member of the Klamath Tribes. I have both Modoc and Klamath ancestors. I grew up near the old agency and went to school at Chiloquin from first grade through high school graduation. In July, I was hired as the Ho Mas Gi Program Development Project Manager. Since then, I have been working toward developing a strategic plan for the program. If you have any ideas for the program or would like to be involved, please feel free to email me or call me. I would love to hear from you.

One of the first tasks I am undertaking is developing a Ho Mas Gi Committee to oversee the program. Ideally this will be comprised of tribal members from various departments throughout KTHFS and the Klamath Tribal Administration. This multi-department, multi-discipline approach will ensure that the Ho Mas Gi Program is prepared to address obstacles to good health from multiple directions. It will truly be the people of The Klamath Tribes directing the vision and projects undertaken by the program.

I was fortunate to have met some of you at Health Row during the Restoration celebration. Many of you took the time to complete a survey to help us understand the health issues of our people. We raffled off a hat and earrings to people who stopped by the table.

The Ho Mas Gi Survey is a very important tool for us in understanding where our tribal members are in regards to their health and what sort of obstacles there are to good health. Please take a moment to go to www.surveymonkey.com/r/Z3NN9ZK to complete the survey. Or use your phone to access the survey through this QR code.



Greetings from your Compliance and Quality Assurance Department. We are here to ensure that we are serving our Tribal Community with excellence!

You will be excited about several new initiatives we have launched in the past few months!

Annual Patient Satisfaction Surveys:

Thank you all so much for participating in our new Patient Satisfaction Surveys for our Medical, Dental, Pharmacy, and Youth and Family Guidance Center. The information you provide helps us to help you. You should have received your survey(s) through either by email or a text message to your cell phone. Paper versions were also available at our facilities the first two weeks of September.

If you did not receive a survey for each department that you used in 2022, it is because we don't have a current email or phone number. Please take a couple minutes to update your contact information so that you can take part in our upcoming surveys. Your voice matters!

Patient Exit Surveys:

Our new Exit Surveys will be sent to you via text message after each visit. Each survey will take you about one minute to complete. Thank you in advance for your participation! These provide immediate feedback and gives us a daily snapshot of our Tribal Health Services quality of patient care. These are text only; please update your cell phone information when you check-in at any of our clinics. We will be utilizing this for our Transportation Department, Public Health as well as our Clinics.

Employee Education & Training:

We have just launched our **Health Stream Computer Based Employee Education system** for our amazing team members.

Our team members now have access to an amazing selection of on-line education & training courses to improve their professional and customer service skills, so that we can continue to serve our Tribal Community with excellence.



Accreditation Association for Ambulatory Health Care (AAAHC):

We are also preparing for our AAAHC Reaccreditation. As you may remember, we achieved AAAHC accreditation in October of 2020 and, every three years we will be re-evaluated to ensure that we are maintaining the standards of patient care required.

Accreditation distinguishes this tribally operated health center from many other outpatient facilities through its adherence to rigorous standards of care and safety. Ambulatory health care organizations seeking AAAHC Accreditation undergo an extensive self-assessment and onsite survey by AAAHC expert surveyors-physicians, nurses and administrators who are actively involved in ambulatory care. The benefits of AAAHC accreditation for all of us are:

- Enables us to meet high patient-safety standards and achieve recognition for the services we provide
- Demonstrates our commitment to providing high-quality health care with intentional organizational design
- Qualify for Medicare and Medicaid certification
- Places continuous improvement at the center of our culture
- Attract highly trained and experienced health care talent who appreciate the value of accreditation
- Increased funding opportunities
- Compliance with federal, state, and local laws
- Meet requirements of 3rd party billers

For more information, please contact:

Debbie Kilby
Quality Assurance Specialist
 Klamath Tribal Health & Family Services Administration
 3949 S. 6th Street Klamath Falls, OR 97603
 Phone: 541-882-1487 ext. 256
 Email: Debbie.kilby@klamathtribalhealth.org

HEALTH CARE SERVICES:

PATIENTS AND VISITORS

Regardless of vaccination status, it is recommended that all patients and visitors to a Klamath Tribal Health & Family Services facility wear masks. At a minimum to wear a non-woven surgical mask while in the facility is required, but a higher level mask, such as KN95 or N95 is recommended if the individual prefers. Patients and visitors without an appropriate mask will be provided a non-woven surgical mask by Klamath Tribal Health & Family Services employee.

KLAMATH TRIBES EMPLOYEES, VOLUNTEERS, AND CONTRACTORS

Regardless of vaccination status, all individuals in one of the above categories are required at a minimum to always wear a non-woven surgical mask in public spaces and patient care areas. However, a higher-level, non-woven mask or respirator is acceptable and recommended if the individual prefers, or if it is warranted by health policy and procedure. Regardless of vaccination status, individuals providing care or services for patients or visitors with suspected or confirmed SARS-CoV-2 Infection should adhere to standard PPE precautions and use an N-95 mask or equivalent, or higher-level respirator, gown, gloves and eye protection.

Also, regardless of vaccination status, employees are required at a minimum to wear a non-woven surgical mask at all gatherings and/or in-person meetings. Exceptions to this requirement include:

- Individuals may remove their mask when working outdoors and they are appropriately able to distance themselves from others.
- Individuals may remove their mask to eat and/or drink if they are more than six feet from others and not providing services to a patient or visitor.
- Individuals may remove their mask if they work in isolation.

For more information, please contact:

LCDR Nikowa N. Mendez, MHA, BSN, RN, THRP

Compliance Administrator/HIPAA Privacy Officer

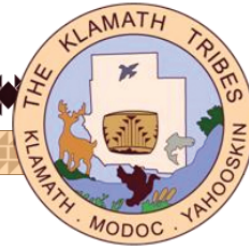
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 Website: www.klamathtribalhealth.org
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waq'lis ?i
KTHFS CORE VALUES



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.
- 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 and 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 and 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 workers—with respect and compassion.
- 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 Focus Group Meetings



1ST & 2ND OF NOVEMBER 2022 MEETINGS RE: 5 YEAR STRATEGIC PLAN

Klamath Tribal Health & Family Services is holding six Tribal community focus groups to collect feedback on our services provided.

There will be three in person sessions in Klamath Falls on Tuesday, November 1, and three sessions in Chiloquin on Wednesday, November 2, 2022.

There is a strict limit of 10 participants per session (Please RSVP)

Participation gift: \$50 Visa gift card to have your voice heard.
*One card per family/household.

Purpose: KTHFS has hired Blue Stone Strategy Partners to facilitate the creation of a five-year plan. We want your input into this plan. Blue Stone Strategy Partners will be hosting 6 focus groups over two days to collect feedback from Tribal members' that utilize services provided by KTHFS, regarding gaps in services or need for services not currently offered.

Please RSVP - SPACE IS LIMITED!

Contact: KTHFS Project Manager

Jon Sergi at: 541-882-1487 ext 254

Email: jon.sergi@klamathtribalhealth.org

LOCATIONS:

Klamath Falls

Klamath Falls, OR 97601

Tuesday, November 1st

9th Street Venue

(829 Klamath Ave)

8:30am (Elders Only) 1st group

10:30am (Ages 18+) Focus Group

1:15pm (Ages 18+) Focus Group

Chiloquin

Chiloquin, OR 97624

Wednesday, November 2nd

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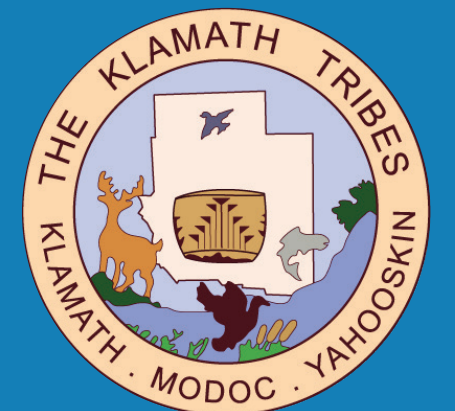
Tribal Community Center

(35601 Choke Cherry Way)

8:30am (Elders Only) 1st group

10:30am (Ages 18+) Focus Group

1:15pm (Ages 18+) Focus Group



Coming 2023!

New Home for our Klamath Tribal Health Youth & Family Guidance Center & Behavioral Health Clinic

Exciting News! Stay Tuned - Coming 2023!
Grand Opening Dates still To Be determined!

New Location for Youth & Family Guidance Center & Behavioral Health Clinic

Klamath Tribal Health & Family Services, through Klamath Tribal Council, has been working diligently to develop a new home for our Youth & Family Guidance and Behavioral Health Center - (YFGC). We will no longer be leasing space in downtown Klamath Falls, instead we will be practicing our sovereignty and relocating to our own tribal property and traditional homelands, at 6000 New Way, Klamath Falls, Oregon, 97601.

More information will be shared as we finalize dates. Stay tuned!

❄️❄️❄️❄️ **Transportation Program Winter Reminders** ❄️❄️❄️❄️

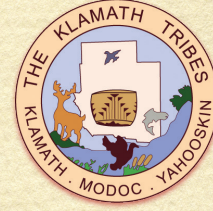
The KTHFS Transportation Department is gearing up for the Fall/Winter seasons. With cooler temps, frosty windows, icy pavement and the possibility of snow right around corner, the Transportation drivers are going to need everyone who rides with us to be prepared we also strive for everyone to get to their appointments safe and on time.

We will need the following help from patients:

- Please be ready at least 15 minutes earlier than your scheduled pickup. If you are not ready and/or are running behind, the next scheduled patient pickups will be getting picked up later and could cause the other patients to miss their appointments.
- Please call your next appointment in as soon as possible or we may not be able to get you to that appointment. The schedule books up early and the weather may not permit us to try to squeeze you on the schedule.
- Dress warm and wear proper footwear for getting in and out of the vehicle and walking to and from your appointment.
- During the days/weeks/months of snowy and icy roads, we may have to have some Patients that live on hills meet us at the bottom, as some of our big vans may not make it to your doorway.
- When patients appointments are out of Klamath County, Transport service will leave early – please have a backup plan in place in case we have to cancel due to winter conditions.
- When traveling out of town please bring a lap blanket, warm coat and a snack or something to eat during the ride.

For more information contact:

Amanda R. Mellentine | Transportation Manager
 Klamath Tribal Health & Family Services | 3949 South Sixth Street | Klamath Falls, OR 97603
 Phone: 541.882.1487 ext. 248 | armellentine@klamathtribalhealth.org | www.klamathtribalhealth.org



Klamath Tribal Health & Wellness Center

P.O. Box 490 - 330 Chiloquin Blvd.
 Chiloquin, OR 97624
 Phone 541-882-1487 or 1-800-552-6290
 Fax: 541-783-3273
REFERRAL PROCESS

Klamath Tribal Health & Family Services (KTHFS) provides a variety of physical health, dental and mental health services to its clients. At times it is medically necessary for KTHFS patients to be referred to outside facilities. A referral is an order from a primary care provider (PCP) to see a specialist for a specific medical service that is not available at KTHFS. A referral is initiated during a patient’s office visit or a scheduled appointment with their PCP.

Referrals to outside entities may be delayed if patient insurance information is not current. KTHFS Patient Benefits Coordinators located in Klamath Falls and Chiloquin are able to assist patients in processing applications for alternate resources, if needed. It is important for patients to update insurance information and their current contact information with Patient Registration upon check-in at every clinic visit to ensure referrals can be processed as quickly as possible. Some referrals will require a prior authorization from the patient’s insurance provider. While most insurance providers will approve or deny a service request within 3 - 5 business days, some such as Oregon Medicaid, may take up to 30 days to respond to prior authorization requests.

Patients eligible for the Purchased and Referred Care (PRC) program will have their referral reviewed by PRC for consideration of financial support for health care services outside KTHFS. Patients eligible for the PRC program must comply with alternate health care coverage, as PRC is the payor of last resort. Patients eligible for the PRC program must contact the PRC Department to notify PRC of the appointment date in order to ensure financial support of the referral at 541-882-1487 prior to attending the visit with the servicing provider.

After the required prior authorizations are received, the referral is then sent out to the outside specialty service. Upon receipt of the referral, the specialty service will follow its own internal processes to review and schedule the appointment. Most often the specialty services will attempt to contact the patient directly for scheduling. Some specialty services may require a patient to fill out new patient paperwork prior to scheduling the appointment. ***Due to the national health care crisis and limited availability of healthcare providers in various specialties, there could be a longer than expected wait time in order for your outside referral to be scheduled.*** Please know this is beyond the control of the KTHFS Medical Clinic.

KTHFS is committed to respecting the rights and responsibilities of the patients who receive care. A copy of KTHFS’ Patient Rights and Responsibilities is available in the KTHFS Patient Handbook. If you have questions or concerns, please feel free to contact our office at 541-783-3293.

Sincerely,
 Klamath Tribal Health & Wellness Center



New Employee Spotlight - KTHFS

**We would like to introduce Sara Folden, MD, MBA, BC
New Chief Medical Officer**

Hello,

My name is Sara Folden. I'm happy to be selected as the new Chief Medical Officer at Klamath Tribal Health & Family Services Medical Wellness Center.

I am excited to work with the medical staff and Indian Health Services. I'm looking forward to getting to know you and learning, sharing and growing in the success of the Klamath community.

I'm originally from Fort Worth Texas, the second of 9 children. I grew up taking care of chickens, pigs, cows, the garden and younger siblings. I decided to become a doctor at age 12 and once the goal was set I stuck with it. I attended St. Mary's University in San Antonio, Texas and while there I played soccer, joined a sorority and got a biology degree. I received my medical degree from the University of Texas Medical School in Houston, and my MBA from the University of Texas in Dallas. I am Family Medicine trained and board certified. I have practiced in a variety of medical settings over the past 20+ years. I have practiced family medicine, telemedicine, urgent care and emergency medicine. I've had a solo practice, worked for a large hospital system and everything in between.

This past year I decided it was time to lean more into the administration side of medicine, and yet keep some clinical practice. I came across the type of opportunity I was looking for in Klamath Falls. I applied and was accepted! I'm looking forward to exploring a new part of the country and a new environment with the Klamath Tribes. I hope to learn all I can about the Klamath people, the history and culture. I'm most excited to experience being part of a tribal community.

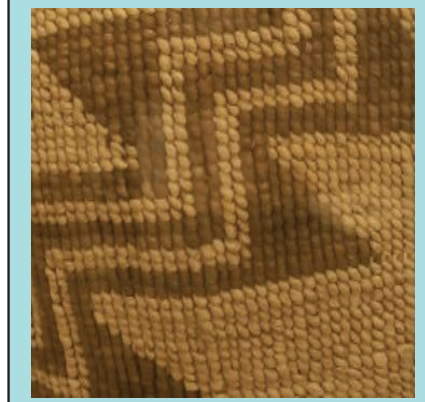
Thank you for giving me the opportunity to expand my professional and personal experience with your organization, community and tribe.



Sara Folden, MD, MBA, BC
KTHFS Wellness Center
Chief Medical Officer

Office located at:
KTHFS Wellness Center
330 Chiloquin Blvd
Chiloquin, Oregon
www.klamathtribalhealth.org

Contact:
Phone: (541) 882-1487
E-mail:
sara.folden@klamathtribalhealth.org



Klamath Tribal Health & Family Services - Wellness Center
330 Chiloquin Blvd, Chiloquin, Oregon 97624



Jynneos, the Monkeypox vaccine, will be available through KTHFS to those who meet the following criteria:

MONKEYPOX

CDC Recommends Monkeypox Vaccination for People Who

- Are known or possible close contacts of people with monkeypox.
- Know that one of their sex partners in the past 2 weeks has been diagnosed with monkeypox.
- Have had multiple sex partners in the past 14 days in a place with monkeypox cases.
- Have jobs that may expose them to orthopoxviruses.
 - Some designated healthcare or public health workers
 - Laboratory workers who handle specimens related to orthopoxviruses



Contact a healthcare provider for more information.

Learn more: www.cdc.gov/monkeypox



If you meet this criteria or have questions regarding the vaccine please reach out to your primary care provider or Rachel Miller, Infection Control RN, KTHFS Public Health Department
541-882-1487 ext. 605
rachel.miller@klamathtribalhealth.org

Monkeypox 101

01

Monkeypox virus is related to the smallpox virus. Monkeypox symptoms are similar to smallpox, but milder and rarely fatal.

02

Monkeypox Symptoms Include:
Fever | Headache | Muscle Aches
Backache | Swollen Lymph Nodes
Chills | Exhaustion
and a Rash that can look like Pimples or Blisters

03

Monkeypox Rash

The monkeypox rash can appear anywhere on the body including mouth, genitals and anus. The rash will blister, scab, and fall off over a two – four week period. The person is contagious until the rash has fully healed and a fresh layer of skin has formed.



04

MONKEYPOX SPREADS THROUGH PHYSICAL CONTACT WITH:

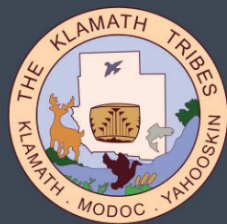
- Infectious rash, scabs, or body fluids
- Personal belongings (like clothing) that have made contact with sores
- Respiratory droplets

Pregnant people can spread the virus to their fetus through the placenta.

05

HAVE SYMPTOMS? HERE'S WHAT TO DO:

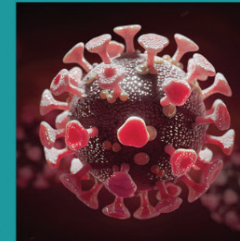
- Call a Healthcare provider immediately about getting tested!
- Isolate at home
- Avoid any close physical contact
- Wear a mask when around others



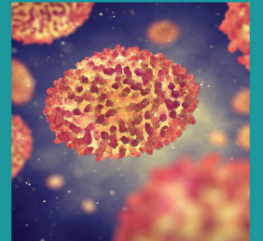
Klamath Tribal Health & Family Services

Information brought to you by
Klamath Tribal Health & Family Services Public Health Department
For questions contact
Rachel Miller, RN Infection Control
541-882-1487 ext. 605
rachel.miller@klamathtribalhealth.org

Help Protect yourself and others COVID-19 & MonkeyPox



Contact your primary care provider if you have concerns or are experiencing any of these symptoms



World Health Organization Western Pacific Region

Common symptoms of COVID-19

FEVER, COUGH, FATIGUE, LOSS OF TASTE AND SMELL, DIARRHOEA, HEADACHE, RASHES, SORE THROAT, ACES AND PAIN, CONJUNCTIVITIS

People infected with coronavirus, including Delta, can also be asymptomatic: they may not show any symptoms.

27 October 2021

MONKEYPOX SYMPTOMS
LASTS BETWEEN 2-4 WEEKS

SOURCE: CDC © NEWS

HELP STOP COVID-19

Get a COVID-19 vaccine, Wash your hands often, Cover your mouth and nose with a mask, Avoid crowds and practice social distancing (6 feet), Report Fraudulent COVID-19 Tests, Vaccines and Treatments

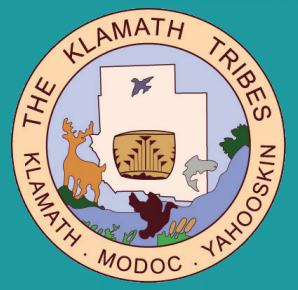
Monkeypox: What you should know
How you can avoid getting infected

Health workers exposed to the virus should be given the smallpox vaccination, Don't eat or touch animals that might be infected, People who are infected should be isolated, Maintain high personal and environmental hygiene standards. Wash your hands regularly, Wear gloves and a face mask to avoid direct contact with infected people

AVON™



Klamath Tribal Health & Family Services
Public Health Department
204 Pioneer St
Chiloquin, OR 97624
Rachel Miller, Infection Control RN
541-882-1487 Ext. 605





DOMNI WAC "MANY HORSES" RECOVERY SUPPORT

Domni Wac "many horses" in the Klamath/modoc language. From the time the horse was introduced to the Klamath, Modoc, and Yahooskin people, it was a symbol of progress. From the ability to travel greater distance, to ensuring a stronger livelihood, the horse became a symbol of respect. The horse is one of the most perceptive animals, detecting harm and danger at high degrees. They possess the ability to recognize harm from harmless quickly so as not to spend their lives constantly running. Horses have

the ability to forgive, yet remain wise in the lesson. They possess a great ability to communicate emotions and intent. When in a herd, each has a role to ensure the protection and guardianship of one another. When foals are born into this group, they are protected and viewed as having a great deal of wisdom and knowledge. This Recovery movement aims to reach for these same symbolisms of strength, honor, bravery, and endurance.

10 GUIDING PRINCIPLES OF RECOVERY

RECOVERY EMERGES FROM ANCESTRAL PURPOSE

The belief that recovery is real and attainable, the knowledge that our ancestors have consistently overcome the internal and external challenges, barriers, and obstacles that confront them. Purpose is internalized and can be fostered by tribal values. Purpose is the fire that ignites the recovery process.

RECOVERY IS SPIRIT-DRIVEN

Spirit-fortitude and spirit-direction are the foundations for recovery as individuals define their own mission in life. Individuals take care of their spiritual health by applying wisdom, foresight, mindfulness, in all aspects of their recovery journey. A balanced spirit is empowering and allows for individuals to make solid decisions, build their inner strengths, and regain control over their lives.

RECOVERY TAKES MANY ROOTS

Individuals are the authorities on their own unique life experiences, personal needs and choices that lead them to the path of recovery. Recovery is built on the multiple capabilities, natural gifts and talents, coping skills, resources, and inherent worth of each individual. Individuals may grow through cultural practices, counseling, support from family and community, medications, traditional medicines, faith-based approaches, peer support, treatment stays and many other roots for healing. Recovery is about healthy roots that promote continual growth.

RECOVERY IS WHOLE

Recovery includes an individual's whole life, including mind, body, spirit, and community. This includes addressing: how you take care of yourself daily, how you show up for your family, where you live, how you spend your free time, how you give back, how you take care of your home, how you take care of responsibilities, how you tend to your physical health.

RECOVERY CREATES TRIBALISM

Circles of recovery value supportive relationships, community healing, life experience, cultural knowledge, and opportunities to learn together. Gathering is a key to recovery and was an important social element of our ancestors. Being in the presence of individuals who encourage your growth is vital to developing a sense of belonging. As our Indigenous communities become healthier, individuals are stepping into helper roles and giving back to their communities. The people, helping their people become well is the mark of tribalism.

RECOVERY IS BEING A GOOD RELATIVE

Becoming part of a circle of people who see you as extended family, who believe that Creator has a plan for your life, who offer good words and guidance is important in the recovery process. Healed people, heal people. Being part of a group of relatives working for the greater good can lead to clarity, inclusiveness, greater sense of self, empowerment, cultural connectedness, and self-worth.

CULTURE IS RECOVERY

Mental and substance use disorders, violence and incarceration are frequently seen as the consequences of culture loss brought about by colonialism. Ancestral ways, thousands of years old, held immeasurable benefits. Language, songs, ceremonies, connection to land, traditional foods, and physically demanding lifestyles ensured we lived solid lives. The use of our ancient ways can help you reclaim the strengths inherent in our ancestral teachings.

RECOVERY IS TRANSCENDING TRAUMA

As Indigenous people we are impacted by historical traumas and the contemporary impacts of those traumas that unfold in our communities as alcohol and drug abuse, mental health problems, violence, abuse in all forms, and others. Recovery calls us to take a deep dive into our personal, family, and tribal history to understand how we have been impacted, then work to undo the impacts within our control. When we take up recovery, we are pledging to transcend trauma and live the lives Creator meant for us.

RECOVERY PROTECTS US

Individuals, families, and our tribal community hold inherent strengths and responsibilities that serve as a foundation for recovery. Our sacred narratives tell about our roles and responsibilities. Individuals have a personal responsibility for taking care of their spirit and being a good relative for all. Families and significant others have responsibilities to love and protect one another and to care greatly for their children. Our community has a responsibility to provide opportunities and resources that support recovery. When we collectively step into our roles, we protect the future of our nation.

RECOVERY IS RESPECT

Understanding the roots of substance abuse or mental health is vital. Individuals are not born with addiction or mental health disorders. These are influenced by historical events, genetics, environment, and life experiences. Individuals who choose a road of recovery take steps that require great courage. They are doing the inner work to bring honor back to themselves, their family, and their community. The right to heal, and heal without discrimination or lateral oppression is necessary.

NAANOK ?ANS NAAT SAT'WAYA NAAT CIIWAPK DICEEW'A
"WE HELP EACH OTHER; WE WILL LIVE GOOD"



Klamath Tribal Youth & Family Guidance Center
635 Main Street
Klamath Falls, OR 97601
www.klamathtribalhealth.org
541.884.1841

Grief and Loss: Effects on the Mind, Body, Spirit

A message from Youth & Family Guidance Center

The death of someone you are close to can alter your world and proves to have many effects on the mind, body, and spirit. As you move through the loss, you may become preoccupied with thoughts, memories, or images, you have difficulty accepting the finality of the loss, and experience waves of emotions ranging from sadness to desperation.

Grief is a very personal journey and one that not a single person can truly feel or understand the way that you do. You are alone in your grief and it is not something to be "worked through" but rather acknowledged and carried from here forward. We need others to help acknowledge and carry it and in the world of mental health we have found ways to identify some of the experience in clinical terms so that we can better address some of the symptoms that are shared by many who have suffered a loss. Grief is clinically classified in two types: acute and persistent. Acute grief occurs in the first 6 to 12 months after a loss and symptoms gradually lessen in intensity over that time. Persistent grief is when those acute symptoms do not lessen and instead have an impact on one's ability to function at their previous capacity 12 months or more following the loss. Acute grief can be indicated by chronic stress, physical and emotional distress including depression, trouble sleeping, feelings of anger and bitterness, anxiety, loss of appetite, and general aches and pains. Research shows that chronic stress can put you at greater risk for a heart attack, stroke, and even death. Ignoring your bodies warning signs or neglecting your health is not uncommon following a loss, but is a significant predictor to the possibility of additional distress. If you are experiencing any of these symptoms, you are highly encouraged to ask your primary care provider for assistance and support, use calendars to remember important health care dates, and/or set alarms for medications.

Seeking out Mental Health Therapy to address persistent grief is one way to help alleviate the impacts on the mind and body. Treatments such as cognitive behavioral therapy are beneficial to helping process the many layers of your grief experience. With all grief, acute and persistent, taking active approaches to manage stress is key. Some of the ways to manage stress include but are not limited to:

Spiritual Foundation. Nurturing our spiritual life is vital. Intentionally focusing on our spiritual foundation can help us to navigate life and then better handle what unfolds before us. There is no 'right' way, we have both ancestral lessons and contemporary practices to guide us that include prayer, medicines, the natural world, sites, stories, songs, traditional foods, service to others, mindfulness practice, meditation, and more.

Reach out. Grief can be complex and it can feel that way to those who also want to support you. One minute you may want a room full of support, the next you may prefer solitude. While it can be difficult to navigate relationships and offers of support, connection to others is key. Through the grief process your social and family circle reminds you that you are not alone.

Take up hiking, canoeing, yoga. Our ancestors, and now researchers, prove that engaging in mind-body activities can reverse the effects of stress and anxiety on a molecular level.

Mindful diet. Craving sugar and fat can be a direct stress response leading to weight gain, high cholesterol, diabetes, and other health conditions. Eating plenty of vegetables, fruits, and lean proteins, and drinking plenty of water helps to combat the stress response.

Get your rest. Grief is emotionally draining. It is common to experience trouble falling asleep, staying asleep, or sleeping too much. Developing a bedtime routine, turning off electronics at least one hour before going to bed, journaling before bed, non-caffeinated tea, warm shower or bath, smudge, nighttime prayers and affirmations are all habits that may help with restful sleep.

Move the muscles. Even the simplest of movements matter. Doing laundry, cleaning house to your favorite music, and walking around the block can help ease depression, tension, and sadness related to grief. If you find it hard to motivate, be honest with your friends and loved ones, ask them for support or invite them along.

Something new. Idle time can leave us spinning in sadness. Perhaps your loved one encouraged you to try that one thing you have always wanted to do, or you have long-held a desire to start beading, painting, riding horses, baking, you name it. The grief process has a way of letting us know the time is right to step into our healing a little more and find the things that bring you a sense of self.



The Dental Department at Klamath Tribal Health and Family Services is grateful to the patients for the trust they put in us. The Dental Department is fully staffed. We are always appreciative of the Departments at KTHFS for their support and suggestions. Any input from patients is important to us. The new Patient Satisfaction Survey which is digital this year is soon to be launched and patients will see this when they come to visit. Please take the time to answer the survey.

Our Dental Department is involved with Northwest Portland Area Indian Health Board and Indian Health Services. This is important and keeps the Tribal Communities of Washington, Oregon, and Idaho in sync with each other and learning from each other.

This increases access to care and helps with patient and employee satisfaction. Our Dental Department is actively involved with Minimal Invasive Dentistry. This means we can do many small cavities with a chemical that stops decay or very small fillings that oftentimes does not require anesthesia.

Covid is no longer limiting what we are able to do in the Dental Department. This is because we have special equipment and we follow all the protocols of infection control and barrier protection. We are finally getting back to where we were before the Covid Pandemic.

Thank you all for your support.
Call us at: 541-882-1487



Photo Credits - LtoR:

- Debbie Bishop, Dental Hygienist / Cheyenna Kirk, Office Clerk / Shawn Jackson, Front Office Supervisor
- Eleanor Jackson, Perio Maintenance Dental Assistant / Presley Frost, Dental Assistant Trainee
- Jean Slusher, Dental Assistant / Shayla Westwick, Dental Assistant / Kaylee Robinson, Dental Hygienist
- Dr. Tom Barratt, Dentist / Fawn Baker, Expanded Functions Dental Assistant / Dr. Gerald Ramos, Dentist
- Dr. Jeffrey Guelinas - Dentist
- Unavailable at time of photo: Trena Avila, Back Office Supervisor / Teena Walker, Perio Maintenance Dental Assistant

Photo by: Taylor R. Tupper, KTHFS (CIS)

AFTER HOURS EMERGENCY PRESCRIPTIONS CAN BE FILLED AT KLAMATH FALLS RITE AID AND SKY LAKES OUTPATIENT PHARMACY

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 at the Klamath Falls Rite Aid Pharmacy (open 8-8PM Mon-Fri, 9-6PM Sat, & 10-6PM Sundays) or at the Sky Lakes Outpatient Pharmacy (open 8-6PM M-Fri & 9-5PM Saturdays) located at the hospital in Klamath Falls. 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 5 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.**

**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

Come Work for Klamath Tribal Health & Family Services Yes We're Hiring! Over 20 Positions Available!


WE ARE HIRING

Did you know you can find all KTHFS Open Positions, and an Application for Employment, on our website at www.klamathtribalhealth.org - (Click the link – Tribal Health Job Openings).

For information please feel free to contact us for additional information.

Thank you,

Charlene Hescock, THRP Human Resource Generalist
Klamath Tribal Health & Family Services
3949 South Sixth Street, Klamath Falls, OR 97603
Phone: 541.882.1487 Ext. 205
charlene.hescock@klamathtribalhealth.org
www.klamathtribalhealth.org



KLAMATH TRIBAL HEALTH AND FAMILY SERVICES

COVID-19 VACCINE INCENTIVE PROGRAM HAS BEEN EXTENDED THROUGH 12/31/2022!


ENROLLED KLAMATH TRIBAL MEMBERS AND KLAMATH TRIBAL EMPLOYEES ARE ELIGIBLE TO RECEIVE INCENTIVE WHICH NOW INCLUDES THE BOOSTER.

VACCINE TYPE	DOSE 1	DOSE 2	ELIGIBLE BOOSTER
JOHNSON & JOHNSON	\$500	N/A	\$250 *CDC RECOMMENDS MODERNA OR PFIZER
MODERNA	\$250	\$250	\$250
PFIZER	\$250	\$250	\$250


IF YOU HAVE RECEIVED PAYMENT FOR DOSES BEFORE AND WANT TO INCLUDE BOOSTER PLEASE FILL OUT ANOTHER APPLICATION

CONTACT
Klamath Tribal Health & Family Services
Public Health Department
204 Pioneer Street
Chiloquin, OR 97624
541-882-1487 Ext. 610


APPLY NOW





[HTTPS://WWW.COGNITOFRMS.COM/FSATPA/THEKLAMATHTRIBESCOVID19INCENTIVEPROGRAMAPPLICATION](https://www.cognitofrms.com/FSATPA/THEKLAMATHTRIBESCOVID19INCENTIVEPROGRAMAPPLICATION)



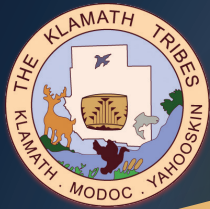
OCTOBER IS BREAST CANCER AWARENESS MONTH



GET SCREENED TODAY

This message is brought to you by
Klamath Tribal Health & Family Services
Public Health Department
204 Pioneer Street
Chiloquin, OR 97624
Rachel Miller, Infection Control RN
541-882-1487 Ext. 605
rachel.miller@klamathtribalhealth.org



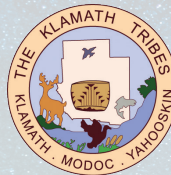
Klamath Tribal Health & Family Services *Years of Service Awards 2022*

Thank you for your Years of Service.
Your Dedication is Greatly Appreciated.

- Brandon Clover, Database Administrator/Developer (10 Years)
- Angelica Alonzo, Billing Specialist (10 Years)
- Jordan Stewart, Pharmacy Billing Technician (10 Years)
- Brian Tecumseh, Facilities Worker (15 Years)
- Robert Hardy, Finance Officer (20 Years)
- Raedeon Haskins, Health Information Coordinator (25 Years)
- Taylor Tupper, Communications/Information Specialist (30 Years)



Brandon Angelica Jordan Brian Robert Raedeon Taylor



KLAMATH TRIBAL HEALTH & FAMILY SERVICES TRIBAL TOBACCO PREVENTION PROGRAM PRESENTS:

ANNUAL KLAMATH TRIBAL ELDERS HEALTH RETREAT

Who: Tribal Elders 60 and older
When: Friday, December 2nd, 2022
Time: Registration @ 9:30am
Event Start: 10:00am

Where: goos oLgi gowa Community Center
35601 Choke Cherry Way, Chiloquin, OR 97624

Limited space available, so please call to reserve your spot.
This is an alcohol, drug, and smoke/vape free event!

For more information or to register please call Alethia Brown-David 541.882.1487 x604



WARRIOR
TO BE ARRAYED
IN THE ELK SKIN ARMOUR.

sheshalolish

Please Join Us

**YOUTH & FAMILY GUIDANCE CENTERS
TRIBAL VETERANS APPRECIATION NIGHT**

Veteran's Day | Friday, November 11th, 2022 | 6:00 PM
Running Y Resort Juniper Hall
5500 Running Y Rd. Klamath Falls, OR 97601
Catered Dinner - Presentation - Honoring
Covid safety protocols onsite - Accommodations for Elders or Disabled

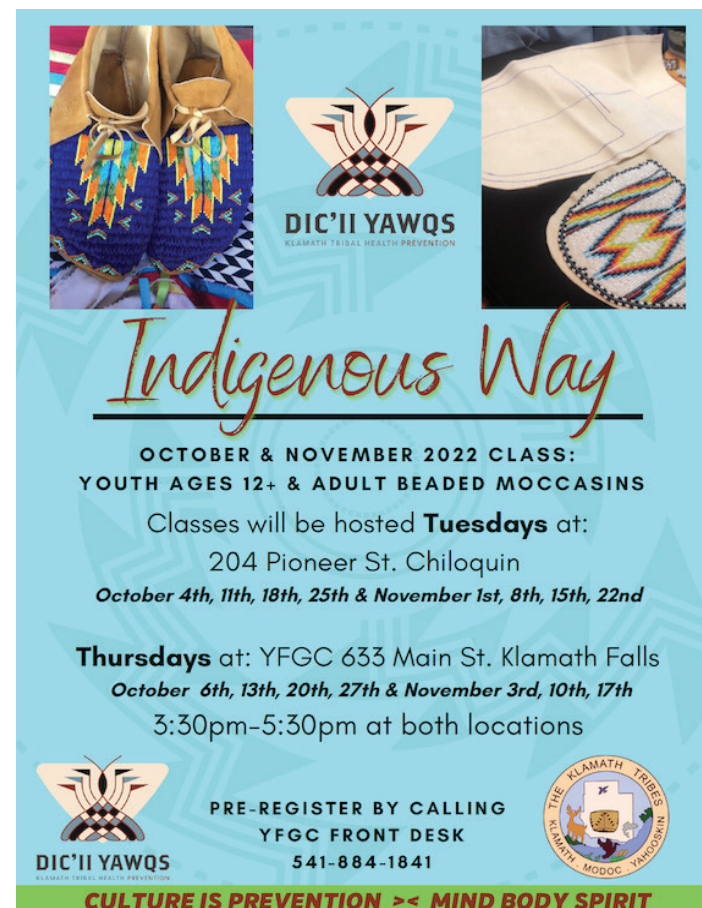
RSVP TO MONICA YELLOWOWL AT 541-884-1841



YOU PROTECTED US.
LET US WALK WITH YOU.
#WENEEDYOUHERE

Prevent Veteran Suicide To Give Help or Get Help:

- Dial 988 to reach the Suicide & Crisis Lifeline, and press 1 if you are in the Military or are a Veteran.
- Text "NOW" to 838255 to chat via text.
- Call 911 if you or someone you know is in immediate danger.
- Visit www.veteranscrisisline.net to learn about suicide signs and prevention resources.
- Ask trusted friends/family for help, find a support group, access health and/or veterans services, and keep yourself safe.



DIC'II YAWQS
KLAMATH TRIBAL HEALTH PREVENTION

Indigenous Way

OCTOBER & NOVEMBER 2022 CLASS:
YOUTH AGES 12+ & ADULT BEADED MOCCASINS

Classes will be hosted **Tuesdays** at:
204 Pioneer St. Chiloquin
October 4th, 11th, 18th, 25th & November 1st, 8th, 15th, 22nd

Thursdays at: YFGC 633 Main St. Klamath Falls
October 6th, 13th, 20th, 27th & November 3rd, 10th, 17th
3:30pm-5:30pm at both locations

PRE-REGISTER BY CALLING
YFGC FRONT DESK
541-884-1841

CULTURE IS PREVENTION >< MIND BODY SPIRIT



Klamath Tribal Health
Public Health Department
Presents:

Trunk or Treat

Friday October 28, 2022
6:30pm-8:00pm
Trick or Treating For All Youth

Klamath Tribes Fitness Center
Ne'tu Shpo'tu Shiwina
320 Chiloquin Blvd Chiloquin, OR.

Drug, Alcohol, & Smoke Free Event

Contact Tahnne Clark at 541.882.1487 x 603

Text **OPIOIDS**
to 94449



www.npaihb.org/opioid

To receive videos,
quizzes, and more to
grow your opioid
knowledge.



Klamath Tribal Health & Family Services (KTHFS) Public Health Department, would like to take this moment to acknowledge all those lost to the opioid crisis and those families currently struggling. Opioids include heroin and pain medications such as Vicodin, OxyContin, Hydrocodone, Tramadol, Codeine, Fentanyl and more.

Overdose can happen under many circumstances. An Elder may forget they have already taken their pain medication for the day and take another dose. Those struggling with physical and/or mental health may try to relieve pain. Youth may be curious and access their relatives' medicine cabinet. Children may mistake pills for candy.

Be aware! – Beware! Our community is seeing more and more fentanyl hidden in other drugs or look-a-like pills. If you or someone you know is prescribed opioids or is misusing opioids you can pick up **Narcan** from the Wellness Center Pharmacy or from the KTHFS Public Health Department at 204 Pioneer St. in Chiloquin.

Narcan is a potentially lifesaving medication designed to help reverse the effects of an opioid overdose in minutes.

When experiencing pain try natural and holistic pain relief first such as ice and heat. Use ointments or patches such as IcyHot. Try activities that connect you to others such as seeing or calling family or friends, playing with your pet, listening to your favorite music, meditation. Many of our patients say their pain is worse when they are alone.

Save a life
Carry Narcan



Narcan is a nasal spray that can help reverse an overdose

If you or someone you know is taking opioid pain medications or heroin ask your doctor about getting Narcan for FREE

If you have questions about Narcan, want to receive Narcan training, or want help quitting opioids please contact Shaymaa Taha at 541-882-1487 ext 612.

Stay Safe.

Shaymaa Taha

Opioid Health Education Coordinator
Klamath Tribal Health and Family Services
Klamath Tribal Wellness Center

330 Chiloquin Blvd
Chiloquin, Or 97624
541-882-1487 ext 612

Pronouns: She/Her

www.klamathtribalhealth.org

<https://www.facebook.com/KlamathTribalHealth>

CONTACT US:

Wellness Center

330 Chiloquin Boulevard
Chiloquin, OR 97624
541.882.1487

Youth & Family Guidance Center

635 Main Street
Klamath Falls, OR 97601
541.884.1841

**Klamath Tribal Health
Administration**

3949 S. 6th Street
Klamath Falls, OR 97603
541.882.1487

www.klamathtribalhealth.org

