

Klamath Tribal Health & Family Services

Q2 NEWSLETTER / SUMMER 2024
www.klamathtribalhealth.org



IN THIS ISSUE:

1. Waq'lis'i – Welcome/Greetings!
2. Congratulations to Leilonnie Wilson
4. Patient Portal Sign Up
5. Fun in the Sun with Sunblock
6. Heat Exhaustion & Heat Stroke
7. Men's Health Month
8. Purchased & Referred Care
9. Diabetes Risk
11. Nine Tribes of Oregon
13. Opioid Prevention
14. Dic'ii Yawqs Prevention Program
15. Narcan Locations
16. 8th Annual Youth Summit
17. 38th Annual Restoration Celebration
18. Peak to Peak Restoration Walk & Fun Run
19. Weekly Cultural Activity
20. Hot August Nights Derby & BBQ
21. Choose Sobriety
22. Core Values

Crowned 2024-2025
Miss Indian Northwest
Miss Leilonnie Wilson,
of the Klamath Tribes




Accredited by



AAAHC

ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.



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:
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 E-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

Publisher/Newsletter Manager:
Ms. Taylor R. Tupper
KTHFS Communications (CIS)
Phone: 541-882-1487 ext. 222
Email: taylor.tupper@klamathtribalhealth.org
*Member of the Native American Journalist Assoc.

Wood River Photo by JP Artinez
Cover photo: Modoc Leader Scarface Charley 1873
Cover photo: Leilonnie Wilson by Chloe Say

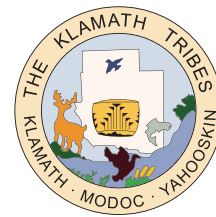
Waq'lis?i – Welcome/ Greetings!

We would like to remind you that the new Patient Handbook is available. The handbook is at each of our KTH&FS locations, and online at our health website (under Important Information) at www.klamathtribalhealth.org

The new Wocus flower design represents the core of sustainability for our people, much like our patients and what you represent as the core to the future of the Klamath Tribes. Stop by one of our health locations and pick-up your handbook today.



For more information contact:
Klamath Tribal Health & Family Services
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.



Congratulations!

Klamath Tribal Health & Family Services would like to say, 'Sepk'ee'ca' Thank you, for being a great role model and for representing yourself and your people in such a good way. Your actions are a true representation of our Mission – "Mo ben dic hos'Intemlek – To be in good health again."

The Miss Indian Northwest pageant is the oldest Native American pageant to represent all Pacific Northwest Tribes since 1969 – traditionally the Northwest's largest and most prestigious elite cultural title for young native women. The competition included: Personal interviews, Talent section, Public Speaking and Dancing. Leilonnie was proud to showcase her talent of revitalizing the tribal language by singing language songs on stage with her 5 year old nephew, Melvin Norwest.

Leilonnie Wilson, 19 year old Klamath Tribal member, was crowned on June 14, 2024, as the new Miss Indian Northwest 2024-2025, during the annual City of Roses Delta Park Powwow in Portland, Oregon.

As Miss Indian Northwest, she will be a role model to help educate and demonstrate the grace, beauty and diversity of Native American Culture. She will represent the "Miss Indian Northwest program" throughout her travels across the Northwest.

She was one of nine girls to compete for this prestigious title and has been an active participant on the Klamath Tribes Youth Council for several years. She has been dancing and representing her people and culture since she could walk. She graduated from Chiloquin High School, and is the daughter of Leoma Wilson and Monte "Mouse" Weeks, raised by Mex Weiser and Fernando Littlesinger.



Note: Leilonnie was crowned June 14th, 2024, during the Delta Park Powwow, in Portland, Oregon. Both the pageant and powwow were originally established in 1969, by Klamath leader, elder and historian Barbara (Farmer) Alatorre. - Urban Mukluks Leader, of Portland, Oregon.



Klamath Tribal Health & Family Services

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

Medical Clinic Notice

ATTENTION KTHFS PATIENTS!

Exciting News: Same Day Appointments Available This Summer!

Dear Valued Patients,

We are pleased to announce that both of our medical clinics, wah? we'ah owite (Healing Place) and Wellness Center, now have extra coverage this summer, allowing us to offer **same day appointments!**

These appointments are available on a **first come, first serve** basis. To secure your spot, please call us as early as possible on the day you are needing to be seen.

Healing Place
6000 New Way
Klamath Falls, OR 97601

Wellness Center
303 S. Chiloquin Blvd.
Chiloquin, OR 97624

541-882-1487

We are committed to providing you with the best possible care and are excited to offer this new convenience during the summer months. Don't miss this opportunity for timely medical attention. Call today to reserve your appointment!

Warm Regards,
The Medical Team



Klamath Tribal Health & Family Services

"Patient Portal makes it so easy to schedule an appointment with my provider."



Patient Portal Features:

- Request and view appointments
- Request medication refills
- Access your medical record
- Send secure messages to your care team
- And more!

Creating a Patient Portal Account is Easy

- Step 1**
- Go to: <https://patientportal.intelichart.com/KTHFS>
- Step 2**
- Register your account by using an existing email account. You'll need to have your PIN or verification question on-hand to complete this step. You can obtain a PIN by visiting our Medical Front Office or by calling the front desk at (541) 882-1487.
- Step 3**
- Complete the process by confirming your email address for future logins.

You now have your Patient Portal account!

powered by  **INTELIChart**

Photo credit: Escatel-Tupper family, photo by Gwennette Black

FUN on the Sun

Why Sunblock is Your Skin's Best Friend

Ah, the warmth of the sun on your skin—it feels wonderful, but it also comes with risks. That's where sunblock, your ultimate skin superhero, steps in to save the day! Let's dive into why slathering on sunblock isn't just a chore but a vital part of keeping your skin healthy and happy.

Blocking Out the Bad Rays

Sunblock is like a force field against UV rays from the sun. UVB rays can be pesky, causing sunburns and increasing your risk of skin cancer. Meanwhile, sneaky UVA rays penetrate deeper, causing damage that accelerates the aging process. Sunblock stands guard, bouncing these rays right off your skin and reducing their harmful effects.

Skin Cancer Defense

Nobody wants to play with skin cancer. By applying sunblock with a good SPF daily, you're significantly lowering your risk. It's like wearing armor against those UV nasties, ensuring your skin stays safe and sound.

Healthy Skin, Happy You

Sunblock isn't just about preventing sunburns; it's about skin health. It helps protect your skin's natural barrier, keeping it resilient and moisturized. By keeping your skin protected, you're also reducing the risk of other sun-related issues like premature aging and skin damage.

Picking Your Partner in Protection

When choosing sunblock, think of it as picking your favorite superhero:

- * **SPF to the Rescue:** Look for SPF 30 or higher to shield against UVB rays.
- * **Broad-Spectrum Bonus:** Ensure it fights both UVA and UVB to cover all your bases.
- * **Waterproof Warrior:** Opt for water-resistant formulas for extra staying power.
- * **Skin-Loving Formulas:** Whether you prefer lotions, sprays, or gels, there's a sunblock that suits your style.

Tips for Sunblock Success

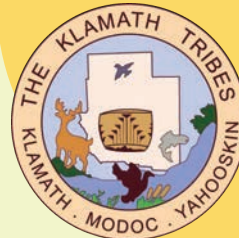
To make the most of your sunblock:

- * **Generous Application:** Don't be shy—slather it on all over, including those easy-to-forget spots like ears and lips.
- * **Reapply, Reapply:** Keep the protection going by reapplying every two hours, especially after swimming or sweating.
- * **Have Fun with It:** Sunblock comes in all kinds of scents and textures now, so find one that makes you feel good about protecting your skin.

Wrap-Up: Sunblock Saves the Day

So, next time you're soaking up the sun's rays, remember your trusty sidekick—sunblock! It's not just about preventing sunburn; it's about ensuring your skin stays healthy, happy, and looking its best for years to come. Embrace sunblock as part of your daily routine, and your skin will thank you with a smile. Here's to enjoying the sun responsibly and keeping your skin glowing with good health!

Alyssa Givens, MBA-HM
Medical Operations Director



Klamath Tribal Health & Family Services
(p) 541-882-1487 ext. 373
(c) 541-892-8615
alyssa.givens@klamathtribalhealth.org

Heat Exhaustion

vs.

Heat Stroke

Faint or dizzy

Excessive sweating

Rapid, weak pulse

Nausea or vomiting

Cool, pale, clammy skin

Muscle cramps

Throbbing headache

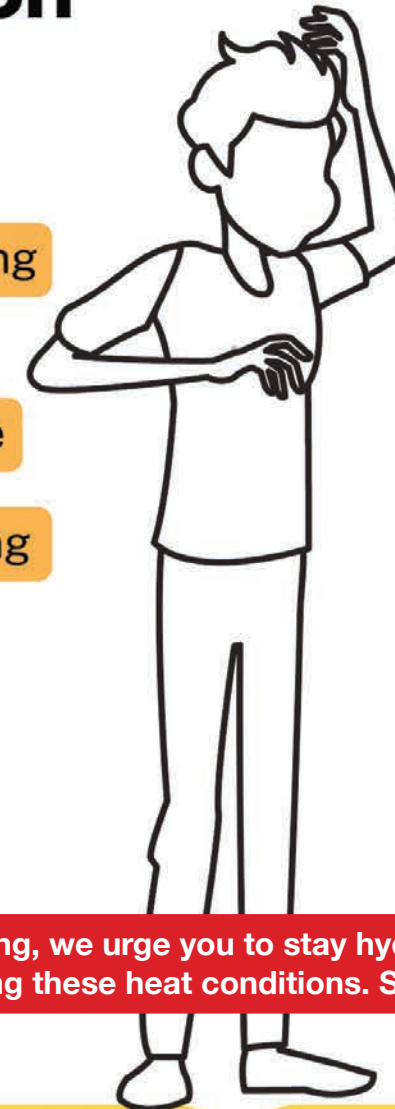
Confused, may lose consciousness

Rapid, strong pulse

Nausea or vomiting

Body temperature above 103°

Red, hot skin



With summer in full swing, we urge you to stay hydrated and monitor yourself during these heat conditions. Stay safe!



Help the person get to a cooler, air conditioned place. Encourage them to drink water if they're fully conscious.



Call 911. Get the person cool rapidly by laying them in cool water or dousing them with it.

For more information, visit healthoregon.org/preparedness





Men's Health Month

It's a time for health and healing. Healing can require listening and learning while finding balance in mind, body, and spirit. The healing journey can be different for each person, but here are a few common tips that can help you get or stay on track:

Move More. Try getting 60 minutes of activity everyday. This is one of the best things you can do for your health, not only during #MensHealthMonth but every day.

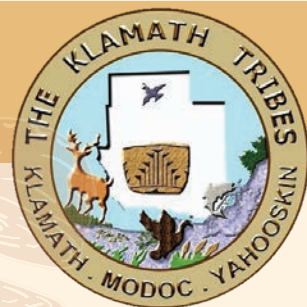
Eat Healthy. Eat a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. Try following an ancestral diet. This means eating wholesome, natural, organic Indigenous foods – just like our ancestors did for thousands of years.

Connect with Culture. In tribal culture, “traditional healing” refers to traditional practices that correct imbalance and promote harmony and personal healing. Traditional healing practices include consulting with elders, bringing family groups together, giving social support, prayer and song, removing dangerous spiritual influences, dietary remedies, herbal remedies, participating in ceremony, and seeking assistance from those recognized in the community as helpers.

Stress Less. Sometimes stress can be good. However, it can be harmful when it is severe enough to make you feel overwhelmed and out of control. Take care of yourself. Avoid drugs and alcohol. Find support. Connect socially.

Take time for your spiritual well-being. Whether you turn to traditional culture, an organized religion, or to a higher power in a more personalized way, if you have a sense of connection to something larger and more meaningful than self, it can be helpful in times of stress and hardship.

Stay on Top of Your Game. See your doctor or nurse for checkups. Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem. Encourage our uncles, cousins, friends, elders, dads, grandfathers and all men to have regular wellness visits with a health care provider. Many health issues are preventable if caught early.



Schedule a checkup today!
541-882-1487

Information Provided by:
WERNATIVE Org.

This message is brought to you by:
Klamath Tribal Health & Family Services
Medical Department
330 Chiloquin Blvd.
Chiloquin, OR 97624
541-882-1487

Purchased and Referred Care (PRC) Frequently Asked Questions (FAQ's)

Q: Why do I have to apply for Alternate Resources?

A: This is required by 42 CFR 136.61, Payor of last resort. Approval of PRC payment for services is considered after all other Alternate Resources (AR) are applied. Any patient who is potentially eligible is required to apply for the alternate resource. IHS/Tribal facilities are considered resources.

Q. If I am eligible for PRC, why are some of my medical bills being paid and others not?

A: Each visit to a non-IHS/tribal health care provider and the associated medical bill is distinct and must be examined individually to determine PRC eligibility. All PRC requirements must be met for each episode (treatment) of care. A patient must meet residency, notification, medical priority of care and use of alternate resources requirements of 42 CFR 136.23, 136.24 and 136.61 in order to be eligible for PRC.

Example: If a PRC authorization is issued, Klamath Tribal Health PRC will pay the first medical treatment. Follow-up care or additional medical care are to be done at the nearest accessible IHS or tribal facility; or will require approval with a new PRC authorization. If this process is not followed, the patient may be responsible for the expense.

Q. An IHS or Tribal Health doctor refers me to a specialist, why am I being held responsible for the bill?

A: Referrals are not a guarantee for payment. Referral is a recommendation for treatment/test only. The PRC program must review the referral to make the determination for IHS/tribal approval of payment. All PRC eligibility requirements must also be met. See 42 CFR 136.23, 136.24 and 136.61.

Q. If we are guaranteed health care from our treaties as long as the water flows and the grass grows, why are Indians required to apply for AR?

A: It is required under 42 CFR 136.61, Payor of last resort. While some treaties mention health care, the Indian Health Service is not an entitlement program, and therefore funding for PRC is not guaranteed by the Federal government. AR allow PRC funds to be conserved, thereby providing health care for more Indian beneficiaries.

In the event you must utilize the hospital emergency room, you or an individual acting on your behalf must notify the PRC Department within 72 hours/30 days for elders & disabled and leave a message with the following information:

- Your first and last name
- Your date of birth
- Your phone number or number where you can be reached
- Date and Time
- Reason for the Medical/Dental Treatment

Please remember to update your information each time you utilize KTH&FS services, such as copies of current insurance cards, tribal identification card, current phone number(s), emergency contact information, proof of address. 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 541-851-3981.

DIABETES

If any of these apply to you, you're at risk for prediabetes and type 2 diabetes:

- I have a family history of type 2 diabetes
- I am over age 40
- I am overweight
- I had gestational diabetes (diabetes when pregnant) or high blood sugar when pregnant
- I have high blood pressure
- I am Hispanic, African American, Asian, or Native American/Native Alaskan / <https://doihaveprediabetes.org/faq/prediabetes>

Uh oh...I have Prediabetes!

If you have recently received word from your medical provider that you are in the pre-diabetic range, it means that your blood sugar levels in your body are higher than normal, but the good news is... you don't have type 2 diabetes! In this article you will learn some tools on how to manage prediabetes.

The good news means that you can do something about prediabetes! You're in the driver's seat and the two main tools available to you are exercising and eating healthy foods. With that in mind, there are some other things to realize. Prediabetes and type 2 diabetes are related to insulin – it is a hormone in the body that acts like a key to let blood sugar into your cells for use, just like turning the key in your car so it can use the gasoline. When you exercise and eat healthy you'll experience something A M A Z I N G, weight loss. And you don't need to lose a lot of weight, even losing 6% of your body weight can prevent or delay type 2 diabetes. That is great news for everyone.

SO What Next? How do I get there?

Take advantage of your provider at KTHFS Wellness clinic. Find out what your a1C level is. It is a measurement in your blood that looks at your blood sugars over a three month period. If you are between 5.7 – 6.3 on your a1C then you

are in the prediabetes range. If you are above a 6.5 on your a1C then you most likely have diabetes. Your provider may also check you for prediabetes with a fasting blood sugar test. 100-125 mg/dl means prediabetes; above 125 mg/dl means diabetes.

If you're struggling on what to eat and how much to eat make an appointment with a registered dietitian. KTHFS has one: Contact LCDR Joseph Tibay RD 541-827-5602 to make an appointment! Keep in mind that there is no one size fits all nutrition plan. We tend to eat what we like, how much we want and when we like. A Dietitian will help you to with your nutrition goals.

What about exercise? and other "what if's?"

What if I cannot afford a gym membership? What if I cannot afford a personal trainer? You can do exercises that are free, do squats during commercials when you watch T.V. or take a brisk walk for 5 minutes after a meal. Work your way up to 30 minutes, 5 days a week. If you can't walk for 30 minutes at a brisk pace, then start by taking a 5 minute walk at first, try breaking your 30 minutes up by walking 15 minutes after lunch and another 15 after dinner. Or, park your car as far away at the front door as possible. It all matters! Taking a small step and making small changes over time will help you to reach your goals.

A very wise co-worker said he didn't notice that walks were helping him lose weight until he changed things up, and added walking up hill for his walks. Go outside, find a hill, walk up it. Enjoy the beauty of nature, just walk. Its simple, its cheap, its very good for you! Also, it's free to use the Chiloquin Community Gym OR - come play Pickleball during your lunch time.

Finally, if you want more help managing prediabetes, please pre-register for our Diabetes Prevention workshop TBD Fall 2024.

Contact:

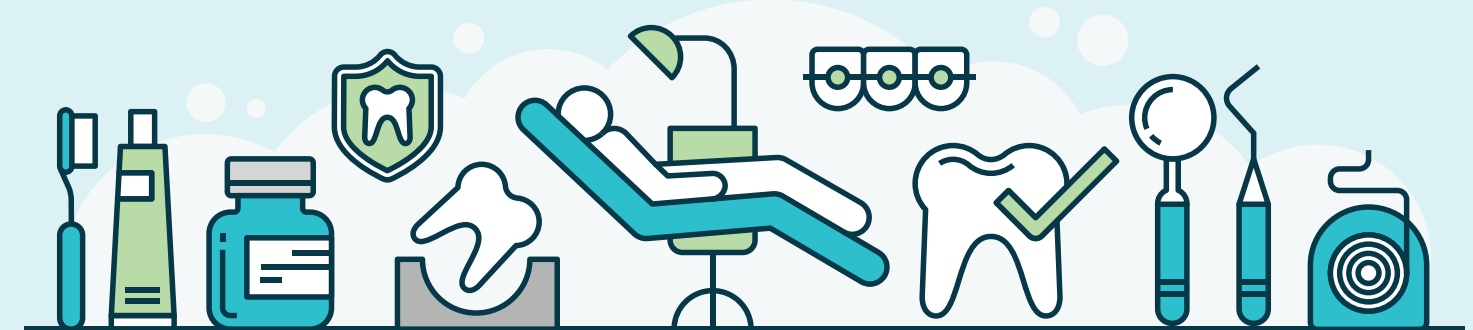
Aislyn Ukpik	LCDR Joseph Tibay RD
KTHFS Diabetes Program	KTHFS Nutrition Consultant
541-827-5601	541-827-5602
aislyn.ukpik@klamathtribalhealth.org	joseph.tibay@klamathtribalhealth.org

Dental Continues To Be Operational At Both The Wellness Center In Chiloquin And The Healing Place in Klamath Falls

We have been active in training up Tribal members to be employees in our Dental Department. The majority of our Dental Assistants started out as Trainees. When they are ready, they become fully functional Dental Assistants. We have also done the same with Front Office personnel. We have also trained up Dental Assistants to be able to perform many cleanings. In addition, we currently have a Tribal member at school in Washington to become a Dental Health Aid Therapist. They can do simple fillings, simple extractions, and all cleanings. They can do many of the things a Dentist can do.

On May 24th Dental participated in the OHSU Health Fair at Chiloquin Elementary. We enjoyed educating our youth about the Dental profession. We are looking forward to participating in all three sessions of Culture Camp this summer as well as Restoration Days in August.

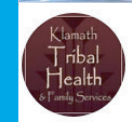
Dental would like to take the opportunity to thank the patients that visit us. You are greatly appreciated for your trust and willingness to listen and participate in your treatment needs.



Be our Friend...

On Facebook for daily
Klamath Tribal Health & Family Services
News & Updates



 **Klamath Tribal Health & Family Services**

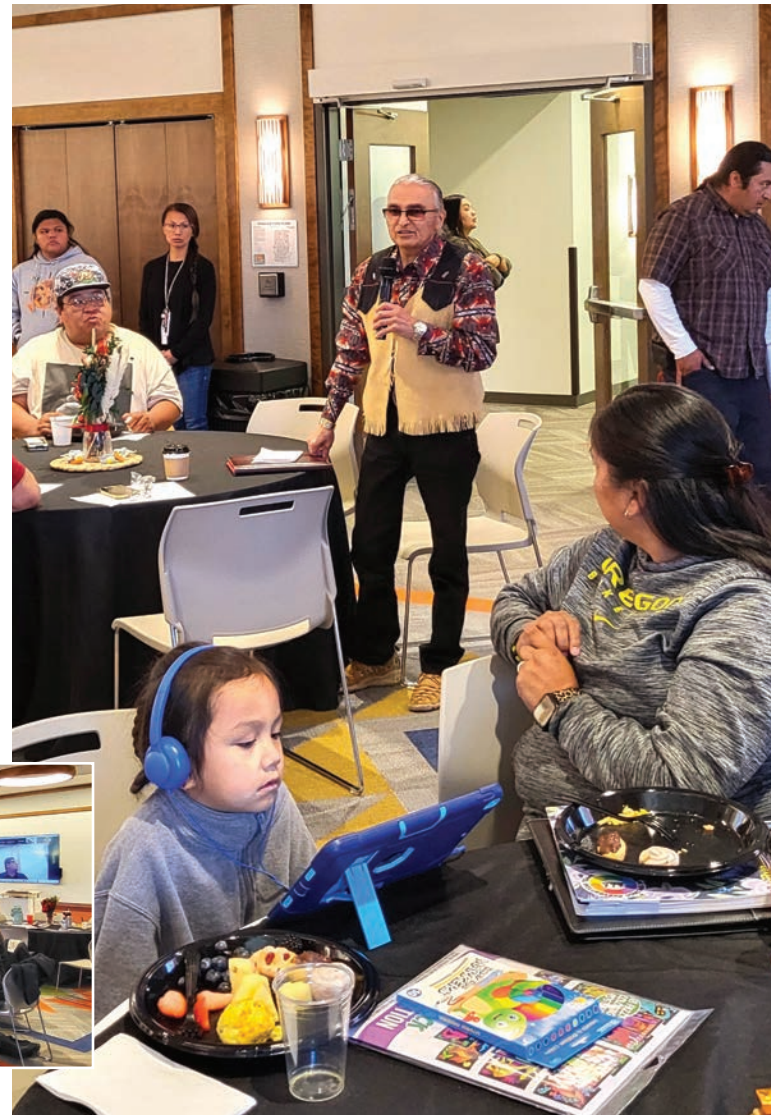
For more information contact:
Taylor R. Tupper
KTHFS - Communications CIS
541-882-1487 ext. 222



»»»»»»»»»» **Nine Tribes of Oregon** ««««««««««

Klamath Tribal Health & Family Services was happy to host the Nine Tribes of Oregon and NARA-NW, for the Quarterly Behavioral Health Meetings, June 17-19, 2024, in Klamath Falls, Oregon. Meetings were held at the new wah? we'ah owite (Healing Place) center at 6000, New Way.

Opening sessions began with an official welcome by Klamath Tribal Chairman, William Ray Jr., and Councilwoman, Natalie Ball. Topics and group discussions centered around prevention and behavioral health efforts for the 9 Tribes and their accomplishments. For more information contact KTHFS Youth & Family Guidance at 541-882-1487. Our goal is... Mo ben dic hos'Intemlek - "To be in good health again."



It is "Greet Someone in Your Tribal Language" Day!!!

?ewksgiism (Klamath Language)

moat'aakkniiyals (Modoc Language)

waq lis ?i

waq means 'how'

lis means 'indeed/are'

?i mean 'you'

neme yadua

ha?o ee

ha?o means 'how'

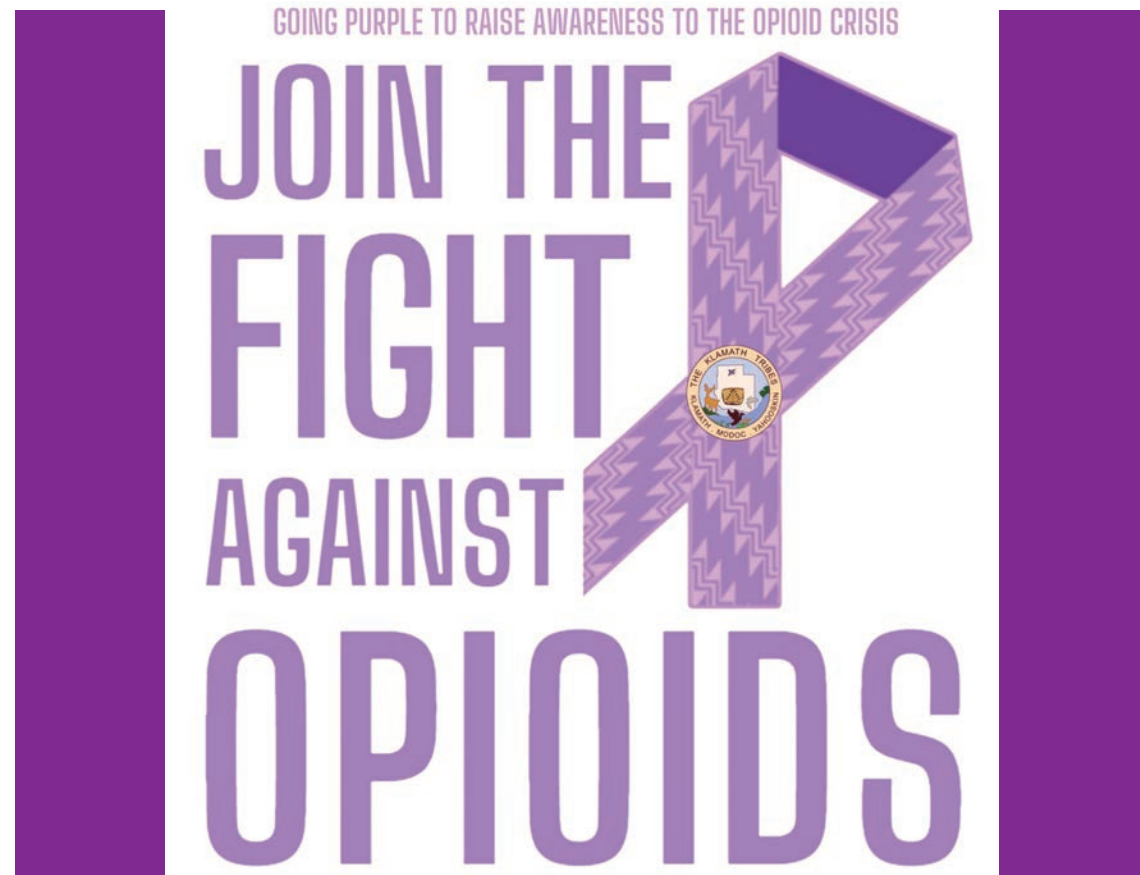
ee means 'you'

Klamath Tribes Language Department
 116 E Chocktoot St
 KT Annex Building
 Chiloquin, OR 97624
 (541) 783-2219 ext. 291
www.klamathtribes.org/language
ktlanguages@klamathtribes.com

Check out our videos on youtube.com

Language is on the digital website of the Klamath Tribes newspaper.

download language books on our website page



International Overdose Awareness Day – August 31

Purple: This is the primary color used to represent opioid awareness and prevention. Purple ribbons and other materials are often used in campaigns to bring attention to the issue.

White: White can symbolize hope and purity, often used alongside purple in prevention materials and events.

Wearing purple in solidarity for opioid prevention is typically emphasized during specific awareness events and observances rather than every day. Key dates include:

- 1. International Overdose Awareness Day:** Observed on August 31st each year, this day is dedicated to raising awareness of overdose and reducing the stigma of drug-related deaths. People often wear purple to show their support.
- 2. National Recovery Month:** Celebrated every September, this month is dedicated to increasing awareness and understanding of mental and substance use disorders and celebrating those in recovery. Purple is often used throughout the month to signify support.

While these specific times are highlighted, individuals and communities may choose to wear purple or use purple-themed materials at any time to show ongoing support for opioid prevention and awareness.

For more information, call Klamath Tribal Health & Family Services Opioid Prevention:

Paula H. Quinn
 Opioid Prevention Coordinator
 Klamath Tribal Health & Family Services
 Youth & Family Guidance Center
 6000 New Way, Klamath Falls, OR 97601
 541.884.1841 ext. 429
 paula.quinn@klamathtribalhealth.org
 www.klamathtribalhealth.org

The Klamath Tribes
 Klamath · MODOC · Yahupskini

Dic'ii Yawq's
 Klamath Tribal Health Prevention

PREVENTION PROGRAM

SALMON RUN 2024

ELDERS EASTER PARTY 2024

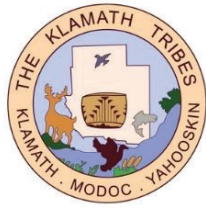
CULTURAL PRESENTATION JUNE 2024

VETERANS MONTHLY MEETING

- Alcohol and Drug Prevention
- Mental Health Promotion
- Suicide Prevention
- Veterans Behavioral Health
- Tobacco Prevention
- Opioid Prevention
- Gambling Prevention

If you would like to participate in a Prevention Program activity, please reach out. Limited Transportation can be provided

For more information: Call Mandy at (541) 851-3408



Klamath Tribal Health & Family Services

HELP SAVE A LIFE~ FIND A BOX!

NARCAN IS LOCATED:

KLAMATH FALLS AREA

KLAMATH TRIBAL HEALTH & FAMILY SERVICES,

ADMINISTRATIVE OFFICES

3949 South 6th St. Klamath Falls, OR 97603

HOMELESS SERVICES/YFGC ENGAGEMENT CENTER

633 Main St. Klamath Falls, OR 97601

YOUTH & FAMILY GUIDANCE CENTER

6000 New Way, Klamath Falls, OR 97601

COMMODITIES BUILDING

2200 S. 6TH St. Klamath Falls, OR 97603

HILYARD STREET APARTMENTS (TRIBAL HOUSING)

4045 Hilyard St. Klamath Falls, OR 97603

CHILOQUIN AREA

GOOS OLGI GOWA

35601 Chokecherry Way, Chiloquin, OR 97624

KLAMATH TRIBES ADMINISTRATION

501 S. Chiloquin, Blvd., Chiloquin, OR 97624

HEALTH EDUCATION CENTER

204 Pioneer St., Chiloquin, OR 97624

WELLNESS CENTER

330 S. Chiloquin Blvd., Chiloquin, OR 97624

EARLY CHILDHOOD DEVELOPMENT CENTER

318 S. Chiloquin Blvd., Chiloquin, OR 97624

Ne'tu shpo'tu shiwina FITNESS CENTER

320 S. Chiloquin Blvd., Chiloquin, OR 97624

KLA-MO-YA CASINO

34333 Hwy. 97, Chiloquin, OR 97624

CRATER LAKE JUNCTION TRAVEL CENTER

34315 Hwy. 97, Chiloquin, OR 97624

SLEEP INN HOTEL & SUITES

34333 Hwy. 97, Chiloquin, OR 97624

pe'peep'aak CONGREGATE

502 Charlie St. Chiloquin, OR 97624

KLAMATH TRIBES JUDICIARY

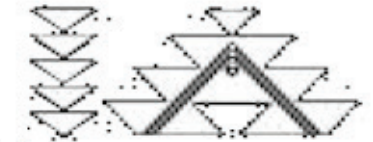
35601 S. Chiloquin Rd., Chiloquin, OR 97624



The Klamath Tribes 8th Annual Youth Summit



Save the Date



August 6, 7, 8, 2024

The Klamath Tribes Youth Council & Oregon Tech Office of Diversity & Belonging are excited to announce that the 8th annual youth summit that will be held in person on the OIT Campus.

Call for presenters, raffle prize donations and program outreach tables for career fair

All presenters interested in providing a workshop during the 3 day event should fill out a proposal & inquires form.

Contact the Youth Engagement Specialist for forms for other

inquires call us at (541)783-2219 ext. 111

hannah.schroeder@klamathtribes.com or

ramon.jackson@klamathtribes.com



SAVE THE DATE!!!!

38TH ANNUAL KLAMATH TRIBES RESTORATION CELEBRATION

AUGUST 23-24-25 2024

GOOS OLGI GOWA COMMUNITY CENTER

35601 CHOKECHERRY WAY CHILOQUIN, OREGON 97624

HOST DRUM

OZUYE

NORTH DAKOTA

MORE INFORMATION SOON TO COME!!!

"FROM PEAK TO PEAK....WE WILL REMAIN"

Klamath Tribal Health & Family Services

Peak to Peak We Will Remain

2024 RESTORATION WALK & FUN RUN
Everyone Welcome

Friday, August 23, 2024

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

- 9 am Walk & Fun Run Registration
- 9 am Health Row
- 11:45 am Picture Lineup
- 12 pm Walk & Fun Run
- 12:45 pm Runner Recognition
- 1:00 pm lunch served

Walk & Fun Run Contact:
Aislyn Ukpik
541-827-5601
aislyn.ukpik@klamathtribalhealth.org

Health Row Contact :
Tahnie Clark 541-363-6813
tahnie.clark@klamathtribalhealth.org

Exercise garments for first 500, sizes are not guaranteed

All KTHFS events are alcohol, drug, and commercial tobacco free



Weekly Cultural Activity

Connecting tribal youth and families to their culture

July-September 2024

(Activities and dates to be determined)



DIC'II YAWQS
Klamath Tribal Health Prevention

For More Information:

- Keahi Avina (541)851-3410
- Lupe Minthorn (541)851-3428

- Limited Transportation
- Lunch provided
- Cultural Activity

All events are alcohol, drug, and commercial tobacco free

Klamath Tribal Health & Family Services
Tribal Tobacco Prevention Program

2024 HOT AUGUST NIGHTS HOME RUN DERBY & BBQ



Saturday August 17th, 2024

5:00pm-8:00pm

Spinks Community Park

Chiloquin, OR. 97624

Divisions for adult men & women 18+
Men must use ASA approved bats
Women can use ASA/USSSA approved bats
2 min time limit

"Anything But a Bat Competition"

Competition for youth & adults

Use anything but a bat

Example: folding chair, golf club, shovel

T-ball stand available for "littlest ballers"

All KTHFS events are drug,
alcohol, and commercial-
tobacco free

FOR MORE INFO:
ALETHIA BROWN-DAVID
541.882.1487 X 604



CHOOSE SOBRIETY !!!

BUILD POSITIVE SOCIAL SKILLS BY ADDRESSING SOCIAL AND EMOTIONAL NEEDS AS WELL AS YOUR ACADEMICS

BUILD A POSITIVE SELF IMAGE

PARTICIPATE IN HEALTHY ACTIVITIES SUCH AS SPORTS

FIND CULTURAL CONNECTION

“CHOOSE TO HONOR YOUR MIND, BODY, SPIRIT. PROTECTING YOUR FUTURE BY CHOOSING A PATH OF SOBRIETY”

SATAVAH WILSON

CALL KTH&FS PREVENTION PROGRAM @ 541-884-1841

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.

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.

? 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

wah? we'ah Owite (Healing Place)
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