

Ko-Kwel

Wellness
Quarterly
Spring 2022



Ko-Kwel Wellness Center
630 Miluk Drive
Coos Bay, OR 97420

Eugene clinic welcomes first patients

Lane County has a tribal health clinic at last!

The Ko-Kwel Wellness Center-Eugene has begun accepting American Indian and Alaska Native patients. The clinic features two highly trained and experienced nurse practitioners.

AI/AN patients pay zero out-of-pocket for treatment received at our facility.

To make an appointment, call (541) 916-7025.

Meet our excellent starting lineup

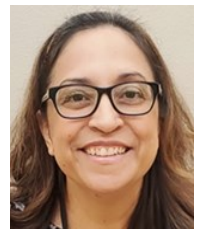
Tia Cloke Family Nurse Practitioner

After a wildfire destroyed her rural clinic in Blue River, Ore., Tia cared for patients in a vacant restaurant. Happily, she's in Eugene now. Tia has a doctoral degree in nursing from the University of Iowa.



Antonia Perez Family Nurse Practitioner

Toni Perez previously cared for Afghan refugees in Austin, Texas. She has a doctorate in nursing from the University of Texas, and she's enrolled in Johns Hopkins University's psychiatric mental health nurse practitioner program.



Behavioral therapist joins team

Mind-body wellness encompasses all aspects of the self. That's why the Ko-Kwel Wellness Center in Coos Bay is adding behavioral health integration to our medical services.

We are excited to welcome our first on-site behavioral health provider, Kenda Plate.

Kenda comes to us from the Klamath Tribe, where she worked as a behavioral health integration therapist. Before that, she worked as a youth and family therapist in Ketchikan, Alaska.



Kenda Plate is a licensed professional counselor with experience in Native American communities.

Behavioral health integration combines behavioral health with primary

care. Your behavioral health provider can help with:

1. Emotional stressors
2. Behavioral changes for diet or medical issues
3. Finding resources for needs such as food, housing and transportation
4. Resolving complex health issues
5. Chronic pain, disease management, tobacco cessation and substances

For an appointment, call (541) 888-9494.

Also serving you: Kim Cotton



Working along with Kenda, Kim Cotton serves

patients as our psychiatric medication prescriber.

A psychiatric mental health nurse practitioner. Kim has treated KWC patients via telemedicine since the center opened in 2021.

Here's help to kick the tobacco habit

Was your New Year's resolution this year to quit smoking or other tobacco products? If it was, and if you are still tobacco-free, good for you!

If not — well, kudos for trying. Quitting is never easy, and each attempt puts you one step closer to success.

The Ko-Kwel Wellness Center wants to help you take control of your health and your future through cessation of commercial tobacco products.

Quitting is possible with resources such as the Native Quit Line. It's a part of the Oregon Tobacco Quit

Line, specially tailored for Native American/Alaska Natives.

This free program is open seven days a week, 24 hours a day. It's available to all Oregon residents, regardless of income or insurance status. Coaching is available in many languages.

For help in English:

- Text "READY" to 200-400.
- Call 1-800-QUIT-NOW (1-800-784-8669), and press 7 for the Native Quit Line.
- Or visit www.quitnow.net/Oregon.

See more details below

It's never too late to quit

Quitting today brings health benefits within 20 minutes, including lower blood pressure, slower pulse rate, and decreased risk of heart attack.

Within 48 hours, taste and smell begin to return as deadened nerve endings awaken.

HOW TO GET STARTED

1. Call 1-800-QUIT-NOW. Press seven [7] for the Native Quit Line.
2. Talk to a Quit Coach to register, get free medication and have your first session.
3. You and your Quit Coach will set a quit date, develop a plan just for you and schedule six more coaching sessions.
4. In addition to the coaching sessions, you can call anytime to get more support. The general Quit Line is open *24 hours a day* and coaches will always be there to talk with you.






QUITTING IS A JOURNEY

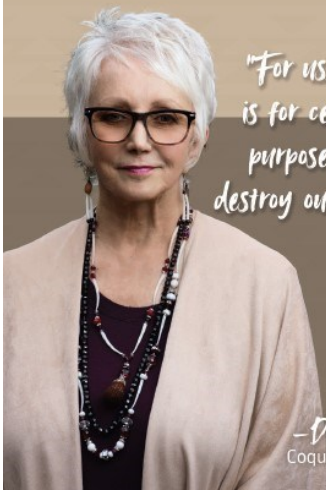
Be around longer for your family and your Tribe. Get help to quit commercial tobacco.

Quitting protects your family and community. Set a healthy example for young people. Save money that you can spend on yourself and the people you love.

Start—or keep up—your journey to quit commercial tobacco, whether you smoke, chew or vape. Even if you've tried before, you can still quit. You don't have to quit alone. When you're ready to try again, the Native Quit Line is here to help.

WHAT YOU GET... AT NO COST TO YOU

-  12 weeks of medication proven to help people quit, like patches and gum
-  7 scheduled phone calls with a Quit Coach
-  Supportive texts with tips and reminders, and personalized email messages
-  As many calls to the Native Quit Line as you want, whenever you need extra support outside of your scheduled calls
-  A printed Quit Guide with facts about commercial tobacco use, benefits of quitting, and motivational tips



"For us, tobacco is for ceremonial purposes, not to destroy our bodies."

—Denise Hunter,
Coquille Indian Tribe

Help protect our Tribal community. Resist commercial tobacco and the tobacco industry.

To get involved with creating a commercial tobacco-free community, call the Coquille Indian Tribe Community Health Center at 541-888-9494.

The Ko-Kwel smile!

Our Coos Bay dental clinic is NOW ACCEPTING PATIENTS

The Ko-Kwel Wellness Center Dental Clinic offers care that reflects indigenous culture and heritage.

- At KWC, we're partners in your care.
- We hear your story, THEN we check your teeth.
- Let us help YOU care for YOUR oral health!

We offer exams, cleanings and a full range of oral health services. We can transfer your records from your current dentist.

Call for an appointment today!
(541) 888-9494, ext. 2276



Ko-Kwel
Wellness Center

Dr. Mary Williard and Dental Health Aide Therapist Jason Mecum

Open wide and say, 'Wow!'

By Anne Niblett

The moment wasn't remarkable. At first.

We were in a dental office. My son was in the reclining chair. A man with a mask was examining his molars. No big deal.

But as Dental Health Aide Therapist Jason Mecum assessed my son's oral health, I teared up a little.

"Do you know what a big deal this is, Canyon?" I said. "You have a Coquille Tribal member working on you today."

My son gave me a pitying look.

"It's not a big deal, Mom," he said. "Actually," Jason said, "only about 1 percent of Native Americans are health-care providers. So, it actually is a big deal."

It was indeed a big moment for Coquille Tribal members. On that February day, our new dental clinic



Dental Health Aide Therapist Jason Mecum examines a patient. Dental Assistant Amanda Meade, right, is a Coquille Tribal spouse.

had begun seeing patients. Tribal members and spouses were part of the dental team. Bravo for us!

But my son also was right. It wasn't a big deal for him. He is growing up in an era when seeing well-educated, successful Coquille Tribal members in leadership positions is normal.

When I was Canyon's age, 16, it was 1989. That year the tribe was restored and recognized by Con-

What's a DHAT?

A dental health aide therapist provides basic services under a dentist's supervision. Training DHATs is a key strategy to expand dental care access in Indian Country.

gress as a sovereign nation. We were at the birthing stage of nation building. A dental clinic wasn't on the radar at the time.

Today, the faces Canyon sees in leadership positions in tribal government and tribal business entities are those of tribal members and their spouses. They are his cousins, near and far, on the Coquille family tree. He is surrounded by the success of his family.

And, on this day, a Coquille dental therapist worked on Canyon's teeth in the Ko-Kwel Wellness Center, in the heart of our Killkich Reservation.

No big deal indeed.

(Writer Anne Niblett is a member of the Coquille Indian Tribe and editor of the tribal newsletter.)



Eating healthy is part of living a healthy life. Healthy eating is a responsibility of our communities, schools, clinics, tribes and families. We all have a role. There is much we can do to promote healthy eating habits. Together we can prevent or delay onset of diabetes, obesity and other chronic conditions and diseases.

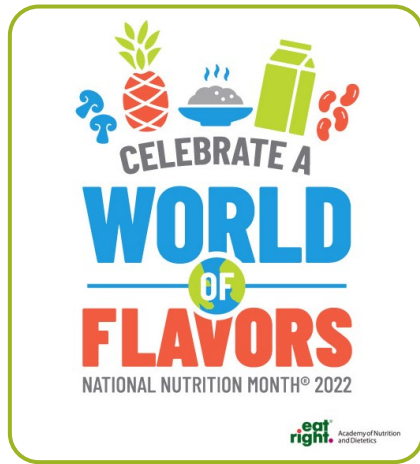
Benefits

- Helps maintain a healthy weight
- Reduces risk of chronic diseases and conditions
- Helps you feel good
- Maintains healthy bones

What can I do?

Small changes add up! Make one change now and add another change as you are able.

- Select water or non-fat milk more often than sugared drinks. Replacing one can of soda a day with water would result in a 15-pound weight loss in one year. At \$1.50 a can, at the end of the year, you would save \$547. Wow!
- Eat until you are satisfied instead of full or stuffed. Eat more slowly. Take a few deep breaths before each meal.



- Providing healthy foods to your children is a gift that will last a lifetime. Eating healthy foods is contagious. When parents eat healthier foods, their children eat healthier foods.
- Buy and eat more fruits and vegetables.
- Try to eat 3 meals a day. Try to have your family sit at the table for at least one meal daily. Try to keep conversation pleasant. It is a good time to listen to the highlights of your family's day.
- Cook healthier by baking, broiling, steaming or boiling.
- Be open to trying a new healthy food or recipe.

—Indian Health Service

Weight loss for the long term

It's natural for anyone trying to lose weight to want to lose it very quickly. But people who lose weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off.

Healthy weight loss isn't just about a "diet" or "program." It's about an ongoing lifestyle that includes healthy eating and regular physical activity.

Even modest weight loss can mean big benefits. Losing just 5 percent to 10 percent of your total body weight is likely to produce health benefits such as improvements in blood pressure, blood cholesterol and blood sugars.

The National Weight Control Registry noted that study participants who maintained a significant weight loss reported improvements in energy levels, physical mobility, general mood and self-confidence.

Once you've achieved a healthy weight, rely on healthy eating and physical activity to help you keep the weight off over the long term. Controlling your weight is a journey, not a destination.

— Centers for Disease Control

Eugene — KWC-Eugene offers primary care for American Indian/Alaska Native patients. Call (541) 916-7025 for an appointment.

Coos Bay — KWC-Coos Bay offers primary and same-day medical care, dental care, behavioral health and pharmacy services. Call (541) 888-9494.