



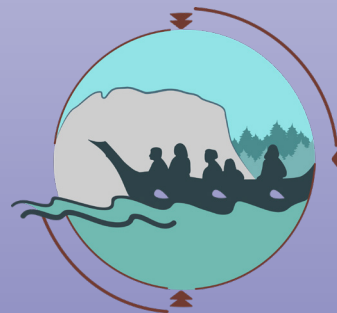


Recipe for a healthy child:

| | | | |
|---|---|--|--|
| <h1>5</h1>  <p>or more servings of fruits and vegetables per day</p> | <h1>1</h1>  <p>hour of screen time or less per day</p> | <h1>1</h1>  <p>hour or more of physical activity per day</p> | <h1>0</h1>  <p>sugar-sweetened drinks per day</p> |
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September is National Childhood Obesity Awareness Month

Ko-Kwel



Wellness Quarterly

Summer 2023

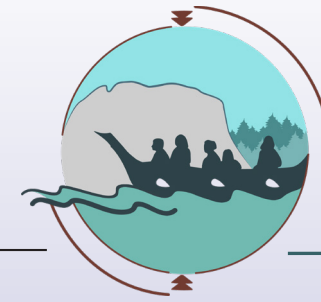
Ko-Kwel Wellness Center
630 Miluk Drive
Coos Bay, OR 97420

Get that Ko-Kwel smile!

Our Coos Bay dental clinic is ACCEPTING NEW PATIENTS!

Offering exams, cleanings and more, in an environment shaped by indigenous culture.

Call today: 541-888-9494



Ko-Kwel Wellness Centers

Summer 2023

Lane clinic courts NA/AN patients

Strengthening connections with Lane County's Native American/Alaska Native community is a key goal for Ko-Kwel Wellness Center-Eugene.

KWC-Eugene's staff is increasingly a fixture at powwows and college longhouses, reaching out to potential patients and partnering with Native organizations.

"We're making friends with all the programs offering services to Native Americans," said Clinic Administrator Alexis Ravuri.

With three full-time health-care providers and a fully staffed support team, KWC-Eugene is stronger than ever – and growing rapidly.

This summer the patient roster has been adding four to five new patients each day – with many signing up after hearing rave reviews from friends and relatives.

The clinic offers care with zero out-of-pocket expense for Native American and Alaska Native people. The team includes two primary care providers, a mental health therapist, and a registered nurse who helps patients manage chronic diseases.

"I think we're offering really, really well-rounded care," Ravuri said.

To make an appointment, call 541-916-7025



Above, Siletz tribal representatives present 'a basket of good medicine' to KWC-Eugene's Alexis Ravuri (left). Although Lane County has an estimated 6,000 Native American/Alaska Native residents, KWC-Eugene is the area's first tribal health clinic. Learn more at www.kokwelwellness.org.

Meet our provider team



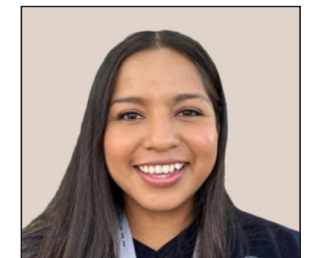
Ranilla Mori, PA

With an internal medicine background, Ranilla is passionate about treating the often-underserved Native population.



Richard Nile, PA

After leading a successful urgent-care clinic in Eugene, Rich joined KWC to provide "fabulous care" focused on patients, not profits.



LeeAndria Witcraft, LCSW

As a behavioral health professional as well as a tribal member, Andrea understands the trauma that affects many Native people.

Behavioral health care blossoms

Barely a year ago, Ko-Kwel Wellness Centers' lone behavioral health practitioner worked just one day a week.

Today the KWC clinics in Coos Bay and Eugene have five full-time therapists. And patient volume is exploding.

"It's like, if you build it, they'll come," said Kim Codding, KWC's lead therapist.

The need for mental health services is growing throughout local communities. Kathryn Halverson, KWC's chief executive officer, said the pandemic's lingering effects and economic worries have compounded the routine stresses of everyday life.

A national shortage of therapists makes staffing a challenge. But Halverson said KWC has flourished by building a reputation as a

great place to work. Codding agrees. She says KWC, influenced by indigenous culture, is "beyond anything I've seen."

Codding and her colleagues are a diverse group. Two are licensed clinical social workers. Two are licensed professional counselors. The fifth is a psychiatric mental health nurse practitioner, qualified to prescribe medication and to administer transcranial magnetic stimulation treatments.

The team collaborates with KWC's medical clinic, taking same-day referrals for issues such as diabetes and pain management.

With patient demand still rising, KWC is looking toward future growth. Remodeling to accommodate behavioral health expansion is already scheduled in Eugene.

Caring for Natives takes cultural awareness

Therapists at the Ko-Kwel Wellness Centers are constantly mindful of their clients' heritage.

"We have to be sensitive that clients are survivors of trauma – if not their own trauma, then generational trauma," said Kim Codding, KWC's lead therapist.

Perhaps no one knows better than LeeAndria Witcraft. A licensed clinical social worker, she's also a member of a Northern California tribe.

Witcraft has devoted her career to serving Native people, because she has witnessed the effects of historical trauma on her community. The medical establishment hasn't always been a friend.

"Tribal people have been very negatively affected by the medical and mental health system since contact," she said.

Witcraft looks for ways to integrate traditional culture into treatment. She welcomes discussions about clients' spiritual beliefs. Some patients even conduct ritual smudging before therapy sessions.

For non-Native therapists who lack Witcraft's built-in tribal knowledge, Codding advocates a respectful, listen-first approach.

"I consider the client the best teacher about themselves and their family and their culture," she said.

Our behavioral therapy team



Kim Codding
Licensed Clinical Social Worker
KWC-Coos Bay



Jennifer Hope
Psychiatric Mental Health Nurse Practitioner
KWC-Coos Bay



LeeAndrea Witcraft
Licensed Clinical Social Worker
KWC-Eugene



Gina Allison
Licensed Professional Counselor
KWC-Coos Bay



Kenda Plate
Licensed Professional Counselor
KWC-Coos Bay

Summer focus on prevention



Wildfire smoke in your eyes?

Wildfire smoke contains gases and fine particles that can be dangerous if inhaled.

Smoke can irritate your eyes and your respiratory system, and worsen chronic heart and lung diseases. Common signs include:

- Sore throat
- Irritated eyes
- Runny nose
- Coughing
- Headache
- Wheezing

More serious signs are:

- Short of breath
- Severe cough
- Fast heartbeat
- Chest pain

If you are experiencing serious medical problems for any reason, seek medical attention immediately.

The truth about vaccines



Vaccines are among the **safest** medical products available.

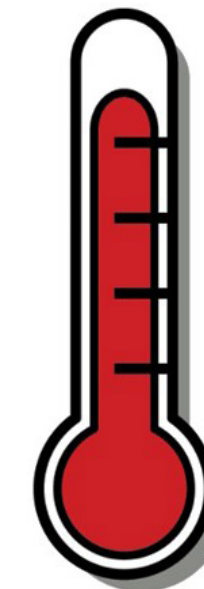
Your vaccination **not only protects you**, it can protect vulnerable people around you who can't be vaccinated.



Immunization is as **important for adults** as it is for kids.

August is National Immunization Awareness Month

Don't let the heat beat you!



Extreme heat kills. Remember these tips for staying safe:

Hydrate – Thirsty or not, drink plenty of water, especially when working or exercising outside.

Be informed – Keep up with forecasts and current readings. Take actions to stay cool.

Know the signs – Seek medical attention immediately for cramping, rapid pulse, heavy sweating, hot red skin, dizziness, confusion, nausea or vomiting.

Take it easy – Avoid overexertion outdoors. Take hourly breaks in the shade or in air conditioning.

Stay healthy while aging

Maintaining a healthy lifestyle is important as the years go by. Here are some tips:

Eat and drink healthy – Choose fruits, vegetables, whole grains, lean meats and low-fat dairy.

Move more, sit less – Aim for moderate physical activity, like walking, at least 150 minutes a week.

Get regular checkups – Routine screenings catch chronic diseases and reduce risk factors.



Maintain your brain – Healthy behaviors (social and mental stimulation, adequate sleep, not smoking) can reduce mental decline.

September is Healthy Aging Month