

Rehab and Fitness Center Edges Closer to Completion

Work continues on Shishda Haws, the Ko-Kwel Wellness Center's rehabilitation and fitness center being constructed on the Kilkich Indian Reservation in Coos Bay.

The 8,912 sq. ft. space will provide areas for physical therapy, massage, and chiropractic services; a large fitness classroom; and a generous equipment area for cardio, exercise, rehabilitation and weight equipment. There will also be a small grab-and-go deli, bouldering

wall, and covered multi-use court for basketball, volleyball, pickleball, and four square.

A soft-surface pedestrian path, natural play areas, and a fenced playground are also planned. Shishda Haws will be accessible to all Coquille Tribal members, CIT employees, KWC patients, and residents of the Kilkich community.

The project is scheduled for completion at the end of 2024.



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

Ko-Kwel

Wellness
Quarterly
Spring 2024



Happy Second Birthday

(Continued from inside)

will last a lifetime and we love seeing kids of all ages! Stay tuned for the launch of our "Cavity Free and Super Brushers Club" coming very soon.

Thank you for trusting in us and coming in for care. We value you and the chance to partner with you for improved oral health and great smiles.

Stay well and smile (Sre'-ghud-la) bright!

-From the KWC Dental Clinic staff

Tai Chi

Sign up to attend:

MONDAYS, WEDNESDAYS, FRIDAYS

All classes 10 am - 11 am

With Instructor Pam Lenox

- Free for KWC patients
- All fitness levels welcome
- In Person at CIHA Warehouse
- For zoom link: pamelalenox@gmail.com



Wellness
Quarterly
SPRING 2024

Epic and MyChart Premiere in April

On April 1, 2024, Ko-Kwel Wellness Centers (KWC) will transition to Epic and MyChart, which is a state-of-the-art electronic health record (EHR) and patient portal that will significantly improve the patient experience at our KWC locations.

The Epic EHR system will increase efficiency for our providers, simplify your access to important health records, and support continuity of care when referring to outside facilities. Epic offers seamless sharing of patient chart notes and health information between KWC and specialists, hospitals, and providers locally, regionally, and nationwide.

Epic is a comprehensive medical records platform. That means it holds your lab results from the hospital, your x-rays from the orthopedic center, and your last check up at KWC with your Primary Care Provider all in one secure location. Epic's patient portal, MyChart, is user-friendly and built for patients to easily navigate to the information they want.

With MyChart, you can securely access your health records and test results, send messages to your medical team, look up bills, and request prescription refills. All from your computer or your cell phone.

Implementing a new EHR system is a significant undertaking for any healthcare organization. KWC has been preparing for the Epic change



over for over a year. Teams have been working behind the scenes with Epic project managers and consultants to document workflows and user training for providers, clinical staff, and administration.

We are excited to begin using Epic and MyChart, but there will undoubtedly be challenges as staff become familiar with new functions and screens as part of their patient care routine. Please provide a little extra time during April when checking in to your appointments at KWC. Accept our apology in advance for any delays you may experience during the first few weeks of using Epic and MyChart live.

We will be hosting a theatre style celebration for our patients and community during the first two weeks of April. Come in during business hours for a stroll on the red carpet, enjoy a bag of popcorn, create your MyChart account, and log in for the first time.

Premiere Days will be going on at both KWC-Coos Bay and KWC-Eugene locations, April 1-12, 2024. Keep up to date here:



Take a Walk in the Park

National Take a Walk in the Park Day is celebrated on March 30, which encourages all of us to invest in our health for free!



Your Experience Matters...

The Ko-Kwel Wellness Centers invite you to provide feedback about your experience with services, programs, and activities by completing a brief Satisfaction Survey online.

Use your cell phone camera to reach the survey:



Enter Early!
Five Prize Drawings
and a
Grand Prize
on May 3, 2024

Dr. Ravuri Becomes Chief Medical Officer; Sandy Teeter Joins the KWC-CB Medical Team



Rajesh Ravuri, MD, FACP
Chief Medical Officer (CMO)

The Ko-Kwel Wellness Center is pleased to welcome Rajesh Ravuri, MD, FACP as its new Chief Medical Officer (CMO).

Dr. Ravuri has served as CMO at North Bend Medical Center in Coos Bay over the last three years, helping navigate that organization through the COVID-19 pandemic and a difficult financial crisis. He has also held a primary care practice at that facility since 2002.

Dr. Ravuri specializes in Internal Medicine and is a Fellow of the American College of Providers. Dr. Ravuri is a Fellow of the American College of Physicians (FACP) which is a distinction earned from colleagues who recognize accomplishments and achievements over and above the practice of medicine.

At the age of 17, Dr. Ravuri attended one of the most prestigious medical schools in India, Andhra Medical College. He pursued further training in Internal Medicine at Rush-Westlake Hospital in Chicago.

Dr. Ravuri is very committed and



Sandy Teeter, AGNP
Nurse Practitioner

Sandy Teeter, AGNP, received a Bachelor of Science in Nursing from Oregon Health & Science University and went on to receive her master's degree in nursing with Leadership & Management from Western Governors University.

In 2019, Sandy achieved a Post Masters Certificate in Adult-Gerontology Nurse Practitioner (AGNP) from Maryville University of Saint Louis. This designation allows Sandy to specialize in treating adults aged 18 years and older.

Sandy is a member of the American Academy of Nurse Practitioners. She has been in practice in Coos County since 2018.

Sandy is married, has four children, and six grandchildren. In her spare time, she enjoys painting, and home renovations.

involved in the community. He loves the Oregon coast and considers it his home. His practice motto is "partnering with my patients in their pursuit of health, wellness and happiness."

Happy 2nd Birthday to KWC Dental Clinic

Time flies when you are having fun! February marked the two-year anniversary of the Ko-Kwel Wellness Center (KWC) Dental Clinic in Coos Bay, and it's a good time to celebrate how far we've come. Previously, Coquille Indian Tribe had no dental services, and in just 24 months the KWC Dental Team has completed more than 4,500 client appointments.

Behind this accomplishment are three providers who have been here from the start: Dr. Mary Williard, Dentist; Danielle Underwood, Dental Hygienist; and Jason Mecum, our Dental Therapist who is also a Coquille Tribal member. Staff retention and stability is great for continuity of care. Our providers care and enjoy strengthening their relationship with every patient and the community.

The trust they've established isn't by accident. These providers and the support staff are educated in trauma informed care and are well versed in working with patients who are afraid of dental care. The providers work together to provide a range of general practice services including sealants, cleanings, deep cleanings, fillings, extractions, crown and bridges, and dentures. The Dental Clinic also has nitrous oxide gas available, but patients taking certain medications may not qualify for administration of the gas in the KWC clinic. Talk to your provider if you have questions.

The Dental Clinic is proactive, encouraging children to come for a "happy visit" as soon as their first tooth comes in. These visits allow us to get the kids used to visiting the dentist and help the family learn how to keep their children's teeth healthy. Positive oral health habits
(Continued on back)



Dental Hygienist Danielle Underwood (left) and Dental Therapist Jason Mecum, along with Dental Director Mary Williard (not pictured) completed over 4,500 appointments during the first two years of dental operations.



KWC Dental Assistants Erika Langley (left) and Shasta Cunningham are important members of the Dental Care Team and are positive ambassadors of dental health care.