COVID-19 Vaccine and Testing Changes; Face Mask Requirements, and the 2021 Toi Ticutta Health Fair

As the spread of the new cases and deaths of the COVID-19 virus decrease, many of the protection measures that had been implemented for the health and safety of all people are being phased out or discontinued. This is due to the vaccines that have allowed us to resume our normal operations.

However remember that COVID-19 hasn’t gone away and there are variants that stronger and/or spread more quickly then the original virus. Please maintain good health practices such as hygiene, mask wearing if not vaccinated, and other CDC-recommended measures.

Starting in July we are ending our community testing and drive-thru vaccination events due to low turn-out (our last two events no one came). We are shifting to a COVID-19 on-demand testing/vaccination system so if you need vaccination or test please call us at 775-423-3634 to schedule your appointment.

Here at the FTHC we are also returning to a new “normal” for our operations. Face masks are still required for everyone unless an individual is willing to provide a copy of the COVID-19 vaccination card to verify that they are fully vaccinated. The good news is that if you are fully vaccinated you do not have to wear a mask in any FTHC facility unless you want to.

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Greenway EHR System and Patient Registration

As many of our patients have noticed, the Fallon Tribal Health Center has been implementing a new software, Greenway – Intergy since May 2021. During this time, we have noticed a significant amount of patients that need to update their Mailing Addresses and/or Contact Numbers.

We understand that it can be very frustrating and worrisome when waiting for a call and/or letter from the Fallon Tribal Health Center, especially after you’ve tested at one of our Community Testing days for Coronavirus (COVID-19).

We wanted to remind our

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COVID-19 Vaccine/Testing Changes; Face Mask Requirements, & Toi Ticutta Health Fair

(Continued from page 1)

However, masks are still required for all patients/clients who are being transported by the FTHC to appointment (including our drivers). These are the guidelines and requirements from the CDC and OSHA for healthcare facilities.

While our healthMatters newsletter will continue to focus on COVID-19 issues as needed we will also resume a focus on normal health issues. We are also returning to the newsletter being online for downloading. If you would like a hard copy please call us at 423-3634 and we will mail one out to you.

Also we are excited to announce that the Toi Ticutta Health Fair will be returning this Fall. We are looking at Friday, October 1, 2021, from 12 pm to 3 pm at Oats Park to allow kids to attend the event since school gets out early that day and keeps the event outdoors as a COVID-19 measure.

We would like to thank our staff and patients/clients for working together through this pandemic. We also recognize the Emergency Operations Center (EOC) and Hospital Incident Command System (HICS) for working tirelessly through this time as well.

Greenway EHR System and Patient Registration

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patients that the pre-registration process is still in effect. We would like to encourage our patients to take advantage of the pre-registration process, especially during this time. If you would like to “skip the waiting line” when registering for your appointment, please call and ask to speak with either Crystal Hall or Teona Nevers in Patient Registration, the day before and/or the day of your scheduled appointment. Patient Registration staff will verify relevant information and update any changes to your demographics. Please remember that if any required documentation and/or forms are needed to be updated you will be asked to do so once you show up to your appointment.

We continue to take proper precautions during the current pandemic to ensure the safety of our patients and visitors. Please remember that before you enter the facility, you will be pre-screened outside by an FTHC Employee and will be required to wear a face covering before and during your entire visit. If you’re experiencing COVID-19 symptoms please call ahead so we can work with you regarding your health care.

Please remember during this time we ask that patients to not wander around the facility.

We appreciate your patience & understanding at this time and our focus is, and will always be, on the health, safety and welfare of the communities we serve.
Steps to Self-Care

Restoring balance in our life requires dedication and practice. Incorporating a dose of self-care into our daily habits can have a strong impact on our mental health. Everyday take a moment (or more) to take care of yourself.

Exercise
- Exercising 3 days a week decreases stress, increases energy levels and improves happiness.

Eat Healthy
- People who eat meals high in vegetables, fruits, whole grains, fish and nuts are 30% less likely to develop depression.

Sleep
- 40% of adults sleep less than the recommended 7 to 9 hours a night. Sleep plays a major role in our overall health – improving emotional regulation and management of anxiety.

Time Off
- 64% of people feel refreshed and excited to get back to work after a vacation.

Get Outside
- Time off outdoors – get outside – nature and sunlight improves our mood, restores the spirit, and improves focus and clarity.

Laugh
- Laughter increases the release of “feel-good” endorphins and can lower blood pressure.

Practice Mindfulness
- The practice of pausing, breathing, and just “being” is essential to our well-being and mental health, helping us reduce stress, worry less and enhance feelings of resiliency.

Talk with a Friend
- Close social relationships improve our self-confidence, and help us cope with ups and downs in life.

For mental health resources visit
EachMindMatters.org

National Suicide Prevention Lifeline:
1.800.273.8255

Fallon Tribal Health Center/Behavioral Health Program
(775) 423-3634

Funded by counties through the Mental Health Services Act (Prop 63).
NOW YOU’VE GOT 5 MILLION MORE REASONS TO GET A COVID-19 VACCINE

July 8 - August 26

$5 MILLION IN CASH & PRIZES IS UP FOR GRABS

Nevada has 3 million reasons to get behind COVID-19 vaccines — that’s every single Nevadan. Now, there are 5 million more reasons: Winning your share of $5 million in prizes.

Every Nevadan 12+ who has had at least one dose of a COVID-19 vaccine is automatically entered.

NEARLY 2,000 WINNERS

<table>
<thead>
<tr>
<th>Grand Prize</th>
<th>148 Cash Prizes</th>
<th>135 Tuition Prizes - 528 Plans for Post-Secondary Ed</th>
<th>500 Nevada State Park Annual Entrance Permits</th>
<th>1,100 Nevada Fishing Licenses</th>
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<tbody>
<tr>
<td>$1 Million Cash (18+ years*)</td>
<td>$1,000 to $250,000 (18+ years*)</td>
<td>$5,000 to $50,000 (12-17 years*)</td>
<td>(12-17 years*)</td>
<td>(12-17 years*)</td>
</tr>
</tbody>
</table>

*Nevadans eligible for drawings
On-Demand COVID-19 Testing and Vaccinations for eligible individuals is available by calling the FTHC at (775) 423-3634 and scheduling your appointment with us.

All testing’s and vaccinations are done at our facility located at 1001 Rio Vista Drive, Fallon, Nevada.
Quinton Thomas is joining the Fallon Tribal Health Center, as a Family Physician with 25 years of experience in delivering primary care. He is board certified by the American Board of Family Physicians. As a family physician, he has worked in various health systems to include the Indian Health Service, Tribally run clinics, Urban Indian Health Programs, Hospital Services and Private Practice.

Dr. Thomas has lived in Reno, NV for the past 20 years. His initial years in medical training began in the Four Corners of New Mexico. He is Dineh, or Navajo. His clan relationship is Red House. He attended Fort Lewis College in Durango, Colorado where he received a Bachelor’s degree in Chemistry. Dr. Thomas attended the University of North Dakota School of Medicine in Grand Forks, North Dakota, then the UND Family Medicine Residency program in Fargo, ND. He is married to his wife, Norma and has adult children.

The Indians Into Medicine (INMED) program was instrumental in providing Dr. Thomas the resources and encouragement to succeed in medicine. Through his career, he has attended patients in primary care clinics, community-based health education programs, Medication Assisted Treatment programs and most recently, Covid-19 care delivery. He has worked in Covid-19 testing, care delivery and immunization sites.

As health care delivery has been challenged through the Covid-19 pandemic, working with Tribal Response Programs allowed him the opportunity to provide innovative health care with instituting a Mobile Health Care Clinic. They went out to the communities and provided: 1) access to care, 2) trust-building with the Tribal Communities, 3) incentivized health care and 4) Covid-19 vaccinations in the field, that otherwise would not be given, or be wasted.

Although born in Porterville CA, James was raised in Orovada, NV. He received a bachelor’s degree in Biomedical Science from La Sierra University and then his Doctor of Pharmacy from Loma Linda University, School of Pharmacy. In addition to earning his Pharmacy Degree and Pharmacist License he also achieved several certifications including becoming a Certified Asthma Educator. Upon completion of his education he returned to Northern Nevada to begin his professional career.

James has most recently worked at Walmart Pharmacies across Northern Nevada. Previous to that he held roles as President and Founder of 50alt50, a non-profit company focused on health and nutrition education and Professor at Loma Linda University Health.

In his free time he raises and works with his horses and helps his parents manage their farms. The work is never ending but it is always rewarding. He loves being a part of our community and looks forward to a long career as our pharmacist.
M E E T  O U R  N E W  E M P L O Y E E S

Ronnie Dixon
Substance Abuse Counselor

On June 1st, Ronnie returned to work at the Behavioral Health Program as a Substance Abuse Counselor. He was previously employed as a Substance Abuse Counselor for the FTHC Behavioral Health Program through a SAMSHA Grant, the Mending the Circle Project. Prior to returning to employment at the FPST he was employed as a counselor with the Shoshone Paiute Tribe in Owyhee, Nevada. Ronnie is a member of the Elko Band of Western Shoshone.

He’s been licensed by the Nevada Board of Examiners for Alcohol and Drug Counselors since 1994, and worked in the field for approximately 27 years. As Ronnie put it: “A critical and life changing event took place on February 22, 1988, when I entered a Residential Alcohol and Drug Treatment Program and I’ve maintained sobriety for 33 years. I make sure that participating regularly in support group meetings remains a part of my lifestyle. I enjoy working as a substance abuse counselor and being able to share the emotional, spiritual and traditional based recovery of my people from the deadly poisons of alcohol and drugs.”

Ronnie’s education consists of graduating from Glendale Community College in Glendale, Arizona. He describes himself as a product of the old BIA Relocation Program. Ronnie also attended Great Basin College in Elko, Northern Arizona University in Flagstaff, Arizona and Brigham Young University in Provo. He is also a Vietnam Veteran of the United States Army.

“I have been blessed as a father of three adult children and two granddaughters. My eldest son is the Director of the Elko BLM District, my daughter is the Deputy District Ranger of the Elko Ruby Mountain Forestry District and my youngest son is a case worker in a Domestic Violence Shelter. I mention them because they are also survivors and achievers in spite of experiencing the darkness and hurt of having a father inflicted by the disease and insanity of alcohol use. Thank you all for allowing me to share a bit of my life story with all of you!”

Monika New Moon
Physical Fitness Trainer

How Mu relatives! Nu Monika New Moon me nanea! (My name is Monika New Moon), I am a member of the Pyramid Lake Paiute Tribe and live in Wadsworth. I am very happy to be a part of the Fallon Paiute/Shoshone Tribe Toi Ticutta Wellness Center Team! And come to you with positivity and good vibes!! I will be opening the wellness center on the weekends. I am a certified personal trainer and currently working on getting my "Nutrition" certification thru ISSA; International Sports Science Association. I love to ball it up and still travel to play, so I am all about a good workout! My goal is to meet all of you and have fun working out and learning in all aspects of the gym! I am an active member in our community and fully support our youth in exercise and health whether it be culturally, through exercise, or just good laughs. I take care of my 9 yr. old niece and 7 yr. old nephew; they too love to be involved!! With that, I am thankful to be a part of the team and look forward to meeting with you! "Pooneedooa" (see u later). ~blessings~

Go to www.fpst.org and click on “Employment” for a list of current available opening at the Tribe and Health Center
The next meeting will meet on July 15, 2021 from 12 pm (noon) to 1:30 p.m. at the Circles of Care (COC) building or via Zoom & Facebook Live.

Community members are welcome to attend, listen and have a voice in making improvements in mental health and substance abuse treatment.

We need to hear from you. Contact Hannah Arthur at 423-3634 to receive the Zoom link to the meeting.
Kim Adamson, MD, Pain Management Specialist, joins the FTHC Health Care Team

Dr. Kim Adamson, MD, serves under the SAMHSA Tribal Opioid Response grant to provide patients with pain management services as well as Medication Assisted Treatment (MAT) to patients with Opiate Use Disorders.

Dr. Adamson graduated from Wooster High School in Reno, NV after which he went straight the University of Nevada, Reno where earned his Bachelors’ Degree in Pre-Medicine. Dr. Adamson went on to medical school and earned a Doctor of Medicine degree from UNR in 1983 followed by residency at UNR’s affiliated hospitals (Reno Veterans Administration Hospital, University Medical Center in Las Vegas, St. Mary’s Hospital and Renown Medical Center in Reno).

He has worked at the Churchill Community Hospital, Churchill County Detention Center, Fallon Convalescent Center, Pyramid Lake Tribal Health Center, Pershing County Hospital and the Lovelock Prison among other employers.

Grief & Loss Group

Susan Stark, LCSW/Family Therapist, Facilitator

CIRCLES OF CARE BUILDING
999 Rio Vista Drive, Fallon, Nevada
July 2 & 16, 2021 5 pm to 7 pm

Help & encouragement after the death of a family member, friend, or co-worker in addition to other losses that one may experience in life (COVID related or any other loss).

A farewell and best wishes goes out to Debra Erickson who resigned from her position as Family Coordinator. She accepted a position at another agency. The position is currently vacant.
Who Can? You Can! Narcan!

You have the power to save a life from an Opioid Overdose!

Naloxone (Narcan) is a medication that rapidly reverses the effects of opioid overdose and is the standard treatment for overdose. In the wake of the opioid epidemic, efforts are underway to make this emergency treatment more readily available and more accessible. Emergency responders, family members and caregivers should be trained to administer Naloxone to populations at risk for opioid overdose.

Call Brenda Hooper at (775) 423-3634 or send her email to bhassistant@fpst.org for information on getting a Narcan kit for your household or if you would like any additional information.

Narcan training and education is part of the Tribal Opioid Response grant from the Substance Abuse Mental Health Services Administration (Grant No. TI082590)

TALKING CIRCLE

Wednesdays • 6pm - 8pm

CIRCLES OF CARE BUILDING
999 Rio Vista Drive Fallon, Nevada

Masks Required (unless fully vaccinated and you provide a copy of your COVID-19 vaccination card)
Clinical Registered Nurse (RN)  
(two positions)  
Provide professional nursing care to patients in accordance with sound professional and nursing principles & to adopt these services so that the basic and special needs of the patients are met.  
- GS-24 ($37.16 - $44.37/hour)  
- Exempt Positions  
- One (1) Part-Time (40 hrs./wk.)  
- One (1) Part-time (20 hrs./wk.)  

Dental Assistant; Dental Assistant II (certified)  
Performs a wide variety of duties in general dentistry, including chairside assistance in all phases of restorative, prosthodontics, surgical endodontic and periodontics treatment; performs prophylaxis and range of reversible intra-oral procedures under the direction of the dentist.  
- Dental Assistant: GS-10 ($16.24 - $19.39/hour)  
- Dental Assistant II: GS-11 ($17.23 - $20.57/hour)  
- Non-Exempt Positions  
- Full-Time (40 hours/week)  

Healthcare Grants Writer  
Responsible for researching, developing and writing grant proposals and funding/donations inquiries and letters to support the FTTHC’s programs and services to the various tribal communities, as well as tracking and monitoring proposals, their deadlines and requirements.  
- GS-17 ($24.57 - $29.33/hour)  
- Exempt Position  
- Full-Time (40 hours/week)  
- This is a pilot project and will be evaluated after a 12 month period to see success in bringing in grants, donations, and funding.  

Medical Assistant (MA)  
Assists providers and nurses with diagnostic, therapeutic procedures and facilities and coordinates patient care. The MA is required to facilitate and coordinate patient care through effective communication with providers, administrative, and technical personnel.  
- GS-9 ($15.31 - $18.28/hour)  
- Non-Exempt Position  
- Full-Time (40 hours/week)  

Optometric Technician  
Performs ocular screening and assist the Optometrist in gathering measurements with peripheral ocular equipment; assists and educates patients with selection of eyeglass frames, contact lenses and lens enhancements; orders and dispenses contact lenses, repair and adjust eyeglasses; provide office support and assist customers with appointments.  
- GS-9 ($15.31 - $18.28/hour)  
- Non-Exempt Position  
- Full-Time (40 hours/week)  

Physical Fitness Trainer  
The goal is to provide strength-building, improve cardio-vascular health, and weight loss/gain activities in a professional manner. Responsible for assisting in the daily operation of the Fitness Center which will include the care and upkeep of the Fitness Center.  
- GS-10 ($16.24 - $19.39/hour)  
- Non-Exempt Positions  
- One (1) Full-Time (40 hrs./wk.)  
- One (1) Part-Time (12 hrs./wk.)  

Purchased/Referred Care (PRC) Manager  
Serves as the supervisor for the PRC Office which provides support, ensures regulatory compliance, and technical assistance involving patient referrals for medical and other health care services to eligible beneficiaries not available at the Health Center and for maintaining the effectiveness and efficiency of the PRC Program based on funds allocated for the program from the IHS.  
- GS-13 ($19.39 - $23.16/hour)  
- Non-Exempt Position  
- Full-Time (40 hours/week)  

GENERAL INFORMATION  
The Fallon Paiute-Shoshone Tribe (FPST) provides employment preferences to FPST members and to members of federally-recognized Indian Tribes pursuant to the Tribe's Personnel Policies and applicable federal laws.  
The FPST also provides employment preference to veterans honorably discharged from the United States Armed Forces pursuant to the Tribe's Personnel Policies.  
The FPST does not discriminate on the basis of race, color, national original, sex, religious preference, age, handicap, marital status, political preference, genetics or membership or non-membership in any employee organization, except as allowed by Federal and/or Tribal Law.  
The FPST is a drug-free workplace and all employees are subject to a pre-employment & random drug screens.

For more information on any of these employment opportunities or if you are interested in applying, please go to Tribe’s website at www.fpst.org or call the FPST Human Resources Department at (775) 423-3634

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health MATTERS
In observance of American Indian Day, we will be closed on Monday, September 6, 2021 and will resume normal business hours on Tuesday, September 7, 2021.

In observance of American Indian Day, we will be closed on Friday, September 24, 2021 and will resume normal business hours on Monday, September 27, 2021.