

# Meet your new wellness center

By Clark Walworth

CIT Communications Director

At 21,209 square feet, the Coquille Tribe's new wellness center will be about two-and-a-half times the size of the building it replaces. And it will offer at least that many more services.

"This feels like a building that is going to serve our community and patients really well," said Tribal Operations Director Fauna Larkin, one of several Tribal staff members coordinating the project.

The Tribal Council approved a general floor plan for the wellness center in late October, endorsing some design suggestions offered by Tribal members in a series of community meetings.

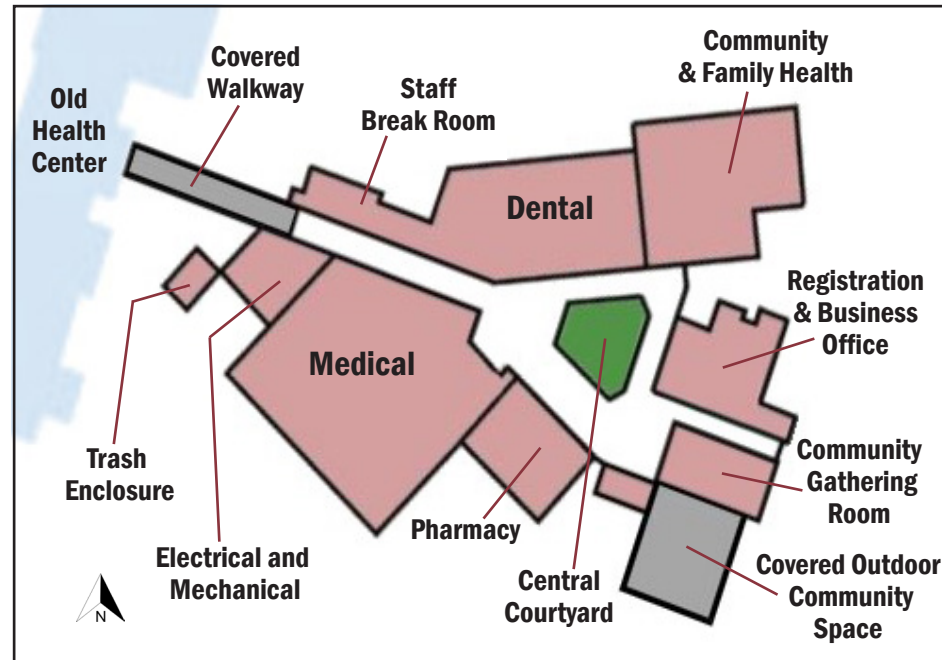
One change moves a planned fitness center from the new building to vacated space in the old health center. The move satisfies community concerns about 24-7 accessibility and visibility, and it saves precious space in the new building.

Other priorities mentioned in community meetings included natural lighting, an interior courtyard and a community gathering area. All are in the final design.

Work in the past few weeks focused on trimming the building's size to match the Tribe's budget. Originally envisioned at 17,000 to 20,000 square feet, the footprint had swelled to an unaffordable 24,000 as the planning team collected ideas. That's a normal part of the process, Fauna said.

"You start by dreaming big," she explained. "And then you have to make choices."

Along with the fitness center, the old clinic building will house the Tribe's finance staff. By moving from North Bend



Built around a central courtyard, the wellness center design features corridors shaped to resemble a Leister fishing spear. The wellness center will be built behind the existing Community Health Center. A more detailed drawing is available in the "Highlights" column on MyTribe.

to Kilkich, the finance team will be more convenient to the departments and programs that directly serve Tribal families.

Perhaps the wellness center's most important aspect is that it integrates a diverse cluster of services.

"A patient come to one building to see the doctor, and doctor may tell them that they need to see the dentist," said Kelle Little, the Tribe's Health and Human Services Administrator.

The dental office will be right across the corridor. If the patient also suffers from anxiety, the doctor can make an immediate referral to an on-site behavioral health specialist.

Tribal members and their families.

Subcontracts may be available in all construction trades as well as flooring, cabinetry, furnishings, equipment, and anything else that might go into a wellness center.

## Telemedicine (doctoring via TV) will come in 2020

By Anna Chavez

CHC Interim Quality Improvement Director

The Coquille Indian Tribe Community Health Center has been awarded a federal grant to establish telemedicine within the facility.

Telemedicine is a rapidly expanding field in health care that allows patients to access providers from across the country. This video-internet technology brings more health-care services to rural areas or places where specialists are difficult to find.

Telemedicine is simply a patient appointment with a provider using audio-video on a computer screen. Similar technology, such as Facetime and Skype, have helped families and individuals connect with one another over vast distances.

Adding telemedicine services to the Community Health Center is a progressive and valuable benefit to patients. Access to specialists in pain management, mental health support and skin cancer screenings are a few examples of what can be offered inside the Tribal Clinic instead of being referred to other locations. This means more health care, less waiting, and reduced travel costs for patients.

Telemedicine services are planned to begin at the clinic in spring 2020, thanks to a grant from the U.S. Department of Agriculture Rural Utilities Services. Watch The K'wen for further updates.

If you would like more information in the meantime, please contact Lisa Mielke, Assistant Health and Human Services Administrator for Community Health and Family Support Services, at [lisamielke@coquilletribe.org](mailto:lisamielke@coquilletribe.org) or (541) 888-9494, ext. 2210.

"We can actually help people the same day they see the doctor," she said.

Plans call for a fleet of traditional and alternative care options. Costs are projected at \$12 million, but an innovative financing package requires just \$1 million of the Tribe's money. New services and new patients will boost Tribal revenue.

With the floor plan finished, the next steps will be technical drawings with mechanical and engineering details. A booth at Winter Gathering will display more specifics.

Groundbreaking is scheduled for February. If all goes as planned, patients will walk through the doors in April 2021.

To learn more about opportunities to bid, please send contact information to the Tribe's Operations Director, Fauna Larkin, at [faunalarkin@coquilletribe.org](mailto:faunalarkin@coquilletribe.org), or 3050 Tremont St., North Bend, OR 97459.

## Want to bid on a wellness center subcontract?

If you're in any aspect of the construction business, the Coquille Tribe's wellness center project may have an opportunity for you. Our contractor, S&B James Construction, is interested in subcontracting with companies owned by