

KIUYUM-ID



We will be known forever
by the tracks we leave.

VOLUME 20—ISSUE 4

April 2010

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2009 ANNUAL PROGRAMS REPORT—Part I

The Cow Creek Band of Umpqua Tribe of Indians administered many programs for the benefit of Tribal membership in 2009. The Health, Social, Education and Housing programs expended more than \$11.7 Million for the direct and collective benefit of Tribal members and their families.

Aid to Tribal Government –(ATG)

The ATG program was utilized mainly for planning, realty services (land into trust), Tribal enrollment, elections and inventory. Tribal staff focused their efforts to plan, forecast and coordinate activities to develop and maintain Tribal properties and all necessary related projects of the “land into trust” process. In 2009 there were an additional 1,814.40 acres placed in trust for the tribe.

BIA Housing Improvement Program- (HIP)

In 2009 there were 18 units available for Tribal housing in the Taylor Street Housing Development. Of these units, all were occupied by Cow Creek Tribal members. An addition of four home purchased on Pamela Court are also occupied by Tribal members. Rental amounts for these properties are determined individually, based on income. Twenty one Tribal members were assisted through the Tribal Housing Program with 10 down payment assistance grants and 11 home repair grants. Qualified applicants to the program are eligible for up to \$3,500.00. Total expenditures for 2009 in the Tribal Housing Program were \$62,392.43.

Student Rental Assistance – This program was developed in November 2009 and can assist eligible, full time Tribal students with rental assistance. Students can receive up to a \$250 monthly stipend. This is limited to eligible applicants on a first come, first serve basis.

Tribal Rental Assistance This program was developed in November 2009 and is for Tribal members who meet HUD Income guidelines that live in a home owned by the Tribe (that are not HUD Homes) to help subsidize the rent.

Education Programs -(Adult Vocational Training, Adult Education, Higher Education and Johnson O’Malley)

The 2009 Education Program saw a significant increase in the number of Tribal students seeking training and higher education. A record \$373,035.78 was expended on 80 Tribal members through the various education programs. These students entered programs to receive certificates, associates, bachelors and masters degrees in such fields as Medical Office Technology, Welding, Accounting, Nursing, Social Work, Biology, Ecology, Business, Environmental Science, Management, Medical Imaging, Radiology and dozens more. Over 55 Tribal children, ages 3-18, enjoyed multiple JOM events throughout the year.



Special points of interest:

Government Office Hrs:

Mon-Thurs 8am–5pm
Fri 8am-4pm

Roseburg Clinic Hrs:

Mon-Thurs 8am-5pm
Closed 12pm-2pm

Canyonville Clinic Hrs:

Mon-Thurs 8:30-4:00
Closed 12pm-2pm

OFFICE CLOSED MAY 31
MEMORIAL DAY HOLIDAY

2009 Annual Programs Report (Continued from page one)**Tribal Human Services Program**

The Tribal Human Services Program encompasses Social Services, Indian Child Welfare, Family Preservation, System of Care, Low Income Home Energy Assistance, Child Care Assistance, Social Service Block Grant, Tribal Elders Program and Project Warmth. The Human Services Department provided assistance to Tribal members through home, hospital and agency visits. Tribal Human Services Staff provided liaison services between Tribal families and outer agencies.

The Indian Child Welfare Act is a law to protect the interests of Indian children when subject to state child welfare issues. There were 25 Tribal Indian Child Welfare Cases (ICWA) in 2009 throughout Washington, Oregon, Nevada and Georgia. Thirteen children were placed in adoptive homes or were placed with a guardian.

Low Income Home Energy Assistance Program (LIHEAP)

In 2009, forty-one families received LIHEAP assistance for energy assistance in the seven county service areas. Twelve families were assisted outside the service area. In addition to the financial assistance, information packets including budgeting tools were provided to individuals and families in an effort to help them take control of their own possible energy crisis situations.

Child Care Assistance Program

Last year, 20 families received assistance through the Child Care Program. Recipients utilized this program that provided quality child care while attending work, specialized training, or college. This program provides assistance on a structure payment scale dependent upon the family's income. Also provided through this program is assistance for the child care providers of Tribal children to attain CPR and First Aid certification.

Social Service Block Grant Program (SSBG) - Parenting Program

Funds derived from the SSBG program were utilized in 2009 to provide parenting packet information and presentations to Tribal families via the Family Outdoor Recreation and Fishing Day held at Diamond Lake, OR and the Summer Time Movie Club held in Roseburg, OR. Approximately 200 Tribal members were assisted through these activities.

Family Preservation and Support Services (FPSS)

Fifty Tribal families were assisted with funds from the FPSS program which were used to augment the SSBG program to provide parenting class costs.

Cultural Development Program

During 2009, continued efforts were placed on further expanding cultural educational opportunities. During the annual Cow Creek Culture Camp, a traditional salmon ceremony was held in addition to demonstrations and instruction given to Tribal families on traditional preparation of salmon. Collection of baskets, regalia, hunting and fishing gear are continuing and being developed as a living display housed in the Cow Creek Government Office. This display is being utilized to teach Tribal children and the community the hunting and subsistence methods of the tribe. Many of these items have been taken to local schools for cultural education presentations. Efforts continue to acquire and expand authentic and replicated artifacts as well as arts and crafts to be displayed. Tribal cultural staff has also started a drumming and singing group that meet on a bi-weekly basis.

Natural Resources Program

In 2009, the natural resources program continued restoration of Jordan Creek Tribal property by maintenance of planted native vegetation, new riparian native vegetation plantings, control of invasive weeds, and maintenance on in stream structures. Bureau of Indian Affairs Wild land Urban Interface funds were used for fuel reduction of 54 acres and the development and implementation of a Tribal burn plan. Water quality testing to ensure water flowing through Tribal property is contaminant free and further build Tribal capacity continued throughout 2009. NR staff worked with

2009 Annual Programs Report (Continued)

Oregon Department of Fish and Wildlife and Umpqua Fisherman's Association to acclimate steelhead smolt on Tribal property, and their release into the South Umpqua River. NR Staff consulted with Oregon Department of Transportation, Oregon Department of Fish and Wildlife, Roseburg and Medford Bureau of Land Management and Umpqua National Forest on projects affecting Tribal lands or resources. Our Natural Resources Director represented the Tribe on the local watershed board, Partnership for Umpqua River's board of directors. NR staff participated in the Natural Resources Working Group government to government relation quarterly meetings to facilitate better consultation between tribes and state agencies.

Archaeology

There have been numerous projects prompting, site evaluations, and excavations that have taken place in 2009. These sites are also being monitored when construction activities are in progress. Staff continues to maintain close relationships with the Oregon Department of Transportation, The Army Corps of Engineers and the Forest Service as related to the archaeological concerns. Archaeological staff has been scanning site files for a data share agreement with the Bureau of Land Management.

Cow Creek Health and Wellness Center (CCHWC)

During 2009, a total of 630 Tribal patients made 4,560 visits to the Cow Creek Health and Wellness Center. This figure includes Cow Creek Tribal members and other federally recognized Indians as well. The clinic is staffed with the following providers and healthcare workers: Nurse Practitioner, Nurses, Certified Medical Assistant, Phlebotomist, Podiatrist, Psychologist, Psychiatrist, Nutritionist, Health Educator, and an Alcohol and Drug Counselor.

Joslin Vision Network (JVN) Teleophthalmology Program

In 2009, Cow Creek Tribal Health Clinic staff provided eye exam screenings for diabetic retinopathy abnormalities in 33 patients. The screenings take place in the Tribal clinic, but results of the exam are read and analyzed by Indian Health Services at the Phoenix Indian Hospital Ophthalmology Department in Phoenix, Arizona.

Heartsaver/Healthcare Provider/First Aid Course

The Cow Creek Health and Wellness staff offered various certification courses for Tribal members and staff during 2009. The classes provided were the Heartsavers CPR classes, First Aid classes and Health Care Provider classes.

Cow Creek Contract Health Program (CHS)

In 2009, the Cow Creek Contract Health Services staff issued over 5100 purchase orders totaling \$608,016.71 for Tribal members utilizing the program. Contract Health Service is funded through the Indian Health Service and is restricted to the Tribal service area as mandated by federal regulations. This program has eligibility requirements and requires prior approval before each visit to any provider outside the Cow Creek Health and Wellness Center.

Diabetes Prevention Program (DPP)

This program is designed to identify pre-diabetic patients, provide education and support to make lifestyle changes that will help prevent diabetes and the complications associated with the disease. In 2009, approximately 25 patients participated in either individual appointments or group classes, which included exercise, meal planning and nutrition and healthy lifestyle choices.

Behavioral Health Program

During 2009, an average of over 40 patients/families received counseling services each month from the Cow Creek Health and Wellness Center. In addition to direct services to Tribal members, the Behavioral Health Department was active as part of the Diabetes Management Team as well as provided oversight and facilitation of the Juvenile Crime Prevention Grant.

2009 Annual Programs Report (Continued)

Maternal Child Health Program

The goals of the Maternal Child Health Program are to educate and provide learning opportunities for children and pregnant mothers, specifically in dental health care. In 2009, more than 120 Tribal members and their families participated in the program.

Nutrition Program

The Nutrition Program provides services to 154 diabetic patients annually. This program is not just for diabetic patients, but addresses obesity and cholesterol issues as well. Some activities provided in this program range from individual counseling to cooking classes, community walk/runs, lunch and learn programs, and the Fall Dog Show for patients to show off the uniqueness of their K9 companions.

Cow Creek Medicare Part B Reimbursement Program

Unlike Medicare Part A, which covers a wide range of hospitalization and inpatient services, nearly everyone that has Part B coverage must pay a monthly premium. Medicare Part B is additional coverage to assist eligible recipients to pay for doctor's services, outpatient, and other medically necessary services that are not covered under Part A. This premium is usually deducted from Social Security Income and is the amount that is reimbursable by the Tribal program.

In 2009, there were 78 Tribal members who participated in the reimbursement program for a total of \$92,088. This program offers the option of a monthly or annual reimbursement. Those that chose an annual reimbursement totaled 56, while 10 members requested a monthly reimbursement. This program has no service area restriction and 12 members did not respond in regard to benefits.

Tribal Dental Health Program (TDHP)

The Tribal Dental Health Program provided all enrolled Tribal members, regardless of where they reside, a \$1,500.00 benefit in dental care services that included preventative care, fillings, extractions, root canals and crowns. During 2009, 391 Tribal members utilized this program for a total amount of \$227,679.64. There were also 7 Tribal members that were fitted for dentures. *(Cosmetic procedures and implanted teeth are not covered under this benefit)*

Over the Counter Program

In 2009, the Cow Creek Health and Wellness center processed over 753 purchase orders for the Over-The-Counter Program. Over 479 Tribal members residing within the Tribal service area utilized \$35,522.69 in over-the-counter medications and health products. There were 405 Tribal members outside the Tribal service area that utilized \$29,275.65 in over-the-counter medications and health products. This program provides funding for health related items such as vitamins, first aid materials, toothbrushes and cold medications.

Alcohol & Drug Program (A&D)

In 2009, the A&D Program funds were utilized in coordination with other Tribal programs to enhance activities and services that promote accountability to sobriety, financial independence, social well being and community. Specifically, during the year, the A&D program participated in two Tribal health fairs, the "Diamond Lake Family Day," two "Summer Movie" events, the "Fall Dog Show," as well as numerous Diabetes Clinics.

Nesika Health Group

For 2009, there was on average 261 Tribal members enrolled in the Nesika Health Group Insurance Program, with an additional 429 family member dependents. Patient claims for medical services for this group were in excess of \$2 million. More than \$500,000 was paid out for pharmacy, dental and vision services. Tribal members enrolled in Nesika paid between \$50.00 and \$150.00, depending on family size and if they also have Medicare, however, the premium for

2009 Annual Programs Report (Continued)

the insurance is actually \$550.00 per enrollee. To cover the full premium for the Tribal membership and their families, the Tribal Board has approved an additional \$1,500,000.00 annually for this purpose.

Tribal Distribution

In 2009, Cow Creek Tribal members received a Tribal distribution check in the amount of \$700 from Tribal gaming and business revenue. In December, 904 Tribal members received a total of just under \$630,000. An additional \$410,400 was placed in the Tribal Minor Trust Fund for 562 Tribal members under the age of 18 years. There were also 18 new born Tribal members that were enrolled and received the initial \$1,000.00 deposited into their Tribal Minor Trust Fund for a total of \$18,000.

Tribal Elders Monthly Distribution

The Tribal Elders Monthly Distribution Program paid out \$400.00 monthly to 95 Tribal elders, for an annual total of \$456,000 in 2009. Tribal members become eligible to receive the monthly elder's distribution when they reach the age of 60.

Tribal Burial Benefit

In addition to providing \$3,500.00 towards the cost of funeral expenses for Tribal members, program guidelines for the Tribal Burial Benefit were modified in 2008 to include burial assistance for Tribal spouses. In 2009, six Tribal members passed away. Burial assistance provided by the Tribe totaled \$16,109.74.

Please watch for 2009 Annual program report part II in May newsletter!

Tribal Election is Coming Up

Tribal General Council Meetings for 2010 have been scheduled as follows:

May 16, 2010 * August 8, 2010 ** November 14, 2010

*Nominations Meeting **

*Annual Election Meeting ***

All General Council Meetings will be held at 10:00 a.m. at the Cow Creek Tribal Government Offices located at, 2371 N.E. Stephens Street, Roseburg, OR.

The Procedures for the nominations for the Tribal Board of Directors Election are as follows: Any registered voter of the Tribe present at the May meeting each year may nominate. Each person may nominate one individual for the election in August. When nominations are closed, no other nominations will be accepted. A nomination will be considered complete when the nominee has accepted the nomination in writing. Nomination acceptance forms will be furnished to all candidates represented at the meeting.

For those nominees not present, forms will be mailed to them no later than (3) days following the Nominations Meeting and must be received in the Tribal Government Office no later than June 10 of each year. Candidate acceptance forms will be placed on the ballot in the order the nominations are made. Ballot packets including instructions, will be mailed out to registered voters of the Tribe from the Siletz Agency around July 15th and are due back to the Siletz office by August 6th. Any new voter registration card needs to be completed by May 14, 2010. Tribal members are encouraged to maintain an updated registration card including an updated signature.

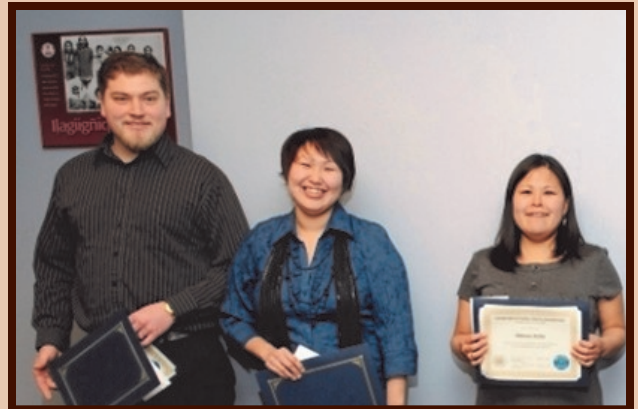
If you are a registered voter and do not receive a ballot, you must contact the Government Office at 541-672-9405 or 800-929-8229.



Graduates from the Cow Creek Education Program

Alaskan dreams come true for a Tribal member

Ben Steward graduated from the DENTEX/Yuut Elitnaurviat Training Clinic in December 2009 as a Dental Health Aide Therapist. The Dental Health Aid Therapist is a mid-level dental provider that works in the Alaskan bush to reduce oral healthcare disparities in villages where dentists can't or won't travel to. Ben is the first Cow Creek Tribal member to ever complete this program. Congratulations Ben!



Tribal member flying the friendly skies

Amy Emerson graduated from the International Air & Hospitality Academy in Vancouver, WA with an Airline Travel Specialist Certificate and is certified as a Flight Attendant in October 2009. Congratulations Amy!

Contract Health News

April showers bring May flowers! With all the rain we are getting there should be lot of flowers to enjoy this year. With spring and summer fast approaching everyone will be out and about. It is time to be sure that your 2010 application has been turned in and that your eligibility is current in case you have an accident. Remember ER visits are limited to the Danger of Loss of Life, Limb, Eyesight, or difficulty breathing. Always use Urgent Care otherwise.

If the primary insurance pays at a reduced amount because they deem your ER visit is not an emergency. The patient then becomes responsible for the portion of the bill that the primary denies. CHS can only pay on the amount the insurance pays on, per federal guidelines.

All visits require a purchase order

Rescheduled visits require a new purchase order

All surgeries require approval from the Resource Management Committee - Inpatient and Outpatient

If you have any question, please call Amy or Elizabeth at 541 -672-8533 option 1. It is better to ask a question and have the answer than to have problems later.



Cow Creek Library Awareness By Kelly LaChance

The Cow Creek Tribal Library offers many Native American books for people of all ages. The library also has videos and a couple of computers that you may use to do research. If you are interested in checking out age-appropriate books from the children's section, call the Education Director to make an appointment. The library is open Monday through Thursday from 8 am to 5 pm and on Friday from 8 am to 4 pm. For recommendations regarding books, contact Kelly LaChance, Education Director, at 541-677-5575.



Maternal Child Health Easter Event

Fun! Fun! Fun!!! Oh yeah! That is the best way to describe the Maternal Child Health Easter Event. The MCH grant covers dental cleanings and preventative services for pregnant women and children up to 12 yrs of age. The goal is to teach pregnant women how to care for their babies gums. This will help prevent problems with their baby teeth when they come in. Children are given brushing and flossing techniques to instill good brushing and flossing habits.

Melissa McClesky did a tance of brushing and out goody bags that toothbrush covers and joyed doing arts and Easter Egg Hunt and lots provided.



dental presentation on the impor-flossing twice a day. MCH handed included toothbrushes, toothpaste, dental floss. The children also en-crafts along with joining in for an of prizes. A barbeque lunch was



The Tribal drummers lead by Red Hawk came and drummed for the MCH event. Red Hawk also talked about the tradition of opening the drum and closing the drum with a special song. The drummers were amazing and everyone enjoyed it.

Amy and Elizabeth would like to thank all the people who helped out to make this event such a hit especially Property Division for getting the park opened up after the winter and having to repair broken water pump, pipes and etc. on such short notice. Great Job!!!!

MCH is looking forward to our Halloween Event and ask that if you plan to attend, please RSVP so we can be prepared.

Upcoming Tribal Elders Trips

There will be a Mt. Hood overnight train excursion trip on May 22nd. Please call Rhonda Malone at 541-677-5575 by May 7th to RSVP. Hellgate Jetboat trip scheduled for Saturday, August 28th. RSVP to Rhonda by July 15th.

Announcements

Births/New Enrollments

Briden Lee Myers, Kegan James Sullivan

Obituaries

There were no deaths during this period.

Veterans

The Tribe continues to maintain a list of past and present Veteran’s of the United States Armed Forces for the purpose of bestowing on them, or their family, the Native American Medal of Valor.

The Tribe has also begun a Tribal Honor/Color Guard for community and Tribal activities as requested.

Robert VanNorman, is the current Leader for the Honor/Color Guard. Please send in your name, current address and phone number along with the branch of service and years served to Rhonda Malone, 2371 NE Stephens, Roseburg, Oregon 97470.

Name: _____ Spouse: _____
 Address: _____ Telephone: () _____
 City: _____ State: _____ Zip Code: _____
 Branch of Service: _____ Entering and Ending Dates: _____
 I am interested in participating in the Honor/Color Guard: ___YES ___NO (Example 1962-1968)

Social Service Program Information

Applications for the various Social Service programs such as Child Care reimbursement, LIHEAP (energy assistance) and Project Warmth are available through Rhonda Malone at 800-929-8229 or 541-677-5575 or by coming into the South Building at 2371 NE Stephens St. in Roseburg. The forms are available at the Reception desk.

Thundering Water Drum Classes

Thundering Water Drum classes are being held once again at the Block House behind Seven Feathers Casino. Classes are every other Friday beginning April 30th at 6:00 p.m. The class also includes a pot luck so don’t forget to bring a dish to share. Everyone is welcome! Please call Teri Hansen at 541-677-5586 for more information.

Tribal Identification Cards

Tribal Identification Cards are available to all Tribal members upon request. To obtain an I.D. card, contact Reggi at the Cow Creek Government Offices at 800-929-8229. You will be sent an application to fill out and sign. Enclose a photo and mail the completed application back to the Tribal Government Offices for processing. Properly filled out applications will be processed with the Tribal Chairman’s signature and will be mailed back to you.

Address Updates

Tribal members are encouraged to maintain a current address at the Cow Creek Tribal Government Offices.

Those who have minor children who are not living in their households should also make sure their children’s updated addresses are on file at the Tribal Government Office. If you know of any Tribal members who have not been receiving correspondence from the Tribal Government Office, please recommend that they call the toll free number: 1-800-929-8229.

Cow Creek Band of Umpqua Tribe of Indians
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ONLINE JOBS...GO TO: uidchr.com

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