

KIUYUM-ID



We will be known forever
by the tracks we leave.

VOLUME 2201—ISSUE 2

February/March 2012

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2011 ANNUAL REPORT

During 2011, the Cow Creek Band of Umpqua Tribe of Indians administered several programs for the benefit of Tribal membership.

Aid to Tribal Government –(ATG)

The ATG program was utilized mainly for planning, realty services (land into trust), Tribal enrollment, elections and inventory. The ATG staff was utilized to plan, forecast and coordinate activities to develop and maintain Tribal properties as well as to coordinate efforts for land acquisition and all necessary related projects of the “land into trust” process.

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

During 2011, a total of 54 adult Tribal members were assisted with funding from the BIA Education Programs. Areas of study include Organismal Biology, Chemistry, Computer Science & systems, Communications, Child Care and Child Psychology, Horticulture, English Literature, Environmental Sciences, Entomology, General Engineering, General Studies, Graphic Arts/Design, History, Elementary Education, Nursing, and Zoology. Three students were assisted in the Adult Vocational Training Program. Areas of study were Cosmetology, Painting and Highway School. One hundred twenty seven Tribal students received direct services from the JOM Program which included tutoring and parental costs assistance. Group activities provided were the Culture Camp, Pow-Wow, and classes including regalia making and native youth wellness activities such as a River Jet Boat Trip, a Ski trip and the JOM Holiday Pow-wow .

Low Income Home Energy Assistance Program (LIHEAP)

In 2011, a total of 53 families utilized LIHEAP for energy assistance. 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, 26 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.

Schedules:

Government Office Hrs:

Mon-Thurs 8 AM–5 PM
Fri 8 AM-4 PM

Roseburg Clinic Hrs:

Mon-Thurs 8 AM-5 PM
Fri 8 AM-4 PM
Walk in 8-9 AM
Same Day Appt. 1-2 PM

Canyonville Clinic Hrs:

Mon-Thur 8 AM-5 PM
Walk in 8-9 AM
Same Day Appt. 1-2 PM
Education only on
Fridays



2011 ANNUAL REPORT (Continued from page 1)

Social Service Block Grant Program (SSBG) - Parenting Program

Funds derived from the SSBG program were utilized in 2011 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 twenty-five families took part in these activities.

Cultural Development Program

During 2011, continued efforts were placed on further expansion of 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 continue to be 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.

Natural Resources Program

In 2011, the Natural Resources program Staff developed multiple options for legislative acquisition of federal forestlands, worked with Resource Management Services to assess and quantify forest conditions on private lands within Council Creek/Canyon Mountain area, implemented meadow exclusion project at Huckleberry Gap and conducted an oak woodland restoration project on Lilja property promoting future stand health and supplying 35 cords of firewood for 2012 needs. Staff acquired and digitized archaeological site reports and records to add to the archaeological site database. Forty two archaeological assessments were monitored for proposed projects. Tribal staff worked with Watershed Sciences consultant on LiDAR data proposal for Elk Creek, collected digital data for Tribal Gardens and Drew Lake beaver re-introduction site. Completed installation of boulders and logs in 3 sections of Jordan Creek, worked with ODOT on constructing bio swales for runoff filtration of Truck Parking in Jordan Creek and developed and implemented the first Tribal Elk Hunt. Relocated four beavers to Tiller area as part of our Elk Creek Restoration Project and planted cedar trees, put in roads and a parking area at the new Tribal Gardens.

Cow Creek Health and Wellness Center (CCHWC)

During 2011, a total of 659 Tribal patients made 5,986 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: Physicians, Nurses, Nurse Practitioner, Certified Medical Assistant, Phlebotomist, Podiatrist, Psychologist, Psychiatrist, Nutritionist, Health Educator, Behavioral Health Counselor, Benefits Coordinator and an Alcohol and Drug Counselor.

Joslin Vision Network (JVN) Teleophthalmology Program

In 2011, Cow Creek Tribal Health Clinic staff provided eye exam screenings for diabetic retinopathy abnormalities in 37 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 2011. The classes provided were the Heartsavers CPR classes, First Aid classes and Health Care Provider classes. A total of 8 people were certified.

2011 ANNUAL REPORT (Continued from page 2)**Cow Creek Contract Health Program (CHS)**

In 2011, the Cow Creek Contract Health Services staff issued 5,400 purchase orders totaling \$548,442 for Tribal members utilizing the program. Contract Health Services 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 2011, approximately 53 patients participated in either individual appointments or group classes, which included exercise, meal planning and nutrition and health lifestyle choices.

Behavioral Health Program

During 2011, over 150 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.

Maternal Child Health Program

The goals of the Maternal Child Health Program are to educate and provide learning opportunities for pregnant mothers and children, specifically in dental health care. In 2011, more than 200 Tribal members and their families participated in the program.

Nutrition Program

The Nutrition Program provides services to over 100 diabetic patients annually. This program is not just for diabetic patients. It 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. This program has no service area restriction.

In 2011, there were 147 Tribal members who participated in the reimbursement program. This program offers the option of a monthly or annual reimbursement. Those that chose an annual reimbursement totaled 112, while 35 members requested a monthly reimbursement.

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 2011, 778 Tribal members utilized this program for a total amount of \$215,801. as vitamins, first aid materials, tooth brushes and cold medications.

Over the Counter Program

In 2011, the Cow Creek Health and Wellness center processed over 754 purchase orders for the Over-The-Counter Program. Over 494 Tribal members residing within the Tribal service area utilized \$35,214.42 in

2011 Annual Report (continued from page 3)

over-the-counter medications and health products. There were 460 Tribal members outside the Tribal service area that utilized \$28,294.15 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.

BH Advisory Committee Member Vacancies



Due to two new programmatic changes within our department we are in need of restructuring our current Alcohol and Drug Advisory Committee. We are adding a new State funded program called the Strategic Prevention Framework State Initiative Grant as well as are looking to become a State Certified Behavioral Health Program. Thus the new name for the committee will be the **Behavioral Health Advisory Committee**. This committee will be comprised of members of the current A&D Advisory Committee and will add several new members from the mental health community.

The new Behavioral Health Advisory Committee shall have 13 members with a majority of the Committee being Cow Creek Tribal members at least 18 years of age. Three current vacancies on the committee need to be filled:

- One Tribal member who resides outside the Tribal service area - **vacant**
- Two past consumers of the Cow Creek Alcohol & Drug Treatment Program -**two vacancies**

The purpose of the Behavioral Health Advisory Committee is as follows:

To consider the application of scarce health care resources among competing health care priorities.

To provide an advisory body to Tribal Board of Directors and Tribal Administration that is both responsive to the needs of the Tribal members, employees and their families and representative of their interests with respect to the allocation of available resources.

To promote the delivery of quality behavioral health prevention and treatment to Tribal members, employees and their families in a manner that accords with Cow Creek's Tribes mission and values.

To represent the interests and desires of all eligible service users.

Any new Tribal member interested will be asked to prepare a letter with the following information provided:

- Back ground information as to why they would like to be on the Behavioral Health Advisory Committee
- Tribal affiliation
- Residency

Open committee positions to be filled:

- ♦ One Tribal member who resides outside the Tribal service area - **vacant**
- ♦ Two past consumers of the Cow Creek Alcohol & Drug Treatment Program -**two vacancies**

Thank you for your time and commitment to the Tribe and our program as we work to continue to build a strong program and serve our members and employees.

To apply please send a letter of interest with supporting information to Dr. Sharon Stanphill, Health Director by April 6, 2012.

The Seven Feathers BJ Challenge Dynasty



Melanie with Mike Aponte who was one of the leaders of the well-known MIT Blackjack Team that inspired the book *Bringing Down the House* and the movie *21*.



Melanie Sanada, Surveillance Supervisor for the Cow Creek Gaming and Regulatory Commission, again represented Seven Feathers Casino Resort at the 7th Annual World Game Protection Conference "Blackjack Challenge" Card Counting Competition in Las Vegas on February 27, 2012...and won! Melanie's winning time was 10.53 seconds, a full 1 second faster than her closest competitor. Seven Feathers is no stranger to the card counting competition, having taken first place three out of the seven years of competition. In

2006, Seven Feathers took the top two spots with Tribal member and Surveillance Director, Alicia McAuley taking the World Championship and Surveillance Manager Donna Newton placing second. In 2007, the top three spots were claimed by Seven Feathers with Melanie Sanada taking the World Championship, Surveillance Supervisor Erin Lofton taking second place and Alicia McAuley taking third for the sweep. With this years win, Melanie is the first two-time World Champion of this competition.

The World Game Protection Conference is a 3-day international casino conference and exhibition dedicated entirely to casino surveillance and game protection attended by hundreds of industry leaders from around the world.

Arbor Day Tree Planting Event



The Natural Resources Department will be hosting an 30th anniversary arbor day event on April 21, 2012 from 10:00 am to noon. Please meet in the Tribe's new Truck idling area along Jordan Creek near the first bridge. Activities include Camas processing discussion and tasting, acorn processing demonstration and planting of seven Oregon white oaks in honor of the seven families. For more information please call 541-677-5575.

Cracking the Window is NOT Enough



When someone smokes in the car, secondhand smoke can be up to 27 times more concentrated than in a smoker's home. No ventilation system can remove secondhand smoke completely, not even cracking the window will help.

There is no safe level of exposure to secondhand smoke. Children are especially vulnerable to the effects of secondhand smoke, because their bodies are still developing. This makes them more at risk to ear infections, asthma, bronchitis and pneumonia.

Protect your children, make your car a smokefree zone today!

SMOKEFREE CARS, SMOKEFREE KIDS: HELP CLEAR THE AIR FOR HEALTHIER KIDS!

DID YOU KNOW?

Exposure to secondhand smoke can cause asthma in children who have not previously shown symptoms. Infants and children, 6 years and younger, who are regularly exposed to secondhand smoke have an increased risk for developing bronchitis and pneumonia. Parents are responsible for 90% of children's exposure to secondhand smoke.

HOW THE PUBLIC FEELS...

83% of Oregonians say that smoking is never allowed in their car.

46% of smokers with children say that smoking is never allowed in any of their cars.

90% of Oregonians say that people should be protected from secondhand smoke.

WHAT CAN YOU DO?

Set strict rules against smoking for everyone in your car.

Keep cigarettes and lighters out of your car. Take our smokefree car pledge today!

Post a smokefree window decal in your car!

READY TO QUIT SMOKING?

Call the American Lung Association's HelpLine/Tobacco Quit Line at: 1-800-LUNG-USA

Call the Oregon Tobacco Quit Line at: 1-800-QUIT-NOW

Go to *Freedom From Smoking Online* at: www.ffsonline.org.

For more information or to get involved in our "Smokefree Cars For Kids" campaign, please visit us at: www.SmokefreeCarsForKids.org!

Indian Market at Seven Feathers

The Tribe will be sponsoring the first Umpqua Indian Market featuring Tribal arts and crafts in the Seven Feathers Hotel courtyard. The market will be held in conjunction with a traditional salmon bake demonstration and sampling by Tribal member Mike Hamrick and his wife Lottie on April 21st, 2012 from 1-5 p.m. Seven Feathers will be providing tables for vendors and canopies in case it rains. In addition, there will be drumming and flute music performances. The event will be open to the public, however, participating vendors will be Cow Creek Tribal families only. If you have any questions please contact Teri Hansen at 541-677-5586.

K Bar Ranch— Pfizer Drug Trial Success



The livestock business is alive and thriving in Douglas County on Cow Creek Tribal lands.

K Bar Ranches owns over 2200 head of cattle that are spread out over the 4500 acres of Tribal land in southwestern Douglas County. These are beef cattle raised for the choice beef trade that is in high demand in restaurants and retail meat outlets throughout the Pacific Northwest and the Pacific Rim Countries.

One of biggest challenges facing the beef industry is a health issue called BVD (Bovine Respiratory Disease) or more commonly called Pneumonia. This is nothing new to the beef industry but recently has become an increasingly difficult disease to control in beef animals.

K Bar Ranches and Pfizer Animal Health agreed to run a trial last fall using a new drug in an attempt to stop the spread of BVD on calves as they came onto the ranches. This trial was so successful that the manager of our ranches Tim Bare, was asked to share the results recently with other producers at the National Cattlemen's Beef Association annual meeting in Nashville Tennessee.

The results of this trial were remarkable in that K Bar with the help of Pfizer has nearly stopped the spread of this disease. Tim recently was quoted as saying, "this the most exciting results he has seen for stopping BRD in his lifetime".

Bottom line is healthy cows' equal healthy profits; it's a great time to be in the beef business!!!

Huckleberry Patch Photos Needed

The Tribe's Natural Resource Department is working with the Umpqua National Forest on a project that would restore mountain meadows. Over the years, because of fire suppression, our mountain meadows have been slowly disappearing due to the growth of evergreen trees. These meadows are culturally important to the Tribe, as many occur in and around the Huckleberry patch. Our upcoming project with the Forest Service will be focusing on Donegan Prairie. If you have any family photos from prior to 1966 of this area we would love to scan the photo for our records. These photos may also help us understand the conditions of the meadows we hope to restore. Please contact Amy Amoroso, Natural Resources Director for more information 541-677-5575 ext. 5516.



30Th Anniversary Poker Walk/Run



As part of our 30th Anniversary Celebration of Federal Recognition, on Saturday April 21st, we are kicking off the day's events with a Poker Walk/Run. Registration will begin at 8 am with the actual walk/run starting at approximately 8:30. A poker walk is where you pick up a card at each of five stations along the route and see who ends up with the best hands at the end. The walk will be roughly a mile in length and the run will be about two miles. Although the route has not been completely laid out yet, the plan is for both the walk and the run to take place in the area behind the Truck and Travel by Jordan Creek. We will provide T shirts, water and snacks for everyone who walks and there will be different categories for all from kids to elders! Come one, come all and start off a great day with some fresh air and exercise!

More Health Survey Information



The staff from Cow Creek Health & Wellness Center needs your help! We have been contacting Tribal members over the age of 18 to complete the phone survey. We have gone through the Tribal list at least once trying to contact everyone. Some call were unable to be completed.

Now we are asking for you to call us if you haven't done your survey yet. And please remind family members that may not have done theirs yet. Also, you will be receiving a reminder letter very soon.

If you believe we do not have your correct phone number, please call our office at 541-672-8533 or toll-free 1-800-935-2649. Give us a call and ask for Jo to set up a time for you to

have one of the surveyors call you. The survey takes approximately 20-30 minutes to complete.

Remember that you will get to choose a \$15 gift card for completing the survey.

The healthcare needs of our Tribal members are vitally important so we can begin designing the services to be offered at our new Canyonville clinic as well as to provide insight into the programs and services we still need to develop and provide both in and out of the services area.

Thank you again for taking your time to complete the survey as the information we gather really is going to make a difference in your healthcare services!

Contract Health Frequently Asked Questions

- ♦ Q: Why do I have to fill out a Contract Health Application every year?
- ♦ A: It is required by federal guidelines in order to be eligible for service (in seven county service area). **CHS will not issue PO#s if you do not have a current application on file.** If you live in the service area and have not received one please call CHS.

- ♦ Q: When do I need to call for a PO#?
- ♦ A: **Anytime you want CHS to consider paying your portion of the billed amount.**

- ♦ Q: How many days advance notice on PO#s?
- ♦ A: **CHS requires 2-3 days notice for PO#'s.** It's a good idea to call as soon as you make the appointment, so it doesn't get forgotten.

- ♦ Q: What information do I need when calling for a PO#?
- ♦ A: **Have the name of the patient, facility and the doctor or dentist name, date of service, what you are being seen for.**

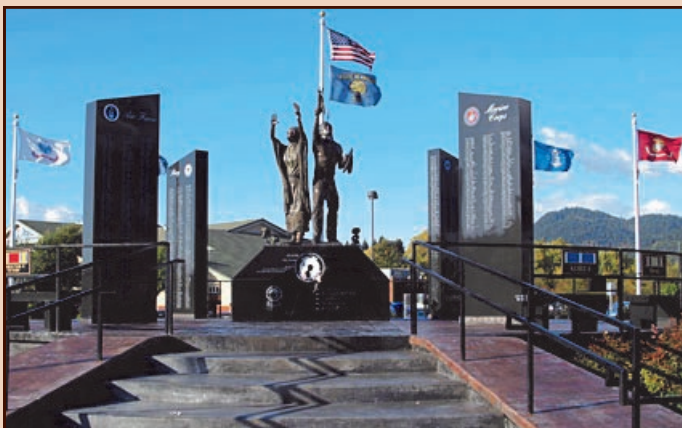
- ♦ Q: **Why does CHS ask what you are being seen for?**
- ♦ A: Some services are not covered and it helps CHS to manage the available funds?

- ♦ Q: If I need surgery and live in the service area do I need prior authorization?
- ♦ A: Yes, you need to contact CHS before any surgery, even if it is out-patient and for MRI's . Please call at least 7 days in advance so CHS can call the doctor for information needed to provide our Resource Management Committee for prior approval.

- ♦ Q: I'm pregnant and not sure what I need to do?
- ♦ A: Call CHS and ask what you should do. CHS can set you up with a CCHWC (Cow Creek Clinic) for a nurse to come to your home and visit and provide information that will be helpful.

- ♦ Q: What do I need to do when the baby is born?
- ♦ A: Call CHS and also apply for a birth certificate with the state, so you can enroll your baby in the tribe and be sure to **call your primary insurance: some require that you add the baby within 30 days otherwise you have to wait for the next open enrollment.**

Attention Tribal Veterans



Planning is currently underway for the 30 year celebration of Tribal recognition. We are in need of additional photos of Tribal veteran's. Please send a photograph of you during your time in the service (copies only) and include on the back your name, conflict, branch of service and years served. The photos will be made into a new slide show and will be viewed at the April 28th celebration and again at the July 4th Veteran's celebration. Mail the copied photos to Donna at the Government Office at 2371 NE Stephens St., Suite 100, Roseburg, OR 97470. Contact Donna Fields at 541-672-9405 if you have further questions.

Tribal Orchard Trees Planted

On January 10th and 11th, 2012, a crew from Wolf Creek Job Corp came down to help Tribal staff plant over 500 trees at the new Tribal Orchards in Canyonville. The Crew worked hard over the two day period and accomplished more than we could have hoped for. All trees were planted, fertilized with material from our new compost piles, and watered. A special Thank You to Tribal Board member Gary Jackson for helping organize this effort.



Tribal Orchard Specialist Ken Grizzle working with a volunteer from Wolf Creek Job Corp.



Planting in process



The Crew receiving planting instructions.

Environmental Specialist Hired

The Tribe's Natural Resources Department recently hired an Environmental Specialist in October 2011 who has taken over Jay Walters' previous duties of water quality testing. Heather Bartlett grew up in Roseburg, OR and went to Oregon State University where she graduated with a Bachelor's Degree in Science for Fish and Wildlife in 2009. For the past 2 years she worked for the local Watershed Council (Partnership for the Umpqua Rivers) doing fish surveys, water quality monitoring, and culvert surveys.

Water quality monitoring for the Tribe resumed this past week. The parameters monitored include PH, temperature, Specific Conductivity, Dissolved Oxygen, Coliform and *E.Coli*. Eventually total Nitrogen and total Phosphorus will be added for monitoring purposes to selected sites to determine the amount of each nutrient in the water. High amounts of total Nitrogen can be an indicator for manure and sewage discharge into water bodies, whereas a high amount of total Phosphorus can be an indicator of runoff from pesticides used on farm fields. An excess of either nutrients can aid in the growth of harmful algae blooms.

The Jordan Creek area and Cow Creek Basin will be monitored every other week with the goal of adding more sites as time goes on. If you have any questions about water quality monitoring, you can direct your questions to Heather Bartlett at heather.bartlett@cowcreek.com or 541-492-5205.



Heather Bartlett holding a Rough-Skinned Newt

Announcements

Births/New Enrollments

Taylor Grace Stewart, Cassie Irelyn Shane Jeska

Obituaries

No deaths were reported for this period

More Contract Health

Tribal Members who receive new health care coverage through a job, Oregon Health Plan, Healthy Kids or Medicare. Please notify Contract Health Services as soon as possible as we would have no way of knowing without your input. These changes can greatly benefit the membership with CHS dollars. For questions call Elizabeth or Gina 541-672-8533 opt 1 .

Need a Job?



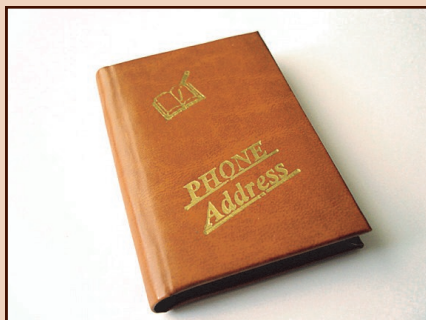
We now have a place to tell you about jobs with our partners at State or Federal Agencies locally and regionally. Please visit the Government Offices Main or South Building Front Desk to view the list of open opportunities and instructions for more information or visit the website www.usajobs.gov.

Tribal Identification Cards



Tribal Identification Cards are available to all Tribal members upon request. To obtain an I.D. card, contact Janet at the Cow Creek Government Office at 541-677-5575 or 800-929-8229. You will be sent an application to fill out and sign. You will be required to enclose a photo and mail the completed application back to the Government Office for processing. Properly filled out applications will be processed with the Tribal Chairman's signature and will be mailed back to you. **Tribal I.D. cards are legal documents and are accepted as legal proof of identity.**

Address and Phone Number Updates



Tribal members are encouraged to maintain a current address and phone number 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
2371 NE Stephens St. Suite 100 Roseburg, OR 97470
Phone: 541-672-9405 Fax: 541-673-0432
Toll Free: 800-929-8229



ONLINE JOBS...GO TO: uidchr.com

Visit us online @ cowcreek.com