

KIUYUM-ID



We will be known forever
by the tracks we leave.

VOLUME 24—ISSUE 8

August 2014

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Schedules:

Government Office Hrs:

Mon-Fri 8 AM–5 PM

Roseburg Clinic Hrs:

Mon-Fri 8 AM-4 PM

Canyonville Clinic Hrs:

Mon-Fri 8 AM-5 PM

No Walk-Ins

Please call for Same
Day appointment

Office Closures

Sept. 1 - Labor Day

Tribal Board Election Results

At the August 10th Quarterly General Council Meeting, the Tribal Election Committee presented the 2014 Tribal Board of Directors election results for three positions in this year's election. Gary Jackson, Yvonne McCafferty and Rob Estabrook were re-elected to their previous positions and no new members were elected to the Tribal Board of Directors. Each will serve a four year term of office.

Following the announcement of the election results, the Board of Directors re-elected officers of the Board. (Results shown below pictures)

The Tribal Board of Directors and the Election Committee would like to thank all members that participated in the 2014 Election and would like to remind tribal members who are not registered to vote in the Tribal Election to contact the Tribal Office and request a tribal voter's registration form.



Daniel Courtney
Chairman



Gary Jackson
Vice Chairman



Yvonne McCafferty
Secretary



Robert Van Norman
Treasurer



Jessica Bochart –Leusch



Tom Cox



Robert Estabrook



Steve Jackson



George T. Rondeau



Luann Urban



Gerald Rainville

Tribal Pow Wow

The 37th annual Tribal Pow Wow was held on July 18, 19 & 20 at the South Umpqua Falls. As usual the event was a great success! The Tribal dinner was well attended and Saturday began with the flag raising ceremony continuing throughout the day with fun and games for young and old. The Grand Entry had eight drums and numerous dancers. The last day was Sunday, a raffle ended the event by awarding prizes to ticket holders as they are drawn. The raffle is always great fun, providing a chance for one last gathering and a time to harass the winners of course.

A GREAT BIG THANK YOU goes out to those that helped make the Pow Wow a success: Tribal Board, Umpqua National Forest Service, Douglas County Sheriff's Office, Seven Feathers, UIDC Maintenance, set-up and clean up crews, fry bread crew, fish crew, raffle crew, wood crew, security crew and everyone in between. Thank you all for the time and effort put forth on this successful event!



Free Mammogram Clinic Offered

**EARLY DETECTION OF BREAST CANCER
SAVES LIVES!**

Cow Creek Health & Wellness Center

Digital Mammogram Clinic

Medical Services provided by AssureImaging

Covered 100% under Nesika Wellness Program

For screening mammograms

Eligibility:

- Women aged 40 and older
- Current Patient of CCHWC
- New Patients- with early registration only

Cow Creek Health & Wellness Center Canyonville Clinic

August 25th and August 26th

For an Appointment or Additional Information, Call:

541-839-1345

541-672-8533

Student Rental Assistance Open Enrollment 2014-2015 School Year

The Student Rental Assistance Program has been accepting applications since July, 2014 for the upcoming school year. This program is designed to assist low to moderate income level Tribal Members who are attending school full time at an accredited college, university, or technical school with a monthly rental stipend. Applications must be filled out in their entirety and all requested documentation must be provided to be considered for this program. Applicants that do not provide all required documents will not be considered. This program is funded with federal grant money and applicants need to meet low income guidelines for eligibility. Applicants cannot pay more than 30% of their annual income for housing and must have a signed landlord information sheet to be eligible.

Please contact Sarah Briggs Resident Manager to request an application to apply for the program. Applications are also available online for download at www.cowcreek.com. If you are a continuing student, an application must be resubmitted and all requirements need to be met prior to receiving continued assistance. Funding is limited for this program; therefore, applications must be received in a timely manner to be reviewed. If you have any further questions please contact the Tribal Housing Program at 1-541-863-3730 or you can email sbriggs@cowcreek.com.

New Agreements Promote Increased Healthcare Access for Veterans

The Veterans Administration Roseburg Healthcare System and the Cow Creek Health and Wellness Center recently entered into a cooperative direct healthcare services agreement. The agreement allows the Cow Creek Health and Wellness Center to be reimbursed by the VA for enrolled and eligible tribal veterans (American Indian and Alaskan Native-AI/AN) who seek healthcare at the Health and Wellness Center.

Enrolled and eligible veterans who are AI/AN have always been able to seek healthcare at either facility. However, reimbursement allows the tribal clinic to offer additional services due to increased revenue and those services, in turn, are available to tribal veterans. Ultimately, the partnership increases access to veterans and increases the number of providers available to see veterans. According to Terry Bentley, VA Tribal Government Relations Specialist/Western Region, "These agreements effectively leverage the strengths of Tribal Health Programs and VA to enhance the delivery of care to Native American Veterans."

The Cow Creek Health and Wellness Center is the 39th tribal clinic in the Western Region (OR, WA, ID, NV, CA, AK) to sign a cooperative direct health care services agreement with the VA. Other tribes in Oregon to have signed a healthcare agreement with the VA are the Confederated Tribes of the Grand Ronde and the Confederated Tribes of the Umatilla.

The VA and Indian Health Services (IHS) signed a Memorandum of Understanding (MOU) on October 1, 2010. This MOU addressed the promotion of quality healthcare as well as enhanced coordination and collaboration between the two agencies. One goal included was to "increase availability of services, in accordance with the law," by the development and payment and reimbursement policies and mechanisms to support care to eligible American Indian/Alaska Native Veterans served at the VA and IHS. During March-May of 2012, a draft national agreement was distributed for tribal review.

A strategy change occurred in June 2012 when the Dept. of Justice provided guidance that VA's Title 38 authorities allowed VAMCs to make agreements with Tribal Health Programs. So, the program changed from one national agreement to one in which a national agreement would apply to IHS facilities while local reimbursement agreements could be developed between VAMC and Tribal Health Programs (THP). On December 5, 2012, the VA-IHS National Agreement was signed after many months of negotiation. The first THP agreements were signed in May, 2012 for the Alaska VA THPS.

Sharon Stanphill, Health Director at the Cow Creek Health and Wellness Center, says, "Not many tribes are fortunate enough to live in a community with such a strong VA. This agreement will allow us to work more closely with one another as we coordinate services and provide high quality care to the tribal veterans we both serve."

From the Education Department

College
Scholarships

REMINDER:

Term/quarter students need to have the Scholarship Applications submitted to the Education Department by August 30th so that they are funded on time for the upcoming fall term.

Thank you for all of the submissions for the Cow Creek Higher Ed Graduation Board. We would still like to add your name on the board. Look for a picture in next month's newsletter for names on the board.



The Wellness Center is partnering with Hometown Drugs to be the Cow Creek Tribal Pharmacy. **Every patient that is seen in our Clinic is eligible to use the Pharmacy.** If you have no prescription coverage you could save an average of 50% of the cost of the prescription. If you have Insurance, the savings will be passed onto the Tribal Health Program.



Hometown Drugs

1813 W Harvard Ave, Ste 210
Roseburg, Oregon 97470
541-229-1112
www.hometowndrugsroseburg.com

Pharmacy Hours

Monday	9:00am-6:00pm
Tuesday	9:00am-6:00pm
Wednesday	9:00am-6:00pm
Thursday	9:00am-6:00pm
Friday	9:00am-6:00pm
Saturday	9:00am-1:00pm
Sunday	CLOSED

Frequently Asked Questions RE: Prescriptions...

I do not currently use Hometown Drugs, how do I transfer my prescriptions to them? *Call Hometown Drugs and they will do that for you.*

If I have Insurance, can I use Hometown Drugs? *Yes. Your co-pay would stay the same and the savings would be passed onto the Tribal Health Program.*

If my Doctor writes a prescription for 90 days, will the Pharmacy fill it for 90 days? *Yes. CCH&WC has negotiated a contract with Nesika Insurance. If you do not have Nesika, please check with your insurance company.*

Can I bring in a prescription from a Provider that is not at Cow Creek Health & Wellness Center? *If a Provider from CCH&WC refers you out to another Provider and that Provider writes you a prescription, then yes you can.*

Could I do mail order or delivery? *Yes. Hometown Drugs offers mail order and Local Delivery to our clinics for those with transportation issues.*

Purchase and Referred Care (PRC) formerly Contract Health Services (CHS)

If you have PRC, please notify the staff at the Pharmacy so they can work with PRC Services.

Due to the significant savings of using our Tribal Pharmacy, we encourage Tribal Members to use Hometown Drugs, which will allow the savings to come back to your Cow Creek Tribe.

Cow Creek tribe re-creates winter housing

A replica of a Cow Creek Umpqua Tribe plank house, made of cedar logs, was recently dedicated at the Pioneer-Indian Museum.

Tribe members and Don Day, a member of the Confederated Tribes of Grand Ronde, built the 10-by-12-foot house with wooden tools, including hammers and wedges. The tools are on display at the museum.

"It was very hard work," Cow Creek CEO Michael Rondeau said. "That was a great experience for our tribal members to acquire those skills, keep them alive."

The tribe donated the house, which Rondeau estimated cost more than \$5,000 to build.

"Our partnership with the museum is important because we want to make sure the public stays educated about the first Oregonians," Rondeau said.

The house replicates housing typically used in the winter.

"It was kind of important to have that representation of our tribe," said Rhonda Malone, who has worked for the tribe for 22 years and is a tribe liaison on the museum's board.

Tribal members began construction in September 2013.

The logs were split and cut to size on tribal land before they were brought to the museum and assembled.

The entrance is a small, oval opening that faces east to catch the morning sun.

"We wanted to have something outside and incorporate Indian culture," said Susan Waddle, a volunteer for 14 years at the museum.

Seven Feathers Casino Resort provided refreshments at the dedication. Traditional drumming was performed by tribe members. There's no charge to visit the museum.



Cow Creek Health & Wellness Center - Frequently Asked Questions

How we see our patients at the clinics has changed as we have grown and are much busier. Please see the frequently asked questions below to optimize your access to care.

- **How do I establish care with the CCH&WC?** All new patients to the CCH&WC must complete a New Patient Registration packet and return it prior to being seen.
- **Can I call and get an appointment in the same day?** Yes, each day there are several spots left open for each of our medical providers for those patients who are ill. These appointments are on a first-come-first-served basis and are usually filled by 10:00 am. A waiting list will be kept each day and if anyone cancels their appointment you will be called to come in. The waiting list does not carry over to the next day, so if you are still ill (and are still in need of an appointment) please begin calling us at 8:00 am for any open same day appointments. Please don't leave a message on the clinic voicemail as appointments are only made via a "live" scheduler.
- **Does the CCH&WC have "Walk-In" hours?** No, we no longer can accommodate "Walk-ins". The clinic has become busier than when we first opened our 2nd clinic in May 2013, therefore, we ask you to call first before you drive to the clinic or walk down from the casino so we can assure you can be seen; calling right at 8:00 am is best as the appointments fill up fast. We can fax or email you forms to complete if you have not been seen in the past 12 months for any updated information. This will save you time prior to arriving for your appointment.



**HAPPY 95TH BIRTHDAY TO
ESTHER GATEWOOD**
Cow Creek Tribe's eldest
member



Child Care Program Changes



Got Kids?

We have great news; we currently have child care openings.

Our Child Care Program has made some great changes. We now only accept Certified Licensed Child Care Providers for our children in care.

Spots get filled fast! Hurry and call Andrea Davis @ 541.677.5575 to get all the information and requirements to qualify.

Monthly Language Potluck Day

Starting September 11, 2014 and every 2nd Thursday of each month thereafter will be "Language Potluck Day" at the Block House in Canyonville from 12:00 p.m. to 2:30 p.m. This is open to all Tribal members and their families.

Each month will focus on whatever subject the participants want to practice and review. Rhonda Malone will have the standard greeting, counting, Takelma Alphabet w/sound pronunciation and the draft-dictionary available.

Depending on participation, additional meeting times may be scheduled. For more information and to RSVP please contact Rhonda Malone, Cultural Development Coordinator at: rmalone@cowcreek.com or (541) 677-5575.

Kiuyapatam eepik^h

(We are friends to each other)

Tap^hòyt^ha

(You will prosper)

Tuuwuu `k^h

(It is good.)

New Class Being Offered!!!

Don't you wish life came with a set of instructions? There is so much to know, and keeping it all straight can be a challenge. We would like to offer classes to help you meet those challenges, from managing your stress to managing basic finances, and planning it all out! We call it...

Steps Forward: Positive Living

Offered Thursday Nights, 5PM – 7PM

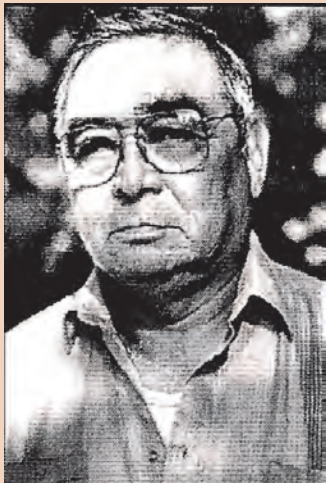
(The first hour is for food and fellowship, followed by a 1 hour lesson)

We will begin with the topic of **Stress and Coping Skills**, being offered on Thursday, **September 4th**, from 5PM – 7PM. This topic will finish on Thursday, **September 11th** at the same times. Other topics to cover will be the following:

***Health, *Environment, *Basic Finances, *Assertiveness and Communication, and *Life Planning.**

Space is limited to 10, so contact Matt in Social Services (541-677-5575)



Jack Jerry Ansures (Tooter) August 21, 1934-July 29, 2014

Jack was born August 21, 1934 in Roseburg, Oregon. Tooter crossed over to the Spirit world Tuesday, July 29, 2014. He was raised by his Uncle Louis Thomason and wife Nellie in Drew, OR. He attended Drew and Days Creek Schools. He started working in the logging industry when he was 15. He was an Elder of the Cow Creek Band of the Umpqua Indian Tribe. He worked for the tribe as a site monitor, working with the BLM, Forest Service, ODOT, and many archaeologists in the local area.

Tooter is survived by his daughter, Teri Hansen; son, Del Ansures; grandsons, Jacob Ansures (Brittney), Drew Ansures, and Josh Ansures (Beth); granddaughters, Crystal Ansures, Heather Vick (Aaron), and numerous great-grandchildren. He is also survived by his soul-mate Alice Williams. He leaves a network of cousins, nieces, nephews, extended family and friends.

Tooter was a supporter of AA, recently achieving his 33 year chip. He sponsored and encouraged many people in the program. He was proud of the tribal AA group (Recovery on Turtle Island) started by his daughter Teri.

His devotion to his heritage was ongoing throughout the years of his life. He testified before Congress to gain recognition for the tribe. He was instrumental in supporting the tribal pow wow at South Umpqua Falls. He was an advocate for cultural activities and supported education and employment of tribal members.

His "Tooter Tours" of the local back country, sense of humor, and storytelling will be missed among the younger generations of the tribe. We shall forever honor this man and all he stood for. He will be buried in the Thomason Cemetery near Drew, OR. An informal Celebration of his life will be held on Saturday, August 23rd from 1:00-5:00 PM at Seven Feathers in the Convention Center rooms B & C.

Youth Education Program (YEP)

YEP sponsored an amazing afternoon and evening for our tribal youth and parents. On August 2nd, the group boarded the Hellgate Jet Boat and travelled up the Rogue River for a family style dinner and jetted back to Grants Pass. There were many smiles, giggles, and wet participants. Thank you to all of the participants for having a fun and safe time.

FACEBOOK HOW TO'S



If you would like to join the Tribal Facebook group you must fit one of the following criteria:

- Enrolled Cow Creek Tribal member
- Spouse of an enrolled Tribal member
- Adopted enrolled children of a Tribal family
- Current Tribal employee

Our goal is to have as much information as possible posted that would benefit the Tribal members utilizing this new social media outlet. It will not replace our printed newsletter, but act as a supplement.

Examples of types of information posted are: program events, children's events, program deadlines, Tribal public meetings, the Tribe in the news, scholarship deadlines, upcoming class information, health tips, health resources, job announcements and so on.

If you are interested in joining this group, we need the email address that you use to log in to Facebook. Because this is a private group, intended only for select individuals that meet the criteria, we will send you an invitation to the group. Once you accept the invitation you will be a part of the group.

For more information please contact Janet Cooper at:
(541) 677-5575 or jcooper@cowcreek.com



Youth Education Program (YEP)

The backpack Giveaway was a huge success. We will be doing it again next year! YEP was able to serve over 100 youth to prepare them for a successful school year with some supplies and backpacks. Happy faces and fun times.



September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 OFFICES CLOSED LABOR DAY HOLIDAY	2 Gym @ Rsbg Clinic open T-Th 9-4 PM Zumba - Boardroom in Rose-burg Government Office 5:30-6:30 PM	3 Gym @ South Clinic open M/W/F 8-3 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	4 Gym @ Rsbg Clinic open T-Th 9-4 PM Elder's Breakfast 8:00 AM @ 7F Zumba - Boardroom in Rose-burg Government Office 5:30-6:30 PM	5 Gym @ South Clinic open M/W/F 8-3 PM	6
7 AA Mtg 6 PM Gov Office	8 Gym @ South Clinic open M/W/F 8-3 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	9 Food Bank 9-12 PM Gym @ Rsbg Clinic open T-Th 9-4 PM	10 Gym @ South Clinic open M/W/F 8-3 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	11 Gym @ Rsbg Clinic open T-Th 9-4 PM Zumba - Boardroom in Rose-burg Government Office 5:30-6:30 PM	12 Gym @ South Clinic open M/W/F 8-3 PM	13
14 AA Mtg 6 PM Gov Office	15 Gym @ South Clinic open M/W/F 8-3 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	16 Zumba - Boardroom in Rose-burg Government Office 5:30-6:30 PM Portland Zoo elder's trip Gym @ Rsbg Clinic open T-Th 9-4 PM	17 Gym @ South Clinic open M/W/F 8-3 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	18 Gym @ Rsbg Clinic open T-Th 9-4 PM Zumba - Boardroom in Rose-burg Government Office 5:30-6:30 PM	19 Gym @ South Clinic open M/W/F 8-3 PM	20
21 AA Mtg 6 PM Gov Office	22 Gym @ South Clinic open M/W/F 8-3 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	23 Zumba - Boardroom in Rose-burg Government Office 5:30-6:30 PM Food Bank 1-4 PM Gym @ Rsbg Clinic open T-Th 9-4 PM	24 Gym @ South Clinic open M/W/F 8-3 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	25 Gym @ Rsbg Clinic open T-Th 9-4 PM Zumba - Boardroom in Rose-burg Government Office 5:30-6:30 PM	26 Gym @ South Clinic open M/W/F 8-3 PM	27
28 AA Mtg 6 PM Gov Office	29 Gym @ South Clinic open M/W/F 8-3 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	30 Zumba - Boardroom in Rose-burg Government Office 5:30-6:30 PM				

Announcements

Births/New Enrollments

Kashlyn Faye Wylie

Obituaries

Jack Jerry "Tooter" Ansures

Address Updates for Annual Distribution Check Mailing

The tribal distribution checks will be mailed out mid-November 2014. If there are any tribal members that are turning 18 by December 10th, Accounting will need a W-9 form before their check will be mailed out. If your address has changed, the Address Change forms are available on the Cow Creek Website to print and mail, or call the Government Office at 541-672-9405 to have one mailed to you.

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. Youth related events and information won't be relayed properly if addresses aren't correct.



Future Events

To get up-to-date information and announcements contact Janet Cooper for more information on how to connect with the Tribal office's Facebook page.



The Tribal Family Picnic will be at Bare Park on September 13th from 11:00 a.m. to 3:00 p.m. Provided will be Kids games, lunch and a raffle to conclude this fun day! Please RSVP to Tammy Rondeau @ 541-672-3861 or email her at: trondeau@cowcreek.com by August 25th.

Upcoming Elder's Events

SEP 4	Cow Creek/Klamath Elder's Breakfast	Seven Feathers, Grape & Huckleberry Rm	8:00 AM
SEP 16	Portland Zoo Trip	PORTLAND, OR, Limited Seating, Sign up now	6:00 AM
OCT 3	Luncheon & Bingo	HUCKLEBERRY ROOM, SEVEN FEATHERS	12:00 PM
NOV 8	Elder's Annual Dinner	Seven Feathers, Azalea Rm (Blanket Presentation)	2:30 PM
DEC 5	Holiday Lunch	Seven Feathers, Grape & Huckleberry Rm	12:00 PM

Please call Cindy to RSVP 541-677-5575

-----All events are subject to change! Please watch for updates!-----

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