

# Wik'uuyam Heeta'

"Friend, Away from Here"

The Official Newsletter of the Cow Creek Band of Umpqua Tribe of Indians



Volume 26, Issue 12 December 2016

We will be known forever by the tracks that we leave.

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#### **Government Office Hours**

Monday - Friday 8 AM to 5 PM

Roseburg Clinic Hours

Monday - Friday 8 AM to 5:30 PM

No Walk-Ins. Please Call for Same-Day Appointment

#### Canyonville Clinic Hours

Monday - Friday 8 AM to 5:30 PM

No Walk-Ins. Please Call for Same-Day Appointment

### Office Closures

January -- New Year's Day

January -- Martin Luther King Jr. Day

February -- Presidents' Day

May -- Memorial Day

July -- Independence Day

September -- Labor Day

October -- Columbus Day

November -- Thanksgiving Day (and next day)

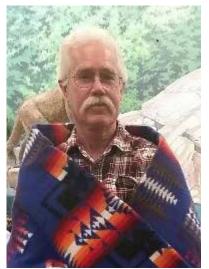
December -- Christmas Day (and Eve)

## Elders Honor Dinner and Blanket Ceremony

Approximately 100 guests attended the 2016 Elder Honor Dinner and Blanket Ceremony, held at the Seven Feathers Casino Resort.

A total of 14 Tribal members became Elders at the age of 60 this year. Rob Estabrook received his Pendleton blanket at the Tribal General Council meeting, while Cecilia Forbis and Pam Campbell received theirs at the Honor Dinner. Those who recently became Elders who were not in attendace will be receiving their Pendleton blankets before Christmas 2016.

Five Cow Creek youth volunteered as servers for the banquet, and can be seen below: Destiny Derrick, Madilyn Pickett, Nick Lowell, Nakai Sinohui, and Josiah Sinohui.





That evening, the top 5 Eldest Tribal members were recognized (two of whom were in attendance), the Eldest listed first: Alec Van Norman, Sue Shaffer, Walter Lerwill, Adelaide Mamerow, and Harold Bochart. Each were honored with dentalia shell and pine nut necklaces made for each of them by Kayla Knight and Adrionna Brim.

All veterans, including World War II veteran Walter Lerwill, were honored during the proceedings, as were all past and present members of the Tribal Board.

Suzie Puckett mesmerized those in attendance with her soft Native American flute music during the time for socializing. Following her, Michael Lajko performed elegant saxophone and clarinet music from the 30's, 40's, and 50's during the dinner hour.

All guests in attendance were entered to win special raffle prizes from the Seven Feathers Gift Gallery. Marissa Golden won the Grand Prize: a large Pendleton beach towel. Both Tracy DePew, Emergency Preparedness Director, and Adrionna Brim, AOA

Coordinator, were in attendance to pass out Emergency Preparedness duffel bags, so that Elders would be prepared in the case of an emergency situation.

Thank you to all those who helped make this event possible!







#### Sticking Up for Prevention of Underage Drinking

In honor of the recent Red Ribbon Week, the Cow Creek Health and Wellness Center has undertaken an initiative to help raise awareness of the dangers of underage drinking in an effort to increase prevention of underage youth obtaining alcohol.

One way that Amber Gaines (right) has approached the issue is by going on a "sticker shock" campaign. After obtaining permission from the Cow Creek Truck and Travel Center in Canyonville, Oregon, she and Julie Hargraves (left) applied red stickers to alcoholic beverages, so that anyone purchasing a case would see the notification.

Each red sticker reads: "Think Twice! Buying alcohol for minors is ILLEGAL! Underage drinking can be DANGEROUS! Class A misdemeanor with up to 364 days in jail and \$6,250 in fines. Be the influence they NEED!"

In a recent Oregon Health Authority study, it showed that in a 30-day period, 22.5 % of 8<sup>th</sup> graders and 33.9% of 11<sup>th</sup> graders in Douglas county had used

alcohol. Furthermore, 42.7% of  $8^{\text{th}}$  graders and 70% of  $11^{\text{th}}$  graders reported that it was easy to get alcohol. These are just a few of the startling results of the study for Douglas County.

"After seeing the recent numbers for Douglas County in the survey, we felt that something needed to be done," said Gaines. "We just want to inform the public of this problem, so that they can prevent alcohol use and abuse in children. Reports show that this abuse continues into adulthood and is linked to several other problems, which we want to help prevent."



#### A New Name for a Well-Used Location

The building now known as the Tribal Community Center in Myrtle Creek used to be called the Education and Workforce Center. That was, in large part, due to the grant for its original rent coming from the Youth Development Council's Workforce and Education division.

However, since the Workforce Development department has moved to the Roseburg office, it seemed more appropriate to expand the title to fit the Center's role as a hub for Tribal members in Southern Douglas County. The TCC hosts the Youth After School Program, the Takelma language classes for both youth and Elders, Early Learning programs such as the Round Circle Reading groups, and much more. With the After School Program at full capacity with 13 students, and more happening there every day, the Tribal Community Center may be outgrowing the small strip mall where it currently resides.

Aside from programs, the TCC allows Southern Douglas County Tribal members with an informative point of first contact with the distant Roseburg Government offices.





#### The 2nd Cow Creek Behavioral Risk Factor Surveillance System (BRFSS) Project

It has been five years since we last surveyed our membership of the Cow Creek Band of Umpqua Indians, and it's once again time to update our strategic plans.

Beginning mid-January 2017, we as a Tribe will again participate in a health survey of all Tribal members to assure we can continue to improve our Cow Creek healthcare system, Nesika Insurance plan, Tribal programs and other vital health-related services. We will survey every adult 18 or older, by phone, between January and April 2017. Each Tribal member who participates will receive a \$60 gift card. Highlights of the survey will be published in the August 2017 newsletter, and a complete summary of the results will be available at the August general council meeting.

This survey will be administered by the Northwest Portland Area Indian Health Board (NPAIHB) employees. They will be trained in conducting the surveys and all information will remain confidential – no names will be given, and no other identifying data will be included in the survey results. Surveys will be conducted via a pre-scheduled appointment time. Surveys completed with the assistance of the NPAIHB by phone will take approximately 45 minutes. Gift cards will be mailed to all who participate within 5 working days of taking the survey.

Please be watching for a letter from the Health Advisory Committee and Board of Director's Chairman in the next month explaining the process and a more detailed explanation of the survey.

#### **Photos from the Youth Pow Wow**

Photos courtesy of Beth Gipson.







# Tribes Join with Lone Rock Timber Management Company to Bid for the Purchase of the Elliot State Forest

Earlier this year, the State of Oregon announced that it will be selling 82,500 acres of the Elliot State Forest to provide funding for Oregon public schools.

The Cow Creek Band of Umpqua Tribe of Indians has recently partnered with the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians, and the Lone Rock Timber Management Company to offer a bid for the forest, with the assistance of the Conservation Fund.

Lone Rock Timber Management is a fourthgeneration, family-owned business located in Roseburg, Oregon. The Conservation Fund helps landowners incorporate environmental values in management strategies. Both organizations are enthusiastic about maintaining and conserving the land while still allowing hiking, hunting, and other recreation activities.

"Our company has worked in and around the Elliott State Forest for 50 years," said Toby



Image Courtesy of the Oregon Department of Forestry via Flickr

Luther, CEO of Lone Rock Timber Management Company. "We feel that purchasing the forest is the best way to guarantee its proper management for both our community and the entire state. Together with our Tribal partners and conservationists, we are committed to sustainably managing the forest for its environmental, recreational, and economic benefits."

The Tribal leaders of the Tribes agree with this philosophy.

"For hundreds of years, long before Oregon was a territory, the Cow Creek people have lived and prospered in the lands that are now Southern Oregon – and we have always cared deeply for our children's education, healthy streams, the conservation of important habitat for wildlife and contributing to strong local communities." said Dan Courtney, Chairman of the Cow Creek Tribe. "Since the Tribe's restoration act more than 30 years ago, the Tribe has made it a priority to pursue land restoration in Oregon for the community and Tribe's future generations. This unique partnership with Lone Rock and other Tribes helps advance that goal of restoring land ownership, and solves a problem for our state, providing a more predictable revenue stream for schools while protecting important public benefits in this special forest."

The Oregon State Land Board will announce the successful bidder at its December 13<sup>th</sup> meeting. All of the details on the partnership and their plans and hopes for the purchase can be found in the full press release, featured on <a href="https://www.cowcreek.com/press-releases/">www.cowcreek.com/press-releases/</a>.

#### **Clinic Offices Weight Loss Challenge**

By Tisha Larsen, Family Nurse Practitioner

Sometime in July, a few clinic staff members were having lunch in the break room when they realized they needed to make some lifestyle changes. What better way to do that than by getting together with friends and making it a little challenge? They decided to each contribute \$10 and the person who lost the most weight would get to keep the money. Word quickly spread, and soon more than 28 people wanted to participate!

The rules were simple: you must turn in your weight monthly. The benefit was having a group of people helping each other achieve their goals. The weight loss was calculated by body percentage. The competition started on August 1<sup>st</sup> and ended on October 31<sup>st</sup>. Brandon Farley came in first place by losing 15% of his starting body weight! 25 people completed the challenge for a total weight loss of 300 pounds. One of the best things to come out of this was seeing so many people eating healthy foods and sharing recipes during the challenge.

#### **Current List of Tribal Government Boards and Committees**

Tribal Board of Directors
Dan Courtney, Chairman
Gary Jackson, Vice Chairman
Yvonne McCafferty, Secretary
Robert Van Norman, Treasurer
George T. Rondeau
Rob Estabrook
Steve Jackson
Tom Cox
Jessica Bochart-Leusch

Luann Urban Gerald Rainville

Paul Zegers

Cow Creek Foundation
Board of Directors
Dan Courtney, Chairman
Christy Cox
Chris Davidson
Yvonne McCafferty
Lee Patterson (Jacky Hagon-Sohn)
Luann Urban
Linda Van Norman

Tribal Housing Review Board
Carla Keene, Chairman
Rhonda Richardson, Vice Chairman
Jennifer Bryant, Secretary
Teri Hansen
Travis Hill
Rob Estabroo
Luann Urban
Ted Rainville
Ron Doan
Lonnie Rainv

UIDC Board of Directors
Dan Courtney, Chairman
Gary Jackson, Vice Chairman
Yvonne McCafferty, Secretary
Robert Van Norman, Treasurer
Tom Rondeau, Jr.
Robert Estabrook
Tammy Anderson
Ron Doan

Harold Phillips
Bob Ragon
Open Position

Health Advisory Committee
Tom Cox
Karen Cox
Luann Urban
Rhonda Richardson
Jone Radford
Margaret Mulholland-Dumont
Andrea Davis

UIUC Board of Directors
Robert Van Norman, Chairman
Rob Estabrook, Vice Chairman
Luann Urban
Ted Rainville
Ron Doan
Lonnie Rainville

Behavioral Health Advisory Committee Dennis Eberhardt Dan Courtney Linda Witbeck Cati Adkins Marty Warner Youth Members Jesse Spain Aria Mathison Vera Jones **Andrew Davis** Patricia Hussey Darrin Looney Julianna Maraz Rylee Gearin Jerry O'Sullivan

Cow Creek Gaming Commission Board Michael Rondeau, Chairman Carla Keene Gerald Rainville Bobby Dumont Sherri Shaffer

Youth Activities Committee
Polly Rondeau Teresa Courtney
Linda Van Norman Robert Lowell
Sophia Gosselin Michael Bochart
Janet Lamm

Education Advisory Committee
Alicia McAuley
Jessica Bochart
Vonnie McCafferty
Karen Cox
Linda Van Norman
Lonnie Rainville
Michael Rondeau

# Messages from the Clinic

#### Potential Impact on Indian Health under New Administration

By Sharon Stanphill, Health & Wellness Director

We know it is normal for every administration to have priorities concerning Indian sovereignty, specifically about issues of education, healthcare and housing. However, we have absolutely no idea of President-Elect Trump's views on healthcare, as we have but one comment from him concerning a 1990's Indian gaming hearing.

In the next 60 days, the National Congress of American Indians will develop and distribute its transitional goals. However, there is something for Tribes to consider as we adjust to the new administration's changes and impacts on our healthcare system: This is the most consolidated power of one party since 1928, and the changes will be far-reaching. This administration will have one of the biggest educational curves concerning Indian issues, and we have a lot of work ahead of us to assure your needs are met. We do have a few strong supporters in the Republican leadership in Congress, and we will be reaching out to them over the next few weeks.

With a Republican administration, Congress and majority of governorships, it is anticipated that repeal of the Affordable Care Act will be one of the top priority items. For Indian Country, this would also mean repeal of the permanent reauthorization of the Indian Health Care Improvement Act. Permanent reauthorization of the Indian Health Care Improvement Act has positively impacted how American Indians/American Natives (AI/ANs) have met their health care needs. AI/ANs now have more options to access affordable health care through the Marketplaces, Medicaid, CHIP and IHS services. Given the longstanding underfunding of the Indian Health Service, these additional options have given many AI/ANs, especially chronically ill Al/ANs, access to much needed specialty services. These services have been life-saving for many Tribal members in the Northwest.

In Oregon, many of our Tribal members (and the members of other Tribes) are enrolled in Medicaid due to Medicaid expansion in our state, which covers many of our young people meeting certain income

requirements. Through the Marketplace, our Tribal members have also been able to purchase health insurance, and many qualify for advanced premium tax credits which makes health insurance affordable.

Through Medicaid Expansion, Marketplace health insurance plans reimbursement has greatly helped our Tribe see significant revenue increases, which has allowed us to expand services and programs to Tribal member's. Examples of this include educational costs for students entering health-related fields, and expanding OTC and dental care out of the service area.

Some of the benefits of the Affordable Care Act for the general population include: improving quality and lowering health care cost, free preventive care, prescription discounts for seniors, protection against health care fraud, Small Business Tax Credits, no preexisting conditions limitations, and access to health care and the marketplace. Coverage for young adults is available up to age 26. The ACA has also strengthened Medicare and holds insurance companies accountable and must justify any premium increase of 10% or more before the rate takes effect.

Several special benefits and protections would no longer exist for many of our Tribal members if the ACA is repealed. To name a few:

- Many of our tribal members would no longer have access to Medicaid (Oregon Health Plan)
- Tribal members are currently eligible to enroll in Marketplace plans anytime during the year and access special enrollment periods outside the annual open enrollment period. This allows Tribal members to enroll in and/or change their Qualified Health Plans (QHPs) each month. This benefit would no longer be possible.
- Regardless of income, Tribal members who purchase a qualified health plan through the Marketplace are eligible for a limited cost-sharing exemption when receiving services from or through an Indian health provider.
- Tribal members with incomes between 100% and

# Messages from the Clinic

#### Potential Impact on Indian Health under New Administration, Continued

By Sharon Stanphill, Health & Wellness Director

300% of the federal poverty level have been able to enroll in a zero cost sharing plan, which means no copays, deductibles, or coinsurance when receiving care from Indian health care providers or when receiving Essential Health Benefits (EHBs) through a qualified health plan.

- Tribal members with incomes below 100% and above 300% FPL can enroll in a limited cost sharing plan, which means no co-pays, deductibles, or coinsurance when receiving care from Indian health care providers. These levels would be no longer eligible for no-copays.
- Tribal members have been taking advantage of the Advance Premium Tax Credits which are based on income and these would no longer be available.
- In addition, we have contracted with most all qualified health plans in Oregon and have become providers in their networks. All our patients who have these insurances would no longer have the discounts the network contracts offer meaning costs would be the responsibility of the patients.

#### Cow Creek Health & Wellness Director Speaks at NIHB General Assembly

Sharon Stanphill, Health & Wellness Director for the Cow Creek Health & Wellness Center clinics, traveled to Phoenix, Arizona, on September 21, 2016, to speak at the National Indian Health Board (NIHB) General Assembly. She represented both the Cow Creek Tribe and the Tribal Leaders Diabetes Committee, Portland Area.

During her presentation, she spoke on the Reimbursement Expansion for the Diabetes Prevention Program offered by the Center for Medicare/Medicaid Services (CMS), and how it would affect the Special Diabetes Program for Indians (SPDI). She mentioned how the Cow Creek Tribe has used SPDI grants for over 12 years to help Tribal members prevent diabetes.

Stanphill urged authorities to consider Native American interests and circumstances when making decisions; for example, in regards to the CMS's proposition to move toward wholly electronic report submission, she asked them to consider that many rural Tribal health care organizations do not have reliable access to internet, or vast up-to-date IT infrastructure to handle such a system.



Throughout the entirety of her speech, she represented Native Americans all over the State of Oregon, and her address to assembled medical authorities reminded them that they needed to consult with Native Americans, rather than moving along without their input or approval.

# **Education Corner**

#### Services Provided at the Tribal Community Center

With the upcoming New Year and change in name from Education and Workforce Center to Tribal Community Center, we would like to remind all Tribal Members of services we offer to you here at the Tribal Community Center. We are open Monday-Thursday from 9:45 PM to 2:00 PM and Friday 1 PM - 2 PM for Tribal Members to stop by 213 S. Old Pacific Hwy. in Myrtle Creek, Oregon, and get assistance with their clerical needs.

Available services include: Free faxing to any destination, up to 10 photo copies per day, 2 desktop computers with internet and printing capabilities, WiFi



access within the building, courier service for items needing to go to or be retrieved from the Roseburg offices, and beverages to enjoy during your visit. We ask that all adults complete their use of the Center by 2 PM. At that time, youth start arriving for the Expanding Horizons Youth Program. Homework help, a hot meal and daily crafts are provided to youth from 2:30 PM to 6 PM daily. Please call (541)860-7296 if you have any questions about available services. Amber Lomascola or Susie Puckett will be happy to assist you.

#### **Youth Education Program Benefits**

Did you know that besides the \$25 School Supply Benefit that Tribal Children can receive, there is a program (Youth Education Program) that provides supplemental education services to eligible Tribal children, 3-18 years of age, who are still attending school? Services of this program cover costs that parents may make of up to \$250 per calendar year. Costs can include sports fees & equipment, school fees, and other educational activities. So, save your receipts! Download the YEP Application and the YEP Parent Request Forms on www.cowcreek.com/ tribal-services/youth-education-program-yep/. Forms and receipts for 2016 had to have been turned in by December 15, 2016 for reimbursement, but keep this in mind for any expenses coming up during 2017. Please allow 30 days for payment. For more information, call Mark Andrews, Youth Development Specialist, at 541-677-5575.

#### **Pediatric Book Giveaway**

Any time you bring your children (baby through 12 years old) for a Well-Child Check at one of the two Tribal Health Clinics, your child will receive a free,

# Book Kiosks: What are they for, and how do they work??

All you need to do is borrow a book from the Kiosk, and when you are done reading it, place it back for the next person to enjoy. If you like the book and want to keep it, then by all means do so. Just please place another appropriate book of your choosing in the Kiosk so that they are full of books all the time. Staff from the Education Department will restock the Kiosks weekly with new books, so frequent it often to find something new.

There are books for all ages, from Board Books for your baby and toddler, to literature and books for adult readers, and everything in between. Research shows that school-aged children, from Kindergarten to 12th grade, who read (or are read to) for at least 20 minutes a day will have a much greater chance of success in school than children who don't read at home. So grab a book, return a book, and have fun exploring the great world of books.

For more information, please contact Mark Andrews at 541-677-5575.

# **Education Corner**

#### **Round Circle Reading Groups**

Our Round Circle Reading group continues to meet on Tuesdays. Please look below for the December schedule. Groups are meant for children ages 0-5. Come to the Tribal Community Center in Myrtle Creek (formerly known as the Education Workforce Center), grab a fun rug to sit on, and read with your children. Refreshments are provided, and every child who attends gets to take home a free book weekly!

Tuesdays, 10 - 10:45 AM at the Tribal Community Center in Myrtle Creek. There will be no meetings during the month of December, or January 3<sup>rd</sup>. Classes will resume on January 10, 2017.

#### **Early Learning Programs**

Do you want to receive over \$150 worth of games and activities? Do you want to be entered into a drawing to win a FREE 8" KINDLE FIRE HD with Wi-Fi and 32 GB Memory? If so, two great programs are taking place and begin again in February and March in 2 locations and running through the 2016-2017 school year.

If you have a 2-3 year old child who is already in or preparing for pre-school or Head Start, or a 4-5 year old child who is preparing for Kindergarten in the Fall of 2017, join us for dinner and an interactive class in order to learn how to best teach your children and prepare them for pre-school, Head Start and Kindergarten. Parenting skills will also be discussed.

The classes consist of 4 different meetings, each covering a different topic. Dinner, free resources, materials, books and supplies will be provided. <u>During the last class, someone will receive a FREE Kindle Fire.</u> Childcare services may be available (Please indicate if you need childcare services when you RSVP).

Please call Kayla Knight at 541-677-5575 to RSVP your spot in this wonderful and exciting educational opportunity. This program is open to all Tribal Parents. Parents with children who fall into both class ranges are welcome to attend both series. Dates and locations are as follows:





Pre-School & Head Start Preparedness (Parents of 2-3 Year Olds). 2 Locations & Dates (4 Class series)

Tribal Community Center in Myrtle Creek 6:15 - 8:15 PM March 7<sup>th</sup>, May 2<sup>nd</sup>

Tribal Government Offices Boardroom in Roseburg 6:15 - 8:15 PM March 9th, May 4th

Pre-Kindergarten Preparedness (Parents of 4-5 Year Olds). 2 Locations & Dates (4 Class Series)

Tribal Community Center in Myrtle Creek 6:15 - 8:15 PM Feb. 7<sup>th</sup>, April 4<sup>th</sup>, May 16<sup>th</sup> Tribal Government Offices
Boardroom in Roseburg
6:15 - 8:15 PM
Feb. 9<sup>th</sup>, April 6<sup>th</sup>, May 18<sup>th</sup>



- The Rick Jones Brotherhood @ The Elements Lounge December 21 - 25, 2016 Wed., Thurs., Sun. 7 - 11 PM Fri. & Sat. 8:30 PM - 1:30 AM
- <u>Amy Clawson @ The Elements Lounge</u>
  December 28, 2016 January 1, 2017
  Wed., Thurs., Sun. 7 8 PM, 9 10 PM
  Fri. & Sat. 9 10 PM, 10:30 11:30 PM, 12 1 AM
- New Years Eve Party @ Umpqua Grand Ballroom
   December 31, 2016
   Magical Motown Memories (Featuring the Miracles, Johnny Britt, and The Sounds of the Supremes): 8 PM.
   Dokken 11 PM.
   Must be a Players Club member.
- <u>Hank Shreve @ Elements Lounge</u> January 4 - 8, 2017 Wed., Thurs., Sun. 7 - 11 PM Fri. & Sat. 8:30 PM - 1:30 AM
- <u>Jimmy Stare @ Elements Lounge</u> January 11 - 15, 2017 Wed., Thurs., Sun. 7 - 11 PM Fri. & Sat. 8:30 PM - 1:30 AM
- Heavy Chevy Band @ Elements Lounge January 18 - 22, 2017 Wed., Thurs., Sun. 7 - 11 PM Fri. & Sat. 8:30 PM - 1:30 AM
- Bump in the Road @ Elements Lounge January 25 - 29, 2017 Wed., Thurs., Sun. 7 - 11 PM Fri. & Sat. 8:30 PM - 1:30 AM

#### **Cow Creek Regalia Classes**

Come learn how to make your own Tribal regalia at the Cow Creek Government Offices Board Room in Canyonville, Oregon!

Classes are held from 10 AM to 2 PM on the following dates: January 3<sup>rd</sup>, February 11<sup>th</sup>, February 25<sup>th</sup>, March 11<sup>th</sup>, April 8<sup>th</sup>, April 29<sup>th</sup>, and May 20<sup>th</sup>.

#### **Winter Gathering**

The Winter Gathering will be held on January 28th. Watch your mailboxes for more information. Contact Rhonda Richardson at 541-677-5575 for questions.

#### Nahankuotana Weaver Group

The basket weaving group meets on the following Mondays from 2 - 5 PM at the Block House: January 9<sup>th</sup> and January 23<sup>rd</sup>.

#### **Elders Water Aerobics**

The Water Aerobics class will resume again on January 10, 2017, from 9 - 9:45 AM and from 10 - 10:45 AM at the Seven Feathers RV Resort in Canyonville, Oregon.

#### **Holiday Food Bank Packages**

The Food Bank will be open the following dates in December: the 20th from 1 - 4 PM, and the 27th from 1 - 4 PM. Holiday packages will be given out each of these days, with a few added holiday food items to make the holidays a little brighter for our Tribal families!



# Government and Programs

# A Doctor's Appointment from the Comfort of Your Own Home

The Cow Creek Band of Umpqua Tribe of Indians has partnered with Teladoc, a service that provides access to board-certified medical doctors, dermatologists, 24 hours a day, 7 days a week.

Any Tribal member or employee who has the Nesika Health Plan gets COMPLETELY FREE access to Teladoc! You can get help and prescriptions from real doctors on issues like colds, the flu, respiratory infection, sinus problems, ear infections, skin problems, and much more without ever having to leave your home!

Once you have registered your account on <a href="www.teladoc.com">www.teladoc.com</a> (or by calling 1-800-Teladoc), you can call, go online, or use the Teladoc app to get in contact with a doctor.

While registering, you will want to have the following information on hand:

- Medications Height/Weight
- PCP info Allergies
- Health Conditions Family History

All registration information must be filled out before you can speak to a doctor, so it is a good idea to register now so that you do not have to go through the process when illness strikes.

For any questions or comments, please contact Jone Radford, Nesika Administrator at 541-677-5508.



# **Employment Opportunities at the Cow Creek Government Office**

Are you seeking employment? The Government Offices and the Umpqua Indian Development Corporation always have positions opening up that you can fill. Currently, we're looking for qualified individuals to fill the following positions at the Government Offices:

- General Construction Laborer
- Orchard and Gardens Technician
- Tribal Garden Program Manager
- Native Connections Project Coordinator

To view the job descriptions for these positions, and to apply for employment, please go to <a href="https://www.cowcreek.com/employment">www.cowcreek.com/employment</a>. Once there, please print the available application and send the completed application with a resume to this address:

Cow Creek Government Office Attention: Human Resources 2371 NE Stephens Street Roseburg, OR 97470

To view a complete listing of openings with the Umpqua Indian Development Corp., please go to <a href="https://www.uidchr.com">www.uidchr.com</a>.

\*\* Please be aware that positions posted in this newsletter may be filled prior to this newsletter's publishing, mailing, or delivery to your address. \*\*

For questions about any Cow Creek Government Office positions, please contact the offices' Human Resource Department at 541-677-5575.

For questions about any UIDC positions, please contact the UIDC Human Resources Department at 541-839-1221, extension 2.



### December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Takelma Class Water Aerobics	2 Elders Luncheon 12 PM @ 7F	Regalia Class 10 AM - 2 PM @ GO
4	5 Senior Meals Exercise Class Takelma Class 6 - 7 PM @TCC	6 Senior Meal Water Aerobics Youth Drum 4 - 6 PM @TCC	7 Senior Meal	Festival of Trees  8 Family Drum  5-7 PM @ BH  Water Aerobics  Takelma Class	Festival of Trees 9	Festival of Trees 10
Festival of Trees 11	12 Senior Meal Exercise Class (LAST DAY) Takelma Class 6 - 7 PM @TCC Nahankuotana Weavers Group 2-5 PM @ BH	13 Senior Meal Water Aerobics Food Bank Open 9 AM - 12 PM	14 Senior Meal with Guest Speaker	15 Water Aerobics (LAST DAY until January 10) Takelma Class	16 Trolley Rides through the Festival of Lights	17
18	19 Senior Meal  Takelma Class 6 - 7 PM @TCC  Nahankuotana Weavers Group 2-5 PM @ BH	20 Senior Meal Food Bank Open 1 - 4 PM	21 Senior Meal	No Takelma Class Government Office Closes at 1:30 PM	23 Government Offices Closed	24
25 Merry Christmas!	26 Government Offices Closed No Senior Meals	27 Senior Meal Food Bank Open 1 - 4 PM	28 Senior Meal	29 No Takelma Class	30	31

### Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Water Aerobics: 9 - 9:45 AM, 10 - 10:45 AM @ Seven Feathers

RV Resort, Canyonville

Takelma Class: 10 AM - 12 PM @ Tribal Community Center

Round Circle Reading Group: 10 - 10:45 AM @ TCC

Exercise Class: 11 - 11:30 AM @ South Clinic in Canyonville

GO: Government Offices, Roseburg, OR

TCC: Tribal Community Center (formerly the Education and Workforce Center), Tri-City, OR

**7F:** Seven Feathers Casino Resort

BH: Block House, Canyonville

For any questions regarding activities, please call the

Government Offices at 541-672-9405.

# January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Government Offices Closed No Senior Meal Today	3 Senior Meal Takelma Class 6 - 7 PM @TCC	4 Senior Meal	5 Takelma Class	6 Elders Luncheon 12 PM @ 7F	7 Regalia Class 10 AM - 2 PM @ GO
8	9 Senior Meal Takelma Class 6 - 7 PM @ TCC Nahankuotana Weavers Group 2-5 PM @ BH	10 Senior Meal Water Aerobics starts again Round Circle Reading Group Food Bank Open 9 AM - 12 PM	11 Senior Meal	12 Takelma Class Water Aerobics Family Drum Practice 5-7 PM @ BH	13	14
15	16 No Senior Meals or Takelma Classes today Government Offices Closed for MLK Jr. Day	17 Senior Meal Water Aerobics Round Circle Reading Group Youth Drum 4 - 6 PM @ TCC	18 Senior Meal	19 Water Aerobics No Takelma Class Today	20	21
22	23 Senior Meal Takelma Class 6 - 7 PM @ TCC Nahankuotana Weavers Group 2-5 PM @ BH	24 Senior Meal Water Aerobics Food Bank Open 1 - 4 PM Round Circle Reading Group	25 Senior Meal	26 Takelma Class Water Aerobics	27	Winter Gathering Contact Rhonda Richardson at 541-677-5575 for more information.
29	30 Senior Meal Takelma Class 6 - 7 PM @ TCC Diabetes Self- Management Time TBA based on registration	31 Senior Meal Water Aerobics (LAST DAY) Round Circle Reading Group				

### Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Water Aerobics: 9 - 9:45 AM, 10 - 10:45 AM @ Seven Feathers

RV Resort, Canyonville

Takelma Class: 10 AM - 12 PM @ Tribal Community Center

Round Circle Reading Group: 10 - 10:45 AM @ TCC

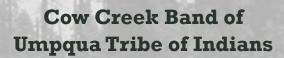
GO: Government Offices, Roseburg, OR

**TCC:** Tribal Community Center (formerly the Education and Workforce Center), Tri-City, OR

**7F:** Seven Feathers Casino Resort

**BH**: Block House, Canyonville

For any questions regarding activities, please call the Government Offices at 541-672-9405.



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