



Wik'uuyam Heeta'

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

Volume 26—Issue 4

April 2016

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Schedules

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

May 30—Memorial Day

A Letter from the Chairman

I am excited to announce that the Tribal Board of Directors, upon review of current Tribal business financials (excluding casino), has approved a non-recurring distribution to Tribal membership of \$450 on June 17, 2016. Over the last several years, Tribal businesses have been seeing great improvements. See the article on page 3 for more specific details.



Many of you have seen the headlines regarding the court settlement between Tribes and the U.S. Government regarding underpayment of indirect costs for native programs. For many years, Tribes were forced to operate Federal programs for Tribal members without adequate indirect cost funding. Historically, the U.S. Government would provide the direct funding for a specific program (such as Higher Education), but would fund only a portion of the additional indirect funds necessary to maintain proper accounting, review, and audits. After many years of class action litigation, the Federal Government has negotiated a settlement with affected Tribes and have agreed to fully fund indirect costs in the future. This is good news for all Tribes. For more details, see the article on page 3.

Our Board of Directors recently completed another annual visit to Tribal members in the state of Washington. Successful meetings were held in both Kelso and Port Angeles, where current information about Tribal programs and businesses were presented. The membership also had an opportunity to attend classes sponsored by **the Tribe's Cultural Department at each location. On behalf of the Board of Directors,** we are always pleased to attend these out-of-state trips and meet Tribal members. More information can be found on page 2.

Several of the Board and Staff attended a naming ceremony of the Umpqua Community College (UCC) Library for Tribal member and former Chairwoman, Sue Shaffer. UCC Honored Chairwoman Shaffer for both her work for the Tribal community as well as her near-20-year service as a member of the Umpqua Community College Board of Trustees, and for having been elected the first female chairwoman in the history of the college. **The college library was renamed "The Sue Shaffer Learning Commons and Library."** See page 3 for more details.



Cow Creek Health & Wellness Center Annual Report

During 2015, the Cow Creek Tribal membership received \$1,081,265 in direct benefits and \$4,863,126 via indirect services to potentially utilize the services of the CCH&WC. These services were funded by federal, state and private grants. A direct benefit is a program or funding source that provides services or payments for a tribal member.

Tribal members from many tribes across the country access the CCH&WC each year. In 2015, 2,513 individual tribal members were actively registered with 1,354 of these patients receiving care in the past year. Of these, 1,354 are Cow Creek tribal members from both in and out of the service areas. Cow Creek tribal members had a total of 1,726 visits with over 6,300 CCH&WC services rendered.

Behavioral Health – a total of \$502,712 in grant funding supports the programs and services offered to tribal members year round.

Prevention Services – Prevention activities were held throughout the year at the Workforce/Youth Education Center in Tri-City, Canyonville and Roseburg areas. The prevention activities help to engage and to bring together the Tribal community. Information disseminated during these activities brings awareness of how one can help preserve and safeguard the Tribe and family members.

Strategic Prevention Framework-Partners for Success State Grant (SPF-PFS) – We utilized a data-driven approach to identify our substance abuse prevention priority of underage drinking among persons aged 12-20. Currently, up to 12 youth participating in a nationally recognized Journey Club in which youth are learning to recognize and give back to their Tribe and community-at-large.

Tobacco Prevention – Our Behavioral Health staff can assist you with that quit by providing you with resources that will help you to be tobacco-free. Currently we are offering Freedom From Smoking® classes at both clinics. These classes are specifically designed for those individuals serious about wanting to quit smoking.

Over-the-Counter Program – The program processed 564 purchase orders for the Over-the-Counter medication and preventive health products. Of these, 586 tribal members residing within the service area utilized \$29,246 with 446 tribal members out-of-the-area utilizing \$22,762.

Mobile Optometry Services – Offered to all tribal elders and those with diabetes at the Canyonville clinic with 55 individuals receiving exams and 11 receiving eye glasses.

Medicare Part-B – CCH&WC insurance revenues brought in during FY 2015 paid for insurance coverage for both tribal members and their spouses. Premiums were reimbursed to tribal families in the amount of \$159,448.

Purchase & Referred Care (PRC) – A total of 3,836 purchase orders were issued to tribal membership in 2015 for a total of \$665,879. The following types of services were paid to assist membership with co-pays, deductibles and other healthcare claims: labs services \$26,751, dental care \$163,239, hospitalizations \$24,627, radiology services \$13,728, emergency care \$5,803, office visits (outside CCHWC) \$202,262, Behavioral health (outside CCH&WC) \$11,993, optometry \$13,514, medical supplies \$9,001 and pharmacy costs \$179,754.

Maternal Child Health Program (June – December 2015) –

Six diaper bags were given to mothers of newborn tribal members. Bags are filled with dental information and care products for mother and baby. Prenatal dental care and newborn gum care is vital to a healthy baby! In addition, tribal children registered with PRC are mailed a dental tote on their birthday filled with fun items!

Dental Benefit – Dental services purchase orders for tribal member's both in and out-of-the-areas were provided via the CCH&WC revenues (out of the area) \$116,150 and via the federal funds (in the services area) \$137,488 for a total of \$253,638.

Medical Nutrition Therapy & Diabetes Prevention – Two dietitians served 235 tribal members with 558 office visits to receive medical nutrition therapy, weight management, cancer therapy and other nutritional counseling. Many success stories of tribal members changing their eating habits, adopting a healthier lifestyle were reported which resulted in a decrease and in many cases the ability to stop taking medications for diabetes, blood pressure and other chronic illnesses; 15 tribal members who were pre-diabetic have prevented Diabetes (some for many years now) and their risk of developing diabetes are low. The average weight loss and maintenance for active weight-management program patients is 30-40 pounds. Monthly cooking demonstrations and quarterly cooking classes occurred throughout 2015. Staff dietitians worked closely with the Elders Coordinator to assure healthy, tasty meals were offered at the weekly elder's program.

Washington State Informational Meetings

During March, the Tribal Board traveled to Kelso and Port Angeles, Washington, to present information and answer questions from Washington Tribal members. Lonnie Rainville spoke about the benefits that Tribal members can enjoy, encompassing topics like education, health, housing, and more. Michael J. Rondeau gave updates on the Reservation Bill and the Medford Casino issue. John McCafferty offered the status of Tribal businesses. Sharon Stanphill shared news about the clinics' recent AAAHC and IPC awards, as well as their qualifying as a Medical Home (an honor which indicates that they have a very patient-centric practice that places Tribal members at the center of a team who cares). Tabbitha Johnson demonstrated cultural crafts, and Rhonda Richardson spoke in both Takelma and English about the important cultural discoveries. Robert Van Norman also shared some of the new Veterans Coins (see pg. 7).

What the Ramah Navajo Settlement Means for the Cow Creek

Recently, the Ramah Navajo Chapter won a lawsuit against the United States Government, which compels the U.S. to compensate Native American tribes for incorrect indirect cost rates for BIA grants, such as salaries for employees who administer programs funded by the grant, and other costs not included in the services provided by a program. The total settlement amount was \$940 million, which is to be divided among over 600 Native American tribes according to the number and size of grants they use. Based on that, the Cow Creek Tribe is set to receive \$915,362.06. As these funds are reimbursement for indirect costs not paid, they will be used to supplement the past funding shortages for Tribal programs.



UIDC Business Distribution

At their March 30th meeting, the Tribal Board of Directors decided to approve a non-recurring tribal distribution of \$450 that will be sent out on June 17, 2016. The distribution will be to all Tribal members 18 years and older as of the disbursement date (June 17, 2016). For the last several years, Tribal businesses have been successful in various degrees in meeting all budgetary requirements, including planned capital improvements. For this reason, the board has determined that a one-time distribution of revenue that has accumulated over a period of years could be dispersed to the adult membership of the Tribe.

This UIDC Business distribution is unrelated to the Annual Tribal Distribution dispersed to all tribal members (trust account for minors included) that is released in November of each year. **The Annual Tribal Distribution** is funded from proceeds of tribal gaming revenues and is governed under separate Tribal ordinances and federal law, whereas the UIDC Business Distribution is a collective of all non-gaming business revenue of the Tribe.

Each Tribal member must ensure that their address is current with the Tribal Government Office by May 31, 2016 in order to receive their distribution in a timely manner. **(Please submit updated addresses with the "ADDRESS CHANGE FORM" inserted in this newsletter.)**

This check will be combined with your annual distribution for tax purposes, and you will receive tax form 1099 in 2017.

UCC Honors Former Cow Creek Chairwoman

The Umpqua Community College has no higher honor for service to the college than to name a building after you, and former Cow Creek chairwoman Sue Shaffer now holds that honor. Her groundbreaking achievement of bringing federal recognition to the Cow Creek Band of Umpqua Indians, along with her tireless work to bring recognition and prosperity to the Tribe and its local community, has more than earned the honor of the building's renaming, not to mention the 20 years she spent serving on the UCC Board of Trustees, or the fact that she was the first woman Chairman for the Cow Creek Tribe. Now renamed, the Sue Shaffer Learning Commons and Library features an exhibit with remembrances from Shaffer's life, which will remain there so that UCC students can learn about her legacy.



A Bittersweet Parting

Noreen Thompson, RN, has retired after 17 years of excellent service at the clinic. A retirement party was held in her honor, where friends, colleagues, and Tribal leaders gathered to thank her before her upcoming move to Hawaii. "Ohana means family," Noreen said, "and I include all of you in my ohana."



Tribal Member Employee Spotlight



Patti Conner - Director of Custodial Operations

Born and raised in Canyonville, Tribal member Patti Conner lived in other areas in the U.S. before returning in 1985. She began working at the Casino 16 years ago, and rose through the ranks in her time there, eventually becoming Director of Custodial Operations in 2014. The Tribe provided her the opportunity to get certification as a life coach, a Hospitality Supervisor, and many more. She works hard to maintain standards of excellence for staff in the Custodial Department.

"I feel a sense of pride working and spending time with so many of our Tribal members within the establishment," says Patti. "I currently work with 5 Tribal members in the Custodial Department. It's nice to see their growth. Working here gives them the opportunity to spread their wings and find their personal niche, as it did for me."

Stewards of the Tribal Finances

Since the Finance Department was founded, it has kept a watchful eye over the Tribe's monetary affairs. They have 7 employees, more than the 3 they had when Tribal Chief Financial Officer Gregg Hervey started working for the Finance Department 16 years ago. "The Tribe has grown," says Gregg Hervey. "Not just in the amount of Tribal members, but in the amount of money flowing through the Programs that we run. Everybody has transactions that need processed, and that's our job. Basically, we record, we report, and we pay the bills."

Every year, the Finance Department contracts with a third-party auditor, who perform a Single Audit (OMBA133), which satisfies the requirements for any granting agency, such as HUD, IHS, IBA, and so forth. This ensures that the Tribe's financial statements are free of any misstatement, and that they comply with the requirements of the grants. While at times it may appear that finance can be inflexible, it is a sense of responsibility to the Tribe and Tribal members that dictates adherence to established policies and procedures.

"We're stewards of Tribal money," Hervey says, "and it's a responsibility we take very seriously."

Finance has begun to keep many of their records electronically via the Microix system, which makes approving requests and retrieving past invoices and conducting audits very easy. The Finance Department also works to determine the indirect cost rate—essentially the overhead rate for administrating services—that is a crucial part to maintaining several big grants and other funding.

"It's a responsibility we take very seriously."

Dole Road and Lilja Land Clearing Projects

The Natural Resources Department is using the funds from an Environmental Protection Agency grant on the K-Bar Dole Road Property to reduce bacteria, nutrients and sediment loads going into the intermittent stream on the property which is a tributary to the South Umpqua River. So far, they have installed 5 culverts, 1,100 feet of drainage ditch along the road, partially removed the hillside to widen the road and removed 5,000 feet of invasive species. In addition, a contractor was hired to install fencing on the south side of the creek and finished 4,960 feet along with 2 gates and 1 wildlife crossing. Even more tasks will be completed in 2016.



The Natural Resources Department continues to work on the "Lilja project." Using BIA invasive species funds, this project consists of removing and clearing invasive species on 252 acres of Tribal land, which is used by the Tribally-owned K-Bar ranching business to run cattle from November to July. In 2015, 23 acres of clearing and removal work was completed, and over 45 acres are scheduled for 2016.



Turn in Your Tribal Hunting Application

Reminder to turn in your Tribal hunting applications. The deadline for all applications is May 17th. Applications were sent out in March, but if you did not receive an application, then you may pick one up at the Tribal Government office or contact Janet Cooper at 541-677-5575.

2016 Tribal Elections Coming Soon

The Tribal General Council Nominations Meeting is scheduled for Sunday, May 15th, at 10 AM. The Tribal General Council Elections Meeting is scheduled for Sunday, August 14th, at 10 AM. All General Council Meetings will be held at the Cow Creek Tribal Government Offices, located at 2371 NE Stephens Street, Roseburg, Oregon.

The procedures for the nominations for the Tribal Board of Directors Election are as follows: Any Tribal member who has registered to vote in Tribal elections, and who is present at the May meeting, is allowed to make a nomination. Each person may nominate one individual for the election in August. Reminder: Nominees must be present at the Nomination Meeting to accept their nomination.

Tribal members are encouraged to maintain an updated registration card including a signature, as well as keeping an up-to-date address on file. Any new or updated voter registration card needs to be completed and turned in to the Government Office by May 13th, 2016. Reminder: Voter registration is closed from May 14th to August 15th, 2016.

Free Smoke Alarms from the Red Cross

Home fires are the greatest disaster threat to individuals and families across the country. Last year, the Red Cross responded to more than 60,000 home fires across the U.S. To help save lives and increase preparedness, residents throughout Oregon and Southwest Washington can get free smoke alarms in their home by calling (503) 528-5783. Appointments may also be made online (see the Emergency Preparedness page for a link at cowcreek.com/tribal-government/emergency-management/). These smoke alarms have a tamper-resistant, 10-year lithium battery and are installed free of charge to residents within the areas of the Southwest Washington Chapter or any Oregon Chapter of the Red Cross. Call 503-528-5783 for more information.

June Culture Camp Volunteer Opportunity

If you would like to volunteer to help at the Culture Camp (which will occur June 17th, 18th, and 19th), you can join the Cultural Department at a planning meeting! Volunteers will be meeting **at the Abby's Pizza in Myrtle Creek on May 21st at 11 AM, where lunch will be provided.** If you would like to volunteer, but will be unable to attend that meeting, then please call Amber or Megan at the Education and Workforce Center at 541-860-7296.



Nutrition Department Events

Complete Health Improvement Program (CHIP)

CHIP is a scientifically proven lifestyle program that can help you prevent, slow, and even reverse many chronic diseases such as obesity, heart disease, type 2 diabetes and high blood pressure! The Cow Creek Health & Wellness Center is now offering this program at our clinics! If you want to join one of the most scientifically validated lifestyle medicine programs in the world, call our Registered Dietitian, Jill Boyce at 541-672-8533 for more information.



Diabetes Self-Management Class

- **April: Preventing Complications** - If not managed well, diabetes can increase your risk for certain complications. Join us to learn common complications and what you can do to avoid/reduce the risk of them! There will be dinner provided for all class participants and prize drawings. Pre-registration is required, so please call Jill at 541-672-8533 to sign up.
- **May: Meal Planning and Cooking** - Meal planning, preparation, and cooking are all a part of managing your diabetes. Join us for a live demonstration with Chef Bre Syron, RD, and Jill Boyce, RD, to talk about quick tips with meal preparation and learn how to make a low-carbohydrate meal. We will have dinner for all class participants. Pre-registration is required, so please call Jill at 541-672-8533 to sign up!

May Elders' Luncheon

Come to the Grape and Huckleberry rooms of the Seven Feathers Casino on Friday, May 6th, for the Mother's Day-themed Elders' Luncheon! There will be a delicious buffet lunch, free bingo, fun prizes, and more! **RSVP with Cindy Grizzle at 541-677-5575 or cgrizzle@cowcreek.com no later than April 29th.**



Chief MiWaleta Day 2016

Elders, youth, and everyone in between can come enjoy games, crafts, a BBQ lunch (catered by the Seven Feathers Restaurants), and lots of fun with activities for all ages. Mid-Oregon Bass Fishing boats will be available all day to take families out to catch fish. There is room for 6 people on each of the four trips (9:30 AM, 11 AM, 1:30 PM, and 3 PM), so you will need to call by May 25th to preregister and provide us with your T-shirt sizes. There is no guarantee of T-shirts if you do not preregister. To register, call Kayla Knight at 541-677-5575, and have your T-shirt sizes, boat times, and up to 3 names per boat ride (1 adult, 2 children maximum per boat).

When: Saturday, June 4th, from 9 AM to 4 PM

Where: Chief Miwaleta Park in Galesville, Oregon

Appropriately Honoring Heritage During Graduation

On February 16, 2016, Deputy Superintendent of Public Instruction, Salam A. Noor, Ph.D., sent a letter to each high school in the state of Oregon regarding the wearing of items of cultural significance such as eagle feathers, beaded caps, and stoles during graduation ceremonies. It reminds the high schools that graduation is a time of joy and excitement for families as they celebrate and recognize the hard work of their students. It goes on further to ask the schools to find ways for Native American students to honor their heritage by allowing for non-disruptive expression of Native American culture at commencement ceremonies. You may want to check with your high school to see what their policy is on graduation regalia. If you need further information or have concerns, please contact Tammie Hunt, Education Director for the Cow Creek Tribe at thunt@cowcreek.com or 541-677-5575. Happy Graduation!!!!



Cow Creek Graduating Students Wanted!!!

If you know of a high school student that will be graduating this spring, please contact Tammie Hunt at 541-677-5575 or thunt@cowcreek.com 541-677-5575 with the names of these hard working students so that the Education Department can acknowledge their incredible efforts.

Tribal Students on the South Umpqua High School Honor Roll

South Umpqua High School in Myrtle Creek announces their honor roll students. Ninth Grade 3.0 – 3.9 GAP Alyssa Rainville; Tenth Grade 3.0 – 3.9 GPA Anthony Rondeau; Eleventh Grade 3.0 – 3.9 GPA Hunter Haataia. Congratulations to all of our outstanding students!

YEP Easter Egg Hunt

On March 31, the Cow Creek Youth Education Program (YEP) and the Cow Creek Prevention Program sponsored its annual Easter Egg Hunt at Bear Park. Approximately 100 children, parents, friends and family attended the event. Besides finding hundreds of eggs and other surprises, food, games, and other activities were offered. A big thank you to the Youth Advisory Committee Members and everyone else who helped prepare for this event. We even had an appearance by the Easter Bunny, thanks to Nick Lowell.



Round Circle Reading Groups

The Round Circle Reading Groups are still meeting every Wednesday morning at the Education Workforce Center from 10:00-10:45. Visit with us weekly for light refreshments and a time to read to your children in a fun and educational atmosphere. Every child who attends receives a free book of their choice to take home.

Two More Classes in the Kindergarten Readiness Program

The Kindergarten Readiness Program continues with two more classes, Wednesday April 27 and Wednesday, May 25 from 6:00-7:30 PM at the Educational Workforce Center. Please RSVP your space by calling 541-677-5575. Classes include dinner, childcare, resources and materials, and information concerning how to best prepare your 5-6 year old child for Kindergarten. Two classes covering Reading/Literacy, and Math and Shapes/Symbols have already taken place. Space is limited, so call today to reserve your place in the final two classes, which will cover Social/Emotional issues, **and final questions and answers regarding Oregon's new All-Day Kindergarten** classes. This program will be offered again next year for children entering Kindergarten in the 2017- 2018 school year.



The Cultural Department Traveled to Kelso and Port Angeles!

Tabbitha Johnson and Rhonda Richardson traveled with the board to the two areas in Washington to feature some interactive workshops and information about what the Cultural Department has been up to. The workshops featured mini cattail mats and mini plank houses. These workshops were enjoyed by many and of all ages.

The workshops and information was made possible by the Cultural Arts Revitalization Project Grant, awarded through the Administration of Native Americans, of which the department has been working with for the last two years and will continue to work with this grant for one more year.

If you have interest in getting involved with the cultural activities please contact Tabbitha Johnson at 541-677-5575.



Spring Break Culture Days Success!

We partnered with Coyote Trails from out of Medford Oregon this year during our Culture Days. We learned so much, such as how to identify tracks, how to trust the wilderness, and how to make wooden bowls from nothing but the coals from a fire. We had a record breaking attendance of 70 people! Thank you to everyone who participated and who helped make this possible!



Medford Workshop

The Cow Creek Cultural Arts Revitalization Project is hitting the road!

The Culture Department will be in Medford, Oregon on April 30, 2016 to provide an exciting afternoon making dentalia and pine nut necklaces. Lunch will be provided.



To RSVP or for additional information please contact Tabbitha Johnson 541-677-5575 or tjohnson@cowcreek.com.

When: April 30, 2016, from 10 AM to 2 PM

Where: Rogue Valley Office, 40 S. Central, Medford, Oregon.

Veteran Coin Available

The Cow Creek Tribe's Cultural Department is celebrating veterans by releasing a commemorative coin. The front shows the Tribal logo, and the back shows the South Umpqua Falls.

To obtain one, print and fill out the Veteran Coin Application (which can be obtained from Rhonda Richardson) and mail it to Cow Creek Band of Umpqua Tribe, Attention Rhonda Richardson, 2371 N.E. Stephens, Roseburg, Oregon 97470.

For any questions, please contact Rhonda Richardson at 541-677-5275.



Electrical Apprentice Opportunity!

The Electrical Apprentice program is now accepting applications for the next Electrical Apprentice. Applications will be accepted through May 30th. To be eligible for the apprentice program you must meet the following qualifications:

- Be a Cow Creek Tribal Member
- Be at least 18 years old
- High School graduate with a minimum GPA of 2.0 and passing grade of 'C'. Complete GED Certificate accepted.
- Completion of high school algebra with passing grade of 'C', or successful completion of college level MTH 052 or MTH 060 with grade of C or better, or equivalent college placement scores.
- Aptitude, energy, and desire for learning
- Ability to maintain a full time work schedule while going to school part time
- Ability to attend an informational session in May (at own expense)
- Eligible to receive Tribal Educational Funding

The following will be required for all applicants. The application will not be accepted until all items are received.

- Resume and Cover Letter
- Completed Application form (accessed at www.cowcreek.com)
- 500 word essay describing why you should be considered for this opportunity
- 2 letters of reference from individuals who do not reside in your household
- High School and/or college transcripts

For questions or more information please contact Nichole Wood at 541-677-5575 or nwood@cowcreek.com



Youth Leadership Opportunities

Are you age 14-17? Join the Tribal Youth Leadership program!

The Tribal Youth Leadership program is an exciting opportunity for youth to participate in ongoing leadership development.

Participating youth will develop leadership skills, create strong connections with Tribal and local community members, and participate in experiential and service learning activities. Participants may earn community service credit needed for graduation. Participants will also have the opportunity to work in the summer through the Youth Employment program.

Youth will participate in meetings and activities twice a month. Meetings will be approximately three hours long and centered on building everyday leadership skills, life skills, fellowship, and service. Activities will introduce youth to new experiences, college and working environments, and leaders within the tribe and community.

All interested youth and parents should call Nichole Wood at 541-677-5575 for registration and more information.



Graduates of the Entrepreneurial Workshops

In the Entrepreneurial Workshops, participants learned how to start and manage a business. Jerrie V Thomas, Joyce Sertain, Rhonda Richardson, Kristal Haro, Cindy Grizzle, Ellany Wood, Daniel Nichols, and Claudia Rau graduated the course.



Emergency Dehydrated Food Distribution

The Tribe previously acquired a supply of dehydrated food to be used by Tribal Members in a disaster. To prepare the Tribe for such a circumstance, the dehydrated food cache will be distributed to Tribal Members on a first-come, first-serve basis, so that it can be accessed and used in cases of emergency when access to food is cut off, or when supplies of food in the home may become diminished. Cases of six cans have been configured, containing: 2 entrees, 2 breakfast items, a starch, and a fruit. **These will be distributed throughout April (for dates, times, and locations, see the calendar on pg. 10), as well as after the General Council meeting on May 15th.** In case Tribal members find travel to the above events impossible, the Emergency Management Department will be able to mail boxes of this dehydrated food to Tribal members who are willing to pay for the shipping costs. For more information (or to learn more about possible resources for preparedness in your community), please contact the Director of Emergency Management, Tracy M. DePew, at 541-677-5575 with your name, contact information, and the county in which you live.



New Employee Spotlight

Dennis Eberhardt, PA, MBA - Cow Creek Heath & Wellness Center Clinic Director

With skills gained from time spent as a Physician's Assistant throughout California, Oregon, and Washington, in addition to his experience administrating medicinal practices with multiple agencies, including the State of Oregon Health Authority, Dennis brings a wealth of knowledge to his new position. He will be coordinating day-to-day operations in the clinics, and will work to enhance the quality and access to health care services.

Special Services and Programs for Tribal Members

For more information on any of these services or programs, or to find services or supports in your area, please contact Matt Droscher, Government Office Social Worker, at 541-677-5575 or MDroscher@cowcreek.com.

General Assistance Program - This Bureau of Indian Affairs (BIA) program offers cash assistance to meet essential needs of food, clothing, shelter, and utilities. Each General Assistance recipient must work with a BIA social services worker to develop and sign an Individual Self-Sufficiency Plan to increase independence. Program requirements are as follows: Be an enrolled member of a Federally recognized AI/AN Tribe, not have sufficient resources to meet the essential needs as stated above, reside in an approved service area, not receiving any comparable public assistance, and apply concurrently for all other Federal, State, Tribal, County, and Local program for which that person may eligible. You are invited to learn more about how to receive financial assistance from the General Assistance Program! BIA representative Jesse Hunt will be in the Government Office South Building Conference Room in Roseburg on April 19th, May 24th, and June 21st to inform about the program, discuss eligibility, and help with the application process. Orientation begins at 9 AM, application assistance runs from 10 AM—12 PM and from 1—4 PM. Please be on time. If you plan to come, please RSVP with Matt Droscher or Andrea Davis at 541-677-5575 and bring copies of the following: **Tribal ID, Social Security, Driver's License or State ID cards, unemployment benefits letter (dated no sooner than March 1), TANF benefits letter (dated no sooner than March 1), food stamp or commodities benefits letter, per capita verification letter from your Tribe, verification of residence (or a signed letter verifying homelessness, couch surfing, temporary housing, etc.).**

Free Douglas County Bus Passes! - The Bus Pass program is offering free monthly passes for Tribal adults, students, Elders, and disabled in Douglas County. These passes are refreshed every month, but there are a limited amount, so request yours today!

Reimbursing for a Safer Tomorrow - The Safety Program is offering reimbursement for car seats and bicycle helmets for each enrolled Tribal youth within the seven county service area.

Energy for Those In Need - The Tribe's Low Income Heating and Energy Assistance Program (LIHEAP) is offering energy assistance for those who need it. This is offered once a year for Tribal members in the seven-county service area who meet the qualifications on income and status. Resource and referral information can also be provided.



An Advocate for the Bruised and Battered - The Tribe has obtained a Crime Victims' Services Division grant, and is using that money to partner with several co-located advocates from the Battered Persons Advocacy at the Government Offices, from the Women's Crisis Support Team in Grant's Pass, and from Community Works at the new Government Offices in Medford from 12—1 PM on Thursdays. An advocate is someone to whom you can speak privately and confidentially, and who can help you stay emotionally and physically safe. They can meet with and offer services for those affected by or interested in domestic violence, sexual assault, stalking, and human trafficking. If interested in making an appointment, please call 541-677-5575 for the Roseburg office, or the 24/7 Community Works Help Line at 541-779-4357.

Resources for Those in Unbalanced Relationships - Does your partner control who you see, including friends, family, and spiritual leaders? Does your partner make you have sex when you don't want to? Do you feel respected by your partner? Does your partner shame you in front of your family? Does your partner allow you to spend your money freely? Does your partner make you drink or take drugs? If you answered "yes" to even one of these questions, then your health, spirit, and safety may be in danger. Our Tribe supports you in your well-being through a partnership with domestic violence and sexual assault advocacy centers in the Douglas, Josephine, and Jackson Counties:

Battered Persons' Advocacy (Douglas County): 541-673-7867 or 1-800-464-6543

Women's Crisis Support Team (Josephine County): 541-479-9349 or 1-800-750-9278

Community Works (Jackson County): 541-779-4357 or 1-855-216-2111

April 2016

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	Takelma Class	4 Senior Meal Yoga Class Dried Food Distribution (Elders Only) 10 AM–12 PM @ 7F	5 Senior Meal Dried Food Distribution (Elders Only) 10 AM–12 PM @ 7F	6 Senior Meal Reading Group Takelma Beginner Class 6–7 PM @EWC Dried Food Distribution (Elders Only) 10 AM–12 PM @ 7F	7 Takelma Class Dried Food Distribution 8–10 AM, 4:30–6:30 PM @ Tribal Housing Office in Tri-City	8 Takelma Beginner Class 6–7 PM @EWC Dried Food Distribution 8–10 AM, 4:30–6:30 PM @ Tribal Housing Office in Tri-City	9 Takelma Beginner Class 6–7 PM @EWC Dried Food Distribution 8–10 AM, 4:30–6:30 PM @ Tribal Housing Office in Tri-City
10		11 Senior Meal Yoga Class Takelma Beginner Class 6–7 PM @EWC	12 Water Aerobics Senior Meal Youth Drum Activity 4:30–6 PM @EWC Food Bank Open 9 AM–12 PM @ GO Dried Food Distribution 9 AM–12, 1–4 PM @ Tribal Housing Office	13 Senior Meal (With Guest Speaker) Reading Group Takelma Beginner Class 6–7 PM @EWC Dried Food Distribution 9 AM–12, 1–4 PM @ Tribal Housing Office	14 Water Aerobics Takelma Class	15 Cultural Arts Conference 9 AM–4 PM @ 7F	16 Cultural Arts Conference 9 AM–4 PM @ 7F
17		18 Senior Meal Yoga Class Takelma Beginner Class 6–7 PM @EWC Love and Logic Class 5–7 PM @ South Clinic	19 Water Aerobics Senior Meal Diabetes Self-Management Class @ Canyonville Clinic 5:15 PM–6:15 PM General Assistance Program 9 AM @ GO	20 Senior Meal Reading Group Takelma Beginner Class 6–7 PM @EWC	21 Water Aerobics Takelma Class Love and Logic Class 5–7 PM @ South Clinic	22	23
24		25 Senior Meal Yoga Class (Last Class) Love and Logic Class 5–7 PM @ South Clinic	26 Water Aerobics Senior Meal Food Bank Open 1 PM–4 PM @ GO Dried Food Distribution 9 AM–12, 1–4 PM @ GO	27 Senior Meal Reading Group Kindergarten Prep Class 6–7:30 PM @EWC Dried Food Distribution 9 AM–12, 1–4 PM @ GO	28 Water Aerobics (Last Class) Takelma Class Love and Logic Class 5–7 PM @ South Clinic	29 Elder's Luncheon RSVP deadline	30 Cultural Arts Necklace Workshop 10 AM–2 PM @ Rogue Valley Office, 40 S. Central, Medford

Regular Activity Times & Places

Senior Meals:

12 PM @ Seven Feathers Casino

Yoga Class:

9:15–10:15 AM
@ Yoga Studio
300 Pleasant Street, Myrtle Creek, Oregon

Water Aerobics:

9–9:45 AM,
10–10:45 AM
@ South Clinic

Takelma Class:

Adult: 10 AM–2 PM
Youth: 3–5 PM
@ Education and Workforce Center (EWC)

Reading Group:

10 – 10:45 AM
@ EWC

Tai Chi

8 – 9 AM
@ Millsite Park in Myrtle Creek

May 2016

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2	Senior Meal Walking Club 10:30–11 AM @Millsite Park Love and Logic Class 5–7 PM @ South Clinic	3	Senior Meal Tai-Chi 8–9 AM @Millsite Park	4	Senior Meal Reading Group	5	Takelma Class Love and Logic Class 5–7 PM @ South Clinic	6	Elder's Luncheon Tai-Chi 8–9 AM @Millsite Park	7	
8		9	Senior Meal Walking Club 10:30–11 AM @Millsite Park	10	Senior Meal Tai-Chi 8–9 AM @Millsite Park Youth Drum Activity 4:30–6 PM @EWC Food Bank Open 9 AM–12 PM @ GO	11	Senior Meal Reading Group	12	Takelma Class	13	Tai-Chi 8–9 AM @Millsite Park Voter Registration Card deadline	14	Cultural Arts Moccasin Workshop 10 AM–2 PM @ Block House in Canyonville Voter Registration Closed until August 15
15	Tribal Board Meeting General Council and Nominations Meeting 10 AM @ GO Food Bank Open Following meeting Dried Food Distribution Following Meeting	16	Senior Meal Walking Club 10:30–11 AM @Millsite Park	17	Senior Meal Tai-Chi 8–9 AM @Millsite Park Tribal History Research 12–2:30 PM @ Southern Oregon Historical Society	18	Senior Meal (With Guest Speaker) Reading Group	19	Takelma Class	20	Tai-Chi 8–9 AM @Millsite Park	21	June Culture Camp Volunteer Planning Meeting 11 AM @ Abby's Pizza in Myrtle Creek
22		23	Senior Meal Walking Club 10:30–11 AM @Millsite Park	24	Senior Meal Tai-Chi 8–9 AM @Millsite Park Food Bank Open 1 PM–4 PM @ GO Youth Cultural Activity 2 PM–5 PM @EWC	25	Senior Meal Reading Group Chief MiWaleta Day preregistration deadline	26	Takelma Class	27	Tai-Chi 8–9 AM @Millsite Park	28	
29		30	<u>GO Closed</u> Diabetes Self- Management Class @ Canyonville Clinic 5:15 PM– 6:15 PM	31	Senior Meal Tai-Chi 8–9 AM @Millsite Park	June 1	Kindergarten Prep Class 6–7:30 PM @EWC			<div> Want to stay up-to-date on all events? Check out the Events page at www.cowcreek.com/events! </div>			

**Cow Creek Band of Umpqua
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