

# Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 27, Issue 12 December 2017

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

### Inside This Issue

### The 2017 Elder Honor Dinner and Blanket Ceremony

Meet the new Tribal Elders (Page 4)

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

Lots of youth had Tribal regalia this year (Page 5)

### **Tribal Community Center Makes Headlines**

The California Academy of Science highlighted the Tribal Community Center (Page 6)

### The 24th Annual Festival of Trees

The Seven Feathers Casino hosted this yearly charity event (Page 7)

### **Culture Corner**

Learn some Takelma words, reserving Bare Park, rock art, and more (Pages 8-9)

### **Education Corner**

The Education Department has a new Youth Development Specialist (Page 10)

### **New Changes in the Clinics**

Learn about some new and important changes to how the clinic works (Page 11)

### **Purchased and Referred Care**

This article has what you need to know about the new Medicare-like rates (Page 12)

### **New Food Bank Hours**

Please take note of the new Food Bank Hours for 2018 (Page 13)

### **Schedules**

### **Government Office Hours**

Monday - Friday 8 AM to 5 PM

**Roseburg Clinic Hours** 

Monday - Friday 8 AM to 5 PM

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

### Canyonville Clinic Hours

Monday - Friday 8 AM to 5 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)

### **Honoring Veterans During the Veterans Day Parade**

Tribal members were proud to show that the Cow Creek Tribe honors veterans during this year's Veterans Day Parade in Roseburg, Oregon.

The Cow Creek Color Guard, all of whom are veterans, marched with pride at the front of the parade, holding high four flags--the Cow Creek flag among them.

The Seven Feathers Trolley and the Cow Creek Tribal float also made an appearance among the over 100 entries in the parade. The Cow Creek Tribal Youth Council had worked hard with other Tribal members to construct the float the day before, in defiance of the heavy rains, and their hard work paid off.

At the rear of the float was a tribute to three Tribal veterans who had passed away in the last year: Delbert "Red Hawk" Ansures, Harold Bochart, and Walter Lerwill (see page 4).





### 2017 Elder Honor Dinner and Blanket Ceremony



Approximately 95 guests attended this year's Elder Honor Dinner. This annual dinner and blanket ceremony honors those turning 60 years of age, which is our Tribe's benchmark for becoming an Elder. This year, there were eight new Tribal Elders: Patricia Schmidt, Wesley Malone, James Rondeau, Kenneth Roark, Wesley Roane, Kelly Courtney, John Potts, and Cindy Stewart. Kelly Courtney(featured left) was the only one who could be present to receive her Pendleton blanket in person. The other seven will receive theirs in the mail.

Tribal Elder Joyce Sertain eloquently provided the blessing in Takelma, our Tribal language. After recognizing many Tribal members and employees for their hard work in putting together many Tribal events, Cindy Grizzle held a raffle for all those in attendance. The grand prize was a silver buckle from the Seven Feathers Gift Gallery, which Larry Stafley was lucky enough to win.

Robert Van Norman helped Cindy Grizzle in honoring

and thanking all the veterans present for their many sacrifices made for our country and our people by presenting them with a pin. Robert Van Norman also

displayed a table with a memorial to remember three of our Tribal veterans who had passed on this year, two of whom had served in World War II: Walter Lerwill (WWII), Harold Bochart (WWII), and Delbert "Red Hawk" Ansures (Vietnam). This memorial was the same that was featured on the Cow Creek float (see page 3).

Tribal member Beth Gipson had a display of her traditional cultural basket weaves, and Suzie Puckett played soft, traditional flute music, which delighted the Elders present.

This year, the youth helped immeasurably with the parade float and this event. A big thank you to Olivia Young, Monte Sertain, Molly Yeust, Alyssa Rainville, Ally Van Norman, Nicholas Lowell, Melissa Bryant, and Elizabeth Bryant!

Elders and those who will be turning 60, please save the date for next year: Saturday, November 10, 2018, at the Seven Feathers Casino!







### Photos from the Youth Pow Wow









### Tribal Community Center Highlighted by California Academy of Sciences

A recent article of the Science Action Club newsletter, published electronically by the California Academy of Sciences (CAS), highlighted Cow Creek educators and youth at the Tribal Community Center (TCC) in Myrtle Creek, Oregon.

Amber Lomascola, Center Program Specialist, has received two grants from CAS in the form of Science Education Kits, which contain curriculum to teach Tribal students at the TCC. Recently, the women who created this curriculum visited the TCC, where they were able to witness the youth completing a Sky Science lesson.

The youth showed these women the video they had created for last year's Science Education Kit, which features the students speaking the Takelma words for various species of birds. This made enough of an impression that the representatives featured the TCC in an article in the Science Action Club electronic newsletter.

CALIFORNIA ACADEMY OF SCIENCES



### **ACTION CLUB**

The article featured the TCC Educators' efforts in teaching native language literacy to Tribal students, and their success with the *Birds Scouts* and *Cloud Quest* kits. The article also featured a link to the video, which Tribal members can view at the bottom of the page on <a href="http://www.cowcreekeducation.com/tribal-community/">http://www.cowcreekeducation.com/tribal-community/</a>

"This was a fun project, and the kids did a great job," said Rhonda Richardson, Cultural Development/Language Coordinator.



### Seven Feathers Casino Resort Hosts the 24th Annual Festival of Trees

It's December, which means that it's quite the common sight to see trees decorated in festive lights and ornaments. Each year, the Festival of Trees takes this tradition and turns it toward the good of the community through the Mercy Foundation.

Many charitable businesses and organizations decorated over a dozen trees with elaborate designs and themes. These trees and their displays are then auctioned off to the highest bidder, who then can, in turn, donate the parts of the display (such as toys or other gifts) to those who stand in need this year.

The highest-selling tree this year went for

\$10,000. That money will be used to provide medical care for those who may be needing a miracle.

The event was held in the Seven Feathers Convention Center in Canyonville, Oregon.





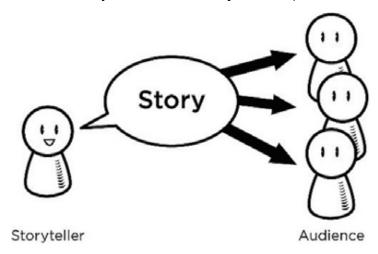
### Culture Corner

#### Takelma Language Corner

Takelma: Wilihàwthekh p'alakà'n

Pronunciation: We-lee-how-tek p-ahlah-gah-nnnn

Translation: My friend, relate a myth to him/her.



### Bare Park Booking Is Now Open

Are you getting married? Need somewhere to hold an event? Bare Park is now taking reservation requests! Have your event in a private, park setting surrounded by the sounds of the South Umpqua River in the background. It's a perfect venue for a large group to gather or for an intimate setting.

Facilities include a gazebo, bathroom, and kitchen with commercial size refrigerator and freezer, 2 stoves, 2 microwaves, an ice machine, and serving windows. Abundant parking available.

Months of operation: May - October Days available: Thursday - Sunday

Call Jennifer Bryant at 541-677-5585 for Tribal member rates and more information.



#### 2018 Cow Creek Cultural Conference

Attention Tribal members and employees!

The Cow Creek Cultural Program is excited to host the 3<sup>rd</sup> annual Cow Creek Cultural Conference! Please join us for informational presentations, cultural education, traditional music, good food, fun raffle items, and so much more!

We are thrilled to offer this opportunity to Cow Creek Tribal members and all Cow Creek employees!

Where: Seven Feathers Convention Center

When: Tuesday, February 6, 2018

Time: 8 AM - 4 PM

For more information, please contact Megan Taddei at 541-677-5575 or mtaddei@cowcreek.com.

RSVP Deadline: January 19, 2018



### Culture Corner

#### **Archaeology Highlight: Rock Art**

Rock art is both fascinating and ancient. It also exists around the globe. In Europe, where the oldest examples of rock art exist, people have been painting in caves for over 40,000 years, while people in Asia and Australia have been making rock art for over 30,000 years. Even in the Sierra Nevada Mountains in California, rock art has been made for nearly 8,000 years.

There are two forms of rock art commonly found at archaeological sites. The first form are pictographs, which are typically painted onto the side walls of

caves or rock shelters using the natural pigment ochre (iron oxide). The second form is petroglyphs, which are carved or pecked into a rock's surface.

There are many theories as to why ancient people created rock art. Some believe that art was used as ritual magic by a shamans, or medicine men and women. Others believe that the art represents historic events or a way to communicate with others that happen by later; like telling stories or as maps to navigate by. Whatever the reason, rock art is a great piece of our heritage.





Above: A map rock - a petroglyph depicting village locations & possible trade routes.

Left: A North Umpqua pictograph that depicts two people, one riding a four-legged animal (horse), indicating the arrival of Euro Americans.

### **Education Corner**

### New Employee Hightlight: K'Ehleyr McNulty, Youth Development Specialist

K'Ehleyr (pronounced KAY-lar) is a Tribal member of the Ohlone Costanoan Esselen Nation of Monterey Bay, California. She grew up in a very rural town in the Arizona desert, and furthered her education in Santa Barbara at the University of California, where she majored in Paleobiology (Paleontology).

While at UCSB, she was an active member of the American Indian Student Association, a coxswain and coach for the Women's Rowing team, and worked at the Recreational Sports Department on campus.

K'Ehleyr came to Oregon this past summer where she interned at the Oregon Department of Education alongside April Campbell and Ramona Halcomb in Indian Education.

We are very honored to have her bring her talents and passions to Cow Creek as the Youth Development Specialist.

"I am very excited to continue the work I'm most passionate about: uplifting Native American youth and aiding them to reach their fullest potential," says K'Ehleyr McNulty.



# 2017 Youth Education Program Requests Due Soon

All Youth Education Program Requests for 2017 are due by 5:00 PM on Friday, December 15<sup>th</sup>.

You can use the following ways to turn in requests:

- Email all materials to: kmcnulty@cowcreek.com
- Post:

Attn: Youth Development Specialist Cow Creek Band of Umpqua tribe of Indians 2371 Ne Stephens St., Ste. 100 Roseburg, OR 97470

Fax all materials to: 541-677-5574

When turning in materials, please make sure to include all relevant receipts.

Application materials are available:

- On our website at this address: <a href="http://www.cowcreekeducation.com/educational-programs/#education-services.">http://www.cowcreekeducation.com/educational-programs/#education-services.</a>
  - o Scroll to the Youth Education Program section and then download and fill out both the Youth Education Program Application and the Youth Education Program Request for Services.

If you have already requested reimbursement this year, you only need to fill out additional requests for services.

- By stopping by our office to pick up hard copies
- By emailing <a href="mailto:kmcnulty@cowcreek.com">kmcnulty@cowcreek.com</a>

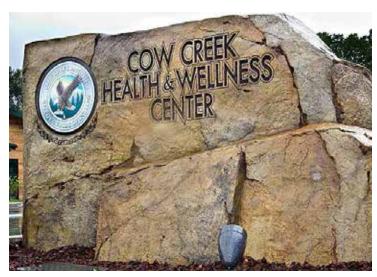
If you have any questions, contact K'Ehleyr McNulty at 541-677-5575 or <a href="mailto:kmcnulty@cowcreek.com">kmcnulty@cowcreek.com</a>.

# Messages from the Clinic

#### **New and Upcoming Clinic Changes**

Cow Creek Health & Wellness Center is undergoing more change this month.

First, the new Electronic Health Record (EHR) will be in place by mid-December. We have been working hard to get this up and running and training everyone in its use. This has been a concerted effort involving Cow Creek Information Technology and the Clinic. The EHR promises to improve our processes, including streamlining medication refills, and more time spent with patients. It is at the base of everything we do at the Clinic, including Purchased and Referred Care (PRC) and Behavioral Health.



In order to ramp up this big project during December,

we are keeping the schedule light. We will always accommodate anyone who needs care, but more routine appointments may require your patience while we load past records and learn to use the new EHR.

All of our processes and work patterns are being examined and subject to change. Our goal is improving patient care.

Also coming in December is the small change of Clinic Hours to Monday through Friday 8AM to 5PM. This enables us to have more staff available during the times that our patients use the clinic the most. As always, we look forward to your constructive comments about anything we do.

Thank you for trusting Cow Creek Health and Wellness Center with your healthcare.

Sincerely,

Dennis Eberhardt, Clinic Director.

### **Blue Zones Projects in Oregon**

The Cow Creek Health & Wellness Center is joining our local communities in an exciting new "well-being initiative" that will benefit everyone, called Blue Zones Projects. This project is extremely useful in helping communities focus on living healthier and longer lives, with many areas of best practices that are proven to improve overall well-being. Examples of these areas are: simple healthy foods, being more physically active, vital stress reduction, and many more.



Copyright @ 2017 Blue Zones, LLC and Sharecare, Inc. All rights reserved

The Oregon Blue Zones Project will have many events that can help teach you what you need to know about how to improve your well-being. Our communities need this new initiative, so let's help lead it. For more information on upcoming Blue Zones events, contact the Cow Creek Health & Wellness Center at 541-672-8533 or 541-839-1345.

# Government and Programs

# Purchased & Referred Care News and Information Corner

#### \*\*\*PRC\*\*\*

PRC will begin paying all claims at a Medicare Like Rate (MLR) per Federal Regulations. This is now called Purchased & Referred Care Rates.

All claims will be processed at this rate. Most all of the providers and vendors we pay are already accepting Medicare, so this should not be much of a transition. We have a letter going out to all providers with the regulations attached.

#### \*\*\*OTC\*\*\*

Remember that all Over the Counter receipts and requests need to be into the government office no later than 12/15/2017 in order to be reimbursed. Do not let this money go to waste. It is a great benefit for Tribal members. This will be the last year OTC will be processed in the current manner. Starting in 2018, checks will be issued to each Tribal member. More to come.

#### \*\*\*2018 PRC Applications\*\*\*

PRC applications are on the way. You may have already received them. If so, please complete and send back as soon as possible. If PRC does not receive your application by 1/01/2018, we will not be able to issue you PO numbers.

#### \*\*\*Reminders\*\*\*

- It is the members' responsibility to call for a PO 2-3 days before your appointment.
- Remember to always make sure the provider has your PRC billing information.
- If you receive a statement, please call the provider and make sure they have your billing information and ask them to bill PRC. We are a payor of last resort.
- Remember to turn in your 2018 PRC application.

### **Low Income Rental Housing**

The Cow Creek Housing Program is accepting applications for the Tribe's Low Income Rental homes. This program is federally funded through the Housing and Urban Development (HUD) Indian Housing Block Grant (IHBG), and is administered by the Tribe.

This program can assist eligible Tribal members who are willing to reside in one of the Tribe's low-income rental units. Priority is given to families with the greatest needs in relation to income, family size, age, disabilities, etc.

Reminder: If you are currently on the waiting list for a house, please make sure that your address and phone number are up to date. If your name is coming up on the list and we cannot get a hold of you, we will be forced to pass you by until we hear from you. Remember that if you are on the waiting list, your application needs to be updated on a biannual basis.

For more information, contact Resident & Self-Sufficiency Manager, Sarah Thompson at 541-863-3730, or <a href="mailto:SThompson@cowcreek.com">SThompson@cowcreek.com</a>, or the Housing Admin Assistant, Mel Johnson at the number above or MJohnson@cowcreek.com.



# Government and Programs

#### **Energy Assistance**

The Tribe's Low Income Heating and Energy Assistance Program (LIHEAP) has received its funding for the 2017-2018 Program Year.

At this time, the program is open to Elders, Individuals and families with disabilities, and households with children where energy assistance is an emergent need, where without assistance there is a health and/or safety risk. Our State LIHEAP Grant requires that we hold open a certain amount of time for those Households listed above to utilize assistance prior to opening the funding up for all other Households.

On December 1<sup>st</sup>, the LIHEAP Program opened up for all eligible Tribal Households. Please remember this program is on a first-come, first-serve basis, and is dependent on funding available for providing assistance once per year to Tribal Members living in the seven county service area who meet the qualifications on income and status. Resource and referral information can also be provided.

For more information, please contact Sarah Thompson, Resident & Self-Sufficiency Manager at 541-677-5575 or <a href="mailto:SThompson@cowcreek.com">SThompson@cowcreek.com</a>.

### Freedom from Smoking Classes

The Cow Creek Health & Wellness Center, in conjunction with the American Lung Association, presents the Freedom from



Smoking Classes! They will begin on Tuesday, January 2, 2017, at 6 PM in Roseburg at the Government Offices Boardroom. Classes will be held for approximately 2 hours every week for seven weeks.

The goal is to help you get the tools you need to begin a tobacco-free life. This program is an evidence-based approach, using tools to help you prepare to quit, make a commitment, and learn skills for relapse prevention. To preregister, contact Sandy Henry at 541-677-5575 or shenry@cowcreek.com.

#### **Medicare Part B Reimbursements**

To prevent a delay in January 2018 payments, Tribal families who choose a monthly reimbursement payment will need to submit the new benefits statement for 2018. Watch your mail for statements from your Social Security Office stating the amount you pay for your Medicare Part B Insurance premiums. The Social Security office usually mails these in the fall of the previous year.

You may go online to create your own social security account at <a href="www.ssa.gov/myaccount/">www.ssa.gov/myaccount/</a>. By creating a user name and password, you are able to access statements to print on your own through your account. Families living at large may go to your local Senior Services Office or Social Security Office to request assistance. For families in Douglas County, you may call our office at 541-677-5575 to schedule an appointment for assistance.

For families who choose an Annual Reimbursement Payment, please submit a copy of your 1099 to our office as soon as possible.

Please send these documents to our office ATTN: Cindy Grizzle via email, fax, or regular mail. To avoid a delay in your January 2018 reimbursement payment, please submit as soon as possible.

If you need assistance with the Medicare Part B reimbursement program, or for further questions, please call Cindy Grizzle at 541-677-5575, fax 541-677-5565, or email cgrizzle@cowcreek.com.

### **Project Warmth Update**

If you missed the Nov 30<sup>th</sup> deadline for 2017 payment, you may submit these receipts for reimbursement. These payments will allocate 2018 benefits, and payments will not be paid until January of 2018.

#### **NEW FOOD BANK HOURS**

As of January 2018, the new Food Bank hours will be: 2<sup>nd</sup> Tuesday each month from 9 AM - 11 AM 4<sup>th</sup> Tuesday each month from 2 PM - 4 PM

### December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Elders Luncheon 12 PM @ 7F	2
3	4	5 Senior Meal Reading Group Food Bank Open 9 AM - 12 PM Water Aerobics	6	7 Senior Meal Water Aerobics	8	9
10	11	12 Senior Meal Reading Group Food Bank Open 1 PM - 4 PM Water Aerobics	13	14 Senior Meal Takelma Class Water Aerobics (Last Day)	15 Last day for YEP Reimbursements for 2017.	16 YEP Festival of Lights Trolley Call Kayla Knight at 541-677-5575 for more info
17	18	19 Senior Meal Reading Group Food Bank Closed	20	21 Senior Meal Takelma Class	22 GO Closing at 2 PM	23
24	25 Christmas Day GO Closed	26 GO Closed	27	28 Takelma Class	29	30

### Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers Takelma Class: 10 AM - 12 PM @ TCC

Sittercise Class: 1 - 1:45 PM @ South Clinic Reading Group: Tuesdays 10 - 10:45 AM @TCC

Water Aerobics: 9 AM - 9:45 AM @ 7F RV Resort

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 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Years Day GO Closed	2 Senior Meal Reading Group Freedom from Smoking Class 6 PM @ GO	3	4 Senior Meal Takelma Class	5 Elders Holiday Luncheon 12 PM @ 7F	6
7	8	9 Senior Meal Reading Group Food Bank Open 9 AM - 11 AM	10	11 Senior Meal Takelma Class	12	13
14	15 Martin Luther King Jr. Day GO Closed	16 Senior Meal Reading Group	17	18 Senior Meal Takelma Class	19 RSVP Deadline for Cow Creek Culture Conference	20
21	22	23 Senior Meal Reading Group Food Bank Open 2 PM - 4 PM	24	25 Senior Meal Takelma Class	26	27
28	29	30 Senior Meal Reading Group	31			

### Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers Takelma Class: 10 AM - 12 PM @ TCC

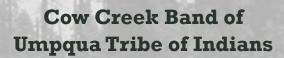
Reading Group: Tuesdays 10 - 10:45 AM @TCC

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.



2371 NE Stephens St. Suite 100 Roseburg OR, 97470

> Phone: 541-672-9405 Fax: 541-673-0432 Toll Free: 800-929-8229 www.cowcreek.com