

# Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 28, Issue 3 March 2018

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 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)

#### Umpqua Community College to Name New Building after a Takelma Word

Several months ago, Deborah Thatcher, the President of Umpqua Community College (UCC), reached out to the Tribe to solicit using a native word as the name for the new building on campus. The Cow Creek Tribe has been one of UCC's most significant supporters, and so the college wanted to honor the Tribe and recognize the history of the Umpqua Valley.

"We whittled the list of words down to about a half dozen," says Jessie Plueard, Cultural Programs Manager. "Obviously, we wanted words that are meaningful, but also ones that are easy for people to pronounce."

Finally, the UCC Board decided on the Takelma word Taphòytha (pronounced duh-poi'-tuh), which means "to be blessed and to prosper." Taphòytha Hall is built on the site of Snyder Hall, which was torn down after the events of the tragedy on October 1, 2015. The UCC Board decided to put in the new building to highlight the resilience of the community, which plays into the choice of name.

"It is a really significant opportunity to have our language incorporated into a permanent structure that is so accessible to the larger community," said Jessie Plueard.

Jessie Plueard and Rhonda Richardson were able to take a tour of the not-quite-finished building in late February, where they were able to plan for a cultural display that will feature the building's name, what it means, how it is pronounced, how the Takelma language is significant to the Tribe, and more. The display should be finished sometime after the building is opened for use.

The building is currently in the final stages of construction, but UCC has planned the grand opening for Friday, March 23<sup>rd</sup>, at 3 PM. The dedication ceremony will feature a Takelma prayer, offered by Rhonda Richardson. Please join us for this momentous occasion!







#### **Tribal Governments Legislative Day**

On February 22<sup>nd</sup>,
Jessie Plueard and
Jennifer Bryant
represented the Cow
Creek Tribe at the
Tribal Governments
Legislative Day. The
event was sponsored
by the nine Federally
Recognized Tribes
in Oregon and
the Legislative
Commission on Indian
Services.





## Oregon Tribal Emergency Management and Healthcare Preparedness Coalition Meeting

During February, Cow Creek Emergency
Management Director Tracy DePew attended
the Oregon Tribal Emergency Management and
Healthcare Preparedness Coalition Meeting, held at
the Oregon Office of Emergency Management. The
meeting had representation from programs from
all 9 Federally Recognized Oregon Tribes and more
Tribes from the surrounding area.

During the meeting, the various organizations provided updates on their projects, and discussed important subjects such as mitigation planning, following up after an emergency exercise, food safety, and more.



#### **Annual Fireline Safety Refresher Training Coming Soon**

Annual Fireline Safety Refresher Training is designed to provide up-to-date fireline safety information to employees holding Incident Command System qualifications requiring this training per the PMS 310-1, Wildland Fire Qualification System Guide. Individual sessions of Annual Fireline Safety Refresher Training should contain content pertinent to the registered students.

While it is important for us to get our 30 staff members trained, we will still have some availability for up to 14 additional Tribal Members if they are interested in attending. If interested, notify Tracy DePew by email (<a href="mailto:tdepew@cowcreek.com">tdepew@cowcreek.com</a>) or by leaving a message on his office phone number: 541-677-5575.

#### **Tribal Leaders Diabetes Committee Works to Treat and Prevent Diabetes**

As part of the Unites States' trust responsibility to Tribes to provide healthcare to American Indians and Alaska Natives (Al/AN), Congress established the Special Diabetes Program for Indians (SDPI) in 1997 to address the growing epidemic of diabetes in Al/AN communities. This program has become the nation's most strategic, comprehensive, and effective effort to combat diabetes and its complications. The SDPI currently funds 301 programs in 35 states.

At a rate of 2.1 times the national average, AI/AN have the highest prevalence of diabetes in the United States. In some Tribal communities, over 50% of adults have been diagnosed with diabetes and AI/AN's are 180% more likely to die from diabetes. The SDPI is changing these troubling statistics with major improvements in average blood sugar levels, reduction in incidence of cardiovascular disease, prevention and weight management programs for youth, and significant increase in promotion of healthy lifestyle behaviors. During the time that the SDPI has been implemented, AI/AN's have seen an impressive 54% decline in kidney failure from diabetes, a faster rate than seen for any other group of Americans.

The Tribal Leaders Diabetes Committee (TLDC) was established by Congress in 1998 to direct the IHS Director and to make recommendations for distributing SDPI funds and to provide the Indian Health Services (IHS) and Tribal leadership with an ongoing forum to discuss all matters related to diabetes and the impact of other chronic diseases on AI/AN communities. The TLDC has four objectives as outlined in the TLDC charter:

- Make recommendations and provide advice on policy and advocacy issues concerning diabetes and related chronic diseases;
- Provide advice and guidance to ensure the incorporation of appropriate culture, traditions, and values in program development, research, and community-based activities;

- Provide broad-based guidance and assistance in defining how other federal agencies and organizations, States, tribal epidemiology centers, institutions of higher learning, and private health organizations can play a role in addressing diabetes and related chronic disease; and
- Serve as a Tribal advisory committee

For 20 years, the TLDC has served in this capacity and meets every 6 months to ensure Tribal leadership plays a vital role in the efforts to combat diabetes.

Each IHS Area in the United States has 1 representative to the TLDC. The Portland Area TLDC representative, Dr. Sharon Stanphill, has served on this committee on behalf of the 43 federally recognized Tribes of the northwest for the past fifteen years.



In February, the TLDC met to address several new issues facing the SDPI programs. Issues include: Federal budget cuts, potential Federal reimbursement for Tribal healthcare program delivery of services, and a strategic plan for assuring the SDPI can be shared with other healthcare systems nationwide. Dr. Stanphill has been instrumental in assuring that NW Tribes have resources to build and improve their SDPI programs. She has led the Portland Area IHS to form a Tribal steering committee comprised of SDPI staff from all 43 NW Tribes. She also organizes the annual SDPI grantee gathering, which assures that Tribal best practices and lessons learned can be shared amongst all Tribes. The hope is that this sharing will strengthen the northwestern efforts to combat diabetes and its effects, while promoting prevention programs to prevent diabetes in those at risk.

#### Blue Zones Project Is Coming to the Cow Creek Health & Wellness Center

We recognize that preventable diseases are the leading cause of death in the United States. These rates extend to our Native community as well. Among Native populations, according to the Center for Disease Control, the heart disease death rate was 20 percent greater and the stroke death rate was 14 percent greater than among all other populations. We would like to reduce these rates by strengthening understanding of and engagement in healthy living practices. We can do this by integrating the "Blue Zone" principles in our Tribal community.

#### Blue Zones

The Blue Zones Project is a big-picture approach to total lifestyle transformation. This program addresses heart disease, stroke, hypertension, diabetes, obesity, cancer, quality of life, mental health, spirituality, physical activity, and many other areas of wellness. The implementation of the Blue Zone Principles will decrease associated risk factors, such as chronic disease, commercial tobacco use, physical inactivity, and unhealthy diet.

Out of the 36 counties in Oregon, Douglas County ranks near the bottom of the list for health outcomes, quality of life, and length of life, health factors, mental health and health behaviors. Rates of diabetes, smoking, obesity, access to food, and physical inactivity are all included as subcategories of these rankings.

Blue Zones Umpqua, a local wellness movement, aims to transform the well-being of our community. It focuses on a group effort (involving members of the community, schools, employers, restaurants, grocery stores, and community leaders) to make environmental and behavioral changes that effect the livelihood of the community by impacting environment, policy, and social networks. As a result, people can live longer and better, and communities can lower healthcare costs, improve productivity, and boost national recognition as a great place to live, work, and play.

Over the next three years, we plan to assure that our Tribe is the cornerstone of this initiative. Our plan is to strengthen our own Tribal Community to parallel and collaborate with all Blue Zone community-at-large events, focusing on activities that include cultural and traditional practices to support wellbeing and resilience.

There are 9 pillars of Blue Zone living, which we feel we can tie into our Tribal foundational elements of culture and current best practices. The foundation of our Tribe's 'Wellbeing' is based upon culture as prevention. With the help from our Youth and Elder leaders, we plan to promote the Blue Zones message to Tribal Members, clinic users, employees, and community members. Through our activities, we will emphasize movement, nutritious foods, stress management, and many other aspects of prevention. This will develop resilience among our Tribal Members and their families, as well as strengthen our own Tribal best practices to improve physical and mental health, and overall wellbeing.

#### Making an Impact

The Blue Zones principles that we would like to implement within our programs are:

#### Move Naturally

"Move naturally" is an excellent concept to add to our plan as it aligns with traditional ideas of exercise and natural movement. In other words, we would like to create an environment where our community will naturally move more in their day-today life.

#### Know your Purpose

According to the Blue Zones Project research, knowing your sense of purpose is worth up to seven years of extra life expectancy. With this in mind, we will help and encourage our Tribal members to learn more and better connect with their culture, purpose, history, and community.

#### **Blue Zones Project, Continued from Page 6**

• Right Tribe

As the name suggests, this concept emphasizes a group of people linked by a common thread. Another way that this project aligns perfectly with helping positive change come to our community and direct our tribal members back to traditional ways of maintaining optimal health.

Family First

"Family First," or "Loved Ones First" is an all-in approach. It is all about valuing family, keeping elders nearby and involved, and investing in future generations. Intergenerational activities will be perfect for this concept. Our Tribal elders and Tribal youth will have the opportunity to share their stories.

Down Shift

Research shows us that stress leads to chronic inflammation, which is also a common factor in most major age-related diseases. This concept is not about eliminating stress. We know a little stress can be beneficial to our health, however, "down shift" introduces healthy ways of dealing with the inevitable, mundane and/or unique stressors that we all face daily.

#### Plant Slant

In our Tribal culture, consuming whole foods (and/or traditional foods) is an important component to health and longevity.

• 80% Rule

This pillar emphasizes mindful eating. The idea is to stop eating when you are "80% full" as it will provide enough energy to sustain health and prevent overconsumption of unnecessary calories.

Stay tuned to the newsletter to join in with both the community-atlarge and our own Tribal activities and educational tips. We will be expanding month-by-month, year-by-year so watch for the many opportunities



that will be offered to our families. Together, we can all live healthier lives that will prove to support longevity and living to be at the highest quality of health possible.

#### **Spring Break Culture Days 2018**

Looking for something to do this spring break? Join us for three days of active participation in our events around Douglas County!

To RSVP, contact Jennifer Bryant at 541-677-5575 or jbryant@cowcreek.com. Lunches will be provided each day. Dress appropriately for inclement weather. Transportation is available.

Tuesday, March 27: Historical Education Day
Tour the Riddle area and visit places of historical
significance. Visit the Canyonville Museum and see
our plank house. More activities will follow at the
Tribal Gardens. We will meet at the Tribal Gardens
at 9 AM. The day will end at 3 PM.

Wednesday, March 28: Elkton Community Education Tour Fort Umpqua and the Butterfly Pavilion. Join us for a tree identification walk, led by the OSU Extension Office, Forestry Division. We will meet at the Government Office at 9 AM and return at 3 PM.

Thursday, March 29: Game/Art Day at the GO A fun day of games and art. Make sticks for the traditional stick game and learn flat stitch and loom beading. We will meet at the Government Office at 10 AM and be done by 3 PM.

#### Announcing the 2018 Culture Camp for Tribal Members and Their Families

Location: Bare Park
Dates: June 15-16, 2018
Times: Friday 9 AM - 5 PM
Saturday 9 AM - 5 PM

Be on the lookout for the agenda to come soon. Just some of the booths that will be featured are archery, flint knapping, stick games, language, and cedar processing. We are also looking forward to the youth education program activities.

Tribal members and their families are invited to wear their ceremonial regalia to the Salmon Ceremony on Saturday.

Registration packets will be sent out to Tribal member heads of household in mid-April. They must be turned in quickly to secure t-shirts and materials.



#### Cow Creek Youth Art Show: Culture Is Prevention

Cow Creek Health and Wellness Prevention
Programs are pleased to announce a partnership
with the Umpqua Valley Arts Association and the
Expanding Horizons Youth Center. This community
collaborative effort is the first showing of all Tribal
youth art in the UVAA gallery. Darlene Chapman,
Prevention Specialist with the CCH&W Behavioral
Health program has been working with the kids
of the Youth Center in Tri-City on creating original
pieces of art for this show.

Titled "Culture is Prevention", the focus of the multimedia art show is creating resiliency and promoting prevention skills in our youth. The show begins with an opening reception on March 16, 2019-8 from 6 PM - 8 PM at the UVAA gallery,

located at 1624 West Harvard, Roseburg. The show will run in the gallery until April 27, 2018. There is no charge for admission.

Please join us in supporting the efforts and celebrating the talents of our Tribal Youth by attending the show "Culture is Prevention".



#### **Youth Activities Committee Positions Available**

The Youth Activities Committee has two (2) vacant positions. The committee puts on fun activities for our Tribal Youth throughout the year including the Youth Pow Wow. The committee meets monthly on the first Monday from 5 – 7 PM at the Cow Creek Government Offices in Roseburg.

If you are interested in being a part of this committee, please submit a brief paragraph of why

you would like to join the committee and what you may have to offer so far as experience or expertise.

Submissions must be e-mailed to K'Ehleyr McNulty, Youth Development Specialist, at <a href="mailto:kmcnulty@cowcreek.com">kmcnulty@cowcreek.com</a>. Please be sure to attach your contact information. Submissions will be accepted until noon on April 16, 2018.

### Culture Corner

#### Takelma Language Corner

Our Takelma language ancestors recognized family titles a little differently than what Tribal members do today. The grandparents would have been addressed in the following manner.

Wik'así – my maternal grandparents (week-ah-see) Wikamtí – my paternal grandparents (wee-gahm-tea)

Takelma language classes are offered from 10 AM to 12 PM every Thursday at the Tribal Community Center located in Tri-City, Oregon. For more information, contact Rhonda Richardson at 541-677-5575 Ext. 5513 during business hours

#### Yerba Buena Used in Springtime Tonics

Yerba Buena, scientifically known as *Clinopodium* douglasii, is a creeping groundcover grown in shady moist sites. This small plant is used steeped to create a tea. It has a mild pleasant flavor. It was a key ingredient in the tonic that was consumed



each spring. Be watchful for this plant this year.

#### **Baby Rattles**

This baby rattle is made from willow sticks and willow root with red and white overlay. The handle can be wrapped in bear grass or leather. The rattles were made with willow due to the analgesic effect. Perfect for giving to a teething infant. The rattle was filled with shells to make a soft rattling sound.



#### Children's Everyday Wear

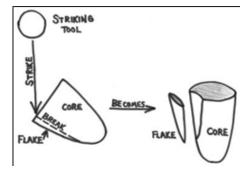
In the winter months, the children would wear buckskin shirts, leggings, and moccasins. The children would use blankets made from fawn skins to keep warm. In the summer months, the boys would wear breechcloths and go barefoot.,The girls would wear their maple or cedar bark skirts and go barefoot just like the boys.

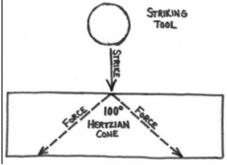


#### The Making of Stone Tools

Flint-Knapping is the name that is given to the process of making chipped-stone tools. Breaking rocks has a lot more science behind it than most people realize. All rocks break in a predictable way; the Hertzian Cone. The cone is made when one rock (a hammer stone) hits another rock (a core) with the right amount of force to break off an area at a

50 degree angle in all directions. By striking the side of a rock. the cone will travel into the material on one side until its energy is spent, then fracture off a flake from the core. Repeated strikes will further shape the rock into a desired shape. which will be usable as a tool.





## Messages from the Clinic

#### Are You Using Your Teladoc Membership?

The flu and cold season continues and many are having to spend hours at their doctor's office, an urgent care or even the ER. Do you want to spend the time having to go to these medical providers when you could still get medical care sitting at home, while you are at work, or even on vacation? Then please give Teladoc a try. It is only a phone call away, and within an estimated 16-17 minutes you can talk to a medical provider with over 10 years of credible medical experience. A great many of our employees and Tribal members who have used this service have saved time and money, and really love this service.

There is no cost to you unless there is a prescription that is needed, and then it would be the prescription co-pay amount. The deductible does not have to be met before you can use this service.

It is highly recommended that a medical history be completed for anyone who would like to use this benefit prior to the need for Teladoc services. The medical history is just like filling out the forms at a

medical provider's office. The doctor needs to have your medical and prescription information in order to provide great medical care. All of this information is confidential and is only reviewed by the treating medical provider at Teladoc.

This benefit is not to take the place of your physician or if there is an emergency, to replace emergency care. This is a benefit that can be used for flu, cold, upper respiratory infections, bladder infections, and many more conditions. When completing the on-line registration, you will be prompted to input Nesika's name. The name you must use is "Nesika Health Group Corp".

If you have any questions, please call Jone Radford, Nesika Health Group, at 541-677-5508.



#### **Nesika Open Enrollment Approaching**

Please note that there has been a change to the open enrollment end date. Open enrollment will be from June 1<sup>st</sup> through June 14<sup>th</sup>.

Nesika Health Group is the self-funded health insurance that is provided to all eligible employees and Tribal members that choose to participate and pay the monthly premium. The Annual Open Enrollment Month for Nesika Health Group is in the month of June.

Annual Open enrollment is the one time of the year that you can make changes without having a qualifying event. (The qualifying events are: marriage, birth, adoption, divorce, and death.) The

changes that you can make are to add or delete your spouse or dependents to or from the plan, or change the elected coverage. Newly-elected Plan coverage will become effective on July 1st.

If you are interested in receiving enrollment information, please call the Nesika office at 541-677-5508 or 800-284-9917. A packet will be mailed to you. The required information must be returned and in the Nesika office no later than June 14, 2018, for coverage to take effect on July 1st.

## Messages from the Clinic

#### **Americans Are Sleeping More-And That's Great News**

We're still a nation of night owls. But Americans may finally be waking up to the importance of getting a good night's rest. A study, published in the journal Sleep, found that we're starting to sleep more instead of less.

Researchers looked at survey data collected between 2003 to 2016 for 181,335 people ages 15 and older. Americans' sleep time increased each night by 1.4 minutes on weekdays and 0.8 minutes on weekends for each year of the study. Over the 14-year study period, that adds up to about 17 more minutes of sleep a night, or more than four full days of additional sleep. Going to bed earlier (instead of watching TV or reading, for example) was the main reason for the extra sleep.

Sleep is essential for good health. Sleep experts say adults need at least seven hours of nightly shuteye. Snoozing less than that on a regular basis (which millions of Americans still do) may increase the risk of several serious health problems. Among them: obesity, type 2 diabetes, heart disease, stroke and depression.



#### 8 Tips for a Better Night's Rest

Are you falling short on shuteye? Sometimes the key to a good night's rest is changing up your daytime routine, especially right before bed. Experts suggest these healthy habits:

- 1. Stick to a schedule. Go to bed and get up at the same time—even on weekends.
- 2. Watch what you drink when it's late. Caffeine late in the day isn't the only sleep thief. Drinking alcohol before bedtime can also mess with sleep.
- 3. Turn down the heat. Make sure your bedroom is not only dark and quiet but also comfortably cool (though not cold).
- 4. Don't watch TV or use a computer or smartphone in your bedroom. Use your bed only for sleep and sex.

- 5. Get moving. Exercising regularly (during the day) may help you sleep better at night.
- 6. Turn in early enough. Go to bed at an hour that will allow you to get up on time for work or school and still get at least seven hours of sleep.
- 7. Wind down. As bedtime gets closer, turn down the lights in your home. Turn off your digital devices 30 minutes before it's time to sleep.
- 8. Don't raid the fridge. Avoid heavy meals before bed. If you're hungry, opt for a light snack.

If changing your sleep habits doesn't help you rest—or if sleepless nights are affecting your days—it's a good idea to talk to a primary care provider. You could have a treatable sleep disorder. Call for an appointment at Cow Creek Health & Wellness Center.

## Government and Programs

## Tribal Housing Opportunities & 2017 Tax Return Request

The Wi'līi Housing Department has a variety of programs available to help Tribal members secure decent, safe, and sanitary housing. In Douglas County, we provide low-income Tribally-owned rentals, rental assistance for non-Tribal homes, and emergency housing assistance. Within the sevencounty service area, we provide low-income down payment or repair assistance for homeowners. Across the country, we provide low-income student rental assistance to eligible full-time students and down payment or repair assistance to homeowners, regardless of income level.

All low-income housing programs are funded through our federal Indian Housing Block Grant (IHBG) and have very strict eligibility and participation guidelines. Additionally, all programs are subject to available funding.

Please note: If you are on the low-income housing Waiting List or are currently participating in a low-income rental program, you must provide verification of your 2017 tax return or sign an exclusion form certifying that you are not required to file federal taxes by April 30, 2018. You should have received your verification forms by mail or email. If you haven't received your forms, please contact Mel in the Housing Department to get new copies.

Detailed program descriptions and program applications are available for download at <a href="www.cowcreek.com">www.cowcreek.com</a> through the Tribal Members' portal. Just click on the "Login" option at the top of the main page. For more information, call 541-677-5575 or send an email to Mel Johnson, Housing Admin Assistant, at <a href="mailto:MJohnson@cowcreek.com">MJohnson@cowcreek.com</a>.

#### **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.

Tribal rental housing is available to eligible lowincome Tribal members. Rent for Tribal housing is based on total household income. Minimum rent is \$100 per month; maximum rent is currently \$800 per month. Most Tribal housing units are located in Tri-City, including 25 new homes that will be under construction over the next five years.

Eligible applicants are approved by the Housing Review Board and placed on a Waiting List. Priority is given to families with the greatest needs in relation to family size, age, disabilities, etc. Applicants on the Waiting List must update their application every six months or risk being removed from the list. The current wait for a home is approximately six months; we suggest applying to the list as soon as possible.

For more information, contact Sarah Thompson or Mel Johnson at 541-863-3730.

## Save the Date: Caring for Family Caregivers Conference 2018

Save the Date: the 2<sup>nd</sup> Annual Caring for Family Caregivers Conference 2018 will be held on Wednesday May 16th, 2018, at the Douglas County Fairgrounds in Roseburg, Oregon. This event is brought to you by the partnership of the Tribe and Douglas County Senior Services.

Please come and enjoy the conference! We will have resource tables, guest speakers, and drawings. This conference is for you, the family caregiver, to relax and enjoy your day!

Please RSVP with Adrionna Brim at the Cow Creek Government Office by April 2<sup>nd</sup>, 2018.

## Government and Programs

#### Financial Peace University Classes

Financial Peace University is a nine-lesson class that teaches how to create a budget, pay off debt, spend wisely, and save for the future. This class is offered <u>FREE</u> to our Tribal families. Anywhere else, this class could cost \$100.00. We encourage teenagers to join their parents or come individually.

Dinner is provided. Participants will receive a kit with the hardback book, workbook, and pack of CD's. Each class is limited to 10 people, so call today to register for your spot!

Lonnie Rainville will present the class. To RSVP, contact Alexa Young at <a href="mailto:ayoung@cowcreek.com">ayoung@cowcreek.com</a> or 541-677-5575. Classes will be held at the Cow Creek Government Offices in Roseburg, in the South Building Conference Room, from 5:30 PM to 7:30 PM. Classes will be held every Monday starting April 2, 2018, for approximately 9 weeks.



#### **Round Circle Reading Group**

Bring your child and join us for this exciting program. Learn new ways to read and play with your children, and take a new book home every week! Light refreshments will be served. This program is at no cost to participants. Classes will be held at the Tribal Community Center in Myrtle Creek every Tuesday morning from 10 - 10:45 AM, and at the Government Office Library in Roseburg every Thursday morning from 10 - 10:45 AM. For more information, contact K'Ehleyr McNulty at 541-677-5575 or <a href="mailto:kmcnulty@cowcreek.com">kmcnulty@cowcreek.com</a>.

#### **Keep Up with Medicare Updates**

If you haven't done so, please send in your new 2018 statements or 1099s for your reimbursement. Fax to 541-677-5565, email <a href="mailto:cgrizzle@cowcreek.com">cgrizzle@cowcreek.com</a>, or mail to Cindy Grizzle at the address on the back cover.

New medicare cards are coming! Medicare will mail new insurance cards between April 2018 - April 2019. To prevent identity theft, new cards WILL NOT include Social Security Numbers. Instead, each person will get a new unique Medicare Number, also known as a Medicare Beneficiary Identifier (MBI). For example:

Key Example

SSA HICN 123-45-6789-A1 MBI 1EG4-TE5-MK73

Note: Identifiers are fictitious and dashes for display purposes only; they are not stored in the database nor used in file formats.

You DO NOT need to do anything to get a new card, but you should make sure your mailing address is up to date with Social Security. Visit <a href="mailto:ssa.gov/myaccount.com">ssa.gov/myaccount.com</a> or call 1-800-772-1213 (TTY: 1-800-325-0778) to correct or update your mailing address.

Medicare will NOT call and ask for personal information! Any callers asking for your current Medicare Number, Social Security Number, or money are criminals trying to steal identities. HANG UP! Medicare will mail more information with your new Medicare Card. Check Medicare.gov for the latest updates.

When you receive your new medicare card, destroy your previous Medicare Card by shredding it.

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

The new Food Bank hours are:

2<sup>nd</sup> Tuesday each month from 9 AM - 11 AM

4<sup>th</sup> Tuesday each month from 2 PM - 4 PM
Also open after each General Council Meeting.

## March 2018

2 Elders Luncheon 12 PM @ 7F 9Cow Creek Youth Art Show	3
12 PM @ 7F  9Cow Creek Youth Art Show	
Youth Art Show	
Youth Art Show	
Youth Art Show	
	10
Art Submission Deadline	
Washington Informational	Washington Informational
Meetings (Pg. 4)	Meetings (Pg. 4)
16	17
Opening Day of Cow Creek Youth	
Art Show 10 AM - 4 PM	
@ Umpqua Valley Art Center	
23	24
Taphòytha Hall	Spring Family
3 PM @ Umpqua	Gathering: Easter Egg Hunt 12:30 - 2:30 PM @ Bare Park
College	
30	31
	@ Umpqua Valley Art Center  23 Taphòytha Hall Grand Opening 3 PM @ Umpqua Community College

### Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers
Takelma Class: 10 AM - 12 PM @ TCC
Reading Group: Returning in March, 2018.
Water Aerobics: 9 - 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.

## April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Senior Meal Round Circle	4	5 Senior Meal Takelma Class	6 Elders Luncheon 12 PM @ 7F	7
		Reading Group Water Aerobics		Water Aerobics		
8	9	10 Senior Meal Round Circle Reading Group Water Aerobics Food Bank Open 9 AM - 11 AM	11	12 Senior Meal Takelma Class Round Circle Reading Group Water Aerobics	13	14
15	16	17 Senior Meal  Round Circle Reading Group  Water Aerobics	18	19 Senior Meal Takelma Class Round Circle Reading Group Water Aerobics	20	21
22	23	24 Senior Meal Round Circle Reading Group Water Aerobics Food Bank Open 2 PM - 4 AM	25	26 Senior Meal Takelma Class Round Circle Reading Group Ready! For Kindergarten 6:30 PM @ GO	27	28
29	30					

### 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

- Thursdays 10 - 11 AM @ Roseburg Tribal Library

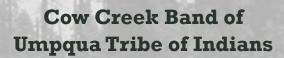
Water Aerobics: 9 - 9:45 AM @ 7F RV Resort

**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.



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