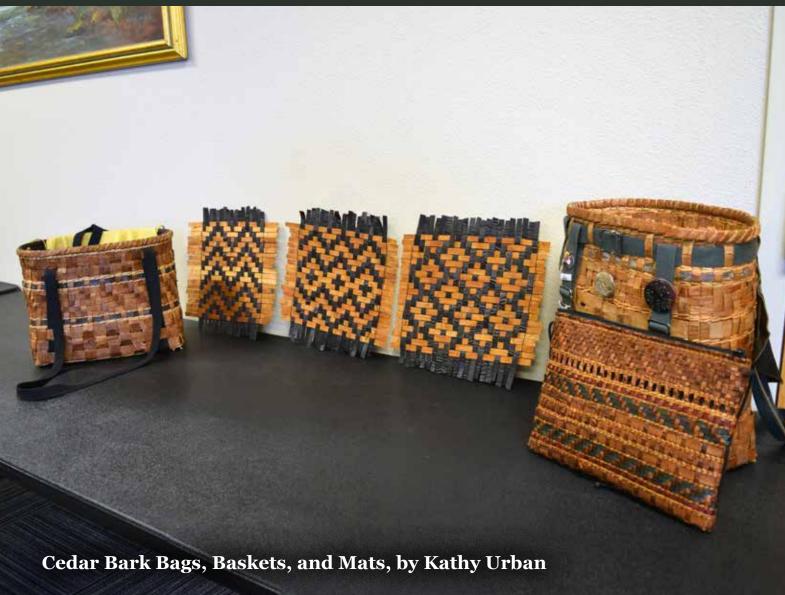


Wik'uuyám Heeta'

"Friend, Away from Here"

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



Volume 30, Issue 1 January-February 2020

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/Indigenous Peoples Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

Letter from the Chairman

As we enter into the year 2020, I would like to briefly review a few of the amazing things that happened in the year 2019.

Tribal leadership has been working hard with the Natural Resources and Forestry Departments to develop a forest management plan for the lands given to the Tribe as part of the Western Oregon Tribal Fairness Act. The revolutionary plan we have developed will fulfill the Tribe's values, and provide revenue and recreational activities for the Tribe. These lands will become a resource for generations of Tribal members to come.

In addition to their work with the new Tribal lands, the Natural Resources Department was a vital member of a partnership that introduced a Pacific Lamprey exhibit to the Oregon Zoo. We hope that this exhibit will help raise awareness of the lamprey and increase conservation efforts to prevent them from joining the endangered species list.

Many of our Tribal businesses have also done us proud this past year. The Seven Feathers Hotel and Casino Resort was ranked #10 in the list of the Top 50 Casinos in America by *Business Insider* magazine, beating out many much larger casinos. We recognize and celebrate our excellent team

provide consistent hospitality service to our guests. They are also in the process of renovating the hotel to provide an even more excellent stay.

at the casino for their efforts to

The Tribally-owned Holiday
Inn Express in

Canyonville, Oregon, also completed a renovation, giving the building a modern look to match their cutting-edge guest services.

The Seven Feathers Truck & Travel Center completed renovations on their fuel lanes, greatly improving traffic to and from the pumps, and plan to add a small park for visitors as well.

Anvil Northwest, the Tribe's graphic and web design business, was chosen and contracted by the City of Roseburg to organize the marketing direction, brand development, and visitor information services for the entire city.

During 2019, the Tribe added two new businesses to further diversify our portfolio. We established Seventh Gen Farms, which cultivated and harvested a successful hemp crop for their first year. We also acquired Klamath Basin Equipment which features New Holland equipment. This business will complement the Tribe's current ranching, farming, and construction endeavors.

The Tribe's Education Department has also been busy this year. In compliance with Senate Bill 13, they developed Tribal placed based curriculum for the 4th grade for use in Oregon schools, featuring artwork from a Cow Creek Tribal member artist, Sarah Thompson-Moore. Curriculum for the 8th and 10th grades has been approved as well. They also opened a new Tribal Community Center in Myrtle Creek, Oregon, greatly expanding space for Elder's meals, the Tribal preschool, after-school youth programs, and more. Furthermore, they have hired two new employees to help with the revitalization of the Takelma language.

The Cow Creek Tribal Youth Council did the Tribe proud in 2019 with their outstanding participation in leadership events and selfless service on multiple occasions to both the Tribe and our community.

2019 also saw the introduction of two new Tribal Board Members: Carla Keene and Susie Steward. We look forward to seeing more of their hard work and dedication to Tribal members in 2020.

Sincerely,

Daniel Courtney, Cow Creek Tribal Chairman

Tribal News

Updates on the Elk Conservation and Restoration Capacity Building Project

The Wildlife Program has been working hard for the continued success of the Elk Conservation and Restoration Capacity Building Project. For the last two years, program staff have been radio-collaring Roosevelt elk on Tribal lands with the assistance of Tribal Elders, Tribal Youth Interns, and volunteers.

To date, ten Roosevelt have been radio-collared, and their habitat utilization and behaviors are routinely studied by project staff. This research is assisted with the financial support of two independent research grants: the Environmental Regulatory Enhancement grant from the Administration for Native Americans, and the Tribal Wildlife Grant from the U.S. Fish and Wildlife Service.

The Wildlife Program and project staff routinely survey the elk populations on Tribal lands to observe seasonal changes in herd behavior, habitat utilization, and population trends. These factors help to determine hunting tag limits for the Tribal Hunting Program and to implement habitat improvement projects to create sustainable and healthy grazing land for the elk population. The main goal of the project is to enhance the Tribe's capacity to effectively manage elk populations on Tribal lands. This ensures Tribal members have access to sustainable populations of Roosevelt elk to meet ongoing cultural, subsistence, and ceremonial needs for generations to come.

Beginning January of 2020, the Wildlife Program is seeking 1 or 2 Tribal Youth Interns to assist with the elk research project. These interns will have the opportunity to assist with elk captures, learn about wildlife, assist with habitat enhancement projects, and develop useful skills for potential natural resource career paths. This is a wonderful opportunity for Tribal youth to explore a career in wildlife science and/or natural resources. For inquiries about the Tribal Youth Internship program, please contact Cailey Powell at (541)530-2303 or at CPowell@cowcreek.com.



A radio-collared cow elk (left) pictured with other members of the herd



Wildlife Technician Cailey Powell and Tribal Youth Intern Luke Van Norman ear-tag an elk during a capture event

The Tribe Needs Your Participation in the 2020 Census!

What is the Census?

The Census is a count of every person who lives in the United States and its territories. It happens every 10 years. In early 2020, you will be asked to count everyone who lives in your home as of April 1st. Responding to the 2020 Census is a chance to shape your future.

What You Need To Know About the 2020 Census

- The Cow Creek Band of Umpqua Tribe of Indians is dedicated to having every Tribal member across America counted for the 2020 Census!
- The first Census occurred in 1790. American Indians and Alaskan Natives were not counted until 1860!
- The Census is a powerful information source that significantly influences US policy. Census data is the basis for allocation of more than \$675 billion annually, of which nearly \$1 billion in annual resources are allocated to Indian Country.
- The Census is completed by the Department of Commerce.
- It is estimated in Indian Country that for every person not included in the Census count, there is a loss in funding of \$3,000 per year, per person!
- Native Americans, other minorities, homeless, and children have historically been under counted and the hard to count populations. The Census Bureau estimates American Indians and Alaska Natives were undercounted in the 2010 Census by 4.88% which is more than double of the next closest population group.
- The Enrollment Department uses historical Federal and Indian Census records to confirm family relationships when birth records are not available. Records are CONFIDENTIAL by the Deptartment of Commerce for 72 years before becoming a public record by the National Archives.

Shape our future START HERE >



- The Tribe consistently has to prove its population for grant and Federal funding because the Census data is inaccurate.
- The 2020 Census is the first time you will be able to respond online.
- The State of Oregon has established the first ever statewide "Complete Count Committee," whose mission is to ensure a fair and accurate count for Oregon.
- Article 1, Section 2, Clause 3 of the US Constitution requires that a census of the entire population be made every ten years. The 14th Amendment directs that the Census will be used to determine the number of members of US House of Representatives from each State. Oregon could gain another seat if ALL persons in Oregon are counted.
- Whether a household is counted as an American Indian household entirely depends on the race of "Person 1" listed on the Census form.
- Answering on the Census as "American Indian" and listing "Cow Creek Band of Umpqua Tribe of Indians" as your membership is a matter of selfidentification, no proof is required; no one will ask you to show your Tribal ID or Certificate of Indian Blood (CIB).

Questions? Contact Alexa Young, Cow Creek Band of Umpqua Tribe of Indians Census Liaison at (541) 677-5575 or ayoung@cowcreek.com.

Tribal News

Tribe's Donations Provides Food and More for Thousands in Seven Counties

As part of fulfilling the Tribal Gaming Compact, which mandates that the Tribe donate 6% of its gaming revenue, the Cow Creek Tribe gives donations to local non-profit agencies. The Cow Creek Foundation and the Tribal Board, two of the donating arms of the Tribe, are very careful in selecting where funds are distributed, focusing on Basic Needs (food and emergency support), Abuse Prevention and Intervention, Health and Wellness, Community Support, and Education.

Between a holiday donation to food banks at the end of last year and the semiannual Foundation Awards in January, the Tribe has enabled over 80 non-profit organizations in Coos, Deschutes, Douglas, Jackson, Josephine, Klamath, and Lane Counties to each serve hundreds of people in need in their community.



A thankful Emily Little, Executive Director of WellMama, receives the Martha Young Award from Carma Mornarich. Foundation Director

The Cow Creek Foundation also gave two special awards in honor of past Board members. First, the Martha Young Award was given to WellMama, a non-profit that provides one-on-one support to struggling pregnant and postpartum individuals, among other services. Secondly, the Buss Rondeau Award went to FOOD for Lane County (FFLC), a food bank that provided over 6 million meals to those in need last year, to help with a new training program that will help over 30 people attain sustainable jobs. In the words of Buss Rondeau, these two organizations "give people a hand up, not just a hand out."

Cow Creek Youth Art Show Culture is Prevention

March 13th - May 1st | 4-18 Years Old Umpqua Valley Art Center

Accepting art submissions! Please submit your children's art by March 6th, 2020. Cultural or prevention themed artwork created within the past two years welcomed! Questions? Contact Darlene at 541-691-2432 or dchapman@cowcreek.com

Culture and Education

Takelma Resources Coming Soon!

Attention, Tribal Members! We're working hard to bring back the Takelma language and create a standardized version for wide use among our people! Long-term projects include a dictionary, a primer book, and starting up Takelma classes again! We're working hard to bring consistency to the language to make it easy to understand, learn, and remember!

We'll also be sharing everyday phrases, pronunciation guides, and a few explanations (don't worry, nothing too technical) in future newsletters. Stay tuned for more Takelma language in 2020!

In the meantime, if there's something you want to use with friends and family, for business or pleasure, just ask our new on-site linguist Dave Prine (dprine@ cowcreek.com) to see if it exists. He can let you know what words are currently available and how to say/ spell them. If a word or phrase doesn't exist, he'll do his best to determine the best fit for how our ancestors might have said it.



David Prine, On-Site Linguist

Save the Date: Upcoming Youth

Activity Committee Events

02/29/20 - Diamond Lake Tubing - no transportation provided, dinner provided - more information to come, weather permitting

03/22/20 - Parkview Skating - Skate into Spring -12 - 3 PM

04/04/20 - Spring Gathering - Bare Park -11 AM - 2 PM

05/2020 - Pow-Wow Etiquette - more information to come

Questions? Call Tammy at 541-672-3861

2020 Nahankhuotana Conference Is **Now Open for Registration**

Join us for active conversations about cultural partnerships within the community, informational presentations, traditional music, fun raffle items, and so much more!

The conference is open to all community partners. We look forward to seeing guests from Federal, State, and Local governments, teachers, administrative staff, and community members.

The Conference will be held on Wednesday, March 11, 2020, from 9 AM - 3 PM at the Seven Feathers Convention Center. Don't miss the welcome dinner featuring Tribal history presentations on Tuesday, March 10, 2020, at 5 PM.

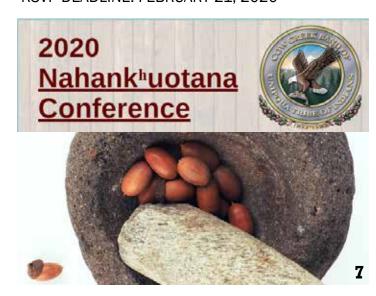
To register for the event, visit Eventbrite.com at www.eventbrite.com/e/2020-nahankhuotanaconferencetickets-88545964363 or contact the Cow Creek Culture Program at 541-677-5575 or by email at jbryant@cowcreek.com.

Registration Information:

\$25 for welcome dinner (Tuesday)

\$50 for conference (Wednesday)

Free for Cow Creek Tribal members and employees Lunch and refreshments provided RSVP DEADLINE: FEBRUARY 21, 2020



Culture and Education

Tribal Library to Open Soon

The Tribal Library is on track to be open and ready for business in early 2020. The collection of literature, covering a wide variety of topics, was originally housed in the Roseburg Government offices. The Education Department has brought this collection of materials under their administrative umbrella and moved (with the aid of the Maintenance Dept.) shelves and materials to the new Tribal Community Center.

This was not an easy undertaking. First the materials all had to be cataloged in the web based inventory management system. Over 2,000 titles were individually entered into the system, assigned a classification number, tagged, and then boxed for moving. All of the materials lived in storage for some time while their new home in the Gathering Room was made ready. All of the reference materials are on the shelf waiting to be joined by their fiction counterparts.

Books in this collection are focused on Native authors, Native arts and history, or subjects relevant



The Tribal Community Center is located at 825 NE Leon Ave, Myrtle Creek, OR

to our geographical area and/or Native issues. It is an interesting collection of materials that should benefit Tribal members able to take advantage of the collection.

We ask that Tribal members fill out a brief application for the Library. Unfortunately, we have to limit our ability to check out materials to those Tribal members who can pick up and return, we cannot mail items for check out at this time. Stop by the Tribal Community Center and see Stephanie Jackson our librarian for an application.

Archaeology: Traditional Wealth Artifacts

Much like the other neighboring Tribes of the Pacific Northwest, wealth was an important element within the Cow Creek traditional lifeways. Shells (dentalia, cowrie, or others), pine nuts, bear claws, obsidian wealth blades, and feathers were all important wealth symbols. Generally, only stone artifacts are recovered from archaeological excavations, such as wealth blades that would be buried with important or wealthy individuals. Shells, pine nuts, and other organic materials typically deteriorate in the acidic soils in this region.

One interesting fact is that dentalia shells were considered traditional currency that could be used in trade for all different types of goods, or even to buy wives. Men would get tattoos on their arms as a way to measure the length of dentalia, and thus their worth. Another interesting tidbit is that the higher a groom and his family paid in his "bride price" for a wife, the higher rank in society the couples' children would be throughout their life.



Dentalia shells



Obsidian wealth blades

Culture and Education

Men's Fancy War Dance

This is a very fast, energetic style danced by mostly younger men. The dancers wear two bustles, one at the waist and one at the back of the shoulders. These may be eagle feathers or colorful dyed feathers with ribbon or horsehair streamers hanging from the tips of the feathers. They usually dance to "trick" songs that have abrupt stops, trying to "trick" the dancers into messing up and overstepping the end of the song.



Example of the two-bustle regalia worn by the Nez Perce Wallowa

Men's Grass Dance

The dancers wear shirts or yokes and long aprons, with yarn or ribbon sewn onto them to resemble long grass tufts. Their dance is supposed to imitate the grass blowing in the breeze, long and willowy, with fairly graceful swaying movements. They wear pants with yarn sews onto legs also, and may wear a breastplate, loop necklace, or beaded harness in front, as well as a porcupine hair roach, and eagle feather fan.



Grass Dancers from the Kainai Nation in Alberta, Canada

Archaeology: The Projectile Point

Probably the most recognizable artifact in archaeology is the projectile point (archaeologist don't really like the term arrowhead except for use on arrows). Cleverly named, these artifacts were hafted onto the ends of projectiles (spears, darts, or arrows), creating a point, for hunting and weaponry. Projectile points are important to archaeology because they are good at indicating a site's time period, or the age of the site.

As technologies changed over time, so did the size and shape of projectile points. The earliest types of points were large spear points, and these are typically over 8,000 years old. About 8,000 years ago, the atlatl replaced the spear, and was essentially a modified stick that threw darts, three to four feet long, at targets. The bow and arrow was introduced about 2,000 years ago. With each new technology, a general reduction in projectile point size is seen, as smaller tips were needed for projectile weight and accuracy.



Windust Spear Point (9,000 years old)



Coquille Dart Point (4,000 years old)



Gunther-Barbed Arrowhead (150 years old)

Emergency Preparedness

Stay Safe While Driving in Fog

by Tracy DePew, Cow Creek Emergency Management Director, via weather.gov

Valley fog is created when air at higher elevations cools down and drains down-slope into the valley. From there, a cool, stable layer forms near the ground, which limits turbulent mixing and traps the cool, moist air. Finally, the air near the ground continues to cool until water vapor molecules are changed into small droplets of liquid water. Occasionally, colder ground temperatures and condensed water vapor mixing with smoke can create "super fog," which reduces visibility to no more than a few feet.

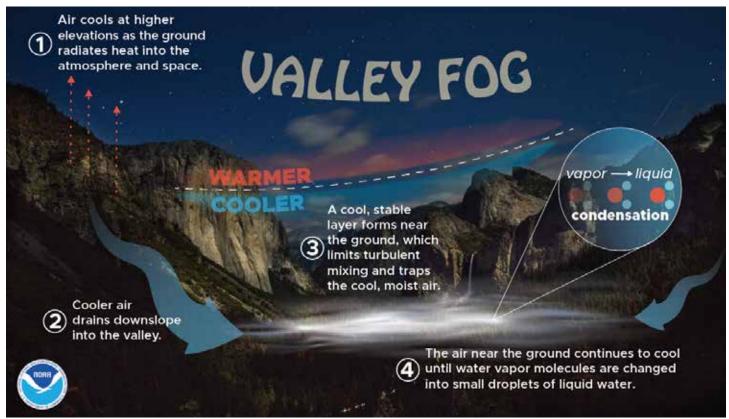
Fog limits visibility, delays air travel, and brings danger to any travelers on the road. Dense fog can reduce visibility to a quarter mile or less, which contributes to numerous motor vehicle accidents every year. Visibility is usually the lowest on bridges or near bodies of water.

Your local National Weather Service forecast office will issue a Dense Fog Advisory if widespread or localized fog is expected to reduce visibility to a quarter mile or less over a large area for an extended period of time. It is best to not travel in heavy fog, but if it can't be avoided, you should follow these tips to travel safely.

Slow down while driving, especially near bodies of water. You should be sure that you can stop within the distance that you can see. Do not change lanes or pass other vehicles unless absolutely necessary.

If your vehicle breaks down in dense fog, move it well off the road onto the shoulder and turn off all lights except your hazard lights. If possible, walk away from the road.

For more fog safety tips, visit weather.gov/safety/fog.



Government and Programs

Tell Us about Your Tribal Member-Owned Businesses

As the Cow Creek Band of Umpqua Tribe of Indians expands its financial capabilities, Tribal leadership have found that there are increasing needs for outside services and products. While these necessities can be purchased from outside corporations, the Tribe would much rather do business with any Tribal members who offer a product that we need. This would both meet the need of the product or service, and support our Tribal members' business endeavors.

To this end, Tribal leadership is seeking to compile a list of all businesses owned by members of the Cow Creek Band of Umpqua Tribe of Indians. With such a list, the Tribe can do business with its own members rather than an outside corporations, becoming even more self-sufficient.

If you own a business, or know of a Tribal member who does, please contact the Cow Creek Government Offices at RBochart@cowcreek.com or 541-672-9405 with the following details:

- Name of the Business
- The Type of Business (i.e. accounting firm, grocery store, etc.)
- Size of the Business
- A point of contact for the Business (person's name, as well as phone number, email, etc.)

Notice: Tribal Land for Sale

Pursuant to the Real Property Asset Disposal Policy approved by the Tribal Board of Directors on March 27, 2019, the Tribal Land Asset Management Team (TLAMT) has recommended the sale of the real property located at 390 Buzz Mountain Lane, Roseburg, Oregon.

This 30-day notice has been posted to determine if there are any enrolled members of the Cow Creek Band of Umpqua Tribe of Indians "Tribal Membership" interested in purchasing the property.

This property consists of 25.1 Acres of mixed forest land and a Home site. The property is being considered for disposal, because of its location and access constraints. In addition, the property no longer meets any future planning needs for the Tribe. This property has been appraised at \$120,000.00. The property is being offered for sale "as is" for no less than the appraised value.

If you are interested in viewing the property and/ or making an offer to the Tribe, please send a letter of interest with your name, address, and phone number to:

Lori Noble, Land and Reality Program Manager, Department of Natural Resources 2371 NE Stephens, Suite 100 Roseburg, Oregon 97470

All letters of interest and/or inquiries are due by February 29, 2020, at 5:00 PM. For questions about this property or to request more information, please call Lori at 541-672-9405.

Cow Creek Tribe Is One of 52 Tribes to Receive Federal Funding for Housing

The U.S. Department of Housing and Urban Development recently announced that they would be donating nearly \$200 million in grant awards to 52 Native American Tribes and Tribally Designated Housing Entities across the nation.

Travis Hill, Vice President of Business Operations for the Umpqua Indian Development Corporation,

stated: "We are very pleased to be one of the 52 Tribes granted when the HUD grant awards were announced. This grant of \$3,775,933 will assist us greatly with our ongoing efforts to build houses for Cow Creek Tribal members and affiliated Tribes."

Keep an eye on future newsletters for more information on upcoming Housing projects.

Government and Programs

Child Care Assistance Program

The Cow Creek Child Care Assistance Program provides eligible parents, grandparents, and legal guardians of Tribal children with a stipend for monthly child care costs. Stipends are paid directly to the child care provider.

Funds for the stipend come from Child Care and Development Fund (CCDF) grant operating funds. CCDF funds are used for participants who live within the Seven-County Service Area.

The purpose of the Cow Creek Child Care Assistance program is to enable families to improve their financial wellbeing. This is achieved by significantly reducing the financial burden of child care thereby enabling parents/guardians of Tribal children to work full time and/or attend school. Formal education and steady work experience will progressively increase the family's earning potential.

The Cow Creek CCDF program offers child care assistance for a variety of child care provider types. Providers must be currently state licensed and continually meet all state licensing requirements and certifications. Current licensing status can be found on the Oregon Child Care Safety Portal: https://oregonearlylearning.com/parents-families/childcare-safetyportal.

Program eligibility is determined by:

- Location: The family must live within the Seven-County Service Area
- Income: Gross monthly income limits by household size are based on the Sliding Fee Scale
 - Families of two are over income at \$3,791
 per month while families of eight are
 considered over income at \$7,525 per
 month. These amounts are based on the
 Sliding Fee Scale effective October 1, 2019.
 This fee scale is subject to change.

Other requirements include:

- Families in the service area must first apply for child care through the state before applying for assistance with the Tribe. Once the family's state assistance amount is decided (or if state assistance is denied) the family can apply with the Tribe for assistance with costs that aren't covered by the state. Parents may be responsible for a co-pay, paid directly to the provider, based on income as well.
- Families must verify that child care assistance is needed because all adults in the household are working or attending school (including a limited amount of time for study). Child care assistance is not intended to cover times when an adult is regularly home or when adults are engaged in ineligible activities.

Families requesting assistance must submit a completed application and provide income verification in order to be considered for approval. If you would like an application, or more information please contact Amy Holmgren at 541-677-5575 ext. 5579 or aholmgren@cowcreek.com.

Tribal Board to Travel to Washington

The Tribal Board will be traveling to Washington for the annual informational meetings in March 2020.

The first meeting will be held from 6 - 8 PM in Kelso, Washington, in the Cedar Room at the Red Lion Hotel & Conference Center (510 Kelso Drive, Kelso, WA 98626) on Friday, March 13, 2020.

The second meeting will be held from 1 - 3 PM in Port Angeles, Washington, in the Juan de Fuca Room at the Red Lion Hotel (221 North Lincoln Street, Port Angeles, WA 98362) on Saturday, March 14, 2020.

Government and Programs

Medicare Part B Reimbursement Program Information

Cow Creek Tribal members and their spouses who pay Medicare Part B Insurance Premiums may qualify for Tribal reimbursement of their premiums. These premiums are withheld from your Social Security checks monthly. If you are over 65 and still employed, you will be billed directly.

Reimbursement payments can be requested as an annual or monthly reimbursement payment. Tribal Elders (age 60+) can choose to have direct deposit or a printed check. If a Tribal Elder chooses Direct Deposit, a Direct Deposit Authorization Form and a cancelled check must be submitted.

To request your reimbursement, submit a 1099 form for an annual reimbursement, or submit a benefit statement for a monthly payment. The Social Security Administration Office will send these to you. It is important to keep your insurance premium information updated. As soon as you receive your 2020 benefit statement or your 2019 1099, please submit either by fax at 541-677-5565, email to aholmgren@cowcreek.com or mail to Amy Holmgren at 2371 NE Stephens St, Roseburg, OR 97470.

To request assistance, please contact Amy Holmgren at the number above.

Medicare: When Is Your 65th Birthday?

Did you know you need to sign up for Medicare even if you continue to work in order to avoid penalties and save you money? You can sign up as early as 2 months before your 65th Birthday. Don't put it off, this can save you a lot of money! Medicare coverage and costs change yearly. Be sure you are aware of the changes that occur yearly that will affect your pocketbook. Attend free Medicare classes offered in your area. Call SHIBA (Senior Health Insurance Benefits Assistance) at 1-800-722-4134. You will be asked to use the phone keypad to enter your ZIP Code. Depending on where you live, your call may be routed to a local agency in your area.

Health Advisory Committee Position Open

The Health Advisory Committee informs and advises the Tribal Board of Directors in their effort to ensure that the Tribal Administration provides efficient and effective healthcare to Tribal members and other eligible persons.

There is currently an opening on this committee for a Tribal Clinic User. This individual must be a Tribal member who uses one of our clinics as their primary care provider.

Interested persons should submit a Letter of Interest to Vanessa Jackson, Executive Administrative Assistant, either by email to VJackson@cowcreek.com or by mail to 2371 NE Stephens St. Suite 100, Roseburg OR, 97470, attention: Vanessa Jackson. This letter should include how long the individual has been using the clinic, and why they are interested in serving on the committee.

Cow Creek Gaming and Regulatory Commission Board Opening

The Cow Creek Gaming & Regulatory Commission is currently seeking qualified candidates to fill a vacated position on the board through the remaining term (December 31, 2022). Board members may be reappointed to serve an additional five (5) year term. The Cow Creek Gaming & Regulatory Commission is responsible for the regulation of Seven Feathers Casino Resort and extends over all gaming operations within the Tribe's jurisdiction. The Commission is an arm of Tribal government, independent from the gaming operation, and charged with the task of protecting the fairness, integrity, security and health of the operation and administration of all gaming activities. To apply, send your resume to the Cow Creek Gaming & Regulatory Commission office at 2058 NE Airport Road, Roseburg, OR 97470 or via email to <u>amcauley@cowcreek.com</u>. Resumes must be received by February 11th, 2020. 13

Blue Zones Project Corner

BLUE ZONES® POWER 9: Down Shift

By Kara Dressler, Cow Creek Health and Wellness Center, Clinic Communications Coordinator

Look on the Sunny Side

Is your immediate outlook usually sunny? If it is, you are not alone. Scientists are finding that humans naturally tend to have a positive outlook. Studies suggest optimistic people may be happier, healthier, and have a lower chance of heart problems and lung disease. This may have to do with the amount of stress hormones released by the body. Someone with a happy outlook on life may release fewer stress hormones during difficult times. Residents living in the original Blue Zones areas share common lifestyle habits called Power 9®—helping them live longer, healthier, happier lives. Downshifting, whether through a nap, meditation, prayer, or a happy hour with friends, is one of them.

Sleep Tight!

Getting plenty of sleep every night recharges your brain and keeps your immune system functioning well. Adults need around seven to nine hours of sleep per night. To meet your sleep needs, try going to bed and waking up around the same times every day. Sleep on a comfy mattress and pillows in a dark, quiet, and cool bedroom.

A Good Laugh Goes a Long Way

An emerging field known as humor therapy is helping people relieve stress and heal more quickly. Our on-the-go society means that many of us experience a certain amount of chaos on most days. Whatever your degree of stress, reducing it to the lowest level possible is good for your health, and humor is a great coping mechanism.

Research has found that laughter lowers blood pressure, reduces stress hormones, and boosts immunity. Laughter also triggers the release of endorphins – the body's natural painkillers – and produces a general sense of well- being. In fact,



To quote a popular phrase: laughter is the best medicine

hospitals nationwide are building formal and informal laughter therapy into their treatment programs. Humor is a universal language. The domino effect of a good laugh is more contagious than a sniffle, a cough, or a sneeze. A shared laugh connects people and gives them a sense of joy and closeness.

According to Laughter Therapist and author of We Need to Laugh More, Enda Junkins, "Anyone can join the laughter movement. All it takes is a willingness to risk some loss of control. The timid may start with a few shy giggles. The courageous may jump in with deep belly laughter. A sense of humor is not required."

So the next time stress is getting you down, remember that laughter is fun, free to all, and has no known negative side effects.

Messages from the Clinic

Save the Date: February 12th Cooking Demonstration

Save the date for the next cooking demo hosted by the Cow Creek Health & Wellness Center Nutrition Education Department. The theme will be "Heart Health" and we have some tasty recipes planned! On the menu will be Hemp-Crusted Salmon, Green Beans with Red Pepper and Garlic, Roasted Garlic Mashed Purple Potatoes, and Applesauce Cake. Come hungry, as we eat everything we cook!

<u>When</u>: Wednesday, February 12th, 10:30 AM – 12 PM <u>Where</u>: Tribal Community Center, 825 NE Leon Street, Myrtle Creek

The event is FREE, but advanced registration is required. Please call either clinic to sign-up (Roseburg: 541-672-8533 or Canyonville: 541-839-1345). We hope to see you there!



Hemp-Crusted Salmon



Green Beans with Red Pepper & Garlic



Roasted Garlic Mashed Purple Potatoes



Applesauce Cake

Nesika Health Group Changes

Many positive changes are occurring throughout Cow Creek businesses and at Nesika Health Group. Beginning February 1st, Nesika premium payments can be paid using a debit or credit card either online or by phone.

To do so, call Shasta Administrative Services at 1-800-441-4518 and ask for Tova, Lisa, or Jone. To make a payment by mail, send directly to Nesika Health, LLC, PO Box 490, Redmond, OR 97756.

The checks do need to be made payable to Nesika Health, LLC. If a payment has recently been submitted to the old address and it is not reflected on the February invoice, please know that Shasta and Nesika Health will be coordinating as we transition the process.

Nesika Users Get Teladoc for Free!

Teladoc is a wonderful benefit that is free for anyone on Nesika Health. By using Teladoc, there is no cost to the patient. If a prescription is prescribed, there will be a cost for the prescription co-pay amount. There is no time wasted sitting for an hour or more at the emergency room, urgent care, or provider's office along with other sick people. Teladoc can be utilized for allergies, flu, upper respiratory infections, urinary tract infections, and multiple other conditions. To use Teladoc either go on-line at Teladoc.com or call 1-800-Teladoc. The plan name for enrollment is "Nesika Health Group Corp Tribal Health Benefit Plan". It is recommended to enroll before seeking treatment as it does take a few minutes to enroll. Give Teladoc a try, as it is efficient and helps to keep Nesika Health's costs down, allowing Nesika Health to keep the cost of premiums from increasing.

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Messages from the Clinic

Treating the Flu: Remedies to Help You Feel Better

Antiviral medicines

There are several antiviral medications to treat seasonal influenza. Your doctor can decide if you should take an antiviral drug and, if so, which one will work best for you.

Antiviral drugs are especially important for people who are at high risk for complications from the flu. This includes older people, young children, pregnant women, American Indians and Alaska Natives, and people with weak immune systems or chronic health conditions.

Over-the-counter medicines

While over-the-counter medicines can't cure the flu, they can help relieve many of the symptoms. Read the labels carefully and keep these things in mind:

- Children and teenagers shouldn't take anything with aspirin in it—especially if they have a fever. Doing so could cause Reye's syndrome.
- Cough suppressants. Don't take these if you are coughing up mucus. Children under 6 years of age shouldn't take any over-the-counter medicines for cough and cold, according to the

American Academy of Family Physicians.

- Expectorants. These help by thinning mucus, making it easier to cough it up.
- · Decongestant nasal sprays. Decongestants shrink nasal passages and relieve congestion. Don't take them for more than a few days. Children shouldn't use nasal sprays.

Home remedies

Home remedies can go a long way toward helping you feel better even if you do take an antiviral medicine. For example:

- To ease a sore throat, try gargling with warm salt water a few times a day.
- For a stuffy nose, use saline nose drops to loosen mucus and moisten the skin in your nose.
- Drink plenty of fluids, such as water and clear soup. This will keep you hydrated and help loosen mucus.
- Avoid things that could worsen your symptoms, such as tobacco smoke and alcohol.
- Staying home and getting plenty of rest are also important when you're not feeling well and will help keep you from spreading germs to others.

Cow Creek Health and Wellness Center Prevention Program Featured in **CareOregon Article**

The Cow Creek Health & Wellness Center, in particular its Behavioral Health Prevention Program, was featured in a recent CareOregon article. The article featured the efforts of Darlene Chapman, the Tribe's Behavioral Health Case Manager, and her interactions with the CareOregon team. The article references Darlene's day-to-day responsibilities, her work with schools and youth to prevent suicide and violence, and the activities she uses to help at-risk youth. Her focus on Tribal Best Practices brings a cultural aspect to the work, making it especially meaningful for youth. One activity is equine therapy, where youth can walk with and ride horses, as well as paint Tribal markings on them. You can read more in the article here: www.careoregon.org/experiences/annual-



The article focuses on Behavioral Health Case Manager Darlene Chapman and her equine therapy

Image courtesy of CareOregon

Messages from the Clinic

Annual Over-the-Counter Distribution

Each year, Over-The-Counter (OTC) funds are distributed through the Cow Creek Health & Wellness Center. Each registered Tribal member is eligible to receive \$100.00 per adult and \$50.00 per member under 18 years old (their age as of 12/31/19).

These funds are to be spent on medical needs that are not covered by insurance or other means. Examples are diapers, Band-Aids, Aspirin or Tylenol, etc.

We want to distribute these funds but there is always confusion about where some members live. So this year we are going to try something different hoping to have a more seamless and accurate distribution.

The OTC funds will only be sent to those who return the OTC Funds Claim form:

- Claim forms will be available at the Government Office or by request as of Monday March 2, 2020. Form(s) can be requested by calling Clinic Administration at 541.677.5584 and speaking to Cheyan.
- The 2020 distribution will begin on Tuesday, 3/31/2020 for all claim forms received by 3/15/2020. Thereafter distributions will be made throughout the year on 6/30/2020 and again on 9/30/2020 for those claim forms received by the two weeks prior to distribution.
- Note that only parents and guardians can claim for children who are in their household and for which they have custody. But anyone is welcome to offer accurate information about the child's household location, even if not the parent's.
- False claims for children who are not in the household or in the claimant's custody are serious and, unfortunately, happen every year. This deprives some children and the custodial parent or guardian of their rightful and helpful funds. We want to avoid any misinformation since these are federal funds being disbursed.

Please be accurate. If you know of a false or missing claim for anyone, especially a child or Elder, please

contact the number below. We will work extra hard to see that the funds are given to the right person. Questions can be directed to Clinic Administration at 541.677.5584

Annual Extended Dental Benefit Program

Each Cow Creek Tribal member that is registered with Purchased and Referred Care (PRC) can apply annually for extended dental benefits. The benefits are for dental work costing more than any Tribal member's current insurance and PRC benefits combined. Each Tribal member is required to submit a new application to the program every year.

Funding for the program is capped at \$500,000 per year – once this amount has been spent for the year, no further benefits will be paid for any work done during that year. For example, for the current year (1/1/20-12/31/20), once the capped amount of \$500,000 is spent, any work done during the remainder of 2020 is not going to be paid under this program. The program funds will renew 1/1/21 but will only be for work done during 2021.

Claims will be submitted to Shasta TPA for payment. Shasta will assure that the Tribal member's primary dental insurance plan is billed first, PRC is billed second and the remaining amount is billed to the Extended Dental Benefit program (with approved PO).

No Purchase orders (POs) are required for work estimated to cost less than \$4,000. Work estimated at greater than \$4,000 will require a PO (prior authorization) and treatment plan from the provider, to assure that it meets benefit plan criteria.

Although administered by Shasta TPA, this is not a Nesika program. The Extended Dental Benefit Program operates under the auspices of Cow Creek Health and Wellness Purchased and Preferred Care (PRC).

Please direct any questions to Shasta TPA at 800.441.4518 (questions2Shastatpa.com) or PRC at 541.677.5515.

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Senior Meal Elder Art Class Water Aerobics	5 GO Closed for New Years Day	6 Senior Meal Elder Art Class Water Aerobics	7 Elders Monthly Luncheon 12 PM @ 7F	8
9 General Council Meeting 10 AM @GO Lunch Provided Food Bank open after meeting	Seven Feathers Hotel Remodel Sale @ 7F	11 Senior Meal Elder Art Class Water Aerobics Food Bank Open 9 AM - 11 AM Seven Feathers Remodel Sale	Heart Health Cooking Demo 10:30 AM - 12 PM @TCC RSVP IN ADVANCE	13 Senior Meal Elder Art Class Water Aerobics	14	15
16	17 GO Closed for Presidents Day	18 Senior Meal Elder Art Class Water Aerobics	19	20 Senior Meal Elder Art Class Water Aerobics	RSVP Deadline for Nahankuotana Conference	22
23	24	25 Senior Meal Elder Art Class Water Aerobics Food Bank Open 2 PM - 4 PM	26	27 Senior Meal Elder Art Class Water Aerobics	28	29 YAC Diamond Lake Tubing weather permitting More info: Call Tammy at 541-672-3861

Regular Activity Times and Places

Senior Meals: 12 PM @ TCC Elders Art Class: 10 AM @TCC

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

GO: Government Offices, Roseburg, OR

7F: Seven Feathers Casino Resort **TCC:** Tribal Community Center 825 NE Leon Ave, Myrtle Creek, OR

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Senior Meal Elder Art Class	4	5 Senior Meal Elder Art Class	6 Elders Monthly Luncheon 12 PM @ 7F	7 Also on March 6th:
	Water Aerobics		Water Aerobics		Submission Deadline for Cow Creek Youth Art Show
9	10 Senior Meal Elder Art Class	11 Nahonkhuotana Conference	12 Senior Meal Elder Art Class	Cow Creek Youth Art Show Opens	14
Seven Feathers Hotel Remodel Sale @ 7F	Water Aerobics Food Bank Open	@ 7F Convention Center Welcome Dinner	Water Aerobics	Art Center Lasts until May 1, 2020	
RSVP Deadline for Spring Break Culture Days 541-677-5575 or jbryant@ cowcreek.com	17 Senior Meal Elder Art Class Water Aerobics	18	19 Senior Meal Elder Art Class Water Aerobics (Last day, will resume April 14 th)	20	21
Spring Break Culture Days: Willow Gathering 9 AM - 1 PM @Bare Park 30	24 Senior Meal Elder Art Class Food Bank Open 2 PM - 4 PM Culture Days: Ribbon Skirt/Shirt 9 AM - 3 PM @ Canyonville Clinic 31 Senior Meal Elder Art Class	Spring Break Culture Days: Portland Zoo Trip: Leave 8 AM @GO Return 8 PM	26 Senior Meal Elder Art Class Spring Break Culture Days: Equine Therapy 10 AM - 3 PM @Bare Park	Spring Break Culture Days: Wilii Block Party 10 AM - 3 PM @Tri-City Housing	28
	9 Seven Feathers Hotel Remodel Sale @ 7F 16 RSVP Deadline for Spring Break Culture Days 541-677-5575 or jbryant@ cowcreek.com 23 Spring Break Culture Days: Willow Gathering 9 AM - 1 PM @Bare Park	2 3 Senior Meal Elder Art Class Water Aerobics 9 10 Senior Meal Elder Art Class Water Aerobics Seven Feathers Hotel Remodel Sale @ 7F Food Bank Open 9 AM - 11 AM 16 17 Senior Meal Elder Art Class Water Aerobics Water Aerobics Food Bank Open 9 AM - 11 AM 17 Senior Meal Elder Art Class Water Aerobics Water Aerobics Water Aerobics Vater Aerobic	2 3 Senior Meal Elder Art Class Water Aerobics 9 10 Senior Meal Elder Art Class Water Aerobics 11 Nahonkhuotana Conference 9 AM - 3 PM @ 7F Convention Center Food Bank Open 9 AM - 11 AM 16 17 Senior Meal 17 Senior Meal 18 Elder Art Class Water Aerobics 18 Elder Art Class Water Aerobics 18 Elder Art Class Water Aerobics 24 Senior Meal Elder Art Class Water Aerobics 25 Spring Break Culture Days 541-677-5575 or jbryant@ cowcreek.com 27 PM - 4 PM Culture Days: Ribbon Skirt/Shirt 9 AM - 1 PM @Bare Park 31 Senior Meal 25 Culture Days: Portland Zoo Trip: Leave 8 AM @GO Return 8 PM	2 3 Senior Meal Elder Art Class Water Aerobics 9 10 Senior Meal Elder Art Class Water Aerobics 11 Nahonkhuotana Conference 9 AM - 3 PM @ 7F Convention Center Food Bank Open 9 AM - 11 AM 16 17 Senior Meal Elder Art Class Water Aerobics Elder Art Class Water Aerobics Water Aerobics Water Aerobics Elder Art Class Water Aerobics Water Aerobics Elder Art Class Water Aerobics Water Aerobics Elder Art Class Water Aerobics Elder Art Class Water Aerobics Elder Art Class Unitary Days S41-677-5575 Or jbryant@ Cowcreek.com 23 24 Senior Meal Elder Art Class Food Bank Open 2 PM - 4 PM Culture Days: Ribbon Skirt/Shirt 9 AM - 3 PM @ Water Aerobics Spring Break Culture Days: Willow Gathering 9 AM - 1 PM @Bare Park 30 31 Senior Meal Elder Art Class Spring Break Culture Days: Portland Zoo Trip: Leave 8 AM @GO Return 8 PM Bare Park 5 Senior Meal Elder Art Class Elder Art Class Spring Break Culture Days: Portland Zoo Trip: Leave 8 AM @GO Return 8 PM Bare Park	2 3 Senior Meal Elder Art Class Water Aerobics 11 Nahonkhuotana Elder Art Class Hotel Remodel Sale @ 7F Food Bank Open 9 AM - 11 AM 17 Senior Meal Elder Art Class Culture Days: Spring Break Culture Days: Spring Break Culture Days: Willow Gathering 9 AM - 3 PM Quart Aerobics 3 Senior Meal Elder Art Class Water Aerobics 11 Nahonkhuotana Conference 9 AM - 3 PM Quart Aerobics Prono Bank Open 9 AM - 11 AM 17 Senior Meal Elder Art Class Water Aerobics 12 Senior Meal Elder Art Class Elder Art Class Water Aerobics Water Aerobics Water Aerobics 13 Cow Creek Youth Art Show Opens Quipnqua Valley Art Center Welcome Dinner on 10th at 5 PM 18 19 Senior Meal Elder Art Class Water Aerobics Uater A

Regular Activity Times and Places

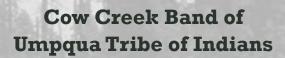
Senior Meals: 12 PM @ TCC Elders Art Class: 10 AM @TCC

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

GO: Government Offices, Roseburg, OR

7F: Seven Feathers Casino Resort **TCC:** Tribal Community Center 825 NE Leon Ave, Myrtle Creek, OR

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



2371 NE Stephens St. Suite 100 Roseburg OR, 97470

