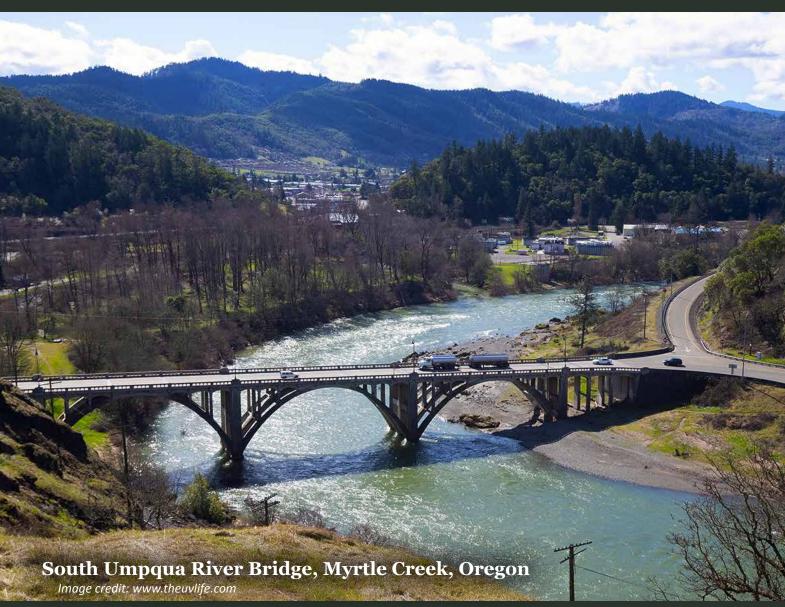


# Wik'uuyám Heeta'

"Friend, Away from Here"

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



Volume 30, Issue 9 October 2020

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

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### **Tribal Board Swears In New Police Chief**

It's official: Brett Johnson is the new Cow Creek Tribal Police Chief (Page 5)

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## **Schedules**

**Government Office Hours** 

Monday - Friday 8 AM to 5 PM

Roseburg Clinic Hours

Monday - Friday 8 AM to 12 PM, 1 PM to 5 PM

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

Canyonville Clinic Hours

Monday - Friday 8 AM to 12 PM, 1 PM 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)

Please note that during the crisis, access to the Government Offices is being regulated, by decision of the Tribal Board. If you intend to visit the Offices or the Clinics, please call ahead to 541-672-9405.

## Letter from the Chairman

The 2020 wildfire season has been the worst season on record since 1911. In the course of less than a week, fires in Oregon burned over 900,000 acres across all ownership types, destroying homes and structures, taking lives, displacing thousands of Oregonians, and dramatically impacting whole communities like Glide, Sutherlin, Phoenix, Talent, Shady Cove, and Butte Falls, to name a few. Heavy smoke blanketed the state in dangerously high smoke levels, causing the closure of Tribal businesses.

In many cases, because firefighting resources are stretched so thin across the west, local resources are filling the gap. These men and women do not make their living fighting fires – they are foresters, loggers, reforestation crews – but they are highly skilled at running equipment and all have fire training and valuable expertise. A number of Tribal members are among the ranks of these brave individuals. On the Archie Fire, their help in the forests has allowed state and local firefighters to focus their attention on protecting communities, and in many cases, local crews were the ONLY resources on significant portions of the fire.





A firefighter at the Archie Creek Fire, burning east of Glide, OR Image courtesy <u>www.facebook.com/ArchieCreekFireInfo/</u>

Although weather seems promising, the situation is far from over. Given the vastness of the impacts and hundreds of miles of open fire lines, it will likely be some time before the full scope of damage is assessed.

Our prayers go out to the Tribal member & employee families that have been significantly impacted in land, homes, and communities. We would also like to recognize and thank the many Tribal members that stood on the front lines of the fire to protect our community.

#### Archie Creek Fire Facts

Start date: 9/8/20

Cause: under investigation

• Size: 131,598 acres

 Impacted Tribal members, employees, friends and family

Total personnel assigned: 1,094

Email: 2020.archiecreek@firenet.gov

Information Phone Number: 971-334-7674

Sincerely,

Dan Courtney
Chairman, Cow Creek Tribal Board

## **Tribal News**

### Canyonville Holiday Inn Express Wins the Torchbearer Award

by Russel Cox, General Manager, Canyonville Holiday Inn Express

There must be something in the water at Exit 99; or maybe it's just because all the UIDC businesses are awesome! Right on the heels of Seven Feathers Casino Resort obtaining the 2020 Traveler's Choice Award, it was announced recently that sister hotel property, Holiday Inn Express, won the coveted "Torchbearer Award" for 2019.

Each year, the Intercontinental Hotel Group (IHG), the mothership of hotel brands such as Holiday Inn and Holiday Inn Express (the world's largest hotel brand), submits its Torchbearer award to acknowledge properties who have achieved the highest levels of excellence in all aspects of operations.

To qualify for Torchbearer, a franchise hotel must not only achieve 5 out of 5 Winning Metrics (Guest Love, Loyalty Recognition, Loyalty Enrollments, Carbon Reduction, Employee Engagement) but must be in Elite status on Guest Satisfaction (Love) for the 12 month period. To reach "Elite" status, the overall guest experience must exceed 90%+ satisfaction for the year.

How difficult is it to reach Torchbearer? There are thousands of IHG properties located in the USA alone. Of these, only 160 IHG properties nationally

were awarded Torchbearer. Joining HIE Canyonville, only three other IHG properties in the Pacific Northwest won the award. With countless hotel franchises to choose from, historically high turnover in front-line positions, and razor-thin operational margins, this is no small accomplishment.

This is a celebration of the commitment to excellence on



The highly-coveted Torchbearer Award is only awarded to the best of the thousands of IHG hotels nation-wide

the part of the ownership, hotel management, and—most notably—the front line employees. We are very proud of what this little hotel in Canyonville, Oregon, has achieved, and we look forward to repeating our success in 2021!



We are proud of the excellency displayed by the staff of the Canyonville Holiday Inn Express

## Tribal Board Swears in New Tribal Police Chief

On August 26, 2020, Brett Johnson was sworn in as the Tribal Police Chief while in the presence of the Board of Directors for the Cow Creek Band of Umpqua Tribe of Indians. For some time now, the Tribe has been working toward establishing a Tribal police force that can protect our lands, and Johnson's appointment to Police Chief is one huge step toward that goal.

"We will focus on supporting and protecting the Tribe, its members, and its resources," said Johnson. "I look forward to providing the best service possible."

The Tribe's good government-to-government relationships with local, state, and federal institutions puts Johnson in a unique position to where the Tribal police can exercise sovereign rights and pursue justice throughout all of Oregon for crimes committed on Tribal lands, even if that pursuit takes them beyond Tribally-owned property.

Johnson is still working to assist Tribal authorities in the final stages of establishing the police force, but it won't be long before Tribal lands will be safer than ever before.



Tribal Chairman Dan Courtney swears in Brett Johnson as Tribal Police Chief

### Disasters Sweep through Oregon, but Tribes Stay Strong

Oregon has experienced one of the most unusual disaster years in history. While Oregonians continue to grapple with the COVID-19 pandemic well into the later part of the year, this summer gave way to historic wind storms and wildfires. The results of the wind and wildfires will require long-term recovery strategies and assistance by Federal, Tribal, State, and Local governments and non-profits.

As of September 22<sup>nd</sup>, there have been 9 recorded deaths, more than 2,260 destroyed residences, over 1 million acres burned (thankfully none on Tribal land), and over 2,900 evacuated individuals seeking shelter. 5 persons are still missing and over 3,800 have registered for FEMA assistance.

Areas in and around Southern Oregon are seeing evacuations in several counties. To receive assistance, you can contact your county's emergency management office or register with FEMA; see pages 10-12 of this newsletter for more information.

The 9 Tribes in Oregon have come together to offer mutual support to one another, meeting virtually 3 times a week to share needs, resources, and information. Each Tribe has been impacted differently, but we all have felt the effects. The 9 Tribes have been working closely with our local partners and with our Tribal Liaisons at the state and federal level to get through COVID, the wildfires, and the windstorms.

Disasters don't discriminate, and it is increasingly necessary to take steps to prepare your homes, family, and loved ones for any emergency, and to heed the preparedness advice of local, state, Tribal, and federal officials.

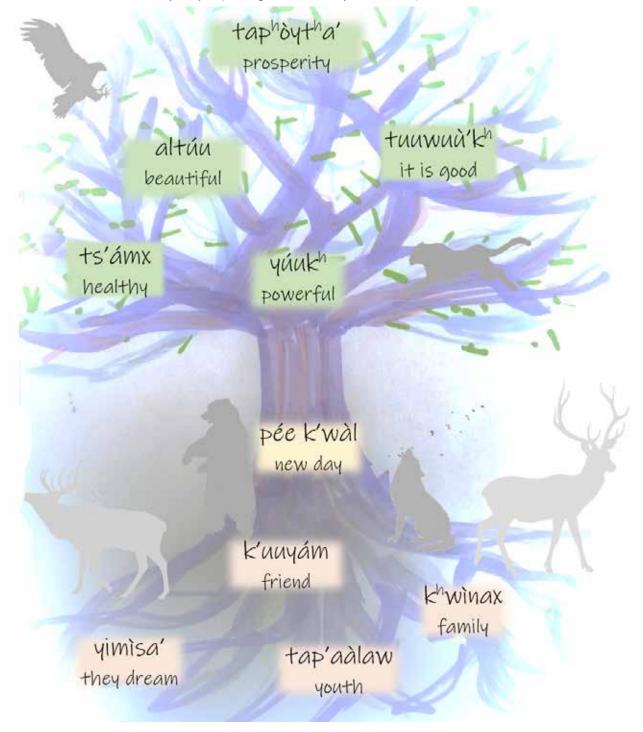
### **Tribal Member and Spouses Death Notices**

Name	Date of Birth	Date of Death	Age at Death
Tony Glenn Rondeau	4/5/1960	7/24/2020	60
Steve Duane Young	9/18/1948	8/3/2020	71
Mary JoLee Buschmann	3/24/1949	6/18/2020	71
(spouse of Don Buschmann)			

## Culture and Education

### Takelma Language Corner

We have faced a number of challenges this year, but we can't forget that we are strong and resilient. The words below were included in wellness bags for our Tribal youth. We now share these words with all Tribal members in hopes of reinforcing resiliency and community strength – to be strong and care for ourselves and each other in these times. So teekwàlthkwiiphanph! (Take good care of yourselves!)



## Culture and Education

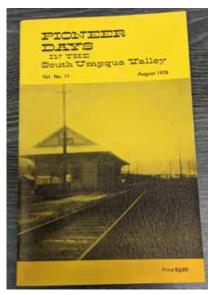
### Historical Review: Pioneer Days in the South Umpqua Valley

by Jennifer Bryant, Cultural Activities Specialist

Pioneer Days in the South Umpqua Valley is an annual publication from the South Umpqua Historical Society that has been ongoing since 1968. Each year, stories are put together to highlight the Canyonville, Myrtle Creek, Riddle, or Tiller area. Several Cow Creek Tribal members have contributed stories over the years.

In the August 1978 edition (Vol. 11), Chuck Jackson wrote "History of the Upper Umpqua Indians." The article is a fascinating recount of his family's lineage that includes pictures of Susan Nonta Thomason, a grave site, and the rock shelter where Susan lived. He talks about her journeys all over Oregon, and how she came back to her original land.

These publications can be found at The South Umpqua Historical Society Pioneer/Indian Museum in Canyonville, Oregon, or be ordered online at <a href="https://www.pioneerindianmuseum.org">www.pioneerindianmuseum.org</a>.

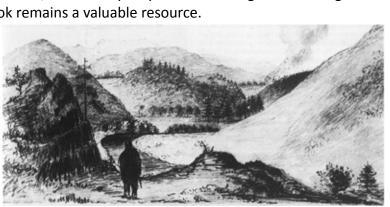


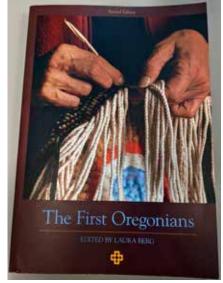
You can purchase your own copies from the South Umpqua Historical Society's website

### Historical Review: The First Oregonians

by Jennifer Bryant, Cultural Activities Specialist

This book, edited by Laura Berg and published in 1991, is a great quick overview of all the federally recognized tribes in Oregon. Each of the Tribes were contacted and submitted their information that they wanted to portray. The Cow Creek Band of Umpqua Tribe of Indians' chapter was written by Stephen Dow Beckham and Michael Rondeau. The information covers everything from early inhabitants, traditional lifeways, early contact, treaty and warfare, patience and endurance, recognition, and modern programs. I thoroughly enjoyed the sketch from Henry Eld, an American explorer with a US Navy expedition that sketched an Indian in 1841 standing by the South Umpqua River. Eld noted the use of Indian fire ecology on his trip through southwestern Oregon. Drawing courtesy of Beinecke Library, Yale University. Even now, after nearly 30 years of learning and teaching our traditions, this book remains a valuable resource.





Above: This book contains information from all nine federally recognized Tribes of Oregon

Left: Henry Eld's sketch of a Native American on the bank of the South Umpqua River in 1841, featured in The First Oregonians, page 110

## Government and Programs

### Update to the COVID-19/CARES Chromebook and Laptop Program

As per our Tribal Board of Directors, some changes have been made to this program to be more inclusive to our Tribal youth in need.

 Laptop reimbursement for 9<sup>th</sup>-12<sup>th</sup> grades has been increased to \$500

The program is still needs-based. If your school is able to supply the needed hardware for your student, then they are not eligible for this program.

There are exceptions:

- Multiple students in the family sharing one device: Eligible!
- Your school has a shortage of hardware available for students and is willing to document it: Eligible!
- Your High School student is distance learning and is taking courses that require more computer capacity than what you have, or what a Chromebook could do: Eligible!

Please attach your students schedule to the application as verification of need.

We are trying to help as many Tribal youth/families as possible, but we still have to be able to stay within the CARES program guidelines of a documented need.

If your student was not eligible for the Chromebook/ Laptop Covid/CARES program, you might be able to access Youth Education Program benefits to offset some educational expense like internet monthly fees. Please contact us at 541-677-5575 for more info.

We are updating the applications available on the <u>cowcreekeducation.com</u> website as quickly as possible. Please go to the website and look under "Forms" for the applications.

The Education Department appreciates the continued support of the Cow Creek Tribal Council, and the patience of all Tribal members as we work to meet needs as they arise.

## Get Ready to Join the Great Oregon ShakeOut

The Great Oregon ShakeOut is a chance to practice earthquake drills to prepare yourself for when an earthquake might strike.

Over 170,000 participants



have already signed up to participate in Oregon alone; world-wide, over 14.7 million will join in.

International ShakeOut Day is always the third Thursday of October (this year: October 15). While COVID-19 has brought many uncertainties and challenges, the ShakeOut is still happening this year.

As always, you can hold your #ShakeOut drill when and where you want. You can choose another date or several dates, and include people in multiple locations (home, work, or school), perhaps through video conferencing.

It's actually a good idea to practice earthquake safety in different situations each year, and ShakeOut Organizers are available to support you at <a href="https://www.shakeout.org/oregon/register">www.shakeout.org/oregon/register</a>.

## We Want You to Join the Cow Creek Official Facebook Group!

For the latest information on Cow Creek events, programs, emergency updates or services, and a lot more, please join us on the Cow Creek Umpqua Official group on Facebook! Any enrolled Tribal members, spouses of enrolled Tribal members, current Tribal employees, or adopted enrolled children of a Tribal family are welcome to join!

To join, you must have a Facebook account. If you do, then simply email our Communications Coordinator at bandreasen@cowcreek.com with this information:

- Your name and Tribal ID number
- The email address you use to log on to Facebook

It's that easy! See you soon!

## Government and Programs

### Notice of Intent to Request Release of Funds, October 4, 2020

On or about October 12, 2020, the Cow Creek Band of Umpqua Tribe of Indians will submit a request to the U.S. Department of Housing and Urban Development (HUD) Office of Native American Programs for the release of Indian Housing Block Grant (IHBG) funds provided pursuant to the Coronavirus Aid, Relief, and Economic Security (CARES) Act (Public Law 116-136) to undertake a project known as the Abbreviated Indian Housing Plan (IHP). The purpose of the project is to prevent, prepare for, and respond to the effects of Coronavirus Disease 2019 (COVID-19) on Tribal housing communities, including to maintain normal operations and fund eligible affordable housing activities under the Native American Housing Assistance and Self-Determination Act (NAHASDA).

The project proposes installation of new rent drop boxes and security cameras in Tribal housing neighborhoods, landscaping of eight completed housing units, and hiring two temporary maintenance workers to address deferred housing maintenance and repair issues. The project is located at existing Tribal housing units along Gentry Loop, Taylor Street, and Pamela Court in Myrtle Creek, Oregon, 97457. Funding for the project would total \$253,343.

The activities proposed are categorically excluded under HUD regulations at 24 CFR Part 58 from National Environmental Policy Act (NEPA) requirements. An Environmental Review Record (ERR) that documents the environmental determinations for this project will be made available to the public for review either electronically or by U.S. mail. Please submit your request by U.S. mail to 2371 NE Stephens, Suite 100 Roseburg, OR 97470 or by email to BLewis@cowcreek-nsn.gov.

#### **PUBLIC COMMENTS**

Any individual, group, or agency may submit written comments on the ERR to Dan Courtney, Chairman of the Board, Cow Creek Band of Umpqua Tribe of Indians. All comments received by October 11, 2020, will be considered by the Cow Creek Band of Umpqua Tribe of Indians prior to authorizing submission of a request for release of funds.

#### **ENVIRONMENTAL CERTIFICATION**

The Cow Creek Band of Umpqua Tribe of Indians certifies

to HUD that Dan Courtney in his capacity as Chairman of the Board of the Cow Creek Band of Umpqua Tribe of Indians consents to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process and that these responsibilities have been satisfied. HUD's approval of the certification satisfies its responsibilities under NEPA and related laws and authorities and allows the Cow Creek Band of Umpqua Tribe of Indians to use Program funds.

#### **OBJECTIONS TO RELEASE OF FUNDS**

HUD will accept objections to its release of fund and the Cow Creek Band of Umpqua Tribe of Indian's certification for a period of fifteen days following the anticipated submission date or its actual receipt of the request (whichever is later) only if they are on one of the following bases: (a) the certification was not executed by the Certifying Officer of the Cow Creek Band of Umpqua Tribe of Indians; (b) the Cow Creek Band of Umpqua Tribe of Indians has omitted a step or failed to make a decision or finding required by HUD regulations at 24 CFR part 58; (c) the grant recipient or other participants in the development process have committed funds, incurred costs or undertaken activities not authorized by 24 CFR Part 58 before approval of a release of funds by HUD; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures (24 CFR Part 58, Sec. 58.76) and shall be addressed to HUD Northwest Office of Native American Programs. Objections can be submitted to the Cow Creek Band of Umpqua Tribe of Indians by U.S. mail at 2371 NE Stephens, Suite 100 Roseburg, OR 97470 or by email at BLewis@cowcreeknsn.gov, and the Tribe will forward any objections received to the appropriate HUD grants specialist. Potential objectors should contact the Cow Creek Band of Umpqua Tribe of Indians to verify the actual last day of the objection period.

**Dan Courtney**, Chairman of the Board Cow Creek Band of Umpqua Tribe of Indians

## **Emergency Preparedness**

### Oregonians Affected by Wildfires Can Apply for FEMA Assistance

Presented by the Federal Emergency Management Agency (FEMA), via Tracy DePew, Cow Creek Emergency Management Director

#### **Apply for FEMA Assistance**

Registration is open for those affected by wildfires in Clackamas, Douglas, Jackson, Klamath, Lane, Lincoln, Linn, and Marion Counties. Register by visiting www. DisasterAssistance.gov, calling 1-800-621-FEMA (3362) or using the FEMA app.

#### **Stay Informed**

Stay informed by calling 211 or visiting www.wildfire. oregon.gov. This Oregon Wildfire Resource website includes the latest information and resources available to those affected by wildfires.

#### Be Safe

If you are in an evacuation zone, heed warnings, and follow local official recommendations without delay. If you are in a safe place, you can help by staying home and off the road.

#### Additional information on:

#### APPLYING FOR FEMA ASSISTANCE

- Registration is open for those affected by the wildfires in the eight designated counties. If you have phone or internet access, register by visiting www.disasterassistance.gov, calling 1-800-621-3362 or using the FEMA app.
- The Major Disaster declaration for the State of Oregon triggered the release of federal funds for Individual Assistance for Clackamas, Douglas, Jackson, Klamath, Lane, Lincoln, Linn, and Marion Counties.
- Do not wait for a physical location to register for assistance.
- Save your receipts and take photos before you begin the clean-up process. Documentation of losses will help FEMA process your claim.
- Disaster assistance may include grants for temporary housing and home repairs, low-cost loans to cover uninsured property losses, and other programs to help individuals and business owners recover from the effects of the disaster.

#### STAYING INFORMED

- Stay informed by dialing 211 or 1-866-698-6155. You can also text your zip code to 898211 (TXT211).
- For a list of temporary shelters, see the Red Cross Oregon website www.redcross.org/local/ oregon.html.
- Visit www.ORVOAD.org to find out how to help Oregonians and donate to response organizations.
- Contact your insurance company as soon as possible to discuss homeowner insurance policies and wildfire coverage. Visit Oregon Insurance Commission's website (dfr.oregon.gov/insure/ home/storm/Pages/wildfires.aspx) for information on wildfire insurance resources.

#### **HOW TO BE SAFE**

- Amid wildfire, smoke and erratic weather, the COVID-19 pandemic is still rampant. Face coverings are required in all parts of the state and Oregonians are reminded to maintain social distancing, and wash hands frequently.
- The Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline (www. samhsa.gov/find-help/disaster-distress-helpline) provides 24/7 counseling and support to people experiencing emotional distress related to disasters. Call SAMHSA's Disaster Distress Helpline at 1-800-985-5990 or text TalkWithUs to 66746 to speak to a trained crisis counselor.



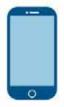
## DISASTER ASSISTANCE





### IN PERSON

At one of our Disaster Recovery Centers fema.gov/drc



### **FEMA APP**

Download the FEMA APP



#### CALL

800-621-FEMA (3362) or TTY 800-462-7585

#### Please have the following available:

- Your address with zip code
- · Condition of your damaged home
- · Insurance information, if available
- Social Security number
- Phone number where you can be contacted
- Address where you can get mail or email address to receive electronic notifications

**Direct Deposit:** Disaster assistance funds can be sent directly to your bank account. Please provide your bank account type, account number and bank routing number.

**Stay in touch with FEMA:** When you register, you will be given a FEMA registration number. Write down your number and save it. You will need the number whenever you contact FEMA

## Online registration also available





Disaster assistance is available without regard to race, color, religion, national origin, sex, age, disability, English proficiency or economic status.

# START YOUR RECOVERY PROCESS



Take photos of your damaged home and belongings.



Save yourself time. If you have insurance, you must file a claim with your insurance company.

If you do not have insurance, skip to step 4.



Make a list of damaged or lost items.



### 3 Ways To Apply

- Online DisasterAssistance.gov
- Through the FEMA app
- •Call: (800) 621-3362 TTY: (800) 242-7585



## **Emergency Preparedness**

### **How to Stay Safe During Earthquakes**

Presented by www.ready.gov/earthquakes

An earthquake is a sudden, rapid shaking of the ground caused by the shifting of rocks deep underneath the earth's surface. Earthquakes can happen without warning and can result in injuries and damage to property and roads. Earthquakes can cause fires, tsunamis, landslides, or avalanches. While they can happen anywhere, areas at higher risk for earthquakes include California, Oregon, Washington, Alaska, Hawaii, Puerto Rico, and the Mississippi Valley.

If an earthquake happens, protect yourself right away.

- If you are in a car, pull over and stop. Set your parking brake.
- If you are in bed, turn face down and cover your head and neck with a pillow.
- If you are outdoors, stay outdoors away from buildings.
- Do not get in a doorway.
- Do not run outside.

#### Prepare Before an Earthquake

The best time to prepare for any disaster is before it happens.

- Practice Drop, Cover, and Hold On with family and coworkers.
- Secure heavy items in your home like bookcases, refrigerators, televisions and objects that hang on walls. Store heavy and breakable objects on low shelves.
- Create a family emergency communications plan that has an out-of-state contact. Plan where to meet if you get separated.
- Make a supply kit that includes enough food and water for at least three days, a flashlight, a fire extinguisher and a whistle.
- Consider obtaining an earthquake insurance policy. A standard homeowner's insurance policy does not cover earthquake damage.
- Consider making improvements to your building to fix structural issues that could cause your building to collapse during an earthquake.

#### **During an Earthquake: Drop, Cover, and Hold On**

**Drop:** Wherever you are, drop down on to your hands and knees. If you're using a wheelchair or walker with a seat, make sure your wheels are locked and remain seated until the shaking stops.

**Cover:** Cover your head and neck with your arms. If a sturdy table or desk is nearby, crawl underneath it for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows). Crawl only if you can reach better cover without going through an area with more debris. Stay on your knees or bent over to protect vital organs.

**Hold on:** If you are under a table or desk, hold on with one hand and be ready to move with it if it moves. If seated and unable to drop to the floor, bend forward, cover your head with your arms and hold on to your neck with both hands.

#### Stay Safe After an Earthquake

If an earthquake has just happened, there can be serious hazards such as damage to the building, leaking gas and water lines, or downed power lines.

- Expect aftershocks to follow the main shock.
- Check yourself to see if you are hurt and help others if you have training.
- If you are in a damaged building, go outside and quickly move away from the building. Do not enter damaged buildings.
- If you are trapped, protect your mouth, nose and eyes from dust. Send a text, bang on a pipe or wall or use a whistle instead of shouting to help rescuers find you.
- If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops.
- Be careful and wear protective clothing around debris and post-disaster cleanup of buildings. Do not attempt to remove heavy debris by yourself.

## Messages from the Clinic

### **Simple Roasted Butternut Squash**

Submitted by Becky Johnson, CCH&WC Registered Dietitian, adapted from <a href="https://www.allrecipes.com">www.allrecipes.com</a>

**Prep Time:** 15 minutes **Cook Time:** 25 minutes

Servings: 4

### Ingredients:

- 1 butternut squash peeled, seeded, and cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and ground black pepper, to taste



#### **Directions:**

Preheat oven to 400 degrees Fahrenheit.

Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.

Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

**Nutrition Facts (per serving):** 177 calories, 2.5 grams protein, 30 grams carbohydrate, 7 grams fat, 10 mg sodium, 5 grams dietary fiber, 543% daily value vitamin A, 90% daily value vitamin C, 25% daily value potassium.

### Casey Eye Event Rescheduled for April

Due to COVID-related travel restrictions for the OHSU Casey Eye Mobile Clinic, our annual Casey Eye Event providing free, comprehensive vision screening for Tribal members has been rescheduled for Saturday, April 10<sup>th</sup> at the South Clinic. We apologize for any inconvenience this may have caused, but look forward to welcoming our partners from the OHSU Casey Eye Institute back to Canyonville next year!

Everyone who had already booked an appointment for the October 10<sup>th</sup> event will automatically be added to the schedule for the April 10<sup>th</sup> event. We will touch base with you in early spring to confirm appointments. We still have additional openings for the April 10<sup>th</sup> event as well. For more information or to schedule an appointment, contact either clinic at 541-839-1345 or 541-672-8533.

All Tribal members with diabetes who are in need of routine screening for diabetic retinopathy are also encouraged to make an appointment for a JVN screening, offered daily at the South Clinic. Contact the South Clinic at 541-839-1345 to schedule an appointment. Annual eye exams are important to detect eye conditions, many of which can lead to blindness if untreated.

### Tell Us How to Improve Our Dental Care with the Upcoming Survey

In 2017, we asked our Tribal membership about their dental care, and it was reported that 15-22% of Tribal members, both in and out-of-the-PRC service area, do not receive routine dental care or timely care, due to a lack of available dental appointments with your local dentists. The Tribe now provides dental funds for all members to go to the dentist and receive care with the full benefits being paid, but if getting into a dentist is the problem, we need to know. We want to understand you and your family's needs.

This is why we are going to mail out a short 20-question dental survey the week of October 1,

2020, to ask you to please help us identify various barriers and possible gaps in your dental care, future dental opportunities you may be interested in seeing the Tribe develop, and if you'd like the Tribe to start planning for potentially new dental treatment services to be included in our new north clinic expansion.

There is a quick response time to the survey, so we are asking every adult to please complete the survey the week you receive it and mail it back in the self-stamped return envelope. If you have any questions when completing the survey, please contact Rhonda Richardson at 541-672-9405.

## Flu Season is Here!

#### When and Where to Get Vaccinated

You should get a flu vaccine by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout the flu season, even in January or later. Flu vaccines are offered in many doctors' offices and clinics. Flu vaccine is available in many other locations, including health departments, pharmacies, urgent care clinics, health centers, and travel clinics. Vaccines may also be offered at your school, college health center, or workplace.

#### When and Where to Get Vaccinated

Douglas County Fairgrounds
In the parking lot - Drive-thru Vaccinations
OCT 16th 10:00am to 2:00pm
OCT 30th 10:00am to 2:00pm

Cow Creek Health and Wellness Centers
Call for an appointment anytime time starting in October
(541) 672-8533

480 Wartahoo Ln, Canyonville, OR 97417 8:00 am to 5:00 pm, Monday - Friday

2371 NE Stephens St, Roseburg, OR 97470 8:00 am to 5:00 pm, Monday - Friday

Seven Feathers Resort and Casino

In the parking lot -All Employees and Tribal Members OCT 13th - 7:30am to 5:00pm

## Cow Creek Band of Umpqua Tribe of Indians Government Office

GO, UIDC, Anvil, and Takelma Employees Only OCT 14th - 8:00am to 3:00pm



#### Is the Flu Vaccine Safe

Flu vaccines have a good safety record. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years. Extensive research supports the safety of seasonal flu vaccines. Each year, CDC works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines. More information about the safety of flu vaccines is available at

www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm.













**Flu shots:** Flu shots are made using killed flu viruses (for inactivated vaccines), or without flu virus at all (for the recombinant vaccine). So, you cannot get flu from a flu shot. Some minor side effects that may occur include soreness, redness and/or swelling where the shot was given, low grade fever, and aches.

Nasal spray flu vaccines: The viruses in nasal spray flu vaccines are weakened and do not cause the severe symptoms often associated with influenza illness. For adults, side effects from the nasal spray may include runny nose, headache, sore throat, and cough. For children, side effects may also include wheezing, vomiting, muscle aches, and fever.

## October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12 GO Office Closed for Staff Inservice Day	13 Tribal members can get Flu Vaccine 7:30 AM - 5 PM@7F Food Bank 9 - 11 AM	14	15 The Great Oregon ShakeOut www.shakeout.org	16 Drive-Through Flu Vaccines at the Douglas County Fairgrounds	17
18	19	20	21	22	23	24
25	26	27 Food Bank Open 2 PM - 4 PM	28	29	30 Drive-Through Flu Vaccines at the Douglas County Fairgrounds	31

## November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 General Council Meeting 10 AM @7F Convention Center No Food Bank after		10 Food Bank Open 9 AM - 11 AM	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Food Bank Open 2 PM - 4 PM	25	26 GO Closed for Thanksgiving	27 GO Closed for Thanksgiving	28
29	30					

## Location Abbreviations

GO: Government Offices, Roseburg, OR

SC: Cow Creek Health & Wellness Center, Canyonville Clinic

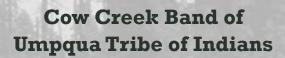
7F: Seven Feathers Casino Resort, Canyonville, OR

7FRV: Seven Feathers RV Resort, Canyonville, OR

TCC/EHYC: Tribal Community Center/Expanding

Horizons Youth Center

825 NE Leon Ave, Myrtle Creek, OR



2371 NE Stephens St. Suite 100 Roseburg OR, 97470

