

KIUYUM-ID



November, 2001

Cow Creek Tribal Housing Project Moves Forward



From left to right, people in photo are Coquille Tribal Member Shirod Younker, Cow Creek Tribal CEO Sherri Shaffer, Cow Creek Tribal Chair Sue Shaffer, Cow Creek Tribal Board Member Tom Rondeau, Sr., Coquille Housing Authority Executive Director Shawn Scott, Cow Creek Tribal Board Member Leland Van Norman, Cow Creek Tribal Government Operations Officer Michael Rondeau, Coquille Tribal Member Christy Scott, and Cow Creek Housing Director Carol Ferguson. The group is standing in front of one of Miluk Development's homes.

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And more . . .

Cow Creek Board members and staff recently conducted a site visit in Coos Bay to learn more about the Coquille Indian Tribe's housing project. Several years of planning by the Coquille Tribe and the Coquille Economic Development Corporation went into the development of Miluk Development Inc.

Aspects of this project are being considered by the Cow Creek Tribe as a model for the Cow Creek Housing Development that will be located in Tri-City, Oregon. The project will be completed in several phases. The level of the future

funding received through the Indian Housing Block Grant will determine the number of phases in the project.

Initially, the Tribe received some conflicting guideline information from the national level. So the Tribe took a conservative approach in its planning and development efforts. However, the Tribe is now moving forward and is working with an engineer on the specific site plans for its low-income, single-family home development.

As planning continues, information will be published in upcoming issues of KIUYUM-ID.

LIHEAP Receives Funding

The Low-Income Home Energy Assistance Program (LIHEAP) has received its funding for assistance with this year's home heating. Electric, propane, pellet, wood, and gas heating options qualify for this program. However, only Tribal members within the seven county service area whose income level qualifies are eligible to apply for the assistance this program provides. Tribal elders began applying for energy assistance on November 12th and general tribal membership may begin the application process on November 26th.

JOM (Johnson O'Malley Details)

On Saturday, September 29, the JOM Parent Committee sponsored an activity at the Rogue Valley Family Fun Center in Medford. More than 35 people attended and had a fun-filled afternoon playing miniature golf, riding go karts, water bumper boats, and playing in the arcade. Afterwards, everyone had pizza at Abby's in Medford. Thank you to all the parents that came along and helped. It was wonderful to see so many parents and youth together.

This activity was a welcome back-to-school activity for JOM students. To all JOM students, have a great school year and best wishes in your academic endeavors this year!

For any Cow Creek parent unfamiliar with the JOM Program, please contact Kelly Strickler, Education Director, at 1.800.929.8229.

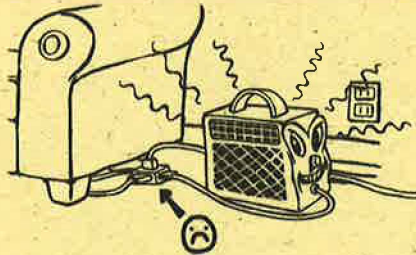
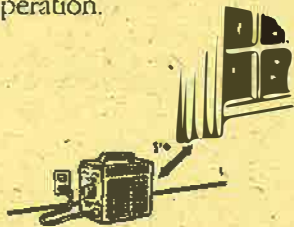
Energy Saving (and Money Savings) Tips

For the next several months, tips on conserving energy and lowering your heating bill will be printed in the newsletter.

Use Space Heaters Safely

Frequently, people use a space heater to heat one room. Heating only one room for comfort can save you money. But, there are a few safety concerns in using space heaters.

- 1.) Don't plug space heaters into extension cords.
- 2.) Don't leave space heaters running all night.
- 3.) Keep furniture, curtains, and drapes at least 1 (one) foot away from space heaters.
- 4.) Watch children if they're in a room with a portable space heater.
- 5.) Don't use space heaters on circuits if lights dim when your space heater is in operation.



Help Your Furnace Do Its Job

Simple maintenance steps can help your furnace keep you warm.

- 1.) Check your air filter each month during the heating season. All furnaces have air filters.
- 2.) If your air filter has dust, vacuum it lightly or replace it if there's a lot of dust. Make sure the filter fits snugly in the holder to avoid air bypass.
- 3.) Vacuum your heat registers in your house's rooms to let air circulate. Be sure all the dampers on your registers are open.
- 4.) Keep furniture and drapes away from the heat registers to let air circulate. Keep interior doors open.

Higher Education News

Greetings to all Higher Education students. For some of you, this is mid-term time while it is the end of first semester for others. Please remember to send in your grades for fall term as well as your class schedule for winter term. Also, if you are in need of any academic tutoring or support, please call Kelly Strickler, Education director. She can help you find support to ensure your continued success in college.

Financial Aid Workshop

In January, there will be a financial aid workshop offered at the Cow Creek Government Office. Look for times and dates in the next issue of KIUYUM-ID. It is time - again to start thinking about your FAFSA (Free Application for Federal Student Aid). There are also Native American scholarship books available in the Cow Creek Library for Tribal members to utilize in researching grants. Any questions about grants or scholarships, please call Kelly Strickler, Education Director, at 1.800.929.8229.

Adult Education News

For Tribal members who have started GED tests, finish tests as soon as possible. Beginning in January, 2002, the new GED test will be issued. In anticipation of the new test, some GED testing sites will be closing, some as early as this month, to prepare for the new test in January. If you do not finish your test series by that time, your test will be voided and you will have to start over with the new test in January. If you have questions, please call 1.800.929.8229.

Basket Making Class

On Saturday, December 1, Bud Lane will be in Canyonville at Seven Feathers to continue teaching basic twining techniques and to talk about the gathering of traditional materials for making baskets. The class will be held at Seven Feathers Hotel and Casino Resort in the Huckleberry Room from 9 a.m. to 4 p.m. Different types of baskets Bud has made as well as feather dance regalia will be on display. If you're interested in attending, please contact Kelly Strickler at 1.800.929.8229 no later than Tuesday, November 27th. Lunch and refreshments will be provided for class participants.

Using Oxygen Cylinders While Traveling

If you use oxygen at home, you can also travel with oxygen with a little planning. If you're traveling by car, small cylinders of oxygen work well for short trips. Larger cylinders of oxygen can be used for longer trips if you have room to transport them. Your local oxygen supplier can help you make arrangements for extra oxygen once you've arrived at your destination. If you use a concentrator at home, you can also take it with you in the car for use at your destination. One safety consideration with oxygen is very important - don't leave oxygen tanks in your car in hot weather. Oxygen is a gas and gases expand when they heat. That expansion can cause an explosion.

If you're traveling by train or bus, Amtrak will allow you to carry portable oxygen systems including

equipment weighing up to 75 lbs. Amtrak requires that you carry enough oxygen plus 20 % for your entire trip. Greyhound will allow you to carry portable oxygen but you can't check oxygen containers as baggage.

If you're going to take a cruise, you must make arrangements well in advance and follow the specific requirements of the cruise line you're using.

It's against Federal Aviation Administration regulations for you to take oxygen aboard an airplane. If you need continuous oxygen you need to make arrangements as far in advance as possible. You will need several copies of your oxygen order. Airlines charge a minimum of \$75 per leg of your flight for the transport of portable oxygen. This charge is not reimbursable by Medicare.

Sleep Shortage Can Contribute To Diabetes

It's a fact that people in the U.S. and in other industrialized nations sleep less than people in other parts of the world. It's possible that sleep shortage is a factor in the increase of diabetes in the Western world. A recent study has shown a connection between how long a person sleeps and his/her glucose regulation.

Twenty-seven healthy, non-obese adults between 23 and 42 years of age were studied. Thirteen of the subjects were chronic short sleepers who slept less than 6.5 hours per weekday night and 14 were "normal" sleepers who slept between 7.5 and 8.5 hours per weekday night. The two groups were matched for family history, exercise habits, race, and gender. Each of the twenty-seven people was moni-

tored with a wrist activity sensor for eight consecutive nights. At the end of the eight days, each person was tested for glucose tolerance. There were significant differences.

It was found that insulin sensitivity in short sleepers was about 40% less than that of "normal" sleepers. The data suggest that the duration of sleep may be inversely related to the risk of developing diabetes. Also, the reduction of insulin sensitivity noted in individuals who always sleep less than 6.5 hours per night may increase the risk of developing other conditions, such as hypertension and being overweight.

So, making sure you don't cut yourself short on sleep is proving to be very important.

No-Trap Car Trunks*

As of September, 2001 all passenger cars with trunks will be required to be delivered equipped with internal trunk releases. This additional feature can be a lifesaver, especially for children who may inadvertently lock or trap themselves in a vehicle's trunk. The new release is designed to be easily seen and operated inside a closed trunk.

* from Top Safety, September, 2001

Nesika News

Open Enrollment

December is Open Enrollment Month for Nesika. For those tribal members who did not enroll their spouse or dependents when initially eligible or those who would like to re-enroll with Nesika Health Group, now is the time to do it. If you're interested in receiving enrollment information, please call our office at 1.541.677.5508 or 1.800.284.9917. A packet will be mailed to you. **The required enrollment information must be returned to our office no later than December 20, 2001 for coverage to take effect on January 1, 2002.**

Plan Changes

There will be several plan changes to your health insurance benefits with Nesika Health Group effective January 1, 2002. These changes include monthly premium rates for covering the family of tribal members, ambulance ground transport, home health care, substance abuse, diabetic services, stem cell procedures, and foot care benefits. Please watch your mail for detailed notices regarding these changes.

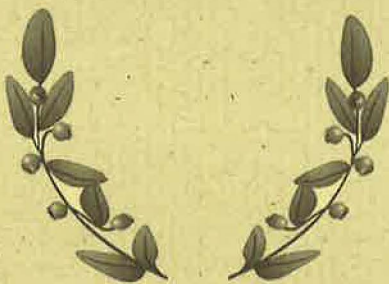
Prescription Benefits

We would like to continue to encourage members to use the mail-in pharmacy at Pequot to utilize your prescription benefits. Using Pequot's pharmacy for maintenance medications will maximize your \$1500 yearly benefit. Pequot has added several options for accessing information about your prescription benefits. You can now order refills, locate a local contracted pharmacy, and make prescription inquiries by using the website at www.PRNX.com. If you'd like to monitor your benefit accumulations, an automated customer service system is available 24 hours a day, 7 days a week by calling 1.888.779.6638 and choosing option #5. For more information about the services Pequot provides please contact our office at: 1.541.677.5508 or 1.800.284.9917.

Keep Your Address Current!

Tribal members are encouraged to maintain a current address at the Tribal Government Offices. Tribal members who have minor children who are not living in their household also should make sure their children's updated addresses are on file with the Tribal Government Offices.

If you know of any Tribal members who have not been receiving correspondence from the Tribal Government Offices, please recommend that they call the toll free number (1.800.929.8229) or write to the Cow Creek Tribal Office, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.



Tribal Identification Cards

Tribal Identification Cards are available to all Tribal members upon request. To obtain an I.D. card, contact Carol Ferguson at the Cow Creek Government Offices at 1.800.929.8229. You will be sent an application with an I.D. card. Fill out the application, sign the I.D. card, enclose an appropriately sized photo, and mail the material back to the Tribal Government Offices for processing.

PLEASE DON'T FILL IN ANYTHING ON THE I.D. CARD EXCEPT YOUR SIGNATURE.

Properly filled out applications and signed I.D. cards will be processed with the Tribal Chairman's signature, laminated, and mailed back to you.

Tribal Jobs Line

Tribal members interested in employment opportunities at any of the following Tribal businesses can call the Tribal Jobs Line at 1.800.676.0854 to hear a pre-recorded listing of openings.

Seven Feathers Hotel & Casino Resort
Seven Feathers Truck & Travel Center
Umpqua Indian Foods
Valley View Motel
Riverside Lodge
Canyon Cubbyholes

K-Bar Ranches
Cow Creek Gaming Commission
Cow Creek Tribal Government Offices
Cow Creek Health and Wellness Center
Nesika Health Group

**The Tribal Jobs Line is updated on a weekly basis and provides instructions as to where and how to apply.*

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Cow Creek Tribal Government Offices
2371 NE Stephens, Suite 100
Roseburg, OR 97470

Phone: 1-800-929-8229
Fax: 1-541-673-0432



www.cowcreek.com