

Cow Creek Offices Closed
Christmas Day, December 25, 2002
New Year's Day, January 1, 2003

LATE
DECEMBER
EDITION
2002

Volume 12 Issue 8b

BAND OF UMPQUA TRIBE OF INDIANS

KIUYUM-ID



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Indian Country Faces Serious Issues Under Republican Takeover of Senate and House

Concern and alarm are part of the mood in Indian Country since this year's November elections when the Republicans took control of both the Senate and House. Some national leaders, in response to the vocalized concerns, say the new political arena presents opportunities for Tribes. According to Rep. Frank Pallone (D-N.J.), the Native American Caucus in the House has always dealt with Indian issues essentially on a bipartisan basis, "... so, I think we should still act on that basis on most issues."

Recently retired Assistant Secretary of the Bureau of Indian Affairs, Neal McCaleb, said, "I'm not saying Republicans are perfect, I know we'll make some mistakes, but the idea that Republicans are anti-Indian is an issue that won't stand the light of day. You just go back and look at the record on that." McCaleb continued, mentioning that Republican President Richard Nixon started self-determination in 1970 and the Indian Gaming Regulatory Act was enacted under Republican President Ronald Reagan.

Nonetheless, there are issues on the table today that could lead to final termination. Cow Creek Chairman Sue Shaffer says, "If we don't pay attention, if we don't work together, everything we've accomplished can be undone."

Tribal groups are filing amicus briefs to assure their concerns will be heard in January when a federal court considers separate trust management reform plans from the Dept. of the Interior and plaintiffs. The short timeline, a deadline of Jan. 6, for the

submission of the trust reform plan means that time for Tribal consultations by the Dept. of the Interior are limited.

Tribal leaders are working to influence the selection of presidential nominations by the Bush administration for federal judges and Supreme Court justices. John Echohawk, executive director for Native American Rights Fund (NARF) says, "... we'll be looking closely at the judges that will start coming forward and making sure they have protribal records."

The National Congress of American Indians (NCAI) continues to support the legislative process undertaken by the Tribal Sovereignty Protection Initiative. Members of the Initiative have drafted a bill to reaffirm the legal principle that Tribes have an inherent right to jurisdiction over all people within Indian Country unless power is removed by treaty or federal statute. "We're up against a Supreme court that doesn't really care very much about us," says John Echohawk. "They're interested in upholding mainstream values, and in their view, it doesn't include us, unfortunately."

Jacqueline Johnson, executive director of the National Congress of American Indians (NCAI), says that Tribal leaders can expect Republicans to deal with budget negotiations with a heavy hand. The answer she says is in Tribal members being educated, that they "... understand and respect the complexities of our history and our contemporary relationship with their government."

COW CREEK HEALTH & WELLNESS CENTER HOURS

Hours for the Cow Creek Health & Wellness Center are:

Monday and Tuesday	9 a.m. - noon 2 p.m. - 5 p.m.
Wednesday	9 a.m. - noon 3 p.m. - 5 p.m.
Thursday and Friday	9 a.m. - noon 2 p.m. - 5 p.m.

Call 1.541.672.8533 or 1.800.935.2649 to schedule an appointment.

INFORMATION & HAPPENINGS

OVER-THE-COUNTER TRIBAL PREVENTION PROGRAM

As of January 2, 2003, Tribal Members will be able to access their Over-the-Counter account for medical prevention needs. If you have questions, please call the Cow Creek Health & Wellness Center and ask for help with a question about the Over-the-Counter Tribal Prevention Program. The Cow Creek Health & Wellness Center can be reached toll free at 1.800.935.2649 or locally at 672.8533.

DENTAL COVERAGE CHANGES FOR TRIBAL MEMBERS COVERED BY OHP

Cow Creek Contract Health will no longer be covering dental services for those Tribal Members that are on the Oregon Health Plan (OHP). Federal dollars can't be spent when an alternate resource (Oregon Health Plan) is available. Tribal Members on the Oregon Health Plan will now need to locate a dentist in their county who will accept their medical card or utilize one of the Tribal Dental Clinics. Tribal Dental Clinics are available in Klamath Falls, Coos Bay, Chemawa, and Warm Springs. Should you have questions regarding this policy change, please call the Cow Creek Health & Wellness Center at 1.800.935.2649 or locally at 672.8533.

Translink, a transportation service supported by OHP, will provide transportation services to eligible OHP clients traveling to authorized medical services with a locally contracted provider at no charge to the client. If you have no way to get to your dental appointment and you live in Coos, Curry, Douglas, Jackson, or Josephine Counties, Translink is available to assist you. For information on Translink or to schedule a ride, call 1.888.518.8160. Medford area residents should call 842.2060.

Cow Creek Contract Health Guidelines

There have been some misunderstandings regarding the guidelines for Cow Creek Contract Health. To assist those who have questions, the guidelines are listed below:

ELIGIBILITY – In order to qualify for contract health care, you must:

1. Be an enrolled member of the Cow Creek Band of Umpqua Tribe of Indians.
2. Reside in the Douglas, Jackson, Josephine, Lane, Deschutes, Coos, or Klamath County.
3. Pre-authorize all non-emergent services. Emergencies **MUST** be called in to the Cow Creek Tribal Health Office (toll free number is 1.800.935.2649) within 72 hours of service.
4. Use all alternate resources, such as OMAP, Medicare, and/or private insurance. CHS pays as a last resort.

PRE-AUTHORIZATION – All services provided must be pre-authorized by calling the Tribal health office toll free number at 1.800.935.2649 or the local number, 672.8533. When calling, make sure you can provide the following information:

1. The name and address of the medical provider,
2. The date of the appointment,
3. The medical problem you are being seen for, and
4. Any support services that may be required, such as x-rays, blood work, etc. At the time of approval, you will be given a number/s for your

appointment/s. Please write this number down and refer to it when you're making inquiries about billing. **REMEMBER**, if the date of the appointment changes, you must call the Tribal health office and let them know of the date change or your bill may not be paid.

IF YOU ARE SEEN AT AN URGENT CARE FACILITY OVER A WEEK-END, PLEASE CALL THE TRIBAL HEALTH OFFICE ON MONDAY MORNING.

DENIAL – Reasons for denial include:

1. Ineligible for Contract Health,
2. Failure to obtain pre-authorization for non-emergency services,
3. Failure to obtain approval for an emergency service within 72 hours of having been seen,
4. Failure to use alternate resources, and
5. The service for which you requested payment by CHS is not within medical priority.

APPEALS – If a person is denied payment for care, the Health Director issues a denial letter. The letter of denial states the reasons for the denial and explains the rights of appeal. The person has 30 days from receipt of the certified letter to appeal in writing to the Tribal CEO for reconsideration. The letter must contain additional information not previously submitted. If the CEO upholds the appeal, an additional appeal may be made to the Tribal Board of Directors who will make the final determination.

There's Still Time to Get Your Flu Shot!

Staff from the Cow Creek Health & Wellness Center has traveled to numerous destinations within the seven county area to give flu shots to Tribal Members and their families. Tribal businesses were also visited so employees could receive flu shots. To date, the Health & Wellness Center has given over 450 flu shots. If you would like to get a flu shot, there's still time to be immunized for this flu season. Call the Cow Creek Health & Wellness Center at 1.800.935.2649 or 672.8533 to schedule an appointment.



Carol Follett, Cow Creek Health & Wellness Center nurse, gives Emily Rose Krantz, oldest Cow Creek Tribal Member, her flu shot for the 2002-2003 flu season.

Inhalant Use is Topic for January Tele-Health Call

The next Tele-Health call topic is "Inhalant Use". Mike Nolte, Alcohol and Drug Addiction Counselor for the Cow Creek Health & Wellness Center, will facilitate the call on Thursday, January 9, at noon and also at 7 p.m.

According to Cow Creek Community Health Representative, Andrea Davis, "Inhalant use among our youth is a widespread problem. We all need to know more about it."

For information on how to participate in the Tele-Health call on January 9, call the Cow Creek Health & Wellness Center at 1.800.935.2649 or locally at 672.8533.

The Tele-Health call topic for February is "Cancer Prevention: Prostate and Colon."

Tobacco Cessation Class Begins January 8

A tobacco cessation class sponsored by the Cow Creek Health & Wellness Center begins on January 8 in the Birch Room at Seven Feathers Convention Center. The introductory class on January 8 lasts from 4 to 5:30 p.m. Subsequent classes on January 9, 10, 13, 14, 15, 17, 20, 24, and 27 begin at 4 p.m. and last one hour.

The classes will explain what tobacco is as well as what it does to a person. Emphasis will be placed on the management of stress and diet. Cheryl Gifford, psychologist at the Cow Creek Health & Wellness Center will provide information on stress management and Tricia Hedges, dietitian at the Cow Creek Health & Wellness Center, will provide dietary information that has proven helpful to tobacco cessation.

According to the American Cancer Society, "Tobacco users who receive support during their cessation efforts are twice as likely to succeed as those who attempt to quit on their own." To reserve your space, call Cow Creek Health & Wellness Center at 1.800.935.2649 or locally at 672.8533.

EDUCATION NEWS

"HOW TO GO TO COLLEGE" WORKSHOP HELD ON JAN. 18

The Cow Creek Education Department and the Title 7 Indian Education Program in Roseburg will be co-hosting a "How to Go To College" workshop from 6 to 7:30 p.m. on January 18 at the Cow Creek Government Offices.

Speakers will be Az Carmen from the University of Oregon, Allison Davis-WhiteEyes from Oregon State University, and Carol Morroe from the Oregon Student Assistance Program. Topics will range from admissions procedures to financial aid and grants. Information on planning a college education will also be discussed.

High school students, parents, or persons interested in attending college will find this workshop helpful. Parents who would like to attend can bring their young children as the workshop and planning are a family activity. If you're interested in attending, contact Kelly Strickler, Education Director, at 1.800.929.8229 by January 15, 2003.

"Strengthening the Next Generation" Parenting Class Begins January 9

The next parenting class, "Strengthening the Next Generation," begins Thursday, Jan. 9, at the Cow Creek Government Offices. Classes will be held weekly through Feb. 27. A buffet dinner will be served from 5:30 to 6 p.m. Class is held from 6 to 8 p.m. Childcare is provided.

Class format will include lectures, discussions, and role playing. There will be significant emphasis upon the sharing of experiences between the parents in class. According to Rhonda Malone, one of the class facilitators, "Parenting is challenging. Children need to be supported through an unbelievable range of learning. The best thing to do isn't always clear. It's good for parents to know that all parents experience difficulties in raising and loving their children."

To make a reservation for the parenting class, call Rhonda Malone at the Cow Creek Government Offices at 1.800.929.8229 or locally, 672.9405. The other facilitator for the class will be Cathy Parker.

Low Income Home Energy Assistance Program (LIHEAP)

Low Income Home Energy Assistance Program (LIHEAP) funding, previously reduced by 60%, has been restored to the levels of the winter of 2001-2002. Funds are available to assist Tribal families within the seven county service area who qualify for energy assistance. This program helps with electric gas, propane, wood/pellets, and oil fuel purchases during winter months.

Heating assistance is used to pay for eligible heating costs with payments made directly to the energy supplier. Crisis assistance is used to prevent the source of energy from being shut off.

To be eligible for LIHEAP assistance, household income must be within 150% of the Federal Poverty Income Guidelines. Applications for LIHEAP assistance are now available. For information or an application, call Rhonda Malone at 1.800.929.8229 or 672.9405.

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.

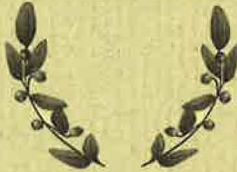
If you know of any Tribal members who have not been receiving correspondence from the Tribal Government Offices, please recommend that they call the toll free number (1.800.929.8229) or write to the Cow Creek Tribal Office, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.

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

Holiday Motel

Canyon Cubbyholes

K-Bar Ranches

ciMediaGroup

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.*

www.cowcreek.com



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

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