

New Tribal I.D Cards Available in February 2003!

Details in February Issue of KIUYUM-ID

JANUARY
EDITION
2003

Volume 13 Issue 1

KIUYUM-ID



HIGHLIGHTS

PROSTATE AND COLON CANCER PREVENTION

....More on page 2

CONTRACT HEALTH GUIDELINES

...More on page 2

TRIBAL CHILD CARE PROGRAM

....More on page 2

HOUSING ASSISTANCE

....More on page 3

TRIBAL JOBS LINE

....More on page 4

Cow Creek Umpqua Indian Foundation Announces Recipient of Buss Rondeau Award



*Buster (Buss) Rondeau
1920 - 2000*

The Cow Creek Umpqua Indian Foundation awarded grants to thirty-seven charitable organizations at a ceremony at Seven Feathers Convention Center on Wednesday, January 22.

The awards ceremony's highlight occurred when Mrs. Buster "Polly" Rondeau presented the fourth Buss Rondeau Award to the Telequa Community Center for enhancing the love of reading in the Tiller community.

Continued on page 3 under Foundation Gives

2003 Quarterly General Council Meeting Notice

Date	Day	Time	Location
FEBRUARY 9	SUNDAY	11 A.M.	COW CREEK GOVERNMENT OFFICE, ROSEBURG
MAY 18	SUNDAY	11 A.M.	COW CREEK GOVERNMENT OFFICE, ROSEBURG
<i>The May 18 meeting is the Tribal Nominations Meeting.</i>			
AUGUST 10	SUNDAY	11 A.M.	COW CREEK GOVERNMENT OFFICE, ROSEBURG
<i>The August 10 meeting is the Tribal Elections Meeting.</i>			
NOVEMBER 9	SUNDAY	11 A.M.	COW CREEK GOVERNMENT OFFICE, ROSEBURG

Annual Board of Directors Meeting Nominations for the 2002 Board of Directors Election will be taken at the May 18 meeting. Lunch will be served following all 2003 General Council meetings.

The procedures for the nominations for the Tribal Board of Directors Election are as follows:

Any registered voter of the Tribe present at the May meeting each year may nominate. Each person may nominate one individual for the election. When the nominations are closed, no other nominations will be accepted.

Continued on page 2 under Quarterly General Council Meeting

Cow Creek Gathering Dates

Date	Day	Event
JULY 18, 19 & 20	FRIDAY, SAT., SUN.	COW CREEK TRIBAL POW WOW
SEPTEMBER 6	SATURDAY	COW CREEK TRIBAL FAMILY PICNIC

**Tear off this front page and place it where you'll see it often so these important dates won't be missed.*



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

TELE-HEALTH TOPICS

Tele-Health is a program that provides opportunities for interested parties to become more informed about specific health topics via telephone conferencing. All calls are scheduled for the second Thursday of each month and last half an hour. Two phone sessions are scheduled on Tele-Health Thursday, one at noon and one at 7 p.m.

Tele-Health topics for the next six months are listed below. For information on how to call in and participate in a Tele-Health call, contact the Cow Creek Health & Wellness Center at 1.800.935.2649 or 1.541.672.8533.

- **February 13, 2003**
Topic: Cancer Prevention, Prostate and Colon
Provider: Doctor D
- **March 13, 2003**
Topic: Nutrition Month
Provider: Tricia Hedges
- **April 10, 2003**
Topic: Women's Health
Provider: Dr. Trudy Mills
- **May 8, 2003**
Topic: FirstAid
Provider: Noreen Thompson
- **June 12, 2003**
Topic: Basic Foot Care
Dr. Leonard
- **July 10, 2003**
Topic: Children's Immunizations Updates
Provider: Carrol Follett

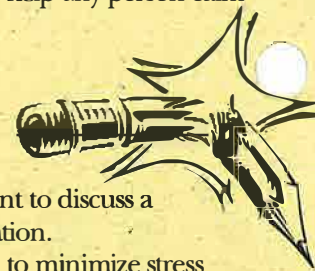
Staying Stress Free At Work*

The working world is filled with requirements and deadlines that create stress. Life is filled with stress. Everyone experiences it. Here are a few suggestions to help any person calm down and achieve productivity, i.e. manage stress.

- **Stay focused.** Finish one project before moving on to the next.
- **Relax.** Slow, deep breathing can relax a person within minutes. Stressed people have shallow breathing.
- **Ask for help.** When you're feeling overwhelmed, say so.
- **Avoid confrontation.** If a person is upset, wait for a calm moment to discuss a delicate issue. Stress can boil over into unnecessary confrontation.
- **Start an exercise program.** Experts say that one of the best ways to minimize stress is regular physical activity.
- **Laugh it off.** Laughing relaxes muscles. So, if you're stressed, read the comic pages of the newspaper or tell a joke.
- **Pay attention.** Don't ignore minor symptoms such as a headache or an upset stomach.

It's important to manage your stress. But, some stress can be good. All lives have it and it does provide for an increase in brainpower:

* from February issue of Top Safety



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 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.

Housing Assistance

BIA Housing Improvement Program (HIP)

The Housing Improvement program (HIP) is accepting applications for housing assistance. The HIP program is a Bureau of Indians Affairs (BIA) federally funded program contracted and administered by the Tribe. This program can assist eligible Tribal members living within the seven county service area with housing needs such as: repairs, rehabilitation (roof, weatherization, windows, doors, structural repairs, electrical, plumbing, etc.) or replacement housing. Priority is given to families with the greatest need in relation to income, family size, age, disabilities, etc.

Tribal Housing Program

The Tribal Housing Program can assist Tribal members with down payment assistance or home repair assistance. This program is not restricted to the seven county service area, however, applicants must be ineligible for the BIA HIP program.

Indian Health Service Sanitation Assistance

The Indian Health Service Sanitation Program can assist tribal members living within the seven county service area with sanitation needs such as: installation of septic systems, installation of wells, pressure systems, and hook-ups to community services.

For more information regarding the above programs, please contact Carol Ferguson, Housing Director, at the Tribal Government Offices, 1.800.929.8229 or 1.541.672.9405.

Foundation Gives

-Continued from front page

The Foundation Board of Directors established The Buss Rondeau Award in 2000 to honor the memory of Buster Rondeau, a Tribal board member and founding member of the Cow Creek Umpqua Indian Foundation.

"Support for literacy and youth education was very dear to Buster's heart," according to Sue Shaffer, Tribal Chairman. "Buster felt that strengthening the family and providing opportunity for education were the keys to personal success." Buster Rondeau was raised in the Tiller area. The Cow Creek Umpqua Indian Foundation was created in 1998 to meet the philanthropy requirements of the State and Tribal Compact.

Tribal Child Care Program Has Two Openings

The Cow Creek Tribal Child Care Program is federally funded and serves enrolled Cow Creek Tribal youth who live within the seven county service area of Lane, Douglas, Josephine, Jackson, Klamath, Deschutes, and Coos Counties. Parents must qualify by income and must also be working, enrolled in school, or attending a work experience program. Children cared for by the Tribal Child Care program must be under age 13.

The Child Care Program operates as a certificate program. This means that parents who qualify are responsible for screening and selecting who they want to provide child care for their children. A Tribal representative inspects and qualifies or disqualifies the chosen home/provider as a Tribal child care home. The Tribe does not operate a day care center.

The Tribal Child Care Program has two openings. If you are interested in applying, please contact Rhonda Malone at 1.800.929.8229, ext. 5513 or 1.541.672.9405.

2003 Quarterly General Council Meeting Notice

-Continued from front page

A nomination will be considered complete when the nominee has accepted the nomination in writing. Nomination acceptance forms will be furnished to all candidates represented at the meeting. For those nominees not present, forms will be mailed to them no later than three (3) days following the Nominations Meeting and must be received in the Tribal office no later than June 10 of each year. Candidate acceptance forms will be placed on the ballot in the order the nominations are made. Ballot packets, including instructions, will be mailed out to registered voters of the Tribe from the Siletz Agency no later than July 19, 2003. Tribal members are encouraged to maintain an updated registration card including updated signature.

If you are a registered voter and do not receive a ballot, you must contact the Tribal Government Office at 1.800.929.8229 or 1.541.672.9405.

Elders Program For 2003 Announced In February

In the February issue of KIUYUM-ID, the activities for the Elders program in 2003 will be published. Activities, dates, and times will be listed. It's anticipated that the program will be expanded beyond the activities of 2002 that included a dinner, picnic, and two-day trip to Central Oregon.



Keep Your Address Current

Tribal members are encouraged to maintain a current address at the Tribal Government Offices. Tribal members with 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 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 / ciPrinting

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