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Cow Creek Band of Umpqua Tribe of Indians

FEBRUARY 2004

Volume 14 Issue 1

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You Might Want To Know!

- The Cow Creek Tribal Government Office administers over 45 programs that directly or indirectly benefit the tribal membership.
- In 2003, the Cow Creek Health and Wellness Center had a user count of 828 people, with 4047 visits. Current active user count is 1550.

2003 Programs Report

The 2003 Tribal Programs Report was presented at the February 8, 2004 General Council Meeting. The report included information on expenditures of all tribal programs for the benefit of tribal members and their families. An increase in benefits to tribal members and their families of nearly \$500,000 was identified.

The Annual Tribal Distribution Plan, the Elders Monthly Distribution Program, Minor Trust payouts and the Medicare Part B Program were programs that made cash disbursements directly to individual tribal members or tribal minors trust fund accounts totaling \$1,051,407.89 for the 2003 year.

Nesika Health Group was another division that paid out significant dollars in insurance claims for the benefit of tribal members and their covered dependants. A total of \$1,317,844.00 was paid out in patient claims, and an additional \$154,605.00 in prescription benefits.

The total amount of funds expended during 2003 for the benefit of tribal individuals and their families from all tribal programs is in excess of \$3.7 million dollars.

For more specific information about each program see 2003 Tribal Programs Summary on page 4.

Washington Board Meetings Scheduled

Washington State's Annual Cow Creek Tribal Meetings will be held on Friday, March 12 and Saturday, March 13. The Friday meeting will be held in Woodland, Washington at the

Oak Tree Restaurant at 7 pm. The Saturday meeting will be held in Port Angeles, Washington at the Red Lion Hotel in the Juan de Fuca Room at 1 pm.

Tribal members having any questions should call Carol McKinney at the Tribal Government Office at 1.800.929.8229 or 1.541.672.9405.

HEALTH NEWS

**Cow Creek Health &
Wellness Center**

NEW HOURS

Monday & Thursday

8:30am—Noon

1pm—5pm

Friday

8:30am-Noon

1pm-4pm

Call 1.800.935.2649 toll
free or 541.672.8533
locally to schedule an
appointment.

Men's Top Health Issues—

**From Dr. Daskalos from the Cow
Creek Health and Wellness Center**

The number one health risk for men in the U.S. is heart disease. Nearly 350,000 men will die from heart disease in the U.S. in 2004.

Two hundred ninety thousand men die from cancer each year in the U.S. The leading cause is lung cancer, followed by prostate cancer. To reduce the risk, exercise, diet, a healthy life style, regular medical check-ups, and not smoking or chewing tobacco are essential.

Approximately 70,000 men in the U.S. die each year from stroke. In addition, strokes are the leading cause of disability. Strokes are related to high blood pressure, smoking, poor diet, and exercise programs.

To reduce the risk of death or disability from stroke, don't use to-

bacco products, control your weight, control your blood pressure, eat and live a healthy life style and have regular medical evaluations.

Ladies Spring Tea Planned

Once again, the Cow Creek Health & Wellness Center will hold a Ladies Spring Tea, an event that focuses on women's wellness issues.

The Second Annual Ladies Tea will be held on Sunday, March 28th, in the Cedar Room at Seven Feathers Convention Center from 1:30—3:30.

Vanessa Becker, from Battered Person's Advocacy, will be the main speaker. Dr. Lois Niska, from the Cow Creek Health and Wellness Center will also speak. Relevant booths will be on display.

Refreshments will be served—and door prizes will be given away. Please RSVP by Wednesday, March 23, to the Cow Creek Health & Wellness Center at 1-800-935-2649.

GLAUCOMA—A TREATABLE CONDITION, by Dr. Lois Niska

Glaucoma is caused by eye disease that produces increased pressure in the eye. The increased pressure is caused by a back-up of fluid in the eye that, over time, can damage the optic nerve that carries visual images to the brain, resulting in blindness.

Typically, there is a continuous production, drainage and movement of fluid through a functioning eye. When a fluid

cannot pass through the "drain", it causes pressure on the optic nerve, damaging it.

People who are at risk are over age 45, are African Americans, have a family history of glaucoma, are diabetics, are near-sighted, have had a previous eye injury and those who have used cortisone long term.

An eye pressure measurement exam, tonometry, can be per-

formed at a routine eye exam. Just to make sure, ask your doctor at your annual medical exam if you've been checked for glaucoma. There are a variety of treatments for glaucoma, some as simple as eye drops or pills. Laser surgery, eye operations, or a combination of methods can also be employed. The purpose, of course, is to prevent the loss of vision. Remember to have your eyes checked for glaucoma.



Tribal Chairman Meets with Senator Clinton



Cow Creek Tribal Chairman, Sue Shaffer, was invited in January to meet with former First Lady, Senator Hillary Rodham Clinton, at the home of a mutual friend in Phoenix, Arizona. Governor Mary Thomas of the Gila River Indian Community was also there to discuss various issues related to the election, the economy and how they are affecting Indian Country.

JOM NEWS

The Tribal Board of Directors has approved a \$25 increase for JOM parental costs (effective January 1, 2004) for students within the service area. The Tribal Board also approved a \$75 allocation for JOM parental costs outside the service area.

The \$75 allocation for parental costs affects families that have children/students from age 3 through 12th grade.

Brochures explaining the specifics of the program have been sent out to Tribal Members involved with JOM.

Questions about JOM parental costs or the JOM Program should be directed to the Cow Creek Education Director, Kelly La Chance, at 541.672.9405 locally or 1.800.929.8229 toll free.

HIGHER EDUCATION NEWS

Higher education students need to be sure they've submitted their FAFSA (Free Application for Federal Student Aid). Information regarding the FAFSA application (applications can be submitted on-line, too) can be accessed on-line at www.fafsa.ed.gov.



The priority deadline was February 1, 2004, but applications are

still being accepted. Applications submitted now, however, will not be given priority status.

Financial aid planning is involved. The Cow Creek Education Program has developed a planner that explains the process. If you are interested in receiving the planner, please contact Kelly La Chance at 541.672.9405 or 1.800.929.8229 toll free.

COW CREEK POW WOW INFO.....

VOLUNTEERS NEEDED

The 26th Annual Cow Creek Pow Wow will be held at South Umpqua Falls on July 16, 17, 18 (Friday-Sunday). Roma Jackson needs volunteers to assist her with preparation efforts, as well as support functions for the Pow Wow.

Please call her at 541.672.8533 locally if you're willing to help.

FREE FISH AVAILABLE

A limited number of whole,

cleaned, frozen salmon are available to tribal members on a "first come, first serve" basis.

The salmon is limited to one per household and can be picked up in Canyonville after arrangements have been made.

To make arrangements, contact Roma Jackson at the Cow Creek Government Offices @ 541.672.8533 or toll free 800.935.2649.

Well Nations Magazine Update

Tribal households have been receiving the magazine Well Nations for the past two years. At this time, it has become necessary to have the magazine shipped directly from the publisher to tribal households. If your family wants to continue receiving Well Nations, call Lenora at 1.800.929.8229 and she will send you a form. This form, which must be signed and mailed back to the Government Office by March 1, will enable a household to continue receiving the magazine.

COW CREEK COUNTRY – 2003 ANNUAL TRIBAL PROGRAMS REPORT

Tribal Education Program

The Tribal Education Program assisted 5 tribal members in and out of the tribal service area with books, tuition, materials, testing fees and other expenses related to their training. Areas of training included cosmetology, medical transcription, criminal justice, psychology and GED certificates. Grants provided to tribal students by the Tribal Education Program totaled \$13,784.09 during 2003.

Tribal Housing Program

For 2003, the Cow Creek Tribal Housing Program assisted 28 tribal families. Fifteen tribal families received \$28,193.21 for repairs, while 13 tribal families received \$36,524.71 for down payment assistance for a total of \$64,719.92. Of the tribal families served, 17 were within the seven county Tribal Service Area, while 11 families resided out-

side the Tribal Service Area.

BIA Housing Program

Eligibility restriction for the Bureau of Indian Affairs Housing Improvement Program (HIP) have increased and the Housing Department has faced more challenges in identifying qualified applicants. For the 2003 funding year there were no applicants deemed eligible for this federally funded program.

Nesika Health Group

During 2003, the Nesika Health Group had a slight increase in enrollment from 186 to 226 individual tribal enrollees. Tribal dependents increased from 300 in 2002 to 360 in 2003. Nesika Health Group experienced considerable increases in patient claims and dental costs due to more enrollees. There was a decrease in pharmacy expenses that may be attributable to more enrollees utilizing the Pequot Pre-

scription Mail In Program for maintenance medications. During the 2003 year, tribal members paid \$50 for an individual rate, with an additional \$10.00 per dependant up to \$100. A total of \$123,950.00 was paid by tribal members toward the premiums for their individual coverage. An additional \$40,260.00 was paid for by tribal members for dependant coverage of 335 tribal family members. The balance of the premiums for individual coverage paid by the Tribe was \$1,115,550.00. The balance for dependant coverage paid by the Tribe was \$80,520.00.

An additional \$236,827 was paid for re-insure costs for all tribal enrollees in the Nesika Health Group. Nesika Health Group paid \$1,317,884.00 in patient claims for tribal members and their dependants and \$154,605.00 in prescription costs in 2003.

Tribal Distribution Plan

The Cow Creek Distribution Plan completed its 8th year of existence. The distribution for the 2003 year remained \$599.00 for a total of \$442,760.00. The annual disbursement to tribal members 18 years and older were mailed out on December 10, 2003.

All disbursements to tribal members under the age of 18 have been deposited into a trust fund that can be accessed by the individual only after they turn eighteen (18).

Child Care Assistance

The Child Care Assistance Program has provided safe and quality child care for low-income families within the service area who otherwise could not afford to pay for child care while working, training or in school. This program, during 2003, assisted 10 tribal families by providing child care assistance for 17 tribal

GROUP ACTIVITIES AND PROGRAMS FOR THE BENEFIT OF TRIBAL FAMILIES

The Cow Creek Government Office and Health and Wellness Center offer several programs for the benefit of tribal families. These expenses are not only for material items utilized for the activities and

services, but for staffing and other expenses associated with each program.

Tobacco Prevention Program

The Tobacco Prevention Grant has been utilized to assist with expenses

for the health staff to educate tribal membership on the dangers of tobacco usage. Total expenditures for 2003 were \$6,471.63.

Special Diabetes Program

The Diabetes Grant for 2003 was utilized for

consultants to provide specialized training of clinic and field staff, diabetes and general health education through the tele-health phone program and through the weekly education and support group meetings. Fund-

Programs Report Continued.....

children. Child care provider expenses for 2003 totaled \$16,515.08.

Low Income Home Energy Assistance Program

The Low Income Home Energy Assistance Program (LIHEAP) provided heating and emergency assistance to 46 tribal family households during 2003 totaling \$10,062. Of the 46 households served, 32 were provided heating assistance and 14 were provided winter crisis (or emergency) assistance.

Over the Counter Program

The Over the Counter Program has completed another successful year of service to tribal members with non-prescription medications and preventative items. In 2003, tribal members living within the service area were assisted with \$40,730.64. Tribal members residing outside the service area were assisted with \$29,533.663.

Medicare Part B Reimbursement Program

Developed in 1998, the Medicare-Part B Reimbursement Program was designed to assist tribal elders with the cost of the Medicare Part B coverage. In most cases, the premium for the coverage is deducted from the elders' social security checks, therefore the program reimburses the tribal elder at the end of the year. For 2003, the reimbursement to tribal elders was \$27,422.30.

Human Services/ICWA

During 2003, there were a total of 18 tribal Indian Child Welfare Act (ICWA) Cases involving 27 children. Nine tribal children were located in Oregon, while the remaining 18 children were located in three others states. Three children remain in foster care, while 5 were adopted into tribal families and 6 chil-

dren were adopted into non-tribal families. Eight children were reunited with their parent(s) and four children have been placed in guardianship due to their age and wish not be adopted.

One tribal family opted to pursue voluntary family services such as drug and alcohol treatment, family counseling, homemaker skills and services for housing rather than have their children removed from their custody.

Tribal Burial Benefit Plan

In 2003, the Tribal Burial Benefit Plan assisted tribal families with funeral expenses for 3 tribal members in the amount of \$9,361.00. In accordance with the plan regulations, payments for funeral costs were sent directly to the funeral home or cemetery.

Education Programs

During 2003, thirty four (34) adult tribal members were assisted with fund-

ing from the BIA Education Programs. Twenty nine (29) students received financial assistance toward degrees in areas such as engineering, business administration, psychology, music and forensic science. One student was assisted in the Adult Vocational Training Program (AVT) to attend police reserve training, while five (5) students were assisted by the Adult Education Program (AE).

An average of 80 tribal students received direct services from the JOM Program, which included tutoring and parental costs assistance.

Other group activities provided were an ice cream social, a ski trip, Blazer games, water safety and a regalia making class. The total expenses for the Education and JOM Programs were \$120,681.89.

Group Activities and Programs Continued.....

ing was also utilized to provide a part time podiatrist in the clinic. During 2003, the Diabetes Programs spent \$71,849.55.

Library Services Grant

The Library Service Grant for 2003 was utilized to again pur-

chase books and tapes for the Tribal Library. The library is equipped with computer systems that can be used by the tribal membership on an appointment basis. During 2003, the Library Services Grant

expended \$6,383.58.

Social Service Block Grant - Children's Mental Health

This program has been utilized to develop a Children's Mental Health program for counseling of tribal children who would other-

wise fall through the cracks of other programs. During 2003 the Social Service Block Grant - Children's Mental Health Program spent \$11,685.02 for the benefit of tribal youth.



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IMPORTANT NOTICES

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 which you should fill out and sign. Enclose a photo and mail the material back to the Tribal Government Offices for processing.

Properly filled out applications will be processed with the Tribal Chairman's signature and mailed back to you.

TRIBAL JOBS LINE

Tribal members interested in employment opportunities at any of the tribal businesses can call the Tribal Jobs Line at 1-800-676-0854 to hear a pre-

recorded listing of openings. The Tribal Jobs line is updated on a weekly basis and provides instructions as to where and how to apply.

ADDRESS UPDATES

Tribal members are encouraged to maintain a current address at the Cow Creek Tribal Government Offices. Those who have minor children who are not living in their

households 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 Office, please recommend that they call the toll free number (1-800-929-8229) or write to the Cow Creek Tribal Government Office, 2371 NE Stephens Street, Suite 100, Roseburg, Oregon 97470.



**Check out the Cow
Creek website at
cowcreek.com**