



# KIUUYUM-ID

Volume 14 Issue 4

*Cow Creek Band of Umpqua Tribe of Indians & Wellness Center*

October 2004

Flu Vaccination	2
Co-Pay	2
Great American Smoke Out	3
Tribal Dental Health Plan	3
Elders Program	4
3rd Annual Fall Health Fair	4
Restoration Project	5
Dates To Remember	5

- Grand Opening of the Smithsonian National Museum of the American Indian
- Tribal Child Care Programs currently have openings
- Flu Vaccinations are available
- Pharmacy Co-Pay reimbursements
- Over The Counter deadline
- Great American Smoke Out coming soon
- Tribal Dental Plan as of October 1, 2004
- Restoration Project in need of volunteers

## National Museum of the American Indian

The 250,000 square foot Smithsonian's National Museum of the American Indian is located in Washington, DC; where a grand opening ceremony and festival took place, September 21-26, 2004. Along with the thousands in attendance; there were more than 300 singers, dancers and storytellers, representing over 30 Native communities of North, South and Central America.



The museum displays over 800,000 Native American art and cultural artifacts and is home to various native plants as part of the stunning landscape. The Smithsonian's National Museum of the American Indian celebrates the past and present of Native American culture, art, and knowledge.

Additional information about the museum and events are available at the Smithsonian website, [www.AmericanIndian.si.edu](http://www.AmericanIndian.si.edu).



## Tribal Child Care Program

The federally funded Cow Creek Tribal Child Care Program serves Cow Creek Tribal youth under the age of 13 who live in the seven county service area. Eligibility requirements are based on: parents income, employment status and/or

enrollment in school or a work experience program. There are currently openings in the Cow Creek Tribal Child Care Program. For information, contact Rhonda Malone at the Cow Creek Government office at (800) 929-8229 extension 5513.

## Flu Vaccination



To reduce the risk of contracting the flu virus and lessen the severity of the virus once contracted, it is recommended to get the flu vaccination between October and November each year. The flu shot is devised of a dead virus that cannot cause one to get the flu. The vaccine is grown in eggs; those allergic to eggs should not be vaccinated. Once vaccinated it takes approximately two weeks for the body to build up protection against the flu. The common side effects of the flu shot are: a sore arm, low fever and muscle aches that can last up to two days.



### Who should get the flu vaccination?

- Children 6 months to 18 years of age who are at risk of getting a serious case

of the flu

- Persons 50 and older
- Persons with long term health conditions: lung or heart disease, asthma, diabetes, anemia or kidney disease
- Persons with a weakened immune system; with HIV/AIDS or long term steroid use
- Pregnant women after their first trimester of pregnancy, during the flu season

The flu vaccination will be available at the Tribal Health Fairs in Medford and Roseburg. The vaccination is also available at the Cow Creek Health & Wellness Center.



### Pharmacy Co-Pays

Tribal members using Fred Meyer/Kroger pharmacies to fill prescriptions with primary insurance: Nesika, Blue Cross/Blue Shield, Pacific Source, Oregon Health Plan or any other health insurance with a pharmacy plan, are required to pay the co-pay at the time the pre-

scription is picked up.

The co-pay paid receipt may be submitted to Contract Health for reimbursement.

The system Fred Meyer/Kroger

uses does not bill secondary insurance. Therefore, Fred Meyer/Kroger cannot bill Contract Health for the co-pay.

Tribal members with primary insurance will be removed from

the Fred Meyer/Kroger database and are required to pay the co-pay, effective immediately when using the Fred Meyer/Kroger pharmacy to fill prescriptions.

### Deadline Set For Over-The-Counter Program

All requests for the Over-The-Counter-Program must be received by November 15, 2004. The only exceptions to this date will be for Sonicare toothbrushes, Cow Creek Tribal members enrolled after November 15, 2004 and members requesting reimbursement for self-pays.

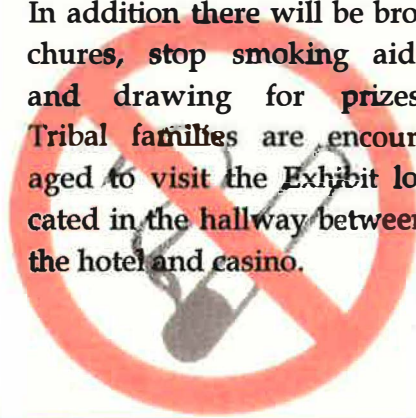
Enrolled Tribal members will be able to access the Over-The-Counter Program again on January 3, 2005. If you have any questions please contact Tamara Robinson at the Cow Creek Health and Wellness Center at 800-935-2649.

## Great American Smoke Out

The Great American Smoke Out, sponsored by the American Cancer Society, was originally formed in 1977 to encourage smokers to quit for one day.

The tradition continues November 18, 2004. In support of the Great American Smoke Out, the Cow Creek Health & Wellness Center will have a Tobacco Education Information Exhibit at the Seven Feathers Hotel & Casino Resort from 10:00 am until 4:00 pm.

The Cow Creek Health & Wellness staff will be available to do blood pressure checks, carbon monoxide testing, and will be available to discuss smoking cessation. In addition there will be brochures, stop smoking aids and drawing for prizes. Tribal families are encouraged to visit the Exhibit located in the hallway between the hotel and casino.



## Smoke Free Functions

Due to the overwhelming studies of the effects of secondhand smoke, the Cow Creek Health & Wellness Center has gained support of the Cow Creek Tribal Board of Directors to have all 'Johnson O'Malley' functions be 'smoke free'. This does not exclude the use of traditional tobacco. The Cow Creek tribe does not wish to impede the use of tobacco for healing or prayer.

The most recent smoke free event was the 3rd Annual Fall Health Fair; appreciatively, no one was observed smoking. The staff for the Health & Wellness Center would like to thank the Cow Creek Tribal Members for supporting this effort.

## Tribal Dental Health Plan

The Cow Creek Health and Wellness Center has initiated a new Tribal Dental Health Program (TDHP) which began October 1, 2004. This program is administered through the Contract Health Service; however, a separate program from the CHS Dental Program. Eligibility requirements are: the person has to be a Cow Creek Tribal member and a purchase order must be issued prior to a dental visit in order to be considered for payment in the program,

as in all Contract Health encounters.

The program's goal is to meet the dental health needs of tribal members. The current CHS Dental will remain in effect, and continue to cover preventative care: exams, cleanings, x-rays, fluoride treatments and sealants. These preventative care costs will be paid in addition to the TDHP.

The extended TDHP include a \$1,500.00 limit for a 15 month period; beginning 10/1/04 and ending 12/31/05 for

dental procedures including and not limited to:

filings, extractions, crowns and caps, root canals, bridgework (new/repairs), braces adjustments or balances, dentures and/or repairs. Subsequent years will run January through December, and are subject to funding availability.

For Tribal members covered by health insurance with dental benefits; the primary insurance must be billed before the Cow Creek Health & Wellness TDHP will consider

payment. This benefit will be added to the member's plan.

The Cow Creek Health & Wellness Center is excited about this program and are confident that it will be an added health benefit to the Cow Creek Tribal members. Members can support this effort by updating their eligibility, and calling for purchase orders before every appointment.

For more information regarding the Tribal Dental Health Program please call (541)672-8533 or

## Elders Program

The Annual Elder's Dinner is scheduled for November 13, 2004 at the Seven

Feathers Hotel and Casino Resort. There is no charge for the attending Tribal elder with one guest. Additional guests will cost

\$16.00 per person and must be paid prior to the event. Tribal elders will receive information regarding the Elders Dinner by mail. For

further information please call Rhonda Malone at (800) 929-8229 extension 5513.

## 3rd Annual Fall Health Fair



Presentation



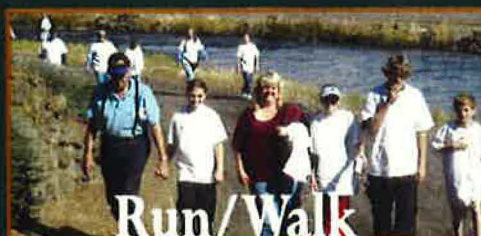
Clinic Staff



The 3rd Annual Fall Health Fair took place October 9, 2004 in Redmond, Oregon.

There were displays in the White Water Room where the clinic staff gave out information, answered questions, and administered flu vaccinations.

A sit down buffet luncheon was then provided. For the 3rd Annual Fall Health Fair finale, a one mile walk/run took place along the canal near the Comfort Inn n Redmond.



Run/Walk



## Tribal Volunteers Needed for Cow Creek Restoration Project

The Cow Creek Tribe has built and operated two steelhead acclimation ponds near the Seven Feathers Hotel and Casino Resort on Canyon Creek near the South Umpqua River. The acclimation ponds are designed to adapt young steelhead from state run hatcheries to the waters of the South Umpqua River.

Steelhead is a much larger version of rain-

bow trout that is born in fresh water. They hold in rivers and streams for 12-18 months before migrating to the ocean to feed and wander for a year or two after which they return back to rivers and streams for spawning. Steelhead is very popular for sport fishing.

Volunteering will help the Cow Creek's Steelhead, by helping to

restore them to the South Umpqua. Cow Creek Tribal members are needed to assist in the arrival of fish 3 to 4 times during the winter months of January through April. The arrival process takes a full day and consists of netting fish in the transportation tanks and moving them into the acclimation ponds. All ages are welcome to partici-

pate. Other volunteer opportunities for fish related projects are available as well as student internships with the Oregon Department of Fish and Wildlife.

To find out more, please contact Amy Amoroso at the Cow Creek Tribal Government Office (541)672-9405.

### Business Office Telephone Numbers:

#### Government Offices:

(541) 672-9405

(800)929-8229

#### Health & Wellness Center:

(541) 672-8533

(800) 935-2649

#### Nesika Health Insurance:

(541) 677-5508

(800) 284-9917

### DATES TO REMEMBER:

*All dates are subject to change.*

**October 30, 2004—Health—**Medford Health Fair

**November 6, 2004—Education—**JOM skating in Roseburg

**November 13, 2004—Health—**Roseburg Health Fair

**November 13, 2004—ICWA/Elders—**Elders Dinner

**November 14, 2004—Government—**General Quarterly Council Board Meeting

**November 15, 2004—Health—**all Over the Counter requests must be received

**November 18, 2004—Health—**American Smoke Out Day and Exhibit

**November 20, 2004—Education—**JOM skating in Grants Pass



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Roseburg, Oregon 97470

## 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 Govern-

ment 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 pro-

vides 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.

