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- \$2.2 million dollar grant funded to the Cow Creek Health & Wellness
- Over-the-Counter Program closed to requests other than for Sonicare toothbrushes till January
- Medicare Prescription Drug Benefits card may lower prescription costs
- College Night offered information from both Community Colleges and Universities
- Missing the FAFSA deadline may disqualify applicants from many scholarships
- The Harlem Crowns played an exhibition game at Umpqua Community College

Cow Creek Government Office Expansion



Construction for Phase II of the Cow Creek Government Offices began in October of 2004 and is scheduled for completion in late spring or summer of 2005. Currently, the Government Offices, as well as those in the Clinic, are at capacity.

The New facility will be located adjacent to the south side of the existing building in the south parking lot.

"The completion of the additional offices," Sherri Shaffer, Tribal CEO said, "will allow us to expand our services and programs to the Tribal membership and community."

The new building will include 20 new offices and meeting rooms, as well as viewing areas for tribal artifacts and displays.

Nesika Health Group - Open Enrollment

The annual open enrollment for the Nesika Health Group begins December 1, 2004 through December 20, 2004.

Cow Creek Tribal members who are interested in enrolling their spouse, or dependents

or are interested in re-enrolling, will be eligible during this open enrollment time.

All required enrollment information must be returned to the Nesika office no later than December 20, 2004. Once approved, the

insurance coverage will be effective on January 1, 2005.

For enrollment information, contact Leta Cook at the Nesika Health Group at (541) 677-5508 or (800) 284-9917.

Cow Creek Health & Wellness Center

Awarded \$2.2 Million Grant

In June, 2004, Tribal Health Director, Dr. Sharon Stanphill, initiated the formation of a consortium with the Coquille Indian Tribe and the Klamath Tribes to prepare a grant proposal in the area of Diabetes Prevention. Over 260 grant proposals nationwide, were submitted to the Department of Health and Human Services, Indian Health Service, for which only 30 grants were to be awarded. The grants require rigorous data collection, establishing baseline measures, implementing an intensive intervention with patients who are at risk for developing diabetes and measuring this success (prevention of diabetes) over a four-year period. In late September, 2004, the tribes were notified they had received one of the thirty prevention grants and would be receiving \$2.2 million over the next five years, to be split amongst the tribes to implement the project. Dr. Grimm, Director of Indian Health Services, visited Portland on October 7, 2004, and presented the tribes with the oversized checks and congratulating all Portland Area recipients on their successful procurement of funds.

The grant is a result of a 1997 congressional appropriation for \$30 million per year to the Indian Health Service's Special Diabetes Program for Indians (IHSDPI) for the prevention and treatment of diabetes in American Indians and Alaskan Natives. This grant has resulted in over 300 diabetes prevention and treatment programs in Indian communities nationwide. In 2003, Congress increased the SDPI funding to \$150 million per year, and directed HIS to use a portion of the increase in funding for a "competitive grant program" to fund grantees to implement programs which will 1) directly prevent diabetes and 2) cardiovascular disease risk reduction.

The four-year project phase will begin

at the end of 2005 and will provide patients at risk for developing diabetes, the opportunity to work closely with numerous staff members in order to lose weight, begin and maintain an exercise program, participate in intensive behavior change education sessions and adopt coping and behavioral skills necessary to maintain such behavior changes.

These key components of lifestyle changes will be offered as tribal members dedicate themselves to improve their health and work with the staff in preventing this chronic disease. Knowing diabetes is not inevitable, this program is a landmark attempt by Congress to provide funding to aid tribes in identifying "best practices and lessons learned" which can be shown effective and can then be used for all tribes nationwide in their communities to also prevent diabetes. While this project is

not scheduled to begin until later in 2005, tribal members are encouraged to take advantage of the current diabetes prevention activities offered at the Wellness Center, such as weight management and cooking classes, exercise instruction and tobacco cessation to name a few.

Other Pacific Northwest Indian tribes that were funded include the Confederated Tribes of Warm Springs, the Tribal Consortium of Chehalis, Skokomish, Shoalwater Bay, Squaxin Island, and Nisqually, Quinault, Couer d' Alene, and Colville. They were all funded for the prevention of diabetes. The Seattle Indian Health Board, Yakama and the Tribal Consortium of Swinomish, Nooksack and Upper Skagit Tribes were funded for cardiovascular disease risk reduction.



(left to right) Dr. Sharon Stanphill, Health Director of Cow Creek Health & Wellness Center, Charles W. Grim, D.D. S., Director of Indian Health Services, Leroy Jackson Jr, Health General Manager of Klamath tribe, Rich Rose, Compliance Officer of Klamath tribe.

Over-The-Counter Program

Each year the Cow Creek Over-the-Counter (OTC) Program provides Cow Creek tribal members \$100 towards approved non-prescription medications, medical supplies and preventative products.

Requests for items under the 2004 OTC Program concluded November 15, 2004. The only exception, however, is for Sonicare toothbrushes which are \$50 each and can be deducted from the remaining balances. Replacement heads for the Sonicare toothbrushes are also available.

Requests for next years' OTC Program can be made after January 3, 2004. "As the new program year approaches", said Tamara

Robinson, OTC Program Coordinator, "Tribal members are reminded that there may be a 24 hour processing time for each request of four items or more, depending upon the volume of requests." Requests will need to be made in advance and will not be accepted if made from the store or pharmacy. Faxed and

emailed requests will be gladly accepted.

Questions and requests may be directed to Tamara Robinson at the Cow Creek Health and Wellness Center at (800) 935-2649 or email trobinson@cowcreek.com.

Medicare Prescription Drug Benefits

Tribal members that are eligible for Medicare Part A or B are also eligible to receive the Medicare Prescription Drug Benefit card. This Prescription Drug Benefit card should reduce medication prescription costs, even with other prescription drug benefits. Once qualified, an additional \$600.00 benefit may also be available.

For assistance in enrolling in the Medicare Prescription Drug Benefit Card Program, contact Roma Jackson at the Cow Creek Health & Wellness Center at (541) 672-8533 or (800) 935-2649.

Last of the 3rd Annual Health Fairs

The Cow Creek Health & Wellness Center has completed their

series of the 2004 3rd Annual Health Fairs. The October 30, 2004 Health Fair was held at the Rogue Regency Hotel in Med-

ford, Oregon and the last of the series was held at the Cow Creek Government Office November 13, 2004. Information pamphlets were available for men's health, women's health, depression, nutrition, stop smoking and safety. Flu vaccinations, cholesterol, blood pressure and blood sugar

checks were available to attendees. A giveaway, luncheon, a presentation on Metabolic Syndrome and a walk / run concluded the fairs.



Education Department

College Night

The Cow Creek Education Department and the Roseburg Title 7 Indian Education Program sponsored the 3rd Annual College Night October 19, 2004 at the Cow Creek Government Office. Supporting colleges in attendance were the Southern Oregon University, Rogue Community College, Lynchburg College, Simmons College, Oregon State Univer-

sity, Linn-Benton Community College, Umpqua Community College, Lane Community College, University of Oregon and Umpqua Training and Employment.

Students interested in receiving information on a college listed and / or a 2004 education magazine printed by Indian Country Today may call Kelly La Chance, Tribal Education Director.



FAFSA Deadline

As of January 1, 2005, Cow Creek education students will be able to file the Free Application for Federal Students (FAFSA) for the year 2005-2006. It is important that the

FAFSA is complete before February 1, 2005. If the FAFSA is not complete and submitted by the deadline the applicant may not be considered as a priority and many scholarships may not

be available. The fastest way to complete a FAFSA is online at www.fafsa.ed.gov.com. FAFSA applications may be picked up from a financial aid office at a local college.

"Comedy of Errors"



The Johnson O'Malley (JOM) Parent Committee sponsored an activity for JOM students to attend the Shakespeare Festival "Comedy of Errors" play in Ashland, Oregon on October 2, 2004. Before the play began, the JOM students attended a prologue, and participated in playing the characters of the play.

Upcoming Events

JOM students and JOM student families are welcome to tour the Festival of Lights in the 7 Feathers Trolley car on December 4, 2004. To reserve a seat contact Kelly La Chance, Education Director at (541) 672-9405 or (800) 929-8229.

The Harlem Crowns Came to Town

On October 14, 2004 the Harlem Crowns Basketball Team came to Roseburg. The Roseburg Firefighters, IAFF Local 1110, and a team of youth from Wolf Creek Job Corps played an exhibition game at the Umpqua Community College Gymnasium against the Harlem Crowns. Over 300 spectators were in attendance and were entertained by the Crowns performance on and off the court.

The Tribe continues to be very generous in their support of positive activities for youth. The event was coordinated and funded by the Cow Creek Alcohol & Drug Prevention Program. The Umpqua

Community College donated the use of their gym, the Roseburg firefighters generously donated their time and sweat to the project as did the Wolf Creek Job Corps. They had also provided a team of youth, a set-up and a clean-up crew.

The Harlem Crowns shared their humor and their unique perspective on drugs, alcohol, and gang violence through testimonials that all included the importance of setting positive goals. The Tribe in conjunction with ADAPT, Wolf Creek Job Corps and the U.S. Army, displayed booths on the risk of smoking and drug use.



**Attention
All Riders**

December 17th 6:30pm

Meeting @ Dixie's in Tri-City

Contact Patti Wilcox and Timothy Wilcox

541-863-3625 after 4:30pm

Freedom Rider's

Looking for Native Americans that enjoy riding motorcycles, to join us for runs, any bike will do.

- Enjoy riding in groups
- Meet other Native America
- Have fun runs in the summer time

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



2371 N.E. Stephens, Ste. 100
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.

REMINDER

All Johnson O'Malley functions are smoke free.

