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Cow Creek Band of Umpqua Tribe of Indians & Wellness Center

December 2004

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- Tribal Dental Health Program allowance for needed dental treatment; a success.
- Volunteers are needed for the Steelhead Restoration Project.
- JOM Parent Committee has openings.
- Weight Loss 101 classes offered.
- Tribal Child Care Assistance Program is at capacity.
- Winter Gathering, a cultural experience.
- Time to quit tobacco at the "Quit Tobacco" classes offered.

Low Income

Home Energy Assistance Program



The LI-HEAP (Low Income Home Energy Assistance Program) is now accepting applications for energy assistance.

This federally-funded program assists tribal fami-

lies with payment of their home heating bills if they qualify by income and live within the seven county service area of: Deschutes, Douglas, Jackson, Josephine, Klamath, and Lane Counties.

For more information, or to request an application, contact Rhonda Malone at the Cow Creek Government Office or call (541) 672-9405 or (800) 929-8229.



FAFSA Application Deadline

The FAFSA is a federal financial aid to college students who qualify (based on income). After January 1, 2005 college students may file for 2005-2006

FAFSA (Free Applications for Federal Student Aid). If a 2005-2006 FAFSA application is not submitted by February 1, 2005, it will not be considered as a pri-

ority in the pool for scholarships. FAFSA applications are available at college financial aid offices and online at www.Fafsa.edu.gov. For additional

information, contact Kelly La Chance, Cow Creek Education Director may be contacted at, (541) 672-9405 or (800) 929-8229

Tribal Dental Health Program

The Tribal Dental Program offers Cow Creek tribal members living within the seven county service area a \$1,500.00 allowance for needed dental treatment within the time period of October, 1, 2004 through De-

cember 31, 2005.

The only requirements are that the tribal member must reside within the seven county service area and must call in for each appointment prior to the visit (for a preauthorization

/ purchase order number).

Since October, 58 Cow Creek tribal members have received benefits from the Dental Program totaling \$17,959.00. The staff at the Health & Wellness Center

looks forward to continue serving Cow Creek tribal members in the Dental Health Program. Contact Cynthia at the Health & Wellness Center at (541) 672-8533 or (800) 935-2649.

Steelhead Restoration Project

The Cow Creek Steelhead Restoration Project is designed to adapt young steelhead from state ran hatcheries to the waters of the South Umpqua River. Steelheads are a much larger version of rainbow trout, born in fresh water. They hold in rivers and streams for 12 to 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.

Volunteers are needed to net fish in the transportation tanks and move them into the acclimation ponds. The release process includes data collection and netting fish inside the tanks. All ages

are welcome to participate. Those who have already inquired about the project will be contacted with the project dates.

The Steelhead Restoration Project dates are:

February 7th, 25th, March 18th, 21st and April 8th, 11th, 29th, 2005. To find out more, Amy Amoroso may be contacted at the Cow Creek Government Office at (541) 673-9405.

Johnson O'Malley

Parent Committee Members

The Cow Creek JOM (Johnson O'Malley) Parent Committee has openings on the committee for parents, grandparents or legal guardians of Cow Creek tribal member youth, ages 3 to 18.

The committee meets the first Monday of each month to plan and coordinate cultural and educational activities for JOM students.

All inquiries may be directed to Kelly La Chance, Cow Creek Education Director, at (541) 672-9405 or (800) 929-8229.

Weight Loss 101

The Cow Creek Health & Wellness Clinic is offering two 6-week weight loss classes at no cost. One class will begin January 20, 2005 at the Seven Feathers Casino and the other

begins January 25, 2005 at the Cow Creek Health & Wellness Center. The classes encompass nutrition education, meal planning, exercise and cooking. Participants are encour-

aged to bring a friend, family member or support person. For enrollment, contact Tricia Hedges at the Cow Creek Health & Wellness Center at (541) 672-8533 or (800) 929-8229.

Child Care Assistance Program

The Tribal Child Care Assistance Program is currently at capacity; however, applications are still being accepted. Program

eligibility is based on the child's enrollment status, household income and residing within the seven county service area.

Those who qualify will be placed on a waiting list until an opening is available. For further information, or to request an applica-

tion, contact Rhonda Malone at the Cow Creek Government Office at (541) 672-9405 or (800) 929-8229.

Winter Gathering

Cow Creek families are invited to attend the Winter Gathering. The Winter Gathering will take place January 29, 2005 from

1:00 pm to 3:00 pm in the Boardroom of the Cow Creek Government Office. Cultural displays, storytellers, food and refreshments

will be provided. Please RSVP to Rhonda Malone or Kelly La Chance at (541) 672-9405 or (800) 929-8229.

The Time Has Come For Those New Years Resolutions Is quitting tobacco one of them?

If so, join the Cow Creek Health & Wellness Clinic "Quit Tobacco Class" being held at the Seven Feathers Casino, in the Huckleberry Room, January 3, 2005

from 4:00 pm till 5:30 pm. Additional classes will be held January 6th, 10th, 13th, 18th, 19th, 21st and 27th. To sign up for the Quit To-

bacco Class, contact Andrea Davis at the Cow Creek Health & Wellness Center at (541) 672-8533 or (800) 935-2649.



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.

