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Cow Creek Band of Umpqua Tribe of Indians

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- Cow Creek Health & Wellness Clinic Diabetes Prevention Program begins in February.
- Communities for Healthy Forests Hold Annual Meeting on December 16, 2005.
- Culture Committee is having a Winter Gathering on January 28, 2005.
- Scholarships are available through Indian Health Service and the Intertribal Timber Council.
- Child Care Applications are being accepted for Low Income Families.

Senators Smith, Wyden and McCain Meet with Oregon Tribal Leaders

Oregon Tribal leaders had an opportunity to present issues of concern to Senators Smith, Wyden, and McCain at a recent visit to Portland State University's Native American Center.

McCain expressed clearly that there will be committee hearings on the Indian Gaming Regulatory Act (IGRA) despite the position taken by several Oregon Tribes to leave it "as is" with no changes. Tribal leaders feel that by opening

up the IGRA, there is a vulnerability for many changes that will adversely affect tribes. McCain, Chairman of the Senate Indian Affairs Committee, said that (cont. on page 2)



Senators Smith, Wyden and McCain address questions of the Oregon Tribal Leaders

Chairman Sue Shaffer Receives Governor's Gold Award

Governor Ted Kulongoski presented the third annual Governor's Gold Awards to individuals, companies, organizations and communities that have contributed to Oregon on Thursday, December 1. Several hundred people attended the Awards banquet at the Portland Marriott Downtown Hotel.

Special Olympics Oregon partners with the Governor to present the Gold Awards to Oregonians who have demonstrated greatness. The Gold Awards benefit Special Olympics athletes around the

state. Chairman Sue Shaffer received one of the two individual Private Sector Gold Awards. Gert Boyle, the chairwoman from Columbia Sportswear received the other. The Gold Award categories are Business/Corporation, Individuals-Public Sector, and Organization, community, City or County.

In presenting the Gold Award to Chairman Shaffer, Governor Kulongoski praised her efforts to build economic diversification for the Cow Creek Tribe. He noted these efforts began when the Tribal Council decided to place the \$1.5 million settlement the Tribe received from the Federal (cont. on page 4)

Cow Creek Health & Wellness Center Announces Diabetes Prevention Program

The Cow Creek Health and Wellness Center is one of thirty tribes recently selected from across the nation by Indian Health Services to participate in an intensive diabetes prevention program.

Congress allocated \$150 million to Indian Health Services in 2003 to assist with efforts in preventing diabetes in Indian communities. American Indians are more than twice as likely as other groups to develop Type 2 diabetes.

However, diabetes is at near epidemic levels in all of our society. It is estimated forty million people are pre-diabetic. If these people don't make changes in their lifestyles, they will probably contract diabetes, a disease that causes blindness, loss of

limb, and can result in death. The financial implications to the U.S. as pre-diabetic people become diabetic and need more and more health support are significant.

Type 2 diabetes can be prevented. Changes in lifestyle, weight loss, and exercise are all components of a successful program that can prevent the onset of diabetes. Research has shown moderate changes can result in dramatic improvements in a person's health. This reality created the slogan for the Diabetes Prevention Program, "Small Steps, Big Rewards".

In putting the Diabetes Prevention Program in place, the Cow Creek Health and Wellness Center will be hosting an informal dinner on January 27, 2006. People who believe that participation in the Diabetes Prevention Program might assist them or improve their lives are encouraged to attend.

Invitations to the dinner will be sent out in early January. The program will last three years. Participants will be helped to lose body fat and to find an exercise program that can realistically fit into their daily schedules. The Diabetes Prevention Program is an opportunity to prevent diabetes and to live a higher quality of life.



Senators Meet with Tribal Leaders cont....

"In 1988, when IGRA was passed, Indian gaming was a \$500 million a year business, it is now a \$19.5 billion a year business. You may not agree, but there are going to be hearings, that's just the way it is."

Other topics concerning the Oregon Tribes were funding and reauthorization of the Indian Healthcare Improvement Act, environmental issues and concerns regarding Columbia River fishing.

This was the first meeting of the tribes with both Oregon Senators and Senator McCain at one time in Oregon.

What is Type 2 Diabetes?

Diabetes is a disease in which blood sugar levels are too high. When a person has diabetes the body has a difficult time converting food to energy. After food is eaten, it is changed into a sugar called glucose, and then carried by the blood to all parts of the body. Some types of foods, like bread, cereals, sugared sodas and others (carbohydrates) are absorbed by the body and move into the blood as glucose or blood sugar. The hormone insulin, made in the pancreas, helps the body to change blood sugars into energy.

For some people, the body makes very little or no insulin (Type 1 diabetes). Type 1 diabetes is very rare in American Indians. In Type 2 diabetes, the body makes large amounts of insulin, but the body does not use the insulin properly. As a result, blood sugar is not changed into energy, and the blood sugar goes up. Over time, high blood sugar causes damage to nerves and blood vessels and can lead to problems such as heart disease, stroke, blindness, kidney failure and amputations.

What is Pre-diabetes?

Pre-diabetes means your blood sugar is high but not yet as high as if you had diabetes. Pre-diabetes also means you are at risk for getting Type 2 diabetes and heart disease. There are no visible symptoms of pre-diabetes. The good news is you have pre-diabetes you can lower the risk of getting diabetes and even return to normal blood glucose levels. With modest weight loss and moderate physical activity, you are likely to delay or prevent Type 2 diabetes.

Signs and Symptoms of Type 2 Diabetes

Many people have no visible signs or symptoms of diabetes. Symptoms may be so mild that you might not even notice them. Nearly six million people in the United States have Type 2 diabetes and do not know it.

What to look for:

- ***Increased thirst***
- ***Increased hunger***
- ***Fatigue***
- ***Increased urination, especially at night***
- ***Unexplained weight loss***
- ***Blurred vision***
- ***Sores that do not heal***

How to Lower Your Risk of Diabetes

To lower your risk of developing diabetes you should:

- Exercise regularly
- Eat less fat and calories
- Lose weight

Doing these things can reduce your risk of diabetes. Lowering blood pressure and cholesterol levels also help you stay healthy.

Communities for Healthy Forests Hold Annual Meeting

The Annual Meeting for the Communities for Healthy Forests was held on December 16, 2005 at the Cow Creek Tribal Government Office in Roseburg. Business Leaders, tribal officials, lawmakers, and private citizens gathered to review the progress of the group and their efforts to bring a change in the current regulations that restrict timely efforts to restore fire damaged forests.

The group was formed two years earlier at a meeting hosted by the Cow Creek Tribe to form a grassroots effort by private citizens, business leaders, the tribe and county commissioners to attempt to waive various restrictions in the current procedures for dealing with the salvage, cleanup and reforestation of burn areas. The timber industry purposely took a backseat in this effort because of their obvious conflict of interest in getting rule changes.

This year's annual meeting was attended by several political officials such as State Senator Jeff Kruse, State Representatives Susan Morgan and Bruce Hanna, along with County Commissioner Doug Robertson, and representatives from Senators Wyden and Smith, and Congressman DeFazio.

Sue Kuppillas, the Executive Director of the group, presented the accomplishments for 2005, which included an extensive community educational effort to groups across the nation. A collection of more than a million signatures of support, and completion of a statewide survey indicated a majority of Oregonians favor immediate timber harvest and replanting after forest fires.

Bruce Klein, chairman of the all volunteer organization board said the group's next goal is to double it's support and forward it's message to the East Coast and lawmakers in Washington, D.C. Tribal Chairman Sue Shaffer has assisted the group with appointments in Washington D.C. along with Commissioner Doug Robertson and other representatives of the group.



Free Subscriptions to Well Nations Magazine

Free Well Nations Magazine subscriptions are available to Cow Creek Tribal Members.

The quarterly Well Nations Magazine provides current health information in Native American Communities.

To subscribe, call the Cow Creek Government Office, at (541) 672-9405 or (800) 929-8229.



Governor's Gold Award continued....

Government into trust. Chairman Shaffer's status as a national leader in tribal affairs was also cited.

Recipient of the Gold Award for the Public Sector was The Oregon National Guard. Brig. Gen. Raymond F. Rees, adjutant general, received this award. The Business/Corporation Gold Award went to Intel. The Organization, Community, City or County Gold Award was presented to The Oregon Shakespeare Festival.

Recipients of the Gold Awards receive a bronze statue. The statue, designed by Oregon sculptor Mack Holman, was inspired by the Oregon Pioneer Statue that sits at the top of the Oregon Capitol building in Salem.



Winter Gathering

The Cow Creek Culture Committee is having a Winter Gathering on Saturday, January 28, 2006 from 1:00 pm to 3:00 pm in the boardroom at the Cow Creek Government Office.

There will be Native American storytellers and a Cultural Display of baskets, necklaces and other cultural items.

Homemade soup, stew and refreshments will be served at 1:00 pm.

Please RSVP to Kelly LaChance at (541) 677-5575 or (800) 929-8229 by January 20th, 2006.

Employment Opportunity

Cow Creek Tribal Members wishing to explore options for employment with the tribe are invited to meet with Buffy Gillespie from Seven Feathers Hotel and Casino Resort Human Resources Department. Buffy will be at the Cow Creek Tribal Office in Roseburg the first Wednesday of each month from 3:00pm till 5:00pm.

Cow Creek tribal members interested in meeting with Buffy may contact Rhonda Malone at (541) 677-5575 or (800) 929-8229 to schedule an appointment time.



Health & Safety Tips

Winter Holiday Safety

- **Beware of holiday lighting.** Take care when burning candles. Be sure they are kept away from decorations or other combustible materials. Don't leave children unattended in a room with lit candles, and always keep candles, as well as matches and lighters, out of the reach of children. Never display lighted candles in windows or near exits. Lit candles should not be used as tree decorations.
- **Decorate only with flame-retardant or noncombustible materials.** Avoid using candles during parties. If guests will be smoking, provide them with large, deep ashtrays and check them frequently. After the party, check inside and under upholstery and in trash cans for cigarette butts that may be smoldering.
- **Keep Christmas trees fresh.** Choose a fresh Christmas tree and secure it in a sturdy stand. Place the tree away from heat sources and exits, and water it daily. If you purchase an artificial tree, be sure it is labeled as fire-retardant. If you plan to hang stockings on your fireplace, do not use the fireplace for fires.
- **Designate a driver.** When attending a party, always designate a non-drinking driver. If you are the host of a holiday gathering, be sure there are non-alcoholic beverages available for guests who are driving.
- **Buckle up.** During the holiday months, people travel more than ever. Wearing a seat belt is the easiest and best way to prevent injury in a motor vehicle collision. Ensure that all passengers are also wearing safety belts.
- **Enroll in a first aid and CPR course.** Although these tips can help prevent an emergency, it is also important to be prepared should an emergency situation arise. To enroll in a first aid or CPR course, contact your local Red Cross.

Contract Health Services, Emergencies and You!

All contract health care must be pre-authorized before funds can be obligated and used to pay medical expenses for eligible tribal members. If you or an eligible family member has an emergency and must be seen in the Emergency Room, a purchase order can be issued if you notify and request authorization within 3 days of the ER visit. A disabled person or an elder has 30 days in which to notify CHS for authorization.

Types of emergencies:

- * Danger of loss of life, limb, eye
- * Accidental injuries
- * High fever in children
- * Trouble breathing, chest pain, burns, poisoning, broken bones



If you go to the emergency room and get a purchase order number in a non-emergency event, payment may be denied. Please be sure to utilize the urgent care centers whenever possible.



Open Enrollment for Nesika

The annual open enrollment for the Nesika Health Group is in December. 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. Once approved, the insurance coverage will be effective on January 1, 2006.

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

2006 Contract Health Application

Look for the 2006 Contract Health Care Services application for care coming soon in your mailbox!

As required by federal regulation, an updated application must be on file for eligibility purposes for Contract Health Services each year.

When you receive the application for your family, please complete it and return to the CHS Office as soon as possible. If you have any questions, please call Cynthia Galaktionof at (541) 672-8533 or (800) 935-2649.

Low Income Home Energy Assistance



The LIHEAP (Low Income Home Assistance Program) is now accepting applications for energy assistance. This federally funded program assists tribal families with payment of their home heating bills. To qualify, you must meet income requirements and live within the seven county service area of: Coos, 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 at (541) 677-5575 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 application, contact Rhonda Malone, at the Cow Creek Government Office at (541) 677-5575 or (800) 929-8229.

Education Announcements

Indian Health Service Scholarship

The Indian Health Service has announced that they are taking scholarship applications for the Indian Health Service Scholarship programs. Scholarships will be in the following categories:

- Health Professions Preparatory
- Health Professions Pre-Graduate
- Health Professions

The deadline for scholarship applications is February 28th, 2006. If you are interested in applying, please contact Kelly LaChance, Education Director, at (541) 677-5575 or (800) 929-8229.

Intertribal Timber Council Scholarship

The Intertribal Timber Council has announced a scholarship for current college students and high school seniors. The scholarship is for students who will be pursuing a degree in Natural Resources.

The deadline for the scholarship is March 31, 2006. For more information please contact Kelly LaChance, Education Director, at (541) 677-5575 or (800) 929-8229.



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 Tribal 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.

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.

If you know of any Tribal members who have not been receiving correspondence from the

Reminder:

All Johnson O'Malley functions are smoke free.

