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Cow Creek Band of Umpqua Tribe of Indians

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- Low income rental applications are being accepted through the Housing Department at Cow Creek.
- Cow Creek Tribal Elders are invited to attend the Annual Elders Dinner at Seven Feathers Hotel and Casino Resort.
- The Health and Wellness Center Annual Fall Health Fair has been scheduled.
- A new series of tobacco cessation classes are being offered by the Cow Creek Health and Wellness Center. Quit smoking with the help of a support group.

Medical and Pharmacy Fees on the Rise

Medical and pharmacy fees nationally have increased 18-22% every year for the last 6 years. Nesika Health Group has managed to maintain the business without raising membership fees or making major changes to the plan benefits. However, with the high cost's associated with the medical and pharmaceutical industries, some changes may be necessary, for the Nesika Health Group.

A few years ago Nesika Health Group switched to the Preferred Provider Organization (PPO) network saving thousands of dollars annually. When a members seeks services from a provider/facility in the Nesika network both Nesika and the member get the advantage of a discount.

Members may save on extra medical and pharmacy expenses by: using the emergency room only when it is truly an emergency, taking the prescribed medications and follow the treatment plan as directed by their physician, requesting generic rather than brand-name medications, obtaining itemized billings to carefully review, and practice good health.

Nesika Health Group is interested in providing it's members with quality health care. However, due to the high cost and the additional strain for more high dollar claims, Nesika plan changes this upcoming year.

Employment For Cow Creek Members

Cow Creek tribal members looking for employment with the tribe are invited to meet with Buffy Gillespie from Seven Feathers Hotel and Casino Resort Human Resources Department.

Buffy is available to meet with tribal members the first Wednesday of each month from 3:00pm till 5:00pm at the Cow Creek Tribal Offices in Roseburg.

Cow Creek tribal members interested in meeting with Buffy, contact Rhonda Malone at (541) 672-9405 or (800) 929-8229 to schedule an appointment time.

Low Income Rental Application Are Being Accepted

The Cow Creek Housing Program is now accepting applications for the Tribes new Low Income Rental homes located in Tri-City, Oregon. This program is federally funded through the Housing and Urban Development (HUD), the Indian Housing Block Grant and is administered by the Tribe.

The program assists eligible tribal members willing to relocate or currently live in the seven county service area with low income

Cow Creek tribal members either currently residing in the seven county area or have a desire to relocate to the area whom qualify as low income are eligible to apply

for the program. Priority is given to families with the greatest needs in relation to for example: income, family size, age, and disability.

Tribal members interested in applying for this program, contact Carol Ferguson, Housing Director, At (541) 672-9405 or (800) 929-8229.

Annual Elders Dinner

The Annual Tribal Elders Dinner is being held at Seven Feathers Hotel and Casino Resort on Saturday, November 12, 2005.

Cow Creek Tribal elders may

bring one guest each; all other guests must pay for their meal at \$21.00 per person (children included) by November 1, 2005. Reservations are required to attend.

For more information or to make reservations, call Rhonda Malone, at (541) 672-9405 or (800) 929-8229.

Cow Creek Jackets and Hats For Sale!

Cow Creek Band of Umpqua Tribe of Indians jackets and caps are for sale:

- ◆ *Black zip, lined jackets with the logo on the front left, for \$50.00 + shipping & handling..*
- ◆ *Fleece jackets with the logo on the front left, for \$20.00 + shipping & handling.*
- ◆ *Baseball caps with the logo centered, for \$15.00 + shipping and handling.*
- ◆ *Beanie caps with the logo centered, for \$12.00 + shipping and handling.*

Various colors and sizes are available. For more information or to order, contact Rhonda Malone, at (541) 672-9405 or (800) 929-8229.

What is Attention Deficit Disorder (A.D.D.)?

First of all, what isn't A.D.D.? It is not a bad, lazy, or stupid child. It has nothing to do with how hard a child tries to be successful. It not the child fault if they have A.D.D. nor is it bad parenting.

What is A.D.D.? It is the inability of a child's brain to focus on what is relevant in his/her environment. It's sort of like an electrical short circuit in a radio or cell phone that is not plugged in correctly or properly charged. It involves the neurotransmitters (electrical transmissions) in the brain; all of the parts are probably there, but the connections aren't working right.

A child with A.D.D. often has difficulty in school due to this inability to determine what is relevant in the classroom and what isn't. The overhead lights may have a buzzing sound that you can't hear, but your child may. The child may be very bothered by the child sitting six seats over who is tapping her finger on her desk. The child may be agitated by the sound of the teacher helping another student. Sounds in the hall, the classroom next door, people at recess, and any movement or change may vie for the child's focused attention. Everything seems equally important to an A.D.D. child and he/she cannot select what to pay attention to.

The child may often be impulsive and may have difficulty making good choices, even when he/she wants to. The child may often have difficulty with how he/she interacts with other children. Boys with A.D.D. are often aggressive and are reported to be on-the-go all of the time. Girls with A.D.D. are often withdrawn. A child with A.D.D. typically feels bad about him/herself and, as a result, may have low self-esteem.

The diagnosis for A.D.D. cannot be made by parents and the child's teacher. A Qualified Mental Health Professional (Q.M.H.P. – Psychiatrist, Psychologist, Social Worker, Behavioral Health Therapist, etc.) may use the information that the parent and the teacher provide, as well as, how the child acts to determine a diagnosis of A.D.D. This information should include specific behaviors, actions, activities, and sounds that the child makes. The teacher can offer information on the child's interactions with other children. There are assessment tools that a Q.M.H.P. may use to make a diagnosis of A.D.D. Two such tools are the Conner's Rating Scale and the Taylor Hyperactivity Screening. A child that is under age five is typically not able to be diagnosed with A.D.D., even though they have many of the symp-

toms, as small children make lots of noises, are impulsive, and distractible as part of their developmental age.

What can parents do if their child has A.D.D.? If the child does have A.D.D., there are strategies he/she can learn from a Q.M.H.P. to help them cope. Examples are: teaching the child to purposely make eye contact, in a mindful way, when someone is talking to them. The child may want to sit in the front row in school to help eliminate distractions. Parents may want to watch what their child eats and drinks, some children may be sensitive to dyes, sugar, or other additives and these may worsen your child's symptoms. If the child continues to struggle, the parent may want a medication evaluation by a doctor. There are safe and tested medications that may allow the child's brain to plug-in more clearly and aid him/her with relevance and attending.

A.D.D is not much different from any other physical problem or illness. It can be treated. Parents suspecting their child may have A.D.D. and would like to request an assessment, call Lee Van Beuzekom, L.M.F.T., at (541) 672-8533 or (800) 935-2649.

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 com-

mon side affects 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 or older who are at risk of getting a serious case of the flu
- Person 50 and older
- Person with long term health conditions: lung or heart diseases, asthma, diabetes, or 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 flue season, healthcare workers, or caregivers of babies less than 6 months old

The flu vaccination will be available at the Cow Creek Tribal Health Fairs.

For questions, contact the Health and Wellness Center, at (541) 672-8533 or (800) 935-2649.



Cow Creek Health and Wellness Annual Fall Health Fair

The Cow Creek Health and Wellness Center is having their Annual Fall Health Fair and Flu Shot Clinic.

The first fair will take place at the Comfort Suites in Redmond, Oregon on October 15, 2005 from 4:00pm till 7:00pm. Dinner will be held at 6:00pm.

The second fair will take place at the Cow Creek Government Office in Roseburg, Oregon on November 4, 2005 from 4:00pm till 7:00pm. Cow Creek members are urged to attend and take advantage of the information displays and flu shot.

Tobacco Cessation

Every single day 85% of smokers wish they could quit tobacco; there is a 90% success rate for those attending support groups to stop smoking.

The Cow Creek Health and Wellness Center is offering Tobacco Cessation classes to Cow Creek tribal members. The Tobacco Cessation classes kick off December 12, 2005 and the Quit Smoking date is January 1, 2005.

By attending the ongoing classes members will:

- ✓ go through a behavioral change process together,
- ✓ learn how to change trigger and find new triggers,
- ✓ learn stress management skills, and
- ✓ receive advice on healthy eating and ideas of
- ✓ how not to gain weight due to quitting cigarettes.

On January 1, 2005 the class

will quit smoking together; members of class and Cow Creek representatives will guide and support each other for the remaining sessions.

The added support of a group will strengthen the each others motivation to quit smoking.

To participate in the Tobacco Cessation classes, contact Andrea Davis, at (541) 672-8533 or (800)935-2649.

Secondhand Smoke

One of the best things parents can do for their children is protect them from secondhand smoke. Children who breathe secondhand tobacco smoke are more likely to have:

- Coughs and colds
- Ear infections
- Bronchitis and Pneumonia
- Breathing problems and asthma
- Allergies



- Lung cancer and heart disease later in life

Tobacco smoke is terrible for infants. Babies who breathe secondhand smoke or whose mother smokes while pregnant are often born underweight, have problems with lung development, and are 2 to 3 times more likely to die from Sudden Infant Death Syndrome (S.I.D.S.).

Most smokers know that tobacco is bad for their health and are likely to put out their cigarette if asked.

For more information about secondhand smoke, contact Andrea Davis, at (541) 672-8533 or (800) 935-2649.

Well Nations Magazine Free Subscriptions

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

Magazine provides current health information in Native American Communities.

Government Office, at (541) 672-9405 or (800) 929-8229.

The quarterly, Well Nations

To subscribe, call the Cow Creek





2371 N.E. Stephens, Ste. 200
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 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.

Reminder:

All Johnson O'Malley functions are smoke free.

