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Cow Creek Band of Umpqua Tribe of Indians

November

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- ◆ New 2007 Contract Health Services Applications due in January.
- ◆ USDA, Rural Development offers many different home programs for moderate, low and low-income families.
- ◆ Stress and the Holidays- A Survival Guide.

November is National Diabetes Awareness Month

More than 18 million Americans have diabetes. Diabetes is the sixth leading cause of death in America, and is responsible for over 200,000 deaths each year. The number of U.S. adults with diagnosed diabetes, including women with gestational diabetes (diabetes that develops during pregnancy), has increased 61% since 1991 and is projected to more than double by 2050.

Diabetes mellitus is a group of diseases characterized by high levels of blood glucose resulting from defects in insulin production, insulin action, or both.



Type 1 diabetes was previously called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes. Type 1 develops when the body's immune system destroys pancreatic beta cells, the only cells in the body that make the hormone insulin that regulates blood glucose. This form usually strikes children and young adults, although disease onset can occur at any age. Type 1 diabetes may account for 5% to 10% of all diagnosed cases. Risk factors for Type 1 may include autoimmune, genetic, and environmental factors.

Type 2 diabetes was previously called non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes. Type 2 may account for about 90% to 95% of all diagnosed cases of diabetes. It usually begins as insulin resistance, a disorder in which the cells do not use insulin properly. As the need for insulin rises, the pancreas gradually loses its ability to produce insulin. Type 2 diabetes is associated with older age, obesity, family history of the disease, history of gestational diabetes, impaired glucose metabolism, physical inactivity, and race/ethnicity. African Americans, Hispanic/Latino Americans, American Indians, and some Asian Americans and Native Hawaiians or Other Pacific Islanders are at particularly high risk for Type 2 diabetes. Type 2 is increasingly being diagnosed in children and adolescents.

Gestational diabetes is a form of glucose intolerance that is diagnosed in some women during pregnancy. Gestational diabetes occurs more frequently among African Americans, Hispanic/Latino Americans, and American Indians. It is also more common among obese women and women with a family history of this disease.

Warning signs of diabetes include: frequent thirst, increased urination, blurred vision, skin infections, slow wound healing, increased fatigue, increased hunger, and weight loss for no reason.

The Cow Creek Health and Wellness Center is looking for people age 18 and over who have a medical condition called "pre-diabetes" to participate in our new Diabetes Prevention Program. Pre-diabetes is when blood glucose levels are above normal but not yet high enough to be diagnosed as diabetes.

The purpose of the program is to prevent Type 2 Diabetes in Indian communities and involve classes on healthier eating, the benefits of physical activity and weight loss. Research has shown that it is possible to prevent Type 2 through simple lifestyle changes.

To participate in the Diabetes Prevention Program, call the Cow Creek Health and Wellness Center at 672-8533. A medical visit will follow to confirm eligibility status.

Announcements

Address Change Deadline for Annual Distribution Checks

Address changes for the annual distribution checks must be received by **November 30, 2006.**

All Tribal members are encouraged to maintain a current address at the Tribal Government Offices. Tribal members who have minor children, who are not living in their household, also must make sure their children's updated addresses are on file.

To update your address, call 672-9405 or 800-929-8229.

Johnson O'Malley (JOM) Committee Volunteer Needed

The JOM Program, a supplemental education program that provides services to Cow Creek Tribal members from pre-school to 12th grade, is recruiting for a parent to join the JOM Parent Committee.

The JOM Parent Committee consists of seven members that meet on the first Monday of each month. Committee duties would include attending monthly meetings, planning yearly activities and assisting with the monthly activities.

To volunteer, contact Kelly LaChance, Education Director at 1-800-929-8229 or 541-677-5575.

Tribal Child Care Assistance Program Accepting Applications

The Cow Creek Tribal Child Care Assistance Program, (a federally funded program), is currently at full capacity. However, applications are still being accepted.

The Cow Creek Tribal Child Care Program is designed to assist parents who are employed full or part time, attending school or a training program. Eligibility is based on the child's enrollment status, family income and must reside within the seven county service area of Coos, Deschutes, Douglas, Jackson, Josephine, Klamath and Lane Counties.

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 677-5575 or 800-929-8229.

Open Enrollment for Insurance

Nesika Health Group is the self-funded health insurance that is provided to eligible employees and Tribal members that participate and pay the monthly premium.

The Annual Open Enrollment Month for Nesika Health Group is in the month of December. Annual Open enrollment is the only time of the year that you can make changes without having a qualifying event.

The qualifying events are:

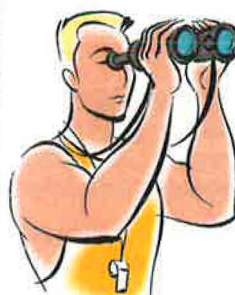
- * Marriage
- * Birth
- * Adoption
- * Divorce
- * Death

Changes you can make are: add or delete your spouse or dependents to or from the plan, or change the coverage that has been elected. (i.e. you may have chosen your plan to include prescription benefits and now you do not feel that you need the prescription portion.)

Newly-elected plan coverage will become effective on January 1, 2007. Anyone enrolling at the Annual Open Enrollment may be subject to the 18-month preexisting condition period.

For enrollment information, please call the Nesika office at 677-5508 or 800-284-9917. A packet will be mailed to you.

The required enrollment information must be returned to our office no later than December 20 for coverage to take effect on January 1.



**Look for your
CHS application
in the mail in
December! Be
sure to return it
by January 1!**

Contract Health News

Elizabeth Coleman has joined the CHS staff and is now taking calls and working very closely with providers. She is mainly responsible for back up for issuing P.O. numbers, verifying data, support services and working with providers. Please tell her hello when you call for a P.O. number!

CHS staff attended the Fall Clinic Health Fairs at Redmond and Canyonville in October and November as Tribal members picked up their 2007 CHS applications and received the latest info on CHS and the Tribal Dental Health Program.

Reminders

- * New 2007 CHS Applications due in January
- * TDHP Benefit of \$1,500 begins again on January 1, 2007
- * Call for P.O.# before each and every appointment
- * Update your eligibility with the CHS office
- * See your dentist! Utilize your TDHP funds before the end of the year

Annual Health Fairs a Success

The Cow Creek Health Fairs, sponsored by the Tribe and organized by the Cow Creek Health and Wellness Staff, were held in Redmond on October 21, and at the Block House behind the Seven Feathers Hotel and Casino on November 4, 2006.

Tribal members and their families were able to view displays and receive pamphlets on Diabetes Prevention, Drug and Alcohol Prevention, Women's Health with an emphasis on Breast Cancer, and Contract Health.

Preventative tests, included blood pressure checks, blood sugar readings and cholesterol screenings. Flu shots were also available.

Bob Dunas, Health Educator, talked about the Diabetes Prevention Program, Dr. Aixa Garcia gave a short talk on Women's Health and HPV and Cynthia Galaktionoff discussed the benefits available to Tribal members through Contract Health.

The Redmond Health Fair was visited by Emily Rose Krantz and five generations of her family! The five generations are: Emily, her daughter Patricia Adams; her daughter, Cis Forbis, her son; Michael McClure and his two children, Aleena and Daxton.

Upcoming Events

Saturday, December 9 - The Tribe is sponsoring a Christmas Party for JOM students and families. It will be held from 1:00 pm to 4:00 p.m. at the Cow Creek Government Office in the Board Room. There will be lots of fun activities and food for everyone.

Education News

Higher Education News

The Higher Education Program assists Cow Creek Tribal members who are attending a college full time with 12 or more credits. Students must be working towards a 4 year degree program and complete the full time degree program in five years

To apply for the Cow Creek Higher Education program, students must file a Free Application for Federal Student Aid (FAFSA). For the 2007-2008 academic year students must file by February 1, 2007 to be placed in priority status for grants

Additional Scholarship Resources

The Education Department has an extensive list of scholarship/grant/fellowship information available for Cow Creek Tribal members to utilize. Most of these require students to apply at least one year in advance, so plan early in researching and applying for grants.

For any information on the Cow Creek Education Programs, please contact Kelly LaChance, Education Director at 800-929-8229, 677-5575 or email klchance@cowcreek.com.



The LIHEAP (Low Income Home Energy Assistance Program) is now accepting applications for energy assistance. This federally funded program assists low-income Tribal families with payment of their home energy 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 677-5575 or 800-929-8229.



USDA RURAL HOUSING PROGRAMS

USDA, Rural Development offers many different home programs for moderate, low and very-low income families.

Guaranteed Rural Housing Loans - If you are planning on purchasing a home and are in the moderate income level, you may apply for a guaranteed rural housing loan that requires no down-payment.

Direct Home Loans- These loans are offered to the very-low and low income families. 100% financing with maximum loan amount of \$200,160 with subsidized payments as low as 1%.

Home Improvement Loans - You may qualify for a 1 % interest home repair loan or a grant if you are at least 62 years of age through the Home Repair Program.

Mutual Self-Help Housing Program - In the mutual self-help housing program, a group of 8 to 12 families and individuals work together under the guidance of a construction supervisor to build their homes. The group performs 65% of the construction work, and their labor becomes their down-payment or "sweat equity". The construction loans are provided by the USDA with a Direct Home Loan.

Cow Creek Band of Umpqua Tribe of Indians Jackets & Caps for Sale

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



Baseball Cap



Beanie Cap

Various colors and sizes are available. For more information or to order, contact Rhonda Malone, at 800-929-8229 or 677-5575.

Fall Blues May Point to Major Depression

This time of year many people find they are depressed. Major Depression is a serious medical illness affecting 9.9 million American adults, or approximately 5 percent of the adult population in a given year. Unlike normal emotional experiences of sadness, loss, or passing mood states, major depression is persistent and can significantly interfere with an individual's thoughts, behavior, mood, activity and physical health. Major Depression is the leading cause of disability in the U.S. and many other developed countries.

Nearly twice as many women as men suffer from Major Depressive Disorder each year. Major Depression can occur at any age including childhood, the teenage years and adulthood. All ethnic, racial and socioeconomic groups suffer from depression. More than half of those who experience a first episode of depression will have at least one relapse episode in their lives. Some individuals may have several episodes in the course of a year. If untreated, episodes commonly last anywhere from six months to a year. Untreated, depression can lead to suicide.

The onset of the first episode of major depression may not be obvious if it is gradual or mild. The symptoms of major depression characteristically represent a significant change from how a person functioned before the illness. The symptoms of depression include:

- ♦ profoundly sad or irritable mood
- ♦ pronounced changes in sleep, appetite and energy
- ♦ difficulty thinking, concentrating and remembering
- ♦ physical slowing or agitation
- ♦ lack of interest in or pleasure from activities that were once enjoyed
- ♦ feelings of guilt, worthlessness and emptiness
- ♦ recurrent thoughts of death or suicide
- ♦ persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and chronic pain



When several symptoms of depression occur, last longer than two weeks and interfere with ordinary functioning, professional treatment is needed.

There is no one single cause of major depression. Psychological, biological and environmental factors may all contribute to its development. Whatever the specific causes of depression, scientific research has firmly established that major depression is a biological brain disorder. There is an increased risk for developing depression when there is a family history of the illness. Life events, such as the death of a loved one, a major loss or change, chronic stress and alcohol or drug abuse, may trigger episodes of depression. It is also important to note that many depressive episodes occur spontaneously and are not triggered by a life crisis, physical illness or other risks.

Major depression is highly treatable. Between 80 and 90 percent of those suffering from depression can be effectively treated and return to their normal daily activities and feelings. Many types of treatment are available and the type chosen depends on the individual, severity and patterns of his or her illness. There are two primary types of treatment for depression: medications and psychotherapy. Treatment may include one or a combination of methods.

Treatment for depression can be accessed by contacting Cow Creek Health and Wellness Behavioral Health at 672-8533 or 800-935-2649.

Stress at the Holidays– A Survival Guide

What is stress? Stress is a mental and physical state resulting from the perception that the demands on oneself are far greater than one's ability to meet the demands.

Things that are stressful this time of year: All the stressors you have the rest of the year plus-

- ◆ Shopping
- ◆ Cooking/Baking
- ◆ Extra financial worries
- ◆ Travel/vacations
- ◆ Multiple activities
- ◆ More family tension
- ◆ High expectations



Things we do to cope:

- ◆ Overeat
- ◆ Excessive drinking
- ◆ Overspend
- ◆ Under-exercise
- ◆ Under-sleep
- ◆ Complain/argue

Things that can help: The Survival Guide

1. **Practice good time management.** Use calendars and lists. Prioritize important tasks. Be realistic about the time you need to finish jobs. Leave room in your schedule for unexpected demands. When traveling, allow extra time.
2. **Make a budget and stick to it.** Financial worries add more stress. Spend what you can afford.
3. **Set realistic goals.** Keep expectations simple for yourself and for others. Remember that the holidays are more than one day; they are part of a whole season. Spread enjoyable activities throughout the entire season. Save time for yourself. Share some of the responsibilities.
4. **Ways to say no:** No; No, for sure; I have thought about it and the answer is no; You already have enough of those; I don't approve of it; I'm not going to change my mind; Your whining makes me think you already have too many toys; I remember saying no. Learning to say no protects you from stress overload. Once you get the knack of saying no it gets easier.
5. **Get enough sleep.** Being tired makes it hard to enjoy the moment. It makes us crabby and irritable.
6. **Exercise.** Just be a little more active in your day-to-day life. Don't start a new exercise program, but take a walk. Park at the far end of the lot. Use the stairs.
7. **Eat a healthy diet.** Try not to overeat or drink excessively to escape stressful feelings.
8. **Respect and validate others thoughts and feelings.** Remember that the holiday season does not banish reasons for feeling sad or lonely.
9. **Try to stay in the present.** Leave yesteryear in the past and look forward to the future.
10. **Spend time with supportive and caring people.**
11. **When all else fails, try relaxation techniques.** Try deep breathing or muscle relaxation. Do the things you know help you to relax. Curl up for a few minutes with a book. Take a nap. Try a bubble bath. Burn candles and put on some soothing music. Get and give a good massage.



Photo Frames from CD Cases

You will need :

Empty CD Cases
Scissors and glue
Craft supplies and household bits and pieces
(beads, ribbon, tinsel, stickers, glitter, cutouts from Christmas cards or wrapping paper)



Instructions:

Open your CD case and take out the paper inserts and the molded plastic piece into which the CD itself fits.

Cut your photo to just smaller than the box. You will be fitting it into the back of the case with the hinged edge at the top, so about 4 inches wide and 4 $\frac{3}{4}$ inches high is perfect,. Fix the photo against the plastic with a few small pieces of sticky-tape. Find a nice piece of cardboard, gift wrap or fun foam which will complement your design and cut this to fit snugly behind the photo and to the edges of the frame (4 $\frac{3}{4}$ inches wide, 5 $\frac{1}{4}$ inches high). Fix with glue or sticky-tape with the pattern, if any, facing into the box. When your frame is finished you will open the case out to stand it up, so this backing protects your photo.

Now all you need to do is draw a line of glue on the outside edges of the front of the CD case and start decorating! Use whatever you have to hand. You can build on the theme of the photo, the season, or the particular interests of the recipient.

2371 N.E. Stephens, Ste. 100
Roseburg, Oregon 97470



IMPORANT 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 Gov-

ernment 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 a 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 up-dated addresses are on file with the Tribal Government Offices.

Reminder:

All Johnson O'Malley
functions are smoke free.

