



# KIUYUM-ID

*Cow Creek Band of Umpqua Tribe of Indians*

## Salmon are Back at Jordan Creek Fish Passage!

**December 2006**

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- ◆ Tribal member Sue Jones discusses how the DPP Program has changed her and her family's lives.
- ◆ The Cow Creek Tribal Library offers books, magazines, movies and internet for Tribal members and Tribal employees.
- ◆ Holiday Season is a great time to remind us of some positive parenting tips.

While monitoring the weirs that were installed in Jordan Creek by Oregon Department of Transportation, Sam Dunnivant identified an adult Coho at the end of the pipe. The weirs were placed underneath I - 5 to facilitate the passage of fish into the Jordan/Alder Creek drainage in September of this year.



Adult Coho Salmon in shallow water.

It appears that ODOT was successful in restoring the Jordan Creek fish passage and Coho are returning through Jordan Creek. Next year the fish will be tracked and surveyed by Oregon Department of Fish & Wildlife on how many salmon use the fish passage.

The Jordan Creek crossing under I-5 is a double-barrel reinforced concrete box culvert. Each concrete box is 8 ft. wide and 6 ft high. ODOT placed 20 full spanning weirs made of heavy-duty plastic, 14 ft. apart through the northern barrel. Each weir is 12 inches high and engineered for low flow water movement.

Coho Salmon are dark metallic blue to black on top with bright silver sides. They have black spots on top of their bodies and fins. However, Coho are spotless on the bottom of their bodies which distinguishes Coho from Chinook salmon. After two to three years in the ocean the salmon return to their natal stream anywhere from July - November.



Jordan/Alder Creek fish weirs underneath I-5.

ODOT will track and survey how many salmon use the fish passage next year.

## Announcements

### **New Nesika Medical and Pharmacy Cards**

Nesika Health Group will be issuing new Medical and Pharmacy cards to all Tribal members covered by Nesika in the month of January 2007. All members will be receiving a new identification number, so it will be important for you to show your new cards to any and all providers that you go to in the new year.

Should you not receive your new cards by February 1<sup>st</sup> please contact the Nesika Health Group offices at 800-284-9917 so that we can issue a new card to you.

If you have any questions please do not hesitate to contact us at the number listed above. The staff of Nesika would like to wish everyone a safe and happy holiday season and a healthy new year!

### **Over-the-Counter Tribal Prevention Program**

Beginning January 2, 2007, enrolled Tribal members will again be able to access the Over-the-Counter (OTC) program. Also effective this date is a new rule regarding Sonicare toothbrushes. If OTC funds are available, Sonicare toothbrushes may be obtained as a one time benefit. Replacement heads are available as recommended.

For questions, please contact Tamara Robinson, Over-the-Counter Tribal Prevention Program Coordinator, at 800-935-2649 or [trobinson@cowcreek.com](mailto:trobinson@cowcreek.com).

### **Free Well Nations Subscriptions Available**

Free Well Nations Magazine subscriptions are available to Cow Creek tribal members.

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



## Medicare Part B Reimbursement Program

Medicare is a health insurance program for people age 65 or older and people under age 65 with certain disabilities. Medicare has Part A Hospital Insurance and Part B Medical Insurance. Most people pay a monthly premium for Part B. Medicare Part B (Medical Insurance) helps cover doctors' services and outpatient care. It also covers some other medical services that Part A doesn't cover, such as some of the services of physical and occupational therapists, and some home health care. Part B helps pay for these covered services and supplies when they are medically necessary.

If at any time during the 2006 calendar year you paid Medicare Part B premiums, you may qualify for reimbursement from the Tribe. If Medicare Part B premiums were paid for you through a retirement account, pension fund or by some other means, you may still be eligible for reimbursement.

At the end of each calendar year the Social Security Administration (SSA) sends an SSA-1099 form to recipients. The form details the benefits received from the SSA. In order to expedite reimbursement, please mail a copy of the SSA-1099 form to the Cow Creek Health & Wellness Center, Attn: Jennifer.

Tribal Members currently enrolled in the reimbursement program will be mailed a reminder letter later this month. For more information regarding this program, please contact Jennifer at 672-8533 or 800-935-2649.



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, at 677-5575 or 800-929-8229.







### 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.

## 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 e-mail [klchance@cowcreek.com](mailto:klchance@cowcreek.com).

### Employment Options for Tribal Members

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.

Cow Creek Tribal members interested in meeting with Buffy may contact Rhonda Malone, at 677-5575 or 800-929-8229 to schedule an appointment.

## Diabetes Prevention Program Changes Family's Lifestyle

The following is an interview with Sue Jones, who joined the Cow Creek Diabetes Prevention Program (DPP) in March of this year to learn how to make the changes necessary to avoid getting Type 2 Diabetes. In addition, Sue's daughter, Shanna, chose to attend the classes to support her mom and learn for herself how to live a healthier, fuller life.

**DPP: What first interested you in the Diabetes Prevention Program?**

*We have a close family member who is over 50 years old, overweight and diabetic. I wondered if I would be next.*

**DPP: Was the process for getting into the program intimidating?**

*Yes and no. Once I met the staff and committed to the physical and the program, I was determined to follow through. They are a great support group!*

**DPP: What were your expectations going into the program about what you would learn, what it would help you accomplish?**

*I wanted to make positive changes. Each class tackles issues that we face. For example: how to make wise choices when eating out. Also, we changed by learning new things to replace the old habits.*

**DPP: How did the program, the teachers, materials, etc., live up to your hopes or not?**

*We have the best staff...they really care. Now that the regular classes are over; we are encouraged to ask for support if we need to.*

**DPP: What were some of the changes, big ones or little ones, that you've made in your life as a result of the program?**

*Over the past eight months, my daughter and I have slowly taken pounds off. But we know we still need to follow through on what we've been taught*

**DPP: Obviously, you chose to be in the program while not everyone else in the house made that same choice. How did your being in the program affect the rest of your household? For example; changes in cooking techniques, food choices, how you shop, etc. What did the other people in the house think of all that?**

*They noticed immediately our positive ways. Some changes were abrupt: NO JUNK FOOD, ,Yet we replaced these with yummy, healthy treats. My family backed me all of he way.*



Mother and daughter Sue and Shanna Jones.

**DPP: We know your daughter was screened for the program and was not pre-diabetic, but chose to attend the classes with you. Could you tell us more about that?**

*She wanted to support me. Shanna still had energy and weight issues. She wanted to learn healthy habits.*

**DPP: How are both you and your daughter doing now that the regular classes are finished? Do you still work as a team to stay on track? Is that helpful?**

*We check in with each other and are determined to keep up the good habits we were taught. (Continued on page 6)*



## A Tribal Library That Grows Every Year!

***This article was submitted to the Oregon Library Association Newsletter and is a reprint.***

The Cow Creek Tribal Library is located in the Cow Creek Government Office and offers an intimate, quiet space for Tribal members and Tribal employees to come read, check out a book, and even surf the internet! A periodical section is currently under construction. The library has been able to subscribe to many Native American newsletters and magazines. Back issues are housed in the library for patrons to use for information and research.

Each year the Cow Creek Tribal Library receives the Library Services Basic Grant that provides the opportunity for the library to purchase books, videos and subscribe to magazines. The basic grant for the last five years has been dedicated to increase holdings in the Native American section of the library. Native American books and videos that are targeted for adults, teens and children are a high priority and there have been many items that have been purchased to fill the need in these areas.

The children's Native American section offers many wonderful books for youth that covers all ages and reading levels. The books and videos purchased for the library were carefully selected in order to meet the cultural and educational needs of the Cow Creek Tribal youth. Along with many of the books are tapes and just recently compact disks have been steadily replacing cassette tapes. These are a favorite and are checked out quite frequently.

In addition to the Native American section, the Cow Creek Tribal Library has many other sections available that feature a wide selection of interests. Other featured sections include: nature, gardening, crafts, health, parenting, and educational materials. The library continually receives praise from patrons on the variety of books that are available in these other sections. Many are also amazed by being such a small library that there is such a large variety of information for Tribal members to access.

Another great opportunity the Cow Creek Tribal Library has utilized is the "Staying Connected Grant" that was offered by the Bill and Melinda Gates Foundation. This grant provided the library the opportunity to purchase a new computer that is available for public use. Prior to this, two computers were donated to the library and were in need of upgrading. The grant provided an avenue to purchase one computer through the grant and purchase another through Tribal revenues. Now, the library has two updated computers with internet access that patrons can use when they visit the library.

If you would like to stop by and visit sometime, or would like more information on the Cow Creek Tribal Library, please contact Kelly LaChance, Education Director, at 541-677-5575 or e-mail [klchance@cowcreek.com](mailto:klchance@cowcreek.com).



The Cow Creek Tribal Library offers books, magazines, movies, and internet for Tribal members and Tribal employees.



## Positive Parenting Tips for the Holidays



Holiday Season is a great time to remind us of some positive parenting tips. We spend more time with our families during this season of the year. It is easy to be overwhelmed by the seasonal demands on our time, but we can take advantage of the opportunities and make the holidays a memorable and pleasant time for the whole family.

The first thing to remember is that there are no perfect parents. Successes and mistakes are both part of being a parent. Start to think about the type of parent you want to be.

- ◆ **An effective parent**– Your words and actions influence your child the way you want them to.
- ◆ **A consistent parent**– You follow similar principles or practices in your words and actions.
- ◆ **An active parent**– You participate in your child's life.
- ◆ **An attentive parent**– You pay attention to your child's life and observe what goes on.

Some suggestions for being a more effective, consistent, active and attentive parent are:

- ◆ **Responding**– Reacting or responding in an appropriate manner allows you to think about options.
- ◆ **Preventing risky behaviors**– Be actively involved in your child's life, set realistic limits and create healthy ways for your child to express emotions.
- ◆ **Monitoring**– Manage your child's contact with his or her surrounding world.
- ◆ **Mentoring**– Mentors help kids reach their full potential.
- ◆ **Modeling**– Provide a consistent, positive example for your child.

### Coping with Holiday Stress

- ◆ Have a realistic plan. This will reduce the strain of juggling tasks, duties, errands and appointments.
- ◆ Stick to your lists and your budget. Overspending is a common source of Christmas stress. Remember that the point of the season is to show care, not to simply consume.
- ◆ Learn how to say "no" to less important activities. Be selective. Don't over-schedule. If you limit yourself to two social events per week, you won't run down your batteries.
- ◆ Plan parties or shopping trips with family and friends, in order to cut down on the number of events and responsibilities.
- ◆ Schedule some "down time" to use for rest and reflection.
- ◆ Keep your sense of humor.
- ◆ Establish your own standards, and don't be governed by other's expectations or demands.
- ◆ Don't skip meals or live on snacks because you are too busy.
- ◆ Don't sacrifice your exercise program as you get busier.



For questions about how to put these ideas in action, contact the Clinic Family Therapist, Lee Van Beuzekom, LMFT at 672-8533 or 800-935-2649.

### Interview Continued:

*We are doing great and will keep each other in line.*

**DPP: Finally, what will you need to do to maintain the lifestyle changes that you've made up to this point?**

*There's always room for improvement and the class really teaches you to shop and eat healthy on a long term basis.*

**DPP: Is there any advice you would like to give Tribal members interested in the program?**

*Take the first step and the help is there to prevent diabetes. Help yourself and help your family.*

We hope this firsthand information, from a person who has gone through the DPP Program, is encouraging and motivational to anyone who may need to take the first step. Please contact Bob Dunas, Health Educator for the Diabetes Prevention Program, at 677-5575, for questions about the classes, screening, or eligibility.

## Salt Dough Ornaments

2 C. flour      Christmas Cookie Cutters  
 1 C. salt      Ribbon or string  
 1 C. water      Acrylic paint, glitter, beads, decorations



Time to trim the tree! Forget fancy bows and Martha Stewart decorations. Make your own! Salt dough ornaments add a personal homemade touch to any Christmas tree. And they will even last for years to come. Making these ornaments is a wonderful family night activity. So turn on the Christmas music, warm up the oven, and spend some holiday time with your family!

Mix salt and flour. Add in half the water, then gradually add the remaining water. Knead until the dough is smooth, this can take up to 10 minutes.

For flat dough ornaments roll out the dough on baking paper. You can also be creative and make odd shapes and wreaths (takes longer to bake.) Use cookie cutters, cut-out templates, or just use your hands.

Dust dough with flour and begin to add details to the ornaments with a toothpick, popsicle stick, and knife.

Don't forget to use a straw to make a hole so you can hang the ornament.

Baking: Time varies based on thickness of ornament

Temperature: 325°F.

Time: 1 1/2 hours - or until dry

Let cool before you begin. Paint with acrylic paints. Glue on beads, buttons, or any fun accessory. Coat with acrylic varnish when everything is dry. Most of all, be creative and have fun!





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 updated addresses are on file with the Tribal Government Offices.

### Reminder:

**All Johnson O'Malley  
functions are smoke free.**

