



# KIUYUM-ID

## Cow Creek Band of Umpqua Tribe of Indians

### Targeting Meth Abuse in Douglas County

March 2006

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The Cow Creek Band of the Umpqua Tribe of Indians hosted an event at Roseburg High School in February to discuss the current methamphetamine epidemic in Douglas County. The featured speaker was Dr. Jack Stump, who is highly regarded as an expert on the addiction and recovery of meth addicts. Over 1300 people attended the event, which sent a clear message of the communities concern over this readily available drug. The Tribes main focus is to bring community awareness and to enable Douglas County residents to work together to eradicate the meth epidemic that is infiltrating our community.

The cost of manufacturing meth makes it extremely easy for addicts to make batches in hotel rooms, garages, or even trunks of cars. Not only does meth expose toxic waste

into our environment, the long lasting effects destroy families. Approximately 70% of child abuse/child welfare cases stem from parents that are addicted to meth. According to Rhonda Malone, the Tribe's Social Services Director, there are twenty families and thirty-four children documented that are directly affected by meth abuse in the Cow Creek tribal population.

With community involvement, Tribal leaders have put together a ten member task force to work on specific goals, fundraising events and community awareness tactics.

Look for updates on the meth abuse crisis in future issues of Kiuyum-Id.

For more information, please visit [www.targetmeth.com](http://www.targetmeth.com).

### New Bingo Hall Opens at Seven Feathers Hotel & Casino Resort

On Thursday, March 9, 2006, Seven Feathers Hotel and Casino Resort opened its new Bingo Hall with a ribbon-cutting ceremony performed by Chairwoman Sue Shaffer at the new escalator, which rises to the second floor. "Nearly 14 years ago, Seven Feathers started from Cow Creek Indian Bingo and we have a lot to thank our bingo players for," said Shaffer.

The 11,000 square-foot hall, which features seating for 324 people, seven 42 inch plasma flat screen TVs and 180 electronic bingo games, is located on the casino's upper level and will be accessible by escalator or elevator.

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### Family Preservation Program Luncheon Date Change

The "Whale" Done Anger Management class that was previously set for Saturday, March 18th from 10-2 in the Huckleberry Room at Seven Feathers has been changed. The new date is April 1st and will be held at the same time and place.

Any tribal family adults may attend. Lunch will be provided.

Contact Rhonda Malone, at (541) 677-5575 or 800-929-8229 to reserve your space by March 30th.

## Health and Wellness Center News

### New Tribal Dental Health Program Available for Cow Creek Tribal Members

The Cow Creek Band of Umpqua Tribe of Indians Board of Directors has initiated a new Tribal Dental Health Program (TDHP) for 2006-2007, through Contract Health.

The dental program is based on a pilot project which began October, 2004, for tribal members within the seven county service area. Due to the success of the project, the Tribal Council has approved a similar plan to include all tribal members nationwide.

#### The program is as follows:

- Only enrolled Cow Creek tribal members are eligible
- A completed TDHP application must be on file
- Dental health insurance (if applicable) must be utilized first.
- TDHP will pay the patient's portion up to the limitation of \$1,500. per calendar year
- Dental care only – no cosmetic procedures will be covered

#### Procedures and Guidelines:

- Submit completed application as soon as possible.
- Make an appointment with your dentist or dental clinic
- Call Cynthia at (541) 672-8533, option 1 for a number, **BEFORE** your appointment.

For questions or information, contact Cynthia Galaktionoff, Contract Health Services, at (541) 672-8533 option 1, or (800) 935-2649.

### In Home Visits Provided for Tribal Members



Carol Follett, RN, provides home visits in her duties as Cow Creek Health and Wellness Public Health Nurse. A public health nurse can provide health care needs, as well as helpful information to improve a family's health.

Examples of the services provided are :

- ▶ Blood pressure checks
- ▶ Blood sugar check
- ▶ Newborn baby care instructions and checks
- ▶ Medical care referrals
- ▶ Elder health checks and info

Persons interested in home visits and public health nursing services, or for more information on this program, call the Cow Creek Health & Wellness Center, at 672-8533 or (800) 935-2649.

### Cow Creek Health & Wellness Center Business Hours

Monday	8 a.m.— noon 1 p.m.— 5 p.m.
Tuesday	8 a.m.— noon 2 p.m.— 5 p.m.
Wednesday & Thursday	8 a.m.— noon 1 p.m.— 5 p.m.
Friday	8 a.m.— noon 1 p.m.— 4 p.m.

Call (541) 672-8533 or (800) 935-2649 to schedule an appointment.



## Pre-Diabetes Screening for Diabetes Prevention Program Now Under Way

There are approximately 40 million Americans that are pre-diabetic. A pre-diabetic diagnosis means that blood sugar levels are higher than normal, but are not high enough to be considered diabetic. It also means that there is still time to make lifestyle changes to prevent the progression from pre-diabetes to Type 2 diabetes.

The Cow Creek Health & Wellness Center is offering a new program which can help individuals prevent diabetes. Pre-diabetes screening for this prevention program is now under way. The program is open to Native Americans over 18 years of age who go through the screening and are eligible. It consists of weekly and bi-weekly classes at the Cow Creek Health & Wellness Center over a 6 month "intensive" time frame.



Goals for the participants are moderate, a 7% weight loss (for example, 14 pounds for a 200 pound man) and 150 minutes of activity a week (30 minutes of walking 5 times a week). Reaching these goals has been proven effective in preventing Type 2 diabetes 90% of the time.



For more information regarding the DPP program, screening or eligibility, contact Bob Dunas, Lifestyle Coach, at (541) 677-5575 or (800) 935-2649.

## Health & Safety Tips



Infants and Children should always ride in child safety seats approved by the National Highway Traffic Safety Administration of the U.S. Department of Transportation.

- \* Infants who weigh less than 20-22 pounds, OR who are less than one year old, should ride in a safety seat facing the rear of the vehicle to protect the infant's head, neck and back. The seat should be at a 45 degree semi-reclining angle.
- \* Young children over 1 year old AND weighing 20-40 pounds may ride facing forward. Many convertible seats are designed to be used as forward-facing seats. Manufacturers' recommendations vary. Some are recommended for rear-facing use up to 30-35 pounds. Check the instructions that come with the seat.
- \* Most experts agree that children are generally safer facing the rear of the vehicle. If your convertible child safety seat has adequate rear-facing weight and height limits, you may choose to seat your child facing the rear of the vehicle. *An infant in a rear-facing child restraint should NEVER be positioned in front of the passenger air bag deployment zone.*
- \* Children over 1 year old, weighing between 20-40 pounds can also ride in a high back booster seat with straps. When the child weighs 40 pounds, the straps should be removed. The seat can then be used as a belt-positioning booster. Children weighing between 40-80 pounds (about aged 4-8, up to 49 tall) should ride in a belt positioning booster seat.
- \* A safety seat must be correctly adjusted and installed. All children age 12 and under should ride in the back seat.

For more information about car seat safety, call Andrea Davis, at (541) 677-5575 or (800) 935-2649.

## Information on South Umpqua Area Waterfalls

### South Umpqua Falls

The South Umpqua Falls are a unique formation and culturally important area for the Cow Creek Band of Umpqua Tribe of Indians on the South Umpqua River. Here, the shallow river flows over a wide slab of bedrock and plunges 10 to 15 feet into a deep pool. An observation deck overlooks the falls while protecting a fish ladder. To get to the falls, take Interstate 5 to Canyonville and County Road 1 east to Tiller. At Tiller, take County Road 46, which becomes Forest Service Road 28, for 21 miles to South Umpqua Falls Picnic Ground. The falls are across the road from where the annual Pow-Wow is held.



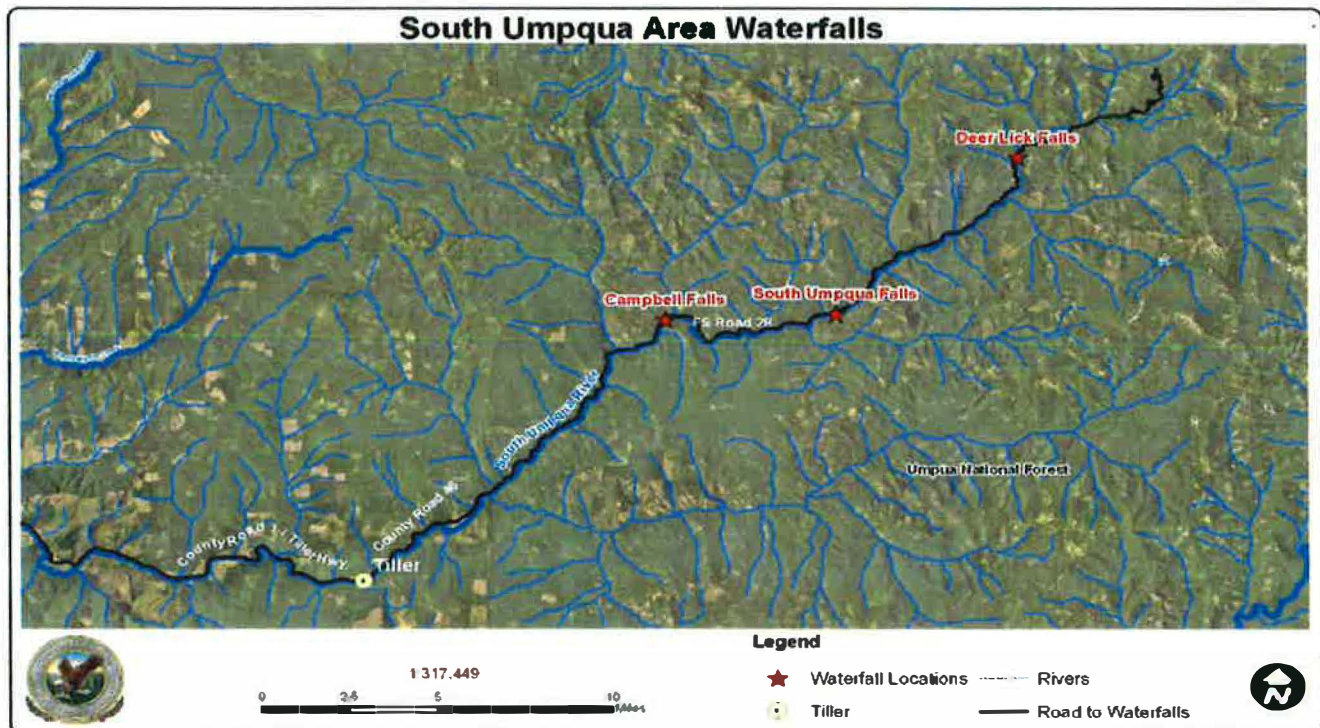
South Umpqua Falls

### Campbell Falls

This waterfall is named after Robert G. Campbell, a former U.S. Forest Service employee who was killed in action in World War II. The falls are about 12 miles north-east of Tiller on Forest Service Road 28, near Boulder Creek Campground. To get to Tiller, take Interstate 5 south to Canyonville. Follow County Road 1 to Tiller. From Tiller, take County Road 46, which becomes Forest Service Road 28, for 13 miles to a gravel turnout.

### Deer Lick Falls

A short tenth of a mile hike leads to this 20-foot cascade that flows through a narrow chute into a deep pool in Black Rock Fork. Take Interstate 5 to Canyonville and County Road 1 east to Tiller. At Tiller, take County Road 46, which becomes Forest Service Road 28, for 28 miles to a gravel turnout where the trail begins.





## Volunteers Needed for Pow-Wow

The Cow Creek Band of Umpqua Tribe of Indians annual Pow-Wow is set for July 14, 15 and 16 at South Umpqua Falls. Volunteers are needed in the following areas:

- fry bread booth
- games
- raffle
- fish processing
- fish cooking/prep
- firewood
- clean up
- pot luck set up/clean up
- security
- first aid
- t-shirt and jacket sales
- assistance setting up P.A. system

To volunteer, contact Rhonda Malone or Tammy Woodruff, at (541) 672-9405 or (800) 929-8229.

## Low-Income Homes Available for Rent in Tri-City

The Cow Creek Housing Program is accepting applications for the Tribe's new low-income rental homes located in Tri-City, Oregon. This program is federally funded through the Housing and Urban Development (HUD) Indian Housing Block Grant, and is administered by the Tribe.

The program assists eligible tribal members currently living in or who are willing to relocate to the seven county service area with low-income rental units. Priority is given to families with the greatest need in relation to income, disabilities, family size, age, etc.

These homes have been designated as smoke-free in an ongoing effort to reduce the effects of second-hand smoke.

To apply for a rental, contact Carol Ferguson, Housing Director, at (541) 677-5575 or (800) 929-8229.

## Native Christian Conference Holds "Gathering of Eagles" at Seven Feathers Hotel & Casino

The 3rd Annual Native Christian Conference will be held at Seven Feathers Hotel and Casino Resort on March 31 and April 1. Tickets are \$20 for both days and will be available at the door.

The conference begins at 1:00 p.m. and features spiritual discussions and insights about unity in the Body of Christ. Reverends Harvi Hood and Izabel Weedman will be speakers. Friday evening will feature praise and worship and Pastor Michael Pina will speak. The program begins at 8:00 a.m. on Saturday with praise and worship. Morning session speakers will be Pastor Don Causey and Reverend Millie Salt. Workshops will be held at 2:00 p.m. and the closing session will start at 8:00 pm with Pastor Dave Booye as the speaker.

Handcrafted items will be for sale. Crafts do not have to be Indian and display space is free.

For reservations or additional information, contact Millie Salt, at (541) 791-3674, or e-mail at salt\_of\_the\_earth513@hotmail.com. Written correspondence can be sent to Salt of the Earth Ministry, P.O. Box 1094, Albany, OR 97321.

## Education Honor Dinner Slated for June 22

The Education Program is planning the annual Education Honor Dinner for Thursday, June 22, 2006. The Education Honor Dinner will be held at Seven Feathers Convention Center in Canyonville, OR and will start at 6:30 p.m.

The Education Director is compiling names of graduating high school seniors, GED and college graduates for 2006.

To be placed on the list of 2006 graduates, contact Kelly LaChance, Education Director, at (541) 677-5575 or (800) 929-8229.

## Medicare Beneficiaries Urged to Watch for Phone Scams

The Centers for Medicare and Medicaid Services (CMS) are asking seniors and people with disabilities to be aware of a scheme that asks Medicare beneficiaries for money and checking account information to help them enroll in a Medicare Prescription Drug Plan.

The scheme is called the \$299 Ring for the typical amount of money Medicare beneficiaries are talked into withdrawing from their checking accounts to pay for a non-existent prescription drug plan.

Medicare has received complaints from Indiana, Michigan, Pennsylvania, Massachusetts, New Jersey and Georgia. Complaints have been made against a number of different companies, but authorities believe that the companies are the same and are based outside the U.S. As soon as CMS receives these complaints, they are investigated and referred to federal law enforce-

ment agencies.

No Medicare drug plan can ask for bank account or other personal information over the telephone. No beneficiary should ever provide that kind of information to a caller.

In addition, legitimate Medicare drug plans will not ask for payment over the telephone or the Internet. They must bill the beneficiary for the monthly premium. Typically, that amount is set up as an automatic withdrawal from the beneficiary's monthly Social Security check. Beneficiaries may also opt to pay the monthly premiums in other ways such as writing a check or setting up automatic payments from their checking accounts.

Suspicious activities should be reported to local law enforcement agencies or call (877) 772-3379.

## Kicking Butts: Support and Tips to Stop Smoking

Smokers of all ages have thought about quitting at one time or another. Of the 46 million Americans who smoke, 26% of the adult population, an estimated 80 percent would like to stop. One-third try each year, yet only two to three percent succeed.

For many, nicotine not only gives pleasure, it eases pain. Studies have shown many smokers use cigarettes to regulate emotional states, particularly anxiety, sadness or boredom. Many smokers are unable or unwilling to kick the habit because of fears of being nervous or tense, and are afraid that nicotine withdrawal symptoms will be unmanageable.

Nicotine is a drug found naturally in tobacco and is as addictive as cocaine. The body becomes physically and psychologically dependent on nicotine. Smokers must overcome both of these to be successful at quitting. Education and having a support system can make the process of quitting seem manageable.



### Tips for Quitters:

- Nicotine addiction is powerful. Expect to struggle for a few weeks.
- Don't despair. It may take several tries to learn enough skills to beat the addiction.
- Aim for absolute abstinence. Even a single puff leads to relapse.
- Inventory those things that make you feel good and treat yourself to them instead of a smoke.
- Watch your coffee intake. Not only is it a trigger to smoke, sensitivity to caffeine increases and it mimics nicotine withdrawal symptoms.
- Change routines associated with smoking.
- Although most quitters succeed successfully (eventually) on their own, programs that involve counseling improve odds.
- Try nicotine replacement through patch or gum.
- Keep your guard up, most relapses occur 3-4 weeks out, when you're feeling better.

For information, education or support on tobacco cessation, contact Andrea Davis, at (541) 677-5575 or (800) 935-2649.



**New Bingo Hall ... Continued from Page 1**

160 TED Traveler units (electronic daubers) were added to the 20 existing fixed computer units for a total of 180 electronic bingo units. These units are equipped with radio frequency which allows the unit to daub games for players, allowing them to grab a snack or take a restroom break. Bingo players can expect to access up to six admission lines during special bingo events. Players will also be able to enjoy Keno while playing bingo.

The old bingo location will be renovated for 290 slot machines and is expected to be completed by June, 2006.

Seven Feathers was formerly the Cow Creek Bingo Hall, which opened in April 1992 with 35 employees in a 13,000 square-foot hall. It currently employs 914 workers.

For bingo times or information, call (541) 839-1111 or (800) 548-8461.



Chairwoman Sue Shaffer at the new Bingo Hall Ribbon Cutting Ceremony

## Free Tobacco Cessation Classes

Offered to Tribal Employees, Spouses and Members.  
Individually or in Groups

Classes include:

- ♦ Stress Management
- ♦ Nicotine Replacement Therapy Options
- ♦ Weight Management
- ♦ Proper Nutrition
- ♦ Carbon Monoxide Testing
- ♦ Emotional Support

Classes will be held from 12:00 p.m.— 2:30 p.m. at the Seven Feathers Truck & Travel Center Banquet Room on the following dates:

- ♦ March 30
- ♦ April 7, 11, 14, 17, 19, 21, 26
- ♦ May 9, 23

For more information call the Cow Creek Health & Wellness Center, at (541) 672-8533.

## Seven Feathers



Monday:	6:30 p.m. Regular Session
Tuesday:	Noon Mini Session
Wednesday:	No Bingo
Thursday:	6:30 p.m. Regular Session
Friday:	Noon Mini Session
	6:30 Regular Session
Saturday:	1:00 p.m. Mini Session
Sunday:	1:00 p.m. Regular Session



## Day Pass Available for Umpqua National Forests

Tribal members interested in camping in the Umpqua National Forest can avoid payment of fees if they have a Day Pass.

Day Passes are available at the Cow Creek Government Office. Upon receipt of your Day Pass, sign it and display it on the dashboard of your vehicle whenever you camp in the Umpqua National Forest. Do not loan your pass to others. This Day Pass is useable only in the Umpqua National Forest and is issued on an annual basis.

For more information, call (541) 672-9405 or (800) 929-8229.

## 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 (541) 672-9405 or (800) 929-8229.



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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 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.

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.

