



# KIUYUM-ID

Cow Creek Band of Umpqua Tribe of Indians

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## ANNUAL PROGRAMS REPORT PART II

**By Mike Rondeau**

The following information is Part II of a three part series detailing benefits to tribal members during the 2008 year. This information is focused primarily on most of the health care benefits for tribal members.

### Cow Creek Health and Wellness Center (CCHWC)

During 2008, a total of 560 tribal patients made 3,607 visits to the Cow Creek Health and Wellness Center. Current user count for the Clinic has increased 100% over the last 10 years to 2,084. This figure includes Cow Creek Tribal members and other federally recognized Indians as well. The clinic is staffed with the following providers and healthcare workers:

Nurse Practitioner  
Nurses  
Certified Medical Assistant  
Phlebotomist  
Podiatrists  
Psychologist  
Psychiatrist  
Nutritionist  
Health Educator  
Alcohol and Drug Counselor

### Joslin Vision Network (JVN) Teleophthalmology Program

The Indian Health Service-Joslin Vision Network (IHS-JVN) Teleophthalmology Program was established in 2000 to use telemedicine technology to provide accurate, cost-effective annual eye exams to American Indians and Alaska Natives. After more than 21,000 eye exams across the nation, this program has proven its effectiveness in decreasing diabetes-related blindness in American Indians and Alaska Natives.

In 2008, Cow Creek Tribal Health Clinic staff received training to provide eye exam screenings for diabetic retinopathy abnormalities in patients. The screenings take place in the tribal clinic, but results of the exam are read and analyzed by Indian Health Services at the Phoenix Indian Hospital Ophthalmology Department in Phoenix, Arizona. Since the inception of the program, several patients have received eye exams, and many of those have had some form of abnormality, and have been referred to outside ophthalmologists.

### Heartsaver/Healthcare Provider/First Aid Course

The Cow Creek Health and Wellness staff offered various certification courses for tribal members and staff during 2008. The classes provided were the Heartsavers CPR classes, First Aid classes and Health Care Provider classes. A total of 8 people were certified.

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## ***Tribal News***

### ***Cow Creek Contract Health Program (CHS)***

In 2008, the Cow Creek Contract Health Services staff issued over 4800 purchase orders totaling \$521,249.84 for tribal members utilizing the program. Contract Health Services is funded through the Indian Health Service and is restricted to the tribal service area as mandated by federal regulations. This program has eligibility requirements and requires prior approval before each visit to any provider outside the Cow Creek Health and Wellness Center.

### ***Diabetes Prevention Program (DPP)***

This program is designed to identify pre-diabetic patients, provide education and support to make lifestyle changes that will help prevent diabetes and the complications associated with the disease. For 2008, approximately 35 patients participated in either individual appointments or group classes, which included exercise, meal planning and nutrition and health lifestyle choices.

### ***Behavioral Health Program***

During 2008, an average of over 50 patients/families received counseling services each month from the Cow Creek Health and Wellness Center. In addition to direct services to tribal members, the Behavioral Health Department was active as part of the Diabetes Management Team as well as provided oversight and facilitation of the Juvenile Crime Prevention Grant.

### ***Maternal Child Health Program***

The goals of the Maternal Child Health Program are to educate and provide learning opportunities for pregnant mothers and children, specifically in dental health care. In 2008, more than 30 tribal members and their families participated in the program with 32 electric toothbrushes given out at the kickoff event and more than 80 toothbrushes/toothpaste and floss were passed out at the tribal health fairs and other events.

### ***Nutrition Program***

The Nutrition Program provides services to nearly 110 diabetic patients annually. This program is not just for diabetic patients, but addresses obesity and cholesterol issues as well. Some activities provided in this program range from individual counseling to cooking classes, community walk/runs, lunch and learn programs, and the Fall Dog Show for patients to show off the uniqueness of their K9 companions.

### ***Cow Creek Medicare Part B Reimbursement Program***

This program is offered to assist tribal members who utilize the Part B benefit of their Medicare coverage. Medicare Part B (medical insurance) is additional coverage to assist eligible recipients to pay for doctor's services, outpatient, and other medically necessary services that are not covered under Part A. Unlike Medicare Part A, which covers a wide range of hospitalization and inpatient services, nearly everyone that has Part B coverage must pay a monthly premium. This

premium is usually deducted from Social Security Income and is the amount that is reimbursable by the tribal program.

In 2008, there were 71 tribal members who participated in the reimbursement program for a total of \$68,025.20. This program offers the option of a monthly or annual reimbursement. Those that chose an annual reimbursement totaled 49, while 8 members requested a monthly reimbursement. This program has no service area restriction.

### ***Tribal Dental Health Program (TDHP)***

The Tribal Dental Health Program provided all enrolled tribal members, regardless of where they reside, a \$1,500.00 benefit in dental care services that included preventative care, fillings, extractions, root canals and crowns. During 2008, 370 tribal members utilized this program for a total amount of \$212,307.58. There were also 5 tribal members that were fitted for dentures. *(Cosmetic procedures and implanted teeth are not covered under this benefit)*

### ***Over the Counter Program***

In 2008, the Cow Creek Health and Wellness center processed over 775 purchase orders for the Over-The-Counter Program. Over 550 tribal members residing within the tribal service area utilized \$40,847.46 in over-the-counter medications and health products.

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## Health Matters

### COW CREEK HEALTH AND WELLNESS CENTER

Presents:

#### HORMONE HARMONY OR HELL

By Carol Follett

The Cow Creek Health and Wellness Center is pleased to present a health lecture entitled "Hormone

Harmony or Hell." Everyone is invited to come and hear the clinic providers give new insights into "Hormones." The lecture is May 7, 2009 from 12:00 PM to 1:00 PM in the Board Room. Come and listen to the information and have your questions answered.



## Motivational Exercise Tips

### 5 Ways To Stay Motivated During Workouts

By Bob Dunas

Motivation is an essential part of long term weight loss success. Everybody loses motivation to exercise from time to time, and it is often a result of a lack of variety in their routine. The key is to know how to respond. Below are suggestions of ways to increase your variety and motivation.

**Find An Exercise Partner:** Those who have an exercise partner increase their adherence to their routine by almost **90 percent**. Choose someone who has similar goals and is at a similar fitness level. Make a commitment to each other to show up for workouts. Your workout partner will provide accountability, will push you to do more than you would on your own, and can also help you stay on track with your nutrition.

**Get Outdoors:** With more daylight after work as we head into warmer weather, getting outside if you've

been exercising indoors is a great way to change things up. If you are just starting, getting outside is still a wonderful way to stretch those legs out by walking and maybe even throwing in a hike here and there on the weekends. Don't forget to take plenty of water and pack a picnic lunch to make it an event your kids will enjoy and look forward to next time!



**Hire A Pro:** Hire the services of a personal trainer. Personal trainers have a huge database of exercises that they can teach you. Spend a session or two with a trainer learning new exercises to incorporate into your routine. You may find that a monthly session with a

trainer helps keep you on track and adds a continuous flow of new exercises to keep things fresh.

**Exercise Videos:** The biggest problem with an exercise video is that most people never use them! Whether you purchase them, or borrow them from your local library, videos can be a great way to add variety to your exercise program. Try switching a day at the gym for a home exercise video workout.

**Cut Your Time:** Yes, I am suggesting you spend less time at the gym, but do the same workout. So if you have a set weight lifting routine, stay with it, but lighten the weights a bit and reduce your breaks in-between. You will be going from one exercise into another with minimal rest. It will be a change not just for your body, but also for your mind. Try completing the same distance that you normally do on the treadmill or elliptical for 30 minutes in just 25 or even 20 minutes. Increase your intensity, and reduce your time.

## Drug Facts

### Motivation + Access > Perceived Risk

By Don Gilbert



What motivates teens to engage in prescription drug abuse? Ultimately, their desire for getting high outweighs their perception of the risks.

#### Fact:

- 12 to 17 year olds abuse prescription drugs more than they abuse ecstasy, crack/cocaine, heroin, and methamphetamine combined.
- 60% of teens who have abused prescription painkillers did so before age 15.
- There are as many new abusers age 12 to 17 of prescription drugs as there are of marijuana.
- Every day 2,500 teenagers use

a prescription drug to get high for the first time.

- They're accessing these drugs in the comfort of their home; it can be as easy as opening a cupboard, drawer, or medicine cabinet.

There are steps you can take to help protect your kids from prescription drug abuse: **monitor**, **secure** and **dispose**.

Questions? Call Don Gilbert Alcohol and Drug Counselor, at Cow Creek Health and Wellness Center (541) 672-8533

## Allergy Tips for Outdoor Living

### Do allergies keep you indoors on nice days?

By Jeanie Lerche Davis  
WebMD Feature

Try these tips to enjoy outdoor living, gardening, and hiking despite your allergies.

**Thick of It:** Is the grass getting high? Wear a mask if you're mowing. Nothing fancy, an inexpensive painter's mask works fine.

**High and Dry:** Pollen counts are highest on hot, dry, windy days. Check the forecast before making plans.

**Good Scents, Bad Sense:** Allergic to insect stings? Don't wear scented deodorants, perfumes, shampoos, or hair products. Carry an epi pen when hiking.

**Born to Run?** Move the morning jog (or walk) to evening. Peak pollen and mold time is 5 a.m. to 10 a.m.

**Got Sunglasses?** Don't forget to wear them. Shades keep pollen out of eyes. Plus they protect against harmful UV rays.

**Preemptive Attack:** Next year, get the jump on allergies. Start allergy medications a few weeks before pollen season starts.

**Back-Up Plan:** Warm, breezy mornings have the highest pollen counts. Cool, rainy days have the lowest. If you love the outdoors, plan your days.

**Ragweed Alert:** If you're allergic to spring pollens, you're likely sensitive to ragweed in the fall. Ragweed flourishes this time of year.

**Just Do It:** Love hiking, golfing, biking? Don't let allergies control your life. See an allergist. Treatment makes all the difference.

**Weather Alert:** When a thunderstorm rolls through, prepare for an allergy attack. The wind stirs

up mold spores and tiny pollen particles.

**Rake It In?** If you're allergic to mold, avoid raking leaves or wear a mask. Store firewood outside.

**Shower With Love:** Pets bring pollen indoors. It's best to hose down the dog before letting him inside.

**Pollen Patrol:** At the end of the day, a spritz of saline spray clears pollen from nasal lining so you breathe easier.

**Drizzly Days:** On cool rainy days, pollen count is lowest. Dress right for the drizzle and enjoy your run or walk. What's a little rain?

**Face Mask:** If you run, put a bandana over your nose and mouth. Wear goggles. This protects lungs and eyes from allergens.

## Safety First

### Traveling Women: Stay Safe and Secure On The Road

By **Lindsie Hicks**

Women traveling alone don't have to be targets for thieves and would-be assailants.

Protect yourself with these common-sense tips:

#### Hotels.

Pick a smaller hotel where staff

members are more likely to know who belongs there and who doesn't. Check out the amenities: Is the parking lot secure and adequately lit? Is valet parking available? If there is a workout room, does it have an attendant, or are guests on their own?

#### Watch for crowds.

You don't want to wander empty streets alone, of course, but be careful of crowded areas, where thieves can jostle you and steal without being noticed. Keep some

extra money in your shoe for an emergency.

#### Avoid the dark.

Carry a small flashlight with you at all times. It can be a handy defensive weapon as well as a source of light. Find out what time the sun typically sets at your destination so you don't find yourself unexpectedly on the street after nightfall.



## Make Money in Your Own Backyard

### Yard Sale: A Little Extra Income

By **Lindsie Hicks**

Treat a yard sale like any other business venture. Here are some tips on getting the most out of your yard sale:

- First, check if there are any restrictions that your neighborhood or local government may have on yard sales.

- Display your more interesting items for sale at the end of the driveway to lure people in.

- If someone hands you a large bill and you need to give them change, leave the bill out until after you

have given them their change. Otherwise, a dishonest person could say afterward, "I gave you a \$20, not a \$10," and it would be your word against theirs.

- As things get sold, fill in the empty spots on your tables to keep things looking attractive.

- Advertise it in the local newspaper. Or you can be sneaky: Wait until someone else in the neighborhood placed an ad in the paper, then hold your own yard sale the same day.

- Put prices on everything. And put the prices on the top of an item, not the bottom.

- When pricing items, start with the

guideline of 1/3 of what it cost new. But it's just a guideline. That book that cost you \$15 probably won't sell for more than \$3.

- Put out a "FREE" box. No one is going to buy that stained T-shirt or chipped ashtray.

- Make sure the items you're selling are in the best possible shape; i.e., put air in that basketball and turn the TV on if you're selling it.

- Put on background music. Stores do it for a reason. It works to keep browsers there longer and more likely to buy.



## Annual Programs Report Part II Continued

### (Over-the-Counter-Program Cont.)

There were 380 tribal members outside the tribal service area that utilized \$36,009.10 in over-the-counter medications and health products. This program provides funding for health related items such as vitamins, first aid materials, tooth brushes and cold medications.

### Alcohol & Drug Program (A&D)

In 2008, the A&D Program funds were utilized in coordination with other tribal programs to enhance activities and services that promote accountability to sobriety, financial independence, social well being and community. Specifically, during the year, the A&D program participated in two tribal health fairs.

The "Diamond Lake Family Day," two "Summer Movie" events, the "Fall Dog Show," as well as numerous Diabetes Clinics.

In addition to these prevention activities, the A&D staff conducted over 30 alcohol and drug assessments.



## National Child Abuse Prevention Month



April is National Child Abuse Prevention Month. Some events throughout Douglas County this month regarding child abuse prevention are:

### **Friday April 10th: 6th Annual Truth, Lies and Videotapes**

Support youth productions!

Where: Umpqua Community College, Jacoby Auditorium

Time: 6:00 pm

No Admission Charge

### **Saturday April 25th: Celebrate Children Day**

Entertainment, door prizes, presentations, games, and more!

Where: Wildlife Safari

Time: 11:00 a.m. to 3:00 p.m.

No Admission Charge



"During 2007 Oregon's Department of Human Services received more than 63,500 reports of child abuse and neglect — one report every 10 minutes. DHS investigations of those reports confirmed that 10,716 Oregon children in 2007, were victims of child abuse or neglect.

Almost half — nearly 50 percent — of those victims were younger than age 6.

Most — nearly 75 percent — were abused by one of their parents"

*(These are the latest statistics)*



## JOM Program Changes

**By Rhonda Malone**

Minor adjustments have been made to the JOM Youth Program affecting tribal youth ages 3-18. A reward system has been voted on by the JOM Committee and approved by Administration, in an effort to get youth active, involved and enthusiastic about their tribal government and functions.

A "reward" trip will be offered to youth who actively participate in 4 tribal functions per year. A sign-up sheet will be available at tribal functions and must be signed by youth to be counted towards the requirement fulfillment. Many opportunities exist such as:

- Any Tribal Counsel meeting (February, May, August, & November)

- Cow Creek Tribal Pow wow (July)
- Cow Creek JOM Pow wow (November)
- Culture Camp (June)



- Tribal Family Picnic (September)
- Huckleberry Gathering (August)
- Chief Miwaleta Day (June)
- Monthly JOM Committee meetings (second Monday of each month)

- Regalia classes (as scheduled)
- Pow wow drumming classes (as scheduled)
- Great Oregon Tree Plant (annually in April)
- Any JOM classes/activities
- Any other tribally sponsored activities

Only those youth who fulfill the "4 activities per year" requirement will be sent the packet of information and registration forms for the 2010 reward trip to Willamette Pass Ski resort.

If you have questions please feel free to contact a committee member (Rhonda Malone, Stacy Dompier, Linda VanNorman, Polly Rondeau, Teresa Courtney, Janet Lam or Kelly Lachance) at 1-800-929-8229.

## Tribal Announcements

### Medicine and Root Gathering Class

The Cow Creek Culture Committee is sponsoring a Root & Medicine Gathering on May 15 & 16 2009. There will be a class on May 15<sup>th</sup> starting at 6:00 p.m. at the Cow Creek Government Office, Building 2. The Root & Medicine Gathering will be on May 16<sup>th</sup>, 2009. Please plan to attend the class on May 15<sup>th</sup> to get all the details about the class and the gathering on the 16<sup>th</sup>. The class on the 15<sup>th</sup> will be potluck so bring your favorite dish. The instructor will be Clara Seele, a Cherokee Spiritual Elder. Any questions, contact Louis LaChance, Cultural Specialist at 1-800-929-8229.

### Chief Miwaleta Day

Chief Miwaleta Day will be held at Galesville Dam in Azalea, Oregon on June 13<sup>th</sup>. Drumming, walks, talks, fishing, animals and food will be scheduled for the day's activities. Call Rhonda Malone or Stacy Dompier at 1-800-929-8229 for more information or to sign up.

### 2009 Culture Camp

Culture Camp will be happening on June 19, 20 and 21 at the Tribe's Bare Park Ranch near Myrtle Creek, Oregon. Keep watch for additional information. If you have questions please call Louis LaChance at 1-800-929-8229.

### Tribal Elder's Hell Gate Jet Boat Excursion

The annual Cow Creek Tribal Elder's Hell Gate Jet Boat Excursion is fast approaching. Mark your calendars for this trip happening June 27<sup>th</sup>!

This will be a dinner run and is limited to 35 people. Lodging is not provided however, if you need lodging you can contact Seven Feathers Hotel and Casino Resort at 1-888-677-7771.

Please RSVP Rhonda Malone at 1-800-929-8229 if you plan to attend. The jet boat and dinner is free of charge for tribal Elders and one guest. We look forward to seeing you there.

## Arbor Day

Arbor Day is the last Friday of April making it land on April 24, 2009. Give back to the environment. Celebrate Arbor Day and plant a tree.



### Trees

*Trees are the kindest things I know  
They do no harm, they simply grow  
And spread a shade for sleepy cows  
And gather birds among their boughs.*

*Trees give us fruit in leaves above,  
And wood to make our houses of.  
Leaves to burn on Hallowee'en,  
And in the Spring new buds of green.  
Trees are the kindest things I know.  
Unknown Author-*

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## Cow Creek Band of Umpqua Tribe of Indians

We are on the web at  
[cowcreek.com](http://cowcreek.com)

### TRIBAL IDENTIFICATION CARDS

Tribal Identification Cards are available to all tribal members upon request. To obtain an I.D. card, contact Janet Cooper at the Cow Creek Government Offices at 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 will be mailed back to you.

#### Reminder:

All Johnson  
O'Malley  
functions are  
smoke free.



### 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 Office. 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 800-929-8229.