

# KIUYUM-ID

## Cow Creek Band of Umpqua Tribe of Indians



### Cow Creek Health & Wellness Canyonville Clinic To Open Soon...

By Rich Rose

Please stop by and say hello! The Cow Creek Health and Wellness Center (CCH&WC) is expanding access for patients in Canyonville. CCH&WC, through the Umpqua Indian Utility Cooperative (UIUC), is renovating a facility located at 270 Gazley Bridge Road, Canyonville, which is across the street from Burger King near the Seven Feathers Resort Casino. This facility is being renovated into a 4 exam room health center with a laboratory, reception and waiting areas. CCH&WC will provide most of the same health services that are currently provided at the Roseburg clinic. Cooperation with the different tribal departments, combined with the excellent work by the UIUC



has made this project a success.

The CCH&WC – South clinic is due to be open in early November.

The CCH&WC is in the 'architecture firm' selection phase for the design and construction of a 6,587

square foot health center near the Seven Feathers Resort Casino. This health center will have increased capacity to provide enhanced and expanded health services to our patients.

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#### Special points of interest:

- "Please remember if your name changes to change it with the Social Security Office"
- September 20 meeting information
- Tribal Business Status
- Ropes Event Re-cap

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September 26<sup>th</sup> tribal youth and their immediate families gathered at the Tribal Government offices to journey north to participate in the Youth Outdoor Recreation ropes course event in Salem.

We gathered for a breakfast snack at 7:15 followed by a blessing led by Justin Mathison.

After a 2.5 hour van ride we arrived at Youth With a Mission (YWAM). Following a brief introduction by our facilitator Ron we jumped into our first activity.

Following each activity we gathered in a circle to de-brief each exercise and identify the skills being taught.

Our first activity demonstrated trust, team building and the "power of support". The second activity proved to be bit more challenging, but after several attempts the group began to display great communication, leadership and organizational skills.

It was then time to get off the ground. The third activity split us into two groups the Tigers and the Lions. We were instructed to complete a circular medium height obstacle course. The difficult part was that we needed to start at the same point and proceed in opposite directions towards each other. We were not allowed to touch the ground or we would have to restart that section.

Cow Creek Tribal Youth proved to excel, finishing the course in record time while continuing to display team work, communication skills, community unity skills, and support through positive encouragement.

Our forth mission was to step way outside of our comfort zones. We journeyed to a large Douglas fir tree with a 2X4 platform approximately 47 feet up. After some encouraging words from our facilitator we watched as Jay set the bar high in bravery. We watched while Jay was safely harnessed to a cable by

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## Tribal OR 150 State Fair Event

By Donna Fields

In lieu of using the Pavilion at no charge for the January 31, 2009 "Gathering of Oregon's First Nations" celebration, the five Western Oregon Tribes agreed to have a presence at the State Fair. The selected day for us to have a presence was Friday, September 4, 2009. Each tribe had a table to display brochures and cultural items. The event started with drumming by the Cow Creek drum group "Thundering Water" and Grand Ronde's drum group "Small Agency". Dee Pigsley, Chairman of the Siletz Tribe, was the emcee who welcomed everyone and introduced Mike Rondeau to sing the National Anthem. Veteran members from all five Tribes attended to open the event with a presentation procession and posting of colors. The "Siletz Feather Danc-

ers" and the "Grand Ronde Canoe Family" performed on the stage. The "Did you know facts" were given to us by the tribal royalty members from Grand Ronde. Activities included a children's craft table, craft demonstrations, weaving, beading, braiding and leather working tables.



Opening Ceremony Posting of Colors

The event closed with the retirement of colors ceremony by the Tribal Veterans. Everyone who attended had a great time.



Tom Rondeau mans the booth



Delbert Rainville and Fred VanNorman march in the Retirement of Colors Ceremony



## Tribal Announcements

### Annual Tribal Elders Honor Dinner

The Tribal Elders Honor Dinner is scheduled for November 7, 2009 at Seven Feathers Hotel and Casino Resort. Please call Rhonda Malone at 1-800-929-8229 or 541-677-5575 to make reservations. There are a limited number of rooms available. Room reservations made through Rhonda Malone will be paid for through the Elders program.

### Drum Classes Offered

Thundering Waters drum classes are scheduled to begin Friday, October 2, 2009 at 7:00 p.m. at the Block House behind Seven Feathers Casino. Classes will be held every Friday, with the third week being a pot luck starting at 6:00p.m. Please feel free to bring any regalia projects, stories and good conversation to share. Everyone is welcome!! Please call Teri

Hansen at 541-677-5586 for more information.



Members of Thundering Waters

## Name Change Reminder

By Jackie Miller

This is a reminder to all Tribal members regarding name changes. If your name should change due to marriage, divorce, adoption, or any other reason please notify the Tribal Government Office and the Social Security

Office as soon as possible with this information. Your name must match the name on your social security card for the distribution checks Tribal members receive.

The accounts payable department

can only issue checks in the Tribal member's name that matches the name which appears on your social security card. This is the name we must list on the form 1099 per IRS requirements..

## Annual Tribal Family Picnic

By Tammy Woodruff

The Cow Creek Tribal Family Picnic was held September 6, 2009 at K-Bar Ranch. The family picnic is an annual event held the second Saturday in September. This year marked the 10<sup>th</sup> year for the event.

Although the weather was a little damp, the event was well attended with approximately 100 people present.

A break in the weather

allowed a few games to be played. The games were enjoyed by both the young and young at heart.

As the wet weather returned, the picnic ended with the prize raffle. As usual, people had an eye on "their" raffle item but things didn't always work out as hoped!!!!



Delicious food was enjoyed by all

We look forward this event next year along with some sunshine and warm weather!



Dalin and Nathan Nichols, Jay Buschman, Kirsten Hoodie, and Talon Nichols.

## New Tribal Government Administration Named

At the September 13, 2009 Tribal Board of Directors Meeting, tribal members Michael Rondeau and Lonnie Rainville were appointed to new positions within the Cow Creek Tribal Government. Rondeau was appointed as the new Tribal Administrator (CEO) for the Cow Creek Tribal Government, While Rainville was hired to replace Rondeau as the Tribe's Chief Operations Officer.

Rondeau, while attending college in 1986, began working for the Tribe as the Housing Improvement Program Coordinator and went on to head up other tribal programs such as education, planning, and contract and grants management. Rondeau has also been very politically active in state and national tribal affairs and has been involved in lobbying activities for the Tribe at all levels.

In addition to his extensive work for

the Tribe, Rondeau has a background in local community organizations and is a current board member of the Mercy Foundation, the Umpqua Economic Development Partnership and the Douglas County Regional Investment Board. He is also a current member of the Coalition for Good Government. His past board member experience includes the Roseburg Area Chamber of Commerce (2 terms), the Consumer Credit Counseling Service of Douglas County, the Douglas County March Dimes (Past President), and the Douglas County Historic Review Committee.

Rainville began his career with the Tribe as the Benefits Coordinator at Seven Feathers Resort in 1996, after graduating from Western Oregon University with a Bachelors of Science Degree in business Administration. After four years working for the casino, Rainville took a three year stint

at Mercy Hospital as the Human Resource Generalist/Project Manager. In 2003, he returned to Seven Feathers Resort and was quickly elevated to the Director of Human Resources for all of the Umpqua Indian Development Corporations businesses.

Rainville also has broad experience in community affairs, and currently sits on the boards for the Boys and Girls Club, Umpqua Partners Drug Free Coalition and the South Umpqua Schools Foundation. Rainville also is on the advisory board for a UCC South Douglas County Education Center, and has been the South Umpqua Schools Budget Committee Chair for the past two years.

Both gentlemen are graduates of Project Leadership, a community networking and volunteer training program sponsored by the Roseburg Area Chamber of Commerce.

## OVER-THE-COUNTER PURCHASE ORDER DEADLINE



By Tamara Robinson

All requests for the Over-the-Counter Program (OTC) must be received by **November 15, 2009**. The only exceptions to this date will

be for members enrolled after November 15 and members requesting reimbursement for self-pay. OTC receipts for 2009 reimbursement must be received by **January 15, 2010**

Enrolled Tribal Members will be able to access the Over-the-Counter Pro-

gram again on January 4, 2010.

If you have any questions, please contact Tamara Robinson at CCHWC 541.672.8533 option 2, 1-800.935.2649 or at [trobinson@cowcreek.com](mailto:trobinson@cowcreek.com).



## Ropes Event (continued)

a pulley. With little hesitation Jay was off on a 35-40MPH journey straight towards another large Douglas fir some 600 ft away. Many words of positive encouragement followed as everyone took steps of courage and pushed their internal limits.

Our last activity was the rock wall.

Each participant was encouraged to set their own personal goal in completing the 60ft climb and ring the bell at the top. Again Cow Creek Tribal Youth banded together to positively encourage one another to do their best.

The event was followed up with lots of

smiles, laughs and great stories while enjoying pizza and a huge Uof O victory over Cal State.

It is our hopes to visit YWAM again next year and would love to have you accompany us.



## HEALTH MATTERS



### Contract Health MCH Program Halloween Event

It's that time of year when the ghosts and goblins come out to play!

Don't miss Contract Health Services Maternal Child Health (MCH) Program's Halloween Event on Saturday, October 24, 2009 from 11-3 in the government office boardroom.

There will be a BBQ, games, crafts, storytelling, goodies, dental education, scarecrows and a pumpkin patch.

Put on your best costume and join us for all the fun during this cool fall celebration!

Please call Elizabeth or Amy at 672-8533 x 1 to R.S.V.P.



## Emergency Room Services through Nesika Health Group

By Leta Cook

When a member goes to the emergency room for a **medical emergency** such as acute onset of chest pain, abdominal pain, or an injury/accident, Nesika Health Group will cover the services after appropriate deductible, and assuming that a contracted facility is used at 80% of the contracted rate. Also, if you are traveling and have need of medical services, and the emergency room is the only facility that you can locate, this would be covered at the 80% of contracted or U & C charges, depending upon whether the facility was in



our network or out-of network.

Should you access the emergency room for **non-emergent** services such as a cough, cold, conjunctivitis (eye infection), or ingrown toenail, then

these services will be reduced by 50% of the allowed amount and then covered after deductible at 80% of the contracted rate.

It is suggested that if you are suffering from one of these non-emergent ailments that you call your family physician or go to one of the local urgent care facilities for treatment.

As always a Nesika Health Group representative is more than happy to answer any questions you may have about the plan benefits. You can contact us at (541) 677-5508 or 800-284-9917

## Housing Assistance Programs

By Stacy Dompier

### Tribal Low Income Rental Housing

The Cow Creek Housing Program is continuing to accept applications for the 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. This program can assist eligible tribal members whom are currently living or are willing to relocate to the seven county service area with low-income rental units. Priority is given to families with the greatest needs in relation to income, family size, age, disabilities, etc. In an ongoing effort to promote a smoke free environment and reduce the risk of second hand smoke, these homes have been designated as smoke-free homes.



### Tribal Down Payment or Housing Repair Assistance Program

The Tribal Down Payment or Housing Repair Program can assist tribal members with a down-payment or home repairs. This program is not restricted to the seven county service area.

### Tribal Rental Assistance Program

The Tribal Rental Assistance Program

is a new program approved by the Cow Creek Band of Umpqua Tribe of Indians Board of Directors. This program was established to assist Tribal members living in Non HUD operated, Tribal Housing (the homes owned privately by the Tribe) with monthly rental payments. Tribal Members would be responsible for paying 20% of their annual income towards their rental payment and the HUD program will be available to subsidize the remainder of the rent.

### Student Rental Assistance Program

The Student Rental Assistance Program is a new program approved by the Cow Creek Band of Umpqua Tribe of Indians Board of Directors. This program will assist Tribal Members who are attending school full time at an accredited college, university, or technical school with a monthly rental stipend.

## Status of Cow Creek Businesses

By Michael Rondeau

Over the last couple of weeks, there has been significant interest in the status of the business operations owned and operated by the tribe. Interests range from Tribal business revenues and investments to issues with the Tribal insurance program, the Clinic and healthcare providers and personnel matters. These items and others were the topics of discussion at a tribal gathering on September 20, 2009 at the Tribal Government Office.

Issues regarding the financial condition of the casino, Tribe and tribal businesses were discussed and are currently being reviewed by the Tribal Board of Directors. Concerns

involving employee headcount, reductions in workforce and input from Tribal Government on casino management decisions at the resort were discussed. There will be further information on these topics provided to the General Council once an audit is completed.

A concern about Nesika Health Group's coverage of emergent/non-emergent visits to hospital emergency rooms during weekends and evenings was expressed. For more information on this topic, please see "Emergency Room Services through Nesika" article on page 5 of this newsletter.

A concern about tribal clinic providers not having "Hospital Privileges"

was also discussed. For more information about this topic please see "CCH&W Questions and Answers" article on page 7.

Another concern discussed was the treatment of tribal member employees in tribal businesses and career opportunities and advancement. This topic is currently being reviewed by both the UIDC Board of Directors and Human Resource Department. We would ask that if you have any concerns about the status of your application for employment, please contact Ruthann Liles at (541) 839-1175 and she will research your questions. If you have issues regarding treatment or work environment, please contact Lonnie Rainville at (541) 677-5593.

## CCH&W QUESTIONS AND ANSWERS

### Q: Why Don't Our Providers Have Hospital Privileges?

A: Our scope of healthcare coverage at the Cow Creek Health & Wellness Center is to serve tribal members, employees and their Nesika covered dependents.

The tribe has chosen not to have their providers acquire hospital privileges due to the fact that such privileges would require our providers seeing the community-at-large patients. In order to hold hospital privileges, providers are required to also be "on-call" for the community-at-large – meaning our providers would be responsible for caring for all emergency patients during specific "on-call" shifts. This is a huge liability for the tribe and would be outside our scope of work with providing healthcare.

Hospitalists (hospital-based providers) are now utilized in most hospital settings – including our own Mercy

Medical Center. The average community-based general/family practitioner sends patients who need hospitalization to the hospital where a hospitalist assumes their in-hospital care until they are discharged back to their primary care provider in his/her own private office.

### Q: When Will the Clinic Have Male Providers?

A: We have recently hired a full-time male family nurse practitioner, Bill Briggs, who has 18 years experience working with children and adults. He will join our staff and begin orientation to his new position the week of October 5 and will begin seeing patients October 13.

Also joining the Tribe, on a part-time basis, is Dr. Michael Harding, MD who is a board certified Emergency Medicine doctor. Dr. Harding has practiced in Oregon for the past 23 years and is

a resident of Douglas County. He will begin seeing patients by mid-October.

Look for a complete update and more information on all our providers in the November newsletter.

### Q: Is the Tribe opening another clinic in Canyonville?

A: Yes! A satellite clinic, to the CCH&WC (Roseburg), will be opening in Canyonville the first week of November, 2009. You may call and make an appointment, with providers at this new clinic, by mid-October. We have 5 providers now that you can choose to see for your healthcare needs. All these providers will be available at both clinics. If you have a provider you prefer, ask to have an appointment with that provider at the clinic you prefer. This new clinic will be open Monday-Friday, from 8:30 AM – 5:00 PM.

## Contract Health News

UPDATE

By Elizabeth Coleman

Fall is here. The leaves are turning color and the children are back in school. Now is the time to get ready for winter. Have you had your Flu shot? Have you turned in your 2010 application? Not to worry, the Health Fairs are in Redmond, OR on Oct 17<sup>th</sup> 10-2pm and Block House (Canyonville) on Nov. 7<sup>th</sup> from 10-2pm, bring your application and get your flu shot. Join the fun and enjoy a nice lunch with Cow Creek Health and

Wellness Center and Staff.

If you live within the service area (Coos, Deschutes, Klamath, Jackson, Josephine, Douglas or Lane counties) the 2010 applications will soon be coming in the mail. Please fill out an application for each member of your family (this change is new this year), so that we can update individual's personal file. Contract Health Service is federally mandated to have a current application on file each year for each member.

**Reminder:** All enrolled Cow Creek Tribal members have a \$1500.00 Dental Benefit available to them, regardless of where you live, so if you have not signed up for this benefit, call us at 800-935-2649.

All appointments require a purchase order prior to each visit. Purchase orders are date sensitive so if you are rescheduled or have to go back to finish a procedure you need a new purchase order number for the new date of service.



**Cow Creek Band of  
Umpqua Tribe of Indians**

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Fax: 541-673-0432

Toll Free: 1-800-929-8229

**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.

**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.



Reminder:

All Johnson O'Malley  
functions are smoke free.

**ONLINE JOBS... GO TO : [uldchr.com](http://uldchr.com)**

**We're on the  
Web  
[Cowcreek.com](http://Cowcreek.com)**