



KIUYUM-ID-

December 15, 1992

Volume 2 Issue 10

HEALTH OFFICE OPEN HOUSE

The Health Program is having an Open House:

DATE: Friday, December 18, 1992

TIME: 10 a.m. - 3 p.m.

PLACE: Cow Creek Health Office
2245 Stewart Parkway, #B
Roseburg, Oregon

We will be reviewing billing procedures and conducting tours of our facility. There will be refreshments served throughout the day. Please come and join us. We look forward to meeting you and answering any questions you may have concerning our program.

NEWBORN ITEMS NEEDED

We are in desperate need of the following newborn items:

Bassinet
Crib
Stroller
High Chair
Infant Clothes

If you can donate any of the items, please contact either Rhonda Buschmann at 672-9405 or Peggy Meharry at 672-8533. We would be happy to come to your home and pick them up.

THE AGING EYE

Dr. Jon-Mark Weston will be giving a presentation entitled "The Aging Eye" on Thursday, January 21, 1993. It will be held from 10 to 11 a.m. in the Conference Room at the Administrative Office.

Dr. Weston will speak about eye problems such as glaucoma, macular degeneration and cataracts. After his presentation, you will have an opportunity to ask Dr. Weston questions concerning eyes. He is an dynamic and knowledgeable speaker and I encourage you to come. If you need transportation for this presentation, please contact Peggy Meharry at 672-8533.

SPIRITUALITY AND RECOVERY SEMINAR

On January 15th and 16th, Mr. Gene Thinelk will be presenting a two - day seminar on Native American healing methods relating to recovery from chemical abuse. For more information, please contact Randy Anderson at 672-9405.

PROJECT LITERACY UMPQUA REGION

A joint effort between the Tribal Education Programs and the Umpqua Region of Project

Literacy is being undertaken to address the basic educational needs of tribal and other community members in the Canyonville area.

A tutor has been retained on a voluntary basis to help with basic education skills. The class will tentatively meet at the Canyonville Bible Academy on Tuesday and Thursday evenings from 7 to 9 p.m.

This program is designed to meet the needs of a variety of people. First it will help those who have not received a high school diploma to obtain a GED. It also will help those, including entire families, who wish to work on basic education and literacy skills.

This program is intended to help children and adults, in a non-threatening classroom setting. Tutoring will be tailored to each persons capability, with emphasis on individual attention. Students will be allowed to work at their own pace.

Volunteers to assist tutors are still needed for this program. Anyone who volunteers as a tutor will receive training in the Laubach method of tutoring from Project Literacy Personnel.

If you or anyone you know would like to receive information please contact Vonnie Dumont or Sara Botts at the Tribal Office.

CHILD CARE COURSE

"I'm Taking Care" is a babysitting course for 5th through 8th grade youth who are interested in learning how to babysit or up-date their child care skills. The course consists of six 90 - minute sessions. Interested participants may call Rhonda at 1-800-929-8229 or 672-9405.

SENIORS

There is a Douglas County Senior Center monthly activities list available at the Tribal Office. Some of the activities for the month of December include: Tole and Decorative Painting, Table Pool, Knitting, Crochet, Floral Painting and Dance Classes. If you are interested, please call Rhonda.

IN NEED OF FOOD?

If you are in great need of food contact Rhonda at the Tribal Office. She will be able to direct you to the appropriate agencies.

PARENTING

There is a telephone resource available to people called "The Connection". This is a series of taped messages that deal with common problems parents face. The tapes provide professional information on specific problems you may need answers for. There are 60 tapes, averaging five minutes in length, that range from general discussion to specific suggestions. If you would like more information, please call Rhonda at the Tribal Office.

CLOSED CHRISTMAS DAY & NEW
YEARS DAY

The Tribal Offices will be closed on December 25th and January 1st for Christmas and New Years Day.

HAPPY HOLIDAYS!

REMINDERS

1) The new toll-free telephone numbers are:

Tribal Health Office
1-800-935-2649

Tribal Administrative Office
1-800-929-8229

2) Please continue to keep your address current. Whenever there is a change of address, the office needs to be advised so you will continue to receive important tribal correspondence.

3) It is important that all of those eligible to enroll request an enrollment application so that it may be processed. You may call the Tribal Office at (503) 672-9405 to obtain an enrollment form.