

Wik'uuyam Heeta'

"Friend, Away from Here"

The Official Newsletter of the Cow Creek Band of Umpqua Tribe of Indians



Volume 31, Issue 6 June 2021

We will be known forever by the tracks that we leave.

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Schedules

Government Office Hours

Monday - Friday 8 AM to 5 PM

Roseburg Clinic Hours

Monday - Friday 8 AM to 12 PM, 1 PM to 5 PM

No Walk-Ins. Please Call for Same-Day Appointment

Canyonville Clinic Hours

Monday - Friday 8 AM to 12 PM, 1 PM to 5 PM No Walk-Ins. Please Call for Same-Day Appointment

Office Closures

January -- New Year's Day

January -- Martin Luther King Jr. Day

February -- Presidents' Day

May -- Memorial Day

July -- Independence Day

September -- Labor Day

October -- Columbus/Indigenous Peoples Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

2021 GENERAL COUNCIL NOMINATIONS MEETING

Nominations for the Tribal Board of Directors were taken at the General Council Meeting held at the Seven Feathers Hotel & Casino Resort Convention Center on Sunday, May 16, 2021. Four Tribal members were nominated for three positions in this year's election. Nominations accepted for the 2021 Tribal Election will appear on the ballot as follows:

Jessica Bochart-Leusch Gerald Rainville Robert Van Norman James (Jim) Deardorff

At the Tribal Board of Directors' request, the accounting firm of Wicks Emmett, LLP will have oversight of the Tribal Election process. Campaign packets will be mailed out on Friday, June 18th. Ballot packets, including instructions, will be mailed out to

registered voters of the Tribe from Wicks Emmett, LLP, no later than Wednesday, July 7, 2021. Voter Registration is currently closed until August 9th.

If you are an eligible voter and do not receive a ballot, you must contact the Tribal Office at 1-800-929-8229 or 1-541-672-9405. Ballots are to be returned directly to the Cow Creek Election Committee c/o Wicks Emmett, LLP, at PMB #6B, Roseburg, OR 97470, and must be received by the accounting firm no later than 12 PM on Friday, August 6, 2021.

The current plan is for the Annual General Council Election Meeting to be held at 10 AM on Sunday, August 8, 2021, at the Cow Creek Tribal Government Offices, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470. (The location of meeting could change due to the COVID 19 restrictions).

A VICTORY FOR TRIBAL SOVEREIGNTY

On April 20, 2021, the Bureau of Indian Affairs announced that it approved leasing regulations under the Helping Expedite and Advance Responsible Tribal Home Ownership Act (HEARTH) of 2012.

The Cow Creek Band of Umpqua Tribe of Indians had submitted these new regulations, which grant the Tribe authority to govern and manage leasing of their lands for agriculture, business, residential, solar, and wind energy evaluations without the need for the BIA to review or approve. This is a huge step toward expanding our Tribe's economic development, business activities, and housing opportunities.

"The HEARTH Act is an innovative way for Tribal governments to have greater control over the use of their trust lands, which is integral to our mission

of supporting tribal selfdetermination and sovereignty," said Bryan Newland, Principal Deputy Assisastant Secretary for the BIA.

This regulation is another great step in enhancing and expanding our Tribal

sovereignty, and will help the

Tribe lay the foundation for developments that will provide for the Tribe now and seven generations into the future.



Tribal News

Wi'li' Housing Community Awareness Fair Housing Director Latesha Cobb and Housing Programs Manager Jennifer Bryant explained Housing programs

On Friday, April 30th, The Wi'līⁱ Housing Program held its 1st Annual Community Awareness Fair for the Tribal members who live in the Tribal-owned housing in Tri-City, Oregon.

The event featured booths from the Wi'lī' Housing Program, the Culture Program, the Education Department, the Career Center, Social Services, and the Behavioral Health Program. Tribal Member Liaison Rhonda Richardson was also present, handing out the 2021-2022 Tribal Services Directory. At these tables, attendees were greeted with information about Tribal programs and services, gift bags, prizes, and raffle tickets for a bigger prize drawing near the end of the event.

Those who RSVP'd in advance were treated to lunch at the Bun Stuffer food truck that catered the event, and Housing staff handed out water to everyone who attended.



Education handed out kids books and activities



Each table had fun games and prizes for everyone



Behavioral Health provided fun and health information



Attendees could sign up for Culture Camp, coming in June

Too Much of a Good Thing

Tribe Works with Oregon Council on Problem Gambling to Promote Welfare

In 2019, Alicia McAuley, Executive Director of the Cow Creek Gaming & Regulatory Commission, began working with the Oregon Council on Problem Gambling (OCPG), bringing a unique perspective to the organization with her 20 years of experience in regulating Tribal gaming.

OCPG's mission is to promote the health of Oregonians by supporting efforts to minimize gambling-related harm. This harmonizes with the importance the Tribe places on well-being and general welfare of its members and the community.

"The OCPG has no opinion on the moralistic values of legal gambling, and they recognize that Tribal gaming continues to provide much-needed financial support that benefits not only the Tribe, but the local community as well," says McAuley. "The desire of the council is to educate and inform others of the potential impact of gambling activities and provide high-quality accessible services for treatment and prevention of gambling related harm."

"The unfortunate reality is that the rates of at-risk and problem gambling, along with many other public health issues, are higher among Black, Indigenous and People of Color (BIPOC)," she continues. "We've personally observed how Tribal communities, including our own, are experiencing a significant amount of stress, and are burdened by significant public health issues during these uncertain times. While we can't eliminate all behaviors and practices that result in negative consequences, there are great opportunities



OREGON COUNCIL on PROBLEM GAMBLING

"While we can't eliminate all behaviors and practices that result in negative consequences, there are great opportunities and resources provided to our Tribal community that can educate, service needs, and encourage practices that reduce further physical, mental, behavioral and financial harm."

ALICIA MCAULEY

Executive Director

Cow Creek Gaming & Regulatory Commission

and resources provided to our Tribal community that can educate, service needs, and encourage practices that reduce further physical, mental, behavioral and financial harm."

She and the OCPG are working to increase their own capacity and resources, while also researching negative effects of gambling and other kinds of gaming (including video gaming—as the pandemic has led many to socialize through potentially habit-forming virtual platforms) that may lead to unhealthy behaviors.

March, designated as Problem Gambling Awareness Month, featured their efforts to bring awareness to the forefront, and provide resources and training to those in need, through podcasts, webinars, online workshops, and other online resources.

If you or someone you know may have a gambling problem, please visit https://oregoncpg.org/, visit their Facebook, Twitter, or Instagram accounts, or contact the 24-hour helpline at 1-877-MY-LIMIT. There are people available to live chat, text, and/or provide anonymous meetings or treatment center information. Any information you share is confidential.

If you would like to get involved in spreading awareness, please visit https://oregoncpg.org/. 5

Tribal News

"AN EXAMPLE OF CONTINUOUS IMPROVEMENT"

Tribal Businesses Win Multiple Prestigious Awards



For the third year running, the Seven Feathers Casino Resort has won a Travelers' Choice Award from Tripadvisor, which ranks it as one of the **Top 10%** of casinos world-wide.



The Seven Feathers Resort won six first-place awards from the Best of Dining & Nightlife (BODN) awards, some of them for the second time:

Best Overall Service (2nd Year) **Best Burger Joint:** Stix Sports Bar

(2nd Year)

Best Breakfast: Kabi Cafe

Best Bar: Elements Lounge

(2nd Year)

Best After-Hours Spot: Steelhead

Lounge (2nd Year)

Best Craft Beer Selection: Stix

Sports Bar



The Seven Feathers RV Resort recently received a **10/10*/10** rating from Good Sam, the world's largest organization of RV owners.

These numbers indicate that the RV Resort had a perfect score in each of the three rating categories:

Campground & RV Park,
Restroom & Showers,
and Visual Appearance/
Environmental Quality.



John McCafferty — Umpqua Indian Development Corporation President

"There's not just one person who did this, it was the whole team; it's everybody. It's the people coming up with the ideas, the Tribal Board approving those ideas, and the team members being proud of where they work. This happens because everyone believes in what they're doing."

"You look at this list of awards, and it's an example of continuous improvement, as hundreds of people work hard to contribute dynamically to the community, and make unique places of employment that treat people with dignity and respect."

More Than Just a Map

The Tribe's Geographic Information Systems (GIS)
Department won first place in a recent "GIS in Action"
conference for their innovatively designed poster
depicting the Tribe's philanthropic efforts.

GIS Operations Manager Brian Mladenich, a member of the Six Nations of Grand River nation, had the idea for the poster some time ago; it was only after GIS Technician Taylor Allen joined the team that they had the opportunity to work on the project.

"I started thinking 'what does Cow Creek do in Jackson County?' and we do a lot," says Mladenich. "The Foundation donates a lot of funds to carefully selected agencies all over the state. It's one thing to just say that, but it's another to see it on the map. Carma Mornarich, the Foundation Director, was crucial in getting us the data we needed. Enter Taylor, who has great cartographic and design skills."

"It's a different process when I design a map for communicating a message, as opposed to just getting our usual visual representation of data," says Allen.

"There were a lot of nice-looking maps at the conference," says Mladenich. "To me, it says a lot that Taylor's design won first place."

The GIS in Action Conference brings together GIS professionals from all across the state, and from both governmental and private sectors. In addition to the poster contest, attendees network, share ideas, and learn about new tools and techniques in their mapping and analysis software and other equipment.

The GIS software is so much more than just a mapmaking tool; it is a visual representation of different databases: a method to track, sort, visualize, and update many kinds of information across a wide geographical area, such as property boundaries, trust land, ownership data, and so much more in both print and interactive web application formats. For example, Allen recently developed an application for the new Tribal Police that will allow them to check the boundaries of Tribal trust land on the fly from their phones or tablets when responding to incidents.

"We're intertwined with all of the departments at the Tribal Government Offices," Allen says. "People are constantly updating data, and we make sure the data and its analysis is current. When you can visualize that data, you can more easily analyze trends and make informed decisions."



Tribal News

Opening Our Doors

We are pleased to announce that due to the recent recommendation from the CDC, the Tribal Government Offices in Roseburg, Oregon, will now be re-opening to the public, effective Tuesday, May 18th.

Tribal staff who have been fully vaccinated will no longer be required to wear masks; however, those who have not been vaccinated should still wear face maks for the safety of others. Additionally, all visitors to the clinics will still be required to wear face masks for safety reasons. Your health and wellbeing are still our primary concerns, and so our staff will continue regular sanitation and safety practices.

For more information on available COVID-19 vaccines, please visit: www.cowcreek-nsn.gov/public-health/



Cow Creek Tribal Properties Upgrade Their Phone System

The Cow Creek Government
Offices have just completed a
widespread update of the phone
systems for all Government
Offices, Clinics, Umpqua Indian
Utility Cooperative, and all other
Tribal properties that fall under
the jurisdiction of the Tribal
Government Offices; an effort that
replaced over 230 phones.

The new phones utilize a new voice-over-internet protocol (VOIP) private branch exchange (PBX) system, which is an automated switchboard that manages and routes calls through the online cloud. It features a very rich user interface for easy management of phone numbers, new users, and new features.

The previous PBX system was very old, and needed an extensive update of hardware, software,

user interface, and more. The new system is a huge improvement in efficiency, both in operating the phones, and maintaining them.

"We are very excited about this upgrade," says Doug Clavell, Cow Creek Information Technology Director. "There is one drawback: if we lose internet connection, it will disrupt the service. However, any internet disruptions in the past have only occurred once or twice a year, and have only lasted a few minutes at most. Even during the 'Snowmaggedon' of 2019, we still had internet connectivity, so it's not much of a concern."

Clavell is also excited for another project: implementing the cloud-based Microsoft Office 365, which will enable Tribal staff to store and access their files from anywhere with internet. It will

also make server maintenance for the Government Offices much easier, as the cloud spreads the redundancy backups across a wide geographic area, rather than being localized in Roseburg.

It also has another benefit.
Whereas before, the Tribal
Government Offices and the
Seven Feathers Casino had to
share resources—and occasionally
manpower—between them,
they will now be able to separate
into their own networks. The
addition of Office 365 will shave
two months off of the estimated
completion time of this endeavor.

Clavell is proud of the work he's been able to do for the Tribe: "Thank you for the opportunity to serve you and this community."

DEATH NOTICES

Anthony Glen Gockerell

Date of Birth: 6/7/1985 Date of Death: 3/3/21 Age at Death: 35

Darren Dean Mathison

Date of Birth: 7/30/1970
Date of Death: 3/20/21

Age at Death: 50

Tribal Member Camping and Day Use Passes on the Umpqua National Forest Tiller Ranger District

Tribal members may call the Natural Resources Department to request a Pass, after which it will be mailed to the requesting member.

To request a Camping and Day Use Pass, please call Crystal Haaby at (541) 672-9405. Passes are valid from the date issued to December 31st of the current year.

Save the Date: YAC Events

Mark these dates on your calendar, and watch for flyers with more info. YAC activities are for children 3-18 years old, parents included.

<u>Outdoor Summer Movie Night</u> (movies TBD, will be G to PG rated)

- Friday, June 25th
- Saturday August 21st

1/2 Day Hellgate Rafting Trip

Saturday, August 7th

Looking to the Future

A safe and successful Career Path Palooza for Tribal Youth

The Cow Creek Career Center held a safe and successful Career Path Palooza event for Tribal youth on May 6th, hosted at the Seven Feathers Hotel. The event brought over 23 business professionals, who sat for informational interviews with Tribal youth to help them explore the daily life in a career that they were interested in exploring. Just to name a few, there was a cruise ship activities director, an executive chef, a registered nurse, a graphic artist, a Tribal attorney, and many more.

"I want to again thank everyone who took the time out of their day to make a difference for our Tribal high school students," said Kelly Warner, Tribal Workforce Development Manager. "Our gratitude goes out to our guest speaker Riley Rice, the 23 various business professionals that attended, and to the great staff at Seven Feathers Hotel and Casino Resort for helping to make this happen."









Interviews were held at a safe distance between the two participants

Culture and Education

TRADITIONAL FISHING

The Cow Creek people made use of the many aquatic food resources in the rivers, streams, and lakes in the area; i.e. fishing. Salmon (p^him) , trout (yuuxkan) and lamprey (xtaan) were smoked and dried, serving as stored food used during the winter months. Creeks and rivers provided additional nourishment in the form of crawfish (lipiis) and freshwater-mussels $(t'aak^h)$. Shellfish would have been cooked in dug out ovens, and evidence of shell middens can be seen today.

One method of fishing was with use of a woven fish trap. Fish traps were made from hazel shoots, woven together, and then placed in streams and rivers either by themselves or in conjunction with weirs. A weir is constructed with sticks stuck into the bottom of the stream to create a sort of fence with narrow channels for passage. A trap would then be placed in one of these channels with rocks to weight it down. Shiny rocks or abalone would be used to attract trout, while dark rocks would attract lamprey. Once a fish was caught in a trap, the top of the trap could be untied to get the fish out.

Fish spears (or gaffs) were commonly used to catch fish by wading knee-deep into water at specific locations such as at falls or weirs. When a fish was seen, the spear was thrust down into the water to impale the fish with a bone or antler blade while bone barbs held the fish in place. Another interesting tactic used while spear fishing was to take a long pole, dip the end in pitch or attach a pitch knob to it. Light the pitch on fire then hold the flame above the water. This light would attract fish and bring them to the surface making them easier to spear.

Lamprey was also caught when a diver entered the water grabbed one, then bit the back of its head. These were then tossed on shore.

Another method of fishing was the fishing line. The hook was typically made from bone and the line is from the inner bark of a cedar tree. An abalone

10 shell was used as a lure and a rock was the

weight to keep the line near the bottom of the river. Fishing lines are more portable and easier to carry than net traps, so they were important to have when traveling.

Nets were another way of catching fish and they were used in different ways depending on the circumstances. Nets could be thrown into the river or stream then hauled in. Nets could also be attached to weirs to aid in the catch of fish. Either grooved rocks or rocks with a hole in them would be used to hold the nets down. Cow Creek people also used small dip nets.

Once a fish was caught and on the bank, a fish wacker was used to hit the fish. For the Cow Creek people, fish wackers were very significant as fish were an important food. Each wacker belonged to a certain individual and these would be highly decorated in the individual's design. As such when someone found a lost fish wacker, they knew who it belonged to.



Historic photo of a fish weir

COW CREEK TAKELMA LANGUAGE

JUNE

Pée Túu!

This month, you can find the Takelma Language Team at Culture Camp. The theme of our booth will be "trail mix" with Takelma words to go with it. Participants will walk away with a snack or a prize! For your practice, the words we will use are on the right. We hope to see you there!

TAKELMA WORDS

- Sunflower seed- lámx
- Hazelnut- thkwiil-ts'iikhta
- Dried beef meat- tháamená-ts'iìkhta xúm
- Dried chicken meat- móxts'iìkhta xúm
- Dried deer meat- p'iyínts'iikhta xúm
- Apple- piyúkh
- Raspberry- phim-piyúkh

ADDITIONAL JUNE LANGUAGE:

Father's Day is in June! The Takelma word for a father is:

máxa

 $(MAH-\underline{x}-ah)$

June is the beginning of summer! The Takelma word for

summer is:

sàma

(SAH-mah)





Culture and Education

May Activities at the Expanding Horizon Youth Center

Students at the Expanding Horizon Youth Center acknowledged May 5 as Missing and Murdered Indigenous Woman's (MMIW)Recognition Day. Students made red shirts and drinking mugs with the symbolic hand print on them. Staff and students had conversations that included some statistics surrounding the MMIW movement.

4 out of 5 of our Native woman are affected by violence today. Homicide is the fifth leading cause of death for American Indian and Alaska Native woman between 25 and 34 years of age, according to the Centers for Disease Control and Prevention Homicide. Students also reflected on the Red Hand photography project they planned and participated in here at the EHYC in 2019.

STEAM (Science, Technology, Engineering, Arts, and Math) Week is May 8-16th. Oregon's vision for STEAM education calls for every student from every background to achieve the skills to become the next generation of innovators and leaders-Oregon STEM Hub Network.

EHYC students have many STEAM activities offered each day. Present in our classroom are Sphero Bolt robots that students have to program from a tablet, Parrot Mambo Fly drones gifted to us from our NASA Mars landing class last summer, a vinyl cutting machine for graphic designing shirts and stickers, 3D pens, sewing machines, and a plethora of art activities. Staff is trained in STEM Strategies and Resources for Afterschool Programing and follows a STEAM model of instruction that develops thinking, reasoning, teamwork, investigative and creative skills that students can use in all areas of their lives.



Fun Fact:

Afterschool STEAM sparks interest, builds skills, and puts more students on the path toward majoring in STEAM fields and pursuing STEAM-related careers.



Expanding Horizons Youth Center Summer STEAM Program

Science Technology Engineering Arts and Math

Program supports Tribal youth grades 4th to 12th

To register contact: alomascola@cowcreek.com or call 541-530-3090

June 23, 24, 25

June 29,30 July 1

July 6, 7, 8

Cooking Class includes, pick your own produce from local farm, day hike, and a day of cooking. Soap Making
Class includes,
making soap and
balms from locally
gathered materials
and a day spent
learning survival
techniques.

Octagon Hand Drum
Class includes,
staining, decorating
and playing your new
drum

July 27, 28, 29

August 3, 4, 5

August 10, 11, 12

Flint Napping Class includes, learning to make arrowheads with traditional materials and constructing a leather turtle shell pouch.

Takelma Mural Class includes, painting a scene on the Tribal Community Center, learning Takelma vocabulary, and earning prizes.

3d Printing Class includes, creating items on the classrooms two MakerBot machines. Students will use and take home their own 3d pen.

August 17, 18, 19



Tobacco, Vaping, and Suicide Prevention, featuring interactive | activities, games, and prizes, creative art project, a field trip, and BMX Stuntmasters.



THE CAREER CORNER

COW CREEK CAREER CENTER

IMPORTANT DATES

JUNF 15

Higher Education Students Book Reimbursements are DUE!

JULY 15

NEW **Semester** Higher Education student applications for Fall 2021 are DUE!



FEATURED EDUCATION BENEFIT

LIFE TIME LEARNING BENEFIT

The Cow Creek Band of Umpqua Tribe of Indians Education Department administers a Life Time Learning Program that provides funding to Cow Creek Tribal members that would like to take classes to enhance their lives. This benefit is for Tribal members 18 years and older, \$250 annually! Examples include, but are not limited to:

- art
- music
- photography
- dance
- physical conditioning
- information technology
- cooking
- and cultural classes
- as well as other life enhancing opportunities

DID YOU KNOW?

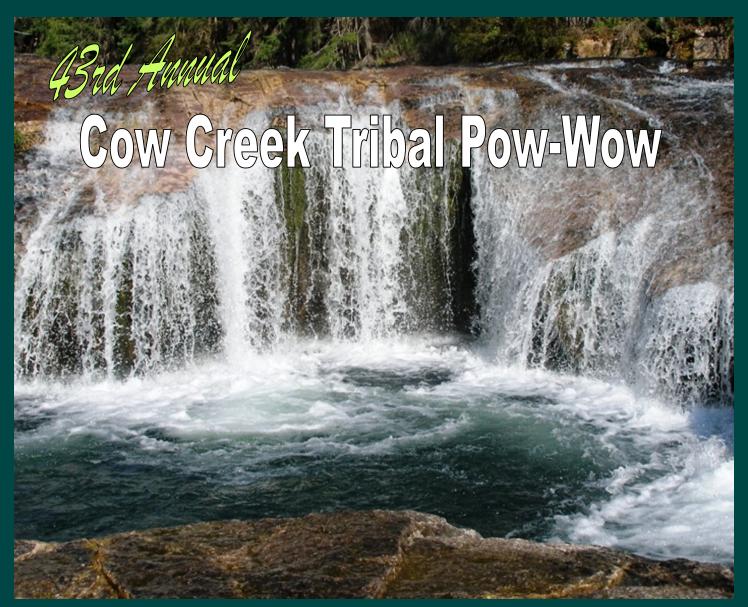


of employers deem teamwork as extremely essential in new hires

HOT JOB LIST

- Wildland Firefighers
- Medical Assistant
- Tire Technical
- Litter Patrol Workers
- Umpqua Dairy Warehouse (18+)
- Umpqua Dairy Ice Cream Scoopers (16+)
- Roseburg Forest Products -Multiple Positions
- Orenco -Multiple Positions
- Oak Park Assisted Care Facility F/T Cook, F/T Treatment Aide

INTERESTED? CONTACT US!
INFO-CAREERCENTER@COWCREEK.COM



Master of Ceremonies: Bob Tom, Siletz

Host Drum: Steiger Butte

Head Woman Dancer: Crystal Ansures, Cow Creek

Arena Director: Allen Mata, Cow Creek

July 16, 17 & 18, 2021

Drummers, Dancers, Singers & Traditional Craftspeople are welcome!

Authentic Artwork, Crafts & Jewelry NO TOBACCO SALES

Held at: South Umpqua Falls, Tiller, OR

No Alcohol, Drugs or Weapons allowed

For more information call

Lottie Hamrick	541-643-4814
Tammy Anderson	541-672-3861
Teri Hansen	541-821-4893
Jacob Ansures	541-643-1343

FRIDAY Set up - NO DINNER cooked salmon provided

SATURDAY Pow-Wow 7 p.m.

(No Meal Provided)

SUNDAY Raffle—10:00 a.m.

Breakdown/Cleanup

Dry Camp only — NO Electric, Water, RV hook-ups— Water provided during event 15

Messages from the Clinic

Healthy Recipe: Slow Cooker Refried Beans

Submitted by Ansley Hill, CCH&WC Registered Dietician, adapted from TheKitchenRD.com

Prep Time: 10 minutes **Cook Time**: 9-10 hours **Servings**: 12

Nutrition Facts per serving (not including toppings): 140 calories, 10g protein, 26g carbohydrate, 6g fiber, 1g total fat, 0g saturated fat

Ingredients:

1lb dry black or pinto beans, rinsed and drained

1 medium white onion, chopped into 1" pieces/chunks

1 jalapeno pepper, seeded and diced

4 cloves garlic, minced

1 teaspoon ground cumin

1 teaspoon black pepper

3 cups low sodium chicken or vegetable broth

3 cups water

Directions:

Place the rinsed and drained dried beans into a slow cooker (presoaking not required). Add the remaining ingredients to the beans and stir to combine. Make sure the beans are fully submerged in the liquid. Add more water or broth if needed. Cook on low for 9-10 hours, or until the beans are soft and can be easily mashed. When the beans are cooked, drain and reserve ~2 cups of the cooking liquid. Use an immersion blender to blend the beans to your desired consistency. If they're too thick, use the reserved cooking liquid to thin them out. If you don't have an immersion blender, you can also use a blender or food processor. Just be careful when transferring the beans—they will be hot! If you prefer a chunkier style of refried bean, you can also use a potato masher. Serve warm topped with fresh cilantro, Pico de Gallo, and cotija cheese (optional). Leftovers can be stored in the refrigerator for up to 1 week, or in the freezer for 3 months.

Blue Zones Project®: Why Purpose Matters

In 2009, the MetLife Mature Market Institute published a solid study titled "Discovering What Matters." The study proves there is a connection between purpose and a person's health, happiness, and contentment.

The vast majority of Americans describe "the good life" in terms of being healthy, having financial freedom, having the time to do what is important, and having a sense of purpose. In fact, a sense of purpose was the biggest differentiator between the people who reported that they were living "the good life" from those who said they were not. The study also showed that regardless of age, gender, financial status, or life stage, a majority of people assign the most importance to meaningful activities and, above all else, spending time with friends and family.

Discovering a life purpose is the key to "the good life" for every person. It requires a willingness to invest in oneself and discovering what truly matters.

Individual Call to Action

From community residents, employees, high-school and college-aged youth, seniors, citizen volunteers, and other individuals, we ask you to make a difference where you live and work.

- Pledge to discover your purpose at bluezonesproject.com.
- Attend a Purpose Workshop and begin your purpose journey.
- Tell your family and friends and bring them to a workshop.
- Encourage your employer, faith organization, volunteer group, service club, or other community group to host a Purpose Workshop.

Learn more or find a Purpose Workshop at bluezonesproject.com

Messages from the Clinic

Building a Resilient Community

Our incredible Tribal Health staff and leadership have put in an astounding amount of work during the pandemic this past year. Grappling with challenging work situations and schedules, we have still managed to bolster the community. As of this newsletter's publication, they have:

- Tested over 2,450 individuals for COVID-19
- Developed a strong contact tracing program
- Administered over 6,300 vaccines
- And so much more

We appreciate all of their exceptional hard work!



COMMUNITY HEALTH FAIR



SponsoredBy



SATURDAY JULY 10, 2021 10:00AM - 3:00PM

FREE Emergency Preparedness Backpacks -One per Tribal Household Raffle Prizes, Free Health Screenings, Food Demonstrations, Community Vendors & MORE

2371 NE Stephens St | Roseburg, OR 97470 Parking at 2360 NE Stephens St



Government and Programs

Over The Counter Prevention Program

The Over-the-Counter Prevention Program (OTC) was created to assist all enrolled Cow Creek Tribal members with the expense of health-related items that can be purchased over the counter. The program does not cover prescription medications.

Each enrolled Tribal member aged 18 years and older is eligible for an annual allowance of \$100. Enrolled Tribal members under the age of 18 are eligible for an annual allowance of \$50.

Tribal members need to fill out a new form each year to obtain these funds. There are several ways to obtain a form:

- For your convenience, the 2021 OTC Check Claim Form is available at the following link: <u>www.</u> cowcreek-nsn.gov
 - If you do not have an account and wish to create one or you have questions about logging into the website, please visit <u>www.cowcreek-nsn.gov/login-assistance/</u>
- 2. You may pick up a form at the reception desks of the Tribal Government Offices or the Cow Creek Health & Wellness Centers.
- 3. You may call Laurie Jones at 541-677-5584 and request a form be mailed to you.
 - Be sure to include your current mailing address, phone number, and email address.

In order to claim your annual allowance, your 2021 OTC Check Claim Form must be submitted no later than December 15th. Any forms received after December 15th will not be processed and the funds for the current year will be forfeited. Tribal members need to submit a new OTC Check Claim form once per year.

For questions regarding this program, please contact the OTC Administrator, Laurie Jones, at:

Cow Creek Health & Wellness Center Attn: OTC Administrator, Laurie Jones PO Box 1400, Roseburg, OR 97470 Email: info-OTC@cowcreek.com

18 Phone: 541-677-5584 Fax: 541-492-5217

Nesika Health, LLC OPEN ENROLLMENT deadline June 18

All Tribal Members currently enrolled in the Nesika Health, LLC Plan will automatically renew unless you choose to make changes. We are happy to share that there are no changes to the current premium rates for the upcoming new Plan year!

Each year in June, the Nesika Health, LLC Plan offers an open enrollment period for eligible Tribal Members to elect coverage or to make changes to current coverage for an effective date of July 1st. We ask that all forms be completed and returned no later than June 18th to guarantee coverage changes or enrollment by July 1st. Nesika Health, LLC Plan uses the CIGNA provider network and is available in all States.

Enrollment forms, and benefit and premium information is available upon request. Feel free to reach us by phone, 800-929-8229 or by email to jmoore@cowcreek-nsn.gov.

Expanded Dental Program News

Effective July 1st, non-Tribal spouses will be eligible to enroll. With this update, the enrollment process will have some changes as well.

Everyone will soon be receiving a new enrollment packet in the mail, along with guidelines on what you need to do to continue active coverage or how to enroll for this program.

If you are adding spouse coverage, please be prepared to supply a copy of a State-issued marriage license. Some of you may already be covered on the Nesika Health, LLC Plan with spousal coverage. If a valid marriage license is on file with us, you will not need to supply a new copy.

We are excited to offer this additional dental coverage and ask for your assistance to respond as soon as possible, but no later than June 18th in order to update all enrollments prior to July 1st. If you've had a recent change in address, please contact the Tribe right away to ensure your packet is received in time.

June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 EHYC Summer STEAM Classes Registration Opens	2	3	4 Tribal Board Info Meeting 6-8 PM @Red Lion Hotel Kelso, WA	5 Tribal Board Info Meeting 1-3 PM @7 Cedars Resort Sequim, WA
6	7	8 Food Bank Open 9 AM - 11 AM	9	10	11	12
13	14	15	16	17	18 Culture Camp @ Bare Park Slot 1: 8AM-12PM Slot 2: 1 - 5 PM	19 Culture Camp Salmon Ceremony in the morning Slot 3: 1 - 5 PM
20	21	22 Food Bank Open 2 PM - 4 PM	23 EHYC Cancer & Diabetes Prevention Class	24 EHYC Cancer & Diabetes Prevention Class	25 EHYC Cancer & Diabetes Prevention Class YAC Movie Night	26
27	28	29 EHYC Soap Making Class	30 EHYC Soap Making Class			

July 2021

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 EHYC Soap Making Class	2	3
4	5 GO Closed for Independence Day	6 EHYC Hand Drum Class	7 EHYC Hand Drum Class	8 EHYC Hand Drum Class	9	10 Community Health Fair 10 AM - 3 PM @ GO
11	12	13 Food Bank Open 9 AM - 11 AM	14	15	16 Pow Wow @ South Umpqua Falls	17 Pow Wow @ South Umpqua Falls
18 Pow Wow @ South Umpqua Falls	19	20	21	22	23	24
25	26	27 EHYC Flint Napping Class Food Bank Open 2 PM - 4 PM	28 EHYC Flint Napping Class	29 EHYC Flint Napping Class	30	31

Location Abbreviations

GO: Government Offices, Roseburg, OR

SC: Cow Creek Health & Wellness Center, Canyonville Clinic

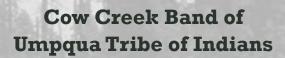
7F: Seven Feathers Casino Resort, Canyonville, OR

7FRV: Seven Feathers RV Resort, Canyonville, OR

TCC/EHYC: Tribal Community Center/Expanding

Horizons Youth Center

825 NE Leon Ave, Myrtle Creek, OR



2371 NE Stephens St. Suite 100 Roseburg OR, 97470

