

Karuk Tribe of California

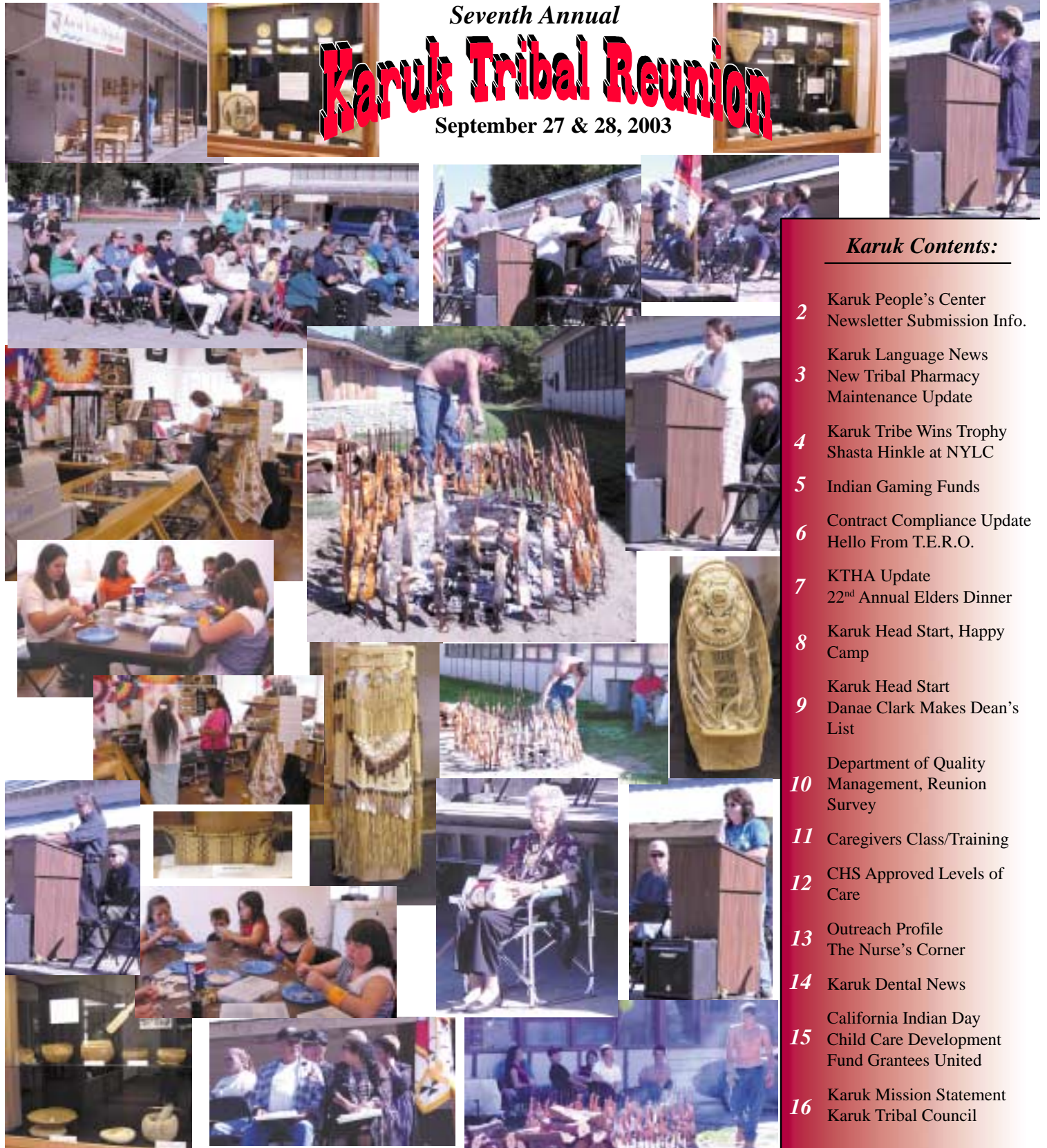


Quarterly Newsletter

www.karuk.us

Fall 2003 Edition

P.O. Box 1016 • 64236 Second Avenue • Happy Camp, CA 96039 • (530) 493-5305 • (800) 505-2785 (800-50Karuk)



Seventh Annual

Karuk Tribal Reunion

September 27 & 28, 2003

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Karuk People's Center

Fred Nahwooksy

The Karuk People's Center is open Thursdays, Fridays, and Saturdays from 10am to 5pm, excluding holidays. Call the center sales shop for information or if you have questions at (530) 493-5305 ext. 2201.

Photo by Tonia Moro



Participants in the Karuk/Smithsonian Museum Training Workshop, September 2003, Happy Camp, California

Museum Training: September was a very busy month for the People's Center. From September ninth to the eleventh, the Karuk Tribe of California hosted a Museum Training Workshop for Tribal museums in partnership with the Smithsonian Institution's National Museum of the American Indian. The workshop focused on museum basics and covered a broad range of topics from starting a museum to collections

care and handling. The first day of the workshop was held at the Siskiyou County Museum in Yreka, California and the final two days were held at the People's Center in Happy Camp. The workshop was attended by fifteen Tribal museum workers from across the U.S. and Canada and ten local Karuk people from Yreka to Arcata. The workshop evaluation forms reveal an overwhelming excellent grade for all aspects of the experience. The Smithsonian hosts one or two of these workshops per year and we are fortunate that we were able to offer this training in our region.

Museum: On another front, the People's Center Museum gallery continues to develop. Recent changes include the display of cultural items that are on loan to the center from the California Department of Parks and Recreation Museum Collections, and from the California State Indian Museum; both located in Sacramento. From the state museum collections, we have seven baskets on display and from the State Indian Museum, we have several items including a jump dance basket, a deer skin apron with flicker feathers, dentalium beads, and three eagle feathers. Leo Carpenter, Jr. and Julie Burcell have facilitated the loan of these items and have prepared for installation in the gallery.

Sales Shop: The People's Center will have a ten-percent off sale of all items in the center's sales shop from November 20 to December 24. Please come by and shop for those special holiday gifts. We will have new shipments of music CD's, books, and jewelry in time for the sale.

Newsletter Articles

If you have news, articles or events you would like placed in this newsletter, please submit your information to **Sara Spence, Newsletter Articles, P.O. Box 1016, Happy Camp, CA 96039**. Or you may email articles and/or photos to **sspence@karuk.us**. All submissions must include your name and address. No anonymous articles will be included.

Article deadlines: July 15 for the summer issue, October 15 for the fall issue, **January 15** for the winter issue, and April 15 for the spring issue. These dates will be the same every year.

!! Job Website Reminder !!

Sara Spence, Human Resources Manager

The Karuk Tribe of California implemented a website to get job information out to as many people as possible about three months ago. Since its creation, the website has had 542 visitors and seems to be a success!

The address is www.karuk.us/jobs and the site contains detailed instructions for applying for positions as well as an employment application and position descriptions for all vacancies that can be downloaded as Adobe Acrobat files. If you do not have Adobe Acrobat Reader, you can download it free from their website at <http://www.adobe.com/products/acrobat/readermain.html>.

I continue to update the website and add more information. It includes salary and benefit information for prospective applicants and we are also listing our Requests for Proposals on the site. Please take a minute to look at the site and e-mail me any comments you may have!

Karuk Language News

Susan Gehr, Language Program Director

The Language Immersion weekend of September 13-14 went very well. It was attended by over thirty people, and provided a too-rare opportunity for us to hear our ancestral language spoken.



Taken during the Language Immersion Weekend: (l to r) Violet Super, Bill Bright, Susan Gehr

Bill Bright led a workshop on how Karuk grammar works. A similar event will be held in 2004, possibly in May.

So far, the Language Program has given away over fifty copies of the new video *hût ipíti: A Guide to*

Karuk Pronunciation. There are some copies remaining. Please call or e-mail Susan Gehr at (800) 505-2785 ext. 2205 or sgehr@karuk.us if you would like a copy for your family.

Language classes have started up again for the fall. For more information on classes in Orleans, contact Jim Ferrara at (530) 462-4663. Regarding classes at Southern Oregon University, contact Phil Albers Jr. at (541) 488-4626. For classes in Happy Camp, contact Susan Gehr at the number mentioned above.

Thanks to André Cramblit, Karuk Language Restoration Committee Chairman, there is an e-mail group for those interested in Karuk Language preservation. It's called "Karuk Language Restoration Issues (Karuk Language)." The purpose of the group is to serve as a place for those interested in the Karuk Language to discuss items, events, learning strategies, ideas and more. There are two ways to subscribe to the newsletter. Either go to the following web page at <http://www.topica.com/lists/KarukLanguage/subscribe/?location=listinfo> or send an email to KarukLanguage-subscribe@topica.com

Once you've subscribed, you can post a message to the group by sending an e-mail to KarukLanguage@topica.com

Finally, Ed Battistella, Dean of Arts and Letters at Southern Oregon University in Ashland, asked me to remind everyone about the fact that enrolled members of the Karuk Tribe who live outside of Oregon can attend Southern Oregon University at in-state tuition rates. This status applies to all universities in the Oregon University System. Please go to <http://www.ous.edu/sr/nonres/> for details.

New Tribal Pharmacy

Wes Valentine, Executive Director



To further improve the health services that we provide, the Karuk Tribe is in the process of opening a pharmacy on Second Avenue in Happy Camp.

The site is prepared and we are relocating our old Head Start building to be used as the new pharmacy. We hope to be open some time in November of this year.

We are in the process of developing guidelines for use of the pharmacy and instructions for use will be in our new patient handbook as well as the next issue of this newsletter.



I would like to welcome our new pharmacist, Michael DeHart, to our staff. Mike is an experienced pharmacist who has moved to Happy Camp with his wife and daughter.

We will be providing daily delivery service to both the Orleans and Yreka clinics so that our patients will be able to pick up their prescriptions locally. We are very excited about this new addition to our health program!



Maintenance Update

*Fred Burcell, HIP/Maintenance Supervisor
Trust Land Building Inspector*

The Maintenance Department has benefited from and enjoyed having Joe Alvarez on staff the last two months. The bathroom rehab project in the Happy Camp Multipurpose room is well under way. Both inner walls have been opened up so that access from the main big room is possible. The toilets are now handicap accessible in both bathrooms. New cabinets and sinks are being installed now. Several sprinklers were removed and the lines capped off so the pharmacy building could be moved in.

The siding on the People Center has started to pull away from the furring boards due to swelling as the boards get wet then dry out, so a clear sealant will be sprayed on this fall.

**Karuk Tribe Wins First Place Float Trophy in
Bigfoot Jamboree Parade**



Tribal members and descendants danced for judges and parade onlookers at the Bigfoot Jamboree Parade in Happy Camp on Labor Day Weekend.



Vera & Cecilia Arwood with Tribal Chairman Alvis (Bud) Johnson proudly holding the first place trophy.

**Hinkle Returns From Our
Nation's Capital**

**Shasta Hinkle Attends Junior
National Young Leaders
Conference**

WASHINGTON D.C. - Miss Shasta Hinkle of Fort Jones attended the Junior National Young Leaders Conference August 9, through August 14, 2003. Shasta helped make history by attending this conference as this was the beginning of more sessions for middle school aged students. Shasta was one of 202 students hand-picked to attend these first conferences.

Miss Hinkle studied skills in leadership; i.e. character, communication, courage, problem solving, motivation, goal-setting, perseverance and teamwork. Shasta was able to meet young people from all across the United States. The students shared ideas, hopes for the future of our country, knowledge and friendships. Hinkle's days were long and very busy; she visited the Capital Building, Capital Hill, the FDR Memorial, the Lincoln Memorial, the Korean War Memorial, the Vietnam Memorial, Arlington National Cemetery, the National Museum of American History and had a sleepover at the Maryland Science Center. Shasta studied the Cold War time period in history.

"Traveling 3,000 miles away from home was an eye-opening experience", says Shasta. "I saw so many sights and experienced so many new things I shall remember all of my life. I am grateful I had the opportunity to be present at this history making event."

Shasta wishes to thank everyone who made donations to her fundraisers. Without the support of these individuals and organizations, this trip would not have been possible. Special thanks go to the Karuk Tribe of California for paying her tuition to the conference. All contributions were truly appreciated.

The Congressional Youth Leadership Council (CYLC) is a nonprofit educational organization. Founded in 1985, it is committed to fostering and inspiring young people to achieve their full leadership potential.

EDITOR'S NOTE:
Shasta Hinkle can be reached for a personal account at:

Miss Shasta Hinkle
14107 Quartz Valley Drive
Fort Jones, California 96032
(530) 468-2543



Indian Gaming Special Distribution Fund & Indian Gaming Revenue Sharing Trust Fund

October 9, 2003

Laura Mayton, CFO



In August of 2001 the Karuk Tribe of California received its first payment of \$300,000 from the Indian Gaming Revenue Sharing Trust Fund. Since that time, the Karuk Tribe has received several additional payments from the Indian Gaming Special Distribution Fund and the Indian Gaming Revenue Sharing Trust Fund. To date, the total amount received from these funds equals \$1,787,704.90.

Capital received from the Indian Gaming Special Distribution Fund and the Indian Gaming Revenue Sharing Trust Fund are different than most funds received by the Karuk Tribe because they do not have to be spent for a specific purpose. The Council has a great deal of discretion regarding their use. The Council has been questioned by Tribal members asking why the Karuk Tribe is not distributing the funds to its membership like some other Tribes, and wanting to know what the Tribe is spending this discretionary money on.

The following are some of the reasons the Karuk Tribal Council has decided not to distribute any of these funds at this time:

- The Karuk Tribe of California is the second largest Tribe in California. Currently, the Tribe has 3,234 enrolled members. Each \$100 distribution to the Tribes membership would cost \$323,400.
- The Karuk Tribe has expenses that can only be paid out of discretionary funds, and the Karuk Tribe's main source of discretionary funds comes from the Indian Gaming Funds.

The following details some of the items that the Karuk Tribe has spent Indian Gaming funds on:

- The Tribe has spent over two hundred and thirty thousand dollars on casino related expenses such as property, lawyers, and a feasibility study. These expenses are necessary to the Tribe's goal of becoming a gaming Tribe.
- The Tribe used \$115,577 to pay off the Karuk Building Center in Happy Camp. The Karuk Tribe of California is receiving payments of \$1,140 per month, which include 4% interest, from the Karuk Community Development Corporation to repay the \$115,577.
- The Tribe loaned \$200,000 to the Karuk Community Development Corporation.
- The Tribe spent \$126,713 to repay the BIA Compact for amounts overspent on programs in the early 90's. Most of the amount overspent, \$111,703 of the total, was for housing improvement projects.
- The Tribe has spent over one hundred thousand dollars of discretionary money in developing the new People's Center in Happy Camp. The People's Center is a cultural center which includes a museum, a library, and a gift shop. Basket weaving classes and Karuk language classes are held at the People's Center.
- Discretionary funds are also used for the newsletter, the Tribal Reunion, the free Spay & Neuter Clinic, sports, and other special requests.

The Karuk Tribe still has a fair amount of unspent discretionary funds. However, some of these funds have been obligated for new vehicles. Some of the new vehicles will replace older worn out vehicles with high maintenance costs and others will be used to reduce the amount of mileage that the Tribe must pay employees when they use their own vehicles for Tribal business. Some unspent discretionary funds will also need to be used to continue the pursuit of a casino.

Although the amount of money received from the Indian Gaming Special Distribution Fund and the Indian Gaming Revenue Sharing Trust Fund seems large, it is very small compared to the amount of profit that can be generated from a casino. It appears that using the Indian Gaming Funds to pursue a casino is a good investment for the Karuk Tribe of California and its membership.

Contract Compliance Update

Erin Hillman, Contract Compliance Specialist

September thirtieth marked the end of the Tribe's fiscal year. It is at this time my office becomes busy completing end of the year reports and accounting entries to close out programs and draw down funding that reimburses the Tribe for expenditures against those programs. Expenses and cash receipts are tied back to reports and draw down requests that are maintained in the contract and grant files. All these tasks are done for the purpose of preparing for the financial audit that will be scheduled in the spring of 2004.

In the last quarter, the Tribe's program directors/grant writers submitted ten (10) grant applications totaling \$1,697,737. Six (6) of these applications were submitted by Earl Crosby, Watershed Restoration Coordinator. Earl wrote these proposals to support the Department of Natural Resources



program that focuses on restoration of watersheds within the Karuk ancestral territory.

Other noteworthy applications submitted during this time were the Department of Justice, Tribal Court Implementation Project; Bureau of Indian Affairs, Water Management Planning; the Department of Health and Human Services Child Care Program; and submitted to the Department of Housing and Urban Development, a grant for the construction of a new Head Start facility in Yreka.

In addition, thirteen (13) applications were approved by funding agencies. These included funding for child care, Head Start, NAGPRA (Native American Graves & Repatriation Act), Karuk Language Program, Watershed Restoration, Library, and Title IVB (support for foster care) funding.

If you have any questions regarding the information provided above, please feel free to contact my office at 530-493-5305 extension 2017.

Hello From T.E.R.O.

Judy Waddell, – Tero Director

The Karuk Tribe currently employs 177 employees which includes Karuk Tribe Housing Authority (KTHA) employees. The TERO office keeps track of the percentage rates of Native American employment within the Tribe and offers the following calculations for the current year and the previous years of 2002 and 2000.

As you can see by the charts, there is a definite increase in the percentages for Native American employment throughout the Karuk Tribe, which reflects positively on the TERO program.

The TERO office is continually updating all Skills Bank files, and currently has 997 files in its Skills Bank.

Over the past month, there have been five California Indian Manpower Consortium (CIMC) trainee placements throughout the Tribe in; Medical Billing, Medical Records, Data Entry, the People's Center, and for a Tribal Court Clerk Assistant. We anticipate at least four more trainee placements over the next month.

Please feel free to call the TERO Office at 530-493-5305 Ext 2030 to inquire about current job and training possibilities.

Thank you.....

Judy Waddell – TERO Director

TERO Commissioners:

- Carol Day
- Dolores Voyles
- Alvis Johnson
- Vera Davis
- Lynn Parton
- Elsa Goodwin - Alternate

Data	Employee	Percentage Rate
March 2000		
Karuk Tribe Employees	107	
Karuk:	51	48.00%
Karuk Descendant:	6	5.50%
Karuk Spouse:	6	5.50%
Other Indians:	9	8.00%
Non Indians:	35	33.00%
December 2002		
Karuk Tribe Employees	139 including KTHA	
Karuk:	67	48.00%
Karuk Descendant:	9	6.50%
Karuk Spouse:	8	6.00%
Other Indians:	9	6.50%
Non Indians:	46	33.00%
October 2003		
Karuk Tribe Employees	177 including KTHA	
Karuk:	90	51.00%
Karuk Descendant:	13	7.00%
Karuk Spouse:	11	6.00%
Other Indians:	12	7.00%
Non Indians:	51	29.00%

Karuk Tribe Housing Authority

*By: Jessaca J. Lugo, Operations Manager
& Rhiannon D. Quinn, Administrative Clerk*

It is an exciting time for the Karuk Tribe Housing Authority. We are building a new administration building, putting in twenty-five (25) new elders' homes, and creating new programs to assist Tribal members and their housing needs. Some new and existing programs KTHA has to offer are:



Elders Modular Homes -Yreka and Orleans

Orleans: Drawing for the Orleans site is nearly complete, but our engineer is waiting on design information from PG&E to complete the utility drawings. Rod Hartman is following up with PG&E to expedite their information to the engineer. Bid solicitation will not be initiated until the week of 10/23/2003. The hope is to have the homes delivered to Orleans by mid December.

Yreka: Utility work is complete, and road construction and engineering work is underway. (No projected completion date is available at this time.)

Down Payment Assistance Program

This program is developed for first time homebuyers who are buying a home in the KTHA service area (Siskiyou and Humboldt Counties). This program will assist homebuyers with a down payment of twenty percent (20%) of sale price not exceeding twenty thousand dollars (\$20,000.00). There are four (4) available grants – two (2) low-income and two (2) 80-100%.

Mortgage Relief Program

This program is developed to assist the first time homebuyer who entered into a purchase contract within the last five (5) years and whose debt to income ratio exceeds forty-one percent (41%) of their income and their household income is between 80-100% of national median. The home must have been purchased in the KTHA service area

(Siskiyou and Humboldt Counties). The grant amount is a maximum of ten thousand dollars (\$10,000.00) and shall not exceed twenty percent (20%) of the value of the home.

Rehabilitation and Weatherization Home Improvement Loan Program

This loan program is developed to assist Tribal homeowners who live in the KTHA formula area, who qualify for very low to low incomes for paying the cost of minor repairs and improvements in order to make the dwelling safe and sanitary. The maximum loan amount is ten thousand dollars (\$10,000.00) and must be repaid at three percent (3%) per annum. within twenty (20) years.

Home Grant Program

This home grant program is designed to assist Native American families who are very low income, and are in need of house replacement assistance. Funds (not exceeding \$100,000.00) will be utilized for purchasing new manufactured homes, foundation, and infrastructure costs only. All home sites must have functioning water, sewer, and electricity services in accordance with county requirements prior to the placement of the manufactured home. Applicant must be an enrolled Karuk Tribal member, must be residing within the KTHA formula area, must hold legal title to property where house will be placed, and must be at or below thirty percent (30%) of Siskiyou County median income (approx. \$10,900 per year for two people).

Home Loan Program

This home loan program is developed to assist low to moderate income Native American families residing within the KTHA service area by providing home loan assistance for purchasing a home and necessary infrastructure construction (not exceeding \$100,000.00). The loan will be repaid by the borrower with a term of twenty-five (25) years at four percent (4%) interest. Five (5) loans will be available each year for five (5) years.

Please contact our KTHA office at (800) 250-5811 to receive the complete policy and procedures guide for the above programs and an application to apply.

Twenty-Second Annual Elders Dinner

The Northern California Indian Development Council is pleased to host the Twenty-Second Annual Elder's Dinner to be held from noon-4 pm on November 15, 2003 at Redwood Acres in Eureka, CA. The event also features an Inter-Tribal Gathering with California and Inter-Tribal dances throughout the day, which ends at 10 pm. There is no charge for entrance to the gathering. The dinner is free to all Elders (ages fifty-five and over). For those under fifty-five, a \$6.00 donation per dinner ticket is requested.

This event is sponsored by the Northern California Indian Development Council, but relies on the assistance of community partners and volunteers to help make the day a success. Donations are needed to support this effort. If you would like to volunteer, please contact Anna House at (707) 445-8451

Sara Spence



Karuk Head Start
632 Jacobs Way
Happy Camp, CA, 96039

Karuk Head Start

Happy Camp

Linda Davis-Site Supervisor/Teacher
Nena Creasy-Associate Teacher
Leona Peter-Cook
Denise West-Bus Driver

“We use the creative curriculum.”



For more information
on our program, we
invite you to call
(530) 493-2929



Mission Statement

“The Karuk Tribal Head Start Mission is to establish a culturally diverse quality program serving children and their families.”



Philosophy

- To encourage each child to express their feelings
- To provide a safe, warm, accepting environment
- To foster curiosity, language skills, perceptual and problem solving skills
- That each child would be respected for his/her own personality and that your child would be held in high regard



Karuk Tribal Head Start

*Sylvia Parry,
Program Services Coordinator*

Head Start Nutrition

Head Start offers nutritious meals free of charge to all enrolled children. All children experience a variety of foods. We not only nourish the child’s body, we nourish their natural curiosity about foods and help them explore new types, tastes, color, textures and smells. They also learn where the food comes from, and how it is grown or raised. Cultural foods are served when available. The Karuk Head Start has a reputation for having good cooks and serving delicious meals!

Head Start Transportation



Karuk Tribal Head Start offers bus transportation to all enrolled children. We have well trained and experienced bus drivers who comply with all California regulations. The most recent regulation (Head Start Program Performance Standard 1310.11), comes from the Head Start Bureau mandating all Head Start buses be equipped with child safety restraints (harnesses). These safety restraints have been installed in all three buses. Our bus drivers, children, and staff are busy adjusting to these time consuming apparatuses.



Yreka Head Start Car Wash

Cathy Scott, Center Supervisor

On October 1st we had our first Head Start car wash ever (we washed the teacher’s car). This was a great skill building activity. The children learned how to share, since we only had two buckets and we had to take turns spraying the car off with the hose. We also learned about teamwork by all working together washing and rinsing. After three times around we reached our goal of a nice clean shiny car!

Danae Clark Makes Dean’s List

Information submitted by Danise Talley

Danise Talley recently submitted a letter to the Karuk Tribe announcing that her granddaughter, Danae Clark, was on the Dean’s List at Sonoma State University. She is in her third year there. Her parents are Dave and Diane Clark and she is the great-granddaughter of Jeff and Nellie Aubrey.

An excerpt from the letter she received from the Dean of Sonoma State University reads: “Congratulations on achieving the distinction of Dean’s List for the Spring 2003 Semester. I know that making a grade point average of 3.5 or better, while taking a full schedule at the University requires not only intelligence, but also hard work and dedication on your part. In fact, this semester, only a small percentage of all Sociology majors did so.”

The Karuk Tribe of California is VERY proud of Danae and wishes her the best in her academic future. It is truly wonderful to see our youth succeeding!



Department of Quality Management Karuk Tribal Reunion Survey Results

*Lessie Aubrey,
Director of Quality Management and Compliance*

The results of surveys conducted at the Karuk Tribal Reunion are analyzed by charting the data collected (your answers), and then checking the outcomes.

Who did we get our answers from?

Approximately sixty people visited our booth and out of that sixty, only fifteen completed the survey. The answers came from only twenty-five percent of our booth visitors.

The majority of survey responses came from female, Karuk Tribal Members between the ages of thirty and sixty, who live in the aboriginal territory, and vote in both Tribal and governmental elections. The survey indicates that thirty-three percent of the respondents work for the Tribe and the other fifty-three percent do not.

What programs are the most helpful (excluding health)?

Out of the many programs listed, these programs were selected. Housing received 3 votes, and Head Start, Naa-Vura-Yee-Ship, Childcare and LIHEAP, all received two votes. Social Services, Senior Nutrition, Self-Governance, Education, TERO, KCDC, and Enrollment received one vote each.

What Individuals have been the most helpful?

The following all received one vote; Tom Waddell, Melodee Conrad, Dolores Voyles, Barbara Snider, Carrie Davis and David Eisenberg.



Tribal Reunion visitors viewing display at the People's Center

Questions:

Most responded that they had visited the People's Center or were going to. They thought it was very nice, but could benefit from a few improvements.

The majority of respondents were satisfied with the Tribal Newsletter, but would like to have additional materials; i.e., Council minutes, stories from the elders, letters to the editor (comment/complaints), and more information.



Basket making materials on display at the People's Center

Surprisingly, most attend Council meetings, and believe the Council is approachable, but only four of the respondents were satisfied with the Council's management. Based on these comments, it appears members don't feel respected by their leaders.

Obtaining responses from at least one-hundred people would have made this survey more reliable. However, we did get a few thoughts from the individuals who answered.

Now that we have analyzed the outcomes, what would we do about our findings (act)? Finding out what programs and staff were most helpful was collected for informational purposes only. However, since twenty-five percent voted for them, I believe presenting them with a certificate would be appropriate.

The People's Center received excellent reviews, so we shall present them with a certificate as well.

A more in-depth follow-up survey regarding the newsletter and Council would be indicated to come up with specifics for improvements.

Results of the Karuk Tribe Health Program (KTHP) 2003 Patient Satisfaction Survey:

The results gave evidence that our patients like our staff and the kind and courteous care they provide. They were not happy with the long waits at their appointments and the difficulty in getting an appointment. These were mentioned as something they would change.

KTHP is planning on using these findings to do an in-depth study to improve these processes.

Caregivers Class/Training

Babbie Peterson, Senior Center Supervisor

We just completed our first thirty-hour caregiver class with seven people completing the course. These graduates serve as valuable community assets by honing their skills in this field.



*Caregiver Training Participants:
Sitting, Kathy Wheeler, R.N.;*

*Standing from left to right: Donna Zook- Happy Camp;
Tina Glasessner - Orleans; Rose Mary Davis - Happy Camp;
Gloria Bravo - Happy Camp; Lisette Ingalls - Orleans;
Kristen King - Orleans.*

*Not pictured here are
Babbie Peterson- Orleans; and
David Eisenberg - Happy Camp*

This training was taught by Kathy Wheeler, R.N., who works with the Area 1 Agency on Aging and the Hospice program in Humboldt County. If you talk with any of the people who attended the class, you will find this class allowed brought the participants a wealth of knowledge. They also have more confidence in caring for family and community members who need in-home care.

David Eisenberg, our Karuk Public Health Nurse, enhances our ability to bring to our area the service that outside areas are offering by teaching many health related classes on a local level. We will be offering this thirty-hour caregiver class annually in hopes that people from all our Tribal health care areas will attend.

Participants who are interested in chore work also filled out applications and submitted them to Lisa Aubrey's program. If an elder needs help with household chores, you can contact Lisa Aubrey for assistance through our Tribe at the administrative office in Happy Camp. If you or a loved one needs caregiver assistance in the home, start by asking for

assistance from your medical provider. They can refer you to agencies in the county who can assist you with financial needs and assessments for care.

The Senior Program will be sharing information about our class participants with our Tribal clinics and social workers. There are many programs available to assist seniors. County, state, and regional programs are funded to help seniors stay at home even if they have special needs for independent living. I am also available at my office in Orleans at **(530) 627-3440 ext. 17** and I can direct you to the appropriate agency if you have any questions about these programs.

Locally we have been working with the Happy Camp Family Resource Center, which has provided a room for the Happy Camp Senior Exercise Class. They are in the process of purchasing some small items, such as scarves, that are used in the class. We have also utilized the Happy Camp Family Resource Center when we need to borrow health care items such as bedside commodes, walkers, and other health aids. Although some items are available through a prescription and your health care coverage, it's nice to know we have these resources in our community. Many locals have donated equipment to render this community resource available. Your local CHR, Elder's Worker, or Public Health Nurse can usually help you through a tight spot. Whether it's a short or long-term equipment loan – don't be afraid to ask. We also have Humboldt/Del Norte County Senior Resource booklets we can give you.



*David Eisenberg,
Karuk Public Health Nurse*

Although they are for specific counties, you will find much of the information is for state and national programs. If you are from out of the area, you will find toll free numbers to assist you in locating the information you need for your area.

As baby boomers reach sixty, our nation is reaching out to programs such as ours to meet the needs of seniors on a local level. What this means to us, is that funding will be opening up for programs that demonstrate they are meeting or exceeding government expectations. With your involvement, we will be able to offer some awesome programs to our elders. To continue to receive funding, we need seniors to participate in these programs and activities that are offered. Government and private grant foundations require us to show the number of people who receive their services. We cannot count people who do not participate, so the future of this program is a partnership with you, the people we work for.

CHS Approved Levels of Care

Marsha Jackson, RPMS Site Manager

It's that time again when Contract Health Services (CHS) policies and procedures are reviewed and updated. In October, the CHS department submitted new policies and procedures to the Health Board, and were approved. Below is a list of the approved levels of care. We are currently covering to level 2 (II). There are many policies and regulations a person must abide by in order to be eligible. A copy of all approved policies and procedures are available at any of our clinics and/or you can contact CHS at (530) 493-5305 x2155, 2151, or 2156. Please contact us if you have any questions regarding these policies. Our office hours are Monday through Friday from 8am to 6pm.

Karuk Tribal Health Program CONTRACT HEALTH SERVICES APPROVED LEVELS OF CARE

Policy # 10-105-019

I. Purpose: To specify the Levels of Care approved by the Karuk Tribal Health Board.

A. Policy:

1. Level I:

- a) All prescription medications (Temporary)
- b) Pregnancy related items
- c) Nutritional Supplements (Temporary)
- d) Head Lice Medicine (Temporary)
- e) Abortion Services:
 - 1.) Only when necessary to save the life of the mother, or in the case of rape or incest, consistent with federal regulations.
 - 2.) With a written Dr. Report stating the cause of the complication.
 - 3.) With a written referral from the referring Karuk Tribal Health Provider.



2. Level II:

- a) Consulting Services (Evaluation & Management Services)
- b) X-rays
- c) Lab services for Students & Transients when the professional service has been approved for payment by CHS
- d) Diagnostic Test
- e) Emergency Services (ER)
- f) Urgent Care Services
- g) Sleep Apnea Evaluation
- h) Medical Supplies
- i) Oxygen
- j) Orthopedic Appliances (air casts, splints, etc.)
- k) Outpatient Chemotherapy
- l) Outpatient Radiation Therapy
- m) For patients having Medicaid or other medical coverage

for office visits, CHS will pay Travel Expenses at the following rates.

- 1) Per Diem up to \$30 per day plus one night's lodging at government rate, and
 - a.) CHS resources shall be provided for transport greater than 20 miles. The CHS program will reimburse the patient/escort \$0.25 per mile. (Additional nights' stay may be approved on a case by case basis)
 - b.) Patient must have referral from a Karuk provider
 - c.) An escort may accompany individuals unable to travel without assistance, (e.g. children and handicapped adults). CHS will pay the escort up to \$30 per day for food

n) Optical examination for vision (refractive exam)

o) Orthopedic Devices

p) In Office procedures

q) Glasses/ Contacts limited to one pair every two years

- 1) There will be a \$250.00 cap

r) Hearing Aids

- 1) \$1600.00 cap for both ears and CHS will only pay once.

s) Physical Therapy/Message Therapy

- 1) Limited to ten visits per episode the provider may refer the patient twice consecutively for the same episode; the next referral must get approval from the Managed Care Committee.

3. Level III:

- a) Home Health Services
- b) Mental Health Services
- c) Durable Medical Equipment
- d) Chiropractor, for spinal manipulation
- e) Acupuncture, by certified acupuncturist, for pain management
- f) Traditional Indian Health
- g) Therapy Services: Occupational and Speech

4. Level IV:

- a) Drug and Alcohol Treatment Services
- b) Inpatient Care
- c) Outpatient Surgery, Ambulatory Surgery
- d) Skilled Nursing Facility

5. Level V:

- a) Dialysis
- b) Transplants

6. Level VI:

- a) Excluded Services: Nursing Home Care (Long Term Care Services), Sex Change Operations
- b) Laboratory Services: Are covered under direct care services, and must be ordered by a KTOC provider.



**Approved on the 9th day of October 2003
By the Chairman of the Karuk Tribe of California**

Outreach Profile

Kristen King - Community Health Representative

David Eisenberg, PHN

Kristen King has been working for the Karuk Tribe as a Community Health Representative (CHR) covering the Orleans / Forks of Salmon area for the last nine years. She traces her heritage from the Beck and McLaughlin families. Kristen has two sons and recently became a proud grandmother.

As a the CHR for the Orleans area, she works closely with the staff of the Orleans medical clinic to serve our patients. Kristen has received training to allow her to monitor blood pressure, check blood sugars, perform diabetic foot exams and assist with the health care needs of her clients.

Kristen has also organized Bike Safety Rodeos, and distributed Bike helmets and child car seats. In October of 2003 Kristen became the CHR Supervisor, becoming responsible for the day to day activities of her fellow CHR's in Happy Camp and Yreka

Kristen can be reached at her office in Orleans at 627-3440 extension 18.



Kristen King, Community Health Representative (CHR) Supervisor

The Nurse's Corner

Information for Health and Wellness

David Eisenberg, PHN



Flu Season - Have You Had Your Shot ?

The Flu is a disease of the lungs that is easily passed from one person to another. Every flu season about 110,000 people are sent to the hospital and over 36,000 die from the flu. Most deaths from the flu are people over 65.

The Flu season typically starts in December and lasts through March. In the last twenty years, January and February have been the months with the most cases of the flu. The flu shot protects you from the most common strains of flu, but does not protect you from all viral illness. If you have a flu shot, you can still get the flu, but you will be less sick than someone else who hasn't had the flu shot.

The flu shot uses an inactivated or "killed" vaccine. No matter what anyone says, you cannot get the flu from the vaccine. Feeling some response to the shot is not unusual. The most common reaction is some soreness, swelling or redness on the arm where you had the shot. You may feel these symptoms, if any, within a few hours of the shot.

The symptoms typically cause discomfort, not sickness and last for a day or two.

The most important group of people who should have the flu shot are people over 65, and/or those who have a chronic health condition (such as high blood pressure, heart disease, diabetes or asthma). Other people who should consider getting a flu shot are people who are in close contact with Elders or people with chronic health conditions.

Look for announcements about flu clinics in your area or call any of our Tribal Clinics for more information.

- Yreka Clinic 842-9200
- Happy Camp Clinic 493-5257
- Orleans Clinic 627-3452

Karuk Tribal Health Program

Karuk Dental News



Vickie Walden, Dental Clinic Manager

The Happy Camp Dental Clinic can only offer limited dental services at this time.

We have not had a full time dentist for over a year and our contract dentist is scheduled for seven Fridays for the next two and a half months.

When our contract dentist is not available, we do our best to help patients find a dentist to take care of their dental needs. At this time we are making appointments for emergencies, treatment appointments for patients who have had an exam by Dr. Wakim within the last year, for routine one-year recall exams, and for dental hygiene appointments.

Through the winter months, the clinic schedule can be canceled or changed without much notice due to bad weather, staff illness, power outages, etc.

We are doing the best we can to provide services and hope we will be able to hire a full time dentist soon.

Trends and Techniques:

The Next Generation of Sonicare Elite® is More Effective

Philips Electronics recently introduced the next generation of sonic care toothbrushes for dental patients. We highly recommend this toothbrush for most adult patients.

The Sonicare Elite® provides dental professionals and their patients the most advanced power toothbrush to date to enforce and promote optimal oral hygiene.

Its patented second-generation sonic technology uses a combination of high-frequency bristle motion and dynamic cleaning action that generates three times the bristle tip speed of other leading power toothbrushes.

The Elite®’s new slim, angled, and tapered brush head focus powerful cleaning actions in hard-to-reach interproximal, subgingival and posterior areas to remove 20% more plaque.

The Elite®’s contour-fit bristle design surrounds teeth for precision cleaning. The new ergonomic grip improves maneuverability with two speeds to allow the user to choose “high” for optimal power and “low” for highly sensitive areas, including tongue brushing

and gum massage. For more information, call 1-800-676-7664 or visit online www sonicare.com.

These toothbrushes are available for sale at the Happy Camp Dental Clinic. If you can prepay, we will order for about half the cost you would pay at a retail store. Contact Nikki Hokanson, RDH, at 530-493-2201 ext.2116

The following Dental Products are sold at cost at the Happy Camp Dental Clinic:

- Children’s battery operated toothbrushes (Spinbrushes)
- Adult battery operated toothbrushes (Crest Pro-Spinbrushes)
- Several kinds of toothpaste
- Topical fluoride gel

We also have: free sample toothbrushes, infant tooth care products, free denture home care products and floss.

Dental Health Reminders

Diabetics

It is very important for a person with diabetes to have a dental check up at least once a year. The Karuk Dental Hygiene Department will do free dental screenings for anyone who is diabetic. We will screen for decay, gum disease, and other oral diseases.

Patients scheduled for major surgery

Medical Doctors are now recommending that patients have their teeth cleaned before undergoing most major surgeries. They have found that it helps reduce the risks of post-operative infection.

Canker Sores -VS- Cold Sores

The Real Story

Debbie Whitman

Question	Cold Sore	Canker Sore
1. Where does it strike?	Outside the mouth	Inside the mouth
2. What does it look like?	Tiny, clear fever blisters usually on the lips or under the nose	Small ulcer with a white or gray base and red border
3. What triggers it?	Flare-up of herpes simplex virus	Trauma- Biting your cheek or jabbing gum with toothbrush
4. How long does it last?	About a week	One to two weeks
5. Is it contagious?	Yes	No
6. How do I treat it?	<ul style="list-style-type: none"> • Aloe Vera or over-the-counter topical anesthetics to ease pain and discomfort • Over-the-counter medications or, if needed, prescription antiviral drugs to prevent outbreaks 	<ul style="list-style-type: none"> • Rinse with antimicrobial mouthwash or warm water and salt • Over-the-counter oral anesthetics

California Indian Day Celebration

at Happy Camp Elementary School
October 3, 2000



Jennifer Goodwin,
Event Organizer



Celebrations lasted all day and included storytelling, singing, displays, dancing and food



Former Karuk Education/Child Care Director & Sister Unite 263 Child Care Development Fund Grantees

Article submitted by Dion Wood

Tribal members Dion Wood and Darlene Colston had the honor and privilege to work on a project that united the 263 federally funded Child Care Development Fund (CCDF) grantees representing over five hundred Tribes in Indian Country. Through Dion's previous place of employment, the Tribal Child Care Technical Assistance Center, it was his duty to assist in the design and development of the Annual Tribal Child Care National Conference. Dion presented the idea of having a "Cultural Fair" where each Tribe was invited to share their culture by sending in pictures of their Tribal child care centers, children and pictures of cultural activities. Part of the cultural fair was having each Tribal CCDF representative design a quilt block. In the months that followed the conference, Dion's mother, aunt and sister Darlene, with the help of approximately twenty-two

volunteers, sewed the fourteen by eleven foot quilt together in time for the next annual conference where the quilt was displayed in the Sheraton Hotel lobby in San Antonio, Texas. Darlene, her mother and aunt were recognized at the conference and given special awards honoring their efforts in making the Tribal CCDF quilt. Recently, the Quilt was displayed in Washington, DC at the Annual State CCDF Administrators meeting, where representatives from every State CCDF program in the union were represented. The Tribal CCDF quilt will also be displayed at future child care conferences. It was even discussed of having the Tribal CCDF quilt on display at the new Native American Smithsonian museum when it opens in September 2004.

Congratulations to these Karuk tribal members for bringing together 263 CCDF grantees. This quilt has opened the eyes of many, portraying the story of Tribal child care in Indian Country in the United States.





Mission Statement

The mission of the Karuk Tribal Council is to promote the general welfare of all Karuk People, to establish equality and justice for our Tribe, to restore and preserve Tribal traditions, customs, language and ancestral rights, and to secure to ourselves and our descendants the power to exercise the inherent rights of self-governance.

Karuk Tribal Council

Fall, 2003

Alvis Johnson,
Chairman

Leaf Hillman,
Vice-Chairman

Carol Day,
Secretary

Leon Hillman,
Treasurer

Hermanett Albers,
Member at Large

Karen Derry,
Member at Large

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Editor:
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Members &
Descendents

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Happy Camp

Change of Address
If you are not sure whether your correct address and phone number are on file with the Tribe, please write us or call (800) 505-2785 ext. 2028 and let us know your current address and phone number for future reference.

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