

HAPPY
NEW YEAR



Coquille Indian Housing Authority



SEA-HA RUNNER

Let it snow



A fun and informative Newsletter for the Residents of the Kilkick Community

JANUARY 2020



ISSUE 23, VOLUME 1

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Dumpsters are scheduled to be on Tribal Lands Friday, February 14th until Monday, February 24th. Dumpsters are for the use of Kilkick residents ONLY!

KRA Holiday Décor Gift Card Drawing Winner

The Kilkick Residents Association (KRA) sponsored a Holiday Décor Gift Card Drawing again this year. Every home in the Kilkick community with outside holiday décor displayed on Monday, December 16th was

entered into the random \$25 gift card drawing.



Holiday decorations could be outside lights, lawn ornaments, a wreath, a decorated tree, a holiday sign, etc. One name was drawn from the entries.

The winning address drawn was 2661 Mexeye Loop - Larry and Anita Neiffer.



Thank you to everyone who participated and decorated this year!

The January KRA meeting will be held on Monday, January 13th at the CIHA office at 5:30 p.m. All Kilkick residents are encouraged and welcome to attend the meeting. If you have any questions, please email KRA at kilkickresidents@gmail.com.

FREE Christmas Tree Pick Up for Kilkick Residents in January.

CIHA will be providing a courtesy Christmas tree pick up two days in January.



- * Thursday, January 2nd
- * Monday, January 6th



Trees must be free of decoration and tree stand. Artificial trees will NOT be picked up.

Please place the tree beside the curb at the end of your driveway for pick up. Contact CIHA if you have any questions.

Holiday Decor Reminder

Please remove holiday decorations within 30 days following a holiday. Thank you!

HAPPY NEW YEAR

Coquille Indian
Housing Authority
2678 Mexeye Loop
Coos Bay, OR 97420
Phone: 541-888-6501
Phone: 800-988-6501
Fax: 541-888-8266

daleherring@coquilleiha.org
traceymueller@coquilleiha.org

Housing payment pick
up is available for elders
and persons with a
disability. Contact the
CIHA office during
normal office hours
to schedule a
payment pick up.

Burns' Night Celebration and Dinner At The Mill Casino · Hotel Saturday, February 8, 2020



The Coastal Celtic Society Burns' Night Dinner is an annual celebration of the life of Scottish poet, Robert Burns (1759 - 1796) featuring traditional Scottish food and a ceremony with participants in traditional Scottish regalia. The Burns' Night Celebration and Dinner will include bagpipers, a harpist, and other entertainment. Guests may purchase tickets in advance at Kō-Kwel Gifts through Saturday, February 8, 2020, by 2 P.M.

For more information, contact Bob More, President of the Coastal Celtic Society, at 541-266-8989.

Interested in learning tai chi? A NEW 12-week session begins Monday, January 6, 2020. The FREE tai chi class is held every Monday and Wednesday at the CIHA warehouse from 10 a.m. to 11 a.m. Learn and practice eight gentle forms of tai chi which can be performed standing, sitting in a chair, or with support. It is a fun, low-key, and relaxing class! Call or text Pam at (702) 722-4977, or email Pam at pamelaleno@gmail.com, for more information. All adults are welcome. Hope to see you there!



Your present circumstances don't determine where you can go, they merely determine where you start. ~ Nido Qubein

Prepare for Inclement Weather and Possible Power Outages

as cooler temperatures and winter storms frequent the south coast in the months ahead.

It is important to:

1. Disconnect and drain garden hoses.
2. Let inside faucets drip if outside temperatures drop below 25°.
3. Have emergency preparedness supplies on hand in the event that power goes out for a few hours/days - food, water, medications; whatever you will need to survive until the power is restored.
4. Refer to the websites listed below for ideas and instructions on emergency preparedness.



www.ready.gov www.fema.gov
www.redcross.org www.emergency.cdc.gov

LOOKING FOR A LOW COST SPAY AND NEUTER CLINIC? CHECK OUT:



Low Cost Spay and Neuter Clinic
132 N Wasson, Coos Bay
Phone: 541-808-2377
Fax: 541-808-2378
Website: <https://www.snippedinfo.com/>
Facebook: Snipped Clinic

Ko-kwel Wellness Center

January 2020 Update

Planning for a tribal wellness center is moving briskly, and tribal leaders promise a finished product that brings medical excellence to patients and pride to the tribe.

“This is going to be a beautiful building, with room to grow,” said Chairperson Brenda Meade. “It’s going to be an asset to the Coquille Tribe and to the Kilkich neighborhood.”

Project leaders are working with Medford contractor S+B James Construction to fine-tune the 21,000-square-foot Ko-kwel Wellness Center. Project leaders say the building won’t be lavishly constructed or extravagant in size. But it will provide efficient, pleasant surroundings for a range of health-care services.

Along with primary medical care, the tribe will begin offering dental care, behavioral health and alternative therapies in a “holistic” approach. The design sets aside land for future growth of the medical and dental clinics.

The building was designed with community sensibilities in mind. After listening to tribal members and other Kilkich residents at a series of community meetings, project leaders adopted several ideas from community members.

Chair Meade emphasized that the building represents both medical and financial progress for the tribe. Health care for tribal members is the tribe’s biggest expense, consuming millions of dollars of General Fund revenue each year. Tribal leaders want to ease that burden with creative use of “other people’s money.”

The \$12 million project will use no more than \$1 million of the tribe’s own money. The rest will come from grants, private investments and a federal loan. Tax credits for rural development will repay the private investments, and the wellness center’s increased revenue will cover the federal loan.

The wellness center will generate new revenue two ways: First, it will be a “one-stop shop,” where tribal families can access more services than they do now. Second, as many as a quarter of the center’s patients will be non-tribal. Those people’s fees (paid by health insurance or the Oregon Health Authority) will free up tribal money to cover other programs for tribal families.

“This is an important strategic move for us,” Chair Meade said. “It’s a gift we can give to future generations of Coquille people.”

How the new wellness center will enhance care

- Same-day care
- More appointment access
- Dental care
- Behavioral health services

Our care providers today



MD



Family Nurse Practitioner

Expected first-year additions



Physician's Assistant
(Same-day care)



Behavioral Health Specialist



Dentist



Dental Health Aide Therapists



Dental Hygienist

Services projected for Year 2



Mental Health Counseling



Chiropractic Care



Acupuncture Therapy



Massage Therapy



What 'integrated care' means to you

A key aspect of the new wellness center is the concept of integrated, holistic care.

Clustering multiple services under one roof enables patients to access a "one-stop shop" for medical care, dentistry, counseling, a pharmacy, and alternative care options.

All these services will take place in a friendly, comfortable environment. The building will feature natural light, an interior courtyard, native plants, and design themes reflecting the Coquille people's indigenous heritage.

New developments in wellness center design

Fill 'er up

The wellness center will stand on property that used to be cranberry Bogs 1 and 2. Now Bog 3 will have a supporting role as a dirt depository. Hauling out cranberry roots and vines will leave a shallow pit to accommodate soil from project excavation.

Putting the dirt in Bog 3 will be faster and cheaper than trucking it elsewhere. It will also reduce truck traffic through the neighborhood.

A safe site

The wellness center will be earthquake-resilient, resting on secure pilings. Its location is outside the inundation zone for all but the most severe tsunamis. And a recent environmental report delivered a clean bill of health.

Safer streets

Along with the wellness center, a related project will shift the traffic flow in front of the Learning Center. The goal is to separate Miluk Drive traffic from the children attending Head Start and other Learning Center programs.

Fitness center

Kilkich's fitness room, currently located in the housing authority warehouse, will move into the vacated Community Health Center building. It'll be a convenient location with 24-hour access.

Jobs

The Ko-kwel Wellness Center will add more than 20 new jobs, starting in the spring and summer of 2020. To learn more, contact Health Administrator Kelle Little or Human Resources Director Mike Frost at (541) 756-0904, or email mikefrost@coquilletribe.org or kellylittle@coquilletribe.org.

Subcontractors

Primary contractor S+B James is interested in subcontracting with companies owned by tribal member families. To learn more, email faunalarkin@coquilletribe.org, or call Operations Director Fauna Larkin at (541) 756-0904.