

Cow Creek Tribe of Umpqua Band of Indians

June 25, 2014

Cow Creek Health and Wellness hired Jacob Swinn as Wellness Programs Coordinator in 2014 to design and implement a corporate wellness program. Included in this program was the opening of a fitness center in Canyonville, directly across the street from Seven Feathers Casino Resort, as a way to encourage tribal employees to get more active. Along with the opening of this facility, both the new gym and the new wellness clinic in Canyonville were designated as “tobacco-free” zones, with signs posted at each. With a Wellness program starting, employees and tribal members are encouraged to become more active, and are given a variety of options on how to accomplish this: fitness classes (Zumba, spin, walking groups) and personal training are just two of the activities that Jacob is implementing. Employees are also encouraged, through talking with Jacob and beginning exercise programs, to give up tobacco products. Jacob refers employees or patients to the Oregon QuitLine, and runs educational classes (covering subjects such as nutrition, label-reading, exercise, etc.) for employees and Tribal members. The idea in the coming year is for Jacob to create a full, multi-tiered Wellness program that provides incentives for employees and Tribal members who give up tobacco and begin exercise programs.