

Address: 2468 West 11th Avenue Eugene OR 97402 Telephone: 541-484-4234 Fax: 541-484-4583
The Confederated Tribes of Siletz Indians

The Eugene Area Office Newsletter
February 2016

Office hours: Monday through Friday, 8:00 - 4:30

OPEN THROUGH LUNCH HOUR

Nuu-wee-ya'
 (Our Words)

Introduction into the Athabaskan Language
 Open to all Tribal Members of all ages

Location, Dates, times:

Siletz Community Center	Monday	February 1 st	6:00 - 8:00pm
Eugene Area Office	Tuesday	February 2nd	6:00 - 8:00pm
Portland Area Office	Monday	February 8 th	6:00 - 8:00pm
Salem Area Office	Tuesday	February 9 th	6:00 - 8:00pm

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our Ancient Languages. For more information call:

Bud Lane at the Siletz Cultural Department at (541) 444-8320 or 800-922-1399 ext. 1320; or email budl@ctsi.nsn.us



We are here to help you with your concerns and answer your questions. However:

Persons under the influence of drugs or alcohol are not permitted on CTSI property or at Tribally sponsored activities.

Physical or verbal abuse, harassment, the use of foul language or intimidation will not be tolerated.

Threatening phone calls are reported immediately to supervisors and to the police.

Anyone choosing to exhibit any of the above behaviors maybe refused services and, when warranted, will be asked to leave premises.

**Thank you for you cooperation...
 Tribal Administration**

IMPORTANT
WINTER WEATHER SEASON
CTSI – Eugene Area Office Schedule(s)
In case of adverse winter weather conditions, the Eugene Area Office maybe CLOSED
The Eugene Area Office goes by the 4J School District Schedule
(DELAYS AND CLOSURES)
Listen to your local radio station for school closures

Siletz/Eugene A/O Activites Closures

- February 6th Tribal Election
 - February 2nd Language Class 6-8
 - February 15th Holiday – Presidents Day
 - February 23rd Adult/JOM Hand Drum class *
 - February 25th Diabetes Support Group 6-8 *
 - February Thursday's Diabetes Prev Classes 2:30-4
- *See Flyers for information on activities

!!MAIL ORDER SERVICE AVAILABLE!!
WE CAN NOW PROVIDE MAIL ORDER SERVICE TO
ALL SILETZ TRIBAL MEMBERS:
LIVING WITHIN THE 11 COUNTY SERVICE AREA

Please note that this service is **not eligible** for the "Auto-Fill" program. ALL "Auto-Fill" prescriptions **must** be picked up at the pharmacy.

THANK YOU
 PHARMACY STAFF

Tribal Children Need Foster Parents

Do you value Siletz Tribal Native culture and want to help preserve it? If so, please consider Fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas. If you are interested, please contact:

Kelly Miller at (541) 444-8236 or 800-922-1399 ext. 1236; or visit at www.ctsi.nsn.us/icw.html

Alcohol and Drug

Willamette Family Staff Contact Information

Address: 195 w 12th Avenue
Eugene Oregon 97401
Downtown location

Contact: Juli Canizales-Boller or
Amy Zamudio

Telephone: 541-762-4300

2016 EMERGENCY HOUSING ASSISTANCE (EHA) ~OPEN~

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices

Chinook Winds Casino Resort
Sign up for an electronic newsletter:
www.chinookwindscasino.com

Low-Income Energy Assistance Program (LIHEAP)
2015/16 OPEN
Crisis/ Regular heating
November
Siletz Elders/Disabled
Siletz Tribal Households

Please contact Nora Williams-Wood for more information or to make an appointment:
541-484-4234 or 1-800-922-1399 ext 1750

Notary Public (Free Service)

Call to set up an appointment

Contact: Nora Williams-Wood,
Siletz/Eugene Area Office

541-484-4234 or 1800-922-1399 Ext. 1750

(Please make sure document is completely filled out do not sign. Current ID required)

Email Reminders

If anyone would like reminders of special meetings, cultural classes or special events, etc at Eugene Area Office, please contact Nora to be put on email list or email me.

(541) 484-4234 or email: noraw@ctsi.nsn.us

Lane County Veterans Service Office

Providing services: to Veterans, dependents and their survivors. Providing advocacy and facilitating access to benefits including for Disability compensation, Widows/Survivors Benefits, Non-Service Connected Pensions, Education benefits, and access to VA Medical services.

Address: 165 E 7th Avenue, Suite 200 Eugene Oregon
97404

Telephone: (541) 682-4191

Website:

<http://www.lanecounty.org/HSC/veteranservice.htm>

Oregon Telephone Assistance Program

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>

Can fill out online or mail in if you or know someone who receives:

Food Stamps, TANF, SSI or OHP they may be eligible for a reduction on their telephone bill.

SILETZ ELDER NEWS

Please be aware that the weather might change and that meetings might change or be canceled at the last minute. Call ahead if you have a weather concern about an event.

The next Introduction to the Athabaskan Language Class at the Eugene Area Office will be held on Tuesday, February 2, 2016. Classes are held from 6:00 pm to 8:00 pm and begin with a light meal. Class is for basic instruction and a refresher course for more advanced students.

The Elders Council will meet on Saturday, February 13, 2016 from 1:00 pm to 4:00 pm. The meeting will be held in the Mikontunne Room at the Casino. All tribal elders age 55+ are invited to attend the monthly Council meeting. If you plan to attend a future event you may need to call in or sign in at an Elder Council Meeting.

The Chinook Winds Entertainment for February, 2016 is Peter Cetera. He will be playing on February 12th and 13th shows start at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

Remember Monday, February 15th is Presidents Day. All Tribal Offices Closed

There will be a Adult hand drum class at the Eugene Area Office on Tuesday, February 23rd from 1:00 – 3:00pm You will need to call and sign up at 541-484-4234. Space is limited.

Dani Bliss is teaching a special Diabetes Prevention Class. This class has started and will meet weekly on Thursdays. Meetings start at 2:30 pm. Contact Adrienne Crookes and let her know that you are interested (541-484-4234).

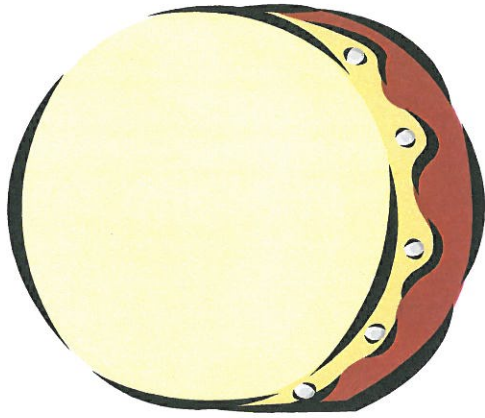
The regular evening Diabetes Prevention Class will be held on Thursday, February 25, 2016, from 6:00 pm until 8:00 pm.

The Siletz Elder Honor Day is Tuesday, April 5, 2016.

Jim Swanson

541-683-8766

jimswanson38@comcast.net



Hand Drum Class

Siletz Tribal Adult Members,

The Eugene Area Office will be having a hand drum class on Tuesday, February 23, 2016 from 1:00 to 3:00.

Space is limited, first served will be Members that have not made a hand drum in the past. Please call the EAO and sign up, 541-484-4234.

EDUCATION NEWS

Nick Sixkiller – Education Specialist
Phone: 541-484-4234 Fax: 541-484-4583

JOHNSON O'MALLEY PROGRAM

The Johnson O'Malley Program is for Native students, 3 years old through the twelfth grade, and is a supplemental education program. To be Johnson O'Malley eligible, students must be at least one-quarter total American Indian blood or enrolled in a federally recognized Tribe. Call the Eugene area office for an application or more information.

JOM PROGRAM SERVICES:

To better serve all students, it is required that parents/guardians fill out and submit a Request for Services application prior to receiving services from the JOM Program. All applications must be received and approved by the Education Specialist before any funding will be dispersed from the JOM Program.

Please contact Nick Sixkiller or your respective Education Specialist to obtain a Request for Services Application or download from the CTSI website.

JOM CULTURAL ACTIVITIES:

THE Eugene Area Office will be offering a cultural class for all JOM student enrolled in the JOM Program through the Eugene Area Office. We will be making hand drums and medicine bags. The class will be held from 4 to 7 pm on the 23rd of February 2016. Due to limited space and materials pre-registration is required. Please contact Nick or Nora at the Eugene Area Office if you would like to participate in the class. 541-484-4234.

HIGHER EDUCATION & ADULT VOCATIONAL TRAINING

Application Deadline:

Students are funded for the academic year once per year; the deadline for completed applications is June 30, 2016. Adult Vocational Training clock hour schools are considered on a case by case basis.

If you are planning to attend Higher Education or Adult Vocational Training fall term 2016, and if you plan to attend school at the University of Oregon, Lane Community College, or Linn-Benton Community College, your completed application should be addressed to the attention of the Education Specialist at the Eugene Area Office. The Siletz area office handles out of state schools. Completed grant applications must be submitted for each school year. For assistance or information, please contact Nick Sixkiller at 541-484-4234. nicks@ctsi.nsn.us

ADULT EDUCATION PROGRAM

The Adult Education Program is for Siletz Tribal Members sixteen years and older and not currently enrolled in an education program.

Adult Education funds are for Tribal members who need to acquire a GED or to enroll in a training class to promote job skills.

***IF YOU ARE NOT WILLING TO LEARN,
NO ONE CAN HELP YOU
IF YOU ARE DETERMINED TO LEARN,
NO ONE CAN STOP YOU***

Confederated Tribes of Siletz Indians
Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"

Our home visiting program provides parenting and life skills for successful and positive parenting. We serve native families that are either expecting or have infants under the age of twelve months, continuing through the child's third birthday. We travel throughout the 11 county service areas of the Confederated Tribe of Siletz Indians. The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. We are funded by the Tribal Maternal, Infant, Early Childhood Home Visiting Program (TMIECHV).

Family Spirit is Evidence based and culturally sensitive to native families. Parents gain knowledge and skills for their developing infant through 36 months of age. We also focus on goals and healthy living for parents as a support system for the family as a whole. The program consists of 63 lessons over a 39 month period and is divided into six modules. The modules are broken into these categories: Prenatal care (9 lessons), infant care (16 lessons), your growing child (11 lessons), toddler care (9 lessons), my family and me (6 lessons), and healthy living (12 lessons). While this may seem like a big commitment the lessons vary from 30 minutes to 90 minutes and some can be combined together as we work with your schedule. Family Spirit suggests we deliver at least 32 lessons to our families in order for families to benefit from the evidence based curriculum. For the full benefits of the program we would like to provide all 63 to our families. As a thank you for participating in our program we offer some incentives which we will be happy to share with you upon the enrolled in our program.

During your participation if you feel like the timeline of lessons is too often we can adjust the home visits to accommodate your schedule while still keeping the programs timeline in mind. We are a voluntary program that delivers home visits in the comfort of the homes of our families. If you would like to get more information and or meet our home visiting staff would love to schedule a home visit to give you a full overview of the program.

CONTACT INFORMATION

201 SE Swan Avenue, Siletz, Oregon (covering Siletz and the coastal range)

Danelle Smith, Home Visitor: (541)-444-9603 or (541) 270-1027

2468 11th Ave., Eugene, Oregon (covering the Willamette Valley area)

Jessica Phillips, Program Coordinator/Home Visitor: (541) 484-4234 or (541) 222-9503

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Having your first child brings big changes in your life. The Siletz Home Visiting Program is available to parents who are pregnant or have given birth within the last year. This program is voluntary, and it is free! There are no income requirements.

The Siletz Home Visiting Program offers:

- 🌸 The latest information about how babies grow, develop and learn both physically and emotionally;
- 🌸 Ways to bond with your baby;
- 🌸 Information about how to keep your family healthy;
- 🌸 Tips for parents about infant sleep, play, attachment, and many more;
- 🌸 Information about other community resources, like breastfeeding support and car seat installation;
- 🌸 Culturally sensitive needs of families; and
- 🌸 Home visits for parents and their children.

If you are interested in hearing more about the Siletz Home Visiting Program in your community, please complete the information below. Someone from the Siletz Home Visiting Program will contact you!

Self-Referral

Person making referral: _____ Date: _____

Agency: _____ Phone: _____

Name: _____

Home phone: _____ Cell phone: _____

Address: _____

City: _____ State _____ Zip Code: _____

Please mail or fax completed form to:
201 SE Swan • PO Box 549 • Siletz, OR 97380
FAX: (541) 444-8392
Call (800-922-1399) ext. 1332 or local (541) 444-8332 to learn more about
the Siletz Home Visiting Program.



477 Self-Sufficiency Program

*Jenifer Jackson, Tribal Services Specialist
Sheila Solis, Tribal Services Specialist*

The Confederated Tribes of Siletz Indians 477 Self-Sufficiency Program offers Work-Experience (WEX), On-the-Job Training (OJT), Classroom Training (CRT) and Direct Placement (DP) services to eligible clients. If you are interested in any of the above programs please contact Jen or Sheila to schedule an appointment.

TSS staff administrative hours Monday through Friday 8:00am - 9:30am

Phone calls will be passed to their voice mail during this time unless previous arrangements have been made.

Phone Messages:

As a reminder when you leave a phone message please leave your name and number, SSP staff will return your call as soon as they are able, unless you are experiencing an emergency and arrangements can be made to assist you.

Long Distance Calls:

You may now reach SSP staff through the 1-800-922-1399 number, please ask to be transferred to the EAO or staff directly to extension 1755 for Jenifer or extension 1756 for Sheila. You can leave messages directly on their voicemail.

Schedules:

Jen's hours: M-F 8:00-4:30pm
General Assistance and TANF

Jenifer will be **OUT** of the office:

***Jenifer – None**

Sheila's hours: T-F 8-4:30pm
Work Experience, Summer Youth
Employment, On-the-Job Training, Classroom
Training, Direct Placement, Emergency
Assistance, TANF Youth Services

Sheila will be **OUT** of the Office:

***Sheila – None**

* Lou Carey will be available to assist clients with some needs when Jenifer and Sheila are out.

Please remember that 477-SSP staff may be out of the office at other times than listed above to meet with employers, complete home visits, client support services, etc... so please call to schedule an appointment.

**Clients are required:
to meet with Tribal Services Specialists each month
You will need to call and set up an appointment**

WEX/Grant Assistance Dates to remember in February 2016

Monday	February 1 st	TANF/GASA/Card day
Tuesday	February 2 nd	WEX Time sheets due
Tuesday	February 2 nd	EAO Language Class 6-8pm
Thursday	February 4th	SSP Orientation 1-3pm
Thursday	February 4 th	Diabetes Prevention Class 2:30-4pm
Friday	February 5 th	Self-Sufficiency documentation due
Saturday	February 6th	Siletz Tribal Election
Thursday	February 11 th	Diabetes Prevention Class 2:30-4pm
Friday	February 12 th	WEX Payday
Sunday	February 14 th	Valentine's Day
Monday	February 15 th	President's Day Holiday - CLOSED
Tuesday	February 16 th	WEX Time sheets due
Thursday	February 18 th	Diabetes Prevention Class 2:30-4pm
Tuesday	February 23 rd	Siletz Adult Hand Drum Class 1-3pm
Tuesday	February 23 rd	JOM Hand Drum/Medicine Bag 4-7pm
Thursday	February 25th	SSP Client Time Mgmt Class 10-3pm
Thursday	February 25 th	Diabetes Prevention Class 2:30-4pm
Thursday	February 25 th	EAO Diabetes Support Class 6-8pm
Friday	February 26 th	WEX Payday

All CRT and childcare timesheets are due a day early the week before a holiday

Services available to all enrolled federally recognized tribal members and descendants:

Classroom Training (CRT)

CRT services are available for Vocational Training, GED completion, a term of Higher Ed. If you are interested in utilizing CRT services, please contact Sheila Solis to schedule an intake appointment.

On-the-Job Training (OJT)

OJT is available to any tribal member seeking employment. It is a reimbursement to an employer for half of a hired employee's wages, up to \$4,500.00 or 6 months, whichever comes first.

Direct Placement

DP is available to any tribal member who has obtained full time employment and applies within seven days of the hire date. Service provides clothing and tools necessary for work.

Work Experience (WEX)

WEX can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage. Contact Sheila Solis for more details.

Siletz Tribal Vocational Rehabilitation Program

The Siletz Tribal Vocational Rehabilitation program (STVRP) is here to assist **members of any federally recognized Tribe** (living within the Siletz Tribes service area) with overcoming impediments to employment. We work with a diverse population of individuals who have disabilities ranging from cognitive impairments to physical limitations.

If you have a documented disability that creates limitations or prevents you from doing the work you desire or are qualified for we would like to assist you. We can assist with obtaining and maintaining employment and developing skills. We focus on motivation, identifying your abilities, skills that lead to successful employment and the development of self advocacy.

You should have a strong desire to work and be willing to work collaboratively with STVRP staff to provide you with the services needed to overcome your disability. Your personal goal should be self sufficiency and to live a healthy sustainable lifestyle.

The STVRP also assists transitioning students with disabilities. The ideal age for a student to start working with VR is two to three years before graduation, until the age 22, or graduated from high school. Our program can provide vocational guidance and counseling; assist with identification of employment goals; employment retention; and advocacy within the academic environment. Students with a documented disability or who are on an "Individualized Education Plan- IEP" or on a "504 Plan" are encouraged to participate in the STVRP.

Examples of SERVICES PROVIDED by STVRP:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Portfolio Building, Resume Writing, Interviewing Techniques, Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment

For more information about the STVRP, please inquire at 1-800-922-1399. We also maintain resource and employment boards so please stop by if you're interested. You can speak to any of the VR staff: **In Salem Office** - Dana Rodriguez (Program Aide); Angie Butler (Program Director).





Want help getting a job? Do you have a diagnosed disability (IEP or 504)?

You could be eligible for STVRP services.

**Steps in working with
Siletz Tribal Vocational Rehabilitation Program:
(STVRP)**

Step 1: Establish contact with the STVRP Counselor assigned to your school and schedule a meeting. Your first meeting with a STVRP Counselor will be to gather information about you, your needs, and to discuss whether the STVRP fits for you. If the program is for you.....

Step 2: Sign an application and a STVRP Counselor will determine whether or not you're eligible for services by talking with you about your needs, your disability, and what barriers you have as a result. They may also need to do some additional testing and will read through your school records.

Step 3: Once you're eligible, you'll meet with your STVRP Counselor to discuss your goals and plans for employment. STVRP Counselors can provide guidance and counseling to students who need help determining their goals or plan for what they want after high school.

Step 4: You'll also work with your STVRP Counselor to discuss the impact of your barriers as you work to reach your employment goals and determine what services are necessary to help you reach your goals.

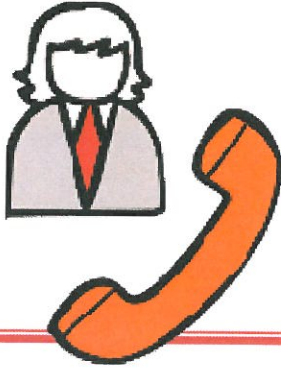
You can get the help you need, schedule your appointment today!

How to contact STVRP:

1-800-922-1399 (Siletz Office)

503-390-9494 (Salem Office)

Siletz Community Health



Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Siletz Contract Health	1-800-628-0449
Siletz Behavioral Health	1-800-600-5599

Siletz Contract Health registration forms and Chemawa Indian Health Center applications

are available at the Eugene Area Office. If you have questions regarding eligibility for services, you may contact:

Adrienne Crookes
Community Health Advocate
541-484-4234

Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

You may qualify for the Oregon Health Plan! OHP provides health care coverage to eligible, low income Oregonians. If you would like to apply, you may stop by and pick up an application, or apply online at OregonHealthCare.gov
Telephone 1-800-699-9075

We are here to assist you with any questions that you may have about OHP.

Contact Adrienne Crookes,
Community Health Advocate, at 541-484-4234

Siletz Mail Order Pharmacy

If you need a prescription refill, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and to mail it to you.

Call **1-800-648-0449** and enter **ext 1624**. Follow the voicemail instructions. If you need assistance, you may call Adrienne Crookes, Community Health Advocate at 541-484-4234

Siletz Community Health

Blood Pressure Screenings



At the Siletz Eugene Area Office

Have you had your blood pressure checked lately?
High blood pressure puts you at risk for heart attack,
stroke, and other health problems.

Feel free to come in and get it checked.



To make an appointment with Adrienne Crookes, CHA,
call 541-484-4234.



Bicycle Helmets

Are available at the Eugene Area Office

Parents, protect your little ones! Siletz household member children who are between the ages of 3-17 are eligible to receive a free helmet. Children who are not the legal dependents are not eligible for this service. Youth are encouraged to take care of their helmet and to return for a new one every other year or earlier if they:

- 1.) Need a larger size
- 2.) Sustain a fall that causes the helmet to hit the ground.

To be fitted for a helmet you may contact Adrienne Crookes, CHA, at 541-484-4234

Attention Tribal Parents and Child Care Givers!

Did you know 3 out of 4 child safety seats are used incorrectly?



If you are unsure if your child's car seat is installed correctly, you may stop by the Siletz office and have it checked by a CTSI Child Passenger Safety Seat Technician.

Free car seats are available to the legal dependents of Siletz tribal members.

To make an appointment with Adrienne Crookes, call 541-484-4234. She will be available to provide information and assist in properly installing your car seat.

Please Come Join Us!!

Diabetes Prevention Class



Thursday, February 25th

From 6:00-8:00 p.m.

At the Siletz Eugene Area Office
2468 West 11th Avenue



Did you know that Native Americans are more than twice as likely to become diabetic than the rest of the U.S. population? Native Americans are more likely to develop complications from diabetes once they have the disease.

Dani Bliss, Diabetes Health Educator with the Coquille Tribe, will be teaching monthly classes. Come learn about modest lifestyle changes you can make to get healthy. Learn about nutrition, exercise, and how to lose weight and keep it off.

Everyone is welcome! You don't have to be pre-diabetic, or have diabetes, to attend. A light, nutritious meal will be provided.

For more information you may contact Adrienne Crookes,
Community Health Advocate, at 541-484-4234

FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Adrienne Crookes, Community Health Advocate



MANAGE YOUR ORAL HEALTH

Whether you are 80 years old or eight, taking care of your mouth is important. There is a vital connection between a healthy body and a healthy mouth. If you want to feel good, stay healthy, and look great throughout life, you might be surprised what a difference a healthy mouth makes. By adopting healthy oral habits at home, making smart choices about diet and lifestyle, and seeking regular dental care, you can help your teeth last a lifetime.

You can take control of your oral health - whether you have your natural teeth, implants or wear dentures.

TIPS FOR TAKING CARE OF YOUR TEETH AND VISITING THE DENTIST

- Brush your teeth twice a day with a toothbrush with soft bristles. Clean between teeth daily with floss or other inter-dental cleaners such as picks or brushes. Tooth decay-causing bacteria still linger between teeth where toothbrush bristles can't reach. This helps remove the sticky film on teeth called plaque and food particles from between the teeth and under the gum line.
- Replace your toothbrush every 3-4 months or sooner if the bristles become frayed. A worn toothbrush will not do a good job of cleaning your teeth.
- Consuming optimally fluoridated water throughout life helps prevent tooth decay no matter how old you are. If you choose bottled water, check the label for fluoride content. Talk to a dentist about what is best for you.
- Eat a balanced diet and limit between-meal snacks.
- If you smoke, quit. Smoking increases problems with gum disease, tooth decay and tooth loss. It also affects healing after dental procedures. There are tobacco cessation programs, over-the-counter products and prescription medications that your dentist may recommend that can help you quit.
- Visit your dentist regularly for professional cleanings and oral exams.

With regular dental visits and overall healthy habits, you can take control of your oral health – whether you have your natural teeth, implants or wear dentures.



February is American Heart Month

Women and Heart Disease Fact Sheet

www.womensheart.org

Prevalence:

- Worldwide, 8.6 million women die from heart disease each year, accounting for a third of all deaths in women. Three million women die from stroke each year. Stroke accounts for more deaths among women than men (11% vs 8.4%) with additional risk for CHD unique to women related to oral contraceptive use in combination with smoking.
- 8 million women in the US are currently living with heart disease; 35,000 are under the age of 65. Four million suffer from angina.
- 435,000 American women have heart attacks annually; 83,000 are under the age of 65 with the average age of 70.4 years.
- 42% of women who have heart attacks die within 1 year, compared to 24% of men.
- Under age 50, women's heart attacks are twice as likely as men's to be fatal.
- 267,000 women die each year from heart attacks, which kill six times as many women as breast cancer. Another 31,837 women die each year of congestive heart failure, representing 62.6% of all heart failure deaths.

At-Risk:

- 71% of women experience early warning signs of heart attack with sudden onset of extreme weakness that feels like the flu.
- Nearly two-thirds of the deaths from heart attacks in women occur among those who have no history of chest pain.
- Women who smoke risk having a heart attack 19 years earlier than non-smoking women.
- Women with hypertension experience a risk of developing coronary heart disease 3.5 times that of females with normal blood pressure. High blood pressure is more common in women taking oral contraceptives, especially in obese women.
- Women with diabetes have more than double the risk of heart attack than non-diabetic women. Diabetes doubles the risk of a second heart attack in women but not in men.
- 23% of white women, 38% of black women, and 36% Mexican American women are obese. Obesity leads to an increased risk of premature death due to cardiovascular problems like hypertension, stroke and coronary artery disease.
- The age-adjusted rate of heart disease for African American women is 72% higher than for white women. African American women ages 55-64 are twice as likely as white women to have a heart attack and 35% more likely to suffer CAD.
- Marital stress worsens the prognosis in women with heart disease.

Compared to Men:

- Men's plaque distributes in clumps whereas women's distributes evenly throughout artery walls. This results in women's angiographic studies being misinterpreted as "normal".
- Women wait longer than men to go to an emergency room when having a heart attack and physicians are slower to recognize the presence of heart attacks in women because "characteristic" patterns of chest pain and EKG changes are less frequently present.
- After heart attack, women are less likely than men to receive beta blockers, ACE inhibitors and aspirin - therapies known to improve survival. This contributes to a higher rate of complications after heart attacks in women, even after adjusting for age.
- Women are twice as likely as men to die within the first few weeks after suffering a heart attack; 38% of women and 25% of men will die within one year of a first recognized heart attack.
- 46% of women and 22% of men heart attack survivors will be disabled with heart failure within six years.
- Women are two to three times as likely to die following heart bypass surgery. Younger aged women between the ages of 40-59 are up to 4 times more likely to die from heart bypass surgery than men the same age.
- Studies show women who are eligible candidates for life-saving clot-buster drugs are far less likely than men to receive them.
- Since 1984, more women than men have died each year from heart disease each year, and the gap between men and women's survival continues to widen.
- Women receive fewer heart disease procedures than men, however, more is not necessarily better in this setting and the best course of treatment for a woman with heart disease has yet to be established.
- Women's hearts respond better than men's to healthy lifestyle changes, yet 2% of the NIH budget is dedicated to prevention.
- Women comprise of only 24% of participants in all heart-related studies



NESIKA ILLAHEE POW WOW

Attention Siletz Tribal Artists

The 2016 Nesika Illahee Pow-wow committee is once again having a logo contest for the upcoming Powwow in August 2016. All Siletz Tribal artists are encouraged to submit a Powwow themed logo. The winning logo artist will receive a cash prize of \$250.00 and a professional banner with your logo. The winning artist will have their logo highlighted on the Nesika Illahee Pow wow flyers and merchandise.

Please submit your art work to the Cultural Education Director's office at the Tribal Community Center or mail them to: Confederated Tribes of Siletz Indians, Attn: Pow-wow Logo Contest, P.O. Box 549, Siletz, OR 97380-0549

All entries must be received no later than February 29, 2016

Royalty Crown Proposals

The 2016 Powwow committee is now accepting proposals for 2016-2017 royalty crowns. Proposals are being accepted for Miss Siletz, Junior Miss Siletz and Little Miss Siletz.

Proposals for a crown are required to include art design, size of the crown and a bid for the crown or crowns of your interest. Proposals may be submitted for individual crowns, two crowns or you may submit a bid for all three crowns. Crown proposals must be turned in to the committee no later than February 29, 2016.

Proposals may be sent to: Siletz Powwow committee, P.O. Box 549, Siletz, OR 97380-0549

If you have any questions, contact Buddy Lane at 1-800-922-1399 ext 1230 or 541-444-8230

USDA distribution dates for February 2016

Siletz

Monday	Feb. 1	9 a.m. – 3 p.m.
Tuesday	Feb. 2	9 a.m. – 3 p.m.
Wednesday	Feb. 3	9 a.m. – 3 p.m.
Thursday	Feb. 4	9 a.m. – 3 p.m.
Friday	Feb. 5	9 a.m. – 3 p.m.

Salem

Monday	Feb. 15	HOLIDAY
Tuesday	Feb. 16	1:30 – 6:30 p.m.
Wednesday	Feb. 17	9 a.m. – 6:30 p.m.
Thursday	Feb. 18	9 a.m. – 6:30 p.m.
Friday	Feb. 19	9 a.m. – 11 a.m.

CARROT CAKE COOKIES

28 Servings prep/total time: 30 minutes

Ingredients

- 6 tablespoons butter, softened*
- ¾ cup packed brown sugar
- 1 egg*
- ½ teaspoon vanilla extract
- 1 ½ cups all-purpose flour*
- 1 teaspoon baking powder
- ¼ teaspoon each baking soda, salt & ground cinnamon
- 1 cup grated carrots*
- ½ cup each raisins and chopped pecans or walnuts* (or use 1 ½ cups chopped fruit & nut mix)*

Directions

- In a bowl, cream butter and sugar. Add egg and vanilla; mix well. Combine the flour, baking powder, baking soda, salt and cinnamon. Gradually add to creamed mixture until blended. Stir in carrots, raisins and nuts.
- Drop by rounded tablespoonfuls 2 inches apart on ungreased baking sheets. Bake at 325* for 12-15 minutes or until edges are lightly browned and cookies are set. Cool for 2 minutes before removing to wire racks.
- *I added some chocolate chips to the recipe, and I have frosted them with cream cheese frosting in the past..... very good any way you want them.*

Yield: 28 cookies.

Joyce Retherford, FDP Director

541-444-8393

Lisa Paul, FDP Clerk/Warehouseman

541-444-8279



February

2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 1 USDA Distribution Siletz 9-3pm TANF/GASA Check/Card School Checks Released	2 USDA Distribution Siletz 9-3pm Time Sheets Due by 12pm EAO Language Class 6-8pm	3 USDA Distribution Siletz 9-3pm	4 USDA Distribution Siletz 9-3pm Diabetes Prevention Program Classes EAO 2:30-4:00pm SSP Orientation EAO 1-3pm	5 USDA Distribution Siletz 9-3pm 477/Self-Sufficiency Documents due	6 Tribal Election
	7 8 PVO Language Class 6-8pm	9 Salem Language Class 6-8pm	10	11 Diabetes Prevention Program Classes EAO 2:30-4:00pm	12 WEX Payday	13 Elders Meeting
14  Valentine's Day	15 Holiday 	16 USDA Distribution Salem 1:30-6:30pm Time Sheets Due by 12pm	17 USDA Distribution Salem 9-6:30pm	18 USDA Distribution Salem 9-6:30pm Diabetes Prevention Program Classes EAO 2:30-4:00pm	19 USDA Distribution Salem 9-11am	20
21	22 ALL Tribal Offices CLOSED	23 Eugene AOC Adult Hand Drum Class 1-3pm FOH Hand Drum & Medicine Bag Class 4-7pm	24	25 SSP Clients Trng Time Management 10-3pm Diabetes Prevention Program Classes EAO 2:30-4:00pm Diabetes Support Group EAO 6-8pm	26 WEX Payday	27
28	29	1 Time Sheets Due by 12pm TANF/GASA Check/Card	2	3	4	5



The Eugene Area Office Staff
541-484-4234 1-800-922-1399
Lou Carey, Supervisor x1751
Nick Sixkiller, Education Specialist/JOM x1757
Jennifer Jackson, Tribal Service Specialist/477SSP x1755
Sheila Solis, Tribal Service Specialist/477SSP x1756
Adrienne Crookes, Community Health Advocate x1753
Jessica Phillips, Program Coordinator/THV x1752
Nora N Williams-Wood, Secretary x1750
Gloria Stott, Elders On-Call Transport

The Confederated Tribes of Siletz Indians
The Eugene Area Office
2468 West 11th Avenue
Eugene Oregon 97402

Eugene A/O

February 2 nd	Language Class 6-8pm
February 6 th	Tribal Election
February 15 th	Presidents Day - CLOSED
February 23 rd	Adult Drum Class 1-3pm
February 23 rd	JOM Hand Drum & Medicine Bag Class 4-7pm
February 25 th	Diabetes Support Group 6-8pm
February	Thursday's Diabetes Prevention Classes

Addressee