

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
May 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	May 9 th	6:00 - 8:00pm
Eugene Area Office	Tuesday	May 10th	6:00-8:00pm
Portland Area Office	Monday	May 16 th	6:00 - 8:00pm
Salem Area Office	Tuesday	May 17 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**

Siletz/Eugene A/O Activities Closures

- | | |
|-----------------------|------------------------------|
| *April 1 - May 2 | Appl-Temp Student Housing |
| May 7 th | U of O Pow Wow |
| May 7 th | Youth Council Meeting-Siletz |
| May 10 th | Language Class 6-8 |
| May 14 th | OSU Pow Wow |
| *May 19 th | Diabetes Support Group 6-8 |
| May 21 st | Elders Meeting Lincoln City |
| May 21 st | Elders Wood Cut – Siletz |
| May Thursday's | Diabetes Prev Classes 2:30-4 |
| May 30 th | Memorial Day CLOSED |

*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



Siletz Eugene Area Office

We are looking for someone that would enjoy teaching a crepe paper flower making class.
Please call 541-484-4234, ask for Lou.



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
~Re-OPEN until funds are exhausted ~
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/rsp/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 Tribal Youth Council Meeting

Date: Saturday, May 7th, 2016
Time: 11am Youth Council Meeting
 1pm Attend the General Council Meeting
 3pm Depart Siletz
 6pm Area Offices arrive home
Location: Siletz

Lunch will be provided
Parents/Guardians are welcome to attend with youth

Transportation:
 Youth carpool from the Area Offices. Contact us as soon as possible if you would like to join.

Area Office Contact Numbers:
 Portland: Katy Holland (503) 238-1512
 Salem: (503) 390-9494
 Eugene: Nora Williams (541) 484-4234
 Siletz: Sharla Robinson 541-270-3212

2016 Siletz Tribal Youth Council Calendar

<u>Meeting Date</u>	<u>Location</u>	<u>Activity Description</u>
Saturday, May 7 th , 2016	Siletz	Meeting and attending General Council
Wednesday, July, 13 th , 2016	Siletz	Meeting after Culture Camp
TBA August	TBA	Possible Service Learning Project
Friday-Saturday, October 14-15 th	TBA	Siletz Tribal Youth Conference
Saturday, December 3 rd	TBA	Meeting and fun activity TBD

Youth Council Objective:
 The objectives of this group shall be to provide a collective voice and represent the tribal youth in all matters that concern them; to serve as a means of mobilizing and coordinating the actions of youth, other community members and organizations toward positive goals; to promote the development of future tribal leaders; to help solve problems facing tribal youth; to coordinate school and community service projects and provide opportunities for the youth to interact for fun and fellowship.



SILETZ ELDER NEWS

The next Introduction to the Athabaskan Language Class at the Eugene Area Office will be held on Tuesday, May 10, 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. This class will be dedicated to the Feather Dance and will include the Feather Dance practice as part of the class.

The Elder Council will meet on Saturday, May 21st, 2016 from 1:00 pm to 4:00 pm. The meeting will be held in the Casino. All tribal elders age 55+ are invited to attend the monthly Council meeting. This is an important meeting because we will need to decide which expenditures to cut to balance our budget. If you plan to attend a future Elder Event you will need to call in or sign in at an Elder Council Meeting.

The Chinook Winds Entertainment for May, 2016 is The Jacksons. They will be performing on the 20th and 21st with shows starting at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

Dani Bliss is teaching a special Diabetes Prevention Class. This class has started and meets every other week on Thursdays. Meetings start at 2:30 pm. This month's meetings are on the. Contact Adrienne Crookes and let her know that you are interested in attending (541-484-4234).

The regular evening Diabetes Support Class will be held on Thursday, May 19, 2016, from 6:00 pm until 8:00 pm. A light meal is available.

The Quarterly meeting of the Executive Committee, the Area representatives and the Transporters will be held in Salem on Wednesday May 25, 2016. The meeting will start at 11:00 am.

Remember May 30th is Memorial Day. All Tribal offices closed. See flyer to see what is planned for that day in Siletz.

Jim Swanson 541-683-8766

mjswanson38@comcast.net

EDUCATION

*-HIGHER EDUCATION- -ADULT VOCATIONAL TRAINING-
-ADULT EDUCATION- -SUPPLEMENTAL EDUCATION-*

NICK SIXKILLER - EDUCATION SPECIALIST

541-484-4234

JOHNSON O'MALLEY PROGRAM

ZOO Field Trip

On Tuesday June 21st, 2016 the Eugene Area Office JOM Program is offering a field trip to the Washington park zoo for students enrolled in the Siletz JOM Program. Please be prepared for whether changes by bringing appropriate clothing along on the trip. Space is limited so **PRE-REGISTRATION IS REQUIRED** to participate in this very educational field trip. Students are required to be at least 10 years old to ride in Tribal vans without a chaperone. Zoo tickets, snacks and lunch will be provided for all participants. We will be leaving the Eugene Area Office at 7AM and returning at approximately 4:30 PM. **Registration:** Please call Nick or Nora at the Eugene Area Office to register. 541-484-4234. **Deadline for registration is June 15, 2016**

HIGHER EDUCATION

Did you apply for your 2016/2017 Free Application for Federal Student Aid (FAFSA) by January 31, 2016? If you neglected to do so, you will not be eligible for a Tribal Higher Education Scholarship or an Adult Vocational Program scholarship for the 2016/2017 school year. Siletz Tribal Education Program requires students to have their FAFSA Application Submitted by January 31st of each year to be eligible for a Tribal Scholarship.

IMPORTANT!! "APPLICATION DEADLINE LOOMS"

**Deadline for Tribal Higher Education and Adult Vocational Training Applications
June 30th – for 2016/2017 academic year funding
Incomplete or late applications will not be considered.**

CTSI SCHOLARSHIPS

The Art Bensell Memorial, Siletz and CTSI-Pepsi Craig Whitehead Memorial Scholarships are also due in June. Please contact your respective Education Specialist, if you need an application or have questions or concerns.

It is recommended that all students apply for any scholarships that are applicable to your course of study. You can gain valuable information about scholarships by logging onto any of the following web sites;

www.getcollegefunds.com

www.osac.state.or.us

www.howstuffworks.com/college-financial-aid.htm

www.collegeboard.com

www.fastweb.com

www.free.ed.gov

www.college.gov



**"YOU SHOW YOUR HEART BY HOW YOUR
WORDS AND ACTIONS AFFECT OTHERS"**

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

2468 11th Ave., Eugene, Oregon (Covering Eugene and surrounding areas)

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

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

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

3160 Blossom Drive NE Ste. 105, Salem Oregon (Covering Salem, Portland and surrounding areas)

Lori Christy, Home Visitor: (503) 390-9494 or (541) 272-2241

Tricia Brown, Home Visitor: (503) 390-9494



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-Referred

Person making referral: _____ Date: _____

Agency: _____ Phone: _____

Name: _____

Home phone: _____ Cell phone: _____

Address: _____

City: _____ State _____ Zip Code: _____

Please mail or fax completed form to:

2468 W 11th Avenue • Eugene OR 97402

FAX: (541) 484-4583

Call (800-922-1399) ext. 1752 or local (541) 484-4234

to learn more about the Siletz Home Visiting Program



Tribal Early Learning Initiative- TELI



Our shared vision: Children and families are supported by the community and program services and working together we will ensure children are raised in quality, culturally responsive environments.

Terry Persson, BS
Early Learning Project Manager,
terryp@ctsi.nsn.us phone: 541-444-8332

The focus of the TELI grant is serving pregnant moms and young children through the age of 5. The first steps in the project are:

- Connect with the programs and people do or would like to offer support to pregnant moms and little ones and talk about how we can work together.
- Identify the supports both tribal and community provided in the area, create a resource list, in the process inform those services about each other.
- Increase the communication and connection between programs and individuals whom want to work toward a strong line of service, for this time of life.
- Identify what is happening with tribal services and explore if anything can be added to them to better meet the needs of the Tribal Members.



Please take the time to complete this survey. We need to know what the Tribal Programs know and what they see as their role in making this time in life be healthy and informed.

This information will let us see the next steps to take to insure our little ones grow up in a healthy, safe and enriching environment.

Tribal Program _____ date _____

What is your connection to services or information for pregnant women?

none social service cultural service health service behavioral health service other, list

I would like to provide more services to pregnant women. referral informational direct services

List other services _____

Are there barriers to you providing the support and services that you would like? No Yes If yes list

What is your connection to services or information for families about their babies and toddlers?

none social service cultural service health service behavioral health service other, list

I would like to provide more services to families with babies and toddlers? referral informational direct services

List other services _____

Are there barriers to you providing the support and services that you would like? No Yes if yes list

What is your connection to services or information to families about their preschoolers?

none social service cultural service health service behavioral health service other, list

I would like to provide more services to families about their preschoolers? referral informational direct services

List other services _____

Are there barriers to you providing the support and services that you would like? No Yes if yes list

What is your connection to services directly with little ones birth to age 5?

none social service cultural service health service behavioral health service other. list

I would like to provide more direct service little ones birth to age 5? referral informational direct services

List other services _____

Are there barriers to you providing the support and services that you would like? No Yes if yes share

How important is an informed and healthy pregnancy is to the future of our Tribal Children?

not important a little important kind of important very important

How important is early learning, birth to age 5 on the future ability and health of our Tribal Children?

not important a little important kind of important very important

How important is it that our Tribal Community understands and supports healthy and informed pregnancy and early childhood experiences? not important a little important kind of important very important

If important, list how our Tribal Community can do it _____

Empowering Families through Homes of Their Own

The Confederated Tribes of Siletz Indians in Oregon sponsors a home visiting program called Family Spirit, a model developed by Johns Hopkins University. The home visitors provide information and support to families about child rearing and help parents set and meet goals for their families. A major issue for many young families is having their own homes.

“Eight out of 10 families that I have served have some sort of homelessness,” says Jessica Phillips, Home Visiting Program Coordinator. “They may be living with a relative or somewhere else where they don’t have their own space. A lot of them say they can’t be the parents they want to be when they’re living under someone else’s roof. They just want a little help to be able to be independent and live on their own.”

The Siletz Tribe home visiting program is supported by a grant from the Tribal Maternal, Infant, and Early Childhood Home Visiting program, administered by the U.S. Department of Health and Human Services, Administration for Children and Families (ACF). The Confederated Tribes of Siletz Indians is one of 25 tribal communities participating in this federal program.

The home visitors work to connect families with the resources they need, which can be a long and involved process when it comes to housing. The options include tribal housing programs for families living on the reservation, as well as rental assistance and first-time homebuyer programs available in neighboring communities.

“I recently had a client whose roommate left the house, and the family was at risk of being evicted,” says home visitor Danelle Smith. “I was able to work with a couple of programs to provide emergency assistance, and my client was able to keep her apartment.”

Phillips has forged strong relationships with housing providers by serving on the board of Advocacy and Outreach Workers of Lane County. People from a wide variety of agencies attend monthly meetings to keep each other informed about housing and other resources available to families in the area.

Phillips sees housing as the launch pad for further growth. “Housing is a key thing that people need in order to move forward,” she says. “They become more independent. They feel more self-worth. One mother I worked with had applied for multiple jobs but was not getting any callbacks. Right after she got her own place, she got her first job. It could be a coincidence, but I think when you don’t have all of the stress and you have your own place, everything else kind of falls into place.”

Empowering Families through Homes of Their Own

As families move forward, they often need less help. One family had been unable to find a landlord who would rent to them because they had no credit and the father worked at a part-time, minimum-wage job. When the family made it to the top of the waiting list for rent assistance, they still could not afford the required security deposit and first and last months' rent. Their home visitor was able to help them secure one-time funding from the tribe to cover the expense. When the father's employer gave him a full-time job, the rental assistance was reduced accordingly. The father told the home visitor that while he was sorry to see their rent go up, it made him feel good to be able to pay the bills and provide for his family.

"Home visiting is more than just visiting the family," says Phillips. "It is a very big support system and a way to collaborate with the community to give them wraparound services for anything they may be needing and a person that they can feel comfortable to come to with any concerns they may be having."

For more information, contact Jessica Phillips at JessicaP@ctsi.nsn.us or 541-484-4234.

The Confederated Tribes of Siletz is a federally recognized confederation of 27 bands, originating from Northern California to Southern Washington. The home visiting program is offered to tribal families in an 11-county area in Oregon. Learn more at <http://www.ctsi.nsn.us>.

ACF's Tribal Maternal, Infant, and Early Childhood Home Visiting Program provides grants to tribal entities to develop, implement, and evaluate home visiting programs in American Indian and Alaska Native (AIAN) communities. The grants are intended to help develop and strengthen tribal capacity to support and promote the health and well-being of AIAN families, expand the evidence base around home visiting in tribal communities, and support and strengthen cooperation and linkages between programs that serve tribal children and their families. Learn more about the Tribal Home Visiting program and grantees at <http://www.acf.hhs.gov/programs/ecd/home-visiting/tribal-home-visiting>.



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.

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.

Schedules:

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

Jenifer will be **OUT** of the office:
***Jenifer – May 5- am, 26th,**

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 – May – Further Notice**

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

**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 May 2016

Friday	April 29 th	TANF/GASA/Card day
Thursday	May 5 th	Self-Sufficiency documentation due
Thursday	May 5 th	Cinco De Mayo
Friday	May 6 th	WEX Payday
Saturday	May 7 th	U of O Pow Wow
Tuesday	May 10 th	WEX Time sheets due
Tuesday	May 10 th	EAO Language Class 6-8pm
Saturday	May 14 th	OSU Pow Wow
Thursday	May 19 th	Diabetes Prevention Class 2:30-4pm
Friday	May 20 th	Wex Payday
Tuesday	May 24 th	WEX Time Sheets Due
Monday	May 30 th	Memorial Day - CLOSED

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.



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 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.

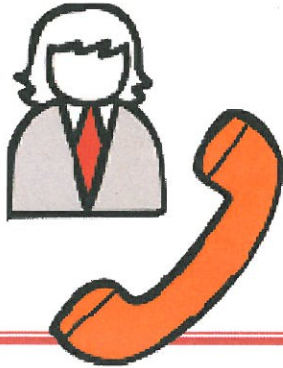
Examples of SERVICES PROVIDED by STVRP:

- 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).



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	1-800-628-5720
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 Support Group



Thursday, May 19th

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

MAY IS NATIONAL STROKE AWARENESS MONTH

Adrienne Crookes, Community Health Advocate

KNOW THE FACTS ABOUT STROKE

What is stroke?

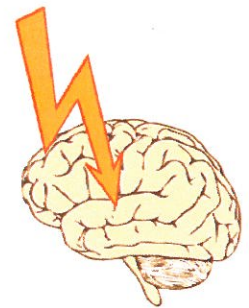
Stroke kills almost 130,000 of the 800,000 Americans who die of cardiovascular disease each year – that's 1 in every 19 deaths from all causes. A stroke, sometimes called a brain attack, occurs when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts. You can greatly reduce your risk from stroke through lifestyle changes and, in some cases, medication.

Are you at risk?

Anyone, including children, can have a stroke. Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits that you can change. Examples include smoking, drinking too much alcohol, and not getting enough exercise. Having high cholesterol, high blood pressure, or diabetes also can increase your risk for stroke. However, treating these conditions can reduce the risk of stroke. Ask your doctor about preventing or treating these medical conditions.

What are the five most common signs and symptoms?

- Sudden numbness or weakness of the face, arm, or leg.
- Sudden confusion or trouble speaking or understanding others.
- Sudden trouble seeing in one or both eyes.
- Sudden dizziness, trouble walking, or loss of balance or coordination.
- Sudden severe headache with no known cause.



If you think that you or someone you know is having a stroke, call 9-1-1 immediately.

How is stroke diagnosed?

Your doctor can perform several tests to diagnose stroke, including brain imaging, tests of the brain's electrical activity, and blood flow tests.

How can I reduce my risk for stroke?

Eat a healthy diet, maintain a healthy weight, be physically active, don't smoke, limit alcohol use, and prevent or treat your other health conditions, especially high blood pressure, high cholesterol, and diabetes.

For more information visit www.cdc.gov

May is Blood Pressure Awareness Month

Adrienne Crookes, Community Health Advocate

Nearly 1 in 3 adults is living with this “silent killer.”

In the U.S. today, about 68 million people are living with high blood pressure, also known as hypertension. The good news is that high blood pressure can be prevented and controlled. The bad news is that less than half of the population with high blood pressure actually has it under control.

High blood pressure is an important health concern because it leads to heart attack and stroke, two of the leading causes of death in the U.S. High blood pressure is also a major risk factor for other diseases such as congestive heart failure and kidney disease.

High blood pressure is sometimes called a “silent killer” because it often does not have any signs or symptoms. That’s why it’s important to check your blood pressure regularly, and to take steps to maintain normal blood pressure, or lower blood pressure if it reaches unsafe levels.

Blood pressure is written as two numbers. The first (systolic) number represents the pressure when the heart beats. The second (diastolic) number represents the pressure when the heart rests between beats. The following is a classification system for blood pressure.

Normal blood pressure	systolic: less than 120 mmHg and diastolic: less than 80 mmHg
Prehypertension	systolic: 120-139 mmHg or diastolic: 80-89 mmHg
High blood pressure	systolic: 140 mmHg or higher or diastolic: 90 mmHg or higher or taking antihypertensive medication

Preventing and Controlling High Blood Pressure

- Have your blood pressure checked and monitor it regularly.
- A diet high in sodium (salt) increases the risk for higher blood pressure. Most of the sodium we consume is already in the food when we buy it, mainly in processed foods. Cut back on your salt intake.
- Maintain a healthy body weight.
- Exercise regularly.
- Eat more fruits and vegetables.
- Don’t smoke.
- Watch your alcohol intake (fewer than two drinks per day for men, or one drink per day for women).
- If you have been prescribed blood pressure medication, take it as directed.
- If you have trouble with side effects, talk to your healthcare provider about other medications you can try.



For more information visit www.cdc.gov/features/highbloodpressure

2016-2017 Hunting and Fishing Tags Distribution Schedule

The Natural Resources Committee has set the following schedule and methods for distribution of this year's hunting and fishing tags to Tribal members.

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery	50	8/27-9/25	8/8 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/1-11/4**	8/22	First Come First Served
	Antlerless or Spike – Adult	8	10/22-11/4	Lottery applications available 8/8; due 9/2; drawing 9/12; tags issued 9/13	Lottery – Open to Elders Only
	Antlerless or Spike – Youth	5	10/1-11/6	Lottery applications available 8/8; due 9/2; drawing 9/12; tags issued 9/13	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/19-12/11	<i>First Distribution:</i> 10/17 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/31 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Elk	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/6; due 7/8; drawing 7/11; tags issued 7/12	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/27-9/25	8/8 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/12-11/15	Lottery applications available 9/6; due 9/23; drawing 10/3; tags issued 10/4	Lottery
	2 nd Season Rifle	25	11/19-11/25		
	Antlerless	9	Various seasons	Lottery applications available 9/6; due 9/23; drawing 10/3; tags issued one month prior to season opening	Lottery
	Late Archery Antlerless	56	11/26-12/11	<i>First Distribution:</i> 10/17 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/31 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/22	First Come First Served

*No early calls to “save” a tag for someone. Must physically show up to obtain tag on first day of distribution. May call to have a tag mailed beginning on the second day of distribution

**Season for Youth ages 12-17 is 10/1 - 11/6 (2 days extra at end of season)

*** Minus number of tags filled in Early Bow Season

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2016-2017 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).

Second Distribution: For any eligible hunter, regardless of what other tags they have received.

Cut Wood For The Elders Day

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the first “Cut Wood For The Elders Day” of the year on **Saturday, May 21st**. The woodcut will be held on the **Tribe’s Logsdan Road Property between the Tribal Food Distribution Warehouse and the Tribal Vehicle Storage Yard** in Siletz. We need lots of volunteers to help cut, split and deliver firewood for Tribal elders. Bring your chainsaws, hydraulic wood mauls, axes, and lots of moral support! Lunch, be provided. We will go until mid-

The goal of this deliver firewood to as possible. The Elders’ list of elders that burn heat. People willing to elders outside of the contact the Elders 800-922-1399 ext. to be paired up with especially need folks the Eugene, Salem,

Elders in need of firewood should also contact the Elders Program Clerk to get their name on the delivery list.

If you have parents or grandparents that burn wood in the winter to stay warm, you need to help out at this event! Come help replenish those wood piles for the coming winter. There will be two other woodcuts this year on July 16th and on September 17th.



USDA distribution dates for May 2016

Siletz

Monday	May 2	9 a.m. – 3 p.m.
Tuesday	May 3	9 a.m. – 3 p.m.
Wednesday	May 4	9 a.m. – 3 p.m.
Thursday	May 5	9 a.m. - 3 p.m.
Friday	May 6	9 a.m. - 3 p.m.

Salem

Monday	May 16	1:30 – 6:30 p.m.
Tuesday	May 17	9 a.m. – 6:30 p.m.
Wednesday	May 18	9 a.m. – 6:30 p.m.
Thursday	May 19	9 a.m. – 11 a.m.

ANNOUNCING!!!!!!! You can now LIKE US on Facebook at: Siletz Tribal FDPIR. I am so happy that I finally got this done. Post your favorite recipes and check distribution dates and other important information that is program related.

I made this recipe at the Siletz warehouse in April. It is so easy and a healthy dinner to make for your family.



PRESTO PRIMAVERA

*INDICATES PRODUCT AVAILABLE IN FOOD PACKAGE

½ BAG ROTINI PASTA *	1 CAN MIXED VEGETABLES *
1 CAN DICED TOMATOES *	(DRAINED)
2 CANS CHUNK CHICKEN *	1 CUP SHREDDED CHEESE *
(DRAINED)	

1. Cook pasta according to package directions, and drain.
2. Heat vegetables, tomatoes and chicken in large saucepan while pasta is cooking.
3. Mix in pasta; heat through.
4. Serve with shredded cheese.

*** *When I made it, I mixed the cheese in with the pasta and vegetables (like a mac & cheese). It was so good and just a few ingredients.*

Joyce Retherford, FDP Director
541-444-8393

Lisa Paul, FDP Clerk/Warehouseman
541-444-8279



2016
Confederated Tribes of
Siletz Indians
Memorial Day Ceremony

May 30, 2016
11:00 a.m.
Government Hill
Siletz, Oregon

Procession to Veterans Memorial – Honor Guard
Drum – Bad Soul

Lord's Prayer – Siletz Royalty
Welcome – Tribal Council Chairman Delores Pigsley
Memorial Day Address – Maria Westervelt
Presentation of Flowers
Gun Salute – Honor Guard
Taps

Closing by Bad Soul
Lunch at the Tribal Community Center
Provided by the Cultural Heritage Committee – Noon



SUPPORT LANE COUNTY 4-H AND EXTENSION SERVICE!

The Lane County community will have the opportunity to support 4-H and the OSU Lane County Extension Service this May when a local option tax levy will be on the ballot. This levy, supported by the County Commissioners, is for \$0.015 per \$1,000 of assessed value or about \$3 a year for a property with the average value of \$200,000. The levy sunsets after 5 years.

If passed, the ballot measure will provide some \$440,000 annually, allowing the Lane County Extension Service to expand 4-H, including the renewal of 4-H after school programs. It will help support an Extension Forester and a Commercial Agricultural Agent, to reinvigorate services for property owners and managers. The Master Gardener and Master Food Preserver programs could maintain services. Last but not least, the levy funding would leverage federal grants to strengthen nutrition education programs.

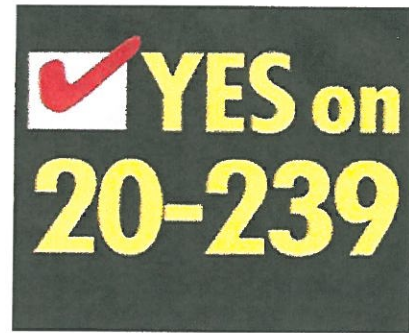
After years of shrinking reserves and increased reliance on volunteer service, the Lane County Extension Service, a valuable community resource, needs the help of its good neighbors now. Keep Extension working for you. Support the Lane County 4-H and Extension Service ballot measure in May.

Lane Extension is asking for your support for Ballot Measure 20-239.

We value the support we have

received from the Eugene Siletz Tribal office in allowing the use of their facilities for meetings, and enjoy providing Master Food Preserver and Master Garden classes for Siletz Tribal members.

Please vote Yes for Ballot Measure 20-239.



Support Lane County 4-H and Extension

Youth, Forestry, Agriculture, Gardening, Food Preservation Safety & Nutrition



Contact: Leigh Rieder
LaneExtension2016@gmail.com
facebook.com/Support-Lane-County-4-H-and-Extension



580012R10


Only \$3 annually per \$200,000 home!

If you would like to help with this ballot measure, (distributing information, putting up a yard sign, or donating to the Political Action Committee), please contact: Cindy McLaren, 541-554-9230, or Leigh Rieder, LaneExtension2016@gmail.com



Handwritten text in blue ink: "M A D"

Handwritten text in blue ink: "2016"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26 Time Sheets Due by 12pm	27	28 Diabetes Prevention Program Classes EAO 2:30-4:00pm	29 TANF/GASA Check/Card School Checks Released	30
1	2 USDA Distribution Siletz 9-3pm	3 USDA Distribution Siletz 9-3pm	4 USDA Distribution Siletz 9-3pm	5 USDA Distribution Siletz 9-3pm 477/Self-Sufficiency Documents due Diabetes Prevention Program Classes EAO 2:30-4:00pm	6 USDA Distribution Siletz 9-3pm WEX Payday	7 Youth Council Meeting/Siletz U of O Pow Wow
8	9 Siletz Language Class 6-8pm	10 Time Sheets Due by 12pm EAO Language Class 6-8pm	11	12 Diabetes Prevention Program Classes EAO 2:30-4:00pm	13	14 OSU Pow Wow
15	16 USDA Distribution Salem 1:30-6:30pm PAO Language Class 6-8pm	17 USDA Distribution Salem 9-6:30pm Salem Language Class 6-8pm	18 USDA Distribution Salem 9-6:30pm	19 USDA Distribution Salem 9-11am Diabetes Prevention Program Classes EAO 2:30-4:00pm	20 WEX Payday	21 Elders Wood Cut Siletz Elders Meeting 1pm Aces
22	23	24 Time Sheets Due by 12pm	25	26 Diabetes Support Group EAO 6-8pm	27	28
29	30 Memorial Day  CLOSED	31	1 TANF/GASA Check/Card School Checks Released	2	3 WEX Payday	4



The Eugene Area Office Staff
 541-484-4234 1-800-922-1399
 Lou Carey, Supervisor x1751
 Nick Sixkiller, Education Specialist/JOM x1757
 Jenifer 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 Confederated Tribes of Siletz Indians
 The Eugene Area Office
 2468 West 11th Avenue
 Eugene Oregon 97402
 Eugene A/O

April 1 – May 2	Temporary Student Housing Application
May 5 th	Cinco De Mayo
May 7 th	Youth Council Meeting
May 7 th	U of O Pow Wow
May 10 th	Language Class 6-8pm
May 14 th	OSU Pow Wow
May 19 th	Diabetes Support Group 6-8pm
May 21 st	Elders Meeting
May 21 st	Elders Wood Cut - Siletz
May	Thursday's Diabetes Prevention Classes
May 30 th	Memorial Day Closed

Addressee