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**SRII-NA CHEE-
YASH-'E**
(High in Sky Bird)
Or **EAGLE**



2016 CTSI

Memorial Day Ceremony

May 30th, 2016 at 11:00 AM

(for more information turn to page 14)

**All Area Offices will be
Closed on Memorial Day
Monday, May 30th**

I.D. Machine Coming to PAO in June

Most of our visitors are aware that we have been seeing our enrollment department visit in conjunction with our major events, and we have great news!

We are currently working with enrollment to schedule regular visits to PAO on a quarterly basis to issue IDs. The I.D. machine will be here during our June Diabetic Talking Circle. Stay Tuned for more information in June's edition!

If you would like to receive an e-mail notification of future I.D. machine visits, please contact Andrew Johanson, Area Office Clerk..



Important Dates

- Sat., 5/7 General Council—1 PM
- Sat., 5/14, Elders Council—1 PM
- Fri., 5/20, Regular Council—8 AM
- Mon., 5/30, Memorial Day Ceremony 11 AM

Community News

Portland Area Office Beading Group

We will be hosting two separate groups this month. We will, host our regular beading group:

**Mon., May 16th
10:00 AM—Noon**

We will be teaching the traditional art of wax flower making:

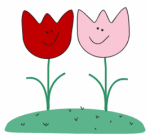
**Weds., May 17th
10:00 AM—Noon**

For more information, Please call Sherry Addis.

Get Ready, Siletz Culture Camp in July



Don't forget! It's that time of year and summer is right around the corner. This year's Culture Camp will be held July 12th to the 14th. If you plan to attend Culture Camp this year, be sure to register. Registration applications will soon be available in all Siletz Area offices. More information coming June!



Wax Flowers for Memorial Day

We would like to invite folks to join us to make wax paper flowers. The wax flowers will be made into a wreath to honor those who have passed and placed at the Paul Washington Cemetery for the Memorial Day Ceremony.

Wed., May 4th at 1PM, 12th at 6 PM, Wed., May 11th, 17th, 18th & 25th at 10AM

Elder's Shopping Days



The next elders shopping day will be:

To reserve your spot on the bus, please

May 10th & 24th at 10 AM

call your Elders program area representative, Kay Steele (503) 760-4746 or Consuelo "Cookie" Fernandez (503) 853-5430.

PAO Elders Potluck

Ch'ay-yii-ne Ghu'-'alh

Weather permitting, we will next meet:

**Tues, May 24th
5:30 PM — 7 PM**

Please bring a potluck dish to share. For more information or to request a ride/carpool, please contact the Elders Coordinator or your Elders Representative Kay Steele or Consuelo Fernandez.

Tues., May 23rd—5:30 PM

For more information contact Andrew Johanson or Katy Holland.

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 in becoming a foster parent please contact Siletz ICW at (800) 922-1399.

Healthy Traditions & Garden Club

May Garden Club

May activities: TBA

If you are interested in joining us, please call Sherry Addis or Verdene McGuire at the Portland Area Office (503) 238-1512 for more information.

We look forward to seeing you:

Wednesday May 11th

5:30 PM—7 PM



**Location:
Portland Area Office**

Garden Update: Lori Johnson Memorial Learning Garden (LJMLG). Many of the plants are in bloom, including:



Camas:

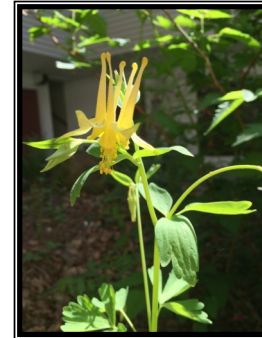
This native plant grows in great numbers in moist meadows; they are perennial plants with basal linear leaves measuring 8 to 32 inches in length, which

emerge early in the spring. *camas* were an important food staple for Native Americans.

Vancouveria:



A species of flowering plant in the barberry family known by the common name golden inside-out flower. It is native from Southwest Washington to northwestern California, where it occurs in coastal and inland mountain ranges, including the Klamath Mountains. It grows in dry mountain habitat in chaparral and forests.



Columbine:

Somewhat short-lived but actively self-seeding perennials, these graceful, nodding flowers rise high above clumps of delicately lobed

leaves and are a beacon of attraction to hummingbirds, with a long bloom-time from late spring through summer. They grow to a somehow-surprising height of up to three feet; upright spurs above, and petticoats of stamens and styles beneath dance in the breezes of the garden.



Salal:

This sturdy evergreen shrub is found widely along the Pacific coast. Salal

grows from 3 - 6,' mostly under evergreens where it spreads quickly to form dense thickets. It has dark green, lustrous leaves, white or pink flowers in late spring that attracts hummingbirds.

(Continued on page 9)

Community Health



Diabetes Support Group

Our May Diabetes Support Group will be providing healthy salads, fruits and veggies. All tribal member are welcome.

**Tues., May 17th
Noon—2 PM**

Hypoglycemia

This is a condition characterized by abnormally low blood glucose (blood sugar) levels, usually less than 70 mg/dl. Hypoglycemia may also be referred to as an insulin reaction, or insulin shock. Hypoglycemic symptoms are important clues that you have low blood glucose. Each person's reaction to hypoglycemia is different, so it's important that you learn your own signs and symptoms when your blood glucose is low. The only sure way to know whether you are experiencing hypoglycemia is to check your blood glucose, if possible. If you are experiencing symptoms and you are unable to check your blood glucose for any reason, treat the hypoglycemia. Severe hypoglycemia has the potential to cause accidents, injuries, coma, and death.

Signs and Symptoms of Hypoglycemia (happen quickly):

- Shakiness
- Nervousness or anxiety
- Sweating, chills and clamminess
- Irritability or impatience
- Confusion, including delirium rapid/fast heartbeat
- Lightheadedness or dizziness

- Hunger and nausea
- Sleepiness
- Blurred/impaired vision
- Tingling or numbness in the lips or tongue
- Headaches
- Weakness or fatigue
- Anger, stubbornness, or sadness
- Lack of coordination
- Nightmares or crying out during sleep
- Seizures
- Unconsciousness

Treatment

1. Consume 15-20 grams of glucose or simple carbohydrates
2. Recheck your blood glucose after 15 minutes
3. If hypoglycemia continues, repeat.
4. Once blood glucose returns to normal, eat a small snack if your next planned meal or snack is more than an hour or two away.

15 grams of simple carbohydrates commonly used:

- Glucose tablets (follow package instructions)
- 2 tablespoons of raisins
- 4 ounces (1/2 cup) of juice or regular soda (not diet)
- 1 tablespoon sugar, honey, or corn syrup
- 8 ounces of nonfat or 1% milk
- Hard candies, jellybeans, or gumdrops (see package to determine how many to consume)

Glucagon

If left untreated, hypoglycemia may lead to a seizure or unconsciousness (passing out, a coma). In this case, someone else must take over. Glucagon is a hormone that stimulates your liver to release stored glucose into your bloodstream when your blood glucose levels are too low. Injectable glucagon kits are used as a medication to treat someone with diabetes that has become unconscious from a severe insulin

reaction. Glucagon kits are available by prescription. Speak with your health care provider about whether you should buy one, and how and when to use it.

The people you are in frequent contact with (for example, family members, significant others, and coworkers) should also be instructed on how to administer glucagon to treat severe hypoglycemic events. Have them call 911 if they feel they can't handle the situation (for example, if the hypoglycemic person passes out, does not regain consciousness, or has a seizure, if the care taker does not know how to inject glucagon, or if glucagon is not available).

Hypoglycemia Unawareness:

Very often, hypoglycemia symptoms occur when blood glucose levels fall below 70 mg/dl. But, many people have blood glucose readings below this level and feel no symptoms. This is called hypoglycemia unawareness. People with hypoglycemia unawareness are also less likely to be awakened from sleep when hypoglycemia occurs at night.

Hypoglycemia unawareness oc-

curs more frequently in those who:

- Frequently have low blood glucose episodes (which can cause you to stop sensing the early warning signs of hypoglycemia),
- Have had diabetes for a long time,
- Tightly control their diabetes (which increases your chances of having low blood glucose reactions)

If you think you have hypoglycemia unawareness, speak with your health care provider. Your health care provider may adjust/raise your blood glucose targets to avoid further hypoglycemia and risk of future episodes.

See more at:

www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hypoglycemia-low-blood.htm

Vocational Rehabilitation (STVRP)

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

477 Self-Sufficiency Program

Mission Statement:

To assist eligible clients in attaining self-sufficiency. The 477 Self Sufficiency Program will serve the following groups as they work towards this goal: Siletz needy families, Native American, Alaskan Native, Native Hawaiian.

Program components include: cash grant services, emergency utility assistance, job training, job retention services and other supportive services which are subject to budget cycle availability.

The Program Manual lists all available components in detail and the requirements of each which is also available at

the CTSI website:

www.ctsi.nsn.us

Contact a Tribal Services Specialist for more information about current components that are available.

Your Success is Important to Us

Questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell

Athabaskan Language

Nuu-wee-ya' (Our Words)

For the month of May during our regularly scheduled language class, we will be hosting a special class: How to feather-dance. Come and join other members of your community and tribe in learning to speak one of our ancient languages used during Feather Dancing.



NAA-GHAA-YVSH-NE

WOLF

Any tribal members who need assistance with cultural projects, please bring them prior to class, if possible. We also have equipment in the Cultural Department available for use in grinding and drilling shell or pine nuts or other applications. If you need to use the equipment, call the number below to set up an appointment. For more information, please contact Bud Lane.

Many Athabaskan language lessons are available to tribal members, in print and audio at the CTSI web site at:

www.ctsi.nsn.us

The language samples are provided for your use online. To confirm proper pronunciation go to the Siletz Talking Dictionary at:

www.siletzlanguage.org

**Monday, May. 16th, 2016
6 PM—8 PM**

Behavioral Health — Alcohol & Drug Program

Philosophy:

The Siletz Tribal Alcohol and Drug Program views alcoholism, chemical dependency, and other addictions as a progressive illness. When left untreated they can cause emotional, mental, physical, and spiritual problems for the person, family, and community. Addictions are treatable and staff is personally dedicated to providing culturally relevant treatment services.

Services Include:

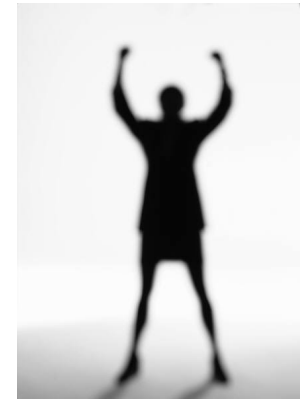
- Evaluation/Assessment
- Referral to appropriate resources
- Alcohol/other drug education
- Cultural/traditional Individual, group, or family counseling
- Adolescent treatment
- Women's specific treatment
- Intervention
- Recreational therapy
- Urinalysis/saliva testing
- DUII rehabilitation services

Generally, PAO Counselor Andulia WhiteElk Hours are:

When Andulia is unavailable, Counselors from other area offices (Salem, Siletz, or Eugene) can assist.

Salem Office Mondays and Tuesdays
10AM—3PM

Portland Office Wed., Thurs., and Fri.
8:30AM — 5PM



**Recognize
Acknowledge
Forgive
Change**

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk

**Help is
Available &
Confidential**

~Enrollment Reminder~

Summer Per-capita is Coming! Be sure to update any new information (i.e. Name Changes, Addresses) with CTSI Enrollment department as soon as possible. Forms are available at your local Siletz office, and online at the CTSI website. Call Angela Ramirez or Danise Barker, in the Enrollment department at (800) 922-1399 X 1258.

Education & Youth Update

Katy will be out of the office from May 18th through June 3, 2016. If you need assistance please contact her prior to May 18th.

Attention Students

This pertains to all College Bound & Returning Tribal Higher Education/Adult Vocational Students for the 2016-2017 academic year. Those who are considering attending college next year and would like to apply for Tribal funding must complete their Siletz Tribal Higher Education application and return it with the required documentation by June 30, 2016. If you would like help with the application or have questions about the documentation needed please contact Katy Holland at the Portland area office. Applications can be found on line at:

www.ctsi.nsn.us

Summer Credit Recovery Program—Register Early!

The Portland Summer Scholars program at Benson High School offers a credit recovery and credit advancement program for high school student in the Portland Public School district and out of district. There is a tuition cost for this summer program and/or eligibility for a partial waiver. The Siletz Johnson O'Malley Program can assist with the cost. Registration will open in May. Talk to your high school advisor to confirm if you will need additional credits towards graduation. Spaces and classes fill up quickly once they open in May.

Get Ready for Pow Wow Season, Regalia Night

We hope you can join us at Regalia Night. Instructor and sewing machines are available. All ages are welcome!

**Tues., May 3rd
5:30 PM-8 PM
Portland Area Office**

Family Culture Night: The Art of Wax Flower Making

**Thursday, May 12th, 2015
6:00 PM to 8:00 PM
Portland Area office**

You are invited to enjoy a fun evening together to learn how to make traditional wax flowers. We also need your help to make this year's Memorial Wreath for Siletz Memorial Day where we honor our veterans and those who have passed. All ages are welcome to join us. A light meal will be provided.

Planning for Summer Activities for your Children

Summer is almost upon us and programs will be open for summer registration beginning in May. Here are a few ideas for summer activities.

Fun Days In the Park with Metro at Blue Lake Park: Nature walks, arts and crafts, sports, games and fun activities in the nature discovery garden. Plus you can become a Blue Lake Park Junior Ranger. (18 and younger) 11 AM to 2 PM every Tues., Wed., and Thurs. This summer Katy will be taking kids to this event twice a week, except during Culture Camp. Call Katy to sign up.

Portland Metro Arts Summer Camp: Offering fun and engaging sum-

mer camps in the arts from theatre to hands on activities For more information go to:

www.pdx.metroarts.org

City of Portland Parks: Camps and lessons. Sign up early. For more information go to:

www.portlandoregon.gov/parks. You can view catalogues, sign up for classes and see what's happening this summer.

Trackers: Northwest: Award winning summer camps and outdoor adventure for youth in SE, North and West Portland. For more information visit:

www.trackerspdx.com.

Friends of Tryon Creek Summer Nature Day Camps 2016: Camp sessions have specific themes that will guide conversation and activities; exploring nature through sensory exploration and hands on activities. All camps include hiking, songs, crafts, stories and of course games and forts in the meadow. For more information visit:

www.tryonfriends.org

Timbers Summer Soccer Camps

at Providence Park (Half and Full Day): For information please visit:

www.timbers.com/youth/full-camps-schedule

Tualatin River Day Camps: Tualatin Riverkeeper's summer day camp program welcomes youth between the ages of 4 and 23. These camps foster an appreciation and love of nature through place-based, hands on experiential learning. Lessons and activities are designed to develop campers self-confidence, problem solving skills, and understanding of their ecological niche. For information visit:

www.tualatinriverkeepers.org

Royal Ridges Horseback Riding, Paintball and Adventure Camps:

Outdoor adventure in Battleground, WA. please visit:

www.royalridges.org.camp

Please remember Johnson O'Malley and/or Siletz Tribal Youth Activity funding is available to help with these summer youth activities. For applications please contact Katy.

Attention Graduate Students

In 2016, (10) more graduate students will be funded at \$1,000 each to help towards expenses. If you are in graduate school or plan on attending this coming year:

- Fill out and send in the regular Higher Education application.
- Send proof of the American Indian Graduation Center application.
- A one page paper on your graduate degree program and your plans after completion.

Applications are due on June 30, 2016.

Awards will be made winter term.

If you have questions, please call 541 444-8290 or 1-800-922-1399, X 290.

May 2016

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Regalia Night 5:30 PM	4 Wax Flower Class 1—3 PM	5	6	7 Youth Council 11 AM—Siletz General Council 1 PM—Siletz
8 Mother's Day	9	10 Elders Shopping Day 10 AM	11 Wax Flower Class 10 AM—Noon Garden Club 5:30—7:30 PM	12 Wax Flower Class 6—8 PM	13	14 Elders Council 1 PM—Lincoln City
15	16 Beading Group 10 AM—Noon Athabaskan Language Class 6 PM—8 PM	17 Wax Flower Class 10 AM—Noon Diabetic Luncheon Noon—2 PM	18 Wax Flower Class 10 AM—Noon	19	20 Regular Council 8 AM—Siletz	21
22	23	24 Elders Shopping Day 10 AM Wax Flowers & Elders Potluck 5:30 PM	25 Wax Flowers 10AM—Noon	26	27	28
29	30 Memorial Day Ceremony 11 AM—Noon Siletz	31				

Siletz

Monday	May 2	9 AM – 3 PM
Tuesday	May 3	9 AM – 3 PM
Wednesday	May 4	9 AM – 3 PM
Thursday	May 5	9 AM – 3 PM
Friday	May 6	9 AM – 3 PM

Salem

Monday	May 16	1:30 PM – 6:30 PM
Tuesday	May 17	9 AM – 6:30 PM
Wednesday	May 18	9 AM – 6:30 PM
Thursday	May 19	9 AM – 11 AM

We are so happy to finally announce, you can now LIKE US on Facebook at: Siletz Tribal FDPiR

You can post your favorite recipes and check distribution dates and other important information that's program related.

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

PRESTO PRIMAVERA

*indicated Product Available in Food Package

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

Cook pasta according to package directions, and drain.

Heat vegetables, tomatoes and chicken in large saucepan while pasta is cooking.

Mix in pasta; heat through.

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 5
Warehouseman
41-444-8393

Lisa Paul, FDP Clerk/
541-444-8279

2016-17 Siletz Tribal Head Start Enrollment Application

CHILD'S NAME _____ Social Security # _____ - _____ - _____

Child's Sex: M F 3. Child's Date of Birth: ___/___/___ AGE NOW
Returning Student: Yes No. Does child have any condition which may be considered a disability or special need? Y/ N Explain:

Is child descendant/member of a federally recognized Indian Tribe? Y/ N
Roll # _____ Tribe _____ (Please attach verification).

Are You Homeless? Y/ N Homeless children means individuals who lack a fixed, regular, and adequate nighttime residence; For Example, are living in motels, hotels, trailer parks, or camping grounds due to the lack of alternative adequate accommodations, or are awaiting foster care placement.)

PARENT/GUARDIAN NAME(S):

1. _____ DOB ___/___/___
2. _____ DOB ___/___/___

Street Address: _____ City: _____

Zip Code: _____

Mailing Address: _____

City: _____ Zip Code: _____

Telephone #'s: Home:() Work:()

Bus Pick-up and drop-off address if different from above: _____

A preference for enrollment can be given to families which face any of the following conditions: single parent household, parents separated or divorced, child is a victim of abuse or neglect or child suffers a non-handicapping medical condition, foster child, sibling who attended the program. If your family meets any criteria and you want to claim that preference, please list the qualifying condition(s) here:

LIST ALL OTHER HOUSEHOLD MEMBERS BY NAME and DATE Of Birth : Total # Household members _____

Please add additional families members to the back of this application

1. _____ 2. _____
3. _____ 4. _____

FINANCIAL STATEMENT (You Must attach verification of these benefits.) Check all that apply:

___ Employed ___ Unemployment—General Assistance—Child Support—TANF - Veteran's Benefits—Social Security—Disability—College Grants/Scholarships—Other, explain

TOTAL GROSS MONTHLY INCOME

\$ _____ (YOU MUST attach verification)

With my signature I certify that the above information is complete and accurate:

Signature: _____ Date: _____

Siletz Tribal Head Start is an equal opportunity program and open to all children regardless of race, color, age, sex, handicap, or national origin. Any person who believes she/he has been discriminated against should write to the Secretary of Agriculture, Washington, DC, 20250.



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 – West Coast Boyz

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 West Coast Boyz
 Lunch at the Tribal Community Center
 Provided by the Cultural Heritage Committee – Noon




PPS Title VII Indian Education Presents:
NATIVE FAMILY NIGHT AT OMSI
 Monday, May 2, 2016
 6:00-8:00 PM
 1945 SE Water Ave
 Portland, OR 97214

- ♦ Free Admission!
- ♦ Free Parking!
- ♦ All Ages Welcome!
- ♦ Explore the regular exhibits!
- ♦ Please RSVP to 503-916-6499!

SPECIAL EXHIBITS
GAME MASTERS: THE EXHIBITION

"Game Masters: The Exhibition showcases the work of over 30 game designers, from Nintendo's iconic character led worlds featuring Mario and Link, to the immersive worlds of Blizzard Entertainment, the musical notes of Rock Band and the atmospheric narratives of Flower and Journey by thatgamecompany."



- ♦ LAB EXPERIENCE: GAME MASTERS IN TRAINING

Please RSVP to Vanessa at
 PPS Title VII Indian Education
 (503) 916-6499 or email to
 indianeducation@pps.net.



PPS Title VII Indian Education
 5210 N Kerby Ave, Portland, OR 97217

Featuring:



In the exhibit, visitors will learn how native communities are using their traditional knowledge in conjunction with cutting-edge science to successfully address some of the most pressing issues facing society today. The exhibition tells this story through the voices of elders and youth from diverse Native American and Hawaiian cultures and includes hands-on activities, custom video games, audio and video content and engaging graphics.

Roots of Wisdom will show inspiring examples of successful projects that incorporate both traditional and ecological knowledge and Western science.



Native American Student Union Presents
48th Annual University of Oregon
Mother's Day Pow-Wow 2016



May 6th—7th at 7 PM
Where: MacArthur Court, Uni-
versity of Oregon Campus,
Eugene, OR



Salmon Bake
May 8th at 3 PM
1630 Columbia St.
Eugene, OR

(Continued from page 2)

The fruits are plentiful and delicious. Traditionally the Siletz people ate the berries and used the leaves for medicines.

Indian Celery:



A tall perennial North American herb (*Heracleum maximum*) in the parsley family, having large compound leaves and compound umbels of small whitish flow-



ers.

Lady Fern:

Its common names "lady fern" and "female fern"

refer to how its reproductive structures (sori) are concealed in an inconspicuous—deemed "female" — manner on the frond. Alternatively, it is said to be feminine because of its elegant and graceful appearance.



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, OR

Lunch will be provided and Parents/Guardians are welcome to attend

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: Sonya Moody-Jurado(503) 390-9494 Eugene: Nora Williams (541) 484-4234 Siletz: Sharla Robinson 541-270-3212

GATEWAY DISCOVERY PARK GROUNDBREAKING

**Saturday,
May 7
11AM-12PM**
NE Halsey & 106th



Gateway Discovery Park features will include:

- Plaza and canopy
- Splash pad
- Skate spot
- Grassy area
- Play area and swing

Siletz Home Visiting Program

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.

For more information please contact Jessica Phillips in the Eugene office at (541) 484-4234.X1752

Contract Health

Need to Call Contract Health?

If you have questions about your eligibility for Siletz, Contract Health Services (CHS), please call your assigned CHS technician. Please call (800) 628-5720. A technician is assigned to you by your last name. Please

refer to the list below to determine who you need to speak with when contacting contract health.

Trish Carey	A-G	X1651
Joella Strong	H-O	X1649
Misty Hammet	P-Z	X1329

Published by the
**Confederated Tribes of
 Siletz Indians of Oregon
 Portland Area Office**

Portland Area Office
 12790 SE Stark St., Suite 102
 Portland, OR 97230

Phone: (503) 238-1512
Fax: (503)238-2436

Hours:
 Mon—Friday
 8:00 AM—4:30 PM

www.ctis.nsn.us



BEAR SV-GVS

Is Your Newsletter Coming to the Right Address?

We frequently receive new mailing address lists from Enrollment. If you have not updated your new address with enrollment your newsletter could be misdirected. If you or someone you know is not currently receiving their newsletter (we send one per household), please contact Enrollment: 1 (800) 922-1399, X1258 to update your mailing address.

Would You Like to Receive Your Newsletter Faster and In Color?

All Area Office newsletters are now posted for immediate downloading at our tribal website:

www.ctsi.nsn.us



(Voc. Rehab. Continued from page 3)

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 the VR staff: **In Salem Office** - Dana Rodriguez (Program Aide) and Angie Butler (Program Director).

Portland Area Office Staff:

Name/ Title	Contact Information
Sherry Addis Area Office Supervisor	(503) 238-1512, X1419 sherrya@ctsi.nsn.us
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Andrew Johanson Area Office Clerk	(503) 238-1512, X1400 andrewj@ctsi.nsn.us
Verdene McGuire Comm. Health Advocate	(503) 238-1512, X1413 verdenem@ctsi.nsn.us
Patricia McKinney Tobacco Prevention Coordinator	(503) 238-1512 X 1415 pattim@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us
Andulia WhiteElk Addictions Counselor—A/D Program	(503) 238-1512, X 1414 anduliaw@ctsi.nsn.us

Other Numbers:

Name/ Program	Number	Name/ Program	Number
Angie Butler Voc. Rehab. Director	503-390-9494 X1872	Bud Lane Cultural Program	800-922-1399 X1320
Casey Godwin LIHEAP	(800)-922-1399 X 1311	Jeanette Aradoz Housing Dept.	800-922-1399 X1322
Mike Kennedy Natural Resources	800-922-1399 X1232	Joyce Retherford USDA FDP Dir.	(541) 444-8393
Jessica Phillips Home Visiting Cdntr.	(541) 484-4234 X1752	Kim Lane C.A.R.E. Program	(800)922-1399 X1679
Marleen Wynn Housing Admissions	(800) 922-1399 X1259		