# le Drumbea SALEM AREA OFFICE





BEVERLY OWEN, AREA OFFICE SUPERVISOR 503-390-9494, x1851 bevo@ctsi.nsn.us

CINDY JACKSON, AREA OFFICE SECRETARY 503-390-9494, x1850 cindyj@ctsi.nsn.us

HOURS OF OPERATION: Our office hours are Monday through Friday 8:00am – 4:30pm. We are closed on Federal holidays and Tribal holidays. We do ask that you try to make it into the office in plenty of time to conduct any business you have by close of business.

PRINTING, COPYING & FAXING: Community Members can send or receive faxes, have copies made and print documents. The charge is 5 cents per page. Note: If the documents are specifically requested by a Tribal Program there will not be a charge. (Non Siletz Tribal members will be charged for all faxing, printing and copying.)



The position of the Tribe on coming into Tribal Offices under the influence of drugs and/or alcohol is that it will NOT be tolerated. That also includes threats of any kind and/or unruly behavior. If you exhibit any of this type of behavior, you will be asked to leave.

IMPORTANT REMINDER: We are not allowed to accept collect phone calls! If you place a call like that it will be declined. You must call the 800 number in Siletz and asked to be transferred to this office



If you would like to get your newsletter electronically, email Cindy (cindyj@ctsi.nsn.us) and she will add you to the distribution list. Reminder: All Area Office newsletters are available online.



HAPPY FALL







KIMBERLY LANE

COORDINATOR/ADVOCATE

kimberlyl@ctsi.nsn.us

(Siletz) 800-648-0449

(Salem) 503-390-9494

KIRA WOOSLEY

kiraw@ctsi.nsn.us

(Siletz) 800-648-0449

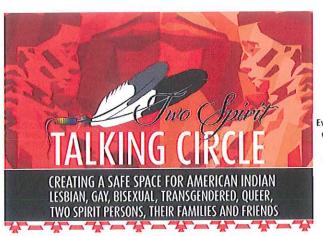
The CARE Program offers confidential, safe and culturally appropriate education and advocacy services to Native American victims of domestic violence, sexual assault, dating violence and stalking, as well as victims associated with Native families, such as a non-native spouse.

An advocate is available to provide assistance to access services, including personal protective orders, shelter or housing, Tribal program information and other program resources.

It is the Program's mission to educate and empower our community to live a healthy, non-violent lifestyle that strengthens spirit for future generations.

# SELF Support Group

Support group that focuses on Safety, Emotions, Loss and Future for those who have experienced trauma in their life. The group meets the first Thursday of each month from 5.30-7.00pm at the Hee Hee Illahee RV Resort. If you have questions or would like more info, call Kimberly or Kira.





# Join us Wednesday Oct 12<sup>th</sup> at 5:00 pm Salem Area Office

Every month, the Siletz Tribal Change Team hosts a community talking circle for the American Indian Lesbian, Gay, Bisexual, Transgendered, Queer (LGBTQ), Two-Spirit community and its allies. The goal of the Talking Circle is to create a safe and confidential space for the community to discuss the struggles, triumphs and concerns of the LGBTQ Two-Spirit Community. This is also a place for friends and family to receive advice, support, and education as they continue their journey as an ally.

The Siletz Tribal Change Team works to improve the services utilized by the LBGTQ and Two-Spirit community. The team works to create awareness, provide education/resources and change the culture of the Native community to be more accepting of its LBGTQ and Two-Spirit individuals.

The Talking Circle is held on the second Wednesday of each month from 5.00–7.00pm For more information, contact Norma Trefren 503–390–9494 or normat@ctsi.nsn.us



# LIHEAP OPENS FOR ELDERS & DISABLED MONDAY OCTOBER 3<sup>RD</sup>

By appointment only. Call Cindy on September 30<sup>th</sup> for an appointment.

### WHAT IS LIHEAP?

LIHEAP (Low-Income Home Energy Assistance Program) is a Federally-funded program that helps low-income households with their home energy bills.

LIHEAP can help you stay warm in the winter. By doing so, you can reduce the risk of health and safety problems (such as illness, fire, or eviction.)

### QUALIFICATIONS

# Enrolled Siletz Tribal Member

The applicant, or a child residing in the household, must be an enrolled Siletz tribal member.

### Residence Location

The residence must be located within the 11 county service-area. (Note: you must apply in the area you live.) Income Elizible

The applicant/family must meet the annual income guidelines as determined at the time of intake.

When making your appointment for assistance, you must have all necessary documentation beforehand, or be able to have required documents before appointment time.

### REQUIRED DOCUMENTATION INCLUDES, BUT IS NOT LIMITED TO:

Social Security Cards for ALL household members (NO EXCEPTIONSI)

Most recent utility bill (bill MUST be in the Tribal members name.)

Current income documents – for each adult household member (e.g. Social Security award letter, Unemployment print out, paystubs etc.)

If you need documentation from other departments, please be sure to make those requests from those departments *prior* to your appointment.

### Household income's not to exceed:

- 1- \$22,626.00
- 2- \$29,587.00
- 3- \$36,549.00
- 4- \$43,511.00
- 5- \$50,473.00
- 6- \$57,435.00
- 7- \$58,740.00
- 8- \$60,045.00 9- \$61,351.00
- 10- \$62,656.00

# LIHEAP OPENS FOR ALL OTHER SILETZ TRIBAL MEMBERS TUESDAY NOVEMBER 1<sup>ST</sup>

By appointment only. Call Cindy on October 31st for an appointment.

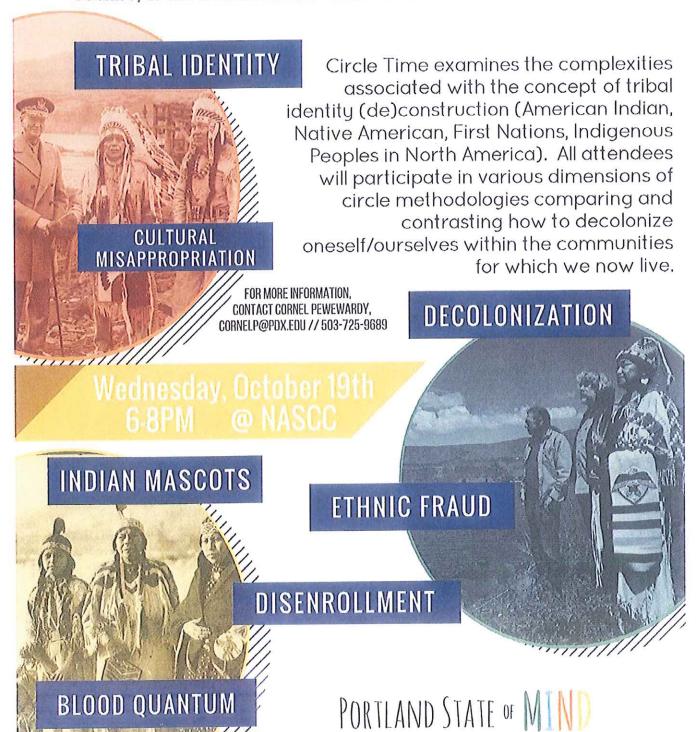


Now's the time to sign up your child/children (age 15 and under). Visit this link and request an application.

http://salem-or.toysfortots.org/local-coordinator-sites/lco-sites/default.aspx

# RENAMING, RECLAIMING & REGENERATING INDIGENEITY

EXAMINING TRIBAL IDENTITY AND CITIZENSHIP IN SCHOOLS, MULTICULTURAL SOCIETY, SPORTS CULTURE AND THROUGH THE LENS OF SOCIAL MEDIA





# SALEM KEIZER SCHOOLS INDIAN ED

Our classes will be starting Thursday, October 20th, with Literacy/Math classes for Pre-K to 1, Literacy for grades 2-5, Study Hall for all levels, Parent Education Class, and (the first of 2) Scholarship Writing Workshops for secondary students.

All Thursday activities are located at: Bush Elementary School, 410 SE 14th St, Salem. Refreshments are served at 5:30pm. Activities are at 6:00 to 7:30pm.



# LANGUAGE CLASS

Nuu-wee-ya' (Our Words)

DATE: October 13<sup>th</sup>

TIME: 6:00 - 8:00 pm

WHERE: Salem Area Office



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. We also have equipment in the Culture Department available for use in grinding and drilling shell or pine nuts or other applications. If you have a need for using the equipment call and I can set up an appointment during regular business hours or after hours.



# SALEM WAREHO

Monday October 17th Tuesday October 18<sup>th</sup> Wednesday October 19th Thursday October 20th

1:30 - 6:30 pm 9:00 am - 6:30 pm 9:00 am - 6:30 pm 9:00 - 11:00 am

JOYCE RETHERFORD CTSI FDP Director LISA PAUL CTSI FDP Clerk 800-922-1399 (Siletz) 503-391-5760 (Salem)



The real eggs are a big hit with our clients and also the whole wheat tortillas are moving fast. I made these burritos at the Siletz warehouse and all of it was made from commodity products, except the spices.

10 tortillas\*

# BEEF AND BEAN BURRITOS

Ingredients:

24 oz. canned beef (drained & rinsed)\* 2 (15oz.) cans black beans (drained) \*

1 can tomato sauce\* 1 c. shredded cheese \* 1 tbsp. Cajun seasoning 1 sliced green bell pepper\*

1 chopped onion \*

1 clove garlic, minced 1/2 tsp. salt & pepper to taste

Instant mashed potatoes (to thicken)\*

Preparation: Wrap tortillas in foil and warm in oven at 350 degrees for 15 minutes. Meanwhile, cook beef, onion and garlic and green pepper and black beans in a skillet until browned. Stir in tomato sauce, Cajun seasoning and salt. Cook 3 minutes over medium heat. Remove from heat and thicken the mixture with instant potato flakes, adding just a little at a time until it is the desired consistency. Spoon 1/2 cup beef mixture into center of each tortilla. Top with cheddar cheese. Tuck two sides over filling and then roll up. Heat a skillet over medium high heat with a little vegetable oil. Fry the burritos until crispy. Recipe makes up to 10 burritos.

\* Indicates commodity foods used

# 477/Self-Sufficiency Program



ANGELICA ESPINO
Tribal Service Specialist
angelicae@ctsi.nsn.us
503-390-9494 x1853
NORMA TREFREN
Intake Specialist/Job Coach
normat@ctsi.nsn.us
503-390-9494 x1852

Our Program offers a variety of services on a budgetary basis. We offer Cash Assistance, Emergency Assistance, Classroom Training, Work Experience and On The Job Training. Participants in 477/SSP Programs must meet the eligibility requirements.

# IMPORTANT DATES TO REMEMBER

# OCTOBER 1<sup>ST</sup> – 5<sup>TH</sup> CLIENTS MUST MAKE AN APPOINTMENT. IT'S A REQUIREMENT.

October 3<sup>rd</sup>
October 5<sup>th</sup>
UIHEAP Opens for Elders & Disabled (Siletz) Tribal Members
Job Search/Monthly Report forms due for Cash Assistance

October 7<sup>th</sup> WEX Payday

October 11<sup>th</sup> WEX Timesheets Due
October 13<sup>th</sup> Native Wellness Training

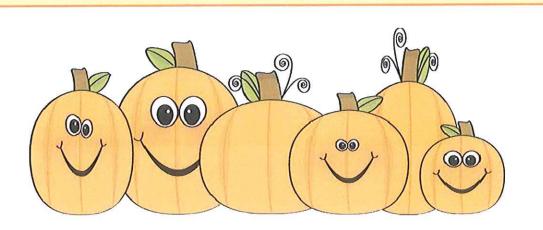
October 14<sup>th</sup>-16<sup>th</sup> Youth Conference
October 21<sup>st</sup> WEX Payday

October 25<sup>th</sup> WEX Timesheets Due

# IMPORTANT REMINDERS FOR 477/SSP CLIENTS

- SSP STAFF WILL RETURN CLIENT PHONE CALLS WITHIN 24 BUSINESS HOURS.
- SSP STAFF WILL ADDRESS CLIENT REQUESTS FOR SUPPORT SERVICES AND OTHER REQUESTS WITHIN TWO BUSINESS DAYS.
- SUPPORT SERVICES REQUEST FORMS ARE KEPT IN THE LOBBY.
- YOU MUST COMPLETE THE SUPPORT SERVICES REQUEST FORM FOR GAS CARDS, BUS PASSES, ETC.
- ▶ OFFICE STAFF DO NOT TAKE MESSAGES. YOU MUST LEAVE A VOICEMAIL ON YOUR WORKER'S LINE. IF YOU DON'T LEAVE A CURRENT PHONE NUMBER WE CANNOT RETURN YOUR CALL SO PLEASE BE SURE TO DO SO.
- CHECKS ARE AVAILABLE AFTER 2.00PM ON THURSDAYS. SINCE THE CHECKS COME IN THE MAIL IT CAN EVEN BE FRIDAY BEFORE THEY ARRIVE.

  PLEASE CALL BEFORE COMING ALL THE WAY HERE FOR YOUR CHECK.



# Community Health Advocate



CECILIA TOLENTINO, CHA
503-390-9494 x1854
ceciliat@ctsi.nsn.us
Monday - Friday
8.00am - 4.30pm

# Siletz Tribal Youth Helmet Program

Tribal members and their dependents between the ages of 3 and 17 years of age are eligible to receive bicycle and skateboard helmets. Please call Cecilia at the Area Office to schedule an appointment time.

# Flu Shot Clinic

Call today to reserve your flu shot. We will notify you once our inventory of flu shots arrive.



# Why Is Bicycle Safety So Important?

Bike riding is a lot of fun, but accidents happen. The safest way to use your bike is for transportation, not play. Every year, about 300,000 kids go to the emergency department because of bike injuries, and at least 10,000 kids have injuries that require a few days in the hospital. Some of these injuries are so serious that children die, usually from head injuries.

A head injury can mean brain injury. That's why it's so important to wear your bike helmet. Wearing one doesn't mean you can be reckless, but a helmet will provide some protection for your face, head, and brain in case you fall down.

### A Helmet How-To

Bike helmets are so important that the U.S. government has created safety standards for them. Your helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC). If your helmet doesn't have a CPSC sticker, ask your mom or dad to get you one that does. Wear a bike helmet **EVERY TIME YOU RIDE**, even if you are going for a short ride.

Your bike helmet should fit you properly. You don't want it too small or too big. Never wear a hat under your bike helmet. If you're unsure if your helmet fits you well, ask someone at a bike store.

Once you have the right helmet, you need to wear it the right way so it will protect you. It should be worn level and cover your forehead. Don't tip it back so your forehead is showing. The straps should always be fastened. If the straps are flying, it's likely to fall off your head when you need it most. Make sure the straps are adjusted so they're snug enough that you can't pull or twist the helmet around on your head.

Take care of your bike helmet and don't throw it around. That could damage the helmet and it won't protect you as well when you really need it. If you do fall down and put your helmet to the test, be sure to get a new one. They don't work as well after a major crash.

Many bike helmets today are lightweight and come in cool colors. If you don't love yours as it is, personalize it with some of your favorite stickers. Reflective stickers are a great choice because they look cool and make you more visible to people driving cars.



SONYA MOODY-JURADO, Education Specialist 503-390-9494 x1856 sonyamj@ctsi.nsn.us Monday – Thursday 8.00am – 4.30pm

EDUCATION PROGRAM COMPONENTS: Higher Ed Adult Vocational Training (AVT) Adult Education Supplemental Education (TYEE)

My office hours are Monday-Thursday 8:00 - 4:30pm. I do not work on Friday.

Tutoring Tutoring will be held on Tuesday evenings from 4:30 - 6:30 pm in the Salem Area Office. It will begin on October  $4^{th}$ .

Indian Education starts on October 20th at 5:30pm (dinner) and classes go from 6:00-7:30 pm at Bush Elementary.



When calling, if I am not available, please leave a message. For JOM activities youth must be nine years old to attend without a chaperone. You must call Sonya to sign up for all JOM activities.

# HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The Tribal Higher Education Program operates on a one-time per person application deadline. The deadline for Fall Term was June 30, 2016. If you missed that deadline, the next funding cycle is for Fall Term 2017 and the deadline is June 30, 2017. To be eligible to receive Tribal Education Funding you will have to complete your FASFA by January 31, 2017.

# 2 Major FAFSA® Changes You Need to Be Aware Of

There are two exciting changes coming to the Free Application for Federal Student Aid (FAFSA®) process this year.

### The 2017-18 FAFSA will be available earlier.

You can file your 2017–18 FAFSA as early as Oct. 1, 2016, rather than beginning on Jan. 1, 2017. The earlier submission date will be a permanent change, enabling you to complete and submit a FAFSA as early as October 1 every year.

# You'll use earlier income and tax information.

Beginning with the 2017–18 FAFSA, you'll be required to report income and tax info from an earlier tax year. For example, on the 2017–18 FAFSA, you—and your parent(s), as appropriate—will report your 2015 income and tax info, rather than your 2016 income and tax info.

We understand that some families' income may have changed significantly since the 2015 tax year. If this is the case for you, you must complete the FAFSA with the info it asks for (2015). Then, after filing your FAFSA, contact the financial aid office at your school to explain your situation. The school has the ability to assess your situation and make adjustments to your FAFSA.

# ADULT EDUCATION

The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes to improve employment status through education/training. There is no deadline to apply for classes. For an application, please call **SONYA** at (503) 390-9494.

# Siletz Tribal Youth Activity Fund

Helps to fund programs for Siletz tribal youth in the many areas such as: sports, music, camp fees, lab fees, shop supplies, graduation, educational /scholastic materials, cultural supplies and materials, correspondence courses, and extra-curricular supplies. Siletz Tribal members from kindergarten to high school can access up to \$75.00.

# Siletz Tribal Head Start Program

Is a preschool program for children 3 to 4 years old. The Salem Center has AM and PM classes. It operates Monday through Thursday for 3.5 hours a day. Transportation depends on residency, which will be determined after acceptance. Register in Spring for the following school year. All Siletz Tribal applications and forms are posted on the Tribal website at: www.ctsi.nsn.us.

# Home Visiting Program

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"

Lori Christy loric@ctsi.nsn.us

Home Visitor

503-390-9494 x1863



A big thanks to Cecilia Tolentino for joining us on home visits in September and demonstrating how to make baby food and smoothies with our Home Visiting families. It was a lot of fun and very practical!

Mark your calendar for our next Home Visiting Family night! On October 13th from 4:30 - 8:00 Home Visiting families will gather to make infant or toddler moccasins at the Salem Area Office. We'll provide dinner, moccasin supplies and great instructors, Norma Trefren and Sonya Moody-Jurado. Hope you can join us for this fun evening. Please contact Lori Christy if you will be attending or have any questions.

Something new for families participating in our Home Visiting program is a monthly gathering. These gatherings are an opportunity for families to get together for some simple activities and conversation. If you would like more information about how to take part in these gatherings please contact Lori Christy.

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. The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. 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.

# **CONTACT INFORMATION**

2468 11<sup>th</sup> 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















Andulia WhiteElk
anduliaw@ctsi.nsn.us
A&D Counselor
503-390-9494 x1855

We now have a permanent A & D Counselor in the Salem Office. If you are in need of this service, please call Andulia for an appointment.

Andulia is working in the Portland office on Thursdays and Fridays until someone is hired for that position.



# Mental Health Specialist



Rachel Adams
rachela@ctsi.nsn.us
Mental Health Specialist
503-390-9494



We are pleased to announce the arrival of Rachel Adams, Mental Health Counselor for CTSI. She is our newest member of the Salem Area Offices. Rachel will be working in Portland and Salem. Rachel will be in the Salem Office Wednesday through Friday.

# Siletz Tribal Vocational Rehabilitation Program



ANGIE BUTLER, Voc Rehab Director
503-390-9494 x1872
angieb@ctsi.nsn.us

ANTONIA "TONI" LEIJA, Job Developer
503-390-9494 x1861
antonial@ctsi.nsn.us

DANA RODRIGUEZ, Voc Rehab Aide
503-390-9494 x1862
danar@ctsi.nsn.us

Siletz Tribal Vocational The Rehabilitation program (STVRP) is here to assist members of any federally recognized Tribe (living within the Siletz Tribes service area) with impediments to overcoming 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, that lead to successful skills 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; with identification assist employment employment goals; retention; and advocacy within the academic environment. Students with a documented disability or who are on an "Individualized Education Plan-"504 Plan" IEP" or on a 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:

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.

# DOWN PAYMENT ASSISTANCE PROGRAM

If you are interested in what programs are available to Tribal Members who are first time home buyers, Please contact me. KC SHORT 1-800-922-1399 x1310 1-541-444-8310

# Siletz Tribal Head Start

TEACHERS DEBBIE & JENNIFER 3960 CHEMAWA RD NE, SALEM

503~393~6942



The kiddos are back in full swing now and enjoying fun fall activities. One of the main highlights for the month of October is on Halloween when both am and pm classes "trick-or-treat" the Area Office. It's a great time enjoyed by all.

The teachers would really like to have people come in and share cultural things with the students. Whether it be crafts, music dancing, etc. If you are interested, please call Teacher Debbie.



# October 2016

Saturday	~	00	15	WEX Payday 22 Siletz Tribal Youth Conference 14 <sup>th</sup> – 16 <sup>th</sup>	29	
Friday		7 WEX Payday	14	21 WEX Payday Siletz Tribal Youth	28	
Thursday		6 SELF Support Group 5:30-7:00pm	Native Wellness Training 9:00-11:00am Home Visiting Program family Night 4:30-8:00pm	USDA USDA Indian Education Bush Elementary 5:30pm	27 Indian Education Bush Elementary 5:30pm	
Wednesday	The state of the s	SSP Monthlys Due CEDARR 12:00pm Siletz Clinic	12 Two Spirit 5-7pm	USDA  PSU Presentation on Tribal Identity 6-8pm	26	
Tuesday		4 Tutoring 4:30-6:30pm	11 WEX Timesheets Due Tutoring 4:30-6:30pm Language Class 6-8pm	USDA Tutoring 4:30-6:30pm Fall Cooking Class -with pumpkins 5-8pm	25 WEX Timesheets Due Tutoring 4:30-6:30pm	
Monday		Elk Tag Drawing in Siletz LIHEAP opens today for Elders and Disabled Tribal Members	10	17 USDA	24	Head Start Trick or Treating (am/pm classes)
Sunday		~	6	16	23	30

Call to reserve flu shot!





Beverly Owen
Cindy Jackson
Norma Trefren
Angelica Espino
Cecilia Tolentino
Andulia White Elk
Rachel Adams

Sonya Moody-Jurado Dana Rodriguez Antonia "Toni" Leija Angie Butler

Lori Christy Alberto "Junior" Gonzalez Cody Cole Salem Area Office Supervisor

Area Office Secretary Intakę Specialist/Job Coach

Tribal Service Specialist Community Health Advocate

A/D Counselor

Mental Health Specialist Education Specialist VocRehab Aide

VocRehab Job Developer

VocRehab Director Home Visitor

On Call Transporter
On Call Transporter







Confederated Tribes of Siletz - Salem Area Office 3260 Blossom Drive N Suite 105 Salem, Oregon 97305

