

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

# The Eugene Area Office Newsletter

## February 2017

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

OPEN THROUGH LUNCH HOUR

Nuu-wee-ya'  
(Our Words)

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

### Location, Dates, times:

Siletz Community Center	Monday	February 6 <sup>th</sup> 2017	6:00 - 8:00pm
Eugene Area Office	Tuesday	February 7 <sup>th</sup> 2017	6:00 - 8:00pm
Portland Area Office	Wednesday	February 13 <sup>th</sup> 2017	6:00 - 8:00pm
Salem Area Office	Thursday	February 14 <sup>th</sup> 2017	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](mailto: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 your cooperation...**  
**Tribal Administration**

### Culture Craft Night February 7<sup>th</sup>, 2017 @ 5pm

Siletz Tribal members and their families are invited to come and learn how to string Dentalium. All ages are welcome. Young people under age 10 need an adult to accompany and assist them.

The Siletz Culture Department will provide material and instructors. If you have your own materials, please bring them.

Contact: Bud Lane, [budl@ctsi.nsn.us](mailto:budl@ctsi.nsn.us); 541-444-8320 or 800-922-1399, ext. 1320.

Sponsored by the Education and Culture Departments

**!!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](http://www.ctsi.nsn.us/icw.html)

**2017  
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

**Low-Income Energy Assistance Program  
(LIHEAP)**

**2017 OPEN**  
*Crisis/ Regular heating*  
*All Siletz Tribal Households*

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

**Notary Public (Free Service)**

Call to set up an appointment  
Contact: Nora Williams-Wood,  
Siletz/Eugene Area Office

541-484-4234 or 1800-922-1399 Ext. 1750  
(Please make sure document is completely filled out do not sign. Current ID required)

**Email Reminders**

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

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

**Chinook Winds Casino Resort**

Sign up for an electronic newsletter:  
[www.chinookwindscasino.com](http://www.chinookwindscasino.com)

**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 7<sup>th</sup> Avenue, Suite 200 Eugene Oregon 97404

**Telephone:** (541) 682-4191

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

**Oregon Telephone Assistance Program**

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

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

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



# Siletz Tribal Youth Council Meeting



Date: Saturday, February 11<sup>th</sup>, 2017

Time: 11am-2pm

Location: TBA, Corvallis or Salem

**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: Sonya Moody-Jurado, 503-390-9494

Eugene: Nora Williams, 541-484-4234

Siletz: Dee Butler, 541-444-9618 or Sharla Robinson, 541-270-3212

## **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

## 541-444-8225

If you need to make sure someone from the Elder Program contacts you use the number above. This number goes into an automated answering system which puts your call on the emails of the Elder Staff. If you use this system be sure to leave your name, phone number and a message and you will get a call from the elder staff.

Saturday, February 4, 2017 is Tribal Election day. If you have not voted by this date you can vote at the polling site at the Siletz Community Center.

The next Introduction to the Athabaskan Language Class at the Eugene Area Office will be held on Tuesday February 7, 2017. Class is held from 6:00 pm until 8:00 pm and a light meal will be provided.

The Elder Council will meet on Saturday, February 11, 2017 from 1:00 pm to 4:00 pm. The meeting will be held at the Casino. All tribal elders age 55+ are invited to attend the monthly Council meeting. For more information contact the Elders Program at 1-800-922-1399

The Chinook Winds Entertainment for February, 2017 is Cole Swindell. He will be performing on the 10<sup>th</sup> and 11<sup>th</sup> with shows starting at 8:00 pm. Joan Jett and the Blackhearts will be at the casino on March 3<sup>rd</sup> and 4<sup>th</sup>. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665

The regular evening Diabetes Support Class will be held on Thursday, February 22, 2017, from 6:00 pm until 8:00 pm and a meal will be available. Contact Adrienne Crookes at 541-484-4234 for more information.

Watch the weather and check before you go.

Jim Swanson, 541-683-8766 and [jimswanson38@comcast.net](mailto:jimswanson38@comcast.net)

[jimswanson38@comcast.net](mailto:jimswanson38@comcast.net)

## Education Department

Contact: Bev Youngman x1290 1-800-922-1399

Supplemental Education, Adult Education, Adult Vocational Training, Higher Education

### HIGHER EDUCATION

#### FULL TIME STUDENT RESPONSIBILITIES

1. All full-time students are required to file the Free Application for Federal Student Aid (FAFSA) by January 31<sup>st</sup> each year. A copy of your FAFSA Award Letter must be submitted to your respective Education Specialist along with your completed Tribal Scholarship Application. You can fill out your FAFSA application online at [www.FAFSA.gov](http://www.FAFSA.gov). Applicants who neglect to file for 2017/2018 FAFSA by January 31, 2017 will not be considered for a Tribal scholarship for the 2017/2018 school year.
2. Students, not the school, are responsible for having your grade reports and class schedules sent to your respective Education Specialist as soon as they are available at the completion of each term/semester.
3. All full-time students must maintain at least a 2.00 GPA and complete a minimum of 12 credit hours per term/semester.
4. Students who do not meet the minimum academic requirements will be placed on academic **probation**. Full time students who are placed on **probation status** and do not meet the minimum standards of a 2.00 and 12 credit hours in their following full-time term may be placed on Suspension status.
5. **TRIBAL SCHOLARSHIP AWARDS WILL NOT BE ISSUED UNTIL GRADE REPORTS /TRANSCRIPTS AND CLASS SCHEDULES HAVE BEEN SUBMITTED TO YOUR EDUCATION SPECIALIST.**

#### Application Deadline:

Students are funded for the academic year once per year; the deadline for completed applications is June 30, 2017. Adult Vocational Training clock hour schools are considered on a case by case basis.

If you are planning to attend Higher Education or Adult Vocational Training fall term 2017, and If you plan to attend school at the University of Oregon, Lane Community College, or Linn-Benton Community College, your completed application should be addressed to the attention of the Education Specialist at the Eugene Area Office. The Siletz area office handles out of state schools. Completed grant applications must be submitted for each school year.

To obtain an application for a Tribal Higher Education or Adult Vocational Training scholarship, please contact the Education Specialist at the Eugene Area Office at 541-484-4234. Applications can also be obtained at the CTSI web site;

[ctsi@nsn.us](mailto:ctsi@nsn.us)

Your application must be complete and postmarked by the deadline date to be considered for a Tribal Scholarship. If you need assistance with or more information concerning the application process, please contact the education specialist at 541-484-4234 **incomplete applications will not be considered for a Tribal Scholarship**

Students are encouraged to apply for outside scholarships to help supplement any grants or other scholarships that you may receive. Also, please check to see if the school you plan to attend offers a diversity scholarship.

#### OSAC SCHOLARSHIPS

The Oregon Student Access Commission (OSAC) scholarship season is now underway. Students planning to attend college next fall are encouraged to apply on line. To search for and apply for scholarships, students can visit OSAC's website at [www.OregonStudentAid.gov](http://www.OregonStudentAid.gov). Click on the scholarship link to access the application and search for scholarships to add the application. OSAC provides students with one online application to select from among more than 450 scholarship opportunities administered by the agency. "Using OSAC's online application to apply for numerous scholarships is not only easy, but also increases the student's chances of receiving more than one scholarship to help cover education expenses," says Bob Brew, OSAC's Interim Executive Director.


Deadline to submit the OSAC online scholarship application is March 1, 2017.

Students wishing to keep apprised of scholarship and grants opportunities, application tips, and deadlines, can follow AC on Facebook.com/OSAC scholarships or Twitter at Twitter.com/OSAC. For details, visit [www.OregonStudentAid.gov](http://www.OregonStudentAid.gov) or contact OSAC at 800-452-8807.

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 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



Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Having a 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. 11<sup>th</sup> 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.

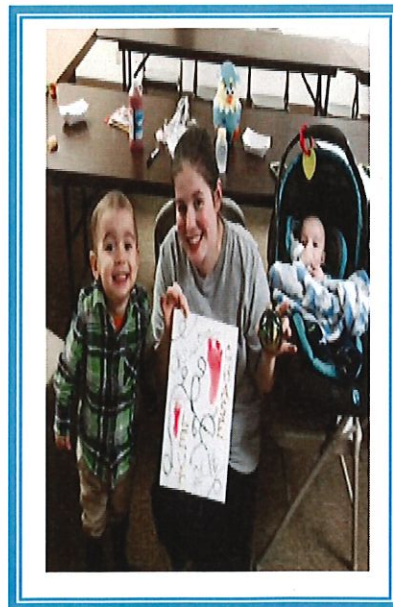
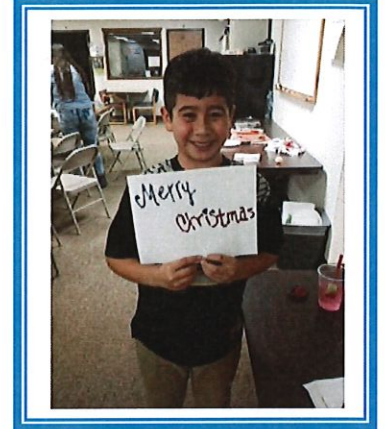


Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"

***Christmas keepsakes and ornament making with the kids***



***For more information on the Siletz Tribal Home visiting program please call Jessica Phillips at 541-484-4234***



# 477 Self-Sufficiency Program

Jenifer Jackson, Tribal Services Specialist

Norma Trefren, Intake Specialist/Job Coach



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 Norma to schedule an appointment at x1756. General Assistance or TANF, please contact Jenifer Jackson to set up an appointment at 541-484-4234 x1755. You can leave messages directly on their voicemail.

## **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

### Schedules:

Jen's hours: **M-F 8:00-4:30pm**

**General Assistance and TANF**

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

**\*Jenifer – February 16, 20, 27-28**

Norma's: **M-F 8-2:30pm**

**Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services**

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

**\*Norma – February 15, 16, 20**

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

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

**Clients are required:**

**To meet with Tribal Services Specialists each month**

**You will need to call and set up an appointment**

## WEX/Grant Assistance Dates to remember in February 2017

Tuesday	January 31 <sup>st</sup>	WEX Time Sheets Due
Wednesday	February 1 <sup>st</sup>	TANF/GA Card day
Monday	February 6 <sup>th</sup>	Self-Sufficiency documentation due
Tuesday	February 7 <sup>th</sup>	Dentalium Necklace Class @ 5pm
Tuesday	February 7 <sup>th</sup>	EAO Language Class 6-8pm
Friday	February 10 <sup>th</sup>	WEX Payday
Tuesday	February 14 <sup>th</sup>	WEX Time Sheets Due
Thursday	February 16 <sup>th</sup>	SSP Monthly Meeting Monday
Monday	February 20 <sup>th</sup>	Presidents Day Holiday CLOSED
Thursday	February 23 <sup>rd</sup>	Diabetes Support Group 6-8pm
Friday	February 24 <sup>th</sup>	WEX Payday
Monday	February 27 <sup>th</sup>	Freezer Meal Deal Class
Tuesday	February 28 <sup>th</sup>	WEX Time Sheets Due



**\*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.

#### 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.

#### 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.

#### Work Experience (WEX)

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

# Siletz Tribal Vocational Rehabilitation Program

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

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

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

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

Examples of SERVICES PROVIDED by STVRP:

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

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





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

**You could be eligible for STVRP services.**

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

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

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

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

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

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

**How to contact STVRP:**

1-800-922-1399 (Siletz Office) 503-390-9494 (Salem Office)

Please Come Join Us!!

# 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?**

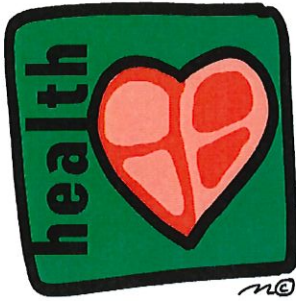


If you are unsure if your child's car seat is installed correctly, you may stop by the Siletz office and have it checked by a CTSI Child Passenger Safety Seat Technician.

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.

# 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](http://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

Please Come Join Us!!

## Diabetes Prevention Class



Wednesday, February 22

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



At the Siletz Tribal Office

2468 West 11<sup>th</sup> Avenue

Eugene, OR

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 Coos, Lower Umpqua and Siuslaw Tribes, will be teaching this class. 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

# Freezer Meals Class

**Monday, February 27**  
**From: 5:30-7:00 pm**

At the Siletz Office in Eugene  
2468 W. 11<sup>th</sup> Avenue



What is freezer meal cooking? It is planning and preparing meals ahead of time that can be easily frozen for later use.

With working parents, children at home, and a home to manage, it can be a struggle to feed your family healthy, homemade meals. Preparing freezer meals saves money, cuts down on cooking time, and can help you eat healthy, delicious meals at home regularly.

We will show and tell you how to put meals together and let you participate in the process. All supplies will be provided.

Class size is limited to 8 participants so call early to sign up!

**For more information or to RSVP, you may contact Jessica Phillips  
or Adrienne Crookes at 541-484-4234**



# FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Adrienne Crookes, Community Health Advocate



## MANAGE YOUR ORAL HEALTH

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

You can take control of your oral health

- whether you have your natural teeth, implants or wear dentures.

## TIPS FOR TAKING CARE OF YOUR TEETH AND VISITING THE DENTIST

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

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

For more information visit [www.americandentalassociation.org](http://www.americandentalassociation.org)



## USDA distribution dates for FEBRUARY 2017

### Siletz

Wednesday	February 1	9 am - 3 pm
Thursday	February 2	9 am - 3 pm
Friday	February 3	9 am - 3 pm
Monday	February 6	9 am - 3 pm
Tuesday	February 7	9 am - 3 pm

### Salem

Monday	February 20	HOLIDAY
Tuesday	February 21	1:30 pm - 6:30 pm
Wednesday	February 22	9 am - 6:30 pm
Thursday	February 23	9 am - 6:30 pm
Friday	February 24	9 am - 11 am

### BISON CHILI

- 1 BAG PINTO BEANS (SOAKED OVERNIGHT)\*
- RED PEPPER FLAKES (I just put about a tablespoon into the beans as they are cooking)
- 2 PACKAGES BISON BURGER\*
- 2 CANS DICED TOMATOES\*
- 1 CAN TOMATO SAUCE\*
- 2 SMALL ONIONS DICED\*
- 1 CAN WHOLE KERNEL CORN, DRAINED\*
- 3 CHIPOTLES IN ADOBO, DICED
- 1 CAN DICED GREEN CHILIES
- CHILI POWDER TO TASTE



Rinse the beans that have been soaking overnight. Place them in a large pot with enough water to cover them. Add some salt and pepper and boil until soft. You can also add some red pepper flakes to the beans and that will cook the flavor into the bean.

Put a couple tablespoons of oil in a large frying pan and let it get hot. Add the diced onion and sauté until almost transparent. Add the burger and cook until no longer pink. Add the green chilies, tomatoes, tomato sauce, chipotles, corn & chili powder. Let simmer for about ½ hour.

Add the meat mixture to the cooked beans and let them simmer together for a ½ hour. I thickened mine with some instant potato flakes\* too.

\*INDICATES FOOD AVAILABLE IN THE FOOD PACKAGE

Serve with shredded cheese.

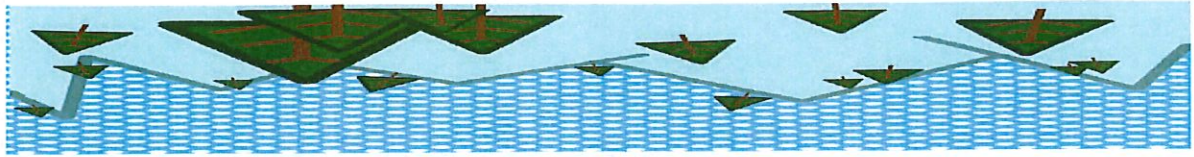
Also, LIKE us on Facebook at Siletz Tribal FDPIR.

Joyce Retherford, FDP Director  
541-444-8393

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

# February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31 WEX Timesheet Due Noon	1 TANF/GASA/Card Release  College Checks Released  USDA Distribution Siletz 9-3pm	2   USDA Distribution Siletz 9-3pm	3   USDA Distribution Siletz 9-3pm	4 Siletz Tribal Election Day 
5 Swearing in Ceremony of Council Members	6 USDA Distribution Siletz 9-3pm  Siletz Language Class 6-8pm	7 USDA Distribution Siletz 9-3pm  Dentalium Necklace Class @5pm  EAO Language Class 6-8pm	8	9	10 WEX Pay Day	11 Elders Meeting CW Casino  Siletz Youth Council Meeting
12	13  PAO Language Class 9-6pm	14 WEX Timesheet Due Noon  <i>Happy Valentine's Day</i>  SAO Language Class 6-8pm	15	16	17	18
19	20 CLOSED 	21 USDA Distribution Salem 1:30-6:30pm	22 USDA Distribution Salem 9-6:30pm	23 USDA Distribution Salem 9-6:30pm	24 WEX Pay Day USDA Distribution Salem 9-11am	25
26	27 Freezer Meal Deals 5:30-7pm 	28 WEX Timesheet Due Noon	1 TANF/GASA/Card Release  College Checks Released	2	3	4



The Eugene Area Office Staff  
541-484-4234 1-800-922-1399  
Lou Carey, Supervisor x1751  
Nick Sixkiller, Temp ES/JOM x1757  
Jennifer Jackson, Tribal Service Specialist/477SSP x1755  
Norma Trefren, Intake Specialist/Job Coach/477SSP x1756  
Adrienne Crookes, Community Health Advocate x1758  
Jessica Phillips, Program Coordinator/THV x1752  
Nora N Williams-Wood, Secretary x1750  
Gloria Stott, Elders On-Call Transport

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

### Eugene A/O

February 4 <sup>th</sup>	Tribal Election Day
February 7 <sup>h</sup>	Dentilium Necklace Class 5pm
February 7 <sup>th</sup>	EAO Language Class 6-8pm
*February 11 <sup>th</sup>	Youth Council Meeting
February 20 <sup>th</sup>	Presidents Day CLOSED
*February 22 <sup>nd</sup>	Diabetes Support Group 6-8pm
*February 27 <sup>th</sup>	Freezer Meal Deal Class

\*See Flyers for information on activities

**Remember to VOTE**  
**Feb 4th**