

Address: 2468 West 11th Avenue Eugene OR 97402 Telephone: 541-484-4234 Fax: 541-484-4583

The Confederated Tribes of Siletz Indians

The Eugene Area Office Newsletter

January 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	January 9 th 2017	6:00 - 8:00pm
Eugene Area Office	Tuesday	January 10 th 2017	6:00 - 8:00pm
Portland Area Office	Wednesday	January 18 th 2017	6:00 - 8:00pm
Salem Area Office	Thursday	January 17 th 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



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 January 10th 2017, 5-7pm

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; 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

**2017
EMERGENCY HOUSING ASSISTANCE (EHA)
~OPENS~**

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

Chinook Winds Casino Resort
Sign up for an electronic newsletter:
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 7th Avenue, Suite 200 Eugene Oregon
97404

Telephone: (541) 682-4191

Website:

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

Oregon Telephone Assistance Program

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

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

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

**Three strand necklace class
Siletz Eugene Area Office
January 4th & 11th 2017
5:30 to 7:30**

Come join us at the EAO and learn to make a three strand bead and Nah-Set shell necklace.

Please call Lou @ 541-484-4234 to sign up, space is limited. To make a necklace you must come to the first class on the 4th, at 5:30 to get it started.



LIHEAP

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.)

What Assistance does LIHEAP provide?

Heating Assistance

Crisis Assistance (Shut off or Final Notice)

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.

Income Eligible

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

When can I apply?

October 1st—Siletz Tribal Elders and Disabled Tribal Members

November 1st—Other Siletz Tribal Households

Program Key points:

LIHEAP is divided into two categories: 1) Heating 2) Crisis. The maximum award will be \$700 per household.

Not all households will qualify for the maximum amount. Awards will depend on family size, income and need.

When making your appointment for assistance, please be sure to 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 EXCEPTIONS!)

Most recent utility bill,

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

Contact your service area for walk-in and appointment times available.

If you have any additional questions, please don't hesitate to call Casey Godwin, Emergency Energy Assistance Program Coordinator (541) 444-8311.

SILETZ ELDER NEWS

This is an important phone number 541-444-8225. If you need to make sure someone from the Elder Program contacts you this is the number to call. 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 staff.

A special Community Meeting will be held on Thursday, January 5, 2017 at the Eugene Area Office and starts at 5:30 pm. Light refreshments will be served.

The next Introduction to the Athabaskan Language Class at the Eugene Area Office will be held on Tuesday January 10, 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, January 21, 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. This is an important organizational meeting which includes elections of certain board members. For more information contact the Elders Program at 1-800-922-1399.

The Chinook Winds Entertainment for January, 2017 is Bill Engvall. He will be performing on the 20th and 21st with shows starting at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

The regular evening Diabetes Support Class will be held on Thursday, January 26, 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

jimswanson38@comcast.net

Education Department

Contacts: Alissa Lane x1373, Sonja Moody-Jurado x1856, 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 31st 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. 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.

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. 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 or contact OSAC at 800-452-8807.

HIT THE BALL AND TOUCH THEM ALL
A MOMENT IN THE SUN!!

I'M RETIRED! 😊

NICK SIXKILLER

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



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

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

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

CONTACT INFORMATION

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

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

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

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

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

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



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

Naytlh - 'a *"We Carry the Children"*

Moccasin making class!



Pumpkin painting /potluck!



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

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!

<input type="checkbox"/> Self-Referred
Person making referral: _____ Date: _____
Agency: _____ Phone: _____
Name: _____
Home phone: _____ Cell phone: _____
Address: _____
City: _____ State _____ Zip Code: _____

Please mail or fax completed form to:
2468 W. 11th Avenue. Eugene OR 97402
FAX: (541) 484-4583
Call (800-922-1399) ext. 1752 or local (541) 484-4234 to learn more about
the Siletz Home Visiting Program.



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 and 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 – January**

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 – January 3, 4, 5, 6, 11**

* 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 January 2017

Friday	December 30 th	TANF/GA Card day
Friday	December 30 th	WEX Payday
Sunday	January 1 st	News Years Day
Monday	January 2 nd	News Years Day Holiday CLOSED
Tuesday	January 3 rd	WEX Time Sheets Due
Wednesday	January 4 th & 11 th	3-Strand Necklace Class
Thursday	January 5 th	Community Meeting at EAO 5:30pm
Thursday	January 5 th	Self-Sufficiency documentation due
Tuesday	January 10 th	Dentalium Necklace Class 5-6pm
Tuesday	January 10 th	EAO Language Class 6-8pm
Friday	January 13 th	WEX Payday
Monday	January 16 th	Martin Luther King Jr Holiday CLOSED
Tuesday	January 17 th	WEX Time Sheets Due
Thursday	January 26 th	Diabetes Support Group 6-8pm
Friday	January 27 th	WEX Payday



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

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

Classroom Training (CRT)

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

On-the-Job Training (OJT)

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

Direct Placement

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

Work Experience (WEX)

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



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

You could be eligible for STVRP services.

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

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

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

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

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

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

How to contact STVRP:

1-800-922-1399 (Siletz Office)

503-390-9494 (Salem Office)

Siletz Tribal Vocational Rehabilitation Program

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

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

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

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

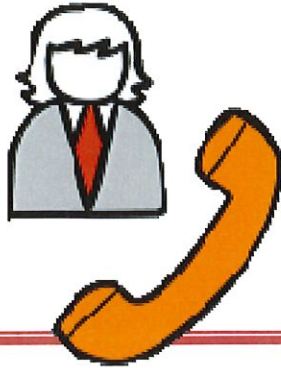
Examples of SERVICES PROVIDED by STVRP:

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

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



Siletz Community Health



Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Siletz Contract Health	1-800-628-5720
Siletz Behavioral Health	1-800-600-5599

Siletz Contract Health registration forms and Chemawa Indian Health Center applications are

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

Adrienne Crookes
Community Health Advocate
541-484-4234

Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

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

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

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

Siletz Mail Order Pharmacy

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

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

Siletz Community Health

Blood Pressure Screenings



At the Siletz Eugene Area Office

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

Feel free to come in and get it checked.

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



Bicycle Helmets

Are available at the Eugene Area Office

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

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

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

Attention Tribal Parents and Child Care Givers!

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



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

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

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

Please Come Join Us!!

Diabetes Support Group



Thursday, January 26th

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

At the Siletz Eugene Area Office
2468 West 11th Avenue

Did you overdo it a bit this holiday season?
Are you ready to review and reset your health goals?
Then please come join us!

Dani Bliss, Diabetes Health Educator with the Coquille
Tribe 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

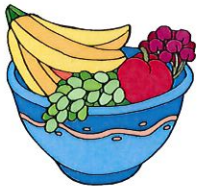
Getting Back on Track After the Holidays

Adrienne Crookes, Community Health Advocate

So you really overdid it during the holidays. You didn't pass up one buffet, cookie, piece of chocolate, rum ball or hors d'oeuvre. And now you're feeling pretty guilty – and your pants are hard to button now.

So many people come out of the holiday season chastising themselves for indulging. Then they punish themselves by going on a very strict diet where they can't have any of the foods they like. And they fail because they are so severe.

Instead, people who want to make successful, lasting changes to their lifestyle should start slowly. This goes for both diet and exercise. With exercise, people need to choose something they really like and stick with it. If you enjoy the outdoors, choose walking. If you like being with people, consider joining a gym. If you watch a lot of television, purchase a treadmill or exercise bike and use it while watching your favorite show. The key with activity is the same as with nutrition. Start slowly, especially if you have been very inactive, and build slowly.



Helpful Hints for a Healthy Lifestyle



- Choose 1% or skim milk over whole or 2% milk.
- Bake, broil or grill meats instead of frying.
- Increase your fruit and vegetable intake by adding lettuce and tomato to sandwiches, eating vegetable soup or drinking fruit and vegetable juices.
- Eat breakfast. It provides important fuel to start your day off right.
- Prepare fruit and vegetables ahead of time so that they are easy to grab when you are hungry.
- Choose high-fiber and whole grains like whole wheat, pumpernickel and rye.
- Increase fluid intake to 6 to 8 glasses of water each day to keep hydrated.
- Avoid fad diets or those that eliminate a particular food group.
- Be vigilant to reduce/restrict your intake of fats, oils and sweets.
- Choose leaner choices of meats in smaller portions.
- Eat dinner with the entire family. Have four different items on the table, representing each of the major food groups.
- Put aside "me" time regularly for physical activity.
- Remember that housework does not substitute for regular exercise.
- Choose physical activities you enjoy.



January is Glaucoma Awareness Month

Adrienne Crookes, Community Health Advocate

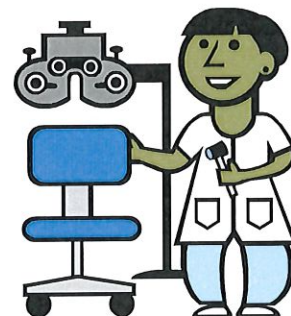
Look to the Future: Get an Eye Exam to Save Your Vision from Glaucoma

More than four million people in the United States have glaucoma, a group of diseases that damage the optic nerve and destroy eyesight. Unfortunately, nearly half of those with glaucoma are even aware that they have it. Are you one of them? You owe it to yourself to find out by getting a comprehensive dilated eye exam that includes having drops put in your eye. With its painless and gradual loss of vision, glaucoma may have no early warning signs, but it can be detected during a comprehensive dilated eye exam.

The National Eye Institute research has shown that treatment during the early stages of glaucoma can control the disease and prevent future vision loss and blindness. This is why NEI encourages people at higher risk for glaucoma to get a comprehensive dilated eye exam every one or two years.

Anyone can develop glaucoma, but those at higher risk include:

- African Americans over age 40
- Everyone over age 60
- People with a family history of the disease



During a comprehensive dilated eye exam, an eye care professional can see inside the eye to detect signs of glaucoma, such as subtle changes to the optic nerve, before any symptoms appear. This allows the eye care professional to determine if you have glaucoma or are at risk for it, to monitor your condition, to treat glaucoma as early as possible, and to look for other vision problems. Once symptoms appear, it may be too late to prevent vision loss and the progression to blindness.

If glaucoma is detected early, treatments such as eye drops or surgery can slow or stop vision loss. High pressures inside the eye, which may be associated with glaucoma, does not by itself mean that you have glaucoma. Only a comprehensive dilated eye exam and evaluation of the optic nerve by an eye care professional can tell you that.

For more information, visit www.nei.nih.gov/glaucoma

USDA distribution dates for JANUARY 2017

Siletz

Monday	January 2	HOLIDAY
Tuesday	January 3	9 am - 3 pm
Wednesday	January 4	9 am - 3 pm
Thursday	January 5	9 am - 3 pm
Friday	January 6	9 am - 3 pm

Salem

Monday	January 16	HOLIDAY
Tuesday	January 17	1:30 pm - 6:30 pm
Wednesday	January 18	9 am - 6:30 pm
Thursday	January 19	9 am - 6:30 pm
Friday	January 20	9 am - 11 pm

BLUE CORNMEAL CRANBERRY MUFFINS

INGREDIENTS:

1 1/3 CUPS AP FLOUR*	3 TABLESPOONS MELTED BUTTER*
3/4 CUPS SUGAR	1 EGG, SLIGHTLY BEATEN*
1/2 CUP BLUE CORNMEAL*	1 CUP CRANBERRIES*
2 TEASPOONS BAKING POWDER	1 BAG WHITE CHOCOLATE CHIPS
3/4 CUPS MILK*	1 TABLESPOON LEMON JUICE*
1/4 CUP ORANGE JUICE*	1 TABLESPOON LEMON ZEST*

PREPARATION:

1. Measure milk in a small bowl and squeeze lemon juice into it and stir. Add the lemon zest and let sit while you.....
2. Stir together first 4 ingredients in a large bowl; make a well in the center of mixture.
3. Add the milk, orange juice, butter and egg.
4. Stir just until moistened. Fold in cranberries and white chocolate chips.
5. Spoon batter into 12 paper-lined muffin cups, filling 2/3 full.
6. Bake at 425* for 20 minutes.

* Indicates commodity foods used

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 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 	26 Christmas Holiday All Tribal Offices CLOSED	27 USDA Distribution Siletz 9-3pm	28 USDA Distribution Siletz 9-3pm	29 USDA Distribution Siletz 9-3pm	30 TANF/GASA Check/Card School Checks Released USDA Distribution Siletz 9-3pm	31 NEW YEAR'S EVE
1 	2 New Years Day Holiday ALL Tribal Offices CLOSED	3 Time Sheets Due by 12pm	4 1 st Start 3 Stand Necklace Class 5:30-7:30pm	5 477/Self-Sufficiency Documents due EAO Community Meeting @ 5:30pm	6	7
8	9 Siletz Language Class Siletz 6-8pm	10 Dentallium Class 5-6pm Eugene Language Class EAO 6-8pm	11 2 nd Finish 3 Stand Necklace Class 5:30-7:30pm	12	13 WEX Payday	14
15	16 All Tribal Office CLOSED	17 Time Sheets Due by 12pm USDA Distribution Salem 1:30-6:30pm Salem Language Class SAO 6-8pm	18 USDA Distribution Salem 9-6:30pm Portland Language Class PAO 6-8pm	19 USDA Distribution Salem 9-6:30pm	20 USDA Distribution Salem 9-11am	21 Elders Meeting Shasta Room @ 1pm
22	23	24	25	26 Diabetes Support Group 6-8pm	27 WEX Payday	28
29	30	31 Time Sheets Due by 12pm	1 TANF/GASA Check/Card School Checks Released	2	3	4



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

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

Eugene A/O

January 2 nd	New Years Day CLOSED
January 4 th	3 Strand Necklace Class
January 5 th	EAO Community Meeting 5:30
January 6 th	Nick's last day
January 10 th	Dentilium Necklace Class 5-6pm
January 10 th	EAO Language Class 6-8pm
January 11 th	3 Strand Necklace Class
January 16 th	Martin Luther King Jr CLOSED
January 26 th	Diabetes Support Group 6-8pm

*See Flyers for information on activities

Addressee