

# Portland Potlatch

APRIL 2017

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## Last Minute 'Free' Tax Resources

April 18th is coming fast, but, you can still get your taxes done with the help of NAYA Family Centers tax preparation center.

Bring the following documents:

- Photo ID
- Social Security cards for you and your family, or a SSN/ITIN verification letter.
- Interest and dividend statements (if applicable).
- W-2 Form (from every employer), 1099 (for per capita or misc. income).
- A copy of last years Federal and State returns.
- Voided check if using direct deposit for your tax refund.
- Total paid for day care, day care provider's Tax ID number, and address.
- Student Loan interest & tuition statements (for total money you spent on school).



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

For the month of April NAYA will be available on:

**Thursdays from 5 PM—9PM**  
**Saturdays from 9 AM—1 PM**

If filing joint tax returns electronically, both spouses/partners must be present to sign forms.

NAYA Family Center 5135 NE Columbia Blvd., Portland, OR 97218. For more information please call (503) 288-8177.

**New Oregon Law  
Raises Bottle  
Refund to \$0.10  
(See Pg. 2 for  
Details)**

### Important Dates

- Sat., 4/8 Elders Council -1 PM
- Fri.,4/21,Regular Council-8 AM

For other free tax sites in the greater Portland metro area go to:

**[www.cashoregon.org](http://www.cashoregon.org)**  
or call (503) 243-7765.

## Community News

### Portland Area Office Beading Group

You are invited to join us for an informal gathering, to bead, learn and visit. Bring whatever you are working on:

**Thursday, April 20th  
10AM—2:00 PM**

For more information, Please call Sherry Addis.

### PAO Elders Potluck

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



Weather permitting, we will next meet:

**Tuesday, April 25th  
5:30 PM — 7 PM  
PAO Community Room**

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



### Elder's Shopping Day

The next elders shopping day will be:

**April 6th & 19th at 10 AM**

To reserve your spot on the bus, please call your Elders program area representative, Kay Steele at: (503) 760-4746 or Consuelo "Cookie" Fernandez at (503) 853-5430.



### Oregon Bottle Return Increases to \$0.10 Cents!

Folks! Hold off on returning those dirty, empty, refundable bottles just a few more weeks. Beginning April 1st, Oregon will officially increase the bottle deposit refund to \$0.10 per bottle. Even if you're holding onto \$0.05 cent bottles, returning them on April 1st, you'll be refunded that extra five cents per bottle.

### Tribal Children Need Foster Parents

Do you value Siletz Tribal native culture and want to help preserve it? If so please consider fostering for the Tribe. The Siletz Tribe needs loving, stable nurturing homes in all areas. If you are interested in becoming a foster parent please contact Siletz ICW at (800) 922-1399.

### Portland's Rebuilding Center!

Do you have an aspiring building project such as a raised garden bed, but are short on funds for the materials? The Rebuilding Center may be just what you need. They carry the region's largest volume of used building and remodeling materials. They also offer a free-pick up service, numerous volunteer opportunities, donations of used building materials for community projects, as well as workshops For more information, visit or call:

Portland Rebuilding Center 3625 N. Mississippi Ave. (503) 331-1877.

## Healthy Traditions

### April Garden Club



*Tribal Elders. Consuelo Fernandez and Carolyn Dufek working on their seed planting trays*

From January to June the CTSI Portland Area office (PAO) hosts Healthy Traditions Garden Club Meetings. Each month we invite tribal and community members to join and participate in a new garden related activity.

Our next meeting will be held:

**Monday April 3rd  
5—7:30 PM**



**Location: Portland  
Area office**

This year our gardeners have started 6 flats of various vegetables to take home or plant at the PAO community garden. They have also participated in making seed tape to plant in the ground for efficient gardening.



Our members enjoy the time spent learning new methods to gardening or just enjoying

the activities planned at each meeting. Food is usually provided.

In coming months garden club will take part in activities outdoors, including a visit to one of our two gardens for a meeting and participating in work party days, getting outdoors, and starting up our gardens for the season.

If you are interested in joining garden club and participating in activities please call PAO and speak with Sherry Addis or Andrew Johanson.



**Produce  
Friday  
Coming!**

We are expecting to see our first harvest around mid June. As staff and members of PAO garden club, we gather our organically grown vegetables from the Gilbert Heights community garden.

When staff harvest the vegetables, the bounty is immediately made available in our lobby to all tribal members/ visitors who come to the office.

We encourage Tribal members to call ahead to confirm the availability of any vegetables before visiting the office, in the event that a harvest was not yet available.

Please call and speak with Sherry Addis, Verdene McGuire or Andrew Johanson at PAO to confirm availability.





## Diabetes Support Group

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

**Wednesday, April 12th  
Noon—2 PM**

## Over The Counter (OTC) Medicines

One of the blessings we receive as Tribal members is OTC's. As tribal members we are eligible to receive 12 medications annually. For example: ibuprofen, aspirin, Tylenol, triple antibiotic ointment, children and adult multivitamins, allergy and cold tablets etc. Just contact Verdene, your Portland Area Community Health Advocate and set up an appointment.

## Benefits of Kindness, Part 3

(By Paula Spencer Scott/Parade)

In a less fragmented, more connected world, kindness is a value that transcends borders, race, faith and age. "Whether you're sweeping the streets, running the company or running the country, we're all pieces of the puzzle, each as important as the other," says

Wahba, now CEO of Kindness USA. "Kindness is the tool to breaking down labels and barriers and seeing we're all exactly the same. In a world that sometimes shows you bad, kindness shows you so much good." "It's an action work," agrees Mayor Tom Tait of Anaheim, CA. "You can be empathetic, respectful and compassionate while sitting on the couch. But to be kind, you have to get off your couch and do something."

So here's to a year of doing kindness and living kindness. It's easy, it's free, it feels good—and it really makes a difference. So let 's be kindness warriors in 2017!

## Kidney Disease (Neuropathy)

Kidneys are remarkable organs. Inside them are millions of tiny blood vessels that act as filters. Their job is to remove waste products from our blood. Sometimes this filtering system breaks down. Diabetes can damage the kidneys and cause them to fail. Failing kidneys lose their ability to filter out waste products, resulting in kidney disease.

### How Does Diabetes Cause Kidney Disease?

High levels of blood glucose make the kidneys filter too much blood. This extra work is hard on the filters. After many years, they start to leak and protein is lost in the urine. Having small amounts of protein in our urine is called microalbuminuria. Having larger amounts of protein in our urine is called macroalbuminuria.

## Who Gets Kidney Disease?

Not everyone with diabetes develops kidney disease. Factors that can influence kidney disease development include genetics, blood glucose control, and blood pressure. The better a person keeps diabetes and blood pressure under control, the lower the chance of getting kidney disease.

### What are the Symptoms?

The kidneys work hard to make up for the failing capillaries so kidney disease produces no symptoms until almost all function is gone! The symptoms of kidney disease are not specific. The first symptom of kidney disease is often fluid buildup. Other symptoms of kidney disease include loss of sleep, poor appetite, upset stomach, weakness, and difficulty concentrating. It is vital to see your doctor regularly to check your blood pressure, urine (for protein), blood (for waste products), and organs for other complications of diabetes.

### How Can I Prevent It?

Diabetic kidney disease can be prevented by keeping blood glucose in your target range (70—130 mg/dL before a meal and less than 180 mg/dL two hours after a meal).

Tight blood glucose control reduces the risk of microalbuminuria by one third in people who already had microalbuminuria. The risk of progressing to macroalbuminuria was cut in half. Other studies have suggested that tight control can reverse microalbuminuria, which is good news.

### Treatments for Kidney Disease

- Self-care: Important treatments for kidney disease are tight control of

blood glucose and blood pressure. Blood pressure has a dramatic effect on the rate at which the disease progresses. Even a mild raise in blood pressure can quickly make kidney disease worsen. Four ways to lower your blood pressure are losing weight, eating less salt, avoiding alcohol and tobacco, and getting regular exercise.

- Diet: Another treatment some doctors use with macroalbuminuria is a low-protein diet. Protein seems to increase how hard the kidneys must work. A low-protein diet can decrease protein loss in the urine and increase protein levels in the blood. Never start a low-protein diet without talking to your health care doctor.

To read the entire article on Kidney Disease please go to the American Diabetes Association web page:

[www.diabetes.org/living-with-diabetes/complications/kidney-disease-nephropathy.html](http://www.diabetes.org/living-with-diabetes/complications/kidney-disease-nephropathy.html)

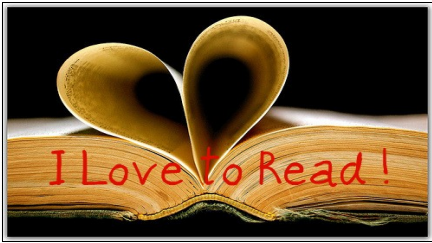
## Contract Health

Don't forget to update your contract health services form each year! Call the Portland Area office and we can send you one or come in and complete it. Additionally, if you have moved, have a new phone number or even a new primary care doctor.

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

**Trish Carey    A-L    X1651**  
**Joella Strong    M-Z    X1649**

## Education & Youth Update

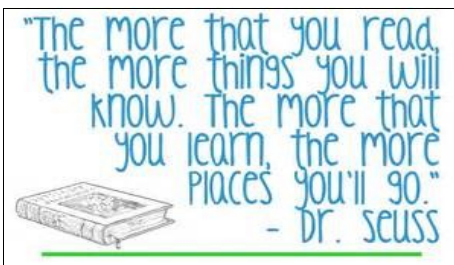


### Children Who Read

Why do we encourage children to read and begin reading to our children from infancy?

- Studies tell us that beginning in infancy, reading to our children will develop strong brain development.
- Reading to your children daily builds strong bonds between parent and child.
- Books help children develop vital language acquisition, literacy skills and a rich vocabulary.
- With a strong vocabulary children are able to better communicate to peers, teachers and parents thus boosting self esteem and a strong self image.
- Reading expands interests.
- Reading enhances each individual's imagination and can open up new worlds enriching children's lives.
- Reading helps children to successfully reach each development marker in school.

### Family Culture Night:



For our April culture night we will be hosting a "Family Game Night" combined with a culture activity and prizes. For more information, please call Katy Holland.

**Date: Tuesday, April 18th**  
**Time: 6:30 to 8:30 PM**

### Johnson O'Malley Program (JOM)

Have you utilized the Siletz Johnson O'Malley Program JOM funding for youth from age 3 to 18? Funds are available for youth to help pay for enrichment programs, activities, supplies & more. For an application please contact Katy.

### Turbo Tax Available at PAO

The Portland area office has turbo tax software available to Siletz tribal members, and Siletz college students. We are unable to provide tax advice or help in filling out your return;. This program is offered to those who have used this software before or are familiar with self preparation. Please call Katy before coming in to make sure the program is available for use.

If you need to file your taxes but need assistance with filing or have questions, you may want to consider visiting Cash Oregon. This is a non-profit organization that can help. For more information please see the bottom of page 1 of this issue.

## Siletz Tribal Youth Council Meeting



**Date: Saturday, April 22nd, 2017**

**Time: TBA**

**Location: Eugene, OR**

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

**Transportation:**

Carpooling is available from the area offices. Contact Katy Holland for more information or to join.



### Journeys Program: Basketry & Silkscreen

**June 17-30, 2017**

Students will be introduced to Native American Basketry and Silkscreen, and learn the importance of the two mediums to the past and present culture of Indigenous People of the Americas. A journey in Creativity Art Camp is a fun, challenging and exciting time for the students who participate. New friendships are made and kept for many years following the program. Each day begins at 8:00 AM and ends at 8:00 PM, with some field trip days running longer. Native American chaperones and mentors will support and accompany students daily, for the duration of the program. Students will have the opportunity to explore the life of a college art student as they participate in intensive art

workshops in Oregon College of Arts and Crafts (OCAC)'s well-equipped studios. Daily activities include lively group meals; field trips to local art museums, history centers and galleries; visits to local book and art supply stores; plus social time to get to know each other.

### Who is eligible?

Teens, ages 15-19, who display an interest and talent in art and culture. Priority is given to Native American and Pacific Islander youth.

### Where it will happen?

On the OCAC campus in Portland, Oregon, located 3.5 miles from downtown Portland.

### Submissions

All materials must be received on or before April 21, 2017. Please submit all materials to: Journeys Program, c/o Oregon College of Art and Craft, 8245 SW Barnes Road, Portland, OR 97225.

### Questions?

Please contact Shirod Younker, Journeys in Creativity Program Manager at (971) 255-4148 or e-mail:

[syounker@ocac.edu](mailto:syounker@ocac.edu).

## Northwest Youth Corps

Northwest Youth Corps' core purpose is to provide opportunities for youth and young adults to learn, grow, and experience success.

We offer a challenging education and job-training experience that helps youth and young adults from diverse backgrounds develop the skills they need to lead full and productive lives.

For more information please call (541) 349-5055 or go online at:

[www.northwestyouthcorps.org](http://www.northwestyouthcorps.org)

## USDA

Siletz

Monday	April 3rd	9 AM — 3PM
Tuesday	April 4th	9 AM — 3 PM
Wednesday	April 5th	9 AM — 3PM
Thursday	April 6th	9 AM — 3PM
Friday	April 7th	9 AM — 3PM

Salem

Monday	April 17th	1:30 PM — 6:30 PM
Tuesday	April 18th	9 AM — 6:30 PM
Wednesday	April 19th	9 AM — 6:30 PM
Thursday	April 20th	9 AM — 11AM

I threw this recipe together at the Siletz warehouse in March. It is so fast and easy, I hope you can try it out with your family.

### Chicken Corn Chowder

2 Onions, diced*	1 lb Bacon, sliced
2 Cans sliced potatoes drained*	1 Stick butter*
1 Head celery, diced*	1 Can skim evaporated milk*
3 Cans kernel corn, drained*	Salt & pepper to taste
½ Cup flour*	1 Box 1% milk*
2 Cans chicken meat*	

Place butter, bacon, onion & celery in a large pot on medium heat. Cook until onion is soft and bacon is getting brown. Add a little kosher salt and pepper to this to draw the moisture out of the veggies.

Add the flour to make roux. Cook for about 5 minutes to cook the flour, stir occasionally.

Add the corn, potatoes and chicken along with the evaporated milk and the 1% milk.

Add more salt and pepper and taste.

Let this simmer for about ½ hour to heat through.

This makes a pretty big pot of soup. Cut it in half or to suit your needs. Very quick and easy soup that is so delicious.

\* Indicates Product in the Food package

Joyce Retherford: CTSI FDP Director (541) 444-8393  
 Lisa Paul: CTSI FDP Warehouseman/ Clerk (541) 444-8279

## 477 Self-Sufficiency Program

New Time for  
 Monthly  
 SSP Meetings

- Siletz Families
- Native American
- Alaskan Native
- Native Hawaiian

The available components through the Program are cash grant services, emergency utility assistance, job training, job retention services and supportive services.

### Creative And Native (CAN)

Our regularly scheduled monthly SSP meetings will be donning a new name moving forward into future meetings. Generally these meetings are held on the 2nd Thursday of each month.. Please be sure to note our new meeting time below.

If you have any questions please call the program at PAO and speak with Tamra Russell or Anna Renville at (503) 238- 1512.

**This month's CAN Meeting:**

**April 13th, 1:30 — 3 PM**

The Program Manual lists all available components in detail and the requirements of each. All components of the 477 SSP are available on a budgetary basis.

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

### Your Success is Important to Us!

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

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.

### 477 Self Sufficiency Mission Statement

To assist eligible clients in attaining self-sufficiency. The 477 Self Sufficiency Program will serve the following groups as they work towards this goal:

### Most Often Requested Numbers

Siletz Clinic	(800) 648-0449	Chemawa Clinic	(800) 452-7823
Siletz Admin	(800) 922-1399	Chinook Winds	(888) 244-6665
CTSI, Eugene Area Office	(541) 484-4234	CTSI, Salem Area Office	(503) 390-9494
NARA	(503) 224-1044	NAYA	(503) 288-8177

# April 2017

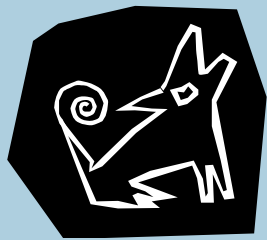
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 <b>Garden Club</b> 5:00 - 7:30 PM	4	5	6 <b>Elders Shopping Day</b> 10 AM	7	8 <b>Elders Council</b> 1 PM—Lincoln City
9	10 <b>Athabaskan Language Class</b> 6 PM—8 PM	11	12 <b>Diabetic Luncheon</b> Noon—2 PM	13 <b>477-SSP: CAN Meeting</b> 1:30—3 PM	14	15
16	17	18 <b>Family Culture Night</b> 6:30—8:30 PM	19 <b>Elders Shopping Day</b> 10 AM	20 <b>Beading Group</b> 10 AM—2 PM	21 <b>Regular Council</b> 8 AM—Siletz	22 <b>Siletz Youth Council</b> Eugene, OR
23 30	24	25 <b>Elders Potluck</b> 5:30 PM—7PM	26	27	28	29

## Athabaskan Language

### Nuu-wee-ya'

#### (Our Words)

These classes begin with basic instruction and progress over the year. They are also a refresher course for more advanced students. Come and join other members of your community and tribe in learning to speak one of our ancient languages.



**NAA-GHAA-YVSH-NE**

**WOLF**

Any tribal members who need assistance with cultural projects, please bring them prior to class if possible.

We also have equipment in the Cultural Department available for use in grinding and drilling shell or pine nuts or other applications. If you need to use the equipment, call the number below to set up an appointment. For more information, please contact Bud Lane.

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

**[www.ctsi.nsn.us](http://www.ctsi.nsn.us)**

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

**[www.siletzlanguage.org](http://www.siletzlanguage.org)**

**Monday, Apr. 10th, 2017  
6 PM—8 PM**

## 2017 College Students Summer Internship Program

Students attending college can apply for the Tribe's 2017 College Students Summer Internship Program. To be eligible you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager Bonnie Petersen or the Education Specialists at any tribal Area Office to request an application. This program assists tribal students with locating internship placements

to gain work experience in their field of study. There are ten slots available for 2017. Students may work up to 360 hours at minimum wage and can be placed within or outside of the Tribe. Students selected for the program must complete an orientation, criminal history background check, and drug screening (Note: the Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana). Placements can begin in June, but must be completed by September 30, 2017.

Students should send a completed applica-

tion and an unofficial copy of transcripts by Mail, Fax or e-mail to:

CTSI  
Attn: College Internship Program  
P.O. Box 549  
Siletz, OR 97380

Fax: (541) 444-2307

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

Deadline for applications to be received at the Siletz Central Administration building is 4:30 PM on May 1, 2017.

## Vocational Rehabilitation (STVRP)



The Siletz Tribal Vocational Rehabilitation program (STVRP) is here to assist members of any federally recognized Tribe (living within the Siletz Tribes ser-

vice 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

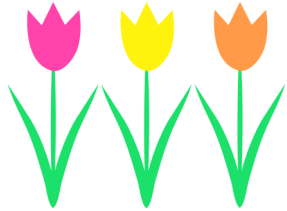
three years before graduation, until the age 22, or graduated from high school. Our program can provide vocational guidance and counseling; assist with identification of employment goals; employment retention; and advocacy within the academic environment. Students with a documented disability or who 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:

1. Guidance and Counseling
2. Referral to Services
3. Employment Services
4. Portfolio Building, Resume Writing,
5. Interviewing Techniques, Job Coaching
6. Culturally Relevant Individualized Services
7. Evaluations and Assessments
8. Training Placement Opportunities
9. Adaptive Equipment

For more information about the STVRP, please inquire at 1-800-922-1399. We also maintain resource and employment boards so please stop by if you're interested. You can speak to the VR staff: in the **Salem Office**—Antonia Leija, (Counselor) or Dana Rodriguez (Program Aide). **Siletz Area Office**—Jeramie Martin (Counselor).

## Behavioral Health—Mental Health

### Spring Has Arrived!



The saying goes, April showers bring May flowers. We experienced quite a bit of rain in March, but as Oregonians, we know we're not rained out. Now is the time to tackle projects that were set aside for the thaw, like doing the bathroom remodel or finishing that quilt project for a loved one.

#### Activities for personal mental growth:

1. Start writing in a journal about your daily struggles and accomplishments. It is a useful tool to see where you are in life, and where you want to go next.
2. Do five minutes of mindfulness each day, focusing on relaxed breathing from your belly.
3. Stand in front of a mirror, posed like a super-hero, for three minutes. Great thing to do before an interview to build confidence.

#### Growing your family connection:

1. Eat a meal with the whole family at least twice a week, if possible. Turn off electronics, and check in with each family member; ask, what was one low for the day, and one high.
2. Create new weekly family traditions which are a great way to build family

bonds:

- Go to a restaurant
- Take a hike
- Play board games

3. Try and do more as a family together; clean the dishes together, straighten the living room together, make dinner together. Each family member will feel like they play an important role in the family.

#### Traditional Growing

For the people of the Siletz tribe, spring is a good time to rekindle the family's passion. Go to Pow-Wows together, participate in feather dances, go clamming together. Remember the Native way, of, "it takes a community".



#### Generally, PAO Counselor Rachael Adam's Work Days/ Hours are:

**Portland Area Office**  
Mon & Tues  
8 AM—4:30 PM  
(503) 238-1512

**Salem Area Office**  
Wed, Thurs, and Fri  
8 AM—4:30 PM

## Behavioral Health—Alcohol & Drug Program

### Managing Money in Recovery

Few of us get the training needed to make good choices with our money. As a result, many of us find it hard to balance our need for money with our other needs; emotional, social, and spiritual. We may spend more than we can afford on some items and not enough on others. In recovery you may have spent a small fortune on alcohol or other drugs, rack up gambling debts, bounced checks, maxed out credit cards or conned people to get money. All of this takes a toll on your financial stability and recovery process because it adds unnecessary stress to you and your recovery program. In addiction we want what we want, when we want it and that makes room for more impulsive behaviors to come up. If you get control of the financial health, chances are you will be able to take control over other things in life and stay on track with your recovery process. Here are some tips on how to start to take control over managing your money.

- Deal with Debts
- Make a realistic budget;
- Make your budget work
- Control your spending and savings
- Talk with a debt counselor about impulsive buying

- Set attainable goals for your financial future
- Don't let the big picture overwhelm you, tackle one bill at a time.



#### Generally, PAO Counselor Andulia WhiteElk Hours are:

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

**Salem Office** **Monday, Tuesday and Wednesday**  
**8— 4:30PM**

**Portland Office** **Thursday and Friday**  
**8— 4:30PM**

#### Recognize Acknowledge Forgive Change

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

**Help is  
Available &  
Confidential**



## Home Visiting Program

Last month our Home Visiting families met together with Lori Christy and co-presenter Verdene McGuire to share a meal and make freezer meals to take home. Families went home with two meals ready to freeze and make at their convenience. Other recipes and information were provided.



Having a child brings big changes in your life. The Siletz Home Visiting Program is available to help parents who are pregnant or have given birth within the last year. The program continues until the child turns three. This is a voluntary, free, no income requirement program for any American Indian, Alaskan Native family. Our Home Visiting

Program is for first time parents as well as experienced parents.

### Home Visits Include:

- Lessons on many topics ranging from how babies grow develop and learn.
- Parenting and life skills (63 lessons in all, over a three year period)
- Assessments to track your child's development
- Incentives that help with parenting such as wipes and children's books.

If you are interested in hearing more about the Home Visiting Program please contact Lori Christy in the Salem office at 503-390-9494 or 1-800-922-1399 x 1863.



## Headstart

### Apply Now for Siletz Tribal Head Start's 2017 – 2018 School Year

It's time to apply for your child to attend the Siletz Tribal Head Start program for our upcoming 2017 – 2018 school year. If your child will be 3 or 4 years of age as of September 1, 2017, they are eligible to enroll in the Siletz Tribal Head Start Program. Call us at 1-800-922-1399 and ask for Head Start to request an application.

There are new enrollment requirements that all Head Start Programs must meet. All Head Start Programs are now required to

conduct either a face-to-face or telephone interview with all applicants to verify the information on their child's application. So, when you return your application, we will be calling to verify the information with you. This new requirement must be met before we can select your child for enrollment into our program. If we are unable to reach you, we will leave a detailed message asking you to call us back. Please call us back as soon as possible so we can finish processing your child's enrollment application. This is a mandatory requirement we must meet and we are unable to enroll any child until we complete this verification process.

## Funding Still Available! Low Income Heating & Energy Assistance Program (LIHEAP)

If you are a Siletz Tribal Member or your household includes a Siletz tribal member living in your home, and haven't applied for, or received assistance for Heating between October 2016 to present; you may be eligible to apply for funding. LIHEAP is available on a first come, first served basis. The program is available by appointment only. For more information or to apply, call the Portland Area Office, and speak with Andrew Johanson, Area Office Clerk.

## Multicultural Student Union 23<sup>rd</sup> Annual POW WOW

Saturday, April 29<sup>th</sup>, 2017

Noon-Midnight

Free Admission  
Everyone Welcome!

Werner University Center  
Western Oregon University  
Monmouth, Oregon

Master of Ceremony: *Nick Sixkiller*

Whipman: *Tony Whitehead*

Flag Bearers: *Wayne Chulik*

Host Drum: *Woodsmen*

1<sup>st</sup> Grand Entry: Noon

Dinner Break: 5pm-7pm  
(Free dinner provided, while supplies last)

2<sup>nd</sup> Grand Entry: 7pm

"JACKPOT DANCING"  
All Ages Welcome  
And Prize Money Dances

For vendor registration and information, please contact MSU at  
(503) 838-8403 or (503) 838- 8195 or email us at [msu@wou.edu](mailto:msu@wou.edu)



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

**Portland Area Office**  
 12790 SE Stark St., Suite  
 102

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

**Hours:**  
 Mon—Friday  
 8:00 AM—4:30 PM

[www.ctis.nsn.us](http://www.ctis.nsn.us)



**BEAR SV-GVS**



## Are You In the Loop?

The Portland Area Office now uses an auto-dialer system to notify or remind tribal members of upcoming events, for example: Salmon Distribution, Planning meeting, holiday party, Flu Shot clinic, summer picnic, etc..

### Auto-Dialer Notifications

If you have not been notified by our system, Please contact the Enrollment department to update your phone number, because the calling list is provided to us by the enrollment department.

### Newsletters/ Notices

If you have not updated your new address with enrollment your newsletter could be misdirected. Please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.

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

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

[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

Any tribal member who would like to be notified when the new issues is posted may contact Andrew Johanson, PAO clerk to be added to the notification email. Then you can download and print a color version with a few clicks of your computer keyboard.



## Portland Area Office Staff:

Name/ Title	Contact Information
Sherry Addis Area Office Supervisor	(503) 238-1512, X1419 sherrya@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512, X1418 katyh@ctsi.nsn.us
Andrew Johanson Area Office Clerk	(503) 238-1512, X1400 andrewj@ctsi.nsn.us
Verdene McGuire Comm. Health Advocate	(503) 238-1512, X1413 verdenem@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us

## Other Staff Numbers:

Name/ Program	Number	Name/ Program	Number
Bud Lane Cultural Program	800-922-1399 X1320	Casey Godwin LIHEAP Coordinator	(800)-922-1399 X 1311
K.C. Short DPA/ IDA Housing	800-922-1399 X1316	Mike Kennedy Natural Resources	800-922-1399 X1232
Cecelia DeAnda Elders Program	800-922-1399 X1261	Andulia WhiteElk SAO Addictions Counselor	(503) 238-1512 X 1414
Rachel Adams Mental Health Specialist	(503)390-9494 x1864	Siletz HeadStart Program DeAnn Brown	(800)922-1399 X1510