

Portland Potlatch

MARCH 2017

Inside This Issue:

Community News	2
Elders News	3
477/SSP	4
Healthy Traditions	5
USDA	5
Community Health	6 & 7
Athabaskan Language	8
Calendar	10 & 11
Education	12 & 13
Behavioral Health	14 & 15
Staff Directory	19

LIHEAP Energy Assistance

Funding is still available for income eligible Siletz Tribal households. Assistance and funding are available on a first come, first served basis. Applications for assistance are available by appointment only. For more information or to apply, call the Portland Area Office, and speak with Andrew Johanson, Area Office Clerk.



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

Important Dates

- Sun., 3/12 Day Light Savings Time Starts
- Sat., 3/4, Elders Council—1 PM
- Fri., 3/16, Regular TC—8 AM

Community News

Portland Area Office

Beading Group

All Siletz tribal members and their families are invited to join us for an informal gathering, to bead, learn and visit:

**Thurs., March 16th
10 AM—2 PM**

Generally, each participant self supplies their own beading materials. For more information, please call Sherry Addis.

How to Adjust to Daylight Savings Time



On March 12, we set our clocks forward 1 hour, but it can take up to a week for our bodies internal clocks to adjust to the change. Here are some tips to make the transition smoother.

1. Gradually adjust. Starting 6 days prior, adjust one of the clocks in your home 10 minutes forward. Each day. Use this clock for your normal meal, bedtime, and awake routine.
2. Maintain or create a bedtime ritual. Everyone (not just kids) should have a

routine to slow down and prepare for sleep. Dim lights, drink a non-caffeine beverage, put away your phone, tablet, computer and turn off TV.

3. Avoid naps. This can backfire making it harder to fall asleep at night. A better option if you are feeling tired, is to take a short brisk walk (several hours before bedtime).
4. Avoid alcohol. Alcohol interferes with normal sleep patterns.
5. Sunlight. Our natural sleep rhythms are tied to the sun. So, expose yourself to the sun early in the day, and in the evening limit or dim artificial lighting.

Follow the tips above, and you can help your body adjust quickly to the time change.

Help with Water/Sewer Bills

Winter can be hard on families two-fold. First, colder weather can keep us home more, increasing use of utilities. Second, extreme weather can prevent us from going to work resulting in a reduced household income, making it even harder to pay utility bills.

Thankfully, many utility companies such as City of Portland and Rockwood Water, offer help to qualifying households, such as, discounted billing, crisis assistance and safety net services. Contact your Utility company directly for more information.

The light from electronic devices can interfere with our bodies production of melatonin hormone, which helps us fall asleep

Elders News



Elder's Shopping Day

**Wednesday, Mar 1st
& Mar 15th**

Please call Elders Representatives Kay Steele (503) 760-4746 or Cookie Fernandez (503)863-4310 if you would like to join the group.

Turtle

Ts'ee-ntelh



PAO Elders Potluck

Ch'ay-yii-ne Ghu'-alh

Weather permitting, we will next meet:

March 21st at 5:30 PM

Please bring a potluck dish to share. And join us in making elder honor day gifts. Rides are available, first come first served

Pow-Wows and Events

Willamette University's 15th Annual Social Pow-Wow

Saturday, March 11, 2017

Free Admission! Grand entry at 4 PM. Location: Sparks Athletic Center. Willamette University, 900 State Street, Salem Oregon, 97301. Featuring Native arts and crafts, food vendors, contest dancing and a Pendleton blanket raffle.

For more information, please call (503) 370-6265 or:

Oma-info@willamette.edu

Pi-Nee-Waus Elders Pow-Wow

March 18th

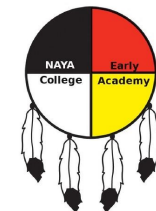
Free and open to the public. This is a drug and alcohol free event. Grand Entry at 1 PM and 8 PM. Located at Jackson Armory,

6255 NE Cornfoot Rd., Portland, Or. For more info: Sheila Kirk, (503) 752-2090

NAYA Culture Night

March 1st and 16th, 5:30 -8 PM

Featuring guest speakers, regular instructors, and volunteers who will guide community members to explore the many facets of our cultures. Families will have opportunities to learn together and connect with other community members. All ages and levels of knowledge are welcome to attend. Dinner will be served at 5:30 PM. and most materials will be provided for beginner projects.



477 Self-Sufficiency Program

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:

- 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.

The Program Manual lists all available components in detail and the requirements of each. All components of the 477 SSP

Your Success is Important to Us

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

are available on a budgetary basis.

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

Monthly Meeting

The 477 SSP monthly group meeting is the 2nd Thursday of the month:

March 9th, 4 PM — 6 PM.

Most Often Requested Numbers

Siletz Community Health Clinic	(800) 648-0449	Contract Health Services	(800) 628-5720
Grand Ronde Health Center	(800) 775-0095	Chemawa Health Clinic	(800) 452-7823
Eugene Office	(541) 484-4234	Salem Office	(503) 390-9494
Siletz Administration	(800) 922-1399	Siletz Behavioral Health	(800) 600-5599

Healthy Traditions (HT)

Garden Club's Mission:

To advance the health of Siletz Tribal families, improve access to free, fresh, organic fruits and vegetables, and provide education about traditional plants used by our ancestors for food, medicine and basketry.

What to Plant in March?

Below is a general list. Keep in mind, micro climates and weather conditions within the Portland metro area can vary from year to year, so check soil temperature in your gardens to ensure proper conditions.

Next Garden Club Meeting:

Mon, March 6th

5:00—7:30 PM



Start Seedlings Indoor

Broccoli	Leeks
Cabbage	Lettuce
Cauliflower	Peppers
Celery	Parsley
Chives	Sorrel
Eggplant	Tomatoes
Green Onions	

Direct Sow in the Garden

Arugula	Parsley
Asian Greens	Peas
Asparagus (crowns)	Potatoes (Tubers)
Carrots (3/31)	Spinach
Cilantro	Swiss Chard
Green Onions	Turnip (Cover)
Mustard greens	

USDA Distribution Dates

Siletz	Wednesday	March 1st	9 AM — 3 PM
	Thursday	March 2nd	9 AM — 3 PM
	Friday	March 3rd	9 AM — 3PM
	Monday	March 6th	9 AM — 3PM
	Tuesday	March 7th	9 AM — 3PM
Salem	Monday	March 20th	1:30 PM — 6:30 PM
	Tuesday	March 21st	9 AM — 6:30 PM
	Wednesday	March 22nd	9 AM — 6:30 PM
	Thursday	March 23rd	9 AM — 6:30 PM

Joyce Retherford: CTSI FDP Director
(541) 444-8393.

Lisa Paul: CTSI FDP Warehouseman/Clerk
(541) 444-8279.

Community Health



Diabetes Support Group

Our Diabetes Support Group will be providing a healthy meal for all to enjoy. This luncheon is for all tribal members and their families. Please join us to welcome

**Wednesday, March 8th
Noon to 2:00 PM**

our new Diabetes Director, Chris Sherrod: All tribal members and their support persons are welcome.

Contract Health Services

Remember to update annually (the form is available at the CTSI website) or whenever you have moved, changed your phone number or changed your primary care Doctor. Do you need help? Call the office and ask for Verdene, I am here to help.

Benefits of Kindness, Part 2

(By Paula Spencer Scott/Parade)

Kindness promotes happier, bigger hearts. Being kind feels good to us. Our brain's reward center is wired to get an immediate "hit" when we're helpful and compassionate to others

What's more, one kind act trips what social scientist Oliver Scott Curry, calls "social contagion". Not only do both you and the other person get a lift but so do its witnesses. The people around us feel the love too. Each party involved is then motivated to "kind it forward" to even more people. Try it, you will like it!

(To be continued in April)

5 Tips to Start off Spring with a Clear Head

(From Diabetes Forecast Jan/Feb 2016)

1. Block Anxiety

While organizing your life and overhauling your diet to achieve healthy goals is a good thing, it can also cause a lot of stress. The best way to kick that stress is to plan ahead. Be prepared. Pick a night to plan a menu of meals for the week. Then post a shopping list and a menu on the fridge so the whole family knows what's for dinner this week. Stick with it. Eventually, it will be easier for you each week and healthy meal planning will be fun.

2. Think Small

Tackling one small goal before moving to the next is a great way to break old habits. If you work on your goal for several days to a week, you are more likely to achieve it than if you bite off more than you can chew in the beginning. Something like replacing one can of soda with a glass of water each day. No second helpings.

3. Get Motivated

Collect inspirational quotes, magazine articles, photographs, and thoughts that you've jotted down that make you feel

good. Paste them to a poster board, or organize them in places you can see them daily or every single night before going to bed. Starting and ending your day on a positive note.

4. Set an End Goal.

Write out what it means to be your ideal self. Think about it and write it down. Keep it on your refrigerator or the mirror in your bedroom. Read it aloud when you need a little extra motivation to continue toward your good health goal.

5. Watch Your Words.

Reaching your goal is hard work, so go easy on yourself. "Start with listening to the words you say about yourself and then ask if that's the type of thing that you would ever say to somebody else. Then consider how you can turn negatives into self-empowering positives. "I can't eat it" sounds a lot like deprivation, doesn't it? "I choose not to eat it," on the other hand, takes the power away from your diet and gives it back to you. So if you slip up on your diet plan or goal, don't beat yourself up. Always ask your-

self: "Do [your words] nurture? Or do they push you back?" Do they empower you? Or do they inhibit your success?" says Jill Weisenberger, a Yorktown nutrition consultant and author. I say be kind to yourself as you would be kind to the people in your life that you love.

Happy Spring..

Cancer Prevention:

Mammograms Plus Self Breast Exams

Mammography can detect tumors before they can be felt, so screening is key for early detection. But when combined with regular medical care and appropriate guideline-recommended mammography, breast self-exams can help women know what is normal for them so they can report any changes to their healthcare provider.

If you find a lump, schedule an appointment with your doctor, but don't panic — 8 out of 10 lumps are not cancerous. For additional peace of mind, call your doctor whenever you have concerns.

Portland Area Native American Organizations

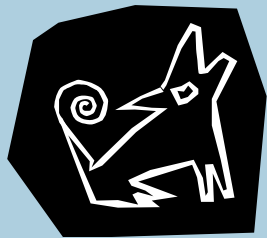
NARA	(503) 224-1044 mail:info@naranorthwest.org	Oregon Native American Chamber	(503) 894-4525 onacc.org
NAYA	(503) 288-8177 info@nayapdx.org	Wisdom of the Elders	(503) 775-4014 rosehb@wisdomoftheelders.org
Pi-nee-waus	(541) 484-4234	ONABEN	(503) 968-1500 info@onaben.org

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

Monday, March 13th
6 PM—8 PM

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

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

Many Athabaskan language lessons are available to tribal members, in print and

audio at the CTSI web site at:

www.ctsi.nsn.us

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

www.siletzlanguage.org

Words for January

Sunday	San-t'i
Monday	Mvn-t'i
Tuesday	Tus-t'l
Wednesday	Wens-t'i
Thursday	Thvs-t'l
Friday	Fay-t'i
Saturday	Saa-tv-t'i
Today	Chee-svs
Tomorrow	Yash-mvlh
Yesterday	'vn'-dan'
Morning	Xaa-ghii~-an'
Afternoon	K'wee-ghii~-g~
Tonight	Dii xvlh-tr'in'

Home Visiting Program

The Home Visiting program serves Native families in our 11 county service area who are expecting or have an infant less than 12 months of age, continuing until the child's third birthday.



Are you expecting a baby?

Do you know someone who is expecting a baby?

Do you have questions about how to care for your little one?

Are you interested in gaining skills for successful and positive parenting?

If you would like to know more about our Home Visiting program, please give me a call: Lori Christy at the Salem Area Office, (503) 390-9494 or 1 (800) 922-1399, X1863. I would love to visit with you.

Our program aims are to:

- Increase parenting knowledge and skills
- Address maternal psychosocial risks that could interfere with positive child-rearing (such as drug and alcohol use, depression, low education and employment, domestic violence)
- Promote optimal physical, cognitive, social/emotional development for children birth to three years
- Prepare children for early school success
- Ensure children get recommended "well-child" visits and healthcare
- Link families to community services to address specific needs
- Promote parents' and children's life skills and behavioral outcomes across the life span



March 2017

SUN

MON

TUE

WED

THU

FRI

SAT

Inclement Weather Conditions: This time of year, the weather outside can be frightful. For the safety of all, we sometimes close our office due to weather conditions. So, if it is snowing, icy or unusually cold, please call the office and listen to the message before coming to the office to make certain we are open. We will update our phone message to reflect any modification of our office

1
Elder's Shopping Day
10AM

2

3

4
Elders Council
1 PM

5

6
Garden Club
5 PM — 7:30 PM

7

8
Diabetic Support Group
Noon — 2 PM

9
477/SSP Meeting
4 PM — 6 PM

10

11

12
Daylight Savings Time Begins

13
A. Language Class
6 PM– 8 PM

14

15
Elder's Shopping Day
10AM

16
Beading Group
10 AM—2 PM
R. Tribal Council Mtg.
8 AM

17

18

19

20

21
Elders Potluck
5:30 PM

22

23

24

25

26

27

28
Ed. Youth Swimming
1 PM

29

30
Ed. Plank House Trip
Time: TBA

31
(LOP) Elk Tags Application Deadline
4:30PM

Education & Youth Update



Spring Break Activities For Youth

The following activities are sponsored by the Siletz Portland Area Johnson O'Malley Program.

Note: It is helpful if you are interested in participating for any event to call and confirm with Katy Holland a minimum of 24 hours in advance.

Swimming at North Clackamas Aquatic Park

Tickets will be available for youth and a family member to swim, Tuesday, March 28th, 1 PM to 5PM. Tickets and snacks will be provided to participants.

Visit to Cathlapoté Plank House in Ridgefield Washington



You are invited to join us, Thursday, March 30th, time: TBA, for a trip to see an example of the traditional homes our ancestors lived in. In addition, we will participate in cultural activities that relate to the plank house and wildlife refuge. To sign up or for more information, call Katy Holland.

Johnson O'Malley Program (JOM)

All programs sponsored through Johnson O'Malley Program (JOM) are for Native Youth age 3 to 19 years. Who are either enrolled in a federally recognized tribe or show that they are one quarter blood degree and attending a public school in Washington, Clackamas or Multnomah County. JOM also provides assistance with registration fee's for sports, cultural and enrichment activities.

Applications available at the Portland Area.

Siletz Tribal Youth Activity Fund

Enrolled Siletz tribal youth attending K-12, are eligible to receive up to \$75.00 a year for fees or supplies associated with enrichment activities (may include cultural, academic, camps, etc). Forms are available at the are office or online:

www.ctsi.nsn.us

Turbo Tax

We have the "Turbo Tax" program available for use at the Siletz Portland Area Office to prepare your taxes. We cannot provide tax advice or help in filling out your return; we can only offer the program for use. Please call before coming, to schedule an appointment.

Free Saturday Academy STEM Classes for Native Youth

STEM (Science, Technology, Engineering and Mathematics.)

Offered through a generous grant from the Vollum Foundation, Saturday Academy is able to offer free STEM classes to Native American youth attending grades 4th through 12th. Example of classes include Aeronautics, Building a Computer, Biotechnology, 3 D Modeling, Game Maker, Robo Pets, Forensic Science, Game Design, Chemical Reactivity and so much more. For more information you can contact Katy at the Siletz office or contact Saturday Academy at (503-200-5861, or online:

www.saturdayacademy.org/ase

For more information, please contact Katy Kaady, (503) 238-1512 or e-mail:

katyh@ctsi.nsn.us

Adult Education funding for Siletz Tribal Members

The Siletz Adult Education program serves Siletz Tribal members ages 16 years and older, who are not already enrolled in a formal education program. The program assists Tribal members to obtain their GED, basic skill classes or classes to enhance employability. You can download an application at:

www.ctsi.nsn.us

Or contact Katy at the Portland area office more for information.

Higher Education Program

The Higher Education Program is a scholarship program for eligible Siletz tribal members to continue their education beyond high school. Higher education enables participants develop leadership skills and increase employment opportunities in professional fields.

The program requires admission and enrollment in an accredited institute pursuing a Bachelor's Degree or a two-year program that will transfer to a four-year college or university, a Master's program or a PhD.



Behavioral Health—Mental Health

Preparing for Spring

Along with the rain, comes re-growth and new blossoms. Spring is a time to recover from our winter blues, and re-center for the summer months to come.

Activities for mental health in the spring:

- Spring is a good time to start getting outdoors more. This is Oregon, so it may be raining, but the weather is warming and the exercise is a great mental boost.
- Grow a garden, or even just plant a few plants in a planter box to tend. Weeding is hard work, but great relief for the mind.
- Don't forget about spring cleaning—get rid of that clutter and feel the relief in your head.
- Toss out one bad habit, and replace it with something healthier. It takes 21 days to make a habit stick, so keep up the hard work and it will pay off!

Good habits to boost your mental health:

- Drink a cup of tea every day.
- Hug a tree, or yourself, for 3 minutes.
- Brush your teeth every day.
- Don't watch the news, or limit this activity to times when you are not alone.
- Put down your electronic device more.
- Learn how to show yourself compassion like you would a dear friend.



Traditional Coping

For the people of the Siletz tribe, spring is a time to get outdoors and be in nature. It is a

time for rope courses, and other adventure-based activities, such as white water rapids rafting. Traditionally, our people would be out in canoes, fishing, gathering plants needed for basket-weaving, collecting herbs and grasses for healing and smudging, Pow-wowing, singing and dancing.



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

<p>Portland Area Office Mon & Tues 8 AM—4:30 PM (503) 238-1512</p>		<p>Salem Area Office Wed, Thurs, and Fri 8 AM—4:30 PM 1-(503) 390-9494</p>
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Behavioral Health—Alcohol & Drug Program

Responsibilities

In Ala-non a member once said that the word “responsibility” when divided, actually means our “ability” to respond to our own needs and of those around us. Years of living with active alcoholism hamstring most of us so that we are unable to respond; we simply react. Many of us confuse our responsibilities to others with a feeling of having to be responsible for everyone and everything that happens. The result is many distorted relationships with family and friends. An honest look at our responsibilities can help to increase our self-esteem and to improve those relationships which add so much meaning to our lives. Ask yourself:

- Do I accept responsibility to do something about my problems as they arise?
- Do I set my goals realistically?
- Do I consider my welfare when making decisions?
- Am I true to my ideas, refusing to compromise myself just to keep peace?
- Can I relax when I am by myself?
- Can I be counted on by others?

If you ask yourself some of these questions and are not satisfied with your answers then you know there is work to be done. Start

small and begin to build your positive view and actions on responsibility. When you are able to work on these points you will begin to see how things will change in your recovery and life for the better.

Generally, PAO Counselor Andulia WhiteElk Hours are:

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



<p>Salem Office</p>	<p>Monday, Tuesday and Wednesday 8— 4:30PM</p>
<p>Portland Office</p>	<p>Thursday and Friday 8— 4:30PM</p>

**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**

Natural Resources

The Tribal Natural Resources Department will once again be offering a limited number of Landowner Preference (LOP) elk tags to Tribal members for this fall's hunting season. As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres that the Tribe owns, we can get 6 additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags that we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	Tribal Tags	LOP Tags
State Hunting License Required?	No	Yes – Tribal member must purchase both a 2017 and a 2018 State hunting license
Area to be Hunted	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the unit selected during that unit's antlerless elk season. Units available include Upper Siletz, NW Alsea, SW Alsea, SW Alsea Private Lands and West Siuslaw
Eligible for other State elk tags?	Yes	No*
Give tag to another licensed Tribal member to hunt for you?	Yes	NO
Application and Selection Process	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP Drawing; if selected apply to State for controlled hunt tag (list LOP unit in LOP section on State controlled hunt application)
Obtain Tag From	Tribe	State – Tribal member must purchase tag
* Note: If you are drawn for an LOP Tag you are still eligible to apply for and be drawn for a Tribal tag.		

Please note that a major difference between the LOP tags and the Tribe's regular tags is that only the person drawn for the tag can hunt that tag. The tag cannot be given to someone else to hunt for you. Therefore, only those folks serious about hunting this hunt themselves are eligible to apply.

The drawing for the 6 LOP elk tags will be held at the Natural Resources Committee Meeting to be held on April 3rd at 4:45 PM in the Natural Resources Department Map Room. Applications are available on the Tribal website and at the Tribal Natural Resources Office in Siletz. Completed applications are due in the Natural Resources office by 4:30 PM March 31, 2017. For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232.

Indian Child Welfare (ICW)



Help Tribal Children who are in need of a foster family.

Our kids need your help, your heart and your home. Call today to make a difference. You can make a brighter, better world for our future generations. Foster a young tribal child today.

Call. Today.

541-444-8338 Marne' Grusing Foster Family Certifier

Marneg@ctsi.nsn.us

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 Portland Area Office**

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Hours:
 Mon—Friday
 8:00 AM—4:30 PM

www.ctis.nsn.us



BEAR SV-GVS



Is Your Newsletter Coming to the Right Address?

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

How to Get Your Newsletter Faster and In Color?

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

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 kathy@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 Coun-	(503) 238-1512 X 1414
Rachel Adams Mental Health Specialist	(503)390-9494		