

The Drumbeat

October Newsletter Salem Area Office

Confederated Tribes of Siletz Indians, 3160 Blossom Dr N. Suite 105, Salem, OR 97305

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Community Calendar Beverly Owen, Area Office Supervisor, x185

bevo@ctsi.nsn.us

Cindy Jackson, Area office Secretary, x1850

cindvi@ctsi.nsn.us

Our office hours are Monday through Friday 8:00am -4:30pm. We are closed on Federal and Tribal Holidays. We would appreciate it if you could make it into the office in plenty of time to complete your business by the close of business.



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



We do not accept collect calls. An option is to call 800-922-1399 number and asked to be transferred to our office.

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We have a 5¢ per page charge for copies, faxes and printed materials. Note: If the documents are specifically requested by a Tribal program there will be no charge.

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If you would like to receive your newsletter via email, call Cindy or email her and make that request.

FREQUENTLY CALLED PHONE NUMBERS

Chemawa Health Clinic USDA Warehouse – Salem Tribal Head Start – Salem

503-9396942 800-922-1399

503-304-7600

503-391-5760

Siletz Tribal Office Siletz Health Clinic (ext1604 app

800-648-0449

(ext1604 appts ext1625 Pharmacy)

Announcements & Community News



October is Breast Cancer Awareness Month. Breast cancer affects one in eight women during their lives. Breast cancer is the most common form of cancer among American women. Awareness Depot donates a percentage of this sale to the Susan G. Komen Foundation to help fight breast cancer. You can show your support by displaying breast cancer awareness product such as pink ribbon pin, pink awareness bracelets etc..

A pink ribbon is the most prominent symbol of breast cancer awareness. Pink ribbons, which can be made inexpensively, are sometimes sold as fundraisers.

The pink ribbon is associated with individual generosity, faith in scientific progress, and a "can-do" attitude. It encourages consumers to focus on the emotionally appealing ultimate vision of a cure for breast cancer, rather than on the fraught path between current knowledge and any future cures.

During Breast Cancer Awareness Month each October, people raise money by organizing activities such as theme parties or a "pink day" (when employees wear pink clothing or accessories) at work. The money raised is donated to the organizers' choice of breast cancer care or research programs.

Inspirational thought for this month:
What is meant to be will always find a way.







Tribal Members can now go into any Area Office to have a picture taken for a Tribal ID done. Your picture and signature will be sent to Siletz where the actual ID will be made and mailed to you. You must have an appointment for an ID Card. Call Bey to schedule an appointment.



ADVOCATE: Kim Lane 541-444-9679

kiml@ctsi.nsn.us

OUTREACH: Kira Woosley 541-444-9680

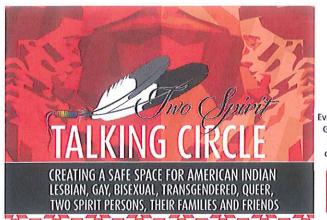
kiraw@ctsi.nsn.us

TOLL FREE: 1-800-648-0449

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

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

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





Join us Wednesday Oct 11th 5:00 pm Salem Area Office

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

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

The Talking Circle is held on the second Wednesday of each month from 5.00-7.00pm



Flu Shots At the Salem Area Office

We will be hosting our annual flu-shot clinic on: Wednesday, October 11th From 2 to 6 PM For more information or to reserve your flu shot please call your community health advocate, Cecilia Tolentino at (503) 390-9494 Ext 1854

Blue Corn Mush Recipe



Bring 4 cups water to a boil, just before water boils, slowly whisk in 1 cup Ute Mountain Bow & Arrow brand blue corn meal. Reduce heat to medium and continue to cook to desired texture, whisking constantly. Stir in 1 teaspoon kosher salt and 2 tablespoons Red Lake Nation organic maple syrup. If available add 1/2 teaspoon fine cedar ash as water is coming to a boil to increase blue vibrancy and give a nice hint of smoke. Serve with chopped pecans and toasted pine nuts and add your favorite fruit to complete your nutritious meal





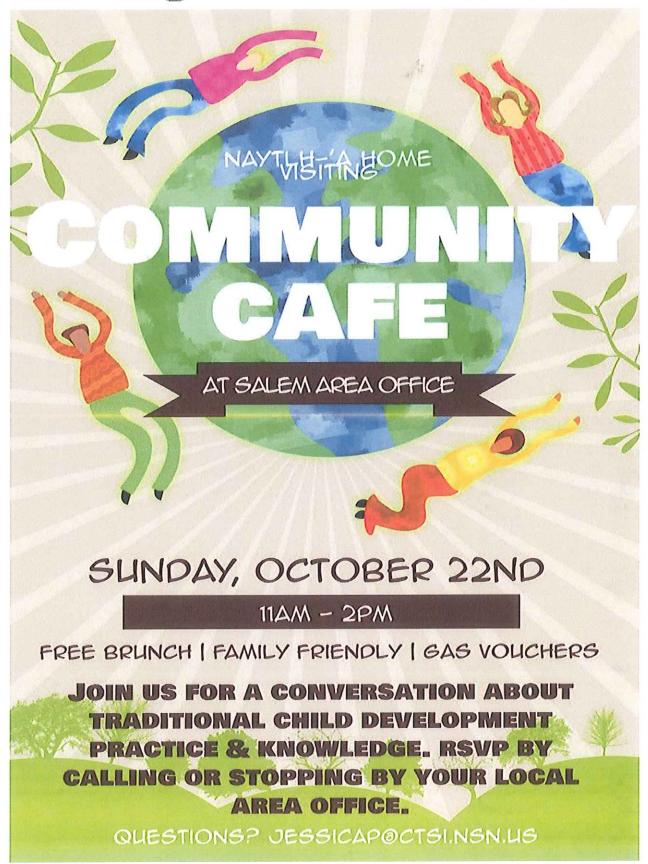
CongratulationsIIII

Mica Espino has been promoted to working in Human Resources at her job!!
What a fantastic accomplishment.
Mica is a credit to our Tribe!!



Congratulations to Alex Harding and Kimberly Lane who were married on October 16th in a beautiful ceremony in Siletz. Their cousin Anthony Hudson performed the ceremony.

Everyone Invited!!



Community Café

Looking to the Past To Support Our Future

Sunday, October 22nd 11:00am – 2:00pm Salem Area Office, Salem, OR

Brunch at 11:00 with conversation beginning at 11:30

Naytlh-'a Home Visiting Program is hosting a Community Café. Everyone is welcome to join the Community Conversation about traditional child development practice and knowledge in the Siletz community. By gathering a diverse group of community stakeholders for a Community Café we hope to collect traditional child development attitudes, values, and beliefs to better understand and support traditional child development practice and knowledge. Our desire is to integrate these findings into the Home Visiting Program to increase healthy child development among Siletz children.

Questions to be discussed:

- What community values, beliefs, and attitudes have supported child development in the past?
- What traditional child development practices and knowledge can we learn from the past to support and promote child development in the present?
- How may traditional knowledge and practice be sustained for future children and their families in the home visiting program?

To join the conversation please RSVP to Cindy at the Salem Area Office, 503-390-9494. For more information please contact Jessica Phillips in the Eugene Area Office, 1-800-922-1399 ext 1752.

Indian Education Thursdays

Fall Calendar

Oct 19	Elementary Math and Literacy classes, grades Pre-K – K and 1 – 5 Scholarship Writing Workshop, grades 6—12 Study Hall Parent Workshop
Oct 26	Elementary Math and Literacy classes, grades Pre-K – K and 1 – 5 Study Hall Parent Workshop:
Nov 2	PAC—Parent Advisory Committee meeting Elementary Math and Literacy classes, grades Pre-K – K and K – 5 Study Hall
Nov 9	Culture Night: Native Dance Elementary Math and Literacy classes, grades Pre-K – K Study Hall
Nov 16	Culture Night: Native Story Telling Elementary Math and Literacy classes, grades Pre-K – K Study Hall
Nov 23	Thanksgiving
Nov 30	Culture Night: Native Games Study Hall



Language & Culture Class

Bud Lane 1-800-922-1399 ext 1320

budl@ctsi.nsn.us



Nuu-wee-ya' (Our Words)

Date: October 10th
Time: 6:00 – 8:00 pm
Where: Salem Area Office

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our ancient languages. We also have equipment in the Culture Department available for use in grinding and drilling shells or pine nuts or other applications. If you have a need for using the equipment, call and I can set up an appointment during regular business hours or after hours.

USDA Salem Warehouse

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





Monday October 16th Tuesday October 17th Wednesday October 18th Thursday October 19th 1:30 – 6:30 pm 9:00 am – 6:30 pm 9:00 am – 6:30 pm 9:00 – 11:00 am

There is the most awesome restaurant in Denver, Colorado, called Tocabe. Their recipes are made up of traditional foods from their tribal background, with a modern flair. They have partnered with USDA and mid-west Tribes, to show people how to use their commodities in a healthy way. Since USDA has added the blue cornmeal to our food package and many of the people from our area don't know how to use it, I contacted them and asked if they had a recipe using the product. They shared this with me and I can't wait to try it. When I do get a chance to try it, I am going to substitute the fruit & nut mix that is in our food package for the chopped pecans and toasted pine nuts that their recipe calls for.



I am posting recipes, distribution dates, pictures and food safety tips on Facebook: SILETZ TRIBAL FDPIR

Down Payment Assistance

KC SHORT 1-800-922-1399 x1310 1-541-444-8310 FAX, 541-444-8313

477/SSP

OCTOBER

Angelica Espino
Tribal Service Specialist
angelicae@ctsi.nsn.us
503-390-9494 x1853

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

IMPORTANT DATES TO REMEMBER

October 5th October 16th

Job Search/Monthly Report forms due for Cash Assistance Soft Skills Training 10:00am – 12:00pm (MANDATORY)



Elk Rifle Tag Drawing

Language Class October Short Clinic October Clinic

USDA

October 2nd (Siletz)
October 10th (Salem Office)
October 11th 2:00~6:00pm

October 16th, 17th, 18th and 19th

(Salem Warehouse)



IMPORTANT REMINDERS FOR 477/SSP

- SSP STAFF WILL RETURN CLIENT PHONE CALLS WITHIN 24 BUSINESS HOURS.
- SSP STAFF WILL ADDRESS CLIENT REQUESTS FOR SUPPORT SERVICES AND OTHER REQUESTS WITHIN TWO BUSINESS DAYS.
- SUPPORT SERVICES REQUEST FORMS ARE KEPT IN THE LOBBY.
- YOU **MUST** COMPLETE THE SUPPORT SERVICES REQUEST FORM FOR GAS CARDS, BUS PASSES, ETC.
- > OFFICE STAFF DO **NOT** TAKE MESSAGES. YOU **MUST** LEAVE A VOICEMAIL ON YOUR WORKER'S LINE, IF YOU DON'T

LEAVE A CURRENT PHONE NUMBER WE CANNOT RETURN YOUR CALL SO PLEASE BE SURE TO DO SO.

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

Always End The Day
With a Positive
Thought.
No Matter How Hard
Things Were,
Tomorrow's a Fresh
Opportunity To Make
It Better.



Community Health

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





Community Health News

Monthly Diabetes Support and Prevention Group

Join us on the third Wednesday of each month for our diabetes luncheon, HAVE FUN learning about diabetes related topics.

When: Wednesday, October 18th

Where: Salem Area Office Time: 5pm-6pm

For more information or to sign up call Cecilia at the Salem Area Office (503) 390-9494

A home fire is a devastating event, and one that you never count on happening. Your children are most at risk when this disaster occurs. In fact, children under five are twice as likely as other people to die in a home fire. Tragically, many home fires are started by children playing with dangerous household items — especially lighters and matches. Taking sensible precautions in the home and teaching your child how to escape from a fire can help your family avoid this type of heartbreak.

October is Fire Safety Month

Salem Siletz Tribal
member
households If your
home is in need of
a smoke detector
call Cecilia at the
Salem Office to get
one
(Limited supply)



Smoke Alarıns Save lives ı

Help Your Child Survive a Fire

- •Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas. Once a month check whether each alarm in the home is working properly by pushing the test button. Replace batteries in smoke alarms at least once a year. Immediately install a new battery if an alarm chirps, warning the battery is low.
- •Teach your children what smoke alarms sound like and what to do when they hear one.
- •Ensure that all household members know two ways to escape from every room of your home, and where to meet up outside.
- •Practice your fire escape plan at least twice a year and at different times of the day. Practice waking up to smoke alarms, low crawling and meeting outside. Make sure everyone knows how to call 9-1-1.
- •Emphasize "get out, stay out." Only professional firefighters should enter a building that is on fire—even if other family members, pets or prized possessions are inside.
- •Use quick-release devices on barred windows and doors. Security bars without release devices can trap you in a deadly fire. If you have security bars on your windows, be sure one window in each sleeping room has a release device.
- •Consider getting escape ladders for sleeping areas on the second or third floor. Learn how to use them, and store them near the windows.
- •Teach household members to STOP, DROP and ROLL if their clothes should catch on fire.



Education

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



EDUCATION PROGRAM COMPONENTS: Higher Ed Adult Vocational Training (AVT) Adult Education Supplemental Education ♦ (JOM) ♦ Tribal Youth Employment & Education (TYEE)

FLU SHOT CLINIC

OCT 11TH 2-6PM

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

I will be out of the office from October 3-8, 2017.

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

Tutoring: Tutoring will return to Tuesday nights beginning on October 3rd.

Siletz Tribal Youth Conference-October 13-15, 2017

Join your fellow Siletz Tribal Youth (7th-12th Grades) for 2 days of getting to know each other, learn more about Siletz Tribal culture and history, hear about important topics for teens and have a great time with Siletz Tribal youth from all areas.

Who is Going:

Enrolled Siletz Tribal Youth grades 7-12th regardless of residence.

Location:

B'nai B'rith camp in Lincoln City

Applications:

Will be mailed directly to the youth in this age range.

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The deadline to apply for 2017/2018 year was June 30, 2017. The next deadline to apply is June 30, 2018. It is a requirement that you complete your FAFSA by January 31, 2018 to be eligible to receive tribal assistance.

The applications for FAFSA (Free Application for Federal Student Aid) open on October 1, 2017. The Tribal deadline to complete your FAFSA will remain January 31st, but please turn in your application early. Federal money is on a first come first serve basis and given out until gone. Without completing your FAFSA by the January 31 deadline, you will be ineligible to apply for Tribal Higher Education funding for fall.

ADULT EDUCATION

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

Siletz Tribal Youth Activity Fund

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



Home Visiting Program

Lori Christy
loric@ctsi.nsn.us
Home Visitor
503-390-9494 x1863
8.00am - 4.30pm



Home Visiting – October Events

This month we have two great events and hope you can join us.

Home Visiting Pumpkin Patch Trip

Saturday October 14th

10:00 - 12:00

Fordyce Farms

7023 Sunnyview Rd NE Salem, OR





Meet at Fordyce Farms at 10:00. We will gather in the parking lot then enjoy the activities together. There is a hay ride, maze, pumpkins and more. The cost of one pumpkin per family will be covered. Entrance fee to the maze will be covered for those interested in going through the maze. Sack lunches will be provided. Hope you can join us for this morning of fun! Can't believe I am saying this after our hot, dry summer but if it is rainy or has been wet you will probably want to wear boots and rain gear! Please RSVP to Lori by Friday October 13th.

Naytlh-'a Home Visiting Community Café

Sunday, October 22nd

11:00 - 2:00

Salem Area Office



3160 Blossom Drive NE Suite 105

The Home Visiting Program is hosting a Community Café Conversation. The café is open to all in the Siletz community. Join us for a conversation about traditional child development practice and knowledge. We will be discussing what community values, beliefs, and attitudes have supported child development in the past; what traditional child development practices and knowledge can we learn from the past to support and promote child development now and how may traditional knowledge and practice be sustained for future children and their families in the home visiting program. Please join us for brunch and conversation and let your voice be heard. Gas vouchers available on request. RSVP to Cindy at the Salem Office, 503-390-9494.



A & D

Andulia White Elk anduliaw@ctsi.nsn.us Addictions Counselor 503-390-9494 x1855



FLU SHOT CLINIC OCT 11TH 2-6PM

What:

(Moving On Up)

Relapse Prevention Group

Where:

Salem Area Office

3160 Blossom Dr NE Suite 105

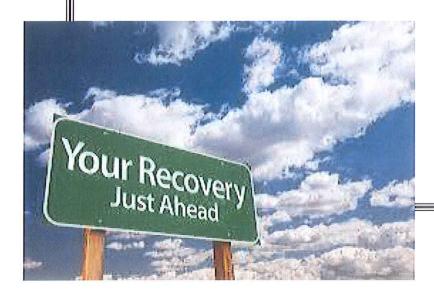
When:

Starts October 4th 10:00~11:00am

(Group will meet every Wednesday 10:00-11:00am)

Come and learn about relapse prevention, stress management, positive recovery and coping skills to live a better, healthier, happier clean and sober lifestyle.

Please contact our Behavioral Health Addiction Services before attending the group. 503-390-9494 x1855



I'VE BEEN BRAVE MANY TIMES BEFORE AND I CAN DO IT AGAIN.



EAR



MENTAL HEALTH

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

FLU SHOT CLINIC OCT 11TH 2-6PM

OCTOBER

Behavioral Health

Entering fall:

The weather is cooling, the leaves are turning colors, and the rains are coming back. It has been a hot summer, and fires have devastated the wild areas we hold dear. The Run to the Rogue being canceled was a sad though understandable occurrence.

Coping with the change of season:

- The days are going to start getting shorter, the skies more frequently darkened by clouds, and it will become increasingly important to maximize the daylight hours.
- Exercise remains important but harder to come by with the rain; try inside activities such as using a step or similar to do step aerobies while you watch your favorite shows.
- As the daylight decreases, if you notice your mood decreasing with it, try spending a few moments each day in front of a UV light source.

Mental Health Awareness in October:

October is a month to take mental health into consideration on a National level, as the first week of October is considered "Mental Health Awareness Week" by NAMI, the National Alliance on Mental Illness. Companies across the nation are holding various mental health awareness activities, and some clinics are offering free depression screenings. There's also an online screening available at: http://screening.mentalhealthscreening.org/hyho

Traditional Coping

The fall is a time for the Siletz people to start preparing for the winter, and in that process comes the importance of making sure our Elders are ready. If you have time, join a wood-cutting event, reach out to the members of the community in the most need and lend a helping hand. The Siletz peoples are encouraged to keep in harmony with their ancestors' ways; attend sweats, drum circles and smudge. Live life in a healthy, good way.

Portland Area Office

Mondays & Tuesdays (503) 238-1512 ×1417

Salem Area Office

Wednesdays & Thursdays I-(503) 390-9494 ×1864



Voc Rehab

JERAMIE MARTIN, Voc Rehab Director
jeramiem@ctsi.nsn.us

Toni Leija, Voc Rehab Job Developer
503-390-9494 x1861
antonial@ctsi.nsn.us

Dana Rodriguez, Voc Rehab Aide
503-390-9494 x1862
danar@ctsi.nsn.us

STVRP is here to assist members of <u>ANY</u> federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Siletz service areas.

Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- 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 may speak to VR staff in the following locations:

Salem Area Office

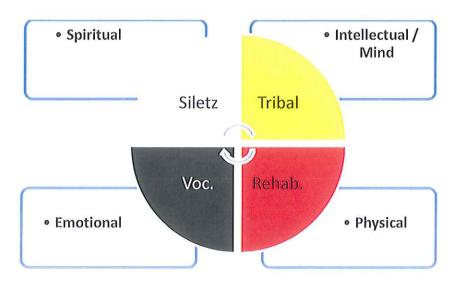
3160 Blossom Drive NE, Ste 105 Salem, OR 97305

Siletz Admin. Office

201 SE Swan Ave Siletz, OR 97380

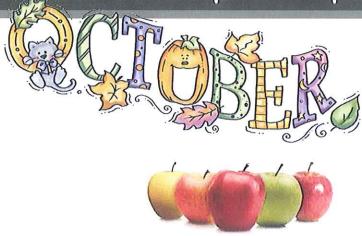
Salem Office - Dana Rodriguez, Program Aide; Toni Leija, Counselor/Job Developer

Siletz – Jeramie Martin, Program Director



Teacher Jenn Teacher Jennifer

Siletz Tribal Head Start - Salem





September has been a busy but fun month here at the Head Start in Salem as we have been beginning to know your students. This month we have been learning how to follow both classroom and bus safety rules. We have also learned about friends, emotions, the 5 senses, and body parts. We are looking for a fun filled October!

Teacher Jen and Teacher Jennifer And the Head Start Staff

Thank you for our in-kind classroom supplies that have been donated. We really appreciate all of the help to keep our school running smoothly.







If you are interested in sharing regalia, stories, drumming, or would like to volunteer at our school, please let us know!



Find us on Facebook https://www.facebook.com/groups/383072355357428/

OCTOBER

OBER MOND

SALEM AREA OFFICE 503~390~9494 MONDAY – FRIDAY 8:00AM – 4:30PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	en en	4 Relapse Prevention 10:00-11:00am	5 SSP Monthlys Due	9	T
Elk Rifle Tag Drawing 5pm	Tutoring Resumes 4:30-6:30pm			NW Native Ameri Conferen	NW Native American Basket Weaver's Conference 6th & 7th
	10	11 Relapse Prevention 10:00-11:00am	12	13	14 HVP Pumpkin Patch
	Tutoring 4:30-6:30pm Language Class 6-8pm	Hu Shot Clinic 2-6pm Two Spirit 5-7pm		Siletz Tribal Youth Conference 13th – 15th	ith Conference 15th
USDA 10am-12pm SSP Training	17 USDA	18 USDA Relapse Prevention 10:00~11:00am	I9 USDA	20	21
114411118	Tutoring 4:30-6:30pm	Diabetes Group 5-7pm	Indian Ed Resumes Supper 5:30pm Class 6:00pm		
	24	25	26	27	28
	The formation As 20 Co.	Relapse Prevention 10:00-11:00am	Indian Ed		
	31		Bush Elementary		
	Head Start Classes T/T Area Office		Find us on Facebook		
		https://www.face	https://www.facebook.com/groups/383072355357428	72355357428/	

October is Breast Cancer Awareness Month

Salem Area Office Staff 503-390-9494

Beverly Owen
Cindy Jackson
Angelica Espino
Cecilia Tolentino
Andulia White Elk
Rachel Adams
Andrew Eddings
Sonya Moody-Jurado
Jeramie Martin
Toni Leija
Dana Rodriguez
Lori Christy

Salem Area Office Supervisor
Area Office Secretary
Tribal Service Specialist
Community Health Advocate
Addictions Counselor
Mental Health Counselor
Peer Recovery Mentor
Education Specialist
VocRehab Director
VocRehab Job Developer
VocRehab Aide
Home Visitor

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