

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 2018

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 CC	January 8 th	6:00 – 8:00pm
Eugene AO	January 9 th	6:00 – 8:00pm
Portland AO	January 16 th	6:00 – 8:00pm
Salem AO	January 17 th	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
(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

Tribal children are in need
Of foster parents for:
Permanent care,
Temporary foster care,
OR Short-term emergency care.
Contact:
Anita Bailor
Foster Family Coordinator
CTSI – Siletz Indian Child Welfare
541-444-8236
anitab@ctsi.nsn.us

PLANNING MEETING
THURSDAY
JANUARY 11TH 2018
5-7PM

!!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

COME MEET WITH
DIABETES PROGRAM DIRECTOR

If you have diabetes or are a pre-diabetic, and would like to meet with Chris Sherrod, you can call him and set up a time for you to meet with him. You can contact Chris by calling:

541-484-4234 x1647

**EMERGENCY HOUSING ASSISTANCE
STILL HAS FUNDING FOR 2018**

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

2018

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

~OPEN~

Elderly and Disabled-October 1st

***Crisis/ Regular heating- November 1st
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 AO

541-484-4234 or 1-800-922-1399 Ext. 1750

**Please make sure document is completely
filled out, except for signature and what
Notary fills out. Current ID required**

Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low Income Rental Program waiting list in Siletz (1,2,3,4 bedroom) and Lincoln City (2, 3 bedroom) - Neachesna Village).

Applications can be obtained at any Tribal area office (Eugene, Salem, Portland, Siletz) or access on-line from the tribal website, www.ctsi.nsn.us follow links; Tribal Services-Housing-Low Rent Apartments & Home Ownership.

For any questions call

1-800-922-1399 Ext 1322 or (541) 444-8322

FAX (541) 444- 8313

Chinook Winds Casino Resort

Sign up for an electronic
newsletter: www.chinookwindscasino.com

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

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>

You can fill out online or mail application in.

If, you or know someone who receives:

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

SILETZ ELDER NEWS

If you use this number to contact the Elders Program, **541-444-8225**, be sure to leave your name, phone number and brief message and you will get a call from the Elder staff.

The next Introduction to the Athabaskan Language Class at the Eugene Area Office will be held on Tuesday, January 9, 2018. Class is held from 5:00 pm until 8:00 pm and a light meal will be provided. This class will include learning to make Siletz Basketry.

There is a special Community Meeting with the Siletz Planning Department on Thursday, January 11, 2018. The meeting starts at 5:00 pm and ends at 7:00 pm and a light meal will be provided. This is our chance to hear plans for the future and to offer our thoughts for the future.

The next Elder Council Meeting is scheduled for Saturday, January 20, 2018. This is our day to take care of elections, set meeting dates and plan other events for the 2018 year. The meeting begins at 1:00 pm and ends at 4:00 pm.

The Chinook Winds Entertainment for January, 2018 is Creedence Clearwater Revisited (CCR). They will be here on the 19th and the 20th and the shows start at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

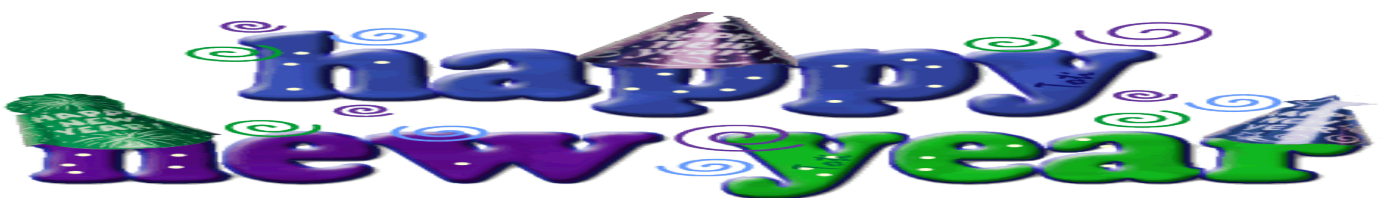
There will be a Diabetes Support Class in January. The meeting will probably be held on January 25th. Contact Adrienne Crookes at 541-484-4234 for more information.

The Eugene Area Office will be closed on January 1st and January 15th. Weather may alter the dates and/or times of these meetings so call before you go.

Our usual Elder Council meeting was changed to the 20th because the Tribal Candidates Fair is set for Saturday, January 13, 2018.

Our Elders Honor Day is scheduled for Wednesday, May 2, 2018. The theme is Boots and Shawls. Mark your calendar now for this Special Honor Day. Doors open at 10:00 am

Jim Swanson, 541-683-8766 or jimswanson38@comcast.net



JOM: Youth News and Notes

January College Info Nights:

All Siletz tribal youth and adults considering attending a college, university, or vocational training program next school year are welcome to attend College Info Night.

Come with questions about:

- applying to college
- filling out a FAFSA
- how to receive tribal aid
- finding scholarships

Dinner and refreshments will be provided.

-Monday January 8, 4:30-6:30 pm at the Eugene Area Office

-Thursday January 25, 4:30-6:30 pm at the Eugene Area Office

January Youth Activity Calendar

Jan 8: College Info Night, 4:30-6:30, EAO

Jan 25: College Info Night, 4:30-6:30, EAO

Jan 29: Homework Help (4-5 p.m.)/Culture Night (5-7 p.m.) Eugene Area Office

Coming Soon: 2018 Youth Council Meetings, TBA

Sign up for the Youth Events Email List for updates and reminders
Contact: nickv@ctsi.nsn.us

Homework Help/Culture Nights

Homework Help/Culture Nights will return Monday January 29 and every other Monday during winter term. Tutoring and homework help from 4-5 pm followed by culture class/activity from 5-7 pm. Dinner, snacks, and supplies are provided.

Upcoming Dates:

Monday January 29— Homework Help 4-5 pm, Culture Night 5-7 pm

Monday February 12— Homework Help 4-5 pm, Culture Night 5-7 pm

Monday February 26— Homework Help 4-5 pm, Culture Night 5-7 pm

Extracurricular Opportunities:

JOM: JOM has funds to help pay for extracurricular activities, sports fees, supplies, and cultural projects for students from any federally recognized tribe.

Siletz Youth Activity Fund: Offers up to \$75 per year to cover fees for costs related to extracurricular activities or cultural activities/supplies for Siletz tribal students. Call or email for more details.

Higher Ed/AVT: News and Reminders

Higher Education and AVT Grants

Higher Ed and Adult Vocational Training (AVT) grants provide funding to attend an accredited college, university, or training program.

Fall 2018 applications for new and continuing Higher Ed and AVT students will be due **JUNE 30, 2018** but to be eligible for funding you must complete a Federal Application for Financial Aid (FAFSA) by **January 31, 2018**. **DO NOT MISS THIS IMPORTANT DEADLINE!**

If you have any questions about filing out a FAFSA, signing up for the SAT/ACT, finding/applying to schools or training programs, additional scholarships, and/or how to apply for tribal assistance make an appointment today.

Prospective students of all ages are also welcome to attend upcoming college info nights: January 8 4:30-6:30 pm and January 25 4:30-6:30 pm at the Eugene Area Office (see the announcement in "Youth News and Notes" for details).

Note: Applications for clock-hour schools (i.e. truck driving school or cosmetology programs) have no deadline and are handled on a case-by-case basis.

Adult Education

The Adult Education Program offers Siletz tribal members not already enrolled in a formal education program funding to assist with the cost of GED classes and testing, professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for more information.

Applying to college or university? Do not forget these three important steps:



1. Fill out FAFSA

Applications for FAFSA opened on October 1, 2017. Apply online: www.fafsa.gov **before January 31, 2018** to be eligible for tribal assistance.

2. Apply to College/University

Be sure to pay attention to application deadlines at college and universities. Many Oregon colleges and universities have application deadlines as early as mid-January and early February.

3. Apply for Outside Scholarships

Oregon Student Assistant Commission (OSAC) applications are now open. Apply for over 500 separate scholarships with one simple application. Final deadline March 1. Apply online at : <https://app.oregonstudentaid.gov> Then, apply for tribal aid by June 30, 2018.

2018 College Students Summer Internship Program
New Deadline!

The deadline to apply for the Tribe's 2018 College Students Summer Internship Program has been moved up to March 16, 2018. Selecting students earlier will allow more time to develop relevant work site placements so students can start internships in late June or early July.

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 2018. Students may work up to 360 hours at tribal 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 28, 2017.

Students should send a completed application and an unofficial copy of transcripts to:

By Mail:
CTSI

By Fax:
541-444-2307

By E-mail:
collegeinterns@ctsi.nsn.us

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

Deadline for applications to be received at the Siletz Central Administration building is **4:30pm on March 16, 2018.**

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"



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

Norma Trefren, Intake Specialist/Job Coach x1756

Jenifer Jackson, Tribal Services Specialist x 1755

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), General Assistance (GA) and Temporary Assistance for Needy Families (TANF) services to eligible clients. If you are interested in any of the above programs please contact Norma to schedule an appointment at x1756.

**Winners are not
people who
never fail, but
people who
never quite**

**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.

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**

Long Distance Calls:

You may now reach SSP staff through the 1-800-922-1399 number, please ask to be transferred to Norma **x1756** or Jen **x1755**

Schedules:

Norma's: **M-F 8-4:30pm**
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 – No Schedule at this time**

Jen's hours: **M-F 8:00-4:30pm**
General Assistance and TANF

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

***Jenifer – No Schedule at this time**

* Lou Carey x1751 will be available to assist clients with some needs when Jenifer and Norma are out.

WEX/Grant Assistance

Dates to remember in January 2018

Monday	January 1 st	New Year's Day CLOSED
Tuesday	January 2 nd	WEX Time Sheets Due
Friday	January 5 th	Self-Sufficiency documentation due
Tuesday	January 9 th	EAO Language Class
Thursday	January 11 th	Community Meeting 5-7pm
Friday	January 11 th	WEX Payday
Monday	January 15 th	MLK Day CLOSED
Tuesday	January 16 th	WEX Time Sheets Due
Friday	January 26 th	WEX Payday
Tuesday	January 30 th	WEX Time Sheets Due

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

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

Please contact Norma at 541-484-4234 or 1-800-922-1399 x1756 to discuss programs, eligibility or to schedule appointment

All components are offered on a budgetary basis

Classroom Training (CRT)

CRT services are available for Vocational Training, GED completion, a term of Higher Ed.

Direct Placement

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

On-the-Job Training (OJT)

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

Work Experience (WEX)

WEX can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage.

Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to help members of **ANY** federally recognized Tribe (living within the Siletz Tribes service area) with barriers to employment. We work with individuals who have disabilities.

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

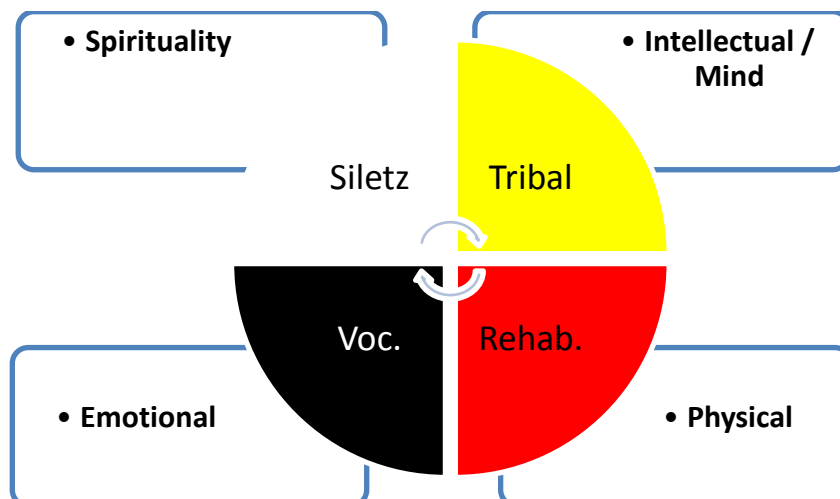
3160 Blossom Drive NE, Ste 105
Salem, OR 97305

Siletz Admin. Office

201 SE Swan Ave
Siletz, OR 97380

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

Siletz – Jeramie Martin



**RELIEF NURSERY
PEER SUPPORT INTERVENTIONIST
JOB DESCRIPTION**

Position: Peer Support Interventionist
FTE: Part-Time to start, may lead into a full-time position
Reports to: Program Supervisor
Evaluated by: Program Supervisor
Rate:

Relief Nursery is now able to offer Peer Support Services to Native American Families in our community.

Responsibilities: Peer Support Interventionist staff will provide peer support to parents referred from all Relief Nursery programs. Peer support will consist of, and not be limited to home visits, telephone contacts, transportation, referrals and advocacy. They will work with the Program Supervisor to design and implement education, referral, and involvement in parent components of the program. Peer Support Interventionist will be responsible for set up and clean up of Relief Nursery classes and support groups along with attending group activities to ensure that they are sufficiently supervised and cohesive. They will maintain a personal recovery program, if appropriate, as well as model recovery-appropriate behavior.

Requirements:

1. Education & Experience: High School diploma or equivalent.
2. Familiarity with substance abusing population and people with disabilities.
3. Must be able to demonstrate continuous sobriety under non-residential, independent living conditions for the immediate past two years.
4. Valid Drivers license and proof of insurance.

Skills & Abilities:

1. Knowledge of alcohol and drug addiction and detoxification; community resources and recovery programs.
 2. Communicate clearly, concisely and effectively orally and in writing.
 3. Work well with parents and children of diverse backgrounds.
 4. Work independently and as a team member.
 5. Ability to function in crisis situations.
 6. Bilingual preferred
- Will be asked to discuss recovering experiences during interview process.

Pre-employment drug screen and criminal background check required. Closing date: will remain open until filled. Send resume and cover letter to: Relief Nursery, Attn: Kyle Hunter, 1720 W.25th Ave. Eugene, Oregon. 97405. email address: kylehu@reliefnursery.org

COMMUNITY HEALTH

Adrienne Crookes, Community Health Advocate

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 at **541-484-4234**



Blood Pressure Checks

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

541-484-4234

Attention Tribal Parents and Child Care Givers!

Did you know that 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, call 541-484-4234. She will be available to provide information and assist in properly installing your car seat.

COMMUNITY HEALTH

Adrienne Crookes, Community Health Advocate

Oregon Health Plan 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 call and we can mail it to you. You can also apply online at

www.oregon.gov/oha

We are here to assist you with any questions that you might have about Oregon Health Plan.

541-484-4234
Adrienne Crookes

Do you need help finding a local Health Care Provider?



You may contact Adrienne Crookes, CHA, for a listing of Health Care Providers in the Eugene-Springfield area.

541-484-4234

Siletz Mail Order Pharmacy

How to Order a Prescription Refill After- Hours and on Weekends

If you need a prescription refill, please call the Siletz 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** as soon as the Clinic message begins. You will be transferred to the refill line. Follow voicemail instructions. If you need help with ordering, feel free to call Adrienne at

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 contact
Adrienne Crookes
541-484-4234.

Small Steps Make a BIG Difference



What a great way to bring in the New Year!
START incorporating these *Small Steps* into your
daily routine. Doing this can show
positive results over time!

- ◆ Walk during lunch hour
- ◆ Eat poultry & leaner red meat
- ◆ Eat off smaller plates
- ◆ Take the long way to the printer
- ◆ Skip seconds of meal servings
- ◆ Take the stairs instead of elevator
- ◆ Eat breakfast
- ◆ Snack on fruits and vegetables
- ◆ Stay active in the winter





Staying Healthy Made Simple

Adrienne Crookes, Community Health Advocate

These tips can help provide a cleaner environment for you and your family, limiting the spread of cold and flu germs and other types of infections.

- Boost your immune system by getting proper rest and eating healthy.
- Wash your hands often with soap and water using the CDC's five simple steps:
- **1) Wet 2) Lather 3) Scrub for at least 20 seconds 4) Rinse 5) Dry**
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.
- Don't touch your eyes, nose and mouth with unclean hands.
- Avoid or limit contact with sick individuals as much as possible.
- Create a cleaning schedule to address high-traffic areas in your house (e.g., Kitchen Sundays, Bedroom Mondays, Bathroom Tuesdays, Wash Wednesdays, etc.), and make it fun!
- Use a bleach solution to clean surfaces such as countertops, sinks, toilets, bathroom floors, and other surfaces. Chlorine bleach is effective in killing stomach viruses such as norovirus. Do not mix bleach and ammonia products together
- Don't forget to clean high-touch areas such as remote controls, light switches, computers/keyboards, door handles, and faucets, etc. Germs can live on surfaces carrying them to the next user.
- Discard all used tissue in the trash, then perform hand hygiene (use soap and water or an alcohol-based hand sanitizer with at least 60 percent alcohol).
- If symptoms persist, please see your healthcare provider for further evaluation.

Remember: Getting a flu shot each year is the best way to prevent the flu and to protect those around you. An annual flu vaccine is recommended for everyone 6 months of age and older. An annual vaccine is necessary because flu viruses are constantly changing.

Above all, remember the importance of hand hygiene and its ability to prevent the spread of infections.

Source: Cherity Bloom-Miller, RN, WCC, Siletz Community Health Clinic



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 2018

Siletz

MONDAY	JAN 1	HAPPY NEW YEAR! OFFICES CLOSED
TUESDAY	JAN 2	9:00 AM-3:00 PM
WEDNESDAY	JAN 3	9:00 AM-3:00 PM
THURSDAY	JAN 4	9:00 AM-3:00 PM
FRIDAY	JAN 5	9:00 AM-3:00 PM

Salem

TUESDAY	JAN 16	9:00 AM – 6:30 PM
WEDNESDAY	JAN 17	9:00 AM – 6:30 PM
THURSDAY	JAN 18	9:00 AM – 6:30 PM
FRIDAY	JAN 19	9:00 AM – 11:00 AM

I have always wanted to try to make lumpia, but was a little hesitant, just because my husband doesn't like cabbage. I decided to try my own version, using the products available in the food package. They turned out great. Try it for yourself and make adjustments to the recipe according to what you and your family like.

COMMODO LUMPIA

INGREDIENTS:

1 Tablespoon vegetable oil*	1 teaspoon ground black pepper
1 can beef with fat removed*	1 teaspoon salt
2 cloves crushed garlic	1 teaspoon garlic powder
½ cup chopped onion*	1 teaspoon soy sauce
½ cup minced carrots*	1 package ww tortillas*
½ cup thinly sliced cabbage*	2 cups vegetable oil for frying*

DIRECTIONS:

1. Place a wok or large skillet over high heat and pour in 1 tablespoon vegetable oil. Cook garlic and onion for 2 minutes then add the beef, carrots, and cabbage. Season with pepper, salt, garlic powder and soy sauce. Remove from heat and set aside until cool enough to handle.
2. Place 3 heaping tablespoons of the filling on the tortilla leaving a 1 ½ inch space at both sides. Fold the sides in and roll tightly and moisten the top edge with water to seal the edge.
3. Heat the skillet over medium heat, add oil to ½ inch depth and heat for 5 minutes. Slide 3 or 4 of the rolls into the oil. Fry the rolls for 1 to 2 minutes until all sides are golden brown. Drain on paper towels & serve.



* INDICATES PRODUCT AVAILABLE IN FOOD PACKAGE.

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB.

Joyce Retherford, FDP Director
541-444-8393

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

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p>  <p>ALL Siletz Tribal Offices CLOSED</p>	<p>2</p> <p>WEX Timesheets Due by Noon</p> <p>USDA Distribution Siletz 9-3pm</p>	<p>3</p> <p>USDA Distribution Siletz 9-3pm</p>	<p>4</p> <p>USDA Distribution Siletz 9-3pm</p>	<p>5</p> <p>Sufficiency Documents Due</p> <p>USDA Distribution Siletz 9-3pm</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Siletz Language Class 6-8pm</p> <p>College Info Night 4:30-6:30pm</p>	<p>9</p> <p>EAO Language Class 6-8pm</p>	<p>10</p>	<p>11</p> <p>Community Meeting 5-7pm</p>	<p>12</p> <p>Pay Day</p>	<p>13</p>
<p>14</p>	<p>15</p>  <p>ALL Siletz Tribal Offices CLOSED</p>	<p>16</p> <p>WEX Timesheets Due by Noon</p> <p>USDA Distribution Salem 9-6:30pm</p> <p>SAO Language Class 6-8pm</p>	<p>17</p> <p>USDA Distribution Salem 9-6:30pm</p> <p>PAO Language Class 6-8pm</p>	<p>18</p> <p>USDA Distribution Salem 9-6:30pm</p>	<p>19</p> <p>USDA Distribution Salem 9-11am</p>	<p>20</p> <p>Elders Council Meeting</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p> <p>College Info Night 4:30pm</p>	<p>26</p> <p>Pay Day</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Homework Help 4-5pm</p> <p>Culture Night 4-7pm</p>	<p>30</p> <p>WEX Timesheets Due by Noon</p>	<p>31</p>			

The Confederated Tribes of Siletz Indians

The Eugene Area Office Staff

541-484-4234 1-800-922-1399

Lou Carey, A/O Supervisor x1751

Nick Viles, Education Specialist/JOM x1757

Jenifer Jackson, Tribal Service Specialist/477SSP x1755

Norma Trefren, Intake Specialist/Job Coach/477SSP x1756

Adrienne Crookes, Community Health Advocate x1753

Jessica Phillips, Program Coordinator/THV x1752

Nora N Williams-Wood, Clerk x1750

Gloria Stott, Elders On-Call Transport

**You create beauty
with your attitude,
your behaviors,
and your actions.
It's all up to you.**

WWW.LIVELIFEHAPPY.COM

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