

Portland Potlatch

DECEMBER 2018

Inside This Issue:

Community News	1-3, 6-7
477/SSP	4
Community Health	5, 17
Education	8-9
Calendar	10-11
Behavioral Health	12-13
STVRP	15
Athabaskan Language	17
Staff Directory	19

Planning Meeting & ID Machine Coming to PAO
Thurs. Jan. 31st
5:00—8 PM

December Office Closures

All Siletz Tribal offices will be closed on:

- Friday, December 14th—Siletz All Staff Day
- Mon. & Tues., Dec., 24th/25th—Christmas Eve and Day

SRII-NA CHEE-YASH-’E
High in Sky Bird EAGLE



PAO Christmas Party

Thursday December 6th
5:30 PM—8:00 PM

(See pages 6 & 7 for details)



Energy Assistance Program (LIHEAP)

Still Open

LIHEAP (Low-Income Home Energy Assistance Program), which opened on October 1st, is a Federally-funded program that helps low-income households with their home energy bills. If you haven't already applied, for assistance, please call Andrew Johanson at (503) 238-1512 to see if you qualify. (See page 4 for details).



Important Dates

- Thurs, 12/6, Portland Holiday Party
- Sat., 12/8, Elders Council—1 PM
- Fri., 12/21, Regular Council—8 AM

Community News

Portland Area Office Beading Group

We will resume beading group in January 2018. our next beading group date is:

**Wed., December 4th, 2018
10 AM—2 PM**

For more information, please contact Verdene McGuire or Rebecca Downey at (503) 238-1512.



Elder's Shopping Day

The next elders shopping days will be:

Dec. 5th & 19th at 10 AM

To reserve your spot on the bus for the next shopping day, please call your Elders program area representative, Kay Steele at: (503) 760-4746 or Angie Artiago at (503) 760-3899.

PAO Elders Potluck

Ch'ay-yii-ne Ghu'-alh

Weather permitting, we will next meet:



Please bring a potluck dish to share. For more information or to request

**Thursday, Dec. 27th
5:30 PM — 7 PM**

a ride/carpool, please contact the Elders rep. Kay Steele or Angie Artiago.

Welcome Back Rebecca Downey!

Portland's New Supervisor

We would like to take this opportunity to warmly welcome back our former CTSI Programs Manager Rebecca "Becky" Downey as our new Portland Area Office (PAO) Supervisor.



Many tribal members in the metro area will last remember her as the area office supervisor back in 2004.

Over the next few weeks as the community welcomes her back, we hope you join us at our Annual Christmas party (see pg. 6-7) to stop by to say "Hi".

Portland Winter Resources 2018-19

This time of year winter can present families with unique challenges. To assist, we have provided a list of resources generally available during the winter months for those who may need assistance.

<http://streetroots.org/about/work/resourceguide>

Or you can call your local 211 info all-purpose referral line at (503) 222-5555 or dial 211.

- **Bradley-Angle House**
24-hour crisis line for women and women with children fleeing domestic violence. 24-hour crisis line. Undisclosed location (503) 281-2442.
- **Clackamas Women's Crisis Hotline** (503) 654-2288.
- **Child Abuse/Reporting Hotline** (All of Oregon) (503) 731-3100.
- **Allen Temple Emergency Aid Center**
Food boxes with ID or proof of current address. Services area from Wielder to Lombard, and Greely to NE 42nd. Must meet USDA income guidelines. Opens: 5 PM 7 PM Tues., 11 AM 2 PM Wed. & Sat. Closed 1st & 2nd Tues and 1st Wed and Sat. (503) 289-6615.
- **The Family Winter Shelter**

The Family Winter Shelter is a 100-bed homeless family shelter operated by Human Solutions. Families with children or couples and single women in their third trimester of pregnancy have a warm, dry, safe and welcoming place to sleep. Shelter families are able to access housing, employment and other services designed to quickly end their homelessness.

Parking at the Portland Area Office (PAO)

When visiting the Portland Area Office, please note that **Blue** parking spaces are for siletz tribal members, staff and visitors. Overflow parking is available on SE 128th Ave.

Operating from Nov. 1st to Mar. 31st
16141 E. Burnside St.
Portland, OR
Open Every night 7 PM to 7 AM
www.homelesshelterdirectory.org

- **Mainspring Emergency Services**
Formerly "Fish Emergency Services" provides, clothing for families in need. Items provided include emergency food boxes, clothing, personal care products (soap, toothpaste, laundry soap, etc.) and referrals for people most in need.
1335 SE Hawthorne Blvd.
Portland, OR (503) 233-5533
Mon - Thurs 9:30 AM - 2:00 PM
Transit: 14, 10, 70
<http://www.mainspringpdx.org>



477 Self-Sufficiency Program

SSP Monthly CAN Meeting

The required monthly group is a supportive/informational group that will focus on work, education, family and goals.



Please Note: for January’s Meeting we will have a guest speaker: Katy Holland, Education Specialist. Come learn about higher education and training.

477-SSP 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 needy families, Native American, Alaskan Native, Native Hawaiian.

Program components include: cash grant services, emergency utility assistance, job training, job retention services and other supportive services which are subject to budget cycle availability.

The Program Manual lists all available components in detail and the requirements of each which is also available at the CTSI website:

www.ctsi.nsn.us

Your Success is Important to Us

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville X1412, or Tamra Russell X1411.

LIHEAP

Who is Eligible?

- Enrolled Siletz Tribal Members. The applicant, or a child residing in the household must be an enrolled Siletz tribal member.
- Located within the 11 county service area.
- Income eligible household. The applicant must meet the annual income guidelines.

To Apply:

Please make an appointment by calling the Portland area office at: (503) 238-1512.

Notice To Applicants:

The applicant is responsible for providing their own documentation at the time of the appointment.

Applications without complete documentation at the time of appointment will be re-scheduled.

Community Health



Diabetes Support Group

Instead of our December Diabetes Support Group/ luncheon, we will be providing healthy holiday appetizers, fruits and veggies at our Christmas party. Please join us for a fun holiday event on:

PAO Holiday Party
Thurs, Dec. 6th, 2018
5:30—8:00 PM
Nara Wellness Center
(see pages 6-7 for details)

It’s Cold and Flu Season

Remember that the Portland area office distributes Over The Counter Medication’s (OTC’S) to each tribal member.

We may have the following on hand:

- Pain Relievers/Fever Reducers
- Antihistamines
- Cough Suppressants
- Antacids
- Topical Agents/Creams
- Pedialite
- Children and Adult Multivitamins
- Nasal Spray

Just check with Verdene McGuire your Community Health Advocate or Rebecca Downey, the office Supervisor.

Happiness Quote For December:



Alzheimer’s Relief

A simple dose of daily meditation may alter the course of Alzheimer’s Disease

By Catharine Paddock, PhD

Recent research has found that short daily practice of mind-body therapy may help alleviate some of the signs and symptoms that often precede dementia. To Start off the new year, please look forward to a short article each month about the different types of meditation we can practice for better health everyday in 2019.

Caring for Teeth of Older Adults

What to Consider

When caring for teeth at any age, you need to make sure to take care of them properly. Brushing becomes more difficult as we age, which can result in tooth loss or increased tooth decay. Getting a toothbrush with a bigger handle can make

(Continued on page 9)



Portland Area Office Annual Christmas Party



Date/Time:

Thursday, Dec. 6th, 5:30-8:00 PM

Location:

*NARA Wellness Center, 12360 E Burnside
St. Portland, OR 97233 (Bottom Floor)*



*Come join us for food, fun, crafts and
good holiday cheer!*

This year's event will be located off-site, at the NARA Wellness Center. Located on the bottom floor of the building. Parking and event entrance are located in the lower parking lot on the corner of SE 124th and E. Burnside. We look forward to your visit to and sharing the joy of the Christmas Season!



Education & Youth Update

December Youth & Family Activities:



Make & Take Gifts

Many of our programs at the Portland area office are coming together to sponsor a make and take gifting gathering. We invite our youth and families to join us for a fun afternoon together making crafts and yummy treats to share with our friends. Snacks will be served.

Tues., Dec. 18th, 10:30 AM—2:30 PM
Portland Area

Please confirm you would like to join us in this youth event or need transportation. Contact Katy Holland.



Let's Go Bowling—Christmas Break Fun!

Youth and families are invited to join us for a fun afternoon of bowling and snacks during winter break:

10:30 AM, Thurs., Dec. 27th
King Pins
3550 SE 92nd Avenue

For transportation and to confirm who will be coming please contact Katy at (503) 238-1512.

Swim Passes to East Portland Indoor Pool

Limited free swim passes available for youth and their families. For East Portland Community Center Indoor swim Park tickets, please contact Katy Holland. East Portland Community Center and Pool; 740 SE 106th AVE. close to Mall 205.

Financial Aid Deadline Approaching!

File Your Free Application for Federal Financial Aid (FAFSA)

All adults and graduating seniors who are planning on attending any type of college or training in the 2019-2020 academic school are required to file a free application for federal student aid by:

January 30, 2019

to be eligible for Siletz Tribal education funds. The application is done online at:

www.fafsa.ed.gov

Students can begin applying now for federal financial aid. If you need help with this please contact Katy for any questions you may have, as well as the process to apply for Siletz Tribal funding.

Attention H.S. Seniors!

Oregon Promise is a state grant that covers most tuition at any Oregon community college for recent high school graduates and GED recipients. If you are a recent Oregon high school graduate or GED recipient, have a 2.5 cumulative GPA or higher, plan to attend an Oregon community college within 6 months of graduation and are a Oregon resi-

dent for at least 12 months you may be eligible. For information about this program please visit OregonStudentAid.gov If you are eligible for grants or any other funding for college, scholarship Information!

NOTICE: Changes to Contract Health Services

Contract Health Service is Now “Purchased Referred Care” (PRC)

You can get help with your medical bills if you participate in PRC

PRC can pay your copays and patient responsibility if you follow these easy steps.

- 1) Complete an annual update form and turn into PRC.
- 2) If you do not have any health insurance, you are required to sign up for no cost health care or provide over income verification. You can call our Benefits Coordinator @ 541-444-9611 for assistance.
- 3) You are required to contact PRC within 24 hours of any Dental, Optometry, Medical: office visit, labs, radiology, etc... appointments to get an authorization number.
- 4) Take your insurance cards and your authorization number to your appointments. Each appointment requires a different authorization number.

Should you go to the ER or Urgent Care Clinic?

Call 1-800-628-5720, a gatekeeper will help you 24hours a day!

Did you have an emergency/urgent care clinic?

You have 72 hours to call PRC if you use the ER or an Ambulance.

College Night at PAO

Thursday, Dec. 13th 5:00—6:30 PM

Portland Area Office

Find Out about scholarships, funding for housing and more. Everyone is welcome. We will also be serving pizza!

Are you going to see a specialist?

Have your Doctor fax a request for a specialist & chart notes to the PRC fax number 541-444-9645 by Noon on Tuesdays. Every Wednesday Gatekeepers meet and will approve or defer all requests.

Denial Letters:

In the last 12 months, 563 medical claims were denied because the appointments were not called in. Call us, it takes 2 minutes to get an Authorization number.

Did you know you can appeal a denial letter?

Submit a letter to PRC explaining the circumstances and request an appeal. We can help if you call us ☺

Confederated Tribes of Siletz Indians Purchased Referred Care (PRC)

P.O. Box 320, Siletz, OR 97380, (541) 444-1236 or 1-800-628-5720 Fax 541-444-9645

If you live within 40 miles of Chemawa: Go here for your Primary Care

Chemawa Indian Health Center 3750 Chemawa Rd NE, Salem, OR 97305, 1-800-452-7823

If you live within 40 miles of Grand Ronde: Go Here for your primary care

Grand Ronde Health & Wellness Center 9605 Grand Ronde Rd, Grand Ronde, OR

December 2018

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Inclement Weather Conditions</p> <p>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 hours.</p>						1
2	3	4 Beading Group 10 AM—2 PM	5 Elder's Shopping Day 10 AM	6 PAO Annual Christmas Party 5:30 PM—8:00 PM	7	8 Elders Council 1 PM
9	10 Language & Dance Class 6 PM- 8 PM	11	12	13 College Night 5—6:30 PM	14 All CTSI Offices Closed All Staff Day	15
16	17	18 Make & Take Gifts 10:30 AM—2:30 PM	19 Elder's Shopping Day 10 AM	20 SSP C.A.N. Meeting 1:30—3 PM	21 Regular Tribal Council 8 AM	22
23	24 All CTSI Offices Closed Christmas Eve	25 All CTSI Offices Closed Christmas Day	26	27 Let's Go Bowling 10:30 AM Elder's Potluck 5:30 - 7:00 PM	28 CTSI, Fishing Season Ends Today	29
30	31					

Rachel Adam's Schedule:

Portland Area Office

Mondays & Tuesdays
(503) 238-1512
x1417

Salem Area Office

Wednesdays & Thursdays
1-(503) 390-9494
x1864

Thinking about Winter:

The leaves have fallen off the trees, or will soon, the days are short and heading to the shortest day of the year... It can be hard to find the energy to do our activities of daily living, let alone extra curricular activities. But that makes it all the more important!

Ways to fight shorter day tiredness:

1. Limit or eliminate screen use two hours before bed; if you are around artificial light after dark, your body won't start producing its natural melatonin, and you won't feel rested the next day, which leads to being sluggish to accomplish tasks.
2. Find a way to get natural or artificial vitamin D—go out when the sun is out, without sunglasses, or invest in a "happy light", one that has the full spectrum of sunlight in it (don't use within two hours of bed)
3. Get exercise, even if it's just walking in place while you watch TV, or window-shopping at the mall. Exercise fuels our body's desire to continue being busy and active.

Youth Conference:

Youth Conference went off without any troubles, and surveys indicate the youth enjoyed their time. We had a powerful speaker, Arnold Thomas, who delivered a powerful message about suicide prevention. Youth also participated in the Amazing Race, and it was great to see so many of them cooperating and solving puzzles together!

Mental Health Specialist services include:

Couples counseling, adventure-based therapy, youth, adult and family counseling with emphasis in experiential healing and person-centered therapy.

Coming up this December:

Mental Health Specialist Rachel will be making appearances at the the Portland Area Office Christmas party December 6th, and an activity day for youth with the Education Program on December 18th. She hopes to see you there!

Traditional Coping

Winter preparations should now be well underway, and the Elders in our thoughts. It's still a great time to be active in your community; try and join a wood-cutting event, or find other ways to 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, talking circles, and smudge. Live life in a healthy, good way.

Holidays and Your Recovery

The holidays are an emotional time for everyone. Whether it is thinking of new resolutions and gift giving, family meals and New Year's resolutions and how you're going to keep them or how you're just going to get through the holiday without using or drinking. Feelings that commonly come up around this time are; possibly sadness, regret, loss, joy and hope because of reflecting back on how your year has gone. One thing is certain; there will be opportunities for overdoing it with parties and festivities and for those in recovery possible relapse potential.

Here are some tips to get through these particular holidays.

- Make a new resolution and throw your own clean and sober party. This will support you and your recovery and will help others with their sobriety as well. It's considered service work and giving back in a way which will make you feel good too.
- If you must attend a party, plan ahead. Make sure you have a plan to leave and give yourself a timeline to stay. This is so you don't test your own resolve and temptation. Often times that's a losing battle especially for those in early recovery.

ery.

- Call a sponsor or a good support friend if you feel the thoughts of using creep in. Just to keep you grounded in your commitment to recovery and a healthy lifestyle.
- Don't burden yourself with making New Year's resolutions or other goals that will stress you out and are unrealistic. This often sets people up for failure and adds unnecessary stress that you really don't need.

Remember these days will pass and you will still have to join life the next day, so weigh your options and think through what happens when you make the decision to let loose and drink or use. Chances are it's not how you want to start your year. Be safe and remember you are worth your recovery!

Generally, PAO Counselor Andulia WhiteElk Hours are:

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

Andulia's Schedule

8 AM—4:30 PM

Salem—Mon., Tues., & Wed.,
Portland—Thurs & Fri., Portland

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

97347, 1-800-422-0232.

If you live within 40 miles of Siletz: Go here for your primary care Siletz Community Health Clinic 200 Gwee-Shut Rd, Siletz, OR 97380, 1-800-648-0449 or (541) 444-1030

Alternate Healthcare benefits

Alternate Healthcare benefits are available to all enrolled Siletz Tribal members. Dependents and descendants are not eligible for alternate healthcare benefits. We do request that you have completed an individual registration application and are updated with the Siletz Community Health Clinic before obtaining authorization for Alternate healthcare benefits.

The benefits that are available are acupuncture, chiropractic care, and massage therapy. These benefits are available 4 times per year at the beginning of each quarter as long as funding is available. It is on a 1st come 1st serve basis. A tribal member just needs to contact PRC and request which benefit they would like. The patient will then receive a letter that lets them know what they are eligible for, how many visits, and the benefit \$ amount. The letter also provides information that they can give to their provider, so they are aware of the payment process. Each patient is eligible for a maximum of 3 visits up to \$50.00 per visit per day per quarter. Anything over that becomes patient responsibility.

Caremark (Pequot), Pharmacy card & Reimbursement Information

Regardless of where you live, your pharmacy benefit is \$500.00 per year. Every January 1st your card renews. Members that live in the 11-County Service Area should have your maintenance medication mailed to

you through the Siletz Community Health Clinic (SCHC) pharmacy. Not all medications are in the SCHC formulary, so that is when you would use your pharmacy card at a retail pharmacy such as Walgreens, Fred Meyer, Rite Aid etc.

Members that live outside the 11-County Service Area (Direct Care) are not able to get medication mailed through the Siletz clinic, but are able to get medication directly through Pequot Pharmacy. Any maintenance medication needed by Direct Care patients should be mailed to Pequot directly this will stretch your card dollars.

Patients that have primary pharmacy insurance, such as: Medicaid, Blue Cross Blue Shield, AETNA, Medicare Part D etc . . . and have to pay a co-pay up front to the retail pharmacy, can be reimbursed up to the \$500.00 per year. Members that pay up front for medication, and still have a balance on their pharmacy card, can be reimbursed as well.

To receive a reimbursement you must provide the receipt from the pharmacy, **NOT** the cash register receipt. The receipt must have:

YOUR NAME, DOCTORS NAME, DATE OF SERVICE, MEDICATION NAME, MEDICATION DOSAGE, AMOUNT PAID.

Mail your receipt to Purchased Referred Care, PO Box 320, Siletz, OR 97380.

Your pharmacy card should **NOT** have you social security # on it. If the card has your social security # on it, you need to contact Rhonda Attridge with PRC @ 1-800-628-5720 to get a new card. You will be required to have an updated Individual Registration form on file in order to receive your new card.

Siletz Tribal Vocational Rehabilitation Program (STVRP)



STVRP is here to assist members of ANY federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Confederated

Tribes of Siletz Indians 11 county service area.

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. Services are provided in all area offices, however to inquire about services, ask to be transferred to the office nearest you that is listed below.

Salem Area Office:

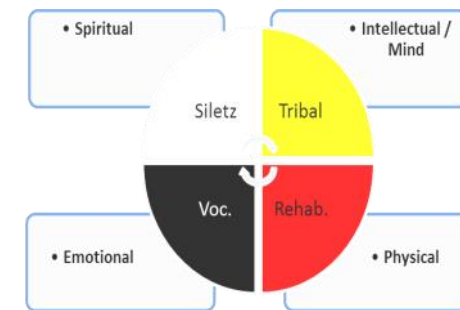
Dana Rodriguez, Program Aide;
Toni Leja, Counselor/Job Developer
(503) 390-9494
3160 Blossom drive NE, ste. 105
Salem, OR 97305

Eugene Area Office:

(541) 484-4234
Jeramie Martin, Program Director
2468 West 11th
Eugene, OR 97402

Siletz Admin. Office:

(800) 922-1399
Rachelle Endress, Counselor/Job Developer
201 SE Swan Ave
Siletz, OR 97380



Adult Attention Deficient/Hyperactivity Disorder (Adult ADHD)



- Adult ADHD is a mental health disorder that may have a significant impact on relationships, school, and work performance.
- Many adults are not aware they have it – they just know that everyday tasks can be a challenge.
- Those with ADHD find it difficult to focus, prioritize and control impulses.

The following information from “Occupational issues of adults with ADHD” contains symptoms and possible

(Continued on page 9)

(Vocational Rehabilitation Continued from page 8)

workplace adjustments for adults with ADHD that the Siletz Vocational Rehabilitation Program may be able to advocate for or assist eligible program participants with:

Attention and impulsivity

Possible Adjustment Private office/quieter room/positioning in office, flexible-time arrangement, headphones, regular supervision.

Hyperactivity/restlessness

Possible Adjustment Allowing productive movements at work, encouraging activity, structured breaks in long meetings.

Disorganization, time management, and memory problems

Possible Adjustment Provide beepers/alarms, structured notes, agendas, regular supervision with frequent feedback, mentoring, delegating tedious tasks, incentive/reward systems, regularly introducing change, breaking down targets and goals, supplement verbal information with written material.



CTSI Ongoing Job Announcement

Position: Transporter (On-Call) Location (s): Portland

Supervision: Area Office Supervisor/ Elders Program Coordinator.

Salary: 12.00 Hourly

For more information please contact:

**Siletz Elders Program:
Cecelia DeAnda:
(800) 922-1399
X 1212 and E-mail: ceceli-
ad@ctsi.nsn.us**

This position transports for multiple CTSI tribal programs. Hours vary from week to week. Ideal candidate is reliable, flexible, helpful, culturally sensitive and respectful to elders and clients.

Natural Resources

Cultural Salmon Fishing 2018 Season

October 30 - December 28 Tribal License & Tag Required

CULTURAL FISHING SITES

- **Euchre Creek Falls (off Hwy 229)**
- **Little Rock Creek (above Hatchery)**
- **Drift Creek (off Hwy 101)**

Tribal salmon tags may only be used to fish in posted areas at the above cultural fishing sites using only a dip net, spear, or gaff hook. Cultural salmon season dates are 10/31/18-12/28/18. CTSI license/tags are available at Natural Resources Department, (541) 444-8227.

(Community Health Continued from page 3)

this easier as can using an electric toothbrush. Flossing can also be more difficult. To get around this, you may want to consider using handheld flossers as they can get into tight spaces more easily than arthritic fingers.

Part of the many tribe's benefits is toothbrushes, tooth paste, and floss. Just check in with your Community Health Advocate,

Verdene, at the Portland Area Office for supplies. May your teeth live a long, strong, and happy life!



Athabaskan Language

The culture department will be hosting two events at the Portland Area office on:

**Monday, Dec. 10th
5:00 – 8:00 PM
Portland Area Office**

**Culture Craft Night
Feather Dance, 'Nee-Dash'
5:00 to 7:00 PM**



Siletz Tribal Members and their families are invited to come and learn to dance traditional dances. All ages are welcome.

Contact: Bud Lane at budl@ctsi.nsn.us;

(541) 444-8320 or (800) 922-1399 ext. 1320.

Sponsored by the Education and Culture Departments.

**Nuu-wee-ya'
(Our Words)**



We will still be hosting our regularly scheduled monthly Athabaskan Language class on the same night from **7—8 PM**. You can learn more about our language from the below links to our language web sites:

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

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

Portland Area Office
 12790 SE Stark St., Suite 102
 Portland, OR 97233

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

Hours:
 Mon—Friday
 8:00 AM—4:30 PM

www.ctsi.nsn.us



BEAR SV-GVS



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 are posted to the website 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.

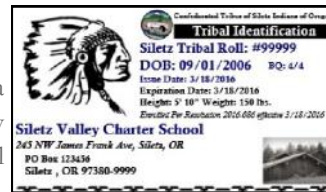
Is Your Newsletter Coming to the Right Address?

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.



Need A New Tribal ID? Let PAO Help!

The Portland area office (PAO) is now set up to assist tribal members with obtaining their tribal ID from the enrollment department. Tribal members are encouraged to call PAO ahead of time to ensure staff are available. If you have any questions about our new process please feel free to call Andrew Johanson at PAO (503) 238-1512 X 1400.



Portland Area Office Staff:

Name/ Title	Contact Information
Rebecca Downey Area Office Supervisor	(503) 238-1512, X1419 rebeccad@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
Andrew Eddings Peer Recovery Mentor	Work Cell: (541) 270-9717 andrewe@ctsi.nsn.us
Rachel Adams Mental Health Specialist	(503)238-1512 X1417 rachela@ctsi.nsn.us
Andulia WhiteElk A & D Counselor	(503)238-1512 X1414 anduliaw@ctsi.nsn.us

Other Numbers:

Name/ Program	Number	Name/ Program	Number
Bud Lane	800-922-1399	Jeremy Martin	800-922-1399
Cultural Program	X1320	Voc. Rehab. Direct.	X1385
K.C. Short	800-922-1399	Mike Kennedy	800-922-1399
Finance Manager	X1316	Natural Resources	X1232
Cecelia DeAnda	800-922-1399	Angelina Artiago	(503) 760-3899
Elders Program	X1261	Portland Elder's Rep	
Rachel Adams	(503)390-9494	DeAnn Brown	(800)922-1399
Mental Health Specialist	X1864	Siletz HS Program	X1510
Angela Ramirez	(800)922-1399	Kay Steele	(503) 760-4746
Enrollment Clerk	X 1258	Portland Elder's Rep	