



# THE DRUMBEAT

## December 2018 Newsletter Salem Area Office

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

**Beverly Owen**, Area Office Supervisor

**Cindy Jackson**, Area office Secretary

### Here's What's Going On This Month . . .



USDA

Education

SSP



Head Start



Holiday Events

Voc Rehab

Language Class

Counseling

Tutoring

Community Health



News & Announcements



*Office Closures This Month*

**Dec 14<sup>th</sup> CTSI Winter All Staff - All Tribal Office Closed**  
**Dec 24<sup>th</sup> Christmas Eve - All Tribal Offices Closed**  
**Dec 25<sup>th</sup> Christmas Day - All Tribal Offices Closed**  
**Jan 1<sup>st</sup> New Year's Day - All Tribal Offices Closed**



# Announcements & Community News



Advocate: Kim Lane  
Outreach: Kira Woosley  
Sexual Assault Advocate: Delina John  
Domestic Violence Advocate: Jen Metcalf

kiml@ctsi.nsn.us  
kiraw@ctsi.nsn.us  
delinaj@ctsi.nsn.us  
jenm@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.

**"What is PRC?  
I thought I called  
Contract Health."**



**NEW! in 2019  
Contract Health Services (CHS)  
is renamed  
Purchased Referred Care (PRC)  
1-800-628-5720 for Questions**

**Flyers are available in the office**



These totem poles were especially made for the Chemawa Cemetery. Thanks to Fred Lane the totems made it all the way down from the Lummi Tribe.



*The Salem Area Office Staff  
would like to wish all of the  
families in our community  
a very Merry Christmas!*



**SALEM AREA OFFICE  
OPEN HOUSE WILL BE:**



**December 6th  
5:00 pm to 7:00 pm**

**Door Swags and other fun activities await you!  
A light meal will be served from 5:30pm to 6:30 pm**

**Please join Us!**

**We are sure to have some great holiday fun.**

**See you there!**



**MOVIE NIGHT**

**Will Be Held the week of December 24th to the 28th -  
Day To Be Announced.**

**This is a joint activity with JOM!  
We will be taking sign ups beginning  
December 3rd at 9:00 am.  
Contact Beverly at 503-390-9494.**

# 2019 Tribal Council Application

Application for names to be placed on the 2019 ballot for candidates in the Siletz Tribal Council election

Name: \_\_\_\_\_ Roll# \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

I understand I must be an enrolled member of the Confederated Tribes of Siletz Indians of Oregon and 18 years of age or older. This application must be filed with the Election Board by **4 p.m. on December 14, 2018**. I also understand that if for any reason I decide to withdraw my application for Siletz Tribal Council, I must withdraw in writing by **4 p.m. December 21, 2018**. Otherwise, my name will appear in the voter's pamphlet and on the ballot.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Mail your application to: CTSI Election Board, P.O. Box 549, Siletz, OR 97380-0549.

## Voter's Pamphlet and Statement

If you would like your candidate's statement and photo to appear in the Voter's Pamphlet, please submit your statement and recent 3x5 photograph of yourself along with your application. **Deadline for statements and photos is 4 p.m. December 14, 2018.**

Candidate statements must be no longer than 750 words and must not be derogatory or contain personal attacks on any one individual. Statements and photos will appear in the voter's pamphlet. Photos will be included on the ballot. Mail your statement and photo to:

CTSI Election Board  
P.O. Box 549  
Siletz, OR 97380-0549

The candidate is responsible to ensure receipt of application and statement by the deadline. Letters will be sent to all candidates after review and certification by the Election Board.

Candidates can call 800-922-1399, ext. 1256, or 541-444-8256; or e-mail [elections@ctsi.nsn.us](mailto:elections@ctsi.nsn.us) to confirm receipt of application and candidate's statement.

## Election Deadlines

4 p.m.	Dec. 14, 2018	Deadline to file for candidacy
4 p.m.	Dec. 14, 2018	Deadline to submit a photo and/or candidate's statement for inclusion in the Tribal Voter's Pamphlet
4 p.m.	Dec. 21, 2018	Deadline to withdraw in writing from the Tribal Elections
4 p.m.	Dec. 21, 2018	Certified Candidate's List posted
Week of:	Dec 26-28 <sup>th</sup> 2018	Absentee ballots mailed out/Voter's Pamphlet
9 a.m. – 12 p.m.	Jan. 12, 2019	Candidates Fair – Aces Bar and Grill Lincoln City
4 p.m.	Jan. 25, 2019	Deadline to request a mail-in ballot
10 a.m. – 4 p.m.	Feb. 2, 2019	In-person Voting – Tribal Elections, Tribal Community Center, Siletz
4 p.m.	Feb. 2, 2019	Deadline for returning absentee ballots

# SPREAD THE WORD!!



# WISDOM



## Chronic Disease Self-Management Program

**Empowering Individuals, Empowering Communities**

- **1 day a week, 2.5 hours** class for **6 weeks**
- **Free book** and **Wisdom Warrior Wellness Pouch** upon completion of the course!
- The class is for **ANYONE** with a **chronic illness** or those **caring for someone** with a **chronic illness**.
- **Topics include:** Chronic Disease Management, making action plans, problem solving, dealing with difficult emotions, healthy eating, communication skills, working with your Health Care Provider.

### Where:

Hee Hee Illahee RV Resort  
4751 Astoria St NE  
Salem, OR 97305

### When:

Every Wednesday, beginning  
Jan. 9, 2019 - Feb. 13, 2019

### Time:

11:00 am - 1:30 pm

**LUNCH PROVIDED**

**For more details contact:**

**Angelica Espino: (503) 390-9494**

**Presented by:**



C.T.S.I.

477 - Self Sufficiency Program *Siletz Diabetes Program*



# BRING A FRIEND !

# LANGUAGE AND CULTURE

Bud Lane  
1-800-922-1399  
ext 1320



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

When: 2<sup>nd</sup> Tuesday of every month from 6:00 – 8:00 pm

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 RETHERFORD  
CTSI FDP Director  
LISA PAUL  
CTSI FDP Clerk  
503-391-5760 (Salem)

## Distribution Dates & Times

Monday December 17	1:30pm – 6:30 pm
Tuesday December 18	9:00 am – 6:30 pm
Wednesday December 19	9:00 am – 6:30 pm
Thursday December 20	9:00am – 11:00 am

Like Us On  
 Facebook  
SILETZ TRIBAL  
FDPIR

### Pumpkin Roll



#### Cake:

3 eggs	1 tsp lemon juice	2/3 c pumpkin	1 tsp baking soda	1 tsp ginger
1 tsp nutmeg	3/4 c flour	1 c sugar	1 tsp baking powder	2 tsps cinnamon

Mix together all dry ingredients in a small bowl. Set aside. Beat 3 eggs for 5 minutes until fluffy (do not skimp). Mix in the pumpkin and lemon juice until well blended. Slowly add the dry ingredients and mix well. Line a jellyroll pan with waxed paper that has been greased and floured. Pour cake mixture evenly into the pan. Bake for 15 minutes at 375. Do not over-bake. Sprinkle powdered sugar on a linen cloth and turn the cake out on it. Roll the cake up as a jellyroll and let cool.

#### Filling:

4 tblsp margarine	1 tsp vanilla	8oz soft cream cheese	1 tsp lemon juice	1 c powdered sugar
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Mix together all ingredients until smooth. Enroll cake and spread the filling evenly. Re-roll the cake and sprinkle with a light dusting of powdered sugar. Serve the cake chilled, preferably overnight.



# 477/SSP

ANGELICA ESPINO  
Tribal Service Specialist  
angelicae@ctsi.nsn.us

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

- December 1<sup>st</sup> - 5<sup>th</sup> Monthly Contact Appointments (**MANDATORY**)
- December 5<sup>th</sup> Job Search/Monthly Report forms due for Cash Assistance
- December 14<sup>th</sup> **OFFICES CLOSED FOR WINTER ALL STAFF MEETING**
- December 24<sup>th</sup>/25<sup>th</sup> **OFFICES CLOSED FOR THE CHRISTMAS HOLIDAYS**
- January 1<sup>st</sup> **OFFICES CLOSED FOR NEW YEAR'S**

The training for the month of December is going to be a CPR Class. Date TBD.

### Coloring-Book Tablecloth

Turn the holiday table into a giant art canvas to get kids -- and grown-ups -- happily doodling. Cans from the dinner preparations, cleaned and dried, make handy holders for crayons and colored pencils.

**How it's done:** Use kraft paper, art paper, or wrapping paper to cover the table; if needed, use several lengths, taping them to each other. Keep it in place with large binder clips or painter's tape (test tape on the table's underside to ensure it won't damage the finish). With black marker, draw place settings and other shapes to invite coloring.



### FREQUENTLY REQUESTED PHONE NUMBERS AND WEB ADDRESSES

 UNEMPLOYMENT OFFICE 1-877-345-3484

 [www.emp.state.or.us](http://www.emp.state.or.us)

 SOCIAL SECURITY 1-800-772-1213

 [SSA.gov](http://SSA.gov)

WORKSOURCE OREGON EMPLOYMENT LISTINGS

 [www.emp.state.or.us/jobs](http://www.emp.state.or.us/jobs)

MARION COUNTY EMPLOYMENT LISTINGS

 [www.governmentjobs.com/careers/marion](http://www.governmentjobs.com/careers/marion)

STATE OF OREGON EMPLOYMENT LISTINGS

 [www.governmentjobs.com/careers/oregon](http://www.governmentjobs.com/careers/oregon)



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

# COMMUNITY HEALTH

## Community Health News

### 12 Ways to Have a Healthy Holiday Season

Cecilia Tolentino, CHA

503-390-9494 X1854

[Ceciliat@ctsi.nsn.us](mailto:Ceciliat@ctsi.nsn.us)

Monday-Friday

8:00AM-4:30PM

**Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.**

**1. Wash hands often to help prevent the spread of germs.** It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.

**2. Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.

**3. Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.

**4. Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.

**5. Be smoke-free.** Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.

**6. Fasten seat belts while driving or riding in a motor vehicle.** Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.

**7. Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.

**8. Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.

**9. Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.

**10. Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.

**11. Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.

**12. Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.



#### **OFFICE CLOSURES FOR DECEMBER**

**14<sup>th</sup> Winter All Staff**

**24<sup>th</sup> Christmas Eve**

**25<sup>th</sup> Christmas Day**

**Jan 1<sup>st</sup> New Year's Day**



# EDUCATION

SONYA MOODY-JURADO  
Education Specialist  
sonyamj@ctsi.nsn.us

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

## JOM

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:** Tuesdays from 4:30 – 6:30 pm in the office, Please note we will not have tutoring during the Christmas break. Tutoring will resume on January 8, 2019.



**Date - TBD**

Call to sign up on December 3<sup>rd</sup> at 9:00am for the Movie Night.



Bowling passes will be available December 10<sup>th</sup>.

**Activity Day For Youth** – On December 18<sup>th</sup> the Portland Area Office is having a Youth Activity Day. Rachel will be taking some of the Salem area youth. Transportation is very limited so sign up ASAP. The deadline for sign-ups is December 11<sup>th</sup>

## HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

**The deadline to apply for 2018/2019 year was June 30, 2018. The next deadline to apply is June 31, 2019. It is a requirement that you complete your FAFSA by January 31, 2019 to be eligible to receive tribal assistance.**

The applications for FAFSA opened October 1<sup>st</sup>. The Tribal deadline to complete FAFSA remains January 31<sup>st</sup>, but please turn your application in early. Federal money is on a first come first serve basis. Without completing your FAFSA by the January deadline, you will be ineligible to apply for Tribal Higher Education funding for fall.



**WE WILL BE HAVING A COLLEGE NIGHT TO GO OVER THE TRIBE'S EDUCATION PROGRAMS & FUNDING. SAVE THE DATE! DECEMBER 13<sup>TH</sup>**

## 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.

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**Christmas Vacation  
Dec 24<sup>th</sup> – Jan 4<sup>th</sup>**

# A & D

Andulia White Elk  
Addictions Counselor

## 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 those in early recovery.
- 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!

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Andrew Eddings  
Peer Recovery Mentor  
541-270-9717

## PEER RECOVERY MENTOR

The Peer Recovery Mentor assists A/D and Mental Health clients getting service through the Siletz Tribe. Assistance includes, but is not limited to: Meeting individuals where they are at to discover opportunities which may change their lives; working with individuals to identify any barriers to recovery they may have and develop a working plan to overcome these barriers; outreach services obtaining A&D assessment and referrals for medically assisted substance treatment, residential substance treatment, outpatient substance treatment services; act as liaison to other CTSI programs – SSP, Vocational-Rehab, Education, medical and cultural programs; walk with individuals through Legal and DHS providing moral support; assist in locating recovery based housing; attending self-help meetings with individuals and groups; assist in getting a sponsor; and integrating individuals into a positive peer recovery community. I am available to meet with individuals who are incarcerated and will soon be released.



# MENTAL HEALTH

Rachel Adams, LPC  
Mental Health Counselor

## Behavioral Health

### 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 at the PAO Winter Party and at the Activity Day for Youth with the Education Program on December 18th. Hope 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.

### Portland Area Office

Mondays &  
Tuesdays  
(503) 238-1512  
x1417

### Salem Area Office

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

### OFFICE CLOSURES FOR DECEMBER

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25<sup>th</sup> Christmas Day

Jan 1<sup>st</sup> New Year's Day



# VOC REHAB

JERAMIE MARTIN 800-922-1399 x1385  
TONI LEIJA antonial@ctsi.nsn.us  
DANA RODRIGUEZ danar@ctsi.nsn.us

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.

**EUGENE AREA OFFICE**  
2468 West 11<sup>th</sup>  
Eugene, OR 97402

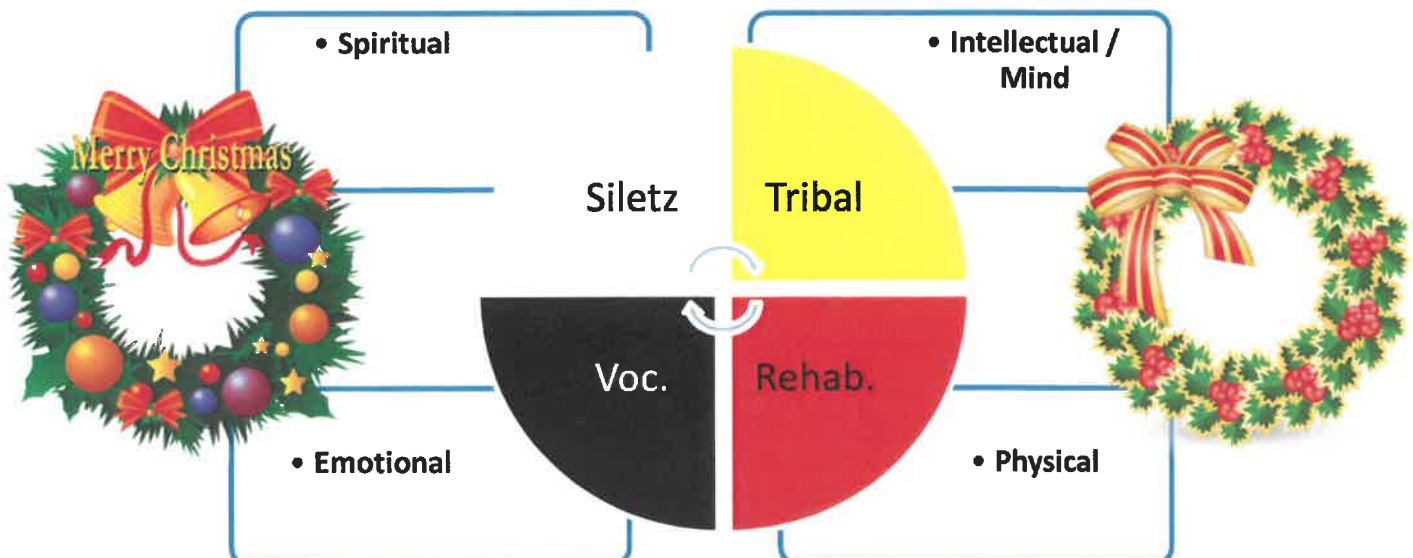
**SALEM AREA OFFICE**  
3160 Blossom Dr NE, Ste 105  
Salem, OR 97305

**SILETZ ADMIN. OFFICE**  
201 SE Swan Ave  
Siletz, OR 97380

**EUGENE OFFICE** – JERAMIE MARTIN, Program Director

**SALEM OFFICE** - DANA RODRIGUEZ, Program Aide; TONI LEIJA, Counselor/Job Developer

**SILETZ** – RACHELLE ENDRES, Counselor/Job Developer





## 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 workplace adjustments for adults with ADHD that STVRP may be able to advocate for or assist eligible program participants with:

- **Symptom**                      **Attention and impulsivity**
- Possible Adjustment        Private office/quieter room/positioning in office, flexible-time arrangement, headphones, regular supervision.
- **Symptom**                      **Hyperactivity/restlessness**
- Possible Adjustment        Allowing productive movements at work, encouraging activity, structured breaks in long meetings.
- **Symptom**                      **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.

Adamou, M., Arif, M., Asherson, P., Aw, T.-C., Bolea, B., Coghill, D., ... Young, S. (2013). Occupational issues of adults with ADHD. *BMC Psychiatry*, 13, 59.

<http://doi.org/10.1186/1471-244X-13-59>

# SILETZ TRIBAL HEAD START - SALEM

TEACHER JENN  
(PM CLASS)  
TEACHER JENNIFER  
(AM CLASS)



**November** was a fun filled month for us here at Head Start!

Our students were able to receive their first literacy backpack, they were able to bring a favorite food to share, our students listened to Grandma Cindy's Siletz Presentation, and they were able to have a Book Party.

Our students also learned about the Siletz Region which included learning about Ocean, Rivers, Sand, Restoration, Traditional Foods, Buildings, and Traditional Homes.

For the month of **December** our students will be learning about Culture Celebrations such as Nee-Dash. They will also be learning about trees. We are all looking forward to enjoying the holiday season.

Teacher Jen and Teacher Jennifer  
Salem Head Start Staff

thank you

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.

WE LOVE  
OUR VOLUNTEERS

If you are interested in volunteering at our school, please let us know!



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

# NOVEMBER



**SALEM AREA OFFICE**  
 503-390-9494  
 M – F  
 8:00AM – 4:30PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 2	 3 9am – Call In For Movie Night 1 <sup>st</sup> – 5 <sup>th</sup> SSP Monthly Contact Due	 4 Tutoring 4:30-6:30pm	 5 SSP Paperwork Due	 6 Salem Office Christmas Event 5:00-7:00pm	 7 <b>TRIBAL OFFICES WILL BE CLOSED FOR ALL STAFF EVENT</b> <i>Deadline to file for candidacy for Council</i>	8 <b>Chemawa Craft Show</b> 10:00am-4:00pm <b>Elder Meeting</b> 1:00pm
9 Bowling Passes Available Today (JOM)	10 Tutoring 4:30-6:30pm	11 Tutoring 4:30-6:30pm	 12 Deadline to sign up for (JOM) Youth Activity Day (Portland)	13 College Night	14 <b>TRIBAL OFFICES WILL BE CLOSED FOR ALL STAFF EVENT</b> <i>Deadline to file for candidacy for Council</i>	15 
16 	17  (JOM) Youth Activity Day (Portland)	18  (JOM) Youth Activity Day (Portland) Last night of tutoring for this year	19 	20 	21 <b>Deadline for candidates to withdraw 4:00pm</b> <b>Certified Candidate's List Posted</b>	22 
23 30 NARA POWWOW 31	24 	25 	26 <b>Movie Night will be this week. provided as they are available.</b> <b>Absentee Ballots Mailed 26<sup>th</sup> – 28<sup>th</sup></b>	27 <b>Movie Night will be this week. provided as they are available.</b> <b>Absentee Ballots Mailed 26<sup>th</sup> – 28<sup>th</sup></b>	28 <b>Deadline for candidates to withdraw 4:00pm</b> <b>Certified Candidate's List Posted</b>	29 

**NEW YEAR'S EVE**  
 2016





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

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



**Confederated Tribes of Siletz**  
**Salem Area Office**  
**3160 Blossom Dr N Suite 105**  
**Salem, Oregon 97305**

