



# THE DRUMBEAT

## February 2018 Newsletter Salem Area Office

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

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**Beverly Owen, Area Office Supervisor, x1851**

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

**Cindy Jackson, Area office Secretary, x1850**

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

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

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

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

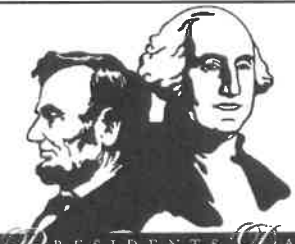
We have a 5¢ per page charge for copies, faxes and printed materials.

**Note: If the documents are specifically requested by a Tribal program there will be no charge.**

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



**February 19<sup>th</sup>**  
  
**Presidents' Day**



**PRESIDENTS' DAY**  
 "Government is not reason; it is not eloquence; it is force. Like fire, it is a dangerous servant and a fearful master."

**Special Days This Month**

**Groundhog Day**  
 February 2

**Valentine's Day**  




# Announcements & Community News



***Each month we will spotlight a particular style of powwow dance.***



## **Women's Buckskin/Cloth**

Elegance, poise, and beauty; these combined make Northern/Southern style Buckskin and cloth. The dances are relatively similar in movements, but different in looks and design based upon one's tribe or region. The dancers move more slowly, often at a graceful pace keeping time with the drum beats. The swaying motion of their Buckskin fringes or Cloth shawls must be in a fluid perfection while the dancers bow and bend their knees. These dances demonstrate the strength, status, and beauty of Native American women.



**ADVOCATE: Kim Lane 541-444-9679**  
**kiml@ctsi.nsn.us**

**OUTREACH: Kira Woosley 541-444-9680**  
**kiraw@ctsi.nsn.us**

**TOLL FREE: 1-800-648-0449**

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

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

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



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

## **Chemawa Indian School Birthday Powwow**

**February 24<sup>th</sup>**

**Grand Entry 12:00pm and 6:00pm**





## 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, 2018.

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

***By Mail:***

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

***By Fax:***

541-444-2307

***By E-mail:***

collegeinterns@ctsi.nsn.us

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



OPEN HOUSE  
WE HAD SEVERAL SAO ELDERS  
ATTEND AND SUPPORT OUR  
OPEN HOUSE EVENT!  
EVERYONE HAD A GOOD TIME  
AND MADE SOME AWESOME  
DOOR SWAGS!



FROM THE YOUNGEST



TO THE OLDEST (?) ALL HAD FUN!



A huge THANK YOU! To SANTA joining us!  
(Notice the big foot pose? Humm....)

### **Clothes Donation Guidelines**

We occasionally receive donated gently used clothes to offer free to our community. These clothing items are in the lobby of the office. We can only accept: Clean Clothes.

Clothes that are not torn or damaged. Socks in pairs and not damaged. We cannot accept underwear. Blankets, pillows and sheets only in good condition with out stains, burns or tears. If you plan to bring something in please contact the SAO supervisor letting us know you are planning to drop off useable items. Thank you.

### **SILETZ TRIBAL MEMBERS**

#### **Coming in March**

We hope to arrange a Ribbon Shirt sewing class. Participants will need to provide their own fabric, ribbon and thread. If you are interested in attending a class please call and sign up for further information. Space is limited, priority will be given to tribal members who have not attended a Ribbon Shirt sewing class before.

### **2018 We need to hear from YOU!**

Over the recent years we have offered many classes to prepare regalia and tribal arts. We have had beading classes—peyote, brick, flat work, loom, daisy stitch, cabochons, earrings, bracelets, necklaces, loom, moccasin making, maddishes, fan making class, breast plates, ribbon dresses, ribbon shirts, drums, drum sticks, drum stick bags, Pendleton bags, Pendleton scarf/sash, bear grass weaving, pine nut and dentalium projects, beaded Christmas ornaments, beaded baseball caps, naa-set shell necklaces, general machine sewing for regalia, applique work, shawl making, joint projects of meat jerky and salmon smoking, canning, jam making, nut and fruit drying. And many small craft items at our community events. We try to plan classes based on tribal members in the area interest and availability of funding and teachers. With the beginning of the new year we would like to hear from you where your interests are and classes you would participate in. We will do our best to plan classes with your feed back in mind. If you have a talent and would be willing to teach, demonstrate, share a talent please contact the SAO supervisor with your ideas and suggestions.

Thank you!

# 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

## Distribution Dates & Times

Monday February 19<sup>th</sup>  
Tuesday February 20<sup>th</sup>  
Wednesday February 21<sup>st</sup>  
Thursday February 22<sup>nd</sup>  
Friday February 23<sup>rd</sup>

**HOLIDAY**  
1:30pm – 6:30 pm  
9:00 am – 6:30 pm  
9:00 am – 6:30 pm  
9:00am – 11:00 am

Like Us On  
**Facebook**  
**SILETZ TRIBAL**  
**FDPIR**



### HAM & RICE BAKE

22oz box cream of chicken soup\*  
1 c. (4oz) shredded cheddar cheese\*  
1 c. fully cooked ham, cubes\*

1 c. broccoli florets\*  
1 c. cauliflower florets\*  
1 c. sliced carrots\*

1 c. cooked rice\*  
1 tblsp butter\*

Saute the carrots in butter until they are beginning to get soft. Add the soup and ½ c. cheese. Cook and stir until cheese is melted. Stir in vegetables, rice and ham. Transfer to a greased 1 ½ qt baking dish. Sprinkle with remaining cheese. Bake, uncovered, at 350 for 25-30 minutes or until heated through.

\*indicates product available in food package

# DOWN PAYMENT ASSISTANCE

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



# 477/SSP

ANGELICA ESPINO  
Tribal Service Specialist  
503-390-9494 x1853  
M – F 8:00-4:30

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

February 1 <sup>st</sup> - 5 <sup>th</sup>	Monthly Contact Appointments <b>(MANDATORY)</b>
February 5 <sup>th</sup>	Job Search/Monthly Report forms due for Cash Assistance
February 8 <sup>th</sup>	10:00am – 2:00pm SSP Training <b>(MANDATORY)</b>
<b>February 19<sup>th</sup></b>	<b>ALL TRIBAL OFFICES CLOSED – PRESIDENT'S DAY</b>

## COMMUNITY ACTIVITIES OF INTEREST

Tutoring:	Tuesdays 4:30-6:30pm (Salem Office)
Indian Ed	Thursday evenings at Bush Elementary (for Native children incl/descendants)
20 <sup>th</sup> – 23 <sup>rd</sup>	USDA Distribution – Salem (if eligible)
24 <sup>th</sup>	Chemawa Birthday Powwow

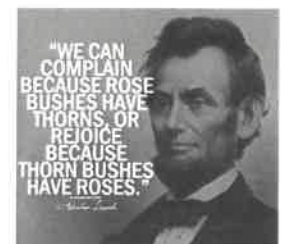
## ATTENTION CLIENTS:

Please read carefully the reminders below. Being aware of Program procedures will cut down on any misunderstandings in the future. If you have any questions, please ask me. Thanks.

## IMPORTANT REMINDERS FOR 477/SSP

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

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





# COMMUNITY HEALTH

CECILIA TOLENTINO, CHA  
503-390-9494 x1854  
M – F 8:00-4:30

## Community Health News

**SIGN UP TODAY FOR A  
GROCERY STORE TOUR!**



Cecilia Tolentino, CHA  
503-390-9494 X1854  
[Ceciljat@etsi.nsn.us](mailto:Ceciljat@etsi.nsn.us)  
Monday-Friday  
8:00AM-4:30PM

**Sign up today**

**Who:** Adults age 18 and above

**When:** February 21st

**Time:** 5pm

**Location:** Salem , OR

**FOR MORE  
INFORMATION  
CONTACT:  
CECILIA TOLENTINO  
503.390.9494**

Families on a tight budget report that the cost of healthy groceries is their biggest barrier to making healthy meals at home. Food skills, like smart shopping, can help overcome that barrier. This program is a free program hosted by the Siletz Community Health and Diabetes Programs that empowers families to stretch their food budgets so their children get healthy meals at home.

This store tour is a guided grocery store tour for adults that teaches you how to get the most nutrition for your money.

## Do you want to learn skills like

- Identifying nutritious snacks and quick meals
- Identifying healthy foods for your family and learn to read food labels
- Learn how to shop the store for healthy foods for your family on a budget.

Brought to you by:  
The Siletz Community Health  
Department  
In collaboration with:




## After the tour you will receive:

- A \$10 gift card to purchase healthy food for your family.



Space is limited, sign up today!

# TAKE THE 100 CLUB WELLNESS CHALLENGE



## DO YOU NEED EXERCISE MOTIVATION?

The 100 Club Challenge is an exercise motivation program. Log your miles and for every 25 miles you achieve your goal, you'll receive an exercise item to celebrate your accomplishment. If you need a fitness challenge to motivate you to exercise more, then take the 100 Club Challenge today!

Choose your fitness goal and complete using any mode of exercise. If you need a fitness challenge to motivate you to exercise, then take the 100 club today. You earn 3 miles of credit for every mile you swim, use any form of exercise to achieve your goal. You get 2 miles of credit for every exercise class you take you receive 1 mile of credit for every 3 miles you ride on a bike and many more exercise opportunities!

*Here's how it works:*

Sign up with the diabetes program:  
by February 28, 2018

Salem: Cecilia Tolentino 503-390-9494

Get to the weight room, track, gym, mountains, rivers, oceans, **WHEREVER** and start your trek! Workouts can be recorded between March and May. Report your numbers each week to your area contact.

### Goals:

- 25 Mile Club
- 50 Mile Club
- 75 Mile Club
- 100 miles

### Final Prizes:

- 25 Miles: Fitness tracker
- 50 Miles: Water bottle
- 75 Miles: Duffie bag
- 100 miles: commemorative coin

# EDUCATION

SONYA MOODY-JURADO  
Education Specialist  
503-390-9494 x1856  
M-Th 8:00am – 4:30pm

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

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

## 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** is held every Tuesday from 4:30-6:30p.m for students K-12 and is in a group setting.

### Moccasin Class

We will have a moccasin class on February 20, 2018 for JOM students. Space is limited-call Sonya to sign up.

### HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

**The deadline to apply is June 31, 2018 for the Fall term. It is a requirement that you complete your FAFSA by January 31, 2018 to be eligible to receive tribal assistance.** For an application, please call me at (503) 390-9494 or visit our website at [www.ctsi.nsn.us](http://www.ctsi.nsn.us)

### Scholarship Information

Oregon Student Assistance Commission-Complete one application for over 100 scholarships.

For more information, call 800-452-8807 x7395 or visit [www.GetCollegeFunds.org](http://www.GetCollegeFunds.org). The website will cover the following questions and areas.

- Am I eligible to apply for OSAC scholarships?
- View Checklist for Scholarship Success
- View Instructions
- Read about the Early Bird Scholarship

### What are the deadlines?

OSAC Early Bird priority deadline: **February 15, 2018**

OSAC non-priority deadline: **March 1, 2018**

American Indian Science and Engineering Society (AISESnet) [www.aises.org](http://www.aises.org)

College Board [www.collegeboard.com](http://www.collegeboard.com)

FastWEB - [www.fastweb.com](http://www.fastweb.com)

Cobell Scholarship - <https://cobellscholar.academicworks.com/> (**Deadline 3/31/18**)

The Cobell scholarship offers vocational, undergraduate and graduate funding.

### What is Oregon Promise?

Oregon Promise is a state grant program that covers some or all of the tuition at an Oregon Community College. Oregon Promise is for recent Oregon high school graduates and GED recipients who enroll in an Oregon community college within six months of graduation/Completion.

### Who is eligible?

You must meet **all** of the following criteria:

- Complete an Oregon Promise Grant Application by the appropriate deadline
- Be a recent Oregon high school graduate or GED recipient
- Document a 2.5 cumulative high school GPA or higher; or a GED score of 145 or higher on each test

- Enroll at least half-time at an Oregon community college within 6 months of high school graduation or GED completion
- Be an Oregon resident for at least 12 months prior to enrolling in community college
- Have filed a FAFSA or ORSAA application and listed at least one Oregon community college

**Deadline For Current High School Seniors: June 1, 2018**

**How do I apply?**

1. Create an account in the OSAC Student Portal
2. Complete Oregon Promise Application in OSAC Student Portal by the deadline (see above).
3. Verify your GPA or GED score. Follow instructions in OSAC Student Portal.
4. Complete the FAFSA or ORSAA, starting October 1.

**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.

**Get A Jump On Your Future**



**ATTENTION 7<sup>TH</sup> GRADERS**



Willamette Academy is an excellent college preparatory program for students who are traditionally underrepresented in high education and who have the motivation and potential to continue their education at a college or university after high school. Willamette Academy provides tutoring, mentoring, academic enrichment, parent information and a summer camp that gives students a feel for what college life is like. The program is free to participants and works with students from 8<sup>th</sup> grade through their senior year of high school. Students need to apply from January to March of their 7<sup>th</sup> grade year. Be on the lookout for details for the Family Information Meeting at their middle school. Students are nominated by their teachers and counselors, but they can also nominate themselves through their school counselor or the Indian Education program.

**Spring Writing Workshop**



[Konaway Nika Tillicum](#) [Bridge of the Gods](#) [Na-Ha-Shnee](#) [Journeys in Creativity](#)

These are all summer programs for native students with the goal of preparing them for their future. Some are general college prep, some are an introduction to the medical field and others focus on outdoor opportunities or art. All require applications. The Indian Education Summer Program Writing Workshops will help 6<sup>th</sup> – 12<sup>th</sup> graders with completing components of these applications during Indian Ed Family Night on March 1<sup>st</sup>. To find out more about what kinds of programs are available you can visit the Indian Ed website.

**UPCOMING EVENTS AT INDIAN ED**

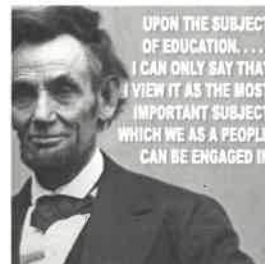
- |                      |                            |
|----------------------|----------------------------|
| Jan 25 <sup>th</sup> | Dentalium Class            |
| Feb 1 <sup>st</sup>  | The Tradition of Gifting   |
| Mar 15 <sup>th</sup> | Honoring Each Other (pt 1) |

**EAGLE FEATHER GRADUATION CEREMONY**

For those completing high school (either diploma or GED) the ceremony will be held on May 30<sup>th</sup>

**2018 SUMMER CAMP**

This summer's theme for the 3-week July program is **Salmon and Cedar**. Watch your mail – summer info and applications will be mailed out this spring.



# HOME VISITING PROGRAM

Lori Christy, Home Visitor  
loric@ctsi.nsn.us  
503-390-9494 x1863  
M – F 8:00am – 4:30pm

Our Home Visiting program is for parents of infants and toddlers. A family can begin in the program prenatally or until their child turns one. Home visits continue until the child turns three years old. Our home visiting program provides parenting and life skills for successful and positive parenting. The model and curriculum we use is Family Spirit developed by the John Hopkins Center for American Indian Health. Family Spirit is evidence based and culturally sensitive to native families. We also focus on goals and healthy living for parents as a support system for the family as a whole. As a thank you for participating in our program we offer some incentives which we will be happy to share with you upon enrollment 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 program's timeline in mind. We are a voluntary program that delivers home visits in the comfort of the homes of our families.

For more information about the Program, please contact Lori Christy.



## Home Visiting Program Event Memory Bracelets

On February 15<sup>th</sup> from 5:00-7:00 at the Salem Area Office Home Visiting families will gather to share a meal, make memory wire bracelets and enjoy time together. Hope you can join us!  
Please let Lori know if you are coming (541-272-2241).

Here are some things parents in the Siletz Home Visiting Program have said:

***"As a first time mom, Siletz Home Visiting Program has been a good addition to my support system, not only emotionally, but also mentally."***

*~ Janet, 1 year and 11 months in the Program*

***"It has been helpful for me because I now know how to soothe my child in many ways and learn new things I never knew before with my other children and have good company!"***

*~ Adrianna, 7 months in the Program*

***"As first time parents, it has helped us tremendously! We love the program and have learned a lot on what to expect next from our little bugger."***

*~ Melissa and David, 1 year and 11 months in the Program*

***“Home visiting is a wonderful program that helps parents learn how to care for their children. It's like the guidebook you wish babies came with. I appreciate the lessons from the home visiting!”***

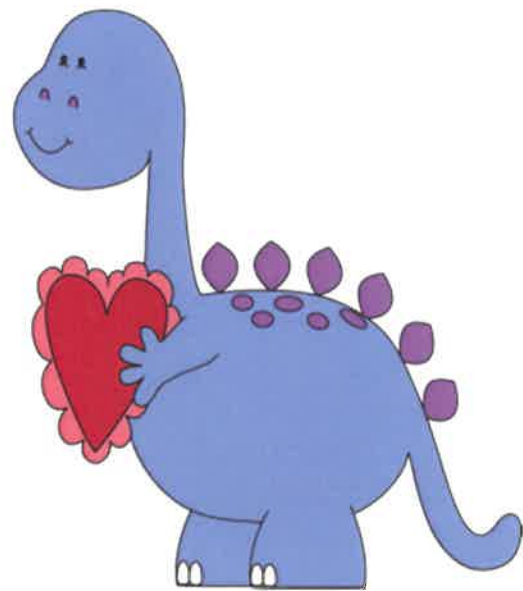
*~ Allison, 1 year in the Program*

***“As a first time mom, it has helped to learn how to establish a routine that is healthy for my child. As well as setting goals for my family.”***

*~ Cristian, 1 year and 11 months in the Program*

***“The home visiting program has had a positive effect on our family. Your visits helped us realize and actively think about our child's development processes, nutrition stages, stressors that may not have been thought about before, help identify solutions to potential problems/issues in the future. Not only have you provided us with interactive lessons during our sessions but you have made our meetings very flexible and easy to schedule. I am very appreciative not only getting this information, I do appreciate the small gifts along the way like the books, the diaper wipes and the gift cards. I hope this program has benefited other families as much as it has mine and I look forward to meeting with you again at our next appointment. Thank you.”***

*~ Dan, 7 Months in the Program*



# A & D

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

*M, T Salem Office  
W (am) Group Salem*

*W (pm) Group Portland  
Th, F Portland*

## Codependency and Addiction

Codependency is a relationship pattern which sees one person putting another's needs before their own. When codependency and addiction occur together, the two behaviors can reinforce one another. To further explain, we'll say that two people are dating. The first person has an addiction to alcohol. In codependent relationships, this is the "addict." The second person focuses on the other's needs to the extent that they do not think about their own.

These are some codependent behaviors:

- Low self-esteem due to deeply held feelings of shame, guilt, inadequacy, and a need for perfection.
- A need to make other people happy and a difficulty saying "no."
- Difficulty creating healthy boundaries and distinguishing responsibility for actions.
- A need to control situations, people, and their own feelings.
- Poor communication skills.
- Obsessively thinking about other people and their own anxieties and fears.
- Their own dependency on other people.
- Fear of and issues with intimacy.
- Negative and painful emotions such as depression, resentment, and despair.

### Recovery from Co-dependency

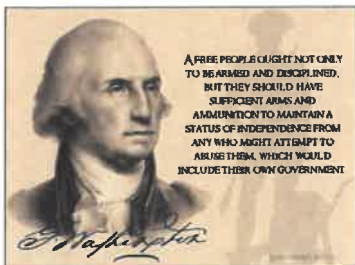
**1. Abstinence.** For both the addict and the caretaker, sobriety is necessary for significant changes to the codependent relationship. As long as needs for health are ignored and submerged in alcohol or drugs, there will be little opportunity to make relationship changes. Naturally, this is complicated as often the codependent relationship itself helps maintain the substance abuse disorder.

**2. Awareness.** Important and lasting changes begin with awareness that there is a problem. Awareness can come in major insights or through smaller clues, but the point is that it catalyzes into a desire for change. Though it may be challenging to acknowledge a problem, it essential for making positive changes in the relationship.

**3. Acceptance.** Changes begin with awareness, and they continue with acceptance. This can be understood in two ways. First, accepting that there is a problem, that there is unhappiness and suffering, and that you have had a role in that suffering. But second, accepting the work and changes that must occur for a healthier, happier life.

**4. Action.** Talk can only go so far, for at the core of codependency and addiction are patterns of behavior. To change the relationship and the addiction, there must be changes in behaviors. Such changes include better communication, decreasing behaviors which contribute to addiction, and increasing those behaviors which support a healthy relationship.

If you think that you may be involved in a codependent relationship – whether with an addict or *as* the addict – contact a qualified psychologist or drug and alcohol rehab center for help.



# MENTAL HEALTH

Rachel Adams  
rachela@ctsi.nsn.us  
Mental Health  
Counselor

*M, T Portland Office*

*W, Th Salem Office*

## **Coming to Siletz in March:**

The Gottman-inspired Couple's Retreat did not occur as planned on Friday, January 12th, 2018, due to not enough couples registering for the event. A new retreat is being planned for March 9th, so please spread the word. Spring is in the air, time to give your relationship a tune-up?

## **About the Gottman method:**

This is an evidence-based practice that helps couples work on their relationships. It starts with an extensive survey that provides detailed information to the therapist and is used to create an ultimate and unique treatment plan for the couple. Topics explored include a) The four horsemen (the four factors most likely to cause friction in a relationship): Criticism, Defensiveness, Contempt and Stonewalling, b) Aftermath of a Fight, and c) Love maps.

## **What is a Gottman-inspired Couple's Retreat?**

- 1) An opportunity to reconnect with your partner and work on little issues before they become big.
- 2) A day to relax, enjoy your time with your partner, eat good food and learn how to take your relationship to the next level.
- 3) An opportunity to learn new tools from Gottman's proven methods to help your relationship become what you and your partner agree you want.

## **How do we register to go?**

All couples wanting to attend the retreat will need to be registered by myself, Rachel Adams, the Mental Health Specialist for the PAO and SAO. Once registered, couples will be asked to complete a survey online. Once the survey is completed, couples approved for registration will be given further instructions..

## **Transportation to Siletz?**

It is currently under research to see if transportation can be made available to all registered couples, from both the Portland and Salem area offices.

## **Childcare?**

Childcare is not likely at this time, but is still under research as well.

## **Traditional Coping**

While Gottman's methods are tried and true, the Siletz peoples are still encouraged to participate in traditional methods of healing. It is a good time to attend a sweat and pray for clarity on new goals to set. As always, drum circles, talking circles, and smudging are different ways to stay connected with our ancestors and pay tribute to our roots. Some people find peace in calling on Creator for clarity and health.

### **Portland Area Office**

Mondays &  
Tuesdays  
(503) 238-1512  
x1417

### **Salem Area Office**

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





# VOC REHAB

JERAMIE MARTIN, Voc Rehab Director  
jeramiem@ctsi.nsn.us  
TONI LEIJA, Voc Rehab Job Developer  
antonial@ctsi.nsn.us  
DANA RODRIGUEZ, Voc Rehab Aide  
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. We maintain resource and employment boards, so please stop by if you're interested. Services are provided in all area offices, however, to inquire about services, please ask to be transferred to your closest office listed below.

### SALEM AREA OFFICE

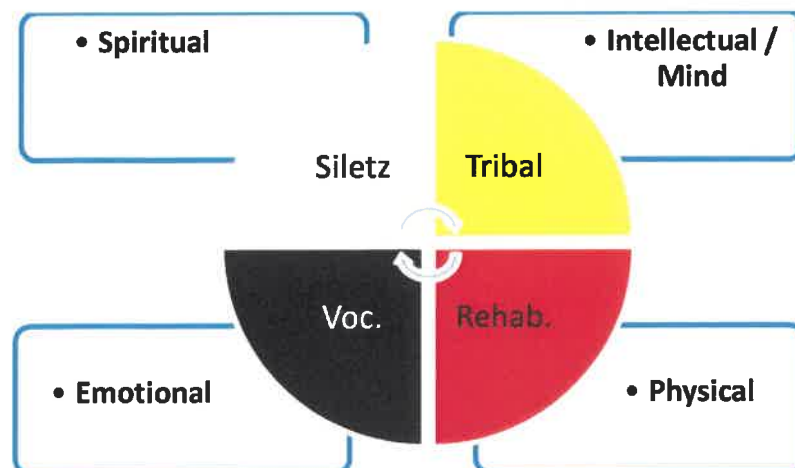
3160 Blossom Drive NE, Ste 105  
Salem, OR 97305

### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380

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

**SILETZ** - **RACHELLE ENDRES**, Counselor/Job Developer; **JERAMIE MARTIN**, Program Director





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

Some of our events throughout the month of January were that our students participated in a Walk like a Penguin Parade, a Whale Blubber Experiment, and a Pajama Day and Book Party. Our students also had the opportunity to learn about the Far North Indian Tribes.

We are looking toward an exciting **February!**

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  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/)  
<https://www.facebook.com/groups/383072355357428/>



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<sup>1</sup> SSP Clients' Monthly Contact 1 <sup>st</sup> – 5 <sup>th</sup> Indian Ed Eat 5:30pm/Class 6:00pm	<sup>2</sup> 	<sup>3</sup>
<sup>4</sup>	<sup>5</sup> SSP paperwork due 5 <sup>th</sup>	<sup>6</sup>	<sup>7</sup>	<sup>8</sup> <b>MANDATORY</b> SSP Training 10am – 2pm Indian Ed Eat 5:30pm/Class 6:00pm	<sup>9</sup>	<sup>10</sup>
<sup>11</sup>	<sup>12</sup>	<sup>13</sup> Tutoring 4:30-6:30pm	<sup>14</sup> <i>Valentine's Day</i>	<sup>15</sup> Home Visiting Program Event 5-7pm Indian Ed Eat 5:30pm/Class 6:00pm	<sup>16</sup>	<sup>17</sup>
<sup>18</sup>	<sup>19</sup>  <b>TRIBAL OFFICE CLOSED</b>	<sup>20</sup>  JOM Moccasin Class Tutoring 4:30-6:30pm	<sup>21</sup>  Grocery Store Tour 5pm	<sup>22</sup>  Indian Ed Eat 5:30pm/Class 6:00pm	<sup>23</sup> 	<sup>24</sup>  Chemawa Birthday POWOW
<sup>25</sup>	<sup>26</sup>	<sup>27</sup> Tutoring 4:30-6:30pm	<sup>28</sup> Deadline to sign up for Wellness Challenge			



# Salem Area Office Staff

503-390-9494

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

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

Area Office Fax: 503-390-9494



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

