

Address: 2468 West 11th Avenue Eugene OR 97402
Telephone: 541-484-4234 Fax: 541-484-4583

The Confederated Tribes of Siletz Indians

The Eugene Area Office Newsletter

April 2019

Office hours: Monday through Friday, 8:00 - 4:30
OPEN THROUGH LUNCH HOUR



We are here to help you with your concerns and answer your questions.

However:

Persons under the influence of drugs or alcohol are not permitted on CTSI property or at Tribally sponsored activities.

Physical or verbal abuse, harassment, the use of foul language or intimidation will not be tolerated. Threatening phone calls are reported immediately to supervisors and to the police.

Anyone choosing to exhibit any of the above behaviors may be refused services and, when warranted, will be asked to leave premises.

Thank you for your cooperation...

Tribal Administration

Nuu-wee-ya'
(Our Words)

Introduction into the Athabaskan Language

Open to all Tribal Members of all ages

Location, Dates, times:

Siletz CC	April 1 st	6:00-8:00pm
Eugene A/O	April 2 nd	6:00-8:00pm
Portland A/O	April 8 th	6:00-8:00pm
Salem A/O	April 9 th	6:00-8:00pm

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our Ancient Languages. For more information call:

Bud Lane at the Siletz Cultural Department

(541) 444-8320 or 800-922-1399 ext. 1320; or email budl@ctsi.nsn.us

EMERGENCY HOUSING ASSISTANCE FUNDING FOR 2019

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices

2019

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

~OPEN~

Crisis/Shut-off/Regular OPENS

Siletz Tribal Members and households

Please contact Nora Williams-Wood for more information or to make an appointment:

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

Tribal children are in need
Of foster parents for:
Permanent care,
Temporary foster care,
OR Short-term emergency care.

Contact:
Debra Brown
Foster Family Coordinator
CTSI – Siletz Indian Child Welfare
541-444-8336
debrab@ctsi.nsn.us

Returnable Bottle Deposit

Are you tired of having to stand and put your bottle and cans into a machine!

You can donate your bottles and cans to the Siletz Youth Tribal Council at the EAO

Contact Nora or Nick @ 541-484-4234

Need Rental Housing?

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

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

For any questions call
1-800-922-1399 Ext 1322 or (541) 444-8322
FAX (541) 444- 8313

EAO Mini Library



**Available: Native Books to checkout
Come by and check out a book to read**

!!MAIL ORDER SERVICE AVAILABLE!!

WE CAN NOW PROVIDE MAIL ORDER SERVICE TO ALL SILETZ TRIBAL MEMBERS:

LIVING WITHIN THE 11 COUNTY SERVICE AREA

Please note that this service is **not eligible** for the "Auto-Fill" program. ALL "Auto-Fill" prescriptions must be picked up at the pharmacy. THANK YOU PHARMACY STAFF

Volunteers Needed

The Natural Resources Department periodically receives inquiries from Tribal elders asking if there is anyone who would be willing to cut tribal firewood for them. We are starting a list of volunteers willing to cut firewood for Tribal elders and a list of elders wanting someone to cut firewood for them. If you fit either category, please call the Natural Resources Department (Denise Garrett at 541-444-8227 or Mike Kennedy at 541-444-8232). We will then pair up volunteer firewood cutters and elders in need. Please note, this is a volunteer activity. No one will be paid to perform this service and elders should not be charged anything to receive firewood. A tribal firewood permit is required and would be issued by Natural Resources.

Email Reminders

If anyone would like reminders of special meetings, cultural classes or special events, etc. at Eugene Area Office, please contact Nora to be put on email list or email her. (541) 484-4234 or email: noraw@ctsi.nsn.us

Notary Public (Free Service)

Call to set up an appointment

Contact: Nora Williams-Wood

Siletz/Eugene AO

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

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

Chinook Winds Casino Resort

Sign up for an electronic

newsletter: www.chinookwindscasino.com

Lane County Veterans Service Office

Providing services: to Veterans, dependents and their survivors. Providing advocacy and facilitating access to benefits including for Disability compensation, Widows/Survivors Benefits, Non-Service Connected Pensions, Education benefits, and access to VA Medical services.

Address: 165 E 7th Avenue, Suite 200 Eugene Oregon 97404

Telephone: (541) 682-4191

Website: <http://www.lanecounty.org/HSC/veteranservice.htm>

Oregon Telephone Assistance Program

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>

You can fill out online or mail application in.

If, you or know someone who receives:

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



April Showers

JOM: Youth News and Notes

Hazel Gathering Trips:

Learn to gather and process hazel for basketry. Hazel should be ready near the end of April but exact gathering dates will depend on weather conditions. Rides are available. Call ahead for updates but expect a first trip sometime in mid-April.

Can't Make it Out to Gather?

If supplies are sufficient, we will plan a hazel peeling party. Come to the EAO and peel sticks with friends—keep what you process or donate peeled sticks to elder weavers. Call for details and exact date.

Extracurricular Opportunities:

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

Siletz Youth Activity Fund: Offers up to \$75 per year to cover fees for costs related to extra-curricular activities or cultural activities/supplies for Siletz tribal students.

April Youth Activity Calendar

April 4: Tutor at Chifin, 3-5 pm

April 8: Tutor, EAO, 3:30-5:30 pm

April 18: Tutor at Chifin, 3-5 pm

April 20: Youth Council depart EAO 8:30

April 22: Tutor, EAO, 3:30-5:30 pm

April 23: Loom Beading Class, EAO, 4-6 pm

End of April/Early May: Hazel Gathering Trip(s) and Peeling Party, exact date and time TBA

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

Community Loom Beading Class:

Thursday, April 23, 4-6 pm, Eugene Area Office

Join other community members for an introduction to loom beading. Dinner provided.

Co-Sponsored by JOM and the Eugene Area Office

Ongoing Tutoring Opportunities

JOM is continuing to partner with the Springfield Native's Program to offer tutoring at the Chifin Native Youth Center (1084 G St. Springfield, OR 97477). All JOM students are welcome to attend. Tutoring continues at the Eugene Area Office every other week.

Upcoming Dates:

Thursday April 4—Chifin (Springfield), 3 -5 Thursday April 18—Chifin (Springfield), 3 -5

Monday April 8—EAO, 3:30-5:30

Monday April 22—EAO, 3:30-5:30

Higher Ed/AVT: News and Reminders

Outside Scholarships Are Still Available

-American Indian Education Fund:

Deadline: April 4, 2019

Apply online: http://www.nativepartnership.org/site/PageServer?pagename=aief_home

-American Indian College Fund:

Deadline: May 31, 2019

Apply online: <https://collegefund.org/>

-Cobell Vocational Training Scholarship:

Deadline: May 31, 2019

Apply online: <https://cobellscholar.academicworks.com/opportunities/4682>

-American Indian Graduate Center:

Deadline: various

Apply online: <https://www.aigcs.org/>

Higher Education and AVT Grants

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

2019-2020 applications for new and continuing Higher Ed and AVT students will be due **JUNE 30, 2019**. To be eligible for funding you must have completed the 2019-2020 Federal Application for Financial Aid (FAFSA) by January 31, 2019.

If you have any questions about attending a college or training program and/or how to apply for tribal assistance make an appointment today.

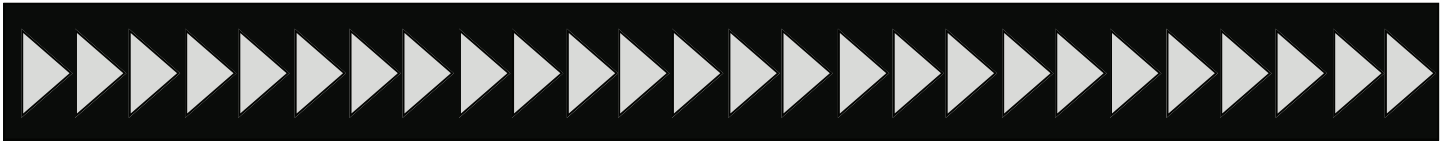
Note: Applications for clock-hour schools (i.e. truck driving school or cosmetology programs) have no deadline and are handled on a case-by-case basis.

Adult Education

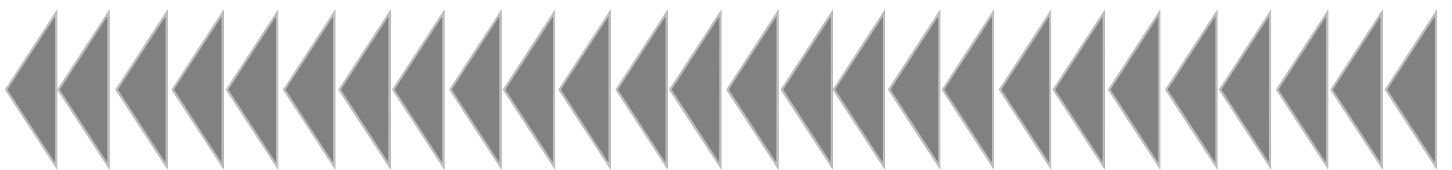
The Adult Education Program offers Siletz tribal members not already enrolled in a formal education program funding to assist with the cost of GED classes and testing, professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for more information.

Tax Software:

Tax software is still available for use at the Eugene Area Office. Drop-ins welcome or call ahead to check availability.



Nuu Wee-Ya' Lhetl-xat



Weekly Dee-ni Language Speaking Group

*APRIL DATES: Tuesdays April 9 , 16, 23, and 30 5:30-6:30 pm

*Eugene Area Office

***All ages welcome, infants to elders** *No prior knowledge needed

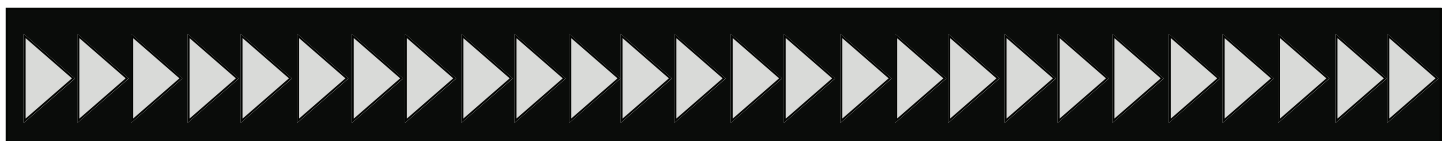
*Light Meal Provided

*Learn How to Use In-Home Based Language Learning Methods

*Help Build Your Speaking Community

Interested in More Information?

Contact Nick Viles at x1757 or nickv@ctsi.nsn.us for more information or to receive scheduling updates and materials



SILETZ ELDER NEWS

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

The next Introduction to the Athabaskan Language and Culture Class at the Eugene Area Office will be held on Tuesday, April 2, 2019. The Athabaskan Language Class is held from 6:00 p.m. until 8:00 p.m. The Culture Class Night starts at 5:00 p.m. and goes until 7:00 p.m. Learn how, to make a Tule mat. A light meal will be served.

The next Elder Council Meeting is scheduled for Saturday, April 13, 2019. The meeting begins at 1:00 p.m. and ends at 4:00 p.m. The meeting will be held in the Aces room at the Golf Course.

The Chinook Winds Entertainment for April, 2019 is Comedy on the Coast and Cheech and Chong. Call Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665. Comedy on the Coast will be April 5th and 6th, 2019 at 8:00 p.m. Cheech and Chong will be April 26th, 27th and 28th at 8 pm. There is a waiting list for Cheech and Chong.

The next Quarterly meeting for the Elder Council Officers, Area Representatives, and Transporters will be held Thursday, April 18, 2019 at the Salem Area Office. The meeting starts at 11:00 a.m. and ends at 1:00 p.m.

The next Super Star Luncheon will be held on Thursday, April 18, 2019.

STRVP, Education and 477 SSP will be holding a Loom Beading Class at the EAO on April 23rd along with Education Weekly Dee-ni Language Speaking Group 4-6pm. There will be a lite dinner.

There will be a Diabetes Support Class on Thursday, April 25, 2019. Class will start at 6:00 p.m. and ends at 8:00 p.m. A light meal will be served. Contact Adrienne Crookes at 541-484-4234 for more information

The Walking Group meets on Tuesdays and Thursdays from 12:15 p.m. until 12:45 p.m. rain or shine. The group walks down the path directly behind the Area Office. For more information, contact Adrienne Crookes or Nora Williams at 541-484-4234.

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



Siletz Tribal Home Visiting

Notice

We are excited to inform you that the home visiting program has moved under the 477-SSP program and will continue to serve Siletz Tribal families. There, however, have been a few minor changes made to the program under the new funding source. The two areas that you will notice changes in are ELIGIBILITY and INCENTIVES.

ELIGIBILITY

The Siletz Tribal Home Visiting program will now be following new eligibility guidelines. To be eligible for the program, families must meet the criteria below:

- Siletz Tribal Head of household or dependent child;
- Family must be considered “at risk” and these factors include:
 - Income below 300% federal poverty level for last 30 days
 - Households that reside in rural locations that have limited employment opportunities
 - First time parent
 - Households with at least one adult without a post-secondary certificate
 - Family experienced trauma, chemical dependency or mental health barriers

Note – Effective January 1, 2019, these guidelines pertain to all newly enrolled families.

INCENTIVES

Effective January 2019, families will no longer receive incentives in the form of gift cards for their participation in the home visiting program. Families will receive incentives in the form of a point system for attending home visits and family activity nights. You then use the points to “buy an item”. This will be evaluated after six months to assure the program can continue sustaining the new incentive system dependent on funding.

If you have any questions contact Jessica Phillips, Program Coordinator.

(541) 484-4234 or Jessicap@ctsi.nsn.us

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 listed below.

EUGENE AREA OFFICE

2468 West 11th
Eugene, OR 97402

SALEM AREA OFFICE

3160 Blossom Dr NE, Ste 105
Salem, OR 97305

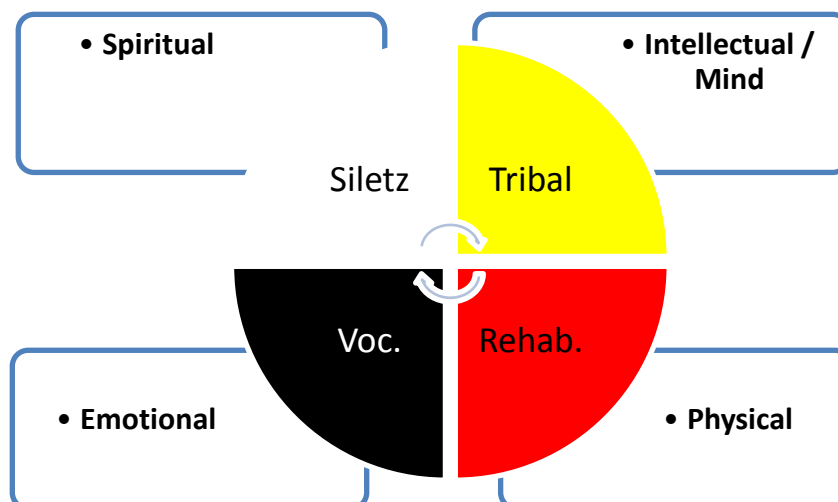
SILETZ ADMIN OFFICE

201 SE Swan Ave
Siletz, OR 97380

EUGENE – **JERAMIE MARTIN**, Program Director

SALEM - **DANA RODRIGUEZ**, Program Aide; **Toni Leija**, Counselor/Job Developer

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



477 Self-Sufficiency Program

Norma Trefren, Intake Specialist/Job Coach x1756

Jenifer Jackson, Tribal Services Specialist x 1755

The Confederated Tribes of Siletz Indians 477 Self-Sufficiency Program offers Work-Experience (WEX), On-the-Job Training (OJT), Classroom Training (CRT) and Direct Placement (DP), General Assistance (GA) and Temporary Assistance for Needy Families (TANF) services to eligible clients. If you are interested in any of the above programs please contact Norma to schedule an appointment at x1756.

“Believe IN your SELF”

TSS staff administrative hours

Monday through Friday

8:00am - 9:30am

Phone calls will be passed to their voice mail during this time unless previous arrangements have been made.

Phone Messages:

As a reminder when you leave a phone message please leave your name and number, SSP staff will return your call as soon as they are able, unless you are experiencing an emergency and arrangements can be made to assist you.

Long Distance Calls:

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

Schedules:

Norma's hours: M-F 8-4:30pm
Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services – All Intakes

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

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

Please remember that 477-SSP staff may be out of the office at other times than listed above to meet with employers, complete home visits, client support services, etc... so please call to schedule an appointment.

Clients are required:

To meet with Tribal Services Specialists each month

You will need to call and set up an appointment

WEX/Grant Assistance
Dates to remember in April 2019

Monday	April 1 st	TANF/GAF
Tuesday	April 2 nd	EAO Culture & Language Class 5-8pm
Friday	April 5 th	Self-Sufficiency documentation due
Friday	April 5 th	WEX Payday
Tuesday	April 9 th	WEX Timesheets Due
Friday	April 19 th	WEX Payday
Tuesday	April 23 rd	Bead Loom Class 4-6pm
Tuesday	April 23 rd	Time Sheets Due
Thursday	April 25 th	Diabetes Support Group 6-8pm

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

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

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

All components are offered on a budgetary basis

Classroom Training (CRT)

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

Direct Placement

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

On-the-Job Training (OJT)

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

Work Experience (WEX)

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

Siletz Community Health



Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Purchased Referred Care	1-800-628-5720
Siletz Behavioral Health	1-800-600-5599

Siletz Community Health Clinic registration forms and Chemawa Indian Health Center applications are available at the Eugene Area Office. If you have questions regarding eligibility for services, you may contact:

Adrienne Crookes
Community Health Advocate
541-484-4234

Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

You may qualify for the Oregon Health Plan! OHP provides health care coverage to eligible, low income Oregonians. If you would like to apply, you may stop by and pick up an application, or apply online at OregonHealthCare.gov
Telephone 1-800-699-9075

We are here to assist you with any questions that you may have about OHP.

Contact Adrienne Crookes,
Community Health Advocate, at 541-484-4234

Siletz Mail Order Pharmacy

If you need a prescription refill, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and to mail it to you.

Call **1-800-648-0449** and enter **ext 1624**. Follow the voicemail instructions. If you need assistance, you may call Adrienne Crookes, Community Health Advocate at 541-484-4234

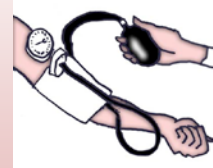
Siletz Community Health

Blood Pressure Screenings



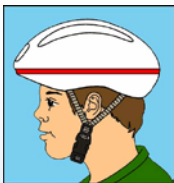
At the Siletz Eugene Area Office

Have you had your blood pressure checked lately? High blood pressure puts you at risk for heart attack, stroke, and other health problems.



Feel free to come in and get it checked.

To make an appointment with Adrienne Crookes, CHA, call 541-484-4234.



Bicycle Helmets

Are available at the Eugene Area Office

Parents, protect your little ones! Siletz household member children who are between the ages of 3-17 are eligible to receive a free helmet. Children who are not the legal dependents are not eligible for this service. Youth are encouraged to take care of their helmet and to return for a new one every other year or earlier if they:

- 1.) Need a larger size
- 2.) Sustain a fall that causes the helmet to hit the ground.

To be fitted for a helmet you may contact Adrienne Crookes, CHA, at 541-484-4234

Attention Tribal Parents and Child Care Givers!

Did you know 3 out of 4 child safety seats are used incorrectly?



If you are unsure if your child's car seat is installed correctly, you may stop by the Siletz office and have it checked by a CTSI Child Passenger Safety Seat Technician.

Free car seats are available to the legal dependents of Siletz tribal members.

To make an appointment with Adrienne Crookes, call 541-484-4234. She will be available to provide information and assist in properly installing your car seat.

Tribal members please come join us!

Walking Group

At the Siletz Eugene Area Office
2468 W. 11th Avenue

When: Every Tuesday and Thursday

Beginning Tuesday, April 2nd, 2019

(meet in the front lobby)

Walk from: 12:15-12:45 p.m.



Walk this way to better health!

Meet up with friends for a walk down the walking path directly behind the Siletz office. Choose your comfort level.

Any pace is the right pace!

We will be walking rain or shine.

Bring a friend!

For more information, you may contact
Adrienne Crookes or Nora Williams-Wood at 541-484-4234.

You are invited to a meal prep workshop



Date: Thursday, April 11th, from 11:00 a.m.-1:00 p.m.

Siletz Eugene Area Office

Lunch provided/Meals to take home

With parents working, children at home, and a home to manage, it can be a struggle to feed your family healthy, homemade meals. Preparing meals ahead of time saves money, cuts down on cooking time, and can help you eat healthy, delicious meals at home regularly.

Space is limited, so call early to sign up!

Contact Adrienne or Jessica at 541-484-4234

Diabetes Support Group

Thursday, April 25th

From 6:00–8:00 p.m.

At the Siletz Tribal Office
2468 West 11th Avenue
Eugene, OR



Our guest speaker will be Dr. Donald Dexter, DMD (dentist). Come learn about things that you can do to maintain optimal oral health.

He will also talk about *Sleep Apnea* and snoring treatments (oral appliance therapy). Come learn about the latest treatments best suited for you.

Everyone is welcome! You don't have to be pre-diabetic, or have diabetes to attend. A light, nutritious meal will be provided.

For more information you may contact
Adrienne Crookes, Community Health Advocate, at 541-484-4234

April is National Distracted Driving Awareness Month

Adrienne Crookes, Community Health Advocate

Pay attention, save a life: Ditch the distractions

More than 80 percent of people say they feel uncomfortable riding with a distracted driver. ODOT and partner agencies, Oregon State Police and AAA Oregon are emphasizing the importance of focusing on driving when you're behind the wheel.

Ditch the distractions:

1. **Turn off your cell phone and stow it.** Turn your phone off or switch to silent mode before you get in the car. Then stow it away where it's out of reach.
2. **Spread the word.** Record a message on your phone that tells callers you're driving and will get back to them when you're off the road.
3. **Install an app.** Apps can help you avoid texting while driving. Go to your app store and search for "distracted driving."
4. **Pull over.** If you need to make a call, pull over to a safe area first.
5. **Use your passengers.** Ask a passenger to make the call or respond to a text for you.
6. **X the text.** Don't ever text and drive, browse online or read your email while driving. It's dangerous and against the law in most states. Even voice-to-text isn't risk free.
7. **Know the law.** Familiarize yourself with the state and local laws before you get in the car. Oregon prohibits the use of hand-held cell phones in addition to texting.
8. **Prepare.** If using a GPS device, enter your destination before you start to drive. If you prefer a map or written directions, review them in advance. If you need help while driving, ask a passenger to assist you or pull over to a safe location to review your map.
9. **Secure your pets.** Unsecured pets can be a big distraction in the car.
10. **Mind the kids.** Pull over to a safe place to address situations involving children.
11. **Focus on driving.** Multi-tasking behind the wheel is dangerous. Refrain from eating, drinking, reading, grooming, smoking, and any other activity that takes your mind and eyes off the road.

Teenagers Are At The Most Risk! How Can Parents Help?

- Talk to your teens.
- Set clear "House Rules."
- Remind your teen that driving is a privilege – a privilege they will lose if they don't drive by your rules.
- Be a good example—show responsible driving behaviors starting when your children are young.



April is Sports Eye Safety Awareness Month

Adrienne Crookes, Community Health Advocate

Everyone knows that taking care of your eyes and preventing eye injuries is important. And many times we are more concerned with eye safety at work than we are with the safety of our eyes when we're engaged in recreational activities.

Interestingly, there are certain sports where eye injuries occur more often, such as; basketball, baseball and sports where a racket is used (tennis, racquetball, etc.). Full contact sports like boxing and martial arts pose a high risk of serious eye injury that may lead to the injured person becoming blind.



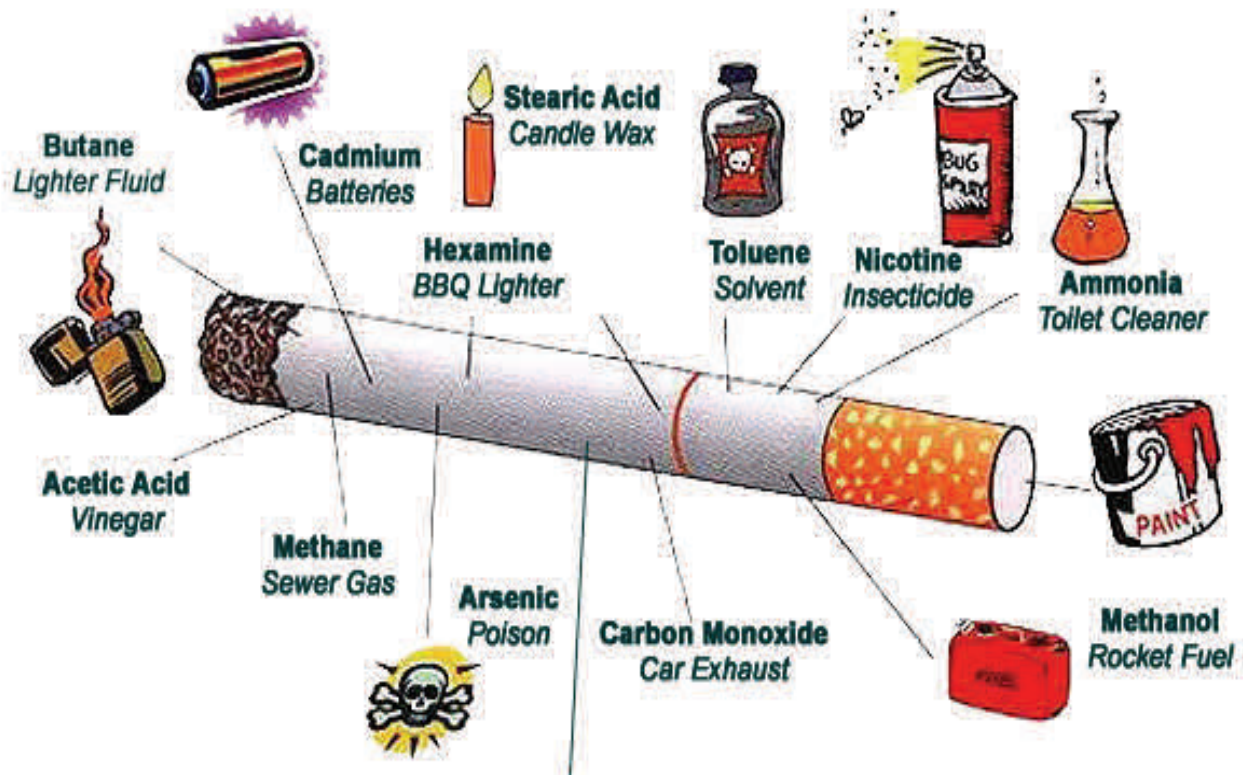
Eye Injury Prevention

The best ways to protect and prevent eye injuries while enjoying your favorite sports:

1. Wear a face mask with a shatterproof shield during sports such as hockey, baseball and football.
2. Wear goggles or other protective eye wear for sports that include the use of a racket, basketball, field hockey and soccer. This not only protects your eyes from flying objects, but can also reduce sun glare when tinted.
3. Choose eye protectors that have been tested and adhere to the American Society of Testing and Materials (ASTM) standards.
4. Invest in sport-specific eyewear.
5. Choose protective eye wear that fits well (not too tight or too loose) and that is padded along the brow and bridge of the nose (to prevent cutting into the skin).
6. If you wear contact lenses, wear soft contacts when possible, and make sure you have a backup pair.
7. If you sustain an eye injury, make sure you see an ophthalmologist immediately to determine the severity of the injury.

Thousands of people experience an eye injury while playing sports each year. And, it is estimated that at least 42,000 people visit the emergency room each year because of eye injuries. You can avoid your chances of being another eye injury statistic by adhering to these seven tips listed above.

Tobacco: More than just Nicotine



Tar: includes the majority of mutagenic and carcinogenic agents in tobacco smoke

Tobacco Related Cancers for the Month of April



Esophageal Cancer: Esophageal cancer is cancer arising from the esophagus—the food pipe that runs between the throat and the stomach. Symptoms often include difficulty in swallowing and weight loss. Other symptoms may include pain when swallowing, a hoarse voice, enlarged lymph nodes ("glands") around the collarbone, a dry cough, and possibly coughing up or vomiting blood.

Causes: The two main types (i.e. squamous-cell carcinoma and adenocarcinoma) have distinct sets of risk factors. Squamous-cell carcinoma is linked to lifestyle factors such as smoking and alcohol. Adenocarcinoma has been linked to effects of long-term acid reflux. Tobacco is a risk factor for both types. Both types are more common in people over 60 years of age.

Quit line: 1-800-QUIT-NOW



Purchased Referred Care (PRC) (formerly Contract Health Service)

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.

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 ☺

<p>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</p>	<p>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</p>
<p>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 97347 1-800-422-0232</p>	<p>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 541-444-1030</p>



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 your 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.

Request Your Siletz Tribal ID Card Today!

If you are unable to make it to the Administration building in Siletz to obtain or replace your Siletz Tribal ID card you are now able to request one at on of the three Area Offices; Eugene, Salem and Portland. They will take your photo and obtain your signature then send it to the Enrollment Department in Siletz. Your Tribal ID will then be mailed by CERTIFIED mail to your address on file or to the Area Office where you made your request.

If you have family that do not live in the 11-county service area or are not able to make it to a Tribal office during work hours, there is a form on the Tribal website under Government Listings > Enrollment and the tab marked "Enrollment Forms." Tribal members can print the form titled "Siletz Tribal Identification (ID) Request" and follow the directions regarding the digital photo specifications, identity verification and signature verification then mail the form to the Enrollment Department.

If you have not updated or replaced your Tribal ID card since April 1, 2016 there is a new format and more information on the card that makes it more acceptable as a form of identification with many more places. The expiration date is 10 years from the issue date. When you update your address, send in your Tribal ID card and we will mail you an updated card with your new address.

Sample of Siletz Tribal ID card using our local school's mascot and some fictitious information.

 <p>Confederated Tribes of Siletz Indians of Oregon Tribal Identification Siletz Tribal Roll: #99999 DOB: 09/01/2006 BQ: 4/4 Issue Date: 3/18/2016 Expiration Date: 3/18/2016 Height: 5' 10" Weight: 150 lbs. <small>Enacted Per Resolution 2016-088 effective 3/18/2016</small></p> <p>Siletz Valley Charter School 245 NW James Frank Ave, Siletz, OR PO Box 123456 Siletz, OR 97380-9999</p>	 <p style="text-align: center;">WARRIORS Siletz Valley Charter School</p> <p style="text-align: center;">Siletz Tribal Hunting & Fishing License Not valid without seasonal License No.</p> <p style="text-align: center;">99999</p> <p style="text-align: center;"><small>If found, return to: CTSI Enrollment PO Box 549 Siletz, OR 97380 (800) 922-1399 ext. 1258</small></p>
<i>Front of ID Card</i>	<i>Back of ID Card</i>

If you need to replace your card with no changes (for example address or name) within the same calendar year it was issued, there is a \$5.00 replacement fee (per Tribal Resolution #2016-087). You can obtain up to one new Tribal ID card per calendar year at no charge. Call the Enrollment Department at (800) 922-1399 ext. 1258 if you have questions about this fee.

We Are All
Related



Homeless/Low Income HOUSING Eugene/Springfield

Emergency

*weather related, etc.
families & Individuals*

SVDP

Dusk to Dawn

4:30 pm - 7:30 am
541-687-5820

Eagan Warming Centers

from Nov 15 - Mar 31
Various locations
541-689-6747

Eugene Mission

Women w/children, Men, Women
Food, Clothing, Overnight
541-344-3251

Centro Latino Americano

Se Habla Español - SVDP
Asistencia con vivienda rapida
541-687-2667

Womenspace

Women & Women w/children
Domestic Violence Emergency
Crisis Line: 541-485-6513
541-485-8232

Overnight Parking

1st Place Family Center
Various Locations
541-342-7728

Centralized Wait List

Front Door Assessors
does not include Section 8

St. Vincent DePaul

SVDP - 1st Place Family Center
1995 Amazon Pky. Eugene, OR
541-342-7728

SVDP - Lindholm Center
450 Hwy 99 N. Eugene, OR
541-607-0439

SVDP - Veteran Families
2890 Chad Dr. Eugene, OR
541-743-7170

ShelterCare

ShelterCare - Housing Services
969 Hwy 99 N Eugene, OR
541-689-7156

ShelterCare - Shankle
1545 S Brooklyn St. Eugene, OR
541-741-7726

Catholic Community Services
1464 W 6th Ave. Eugene, OR
541-345-3628 x402

Looking Glass Services

(youth ages 24 and under)
941 W 7th Ave. Eugene, OR
541-686-4310

Other Local Options

Community Supported Shelters

Conestoga Huts, Tiny Homes, Safe Spot
1160 Grant St. Eugene, OR
541-683-0836

Homes for Good

Section 8 Housing Assistance
177 Day Island Rd. Eugene, OR
541-682-3755

Opportunity Village

Square One Villages - Tiny Homes
458 Blair Blvd. Eugene, OR
541-606-4455

Springfield Housing Programs

City of Springfield
225 Fifth St. Springfield, OR
541-736-1039

Community Sharing Program of Cottage Grove

1440 Birch Ave. Cottage Grove, OR
541-942-7933

Cornerstone

Community Housing

Affordable Apartment Living
1175 Charnelton St. Eugene, OR
541-683-1751

2019

ELDER'S WOODCUTS

Saturdays, 8:00 a.m. – 2:00 p.m.

Near USDA on Logsdan Road in Siletz

Join us to split, load & deliver firewood to Tribal Elders

Rain or Shine

MAY 18

JULY 20

SEPT 21



Snacks, water, and PIZZA lunch provided

Bring your own gloves.

Bring axes and chainsaws if you have them.

Wood splitters and tools provided on site.

**Tribal Elders who need firewood delivered must call
the Elders Program to be added to the list.**

Raina (541) 444-8261, Anita (541) 444-8220,

USDA distribution dates for **APRIL** 2019

Siletz

Monday	April 8	9:00 Am-3:00 Pm
Tuesday	April 9	9:00 Am-3:00 Pm
Wednesday	April 10	9:00 Am-3:00 Pm
Thursday	April 11	9:00 Am-3:00 Pm
Friday	April 12	9:00 Am-3:00 Pm

Salem

Monday	April 22	1:30 Pm – 6:30 Pm
Tuesday	April 23	9:00 Am – 6:30 Pm
Wednesday	April 24	9:00 Am – 6:30 Pm
Thursday	April 25	BY APPOINTMENT ONLY

In April, I will be attending our regional conference. The conference runs from April 1st through the 5th. Because of this, Siletz distribution will be the second week of the month. Please make it a point to come for your scheduled appointment or it will be difficult to reschedule. And, Salem distribution will also be a week later than normal so that we can receive our food shipments during the 3rd week.

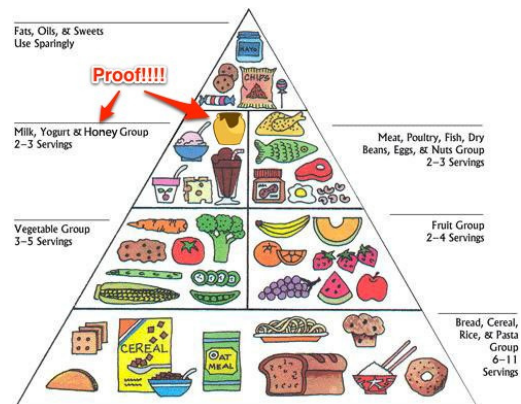
LIKE us on Facebook at Siletz Tribal FDPIR

We would like to see more people sharing their recipes on our FB page. Like us at SILETZ TRIBAL FDPIR

Joyce Retherford, FDP Director

joycer@ctsi.nsn.us

541-444-8393



April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 GA/TANF  Language/Culture Class Siletz 5-8pm	2 Walking Group 12:15-12:45pm Language/Culture Class EAO 5-8pm	3	4 Tutor Chifin 3-5pm Walking Group 12:15-12:45pm	5 Payday Self-Sufficiency documentation due	6
7	8 USDA Distribution Siletz 9-3pm Tutor EAO 3:30-5:30pm Language/Culture Class PAO 5-8pm	9 Time Sheet Due Walking Group 12:15-12:45pm USDA Distribution Siletz 9-3pm Wkly Dee-ne Language Speaking Group 5:30-6:30 Language/Culture Class SAO 5-8pm	10 USDA Distribution Siletz 9-3pm	11 USDA Distribution Siletz 9-3pm Meals in Advance EAO 11-1pm	12 USDA Distribution Siletz 9-3pm	13 Elders Meeting 1pm Aces
14	15	16 Walking Group 12:15-12:45pm Wkly Dee-ne Language Speaking Group 5:30-6:30	17	18 Walking Group 12:15-12:45pm Tutor Chifin 3-5pm Elder's Quarterly Meeting SAO 11-1pm Super Star Luncheon CW Casino	19 Payday	20 Youth Council Meeting @ SAO Depart EAO at 8:30am
21 	22 USDA Distribution Salem 1:30-6:30pm Tutor EAO 3:30-5:30pm	23 Time Sheet Due Walking Group 12:15-12:45pm USDA Distribution Salem 9-6:30pm Loom Beading Class EAO 4-6pm Wkly Dee-ne Language Speaking Group 5:30-6:30	24 USDA Distribution Salem 9-6:30pm	25 Walking Group 12:15-12:45pm USDA Distribution Salem By Appointment Only Diabetes Support Group EAO 6-8pm	26	27
28	29	30 Wkly Dee-ne Language Speaking Group 5:30-6:30 Walking Group 12:15-12:45pm	1	2	3 Payday	4

2019 Tribal Calendars are available at the EAO

The Confederated Tribes of Siletz Indians
The Eugene Area Office Staff
541-484-4234 1-800-922-1399
Lou Carey, A/O Supervisor x1751
Nick Viles, Education Specialist/JOM x1757
Jessica Phillips, Program Coordinator/THV x1752
Jeramie Martin, Program Director/STVRP x1385
Jenifer Jackson, Tribal Service Specialist/477SSP x1755
Norma Trefren, Intake Specialist/Job Coach/477SSP x1756
Adrienne Crookes, Community Health Advocate x1753
Sherry Addis, Elders Wex
Nora N Williams-Wood, Clerk x1750
Vacant, Elders On-Call Transport

“You’ll never see the great things ahead of you if you keep looking at the bad things behind you”. . .

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