

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

The Confederated Tribes of Siletz Indians

The Eugene Area Office Newsletter January 2019

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

Nuu-wee-ya'
(Our Words)

Introduction into the Athabaskan Language

Open to all Tribal Members of all ages

Location, Dates, times:

Siletz CC	January 7th	6:00-8:00pm
Eugene A/O	January 8th	6:00-8:00pm
Portland A/O	January 14th	6:00-8:00pm
Salem A/O	January 15th	6:00-8:00pm

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

Bud Lane at the Siletz Cultural Department
(541) 444-8320 or 800-922-1399 ext. 1320; or email budl@ctsi.nsn.us



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

However:

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

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

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

Thank you for your cooperation...

Tribal Administration

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

Contact:

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

EAO Mini Library



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

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

**!!MAIL ORDER SERVICE AVAILABLE!!
WE CAN NOW PROVIDE MAIL ORDER
SERVICE TO**

**ALL SILETZ TRIBAL MEMBERS:
LIVING WITHIN THE 11 COUNTY SERVICE
AREA**

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

COME MEET WITH DIABETES PROGRAM DIRECTOR

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

541-484-4234 x1647

EMERGENCY HOUSING ASSISTANCE 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 households

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

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

Notary Public (Free Service)

Call to set up an appointment

Contact: Nora Williams-Wood

Siletz/Eugene AO

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

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

Chinook Winds Casino Resort

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

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

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

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.

Looking for Instructors/teacher

The Eugene Area Office would like to hear from instructors/teachers of Native culture/craft activities. We would like to offer classes to Tribal Members in our Service area and are in need of instructors.

Lou Carey 541-484-4234

SILETZ ELDER NEWS



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

There will be Community Vision Team meeting held at the Eugene A/O on January 7th from 6-8pm

The next Introduction to the Athabaskan Language Class at the Eugene Area Office will be held on Tuesday, January 8, 2019. Class is held from 6:00 pm until 8:00 pm and a light meal will be provided. This class will include learning to make Siletz Basketry.

There is a special Community Meeting with the Siletz Planning Department on Thursday, January 10, 2019. The meeting starts at 5:30 pm and ends at 7:30 pm and a light meal will be provided. This is our chance to hear tribal plans for the future and to present our concerns and needs for the coming year.

Saturday, January 12, 2019 there will be a Candidates Fair at the Aces Sports Bar and Grill. We will have a chance to meet candidates for the 2019 Tribal Council. The fair starts at 9:00 a.m. and ends at Noon.

The next Elder Council Meeting is scheduled for Saturday, January 19, 2019. This is our day to take care of Elder Council elections, set meeting dates and plan other events for the 2019 year. The meeting begins at 1:00 pm and ends at 4:00 pm.

The Chinook Winds Entertainment for January, 2019 is Josh Turner. He will be here on the 18th and the 19th and his shows start at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

There will be a Diabetes Support Class Thursday, January 24, 2019. Contact Adrienne Crookes at 541-484-4234 for more information.

The Eugene Area Office will be closed on January 1st and January 21st.

Weather may alter the dates and/or times of these meetings so call before you go.

Jim Swanson, 541-683-8766

jimswanson38@comcast.net

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



JOM: Youth News and Notes

Hand Drum Workshop:

Come and learn how to make a hand drum. All materials, supplies, and instruction will be provided.

Where: Eugene Area Office

When: Tuesday January 15, 4:30-7:00 pm

Space may be limited so please call ahead/email to sign up or with any questions.

Mussel Gathering:

Transportation is available to the mussel-gathering trip hosted by the Healthy Traditions Program on **Saturday January 19**. We will depart the EAO at 12:30 pm to learn traditional techniques for gathering and cleaning mussels. Tribal shellfish permits are required for youth aged 12 and over so please call ahead to sign up. Trip is weather permitting.

January Youth Activity Calendar

Jan 15: Drum Making, 4:30-7:00 pm, EAO

Jan 16: College Info Night, 4:30-6:30, EAO

Jan 19: Mussel Gathering, depart EAO @ 12:30 pm

Jan 22: Tutoring, Chifin Youth Center, 3-5 pm

Jan 28: Tutoring, EAO, 3:30-5:30 pm

Coming Soon: 2019 Youth Council Meetings, TBA

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

Tutoring

JOM is partnering with the Springfield Natives Program to offer tutoring at the Chifin Native Youth Center (1084 G St. Springfield, OR 97477) on alternating weeks. All JOM students are welcome to attend. Tutoring will continue at the Eugene Area Office every other week and by appointment.

Upcoming Dates:

Tuesday January 22— Tutoring and Homework Help, Chifin Native Youth Center, 3 pm -5 pm

Monday January 28—Tutoring and Homework Help (3:30-5:30) at Eugene Area Office

Extracurricular Opportunities:

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

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

Higher Ed/AVT: News and Reminders

Higher Education and AVT Grants

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

Fall 2019 applications for new and continuing Higher Ed and AVT students are due **JUNE 30, 2019** but to be eligible for funding you must complete a Federal Application for Financial Aid (FAFSA) by **January 31, 2019**. **DO NOT MISS THIS IMPORTANT DEADLINE!**

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

Interested students of all ages are also welcome to attend College Info Night on Wednesday January 16, 4:30-6:30 pm (see the flyer details).

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

Adult Education

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

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



1. Fill out FAFSA

Applications for FAFSA opened on October 1, 2018. Apply online: www.fafsa.gov **before January 31, 2019** to be eligible for tribal assistance.

2. Apply to College/University

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

3. Apply for Outside Scholarships

Oregon Student Assistant Commission (OSAC) applications are now open. Apply for over 500 separate scholarships with one simple application. Final deadline March 1. Apply online at : <https://app.oregonstudentaid.gov> Then, apply for tribal aid by June 30, 2019.

Considering attending a college, university, or training program next year?

Need information about filing out a FAFSA?

Want information about the types of aid the tribe offers to help students?

Come to...

College Info Nights

Wednesday January 16, 2019 4:30-6:30 pm

Eugene Area Office

All tribal members and their families are invited to an informational session about applying for college, filing a FAFSA, tribal deadlines for funding, and additional outside scholarships.

Featuring

- ◆ Dinner
- ◆ Door Prizes
- ◆ Presentations by other tribal programs available to students
- ◆ Answers to questions about:
 - College Applications
 - Tribal Aid
 - Scholarships

For more information contact:
Nick Viles nickv@ctsi.nsn.us
or
Norma Trefren normal@ctsi.nsn.us

541-484-4234 x1757

541-484-4234 x1756



Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to assist members of **ANY** federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Confederated Tribes of Siletz Indians 11 county service area.

Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Resume Writing
- Interviewing Techniques
- Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment



For more information about the STVRP, please inquire at 1-800-922-1399. Services are provided in all area offices, however to inquire about services, ask to be transferred to the office nearest you that is listed below.

EUGENE AREA OFFICE

2468 West 11th
Eugene, OR 97402

SALEM AREA OFFICE

3160 Blossom Dr NE, Ste 105
Salem, OR 97305

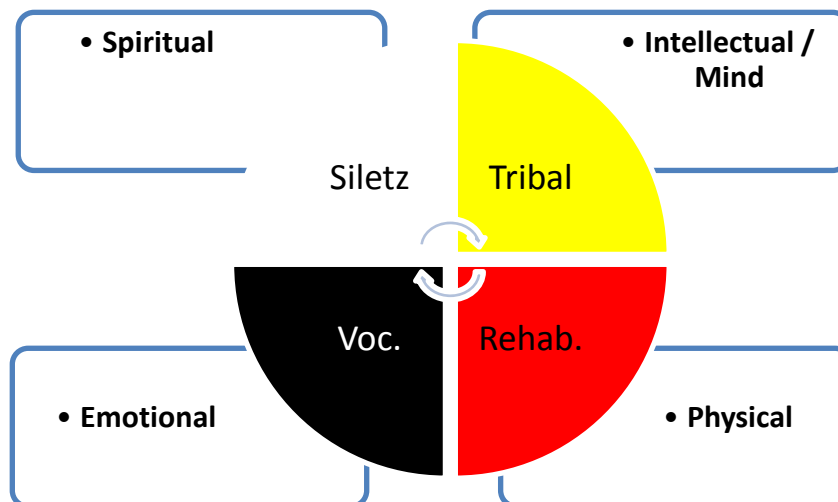
SILETZ ADMIN. OFFICE

201 SE Swan Ave
Siletz, OR 97380

EUGENE 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 | <u>Attention and impulsivity</u> |
| ● Possible Adjustment | Private office/quieter room/positioning in office, flexible-time arrangement, headphones, regular supervision. |
| ● Symptom | <u>Hyperactivity/restlessness</u> |
| ● Possible Adjustment | Allowing productive movements at work, encouraging activity, structured breaks in long meetings. |
| ● Symptom | <u>Disorganization, time management, and memory problems</u> |
| ● 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>

This content is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If you have any health concerns, or questions, seek the advice a qualified health professional.

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.



**Stop being afraid of what
could go wrong and think
of what could go right**

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 January 2019

Monday	December 31 st	TANF/GAF
Tuesday	January 1st	New Year's Day CLOSED
Wednesday	January 2 nd	Time Sheets Due
Monday	January 7 th	Self-Sufficiency documentation due
Monday	January 7 th	1 st Community Vision Team Mtg. 6-8pm
Tuesday	January 8 th	EAO Culture & Language Class 4-8pm
Thursday	January 10 th	Planning Community Meeting 5-7pm
Friday	January 11 th	WEX Payday
Saturday	January 12	Candidates Fair Starts 9am Ace's
Tuesday	January 15 th	WEX Timesheets Due
Monday	January 21st	MLK Day CLOSED
Thursday	January 24 th	Diabetes Support Group 6-8pm
Friday	January 24 th	WEX Payday
Tuesday	January 29 th	Time Sheets Due

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

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

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

All components are offered on a budgetary basis

Classroom Training (CRT)

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

Direct Placement

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

On-the-Job Training (OJT)

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

Work Experience (WEX)

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

Siletz Community Health



Siletz 1-800 Numbers

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

Siletz 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

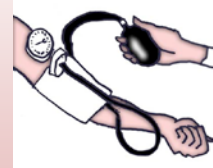
Siletz Community Health

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.



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.

Diabetes Support Group

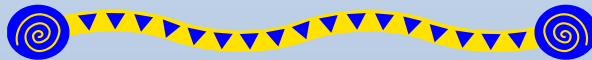
Thursday, January 24th

From 6:00–8:00 p.m.

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

Dr. Lisandra Guzman, preventive medicine specialist
with the Riverstone Clinic will be here to talk
about diabetes and its complications.

Come learn about steps that you can take
to feel better and live longer.



**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

20 BENEFITS OF WALKING 30 MINUTES A DAY

@BELIEVEPHQ



01
REDUCES RISK OF HEART DISEASE



02
HELPS TO MAINTAIN WEIGHT



03
REDUCES YOUR STRESS LEVELS



04
INCREASES YOUR ENERGY LEVELS



05
HELPS TO BOOST YOUR MOOD



06
GETS THE BLOOD PUMPING



07
PREVENTS OBESITY



08
CAN HELP TO REDUCE ANXIETY



09
INCREASES FUNCTIONING OF THE LUNGS



10
INCREASES THE BODY'S ACCESS TO VITAMIN D



11
REDUCES THE RISK OF CANCER



12
CAN IMPROVE QUALITY OF SLEEP



13
GIVES YOU TIME TO PRACTICE SELF CARE



14
IMPROVES COORDINATION AND BALANCE



15
IMPROVES QUALITY OF LIFE



16
REDUCES CHANCE OF DIABETES



17
WALKING CAN SPARK CREATIVITY



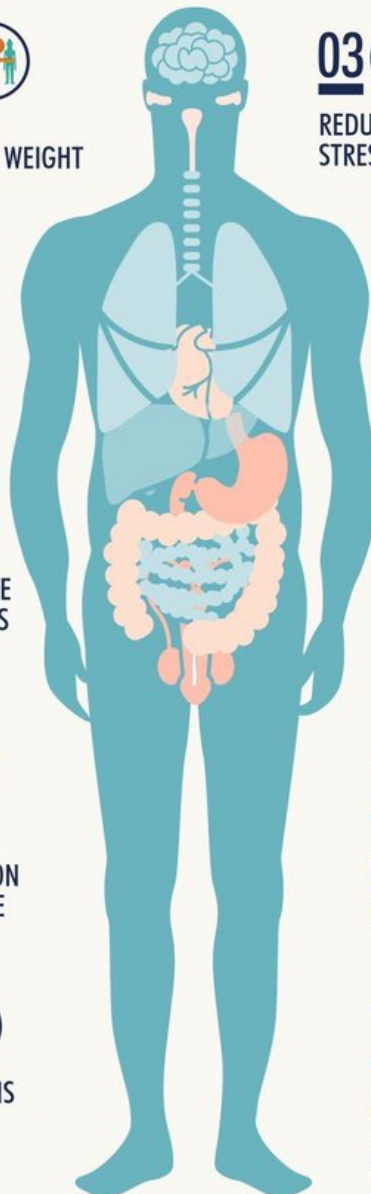
18
STRENGTHENS BONES AND MUSCLES



19
CAN IMPROVE BLOOD PRESSURE



20
CAN HELP TO BOOST YOUR IMMUNE SYSTEM



January is Glaucoma Awareness Month

Adrienne Crookes, Community Health Advocate

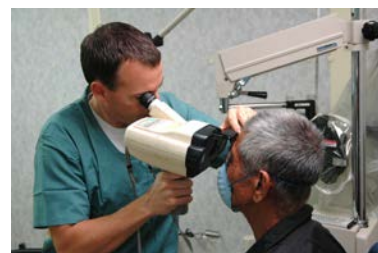
Look to the Future: Get an Eye Exam to Save Your Vision from Glaucoma

More than four million people in the United States have glaucoma, a group of diseases that damage the optic nerve and destroy eyesight. Unfortunately, nearly half of those with glaucoma are even aware that they have it. Are you one of them? You owe it to yourself to find out by getting a comprehensive dilated eye exam that includes having drops put in your eye. With its painless and gradual loss of vision, glaucoma may have no early warning signs, but it can be detected during a comprehensive dilated eye exam.

The National Eye Institute research has shown that treatment during the early stages of glaucoma can control the disease and prevent future vision loss and blindness. This is why NEI encourages people at higher risk for glaucoma to get a comprehensive dilated eye exam every one or two years.

Anyone can develop glaucoma, but those at higher risk include:

- African Americans over age 40
- Everyone over age 60
- People with a family history of the disease



During a comprehensive dilated eye exam, an eye care professional can see inside the eye to detect signs of glaucoma, such as subtle changes to the optic nerve, before any symptoms appear. This allows the eye care professional to determine if you have glaucoma or are at risk for it, to monitor your condition, to treat glaucoma as early as possible, and to look for other vision problems. Once symptoms appear, it may be too late to prevent vision loss and the progression to blindness.

If glaucoma is detected early, treatments such as eye drops or surgery can slow or stop vision loss. High pressures inside the eye, which may be associated with glaucoma, does not by itself mean that you have glaucoma. Only a comprehensive dilated eye exam and evaluation of the optic nerve by an eye care professional can tell you that.

For more information, visit www.nei.nih.gov/glaucoma

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

USDA distribution dates for **JANUARY 2019**

Siletz

Tuesday	January 1	HOLIDAY HAPPY NEW YEAR!
Wednesday	January 2	9:00 AM-3:00 PM
Thursday	January 3	9:00 AM-3:00 PM
Friday	January 4	9:00 AM-3:00 PM
Monday	January 7	9:00 AM-3:00 PM

Salem

Monday	January 14	1:30 PM – 6:30 PM
Tuesday	January 15	9:00 AM – 6:30 PM
Wednesday	January 16	9:00 AM – 6:30 PM
Thursday	January 17	BY APPOINTMENT ONLY

APPLE HAND PIES

1 ½ CUPS BAKERY MIX	*1 ½ CUPS BLUE CORNMEAL*
9 APPLES PEELED, CORED	*½ CUP WATER
*1 TEASPOON CINNAMON	*½ CUP SUGAR
½ CUP RAISINS	*1 BLOCK CREAM CHEESE

DIRECTIONS:

Peel and slice apples, put in a kettle with the raisins, water, cinnamon and sugar. Cook until the apples are tender then mash slightly with a potato masher. Add the cream cheese and stir until melted. Set aside until cool.

Measure the bakery mix and cornmeal into a large bowl and mix with a fork. Add the water and mix until a soft dough forms. Pinch about a 2" ball off and place it on a floured pastry board, knead and roll out thin. Place 2 tablespoons of the apple mixture in the center of the dough, dot the edges with a little water and fold the dough over the apples and press the edges with a fork. Place it in a 475 degree oven and bake for about 12 minutes.

I also drizzled a glaze of powdered sugar and evaporated milk over the top and refrigerated them until the glaze was dried.

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

Joyce Retherford, FDP Director
541-444-8393

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

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 All Tribal Office's CLOSED 	2 Time Sheets Due USDA Distribution Siletz 9-3pm	3 USDA Distribution Siletz 9-3pm	4 USDA Distribution Siletz 9-3pm	5
6	7 USDA Distribution Siletz 9-3pm 1st Community Vison Team Mtg 6-8 Language/Culture Class Siletz 5:30-8pm	8 Language/Culture Class EAO 5:30-8pm	9	10 Planning Annual Community Meeting EAO 5:30	11 Pay Day	12 Candidates Fair 9am Ace's
13	14 USDA Distribution Salem 1:30-6:30pm Language/Culture Class PAO 5:30-8pm	15 Time Sheets Due USDA Distribution Salem 9-6:30pm Drum Making Class 4-8pm Language/Culture Class SAO 5:30-8pm	16 USDA Distribution Salem 9-6:30pm College Night info Night EAO 4:30-6:30pm	17 USDA Distribution Salem By Appt. Only	18	19 Elders Meeting 1-4pm Shasta Rm Mussel Gathering 12:30-8:30pm
20	21 All Tribal Offices CLOSED  Martin Luther King Jr. Da	22 Tutoring Springfield 2:30-5pm	23	24 Diabetes Support Group 6-8pm	25 Pay Day	26
27	28 Tutoring EAO 3:30-5:30pm	29 Time Sheets Due	30	31		

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
Nora N Williams-Wood, Clerk x1750
Vacant, Elders On-Call Transport

“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

“Always be generous with your encouraging words, you may find they will inspire others to be the best they can be....”

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

2018/2019

**HUNTING/FISHING/GATHERING
INCENTIVES**

Reminder to all Siletz Tribal Members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabela's Gift Card incentives

HUNTING INCENTIVES

\$100 \$75 \$50

CABELAS GIFT CARDS

FISHING INCENTIVE

\$50

CABELAS GIFT CARD

SHELLFISH INCENTIVE

\$50

CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy

541-444-8232 mikek@ctsi.nsn.us

Or

Denise Garrett

541-444-8227 deniseg@ctsi.nsn.us