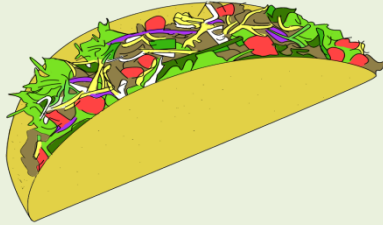


2019 Eugene A/ O Open House

Taco & Nacho Bar



When: March 21, 2019

Time: 3:30 – 6:30pm

Where: 2468 West 11th Avenue, Eugene OR 97402

~Menu~

Hard & soft taco shell, tortilla
Hamburger, tomatoes, lettuce, onion, refried beans, shredded cheese,
nacho cheese, sour cream, olives, Salsa, jalapenos
Beverage & dessert

For more information

Contact: Lou or Nora
Phone: 541-484-4234



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

March 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 maybe 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	March 4th	6:00-8:00pm
Eugene A/O	March 5th	6:00-8:00pm
Portland A/O	March 11th	6:00-8:00pm
Salem A/O	March 12th	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.

2019 College Students Summer Internship Program Deadline

Students attending college can apply for the Tribe's 2019 College Students Summer Internship Program. 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 2019. Students may work up to 328 hours at tribal minimum wage (currently at \$12/hour) 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 30, 2019.

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

By Mail: CTSI
By Fax: 541-444-2307
By E-mail: collegainterns@ctsi.nsn.us
Attn: College Internship Program
P.O. Box 549
Siletz, OR 97380

Deadline for applications to be received at the Siletz Central Administration building is 4:30pm on March 15, 2019.

SILETZ ELDER NEWS

When 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.

The next Introduction to the Athabaskan Language and Culture Class at the Eugene Area Office will be held on Tuesday, March 5, 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 acorn soup. A light meal will be served.

The next Elder Council Meeting is scheduled for Saturday, March 9, 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 March, 2019 is Comedy on the Coast and Grand Funk Railroad. Call Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665. Comedy on the Coast will be here on March 22nd and 23rd, 2019 at 8:00 p.m. Grand Funk Railroad will be here on March 29th and 30th at 8 p.m.

There will be a Diabetes Support Class on Thursday, March 28, 2019. The guest speaker will be Brenda Webber from the American Cancer Society. 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 Eugene Area Office will be hosting an Open House and Craft, March 21 from 3:30-6:30pm "Taco & Nacho Bar".

A Walking Group will be starting at the Siletz Eugene Area Office on Tuesday, March 5, 2019. The Walking Group walks on Tuesdays and Thursdays from 12:15 p.m. until 12:45 p.m. rain or shine. The group walks down the walking path directly behind the Area Office. For more information, you may contact Adrienne Crookes or Nora Williams at 541-484-4234.

The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians and the Coquille Indian Tribe are holding their 23rd Annual Oregon Tribal Elders Honor Day on March 15th- 16th, 2019 at the Three Rivers Casino Resort Event Center. Contact our Elder Program for more information.

Jim Swanson, 541-683-8766

jimswanson38@comcast.net



JOM: Youth News and Notes

Spring Break Activities:

March 25: SPLASH Wave Pool-Noon to 3:00 pm

Join us for an afternoon of swimming at Lively Park Swim Center (6100 Thurston Rd., Springfield, OR 97478). Pizza will be available to students and chaperones.

March 27: Hike at Silver Creek Falls, depart Eugene Area Office 8:30 am

Come and explore dozens of waterfalls on this enjoyable hike. Rides are available and snacks and lunch will be provided. Please call ahead for details and to sign up.

Extracurricular Opportunities:

JOM: JOM has funds available 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.

March Youth Activity Calendar

March 7: Tutoring at Chifin Center, 3-5 pm

March 11: Tutoring at EAO, 3:30-5:30

March 16: Snowshoe Trip, departure TBA

March 21: Eugene Area Office Open House, 3:30-6:30, plant potting

March 25 SPLASH Swim at Lively Park Swim Center, 12:00-3:00 pm

March 27: Silver Creek Falls, depart 8:30 am

March 30: Youth Council Meeting, UO, noon

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

Tutoring:

Tutoring will continue at the Eugene Area Office and Chifin Native Youth Center (1084 G St. Springfield, OR 97477) on alternating weeks. All JOM students are welcome to attend.

Upcoming Dates:

Thursday March 7—Chifin (Springfield), 3:00-5:00

Monday March 11—EAO, 3:30-5:30

Snowshoe Trip:

JOM is tentatively planning a snowshoeing trip on March 16 to a local snow park. All gear, transportation, and lunch will be provided as well as basic instruction. The trip is weather and condition permitting. Please call or email if interested and for more information.

Higher Ed/AVT: News and Reminders

Don't Miss Out on Scholarship Season

Additional scholarships are open to both new and returning students. Check out:
-Oregon Student Assistant Commission (OSAC): Apply for over 500 awards with just one application.

Deadline: March 1, 2019. Apply online: <https://app.oregonstudentaid.gov>

-Cobell Scholarship:

Deadline: March 31, 2019. Apply online: <http://cobellscholar.org/>

-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/>

-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.

Fall 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 a 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.

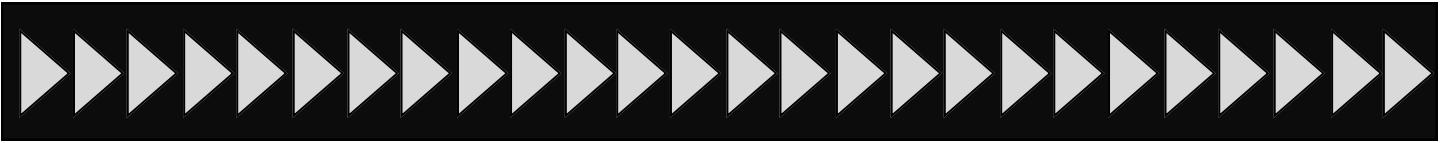
Note: Applications for clock-hour schools (i.e. truck driving school or cosmetology programs) have no deadline and are handled on a case-by-case basis.

Adult Education

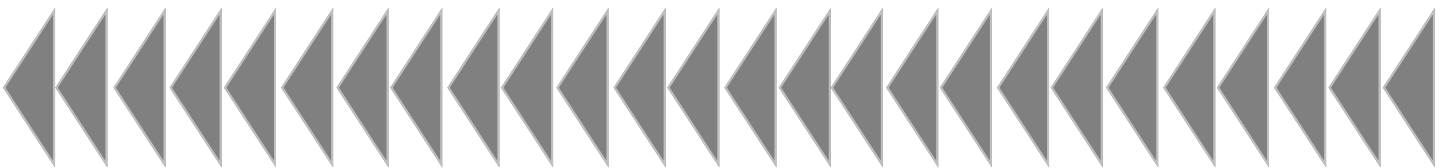
The Adult Education Program offers Siletz tribal members not already enrolled in a formal education program funding to assist with the cost of GED classes and testing, professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for more information.

Tax Software:

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



Nuu Wee-Ya' Lheth-xat



Weekly Dee-ni Language Speaking Group

*MARCH DATES: Tuesdays March 12, 19, and 26 5:30-6:30 pm

*Eugene Area Office

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

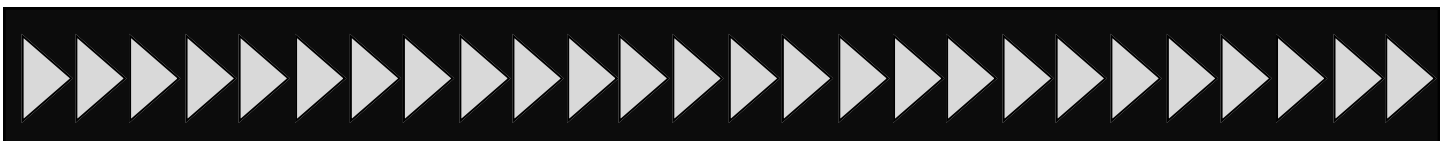
*Light Meal Provided

*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, to submit input,
or to receive scheduling updates and materials



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

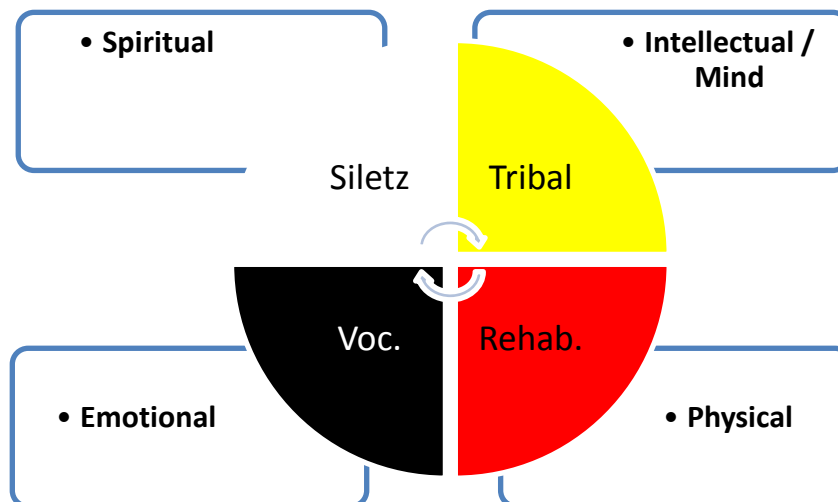
SILETZ ADMIN. OFFICE

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.

“Every accomplishment starts with the decision to try”

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 March 2019

Friday	March 1 st	TANF/GAF
Wednesday	March 5 th	Self-Sufficiency documentation due
Tuesday	March 5 th	EAO Culture & Language Class 5-8pm
Friday	March 8 th	WEX Payday
Sunday	March 10 th	Daylight Savings Time
Tuesday	March 12 th	WEX Timesheets Due
Thursday	March 21 st	Spring Open House/Craft Activity 3:30-6:30
Friday	March 22 nd	WEX Payday
Tuesday	March 26 th	Time Sheets Due
Thursday	March 28 th	Diabetes Support Group 6-8pm

Lane County will be EAO assisting with application and interview skills
She will be March 12th at 2pm

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.



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.

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

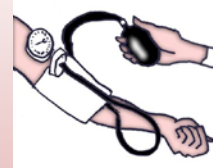
Siletz Community Health

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.

Diabetes Support Group

Thursday, March 28th

From 6:00-8:00 p.m.



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

Our guest speaker this month will be Brenda Webber from the American Cancer Society. Come learn about cancer basics. What is Cancer? What are its causes, risk factors, and prevention?

Come learn about things that you can do to reduce your risk of getting cancer.

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

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, March 5th, 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

March is National Save Your Vision Month

Adrienne Crookes, Community Health Advocate

National Save Your Vision Month, by the American Optometric Association, raises awareness among the general public and targets at-risk groups to remind them of the need for regular, comprehensive eye examinations to detect eye health problems, general health issues, and vision difficulties.

Eye health is intrinsically linked to overall health. Your eyes are often the best windows to your health. By looking into your eyes, your optometrist can tell a lot about your general health. For example, did you know that some systemic and chronic diseases, especially diabetes, can often be detected by an optometrist during a comprehensive eye exam?

Since over 33 percent of people with diabetes don't know that they have it, an eye examination can be the only clue to detecting this potentially life-threatening disease. By dilating the pupil, your optometrist can see inside your eye using an ophthalmoscope, which light and magnifies the blood vessels in your eyes. Changes to these

blood vessels can signify various stages of diabetic retinopathy. Left untreated, it can cause blindness. For those suffering from diabetes without knowing it, the detection and treatment of this disease can mean relief on many levels.

Other eye diseases, like glaucoma, may cause vision damage and eventually blindness without the patient ever experiencing any symptoms. During a comprehensive eye exam, your optometrist measures the pressure within your eye and examines the optic nerve in the eye, thereby determining the existence of glaucoma.

This is a good time to go have your eyes checked!

More information is available at the American Optometric Association website at www.aoa.org





March 18-24, 2019

Tips for Poison Safety

Safe Kids USA reminds parents to learn the toll-free **Poison Control Center number: 1-800-222-1222**. Keep it near every phone in your home and program it into your cell phone. This number connects you to your local poison control center from anywhere in the United States. If a child is choking, having trouble breathing or having a seizure, call 911 instead and follow the 911 operator's instructions.

Safe Kids USA offers these additional tips:

- Lock up potential poisons out of sight and reach of kids. This includes makeup, medicine, plants, cleaning products, pesticides, art supplies, and beer, wine and liquor.
- Never leave kids alone with an open container of something you wouldn't want them to ingest. A child can be poisoned in a matter of seconds.
- Don't refer to medicine or vitamins as candy and don't involve children as helpers with your medication.
- Choose medicines and products that have child-resistant caps. When you are giving medicine to your children, follow dosage directions carefully.
- Keep products in their original containers. Read labels to learn if a product is poisonous, and for first aid information.
- If your home was built before 1978, test for lead-based paint and get your child tested for lead exposure. Children inhale the dust of lead-based paint and can build up enough lead in their blood to affect intelligence, growth and development.
- Install a carbon monoxide alarm outside every sleeping area and on every level of your home. Carbon monoxide is an invisible, odorless gas that builds up around fuel-burning appliances and cars in garages. It can make a child seriously ill in concentrations that would barely affect an adult.
- Know which plants in and around your home can be poisonous.
- Discuss these precautions with grandparents and caregivers. They may have medications that can be very dangerous to children and their homes might not be as well childproofed as yours.

For more information about poison prevention,
call 1-202-662-0600 or visit www.usa.safekids.org



History—Revolutionary War also known as “The Tobacco War”

Late 1700s



Benjamin Franklin at the Court of France. Painting by Hobens.

Tobacco helps finance the Revolution by serving as collateral for the loan Benjamin Franklin won from France--the security was 5 million pounds of Virginia tobacco. George Washington once appealed to his countrymen for aid to the army: "If you can't send money, send tobacco." During the war, it was tobacco exports that the fledgling government used to build up credits abroad. And, when the war was over, Americans turned to tobacco taxes to help repay the revolutionary war debt.

Cancers associated with commercial tobacco use for March

Kidney Cancer: *Cancer* is a disease in which cells in the body grow out of control. When cancer starts in the kidney, it is called *kidney and renal pelvis cancer*. It can also be called *renal cell cancer* as that is the most common type of kidney and renal pelvis cancer.

What Causes Kidney and Renal Pelvis Cancers? Smoking is the most important risk factor for kidney and renal pelvis cancers. Other risk factors include; Being obese; Taking certain pain medicines for a long time; Having high blood pressure; It is not known whether the increased risk is due to high blood pressure itself or the medicines used to treat it; Having certain genetic conditions; Being exposed to a chemical called trichloroethylene, which is used to remove grease from metal.

Colorectal Cancer: *Cancer* is a disease in which cells in the body grow out of control. When cancer starts in the colon or rectum, it is called *colorectal cancer*. Sometimes it is called *colon cancer*, for short.

Lifestyle factors that may contribute to an increased risk of colorectal cancer include: Lack of regular physical activity; A diet low in fruit and vegetables; A low-fiber and high-fat diet; Overweight and obesity; Alcohol consumption; Tobacco use.

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

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



Elk Tag Opportunity

The Tribal Natural Resources Department will once again be offering a limited number of Landowner Preference (LOP) elk tags to Tribal members for the 2019-2020 hunting season. As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres that the Tribe owns, we can get 6 additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags that we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	Tribal Tags	State LOP Tags
State Hunting License Required?	No	Yes – Tribal member must purchase both a 2019 and a 2020 State hunting license
Area to be Hunted	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the unit selected during that unit's antlerless elk season. Units available include Upper Siletz, NW Alsea, SW Alsea, SW Alsea Private Lands, and West Siuslaw
Eligible for other State elk tags?	Yes	No*
Give tag to another licensed Tribal member to hunt for you?	Yes	No
Application and Selection Process	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP Drawing; if selected apply to State for controlled hunt tag (list LOP unit in <u>LOP</u> section on State controlled hunt application)
Obtain Tag From	Tribe	State – Tribal member must purchase hunting license and elk tag
* Note: If you are drawn for an LOP Tag you are still eligible to apply for and be drawn for a Tribal tag.		

Please note a major difference between the LOP tags and the Tribe's regular tags is **ONLY the person drawn for the tag can hunt that tag. The tag cannot be given to someone else to hunt for you.** Only Tribal members serious about hunting an LOP tag personally are eligible to apply.

The drawing for the 6 LOP elk tags will be held at the Natural Resources Committee Meeting to be held on April 1st at 4:45 PM in the Natural Resources Department Map Room. Applications are available on the Tribal website and at the Tribal Natural Resources Office in Siletz. Completed applications are due in the Natural Resources office by **4:30 PM March 29, 2019**. For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232.

USDA distribution dates for **MARCH** 2019

Siletz

Monday	March 4	9:00 Am-3:00 Pm
Tuesday	March 5	9:00 Am-3:00 Pm
Wednesday	March 6	9:00 Am-3:00 Pm
Thursday	March 7	9:00 Am-3:00 Pm
Friday	March 8	9:00 Am-3:00 Pm

Salem

Monday	March 18	1:30 Pm – 6:30 Pm
Tuesday	March 19	9:00 Am – 6:30 Pm
Wednesday	March 20	9:00 Am – 6:30 Pm
Thursday	March 21	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
541-444-8393

541-444-8279



2019 College Students Summer Internship Program Deadline

Students attending college can apply for the Tribe's 2019 College Students Summer Internship Program. 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 2019. Students may work up to 328 hours at tribal minimum wage (currently at \$12/hour) 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 30, 2019.

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 15, 2019.

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24	25	26 Time Sheets Due	27	28	1 TANF/GA	2
3	4 USDA Distribution Siletz 9-3pm Language/Culture Siletz Class 6-8om	5 Self-Sufficiency docu- mentation due USDA Distribution Siletz 9-3pm Walking Group EAO 11:15-12:45 Language/Culture EAO Class 6-8om	6 USDA Distribution Siletz 9-3pm	7 Tutoring/Chifin Ctr 3-5pm USDA Distribution Siletz 9-3pm	8 Payday USDA Distribution Siletz 9-3pm	9 Elders Meeting 1pm Aces
10 	11 Language/Culture PAO Class 6-8om	12 Time Sheets Due Walking Group EAO 11:15-12:45 Tutoring/EAO 3:30-5:30pm Dee-ni Language Speaking Group 5:30-6:30pm	13	14	15 2019 College Students Summer Internship Program Deadline for applications to be received at the Siletz Central Administra- tion building by 4:30pm	16 Snowshoe Trip Departure TBA
17 	18 USDA Distribution Salem 1:30-6:30	19 USDA Distribution Salem 9-6:30 Walking Group EAO 11:15-12:45 Dee-ni Language Speaking Group 5:30-6:30pm	20 Spring USDA Distribution Salem 9-6:30	21 EAO Open house/ Planting Activity 3:30-6:30pm USDA Distribution By Appointment ONLY	22 Payday	23
24	25 SPLASH 12-3pm	26 Time Sheets Due Walking Group EAO 11:15-12:45 Dee-ni Language Speaking Group 5:30-6:30pm	27 Silver Creek Falls Depart 8:30am	28 Diabetes Support Group 6-8pm	29	30 Youth Council Meeting U of O 12pm
31						

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

THE KEY to happiness is letting each situation be what it is
instead of what you think it should be. . .

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