

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

The Confederated Tribes of Siletz Indians  
**The Eugene Area Office Newsletter**

May 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 you 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	May 6 <sup>th</sup>	6:00-8:00pm
Eugene A/O	May 7 <sup>th</sup>	6:00-8:00pm
Portland A/O	May 13 <sup>th</sup>	6:00-8:00pm
Salem A/O	May 14 <sup>th</sup>	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](mailto: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](mailto:debrab@ctsi.nsn.us)

Brittany Patrick and her son Axsel



Congratulations to Brittany Patrick for graduating from the Home Visiting program! Brittany entered the program right before her son Axsel was born and participated until he turned three this March. Brittany actively engaged in the program sharing her thoughts, ideas and asking questions. As a parent Brittany grew in her knowledge, skills and confidence over the years. She had this to say about the program. "A million times over I'd recommend it to everyone. It makes all the difference. I don't know what I'd have done without it. All the lessons keep me at ease knowing my son's development is good. It provides stress relief in knowing I'm doing good. It reassures me." Congratulations Brittany!

### **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](http://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

### **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

The Siletz Community Health Clinic will be offering Medication Assistance Treatment (MAT) in Salem, Oregon soon. The clinic is contracting with a local provider, Eric Davis, MSW, BCD, LCSW, QMHP, MAC, CADC III, and JD Health and Wellness, to offer MAT services. MAT services to be provided include: medication treatment (SUBOXONE®/VIVITROL®/Antabuse), mental health counseling, and A&D counseling.

What is MAT: MAT is the use of medications with counseling and behavioral therapies to treat substance use disorders and prevent opioid overdose. MAT is primarily used for the treatment of addiction to opioids such as heroin and prescription pain relievers that contain opiates. (SAMHSA)

Who is eligible for services at the Salem MAT clinic: Siletz tribal members, other Natives, and non-Native with close family ties. Initially, the program is able to accept 25 patients.

When will services be available: June 2019 (tentatively). For more information about the Salem MAT program, contact Delina John, CADC I, @ 541-444-9697.



### **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](http://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 7<sup>th</sup> 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.

### **EAO Mini Library**



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

### **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](mailto:noraw@ctsi.nsn.us)

## SILETZ ELDER NEWS

When you use this number to contact the Elders Program, **541-444-8225** make 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 Class and Culture Craft Night at the Eugene Area Office will be held on Tuesday, May 7, 2019. Learn our language and how to string Dentalium. A light meal will be served. Class is held from 5:00 pm until 8:00 pm.

The next Elder Council Meeting is scheduled for Saturday, May 18, 2019. The meeting begins at 1:00 pm and ends at 4:00 pm and will be held at the Chinook Winds Casino Resort. Check with the Elders Program prior to the meeting to make sure the meeting schedule has not changed.

The Chinook Winds Entertainment for May, 2019 is Chicks with Hits. Their shows will start at 8:00 pm on the 3<sup>rd</sup> and 4<sup>th</sup>. Call Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

There will be a Diabetes Support Class on Thursday, May 23, 2019. Class will start at 6:00 pm and a light meal will be served. Contact Adrienne Crookes at 541-484-4234 for more information.

The area office is continuing the noon walking group. The group meets on Tuesday and Thursday and walking is from 12:15 pm until 12:45 pm.

Our Siletz Elders Honor Day is scheduled for Tuesday, May 7, 2019. Mark your calendar now for this Special Honor Day. Doors open at 9:30 am.

The Warm Springs Honor Day is being held on May 9<sup>th</sup> and 10<sup>th</sup>, 2019. Attendees must pay for their own room, and transportation will be provided. If you are interested in attending contact the Elders Program, 1-800-922-1399.

All Tribal office closed Monday, May 27<sup>th</sup> for Memorial Day. There will be a Memorial Day Service at the tribal center followed by a dinner

Our June Elder Council Meeting has been rescheduled to June 22, 2019. There will be more information in the next newsletter.

Jim Swanson, 541-683-8766

[jimswanson38@comcast.net](mailto:jimswanson38@comcast.net)

## *JOM: Youth News and Notes*

### Spring Gathering: Camas

Saturday, May 11: Learn to gather one of our traditional foods with the Healthy Traditions Program. Rides are available, lunch and snacks provided. Call for details/sign up.

### Youth Movement:

Friday, May 3: Limited spots may remain for a 5<sup>th</sup>-8<sup>th</sup> grade field day at the University of Oregon. Call for more info.

### Youth Council:

Saturday, May 18: The Youth Council will help with habitat restoration at Mary's Peak, meeting to follow. Rides available.

### 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 related to extra-curricular activities or cultural activities/supplies for Siletz tribal students.

### May Youth Activity Calendar

May 2: Tutor-Chifin Center, 3-5 pm

May 3: Youth Movement, University of Oregon, depart EAO, time TBA

May 6: Tutor-EAO, 3:30

May 11: Camas Trip with Healthy Traditions, depart EAO, time TBA

May 13: Tutor-EAO, 3:30

May 16: Tutor at Chifin Center, 3-5 pm

May 18: Youth Council Meeting-departure TBA

May 28: Beading Class, EAO, 4-6 pm

May 30: Tutor at Chifin Center, 3-5 pm

Sign up for the Youth Events Email List for updates and reminders  
Contact: [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)

### May Beading Class:

Tuesday, May 28: 4:00-6:00 pm Eugene Area Office. Come and finish loom or beaded earring projects—or start new ones. Light meal provided. See flyer for details.

### 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:

Monday May 6 and May 13—Eugene Area Office, 3:30-5:30 pm

Thursday May 2, May 16, and May 30—Chifin Native Youth Center (Springfield), 3:00 -5:00 pm



# Higher Ed/AVT: News and Reminders

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## Higher Education and AVT Grants

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

### The 2019-2020 Application Deadline is Approaching

Applications for the 2019-2020 school year beginning in Fall 2019 for new and continuing Higher Ed and AVT students are due **JUNE 30, 2019**. Applications must include all supporting documentation by the deadline. To be eligible for funding you must have submitted 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.

### Outside Scholarships Are Still Available:

#### -American Indian College Fund:

Deadline: May 31, 2019

<https://collegefund.org/>

#### -Cobell Vocational Training Scholarship:

Deadline: May 31, 2019

<https://cobellscholar.academicworks.com/opportunities/4466>

#### -American Indian Graduate Center:

Deadline: June 1, 2019

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

### Student Housing Assistance:

The Temporary Tribal Student Assistance Program (TTSAP) provides rental stipends to tribal students attending a college, university, or vocational/trade school. Apps for the 2019-2020 school year open May 1 through the Housing Department.

**Applications are due May 31, 2019.**

- TTSAP can assist with rent/room and board in dormitories
- TTSAP is time-limited. Funding is for one academic year
- Student's share of rent is 30% of adjusted gross income
- Assistance is non-transferable

## 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.



# Nuu Wee-Ya' Lhetlh-xat

## Weekly Dee-ni Language Speaking Group

\*MAY DATES: Tuesdays May 14 , 21, 28, 5:30-7:00 pm

\*Eugene Area Office      \*Light Meal Provided

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

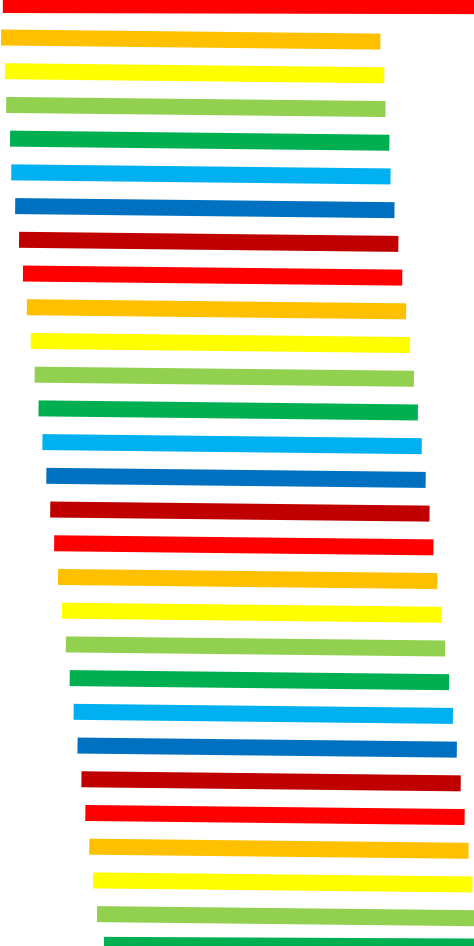
\*LEARN MORE ABOUT AT-HOME BASED LANGUAGE LEARNING

\*HELP BUILD YOUR LOCAL SPEAKING COMMUNITY

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Interested in More Information?

Contact Nick Viles at x1757 or [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)



# Community Beading Class

Tuesday, May 28, 2019

4:00-6:00 pm

Eugene Area Office

Light Meal Provided

Instruction and help with starting or finishing beading projects. Beads and supplies will be provided. Call Nick Viles or Jeramie Martin with questions or to sign up (541-484-4234)

Co-sponsored by JOM, Voc Rehab, and the EAO



# 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](mailto: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 11<sup>th</sup>  
Eugene, OR 97402

### SALEM AREA OFFICE

3160 Blossom Dr NE, Ste 105  
Salem, OR 97305

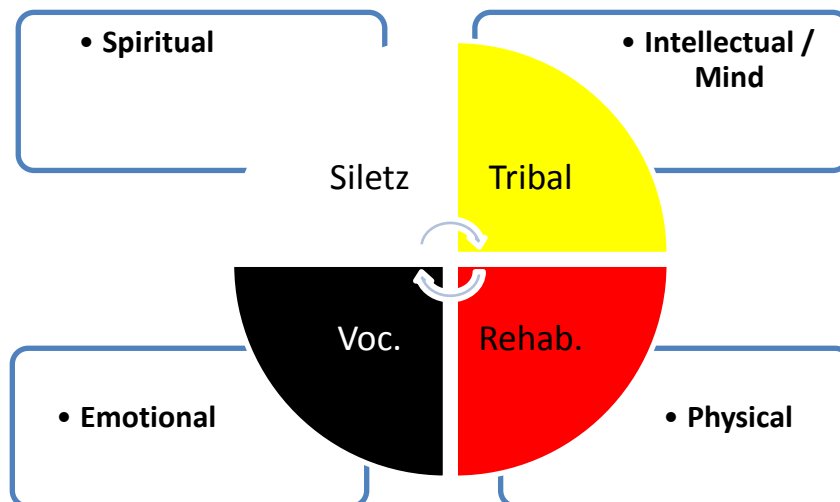
### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380

**EUGENE** – **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 May 2019**

Wednesday	May 1 <sup>st</sup>	TANF/GAF
Friday	May 3 <sup>rd</sup>	WEX Payday
Saturday	May 4 <sup>th</sup>	General Council Meeting 1pm Siletz
Monday	May 6 <sup>th</sup>	Self-Sufficiency documentation due
Tuesday	May 7 <sup>th</sup>	WEX Timesheets Due
Tuesday	May 7 <sup>th</sup>	EAO Culture & Language Class 5-8pm
Sunday	May 12 <sup>th</sup>	Mother's Day
Friday	May 17 <sup>th</sup>	WEX Payday
Saturday	May 18 <sup>th</sup>	Elders Wood Cut Siletz 8-2pm
Tuesday	May 21 <sup>st</sup>	Time Sheets Due
Thursday	May 23 <sup>rd</sup>	Diabetes Support Group 6-8pm
Monday	May 27 <sup>th</sup>	Memorial Day CLOSED
Tuesday	May 28 <sup>th</sup>	Bead Loom Class 4-6pm Continued

**\*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><b>Confederated Tribes of Siletz Indians Purchased Referred Care (PRC)</b> P.O. Box 320, Siletz, OR 97380 541-444-1236 or 1-800-628-5720 Fax 541-444-9645</p>	<p><b>If you live within 40 miles of Chemawa: Go here for your Primary Care-</b> Chemawa Indian Health Center 3750 Chemawa Rd NE, Salem, OR 97305 1-800-452-7823</p>
<p><b>If you live within 40 miles of Grand Ronde: Go Here for your primary care-</b> Grand Ronde Health &amp; Wellness Center 9605 Grand Ronde Rd, Grand Ronde, OR 97347 1-800-422-0232</p>	<p><b>If you live within 40 miles of Siletz: Go here for your primary care-</b> 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 1<sup>st</sup> 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 1<sup>st</sup> 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
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](http://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



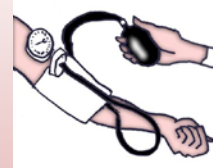
# Siletz Community Health

## 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's 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. 11<sup>th</sup> Avenue

**When: Every Tuesday and Thursday**

**Beginning Thursday, May 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

# Diabetes Support Group

Thursday, May 23rd

From 6:00–8:00 p.m.



At the Siletz Tribal Office  
2468 West 11<sup>th</sup> Avenue  
Eugene, OR



Our guest speaker this month will be  
Julie Dewsnup, RPh, CDE, AAHIVP,  
with the Diabetes Community Care Team in Eugene.

Come learn about this new pharmacy and diabetes  
education center, and bring any questions that you might  
have about diabetes and self-care.

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

# May is Blood Pressure Awareness Month

Adrienne Crookes, Community Health Advocate

## Nearly 1 in 3 adults is living with this “silent killer.”

In the U.S. today, about 68 million people are living with high blood pressure, also known as hypertension. The good news is that high blood pressure can be prevented and controlled. The bad news is that less than half of the population with high blood pressure actually has it under control.

High blood pressure is an important health concern because it leads to heart attack and stroke, two of the leading causes of death in the U.S. High blood pressure is also a major risk factor for other diseases such as congestive heart failure and kidney disease.

High blood pressure is sometimes called a “silent killer” because it often does not have any signs or symptoms. That’s why it’s important to check your blood pressure regularly, and to take steps to maintain normal blood pressure, or lower blood pressure if it reaches unsafe levels.

Blood pressure is written as two numbers. The first (systolic) number represents the pressure when the heart beats. The second (diastolic) number represents the pressure when the heart rests between beats. The following is a classification system for blood pressure.

<b>Normal blood pressure</b>	systolic: less than 120 mmHg and diastolic: less than 80 mmHg
<b>Prehypertension</b>	systolic: 120-139 mmHg or diastolic: 80-89 mmHg
<b>High blood pressure</b>	systolic: 140 mmHg or higher or diastolic: 90 mmHg or higher or taking antihypertensive medication

## Preventing and Controlling High Blood Pressure

- Have your blood pressure checked and monitor it regularly.
- A diet high in sodium (salt) increases the risk for higher blood pressure. Most of the sodium we consume is already in the food when we buy it, mainly in processed foods. Cut back on your salt intake.
- Maintain a healthy body weight.
- Exercise regularly.
- Eat more fruits and vegetables.
- Don’t smoke.
- Watch your alcohol intake (fewer than two drinks per day for men, or one drink per day for women).
- If you have been prescribed blood pressure medication, take it as directed.
- If you have trouble with side effects, talk to your healthcare provider about other medications you can try.



For more information visit [www.cdc.gov/features/highbloodpressure](http://www.cdc.gov/features/highbloodpressure)

# Know the Sudden Signs of Stroke

If you see someone experiencing any of these stroke symptoms, call **911** immediately. Getting treatment within **60 minutes** can prevent disability.



**TROUBLE  
WALKING**



**TROUBLE  
SEEING**



**WEAKNESS  
ON ONE SIDE**



**TROUBLE  
SPEAKING**



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
National Institutes of Health  
National Institute of Neurological Disorders and Stroke

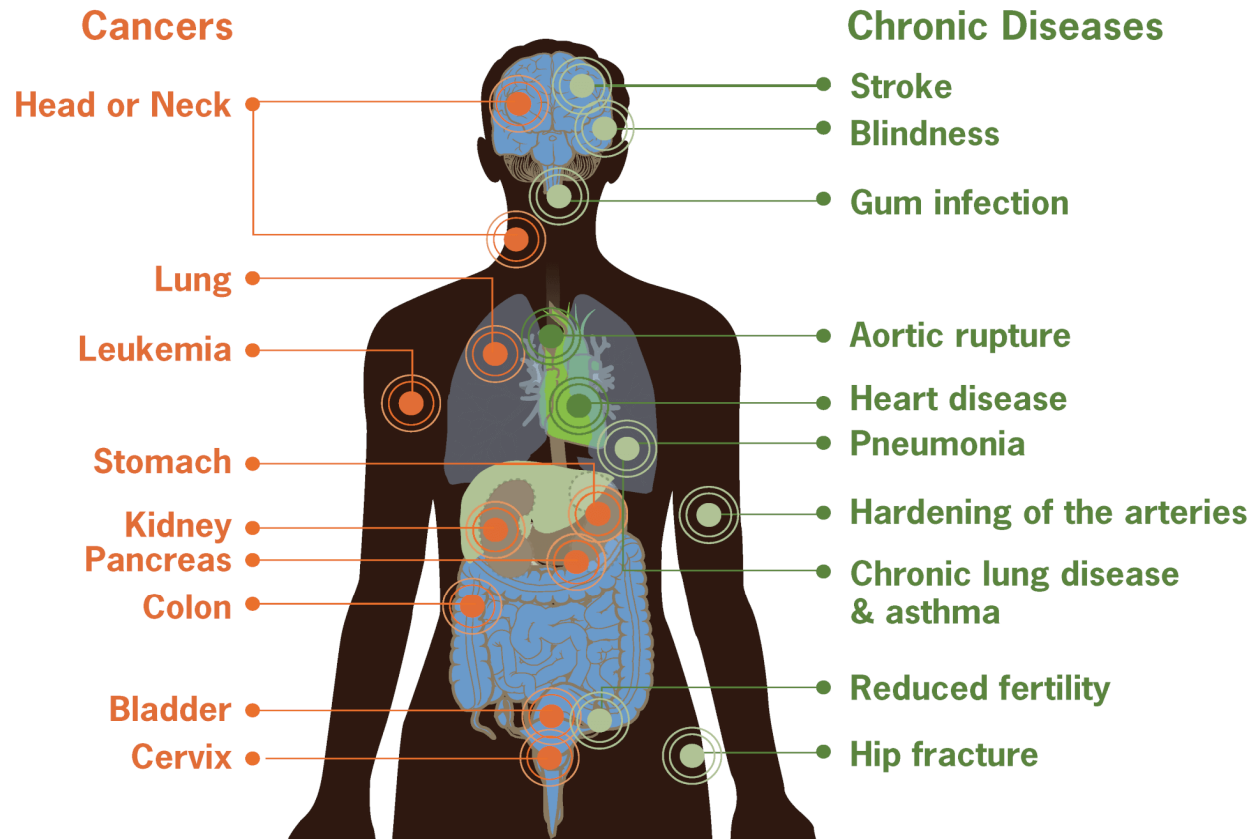


[www.stroke.ninds.nih.gov](http://www.stroke.ninds.nih.gov)  
1-800-352-9424



# Risks from Smoking

Smoking can damage every part of the body



## Tobacco Related Cancers for the Month of January



**Melanoma and Skin Cancers:** Melanoma is a cancer that develops in melanocytes, the pigment cells present in the skin. It can be more serious than the other forms of skin cancer because of a tendency to spread to other parts of the body and cause serious illness and death. Because most melanomas occur on the skin where they can be seen, patients or their spouses are often the first to detect suspicious tumors. Caught early, most melanomas can be cured with relatively minor surgery.

Early signs of melanoma are changes to the shape or color of existing moles or, in the case of nodular melanoma, the appearance of a new lump anywhere on the skin. At later stages, the mole may itch, ulcerate or bleed



**Bladder Cancer:** Bladder cancer is any of several types of cancer arising from the tissues of the urinary bladder. It is a disease in which cells grow abnormally and have the potential to spread to other parts of the body. Symptoms include blood in the urine, pain with urination, and low back pain.

Risk factors for bladder cancer include smoking, family history, prior radiation therapy, frequent bladder infections, and exposure to certain chemicals. The most common type is transitional cell carcinoma. Other types include squamous cell carcinoma and adenocarcinoma

**Quit line: 1-800-QUIT-NOW**

# 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><b>Confederated Tribes of Siletz Indians of Oregon</b>  <b>Tribal Identification</b>          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><b>Siletz Valley Charter School</b>          245 NW James Frank Ave, Siletz, OR          PO Box 123456          Siletz, OR 97380-9999</p>	 <p style="text-align: center;"><b>WARRIORS</b>          Siletz Valley Charter School</p> <p style="text-align: center;">Siletz Tribal          Hunting &amp; 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



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,**



The background of the entire page is a rustic wooden surface with a vertical grain. Scattered across the top and left sides are several branches of white cherry blossoms with green leaves and some fallen petals.

*Confederated Tribes of Siletz Indians*  
*2019 Memorial Day Ceremony*

May 27, 2019  
11:00 a.m.  
Government Hill  
Siletz, Oregon

Procession to Veterans Memorial - Honor Guard  
and Bear Spirit

Lord's Prayer - Siletz Royalty  
Welcome - Tribal Council Chairman Delores Pigsley  
Memorial Day Address - TBA  
Presentation of Flowers  
Gun Salute - Honor Guard  
Taps  
Closing - Bear Spirit

Lunch at the Tribal community center, provided by  
the Cultural Heritage Committee at noon.



# May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1 USDA-Distribution Siletz 9-3pm	2 Tutor-Chifin Center 3-5pm  USDA-Distribution Siletz 9-3pm	3 Payday  USDA-Distribution Siletz 9-3pm Youth Movement UO EAO Depart Time TBA	4 General Council Meeting 1pm
5	6 477/Self-Sufficiency Documents Due  Tutor EAO @3:30pm  USDA-Distribution Siletz 9-3pm  Culture/Language Class Siletz 5-8pm	7 Time Sheets Due  Siletz Elders Honor Day CW Casino  USDA-Distribution Siletz 9-3pm  Culture/Language Class EAO 5-8pm	8	9 Walking Group 12:15-12:45	10	11 Elders Mtg 1pm Mikonotunne  Camas Trip w/Healthy Traditions EAO Depart Time TBA
12 Mother's Day	13 Tutor EAO @3:30pm  Culture/Language Class PAO 5-8pm	14 Dee-ni Language Speaking Group 5:30-7pm  Walking Group 12:15-12:45  Culture/Language Class SAO 5-8pm	15	16 Walking Group 12:15-12:45  Tutor-Chifin Center 3-5pm	17 Payday	18 1st Elders Woodcut 8-2pm Siletz  Youth Council Meeting EAO Depart Time TBA
19	20 USDA-Distribution Salem 9-3pm	21 Time Sheets Due Walking Group 12:15-12:45  USDA-Distribution Salem 9-3pm  Dee-ni Language Speaking Group 5:30-7pm	22 USDA-Distribution Salem 9-3pm	23 Walking Group 12:15-12:45  USDA-Distribution Salem 9-3pm  Diabetes Support Group 6-8pm	24	25
26	27 Holiday Memorial Day  Memorial Day Ceremony @ 11am Dinner after Ceremony	28 Walking Group 12:15-12:45  Beading Projects Loom, Earrings, etc. 4-6pm  Dee-ni Language Speaking Group 5:30-7pm	29	30 Walking Group 12:15-12:45 Tutor-Chifin Center 3-5pm	31 Payday  Student Housing Assistance Applications Due	

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 never know when one kind act or word of encouragement will change a life forever"...*

The Confederated Tribes of Siletz Indians  
Eugene Area Office  
2468 W 11<sup>th</sup> Avenue  
Eugene Oregon 97424

**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.