

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

November 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 Language Class	November 4 th	6-8pm
EAO Language Class	November 5 th	6-8pm
PAO Language Class	November 12 th	6-8pm
SAO Language Class	November 13 th	6-8pm

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

2020

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

~OPEN~

Elderly and Disabled-October 1st

Crisis/ Regular heating- November 1st

All Siletz Tribal Households

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

Thank you to those that have donated their bottle returns. It is so much appreciated



EAO Mini Library

Available: Native Books to checkout

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

!!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.

Chinook Winds Casino Resort
Sign up for an electronic
newsletter: www.chinookwindscasino.com

Do you need assistance working in Oregon's legal marijuana industry?

The 477-Self Sufficiency Program may be able to provide limited support services to help you gain and maintain employment in Oregon's legal marijuana industry. With funding provided by the Siletz Tribal Council, we are able to assist Native Americans (enrolled in a federally recognized tribe or descendant) that reside within the service area, with licensing fees, background checks, testing fees, outdoor work clothing/tools and transportation assistance. For more information on how to access this service, please contact the 477-Self Sufficiency Program located in each of the four area offices.

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

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.

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

SILETZ ELDER NEWS

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

The next Introduction to the Athabaskan Language Class for the Eugene Area Office will be held Tuesday, November 5, 2019. Class starts at 6:00 pm and a light meal will be provided. This is also a Culture Craft Night and we will learn how to make Acorn Soup starting at 5:00 pm.

The next Elder's Meeting is scheduled for Sunday, November 17, 2019 at 1:00 pm, and will be held in the Aces room at the Golf Course.

The Chinook Winds Entertainment for November, 2019 is Snoop Dog. He will be at the casino on October 31st and November 1st at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-66

The 42nd Annual Restoration Pow-Wow will be held on November 16, 2019. The Pow-Wow will be at the Chinook Winds Casino Resort. Grand Entry is at 6:00 pm.

There will be a Diabetes Support Class on November 21, 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.

Alzheimer's and Dementia. It is important that we know more about them. Savvy Caregiver Training is a six-part group program designed to help caregivers provide care and support for someone with Alzheimer's or dementia. If you have questions about this program contact Jeramie Martin at 541-444-8385. Savvy training will be held every Wednesday in November at the Eugene Area Office from 3:30 pm until 5:30 pm.

There is an Emergency Preparedness Class on Wednesday, November 13, 2019 from 6:30 pm until 7:30 pm. Contact Adrienne Crookes at 541-484-4234 for questions.

Other important dates to remember are days the office will be closed. All tribal offices are closed on Veterans Day, November 11; Restoration Day, November 18; Thanksgiving Day, November 28; and November 29.

On November 3, 2019 Daylight Savings Time ends. Set your clocks back One hour.

Jim Swanson, 541-683-8766

jimswanson38@comcast.net



JOM: Youth News and Notes

Ongoing: Homework Help

Featuring individual tutoring, snacks, and incentive prizes

November Dates:

Monday 11/25, 3:00-5:00 pm or by appointment

Culture Night

Monday, November 4, 5:00-7:00 pm: November's craft is moccasins. A light meal and all supplies will be provided. See flyer for more details.

Extracurricular Opportunities:

JOM: Up to \$50 for extracurricular activities, sports fees, and cultural projects for youth aged 3-18 from any federally recognized tribe.

Siletz Tribal Youth Activity Fund: Offers up to \$75 to cover fees for extracurricular and cultural activities or supplies for Siletz tribal members.

November Youth Activity Calendar

Monday, Nov 4:

Moccasin Class, 5:00-7:00 pm, EAO (see flyer)

Thursday, Nov 14:

College Info Night, 5:30-6:30 pm, EAO (see flyer)

Monday, Nov 25:

Homework Help, 3:30-5:30 pm, EAO

Sign up for the Youth Events Email List for updates and reminders

Contact: nickv@ctsi.nsn.us

Higher Ed/AVT: News and Reminders

College Info Night:

- November 14, 5:30-6:30 pm
- Eugene Area Office
- Info about the FAFSA, applying to college, finding scholarships, and info tribal aid for Higher Ed and AVT
- All new, returning, and prospective students welcome
- See flyer for details

Higher Education and AVT Grants

Higher Ed and Adult Vocational Training (AVT) grants provide funding to attend an accredited college, university, or training program. NOW is the time to begin applying to college! Make an appointment today for information about filing out the FAFSA, signing up for the SAT/ACT, applying to schools, finding additional scholarships, and/or how to apply for tribal assistance.

2020-2021 Tribal Education Deadlines:

****Submit FAFSA by January 31, 2020; Submit complete Higher Ed or AVT application by June 30, 2020****

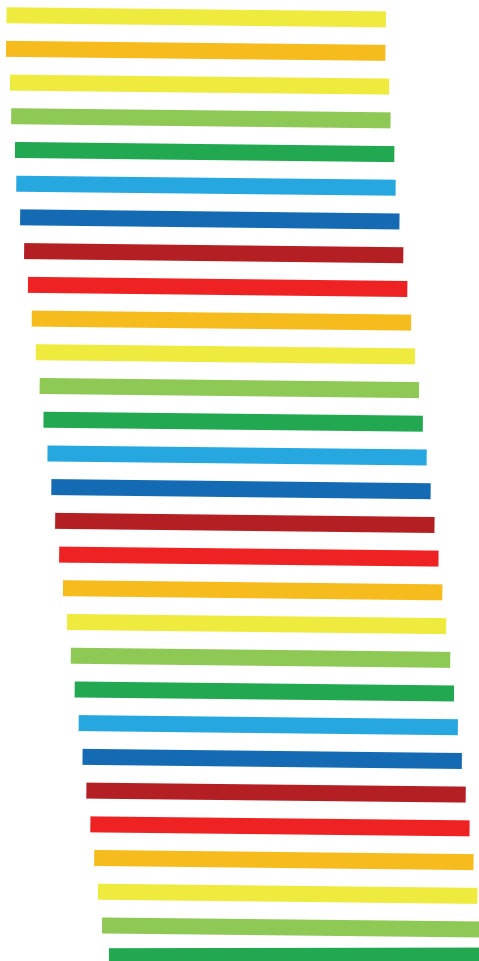
Note: Applications for clock-hour schools such as truck driving school or beauty school have no deadline and are handled on a case-by-case basis.

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 details.



Culture Class



Monday, November 4, 2019

5:00 pm - 7:00 pm

Eugene Area Office

Light Meal Provided

November Activity: Moccasins

Leather and other supplies provided for JOM youth and Siletz tribal members

Space Limited: Depending on the number of sign ups adults may be asked to make miniature/baby moccasins

Call Nick Viles with questions or to sign up

Co-sponsored by JOM and the Eugene Area Office



Nuu Wee-Ya' Lhetlh-xat

Weekly Dee-ni Language Speaking Group

*NOVEMBER DATES: Tuesdays November 12 and 19, 5:00-6:30 pm

*Eugene Area Office *Light Meal Provided

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

*LEARN ABOUT AT-HOME BASED LANGUAGE LEARNING

*HELP BUILD YOUR LOCAL SPEAKING COMMUNITY

Interested in More Information?

Contact Nick Viles at x1757 or nickv@ctsi.nsn.us



College Info Night

Featuring

Thursday, November 15, 2019

◆ Light Meal

5:30-6:30 pm

◆ Answers to questions about:

Eugene Area Office

-College Applications

Light Meal Provided

-Tribal Aid for Higher

Education and Adult

Vocational Training

-Scholarships

-FAFSA

◆ Information about other

All tribal members and their families are invited to this informational session. Find information about applying for college, filing a FAFSA, tribal

For more information contact: Nick Viles

nickv@ctsi.nsn.us

541-484-4234

477/SSP Siletz Tribal Home Visiting Program is coordinating monthly Trainings/Presentations on a variety of topics each month in all of our area offices. These are open to the community and anyone is welcome to join.

December 2019 – Presentation by the Siletz Housing Department, they will be providing an overview of programs and services.

10am-12pm Light snacks will be served

December 2nd Portland Area Office

December 3rd Salem Area Office

December 4th Eugene Area Office

December 5th Siletz Area Office (Housing conference room)

January 2020- Presentation by Kathy Kentta-Robinson with Healthy Traditions

1pm-3pm Light snacks will be provided

January 7th Eugene Area Office

January 14th Salem Area Office

January 21st Portland Area Office

January 28th Siletz Community Center

February 2020- Presentation by Eli Grove on Emergency Preparedness

10am-12pm Light snacks provided

February 6th Eugene Area Office

February- 13th Portland Area Office

February 20th Salem Area Office

February 27th Siletz Community Center

Please contact Jessica Hibler, 477/SSP coordinator I (541) 484-4234 if you have any questions

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

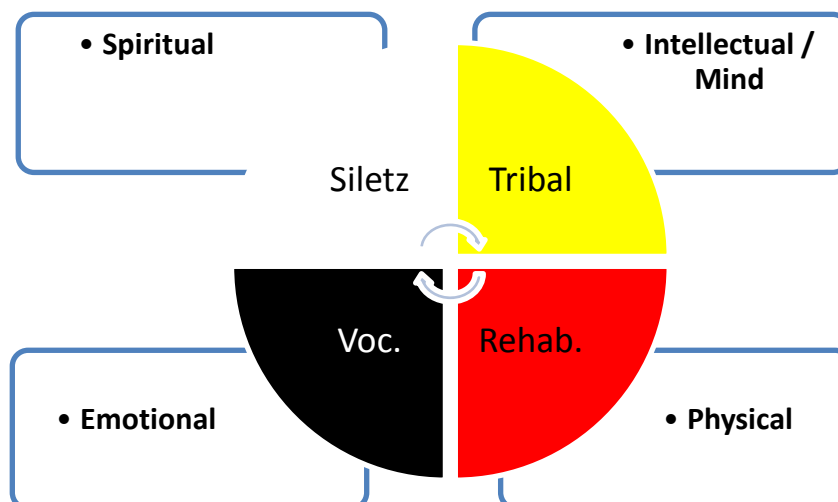
SILETZ ADMIN. OFFICE

201 SE Swan Ave
Siletz, OR 97380

EUGENE – JERAMIE MARTIN, Program Director

SALEM - Toni Leija, Counselor/Job Developer

SILETZ – RACHELLE ENDRES, Counselor/Job Developer





Savvy Caregiver in Indian Country Training



Eugene Area Office:

Wednesday, 3:30 – 5:30 pm

**October 30th – December 4th
Dinner Provided**



Savvy Caregiver in Indian Country is a program for Native people and is designed to help caregivers provide care and support for someone with Alzheimer's or Dementia. It is a six-part group program which lasts approximately two hours per part

Savvy Caregiver in Indian Country is a culturally-adapted program, developed by Dr. J Neil Henderson, Oklahoma Choctaw, and Executive Director of the

Memory Keepers Medical Discovery Team on Health Disparities at the University of Minnesota Medical School.

These free classes offer care strategies, resources, and support to the caregiver. Savvy Caregiver training teaches the caregiver to know the stages of dementia. Knowing the stage allows the caregiver to use activities and tasks that better fit the abilities and capabilities of their loved one resulting in more hours of “contented involvement.”



Training will be provided by staff from the Confederated Tribes of Siletz Indians.

To sign up for this important informational training contact:

**Jeramie Martin
541-444-8385**



Kate Brown, Governor

**OREGON
COMMISSION
FOR THE
BLIND**

535 SE 12th Avenue
Portland, OR 97214
(971) 673-1588
1(888) 202-5463
TTY (971) 673-1577

<http://oregon.gov/Blind/>

The Oregon Commission for the Blind (OCB) is proud to help Oregonians who are blind establish career paths and work to support themselves and their families. When provided access to opportunities, training, and tools, Oregonians who are blind can be successful in any job of their choosing.

OCB's experienced counselors, teachers and employment specialists provide highly specialized training and services including job readiness and everyday living skills to qualified Oregonians all across the state.

If you are an employer interested in diversifying your workforce by hiring a qualified job seeker who is blind, or by offering job exploration opportunities to someone who is blind entering the workforce for the first time, please reach out to us! We provide our participants with paid internships at NO cost to employers, and cover workers compensation insurance for OCB clients in a Work Experience. A diverse, skilled workforce is stronger and can deliver more for your business and the community that you serve.

In addition to providing job readiness training and services, the OCB Independent Living Program for the Older Blind program serves people 55 and older with vision loss who are at retirement age or not interested in working; it is not necessary to be legally blind to participate. We also have an Independent Living program for participants under 55 who do not wish to work, but they must be legally blind in order to qualify. Both programs cover the entire State of Oregon and are totally free!

How the Independent Living Program works: experienced teachers will come to your home to do a low-vision assessment and make specific recommendations to make it more accessible. Teachers share techniques on how to perform the daily tasks you need most, including travelling safely, using household appliances, using technology for planning and communication, keeping organized and doing daily tasks, and more.

If you or someone you know is experiencing vision loss, please contact your local OCB office today to learn more about our great services!

Portland: (971) 673-1588

Salem: (503) 378-8479

Eugene: (541) 686-7990

Medford: (541) 776-6047

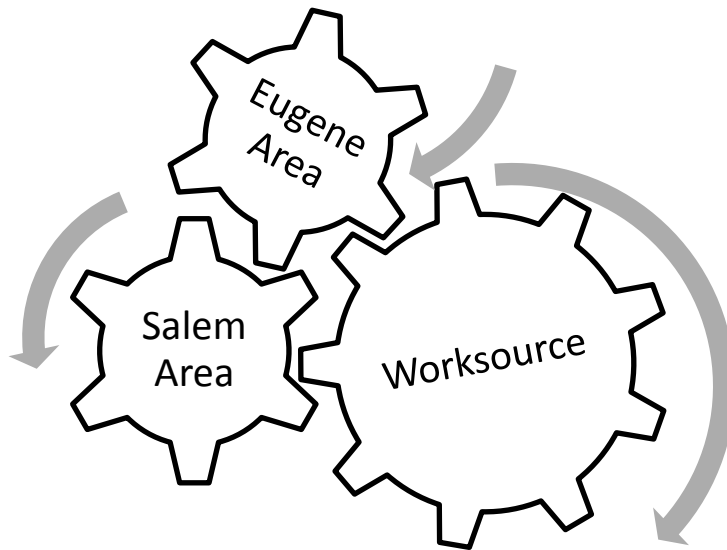
Central/Eastern Oregon (541) 699-5090

Email: ocb.mail@state.or.us

Website: oregon.gov/blind

If you are an employer interested in diversifying your workforce, please contact our Business Relations specialists: Business.Relations@cfb.state.or.us

Connectivity through Accessibility



Worksource Oregon in Albany has partnered with Self-Sufficiency (477) and Siletz Tribal Vocational Rehabilitation Program to provide direct service access to federally enrolled tribal members. There will be a Siletz employee from the two programs at this office location on:

Thursdays from 9-12:30pm:

Albany Worksource
139 4th Ave SE
Albany, OR 97321

This service is to provide connectivity to Tribal members through accessibility, ease of access, and advocacy. Please visit during the above times to obtain information, seek services, and/or visit with us. If you have further questions please contact Jeramie Martin at 541-444-8385 or simply visit the center.

477 Self-Sufficiency Program

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 Jen to schedule an appointment at x1756.

**BE KIND
for
EVERYONE
YOU MEET is
FIGHTING
a HARD BATTLE**

**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 Jen **x1755**

Schedules:

Jens hours: M-F 8-4:30pm
Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services, General Assistance and TANF

* Lou Carey x1751 will be available to assist clients with some needs when Jenifer is 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 November 2019

Friday	November 1 st	TANF/GAF
Friday	November 1 st	WEX Payday
Monday	November 4 th	Moccasin Class 5-7pm
Tuesday	November 5 th	Self-Sufficiency documentation due
Tuesday	November 5 th	EAO Language/Culture Class 6-8pm
Tuesday	November 5 th	WEX Timesheets Due
Monday	November 11 th	Veterans Day CLOSED
Tuesday	November 12 th	Speaking Group 5:30-6:30pm
Wednesday	November 13 th	Emergency Preparedness Class 6-7pm
Thursday	November 14 th	College Info Night 5-6:30pm
Friday	November 15 th	WEX Payday
Monday	November 18 th	Restoration Day CLOSED
Tuesday	November 19 th	Time Sheets Due
Thursday	November 21 st	Diabetes Support Group 6-8pm
Tuesday	November 19 th	Speaking Group 5:30-6:30pm
Wednesday	November 27 th	WEX Payday
Thursday/Friday	November 28&29	Thanksgiving & Day After CLOSED

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 Jen at 541-484-4234 or 1-800-922-1399 x1755 to discuss programs, eligibility or to schedule appointment

All components are offered on a budgetary basis

Classroom Training (CRT)

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

Direct Placement

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

On-the-Job Training (OJT)

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

Work Experience (WEX)

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

Siletz Community Health



Siletz 1-800 Numbers

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

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

Adrienne Crookes
Community Health Advocate
541-484-4234

Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

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

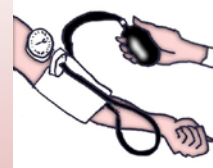
Siletz Community Health

Blood Pressure Screenings



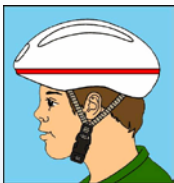
At the Siletz Eugene Area Office

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.

Plan in advance what you will do in an emergency.

Emergency Preparedness Class



Wednesday, November 13, 2019

6:00-7:00 p.m.

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



Emergencies can happen at any time of the year and for different reasons. If a winter storm, earthquake, fire, or other disaster strikes your community, you might not have access to food, water and electricity for days.

Planning ahead can save a lot of pain and headaches.

Selene Jaramillo, Preparedness Coordinator with Lane County Public Health, will be teaching this class. Come learn how you can assemble a basic disaster supplies kit and keep it up to date.

By taking some time now to create a plan,
you can provide for your entire family.

There is no charge for this class. A light meal will be provided
Class size is limited so call early to sign up!

Contact Adrienne Crookes or Nora Williams-Wood at 541-484-4234

This class is sponsored by the Siletz Community Health Department



Diabetes Support Group

Thursday, November 21st

From 6:00-7:30 p.m.

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



Did you know that Native Americans are more than twice as likely to become diabetic than the rest of the U.S. population?

Native Americans are more likely to develop complications from diabetes once they have the disease.

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

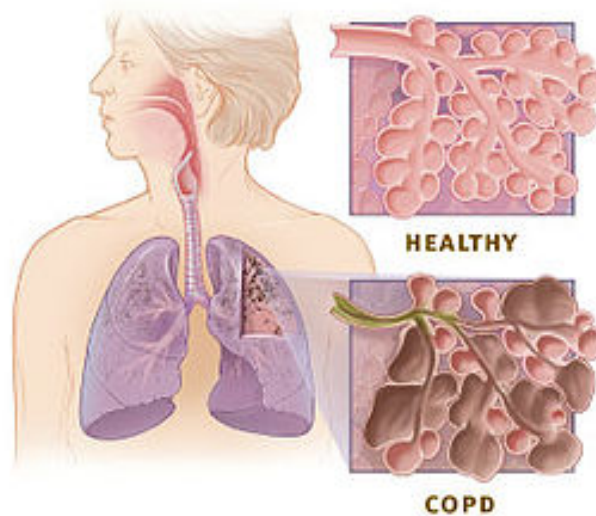
**For more information you may contact
Adrienne Crookes, Community Health Advocate, at 541-484-4234**

November is COPD Awareness Month

Adrienne Crookes, Community Health Advocate

WHAT IS COPD?

COPD stands for chronic obstructive pulmonary disease. It's a chronic lung condition that gets worse over time. COPD includes chronic bronchitis, emphysema, or both. Most COPD patients have both.



Millions of people have COPD, both men and women. It is also a leading cause of disability and death. Experts estimate that up to 11 million Americans have COPD. However, just as many people have some form of lung problem but haven't been diagnosed with COPD.

Causes:

The most common cause of COPD is smoking. It is 10 times more likely that a smoker will die from it than a nonsmoker. Secondhand tobacco smoke may also increase a person's chance of getting COPD. Another cause of COPD is exposure to indoor or outdoor pollutants. It can also be caused by a rare genetic condition called Alpha-1 Antitrypsin Deficiency.

Your COPD can get worse over time, but it can be treated. COPD can cause you to be less and less active over time, which can lead to you becoming more and more out of shape. And that can make it even harder for you to breathe. That's why it's important to manage your COPD.

The good news is that there are many things you can do to manage your COPD. Quit smoking, exercise regularly, eat healthy foods, and make other lifestyle changes.

For more information about COPD visit uscopdcoalition.org

If you vape, whether it's cannabis, nicotine or other products, please quit. These are addictive substances and can cause serious health problems.

What we know

- As of October 1, 2019, 1,080* lung injury cases associated with using e-cigarette, or vaping, products have been reported to CDC from 48 states and 1 U.S. territory.
- Eighteen deaths have been confirmed in 15 states.
- All patients have reported a history of using e-cigarette, or vaping, products.
- Most patients report a history of using THC-containing products. The latest national and regional findings suggest products containing THC play a role in the outbreak.
- Approximately 70% of patients are male.
 - Approximately 80% of patients are under 35 years old.
- 16% of patients are under 18 years old
- 21% of patients are 18 to 20 years old

What we don't know

- The specific chemical exposure(s) causing lung injuries associated with e-cigarette use, or vaping, remains unknown at this time.
 - No single product or substance has been linked to all lung injury cases.
- The outbreak is occurring in the context of a dynamic marketplace for e-cigarette, or vaping, products, which may have a mix of ingredients, complex packaging and supply chains, and include potentially illicit substances.
- Users may not know what is in their e-cigarette or e-liquid solutions. Many of the products and substances can be modified by suppliers or users. They can be obtained from stores, online retailers, from informal sources (e.g. friends, family members), or “off the street.”

• More information is needed to know whether one or more e-cigarette or vaping products, substances, or brands is responsible for the outbreak.



Produce Plus Food Rescue



Siletz Tribal Members:

If you or your family would like to share in some *FREE*, fresh produce, you may pick it up at the Siletz office on Tuesdays between 2:00 and 4:15 pm. Any produce that is not picked up at this time can be picked up later on in the week; it just will not be as fresh.

Available right now are a variety of fall vegetables like winter squash, onions, potatoes, apples, and more. A staff person will be on hand to distribute what we receive.

Please bring your own bags or cooler to transport your food.

You may call ahead and check on the availability of produce.

Siletz Office: 541-484-4234
2468 W. 11th Avenue, Eugene

(ask for: Nora, Jessica, or Adrienne)



2019 Cultural Salmon Season Open

October 18 to December 16, 2019
Tribal License and Tag REQUIRED

Tribal salmon tags may only be used to fish with DIP NET, GAFF HOOK, or SPEAR in posted areas at:

- ◆ Euchre Creek Falls (off Hwy 229)
- ◆ Little Rock Creek (above Hatchery off Logsden Road)
- ◆ Drift Creek (off Hwy 101)

License/Tags are available at:

CTSI Natural Resources Department 541-444-8227

**2019-2020 Hunting and Fishing Tags
Distribution Schedule**

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery	50	8/24-9/22	8/5 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	9/28-11/1**	8/19	First Come First Served
	Antlerless or Spike – Adult	8	10/19-11/1	Lottery applications available 8/5; due 9/6 ; drawing 9/9; tags issued 9/11	Lottery – Open to Elders Only
	Antlerless or Spike – Youth	5	9/28-11/3	Lottery applications available 8/5; due 9/6 ; drawing 9/9; tags issued 9/11	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/16-12/8	<i>First Distribution:</i> 10/14 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/28 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Elk	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/3; due 7/3 ; drawing 7/8; tags issued 7/9	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/24-9/22	8/5 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/9-11/12	Lottery applications available 9/3; due 9/27 ; drawing 10/7; tags issued 10/8	Lottery
	2 nd Season Rifle	25	11/16-11/22		
	Antlerless	8	Various seasons beginning 1/1/20	Lottery applications available 9/3; due 9/27 ; drawing 10/7; tags issued 12/2	Lottery
	Late Archery Antlerless	56	11/23-12/8	<i>First Distribution:</i> 10/14 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/28 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	9/3	First Come First Served

* No early calls to “save” an early archery tag for someone. Must physically show up to obtain tag on first day of distribution. May call to have a tag mailed beginning on the second day of distribution.

** Season for Youth ages 12-17 is 9/28 - 11/3 (2 additional days at end of general season)

*** Minus number of tags filled in Deer Early Bow Season

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2019-2020 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).

Second Distribution: For any eligible hunter, regardless of what other tags they have received.

Request Your Siletz Tribal ID Card Today!

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

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

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

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

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

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

We Are All
 Related



Homeless/Low Income HOUSING Eugene/Springfield

Emergency

*weather related, etc.
families & Individuals*

SVDP

Dusk to Dawn

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

Eagan Warming Centers

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

Eugene Mission

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

Centro Latino Americano

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

Womenspace

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

Overnight Parking

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

Centralized Wait List

Front Door Assessors
does not include Section 8

St. Vincent DePaul

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

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

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

ShelterCare

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

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

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

Looking Glass Services

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

Other Local Options

Community Supported Shelters

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

Homes for Good

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

Opportunity Village

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

Springfield Housing Programs

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

Community Sharing Program of Cottage Grove

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

Cornerstone

Community Housing

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

Confederated Tribes of Siletz Indians

42nd Annual Restoration Pow-Wow

November 16th, 2019

The Confederated Tribes of Siletz Indians of Oregon Invites you to celebrate with us at our 42nd Annual Restoration Pow-Wow



To Be Held At:


Chinook Winds
CASINO RESORT



1777 NW 44th Street,
Lincoln City, Oregon.

GRAND ENTRY: 6 PM

Whip Man: Tony Whitehead
Whip Woman: Shirley Walker
MC: Nick Sixkiller

All Drums And Dancers Welcome

Information: Buddy Lane: 1-800-922-1399 ext. 1230 or 541-444-8230

This is a family event; drugs and alcohol will not be tolerated.
The Confederated Tribes of Siletz Indians and Chinook Winds Casino Resort
are not responsible for injuries and lost or stolen items

USDA distribution dates for **NOVEMBER 2019**

Siletz

Monday	November 4	9:00 am-3:00 pm
Tuesday	November 5	9:00 am-3:00 pm
Wednesday	November 6	9:00 am-3:00 pm
Thursday	November 7	9:00 am-3:00 pm
Friday	November 8	9:00 am-3:00 pm

Salem

Monday	November 18	Holiday
Tuesday	November 19	1:30 am – 6:30 pm
Wednesday	November 20	9:00 am – 6:30 pm
Thursday	November 21	9:00 am – 6:30 pm
Friday	November 22	By Appointment Only

It is a new year for the USDA program, that means that the income guiderate has changed as of October 1, 2019. If you think you might be eligible, give us a call and we will try to get you certified for food. Look at the guideline and determine gross monthly income, have all necessary paperwork available for each household member that has any kind of income such as social security, supplemental security income (SSI), GA, VA benefits, percapita if it is received monthly, child support received or paid or a retirement income. We can also deduct \$400 if you pay any utility or rent. There are other deductions from income also, including CHILD CARE PAID, CHILD SUPPORT PAID, if you are an elder or disabled, we can deduct any monthly medical bills such as HEARING AIDS, PRESCRIPTIONS, GLASSES, HEALTHCARE PREMIUMS, RIDES TO AND FROM APPOINTMENTS, HOME HEALTHCARE WORKERS, and more.

FDPIR Net Monthly Income

HH 1	\$1,208
HH 2	\$1,577
HH 3	\$1,945
HH 4	\$2,324
HH 5	\$2,724
HH 6	\$3,123
HH 7	\$3,491
HH 8	\$3,860

EACH ADDITIONAL MEMBER +\$369

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

Sammy Hall, Waehouseman/Clerk
541-444-8279

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Payday TANF/GA	2
3 	4 USDA Distribution Siletz 9-3pm Moccasin Class EAO 5-7pm Culture/Language Class Siletz 5-8:00pm	5 Time Sheets Due USDA Distribution Siletz 9-3pm Culture/Language Class Eugene 5-8:00pm	6 SAVY Caregiver 3:30-5:30pm USDA Distribution Siletz 9-3pm	7 USDA Distribution Siletz 9-3pm	8 USDA Distribution Siletz 9-3pm	9
10	11 Holiday Veterans Day All Siletz Tribal Offices CLOSED	12 Speaking Group 5:30-6:30pm Culture/Language Class Portland 5-8:00pm	13 SAVY Caregiver 3:30-5:30pm Emergency Preparedness Class 6-7pm Culture/Language Class Salem 5-8:00pm	14 College Info Night 5-6:30pm	15 Payday	16 Restoration Celebrated CW Casino
17 Elders Meeting Ace's 1pm	18 Tribal Holiday Restoration Day ALL Siletz Tribal Offices CLOSED	19 Time Sheets Due USDA Distribution Salem 1:30-6:30pm Speaking Group 5:30-6:30pm	20 SAVY Caregiver 3:30-5:30pm USDA Distribution Salem 9-6:30pm	21 Diabetes Support Group 6-8pm USDA Distribution Salem 9-6:30pm	22 USDA Distribution Salem Appointment ONLY	23
24	25	26	27 Payday	28 Holiday 	29 Holiday Day After Thanksgiving	30

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 Hibler, Coordinator 1/477/SSP x1752

Jeramie Martin, Program Director/STVRP x1385

Jenifer Jackson, Tribal Service Specialist/477SSP x1755

Adrienne Crookes, Community Health Advocate x1753

Sherry Addis, Elders Wex

Nora N Williams-Wood, Clerk x1750

Vacant, Elders On-Call Transport

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

