

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

October 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	October 7	6-8pm
EAO Language Class	October 8	6-8pm
PAO Language Class	October 14 <sup>th</sup>	6-8pm
SAO Language Class	October 15 <sup>th</sup>	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](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

**2020**

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

**~OPEN~**

**Elderly and Disabled-October 1<sup>st</sup>**

**Crisis/ Regular heating- November 1<sup>st</sup>**

**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](mailto: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](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

**!!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](http://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 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.

**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)



## Eugene Area Office Annual Soup Night

When: October 29<sup>th</sup> 2019

Time: 4:30 – 7:00pm

Where: Eugene Area Office  
2468 W 11<sup>th</sup> Avenue  
Eugene OR 97424

Please call if you have any questions about the event:

541-484-4234 or 1-800-922-1399 Lou x1751/Nora x1750

The EAO staff will be hard at it again making you those soups you all enjoy every year

Besides all the different soups, there will be dessert and beverage

Siletz Tribal ID Machine will also be at the office for those that need to get their tribal ID or to update information

Angela from Enrollment will be talking a little about the Census

Questions you can call Angela Enrollment at:

1-800-922-1399 x1258

Or

Email [angular@ctsi.nsn.us](mailto:angular@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 area office is continuing its noon walking group. The group meets on Tuesday and Thursday and walking is from 12:15 pm until 12:45 pm.

The next Introduction to the Athabaskan Language Class for the Eugene Area Office will be held Tuesday, October 8, 2019. Class starts at 6:00 pm and a light meal will be provided.

The next Elder's Council Meeting is scheduled for Saturday, October 12, 2019 at 1:00 pm, and will be held in the Aces room at the Golf Course.

The Chinook Winds Entertainment for October, 2019 is Bill Engvall. He will be at the casino on October 11<sup>th</sup> and 12<sup>th</sup> at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

The Quarterly Meeting of the Elder Council Officers, Area Representatives, and Area Transporters will meet at the Portland Area Office Thursday, October 24, 2019. This meeting is an opportunity to discuss issues and concerns of the Elders Council.

There will be a Diabetes Support Class on October 24, 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.

There is a Soup Night planned for Tuesday, October 29, 2019. The EAO Staff will be serving their specialty soups from 4:30 pm until 7:00 pm.

Flu shots will be available during the Soup Night.

The next Super Star Luncheon is scheduled for Thursday, October 31, 2019. The Luncheon starts at 11:30 am and elders are invited as guests.

Jim Swanson, 541-683-8766

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



## *JOM: Youth News and Notes*

### Homework Help:

Come for individual tutoring as well as educational games and activities. Also, snacks and incentive prizes! October dates: Monday 10/14 and 10/28, 3:00-5:00 pm. at the Eugene Area Office.

### Dee-ni Language Speaking Group:

October Dates: Tuesday October 15 and 22: Weekly Dee-ni speaking group. All ages and levels welcome. See flyer for details.

### Pumpkin Patch:

Sunday, October 20, 11 am. -1 pm.: Join JOM, Home Visiting, and TANF families at the Pumpkin Patch. Lunch, pumpkin purchase, and hay ride tickets provided. See flyer for more details.

Siletz Youth Conference: Tribal youth ages 12-18 are invited to a three-day camp featuring workshops, games, and speakers, November 9-11. Applications are due **October 18** and space is limited so apply early!

### October-Youth Activity Calendar

Oct. 1: College Info Nite, EAO, 5:30-6:30

Oct. 14: Tutoring, EAO, 3:00-5:00 pm

Oct. 15: Speaking Group, EAO, 5:30-7:00

Oct. 18: Youth Conference Applications Due

Oct. 20: Pumpkin Patch Trip, 11 am- 1 pm, location TBA

Oct. 22: Speaking Group, EAO, 5:30-7:00

Oct. 28: Tutoring, EAO, 3:00-5:00 pm

## *Higher Ed/AVT: News and Reminders*

### Higher Ed and Adult Vocational Training

College Info Night: Applications for the 2020-2021 FAFSA open October 1. Come get more information at the Eugene Area Office on Tuesday, October 1 from 5:30 to 6:30 pm. Enjoy a light meal and get answers to questions about the FAFSA, applying to college, tribal aid, and scholarships. See flyer for more details.

2020-2021 Application Deadlines:

**\*\*Submit FAFSA by January 31, 2020; Submit application by June 30, 2020\*\***

### 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, obtaining or renewing professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for more details.



# Nuu Wee-Ya' Lhetlh-xat

## Weekly Dee-ni Language Speaking Group Returns!

\*OCTOBER DATES: Tuesday October 15 and 22, 5:30-7:00 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

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Interested in More Information?

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



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## College Info Night

Featuring

◆ Light Meal

◆ Answers to questions about:

-College Applications

-Tribal Aid for Higher  
Education and Adult  
Vocational Training

-Scholarships

-FAFSA

◆ Information about other  
tribal programs available to  
students

Tuesday, October 1, 2019

5:30-6:30 pm

Eugene Area Office

Light Meal Provided

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

For more information contact: Nick Viles

[nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)

541-484-4234

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# Get HYPED for Youth Conference 2019

## November 9th to 12th

Siletz Tribal Youth Conference is back for an annual three day youth camp where middle school and high school youth come together to learn about culture, education, and living in a good way.

Location will once again be up in Lincoln City at B'nai B'rith. The conference is an awesome experience for learning and growing together as a tribe.

Last year we had cultural crafts, a basketball tournament, and even a talent show. We had a keynote speaker, Arnold Thomas, who spoke about mental health and suicide prevention. We plan on keeping the positivity going by bringing in another motivational speaker as well as offering health and wellness workshops.

Parents please sign your kids up by the deadline of Oct. 18th 2019.

Applications will be sent out by mail in early October.

Contact your Area Office Education Specialist for more information. You can also reach out to Prevention team at Siletz Clinic.

### Memories from 2018



“It was a phenomenal experience and wish I could come back!” Youth 2018.

# Pumpkin Patch Trip!

**JOM , Home Visiting, and 477/SSP TANF Students and Families are Invited to a Trip to the Pumpkin Patch!**



## Featuring

## Pumpkins

## Lunch

## Hay Rides

**When:** Sunday October 20th  
11 am to 1 pm

**Location:** TBA

Please call ahead to sign up and for finalized location details

Rides will be available from the Eugene Area Office

**Details:** Lunch, tickets for the hay ride, and cost of pumpkins will be provided



Don't forget to dress for the weather and wear clothes you don't mind getting dirty

Contact Jessica Phillips or Nick Viles with questions and to sign up



# 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

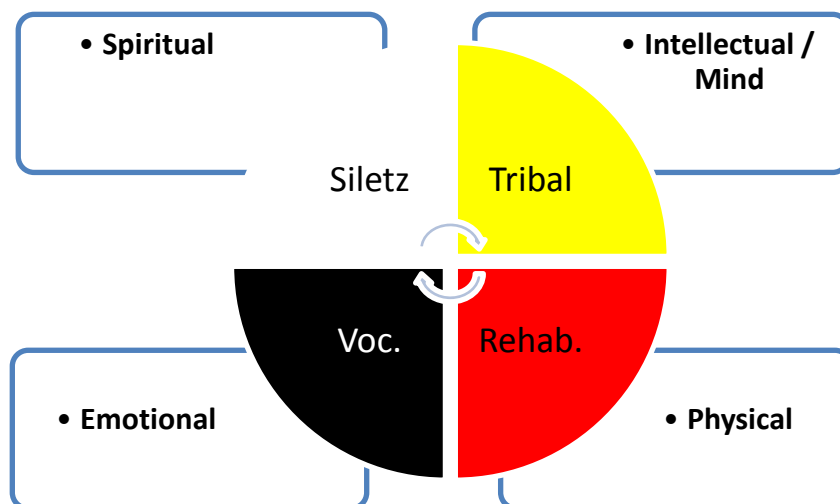
### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380

**EUGENE** – JERAMIE MARTIN, Program Director

**SALEM** - 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 4<sup>th</sup>  
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**



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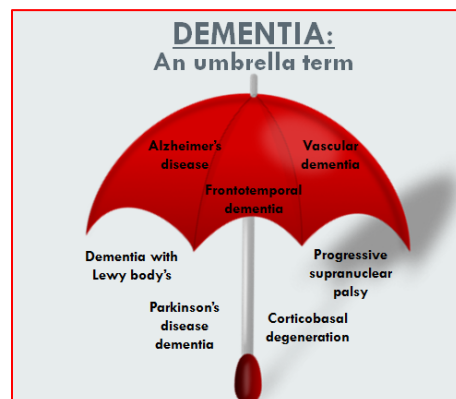
Training will be provided by staff from the Confederated Tribes of Siletz Indians. To sign up for this important informational training, contact the staff person for your area.

**Siletz:** Hannah Glaser  
541-444-9613

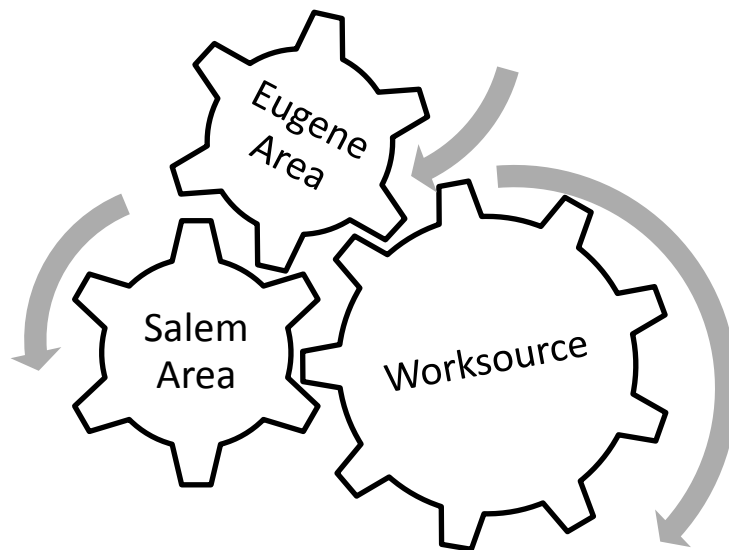
**Salem:** Dana Rodriguez  
503-390-9494, ext. 1862

**Portland:** Tamra Russell  
503-238-1512, ext. 1411

**Eugene:** Jeramie Martin  
541.444.8385, ext. 1385



# 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 4<sup>th</sup> 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.





Kate Brown, Governor

**OREGON  
COMMISSION  
FOR THE  
BLIND**

535 SE 12<sup>th</sup> 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](mailto:ocb.mail@state.or.us)

Website: [oregon.gov/blind](http://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](mailto:Business.Relations@cfb.state.or.us)

"Expanding Opportunities for Oregonians with Vision Loss"

# 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.

CHALLENGES ARE WHAT MAKE LIFE INTERESTING,  
OVERCOMING THEM IS WHAT MAKES LIFE MEANINGFUL...

**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 October 2019**

Tuesday	October 1 <sup>st</sup>	TANF/GAF
Thursday	October 3 <sup>rd</sup>	Parenting Class EAO @ 5:30pm
Friday	October 4 <sup>th</sup>	WEX Payday
Monday	October 7 <sup>th</sup>	Self-Sufficiency documentation due
Tuesday	October 8 <sup>th</sup>	EAO Language/Culture Class 6-8pm
Tuesday	October 8 <sup>th</sup>	WEX Timesheets Due
Friday	October 18 <sup>th</sup>	WEX Payday
Tuesday	October 22 <sup>nd</sup>	Time Sheets Due
Thursday	October 24 <sup>th</sup>	Diabetes Support Group 6-8pm
Tuesday	October 29 <sup>th</sup>	EAO Soup Night 4:30 – 7pm
Tuesday	October 29 <sup>th</sup>	EAO Flu Shots 4:30 – 7pm
Thursday	October 31 <sup>st</sup>	Halloween

**\*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 [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



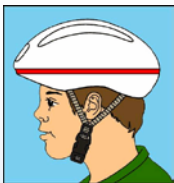
At the Siletz Eugene Area Office

Have you had your blood pressure checked lately? High blood pressure puts you at risk for heart attack, stroke, 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, October 24th**

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

**At the Siletz Tribal Office  
2468 West 11<sup>th</sup> 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**



# FLU SHOTS

Tuesday, October 29, 2019  
4:30 – 7:00 p.m.  
At the Siletz Eugene Area Office  
2468 West 11<sup>th</sup> Avenue

*FREE* flu shots are available to Tribal members and their families.  
This includes any tribal member eligible for Indian Health Services.

Ages 6 months to adult.

(Please allow enough time to complete a short questionnaire and to remain 10 minutes after receiving your vaccination.)

### Three Reasons to Get Vaccinated

- 1) Prevent flu-related deaths
- 2) Prevent serious illness
- 3) Protect others around you

You may contact Adrienne Crookes,  
Community Health Advocate, if you have questions.  
541-484-4234

*October is ...*  
***National Breast Cancer Awareness Month***

*Adrienne Crookes, Community Health Advocate*

*According to the American Cancer Society there are approximately 200,000 new cases of breast cancer in the United States each year. Approximately 2,000 new cases are in men. Approximately 40,000 people die from breast cancer each year.*



*Who is at risk for breast cancer?*

- *Women are 100 times more likely to get breast cancer than men.*
- *Women over the age of 60 are particularly at risk.*
- *Women whose mothers, sisters or daughters have breast cancer.*
- *Women who have had breast cancer that was treated in the past are at greater risk for reoccurrence.*
- *Women who started their periods before the age of 12.*
- *Women who do not have children or have their first child after the age of 30.*
- *Women who were put on hormone therapy after menopause.*
- *People with a high fat diet.*
- *People with a low fiber diet.*
- *People who smoke or intake alcohol frequently.*

***Early detection of breast cancer is the key to successful treatment.  
Women are recommended to do monthly self-breast exams.***

***Know your body so you will know if there are any changes.***

*In addition, mammograms are recommended starting at age 40, or earlier depending on family history or clinical indication. Also, women are encouraged to get yearly clinical breast exam by their medical care provider.*

***For more information <http://www.nbcam.org>***

*Below is a News Release from the Oregon Health Authority regarding Vaping.*

**Subject:** OHA News Release: State investigating death from severe lung illness linked to vaping

*Officials believe case may be Oregon's first in national outbreak*

**September 3, 2019**

The Oregon Health Authority is investigating the recent death of an individual who had severe respiratory illness following use of an e-cigarette, which is also known as a vaping device.

Investigators at the OHA Public Health Division say they received reports that the individual, who died in July, had recently used an e-cigarette or vaping device containing cannabis purchased from a cannabis dispensary. OHA officials say the individual's symptoms were consistent with those of more than 200 similar cases in a national cluster of respiratory illness, mostly affecting teenagers and young adults, in at least 25 states.

"We don't yet know the exact cause of these illnesses — whether they're caused by contaminants, ingredients in the liquid or something else, such as the device itself," said Ann Thomas, M.D., public health physician at OHA's Public Health Division.

Those who have fallen ill have been hospitalized after experiencing worsening symptoms including shortness of breath, cough, chest pain, vomiting, diarrhea, fatigue, fever or weight loss. The U.S. Centers for Disease Control and Prevention (CDC) and the affected states have not identified a cause, but all cases have reported e-cigarette use or vaping.

OHA investigators and local public health authorities are urging clinicians to be on alert for signs of severe respiratory illness among patients who recently used vaping products, including e-cigarettes, and report any cases. Clinicians can contact the on-call epidemiologist at [971-673-1111](tel:971-673-1111).

Individuals who have recently used vaping products such as e-cigarettes and are having difficulty breathing should seek medical attention immediately.

If you or someone you know is ready to quit using tobacco, including vaping products such as e-cigarettes, free help is available from the following resources:

800-QUIT-NOW ([800-784-8669](tel:800-784-8669)), [quitnow.net](http://quitnow.net).

[www.thisisquitting.com](http://www.thisisquitting.com) (quit resource for youth).

For more information about OHA's investigation, visit [healthoregon.org/acd](http://healthoregon.org/acd).

**Symptoms of severe respiratory illness related to vaping may include...**

Cough

Shortness of breath

Chest pain

**If you've recently vaped and are having difficulty breathing, please seek medical attention immediately.**

For more information visit [healthoregon.org/acd](http://healthoregon.org/acd)



# MILITARY SEXUAL TRAUMA SUPPORT GROUP



*Sexual assault is a pervasive problem in the United States, including in the Armed Forces. Public beliefs and attitudes about sexual assault lead to complacency and acceptance of a “rape culture” in the United States where rape is normalized, excused, tolerated, and even condoned. This acceptance creates an environment that makes it nearly impossible for sexual assault victims, in both the military and civilian systems, to obtain justice and discourages them from reporting and seeking help.*

**WHEN:** Monday, October 21<sup>st</sup>, 2019

**WHERE:** 107 SE Swan Ave, Siletz OR 97380

(old clinic lobby)

**TIME:** 5:30PM-7:00PM

**CONTACT:** Jenifer Metcalf 541-444-9615 or [jenm@ctsi.nsn.us](mailto:jenm@ctsi.nsn.us)





# 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 Elk Tag Drawing Info

The annual drawing for the Tribe's elk rifle tags will be held on Monday, October 7<sup>th</sup> at 5:00 pm in the Tribal Council chambers. Applications will be available starting on September 3<sup>rd</sup> and are **due September 27<sup>th</sup>** in the Natural Resources office. Applications can be picked up at the Natural Resources office, downloaded from the Tribe's website (Tribal Services/Other Departments/Natural Resources), or they can be mailed to you by calling the Natural Resources office. Each person must fill out, sign and turn in their own application. This year we have 25 tags each for the first and second season bull hunts and only 8 tags for the various cow hunts. If you have any questions, call Natural Resources Manager Mike Kennedy at 541-444-8232 or 1-800-922-1399 ext. 1232.

**REMINDER**  
**Deer General Rifle Tags**  
**Available Starting**  
**August 19, 2019**

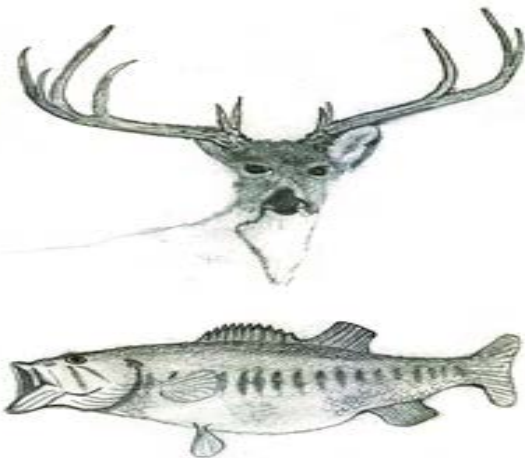
Natural Resources Office  
First Come First Served

Call Natural Resources Manager Mike Kennedy at 541-444-8232 if you have questions

**REMINDER**  
**Elk Tag**  
**Applications Due**  
**September 27, 2019**

Applications available starting September 3, 2019 at the Natural Resources office and on the Tribal website under Natural Resources

Call Natural Resources Manager Mike Kennedy at 541-444-8232 if you have questions



**REMINDER**  
**Salmon Tags**  
**(for cultural fishing at Tribal cultural**  
**fishing sites only)**  
**Available Starting**  
**September 3, 2019**

Natural Resources Office  
First Come First Served

Call Natural Resources Manager Mike Kennedy at 541-444-8232 if you have questions

**2019/2020**  
**HUNTING/FISHING/GATHERING**  
**INCENTIVES**

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

**HUNTING INCENTIVES**

\$100 ~ \$75 ~ \$50  
CABELAS GIFT CARDS

**FISHING INCENTIVE**

\$50  
CABELAS GIFT CARD

**SHELLFISH INCENTIVE**

\$50  
CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy  
541-444-8232

[mikek@ctsi.nsn.us](mailto:mikek@ctsi.nsn.us)

or

Denise Garrett at  
541-444-8227

[deniseg@ctsi.nsn.us](mailto:deniseg@ctsi.nsn.us)

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

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
<b>Deer</b>	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 <b>9/6</b> ; 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 <b>9/6</b> ; 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*
<b>Elk</b>	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/3; due <b>7/3</b> ; 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 <sup>st</sup> Season Rifle	25	11/9-11/12	Lottery applications available 9/3; due <b>9/27</b> ; drawing 10/7; tags issued 10/8	Lottery
	2 <sup>nd</sup> Season Rifle	25	11/16-11/22		
	Antlerless	8	Various seasons beginning 1/1/20	Lottery applications available 9/3; due <b>9/27</b> ; 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*
<b>Salmon</b>	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.



*Homeless/Low Income*  
**HOUSING**  
*Eugene/Springfield*

**Emergency**

*weather related, etc.  
families & Individuals*

SVDP

**Dusk to Dawn**

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

**Eagan Warming Centers**

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

**Eugene Mission**

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

**Centro Latino Americano**

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

**Womenspace**

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

**Overnight Parking**

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

**Centralized  
Wait List**

**Front Door Assessors**  
*does not include Section 8*

**St. Vincent DePaul**

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

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

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

**ShelterCare**

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

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

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

**Looking Glass Services**

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

**Other Local  
Options**

**Community Supported Shelters**

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

**Homes for Good**

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

**Opportunity Village**

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

**Springfield Housing  
Programs**

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

**Community Sharing  
Program of Cottage Grove**

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

**Cornerstone  
Community Housing**

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

# USDA distribution dates for **OCTOBER 2019**

## **Siletz**

Tuesday	October 1	9:00 Am-3:00 Pm
Wednesday	October 2	9:00 Am-3:00 Pm
Thursday	October 3	9:00 Am-3:00 Pm
Friday	October 4	9:00 Am-3:00 Pm
Monday	October 7	9:00 Am-3:00 Pm

## **Salem**

Monday	October 21	1:30 Pm – 6:30 Pm
Tuesday	October 22	9:00 Am – 6:30 Pm
Wednesday	October 23	9:00 Am – 6:30 Pm
Thursday	October 24	<b>BY APPOINTMENT ONLY</b>

### **LEMON BLUEBERRY MOUSSE CAKE**

**FOR THE CRUST:**  
Cooking spray for pan  
30 Nilla wafers, crushed  
5 Tbsp. Butter, melted

**FOR THE MOUSSES:**  
1 ½ C. blueberries or 1 ½ Cups crushed strawberries  
2 Tbsp. Lemon juice  
2 tsp. lemon zest  
2 tsp. unflavored gelatin  
2 ½ C. white chocolate chips  
3 C. heavy cream  
½ C. powdered sugar

#### **DIRECTIONS:**

1. In a large bowl, stir together crushed Nilla wafers and melted butter until completely combined and mixture is the texture of wet sand. Grease 9x13 baking dish with cooking spray, then press mixture into the pan.
2. In a food processor or blender, process blueberries until pureed. Stir in lemon juice and lemon zest, then sprinkle gelatin on top. Let sit for 5-10 minutes to bloom.
3. Meanwhile, place chocolate chips in a heatproof bowl. In a small saucepan over medium high heat, bring 1 cup of heavy cream to a simmer then remove from heat. Whisk in softened gelatin and blueberry puree and stir until completely dissolved. Pour mixture over the white chocolate chips and whisk until chocolate is melted. Place mixture in refrigerator for at least 15 minutes.
4. In the bowl of a stand mixer fitted with a whisk attachment (or in a large bowl using a hand mixer), beat remaining 2 cups of cream with the powdered sugar until stiff peaks form.
5. Stir in about 1/4 cup whipped cream into melted chocolate mixture. Gently fold in the remaining whipped cream until fully incorporated and pour over prepared crust.
6. Refrigerate until firm, about 4 hours.

\*\*\*\*\*AFTER MAKING THIS RECIPE, WE RECEIVED THE FROZEN STRAWBERRIES SO YOU KNOW I HAD TO SUBSTITUTE CRUSHED STRAWBERRIES FOR THE BLUEBERRY PUREE. I KEPT EVERYTHING ELSE THE SAME AND IT TURNED OUT AWESOME. \*\*\*\*\*

\* Indicates commodity foods used

**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, Warehouseman/Clerk  
541-444-8279

# October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 USDA Distribution Siletz 9-3pm  GA/TANF  College Info Night EAO 5:30-6:30	2 USDA Distribution Siletz 9-3pm	3 USDA Distribution Siletz 9-3pm  Parenting Class EAO @ 5:30	4 USDA Distribution Siletz 9-3pm  Pay Day	5
6	7 USDA Distribution Siletz 9-3pm  Language Class Siletz 6-8pm	8 Time Sheets Due  Language Class EAO 6-8pm	9	10	11	12 Elders Meeting Ace's @ 1-4pm
13	14 Language Class PAO 6-8pm  EAO Tutoring 3-5pm	15 Language Class SAO 6-8pm  Weekly Dee-ne Language Group EAO 5:30-7:30pm	16	17	18 Pay Day  Youth Conference Applications Due	19
20 Pumpkin Patch Trip 11-1pm	21 USDA Distribution SAO 1:30-6:30pm	22 USDA Distribution SAO 9-6:30pm  Time Sheets Due  Weekly Dee-ne Language Group EAO 5:30-7:30pm	23 USDA Distribution SAO 9-6:30pm	24 USDA Distribution SAO BY APPT ONLY  Diabetes Support Group 6-8pm	25	26
27	28 EAO Tutoring 3-5pm	29 EAO Soup Night 4:30-7pm  EAO Flu Shots 4:30-7pm  Siletz Tribal ID EAO 4:30-7pm	30 Savvy Caregiver Training EAO 3:30- 5:30pm	31 Halloween	Pay Day	



**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, 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

If you are depressed you are  
living in the past. ☹️  
If you are anxious you are  
living in the future. ☹️  
If you are at peace you are  
living in the present. (Lao Tzu)

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