

Happy
New Year!

Confederated Tribes of Siletz Indians

Portland Potlatch

JANUARY 2019

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Annual Planning Meeting

The CTSI Planning Department annually holds meetings in all Siletz Tribal Area Offices during the month of January. PAO's meeting is:



SRII-NA CHEE-YASH-'E
High in Sky Bird or EAGLE

Thurs, Jan. 31st 2019
5:00 — 8:00 PM

We invite all Siletz tribal members and their families to join us for a light meal and discuss community issues, program services and goals for the tribe. Tribal members can also get new tribal ID's from 3-8 PM. The other programs from Siletz that will be in attendance are:

- ◇ **Housing**
- ◇ **Natural Resources**
- ◇ **Siletz Clinic Enrollment**

Please share your ideas how CTSI can better serve the needs of our community.

January Office Closures for CTSI

- **Tues., Jan. 1st—New Years**
- **Mon., Jan. 21st—MLK Day**

Important Dates

- 1/12, Candidates Fair—Lincoln City 9 AM
- Fri., 1/18, Regular TC—8 AM
- Sat., 1/19, Elders Council—1 PM

CTSI, Candidates Fair

1/12/18

9 AM—Noon

Aces Bar & Grill—Lincoln City, OR

Community News

Portland Area Office Beading Group

We will resume beading group in January 2018. our next beading group date is:

**Tue., January 15th, 2019
10 AM—2 PM**

For more information, please contact Rebecca Downey at (503) 238-1512. See you in 2018!

Elder's Shopping Day

The next elders shopping day will be:

Jan. 3rd & 16th at 10 AM

To reserve your spot on the bus for the next shopping day, please call one of your elders program area representatives; Kay Steele (503) 760-4746 or Angie Artiago (503) 760-3899.

PAO Elders Potluck



Ch'ay-yii-ne Ghu'-alh

Weather permitting, we will next meet:

**Mon. Jan. 28th
5:30 PM — 7 PM
PAO Community Room**

Please bring a potluck dish to share. For more information or to request a ride/carpool, please contact the either of your elder reps.

Tri-Met Round The Clock!

Have you heard? Tri-met now has bus lines that operate 24 hours a day. One of those lines runs just outside of our office, which is bus line 20. For folks who live on the west side, bus line 57 also runs 24 hours a day. For more information, see the website link below:

<https://trimet.org/schedules/24hour/service.htm>

New Years Eve Pow-Wow December 31st, 1 PM—12 AM 777 NE MLK JR. Blvd.

This year is NARA's 33rd annual New Year's Eve Sobriety Pow-Wow. This Pow-Wow is hosted by NARA NW, and will take place at the Oregon Convention and Event Center. For more information please visit:

<https://www.oregoncc.org/events/2018/12/native-american-new-years-eve-pow-wow-2018>

WACIPI: 20th Annual Traditional Powwow

Saturday, January 19th

Portland Community College and the PCC Sylvania Campus Multicultural Center are proud to present WACIPI— a celebration of Native American culture and tradition, supporting PCC Native American Scholarship Fund.

Please join us for an extraordinary celebration featuring drum groups and dancers from across the region and attracts more than 1,000 participants each year.

Location: PCC Sylvania Campus, Health

Technology Building (HT),12000 SW 49th Ave. Portland, OR 97219. Doors open at Noon—Grand Entries at 1 and 7 PM.

Portland Winter Resources 2018-19

This time of year winter can present families with unique challenges. To assist, we have provided a list of resources generally available during the winter months for those who may need assistance.

<http://streetroots.org/about/work/resourceguide>

Or you can call your local 211 info all-purpose referral line at (503) 222-5555 or dial 211.

• Bradley-Angle House

24-hour crisis line for women and women with children fleeing domestic violence. 24-hour crisis line. Undisclosed location (503) 281-2442.

• Clackamas Women's Crisis Hotline (503) 654-2288.

• Child Abuse/Reporting Hotline (All of Oregon) (503) 731-3100.

• Allen Temple Emergency Aid Center

Food boxes with ID or proof of current address. Services area from Wielder to Lombard, and Greely to NE 42nd. Must meet USDA income guidelines. Opens: 5 PM 7 PM Tues., 11 AM 2 PM Wed. & Sat. Closed 1st & 2nd Tues and 1st Wed and Sat. (503) 289-6615.

• The Family Winter Shelter

The Family Winter Shelter is a 100-bed homeless family shelter operated by Human Solutions. Families with children or couples and single women in their third trimester of pregnancy have a warm, dry, safe and welcoming place to sleep. Shelter families are able to access housing, employment and other services designed to quickly end their homelessness.

Operating from Nov. 1st to Mar. 31st

16141 E. Burnside St.
Portland, OR

Open Every night 7 PM to 7 AM

www.homelesshelterdirectory.org

• Mainspring Emergency Services

Formerly "Fish Emergency Services" provides, clothing for families in need. Items provided include emergency food boxes, clothing, personal care products (soap, toothpaste, laundry soap, etc.) and referrals for people most in need.

1335 SE Hawthorne Blvd.

Portland, OR (503) 233-5533

Mon - Thurs 9:30 AM - 2:00 PM

Transit: 14, 10, 70

<http://www.mainspringpdx.org>



Parking at the Portland Area Office (PAO)

When visiting the Portland Area Office, please note that **Blue** parking spaces are for siletz tribal members, staff and visitors. Overflow parking is available on SE 128th Ave.

Siletz Tribal Vocational Rehabilitation Program (STVRP)

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

Examples of Services:



- Guidance and Counseling
- Referral to Services
- Employment Services
- Resume Writing
- Interviewing Techniques
- Job Coaching

- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment

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

Salem Area Office:

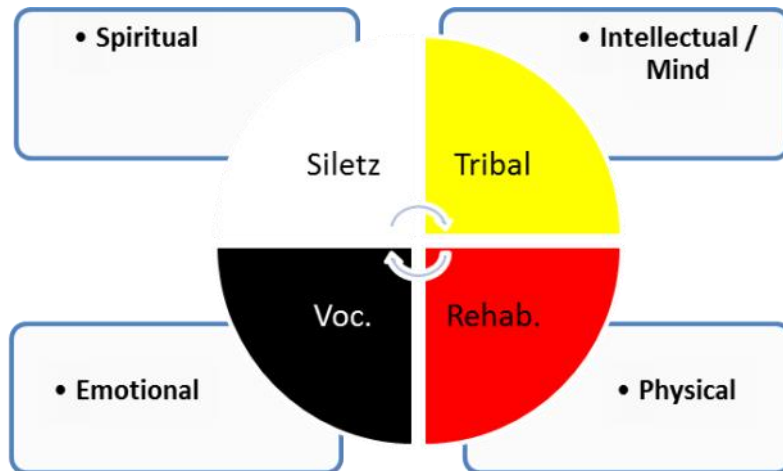
Dana Rodriguez, Program Aide;
Toni Leja, Counselor/Job Developer
(503) 390-9494
3160 Blossom drive NE, ste. 105
Salem, OR 97305

Eugene Area Office:

(541) 484-4234
Jeramie Martin, Program Director
2468 West 11th
Eugene, OR 97402

Siletz Admin. Office:

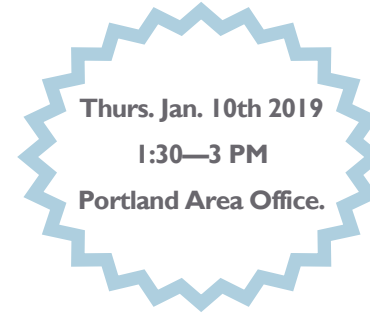
(800) 922-1399
Rachelle Endress, Counselor/Job Developer
201 SE Swan Ave
Siletz, OR 97380



477 Self-Sufficiency Program

SSP Monthly CAN Meeting

The 477 SSP monthly CAN meeting will be on:



This is a required monthly meeting for all 477 Self Sufficiency Clients

Our guest speaker is Katy Holland, Portland Area Office, Education Specialist.

Come learn about how to apply to college, what a FASFA is, deadlines and adult vocational education.

Come meet and learn from others like you who are working toward their goals!

477-SSP Mission Statement:

To assist eligible clients in attaining self-sufficiency. The 477 Self Sufficiency Program will serve the following groups as they work towards this goal: Siletz needy families, Native American, Alaskan Native, Native Hawaiian.

Program components include: cash grant services, emergency utility assistance, job training, job retention services and other supportive services which are subject to budget cycle availability.

The Program Manual lists all available components in detail and the requirements of each which is also available at the CTSI website:

www.ctsi.nsn.us

Your Success is Important to Us

Questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.

Most Often Requested Numbers

Siletz Administration	(800) 922-1399	Salem Office	(503) 390-9494
Eugene Office	(541) 484-4234	Siletz Community Health Clinic	(800) 648-0449
Pharmacy Refill Line	(800) 648-0449 X 1625	Siletz Behavioral Health	(800) 600-5599
Chemawa Health Clinic	(800) 452-7823	Grand Ronde Health Center	(800) 775-0095
NARA Clinic	(503) 230-9875	NARA Dental Clinic	(971) 347-3009

Athabaskan Language

The culture department will be hosting two monthly Athabaskan Language class on the same night from 7—8 PM. You can learn more about our language from the below links to our language web site:

Monday, Jan. 14th
5:00 – 8:00 PM
Portland Area Office

Culture Craft Night
Rope/ String Making
5:00 to 7:00 PM



Siletz Tribal Members and their families are invited to come and learn to rope/ string from grass. All ages are welcome.

Contact: Bud Lane at budl@ctsi.nsn.us;
 (541) 444-8320 or (800) 922-1399 ext. 1320.

Sponsored by the Education and Culture Departments.

Nuu-wee-ya'
(Our Words)



We will still be hosting our regularly scheduled

monthly Athabaskan Language class on the same night from 7—8 PM. You can learn more about our language from the below links to our language web site:

www.siletzlanguage.org

Words for January

xaa-ghi	New
maa~-xvstlh-ghalh	Year (s)
t'et lhinh-ts'at'-dvn	Midnight
lhuk, luu-k'e	Salmon
Nath-sri~'	Legends, Stories
sheshth-i~	sweathouse(s)

Colors

Lhshvn	Black
Lhkii	White
Lhsrik	Red
Lhts'uu	Yellow
Lhvt-lhts'u	Green
Lhsrik-lhki	Pink
Lhvt-lhsrik	Purple
Lhvt-lhts'u	Gray
'ee-k'ay-'vn-te or Dvlh-'ee-ye'	Brown
Tach-ghvth-ya	Orange
Lhvt-lhshvn	Blue

Community Health



Diabetes Support Group (DSG)

We usually serve a light lunch of fresh fruits, salad, soups, and lean meats on occasion. All tribal members and their families are welcome to join us.

Wednesday, January 9th
Noon to 2:00 PM

Happiness Quote for January 2019



A Simple Daily Meditation

By John F Demartini



Sit in your favorite chair or position on the floor, or bed. Take 3 deep breaths and close your eyes. Relax.

Visualize the energy of unconditional love filling every cell of your body and healing you completely.

Do this for a few quiet minutes each day, it will get easier and easier. Take the time for yourself, to try it!

The simple act of daily meditation has many health benefits for us as we include it in our daily healthy habits to start the new year .

Be Healthy Be Happy in 2019!

Community Health Advocacy

Your Community Health Advocate, Verdene McGuire can help you with several benefits our tribe offers. Such as: Over the Counter supplements, Oregon Health Plan applications, Infant car seats, bicycle and skate helmets, Diabetes consultations and medical transportation information.

An example of Over the Counter Medications (OTCs) the Portland Area Office distributes includes:

- Pain Relievers/Fever Reducers
- Antihistamines
- Cough Suppressants
- Antacids
- Topical Agents/Creams
- Pedialite
- Children and Adult Multivitamins
- Nasal Spray

Verdene's 2019 Schedule

Verdene McGuire's office hours for 2019 are 10 AM to 4:30 PM, Monday thru Friday. If you have any questions, please call Verdene at (503) 238-1512 X 1413.

Behavioral Health—Alcohol & Drug Program

New Years and your Recovery.

New Years is an emotional time for everyone. Whether it is thinking of new resolutions and how you're going to keep them or how you're just going to get through the holiday without using or drinking. Feelings that commonly come up around this time are; possibly sadness, regret, loss, joy and hope because of reflecting back on how your year has gone. One thing is certain; there will be opportunities for overdoing it with parties and festivities and for those in recovery possible relapse potential.

Here are some tips to get through this particular holiday.

- ✓ Make a new resolution and throw your own clean and sober party. This will support you and your recovery and will help others with their sobriety as well. It's considered service work and giving back in a way which will make you feel good too.
- ✓ If you must attend a party, plan ahead. Make sure you have a plan to leave and give yourself a timeline to stay. This is so you don't test your own resolve and temptation. Often times that's a losing battle especially

those in early recovery.

- ✓ Call a sponsor or a good support friend if you feel the thoughts of using creep in. Just to keep you grounded in your commitment to recovery and a healthy lifestyle.
- ✓ Don't burden yourself with making New Year's resolutions that will stress you out and are unrealistic. This often sets people up for failure and adds unnecessary stress that you really don't need.

Remember, this day will pass and you will still have to join life the next day. So weigh your options and think through what happens when you make the decision to let loose and drink or use. Chances are it's not how you want to start your year. Be safe and remember you are worth your recovery!

Generally, PAO Counselor Andulia WhiteElk Hours are:

Salem Office	Monday, Tuesday and Wednesday 8— 4:30PM
Portland Office	Thursday and Friday 8— 4:30PM

**Recognize
Acknowledge
Forgive
Change**

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk

**Help is
Available &
Confidential**

Behavioral Health—Mental Health



Thinking about winter:

Winter is underway, but the days are already starting to lengthen again. There is certainly something to be said about finding the silver lining. Yes, it is harder to get out, harder to motivate, but the darkest day is behind us!

Here are some strategies for helping pull yourself out of the “winter blues”:

1. “Spring cleaning” during the winter is a good way to help keep yourself from feeling scattered during the holidays. Studies show that a cluttered house stems from a cluttered mind more often than not. Take an hour or two and devote it to finally taking those bags of clothes to your favorite charity.
2. Try and make time to socialize somehow; eat lunch with coworkers instead of alone, spend a family meal at the table instead of in front of the TV, or go to that annual party even though perhaps you're just not quite feeling in the mood.

PAO Christmas Party:

The PAO Christmas Party was a big success, with lots of families coming out to create ornaments, get pictures with Santa and Mrs. Claus, and eat the lovely catered meal. Three tables of craft making most of the evening, made for a lot of fun. Mental Health Specialist Rachel, enjoyed seeing new faces, and those more familiar.

Mental Health Specialist services include:

Couples counseling, adventure-based therapy, youth, adult and family counseling with emphasis in experiential healing and person-centered therapy.

Coming up this January:

Mental Health Specialist Rachel will possibly make an appearance at the January Youth Council meeting, call Katy Holland in the PAO or Sonya Moody-Jurado in the SAO for more information!

Traditional Coping

For the people of the Siletz tribe, winter is a good time to spend extra time with our Elders, making sure they have firewood, are getting to the store, and are eating healthy. Smudging can be helpful to remove negative energies. Going to a talking circle can be a good way to connect, as well as giving us a safe place to say what is really draining our energy or causing us pain. For many, winter is a time of reflection, and visiting a cemetery and other sacred places to be amongst our ancestors can bring us peace and strength.

Rachel Adam's Schedule/Hours:

Portland Area Office Mondays & Tuesdays (503) 238-1512 X1417	Salem Area Office Wednesdays & Thursdays 1-(503) 390-9494 x1864
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January 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1 CTSI Offices & Head Start Closed For New Year's Day	2	3 Elder's Shopping Day 10AM	4	5
6	7	8	9 Diabetic Support Group Noon- 2 PM	10 SSP -CAN Meeting 1:30-3 PM	11	12 Siletz Candidates Fair Aces Bar & Grill , Lincoln City, OR 9 AM-Noon
13	14 A. Language Class 6 PM- 8 PM	15 Beading Group 10 AM-2 PM	16 Elder's Shopping Day 10AM	17	18 Regular Council 8 AM	19 Elders Council Chinook Winds—Shasta Room 1 PM
20	21 CTSI Offices & Head Start Closed For MLK Day	22	23	24	25	26
27	28 Elders Potluck 5:30 PM	29	30 FAFSA Filing Deadline	31 CTSI, Planning Mtg. & ID Machine 5:00 PM-8PM		

Education & Youth Update



January 2019: Free Application for Federal Financial Aid (FAFSA)

All adults who are planning on attending any type of college or training in the 2019-2020 academic school are required to file a free application for federal student aid by **January 30, 2019** to be eligible for Siletz Tribal education funds. This application is done online at

www.fafsa.ed.gov

Students can begin applying from Oct. 2018 to the end of January 2019 for federal financial aid. If you would help with this please contact Katy and she can help walk you through the online application.

Scholarship Season Is Upon Us!

From January 2019 through the end of March 2019 is the absolute best time of the year for students who plan to attend college next year to apply for scholarships. Scholarships abound in almost every major, at all of the various colleges, and other funding sources. Many scholarships are listed in the Tribe's main newsletter and on the Tribe's website. If you are able to call and make an appointment with Katy or email Katy at katyh@ctsi.nsn.us, she can help you with this task and give you pointers.

This year students are encouraged to check out the "Oregon Promise Grant" that helps to cover tuition costs at any Oregon community college for recent high school graduates.

An absolute must is to check out the "Oregon Student Access Commission scholarship" which offers over 450 scholarships.

Siletz Tribal Higher Education Application deadline



The deadline is:

June 30, 2019

Applicants must show that they have applied for the FAFSA by **January 30th, 2019** to be eligible. If you would like an application sent to you please contact Katy at the Portland area office at (503) 238-1512.

Siletz Johnson O'Malley Program (JOM)

Assisting Native Youth

The Johnson O'Malley Program provides services and assistance to youth ages 3 to 19 years old, attending a public school and who are either enrolled in a federally recognized Tribe or able to document they are one quarter blood degree from a federally recognized Tribe. Services include financial assistance for school fees, pre-school, enrichment programs, tutoring, group activities and events, advocacy, college & career planning. Please contact Katy for an application. If you would like an application

or would like to know more about the program please contact Katy. The program is there to serve Tribal youth.



College Horizons

College Horizons, is a six-day crash course in preparing for the college application process. For Native American, Native Alaskan, and Native Hawaiians students. Students learn about a variety of colleges and universities and establish personal relationships with college

admission representatives as well as college counselors. To learn about this great program and if you wish to apply please visit www.collegehorizons.org/apply and follow the instructions to register. The deadline to apply is February 4th, 2019.

Attention Siletz Tribal Youth

We are currently in the process of setting up a date for the Youth Council to meet in January. We hoping our Tribal youth will join us at the next Youth Council Meeting.

If you have not heard from us by the middle of January please contact Katy or Rachel for meeting updates. We hope you will be able to join us.



CTSI Ongoing Job Announcement

Position: Transporter (On-Call) **Location (s):** Portland

Supervision: Elders Program Coordinator

Salary: \$12.00/ Hourly

For more information please contact:

Siletz Elders program:

Cecelia DeAnda:

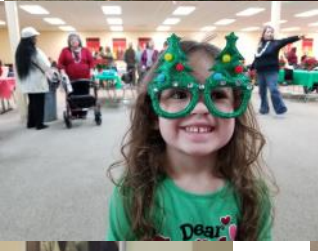
(800) 922-1399

X 1212 and E-mail: ceceliad@ctsi.nsn.us

This position transports for multiple CTSI tribal programs. Hours vary from week to week. Ideal candidate is reliable, flexible, helpful, culturally sensitive and respectful to elders and clients.

PAO Christmas Party 2018

The Portland Area Office (PAO) hosted their 2018 Annual Christmas party on Thursday December 6th at the NARA Wellness center just blocks away from PAO. A Big thank you to all of our staff and our transporter, for making this year's Christmas Party another great success! Please enjoy the below collage of Photos from our celebration.



Siletz Home Visiting Program

The Siletz Tribal Home Visiting Program is designed to increase parenting knowledge and skills, link families to resources and provide encouragement to help parents engage in positive parenting. The Home Visiting program is open to American Indian/ Alaskan Native families when they are expecting a child or have a child under the age of one, continuing until the child turns three.

The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. Family Spirit is evidence

based and culturally sensitive to native families. We are funded by the Tribal Maternal, Infant, Early Childhood Home Visiting Program (TMIECHV).

If you are interested in learning more about the program please contact Lori Christy, (503) 390-9494, X1863.



Need A New Tribal ID?

Let PAO Help, Or Come The Planning Meeting January 31st 2019.

The Portland area office (PAO) is now set up to assist tribal members with obtaining their tribal ID from the enrollment department. Tribal members are encouraged to call PAO ahead of time to ensure staff are available. If you have any questions about our new process please feel free to call Andrew Johanson at PAO (503) 238-1512 X 1400.



2019 Portland Fix-It Fair

Sat., January 26th at 9:30AM—2:30PM

This is a FREE event hosted by the City of Portland at Ockley Green Middle School, 6031 N Montana Ave, Portland, OR 97217

Learn simple ways to save money and connect with resources. Join your neighbors and talk to the experts about how to spend less and stay healthy. For more information visit:

www.portlandoregon.gov/bps/FIF



Winter Preparedness

Create an Emergency Power Outage Kit

To ensure you and your families are ready for a power outage, Portland General Electric suggests every home have an outage kit and that all members of the household knows where to find it. It should include:

- **Flashlights and battery powered or hand-crank radio**
- **Extra batteries**
- **Car chargers for cell phones and laptop or tablet computers**
- **A battery powered clock**
- **Emergency phone numbers including PGE outage numbers**
- **Bottled water (if you rely on electricity to pump water)**
- **A manual can opener**
- **Disposable plates and utensils**
- **Extra blankets or sleeping bags**
- **Battery-powered camp lantern**
- **Comfort items like playing cards or favorite books**

You may need to personalize your kit if you have any special/medical needs, especially if they require electricity.

No one can predict when an outage might happen. Whether you depend on life-support or other medical equipment or refrigeration for life-sustaining medications, it's important that you're prepared.

For more information about emergency kits, go to:

www.portlandgeneral.com
www.fema.gov
www.ready.gov
www.redcross.org

Reminder from the Siletz Clinic

The Siletz Clinic would like to remind parents and guardians that if you send your child to an appointment with someone other than yourself or other legal guardian, you will need to sign a "Release of Information".

This gives permission for another person to bring your child to appointments and for your child's provider to discuss the child's care with them.

If you have any questions, please call (541) 444-1030 or (800) 648-0449.

Thank you

Tobacco Prevention



Prehistoric Tobacco:

Research finds Nez Perce had tobacco long before Euro-American settlers arrived in NW

Although tobacco use has a longstanding role in tribal culture and ceremonial use, the varieties smoked by the Nez Perce's ancestors contained lower nicotine levels, the study said. Instead of being used for recreation, tobacco was smoked in limited quantities by select community members, the research said. Tobacco native to this area (*Nicotiana attenuata*) is sometimes called coyote tobacco. It's a small, scrubby species grown in sandy river bars. Another variety of Northwest tobacco (*Nicotiana quadrivalvus*) had a natural range in southwestern Oregon and Northern California.

Genetic selection led to plants with larger leaves and higher nicotine content than wild varieties. As the Hudson Bay Co.'s explorers spread through the Northwest, use of introduced tobacco overtook native varieties among the tribes. The shift from traditional smoking of indigenous tobaccos and other plants to commercial tobaccos has had "significant deleterious effects on tribal culture and health," the study said. Understanding the difference between native tobaccos used in traditional ceremonies and the commercially manufactured product could help tribal members quit smoking.

This Article was provided by: Becky Kramer
beckyk@spokesman.com

New Years Resolutions

With the new year beginning, many of us will set out resolutions and commit to newly acquired goals for 2019. Some goals may include; eating healthier, cutting back or excluding soda's and/or coffee, starting a workout routine, watching less T.V. read more books or work more on our self-care. What will yours be?

Do you use tobacco products? Would you like your resolution to be, tobacco-free for 2019? If so, stop by the **Siletz Tribal Office in your Area** and pick up a commercial tobacco **quit kit** now and set a date that works for you.

There is no perfect time to quit, but setting a quit date is the first step to being commercial tobacco-free. You should choose a date that is meaningful to you at a time that will not be too stressful.

Follow the steps below to make your personal quit plan.

1. Set a quit date, my quit day is on ____/____/____.
2. Find 3 people to support you along the way, can be family, friends, co-workers, anyone whom you trust and can contact for support.
3. Develop problem-solving skills for before and after quitting (e.g. cleaning house, car and workplace from tobacco products and accessories, identify and learn to manage your trigger)
4. Talk to your doctor or pharmacist about medications that can help assist you along the way (If preferred).
5. Find additional resources if needed: National Quitline 1-800-QUIT-NOW, tobacco cessation classes, phone APP's, etc.

Quitting is a process. Whether this is your first time to quit or fifth. Give yourself permis-

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 Siletz Indians of Oregon
 Portland Area Office**

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Phone: (503) 238-1512
Fax: (503)238-2436

Hours:
 Mon—Friday
 8:00 AM—4:30 PM

www.ctis.nsn.us



BEAR SV-GVS



How to Get Your Newsletter Faster and In Color?

All Area Office newsletters are now posted for immediate downloading at our tribal website:

www.ctsi.nsn.us

Any tribal member who would like to be notified when the new issues are posted to the website may contact Andrew Johanson, PAO clerk to be added to the notification email. Then you can download and print a color version with a few clicks of your computer keyboard.

Is Your Newsletter Coming to the Right Address?

We frequently receive new mailing address lists from Enrollment. If you have not updated your new address with enrollment your newsletter could be misdirected. If you or someone you know is not currently receiving their newsletter (we send one per household), please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.



(Tobacco Prevention Continued from page 9)

sion to go back to your doctor, pharmacist, or counselor if you need to try and quit again.

If you would like assistance on your quit plan, or have questions, please contact Corey Strong (TPEP) at (541) 444-9682

“I see strength, not to be greater than my brother, but to fight my greatest enemy-myself. So when life fades, as the fading sunset, my spirit may come to you (Great Spirit) without shame” - Anonymous

Portland Area Office Staff:

Name/ Title	Contact Information
Rebecca Downey Area Office Supervisor	(503) 238-1512, X1419 rebeccad@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512, X1418 katyh@ctsi.nsn.us
Andrew Johanson Area Office Clerk	(503) 238-1512, X1400 andrewj@ctsi.nsn.us
Verdene McGuire Comm. Health Advocate	(503) 238-1512, X1413 verdenem@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us
Andrew Eddings Peer Recovery Mentor	Work Cell: (541) 270-9717 andrew@ctsi.nsn.us
Rachel Adams Mental Health Specialist	(503)238-1512 X1417 rachela@ctsi.nsn.us
Andulia WhiteElk A & D Counselor	(503)238-1512 X1414 anduliaw@ctsi.nsn.us

Other Numbers:

Name/ Program	Number	Name/ Program	Number
Bud Lane	800-922-1399	Jeremy Martin	800-922-1399
Cultural Program	X1320	Voc. Rehab. Direct.	X1385
K.C. Short	800-922-1399	Mike Kennedy	800-922-1399
Finance Manager	X1316	Natural Resources	X1232
Cecelia DeAnda	800-922-1399	Angelina Artiago	(503) 760-3899
Elders Program	X1261	Portland Elder's Rep	
Rachel Adams	(503)390-9494	DeAnn Brown	(800)922-1399
Mental Health Specialist	X1864	Siletz HS Program	X1510
Angela Ramirez	(800)922-1399	Kay Steele	(503) 760-4746
Enrollment Clerk	X 1258	Portland Elder's Rep	