

DRUM BEAT NEWSLETTER—DECEMBER 2019

3160 Blossom Drive NE, Suite 105, Salem, 97305

Salem Area Office

(P) 503-390-9494

(F) 503-390-8099

Announcements, News, and Highlights

OFFICE CLOSURES IN DECEMBER: DECEMBER 13 — WINTER ALL STAFF DECEMBER 25—CHRISTMAS DAY

HOTEL RATES: Chinook Winds Casino Resort hotel rates for Siletz Tribal members are the same year round! Tribal rate is now \$79.00 plus tax for a standard room and \$99.00 plus tax for a junior suite. To receive these rates, you must show tribal ID at check in.

BE SURE TO LOOK INSIDE OUR NEWSLETTER FOR DETAILS

477/SSP SILETZ TRIBAL HOME VISITING PROGRAM TRAINING/PRESENTATION: December 3rd, 10 am—12 pm, see the home visiting program page

LANGUAGE CLASS: December 10th, 6:00—8 pm

OPEN HOUSE: December 11th, 3:30 pm to 6:30 pm. See the open house page for more details!

HOME VISITING/TANF CRAFT NIGHT: Mark your calendar, December 16th, 5:00 to 7:30 pm. See inside for more information.

COLLEGE NIGHT: Work on your FAFSA and learn about Tribal Education programs, December 18th, 5:00 pm.

SOAP MAKING CLASS: December 17th, 5:00—7:30 pm, call to reserve your spot. Be sure to visit the Community Health News page for more information.

LIHEAP 2020



LIHEAP (Low-Income Home Energy Assistance Program) is a Federally-funded program that helps low-income households with their home energy bills once a year. To be eligible, the applicant, or a child residing in the household, must be an enrolled Siletz tribal member, reside within the 11 county service area, and must meet annual income guidelines established in the benefit matrix, as abbreviated below:

<u>Household Size</u>	<u>Annual Income</u>
1	\$24,550.00
2	\$32,103.00
3	\$39,657.00
4	\$47,201.00
5	\$54,764.00

**CALL THE SALEM AREA OFFICE AND
SCHEDULE A LIHEAP INTAKE
APPOINTMENT WITH**

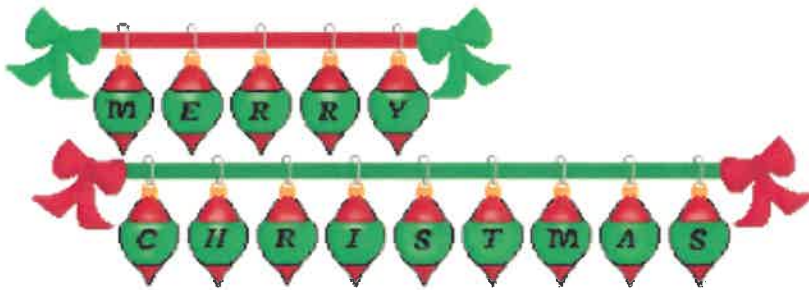


DANA RODRIGUEZ



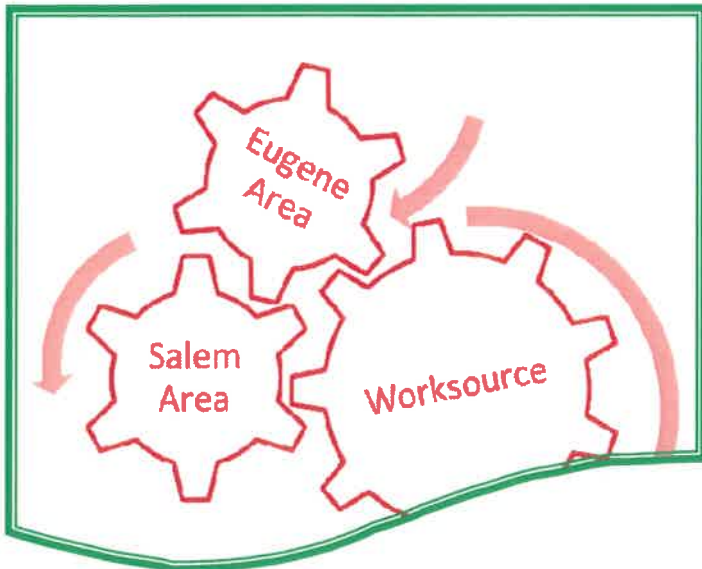
Childcare Assistance Program - DeAnn Brown

CTSI Childcare Assistance Program has expanded services and can now serve children that are under the age of 13 years and who are descendants and/or dependents or enrolled tribal members. Families must reside in the eleven county service area and parents must be working or enrolled in higher education or job training. For more information or to request and application call **DeAnn Brown** at **541-444-2450** or **1-800-922-1399**.



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:



ALBANY WORKSOURCE
THURSDAYS, 9:00 AM—12:30 PM
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.



**Tis the Season
THIS IS YOUR
OPEN HOUSE
INVITATION!**



**Siletz SAO Annual SWAG Making and Holiday activities open house will
be held on:**

December 11th

3:30 pm to 6:30 pm

So put a note on your busy holiday calendar and save the date to put a little time a side, drop in and make a Christmas season swag. If you wish you can join in on some other holiday activities too! (that are still in the planning stages) or just spend some time visiting staff, family & friends.

Please call us to let us know if you plan to attend so that we can know how many boughs to cut and gather for the swags.

A light meal will be served from 5:00 pm to 6:00 pm

Contact Beverly or Dana at 503-390-9494





**Health Insurance Workshop
Learn about the Different Types of
Health Care and How to Enroll!**

Certified Application Assistants Available
Applying or Reapplying—**BRING: Proof of income for one month,
and insurance information offered through your employer.**

No Appointment Needed!

**Chemawa Indian Health Center
3750 Chemawa Road NE
Salem OR 97305
Conference Room
December 6, 2019
9:00 AM to 3:00 PM**

- ◆ Oregon Health Plan
- ◆ Marketplace (Open Enrollment All Year for Enrolled Tribal Members—**Open Enrollment NOW (Nov 1—Dec 15) for Descendants of Enrolled Tribal Members**)
- ◆ Medicare
- ◆ Veterans Health Administration

Coffee
Pie and
Muffins will be provided.

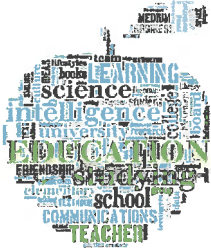
**Kaye Stainbrook
Benefits Coordinator
503-304-7638**

Tobacco's Impact on Early American History

The cultivation of tobacco in America led to many changes. During the 1700s tobacco was a very lucrative crop due to its high demand in Europe. The climate of the Chesapeake area in America lent itself very nicely to the cultivation of tobacco. The high European demand for tobacco led to a rise in the value of tobacco. The rise of value of tobacco accelerated the economic growth in America. The cultivation of tobacco as a cash crop in America marks the shift from a subsistence economy to an agrarian economy. Tobacco's desirability and value led to it being used as a currency in colonies. Tobacco was also backed by the gold standard which meant that there was an established conversion rate from tobacco to gold.

The increasing role of tobacco as a cash crop led to a shift in the labor force that would shape American life and politics up through the Civil war. In order to keep up with demand tobacco plantation owners had to abandon the traditional practice of indentured servitude in the Americas. In order to pursue maximum profits, the plantation owners turned to slavery to supply them with the cheap, fungible labor that they needed to keep up with increasing production.





EDUCATION NEWS

Sonya Moody-Jurado-Education Specialist
December 2019

EDUCATION PROGRAM COMPONENTS

- Higher Education
- Adult Vocational Training (AVT)
- Adult Education
- Supplemental Education (JOM)

My normal office hours are Monday—Thursday, 8:00 am—4:30 pm, however, I will be out of the office a great deal in the month of December attending meetings and using leave. I will be out of the office from December 19-January 7, 2019. Please leave detailed messages and I will return calls upon my return, January 6, 2020.

JOM



Bowling

I will have a limited number of bowling passes available. Please call by December 10, 2019 to sign up.

Northern Lights Movie Night

We will again collaborate with the Salem Area Office on a community event for JOM and Siletz Families at Northern Lights Movie Theatre. Please see the flyer in this edition of the Drumbeat.

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM (AVT)

College Night: December 18, 2019 5:00PM

We will have a College Night in December and will work with Chemeketa to help students complete their FAFSA, and go over Tribal Education Programs.

HIGHER EDUCATION—Programs at two or four year colleges/universities that are geared towards obtaining a bachelor degree.

ADULT VOCATIONAL TRAINING (AVT) - Programs that are geared towards receiving a license, certificate, certification or two year non transferable degree, such as: cosmetology schools, vocational medical programs, truck driving, heavy equipment, 2 year programs at community college, etc.

ALL STUDENTS CONTEMPLATING ATTENDING SCHOOL FALL TERM

High School Seniors, returning students and anyone that may be interested in attending school Fall Term 2020, Below are two very important dates.

The Tribe only has a once a year application process, so if you miss the deadline dates you will be ineligible for Tribal funding until the next school year.

THE TRIBAL HIGHER EDUCATION AND ADULT VOCATIONAL TRAINING PROGRAMS HAVE A TWO PART DEADLINE REQUIREMENT TO BE ELIGIBLE TO RECEIVE FUNDING-

FILL OUT THE APPLICATION FOR FEDERAL STUDENT AID (FAFSA) BY JANUARY 31, 2020.

The applications becomes available October 1, 2018. Applications are available on-line at www.fafsa.ed.gov.

APPLY TO THE HIGHER EDUCATION/ AVT PROGRAM BY THE JUNE 30TH DEADLINE.

All documentation has to be turned in by the deadline.

SCHOLARSHIP INFORMATION

It is getting harder for students to pay for college without applying for scholarships or loans. There are a lot of scholarships out there, but it takes drive and dedication to research the scholarships and apply. Below are few sites that can assist you, as well the FAFSA website has a scholarship search engine on their site, www.fafsa.ed.gov

The Oregon Student Assistance Commission offers many scholarships with only having to fill out one application. www.GetCollegeFunds.org

American Indian Science and Engineering Society (AISESnet) www.aises.org

College Board www.collegeboard.com

FastWEB- www.fastweb.com



Community Health News

Cecilia Tolentino, CHA

503-390-9494 X 1854

Ceciliat@ctsi.nsn.us

Monday-Friday

8:00AM-4:30PM

Life Alert

⇒ Please contact your local Community Health Advocate (CHA) if you think you or another Siletz tribal elder could benefit from life alert.

- Eligibility criteria:
- Enrolled Siletz tribal member eligible for purchased refer care (PRC) benefits
- Work with your local CHA to determine needs and apply for local services.

⇒ Steps to get life alert

- Contact your local CHA
- The CHA will determine if you meet the criteria for Life Alert (examples: live alone, health conditions, etc.)
- The CHA will assist you in applying for Life Alert at no cost through community resource options. If you do not qualify for Life Alert at no cost, the Siletz Community Health Clinic will cover the cost.

Date: Tuesday, December 17th, 5:00—7:30 pm

SOAP MAKING CLASS

PLEASE READ ALL INFO:

Learn the basics of natural cold process soap making. Working in groups, participants will create a soap with customized scent and soap additives such as dried herbs, and color that you will take home. The Workshop will cover basic soap chemistry, lye, safety, tools, colorants and scents.

This class is open to our Siletz tribal member households adults and minors 14 years of age with an adult present to assist due to the mixing and handling of lye. Seating and soap supplies are limited. Call and ask for **Cecilia** or **Dana** for more information or to register and reserve your spot by December 10th.

We hope to see you there!



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**



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

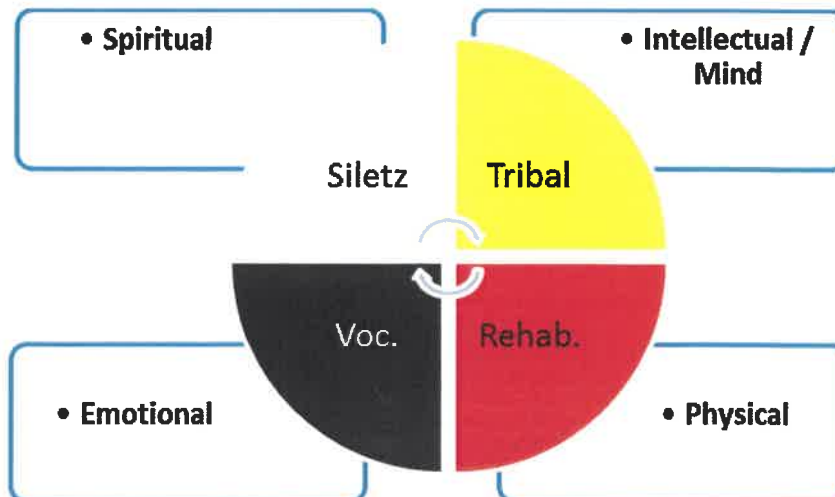
SILETZ ADMIN. OFFICE

201 SE Swan Ave
Siletz, OR 97380

EUGENE – **JERAMIE MARTIN**, Program Director

SALEM - **TONI LEIJA**, Counselor/Job Developer

SILETZ – **RACHELLE ENDRES**, Counselor/Job Developer



477 - Self Sufficiency Program

The Self Sufficiency Program offers a variety of services on a budgetary basis. For Siletz Tribal Members we offer Temporary Assistance for Needy Families (TANF), General Assistance for Single Adults (GASA), Emergency Assistance, and Diverted Services. We also offer the following programs to any Native American (enrolled in a federally recognized tribe or descendant of a federally recognized tribe): Classroom Training, Work Experience, Direct Placement, Summer Youth Employment Program, and On the Job Training. Participants in 477/SSP Programs must meet the eligibility requirements.

For More Information Contact.
Tribal Service Specialist: Angelica Espino
Phone: 503-390-9494, ext.1853

Important 477-SSP Dates to Remember.

December 1st-5th

Monthly Contact Appointments

December 5th

Monthly Report Forms, Self Sufficiency Activities
Time Sheets, and Job Search Forms are due

December 16th

Craft Night, 5.00 pm—7.30 pm

Location: Salem Area Office

December 17th

Monthly Training

11.00 am – 1.00 pm

Location to be determined



Cooking Matters Classes

The 477-SSP program is partnering with the Diabetes program in hosting a 6 session cooking matters class in the day and evening time.

Class dates will be:

1/8/2020, 1/15/2020, 1/29/2020, 2/5/2020, and
2/12/2020.

Day time sessions: 11.00am-1.00pm

Evenings sessions: 5.30-7.30pm

Space is limited, call Angelica to reserve a spot or
with any questions

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-SSP worker located in each of the four area offices.

WorkSource Oregon

The 477-Self Sufficiency Program and Siletz Tribal Vocational Rehabilitation Program have partnered with the WorkSource Oregon office in Albany.

On Thursdays from 9.00am-12.30pm there will be a staff from either the Salem or Eugene's 477-S.S.P. or S.T.V.R.P. present. This service is to provide connectivity to Tribal members through accessibility, ease of access, and advocacy.



Home Visiting Program - Lori Christy



Home Visiting is a 477-SSP program providing support, encouragement and resources for parents of infants and toddlers. We serve Siletz families in our 11 county service area who are expecting, or have an infant less than 12 months of age, continuing until the child's third birthday. If you would like more information about Home Visiting please contact our Home Visitor, Lori Christy, in the office at 503-390-9494.

Family Craft Night

This month current Home Visiting and TANF families will gather for a family craft night. We hope you can join us for food, family and crafts. Mark it on your calendar, December 16, 5:00 pm to 7:30 pm at the Salem Area Office, and let Lori or Angelica know if you are coming.

Lori Christy, Home Visitor
503-390-9494 x 1863
Home Visiting Program



Angelica Espino, Tribal Service Specialist
503-390-9494 x 1853
477/SSP Program

Holiday Safety

As the holidays approach here are a few things to keep in mind if you have little ones in your home. **Christmas trees** are fun and very interesting to explore so consider putting a small one on a table out of reach or placing a baby fence around the tree to keep little fingers and mouths out of danger. If you use a real tree make sure it is fresh and keep it watered. If using an artificial tree make sure it is fire-rated. If you are okay with your child near the tree use a fishing line to attach it to the ceiling or wall (high enough so no one gets tangled in it) to keep it from toppling over. Use non-breakable ornaments tied to the tree with ribbon instead of hooks that are a choking hazard.

Avoid decorating with real **holly and mistletoe** since both of these are toxic if eaten.

Check **lights** to make sure none of the bulbs are broken, loose, or missing, and make sure wires aren't frayed and sockets aren't cracked.

Keep **candles** out of reach and never leave a child alone in a room with a burning candle. Place candles away from greenery and put in a glass container.

For more holiday safety information check out these websites, <https://www.safekids.org/holiday-safety-tips> or <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/default.aspx>

For year round safety tips Safe Kids Worldwide is a good site to visit, <https://www.safekids.org/>

Monthly Trainings/Presentations

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**. Below are the dates and times scheduled for the **Salem Area Office**. Light snacks will be served.

December 3rd, 2019, 10 am-12pm – Presentation by the Siletz housing department, they will be providing an overview of programs and services.

January 14, 2020, 1 pm-3pm - Presentation by Kathy Kentta-Robinson with Healthy traditions

February 20th, 2020, 10 am-12pm - Presentation by Eli Grove on Emergency preparedness

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

Shell Ornament groups were a success! Everyone had such a wonderful time and created beautiful works of original NDN art for the holiday season!



Behavioral Health - Rachel Adams



Thinking about winter:

The leaves have fallen off the trees, or will soon, the days are short and heading to the shortest day of the year... It can be hard to find the energy to do our activities of daily living, let alone extra curricular activities. But that makes it all the more important!

Ways to fight shorter day tiredness:

- 1) Limit or eliminate screen use two hours before bed; if you are around artificial light after dark, your body won't start producing its natural melatonin, and you won't feel rested the next day, which leads to being sluggish to accomplish tasks.
- 2) Find a way to get natural or artificial vitamin D—go out when the sun is out, without sunglasses, or invest in a "happy light", one that has the full spectrum of sunlight in it (don't use within two hours of bed)
- 3) Get exercise, even if it's just walking in place while you watch TV, or window-shopping at the mall. Exercise fuels our body's desire to continue being busy and active.

Youth Conference:

Youth Conference went off without any troubles, and survey data should be out soon. It certainly appeared the youth enjoyed themselves! Many people came out to lead break-out sessions and workshops, including people from the Oregon Shakespeare Festival, We R Native, and our own Siletz tribal members including Kathy Kentta, Amber Ball and Peter Hatch. Youth participated in a basketball tournament, and some also made frybread and freezer jam. What great times!

Mental Health Specialist services include:

The Mental Health Specialist has a MS in Mental Health Counseling, and utilizes person-centered therapy, add

ing in pieces of anger management, coping skills teaching, mindfulness, and self-compassion when it is requested or seems beneficial from her perspective. People of any age can come in to see the Mental Health Specialist for individual counseling, group therapy, Gottman-style couples counseling, and family counseling. The Mental Health Specialist also gets to help out with adventure-based group activities at times! Ropes courses, rafting, hiking, especially in the spring and summer, are all possibilities.

Coming up this December:

Mental Health Specialist Rachel will be making appearances at the PAO winter party, December 4th, and the SAO winter party December 11th. Come one and all!

Traditional Coping

Winter preparations should now be well underway, and the Elders in our thoughts. It's still a great time to be active in your community; try and join a wood-cutting event, or find other ways to reach out to the members of the community in the most need and lend a helping hand. The Siletz peoples are encouraged to keep in harmony with their ancestors' ways; attend sweats, drum circles, talking circles, and smudge. Live life in a healthy, good way!

Rachel Adams, Mental Health Specialist

Portland Area Office

Mondays &
Tuesdays

(503) 238-1512

x1417

Salem Area Office

Wednesdays &
Thursdays

(503) 390-9494

x1864



SILETZ & JOM MOVIE NIGHT

DECEMBER

Date: TBA

MOVIE: TBA

WE WILL BE SETTING A DATE FOR THIS EVENT DURING SCHOOL CHRISTMAS BREAK. CALL SOON TO RESERVE YOUR SEAT!

**DEADLINE TO SIGN UP IS:
THURSDAY,
DECEMBER 12TH.**

503-390-9494

MOVIE SELECTION IS MADE 1 WEEK BEFORE THE EVENT BASED ON WHAT MOVIES ARE AVAILABLE



**LETS GO OUT TO
THE MOVIES...
...LETS GO OUT
TO THE MOVIES!**

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THE MOVIES...
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USDA distribution dates – DECEMBER 2019

Siletz

MONDAY	DEC 2	9:00 AM-3:00 PM
TUESDAY	DEC 3	9:00 AM-3:00 PM
WEDNESDAY	DEC 4	9:00 AM-3:00 PM
THURSDAY	DEC 5	9:00 AM-3:00 PM
FRIDAY	DEC 6	9:00 AM-3:00 PM



Salem

MONDAY	DEC 16	1:30 PM – 6:30 PM
TUESDAY	DEC 17	9:00 AM – 6:30 PM
WEDNESDAY	DEC 18	9:00 AM – 6:30 PM
THURSDAY	DEC 19	BY APPOINTMENT ONLY

In November, Sammy and I made pulled pork with bbq sauce. I made the sauce out of the canned cranberry sauce and it was so good. He followed the directions on the package of pork and then added the sauce.

CRANBERRY BBQ SAUCE

1 CAN CRANBERRY SAUCE*	½ CUP BROWN SUGAR
1 SMALL ONION, DICED	½ TEASPOON CHIPOTLE POWDER
¼ TEASPOON SALT	½ TEASPOON LIQUID SMOKE
1 TABLESPOON GARLIC POWDER	1 CUP TOMATO SAUCE*
2 TABLESPOONS RICE VINEGAR	

DIRECTIONS:

1. Sauté onion in a little butter until soft.
2. Place the cranberry sauce, tomato sauce, sugar, smoke, vinegar & garlic powder in a saucepan over medium heat.
3. Once the mixture is warm, add the onion and let it simmer for about ½ hour.
4. Place the mixture into a blender carafe and blend until smooth.
5. Put it in a jar to sit for at least a day.

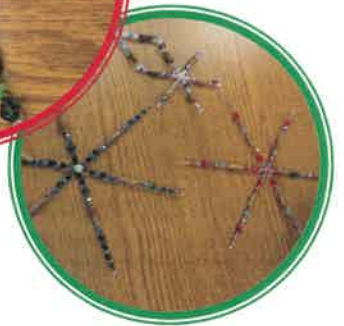
LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB page.
Like us at SILETZ TRIBAL FDPIR

Joyce Retherford, FDP Director
541-444-8393



Sammy Hall, Warehouseman/Clerk
541-444-8279

**From Start to finish
the NDN inspired
pine nut ornaments
were AMAZING!**



**20 people
were able
to attend!**

Confederated Tribes of Siletz Indians
Salem Area Office
3160 Blossom Drive NE, Suite 105
Salem, OR 97305



YOUR AREA OFFICE STAFF:

ANDULIA WHITE ELK	ADDICTIONS COUNSELOR
ANDREW EDDINGS	PEER RECOVERY MENTOR
ANGELICA ESPINO	TRIBAL SERVICES SPECIALIST
ANTONIA LEIJA	VOC REHAB JOB DEVELOPER
BEVERLY OWEN	SALEM AREA OFFICE SUPERVISOR
CECILIA TOLENTINO	COMMUNITY HEALTH ADVOCATE
DANA RODRIGUEZ	SALEM AREA OFFICE CLERK
LORI CHRISTY	HOME VISITOR
LYDIA KENTTA	TRANSPORTER
RACHEL ADAMS	MENTAL HEALTH COUNSELOR
SONYA MOODY-JURADO	EDUCATION SPECIALIST