

Salem Area Office Staff

Beverly A. Owen
 Andulia White Elk
 Andrew Eddings
 Angelica Espino
 Antonia Leija
 Cecilia Tolentino
 Dana Rodriquez
 Lori Christy
 Lydia Kentta
 Rachel Adams
 Sonya Moody Jurado

Salem Area Office Supervisor
 Addictions Counselor
 Peer Recovery Mentor
 Tribal Services Specialist
 Voc. Rehab. Job Developer
 Community Health Advocate
 Voc. Rehab. Clerk
 Tribal Services Home Visiting program
 Transporter
 Mental Health Counselor
 Education Specialist

Announcements & News

Tipi Drawing

For Siletz Tribal members to use during the Nesika Illahee Pow-Wow on August 9-11m 2019. One entry per household. Must be a Siletz Tribal member to enter. Deadline for entries is June 17th, 2019. Return the form to Siletz Pow-Wow, Attn: Tipi Drawing, P.O. Box 549, Siletz, Or 97380

Elder Wood cut

Saturday, July 20th Rain or Shine! Near USDA on Logsden rd. in Siletz Join us to split, load and deliver firewood to Tribal Elders. Snacks, water and a PIZZA lunch will be provided. Please bring your own gloves, axes and chainsaws if you have them. Wood splitters and tools provided on site. Tribal Elders who need firewood delivered must call the Elders Program. Raina 541-444-8261, Anita 541-444-8220

Elder Meeting

June 8th 1 pm. Chinook Wilds, Lincoln City

Elder's BBQ

June 20th Siletz Oregon

Hotel Rates

Siletz Tribe hotel rates all year round! No longer do you have to guess what your rate is and worry about higher rates in the summer. Tribal rate is now \$79.00 plus tax for a standard room and \$99.00 plus tax for a junior suite. You must show tribal Id on arrival.



Volunteers Are Still Needed!

The Natural Resources Department is still in need of Volunteers willing to cut tribal firewood for Elders in our community. Natural Resources will be keeping a list of volunteers willing to cut wood as well as a list of our tribal members who are in need of assistance. This is a great opportunity to do something really rewarding by volunteering your time and energy. Please contact Denise Garrett or Mike Kennedy at 1-800-922-1399 Staff can then pair up volunteer cutters with Elders in need. This is a Volunteer activity, no one will be paid to perform this service and Elders cannot be charged to receive the firewood. A tribal firewood permit for the Elder in need is required and would be issued by the Natural Resources

More Announcements & News

June 11th

Culture Class &
Language Class 6pm to 8pm

Culture Craft Time

Plan to join us to practice sewing and get acquainted with a sewing machine. We will sew a simple **Christmas in July stocking!** Call to sign up 503-390-9494

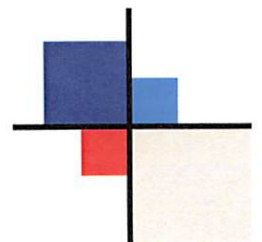
If you are interested in a "get it done" beading group please call us and we will plan it!

June USDA Distribution Dates
Salem

June 24th to June 27th

Monday	1:30pm to 6:30pm
Tuesday	9:00am to 6:30pm
Wednesday	9:00am to 6:30pm
Thursday	By Appointment Only

Like us on Facebook at Siletz Tribal FDP. Joyce Retherford
FDP Director 1-800-922-1399



Summer Picnic
JOM & Home Visiting Participants
are invited to bring your family & join us for a
Summer Picnic with food and fun!

Where: River Road Park

3045 River Rd N.

Salem, Oregon

When: June 20th

5:00 pm to 7:30 pm

The picnic is co sponsored by programs of the SAO and hosted by the Home Visiting,
JOM and 477 programs.

There is a splash pad so if the weather is nice and your kids want
to get wet, plan accordingly. Please RSVP to Lori Christy, Sonya Moody-Jurado
or Angelica Espino at 503-390-9494

The Home Visiting program is open to Siletz families in our 11 county service area. We serve families
prenatally until the child turns 3 years old. (must begin before child turns one year.) Our Home Visiting
program uses the Family Spirit model and curriculum developed by the John Hopkins Center for American
Indian Health and is designed to increase parenting knowledge and skills, link families to resources
and provide encouragement to help parents engage in positive parenting.

Recent graduates of the program say:

“A million times over I’d recommend it to everyone. It makes all the difference. I don’t know what I’d
have done without it.” Brittany

“It was nice to know someone was there if I needed help, or to get some advice.” Heather

“It reinforced my parenting skills. Helped to know I am doing it right.” Allison

If you are interested in learning more about the program please contact:

Lori Christy, 503-390-9494 ext. 1863



Siletz Tribal Member Avalee Turner is a Winner!

Avalee's 4th grade team wins regional competition and the opportunity to travel expenses paid to Washington DC to compete for first prize of a \$10,000 US Savings Bonds

Project RMF: Leaves Changing Shapes an invention to reduce

Tribal Member Avalee Turner and classmates Gisabelle Espericueta, Leah Loane and Micah Robinson were competing for the national title in their age category of the 2018-19 Toshiba/National Science Teachers Association ExploraVision Awards. "First, you'll need a tree with leaves, which Oregon has plenty of. Then, take liquid crystal elastomers and flexible electrodes, use shape-shifting and 4-D printing technology and Voilà!, you've got a system that reduces noise pollution. This is what this group of fourth graders at Lee Elementary School came up with as an idea that was to be judged against students in New Hampshire, Virginia, North Carolina, North Dakota and Texas. Another fantastic accomplishment for these four students is that they are the youngest group among the regional winners in the 4-6 grade category! This event is the worlds largest K-12 science competition. The team has been working on their project since last fall, first brainstorming and doing the research then following a detailed checklist. The Lee team also had to provide an abstract of 150 words or less which outlined present technology, history, future technology and their design process and consequences in a description of no more than 11 pages. They also supplied five sample Web pages; and produced a two-minute video! The team worked with their teacher and coach Debbie Beck, mentor Maureen Foelkl the support of their parents.

The team's idea was inspired by a brother of one of the team who has autism. He has sensory issues, which can cause fear and anxiety and one team member who has difficulty falling asleep at night because of noise from traffic on the street.

The team settled on using the power of leaves after learning how plants can block noise and how the leaves of one plant, the Boquila trifoliolata discovered in Chile's rainforests, can change shape to mimic surrounding foliage.

Here is how it works. "It uses liquid-elastomers and 4-D printing to create a leaf shape-shifting system that absorbs sound waves and reduces noise pollution for everyone. The leaf pores are sound traps that capture the waves by using a vibration energy to harvest flexible electrodes. A honeycomb namosponge-like cylinder inside a tree stores carbon dioxide".

Salem's team became one of eight national winners in the 27th annual Toshiba/National Science Teachers Association ExploraVision competition. The team placed 2nd in their age group which awarded them each with a \$5000.00 savings bond! Congratulations! To tribal member Avalee Turner! Avalee is the daughter of Peggy Pearson and grand-daughter of John and Lynette Pearson.





Savvy Caregiver in Indian Country Training



Mondays, 1:30 – 3:30 pm
July 1st – August 5th
Salem Area Office



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. If you would like to participate, please RSVP for this important informational training by contacting:

Dana Rodriguez
503-390-9494 X1862

Community Health News

Cecilia Tolentino, CHA
503-390-9494 X185

Ceciliat@ctsi.nsn.us
Monday-Friday

Free Eye Exams

OHSU Casey Eye Institute Mobile Clinic

When: Saturday, August 3rd

Where: Salem Area office

3160 Blossom Dr. NE, Suite 105 Salem, Oregon

Time: 9am-3pm

We are limited to 35 eye exams, so call early to get on the list!

Contact Cecilia Tolentino at 503-390-9494

Casey Eye Institute will hold a mobile eye examination clinic at the Siletz Salem office. An all-volunteer staff of eye doctors, technicians, and assistants will be here to serve Siletz tribal members, their families, and community members.

For some members of the community, access to high quality medical care appears beyond their reach. This 33-foot, fully outfitted mobile ophthalmology unit will be here to serve you.

We will schedule an appointment for you. Please allow 2 hours to complete this no-cost comprehensive eye exam (a \$450.00 value). There is no cost to you for one pair of glasses.

For more information about the mobile van, visit ohsu-caseyeye.com/outreach

This event is in collaboration with the Siletz Community Health Clinic-Community Health Department and the Diabetes Program.

477-Self Sufficiency Program

June

ANGELICA ESPINO
Tribal Service Specialist
angelicae@ctsi.nsn.us
503-390-9494 x1853

The Self Sufficiency Program offers a variety of services on a budgetary basis. We offer Cash Assistance, Emergency Assistance, 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.

Wisdom Warriors

Ongoing monthly support meetings for **ANYONE** with a chronic illness or those caring for someone with a chronic illness.

Topics include: Chronic Disease Management, making action plans, problem solving, dealing with difficult emotions, healthy eating, communication skills, working with your Health Care Provider.

Date, June 19, 2019

Time, 11:00 am - 1:00 pm

Location, Salem Area Office

Important SSP Dates To Remember

June 1st-5th

Monthly Contact Appointments

June 5th

Monthly Report Form, Self Sufficiency Time Sheet, and Job Searches are due

June 14th

Summer Youth Employment Program applications deadline

June 19th

Wisdom Warriors 11:00 am – 1:00 pm at Salem Area Office

June 20th

Home Visiting Picnic

June 25th-June 27th

Increasing Your Success Conference

IMPORTANT REMINDERS FOR 477/SSP CLIENTS

- SSP STAFF WILL RETURN CLIENT PHONE CALLS WITHIN 24 BUSINESS HOURS.
- SSP STAFF WILL ADDRESS CLIENT REQUESTS FOR SUPPORT SERVICES AND OTHER REQUESTS WITHIN TWO BUSINESS DAYS.
- SUPPORT SERVICES REQUEST FORMS ARE KEPT IN THE LOBBY.
- YOU **MUST** COMPLETE THE SUPPORT SERVICES REQUEST FORM FOR GAS CARDS, BUS PASSES, ETC.

PLEASE CALL AND CONFIRM YOUR CHECK HAS ARRIVED PRIOR TO COMING TO THE OFFICE

Frequently Requested Phone Numbers and Web Addresses

- UNEMPLOYMENT OFFICE: 1-877-345-3484 WWW.OREGON.GOV/EMPLOY/UNEMPLOYMENT
- SOCIAL SECURITY OFFICE: 1-800-772-1213 WWW.SSA.GOV
- WORK SOURCE OREGON EMPLOYMENT LISTINGS WWW.EMP.STATE.OR.US/JOBS
- MARION COUNTY EMPLOYMENT LISTINGS WWW.GOVERNMENTJOBS.COM/CAREERS/MARION
- STATE OF OREGON EMPLOYMENT LISTINGS [HTTPS://OREGON.WD5.MYWORKDAYJOBS.COM/SOR_EXTERNAL_CAREER_SITE](https://oregon.wd5.myworkdayjobs.com/SOR_EXTERNAL_CAREER_SITE)

Enrollment News

The deadline to submit an Application for Enrollment, name changes, blood quantum correction and requests for relinquishment of Tribal membership is the 2nd Friday in the months of January, April, July and September.

Social Security Cards

Letters went out recently for minors who do not have a social security card on file. If you received a letter, please get a color copy mailed directly to Enrollment or take it to your area office to have one made and sent to enrollment.

Mailing address updates for Per Capita Checks
The last day to get your mailing address updated is Friday, July 12, 2019 For the full policy see Tribal Member Distribution Ordinance on the tribal website www.ctsi.nsn.us

Address Changes

If you have moved or changed your forwarding address please get your Address and Contact Information for in as soon as possible. You can get the form from your area office, the enrollment department or the Tribal website. All address updates must be in writing to ensure that you have requested the address to be changed, this is for your own security.



Siletz News would like your feedback

We are excited to announce, in our efforts to reach more readers and reduce paper, Siletz News is considering a move online!

This earth friendly shift will allow readers access to important information whenever you chose.

Please give us your feedback by following the online link below or scanning this QR Code. This anonymous survey takes two (2) minutes to complete.



Survey for Siletz News

If you haven't taken the survey yet please follow the link and take it. We are collecting data to serve you better.

<https://www.surveymonkey.com/r/Q7YWZ6N>





EDUCATION NEWS

Sonya Moody-Jurado-Education Specialist

JUNE 2019

EDUCATION PROGRAM COMPONENTS

- Higher Education
- Adult Vocational Training (AVT)
- Supplemental Education (JOM)
- Adult Education
- Tribal Youth Employment & Education Program (TYEE)

My office hours are Monday-Thursday 8:00 – 4:30pm. When calling, please leave a message and I will return your call.

JOM

SUMMER PROGRAMS

Salem public library

You can sign up at the library or on their website. [Www.salemlibrary.org](http://www.salemlibrary.org). **Signups start June 04, 2019.**

Below are some free or low cost community activities for youth this summer.

Regal Summer Movies- Willamette Valley Town Center 11, Santiam Stadium 11, Cinnebarre Movieland 7.

Every Tuesday & Wednesday at 10:00am for nine weeks you can watch a movie for \$1.00 beginning June 2019

SILETZ TRIBAL YOUTH

Tribal Youth and Education Employment “TYEE” Program

Siletz Tribal youth ages 14-17 are invited to apply for the TYEE Program. Youth must still be in High School in the Fall or enrolled in a GED program. Applications will be mailed to all Tribal youth in the 14-17 age range. If your youth does not receive an application, please call me at (503) 390-9494, so I can get an application to you. This is an opportunity to gain practical work experience over the summer. First day for youth to work will be July 8, 2019 or later depending on placement.

FEATHER DANCE

The dates for Nee Dash will be June 14-16, 2019 in Siletz.

CULTURE CAMP

The dates for this year culture camp are July 9-11, 2019 in Siletz, Oregon.

NESIKA ILLAHEE POW WOW

The dates of this year’s pow wow are August 9-11, 2019 in Siletz, Oregon.

HIGHER EDUCATION/ ADULT VOCATIONAL TRAINING PROGRAM

The next term that we will be funding will be Fall Term 2019. The deadline for Fall Term is June 30, 2019. To be eligible to apply for Tribal funding students had to have completed their FAFSA by January 31, 2019. All documentation needs to be in by that date to have your application considered complete. For an application, please call me at (503) 390-9494 or applications are available on our Tribal website at www.ctsi.nsn.us/programs/education

SCHOLARSHIP APPLICATIONS

The Tribal Education Committee offers three separate scholarships ranging from \$500.00 to \$1,000.00. These scholarships are available to any enrolled Siletz Tribal member that is attending a community college/vocational school or 4-year institute. If you are interested in obtaining an application, please call me at (503) 390-9494 or they are available on the Tribal website at www.ctsi.nsn.us. The deadline to apply is June 30, 2019.

ADULT EDUCATION

The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes, improve employment status through education, training, and pursuit of special interest classes. There is no deadline to apply for classes. For an application, please call me at (503) 390-9494.



Siletz Tribal Higher Education Applications for the 2019 -2020 school year are due by June 30th. For more information contact Sonya at 503-390-9494

NATIVE YOUTH WELLNESS WARRIOR CAMP

June 24-27, 2019 for youth ages 12-18. Please contact Sonya at 390-9494 for details.

INTEL FUTURE SKILLS

WISCI STEAM CAMP—BEND OREGON

WHO: RISING 7TH, 8TH, AND 9TH GRADE GIRLS

WHAT: INTEL SPONSORED STEAM CAMP

WHERE: OREGON STATE UNIVERSITY, CASCADE CAMP

WHEN: JULY 28TH—AUG. 3, 2019

WHY: BE A PART OF AN AMAZING EXPERIENCE, LEARN ESSENTIAL SKILLS, MAKE NEW FRIENDS, FLY A DRONE!

COST: FREE, ALL EXPENSES PAID BY INTEL/GIRL UP, all inclusive— transportation to and from camp, housing, food and lodging.

Applications are open until capacity reached! For more information and application go to: <http://girlup.typeform.com/to/HpcwoOI>



Behavioral Health

Summer fun, summer challenges:

Summer is a time when the sun is out, and feelings can be at their highest, happiest point. For children and adults still in school, summer can also be a time of turmoil, brought on by the lack of a daily schedule. It may be a time that parents ease their kids off medications that are necessary during the school year.

Here are some things to keep in mind to help summer be enjoyable for all, and a time of mental health:

- 1) Exercise—Go out and do a fun physical activity; 30 minutes every day can do so much for our souls.
- 2) Try and create a routine, and stick to it more days than not.
- 3) Sit your children down (or yourself) and discuss goals and expectations for the summer months.
- 4) Take some time each day to give yourself and your family a feelings check-in; this way you can catch depression and anxiety before they get out of hand.
- 5) Meditation, relaxation—take time each day to sit and reflect, and unwind from the day's stresses. Don't forget, if you aren't caring for yourself, it will be harder to care for others.

Upcoming June events:

The Mental Health Specialist will be kicking off summer with a staff rafting trip to prepare for taking youth and adults down the river. Check in about summer rafting opportunities! June 24th—27th the Mental Health Specialist will be one of the chaperones taking youth to the Grand Ronde Warrior Wellness Camp. Spots are still available so sign up!

Traditional Coping

Traditionally, summer is the time of salmon fishing, clam gathering, and berry picking. There are many plants important to the tribe that get picked during the summer. If you're unfamiliar with such activities, reach out to an elder, for they truly have a wealth of knowledge. As always, smudging, sweats, and talking circles are ways to reach to our Native traditions.

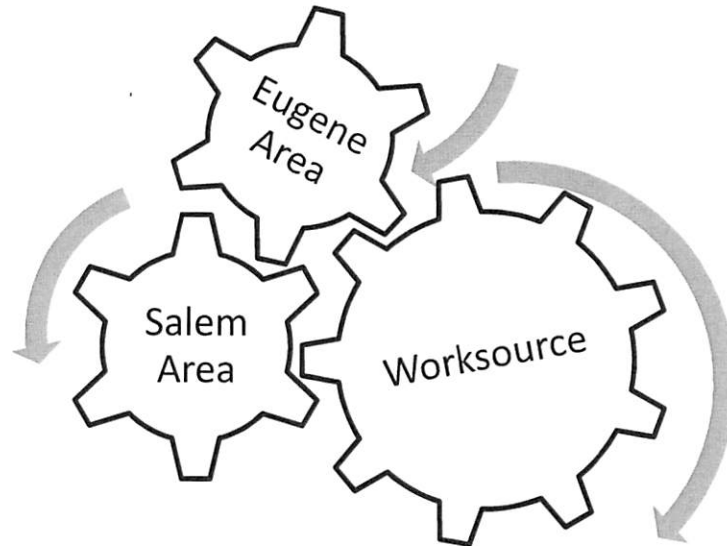
Portland Area Office

Mondays &
Tuesdays
7:30AM—6PM
(503) 238-1512
X1417

Salem Area Office

Wednesdays,
Thursdays
7:30AM—6PM
1-(503) 390-9494
x1864

Connectivity through Accessibility



Worksource Oregon in Albany and Salem have 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 one of these office locations on:

Thursdays from 9-12:30pm at these locations:

Albany Worksource
139 4th Ave SE
Albany, OR 97321

Salem Worksource
605 Cottage Street NE
Salem, OR 97470

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 one of the two centers.



Siletz Tribal Head Start
Congratulates all of our Transitioning students!

TRANSITIONING TO KINDERGARTEN

Alexandra G.
Andre V.
Andrew B.
Annaleeah M.
Armani R.-T.
Aurora S.
Christian E.
Coyote C.
Darian Z.
Graciela G.
Javier S.-E.

Jordan R.
Julian T.
Kylah G.
Madelyne W.-A.
McKrist A.
Mia E.
Nakiah H.
Numpa C.
Patricia C.
Salvador V.
Shayna S.
Vivian H.

COMPLETED FIRST YEAR OF HEAD START

Addy G.
Adianna B.
Amberlynn D.
Andrew S.-E.
Auriella W.
Bentley L.
Blue G.

Delilah K.-E.
Drei A.-C.
Effie W.
Isabelle F.
Oetrelle H.-R.
Rowen K.

Applications for 2019-2020

If you would like an
application for the
2018-2019 school year, please call
1-800-922-1399 and ask for Head Start.



Health Benefits of Quitting Smoking

- **20 Minutes after quitting**—Your heart rate drops. (CDC)
- **12 hours after quitting**—Carbon monoxide levels in your blood drops to normal. (CDC)
- **A few months after quitting**—Your sense of smell and taste may improve. (National Cancer Institute)
- **2 weeks to 3 months after quitting**—Your heart attack risk begins to drop. Your lung function begins to improve. (CDC)
- **1 to 9 months after quitting**—Your coughing and shortness of breath decreases. (CDC)
- **1 year after quitting**—Your added risk of coronary heart disease is half that of a smoker. (CDC)
- **5 years after quitting**—Your stroke risk is reduced to that of a nonsmoker, 5-15 years after quitting. (CDC)
- **10 years after quitting**—Your lung cancer death rate is about half that of a smokers. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases. (CDC)
- **15 years after quitting**—Your risk of coronary heart disease is back to that of a nonsmoker. (CDC)

1-800-QUIT-NOW

June is National Cancer Survivor Month

National Cancer Survivors Day was established to recognize those who have successfully fought or are in the process of fighting the disease. It would not be surprising to find out that each one of us knows a person who has either succumbed to cancer or is currently battling the disease. That is simply how prevalent the disease has become, alarmingly affecting the lives of millions of Americans. This month of June, we take time to celebrate National Cancer Survivor Month as these brave survivors have managed to prevent the disease from taking their lives and deserve all the praise and support they need to get on with their lives after cancer.

Who Exactly are These Survivors? Experts from the American Cancer Society and the National Cancer Institute defines a cancer survivor as any individual who has been diagnosed with cancer and remains alive and well. This includes patients who are currently undergoing treatment, as well as those who have finished treatment and are considered cancer-free.

The Good News Thanks to a number of treatment options in both conventional and holistic cancer treatment, people are living longer lives after a cancer diagnosis.

Shrinking Brain

Any level of alcohol consumption may decrease your brain volume.

Blackouts

Excessive amounts of alcohol can cause blackout where the individual might not remember things that they did while they were blacked out.

Slurred Speech

Slurred speech is often a short-term effect of alcohol but researchers have found that a long-term effect of drinking alcohol can be peripheral neuropathy, and one of the symptoms of that is slurred speech.

Dependence

Being dependent on alcohol can increase an individual's chance of having more short-term and long-term effects of alcohol.

Heart Damage

Long-term drinking or excessive amounts of alcohol can increase the chance of having heart problems.

Throat Cancers

Excessive drinking has been linked to increase the risk of getting mouth, throat, voice box, and esophagus cancers.

Lung Infections

Excessive drinking can increase an individual's risk of getting lung infections like pneumonia.

Stomach Issues

Excessive drinking has been linked to increase the risk of getting stomach cancer or peptic ulcers.

Liver Damage

Excessive drinking can damage your liver and increase your chance of liver disease.

Pancreatitis

Excessive drinking has been linked to the increased risk of developing Pancreatitis later in life.

Birth defects

Drinking alcohol while pregnant increases the chance of birth defects and premature births.

Cancer

Excessive drinking can increase the risk of getting cancer in the colon or rectum.

Anemia

Drinking too much alcohol can decrease the amount of red blood cells produced which will then affect the whole body.

Malnutrition

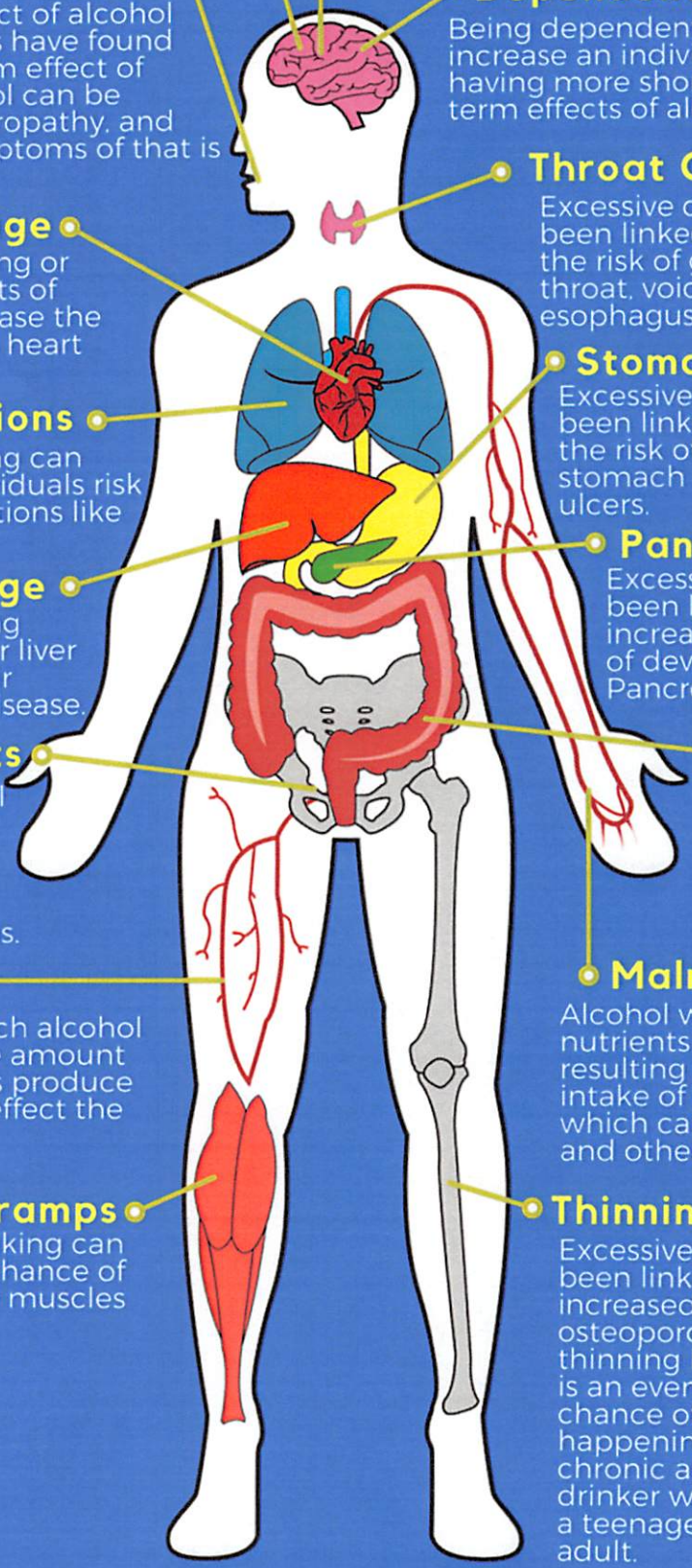
Alcohol will replace nutrients in your body resulting in an insufficient intake of those nutrients which can lead to fatigue and other negative effects.


Muscle Cramps

Excessive drinking can increase the chance of cramps in the muscles.



Thinning Bones

Excessive drinking has been linked to increased chance of osteoporosis and thinning bones. There is an even greater chance of this happening if you are a chronic alcohol drinker when you are a teenager or a young adult.





Confederated Tribes of Siletz
Salem Area Office
3160 Blossom Dr N Suite 105
Salem, Oregon 97305



Coming Soon

We are in the process of creating a New Facebook page.

Our page will be announced as soon as possible!

