

Salem Area Office Staff

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Lydia Kentta
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
Education Specialist

Announcements & News

Wood Cut The Wood cut clearing project on the Chemawa property was completed on April 27th. The wood cut went very well with many families being able to participate and get wood for their homes. We were happy to host this opportunity through the Tribes Forestry Department & the efforts of Mike Kennedy.

Wax Flowers! If you are interested in learning how to make traditional wax flowers, or would like to participate in assisting with a wreath to present on Memorial Day Please contact us to let us know. We will hold a group beginning Tuesday, May 9th. Contact Sonya at 503-390-9494 for additional information.

Memorial Day Ceremony The Confederated Tribes of Siletz Indians 2019
Memorial Day Ceremony will be held May 27, 2019 on Government Hill in
Siletz, Oregon. Following the ceremony a lunch will be served at noon, at the
Tribal community center. Lunch is provided by the Cultural Heritage Committee.

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

May 14th 5pm to 7pm

Dentalium Stringing Class

Language Class 6pm to 8pm

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May USDA Distribution Dates Salem

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May 20th to May 23rd

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 FDPIR. Joyce Retherford, FDP Director 1-800-922-1399

TIPI Drawing

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For Siletz Tribal members to use during Nesika Illahee Pow Wow August 9-11

Deadline to submit your household is JUNE 17, 2019

COHO Pharmacy Insurance Plan

The Siletz Community Health Clinic offers a 50% discount on all prescription co-pays.

The pharmacy also offers mail-order services (excluding refrigerated items) for those of you that live outside of the Siletz area.

To see if the pharmacy call fill your medications, please call SCHC pharmacy staff at 544-444-9625 and START saving now.



MAT SERVICES COMING TO SALEM

The Siletz Community Health Clinic will be offering Medication Assistance Treatment (MAT) in Salem, Oregon soon.

The clinic is contraction 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/VIVI

TROL/ANtabuse), mental health counseling, and A&D counseling.

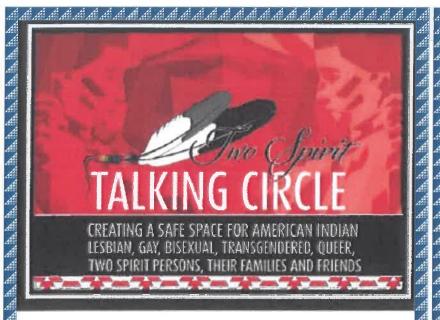
What is MAT: MAT is the use of medications with counseling and behavioral therapies to treat substance use disorders and prevent opioid overdose. MAT is primarily used for the treatment of addiction to opioids such as heroin and prescription pain relievers that contain opiates. (SAMHSA).

Who is eligible for services at the Salem MAT clinic: Siletz tribal members, other Natives, and non -Natives 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, CADCI, @ 541-444-9697



Two Spirit Talking Circle regroups in the month of October. If you would like information about the talking circle you may contact Norma Trefren if you need further information at 541 484-4234 or norma@ctsi.nsn.us

Coming Soon

Children's leather belt class

We are wanting to find out if tribal members are interested in a class to make your child a leather belt to be used with their regalia. Please call to sign up and let us know your child's size so that we can plan to have the proper sizes for the group. Space is limited but a waiting list will be kept in case of cancellations. We hope to get this class scheduled during the month of June. Please call Beverly at 503-390-9494



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 survery 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 date to serve you better.

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





EDUCATION NEWS

Sonya Moody-Jurado-Education Specialist May 2019

EDUCATION PROGRAM COMPONENTS

-Higher Education -Adult Vocational Training (AVT)

-Adult Education -Supplemental Education (JOM)

JOM

TUTORING

Tutoring is on Wednesday's from 4:30-6:30pm.

SILETZ TRIBAL YOUTH COUNCIL

Mary's Peak Evasive Species Removal & Meeting-The Youth Council will be volunteering at the Elders Woodcut in Siletz and have a meeting in the afternoon.

Date:

Saturday, May 18, 2019

Time:

8:30 AM (Leaving Salem)

Location:

Southwest of

Please contact Sonya if you would like to attend.

EAGLE FEATHER CEREMONY

Date:

May 22, 2019

Where:

Willamette University

For:

Student enrolled in the Salem Keizer Indian Education Program

(Title VII)

Siletz Tribal Youth Activity

Helps to fund programs for Siletz tribal youth in the many areas such as: sports, music, camp fees, lab fees, shop supplies, graduation, educational /scholastic materials, cultural supplies and materials, correspondence courses, and extra-curricular supplies. Siletz Tribal members from kindergarten to high school can access up to \$75.00.

Siletz Tribe Head Start Program

Is a preschool program for children 3 to 4 years old. The Salem Center has AM and PM classes. It operates Monday through Thursday for 3.5 hours a day. Transportation depends on residency, which will be determined after acceptance. Register in Spring for the following school year.

All Siletz Tribal applications and forms are posted on the Tribal website at: www.ctsi.nsn.us.

Student Incentive Program

The Siletz Tribal Council desires to reward students for their educational achievement, and encourage them to continue on into higher education by rewarding each milestone. This is a monetary incentive and is awarded by level of education.

If you are a Siletz Tribal member and have completed any of these educational milestones-Headstart, Kindergarten, Elementary, Middle, High School, Bachelor Degree, Master's Degree, or Doctorate. Please call Sonya for an application.

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 receive Tribal education funding you had to have completed your FAFSA by January 2019 For an application, please call me at (503) 390-9494.

The Tribe has a onetime per year application process. If a student plans to start Winter or Spring term, a completed education application has to meet the June 30, 2019 deadline.

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 Vocational Rehabilitation Program (STYRP)

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. <u>Services are provided in ALL area offices</u>, 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

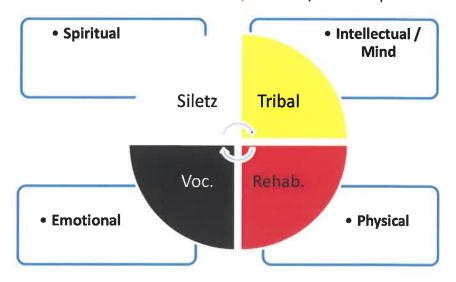
201 SE Swan Ave

Siletz, OR 97380

EUGENE – JERAMIE MARTIN, Program Director

SALEM - DANA RODRIGUEZ, Program Aide; Toni Leija, Counselor/Job Developer

SILETZ - RACHELLE ENDRES, Counselor/Job Developer





Heather Quiring and sons Aaron Quiring and Erik Hochstetler Jr

Congratulations to Heather Quiring for graduating from the Siletz Home Visiting Program. Heather entered the program in July of 2016 when her son Erik was just a few months old and continued until this April when Erik turned 3 years old. While in the program Heather had much going on in her life and accomplished important milestones from graduation, obtaining a certificate, license and employment. Through it all she stuck with the program learning and growing as a parent. She found the program very helpful and commented "It was nice to know someone was there if I needed help, or to get some advice. While I did a lot on my own, having support was very good for me." Congratulations Heather!

Are you expecting a baby?

Do you have a baby under the age of one?

Do you have questions about how to care for your little one?

Are you interested in gaining skills for successful and positive parenting?

If you answered yes to any of the above questions, check out our Home Visiting program. Our program provides parenting and life skills for successful and positive parenting. For more information or to find out if this program is right for you contact Lori Christy Home Visitor at 503-390-9494.

477-Self Sufficiency Program



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.

Summer Youth

Employment

Program applications

are available

beginning May 1st,

Important SSP Dates To Remember

May 1st-5th

Monthly Contact Appointments

May 5th

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

May 15th

Orientation: 9:45-11:00 am at the Hee Hee Illahee RV Resort

May 15th

Wisdom Warriors: 11:00 am - 12:30 pm at the Hee Hee Illahee RV Resort

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

Behavioral Health

Spring has arrived:

The saying is, April showers bring May flowers. We experienced snow late into March, and cold stormy weather in April. As Oregonians, we know we're in for more rain, but here's hope that the flowers will be spectacular. Now is the time to tackle projects that were set aside for the thaw, like doing the bathroom remodel or making that quilt for your loved one you've been meaning to make.

Activities for personal mental growth:

- Start writing in a journal about your daily struggles and accomplishments.
 It is a useful tool to see where you are in life, and where you want to go next.
- Do five minutes of mindfulness each day, focusing on living in the present moment.
- 3) Stand in front of a mirror, posed like a super-hero, for three minutes. Great thing to do before an interview to build confidence. (It really works!)

Growing your family connection:

 Eat a meal with the whole family at least twice a week, if possible. Don't turn on electronics, but instead check in with each family member; ask, what was one low for the day, and one high.

- 2) Create a new family tradition; go to a restaurant once a week, go on the same hike once a week, play the same board game once a week. New traditions are a great way to build bonds.
- 3) Try and do more as a family together; clean the dishes together, straighten the living room together, make dinner together. Each family member will feel like they play an important role in the family.

Traditional Growing

For the people of the Siletz tribe, spring is a good time to rekindle the family's passion. Go to powwows together, participate in feather dances, go clamming together. Talking circles, sweat lodges and smudging are all traditional medicines that the Siletz people have found quite powerful throughout time. Now is the perfect time to check in with the Behavior Health Department to see about upcoming rafting experiences!

Portland Area Office Mondays & Tuesdays (503) 238-1512 x1417 Salem Area Wednesdays & Thursdays 1-(503) 390-9494 x1864

PEER RECOVERY MENTOR

Andrew Eddings 541-270-9717 (cell)

The Peer Recovery Mentor assists A/D and Mental Health clients getting service through the Siletz Tribe. Assistance includes, but is not limited to: Meeting individuals where they are about to discover opportunities which may change their lives; working with individuals to identify any barriers to recovery they may have and develop a working plan to overcome these barriers; outreach services obtaining A&D assessment and referrals for medically assisted substance treatment, residential substance treatment, outpatient substance treatment services; act as liaison to other CTSI programs – SSP, Vocational-Rehab, Education, medical and cultural programs; walk with individuals through Legal and DHS providing moral support; assist in locating recovery based housing; attending self-help meetings with individuals and groups; assist in getting a sponsor; and integrating individuals into a positive peer recovery community.

I am available to meet with individuals who are incarcerated and will soon be released.

Siletz Care Program

Advocate: Kim Lane kiml@ctsi.nsn.us

Outreach: Kira Woosley kira@ctsi.nsn.,us

TOLL FREE NUMBER: 1-800-648-0449



The CARE Program offers Confidential safe and culturally appropriate education and advocacy services to Native American victim's of domestic violence, sexual assault, dating violence and stalking, as well as victims with Native families such as a non-native spouse.

An advocate is available to provide assistance to access services, including personal protective orders, shelter or housing, tribal program information and other program resources.

It is the Siletz Care Program mission to educate and empower our community to live a healthy non-violent lifestyle that strengthen spirit for future generations.









Please join the Institute for Applied Ecology, Alliance for Recreation and Natural Areas, Confederated Tribes of Siletz Indians and the U.S. Forest Service on May 18th at the Marys Peak summit for our annual conifer sapling pull. This is a great opportunity to see one of Oregon's most spectacular sites, meet new friends and help preserve a truly unique ecosystem. Mid-elevation prairies are continually threatened by conifer encroachment and invasive non-native species. Removing these species is critical for the preservation and maintenance of this special place.

This is a rain or shine event, so dress accordingly.

- When: May 18th from 10:00am 2:00pm
- Where: Marys Peak summit parking lot
- Work to be completed: We will be removing conifer saplings and weeds from the Marys Peak summit prairie and surrounding meadows

Please remember to wear appropriate clothes (multiple layers, rain gear, etc.) and shoes (boots, rain boots, etc.). Marys Peak weather conditions may be considerably different then Corvallis weather conditions, so plan accordingly. **Bring plenty of water and snacks.**

No special skills are required for this work. Event hosts will help identify plants that are going to be removed. Hand tools and gloves will be provided (but you may want to bring your own gloves to ensure you have some that fit). We will be walking to the summit and through the meadows, so there will be some incline and potentially rough terrain.

Please RSVP to Andrew Esterson at andrew@appliedeco.org by May 17th.

It is important to RSVP so we can bring sufficient tools for the day.









Alzheimer's and Dementia

According to the National Institute on Aging, **Alzheimer's Disease (AD)** is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills, and eventually the ability to carry out the simplest tasks. In most people with Alzheimer's, symptoms first appear in their mid-60s.

Alzheimer's is the most common cause of Dementia among older adults. Dementia is the loss of cognitive functioning—thinking, remembering, and reasoning—and behavioral abilities to such an extent that it interferes with a person's daily life and activities. Dementia ranges in severity from the mildest stage, when it is just beginning to affect a person's functioning, to the most severe stage, when the person must depend completely on others for basic activities of daily living.

Signs and Symptoms: Memory problems are typically one of the first signs of cognitive impairment related to Alzheimer's disease. The first symptoms of Alzheimer's vary from person to person. For many, decline in non-memory aspects of cognition, such as word-finding, vision/spatial issues, and impaired reasoning or judgment, may signal the very early stages of Alzheimer's disease.

Mild Alzheimer's Disease: As Alzheimer's disease progresses, people experience greater memory loss and other cognitive difficulties. Problems can include wandering and getting lost, trouble handling money and paying bills, repeating questions, taking longer to complete normal daily tasks, and personality and behavior changes. People are often diagnosed in this stage.

Moderate Alzheimer's Disease: In this stage, damage occurs in areas of the brain that control language, reasoning, sensory processing, and conscious thought. Memory loss and confusion grow worse, and people begin to have problems recognizing family and friends. They may be unable to learn new things, carry out multistep tasks such as getting dressed, or cope with new situations. In addition, people at this stage may have hallucinations, delusions, and paranoia and may behave impulsively.

Severe Alzheimer's Disease: Ultimately, plaques and tangles spread throughout the brain, and brain tissue shrinks significantly. People with severe Alzheimer's cannot communicate and are completely dependent on others for their care. Near the end, the person may be in bed most or all of the time as the body shuts down.

What Causes Alzheimer's? Scientists don't yet fully understand what causes Alzheimer's disease in most people. There is a genetic component to some cases of early-onset Alzheimer's disease. Late-onset Alzheimer's arises from a complex series of brain changes that occur over decades. The causes probably include a combination of genetic, environmental, and lifestyle factors. The importance of any one of these factors in increasing or decreasing the risk of developing Alzheimer's may differ from person to person.

You can find this information and more at the National Institute and Aging website:

Disorder VEX.



Portland Street Art Alliance Receives Oregon Community Foundation Creative Heights Grant to Seed a Mural District in the Central Eastside

Portland Street Art Alliance launches new district-wide arts initiative to promote inclusive engagement and access to public art-making in the city.



Photo Credit: Tiffany Conklin

March 3, 2019 (Portland, OR) - The Portland Street Art Alliance secured a competitive Oregon Community Foundation (OCF) Creative Heights grant to seed a new mural arts district in Portland's Central Eastside Industrial District (CEID). For the fifth consecutive year, Creative Heights has funded innovative and impactful projects that take artist and arts organizations to new heights.

Founded in 2012 as a 501(c)(3) non-profit, the *Portland Street Art Alliance (PSAA)* has managed over 40 commissioned and publicly funded projects across Portland. PSAA builds a community of street artists, documents the history of Portland street art, and advocates for artists and for greater inclusion and equity among art programs. PSAA's mission is to cultivate a more democratic culture of artistic expression by activating public spaces and broadening perspectives to build a more engaged and diverse city.

The Central Eastside Industrial District (CEID) is a historic and unique industrial sanctuary. It has been a hub of exchange for over a century – home to the manufacturers, merchants, and makers who built, fed and creatively engaged this city for over 150 years. This is all quickly changing - old warehouses are being renovated or torn down, and new developments going up. As a result, CEID is losing many of its historically accessible spaces for artists and grassroots creatives.

The goal of Viaduct Arts is to promote more inclusive engagement and access to public art-making.

This new district-wide *Viaduct Arts* initiative will begin by painting murals along the 5-block section beneath the Morrison Bridge viaduct in Summer 2019, expanding to beneath the Hawthorne Bridge and along SE 2nd and 3rd Avenues in future years.

Viaduct Arts will not only contribute to the overall vibrancy of CEID, but also to the creative capital in all of Oregon by including and compensating artists from every corner of the state with a focus on those who are underserved. Central to the success of this project is providing and preserving equitable access for artists across Oregon to push their creative limits and make their voices heard in urban public spaces. The grant provides funding for ongoing graffiti art production walls as well as mentorship opportunities for Oregon-based artists from underrepresented communities (BIPOC+, LGBTQ, Women, Disabled, Low SES, Tribal, Farmworker, etc.). The OCF grant provides funding to support artists for their time and supplies, and for visiting artists, their travel and lodging as well.

A statewide open call to artists will be announced in spring 2019.

Viaduct Arts is supported by several community partners including the *Central Eastside Industrial Council*, the *City of Portland's Office of Community & Civic Life*, the *Regional Arts & Culture Council*, local businesses, property owners, and numerous regional art collectives. *Viaduct Arts* aligns with several municipal and CEID goals including public placemaking, maintaining accessible spaces for local art, façade upgrades, and increasing public safety. PSAA will be networking with local property and business owners to secure additional financial support and walls for murals.

If you own a property in the Central Eastside Industrial District and would like to donate your wall, or want to volunteer to assist PSAA with this community project, please send an email to info@pdxstreetart.org.

Community Sponsors & Supporters:

Oregon Community Foundation
Central Eastside Industrial Council
City of Portland Office of Community & Civic Life
Regional Arts & Culture Council
Killian Pacific

Viaduct Arts Website: http://www.ViaductArts.org/

Press Contacts:

Tiffany Conklin tiffany@pdxstreetart.org
Tomás Valladares tomas@pdxstreetart.org



Saturdays, 8:00 a.m. – 2:00 p.m. Near USDA on Logsden Road in Siletz

Join us to split, load & deliver firewood to Tribal Elders



Snacks, water, and PIZZA lunch provided

Bring your own gloves.
Bring 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 to be added to the list. Raina (541) 444-8261, Anita (541) 444-8220,







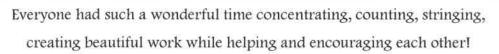


Planter Class Results Beautiful!









We were also able to complete a planter to contribute to the Elder's ELDER DAY in May. This class was sponsored by Community Health Funds and Community/Holiday Funds. Each person completed their planters wilth a beautiful plant to blossom in time for May Day!

Thanks to everyone who attended!





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