















# Shelter at Home

Dos and Don'ts to keep our community healthy and safe.

## Do

-  Order groceries or food for delivery or to go whenever possible.
-  Order things online to avoid stores, including medications if possible.
-  When possible, help vulnerable neighbors get necessary supplies such as food. Call or text them ahead of time and leave the supplies by their front door when possible.
-  Call your doctor ahead of time if you need to seek medical care. Follow their advice and precautions to prevent further spread.
-  Stay connected with family and friends over telephone, social media, or video calls.
-  You can continue to walk outside while performing social distancing.
-  Continue with mental health appointments while practicing social distancing and hygiene.
-  Stay calm. Take some time to practice self-care and healthy eating.

## Don't

-  Don't use public transportation or ride sharing unless you have no other option. Use social distancing in these situations, cover your mouth and nose if you cough or sneeze, use hand sanitizer, and wash your hands before and after rides, etc
-  Don't have guests over or host parties.
-  Don't engage in group activities.
-  Don't take unnecessary trips. This includes trips to bars, salons, spas, or trips to purchase non-essential supplies.
-  Don't visit family or others unless it is an urgent need.
-  Don't visit hospitals or assisted living facilities unless it is an emergency. If you do need to visit a facility call them before your visit.
-  Avoid churches, synagogues, and places of worship. Instead engage in services online or over the phone.

**Follow our pages** or call 211 for the latest information and guidelines.

Facebook: [www.facebook.com/LincolnPublicHealth](https://www.facebook.com/LincolnPublicHealth)

Website: [www.co.lincoln.or.us/hhs/page/2019-novel-coronavirus](https://www.co.lincoln.or.us/hhs/page/2019-novel-coronavirus)

# What you need to know about coronavirus disease 2019 (COVID-19)

## What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

## Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

## How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

## Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



Address: 2468 West 11<sup>th</sup> Avenue Eugene OR 97402  
Telephone: 541-484-4234 Fax: 541-484-4583

The Confederated Tribes of Siletz Indians

## The Eugene Area Office Newsletter April 2020

Office hours: Monday through Friday, 8:00 - 4:30  
OPEN THROUGH LUNCH HOUR



All Siletz Tribal Offices Closed to public to limit the spread of the COVID-19 (Coronavirus). All Staff are operating on a limited basis and will return calls or emails within 48 hours. If you call, please leave clear message with your name and phone number. The health and safety of employees, tribal members, clients and the community is important to us and we appreciate your patience during this time. Be Safe! Thank You

Tentatively  
Nuu-wee-ya'  
(Our Words)

Introduction into the Athabaskan Language

Open to all Tribal Members of all ages

Location, Dates, times:

Siletz Language Class	April 6 <sup>th</sup> 5-8pm
EAO Language Class	April 7 <sup>th</sup> 5-8pm
PAO Language Class	April 13 <sup>th</sup> 5-8pm
SAO Language Class	April 14 <sup>th</sup> 5-8pm

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our Ancient Languages. For more information call:

Bud Lane at the Siletz Cultural Department  
(541) 444-8320 or 800-922-1399 ext. 1320; or email [budl@ctsi.nsn.us](mailto:budl@ctsi.nsn.us)

### EMERGENCY HOUSING ASSISTANCE FUNDING OPEN FOR 2020

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices

2020

Low-Income Energy Assistance Program  
(LIHEAP)  
~OPEN~

Crisis/ Regular heating- April 1<sup>st</sup>  
All Siletz Tribal Households  
Crisis/Shut-off/Regular OPENS  
Siletz Tribal Members and households

Please contact Nora Williams-Wood for more information or to make an appointment:  
541-484-4234 or 1-800-922-1399 Ext 1750

Tribal children are in need  
Of foster parents for:  
Permanent care,  
Temporary foster care,  
OR Short-term emergency care.  
Contact: Debra Brown  
Foster Family Coordinator  
CTSI – Siletz Indian Child Welfare  
541-444-8336  
[debrab@ctsi.nsn.us](mailto:debrab@ctsi.nsn.us)

All Events Subject to  
Cancellation Due to  
COVID-19

Please call/email to  
confirm

### **Need Rental Housing?**

The Siletz Tribal Housing Department encourages you to apply for the Low Income Rental Program waiting list in Siletz (1,2,3,4 bedroom) and Lincoln City (2, 3 bedroom) - Neachesna Village).

Applications can be obtained at any Tribal area office (Eugene, Salem, Portland, Siletz) or access on-line from the tribal website, [www.ctsi.nsn.us](http://www.ctsi.nsn.us) follow links; Tribal Services-Housing-Low Rent Apartments & Home Ownership.

For any questions call  
1-800-922-1399 Ext 1322 or (541) 444-8322  
FAX (541) 444- 8313

### **!!MAIL ORDER SERVICE AVAILABLE!!**

#### **WE CAN NOW PROVIDE MAIL ORDER SERVICE TO ALL SILETZ TRIBAL MEMBERS:**

LIVING WITHIN THE 11 COUNTY SERVICE AREA  
Please note that this service is **not eligible** for the "Auto-Fill" program. ALL "Auto-Fill" prescriptions must be picked up at the pharmacy.  
THANK YOU PHARMACY STAFF

Chinook Winds Casino Resort  
Sign up for an electronic  
newsletter: [www.chinookwindscasino.com](http://www.chinookwindscasino.com)

### **Do you need assistance working in Oregon's legal marijuana industry?**

The 477-Self Sufficiency Program may be able to provide limited support services to help you gain and maintain employment in Oregon's legal marijuana industry. With funding provided by the Siletz Tribal Council, we are able to assist Native Americans (enrolled in a federally recognized tribe or descendant) that reside within the service area, with licensing fees, background checks, testing fees, outdoor work clothing/tools and transportation assistance. For more information on how to access this service, please contact the 477-Self Sufficiency Program located in each of the four area offices.



**EAO Mini Library**  
Available: Native Books to checkout

### **Notary Public (Free Service)**

Call to set up an appointment  
Contact: Nora Williams-Wood  
Siletz/Eugene Area Office  
541-484-4234 or 1-800-922-1399 Ext. 1750  
Please make sure document is completely filled out, except for your signature and what Notary fills out. Current ID required

### **Lane County Veterans Service Office**

Providing services: to Veterans, dependents and their survivors. Providing advocacy and facilitating access to benefits including for Disability compensation, Widows/Survivors Benefits, Non-Service Connected Pensions, Education benefits, and access to VA Medical services.

**Address:** 165 E 7<sup>th</sup> Avenue, Suite 200 Eugene Oregon 97404

**Telephone:** (541) 682-4191

**Website:** <http://www.lanecounty.org/HSC/veteranservice.htm>

### **Oregon Telephone Assistance Program**

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>

You can fill out online or mail application in.

If, you, or someone you know receives:  
Food Stamps, TANF, SSI or OHP they may be eligible for a reduction on their telephone bill.

### **Email Reminders**

If anyone would like reminders of special meetings, cultural classes or special events, etc. at Eugene Area Office, please contact Nora to be put on email list or email her. (541) 484-4234 or email: [noraw@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)

### **Returnable Bottle Deposit**

Are you tired of having to stand and put your bottle and cans into a machine?

"You can donate your bottles and cans to the Siletz Youth Tribal Council" at the EAO

Contact Nora or Nick @ 541-484-4234

Thank you to those that have donated their bottle returns. It is so much appreciated

## JOM: Youth News and Notes

### Home-Learning Resources

Schools are currently scheduled to be closed until April 28. If you need support locating home-learning materials for your family please contact Nick at [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) or (541) 484-4234.

### Hazel Gathering Trips:

Learn to gather and process hazel for basketry. Exact gathering dates will depend on seasonal conditions. Call or email for details but expect a first trip sometime between mid-April and early-May. Rides are available.

#### Can't Make it Out to Gather?

If supplies are sufficient, we will plan a hazel peeling party. Come to the EAO and peel sticks with friends—keep what you process or donate peeled sticks to elder weavers.

### Extracurricular Opportunities:

**JOM:** JOM has funds to help pay for extracurricular activities, sports fees, supplies, and cultural projects for students from any federally recognized tribe.

**Siletz Youth Activity Fund:** Offers up to \$150 per year to cover fees for costs related to extra-curricular activities or cultural activities/supplies for Siletz tribal students.

### April Youth Activity Calendar

**April 6:** Speaking Group, 5:00 pm, virtual meeting

**April 13:** Speaking Group, 5:00 pm, virtual meeting

**April 20:** Speaking Group, 5:00 pm, virtual meeting

**April 27:** Speaking Group, 5:00 pm, virtual meeting

**End of April/Early May:** Hazel Gathering Trip(s) and Peeling Party(ies), exact date and time TBA

**All Events Subject  
to Cancellation  
Due to COVID-19**

Please call/email to confirm

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Sign up for the Youth Activity  
Email List for updates and  
reminders

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

### Dee-ni Speaking Groups

The Eugene Area Office will attempt to offer weekly speaking groups virtually during April due to concerns about COVID 19. All ages and skill levels are welcome as are first-time participants. Join for information about at-home language learning methods and help grow our local speaking community. April dates are Monday April 6, 13, 20, and 27 at 5 pm. See flyer for details and call/email for instructions about how to join the virtual meetings.

# Higher Ed/AVT: News and Reminders

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## Outside Scholarships Are Still Available

### -American Indian Education Fund:

Deadline: April 4, 2020

Apply online: [http://www.nativepartnership.org/site/PageServer?pagename=aief\\_home](http://www.nativepartnership.org/site/PageServer?pagename=aief_home)

### -American Indian College Fund:

Deadline: May 31, 2020

Apply online: <https://collegefund.org/>

### -Cobell Vocational Training Scholarship:

Deadline: May 31, 2020

Apply online: <https://cobellscholar.academicworks.com/opportunities/4890>

### -American Indian Graduate Center:

Deadline: various

Apply online: <https://www.aigcs.org/>

## Higher Education and AVT Grants

Higher Ed and Adult Vocational Training (AVT) grants provide funding to attend an accredited college, university, or training program.

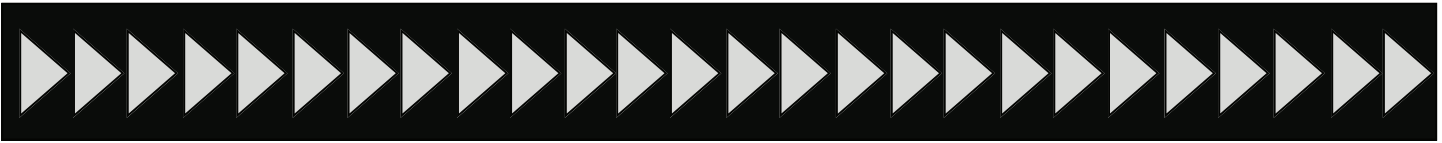
2020-2021 applications for new and continuing Higher Ed and AVT students will be due **JUNE 30, 2020**. To be eligible for funding you must have completed the 2020-2021 Federal Application for Financial Aid (FAFSA) by January 31, 2020.

If you have any questions about attending a college or training program and/or how to apply for tribal assistance make an appointment today.

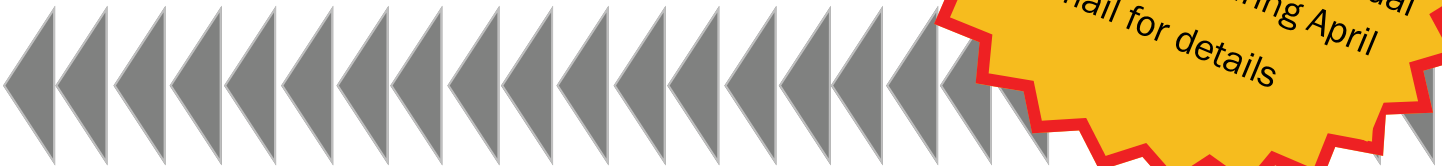
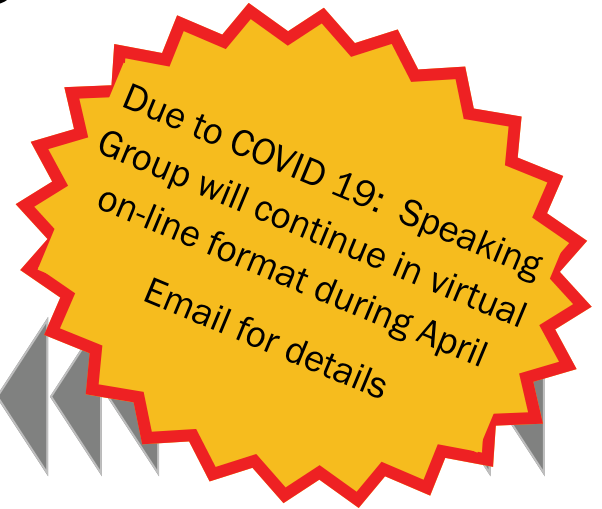
Note: Applications for clock-hour schools (i.e. truck driving school or cosmetology programs) have no deadline and are handled on a case-by-case basis.

## Adult Education

The Adult Education Program offers Siletz tribal members not already enrolled in a formal education program funding to assist with the cost of GED classes and testing, professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for more information.



# Nuu Wee-Ya' Lhetlh-xat



## Weekly Dee-ni Language Speaking Group

\*APRIL DATES: Mondays APRIL 6, 13, 20, and 27 5:00 pm

\*Due to COVID 19-we will attempt on-line virtual meetings during April

**\*All ages and skill levels welcome as are first-time participants**

\*No prior knowledge needed

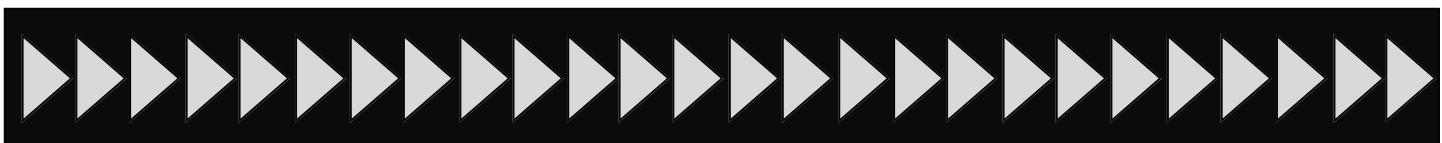
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\*Learn How to Use In-Home Based Language Learning Methods

\*Help Build Your Speaking Community

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Contact Nick Viles at x1757 or [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) for more information about how to join the virtual April meetings



# SILETZ ELDER NEWS

When you use this number to contact the Elders Program, 541-444-8225 leave your name, phone number and brief message and you will get a call from the Elder staff.

The next Introduction to the Athabaskan Culture/Language Class at the Eugene Area Office will be held on Tuesday, April 7, 2020. The combined classes start at 5:00 pm and end at 8:00 pm. Siletz Tribal members are invited to come learn how to peel and process maple bark. Young people under age 10 need an adult to accompany and assist them. The Siletz Culture Department will provide material and instruction. If you have your own materials, please bring them.

The next Elder Council Meeting is scheduled for Saturday, April 11, 2020. The meeting begins at 1:00 pm and ends at 4:00 pm and will be held in the Aces Room at the Golf Course. Check with the Elders Program prior to the meeting to make sure the meeting schedule has not changed.

The Chinook Winds Entertainment for April, 2020 is Chris Janson. The shows will start at 8:00 pm on April 17<sup>th</sup> and 18<sup>th</sup>. Call Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

An Herbal Medicine Making Class is planned for April 9<sup>th</sup> and April 23<sup>rd</sup>.

**Tentative** - Hazel gathering is scheduling for Saturday, April 25, 2020.

There will be a Diabetes Support Class on April 30, 2020. Class will start at 6:00 pm and a light meal will be served. Contact Adrienne Crookes at 541-484-4234 for more information.

Our Elders Honor Day is scheduled for Tuesday, May 5, 2020.

Jim Swanson, 541-683-8766

[Jimswanson38@comcast.net](mailto:Jimswanson38@comcast.net)



# Siletz Tribal Vocational Rehabilitation Program (STVRP)

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

## Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Resume Writing
- Interviewing Techniques
- Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment



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

### EUGENE AREA OFFICE

2468 West 11<sup>th</sup>  
Eugene, OR 97402

### SALEM AREA OFFICE

3160 Blossom Dr NE, Ste 105  
Salem, OR 97305

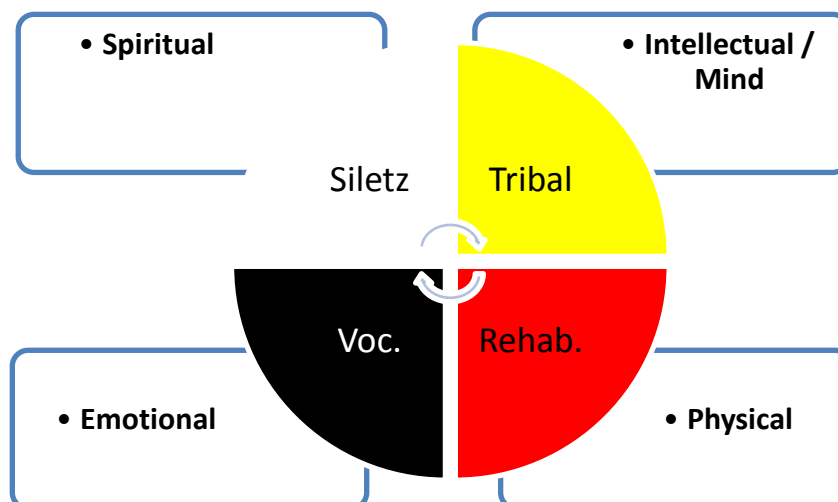
### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380

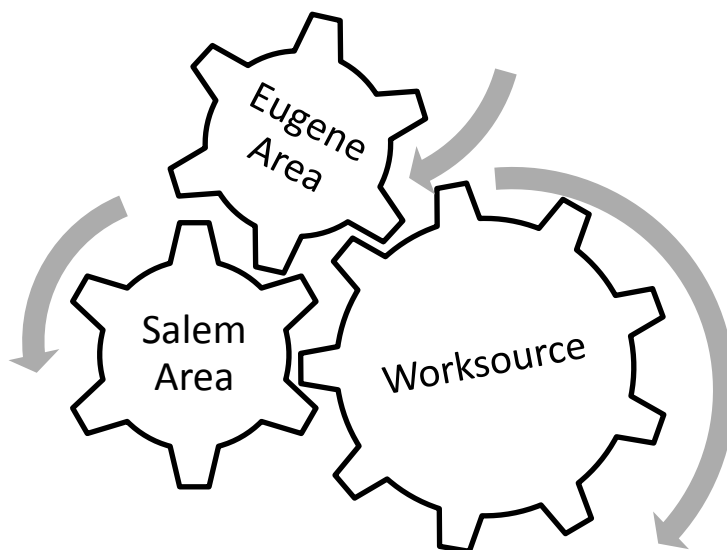
**EUGENE** – JERAMIE MARTIN, Program Director

**SALEM** - Toni Leija, Counselor/Job Developer

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



# Connectivity through Accessibility



Worksource Oregon in Albany has partnered with Self-Sufficiency (477) and Siletz Tribal Vocational Rehabilitation Program to provide direct service access to federally enrolled tribal members. There will be a Siletz employee from the two programs at this office location on:

Thursdays from 9-12:30pm:

Albany Worksource  
139 4<sup>th</sup> Ave SE  
Albany, OR 97321

This service is to provide connectivity to Tribal members through accessibility, ease of access, and advocacy. Please visit during the above times to obtain information, seek services, and/or visit with us. If you have further questions please contact Jeramie Martin at 541-444-8385 or simply visit the center.



Kate Brown, Governor

**OREGON  
COMMISSION  
FOR THE  
BLIND**

535 SE 12<sup>th</sup> Avenue  
Portland, OR 97214  
(971) 673-1588  
1(888) 202-5463  
TTY (971) 673-1577

<http://oregon.gov/Blind/>

The Oregon Commission for the Blind (OCB) is proud to help Oregonians who are blind establish career paths and work to support themselves and their families. When provided access to opportunities, training, and tools, Oregonians who are blind can be successful in any job of their choosing.

OCB's experienced counselors, teachers and employment specialists provide highly specialized training and services including job readiness and everyday living skills to qualified Oregonians all across the state.

If you are an employer interested in diversifying your workforce by hiring a qualified job seeker who is blind, or by offering job exploration opportunities to someone who is blind entering the workforce for the first time, please reach out to us! We provide our participants with paid internships at NO cost to employers, and cover workers compensation insurance for OCB clients in a Work Experience. A diverse, skilled workforce is stronger and can deliver more for your business and the community that you serve.

In addition to providing job readiness training and services, the OCB Independent Living Program for the Older Blind program serves people 55 and older with vision loss who are at retirement age or not interested in working; it is not necessary to be legally blind to participate. We also have an Independent Living program for participants under 55 who do not wish to work, but they must be legally blind in order to qualify. Both programs cover the entire State of Oregon and are totally free!

How the Independent Living Program works: experienced teachers will come to your home to do a low-vision assessment and make specific recommendations to make it more accessible. Teachers share techniques on how to perform the daily tasks you need most, including travelling safely, using household appliances, using technology for planning and communication, keeping organized and doing daily tasks, and more.

If you or someone you know is experiencing vision loss, please contact your local OCB office today to learn more about our great services!

Portland: (971) 673-1588

Salem: (503) 378-8479

Eugene: (541) 686-7990

Medford: (541) 776-6047

Central/Eastern Oregon (541) 699-5090

Email: [ocb.mail@state.or.us](mailto:ocb.mail@state.or.us)

Website: [oregon.gov/blind](http://oregon.gov/blind)

If you are an employer interested in diversifying your workforce, please contact our Business Relations specialists: [Business.Relations@cfb.state.or.us](mailto:Business.Relations@cfb.state.or.us)

"Expanding Opportunities for Oregonians with Vision Loss"



# 477 Self-Sufficiency Program

Jenifer Jackson, Tribal Services Specialist x 1755

Cathy Ray, Intake Specialist/Job Coach x1756

The Confederated Tribes of Siletz Indians 477 Self-Sufficiency Program offers Work-Experience (WEX), On-the-Job Training (OJT), Classroom Training (CRT) and Direct Placement (DP), General Assistance (GA) and Temporary Assistance for Needy Families (TANF) services to eligible clients. If you are interested in any of the above programs please contact Jen to schedule an appointment at x1756.

**tOGETHER WE aCHIEVE mORE**

## **TSS staff administrative hours**

**Monday through Friday**

**8:00am - 9:30am**

Phone calls will be passed to their voice mail during this time unless previous arrangements have been made.

## **Schedules:**

**Jen's hours:** M-F 9:30-4:30pm  
General Assistance and TANF

**Cathy's hours:** M-F 9:30-4:30pm  
Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services

\* Lou Carey x1751 will be available to assist clients with some needs when Jenifer is out.

## **Phone Messages:**

As a reminder when you leave a phone message please leave your name and number, SSP staff will return your call as soon as they are able, unless you are experiencing an emergency and arrangements can be made to assist you.

## **Long Distance Calls:**

You may now reach SSP staff through the 1-800-922-1399 number, please ask to be transferred to Jen **x1755**/Cathy **x1756**

Please welcome Cathy Ray to SSP/477 staff. She is the new  
"Intake Specialist/Job Coach"

Please remember that 477-SSP staff may be out of the office at other times than listed above to meet with employers, complete home visits, client support services, etc... so please call to schedule an appointment.

**Clients are required:**

**To meet with Tribal Services Specialists each month  
You will need to call and set up an appointment**

## WEX/Grant Assistance

### Dates to remember in **April** 2020

Monday	April 1 <sup>st</sup>	TANF/GAF
Friday	April 3 <sup>rd</sup>	WEX Payday
Monday	April 6 <sup>th</sup>	Self-Sufficiency documentation due
Tuesday	April 7 <sup>th</sup>	EAO Language/Culture Class 5-8pm (Tentative)
Tuesday	April 7 <sup>th</sup>	Time Sheets Due
Thursday	April 9 <sup>th</sup>	Herbal Medicine Making Class 1-3pm (Tentative)
Sunday	April 12 <sup>th</sup>	Easter
Friday	April 17 <sup>st</sup>	WEX Payday
Tuesday	April 24 <sup>1st</sup>	Time Sheets Due
Wednesday	April 22 <sup>nd</sup>	Wisdom Warriors 12-1pm (Tentative)
Wednesday	April 23 <sup>rd</sup>	Herbal Medicine Making Class 1-3pm Tentative)
Thursday	April 30 <sup>th</sup>	Diabetes Support Group 6-8pm (Tentative)

**\*All CRT and childcare timesheets are due a day early the week before a holiday\***

**Services available to eligible enrolled federally recognized tribal members and descendants:**

**Please contact Cathy at 541-484-4234 or 1-800-922-1399 x1756 to discuss programs, eligibility or to schedule appointment**

*All components are offered on a budgetary basis*

### **Classroom Training (CRT)**

**CRT** services are available for Vocational Training, GED completion, a term of Higher Ed.

### **Direct Placement**

**DP** is available to any tribal member who has obtained full time employment and applies within seven days of the hire date. Service provides clothing and tools necessary for work.

### **On-the-Job Training (OJT)**

**OJT** is available to any tribal member seeking employment. It is a reimbursement to an employer for half of a hired employee's wages, up to \$4,500.00 or 6 months, whichever comes first.

### **Work Experience (WEX)**

**WEX** can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage.

# Siletz Community Health



## Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Purchased Referred Care	1-800-628-5720
Siletz Behavioral Health	1-800-600-5599

**Siletz Community Health Clinic registration forms and Chemawa Indian Health Center applications** are available at the Eugene Area Office. If you have questions regarding eligibility for services, you may contact:

**Adrienne Crookes**  
**Community Health Advocate**  
**541-484-4234**

## Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

You may qualify for the Oregon Health Plan! OHP provides health care coverage to eligible, low income Oregonians. If you would like to apply, you may stop by and pick up an application, or apply online at [OregonHealthCare.gov](http://OregonHealthCare.gov)  
Telephone: 1-800-699-9075

We are here to assist you with any questions that you may have about OHP

**Contact Adrienne Crookes,**  
**Community Health Advocate, at 541-484-4234**

## Siletz Mail Order Pharmacy

If you need a prescription refill, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and to mail it to you.

Call **1-800-648-0449** and enter **ext. 1624**. Follow the voicemail instructions. If you need assistance, you may call Adrienne Crookes, Community Health Advocate at 541-484-4234

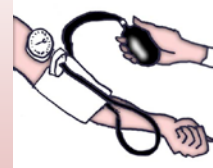
# Siletz Community Health

## Blood Pressure Screenings



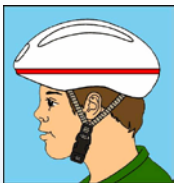
At the Siletz Eugene Area Office

Have you had your blood pressure checked lately? High blood pressure puts you at risk for heart attack, Stroke, and other health problems.



Feel free to come in and get it checked.

To make an appointment with Adrienne Crookes, CHA,  
Call: 541-484-4234.



## Bicycle Helmets

Are available at the Eugene Area Office

Parents, protect your little ones! Siletz household member children who are between the ages of 3-17 are eligible to receive a free helmet. Children who are not the legal dependents are not eligible for this service. Youth are encouraged to take care of their helmet and to return for a new one every other year or earlier if they:

- 1.) Need a larger size
- 2.) Sustain a fall that causes the helmet to hit the ground.

To be fitted for a helmet you may contact Adrienne Crookes, CHA, at 541-484-4234

## Attention Tribal Parents and Child Care Givers!

**Did you know 3 out of 4 child safety seats are used incorrectly?**



If you are unsure if your child's car seat is installed correctly, you may stop by the Siletz office and have it checked by a CTSI Child Passenger Safety Seat Technician.

Free car seats are available to the legal dependents of Siletz tribal members.

To make an appointment with Adrienne Crookes, call 541-484-4234. She will be available to provide information and assist in properly installing your car seat.





# **Diabetes Support Group**

**Thursday, April 30th**

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

**At the Siletz Tribal Office  
2468 West 11<sup>th</sup> Avenue  
Eugene, OR**

***Tentatively Planned/Call to confirm***

**Did you know that Native Americans are more than twice as likely to become diabetic than the rest of the U.S. population?**

**Native Americans are more likely to develop complications from diabetes once they have the disease**

**Everyone is welcome! You don't have to be pre-diabetic, or have diabetes to attend. A light, nutritious meal will be provided.**

**For more information you may contact  
Adrienne Crookes, Community Health Advocate, at 541-484-4234**

## April is National Distracted Driving Awareness Month

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Adrienne Crookes, Community Health Advocate

### Pay attention, save a life: Ditch the distractions

More than 80 percent of people say they feel uncomfortable riding with a distracted driver. ODOT and partner agencies, Oregon State Police and AAA Oregon are emphasizing the importance of focusing on driving when you're behind the wheel.

#### Ditch the distractions:

1. **Turn off your cell phone and stow it.** Turn your phone off or switch to silent mode before you get in the car. Then stow it away where it's out of reach.
2. **Spread the word.** Record a message on your phone that tells callers you're driving and will get back to them when you're off the road.
3. **Install an app.** Apps can help you avoid texting while driving. Go to your app store and search for "distracted driving."
4. **Pull over.** If you need to make a call, pull over to a safe area first.
5. **Use your passengers.** Ask a passenger to make the call or respond to a text for you.
6. **X the text.** Don't ever text and drive, browse online or read your email while driving. It's dangerous and against the law in most states. Even voice-to-text isn't risk free.
7. **Know the law.** Familiarize yourself with the state and local laws before you get in the car. Oregon prohibits the use of hand-held cell phones in addition to texting.
8. **Prepare.** If using a GPS device, enter your destination before you start to drive. If you prefer a map or written directions, review them in advance. If you need help while driving, ask a passenger to assist you or pull over to a safe location to review your map.
9. **Secure your pets.** Unsecured pets can be a big distraction in the car.
10. **Mind the kids.** Pull over to a safe place to address situations involving children.
11. **Focus on driving.** Multi-tasking behind the wheel is dangerous. Refrain from eating, drinking, reading, grooming, smoking, and any other activity that takes your mind and eyes off the road. *Research shows that hands-free phones are just as distracting as hand-held phone*

#### Teenagers Are At The Most Risk! How Can Parents Help?

- Talk to your teens.
- Set clear "House Rules."
- Remind your teen that driving is a privilege – a privilege they will lose if they don't drive by your rules.
- Be a good example—show responsible driving behaviors starting when your children are young.



# April is Sports Eye Safety Awareness Month

Adrienne Crookes, Community Health Advocate

Everyone knows that taking care of your eyes and preventing eye injuries is important. And many times we are more concerned with eye safety at work than we are with the safety of our eyes when we're engaged in recreational activities.

Interestingly, there are certain sports where eye injuries occur more often, such as; basketball, baseball and sports where a racket is used (tennis, racquetball, etc.). Full contact sports like boxing and martial arts pose a high risk of serious eye injury that may lead to the injured person becoming blind.



## Eye Injury Prevention

**The best ways to protect and prevent eye injuries while enjoying your favorite sports:**

1. Wear a face mask with a shatterproof shield during sports such as hockey, baseball and football.
2. Wear goggles or other protective eye wear for sports that include the use of a racket, basketball, field hockey and soccer. This not only protects your eyes from flying objects, but can also reduce sun glare when tinted.
3. Choose eye protectors that have been tested and adhere to the American Society of Testing and Materials (ASTM) standards.
4. Invest in sport-specific eyewear.
5. Choose protective eye wear that fits well (not too tight or too loose) and that is padded along the brow and bridge of the nose (to prevent cutting into the skin).
6. If you wear contact lenses, wear soft contacts when possible, and make sure you have a backup pair.
7. If you sustain an eye injury, make sure you see an ophthalmologist immediately to determine the severity of the injury.

Thousands of people experience an eye injury while playing sports each year. And, it is estimated that at least 42,000 people visit the emergency room each year because of eye injuries. You can avoid your chances of being another eye injury statistic by adhering to these seven tips listed above.

Source: [www.theemergencycenter.com/sportseyesafteyawarenessmonth](http://www.theemergencycenter.com/sportseyesafteyawarenessmonth)



# Produce Plus Food Rescue



## Siletz Tribal Members:

If you or your family would like to share in some *FREE*, fresh produce, you may pick it up at the Siletz office on Tuesdays between 2:00 and 4:15 pm. Any produce that is not picked up at this time can be picked up later on in the week; it just will not be as fresh.

Available right now are a variety of fall vegetables like winter squash, onions, potatoes, apples, and more. A staff person will be on hand to distribute what we receive.

Please bring your own bags or cooler to transport your food.

You may call ahead and check on the availability of produce.

Siletz Office: 541-484-4234  
2468 W. 11<sup>th</sup> Avenue, Eugene

(ask for: Nora, Jessica, or Adrienne)

# Homeless/Low Income HOUSING Eugene/Springfield

## Emergency

*weather related, etc.  
families & Individuals*

SVDP

### Dusk to Dawn

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

### Eagan Warming Centers

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

### Eugene Mission

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

### Centro Latino Americano

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

### Womenspace

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

### Overnight Parking

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

## Centralized Wait List

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

### St. Vincent DePaul

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

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

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

### ShelterCare

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

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

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

### Looking Glass Services

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

## Other Local Options

### Community Supported Shelters

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

### Homes for Good

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

### Opportunity Village

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

### Springfield Housing Programs

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

### Community Sharing Program of Cottage Grove

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

### Cornerstone

### Community Housing

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

## Elk Tag Opportunity

The Tribal Natural Resources Department will once again be offering a limited number of Landowner Preference (LOP) elk tags to Tribal members for the 2020-2021 hunting season. As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres that the Tribe owns, we can get 6 additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags that we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	<b>Tribal Tags</b>	<b>State LOP Tags</b>
<b>State Hunting License Required?</b>	No	Yes – Tribal member must purchase both a 2020 and a 2021 State hunting license
<b>Area to be Hunted</b>	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the unit selected during that unit's antlerless elk season. Units available include West Stott, North Alesa, South Alesa and Siuslaw
<b>Eligible for other State elk tags?</b>	Yes	No*
<b>Give tag to another licensed Tribal member to hunt for you?</b>	Yes	<b>No</b>
<b>Application and Selection Process</b>	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP Drawing; if selected apply to State for controlled hunt tag (list LOP unit in <u>LOP</u> section on State controlled hunt application)
<b>Obtain Tag From</b>	Tribe	State – Tribal member must purchase hunting license and elk tag prior to the start date of the hunt
* Note: If you are drawn for an LOP Tag you are still eligible to apply for and be drawn for a Tribal tag.		

Please note a major difference between the LOP tags and the Tribe's regular tags is ONLY the person drawn for the tag can hunt that tag. **The tag cannot be given to someone else to hunt for you.** Only Tribal members serious about hunting an LOP tag personally are eligible to apply.

The drawing for the 6 LOP elk tags will be held at the Natural Resources Committee Meeting to be held on April 6<sup>th</sup> at 4:45 PM in the Natural Resources Department Map Room. Applications are available on the Tribal website and at the Tribal Natural Resources Office in Siletz. Completed applications are due in the Natural Resources office by **4:30 PM April 3, 2020**. For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232.

2020

# ELDERS WOODCUTS

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

Near USDA Building on  
Logsdan Road in Siletz

*Rain or Shine*



**Saturdays**

**8:00 AM to 2:00 PM**

2020 DATES

MAY 16

JULY 18

SEPT. 19



Tribal Elders who need firewood delivered must  
call the Elders Program to be added to the list.

Raina 541-444-8261 or AJ 541-444-8212



# USDA distribution dates for April

## Siletz

Wednesday	April 1	9 a.m. – 3 p.m.
Thursday	April 2	9 a.m. – 3 p.m.
Friday	April 3	9 a.m. – 3 p.m.
Monday	April 6	9 a.m. – 3 p.m.
Tuesday	April 7	9 a.m. – 3 p.m.

## Salem

Monday	April 13	1:30 – 6:30 p.m.
Tuesday	April 14	9 a.m. – 6:30 p.m.
Wednesday	April 15	9 a.m. – 6:30 p.m.
Thursday	April 16	By appt only

### A MESSAGE TO ALL USDA CLIENTS:

Because of the corona virus, our warehouses will remain operational, however, doors will be locked. When it is your scheduled appointment time, we will do an auto-fill from your last months issuance, fill the food boxes and bring it to your car. We will not be requiring signature on your shopping lists, but please, if you are missing something from your order be sure to call and we will set it aside for you. This will be the distribution practice until further notice.

WE ASK THAT YOU PLEASE STAY HOME AND BE HEALTHY, UNLESS IT IS ABSOLUTELY ESSENTIAL THAT YOU GO OUT AND ABOUT.

**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



# April 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 TANF/GAF  USDA Distribution Siletz 9-3pm	2  USDA Distribution Siletz 9-3pm	3 Payday  USDA Distribution Siletz 9-3pm  Tag Drawing LOP	4
5	6 USDA Distribution Siletz 9-3pm  Self-Sufficiency Documents Due  Savvy Caregiver Trng <b>Tentatively</b> 12-2pm  Culture/Language Class <b>Tentatively</b> Siletz 5-8pm  Speaking Group 5-6:30pm	7 USDA Distribution Siletz 9-3pm  Culture/Language Class <b>Tentatively</b> EAO 5-8pm  Time Sheets Due	8	9 Herbal Medicine Making <b>Tentatively</b> Class 1-3pm	10	11 Elders Meeting 1pm Aces <b>Tentatively</b> Date
12 	13 USDA Distribution Salem 1:30-6:30pm  Culture/Language Class PAO 5-8pm <b>Tentatively</b>  Speaking Group 5-6:30pm On-Line Virtual Meeting	14 USDA Distribution Salem 9-6:30pm  Culture/Language Class SAO 5-8pm <b>Tentatively</b>	15 USDA Distribution Salem 9-6:30pm	16 USDA Distribution <b>By Appointment Only</b>	17 Payday	18
19	20 Speaking Group 5-6:30pm On-Line Virtual Meeting	21 Time Sheets Due	22 Wisdom Warriors <b>Tentatively</b> Class 12-1pm	23 Herbal Medicine Making <b>Tentatively</b> Class 1-3pm	24	25 <b>Tentatively</b> Date for Hazel Gathering
26	27 Speaking Group 5-6:30pm On-Line Virtual Meeting	28	29	30 Diabetes Support Group <b>Tentatively</b> 16pm	1 Payday	2

**The Confederated Tribes of Siletz Indians  
The Eugene Area Office Staff**

**541-484-4234      1-800-922-1399**

Lou Carey, A/O Supervisor x1751 [louc@ctsi.nsn.us](mailto:louc@ctsi.nsn.us)

Nick Viles, Education Specialist/JOM x1757 [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)

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Adrienne Crookes, Community Health Advocate x1753 [adriennec@ctsi.nsn.us](mailto:adriennec@ctsi.nsn.us)

Nora N Williams-Wood, Clerk x1750 [noraw@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)

Vacant, Elders On-Call Transport

Simple encouragement for when work fails. . .  
Some of our most powerful lessons and opportunities come  
in disguise of the mundane Simple things we do. . .

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

**All Events  
Subject to  
Cancelation**

**Please Call:  
541-484-4234**