

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

The Confederated Tribes of Siletz Indians

The Eugene Area Office Newsletter

The Eugene February 2020

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



We are here to help you with your concerns and answer your questions.

However:

Persons under the influence of drugs or alcohol are not permitted on CTSI property or at Tribally sponsored activities.

Physical or verbal abuse, harassment, the use of foul language or intimidation will not be tolerated. Threatening phone calls are reported immediately to supervisors and to the police.

Anyone choosing to exhibit any of the above behaviors maybe refused services and, when warranted, will be asked to leave premises.

Thank you for your cooperation...

Tribal Administration



Nuu-wee-ya'
(Our Words)

Introduction into the Athabaskan Language

Open to all Tribal Members of all ages

Location, Dates, times:

Siletz Language Class	February 3 rd	6-8pm
EAO Language Class	February 4 th	6-8pm
PAO Language Class	February 10 th	6-8pm
SAO Language Class	February 11 th	6-8pm

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

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- February 1st

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



Reminder to Vote by Mail/In person Community Center
February 1st between 10-4pm

All Ballots need to be in by 4pm

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 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

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 AO

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 7th 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 know someone who 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

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

SILETZ ELDER NEWS

Use this number to contact the Elders Program, **541-444-8225**, be sure to leave your name, phone number and brief message and you will get a call from the Elders staff.

The deadline for turning in absentee ballots for Tribal Council Elections is February 1, 2020 by 4:00 p.m. If you want to vote in person the Siletz Tribal Community Center will be open from 10:00 a.m. until 4:00 p.m. for voting.

The next Introduction to the Athabaskan Language Class for the Eugene Area Office will be held Tuesday February 4, 2020. Classes will be from 5:00 pm until 8:00 pm. A light meal will be provided. There will also be an opportunity to learn more about traditional methods of cooking salmon on sticks.

Siletz Tribal Home Visiting Program is coordinating monthly trainings/presentations on a variety of topics in all the Siletz Area Offices. The next presentation at the Eugene Area Office is Thursday, February 6, 2020 from 10:00 a.m. until Noon. The topic is Emergency Preparedness.

The Chinook Winds entertainment for February, 2020 is Dwight Yoakam. He will be at the casino on February 7th and 8th. The shows will start at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

The next Elders Council Meeting is scheduled for Saturday, February 8, 2020 at 1:00 pm, and will be held in the Shasta Room at the Casino.

The Eugene Area Office will be closed on February 17, 2020, for Presidents Day.

The Diabetes Support Group meets on February 27, 2020 at 6:00 pm at the Eugene Area Office. A light meal will be served.

Jim Swanson, 541-683-8766

jimswanson38@comcast.net

JOM: Youth News and Notes

Monthly Culture Class:

Acorn Soup

Wednesday, February 19, 5-7 pm, Eugene Area Office
Learn about how to process and cook acorns to make acorn soup. Light meal provided and there will be plenty of acorn soup to sample. See flyer for details.

Youth Council

Saturday, February 22, location and departure time TBA
The Youth Council is open to youth from ages middle school to twenty-four and is a great opportunity to connect with other tribal youth while serving the community and tribe. Call or email for more details or to sign up.

February Youth Activity Calendar

Feb 3: Speaking Group, EAO, 5-6 pm

Feb 10: Speaking Group, EAO, 5-6 pm

Feb 19: Culture Night, Acorn Soup, 5-7 pm

Feb 22: Youth Council, departure TBA

Feb 24: Speaking Group, EAO, 5-6 pm

Sign up for the Youth Events Email List for updates and reminders
Contact: nickv@ctsi.nsn.us

Tutoring

Winter term tutoring has moved to individually scheduled sessions. Please call or email to set up an appointment.

Dee-ni Language Speaking Group

The Eugene Area Office is continuing to host weekly speaking groups to encourage daily use of our Dee-ni language. All ages and skill levels welcome, infant to elder. Join us on Monday February 3, 10, and 24 from 5-6 pm at the Eugene Area Office and learn to grow your daily use of the language. See flyer for details.

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 \$125 per year to cover fees for costs related to extracurricular activities or cultural activities/supplies for Siletz tribal students. Call for details.

Higher Ed/AVT: News and Reminders

Higher Education and AVT Grants

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

Applications for the 2020-2021 school year for new and continuing Higher Ed and AVT students are due **JUNE 30, 2020**. To be eligible for funding you must have completed a 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.

Don't Miss Out on Scholarship Season

Check out these additional scholarships:

-Oregon Student Assistant Commission (OSAC):

Apply for over 500 separate scholarships with one simple application.

Deadline: March 1, 2020

Apply online at : <https://app.oregonstudentaid.gov>

-Cobell Scholarship:

Opportunities available for graduate, undergraduate, and vocational training.

Deadline: March 31, 2020 (undergraduate) May 31, 2020 (vocational training)

Apply online: <http://cobellscholar.org/>

-American Indian College Fund:

Graduate and Undergraduate

Deadline: May 31, 2020

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

-American Indian Graduate Center:

Scholarships for Graduate Students

Deadline: Varies (most in early spring)

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

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.

Tax Software:

Tax software is once again available for use at the Eugene Area Office beginning February 1. Drop-ins welcome or call ahead to check for availability.



Nuu Wee-Ya' Lhetlh-xat

Weekly Dee-ni Language Speaking Group

*FEBRUARY DATES: Monday February 3, 10, and 24 5:00-6:00 pm

*Eugene Area Office *Light Meal Provided

*All ages welcome, infants to elders *No prior knowledge needed

*LEARN ABOUT AT-HOME BASED LANGUAGE LEARNING

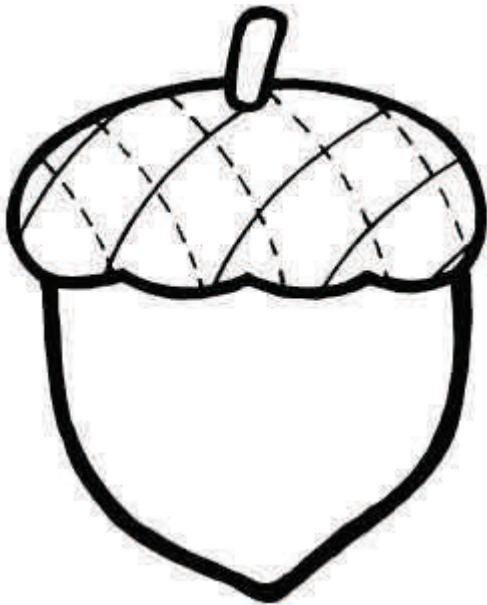
*HELP BUILD YOUR LOCAL SPEAKING COMMUNITY

Interested in More Information?

Contact Nick Viles at x1757 or nickv@ctsi.nsn.us



February Culture Class



Wednesday, February 19, 2020


5:00 pm - 7:00 pm

Eugene Area Office

Light Meal Provided

February Activity: **Acorn Soup**

-Come and help process and cook acorns into acorn soup—one of our traditional foods





2020 College Students Summer Internship Program Deadline

Students attending college can apply for the Tribe's 2020 College Students Summer Internship Program. To be eligible, you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager Tina Retasket or the education specialists at any Tribal area office to request an application.

This program assists Tribal students with locating internship placements to gain work experience in their field of study. Up to Ten slots are available for 2020.

Students can work up to 300 hours at Tribal minimum wage (currently \$12.75/hour) and can be placed within or outside of the Tribe.

Students selected for the program must complete an orientation, criminal history background check and drug screening (Note: The Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana).

Placements can begin in June, but must be completed by Sept. 30, 2020. Students should send a completed application and an unofficial copy of transcripts to:

By Mail

CTSI

Attn: College Internship Program

P.O. Box 549

Siletz, OR 97380-0549

By Fax

541-444-2307

By Email

collegeinterns@ctsi.nsn.us

Deadline for applications to be received at the Siletz central administration building is **4:30 p.m. on March 13, 2020.**

Emergency Preparedness Presentation

Eugene Area Office February 6, 2020 10-12PM

Presenter: Eli Grove CTSI Emergency Preparedness Coordinator

Agenda:

1. Presentation on Emergency Preparedness (overview and general information).
2. Talk about individual preparedness (what's in your go-bag)?
3. How should you prepare your family?
4. Questionnaire & open discussion. How can we best prepare our Tribe for emergencies?
5. Sharing local emergency plans. Where do you fit in and how to become involved.
6. Questions for me...
7. Questions for you...Prizes Available!

Anyone is welcome and encouraged to attend. This is good information for everyone, regardless of your role at work or home. Please stop by and ask questions, share concerns or just listen and take home some prizes!



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 11th
Eugene, OR 97402

SALEM AREA OFFICE

3160 Blossom Dr NE, Ste 105
Salem, OR 97305

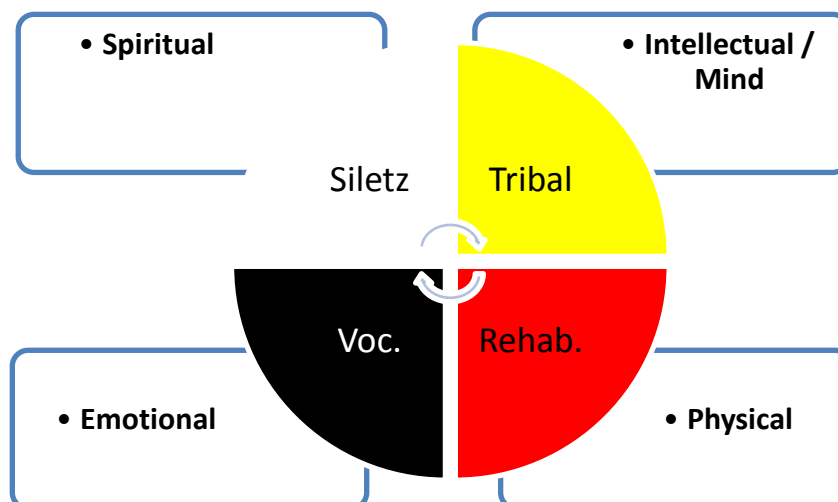
SILETZ ADMIN. OFFICE

201 SE Swan Ave
Siletz, OR 97380

EUGENE – JERAMIE MARTIN, Program Director

SALEM - Toni Leija, Counselor/Job Developer

SILETZ – RACHELLE ENDRES, Counselor/Job Developer





Kate Brown, Governor

**OREGON
COMMISSION
FOR THE
BLIND**

535 SE 12th 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

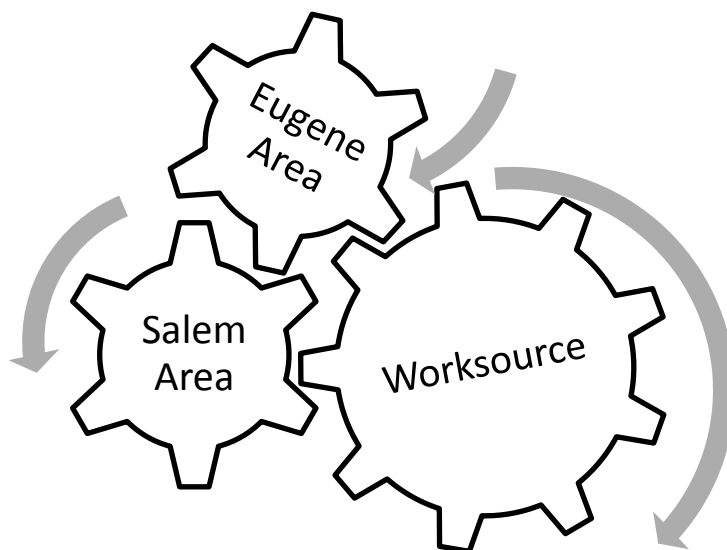
Email: ocb.mail@state.or.us

Website: 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

"Expanding Opportunities for Oregonians with Vision Loss"

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:

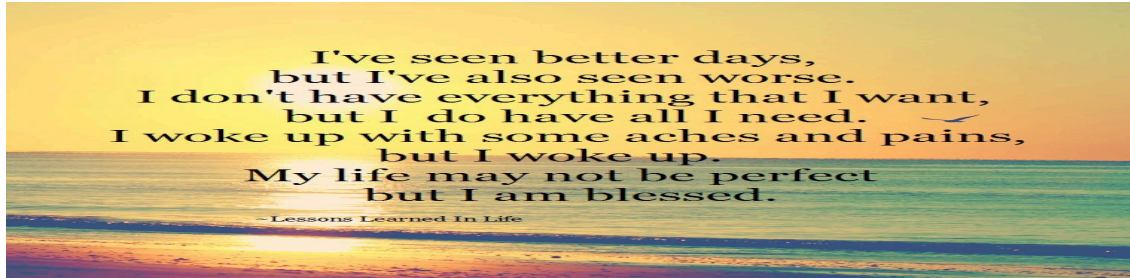
Albany Worksource
139 4th Ave SE
Albany, OR 97321

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

477 Self-Sufficiency Program

Jenifer Jackson, Tribal Services Specialist x 1755

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.



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.

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.

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

Long Distance Calls:

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

Schedules:

Jens hours: M-F 8-4:30pm
Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services, General Assistance and TANF

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 February 2020

Tuesday	January 31 st	TANF/GAF
Saturday	February 1 st	Tribal Elections
Tuesday	February 4 th	EAO Language/Culture Class 6-8pm
Wednesday	February 5 th	Self-Sufficiency documentation due
Thursday	February 6 th	Emergency Preparedness Presentation/EAO
Friday	February 7 th	WEX Payday
Saturday	February 8 th	Elders Meeting CW Casino 1-4pm
Tuesday	February 11 th	Time Sheets Due
Friday	February 14 th	Valentine's Day
Monday	February 17 th	President's Day CLOSED
Wednesday	February 19 th	Culture Activity Night 5-7pm
Friday	February 21 st	WEX Payday
Tuesday	February 25 th	Time Sheets Due
Thursday	February 27 th	Diabetes Support Group 6-8pm

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 Jen at 541-484-4234 or 1-800-922-1399 x1755 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 www.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

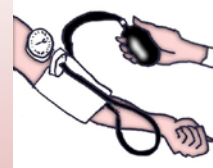
Siletz Community Health

Blood Pressure Screenings



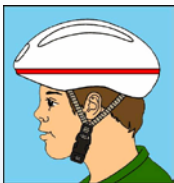
At the Siletz Eugene Area Office

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, February 20th

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

**At the Siletz Tribal Office
2468 West 11th Avenue
Eugene, OR**

Our guest speaker this month will be Cecelia Jacobson, RD, CDE, with Oregon Heart and Vascular Institute at River Bend Hospital

She will be talking about Diabetes and Heart Health, and will also provide a cooking demonstration. This session is to help you feel empowered to take more control over your food choices and make small changes that can lead to big differences in your health.

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**

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. 11th Avenue, Eugene

(ask for: Nora, Jessica, or Adrienne)

February is American Heart Month

Adrienne Crookes, Community Health Advocate

About Every 25 Seconds, an American Will Have a Coronary Event

Heart disease is the leading cause of death in the United States and is the major cause of disability. The most common heart disease is coronary heart disease, which often appears as a heart attack. In 2017, an estimated 185,000 Americans had a new coronary attack, and about 47,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about every minute one will die from one.

Diseases and Conditions That Put Your Heart at Risk

Conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use, and secondhand smoke are also risk factors associated with heart disease.



Know Your Signs and Symptoms of Heart Attack

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening.

Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.

Discomfort in other areas of the body: Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath: May occur with or without chest discomfort.

Other signs: These may include breaking out in a cold sweat, nausea, or lightheadedness.



WHENEVER A HEART ATTACK IS SUSPECTED CALL 911 IMMEDIATELY!

For more information about heart disease visit www.cdc.gov or www.heart.org

A Heart Healthy Diet You'll Love

Adrienne Crookes, Community Health Advocate

FOODS YOU'D EAT EVEN IF THEY WEREN'T GOOD FOR YOU.

Blueberries: These top the list of fruits and veggies for antioxidants—Natural ingredients that neutralize certain destructive substances that contribute to heart disease. Blueberries also help prevent blood clots and reduce artery inflammation.



Close runner-up: strawberries.



Red Grapes: Grape skins contain the antioxidant resveratrol, which helps prevent blood clots and the stiffening of heart tissue.

Nuts: Almonds, walnuts, macadamias, and hazelnuts are high in monounsaturated fat, which lowers LDL (bad) cholesterol without reducing HDL (good) cholesterol. They are also a rich source of vitamin E (a powerful antioxidant) and of the amino acid arginine, which helps keep artery walls healthy. Walnuts, in addition, protect against clotting and arrhythmia. But keep nuts to an ounce a day: They are also high in calories.

Avocados: True, they're high in fat, but it's the healthy monounsaturated kind. Chemicals in avocados also inhibit cholesterol absorption and protect against hypertension.



Chocolate: The dark, European kind is rich in nutrients called flavones, which lower both blood pressure and LDL cholesterol.

Olive Oil: As a monounsaturated fat, it's good for your cholesterol numbers. In addition, dressing your salad with a little olive oil or using it to sauté leafy greens will help you absorb the nutrients in those veggies.

Know the Differences

Cardiovascular Disease, Heart Disease, Coronary Heart Disease



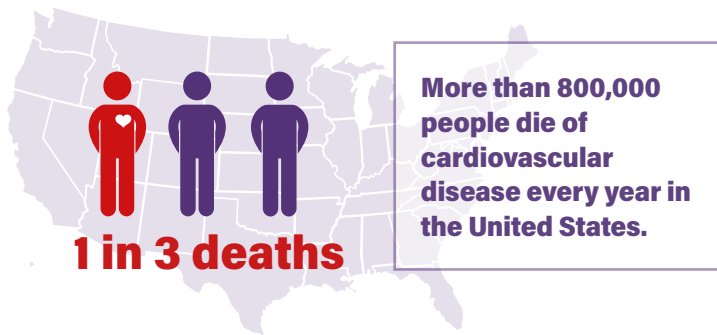
Cardiovascular disease, heart disease, coronary heart disease – what's the difference?

Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

Cardiovascular Disease

The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **congenital heart defects** and **peripheral artery disease**.



Heart Disease

A type of cardiovascular disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function.

Keep in mind – all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about "heart disease" they often mean coronary heart disease.



About **630,000 Americans** die from heart diseases each year.

11.7% of American adults (that's more than 1 of every 10) have been diagnosed with heart disease.

Coronary Heart Disease

A type of heart disease

Coronary heart disease is often referred to simply as "heart disease," although it's not the only type of heart disease. Another term for it is coronary artery disease.

About 366,000 Americans died

from coronary heart disease in 2015.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C**.
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active**.
- **Control your weight**.
- **Don't smoke**.
- **Manage stress**.



February is American Heart Month

So how does smoking affect the Heart? Lets start this conversation off with one (1) of the 7,000 chemicals found in cigarette smoke, “carbon monoxide”.

What is carbon monoxide (CO)?

Carbon monoxide (CO) is a colorless, odorless, poisonous gas. CO, tar and nicotine are the main constituents of tobacco smoke. All represent some risk to your health. Carbon monoxide mainly affects the lungs, heart, and blood vessels.

If I cut down on smoking, will this reduce my breath CO by an equivalent amount?

Probably not. A smoker may smoke fewer cigarettes, but will require the same amount of nicotine. Thus, you may smoke a smaller number of cigarettes more aggressively. As a result, you may continue to receive a similar amount of CO.

How does carbon monoxide (CO) harm my body?

When tobacco smoke is inhaled into the lungs, CO passes through the lining of the lungs into the blood, where it becomes attached to the hemoglobin (Hb) - the oxygen carrier on red blood cells. These red blood cells normally carry oxygen, however, their chemical attraction to CO is greater than oxygen. So, any CO in the blood pushes out oxygen, forming Carboxyhemoglobin (%COHb), thus putting extra strain on the heart.

Heart problems caused by carbon monoxide

Heart: To compensate for the shortage of oxygen, the heart has to work harder to get enough oxygen to all parts of the body. The heart itself gets less oxygen, increasing the risk of heart damage.

Circulation: COHb causes the blood to thicken and the arteries to get coated with a thick, fatty substance. This causes high blood pressure and circulation problems, with increased risk of stroke and heart attack.

**Commercial Tobacco Quitline 1-800-QUIT-NOW
AI/AN Line now available 1-800-784-8663 (option 7)**

Learn to fish alongside
the whole family!



.....

March 13-15, 2020
Camp Angelos | Corbett, OR
Scholarships Available | All Ages Welcome

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Questions: orhabitat@nwf.org or (503) 616 - 4280

Request Your Siletz Tribal ID Card Today!

If you are unable to make it to the Administration building in Siletz to obtain or replace your Siletz Tribal ID card you are now able to request one at on of the three Area Offices; Eugene, Salem and Portland. They will take your photo and obtain your signature then send it to the Enrollment Department in Siletz. Your Tribal ID will then be mailed by CERTIFIED mail to your address on file or to the Area Office where you made your request.

If you have family that do not live in the 11-county service area or are not able to make it to a Tribal office during work hours, there is a form on the Tribal website under Government Listings > Enrollment and the tab marked "Enrollment Forms." Tribal members can print the form titled "Siletz Tribal Identification (ID) Request" and follow the directions regarding the digital photo specifications, identity verification and signature verification then mail the form to the Enrollment Department.

If you have not updated or replaced your Tribal ID card since April 1, 2016 there is a new format and more information on the card that makes it more acceptable as a form of identification with many more places. The expiration date is 10 years from the issue date. When you update your address, send in your Tribal ID card and we will mail you an updated card with your new address.

Sample of Siletz Tribal ID card using our local school's mascot and some fictitious information.

 <p style="text-align: center;">Front of ID Card</p>	 <p style="text-align: center;">Back of ID Card</p>
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If you need to replace your card with no changes (for example address or name) within the same calendar year it was issued, there is a \$5.00 replacement fee (per Tribal Resolution #2016-087). You can obtain up to one new Tribal ID card per calendar year at no charge. Call the Enrollment Department at (800) 922-1399 ext. 1258 if you have questions about this fee.

We Are All
Related



USDA distribution dates for **FEBRUARY 2020**

Siletz

MONDAY	FEBRUARY 3	9:00 AM-3:00 PM
TUESDAY	FEBRUARY 4	9:00 AM-3:00 PM
WEDNESDAY	FEBRUARY 5	9:00 AM-3:00 PM
THURSDAY	FEBRUARY 6	9:00 AM-3:00 PM
FRIDAY	FEBRUARY 7	9:00 AM-3:00 PM

Salem

TUESDAY	FEBRUARY 18	1:30 PM – 6:30 PM
WEDNESDAY	FEBRUARY 19	9:00 AM – 6:30 PM
THURSDAY	FEBRUARY 20	9:00 AM – 6:30 PM
FRIDAY	FEBRUARY 21	BY APPOINTMENT ONLY

CHICKEN ADOBO

INGREDIENTS:

1 chicken (You can use thighs or whatever you want)

Pack of pork ribs (bone in)

Soy sauce & white vinegar (3:1)

Cayenne pepper (2 t. or to taste)

Garlic (5 - 10 cloves)

Peppercorns (small palm full)

Brown sugar (1/4 cup)

INSTRUCTIONS:

Put everything in a big pot and bring to a boil. Reduce heat to medium and simmer for ½ hour to 45 minutes, turning over every 5 minutes. After meat is cooked through, add a little flour to thicken juice a little.

Serve over rice.

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

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28 Time Sheets Due	29	30	31 TANF/GA	1 Tribal Elections Day
2	3 USDA Distribution Siletz 9-3pm Culture/Language Class Siletz 5-8pm Speaking Group EAO 5-6pm	4 USDA Distribution Siletz 9-3pm Culture/Language Class EAO 5-8pm	5 USDA Distribution Siletz 9-3pm	6 USDA Distribution Siletz 9-3pm Emergency Preparedness Presentation EAO 10-12pm	7 USDA Distribution Siletz 9-3pm WEX Payday	8 Elders Mtg CW Casino 1-4pm
9	10 Culture/Language Class PAO5-8pm Speaking Group EAO 5-6pm	11 Time Sheets Due Culture/Language Class SAO 5-8pm	12	13	14 	15
16	17 CLOSED 	18 USDA Distribution Salem 1:30-6:30pm	19 USDA Distribution Salem 9-6:30pm EAO Culture Night 5-7pm	20 USDA Distribution Salem 9-6:30pm	21 USDA Distribution Salem Appt. Only WEX Payday	22
23	24 Speaking Group EAO 5-6pm	25 Time Sheets Due	26	27 Diabetes Support Group 6-8pm	28	29

The Confederated Tribes of Siletz Indians

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