

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 January 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	January 6 th	6-8pm
EAO Language Class	January 7 th	6-8pm
PAO Language Class	January 13 th	6-8pm
SAO Language Class	January 14 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 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~

Elderly and Disabled-October 1st

Crisis/ Regular heating- January 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

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



EAO Mini Library

Available: Native Books to checkout

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

The Siletz Community Health Clinic will be offering Medication Assistance Treatment (MAT) in Salem, Oregon soon. The clinic is contracting 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®/VIVITROL®/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-Native 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, CADC I, @ 541-444-9697.

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.

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

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 Elder staff.

The next Introduction to the Athabaskan Language Class for the Eugene Area Office will be held Tuesday January 7, 2020. Classes will be held from 5:00 pm until 8:00 pm. A light meal will be provided. There will also be an opportunity to practice Feather Tying for regalia.

The CTSI Planning Department Community Meeting is Thursday, January 9, 2020 from 5:00 until 7:00 pm.

January, 2020 means it is time for tribal elections. January 11, 2020 is the date for you to meet those who are running for tribal office. The Candidates Fair starts at 9-12pm at Aces at the Golf Course.

The next Elder's Council Meeting is scheduled for Sunday, January 18, 2020 at 1:00 pm, and will be held in the Aces Room at the Golf Course. This is an important meeting setting meeting dates and electing officers.

The Chinook Winds entertainment for January, 2020 is Three Dog Night. They will be at the casino on December 10th and 11th. The shows will start at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

The Eugene Area Office will be closed on January 1, 2020, and January 20, 2020. This is a good time to remind you that offices might be closed at this time of year due to inclement weather. So, call ahead before you travel.

The Officers, Transporters, and Area Representatives will meet on January 23, 2020 at the Eugene Area Office starting at 10:00 am.

The Diabetes Support Group meets on January 23, 2020 at 6:00pm at the Eugene Area Office. A light meal will be served.

Jim Swanson, EAO Elders Rep.

541-683-8766

jimswanson38@comcast.net



JOM: Youth News and Notes

Winter Weaving:

January craft night is baskets. Come and learn how to start and finish a simple basket. All materials, supplies, and instruction will be provided—includes simpler activity for younger students

Where: Eugene Area Office

When: Wednesday January 15, 5:00-7:00 pm

Call or email for more information or see flyer for details.

Youth Council:

The Siletz Tribal Youth Council will kick off 2020 with a meeting in Portland on Saturday, January 18. Students ages 12-24 are invited to attend. The Youth Council brings together youth from all four area offices to collaborate on community service projects that help strengthen our community...and have a lot of fun!

Future 2020 meeting dates: February 22, April 18, and May 16.

January Youth Activity Calendar

Jan 6: Language Speaking Group, 5-6 EAO

Jan 13: Language Speaking Group, 5-6 EAO

Jan 15: Culture Night, 5:00-7:00 pm, EAO

Jan 18: Youth Council, Portland, depart EAO @ approx. 8:30 am

Jan 27: Language Speaking Group, 5-6 EAO

Jan 29: College Info Night, 5:00-6:30, EAO

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

Contact: nickv@ctsi.nsn.us

College Info Night

Wednesday, January 29, 5-6:30: It's never too early to start planning for college. Come for answers about the FAFSA, SAT/ACT, tribal education assistance, or additional scholarships. All ages welcome! See flyer for details.

Tutoring

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

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 \$75 per year to cover fees for costs related to extracurricular activities or cultural activities/supplies for Siletz tribal students. Call or email for more 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.

Fall 2020 applications for new and continuing Higher Ed and AVT students are due **JUNE 30, 2020** but to be eligible for funding you must complete a Federal Application for Financial Aid (FAFSA) by **January 31, 2020**. **DO NOT MISS THIS IMPORTANT DEADLINE!**

If you have any questions about filing out a FAFSA, signing up for the SAT/ACT, finding/applying to schools or training programs, additional scholarships, and/or how to apply for tribal assistance make an appointment today.

Interested students of all ages are also welcome to attend College Info Night on Wednesday January 29, 5:00-6:30 pm (see the flyer details).

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.

Applying to college or university? Do not forget these three important steps:



1. Fill out FAFSA

Applications for FAFSA opened on October 1, 2019. Apply online: www.fafsa.gov **before January 31, 2020** to be eligible for tribal assistance.

2. Apply to College/University

Be sure to pay attention to application deadlines at college and universities. Many Oregon colleges and universities have application deadlines as early as mid-January and early February.

3. Apply for Outside Scholarships

Oregon Student Assistant Commission (OSAC) applications are now open. Apply for over 500 separate scholarships with one simple application. Final deadline March 1. Apply online at : <https://app.oregonstudentaid.gov> Then, apply for tribal aid by June 30, 2020.

College Info Night

Featuring

Wednesday, January 29, 2020

◆ Light Meal

5:00-6:30 pm

◆ Answers to questions about:

Eugene Area Office

-College Applications

Light Meal Provided

-Tribal Aid for Higher

Education and Adult

Vocational Training

-Scholarships

All tribal members and their families are invited to this informational session. Find information about applying for college, filing a FAFSA, tribal

-FAFSA

◆ Information about other

For more information contact: Nick Viles

nickv@ctsi.nsn.us

541-484-4234



Culture Class

Wednesday, January 15, 2020

5:00 pm - 7:00 pm

Eugene Area Office

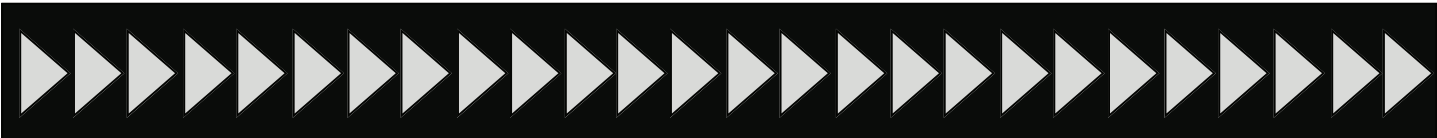
Light Meal Provided

November Activity: Baskets

Supplies provided for JOM youth and Siletz tribal members.

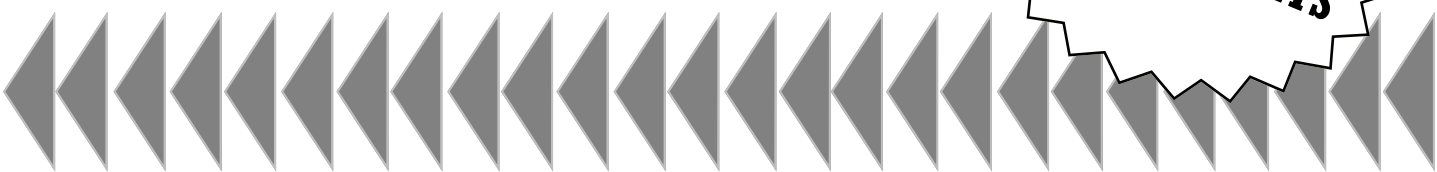
Call Nick Viles with questions or to sign up (541-

Co-sponsored by JOM and the Eugene Area Office



Nuu Wee-Ya' Lhetlh-xat

**NOW MOVING TO
MONDAY NIGHTS**



Weekly Dee-ni Language Speaking Group

*JANUARY DATES: Mondays January 6, 13, and 27 5:00-6:00 pm

*Eugene Area Office

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

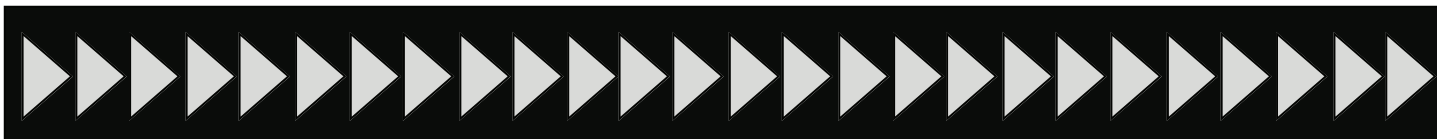
*Light Meal Provided

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

*Help Build Your Speaking Community

Interested in More Information?

Contact Nick Viles at x1757 or nickv@ctsi.nsn.us for more information or to receive scheduling updates and materials



Special Trainings & Presentations at The Siletz Eugene Area Office!

477/SSP Siletz Tribal Home Visiting Program is coordinating monthly Trainings/Presentations on a variety of topics each month in all of our area offices. These are open to the community and anyone is welcome to join.

-JANUARY'S PRESENTATION HEALTHY TRADITIONS-

Kathy Kentta-Robinson is the Project Coordinator for the Confederated Tribes of Siletz Indians Healthy Traditions program. She is a Siletz Tribal member and is teaching and practicing harvesting traditional foods. Healthy Traditions activities reinforce our connection to the land, rivers and sea. The practice of gathering Siletz traditional foods is preserving our traditional ecological knowledge (TEK) and passing our traditions on to our families. Please join us on January 7th from 1-3pm to hear her speak about the Healthy Traditions programming for the upcoming year.

Tuesday, January 7, 2020 - Presentation by Kathy Kentta-Robinson with Healthy Traditions

1pm-3pm Light snacks will be provided

Thursday February 6, 2020 - Presentation by Eli Grove on Emergency Preparedness

10am-12pm Light snacks provided

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

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

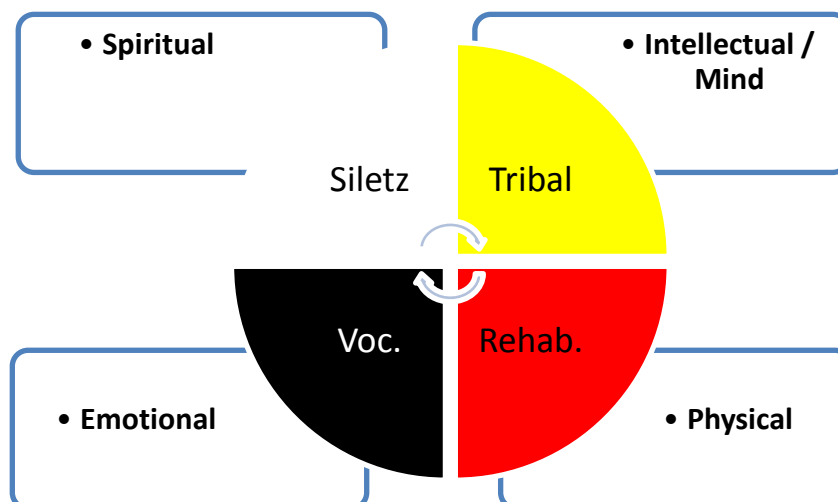
SILETZ ADMIN. OFFICE

201 SE Swan Ave
Siletz, OR 97380

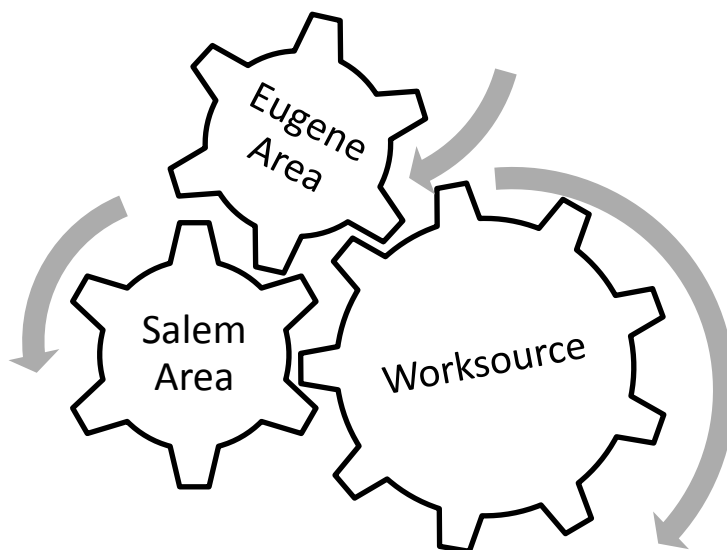
EUGENE – JERAMIE MARTIN, Program Director

SALEM - Toni Leija, Counselor/Job Developer

SILETZ – RACHELLE ENDRES, Counselor/Job Developer



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.



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"

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.

**“It’s easier to build up a child than it is to repair an adult
Your words and actions have power in your child’s life use
them wisely”**

**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.

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

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

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 January 2020

Monday	December 30 th	Time Sheets Due
Tuesday	December 31 st	TANF/GAF
Wednesday	January 1 st	New Year's Day CLOSED
Monday	January 6 th	Self-Sufficiency documentation due
Tuesday	January 7 th	Healthy traditions 1-3pm
Tuesday	January 7 th	EAO Language/Culture Class 6-8pm
Thursday	January 9 th	Planning Community Meeting 5-7
Friday	January 10 th	Payday
Saturday	January 11 th	Candidates Fair Aces 9-12pm
Saturday	January 18 th	Elders Meeting 1-4pm
Tuesday	January 14 th	Time Sheets Due
Monday	January 20 th	MLK Day CLOSED
Thursday	January 23 rd	Elders Council Meeting EAO 10-12pm
Thursday	January 23 rd	Diabetes Support Group 6-8pm
Friday	January 24 th	WEX Payday
Tuesday	January 28 th	Time Sheets Due

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

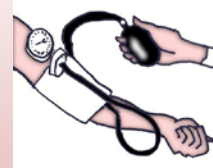
Siletz Community Health

Blood Pressure Screenings



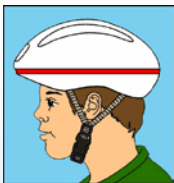
At the Siletz Eugene Area Office

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, January 23rd

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 Dawn McIlwain,
Healing Arts Program Coordinator, with the
Trauma Healing Project in Eugene.**

**She will talk about Diabetes and Stress. Come
learn about common stress in diabetes
and things that you can do to manage it.**

**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**

Happy New Year

As we start off the New Year (2020), several people will make a resolution. Whether it's exercising, eating healthier, take a vacation, go back to school, quit smoking, etc. Many of these resolutions will require a change in lifestyle, for example; eating more fruits and vegetables, working on portion control during meals, start going to the fitness center or incorporating more physical activities into your routine.

If you are looking at quitting smoking, here are a few tips to help with your success:

1. Make a list of reasons on why you want to "quit smoking".
2. Choose a method whether it be "cold turkey", "tapering", using a app or a texting program, nicotine replacement therapy (NRT's). There are several methods, if you need assistance or have a question, contact the Tobacco Prevention Coordinator at 541-444-9682.
3. Set a quit date. Pick a day that works for you, not a day that will be too stressful. Write it down and commit to it.
4. Let your family and friends know that you are quitting and ask them to support you on your new journey. Let them know that you may need to contact them when your going through a rough time.
5. Reward yourself. Use the money that you will save on cigarettes and treat your self to the new you. You can buy yourself something small and frequent, or save up and get something nice. **You deserve it.**

Cancers associated with commercial tobacco use for January

Cervical Cancer:

Cervical cancer occurs when the cells of the cervix grow abnormally and invade other tissues and organs of the body. When it is invasive, this cancer affects the deeper tissues of the cervix and may have spread to other parts of the body (metastasis), most notably the lungs, liver, bladder, vagina, and rectum.

There are two main types of cervical cancer: squamous cell carcinoma and adenocarcinoma. Each one is distinguished by the appearance of cells under a microscope.

Squamous cell carcinomas begin in the thin, flat cells that line the bottom of the cervix. This type of cervical cancer accounts for 80 to 90 percent of cervical cancers.

Adenocarcinomas develop in the glandular cells that line the upper portion of the cervix. These cancers make up 10 to 20 percent of cervical cancers.

**Commercial Tobacco Quitline 1-800-QUIT-NOW
AI/AN Line now available (option 7) 1-800-7848-663**

January is Glaucoma Awareness Month

Adrienne Crookes, Community Health Advocate

Look to the Future: Get an Eye Exam to Save Your Vision from Glaucoma

More than four million people in the United States have glaucoma, a group of diseases that damage the optic nerve and destroy eyesight. Unfortunately, nearly half of those with glaucoma are even aware that they have it. Are you one of them? You owe it to yourself to find out by getting a comprehensive dilated eye exam that includes having drops put in your eye. With its painless and gradual loss of vision, glaucoma may have no early warning signs, but it can be detected during a comprehensive dilated eye exam.

The National Eye Institute research has shown that treatment during the early stages of glaucoma can control the disease and prevent future vision loss and blindness. This is why NEI encourages people at higher risk for glaucoma to get a comprehensive dilated eye exam every one or two years.

Anyone can develop glaucoma, but those at higher risk include:

- African Americans over age 40
- Everyone over age 60
- People with a family history of the disease



During a comprehensive dilated eye exam, an eye care professional can see inside the eye to detect signs of glaucoma, such as subtle changes to the optic nerve, before any symptoms appear. This allows the eye care professional to determine if you have glaucoma or are at risk for it, to monitor your condition, to treat glaucoma as early as possible, and to look for other vision problems. Once symptoms appear, it may be too late to prevent vision loss and the progression to blindness.

If glaucoma is detected early, treatments such as eye drops or surgery can slow or stop vision loss. High pressures inside the eye, which may be associated with glaucoma, does not by itself mean that you have glaucoma. Only a comprehensive dilated eye exam and evaluation of the optic nerve by an eye care professional can tell you that.

For more information, visit www.nei.nih.gov/glaucoma

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)



Portland Street Art Alliance (PSAA) seeks statewide artists for three murals painted as part of the Viaduct Arts initiative in the Central Eastside Industrial District of Portland. This initiative aims to establish new connections for diverse artists to push their creative boundaries and increase representation in Portland's public art landscape.

The Oregon Community Foundation Creative Heights grant that is supporting this work aims to address geographic disparities, specifically the lack of access to large-scale outdoor painting opportunities in the city. Therefore, this call to artists is for Oregon-based artists, specifically those living outside of the Portland Metro Area. PSAA encourages everyone to apply, but preference will be given to those who are a part of underrepresented communities (BIPOC+, LGBTQ, Women, Disabled, Low SES, etc.). If needed, selected artists can be paired with a mentor, who will help guide them through the mural-making process (design, mock-ups,

planning logistics, supply purchases, and painting). The goal of the mentorship program is to support artists in taking risks, developing their public practice, and expanding their skill-sets.

Viaduct Arts is being supported by a grant from the Oregon Community Foundation, public donations, and support from local businesses and property owners. Viaduct Arts is a district-wide project that is being coordinated in collaboration with the Central Eastside Industrial Council, Regional Arts and Culture Council, and the City of Portland's Office of Community and Civic Life.

Central Eastside Industrial District

Drawing inspiration from the district's acronym "CEID," Viaduct Arts intends to "seed" art making as an integral part of the district's identity as a hub for innovation and culture. The Central Eastside is long-time industrial sanctuary. In the early 1900s, thanks to the fertile Willamette Valley, Italian immigrants established fruit and vegetable wholesale distribution and transportation networks. This new riverside industrial district became known as "Produce Row."

At the heart of this historic industrial area, are two parallel loading dock streets - 2nd & 3rd Avenues. These thoroughfares transect three viaducts - the Hawthorne Bridge, Morrison Bridge, and Burnside Bridge that create deep cavern-like spaces cutting through the Central Eastside. This unique built environment created opportunities for large-scale work. With recent changes in zoning, and increased interest in development, this area is rapidly changing. Viaduct Arts aims ensure that street art stays an integral part of the district and future development.

Portland Street Art Alliance

Portland Street Art Alliance is a 501(c)3 non-profit organization. PSAA was founded in 2012 as a community advocacy group. Today, PSAA provides access to resources, networking platforms, and professional development opportunities for Pacific Northwest street artists. In the past two years, PSAA has facilitated commissioned work resulting in over \$200,000 paid to working artists. Since its founding, PSAA has managed over 100 private and publicly-funded projects, collaborating with hundreds of artists in the region. We aim to actively transform the public art landscape by developing more inclusive place-based programs which aim to increase access to art for everyone.

Artist Scope of Work

PSAA seeks to hire three artists to create original, two-dimensional mural artwork. Selected muralists will be assigned to secured walls in the Central Eastside.

Mural painting will occur the week of June 15-21, 2020. All applicants must be available during this time to be considered for this opportunity.

Artists will each design unique pieces of artwork in partnership with PSAA, mentors, business tenants, and property owners of each respective wall. The design development process will occur over email and scheduled phone call meetings. At these meetings, artist vision and specific site-based considerations will be discussed. PSAA and mentors will assist with planning for mural painting, including supply ordering, lift rentals (if needed), and setting up painting area. Artists will be expected to participate in the promotion of this project.

Budget

- There is no application fee.
- Paint supplies and equipment rentals will be covered by PSAA, with support from Miller Paint, Metro Paint, and Kobra/Clash Paint partnerships.
- Hotel lodging accommodations will be provided by PSAA, as needed.
- Each of the three awarded artists will be provided a stipend for covering their labor and travel expenses.

Stipends vary depending on the wall assigned to each artist.

Stipend average: \$3,500

Project Timeline

- Call to Artists | Nov 1, 2019
- Applications Due | Dec 20, 2019
- Artist Selection | Feb 1, 2020
- Design & Review Phase | Feb - Mar 2020
- Logistics Planning | Apr - May 2020
- Mural Painting | June 15-21, 2020

Artist Selection

A committee consisting of members of PSAA, artists, advocates, and community stakeholders will independently score submissions and select finalists. PSAA will announce the selected artists on February 1st, 2020. Wall assignments and budgets will be determined in March 2020, before the Design & Review Phase.

Application Process

Complete Application: www.ViaductArts.org

Applications are due no later than 5pm December 20th, 2019
PSAA will announce the selected artists on February 1st, 2020

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 Time Sheets Due	31 TANF/GA	1 CLOSED 	2	3	4
5	6 SSP-Documents Due Speaking Group EAO 5-6pm	7 Healthy Traditions Presentation 1-3 Culture/Language EAO Class 5-8pm	8	9 Planning Community Meeting EAO 5-7pm	10 Pay Day	11 Candidates Fair Aces 9-12pm
12	13 Speaking Group EAO 5-6pm	14 Time Sheets Due	15 Culture Class EAO 5-7pm	16	17	18 Elders Meeting 1-4pm
19	20 CLOSED  1929 1968	21	22	23 Elders Council Mtg EAO 10-12pm Diabetes Support Group 6-8pm	24 Pay Day	25
26	27 Speaking Group EAO 5-6pm	28 Time Sheets Due	29 College Info Night EAO 5-6:30pm	30	31	

The Confederated Tribes of Siletz Indians

The Eugene Area Office Staff

541-484-4234 1-800-922-1399

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Vacant, Elders On-Call Transport

The Confederated Tribes of Siletz Indians
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