

# COVID-19 Food Assistance Program

## I. PURPOSE

To provide Siletz Tribal households experiencing negative impacts due to the COVID-19 pandemic with food assistance. Funding for the COVID-19 Food Assistance Program is based on a first come, first served basis. Services are available throughout the United States of America. This program will open June 1, 2020 and will remain open until funding is exhausted.

## II. ELIGIBILITY

1. Tribal households negatively impacted due to COVID-19. To be considered a tribal household, the head of household, spouse, or a minor child (ren) must be an enrolled Siletz tribal member.
2. Impact must be due to circumstances directly related to COVID-19 (i.e. loss of income due to lay-off, inability to work due to government shut-down, loss of income due to quarantine, household composition changes, etc.)

Households with income below the Federal Poverty Level and reside within the CTSI Service Area may be eligible to receive assistance from the IHBG CARES Fund. Households that exceed the income limits or reside outside the CTSI Service Area, may receive assistance from the CTSI CARES Fund. CTSI Administrators will determine what funding to utilize based on the application and supporting documentation.

Households currently receiving food assistance through other means (SNAP Benefits, USDA Commodities) may be eligible depending on the household situation.

## III. USES

COVID-19 food assistance is meant to address unmet needs. Eligible households may be eligible for food assistance totaling \$75.00 per household and then \$50.00 for each additional person up to a maximum of \$225.00 per household. Households found eligible with HUD funding will be limited to the \$75.00 and the remainder will be covered by the CTSI CARES fund.

## IV. PROCEDURE

1. The applicant must complete the COVID-19 Food Assistance Application as follows: names of all household members, proof of tribal enrollment, date of birth, address, income amounts and income sources for all household members. Applicant must document how COVID-19 has impacted their household and need for food assistance. Applicant must sign the release of information.
2. Applications will be processed by the 477-Self Sufficiency Program (477-SSP) in coordination with the Siletz Tribal Housing Department. Once eligibility is determined, the application may be forwarded to the CTSI Area Offices to meet the client need. The Area Offices may meet the client need by utilizing stores that accept CTSI purchase orders, other local stores or farms.
3. A receipt letter will be provided to the applicant 2 business days from the date the application is received by the CTSI. The applicant will be given ten (10) days from the receipt letter date to respond and correct any deficiencies. Other efforts to communicate with the applicant, to assist with completion of the application as soon as possible, will occur as needed.
4. The Applicant will complete the "Requested Food Items Form" attached to the application. Once approved for services, the 477-SSP will coordinate with the applicant a date and time to pick-up their groceries from a local store. The 477-SSP will purchase the items online for pick-up or delivery by the client.

## COVID-19 CARES Act - Housing Mortgage Relief Program Policy

### I. PURPOSE

To provide Siletz Tribal households experiencing negative impacts due to the COVID-19 pandemic with one-time mortgage relief assistance. Funding for the COVID-19 Housing Relief Program is based on a first come, first served basis. Services are available throughout the United States of America. This program will open May 20, 2020 and will remain open until funding is exhausted.

### II. ELIGIBILITY

1. Tribal households negatively impacted due to COVID-19. To be considered a tribal household, the head of household, spouse, or a minor child (ren) must be an enrolled Siletz tribal member.
2. Impact must be due to circumstances directly related to COVID-19 (i.e. loss of income due to lay-off, inability to work due to government shut-down, loss of income due to quarantine, etc.)

### III. INELIGIBILITY

Households assisted with Indian Housing Block Grant funds (Mortgage or Rental Assistance Program) and households that benefited from the Tribal payment waiver (Low-Income Rental, HOYO, Mutual Help, Conveyed Mutual Help, and PMU) are not eligible.

### IV. USES

COVID-19 CARES Act mortgage or rent relief assistance is limited to mortgage or rent payments due April, May, and June. Total grant may not exceed \$3,000, regardless of mortgage or rent amount.

Proof of mortgage or rent agreement is required for applications to be complete.

### V. PROHIBITIONS

- A. COVID-19 CARES Act Relief Assistance cannot be provided to units already receiving assistance from the Siletz Tribal Housing Department's (STHD) including but not limited to Low Rent, Mutual Help, Home of Your Own, and Rental Assistance Programs.
- B. Hotel, motel rent.
- C. Mortgage payment will be made directly to landlord or mortgage company. Payments will not be made directly to individuals or family members.

### VI. PROCEDURE

1. The applicant must complete the COVID-19 housing relief application as follows: names of all household members, proof of tribal enrollment, date of birth, address, income amounts and income sources for all household members. Applicant must provide documentation that household income is reduced as a result of COVID-19.
2. The families affected by loss of income due to COVID-19 will qualify with documents to prove loss or reduction of income, including but not limited to:
  - a. Proof of unemployment application submitted.
  - b. Any other form of documentation that shows a layoff, furlough or reduction in hours.
3. The applicant must provide a copy of the mortgage payment statement, payment book, or rental agreement.
4. A receipt letter will be provided to the applicant within 72 hours from the date the application is received by the Siletz Tribal Housing Department. The applicant will be given 5 days from the receipt letter date to respond and correct any deficiencies. Other efforts to communicate with the applicant, to assist with completion of the application as soon as possible, will occur as needed.
6. Staff will process check requests to the landlord, financial institution or business; no payments will be issued to program participants.

# The Eugene Area Office Newsletter

## The Eugene Area Office July 2020

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 a 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

### 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)

### 2020

#### Low-Income Energy Assistance Program (LIHEAP)

~OPEN~

**Crisis/ Regular heating- May1<sup>st</sup>**  
**All Siletz Tribal Households**  
**Crisis/Shut-off/Regular OPEN**  
*Siletz Tribal Members and households*

Contact Nora Williams-Wood  
541-484-4234 [noraw@ctsi.nsn.us](mailto:noraw@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

### 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 be 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 (541) 444-8322 FAX (541) 444- 8313

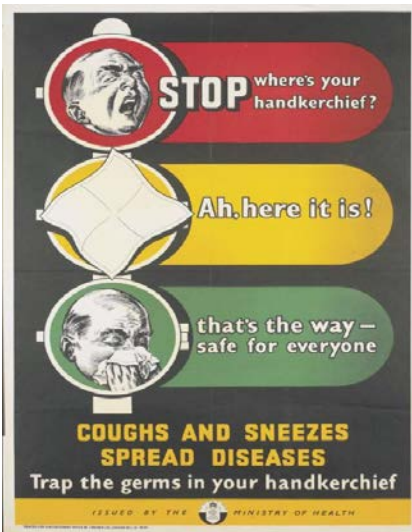
Tribal children are in need Of foster parents for:  
Permanent care,  
Temporary foster care,  
OR Short-term emergency care.  
Contact: Debra Brown  
Foster Family Coordinator  
CTSI – Siletz Indian Child Welfare  
541-444-8336  
[debrab@ctsi.nsn.us](mailto:debrab@ctsi.nsn.us)

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

**Youth Antlerless Elk Hunt (2 Tags)**  
**Applications Due July 2, 2020**  
**Hunt runs from**  
**August 1 to December 31**

Applications available on the Tribal website under Natural Resources or call the number below to have one mailed to you beginning June 1

Open to Tribal youth age 12-17 who have a valid Hunter Safety Card  
Call Natural Resources Manager Mike Kennedy at 541-444-8232 if you have questions



### 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

## *JOM: Youth News and Notes*

### Summer Activity Calendar Update

While tribal offices are closed due to the COVID-19 pandemic, youth activities will remain virtual. Updates to the EAO summer youth activity calendar will be announced on a month-by-month basis. Call the Eugene Area Office or sign up for the Youth Event Email List for up-to-date announcements on fun activities and events that will honor current public health recommendations. In the meantime, check out the CTSI Youth Facebook page for activities, challenges, and virtual events.

### CTSI Youth Summer Read Team:

Keep learning this summer with the Read Team. Participating students will receive free books and meet weekly with other youth to train for OBOB in virtual meet ups. Groups for ages Pre K- 12<sup>th</sup> grade will meet on Wednesdays July 8-August 19 at 1 pm. Call or email to sign up and check out the flyer for additional details.

### Virtual Parenting Workshops

Parenting during the COVID-19 pandemic presents new challenges. Connect with other Native parents for support and tips this summer, Thursdays July 16-August 20. Morning and afternoon sessions available, see flyer for details on how to sign up.

### K-12 Graduation Incentives

The Siletz Tribal Incentive Program recognizes Siletz tribal students for their achievements. Help celebrate your child's graduation or promotion by submitting a copy of their diploma, GED, or report card. Head Start/Pre-School-\$10; Kindergarten-\$10; Elementary School-\$20; Middle School-\$50; High School/GED-\$100.

### Extracurricular Opportunities:

JOM: JOM offers money to help pay for extracurricular activities, sports fees, and cultural projects for youth aged 3-18 from any federally recognized tribe.

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Siletz Tribal Youth Activity Fund: Offers up to \$150 per year to cover fees for costs related to extracurricular activities, cultural events, or supplies for Siletz youth.

### July Youth Activity Calendar

July 8: Virtual Read Team, 1 pm

July 15: Virtual Read Team, 1 pm

July 16: Parenting Group, 11 am or 7 pm

July 22: Virtual Read Team, 1 pm

July 23: Parenting Group, 11 am or 7 pm

July 29: Virtual Read Team, 1 pm

July 30: Parenting Group, 11 am or 7 pm

#### Ongoing:

At-Home Garden

Dee-ni Speaking Group (Mondays)

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Get updates and reminders by signing up for the Youth Activities

Email List Contact:

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

# *JOM: Youth News and Notes Continued...*

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## Garden At-Home:

Youth ages six to twenty-four are invited to participate in a summer garden activity. Call or email to sign up and receive a cool herb garden kit complete with everything you need to start your own mini-herb garden at home. Starter kits can be grown indoors and cultivated year round. See flyer for more details.

## Weekly Community Dee-ni Speaking Group

Weekly Deen-ni speaking group will continue virtually on-line during July. Log-on every Monday (July 6, 13, 20, and 27) at 5 pm to learn more about at-home based language-learning techniques and to help build our local speaking community. All ages and experience levels are invited to attend and new learners are especially welcome. Call or email for more information and instructions about how to log onto the virtual classes.

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# *Higher Ed/AVT: News and Reminders*

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## Higher Ed/AVT Graduation Incentives:

Graduates don't forget to submit a copy of your diploma to be recognized by the tribal incentive program.

-One-year AVT Program-\$100

-Two-year AVT program/AA or AS-\$200

-BA/BS-\$75 plus a Pendleton blanket

-MA-\$300

-PhD-\$300 plus a Pendleton blanket

## 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, obtaining or renewing professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for details.

## Higher Ed and Adult Vocational Training

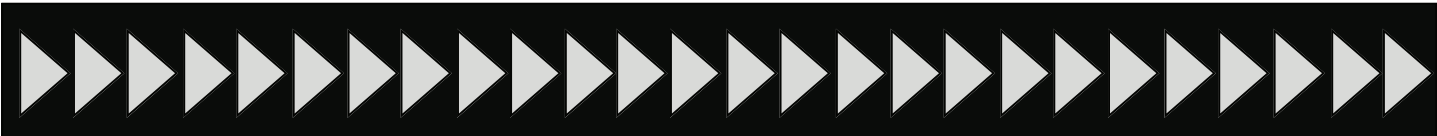
The deadline for the 2020-21 school year beginning Fall 2020 was June 30. The next application cycle will be for the 2021-2022 school year.

Deadlines for the 2021-2022 school year:

-Submit a FAFSA by January 31, 2021

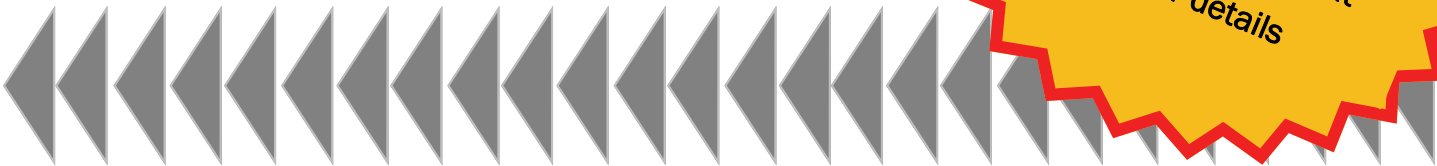
-Completed Application: June 30, 2021

Students interested in attending a clock-hour school (i.e. truck-driving or cosmetology school) are still eligible to apply on a case-by-case basis.



# Nuu Wee-Ya' Lhetlh-xat

During the COVID 19 Pandemic  
Speaking Group will continue  
in virtual on-line format  
Email for details



## Weekly Dee-ni Language Speaking Group

\*JULY DATES: Mondays July 6, 13, 20, 27 5:00-6:00 pm

\*Due to the COVID 19 Pandemic-speaking group will meet on-line

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

\*No prior knowledge needed

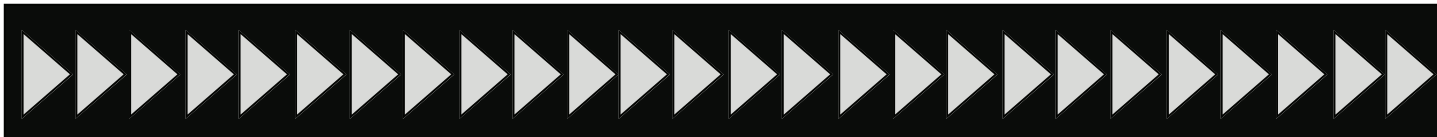
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\*Learn How to Use In-Home Based Language Learning Methods

\*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 instructions on how to join the virtual meetings



# Free Online Parenting Workshops!

Come and Join us for Live Online Parenting Workshops that will be Offered to the Tribal Community in a 6-Week Series.

**WHEN:** Thursdays, July 16th, 23rd, & 30th and August 6th, 13th, and 20th 2020.

**TIMES:** 11am-12pm (Morning Option)

7pm-8pm (Evening Option)

Open to Families with Children of All Ages

RSVP for more information about weekly topics

Space is limited to those who RSVP by July 13, 2020

To RSVP Contact Jessica Hilbler ([jessicah@ctsi.nsn.us](mailto:jessicah@ctsi.nsn.us)) or Nick Viles ([nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)) or at the Eugene Area Office by calling (541) 484-4234

\*A Zoom Link and Instructions will be sent to those who RSVP.

\* Free Prizes for All Participants and those who attend all 6 workshops will be entered into a Grand Prize Drawing



Co-sponsored by CTCLUSI Family Support Services and Behavioral Health Department and the Confederated Tribes of Siletz Indians





**Herbal Home Plant  
Starts  
available to Siletz Youth  
and their families!**

# Home Herb Garden

Grow your own fresh medicinal and tea herbs indoors year round with an easy to follow instructions include. Cultivate your own fresh, medicinal and herbal tea herbs, and enjoy the fun and benefits of indoor gardening.

Quantities Limited-  
for more information  
and to sign up-  
Contact Nick  
Viles at  
(541) 484-4234  
x 1757



# Jump Into Summer Learning

- \*Free Books for Students and Families
- \*Weekly Virtual Meet Ups with Other Students and CTSI Staff
- \*Groups for all ages, Pre-K to 12th Grade
- \*Prepare for Oregon Battle of the Books



CTSISUMMMER  
READTEAM

Wednesdays

July 8-August 19

1 PM

Call or Email to Sign Up Today!

**Contact** Nick Viles  
e: [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)  
ph: +1 (541) 484-4234

# Native's Classroom at Head Start of Lane County

Ages 3-4 by September 1

*Beginning September 2020*

Whiteaker Head Start Center- Eugene

Open to Head Start eligible families identifying  
as American Indian or Alaskan Native

Focus on Native American heritage & culture in  
the Head Start Classroom with American  
Indian/Alaskan Native teachers

Extended Day, Monday-Friday, 8:00AM-2:00PM

Self-transport

• **Apply now** [hsolc.org](http://hsolc.org)

or call 541.747.2425 to request an application.



**HEAD START**  
OF LANE COUNTY

Head Start of Lane County is an equal opportunity provider

# 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

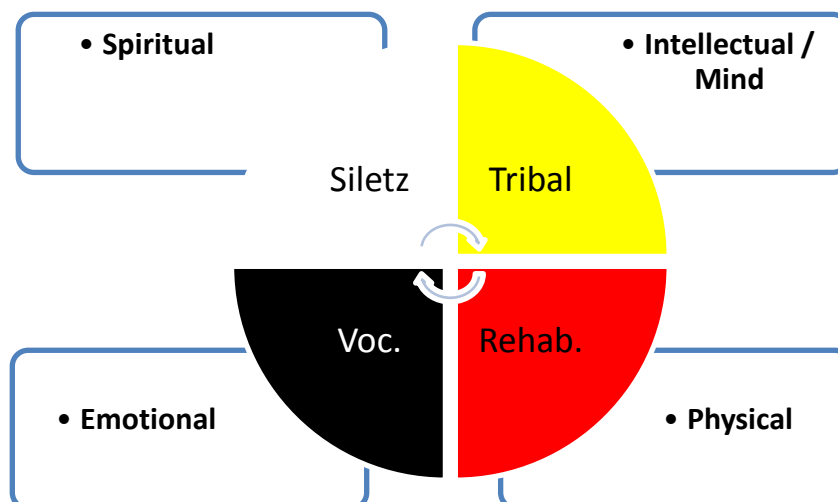
### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380

**EUGENE** – JERAMIE MARTIN, Program Director

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

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





## The 477-Self Sufficiency Program Is Still Providing Essential Services

The 477-Self Sufficiency Program (SSP) is open and providing essential services to eligible families and individuals residing in the CTSI 11-County Service Area. Due to Covid-19, all tribal offices are closed to the public. We are still accepting applications and conducting appointments over the phone and through email. The SSP has prioritized the following services:

- Pre-Temporary Assistance for Needy Families (Pre-TANF) / Non-Recurrent Short Term Benefits: Siletz families below 185% of the Federal Poverty Level (FPL) may be eligible for short-term financial assistance that doesn't exceed 4 months. The financial assistance is meant to provide basic needs and address short-term emergent needs;
- Regular Temporary Assistance for Needy Families: Siletz families below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- General Assistance for Single Adults: Siletz single adults below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- Emergency Assistance: Siletz families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply;
- Classroom Training: the Program is still providing financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/Occupational Training.

The 477-SSP Summer Youth Employment Program (SYEP) is currently suspended for this year. Other services such as Work Experience, Direct Placement and On-the-Job Training may be available on a limited basis.

If you recently lost your employment due to Covid-19 and need assistance to meet your basic needs, please contact your local CTSI Tribal Office for an application. Additional eligibility criteria apply. SSP staff will reach out to you by phone or email. You can also email [477SSP@ctsi.nsn.us](mailto:477SSP@ctsi.nsn.us) for more information. Please include your name, phone number and the city/county you reside in.

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

**Jenifer Jackson, Tribal Services Specialist x1755**

[jeniferj@ctsi.nsn.us](mailto:jeniferj@ctsi.nsn.us)

**Cathy Ray, Intake Specialist/Job Coach x1756**

[catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us)

# 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](http://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

# Moving in-the-midst of COVID-19



## Physical Activity for Mental Health

### *Moderate physical activity* **reduces anxiety.**

Symptoms of anxiety can be reduced immediately following a single bout of moderate to vigorous intensity physical activity!

[https://health.gov/sites/default/files/2019-09/02\\_A\\_Executive\\_Summary.pdf](https://health.gov/sites/default/files/2019-09/02_A_Executive_Summary.pdf)

#### Exercise Intensity

##### Low Intensity

Can easily talk and sing without breathing hard

##### Moderate Intensity

Can comfortably talk, but can't sing

##### Vigorous Intensity

Can only say a few words before gasping for breath

#### At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- Do **yoga**
- **Dance** to your favorite music or do a dance workout on PopSugar Fitness
- Go for a **walk** or **run** around your neighborhood (*Practice social distancing and wear a protective face covering when interacting with others outside your home*)
- Use a **fitness/workout app**

#### Physical Activity Resources

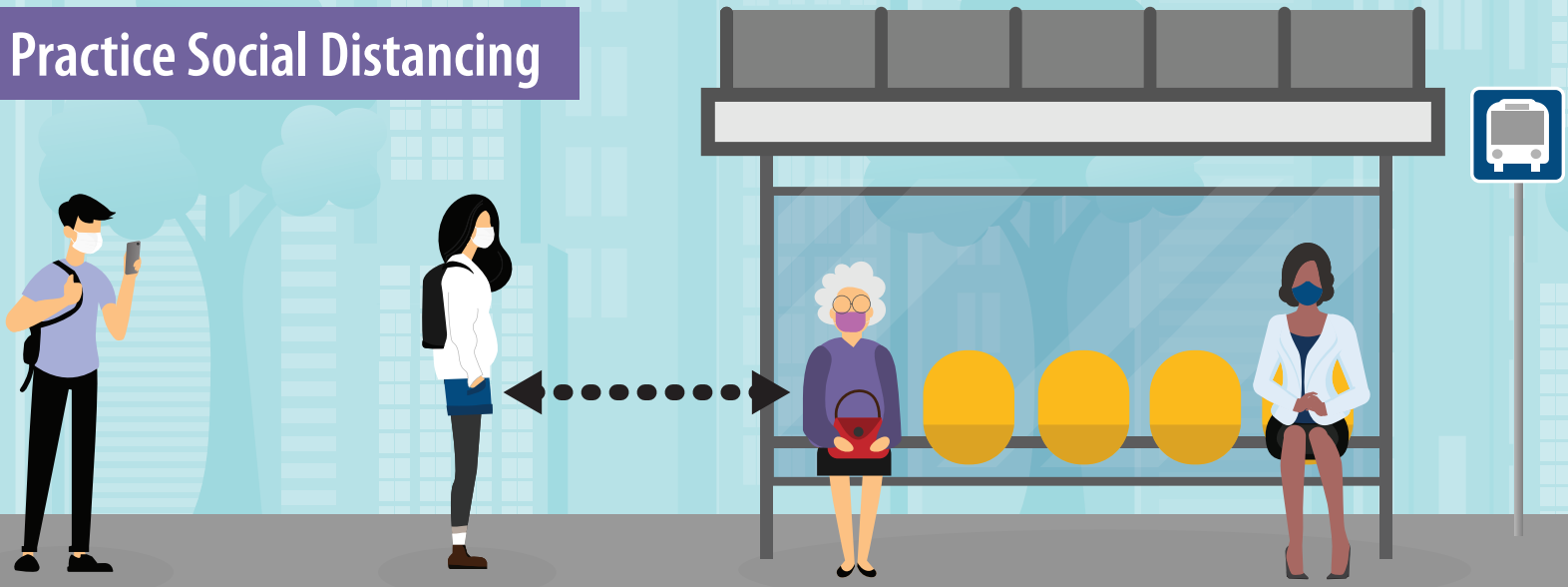
- Yoga with Adriene ([YouTube](#))
- POPSUGAR Fitness ([YouTube](#))

**Adults** should strive for at least 150 minutes of moderate to vigorous physical activity per week for optimal health benefits, including **2 days/week** of muscle strengthening activities!



# Help Protect Yourself and Others from COVID-19

## Practice Social Distancing



Stay 6 feet (2 arm's lengths) from other people.

## And Wear a Cloth Face Covering



Be sure it covers your nose and mouth to help protect others.  
You could be infected and not have symptoms.



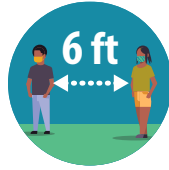
[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# Important Information About Your Cloth Face Coverings

As COVID-19 continues to spread within the United States, CDC has recommended additional measures to prevent the spread of SARS-CoV-2, the virus that causes COVID-19. In the context of community transmission, CDC recommends that you:



**Stay at home as much as possible**



**Practice social distancing (remaining at least 6 feet away from others)**



**Clean your hands often**



**In addition, CDC also recommends that everyone wear cloth face coverings when leaving their homes, regardless of whether they have fever or symptoms of COVID-19. This is because of evidence that people with COVID-19 can spread the disease, even when they don't have any symptoms.** Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

## How cloth face coverings work

Cloth face coverings prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing. If everyone wears a cloth face covering when out in public, such as going to the grocery store, the risk of exposure to SARS-CoV-2 can be reduced for the community. Since people can spread the virus before symptoms start, or even if people never have symptoms, wearing a cloth face covering can protect others around you. Face coverings worn by others protect you from getting the virus from people carrying the virus.



## How cloth face coverings are different from other types of masks

Cloth face coverings are NOT the same as the medical facemasks, surgical masks, or respirators (such as N95 respirators) worn by healthcare personnel, first responders, and workers in other industries. These masks and respirators are personal protective equipment (PPE). Medical PPE should be used by healthcare personnel and first responders for their protection. Healthcare personnel and first responders should not wear cloth face coverings instead of PPE when respirators or facemasks are indicated.



N95 respirator



Cloth covering

## General considerations for the use of cloth face coverings

When using a cloth face covering, make sure:

- The mouth and nose are fully covered
- The covering fits snugly against the sides of the face so there are no gaps
- You do not have any difficulty breathing while wearing the cloth face covering
- The cloth face covering can be tied or otherwise secured to prevent slipping



Avoid touching your face as much as possible. Keep the covering clean. Clean hands with soap and water or alcohol-based hand sanitizer immediately, before putting on, after touching or adjusting, and after removing the cloth face covering. Don't share it with anyone else unless it's washed and dried first. You should be the only person handling your covering. Laundry instructions will depend on the cloth used to make the face covering. In general, cloth face coverings should be washed regularly (e.g., daily and whenever soiled) using water and a mild detergent, dried completely in a hot dryer, and stored in a clean container or bag.

For more information, go to: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html>



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



## Health Effects of Secondhand Smoke

**Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.**

**Since the 1964 Surgeon General's Report, 2.5 million adults who were nonsmokers died because they breathed secondhand smoke.**

**There is no risk-free level of exposure to secondhand smoke.**

- Secondhand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).
- Smoking during pregnancy results in more than 1,000 infant deaths annually.
- Some of the health conditions caused by secondhand smoke in adults include coronary heart disease, stroke, and lung cancer.

**What can we do to help prevent secondhand smoke exposure?**

**Smoke outside**—People who smoke inside housing units expose everyone who lives in the unit to secondhand smoke exposure. Not only do those who live in the unit get exposed to secondhand smoke, but those who visit will also be exposed to secondhand smoke. Smoke can linger in housing units for hours until it settles and causes third-hand smoke exposure.

**Lets work together and help protect the Health of our people.**



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

# What to do if you are sick with coronavirus disease 2019 (COVID-19)

**If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.**

## Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

## Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

## Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

## Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

## Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

## Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

**2020-2021 Hunting and Fishing Tags  
Distribution Schedule**

**Due to the uncertainties of dealing with COVID-19, Tribal members are encouraged to call to have tags mailed to them after the first date of tag issuance (541-444-8227 or 541-444-8232)**

Type of Tag		Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
<b>Deer</b>	Early Archery	50	8/29-9/27	8/3 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/3-11/6**	8/17	First Come First Served
	Antlerless – Adult	8	10/3-11/6	Lottery applications available 8/3; due <b>8/28</b> ; drawing 9/8; tags issued 9/9	Lottery – Open to Elders Only
	Antlerless – Youth	8	10/3-11/8	Lottery applications available 8/3; due <b>8/28</b> ; drawing 9/8; tags issued 9/9	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/21-12/13	<i>First Distribution:</i> 10/19 at 8:00 AM at NR Office <i>Second Distribution:</i> 11/2 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
<b>Elk</b>	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/1; due <b>7/2</b> ; drawing 7/6; tags issued 7/7	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/29-9/27	8/3 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 <sup>st</sup> Season Rifle	25	11/14-11/17	Lottery applications available 8/31; due <b>9/25</b> ; drawing 10/5; tags issued 10/6	Lottery
	2 <sup>nd</sup> Season Rifle	25	11/21-11/27		
	Antlerless	11	Various seasons beginning 1/1/21	Lottery applications available 8/31; due <b>9/25</b> ; drawing 10/5; tags issued 11/30	Lottery
	Late Archery Antlerless	56	11/28-12/13	<i>First Distribution:</i> 10/19 at 8:00 AM at NR Office <i>Second Distribution:</i> 11/2 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
<b>Salmon</b>	Salmon	200	11/1-12/30 (estimate)	8/17	First Come First Served

\* No early calls to “save” an early archery tag for someone. Must physically show up to obtain tag on first day of distribution. May call to have a tag mailed beginning on the second day of distribution.

\*\* Season for Youth ages 12-17 is 10/3 - 11/8 (2 additional days at end of general season)

\*\*\* Minus number of tags filled in Deer Early Bow Season. Unfilled Deer Early Bow tags must be returned to Natural Resources by 10/9.

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2020-2021 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).

*Second Distribution:* For any eligible hunter, regardless of what other tags they have received.

# USDA distribution dates for July

## Siletz

Monday	July 6	9 a.m. – 3 p.m.
Tuesday	July 7	9 a.m. – 3 p.m.
Wednesday	July 8	9 a.m. – 3 p.m.
Thursday	July 9	9 a.m. – 3 p.m.
Friday	July 10	9 a.m. – 3 p.m.

## Salem

Monday	July 20	1:30 – 6:30 p.m.
Tuesday	July 21	9 a.m. – 6:30 p.m.
Wednesday	July 22	9 a.m. – 6:30 p.m.
Thursday	July 23	By appt only

### A MESSAGE TO ALL USDA CLIENTS:

We are coming out of the covid-19 virus protocalls. We are allowing 1 client into the building at a time to do your shopping lists and to bag your own foods. If this changes, we will post it on the warehouse doors.

We are accepting hand delivered application packets, but the preferred method of delivery is still email or fax.

**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 joycer@ctsi.nsn.us  
FAX: 541-444-8306 or 503-391-4296

Sammy Hall, Warehouseman/Clerk  
541-444-8279 sammyh@ctsi.nsn.us

# July 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30 TimeSheets Due	1	2	3 HOLIDAY  CLOSED	4 
5	6 USDA Distribution Siletz 9-3pm	7 USDA Distribution Siletz 9-3pm	8 USDA Distribution Siletz 9-3pm  Virtual Read Team 1pm	9 USDA Distribution Siletz 9-3pm	10 PayDay USDA Distribution Siletz 9-3pm	11
12	13	14 TimeSheets Due	15 Virtual Read Team 1pm	16 Parenting Group !!am or 7pm	17	18
19	20 USDA Distribution Salem 1:30-6:30pm	21 USDA Distribution Salem 9-6:30pm	22 USDA Distribution Salem 9-6:30pm  Virtual Read Team 1pm	23 USDA Distribution By Appt. ONLY  Parenting Group !!am or 7pm	24 PayDay	25
26	27	28 TimeSheets Due	29 Virtual Read Team 1pm	30 Parenting Group !!am or 7pm	31	

**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)

Jeramie Martin, Program Director/STVRP x1385 [jeramie@ctsi.nsn.us](mailto:jeramie@ctsi.nsn.us)

Jessica Hibler, Coordinator 1/477/SSP x1752 [jessicaH@ctsi.nsn.us](mailto:jessicaH@ctsi.nsn.us)

Jenifer Jackson, Tribal Service Specialist/477SSP x1755 [jeniferj@ctsi.nsn.us](mailto:jeniferj@ctsi.nsn.us)

Cathy Ray, Intake Specialist/Job Coach x1756 [cathyr@ctsi.nsn.us](mailto:cathyr@ctsi.nsn.us)

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

**COVID-19**

**Food Assist. Program**

To provide Siletz Tribal households experiencing negative impacts due to COVID-19 pandemic with food assistance.

The Housing Department is accepting applications for rent and mortgage assistance for tribal members who have been impacted by COVID-19 (i.e. laid off reduction in income or hours, etc.). The assistance is available to tribal members within and outside the service area. Funds are available until expended. For mortgage assistance contact:

Brett lane - (541) 444-8317,  
Kerry Short - (541) 444-8310  
Isaac DeAnda - (541) 444-8314

For Rental Assistance contact:

Casey Godwin - (541) 444-8311  
Jeanette Aradoz - (541) 444-8316

Additional information and the application form can be found on the Tribe's website at: [www.ctsi.nsn.us](http://www.ctsi.nsn.us)

*Things have a way of working out...*

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