

The Eugene Area Office Newsletter

May 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

2020

Low-Income Energy Assistance Program (LIHEAP)

~OPEN~

Crisis/ Regular heating- May1st
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

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

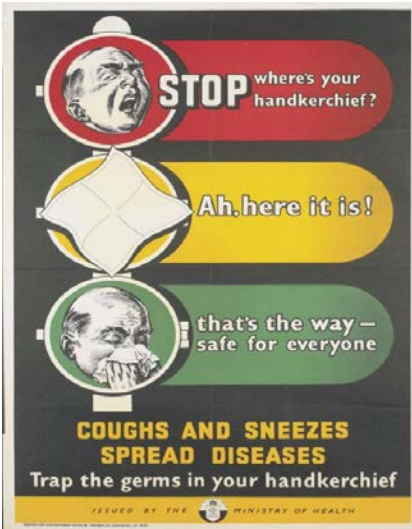
Need Rental Housing?

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 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

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

Chinook Winds Casino Resort
Sign up for an electronic newsletter: www.chinookwindscasino.com



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

mum mama mommy

BEAUTIFUL

unconditional love

creative UNSELFISH

LOVE U LOVE U LOVE U

BELIEVES

life patient GENTLE

compassionate

NURTURING

strength DEVOTED

JOM: Youth News and Notes

On-line Tutoring

Tutoring has moved on-line until further notice. Drop in at weekly sessions every Wednesday 11:00 am -12:30 pm or set up an appointment. Help is available for all subjects and grades. Email or call for login instructions or follow the CTSI Youth Facebook page.

Virtual Youth Council:

Saturday, May 16: We are experimenting with virtual youth council meetings. If all goes well, we are tentatively planning to keep the planned-May 16 Youth Council meeting date. Call or email for confirmation or more information.

Extracurricular Opportunities:

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

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

Youth Activity Calendar

Due to the COVID-19 pandemic, all youth activities have moved on-line until further notice.

Follow the CTSI Youth Facebook page for weekly activities, challenges, learning resources, homework help, and more at:

<https://www.facebook.com/CTSIYouth/>

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

Contact:

nickv@ctsi.nsn.us

Distance Learning Information and Support:

Beginning April 13, Oregon schools are moving to distance learning for all grades. Distance learning is required and it is important for your student to be connected. Check out the flyers on the following pages for more information about the types of support available to families during distance learning as well as supplemental education resources to help keep your students healthy, learning, and entertained during the school closures. If you need help communicating with your student's school, getting started with distance learning, obtaining a learning device, accessing internet services, advocating for your family's needs, or have other questions please don't hesitate to call or email for assistance: Nick Viles: 541-484-4234 or nickv@ctsi.nsn.us.

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.

The 2020-2021 Application Deadline is Approaching

Applications for the 2020-2021 school year beginning in Fall 2020 for new and continuing Higher Ed and AVT students are due **JUNE 30, 2020**. Applications must include all supporting documentation by the deadline. To be eligible for funding you must have submitted a 2020-2021 Free Application for Federal Student 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

Outside Scholarships Are Still Available:

-American Indian College Fund:

Deadline: May 31, 2020

<https://collegefund.org/>

-Cobell Summer, Undergrad (Deadline Extended), Graduate:

Deadlines: 5/5 (summer), 5/15 (extended undergrad), 5/15 (grad)

<https://cobellscholar.academicworks.com/opportunities>

-American Indian Graduate Center:

Deadline: June 1, 2020

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

Student Housing Assistance:

The Temporary Tribal Student Assistance Program (TTSAP) provides rental stipends to tribal students attending a college, university, or vocational/trade school.

Applications for the 2020-2021 school year open May 1 from the Housing Department.

Applications are due May 31, 2020.

- TTSAP can assist with rent/room and board in dormitories
- TTSAP is time-limited. Funding is for one academic year
- Student's share of rent is 30% of adjusted gross income
- Assistance is non-transferable
- For more information contact Cecelia DeAnda: CeceliaD@ctsi.nsn.us

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.

AT-HOME LEARNING SUPPORTS

Selected Resources to Keep Kids Healthy, Entertained, and Learning during School Closures

Follow the Links Below to Free Digital Resources:

Support and Encouragement for Native Youth



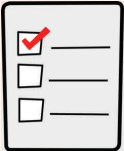
[Native Wellness Institute](https://www.facebook.com/NativeWellnessInstitute/): <https://www.facebook.com/NativeWellnessInstitute/>

Check out Power Hour—a daily livestream of encouragement, humor, storytelling, and supportive messages from indigenous elders, youth leaders, and teachers from across the nation

[Think Indigenous](https://www.youtube.com/channel/UC_oj_HUD7yZ7GedBIN3cDvQ): https://www.youtube.com/channel/UC_oj_HUD7yZ7GedBIN3cDvQ

Video lessons, encouragement, and support for Native kids from Native teachers

Daily Lessons and Activities



[Scholastic Learn at Home](https://classroommagazines.scholastic.com/support/learnathome.html): <https://classroommagazines.scholastic.com/support/learnathome.html>

Large library of on-line lessons and activities now free during school closure. Look for special daily interactive lessons designed for students and families while schools are closed

[PBS Emergency Closure Curriculum](https://www.pbslearningmedia.org/collection/3-emergency-closings/#.XpX46ChKjD4): <https://www.pbslearningmedia.org/collection/3-emergency-closings/#.XpX46ChKjD4>

Video lessons and activities for students in all grades. Includes daily video lessons and curriculum during school closure

Indigenous Lesson Plans and Curriculum



[Native Knowledge 360°](https://americanindian.si.edu/nk360): <https://americanindian.si.edu/nk360>

Large catalogue of lesson plans and resources for grades K-12 from the Smithsonian Institution

[Siletz Tribal Language Project](https://www.siletzlanguage.org/): <https://www.siletzlanguage.org/>

Dee-ni language and culture lessons for grades Pre K-8

[Siletz Tribal Estuary Curriculum](http://www.ctsi.nsn.us/Siletz-Tribal-Services-Umpqua-Clackamas-County-Tillamook/other-departments/curriculum#content): <http://www.ctsi.nsn.us/Siletz-Tribal-Services-Umpqua-Clackamas-County-Tillamook/other-departments/curriculum#content>

Sixth grade ecology curriculum focused on the importance of estuaries and wetlands to the environment and Siletz people

[Honoring Tribal Legacies](https://blogs.uoregon.edu/honoringtriballegacies/): <https://blogs.uoregon.edu/honoringtriballegacies/>

Selected digital teaching resources and lessons plans for grades K-12 from the University of Oregon

Art and Science



[Mystery Science](https://mysteryscience.com/school-closure-planning): <https://mysteryscience.com/school-closure-planning>

Video science lessons and activities designed for elementary students, free during school shutdown

[What's Good in My Hood](https://www.childrenandnature.org/2012/11/26/whats-good-in-your-hood-nearby-nature-and-human-hope/): <https://www.childrenandnature.org/2012/11/26/whats-good-in-your-hood-nearby-nature-and-human-hope/>

Workbook of outdoor-based nature lessons and observation activities for K-5 students

[Coloring Sheets from Native Artists and Organizations](#):

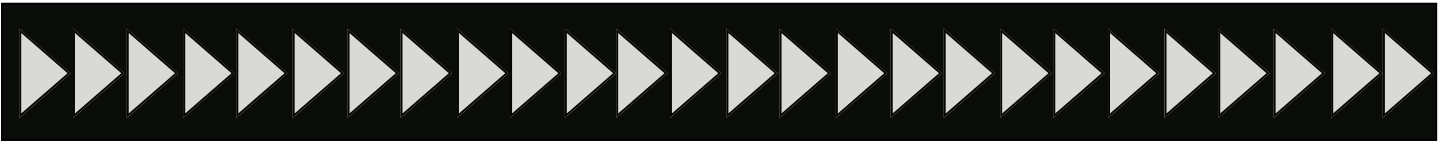
[Alaska Native Artist Nasugraq Rainey Hopson](https://www.facebook.com/NasugraqHopson/): <https://www.facebook.com/NasugraqHopson/>

[Native Wellness Institute Coloring Book](https://www.nativewellness.com/): <https://www.nativewellness.com/>

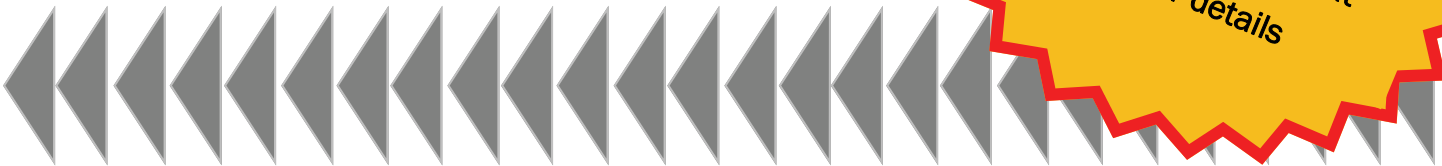
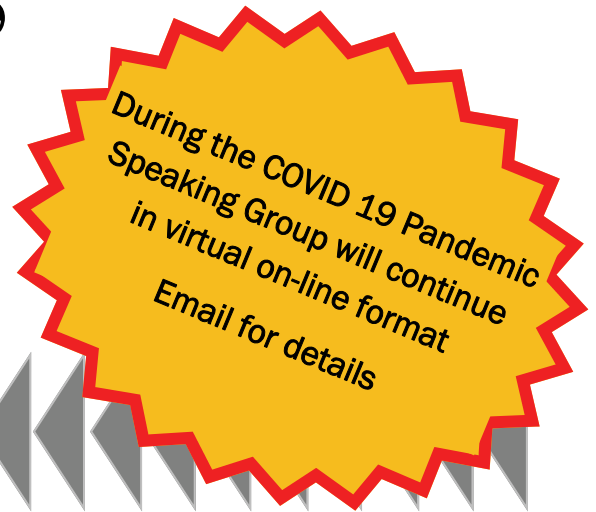
[Generation Indigenous](https://www.ihs.gov/nativeyouth/resources/): <https://www.ihs.gov/nativeyouth/resources/>

For Additional Resources and Support:

- Visit your local school/school district's website
- Email your student's teacher for log-in information for classroom learning tools
- Check out the [CTIS Youth Facebook Page](https://www.facebook.com/CTSIYouth/): <https://www.facebook.com/CTSIYouth/>
- Contact your local CTSI education specialist-Nick Viles nickv@ctsi.nsn.us or 541-484-4234



Nuu Wee-Ya' Lhetlh-xat



Weekly Dee-ni Language Speaking Group

*MAY DATES: Mondays May 4, 11, and 18 5:00-6:00 pm

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

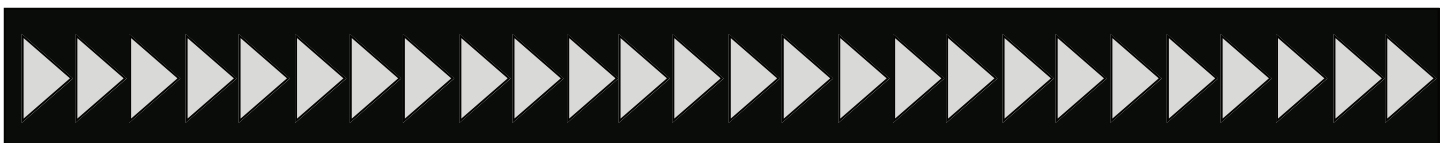
***All ages and skill levels welcome as are first-time participants**

*No prior knowledge needed

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

*Help Build Your Speaking Community

Contact Nick Viles at x1757 or nickv@ctsi.nsn.us for instructions on how to join the virtual meetings



Important School Update

Distance Learning

Starting April 13, all Oregon schools are switching to distance learning for the rest of the school year. Distance learning is required and is important for all students!

Get Your Family Ready for Distance Learning by

Getting Connected: Much instruction will be moving online.

Districts are providing Chromebooks/laptops for students to use at home. Many schools are also helping with access to the internet or referring families to free or low-cost internet providers. Check with your student's school right away to get your student connected. Paper options may also be available.

Staying in Touch with your Student's School: Contact your student's teacher and check school and district websites regularly. Respond to school and district communications right away and be sure that your student's school has your updated contact information.

Advocating for Your Student's Needs: Let your student's teacher and district know about the supports that your family needs to be successful working from home.

Need Help?: If you need help communicating with your student's school, getting started with distance learning, obtaining a learning device, accessing internet services, advocating for your family's needs, or have other questions please contact your local area education specialist.

Salem Area: Sonya Moody-Jurado (sonyamj@ctsi.nsn.us)

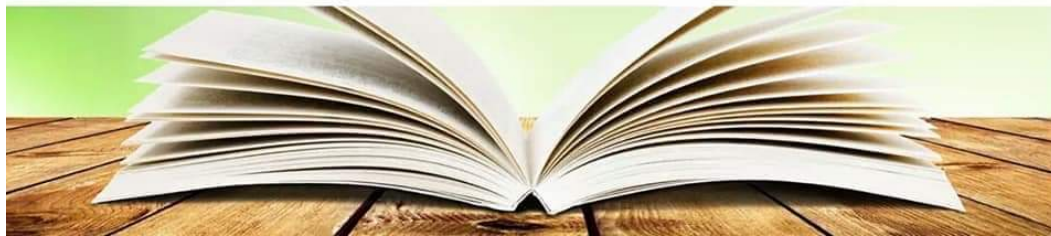
Siletz Area: Alissa Lane-Keene (alissal@ctsi.nsn.us)

Portland Area: Katy Holland (katyh@ctsi.nsn.us)

Eugene Area: Nick Viles (nickv@ctsi.nsn.us)

BOOK SCAVENGER HUNT

- Find an animal in a book. primary playground
- Find the word spring in a book.
- Find someone helping someone in a book.
- Find a picture of a sun in a book.
- Find a book that makes you laugh.
- Find a bug in a book.
- Find someone sleeping in a book.
- Find a character eating in a book.
- Find a pet in a book.
- Find a cat in a book.
- Find a superhero in a book.
- Find a bike in a book.



Fun activity you can do as a family.

Siletz Tribal Home visiting program is hoping your family is healthy and safe.

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

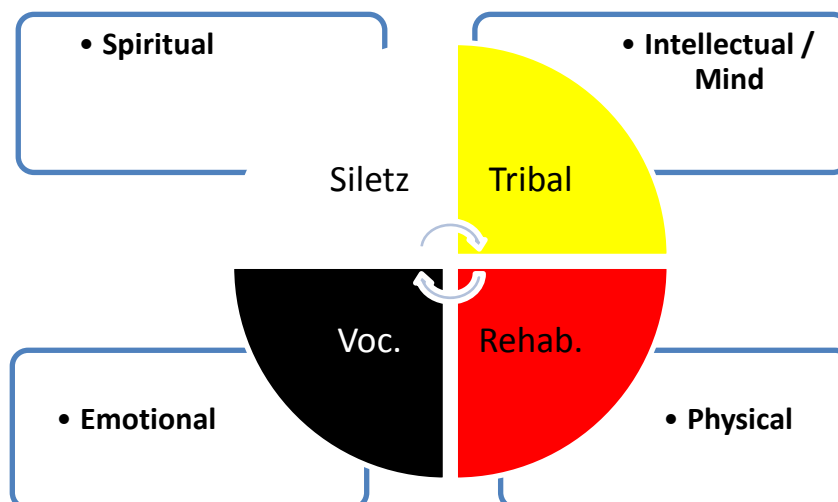
SILETZ ADMIN. OFFICE

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"

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.

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 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

Cathy Ray, Intake Specialist/Job Coach x1756

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 can be mailed. If you have questions regarding eligibility for services, you may contact:

Adrienne Crookes
Community Health Advocate
541-484-4234

Oregon Health Plan (OHP) Applications

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 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

May is Blood Pressure Awareness Month

Adrienne Crookes, Community Health Advocate

Nearly 1 in 3 adults is living with this “silent killer.”

In the U.S. today, about 68 million people are living with high blood pressure, also known as hypertension. The good news is that high blood pressure can be prevented and controlled. The bad news is that less than half of the population with high blood pressure actually has it under control.

High blood pressure is an important health concern because it leads to heart attack and stroke, two of the leading causes of death in the U.S. High blood pressure is also a major risk factor for other diseases such as congestive heart failure and kidney disease.

High blood pressure is sometimes called a “silent killer” because it often does not have any signs or symptoms. That’s why it’s important to check your blood pressure regularly, and to take steps to maintain normal blood pressure, or lower blood pressure if it reaches unsafe levels.

Blood pressure is written as two numbers. The first (systolic) number represents the pressure when the heart beats. The second (diastolic) number represents the pressure when the heart rests between beats. The following is a classification system for blood pressure.

Normal blood pressure	systolic: less than 120 mmHg and diastolic: less than 80 mmHg
Prehypertension	systolic: 120-139 mmHg or diastolic: 80-89 mmHg
High blood pressure	systolic: 140 mmHg or higher or diastolic: 90 mmHg or higher or taking antihypertensive medication

Preventing and Controlling High Blood Pressure

- Have your blood pressure checked and monitor it regularly.
- A diet high in sodium (salt) increases the risk for higher blood pressure. Most of the sodium we consume is already in the food when we buy it, mainly in processed foods. Cut back on your salt intake.
- Maintain a healthy body weight.
- Exercise regularly.
- Eat more fruits and vegetables.
- Don’t smoke.
- Watch your alcohol intake (fewer than two drinks per day for men, or one drink per day for women).
- If you have been prescribed blood pressure medication, take it as directed.
- If you have trouble with side effects, talk to your healthcare provider about other medications you can try.



For more information visit www.cdc.gov/features/highbloodpressure

MAY IS NATIONAL STROKE AWARENESS MONTH

Adrienne Crookes, Community Health Advocate

KNOW THE FACTS ABOUT STROKE

What is stroke?

Stroke kills almost 130,000 of the 800,000 Americans who die of cardiovascular disease each year – that's 1 in every 19 deaths from all causes. A stroke, sometimes called a brain attack, occurs when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts. You can greatly reduce your risk from stroke through lifestyle changes and, in some cases, medication.

Are you at risk?

Anyone, including children, can have a stroke. Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits that you can change. Examples include smoking, drinking too much alcohol, and not getting enough exercise. Having high cholesterol, high blood pressure, or diabetes also can increase your risk for stroke. However, treating these conditions can reduce the risk of stroke. Ask your doctor about preventing or treating these medical conditions.

What are the five most common signs and symptoms?

- Sudden numbness or weakness of the face, arm, or leg.
- Sudden confusion or trouble speaking or understanding others.
- Sudden trouble seeing in one or both eyes.
- Sudden dizziness, trouble walking, or loss of balance or coordination.
- Sudden severe headache with no known cause.



If you think that you or someone you know is having a stroke, call 9-1-1 immediately.

How is stroke diagnosed?

Your doctor can perform several tests to diagnose stroke, including brain imaging, tests of the brain's electrical activity, and blood flow tests.

How can I reduce my risk for stroke?

Eat a healthy diet, maintain a healthy weight, be physically active, don't smoke, limit alcohol use, and prevent or treat your other health conditions, especially high blood pressure, high cholesterol, and diabetes.

For more information visit www.cdc.gov



A PARENT'S CHECKLIST FOR PREVENTING INJURIES

During the Coronavirus Pandemic



SAFETY AT HOME — WHEN YOU'RE FOCUSING ON EVERYTHING AT ONCE

- Store household cleaning products safely to prevent poisoning and save the Poison Help number in your phone: 1-800-222-1222.
- Keep all medicine out of children's reach and sight, even medicine and vitamins you take every day.
- Make sure young children are within arm's reach of an adult during bath time and watch kids of all ages when they are swimming in backyard pools.
- Keep hot foods and beverages away from the edge of counters and tables.
- Separate toys by age and keep little game pieces away from little kids.
- Create a safe place for kids to play by installing safety gates on stairs and guards on windows to prevent falls, keeping small objects and cords to window blinds out of reach and securing top-heavy furniture and TVs.



KIDS AROUND CARS — IF YOU HAVE TO DRIVE

- Walk all the way around your parked car to check for children.
- Prevent heatstroke by never leaving a young child alone in a car.
- Slow down and avoid distractions when driving, especially in neighborhoods.
- Keep car doors and trunks locked and keep key fobs out of reach.



STAYING ACTIVE AND INJURY FREE — WHILE SOCIAL DISTANCING

- Look left, right and left again before crossing the street.
- When crossing a street, make eye contact with drivers.
- Put phones and headphones down when crossing the street.
- Wear a properly-fitted helmet when biking, skateboarding, riding a scooter or in-line skating.

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



When in public, wear a cloth face covering over your nose and mouth.

Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



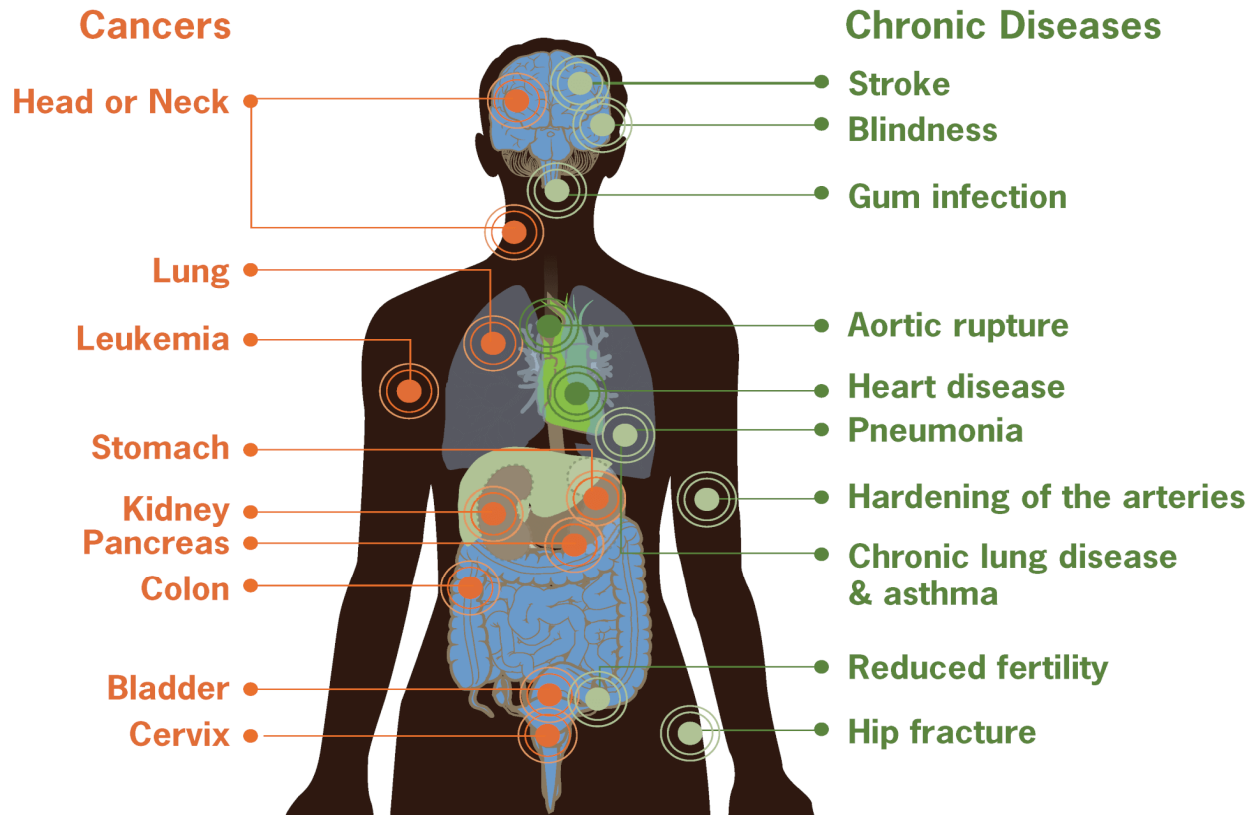
Wash your hands often with soap and water for at least 20 seconds.



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

Risks from Smoking

Smoking can damage every part of the body



Tobacco Related Cancers for the Month of May

Melanoma and Skin Cancers: Melanoma is a cancer that develops in melanocytes, the pigment cells present in the skin. It can be more serious than the other forms of skin cancer because of a tendency to spread to other parts of the body and cause serious illness and death. Because most melanomas occur on the skin where they can be seen, patients or their spouses are often the first to detect suspicious tumors. Caught early, most melanomas can be cured with relatively minor surgery.



Early signs of melanoma are changes to the shape or color of existing moles or, in the case of nodular melanoma, the appearance of a new lump anywhere on the skin. At later stages, the mole may itch, ulcerate or bleed

Bladder Cancer: Bladder cancer is any of several types of cancer arising from the tissues of the urinary bladder. It is a disease in which cells grow abnormally and have the potential to spread to other parts of the body. Symptoms include blood in the urine, pain with urination, and low back pain.



Risk factors for bladder cancer include smoking, family history, prior radiation therapy, frequent bladder infections, and exposure to certain chemicals. The most common type is transitional cell carcinoma. Other types include squamous cell carcinoma and adenocarcinoma

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

2020

ELDERS WOODCUTS

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

Near USDA Building on
Logsdan Road in Siletz

Rain or Shine



Saturdays

8:00 AM to 2:00 PM

2020 DATES

MAY 16

JULY 18

SEPT. 19



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

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



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

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	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 8/28 ; 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 8/28 ; 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*
Elk	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/1; due 7/2 ; 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 st Season Rifle	25	11/14-11/17	Lottery applications available 8/31; due 9/25 ; drawing 10/5; tags issued 10/6	Lottery
	2 nd Season Rifle	25	11/21-11/27		
	Antlerless	11	Various seasons beginning 1/1/21	Lottery applications available 8/31; due 9/25 ; 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*
Salmon	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.

May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Payday	2
3	4 USDA Distribution Siletz 9-3pm Speaking Group 5-6pm Virtual	5 USDA Distribution Siletz 9-3pm Timesheet Due 477/SSP Client Documents Due	6 USDA Distribution Siletz 9-3pm	7 USDA Distribution Siletz 9-3pm	8 USDA Distribution Siletz 9-3pm	9
10 	11 Speaking Group 5-6pm Virtual	12	13	14	15 Payday	16 Tentatively Elders Wood Cut 8-2pm
17	18 USDA Distribution Salem 1:30-6:30pm Speaking Group 5-6pm Virtual	19 USDA Distribution Salem 9-6:30pm Timesheet Due	20 USDA Distribution Salem 9-6:30pm	21 USDA Distribution By Appointment Only	22	23
24	25 CLOSED 	26	27	28	29 Payday	30
31						

USDA distribution dates for May

Siletz

Monday	May 4	9 a.m. – 3 p.m.
Tuesday	May 5	9 a.m. – 3 p.m.
Wednesday	May 6	9 a.m. – 3 p.m.
Thursday	May 7	9 a.m. – 3 p.m.
Friday	May 8	9 a.m. – 3 p.m.

Salem

Monday	May 18	1:30 – 6:30 p.m.
Tuesday	May 19	9 a.m. – 6:30 p.m.
Wednesday	May 20	9 a.m. – 6:30 p.m.
Thursday	May 21	By appointment only

A MESSAGE TO ALL USDA CLIENTS:

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

WE WILL NOT ACCEPT HAND DELIVERED SHOPPING LISTS. YOU CAN SCAN THEM AND EMAIL THEM OR FAX THEM TO US.

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

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB page. Like us at SILETZ TRIBAL FDPIR.

Joyce Retherford, FDP Director
541-444-8393 joycer@ctsi.nsn.us

FAX: 541-444-8306 or 503-391-4296

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

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

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Nora N Williams-Wood, Clerk x1750 noraw@ctsi.nsn.us

Vacant, Elders On-Call Transport

**“One small crack does not mean you are broken,
It means that you were put to the test and
You didn’t fall apart”**

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

**All Events
Subject to
Cancelation**

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