

Portland Potlatch

DECEMBER 2020

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Portland's Sunshine Division's 98th Annual Holiday Food Box Sign-Up has Begun!

Sunshine Division's Annual Christmas Holiday Food Box Sign Up has officially opened registration for their 98th Annual Christmas holiday food box for local families and individuals in need (addresses within Portland city limits only).

The Sunshine Division will be delivering a total of 2,500 Christmas food boxes that include a turkey and all the fixin's throughout the day on Saturday, December 19th, 2020.

Once the 2,500 Christmas holiday food boxes have been reserved, the special holiday food delivery will be complete. However, once that limit has been reached, the Sunshine Division will still be offering their normal home-delivered emergency food boxes that are available via registration, as well as the normal food boxes that remain available at their two food pantry locations.

If you or someone you know is in need of a Christmas holiday meal please call Sunshine Division at 503-823-2102.

Most Often Requested Numbers

Siletz Clinic	(800) 648-0449	Chemawa Clinic	(800) 452-7823
Siletz Admin	(800) 922-1399	Chinook Winds	(888) 244-6665
CTSI, Eugene Area Office	(541) 484-4234	CTSI, Salem Area Office	(503) 390-9494
NARA	(503) 224-1044	NAYA	(503) 288-8177

2021 Virtual Tribal Council Candidates Fair

The CTSI Election Board will host the 2021 Tribal Council Candidates Fair virtually due to the ongoing COVID-19 pandemic. It's our objective to protect the health and safety of the tribal membership and candidates while also encouraging participation in the election process.

- Date:** January 9, 2021
- Time:** 9:00am – 12:00pm
- Location:** Zoom
- Question Deadline:** January 6, 2021

The Candidates Fair will be held on the Zoom platform. For access to the meeting link and access code, please email Elections@ctsi.nsn.us. Please include your name and roll number in the email. The meeting link and access code will be distributed on January 8, 2021 by 5:00pm.

Election rules approved the Siletz Tribal Council (2020-345) state that the Election Board will not accept live questions from attendees. If you have questions for the candidates to be read by the moderator, please email the Election Board by the end of business on January 6, 2021. Questions received after this date will not be considered or asked of the candidates. A recording of the Fair will be available on the CTSI Tribal Member section of the website on January 10 – February 6, 2021.

Voter Registration:

If you are not registered to vote in Siletz Tribal elections or need to update your signature card, please contact the Election Board as soon as possible by emailing Elections@ctsi.nsn.us or by calling (800) 922-1399 ext. 1256 or (541) 444-8256.

Election Deadlines

4 p.m.	Dec. 4, 2020	Deadline to file for candidacy
4 p.m.	Dec. 4, 2020	Deadline to submit a photo and/or candidate's statement for inclusion in the Tribal Voter's Pamphlet
4 p.m.	Dec. 9, 2020	Deadline to withdraw in writing from the Tribal Elections
4 p.m.	Dec. 9, 2020	Certified Candidate's List posted
Days of:	Dec. 11-12 2020	Voter's Pamphlet mailed out
Days of:	Dec. 14-15 2020	Absentee ballots mailed out
9 a.m. – 12 p.m.	Jan. 9, 2021	Candidates Fair – Zoom (email for link and access code)
4 p.m.	Jan. 29, 2021	Deadline to request a mail-in ballot
10 a.m. – 4 p.m.	Feb. 6, 2021	In-person Voting – Tribal Elections, Tribal Community Center, Siletz
4 p.m.	Feb. 6, 2021	Deadline for returning absentee ballots

Behavioral Health

Thinking about winter:

The leaves have fallen off the trees, or will soon, the days are short and heading to the shortest day of the year, and complicating matters we are still in a pandemic... It can be hard to find the energy to do our activities of daily living, let alone extra curricular activities. But we must try!

Ways to fight shorter day tiredness:

- 1) Limit or eliminate screen use two hours before bed; if you are around artificial light after dark, your body won't start producing its natural melatonin, and you won't feel rested the next day, which leads to being sluggish to accomplish tasks.
- 2) Find a way to get natural or artificial vitamin D—go out when the sun is out, without sunglasses, or invest in a “happy light”, one that has the full spectrum of sunlight in it (don't use within two hours of bed)
- 3) Get exercise, even if it's just walking in place while you watch TV, or going up and down one step at a stairway. Exercise fuels our body's desire to continue being busy and active.

Youth Conference:

Youth Conference will be virtual this year, on December 29th and 30th, and youth who register early will get a goodie

bag! Contact your local area office for more information, and registrations get sent to Nora Williams NoraW@ctsi.nsn.us

There will be lots of good activities and ways to connect with fellow youth!

Mental Health Specialist services include:

The Mental Health Specialist has a MS in Mental Health Counseling, and utilizes person-centered therapy, adding in pieces of anger management, coping skills education, mindfulness, and self-compassion when it is requested or seems beneficial from her perspective. People of any age can come in to see the Mental Health Specialist for individual counseling, group therapy, Brainspotting, Gottman-style couples counseling, and family counseling. The Mental Health Specialist also gets to help out with adventure-based group activities at times! Ropes courses, rafting, hiking, especially in the spring and summer, are all possibilities (post-pandemic).

Coming up this December:

Mental Health Specialist Rachel will be co-facilitating a Videogame Tournament December 5th! This tournament will be in Minecraft, the Bedrock edition. Please call for more details, or email jacobr@ctsi.nsn.us to get the registration information and register.

Behavioral Health

Traditional Coping

Winter preparations should now be well underway, and the Elders in our thoughts. It's a difficult time to be active in your community, but there are virtual events happening. Video events may not seem like a beneficial way to connect, but they are a wonderful tool to utilize to keep our community most safe. The Siletz peoples are encouraged to keep in harmony with their ancestors' ways; attending private sweats, virtual drum and talking circles, and smudge. Live life in a healthy, good way!



Salem Area Office	Portland Area Office
Wednesdays & Thursdays	Mondays & Tuesdays
1-(503) 390-9494	(503) 238-1512
x1864	X1417

477 Self-Sufficiency Program

477 Self Sufficiency Mission Statement

To assist eligible clients in attaining self-sufficiency. The 477 Self-Sufficiency Program will serve the following groups as they work towards this goal:

- Siletz Families
- Native American
- Alaskan Native
- Native Hawaiian

The available components through the Program are cash grant services, emergency utility assistance, job training, job retention services and supportive

services.

The Program Manual lists all available components in detail and the requirements of each. All components of the 477 SSP are available on a budgetary basis.

Contact a Tribal Services Specialist for more information about current components that are available.

Your Success is Important to Us!

Contact a Tribal Services Specialist for more information about current components that are available.

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.

Education & Youth Update

December 2020

Wishing everyone a wonderful December to enjoy with all the holidays. We have some fun events planned and hope you can join with us—virtually! Please let us know if you are in need of resources or funding for school or for extra curricular activities.

You can contact Katy Holland, Portland Area Office Education Specialist at (503)238-1512 or email at: katyh@ctsi.nsn.us.

File Your Free Application for Federal Financial Aid (FAFSA)

Siletz High School seniors & adults who are planning on attending college or training in the 2020-2021 academic school year are required to file a free application for federal student aid by **January 30, 2020** to be eligible Tribal education funds. The application is online and can be completed at: www.fafsa.ed.gov

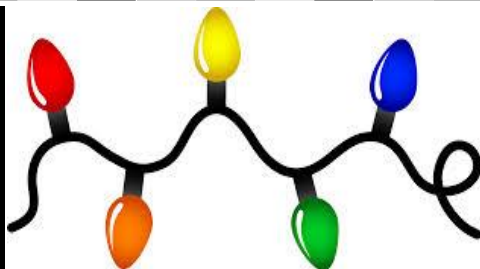


HELD VIRTUALLY
DECEMBER 29TH & 30TH
OPEN TO ENROLLED SILETZ TRIBAL YOUTH AND DESCENDANTS
7TH - 12TH GRADE
YOUTH MUST BE SIGNED UP BY
DECEMBER 7TH TO RECEIVE A FREE WELCOME BAG

EMAIL NORAW@CTSI.NSN.US TO REGISTER

Johnson O'Malley/Supplemental Education Program

Funding is available for youth activities through the JOM/Supplemental Education Program Available for youth activities. Please call for more information at (503) 238-1512 .



Education & Youth Update



Tutoring

Homework Help Available

Monday Homework Help
hour with CTSI Staff -
Jacob Reid & Nick Viles.

Contact Jacob @
Jacobr@ctsi.nsn.us for log in
access.



TUESDAYS AT 4:00PM

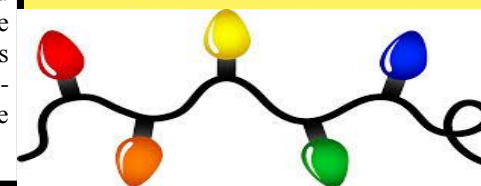
**& Every Second Saturday of the
Month at 11 am**

ZOOM ID: 815-0349-3819

Email jacobr@ctsi.nsn.us for Password

Child Care Funds Available:

For more Information please check out the Tribe's web site at www.ctsi.nsn.us. Go to Services, and you will see Child Care Assistance and Covid Child Care funds assistance through the Cares Funding. For more information call 1-800-922-1399 and ask for the Child Care Assistance Program.



CTSI Virtual College Info Night

**Thursday, December 3rd
6:00 PM on Zoom**

*All students and
families are welcome*

GET INFO ABOUT:

- APPLYING TO COLLEGE/UNIVERSITY
- TRIBAL GRANTS & SCHOLARSHIPS
- FINANCIAL AID/FAFSA
- IMPORTANT DEADLINES
- TRIBAL STUDENT-SUPPORT PROGRAMS

PLUS: MEET ADVISORS FROM LOCAL COLLEGES AND UNIVERSITIES.

Email KatyH@ctsi.nsn.us to sign up!

Youth & Family Activity Sunshine Division Winter Wonderland

Social distancing from the comfort of your car.

Cashless entry to the racetrack.

Dec. through January 2, 2021

Sunday – Thursday, 5:30 Pm – 9:30 Pm & Friday –
Saturday, 5 Pm – 11 Pm

The Siletz JOM Program will be purchasing tickets for our
JOM Tribal families for one of the largest holiday drive
through light shows.

The 28th annual Safeway Winter Wonderland

Portland International Raceway

1940 N Victory Blvd
Portland, OR 97217

Through January 2nd

For tickets and information please contact Katy by Dec.
10th, 2020.



**BUILDING NATIVE COMMUNITIES:
FINANCIAL EMPOWERMENT FOR TEENS
AND YOUNG ADULTS VIRTUAL TRAINING**
JANUARY 25-29, 2021

Join this 5-day interactive Building Native Communities: Financial Empowerment for Teens and Young Adults Train-the-Trainer certification class. Due to COVID-19, organizations are having to shift into a virtual training space to fulfill the community needs and still adhere to the recommended social distancing guidelines. This virtual certification training will run for 3 hours daily for 5 days, this will allow your staff or community members become certified BNC: Financial Empowerment for Teens and Young Adults financial education trainers.

This training covers 7 lessons:

1. Building Thriving Native Economies
2. Money in Native Cultures
3. Banking 101 - Check it Out
4. Credit Journey - Thriving Not Surviving
5. Credit & Loans - Understanding, Applying, and Managing - Oh My!
6. Home is where the Heart Is - Ultimate Adulting
7. Circle of Life - Financial Milestones

Participants will have access to a downloadable PDF of the curriculum or have the option to order a hard copy to be shipped directly to you, shipping and book fees will be billed directly to the participant.

Attendees will obtain certification to effectively teach the Building Native communities: Financial

To become certified: Empowerment for Teens and Young Adults curriculum virtually.


**Register for this Training at
NativeLearningCenter.com**



Christmas Assistance Near You

Salvation Army: The Angel Tree Program provides gifts of new clothing and toys to families in Clackamas, Multnomah, and Washington Counties who otherwise might not have anything for Christmas. Children who are recipients of Angel Tree gifts are from families who have applied for The Salvation Army social service programs. Various locations for Families with kids ages 0-12 years old. Please see www.portland.salvationarmy.org/portland2/christmass-assistance or you can contact Katy for specific locations and their phone numbers.

December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13		<p>All Tribal Offices have been closed since March 17th 2020, until further notice. Services will be provided via telephone, email and mail; Offices will be closed to walk-in clients.</p>			18	19
20	21	22	23	24	25 Christmas	26
27	28	29	30	31		

Tobacco Prevention Education Program

Is smokeless tobacco safer than smoking?

Smoking is a serious health risk and one that can have countless negative impacts on our health. Of course everyone would stop if they could, but the unfortunate reality is that smoking is also addictive and sometimes this can make it seem impossible to quit. One solution many people turn to is to try something different. It isn't the smoking itself that is addictive you see, rather it is the nicotine which causes a release of dopamine in the brain and encourages neurotransmission resulting in a 'high' that we begin to crave. One strategy that some people will use themselves is chewing tobacco – which contains nicotine but doesn't involve inhaling anything into your lungs.

Types of Chewing Tobacco—

Chewing tobacco goes by many names: smokeless tobacco, chew, snuff, snus, pinch, dip and more.

Is Chewing Tobacco a Safe Alternative?

The addiction to cigarettes is deeper than just the physical addiction to tobacco – it's also a psychological addiction. It becomes a habit and it becomes a crutch that many use to lean on emotionally. If you are used to going outside for a ten minute break and lighting the end of a match then you will be used to the warmth this creates, to the feel of the cigarette in your mouth – generally to the entire

rigmarole and culture and not just the chemical kick. You can change to chewing tobacco and think that you're curing yourself of smoking, but in fact you are just replacing one dangerous and damaging habit for another.

Addiction

The big problem with chewing tobacco is that it actually results in your taking in more tobacco than a cigarette. This occurs because you leave the chew in your mouth for a longer time, this causes you to get a steady stream of nicotine throughout the day. In other words your body becomes accustomed to getting more nicotine and getting a constant flow of it.

Cancer

There are over thirty different cancer-causing agents in chewing tobacco. You will be less likely to experience lung cancer because these won't make it to your lungs, but the chances of getting it in your mouth, throat, cheek, gums, lips or jaw are increased as the substance will spend much time here. This can be fatal, or if you have to have it removed it can result in serious disfigurement. Pancreatic cancer and kidney cancer are also more likely. To drive home just how dangerous chewing tobacco is, look inside your mouth. If you already chew tobacco then you might see that there are some tiny white lesions there. These tiny white lesions are called leukoplakia and are 'precancerous' and if you continue these lesions can grow and become cancerous.

Tobacco Prevention Education Program

Heart Problems

Chewing tobacco speeds up your heart rate and increases your blood pressure. This then increases your chances of heart problems and circulatory diseases. You are more likely to experience poor circulation leading to nerve damage, and you are more likely to suffer a heart attack or stroke.

Conclusion

Neither chewing tobacco nor smoking are advised and both can lead to serious problems. They are both addictive, unattractive, unsociable and frankly expensive. More importantly both can

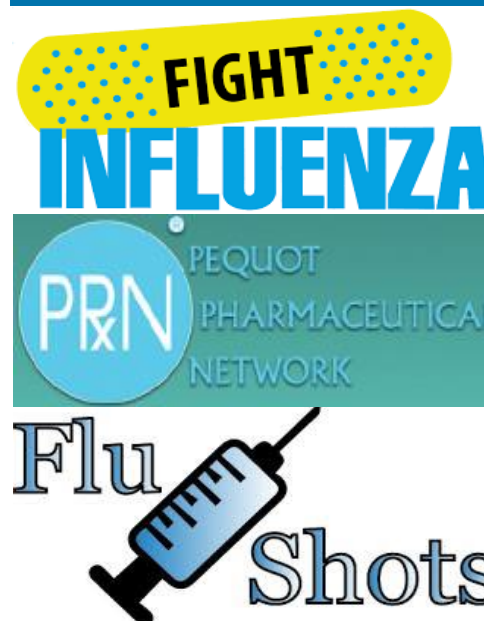
lead to various forms of cancer and heart disease. While you won't get tar in your lungs or blood stream with chewing tobacco, higher amounts of nicotine and the long amount of time the substance spends in your mouth means that addiction and mouth cancer is actually even more likely.

**Commercial Tobacco Quitline
800-QUIT-NOW**

**AI/AN Line now available
(option 7) 1-800-7848-663**



Flu Shot Information



Flu Shot Access

In response to COVID-19, the Siletz Clinic is unable to offer flu clinics in the area offices.

You can use your Pequot card at YOUR local pharmacy:

Pequot is accepted at all CVS network pharmacies that currently accept your Pequot Card.

You or your pharmacist can contact Pequot at 888-779-6638 if you have any questions.

Using your Pequot card will NOT reduce your annual Pequot benefit.

Brought to you by:

CEDARR

Community Efforts Demonstrating the Ability
to Rebuild and Restore

In partnership with Confederated Tribes of Siletz Indians,
Samaritan Health Services and Women's Foundation of Oregon

..... first annual

HARM REDUCTION CONFERENCE

Harm reduction is a way of preventing disease and promoting health that "meets people where they are" rather than making judgments about where they should be in terms of their personal health and lifestyle. Accepting that not everyone is ready or able to stop risky or illegal behavior, harm reduction focuses on connection to community and access to services without judgement or coercion.

TRACK OPTIONS

HARM REDUCTION SERVICES

LGBTQIA2S+

HEALING FROM TRAUMA

COMMUNICABLE DISEASE

TRAUMA INFORMED HARM REDUCTION

Conference is Virtual & Free!

Register at:

<https://www.eventbrite.com/e/cedarr-presents-our-first-annual-harm-reduction-conference-tickets-127733017895>

DECEMBER 14-16



CTSI CHANGE TEAM

LOGO DESIGN CONTEST

The CTSI Change Team is hosting a logo design contest! Entries will be judged based on creativity and best representation of the Change Team's values

ALL PARTICIPANTS WILL RECEIVE A SWEATSHIRT WITH THE NEW LOGO DESIGN. ONE CONTEST WINNER WILL BE AWARDED A \$25 AMAZON GIFT CARD!

Submit your responses to hannahg@ctsi.nsn.us by December 31st. Art must be submitted digitally by picture or scan. Include your name and address to receive prizes.

Open to all Siletz Tribal Households! All ages may enter. One entry per person.

For reference, the CTSI Change Team's mission is as follows:

"The CTSI Change Team promotes the renewal and reclamation of our traditional and cultural ways of thinking that values all members of our tribe.

We are committed to help create a safe, open, and caring environment to all LGBTQ/Two Spirit individuals, families, and allies. We work to ensure that policies, practices and people welcome, value, and treat equitably two-spirited individuals in the work place and in our tribal community.

Our vision is of a native people helping a native community reach a goal of equality amongst all members, inclusive of gender identity and sexual orientation. We recognize that as a tribe and work place, we would be diminished without each and every one of us."



Behavioral Health—Alcohol & Drug Program

ADDICTION AND RESENTMENTS

Resentments refers to the mental process of repetitively replaying a feeling and the events leading up to it that persists or angers us. Sometimes we are unable to let that resentment subside and let it go in our lives. We re-experience and relive them in way that affect us emotionally, physiologically, and spiritually in very destructive ways. The inability to overcome resentment probably constitutes the single most devastating problem to repairing a disintegrating intimate connection, family rift, or severed friendships. In recovery we try to work through these resentments because if we do not it creates a feelings of anger and pain which may bring up triggers of using that may come up and we justify us using again to get rid of the pain of the resentment. Here are some tips to begin to heal from your resentments for your recovery.



- Acknowledge that the resentment is there and active in your thoughts
- Notice how it is affecting your body, mind, spiritual, social well being
- Begin to actively visualize stopping the thoughts of resentment when they play out in your mind, such as a stop sign, road block or other representative of this action.
- Talk with someone you trust about the resentment and acknowledge or write down what may have been your part in the resentment. i.e (. I didn't speak up when I needed something.)
- Write down the resentments and read back carefully and begin to see the whole picture of the resentment.
- Verbalize and visualize your letting go of the resentment in your mind.
- Allow yourself to let it go and choose to be happy again without the anchor of the resentment hanging on to you.

These steps can support you in no longer allowing the resentment to control you, your emotions, actions and reactions in your life and become happier more open and peaceful person in your life and recovery.

**Recognize
Acknowledge
Forgive Change**

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk

**Help is
Available &
Confidential**

Vocational Rehabilitation (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.



transferred to the office nearest you that is listed below.

Salem Area Office:

(503) 390-9494
3160 Blossom drive NE, ste. 105
Salem, OR 97305

Eugene Area Office:

(541) 484-4234
2468 West 11th, Eugene, OR 97402

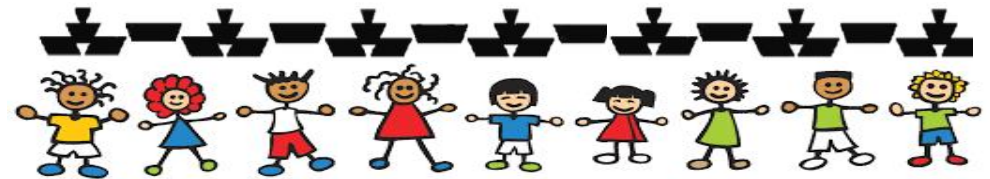
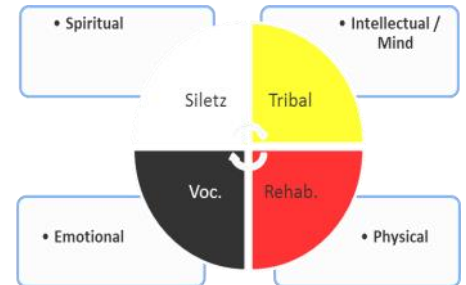
Siletz Admin. Office:

(800) 922-1399
201 SE Swan Ave, Siletz, OR 97380

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



CTSI Childcare Assistance Program

CTSI Childcare Assistance Program has expanded services and can now serve children that are under the age of 13 years and who are descendants and/or dependents of enrolled tribal members. Families must reside in the eleven county service area and parents must be working or enrolled in higher education or job training. For more information or to request and application call DeAnn Brown at 541-444-2450 or 1-800-922-1399.

Published by the
**Confederated Tribes of
 Siletz Indians of Oregon
 Portland Area Office**

Portland Area Office
 12790 SE Stark St., Suite 102
 Portland, OR 97233

Phone: (503) 238-1512
Fax: (503)238-2436

Hours:
 Mon—Friday
 8:00 AM—4:30 PM

www.ctsi.nsn.us



EAGLE t'a'-lhki

CTSI Resource Call Line

We are here to connect Tribal members and their families to local resources. This includes food, housing, and other essentials. In addition, we are providing households with hard to find hygiene and sanitation items.

**Disclaimer: Supplies are limited but we will do our best to meet your needs.*

Call us at 541-444-9613.
 We will be taking calls Monday through Friday between 9am-3pm.



Portland Area Office Staff:

Name/ Title	Contact Information
Rebecca Downey Area Office Supervisor	(503) 238-1512, X1419 rebeccad@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512, X1418 katyh@ctsi.nsn.us
Andrew Johanson Community Health Advocate	(503) 238-1512 x1413 andrewj@ctsi.nsn.us
Dianna Edenfield Area Office Clerk	(503) 238-1512, X1400 diannae@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us
Andrew Eddings Peer Recovery Mentor	Work Cell: (541) 270-9717 andrewe@ctsi.nsn.us
Rachel Adams Mental Health Specialist	(503)238-1512 X1417 rachela@ctsi.nsn.us
Andulia WhiteElk A & D Counselor	(503)238-1512 X1414 anduliaw@ctsi.nsn.us

Other Numbers:

Name/ Program	Number	Name/ Program	Number
Confederated Tribes of Siletz Indians	800-922-1399	Purchased Referred Care (PRC)	800-628-5720
Portland Area Office	503-238-1512	Siletz Community Health Clinic	800-648-0449
Salem Area Office	503-390-9494	Angelina Artiago Portland Elder's Rep	(503) 760-3899
Eugene Area Office	541-484-4234	Kay Steele Portland Elder's Rep	(503) 760-4746