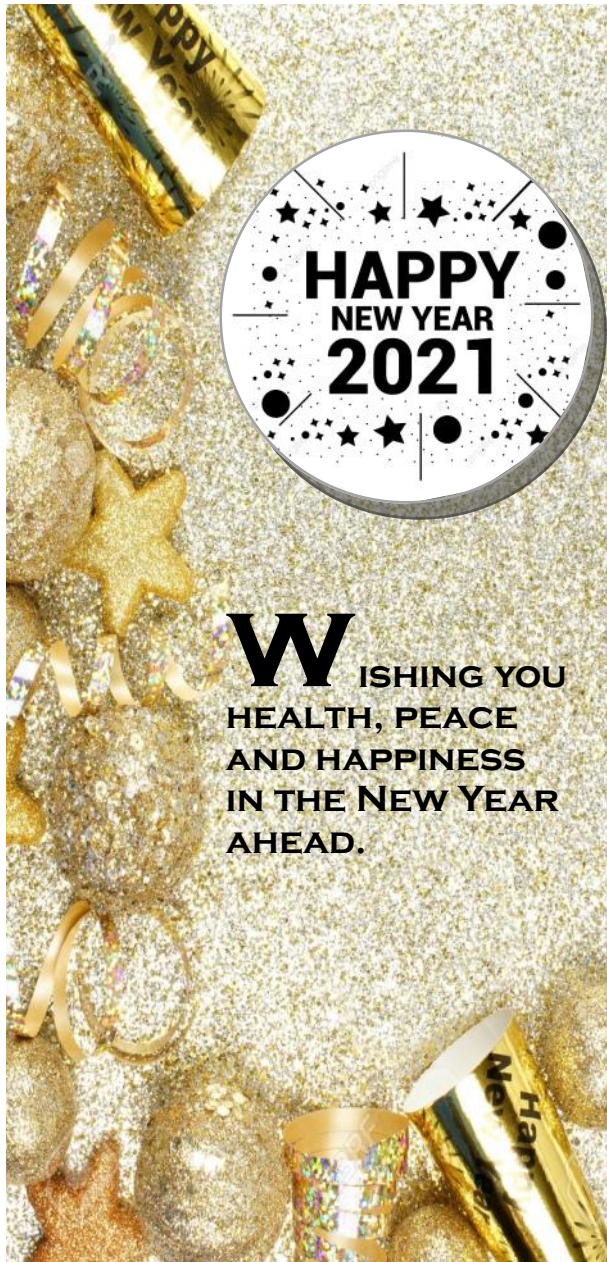


Portland Potlatch

JANUARY 2021

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Native American Youth and Family Center

5135 NE Columbia Blvd, Portland, OR 97218 | p 503.288.8177 | f 503.288.1260 | nayapdx.org

Critical Home Repair, Weatherization, and Anti-Displacement Program

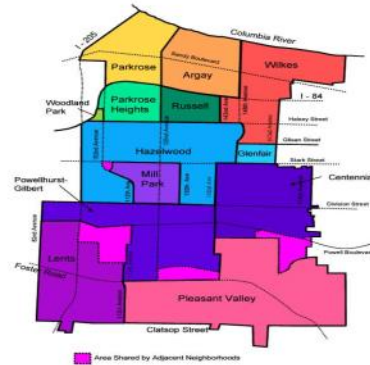
Enjoy a home that's more: safe, comfortable, and valuable.

The Native American Youth and Family Center (NAYA) is partnering with the Portland Housing Bureau to work with East Portland homeowners! We're addressing critical home repair and weatherization needs for the neighborhood and stabilizing the community one home at a time. If you're a low-income homeowner, you may immediately qualify for funds to make important improvements or repairs to your home!

This is a grant program, and inspections/repairs will be done with no financial obligation to the homeowner, nor will there be any liens attached to the property.

To qualify you must be 55+ years old and/or have a disability, live in East Portland (see map below), and meet the 2020-2021 Income Guidelines (listed below):

Household Size:	Total Household Income:
1	\$32,250
2	\$36,850
3	\$41,450
4	\$46,050
5	\$49,750
6	\$53,450
7	\$57,150
8	\$60,800



Have questions? Ready to apply? Contact:

Brent Lee
Home Repair Program Coordinator
BrentL@nayapdx.org
(503)288-8177 x 313

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

Thinking about winter:

The longest day has passed, but the pandemic is still here which makes it easier to feel times are bleak. A new vaccine has started being passed out to the public, hopefully bringing people a bit of hope. 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 cope:

- 1) Try Progressive Muscle Relaxation: Get in a comfortable position, and flex major muscle groups, one group at a time, starting at your feet, moving to your calves, then thighs, continuing through your torso and arms, and ending with scrunching the facial muscles. With each group, flex on a deep breath in, and release on a deep breath out. Flex each group twice, and when you've finished scrunching your face, scan your body for tension and if you find some, release that muscle group.
- 2) Try the five senses grounding technique: Breathe slowly in and

out, and take a moment to listen to your surroundings. Find at least three things you can hear. Next, take a moment to look around yourself, and find at least three things you see, describing the details of the object to yourself. Next, take a moment to pay attention to your breathing, and notice what you can smell. If you like, light a candle or some incense to increase the aroma. Now, take a moment to find at least three things you can touch; fuzzy blankets, a pet, a smooth stone. Pay attention to the specific textures of the item you grab. Lastly, find three things you can taste and tell yourself about the flavors; spicy, sweet, bitter, etc.

Mental Health Specialist services include:

The Mental Health Specialist utilizes person-centered therapy, adding in pieces of other modalities as 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 January:

Mental Health Specialist Rachel will be co-facilitating a Gaming Tournament for youth, on January 16th! This one will be in Rocket League, which has gone free-to-play on all systems!! Please call for more details, or email jacobr@ctsi.nsn.us to get the registration information and register.

Traditional Coping

Winter preparations should be finalized, 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.



January 2021

Remember to File Your Free Application for Federal Financial Aid

All adults who are planning to attend or continue 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, 2021** to be eligible for Siletz Tribal education funding. This application is done online. If you would like assistance with this please contact Katy at the Portland office or your local college.

www.fafsa.ed.gov

Scholarship Season Is Upon Us!

From January 2021 through the end of March is the absolute best time of year for students who plan to attend college to apply for scholarships. Scholarships abound in almost every major and field. Many scholarships are listed in the Tribe's web site under Education Services or each month posted in our main newsletter. For scholarship assistance and your college plan please contact Katy for assistance at katyh@ctsi.nsn.us.

VIRTUAL SILETZ SPECIFIC TRIBAL COLLEGE WORKSHOP ON ZOOM

JANUARY 14TH, 6:00PM

Learn about Siletz Tribal funding for college, lodging assistance, scholarships and important deadlines so you are able to plan ahead.

Please email katyh@ctsi.nsn.us for the zoom ID or for more information.

We hope to see you there to learn more.



Remember to check out our Tribal Youth Facebook page for fun activities and events

CTSI YOUTH

Online Tribal Reading Group
Meet up every Wednesday at 4pm on Zoom . Read new books. Contact Katy to sign up & for more information. Books are sent to your home.

Did You Know?

The Siletz Tribe has funding for youth activities, sports, lessons, and many other opportunities for our young people. To find out more please email Katy at katyh@ctsi.nsn.us or call the PAO.



Siletz Youth Activity:

Provides up to \$150 per year to cover costs for extra curricular activities as well as cultural projects or supplies for Siletz tribal members.

Siletz Johnson-O'Malley Program:

The JOM program provides funding to help pay for extracurricular activities, sports, fees, lessons and cultural projects for students from any federally recognized tribe.

Tribal Programs in the Education Department

Adult Education Program offers Siletz Tribal members funding to assist with the cost of GED classes and testing, professional licensees and other employment enhancement classes. There is no application deadline

Higher Education and AVT Grants Provide funding to attend an accredited college university or training program.

January Culture Kits For Youth

Each month we will be sending out a new culture kit for our youth while we are unable to meet in person. Please call Katy for your culture kit at: (503)238-1512.

CTSI Tribal Youth: Weekly Homework Help Drop-In Sessions

*Homework Help with CTSI Staff

*Connect with other tribal students

*Mondays 4-5 pm

Zoom Login Information:

892-3799-5768

Email jacobr@ctsi.nsn.us or direct message the CTSI Youth Facebook Page for password or link

CTSI Virtual College Info Night

Featuring Info on: Tribal Programs for Students

THURSDAY,
JANUARY 14
6:00 PM

online
via
zoom

GET INFO ABOUT:

- ◆ Tribal Grants and Scholarships
- ◆ Important Deadlines
- ◆ Financial Aid/FAFSA
- ◆ Other Tribal Programs for Students

All Students and Families Welcome

Contact katyh@ctsi.nsn.us to sign up
and for login information

CTSI would like to start a virtual Two Spirit and LGBTQ youth group. We are looking for the following feedback:

- What format would most benefit you?
- Would you be willing to take on a leadership role?
- What do you want to get out of this group?

Let us know how we can best support you!
Please contact Hannah by text/call at
541-270-8472.

Home Visiting Program

Virtual Home Visiting



Have you been thinking about Home Visiting but have concerns about someone coming to your home due to COVID? No worries! We can do virtual visits. During this COVID season we are not meeting in the home or office. We can meet by phone, FaceTime, Google Duo or the like. When weather permits we can meet outside if you prefer following all the safety protocols, wearing masks and staying 6 feet apart.

Who is Home Visiting for?

We serve Siletz families who are expecting a baby or have a baby under one year of age

(continuing until the child is three). Our Family Spirit curriculum, developed by the John Hopkins Center for American Indian Health, is evidence based and culturally sensitive to native families. Some of the aims are to increase parenting knowledge and skills; promote optimal physical, cognitive, social/emotional development for children birth to three years; prepare children for early school success; link families to community services to address specific needs; promote parent's and children's life skills and behavioral outcomes across the life span. Bottom line – we want to help provide parenting and life skills for you to have a successful and positive parenting experience.

For more information please contact Lori Christy, Home Visitor at 503-390-9494 (Salem Area Office) or 541-272-2241 (cell)

January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1 Office Closed New Years Day	2	
3		5	6	7	8	9	
10	11	<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>				15	16
17	18 Office Closed MLK Day	19	20	21	22	23	
24	25	26	27	28	29	30	
						31	



Happy New Year

As we start off the New Year (2021), several people will make a resolution. Whether it's exercising, eating healthier, take a vacation, go back to school, quit smoking, etc. Many of these resolutions will require a change in lifestyle, for example; eating more fruits and vegetables, working on portion control during meals, start going to the fitness center or incorporating more physical activities into your routine.

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

1. Make a list of reasons on why you want to "quit smoking".
2. Choose a method whether it be "cold turkey", "tapering", using a app or a texting program, nicotine replacement therapy (NRT's). There are several methods, if you need assistance or have a question, contact the Tobacco Prevention Coordinator at 541-444-9682.

3. Set a quit date. Pick a day that works for you, not a day that will be too stressful. Write it down and commit to it.



4. Let your family and friends know that you are quitting and ask them to support you on your new journey. Let them know that you may need to contact them when your going through a rough time.
5. Reward yourself. Use the money that you will save on cigarettes and treat your self to the new you. You can buy yourself something small and frequent, or save up and get something nice. **You deserve it.**

Cancers associated with commercial tobacco use:

Cervical Cancer:

Cervical cancer occurs when the cells of the cervix grow abnormally and invade other tissues and organs of the body. When it is invasive, this cancer affects the deeper tissues of the cervix and may have spread to other parts of

the body (metastasis), most notably the lungs, liver, bladder, vagina, and rectum.

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

Squamous cell

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

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

**Commercial Tobacco Quitline
1-800-QUIT-NOW**

**AI/AN Line now available
(option 7) 1-800-784-8663**



THE TRIBE IS IN NEED OF CERTIFIED HOMES TO CARE FOR TRIBAL CHILDREN IN NEED OF EMERGENCY, SHORT TERM AND LONG TERM PLACEMENT



**TO SEE HOW YOU CAN HELP PLEASE CALL TODAY.
SILETZ TRIBAL INDIAN CHILD WELFARE DEPARTMENT
541-444-8272**

Purchased Referred Care (PRC) Update

Remember to update your PRC services form each year! Call the Portland Area office or the Siletz Clinic and we can send you the form. If you have moved, have a new phone number or even a new primary care doctor, please update your information.

It's especially important to update your information, because your Purchased Referred Care benefits WILL be affected by not updating with the clinic.

Due to confidentiality restrictions, updating with the clinic does not update your information with Siletz Administration. The clinic update is completely separate from the Tribal Administration (i.e. non-medical tribal services, per capita, etc.)

Adopt a Brain-Healthy Diet



According to the most current research, a brain-healthy diet is one that reduces the risk of heart disease and diabetes, encourages good blood flow to the brain, and is low in fat and cholesterol. Like the

heart, the brain needs the right balance of nutrients, including protein and sugar, to function well. A brain-healthy diet is most effective when combined with physical and mental activity and social interaction.

Manage your body weight: for overall good health of brain and body. A long-term study of 1,500 adults found that those who were obese in middle age were twice as likely to develop dementia in later life. Those who also had high cholesterol and high blood pressure had 6 times the risk of dementia. So, it's important to adopt an overall food lifestyle change, rather than a short-term diet, and try to eat in moderation.

Reduce your intake of foods high in fat and cholesterol. Studies have shown that high intake of saturated fat and cholesterol clogs the arteries and is associated with higher risk for Alzheimer's disease. However, HDL (or "good") cholesterol may help protect brain cells. Use mono- and polyunsaturated fats, such as olive oil, for example. Try baking or grilling food instead of frying.

Increase your intake of protective foods: Current research suggests that certain foods may reduce the risk of heart disease and stroke, and appear to protect brain cells. In general, dark-skinned fruits and vegetables have the highest levels of naturally occurring antioxidant levels. **Such vegetables include:** kale, spinach, Brussels sprouts, alfalfa sprouts, broccoli, beets, red bell pepper, onion, corn and eggplant.

Fruits with high antioxidant levels include prunes, raisins, blueberries, blackberries, strawberries, raspberries, plums, oranges, red grapes and cherries.

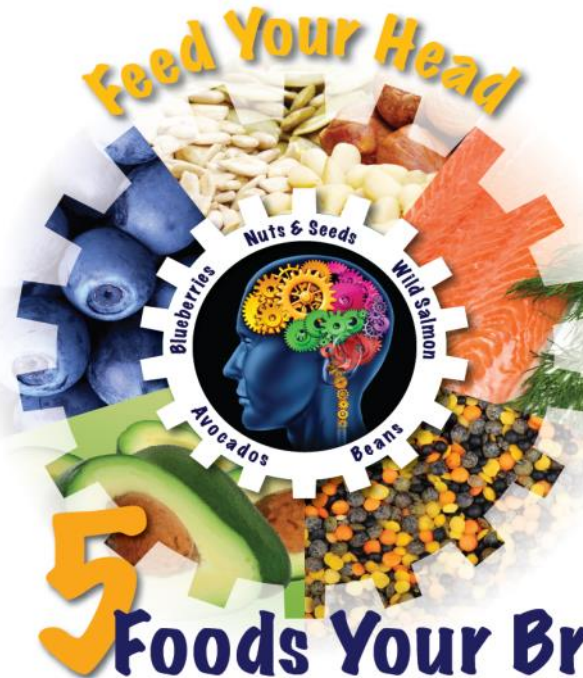
- Cold water fish contain beneficial omega-3 fatty acids: halibut, mackerel, salmon, trout and tuna.
- Some nuts can be a useful part of your diet: almonds, pecans and walnuts are a good source of vitamin E, an antioxidant.

Not enough information is available to indicate what quantities of these foods might be most beneficial for brain health. For example, it is not clear how much fruit would have to be consumed to have a detectable benefit. However, a study of

elderly women showed that those who ate the most green, leafy and cruciferous vegetables in the group were one to two years younger in mental function than women who ate few of these vegetables.

Vitamins may be helpful. There is some indication that vitamins, such as vitamin E, or vitamins E and C together, vitamin B12 and foliate may be important in lowering your risk of developing Alzheimer's. A brain-healthy diet will help increase your intake of these vitamins and the trace elements necessary for the body to use them effectively.

Love your brain with good foods!
(et.al Alzheimer's Association of America, www.Alz.org 2020)



- Blueberries**
Brainberries! Learn more and move better. Adding a cup of blueberries to your day can improve your learning capacity and motor skills.
- Nuts & Seeds**
Sometimes you feel like a nut. An ounce of nuts or nut butter every day has the vitamin E to keep your mind sharp.
- Wild Salmon**
Think fast! Omega-3 lubes your brain and this fish has lots of it. A 4oz serving a couple times a week can help you study.
- Beans**
Beans, beans, they're good for you...brain? Yes they are! 1/2 cup of beans every day can stabilize your blood sugar so your brain gets a steady supply of energy.
- Avocados**
And who doesn't love guacamole? 1/2 an avocado a day is a good source of anti-oxidants, can help you absorb other nutrients and helps blood circulation.

New Year's Resolutions and Your Sobriety in 2021

Whether you choose to make New Year's resolutions or not is completely up to you; there's no wrong or right decision. If you do decide to set resolutions, here are some tips on [how to make recovery-oriented New Year's resolutions](#). However, an important part of living a life in recovery is living one day at a time, purposefully and intentionally.



The only New Year's resolution you really need in recovery is to **focus on how you're living today and continue working your recovery program to the best of your ability**. By working the 12-steps regularly, you've already made a resolution to better your spiritual, emotional, and physical health, all while maintaining your sobriety.

If long-lasting recovery is your goal, there are plenty of additional ways to prioritize your sobriety in 2021 and keep those New Year's Resolutions.

- **Regularly attend 12-Step meetings** – The value of [peer support in recovery](#) is widely accepted and credited for helping individuals improve their overall health and wellness while sustaining their sobriety.³ Maintaining active involvement in a peer recovery program is an excellent way to sustain your sobriety and successfully achieve the resolution of long-term sobriety.
- **Enroll in a sober living program** – Sober living programs are designed to help sober people transition out of residential treatment and into an independent living environment. High-quality [sober living homes](#) are safe, supportive, and provide opportunities to [establish a healthy routine in sobriety](#). They also provide accountability for clients who have recently completed rehab or who struggle with chronic [relapse](#).
- **Enroll in IOP** – An [Intensive Outpatient Program \(IOP\)](#) can be very beneficial for people who have mild addictions, have already completed a residential rehab program, or are currently enrolled in a sober living program. IOP is a less structured form of addiction treatment that allows for the flexibility to attend school or maintain employment while completing treatment.

- **Get involved in an alumni program** – If you've already completed residential treatment, getting involved in an alumni program is a great way to stay connected with the recovery community and mentor others who are in the earlier stages of treatment.

Whether you decide to make New Year's resolutions is up to you, but however you choose to approach the new year in recovery, we hope you have a safe, fun, and [sober New Year's!](#)

References:

- <https://thriveglobal.com/stories/weekly-roundup-3-reasons-you-shouldn-t-make-new-year-s-resolutions-and-what-to-do-instead/>
- <https://www.history.com/news/the-history-of-new-years-resolutions>
- <https://www.samhsa.gov/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**

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.

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

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 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