

DRUMBEAT NEWSLETTER - MARCH 2021

3160 Blossom Drive NE, Suite 105
Salem, Oregon, 97305



Phone: 503-390-9494
Fax: 503-390-8099

Announcements News and Highlights



Services

Due to COVID-19, until further notice services will be provided via telephone, email and mail: Offices will be closed to walk-in clients. Many services are contingent upon the office being open and the ability to provide services in a way that maintains the safety of the community and staff.

Our staff are working very hard to continue providing critical services to our community members.

To access these services, please call:

Siletz Community Health Clinic: (541)444-1030

Siletz Tribal Housing: (541)444-8322. Payments can be mailed or put in the Drop Box

477-SSP: (541)444-8247

USDA Food Program: (541)444-8393

Human Resources: (541)444-8274

Indian Child Welfare (ICW): (541)444-8272

Natural Resources: (541)444-8227 or (541)444-8232

Enrollment: (541)444-8258

Elders: (541)444-8220

Eugene Area Office: (541)484-4234

Portland Area Office: (503)238-1512

Salem Area Office: (503)390-9494

To access all other services, please visit: www.ctsi.nsn.us



Would you like to make a dentalium necklace? Call to request a kit.

(Only a limited amount available)

If you are interested in making a shawl contact the Salem Area Office.

VIRTUAL HOME VISITING - LORI CHRISTY, HOME VISITOR

Congratulations to Rochal Cole-Gonzalez our latest Home Visiting graduate!



Miguel Hernandez and Rochal-Cole Gonzalez with their daughter Alahiilaah Hernandez

Rochal began Home Visiting in January 2018 soon after the birth of her daughter Alahiilaah, participating until this January when Alahiilaah turned three. While in the program Rochal and her family faced some challenges which included housing instability, yet through it all Rochal stayed positive, hopeful, and remained a caring attentive mother. For a period of time they lived with other family members, made several moves, and are now in stable housing of their own. Rochal engaged fully in the home visiting lessons, willing to listen and share her ideas. She and her family also participated in home visiting family events. Rochal has a desire to learn and grow and is currently attending Chemeketa Community College.

Rochal says she is “super grateful for the program it has been very helpful to me and I wasn’t a first time parent, although it had been several years since I had a little one. As a first time parent it would be very helpful.” She says she would absolutely recommend Home Visiting to other families.

Home Visiting is now virtual during this COVID season. 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. For information about Home Visiting contact Lori Christy, Home Visitor.

503-390-9494 (SAO) or 541-272-2241 (cell)

LoriC@ctsi.nsn.us

How to fight SEASONAL AFFECTIVE DISORDER

If you've been feeling down, irritable or low on energy or if you've been craving sweet or starchy foods or sleeping more or less than usual, you may be experiencing seasonal affective disorder (SAD), a type of depression that's common in the winter months

503-390-9494 X1854
Ceciliat@ctsi.nsn.us
 Monday-Friday
 8:00 am - 4:30pm

YOU ARE NOT ALONE

If you are, you're not alone. As the hours of daylight decrease and the temperature outside gets chilly during the winter, many people experience symptoms like these. The duration and severity can vary significantly from one person to another—but the good news is that you don't have to suffer until spring. You can take steps now to ease these symptoms.

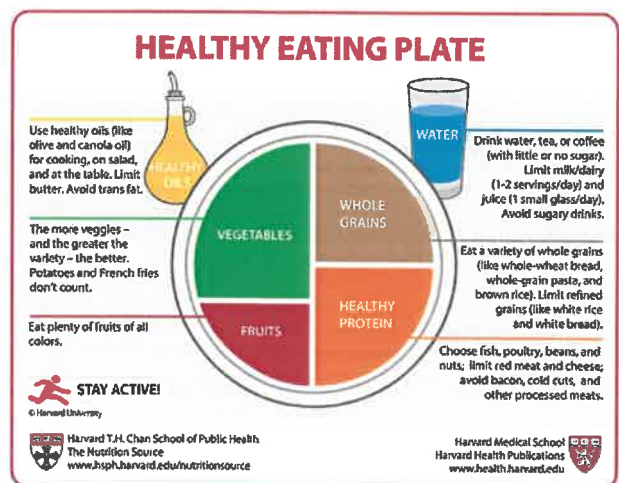
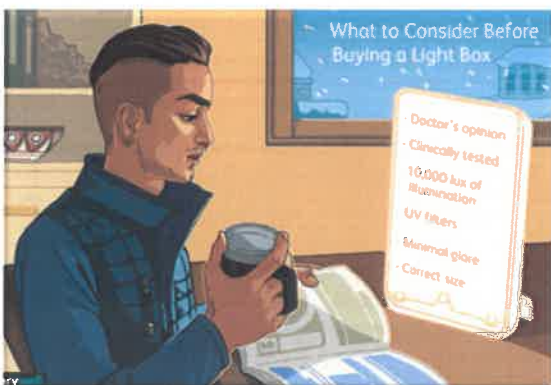
Expose yourself to light. Since a shortage of sun exposure is part of what triggers SAD, sit by a bright window or go out for a walk during the day. If this doesn't give you enough of a mood boost, consider investing in a light box, which can also help with insomnia, or a dawn simulator: The artificial light from these devices is about 20 times brighter than what's emitted by ordinary light bulbs and of a different wavelength (10,000 lux of cool-white fluorescent light). The theory is that if you sit in front of a **light box** for at least 30 minutes each day (ideally first thing in the morning), the light will suppress the release of melatonin (which makes you sleepy) and trigger the release of brain chemicals that are linked to a more upbeat mood.

Stick with a healthy diet. Rather than indulging in lots of creamy, cheesy, starchy, or sugary comfort foods, make or order satisfying, produce-based items. Choose vegetable soups and stews, baked or roasted apples and pears, and you'll get the hearty and filling sensations that you want without consuming excessive calories.

Stay Active. Don't hibernate or stay cooped up inside. Bundle up and enjoy winter activities like ice skating, snowshoeing, building a snowman with your kids, or going for a walk in the snow. Get together with friends and see movies or go to museums. Engage in fun activities with your kids at home like playing board games or doing arts and crafts.

Seek Professional help. If you can't beat feelings of seasonal depression, see your doctor about medicines and alternatives, which can improve SAD and may have

longer lasting benefits than light therapy.



SPRING BREAK 2021 MARCH 22ND - 25TH

JOM YOUTH

Register by **3/15/2021** for the following Spring break items to be delivered to your door - Scavenger Hunt; Terrarium kit; Jump Rope; Tie Dye kit & Snack basket.

Contact your local Education Specialist for the registration link.

Alissa Lane-Keene | Siletz Area @ AlissaL@ctsi.nsn.us

Sonya Moody-Jurado | Salem Area @ SonyaMJ@ctsi.nsn.us

Katy Holland | Portland Area @ KatyH@ctsi.nsn.us

Nick Viles | Eugene Area @ NickV@ctsi.nsn.us

This event is intended for JOM students between the grades of Head Start and 12th grade residing within the eleven county service area.

ONLINE LANGUAGE CLASSES AND SPEAKING GROUPS ARE BEGINNING MID-MARCH 2021

Learn
Nuu-Wee-Ya'

MONDAYS AT 5:00 PM
DROP-IN SPEAKING GROUP

THURSDAYS AT 5:00 PM
BEGINNING CONVERSATION

SATURDAY MARCH 13 AT 11:30 AM
KICK-OFF Q+A

Please contact Nick Viles (nickv@ctsi.nsn.us) with questions and to sign up

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The Tribe is in need of certified homes to care for Tribal children in need of emergency, short term And long term placements.

To see how you can help please call today. Siletz Tribal Indian Child Welfare Department 541-444-8272

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YOUTH SERVICES



**Siletz Tribal
Youth
Council!**
March 20th
11:00am



Area Office Contact Info

Portland: Katy Holland
(503) 238-1512
Salem: Sonya Moody-Jurado
(503) 390-9494
Eugene: Nora Williams
(541) 484-4234
Siletz: Jacob Reid
(541) 270-1909



Meeting is set
for Saturday,
March 20th,
2021
Special Guest
Presenters on
Food
Sovereignty!



We're Back!

Calling all Gamers, k-12
CTSI Spring Break
Minecraft Gathering!

**March 23rd,
11am**

Contact:
jacobr@ctsi.nsn.us for
registration



To Sign Up Email Jacob Reid (jacobr@ctsi.nsn.us) by
March 19 and receive a board game for your family

FAMILY BOARD GAME NIGHT IS BACK

Play at home and then join us on Zoom
Friday March 26, 2021 @ 4 pm
for a virtual game night

477 – SELF SUFFICIENCY PROGRAM

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.

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.

For Siletz Tribal Members we offer: Pre-Temporary Assistance for Needy Families (Pre-TANF), Temporary Assistance for Needy Families (TANF), General Assistance for Single Adults (GASA), Emergency Assistance, and Diverted Services.

We also offer the following programs to any Native American (enrolled in a federally recognized tribe or descendant of a federally recognized tribe): Classroom Training, Direct Placement, and On the Job Training. Other services such as Work Experience and On-the-Job Training may be available on a limited basis.

Participants in 477/SSP Programs must meet the eligibility requirements.

Core Services

Need assistance with finding a JOB???

Core Services is what you need.

Services:

Job Referrals, Resumes, Cover Letter, Employment Counseling/Coaching, Job Search Assistance, Mock interview

Support Services:

Interview Clothing, Transportation

Directly tied to a job opportunity



Emergency Assistance: Siletz families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply.

Direct Placement: Support services (work clothing, transportation, tools, etc.) for Native Americans that recently gained employment. Must apply within 7-days of hire.

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. Classroom training is for Federally Recognized Tribal Members and descendants that meet program eligibility.

Important 477-SSP Dates to Remember:

March 5th: Monthly Report Forms, Self Sufficiency Activities, Time-sheets, and Job Search Forms are due

March 18th: Mandatory ONLINE SSP Orientation 10:00 am - 12:00pm

For More Information Contact:

Tribal Service Specialist:

Angelica Espino

Phone: 503-390-9494 ext. 1853

Email: Angelicae@ctsi.nsn.us

USDA DISTRIBUTION DATES FOR MARCH

Siletz

Monday	March 1	9:00 am – 3:00 pm
Tuesday	March 2	9:00 am – 3:00 pm
Wednesday	March 3	9:00 am – 3:00 pm
Thursday	March 4	9:00 am – 3:00 pm
Friday	March 5	9:00 am – 3:00 pm



Salem

Tuesday	March 22	1:30 pm – 6:30 pm
Wednesday	March 23	9:00 am – 6:30 pm
Thursday	March 24	9:00 am – 6:30 pm
Friday	March 25	By appointment only

Salem Warehouse: 503-391-5760

Call the Salem Warehouse only on Salem distribution days/times specified.

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



Fax

Siletz: 541-444-8306 -OR- Salem: 503-391-4296

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

BLACK PEPPER BISON AND CABBAGE STIR FRY

2 TABLESPOONS VEGETABLE OIL*
4 CLOVES GARLIC MINCED
1 LB GROUND BISON*
1 HEAD CABBAGE SHREDDED*
2 ONION CUT INTO STRIPS*
2 GREEN BELL PEPPERS CUT INTO STRIPS*
2 TABLESPOONS SOY SAUCE
1 TEASPOON CORN STARCH
½ CUP WATER 1 TABLESPOON BLACK PEPPER

DIRECTIONS:

1. HEAT WOK OR LARGE SKILLET OVER MEDIUM HIGH HEAT AND ADD OIL. SAUTE GARLIC FOR ABOUT 5 SECONDS, THEN ADD THE GROUND BISON. STIR IN CABBAGE AND ONION AND PEPPER AND COOK UNTIL VEGETABLES ARE TENDER AND BEEF IS FULLY COOKED. STIR IN SOY SAUCE. MIX TOGETHER CORNSTARCH AND WATER, AND STIR IN. SEASON WITH PEPPER. COOK, STIRRING UNTIL SAUCE HAS THICKENED.

This is so good and easy to make!

We would like to see more people sharing their recipes on our Facebook page.



at **"Siletz Tribal FDPIR"** and share your recipes on our page.

A & D - ANDULIA WHITE ELK, ADDICTIONS COUNSELOR

Denial and Recovery

Most of us use denial to protect ourselves from the awareness that we are addicted. In its simplest form, denial is a lack of information. We experience symptoms we don't understand, so we push them out of our thoughts. Denial can become a conscious suppression. We know we are experiencing something painful, but we consciously push it from our mind because of shame, guilt or unwillingness to look at what's causing the pain. There are 3 levels of denial, they are;

1. Mild denial-lacking the information needed to understand what is happening.
2. Moderate denial-consciously pushing unwanted memories or thoughts from the mind.
3. Severe denial-unconsciously repressing the memories or thoughts. Adverse symptoms are present when the person has no idea of what is causing he symptoms.

Denial can save us from feeling anything temporarily but it can also keep us going in our addiction and become a run away train of the very emotions that we are trying not to feel. Some tips to support recovery from denial are:

- ◇ Honestly examine what you fear.
- ◇ Think about the potential negative consequences of not taking action.
- ◇ Allow yourself to express your fears and emotions.
- ◇ Try to identify irrational beliefs about your situation.
- ◇ Journal about your experience.
- ◇ Open up to a trusted friend or loved one or professional.
- ◇ Ask for help

Recovery is an ongoing process, and overcoming denial is just one of many steps towards restoration.



COVID-19 Emergency Rental Assistance (ERA) Program

The COVID-19 pandemic poses an immediate and imminent threat to the health, safety, and well-being of the Tribe. The purpose of the ERA Program is to provide emergency rental assistance for the payment of rents and utilities, and arrearages for the same, for low-income Tribal households who have disproportionately suffered from the impacts of the COVID-19 pandemic. To participate in the ERA Program, an Applicant must first submit a complete, written Application on the forms provided by STHD. **Applications for the ERA Program must be submitted to the Siletz Tribal Housing Department (STHD) by mail, email, fax, or dropping off the application at the address provided below.**

Drop off: 555 Tolowa Court, Siletz, OR 97380
Mail: PO Box 549, Siletz, OR 97365
Fax: (541)444- 8313
Email: covam@ctsi.nsn.us (541)444-1331 or jeanettea@ctsi.nsn.us (541)444-1316



Applications will be received until December 1, 2021.

BEHAVIORAL HEALTH - RACHEL ADAMS, MENTAL HEALTH SPECIALIST

A word on the benefits of groups:

Mental health counseling has many different styles and formats. One of those that can be highly beneficial and often overlooked is group therapy. In group therapy, people from different walks of life, but who have a common mental health struggle or experience they've been through, come together to talk about that common thread. People that come together in group, heal both as a group, and on an individual level.

Benefits of attending a group can include:

- 1) It can feel good to hear similar issues from others and realize you really aren't alone.
- 2) It can be a good place to get feedback from others on how you have dealt with something, or how you plan to deal with something.
- 3) Groups can empower you to conquer a fear or obstacle you haven't conquered yet, when you hear about the successes of others conquering similar fears and obstacles.
- 4) It can be a safe space in which you can tell your story and receive validation for your feelings, without worrying about causing undue stress or emotions on others.

On the works for the Area Offices and Siletz:

Elizabeth Madden, the Prevention Coordinator, and Rachel Adams, the Mental Health Specialist for the valley, have started running a virtual group for youth ages 12-17, via Zoom. The group meets Mondays at 4pm, until 5pm. This group will focus on teaching youth Mindfulness. Defined simply, mindfulness is doing exercises and activities that help you focus on the present moment, while still acknowledging your current emotions and mental state. Please contact Elizabeth or Rachel for more information, and be on the lookout for upcoming flyers and announcements!

Traditional Coping

For the people of the Siletz tribe, our Elders are an ever-important resource to utilize. Chances are, they have experienced most, if not all, of the stressors we're facing, and quite possibly they have formulas for how to deal with many typical life troubles. Smudging, talking circles, drumming, dance, and sweat lodges are all traditional methods of health and healing for the Siletz peoples too, as well as ways to help us connect with the Creator. While the pandemic remains, of course, please practice social distancing outside of your family unit to help keep the community safe.



Salem Area Office
Virtual Appts, M-F
8:00 am - 4:30 pm
(503) 390-9494
x1864

Portland Area Office
Virtual Appts, M-F
8:00 am - 4:30 pm
1 - (503) 238-1512
X1417



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



PHARMACY

MAIL ORDER SERVICE

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

CTSI RESOURCE LINE

We are here to connect Tribal members and their families to local resources for COVID-19 or Wildfire relief. This includes food, housing, and other essentials such as hygiene and sanitation items.

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

541-444-9613

Monday through Friday

9am-3pm

Like these other Facebook pages:



- Siletz Tribal Youth: <https://www.facebook.com/CTSIYouth/>
- Salem Area Office : <https://www.facebook.com/SalemAreaOffice/>
- Siletz Healthy Traditions: <https://www.facebook.com/CTSIHealthyTraditions>

LIHEAP (Low-Income Home Energy Assistance Program) is a Federally-funded program that helps low-income households with their home energy bills once a year. To be eligible, the applicant, or a child residing in the household, must be an enrolled Siletz tribal member, reside within the 11 county service area, and must meet annual income guidelines established in the LIHEAP Benefit Matrix.

<u>Household Size</u>	<u>Annual Income</u>
1	\$24,550.00
2	\$32,103.00
3	\$39,657.00
4	\$47,201.00
5	\$54,764.00

LIHEAP Assistance: 541-444-8311



2021 College Students Summer Internship Program Deadline

Students attending college can apply for the Tribe's 2021 College Students Summer Internship Program. To be eligible, you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager, Lisa Norton, or the education specialists at any Tribal area office to request an application.

This program assists Tribal students with identifying internship placements to gain work experience in their field of study. Up to Ten slots are available for 2021. Students can work up to 360 hours at Tribal minimum wage and can be placed within or outside of the Tribe. The COVID-19 pandemic may require internships to look a little different this year, so please be patient as we navigate this together.

Students selected for the program must complete an orientation, criminal history background check and drug screening (Note: The Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana).

Placements can begin in June, but must be completed by Sept. 30, 2021.

Students should send a completed application and an unofficial copy of transcripts to:

By Mail

CTSI
Attn: College Internship Program
P.O. Box 549
Siletz, OR 97380-0549

By Fax

541-444-2307

By Email

collegeinterns@ctsi.nsn.us

*
* **Deadline for applications to be received at the Siletz** *
* **central administration building is 4:30 p.m. on March 31,** *
* **2021.** *
*

E-Cigarette's/Vape Pens

What are e-cigarettes? E-cigarettes are a form of a Inhalant Delivery Systems (IDS). These devices typically deliver nicotine, flavorings, and other additives to users via an inhaled aerosol. These devices are referred to by a variety of names, including e-cigs, vape pens, e-hookahs, Juul, mods, tank systems and other devices that deliver a nicotine aerosol. E-cigarettes are battery-powered devices that heat up liquid into an aerosol that users then inhale. The liquid usually has nicotine, which comes from tobacco; flavoring; and other additives that are known to have adverse health affects. E-cigarette products can also be used as a delivery system for marijuana and other illicit drugs.



What are the health effects of using e-cigarettes?

Scientists are still learning about the long-term health effects of e-cigarettes. Here is what we know now.

Most e-cigarettes contain nicotine, which has known health effects.

Nicotine is highly addictive.

Nicotine can harm adolescent brain development, which continues into the early to mid-20's.

Nicotine is a health danger to pregnant woman and their developing babies.

Besides nicotine, e-cigarette aerosol can contain substances that harm the body. This includes cancer-causing chemicals and tiny particles that reach deep into lungs. Harmful substances found in e-cigarettes include; nicotine, volatile organic compounds, ultrafine particles, cancer causing chemicals, heavy metals such as nickel, tin and lead, and flavoring such as diacetyl, a chemical linked to a serious lung disease. It has been found that even though e-cigarettes produce a vapor, that it still causes second-hand exposure for those who are around and inhale. E-cigarettes can also weaken your immune system causing you to be more vulnerable to illnesses and take longer to recover.

Although e-cigarettes may have less chemicals in them, they still cause the body harm and Individuals who start using e-cigarettes are 4 times more likely to start smoking.

If you are interested in quitting commercial tobacco products, there are several Nicotine Replacement Therapy's (NRT's) available that are proven to help assist. Here are a few that are Over The Counter (OTC) that you can pick up from a store at a cheaper rate than cigarettes. Nicotine patches, nicotine gum and nicotine lozenges. This is a great way to reduce your nicotine use without all the extra harmful chemicals until your ready to quit for good.



Corey Strong, NCTTP, CRM
TPEP Coordinator
Siletz Community Health Clinic

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

Have you been affected by the Oregon wildfires?

We're here to help.

If you've been affected by the 2020 Oregon wildfires, there are resources and supports available for you and those you love. Our team can support you by:

- Providing one-on-one emotional support.
- Assisting you in navigating existing resources in your community and providing referrals to professional services, as needed.
- Connecting you with tools to support yourself and regain a sense of control.

If you are in immediate crisis, please call our 24/7 Safe + Strong Helpline at 1-800-923-HELP (4357).

To speak with an outreach specialist regarding resources related to the wildfires, please call (971) 420-1028 or email FEMAHelp@linesforlife.org.

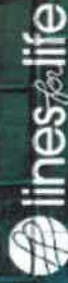
We will connect you to the resources you need.

- Disability Resources
- Domestic Violence Resources
- Employment Resources
- Family Resources
- Financial Assistance, Including Small Business Assistance
- Food & Other Essentials
- Healthcare Assistance, Including COVID-19 Test Sites
- Holiday-Specific Assistance
- Housing & Shelter
- Legal Resources
- LGBTQ+ Support
- Mental & Behavioral Health Resources
- POC/BIPOC Resources
- Social Services
- Substance Use Disorder Assistance
- Transportation
- Veteran-Specific Resources
- Wildfire & Displacement Support
- Youth Support Services



If you or anyone you know have been affected by COVID-19 or the Wildfires, please contact a FEMA Outreach Specialist regarding resources at (971) 420-1028 or email FEMAHelp@linesforlife.org.

Oregon Helpers: Wellness Affinity Groups



We are here to support your resilience and hope you'll consider checking out one of these **free** virtual affinity spaces:

Day	Time	Affinity Space	Contact
Monday	8:00am	Morning Meditation & Mindfulness Space	staceyb@linesforlife.org
	9:00am	Wellness for Social Workers	staceyb@linesforlife.org
	12:30 pm	Wellness for Educators	yvetteg@linesforlife.org
	12:30pm	Weekday Helpers Wellness Drop-in	jonathanh@linesforlife.org
Tuesday	3:00pm	BI POC Wellness Group	staceyb@linesforlife.org
	7:00am	Nurses Wellness Room	yvetteg@linesforlife.org
	8:30am	Spanish-Speaking Wellness Drop-In	staceyb@linesforlife.org
	12:30pm	Weekday Helpers Wellness Drop-In	jonathanh@linesforlife.org
Wednesday	1:00pm	Fostering Wellness for Foster Parents	staceyb@linesforlife.org
	2:00pm	Mental/Behavioral Health Workers Wellness	staceyb@linesforlife.org
	8:00am	Mental/Behavioral Health Workers Wellness	staceyb@linesforlife.org
	11:00am	Grad students in helping fields	amyw@linesforlife.org
	12:30pm	Weekday Helpers Wellness Drop-In	jonathanh@linesforlife.org
	12:30 pm	Wellness for Educators	yvetteg@linesforlife.org
Thursday	3:00pm	Wellness for Social Workers	staceyb@linesforlife.org
	3:00pm	Wellness for Educators	yvetteg@linesforlife.org
	4:00pm	Wildfire support	amyw@linesforlife.org
	7:00am	Nurses Wellness Room	yvetteg@linesforlife.org
	8:30am	Spanish Speaking Drop-In Wellness Room	staceyb@linesforlife.org
	12:30pm	Weekday Helpers Wellness Drop-In	jonathanh@linesforlife.org
Friday	3:00pm	Surviving DV/Anti-Sexual Assault Work	staceyb@linesforlife.org
	3:00 pm	Wellness for Parents	yvetteg@linesforlife.org
	5:00pm	Social Service Workers	amyw@linesforlife.org
	8:00am	BI POC Morning Wellness Space	staceyb@linesforlife.org
	11:00a	Bilingual - Essential Workers Wellness Space	staceyb@linesforlife.org
	12:30 pm	Weekday Helpers Wellness Drop-In	jonathanh@linesforlife.org
	1:00 pm	Wellness for Seniors Room	yvetteg@linesforlife.org
	2:00 pm	Wellness for Firefighters	yvetteg@linesforlife.org

Confederated Tribes of Siletz Indians
 Salem Area Office
 3160 Blossom Drive NE, Suite 105
 Salem, OR 97305



Your Salem Area Office Staff:

Andulia White Elk	Addictions Counselor	X 1855
Angelica Espino	Tribal Services Specialist	X 1853
Antonia Leija	Voc Rehab Counselor/Job Developer	X 1861
Beverly Owen	Salem Area Office Supervisor	X 1851
Cecilia Tolentino	Community Health Advocate	X1854
Dana Rodriguez	Salem Area Office Clerk	X 1850
Lori Christy	Home Visitor	X 1863
Lydia Kentta	Transporter	
Rachel Adams	Mental Health Counselor	X1864
Sonya Moody-Jurado	Education Specialist	X 1856

