The Eugene Area Office Newsletter June 2021

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!

The Tribe is in need of certified homes to care for Tribal Children in need of emergency, short term and long tern placements.



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

Pharmacy 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 <u>must be</u> picked up at
the pharmacy. THANK YOU
PHARMACY STAFF

EMERGENCY HOUSING ASSISTANCE FUNDING OPEN FOR 2021

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

application

Entire

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

Department, the CTSI website and

Tribal

Housing

all area offices www.ctsi.nsn.us

Siletz

the

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 online from the tribal website, follow links; Tribal Services-Housing-Low Rent Apartments & Home Ownership. For any questions call: 1-800-922-1399 Ext 1322

(541) 444-8322 FAX (541) 444-8313 www.ctsi.nsn.us

2021

Low-Income Energy Assistance
Program (LIHEAP)
~OPEN~

Crisis/ Regular heating
All Siletz Tribal Households
Crisis/Shut-off/Regular OPEN
Siletz Tribal Members and

Contact: Nora Williams-Wood 541-484-4234 noraw@ctsi.nsn.us

households

Email Reminders

If anyone would like reminders of special meetings, cultural classes or special events, etc. Please contact Nora at Eugene Area Office to be put on email list.

Telephone: (541) 484-4234 or

email: noraw@ctsi.nsn.us

Chinook Winds Casino Resort Sign up for an electronic newsletter:

www.chinookwindscasino.com



Elders Newsletter for June 2021

Hi everyone,

Here it is June already, and an exciting one it will be, I am sure. I hope everyone had a wonderful Mother's Day in May and will have a wonderful Father's Day this June 20th.

At the last Elders meeting on May 9th via zoom, Culture Camp and Pow Wow events are cancelled. NICOA in August and Run to the Rogue in September still pending. So, keep your fingers crossed this Pandemic ends sooner than later!!! Restoration Pow-Wow in November is still a possibility, so call Brian Crump to get on the room list 541-444-8233.

There is another "Will" benefit of \$500.00 available for Elders again. It will be to help with getting a "Will" written up or towards updating your existing "Will". It works by using your local personal lawyer in your area and the tribe will pay them up to the \$500.00 to get it done.

The Elders T-Shirt fundraiser is coming right along as they have been ordered from the printers. The T-shirts are \$20.00 and the zip up hoodie is \$30.00. These dollars will go into the Elders fund since we have not had a fundraiser raffle at the Pow Wow going on two years now. So please call Brian Crump 541-444-8233 to order yours soon as possible.

I want to give a big "Thank You" to tribal Elder Sherry Addis! She brought over 100 tomato and flower plant starts to the May 4th "Produce Food Rescue", giving 3 starts to each family that wanted some. Yahoo! You Rock Sherry!!!

The next Elders Council Meeting via zoom is scheduled for Saturday June 12th at 1:00 pm. Just email Brain Crump at <u>BrianC@ctsi.nsn.us</u> and he will send you a link to join in the meeting. It is fun to see everyone and hear about all that is being considered for future events and current projects they are working on.

The Eugene Area Office is having its first event. "**Drive Thru Barbeque**" (See flyer for menu). So save June 16th from 4:30 till 6:30pm on your calendar. So bring your hungry tummy. To ensure there is enough food they are requesting everyone to RSVP by June 10th. Please call the Eugene A/O at 541-484-4234 to be put on the list.

To contact the Elders Program for any reason, use this number, 541-444-8233, be sure to leave your name, phone number with a brief message and you will get a call from the Elders staff.

Truly, Verdene McGuire. Eugene area Elders Representative

VDenie 101@gmail.com

Higher Ed · Adult Vocational Training (AVT) · Adult Education · JOM · Tribal Youth Employment and Education (TYEE)

JOM: Youth News and Notes

June Youth Activity Calendar Update

Youth activities will remain virtual while tribal offices are closed. Check out the June highlights below and then call/email to sign up for the Youth Activities Email List or check out the CTSI Youth Facebook Page for up-to-date announcements:

<u>Drum Class:</u> (Tuesdays at 4 pm) Come learn pow wow songs, round dance songs, and more <u>Read Team:</u> (Wednesdays at 4 pm) sign up to receive books and attend weekly meet-ups <u>Minecraft:</u> (Saturday, June 26 at 11 am): On-line fun and challenges--see flyer for details <u>Family Board Game Night:</u> (Friday, June 25 at 6 pm) Family Board Game Night is back. Sign up to receive a board game to play at home with your family and then log onto the Zoom meet-up <u>Summer Activity Kits:</u> CTSI youth can register to receive summer learning kits throughout the summer. Check out the flyer for details about how to sign up.

<u>Tutoring:</u> Continuing with individually scheduled sessions for the remainder of this school year, call or email to schedule an appointment

Virtual Speaking Group:

Virtual Dee-ni classes will continue into June, Mondays and Thursdays at 5 pm. Learn skills for at-home language learning and help build our speaking community. All ages and skill levels welcome. See flyer for details.

Virtual Youth Council:

<u>Sunday, June 20</u>: Virtual youth council meetings are back! Next meeting date will be Sunday, June 20 at 11:00 am. Open to youth ages 12-24. Call or email for instructions on how to join or for more information.

K-12 Graduation Incentives

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

<u>Extracurricular</u> <u>Opportunities:</u>

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

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

Higher Ed/AVT: News and Reminders

Higher Ed and AVT Grants

THE APPLICATION DEADLINE FOR THE 2021-2022 SCHOOL YEAR IS JUNE 30!

Higher Ed and Adult Vocational Training (AVT) grants provide funding to attend an accredited college, university, or training program to pursue a 2-year degree, 4-year degree, or training program. Fall 2021 applications for new and continuing Higher Ed and AVT students are due JUNE
30,2021. Please be sure your application is complete with all supporting documentation before the due date.

Applications are available at the EAO or on the tribal website: www.ctsi.nsn.us. Please note the deadline to complete the FAFSA was January 31, 2021 (clock-hour schools handled on a case-by-case basis).

Questions? Call or email to set up an appointment to discuss your options!

Adult Education

Adult Ed 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. Call or email for details.

Siletz Scholarships

Applications for tribal scholarships are due June 30.

Applications are available at the Eugene Area Office and on the tribal website.

- -Arthur S. Bensell Memorial Scholarship, students pursuing a career in education, \$1,000
- -PEPSI Craig Whitehead Scholarship, open to any field of study, \$1000
- -Siletz Scholarship, open to any field of study, \$500
- -Cathern Tufts Memorial Scholarship, students studying natural resources, law, or pre-law, \$1,000

<u>Higher Ed/AVT</u> <u>Graduation Incentives:</u>

Submit a copy of your diploma and be recognized with an incentive prize.

- -One-year AVT Program-\$100
- -Two-year AVT program/AA or AS-\$200
- -BA/BS-\$75 plus a Pendleton blanket
- -MA-\$300
- -PhD-\$300 plus a Pendleton blanket

Attention Graduates:

The Student Gathering has been canceled due to the COVID-19 pandemic but the tribe still wants to celebrate your graduation with you!

All 2020-21 high school, GED, AVT, and Higher Ed graduates are invited to submit a graduation photo and brief description of future plans for recognition in tribal publications. Please send submissions to:

Mail: CTSI, Graduating Seniors PO Box 549 Siletz, OR 97380

Email: pias@ctsi.nsn.us

CTSI Childcare Assistance Program expands eligibility for Tribal Families

The CTSI Childcare Assistance Program has received an increase in funding from the CCDF Coronavirus Relief and Response Supplemental Act. With this increase in funding we requested approval from the Office of Child Care to temporarily waive the income eligibility requirement for all tribal families living in the 11 county service area, and to increase the payment rates for Family Home Providers.

The approval to waive the income eligibility will be in affect while the State and/or Tribe is in a declared emergency, and can continue for 3 months following the suspension of the declared emergency, as long as funding is sufficient. Families will be eligible for up to 12 months for childcare assistance, as long as funding is sufficient.

Families must meet other eligibility requirements which include: living in the 11 county service area, parents must be working or engaged in education or job training activities, children must be enrolled CTSI tribal members or eligible to enroll in CTSI, or be the descendant or dependent of an enrolled CTSI tribal member.

To request an application, please contact DeAnn Brown by email at deannb@ctsi.nsn.us, or by telephone at 541-444-2450.

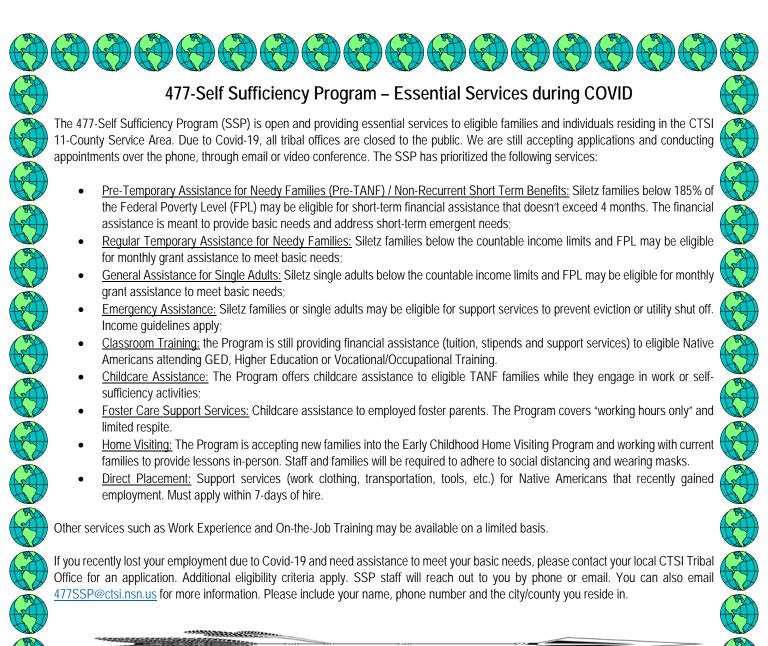


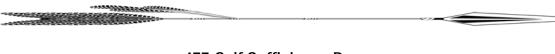
Apply now for Siletz Tribal Head Start

The Siletz Tribal Head Start program is accepting applications now for the 2021 -2022 school year.

We have classrooms in Siletz, Lincoln City, Salem and Portland and offer services to promote children's school readiness skills and to assist families with supporting their child's lifelong learning. Classrooms offer 3 ½ hours of service per day, Monday –Thursday, roundtrip transportation, and developmentally appropriate activities to promote each child's success.

To qualify children must be age 3 or 4 years of age by the local school districts age cut-off date, and income limits may apply. Head Start applications can be found on the CTSI website, or can be requested by calling 541-444-2450 or 1-800-922-1399 and asking for Head Start.





477-Self Sufficiency Program **Summer Youth Program Announcement**

Due to on-going concerns regarding COVID-19, the 477-Self Sufficiency Program (477-SSP) is suspending the Summer Youth Employment Program – Work Experience (WEX) component. We will offer Summer Youth Classroom Training services (CRT) if your local school district is providing summer classes. Basic eligibility requirements include but are not limited to the following:

- Youth between 14 to 24;
- 477-SSP Application for Services with supporting documentation;
- Meet income eligibility;
- Lacking education credits or below 2.0 GPA;
- Summer school registration;
- We serve Siletz Tribal youth along with members of other Federally recognized tribes and descendants;
- Reside within the CTSI 11-county service area.

If found eligible, the 477-SSP may provide assistance with tuition, fees, books, stipends and support services. Services are constantly being evaluated. Please check the CTSI website and Facebook for any updates. For more information regarding Summer Youth Classroom Training, please contact your local CTSI area office or email 477ssp@ctsi.nsn.us



Core Services

477-SSP Program

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 job opportunity



Must meet eligibility criteria and services are available on a budgetary basis





Confederated Tribes of Siletz Indians

Siletz Administration Office

Lincoln & Tillamook PO Box 549 Siletz, OR 97380 Phone: (541) 444-2532

Salem Area Office

Marion, Polk, & Yamhill 3160 Blossom Dr. NE Suite 105 Salem, OR 97305

Phone: (503) 390-9494

Portland Area Office

Clackamas, Multnomah, & Washington 12790 SE Stark Suite 102 Portland, OR 97233 Phone: (503) 238-1512

Eugene Area Office

Benton, Lane, & Linn 2468 West 11th Ave Eugene, OR 97402 Phone: 484-4234

Confederated Tribes of Siletz Indians

Classroom Training

For federally Recognized Tribal members and descendants

Higher Education Assistance:

- Assistance with enrollment
- Tuition assistance
- Support Services for books, supplies, fees, etc.
- Education stipend (limited to 15 paid hours per week)

Vocational Education / Occupational Training

- Vocational degrees / certifications from accredited institutions
- Pre-apprenticeship / apprenticeship programs
- Occupation specific certifications / trainings

GED / Adult Basic Education

- Assistance with enrollment
- Tuition assistance
- Support Services for books, supplies, fees, etc.
- Classroom-training stipend (limited to 15 paid hours each week)

Apply Today!!

Must meet eligibility criteria and services are available on a budgetary basis.



Siletz Administration Office

Eugene Area Office Benton, Lane, & Linn 2468 West 11th Eugene, OR 97402

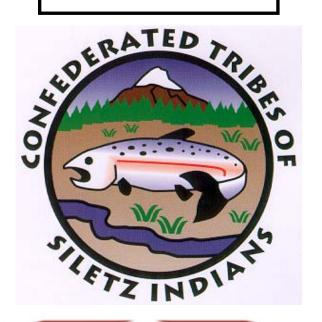
Phone: (541) 484-4234

Fax: (541) 484-4583

For more information call

Cathy Ray

catheriner@ctsi.nsn.us



Siletz Tribal Yocational Rehabilitation Program (STYRP)

STVRP is here to assist members of <u>ANY</u> 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. <u>Services are provided in ALL area offices</u>, however, to inquire about services, ask to be transferred to the office nearest you listed below.

SALEM AREA OFFICE

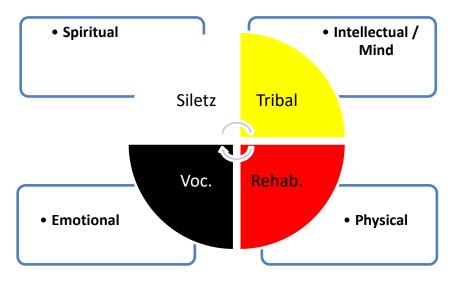
3160 Blossom Dr. NE, Ste. 105 Salem, OR 97305

SILETZ ADMIN. OFFICE

201 SE Swan Ave Siletz, OR 97380

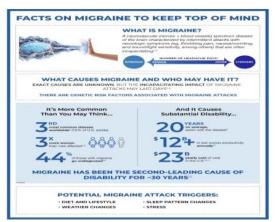
SALEM - Toni Leija, Counselor/Job Developer

SILETZ – RACHELLE ENDRES, Counselor/Job Developer



June Disability Awareness - MIGRAINES or SEVERE HEADACHES





Migraine headaches are the most common type of headache. Migraines are described as an "abnormal function of the brain's blood vessels that causes pain." Among ethnic groups, American Indians and Alaskan natives had the highest prevalence of migraine (19.2%) and Asians had the lowest (11.3%) according to an article: "The Prevalence and Impact of Migraine and Severe Headache in the United States: Figures and Trends From Government Health Studies" by Rebecca Burch MD, Paul Rizzoli MD, and Elizabeth Loder MD, MPH: 12 March 2018.

Migraines are different in everyone. They happen in stages:

- 1) "Hours or days before a headache, about 60% of people who have migraines notice symptoms like:
 - Being sensitive to light, sound, or smell
 - Fatigue

- Food cravings or lack of appetite
- Mood changes
- Severe thirst

- Bloating
- Constipation or diarrhea
- 2) Aura: Symptoms of Aura often involve your vision. They usually start gradually, over a 5- to 20-minute period, and last less than an hour. You may:
 - See black dots, wavy lines, flashes of light, or things that aren't there (hallucinations)
 - Have tunnel vision
- Not be able to see at all
- Have tingling or numbness on one side of your body
- Not be able to speak clearly
- Have a heavy feeling in your arms and legs
- Have ringing in your ears
- Notice changes in smell, taste, or touch

What are the types of limitations that an employee may experience and how does it affect their job performance? An employee may need to demonstrate a disability based on a pattern of the severity of migraines through medical provider statements, test results, and medical documents.

- 1) You are unable to work and earn a livable income as the result of a migraine.
- 2) You must provide evidence of the severity of your condition, for instance, test results or medical documents, including statements from your medical providers.
 - It may be difficult to demonstrate proof of a migraine because symptoms determine its severity. Physical examinations or laboratory findings may not be sufficient, as they are based on a point in time and there is no established pattern of severity.
- 3) Your level of impairment is indicated by medical documentation re: the severity of the migraine.

If you feel this disorder is something you struggle with and it creates barriers to obtain or maintain employment, you may be eligible for Siletz Vocational Rehabilitation Services. For more information, please contact:

SILETZ/EUGENE - RACHELLE 541-444-8213 PORTLAND/SALEM-TONI 503-390-9494

REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's June 2, 3-4:30 p.m. | <u>REGISTER</u>

Advancing the Science: The Latest in Alzheimer's and Dementia Research
June 17, 10-11:30 a.m. | REGISTER

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
June 18, 1-2:30 p.m. | REGISTER*

Effective Communication Strategies
June 23, 9:30-11 a.m. | REGISTER*
June 23, 3-4:30 p.m. | REGISTER

Legal and Financial Planning for Alzheimer's Disease

Part 1: June 1, 10-11:30 a.m. | REGISTER Part 2: June 8, 10-11:30 a.m. | REGISTER

Living with Alzheimer's: For People with Alzheimer's

Part 1: June 16, 1-1:45 p.m. | <u>REGISTER</u> Part 2: June 23, 1-1:45 p.m. | <u>REGISTER</u>

Lo Básico: La Pérdida de Memoria, La Demencia, y La Enfermedad de Alzheimer
June 7, 4-5:30 p.m. | REGISTER*

Understanding Alzheimer's and Dementia June 14, 10-11:30 a.m. | REGISTER*

June 14, 10-11:30 a.m. | <u>REGISTER</u>*
June 16, 3-4:30 p.m. | <u>REGISTER</u>

Understanding and Responding to Dementia-Related Behavior

June 8, 9-10:30 a.m. | <u>REGISTER*</u> June 30, 3-4:30 p.m. | <u>REGISTER</u>

When Living at Home is No Longer an Option June 9, 3-4:30 p.m. | REGISTER

All sessions here are listed in Pacific Time, online listings may be different; please note time zone.

TO LEARN MORE OR TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT US ONLINE AT **ALZ.ORG/CRF.**

*These webinars are sponsored by



alzheimer's 95 association

For course descriptions and a full list of available webinars and Association events, please visit us online at alz.org/CRF.

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

registration forms and
Chemawa Indian Health Center
applications are available at the
Eugene Area Office. If you have
questions regarding eligibility
for services, you may contact:

Adrienne Crookes
Community Health Advocate
541-484-4234
adriennec@ctsi.nsn.us



Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

You may qualify for the Oregon Health Plan! OHP provides health care coverage to eligible, low income Oregonians. If you would like to apply, you may stop by and pick up an application, or apply online at www.OregonHealthCare.gov
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
adriennec@ctsi.nsn.us

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

COVID-19 Vaccines:

What Older Adults Need to Know



The risk of getting very sick from COVID-19 increases with age. **CDC recommends that adults 65 years and older receive COVID-19 vaccines** to help prevent getting sick from COVID-19.

Key Information about COVID-19 Vaccines:

- You can help protect yourself and people around you by getting a COVID-19 vaccine.
- Studies show that COVID-19 vaccines are safe and effective in preventing severe illness from COVID-19. You can't get COVID-19 from the vaccine.
- Depending on which COVID-19 vaccine you get, you might need a second shot 3 or 4 weeks after your first shot.

After getting the vaccine, some people have pain, redness, or swelling where the shot is given. Full body symptoms include tiredness, headache, muscle pain, chills, fever, or nausea. These side effects may affect your ability to do daily activities, but they should go away in a few days. They are normal signs that your body is building protection against COVID-19.

After you are fully vaccinated against COVID-19, you may be able to start doing some things that you stopped doing because of the pandemic.

Learn more: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html.

We're still learning how vaccines will affect the spread of COVID-19. So, you should keep taking these precautions in public places until we know more:

- Wear a mask
- Stay 6 feet apart from others
- Avoid crowds and poorly ventilated spaces

The federal government is providing the vaccine **free of charge** to all people living in the United States, regardless of their immigration or health insurance status. COVID-19 vaccination providers **cannot**

- Charge you for the vaccine, vaccine administration fees, copays, or coinsurance, but they can charge an administration fee to your health plan or program, or COVID-19 Uninsured Program.
- Deny vaccination to anyone who does not have health insurance coverage or is out of network.
- Charge an office visit or other fee if the only service provided is COVID-19 vaccination.
- Require additional services for a person to receive a COVID-19 vaccine.

How can I get a COVID-19 Vaccine?

Contact your state or local health department for more information. Visit CDC's COVID-19 vaccine web page, and select your state or territory from the drop-down box to find your health department:

www.cdc.gov/coronavirus/2019-ncov/vaccines/How-Do-I-Get-a-COVID-19-Vaccine.html

Ask a family member or friend to help with scheduling a vaccination appointment. Ask your doctor, pharmacist, or community health center if they plan to provide vaccines and to let you know when vaccines are available.

Scam Alert:

If anyone asks you to pay for access to a vaccine, you can bet it's a scam. Don't share your personal or financial information if someone calls, texts, or emails you promising access to a vaccine for an extra fee. For information about Medicare and COVID-19 vaccination, visit www.medicare.gov/medicare-coronavirus#025.





Get It Checked.

Checkup and Screening Guidelines for Men

Checkups and Screenings	When?		Ages		
			40-49		
Physical Exam Review overall health status, perform a thorough physical exam, and discuss health related topics.	Every 3 years Every 2 years Every year	✓	~	~	
Blood Pressure High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	•	•	•	
TB Skin Test Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	•	~	•	
Blood Tests & Urinalysis Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	~	•	
EKG Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age 30	•	-	
Tetanus Booster Prevents lockjaw.	Every 10 years	✓	✓	•	
Rectal Exam Screens for hemorrhoids, lower rectal problems, colon and prostate cancer (see PSA Blood Test, below).	Every Year	•	~	-	
PSA Blood Test Prostate Specific Antigen (PSA) is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician. *Some medical associations recommend that men speak to their health care providers about a baseline PSA blood test at age 40. Men at high risk, including African Americans, should consider an annual prostate exam beginning at age 40.	Every Year		*	•	
Hemoccult Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every Year		•	•	
Colorectal Health A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 Years			•	
Chest X-Ray Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		•	•	
Bone Health Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with a physician		Age	 e 60 	
Self Exams Testicle: To find lumps in their earliest sages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	•	•	•	

Men's Health Network does not provide medical services but provides this maintenance schedule as a reminder of your need to take responsibility for safeguarding your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your health care provider to determine if these screenings are right for you and about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease.



Discuss with a

Under physician

physician

supervision

Sexually Transmitted Diseases (STDs)
Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other

Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for

Testosterone Screening

STDs.

symptoms with a questionnaire followed by a simple blood test.



June is Men's Health Month







Eat Healthy.

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

Get Moving.

Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that prostate health and more. you enjoy to stay motivated.

Make Prevention a Priority.

Play with your kids or grandkids. Many health conditions can be Take the stairs instead of the detected early with regular checkups elevator. Do yard work. Play a sport. from your healthcare provider. Regular screenings may include blood pressure, cholesteral, glucose,

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

ONLINE RESOURCES

Men's Health Month MensHealthMonth.org

Men's Health Network MensHealthNetwork.org

Get It Checked GetItChecked.com

Talking About Men's Health Blog TalkingAboutMensHealth.com

Men's Health Resource Center MensHealthResourceCenter.com







MHW@menshealthweek.org

AWARENESS. PREVENTION. EDUCATION. FAMILY.

June is Home Safety Month

Adrienne Crookes, Community Health Advocate

The weather is warming up and the last thing you want to do is spend the summer in a cast, or worse yet, in the hospital or dead.

Injuries are a major source of childhood emergency room and hospital admissions. According to the National Safety Council and the National Center for Injury Prevention and Control:

- Injury is the leading cause of death in children and young adults.
- Falls are the leading cause of unintentional injury for children.
- According to *Injury Facts*, in 2017, an estimated 89,000 unintentional-injury related deaths occurred in the home and community.
- Drowning is the second leading cause of unintentional injury-related death among children ages one to 14. The majority of drowning, and near-drowning, occur in residential swimming pools and in open water sites. However, children can drown in as little as one inch of water.
- Airway obstruction injury is the leading cause of unintentional injury-related death among infants under age one.
- Approximately 45 percent of unintentional injury deaths occurred in and around the home. Unintentional home injury deaths to children are caused primarily by fire and burns, suffocation, drowning, firearms, falls, choking and poisoning.

There are many steps that you can take to ensure the safety of your home and family:

- Learn CPR and make sure your babysitter has been trained. Call your local Red Cross or American Heart Association for class information
- Keep this number posted: **Oregon Poison Control 1-800-222-1222**
- Install childproof door locks and keep medications and potentially poisonous materials out of reach of children.
- Inspect your house for loose carpets, extension cords and other fall hazards for your safety as well as the safety of visitors, such as grandparents, who may be at risk for falls.
- Require that your child wear a bicycle helmet <u>every</u> time they ride a bike, skateboard, skates or scooter.
- Keep small objects away from infants and toddlers.
- Use appropriate car seats for children.
- Keep firearms locked and un-accessible to children.
- Never leave small children unattended in pools or bathtubs.
- Know the **Heimlich maneuver** and the universal sign of choking.



HOME SOFE

For more information about home safety visit www.nationalsafetycouncil.org

Health Benefits of Quitting Smoking

- 20 Minutes after quitting—Your heart rate drops. (CDC)
- 12 hours after quitting—Carbon monoxide levels in your blood drops to normal.
 (CDC)
- A few months after quitting—Your sense of smell and taste may improve.
 (National Cancer Institute)
- 2 weeks to 3 months after quitting—Your heart attack risk begins to drop. Your lung function begins to improve. (CDC)
- 1 to 9 months after quitting—Your coughing and shortness of breath decreases.
 (CDC)
- 1 year after quitting—Your added risk of coronary heart disease is half that of a smoker. (CDC)
- **5 years after quitting**—Your stroke risk is reduced to that of a nonsmoker, 5-15 years after quitting. (CDC)
- 10 years after quitting—Your lung cancer death rate is about half that of a smokers. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases. (CDC)
- 15 years after quitting—Your risk of coronary heart disease is back to that of a nonsmoker. (CDC)

Commercial Tobacco Quitline 1-800-QUIT-NOW Al/AN Line now available (option 7) 1-800-784-8669

June is National Cancer Survivor Month

National Cancer Survivors Day was established to recognize those who have successfully fought or are in the process of fighting the disease. It would not be surprising to found out that each one of us knows a person who has either succumbed to cancer or is currently battling the disease. That is simply how prevalent the disease has become, alarmingly affecting the lives of millions of Americans. This month of June, we take time to celebrate National Cancer Survivor Month as these brave survivors have managed to prevent the disease from taking their lives and deserve all the praise and support they need to get on with their lives after cancer.

Who Exactly are These Survivors? Experts from the American Cancer Society and the National Cancer Institute defines a cancer survivor as any individual who has been diagnosed with cancer and remains alive and well. This includes patients who are currently undergoing treatment, as well as those who have finished treatment and are considered cancer-free.

The Good News Thanks to a number of treatment options in both conventional and holistic cancer treatment, people are living longer lives after a cancer diagnosis.

Education Kits

Summer Education Kits are designed to enhance learning while preventing learning loss during the summer months.

CTSI wants to support tribal students by providing monthly comprehensive summer Education kits, for those whose education has been affected as a result of COVID-19.

To qualify:

- Students must be an enrolled Siletz tribal member.
 - Enrolled Tribal students must be between the ages of 3 years & 18 (and returning to a school or GED program in the Fall 2021)
- Complete an application, and return to Education Specialist in your area.

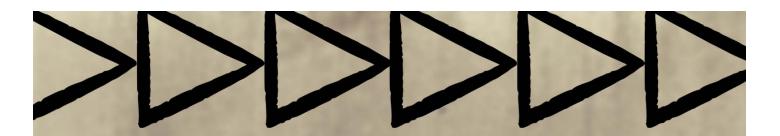
Education kits will be issued on a first come first served basis, as resources are available.

If you have questions please contact the Education staff in your service area at the listed phone numbers or email addresses.

To get an application, contact the Education Specialist in your service area. **Deadlines for completed applications** are the 15th of each month (June, July & August).

Sonya Moody-J <mark>ura</mark> do	Katy Holland
Salem Area <mark>Office</mark>	Po <mark>rt</mark> land Area Offi <mark>c</mark> e
3160 Blosso <mark>m</mark> Drive NE,	12 <mark>7</mark> 90 SE Stark Stre <mark>e</mark> t,
Suite 105	Suite 102
Sa <mark>lem</mark> , OR 97305	Portland, OR 97233
(503) 390-9494	(503) 238-1512
sonyamj@ctsi.nsn.us	katyh@ctsi.nsn.u <mark>s</mark>

Jeff Sweet	Nick Viles	Alissa L <mark>a</mark> ne-Keene
Out of Area	Eugene Area Office	Sile <mark>t</mark> z Area
PO BOX 549	2468 W. 11th	P.O. <mark>B</mark> ox 549
Siletz, OR 97380	Eugene, OR 97402	Siletz <mark>, O</mark> R 97380
(541) 444-8207	(541) 484-4234	(541 <mark>) 4</mark> 44-8373
jeffs@ctsi.nsn.us	nickv@ctsi.nsn.us	alissal@ctsi.nsn.us



SPEAKING GROUPS ARE CONTINUING INTO JUNE 2021

LEARN NUU-WEE-YA'

MONDAYS AT 5:00 PM

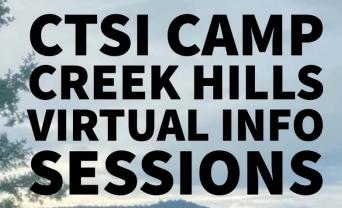
DROP-IN

SPEAKING GROUP

THURSDAYS AT 5:00 PM
BEGINNING
CONVERSATION

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

1000



June 10th @ 6pm & June 26th @ 11am

Come learn about the Tribe's new 500 acre property in Springfield!

Email jmviles@gmail.com for details and the Zoom link

Eugene A/O Drive through Barbeque

~Menu~

Hamburgers

Hotdogs & Polish dogs

Potato Salad/Chips

Cookie & Water

 \sim Condiments \sim

Ketchup, Mustard,

Relish, Mayonnaise, pickles, Onions & Cheese June 16, 2021

4:30-6:30pm





DECORATE YOUR MASK
TAKE HOME ACTIVITY

Please RSVP by: June 10th 541-484-4234





Siletz Tribal (R) Youth Council! June 20th 11:00am Via Zoom



Area Office Contact Info

Portland: Katy Holland (503) 238-1512, Katyh@ctsi.nsn.us

Salem: Sonya Moody-Jurado (503) 390-9494,Sonyamj@ctsi.nsn.us

Eugene: Nora Williams (541) 484-4234, NoraW@ctsi.nsn.us

Siletz: Elizabeth Madden (541) 272-9128, Elizabeth M@ctsi.nsn.us



Youth Council is for ages 12 to 24. Middle School, High School, & Higher-Ed students welcome!

Experience Leadership Community



We're Back!

Calling all Gamers, k-12 CTSI Minecraft Gathering!

June 26nd, 11am

Contact: jacobr@ctsi.nsn.us for registration



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

FAMILY BOAR GAMENIGH

Play at home and then join us on Zoom
Friday, June 25, 2021 @ 6 pm
for a virtual game night

Produce Plus Food Rescue



Siletz Tribal Members:

If you or your family would like to share in some FREE, fresh produce, you may pick it up at the Siletz office on Tuesdays between 2:00 and 4:00 pm.

Any produce that is not picked up at this time can be picked up later on in the week from 9 am-4pm. It just will not be as fresh.

Since our tribal office remains closed to the public during the COVID-19 pandemic, the food distribution will take place outside the building. Face masks and social distancing are required.

If you don't have a mask, one will be provided.

Please bring your own bags or cooler to transport your food. You may call ahead and check on the availability of food.

> Siletz Office: 541–484–4234 2468 W. 11th Avenue, Eugene, OR

This food is collected and distributed by Food for Lane County, Eugene, OR. The Siletz tribe and FFLC are working in a joint effort to alleviate hunger in our community.

2021-2022 Hunting and Fishing Tags Distribution Schedule

Tribal offices are closed to the public due to COVID-19 restrictions. Tribal members wanting a tag should call to have tags mailed to them beginning the first date of tag issuance 541-444-8227 or 541-444-8232

	D 4.75	Number	Season	D	Method of
<u>'</u>]	Type of Tag	Available	Dates	Date to Start Tag Issuance	Issuance
Deer	Early Archery***	50	8/28-9/26	8/2 at 8:00 AM at Natural	First Come First
Deci	Early Thenery	30	0/20 9/20	Resources Office	Served*
	General Rifle	375	10/2-11/5**	8/16	First Come First Served*
	Antlerless – Adult	12	10/2-11/5	Lottery applications available 8/2; due 8/27 ; drawing 9/7; tags issued 9/8	Lottery – Open to Elders Only
	Antlerless –Youth	8	10/2-11/7	Lottery applications available 8/2; due 8/27 ; drawing 9/7; tags issued 9/8	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50 (minus # of early season tags filled)	11/20-12/12	First Distribution: 10/18 at 8:00 AM at NR Office Second Distribution: 11/1 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Elk	Antlerless - Youth	3	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	8/28-9/26	8/2 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/13-11/16	Lottery applications available 8/30; due 9/24 ; drawing 10/4;	Lottery
	2 nd Season Rifle	25	11/20-11/26	tags issued 10/5	Louding
	Antlerless	15	Various seasons beginning 1/1/22	Lottery applications available 8/30; due 9/24 ; drawing 10/4; tags issued 12/1	Lottery
	Late Archery Antlerless	56	11/27-12/12	First Distribution: 10/18 at 8:00 AM at NR Office Second Distribution: 11/1 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/16	First Come First Served

^{*} No early calls to "save" a tag for someone. Must call to have a tag mailed no earlier than the first day of distribution.

*** Unfilled Deer Early Bow tags must be returned to Natural Resources by 10/8.

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2021-2022 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.

^{**} Season for Youth ages 12-17 is 10/2 - 11/7 (2 additional days at end of general season)

USDA distribution dates for June 2021

Siletz

Tuesday	June 1	9 a.m. – 3 p.m.
Wednesday	June 2	9 a.m. – 3 p.m.
Thursday	June 3	9 a.m. – 3 p.m.
Friday	June 4	9 a.m. – 3 p.m.
Monday	June 7	9 a.m. – 3 p.m.

Salem

Monday	June 21	1:30 – 6:30 p.m.
Tuesday	June 22	9 a.m. – 6:30 p.m.
Wednesday	June 23	9 a.m. – 6:30 p.m.
Thursday	June 24	By appt only



HOUSEHOLD SIZE	NET INCOME LIMIT		
1	\$ 1,231		
2	\$ 1,604		
3	\$ 1,977		
4	\$ 2,365		
5	\$2,769		
6	\$ 3,173		
7	\$ 3,547		
8	\$ 3,920		
9	\$ 4,294		
EACH ADDITIONAL MEMBER ADD	\$374		

If you think you might be eligible for food, call the office and we can go over deductions and get you certified to receive food from our program.

We need 1 tribal ID, from any federally recognize tribe, to make the household eligible. We can deduct for higher ed monies received (if they are tribal or BIA), we can do a standard deduction of \$400 for housing or utilities paid and other deductions for elderly and disabled.

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

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

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

June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Produce + Food 9-4	3 Produce + Food 9-4	4 Produce + Food 9-4	5
			USDA Distribution Siletz 9-3pm	USDA Distribution Siletz 9-3pm	USDA Distribution Siletz 9-3pm	
			Read Team K-12 4-4:30pm	Online Language Beginner Class 5pm		
6	7	8 Time Sheets Due	9	10	11 Pay Day	12 Elders Meeting Zoom 1pm
	USDA Distribution Siletz 9-3pm	USDA Distribution Siletz 9-3pm	Produce Plus Food 9-4pm	Produce Plus Food 9-4pm	Produce Plus Food 9-4pm	Zoom Ipm
	Online Language Class 5pm	Produce Plus Food 2-4pm		Online Language Beginner Class 5pm		
				CTSI Camp Creek Virtual 6pm (See Flyer)		
13	14	15 Time Sheets Due	16	17	18	19
		Produce Plus Food 2-4pm	Produce + Food 9-4	Produce + Food 9-4	Produce + Food 9-4	
		June Deadline COVID-19	Read Team K-12 4-4:30pm	Online Language Beginner Class 5pm	Virtual Nee-Dash 6-8pm (See Flyer)	
	Online Language Class 5pm	Education Kits	EAO Drive Through BBQ 4:30-6:30PM			
20 First Day of Summer	21	722 Time Sheets Due	23	24	25 Pay Day	26 Minecraft Gathering Starts 11am
	USDA Distribution	USDA Distribution	Produce + Food 9-4 USDA Distribution	Produce + Food 9-4 USDA Distribution	Produce + Food 9-4 Family Board Game	(See Flyer) CTSI Camp Creek
	Salem 1:30-6:30pm	Salem 96:30pm	Salem 96:30pm	Salem By Appt. Only	Night @4pm	Virtual 11am (See Flyer)
Happy Fathers Day	Online Language Class 5pm	Produce Plus Food 2-4pm	Read Team K-12 4-4:30pm	Online Language Beginner Class 5pm		
Youth Council Mtg. ZOOM 11-1pm						
27	28	29 Time Sheets Due	30			
		Produce Plus Food 2-4pm	Produce + Food 8-4			
	Online Language Class 5pm		Read Team K-12 4-4:30pm			

The Confederated Tribes of Siletz Indians The Eugene Area Office Staff 541-484-4234 1-800-922-1399

Jessica Hibler, Interim Supervisor/Coordinator 1/477/SSP x1752 jessicaH@ctsi.nsn.us Vacant, Education Specialist

Nick Viles, Language and Traditional Arts Instructorx1757 nickv@ctsi.nsn.us
Jenifer Jackson, Tribal Service Specialist/477SSP x1755 jeniferj@ctsi.nsn.us
Cathy Ray, Intake Specialist/Job Coach x1756 catheriner@ctsi.nsn.us
Adrienne Crookes, Community Health Advocate x1753 adriennec@ctsi.nsn.us
Nora N Williams-Wood, Clerk x1750 noraw@ctsi.nsn.us
Verdene McGuire, EAO Elders VDenie101@gmail.com
Vacant, Elders On-Call Transport



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

Youth Antierless Elk Hunt Applications Due July 2, 2021 3 Tags

> Hunt runs from August 1 to December 31

Applications available at kiosk at the back door of the Tribal Admin office in Siletz and on the Tribal website under Natural Resources beginning June 1

Open to Tribal youth age 12-17 who have a valid Hunter Safety Card