

The Eugene Area Office Newsletter July 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 term 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 must be picked up at the pharmacy. THANK YOU PHARMACY STAFF

EMERGENCY HOUSING ASSISTANCE FUNDING OPEN FOR 2021

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices
www.ctsi.nsn.us

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 households

Contact: Casey Godwin

541-444-8311 caseyg@ctsi.nsn.us

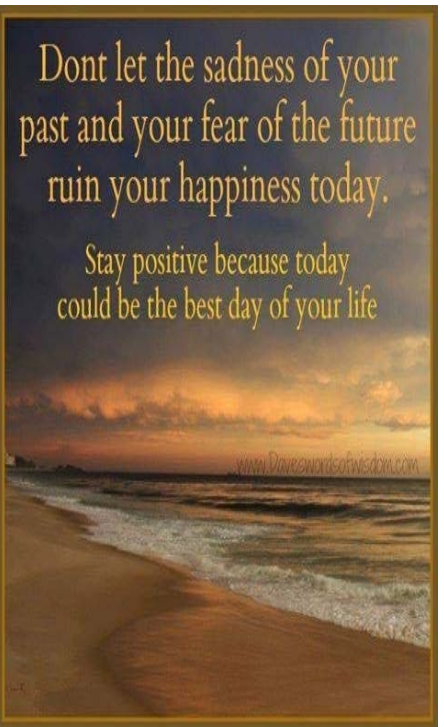
Email Reminders

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



SILETZ ELDERS NEWSLETTER for July 2021

Hi everyone,

Happy Fourth of July!!! June was the best month for a long, long time! Birthday party and graduation picnic where family and friends gathered for fun, food, and laughter. I am so looking forward to this July and seeing more family and friends again. It feels like we are getting our social life back with most of us being vaccinated now. I hope everyone had a wonderful Father's Day and went to the Drive-up BBQ hosted by our Eugene Area employees on June 16th. It was fun and the food was awesome! Thank You EAO!!!

At the last Elders meeting on June 12th via zoom, I reported that we officially have a new Eugene area office Supervisor, Ms. Jessica Hibler. She has been our acting Supervisor and has worked in the Home visiting program for many years now. I hope it is a smooth transition for her. Big Welcome and Congratulations to you Jessica!!!

Senior Perks! I have been seeing them in my emails and a friend suggested that I should share. So if you type in [seniorliving.org/senior discounts](http://seniorliving.org/senior_discounts) all kinds of 2021 lists come up. Like Fred Meyer 10% off purchases on the first Tuesday of every month, Burger King 10% off for seniors 60+, Subway 10% off, Wendy's, Taco Bell, Denny's, etc. Also Goodwill 10% off every day for seniors. Theatre tickets (Cinemark and Regal) in our area just let them know you are a senior when purchasing your ticket. I do and they are really nice about it. Joann Fabrics 20%. Amazon Prime membership \$5.99 for seniors with Medicaid or a food stamp card. Anyway, just an idea. It takes some time to pick out ones for your area, but it might be helpful and fun.

Friendly reminder, for a room at Restoration Pow-Wow in November, remember to call Brian Crump to get on the room list 541-444-8233.

I saw the awesome Fundraiser T-Shirt design in our Elders Newsletter that came out last month. The T-shirts are \$20.00 and the zip-up hoodie is \$30.00. These dollars will go into the Elders fund. So please spread the word so every item is sold and our fund is full to the brim! ;-) Call Brian Crump at 541-444-8233 to order yours as soon as possible. Yeah! Maybe at our next gathering, we can all remember to wear them. ;-) Then we can take some fun group pictures!

Truly, Verdene McGuire. Eugene Area Elders Representative
Vdenie101@gmail.com

JOM: Youth News and Notes

July Youth Activity Calendar Update

Youth activities will remain virtual while tribal offices are closed. Check out the July 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 about on-line events, at-home activities, and more:

Youth Cultural Sharing Night: (Friday, July 22 at 6 pm) Log on for a chance to share and learn about our culture. See flyers for details about how to sign up.

Minecraft: (Saturday, July 24 at 11 am): On-line fun, challenges, and games with other tribal youth --see flyer for details and instructions to sign up

Summer Activity Kits: CTSI youth can continue to register to receive summer learning kits throughout the summer. Check out the flyer for details about how to sign up.

JOM Summer Mindfulness Activity: Sign up to receive an activity book to help foster positive thinking and a growth mindset. See flyer for details.

Extracurricular Opportunities:

JOM: JOM offers money to help pay for extracurricular activities, sports fees, and cultural projects for youth aged 3-18 from any federally recognized tribe. Call or email for more information about how to sign up

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

K-12 Graduation Incentives

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

JOM: Youth News and Notes Continued...

Virtual Youth Council:

Sunday, July 25: Virtual youth council meetings are back! Next meeting date will be July 25 at 11:00 am. Youth Council is open to youth ages 12-24 and a great opportunity to meet other tribal youth and gain leadership experience. Call or email for instructions on how to join or for more information.

Weekly Community Dee-ni Language Classes

Weekly Dee-ni language classes will continue virtually on-line during July. Log-on every Thursday at 5 pm for intermediate conversation classes or 5:45 pm for beginning conversation classes. Also, check out the intensive study camp August 16-20 for daily meet ups to stimulate at-home based language-learning techniques. All ages and experience levels are invited to attend and new learners are especially welcome. Call or email for more information and instructions about how to log onto the virtual classes.

Higher Ed/AVT: News and Reminders

Higher Ed/AVT Graduation Incentives:

Graduates don't forget to submit a copy of your diploma to be recognized by the tribal incentive program.

-One-year AVT Program-
\$100

-Two-year AVT program,
AA , AS ,AAoT-\$200

-BA/BS-\$75 plus a
Pendleton blanket

-MA-\$300

-PhD-\$300 plus a Pendleton
blanket

Adult Education

The Adult Education Program offers Siletz tribal members not already enrolled in a formal education program funding to assist with the cost of GED classes and testing, obtaining or renewing professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for details.

Higher Ed and Adult Vocational Training

The deadline for the 2021-22 school year beginning Fall 2021 was June 30. The next application cycle will be for the 2022-2023 school year.

Deadlines for the 2022-2023
school year:

-Submit a FAFSA by
June 30, 2022

-Completed Application: June
30, 2022

Students interested in attending a clock-hour school (i.e. truck-driving or cosmetology school) are still eligible to apply on a case-by-case basis.

477-Self Sufficiency Program – Essential Services during COVID

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, through email or video conference. The SSP has prioritized the following services:

- Pre-Temporary Assistance for Needy Families (Pre-TANF) / Non-Recurrent Short Term Benefits: Siletz families below 185% of the Federal Poverty Level (FPL) may be eligible for short-term financial assistance that doesn't exceed 4 months. The financial assistance is meant to provide basic needs and address short-term emergent needs;
- Regular Temporary Assistance for Needy Families: Siletz families below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- General Assistance for Single Adults: Siletz single adults below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- Emergency Assistance: Siletz families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply;
- Classroom Training: the Program is still providing financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/Occupational Training.
- Childcare Assistance: The Program offers childcare assistance to eligible TANF families while they engage in work or self-sufficiency activities;
- Foster Care Support Services: Childcare assistance to employed foster parents. The Program covers "working hours only" and limited respite.
- Home Visiting: The Program is accepting new families into the Early Childhood Home Visiting Program and working with current families to provide lessons in-person. Staff and families will be required to adhere to social distancing and wearing masks.
- Direct Placement: Support services (work clothing, transportation, tools, etc.) for Native Americans that recently gained employment. Must apply within 7-days of hire.

Other services such as Work Experience and On-the-Job Training may be available on a limited basis.

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.

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

**477-Self Sufficiency Program
Pandemic Emergency Assistance Fund
School Clothing / School Supply Program**

The 477-Self Sufficiency Program (477-SSP) received limited funds from the American Rescue Plan Act of 2021. The funding allows the Program to provide limited non-recurrent short-term benefits for eligible Siletz Tribal member households. The 477-SSP will provide a one-time allowance for clothing and school supplies for children returning to in-person classes for the 2021 – 2022 school year.

Eligibility Requirements Include:

- Application for Assistance;
- Siletz Tribal member household – Verification required;
- Reside in the United States;
- State issued identification for head of household;
- Receive regular Supplemental Nutrition Assistance (SNAP) or USDA Commodities – Verification required;
- Provide verification children are included in benefit group;
- School age children in Kindergarten through 17 years of age;
- Valid email address for head of household.

The 477-SSP will accept applications from July 1, 2021 – August 20, 2021. All pending documentation must be submitted by August 31, 2021. If approved for services, the 477-SSP will issue a \$300.00 clothing allowance for eligible children and \$50.00 school supply allowance for eligible children.

Applicants will be served based on completion date. Once the funding allocation has been reached, additional households will be placed on a waiting list. You will receive all correspondence from the 477-SSP via email. The Program will issue payments twice per month until funds are expended or the application deadline is met.

By completing the application, you understand that all funds must be applied to school clothing and school supplies for the children listed on the approval notice. Completing the application is not a guarantee of services even if the application is completed prior to August 20, 2021. The application is posted on the CTSI website. Please contact the staff below to be emailed an application.

Send Applications to:

477ssp@ctsi.nsn.us

CTSI

Attn: 477-SSP

3160 Blossom Dr. NE STE #105

Salem, OR 97305

Fax: (541) 444-8334

For an online application:

Ctsi.nsn.us (Tribal Services tab, Employment & Social Services)

For Information:

Angelica Espino – (503) 390-9494 ext. 1853

Lori Christy - (503) 390-9494 ext. 1863

Service Area Offices

Monday—Friday

8:00AM to 4:30PM

Siletz Administration Office

Lincoln & Tillamook

PO BOX 549

Siletz, OR 97380

Phone: (541) 444-2532

or 1-800-922-1399

Fax: (541) 444-8334

Salem Area Office

Marion, Polk, & Yamhill

3160 Blossom Dr. NE Suite

105

Salem, OR 97305

Phone: (503) 390-9494

Fax: (503) 390-8099

Portland Area Office

Clackamas, Multnomah, &

Washington

12790 SE Stark Suite 102

Portland, OR 97233

Phone: (503) 238-1512

Fax: (503) 238-2436

Eugene Area Office

Benton, Lane, & Linn

2468 West 11th Ave.

Eugene, OR 97402

Phone: (541) 484-4234

Fax: (541) 484-4583

477 Self Sufficiency Program

Summer Youth Class Room Training

Do you need to make up class credits? Or need to make sure you have enough credits to graduate?

The SYEP CRT Program can help by giving you a stipend while you attend summer classes.

The stipend is \$9.00 for a max of 240 hours with a signed time sheet turned in.

To be eligible you need to be enrolled in a federally recognized tribe or prove descendance, and household income limits do apply.

To apply for services contact the 477 program in your area, and ask for the Summer Youth CRT application.

Tamra Russell- Portland office

Jamie Bokuro- Siletz office

Cathy Ray- Eugene office

Angelica Espino- Salem office



Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to assist members of **ANY** federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Confederated Tribes of Siletz Indians 11 county service area.

Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Resume Writing
- Interviewing Techniques
- Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment



For more information about the STVRP, please inquire at 1-800-922-1399. Services are provided in ALL area offices, however, to inquire about services, ask to be transferred to the office nearest you listed below.

SALEM AREA OFFICE

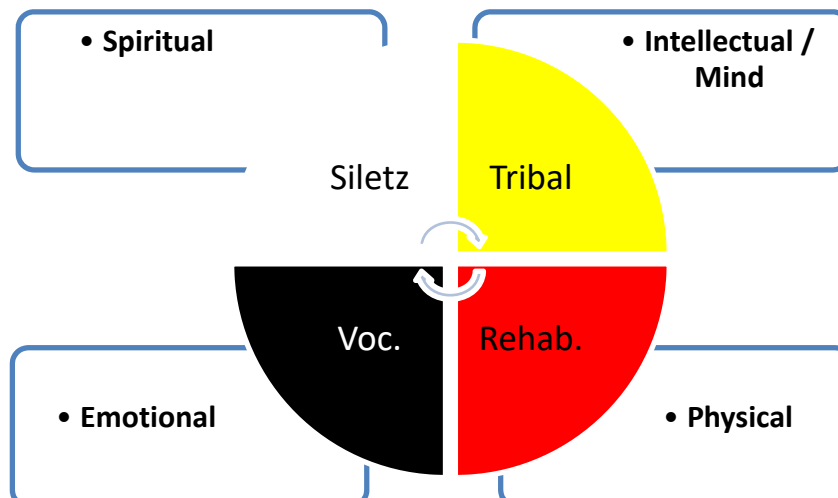
3160 Blossom Dr. NE, Ste. 105
Salem, OR 97305

SILETZ ADMIN. OFFICE

201 SE Swan Ave
Siletz, OR 97380

SALEM - **Toni Leija**, Counselor/Job Developer

SILETZ – **RACHELLE ENDRES**, Counselor/Job Developer



Vocational Rehabilitation Program: JULY AWARENESS- **STEVENS-JOHNSON Syndrome (SJS)**

Stevens–Johnson syndrome (SJS) is a rare and serious type of severe skin rash. The **syndrome** is due to a reaction to medication, an infection, or both. It may begin with flu-like symptoms, followed by a red or purple rash that spreads and forms blisters on the face, eyes, and mouth. The affected skin eventually dies and peels off, forming painful raw areas. **Stevens-Johnson syndrome** requires emergency medical treatment in a hospital, often in intensive care or a burns unit. Complications may include dehydration, sepsis, pneumonia, and multiple organ failure. Some risk factors include a diagnosis of HIV/AIDS or Systemic Lupus Erythematosus or Lupus (Citation: Cleveland Clinic & Wikipedia).

Treatment focuses on finding the cause, administration of pain relief medication, antihistamines, antibiotics, intravenous immunoglobulins or corticosteroids. SJS may affect 1 to 2 people per million a year. Typical onset is under the age of 30. Skin usually regrows over two to three weeks; however, complete recovery can take months. Overall, the risk of death with SJS is 5 to 10% (Citation: Wikipedia).

This type of severe rash can be disfiguring and cause rejection by friends, family, and others, so it may present a barrier to employment that involves daily interpersonal contact. An individual's appearance of disfigurement may impact their self-image, employer/peer acceptance, and lead to isolation, depression, and/or anxiety. SJS may cause limitations with interpersonal skills, communication, self-care, and work tolerance in the short term.

The need for on the job training and education needs to be consistent with the affected individual's current limitations and how these limitations may impact their daily job performance.

Symptoms (citation: Mayo Clinic):

One to three days before a rash develops, you may show early signs of Stevens-Johnson syndrome, including:

- Fever
- A sore mouth and throat
- Burning eyes
- Fatigue

As the condition develops, other signs and symptoms include:

- Unexplained widespread skin pain
- A red or purplish rash that spreads
- Blisters on your skin and the mucous membranes of the mouth, nose, eyes and genitals
- Shedding of skin within days after blisters form



Rachelle Endres, Siletz 541-444-8213, ext.1213 rachellee@ctsi.nsn.us

Toni Leija, Salem 503-390-9494, ext. 1861 tonil@ctsi.nsn.us

Siletz Home Visiting Program



Home Visiting Provides:

- **Parenting and life skills for successful and positive parenting**
- **Support and encouragement**
- **Resources and referrals**
- **A culturally sensitive, evidence based curriculum**
- **Ongoing services from prenatal until child is 3 years old**

Visits can be done virtually or outside in person using proper precautions.

Eligibility requirements:

- **Live in 11-County Service Area**
- **Family is expecting or has an infant under twelve months of age.**
- **Enrolled Siletz Tribal member head of household or dependent child and meet one of the following criteria—**
 - **Income below 300% federal poverty level for last 30 days**
 - **Household that resides in rural location that has limited employment opportunities**
 - **First time parent**
 - **Household with at least one adult without a post-secondary certificate**
 - **Family experienced trauma, chemical dependency or mental health barriers.**
- **Other eligibility criteria may apply**

**For more information contact
Danelle Smith**

541-444-9603 or

1-800-922-1399

danelles@ctsi.nsn.us

Or

Lori Christy

503-390-9494

loric@ctsi.nsn.us

**go to www.ctsi.nsn.us home
visiting to view past success
stories**

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 (PRC)	1-800-628-5720
Siletz Behavioral Health	1-800-600-5599

Siletz Community Health Clinic 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



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 OregonHealthCare.gov

Telephone: 1-800-699-9075

We are here to assist you with any questions that you may have about OHP.

Contact Adrienne Crookes,
Community Health Advocate, at 541-484-4234

Siletz Mail Order Pharmacy

If you need a prescription refill, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and to mail it to you.

Call **1-800-648-0449** and enter **ext. 1624**. Follow the voicemail instructions. If you need assistance, you may call Adrienne Crookes, Community Health Advocate at **541-484-4234**

Tribal Non-Emergency Medical Transportation

Do you have an appointment and are you in need of a transport? We provide transportation to and from medically related appointments *as a last resort* to Siletz tribal members who lack transportation. In order to determine eligibility for transport services, you can call the Siletz transport hub at least 48 hours in advance and leave a detailed message. Someone will call you back.

Transport Hub Line: 1-541-444-9633

Jeff Green, Transportation Coordinator



Sun Safety 101

July is UV Safety Awareness Month

Protecting your skin from the sun's damaging rays is vital for a number of important health reasons

Here Are Steps You Can Take to Protect Your Health

- When possible, avoid outdoor activities during the hours between 10 a.m. and 4 p.m., when the sun's rays are the strongest.
- Apply sunscreen with a sun protection factor (SPF) of 15 or greater 30 minutes before sun exposure and then reapply frequently, especially after swimming, perspiring heavily, or drying off with a towel.
- Wear a hat with a wide brim all around because it protects areas often exposed to the sun, such as the neck, ears, eyes, forehead, nose and scalp.
- Wear clothing to protect as much skin as possible. Long-sleeved shirts, long pants, or long skirts are the most protective. Dark colors provide more protection than light colors by preventing more UV rays from reaching your skin.
- To protect your eyes from sun damage, wear sunglasses that block 99 to 100 percent of UVA and UVB radiation.
- Consider wearing cosmetics and lip protectors with an SPF of at least 15 to protect your skin year-round.
- Swimmers should remember to regularly reapply sunscreen. UV rays reflect off water and sand, increasing the intensity of UV radiation.
- Some medications, such as antibiotics, can increase your skin's sensitivity to the sun. Ask your doctor or pharmacist for information about the medications you are taking
- Children need extra protection from the sun. One or two blistering sunburns before the age of 18 dramatically increase the risk of skin cancer. Encourage children to play in the shade, wear protective clothing and apply sunscreen regularly.

Fireworks Safety

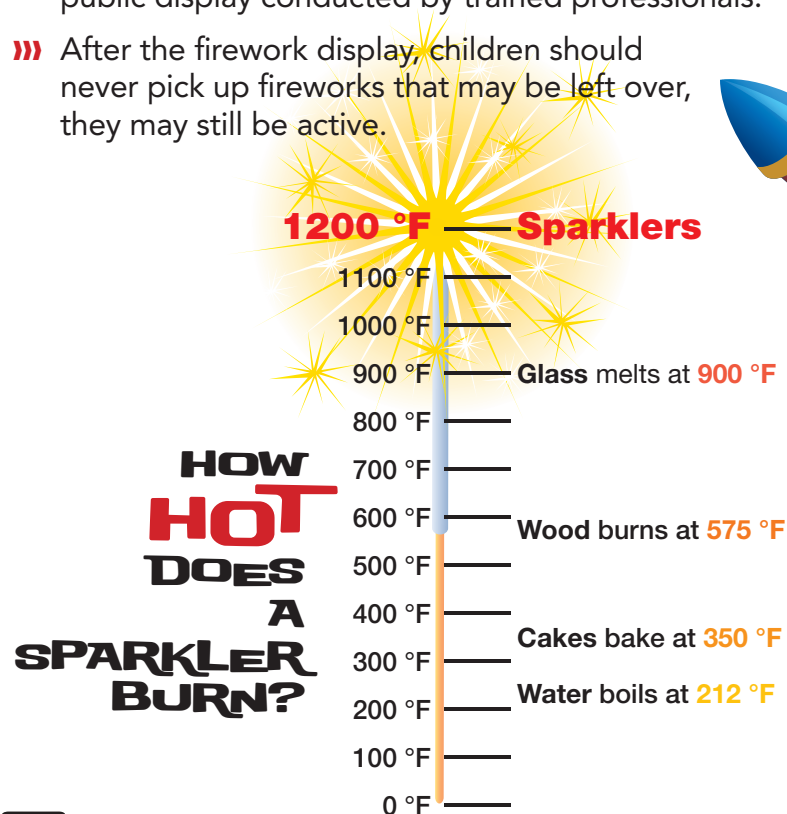
Fireworks during the Fourth of July are as American as apple-pie, but did you know that more than twice the number of fires are reported on that day than on any other day of the year in the United States? Two out of five of these fires are caused by fireworks. The good news is you can enjoy your holiday and the fireworks, with just a few simple safety tips:

PROCEED WITH CAUTION!

- » Leave fireworks to the professionals. Do not use consumer fireworks.
- » The safest way to enjoy fireworks is to attend a public display conducted by trained professionals.
- » After the firework display, children should never pick up fireworks that may be left over, they may still be active.

CONSUMER FIREWORKS

include sparklers and firecrackers. The tip of a sparkler burns at a temperature of more than **1,200 degrees Fahrenheit**, which is hot enough to cause third-degree burns.



FACTS

- ! Each July Fourth, thousands of people, most often children and teens, are injured while using consumer fireworks.
- ! The risk of fireworks injury is highest for children ages 5–14.
- ! More than 80% of emergency room fireworks injuries involve fireworks consumers are permitted to use.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education

Get Ready to Grill Safely

Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below **40°F** in an insulated cooler.



Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	fish
160°F	hamburgers and other ground meat
165°F	poultry



Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).



www.cdc.gov/foodsafety

Accessible version: <https://www.cdc.gov/foodsafety/communication/bbq-iq.html>

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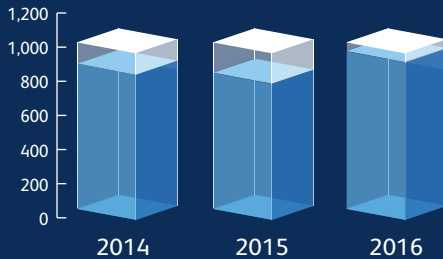
DROWNING DANGERS FOR KIDS

Spotlight on Open Water

Lakes • Ponds • Rivers • Oceans • Reservoirs • Retention Ponds • Quarries

CHILDHOOD DROWNING OVERALL

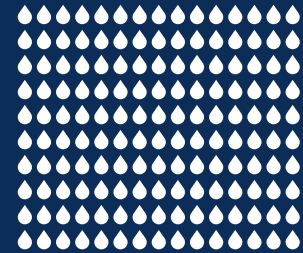
1,000 CHILDREN DROWNED IN 2016



7,000 MORE WENT TO ER



150 FAMILIES IMPACTED PER WEEK



MORE CHILDREN AND TEENS DROWN IN OPEN WATER THAN IN POOLS



Open water
43%



Pools
38%



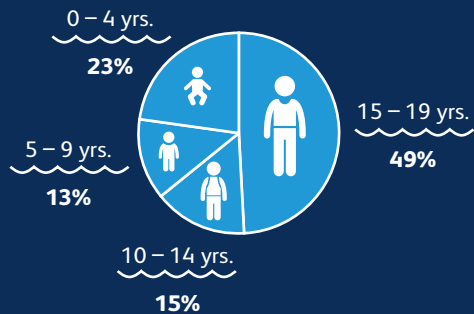
Bathtubs
9%



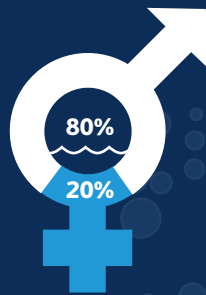
Other
10%

OPEN WATER FATALITIES

BY AGE



BY GENDER



BY ETHNICITY (PER 1,000,000)



HIDDEN HAZARDS OF OPEN WATER

- Dangerous currents
- Sudden drop-offs
- Limited visibility
- Depth of water
- Rocks and vegetation
- Cold temperatures
- Difficult-to-judge distances

Tips to Keep Your Kids Safe



- Watch kids in and around water without being distracted.
- Teach kids how to swim in open water, which is different from swimming in a pool.
- Use a U.S. Coast Guard-approved life jacket appropriate for the child's weight and water activity.
- Learn what to do in an emergency without putting yourself at risk for drowning.



For more information visit www.safekids.org

© 2018 Safe Kids Worldwide

Car Seat Recommendations for Children

"Best Practice" for Safer Travel

*Children should ride properly restrained on **every trip** in every type of transportation.*

- Infants and toddlers under 2 years of age should ride in a rear facing car seat.
- Toddlers should ride in a forward-facing car seat only after they outgrow the rear facing limits on the car seat.
- Older children should ride in a belt-positioning booster seat after they outgrow the harness on the car seat.
- All children should ride in the back seat until they are 13 years old.
- All passengers should be safely restrained in a lap and shoulder safety belt.

Parents often look forward to transitioning from one stage to the next, but these transitions should generally be delayed until they are necessary - when the child outgrows the limits for their current stage.

Additional Safety Tips

Rear Facing: Never place a rear facing child in front of an active frontal air bag.

Forward Facing: Use the top tether when the anchor is available or have an anchor installed.

Booster: Have your older child use a booster seat until the lap and shoulder belt fit properly – even if age 8 or older or taller than 4'9" in height.

Attend a check-up event or meet with a Child Passenger Safety (CPS) Technician to make sure children are riding safely. Call or visit https://oregonimpact.org/Child_Passenger_Safety for a calendar of check-up events.

Refer to the child safety seat manufacturer's manual and the car seat information in your vehicle owner's manual for specific details.



When is my child ready to ride in a safety belt?

1. Is the child tall enough to sit with their back against the vehicle seat back?
2. Do the child's knees bend comfortably at the edge of the vehicle seat?
3. Does the belt cross the shoulder over the collarbone?
4. Is the lap belt low, touching the thighs?
5. Can the child stay seated like this for the entire trip?

A "No" answer means the child should continue riding in a booster seat for best protection.

Oregon Occupant Protection Laws

Child Restraints: Child passengers must be restrained in approved child safety seats until they weigh 40 pounds or reach the upper weight limit for the car seat in use. Infants must ride rear facing until they reach two years of age.

Booster Seats: Children over 40 pounds **and** who have reached the upper weight limit of their car seat's harness system, must use a booster seat until they are 4'9" tall **and** age 8.

Safety Belts: A child taller than 4'9" **and** age 8 or older must be properly secured with the vehicle's safety belt. The child is properly secured if the lap belt is positioned low across the thighs and the shoulder belt is positioned over the collarbone and away from the neck.

Failure to properly use safety belts or child restraints is a Class D traffic violation with a \$110.00 fine.

(ORS 811.210 and ORS 815.055, effective January 1, 2012.)



As of May 2021

Health Effects of Secondhand Smoke

Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.

Since the 1964 Surgeon General's Report, 2.5 million adults who were nonsmokers died because they breathed secondhand smoke.

There is no risk-free level of exposure to secondhand smoke.

- Secondhand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).
- Smoking during pregnancy results in more than 1,000 infant deaths annually.
- Some of the health conditions caused by secondhand smoke in adults include coronary heart disease, stroke, and lung cancer.

What can we do to help prevent secondhand smoke exposure?

Smoke outside—People who smoke inside housing units expose everyone who lives in the unit to secondhand smoke exposure. Not only do those who live in the unit get exposed to secondhand smoke, but those who visit will also be exposed to secondhand smoke. Smoke can linger in housing units for hours until it settles and causes third-hand smoke exposure.

Lets work together and help protect the Health of our people.



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

2021 YOUTH ANTLERLESS ELK TAG DRAWING
Tribal Youth Ages 12-17 ONLY
(by August 1, 2021)

Applications Due July 2, 2021 4:30 PM

Please complete the following information and select which tags you are interested in. **DO NOT CUT UP THE TAG REQUEST.** Your name and information will be entered into a database, printed on a card and entered into each drawing you select below. The drawing will be held on July 6, 2021 during the Natural Resources Committee meeting.

ROLL NO.	_____	PHONE NO.	_____
FIRST NAME	_____	LAST NAME	_____
MAILING ADDRESS	_____		
CITY	_____	STATE	_____ ZIP _____
SIGNATURE	_____	DATE OF BIRTH	_____

Must be signed by the Youth Hunter

OREGON HUNTERS SAFETY NO. (REQUIRED): **

NOTE: TAG MAY ONLY BE HUNTED BY THE YOUTH DRAWN.
TAG MAY NOT BE TRANSFERRED TO ANOTHER HUNTER.

CHECK THE BOX FOR EACH DRAWING YOU WANT TO BE INCLUDED IN

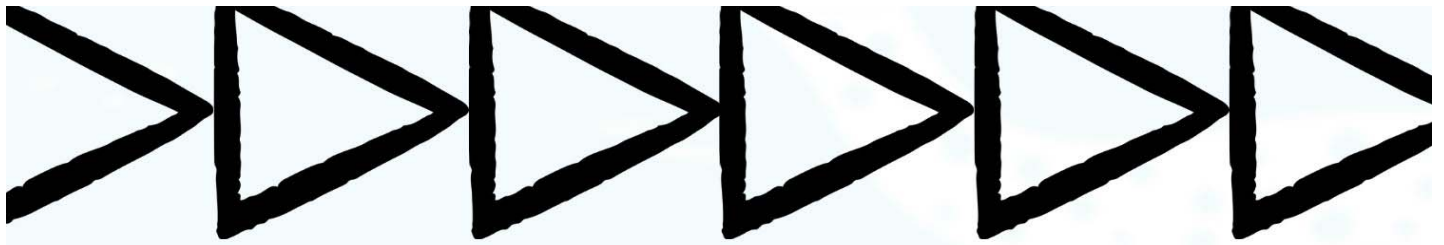
STOTT MT. 2 TAGS HUNT NO. 217T 8/1/21 - 12/31/21 BAG LIMIT – ONE ANTLERLESS ELK <input type="checkbox"/>	ALSEA 1 TAG HUNT NO. 218T 8/1/21 - 12/31/21 BAG LIMIT – ONE ANTLERLESS ELK <input type="checkbox"/>
<p align="center">YOUTH MUST BE ACCOMPANIED BY AN ADULT AT LEAST 21 YEARS OLD WHEN HUNTING</p> <p align="center">For information call ODFW 503-947-6018 or visit www.dfw.state.or.us.</p>	<p align="center">RETURN COMPLETED FORM BY JULY 2, 2021 TO:</p> <p align="center">CONFEDERATED TRIBES OF SILETZ INDIANS NATURAL RESOURCES DEPARTMENT ATTN: YOUTH ANTLERLESS ELK DRAWING P.O. BOX 549 SILETZ, OR 97380</p>

** if the Youth applying has not yet attended a hunters safety course and/or received an Oregon Hunters Safety Number, the number must be provided prior to the drawing held on July 6, 2021. All applications without the Oregon Hunters Safety Number before July 6, 2021 will not be included in the lottery drawing.

Questions please contact Mike Kennedy at mikek@ctsi.nsn.us or (541) 444-8232 or (800) 922-1399 ext. 1232.
--

FOR NATURAL RESOURCE STAFF ONLY

Age Verified	Oregon Hunters Safety No. Verified	Database Entry
DATE	DATE	DATE
INITIAL	INITIAL	INITIAL



SIGN UP TODAY FOR **SUMMER SESSION** ON-LINE
LANGUAGE CLASSES

LEARN
NUU-WEE-YA'

BEGINNING JULY 15

THURSDAYS AT 5:00 PM-INTERMEDIATE CONVERSATION

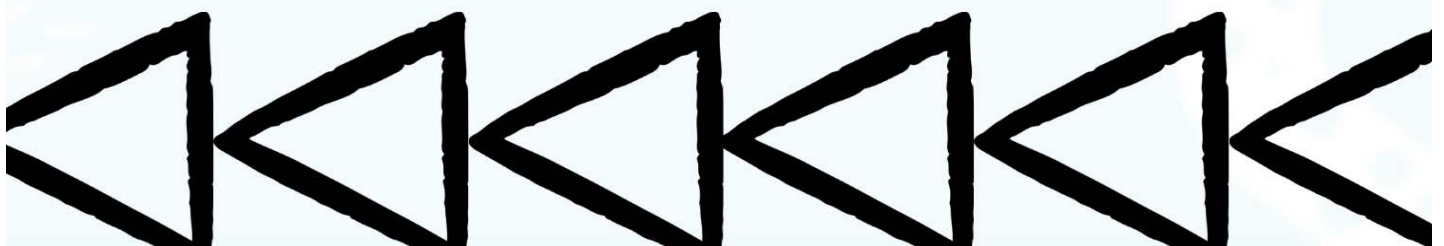
THURSDAYS AT 5:45 PM- BEGINNING CONVERSATION

AUGUST 16-20

INTENSIVE STUDY CAMP

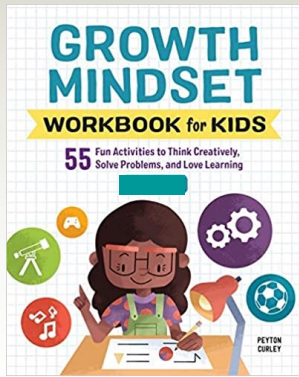
DAILY MEETINGS TO JUMP START AT-HOME LEARNING

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



JOM Family Activity

Sign up to receive a Growth Mindset Workbook and sensory gadgets.



Families will work together through the workbook doing fun activities that encourage thinking creatively, positive thinking, problem solving, and foster a love of learning.

Use the included sensory gadgets to reduce stress, keep hands busy, and increase focus and attention by allowing the brain to filter extraneous sensory information.

Stress Relief - Every toy helps relieve stress by simply squeezing, pulling, flipping and twisting these sensory gadgets

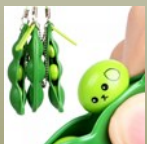
To Sign Up, please contact your local area Education Specialist for an application

Nick Viles
Eugene Area Office
2468 W. 1th
Eugene, OR 97402
(541) 484-4234
nickv@ctsi.nsn.us

Katy Holland
Portland Area Office
12790 SE Stark Street
Suite 102
Portland, OR 97233
(503) 238-1512
katyh@ctsi.nsn.us

Sonya Moody-Jurado
Salem Area Office
3160 Blossom Drive NE
Suite 105
Salem, OR 97305
(503) 390-9494
sonyamj@ctsi.nsn.us

Alissa Lane-Keene
Siletz Area
P.O. Box 549
Siletz, OR 97380
(541-444-8373
alissal@ctsi.nsn.us



Sign up deadline: July 12, 2021
One Box per family



ELDERS FIREWOOD DISTRIBUTION EVENT

Cut and Split Firewood Available for Pickup

Limited Delivery Available in the Greater Siletz Area

Limit ½ Cord per Elder Household, While Supplies Last



Stay in your vehicle – we will load!

SATURDAY

JULY 17, 2021

8 AM – 2 PM

**Logsdan Road
Firewood Area
(near USDA Building)**

MUST CONTACT:

**Elders Program
(541-444-8212)**

**to get on the list for
pickup or delivery**



**CTSI Youth
Cultural
Sharing Night**

MONTHLY/VIRTUAL

**7/22, 8/26
6-8pm**

TO REGISTER EMAIL
JACOB@CTSI.NSN.US
OR USE QR CODE:

Storytelling
Art
Poetry
Music
Modern
Traditional
Nuu-wee-ya'





We're Back!

Calling all Gamers, k-12

CTSI

Minecraft Gathering!

July 24th, 11am

Contact:

**jacobr@ctsi.nsn.us for
registration**



Siletz Tribal RIR Youth Council! July 25th 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, ElizabethM@ctsi.nsn.us



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

Experience
Leadership
Community

2021 NESIKA ILLAHEE VIRTUAL POW-WOW

August 14th
on Facebook

You can participate on the “2021 Nesika Ilahee Pow-Wow” group by posting a video of yourself dancing, and sharing photos and videos from the past, songs, prayers, stories and memories from our beloved annual Pow-Wow.

The group will be linked to our official CTSI Facebook page. This virtual event is open to the public. We ask everyone to be kind and courteous when participating.



You will be able to post to the group August 10th - 14th.
Join us beforehand for other updates and pow-wow content!



DIGITAL RUN TO THE ROGUE 2021

Second Weekend in September

**MARK YOUR CALENDARS FOR THIS ONLINE
EVENT. JOIN US ON THE CTSI WEBSITE AS
WE HONOR OUR ANCESTORS WHO CAME
BEFORE US. OTHER UPDATES TO FOLLOW.**

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/Eugene Area 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.

USDA distribution dates for July 2021

Siletz

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

Salem

Monday	July 19	1:30 – 6:30 p.m.
Tuesday	July 20	9 a.m. – 6:30 p.m.
Wednesday	July 21	9 a.m. – 6:30 p.m.
Thursday	July 22	By appt only

SAVING FRESH BERRIES

Berries are delicious, but they're also kind of delicate. Raspberries in particular seem like they can mold before you even get them home from the market. There's nothing more tragic than paying \$4 for a pint of local raspberries, only to look in the fridge the next day and find that fuzzy mold growing on their insides.

Well, with fresh berries just starting to hit farmers markets, we can tell you that how to keep them fresh! Here's a tip I'm sharing on how to prevent them from getting there in the first place: Wash them with vinegar.

When you get your berries home, prepare a mixture of one part vinegar (white or apple cider probably work best) and ten parts water. Dump the berries into the mixture and

swirl around. Drain, rinse if you want (though the mixture is so diluted you can't taste the vinegar,) and pop in the fridge. The vinegar kills any mold spores and other bacteria that might be on the surface of the fruit, and voila! Raspberries will last a week or more, and strawberries go almost two weeks without getting moldy and soft. So go forth and stock up on those pricey little gems, knowing they'll stay fresh as long as it takes you to eat them.

you're so berry welcome!



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

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Produce + Food 9-4 Pandemic EAF School Clothing/Supply Online Language Beginner Class 5pm	2 Produce + Food 9-4 2021 Youth Antlerless Elk Drawing Due by 4:30pm	3
4 	5 <i>All Siletz Tribal Offices CLOSED In Observance Independence Day</i>	6 USDA Distribution Siletz 9-3pm Produce Plus Food 2-4pm	7 USDA Distribution Siletz 9-3pm Produce Plus Food 9-4pm Read Team K-12 4-4:30pm	8 USDA Distribution Siletz 9-3pm Produce Plus Food 9-4pm Online Language Beginner Class 5pm Intensive Class 5:45pm	9 USDA Distribution Siletz 9-3pm Pay Day Produce Plus Food 9-4pm	10 Elders Meeting Zoom 1pm
11	12 JOM Family Activity Sign-Up Deadline	13 Time Sheets Due Produce Plus Food 2-4pm	14 Produce + Food 9-4 Read Team K-12 4-4:30pm	15 Produce + Food 9-4 Online Language Beginner Class 5pm Intensive Class 5:45pm	16 Produce + Food 9-4	17 Elders Wood Cut 8-2pm
18	19 USDA Distribution Salem 1:30-6:30pm	20 USDA Distribution Salem 9--6:30pm Produce Plus Food 2-4pm	21 USDA Distribution Salem 9--6:30pm Produce + Food 9-4 Read Team K-12 4-4:30pm	22 USDA Distribution Salem By Appt. Only Produce + Food 9-4 CTSI Youth Cultural Sharing Night 6-8pm Online Language Beginner Class 5pm Intensive Class 5:45pm	23 Pay Day Produce + Food 9-4	24 <i>Minecraft Gathering Starts 11am (See Flyer)</i>
25 CTSI YOUTH Council Meeting 11am Via ZOOM	26	27 Time Sheets Due Produce Plus Food 2-4pm	28 Produce + Food 8-4 Read Team K-12 4-4:30pm	29 Online Language Beginner Class 5pm Intensive Class 5:45pm	30	31

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

Jessica Hibler, Supervisor x1751 jessicah@ctsi.nsn.us
Vacant, Education Specialist
Vacant, 477/SSP Coordinator I
Nick Viles, Language and Traditional Arts Instructor x1757 nickv@ctsi.nsn.us
Jennifer 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 Antlerless Elk
Hunt
Applications Due
July 2, 2021
3 Tags**

Hunt runs from
August 1 - 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