

Confederated Tribes of Siletz Indians
PORTLAND POTLATCH
 August 2021

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Portland Potlatch is published by the Confederated Tribes of Siletz Indians Portland Area Office

Virtual Pow-Wow 2021



2021 NESIKA ILLAHEE VIRTUAL POW-WOW

You can participate on the "2021 Nesika Illahee 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.

August 14th on Facebook



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



Virtual Culture Nights



Virtual Culture Nights

While Tribal offices remain closed, virtual culture nights will focus on gathering, storing, and preparing materials for traditional arts and foods. All Siletz Tribal members and their families are welcome to log on to these virtual events.

August 25th, 6-7 PM
Ocean Spray and Bear Grass



Next Month: September 29th, 6-7 PM: Acorns

Contact Nick Viles: nickv@ctsi.nsn.us or 1-800-922-1399 ext. 1757 for login information.

Sponsored by the Education and Culture Department.



Voc. Rehab Program

AUGUST AWARENESS – DIGESTIVE TRACT PARALYSIS (DTP)

Digestive Tract Paralysis (DTP) or "Gastroparesis" is a partial paralysis of the stomach or the intestines or both. In DTP, undigested food stays in the stomach for days or weeks at a time and makes a person feel nauseous and experience episodes of vomiting. It can cause a lack of appetite which may lead to malnutrition, discomfort, bloating, and/or heartburn (Cleveland Clinic & CDHF).

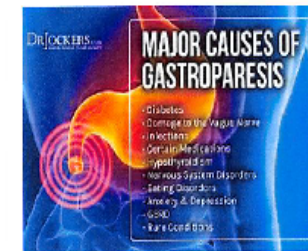
Diabetic DTP is estimated to occur in 20% to 40% of individuals with Diabetes. DTP can cause problems with blood sugar levels and nutrition. There is no cure for DTP other than to make changes to diet and take certain medications to obtain relief (Healthline).

Symptoms

- A feeling of fullness
- acid reflux or heartburn
- changes in blood sugar levels
- vomiting undigested food
- abdominal bloating or pain
- lack of appetite
- weight loss

Causes and Risk Factors

Vagus-nerve damage, stomach surgery, a nerve injury, autoimmune diseases, certain medications (i.e., narcotic pain medications) and virus infections are risk factors for DTP.



Gastroparesis Diet for Slow Stomach

FOODS TO AVOID	FOODS THAT ARE NOT IDEAL
High-fat, greasy, fried & fried foods	Soups, meats, white rice or white breads
Alcohol, low-fat sugars, low-fat cereals	Whole milk products & cream
White rice, regular breads, low-fat crackers	Grains, whole grains, cereal, bread
Eggs, pasta, butter (or oil) in meats	Diet, pork, poultry, poultry
Coated vegetables with thick oils	Few vegetables & vegetables with oils
Hard candies, caramels, jelly, berries	High-fat dairy (cream, pizza, cooking)
Fresh grapes, fruit like, gelatin	Fruit preserves
Commercial soups, soups	Canned fruits with oils
Non-dairy, ice cream	Citrus juices
Nuts, seeds & soft drinks	Alcohol

This disorder may impact an employee's job performance due to frequently missing work because of chronic episodes of DTP or disengagement and/or isolation from family, friends, and others. An employee's level of functioning may be diminished due to limitations in interpersonal skills, work tolerance, and/or work skills. Accommodations can be made such as a flexible work schedule or working from home.

If you or someone you love has this condition and it's affecting their job performance, then contact Rachelle Endres, VRC – Siletz 541-444-8213, ext. 1213 or Toni Leija, VRC – Salem 503-390-9494, ext. 1861.

477—Self-Sufficiency Program

477 Self Sufficiency Mission Statement

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

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

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

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

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

Your Success is Important to Us!

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

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



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

477—Self-Sufficiency Program

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:

www.ctsi.nsn.us

(Tribal Services tab > Employment & Social Services)

For information:

Angelica Espino (503) 390-9494 x 1853

Lori Christy (503) 390-9494 x 1863

Education & Youth Update



JOM FAMILIES

Follow the CTSI Education department on the CTSI Youth Facebook page and in your local area newsletter for monthly youth program information.



@CTSIYouth

Email your local Education Specialist to be added to our email list.

Portland Area Office Katy Holland (503) 238-1512 katyh@ctsi.nsn.us	Siletz Area Alissa Lane-Keene (541) 444-8373 alissal@ctsi.nsn.us	Salem Area Office Sonya Moody-Jurado (503) 390-9494 sonyamj@ctsi.nsn.us	Eugene Area Office Candace Hill (541) 484-4234 candaceh@ctsi.nsn.us
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Education & Youth Update



School Supply deadline:
August 6th, 2021
Education STREAM kits deadline:
August 15th, 2021.

C'MON EVERYBODY!



Siletz Tribal Youth—12 to 24 years old

If you are interested in joining and connecting with other Siletz Tribal youth throughout Oregon please contact Katy for specific information, dates and times. We would love to have new and past youth join us as we regroup and plan for future events.

Email Katy at katyh@ctsi.nsn.us or call (503) 238-1512 x 1418

Siletz JOM School Supplies for Native Youth.

This year the Siletz Supplemental Education/JOM Program will provide Siletz and eligible Tribal youth (Head Start to 12th grade) with a \$25 stipend to go towards school supplies. For more information or to complete an application please contact Katy (503) 238-1512 x 1418 or by email; katyh@ctsi.nsn.us

School Supplies

Steps to Register

- 1.) Contact your area Education Specialists
- 2.) Parents must complete a new JOM Application for the 2021-2022 academic year, to be eligible for JOM program services
- 3.) Parents must complete a JOM Request for Services form to register for School Supply Stipend

Enrolled JOM students in Head Start – 12th grade living in the Tribe's 11 county service area are eligible for a \$25.00 School Supply Stipend.

Registration for school supply stipends is open from **July 1st – August 6th, 2021**. Stipends will be mailed on August 11th and will be issued in the name of the parent who completes the JOM Request for Services form.

Deadline: August 6th @ 4:30pm

Candace Hill Eugene Area Office 2468 W. 11th Eugene, OR 97402 (541) 484-4234 candaceh@ctsi.nsn.us	Alissa Lane-Keene Siletz Area P.O. Box 549 Siletz, OR 97380 (541) 444-8373 alissal@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	Katy Holland Portland Area Office 12790 SE Stark Street, Suite 102 Portland, OR 97233 (503) 238-1512 katyh@ctsi.nsn.us

Education & Youth Update

Siletz Student Incentive Program

The Siletz Tribe would like to recognize all of our many graduates of 2021 - from Head Start to Doctorate Degrees.

To receive your incentive please submit the Incentive Application, a copy of your diploma, report card, promotion, ID and Tribal enrollment. The application can either be emailed to you or you can find it on line at www.ctsi.nsn.us (go to Services/Education/College)

- Kindergarten \$10
 - Elementary School \$20
 - Middle School \$50
 - High School \$100
 - Adult Vocational Training
 - \$100 for 1st year
 - \$200 for 2nd year
 - Higher Ed. Pendleton Blanket /\$75
 - Master \$300
 - Doctorate \$300/Blanket
- Head Start: \$10

Siletz Education Programs Serving Our Tribal Members

- ♦ **Higher Education:** Assists Tribal Members to attend college towards their Bachelors Degree—up to five years of educational support funding. Each year the deadline to apply is June 30th. Applications to apply for Federal student Aid (FAFSA—required) opens October 1, 2021. Please see our ad for the upcoming Fall College Workshop.
- ♦ **Adult Vocational Training Program:** Supports Tribal Members for up to two years of specific vocational training. Download applications at <http://www.ctsi.nsn.us/uploads/downloads/Education/Grants/CTSI-AVT-Application.pdf>

♦ **Adult Education Program:** For Siletz Tribal Members 16 years or older who are not already enrolled in a formal education program. This program can assist with GED, certificate and licensing programs, classes and more. This program's primary purpose is to improve and maintain employment status of all of our Tribal Members. No deadline applies to this.

For more information please contact Katy at the Portland area office or by email; katyh@ctsi.nsn.us .

Please visit our Tribal webpage at: <http://www.ctsi.nsn.us/Siletz-Tribal-Services-Umpqua-Clackamas-County-Tillamook/education/higher-education#content>

Education & Youth Update



Check out the incentive awards for our Tribal Member graduates on page 7!

CTSI Virtual College Info Nights Session I

**THURSDAY,
SEPT. 23
6:00 PM**

COLLEGE APPLICATION NIGHT:

- ◆ Applying to College/University Grants and Scholarships
- ◆ Student Housing
- ◆ Financial Aid/FAFSA
- ◆ Important Deadlines
- ◆ **Plus: Meet advisors from local colleges and universities**

All Students and Families Welcome
Contact your local education specialist to sign up and for login information

COVID-19 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.

<p>Sonya Moody-Jurado Salem Area Office 3160 Blossom Drive NE, Suite 105 Salem, OR 97305 (503) 390-9494 sonyamj@ctsi.nsn.us</p>	<p>Katy Holland Portland Area Office 12790 SE Stark Street, Suite 102 Portland, OR 97233 (503) 238-1512 kathyh@ctsi.nsn.us</p>	<p>Alissa Lane-Keene Siletz Area P.O. Box 549 Siletz, OR 97380 (541) 444-8373 alissal@ctsi.nsn.us</p>
<p>Jeff Sweet Out of Area PO BOX 549 Siletz, OR 97380 (541) 444-8207 jeffs@ctsi.nsn.us</p>	<p>Candace Hill Eugene Area Office 2468 W. 11th Eugene, OR 97402 (541) 484-4234 candaceh@ctsi.nsn.us</p>	

Alcohol & Drug Program

Depression and Relapse

The potential for relapse in those suffering from dual diagnosis is very high. Some people will self-medicate to treat their depression, by resuming consumption of alcohol as well as using illicit substances. Initially, substances may make them feel as though symptoms of depression are improving. However in the long run it only worsens. It is key for a person at risk of relapse to seek help for not only the impulse to drink or use drugs but also for the underlying depression.

Common signs of depression include:

1. Sleep: The earliest signs of any mood disorder often present as sleep irregularities. Often times, people suffering from depression experience a significant loss in quality of sleep but may have either an increase or decrease in the amount of sleep.

2. Interests: Often there is a gradual decrease in the level of enjoyment one experiences by doing the activities they once loved. It is often difficult to initiate these activities as well.

3. Energy: Energy levels can decrease dramatically when one starts to feel depressed. Doing everyday chores or grooming can seem exhausting.

4. Concentration/attention: Many who suffer from depression will immediately notice their mind wandering. They have difficulty paying attention to even the simplest of things, like watching their favorite TV show from beginning to end. It

is common to see problems at work such as: inability to participate in meetings, unable to answer emails in a timely fashion, or shifting tasks.

5. Appetite: Appetite changes in depression can vary from person to person. Some people see a dramatic decrease in appetite and food intake. The desire to eat can diminish and result in significant weight loss. On the contrary, some people experience an increase in appetite, especially with carbohydrate craving. As a result, some may experience weight gain.

6. Hopelessness or worthlessness: Negative thoughts are a common sign of depression. Often feelings of hopelessness, worthlessness and guilt are related to an event or situation (i.e. financial problems, relationship difficulties, substance use), but sometimes they are very self-focused/intrinsic with no external explanation. For example, someone who is clinically depressed can feel:

- Hopeless, that depression will not improve
- Guilt, that depression is affecting family members, or
- Worthless, that depression has overcome their life

Having people rate their sense of worth and sense of hope is very important as a treatment provider, as it is useful to help assess the risk of suicide.

7. Anxiety: Many people experience anxiety. Some may have an anxiety disorder without a mood component. However,

Alcohol & Drug Program

er, many times depression and anxiety co-exist. Depression can result in one experiencing significant symptoms of anxiety. It is extremely important to assess someone for depressive symptoms when evaluating their anxiety to ensure adequate treatment for both depression and anxiety disorders.

8. Thoughts of death: Sometimes life feels so difficult that people start fantasizing about what it would be like to not exist or to “go to sleep and never wake up.” It is important that if these thoughts start to occur that an evaluation for depression is recommended. Thoughts of death may seem benign, but it is not uncommon that these thoughts start to become more intense. When this occurs, the risk of suicide increases significantly, and it is essential that one seeks intensive professional help. Often times when a person enters recovery and embraces a sober lifestyle, they receive an abundance of support and positive reinforcement from family, friends, mentors, and colleagues. For some, this external validation can come to define who they are, or their sense of self-worth. But once they settle down into the doldrums of regular life and all the compliments die down, depression can set in, along with a feeling of emptiness.

To avoid depression, self-worth must come from within.

Internal validation, or self-validation, means accepting one’s own experience, thoughts, and feelings. It doesn’t mean one’s thoughts or feelings are always right.

Sometimes simply acknowledging and either accepting or reframing one’s own thoughts and feelings can be of utmost importance to deal with a tough situation. Self-validation can help people in recovery manage their feelings and be truthful with themselves. Honesty with oneself is a key component of sobriety.

Treating Depression

If you or someone you love is having suicidal thoughts, emergency medical treatment is advised.

Others with less acute depression can seek out individual or group therapy, and if prescribed by a psychiatrist, take antidepressants. Mild to moderate depression can be addressed through physical activity, particularly aerobic or muscular strength training, according to [recent studies](#). Those with mild to moderate depression should also check in with their support networks. Replacing negative thoughts with positive ones as well as mindfulness can be helpful in relieving people of depression.

Finally, a person suffering from depression should not expect a quick solution. Improvement will be gradual. It is important to develop a working relationship with a therapist or psychiatrist following sobriety and be open to treatment options available.

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk (503) 238-1512 x 1414. Help is available and confidential.

Home Visiting Program



“After our son was born I had post-partum depression. The reassurance and guidance I received helped me gain confidence. Overall the program has helped me be a better mom and have a sense of ease that I am doing it right.”

-Ally

The Home Visiting program is open to Siletz families in our 11 county service area. We serve families prenatally until the child turns 3 years old (must begin before child turns one year). Our Home Visiting program uses the Family Spirit model and curriculum developed by the John Hopkins Center for American Indian Health and is designed to increase parenting knowledge and skills, link families to resources and provide encouragement to help parents engage in positive parenting.

If you are interested in joining the Home Visiting Program: below are some testimonials from Siletz tribal families that have used our program:

“What I like most about participating in the home visiting program is having a scheduled time to sit and talk about what’s going on with our daughter. I feel like each week, each lesson is literally spot on what we are experiencing/going through. I want to thank our Home Visitor for being a constant in our lives and reminding us that we are right where we are supposed to be in our parenthood journey, thank you for not making us feel alone!”

-Gracie

“I really appreciate the personal interaction. Being a mom to a little can be very hard and isolating, especially for mothers that might not have a lot of personal support. It’s nice having someone who checks in with you for one and for two the family, and for three does really well helping to connect with resources. Although most of the lessons are more like reviews, or confirmation of my parenting style, there have been a few things that I have learned and added to my daily routine. One huge help has been the supplies brought for each visit.”

-Trechia

“What I like most about participating in the home visiting program is the support my family is given and I’ve learned a lot about myself as a mom from this program.”

-Cheyenne

If you or a family member are interested in joining the Home Visiting program or for more information, please contact Lori Christy, Home Visitor at (503) 390-9494 ext. 1863 or e-mail at:

loric@ctsi.nsn.us

Behavioral Health Program

In the heat of summer:

Summer plans are established and the weather is being more cooperative than not. Children are embracing their freedom, while parents may be struggling to keep them entertained while also working full-time. Parks with water features are a great source of entertainment. To function well, our brains need to keep cool and hydrated, so be sure to pay attention to signs of heat exhaustion, and carry a water bottle with you.



Boost your mental health in the summer to get ahead of those potential winter blues:

1. Exercise— It can be harder to get out and be active with this heat, but it's important to find a way to boost endorphins with at least 30-45 min of cardio-type activity each day. Plan your day; are you more likely to workout in the

early morning hours, before it gets hot, or in the evening once it has cooled down?

2. It's an important time of year to stay connected with people to keep depression at bay. Try making at least one plan with friends each week, and stick to it (most people routinely want to cancel plans when it gets hot, but try and resist the urge).

3. Research says 20 minutes of sunlight a day (don't forget sunblock!) can lift your mood noticeably. What creative ways can you think of to get sun each day? Do some yardwork, perhaps, or take your dog for a walk? Try and get out in it!

Near the Portland office, check out this park with a splash pad:

Earl Boyles Park, east of SE 107th and Francis Street.

Near the Salem office, check out this park with a splash pad:

3045 River RD N, Salem Oregon.

Portland Area Office
Virtual Appointments M-F
(503) 238-1512 x1417

Salem Area Office
Virtual Appointments M-F
(503) 390-9494 x1864

CTSI Youth Activities



We're Back!
Calling all Gamers, k-12
CTSI
Minecraft Gathering!
August 28th,
11am
Contact:
jacobr@ctsi.nsn.us for registration



Keep up to date on Youth Activities by visiting the CTSI Youth Facebook page!

CTSI Youth Cultural Sharing Night
MONTHLY/VIRTUAL
8/26
6-8pm

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

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



Language Program



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

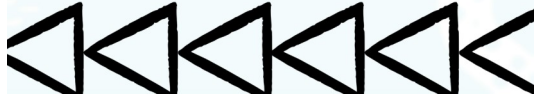
LEARN NUU-WEE-YA'

CONTINUING THRU AUGUST
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

Log in to the CTSI website to get more information about classes and to get access to study materials.



Community Health

Positive thinking: Stop Negative Self-talk to Reduce Stress



Positive thinking helps with stress management and can even improve your health.

Is your glass half-empty or half-full? How you answer this age-old question about positive thinking may reflect your outlook on life, your attitude toward yourself, and whether you're optimistic or pessimistic — and it may even affect your health.

Indeed, some studies show that personality traits such as optimism and pessimism can affect many areas of your health and well-being. The positive thinking that usually comes with optimism is a key part of effective stress management. And effective stress management is associated with many health benefits. If you tend to be pessimistic, don't despair — you can learn positive thinking skills.

Understanding positive thinking and self-talk

Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. Positive

thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.

Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist — someone who practices positive thinking.

The health benefits of positive thinking

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease

Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body.

It's also thought that positive and optimistic people tend to live healthier lifestyles — they get more physical activity, follow a healthier diet, and don't smoke or drink alcohol in excess.

Identifying negative thinking

If you're not sure your self-talk is positive or negative: Some common forms of **negative** self-talk include:

Filtering. You magnify the negative aspects of a situation and filter out all of the positive ones. For example, you had a great day at work. You completed your tasks ahead of time and were complimented for doing a speedy and thorough job. That evening, you focus only on your plan to do even more tasks and forget about the compliments you received.

Personalizing: When something bad occurs, you automatically blame yourself. For example, you hear that an evening out with friends is canceled, and you assume that the change in plans is because no one wanted to be around you.

Catastrophizing: You automatically anticipate the worst. The drive-through coffee shop gets your order wrong and you automatically think that the rest of your day will be a disaster.

Polarizing: You see things only as either good or bad. There is no middle ground. You feel that you have to be perfect or you're a total failure.

Focusing on positive thinking

You can learn to turn negative thinking into **positive** thinking. The process is simple, but it does take time and prac-

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Community Health

tice — you're creating a new habit, after all. Here are some ways to think and behave in a more positive and optimistic way:

Identify areas to change. If you want to become more optimistic and engage in more positive thinking, first identify areas of your life that you usually think negatively about, whether it's work, your daily commute or a relationship. You can start small by focusing on one area to approach in a more positive way.

Check yourself. Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.

Be open to humor. Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.

Follow a healthy lifestyle. Aim to exercise for about 30 minutes on most days of the week. You can also break it up into 10-minute chunks of time during the day. Exercise can positively affect mood and reduce stress. Follow a

healthy diet to fuel your mind and body. And learn techniques to manage stress.

Surround yourself with positive people. Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways.

Practice positive self-talk. Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you. Think about things you're thankful for in your life.

Practicing Positive Thinking Every Day

If you tend to have a negative outlook, don't expect to become an optimist overnight. But with practice, eventually your self-talk will contain less self-criticism and more self-acceptance. You may also become less critical of the world around you. When your state of mind is generally optimistic, you're bet-

Continued on next page

Community Health

ter able to handle everyday stress in a more constructive way. That ability may contribute to the widely observed health benefits of positive thinking.

[Original Article Source: The Mayo Clinic](#)

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

Below are some examples of negative self-talk and how you can apply a positive thinking twist to them:

Negative self-talk

- I've never done it before.
- It's too complicated.
- I don't have the resources.
- I'm too lazy to get this done.
- There's no way it will work.
- It's too radical a change.
- No one bothers to communicate with me.
- I'm not going to get any better at this.

Positive thinking

- It's an opportunity to learn something new.
- I'll tackle it from a different angle.
- Necessity is the mother of invention.
- I wasn't able to fit it into my schedule, but I can re-examine some priorities.
- I can try to make it work.
- Let's take a chance.
- I'll see if I can open the channels of communication.
- I'll give it another try.



Natural Resources

2021-2022 Hunting and Fishing Tags REMINDERS

Call 541-444-8232 or 541-444-8227 to have a tag mailed to you or if you have questions.

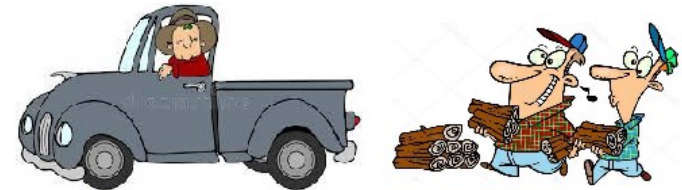
<p>Early Season Archery Tags</p> <p>Deer and Elk</p> <p>Available Starting August 2, 2021 8:00 AM</p> <p>First Come First Served</p>		<p>Deer General Rifle Tags</p> <p>Available Starting August 16, 2021</p> <p>First Come First Served</p>
<p>Youth Antlerless Deer Hunt</p> <p>Applications Due August 27, 2021</p> <p>Applications available at the Natural Resources office and on the Tribal website under Natural Resources</p> <p>Open to Tribal youth ages 12-17 who have a valid Hunter Safety Card</p>		<p>Elder Antlerless Deer Hunt</p> <p>Applications Due August 27, 2021</p> <p>Applications available at the Natural Resources office and on the Tribal website under Natural Resources</p> <p>Open to Tribal Elders age 55 and older</p>
	<p>Salmon Tags</p> <p>(for cultural fishing at Tribal cultural fishing sites only)</p> <p>Available Starting August 16, 2021</p> <p>First Come First Served</p>	

Elders Program

FINAL 2021

ELDERS FIREWOOD DISTRIBUTION EVENT

Cut and Split Firewood Available for Pickup
Limited Delivery Available in the Greater Siletz Area
Limit 1/2 Cord per Elder Household, While Supplies Last



Stay in your vehicle - we will load!



MUST CONTACT:
Elders Program
(541-444-8212)
to get on the list for pickup or delivery



Tobacco Prevention Education

Tobacco as Tradition

Traditional Tobacco is tobacco and/or other plant mixtures grown or harvested and used by American Indians and Alaska Natives for ceremonial or medicinal purposes.

Traditional tobacco has been used by American Indian nations for centuries as a medicine with cultural and spiritual importance. Many Tribes maintain teachings and stories on the origin of tobacco. These teachings address tobacco in its purest form, today known as the tobacco plant *Nicotiana rustica*, and may include mixtures of other native plants.

One common teaching involves the importance of having good attitudes and thoughts while working with traditional tobacco.

Traditional tobacco is a medicine, which can be used in a prescribed way to promote physical, spiritual, emotional, and community well-being. It may be used as an offering to the Creator or to another person, place, or being. A gift of traditional tobacco is a sign of respect and may be offered when asking for help, guidance, or protection. Traditional tobacco is sometimes used directly for healing in traditional medicine. It may be burned in a fire or smoked in a pipe, yet the smoke is generally not inhaled.

In many teachings, the smoke from burned tobacco has a purpose of carrying thoughts and prayers to the spirit world or to the Creator. When used appropriately, traditional tobacco is not associated with addiction and adverse health impacts.

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

Here are a few other examples of how tobacco was/is used for traditional purposes:

For our Hunters, traditional tobacco would be used when our people would kill an elk or deer or when we would catch a salmon or



trout. Tobacco would be placed at the location or close by so we can communicate with the creator and give our thanks and appreciation “thank you for this elk or salmon as we will use it to feed our family”.

For our Gatherers, traditional tobacco would be used when our people would gather supplies so that we may use them to make our baskets, or gather traditional medicines as we use it to



heal. Tobacco would be placed at the location or close by so that we can communicate to the creator and give our thanks and appreciation “thank you creator for these sticks or medicines that we may use

them for our baskets or medicines to help us heal”.

Tobacco is a powerful medicine, keep it traditional.



Please Welcome



PLEASE HELP US GIVE A WARM WELCOME TO ANDREW JOHANSON, OUR NEW PORTLAND AREA OFFICE SUPERVISOR!

If you have any questions or need to reach Andrew, he is available Monday—Friday 8 Am—4:30 PM by phone at (503) 238-1512 X 1419 or by e-mail: andrewj@ctsi.nsn.us.



Purchased/ Referred Care –

Newly Available Services PRC funding for specialty surgery


Tribal Council has approved funding for medically necessary surgeries that are not currently approved services. To qualify, you must be an enrolled Siletz Tribal member AND PRC-eligible.

Eligible surgeries:

- Excess eyelid skin removal
- Breast reduction
- Excess abdominal skin removal

PRC will process requests through Gatekeepers; funding is limited and will be first-come, first-served. The established medically necessary criteria are consistent with CMS and insurance guidelines. Requests deemed as cosmetic will not qualify .

Resources



PAPERLESS??

Would you like to receive the newsletter in color and faster than by postal service?

Please email diannae@ctsi.nsn.us to sign up today.

CTSI Tribal Youth
Online Academic Support

***24/7 On-Demand Access to Online Professional Tutors**

***All Subjects and Grade Levels-Including College and University**


***Individualized Help**

***All Tribal Students Eligible to Apply, Regardless of Residence**

To sign up contact your local education specialist:
Siletz and Out of Area- alissae@ctsi.nsn.us; PDX- Katy@ctsi.nsn.us; Salem and Eugene- sonya@ctsi.nsn.us

PLEASE NOTE:
On-line tutoring access is funded with US CARES Act Funds. Students MUST register by October 31, 2021. Tutoring hours are available on a first come first serve basis as resources are available

CTSI Resource Line
541-444-9613




We are here to connect Tribal members and their families to local resources. This includes food, housing, and other essentials.

We have hard to find items available for general membership. This includes:

- Thermometers
- Hygiene and sanitation items
- Smudge kits
- and more!

Available while supplies last

If you need assistance, call us Monday through Friday between 9am-3pm.



COVID-19 HOME TESTS AVAILABLE!

AVAILABLE TO SILETZ TRIBAL MEMBERS— FIRST COME, FIRST SERVED.

**CALL THE CTSI RESOURCE LINE:
541-444-9613**

Portland Area Office Staff

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Tamra Russell Tribal Service Specialist	(503) 238-1512 x 1411 tamar@ctsi.nsn.us
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Portland Potlatch is published by the Confederated Tribes of Siletz Indians Portland Area Office

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

Phone: (503) 238-1512
Fax: (503) 238-2436
www.ctsi.nsn.us



Other Contact Numbers

Name/Program	Number	Name/Program	Number
Confederated Tribes of Siletz Indians	800-922-1399	Purchased Referred Care (PRC)	800-628-5720
Portland Area Office	(503) 238-1512	Angelina Artiago Portland Elders Rep.	(503) 760-3899
Salem Area Office	(503) 390-9494	Kay Steele Portland Elders Rep.	(503) 760-4746
Eugene Area Office	(541) 484-4234	NARA	(503) 224-1044
Siletz Community Health Clinic	(800) 648-0449	NAYA	(503) 288-8177