

# The Eugene Area Office Newsletter November 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 2022

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](http://www.ctsi.nsn.us)

### Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low Income Rental Program waiting list:

Siletz (1, 2, 3, 4 bedroom)  
Lincoln City (2, 3 bedroom)  
Neachesna Village.

Applications can be obtained on-line 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](http://www.ctsi.nsn.us)

2022

### 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](mailto: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](mailto:noraw@ctsi.nsn.us)

Chinook Winds Casino Resort

Sign up for an electronic newsletter:

[www.chinookwindscasino.com](http://www.chinookwindscasino.com)



## Restoration Pow-Wow CANCELED



## SILETZ ELDERS NEWSLETTER for NOVEMBER 2021

Everyone,

October was a fun month of celebrations with family and friends. It is so nice that we are all vaccinated and can gather once again. I just heard on the news this morning that Moderna is getting their booster for 65 and older folks approved soon. This is good news for quite a few of us since that is what the tribe distributed from the clinic, Moderna.

I heard back from a few friends that they have been enjoying listening to the TED Talks I wrote about on my October newsletter page. I do love to share ideas and it is great that others find joy in them, so I want to put it out there for everyone that if you have a good idea, something you have enjoyed doing or seeing and would like to share. Please feel free to let me know and I will be happy to include it on this monthly newsletter page.

There is news that the tribe is going paperless. I actually received my quarterly massage benefit letter via email this month from Selena for, the first time ever. Also, all the area offices are not going to send out the monthly newsletter to tribal members after November unless we remember to call and request to keep receiving the paper copy. I personally like getting my copy online but I understand all of us elders do not have a computer, internet service, or even an email address, let alone the desire to access it on our cell phones if that is all we have. Anyway, what I am trying to say is if you want to continue to receive a paper copy of the Eugene area newsletter please call the office and ask Nora to keep you on the mailing list for the December issue and all future issues. Lastly, if you don't have an email address and want one since the tribe is going paperless like the rest of the world. I guess we do have to do our part in saving the planet, I am sure the tribe will be glad to help you with that. Call and ask.

I have recently chatted with Jessica our area office supervisor. She still has salmon to distribute to folks that haven't been by to pick their beautiful fillet up. I just cooked mine this last weekend and oh man was it yummy right out of the oven covered in rosemary, lemon, and onion slices. Then I made salmon salad with a chunk and the rest I put into a seafood chowder. So good. I got enough for three more meals by freezing them in serving size bowls. So spread the word around to the folks that haven't picked up their salmon. It's definitely worth the trip.

Siletz Tribal Elders Book Club update; The November, dates are Thursday 11th, discussing chapter 5, November 25, discussing chapter 6. Please join in even if you haven't finished the chapter or have a book yet. For more information, and to receive a zoom meeting invite/link, contact: Brian Crump, [brianc@ctsi.nsn.us](mailto:brianc@ctsi.nsn.us) 541-580-9107. Everyone is welcome to join. Date(s) subject to change, due to holidays.

Wishing you all a warm and Happy Thanksgiving!

Truly, Verdene McGuire.

Eugene Area Elders Rep., For Linn, Benton, and Lane Counties

[Vdenie101@gmail.com](mailto:Vdenie101@gmail.com)

Candace Hill, Education Specialist

[candaceh@ctsi.nsn.us](mailto:candaceh@ctsi.nsn.us)  
(541) 484-4234 x1763  
(541) 270 - 0037

# Education – November 2021

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

## Upcoming Virtual Education Events

- **Tutor Me Information Night** – Are you wanting more information about the free online tutoring program offered by CTSI for Siletz tribal members in PreK-12 and college? Join the CTSI Education Team for an information night via Zoom on November 10<sup>th</sup> at 6pm. Contact Candace to register and get a Zoom link.
- **FAFSA Information Night** – Join the CTSI Education Team to learn more about the Free Application for Federal Student Aid (FAFSA) presented by Cy Hill and John Dedrick from Chemeketa Community College via Zoom November 16<sup>th</sup> at 6pm. Contact Candace to register and get a Zoom link.
- **CTSI Youth Conference** - Our annual Youth Conference this year will be held via zoom December 28<sup>th</sup> & 29<sup>th</sup>. This event is for Siletz Tribal Youth (7<sup>th</sup>-12<sup>th</sup> Grades). Applications will be mailed to youth.

## Education Program Opportunities

While our area office remains closed to the public, we are still committed to supporting Tribal members during this time. Our activities remain virtual. Below are the October highlights. If you are interested please call or email Candace to sign up for the Youth Activities email list or check out the CTSI youth Facebook page and the CTSI website for up-to-date announcements about online events, at home activities and more.

- **JOM Fall Activities Send Out** – Do you want to receive fun and educational activities for the rest of 2021? This program will be running in October, November and December. Registration opens the first of each month and closes October 14<sup>th</sup>, November 15<sup>th</sup>, and December 14<sup>th</sup>. It is open to JOM registered youth who live in the 11-county service area. Register each month to receive a fun activity package. Contact Candace to register.
- **JOM** – Johnson O'Malley (JOM) benefits K-12 Native American students in support of their intellectual growth, vocational goals and cultural enrichment. The program also advances the participant's physical, social and emotional growth. Basic services such as tutoring, cultural enhancement, recreational activities and college preparation classes are provided to supplement existing educational programs available in communities.
- **Siletz Tribal Youth Activity Fund** – The Youth Services Program focuses on the well-being of young people and advocates for the needs of youth. Tribal and other resources are used in developing positive community models. The program provides academic and leisure time activities in a supervised setting and young people participate in constructive pursuits after school and on weekends.
- **Online Tutoring** – We realize that schooling has experienced some difficulties regarding consistency. We are currently offering on demand as well as scheduled academic support available 24/7. This program is open to all students: K-12, Higher Ed, and AVT. Space is limited as hours are available. Contact Candace to sign up.

## Higher Ed/AVT Reminders

- The Free Application for Federal Student Aid aka FAFSA opened on Friday, October 1<sup>st</sup>, 2021. You can fill out your application at [financialaid.gov](https://financialaid.gov). If you are interested in applying to Higher Ed or certain AVT programs, FAFSA needs to be done no later than June 30<sup>th</sup>, 2022. Early bird gets the worm!
- Adult Education and AVT applications for clock hour schools/programs (such as beauty schools and truck driving programs) can be turned in at any point. If you are interested in applying to these programs, contact Candace for more information.



## Graduation Incentives

The Siletz Tribal Incentive Program recognizes Siletz tribal students for their academic 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. All Higher Ed/AVT students who graduate also need to send in their diploma or certificate. Email Candace for a graduation incentive application. [candaceh@ctsi.nsn.us](mailto:candaceh@ctsi.nsn.us)

| PreK – 12 Achievement | Incentive | Higher Ed/ AVT Achievement | Incentive                      |
|-----------------------|-----------|----------------------------|--------------------------------|
| Headstart/Preschool   | \$10      | One Year AVT               | \$100                          |
| Kindergarten          | \$10      | Two Year AVT               | \$200                          |
| Elementary School     | \$20      | AA, AS, AAOT               | \$200                          |
| Middle School         | \$50      | BA/BS                      | \$75 plus a Pendleton blanket  |
| High school/GED       | \$100     | MA                         | \$300                          |
|                       |           | PhD                        | \$300 plus a Pendleton blanket |

## Upcoming Events and Deadlines

- 11/10 @6pm – Tutor Me Info Night
- 11/15 @4:30pm – November Fall Activity Send Out Registrations Due
- 11/16 @6pm – FAFSA Info Night



**FREE TUTORME ONLINE TUTORING PROGRAM**  
 ONLINE TUTORING AVAILABLE 24/7 FOR ENROLLED SILETZ TRIBAL MEMBERS  
 AVAILABLE TO GRADES K- 12 AND COLLEGE STUDENTS  
 CONTACT YOUR AREA EDUCATION SPECIALIST TO SIGN UP

\*PLEASE NOTE - TUTORING IS AVAILABLE ON A FIRST COME FIRST SERVE BASIS AS FUNDING IS AVAILABLE

**TUTORME INFORMATION NIGHT VIA ZOOM**  
**NOVEMBER 10TH AT 6PM**  
 CONTACT YOUR AREA EDUCATION SPECIALIST TO GET THE ZOOM LINK

**AGENDA INCLUDES:**  
 WHAT IS TUTORME?, SPECIFIC WAYS STUDENTS CAN TAKE ADVANTAGE, WALKTHROUGH OF THE STUDENT USER EXPERIENCE, FREQUENTLY ASKED QUESTIONS, AND OPEN Q&A

|  |  |   |   |
|--|--|---|---|
| <b>PORTLAND AREA</b><br>( 503) 238-1512<br>KATYH@CTSI.NSN.US | <b>SILETZ AREA</b><br>( 541) 444-8373<br>ALISSAL@CTSI.NSN.US | <b>SALEM AREA</b><br>( 503) 390-9494<br>SONYAMJ@CTSI.NSN.US | <b>EUGENE AREA</b><br>( 541) 484-4234<br>CANDACEH@CTSI.NSN.US |
|--|--|---|---|

**Thinking of attending college during the 2022-2023 Academic year? Here's what you need to know**

↘ FAFSA Opens for Applications Oct. 1st  
 (at [www.fafsa.ed.gov](http://www.fafsa.ed.gov))  
*\*If applying for Higher Education funds for the 2022-2023 academic year, students must complete their FAFSA by June 30th*

↘ CTSI Higher Education Grant Application Due June 30th  
[www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf](http://www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf)

↘ CTSI Graduate Application Due June 30th  
[www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf](http://www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf)

- Graduate applicants must apply to the American Indian Graduate Center for scholarship funding, to be eligible for CTSI Funding (at [www.aigcs.org](http://www.aigcs.org))
- American Indian Graduate Center applications open as early as December and close as early as May each year. It is your responsibility to be aware of and meet the AIGC scholarship deadlines.

Contact an Education Specialist in your area for more information.

|  |   |   |   |
|--|---|---|---|
| Siletz Area & Out-of-State<br>Alissa Lane-Keene<br>Alissal@ctsi.nsn.us<br>541-444-8373 | Eugene Area<br>Candace Hill<br>CandaceH@ctsi.nsn.us<br>541-484-4234 | Portland Area & Washington<br>Katy Holland<br>KatyH@ctsi.nsn.us<br>503-238-1512 | Salem Area<br>Sonya Moody-Jurado<br>SonyaMJ@ctsi.nsn.us<br>503-390-9494 |
|--|---|---|---|

Visit [www.ctsi.nsn.us/post-secondary-education/](http://www.ctsi.nsn.us/post-secondary-education/) for applications.

# JOM FALL ACTIVITIES

Open to JOM registered youth in the 11-county service area.

Register each month by the due dates below to receive a fun activity package!

Contact your local Education Specialist to sign up.

Candace Hill  
Eugene Area Office  
541-484-4234

CandaceHectsi.nsn.us

Katy Holland  
Portland Area Office  
503-238-1512  
KatyHectsi.nsn.us

Alissa Lane-Keene  
Siletz Area  
541-444-8373

AlissaLectsi.nsn.us

Sonya Moody-Jurado  
Salem Area Office  
503-390-9494  
SonyaMJectsi.nsn.us

## DATES

- **October:** Opens 10/1 and closes 10/14
- **November:** Opens 11/1 and closes 11/15
- **December:** Opens 12/1 and closes 12/14

# VIRTUAL FAFSA INFORMATION NIGHT

Join the CTSI Education Team on **November 16th at 6pm** to:

- Explore the Free Application for Federal Student Aid (FAFSA)
- Find out what documents are needed to apply
- Create your Federal Student Aid (FSA) ID
- Get help applying for FAFSA
- Get your FAFSA questions answered by Cy Hill and John Dedrick from Chemeketa Community College

Who should attend: Tribal member high school seniors, parents of high school seniors and anyone interested in learning more about completing their FAFSA.

CONTACT YOUR AREA EDUCATION SPECIALIST TO SIGN UP AND GET A ZOOM LINK

Portland Area

(503) 238-1512

katyh@ctsi.nsn.us

Siletz Area

(541) 444-8373

alissal@ctsi.nsn.us

Salem Area

(503) 390-9494

sonyamj@ctsi.nsn.us

Eugene Area

(541) 484-4234

candaceh@ctsi.nsn.us



Northwest Native American Center of Excellence

# Tribal Health Scholars Program

Healthcare focused internship for High School Juniors and Seniors!

**Applications due Wednesday, December 1<sup>st</sup>, 2021.**

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For more information or to request an application please contact:

Katie at  
([murpkati@ohsu.edu](mailto:murpkati@ohsu.edu))

Tribal Health Scholars (THS) is a paid externship program where AIAN high school students are supported and inspired to envision themselves as healthcare professionals and to pursue education required for a career in a healthcare field.

Due to COVID-19 in-person shadowing has been suspended so the THS program has pivoted to a completely virtual experience. Scholars meet as a group with our NNACoE team each week to discuss the different healthcare careers and pathways.

The program runs for 13 weeks with a one hour meeting each week as a cohort and then two individual meetings at the beginning and end of the pathway. Below is an overview of the program curriculum.

- Identifying diverse healthcare careers and career paths
- Sharing what healthcare looks like in your community
- Understanding how to apply to schools, scholarships, find additional internships and shadowing opportunities, etc.

**Eligibility:**

- You must be a high school junior or senior to participate.
- Attendance is important and required every week for the full length of the program.
- Join weekly by computer/Wi-Fi.

This program will be conducted virtually. If you would like to participate but foresee access being an issue please reach out to Katie at [murpkati@ohsu.edu](mailto:murpkati@ohsu.edu).



**OHSU**  
Health

# EMERGENCY ASSISTANCE

Confederated Tribes of Siletz Indians 477-SSP

## Eviction

Are you being evicted or facing homelessness?

## Utility Shut Off

Have received shut off notice for utilities (electric, water, sewer)

## Native American

Enrolled Siletz Tribal Member and reside in the CTSI service area.

## Exhausted all Resources

You have utilized all other funding sources i.e. Housing Dept. LIHEAP, other Community agencies.

## 100% of Federal Poverty Level

Not sure what your poverty level is? Call one of the area offices.

## Taking Action

CTSI Area Offices:

Siletz Administration Office: Jamie (541) 444-8266

Salem Area Office: Angelica (503) 390-9494

Portland Area Office: Anna (503) 238-1512

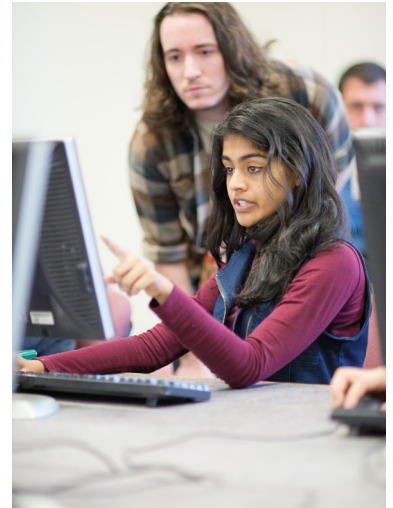
Eugene Area Office: Jen (541) 484-4234

\*\*other criteria may apply.

# 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 hours each week )

**Apply Today!!**

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

#### **Siletz Administration Office**

Phone: (541) 444-8266

jamieb@ctsi.nsn.us

#### **Eugene Area Office**

Phone: (541) 484-4234

catheriner@ctsi.nsn.us

#### **Salem Area Office**

Phone: (503) 390-9494

agelicae@ctsi.nsn.us

#### **Portland Area Office**

Phone: (503) 238-1512

tamrar@ctsi.nsn.us





## 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](mailto:477SSP@ctsi.nsn.us) for more information. Please include your name, phone number and the city/county you reside in.



# 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

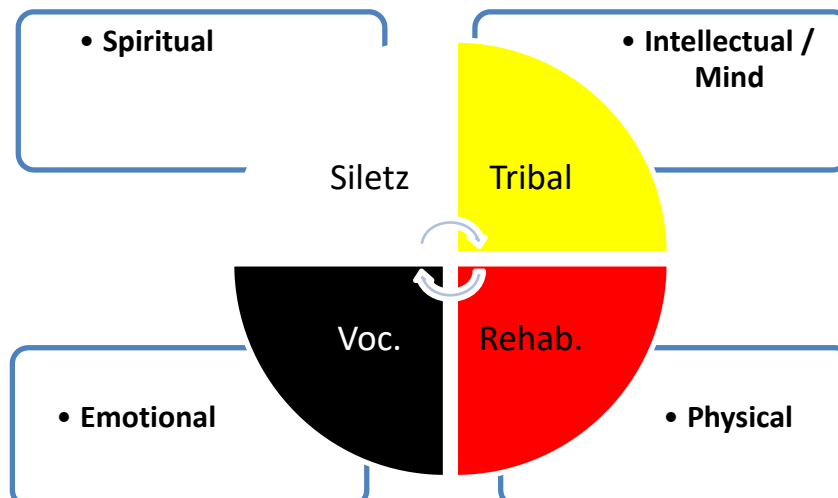
3160 Blossom Dr. NE, Ste. 105  
Salem, OR 97305

### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380

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

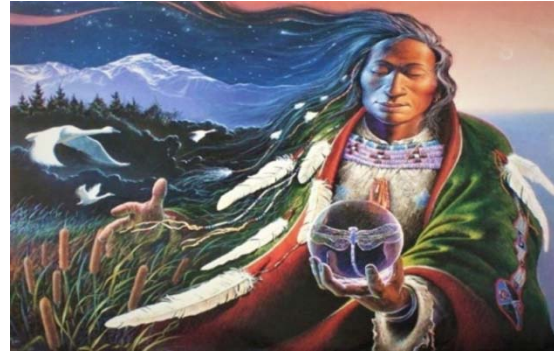
**SILETZ** – **RACHELLE ENDRES**, Counselor/Job Developer





**VOCATIONAL REHABILITATION:  
NOVEMBER AWARENESS:  
PANCREATIC CANCER**

Pancreatic Cancer is the 3<sup>rd</sup> leading cause of cancer in the US. It is diagnosed when there is an abnormal growth of cancer cells (mutated & expansive) on the Pancreas, an organ located behind the lower part of the stomach. Individuals may experience abdominal pain, jaundice, itchy skin, fatigue, and weight loss. Pancreatic Cancer is medically treatable and requires lab tests and imaging. Sometimes surgery gives physicians a better idea of the cancer's stage and treatment options. This cancer may last several months or years depending on the stage of the cancer and treatment ([Stages - Pancreatic Cancer Action Network \(pancan.org\)](#)). The exact cause of Pancreatic Cancer is unknown. Risk factors are diabetes,



pancreatitis, and stomach ulcers. The location of the tumor, age, and general health may determine the need for surgery, chemotherapy, and/or radiation.

**Symptoms:** Early stage of pancreatic cancer may be asymptomatic. Once the disease progresses it may include the following:

- Digestive problems, including abnormal stools, nausea or vomiting
- Pain in the upper abdomen and back
- Loss of appetite
- Sudden weight Loss
- Jaundice (yellowing of the skin and whites of the eyes)
- Very high sugar levels in diabetic patients

Pancreatic cancer rates are increasing due to a lack of information about the need to get screened earlier and promotion by health care systems. Lack of access to health care for AI/AN people is a large factor in increased mortality rates and diagnosis at later stages of this cancer which lowers the rates of survival.

Pancreatic Cancer may cause challenges in the individual's ability to get or keep employment due to functional limitations, i.e., Work Tolerance: lower levels of stamina, strength, lifting ability, walking endurance, intolerance to temperature changes and side effects of chemotherapy. Some accommodations are a flexible work schedule and rest breaks, or working remotely, cushioned floor mats & chairs, heated gloves, ergonomic equipment, and/ or a modified work station.

**Contact Rachele Endres, VRC 541-270-8213 (Siletz)**

**Toni Leija, VRC 503-390-9494 (Salem)**

**Tamra Russell, VRC (part-time)/TSS 503-238-1512 (Portland)**

# 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](mailto:danelles@ctsi.nsn.us)**

**Or**

**Lori Christy**

**503-390-9494**

**[loric@ctsi.nsn.us](mailto:loric@ctsi.nsn.us)**

**go to [www.ctsi.nsn.us](http://www.ctsi.nsn.us) home  
visiting to view past success  
stories**

## Congratulations to Cheyenne Most – Tribal Home Visiting Graduate

Cheyenne entered the program not long after finding out she was expecting her beautiful little girl. She stayed fully committed to the program until she graduated at the end of September 2021. When asked what she valued most about participating in the Home visiting program she responded “Learning really consistent parenting, it’s nice to have help, be able to ask questions and get information for local resources”. She then added “I feel like I also learned a lot about myself as a mom/parent through this program.”

While in the Home visiting program, Cheyenne decided to go back to school to further her education and become a dental assistant. She applied for and was accepted into the dental program. Her expected graduation date is spring 2022

We are so proud of Cheyenne for all she has accomplished while participating in the Home Visiting Program.



# 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 |

## Registration Forms

Siletz Community Health Clinic

Chemawa Indian Health Center

Available at the Eugene Area Office.  
If you have questions regarding eligibility  
for services, you may contact:

**Jamie Boe, Community Health Advocate**

**Call: 541-484-4234**

**Email: [jamesb@ctsi.nsn.us](mailto:jamesb@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](http://www.OregonHealthCare.gov)

Telephone 1-800-699-9075

We are here to assist you with any questions - OHP

**Contact: Jamie Boe, Community Health Advocate**

**541-484-4234**

**[jamesb@ctsi.nsn.us](mailto:jamesb@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 ext.1624**.

Follow the voicemail instructions.

If you need assistance, you may call:

Jamie Boe, Community Health Advocate

Call: 541-484-4234 or Email: [jamesb@ctsi.nsn.us](mailto:jamesb@ctsi.nsn.us)

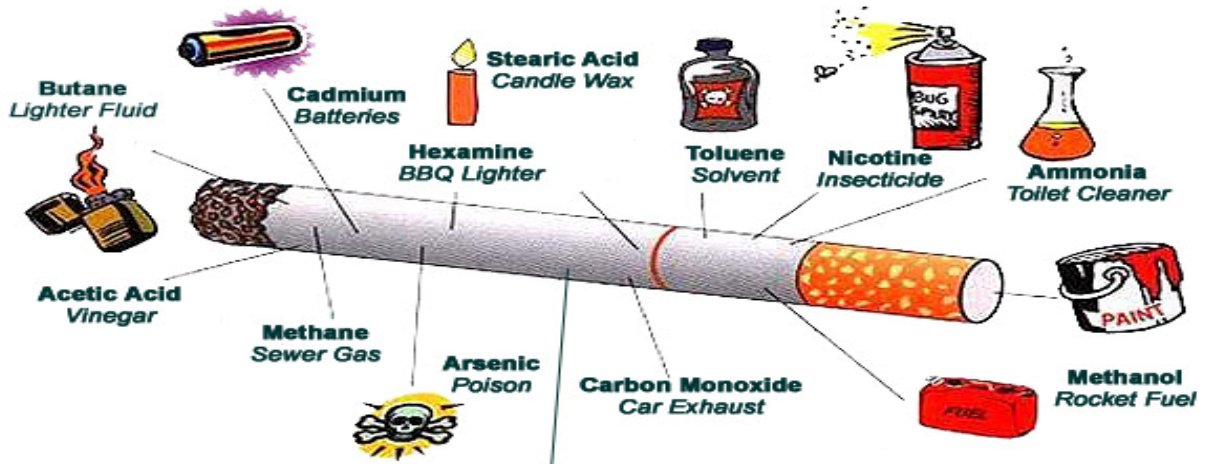
## Tribal Non-Emergency Medical Transportation

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**

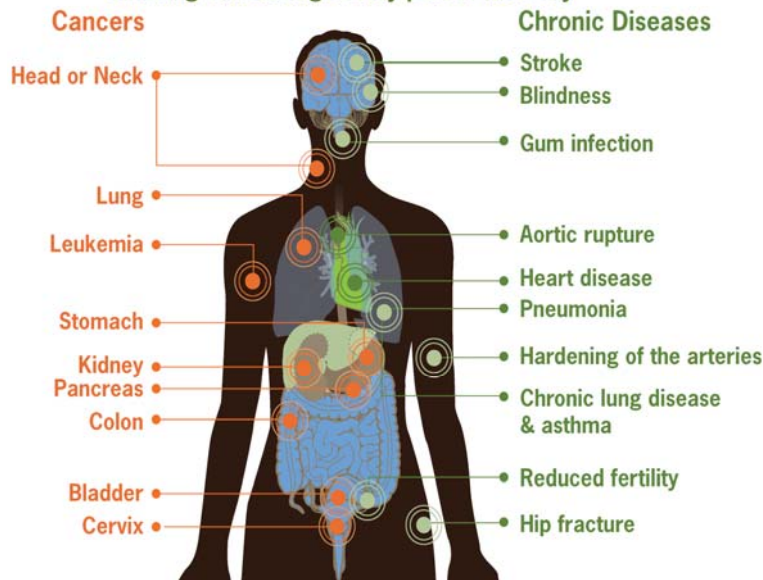
**Jeff Green, Transportation Coordinator**

# Tobacco: More than just Nicotine



**Tar:** includes the majority of mutagenic and carcinogenic agents in tobacco smoke

Smoking can damage every part of the body



## 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**  
**AI/AN Line now available (option 7) 1-800-784-8669**

# **MAILING POLICY CHANGES COMING YOUR WAY**

**We are pleased to announce that  
this local newsletter will be  
available online as your primary  
reading and viewing option  
beginning November 2021.**

**You may request that your  
local newsletter continue  
to be mailed by calling  
Nora Williams at  
541-484-4234**







## Continuing Authority Program (CAP) Long Tom 1135 Ecosystem Restoration Project



### Public Scoping Event

**Wednesday,  
November 3, 2021**

**From 4-5 p.m.**

Join the meeting virtually or by calling in:

Link:

<https://usace1.webex.com/usace1/j.php?MTID=mbecc28b83044eefa9931de952d8fce65> Meeting Information (Access Code): 2762 496

5934

Meeting Password: jaSHTZa\$633

Connect by Phone (US Toll Free): 1-844-800-2712

The Long Tom is a vital watershed. Our goal is to restore habitat and fish passage while minimizing impacts and recognizing the many purposes the Long Tom River serves.

#### For More Information:

Website: <https://www.nwp.usace.army.mil/Locations/Willamette-Valley/Fern-Ridge/>

#### We Want Your Input.

U.S. Army Corps of Engineers, CENWP-PM

ATTN: Kat Herzog or Sarah Knowles

P.O. Box 2946

Portland, OR 97208-2946

Phone Number: 503-808-4510

Email: [NWP-LongTom-EcoRes@usace.army.mil](mailto:NWP-LongTom-EcoRes@usace.army.mil)



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

**LEARN  
NUU-WEE-YA!**

**TUESDAYS OCTOBER 12-DECEMBER 7  
5:00 PM-BEGINNING CONVERSATION**

**THURSDAYS OCTOBER 14-DECEMBER 9  
5:00 PM-CONTINUING CONVERSATION**

**SATURDAYS 11/13 AND 12/4  
11:00 AM- IMMERSION SPEAKING GROUP**

**Please contact Nick Viles ([nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us))  
with questions and to sign up**



# Cultural Gatherings: Southern Oregon Acorn Virtual Camp

Hosted by the Indigenous Gardens Network

Date Saturday Nov. 13th 2021

4pm

Please contact Cristina Or Nick

[Cristina.Lara@grandronde.org](mailto:Cristina.Lara@grandronde.org) (503)879-1690

[nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) 541-484-4234



**SILETZ TRIBAL  
YOUTH  
CONFERENCE**

**DECEMBER 28TH AND 29TH**

HOSTED ON ZOOM

LIMITED SPOTS AVAILABLE

RAFFLES — ACTIVITIES — FREE GIFTS

**DEADLINE TO SIGN UP IS  
NOVEMBER 15TH**

**SIGN UP BY AREA**

**SILETZ**

JACOB REID

JACOBRE@CTSI.NSN.US

**PORTLAND**

KATY HOLLAND

KATYH@CTSI.NSN.US

**OUT-OF-AREA**

NORA WILLIAMS

NORAW@CTSI.NSN.US

**SALEM**

SONYA MOODY-JURADO

SONYAMJ@CTSI.NSN.US

**EUGENE**

CANDACE HILL

CANDACEH@CTSI.NSN.US

**7<sup>TH</sup>-12<sup>TH</sup> GRADE  
SILETZ TRIBAL YOUTH**

*Join us for  
Virtual Youth  
Sharing Night*

Youth Sharing &  
Guest Presenters

*11/19  
6-7:30pm*



- ▶ For this November: ▶
- ▶ Explore History & Lived Experience Of Tribal Restoration ▶
- ▶ Also - Share Your Creations! Bring art, crafts, songs, stories etc. ▶



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





# We're Back!

Calling all Gamers, K-12

## CTSI

### Minecraft Gathering

**NOVEMBER 20,  
2021 @ 11:00 AM**

## Contact:

[elizabethm@ctsi.nsn.us](mailto:elizabethm@ctsi.nsn.us)

for registration

# CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

## ***Upcoming Dates:***

***December 8 at 6 pm: Spruce Root***

***January 12 at 6 pm : Pine Nuts***

***February 9 at 6 pm: Hazel***

Sponsored by the Education and Culture Departments.

Contact Nick Viles at 1-800-922-1399 x1757 or [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) for log in information

## 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**

| Type of Tag   |                              | Number Available                            | Season Dates             | Date to Start Tag Issuance   | Method of Issuance  |
|---------------|------------------------------|---|--------------------------|--|---|
| <b>Deer</b>   | Early Archery***             | 50  | 8/28-9/26                | 8/2 at 8:00 AM at Natural Resources Office   | First Come First 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 <b>8/27</b> ; 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 <b>8/27</b> ; drawing 9/7; tags issued 9/8   | Lottery – Open to Youth Ages 12-17 Only   |
|               | Late Archery                 | 50<br>(minus # of early season tags filled) | 11/20-12/12              | <i>First Distribution:</i><br>10/18 at 8:00 AM at NR Office<br><i>Second Distribution:</i><br>11/1 at 8:00 AM at NR Office<br>(see Note 2 below) | First Come First Served*  |
| <b>Elk</b>    | Antlerless - Youth           | 3   | 8/1-12/31                | Lottery applications available 6/1; due <b>7/2</b> ; 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 <sup>st</sup> Season Rifle | 25  | 11/13-11/16              | Lottery applications available 8/30; due <b>9/24</b> ; drawing 10/4; tags issued 10/5  | Lottery   |
|               | 2 <sup>nd</sup> Season Rifle | 25  | 11/20-11/26              |  |   |
|               |                              | Antlerless                                  | 15                       | Various seasons beginning 1/1/22   | Lottery applications available 8/30; due <b>9/24</b> ; drawing 10/4; tags issued 12/1 |
|               | Late Archery Antlerless      | 56  | 11/27-12/12              | <i>First Distribution:</i><br>10/18 at 8:00 AM at NR Office<br><i>Second Distribution:</i><br>11/1 at 8:00 AM at NR Office<br>(see Note 2 below) | First Come First Served*  |
| <b>Salmon</b> | Salmon                       | 200   | 11/1-12/30<br>(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.

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

\*\*\* **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.



# 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. 11<sup>th</sup> 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 - November 2021

## Siletz

|           |                          |                 |
|-----------|--------------------------|-----------------|
| Monday    | November 1 <sup>st</sup> | 9 A.M. – 3 P.M. |
| Tuesday   | November 2 <sup>nd</sup> | 9 A.M. – 3 P.M. |
| Wednesday | November 3 <sup>rd</sup> | 9 A.M. – 3 P.M. |
| Thursday  | November 4 <sup>th</sup> | 9 A.M. – 3 P.M. |
| Friday    | November 5 <sup>th</sup> | 9 A.M. – 3 P.M. |

## Salem

|           |                           |                     |
|-----------|---------------------------|---------------------|
| Monday    | November 15 <sup>th</sup> | 1:30 – 6:30 p.m.    |
| Tuesday   | November 16 <sup>th</sup> | 9 a.m. – 6:30 p.m.  |
| Wednesday | November 17 <sup>th</sup> | 9 a.m. – 6:30 p.m.  |
| Thursday  | November 18 <sup>th</sup> | <b>By appt only</b> |



**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.

Sammy Hall, Warehouseman/Clerk, 541-444-8279 [sammyh@ctsi.nsn.us](mailto:sammyh@ctsi.nsn.us)

FAX: Siletz/541-444-8306 or Salem/1-503-391-4296



Sun

Mon


Tue

Wed

Thu

Fri

Sat

|  |   |   |   |  |  |  |
|--|---|---|---|--|--|--|
| 37   | 1<br>JOM Activity Package<br>Due Date<br><br>USDA Distribution<br>Siletz 9-3pm  | 2<br>Time Sheets Due<br><br>Language Class<br>Beginning<br>Conversation 5pm<br><br>USDA Distribution<br>Siletz 9-3pm<br><br>Produce Plus Food<br>2-4pm  | 3<br>Public Meeting<br>(See Flyer Details)<br><br>USDA Distribution<br>Siletz 9-3pm<br><br>Produce Plus Food<br>9-4pm | 4<br><br>Language Class<br>Conitnuing<br>Conversation 5pm<br><br>USDA Distribution<br>Siletz 9-3pm<br><br>Produce Plus Food<br>9-4pm | 5<br><br>USDA Distribution<br>Siletz 9-3pm<br><br>Produce Plus Food<br>9-4pm             | 6  |
| 7<br> | 8   | 9<br>Produce Plus Food<br>2-4pm<br><br>USDA Distribution<br>Siletz 9-3pm<br><br>Language Class<br>Beginning<br>Conversation 5pm   | 10<br>Produce Plus Food<br>9-4pm<br><br>USDA Distribution<br>Siletz 9-3pm   | 11<br>   | 12<br>Pay Day<br><br>Produce Plus Food<br>9-4pm<br><br>USDA Distribution<br>Siletz 9-3pm | 13<br>Elders Meeting<br>Zoom 1pm<br><br>Cultural Gathering<br>Southern Oregon<br>Acorn Virtual Camp<br>4pm |
| 14   | 15<br>JOM Activity Package<br>Due Date<br><br>USDA Distribution<br>Salem 1:30-6:30pm<br><br><b>DEADLINE</b><br>Sign-up<br>Siletz Tribal Youth<br>Conference | 16<br>Time Sheets Due<br><br>Produce Plus Food<br>2-4pm<br><br>USDA Distribution<br>Salem 1:30-6:30pm<br><br>Language Class<br>Beginning<br>Conversation 5pm<br><br>Virtual FAESA Info<br>Night 6pm | 17<br><br>Produce Plus Food<br>9-4pm<br><br>USDA Distribution<br>Salem 9-6:30pm                                       | 18<br><br>USDA Distribution<br>Salem By Appt. ONLY<br><br><b>CLOSED</b><br>Siletz<br>Restoration<br>day                              | 19<br>Produce Plus Food<br>9-4pm<br><br>Virtual Youth Sharing<br>Night 6-7:30pm          | 20<br><i>Siletz<br/>Restoration<br/>Celebration<br/>Canceled</i><br><br>Minecraft Gathering<br>11am        |
| 21   | 22  | 23<br>Produce Plus Food<br>2-4pm<br><br>Language<br>Beginning<br>Conversation 5pm   | 24<br>Pay Day<br><br>Produce Plus Food<br>9-4pm   | 25<br>   | 26   | 27   |
| 28   | 29  | 30<br>Time Sheets Due<br><br>Produce Plus Food<br>2-4pm<br><br>Language<br>Beginning<br>Conversation 5pm  |   |  |  |  |

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](mailto:jessicah@ctsi.nsn.us)  
Candace Hill, Education Specialist x1763 [candaceh@ctsi.nsn.us](mailto:candaceh@ctsi.nsn.us)  
Nick Viles, Language and Traditional Arts Instructor x1757 [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)  
Jenifer Jackson, Tribal Service Specialist/477SSP x1755 [jeniferj@ctsi.nsn.us](mailto:jeniferj@ctsi.nsn.us)  
Cathy Ray, Intake Specialist/Job Coach x1756 [catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us)  
Jamie Boe, Community Health Advocate x1753  
Nora N Williams-Wood, Clerk x1750 [noraw@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)  
Verdene McGuire, EAO Elders [VDeniel01@gmail.com](mailto:VDeniel01@gmail.com)  
Vacant, Elders On-Call Transport



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