



Siletz Salem Area Office

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Salem, OR 97305

Phone: 503-390-9494

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Office Closures in November

Veteran's Day - November 12

Restoration Day - November 18

Thanksgiving Day - November 25

Day after Thanksgiving - November 26

November Highlights/Announcements

COVID-19 Emergency Assistance Payment <u>Program Deadline is November 12</u> . A copy of the application has been provided. If you need an additional printed copy, contact the SAO and arrange to pick one up.	2
Do you actively have diabetes? Sign up for the Diabetes Virtual Dinner and receive a food service box to participate in a dinner/luncheon session.	4
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THE 43RD ANNUAL RESTORATION POW-WOW HAS BEEN CANCELLED DUE TO CONCERNS ABOUT THE COVID-19 PANDEMIC.



Confederated Tribes of Siletz Indians
ENROLLMENT DEPARTMENT
 PO Box 549
 Siletz, Oregon 97380-0549
 Toll Free 1-800-922-1399
 Direct: (541) 444-8258
 FAX: (541) 444-8296



COVID-19 EMERGENCY ASSISTANCE PAYMENT PROGRAM

The Siletz Tribe has established multiple COVID-19 Relief Programs to ensure all eligible Tribal members received assistance for the unexpected costs and/or loss of income due to the COVID-19 pandemic public health emergency since the Declaration of Emergency on 3/17/2020.

The Siletz Tribal Council intends to approve, by Tribal Resolution, a one-time **Emergency Assistance Payment** that falls within the **General Welfare Ordinance** guidelines, for each eligible and living Tribal member enrolled on 10/31/2021, including minors. This payment will not be subject to garnishment through Siletz Tribal Court. This assistance is considered non-reportable based on the Tribal General Welfare Exclusion Ordinance. The payment amount will be determined by Tribal Council Resolution on 11/17/2021.

The guidance by the U.S. Department of Treasury requires each Tribal member, applying for assistance, to complete an Application for programs and payments. Enclosed is the Application for the **COVID-19 Emergency Assistance Payment Program**.

INSTRUCTIONS

1. Only one Application per eligible and living Siletz Tribal member enrolled on 10/31/2021.
2. For parents/guardians that are applying for minor children in their care, the child's full name, and date of birth must be listed on the Application for it to be considered complete. If the Roll # is not completed, staff will fill that information in. Children must be listed in the database system used by Enrollment in the same household as the adult applying on their behalf. Foster families will be verified by Enrollment with the Indian Child Welfare Department.
3. For adults that are not Tribal members that are applying on behalf of a Tribal member minor, a W9 form must also be submitted. Contact staff via CARES@ctsi.usm.us if you are in need of that form and it is also available on the Tribal website.
4. Completely fill out the Application, check all that apply. Any section left blank would be considered an incomplete Application.
5. Submit a completed Application by **FRIDAY, NOVEMBER 12, 2021** by 4:30 PST and receive an Emergency Assistance Payment dated December 1, 2021. Any Application submitted after 4:30 PST on November 12, 2021 will not be eligible for payment.
6. Submit completed Application one of the following four ways:
 - a. MAIL – CTSI, Attn: Enrollment, PO Box 549, Siletz, OR 97380-0549
 - b. SCAN and EMAIL – CARES@ctsi.usm.us
 - c. DROP OFF at any Area Office using their drop box
 - d. FAX to: (541) 444-8296



COVID-19 EMERGENCY ASSISTANCE PAYMENT PROGRAM

PRINT CLEARLY & LEGIBLE IN PEN
 Completed Application must be received at the Tribal Administration Office by
 November 12, 2021 by 4:30 PM PST

TRIBAL HOUSEHOLD MEMBERS: ADD ADDITIONAL PAGES IF NEEDED

#	Full Name on Roll	Relationship	DOB	Roll#*
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

*Staff will complete the roll# if not provided

Mailing Address: _____

Phone Number: _____

Email Address: _____

Eligibility Section (Check all the following that apply):

- Reduction in income or layoff Increased utility or food costs
- Lack of Program accessibility Increased number of household members
- Other, please specify: _____

CERTIFICATION I hereby certify that I and/or my family have been impacted by the COVID pandemic and am eligible under the COVID Emergency Assistance Payment Program for financial need. I also certify that the information submitted on this Application is true and correct to the best of my knowledge.

Printed Name: _____

Signature: _____

Date: _____



Flu shot update

503-390-9494 X1854
Ceciliat@ctsi.nsn.us
Monday-Friday
8am-:430pm

I'm sure you are wondering what the plan is for influenza vaccines this year. In response to COVID-19, the clinic is unable to offer flu clinics in the Area offices. Hopefully next year we will be able to provide flu clinics but for now we want to do our part in keeping you safe.

There are two ways to get your flu shot:

1. At the Siletz Community Health Clinic or YOUR primary care provider during regular business hours.
 - Schedule an appointment (available in October)
 - Drive through flu clinics @ Siletz Community Health Clinic
2. Use your Pequot card at YOUR local pharmacy.
 - Pequot is accepted at all CVS network pharmacies that currently accepts your Pequot card;
 - You or your Pharmacist may contact Pequot at 1-888-779-6638 if you have any questions; and
- Using your Pequot card will NOT reduce your annual Pequot benefit. We are working with Pequot administrators to add additional funding to each tribal members prescription cards that will cover influenza vaccines at a local CVS affiliated pharmacy. Tribal members will need to bring their Pequot card and ID with them to the pharmacy. However, the local pharmacy can call this number, 888-779-6638, for confirmation of coverage if needed.

If you are needing a replacement card you may contact Purchased Referred Care at 1-800-628-5720.

Roasted Pumpkin Seeds

Here is an easy recipe for roasting fresh pumpkin seeds.

Ingredients:

- 1 ½ cups raw whole pumpkin seeds
- 2 teaspoons butter, melted
- 1 pinch salt

Directions:

Preheat oven to 300 degrees F



- Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.

Diabetes Virtual Dinner!

Criteria: You must be a Siletz tribal member/ Siletz tribal household within the 11 county service area, and actively have diabetes. Applications are due December 31, 2021 so that we can ensure everyone's boxes arrive on time for our January Luncheon! Supplies are limited, there are only 60 spots so hurry and get your applications in! Please send applications to Kimberlyl@ctsi.nsn.us or PO BOX 320, Siletz, OR 97380; Attention Diabetes.

Applicant Information			
Full Name:	_____	Date:	_____
	<i>Last</i>	<i>First</i>	<i>M.I.</i>
Address:	_____		
	<i>Street Address</i>	<i>Apartment/Unit #</i>	
	_____	_____	_____
	<i>City</i>	<i>State</i>	<i>ZIP Code</i>
Phone:	_____	Email	_____
Siletz Tribal Roll Number:	_____		

Our dinner/ luncheon will be virtual and the food will be sent to you a few days before the event each month. It will require you to cook it at home and participate in one of the dinner/ luncheon sessions regularly, or the food service box we utilize will be canceled. We will have a mid-day and evening zoom each month to accommodate people's schedules; participants are only expected to attend one each month.

You must provide documentation of a Diabetes diagnosis with your application to participate in the program.

I acknowledge that I have read and understand the program parameters above.

Your application must be complete and we must be able to contact you or your application will not be accepted.

November 2021

EDUCATION PROGRAM COMPONENTS

-Higher Education -Adult Vocational Training (AVT) -Adult Education
-Supplemental Education (JOM) -Tribal Youth Employment & Education (TYEE)

JOM

NOVEMBER ACTIVITY for REGISTERED JOM STUDENTS

Family Time – Find & Seek card game & Family Puzzle. Sign-ups open November 1, 2021 and close at 4:30 pm on November 15, 2021.

TUTORING SERVICES

Sign up for Individualized Tutoring support for all grade levels including college/university students. Services available 24 hours a day/7 days a week. Services include one-on-one tutoring, test review and ACT/SAT support.

YOUTH SERVICE

The Youth Services team developed a Facebook page to feature activities – be sure to check it out! The Facebook page is: www.facebook.com/CTSIyouth

SILETZ TRIBAL YOUTH CONFERENCE

Our annual Youth Conference this year will be held via zoom December 28th & 29th. This event is for Siletz Tribal Youth (7th-12th Grades). Applications will be mailed to youth.

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

FAFSA

The applications for FAFSA (Free Application for Federal Student Aid) opens on October 1, 2021 for the 2022/2023 School Year. The Tribal deadline to complete your FAFSA is June 30, 2022, but please turn in your application early. Federal money is on a first come first serve basis and given out until gone. Without completing your FAFSA by the June 30 deadline, you will be ineligible to apply for Tribal Higher Education funding for fall.

NOVEMBER EDUCATION ZOOM EVENTS

TUTORME -11/10/2021 @ 6pm via Zoom

Join the CTSI Education team & TutorMe representatives for an overview of tutoring services available to Siletz Tribal member students grades K-College. *Contact me at sonyamj@ctsi.nsn.us for the meeting link.

(continued on following page)

(continued from previous page—November Zoom Events)

FAFSA “Step by step guide to completing your FAFSA” Night – 11/16/2021 @ 6pm via Zoom

Join the CTSI Education team and FAFSA representatives from Chemeketa Community College to learn how to complete your FAFSA application. *Contact me at sonyamj@ctsi.nsn.us for the meeting link.

ADULT EDUCATION

The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes, improve employment status through education, training, and pursuit of special interest classes. There is no application deadline. For an application, please call me at (503) 390-9494.



EMERGENCY ASSISTANCE

Confederated Tribes of Siletz Indians 477-55P

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.

Siletz Tribal Members Online Academic Support

- * **24/7 On-Demand Access to Online Professional Tutors**
- * **All Subjects and Grade Levels- From Kindergarten through College/University**
- * **Individualized Help in All Subjects**
- * **SAT & ACT Prep; College Course Level Help and More**
- * **All Tribal Students Eligible to Apply, Regardless of Residence.**

Contact your local Education Specialist to sign up:

Siletz & Out-of-Area
Alissa- AlissaL@ctsi.nsn.us

Salem
Sonya- SonyaMJ@ctsi.nsn.us

Portland
Katy- KatyH@ctsi.nsn.us

Eugene
Candace- CandaceH@ctsi.nsn.us

Please Note:

On-line tutoring access is funded with US CARES Act Funds: Students MUST complete a COVID-19 Tutoring Application to register. Tutoring hours are available on a first come first serve basis as resources are available

477 - SELF SUFFICIENCY PROGRAM - *Angelica Espino, TSS*

The 477-Self Sufficiency Program (SSP) is open and providing essential services to eligible families and individuals residing in the CTSI 11-County Service Area. Due to Covid-19, all tribal offices are closed to the public. We are still accepting applications and conducting appointments over the phone and through email.

If you recently lost your employment due to Covid-19 and need assistance to meet your basic needs, please contact your local CTSI Tribal Office for an application. Additional eligibility criteria apply. SSP staff will reach out to you by phone or email. You can also email 477SSP@ctsi.nsn.us for more information. Please include your name, phone number and the city/county you reside in.

Components for Siletz tribal members:

General Assistance for Single Adults (GASA): cash assistance for eligible adult Siletz tribal members to assist in meeting their basic needs.

Temporary Assistance for Needy Families (TANF): cash assistance for eligible tribal families to assist in meeting their basic needs.

Pre-Temporary Assistance for Needy Families (PRE-TANF): short term benefits for tribal families expected to have gainful employment within four months.

Examples: Unpaid maternity leave or those experiencing a short term illness or injury

Emergency Assistance: addresses emergent situations or basic needs.

Examples: utility shut-off or prevent eviction

Diverted Services: removes barriers to be able to maintain employment.

- Employed for a minimum of 45 days
- At risk of losing their employment

We offer the following programs to any Native American (enrolled in a federally recognized tribe or descendant of a federally recognized tribe):

Core Services: provides employment enhancement services to clients.

- Employment referrals and job searching assistance
- Resumes & cover letters assistance
- Employment counseling/coaching,
- Mock interviews
- Interview clothing & transportation assistance (directly tied to a job opportunity)

Classroom Training: assistance with GED, higher education, vocational training or certification.

- Assistance with tuition, books, fees, and other related support services

Direct Placement: If hired by an employer and need supportive services to become job ready.

- Must apply within 7-days of hire
- Assistance to become job ready

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

Participants in 477 - Self Sufficiency Programs must meet the program's eligibility requirements.

Important 477-SSP Dates to Remember:

November 5: Monthly Report Forms, Self Sufficiency Activities, Timesheets, and Job Search Forms are due.

November 9: Stress and Coping (ONLINE Monthly Training)
10:00 am – 11:30 am

November 10: Restoration (Online Activity) 10:00 am - 11:30 am

For More Information Contact:

Tribal Service Specialist:
Angelica Espino
Phone: 503-390-9494 ext. 1853
Email: Angelicae@ctsi.nsn.us

BEHAVIORAL HEALTH - Rachel Adams, Mental Health Specialist

The rain sneaks in:

While the leaves around us have turned to pretty colors, the rains have also increased. While rain is essential to keeping Oregon green, gray days with little to no sun can feel quite gloomy.



Ways to cope with rainy day blues:

- 1) Watch a movie—get on Netflix, rent a movie at your local library, or use a Redbox. Fill those rainy hours with some light entertainment.
- 2) Be good to yourself—Go get a manicure or pedicure, or some sort of pampering treatment, or do one at home. Dollar Tree has pampering products cheap.
- 3) Don't wait for spring cleaning; a rainy day is a great time to re-organize a cluttered closet, sort and fold your laundry, or do that other cleaning project you've been putting off. And, mental health bonus: The more clean and organized your house, the better you feel in your head!

Mental Health Specialist virtual services include:

- ◆ Brainspotting
- ◆ Couples counseling
- ◆ Youth, adult and family counseling with emphasis in experiential healing
- ◆ Person-centered therapy

Rachel likes to meet people where they are at, and help them be the best they can be with what they have.

A November haiku by the MHS:

With November chills,
Comes those seasonal comforts,
Blankets and cocoa.

Email Rachel your own haiku and she'll put it in her newsletter (first-come first-served).

rachela@ctsi.nsn.us

Traditional Coping

Winter preparations should now be well underway, and the Elders in our thoughts. It's still a great time to be active in your community; try and join a wood-cutting event, or find other ways to reach out to the members of the community in the most need. Traditional ways that have helped the Siletz people find peace and harmony include:

- ◆ Attending sweats
- ◆ Drum circles
- ◆ Talking circles
- ◆ Smudging

Live life in a healthy, good way, while also continuing social distancing to keep everyone safe.



Portland Area Office

Virtual Appointments Only
(503) 200-4340

Salem Area Office

Virtual Appointments Only
(503) 200-4340

USDA DISTRIBUTION - *Sammy Hall, Warehouseman/Clerk*

Siletz

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

Salem

Monday	Nov. 15	1:30 pm – 6:30 pm
Tuesday	Nov. 16	9:00 am – 6:30 pm
Wednesday	Nov. 17	9:00 am – 6:30 pm
Thursday	Nov. 18	By appointment only



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

503-391-5760 -OR- 800-922-1399 ext. 1869

SALEM WAREHOUSE LOCATION

3160 Blossom Drive NE, Suite 185

Sammy Hall, Warehouseman/Clerk

sammyh@ctsi.nsn.us
541-444-8279



Fax

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

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



at "Siletz Tribal FDPIR" and share your recipes.

COVID-19 EA Payment Program Deadline

The COVID-19 Emergency Assistance Payment Program deadline is coming up. You must submit a completed application by Friday, November 12, 2021 by 4:30 PST to receive an Emergency Assistance Payment dated December 1, 2021. Any application submitted after 4:30 PST on November 12, 2021 WILL NOT be eligible for payment.

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 Mick Viles at 1-800-922-1399 x1757 or mickv@ctsi.nsn.us for log in information.



DECEMBER 28TH AND 29TH

DEADLINE TO SIGN UP IS
NOVEMBER 15TH

CONTACT SONYAMJ@CTSI.NSN.US
FOR MORE INFORMATION

7TH-12TH GRADE
SILETZ TRIBAL YOUTH

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)

**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

➤ CTSI Graduate Application Due June 30th
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)
- 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 Alissa Lane-Keene AlissaL@ctsi.nsn.us 541-444-8373	Eugene Area Candace Hill CandaceH@ctsi.nsn.us 541-484-4234	Portland Area & Washington Katy Holland KatyH@ctsi.nsn.us 503-238-1512	Salem Area Sonya Moody-Jurado SonyaMJ@ctsi.nsn.us 503-390-9494
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Visit www.ctsi.nsn.us/post-secondary-education/ for applications.

Visit the CTSI Youth **Facebook** page:

www.facebook.com/CTSIYouth/

Visit the Salem Area Office **Facebook** page:

www.facebook.com/SalemAreaOffice/



Cultural Gatherings: Southern Oregon Acorn Virtual Lunch
Hosted by the Indigenous Gardens Network
Date Saturday Nov. 13th 2021
4pm
Please contact Cristina Or Nick
Cristina.Lara@grandronde.org (503)879-1890
nickv@ctsi.nsn.us 541-484-4234

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.

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

Candace Hill Eugene Area Office 541-484-4234 CandaceH@ctsi.nsn.us	Alissa Lane-Keene Siletz Area 541-444-8373 AlissaL@ctsi.nsn.us
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Katy Holland Portland Area Office 503-238-1512 KatyH@ctsi.nsn.us	Sonya Moody-Jurado Salem Area Office 503-390-9494 SonyaMJ@ctsi.nsn.us
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SIGN UP TODAY FOR FALL SESSION ON-LINE LANGUAGE CLASSES

LEARN NUU-WEE-YA'

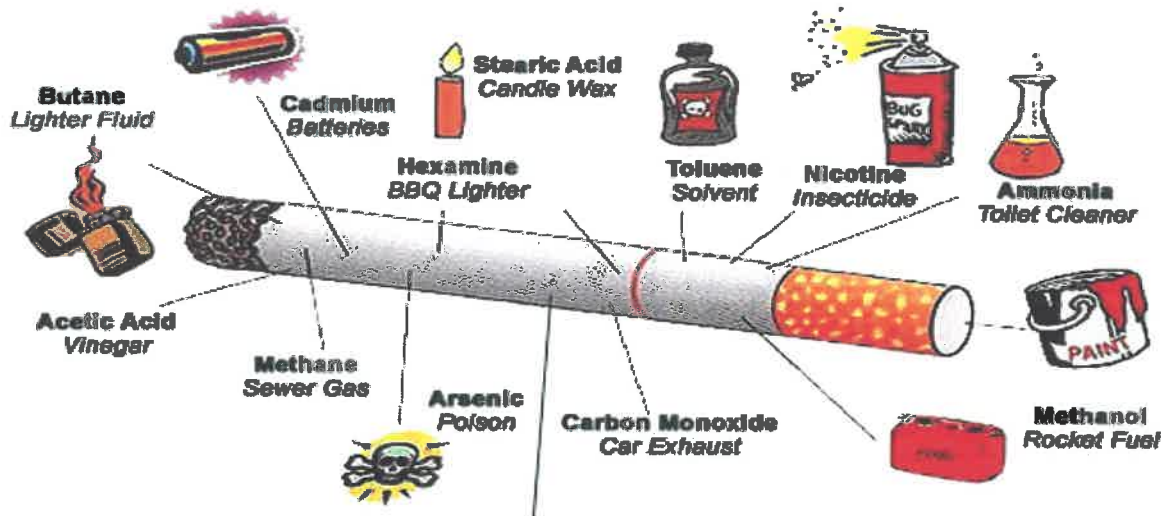
TUESDAYS OCTOBER 12-DECEMBER 7
5:00 PM-BEGINNING CONVERSATION

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

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

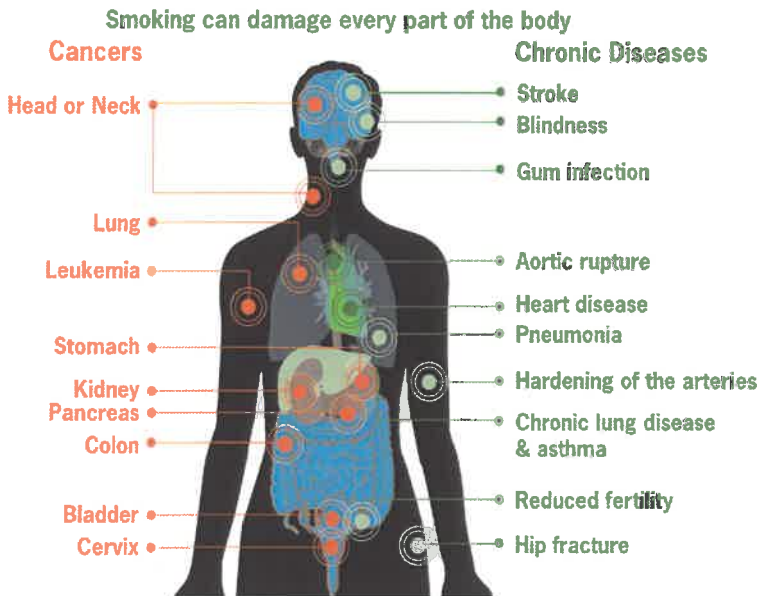
Please contact Nick Viles (nickv@ctsi.nsn.us) with questions and to sign up

Tobacco: More than just Nicotine



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

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)

Corey Strong
CoreyS@ctsi.nsn.us
541-444-9682

Commercial Tobacco Quit line 1-800-QUIT-NOW
AI/AN Line now available (option 7) 1-800-784-8669

VOCATIONAL REHABILITATION: NOVEMBER AWARENESS: PANCREATIC CANCER

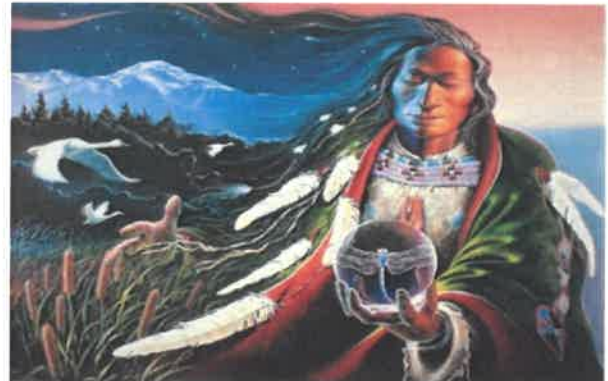
Pancreatic Cancer is the 3rd leading cause of cancer in the US. It is diagnosed when there is an abnormal growth of cancer cells (mutated & expansive) on the Pancreas, an organ located behind the lower part of the stomach. Individuals may experience abdominal pain, jaundice, itchy skin, fatigue, and 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 \(pancan.org\)](http://pancan.org)).

The exact cause of Pancreatic Cancer is unknown. Risk factors are diabetes,



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.



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

Rachelle 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

All visits currently are virtual by phone or a video platform such as Zoom, Google Duo or FaceTime.

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.
- Complete application process to determine eligibility

For more information contact
Lori Christy

503-390-9494

loric@ctsi.nsn.us

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



Your Salem Area Office Staff:

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