DRUMBEAT NEWSLETTER



December 2021

Siletx Salem Area Office

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Salem, OR 97305

Phone: 503-390-9494

Fax: 503-390-8099

Page Directory

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Office Closures in December



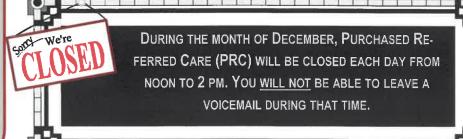
Highlights/Announcements

Introducing the SAO RE-Entry Mentor

Hi! I'm Joseph Hegge. I am a Siletz tribal member starting this new position for the Tribe. This is my first time working in this field and using my personal experiences to help others. I'm excited to be able to work with tribal members and assist them to make the transition from being incarcerated and to re-enter society.

(See page 4 for more information.)

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Tidings of Comfort and Joy Native Stars Coloring Contest Corn heat bags Misfit Challenge Drums

SILETZ TRIBAL HOUSEHOLDS

Since we cannot gather for our annual open house again this year we decided to bring back the Household Reindeer games!

Our Santa's Reindeer games have been designed to give you and your household activities to enjoy together.

We have a theme of "Comfort and Joy" this year and are wishing you time to take care of yourselves in the busy holiday season.

Here's what you do!

Call 503-390-9494 on December 3rd to sign up fast, fast, fast as Rudolph because space is limited.

With your participation you will be able to win chances for the door prizes too!

Goodies

Sign ups will be taken beginning December 3rd until spaces are full. Your Reindeer games supply pack and goodies will be ready for pick up by December 8th. Games will begin December 8th and end on the 17th.

We will make arrangements for door prize winners to pick up items after the 17th 503-390-9494

We are looking forward to your household joining us!



Family Fun! Comfort & Joy



COMMUNITY HEALTH NEWS - Cecilia Tolentino, CHA

Cecilia Tolentino, CHA 503-390-9494 X1854 Ceciliat@ctsi.nsn.us Monday-Friday

8:00AM-4:30PM

Life Alert

- ⇒ Please contact your local Community Health Advocate (CHA) if you think you or another Siletz tribal elder could benefit from life alert.
- Eligibility criteria:
- Enrolled Siletz tribal member eligible for purchased refer care (PRC) benefits
- Work with your local CHA to determine needs and apply for local services.
- ⇒ Steps to get mobile help.
- Contact your local CHA
- The CHA will determine if you meet the criteria for Life Alert (examples: live alone, health conditions, etc.)
- The CHA will assist you in applying for Life Alert at no cost through community resource options. If you do not qualify for Life Alert at no cost, the Siletz Community Health Clinic will cover the cost.
 - ⇒ You can reach your Salem CHA Cecilia at the Salem Area office: 503-390-9494, Ext 1854, or by email at ceciliat@ctsi.nsn.us

Prepare a Winter Storm Plan

- Your primary concerns at home or work during a winter storm are loss of heat, power and telephone service
 and a shortage of supplies if storm conditions continue for more than a day. In either place, you should have
 available:
- · First aid kit and essential medications.
- Battery-powered NOAA Weather radio, flashlight, and extra batteries.
- Canned food and can opener.
- Bottled water (at least one gallon of water per person per day to last at least 3 days).
- Extra warm clothing, including boots, mittens, and a hat.
- Heating fuel: refuel before you are empty; fuel carriers may not reach you for days after a winter storm
- Emergency heat source: fireplace, wood stove or space heater properly ventilated to prevent a fire
- Fire extinguisher, smoke alarm; test smoke alarms monthly to ensure they work properly
- Extra pet food and warm shelter for pets
- Review generator safety: Never run a generator in an enclosed space
- Make sure your carbon monoxide detector is working correctly and that the outside vent is clear of leaves and debris. During or after the storm, make sure it is cleared of snow.
- Home fires are common each winter when trying to stay warm. Review ways to keep your home and loved ones safe.

Don't forget to assemble a Disaster Supplies Kit for your car too!

SILETZ HOME VISITING PROGRAM - Lori Christy, Home Visitor

Having Christmas traditions with your children can be quite fun. Traditions bring with them a sense of belonging, create memories and share the story of what is important to your family. You may already have established traditions that you plan to do again this year and that is great. With young children in the home you may find it fun to try out some new activities and discover some that go on to become new traditions. Here are a few you may want to try.

Ornaments – Make or buy a new ornament each year for the tree. When your child grows up and has their own home they may want to take those ornaments with them for their own tree.

Christmas Movie Fridays- Pick a Friday night in December or choose every Friday night to be Christmas movie night. Gather round as a family, grab a blanket, a favorite snack and settle in for a Christmas movie.

Christmas Tree Campout – Have a family campout by the Christmas tree one night. Build a fort or bring out the sleeping bags and spend time by the tree. Enjoy a cup of hot chocolate, read some Christmas stories and fall asleep by the glow of Christmas lights.

Cookie Bake – Make Christmas cookies together. You may have a favorite family recipe or two to make, if not try rolling out some sugar cookies, use a cutter to cut out Christmas shapes and decorate with frosting and sprinkles. Save some for the family and take some to a neighbor or elder.



Magic Reindeer Food

Reindeer Food – Make some reindeer food with dried oats. Sprinkle some in the yard on Christmas Eve for Santa's reindeer.

Christmas Letter – Write a letter or card to your child each Christmas. Tell them what you like about them, the things you see them learning, what you hope for them in the coming year. Maybe you want to make a box that you put the letter in each year and place under the tree. This can be a timeline of love and memories for your child.

Home Visiting is a 477-SSP program providing support, encouragement and resources for parents of infants and toddlers. We serve native families in our 11 county service area who are expecting or have an infant less than 12 months of age, continuing until the child's third birthday. If you would like more information about Home Visiting please contact our Home Visitor, Lori Christy in the office at 503-390-9494.

The Re-Entry Mentor helps ex-offenders successfully return to society. The Mentor helps develop a discharge plan that may include housing, education, and employment assistance. The Mentor works with Mentees both prior to release as well as after, building and maintaining a positive relationship. If you know someone that needs assistance, contact Joseph Hegge. 971-338-0988 JosephH@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)

applying for Higher Education funds for the 2022-2023 academic year, students must completed 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 aware of and meet the AIGC scholarship deadlines. to

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

Visit www.ctsi.nsn.us/post-secondary-education/ for applications.

CONFEDERATED TRIBES OF SILETZ INDIANS

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 register



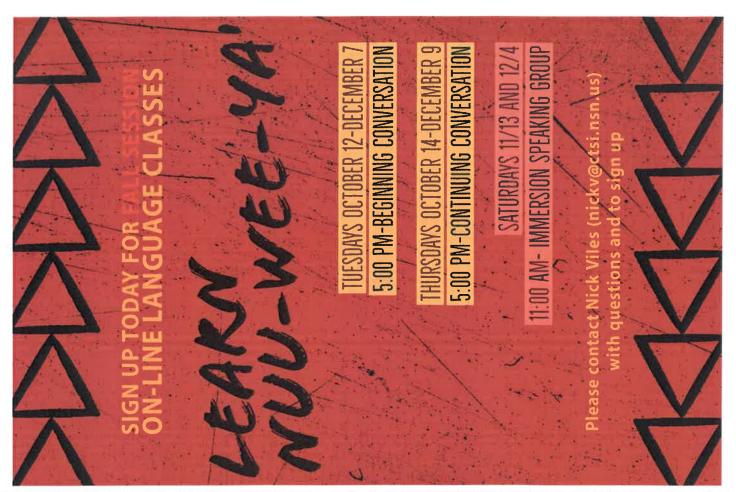
- October: Registration opens 10/1 and closes 10/14
- November: Registration opens
 11/1 and closes 11/15
- December: Registration opens
 12/1 and closes 12/14

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

Alissa Lane-Keene Siletz Aroa 201 SE Swan Ave. PO Box 549 Siletz, OR 97380 (541) 444-8373 alissal@ctsi.nsn.us

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

Candace Hill
Eugene Area Office
2468 W. 11th
Eugene, OR 97402
(541) 484-4234
candaceh@ctsi.nsn.us





Enrolled JOM Student

School Supply/PPE Stipend Program



Enrolled JOM Students are eligible to apply for a School Supply/PPE stipend for the remainder of the current academic year.

These funds are to ensure students can purchase traditional school supplies and the necessary PPE (masks, sanitizer, wipes, etc.) to continue being safe in schools, on buses and in after school programs.

Completed applications must be received by the following deadlines: January 26, 2022 by 4:30 PM. Microsoft form must be completed by January 28, 2022 @ 4:30 PM.

Contact the Education Specialist in your service area to request an application.

Candace Hill Eugene Area Office (541) 484-4234 CandaceH@ctsi.nsn.us 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 Jeff Sweet Siletz Area (541) 444-8207 JeffS@ctsi.nsn.us

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:

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

December 9: Orientation (ONLINE Monthly Training) 10:00 am – 12:00 am

For More Information Contact:

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

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 (electic, water, Sewer)

Exhausted all Resources

Enrolled Siletz Tribal Member and reside in the

(TSI service area.

Native American

ou 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

**other criteria may apply.

Eugene Area Office: Jen (541) 484-4234







ASSROOM

*

FOR FEDERALLY RECOGNIZED TRIBAL MEMBERS AND DESCENDANTS



АРРГУ ТОРАУ!!

HIGHER EDUCATION ASSISTANCE

VOCATIONAL EDUCATION/OCCUPATIONAL TRAINING





- ASSISTANCE WITH ENROLLMENT
- TUITION ASSISTANCE
- SUPPORT SERVICES FOR BOOKS, SUPPLIES, FEES, ETC
- CLASSROOM-TRAINING STIPEND (LIMITED TO 15 HOURS EACH

SILETZ ADMINISTRATION OFFICE: JAMIE (541) 444-8266



PORTLAND AREA OFFICE: TAMRA (503) 238-1512

EUGENE AREA OFFICE: CATHY (541) 484-4234

SALEM AREA OFFICE ANGELICA (503) 390-9494

MUST MEET ELIGIBILITY CRITERIA AND SERVICES ARE AVAILABLE OM A BUDGETARY BASIS



BEHAVIORAL HEALTH - Rachel Zinn, Mental Health Specialist

Thinking about winter:

The leaves have fallen off the trees, or will soon, the days are short and heading to the shortest day of the year... It can be hard to find the energy to do our activities of daily living, let alone extra-curricular activities. But that makes it all the more important!

Ways to fight shorter day tiredness:

- Limit or eliminate screen use two hours before bed; if you are around artificial light after dark, your body won't start producing its natural melatonin, and you won't feel rested the next day, which contributes to feeling sluggish.
- 2) Find a way to get natural or artificial vitamin D—go out when the sun is out, without sunglasses, or invest in a "happy light", one that has the full spectrum of sunlight in it (don't use within two hours of bed).



 Get exercise, even if it's just walking in place while you watch TV, or window-shopping at the mall. Exercise fuels our body's desire to continue being busy and active.

Youth Conference:

Our virtual Youth Conference is at the end of the month, for 7th-12th graders. Hopefully your youth have signed up! We have many fun activities planned, alongside many cultural pieces and powerful speakers. See the January newsletter for a summary!

Mental Health Specialist services include:

Brainspotting, Couples counseling, youth, adult and family counseling with emphasis in experiential healing and 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 December haiku by the MHS:

In December come

Dreams of snow but not ice,

Rosy cheeks, ahhh, nice.

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

rachelz@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 and lend a helping hand. Please don't forget social distancing which remains important. The Siletz peoples are encouraged to keep in harmony with their ancestors' ways; you can attend sweats, drum circles, talking circles, and/or smudge. Most importantly, live life in a healthy, good way.





USDA DISTRIBUTION - Sammy Hall, Warehouseman/Clerk

Siletz

Wednesday	Dec. 1	9:00 am - 3:00 pm
Thursday	Dec. 2	9:00 am - 3:00 pm
Friday	Dec. 3	9:00 am - 3:00 pm
Monday	Dec. 6	9:00 am - 3:00 pm
Tuesday	Dec. 7	9:00 am - 3:00 pm

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

Salem

Monday	Dec. 13	1:30 pm - 6:30 pm
Tuesday	Dec. 14	9:00 am - 6:30 pm
Wednesday	Dec. 15	9:00 am - 6:30 pm
Thursday	Dec. 16	By appointment only

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.

CULTURE

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 nickvectsi.nsn.us for log in information

2021/2022

HUNTING/FISHING/GATHERING INCENTIVES

Reminder to all Siletz Tribal Members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabelas Gift Card incentives.

HUNTING INCENTIVES

\$100

\$75

\$50

CABELAS GIFT CARDS

FISHING INCENTIVE

\$50

CABELAS GIFT CARD

SHELLFISH INCENTIVE

\$50

CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy 541-444-8232

mikek@ctsi.nsn.us

or

Denise Garrett at 541-444-8227

TOBACCO PREVENTION & EDUCATION - Corey Strong, TPEP Coordinator

Is smokeless tobacco safer than smoking?

Smoking is a serious health risk and one that can have countless negative impacts on our health. Of course everyone would stop if they could, but the unfortunate reality is that smoking is also addictive and sometimes this can make it seem impossible to quit. One solution many people turn to is to try something different. It isn't the smoking itself that is addictive you see, rather it is the nicotine which causes a release of dopamine in the brain and encourages neurotransmission resulting in a 'high' that we begin to crave. One strategy that some people will use themselves is chewing tobacco – which contains nicotine but doesn't involve inhaling anything into your lungs.

Types of Chewing Tobacco—Chewing tobacco goes by many names: smokeless tobacco, chew, snuff, snus, pinch, dip and more.







Is Chewing Tobacco a Safe Alternative?

The addiction to cigarettes is deeper than just the physical addiction to tobacco – it's also a psychological addiction. It becomes a habit and it becomes a crutch that many use to lean on emotionally. If you are used to going outside for a ten minute break and lighting the end of a match then you will be used to the warmth this creates, to the feel of the cigarette in your mouth – generally to the entire rigmarole and culture and not just the chemical kick. You can change to chewing tobacco and think that you're curing yourself of smoking, but in fact you are just replacing one dangerous and damaging habit for another.

Addiction

The big problem with chewing tobacco is that it actually results in your taking in more tobacco than a cigarette. This occurs because you leave the chew in your mouth for a longer time, this causes you to get a steady stream of nicotine throughout the day. In other words your body becomes accustomed to getting more nicotine and getting a constant flow of it.

Cancer

There are over thirty different cancer-causing agents in chewing tobacco. You will be less likely to experience lung cancer because these won't make it to your lungs, but the chances of getting it in your mouth, throat, cheek, gums, lips or jaw are increased as the substance will spend much time here. This can be fatal, or if you have to have it removed it can result in serious disfigurement. Pancreatic cancer and kidney cancer are also more likely. To drive home just how dangerous chewing tobacco is, look inside your mouth. If you already chew tobacco then you might see that there are some tiny white lesions there. These tiny white lesions are called leukoplakia and are 'precancerous' and if you continue these lesions can grow and become cancerous.

Heart Problems

Chewing tobacco speeds up your heart rate and increases your blood pressure. This then increases your chances of heart problems and circulatory diseases. You are more likely to experience poor circulation leading to nerve damage, and you are more likely to suffer a heart attack or stroke.

Conclusion

Neither chewing tobacco nor smoking are advised and both can lead to serious problems. They are both addictive, unattractive, unsociable and frankly expensive. More importantly both can lead to various forms of cancer and heart disease. While you won't get tar in your lungs or blood stream with chewing tobacco, higher amounts of nicotine and the long amount of time the substance spends in your mouth means that addiction and mouth cancer is actually even more likely.



SILETZ TRIBAL VOCATIONAL REHABILITATION PROGRAM

- Toni Leija, Job Developer

AIDS/HIV Awareness



AIDS (Acquired Immunodeficiency Syndrome – HIV (Human Immunodeficiency Virus) is a complex disease that compromises an individual's immune system. It is a sexually transmitted disease. It can also be caused by needles and syringes that are contaminated with infected blood; or from mother to child during pregnancy, childbirth, or breast-feeding. AIDS has been in existence since 1988, yet there is still no cure.

In the American Indian and Alaska native communities, HIV/AIDS is increasing and there needs to be more awareness and outreach. As many as 34% of AI/NA are living with HIV infection and may not know it. People who don't know they are living with HIV do not seek medical care. Overcoming stigma

of any sort is key to successful healing of individuals with AIDS and their communities. Participation in healing traditions and/or cultural activities helps them transition and accept their situation with dignity and resolve.

Signs and Symptoms:

- Fatigue
- swollen lymph nodes
- Fevers
- weight loss

- Diarrhea
- thrush on the tongue or throat
- memory loss
- confusion
- disorientation.

Getting appropriate medical treatment for HIV can slow down the process of getting AIDS. By following a strong medication regimen, individuals can prolong their health and wellness and avoid full-blown AIDS.

An individual with HIV-AIDS, may struggle to get or keep employment. For instance, they may experience fatigue which limits the types of jobs and how long they can work. Some accommodations are placing the employee in a modified job with limitation of tasks, i.e., no lifting or carrying. Providing a warm office space with a heater and recliner so that the individual can adjust to changes in body temperature.

If you or a loved one's work performance is impacted, then inquire of Siletz vocational Rehabilitation Program staff who may be able to assist you with workplace accommodations. Feel free to contact:

- ◆ Tamra Russell, TSS/Vocational Rehabilitation Counselor/Job Developer(Part-Time)
 Portland (503) 238-1512, ext. 1414
- Toni Leija, Vocational Rehabilitation Counselor/Job Developer Salem (503) 390-9494, ext. 1861.

HAPPY HOLIDAYS - STAY SAFE!

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 1414
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
Joseph Hegge	Re-Entry Mentor	X1864
Lori Christy	Home Visitor	X 1863
Lydia Kentta	Transporter	
Rachel Zinn	Mental Health Counselor	X1417
Sonya Moody-Jurado	Education Specialist	X 1856