



## Siletz Salem Area Office

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Salem, OR 97305

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Fax: 503-390-8099

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**The Salem Area Office Community Outreach Meeting will be held on January 27.**  
**See page 2 for more information.**

SAVE THE DATE

# Planning Community Meetings

The **Salem Planning Community meeting** is scheduled for January 27. The meeting will be similar to the meetings we've had in the past, and will be dedicated to primarily **listening** to member concerns and bringing updates.

Special items for this meeting will be a discussion of the Head Start program led by DeAnn Brown and a presentation by the Health department.

We will be listening to you and your comments, criticisms, expectations and your priorities for our future planning.

Due to Covid restrictions, this will be a Zoom meeting.

**Topic: Salem Community Meeting**  
**Time: Jan 27, 2022 05:00 PM Pacific Time (US and Canada)**

**Join Zoom Meeting**  
**<https://us06web.zoom.us/j/82043684273>**  
**Meeting ID: 820 4368 4273**

Bring your voices and questions to the meeting.

- Future meetings include:
- 2/10 Eugene
  - 2/24 Siletz
  - 3/3 Portland
  - 3/17 Out of Service area



## Expansion of the Legal Assistance Program Update

Ever use CTSI court or wonder how CTSI court works? Ever need help with a legal problem? Do you have opinions about what the Tribe can do to better support its members with legal concerns?

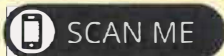
CTSI has begun the process of assessing current legal assistance options and looking at options for how the Tribe might potentially expand legal assistance for tribal members and maybe others who appear in the Siletz Tribal Court. We have partnered with The Whitener Group (TWG), a tribal consulting firm owned by members of the Squaxin Island Tribe, to guide this process.

TWG is working with us to gather information through surveys, one-on-one meetings, and strategic planning sessions. Through these efforts TWG will identify the Tribe's core values and basic legal assistance needs which it will use as the foundation for the planning process. TWG, with key stakeholders, will then draft a program mission and an actionable implementation plan. There will be repeated opportunities for review and adjustment. Once those basic components of the implementation plan are determined, TWG will meet with Tribal Council and facilitate a decision-making process to determine timelines, key staff actions, and a program budget. TWG will then finalize the plan and begin to assist the Tribe with its implementation.



But as we get started, we would like to have YOUR input on this process. With that in mind we have put together a short survey to gather input.

Please either go to this URL or scan this QR code to take the survey by January 31, 2022! It is short, we promise.



<https://www.surveymonkey.com/r/siletz>

### We're Back!

Calling all Gamers, K-12

CTSI

Minecraft Gathering

**JANUARY 22,  
2022 @ 10:30 AM**

### Contact:

elizabethm@ctsi.nsn.us  
for registration

## Classroom Aide position available in Salem!



The Salem Head Start classroom is looking to hire a Classroom Aide. To apply, go to the following web address:

<https://www.ctsi.nsn.us/tribal-employment/>

## Openings Available

## Apply Now for Siletz Tribal Head Start

Applications are available at any of the CTSI Area Offices, can be downloaded from the website address below, or can be mailed to you by calling 1-800-922-1399 and asking for Head Start.

For more information about Head Start, go to: [www.ctsi.nsn.us/head-start/](http://www.ctsi.nsn.us/head-start/)

Cecilia Tolentino, CHA  
 503-390-9494 X1854  
[CeciliaT@ctsi.nsn.us](mailto:CeciliaT@ctsi.nsn.us)  
 Monday-Friday  
 8:00AM-4:30PM

## The Effects of Secondhand SMOKE

**Secondhand smoke can worsen existing physical issues** (eg, coronary artery or lung disease).

Months of repeated, prolonged exposure can cause **negative health impacts**.

Nicotine is detectable in the bloodstream **within 30 minutes**.

Passive smoking during pregnancy can contribute to:

- **Low birthweight, poor lung function, ear infections, asthma** and more.
- **Sudden Infant Death Syndrome (SIDS)** for infants under 1 year old.
- **Abnormal or delayed** growth and development.

**Low Risk:** (due to short timeframe and low intensity of exposure)

- Smoke from **bonfires**
- Spending an **evening out at a casino**
- Smelling smoke from a **car next to you** in traffic, walking by a smoker

### Over the Counter Medications - OTC's

The Salem Area Community Health Advocate distributes over the counter medications (OTC's) to Siletz tribal members to alleviate current temporary symptoms.

OTC's are subject to availability and are listed below.

- Antihistamines
- Antacids
- Multi-vitamins - children/adults
- Pain relievers/fever reducer - infant/child/adult
- Cough suppressant/expectorant
- Pedialyte
- Hydrocortisone cream 1%
- Triple antibiotic ointment

For more information please contact Cecilia at 503-390-9494 X 1854 or by email [CeciliaT@ctsi.nsn.us](mailto:CeciliaT@ctsi.nsn.us)

### 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 Referred Care (PRC) benefits.
- ◆ Work with your local CHA to determine if you meet the criteria for Life Alert (examples: live alone, health conditions, etc.)

For more information contact Cecilia Tolentino: Phone - 503-390-9494 x 1854  
 Email - [CeciliaT@ctsi.nsn.us](mailto:CeciliaT@ctsi.nsn.us)

# Siletz Home Visiting Program

Now serving all federally recognized and Alaskan Native families who meet eligibility criteria!!

## 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
- Virtual Visits currently

## For more information contact:

Danelle Smith  
Siletz and Coast Range  
541-444-9603 or  
1-800-922-1399  
[danelles@ctsi.nsn.us](mailto:danelles@ctsi.nsn.us)

Lori Christy  
Salem, Portland and Surrounding  
Areas  
503-390-9494  
[loric@ctsi.nsn.us](mailto:loric@ctsi.nsn.us)

Cathy Ray  
Eugene and Surrounding Areas  
541-484-4234  
[catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us)

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

## Eligibility requirements:

- Live in 11-County Service Area
- Family is expecting or has an infant under twelve months of age.
- American Indian/Alaskan Native 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 so contact our staff if you have questions.

# EDUCATION NEWS - *Sonya Moody-Jurado, Education Specialist*



## EDUCATION PROGRAM COMPONENTS

- Higher Education
- Adult Vocational Training (AVT)
- Adult Education
- Supplemental Education (JOM)

Sonya Moody-Jurado contact information: 503-390-9494 X 1856 or [SonyaMJ@ctsi.nsn.us](mailto:SonyaMJ@ctsi.nsn.us)

## JOM

### Winter Stipend/PPE Stipend

The stipend is to purchase needed school supplies and Personal Protection Equipment (Masks, Hand Sanitizer) for students. Please call Sonya (503) 390-9494 or email [sonyamj@ctsi.nsn.us](mailto:sonyamj@ctsi.nsn.us) to get an application.

- ◆ Application Open Date: December 1, 2021
- ◆ Application Deadline Date: January 26, 2022

### Winter Activities

If you would like to sign up your JOM student(s) for the Winter Activities, call or email Sonya by the deadline dates below.

- ◆ January dates - Opens: January 3, 2022 - Closes: January 13, 2022
- ◆ February dates - Opens: February 1, 2022 - Closes: February 14, 2022

## JANUARY YOUTH COUNCIL

January 19, 2022 at 11:00 AM via ZOOM

Please call or email Sonya to get the Zoom link

Youth Council is for Tribal youth ages 12-24 years of age



## HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM (AVT)

### College Night

We will hold a virtual college night January 20, 2022 to highlight Tribal Programs that offer services to students, as well local and national colleges/universities. Please call or email Sonya to get the Zoom link.

(continued on following page)

(continued from previous page—HE/AVT)

**HIGHER EDUCATION (HE)** - Programs at two or four year colleges/universities that are geared towards obtaining a bachelor degree.

**ADULT VOCATIONAL TRAINING (AVT)**- Programs that are geared towards receiving a license, certificate, certification or two year non transferable degree, such as: cosmetology schools, vocational medical programs, truck driving, heavy equipment, 2 year programs at a community college, etc.

**ALL STUDENTS CONTEMPLATING ATTENDING SCHOOL FALL TERM, THIS INCLUDES:** High School Seniors, returning students and anyone that may be interested in attending school Fall Term 2022. Below is the deadline date.

**The Tribe only has a once-a-year application process, so if you miss the deadline dates you will be ineligible for Tribal funding until the next school year.**

### **HIGHER EDUCATION/AVT APPLICATION DEADLINE**

Apply to the Higher Ed/AVT Program by the JUNE 30 DEADLINE. All documentation has to be turned in by the deadline.

### **SCHOLARSHIP INFORMATION**

It is getting harder for students to pay for college without applying for scholarships or loans. There are a lot of scholarships out there, but it takes drive and dedication to research the scholarships and apply. Below are a few sites that can assist you, as well as the FAFSA website which has a scholarship search engine on their site, [www.fafsa.ed.gov](http://www.fafsa.ed.gov)

The Oregon Student Assistance Commission offers many scholarships with only having to fill out one application. [www.GetCollegeFunds.org](http://www.GetCollegeFunds.org)

American Indian Science and Engineering Society (AISESnet) [www.aises.org](http://www.aises.org)

College Board [www.collegeboard.com](http://www.collegeboard.com)

FastWEB- [www.fastweb.com](http://www.fastweb.com)



### **ADULT EDUCATION**

### **SMALL BUSINESS INFORMATION NIGHT**

For Tribal members interested in starting their own business. We will have presentations from ONABEN (Our Native American Business Network), ONAC (Oregon Native American Chamber of Commerce), and STBC (Siletz Tribal Business Corporation). (See flyer on next page)



# SILETZ TRIBAL SMALL BUSINESS WORKSHOP

Join us on Thursday, February 17th at 6pm via Zoom to discuss how to start your own business, how to support a small business, and other business topics with guests from:

- The Oregon Native American Chamber (ONAC)
- Our Native American Business Network (ONABEN)
- Siletz Tribal Business Corporation (STBC)



## CONTACT YOUR AREA EDUCATION SPECIALIST

TO SIGN UP AND GET A ZOOM LINK

|                                                             |                                                             |                                                            |                                                              |
|-------------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------|
| <b>Portland Area</b><br>(503) 238-1612<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.

|                                                                                                       |                                                                            |                                                                                                |                                                                                |
|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| <b>Siletz Area &amp;<br/>Out-of-State</b><br>Alissa Lane-Keene<br>AlissaL@ctsi.nsn.us<br>541-444-8373 | <b>Eugene Area</b><br>Candace Hill<br>CandaceH@ctsi.nsn.us<br>541-484-4234 | <b>Portland Area &amp;<br/>Washington</b><br>Katy Holland<br>KatyH@ctsi.nsn.us<br>503-238-1512 | <b>Salem Area</b><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 WINTER ACTIVITIES

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

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

## Dates:

- January - Opens 1/3/22 and closes 1/13/22
- February - Opens 2/1/22 and closes 2/14/22

Contact your area Education Specialist to sign up

### 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



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

# LEARN NUU-WEE-YA'

**TUESDAYS JANUARY 11-MARCH 15**

5:00 PM-BEGINNING CONVERSATION 1

5:45 PM- BEGINNING CONVERSATION 2

**THURSDAYS JANUARY 13-MARCH 17**

5:00 PM-ONGOING CONVERSATION

**SATURDAYS 2/5, 2/26, 3/12**

NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT [NICKV@CTSI.NSN.US](mailto:NICKV@CTSI.NSN.US) OR X1757

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

### Component Spotlight:

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.

- 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:

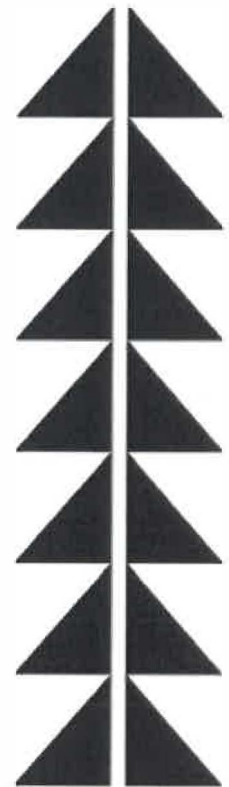
Assistance with GED, higher education, vocational training or certification.

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

#### Direct Placement:

Assistance to become job ready.

- If hired by an employer and need supportive services to become job ready.
- Must apply within 7-days of hire



***Participants in 477 - Self Sufficiency Programs must meet the programs eligibility requirements.***

#### Important 477-SSP Dates to Remember:

**January 5<sup>th</sup>:** Monthly Report Forms, Self Sufficiency Activities, Time-sheets, and Job Search Forms are due.

**January 20<sup>th</sup>:** Time Management (Online Monthly Training) 10:00am – 11:30 am

**January 27<sup>th</sup> :** TBD (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](mailto:Angelicae@ctsi.nsn.us)

# 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.

# CLASSROOM TRAINING

FOR FEDERALLY RECOGNIZED TRIBAL MEMBERS AND DESCENDANTS

APPLY TODAY!!

HIGHER EDUCATION ASSISTANCE

VOCATIONAL EDUCATION/OCCUPATIONAL TRAINING

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)

SILETZ ADMINISTRATION OFFICE: JAMIE (541) 444-8266

PORTLAND AREA OFFICE: TAMRA (503) 238-1512

SALEM AREA OFFICE: ANGELICA (503) 390-9494

EUGENE AREA OFFICE: CATHY (541) 484-4234

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

# BEHAVIORAL HEALTH - *Rachel Zinn, Mental Health Specialist*

## Thinking about winter:

The longest day has passed, but the pandemic is still here which makes it easier to feel times are bleak. Many people have now been vaccinated, which should bring hope. Offices remain closed, but services are still available. Let's help each other safely get our needs met!

## Methods of Mindfulness to try:

- 1) Try Progressive Muscle Relaxation: Get in a comfortable position, and flex major muscle groups, one group at a time, starting at your feet, moving to your calves, then thighs, continuing through your torso and arms, and ending with scrunching the facial muscles. With each group, flex on a deep breath in, and release on a deep breath out. Flex each group twice, and when you've finished scrunching your face, scan your body for tension and if you find some, release that muscle group.
- 2) Try the five senses grounding technique: Breathe slowly in and out, and take a moment to decipher your surroundings. Find five things you can see, and define them in detail. Next, take a moment to close your eyes, and find four things you can hear. Now, reach out and touch your surroundings, defining specific details of three different textures you feel. Next, take a moment to pay attention to your breathing, and notice two things you can smell. Lastly, find one thing you can taste, and tell yourself about the flavors; spicy, sweet, bitter, etc.

## 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 January haiku by the MHS:

Winter has come friends,  
But do not despair, for warmth  
Will see us through it.

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

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

## Traditional Coping

Winter preparations should be finalized, and the Elders in our thoughts. It's a difficult time to be active in your community, but there are virtual events happening. Video events may not seem like a beneficial way to connect, but they are a wonderful tool to utilize to keep our community most safe. The Siletz people are encouraged to keep in harmony with their ancestors' ways; attending private sweats, virtual drum and talking circles, and smudge. Live life in a healthy, good way!



## Portland Area Office

Virtual Appointments Only  
(503) 200-4340

## Salem Area Office

Virtual Appointments Only  
(503) 200-4340

# USDA FOOD DISTRIBUTION PROGRAM - *Sammy Hall, FDP Director*

## Siletz

|           |        |                   |
|-----------|--------|-------------------|
| Monday    | Jan. 3 | 9:00 am – 3:00 pm |
| Tuesday   | Jan. 4 | 9:00 am – 3:00 pm |
| Wednesday | Jan. 5 | 9:00 am – 3:00 pm |
| Thursday  | Jan. 6 | 9:00 am – 3:00 pm |
| Friday    | Jan. 7 | 9:00 am – 3:00 pm |

## Salem

|           |         |                            |
|-----------|---------|----------------------------|
| Tuesday   | Jan. 18 | 1:30 pm – 6:30 pm          |
| Wednesday | Jan. 19 | 9:00 am – 6:30 pm          |
| Thursday  | Jan. 20 | <b>By appointment only</b> |

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, FDP Director**

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.

### 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

deniseg@ctsi.nsn.us



# CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

### Upcoming Dates:

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

**February 9 at 6 pm: Hazel**

Sponsored by the Education and Culture Departments  
Contact Nick Viles at [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) or x1757 to sign up

## *Happy New Year*

As we start off the 2022 New Year, several people will make a resolution. Whether it's exercising, eating healthier, take a vacation, go back to school, quit smoking, etc., many of these resolutions will require a change in lifestyle. For example; eating more fruits and vegetables, working on portion control during meals, start going to the fitness center or incorporating more physical activities into your routine.

**If you are looking to quit smoking, here are a few tips to help with your success:**

1. Make a list of reasons on why you want to "quit smoking."
2. Choose a method whether it be "cold turkey", "tapering", using an app or a texting program, nicotine replacement therapy (NRT's). There are several methods, if you need assistance or have a question, contact Corey, the Tobacco Prevention Coordinator at 541-444-9682.
3. Set a quit date. Pick a day that works for you, not a day that will be too stressful. Write it down and commit to it.
4. Let your family and friends know that you are quitting and ask them to support you on your new journey. Let them know that you may need to contact them when you're going through a rough time.
5. Reward yourself. Use the money that you will save on cigarettes and treat yourself to the new you. You can buy yourself something small and frequent, or save up and get something nice. **You deserve it!**

### **Cancers associated with commercial tobacco use for January**

#### ***Cervical Cancer:***

Cervical cancer occurs when the cells of the cervix grow abnormally and invade other tissues and organs of the body. When it is invasive, this cancer affects the deeper tissues of the cervix and may have spread to other parts of the body (metastasis), most notably the lungs, liver, bladder, vagina, and rectum.

There are two main types of cervical cancer: squamous cell carcinoma and adenocarcinoma. Each one is distinguished by the appearance of cells under a microscope.

***Squamous cell carcinomas*** begin in the thin, flat cells that line the bottom of the cervix. This type of cervical cancer accounts for 80 to 90 percent of cervical cancers.

***Adenocarcinomas*** develop in the glandular cells that line the upper portion of the cervix. These cancers make up 10 to 20 percent of cervical cancers.



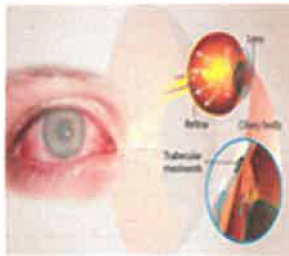
**Commercial Tobacco Quitline 1-800-QUIT-NOW**  
**AI/AN Line now available (option 7) 1-800-784-8669**

## JANUARY AWARENESS: GLAUCOMA

**Glaucoma** is a group of eye conditions where there is damage to the optic nerve(s). This nerve provides vital information to the brain and is crucial to maintaining good vision. If it's damaged, it leads to gradual inflammation of the inner eye(s). If untreated, it causes progressive vision loss. Medications, laser procedures, and surgeries may lower the inner eye pressure and/or prevent further damage to the optic nerve(s). Native Americans/Alaskan Natives have a higher genetic predisposition than white groups. **NTG in American Indians/Alaska Natives - Glaucoma Today.**

### Facts:

- More than 3 million cases per year in US
- Treatments can help manage eye condition, No cure available
- Requires lab test or imaging
- Can last several years or be lifelong
- Common for ages 50 and older
- Family history may increase likelihood



**Symptoms:** Initially, the condition remains without symptoms, but its gradual progression may lead to symptoms such as:

- Loss of peripheral or side vision
- Seeing halos around lights and glare in bright light
- Redness in the eye
- Eye pain
- Eye that looks hazy (particularly in infants)
- Narrow or tunnel vision
- Vision Loss

Vision loss due to Glaucoma causes blindness especially in individuals over 60. Vision loss cannot be recovered, so getting regular eye exams is vital to good eye health. Leading a healthy lifestyle of exercise and good nutrition may contribute to an improved or good quality of life!

### Foods to eat:

- Iron rich foods such as spinach
- Vitamin A containing foods such as sweet potatoes, carrots, mangoes and milk
- Protein rich foods such as eggs, milk
- Zinc-rich foods such as green peas, eggs, wheat germ, chickpeas, oyster, red meat, poultry and certain sea food
- Foods rich in vitamin C like green pepper, citrus fruits and tomatoes

### Foods to avoid:

- Foods with trans fatty acids like cookies, cakes and French fries
- Foods with high saturated fats like full fat meat (beef)
- Foods with caffeine like coffee
- Avoid alcohol

If you or a loved one is experiencing the above symptoms, follow up with your medical providers and eye specialists. Tribal Vocational Rehabilitation Counselors are available to serve your vocational needs.

Tamra Russell (PORTLAND) 503-238-1512, x1411

Toni Leija (SALEM), 503-390-9494, x1861

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