

The Eugene Area Office Newsletter March 2022

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

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 Siletz tribes' website or calling:

1-800-922-1399 Ext 1322

(541) 444-8322

FAX (541) 444- 8313

www.ctsi.nsn.us

2022

Low-Income Energy Assistance Program (LIHEAP)

"Crisis/Shut-off/Regular"
Electric Bill

~OPEN~

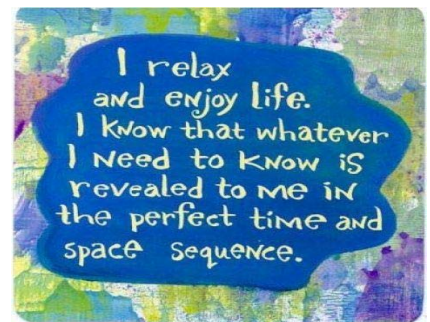
Siletz Tribal members and Households with tribal children. (Income based). To see if you qualify you can contact Casey Godwin by phone or email.
[541-444-8311](tel:541-444-8311) caseyg@ctsi.nsn.us

Email Reminders

If anyone would like reminders of special meetings, cultural classes or special events, etc. Contact Nora at Eugene Area Office to be put on the email list.

Telephone: (541) 484-4234 or email: noraw@ctsi.nsn.us

Chinook Winds Casino Resort
Sign up for an electronic newsletter:
www.chinookwindscasino.com



ELDERS MARCH 2022 NEWSLETTER

Hi Everyone,

The Eugene area office has been busy in February with the EAO Community zoom meeting. Great turn out and I always love seeing and hearing from Pam and the Planning meeting staff each year at this meeting. Do miss the in-person meetings though.

Congratulations to our newly elected Tribal Council members, Bonnie Peterson,

Nora and Jessica have some nice fruits and veggies on Tuesday at Produce Plus Food pick up each week. I have been able to stop by now that I am driving again. It is so nice to be able to get out, especially on the bright sunny days/afternoons.

I did enjoy sitting in on the book club zoom meeting the first Thursday of February the 10th. The dates of the book club for the next few zoom meetings will be the 2nd and 4th Thursday of each month from now on. For March it is the 10th and the 24th. I do enjoy listening and seeing everyone on the zoom meeting. Just let Anita know you want to get the Book Club ZOOM link invitation address and she will send you one. Her email is AnitaB@ctsi.nsn.us and the Elders program phone number is 541-444-8220 for any questions.

The next Elders Council Meetings via zoom is scheduled for Saturday, March 12th at 1:00 pm. Again, email Anita at AnitaB@ctsi.nsn.us and she will send you a link to join in the Elders Council meeting. It is fun to see everyone and hear about all that is being considered for future events and current projects they are working on. I am looking forward to the fishing trip whenever it is scheduled.

Here are a few dates to add to your calendar if you do not have them yet. EAO Produce Plus Food – Every Tuesday starting at 2-4pm you can pick up food. Rest of the week you can pick up starting at 9-4pm. March 9th, Virtual Culture Night / Maple Bark at 6pm. Spring forward with Daylight Savings Time on Sunday the 13th. EAO Indian Tacos & Craft Activity, drive through event from 4:30-6:30 pm. on the 16th. **Please RSVP by the 10th of March.** We cannot forget about Happy St Patrick's Day on Thursday the 17th. It was a fun day for my family as my dad was Scotch/Irish and his birthday was on the 13th. We always celebrated his birthday on St Patrick's Day and donned something green as well as many green food dishes at the party. Cheers to everyone.

To contact the Elders Program for any reason, use this number, 541-444-8220, be sure to leave your name, and phone number with your question and you will get a call from the Elders staff.

Truly, Verdene McGuire. Eugene area Elders Representative, Lane, Linn, and Benton Counties

VDenie101@gmail.com

Cell: 503-890-0742

Candace Hill, Education Specialist

candaceh@ctsi.nsn.us
(541) 484-4234 x1763
(541) 270 - 0037

Education – March 2022

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

Upcoming Education Events

- **Spring Break STREAM** – These kits are designed to enhance learning and prevent learning loss during the school Spring Break. This program is for enrolled JOM Students. Completed applications are due by 4:30pm on March 2nd and the Microsoft form portion is due by 4:30pm on March 4th. Contact Candace to sign up.
- **College Information Night Part III** – Join the Education team on April 21st at 6pm for the third installment of our virtual College Information Night series. In this information night as we discuss the CTSI Higher Education and AVT applications, the Siletz Tribal Housing Department Student Housing Assistance Application, different types of financial aid and how to accept or deny aid, and hear about campus life and education programs from different college representatives. Contact Candace to sign up and get the Zoom link.

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 this month's 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** – Johnson O'Malley (JOM) benefits K-12 Native American students in support of their intellectual growth, vocational goals and cultural enrichment. The programs 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 is currently open for the 2022-23 school year. Students can fill out the application at financialaid.gov. If you are interested in applying to Higher Ed or certain AVT programs, FAFSA needs to be done no later than June 30th, 2022.
- The Higher Education and Adult Vocation Training Program applications are due by June 30th, 2022. Applications can be turned in at any point up to the due date. Applications can be found on the tribe's website under the "post-secondary education" section or by emailing Candace. If you have any questions, please reach out to Candace.
- 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.



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

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
---	---	--	---

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

Siletz Tribal Members **Online Academic Support**

Free Virtual Tutoring!

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

Portland
Katy- KatyH@ctsi.nsn.us

Salem
Sonya- SonyaMJ@ctsi.nsn.us
Eugene
Candace- CandaceH@ctsi.nsn.us

Please Note:

Students MUST complete a Tutoring Application to register. Tutoring hours are available on a first come first serve basis as resources are available.

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 for more information. Please include your name, phone number and the city/county you reside in.

"It's Impossible!" said PRIDE
"It's Risky!" said EXPERIENCE
"It's Pointless!" said REASON
"Give it a try" whispered the HEART



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 or enrolled in a federally recognized Indian Tribe 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:

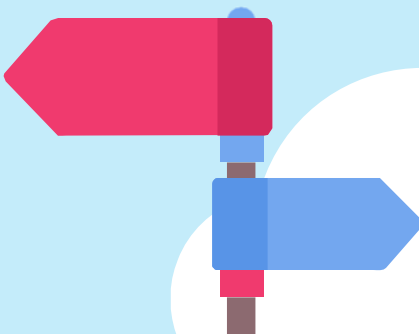
Siletz Administration Office: Jamie (541) 444-8266

Salem Area Office: Angelica (503) 390-9494

Portland Area Office: Anna (503) 238-1512

Eugene Area Office: Jen (541) 484-4234

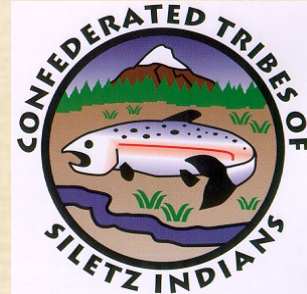
**other criteria may apply.





477-SSP Programs

For Enrolled member of Federally recognized tribes or descendants



Are you looking for work?

Why not sign up for **CORE** Services.

- ◆ Job Referrals
- ◆ Resumes
- ◆ Cover Letter
- ◆ Employment Counseling/Coaching
- ◆ Job Search Assistance
- ◆ Mock interview

Once you secure employment, apply

for **Direct Placement**

Within 7 days of hire date.

Support Services for:

- ◆ Required tools
- ◆ Uniforms / Clothing / Boots / Shoes
- ◆ Licensing - fees
- ◆ Transportation Assistance

Apply Today in your Area Office

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

Call your local office:

Portland: (503) 238-1512

Siletz: (541) 444-2532

Eugene: (541) 484-2434

Salem: (503) 390-9494



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



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

Lori Christy
Salem, Portland and Surrounding Areas
503-390-9494
loric@ctsi.nsn.us

Cathy Ray
Eugene and Surrounding Areas
541-484-4234
catheriner@ctsi.nsn.us

Go to 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.

Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to help members of **ANY** federally recognized Tribe (living within the Siletz Tribe's service area) with barriers to employment. We work with individuals who have disabilities.

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

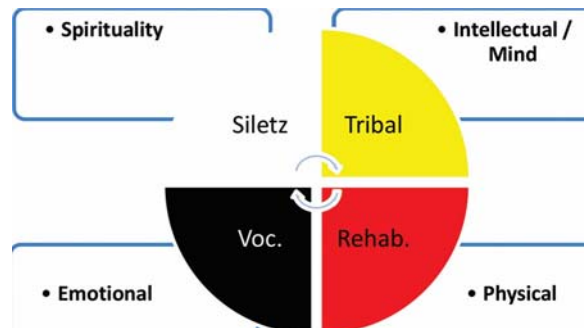


For more information about STVRP, please inquire at 1-800-922-1399. We also maintain resources and employment boards, so please make an appointment if you're interested. You can speak to VR staff in the following locations:

Salem Area Office
3160 Blossom Drive NW, Suite 105
Salem OR 97305

Siletz Administration Office
201 SE Swan Avenue
Siletz OR 97380

Portland Area – Tamra Russell, VR Counselor/Job Developer/477-TSS
Salem Area – Toni Leija, VR Counselor/Job Developer
Siletz/Eugene Area – Jamie Bokuro, VR Counselor/Job Developer



SILETZ TRIBAL VOCATIONAL REHABILITATION PROGRAM (STVRP)



www.shutterstock.com - 108225203

MARCH AWARENESS: EPILEPSY

Epilepsy is where nerve cell activity in the brain is misfiring and leads to seizures. During a seizure, a person experiences abnormal behavior, symptoms, and sensations, and sometimes loss of awareness (Mayo Clinic).

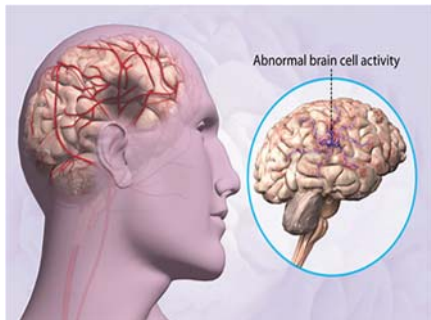
Of the nearly 3.5 million people in the United States who have epilepsy, the Epilepsy Foundation estimates about 51,000 are Native Americans. The Epilepsy Foundation reports that it is one of the most misunderstood health disorders because so little is known about its causes. Nearly half of all those with epilepsy continue to have uncontrolled, recurring seizures, despite medication and other treatments (Mayo Clinic). See link: <https://www.epilepsy.com/living-epilepsy>

Causes:

- ✚ Genetics
- ✚ Acquired Brain Injury, i.e., Head trauma or Stroke
- ✚ Infections: Meningitis, HIV, viral encephalitis, and some parasitic infections
- ✚ Dementia

Symptoms: Temporary confusion

- A staring spell
- ✚ Stiff muscles
- ✚ Uncontrollable jerking movements of the arms & legs
- ✚ Loss of consciousness or awareness
- ✚ Psychological symptoms, i.e., fear, anxiety, or déjà vu



When to see a Doctor:

- ✚ Seizure lasts more than 5 minutes
 - ✚ If you continue to have seizures even though you've been taking anti-seizure medication
- ✚ Breathing or consciousness doesn't return after the seizure stops
 - ✚ A second seizure follows immediately
 - ✚ You have a high fever
 - ✚ You're pregnant
 - ✚ You have Diabetes
 - ✚ You've injured yourself during the seizure

Accommodations:

- ✚ A. Create an Employee Safety Action Plan:
 - a. List of key signs or warnings of seizure activity
 - b. Obtain assistance from emergency care
- ✚ B. Option of telework or working from home

Jamie Bokuro, Voc. Rehabilitation Counselor-
Job Developer- Siletz: 541-444-8213

Tamra Russell, Voc. Rehabilitation
Counselor- Job Developer- Portland: 503-
238-1512 x 1411

Toni Leija, Voc. Rehabilitation Counselor/Job
Developer – Salem: 503-390-9494 x 1861

Community Health: March 2022



Jamie Boe, Community Health Advocate

Phone: 541-484-4234 Email: JamieBoe@ctsi.nsn.us



Siletz Community Health Phone Numbers

- Siletz Community Health Clinic **1-800-648-0449**
- Purchased/Referred Care (PRC) **1-800-628-5720**
- Siletz Behavioral Health **1-800-600-5599**
- Resource Line **541-444-9613**



Siletz Mail Order Pharmacy

For prescription refills, 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 mail it to you.



Call **1-800-648-0449** Ext. **1624**

"Shu-'yi dee-ghayt-nin'sh- We are getting well"

Indian Health Clinic Registration Forms Available at the Eugene Area Office

- Siletz Community Health Clinic & PRC (Siletz, OR)
- Ko-Kwel Wellness Center (Eugene, OR)
- Chemawa Indian Health Center (Salem, OR)

Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office, or you can apply online at

<http://www.OregonHealthCare.gov>

OHP Phone: **1-800-699-9075**



We are here to assist you with any questions that you may have about OHP.

Contact your Eugene CHA, Jamie @ **541-484-4234**

FREE Flu Shots! Use your Pequot card at any CVS pharmacy to cover the cost of your flu shots.

For questions please contact Pequot at **1-888-779-6638**

Community Health: March 2022



Jamie Boe, Community Health Advocate

Phone: 541-484-4234 Email: JamieBoe@ctsi.nsn.us



Hemophilia Awareness Month

Hemophilia is a bleeding disorder in which the blood does not clot properly. There are approximately 33,000 people living with hemophilia in the US. The most common bleeding disorder is called von Willebrand disease (VWD), and it affects about 1 in every 100 people with bleeding disorders. Men and women are equally affected by VWD, but women usually have more symptoms due to their menstrual cycles. The CDC estimates it can take women an average of 16 years from the onset of symptoms to be diagnosed with VWD. **Please watch for the following symptoms:** bleeding into joints, prolonged bleeding from cuts or injuries, nosebleeds, bruising, bleeding gums, and heavy periods that last longer than 7 days. Contact your healthcare provider if you have any questions or concerns.

For more information visit: <https://www.hemophilia.org/>

National Nutrition Month

Making healthy choices with nutrition will help you to live longer, and will have a positive effect on your physical and mental health. Plan meals ahead of time and create a grocery list for shopping. Read 'Nutrition Facts' labels on the backs of food & drink items. Eat healthful foods from all of the food groups, and use the 'my plate' guide (picture on the right) to better understand how much of each food group belongs on your plate. Variety is key for getting the most out of your diet, but don't overthink nutrition; *simplicity* is more sustainable when it comes to eating healthy in the long run. Think whole, unprocessed foods like salad vegetables, chicken breast, and items labeled 'Whole Grain'. BON APPÉTIT

For more information visit:

<https://www.eatright.org/>

And

<https://www.myplate.gov/>

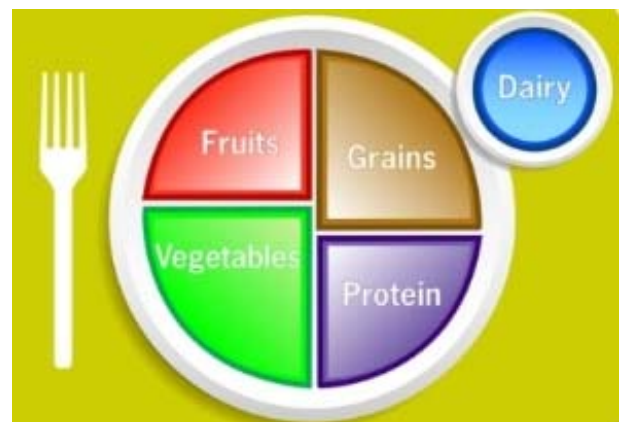
If you are interested in learning some quick facts about March 2022 National Health Observances, check out this channel on YouTube:

[CTSI Eugene CHA](#)

Do you have ideas for simple and healthy recipes, or a wellness activity idea you would like me to share?

Call: 541-484-4234

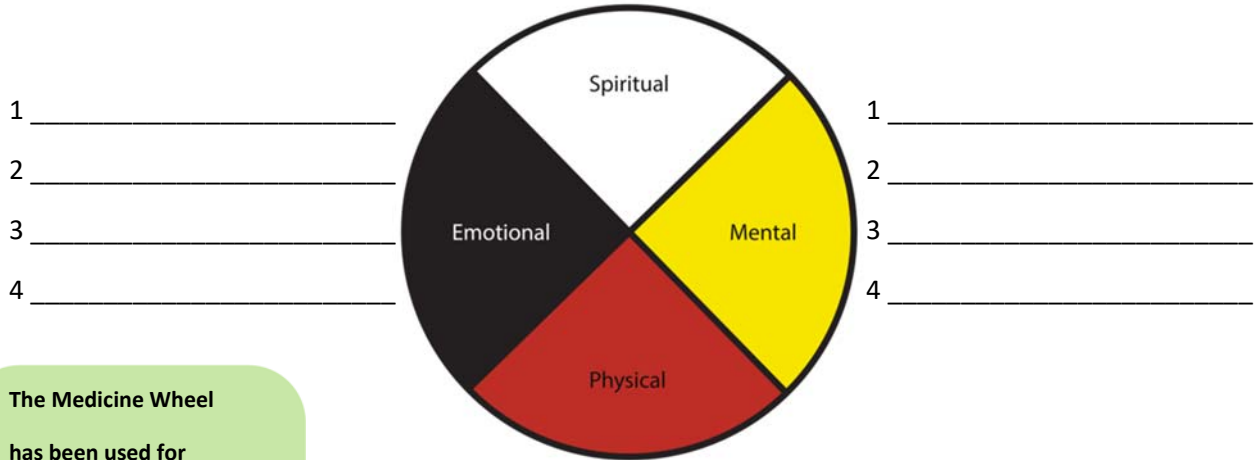
Email: JamieBoe@ctsi.nsn.us



Medicine Wheel Well-Being Compass

- 1 _____
- 2 _____
- 3 _____
- 4 _____

The Four Dimensions of Health



The Medicine Wheel has been used for thousands of years to help people navigate their healing journeys.

Use this page as your own personal healing compass by choosing at least four ways to nurture your spiritual, mental, physical, and emotional well-being.

- 1 _____
- 2 _____
- 3 _____
- 4 _____

E-Cigarette's/Vape Pens

What are e-cigarettes? E-cigarettes are a form of Inhalant Delivery Systems (IDS). These devices typically deliver nicotine, flavorings, and other additives to users via an inhaled aerosol. These devices are referred to by a variety of names, including e-cigs, vape pens, e-hookahs, Juul, mods, tank systems and other devices that deliver a nicotine aerosol. E-cigarettes are battery-powered devices that heat up liquid into an aerosol that users then inhale. The liquid usually has nicotine, which comes from tobacco; flavoring; and other additives that are known to have adverse health affects. E-cigarette products can also be used as a delivery system for marijuana and other illicit drugs.

What are the health effects of using e-cigarettes? Scientists are still learning about the long-term health effects of e-cigarettes. Here is what we know now.



Most e-cigarettes contain nicotine, which has known health effects.

- Nicotine is highly addictive.

- Nicotine can harm adolescent brain development, which continues into the early to mid-20's.

- Nicotine is a health danger to pregnant woman and their developing babies.

Besides nicotine, e-cigarette aerosol can contain substances that harm the body. This includes cancer-causing chemicals and tiny particles that reach deep into lungs. Harmful substances found in e-cigarettes include; nicotine, volatile organic compounds, ultrafine particles, cancer causing chemicals, heavy metals such as nickel, tin and lead, and flavoring such as diacetyl, a chemical linked to a serious lung disease. It has been found that even though e-cigarettes produce a vapor, that it still causes second-hand exposure for those who are around and inhale. E-cigarettes can also weaken your immune system causing you to be more vulnerable to illnesses and take longer to recover.

Although e-cigarettes may have less chemicals in them, they still cause the body harm and Individuals who start using e-cigarettes are 4 times more likely to start smoking.

If you are interested it quitting commercial tobacco products, there are several Nicotine Replacement Therapy's (NRT's) available that are proven to help assist. Here are a few that are Over The Counter (OTC) that you can pick up from a store at a cheaper rate than cigarettes. Nicotine patches, nicotine gum and nicotine lozenges. This is a great way to reduce your nicotine use without all the extra harmful chemicals until your ready to quit for good.



**Commercial Tobacco Quitline 1-800-QUIT-NOW
AI/AN Line now available (option 7) 1-800-7848-663**

JOM Youth

For Enrolled JOM Students

Spring Break STREAM Send-Home Activities

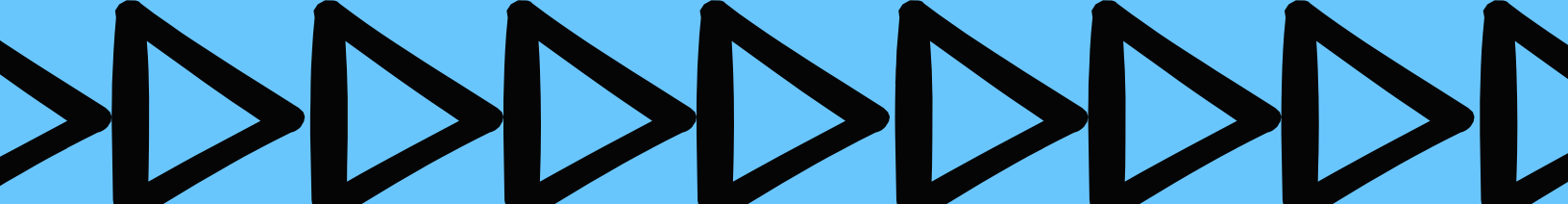
Spring Break STREAM Kits are designed to enhance learning and prevent learning loss during Spring Break.

Completed applications must be received by the following deadlines: **March 2, 2022** by 4:30 PM. Microsoft form must be completed by **March 4, 2022 @ 4:30 PM.**

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

Candace Hill	Katy Holland	Sonya Moody-Jurado	Jeff Sweet
Eugene Area Office	Portland Area Office	Salem Area Office	Siletz Area
(541) 484-4234	(503) 238-1512	(503) 390-9494	(541) 444-8207
CandaceH@ctsi.nsn.us	KatyH@ctsi.nsn.us	SonyaMJ@ctsi.nsn.us	JeffS@ctsi.nsn.us

This program is funded by BIA CARES funding. Education kits will be issued on a first come first served basis, as resources are available.



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

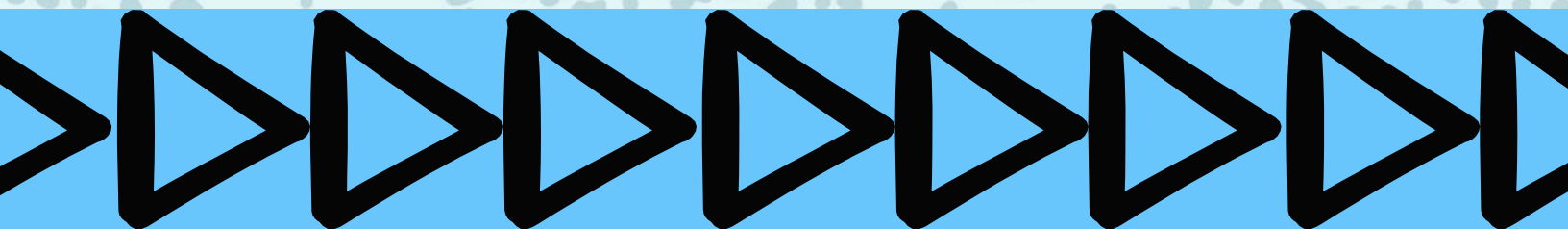
THURSDAYS JANUARY 13-MARCH 17

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 OR x1757



CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

March 9 at 6 pm: Maple Bark

March-April: Virtual Hazel Peeling Party

time is weather dependent-email for details

April 13 at 6 pm: Shellfish

***Sponsored by the Education and Culture Departments
Contact Nick Viles at nickv@ctsi.nsn.us or x1757 to sign up***

EUGENE AREA OFFICE

INDIAN TACOS

DRIVE THRU EVENT

March 16th 2022

4:30pm-6:30pm

Spring

Come by the office anytime during the event hours and pick up a delicious dinner and craft activity for the family.

To ensure we have enough for all interested families, please RSVP by 3/10/2021

(fry bread, beans, beef, lettuce, tomatoes, cheese, olives, onions and sour cream)

Cultural craft kits for those interested

Confederated Tribes Of Siletz

Indians

2468 West 11th Ave, Eugene

Come Join Us!

CTSI



Night

**CTSI Youth Ages K-
12**

March 18, 2022 @

6:00 pm

Contact:

**elizabethm@ctsi.nsn.us for registration or
questions**



We're Back!

Calling All Gamer K-12

CTSI

Minecraft Gathering

**MARCH 12, 2022 @
10:30 AM**

Contact

elizabethm@ctsi.nsn.us for
registration or questions

Siletz Tribal Youth Council

March 26th, 2022, 12:00pm

**SPECIAL EVENT: Siletz Youth
Council is hosting MINCEIR
WHIDEN—A Traveller's Youth Or-
ganization from Ireland.**

Eligibility:

Siletz Tribal Youth

Ages 12 to 24

Siletz & Out of Area

Elizabeth Madden

Elizabethm@ctsi.nsn.us

Portland Area

Katy Holland

Katyh@ctsi.nsn.us

Salem Area

Sonya Moody-Jurado

Sonyamj@ctsi.nsn.us

Eugene Area

Candace Hill

Candaceh@ctsi.nsn.us

CTSI'S NEW CAMP CREEK HILLS PROPERTY

**The Tribe would like YOUR
input on priorities for land
use at our new property.
Follow the link below or scan
the QR code to learn more,
view a virtual photo map,
and take a short survey.**

<https://tinyurl.com/yckww5a7>

Complete the
survey for a
chance to win
a prize!



Climate Crisis Resiliency Summit

March 22-24 Zoom: 10 a.m. - 12 p.m.

Eligibility: All Siletz Tribal Youth—Middle and High School

Traditional fire usage, environmental sustainability, Traditional Ecological Knowledge (TEK)

Gift Cards, Outdoor Gear

▣ **Plus, 2 hours of self-directed outdoor activities (per day)**

Register by **March 15** (limited availability):

Email Jacobr@ctsi.nsn.us or call **541-270-1909**

(If you have grade school youth or younger, please reach out - we would like to plan a virtual family event as well)

CTSI Client Services Survey

The CTSI Internal Audit Department is conducting a customer service survey of clients who have received or attempted to receive services from the following:

- Siletz Community Health Clinic (Medical, Dental, Purchased/Referred Care)
- CTSI 477-Self Sufficiency Program (Temporary Assistance for Needy Families (TANF), Emergency Assistance, General Assistance, Home Visiting)
- CTSI Elder Services (Transportation, In-Home Assistance, Meal-Site)
- Siletz Tribal Housing Department (Rental Assistance, Low-Income Home Energy Assistance Program (LIHEAP), Emergency Housing)

If you have had any interaction with these services since January 2021 and are willing to take a short survey to answer questions regarding your experience, please scan the QR code or go to the URL below by March 31, 2022.

If you would like a paper copy of the survey, please leave a message at 541-557-4219 with your name, phone number, and mailing address.

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



Recruiting Ages 19-26 to join the Eugene/Springfield COMMUNITY WILDFIRE PROTECTION CORPS



A BETTER YOU Gain certifications and work experience needed to open career pathways and get you moving towards your dream job.

A BETTER PLANET Spend 12.5 weeks working to create resilient communities in the face of Wildfire. Play a vital role in improving your community and the environment.

Northwest Youth Corps' Community Wildfire Protection Corps crews integrate team-based work projects, education, and professional trainings into a program that encourages personal growth and the development of resource management skills.

Schedule:

- 1/26/2022 to 4/22/2022
- Members generally work M-F
- Crews work in Eugene/Springfield, OR area
- This is a day program (no camping/housing provided)

Benefits:

- Members receive a living allowance of \$500/week prorated throughout their term of service, along with earning a \$1,678 AmeriCorps Education Award upon the successful completion of the program.
- Crew members gain industry-recognized credentials and skills that can be added to their resume and help in gaining access to outdoor related careers.

COVID-19 Safety Measures:

Proven COVID-19 safety protocols are in place to keep members and staff healthy, and have maintained an excellent safety record. Visit www.nwyouthcorps.org/m/covid19 to read our COVID management protocols.

For More Info:

Contact Zeke Zeff at ZekeZ@nwyouthcorps.org or call (215) 667-9028

Qualifications:

- 19-26 years old with high school diploma or GED
- Ability to lift 75 lbs., hike several miles, and be on foot for 8-10 hours per day
- Positive mental attitude, willingness to learn and have commitment to success
- Ability to pass a criminal history background check and follow our COVID safety protocols
- Obtain First Aid/CPR certification prior to start (reimbursement available)

funded by

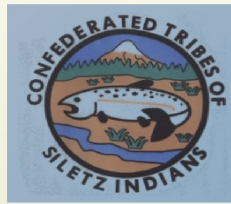


AmeriCorps



NWYOUTHCORPS.ORG

PARENTING CLASS



CONFEDERATED TRIBES OF COOS, LOWER UMPQUA & SIUSLAW

COW CREEK BAND OF UMPQUA TRIBE OF INDIANS

CONFEDERATED TRIBES OF SILETZ INDIANS

PRESENT TO YOU:

FATHERHOOD IS SACRED MOTHERHOOD IS SACRED BY ALBERT M. POOLEY

WHEN:

April 6, 13, 20, 27

May 4, 11, 18, 25

2022

6pm - 7:30pm

WHERE

~ZOOM~

Link will be emailed to you
after registration

RSVP BY

3/30/2022

Lori Christy

503-390-9494

loric@ctsi.nsn.us

RSVP BY

3/30/2022

Jessica Hibler

541-484-4234

jessicah@ctsi.nsn.us

RAFFLE PRIZES FOR PARTICIPANTS WHO ATTEND!

FOR THOSE THAT ATTEND ALL 8 WORKSHOPS

**YOU WILL BE ENTERED INTO A DRAWING FOR THE GRAND
PRIZE SO DON'T MISS OUT!!**

WWW.NATIVEAMERICANFATHERS.ORG/

COURSE TOPICS:

- Define the purpose of life
- Understanding the sacredness of fatherhood/motherhood

Laying the Foundation

- Understanding the concepts of character and integrity
- Understanding the importance of fathers and mothers as leaders.

The Creator

- Understand and explain the importance of faith/belief

Choice

- Understand and value the freedom of choice
- Understanding the consequences of both good and bad choices

Essential Part of Choice

- Understanding the importance of vision and explain how vision is powerful

Teachable

- Understand the importance of truth and being teachable

Barriers to Being Teachable

- Understand and identify the barriers to being teachable
- Understand and explain how to remove the barriers to being teachable

Wisdom

- Understand the importance of wisdom
- Explain the three components of wisdom

Service

- Understand the importance and benefits of service
- Understand the concept of sacrifice and why it is important
- Explain how to value the small and simple things

Self Identity

- Understand why it is important to know who we are
- Understand the importance of improving attitude
- Understand how our parents had ideas about who we would become

Relationships

- Learn positive ways to build relationships
- Understand how communication affects relationships

Nurturing

- Understand the importance of nurturing
- Learn how to nurture your family and children
- Understand how love and discipline relate to nurturing



CTSI VIRTUAL COLLEGE INFORMATION NIGHT

PART III

Join the CTSI Education team on
April 21st @ 6pm via Zoom

Topics:

- CTSI Higher Education and AVT applications and deadlines
- Siletz Tribal Housing Department Student Housing Assistance application
- Understanding and accepting your financial aid packet
- Meet college representatives

CONTACT YOUR AREA EDUCATION SPECIALIST TO SIGN UP

Katy Holland
Portland Area
(503) 238-1512
katyh@ctsi.nsn.us

Sonya Moody-Jurado
Salem Area
(503) 390-9494
sonyamj@ctsi.nsn.us

Alissa Lane-Keene
Siletz Area/Out of Area
(541) 444-8373
alissal@ctsi.nsn.us

Candace Hill
Eugene Area
(541) 484-4234
candaceh@ctsi.nsn.us

USDA distribution dates for March 2022

Siletz

Tuesday	March 1st	9 a.m. – 3 p.m.
Wednesday	March 2nd	9 a.m. – 3 p.m.
Thursday	March 3rd	9 a.m. – 3 p.m.
Friday	March 4 th	9 a.m. – 3 p.m.
Monday	March 7 th	9 a.m. – 3 p.m.

Salem

Monday	March 14th	1:30 – 6:30 p.m.
Tuesday	March 15th	9 a.m. – 6:30 p.m.
Wednesday	March 16th	By appt only

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, USDA Program Director
sammyh@ctsi.nsn.us

Siletz: 541-444-8279
Salem: 503-391-4296
FAX: 541-444-8306

USDA Recommended Safe Minimum Internal Temperatures

					
Beef, Veal, Lamb Steaks & Roasts 145 °F	Fish 145 °F	Pork 145 °F	Beef, Veal, Lamb, Pork, Ground 160 °F	Egg Dishes 160 °F	Turkey, Chicken & Duck Whole, Pieces & Ground 165 °F



United States Department of Agriculture
Food Safety and Inspection Service

USDA Meat & Poultry Hotline
1-888-MPHotline (1-888-674-6854)

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. 11th 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.

Elk Tag Opportunity

The Tribal Natural Resources Department will once again be offering a limited number of Landowner Preference (LOP) elk tags to Tribal members for the 2022-2023 hunting season. As a landowner, the Tribe is eligible to participate in the State’s LOP program. Based on the number of acres that the Tribe owns, we can get 6 additional antlerless elk tags from the State. These LOP tags are not related to the Tribe’s Consent Decree tags that we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe’s regular tags. These are summarized in the table below.

	Tribal Tags	LOP Tags
State Hunting License Required?	No	Yes – Tribal member must purchase both a 2022 and a 2023 State hunting license
Area to be Hunted	Anywhere within the specific tag’s hunt boundaries	Only on Tribal land within the unit selected during that unit’s antlerless elk season. Units available include West Stott, North Alsea, South Alsea and Siuslaw
Eligible for other State elk tags?	Yes	No*
Give tag to another licensed Tribal member to hunt for you?	Yes	No
Application and Selection Process	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP Drawing; if selected apply to State for controlled hunt tag (list LOP unit in <u>LOP</u> section on State controlled hunt application)
Obtain Tag From	Tribe	State – Tribal member must purchase hunting license and elk tag prior to the start date of the hunt
* Note: If you are drawn for an LOP Tag you are still eligible to apply for and be drawn for a Tribal tag.		

Please note a major difference between the LOP tags and the Tribe’s regular tags is **ONLY the person drawn for the tag can hunt that tag. The tag cannot be given to someone else to hunt for you.** Only Tribal members serious about hunting an LOP tag personally are eligible to apply.

The drawing for the 6 LOP elk tags will be held during the Natural Resources Committee Meeting to be held on April 4th at 4:45 PM. Applications are available on the Tribal website, in the kiosk at the back door of the Tribal Admin building in Siletz, or by calling the number below. Completed applications must be received by the Natural Resources office by **4:30 PM April 1, 2022**. For more information regarding these tags and the differences between the Tribe’s regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232.

March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	1 USDA Distribution Siletz 9-3pm Produce Plus Food 2-4pm Language Class Beginning Conversation 5pm	2 USDA Distribution Siletz 9-3pm Produce Plus Food 9-4pm Deadline for Applications Spring Break Stream Kits	3 USDA Distribution Siletz 9-3pm Produce Plus Food 9-4pm Language Class Continuing Conversation 5pm	4 Pay Day USDA Distribution Siletz 9-3pm Produce Plus Food 9-4pm	5
6	7 USDA Distribution Siletz 9-3pm	8 Time Sheets Due Produce Plus Food 2-4pm Language Class Beginning Conversation 5pm	9 Produce Plus Food 9-4pm Virtual Culture Night Maple Bark 6pm	10 Produce Plus Food 9-4pm Language Class Continuing Conversation 5pm Last day to RSVP for EAO Indian Taco & Culture Activity	11 Produce Plus Food 9-4pm	12 Elders Meeting Zoom 1pm Immersion Conversation Hour 12pm Minecraft Gathering 10:30am
13 	14 USDA Distribution Salem 1:30-6:30pm	15 USDA Distribution Salem 9-6:30pm Produce Plus Food 2-4pm Language Class Beginning Conversation 5pm	16 USDA Distribution Salem By Appt. ONLY Produce Plus Food 9-4pm Eugene A/O Indian Tacos & Craft Activity Drive Thru Event 4:30-6:30pm	17 Produce Plus Food 9-4pm Language Class Continuing Conversation 5pm	18 Pay Day Produce Plus Food 9-4pm Youth BINGO Night 6pm	19
20	21	22 Time Sheets Due Produce Plus Food 2-4pm	23 Produce Plus Food 9-4pm	24 Produce Plus Food 9-4pm	25 Produce Plus Food 9-4pm	26 Special Youth Council Meeting 12pm
27	28	29	30	31 Deadline for College Students Internship Program 4:30pm	1	2

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
Nick Viles, Language/Traditional Arts Instructor x1757 nickv@ctsi.nsn.us
Candace Hill, Education Specialist/JOM x1763 candaceh@ctsi.nsn.us
Jenifer Jackson, Tribal Service Specialist/477SSP x1755 jeniferj@ctsi.nsn.us
Cathy Ray, Intake Specialist/Job Coach x1756 catheriner@ctsi.nsn.us
Jamie Boe, Community Health Advocate x1753 jamieboe@ctsi.nsn.us
Nora N Williams-Wood, Clerk x1750 noraw@ctsi.nsn.us
Vacant, Elders On-Call Transport

**Explain your anger, DON'T express IT, and YOU WILL IMMEDIATELY OPEN
THE DOOR TO solutions INSTEAD OF ARGUMENTS**

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

**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 Cabela's 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

deniseq@ctsi.nsn.us