

Address: 2468 West 11<sup>th</sup> Avenue

Eugene OR 97402

Telephone: 541-484-4234

Fax: 541-484-4583

The Confederated Tribes of Siletz Indians

The Eugene Area Office Newsletter  
April 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](http://www.ctsi.nsn.us)

**Need Rental Housing?**

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

Siletz (1, 2, 3, 4 bedroom)  
Lincoln City (2, 3 bedroom)  
Neachesna Village  
Applications can be obtained on-line from the Siletz tribes' website or calling:

1-800-922-1399 Ext 1322  
(541) 444-8322

FAX (541) 444- 8313

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

**2022**

**Low-Income Energy Assistance Program (LIHEAP)**

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

**Email Reminders**

**If anyone would like reminders of special meetings, cultural classes or special events, etc. Contact Nora at the Eugene Area Office to be put on the email list.  
Telephone: (541) 484-4234 or email: [noraw@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)**

Chinook Winds Casino Resort

Sign up for an electronic

newsletter:

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



Don't take it personally.  
Believe in yourself.  
Do the next smallest right thing.

**Breathe.**

And don't waste your precious time on anyone who does not believe you to be who you know you are.

## ELDERS APRIL 2022 NEWSLETTER

Hi Everyone,

I hope you had a cheerful St Patrick's Day on Thursday March 17<sup>th</sup>. At our age "we live for the parties" a quote from a very dear friend I utterly agree with. With a Happy Easter to all on April 17<sup>th</sup>.

Congratulations to Danise Barker as our newly elected Siletz Area Elders Representative. Welcome aboard Danise. ;-)

Something new I would like to begin for 2022. I want to wish my Eugene area elders a Happy Birthday each month, (first names only). Since this great idea just came to me after reading the Siletz Elders Program Reference Book I received and it is already April, I will do our first quarter Birthday's with this newsletter and then monthly starting in May.

So Happy Belated Birthday wishes to our **January** elders; Michael, Tena, Paula, Everett, Violet, Terry, Arthur, Francis, Carilyn, and Zachary! Happy Belated Birthday wishes to our **February** elders, Anna, Evette, and Ronald. Happy Belated Birthday wishes to our **March** elders; Brian, Divonna, Douglas, Howard, Sheri, Annette, Stuart, and Nora! And for our **April** elders; Happy Birthday wishes Tonya and Sandra! For good health, wealth, prosperity, love filled with lots of happiness throughout the year to come.

I am excited that we have the Diabetes Director Position filled again, and sure Kim Lane will be great in her new job promoting good health! Congratulations Kim. I received the Diabetes dinner dishes and book from Kim recently and looking forward to the monthly dinner zoom meetings she has planned for the diabetes program.

The next Elders Council Meetings via zoom is scheduled for Saturday, April 16<sup>th</sup> at 1:00 pm. Again, email AJ Warren [ajw@ctsi.nsn.us](mailto:ajw@ctsi.nsn.us) and he 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 Spring Fling at the Casino on April 6<sup>th</sup> and 7<sup>th</sup>.

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. Elders Spring Fling on April 6<sup>th</sup> and 7<sup>th</sup>. To contact the Elders Program for any event, use this number, 541-444-8212, be sure to leave your name, and phone number with your question and you will get a call from the Elders staff.

The dates of the Book Club for the next few zoom meetings will be the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month from now on. For March it was the 10<sup>th</sup> and the 24<sup>th</sup>. April it will be the 14<sup>th</sup> and the 28<sup>th</sup>. I do enjoy listening and seeing everyone on the zoom meeting. Just let AJ Warren know you want to get the Book Club ZOOM link invitation address and he will send you one. His email is [ajw@ctsi.nsn.us](mailto:ajw@ctsi.nsn.us) and the Elders program phone number is 541-444-8212 for any questions.

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

[VDenie101@gmail.com](mailto:VDenie101@gmail.com)

Cell: 503-890-0742



Candace Hill, Education Specialist

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

(541) 484-4234 x1763

(541) 270 - 0037

# Education – April 2022

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

## Upcoming Education Items

- ***JOM Spring Send Home Activity*** – We are continuing our send home activities series in April. Sign up to receive a fun, educational, family activity! Registration opens on April 1<sup>st</sup> and closes April 14<sup>th</sup> at 4:30pm. Contact Candace to sign up via Microsoft forms.
- ***College Information Night Part III*** – Join the Education team on April 21<sup>st</sup> 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.
- ***Higher Education and Adult Vocation Training Applications are Due Soon!*** – Are you interested in attending college or a vocation school? Don't forget to apply for the CTSI Higher Education or Adult Vocation Training programs. Applications are due by June 30<sup>th</sup>. Remember to fill out your Free Application for Federal Student Aid (FAFSA) by June 30<sup>th</sup> as well! Applications can be found on the CTSI webpage: Go to Services and Programs, then Education, and then "Post-Secondary Education". For questions or more information, please contact Candace.

## Education Program Opportunities

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

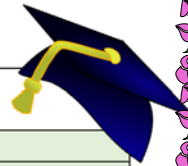
- Are you wanting to apply for Native-specific college scholarships? Email Candace for a list.
- The Free Application for Federal Student Aid aka FAFSA is currently open for the 2022-23 school year. Students can fill out the application at [financialaid.gov](http://financialaid.gov). If you are interested in applying to Higher Ed or certain AVT programs, FAFSA needs to be done no later than June 30<sup>th</sup>, 2022.
- The Higher Education and Adult Vocation Training Program applications are due by June 30<sup>th</sup>, 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](http://www.fafsa.ed.gov))

*\*If applying for Higher Education funds for the 2022-2023 academic year, students must complete their FAFSA by June 30th*

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

↔ CTSI Graduate Application Due June 30th

[www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf](http://www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf)

• Graduate applicants must apply to the American Indian Graduate Center for scholarship funding, to be eligible for CTSI Funding (at [www.aigcs.org](http://www.aigcs.org))

• American Indian Graduate Center applications open as early as December and **close as early as May each year**. It is your responsibility to be aware of and meet the AIGC scholarship deadlines.

Contact an Education Specialist in your area for more information.

Siletz Area & Out-of-State Alissa Lane-Keene AlissaL@ctsi.nsn.us 541-444-8373	Eugene Area Candace Hill CandaceH@ctsi.nsn.us 541-484-4234	Portland Area & Washington Katy Holland KatyH@ctsi.nsn.us 503-238-1512	Salem Area Sonya Moody-Jurado SonyaMJ@ctsi.nsn.us 503-390-9494
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Visit [www.ctsi.nsn.us/post-secondary-education/](http://www.ctsi.nsn.us/post-secondary-education/) for applications.

## 477-Self Sufficiency Program – Essential Services during COVID

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

- Pre-Temporary Assistance for Needy Families (Pre-TANF) / Non-Recurrent Short Term Benefits: Siletz families below 185% of the Federal Poverty Level (FPL) may be eligible for short-term financial assistance that doesn't exceed 4 months. The financial assistance is meant to provide basic needs and address short-term emergent needs;
- Regular Temporary Assistance for Needy Families: Siletz families below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- General Assistance for Single Adults: Siletz single adults below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- Emergency Assistance: Siletz families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply;
- Classroom Training: the Program is still providing financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/Occupational Training.
- Childcare Assistance: The Program offers childcare assistance to eligible TANF families while they engage in work or self-sufficiency activities;
- Foster Care Support Services: Childcare assistance to employed foster parents. The Program covers "working hours only" and limited respite.
- Home Visiting: The Program is accepting new families into the Early Childhood Home Visiting Program and working with current families to provide lessons in-person. Staff and families will be required to adhere to social distancing and wearing masks.
- Direct Placement: Support services (work clothing, transportation, tools, etc.) for Native Americans that recently gained employment. Must apply within 7-days of hire.

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

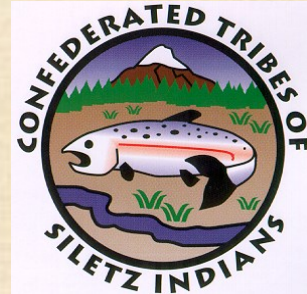
If you recently lost your employment due to Covid-19 and need assistance to meet your basic needs, please contact your local CTSI Tribal Office for an application. Additional eligibility criteria apply. SSP staff will reach out to you by phone or email. You can also email [477SSP@ctsi.nsn.us](mailto:477SSP@ctsi.nsn.us)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

**"YOUR CHILD WILL FOLLOW YOUR  
EXAMPLE, NOT YOUR ADVICE..."**



# 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



# WORK EXPERINCE



## 477-SSP PAID WORK EXPERIENCE

Paid Work Experience will be available to eligible, work ready participants who lack work history, transferrable skills, those that have little to no employment skills and those needing new employment skills.

Participants will be paid for 480 hours.

Support Services may be utilized for work required tools, uniforms/clothing/boots/shoes, and transportation assistance.

### **Who is eligible:**

Enrolled members of Federally recognized tribes or descendants.

### **Confederated Tribes of Siletz Indians**

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

Siletz Administration Office: Jamie (541) 444-8266

Portland Area Office: Tamra (503)2381512

Salem Area Office: Angelica (503) 390-9494

Eugene Area Office: Cathy (541) 484-4234

Must meet eligibility criteria and services are available on budgetary basis

# 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 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:

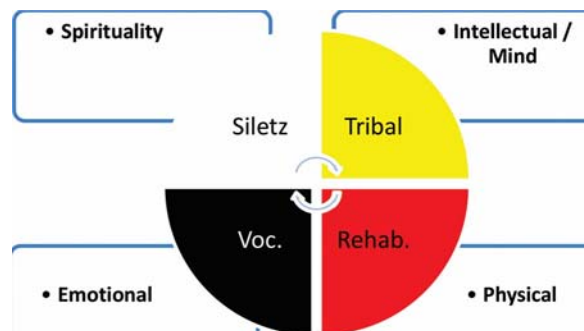
Siletz Area Office  
201 SE Swan Avenue  
Siletz OR 97380

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

Portland Area Office  
12790 SE Stark Street Suite 102  
Portland OR 97233

Eugene Area Office  
2468 W 11<sup>th</sup> Avenue  
Eugene OR 97402

Siletz- Jamie Bokuro, Interim VR Director/SSP	541-444-8266x1266
Portland - Tamra Russell, VR Job Developer/477-TSS	503-238-1512x1411
Salem - Toni Leija, VR Counselor/Job Developer	503-692-9494x1861
Eugene - Makayla Jackson, VR Counselor/Job Developer	541-484-4234x1752



# SILETZ TRIBE VOCATIONAL REHABILITATION PROGRAM

## Cushing's Disease VS Cushing's Syndrome – APRIL AWARENESS

**Cushing's Syndrome** is a disorder that occurs when your body makes too much cortisol (hormone) from overuse of certain medications over a long period of time. **Cushing's Disease** is caused by an overproduction of cortisol from the adrenal glands and causes tumor (pituitary) growth in the brain.

**Cortisol** is sometimes called the "stress hormone" because it helps your body respond to stress and helps: 1) maintain blood pressure 2) regulate blood sugar 3) reduce inflammation and 4) turn the food you eat into energy. **Cushing's Syndrome** affects adults, between ages 30 to 50, but it can also occur in children. It affects about three times as many women as men

### Cushing's Syndrome may cause other health problems such as:

- ✦ heart attack or stroke
- ✦ blood clots in the legs and lungs
- ✦ infections
- ✦ bone loss or fractures
- ✦ type 2 diabetes
- ✦ high blood pressure
- ✦ unhealthy cholesterol levels
- ✦ depression or other mood changes
- ✦ memory loss or trouble concentrating
- ✦ insulin resistance and prediabetes



### Signs and Symptoms:

- ✦ weight gain
- ✦ a round face
- ✦ increased fat around the base of the neck
- ✦ a fatty hump between the shoulders
- ✦ thin arms and legs
- ✦ easy bruising
- ✦ wide purple stretch marks, on the stomach, breasts, hips, and under the arms
- ✦ weak muscles

**If you or someone you love is exhibiting symptoms, then contact your medical provider for an exam. The Siletz Vocational Rehab. staff are available to assist you with your vocational needs.**

**Some Accommodations: a flexible work schedule, financial assistance or telework.**

References: [Cushing's Syndrome and Cushing Disease | Endocrine Society](#) – Jan 2022  
[Cushings Booklet English.pdf \(pituitarysociety.org\)](#) – 2013

Jamie Bokuro, Interim Vocational Rehabilitation Director/TSS (Siletz) 541-444-8266  
Tamra Russell, VRC/Job Developer & TSS (Portland) 503-238-1512, x1411  
Makayla Jackson, VRC/Job Developer (Eugene) 541-484-4234 x1752  
Toni Leija, VRC/Job Developer (Salem) 503-390-9494 x1861

# 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.

## Home Visiting

April is National Child Abuse Prevention Month. Thriving families depend on strong support systems. Support can come from family, friends, neighbors, and others in the community. Learn what it takes to invest in families. #Child Abuse Prevention Month #Thriving Families

<https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/conversation-guides/>

APRIL IS  
**National Child Abuse Prevention Month**  
#ThrivingFamilies

Children's Bureau  
Child Welfare Information Gateway

**Risk Factors**  
Parental stress  
Substance use  
Poverty

**Protective Factors**  
Parental resilience  
Nurturing and attachment  
Knowledge of parenting and child development  
Concrete support in times of need  
Social connections  
Social-emotional competence of children

Everyone has a role to play in helping the families in our communities be resilient and access support. Learn more about protective factors ...Prevention starts with you!

<https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/resource-guide/>

The Siletz Home Visiting Program is a great way for families of young children to gain knowledge and support. Siletz Home Visiting provides parenting and life skills for successful and positive parenting. The model and curriculum we use is Family Spirit developed by the John Hopkins Center for American Indian Health. Family Spirit is the only evidence based home visiting program designed specifically for Native American families. We serve all federally recognized and Alaskan Native families in our 11 county service area that meet the eligibility requirements. Program starts prenatally or before child turns one year old and continues until child turns three. For more information contact our Home Visitor Cathy Ray at 541-484-4234 or [catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us).

# Community Health: April 2022



Jamie Boe, Community Health Advocate

Phone: 541-484-4234 Email: [JamieBoe@ctsi.nsn.us](mailto: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**
- Resource Line **541-444-9613**
- CARE Program **541-444-9680**



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

## 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.

Pharmacy Refill Line: **541-444-9624**



## 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**

## Tribal Non-Emergency Medical Transportation Line: 541-444-9633



We provide transportation to and from medically related appointments *as a last resort* to Siletz tribal members who lack transportation. To determine eligibility for transport services, please call the Siletz transport hub at least 48 hours in advance and leave a detailed message. Someone will call you back within two days.

# Community Health: April 2022



Jamie Boe, Community Health Advocate

Phone: 541-484-4234 Email: [JamieBoe@ctsi.nsn.us](mailto:JamieBoe@ctsi.nsn.us)



## National Alcohol Awareness Month

Alcohol dependence is America's number one health problem, claiming more than 90,000 lives each year. Driving under the influence of alcohol accounts for nearly 11,000 deaths each year, which is 29% of driving fatalities. Long-term alcohol abuse will negatively affect your health, leading to chronic diseases including high blood pressure, liver disease, digestive problems, cancer, and even death. Alcohol use disorder can also hurt the interpersonal relationships in life with friends, family, and employers. The first step to recovery for people with alcohol use disorder is admitting they have a problem, and reaching out for help. Here are a few websites where people can find resources for quitting for good, and for anyone touched by alcohol use disorder:

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

<https://www.ctsi.nsn.us/alcohol-drug-program/>

<https://al-anon.org/>

*The butterfly had to start somewhere. -----*



## National Child Abuse Prevention Month

In 2020 over 150,000 children, ages two to five, were abused in the United States, and over 1,700 children died as a result. American Indians and Alaskan Native children have the highest rate of child abuse across all races and ethnicities. In most cases these children are abused by their mothers, fathers, or both. Abuse can be physical, emotional, sexual, and psychological. Signs of child abuse include unexplained bruises, aggressive behavior, lack of necessities, and drastic changes in behavioral and eating habits. **ACEs** or **Adverse Childhood Experiences**, are traumatic experiences in the first 18 years of life that can cause lasting harm. Addressing root causes of ACEs, like racism, poverty, and community disruption can build stronger communities, as well as healthier children and adults.

Call 1-855-503-SAFE (7233) if you suspect a child is being abused.

To Learn More Visit: <https://preventchildabuse.org/>



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

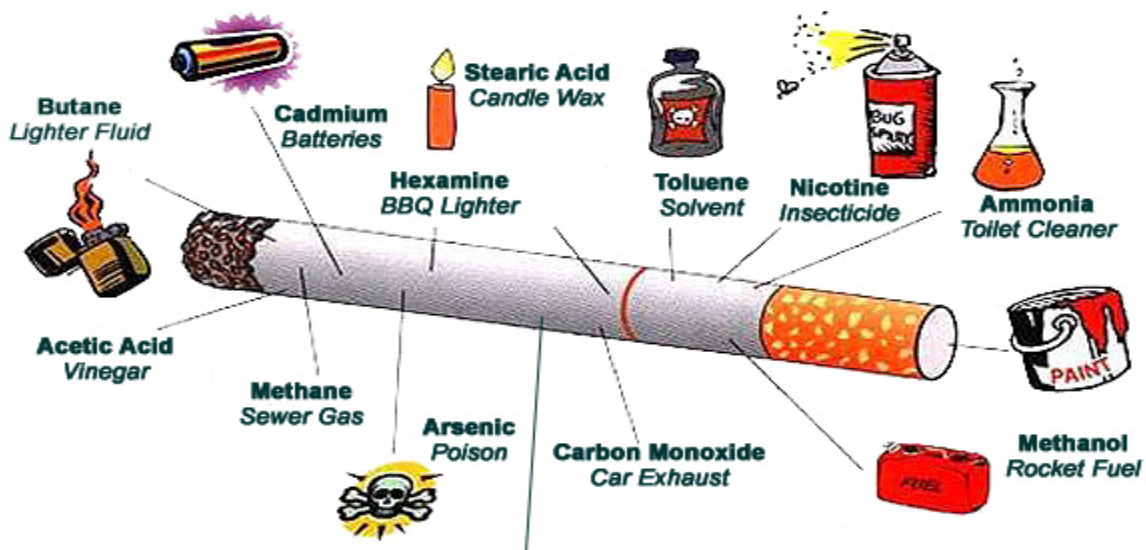
[CTSI Eugene CHA](#)

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](mailto:JamieBoe@ctsi.nsn.us)

# Tobacco: More than just Nicotine



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

## Tobacco Related Cancers for the Month of April



**Esophageal Cancer:** Esophageal cancer is cancer arising from the esophagus—the food pipe that runs between the throat and the stomach. Symptoms often include difficulty in swallowing and weight loss. Other symptoms may include pain when swallowing, a hoarse voice, enlarged lymph nodes ("glands") around the collarbone, a dry cough, and possibly coughing up or vomiting blood.

**Causes:** The two main types (i.e. squamous-cell carcinoma and adenocarcinoma) have distinct sets of risk factors. Squamous-cell carcinoma is linked to lifestyle factors such as smoking and alcohol. Adenocarcinoma has been linked to effects of long-term acid reflux. Tobacco is a risk factor for both types. Both types are more common in people over 60 years of age.

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

# JOM Spring Activity

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

Sign up for a fun, educational, family activity!

**Registration opens April 1st, 2022 and  
closes April 14th, 2022**

Contact your area  
Education Specialist to sign up

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

Siletz Area  
(541) 444-8373  
jeffs@ctsi.nsn.us

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

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





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

RSVP BY

3/30/2022

Jessica Hibler

541-484-4234

[jessicah@ctsi.nsn.us](mailto: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



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

**LEARN  
NUU-WEE-YA'**

**TUESDAYS APRIL 12-JUNE 14**

5:00 PM-BEGINNING CONVERSATION 1

5:45 PM- BEGINNING CONVERSATION 2

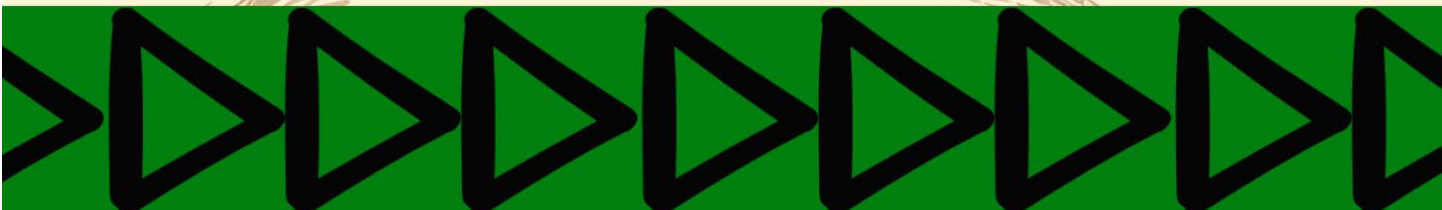
**THURSDAYS APRIL 14-JUNE 16**

5:00 PM-ONGOING CONVERSATION

**SATURDAYS 5/7, 5/21, 6/11**

NOON-IMMERSION CONVERSATION HOUR

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



# CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

## ***Upcoming Dates:***

***April 13 at 6 pm: Shellfish***

***May 11 at 6 pm: Camas***

***June 8 at 6 pm: Tule and Cattail***

***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***



# 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



# We're Back!

Calling all Gamers, K-12

## CTSI

### Minecraft Gathering

**APRIL 23, 2022 @  
10:30 AM**

## Contact:

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

for registration

# 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](http://www.nwyouthcorps.org/m/covid19) to read our COVID management protocols.

## For More Info:

Contact Zeke Zeff at  
[ZekeZ@nwyouthcorps.org](mailto: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**



# *Memorial Day*

## **Virtual Community Sharing Night**

May 25, 2022 at 6 pm via Zoom

Sponsored by the Education and Culture Departments

Contact Nick Viles ([nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)) or Buddy Lane ([buddyl@ctsi.nsn.us](mailto:buddyl@ctsi.nsn.us)) to sign up

# 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>





## 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.

	<b>Tribal Tags</b>	<b>LOP Tags</b>
<b>State Hunting License Required?</b>	No	Yes – Tribal member must purchase both a 2022 and a 2023 State hunting license
<b>Area to be Hunted</b>	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 Alesa, South Alesa and Siuslaw
<b>Eligible for other State elk tags?</b>	Yes	No*
<b>Give tag to another licensed Tribal member to hunt for you?</b>	Yes	<b>No</b>
<b>Application and Selection Process</b>	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)
<b>Obtain Tag From</b>	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 4<sup>th</sup> 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.

## 2022 CTSI CSA Program



The Confederated Tribes of the Siletz is partnering with FOOD For Lane County to bring even more fresh produce into your household, through a Community Supported Agriculture (CSA) program! We hope to help your family make fewer hard choices about where to spend your food budget, and to support healthy choices and behavior.

**Interested families will receive one box of fresh organically grown produce a week from June to mid-November.**

### **Content of Boxes:**

- Small: 6-7 items, feeds 1-2 adults
- Family Size: 9-11 items (e.g. of an item, 2lbs potatoes, head lettuce)
- Quantity and variety varies through the season depending on what is harvested.

If interested in the program you must be willing to commit to receiving the weekly produce boxes for all 22 weeks. Boxes are delivered to the Eugene Office Wednesday afternoons. If picking up is a barrier, please let us know.

This program also includes optional nutritional and educational resources to support healthy lifestyle changes.

Space is limited.

For more information or to RSVP contact:

**Jessica Hibler at 541-484-4234 or**

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

# Produce Plus Food Rescue



## Siletz Tribal Members:

If you or your family would like to share in some *FREE*, fresh produce, you may pick it up at the Siletz/Eugene Area office on Tuesdays between 2:00 and 4:00 pm. Any produce that is not picked up at this time can be picked up later on in the week from 9 am-4pm. It just will not be as fresh.

Since our tribal office remains closed to the public during the COVID-19 pandemic, the food distribution will take place outside the building. Face masks and social distancing are required. If you don't have a mask, one will be provided.

Please bring your own bags or cooler to transport your food. You may call ahead and check on the availability of food.

Siletz Office: 541-484-4234  
2468 W. 11<sup>th</sup> Avenue, Eugene, OR

This food is collected and distributed by Food for Lane County, Eugene, OR. The Siletz tribe and FFLC are working in a joint effort to alleviate hunger in our community.

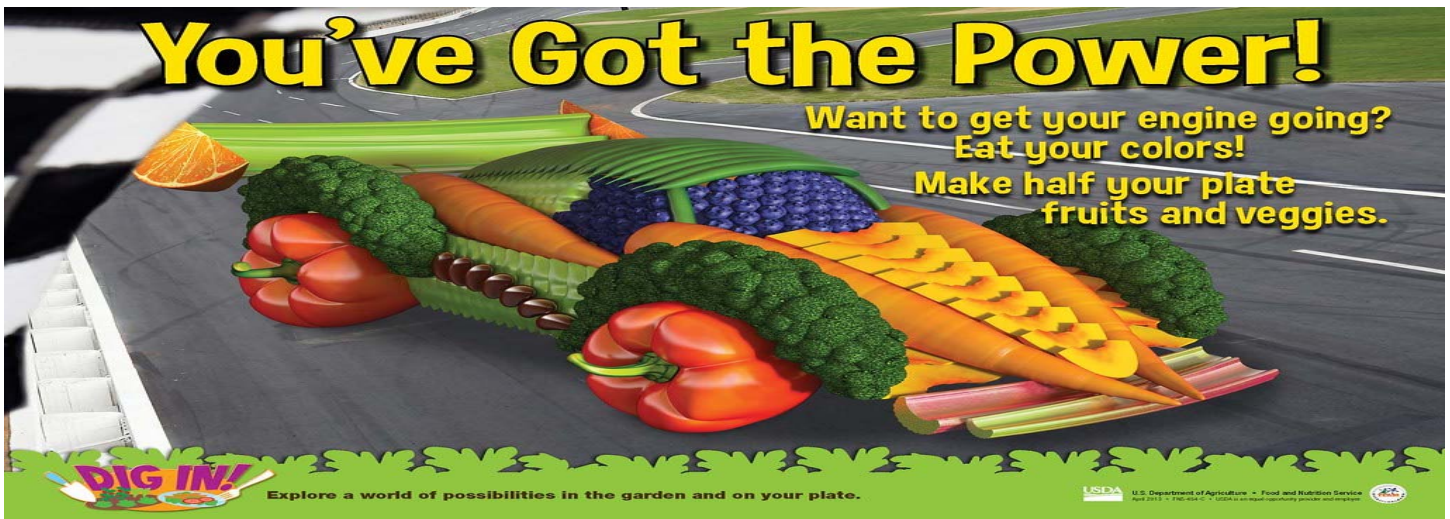
# USDA distribution dates for April 2022

## Siletz

Monday	April 4 <sup>th</sup>	9 a.m. – 3 p.m.
Tuesday	April 5 <sup>th</sup>	9 a.m. – 3 p.m.
Wednesday	April 6 <sup>th</sup>	9 a.m. – 3 p.m.
Thursday	April 7 <sup>th</sup>	9 a.m. – 3 p.m.
Friday	April 8 <sup>th</sup>	9 a.m. – 3 p.m.

## Salem

Monday	April 18 <sup>th</sup>	1:30 – 6:30 p.m.
Tuesday	April 19 <sup>th</sup>	9 a.m. – 6:30 p.m.
Wednesday	April 20 <sup>th</sup>	<b>By appt only</b>



**LIKE us on Facebook at Siletz Tribal FDPIR.** We would like to see more people sharing their recipes on our FB page. Like us at SILETZ TRIBAL FDPIR.

Sammy Hall, USDA Program Director, [sammyh@ctsi.nsn.us](mailto:sammyh@ctsi.nsn.us)

Siletz: 541-444-8279

Fax: 541-444-8306

Salem: 503-391-4296

# April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29 Produce Plus Food 2-4pm  Language Class Beginning Conversation (1) 5pm Conversation (2) 5:45	30 Produce Plus Food 9-4pm	31 Produce Plus Food 9-4pm  Language Class Ongoing Conversation 5pm	1 Pay Day  Produce Plus Food 9-4pm  JOM Spring Activity Registration Open 	2
3	4 USDA Distribution Siletz 9-3pm	5 Time Sheets Due  USDA Distribution Siletz 9-3pm  Produce Plus Food 2-4pm  Language Class Beginning Conversation (1) 5pm Conversation (2) 5:45	6 USDA Distribution Siletz 9-3pm  Produce Plus Food 9-4pm  Virtual Culture Night Maple Bark 6pm  Parenting Class ZOOM 6-7:30pm	7 USDA Distribution Siletz 9-3pm  Produce Plus Food 9-4pm  Language Class Ongoing Conversation 5pm	8 USDA Distribution Siletz 9-3pm  Produce Plus Food 9-4pm	9 Elders Meeting Zoom 1pm
10	11	12 Produce Plus Food 2-4pm  Language Class Beginning Conversation (1) 5pm Conversation (2) 5:45	13 Produce Plus Food 9-4pm  <i>CTSI Virtual Culture Night—Shellfish 6pm</i>  <i>Parenting Class ZOOM 6-7:30pm</i>	14 Produce Plus Food 9-4pm  Language Class Ongoing Conversation 5pm  JOM Spring Activity Closed	15 Pay Day  Produce Plus Food 9-4pm	16
17 	18 <i>USDA Distribution Salem 1:30- 6:30pm</i>	19 Time Sheets Due  <i>USDA Distribution Salem 9-6:30pm</i>  Produce Plus Food 2-4pm  Language Class Beginning Conversation (1) 5pm Conversation (2) 5:45	20 <i>USDA Distribution Salem By Appt. ONLY</i>  Produce Plus Food 9-4pm  <i>Parenting Class ZOOM 6-7:30pm</i>	21 Produce Plus Food 9-4pm  Language Class Ongoing Conversation 5pm  CTSI Virtual College Info Night 6pm	22 Produce Plus Food 9-4pm	23 <i>Minecraft 10:30am</i>
24	25	26 Produce Plus Food 2-4pm  Language Class Beginning Conversation (1) 5pm Conversation (2) 5:45	27 Produce Plus Food 9-4pm  <i>Parenting Class ZOOM 6-7:30pm</i>	28 Produce Plus Food 9-4pm  Language Class Ongoing Conversation 5pm	29 Pay Day  Produce Plus Food 9-4pm	30

The Confederated Tribes of Siletz Indians  
The Eugene Area Office Staff  
541-484-4234 1-800-922-1399

Jessica Hibler, Supervisor x1751 [jessicah@ctsi.nsn.us](mailto:jessicah@ctsi.nsn.us)  
Nick Viles, Language/Traditional Arts Instructor x1757 [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)  
Candace Hill, Education Specialist/JOM x1763 [candaceh@ctsi.nsn.us](mailto:candaceh@ctsi.nsn.us)  
Jenifer Jackson, Tribal Service Specialist/477SSP x1755 [jeniferj@ctsi.nsn.us](mailto:jeniferj@ctsi.nsn.us)  
Cathy Ray, Intake Specialist/Job Coach x1756 [catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us)  
Makayla Jackson, Job Developer/Counselor/VRD X1752 [makaylaj@ctsi.nsn.us](mailto:makaylaj@ctsi.nsn.us)  
Jamie Boe, Community Health Advocate x1753 [jamieboe@ctsi.nsn.us](mailto:jamieboe@ctsi.nsn.us)  
Nora N Williams-Wood, Clerk x1750 [noraw@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)  
Verdene McGuire, Eugene A/O Rep. [vdeniel01@gmail.com](mailto:vdeniel01@gmail.com)  
Vacant, Elders On-Call Transport

I'm Stronger because of my hard times,  
Wiser because of my mistakes, &  
Happier Because of my sad experiences.

The Confederated Tribes of Siletz Indians  
Eugene Area Office  
2468 W 11<sup>th</sup> 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](mailto:mikek@ctsi.nsn.us)

Or

Denise Garrett at

541-444-8227

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