

THE DRUMBEAT NEWSLETTER - April 2022



Highlights/Announcements

Siletz Salem Area Office

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Salem, OR 97305

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Page Directory

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Reminder

Door prizes from SAO events, that have been left for 30 days or more without arrangements to pick up at a later date, will be reissued.

SILETZ COMMUNITY HEALTH RESOURCE LINE

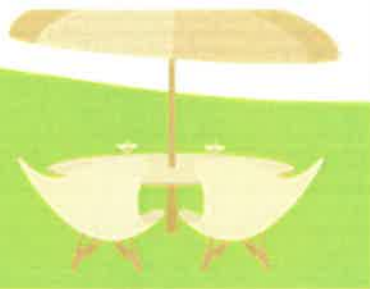
RESOURCE PHONE NUMBER 541-444-9613

200 GWEE SHUT ROAD, SILETZ for pick up of supplies

Please call the community health resource line for COVID supplies; this includes...

Masks (surgical, KN95, and N95), face shields, gloves, hand sanitizer, Clorox wipes, first aid kits, thermometers and home COVID test kits.

If you test positive please call this number. Additional resources are available, such as pulse oximeter used to check oxygen level in COVID positive patients at higher risk of complications.



Even though the Area Office is still in Phase I, child passenger seats are available to Siletz tribal household members and dependents. Call Cecilia for more information or to schedule an appointment.



Bicycle helmets are available to Siletz tribal Youth. Call Cecilia at (503) 390-9494 for more information.



EASY PITA BREAD PIZZA

INGREDIENTS

Nutrition

DIRECTIONS

1 pita bread

Brush on a little olive oil on the pita.

2 tablespoons spaghetti or 2 tablespoons pizza sauce

Spread sauce on top of the pita.

Sprinkle on the shredded cheese.

1/4 cup mozzarella cheese, shredded

Sprinkle on pinches of desired herbs and spices, and add any toppings you'd like.

spices (oregano, basil, garlic powder) or dried herbs (oregano, basil, garlic powder)

Place on baking sheet, bake for 5-7 minutes at 400°, or until cheese is melted (times may vary).

Slice with pizza cutter and enjoy!

olive oil (optional)



NUTRITION INFO

Serving Size: 1 (88) g

Servings Per Recipe: 1

AMT. PER SERVING	% DAILY VALUE
Calories: 249	
Calories from Fat 62 g	25 %
Total Fat 7 g	10 %
Saturated Fat 3.8 g	18 %
Cholesterol 22.1 mg	7 %
Sodium 497.2 mg	20 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 1.3 g	5 %
Sugars 1.1 g	4 %
Protein 11.7 g	23 %



Sonya Moody-Jurado - Sonyamj@ctsi.nsn.us - 503-390-9494 x 1856

JOM



Calling all gamers K-12
April 23, 2022 at 10:30am
Contact elizabethm@ctsi.nsn.us for registration or questions



If you would like to sign up your JOM students for the Spring Activity, email Sonya by the Deadline dates below.
April Dates - Opens April 1, 2022 and Closes April 14, 2022
sonyamj@ctsi.nsn.us

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

College Information Night Part III - April 21st at 6:00pm

Topics: Application and deadline information; Siletz Tribal Housing Department Student Housing Assistance application; Understanding and accepting your financial aid package; Meet college representatives. (See flyer on page 5 for more information)

Tribal Temporary Student Assistance Program (TTSAP)

STHD will be accepting applications starting May 1st, 2022 through May 31st, 2022. No applications will be accepted after May 31, 2022.

The Tribal Temporary Student Assistance Program (TTSAP) is a time-limited program which assists a student while obtaining higher education for a period not to exceed six years.

The next term we will be funding is Fall Term 2022. **The deadline for Fall Term is June 30, 2022.** All documentation has to be turned in by that date to have your application considered complete. For an application please call Sonya at (503) 390-9494 or applications are available on our Tribal website at www.ctsi.nsn.us. Applications are date stamped by the date of completion.

ADULT EDUCATION

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

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 or x1757 to sign up

**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

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

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

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

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



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) or Buddy Lane (buddyl@ctsi.nsn.us) 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
Jeff Sweet Siletz Area/Out of Area (541) 444-8373 jeffs@ctsi.nsn.us	Candace Hill Eugene Area (541) 484-4234 candaceh@ctsi.nsn.us

Thinking of attending college during the 2022-2023 Academic year? Here's what you need to know

➤ FAFSA Opens for Applications Oct. 1st
(at www.fafsa.ed.gov)

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

➤ CTSI Higher Education Grant Application Due June 30th
www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf

➤ CTSI Graduate Application Due June 30th
www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf

Contact an Education Specialist in your area for more information.

Siletz Area & Out-of-State Jeff Sweet JeffS@ctsi.nsn.us 541-444-8373	Eugene Area Candace Hill CandaceH@ctsi.nsn.us 541-484-4234	Portland Area & Washington Katy Holland KatyH@ctsi.nsn.us 503-238-1512	Salem Area Sonya Moody-Jurado SonyaMj@ctsi.nsn.us 503-390-9494
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Visit www.ctsi.nsn.us/post-secondary-education/ for applications.

SILETZ HOME VISITING PROGRAM - *Lori Christy, Home Visitor*

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

APRIL IS
National Child Abuse Prevention Month
#ThrivingFamilies

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

Children's Bureau
Child Welfare Information Gateway

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 Lori Christy, Home Visitor 503-390-9494 x 1863 or loric@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.

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

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

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

Component Spotlight:

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

Core Services:

Provides employment enhancement services.

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

Classroom Training:

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

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

Direct Placement:

Assistance to become job ready.

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



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

Important 477-SSP Dates to Remember:

April 5: Monthly Report Forms, Self Sufficiency Activities, Time-sheets, and Job Search Forms are due.

April 12: Impact of Attitude - 10:00 am (Online Monthly Training)

April 21: Mother Earth - 10:00 am (Online Activity)

For More Information Contact:

Tribal Service Specialist:

Angelica Espino

Phone: 503-390-9494 ext. 1853

Email: Angelicae@ctsi.nsn.us

WORK EXPERIENCE



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

Siletz Administration Office: Jamie (541) 444-8266

Portland Area Office: Tamra (503) 238-1512

Salem Area Office: Angelica (503) 390-9494

Eugene Area Office: Cathy (541) 484-4234

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

Spring has arrived:

The saying is, April showers bring May flowers. We experienced some rain in March, and even some snow. As Oregonians, though, we know rain is in our spring forecast. Now is the time to tackle projects that were set aside for the thaw, like doing the bathroom remodel or making that quilt for your loved one you've been meaning to make.

Activities for personal mental growth:

- 1) Start writing in a journal about your daily struggles and accomplishments. It is a useful tool to see where you are in life, and where you want to go next.
- 2) Do five minutes of mindfulness each day, focusing on relaxed breathing from your belly.
- 3) Stand in front of a mirror, posed like a super-hero, for three minutes. Great thing to do before an interview to build confidence.



Growing your family connection:

- 1) Eat a meal with the whole family, at least twice a week, if possible. Don't turn on electronics, but instead check in with each family member; ask, what was one low for the day, and one high.
- 2) Create a new family tradition. Go on the same hike once a week or play the same board game once a week. New traditions are a great way to build bonds.
- 3) Try and do more as a family together. Clean the dishes together, straighten the living room together, and/or make dinner together. Each family member will feel like they play an important role in the family.

Ways to fight feelings of isolation and boredom as the pandemic lingers:

- 1) Schedule Facetime/video conferencing to see loved ones outside of your immediate circle, and help your children contact and connect with their peers.
- 2) Go out in the sunshine, or even the rain, and walk, or run, just being mindful of that social distancing.
- 3) An organized house helps create a healthy mind; try organizing drawers, sorting that laundry, and getting the dishes out of the sink for starts.

An April haiku by the MHS:

Spring rains fall, clouds part,
Sun bursts forth, smiles come, moods lift,
With nature, rejoice!

Send a haiku/poem to the MHS:

rachelz@ctsi.nsn.us

Traditional coping:

In current times, some forms of Native coping and healing might continue to be limited. While gatherings such as powwows and sweats may be postponed, smudging, praying, and drumming can be ways to stay connected to one's tribe, and Native traditions. Think about calling your elders and peers to check in on them. Getting out into nature, whether solitary or with your immediate family, is another way to help us stay close to Native ways.

Portland Area Office

Virtual Appointments Only

(503) 200-4340

Salem Area Office

Virtual Appointments Only

(503) 200-4340

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

Siletz

Monday	April 4	9:00 am – 3:00 pm
Tuesday	April 5	9:00 am – 3:00 pm
Wednesday	April 6	9:00 am – 3:00 pm
Thursday	April 7	9:00 am – 3:00 pm
Friday	April 8	9:00 am – 3:00 pm

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

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

SALEM WAREHOUSE LOCATION

3160 Blossom Drive NE, Suite 185

Salem

Monday	April 18	1:30 pm – 6:30 pm
Tuesday	April 19	9:00 am - 6:30 pm
Wednesday	April 20	By appointment only

Sammy Hall, FDP Director

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

Fax

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

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



at **"Siletz Tribal FDPIR"** and share your recipes.

Purchased/Referred Care Updates

What to expect when calling Purchased/Referred Care (PRC): You'll get a voicemail and we'll ask you to leave a message.

Need an Authorization Number

Your message should include:

- Your name
- Your date of birth
- Your phone number
- Provider or facility name and type of appointment (dental, medical, optometry, etc.)
- Date of appointment

PRC staff will call you as soon as possible with the goal of same day but no more than 1 business day.

PRC general questions or status of claim

Your message should include:

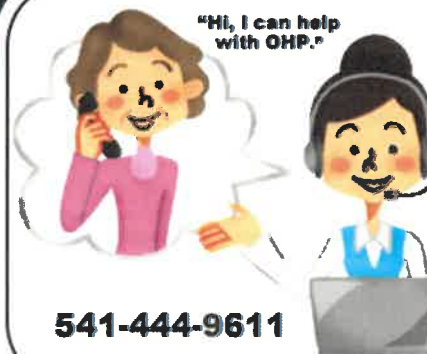
- Your name
- Your date of birth
- Your phone number
- Reason for call

PRC staff will call you as soon as possible but no more than 3 business days.

Contact Purchased/Referred Care

Pre-authorization and notification within 72 hours is required.

541-444-1236
800-628-5720
Fax: 541-444-9645



Do you need help with OHP?

You don't have to leave your home to apply!
Applications can now be done online or over the phone.

Shop for health plans at
<https://or.checkbookhealth.org/>
or call direct at 855-268-9767.

541-444-9611

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

CTSI Jobs

Tribal employment Information is available at ctsi.nsn.us

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

Corey Strong, TPEP Coordinator

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

A Message from the Re-Entry Mentor

STREAM Re-Entry for Natives-

It's been a slow start for the Siletz Tribal Re-Entry and Management (STREAM) program. However, we are starting to get busy now. The STREAM program is here to help with Re-Entry services for Native Americans. If you have a loved one that could benefit from the program, please let me know.

Joseph Hegge, Re-Entry Mentor

Office: 503-390-9494 EXT. 1857

Cell: 541-270-1403

JosephH@ctsi.nsn.us

SILETZ TRIBAL VOCATIONAL REHABILITATION PROGRAM

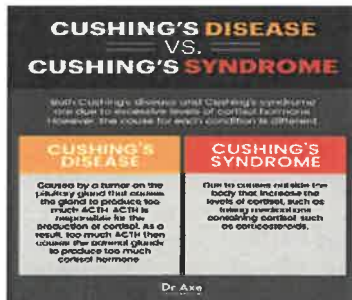
Cushing's Disease VS Cushing's Syndrome – APRIL AWARENESS

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 Rehabilitation 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, Intake Specialist/Job Coach (Interim VRC/Job Developer) (Siletz) 541-444-8266
Tamra Russell, TSS1 (Interim VRC/Job Developer) (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



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

YOUR SALEM AREA OFFICE STAFF:

Andulia White Elk	AnduliaW@ctsi.nsn.us	Addictions Counselor	X 1414
Angelica Espino	AngelicaE@ctsi.nsn.us	Tribal Services Specialist	X 1853
Antonia Leija	AntoniaL@ctsi.nsn.us	Voc Rehab Counselor/Job Developer	X 1861
Beverly Owen	BevO@ctsi.nsn.us	Area Office Supervisor	X 1851
Cecilia Tolentino	CeciliaT@ctsi.nsn.us	Community Health Advocate	X1854
Dana Rodriguez	DanaR@ctsi.nsn.us	Area Office Clerk	X 1850
Joseph Hegge	JosephH@ctsi.nsn.us	Re-Entry Mentor	X1857
Lori Christy	LoriC@ctsi.nsn.us	Home Visitor	X 1863
Lydia Kentta		Transporter	
Rachel Zinn	RachelZ@ctsi.nsn.us	Mental Health Counselor	X1417
Sonya Moody-Jurado	SonyaMJ@ctsi.nsn.us	Education Specialist	X 1856