



Highlights/Announcements



CROCHET GROUP



Would you like to participate in a Crochet Group? Let us know! Learn different stitches and then create your own unique project. Call the Salem Area Office and ask for Bev or email BevO@ctsi.nsn.us to sign up. Limited slots available so call now!



Siletz Salem Area Office

3160 Blossom Drive NE, Suite 105
 Salem, OR 97305
 Phone: 503-390-9494
 Fax: 503-390-8099

Page Directory

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May 8 is



ALL TRIBAL OFFICES WILL BE CLOSED ON MONDAY, MAY 30, FOR MEMORIAL DAY

DIY Sanitizing Wipes Recipe 1

Prep Time 2 minutes

Soaking Time 5 minutes

Ingredients

1/2 roll select-a-size paper towels

18 ounces 99% isopropyl alcohol (or at least 70%)

5 ounces water

2 tablespoons hydrogen peroxide

45 drops essential oils

Instructions

Cut your roll of papertowels in half using a non-serrated knife. Squeeze one half of the paper towels into a large jar or coffee container

Mix all the liquid ingredients together in a spouted measuring cup, bowl, or pitcher and pour over the paper towels. Let solution soak into the paper towels. Optional step: Flip the paper towels over to help the liquid absorb. If your roll of paper towels comes out easily from your container, I recommend this step to help with saturation.

Make sure to [use at least 70% alcohol](#) in your DIY Lysol or Clorox wipes, or they will not be effective. [Studies](#) have shown a minimum of 62% alcohol is effective.

Disclaimer: We are not medical professionals, chemical formulators, or pharmacists. This is not medical advice!

Use at your own risk.

***Siletz Tribal Child Passenger
Seat Program***
Car seat assistance is available to Siletz Tribal member children and legal dependents of Siletz tribal members. Please call or email Cecilia at the Salem Area Office to schedule an appointment time.

Melanoma/Skin Cancer Detection and Prevention

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles and blotches or spots on your skin. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

The Siletz Community Health Department is proud to participate in Melanoma/Skin Cancer Detection and Prevention Month. During the month of May, join us in taking action to prevent skin cancer and reduce the risk of UV damage.

Take simple steps today to protect your skin:

- Stay out of the sun as much as possible between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher. Put on sunscreen every 2 hours and after you swim or sweat.
- Cover up with long sleeves and a hat.
- Check your skin regularly for changes.

Make an appointment with your health provider immediately if you discover any spots or have other skin condition concerns.

DIY Sanitizing Wipes Recipe 2

Ingredients

- 2 cups distilled water
- 1 cup [isopropyl alcohol](#) (70-91% concentration)
- 1 TBSP [Dawn dish soap](#)
- 3 drops [Tea tree oil](#) (optional)
- 1 Paper Towel Roll

Instructions

- Cut your paper towel roll through the middle with a serrated knife.
- Flip them over and stick into a jar or previous Lysol/Clorox wipes box.
- Mix together the water, rubbing alcohol, and dawn dish soap.
- Pour around the edges of the paper towel roll. Let it soak in for 2 minutes.
- Pull the middle paper towel roll out and throw away. Now you can pull from the middle.
- Store in a closed container with lid.



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

Siletz

Monday	May 2	9:00 am – 3:00 pm
Tuesday	May 3	9:00 am – 3:00 pm
Wednesday	May 4	9:00 am – 3:00 pm
Thursday	May 5	9:00 am – 3:00 pm
Friday	May 6	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	May 16	1:30 pm – 6:30 pm
Tuesday	May 17	9:00 am – 6:30 pm
Wednesday	May 18	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.

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.

ENERGY ASSISTANCE - LIHEAP/LIHWAP



What is LIHEAP?

- LIHEAP (Low-Income Home Energy Assistance Program) is a federally-funded program that helps low-income households with their home energy bills. This can be electric and/or natural gas.
- LIHEAP can help you stay warm in the winter. By doing so, you can reduce the risk of health and safety problems (such as illness, fire, or eviction.)

What Assistance does LIHEAP provide?

- Heating Assistance (Applicants must only have a tribal member in the household and be income eligible.)
- Crisis Assistance (Shut off or Final Notice exceeding base award.)

What is LIHWAP?

- LIHWAP (Low-Income Household Water Assistance Program) is a federally-funded program that helps low-income households with their clean water bill.
- LIHWAP can help keep clean and safe water in the home.

Enrolled Siletz Tribal Member

The applicant, or a child residing in the household, must be an enrolled Siletz tribal member.

Residence Location

The residence must be located within the 11 county service area.

Income Eligible

The applicant/family must meet the annual income guidelines as determined at the time of intake.

Program Key points

LIHEAP is divided into two categories: 1) Heating 2) Crisis. The maximum award is \$800 per household.

LIHWAP is a single payment program. Qualified households will have a one-time payment made on their behalf, directly to the water supplier in the amount of \$500.

Not all households will qualify for the maximum LIHEAP amount. LIHEAP awards will depend on family size, income and need.

When returning an application, please be sure to have all necessary documentation beforehand, or be able to have required documents before appointment time.

Required documentation includes, but is not limited to:

- o Social Security Cards for ALL household members (NO EXCEPTIONS!)
- o Tribal ID/ CIB
- o Most recent billing statement
- o Current income documents – for each adult household member (e.g. Social Security award letter, Unemployment print out, paystubs etc.)

If you need documentation from other departments, please be sure to make those requests from those departments prior to your appointment.

Applications are available via email or US Postal upon request.

If you have any additional questions, please don't hesitate to call Casey Godwin in the Siletz Tribal Housing Department at (541) 444-8311 or (541)270-0194.





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

Upcoming Education Events

- **JOM Spring Send Home Activity** – We are continuing our Send Home Activities series in May. Sign up to receive a family engagement activity! Registration opens on May 2 and closes May 12 at 4:30 pm. Please call (503) 390-9494 or email sonyamj@ctsi.nsn.us to sign up via Microsoft Forms.
- **CTSI Annual Student Gathering** – Please join the Education department as we celebrate and honor our 2022 Higher Education, AVT and graduate level graduates on June 23 at 6pm via Zoom! All post-secondary students and their families are welcome. Contact Sonya to register by June 10 at 4:30 pm.

YOUTH SERVICES

The Youth Services team developed a Facebook page to feature youth activities. The Facebook page is:

www.facebook.com/CTSIyouth

Siletz Tribal Youth Activity

The Siletz Tribal Youth Activity fund helps to fund programs for Siletz tribal youth in many areas such as: sports, music, camp fees, lab fees, shop supplies, graduation, educational/scholastic materials, cultural supplies and materials, correspondence courses, and extra-curricular supplies. Siletz tribal members from kindergarten to high school can access up to \$150.00.

Siletz Tribal Head Start Program

The Head Start program is a preschool program for children ages 3 to 4 years old.

The Head Start program application and forms are posted on the Tribal website at: <https://www.ctsi.nsn.us/wp-content/uploads/2021/03/Head-Start-Application-2021-2022.pdf>

Student Incentive Program

The Siletz Tribal Council desires to reward students for their educational achievement and encourage them to continue on into higher education by rewarding each milestone. This is a monetary incentive and is awarded by level of education.

If you are a Siletz Tribal member and have completed any of these educational milestones - Headstart, Kindergarten, Elementary, Middle, High School, Bachelor Degree, Master's Degree, or Doctorate - you can apply by submitting a Student Incentive Application, copy of certificate/diploma or GED, and a copy of Tribal ID/CIB. Applications are available on the Tribal website at: <https://www.ctsi.nsn.us/wp-content/uploads/2020/12/Student-Incentive-Program.pdf>, or call me for an application.

Below are the grade level and incentive amounts:

Pre K – 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

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

The next term of funding will be Fall Term 2022. The deadline to apply is June 30, 2022. You can access the HE and AVT applications on the Tribal website at <https://www.ctsi.nsn.us/post-secondary-education/>, or you can call me at (503) 390-9494.

The Tribe has a one time per year application process. If a student plans to start Winter or Spring term, a completed education application has to meet the June 30, 2022 deadline. Please call me if you have any questions regarding funding for college.

Tribal Temporary Student Assistance Program (TTSAP)

The Siletz Tribal Housing Department (STHD) will be accepting applications starting May 1, 2022 through May 31, 2022. Applications received after May 31, 2022 will not be accepted.

The Tribal Temporary Student Assistance Program (TTSAP) is a time-limited program which assists a student while obtaining higher education. The participant must:

- Maintain full-time student status (defined as twelve or more credits per semester)
- Attend a college, university, vocational, or trade school
- Maintain a cumulative 2.5 GPA.

The household must be able to meet the NAHASDA income guidelines and the household's share of the rent is thirty percent of the adjusted annual income. If the student leaves the household, the household will no longer be eligible for assistance.

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 me at (503) 390-9494 x 1856.

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 SonyaM@ctsi.nsn.us 503-390-9494
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Visit www.ctsi.nsn.us/post-secondary-education/ for applications.

JOM Spring Activity

Open to all JOM registered youth in the
11-county service area
Sign up for a fun, educational, family engagement activity!

**Registration opens May 2nd, 2022
and closes May 12th, 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

CTSI ANNUAL STUDENT GATHERING

Join the CTSI Education Department as we
celebrate and honor our 2022 Higher Education,
AUT, and Masters graduates!

All students and their families are welcome!

June 23rd at 6pm via Zoom

Registration closes June 10th at 4:30pm

CONTACT YOUR AREA EDUCATION SPECIALIST

TO SIGN UP AND GET THE ZOOM LINK


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

CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

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 541-484-4234 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

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

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

Please help us spread the word! **Siletz Tribal Home Visiting is now serving all federally recognized and Alaskan Native families who meet the eligibility requirements.** Family must be in our 11 county service area and be expecting or have a baby less than 12 months old. Please contact our Home Visitor for more information and eligibility requirements, Lori Christy, loric@ctsi.nsn.us or 503-390-9494.

Children are learning all the time as they play and interact with others and the world around them. Providing a variety of things for your children to explore and play with, things to experience and many interactions with you and others, is a perfect way for them to learn. Here are a few things you can try.

Counting Fingers and Toes

Toddlers love to count their fingers and toes. Count their fingers or toes out loud while pointing to each one. Help them learn how to touch each one only once as you count out loud. As they try it on their own they may count out of order, that is very normal and not important at this stage. The more you count fingers and toes and other objects they will eventually learn the concepts of numbers.



For different variations of this learning activity for toddlers and twos, count the stairs as you go up and down, count bubbles floating in the air, or count the number of plates in the dishwasher.

Skills learned: Basic number skills and one-on-one correspondence skills

Helping Errands

Little ones love to help so send your toddler on different “errands” around the house. Have them go get their shoes, take a toy to their room, find their cup etc. Not only does this give your one-year-old a sense of independence and accomplishment but they also are learning to listen and follow directions.

Skills learned: Understanding directions and memory skills

Finger Painting

Finger painting is fun for children of all ages although it can be a bit messy. If the weather is nice and you can go outside, and you are okay with some mess, then go for it. But if you want to stay inside without a mess here are some suggestions. Put some tempera paint in a Ziplock bag and let your child squish and spread the paint around through the plastic bag. You might want to use a slightly thicker bag like a freezer bag. You can tape the bag to the table so it stays in one place. If you want something to save you can put a piece of paper in the bag with the paint.



Skills learned: Sensory integration - exploring with touch and sight, fine motor skill development as well as creativity

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:

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

May 19: Apprenticeships/Internships & Short Term Training -
10:00 am (Online Monthly Training)

May 26: Regalia Information Training - 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

Siletz Tribal TANF Program



TANF—Temporary Assistance for Needy Families

Cash Assistance can include but is not limited to:

- ◆ Cash Grants
- ◆ Support Services
- ◆ Childcare Assistance
- ◆ Address barriers to self-sufficiency/employment
- ◆ Culturally based Case Management
- ◆ Referrals
- ◆ Job readiness & Job skills Workshops
- ◆ GED & Higher Education guidance



Eligibility requirements:

1. Enrolled Siletz Tribal member in household
2. Live in 11-County Service Area
3. Meets income requirements
4. Complete application process to determine eligibility

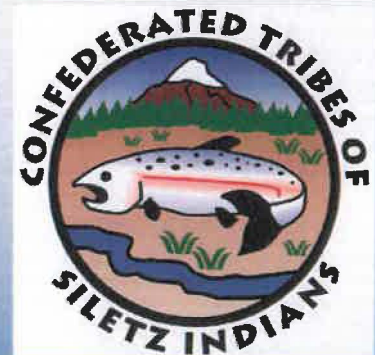
Pre-TANF / Diverted Services:

This Program can provide non-recurrent short term Benefits:

- ◆ must not exceed 185% of Federal poverty Level for last 30 days
- ◆ Intent is to divert families from becoming TANF participants
- ◆ Expected to have gainful employment within 4 months
- ◆ Services will not exceed four months
- ◆ Eligible families can receive cash grants based on household size
- ◆ Family may be eligible for support services based on barriers identified on case plan

Examples of eligible families:

- ◆ On unpaid maternity leave
- ◆ Short term illness/injury



Contact:

Email: 477ssp@ctsi.nsn.us

Siletz Area Office:

201 SE Swan Ave.
Siletz, OR 97380
541-444-2532

Salem Area Office:

3160 Blossom Dr. NE #105
Salem, OR 97305
503-390-9494

Portland Area Office:

12790 SE Stark St. #102
Portland, OR 97233
503-238-1512

Eugene Area Office:

2468 W. 11th Ave.
Eugene, OR 97402
541-484-4234






A & D PHILOSOPHY

The primary philosophy of the Siletz Tribal Alcohol and Drug Program is that alcoholism, chemical dependency and other addictions are progressive illnesses. When left untreated, they can cause emotional, mental, physical and spiritual problems for the person, family and community. Addictions are treatable and staff are personally dedicated to providing culturally relevant treatment services.

VALUES

The Siletz Tribal Alcohol and Drug Program adheres to the following:

-  The continuous improvement of service delivery.
-  People deserve to be treated with dignity and respect.
-  The value of diversity and cultural sensitivity.

ADMISSION CRITERIA

Priority for admission to any component of the program is as follows:

First Priority: Siletz Tribal members.

Second Priority: Family members currently living with Siletz Tribal members, Native Americans who are enrolled in other tribes and Siletz Tribal employees.

Third Priority: Non-Native community members who have ties to the Siletz Tribal community.

SERVICES

Behavioral Health Case Management

Community development
 Community education
 Leadership skill building
 Alternative activities
 Individual and community asset building
 Mentorship opportunities
 Support groups
 Cultural activities

Outpatient Treatment Services






Evaluation/assessment
 Referral to appropriate resources
 Alcohol/other drug education
 Individual counseling
 Group counseling
 Family treatment
 Cultural/traditional counseling
 Adolescent treatment
 Women's specific treatment
 Intervention
 Recreational therapy
 DUII Services

Transitional Services

(in Siletz Service Area)

A transitional, residential program is available for men and women who have completed residential alcohol/drug treatment.

Services include:

-  Life skill building
-  Domestic violence education
-  Parenting skill building
-  Referral to appropriate resources
-  Support for family reunification

FEEES

Recovery Mentor Outreach

There are no fees associated with Recovery Outreach Mentor services.

Outpatient Treatment





Siletz Tribal members and other Native Americans who are enrolled in a federally recognized tribe are eligible for services at no cost to them. Third party payments are accepted. Non-tribal clients will be assigned a fee based on a sliding fee schedule.

Transitional Living Center

Residents are required to pay 30% of their income for rent and utilities.

SERVICE AREA

The Confederated Tribes of Siletz Indians service area is made up of eleven Western Oregon counties. Four Tribal offices serve these eleven counties:

-  **SILETZ** – Lincoln and Tillamook Counties
-  **SALEM/KEIZER** – Marion, Yamhill and Polk Counties
-  **EUGENE** – Lane, Linn and Benton Counties
-  **PORTLAND** – Multnomah, Clackamas and Washington Counties

Andulia White Elk, Addictions Counselor
503-559-1352 – anduliaw@ctsi.nsn.us

Andrew Eddings, Behavioral Health Case Mgr.
541-270-9717 – andrewe@ctsi.nsn.us



Spring has arrived:

The saying is, April showers bring May flowers. We experienced snow into the middle of April! As Oregonians, we know we're in for more rain, but here's hope that the flowers will be spectacular. 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.

Sometimes, we experience loss. When we do, it's important to grieve. Here are some aspects of grieving that are natural and completely reasonable:

- 1) Allow yourself to fully experience the pain of your loss. It can be hard to allow pain in, but it is a natural part of the grieving process. It can be detrimental to your health to avoid that pain, and can even cause long-term damage to your mental health. Grief is a part of life. That being said, it is also okay to put your grief away for a while, especially when it becomes overwhelming.
- 2) Talk with others, particularly people who have experienced a similar type of loss. No one understands how you feel, but people with similar experiences can share how they coped.
- 3) Express your grief through creative processes such as art, dance, music.
- 4) Be sure to keep physically active. It is a hard time to do so, but all the more important to keep mental health struggles such as depression at bay.



A May haiku by the MHS:

April showers passed,
May flowers are here to bloom,
Is that really snow?

Traditional Healing

For the people of the Siletz tribe, spring is a good time to rekindle the family's passion. Go to powwows together, participate in feather dances, go clamming together. Talking circles, sweat lodges and smudging are all traditional medicines that the Siletz people have found quite powerful throughout time.

Portland Area Office

Virtual Appointments Only
(503) 200-4340

Salem Area Office

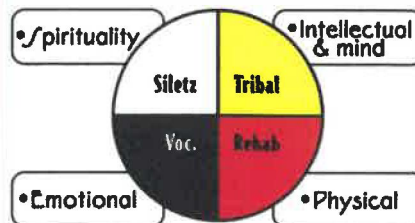
Virtual Appointments Only
(503) 200-4340

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 employment services
- Résumé writing
- Interviewing techniques
- Job coaching
- Culturally relevant and individualized services
- Evaluations, assessments and training placement opportunities
- Adaptive equipment



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

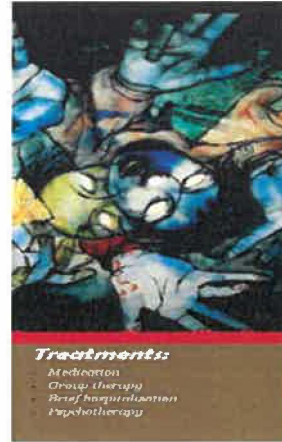
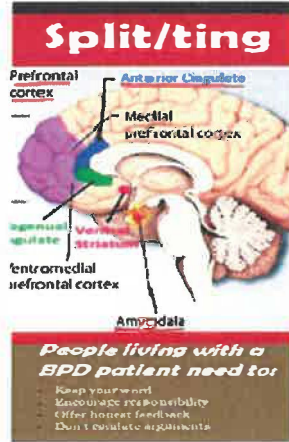
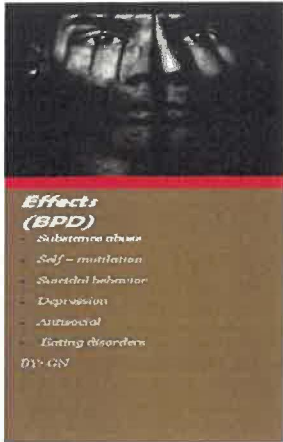
Makayla Jackson
Job Developer/Counselor
Eugene Area Office
2468 W 11th Ave.
Eugene, OR 97402
541-484-4234, ext. 1752

Tamra Russell
Job Developer/Counselor/TSS
Portland Area Office
12790 SE Stark St., STE 102
Portland, OR 97233
503-238-1512, ext. 1411

Toni Leija
Job Developer/Counselor
Salem Area Office
3160 Blossom Drive NE, STE 105
Salem, OR 97305
503-390-9494, ext. 1861

Jamie Bokuro
Intake Specialist/Job Coach
Siletz Area Office
201 SE Swan Ave.
Siletz, OR 97380
541-444-8266

Overcoming the Stigma of Mental Illness and Harnessing Your Super Powers!



Bipolar Personality Disorder (BPD) is characterized by individuals' who may experience unstable moods, exhibit chaotic behaviors, and struggle with daily functioning. Tribal communities play a key role in the healing of their members from the history of colonization, generational and family traumas (i.e., removal of children into foster care or

previously, boarding schools). It truly does take a village to facilitate the healing of tribal members through cultural, traditional, and healing arts.

Symptoms: (Vary From Person to Person)

- ✚ Distorted self-image
- ✚ Mood swings, sometimes severe and sudden
- ✚ Suicidal thoughts
- ✚ Feelings of isolation, boredom, worthlessness, and emptiness
- ✚ Feelings of anxiety
- ✚ Delusions
- ✚ Loss of interest in routine activities
- ✚ Unstable relationships

Causes: Research indicates that BPD is an adult survivor's reaction to childhood trauma. Genetic and environmental factors may play a role...

Strengths: Individuals with BPD are highly creative, intelligent, and can become great leaders, storytellers, artists, and healers! Through the use of their super powers, they can bring about positive changes to the social fabric of society.

Self-Care:

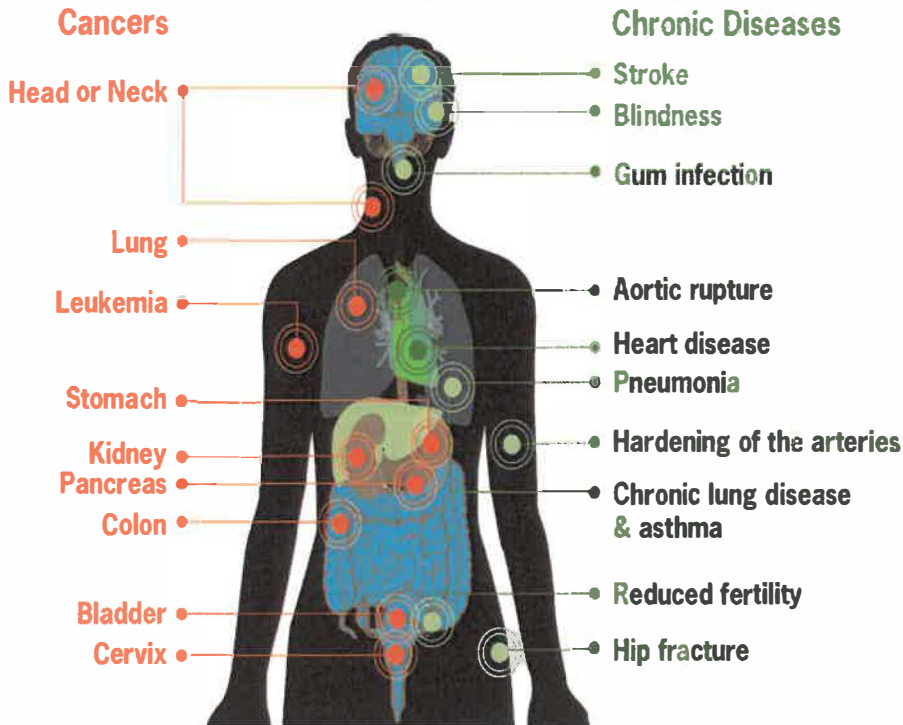
- ✚ Find a support group to share experiences and feelings
- ✚ Explore emotion regulation coping skills (i.e., Dr. Marsha M. Linehan – Dialectical Behavior Therapy – Skills Training Manuals)
- ✚ Develop and maintain healthy social relationships by practicing with the group
- ✚ Psychotherapy and sometimes, medications can help individuals' stabilization

Accommodations: Specialized Job Placement – where the individual's behaviors can be accommodated, assignment of a Job Coach or Peer Mentor to facilitate communications, intervene in crisis, and help the individual adjust to their work environment. Show unconditional love and acceptance and keep your word!

Siletz: Jamie Bokuro, Job Developer/Counselor (Interim) 541-444-8266, ext. 1266
Eugene: Makayla Jackson, Job Developer/Counselor, 541-484-4234, ext. 1752
Portland: Tamra Russell, Job Developer/Counselor (part-time) 503-238-1512, ext. 1411
Salem: Toni Leija, Job Developer/Counselor, 503-390-9494, ext. 1861

Risks from Smoking

Smoking can damage every part of the body



Tobacco Related Cancers for the Month of May

Melanoma and Skin Cancers:



Melanoma is a cancer that develops in melanocytes, the pigment cells present in the skin. It can be more serious than the other forms of skin cancer because of a tendency to spread to other parts of the body and cause serious illness and death. Because most melanomas occur on the skin where they can be seen, patients or their spouses are often the first to detect suspicious tumors. Caught early, most melanomas can be cured with relatively minor surgery.

Bladder Cancer:



Bladder cancer is any of several types of cancer arising from the tissues of the urinary bladder. It is a disease in which cells grow abnormally and have the potential to spread to other parts of the body. Symptoms include blood in the urine, pain with urination, and low back pain. Risk factors for bladder cancer include smoking, family history, prior radiation therapy, frequent bladder infections, and exposure to certain chemicals. The most common type is transitional cell carcinoma. Other types include squamous cell carcinoma and adenocarcinoma.

*Culture is Prevention - Keep it Traditional
Smoke Salmon, not Commercial Tobacco*

Commercial Tobacco Quitline 1-800-QUIT-NOW

AI/AN Line now available 1-800-784-8669 (option 7)

Corey Strong, TPEP Coordinator
CoreyS@ctsi.nsn.us
541-444-9682



2022
***Confederated Tribes of
Siletz Indians***
Memorial Day Ceremony

May 30, 2022
11:00 a.m.
Government Hill
Siletz, Oregon

Procession to Veterans Memorial – Honor Guard
and Dancing Again Singers

Lord’s Prayer – Siletz Royalty
Welcome – Tribal Council Chairman Delores Pigsley
Memorial Day Address – William “Buster” Lane
Presentation of Flowers
Gun Salute – Honor Guard – Taps

Closing – Dancing Again Singers

Due to Covid-19, Social Distancing protocols will be in place.
The Community Center remains closed.
The restrooms at the comfort station near the pow wow grounds will be open.

2022-2023 Hunting and Fishing Tags Distribution Schedule

Tribal offices are closed to the public due to COVID-19 restrictions. Tribal members wanting a tag should call to have tags mailed to them beginning the first date of tag issuance 541-444-8227 or 541-444-8232

Type of Tag		Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery***	50	8/27-9/25	8/1 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/1-11/4**	8/15	First Come First Served*
	Antlerless – Adult	12	10/1-11/4	Lottery applications available 8/1; due 8/26; drawing 9/6; tags issued 9/7	Lottery – Open to Elders Only
	Antlerless – Youth	8	10/1-11/6	Lottery applications available 8/1; due 8/26; drawing 9/6; tags issued 9/7	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50 (minus # of early season tags filled)	11/19-12/11	<i>First Distribution:</i> 10/17 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/31 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Elk	Antlerless - Youth	3	8/15-12/31	Lottery applications available 6/1; due 7/1; drawing 7/5; tags issued 7/6	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/27-9/25	8/1 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/12-11/15	Lottery applications available 8/29; due 9/23; drawing 10/3; tags issued 10/4	Lottery
	2 nd Season Rifle	25	11/19-11/25		
	Antlerless	15	1/1/23-3/31/23	Lottery applications available 8/29; due 9/23; drawing 10/3; tags issued 12/1	Lottery
	Late Archery Antlerless	56	11/26-12/11	<i>First Distribution:</i> 10/17 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/31 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/15	First Come First Served

* No early calls to “save” a tag for someone. Must call to have a tag mailed no earlier than the first day of distribution.

** Season for Youth ages 12-17 is 10/1 - 11/6 (2 additional days at end of general season)

*** Unfilled Deer Early Bow tags must be returned to Natural Resources by 10/7.

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2022-2023 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).

Second Distribution: For any eligible hunter, regardless of what other tags they have received.



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