



Siletz Salem Area Office

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Salem, OR 97305

Phone: 503-390-9494

Fax: 503-390-8099

Page Directory

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Highlights/Announcements

WIND CHIMES ACTIVITY

We are taking sign ups starting June 1 for a beaded wind chimes activity in July. Call the Salem Area Office and ask for Bev or email BevO@ctsi.nsn.us to sign up. There are limited slots available so call now!



SEWING GROUP

Beginning in July we will be sewing a simple project for hands-on experience with our new sewing machines. Limited space. We will take sign ups starting June 1.

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OFFICE CLOSURE

ALL TRIBAL OFFICES WILL BE CLOSED ON MONDAY, JUNE 20, FOR JUNETEENTH.

WATER SAFETY AT HOME

503-390-9494 X1854

Ceciliat@ctsi.nsn.us

Monday-Friday

8:00am - 4:30pm

With school almost out and warm weather approaching, let's talk about water safety at home.

Never leave your child unattended around water. When you think of places where kids are around water, you may think of recreational areas such as pools, lakes, and oceans. But have you thought about the areas in your home where kids can get into water? Use these tips for water safety at home, whether your kids are in bathtubs, backyard pools or around buckets.

The Hard Facts About Drowning

Drowning is the leading cause of injury-related death among children between 1 and 4 years old and it's the third leading cause of unintentional injury-related death among children 19 and under. Children less than a year old are more likely to drown at home in the bathtub or a bucket.

Top Tips

Watch kids when they are in or around water, without being distracted. Young children can drown in as little as one inch of water, so it's important to keep them within an arm's reach of an adult.

Empty tubs, buckets, containers and kids' pools immediately after use. Store them upside down and out of children's reach.

Close lids and doors. Keep toilet lids and doors to bathrooms and laundry rooms closed when not in use.

Install fences around home pools. A Pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates.

Learn CPR and basic water rescue skills. It is important to know how to respond in an emergency without putting yourself at risk.

Learn More About Water Safety at Home

Many kids love being around water, so it's important to learn water safety tips for your home. You can also learn more about swimming and boating safety tips.

Resources:

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/water-safety-for-kids.html>

<https://www.safekids.org/watersafety>



Never leave
your child
unattended
around water.

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

EDUCATION PROGRAM COMPONENTS

- Higher Education
- Adult Vocational Training (AVT)
- Supplemental Education (JOM)
- Adult Education
- Tribal Youth Employment & Education Program (TYEE)

JOM

- **June JOM Summer Passport** - Join us on a month-long event by completing as many activities as you can by the end of June to be entered into our raffle. Email sonyamj@ctsi.nsn.us to receive your June passport and instructions. We will hold a zoom get together on June 25, 2022 at 6:00pm to showcase some of the activities completed by student's and their families.
- **Minecraft** - June 18, 2022 at 10:30 AM - Please contact Elizabeth Madden to sign up at elizabethm@ctsi.nsn.us

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

The next term that we will be funding will be Fall Term 2022. The deadline for Fall Term is June 30, 2022.

All documentation should be turned in together for a complete application by the deadline.

For an application, please call me at (503) 390-9494. Applications are also available on our Tribal website at

www.ctsi.nsn.us/programs/education

OREGON TRIBAL STUDENT GRANT

This is a historical funding opportunity for students from the 9-federally recognized Tribes in Oregon. This grant covers students attending community college, public and private colleges in Oregon, and covers the cost of attendance minus federal and state grants.

Purpose: The Oregon Tribal Student Grant program was established to provide grants to eligible Oregon tribal students to offset the [cost of attendance](#) for attending eligible Oregon colleges and universities. Current continuing and new students are encouraged to apply for this grant for the 2022-2023 academic year.

The grant is intended to cover the average cost of attendance after all federal and state grants/scholarships have been applied.

The Oregon Tribal Student Grant is currently only funded for the 2022-2023 academic school year. Renewal of the grant for following years is dependent on funding being allocated for the 2023-2024 academic year by the Oregon state legislature.

Application: You apply online through OSAC: <https://app.oregonstudentaid.gov/>

Deadline: The deadline to apply for Fall Term 2022 is August 1, 2022.

There is an Enrollment Verification form for the student to send to the enrollment department. Student's should allow time for the form to be completed and submitted to OSAC.

(Continued on following page)

SCHOLARSHIP APPLICATIONS

The Tribal Education Committee offers three separate scholarships ranging from \$500.00 to \$1,000.00. These scholarships are available to any enrolled Siletz Tribal member that is attending a community college/vocational school or 4-year institute. If you are interested in obtaining an application, please call me at (503) 390-9494. Applications are also available on the Tribal website at www.ctsi.nsn.us. The deadline to apply is June 30, 2022.

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.

STUDENT INCENTIVE

Tribal graduates and students completing educational milestones - The Tribe wants to recognize your hard work! You can apply for the Student Incentive program for completion of Headstart, Kindergarten, Elementary School, Middle School, High School, 1 & 2 year vocational programs, 2 year transfer degrees, Bachelors degree, Masters & Doctoral program.

You can access the application on the Tribal website at: <https://www.ctsi.nsn.us/wp-content/uploads/2020/12/Student-Incentive-Program.pdf>

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

Siletz

Monday	June 6	9:00 am - 3:00 pm
Tuesday	June 7	9:00 am - 3:00 pm
Wednesday	June 8	9:00 am - 3:00 pm
Thursday	June 9	9:00 am - 3:00 pm
Friday	June 10	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	June 21	1:30 pm - 6:30 pm
Tuesday	June 22	9:00 am - 6:30 pm
Wednesday	June 23	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.



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

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

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

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

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

Contact an Education Specialist in your area for more information.

Siletz Area & Out-of-State	Eugene Area	Portland Area & Washington	Salem Area
Jeff Sweet	Candace Hill	Katy Holland	Sonya Moody-Jurado
JeffS@ctsi.nsn.us	CandaceH@ctsi.nsn.us	KatyH@ctsi.nsn.us	SonyaM@ctsi.nsn.us
541-444-8373	541-484-4234	503-390-9494	503-390-9494

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

CTSI JOM Passport to Summer Fun!

Hurry and get your June activity passport from your local Education Specialist!

Complete as many fun activities as you can by the end of June to be entered into our raffle!

Join us on June 25th @ 6pm via Zoom to share all of your passport fun with other Tribal youth!

Email your area Education Specialist to receive your June passport and instructions.

<p>Katy Holland Portland Area (503) 238-1512 katyh@ctsi.nsn.us</p>		<p>Sonya Moody-Jurado Salem Area (503) 390-9494 sonyamj@ctsi.nsn.us</p>
<p>Jeff Sweet Siletz Area (541) 444-8207 jeffs@ctsi.nsn.us</p>		<p>Candace Hill Eugene Area (541) 484-4234 candaceh@ctsi.nsn.us</p>

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**

<p>Katy Holland Portland Area (503) 238-1512 katyh@ctsi.nsn.us</p>	<p>Sonya Moody-Jurado Salem Area (503) 390-9494 sonyamj@ctsi.nsn.us</p>
<p>Jeff Sweet Siletz Area/Out of Area (541) 444-8373 jeffs@ctsi.nsn.us</p>	<p>Candace Hill Eugene Area (541) 484-4234 candaceh@ctsi.nsn.us</p>



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 OR 541-484-4234 X1757



We're Back!

Calling All Gamers K-12

CTSI

Minecraft Gathering

**JUNE 18, 2022 @
10:30 AM**

Contact

elizabethm@ctsi.nsn.us for
registration or questions

CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

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

"Hi, I can help with OHP."

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

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.

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

Children are learning and growing everyday as they play, explore, and engage with the world and people around them. Here are a few fun facts about development.

Language:

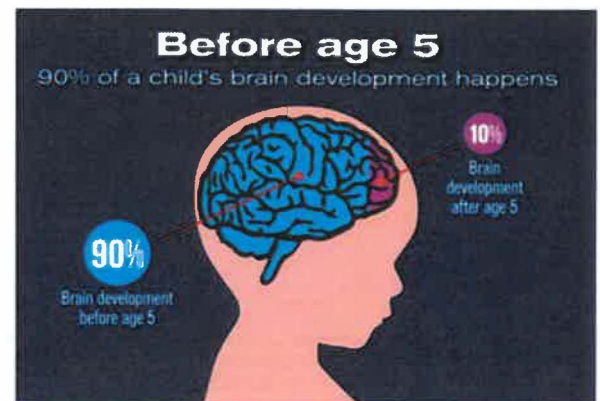
Children develop language in four stages:

- 1) babies babble;
- 2) toddlers use one word;
- 3) toddlers use a few words; and
- 4) young children string together words and sentences

At 12 months most children understand about 10 words. By age two most children can speak about 50 words. At age three children usually can say 300 or more words and by age four they are speaking over a 1000 words. By the age of six the average child has a vocabulary of about 13,000 words. The average adult has a vocabulary of about 60,000 words.

Brain Development:

So much is happening in the early years. Ninety percent of brain development happens before the age of five. Between the ages of one and two a toddler gains two million brain connections every second. At age two a child has more than one trillion new brain connections or synapses.



Laughter:

Children laugh up to 300 times a day. Adults generally laugh about 20 times a day. Laughter has both short and long term positive effects. Short term effects help reduce your stress response, you intake more oxygen rich air which stimulates your heart, lungs and muscles and causes your brain to release more endorphins. Your heart rate and blood pressure decrease so you have more of a good, relaxed feeling. Tension is soothed because your circulation is stimulated which aids muscle relaxation; both of which can help to reduce some of the physical symptoms of stress. Let's all be like children today and have a good laugh!

Siletz Home Visiting is for families beginning prenatally continuing until their child turns three (need to begin before child turns one). For more information or to find out about how to apply, contact Lori Christy, Home Visitor, loric@ctsi.nsn.us or 503-390-9494.



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.

For Siletz tribal members we offer:

Pre-Temporary Assistance for Needy Families (Pre-TANF), Temporary Assistance for Needy Families (TANF), General Assistance for Single Adults (GASA), and Diverted Services.

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

Emergency Assistance, Classroom Training (CRT), Direct Placement, On the Job Training (OJT), and Work Experience (WEX)

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

Core Services

Need assistance with finding a JOB??? Core Services is what you need

Services:

Job Referrals, Resumes, Cover Letter, Employment Counseling/Coaching, Job Search Assistance, Mock Interviews

Support Services:

Interview Clothing, Transportation
Directly tied to a job opportunity



Emergency Assistance: Tribal families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply.

Direct Placement: Support services (work clothing, tools, transportation assistance etc.) for eligible Native Americans that recently gained employment. Must apply within 7-days of hire.

Classroom Training: Financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/ Occupational Training.

Important 477-SSP Dates to Remember:

June 5: Monthly Contact, Monthly Report Forms, Self Sufficiency Activities Timesheets, and Job Search Forms are due.

June 9: Loop Earrings & Challenge (Online Activity)

10:00am - 12:00pm

June 14: Intro to Finance (Online Monthly Training) 10:00am - 12:00pm

June 16: Orientation (Online) 10:00am - 12:00pm

For More Information

Contact:

Tribal Service Specialist:

Angelica Espino

Phone: 503-390-9494 ext. 1853

Email: Angelicae@ctsi.nsn.us



ON THE JOB TRAINING

477-Self Sufficiency Program

On the Job Training (OJT) is an incentive based program for employers to directly hire clients that need additional training/skills to meet the needs of the position.

Employers:

- Hire the client as a regular employee
- OJT reimburses a percentage of the clients initial wages
- Provide training that meets their needs

If you are an employer interested in hosting an OJT placement please contact your local office.

Clients:

- OJT provides employers an incentive to hire you
- Gain hands on experience
- Enhance your skills and employability
- Clients must apply within 7 days of hire

Who can apply:

Enrolled members of federally recognized tribes or descendants

Confederated Tribes of Siletz Indians:

Siletz Area 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

Clients must meet eligibility criteria. Services are available on a budgetary basis.



BEHAVIORAL HEALTH - Rachel Zinn, Mental Health Specialist (MHS)

Summer Fun, Summer Challenges:

Summer is a time when the sun is out and feelings can be at their highest, happiest point. For people in education, summer can also be a time of turmoil brought on by the lack of a daily schedule that school provided. It may be a time that parents ease their kids off medications that were necessary during the school year, which can bring about a surge in energy.

Here are some things to keep in mind to help summer be enjoyable for all, and a time of mental health:

- 1) Exercise – Go out and do a fun physical activity; 30 minutes every day can do so much for our souls.
- 2) Try and create a routine and stick to it more days than not.
- 3) Sit your children down (or yourself) and discuss goals and expectations for the summer months.
- 4) Take time each day to give yourself and your family a feelings check-in; this way you can catch depression and anxiety before they get out of hand.
- 5) Meditation, Relaxation—take time each day to sit and reflect, and unwind from the day’s stresses. Don’t forget, if you aren’t caring for yourself, it will be harder to care for others.



A June haiku by the MHS:

May left us no snow,
The plants, they really did grow,
Is it time to mow?

Traditional Healing

Traditionally, summer is the time of salmon fishing, clam gathering, and berry picking. There are many plants important to the tribe that get gathered during the summer. If you’re unfamiliar with such activities, reach out to an elder, for they truly have a wealth of knowledge. As always, smudging, sweats, and talking circles are ways to connect spiritually in many Native homes.

Portland Area Office
Virtual Appointments Only
(503) 200-4340

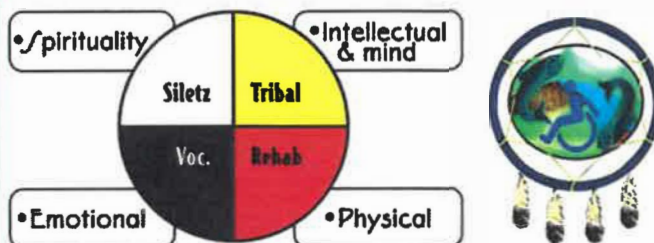
Salem Area Office
Virtual Appointments Only
(503) 200-4340

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

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

Tamra Russell
Job Developer/Counselor/TSS 1
Portland Area Office
12790 SE Stark St., STE 102
Portland, OR 97233
503-238-1512, ext. 1411

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

Contact Purchased/Referred Care

Pre-authorization and notification within 72 hours is required.

Phone: 541-444-1236 or 800-628-5720

Fax: 541-444-9645

SILETZ TRIBAL VOCATIONAL REHABILITATION PROGRAM

- Toni Leija, VRC/Job Developer

June Awareness: Post-Traumatic Stress Disorder

PTSD (Post-Traumatic Stress Disorder) affects people in different ways. Some people may develop PTSD after experiencing or witnessing a life-threatening event, like war zone combat, a natural disaster, sexual assault, or a car accident. PTSD can affect anyone at any age.

Symptoms (vary from individual to individual):

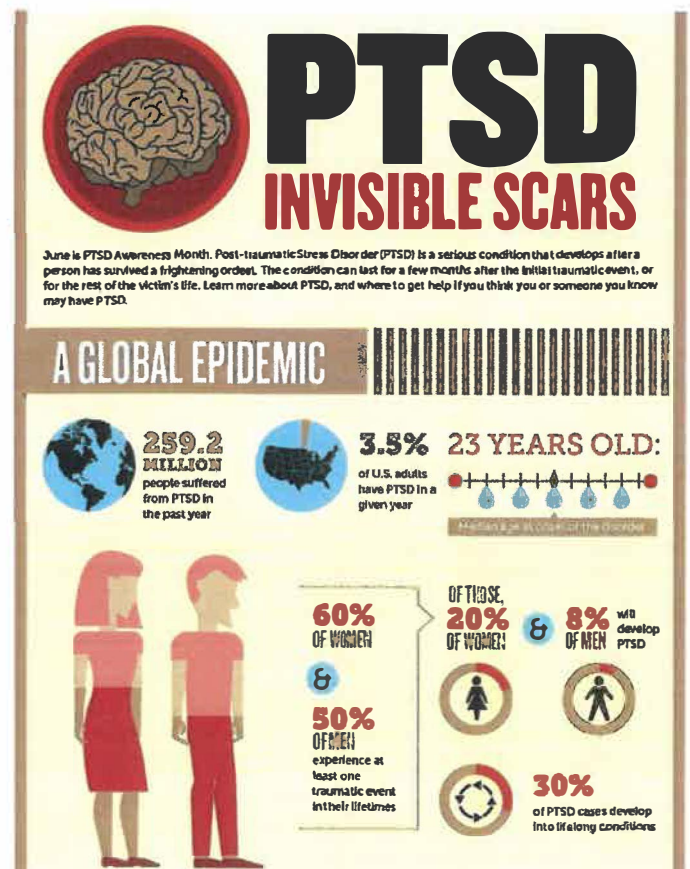
- Upsetting memories, nightmares of reliving the incident
- Intrusive thoughts or feelings, i.e., guilt
- Feeling on edge or numbness
- Trouble sleeping after a traumatic event
- Avoiding people, places, or memories of the trauma
- Increased alertness, anger, irritability, rage, or hatred

PTSD affects people in different ways. At first, it may be difficult to do daily activities you are used to doing, like go to work, go to school, or spend time with people you care about. Most people start to feel better after a few weeks or months. For some people, PTSD symptoms may start later, or they may come and go over time.

If it's been longer than a few months and thoughts and feelings from the trauma are upsetting you or causing problems in your life, you may have PTSD. Your primary medical provider may refer you to a mental health clinician who can work with you to overcome the effects of trauma [Post-Traumatic Stress Disorder \(nih.gov\)](https://www.nih.gov/health-topics/post-traumatic-stress-disorder-ptsd).

The Siletz Job Developer/Vocational Rehabilitation Counselors are available to assist you with your vocational needs.

Jamie Bokuro (Siletz) 541-444-8266 x1266
Makayla Jackson (Eugene) 541-484-4234 x1752
Tamra Russell (Portland) 503-238-1512x1411
Toni Leija (Salem)- 503-390-9494x1861

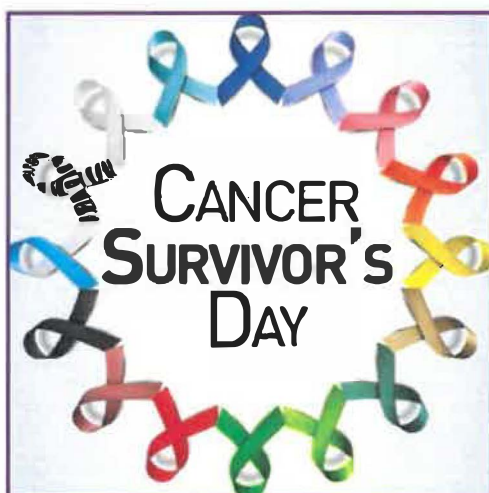


Health Benefits of Quitting Smoking

- 20 Minutes after quitting—Your heart rate drops. (CDC)
- 12 hours after quitting—Carbon monoxide levels in your blood drops to normal. (CDC)
- 2 weeks to 3 months after quitting—Your heart attack risk begins to drop. Your lung function begins to improve. (CDC)
- A few months after quitting—Your sense of smell and taste may improve. (National Cancer Institute)
- 1 to 9 months after quitting—Your coughing and shortness of breath decreases. (CDC)
- 1 year after quitting—Your added risk of coronary heart disease is half that of a smoker. (CDC)
- 5 years after quitting—Your stroke risk is reduced to that of a nonsmoker, 5-15 years after quitting. (CDC)
- 10 years after quitting—Your lung cancer death rate is about half that of a smoker. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases. (CDC)
- 15 years after quitting—Your risk of coronary heart disease is back to that of a nonsmoker. (CDC)

June is National Cancer Survivor Month

National Cancer Survivors Day was established to recognize those who have successfully fought or are in the process of fighting the disease. It would not be surprising to find out that each one of us knows a person who has either succumbed to cancer or is currently battling the disease. That is simply how prevalent the disease has be-



come, alarmingly affecting the lives of millions of Americans. This month of June, we take time to celebrate National Cancer Survivor Month as these brave survivors have managed to prevent the disease from taking their lives and deserve all the praise and support they need to get on with their lives after cancer.

Who Exactly are These Survivors? - Experts from the American Cancer Society and the National Cancer Institute defines a cancer survivor as any individual who has been diagnosed with cancer and remains alive and well. This includes patients who are currently undergoing treatment, as well as those who have finished treatment and are considered cancer-free.

The Good News - Thanks to a number of treatment options in both conventional and holistic cancer treatment, people are living longer lives after a cancer diagnosis.

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

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

Addiction Recovery Fatigue

In the early stages of recovery, it's pretty common to feel fatigued, so it's okay to go a little easy on yourself. Your body has stopped taking in something that it needs, and detox can be pretty draining. Getting clean and sober often takes a lot out of a person, because the very things that gave you get-up-and-go in the past are being eliminated from your body. For now, resting is not only expected, it's beneficial. Here are some suggestions to keep yourself on track and healthy in your recovery.

- Get enough sleep - Detoxing is hard on the body and mind. Getting sleep helps with the detoxification process and helps rebuild the body's energy.
- Eat healthy - Early recovery is hard on the body. Eating healthy foods with vitamins and nutrients are essential for maintaining and rebuilding your body's muscles and neurons.
- Drink a lot of water - We become so dehydrated in addiction that our own bodies take from our reserves and deplete our own muscles and joints. Water will help maintain our organs and support everything to flow naturally again.
- Get moving - Even if it is slow going, simply walking from time to time will support your muscles to build and regain strength. Remember, addiction has taken a lot of energy and alters our moods and emotions. Exercising can boost your metabolism and mood so you can continue to heal and stay in your recovery.

Addiction recovery fatigue is pretty common. As you make progress in your personal journey, you'll likely discover that you can fight your tired feelings and function rather well. Your body is going through some serious changes so letting it heal is essential. Plus it just might be what you need to get through your day and maintain a positive outlook on your recovery.

Youth Antlerless Elk Hunt

Applications Due

July 1, 2022

3 Tags

Hunt runs from August 15 to December 31

Applications available at kiosk at the back door of the Tribal Admin office in Siletz and on the Tribal website under Natural Resources beginning June 1

Open to Tribal youth age 12-17 who have a valid Hunter Safety Card

Call Natural Resources Manager Mike Kennedy at 541-444-8232 if you have questions

Visit the Salem Area Office
Facebook page:

www.facebook.com/SalemAreaOffice/



Visit the CTSI Language
Facebook page:

www.ctsi.nsn.us/heritage/language/



Visit the CTSI Youth
Facebook page:

www.facebook.com/CTSIYouth



Visit the Siletz Health Clinic
Facebook page:

www.facebook.com/SiletzHealthClinic



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
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Salem, OR 97305

YOUR SALEM AREA OFFICE STAFF:

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