

Eugene Area Office Newsletter

January 2023

General Welfare Exclusion Accessibility Program

The General Welfare Exclusion Accessibility Program (GWEAP) funds over-income families with a one-time grant of \$5,000 for accessible features in the primary bathroom of the owner occupied residence. Grants are solely to provide handicap accessible toilet, shower and grab bars.

GWEAP grants will be made available to Tribal homeowners with in the 11-county service area. First priority is for over-income households whose income exceeds the eligibility requirements. Second priority will be low-income households. The over income grant is for eligible applicants and is limited to one grant per person/address/household.

If you would like an application or have any questions, please call Jeanette Mason at 1-800-922-1399 ext. 1316 or 541-444-8316 or email me at jeanettem@ctsi.nsn.us

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 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 2023

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices

www.ctsi.nsn.us

Need Rental Housing?

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

Siletz (1, 2, 3, 4 bedroom)
Lincoln City (2, 3 bedroom)
Neachesna Village

Applications can be obtained on-line from the Siletz Tribes' website or calling:

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

FAX (541) 444- 8313

www.ctsi.nsn.us

2023

Low-Income Energy Assistance Program (LIHEAP)

"Crisis/Shut-off/Regular"

~OPEN~

All Siletz Tribal members and Households with tribal children.

(Income based). To see if you qualify or have questions. Contact: **Casey Godwin** by phone or email- **541-444-8311** caseyvg@ctsi.nsn.us

You can also contact the Eugene A/O for applications: 541-484-4234

Chinook Winds Casino Resort
Sign up for an electronic newsletter:

www.chinookwindscasino.com

HELP CARE FOR TRIBAL HAZEL

The EAO and CTSI Natural Resources are hosting a hazel care work party at the Tribe's Camp Creek Hills property on January 29th. Come ready to dig, prune, and get dirty!

Meeting at the EAO at 10am. RSVP to JessicaH@ctsi.nsn.us if you need transportation, to let us know how much food to bring, and for directions. Or, bring your own lunch and meet us there!

More events at Camp Creek are being planned for 2023! Join us for a informational hike in February and stay tuned for more opportunities to get involved.

Your input is important to us! Please scan the QR code below to fill out a survey on our events for this year!



SCAN ME!

Or click: <https://forms.office.com/r/cCn9ZsFuA6>

JANUARY 2023 ELDERS NEWSLETTER

Hello Everyone,

Happy New Year!!! Can you believe it is 2023 already! I just know it is going to be a wonderful, exciting year.

I want to wish all my Lane, Benton, and Linn County Elders a Happy Birthday for the month of January, (first names only). Happy Birthday wishes to Michael, Tena, Paula, Everett, Violet, Terry, Arthur, Francis, Carilyn, Zachary, Virginia. With heart felt wishes for good health, wealth, prosperity, love, a day/year filled with lots of happiness, hugs, laughter, and CAKE!

Truly,

The December Christmas party in Siletz was nice to attend. It was my first time that I can remember. The ham luncheon was delicious, especially with the berry topped cheesecake dessert! Many did not stay for the bingo which was great since I won not once but twice!! It must have been the odds because I never win at bingo! Well now I cannot say never!!! LOL 😊 A big Thank You to Anita and AJ and all the elders that worked so hard to bring it all together for us! I feel so blessed to be a Siletz Tribal elder!

It was an interesting elder's council meeting on Saturday at the Lincoln City Community Center. I am always amazed at how rude fellow elders are with all the bickering that goes on. On a more positive note, I loved getting a camp chair for the gift exchange! Scored there too. :-)

REMINDERS: EAO Bead group is the third Thursday of each month 1/18/23 from 10-12. Jessica has Veteran pin beading kits available for anyone to pick up if you do not have a project to work on for bead group. I heard from Sherry Addis that the Book Club is not going to meet until further notice due to family health issues.

Let AJ Warren know if you need anything from the elder's program. His email is ajw@ctsi.nsn.us and the Elders program phone number is 541-444-8212 for any questions.

Stay healthy and positive. Till next month...

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

VDenie101@gmail.com Cell: 503-890-0742



Siletz Community Health Phone Numbers

- Siletz Community Health Clinic
1-800-648-0449
- Purchased/Referred Care (PRC)
1-800-628-5720
- CTSI Resource Call Line
541-444-9613
- CARE Program
541-444-9680

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**

Siletz Community Health Clinic (PRC)
Registration forms are available at
the Eugene Area Office, and online
at:

<https://www.ctsi.nsn.us/schc-forms-policies/>

Heart to Heart

- ❖ February 22nd, 2023
- ❖ 6:00pm-7:30pm

February is coming, and with it comes American Heart Month! In addition to being a special month for love birds, it is also a time to consider our own heart health. Come join us at the Eugene Area Office for a discussion about the heart, and the different ways we can slow or prevent heart disease.

Recipe cards will be available for anyone who would like to recipe swap their favorite healthy meals.

and

a heart healthy meal will be provided for attendees to enjoy.

Please contact Jamie Boe, Community Health Advocate to sign up @ 541-484-4234 or JamieBoe@ctsi.nsn.us



Over the Counter Medications Available from your CHA

We offer a limited selection/stock of over the counter medications here at the Eugene Area Office throughout the year. **For current symptoms only, one at a time per household (12 per year), and if you are having someone pick up for you, please write a note with your: name/roll#/signature.**

Currently Available: Acetaminophen (Tylenol), Coricidin, Ibuprofen, Aspirin (Regular & Low Dose), Tussin (Adult & Children), Adult Daily Multi Vitamins, Cough Drops, Saline Nasal Spray, Liquid Antacid (Mylanta), Docusate Sodium, Barrier Cream, Infant Gas Drops, Triple Antibiotic Ointment, Clotrimazole Cream, Hydrocortisone Cream, Vitamin A & D Ointment

National Glaucoma Awareness Month

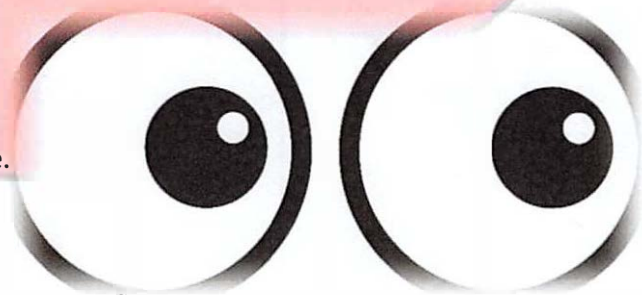
Glaucoma is a group of eye diseases that primarily affects the middle aged and elderly populations, although it can affect people of all ages. More than 3 million people in the United States have Glaucoma. This number could increase to 4.2 million by 2030. With almost no symptoms, as much as 40% of vision can be lost without noticing. Damage to the optic nerve, which is responsible for carrying images from the eye to the brain, is what causes Glaucoma. Although there is no cure for glaucoma, medication or surgery can slow, or even prevent further vision loss. Early detection is key, so be sure to get regular eye exams.

Risk Factors for Glaucoma

- Native Americans have a higher incidence of normal-tension (NTG) glaucoma than white patients
- People of African, Latino, and Asian descent.
- People over the age of 60.
- People who have family members with Glaucoma.
- Diabetes
- People with severe near sightedness.

How often should I get my eyes examined?

- Infants: First exam at 6 months of age.
- Children: Every 2 years.
- Ages 20 to 39: Every 5 years.
- Ages 40 to 54: Every 2 to 4 years.
- Ages 55 to 64: Every 1 to 3 years.



CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

December 7 at 6pm: Nee-dash

January 11 at 6 pm: Our Tribal Bands

February 8 at 6 pm: Exploring Family History

March 15 at 6 pm: Hazel

Sponsored by the Education and Culture Departments
Contact Nick Viles at nickv@ctsi.nsn.us or 541-484-4234 x1757 to sign up

ADDITIONAL OPPORTUNITY: ELDERS BEADING GROUP IS IN-PERSON AT EAO THE THIRD THURSDAY OF THE MONTH, 10AM-NOON. CONTACT VERDENE FOR MORE INFORMATION VDENIEIOI@GMAIL.COM.



LEARN NUU-WEE-YA'

(OUR LANGUAGE)

WINTER SCHEDULE

TUESDAYS, JANUARY 3-MARCH

5:00 PM-BEGINNING CONVERSATION

5:45 PM- BEGINNING CONVERSATION

THURSDAYS, JANUARY

5:00 PM-ONGOING CONVERSATION

SATURDAYS 1/28, 2/18,

NOON-IMMERSION CONVERSATION

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

To sign up contact Nick Viles at nickv@ctsi.nsn.us or 541-484-4234 x1757



JOM (Johnson O'Malley) Parent Committee Invitation

Parents of enrolled JOM students are invited to join the
JOM Parent Committee

Receive program updates; add parent insight & input;
help with program development and enjoy time with
other JOM parents.

Meeting Location

On Zoom

Meeting Dates & Time

6:00 PM

September 13, 2022

December 13, 2022

March 14, 2023

Contact your area Education Specialist to sign up!

Sonya Moody-Jurado

Salem Area

SonyaMJ@ctsi.nsn.us

Katy Holland

Portland Area

KatyH@ctsi.nsn.us

Jeff Sweet

Siletz Area

JeffS@ctsi.nsn.us

Candace Hill

Eugene Area

CandaceH@ctsi.nsn.us

2022-2023 CTSI College Information Nights

Sponsored by the
Education Department

6PM VIA ZOOM

- College Information Night I 09/22/2022
 - Applying for FAFSA
 - College Fair (Meet representatives from colleges and universities)
- College Information Night II 12/15/2022
 - College Applications: School selections & Application submission
 - Tribal & other types of financial aid
 - Guest Presenter: Learning Campus life
 - Guest Presenter: Learn about a Voc. training program
- College Information Night III 02/16/2023
 - Re-cap from Night I & II
 - Overview of CTSI Student aid programs
 - (STHD Temporary Student Housing Assistance; 477 Self Sufficiency Classroom training; Adult Ed.; AVT; HE; CTSI Student Laptop Program; Education Committee Scholarships)
 - Guest Presenter: Learning Campus life
 - Guest Presenter: Learn about a Voc. training program
- College Information Night IV 04/20/2023
 - Re-cap of CTSI Student aid programs
 - Deadline Reminders
 - Guest Presenter: Learning Campus life
 - Guest Presenter: Learn about a Voc. training program

Contact an Education Specialist to Sign Up!

Jeff Sweet

Siletz & Out-of-Area

JeffS@ctsi.nsn.us

Sonya Moody-Jurado

Salem Area

SonyaMJ@ctsi.nsn.us

Katy Holland

Portland & Washington

KatyH@ctsi.nsn.us

Candace Hill

Eugene Area

CandaceH@ctsi.nsn.us

Candace Hill, Education Specialist

candaceh@ctsi.nsn.us

(541) 484-4234 x1763

(541) 270 - 0037

Education – January 2023

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

Education Program Opportunities

- **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. Assistance with supplemental education activities is available. Contact Candace to sign up!
- **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 are currently offering on demand as well as scheduled academic support available 24/7. This program is open to all students: K-12, Higher Ed, and AVT. Space is limited as hours are available. Contact Candace to sign up.

Higher Ed/AVT Reminders

- The Oregon Tribal Student Grant is continuing to accept applications through OSAC. This grant is for members of the nine Oregon Tribes attending colleges/universities in Oregon and will help cover the cost of attendance of associates, Bachelors, and graduate degree programs. Visit their website for more information: <https://oregonstudentaid.gov/oregon-tribal-student.aspx>
- 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.
- 2023-24 Free Application for Federal Student Aid (FAFSA) is now OPEN! Visit <https://studentaid.gov/> to fill out the application in order to get grants and loans from the State and Federal Government. This is also a requirement for Higher Education and certain AVT programs. Need help applying? Contact Candace for more information.

Graduation Incentives

The Siletz Tribal Incentive Program recognizes Siletz tribal students for their academic achievements. Students who graduate also need to send in their diploma or certificate along. Email Candace for a graduation incentive application.

HIGH SCHOOL THROUGH GRADUATE SCHOOL

STUDENT GRADUATION STOLE PROGRAM

2023 GRADUATES CAN SUBMIT A REQUEST FORM
JANUARY 1ST, 2023 TO MAY 31ST, 2023.

CONTACT AN EDUCATION SPECIALIST FOR AN APPLICATION

Katy Holland
Portland/Washington Area
KatyH@ctsi.nsn.us

Jeff Sweet
Siletz Area
JeffS@ctsi.nsn.us

Sonya Moody–Jurado
Salem Area
SonyaMJ@ctsi.nsn.us

Candace Hill
Eugene/Out-of-Area
CandaceH@ctsi.nsn.us

Applicant must be an enrolled Siletz Tribal member at time of completion/graduation.

477- Self Sufficiency Program



Jen Jackson: Self - Sufficiency Counselor II
jeniferj@ctsi.nsn.us ext. 1755

Cathy Ray : Job Development Specialist
catheriner@ctsi.nsn.us ext. 1756

Important Dates

January 1st - 5th

monthly meeting &
paperwork due

January 12th @ 10am

Medicine Bag Workshop

January 24th @ 10am

Goal Setting Training

For Siletz Tribal members we offer:

- ~ **Pre-Temporary Assistance for Needy Families (Pre-TANF)**: Siletz families below 185% of the FPL may be eligible for short term financial assistance that does not exceed 4 months, to provide basic needs and address emergent needs.
- ~ **Temporary Assistance for Needy Families (TANF)**: Siletz families below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs.
- ~ **Emergency Assistance (EA)**: Siletz Families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply
- ~ **General Assistance for Single Adults (GASA)**: Siletz single adults below the countable income limit and FPL may be eligible for monthly grant assistance to meet basic needs.
- ~ **Diverted Services**: Available for Siletz members who have been employed for a minimum of 45 calendar days and are at risk of losing their employment. Income guidelines apply.

Other Programs offered:

To Siletz Tribal members and any federally recognized tribe or descendant of a federally recognized tribe

- ~ **Classroom Training (CRT)**: Financial assistance (tuition, stipend & support services) for higher Ed or vocational/occupational Training
- ~ **Work Experience (WEX)**: Paid job training to gain real world work experience, job skills and employment references.
- ~ **On the job Training (OIT)**: Employer incentive to hire based program.
- ~ **Direct Placement (DP)**: Support Services to be job ready for eligible Native Americans that recently gained employment. Must apply within 7 days of hire.

Please note that all components of the 477 Self - Sufficiency Program are on a budgetary basis and eligibility requirements apply.



Siletz Home Visiting Program

Providing:

- ***Parenting and life skills for successful and positive parenting***
- ***Support and encouragement***
- ***Resources and referrals***
- ***A culturally sensitive, evidence based curriculum***



Serving:

Federally Recognized American Indian, Alaskan Native and Native Hawaiian Families:

- ***Prenatally until child turns three years of age. Must start before child turns one.***
- ***Living in Lincoln, Tillamook, Washington, Multnomah, Clackamas, Yamhill, Polk, Marion, Benton, Linn or Lane County***

For more information and eligibility criteria contact

Cathy Ray, Family Support Specialist

catheriner@ctsi.nsn.us

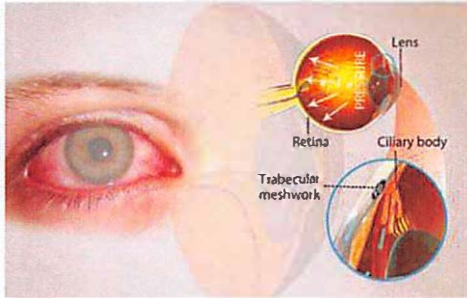
541-484-4234

Go to www.ctsi.nsn.us 477-SSP Home Visiting to view past success stories.

January 2023 Disability Awareness: GLAUCOMA

Glaucoma is a condition that affects the eyes. Damage to the eye's optic nerve causes loss of vision. Sometimes, there is an increased pressure inside of the eye called "intraocular pressure". If left untreated, it leads to gradual vision loss.

Symptoms: Blurred vision, Glare, Eye Pain, Headache, and Narrowed Vision.



Facts

- 📖 Treatments can help manage the condition. There's no known cure
- 📖 Requires lab test or imaging
- 📖 May last several years or be lifelong
- 📖 Common for ages 50 and older
- 📖 Family history may increase likelihood

There are two types of glaucoma:

- 📖 **Open angle glaucoma:** Most common. Develops over time and is painless.
- 📖 **Angle-closure glaucoma:** This type can show gradually or suddenly; if sudden then it involves severe eye pain, blurred vision, redness of the eye, mid dilated pupil and nausea.
- 📖 Vision loss caused by Glaucoma is permanent
- 📖 Treatment: reducing the intraocular pressure and preventing further damage to the optic nerves. Intraocular pressure can be reduced by increasing the drainage or reducing its production through medications

Prevention

- Primary open angle glaucoma cannot be prevented
- Certain types of Glaucoma can be prevented with early diagnosis and appropriate treatment
- Surgical interventions can prevent the vision loss

Nutrition

FOODS TO EAT

- 🍴 Iron rich foods such as spinach
- 🍴 Vitamin A containing foods such as sweet potatoes, carrots, mangoes and milk
- 🍴 Protein rich foods such as eggs, milk
- 🍴 Zinc-rich foods such as green peas, eggs, wheat germ, chickpeas, oyster, red meat, poultry and certain sea food
- 🍴 Foods rich in vitamin C like green pepper, citrus fruits and tomatoes

FOODS TO AVOID

- 🍴 Foods with trans fatty acids: i.e., cookies, cakes and french fries
- 🍴 Coffee (caffeinated)
- 🍴 Alcohol
- 🍴 Foods with high saturated fats like fatty meat (beef)

Accommodations: Job site modifications, assistive and adaptive technology, Mobility: Cane, guide dog, or sighted aide, and skills training.

The Job Development Specialists in your local Vocational Rehabilitation office are available to assist you with your vocational needs:

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

Tamra Russell, TSS2/Job Development Specialist Portland Area Office
12790 SE Stark Street, Suite #102
Portland, OR 97233
503-238-1512, ext. 1411

Toni Leija, Job Development Specialist Salem Area Office
3160 Blossom Dr. NE, Suite #105
Salem, OR 97305
503-390-9494, ext. 1861



COUNSELING SERVICES

**Mental Health counseling services are now
available through the EAO!**

**Beginning in April 2022 – Virtual Sessions Available
2468 W. 11th Ave.
Eugene OR 97402**

Please contact reach out for an appointment:

Ro Zientara LPC (Mental Health Therapist)

rzientara@ctsi.nsn.us

At: 541.484.4234 xt. 1758

USDA distribution dates for January 2023

Siletz

Tuesday	Jan 3rd	9 a.m. – 3 p.m.
Wednesday	Jan 4th	9 a.m. – 3 p.m.
Thursday	Jan 5th	9 a.m. – 3 p.m.
Friday	Jan 6th	9 a.m. – 3 p.m.
Monday	Jan 9th	9 a.m. – 3 p.m.

Salem

Tuesday	Jan 17th	1:30 – 6:30 p.m.
Wednesday	Jan 18th	9 a.m. – 6:30 p.m.
Thursday	Jan 19th	By appt only

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

Sammy Hall, USDA Program Director, 541-444-8279 sammyh@ctsi.nsn.us FAX: 541-444-8306 or 503-391-4296



Produce Plus Food Rescue

Siletz Tribal Members:

If you or your family would like to share in some FREE fresh produce, you may pick up at the Eugene Area Office on Tuesdays 2:00pm-4:30pm. Any produce not picked up Tuesday will be available for pick-up the remainder of the week 9:00am-4:00pm. On occasion we will also have non-perishable and refrigerated items available.

Please bring your own bag or box to transport your food. You may call ahead to check availability of food.

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

This food is collected and distributed by Food For Lane County. The Siletz Tribe and FFLC are working in a joint effort to alleviate hunger in our community. Donations of non-Perishable food and personal hygiene products are also donated by NAACP.



January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Office Closed	3 5pm Beginning Conversation 1 5:45pm Beginning conversation 2 VIA Zoom	4	5 5pm Ongoing Conversation VIA Zoom Understanding Anxiety class 6pm - 7:30pm EAO	6	7
8	9	10 5pm Beginning Conversation 1 5:45pm Beginning conversation 2 VIA Zoom	11	12 5pm Ongoing Conversation VIA Zoom	13	14
15	16 Office Closed	17 5pm Beginning Conversation 1 5:45pm Beginning conversation 2 VIA Zoom	18	19 5pm Ongoing Conversation VIA Zoom	20	21
22	23	24 5pm Beginning Conversation 1 5:45pm Beginning conversation 2 VIA Zoom	25	26 5pm Ongoing Conversation VIA Zoom	27	28 immersion Conversation hour Noon Zoom
29 Camp crew went party 10am	30	31 5pm Beginning Conversation 1 5:45pm Beginning conversation 2 VIA Zoom				

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

Jessica Hibler, Supervisor x1751 jessicah@ctsi.nsn.us
Nick Viles, Instructor-Tribal Language and Culture x1757 nickv@ctsi.nsn.us
Candace Hill, Education Specialist /JOM x1763 candaceh@ctsi.nsn.us
Jenifer Jackson, Self Sufficiency Counselor II/477SSP x1755 jeniferj@ctsi.nsn.us
Cathy Ray, Job Development Specialist/477SSP x1756 catheriner@ctsi.nsn.us
Makayla Jackson, Job Development Specialist/Voc. Rehab x1752 makaylaj@ctsi.nsn.us
Jamie Boe, Community Health Advocate x1753 jamieboe@ctsi.nsn.us
Ro Zientara, Mental Health Therapist x1758 rzientara@ctsi.nsn.us
Vacant, Peer Recovery Mentor
Vacant, Administrative Services Clerk x1750
Verdene McGuire, EAO Elders Rep. vdenie101@gmail.com
Vacant, Elder on-call Transport

The confederated Tribes of Siletz Indians
Eugene Area Office
2468 W.11th Ave
Eugene Oregon 97402