



Siletz Salem Area Office

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Office Closure in January



New Years Day Observed

January 2



Martin Luther King Day

January 16



Free Covid-19 Tests

You can once again get FREE at-home Covid-19 tests mailed to you this winter. To request yours, go to <https://www.covid.gov/tests>

Planning Community Meeting

Planning will hold Community Meetings at each of our CTSI locations: Salem, Portland, Eugene, Siletz, and also virtually for out-of-area members.

The Planning Community Meeting will be held at the Salem Area Office on January 26 from 5:30 to 7:00 pm.

Your input is needed for communicating your needs and priorities and for grant writing.

We want to spend more time listening to you!
We will also be updating you on various projects we have completed as well as what is in progress.

Most of the meetings will be hybrid with in-person and Zoom connections.

The link to all Zoom meetings is
<https://us06web.zoom.us/j/6206272290>.

To join by phone, call 1 253 215 8782 and enter the meeting ID:
6206272290

Dates and times for the other meetings are as follows:

Eugene Area Office: February 9, 6:00 pm to 7:30 pm

Siletz: February 23, 5:30 pm to 7:00 pm

Portland Area Office: March 9, 5:30 pm to 7:00 pm

Out-of-Area by Zoom: March 23, 5:30 pm to 7:00 pm

January is staying healthy month!

503-390-9494 X1854

Ceciliat@ctsi.nsn.us

Monday-Friday

8:00am - 4:30pm

Celebrate National Staying Healthy Month throughout January to kick off the new year with a special health-focused celebration. After the festivities of the previous year, this month encourages everyone to focus on overall wellbeing and self-care. The goal is to encourage people to embrace a healthier lifestyle by promoting healthy routines throughout January.

That brings us to the Tribal Virtual Step Challenge

We have the holiday hustle challenge for you! We have ANOTHER step challenge, this time heavy on the exercise and wellness to get us through the winter stress and bustle! It starts December 15th and goes through January 31, 2023! At (or after), follow the instructions below and join any time:

If you are new to our virtual step challenges, the first thing we need you to know is that you will be downloading the MoveSpring App which will have a logo on your phone that looks like a blue M. Once you have downloaded Movespring, you will create a login to the app our organization code is CTSI and then AFTER you create a login please follow this link:

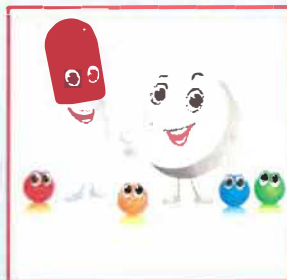
<https://link.movespring.com/join?orgCode=CTSI&groupCode=W25D5E>

Over-the-Counter Medications - OTC's

The Salem Area Community Health advocate distributes OTC's to Siletz tribal members to alleviate current temporary symptoms.

OTC'S are subject to availability and are listed below.

- Antihistamines
- Multi-vitamins - children/adults
- Pain reliever/fever reducer - infant/child/adult
- Cough Suppressant/
expectorant
- pedialyte
- Coricidin
- Hydrocortisone cream 1%
- Triple Antibiotic ointment



For more information please contact Cecilia at 503.390.9494 or by email ceciliat@ctsi.nsn.us

Siletz Tribal Youth Helmet Program

Siletz Tribal member youth and legal dependents of a Siletz tribal member are eligible to receive a bicycle or skateboard helmet. Please call or email Cecilia at the Salem Area Office to schedule an appointment time.



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

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

Lori Christy, Family Support Specialist

loric@ctsi.nsn.us

503-390-9494

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.

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

Siletz

Tuesday	Jan 3	9:00 am - 3:00 pm
Wednesday	Jan 4	9:00 am - 3:00 pm
Thursday	Jan 5	9:00 am - 3:00 pm
Friday	Jan 6	9:00 am - 3:00 pm
Monday	Jan 9	9:00 am - 3:00 pm

Salem

Tuesday	Jan 17	1:30 pm - 6:30 pm
Wednesday	Jan 18	9:00 am - 6:30 pm
Thursday	Jan 19	By appointment only

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

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.

 "like" us on facebook at "Siletz Tribal FDPIR" and share your recipes.

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

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. All Siletz Tribal Offices are now open to the public. We are still accepting applications and conducting appointments over the phone, through email or video conference. 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.

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: 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:

January 5:

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

January 12:

Medicine Bags (Online Monthly Activity) 10:00am - 12:00pm

January 24th:

Goal Setting (Online Monthly Training) 10:00am - 12:00pm

For More Information Contact:

Angelica Espino

Self Sufficiency Counselor

Phone: 503-390-9494 ext. 1853

Email: Angelicae@ctsi.nsn.us

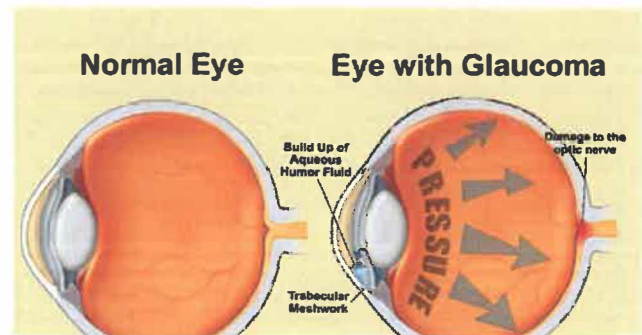
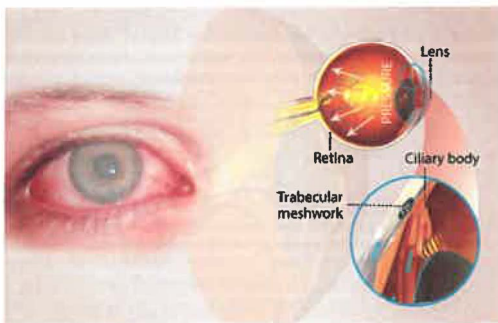


SILETZ TRIBAL VOCATIONAL REHABILITATION PROGRAM (STVRP) - Toni Leija, VRC/Job Developer

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: green peppers, citrus fruits and tomatoes

FOODS TO AVOID

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

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. 111th 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

HAPPY HOLIDAY SEASON!!!!



From: The Confederated Tribes of Siletz Indians



WINTER DRIVE: JACKETS, BOOTS, and BLANKETS (needed):

WHERE: Salem Tribal Office: 3160 Blossom Dr. NE, Suite #105

When: Winter Months (December – March)

THANK YOU FOR YOUR GENEROSITY!!!

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

Thinking about winter:

Winter is underway, but, the days are already starting to lengthen again. There is certainly something to be said about finding the silver lining - yes, it is harder to get out, harder to motivate, but the darkest day is behind us!

Strategies for helping pull yourself out of the 'winter blues':

- 1) "Spring cleaning" during the winter is a good way to help keep yourself from feeling scattered during the holidays. Studies show that a cluttered house stems from a cluttered mind more often than not. Here's a trick: set a timer for 15 minutes and see how much cleaning you can get done during that time, focusing on countertops, toilets, mirrors and sinks.
- 2) Try and make time to socialize somehow; eat lunch with coworkers instead of alone, spend a family meal at the table instead of in front of the TV, or go to that annual party even though perhaps you're just not quite feeling in the mood.

PAO/ SAO Winter Happenings:

The PAO hosted a gift-making event on 12/20, and lots of youth gathered for a bowling event on 12/27. The SAO created gift bags for Salem-area tribal members who participated in the Christmas event, and passed them out the week of 12/12. Rachel knows this one, as she packed half of the gifts into their gift bags! There was also a virtual youth Minecraft event on 12/17. Fun times!



Mental Health Services include:

Brainspotting, Gottman-style couples counseling, adventure-based group therapy, youth, adult and family counseling with emphasis in experiential healing and person-centered therapy. Rachel is currently accepting new clients, and can see Siletz Tribal Members, their family and descendants, members of other tribes and their descendants, and she can even accept and bill OHP.

Traditional Coping

For the people of the Siletz tribe, winter is a good time to spend extra time with our Elders, making sure they have firewood, are getting to the store, and are eating healthy. Smudging can be helpful to remove negative energies. Going to a talking circle can be a good way to connect, as well as giving us a safe place to say what is really draining our energy or causing us pain. For many, winter is a time of reflection, and visiting a cemetery and other sacred places to be amongst our ancestors can bring us peace and strength.

Virtual Appointments Continue

Monday - Friday

**In-person appointments available
with advance arrangement**

**Salem - Wednesdays/Portland - Fridays
(503) 200-4340**



SIGN UP TODAY FOR WINTER ON-LINE LANGUAGE CLASSES

LEARN NUU-WEE-YA' (OUR LANGUAGE)

TUESDAYS, JANUARY 3-MARCH 7

5:00 PM-BEGINNING CONVERSATION 1

5:45 PM- BEGINNING CONVERSATION 2

THURSDAYS, JANUARY 5 -MARCH 2

5:00 PM-ONGOING CONVERSATION

SATURDAYS 1/28, 2/18, 3/4

NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT nickv@ctsi.nsn.us OR 541-484-4234 X1757



Tribal Non-Emergency Medical Transportation (NEMT)

We provide transportation to and from medical-related appointments as a last resort for Siletz tribal members lacking transportation. To determine eligibility and availability for transport services, Siletz tribal members must call the transport hub at least **48 hours in advance**.

The Transport Hub line is 541-444-9633 or 541-444-1030, Option 9.

Oregon Health Plan - NEMT

If you have Oregon Health Plan (OHP) you may be eligible for the Oregon Health Plan Non-Emergent Medical Transportation. Go to www.oregon.gov/oha/HSD/OHP/Pages/NEMT.aspx and search for the ride service or "brokerage" available in your area.

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



CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

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

"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



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 1855
Angelica Espino	AngelicaE@ctsi.nsn.us	Self Sufficiency Counselor	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	Administrative Services Clerk	X 1850
Lori Christy	LoriC@ctsi.nsn.us	Family Support Specialist	X 1863
Lydia Kentta		Transporter	
Rachel Zinn	RachelZ@ctsi.nsn.us	Mental Health Counselor	X1864
Sonya Moody-Jurado	SonyaMJ@ctsi.nsn.us	Education Specialist	X 1856

