

Address: 2468 West 11<sup>th</sup> Avenue Eugene OR 97402 Telephone: 541-484-4234 Fax: 541-484-4583  
The Confederated Tribes of Siletz Indians

*The Eugene Area Office Newsletter*  
*August 2016*

Office hours: Monday through Friday, 8:00 - 4:30

OPEN THROUGH LUNCH HOUR

**Nuu-wee-ya'**  
(Our Words)

Introduction into the Athabaskan Language  
Open to all Tribal Members of all ages

**Location, Dates, times:**

Siletz Community Center	Monday	August 8 <sup>th</sup> 2016	6:00 - 8:00pm
Eugene Area Office	Tuesday	August 9 <sup>th</sup> 2016	6:00 - 8:00pm
Portland Area Office	Monday	August 15 <sup>th</sup> 2016	6:00 - 8:00pm
Salem Area Office	Tuesday	August 16 <sup>th</sup> 2016	6:00 - 8:00pm

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our Ancient Languages. For more information call:

Bud Lane at the Siletz Cultural Department at (541) 444-8320 or 800-922-1399 ext. 1320; or email [budl@ctsi.nsn.us](mailto:budl@ctsi.nsn.us)



**We are here to help you with your concerns and answer your questions. However:**

Persons under the influence of drugs or alcohol are not permitted on CTSI property or at Tribally sponsored activities.

Physical or verbal abuse, harassment, the use of foul language or intimidation will not be tolerated.

Threatening phone calls are reported immediately to supervisors and to the police.

Anyone choosing to exhibit any of the above behaviors maybe refused services and, when warranted, will be asked to leave premises.

**Thank you for your cooperation...  
Tribal Administration**

**Siletz/Eugene A/O Activities Closures**

June 1 <sup>st</sup> -August	R2R Exercise Challenge
August 1 <sup>st</sup>	Per Capita Distribution
August 9 <sup>th</sup>	EAO Language Class 6-8
August 6 <sup>th</sup> & 14 <sup>th</sup>	Huckleberry Gathering
August 12-14	Nesika Illahee Pow Wow
August 16 & 17	Smoked Salmon Class
August 20 <sup>th</sup>	Elders Meeting Lincoln City
August 26 <sup>th</sup> -28 <sup>th</sup>	Huckleberry Camping

\*See Flyers for information on activities

**!!MAIL ORDER SERVICE AVAILABLE!!  
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

**Tribal Children Need Foster Parents**

Do you value Siletz Tribal Native culture and want to help preserve it? If so, please consider Fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas. If you are interested, please contact:

Kelly Miller at (541) 444-8236 or 800-922-1399 ext. 1236; or visit at [www.ctsi.nsn.us/icw.html](http://www.ctsi.nsn.us/icw.html)

### Alcohol and Drug

#### Willamette Family Staff Contact Information

**Address:** 195 W 12<sup>th</sup> Avenue  
Eugene Oregon 97401  
Downtown location

**Contact:** Juli Canizales-Boller or  
Amy Zamudio

**Telephone:** 541-762-4300

**2016**

### **EMERGENCY HOUSING ASSISTANCE (EHA)**

**~OPEN~**

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

#### **Low-Income Energy Assistance Program (LIHEAP)**

**2016/17 OPEN**

*Crisis/ Regular heating*

*October/November*

*Siletz Elders/Disabled*

*Siletz Tribal Households*

Please contact Nora Williams-Wood for more information or to make an appointment:  
541-484-4234 or 1-800-922-1399 ext 1750

#### **Notary Public (Free Service)**

**Call to set up an appointment**

**Contact: Nora Williams-Wood,**

**Siletz/Eugene Area Office**

**541-484-4234 or 1800-922-1399 Ext. 1750**

**(Please make sure document is completely filled out do not sign. Current ID required)**

#### **Email Reminders**

If anyone would like reminders of special meetings, cultural classes or special events, etc at Eugene Area Office, please contact Nora to be put on email list or email me.

(541) 484-4234 or email: [noraw@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)

#### **Chinook Winds Casino Resort**

Sign up for an electronic newsletter:

[www.chinookwindscasino.com](http://www.chinookwindscasino.com)

#### **Lane County Veterans Service Office**

Providing services: to Veterans, dependents and their survivors. Providing advocacy and facilitating access to benefits including for Disability compensation, Widows/Survivors Benefits, Non-Service Connected Pensions, Education benefits, and access to VA Medical services.

**Address:** 165 E 7<sup>th</sup> Avenue, Suite 200 Eugene Oregon 97404

**Telephone:** (541) 682-4191

**Website:**

<http://www.lanecounty.org/HSC/veteranservice.htm>

#### **Oregon Telephone Assistance Program**

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>

Can fill out online or mail in if you or know someone who receives:

Food Stamps, TANF, SSI or OHP they may be eligible for a reduction on their telephone bill.

#### **Reminders**

**The Nesika Illahee Powwow Hiring date is August 10<sup>th</sup> from 10 AM to 4:30 PM at the community center on Government Hill.**

Run to the Rogue Dates: September 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup>.  
Registration forms are available on the CTSI website or at your area office.

For questions or more information contact Buddy Lane at 541-444-8230 or email at [buddyl@ctsi.nsn.us](mailto:buddyl@ctsi.nsn.us)

**EDUCATION NEWS**  
**Supplemental Education Program, Adult Education,**  
**Adult Vocational Training, Higher Education**  
**Nick Sixkiller – Education Specialist**  
**nicks@ctsi.nsn.us**

**Supplemental Education Program (JOM)**

**School Supplies**

Once again the JOM Program will offer basic school supplies for JOM eligible students, kindergarten through the twelve grades. To receive supplies, **Pre-registration** is mandatory. Please call the Eugene area Office with your students name and grade. We will start issuing supplies on **Wednesday, August 18, 2016**. Students and parents/guardians, while you are picking up supplies, please come prepared to fill out a file update and needs assessment form. Call Nick or Nora at the Eugene Area Office, 541-484-4234, to sign up for supplies and make an appointment time.

**A DAY AT THE BEACH**

We are planning a beach excursion on August 23, 2016. We will be meeting up for day at the tide pools at Yachats and Strawberry Hill. Searching the Tide Pools is always a blast, fun and exciting. If you want to enjoy a great day at the coast please call Nick or Nora to register for the trip. Space is limited so call early. We will be leaving the Eugene Area Office at 7:30 AM and returning around 4:30 PM. Lunch and snacks will be provided. Youth are required to be at least 10 years old to ride in our vans without a chaperone. Please bring appropriate clothing as we visit the land of wind and sand!!

**TYEE - Summer Youth Employment Program**

Our summer youth program is off to a good start. Our current workers are; Jeidah DeZurney of Brownsville, Lanaya Williams of Eugene, Kyla Wagner of Springfield. Trinity DeZurney of Brownsville, Stormie Ehret of Eugene and Garret Williams of Philomath.

**REQUEST FOR SERVICES**

**Parents/guardians of JOM students are required to fill out a "request for service's" application prior to requesting services from the supplemental education Program. Request for service application are readily available in each of the area offices, or you can call and request to have one be sent or e-mailed to you.**

**It is the policy of CTSI not to reimburse personal monies on anticipated services. If you are eligible for services please contact the Education Specialist before you use any of your personal funds. Please give Nick a call at the Eugene Area Office if you have any questions or concerns.**

## SILETZ ELDER NEWS

Huckleberry gathering trip August 6<sup>th</sup> and 14<sup>th</sup>, 2016 and huckleberry camping trip on August 26<sup>th</sup> – 28<sup>th</sup>, 2016 (See flyer for more information)

The next Introduction to the Athabaskan Language Class for the Eugene Area Office will be held on Tuesday August 9, 2016. Class is held from 6:00 pm until 8:00 pm and a light meal will be provided.

The Nesika Illahee Pow Wow will be held this month starting on Friday, August 12, 2016 and going through Sunday, August 14, 2016. Activities are held at the Pauline Ricks Memorial POW WOW Grounds on Government Hill, Siletz, Oregon.

The Elder Council will meet on Saturday, August 20, 2016 from 1:00 pm to 4:00 pm. The meeting will be held at the Casino. All tribal elders age 55+ are invited to attend the monthly Council meeting. For more information contact the Elders Program at 1-800-922-1399.

Learn how to smoke fish by attending a special class held on August 17<sup>th</sup> and 18<sup>th</sup>, 2016 at the Eugene Area Office. The class is limited to 8 people. Contact Adrienne Crookes at 541-484-4234 for more information and to enroll in the class.

The Chinook Winds Entertainment for August, 2016 is Tanya Tucker. She will be performing on the 12<sup>th</sup> and 13<sup>th</sup> with shows starting at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665. The Monkees will be there on September 23<sup>rd</sup> and 24<sup>th</sup>. You may call 90 days before that to request free Elder tickets.

The regular evening Diabetes Support Class will be held on Thursday, August 25, 2016, from 6:00 pm until 8:00 pm. Cancelled

The Run to the Rogue Exercise Challenge continues for the month August.

Jim Swanson 541-683-8766

[jimswanson38@comcast.net](mailto:jimswanson38@comcast.net)

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Having a child brings big changes in your life. The Siletz Home Visiting Program is available to parents who are pregnant or have given birth within the last year. This program is voluntary, and it is free! There are no income requirements.

**The Siletz Home Visiting Program offers:**

- 🌸 The latest information about how babies grow, develop and learn both physically and emotionally;
- 🌸 Ways to bond with your baby;
- 🌸 Information about how to keep your family healthy;
- 🌸 Tips for parents about infant sleep, play, attachment, and many more;
- 🌸 Information about other community resources, like breastfeeding support and car seat installation;
- 🌸 Culturally sensitive needs of families; and
- 🌸 Home visits for parents and their children.

If you are interested in hearing more about the Siletz Home Visiting Program in your community, please complete the information below. Someone from the Siletz Home Visiting Program will contact you!

**Self-Referred**

Person making referral: \_\_\_\_\_ Date: \_\_\_\_\_

Agency: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip Code: \_\_\_\_\_

Please mail or fax completed form to:  
2468 W. 11<sup>th</sup> Avenue. Eugene OR 97402  
FAX: (541) 484-4583

Call (800-922-1399) ext. 1752 or local (541) 484-4234 to learn more about  
the Siletz Home Visiting Program.



Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



*Our home visiting program provides parenting and life skills for successful and positive parenting. We serve native families that are either expecting or have infants under the age of twelve months, continuing through the child's third birthday. We travel throughout the 11 county service areas of the Confederated Tribe of Siletz Indians. The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. We are funded by the Tribal Maternal, Infant, Early Childhood Home Visiting Program (TMIECHV).*

*Family Spirit is Evidence based and culturally sensitive to native families. Parents gain knowledge and skills for their developing infant through 36 months of age. We also focus on goals and healthy living for parents as a support system for the family as a whole. The program consists of 63 lessons over a 39 month period and is divided into six modules. The modules are broken into these categories: Prenatal care (9 lessons), infant care (16 lessons), your growing child (11 lessons), toddler care (9 lessons), my family and me (6 lessons), and healthy living (12 lessons). While this may seem like a big commitment the lessons vary from 30 minutes to 90 minutes and some can be combined together as we work with your schedule. Family Spirit suggests we deliver at least 32 lessons to our families in order for families to benefit from the evidence based curriculum. For the full benefits of the program we would like to provide all 63 to our families. As a thank you for participating in our program we offer some incentives which we will be happy to share with you upon the enrolled in our program.*

*During your participation if you feel like the timeline of lessons is too often we can adjust the home visits to accommodate your schedule while still keeping the programs timeline in mind. We are a voluntary program that delivers home visits in the comfort of the homes of our families. If you would like to get more information and or meet our home visiting staff would love to schedule a home visit to give you a full overview of the program.*

**CONTACT INFORMATION**

**2468 11<sup>th</sup> Ave., Eugene, Oregon (Covering Eugene and surrounding areas)**

*Jessica Phillips, Program Coordinator/Home Visitor: (541) 484-4234 or (541) 222-9503*

**201 SE Swan Avenue, Siletz, Oregon (Covering Siletz and the coastal range)**

*Danelle Smith, Home Visitor: (541) 444-9603 or (541) 270-1027*

**3160 Blossom Drive NE Ste. 105, Salem Oregon (Covering Salem, Portland and surrounding areas)**

*Lori Christy, Home Visitor: (503) 390-9494 or (541) 272-2241*

*Tricia Brown, Home Visitor: (503) 390-9494*



# 477 Self-Sufficiency Program

*Jenifer Jackson, Tribal Services Specialist*

*Vacant, Tribal Services Specialist*

*Stephanie Jackson, Tribal Service Assistant/Temp*

The Confederated Tribes of Siletz Indians 477 Self-Sufficiency Program offers Work-Experience (WEX), On-the-Job Training (OJT), Classroom Training (CRT) and Direct Placement (DP) services to eligible clients. If you are interested in any of the above programs please contact Jen or Sheila to schedule an appointment.

**TSS staff administrative hours**  
**Monday through Friday**  
**8:00am - 9:30am**

Phone calls will be passed to their voice mail during this time unless previous arrangements have been made.

#### Phone Messages:

As a reminder when you leave a phone message please leave your name and number, SSP staff will return your call as soon as they are able, unless you are experiencing an emergency and arrangements can be made to assist you.

#### Long Distance Calls:

You may now reach SSP staff through the 1-800-922-1399 number, please ask to be transferred to the EAO or staff directly to extension 1755 for Jenifer or extension 1756 for Sheila. You can leave messages directly on their voicemail.

Please remember that 477-SSP staff may be out of the office at other times than listed above to meet with employers, complete home visits, client support services, etc... so please call to schedule an appointment.

**Clients are required:**  
**to meet with Tribal Services Specialists each month**  
**You will need to call and set up an appointment**

#### Schedules:

Jen's hours: M-F 8:00-4:30pm  
General Assistance and TANF

Jenifer will be **OUT** of the office:

**\*Jenifer – August 11-12, 15**

Vacant Position hours: T-F 8-4:30pm  
Work Experience, Summer Youth  
Employment, On-the-Job Training, Classroom  
Training, Direct Placement, Emergency  
Assistance, TANF Youth Services

Stephanie's hours: M-Thu 8:00-4:30pm  
Temping as a Tribal Service Assistant until  
further notice

**\*Stephanie – August 11, 15**

\* Lou Carey will be available to assist clients with some needs when Jenifer and Sheila are out.

## WEX/Grant Assistance Dates to remember in August 2016

Monday	August 1 <sup>st</sup>	TANF Card day
Monday	August 1 <sup>st</sup>	Per Capita checks
Tuesday	August 2 <sup>nd</sup>	WEX Time Sheets Due
Friday	August 5 <sup>th</sup>	Self-Sufficiency documentation due
Tuesday	August 9 <sup>th</sup>	EAO Language Class 6-8pm
Friday	August 12 <sup>th</sup>	WEX Payday
Friday thru Sunday	August 12 <sup>th</sup> – 14 <sup>th</sup>	Nesika Illahee Paw Wow – Siletz Oregon
Tuesday	August 16 <sup>th</sup>	WEX Time Sheets Due
Wednesday/Thursday	August 17 <sup>th</sup> & 18 <sup>th</sup>	Smoked Salmon Class (see flyer)
Thursday	August 25 <sup>th</sup>	Diabetes Support Group
Friday	August 26 <sup>th</sup>	WEX Payday

**\*All CRT and childcare timesheets are due a day early the week before a holiday\***

### Services available to all enrolled federally recognized tribal members and descendants:

#### **Classroom Training (CRT)**

**CRT** services are available for Vocational Training, GED completion, a term of Higher Ed. If you are interested in utilizing CRT services, please contact Sheila Solis to schedule an intake appointment.

#### **On-the-Job Training (OJT)**

**OJT** is available to any tribal member seeking employment. It is a reimbursement to an employer for half of a hired employee's wages, up to \$4,500.00 or 6 months, whichever comes first.

#### **Direct Placement**

**DP** is available to any tribal member who has obtained full time employment and applies within seven days of the hire date. Service provides clothing and tools necessary for work.

#### **Work Experience (WEX)**

**WEX** can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage. Contact Sheila Solis for more details.





**Want help getting a job? Do you have a diagnosed disability (IEP or 504)?**

**You could be eligible for STVRP services.**

**Steps in working with  
Siletz Tribal Vocational Rehabilitation Program:  
(STVRP)**

**Step 1:** Establish contact with the STVRP Counselor assigned to your school and schedule a meeting. Your first meeting with a STVRP Counselor will be to gather information about you, your needs, and to discuss whether the STVRP fits for you. If the program is for you.....

**Step 2:** Sign an application and a STVRP Counselor will determine whether or not you're eligible for services by talking with you about your needs, your disability, and what barriers you have as a result. They may also need to do some additional testing and will read through your school records.

**Step 3:** Once you're eligible, you'll meet with your STVRP Counselor to discuss your goals and plans for employment. STVRP Counselors can provide guidance and counseling to students who need help determining their goals or plan for what they want after high school.

**Step 4:** You'll also work with your STVRP Counselor to discuss the impact of your barriers as you work to reach your employment goals and determine what services are necessary to help you reach your goals.

You can get the help you need, schedule your appointment today!

**How to contact STVRP:**

1-800-922-1399 (Siletz Office)

503-390-9494 (Salem Office)

# Siletz Tribal Vocational Rehabilitation Program

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The Siletz Tribal Vocational Rehabilitation program (STVRP) is here to assist **members of any federally recognized Tribe** (living within the Siletz Tribes service area) with overcoming impediments to employment. We work with a diverse population of individuals who have disabilities ranging from cognitive impairments to physical limitations.

If you have a documented disability that creates limitations or prevents you from doing the work you desire or are qualified for we would like to assist you. We can assist with obtaining and maintaining employment and developing skills. We focus on motivation, identifying your abilities, skills that lead to successful employment and the development of self advocacy.

You should have a strong desire to work and be willing to work collaboratively with STVRP staff to provide you with the services needed to overcome your disability. Your personal goal should be self sufficiency and to live a healthy sustainable lifestyle.

The STVRP also assists transitioning students with disabilities. The ideal age for a student to start working with VR is two to three years before graduation, until the age 22, or graduated from high school. Our program can provide vocational guidance and counseling; assist with identification of employment goals; employment retention; and advocacy within the academic environment. Students with a documented disability or who are on an "Individualized Education Plan- IEP" or on a "504 Plan" are encouraged to participate in the STVRP.

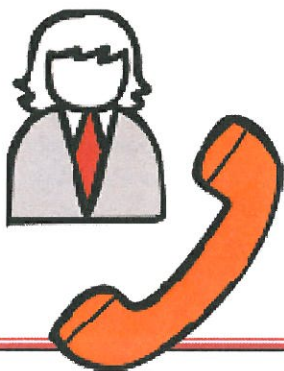
Examples of SERVICES PROVIDED by STVRP:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Portfolio Building, Resume Writing, Interviewing Techniques, Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment

For more information about the STVRP, please inquire at 1-800-922-1399. We also maintain resource and employment boards so please stop by if you're interested. You can speak to any of the VR staff: **In Salem Office** - Dana Rodriguez (Program Aide); Angie Butler (Program Director).



# Siletz Community Health



## Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Siletz Contract Health	1-800-628-5720
Siletz Behavioral Health	1-800-600-5599

Siletz Contract Health registration forms and Chemawa Indian Health Center applications are available at the Eugene Area Office. If you have questions regarding eligibility for services, you may contact:

**Adrienne Crookes**  
Community Health Advocate  
541-484-4234

## Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

You may qualify for the Oregon Health Plan! OHP provides health care coverage to eligible, low income Oregonians. If you would like to apply, you may stop by and pick up an application, or apply online at [OregonHealthCare.gov](http://OregonHealthCare.gov)  
Telephone 1-800-699-9075

We are here to assist you with any questions that you may have about OHP.

Contact **Adrienne Crookes**,  
Community Health Advocate, at 541-484-4234

## Siletz Mail Order Pharmacy

If you need a prescription refill, 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 to mail it to you.

Call **1-800-648-0449** and enter **ext 1624**. Follow the voicemail instructions. If you need assistance, you may call Adrienne Crookes, Community Health Advocate at 541-484-4234

# Siletz Community Health



## Blood Pressure Screenings

At the Siletz Eugene Area Office

Have you had your blood pressure checked lately? High blood pressure puts you at risk for heart attack, stroke, and other health problems.



Feel free to come in and get it checked.

To make an appointment with Adrienne Crookes, CHA, call 541-484-4234.



## Bicycle Helmets

Are available at the Eugene Area Office

Parents, protect your little ones! Siletz household member children who are between the ages of 3-17 are eligible to receive a free helmet. Children who are not the legal dependents are not eligible for this service. Youth are encouraged to take care of their helmet and to return for a new one every other year or earlier if they:

- 1.) Need a larger size
- 2.) Sustain a fall that causes the helmet to hit the ground.

To be fitted for a helmet you may contact Adrienne Crookes, CHA, at 541-484-4234

## Attention Tribal Parents and Child Care Givers!

Did you know 3 out of 4 child safety seats are used incorrectly?



If you are unsure if your child's car seat is installed correctly, you may stop by the Siletz office and have it checked by a CTSI Child Passenger Safety Seat Technician.

Free car seats are available to the legal dependents of Siletz tribal members.

To make an appointment with Adrienne Crookes, call 541-484-4234. She will be available to provide information and assist in properly installing your car seat.

Please come join us!

# Smoked Salmon Class



At the Siletz Office in Eugene  
2468 W. 11<sup>th</sup> Avenue  
This is a two-day class



On Wednesday,  
August 17, from 2:30-4:00 p.m. and  
Thursday,  
August 18, from 10:00 a.m.-4:00 p.m.

Come learn how to smoke fish at home --- safely!  
Learn how to cut up a piece of fish, prepare a brine,  
and smoke the fish in an electric smoker.

A small chunk of salmon and all supplies will be provided.

This will be a two-day class. The first day we will cut up the fish and  
make the brine. The brined fish will be refrigerated overnight.  
The following day we will smoke the fish.

Class size is limited to 8 people, so call early to sign up!

*Salmon*

If you have questions, or would like to sign up for this class, you may contact  
Adrienne Crookes or Nora Williams-Wood at 541-484-4234.

**This class is sponsored by the Siletz Healthy Traditions Program**

Please Come Join Us!!

## Diabetes Support Group



Thursday, August 25<sup>th</sup>

From 6:00-8:00 p.m.



At the Siletz Eugene Area Office  
2468 West 11<sup>th</sup> Avenue

Did you know that Native Americans are more than twice as likely to become diabetic than the rest of the U.S. population? Native Americans are more likely to develop complications from diabetes once they have the disease.

Dani Bliss, Diabetes Health Educator with the Coquille Tribe, will be teaching monthly classes. Come learn about modest lifestyle changes you can make to get healthy. Learn about nutrition, exercise, and how to lose weight and keep it off.

**Everyone is welcome! A light, nutritious meal will be provided.**

For more information you may contact Adrienne Crookes,  
Community Health Advocate, at 541-484-4234

# Recruiting for the Diabetes Prevention Program

This 10-week program is to begin at the  
Siletz Eugene area office in August 2016  
Dates and Time: *To Be Arranged (times are flexible)*



## Why is there a Prevention Program?

While there is no cure for diabetes, it can be prevented or delayed by making healthy food choices and being physically active. Our Lifestyle Coach will help you in three ways:

- **Lose Weight and Keep it off!**  
Our Lifestyle Coach and Registered Dietician will teach you to eat less calories in a manner that works for you and your family.
- **Get Fit!**  
Everyone's exercise ability is different, however, we know that people who have more muscle and less body fat are able to maintain weight loss better. A Lifestyle Coach will work with you to achieve the goal of becoming more physically active.
- **Start by Making Small Changes!**  
Your Lifestyle Coach will work with you to make changes by setting goals you can meet and can continue to meet your entire life.

## Small Steps, Big Rewards

Your **GAME PLAN** for Preventing Diabetes:  
Doctors, Nutritionists, and Lifestyle Coaches have created a comprehensive program called the "**Game Plan.**" Goals, accountability, monitoring, and effectiveness: Prevention through a Lifestyle of Activity & Nutrition. Our Lifestyle Coach will provide a "how to guide" with suggestions for helping you initiate and maintain risk-reducing behaviors and help you decide how to reward yourself when you do what you have planned.

DPP Reward Bucks can be earned at each weekly session to be redeemed at the Prevention Store for valuable health items, such as cook books, cooking utensils, exercise apparel, etc.

*There is no fee for this 10-week series.*

**The ultimate reward is your health and preventing diabetes!**

If you believe you are at risk for diabetes, or would like more information about this program,  
you may contact

**Dani Bliss, Health Educator, at 1-800-344-8583 # 2216**  
email: [danellebliss@coquilletribe.org](mailto:danellebliss@coquilletribe.org)

Or contact Adrienne Crookes, CHA, at the Eugene Area Office at 541-484-4234

# August is Children's Eye Health and Safety Month

Adrienne Crookes, Community Health Advocate

## PROPER VISION SCREENINGS AND EXAMINATIONS ARE ESSENTIAL FOR EARLY DETECTION AND INTERVENTION OF VISION PROBLEMS IN CHILDREN.

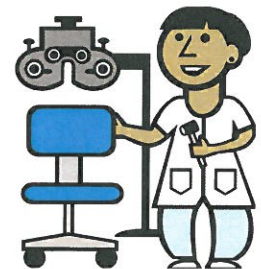
School is just around the corner, and with it comes back-to-school shopping. Along with the school shopping, consider making August the month for basic healthcare services such as immunizations, dental cleanings, a physical, and eye exam. Proper vision screenings and examinations are essential for early detection and intervention of vision problems in children.

Vision can change frequently during the school years, hence the importance of the annual eye exam. More than 80 percent of early learning is visual. If your child is not performing well in school, don't attribute it to lack of interest or laziness. In some instances, the problem could be vision related. Simply put, children have a hard time concentrating if they are unable to see well enough to follow along.

An undetected visual impairment at an early age can set a child back in development in just a few short months. Without good vision, a child's ability to learn and comprehend the world around them suffers. Ensure early detection by scheduling an annual eye exam. If you notice the following problems with your child between appointments, see your regular eye doctor right away:



Frequent eye rubbing or blinking  
Frequent headaches  
Covering one eye  
Short attention span, or  
Avoiding reading assignments



**Get annual eye exams. Protect your eyes from ultraviolet rays.  
Wear protective eye gear. Live a healthy lifestyle. Know the facts.**



## 2016-2017 Hunting and Fishing Tags Distribution Schedule

The Natural Resources Committee has set the following schedule and methods for distribution of this year's hunting and fishing tags to Tribal members.

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
<b>Deer</b>	Early Archery	50	8/27-9/25	8/8 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/1-11/4**	8/22	First Come First Served
	Antlerless or Spike – Adult	8	10/22-11/4	Lottery applications available 8/8; due 9/2; drawing 9/12; tags issued 9/13	Lottery – Open to Elders Only
	Antlerless or Spike – Youth	5	10/1-11/6	Lottery applications available 8/8; due 9/2; drawing 9/12; tags issued 9/13	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	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*
<b>Elk</b>	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/6; due 7/8; drawing 7/11; tags issued 7/12	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/27-9/25	8/8 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 <sup>st</sup> Season Rifle	25	11/12-11/15	Lottery applications available 9/6; due 9/23; drawing 10/3; tags issued 10/4	Lottery
	2 <sup>nd</sup> Season Rifle	25	11/19-11/25		
	Antlerless	9	Various seasons	Lottery applications available 9/6; due 9/23; drawing 10/3; tags issued one month prior to season opening	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*	
<b>Salmon</b>	Salmon	200	11/1-12/30 (estimate)	8/22	First Come First Served

\*No early calls to “save” a tag for someone. Must physically show up to obtain tag on first day of distribution. May call to have a tag mailed beginning on the second day of distribution

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

\*\*\* Minus number of tags filled in Early Bow Season

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2016-2017 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.

# USDA distribution dates for AUGUST 2016

## Siletz

Monday	August 1	9 a.m. – 3 p.m.
Tuesday	August 2	9 a.m. – 3 p.m.
Wednesday	August 3	9 a.m. – 3 p.m.
Thursday	August 4	9 a.m. – 3 p.m.
Friday	August 5	9 a.m. – 3 p.m.

## Salem

Monday	August 15	1:30 – 6:30 p.m.
Tuesday	August 16	9 a.m. – 6:30 p.m.
Wednesday	August 17	9 a.m. – 6:30 p.m.
Thursday	August 18	9 a.m. – 11 a.m.

I hope you all remember that when the rules changed in 2013, that we don't have to count per capita payments that are received less than monthly. If you are a client that received per capita payments in the month of August, you are still eligible to receive your food.

**Be sure to LIKE us on Facebook at: SILETZ TRIBAL FDPIR. I am**

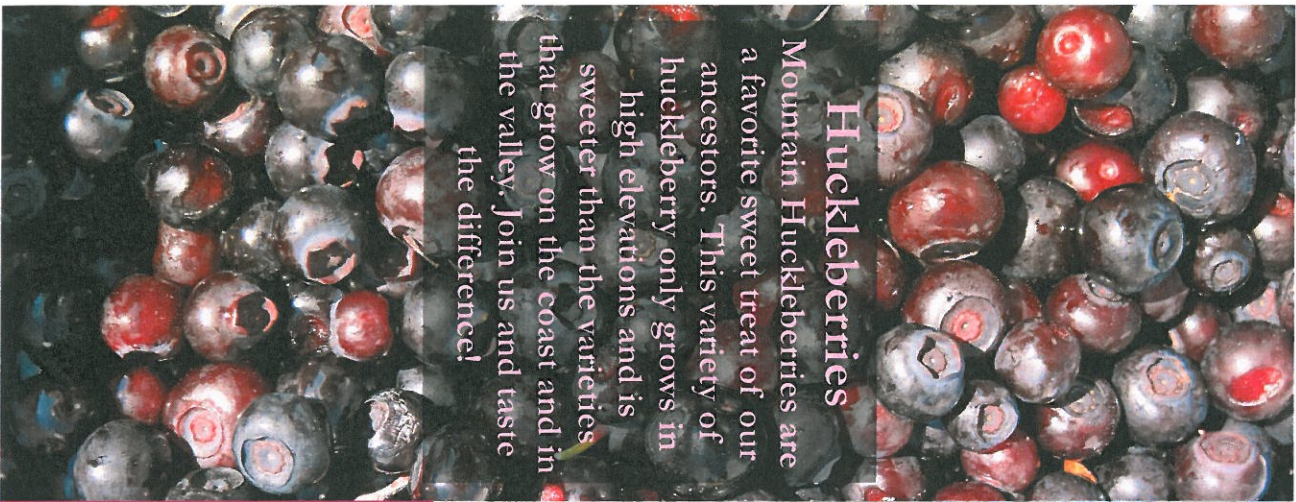
**posting recipes, distribution dates, pictures and food safety tips.**



Joyce Retherford, FDP Director  
541-444-8393

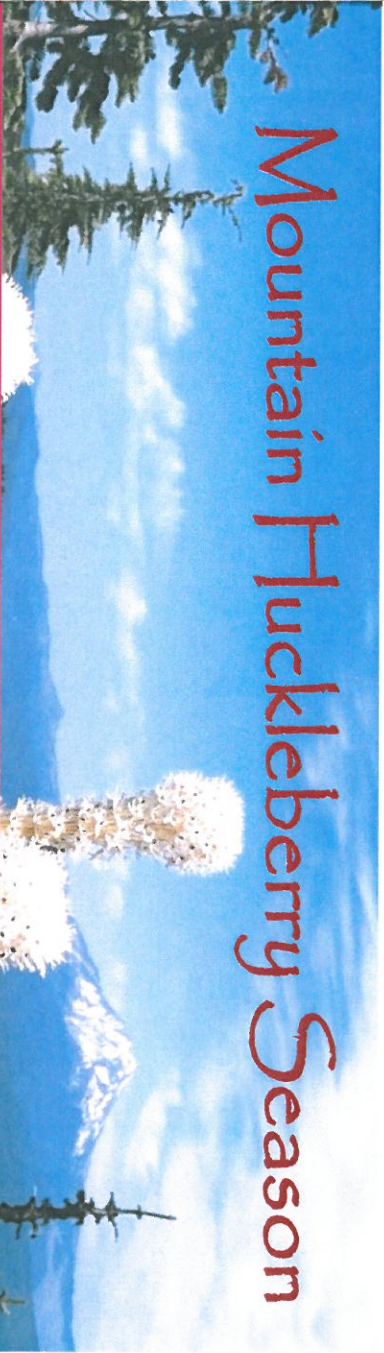
Lisa Paul, FDP Clerk/Warehouseman  
541-444-8279





## Huckleberries

Mountain Huckleberries are a favorite sweet treat of our ancestors. This variety of huckleberry only grows in high elevations and is sweeter than the varieties that grow on the coast and in the valley. Join us and taste the difference!



# Mountain Huckleberry Season

Huckleberries will be ready and it looks like it may be a good year! Gathering dates, depending on weather. Please call to sign up and for directions to meet up.

Contact Healthy Traditions at:  
541-444-9627  
or [kathyk@ctsi.nsn.us](mailto:kathyk@ctsi.nsn.us)



These are the potential gathering dates, depending on weather:

**Huckleberry Gathering**  
Saturday, August 6th  
Sunday, August 14th

**Huckleberry Camping Weekend of August 26 - 28th**

## Sign up today!

Join us for a day trip or camp out for the weekend at the scenic Cougar Rock huckleberry patch.

We have two meeting locations, one in Siletz, and one in the valley. Contact us for meeting location, times and details.

**CONFEDERATED TRIBES OF SILETZ INDIANS**  
**PRESENTS**

**NESSIKA 2016 ILLAHEE**



**POW • WOW**  
**AUGUST 12-14**

**PAULINE RICKS MEMORIAL POW WOW GROUNDS**  
**GOVERNMENT HILL, SILETZ, OR**

Vendor Registration is Required. Camping Fee: \$25 + \$5 per pet.  
Campground open Thurs 7AM. No Campfires.  
For More Info: Call 800-922-1399  
Buddy Lane: x1230 • Nick Sixkiller: x1757

**THU • Aug 11**

6PM: Royalty Pageant

**FRI • Aug 12**

Noon to 5PM:

Memorial / Giveaways

6PM: Presentation of Crown

7PM: Grand Entry

**SAT • Aug 13**

10PM: Parade

Dance Competition Points  
awarded for Parade participation

1PM & 7PM:

Grand Entry

**SUN • Aug 14**

Noon: Grand Entry

Salmon Dinner

**A DRUG & ALCOHOL FREE  
EVENT**

**CATEGORIES**

Golden Age  
Adult  
Teen  
Youth

**SPECIALS**

Team Dance  
Women's Basketcap  
Round Bustle

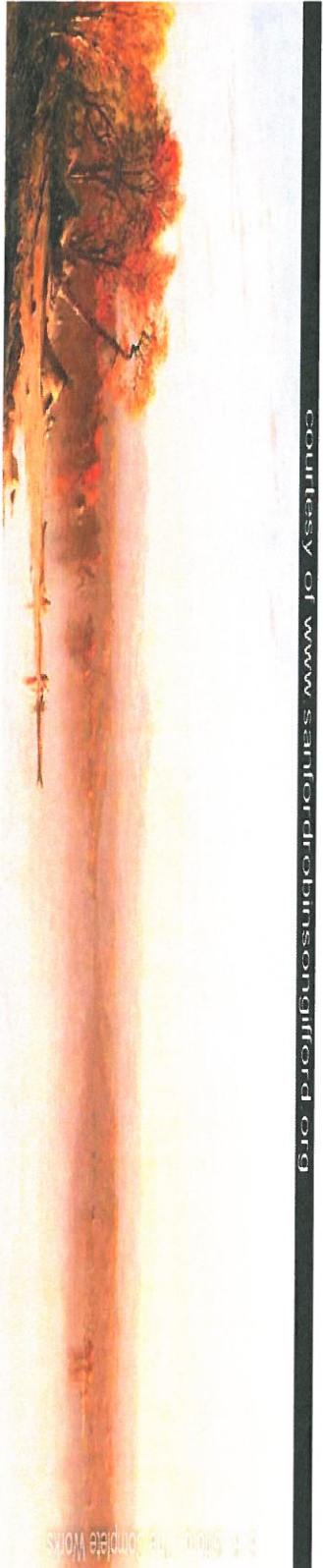


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2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 USDA Distribution Siletz 9-3pm <b>TANF/GASA Check/Card</b> <b>School Checks Released</b> <b>Per Capita Checks</b>	2 USDA Distribution Siletz 9-3pm <b>Time Sheets Due by 12pm</b>	3 USDA Distribution Siletz 9-3pm	4 USDA Distribution Siletz 9-3pm	5 USDA Distribution Siletz 9-3pm 477/Self-Sufficiency Documents due	6 <b>Huckleberry Gathering</b> <b>See Flyer</b>
7	8 Siletz Language Class Siletz Community Center 6-8pm	9 Eugene Language Class EAO 6-8pm	10 <b>Nesika Illahee Pow Wow Hiring Community Center</b>	11 <b>Nesika Illahee Pageant</b>	12 <b>WEX Payday</b> <b>Nesika Illahee Pow Wow</b>	13 <b>Nesika Illahee Pow Wow</b>
14 <b>Huckleberry Gathering</b> <b>See Flyer</b> <b>Nesika Illahee Pow Wow</b>	15 USDA Distribution Salem 1:30-6:30pm Portland Language Class PAO 6-8pm	16 <b>Time Sheets Due by 12pm</b> USDA Distribution Salem 9:30-6:30pm Salem Language Class SAO 6-8pm	17 <b>Smoked Salmon Class 2:30-4 and 10-4pm</b>	18 USDA Distribution Salem 9-11am	19 <b>WEX Payday</b>	20 <b>Elder Meeting CW Casino 1-4pm</b>
21	22	23 <b>JOM</b> <b>Day at the Beach</b>	24 USDA Distribution Salem 9:30-6:30pm	25 <b>Diabetes Support 6-8pm</b> <b>TANF/GASA Check/Card</b> <b>School Checks Released</b>	26 <b>WEX Payday</b> <b>Huckleberry Camping</b> <b>See Flyer</b>	27 <b>Huckleberry Camping</b> <b>See Flyer</b>
28 <b>Huckleberry Camping</b> <b>See Flyer</b>	29	30 <b>Time Sheets Due by 12pm</b>	31	1	2	3

courtesy of www.sanfordrobinsongifford.org





The Eugene Area Office Staff  
541-484-4234 1-800-922-1399  
Lou Carey, Supervisor x1751  
Nick Sixkiller, Education Specialist/JOM x1757  
Jennifer Jackson, Tribal Service Specialist/47SSP x1755  
Stephanie Jackson, Temp/Tribal Service Assistant x1756  
Adrienne Crookes, Community Health Advocate x1753  
Jessica Phillips, Program Coordinator/THV x1752  
Nora N Williams-Wood, Secretary x1750  
Lanaya Williams, Youth Clerk  
Gloria Stott, Elders On-Call Transport

The Confederated Tribes of Siletz Indians  
The Eugene Area Office  
2468 West 11<sup>th</sup> Avenue  
Eugene Oregon 97402

**Eugene A/O**

June 1<sup>st</sup> - August Run to Rogue Challenge Starts  
August 1<sup>st</sup> Per Capita  
August 9<sup>th</sup> Siletz Language Class  
August 12<sup>th</sup> - 14<sup>th</sup> Nesika Illahee Pow Wow  
August 6<sup>th</sup> & 14<sup>th</sup> Huckleberry Gathering  
August 17<sup>th</sup> & 18<sup>th</sup> Smoked Salmon Class  
August 20<sup>th</sup> Elders Meeting  
August 26<sup>th</sup> - 28<sup>th</sup> Huckleberry Camping

Addressee