

# Portland Potlatch

DECEMBER 2016

## Inside This Issue:

Community News	1-4
Community Health	5
Education	8
Athabaskan Language	9
Calendar	10-11
477/SSP	12
Behavioral Health	13
USDA	14
Staff Directory	19

**Planning Meeting & ID Machine Coming to PAO**  
**Wed, Jan. 25th**  
**5:30—7 PM**

## December Office Closures

**All Siletz Tribal offices will be closed on:**

Friday, Dec., 9th—Siletz All Staff Day  
Monday., Dec., 26th—Christmas



## Portland Area Office Holiday Celebration

**Tuesday December 13th,  
5 PM—8:00 PM**

**SRII-NA CHEE-  
YASH-'E**  
**High in Sky Bird  
EAGLE**

**This years event will not be held at the  
Portland Area office.**  
(See pages 6 & 7 for details)

## Energy Assistance Program (LIHEAP)

### Still Open

LIHEAP (Low-Income Home Energy Assistance Program) is a Federally-funded program that helps low-income households with their home energy bills. If you haven't already applied, for assistance, please call Andrew Johanson at (503) to see if you qualify. See page 4 for details.



### Important Dates

- Tues., 12/13, Portland Holiday Party
- Sat., 12/10, Elders Council—1 PM
- Fri., 12/16, Regular Council—8 AM

## Community News

### Portland Area Office

#### Beading Group

You are invited to join us for an informal gathering, to bead, learn and visit. This month we will be making Dentalium Four Direction Earrings or you can bring whatever you are working on:

**Thurs., Dec. 15th, 2016  
10 AM—2 PM**

For more information, Please see announcement below.



#### Elder's Shopping Day

The next elders shopping day will be:

**Dec. 7th & 21th at 10 AM**



#### Pow-Wow Vest Class

**December 6th, 5:30PM-8PM**

Pre-registration is required for this class. We will be making a vest for a child which will teach you the basics for making a vest for any age or size. Call Sherry Addis to register.

To reserve your spot on the bus for the next shopping day, please call your Elders program area representative, Kay Steele at: (503) 760-4746 or Consuelo "Cookie" Fernandez (503) 853-5430.

#### PAO Elders Potluck Ch'ay-yii-ne Ghu'-'alh



Weather permitting, we will next meet:

**Dec. 27th, 2016  
5:30 PM — 7 PM  
PAO Community Room**

Please bring a potluck dish to share. For more information or to request a ride/carpool, please contact the Elders Coordinator or your Elders Representative Kay Steele.

#### Zenger Farm's Winter Kids Camp 2016

Enrollment is now open for camp. The camp is located at Zenger Farms at SE Foster road near 122nd AVE. Second to Sixth graders will harvest, cook and create seasonal treats and gifts in the farmhouse. To enroll, please visit:

[www.zengerfarm.org/winter](http://www.zengerfarm.org/winter)

### New Years Eve Pow-Wow

**December 31st, 1 PM—12 AM  
777 NE MLK JR. Blvd.**

This year is NARA's 30th annual New Year's Eve Sobriety Pow-Wow. This Pow-Wow is hosted by NARA NW, and will take place at the Oregon Convention and Event Center.

For more information please visit:

[www.naranorthwest.org/event/new-years-eve-sobriety-powwow/](http://www.naranorthwest.org/event/new-years-eve-sobriety-powwow/)

### Portland Winter Resources 2016-17

This time of year winter can present families with unique challenges. To assist, we have combined the below resources that are generally available during the winter months for those who may need assistance. Please visit:

<http://streetroots.org/about/work/resourceguide>

Or you can call your local 211 info all-purpose referral line at (503) 222-5555 or dial 211.

#### • Bradley-Angle House

24-hour crisis line for women and women with children fleeing domestic violence. 24-hour crisis line. Undisclosed location (503) 281-2442.

#### • Clackamas Women's Crisis Hotline (503) 654-2288.

#### • Child Abuse/Reporting Hotline (All of Oregon) (503) 731-3100.

#### • Allen Temple Emergency Aid Center

Food boxes with ID or proof of current address. Services area from Wielder to Lombard, and Greely to NE 42nd. Must meet USDA income guidelines.

**Opens: 5 PM 7 PM Tues., 11 AM 2 PM Wed. & Sat. Closed 1st & 2nd Tues and 1st Wed and Sat. (503) 289-6615**

#### • The Family Winter Shelter

The Family Winter Shelter is a 100-bed homeless family shelter operated by Human Solutions. Families with children or couples and single women in their third trimester of pregnancy have a warm, dry, safe and welcoming place to sleep. Shelter families are able to access housing, employment and other services designed to quickly end their homelessness.

**Operating from Nov. 1st to Mar. 31st**

**16141 E. Burnside St.  
Portland, OR**

**Open Every night 7 PM to 7 AM  
[www.homelesshelterdirectory.org](http://www.homelesshelterdirectory.org)**

#### • Mainspring Emergency Services

Formerly "Fish Emergency Services" provides, clothing for families in need. Items provided include emergency food boxes, clothing, personal care products (soap, toothpaste, laundry soap, etc.) and referrals for people most in need.

**1335 SE Hawthorne Blvd.  
Portland, OR (503) 233-5533  
Mon - Thurs 9:30 AM - 2:00 PM  
Transit: 14, 10, 70  
<http://www.mainspringpdx.org>**

(Continued on page 3)

(Community News Continued from page 2)

## PAO Garden Club Resumes in January!

The CTSI, Portland Area Office is preparing for the next gardening season. If you would like more information about garden club and how to participate, please contact Sherry Addis or Andrew Johanson at PAO.



## CTSI Job Announcements

**Position(s)** HeadStart Classroom Aide—(2) Part time positions Available  
**Location :** Salem Area  
**Salary:** \$11.00/ Hourly  
**Supervision:** HeadStart Teacher

**Class:** Part-Time, 26 Hours/Week, Seasonal, Non-Exempt  
**Posting Numbers:** 201668 and 201652

For more information please visit the CTSI website:  
[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

# LIHEAP

### Who is Eligible?

- Enrolled Siletz Tribal Members. The applicant, or a child residing in the household must be an enrolled Siletz tribal member.
- Located within the 11 county service area.
- Income eligible household. The applicant must meet the annual income guidelines.

### To Apply:

Please make an appointment by calling the Portland area office at: (503) 238-1512.

### Notice To Applicants:

The applicant is responsible for providing their own documentation at the time of the appointment.

Applications without complete documentation at the time of appointment will be re-scheduled.

## Community Health



### Diabetes Support Group

Once again our December Diabetes Support Group will be combined with our annual Holiday dinner event. We will be providing healthy salads, fruits and veggies. The event will be hosted at the Morningstar Church on the corner of NE 55th and Alberta in Portland. Please see pages 6 and 7 for details.

**Holiday Party  
Tues, December 13th,  
2016**

### Contract Health Update

Remember to update your contract health services form each year! Call the Portland Area office and we can send you the form. You are always welcome to come in to complete it. Especially if you have moved, have a new phone number or even a new primary care doctor, please update your information.

### Adopt a Brain-Healthy Diet

According to the most current research, a brain-healthy diet is one that reduces the risk of heart disease and diabetes, encourages good blood flow to the brain, and is low in fat and cholesterol. Like the heart, the brain needs the right

balance of nutrients, including protein and sugar, to function well. A brain-healthy diet is most effective when combined with physical and mental activity and social interaction.

**Manage your body weight:** for overall good health of brain and body. A long-term study of 1,500 adults found that those who were obese in middle age were twice as likely to develop dementia in later life. Those who also had high cholesterol and high blood pressure had 6 times the risk of dementia. Adopt an overall food lifestyle, rather than a short-term diet, and eat in moderation.

**Reduce your intake of foods high in fat and cholesterol.** Studies have shown that high intake of saturated fat and cholesterol clogs the arteries and is associated with higher risk for Alzheimer's disease. However, HDL (or "good") cholesterol may help protect brain cells.

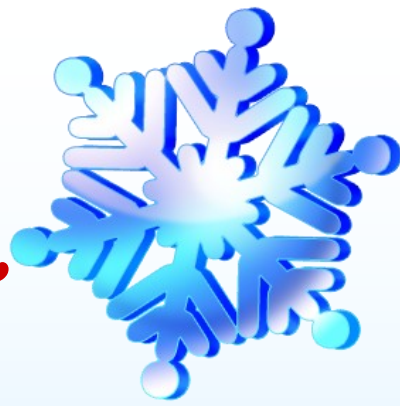


Use mono- and polyunsaturated fats, such as olive oil, for example. Try baking or grilling food instead of frying.

(Continued on page 9)



# *CTSI Portland Area Holiday Party & Potluck*



*Dec. 13<sup>th</sup>, 5:00 PM-8:00 PM*

*LOCATION:*

*Morning Star Church—Fellowship Hall  
4927 NE 55th Ave, Portland, OR 97218*

Please join us to celebrate the Holiday season with dinner, crafts, fun and holiday cheer. Bring a Dish to Share, or just bring yourself! Morning Star Church is located 3 blocks north of NE Prescott Street on the corner of NE 55th Ave and Alberta. Within walking distance of city bus lines 71 & 72. For more information please call the Portland Area office at (503) 238-1512.



## Education & Youth Update

### December Youth & Family Activities:



#### Oregon Zoo Lights & Train Ride

The Johnson O'Malley Program invites our youth and families to join us for a festive time at the Oregon Zoo. See the lights and animals at dark and ride the zoo train.

**Tues., Dec. 15th, 5:30pm to 8 PM**

Please confirm you would like to join us in this youth event—please call Katy Holland.

#### Schools Out; Let's Go Bowling



All Native youth are invited to join us for a fun afternoon of bowling and snacks during Christmas break:

**1- 3 PM, Tuesday, Dec. 27th  
AMF Pro 300 Lanes  
30131 SE Powell Blvd.**

For transportation and to confirm who will be coming please contact Katy.

#### The Art of Gift Making and Giving

Youth are invited to spend an afternoon being creative and making your own gifts to give to family and friends. Youth of all ages are invited to the Portland area office and have a fun afternoon with us.

**Time: 1-3:30 PM**

**Date: Tuesday, December 20th**

**Location: Portland area office**

If you are able please bring a donation of can food to give towards the food bank for their holiday giving. Snacks will be provided.

#### 3rd Annual Youth Environmental Job Fair

Summer job opportunities and workshops with multiple organizations throughout Portland will be available and have booths. For more information you can contact Katy.

**Date: Friday, December 30th**

**Time: TBA**

**Location: Matt Dishman Community Center; 77 NE Knott St.**

**Portland, Oregon**

#### File Your Free Application for Federal Financial Aid

All adults who are planning on attending any type of college or training in the 2017-2018 academic school are required to file a free application for federal student aid by **January 30, 2017** to be eligible for Siletz Tribal education funds. This application is done online at

**[www.fafsa.ed.gov](http://www.fafsa.ed.gov)**

Students can begin applying in December for federal financial aid. If you would help with this please contact Katy and she will walk you through the online application.

### Siletz Johnson O'Malley Program Assisting Native Youth

The Johnson O'Malley Program provides services and assistance to youth ages 3 to 19 years old, attending a public school and who are either enrolled in a federally recognized Tribe or able to document they are one quarter blood degree from a federally recognized Tribe. Services include financial assistance for school fees, pre-school, enrichment programs, tutoring, group activities and events, advocacy, college & career planning. Please contact Katy for an application.

### Siletz Tribal Youth Activity Fund

Each year funding of up to \$75.00 is available for Siletz Tribal Youth for all kinds of enrichment,

cultural and academic activities through the Siletz Youth Activity Program. Applications can be found on line at the Tribe's web site or you can contact Katy and she can send you one. These funds have been designated for Siletz Tribal youth. New funding will begin will begin in January 2017.

### Scholarship Information!

Check out the Siletz Tribe Scholarship Page to find out who to apply for scholarships for college. Visit: [www.ctsi.nsn.us](http://www.ctsi.nsn.us); go to Services, Education, and then to Scholarships. Next Month we will be holding a College/Scholarship workshops.

**Native American Youth Family Center  
Winter Marketplace  
Vendors, Crafts, yummy food.  
10 AM-4 PM, Saturday, Dec. 10th  
5135 NE Columbia Blvd.**

## Athabaskan Language

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

These classes begin with basic instruction and progress over the year. They are also a refresher course for more advanced students. Come and join other members of your community and tribe in learning to speak one of our ancient languages.

**Monday, Dec. 12th, 2016  
6 PM—8 PM**



Many Athabaskan language lessons are available to tribal members, in print and audio at the CTSI web site at:

**[www.ctsi.nsn.us](http://www.ctsi.nsn.us)**

The language samples are provided for your use online. To confirm proper pronunciation go to the Siletz Talking Dictionary at:

**[www.siletzlanguage.org](http://www.siletzlanguage.org)**

### Words for December

tee-lhi	Snow
xwint'-tvn	Ice
xii	Winter
kish-mvs	Christmas

# December 2016

SUN	MON	TUE	WED	THU	FRI	SAT
<p align="center"><b>Inclement Weather Conditions</b></p> <p>This time of year, the weather outside can be frightful. For the safety of all, we sometimes close our office due to weather conditions. So, if it is snowing, icy or unusually cold, please call the office and listen to the message before coming to the office to make certain we are open. We will update our phone message to reflect any modification of our office hours.</p>				1	2	3
4	5	<p><b>6</b> PAO Vest Making Class 5:30—8 PM</p>	<p><b>7</b> Elder's Shopping Day 10 AM  SSP Monthly Mtg. 4:00 -5:30 PM</p>	8	<p><b>9</b> All CTSI Offices Closed All Staff Day</p>	<p><b>10</b> Elders Council 1 PM</p>
11	<p><b>12</b> Language Class 6 PM— 8 PM</p>	<p><b>13</b> PAO Holiday Party 5:00 PM—8:00 PM</p>	14	<p><b>15</b> Beading Group 10 AM—2 PM JOM: Zoo Lights 5:30—8 PM</p>	<p><b>16</b> Regular Tribal Council 8 AM</p>	17
18	19	<p><b>20</b> The Art of Gift Making 1-3:30 PM</p>	<p><b>21</b> Elder's Shopping Day 10 AM</p>	22	23	24
25	<p><b>26</b> All CTSI Offices Closed Day After Christmas</p>	<p><b>27</b> JOM: Bowling 1—3 PM  Elders Potluck 5:30 PM</p>	28	29	30	31

## 477 Self-Sufficiency Program

### SSP Monthly Meetings

The required monthly group is a supportive/informational meeting that focuses on work, education, family and goals.

Come meet and learn from others like you who are working toward their goals!

Please mark your calendars. The 477 Self Sufficiency Program's (SSP) upcoming mandatory monthly group meeting will be:



These mandatory monthly meetings will allow clients to talk and share what is happening on their journey to self sufficiency. This will support clients in knowing that they are not alone and they have the same issue, concerns, questions and struggles as others. This will empower clients to talk with each other and come up with solutions together.

### 477-SSP Mission Statement:

To assist eligible clients in attaining self-sufficiency. The 477 Self Sufficiency Program will serve the following groups as they work towards this goal: Siletz needy families, Native American, Alaskan Native, Native Hawaiian.

Program components include: cash grant services, emergency utility assistance, job training, job retention services and other supportive services which are subject to budget cycle availability.

The Program Manual lists all available components in detail and the requirements of each which is also available at the CTSI website:

[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

### Your Success is Important to Us

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville X1412, or Tamra Russell X1411.

## Parking at the Portland Area Office (PAO)

When visiting the Portland Area Office, please note that **Blue** parking spaces are for siletz tribal members, staff and visitors. Overflow parking is available on SE 128th Ave.

## Behavioral Health programs

### Mental Health

#### In Times of Stress:

Now that the presidential election is over, many people are feeling the stresses of the unknown. Many natives are concerned negative things could be headed their way. On November 9th, tears were shed by the people I saw in the office. Not everyone is worried about Trump however, many people are concerned what a fully Republican federal government may do to the balance for which we strive.

Here are some coping skills you might find useful whether you're dealing with political stress, or just daily life stresses:

1. Exercise– Go out and do a fun physical activity; 30 minutes every day can do so much for our souls.

2. Deep breathing exercises– Try breathing in while counting by fours both in and out, out loud.
3. Meditation– Set aside 20 minutes per day to sit and clear your head of thoughts; let thoughts freely enter your head, and breathe them back out. Thinking the same word over and over again can help.

### Traditional Coping

Of course, don't forget our tribe's traditional methods of coping, such as sweat lodges, talking circles, beading, dancing and praying. Make it routine to reach out to an Elder for wisdom.

**Rachel's Schedule 8 AM — 4:30 PM**  
**Portland: Monday's and Tuesdays**  
**Salem: Wednesdays to Fridays**

### A & D Program

#### Philosophy:

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

- Evaluation/Assessment
- Alcohol/other drug education
- Cultural/traditional Individual, group, or family counseling
- Adolescent treatment
- Women's specific treatment
- Intervention
- Urinalysis/saliva testing
- DUII rehabilitation services

**Andulia's Schedule 8 AM — 4:30 PM**  
**Salem: Mon., Tues., & Wed.,**  
**Portland: Thurs & Fri., Portland**

When Andulia is unavailable, Counselors from other area offices (Siletz, or Eugene) can assist.

**Recognize  
Acknowledge  
Forgive  
Change**

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk

**Help is  
Available &  
Confidential**

## USDA Distribution Dates

Siletz	Thursday	December 1st	9 AM — 3PM
	Friday	December 2nd	9 AM — 3PM
	Monday	December 5th	9 AM — 3PM
	Tuesday	December 6th	9 AM — 3PM
Salem	Wednesday	December 7th	9 AM — 3PM
	Monday	December 12th	1:30 PM—6:30 PM
	Tuesday	December 13th	9 AM — 6:30 PM
	Wednesday	December 14th	9 AM — 6:30 PM
	Thursday	December 15th	9 AM — 11:00 AM

We posted this recipe on our facebook page, but we're putting it here too because it is that good!

### Cloud Bread with Tuna Salad

- **3 eggs separated\***
- **3 tablespoons cream cheese (room temp)**
- **¼ teaspoon baking powder (or cream of tartar)**

**Optional:** 1 tablespoon honey or some natural sweetener, salt, garlic powder, rosemary.

Preheat oven to 300 degrees. Separate the eggs; there must be no yolk in the white. In one bowl, mix together the egg yolks, cream cheese and honey until smooth.

In the second bowl, add ¼ teaspoon of baking powder to the whites and beat the whites with the hand mixer on high speed until they are fluffy, form a nice peak and hold their peaks.

Slowly fold the egg yolk mixture into the egg whites and mix carefully; you don't want to break the fluffiness of the egg whites too much.

Do the following as quickly as possible or the mixture may start melting. Spoon the mixture into 10 - 12 even rounds onto lightly greased baking sheet. Sprinkle with your rosemary or favorite spices (I used dill) and put in the oven.

Bake for 18-20 minutes on the middle rack. Then, broil for 1 minute or until golden brown. Remove from the oven and let cool and put a dollop of tuna salad in the middle of each bread, roll it up and eat it.

**\* Indicates commodity foods used**

Also, LIKE us on Facebook at Siletz Tribal FDIPIR.

Joyce Retherford  
FDP Director  
(541) 444-8393

Lisa Paul  
FDP Clerk/ Warehouse  
(541) 444-8279

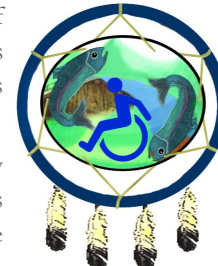
## Vocational Rehabilitation (STVRP)

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:



1. Guidance and Counseling
2. Referral to Services
3. Employment Services
4. Portfolio Building, Resume Writing,
5. Interviewing Techniques,

Job Coaching

6. Culturally Relevant Individualized Services
7. Evaluations and Assessments
8. Training Placement Opportunities
9. 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 the VR staff: in the **Salem Office**— Antonia Leija, (Counselor) or Dana Rodriguez (Program Aide) and Angie Butler (Program Director).

### Most Often Requested Numbers

Siletz Community Health Clinic	(800) 648-0449	Salem Area Office	(503) 390-9494
Grand Ronde Health Center	(800) 775-0095	Chemawa Clinic	(800) 452-7823
Eugene Area Office	(541) 484-4234	Chinook Winds	(888) 244-6665



# Siletz Home Visiting Program

## Our Last Moccasin Making Class



Our Salem and Portland Home Visiting families had a great time at our moccasin making event in October. After enjoying a meal together they got to work making moccasins for their little ones. A big thanks to Norma Trefren and Sonya Moody-Jurado for teaching us how to make moccasins. Job well done!

The Siletz Home Visiting Program is a home based parenting program providing parenting and life skills for successful and positive parenting. We follow a model and curriculum created at John



Hopkins University called Family Spirit. Family Spirit is the only evidence based home visiting program designed specifically for Native American families.

## Who We Are, What We Do...

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 enrollment 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 program's timeline in mind. We are a

*(Continued on page 10)*

*(Continued from page 3)*

**Increase your intake of protective foods.** Current research suggests that certain foods may reduce the risk of heart disease and stroke, and appear to protect brain cells. In general, dark-skinned fruits and vegetables have the highest levels of naturally occurring antioxidant levels. Such vegetables include; kale, spinach, Brussels sprouts, alfalfa sprouts, broccoli, beets, red bell pepper, onion, corn and eggplant. Fruits with high antioxidant levels include prunes, raisins, blueberries, blackberries, strawberries, raspberries, plums, oranges, red grapes and cherries.

- Cold water fish contain beneficial omega-3 fatty acids: halibut, mackerel, salmon, trout and tuna.
- Some nuts can be a useful part of your diet: almonds, pecans and walnuts are a good source of vitamin E, an antioxidant.

Not enough information is available to indicate what quantities of these foods might be most beneficial for brain

health. For example, it is not clear how much fruit would have to be consumed to have a detectable benefit. However, a study of elderly women showed that those who ate the most green, leafy and cruciferous vegetables in the group were one to two years younger in mental function than women who ate few of these vegetables.

**Vitamins may be helpful.** There is some indication that vitamins, such as vitamin E, or vitamins E and C together, vitamin B12 and foliate may be important in lowering your risk of developing Alzheimer's. A brain-healthy diet will help increase your intake of these vitamins and the trace elements necessary for the body to use then effectively. Love your brain with good foods.

(et.al Alzheimer's Association of America., www.Alz.org 2016)



Published by the  
**Confederated Tribes of  
 Siletz Indians of Oregon**  
**Portland Area Office**

**Portland Area Office**  
 12790 SE Stark St., Suite 102  
 Portland, OR 97230

**Phone: (503) 238-1512**  
**Fax: (503)238-2436**

**Hours:**  
 Mon—Friday  
 8:00 AM—4:30 PM

[www.ctis.nsn.us](http://www.ctis.nsn.us)



**BEAR SV-GVS**



## Are You In the Loop?

The Portland Area Office now uses an auto-dialer system to notify or remind tribal members of upcoming events, for example: Salmon Distribution, Planning meeting, holiday party, Flu Shot clinic, summer picnic, etc..

### Auto-Dialer Notifications

If you have not been notified by our system, Please contact the Enrollment department to update your phone number because the calling list is provided to us by the enrollment department.

### Newsletters/ Notices

If you have not updated your new address with enrollment your newsletter could be misdirected. Please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.



*(Continued from page 9)*

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 we would love to schedule a home visit to give you a full overview of the program.

### Contact Information

Salem—Lori Christy, Home Visitor: (503) 390-9494 or (541) 272-2241  
 Eugene—Jessica Phillips, Program Coordinator/Home Visitor: (541) 484-4234 or (541) 222-9503  
 Siletz—Danelle Smith, Home Visitor: (541) 444-9603 or (541) 270-1027

## Portland Area Office Staff:

Name/ Title	Contact Information
Sherry Addis Area Office Supervisor	(503) 238-1512, X1419 sherrya@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512, X1418 katyh@ctsi.nsn.us
Andrew Johanson Area Office Clerk	(503) 238-1512, X1400 andrewj@ctsi.nsn.us
Verdene McGuire Comm. Health Advocate	(503) 238-1512, X1413 verdenem@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us

## Other Numbers:

Name/ Program	Number	Name/ Program	Number
Angie Butler Voc. Rehabilitation	503-390-9494 X1872	Bud Lane Cultural Program	800-922-1399 X1320
Casey Godwin LIHEAP Coordinator	(800)-922-1399 X 1311	K.C. Short DPA/ IDA Housing	800-922-1399 X1316
Mike Kennedy Natural Resources	800-922-1399 X1232	Cecelia DeAnda Elders Program	800-922-1399 X1261
Andulia WhiteElk SAO Addictions Counselor	(503) 238-1512 X 1414	Rachel Adams Mental Health Specialist	(503)390-9494