

The Drumbeat

SALEM AREA OFFICE



JANUARY

BEVERLY OWEN, AREA OFFICE SUPERVISOR
503-390-9494, x1851 bevo@ctsi.nsn.us

CINDY JACKSON, AREA OFFICE SECRETARY
503-390-9494, x1850 cindyj@ctsi.nsn.us

OFFICE INFORMATION

HOURS OF OPERATION: Our office hours are Monday through Friday 8:00am – 4:30pm. We are closed on Federal holidays and Tribal holidays. We do ask that you try to make it into the office in plenty of time to conduct any business you have by close of business.

PRINTING, COPYING & FAXING: Community Members can send or receive faxes, have copies made and print documents. The charge is 5 cents per page. *Note: If the documents are specifically requested by a Tribal Program there will not be a charge.* (Non Siletz Tribal members will be charged for all faxing, printing and copying.)



The position of the Tribe on coming into Tribal Offices under the influence of drugs and/or alcohol is that it will NOT be tolerated. That also includes threats of any kind and/or unruly behavior. If you exhibit any of this type of behavior, you will be asked to leave.

IMPORTANT REMINDER: We are not allowed to accept collect phone calls! If you place a call like that it will be declined. You must call the 800 number in Siletz and asked to be transferred to this office.



If you would like to get your newsletter electronically, email Cindy (cindyj@ctsi.nsn.us) and she will add you to the distribution list. *Reminder: All Area Office newsletters are available online.*



**HAPPY
NEW
YEAR!**

*Your Salem Area Office Staff
would like to wish all of you a
very Happy New year*



IMPORTANT DATES FOR THIS MONTH

New Year's Day
January 1st

Martin Luther King Day
January 18th



KIMBERLY LANE COORDINATOR/ADVOCATE kimberlyl@ctsi.nsn.us (Siletz) 800-648-0449 (Salem) 503-390-9494	KIRA WOOSLEY kiraw@ctsi.nsn.us (Siletz) 800-648-0449
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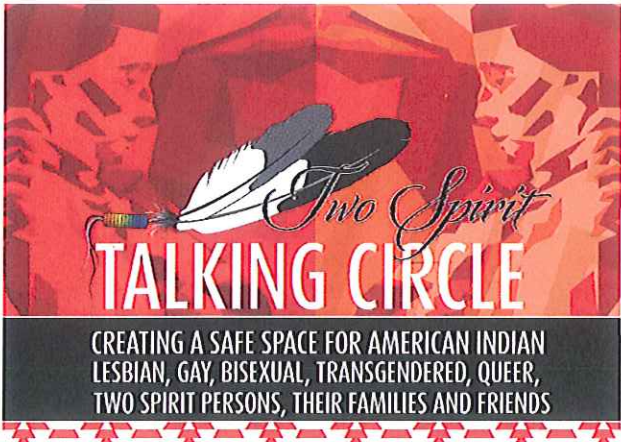
The CARE Program offers confidential, safe and culturally appropriate education and advocacy services to Native American victims of domestic violence, sexual assault, dating violence and stalking, as well as victims associated with Native families, such as a non-native spouse.

An advocate is available to provide assistance to access services, including personal protective orders, shelter or housing, Tribal program information and other program resources.

It is the Program's mission to educate and empower our community to live a healthy, non-violent lifestyle that strengthens spirit for future generations.

SELF Support Group

Support group that focuses on Safety, Emotions, Loss and Future for those who have experienced trauma in their life. The group meets the first Thursday of each month from 5:30-7:00pm at the Hee Hee Illaheec RV Resort. If you have questions or would like more info, call Kimberly or Kira.



**Join us Wednesday
Jan 13th at 5:00 pm
Salem Area Office**

Every month, the Siletz Tribal Change Team hosts a community talking circle for the American Indian Lesbian, Gay, Bisexual, Transgendered, Queer (LGBTQ), Two-Spirit community and its allies. The goal of the Talking Circle is to create a safe and confidential space for the community to discuss the struggles, triumphs and concerns of the LGBTQ Two-Spirit Community. This is also a place for friends and family to receive advice, support, and education as they continue their journey as an ally.

The Siletz Tribal Change Team works to improve the services utilized by the LGBTQ and Two-Spirit community. The team works to create awareness, provide education/resources and change the culture of the Native community to be more accepting of its LGBTQ and Two-Spirit individuals.

The Talking Circle is held on the second Wednesday of each month from 5:00-7:00pm
For more information, contact Norma Trefren 503-390-9494 or normat@ctsi.nsn.us

Planning Department Community Meeting!

Come Join Us

**We invite you to attend the
SAO Community meeting for
Siletz Tribal Members**

Thursday , Jan. 21st from 5:30 pm to 7:00 pm

A light meal will be served at 5:30 pm to 6:30

*Join us and share your ideas,
concerns and goals for the tribe.*



TRIBAL PROGRAMS

LANGUAGE CLASS	USDA (SALEM WAREHOUSE)	PG. 4
477/SELF-SUFFICIENCY PROGRAM		PG. 5
COMMUNITY HEALTH ADVOCATE		PG. 6
EDUCATION PROGRAM		PG. 7
A & D COUNSELING (BEHAVIORAL HEALTH PROGRAM)		PG. 8
DOWN PAYMENT ASSISTANCE		PG. 9
VOCATIONAL REHABILITATION PROGRAM		PG. 10
TRIBAL HEAD START (SALEM)		PG. 11



LANGUAGE CLASS

Nuu-wee-ya' (Our Words)

DATE: January 12th
TIME: 6:00 – 8:00 pm
WHERE: Salem Area Office

BUD LANE
 1-800-922-1399 x8320
budl@ctsi.nsn.us

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. We also have equipment in the Culture Department available for use in grinding and drilling shell or pine nuts or other applications. If you have a need for using the equipment call and I can set up an appointment during regular business hours or after hours.



SALEM WAREHOUSE

Monday January 18 th	HOLIDAY
Tuesday January 19 th	9:00 am – 6:30 pm
Wednesday January 20 th	9:00 am – 6:30 pm
Thursday January 21 st	9:00 am – 6:30 pm
Friday January 22 nd	9:00 am – 11:00 am



JOYCE RETHERFORD
 CTSI FDP Director
 LISA PAUL
 CTSI FDP Clerk
 800-922-1399 (Siletz)
 503-391-5760 (Salem)



BLACK PEPPER BEEF & CABBAGE STIR FRY

2 tblsp oil	4 cloves minced garlic	½ lb ground beef	2 tblsp soy sauce
1 onion, in strips	½ head shredded cabbage	1 tsp cornstarch	½ c. water
½ tblsp black pepper			

Heat wok or large skillet over medium heat and add oil. Saute garlic for 5 seconds and then add ground beef. Stir in cabbage and onion and pepper and cook until veggies are tender and beef is cooked. Stir in soy sauce. Mxk together cornstarch and water and stir in. Season with pepper. Cook and stir until sauce has thickened. Serve over rice. (you can add bell pepper for color.)



JENNIFER MARTIN
 Tribal Service Specialist
jenniferm@ctsi.nsn.us
 503-390-9494 x1853

NORMA TREFREN
 Intake Specialist/Job Coach
normat@ctsi.nsn.us
 503-390-9494 x1852



JANUARY

Our Program offers a variety of services on a budgetary basis. We offer Cash Assistance, Emergency Assistance, Classroom Training, Work Experience and On The Job Training. Participants in 477/SSP Programs must meet the eligibility requirements.

IMPORTANT DATES TO REMEMBER

JANUARY 1ST - 5TH CLIENTS MUST MAKE AN APPOINTMENT. IT'S A REQUIREMENT.

January 1st	NEW YEARS DAY - ALL OFFICES CLOSED
January 5 th	WEX Timesheets Due Job Search/Monthly Report forms due for Cash Assistance
January 15 th	WEX Payday
January 18th	MARTIN LUTHER KING JR HOLIDAY - ALL OFFICES CLOSED
January 19 th	WEX Timesheets Due
January 29 th	WEX Payday

IMPORTANT ANNOUNCEMENTS FOR 477/SSP CLIENTS

- SSP Staff will return client phone calls within 24 business hours.
- 477/SSP Staff will not be available from 12:00-1:00 on check release day.
- SSP Staff will address client requests for support services and other requests within two business days.
- Support Services Request Forms are kept in the lobby.





CECILIA TOLENTINO, CHA
 503-390-9494 x1854
ceciliat@ctsi.nsn.us
 Monday – Friday
 8.00am – 4.30pm



JANUARY

Dental Health Tips

Dislodged tooth.

Getting a tooth knocked out is a painful dental emergency. A permanent tooth re-implanted in its tooth socket within 30 minutes has a good chance of successful regrowth. How we do this is important.

Touch only the crown (top part) of the tooth, not the root. Rinse the tooth carefully, only to remove obvious dirt, and do not scrub or scrape it. Do not apply alcohol and if transporting tooth and patient to a dentist, transport the tooth in milk. If possible put the tooth in its socket but don't force it. Control any bleeding with sterile gauze and apply a cold compress to reduce swelling.

Plaque builds up on the teeth each day and this can damage the tooth enamel. Gum disease comes with poor dental hygiene. This can lead to infection and in severe cases teeth falling out. Just chewing pushes mouth bacteria into the blood stream – too much of the wrong bugs can lead to more serious infections.

Associated conditions. Poor dental hygiene has been associated with conditions like diabetes, premature labour, Alzheimer's and some forms of cancer but exactly why is unknown.

Hence, recommended dental hygiene is brushing twice daily and flossing. Avoid sugary food, which increases tooth decay (e.g. fruit juices often). Have an annual checkup with your dentist. Keep an eye out for signs of any mouth problem such as sores not healing or irritated gums.



Colour in for kids.

Diabetic Support Group

Where: Salem Area Office
When: January 7th
 February 4th
Time: 12:00 – 1:00 pm

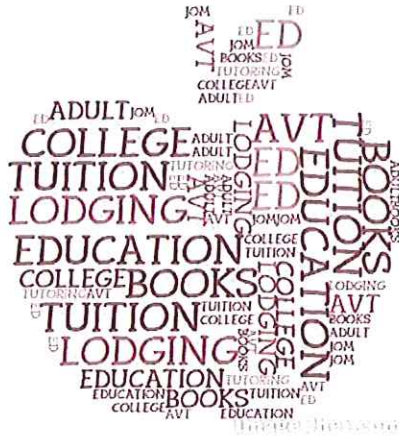
BEING HEALTHY AND FIT ISN'T A FAD OR A TREND. INSTEAD, IT'S A lifestyle. 

➤ Allergic Rhinitis

Allergic reaction in the nose leads to a blocked, itchy or runny nose, with sneezing, usually. Itchy watery eyes often accompany. Repeated allergy attacks can lead to tiredness, headache and disrupted sleep – which can impact on work, study and fun times. Family and friends often don't understand what the sufferer is going through.

- **Seasonal.** Usually allergens like grass pollens and certain moulds – in Australia, depending on where you live, the season can last from August to March.
 - **Perennial.** Triggering allergens include house dust mites, animals (tiny airborne particles from feather, fur or skin) or moulds (e.g. mowing the lawn). Some workplace wood dusts or chemicals can react.
- If allergens are not easily avoided by keeping the cat out, wearing a face mask, or the like, medications may be needed to help manage bothersome symptoms such as nose blockage. Either way, you have to think ahead and try to avoid or medicate before exposure occurs.
- Over-the-counter medication options for allergic rhinitis include:
- **Antihistamines.** They are available in tablet or topical spray forms, and even eyedrops.
 - **Decongestants.** These come in handy when a blocked or runny nose causes sinus pain but overuse can be a problem.
 - **Nasal steroid sprays.** These are said to be the most effective treatment for most symptoms but regular use is required to build an effect.
- Ask your doctor what is best for you. If necessary, they can arrange allergy tests.





JANUARY

SONYA MOODY-JURADO,
Education Specialist
503-390-9494 x1856
sonyamj@ctsi.nsn.us
Monday – Thursday
8.00am – 4.30pm

EDUCATION PROGRAM COMPONENTS: Higher Ed ♦ Adult Vocational Training (AVT) ♦ Adult Education ♦ Supplemental Education ♦ (JOM) ♦ Tribal Youth Employment & Education (TYEE)

My office hours are Monday-Thursday 8:00 – 4:30pm. I do not work on Friday.

JOM

When calling, if I am not available, please leave a message. For JOM activities youth must be nine years old to attend without a chaperone. You must call Sonya to sign up for all JOM activities.

Tutoring TUTORING IS BEING CHANGED TO WEDNESDAY NIGHTS STARTING IN JANUARY. The time will still be 4:30-6:30pm. The first day of tutoring after Winter Break will be January 6, 2016.

Indian Education will start at 5:30pm and classes will go from 6:00-7:30 pm at Bush Elementary.

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

In the 2015-16 academic year, eight graduate students will be funded at \$1,000 to help towards expenses. If you are in graduate school or plan on attending this coming year:

- Fill out and send in the regular Higher Education Application
- Send proof of the American Indian Graduation Center application
- Submit a one page paper on your graduate degree program and your plans after completion

Applications are due on April 1, 2016. Awards will be made in Spring or Fall term. If you have questions, please call 541-444-8290 or 1-800-922-1399 x290

College Night: Monday, January 20, 2016 6:00pm Salem Area Office

We will have information regarding Tribal Education Programs, application processes, general question and answers regarding funding, program requirements and have staff from various Chemeketa Community College departments to discuss campus programming.

High School Seniors: Students that are planning to attend college in the Fall of 2016 should be actively preparing by:

- Collecting Letters of Recommendation (you will need these when applying for scholarships)
- Taking SAT/ACT test
- Have parents do their taxes as soon as possible after the end of the year (you will need their tax information to fill out the FAFSA application (you can use prior year income information for application process)
- Talking with your parents about college choices

Students that plan for college throughout their senior year are better prepared when they graduate and transition on to college.

New Oregon Promise Helps Pay For Community College: The State is launching its Oregon Promise Program – offering new high school graduates and GED recipients an opportunity to have some or all of their community college tuition covered. Grants are for students entering a community college in Oregon in the Fall 2016. You may qualify if you:

- Graduate from an Oregon high school or complete the GED in Spring/Summer 2016 and have a cumulative GPA of 2.5 or higher
- Have been an Oregon resident for at least 12 months prior to enrolling in community college

Steps To Take: Apply for the Oregon Promise between November 1, 2015 and March 1, 2016, including:

- Complete the Oregon Promise application (online or written)
- Submit your high school transcript or GED scores
- Complete the FAFSA or its approved alternate

Once approved, enroll in an Oregon Community College within six months of graduating high school or completing GED (Fall 2016) and accept all state and federal grants. For more information visit www.OregonPromise.org.

**ATTENTION ALL STUDENTS CONTEMPLATING ATTENDING SCHOOL FALL TERM
(INCL High School Seniors, returning students & anyone interested in attending school Fall 2016)**

**IT IS A TRIBAL PROGRAM REQUIREMENT THAT YOU FILL OUT FAFSA (Free Application for Federal Student Aid) BY JANUARY 31, 2016 TO RECEIVE TRIBAL FUNDING FOR FALL 2016.
THERE IS NO EXCEPTION TO THIS REQUIREMENT.**



Is there a cost to fill out the FAFSA application? No, there is never a fee. As the name states, it is a free application. If you are on a site that says there is a fee, it is the wrong site. The site you need is www.fafsa.ed.gov

I don't have my taxes complete yet, what do I do? You do not have to wait until you complete your 2015 taxes, you can use the tax information from 2014 and list on the application that it is last year's income and you will update your FAFSA once you complete your taxes.

What do I do if I miss the January 31, FAFSA deadline? Unfortunately it is a Tribal requirement, so you would have to wait to wait until the next school year to apply.

I do not plan on attending school Fall term but I want to go Winter Term so when would I apply? There are two deadlines that you must meet – January 31st, FAFSA deadline and June 20th Tribal Education application deadline. On the application you would indicate Winter and Spring term only. (FAFSA applications become available on January 1, 2016 online at www.fafsa.ed.gov)

Oregon Students Get Free Help Filling Out Financial Aid Forms With College Goal Oregon:

Saturday January 9, 2016 9:00am – 2:00pm Chemeketa Community College

Oregon will coordinate the eighth annual statewide effort to help students and families complete the Free application for Federal Student Aid (FAFSA) in the required application for most need-based federal, state and campus-based financial aid. A team of trained volunteers, including financial aid professionals from colleges all over Oregon, will provide assistance and support in person.

Who should attend College Goal Oregon? Anybody who needs financial aid for postsecondary education should attend. Even though many of the sites are community colleges, you do not need to be attending (or planning on attending) that college to get help.

What should I bring with me to the College Goal Oregon program?

- Yourself and a parent if possible
- Most recent completed federal tax return. If you have not filled out your taxes yet, estimate. (You can send in exact numbers later.)
- Current value of assets, including cash, checking, savings, investments, and value of business/farm, if any
- Social security numbers of student and parents
- Driver's license (if any)

Scholarship Application Season Is Upon Us!

- OREGON STUDENT ASSIST COMMISSION – complete *one* application for over 400 scholarships.
- Get all your questions answered.

Am I eligible to apply for OSAC scholarships?

View Oregon residency definition

View checklist for scholarship success

View instructions

Read about the Early Bird Scholarship

Most common reasons for rejected OSAC scholarship applications

OSAC Early Bird priority deadline: February 15, 2016

OSAC Non-Priority deadline: March 1, 2016

For more information, call 800-452-8807 ext7395 or visit www.getcollegefunds.org/

Below is a list of other websites that offer scholarship searches:

FAFSA www.fafsa.ed.gov

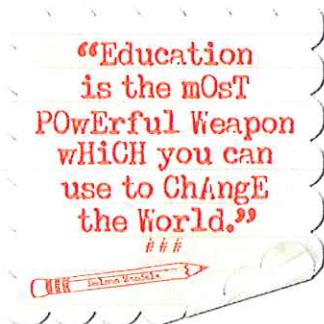
American Indian Science and Engineering Society (AISESnet) www.aises.net

College Board www.collegeboard.com

FastWEB www.fastweb.com

ADULT EDUCATION

The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes to improve employment status through education/training. There is no deadline to apply for classes. For an application, please call **SONYA** at (503) 390-9494.





JANUARY

ANDULIA WHITE-ELK
(Interim) A&D Counselor
503-390-9494 x1855
@ctsi.nsn.us



Andulia is helping us out in the Salem Office until an A & D Counselor is hired. You can reach Andulia at the Salem Office on Monday and Tuesday from 10.00am – 3.00pm. Andulia can also be reached at the Portland Office 503-238-1512.



CEDARR Meetings are held at noon in the Shell Room at the Siletz Clinic.
Here are the dates for 2016.

January 6th
June 1st
October 5th

February 3rd
July 6th
November 2nd

March 2nd
August 3rd
December 7th

April 6th May 4th
September 7th



JEANETTE ARADOZ
1-800-922-1399 x1316
1-541-444-8316
jeanettea@ctsi.nsn.us

Are You Ready To Buy A Home?

You can find out by asking yourself some questions:

- Do I have a steady source of income (usually a job)?
- Have I been employed on a regular basis for the last 2-3 years?
- Is my current income reliable?
- Do I have a good record of paying my bills?
- Do I have few or no outstanding debts (like car payments)?
- Do I have some money saved?
- Do I have the ability to pay a mortgage every month, plus additional costs?

If you answered yes to these questions, then you might be ready. Give me a call to find out about the Down Payment Assistance Program. This Program helps with closing costs and down payment when purchasing your first home.





ANGIE BUTLER, Voc Rehab Director
503-390-9494 x1872
angieb@ctsi.nsn.us

DANA RODRIGUEZ, Voc Rehab Aide
503-390-9494 x1862
danar@ctsi.nsn.us

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

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 HEAD START

TEACHERS DEBBIE & JENNIFER 3960 CHEMAWA RD NE, SALEM

503-393-6942



Happy New Year to all of our Head Start families! We are so thankful to be working with all of our wonderful children and families, and look forward to seeing them continue to thrive throughout the year! December brought a fun trip to the Christmas tree farm where we learned about evergreen trees. We were surprised there was such a big variety! We were treated to a train ride and got to watch the baling machine; so much fun!

Teachers Debbie, Teacher Jennifer, and the Salem Head Start staff

WE LOVE OUR VOLUNTEERS!

We appreciate, and are thankful for, all of the help, support, and donations you have provided so far.

What we need:

- Families to share regalia , stories, and drumming
- Help with packets on Wednesdays
- Help with cleaning on Thursdays
- Help with lunch set up and cleaning daily




A BIG thank you to:

Palmer's Christmas Tree Farm for allowing us to come learn about trees, taking us on a train ride, and donating trees to our program! We appreciate your generosity!

A HAPPY NEW YEAR



January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2
3	4	5	6	7	8	9
		WEX Timesheets Due SSP Paperwork Due	CEDARR 12:00pm Siletz Clinic Tutoring 4:30-6:30	Diabetic Support Group 12:00-1:00 SELF Support Group 5:30-7:00pm		College Goal Oregon 9:00am-2:00pm Chernekeeta
10	11	12	13	14	15	16
		Language Class 6-8pm	Tutoring 4:30-6:30 Two Spirit 5:00-7:00	Indian Ed @Bush 5:30 - Dinner 6:00-7:30 - Classes	WEX Payday	
17	18	19	20	21	22	23
	MARTIN LUTHER KING JR. Day 	USDA WEX Timesheets Due	USDA College Night 6:00pm Salem Area Office Tutoring 4:30-6:30	USDA Community Meeting 5:30 - 7:00pm	USDA	
24	25	26	27	28	29	30
			Tutoring 4:30-6:30	Indian Ed @Bush 5:30 - Dinner 6:00-7:30 - Classes	WEX Payday	
31						
						

FASFA DEADLINE

Notes

Salem Area Office Staff
503-390-9494

Beverly Owen
Cindy Jackson
Norma Trefren
Jennifer Martin
Cecilia Tolentino

Sonya Moody-Jurado

Dana Rodriguez
Angie Butler

Siletz Main Office 800-922-1399

Salem Area Office Supervisor
Area Office Secretary
Intake Specialist/Job Coach
Tribal Service Specialist
Community Health Advocate
Addictions Counselor
Education Specialist
VocRehab Job Developer
VocRehab Aide
VocRehab Director

Siletz Clinic 800-648-0443

Confederated Tribes of Siletz – Salem Area Office
3260 Blossom Drive N Suite 105
Salem, Oregon 97305

