

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

## October 2017

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 CC	October 2 <sup>nd</sup>	6:00 – 8:00pm
Eugene AO	October 3 <sup>rd</sup>	6:00 – 8:00pm
Portland AO	October 9 <sup>th</sup>	No Class
Salem AO	October 10 <sup>th</sup>	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  
(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**

Tribal children are in need  
Of foster parents for:  
Permanent care,  
Temporary foster care,  
OR Short-term emergency care.

Contact:  
Anita Bailor  
Foster Family Coordinator  
CTSI – Siletz Indian Child Welfare  
541-444-8236  
[anitab@ctsi.nsn.us](mailto:anitab@ctsi.nsn.us)



**!!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

**COME MEET WITH**  
**DIABETES PROGRAM DIRECTOR**

If you have diabetes or are a pre-diabetic, and would like to meet with Chris Sherrod, he will be available at the Eugene Area Office on Wednesday October 25<sup>th</sup>. Let us know and we can set up a time for you to meet with him.

Contact Adrienne 541-484-4234

**EMERGENCY HOUSING ASSISTANCE  
STILL HAS FUNDING FOR 2017**

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)**

**~OPEN~**

***Elderly and Disabled-October 1<sup>st</sup>***

***Crisis/ Regular heating- November 1<sup>st</sup>  
All 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 AO**

**541-484-4234 or 1-800-922-1399 Ext. 1750**

**Please make sure document is completely  
filled out, except for signature and what  
Notary fills out. Current ID required**

**Chinook Winds Casino Resort**  
**Sign up for an electronic newsletter:**  
[www.chinookwindscasino.com](http://www.chinookwindscasino.com)

**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: [nora2@ctsi.nsn.us](mailto:nora2@ctsi.nsn.us)**

**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>

You can fill out online or mail application 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.

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*



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!

<input type="checkbox"/> <b>Self-Referred</b>
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.





## *JOM: Youth News and Notes*

### Monthly Culture Night:

Monday October 2, 5-7 pm: New day, new hours, same great fun. Bring your own projects or come and work on basket weaving, necklace stringing, and more. Dinner provided.

### Homework Club:

Come for individual tutoring as well as educational games and activities that encourage general academic achievement. Also, free snacks and incentive prizes! October dates: 10/16 and 10/30, 4-6 p.m.

### Pumpkin Patch Trip:

Saturday, October 21, 11-1: Join JOM and Home Visiting Families at the Pumpkin Patch. Lunch, pumpkin purchase, and hay ride tickets provided. See flyer for more details.

Siletz Youth Conference: Open to tribal youth ages 12-18. Join us for three days of workshops, games, and speakers, October 13-15. Limited spots may remain. Call for more information.

### October-Youth Activity Calendar

Oct. 2: Culture Night, EAO, 5-7 pm

Oct. 13-15: Siletz Youth Conference

Oct. 16: Homework Club, EAO, 4-6 pm

Oct. 21: Pumpkin Patch Trip, Lone Pine Farm, 11 am- 1 pm

Oct. 25: FAFSA Fill Out Party, EAO, 4:30-6:30

Oct. 30: Homework Club, EAO, 4-6 pm

Get updates on upcoming events by signing up for the Youth Activities Email List!

Contact:  
[nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)

## *Higher Ed/AVT: News and Reminders*

### Higher Ed and Adult Vocational Training

FAFSA FILL OUT PARTY: Applications for the 2018-2019 FAFSA open October 1. Come fill out your application at the Eugene Area Office on Wed., October 25 4-6:30 p.m. and enjoy pizza and door prizes.

2018-2019 Application Deadlines:

**\*\*Submit FAFSA by January 31, 2018; Submit application by June 30, 2018\*\***

### Adult Education

The Adult Education Program offers Siletz tribal members not already enrolled in a formal education program funding to assist with the cost of GED classes and testing, obtaining or renewing professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for more details.



## SILETZ ELDER NEWS

If you use this number to contact the Elders Program, 541-444-8225, be sure to leave your name, phone number and brief message and you will get a call from the Elder staff.

The next Introduction to the Athabaskan Language Class at the Eugene Area Office will be held on Tuesday, October 3, 2017. Class is held from 6:00 pm until 8:00 pm and a light meal will be provided.

A Quarterly meeting for the Elder Council Officers, Area Representatives, and Transporters will be held on Thursday, October 12, 2017. The meeting starts at 11:00 am. The meeting will be held at the Portland Area Office

The next Elder Council meeting is Saturday, October 14, 2017 at ACES. For more information contact the Elders Program at 1-800-922-1399.

The Eugene Area Office is hosting a fall soup night on Thursday, October 19<sup>th</sup> from 4:30 to 7:00 pm. Angela Ramirez will be there to update Tribal Identifications.

We are working on scheduling a flu shot clinic at EAO and will let you know when that is scheduled. Flu shots are free to all tribal members.

The Chinook Winds Entertainment for October, 2017 is Theresa Caputo. She will be there on the 20<sup>th</sup> and 21<sup>st</sup> and her shows start at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

The next regular evening Diabetes Support Class will be held on Thursday, October 26, 2017 from 6:00 pm until 8:00 pm and a meal will be provided. Contact Adrienne Crookes at 541-484-4234 for more information.

A Super Star Luncheon is scheduled for October 26<sup>th</sup>. The Luncheon starts at 11:00 am.

**The Wisdom Warriors classes that were scheduled to begin on September 25<sup>th</sup> have been postponed.** We are working on re-scheduling that series, so watch your newsletter for a new date. If you have questions, you may contact Adrienne Crookes at 541-484-4234.

Jim Swanson, 541-683-8766 or [jimswanson38@comcast.net](mailto:jimswanson38@comcast.net)

# 477 Self-Sufficiency Program

**Norma Trefren, Intake Specialist/Job Coach x1756**

**Jenifer Jackson, Tribal Services Specialist x 1755**

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), General Assistance (GA) and Temporary Assistance for Needy Families (TANF) services to eligible clients. If you are interested in any of the above programs please contact Norma to schedule an appointment at x1756.



**"YOUR FUTURE IS CREATED BY WHAT YOU DO NOT { TODAY } TOMORROW"**

**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 Norma **x1756** or Jen **x1755**

## Schedules:

Norma's: **M-F 8-4:30pm**  
**Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services**

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

**\*Norma – October 4**

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

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

**\*Jenifer – October None**

\* Lou Carey x1751 will be available to assist clients with some needs when Jenifer and Norma are out.

**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**

**WEX/Grant Assistance**  
**Dates to remember in October 2017**

Tuesday	September 26 <sup>th</sup>	WEX Timesheets Due
Friday	September 29 <sup>th</sup>	TANF/GA
Tuesday	October 3 <sup>rd</sup>	EAO Language Class
Thursday	October 5 <sup>th</sup>	Self-Sufficiency documentation due
Friday	October 6 <sup>th</sup>	WEX Payday
Tuesday	October 10 <sup>th</sup>	WEX Time Sheets Due
Thursday	October 19 <sup>th</sup>	Annual EAO Soup Night
Friday	October 20 <sup>th</sup>	WEX Payday
Tuesday	October 24 <sup>th</sup>	WEX Timesheets Due

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

**Services available to eligible enrolled federally recognized tribal members and descendants:**

**Please contact Norma at 541-484-4234 or 1-800-922-1399 x1756 to discuss programs, eligibility or to schedule appointment**

*All components are offered on a budgetary basis*

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

**CRT** services are available for Vocational Training, GED completion, a term of Higher Ed.

### **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.

### **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.

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

**WEX** can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage.



# Siletz Tribal Vocational Rehabilitation Program (STVRP)

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STVRP is here to help members of **ANY** federally recognized Tribe (living within the Siletz Tribes service area) with barriers to employment. We work with individuals who have disabilities.

## Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- 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 may speak to VR staff in the following locations:

### Salem Area Office

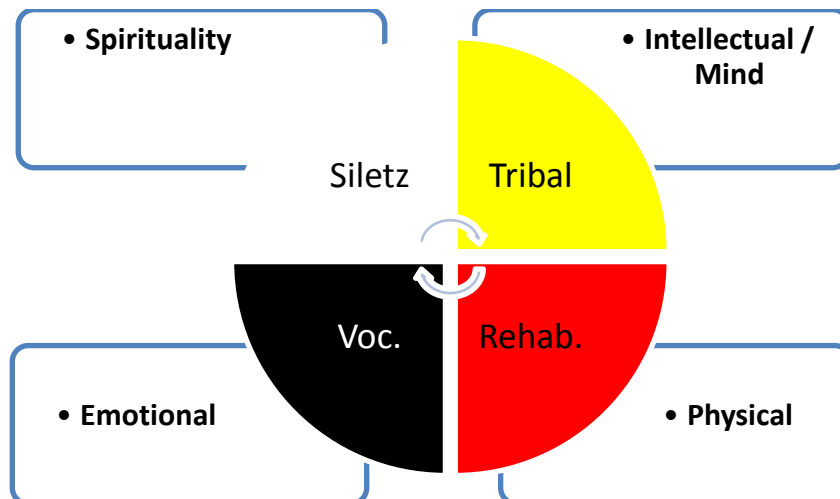
3160 Blossom Drive NE, Ste 105  
Salem, OR 97305

### Siletz Admin. Office

201 SE Swan Ave  
Siletz, OR 97380

**Salem Office** - Dana Rodriguez, Program Aide; Toni Leija, Counselor/Job Developer

**Siletz** – Jeramie Martin



# 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

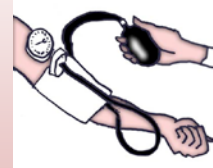
# Siletz Community Health

## Blood Pressure Screenings



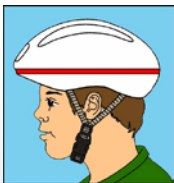
At the Siletz Eugene Area Office

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.



# Halloween Health and Safety Tips

Adrienne Crookes, Community Health Advocate

**For many people, autumn events like Halloween and Harvest Day are fun times to dress up in costumes, go trick-or-treating, attend parties, and eat yummy treats. These events are also opportunities to provide nutritious snacks, get physical activity, and focus on safety.**

## **Going trick-or-treating?**

- Swords, knives, and similar costume accessories should be short, soft and flexible.
- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- Hold a flashlight while trick-or-treating to help you see, and others see you. Always WALK and don't run from house to house.
- Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- Look both ways before crossing the street. Use established crosswalks wherever possible.
- Lower your risk for serious eye injury by not wearing decorative contact lenses.
- Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.
- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- Enter homes only if you're with a trusted adult.
- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

**Have a Safe and Happy Halloween!!**



# Are you at risk for type 2 diabetes?

**ALERT!DAY**  
TYPE 2 DIABETES AWARENESS

WRITE YOUR SCORE  
IN THE BOX.

- How old are you?** .....   
 Less than 40 years (0 points)  
 40-49 years (1 point)  
 50-59 years (2 points)  
 60 years or older (3 points)
- Are you a man or a woman?** .....   
 Man (1 point)      Woman (0 points)
- If you are a woman, have you ever been diagnosed with gestational diabetes?** .....   
 Yes (1 point)      No (0 points)
- Do you have a mother, father, sister or brother with diabetes?** .....   
 Yes (1 point)      No (0 points)
- Have you ever been diagnosed with high blood pressure?** .....   
 Yes (1 point)      No (0 points)
- Are you physically active?** .....   
 Yes (0 points)      No (1 point)
- What is your weight category?** .....   
 See chart at right.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

## If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

ADD UP  
YOUR SCORE.

1 point	2 points	3 points
If you weigh less than the amount in the left column: <b>0 points</b>		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.  
Original algorithm was validated without gestational diabetes as part of the model.



The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at [diabetes.org/alertday](http://diabetes.org/alertday) or call **1-800-DIABETES (800-342-2383)**.



**Wellness  
Lives Here™**

American Diabetes Association Alert Day® is part of Wellness Lives Here™, an initiative designed to inspire and fuel our nation's healthful habits at work and beyond.



# ¿Está usted en riesgo de padecer diabetes tipo 2?

ANOTE EL PUNTAJE EN EL RECUADRO.

- 1. ¿Qué edad tiene?** .....

Menos de 40 años (0 puntos)

40-49 años (1 punto)

50-59 años (2 puntos)

60 años o más (3 puntos)
- 2. ¿Es usted hombre o mujer?** .....

Hombre (1 punto)    Mujer (0 puntos)
- 3. Si es mujer, ¿tuvo alguna vez diabetes gestacional (glucosa/azúcar alta durante el embarazo)?** .....

Sí (1 punto)                  No (0 puntos)
- 4. ¿Tiene familiares (mamá, papá, hermano, hermana) que padecen diabetes?** .....

Sí (1 punto)                  No (0 puntos)
- 5. ¿Alguna vez le ha dicho un profesional de salud que tiene presión arterial alta (o hipertensión)?** .....

Sí (1 punto)                  No (0 puntos)
- 6. ¿Realiza algún tipo de actividad física?** .....

Sí (0 puntos)                  No (1 punto)
- 7. ¿Cuál es su peso?** .....

*Anote el puntaje correspondiente a su peso según la tabla a la derecha.*

Estatura	Peso (en libras)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

1 punto	2 puntos	3 puntos
<p>0 puntos = Si pesa menos que lo indicado en la columna de la izquierda</p>		

SUME SU PUNTAJE.

## Si obtuvo 5 o más puntos:

Existe un mayor riesgo de que usted tenga diabetes tipo 2. Solo su médico puede determinar si tiene diabetes tipo 2 o prediabetes (estado previo a la enfermedad con nivel de azúcar en la sangre más elevado de lo normal.) Consulte a su médico para ver si necesita hacerse pruebas adicionales.

La diabetes tipo 2 es más común en afroamericanos, hispanos/latinos, nativos americanos, nativos hawaianos, asiáticos americanos e isleños del pacífico.

Tener sobrepeso aumenta el riesgo de tener diabetes en todas las personas. Pero los estadounidenses de origen asiático corren un riesgo más alto con un peso corporal menor que el resto del público en general (alrededor de 15 libras menos).



**La buena noticia es que usted puede controlar su riesgo de padecer diabetes tipo 2. Algunos cambios pequeños hacen una gran diferencia y le ayudarán a vivir una vida más larga y saludable.**

Para más información, visite [diabetes.org/alerta](http://diabetes.org/alerta) o llame al **1-800-DIABETES (800-342-2383)**.

October 19, 2017

4:30pm - 7:00pm

# Eugene A/O Soup

## Night



Please come join  
the Eugene area  
office staff for  
Homemade  
Soup's

2468 W 11th Avenue  
Eugene Oregon 97424

**541-484-4234**

**Lou Carey or Nora Williams-Wood**

Siletz Tribal Enrollment will be  
here to issue Tribal ID cards

# Pumpkin Patch Trip!

**JOM and Home Visiting Families are invited to a trip to Lone Pine Farms Pumpkin Patch!**

**Saturday October 21st.**

**11 am to 1 pm**

**Lone Pine Farm**

**91909 River Rd, Junction  
City, OR**



**Rides available from the Eugene Area Office (leaving at 10:30) or meet us at the farm. Space limited– Please call and let us know if you will need a ride.**

**We will provide lunch and cover the cost of pumpkins**

**Contact Jessica Phillips or Nick Viles with Questions or to sign up**

**541-484-4234**



Don't forget to dress for the weather and wear clothes you don't mind getting dirty



NAYTLH-'A HOME  
VISITING

# COMMUNITY CAFE

AT SALEM AREA OFFICE

SUNDAY, OCTOBER 22ND

11AM - 2PM

FREE BRUNCH | FAMILY FRIENDLY | GAS VOUCHERS

**JOIN US FOR A CONVERSATION ABOUT  
TRADITIONAL CHILD DEVELOPMENT  
PRACTICE & KNOWLEDGE. RSVP BY  
CALLING OR STOPPING BY YOUR LOCAL  
AREA OFFICE.**

QUESTIONS? [JESSICAP@CTSI.NSN.US](mailto:JESSICAP@CTSI.NSN.US)

Please Come Join Us!!

# Diabetes Class

Thursday, October 26th

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

At the Siletz Tribal Office  
2468 West 11<sup>th</sup> Avenue  
Eugene, OR



**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 Coos, Lower Umpqua and Siuslaw Tribes, will be teaching this class. 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! You don't have to be pre-diabetic, or have diabetes, to attend. A light, nutritious meal will be provided.**

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



# USDA distribution dates for OCTOBER 2017

## Siletz

MONDAY	OCT 2	9:00 AM-3:00 PM
TUESDAY	OCT 3	9:00 AM-3:00 PM
WEDNESDAY	OCT 4	9:00 AM-3:00 PM
THURSDAY	OCT 5	9:00 AM-3:00 PM
FRIDAY	OCT 6	9:00 AM-3:00 PM

## Salem

MONDAY	OCT 16	1:30 PM – 6:30 PM
TUESDAY	OCT 17	9:00 AM – 6:30 PM
WEDNESDAY	OCT 18	9:00 AM – 6:30 PM
THURSDAY	OCT 19	9:00 AM – 11:00 AM

There is the most awesome restaurant in Denver, Colorado, called Tocabe. Their recipes are made up of traditional foods from their tribal background, with a modern flair. They have partnered with USDA and mid-west Tribes, to show people how to use their commodities in a healthy way. Since USDA has added the blue cornmeal to our food package and many of the people from our area don't know how to use it, I contacted them and asked if they had a recipe using the product. They shared this with me and I can't wait to try it. When I do get a chance to try it, I am going to substitute the fruit & nut mix that is in our food package for the chopped pecans and toasted pine nuts that their recipe calls for.

## Blue corn mush recipe:

Bring 4 cups water to a boil, just before water boils, slowly whisk in 1 cup Ute Mountain Bow & Arrow brand blue corn meal. Reduce heat to medium and continue to cook to desired texture, whisking constantly. Stir in 1 teaspoon kosher salt and 2 tablespoons Red Lake Nation organic maple syrup. If available add 1/2 teaspoon fine cedar ash as water is coming to a boil to increase blue vibrancy and give a nice hint of smoke. Serve with chopped pecans and toasted pine nuts and add your favorite fruit to complete your nutritious meal.



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

Joyce Retherford, FDP Director  
541-444-8393

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

**2017-2018 Hunting and Fishing Tags  
Distribution Schedule**

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
<b>Deer</b>	Early Archery	50	8/26-9/24	8/7 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	9/30-11/3**	8/21	First Come First Served
	Antlerless or Spike – Adult	8	10/21-11/3	Lottery applications available 8/7; due <b>9/1</b> ; drawing 9/5; tags issued 9/6	Lottery – Open to Elders Only
	Antlerless or Spike – Youth	5	9/30-11/5	Lottery applications available 8/7; due <b>9/1</b> ; drawing 9/5; tags issued 9/6	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/18-12/10	<i>First Distribution:</i> 10/16 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/30 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 6/5; due <b>7/7</b> ; drawing 7/10; tags issued 7/11	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/26-9/24	8/7 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 <sup>st</sup> Season Rifle	25	11/11-11/14	Lottery applications available 9/5; due <b>9/22</b> ; drawing 10/2; tags issued 10/3	Lottery
	2 <sup>nd</sup> Season Rifle	25	11/18-11/24		
	Antlerless	9	Various seasons beginning 1/1/18	Lottery applications available 9/5; due <b>9/22</b> ; drawing 10/2; tags issued 12/1	Lottery
	Late Archery Antlerless	56	11/25-12/10	<i>First Distribution:</i> 10/16 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/30 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)	8/21	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 9/30 - 11/5 (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 2017-2018 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.

# October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 USDA Distribution Siletz 9-3pm  Culture Night EAO 5-7	3 EAO Language Class 6-8pm  USDA Distribution Siletz 9-3pm	4 Siletz Language Class 6-8pm  USDA Distribution Siletz 9-3pm	5 SSP/Self Sufficiency Documents Due  USDA Distribution Siletz 9-3pm	6 Pay Day  USDA Distribution Siletz 9-3pm	7
8	9	10 Time Sheets Due  PAO Language Class 6-8pm	11 SAO Language Class 6-8pm	12	13 Youth Conference	14 Youth Conference  Elders Meeting CW 1pm
15 Youth Conference	16 USDA Distribution Salem 9-3pm  Homework Club EAO 4-6	17 USDA Distribution Salem 9-3pm	18 USDA Distribution Salem 9-3pm	19 Annual Soup Night Tribal ID Here 4:30-5:00pm	20 Pay Day	21  Pumpkin Patch Trip 11-1pm Lone Pine Farm
22 Naytlh-'A Home Community Café' Salem A/O 11-2pm	23	24 Time Sheets Due	25 Chris Sherrod, DPD EAO  FAFSA Fill Out Party 4:30-6:30pm	26 Super Star Luncheon 11am CW Casino  Diabetes Support Group 6-8pm	27	28
29	30 Homework Club EAO 4-6	31 				

The Confederated Tribes of Siletz Indians

**The Eugene Area Office Staff**

541-484-4234 1-800-922-1399

**Lou Carey, A/O Supervisor x1751**

**Nick Viles, Education Specialist/JOM x1757**

**Jenifer Jackson, Tribal Service Specialist/477SSP x1755**

**Norma Trefren, Intake Specialist/Job Coach/477SSP x1756**

**Adrienne Crookes, Community Health Advocate x1753**

**Jessica Phillips, Program Coordinator/THV x1752**

**Nora N Williams-Wood, Clerk x1750**

**Gloria Stott, Elders On-Call Transport**



**The Confederated Tribes of Siletz Indians  
The Eugene Area Office  
2468 West 11th Avenue  
Eugene Oregon 97402**