

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 September 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	September 5 <sup>th</sup>	6:00 - 8:00pm
Eugene AO	September 6 <sup>th</sup>	6:00 - 8:00pm
Portland AO	September	No Class
Salem AO	September 12 <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 may be refused services and, when warranted, will be asked to leave premises.

**Thank you for your cooperation...**

**Tribal Administration**

# Siletz Tribal Arts and Heritage Society

We would like to develop a cookbook in time for the holidays. We hope you will participate. You are all invited to submit a recipe or more if you like.

Do you have to belong to the Confederated Tribes of Siletz.....NO, we will put your name and "Friend of STAHS" by your recipe.

You can send in Native traditional recipes, family favorite recipes, new ones you love and just about anything else you can think of. You can add a picture of yourself and a little information, but for sure put your name and tribe.



You can get the recipes to the right folks in a couple ways: **Send in by September 1, 2017.**

Email them to: [jessiemarie1944@yahoo.com](mailto:jessiemarie1944@yahoo.com)

Mail: STAHS Box 8 Siletz, Oregon 97380

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

Contact:  
Amanda Hunt  
Foster Family Coordinator  
CTSI - Siletz Indian Child Welfare  
541-444-8236  
[amandah@ctsi.nsn.us](mailto:amandah@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 September 27<sup>th</sup>. Let us know and we can set up a time for you to meet with him.

Contact Adrienne 541-484-4234

**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 do not sign. Current ID required)**

**2017 EMERGENCY HOUSING ASSISTANCE  
(EHA) ~OPEN~**

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices

**Email Reminders**

If anyone would like reminders of special meetings, cultural classes or special events, etc at Eugene Area Office, please contact Nora to be put on email list or email me. (541) 484-4234 or email: [noraw@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)

**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.

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

**OPEN**

*Crisis/ Regular heating  
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

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

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

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

**Oregon Telephone Assistance Program**

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>  
Can fill out online or mail in if you or know someone who receives:

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

**Chinook Winds Casino Resort**

Sign up for an electronic newsletter:  
[www.chinookwindscasino.com](http://www.chinookwindscasino.com)



## *JOM: Youth News and Notes*

### Culture Nights:

Tuesday September 12 and 19, Eugene Area Office, 4-6 pm: Bring your own projects or come and use provided materials for necklace making, baskets, and bear grass weaving. PLUS, snacks, drinks, games, and door prizes.

### School Supplies Distribution:

Eugene Area Office: Basic school supplies are still available for Siletz and JOM students attending grades K-12. Please call ahead and allow time to update registration forms when picking up supplies.

### Upcoming Reminders:

Siletz Youth Conference: Open to tribal youth aged 12-18. Join us for three days of workshops, games, and speakers. Call for details.

High School Juniors and Seniors: NOW is the time to begin preparing college applications. Schedule an appointment to discuss your options.

### September

### Youth Activity Calendar

Sept. 12: Culture Night, EAO, 4-6 pm

Sept. 19: Culture Night, EAO, 4-6 pm

Sept. 16: Youth Council Meeting, Salem, depart 9:30

Oct. 13-15: Siletz Youth Council Conference

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

The deadline for the 2017-18 school year was June 30, 2017. Students interested in attending a clock-hour school are still eligible to apply.

2018-2019 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, **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 September 5, 2017. Class is held from 6:00 pm until 8:00 pm and a light meal will be provided.

The next Elder Council meeting is Saturday, September 16, 2017. For more information contact the Elders Program at 1-800-922-1399.

The Chinook Winds Entertainment for September, 2017 is Cody Slaughter and Easton Corbin. Cody Slaughter is known as the ULTIMATE ELVIS, and he will be on stage September 14<sup>th</sup>. Easton Corbin will be on stage the 15<sup>th</sup> and 16<sup>th</sup>. These shows start at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

The annual Run-To-The-Rogue(RTR) starts Friday, September 8, 2017 and ends Sunday, September 10, 2017. For more information contact the Elder Program 1-800-922-1399. You may register to run at the Tribal website or your area office.

The next regular evening Diabetes Support Class will be held on Thursday, September 14, 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.

OHSU Casey Eye Institute Mobile Clinic is coming to the Area Office on Saturday, September 16, 2017. There is no cost for this 2 hour exam and one pair of glasses. They will serve 40 people so you must contact Adrienne Crookes or Nora Williams-Wood for an appointment.

Wisdom Warriors classes will start Monday, September 25, 2017. This is a series of six chronic disease self-management classes held from 5:30 pm until 8:00 pm. Contact Adrienne Crookes our Community Health Advocate.

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

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



*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*

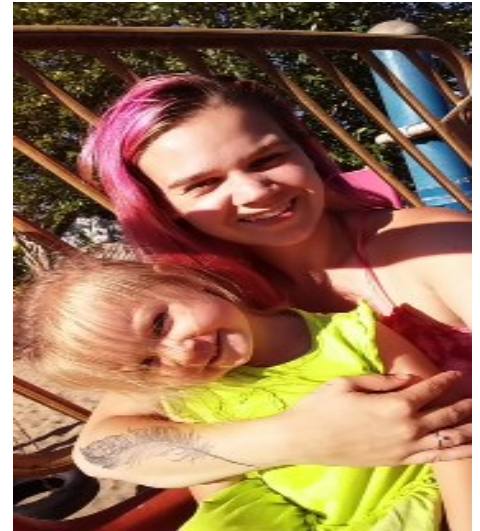


## Siletz Tribal Home Visiting graduates



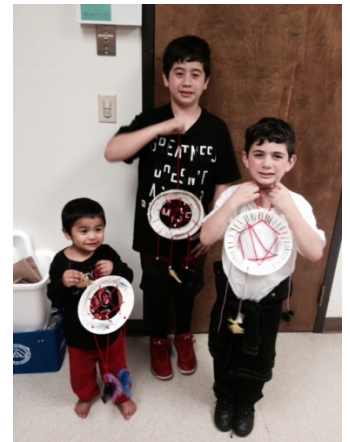
**Jennifer and Jeramie Martin-** The family entered the program when their oldest son Chase was three months old and continued until he turned 3 years old. While being in the program, the family accomplished many things. Jennifer and Jeramie got married and welcomed their 2<sup>nd</sup> son Levi. Jeramie obtained employment within the Tribe and Jennifer accepted a position as general manager with her current employer at a new location. The family is now working on becoming home owners.

**Chandra Cummings-Bailey-** The family entered the program when Chandra was 7 months pregnant with their first child Nayeli and continued the program until Nayeli turned 3 years old. While in the program Chandra worked on being the best mom she could for her little girl. She asked many questions and took advantage of all the amazing help and support that was offered to her. While in the program Chandra obtained her driver's license and a full-time job with the state to support her and her daughter.



**Britnee Church-** The family entered the program one week before the birth of their son Fernando and continued until he turned 3 years old. When Britnee entered the program she was on TANF. Britnee wanted to work so she started a TANF WEX placement at the Boys and Girls Club. When her WEX placement ended she started an OJT placement again with Boys and Girls Club. After all of her hours ended in the placement the company hired her on. Britnee also enrolled into college

to pursue a degree in Forestry. She is currently taking classes while doing a forestry internship.



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.





# 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.



**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 – September 4, 5, 11, 14**

Jen's hours: **M-F 8:00-4:30pm**

**General Assistance and TANF**

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

**\*Jenifer – September 1, 4, 11, 14, 25-29**

\* 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 September 2017**

Tuesday	August 31 <sup>st</sup>	WEX Timesheets Due
Friday	September 1 <sup>st</sup>	TANF/GA
Monday	September 4 <sup>th</sup>	Labor Day Holiday CLOSED
Tuesday	September 5 <sup>th</sup>	Self-Sufficiency documentation due
Tuesday	September 5 <sup>th</sup>	Eugene Language Class
Friday	September 8 <sup>th</sup>	WEX Payday
Friday-Sunday	September 8-10	Run To Rogue
Monday	September 11 <sup>th</sup>	All Treaty Day CLOSED
Tuesday	September 12 <sup>th</sup>	WEX Time Sheets Due
Friday	September 22 <sup>nd</sup>	WEX Payday
Tuesday	September 26 <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

The Siletz Tribal Vocational Rehabilitation Program provides holistic, culturally sensitive VR services to federally-enrolled tribal members who have a disability and live within our 11 county service area. It serves as an employment resource for members that have a strong desire to be employed. The program utilizes Strength-Based Practices and Informed Choice to prepare participants for gainful employment. An important part of the Vocational Rehabilitation (VR) program, is helping others find their own strengths and build strong foundations for lasting and productive employment.

## **Services we may provide but are not limited to:**

- 🌐 Employment Services
- 🌐 Referral to Community Resources
- 🌐 Transportation/Support Services
- 🌐 Portfolio Building
- 🌐 Motivational Counseling
- 🌐 Addressing and Eliminating Barriers to Employment
- 🌐 Cultural Activities
- 🌐 Educational, Physical and Mental Health Assessments



## **Basic requirements of the program include:**

- 🌐 Be an enrolled member of a federally recognized tribe
- 🌐 Live within the 11 county service area
- 🌐 Have a mental, physical, developmental or learning disability that is diagnosed by a licensed clinician
- 🌐 Have a disability that causes a substantial barrier to employment
- 🌐 Willing and able to be an active participant in the Siletz Tribal Vocational Rehabilitation Program (STVRP)

**To find out more about STVRP, please call 800-922-1399 and ask to be connected to STVRP Staff for your area.**

*STVRP – Providing Culturally Sensitive Vocational Rehabilitation Services  
With a Focus On: Spiritual; Mind Intellectual; Emotional; and Physical Wellness to  
Enable Your Success in the Workforce.*

## Are you a Student?

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/Eugene)



503-390-9494 (Salem/Portland)

# Siletz Community Health



## Siletz 1-800 Numbers

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

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

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

## Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

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

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

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

## Siletz Mail Order Pharmacy

If you need a prescription refill, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and to mail it to you.

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

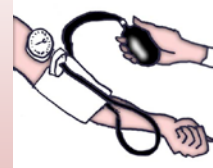
# Siletz Community Health

## Blood Pressure Screenings



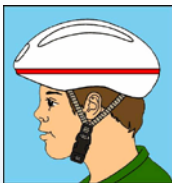
At the Siletz Eugene Area Office

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



Feel free to come in and get it checked.

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



## Bicycle Helmets

Are available at the Eugene Area Office

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

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

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

## Attention Tribal Parents and Child Care Givers!

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



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

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

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

Please Come Join Us!!

# Diabetes Class

Thursday, September 14th

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**

OHSU Casey Eye Institute Mobile Clinic  
is coming to the Siletz office  
on Saturday, September 16, 2017  
9:00 a.m.-5:00 p.m.

2468 W. 11<sup>th</sup> Ave. Eugene, OR

You are invited to come in for a *FREE* vision screening.

The Eugene area office and the Diabetes Program are partnering with the Casey Eye Institute to hold a mobile eye examination clinic in Eugene. An all-volunteer staff of eye doctors, technicians, and assistants will be here to serve Siletz tribal members and their families, with or without diabetes.

For some members of the community, access to high quality medical care appears beyond their reach. This 33-foot, fully outfitted mobile ophthalmology unit will be here to serve you.

We are limited to 40 eye exams, so call early to get on the list!

Contact Adrienne Crookes or Nora Williams-Wood at  
541-484-4234

We will schedule an appointment for you.  
Please allow 2 hours to complete this  
no-cost comprehensive eye exam (a  
\$450.00 value). There is no cost to  
you for one pair of glasses.



For more information about the mobile van, visit [ohsucaseyeye.com/outreach](http://ohsucaseyeye.com/outreach)



# Wisdom Warriors

## Living Wise.....Living Strong Chronic Disease Self-Management Classes

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



**Classes: 5:30-8:00 p.m. on Mondays  
September 25th and  
October 2, 9, 16, 23 and 30**

The Siletz Eugene area office has partnered with **Dani Bliss, Health Educator with the Coos, Lower Umpqua and Siuslaw Tribes**, to offer a series of 6 health classes for anyone with a chronic illness, or those caring for someone with a chronic illness. These classes will teach you how to manage your condition through self-care.

Topics include Chronic Disease Management, making action plans, problem solving, dealing with difficult emotions, healthy eating, communication skills, and working with your health care provider.

A light, nutritious meal will be provided.

**For more information or to sign up, contact  
Adrienne Crookes, Community Health Advocate, at 541-484-4234.**

# Farmers Market Food Rescue



## Siletz Tribal Members:

If you or your family would like to share in some fresh organic produce, you can pick it up at the Siletz office on Tuesdays and Saturdays at 3:30 pm. This is *free* produce. A staff person will be on hand to distribute what we receive. Please bring your own bags or cooler to transport your food. Any produce that is not picked up at this time can be picked up later on in the week; it just will not be as fresh. You may call ahead and check on the availability of produce.

**Siletz Office: 541-484-4234  
2468 W. 11<sup>th</sup> Avenue, Eugene**

(ask for: Nora, Jessica, or Adrienne)

# September is Head Lice Prevention Month

Adrienne Crookes, Community Health Advocate

## Take Precautions

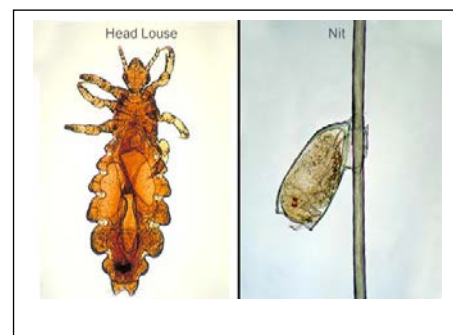
When people, especially kids, come into close contact or share belongings, lice can easily pass from one person to another. This is true even if you teach children good hygiene and practice it yourself. But by taking some precautions, you may be able to prevent your child from getting or spreading head lice.

## Practice Good Habits

1. To reduce the chance of you or your child catching a case of head lice, start by not sharing items that touch the head. Lice can crawl from an object to your head. Avoid sharing: combs and brushes, hair accessories, hats and helmets, scarves and coats, towels, headsets and earbuds.
2. Minimize head-to-head contact. Ask your child to avoid games and activities that lead to head-to-head contact with classmates and other friends. Put long hair in a ponytail or braid.
3. Separate personal belongings. Shared spaces and shared belongings can be breeding grounds for lice. Closets, lockers, drawers, and coat hooks can create an easy opportunity for lice to pass from one person's belongings to another. Ask your child to keep their belongings out of common areas, if possible.

## Early Actions

Schools may report a head lice infestation so that parents can take preventive measures with their families. If this happens, take action as soon as possible. Look in your child's hair for small white nits, the eggs of lice. Inspect your child's clothes...particularly hats, shirts, scarves and coats that have been worn during the past 48 hours, looking for lice and eggs.



For more information about head lice, visit [npa@headlice.org](mailto:npa@headlice.org)

14<sup>th</sup> Annual

# Celebration of Honor

Presented by *Chinook Winds Casino Resort*

*An Event to Honor Active Duty Personal & Military Veterans*

September 14-16, 2017

- ★ Field of Honor (1,000 flags) ★ Cost of Freedom Tribute ★
- ★ Oregon Traveling Memorial Wall ★ Living Military History Weapons ★
- ★ Wall of Honor - Vets Helping Vets HQ ★ Spirit of 45 ★
- ★ Iwo Jima wood-statue (Lobby) ★ Veterans Service Tent ★

**Wednesday, September 13<sup>th</sup>**

**All Day:** Free! Veterans' and Active-duty Military receive voucher for a free meal at the Siletz Bay Buffet (Show Military ID at Player Services).

**Thursday, September 14<sup>th</sup>**

**All Day:** Displays Open for viewing

**1900:** Free Entertainment - **TBD** (Military Band or Comedy show)

**Friday, September 15<sup>th</sup>**

**1000:** Veteran/Military services tent opened till 5pm

Spirit of 45 (Collecting WWII Photographs)

**1700:** Opening Ceremony at the Field of Honor (**Nat'l POW/MIA Day**)

**Saturday, September 16<sup>th</sup>**

**1000:** Veteran/Military services tent opened till 5pm

Spirit of 45 (Collecting WWII Photographs)

**1400:** Cost of Freedom Medal Ceremony at the Field of Honor

**1700:** Rededication of Chinook Winds Memorial (Out front of Casino)

**Sunday, September 17<sup>th</sup>**

**0800:** Run for Honor - 5K run

For more details call Bill John 541) 996-5815 or Heather Hatton 541) 996-5766

*'Where the Military are Honored at the Beach'*

**REMINDER**  
**Elder Antlerless Deer Hunt**  
**Applications Due**  
**September 1, 2017**

Applications available at the Natural Resources office and on the Tribal website under Natural Resources  
Open to Tribal Elders age 55 and older  
Call Natural Resources Manager Mike Kennedy at 541-444-8232 if you have questions

**REMINDER**  
**Youth Antlerless Deer Hunt**  
**Applications Due**  
**September 1, 2017**

Applications available at the Natural Resources office and on the Tribal website under Natural Resources  
Open to Tribal youth age 12-17 who have a valid Hunter Safety Card  
Call Natural Resources Manager Mike Kennedy at 541-444-8232 if you have questions

### **2017 Elk Tag Drawing Info**

The annual drawing for the Tribe's elk rifle tags will be held on Monday, October 2<sup>nd</sup> at 5:00 pm in the Tribal Council chambers. Applications will be available starting on September 5<sup>th</sup> and are **due September 22<sup>nd</sup>** in the Natural Resources office. Applications can be picked up at the Natural Resources office, downloaded from the Tribe's website (Tribal Services/Other Departments/Natural Resources), or they can be mailed to you by calling the Natural Resources office. Each person must fill out, sign and turn in their own application. This year we have 25 tags each for the first and second season bull hunts and only 9 tags for the various cow hunts. If you have any questions, call Natural Resources Manager Mike Kennedy at 541-444-8232 or 1-800-922-1399 ext. 1232.

### **Cut Wood For The Elders Day**

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the last "Cut Wood For The Elders Day" of the year on **Saturday, September 16<sup>th</sup>**. The woodcut will be held on the **Tribe's Logsdan Road Property between the Tribal Food Distribution Warehouse and the Tribal Vehicle Storage Yard** in Siletz. We need lots of volunteers to help cut, split and deliver firewood for Tribal elders. Bring your chainsaws, hydraulic wood splitters, splitting mauls, axes, and lots of energy. Even if you don't have any of those we can use the moral support! Lunch, drinks, and snacks will be provided. We will start at **8:00 AM** and go until mid-afternoon.

The goal of this event will be to deliver firewood to as many elders as possible. The Elders' Program maintains a list of elders that burn wood for their winter heat. People willing to haul firewood to elders outside of the Siletz area, please contact the Elders Program Clerk at 1-800-922-1399 ext. 1261 or 541-444-8261 to be paired up with an elder in need. We especially need folks who can haul wood to the Eugene, Salem, and Portland areas. Elders in need of firewood should also contact the Elders Program Clerk to get their name on the delivery list.

If you have parents or grandparents that burn wood in the winter to stay warm, you need to help out at this event! Come help replenish those wood piles for the coming winter. **This is the last woodcut of the year!**

# USDA distribution dates for SEPTEMBER 2017

## Siletz

TUESDAY	SEPT 5	9:00 AM-3:00 PM
WEDNESDAY	SEPT 6	9:00 AM-3:00 PM
THURSDAY	SEPT 7	9:00 AM-3:00 PM
FRIDAY	SEPT 8	9:00 AM-3:00 PM
MONDAY	SEPT 11	HOLIDAY
TUESDAY	SEPT 12	9:00 AM-3:00 PM

## Salem

MONDAY	SEPT 18	1:30 PM – 6:30 PM
TUESDAY	SEPT 19	9:00 AM – 6:30 PM
WEDNESDAY	SEPT 20	9:00 AM – 6:30 PM
THURSDAY	SEPT 21	9:00 AM – 11:00 AM

I made this at the Salem warehouse in July. It is so good and easy to make.

### BROCCOLI CAULIFLOWER SALAD

1 HEAD BROCCOLI, CHOPPED*	1 HEAD CAULIFLOWER, CHOPPED*
1 LB. BACON, COOKED & CRUMBLED	1 CUP SHREDDED CHEESE*
1 CUP MAYONNAISE	1 CUP SOUR CREAM
¼ CUP SUGAR	½ TEASPOON SALT
½ TEASPOON GARLIC POWDER	BLACK PEPPER, TO TASTE

### DIRECTIONS:

Mix broccoli, cauliflower, bacon and shredded cheese in a large bowl. In a small bowl, mix the mayonnaise, sour cream, sugar, salt and seasonings. Stir until well combined. Pour the mayonnaise mixture over the broccoli mixture and stir until well incorporated. Eat immediately or chill until ready to serve.

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

# September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		"Time Sheet Due"			1 TANF/GA Elders/Youth Antlerless Deer Hunt Application Due Last Day to Submit Your Recipe	2 Food Rescue Pick-Up EAO 3:30-4pm
3	4 Labor Day Holiday CLOSED	5 Siletz USDA 9-3pm EAO Language Class 6-8pm Food Rescue Pick-Up EAO 3:30	6 Siletz USDA 9-3pm Siletz Language Class 6-8pm	7 Siletz USDA 9-3pm	8 Run 2 Rogue "Pay Day" Siletz USDA 9-3pm	9 Run 2 Rogue Food Rescue Pick-Up EAO 3:30-4pm
10 Run 2 Rogue	11 All Treaty Day Holiday CLOSED	12 "Time Sheet Due" Siletz USDA 9-3PM Food Rescue Pick-Up EAO 3:30 Culture Night EAO 4-6pm	13	14 Diabetes Support Group 6-8pm	15	16 LAST Elder Wood Cut 8:00-2:00pm Youth Council Meeting Salem Oregon Food Rescue Pick-Up EAO 3:30-4pm OHSU Casey Eye Institute Free Vision Screening EAO 9-5pm
17	18 Salem USDA 1:30-6:30pm	19 Salem USDA 9-6:30pm Food Rescue Pick-Up EAO 3:30 Culture Night EAO 4-6pm	20 Salem USDA 9-6:30pm	21 Salem USDA 9-11am	22 "Pay Day" Elk Tag Application Due	23 Food Rescue Pick-Up EAO 3:30-4pm
24	25 Wisdom Warriors Class 5:30-8pm	26 "Time Sheet Due" Food Rescue Pick-Up EAO 3:30	27 Chris Sherrod, DPD EAO	28	29	30 Food Rescue Pick-Up EAO 3:30-4pm

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 Happiest people don't have the best of everything... they just make the best of everything...**

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

**The Five W's Of Life**

**Who** you are is what makes you special. Do not change for anyone.

**What** lies ahead will always be a mystery. Do not be afraid to explore.

**When** life pushes you over, you push back harder.

**Where** there are choices to make, make the one you want regret.

**Why** things happen will never be certain. Take it in stride and move forward.