

Portland Potlatch

FEBRUARY 2017

Inside This Issue:

Community News 1-3

Elders News 4

Community Health 5

Education 6

477/SSP 7

Calendar 8-9

Behavioral Health 11

Athabaskan language 12

USDA 13

Staff Directory 15

February Closure:

All Siletz Tribal offices and CTSI Head Starts will be closed on:

Monday, February 20, 2017
President's Day



Free Tax Resources for Low-Income Households

It's tax season again! Which means it's that time of the year to start preparing your tax return. This year, all income eligible households will be able to receive assistance filing for their tax returns from "Cash Oregon". Cash Oregon volunteers are trained and certified to prepare most individual tax returns and limited self-employment returns. Please consult with Cash Oregon by calling (503) 243-7765 or visiting their website for more information at:

www.cashoregon.org

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

Important Dates

- Sat. 2/4, General Council—1 PM
- Sat., 2/11, Elders Council—1 PM
- Fri., 2/17, Regular TC—8 AM

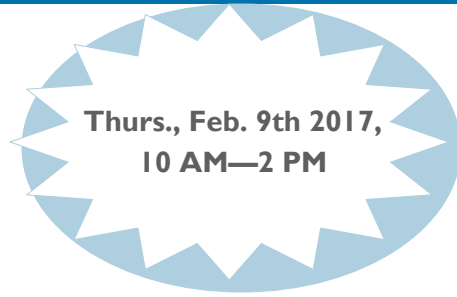
Energy Assistance
program (LIHEAP)
Still Open

(See Page 3 for details)

Community News

Portland Area Office Beading Group

You are invited to join us for an informal gathering, to bead, learn and visit. Generally, each participant self supplies their own beading materials. For more information, Please call Sherry Addis.



Free Fix-It Fair

Many exhibitors will be at the Fix-It Fair to share information on water and energy savings, safe and healthy homes, food

and nutrition, community resources, home weatherization, Gardening and much more!

Date: Saturday, Feb. 25th

Time: 9:30 AM—2:30 PM

**Location: Madison High School
2735 NE 82nd Ave**

There will also be a bike repair for students & families. You can find more information about Fix-It Fairs at:

**[www.portlandoregon.gov/
bps/41892](http://www.portlandoregon.gov/bps/41892)**

Spay N' Save, Pet Assistance



Spay & Save is a Portland metro area-wide program that aims to assist low income families and their cats by offering affordable spay & neuter surgeries for those who qualify. They serve the following four counties: Multnomah, Washington, Clackamas or Clark County.

Individuals receiving qualifying government assistance programs such as Medicaid, food stamps, SSI, TANF, General Assistance, etc. May qualify for the \$10 cat spay or neuter: For more information about other qualifying programs please call (503) 802-6755 or visit:

www.asapmetro.org



Portland's Rebuilding Center!

Do you have an aspiring building project such as a raised garden bed, but are short on funds for the materials? The Rebuilding Center may be just what you need. They carry the region's largest volume of used building and remodeling materials. It provides resources that make home repairs affordable to everyone, with the goal of promoting the reuse of salvaged and reclaimed materials. They also offer a free-pick up service, numerous volunteer opportunities, donations of used building materials for community projects, as well as workshops For more information, visit or call:

Portland Rebuilding Center - 3625 N. Mississippi Ave. (503) 331-1877.

Healthy Traditions (HT)

February in Portland, the weather can run the full gambit from cold and wintery to lovely spring days. It also signals the beginning of the gardening season, with things to keep gardeners busy. For example, attend the "home and garden shows" to get inspiration, sharpen tools, start seedlings indoors and out, and attend Healthy Traditions Garden Club.

At each meeting:

We share a light meal, feature gardening information, and host a garden activity to support your home gardens and our two community gardens. If you would like more information, please call Sherry Addis, Andrew Johanson or Verdene McGuire.

Our second meeting of the year will be held:

**Mon., Feb 6th
5:00—7:00 PM**



LIHEAP

Funding Still Available! Low Income Heating & Energy Assistance Program (LIHEAP)

If you are a Siletz Tribal Member, and have **NOT** applied for, or received assistance for Heating between October 2016 to present, you may be eligible to apply for funding.

Generally Funds are available from October/November until exhausted.

Assistance and funding are available on a first come, first served basis. Applications for assistance are available by appointment only. For more information or to apply, call the Portland Area Office, and speak with Andrew Johanson, Area Office Clerk.

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

Indian Child Welfare Program (ICW) (541) 444-8236 or 800-922- ext. or visit at:

www.ctsi.nsn.us/icw.html

Elders News



PAO Elders Potluck

Ch'ay-yii-ne Ghu'-al'h

Weather permitting, we will next meet:

**Tues., Feb 14th
5:30 PM — 7 PM**

PAO Community Room

Please bring a potluck dish to share. Rides are available, first come first serve.

Elder's Shopping Day



**Weds., Feb 1st
And 15th**

Please call Elders Representatives Kay Steele (503) 760-4746 or Cookie Fernandez (503)863-4310 if you would like to join the group.

Home Visiting Program

Home Visiting

Upcoming Event –Freezer Meals

This month home visiting families will gather to make some freezer meals. Freezer meals are a great way to plan and prepare meals ahead of time and serve on busy days. Hope you can join us February 23rd from 5:00-7:00 at the Portland area office, 12790 SE Stark St. Suite 102. We will share a meal and make some meals to take home. We need to know you are coming so we can have the necessary supplies. For more information or to RSVP please contact Lori Christy (Salem area office) 503-390-9494.

What is Home Visiting?

Our home visiting program provides parenting and life skills for successful and positive parenting. We serve native families that are expecting or have infants under the age of twelve months, continuing through the child's third birthday. 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; Prenatal Care, Infant Care, Your Growing Child, Toddler Care, My Family and Me, and Healthy Living. Lessons vary from 30 minutes to 90 minutes and are delivered in the comfort of your home. Visits can be modified to accommodate your schedule.

As a thank you for participating in our voluntary program we offer some incentives which we will be happy to share with you upon enrollment in the program. For more information please contact Lori Christy, Home Visitor 503-390-9494 or 541-272-2241.

Community Health



Diabetes Support Group

Our February Diabetes Support Group will be providing healthy salads, fruits and veggies. All tribal member are welcome.

**Weds., Feb. 8th. 2017
Noon to 2:00 PM**

We will be having a guest speaker: Jenica Palmer, MPH Health Systems Manager, Primary Care Great West Division—American Cancer Society, Inc.

Contract Health Update

Remember to update your contract health services form each year! Call the office and we can send you one, you can also come in and complete it. If you have moved, gotten a new phone number or even a new primary care doctor, you need to update your information.

Throw Kindness Around like Confetti in 2017!

By Paula Spencer Scott/Parade January 2017

It's the little things we do that make all the difference. "There is less kindness in public life, which trickles down and invites people to be less kind in our personal lives" says author Harriet Lerner, "But kindness is not an 'extra'. It's at the heart of intimacy, connection, self-respect and respect for others."

So if you don't always know what to do or where to start...For the power of kindness—it just takes one person, one act, You don't need money or a ton of time to be kind. We believe that kindness is contagious and good for us—and that inspiring consequences really do spiral when we do simple, compassionate acts for others without expecting anything back. (to be continued in March).

Getting Enough Calcium:

When You Suffer from Lactose Intolerance

It can be difficult to get enough calcium when dairy cannot be a part of your daily diet. For those who suffer from lactose intolerance, this can be a regular issue. Calcium improves overall health, including oral health. If you need to add more calcium to your diet but cannot have dairy in your diet, consider these foods:

- Fish like sardines and canned or fresh baked salmon are good sources of calcium.
- Beans and other legumes, like black-eyed peas, navy or lima beans and lentils are also abundant sources of calcium.
- Leafy green veggies are also a great option, such as Bok Choy, turnip greens, spinach and kale.
- Seaweed gives your body a ton of nutrients, including large quantities of calcium. It is a delicious dried snack
- Oranges and orange juice have a lot of Vitamin C and good for digestion after a meal are full of calcium.

By adding some of these foods into your diet, you will have several sources of the calcium your body needs.

Education & Youth Update

Family Night With Ed Edmo - Crafts in Clay

Wed., Feb. 21st, 6:30 to 8:30 PM

PAO Community Room 12790
SE Stark Street

We will be working with clay designing our own coyote heads with clay and will meet within 2 times to first make our Clayworks head and next to paint and fire our projects. For all our native youth and families. For more information please contact Katy.

Indoor Park: For Toddlers & Fri. Family Night

Available at Centers through Portland Parks and Recreation

Children's play is essential in the human development of motor skills while helping children gain experience in group interaction and cooperation. The City of Portland, through Portland Parks and Recreation community centers provides these opportunities through their programs with a limited cost of approximately \$1.25.

Portland Parks and Recreation also offers scholarships for children to take a variety of classes. Including swimming. A sample of programs offered through Portland Parks & Recreation is "Park Stars Basketball league for both boys and girls from January 30 through March 17th.

Spring Break camps and programs are also scheduled for late March. If you would like help to pay for classes please contact the Siletz Tribe's Johnson O'Mal-

ley Program. For a complete list of programs offered please visit:

www.portalindoregon.gov/parks.

College Horizons College Workshops:

For Junior and Sophomore high school students

An annual college admission workshop will be held at Princeton and Whitman College for Alaska Native, Native Hawaiian and Native American sophomores and juniors in high school, held each summer.

Students experience residential life on a campus while learning extensively about the college admission and financial aid process. The deadline to have your application in will be in Feb. of 2017. For more information visit:

www.collegehorizons.org.

Apply For Scholarships for 2017-2018

Now through March is the most important time for students to be applying for scholarships and internship programs. Scholarships abound for every type of student. Below is a small sample of scholarships available .

- **Verl and Dorothy Miller Native American Scholarship:** for students seeking vocational training or attending a community college. (Up to \$3,000 a year). Please visit:

www.oregoncf.org

- **The Cobell Scholarship:** up to \$10,000.

www.cobellescholar.org.

- **Indian Health Service Scholarships** for students pursuing degrees in the medical field.
- **American Indian College Fund:** www.collegefund.org
- **AISES Google Scholarship**
- **Oregon Office of Student Access and Completion:** over 400 scholarships available:
www.oregonstudentaid.gov

If you need help applying for and/ or writing a scholarship application, or help with applying for tribal funding; please contact Katy Holland.

Fish & Wildlife Internship Opportunity

Bonneville Power Administration & American Indian Science and Engineering Society Summer Internship Program is seeking students who are interested doing an internship this summer. BPA is a partnering with the AISES to provide a 10-week practice-based fisheries internship. Student will gain hands on experience and build skills performing fish culturist duties, assisting fish technicians and learning basic hatchery operations and maintenance. The deadline to apply is:

February 28th, 2016

For more information please go to:

www.aises.org.

(Continued on page 6)

477 Self-Sufficiency Program

SSP Monthly Workshop

The 477 SSP monthly group meeting will be the 2nd Thursday February 9th 2017, from 4-6 PM.

Our guest speaker this month is Katy Holland who will be talking about college. How and when to apply, all the deadlines and funding available, If you are thinking about college come learn all the ins and outs.

Mission Statement

To assist eligible clients in attaining self-sufficiency. The 477 Self Sufficiency Program will serve the following groups as they work towards this goal:

- Siletz needy families
- Native American
- Alaskan Native

- Native Hawaiian

The available components through the Program are cash grant services, emergency utility assistance, job training, job retention services and supportive services.

The Program Manual lists all available components in detail and the requirements of each. All components of the 477 SSP are available on a budgetary basis.

Contact a Tribal Services Specialist for more information about current components that are available.

Your Success is Important to Us

Questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.

February 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Elder's Shopping Day—10AM	2	3	4 General Tribal Council—1PM
5	6 Garden Club 5:30—7 PM	7	8 Diabetic Lunch Noon- 2 PM	9 Beading Group 10 AM—2 PM Self Sufficiency Workshop 4:00— 6 PM	10	11 Elders Council 1 PM Youth Council Meeting Salem, OR
12	13 Language Class 6 – 8 PM	14 Elder's Potluck 5:30 PM	15 Elder's Shopping Day—10AM	16	17 Regular Tribal Council—8AM	18
19	20 Holiday All CTSI Offices Closed President's Day	21 Education Family Culture Night 6:30—8:30 PM	22	23	24	25
26	27	28		Inclement Weather Conditions This time of year, the weather outside can be frightful. For the safety of all, we sometimes close our office due to weather conditions. So, if it is snowing, icy or unusually cold, please call the office and listen to the message before coming to the office to make certain we are open. We will update our phone message to reflect any modification of our office hours.		

Attention Siletz Tribal Teens

Our next Youth Council Meeting is scheduled for:

Date: Saturday, February 11th

Location: TBA - Salem Area

We will be leaving from the Portland area office at 8:30am. Please contact Katy for transportation and to confirm you will be attending.

Vocational Rehabilitation

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

If you have a documented disability that creates limitations or prevents you from doing the work you desire or are qualified for we would like to assist you. We can assist with obtaining and maintaining employment and developing skills. We focus on motivation, identifying your abilities, skills that lead to successful employment and the development of self advocacy. You should have a strong desire to work and be willing to work collaboratively with STVRP staff to provide you with the services needed to overcome your disability. Your personal goal should be self sufficiency and to live a healthy sustainable lifestyle.

The STVRP also assists transitioning students with disabilities. The ideal age for a student to start working with VR is two to three years before graduation, until the age 22, or graduated from high school. Our program can provide vocational guidance and counseling;



assist with identification of employment goals; employment retention; and advocacy within the academic environment. Students with a documented disability or who are on an “Individualized Education Plan- IEP” or on a “504 Plan” are encouraged to participate in the STVRP. Examples of SERVICES PROVIDED by STVRP:

1. Guidance and Counseling
2. Referral to Services
3. Employment Services
4. Portfolio Building, Resume Writing,
5. Interviewing Techniques, Job Coaching
6. Culturally Relevant Individualized Services
7. Evaluations and Assessments
8. Training Placement Opportunities
9. Adaptive Equipment

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

Behavioral Health

A & D Program:

Addictions and Procrastination

This topic is always a good one because almost everyone does it at one time or another. In addictions, it is dangerous. The definition of Procrastination is as follows; *“an automatic, negative, problem habit of needlessly postponing and delaying a timely and relevant activity until another day or time”*. It always includes a diversionary activity and involves procrastination thinking of “I’ll fix the problem later”.

The reason this kind of thinking is dangerous, is because before you know it this procrastinating becomes a strong habit and if you don’t follow through with the commitments or plans that you set out for your recovery, the more likely you are to relapse or stay in your addiction all together. Procrastination usually starts with negative thinking or mood or other negative states such as anxiety, depression, impulse control challenges, organizational challenges or distractibility. Although this is a tough habit to

break the end results will almost always be positive for your recovery. A way to help with procrastination is to get support around emotional resilience.

This is tied into having stress tolerance skills and positive coping skills for everyday life. Strategies such as this are offered from your addiction program so it is even more imperative for you to keep your appointments to gain the tools you can use for your recovery process. Remember, your recovery matters.

If you would like to schedule an appointment with Andulia, please call the Salem office at (503) 390-9494 or Portland (503) 238-1512..

Andulia’s Hours

Salem Office	Mon. to Wed. 8 AM—4:30 PM
Portland Office	Thurs., and Fri. 8 AM—4:30 PM

Mental Health Program

Not all talks are easy:

During the winter months, people can become depressed, or suffer seasonal affective disorder. Winter holidays can be stressful, to the point of overwhelming for folks. In the heart of winter, some people start having unfortunate thoughts of ending their lives. If you or a loved one has these thoughts, realize you are not alone. Many people have these thoughts from time to time, and what is important is to take action against these negative thoughts.

Signs of suicidal thinking and planning:

1. Giving away your prized possessions/ animals.(Not the same as creating a will)
2. Calling up people to tell them goodbye.
3. Thinking about how much pain you are in and wishing you did not exist.
4. Increased drug/ alcohol use.

What to do about suicidal thoughts or risk:

1. Call the national suicide prevention line: 1-800-273-8255

(Continued on page 7)

(Mental Health Continued from page 6)

2. Call a crisis line:

- Multnomah County: 503-988-4888
- Clackamas County: 503-655-8585
- Marion County: 503-585-4949

3. Reach out to family, seek the services of a counselor, talk to someone trusted.

Traditional Coping

For the people of the Siletz tribe, our Elders are an ever-important resource to utilize. Chances are, they have experienced most if not all of the stressors we're facing, and quite possibly they have experienced some suicidal thoughts at some point in their lives. Elders can explain how they managed to walk away from those thoughts. Smudging, talking circles

and sweat lodges remain key components of the health of Siletz peoples also. Please use any or a combination of the above suggested coping methods, to assist you. If you would like to Schedule and Appointment with Rachel please call Salem or Portland.

Rachel's Schedule Contact:

Portland Area Office Mondays & Tuesdays (503) 238-1512 x1417		Salem Area Office Weds, Thurs & Fri 1-(503) 390-9494 x1864
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Athabaskan Language



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

**Monday, Feb. 13th, 2016
6 PM—8 PM**

These classes begin with basic instruction and progress over the year. They are also a refresher course for more advanced students. Come and join other members of your com-

munity and tribe in learning to speak one of our ancient languages.

Any tribal members who need assistance with cultural projects, please bring them prior to class if possible.

We also have equipment in the Cultural Department available for use in grinding and drilling shell or pine nuts or other applications. If you need to use the equipment, call the number below to set up an appointment. For more information, please contact Bud Lane. Many Athabaskan language lesson are available to tribal members, in print and audio at the CTSI web site at:

www.ctsi.nsn.us

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

www.siletzlanguage.org

USDA Distribution Dates			
Siletz	Wednesday	February 1st	9 AM — 3PM
	Thursday	February 2nd	9 AM — 3 PM
	Friday	February 3rd	9 AM — 3PM
	Monday	February 6th	9 AM — 3PM
	Tuesday	February 7th	9 AM — 3PM
Salem	Monday	February 20th	HOLIDAY
	Tuesday	February 21st	1:30 PM — 6:30 PM
	Wednesday	February 22nd	9 AM — 6:30 PM
	Thursday	February 23rd	9 AM — 6:30 PM
	Friday	February 24th	9 AM — 11 AM

1 BAG PINTO BEANS (SOAKED OVERNIGHT)* 2 PACKAGES BISON BURGER* 1 CAN TOMATO SAUCE* 1 CAN WHOLE KERNEL CORN, DRAINED* 1 CAN DICED GREEN CHILIES	RED PEPPER FLAKES (I just put about a tablespoon into the beans as they are cooking). 2 CANS DICED TOMATOES* 2 SMALL ONIONS DICED* 3 CHIPOTLES IN ADOBO, DICED CHILI POWDER TO TASTE
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Bison Chili

Directions:
 Rinse the beans that have been soaking overnight. Place them in a large pot with enough water to cover them. Add some salt and pepper and boil until soft. You can also add some red pepper flakes to the beans and that will cook the flavor into the bean.

Put a couple tablespoons of oil in a large frying pan and let it get hot. Add the diced onion and sauté until almost transparent. Add the burger and cook until no longer pink. Add the green chilies, tomatoes, tomato sauce, chipotles, corn & chili powder. Let simmer for about ½ hour.

Add the meat mixture to the cooked beans and let them simmer together for a ½ hour. I thickened mine with some instant potato flakes* too.

Serve with shredded cheese.

Joyce Retherford: CTSI FDP Director
(541) 444-8393.

Lisa Paul: CTSI FDP Warehouseman/Clerk
(541) 444-8279.

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**Confederated Tribes of
 Siletz Indians of Oregon
 Portland Area Office**

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Hours:
 Mon—Friday
 8:00 AM—4:30 PM

www.ctis.nsn.us



BEAR SV-GVS



Is Your Newsletter Coming to the Right Address?

We frequently receive new mailing address lists from Enrollment. If you have not updated your new address with enrollment your newsletter could be misdirected. If you or someone you know is not currently receiving their newsletter (we send one per household), please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.

How to Get Your Newsletter Faster and In Color?

All Area Office newsletters are now posted for immediate downloading at our tribal website:

www.ctsi.nsn.us

Any tribal member who would like to be notified when the new issues is posted may contact Andrew Johanson, PAO clerk to be added to the notification email. Then you can download and print a color version with a few clicks of your computer keyboard.



Need to Call Contract Health?

If you have questions about your eligibility for Siletz, Contract Health Services (CHS), please call your assigned CHS technician. at (800) 628-5720.

Trish Carey	A-G	X1651
Misty Hammett	H-O	X1329
Joella Strong	P-Z	X1649

Portland Area Office Staff:

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

Other Staff Numbers:

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