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Wisdom Warrior Wellness Training
(See Page 18 for Details)

Flu Shots Coming to PAO
(See page 4 for details)

Low Income Home Energy Assistance Program (LIHEAP) 2017-2018

What is LIHEAP?

- LIHEAP (Low-Income Home Energy Assistance Program) is a Federally-funded program that helps low-income households with their home energy bills.
- LIHEAP can help you stay warm in the winter. By doing so, you can reduce the risk of health and safety problems (such as illness, fire, or eviction.)



Srii-na chee-yash-'e or (High in sky bird)

What Help does LIHEAP provide?

- Heating Assistance
- Crisis Assistance (Shut off or Final Notice)

To Qualify

The applicant, or a member/child residing in the household, must be an enrolled Siletz tribal member.

Residence Location

(Continued on page 5)

Important Dates

- Sat., 10/14, Elders Council—1 PM—at Aces Bar & Grill
- Fri., 10/20 Regular Council—8 AM—

Community News

Portland Area Office Shawl Class Part 4

This month, in lieu of beading we will be hosting our continued shawl making class for participants from classes Parts 1 thru 3. If you would like to attend a future class, please call Sherry Addis at (503) 238-1512 to express interest.

For more information, Please call Sherry Addis.

**October 3rd and 19th 2017
10 AM—2 PM**

Elder's Shopping Day



The next elders shopping day will be:

**October 10th & 25th at
10:00 AM**

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

October Domestic Violence Awareness Month

October is Domestic Violence (DV) Awareness Month. This year's theme is "Community Respect for Survivors:

Community is the Foundation of Healing". In the spirit of the theme we are asking the Siletz Community and all our area offices to show support through the color purple.

Every Tuesday in October we have asked CTSI staff to wear purple to show respect and help spread awareness. We

hope to see everyone participate and show support for our survivors! For more information about the CARE program, please call Kim Lane at the Siletz Community Health Clinic at 1-(800) 648-0449.



PAO Elders Potluck

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



We will host our first potluck of the

**Tuesday, Oct. 24th, 2017
5:30 PM —7:00 PM**

season on:

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

Healthy Traditions

Salmon Preparation Class



The Portland Area Office with support of the Healthy Traditions WEAVE grant will be hosting a "How to Prepare Salmon" class. We will cover the proper steps to take when you are preparing to cook salmon. The class will be held on:

Thur., Oct. 5th, 2017 at 10 AM

Class size is limited, so please call Sherry or Andrew at (503) 238-1512 to reserve your spot in the class.

Garden Club Work Party

The Portland Area Office's WEAVE Grant thru Healthy Traditions, encourages all tribal members and their families to support our local community gardens. On:

Date: TBA

Time/Location: 10 AM

at the Gilbert Heights and Berrydale Community Gardens. Portland Area Staff we will be attending both gardens from 10-11:30 AM. If you're free to join in and help us, please call PAO for more information.

October Gardening

For many gardeners, Fall is a time to start gearing down in preparation of winter. Below is an abridged list of garden tasks recommended by the OSU Extension Service for October.



Maintenance and Clean Up

- Drain or blow out your irrigation system, insulate valve mechanisms before first freeze
- Use newspapers or cardboard covered by mulch to discourage winter and spring annual weeds or remove a lawn area for conversion to garden beds
- Dig and store potatoes
- Place mulch over roots of roses, azaleas, rhododendrons and berries for winter protection
- Cover asparagus and rhubarb beds with mulch of manure or compost
- Prune out dead fruiting canes in raspberries.

To read the complete list, go to: www.extension.oregonstate.edu/gardening



October 2016 Planting Guide

This list is referenced from Portland Nursery's planting guide. It is broken down by vegetables that may be directly sown outdoors or planting pre-grown starts outdoors for a nice fall cover crop.

Seed Outdoors: (Cover Crop Only): Fava beans, Garlic (cloves), Onion (sets), Shallots (bulbs). **Plant Starts (Fall Harvesting/ Overwintering):** Bok Choi, Cabbage (over wintering), Lettuce, Salad greens.

Community Health

Diabetes Support Group



**Wednesday October 18th
Noon to 2:00 pm**

Our October Diabetes Support Group will be providing a healthy main dish. All tribal members and their support persons are welcome.

Flu Shots at PAO



The Portland area office will be hosting our next flu-shot clinic on:

**Wednesday, October 18th
From 2 to 6 PM**

For more information please call your community health advocate, Verdene McGuire at (503) 238-1512.

Contract Health Update

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

Over-The-Counter Program

Cold and flu season is fast approaching, so remember the Portland area office has some over the counter (OTC) medications to help you.

5 Tips for Child Safety, To & From School

Fall is here, and with it comes shorter days and the start of the school year. Road travel increases and traffic patterns shift, so this busy time of year can also be a dangerous one – especially for children.

Take advantage of the following tips and resources to strengthen your traffic safety knowledge. Then teach and reinforce your children's pedestrian, bicycle, school bus and/or public transportation safety habits.

Tip #1 – Walking Safely

Pedestrians 10 and younger must be accompanied by an adult or young adult on their way to and from school. Show them how to cross the street by stopping at the curb and looking left-right-left for traffic before crossing.

Tip #2 – Biking Safely

The three best protections when biking to and from school are a properly fitted bicycle helmet, a good grasp of traffic safety rules and inspecting their bikes before hitting the road.

Tip #3 – Riding the Bus Safely

School buses are the safest mode of transportation for getting children back and forth to school. Even so, your kids need to be especially careful around the school bus

(Continued on page 5)

Athabaskan Language

Nuu-wee-ya' (Our Words)



**Portland Area Office
Monday, Oct. 9th
6:00 – 8:00 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 community 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 lessons are available to tribal members, in print and audio, online:

www.ctsi.nsn.us

Relatives or Da'-ye'

Ancestor	K'wii-daa-naa~-ye''
Mother	K'waa-ga
Father	Ta'
Son	daa~-ghee-yilh
Daughter	sii-'e
Brother	chee-le/ lha'-'e
Sister	dee-sre
Cousin	see-te'
Aunt (Paternal)	maa-de'
Aunt (Maternal)	Maa-de'
Uncle (Paternal)	mii-te
Uncle (Maternal)	Tr'ii-ne;
Wife	tr'aa-ne'
Husband	ch'ee-see-ne'
Grandmother	sru'
Grandfather	'aa-me'
Family (my)	sh-da'-ye'-yu
Children	srxi-xe
Family	da'-ye'-yu

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

www.siletzlanguage.org

A & D Program



(Moving on up) Relapse Prevention Group

Come and learn about relapse prevention, stress management, positive recovery and coping skills to live a better, healthier, happier, clean and sober lifestyle.

Where: Portland Area Siletz Office, 12790 S.E. Stark St. Suite 102

When: Group starts October 4th 2017, Wednesdays 2:00-3:30pm

For more information, please contact our behavioral health Addiction Services before attending class (503) 238-1512 X 1414.

About the program:

Philosophy:

The Siletz Tribal Alcohol and Drug Pro-

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

Services Include:

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

Andulia's Schedule

8 AM—4:30 PM

**Salem—Mon., Tues., & Wed.,
Portland—Thurs & Fri., Portland**

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

Recognize Acknowledge Forgive Change	If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk	Help is Available & Confidential
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Behavior Health

Entering the fall



The weather is cooling, the leaves are turning colors, and the rains are coming back. It has been a hot summer, and fires have devastated the wild areas we hold dear. The Run to the Rogue being canceled was a sad though understandable occurrence.

Coping with the change of season:

1. The days are going to start getting shorter, the skies more frequently darkened by clouds, and it will become increasingly important to maximize the daylight hours.
2. Exercise remains important but harder to come by with the rain; try inside activities such as using a step or similar to do step aerobics while you watch your favorite shows.
3. As the daylight decreases, if you notice your mood decreasing with it, try spending a few moments each day in front of a UV light source.

Mental Health Awareness in October:

October is a month to take mental health into consideration on a National level, as the first week of October is considered “Mental Health Awareness Week” by NAMI, the National Alliance on Mental Illness. Companies across the nation are holding various mental health awareness activities, and some clinics are offering free depression screenings. There’s also an online screening available at:

www.screening.mentalhealthscreening.org/hyho

Traditional Coping

The fall is a time for the Siletz people to start preparing for the winter, and in that process comes the importance of making sure our Elders are ready. If you have time, join a wood-cutting event, reach out to the members of the community in the most need and lend a helping hand. The Siletz peoples are encouraged to keep in harmony with their ancestors’ ways; attend sweats, drum circles and smudge. Live life in a healthy, good way.

Portland Area Office Mondays & Tuesdays (503) 238-1512 X1417		Salem Area Office Wednesdays & Thursdays 1-(503) 390-9494 x1864
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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. Your worker is assigned to

you by your last name. Please refer to the list below to determine who you need to speak with when contacting contract health.

Trish Carey	A-L X1651
Joella Strong	M-Z X1649

(LIHEAP Continued from page 1)

The residence must be located within the 11 county service-area.

Income Eligible

The applicant/family must meet the annual income guidelines as determined at the time of intake.

When can I apply?

October 1st—Siletz Tribal Elders and Disabled Tribal Members

November 1st—Other Siletz Tribal Households

Program Key-points:

LIHEAP is divided into two categories: First is heating (A regular bill) and Second, is crisis (Shut-off, disconnect, owing more than you can pay).

Awards will vary depending on family size, income and need. When making your appointment for assistance, please be sure to have all necessary documentation beforehand, or be able to have required documents before appointment time.

Required documentation includes, but is not limited to:

- Social Security Cards for ALL household members (there are no exceptions)
- Most recent utility bill
- Current income documents – for each adult household member (e.g. Social Security award letter, Unemployment print out, paystubs etc.)

If you need documentation from other

departments, please be sure to make those requests from those departments prior to your appointment.

Total Gross Household Income Cannot Exceed:

# Household Members	Income Limit
1	\$22,626.00
2	\$29,587.00
3	\$36,549.00
4	\$43,511.00
5	\$50,473.00
6	\$57,435.00
7	\$58,740.00
8	\$60,045.00
9	\$61,351.00
10	\$62,656.00

Contact your service area for appointment times available. If you have any additional questions, please don't hesitate to call Casey Godwin, Emergency Energy Assistance Program Coordinator (541) 444-8311.

Notice To Applicants

The applicant is responsible for providing their own documentation at the time of the appointment, i.e. SS card, tribal ID or CIB, income documentation and current utility bill.

Applications without complete documentation at the time of appointment will be rescheduled.

(Community Health Continued from page 3)

"danger zone" – 10 feet in front, 10 feet behind, and on each side of the bus. Before they go back to school or start school for the first time, teach your kids these common-sense practices.

Tip #4 – Riding in the Car Safely

Children in the front seat are 40 percent more likely to be injured in crashes? If your kids are 12 and younger, make sure they ride in the back seat. Learn more about the child passenger safety laws in Oregon to selecting the right seat for your child. Your Community Health Advocate can help.

Tip #5 – Driving Safely

As a parent, you're the #1 influence on the kind of pedestrian, bicyclist and driver your child will become. Set a positive example and keep your children safe. Whether walking, biking or driving, stay completely focused on the road and put your cell phone away when in traffic. Learn about driving safely and find out the laws on distracted driving in Oregon. They call it driving under the influence of an electronic device and it is a huge ticket as if you were driving under the influence of alcohol! So put your cell phone away when driving. Be safe.

Tribal Children Need Foster Parents

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

Will It Be Easy?

NOPE.

Worth It?

Absolutely.



CTSI Ongoing Job

Announcement

Position: Elders Transporter (On-Call)
Location (s): Portland

Supervision: Area Office Supervisor/Elders Program Coordinator.

Salary: \$11.25/ Hourly

For more information please contact:

Siletz Elders program: Cecelia DeAnda:
(800) 922-1399
X 1212 and E-mail: ceceliad@ctsi.nsn.us

This position transports for multiple CTSI tribal programs. Hours vary from week to week. Ideal candidate is reliable, flexible, helpful, culturally sensitive and respectful to elders and clients.

Parking at the Portland Area Office (PAO)

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

October 2017

SUN	MON	TUE	WED	THU	FRI	SAT
1 LIHEAP OPEN For Households with Elder & Disabled Siletz Tribal Members	2	3 Shawl Class 10 AM	4 A/D Group 2-3:30 PM	5 Salmon Class 10 AM	6	7
8	9 Language Class 6-8 PM	10 Elders Shopping Day 10 AM	11 A/D Group 2-3:30 PM	12 Elder's Rep. Meeting PAO—10 AM—1 PM SSP CAN Meeting 1:30 - 3 PM	13	14 Elders Council At Aces, Lincoln City, OR 1 PM
15	16	17	18 Diabetic Support Group Noon—2 PM Flu-Shots 2-6 PM A/D Group 2-3 :30PM	19 Shawl Class 10 AM	20 Regular Council Siletz, OR— 8 AM	21 Youth Conference—Lincoln City, OR
Youth Conference	22 Home Visiting Café Salem, OR 11 AM-2 PM	23	24 Elders Potluck 5:30 PM	25 Elders Shopping Day 10 AM A/D Group 2-3:30 PM	26	27
28	29	30	31			

477 Self-Sufficiency Program

SSP Monthly CAN Meeting

The Creative-And-Native (CAN) is a supportive/informational meeting that focuses on work, education, family and goals. These meetings are mandatory. Come meet and learn from others like you who are working toward their goals!

Date: October 12, 2017

Time: 1:30 to 3:00 PM

Location: Siletz Portland Area Office

Mark Your calendar. The 477 Self Sufficiency Program's (SSP) upcoming CAN meetings:

- November 9th

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

477-SSP Mission Statement:

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

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

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

www.ctsi.nsn.us

Your Success is Important to Us

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

Need A New Tribal ID? Let PAO Help!

The Portland area office (PAO) is now set up to assist tribal members with obtaining their tribal ID from the enrollment department. Tribal members are encouraged to call PAO ahead of time to ensure staff are available. If you have any questions about our new process please feel free to call Andrew Johanson at PAO (503) 238-1512 X 1400.



Confidential Tribal ID of Siletz Indians of Oregon
Tribal Identification
Siletz Tribal Roll: #99999
DOB: 09/01/2006 BO: 4/4
Issue Date: 3/18/2016
Expiration Date: 3/18/2016
Height: 5' 10" Weight: 150 lbs.
Enrolled Per Resolution 2016-036 effective 3/18/2016

Siletz Valley Charter School
245 NW James Frank Ave, Siletz, OR
PO Box 123456
Siletz, OR 97380-9999



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

For more details please see the Home Visiting Program article on page 15.

Education and Youth Update

Siletz Education Program

The Siletz Education and Youth Program would like to assist adults & youth with their educational and enrichment needs. If you are in need of assistance or planning ahead for school and college please contact your local Education Specialist Katy Holland.

Pumpkin Patch & Maize At Sauvé Island



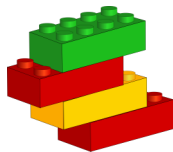
Youth and families are invited to join us for a Saturday field trip to the pumpkin patch on:

Saturday, October 21st

We will be heading to the pumpkin patch from the Portland office at 9 AM and going to 1655 NW Gillihan Rd. on Sauvé Island. Lunch and transportation will be available. Please contact Katy to reserve a spot for the family.

Lego's At The Library

Bring your mad Lego skills to the library and let your imagination flow. Each time, a new structure will be built and put on display. Bricks and supplies provided. Donations welcome. For kids ages 5-11.



This event is ongoing and takes place at various Multnomah county library locations. For a complete schedule please visit www.multcolib.org and put in legos.

Salmon Home Coming at Oxbow Park, For Families

Saturday, October 21st and Sunday the 22nd.

Cost: \$5/car, \$7/bus; no registration required

Sponsored thru Metro—nothing says “Pacific Northwest” like the annual return of the salmon from the ocean; fighting upstream to spawn and dying in the rivers of their birth. This October, come and witness this ancient, iconic phenomenon at Oxbow Regional Park along the Sandy River.

Naturalists are on hand to help you spot the salmon and explore other parts of the park’s 1,000 acres of old-growth forest, hiking and equestrian trails and river beaches. In collaboration with the Native American community, Salmon Homecoming will include cultural activities, walks honoring the cultural significance of salmon, education and indigenous science programming. Hot cocoa and fun activities will be available.

For more information, please visit:

www.oregonmetro.gov

Oregon Zoo Highlights, October 2017

Annual Squishing of the Squash

the world’s largest land animals (elephants) demolish some of the area’s largest pumpkins, will be held Friday, Oct. 27, at 10:30 a.m.

“Howl-oween” Saturday at Oregon Zoo!

Saturday, October 28th

Cost: free with zoo admission.

There will be scavenger hunts and educational activities for kids about the animals around the world. Kids can also collect treats & prizes at the different stations. Because everyday actions impact wildlife, the zoo only provides deforestation-free candy. Activities are best suited for children 2-12, but all are welcome.

Education Specialist Katy Holland will be out of office or unavailable on the following dates in October:

- 3rd to the 7th.
- 13th to the 16th
- 18th, 23rd to the 27th and 30th.

Home Visiting Program

Home Visiting October Events

This month we have two great events and hope you can join us:

Home Visiting Pumpkin Patch Trip

Saturday October 21st at 10 AM

The Pumpkin Patch on Sauvé Island at 16511 NW Gillihan Rd, Portland, OR

Home Visiting is partnering with the Portland Youth JOM program for this fun outing to the pumpkin patch! Sure hope you can join us. Meet at the barn at the Pumpkin Patch on Sauvé Island at 10 AM or feel free to meet at the Portland Area Office, 12790 SE Stark St Suite 102, Portland at 9 AM to follow us over. One Pumpkin per family and entrance to the corn maze will be covered. Sack lunches will also be provided. You will probably want to wear boots and rain gear!

Please RSVP to Lori at the Salem office by Friday October 20th at (503) 390-9494.

Community Café



The Home Visiting Program is hosting a Community Café Conversation on October 22nd (see page 13 for details). The café is open to all in the Siletz community.

Join us for a conversation

about traditional child development practice and knowledge. We will be discussing what community values, beliefs, and attitudes have supported child development in the past; what traditional child development practices and knowledge can we learn from the past to support and promote child development now and how may traditional knowledge and practice be sustained for future children and their families in the home visiting program. Please join us for brunch and conversation and let your voice be heard. Gas vouchers available on request. For Portland area residents: RSVP to your local area office at (503) 238-1512. If you would like more information please contact Jessica Phillips in at the Eugene office, 1-800-922-1399 ext 1752.

USDA Distribution Dates

Siletz

Monday	October 2	9 AM — 3 PM
Tuesday	October 3	9 AM — 3 PM
Wednesday	October 4	9 AM — 3 PM
Thursday	October 5	9 AM — 3 PM
Friday	October 6	9 AM — 3 PM

Salem

Monday	October 16	1:30 PM—6:30 PM
Tuesday	October 17	9 AM — 6:30 PM
Wednesday	October 18	9 AM — 6:30 PM
Thursday	October 19	9 AM — 11 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/ Warehouse
(541) 444-8279

Vocational Rehabilitation (STVRP)

The Siletz Tribal Vocational Rehabilitation Program (STVRP) provides holistic, culturally sensitive Vocational Rehabilitation (VR) services to federally-enrolled tribal members who have a disability and live within the Siletz 11 county service area. STVRP 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 VR program, is helping others find their own strengths and build strong foundations for lasting and productive employment.



- Educational, physical and mental health assessments

Basic requirements of the program include:

- Be an enrolled member of a federally recognized tribe
- Live within the Siletz 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)

STVRP provides culturally sensitive vocational rehabilitation services with a focus on: Spiritual; Mind Intellectual; Emotional; and Physical Wellness to Enable Your Success in the Workforce.

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

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

Most Often Requested Numbers

Confederated Tribes of Siletz Indians	(800) 922-1399	Siletz Behavior Health	(800) 600-5599
Salem Are Office	(503) 390-9494	Chinook Winds Casino Resort	(888) 244-6665
Eugene Area Office	(541) 484-4234	Chemawa Health Clinic	(800) 452-7823
Contract Health Services	(800) 628-5720	Grand Ronde Health & Wellness Center	(800) 775-0095
Siletz Community Health Clinic	(800) 648-0449	Bureau of Indian Affairs	(800) 323-8517

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Portland Area Office**

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

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

Hours:
Mon–Friday
8:00 AM–4:30 PM

www.ctis.nsn.us



BEAR SV-GVS

Are You In the Loop?

The Portland Area Office now uses an auto-dialer system to contact tribal members about upcoming events and urgent notices (Salmon Distribution). If you are a head of household, and have not been notified by our system, you may need to update your phone number with the tribal Enrollment department. Even if you have updated your address recently, you may not have updated your phone, which is just as important, as the Siletz tribes also utilizes phone communication frequently.

WISDOM WARRIORS

Chronic Disease Self-management Program

The Portland Area Office will be hosting a 6 week course for Anyone with a chronic illness or those caring for someone with a chronic illness.

These classes will be two and a half hours long one day a week.

Topics will include:

- Chronic disease management
- Making action plans
- Problem solving
- Dealing with difficult emotions
- Communication skills
- Healthy eating

To sign up, please call Verdene McGuire at (503) 238-1512 in the Portland Office by:

Tuesday, October 3rd 2017

to reserve your seat in the class.. Class size is limited!

Where: Portland Area Office

**When: October 4th, 11th, 18th, 25th and
Nov. 1st & 8th.**

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
Andrew Eddings Peer Recovery Mentor	Work Cell: (541) 270-9717 andrewe@ctsi.nsn.us

Other CTSI Numbers:

Name/ Program	Number	Name/ Program	Number
Bud Lane Cultural Program	800-922-1399 X1320	Jeremy Martin Voc. Rehab. Direct.	800-922-1399 X1385
K.C. Short Finance Manager	800-922-1399 X1316	Mike Kennedy Natural Resources	800-922-1399 X1232
Cecelia DeAnda Elders Program	800-922-1399 X1261	Andulia WhiteElk A&D Counselor	(503) 238-1512 X 1414
Rachel Adams Mental Health Specialist	(503)390-9494 x1864	DeAnn Brown— Siletz HeadStart Program	(800)922-1399 X1510