



The Drumbeat

July Newsletter Salem Area Office

Confederated Tribes of Siletz Indians, 3160 Blossom Dr N. Suite 105, Salem, OR 97305

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Beverly Owen, Area Office Supervisor, x1851

bevo@ctsi.nsn.us

Cindy Jackson, Area office Secretary, x1850

cindyj@ctsi.nsn.us

Our office hours are Monday through Friday 8:00am – 4:30pm. We are closed on Federal and Tribal Holidays. We would appreciate it if you could make it into the office in plenty of time to complete your business by the close of business.



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



We do not accept collect calls. An option is to call 800-922-1399 number and asked to be transferred to our office.



We have a 5¢ per page charge for copies, faxes and printed materials. **Note: If the documents are specifically requested by a Tribal program there will be no charge.**



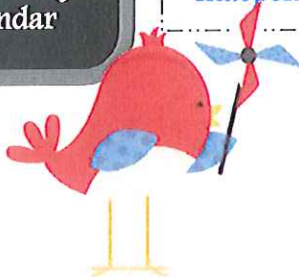
If you would like to receive your newsletter via email, call Cindy or email her and make that request.



July 4th
Independence Day

FREQUENTLY CALLED PHONE NUMBERS

Chemawa Health Clinic	503-304-7600
USDA Warehouse – Salem	503-391-5760
Tribal Head Start – Salem	503-9396942
Siletz Tribal Office	800-922-1399
Siletz Health Clinic	800-648-0449
(ext1604 appts ext1625 Pharmacy)	



Announcements & Community News



June is Melanoma Awareness Month. A Black Ribbon is used to designate Melanoma Awareness. An excellent way to show your support for a loved one with melanoma cancer is by wearing one of the items below. A percentage of all sales is made to the American Cancer Society for research.

Inspirational thought for this month: Be silly, be honest and be kind.

MAILING ADDRESS UPDATES FOR PER CAPITA CHECKS

The last day to get your mailing address updated in time for your **per capita check** to be mailed to a new address is **Friday, July 14, 2017** by the end of the business day. Any address changes after that date will affect the mailing of the per capita check, causing a delay in receiving it. Please see the information below about address changes and missing moccasins. For the full policy regarding per capita checks, please see the Tribal Member Distribution Ordinance on the tribal website www.ctsl.nsn.us under Government Listings > Tribal Ordinances.

One of the popular questions is **"How much is per capita going to be?"** That amount is calculated on July 1st taking in to account the amount to be distributed, the number of enrolled Tribal members alive on that day, and postage costs. On Monday, July 3rd after 12:00 PM you will be able to call (541) 444-8224 to hear an automated recording of the amount as well as going to the Tribal website, under the opening page of the member area login for the written announcement.

ADDRESS CHANGES

If you have recently moved, even if you have a forwarding address on file with the post office, please get your **Address & Contact Information Update** form in as soon as possible. You can get the form on the Tribal website, from any Tribal office or contact the Enrollment Department to have one mailed to you. All address updates must be in writing to ensure that you have requested the address to be changed, this is for your own security.

Tribal Website: www.ctsl.nsn.us
Enrollment Page: Found under
Government Listing then Enrollment

As a note, "General Delivery" is NOT an acceptable as a mailing address as it is only temporary and the Post Office will only hold the mail for a limited time for delivery. We had a large amount of "General Delivery" mail returned and this is not effective in getting mail to tribal members when we need to. It is much better to rent a Post Office box if you are not able to use a permanent address somewhere else. If this is a concern for you or someone on the Missing Moccasin list, call 1.800.922.1399 ext. 1258 and we will work with them to figure out a permanent address solution.

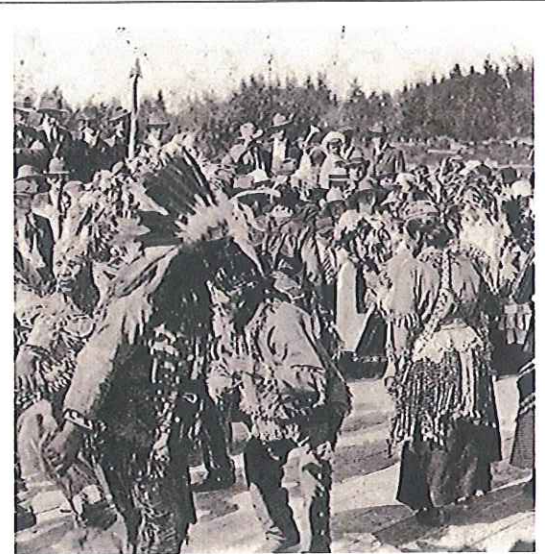
SOCIAL SECURITY CARDS

Letters were recently sent out for minors who do not have a social security card on file. If you received a letter, please get a **COLOR** copy mailed directly to Enrollment or take to an Area Office to have a **COLOR** copied mailed and sent to our office.

Per Capita Info Line: 541-444-8224



Little Zola made her first trip into the Tribal Office and we all were able to meet her. Proud Mom is Cassandra.



Culture Camp

July 11th, 12th & 13th
Government Hill

For more info or questions,
Call Buddy Lane 800-922-1399

It's coming.....
The Great
American Eclipse!





Advocate: Kim Lane 541-444-9679

kiml@ctsi.nsn.us

Outreach: Kira Woosley 541-444-9680

kiraw@ctsi.nsn.us

(Kim and Kira can be reached using 1-800-648-0449)

The CARE Program offers confidential, safe and culturally appropriate education and advocacy services to Native American victims of domestic violence, sexual assault, dating violence and stalking, as well as victims associate with Native families, such as a non-native spouse.

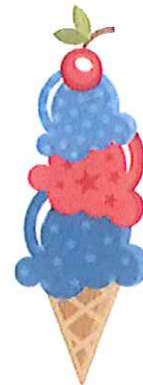
An advocate is available to provide assistance to access services, including personal protective orders, shelter or housing, Tribal program information and other program resources.

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



A group of our Youth went out and gathered Camas. There was a good turnout and the event was great!

They went to Camas Prairie outside of Sweet Home.



Congratulations!!

Mayela has done great things since getting her job at the jewelry store.... the most recent is being named

Employee of the Month!

We are so proud of her!!



Confederated Tribes of Siletz Indians

Annual Nesika Illahee Pow-Wow August 11 ~ 13, 2017



All
Are
Welcome!

Alcohol &
Drug-Free
Event

Categories:

Golden Age • Adult • Teen • Youth
(Teen & Youth Preliminaries Occur Friday Night)

Specials:

- Men's Fancy Dance
(Sponsored by Plumie Wright)
- Team Dance
- Womens' Basketcap (Open)
- Round Bustle (Open)

Vendor Registration is Required. Camping Fee: \$25 + \$5 per per.
Campground Open Thursday 7:00 AM. No Campfires.
For More Information, Call:
Buddy Lane, 800-922-1399, x-1230.

Pauline Ricks Memorial Pow-Wow Grounds, Government Hill, Siletz, OR

THURSDAY AUG. 10

Royalty Pageant
6:00 PM

FRIDAY AUG. 11

Memorial / Giveaways
12:00 Noon ~ 5:00 PM

Presentation of Crown
6:00 PM

Grand Entry
7:00 PM

SATURDAY AUG. 12

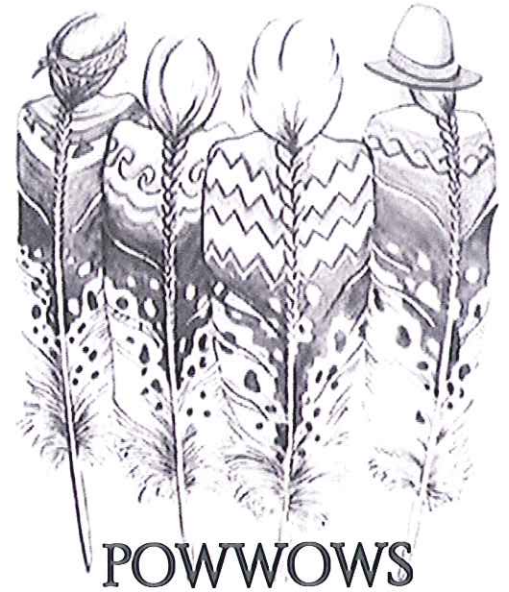
Parade
10:00 AM

(Dance Competition Points
Awarded for Parade
Participation)

Grand Entry
1:00 PM & 7:00 PM

SUNDAY AUG. 13

Grand Entry
12:00 Noon
Salmon Dinner



POWWOWS

Richard Twiss Memorial & 13th Annual Traditional Powwow July 29, 2017



Aldersgate Conference Grounds
7790 Marion Road SE
Turner, OR 97392

Arena Director: Ed Goodell, Upper
Chehalis/Cree, Portland, OR

Head Man Dancer: Ed Wulf, Yupik/
Athabaskan, Alaska/Vancouver, WA

Head Lady Dancer: Vickie Wulf, Nipissing
First Nation, North Bay Ontario, Canada

MCs: Bob Tom, Confederated Tribes of
Warm Springs, Vancouver, WA
Bryan Brightcloud, Chiricahua Apache,
Tucson, AZ

Host Drum: Four Directions

This is a relaxed
family & community
oriented non-
competition
traditional powwow
to honor and
celebrate the best
of native people
and culture



5 pm Luau Dinner! Free to all

Grand Entries 1:30 & 7:00

All Dancers and Drums Welcome!
Dinner is at 5pm. This is a public
celebration and ALL are welcome!

For more information please contact Wiconi at
360-546-1867 or office@wiconi.com

www.wiconi.com

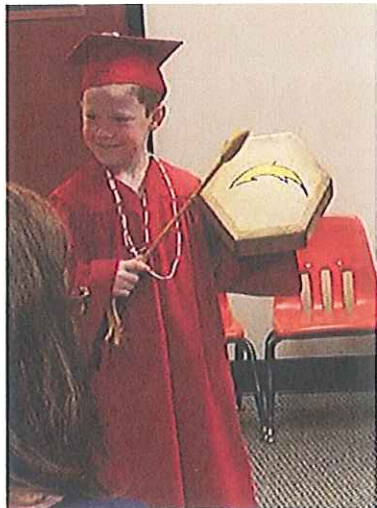


Marcellus Norwest Memorial Veterans Powwow July 7 - July 9

Join us at the annual Marcellus Norwest Memorial Veterans Powwow on July 7-9, 2017 at the Uyxat Powwow Grounds in Willamina, Oregon. The first Grand Entry will be held at 7:00 pm Friday evening. Saturday Grand Entries will be held at 1:00 pm and 7:00 p.m. On Sunday, the final Grand Entry of the Marcellus Norwest Memorial Veterans Powwow will be at 1:00 p.m. A big raffle will be held, so start buying your lucky tickets early and help support your veterans and the Marcellus Norwest Memorial Veterans Powwow.



head start graduation

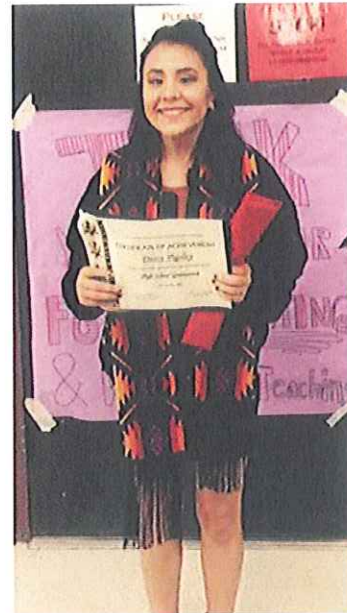


Congratulations



Congratulations to Mica Espino on her graduation from the Teen Parent Program with her High School diploma. Mica worked very hard to get to this point – raising her child, working and going to school. Mica is destined for great things and we are all so proud of her accomplishment! Mica's sister, Angelica made sure she graduated "native style."

WE ARE ALL SO PROUD MICA!!



Congratulations to Daisy Pigsley on her Graduation from McNary High School!! It was a tough road but you worked hard and succeeded.

WE ARE VERY PROUD OF YOU!!



2017 Summer Break Activities

VISIT THE SALEM LIBRARY

TUESDAY - THURSDAY 10:00 A.M. - 9:00 P.M.

585 LIBERTY ST SE, SALEM

COME ENJOY THE FREE EVENTS THAT ARE CHILD, TEEN AND FAMILY FRIENDLY.

READ TO A PET

2ND AND LAST SATURDAY OF THE MONTH

1:00 P.M. - 2:30 P.M.

LOCATED IN THE CHILDREN'S ROOM

THIS PROGRAM OFFERS CHILDREN A RELAXING, NON-THREATENING WAY TO IMPROVE THEIR READING SKILLS. VISITING DOGS AND CATS HAVE BEEN TRAINED AND CERTIFIED AS THERAPY ANIMALS BY "PAWS FOR LOVE" AND ARE MELLOW AND FRIENDLY. THIS IS A DROP-IN PROGRAM, AND SIGN UPS ARE NOT NECESSARY.

FOR LIBRARY HOURS AND A LIST OF MORE EVENTS, PLEASE CALL 503-588-6071 OR VISIT WWW.SALEMLIBRARY.ORG

A.C. GILBERT'S DISCOVERY VILLAGE

CHILDREN'S MUSEUM

COST IS \$8.00 PER PERSON.

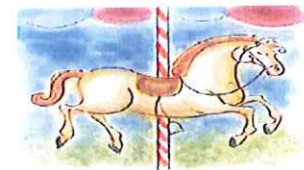
THIS A WONDERFUL PLACE TO EXPLORE. THEIR MISSION IS TO "INSPIRE CHILDREN TO LEARN THROUGH CREATIVE PLAY".

THEY HAVE A WIDE VARIETY OF EXHIBITS INCLUDING A VILLAGE GROCERY STORE WHERE CHILDREN CAN LEARN COLOR AND SHAPE RECOGNITION AND OBTAIN MATH READINESS SKILLS. CHECK OUT THE "GO FIGURE!" ROOM, WHERE THERE ARE GIANT STORYBOOKS THAT EMPHASIZE MATH AND LITERACY.

FOR MORE INFORMATION PLEASE CALL 503-371-3631 OR ONLINE @ WWW.ACGLIBERT.ORG

Free Salem Movies in the Park at

Riverfront Park



SALEM'S RIVERFRONT PARK

DISCOVER THE MAGIC OF SALEM'S RIVERFRONT CAROUSEL.

HOURS ARE 10:00 A.M. - 6:00 P.M.

RIDES ARE JUST \$1.50 ON ONE OF THE HAND CARVED HORSES.

FOR MORE INFORMATION, PLEASE CALL 503-540-0374 OR ONLINE @ SALEMCAROUSEL.WIXSITE.COM

Language & Culture Class

Bud Lane
1-800-922-1399
ext 1320
budl@ctsi.nsn.us



Nuu-wee-ya' (Our Words)

~~Date:~~
~~Time: 6:00 – 8:00 pm~~
~~Where: Salem Area Office~~

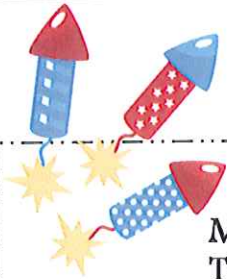
LANGUAGE CLASSES WILL BE
DONE AT CULTURE CAMP AND
NOT IN THE AREA OFFICES –
JUST FOR THIS MONTH

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our ancient languages. We also have equipment in the Culture Department available for use in grinding and drilling shells or pine nuts or other applications. If you have a need for using the equipment, call and I can set up an appointment during regular business hours or after hours.



USDA Salem Warehouse

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



Monday July 17th
Tuesday July 18th
Wednesday July 19th
Thursday July 20th

1:30 – 6:30 pm
9:00 am – 6:30 pm
9:00 am – 6:30 pm
9:00 – 11:00 am

SILETZ TRIBAL
FDP/IR



In June, we attended our National Conference that was held in St. Louis, Missouri. There are some changes coming to the food package. Stay tuned for the specifics on these changes.

Down Payment Assistance

KC SHORT
1-800-922-1399 x1310
FAX, 541-444-8313

477/SSP

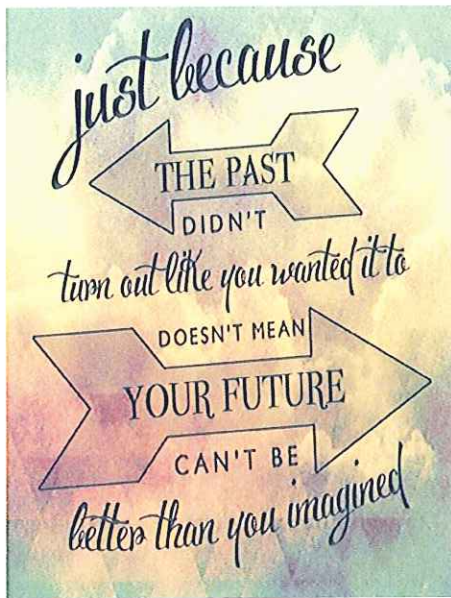
ANGELICA ESPINO
Tribal Service Specialist
angelicae@ctsi.nsn.us
503-390-9494 x1853



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

IMPORTANT DATES TO REMEMBER

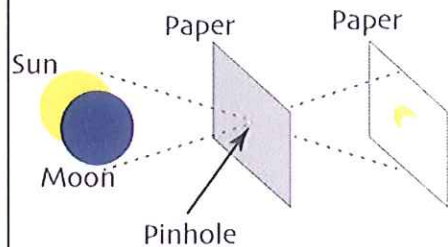
July 1 st – 5 th	Monthly Contact Appointments (MANDATORY)
July 3 rd	Monthly Cash Grants for July <i>Please note: Checks will not be given out on Friday 30th due to office closure</i>
July 4th	ALL TRIBAL OFFICES CLOSED FOR 4TH OF JULY
July 5 th	Job Search/Monthly Report forms due for Cash Assistance MAPS Training (SSP) 10:00am-12:00pm MANDATORY
July 14 th	Deadline for Enrollment Packets and Address Updates



Other Stuff Going On....

July 7 th – 9 th	Veteran's Powwow – Grand Ronde
July 11 th – 13 th	Culture Camp
July 29 th	Mni Waconi Wacipi Powwow ~ Turner

Basic Pinhole projector



To make a quick version of the pinhole projector, take a sheet of paper and make a tiny hole in the middle of it using a pin or a thumbtack. Make sure that the hole is round and smooth.

With your back towards the Sun, hold 1 piece of paper above your shoulder allowing the Sun to shine on the paper.

The 2nd sheet of paper will act as a screen. Hold it at a distance, and you will see an inverted image of the Sun projected on the paper screen through the pinhole.

To make the image of the Sun larger, hold the screen paper further away from the paper with the pinhole.

IMPORTANT REMINDERS

- SSP STAFF WILL RETURN CLIENT PHONE CALLS WITHIN 24 BUSINESS HOURS.
- SSP STAFF WILL ADDRESS CLIENT REQUESTS FOR SUPPORT SERVICES AND OTHER REQUESTS WITHIN TWO BUSINESS DAYS.
- SUPPORT SERVICES REQUEST FORMS ARE KEPT IN THE LOBBY.
- YOU **MUST** COMPLETE THE SUPPORT SERVICES REQUEST FORM FOR GAS CARDS, BUS PASSES, ETC.
- OFFICE STAFF DO **NOT** TAKE MESSAGES. YOU **MUST** LEAVE A VOICEMAIL ON YOUR WORKER'S LINE. IF YOU DON'T

LEAVE A CURRENT PHONE NUMBER WE CANNOT RETURN YOUR CALL SO PLEASE BE SURE TO DO SO.

IF YOU ARE EXPECTING A CHECK, PLEASE CALL BEFORE COMING IN TO MAKE SURE IT HAS ARRIVED.

NEXT MONTH: Make A Total Eclipse Time Capsule

Community Health

CECILIA TOLENTINO, CHA

503-390-9494 x1854

ceciliat@ctsi.nsn.us

Monday – Friday

8.00am – 4.30pm

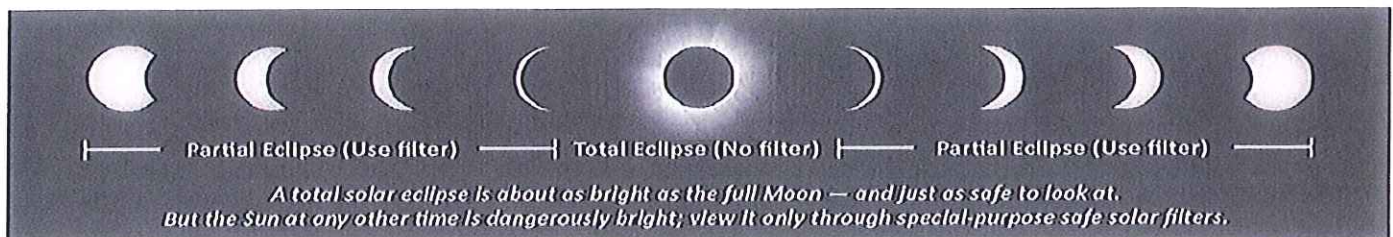


Summer Eclipse Eye Safety

Everyone glances at the Sun now and then, and a quick look won't damage your eyes. But if you do more than glance, you'll start to squint, your eyes will begin to water and hurt, and you'll quickly turn away. That's your body's defense mechanism at work.

Trouble comes when you deliberately stare at the Sun. Why would you do that? To follow the progress of a solar eclipse, of course! But gazing at the Sun for any length of time without proper eye protection is terribly dangerous and may result in "eclipse blindness," a serious injury in which the eye's retina is damaged by solar radiation. Fortunately most victims eventually recover their eyesight, but there are some who suffer permanent loss of some or all of their vision.

- The only safe way to look directly at the uneclipsed or partially eclipsed Sun is through special-purpose solar filters ("eclipse glasses" or handheld viewers) that meet the ISO 12312-2 International standard for such products.
- Homemade filters or ordinary sunglasses, even very dark ones, are not safe for looking at the Sun.
- Seek expert advice before using a solar filter with a camera, telescope, binoculars, or any other optical device. Never look at the Sun through an unfiltered camera, telescope, binoculars, or any other optical device while using eclipse glasses or a handheld solar viewer. A solar filter must be attached to the front of any telescope, binoculars, or camera lens.



Monthly Diabetes Support & Prevention Group

Join us on the third Wednesday of each month for our diabetic dinner.

Come learn with us about controlling and preventing diabetes.

Topics such as:

- What do I eat?
- Weight loss and nutrition

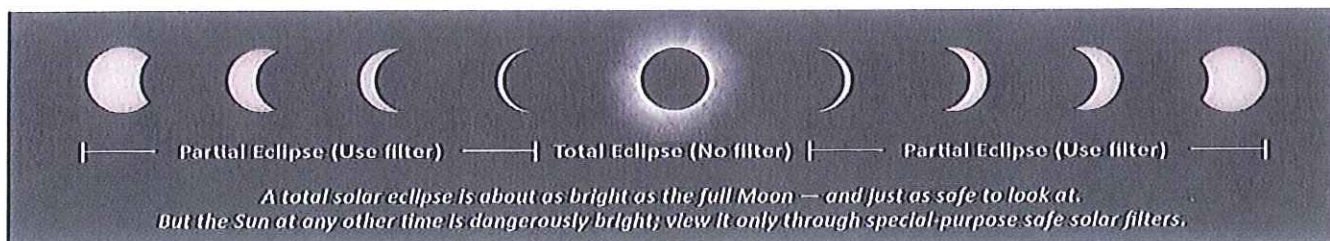
For more information or to reserve your spot
call Cecilia at the Salem Area Office (503)390-9494

When: July 19th
Where: Salem Area Office
Time: 5:00pm - 6:00pm

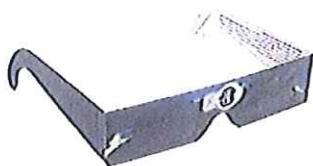


How to View the 2017 Solar Eclipse Safely

A solar eclipse occurs when the Moon blocks any part of the Sun. On Monday, August 21, 2017, a solar eclipse will be visible (weather permitting) across all of North America. The whole continent will experience a partial eclipse lasting 2 to 3 hours. Halfway through the event, anyone within a roughly 70-mile-wide path from Oregon to South Carolina (<http://bit.ly/1xuYxSu>) will experience a brief total eclipse, when the Moon completely blocks the Sun's bright face for up to 2 minutes 40 seconds, turning day into night and making visible the otherwise hidden solar corona — the Sun's outer atmosphere — one of nature's most awesome sights. Bright stars and planets will become visible as well.



Looking directly at the Sun is unsafe except during the brief total phase of a solar eclipse ("totality"), when the Moon entirely blocks the Sun's bright face, which will happen only within the narrow path of totality (<http://bit.ly/1xuYxSu>).



The only safe way to look directly at the uneclipsed or partially eclipsed Sun is through special-purpose solar filters, such as "eclipse glasses" (example shown at left) or hand-held solar viewers. Homemade filters or ordinary sunglasses, even very dark ones, are not safe for looking at the Sun. To date four manufacturers have certified that their eclipse glasses and hand-held solar viewers meet the ISO 12312-2 international standard for such products: Rainbow Symphony, American Paper Optics, Thousand Oaks Optical, and TSE 17.

- Always inspect your solar filter before use; if scratched or damaged, discard it. Read and follow any instructions printed on or packaged with the filter. Always supervise children using solar filters.
- Stand still and cover your eyes with your eclipse glasses or solar viewer before looking up at the bright Sun. After glancing at the Sun, turn away and remove your filter — do not remove it while looking at the Sun.
- Do not look at the uneclipsed or partially eclipsed Sun through an unfiltered camera, telescope, binoculars, or other optical device. Similarly, do not look at the Sun through a camera, a telescope, binoculars, or any other optical device while using your eclipse glasses or hand-held solar viewer — the concentrated solar rays will damage the filter and enter your eye(s), causing serious injury. Seek expert advice from an astronomer before using a solar filter with a camera, a telescope, binoculars, or any other optical device.
- If you are within the path of totality (<http://bit.ly/1xuYxSu>), remove your solar filter only when the Moon completely covers the Sun's bright face and it suddenly gets quite dark. Experience totality, then, as soon as the bright Sun begins to reappear, replace your solar viewer to glance at the remaining partial phases.



An alternative method for safe viewing of the partially eclipsed Sun is pinhole projection. For example, cross the outstretched, slightly open fingers of one hand over the outstretched, slightly open fingers of the other. With your back to the Sun, look at your hands' shadow on the ground. The little spaces between your fingers will project a grid of small images on the ground, showing the Sun as a crescent during the partial phases of the eclipse.

A solar eclipse is one of nature's grandest spectacles. By following these simple rules, you can safely enjoy the view and be rewarded with memories to last a lifetime. More information:

eclipse.aas.org

eclipse2017.nasa.gov

Education

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



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

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



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

STATE FAIR SIGNUPS AUGUST 1-9, 2017

We will have tickets for families to attend the Oregon State Fair. **These tickets are for JOM eligible families only.** You must pre-register for the tickets and they are general admission tickets. You can start calling to sign up on August 1, 2017 and the deadline to sign up for tickets will be August 9 2017, no additional tickets will be purchased after the deadline. Each parent will need to call to sign up his or her own children. **You cannot call and sign up for tickets for other people, only your children.**

SCHOOL SUPPLIES SIGNUPS AUGUST 1-9, 2017

We will be distributing school supplies to JOM students. When calling in let us know the name of your students and what grades they will be going into. The deadline to call in for school supplies will be August 9, 2016. After that date orders will be filled by the supplies we have remaining. Please leave a phone number where you can be reached, so that we can call and let you know when you may pick up your supplies. We will be distributing the supplies the last week of August.

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The deadline to apply to the Tribal Education Programs for school year 2017-2018, was June 30, 2017. All applications received after this date will be held for the next funding cycle, which will be school year 2018-2019, and the deadline to apply is June 30, 2018. It is required for all students to complete your FAFSA (free application for federal student aid) by January 31st, to be eligible to receive Tribal assistance in the Fall you plan on starting school.

ADULT EDUCATION

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

Siletz Tribal Youth Activity Fund

Helps to fund programs for Siletz tribal youth in the many areas such as: sports, music, camp fees, lab fees, shop supplies, graduation, educational /scholastic materials, cultural supplies and materials, correspondence courses, and extra-curricular supplies. Siletz Tribal members from kindergarten to high school can access up to \$75.00.

Siletz Tribal Head Start Program

Is a preschool program for children 3 to 4 years old. The Salem Center has AM and PM classes. It operates Monday through Thursday for 3.5 hours a day. Transportation depends on residency, which will be determined after acceptance. Register in Spring for the following school year. All Siletz Tribal applications and forms are posted on the Tribal website at: www.ctsi.nsn.us.

IMPORTANT CHANGES IN HEAD START: *There are new regulations that require to conduct either a face-to-face or telephone interview with everyone who applies and we cannot finish processing any application unless the interview is done.*

So after you turn your application in we will be contacting you to complete your interview. If you have any questions, please call 1-800-922-1399.

IF YOU NEED TO UPDATE YOUR ADDRESS THE DEADLINE IS JULY 14TH TO BE SURE YOUR PER CAPITA ARRIVES ON SCHEDULE.



Summer Vacation Events

CULTURE CAMP

The dates for this year culture camp are July 11-13, 2017 in Siletz, Oregon. We have the registration forms here in the Salem Area Office. This is a self-transport activity for Siletz Tribal Members, registrations form are available at the Siletz Salem Area Office.

CULTURE IN THE PARK

We will have a picnic and cultural activities on July 25, 2017. This will be a joint activity between the Portland Area and Salem Area Offices. Please call and sign up by July 14, 2017.

For more info on any of the activities below you check our Facebook page or call the various locations. We also have a flyer in the office you can pick up that gives more information



Free Breakfast & Lunch available at various Salem/Keizer Schools. Dates & times vary.



The Salem Public Library has many free events that are child, teen and family friendly.



BOYS & GIRLS CLUBS OF AMERICA
Clubs are open for Summer Break
June 19th – August 25th



A.C. Gilbert's Discovery Village
Children's Museum is a wonderful place to explore. Their mission is to help children learn through creative play.



The Kroc Center has an extensive list of programs, classes and activities for the whole family.



The Regal Cinema Summer Movie Express
\$1 kids' movies on Tuesdays & Wednesdays at 10:00am starting on June 20th



Salem Riverfront Park and Independence Riverview Park will be showing free movies throughout the summer.

Home Visiting Program

Lori Christy
loric@ctsi.nsn.us
Home Visitor
503-390-9494 x1863
8.00am – 4.30pm



Summer is a fun time to get outside and enjoy the weather. Water play offers hours of fun and learning too! Here are some simple no to low cost ideas to try with your toddler. So hope you get out there and have some fun with your toddler! All water play should be closely supervised.



Painting with water – Get a bowl of water and a brush or roller and your child can paint the side walk, porch, fence...the possibilities are endless.

Fishing Fun – Fill a wading pool with water and toss in some foam fish. Get a small net and let your child have fun fishing! Don't have foam fish? Try other toys that float, sponges cut into fourths, plastic blocks, plastic ball pit balls, or plastic Easter eggs



Ice cube painting – Color some water with food coloring and place into ice cube trays (or use small paper cups fill half full). You can put a craft stick in the cube before putting it in the freezer to create a handle. Food coloring can stain so just be aware where you use it and know your child may have colorful hands for a day or two.



IF YOU NEED TO UPDATE YOUR ADDRESS THE DEADLINE IS JULY 14TH TO BE SURE YOUR PER CAPITA ARRIVES ON SCHEDULE.



A & D

Andulia White Elk
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Counselor
503-390-9494 x1855



Summer time tips for staying sober and enjoying the sun

Summer can be a difficult time to stay sober. There are parties at the pool, lake, beach or backyard BBQ. We all want to go out and have some fun and summer may be a time for triggers and cravings for those in recovery. Here are 6 tips for you to use to stay sober this summer.

1. The buddy system-When going to family reunions, social parties, or events check in with a member of your sober support group every few hours. Text, call, or even bring them along.
2. Be the one with the plan- If you're going to a work or leisure related function where there will be alcohol, develop a plan. Arrive on time but leave early before the heavy drinking begins. Order a club soda or coke with lime, sip it slowly and keep it in your hand. If someone asks can I get you a drink? Simply respond "thanks but I already have one".
3. Get Advice- When we get sober it can feel like we just gave up our best friend. Getting involved with activities help us to rebuild a healthy body and mind. Try exercise, hiking, kayaking or gardening.
4. Be true to yourself- Recovery is hard work, all the work you have put into recovery is valuable. We must continue to apply the tools of recovery in our everyday life. Just because it's summer time does not mean that we get the summer off of recovery.
5. Keep your sober routine-We must keep our structure and balance in recovery. Remember our lives were unmanageable and chaotic in addiction. One of the gifts of recovery is being able to do other things we never could before like take vacation or spend time with loved one. Keep your routine and support resources and use them.

Remember addiction never takes time off and never slacks; this is why you need to be aware of what works for you to stay clean and sober. Enjoy the summer you earned it!



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Mental Health

Rachel Adams
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Mental Health Counselor
503-390-9494



Behavioral Health

In the heat of summer:

Summer plans are established and the weather is being more cooperative than not. Children are embracing their freedom, while parents may be struggling to keep them entertained while also working full-time. Parks with water features are a great source of entertainment. To function well, our brains need to keep cool and hydrated, so be sure to pay attention to signs of heat exhaustion, and carry a water bottle with you.

Summer is the best time of the year to get a head start on mental health prep for the increase of symptoms people often feel in winter:

- 1) Exercise– It can be harder to get out and be active with this heat, but it's important to find a way to boost endorphins with at least 30-45 min of cardio-type activity each day.
- 2) It's an important time of year to stay connected with people to keep depression at bay.
- 3) Research says 20 minutes of sunlight a day (don't forget sunblock!) can lift your mood noticeably.

New crisis line access:

Starting July 1st, there will be after-hours help available for anyone suffering a mental health crisis. The new way to get help every evening from 5:00 p.m. to 8 a.m., and on weekends and Holidays, will be to call 1-541-444-8286, or 1-800-600-5599. When you call this number, a professional trained in crisis prevention and assistance will answer, and will help you to the best of their ability. If you have questions about this information, please call the Behavioral Health Department at the numbers listed above.

Traditional Coping

July is a great month to get your children to culture camp. And, as a Siletz adult, it's a great time to volunteer and help shape our youth into well-rounded individuals who take pride in their Native heritage. Summer can be a time of difficulty for our Elders, when it's getting hot. It's a good time to reach out and make sure they stay cool and hydrated.

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Voc Rehab



JERAMIE MARTIN, Voc Rehab Director

jeramie@ctsi.nsn.us

800-922-1399 503-390-9494

TONI LEIJA, VOC REHAB JOB DEVELOPER

503-390-9494 x1861

antonia@ctsi.nsn.us

DANA RODRIGUEZ, Voc Rehab Aide

503-390-9494 x1862

danar@ctsi.nsn.us

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

If you have a documented disability that creates limitations or prevents you from doing the work you desire or are qualified for, we would like to assist you. We can assist with obtaining and maintaining employment and developing skills. We focus on motivation, identifying your abilities, skills that lead to successful employment and the development of self advocacy.

You should have a strong desire to work and be willing to work collaboratively with STVRP staff to provide you with the services needed to overcome your disability. Your personal goal should be self sufficiency and to live a healthy sustainable lifestyle.

The STVRP also assists transitioning students with disabilities. The ideal age for a student to start working with VR is two to three years before graduation and until the age 22, or graduated from high school. Our program can provide vocational guidance and counseling; assist with identification of employment goals; employment retention; and advocacy within the academic environment. Students with a documented disability or who are on an "Individualized Education Plan - IEP" or on a "504 Plan" are encouraged to participate in the STVRP.

Examples of SERVICES PROVIDED by STVRP:

Guidance and Counseling

Referral to Services

Employment Services

Portfolio Building, Resume Writing, Interviewing Techniques, Job Coaching

Culturally Relevant Individualized Services

Evaluations and Assessments

Training Placement Opportunities

Adaptive Equipment

For more information about the STVRP, please inquire toll free at 1-800-922-1399 or by calling the numbers provided below. We also maintain resource and employment boards so please stop by if you're interested. You may speak to VR staff in the following locations:

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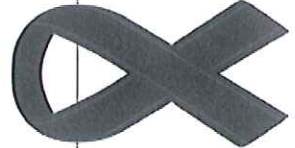
Find us on Facebook

<https://www.facebook.com/groups/38307235537428/>

JULY

SALEM AREA OFFICE 503-390-9494
MONDAY – FRIDAY 8:00AM – 4:30PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Per Capita amount available this month.	3 Monthly Cash Grants (TANF & GA)	4 ALL TRIBAL OFFICES CLOSED FOR 4 th OF JULY \$1 Movies – Regal – Monster Trucks & Penguins of Madagascar	5 SSP Monthlys Due MAPS Training 10-12 MANDATORY for SSP	6 HAPPY 4 th JULY Air Supply Concert CWCR – 6 th & 7 th	7 Grand Ronde Veteran's Memorial Powwow Harry Potter & Sorcerer's Stone Riverfront Park	8 Captain American Civil War Independence Oregon Promise Fall Deadline Captain American Civil War Independence
9	10 S/K Indian Ed Summer School Begins Today	11 \$1 Movies – Regal – Rio 2 & Box Trolls Siletz Tribal Youth Council Meeting Culture Camp 11 th , 12 th and 13 th	12 \$1 Movies – Regal – Rio 2 & Box Trolls	13 Finding Dory Independence	14 Deadline to submit Enrollment Packet and Updates Deadline to sign up for Culture in the Park	15 Elders Woodcut Kubo & The 2 Strings Riverfront Park
16	17 USDA	18 USDA 19 \$1 Movies – Regal – Secret Life of Pets & Sing	19 USDA	20 USDA	21 USDA	22
23	24	25 \$1 Movies – Regal – Kubo & the 2 Strings & Ratchet & Clank Culture in the Park Activity	26 Diabetes Support & Prevention Group 5-6pm	27 Lego Batman Independence S/K Indian Ed Summer School Ends Today	28	29 Mni Wacori Wacipi Living Waters Powwow The Sandlot Riverfront Park
30	31					



July is Melanoma Awareness Month

Salem Area Office Staff

503-390-9494

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Tribal Service Specialist
Community Health Advocate
Addictions Counselor
Mental Health Counselor
Education Specialist
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VocRehab Job Developer
VocRehab Aide
Home Visitor*



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