



The Drumbeat

November 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.

Holidays & Office Closures This Month



Veteran's Day
Nov 10th



Restoration Day
Nov 17th



Thanksgiving
Nov 23rd/ Nov 24th



Announcements & Community News



Alzheimer's disease is a progressive, degenerative disorder that attacks the brain's nerve cells, or neurons, resulting in loss of memory, thinking and language skills, and behavioral changes. These neurons, which produce the brain chemical, or neurotransmitter, acetylcholine, break connections with other nerve cells and ultimately die. For example, short-term memory fails when Alzheimer's disease first destroys nerve cells in the hippocampus, and language skills and judgment decline when neurons die in the cerebral cortex.

Two types of abnormal lesions clog the brains of individuals with Alzheimer's disease: Beta-amyloid plaques—sticky clumps of protein fragments and cellular material that form outside and around neurons; and neurofibrillary tangles—insoluble twisted fibers composed largely of the protein tau that build up inside nerve cells. Although these structures are hallmarks of the disease, scientists are unclear whether they cause it or a byproduct of it.

Alzheimer's disease is the most common cause of dementia, or loss of intellectual function, among people aged 65 and older. Alzheimer's disease is not a normal part of aging. Origin of the term Alzheimer's disease dates back to 1906 when Dr. Alois Alzheimer, a German physician, presented a case history before a medical meeting of a 51-year-old woman who suffered from a rare brain disorder. A brain autopsy identified the plaques and tangles that today characterize Alzheimer's disease.

Inspirational thought for this month:

It's not happy people who are thankful, it is thankful people who are happy.



Tribal Members can now go into any Area Office to have a picture taken for a Tribal ID done. Your picture and signature will be sent to Siletz where the actual ID will be made and mailed to you. You must have an appointment for an ID Card. Call Bev to schedule an appointment.



ADVOCATE: Kim Lane 541-444-9679
kiml@ctsi.nsn.us

OUTREACH: Kira Woosley 541-444-9680
kiraw@ctsi.nsn.us

TOLL FREE: 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.



Two Spirit TALKING CIRCLE

CREATING A SAFE SPACE FOR AMERICAN INDIAN LESBIAN, GAY, BISEXUAL, TRANSGENDERED, QUEER, TWO SPIRIT PERSONS, THEIR FAMILIES AND FRIENDS



**Join us Wednesday
Nov 15th 5:00 pm
Salem Area Office**

Every month, the Siletz Tribal Change Team hosts a community talking circle for the American Indian Lesbian, Gay, Bisexual, Transgendered, Queer (LGBTQ), Two-Spirit community and its allies. The goal of the Talking Circle is to create a safe and confidential space for the community to discuss the struggles, triumphs and concerns of the LGBTQ Two-Spirit Community. This is also a place for friends and family to receive advice, support, and education as they continue their journey as an ally.

The Siletz Tribal Change Team works to improve the services utilized by the LBGTO and Two-Spirit community. The team works to create awareness, provide education/resources and change the culture of the Native community to be more accepting of its LGBTQ and Two-Spirit individuals.

The Talking Circle is held on the second Wednesday of each month from 5.00-7.00pm

VETERANS DAY
HONORING ALL WHO SERVED
Thanks for your bravery and sacrifice.



Nov 5th – Clocks Back 1 Hour

The Staff of the Salem Area Office would like to wish all of our community members very best wishes on Thanksgiving



**Veterans Day Pow-Wow
Chemawa Indian School
November 4, 2017**

PUBLIC WELCOME! FREE ADMISSION

Grand Entries 1:00 pm & 6:00 pm Saturday

Fred Hill, Sr., Emcee

Don Moccasin, Arena Director

Dancing, Singing, Fry Bread, Crafts,

Come and Support Chemawa Pow-wow Club

3700 Chemawa Rd NE, Salem, Oregon

Moccasin Square Garden - Gym

General and Vendor Information Contact:
Molinda Puerta 503-399-5721 ext. 1227
Tiffany Sellars 503-399-5721 ext. 1221

Chemawa is a smoke, drug and alcohol free campus!

* Please No Parking on Track, Violators will be towed. *

Guests over 16 yrs old will need to show photo identification upon entering campus

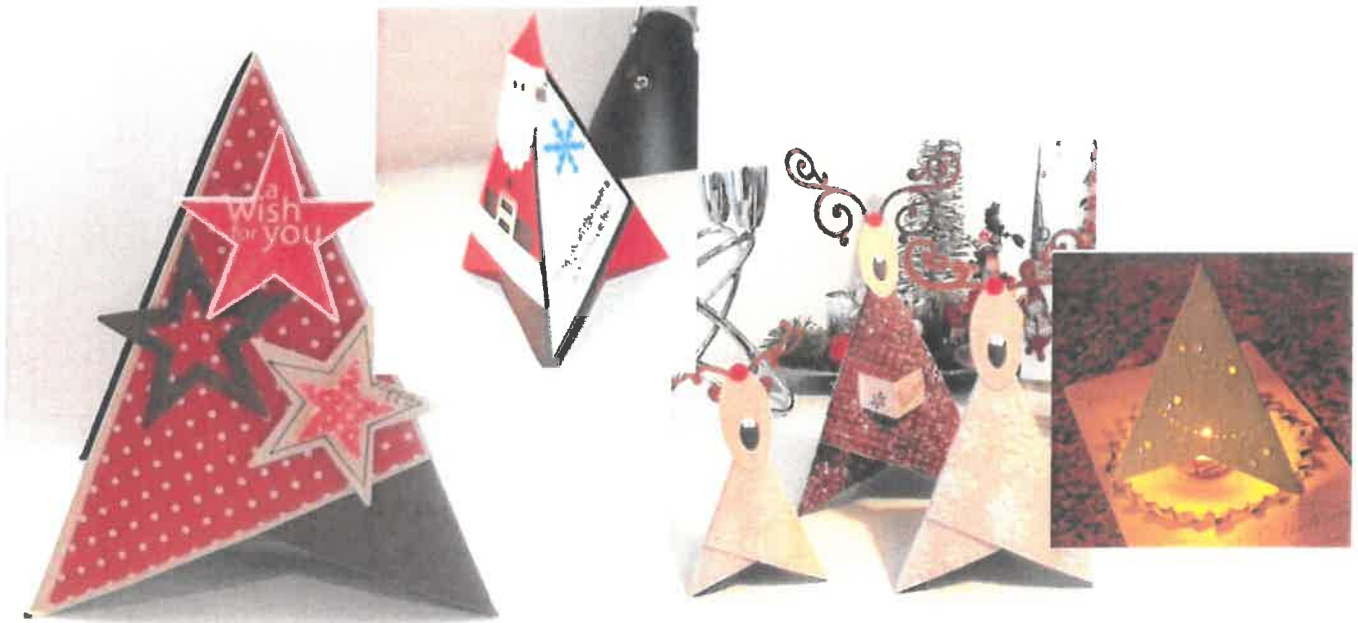


Join Us for Card Making

November 30th from 3:00 to 6:00 pm

We will have supplies ready to make
TeePee Cards that can be part of your holiday
decorating
or mailed to that special friend or loved one.

Please call to sign up so we can make sure we
have enough supplies on hand for everyone.



**FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR)
FY 2018 NET MONTHLY INCOME STANDARDS
(Effective October 1, 2017 to September 30, 2018)**

The net monthly income standard for each household size is the sum of the applicable Supplemental Nutrition Assistance Program (SNAP) net monthly income standard and the applicable SNAP standard deduction.

48 Contiguous United States: Use this Amount Household Size	SNAP Net Monthly Income Standard	+	SNAP Standard Deduction	=	FDPIR Net Monthly Income Standard
1	\$1,005	+	\$160	=	\$1,165
2	\$1,354	+	\$160	=	\$1,514
3	\$1,702	+	\$160	=	\$1,862
4	\$2,050	+	\$170	=	\$2,220
5	\$2,399	+	\$199	=	\$2,598
6	\$2,747	+	\$228	=	\$2,975
7	\$3,095	+	\$228	=	\$3,323
8	\$3,444	+	\$228	=	\$3,672
each additional member			\$349		



Permits For Firewood Cutting

The Tribe has firewood cutting area(s) near Siletz accessible to Tribal members. Permits to cut and load firewood for home heating are issued by the Tribe's Natural Resources Department, 800-922-1399. Tribal members may drop by the office in Siletz to get a permit or call to request that a permit be mailed. A permit allows the cutting of up to 2 cords of firewood for personal use. Tribal Elders may give a permission note to another Tribal member to gather firewood on their behalf. The firewood permit wood be issued to the Tribal member with the permission note to deliver firewood to that Elder's home. If you have any questions, contact Mike Kennedy, Natural Resources Manager 541-444-8232

Firewood Areas: We are issuing one-month firewood cutting permits to Tribal members for Logsdan Road (near bullpen and USDA warehouse in Siletz) and Sam Creek #4 (about 10 miles east of Siletz in recently logged Tribal forest lands). Permits allow gathering of two cords of firewood. Please note that Sam Creek #4 is accessible through a locked gate on weekends only. We have a gatekeeper to assist with scheduled entry only. Valid firewood permits are required and available through Natural Resources.

Cultural Salmon Fishing: The 2017 season opened Tuesday, October 17 and will close on December 15. The three cultural fishing sites are posted areas at Euchre Creek, Little Rock Creek (above Tribal hatchery) and Drift Creek. Tribal salmon tags may only be filled by use of dip net, gaff hook or spear. Valid hunting & fishing license and tags are required and available through Natural Resources.



Language & Culture Class

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



Nuu-wee-ya' (Our Words)

Date: November 14th
Time: 6:00 – 8:00 pm
Where: Salem Area Office



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 November 13th 1:30 – 6:30 pm
Tuesday November 14th 9:00 am – 6:30 pm
Wednesday November 15th 9:00 am – 6:30 pm
Thursday November 16th 9:00 – 11:00 am



I hope everyone has had a chance to check out the new income guideline (page 4) and the increased (up \$50 to \$400) standard deduction. Remember, we take your gross income and multiply it by the 20% tax deduction and then do the deductions, like child care, child support and the standard deduction if you pay rent or utilities. If you are over 62, and have out of pocket medical expenses we can also deduct a portion of that. All we need is 1 Tribal ID (any federally recognized tribe) in the household and we can certify the entire household. If you have foster children that are tribal, we can also certify the household, and we count the payments that are received for those children. We also count adoption subsidies if you have adopted tribal children.

SILETZ TRIBAL FDP IR
We would like to see more people
sharing their recipes on our FB.



Down Payment Assistance

KC SHORT
1-800-922-1399 x1310
1-541-444-8310
FAX: 541-444-8313

477/SSP



ANGELICA ESPINO

Tribal Service Specialist

angelicae@cfsi.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

November 1 st	Check Day
November 5 th	Job Search/Monthly Report forms due for Cash Assistance
November 7 th	Orientation 10:00am-12:00pm
November 10th	TRIBAL OFFICES CLOSED IN HONOR OF VETERAN'S DAY
November 17th	TRIBAL OFFICES CLOSED FOR RESTORATION DAY (18th)
November 18 th	Restoration Day Celebration & Powwow
November 23rd/24th	TRIBAL OFFICE CLOSED FOR THANKSGIVING AND DAY AFTER THANKSGIVING

Other Stuff Going On....

Chemawa Veterans Powwow	4 th
Indian Ed: Native Dance	9 th
USDA	13 th – 16 th (Salem)
Language & Culture Class	14 th
Indian Ed: Native Story Telling	16 th
Indian Ed: Native Games	30 th
Relapse Prevention Group	Wednesdays 10-11am

IMPORTANT REMINDERS FOR 477/SSP

- 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.

PLEASE CALL BEFORE COMING ALL THE WAY HERE FOR YOUR CHECK.



Fall
Back

Nov 5th
Clocks Back
1 Hour



Community Health

CECILIA TOLENTINO, CHA

503-390-9494 x1854

ceciliat@ctsi.nsn.us

Monday – Friday

8.00am – 4.30pm



Community Health News

Monthly Diabetes Support and Prevention Group

Join us this month for our diabetes luncheon. HAVE FUN learning about diabetes related topics such as: what do I eat, getting physical, diabetes and eye care, and getting the most out of your carbs.

When: Wednesday, November 15th

Where: Salem Area Office

Time: 5pm-6pm

For more information or to sign up call Cecilia at the Salem Area Office (503) 390-9494



November is Diabetes Awareness Month

Each November communities across the country observe National Diabetes Month to bring attention to diabetes and its impact on millions of Americans.

Living with diabetes can be challenging to manage every day. You are the most important member of your diabetes care team, but you don't have to manage your diabetes alone. Seek support from health care professionals, your family, friends, and community to manage your diabetes.

How to learn more about diabetes.

Take classes to learn more about living with diabetes join us at the Salem Area Office every 3rd Wednesday of every month from 5pm-6pm

You can also find a class by checking with your health care team, hospital, or area health clinic.

Join a support group n-person or online to get peer support with managing your diabetes.



Nov 5th – Clocks Back 1 Hour



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.**

Tutoring – Tuesdays 4:30 – 6:30pm This is a group type tutoring session. Salem/Keizer Indian Education will again be working with us and will provide a tutor from their program.

November 21st (right after tutoring) there will be a culture craft event (with Sonya).

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The deadline to apply for 2017/2018 year was June 30, 2017. The next deadline to apply is June 30, 2018. **It is a requirement that you complete your FAFSA by January 31, 2018 to be eligible to receive tribal assistance.**

High School Seniors

Students that are planning on going to college the Fall of 2018 should be actively preparing by collecting letters of recommendations-you will need these when applying for scholarships; taking the SAT/ACT test; having parents do their taxes as soon as possible after the end of the year-you will need your tax information to fill out the FAFSA (financial aid application); talking to your high school counselors about college choices. Students that plan for college throughout their senior year are better prepared for when they graduate and transition on to college.

**FAFSA- Free Application for Federal Student Aid
*****IS NOW OPEN*******

High School Seniors, returning students and anyone that is interested in attending college school year 2018-2019: The applications for FAFSA (Free Application for Federal Student Aid) opened on October 1, 2017. The Tribal deadline to complete your FAFSA will remain January 31st, but please turn in your application early. Federal money is on a first come first serve basis and given out until gone. **Without completing your FAFSA by the January 31 deadline, you will be ineligible to apply for Tribal Higher Education funding for fall.**

You use your income figures from last year to estimate your income for filling out the FAFSA. Once you have filed your taxes, you can go back in and add the correct amounts. FAFSA realizes that not everyone have completed their taxes in January. Therefore, they have included a choice to put "Have not filed" which lets you use last year's income.

The applications are done on-line at www.fafsa.ed.gov. This program is funded on a first come-first serve basis, so for students to receive the best financial aid package it is imperative to complete this application early.

There is never a charge to apply for aid, if you are on a website that asks for a credit card, you are on the wrong website. There is a cloned website that looks the same but charges when you go to submit the application. It is a .com address. The correct address is www.fafsa.ed.gov.

SCHOLARSHIP INFORMATION

Below are a few websites to research scholarships.

The Oregon Student Assistance Commission offers many scholarships with only having to fill out one application. www.GetCollegeFunds.org

American Indian Science and Engineering Society (AISESnet) www.aises.org

College Board www.collegeboard.com

FastWEB- www.fastweb.com

www.fafsa.ed.gov also has a scholarship search program built into their system.

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.



Nov 5th – Clocks Back 1 Hour

Home Visiting Program

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



Salem Home Visiting families enjoyed a cold morning at the pumpkin patch in October.



Coming in December – Emergency Preparedness. Come enjoy a meal, hear about important things to consider in preparing for emergencies and take home an emergency preparedness kit. More information to follow at a later date.

Our Home Visiting Program provides parenting and life skills for successful and positive parenting. We work with families who are expecting until their child turns three years of age. For more information please contact our Home Visitor, Lori Christy at 503-390-9494.



A & D

Andulia White Elk
anduliaw@ctsi.nsn.us
Addictions Counselor
503-390-9494 x1855



Addiction Recovery Fatigue

In the early stages of recovery, it's pretty common to feel this way, so it's okay to go a little easy on yourself. Your body has stopped taking in something that it needs, and detox can be pretty draining. Getting clean and sober often takes a lot out of a person, because the very things that gave you get-up-and-go in the past are being eliminated from your body. For now, resting is not only expected, it's beneficial. Here are some suggestions to keep yourself on track and healthy in your recovery.

Get enough sleep, detoxing is hard on the body and mind, getting sleep helps with the detoxification process and helps rebuild the body's energy.

Eat healthy, early recovery is hard on the body, eating healthy foods with vitamins and nutrients are essential for maintaining and rebuilding your body's muscles and neurons.

Drink a lot of water, we become so dehydrated in addiction that our own bodies take from our reserves and deplete our own muscles and joints, water will help maintain our organs and support everything to flow naturally again.

Get moving, even if it is slow going. Simply walking from time to time will support your muscles to build and regain strength, remember addiction has taken a lot of energy and alters our moods and emotions, exercising can boost your metabolism and mood so you can continue to heal and stay in your recovery.

Addiction recovery fatigue is pretty common, and as you make progress in your personal journey, you'll likely discover that you can fight your tired feelings and function rather well. Your body is going through some serious changes so letting it heal is essential. Plus it just might be what you need to get through your day and maintain a positive outlook on your recovery.



Relapse Prevention Group
Wednesdays
10:00 – 11:00 am



Voc Rehab



JERAMIE MARTIN, Voc Rehab Director

jeramiem@ctsi.nsn.us

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

STVRP is here to assist members of **ANY** federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Siletz service areas.

Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Resume Writing
- Interviewing Techniques
- Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment



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

SALEM AREA OFFICE

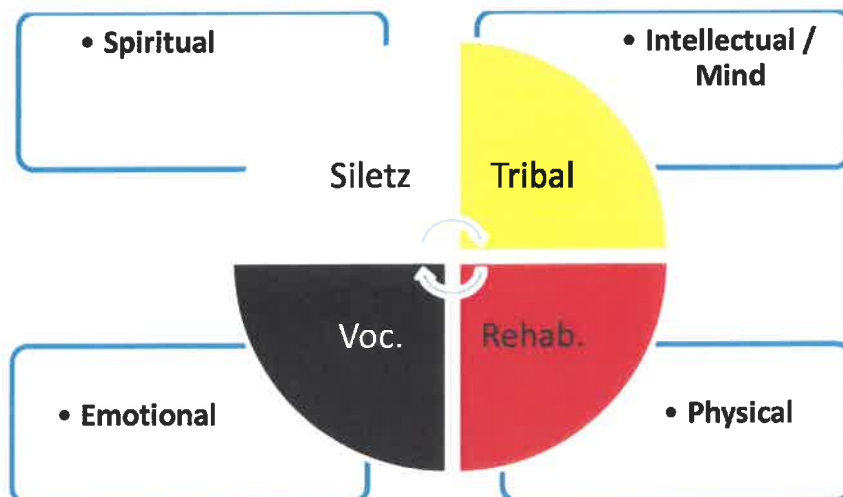
3160 Blossom Drive NE, Ste 105
Salem, OR 97305

SILETZ ADMIN. OFFICE

201 SE Swan Ave
Siletz, OR 97380

SALEM OFFICE - DANA RODRIGUEZ, Program Aide; TONI LEIJA, Counselor/Job Developer

SILETZ - RACHELLE ENDRES, Counselor/Job Developer; JERAMIE MARTIN, Program Director



Siletz Tribal Head Start - Salem

Teacher Jenn
Teacher Jennifer

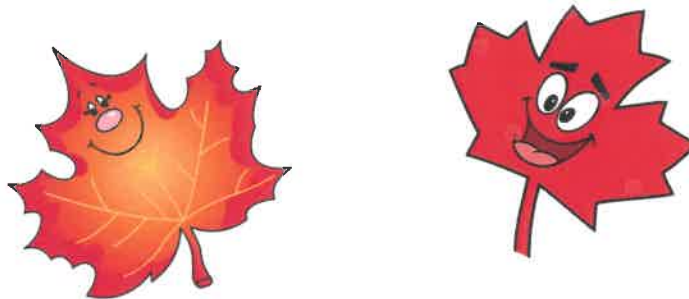


Fall
Back
Nov 5th
Clocks Back 1 Hour

October has been a busy but fun month here at the Siletz Head Start in Salem. This month we have learned about colors and shapes, balls, fire prevention, fall, pumpkins, and Halloween. We have also had field trips to the fire department, pumpkin patch, and trick or treating in October.

We are looking for a fun filled November!

Teacher Jen and Teacher Jennifer
Salem Head Start Staff



We ♥ Our Volunteers!

For the month of November, we will be focusing on restoration in the Siletz community. If you are interested in sharing regalia, stories, drumming, or would like to volunteer at our school, please let us know!



Thank you for our in-kind classroom supplies that have been donated. We really appreciate all of the help to keep our school running smoothly.







<https://www.facebook.com/groups/383072355357428/>

NOVEMBER

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Set Clocks Back One Hour 	6 	7 SSP Orientation 10am-12pm	8 Relapse Prevention 10:00-11:00am	9 Indian Ed Culture Night: Native Dance	10 ALL TRIBAL OFFICES CLOSED FOR VETERAN'S DAY	11 Veteran's Day
12	13 USDA	14 USDA Tutoring 4:30-6:30pm	15 USDA Relapse Prevention 10:00-11:00am Diabetic Group 5-6pm Two Spirit Gathering 5-7pm	16 USDA Indian Ed Culture Night: Native Story Telling	17 ALL TRIBAL OFFICES CLOSED FOR RESTORATION DAY	18 Restoration Day Celebration & Powwow at Chinook Winds
19	20	21 Tutoring 4:30-6:30pm Language Class 6-8pm	22 Relapse Prevention 10:00-11:00am	23 ALL TRIBAL OFFICES CLOSED FOR THANKSGIVING	24	25
26	27	28 Tutoring 4:30-6:30pm Craft Event after tutoring	29 Relapse Prevention 10:00-11:00am	30 Card Making 3:00-6:00pm Indian Ed Culture Night: Native Games		

November is Alzheimer's Awareness Month



Salem Area Office Staff

503-390-9494

*Beverly Owen
Cindy Jackson
Angelica Espino
Cecilia Tolentino
Andulia White Elk
Rachel Adams
Andrew Eddings
Sonya Moody-Jurado
Jeramie Martin
Toni Leija
Dana Rodriguez
Lori Christy*

*Salem Area Office Supervisor
Area Office Secretary
Tribal Service Specialist
Community Health Advocate
Addictions Counselor
Mental Health Counselor
Peer Recovery Mentor
Education Specialist
VocRehab Director
VocRehab Job Developer
VocRehab Aide
Home Visitor*



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