

Address: 2468 West 11th Avenue Eugene OR 97402
Telephone: 541-484-4234 **Fax:** 541-484-4583

The Confederated Tribes of Siletz Indians
The Eugene Area Office Newsletter

February 2018

Office hours: Monday through Friday, 8:00 - 4:30
OPEN THROUGH LUNCH HOUR

Nuu-wee-ya'
(Our Words)

Introduction into the Athabaskan Language

Open to all Tribal Members of all ages

Location, Dates, times:

Siletz CC	February 5 th	6:00 – 8:00pm
Eugene AO	February 6 th	6:00 – 8:00pm
Portland AO	February 12 th	6:00 – 8:00pm
Salem AO	February 13 th	6:00 – 8:00pm

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our Ancient Languages. For more information call:

Bud Lane at the Siletz Cultural Department
(541) 444-8320 or 800-922-1399 ext. 1320; or email budl@ctsi.nsn.us



We are here to help you with your concerns and answer your questions.

However:

Persons under the influence of drugs or alcohol are not permitted on CTSI property or at Tribally sponsored activities.

Physical or verbal abuse, harassment, the use of foul language or intimidation will not be tolerated. Threatening phone calls are reported immediately to supervisors and to the police.

Anyone choosing to exhibit any of the above behaviors maybe refused services and, when warranted, will be asked to leave premises.

Thank you for your cooperation...

Tribal Administration

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

Contact:
Anita Bailor
Foster Family Coordinator
CTSI – Siletz Indian Child Welfare
541-444-8236
anitab@ctsi.nsn.us

Siletz Tribal Members



Available: Frozen Salmon
Please call EAO 541-484-4234

Returnable Bottle Deposit

Are you tired of having to stand and put your bottle and cans into a machine!

You can donate your bottles and cans to the Siletz Youth Tribal Council at the EAO
Contact Nick or Nora @ 541-484-4234

!!MAIL ORDER SERVICE AVAILABLE!!
WE CAN NOW PROVIDE MAIL ORDER

SERVICE TO

ALL SILETZ TRIBAL MEMBERS:

LIVING WITHIN THE 11 COUNTY SERVICE AREA

Please note that this service is **not eligible** for the “Auto-Fill” program. ALL “Auto-Fill” prescriptions must be picked up at the pharmacy. THANK YOU PHARMACY STAFF

COME MEET WITH
DIABETES PROGRAM DIRECTOR

If you have diabetes or are a pre-diabetic, and would like to meet with Chris Sherrod, you can call him and set up a time for you to meet with him. You can contact Chris by calling:

541-484-4234 x1647

**EMERGENCY HOUSING ASSISTANCE
STILL HAS FUNDING FOR 2018**

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

2018

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

~OPEN~

Elderly and Disabled-October 1st

***Crisis/ Regular heating- November 1st
All Siletz Tribal Households***

**Please contact Nora Williams-Wood for more
information or to make an appointment:**

541-484-4234 or 1-800-922-1399 Ext 1750

Notary Public (Free Service)

Call to set up an appointment

Contact: Nora Williams-Wood

Siletz/Eugene AO

541-484-4234 or 1-800-922-1399 Ext. 1750

**Please make sure document is completely
filled out, except for signature and what
Notary fills out. Current ID required**

Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low Income Rental Program waiting list in Siletz (1,2,3,4 bedroom) and Lincoln City (2, 3 bedroom) - Neachesna Village).

Applications can be obtained at any Tribal area office (Eugene, Salem, Portland, Siletz) or access on-line from the tribal website, www.ctsi.nsn.us follow links; Tribal Services-Housing-Low Rent Apartments & Home Ownership.

For any questions call

1-800-922-1399 Ext 1322 or (541) 444-8322

FAX (541) 444- 8313

Chinook Winds Casino Resort

Sign up for an electronic
newsletter: www.chinookwindscasino.com

Email Reminders

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

Lane County Veterans Service Office

Providing services: to Veterans, dependents and their survivors. Providing advocacy and facilitating access to benefits including for Disability compensation, Widows/Survivors Benefits, Non-Service Connected Pensions, Education benefits, and access to VA Medical services.

Address: 165 E 7th Avenue, Suite 200 Eugene Oregon 97404

Telephone: (541) 682-4191

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

Oregon Telephone Assistance Program

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>

You can fill out online or mail application in.

If, you or know someone who receives:

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

SILETZ ELDER NEWS

When you use this number to contact the Elders Program, 541-444-8225, be sure and leave your name, phone number and brief message and you will get a call from the Elder staff.

The next Introduction to the Athabaskan Language Class at the Eugene Area Office will be held on Tuesday, February 6, 2018. Learn how to make Rope and String the old way. Class is held from 6:00 pm until 8:00 pm. A light meal will be served. Additional help is available at 5:00 pm.

The next Elder Council Meeting is scheduled for Saturday, February 10, 2018. The meeting begins at 1:00 pm and ends at 4:00 pm. Check with the Elders Program for the meeting location and to make sure the meeting schedule has not changed.

The Elder Officers, Area Representatives, and Transporters will meet on Thursday, February 15, 2018 at the Eugene Area Office. The meeting will start at 11:00 am and should be over by 1:00 pm. A lunch will be served.

The Chinook Winds Entertainment for February, 2018 is the King of the Cage and the Roots and Boots Tour. Call Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665. King of the Cage will be here on February 3, 2018 at 6:00 pm and the Roots and Boots Tour will be here on February 23rd and 24th at 8:00 pm.

There will be a Diabetes Support Class on February 22, 2018. There will be a guest speaker on Diabetes and the Heart. Class will start at 6:00 pm and a light meal will be served. Contact Adrienne Crookes at 541-484-4234 for more information.

The Eugene Area Office will be closed on Presidents Day, February 19, 2018.

Our Elders Honor Day is scheduled for Wednesday, May 2, 2018. The theme is Boots and Shawls. Mark your calendar now for this Special Honor Day. Doors open at 10:00 am.

It is time for you to vote for up to three candidates for Tribal Council. Election Day is Saturday, February 3, 2018. You may vote in person until 4:00 pm at the Tribal Community Center.

Jim Swanson, 541-683-8766 or jimswanson38@comcast.net

JOM: Youth News and Notes

Homework Help/Culture Nights

Homework Help/Culture Nights will continue in February. Tutoring and homework help from 4-5 pm followed by culture class/activity from 5-7 pm. Dinner, snacks, and supplies are provided.

Upcoming Dates:

Monday February 12— Valentine's Day Craft

Monday February 26— Processing Spruce Root

Spruce Root Gathering:

Sunday, February 25-near Florence, OR

Depart Eugene Area Office at 10:00

Join us for a trip to the coast to learn how to find and harvest spruce root, an important material in Siletz baskets.

Keep what you dig or donate to elder weavers.

Transportation is available. Lunch and snacks will be provided. Call for details or to sign up.

****NOTE: This trip is weather permitting****

February Youth Activity Calendar

Feb 11: Youth Council Elections, Salem Area Office, Depart EAO @ 9:15

Feb 12: Homework Help (4-5 p.m)/Culture Night (5-7 p.m.) Eugene Area Office

Feb 25: Spruce Root Gathering-Depart EAO @ 10:00 for Florence

Feb 26: Homework Help (4-5 p.m)/Culture Night (5-7 p.m.) Eugene Area Office

Sign up for the Youth Events Email List for updates and reminders

Contact: nickv@ctsi.nsn.us

February Youth Council Meeting:

Sunday February 11, 2018: 10:30 at Salem Area Office

Depart Eugene Area Office at 9:15

The Youth Council is open to youth ages 12 and above. The February meeting will feature the election of 2018 officers and representatives.

Extracurricular Opportunities:

JOM: JOM has funds to help pay for extracurricular activities, sports fees, supplies, and cultural projects for students from any federally recognized tribe.

Siletz Youth Activity Fund: Offers up to \$75 per year to cover fees for costs related to extracurricular activities or cultural activities/supplies for Siletz tribal students. Call or email for more details.

Higher Ed/AVT: News and Reminders

Higher Education and AVT Grants

Higher Ed and Adult Vocational Training (AVT) grants provide funding to attend an accredited college, university, or training program.

Fall 2018 applications for new and continuing Higher Ed and AVT students will be due **JUNE 30, 2018**. To be eligible for funding you must have completed a Federal Application for Financial Aid (FAFSA) by January 31, 2018.

If you have any questions about attending a college or training program and/or how to apply for tribal assistance make an appointment today.

Note: Applications for clock-hour schools (i.e. truck driving school or cosmetology programs) have no deadline and are handled on a case-by-case basis.

Don't Miss Out on Scholarship Season

Additional scholarships are open to both new and returning students. Check out:

-Oregon Student Assistant Commission (OSAC):

Apply for over 500 separate scholarships with one simple application.

Deadline: March 1, 2018

Apply online at : <https://app.oregonstudentaid.gov>

-Cobell Scholarship:

Opportunities available for graduate, undergraduate, and vocational training.

Deadline: March 31, 2018

Apply online: <http://cobellscholar.org/>

-American Indian College Fund:

Deadline: May 31, 2018

Apply online: <https://collegefund.org/>

Adult Education

The Adult Education Program offers Siletz tribal members not already enrolled in a formal education program funding to assist with the cost of GED classes and testing, professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for more information.

Tax Software:

Tax software is once again available for use at the Eugene Area Office. Drop-ins welcome or call ahead to check for availability.

2018 College Students Summer Internship Program
New Deadline!

The deadline to apply for the Tribe's 2018 College Students Summer Internship Program has been moved up to March 16, 2018. Selecting students earlier will allow more time to develop relevant work site placements so students can start internships in late June or early July.

To be eligible you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager Bonnie Petersen or the Education Specialists at any tribal Area Office to request an application.

This program assists tribal students with locating internship placements to gain work experience in their field of study. There are ten slots available for 2018. Students may work up to 360 hours at tribal minimum wage and can be placed within or outside of the Tribe. Students selected for the program must complete an orientation, criminal history background check, and drug screening (Note: the Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana). Placements can begin in June, but must be completed by September 28, 2017.

Students should send a completed application and an unofficial copy of transcripts to:

By Mail:
CTSI

By Fax:
541-444-2307

By E-mail:
collegeinterns@ctsi.nsn.us

Attn: College Internship Program
P.O. Box 549
Siletz, OR 97380

Deadline for applications to be received at the Siletz Central Administration building is **4:30pm on March 16, 2018.**

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Our home visiting program provides parenting and life skills for successful and positive parenting. We serve native families that are either expecting or have infants under the age of twelve months, continuing through the child's third birthday. We travel throughout the 11 county service areas of the Confederated Tribe of Siletz Indians. The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. We are funded by the Tribal Maternal, Infant, Early Childhood Home Visiting Program (TMIECHV).

Family Spirit is Evidence based and culturally sensitive to native families. Parents gain knowledge and skills for their developing infant through 36 months of age. We also focus on goals and healthy living for parents as a support system for the family as a whole. The program consists of 63 lessons over a 39 month period and is divided into six modules. The modules are broken into these categories: Prenatal care (9 lessons), infant care (16 lessons), your growing child (11 lessons), toddler care (9 lessons), my family and me (6 lessons), and healthy living (12 lessons). While this may seem like a big commitment the lessons vary from 30 minutes to 90 minutes and some can be combined together as we work with your schedule. Family Spirit suggests we deliver at least 32 lessons to our families in order for families to benefit from the evidence based curriculum. For the full benefits of the program we would like to provide all 63 to our families. As a thank you for participating in our program we offer some incentives which we will be happy to share with you upon the enrolled in our program.

During your participation if you feel like the timeline of lessons is too often we can adjust the home visits to accommodate your schedule while still keeping the programs timeline in mind. We are a voluntary program that delivers home visits in the comfort of the homes of our families. If you would like to get more information and or meet our home visiting staff would love to schedule a home visit to give you a full overview of the program.

CONTACT INFORMATION

2468 11th Ave., Eugene, Oregon (Covering Eugene and surrounding areas)

Jessica Phillips, Program Coordinator/Home Visitor: (541) 484-4234 or (541) 222-9503

201 SE Swan Avenue, Siletz, Oregon (Covering Siletz and the coastal range)

Danelle Smith, Home Visitor: (541) 444-9603 or (541) 270-1027

3160 Blossom Drive NE Ste. 105, Salem Oregon (Covering Salem, Portland and surrounding areas)

Lori Christy, Home Visitor: (503) 390-9494 or (541) 272-2241



Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Having a child brings big changes in your life. The Siletz Home Visiting Program is available to parents who are pregnant or have given birth within the last year. This program is voluntary, and it is free! There are no income requirements.

The Siletz Home Visiting Program offers:

- 🌸 The latest information about how babies grow, develop and learn both physically and emotionally;
- 🌸 Ways to bond with your baby;
- 🌸 Information about how to keep your family healthy;
- 🌸 Tips for parents about infant sleep, play, attachment, and many more;
- 🌸 Information about other community resources, like breastfeeding support and car seat installation;
- 🌸 Culturally sensitive needs of families; and
- 🌸 Home visits for parents and their children.

If you are interested in hearing more about the Siletz Home Visiting Program in your community, please complete the information below. Someone from the Siletz Home Visiting Program will contact you!

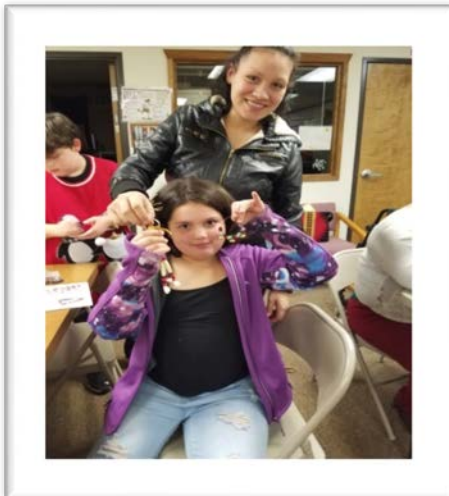
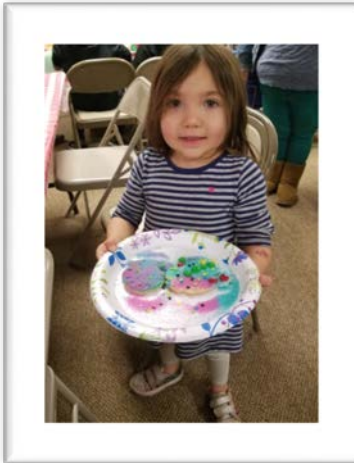
<input type="checkbox"/> Self-Referred
Person making referral: _____ Date: _____
Agency: _____ Phone: _____
Name: _____
Home phone: _____ Cell phone: _____
Address: _____
City: _____ State _____ Zip Code: _____

Please mail or fax completed form to:
2468 W. 11th Avenue. Eugene OR 97402
FAX: (541) 484-4583
Call (800-922-1399) ext. 1752 or local (541) 484-4234 to learn more about
the Siletz Home Visiting Program.



Confederated Tribes of Siletz Indians
Tribal Maternal, Infant, & Early Childhood Home Visiting Program
Naytlh - 'a "We Carry the Children"

Home visiting and JOM Holiday craft night!



For more information on the Siletz Tribal Home visiting program please call Jessica Phillips at 541-484-4234

477 Self-Sufficiency Program

Norma Trefren, Intake Specialist/Job Coach x1756

Jenifer Jackson, Tribal Services Specialist x 1755

The Confederated Tribes of Siletz Indians 477 Self-Sufficiency Program offers Work-Experience (WEX), On-the-Job Training (OJT), Classroom Training (CRT) and Direct Placement (DP), General Assistance (GA) and Temporary Assistance for Needy Families (TANF) services to eligible clients. If you are interested in any of the above programs please contact Norma to schedule an appointment at x1756.



**TSS staff administrative hours Monday
through Friday
8:00am - 9:30am**

Phone calls will be passed to their voice mail during this time unless previous arrangements have been made.

Phone Messages:

As a reminder when you leave a phone message please leave your name and number, SSP staff will return your call as soon as they are able, unless you are experiencing an emergency and arrangements can be made to assist you.

Please remember that 477-SSP staff may be out of the office at other times than listed above to meet with employers, complete home visits, client support services, etc... so please call to schedule an appointment.

Clients are required:

**To meet with Tribal Services Specialists each month
You will need to call and set up an appointment**

Long Distance Calls:

You may now reach SSP staff through the 1-800-922-1399 number, please ask to be transferred to Norma **x1756** or Jen **x1755**

Schedules:

Norma's: **M-F 8-4:30pm**
Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services

Norma will be **OUT** of the office:
***Norma – February 8, 14, 15, 22, 23**

Jen's hours: **M-F 8:00-4:30pm**
General Assistance and TANF

Jenifer will be **OUT** of the office:
***Jenifer – February 6-8**

* Lou Carey x1751 will be available to assist clients with some needs when Jenifer and Norma are out.

WEX/Grant Assistance

Dates to remember in February 2018

Thursday	February 1 st	TANF/GAF
Saturday	February 3 rd	Tribal Election
Monday	February 5 th	Self-Sufficiency documentation due
Tuesday	February 6 th	EAO Language Class
Friday	February 9 th	WEX Payday
Tuesday	February 13 th	WEX Time Sheets Due
Monday	February 19 th	President's Day CLOSED
Thursday	February 22 nd	Diabetes Class 6-8pm
Friday	February 23 rd	WEX Payday
Tuesday	February 27 th	WEX Time Sheets Due

All CRT and childcare timesheets are due a day early the week before a holiday

Services available to eligible enrolled federally recognized tribal members and descendants:

Please contact Norma at 541-484-4234 or 1-800-922-1399 x1756 to discuss programs, eligibility or to schedule appointment

All components are offered on a budgetary basis

Classroom Training (CRT)

CRT services are available for Vocational Training, GED completion, a term of Higher Ed.

Direct Placement

DP is available to any tribal member who has obtained full time employment and applies within seven days of the hire date. Service provides clothing and tools necessary for work.

On-the-Job Training (OJT)

OJT is available to any tribal member seeking employment. It is a reimbursement to an employer for half of a hired employee's wages, up to \$4,500.00 or 6 months, whichever comes first.

Work Experience (WEX)

WEX can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage.

Siletz Tribal Vocational Rehabilitation Program (STVRP)

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 Confederated Tribes of Siletz Indians 11 county service area.

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 maintain resource and employment boards, so please stop by if you're interested. Services are provided in all area offices, however, to inquire about services, please ask to be transferred to your closest office listed below.

SALEM AREA OFFICE

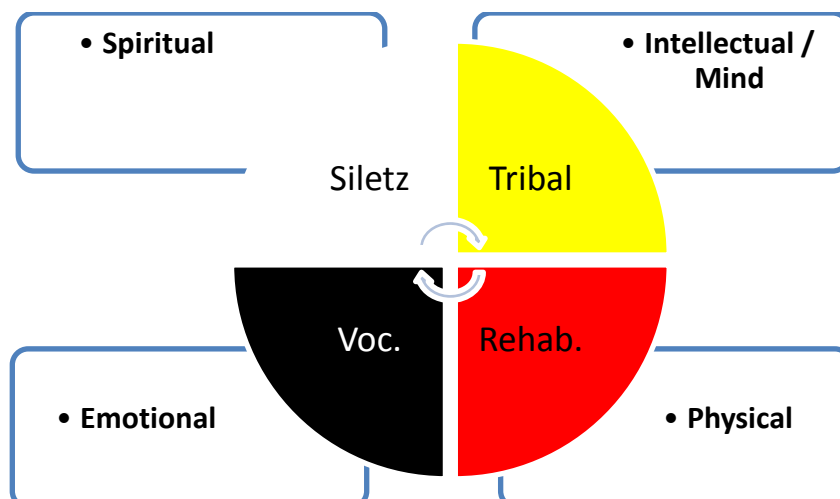
3160 Blossom Drive NE, Ste 105
Salem, OR 97305

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



COMMUNITY HEALTH

Adrienne Crookes, Community Health Advocate

Siletz 1-800 Numbers



Siletz Central Office 1-800-922-1399

Siletz Community Health Clinic 1-800-648-0449

Siletz Contract Health 1-800-628-5720

Siletz Behavioral Health 1-800-600-5599



Siletz Contract Health Registration Forms

and

Chemawa Indian Health Center Applications

are available at the Eugene Area Office.

If you have questions regarding eligibility for services, you may contact:

Adrienne Crookes at **541-484-4234**



Blood Pressure Checks

At the Siletz Eugene Area Office

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

Feel free to come in and get it checked.

To make an appointment with Adrienne

541-484-4234

Attention Tribal Parents and Child Care Givers!

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



If you are unsure if your child's car seat is installed correctly, you may stop by the Siletz office and have it checked by a CTSI Child Passenger Safety Seat Technician. Free car seats are available to the legal dependents of Siletz tribal members.

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

COMMUNITY HEALTH

Adrienne Crookes, Community Health Advocate

Oregon Health Plan Applications



Available at the Eugene Area Office

You may qualify for the
Oregon Health Plan!

OHP provides health care coverage to eligible, low income Oregonians. If you would like to apply, you may stop by and pick up an application, or call and we can mail it to you. You can also apply online at

www.oregon.gov/oha

We are here to assist you with any questions that you might have about Oregon Health Plan.

541-484-4234
Adrienne Crookes

Do you need help finding a local Health Care Provider?



You may contact Adrienne Crookes, CHA, for a listing of Health Care Providers in the Eugene-Springfield area.

541-484-4234

Siletz Mail Order Pharmacy

How to Order a Prescription Refill After- Hours and on Weekends

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

Call **1-800-648-0449** and enter ext **1624** as soon as the Clinic message begins. You will be transferred to the refill line. Follow voicemail instructions. If you need help with ordering, feel free to call Adrienne at

541-484-4234

Bicycle Helmets



Are available at the Eugene Area Office

Parents, protect your little ones! Siletz household member children who are between the ages of 3-17 are eligible to receive a free helmet. Children who are not the legal dependents are not eligible for this service. Youth are encouraged to take care of their helmet and to return for a new one every other year or earlier if they: 1.) Need a larger size 2.) Sustain a fall that causes the helmet to hit the ground.

To be fitted for a helmet contact
Adrienne Crookes
541-484-4234.

PARENTING WORKSHOP

PRESENTED BY COOS, LOWER UMPQUA AND
SIUSLAW TRIBES' FAMILY SERVICES
DEPARTMENT IN COLLABORATION

WITH

DHS & CONFEDERATED TRIBES OF SILETZ

We are offering 4 parenting classes on Monday evenings, beginning February 26.

Class Description

The Nurturing Parenting Program has features including: Evidence-based curricula that include an emphasis on parenting consistency; take into account the developmental stages of children; enhance positive parent-child interactions and emotional communication skills; and encourage real-time parent-child interaction and use of positive discipline techniques.

Children are welcome!

Childcare & Meals Will Be Provided

Please RSVP with Adrienne Crookes by
Wednesday, February 21, 2018

By phone: 541-484-4234

or

By email: adriennec@ctsi.nsn.us

When:

**Mondays-
February 26**

March 5

March 12

March 19

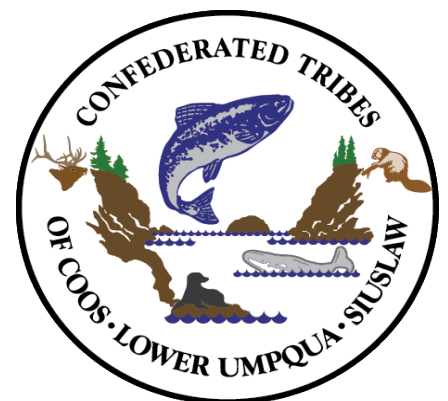
Time:

5:30-7:30pm

Location:

1899 Willamette St.

Eugene, OR 97401.



February is American Heart Month

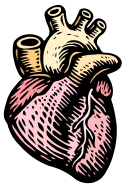
Adrienne Crookes, Community Health Advocate

About Every 25 Seconds, an American Will Have a Coronary Event

Heart disease is the leading cause of death in the United States and is the major cause of disability. The most common heart disease is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 185,000 Americans had a new coronary attack, and about 47,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about every minute one will die from one.

Diseases and Conditions That Put Your Heart at Risk

Conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use, and secondhand smoke are also risk factors associated with heart disease.



Know Your Signs and Symptoms of Heart Attack

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening.

Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.

Discomfort in other areas of the body: Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath: May occur with or without chest discomfort.

Other signs: These may include breaking out in a cold sweat, nausea, or lightheadedness.



WHENEVER A HEART ATTACK IS SUSPECTED CALL 911 IMMEDIATELY!

For more information about heart disease visit www.cdc.gov or www.heart.org

FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Adrienne Crookes, Community Health Advocate

MANAGE YOUR ORAL HEALTH



Whether you are 80 years old or eight, taking care of your mouth is important. There is a vital connection between a healthy body and a healthy mouth. If you want to feel good, stay healthy, and look great throughout life, you might be surprised what a difference a healthy mouth makes. By adopting healthy oral habits at home, making smart choices about diet and lifestyle, and seeking regular dental care, you can help your teeth last a lifetime.

You can take control of your oral health - whether you have your natural teeth, implants or wear dentures.

TIPS FOR TAKING CARE OF YOUR TEETH AND VISITING THE DENTIST

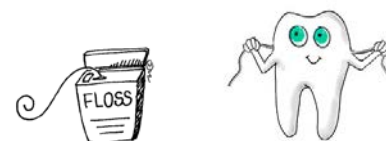
- Brush your teeth twice a day with a toothbrush with soft bristles. Clean between teeth daily with floss or other inter-dental cleaners such as picks or brushes. Tooth decay-causing bacteria still linger between teeth where toothbrush bristles can't reach. This helps remove the sticky film on teeth called plaque and food

particles from between the teeth and under the gum line.

- Replace your toothbrush every 3-4 months or sooner if the bristles become frayed. A worn toothbrush will not do a good job of cleaning your teeth.
- Consuming optimally fluoridated water throughout life helps prevent tooth decay no matter how old you are. If you choose bottled water, check the label for fluoride content. Talk to a dentist about what is best for you.
- Eat a balanced diet and limit between-meal snacks.
- If you smoke, quit. Smoking increases problems with gum disease, tooth decay and tooth loss. It also affects healing after dental procedures. There are tobacco cessation programs, over-the-counter products and prescription medications that your dentist may recommend that can help you quit.
- Visit your dentist regularly for professional cleanings and oral exams.

With regular dental visits and overall healthy habits, you can take control of your oral health – whether you have your natural teeth, implants or wear dentures.

For more information visit www.americandentalassociation.org



USDA distribution dates for FEBRUARY 2018

Siletz

MONDAY	FEB 5	9:00 AM-3:00 PM
TUESDAY	FEB 6	9:00 AM-3:00 PM
WEDNESDAY	FEB 7	9:00 AM-3:00 PM
THURSDAY	FEB 1	9:00 AM-3:00 PM
FRIDAY	FEB 2	9:00 AM-3:00 PM

Salem

MONDAY	FEB 19	HOLIDAY
TUESDAY	FEB 20	1:30 PM – 6:30 PM
WEDNESDAY	FEB 21	9:00 AM – 6:30 PM
THURSDAY	FEB 22	9:00 AM – 6:30 PM
FRIDAY	FEB 23	9:00 AM – 11:00 AM

I haven't made this recipe in years, but we have those great hams now, so you might want to try this.

HAM & RICE BAKE

- 22 oz. box cream of chicken soup*
- 1 cup (4 ounces) shredded cheddar cheese, *divided**
- 1 Cup broccoli florets*
- 1 cup cauliflower florets*
- 1 cup sliced carrots*
- 1 cup cooked rice*
- 1 cup cubed fully cooked ham*
- 1 tablespoon butter*

Sauté the carrots in butter until they are beginning to get soft. Add the soup and ½ cup of the cheese. Cook and stir until the cheese is melted. Stir in the vegetables, rice and ham. Transfer to a greased 1-1/2 qt. baking dish. Sprinkle with remaining cheese. Bake, uncovered, at 350* for 25-30 minutes or until heated through.

* INDICATES PRODUCT AVAILABLE IN FOOD PACKAGE.

[LIKE us on Facebook at Siletz Tribal FDPIR](#). We would like to see more people sharing their recipes on our FB.

Joyce Retherford, FDP Director
541-444-8393

Lisa Paul, FDP Clerk/Warehouseman
541-444-8279

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30 WEX Time Sheets	31	1 TANF/GA USDA Distribution Siletz 9-3pm	2 USDA Distribution Siletz 9-3pm	3 Tribal Election Day
4	5 Sufficiency Documents Due USDA Distribution Siletz 9-3pm Siletz Language Class 6-8pm	6 WEX Time Sheets USDA Distribution Siletz 9-3pm EAO Language Class 6-8pm	7 USDA Distribution Siletz 9-3pm	8	9 Pay Day	10 Elders Mtg 1-4pm Aces
11 Youth Council Elections Salem A/O	12 SAO Language Class 6-8pm Homework/Culture Night 4-7pm	13 WEX Time Sheets PAO Language Class 6-8pm	14 	15 Elders Quarterly Meeting EAO	16	17
18	19 Presidents Day ALL Siletz Tribal Offices CLOSED 	20 USDA Distribution SAO 1:30-6:30pm	21 USDA Distribution SAO 9-6:30pm	22 USDA Distribution SAO 9-6:30pm Diabetes Class 6-8pm	23 USDA Distribution SAO 9-11 am Pay Day	24
25 Spruce Root Gathering Florence OR	26 Homework/Culture Night 4-7pm	27 WEX Time Sheets	28			

The Confederated Tribes of Siletz Indians

The Eugene Area Office Staff

541-484-4234 1-800-922-1399

Lon Carey, A/O Supervisor x1751

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Jenifer Jackson, Tribal Service Specialist/477SSP x1755

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Adrienne Crookes, Community Health Advocate x1753

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Nora N Williams-Wood, Clerk x1750

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