



### Salem Area Office Staff

Beverly A. Owen  
Andulia White Elk  
Andrew Eddings  
Angelica Espino  
Antonia Leija  
Cecilia Tolentino  
Dana Rodriguez  
Lori Christy  
Lydia Kentta  
Rachel Adams  
Sonya Moody Jurado

Salem Area Office Supervisor  
Addictions Counselor  
Peer Recovery Mentor  
Tribal Services Specialist  
Voc. Rehab. Job Developer  
Community Health Advocate  
Voc. Rehab. Clerk  
Tribal Services Home Visiting program  
Transporter  
Mental Health Counselor  
Education Specialist

### Announcements & News

#### Beading Get It Done Group

This group is for adults. We have had requests to begin a beading group of folks who want to finish up projects from classes we have had or a project they have started. If you would like to bring your project and enjoy the encouragement of others please plan to attend the group on July 11th from 2:30 pm (for those who can) until 7:00 pm. Please call if you have questions 503-390-9494

#### Elder Wood cut

Saturday, July 20th Rain or Shine! Near USDA on Logsdan rd. in Siletz Join us to split, load and deliver firewood to Tribal Elders. Snacks, water and a PIZZA lunch will be provided. Please bring your own gloves, axes and chainsaws if you have them. Wood splitters and tools provided on site. Tribal Elders who need firewood delivered must call the Elders Program. Raina 541-444-8261, Anita 541-444-8220

#### Elder Meeting

July meeting is scheduled for 1:00 pm Saturday, the 20th in the Shasta Room at Chinook Winds, Lincoln City

#### Hotel Rates

Siletz Tribe hotel rates all year round! No longer do you have to guess what your rate is and worry about higher rates in the summer. Tribal rate is now \$79.00 plus tax for a standard room and \$99.00 plus tax for a junior suite.



## Volunteers Are Still Needed!

The Natural Resources Department is still in need of Volunteers willing to cut tribal firewood for Elders in our community. Natural Resources will be keeping a list of volunteers willing to cut wood as well as a list of our tribal members who are in need of assistance. This is a great opportunity to do something really rewarding by volunteering your time and energy. Please contact Denise Garrett or Mike Kennedy at 1-800-922-1399 Staff can then pair up volunteer cutters with Elders in need. This is a Volunteer activity, no one will be paid to perform this service and Elders cannot be charged to receive the firewood. A tribal firewood permit for the Elder in need is required and would be issued by the Natural Resources

## More Announcements & News

**Due to Culture Camp there will not be a Culture Class & Language Class in July. Come join us at Culture Camp!**

### Tribal Members Craft Time

Plan to join us to have "Christmas in July"

We have a couple Projects planned! Learn now how to make a beaded Christmas ball so you can get a jump start on the holiday season. We will also work on a simple sewing Christmas stocking project to get participants acquainted with a sewing machine.

Call Bev at 503-390-9494 If you would like to attend.

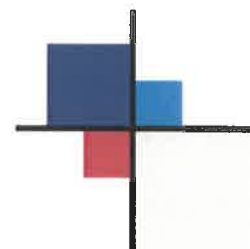
### July USDA Distribution Dates

Salem

July 14th to July 17th

Monday 14	1:30pm to 6:30pm
Tuesday 15	9:00am to 6:30pm
Wednesday 16	9:00am to 6:30pm
Thursday 17	By Appointment Only

By now you should have all gotten to try the new boneless/skinless chicken breasts. I hope you all liked them. They will now be a part of the regular food package. There are more new items on the horizon that will be AWESOME! Like us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our Face Joyce Retherford FDP Director 1-800-922-1399



## Enrollment News

### Help us find Missing Moccasins

Please check the list on the Tribal website for anyone you might know. Missing Moccasins do not receive their per capita check on time! Missing Moccasins do not receive the newsletter, election mail, 1099 forms and other important mail.

Are you a parent of a minor Tribal member that did not receive a statement of their Minor Trust account? It could be that your CHILD is a missing moccasin.

### Mailing address updates for Per Capita Checks

The last day to get your mailing address updated is Friday, July 12, 2019 For the full policy see Tribal Member Distribution Ordinance on the tribal website [www.ctsi.nsn.us](http://www.ctsi.nsn.us)

## 7,000.00 Tribal Benefit

Please check with your family members to see if they have submitted their Designation of Death Benefit Beneficiary form to the Enrollment Department. The death benefit is for all enrolled Tribal members including children, for funeral and burial costs. As of 5/2/19 there were 1,470 Tribal members with no beneficiary listed. Please fill the forms out soon, Do you know who you have listed, need to update? Does your Beneficiary know you named them? There is a brochure on the website that you can print.



## Siletz News would like your feedback

We are excited to announce, in our efforts to reach more readers and reduce paper, Siletz News is considering a move online!

This earth friendly shift will allow readers access to important information whenever you chose.

Please give us your feedback by following the online *link* below or scanning this *QR Code*. This anonymous survey takes two (2) minutes to complete.



## Survey for Siletz News

If you haven't taken the survey yet please follow the link and take it. We are collecting data to serve you better.

<https://www.surveymonkey.com/r/Q7YWZ6N>



# 477-Self Sufficiency Program

# July

ANGELICA ESPINO  
Tribal Service Specialist  
[angelicae@ctsi.nsn.us](mailto:angelicae@ctsi.nsn.us)  
503-390-9494 x1853

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

## Wisdom Warriors

Ongoing monthly support meetings for **ANYONE** with a chronic illness or those caring for someone with a chronic illness.

Topics include: Chronic Disease Management, making action plans, problem solving, dealing with difficult emotions, healthy eating, communication skills, working with your Health Care Provider.

**NO JULY MEETING**

August Wisdom Warrior Meeting . 8/21/19

Time: 11:00 am – 1:00 pm

Location: Hee Hee Illahee RV Resort

## Important SSP Dates To Remember

**July 1<sup>st</sup>-5<sup>th</sup>**

Monthly Contact Appointments

**July 4<sup>th</sup>**

Holiday – Office is Closed

**July 5<sup>th</sup>**

Monthly Report Form, Self Sufficiency Time Sheet, and Job Searches are due

**July 12<sup>th</sup>**

Mandatory Training: Saving and Budgeting  
(Hosted by MAPS Credit Union)

Time: 10:00 AM-12:00 PM

Location: Salem Area Office

## IMPORTANT REMINDERS FOR 477/SSP CLIENTS

- 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.

**PLEASE CALL AND CONFIRM YOUR CHECK HAS ARRIVED PRIOR TO COMING TO THE OFFICE**

## Frequently Requested Phone Numbers and Web Addresses

- UNEMPLOYMENT OFFICE: 1-877-345-3484    [WWW.OREGON.GOV/EMPLOY/UNEMPLOYMENT](http://WWW.OREGON.GOV/EMPLOY/UNEMPLOYMENT)
- SOCIAL SECURITY OFFICE: 1-800-772-1213    [WWW.SSA.GOV](http://WWW.SSA.GOV)
- WORK SOURCE OREGON EMPLOYMENT LISTINGS    [WWW.EMP.STATE.OR.US/JOBS](http://WWW.EMP.STATE.OR.US/JOBS)
- MARION COUNTY EMPLOYMENT LISTINGS    [WWW.GOVERNMENTJOBS.COM/CAREERS/MARION](http://WWW.GOVERNMENTJOBS.COM/CAREERS/MARION)
- STATE OF OREGON EMPLOYMENT LISTINGS    [HTTPS://OREGON.WD5.MYWORKDAYJOBS.COM/SOR\\_EXTERNAL\\_CAREER\\_SITE](https://OREGON.WD5.MYWORKDAYJOBS.COM/SOR_EXTERNAL_CAREER_SITE)

## Managing Money In Recovery

Few of us get the training needed to make good choices with our money. As a result, many of us find it hard to balance our need for money with our other needs emotional, social and spiritual. WE may spend more than we can afford on some items and not enough on others. In recovery you may have spent a small fortune on alcohol or other drugs, rack up gambling debts, bounced checks, maxed out credit cards or conned people to get money. All of this takes a toll on your financial stability and recovery process because it adds unnecessary stress to you and your recovery program. In addition we want what we want, when we want it and that makes room for more impulsive behaviors to come up. If you get control of the financial health, chances are you will be able to take control over other things in life and stay on track with your recovery process. Here are some tips on how to start to take control over managing your money:

Deal with debt.

Make a realistic budget.

Make your budget work.

Control your spending and savings.

Talk with a debt counselor about impulsive buying.

Set attainable goals for your financial future.

Don't let the big picture overwhelm you, tackle one bill at a time.

Andulia WhiteElk  
503-3909494



## Health Effects of Secondhand Smoke

**Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.**

**Since the 1964 Surgeon General's Report, 2.5 million adults who were nonsmokers died because they breathed secondhand smoke.**

**There is no risk-free level of exposure to secondhand smoke.**

- Secondhand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).
- Smoking during pregnancy results in more than 1,000 infant deaths annually.
- Some of the health conditions caused by secondhand smoke in adults include coronary heart disease, stroke, and lung cancer.

**What can we do to help prevent secondhand smoke exposure?**

**Smoke outside**—People who smoke inside housing units expose everyone who lives in the unit to secondhand smoke exposure. Not only do those who live in the unit get exposed to secondhand smoke, but those who visit will also be exposed to secondhand smoke. Smoke can linger in housing units for hours until it settles and causes third-hand smoke exposure.



**Lets work together and help protect the Health of our people.**

## HOME VISITING PROGRAM NEWS

In June Linh Hang graduated from Home Visiting. She started the program in April of 2016 when she was expecting her second child and graduated this June when her daughter Livvy turned three. Linh actively participated in Home Visiting, engaging in the lessons and attending Home Visiting activities regularly with her family. While in the program Linh kept busy and accomplished many goals that she set for herself. Over the past three years she completed an Associate's Degree in Early Childhood Education, worked at Siletz Tribal Head Start here in Salem, had two children and along with Levi Butler bought their first home.

Linh had this to say about the program "The Home Visiting Program has helped us as a family. It kept us on our path of buying our house and accomplishing our goals. Every visit was a reminder of where we were headed and served as a personal reminder of our progress. I definitely recommend Home Visiting to other families; it provides moral support and helps someone who is trying to grow. You have to take the initiative and do the work but the program is really supportive."

Linh is committed to her family and continues to plan and grow for the future.



Levi Butler, Linh Hang and their girls, Lariah, Livvy and LaiLa in front of their home

The Home Visiting program is open to Siletz families in our 11 county service area. We serve families prenatally until the child turns 3 years old. (must begin before child turns one year.) Our Home Visiting program uses the Family Spirit model and curriculum developed by the John Hopkins Center for American Indian Health and is designed to increase parenting knowledge and skills, link families to resources and provide encouragement to help parents engage in positive parenting. Contact Lori at:  
503-390-9494



## EDUCATION NEWS

Sonya Moody-Jurado-Education Specialist

JULY 19

### EDUCATION PROGRAM COMPONENTS

- Higher Education
- Adult Vocational Training (AVT)
- Supplemental Education (JOM)
- Adult Education
- Tribal Youth Employment & Education Program (TYEE)

## JOM

There are times that unexpected trips with other area offices come up and our office newsletter has already been sent out, so I am developing a list of families that are interested in going on youth activities. Please give me a call and I will put you on the list to be notified of any events.

### CULTURE CAMP

The dates for this year culture camp are July 9-11, 2019 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 23, 2019. This will be a joint activity between the Portland and Salem Area Offices. Please call and sign up by July 18, 2019. Transportation is limited.

### WINGS & WAVES

On July 31, 2019 we will join the Eugene, Portland and Siletz areas to go to the Wings and Waves. Transportation is limited, and there will be a limited number of slots. Deadline to sign up is July 19, 2019.

### RAFTING

Middle & High School Students. We will have limited slots to go white water rafting on the McKenzie River on July 19, 2019. Please call and sign up by July 11, 2019.

### SILVER CREEK FALLS HIKE

Please join JOM, Diabetes, and CHA programs for a hike at Silver Creek Falls on July 27, 2019. Lunch will be provided. Please call and sign up by July 19, 2019.

### STATE FAIR –SIGNUPS START AUGUST 1-9, 2019

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, 2019 and The deadline to sign up for tickets will be August 9 2019, 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 START AUGUST 1-9, 2019**

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 10, 2019. 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 2019-2020, was June 30, 2019. All applications received after this date will be held for the next funding cycle, which will be school year 2020-2021, and the deadline to apply is June 30, 2020. It is required for all students to complete your FAFSA (free application for federal student aid) by January 31<sup>st</sup>, to be eligible to receive Tribal assistance in the Fall you plan on starting school. FAFSA applications now become available on OCTOBER 1, 2019 for the 2020-2021 school year.

## **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, improve employment status through education, training, and pursuit of special interest classes. There is no deadline to apply for classes. For an application, please call me at (503) 390-9494.

## **STUDENT INCENTIVE**

SILETZ TRIBAL MEMBERS-If you have completed any of these educational milestones-Headstart (Only available 1 year of Headstart), Kindergarten, Elementary, Middle, High School, Bachelor Degree, Master's Degree, or Doctorate, we have a program to recognize your educational achievement. Please call Sonya for an application for the Student Incentive Program.

# 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.

## Boost your mental health in the summer to get ahead of those potential winter blues:

- 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. Plan your day; are you more likely to workout in the early morning hours, before it gets hot, or in the evening once it has cooled down?
- 2) It's an important time of year to stay connected with people to keep depression at bay. Try making at least one plan with friends each week, and stick to it (most people routinely want to cancel plans when it gets hot, but try and resist the urge).
- 3) Research says 20 minutes of sunlight a day (don't forget sunblock!) can lift your mood noticeably. What creative ways can you think of to get sun each day? Do some yardwork, perhaps, or take your dog for a walk? Try and get out in it!

**Near the Portland office, check out this park with a splash pad:** Earl Boyles Park, east of SE 107th and Francis Street.

**Near the Salem office, check out this park with a splash pad:** 3045 River RD N, Salem O



## Traditional Coping

July is a great month to get your children to culture camp (July 9th—11th). 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. The Behavior Health Department will be hosting a few various outdoor activities that tribal members in the Portland and Salem areas are welcome to attend (and many have transportation available). Contact Rachel or the Siletz Behavioral Health Department for more details.

### Portland Area Office

Mondays &  
Tuesdays  
(503) 238-1512

### Salem Area Office

Wednesdays & Thurs-  
days



## Community Health News

Cecilia Tolentino, CHA  
503-390-9494 X185

[Ceciliat@ctsi.nsn.us](mailto:Ceciliat@ctsi.nsn.us)  
Monday-Friday

### Free Eye Exams

***OHSU Casey Eye Institute Mobile Clinic***

***When: Saturday, August 3rd***

***Where: Salem Area office***

***3160 Blossom Dr. NE, Suite 105 Salem, Oregon***

***Time: 9am-3pm***

***We are limited to 35 eye exams, so call early to get on the list!***

***Contact Cecilia Tolentino at 503-390-9494***

**Casey Eye Institute will hold a mobile eye examination clinic at the Siletz Salem office. An all-volunteer staff of eye doctors, technicians, and assistants will be here to serve Siletz tribal members, their families, and community members.**

**For some members of the community, access to high quality medical care appears beyond their reach. This 33-foot, fully outfitted mobile ophthalmology unit will be here to serve you.**

**We will schedule an appointment for you. Please allow 2 hours to complete this no-cost comprehensive eye exam (a \$450.00 value). There is no cost to you for one pair of glasses.**

**For more information about the mobile van, visit [ohsucaseyeye.com/outreach](http://ohsucaseyeye.com/outreach)**

**This event is in collaboration with the Siletz Community Health Clinic-Community Health Department and the Diabetes Program.**

# Community Health News

Cecilia Tolentino, CHA  
503-390-9494 X185

[Ceciliat@ctsi.nsn.us](mailto:Ceciliat@ctsi.nsn.us)  
Monday-Friday

## **Health Exams at the Salem Area Office**

- ⇒ **Diabetic foot checks**
- ⇒ **Glucose testing**
- ⇒ **Mammogram's**
- ⇒ **Harm Reduction: HIV and Hepatitis testing**

**When: *Saturday, August 3rd***

**Where: *Salem Area office***  
***3160 Blossom Dr. NE, Suite 105 Salem, Oregon***

**Time: *9am-3pm***

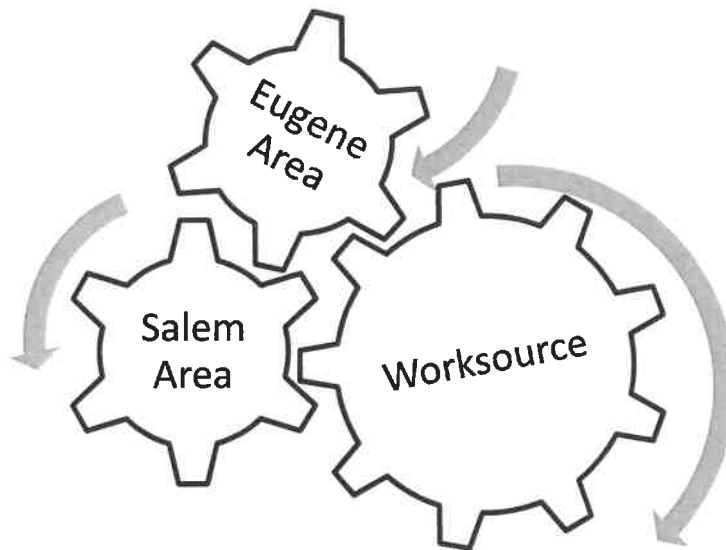
***W have limited spots available so, call early to get on the list!***

***Contact Cecilia Tolentino at 503-390-9494***

**This event is in collaboration with the Siletz Community Health Clinic-  
Community Health Department ,Diabetes Program, Harm Reduction and  
Salud medical center.**



# Connectivity through Accessibility



Worksource Oregon in Albany and Salem have Partnered with Self-Sufficiency (477) and Siletz Tribal Vocational Rehabilitation Program to provide direct service access to federally enrolled tribal members. There will be a Siletz employee from the two programs at one of these office locations on:

Thursdays from 9-12:30pm at these locations:

Albany Worksource  
139 4<sup>th</sup> Ave SE  
Albany, OR 97321

Salem Worksource  
605 Cottage Street NE  
Salem, OR 97470

This service is to provide connectivity to Tribal members through accessibility, ease of access, and advocacy. Please visit during the above times to obtain information, seek services, and/or visit with us. If you have further questions please contact Jeramie Martin at 541-444-8385 or simply visit one of the two centers.

# 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. Services are provided in ALL area offices, however, to inquire about services, ask to be transferred to the office nearest you listed below.

### EUGENE AREA OFFICE

2468 West 11<sup>th</sup>  
Eugene, OR 97402

### SALEM AREA OFFICE

3160 Blossom Dr NE, Ste 105  
Salem, OR 97305

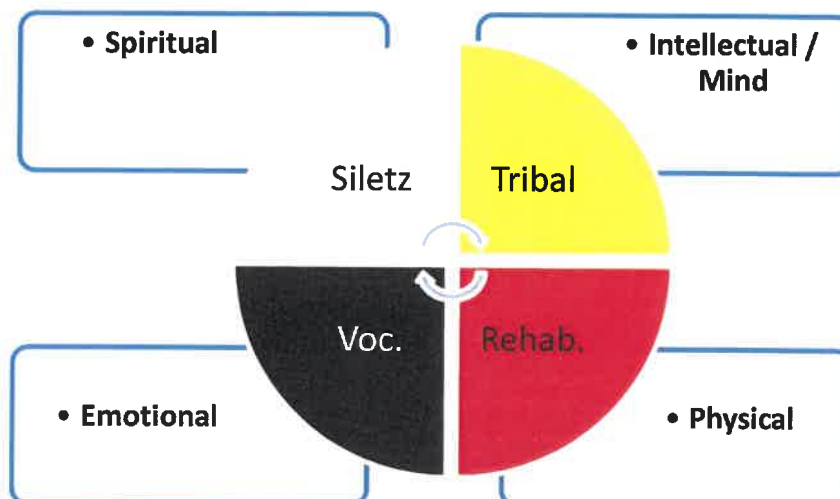
### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380

EUGENE – **JERAMIE MARTIN**, Program Director

SALEM - **DANA RODRIGUEZ**, Program Aide; **Toni Leija**, Counselor/Job Developer

SILETZ – **RACHELLE ENDRES**, Counselor/Job Developer



### **COHO Pharmacy Insurance Plan**

**The Siletz Community Health Clinic offers a 50% discount on all prescription co-pays.**

**The pharmacy also offers mail-order services (excluding refrigerated items) for those of you that live outside of the Siletz area.**

**To see if the pharmacy call fill your medications, please call SCHC pharmacy staff at 544-444-9625 and START saving now.**



### **MAT SERVICES COMING TO SALEM**

The Siletz Community Health Clinic will be offering Medication Assistance Treatment (MAT) in Salem, Oregon soon.

The clinic is in contraction with a local provider, Eric Davis, MSW, BCD, LCSW, QMHP, MAC, CDC III, and JD Health and Wellness, to offer MAT services. MAT services to be provided include: medication treatment (SUBOXONE/VIVITROL/ANTABUSE), mental health counseling, and A&D counseling.


What is MAT: MAT is the use of medications with counseling and behavioral therapies to treat substance use disorders and prevent opioid overdose. MAT is primarily used for the treatment of addiction to opioids such as heroin and prescription pain relievers that contain opiates. (SAMHSA).

Who is eligible for services at the Salem MAT clinic: Siletz tribal members, other Natives, and non-Natives with close family ties. Initially, the program is able to accept 25 patients.



When will services be available: June 2019 (tentatively).

For more information about the Salem MAT program, contact:

**Delina John, CADCI, @ 541-444-9697**



Confederated Tribes of Siletz  
Salem Area Office  
3160 Blossom Dr N Suite 105  
Salem, Oregon 97305



## Coming Soon

We are in the process of creating a New Facebook page.

Our page will be announced as soon as possible!