

DRUMBEAT NEWSLETTER - NOVEMBER 2019

Salem Area Office

3160 Blossom Drive NE, Suite 105, Salem, 97305

(P) 503-390-9494



(F) 503-390-8099

OFFICE CLOSURES IN NOVEMBER:

NOVEMBER 11— VETERAN’S DAY

NOVEMBER 18— RESTORATION DAY

NOVEMBER 25—THANKSGIVING DAY

NOVEMBER 26—DAY AFTER THANKSGIVING

ANNOUNCEMENTS, NEWS, AND HIGHLIGHTS

HOTEL RATES

Chinook Winds Casino Resort hotel rates for Siletz Tribal members are the same year round! Tribal rate is now \$79.00 plus tax for a standard room and \$99.00 plus tax for a junior suite. To receive these rates, you must show tribal ID at check in.

SHELL ORNAMENTS

Come join us on November 14th to make a shell ornament for your NDN tree!

PINE NUT ORNAMENTS

Join us on November 21st to make a beautiful NDN inspired ornament.

Space is Limited
RSVP a Spot

RESTORATION CELEBRATION

On Saturday, November 16, the Confederated Tribes of Siletz Indians invites you to celebrate with us our 42nd Annual Restoration Pow-Wow at Chinook Winds Casino Resort.

DRUM MAKING

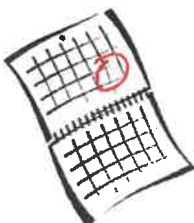
We don't have a date set yet but it's happening in November or December! We have a limited number of supplies available, so call and sign up.

OPEN HOUSE

December 11th, 3:30 pm to 6:30 pm. See the open house page for more details!

LIHEAP 2020

LIHEAP (Low-Income Home Energy Assistance Program) is a Federally-funded program that helps low-income households with their home energy bills once a year. To be eligible, the applicant, or a child residing in the household, must be an enrolled Siletz tribal member, reside within the 11 county service area, and must meet annual income guidelines established in the benefit matrix, as abbreviated below:



<u>Household Size</u>	<u>Annual Income</u>
1	\$24,550.00
2	\$32,103.00
3	\$39,657.00
4	\$47,201.00
5	\$54,764.00

SCHEDULE A LIHEAP INTAKE APPOINTMENT FOR THE
SALEM AREA OFFICE
WITH

DANA RODRIGUEZ
503-390-9494



**Tis the Season
THIS IS YOUR
OPEN HOUSE
INVITATION!**



**Siletz SAO Annual SWAG Making and Holiday activities open house will
be held on:**

**December 11th
3:30 pm to 6:30 pm**

So put a note on your busy holiday calendar and save the date to put a little time a side, drop in and make a Christmas season swag. If you wish you can join in on some other holiday activities too! (that are still in the planning stages) or just spend some time visiting staff, family & friends. Please call us to let us know if you plan to attend so that we can know how many boughs to cut and gather for the swags.

A light meal will be served from 5:00 pm to 6:00 pm

Contact Beverly or Dana at 503-390-9494





**SAVVY CAREGIVER
TRAINING FOR
TRIBAL COMMUNITY
MEMBERS**

**Caring for Elders with
Alzheimer's or Dementia**

**SALEM AREA
SIX WEEK COURSE FOR CAREGIVERS
BEGINNING NOVEMBER 6, 2019.**

**LEARN SKILLS TO REDUCE YOUR STRESS,
THE STRESS OF THE FAMILY AND THE ELDER. THE
CURRICULUM WILL BE NATIVE AMERICAN BASED.**

**TO REGISTER CALL DANA OR CECILIA AT
503-390-9494**

SPACE IS LIMITED

November Groups

November 14th Shell Ornaments

Join us to make a shell ornament your NDN tree will love. We are coastal Natives, rocks are fun to paint, but you will be challenged and love painting these coastal shells.



November 21st Pine nut Ornaments

Join us to make a pine nut ornament for your tree. This is a Siletz NDN inspired ornament!

Space is limited. Contact Beverly or Dana to sign up.
Phone 503-390-9494

November or December Drum making

The Date is not yet set! We have some donated drum frames to share with ALL tribal community families!

Each family/household will be able to join us and make a 12" hand drum. We have a limited number so call to sign up. We will keep a waiting list if the number signing up exceeds the number of frames. This event is a partnership with the Siletz Tribe who is providing the hides and lacing!



Thanks to all who joined us for the Fabric pine cone ornament class. There are going to be some nice looking Siletz NDN Christmas trees!

EDUCATION NEWS

Sonya Moody-Jurado, Education Specialist

EDUCATION PROGRAM COMPONENTS

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

TUTORING PROGRAM

Currently on Hold. Indian Education is holding tutoring on Thursday evenings. Please contact Shelby Maerz at 503 399-5512 to inquire on the location and times.

Siletz Tribal Youth Conference-November 9-11, 2019

Join your fellow Siletz Tribal Youth (7th-12th Grades) for 2 days of getting to know each other, learn more about Siletz Tribal culture and history, hear about important topics for teens and have a great time with Siletz Tribal youth from all areas.

- Who is Going:** Enrolled Siletz Tribal Youth grades 7-12th regardless of residence.
Location: B'nai B'rith camp in Lincoln City, OR.
Applications: Have been mailed to all youth in 7th-12th Grades. Please let us know if you did not receive an application.

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The deadline for Fall Term 2019 was June 30, 2019, this deadline was for the academic school year 2019-2020. The deadline for the next funding year will be June 30, 2020.

FAFSA Nights-NOVEMBER 6, 2019 and December 18, 2019.

5:00PM—Salem Area Office 6:00PM Chemeketa Community College

We will hold two FAFSA nights to work with students and parents on completing the 2020-2021 FAFSA. This is open to anyone intending on going to college in the Fall of 2020. We will meet at the Salem Area Office for Tribal Program information and then go to Chemeketa Community College to meet with academic counselor and Tribal Member, Cy Hill to complete the FAFSA process. This is a great opportunity to meet with Chemeketa staff, complete your FAFSA and learn more about Tribal Education Programs and deadlines.

The applications for FAFSA (Free Application for Federal Student Aid) opened on October 1, 2019.

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.

EDUCATION NEWS—CONTINUED

Sonya Moody-Jurado, Education Specialist

HIGH SCHOOL SENIORS

Students that are planning on going to college the Fall of 2020 should be actively preparing for college.

Fall-

- Start a list of potential college choices-Look at visitation days
- Complete your FAFSA
- Keep a calendar of important dates
- Ask for letters of recommendations-you will need these when applying for-scholarships;
- Take the SAT/ACT test
- Keep on track with grades and extracurricular activities
- Meet with school guidance counselor
- Complete college applications
- Continue scholarship search
- Work on scholarship essays



Winter-

- Follow Up on college applications
- Send mid-term grades if requested
- Take AP Exams
- Submit Scholarships

Spring-

- Compare financial aid packages from colleges
- Make final college choice decision
- Apply to Tribe for Tribal funding



Students that plan for college throughout their senior year are better prepared for when they graduate and transition on to college.

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.

HOME VISITING PROGRAM

LORI CHRISTY, HOME VISITOR

503-390-9494 X 1863

Earlier this fall 477-SSP and Home Visiting clients from Portland and Salem gathered in Salem to make drums. A big thank you to Nick Sixkiller and Nick Viles for leading and teaching the group well. Everyone caught on quickly and the finished drums were great. There were activities for children as well so whole families could be involved. It was a good time filled with conversation, activity, and food.



Home Visiting is for Siletz families that are expecting or have a child under the age of one (continues until child is three). For more information about Home Visiting, contact the Home Visitor.



477 – Self Sufficiency Program

The Self Sufficiency Program offers a variety of services on a budgetary basis. For Siletz Tribal Members we offer Temporary Assistance for Needy Families (TANF), General Assistance for Single Adults (GASA), Emergency Assistance, and Diverted Services. We also offer the following programs to any Native American (enrolled in a federally recognized tribe or descendant of a federally recognized tribe): 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.

For More Information Contact,
Tribal Service Specialist: Angelica Espino
Phone: 503-390-9494, ext.1853
Email: Angelicae@ctsi.nsn.us

Important 477-SSP Dates to Remember:

November 1st-5th

Monthly Contact Appointments

November 5th

Monthly Report Forms, Self Sufficiency Activities

Time Sheets, and Job Search Forms are due

November 20th

Monthly Training: Soft Skills

10:00 am – 11:00 am Salem Area Office

November 20th

Monthly Training: Wisdom Warriors

Time: 11:00 am – 1:00 pm

Location: Salem Area Office

November Component Spotlight: Direct Placement

Direct Placement is for Federally Recognized Tribal Members and descendants. This service is available to eligible participants who have the opportunity for permanent, unsubsidized employment and are hired by an employer directly. Applicants must apply for services within seven working days of the hire date and meet program eligibility. Direct Placement provides support services to become job ready. Please call Angelica for more information.

Do you need assistance working in Oregon's legal marijuana industry?

The 477-Self Sufficiency Program may be able to provide limited support services to help you gain and maintain employment in Oregon's legal marijuana industry. With funding provided by the Siletz Tribal Council, we are able to assist Native Americans (enrolled in a federally recognized tribe or descendant) that reside within the service area, with licensing fees, background checks, testing fees, outdoor work clothing/tools and transportation assistance. For more information on how to access this service, please contact the 477-SSP worker located in each of the four area offices.

WorkSource Oregon

The 477-Self Sufficiency Program and Siletz Tribal Vocational Rehabilitation Program have partnered with the WorkSource Oregon office in Albany. On Thursdays from 9:00am-12:30pm there will be a staff from either the Salem or Eugene's 477-S.S.P. or S.T.V.R.P. present. This service is to provide connectivity to Tribal members through accessibility, ease of access, and advocacy.

BEHAVIORAL HEALTH

The rain is here:

While the leaves around us have turned to pretty colors, the rains have also increased. While rain is essential to keeping Oregon green, gray days with little to no sun can feel quite gloomy.

Ways to cope with rainy day blues:

- 1) Watch a movie—get on Netflix, rent a movie at your local library, or use a Redbox. Fill those rainy hours with some light entertainment.
- 2) Be good to yourself—Go get a manicure or pedicure, or some sort of pampering treatment, and, if you can't afford it, do one at home. The Dollar Tree has pampering products cheap.
- 3) Don't wait for spring cleaning, a rainy day is a great time to re-organize a cluttered closet, sort and fold your laundry, or do that other cleaning project you've been putting off. And, mental health bonus: The more clean and organized your house, the better you feel in your head!

Mental Health Specialist services include:

Couples counseling, adventure-based therapy, youth, adult and family counseling with emphasis in experiential healing and person-centered therapy.

Coming up this November:

Youth Conference will be held by the tribe on Saturday November 9th—Monday November 11th, and it is always such a turnout! Word is, the youth can enjoy their time, with activities such as archery, native crafts, and several different fun games. Rachel will facilitate some sort of art activity for those youth wishing for a mental health break.



Traditional Coping

Winter preparations should now be well underway, and the Elders in our thoughts. It's still a great time to be active in your community; try and join a wood-cutting event, or find other ways to reach out to the members of the community in the most need and lend a helping hand. Traditional ways that have helped the Siletz people find peace and harmony include: attending sweats, drum circles, talking circles, and smudging. Live life in a healthy, good way. Don't forget about the Restoration activities and Powwow coming!

Portland Area Office

Mondays & Tuesdays
(503) 238-1512
X1417

Rachel Adams
Mental Health Counselor

Salem Area Office

Wednesdays & Thursdays
1-(503) 390-9494
x1864

COMMUNITY HEALTH NEWS

Cecilia Tolentino, CHA
503-390-9494 X185
Ceciliat@ctsi.nsn.us
Monday-Friday
8:00AM-4:30PM

FORGETFULNESS

Normal or Not?

Many people can become more forgetful as they age.

How can you tell the difference between

**mild
forgetfulness**



**serious
memory problems**

like Alzheimer's disease?

Bicycle helmets available to
Siletz tribal
youth call Cecilia at
(503) 390-9494 for more in-
formation or to schedule a fit-
ting

See what's typical and what's not:

NORMAL AGING

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time

ALZHEIMER'S DISEASE

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them

Although some forgetfulness comes with age, don't ignore changes in memory or thinking that concern you.

Talk with your doctor if you notice you have more serious memory problems than normal.

COOKING WITH ZUCCHINI

Join us to learn how to make zucchini noodles and zucchini bread.

No experience needed.

WHERE: Salem Area Office

3160 Blossom Dr NE

Salem Or. 97305

WHEN: Thursday, November 21st

TIME: 5pm-7pm

CONTACT:

Cecilia at 503-390-9494

SIGN-UP BY:

November 15th

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



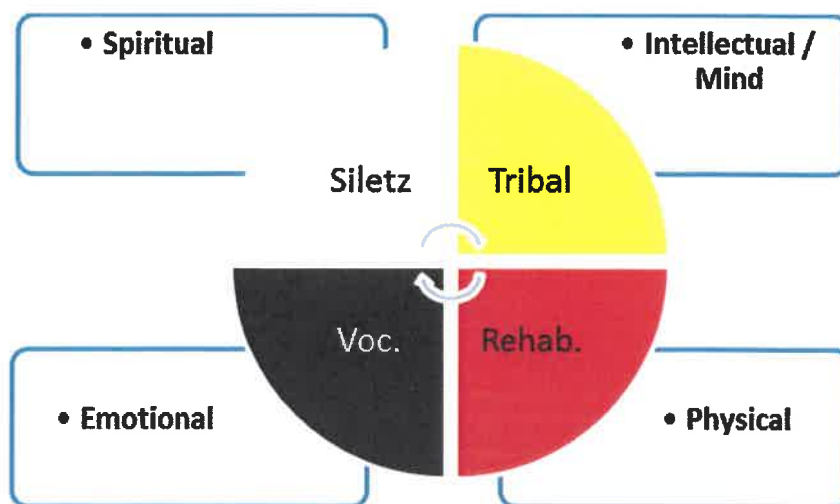
For more information about the STVRP, please inquire at 1-800-922-1399. Services are provided in ALL area offices, however, to inquire about services, ask to be transferred to the office nearest you listed below.

EUGENE AREA OFFICE	SALEM AREA OFFICE	SILETZ ADMIN. OFFICE
2468 West 11 th Eugene, OR 97402	3160 Blossom Dr. NE, Ste 105 Salem, OR 97305	201 SE Swan Ave Siletz, OR 97380

EUGENE – **JERAMIE MARTIN**, Program Director

SALEM - **TONI LEIJA**, Counselor/Job Developer

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



ADDICTION RECOVERY FATIGUE

Andulia White Elk, A & D Counselor
(503) 390-9494 X 1855
anduliaw@ctsi.nsn.us

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.

NOVEMBER LANGUAGE CLASS

Bud Lane, Siletz Cultural Department
800-922-1399, ext. 1320
budl@ctsi.nsn.us

Nuu-wee-ya' (Our Words)

An Introduction to the Athabaskan Language

Classes are open to Tribal members of all ages and begin with basic instruction and progress over the year. They also are a refresher course for more-advanced students. Come and join other members of your community and Tribe in learning to speak one of our ancient languages. Classes are held monthly.

Salem Area Office

November 13

6:00 pm—8:00 pm

WISDOM WARRIORS

The Diabetes Program and the 477-Self-Sufficiency Program (SSP) have partnered together for 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, and working with your Health Care Provider.

WISDOM WARRIORS MEETING

NOVEMBER 20

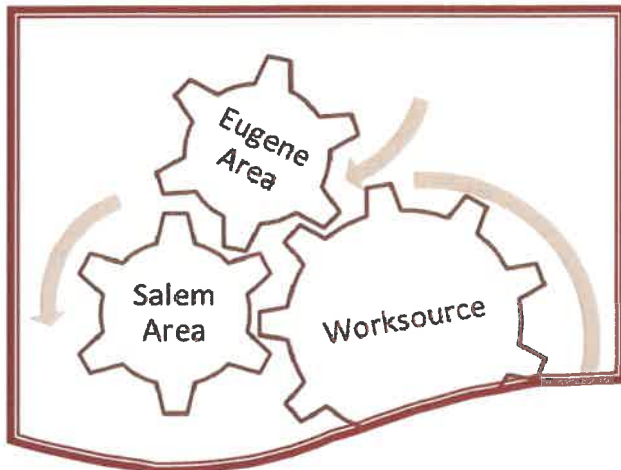
11:00 AM – 1:00 PM

SALEM AREA OFFICE

Angelica Espino
Tribal Service Specialist

Chris Sherrod
Diabetes Program Director

CONNECTIVITY THROUGH ACCESSIBILITY



Worksource Oregon in Albany has 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 this office location on:

THURSDAYS, 9:00 AM—12:30 PM

ALBANY WORKSOURCE

139 4TH AVE SE

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 the center.

USDA DISTRIBUTION DATES FOR NOVEMBER 2019

Siletz

MONDAY	NOV 4	9:00 AM-3:00 PM
TUESDAY	NOV 5	9:00 AM-3:00 PM
WEDNESDAY	NOV 6	9:00 AM-3:00 PM
THURSDAY	NOV 7	9:00 AM-3:00 PM
FRIDAY	NOV 8	9:00 AM-3:00 PM

Salem

MONDAY	NOV 18	HOLIDAY
TUESDAY	NOV 19	1:30 PM – 6:30 PM
WEDNESDAY	NOV 20	9:00 AM – 6:30 PM
THURSDAY	NOV 21	9:00 AM – 6:30 PM
FRIDAY	NOV 22	BY APPOINTMENT ONLY

USDA Warehouse—Salem

503-391-5760

Call only on days and hours listed here



It is a new year for the USDA program, that means that the income guide rate has changed as of October 1, 2019. If you think you might be eligible, give us a call and we will try to get you certified for food. Look at the guideline and determine gross monthly income, have all necessary paperwork available for each household member that has any kind of income such as social security, supplemental security income (SSI), GA, VA benefits, per capita if it is received monthly, child support received or paid or a retirement income. We can also deduct \$400 if you pay any utility or rent. There are other deductions from income also, including CHILD CARE PAID, CHILD SUPPORT PAID, if you are an elder or disabled, we can deduct any monthly medical bills such as HEARING AIDS, PRESCRIPTIONS, GLASSES, HEALTHCARE PREMIUMS, RIDES TO AND FROM APPOINTMENTS, HOME HEALTHCARE WORKERS, and more.

FDPIR Net Monthly Income

HH 1	\$1,208
HH 2	\$1,577
HH 3	\$1,945
HH 4	\$2,324
HH 5	\$2,724
HH 6	\$3,123
HH 7	\$3,491
HH 8	\$3,860

EACH ADDITIONAL MEMBER +\$369



LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB page.
Like us at SILETZ TRIBAL FDPIR

Joyce Retherford, FDP Director
541-444-8393

Sammy Hall, Warehouseman/Clerk
541-444-8279

IF YOU VAPE, WHETHER IT'S CANNABIS, NICOTINE OR OTHER PRODUCTS, PLEASE QUIT.
THESE ARE ADDICTIVE SUBSTANCES AND CAN CAUSE SERIOUS HEALTH PROBLEMS.

What we know

- As of October 1, 2019, 1,080* lung injury cases associated with using e-cigarette, or vaping, products have been reported to CDC from 48 states and 1 U.S. territory.
- Eighteen deaths have been confirmed in 15 states.
- All patients have reported a history of using e-cigarette, or vaping, products.
- Most patients report a history of using THC-containing products. The latest national and regional findings suggest products containing THC play a role in the outbreak.
- Approximately 70% of patients are male.
 - Approximately 80% of patients are under 35 years old.
- 16% of patients are under 18 years old
- 21% of patients are 18 to 20 years old

What we don't know

- The specific chemical exposure(s) causing lung injuries associated with e-cigarette use, or vaping, remains unknown at this time.
 - No single product or substance has been linked to all lung injury cases.
- The outbreak is occurring in the context of a dynamic marketplace for e-cigarette, or vaping, products, which may have a mix of ingredients, complex packaging and supply chains, and include potentially illicit substances.
- Users may not know what is in their e-cigarette or e-liquid solutions. Many of the products and substances can be modified by suppliers or users. They can be obtained from stores, online retailers, from informal sources (e.g. friends, family members), or "off the street."

•
More information is needed to know whether one or more e-cigarette or vaping products, substances, or brands is responsible for the outbreak.





Pumpkin Patch

Fun!



Confederated Tribes of Siletz Indians

42nd Annual Restoration Pow-Wow

November 16th, 2019

The Confederated
Tribes of Siletz Indians
of Oregon Invites you
to celebrate with us
at our 42nd Annual
Restoration Pow-Wow

To Be Held At:




Chinook Winds
CASINO RESORT

1777 NW 44th Street,
Lincoln City, Oregon.



GRAND ENTRY: 6 PM

Whip Man: Tony Whitehead

Whip Woman: Shirley Walker

MC: Nick Sixkiller

All Drums And Dancers Welcome

Information: Buddy Lane: 1-800-922-1399 ext. 1230 or 541-444-8230

This is a family event; drugs and alcohol will not be tolerated.
The Confederated Tribes of Siletz Indians and Chinook Winds Casino Resort
are not responsible for injuries and lost or stolen items

Confederated Tribes of Siletz Indians
Salem Area Office
3160 Blossom Drive NE, Suite 105
Salem, OR 97305



YOUR AREA OFFICE STAFF:

Daylight Savings  November 3

BEVERLY OWEN	SALEM AREA OFFICE SUPERVISOR
DANA RODRIGUEZ	SALEM AREA OFFICE CLERK
ANDULIA WHITE ELK	ADDICTIONS COUNSELOR
ANDREW EDDINGS	PEER RECOVERY MENTOR
ANGELICA ESPINO	TRIBAL SERVICES SPECIALIST
ANTONIA LEIJA	VOC REHAB JOB DEVELOPER
CECILIA TOLENTINO	COMMUNITY HEALTH ADVOCATE
LORI CHRISTY	TRIBAL SERVICES HOME VISITING
LYDIA KENTTA	TRANSPORTER
RACHEL ADAMS	MENTAL HEALTH COUNSELOR
SONYA MOODY-JURADO	EDUCATION SPECIALIST