



OCTOBER DRUMBEAT NEWSLETTER



SALEM AREA OFFICE, 3160 BLOSSOM DRIVE NE, SUITE 105, SALEM, 97305

(P) 503-390-9494

(F) 503-390-8099



ANNOUNCEMENTS AND NEWS

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.

CLERK POSITION FILLED

Please help us welcome Dana Burden Rodriguez to her new position as the Salem Area Office Clerk. Some of you may recognize her from previous visits to the Salem area office. Dana has been with us for 5 1/2 years; first as a transporter and then as the Siletz Tribal Vocational Rehabilitation Program Aide.

FLU SHOTS

Flu shots are available to Siletz Tribal members and their children. Please see the "Community Health News" page for information on how to reserve yours.

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. Be sure to see our November Newsletter for more information.

PUMPKIN PATCH TRIP

Siletz Tribal Members may call and reserve a spot for the Pumpkin Patch, Thursday, October 3rd, beginning at 9:00 am. You may only sign up members of your own household.

PINECONE ORNAMENT CLASS

On Thursday, October 24, the SAO will hold a class so that you can make a fabric pinecone ornament for your Christmas tree, or as a gift! Call to sign up.

COLORING FOR A GLOW STICK

We have included a couple of coloring pages in our newsletter. Color one of the pages, bring it into the Salem Area Office so that we may put it on our wall throughout the month of October, and we will give you a Glow stick. There are a limited supply, so get yours in while supplies last!

LIHEAP 2020



LIHEAP (Low-Income Home Energy Assistance Program) is a Federally-funded program that once a year helps low-income households with their home energy bills. 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.

WHEN CAN YOU APPLY?

October 1st—Siletz Tribal Elders and Tribal members with a disability

November 1st—Other Eligible Siletz Tribal Households



Tis the Season

**Thursday, October 24th we are starting our winter season with a Fabric Pinecone ornament cute enough for fall or hanging from your NDN Christmas tree!
Call to sign up!**



Siletz Tribal Members Pumpkin Patch Trip

We will be visiting the **Pumpkin Patch again this year. Join us for some harvest time fun on this community activity.**

Please call us to sign up on:

Thursday October 3rd beginning at 9:00 am

We will keep a waiting list in the event that there are more people signing up than space available.

You may only sign up the family members of your own household. This is to prevent duplication of numbers and to make the process fair for everyone.



EDUCATION NEWS

Sonya Moody-Jurado-Education Specialist

October 2019

EDUCATION PROGRAM COMPONENTS

- Higher Education
- 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, please leave your name, number and a message and I will return your call.

I will be out of the office from October 7-12, 2019 and October 17-23, 2019

TUTORING PROGRAM

Is currently on Hold



Siletz Tribal Youth Conference-TENTATIVELY 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: Will be mailed directly to the youth in this age range.



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



The applications for FAFSA (Free Application for Federal Student Aid) opens on October 1, 2019 for the 2020/2021 School Year. 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.



Savvy Caregiver in Indian Country Training

Savvy Caregiver in Indian Country is a six-part group program, which lasts approximately two hours per part, for Native people. It's designed to help caregivers provide care and support for someone with Alzheimer's or Dementia.

Savvy Caregiver in Indian Country is a culturally-adapted program, developed by Dr. J Neil Henderson, Oklahoma Choctaw, and Executive Director of the Memory Keepers Medical Discovery Team on Health Disparities at the University of Minnesota Medical School.

These free classes offer care strategies, resources, and support to the caregiver. Savvy Caregiver training teaches the caregiver to know the stages of dementia. Knowing the

stage allows the caregiver to use activities and tasks that better fit the abilities and capabilities of their loved one resulting in more hours of "contented involvement."

Training will be provided by staff from the Confederated Tribes of Siletz Indians. To sign up for this important informational training, contact the staff person for your area.

Siletz: Hannah Glaser
541-444-9613

Salem: Dana Rodriguez
503-390-9494, ext. 1862

Portland: Tamra Russell
503-238-1512, ext. 1411

Eugene: Jeramie Martin
541.444.8385, ext. 1385




Connectivity through Accessibility



<p>Albany Worksource 139 4th Ave SE Albany, OR 97321</p>
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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 from 9-12:30pm:

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.



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



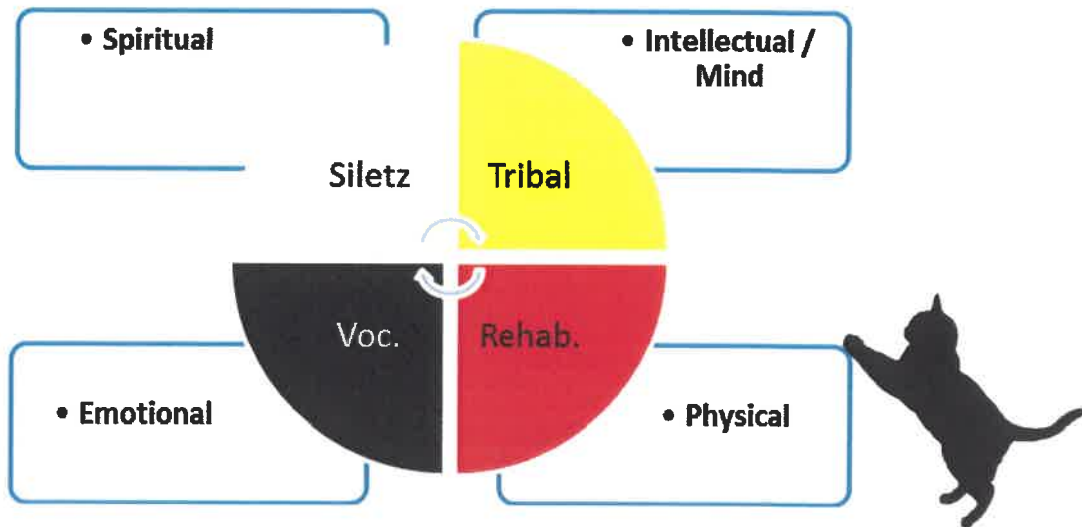
For more information about the STVRP, please inquire at 1-800-922-1399. Services are provided in ALL area offices, however, to inquire about services, ask to be transferred to the office nearest you listed below.

EUGENE AREA OFFICE 2468 West 11 th 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
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EUGENE – JERAMIE MARTIN, Program Director

SALEM - TONI LEIJA, Counselor/Job Developer

SILETZ – RACHELLE ENDRES, Counselor/Job Developer



USDA Distribution Dates for OCTOBER 2019

		Siletz
TUESDAY	OCT 1	9:00 AM-3:00 PM
WEDNESDAY	OCT 2	9:00 AM-3:00 PM
THURSDAY	OCT 3	9:00 AM-3:00 PM
FRIDAY	OCT 4	9:00 AM-3:00 PM
MONDAY	OCT 7	9:00 AM-3:00 PM

		Salem
MONDAY	OCT 21	1:30 PM – 6:30 PM
TUESDAY	OCT 22	9:00 AM – 6:30 PM
WEDNESDAY	OCT 23	9:00 AM – 6:30 PM
THURSDAY	OCT 24	BY APPOINTMENT ONLY



USDA Warehouse—Salem
503-391-5760

LEMON BLUEBERRY MOUSSE CAKE

FOR THE CRUST: Cooking spray for pan

- 30 Nilla wafers, crushed
- 5 Tbsp. Butter, melted

FOR THE MOUSSES: 1 ½ C. blueberries or 1 ½ Cups crushed strawberries

- 2 Tbsp. Lemon juice
- 2 tsp. lemon zest
- 2 tsp. unflavored gelatin
- 2 ½ C. white chocolate chips
- 3 C. heavy cream
- ½ C. powdered sugar

DIRECTIONS:

1. In a large bowl, stir together crushed Nilla wafers and melted butter until completely combined and mixture is the texture of wet sand. Grease 9x13 baking dish with cooking spray, then press mixture into the pan.
2. In a food processor or blender, process blueberries until pureed. Stir in lemon juice and lemon zest, then sprinkle gelatin on top. Let sit for 5-10 minutes to bloom.
3. Meanwhile, place chocolate chips in a heatproof bowl. In a small saucepan over medium high heat, bring 1 cup of heavy cream to a simmer then remove from heat. Whisk in softened gelatin and blueberry puree and stir until completely dissolved. Pour mixture over the white chocolate chips and whisk until chocolate is melted. Place mixture in refrigerator for at least 15 minutes.
4. In the bowl of a stand mixer fitted with a whisk attachment (or in a large bowl using a hand mixer), beat remaining 2 cups of cream with the powdered sugar until stiff peaks form.
5. Stir in about 1/4 cup whipped cream into melted chocolate mixture. Gently fold in the remaining whipped cream until fully incorporated and pour over prepared crust.
6. Refrigerate until firm, about 4 hours.

* Indicates commodity foods used

*****AFTER MAKING THIS RECIPE, WE RECEIVED THE FROZEN STRAWBERRIES SO YOU KNOW I HAD TO SUBSTITUTE CRUSHED STRAWBERRIES FOR THE BLUEBERRY PUREE. I KEPT EVERYTHING ELSE THE SAME AND IT TURNED OUT AWESOME. *****

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

Joyce Retherford, FDP Director
541-444-8393

Sammy Hall, Warehouseman/Clerk
541-444-8279

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.

Important 477–SSP Dates to Remember.

October 1st–5th

Monthly Contact Appointments

October 5th

Monthly Report Forms, Self Sufficiency Activities Time Sheets, and Job Search Forms are due

October 16th

Monthly Training, Soft Skills
10.00 am – 12.00 pm Location TBD

October 23rd

Monthly Training, Wisdom Warriors
Time: 11.00 am – 1.00 pm
Location: Hee Hee Illahee RV Resort



Wisdom Warriors

The Diabetes Program and the 477–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, working with your Health Care Provider.

Wisdom Warriors Meeting, 10/23/19

Time: 11:00 am – 1:00 pm

Location: Hee Hee Illahee RV Resort

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–Self Sufficiency Program 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.

October Component Spotlight: Classroom Training

Classroom Training may provide assistance with GED, higher education, vocational training or certification. Classroom training is for Federally Recognized Tribal Members and descendants that meet program eligibility.

For More Information Contact:

Tribal Service Specialist, Angelica Espino

Phone: 503–390–9494 ext.1853

Email: Angelicae@ctsi.nsn.us

Home Visiting Program

Are you expecting a baby or already have on?

Do you have questions about how to care for your little one?

Are you interested in gaining skills for successful and positive parenting?

If you answered yes to any of the above, Home Visiting may be for you! – Check out our Home Visiting program if you are expecting a baby or are the parent of a baby under one year old. Siletz Home Visiting provides parenting and life skills for successful and positive parenting. The model and curriculum we use is Family Spirit developed by the John Hopkins Center for American Indian Health. Family Spirit is the only evidence based home visiting program designed specifically for Native American families

Our program aims are to:

- Increase parenting knowledge and skills
- Address maternal psychosocial risks that could interfere with positive child-rearing (such as drug and alcohol use, depression, low education and employment, domestic violence)
- Promote optimal physical, cognitive, social/emotional development for children birth to three years
- Prepare children for early school success
- Ensure children get recommended “well-child” visits and healthcare
- Link families to community services to address specific needs
- Promote parents’ and children’s life skills and behavioral outcomes across the life span

For more information or to find out if this program is right for you contact:



Sexual assault is a pervasive problem in the United States, including in the Armed Forces. Public beliefs and attitudes about sexual assault lead to complacency and acceptance of a “rape culture” in the United States where rape is normalized, excused, tolerated, and even condoned. This acceptance creates an environment that makes it nearly impossible for sexual assault victims, in both the military and civilian systems, to obtain justice and discourages them from reporting and seeking help.

WHEN: Monday, October 21st, 2019

WHERE: 107 SE Swan Ave, Siletz OR 97380
(old clinic lobby)

TIME: 5:30PM-7:00PM

CONTACT: Jenifer Metcalf 541-444-9615 or jenm@ctsi.nsn.us



Behavioral Health

Heading into fall:

As we head into fall, it is a good time to be more mindful of how we spend our daylight hours, as they are starting to shorten. Getting outside is important to get the natural vitamin D our bodies often lack in Oregon. While there might be less opportunities to get out, it is important to push yourself to do so.

Suicide Prevention:

With the darker weather, moods can take a turn for the worse, even without warning. If you or a loved one is experiencing thoughts of ending their life, or just feeling like they need someone to talk to, reach out to the 24/7 National Suicide Prevention line:

1-800-273-8255

They have online chat available 24/7/too:

<https://suicidepreventionlifeline.org/>

You can also text this 24/7 crisis line:

Text HOME to 741741

Coming up soon:

Youth—The Annual Youth Conference is coming up in November, the 9th, 10th, and 11th. What a good time to get away and spend a weekend with your peers!

This could be your habitat if you come to the Youth Conference



Mental Health Specialist services include:

Couples counseling, adventure-based therapy, youth, adult and family counseling with emphasis in experiential healing and person-centered therapy. Rachel likes to meet people where they are at, and help them be the best they can be with what they have.

Traditional Coping

October is a good time to continue gathering wood for our Elders for the winter, which Youth Council participants helped with on September 21st. Run for the Rogue happened for the first time in three years, and people are discussing the healing, powerful moments they had on the journey. As always, smudging, sweat lodges, talking circles and prayer are all traditional ways to connect with the Creator and feel re-centered.



Portland Area Office

Mondays &
Tuesdays
(503) 238-1512
X1417

Salem Area Office

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



**Rachel Adams
Mental Health Counselor**



Incentive Reminder

2019/2020

HUNTING/FISHING/GATHERING INCENTIVES

Reminder to all Siletz Tribal Members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabelas Gift Card incentives.

HUNTING INCENTIVES

\$100 ~ \$75 ~ \$50

CABELAS GIFT CARDS

FISHING INCENTIVE

\$50

CABELAS GIFT CARD

SHELLFISH INCENTIVE

\$50

CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy

541-444-8232

mikek@ctsi.nsn.us

or

Denise Garrett at

541-444-8227

deniseg@ctsi.nsn.us



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.



Andulia White Elk, A & D Counselor
(503) 390-9494 X1855
andulaw@ctsi.nsn.us

Community Health News



We will have Flu shots available to CTSI employees, Siletz Tribal members, and Siletz Tribal members dependents covered under Purchased Referred Care. We will also have shingles and pneumonia shots available for Siletz Tribal members only.

When: October 24th Where: Salem Area Office Time: 3:30—6:00 pm

For more information, or to reserve a shot, call Cecilia at the Salem Area Office.



Cecilia Tolentino, CHA
503-390-9494 X1854

Ceciliat@ctsi.nsn.us

Monday-Friday
8 am—4:30 pm

Help Your Child Survive a Fire

- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas. Once a month, check whether each alarm in the home is working properly by pushing the test button. Replace batteries in smoke alarms at least once a year. If an alarm chirps warning that the battery is low, immediately install a new battery.
- Practice your fire escape plan at least twice a year and at different times of the day. Practice waking up to smoke alarms, low crawling, and meeting outside. Make sure everyone knows how to call 9-1-1.
- Use quick-release devices on barred windows and doors. Security bars without release devices can trap you in a deadly fire. If you have security bars on your windows, be sure one window in each sleeping room has a release device.
- Consider getting escape ladders for sleeping areas on the second or third floor. Learn how to use them, and store them near the windows.
- Teach household members to STOP, DROP, and Roll if their clothes should catch on fire.



Before Halloween

- Choose bright costumes, and have children carry flashlights or glow sticks so they are easily visible. **(Hint - Try adding reflective tape to costumes and candy bags!)**
- Plan a trick-or-treating route in familiar neighborhoods with well-lit streets.
- Make sure children know your cellphone number, their home telephone number, and address in case you get separated. Consider giving them a cellphone so they can reach you easily.
- Teach children how to call 911 in an emergency.
- Teach children to say "NO!" in a loud voice if someone tries to get them to go somewhere, accept anything other than a treat, or leave with them. Tell them to try everything they can to escape, including yelling, hitting, and kicking.

On Halloween

- Make sure older children take friends and stay together while trick-or-treating.
- Never send younger children out alone - they should be with a parent, guardian, or another trusted adult.
- Always walk younger children to the door to receive treats.
- Don't let children enter a home unless you are with them.
- Be sure children do not approach any vehicle, occupied or not, unless you are with them.

HAPPY HALLOWEEN!

To learn more about protecting your child, visit missingkids.com/families.



**Smoke Alarms
Save lives!**

October is Fire Safety Month

Salem Siletz Tribal member households: If your home is in need of a smoke detector, call Cecilia at the Salem Office to get one.

The Salem CHA will have reflector trick or treat bags for children under the age of 18, while supplies last.



Below is a News Release from the Oregon Health Authority regarding Vaping.



Subject: OHA News Release: State investigating death from severe lung illness linked to vaping

Officials believe case may be Oregon's first in national outbreak



September 3, 2019

The Oregon Health Authority is investigating the recent death of an individual who had severe respiratory illness following use of an e-cigarette, which is also known as a vaping device.

Investigators at the OHA Public Health Division say they received reports that the individual, who died in July, had recently used an e-cigarette or vaping device containing cannabis purchased from a cannabis dispensary. OHA officials say the individual's symptoms were consistent with those of more than 200 similar cases in a national cluster of respiratory illness, mostly affecting teenagers and young adults, in at least 25 states.

"We don't yet know the exact cause of these illnesses — whether they're caused by contaminants, ingredients in the liquid or something else, such as the device itself," said Ann Thomas, M.D., public health physician at OHA's Public Health Division.



Those who have fallen ill have been hospitalized after experiencing worsening symptoms including shortness of breath, cough, chest pain, vomiting, diarrhea, fatigue, fever or weight loss. The U.S. Centers for Disease Control and Prevention (CDC) and the affected states have not identified a cause, but all cases have reported e-cigarette use or vaping.

OHA investigators and local public health authorities are urging clinicians to be on alert for signs of severe respiratory illness among patients who recently used vaping products, including e-cigarettes, and report any cases. Clinicians can contact the on-call epidemiologist at [971-673-1111](tel:971-673-1111).

Individuals who have recently used vaping products such as e-cigarettes and are having difficulty breathing should seek medical attention immediately.



If you or someone you know is ready to quit using tobacco, including vaping products such as e-cigarettes, free help is available from the following resources:

800-QUIT-NOW ([800-784-8669](tel:800-784-8669)), quitnow.net.

Symptoms of severe respiratory illness related to vaping may include...

Cough

Shortness of breath

Chest pain

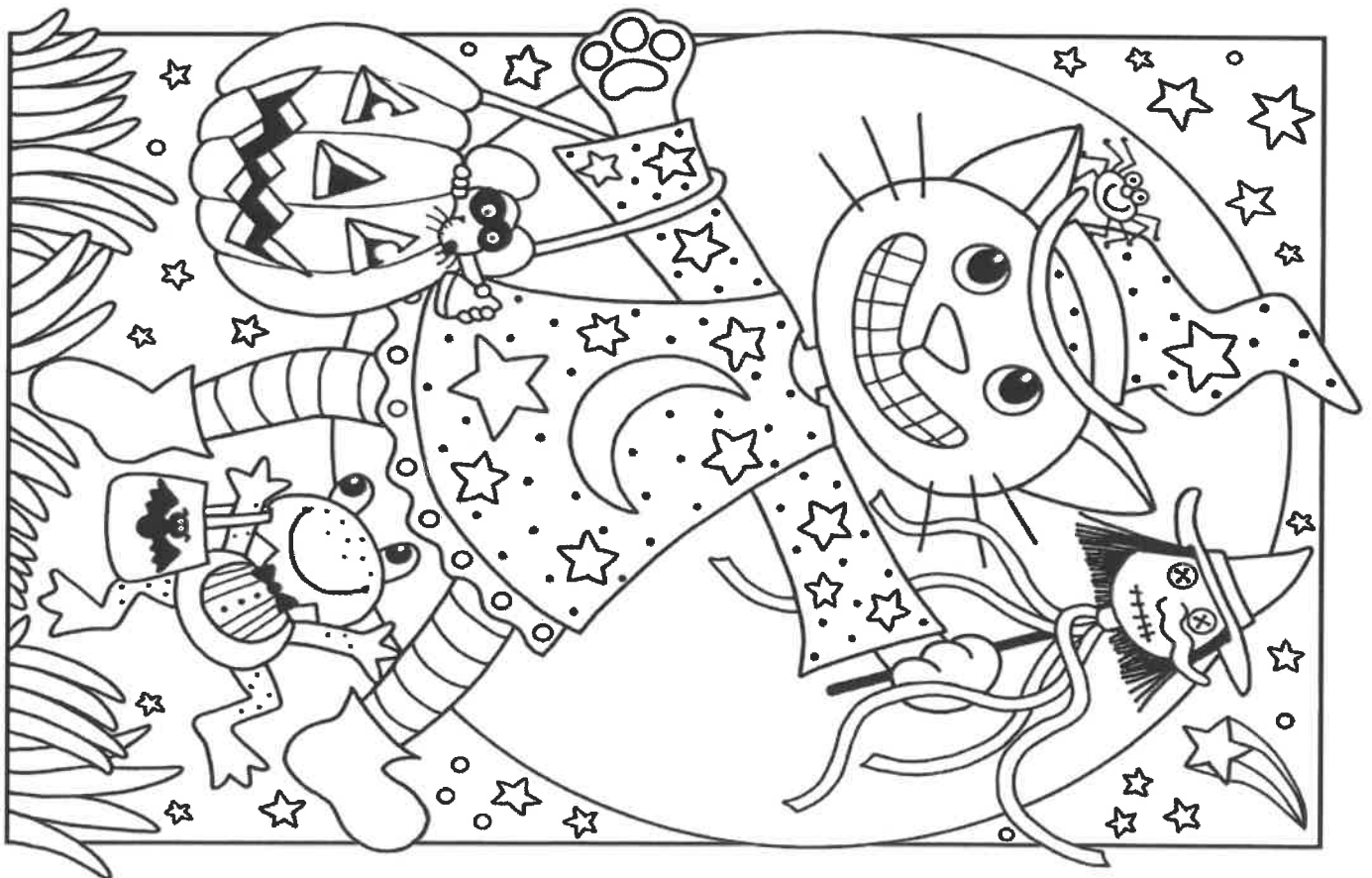
If you've recently vaped and are having difficulty breathing, please seek medical attention immediately.

For more information visit healthoregon.org/acd





RETURN FOR A GLOW STICK— WHILE SUPPLIES LAST!





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

YOUR AREA OFFICE STAFF:

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