

# DRUMBEAT NEWSLETTER - December 2020

Due to the COVID-19 Epidemic many services are contingent upon the office being open and the ability to provide services in a way that maintains the safety of the community and staff. Staff are available by email and phone.



3160 Blossom Drive NE, Suite 105  
Salem, Oregon, 97305

Phone: 503-390-9494  
Fax: 503-390-8099



## COVID Relief Programs

Many of these programs are based on income, but most are based on need due to impacts of COVID, and are not restricted to the Siletz service area. We encourage everyone to apply, so get your application. Each one requires an application form, and show need related to the COVID-19 pandemic. To request an application, please contact the following staff:

**THESE PROGRAMS HAVE VARIOUS APPLICATION DEADLINES WHICH MAY FALL ON THE 1ST OF DECEMBER.**

### MORTGAGE RELIEF –

Jeanette Aradoz – (541) 444-8316  
Cecelia DeAnda – (541) 444-8315

### RENT RELIEF –

Brett Lane – (541) 444-8317  
Isaac DeAnda – (541) 444-8314  
K.C. Short – (541) 444-8310

### ENERGY ASSISTANCE –

Casey Godwin – (541) 444-8311  
K.C. Short – (541) 444-8310  
Val Hibdon – (541) 444-8322

### WATER/SEWER –

Jenifer Jackson – (541) 484-4234  
Cathy Ray – (541) 484-4234

### FOOD ASSISTANCE –

Danelle Smith – (541) 444-9603  
Kurtis Barker – (541) 444-8247

### CHILD CARE ASSISTANCE –

DeAnn Brown - (541) 444-2532

CTS/ RESOURCE LINE  
We are here to connect Tribal members and their families to local resources for COVID-19 or Wildfire relief. This includes food, housing, and other essentials such as hygiene and sanitation items.  
*\*Supplies are limited but we will do our best to meet your needs.*  
**541-444-9613**  
Monday through Friday  
**9am-3pm**

CTS/ Virtual College Info Night  
THURSDAY, DECEMBER 3  
6:00 PM  
GET INFO ABOUT:  
♦ Applying to College/University  
♦ Tribal Grants and Scholarships  
♦ Student Housing  
♦ Financial Aid/FAFSA  
♦ Important Deadlines  
♦ Tribal Student-Support Programs  
♦ Plus: Meet advisors from local colleges and universities  
**All Students and Families Welcome**  
Contact [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us) to sign up and for login information

The Siletz Salem Area Office will be closed on the following day:

Christmas Day - December 25th



Application forms can also be found on the Tribe's website at: [www.ctsi.nsn.us](http://www.ctsi.nsn.us), and are available adjacent to the back door of the Tribal Administration Building in Siletz.

# 477 – Self Sufficiency Program

## Essential Services During COVID

The 477-Self Sufficiency Program (SSP) is open and providing essential services to eligible families and individuals residing in the CTSI 11-County Service Area. Due to Covid-19, all tribal offices are closed to the public. We are still accepting applications and conducting appointments over the phone and through email. The SSP has prioritized the following services:

- Pre-Temporary Assistance for Needy Families (Pre-TANF) / Non-Recurrent Short Term Benefits: Siletz families below 185% of the Federal Poverty Level (FPL) may be eligible for short-term financial assistance that doesn't exceed 4 months. The financial assistance is meant to provide basic needs and address short-term emergent needs;
- Regular Temporary Assistance for Needy Families: Siletz families below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- General Assistance for Single Adults: Siletz single adults below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- Emergency Assistance: Siletz families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply;
- Classroom Training: the Program is still providing financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/Occupational Training.
- Childcare Assistance: The Program offers childcare assistance to eligible TANF families while they engage in work or self-sufficiency activities;
- Foster Care Support Services: Childcare assistance to employed foster parents. The Program covers "working hours only" and limited respite.
- Home Visiting: The Program is accepting new families into the Early Childhood Home Visiting Program and working with current families to provide lessons in-person. Staff and families will be required to adhere to social distancing and wearing masks.
- Direct Placement: Support services (work clothing, transportation, tools, etc.) for Native Americans that recently gained employment. Must apply within 7-days of hire.

Other services such as Work Experience and On-the-Job Training may be available on a limited basis.

If you recently lost your employment due to Covid-19 and need assistance to meet your basic needs, please contact your local CTSI Tribal Office for an application. Additional eligibility criteria apply. SSP staff will reach out to you by phone or email. You can also email [477SSP@ctsi.nsn.us](mailto:477SSP@ctsi.nsn.us) for more information. Please include your name, phone number and the city/county you reside in.

### **Important 477-SSP Dates to Remember:**

**December 1st - December 5th**  
Monthly contact appointments by phone

**December 5th**  
Monthly Report Forms, Self Sufficiency Activities,  
Timesheets, and Job Search Forms are due

### **For More Information Contact:**

Tribal Service Specialist: Angelica Espino  
Phone: 503-390-9494 ext. 1853  
Email: [Angelicae@ctsi.nsn.us](mailto:Angelicae@ctsi.nsn.us)



Scavenger Hunt

Guessing Game

Christmas house building contest

Bird feeder kits

Coloring Contest

## SILETZ TRIBAL HOUSEHOLDS

Since we cannot gather for our annual open house this year we will be hosting Santa's Reindeer games!

Our Santa's Reindeer Games have been designed to give you and your household lots of fun activities and laughter!

By sending in pictures of your household participating we will be able to post some of the pictures on our Facebook page. Your friends and loved ones will get to see your household playing along too!

Here's what you do!

Call to sign up fast, fast, fast as Dasher as Space is limited. By playing along you will also have a chance to win holiday turkeys, door prizes and gift baskets! Sign ups will be taken until December 4th or until space is full. You can pick up your Reindeer games supply pack and goodies on December 8th. Games will begin December 8th and end on the 14th.

We will post the game winners on the Salem area office Facebook—[www.facebook.com/SalemAreaOffice](http://www.facebook.com/SalemAreaOffice) on December 16th so arrangements can be made for drawing winners to pick up their Reindeer Game Prizes.

Goodies

Games

Goodies

Reindeer Fun

Challenges

Fun for everyone!

Brought to you by:



in partnership with Confederated Tribes of Siletz Indians,  
Samaritan Health Services and Women's Foundation of Oregon

..... first annual .....

# HARM REDUCTION CONFERENCE

Harm reduction is a way of preventing disease and promoting health that "meets people where they are" rather than making judgments about where they should be in terms of their personal health and lifestyle. Accepting that not everyone is ready or able to stop risky or illegal behavior, harm reduction focuses on connection to community and access to services without judgement or coercion.

## TRACK OPTIONS

HARM REDUCTION SERVICES

LGBTQIA2S+

HEALING FROM TRAUMA

COMMUNICABLE DISEASE

TRAUMA INFORMED HARM REDUCTION

Conference is Virtual & Free!

Register at:

<https://www.eventbrite.com/e/cedarr-presents-our-first-annual-harm-reduction-conference-tickets-127733017895>

# DECEMBER 14-16



## COVID-19 Childcare Assistance Application

The Confederated Tribes of Siletz Indians (CTSI) has CARES funding to assist tribal member households with expenses directly related to COVID-19. CTSI wants to support tribal member households who need assistance for the unexpected costs and/or loss of income due to the COVID-19 pandemic and public health emergency with their childcare expenses. The funds can be used to pay for childcare costs incurred between March 16, 2020 and December 30, 2020. These funds must be spent by December 30, 2020. Siletz Tribal member households can qualify for a one-time payment of up to **\$500 per child per month** (as long as funds are available). Funds will be paid directly to Childcare Providers.

The following criteria must be met to qualify for COVID 19 Childcare Assistance:

- Child(ren) must be an enrolled Siletz tribal member under the age of 13 and require child care.
- Tribal member households located outside of the 11-county service area
- Tribal member households located in the 11-county service area (Lincoln, Marion, Benton, Linn, Lane, Polk, Tillamook, Yamhill, Clackamas, Washington, Multnomah) **that do not qualify for the CTSI Childcare Assistance Program.**
- Complete the attached application, and return with an invoice (or invoices) and **completed W-9** tax form from the Childcare Provider to Tribal Administration no later than December 11, 2020 by 4:30 pm.

To apply for COVID-19 Childcare Assistance, return the completed application and mail it to

Mail: DeAnn Brown, PO Box 549, Siletz, OR, 97380;  
Drop off: Drop off box at the Tribal Administration Building  
E-mail: [deannb@ctsi.nsn.us](mailto:deannb@ctsi.nsn.us);  
Fax: 541-444-2307

If you have questions please contact DeAnn Brown at (541) 444-2532.

**Completed applications (with all documentation) must be received at the Tribal Administration Office by December 11<sup>th</sup>, 2020 at 4:30 PM PST.**

## The 477 - SSP Family Engagement Contest was a success!

We would like to thank the families that participated in the 477-SSP Family Engagement contest that was open to all Siletz tribal households. We had 32 Siletz tribal families that registered for the event. A list of 32 activities that could be completed as a family were sent to those that registered. It was requested that photo verification of each activity completed would be sent in within the time frame and that each photo included at least one family member. We had 12 families (52 people registered to those 12 families) send in a total of 243 pictures. Each family that participated received a photo album with the photos they submitted. The top 5 families that completed the most activities received a gift card.

# Is smokeless tobacco safer than smoking?

**Smoking** is a serious health risk and one that can have countless negative impacts on our health. Of course everyone would stop if they could, but the unfortunate reality is that smoking is also addictive and sometimes this can make it seem impossible to quit. One solution many people turn to is to try something different. It isn't the smoking itself that is addictive you see, rather it is the nicotine which causes a release of dopamine in the brain and encourages neurotransmission resulting in a 'high' that we begin to crave. One strategy that some people will use themselves is chewing tobacco – which contains nicotine but doesn't involve inhaling anything into your lungs.

**Types of Chewing Tobacco**—Chewing tobacco goes by many names: smokeless tobacco, chew, snuff, snus, pinch, dip and more.

## Is Chewing Tobacco a Safe Alternative?

The addiction to cigarettes is deeper than just the physical addiction to tobacco – it's also a psychological addiction. It becomes a habit and it becomes a crutch that many use to lean on emotionally. If you are used to going outside for a ten minute break and lighting the end of a match then you will be used to the warmth this creates, to the feel of the cigarette in your mouth – generally to the entire rigmarole and culture and not just the chemical kick. You can change to chewing tobacco and think that you're curing yourself of smoking, but in fact you are just replacing one dangerous and damaging habit for another.



## Addiction

The big problem with chewing tobacco is that it actually results in your taking in more tobacco than a cigarette. This occurs because you leave the chew in your mouth for a longer time, this causes you to get a steady stream of nicotine throughout the day. In other words your body becomes accustomed to getting more nicotine and getting a constant flow of it.

## Cancer

There are over thirty different cancer-causing agents in chewing tobacco. You will be less likely to experience lung cancer because these won't make it to your lungs, but the chances of getting it in your mouth, throat, cheek, gums, lips or jaw are increased as the substance will spend much time here. This can be fatal, or if you have to have it removed it can result in serious disfigurement. Pancreatic cancer and kidney cancer are also more likely. To drive home just how dangerous chewing tobacco is, look inside your mouth. If you already chew tobacco then you might see that there are some tiny white lesions there. These tiny white lesions are called leukoplakia and are 'precancerous' and if you continue these lesions can grow and become cancerous.

## Heart Problems

Chewing tobacco speeds up your heart rate and increases your blood pressure. This then increases your chances of heart problems and circulatory diseases. You are more likely to experience poor circulation leading to nerve damage, and you are more likely to suffer a heart attack or stroke.

## Conclusion

Neither chewing tobacco nor smoking are advised and both can lead to serious problems. They are both addictive, unattractive, unsociable and frankly expensive. More importantly both can lead to various forms of cancer and heart disease. While you won't get tar in your lungs or blood stream with chewing tobacco, higher amounts of nicotine and the long amount of time the substance spends in your mouth means that addiction and mouth cancer is actually even more likely.

Corey Strong, NCTTP, CRM  
TPEP Coordinator  
Siletz Community Health Clinic

**Commercial Tobacco Quitline 1-800-QUIT-NOW**  
**A/AN Line now available (option 7) 1-800-7848-663**

# Behavioral Health - Rachel Adams, Mental Health

## Thinking about winter:

The leaves have fallen off the trees, or will soon, the days are short and heading to the shortest day of the year, and complicating matters we are still in a pandemic... It can be hard to find the energy to do our activities of daily living, let alone extra curricular activities. But we must try!

## Ways to fight shorter day tiredness:

- 1) Limit or eliminate screen use two hours before bed; if you are around artificial light after dark, your body won't start producing its natural melatonin, and you won't feel rested the next day, which leads to being sluggish to accomplish tasks.
- 2) Find a way to get natural or artificial vitamin D—go out when the sun is out, without sunglasses, or invest in a “happy light”, one that has the full spectrum of sunlight in it (don't use within two hours of bed)
- 3) Get exercise, even if it's just walking in place while you watch TV, or going up and down one step at a stairway. Exercise fuels our body's desire to continue being busy and active.

## Youth Conference:

Youth Conference will be virtual this year, on December 29th and 30th, and youth who register early will get a goodie bag! Contact your local area office for more information, and registrations get sent to Nora Williams [NoraW@ctsi.nsn.us](mailto:NoraW@ctsi.nsn.us)

There will be lots of good activities and ways to connect with fellow youth!

## Mental Health Specialist services include:

The Mental Health Specialist has a MS in Mental Health Counseling, and utilizes person-centered therapy, adding in pieces of anger management, coping skills education, mindfulness, and self-compassion

when it is requested or seems beneficial. People of any age can see the Mental Health Specialist for individual counseling, group therapy, Brainspotting, Gottman-style couples counseling, and family counseling. The Mental Health Specialist also gets to help out with adventure-based group activities at times! Ropes courses, rafting, hiking, especially in the spring and summer, are all possibilities (post-pandemic).

## Coming up this December:

Rachel, Mental Health Specialist, will be co-facilitating a Videogame Tournament December 5th! This tournament will be in Minecraft, the Bedrock edition. Please call for more details, or email [jacobr@ctsi.nsn.us](mailto:jacobr@ctsi.nsn.us) to get the registration information and register.

## Traditional Coping

Winter preparations should now be well underway and the Elders in our thoughts. It's a difficult time to be active in your community, but there are virtual events happening. Video events may not seem like a beneficial way to connect, but they are a wonderful tool to utilize to keep our community most safe. The Siletz peoples are encouraged to keep in harmony with their ancestors' ways; attending private sweats, virtual drum and talking circles, and smudge. Live life in a healthy, good way!

Salem Area Office  
Virtual Appts, M-F  
8:00 am - 4:30 pm  
(503) 390-9494  
x1864



Portland Area Office  
Virtual Appts, M-F  
8:00 am - 4:30 pm  
1 - (503) 238-1512  
X1417



Andulia White Elk  
 503-390-9494 X 1855  
 AnduliaW@ctsi.nsn.us

## Addiction and Resentments

Resentments refers to the mental process of repetitively replaying a feeling and the events leading up to it that persists or angers us. Sometimes we are unable to let that resentment subside and let it go in our lives. We re-experience and relive them in way that affect us emotionally, physiologically, and spiritually in very destructive ways. The inability to overcome resentment probably constitutes the single most devastating problem to repairing a disintegrating intimate connection, family rift, or severed friendships. In recovery we try to work through these resentments because if we do not it creates a feelings of anger and pain which may bring up triggers of using that may come up and we justify us using again to get rid of the pain of the resentment. Here are some tips to begin to heal from your resentments for your recovery.

- Acknowledge that the resentment is there and active in your thoughts
- Notice how it is affecting your body, mind, spiritual, social well being
- Begin to actively visualize stopping the thoughts of resentment when they play out in your mind, such as a stop sign, road block or other representative of this action.
- Talk with someone you trust about the resentment and acknowledge or write down what may have been your part in the resentment. i.e (. I didn't speak up when I needed something.)
- Write down the resentments and read back carefully and begin to see the whole picture of the resentment.
- Verbalize and visualize your letting go of the resentment in your mind.
- Allow yourself to let it go and choose to be happy again without the anchor of the resentment hanging on to you.

These steps can support you in no longer allowing the resentment to control you, your emotions, actions and reactions in your life and become happier more open and peaceful person in your life and recovery.





## CTSI-Community Message

Due to COVID-19, until further notice services will be provided via telephone, email and mail: Offices will be closed to walk-in clients. Payments can be made by telephone with a credit/debit card; by mail via a check or money order.

Our staff are working very hard to continue providing critical services to our community members.

To access these services, please call:

**Siletz Community Health Clinic:** (541) 444-1030

**Siletz Tribal Housing:** (541) 444-8322. Payments can be mailed or put in the Drop Box

**477-SSP:** (541)-444-8247

**USDA Food Program:** (541)-444-8393

**Human Resources:** (541)-444-8274

**Indian Child Welfare (ICW):** (541)-444-8272

**Natural Resources:** (541) 444-8227, or (541) 444-8232

**Enrollment:** (541)-444-8258

**Elders:** (541)-444-8220

**Eugene Area Office - Phone-** (541)-484-4234

**Portland Area Office -Phone-**(503)-238-1512

**Salem Area Office -Phone-**(503)-390-9494

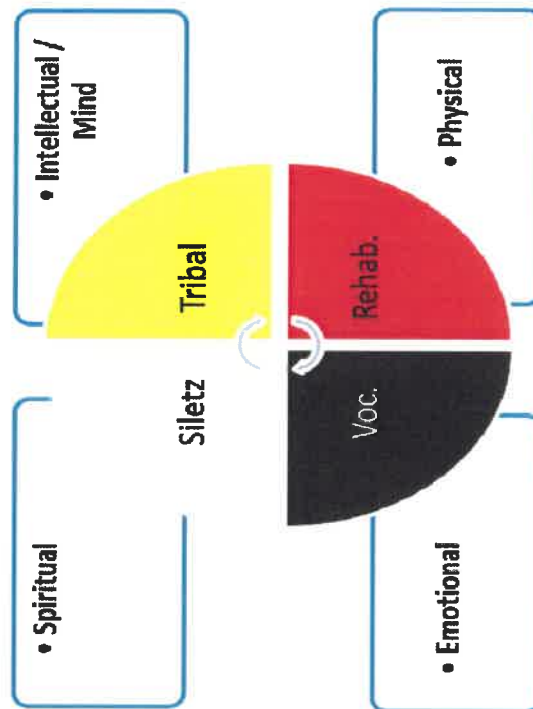
To access all other services, please visit: [www.ctsi.nsn.us](http://www.ctsi.nsn.us)

**BABY MOCCASIN KITS!**

We have a small amount of baby moccasin kits available. You will need to have some previous experience. Call for availability: 503-390-9494



The Siletz Tribal Vocational Rehabilitation Program (STVRP) is designed to provide vocational rehabilitation services, including culturally appropriate services, to Native Americans with disabilities who reside within the 11- county service area. The primary goal of the program is to assist and prepare participants to obtain and maintain successful employment, including self-employment and business ownership.



For more information, contact:  
Toni Leija, Job Developer/Counselor  
503-390-9494 X 1861  
ToniL@ctsi.nsn.us

# USDA Distribution Dates for December

## Siletz

Tuesday	Dec 1	9:00 am – 3:00 pm
Wednesday	Dec 2	9:00 am – 3:00 pm
Thursday	Dec 3	9:00 am – 3:00 pm
Friday	Dec 4	9:00 am – 3:00 pm
Monday	Dec 7	9:00 am – 3:00 pm



## Salem

Monday	Dec 14	1:30 pm – 6:30 pm
Tuesday	Dec 15	9:00 am – 6:30 pm
Wednesday	Dec 16	9:00 am – 6:30 pm
Thursday	Dec 17	By appointment only

**Salem Warehouse: 503-391-5760**

*Call the Salem Warehouse only on Salem distribution days/times specified.*

## PUMPKIN ROLL

**PREHEAT OVEN TO 375\***

### INGREDIENTS:

- 3 EGGS
- 1 TEASPOON LEMON JUICE
- 2/3-CUP PUMPKIN
- 1-TEASPOON BAKING SODA
- 1-TEASPOON NUTMEG
- 3/4-CUP FLOUR
- 1-CUP SUGAR
- 1-TEASPOON BAKING POWDER
- 2 TEASPOONS CINNAMON
- 1-TEASPOON GINGER

Mix together all dry ingredients in a small bowl. Set aside.

Beat 3 eggs for 5 minutes until fluffy (do not skimp). Mix in the pumpkin and lemon juice until well blended. Slowly add the dry ingredients. Mix well.

Line a jellyroll pan with waxed paper that has been greased and floured. Pour cake mixture evenly in pan. Bake for 15 minutes. Do not over-bake.

Sprinkle powdered sugar on a linen cloth and turn the cake out on it. Roll the cake up as a jellyroll and let cool.

### FILLING:

- 4 TABLESPOONS MARGARINE
- 1 TEASPOON VANILLA
- 8 OUNCES SOFTENED CREAM CHEESE
- 1 TEASPOON LEMON JUICE
- 1 CUP POWDERED SUGAR

Mix together all ingredients until smooth. Unroll cake and spread the filling evenly. Re-roll the cake and sprinkle with a light dusting of powdered sugar. Serve the cake chilled, preferably overnight.

Joyce Retherford, FDP Director  
 joycer@ctsi.nsn.us  
 541-444-8393

Sammy Hall, Warehouseman/Clerk  
 sammyh@ctsi.nsn.us  
 541-444-8279



Fax

Siletz: 541-444-8306  
 -OR-  
 Salem: 503-391-4296



at "Siletz Tribal FDPIR" and share your recipes on our page.

$$\sum_{i=0}^n x_i$$

$$y = \frac{\Delta x}{\Delta z}$$

$$= (y-1)^2$$

$$\int_a^b \frac{1}{x} dx = \ln|x|$$

$$\sum_{n=0}^{+\infty} \frac{x^n}{n!} = e^x$$

# ZOOM HOMEWORK HELP

**Monday - Thursday 5pm-6pm**  
**Starting Monday, October 12**  
**Zoom ID: 892 7349 0087**  
**Password: 624787**

WOU math education students will be staffing a daily homework help session via Zoom. Feel free to drop in at any time. Everybody is welcome regardless of school or district. All math questions are invited from grades 4-12.

Each session will have at least two tutors available. Tuesdays will offer a tutor who is bilingual (Spanish). All sessions are recorded to protect both WOU and K-12 students. Tutors will expect that all students are supervised by an adult during the tutoring session.

Questions? Contact Dr. Rachel Harrington, Western Oregon University  
 harrington@wou.edu 503-335-0531

$$\lim_{x \rightarrow 1} \frac{ct_{9x} - 2}{2\sqrt{x} - 3}$$

$$S_3 = \begin{bmatrix} 100 \\ 101 \\ 101 \end{bmatrix}$$

$$S = \int \sqrt{t} dt$$

$$\int (x \pm a)^c = \frac{(x \pm a)^{c+1}}{c+1}$$

$$f = \sqrt{\frac{\sum (x-m)^2}{n}}$$

$$A-C$$

$$\frac{A-C}{C}$$

# CTSI Tribal Youth Online Academic Support

**Weekly Student Meet Ups**

**\*Homework Help with CTSI Staff**

**\*Connect with other tribal students**

**\*Every Monday 4-5 pm via Zoom**

**On-Demand Tutoring**

**\*Live Access to Professional Tutors 24/7**

**\*All Subjects and Grade Levels**

**\*Individualized Help**

**PLEASE NOTE:**  
 On-line tutoring access is funded with US CARES Act Funds; Families **MUST** register by **December 1, 2020**

To get started with either program contact your local education specialist: Siletz and Out of Area-[Alissa.allissale@ctsi.nsn.us](mailto:Alissa.allissale@ctsi.nsn.us); PDX- [Katy.Katy@ctsi.nsn.us](mailto:Katy.Katy@ctsi.nsn.us); Salem and Out of Area-[Sonya.sonyam@ctsi.nsn.us](mailto:Sonya.sonyam@ctsi.nsn.us); Eugene-[Nick.nick@ctsi.nsn.us](mailto:Nick.nick@ctsi.nsn.us)

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



**YOUR SALEM AREA OFFICE STAFF:**

<b>Andulia White Elk</b>	<b>Addictions Counselor</b>
<b>Andrew Eddings</b>	<b>Peer Recovery Mentor</b>
<b>Angelica Espino</b>	<b>Tribal Services Specialist</b>
<b>Antonia Leija</b>	<b>Voc Rehab Job Developer</b>
<b>Beverly Owen</b>	<b>Salem Area Office Supervisor</b>
<b>Cecilia Tolentino</b>	<b>Community Health Advocate</b>
<b>Dana Rodriguez</b>	<b>Salem Area Office Clerk</b>
<b>Lori Christy</b>	<b>Home Visitor</b>
<b>Lydia Kentta</b>	<b>Transporter</b>
<b>Rachel Adams</b>	<b>Mental Health Counselor</b>
<b>Sonya Moody-Jurado</b>	<b>Education Specialist</b>