

DRUMBEAT NEWSLETTER—February 2020

Salem Area Office: 3160 BLOSSOM DRIVE NE, SUITE 105, SALEM, 97305

(P) 503-390-9494

(F) 503-390-8099

Announcements, News, and Highlights



OFFICE CLOSURES IN FEBRUARY:

FEBRUARY 17TH—PRESIDENT’S DAY

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.

Look inside for details on the following classes, presentations or programs

477/SSP PRESENTATION - This month’s presentation is on Emergency Preparedness. See the Special Trainings and Presentations page and/or the 477/SSP page for additional information.

LANGUAGE CLASS - February 11th

COOKING MATTERS CLASSES - This class is provided in partnership between the 477-SSP Program and the Diabetes program. There are 6 sessions to the classes. See the 477-SSP page under “477-SSP Important dates to remember” for more information.

COLLEGE STUDENTS SUMMER INTERNSHIP PROGRAM - Deadline to sign up for this wonderful opportunity is March 13th at 4:30 pm.

FAMILY FISHING CAMP OPPORTUNITY - CTSI has partnered with the NW Steelheaders Association and the National Wildlife Federation to offer Siletz limited, full scholarships for youth to attend. The scholarship is for one youth and one adult. See the flyer in our newsletter for the website address where you can learn more and apply for the scholarship.

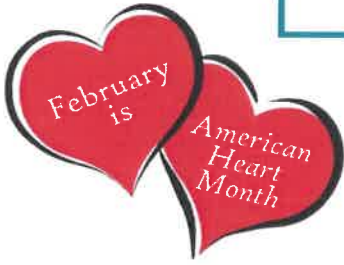
Random Acts of Kindness day is February 17th

In a world
where you can
be anything,
BE KIND.



Practice
random
kindness

Community Health News



American Heart Month

February



Smoker Quit Kits

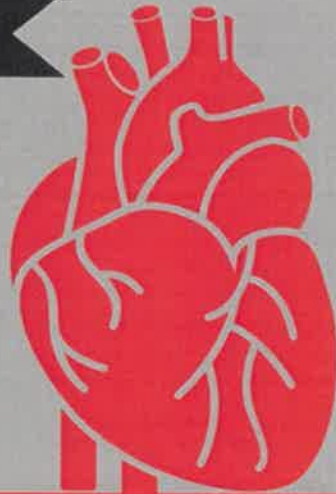
If you're trying to kick your smoking habit, we have a limited supplies of quit kits from the Tobacco Prevention program.

A quit kit is a helpful stash of emergency essentials that quitters can turn to when they have the urge to smoke. That urge usually passes in 3-5 minutes, whether quitters light up or not. Having the right tools on hand to help get through the urge to smoke may be crucial to a quitters success.

Call The Salem Area Office to request one.

LOVE YOUR HEART

- Get active
- Eat well
- Control cholesterol
- Manage blood pressure
- Reduce blood sugar
- Lose weight
- Quit smoking



AMERICAN HEART MONTH



Siletz Tribal Child Passenger Seat Program

Car seat assistance is available to Siletz tribal member children and legal dependents of Siletz tribal members. Please call or email Cecilia at the Salem Area Office to schedule an appointment time.

Siletz Tribal Youth Helmet Program

Siletz tribal member youth and legal dependents of a Siletz tribal member are eligible to receive a bicycle or skateboard helmet. Please call or email Cecilia at the Salem Area Office to schedule an appointment time.

Over-the-Counter Medications – OTC's

The Salem Area Community Health Advocate distributes over the counter medications (OTC's) to Siletz tribal members to alleviate current temporary symptoms.

OTC'S are subject to availability and are listed below.

- Antihistamines
- Antacids
- Multi-vitamins-children/adults
- Pain relievers/fever reducer-infant/child/adult
- Cough suppressant/expectorant
 - Pedialyte
 - Coricidin
- Hydrocortisone cream 1%
- Triple Antibiotic ointment

For more information, please contact Cecilia at 503.390.9494 or by email at ceciliat@ctsi.nsn.us

February is American Heart Month



How does smoking affect the Heart?

Lets start this conversation off with one (1) of the 7,000 chemicals found in cigarette smoke, “carbon monoxide”.

What is carbon monoxide (CO)?

Carbon monoxide (CO) is a colorless, odorless, poisonous gas. CO, tar and nicotine are the main constituents of tobacco smoke. All represent some risk to your health. Carbon monoxide mainly affects the lungs, heart, and blood vessels.

If I cut down on smoking, will this reduce my breath CO by an equivalent amount?

Probably not. A smoker may smoke fewer cigarettes, but will require the same amount of nicotine. Thus, you may smoke a smaller number of cigarettes more aggressively. As a result, you may continue to receive a similar amount of CO.

How does carbon monoxide (CO) harm my body?

When tobacco smoke is inhaled into the lungs, CO passes through the lining of the lungs into the blood, where it becomes attached to the hemoglobin (Hb) - the oxygen carrier on red blood cells. These red blood cells normally carry oxygen, however, their chemical attraction to CO is greater than oxygen. So, any CO in the blood pushes out oxygen, forming Carboxyhemoglobin (%COHb), thus putting extra strain on the heart.

Heart problems caused by carbon monoxide

Heart: To compensate for the shortage of oxygen, the heart has to work harder to get enough oxygen to all parts of the body. The heart itself gets less oxygen, increasing the risk of heart damage.

Circulation: COHb causes the blood to thicken and the arteries to get coated with a thick, fatty substance. This causes high blood pressure and circulation problems, with increased risk of stroke and heart attack.



**Commercial Tobacco Quitline 1-800-QUIT-NOW
AI/AN Line now available 1-800-784-8663 (option 7)**

“The more you **read**
the more **things** you know.
The more that you **learn**
the more **places** you’ll go.”
-Dr. Seuss

Education News

Sonya Moody-Jurado-Education Specialist
February 2020



EDUCATION PROGRAM COMPONENTS

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

MY OFFICE HOURS ARE MONDAY-THURSDAY 8:00 AM – 4:30 PM

OREGON PROMISE HELPS PAY FOR COMMUNITY COLLEGE

The state is launching its Oregon Promise program—offering new high school graduates and GED recipients an opportunity to have some or all of their community college tuition covered.

For more information, visit www.OregonPromise.org

ALL STUDENTS CONTEMPLATING ATTENDING SCHOOL FALL TERM, THIS INCLUDES High School Seniors, returning students and anyone that may be interested in attending school Fall Term 2020, **MUST HAVE FILLED OUT THE FAFSA-** Free Application for Federal Student Aid. **IT IS A TRIBAL PROGRAM REQUIREMENT THAT YOU FILL OUT THE APPLICATION FOR FEDERAL STUDENT AID (FAFSA) BY January 31, 2020 TO RECEIVE TRIBAL FUNDING for Fall 2020.** There is no exception to this requirement.

OREGON STUDENT ASSIST COMMISSION-Complete one application for over 400 scholarships

Below is a list of some other websites that offer scholarship searches. You can also go through the search engine on the www.fafsa.ed.gov website:

American Indian Graduate Center: <https://www.aigcs.org/scholarships-fellowships/>

For more information, call 800-452-8807 ext. 7395 or visit www.getcollegefunds.org/
The website will cover the following questions and areas.

OSAC [Early Bird](#) priority deadline:

February 15, 2020

OSAC nonpriority deadline:

March 1, 2020

American Indian Science and Engineering Society (AISESnet) www.aises.org

Catching the Dream: <https://www.catchingthedream.org/>

COBELL Scholarship-<https://cobellscholar.org/>

College Board www.collegeboard.com

FastWEB- www.fastweb.com



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.

2020 College Students Summer Internship Program Deadline

Students attending college can apply for the Tribe’s 2020 College Students Summer Internship Program. To be eligible, you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager, Tina Retasket, or the education specialists at any Tribal area office to request an application.

This program assists Tribal students with locating internship placements to gain work experience in their field of study. Up to Ten slots are available for 2020.

Students can work up to 300 hours at Tribal minimum wage (currently \$12.75/hour) and can be placed within or outside of the Tribe.

Students selected for the program must complete an orientation, criminal history background check and drug screening (Note: The Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana).

Placements can begin in June, but must be completed by Sept. 30, 2020.

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

By Mail

CTSI
Attn: College Internship Program
P.O. Box 549
Siletz, OR 97380-0549

By Fax

541-444-2307

By Email

collegeinterns@ctsi.nsn.us

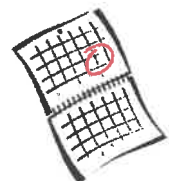
Deadline for applications to be received at the Siletz central administration building is **4:30 p.m. on March 13, 2020.**

Low-Income Home Energy Assistance Program 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:

*Call the Salem Area Office to
schedule a LIHEAP intake
appointment with
Dana Rodriguez*

<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



Special Trainings & Presentations

477/SSP Siletz Tribal Home Visiting Program is coordinating monthly Trainings/Presentations on a variety of topics each month in all of our area offices. These are open to the community and anyone is welcome to join.

Emergency Preparedness Presentation's

Eugene 2/6/20 10-12PM

Portland 2/13/20 10-12PM

Salem 2/20/20 10-12PM

Siletz 2/27/20 10-12PM

Presenter: Eli Grove CTSI Emergency Preparedness Coordinator

Agenda:

1. Presentation on Emergency Preparedness (overview and general information).
2. Talk about individual preparedness (what's in your go-bag)?
3. How should you prepare your family?
4. Questionnaire & open discussion. How can we best prepare our Tribe for emergencies?
5. Sharing local emergency plans. Where do you fit in and how to become involved.
6. Questions for me...
7. Questions for you...Prizes Available!

Anyone is welcome and encouraged to attend. This is good information for everyone, regardless of your role at work or home. Please stop by and ask questions, share concerns or just listen and take home some prizes!

A Light snack will be provided



Childcare Assistance Program - DeAnn Brown

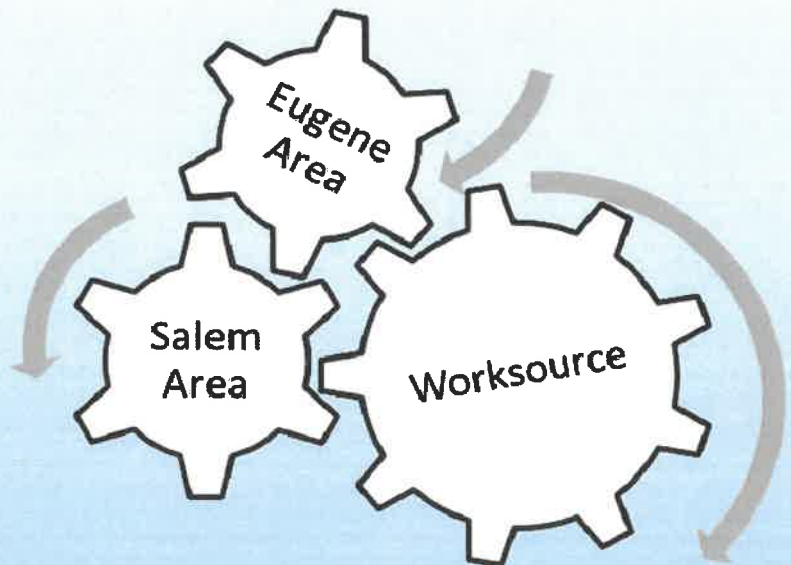
CTSI Childcare Assistance Program has expanded services and can now serve children that are under the age of 13 years and who are descendants and/or dependents or enrolled tribal members. Families must reside in the eleven county service area and parents must be working or enrolled in higher education or job training. For more information or to request and application call **DeAnn Brown at 541-444-2450 or 1-800-922-1399.**



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 the following office location on:

THURSDAYS
9:00 AM—12:30 PM
ALBANY WORKSOURCE
139 4TH AVE SE
ALBANY, OR 97321



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.

Relationships and Recovery - Andulia White Elk

Most people experience deep regret, guilt, and shame related to the harm their use of alcohol and other drugs has caused to the people they care about. Frequently, wanting to “fix” important relationships immediately is based on a desire to alleviate the emotional pain of having hurt loved ones. But pain—both emotional and physical—is an inevitable aspect of life. It is part of being human. The process of recovery requires learning how to accept and go through the pain that life brings you. Part of this process is accepting that repairing the damage your addiction has done to your relationships will only happen gradually over time—based on what you do rather than what you say. The saying “actions speak louder than words” is especially accurate related to recovery.



It will be helpful to resist the urge to focus on fixing your relationships and keep the focus on making progress in your recovery. As you continue to work on your recovery, your relationships are likely to improve over time. The best way to resolve relationship issues is through slow, incremental change.

*addiction is real.
so is recovery.*

Language Class - Bud Lane

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

February 11th

6:00 pm—8:00 pm



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

Behavioral Health - Rachel Adams

Not all talks are easy:

During the winter months, people can become depressed, or suffer seasonal affective disorder. Winter holidays can be stressful, to the point of overwhelming for folks. And remember, even too much stress caused by happy events, can be overwhelming. In the midst of holidays and winter, some people start having thoughts of ending their lives. If you or a loved one has these thoughts, please know that you are not alone. Many people have these thoughts from time to time, and what is important is to take action against them.

Signs of suicidal thinking and planning:

- 1) Giving away your prized possessions/ animals. (Not the same as creating a will)
- 2) Calling up people you haven't talked to in a while to tell them goodbye or reminisce about times past.
- 3) Thinking about how much pain you are in and wishing you did not exist.
- 4) Increased drug/ alcohol use.

It's hard, but, talking openly about suicide saves lives. Don't be afraid to ask, are we talking about suicide?

What to do about suicidal thoughts or risk:

- 1) Call the national suicide prevention line: 1-800-273-8255
- 2) Text the national suicide prevention line: Text TALK to 741741 (really works!)

- 3) Call a crisis line:

After hours through the Siletz Tribe:

1-541-444-8286

24/7 county suicide prevention lines: Multnomah County: 503-988-4888

Clackamas County: 503-655-8585

Marion County: 503-585-4949

- 3) Reach out to family, seek the services of a counselor, talk to someone trusted.

Don't forget, Mental Health:

Rachel is always accepting new clients! Call and schedule an appointment, and she can help you learn skills to get you where you want to go.

Traditional Coping:

For the people of the Siletz tribe, our Elders are an ever-important resource to utilize. Chances are, they have experienced most, if not all, of the stressors we're facing, and quite possibly they have experienced some suicidal thoughts at some point in their lives. Elders can explain how they managed to walk away from those thoughts. Smudging, talking circles and sweat lodges are traditional methods of health and healing for the Siletz people, also.

Rachel Adams, Mental Health Specialist

Portland Area Office

Mondays & Tuesdays

(503) 238-1512

X1417

Salem Area Office

Wednesdays & Thursdays

1-(503) 390-9494

x1864



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



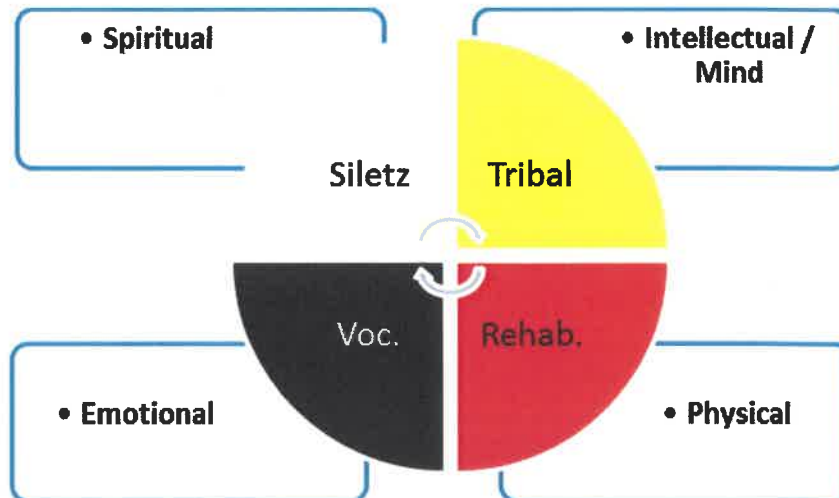
For more information about the STVRP, please inquire at 1-800-922-1399. Services are provided in ALL area offices, however, to inquire about services, ask to be transferred to the office nearest you listed below.

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



477 – Self Sufficiency Program

The 477–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–Self Sufficiency Program must meet the eligibility requirements.

Important 477-SSP Dates to Remember:

February 1st-5th

Monthly Contact Appointments

February 5th

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

February 5th, February 12th, February 19th

Cooking Matters Classes

11:00 am -1:00 pm or 5:30 pm -7:30 pm (Must RSVP)

Location: Hee Hee Illahee RV Resort

February 20th

Emergency Preparedness

Time: 10:00 am- 12:00 pm

Location: Salem Area Office

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.

477/SSP Siletz Tribal Home Visiting Program is coordinating monthly Trainings/Presentations on a variety of topics each month in all of our area offices. *These are open to the community and anyone is welcome to join.*

Emergency Preparedness

Presenter: Eli Grove CTSI Emergency Preparedness Coordinator

Agenda:

1. Presentation on Emergency Preparedness (overview and general information).
2. Talk about individual preparedness (what's in your go-bag)?
3. How should you prepare your family?
4. Questionnaire & open discussion. How can we best prepare our Tribe for emergencies?
5. Sharing local emergency plans. Where do you fit in and how to become involved.
6. Questions for me...
7. Questions for you...Prizes Available!

Anyone is welcome and encouraged to attend. This is good information for everyone, regardless of your role at work or home. Please stop by and ask questions, share concerns or just listen and take home some prizes!

Date: February 20, 2020

Time: 10:00 am-12:00 pm

Location: Salem Area Office

February Component Spot Light: Direct Placement

This service is available to all eligible participants who have the opportunity for permanent, unsubsidized employment and are hired by an employer directly. It must be requested within 7 days of the hire date. Supportive services, such as clothing, tools, and uniform, may be provided as necessary to assure successful employment.

For More Information Contact:

Angelica Espino

Tribal Service Specialist

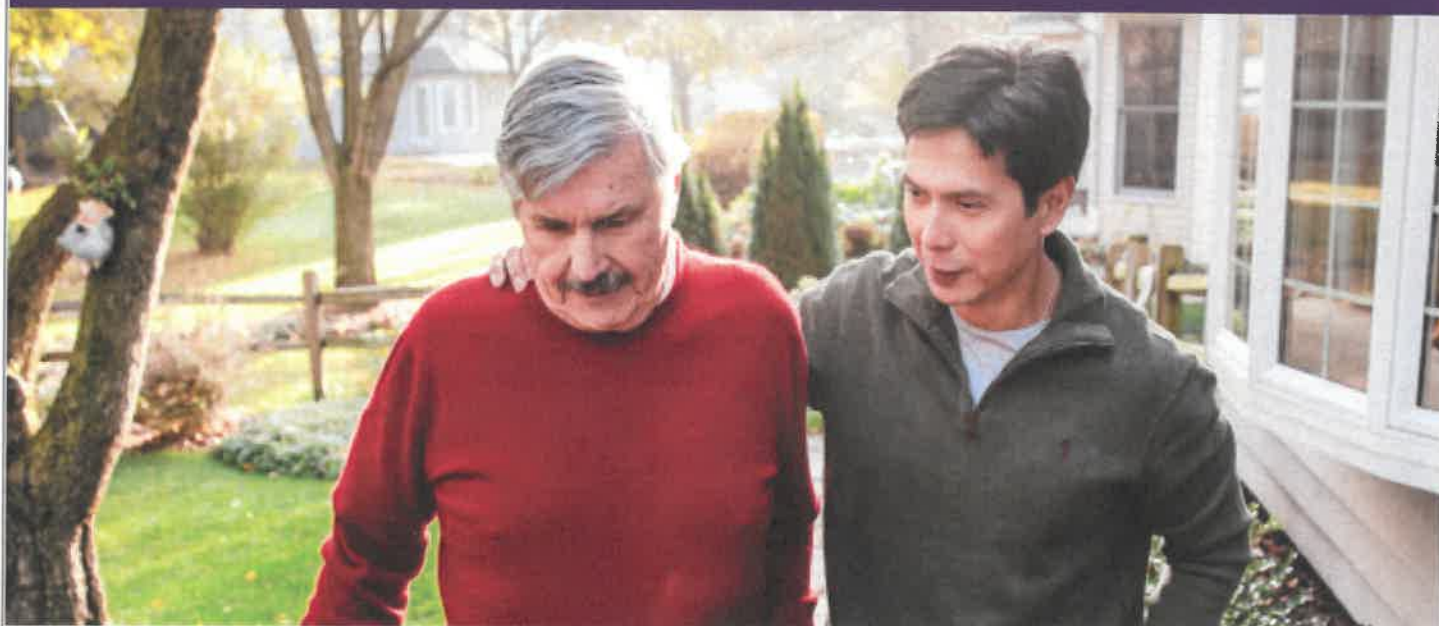
Phone: 503-390-9494 ext.1853

Email: Angelicae@ctsi.nsn.us

HEALTHY LIVING FOR YOUR BRAIN AND BODY

FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Tuesday, February 11 | 2-4 p.m.
Hee Hee Illahee RV Resort
4751 Astoria St NE, Salem 97305
RV @ The Meeting Room
RSVP Salem Area Office Contact:
Toni Leija, (503)390-9494
ext. 1861 or 1-800-922-1399

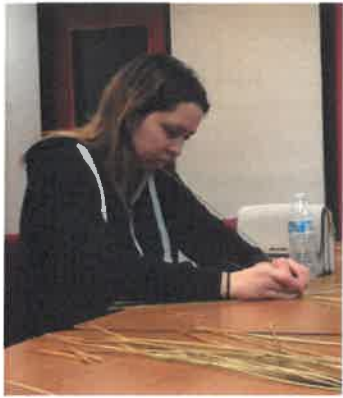
Visit alz.org/CRF to register online and explore additional education programs in your area.

alzheimer's  association®

Home Visiting Program - Lori Christy

OPEN TO THE COMMUNITY PRESENTATIONS

Home Visiting is hosting monthly presentations on a variety of topics. In January, Kathy Kentta-Robinson, Project Coordinator for the Confederated Tribes of Siletz Indians Healthy Traditions program, came and shared with us about practicing the harvest of traditional foods. We heard great information and had the chance to practice basket weaving.



February's Presentation

Join us this month when Eli Grove, CTSI Emergency Preparedness Coordinator, comes and gives a presentation on emergency preparedness. Snacks and prizes available! **February 20th from 10:00-12:00 at the Salem Area Office.**



Home Visiting is a 477-SSP program for parents of infants and toddlers. The program offers support and encouragement while providing parenting and life skills for successful



and positive parenting. We serve Siletz families in our 11 county service area who are expecting or have an infant less than 12 months of age, continuing until the child's third birthday. The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. Family



Spirit is Evidence based and culturally sensitive to native families. Parents gain knowledge and skills for their developing infant through 36 months of age. We also focus on goals and healthy living for parents as a support system for the family as a whole.



**Lori Christy, Home Visitor
503-390-9494 x 1863**



USDA distribution dates for FEBRUARY 2020

Siletz

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



Salem Warehouse: 503-391-5760

Call only on days specified here.

Salem

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



CHICKEN ADOBO

INGREDIENTS:

1 chicken (You can use thighs or whatever you want)

Pack of pork ribs (bone in)

Soy sauce & white vinegar (3:1)

Cayenne pepper (2 t. or to taste)

Garlic (5 - 10 cloves)

Peppercorns (small palm full)

Brown sugar (1/4 cup)



INSTRUCTIONS:

Put everything in a big pot and bring to a boil. Reduce heat to medium and simmer for ½ hour to 45 minutes, turning over every 5 minutes. After meat is cooked through, add a little flour to thicken juice a little.

Serve over rice.



We would like to see more people sharing their recipes on our FB page. Visit our page, “Siletz Tribal FDPIR” and share a recipe!

Joyce Retherford, FDP Director
541-444-8393

Sammy Hall, Warehouseman/Clerk
541-444-8279

Learn to fish alongside
the whole family!



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March 13-15, 2020
Camp Angelos | Corbett, OR
Scholarships Available | All Ages Welcome

Family Fish Camp is for all families who want to learn fishing skills while staying overnight at cozy Camp Angelos on the Sandy River.

Passionate anglers with years of experience will teach you the basics, and your family will have the opportunity to spend time together outdoors alongside new friends.

SPONSORED BY:



**Camps
for
Kids**

To learn more and to register, visit:

[https://nwsteelheaders.salsalabs.org/
familyfishcamp2020/](https://nwsteelheaders.salsalabs.org/familyfishcamp2020/)

Questions: orhabitat@nwf.org or (503) 616 - 4280

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

happy
Valentine's
day

Your Area Office Staff:

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