

DRUMBEAT NEWSLETTER - JULY 2020

3160 BLOSSOM DRIVE NE, SUITE 105, SALEM, 97305

(P) 503-390-9494

(F) 503-390-8099



Announcements, News, and Highlights

Due to the COVID-19 virus 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.

IMPORTANT NOTICE

PER CAPITA

Per capita garnishments have been waived for 2020

CHOKER KITS

Choker kits are available for JOM students. See page 10 for more information.

CULTURAL ACTIVITIES 2020

Due to the pandemic, and the inability to effectively practice social distancing measures, all remaining 2020 Cultural Activities have been cancelled. Instead, Tribal Culture Department staff will be providing virtual activities, including a virtual Culture Camp and Run to the Rogue, on the member only portion of the Tribe's website. They will be pulling together some "how to" videos, list of resources, list of YouTube tutorials and more.

RENT/MORTGAGE/FOOD ASSISTANCE PROGRAMS FOR SILETZ TRIBAL HOUSEHOLDS

Limited rent/mortgage relief and Food assistance is available to Siletz Tribal households negatively impacted by the COVID-19 pandemic (i.e. laid off, reduction in income or hours, etc.). The rent/mortgage relief is a one-time payment to household's landlord or mortgage company. The assistance is available to Siletz Tribal members in and outside the service area.

Assistance for these programs is on a first come first served basis and funds are available until expended. Additional information and the application form can be found on the Tribe's website at: www.ctsi.nsn.us

RENTAL RELIEF ASSISTANCE

Casey Godwin - (541) 444-8311
Jeanette Aradoz - (541) 444-8316

MORTGAGE RELIEF ASSISTANCE

Brett Lane - (541) 444-8317
Kerry Short - (541) 444-8310

COVID FOOD ASSISTANCE PROGRAM

A new food program to assist Siletz Tribal members who have been negatively impacted by COVID-19.

Kurtis Barker - (541) 444-8247



Assistance Program Received CARES Funding

The Childcare Assistance Program received CARES funding to help with COVID-19 and with this funding we amended our CCDF plan to expand eligibility for tribal families to provide more assistance during this time while we are all dealing with the fallout from COVID-19.

While we are in a declared emergency, and for 3 months after the declared emergency, co-payments will be waived, and the Income Limit to qualify for assistance is increased from 85% to 100% of the State's Grant Median Income. The maximum income limits are now:

Household (H/H) Size Maximum Income Limit

1	\$3,410
2	\$4,459
3	\$5,508
4	\$6,557
5	\$7,606
6	\$8,655
7	\$8,852
8	\$9,049

To qualify, families must be living within the eleven county service area and parents must be working, looking for work, attending college, or participating in a job training program. Children must be under the age of 13 years, an enrolled member or eligible to enroll in the Confederated Tribes of Siletz Indians (CTSI), or the descendent or dependent of an enrolled CTSI tribal member.

To request an application or to find out more about our program, please call DeAnn Brown, at 1-800-922-1399 or 541-444-2450 and ask for the Childcare Assistance Program.

Free Online Parenting Workshops!

Apply Now for Siletz Tribal Head Start

Come and Join us for Live Online Parenting Workshops that will be Offered to the Tribal Community in a 6-Week Series.

WHEN: Thursdays, July 16th, 23rd, & 30th and August 6th, 13th, and 20th 2020.

**TIMES: 11am-12pm (Morning Option)
7pm-8pm (Evening Option)**

Open to Families with Children of All Ages

RSVP for more information about weekly topics

Space is limited to those who RSVP by July 13, 2020

To RSVP Contact Jessica Hibler (jessicah@ctsi.nsn.us) or Nick Viles (nickv@ctsi.nsn.us) or at the Eugene Area Office by calling (541) 484-4234

*A Zoom Link and Instructions will be sent to those who RSVP.

* Free Prizes for All Participants and those who attend all 6 workshops will be entered into a Grand Prize Drawing

Apply now for your child to attend our Head Start Program. We have classrooms in Siletz, Lincoln City, Salem and Portland.

We give a preference for enrollment to children who are Native American, but you do not have to be Native American in order to attend our Head Start program.

Our program offers round-trip transportation, 2 meals each class day, structured learning activities to support children's school readiness skills, health screenings, family events, parent training, and services to support family success.

To apply, call us at 1-800-922-1399 or 541-444-2450 and ask for Head Start.



This institution is an equal opportunity provider.

CTSI-Community Message

The safety of our Community, Students, and Staff are a top priority for us. Therefore, we are moving forward with providing services in a manner that will keep you and staff safe. **Beginning March 17th, 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. There is a drop box at the rear of the Tribal Administration building to drop off payments, applications, etc. The Clinic will be closing to non-essential appointments, and will work to fulfill your needs – such as Pharmacy – in different ways. Clinic staff will reach out to you to reschedule non-critical appointments.



Our staff are working very hard to continue providing critical services to our community members. As this situation develops, we will continue to update this message.

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



NOW AVAILABLE ON-THE-GO

Access is available to all Siletz Tribal Members, Tribal Families, and CTSI Staff in ANY AREA.

Quarantine keeping you out of the gym? No problem! Stream FitnessOnDemand™ virtual workouts directly from your phone or computer, where ever you are.



- Hundreds of classes from the world's top instructors
- Available 24/7
- Strength. Cardio. Yoga. HIIT + more!

*How do I get on-the-go access!
Contact*

*Chris Sherrod at
541-444-9647*

*or
chriss@ctsi.nsn.us*

Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to assist members of **ANY** federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Confederated Tribes of Siletz Indians 11 county service area.

Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Resume Writing
- Interviewing Techniques
- Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment



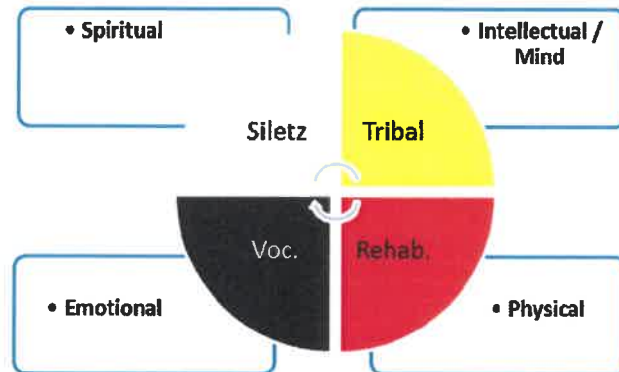
For more information about the STVRP, please inquire at 1-800-922-1399. Services are provided in ALL area offices, however, to inquire about services, ask to be transferred to the office nearest you.

EUGENE – **JERAMIE MARTIN**, Program Director

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

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

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

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

LIHEAP Assistance: 541-444-8311





Community Health News

Get Your Sports physical

Cecilia Tolentino, CHA
503-390-9494 X1854
Ceciliat@ctsi.nsn.us

Physicals for Sports, Camp & School

Are your kids excited about participating in sports. The first step in signing up for the fun is a current physical that proves your child is ready to attend and take part in organized activities.

Why Your Child Needs a Sports Physical

Many parents are unsure why their healthy child needs a physical. To start, most states require that children have a sports physical before they can play a new sport or begin a new competitive season. Sports physicals are important check-ups designed to protect your children from illness and injury, in addition to assessing mobility and general health to determine if there are problems that could interfere with participation in summer activities.

Physicals are an ideal time to review your child's medical history. Your clinician will ask questions about his or her medical and immunization history, looking at patterns of illness in the family for indications of any potential conditions he or she might have.

The clinician may recommend specific exercises, like certain stretching or strengthening activities, to help your child prevent injuries. Whether your child is playing baseball or joining a swim team, you can have the peace of mind that your child is physically able to have fun and do his or her best. Getting a physical about six weeks before the sports season or camp begins allows enough time to update immunizations and follow up on recommendations, if necessary.

Avoid the rush and contact your child's pediatrician to schedule an appointment.

CTSI Resource Call Line

To help connect Tribal members and their families to local resources. This could include things such as food, housing, and other essentials.



Call us at 541-444-9613.

We will be taking calls Monday through Friday between 9am-3pm.

COVID-19: Safety Tips for You

CORONAVIRUS SAFETY



Follow these easy steps to help prevent the spread of COVID-19.



Disinfect surfaces around your home and work.



Wash your hands for at least 20 seconds.



Sneeze or cough? Cover your mouth.

Behavioral Health - Rachel Adams, Mental Health Specialist

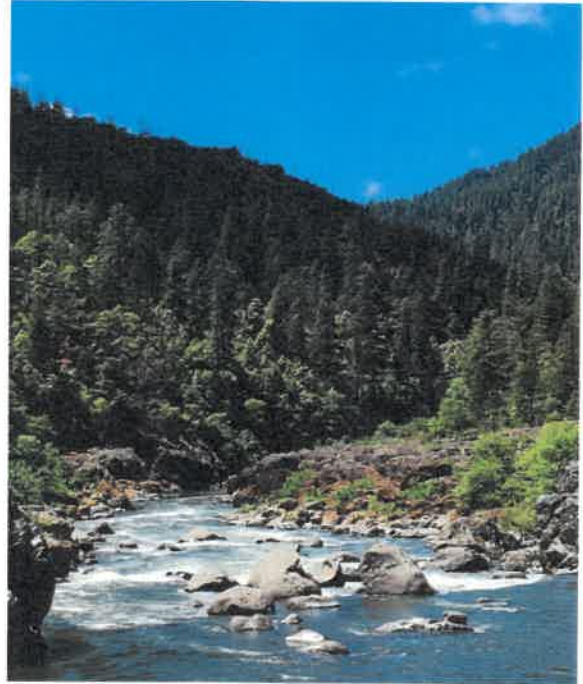
In the heat of summer:

This year, for many people, summer plans have needed to be altered or even canceled. The weather is being more cooperative than not, which can feel like a taunt. Children are embracing their freedom, while parents may be struggling to keep them entertained while also working full-time. To function well, our brains need to keep cool and hydrated, so be sure to pay attention to signs of heat exhaustion, and carry a water bottle with you.

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

- 1) Exercise— It can be harder to get out and be active with this heat, and with concerns about COVID-19, but it's important to find a way to boost endorphins with at least 30-45 min of cardio-type activity each day. It helps to try and plan your day; are you more likely to workout in the early morning hours, before it gets hot, or in the evening once it has cooled down?
- 2) Even with COVID-19 concerns, it's an important time of year to stay connected with people to keep depression at bay. Remember, it's not the same as visiting in person, but virtual ways of connecting still help us feel good. You can use Zoom, FaceTime, Messenger and Discord to reach out to loved ones and friends, and even set up playdates for your children.
- 3) Research says 20 minutes of sunlight a day (don't forget sunblock!) can lift your mood noticeably. What creative ways can you think of to get sun each day? Do some yardwork, perhaps, or take your dog for a walk? Try and get out in it!

Don't forget to go into nature when you can.



(Photo of the Rogue River, 2018)

Traditional coping:

July is a great month to get your children to virtual culture camp (call the tribe for details!). And, as a Siletz adult, it's a great time to volunteer and help shape our youth into well-rounded individuals who take pride in their Native heritage, though we have to meet virtually for now. Many programs are coming together to produce content on the CTSI Youth Facebook Page. Please come check it out! There are stories, art projects, and public service announcements and much more! Maybe you can create a video, too!

Salem Area Office
Virtual Appointments
8:00 am -4:30 pm
(503) 390-9494
x1864

Portland Area Office
Virtual Appointments
8:00 am -4:30 pm
1 - (503) 238-1512
X1417

477 – Self Sufficiency Program

The 477-Self Sufficiency Program Is Still Providing Essential Services

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.

The 477-SSP Summer Youth Employment Program (SYEP) is currently suspended for this year. Other services such as Work Experience, Direct Placement 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 for more information. Please include your name, phone number and the city/county you reside in.

Important 477-SSP Dates to Remember:

July 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



Need Help Applying for OHP or Medicaid?

Do you think you qualify for OHP?

Have your info ready:
*Names & Birthdates
*Social Security Numbers
*Insurance and Income info, if you have them.

Call Medicaid Direct to Apply:
1-800-699-9075

Apply Online:
one.oregon.gov

Call the Siletz Clinic Community Partner
1-541-444-9611

If anyone in the Community needs help applying for OHP, please contact Gail Barker: She can process Medicaid

USDA Distribution Dates for July 2020

Siletz

Monday	July 6	9:00 am – 3:00 pm
Tuesday	July 7	9:00 am – 3:00 pm
Wednesday	July 8	9:00 am – 3:00 pm
Thursday	July 9	9:00 am – 3:00 pm
Friday	July 10	9:00 am – 3:00 pm



Salem

Monday	July 20	1:30 pm – 6:30 pm
Tuesday	July 21	9:00 am – 6:30 pm
Wednesday	July 22	9:00 am – 6:30 pm
Thursday	July 23	By appointment only

Salem Warehouse: 503-391-5760

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

A MESSAGE TO ALL USDA CLIENTS:

We are coming out of the covid-19 virus protocols. We are allowing 1 client into the building at a time to do your shopping lists and to bag your own foods. If this changes, we will post it on the warehouse doors. We are accepting hand delivered application packets, but the preferred method of delivery is still email or fax.

We would like to see more people sharing their recipes on our FB page.



“like” us on
facebook

at **“Siletz Tribal FDPIR”** and share your recipes on our page.

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



Mask Mandate

Governor Kate Brown instituted a requirement to wear face coverings while in indoor public spaces for the following counties: Multnomah, Washington, Clackamas, Hood River, Marion, Polk, and Lincoln. This mandate became effective on June 24.



Salem Area Office Mask Distribution

In June we held a drive-up mask distribution and will be holding another one in July. Distribution dates and times will be posted on the Salem Area Office Facebook page.

The Salem Area Office (SAO) Facebook page provides tribal members and households information about local community events happening in our area and program information updates.

Find us on Facebook

<https://www.facebook.com/SalemAreaOffice/>



Health Effects of Secondhand Smoke

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

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

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

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

What can we do to help prevent secondhand smoke exposure?

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

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



Corey Strong, NCTTP, CRM
TPEP Coordinator
Siletz Community Health Clinic
Confederated Tribes of Siletz Indians

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



Home Herb Garden

Herbal home plant starts are available to Siletz Youth and their families! Grow your own fresh medicinal and tea herbs indoors year round with easy to follow instructions. Cultivate your own fresh, medicinal and herbal tea herbs, and enjoy the fun, and benefits, of indoor gardening.

Quantities are limited. For more information, and to sign up, contact Sonya Moody-Jurado at 503-390-9494 X 1856.

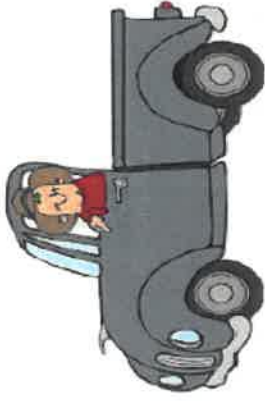
Choker Kits

Choker kits are available for JOM students. Contact Sonya Moody-Jurado, Education Specialist for the Salem area office, to request a kit and link to the video instructions.

503-390-9494 x 1856
Sonyamj@ctsi.nsn.us

ELDERS FIREWOOD DISTRIBUTION EVENT

Cut and Split Firewood Available for Pickup
Limited Delivery Available in the Greater Siletz Area
Limit ½ Cord per Elder Household, While Supplies Last



Stay in your vehicle - we will load!



Logsdon Road
Firewood Area
(near USDA Building)

Must contact
Elders Program
(541-444-8212)
to get on the list for
pickup or delivery



2020-2021 Hunting and Fishing Tags Distribution Schedule

Due to the uncertainties of dealing with COVID-19, Tribal members are encouraged to call to have tags mailed to them after the first date of tag issuance (541-444-8227 or 541-444-8232)

Type of Tag		Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery	50	8/29-9/27	8/3 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/3-11/6**	8/17	First Come First Served
	Antlerless – Adult	8	10/3-11/6	Lottery applications available 8/3; due 8/28; drawing 9/8; tags issued 9/9	Lottery – Open to Elders Only
	Antlerless –Youth	8	10/3-11/8	Lottery applications available 8/3; due 8/28; drawing 9/8; tags issued 9/9	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/21-12/13	<i>First Distribution:</i> 10/19 at 8:00 AM at NR Office <i>Second Distribution:</i> 11/2 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Elk	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/1; due 7/2; drawing 7/6; tags issued 7/7	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/29-9/27	8/3 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/14-11/17	Lottery applications available 8/31; due 9/25; drawing 10/5; tags issued 10/6	Lottery
	2 nd Season Rifle	25	11/21-11/27		
	Antlerless	11	Various seasons beginning 1/1/21	Lottery applications available 8/31; due 9/25; drawing 10/5; tags issued 11/30	Lottery
	Late Archery Antlerless	56	11/28-12/13	<i>First Distribution:</i> 10/19 at 8:00 AM at NR Office <i>Second Distribution:</i> 11/2 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/17	First Come First Served

* No early calls to “save” an early archery tag for someone. Must physically show up to obtain tag on first day of distribution. May call to have a tag mailed beginning on the second day of distribution.

** Season for Youth ages 12-17 is 10/3 - 11/8 (2 additional days at end of general season)

*** Minus number of tags filled in Deer Early Bow Season. Unfilled Deer Early Bow tags must be returned to Natural Resources by 10/9.

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2020-2021 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).

Second Distribution: For any eligible hunter, regardless of what other tags they have received.

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



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