

# DRUMBEAT NEWSLETTER - January 2021



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

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

## Announcements News and Highlights



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. Currently the Siletz Salem Area Office (SAO) is closed for entrance to the public. However, staff are available to serve you by email, mail and phone.

Visit these Facebook pages:

The Siletz Salem Area Office (SAO) will be closed on the following day:  
January 1st - New Years Day  
SAO Staff will be unavailable:  
January 7th, 1:00 PM to 3:00 PM - Online All-Staff Meeting

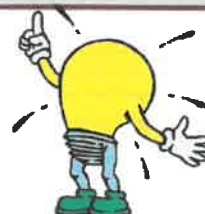


**CTS/ RESOURCE LINE**  
We are here to connect Tribal members and their families to local resources for COVID-19 or Wildfire relief. This includes food, housing, and other essentials such as hygiene and sanitation items.  
\*Supplies are limited but we will do our best to meet your needs.  
**541-444-9613**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

**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**



# 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:

**January 1st - January 5th**

Monthly contact appointments by phone

**January 5th**

Monthly Report Forms, Self Sufficiency Activities,

### 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)

## Virtual Home Visiting - *Lori Christy, Home Visitor*

**H**ave you been thinking about Home Visiting but have concerns about someone coming to your home due to COVID? No worries! We can do virtual visits. During this COVID season we are not meeting in the home or office. We can meet by phone, FaceTime, Google Duo or the like. When weather permits we can meet outside if you prefer following all the safety protocols, wearing masks and staying 6 feet apart.

**So who is Home Visiting for?**

**W**e serve Siletz families who are expecting a baby or have a baby under one year of age (continuing till the child is three). Our Family Spirit curriculum, developed by the John Hopkins Center for American Indian Health, is evidence based and culturally sensitive to native families. Some of the aims are to increase parenting knowledge and skills; promote optimal physical, cognitive, social/emotional development for children birth to three years; prepare children for early school success; link families to community services to address specific needs; and promote parent's and children's life skills and behavioral outcomes across the life span. Bottom line – we want to help provide parenting and life skills for you to have a successful and positive parenting experience.

*For more information please contact Lori Christy, Home Visitor, at 503-390-9494 (Salem Area Office) or 541-272-2241 (cell).*

Some coloring fun to start off the New Year!





# Community Health News

Cecilia Tolentino,  
CHA 503-390-9494  
X1854 [Ceciliat@ctsi.nsn.us](mailto:Ceciliat@ctsi.nsn.us) Mon-

## Life Alert

⇒ Please contact your local Community Health Advocate (CHA) if you think you or another Siletz tribal elder could benefit from life alert.

- Eligibility criteria:
- Enrolled Siletz tribal member eligible for Purchased/Referred Care (PRC) benefits.
- Work with your local CHA to determine needs and apply for local services.

### ⇒ Steps to get life alert

- Contact your local CHA.
- The CHA will determine if you meet the criteria for Life Alert (examples: live alone, health conditions, etc.).
- The CHA will assist you in applying for Life Alert at no cost through community resource options. If you do not qualify for Life Alert at no cost, the Siletz Community Health Clinic will cover the cost.

**You can reach your Salem Area Office CHA, Cecilia, at 503-390-9494 X 1854, or by email at [ceciliat@ctsi.nsn.us](mailto:ceciliat@ctsi.nsn.us)**

## *Tips for wellbeing during the Holiday Season*

Plan ahead.

Make time for you

Avoid comparisons

Pace yourself

Get outside

Try to eat healthily

Get enough sleep

Avoid unnecessary stress over the festive season by planning as much as possible.



As we start off the New Year (2021), several people will make a resolution. Whether it's exercising, eating healthier, take a vacation, go back to school, quit smoking, etc. Many of these resolutions will require a change in lifestyle, for example; eating more fruits and vegetables, working on portion control during meals, start going to the fitness center or incorporating more physical activities into your routine.

**If you are looking at quitting smoking, here are a few tips to help with your success:**

1. Make a list of reasons on why you want to “quit smoking”.
2. Choose a method whether it be “cold turkey”, “tapering”, using a app or a texting program, nicotine replacement therapy (NRT’s). There are several methods, if you need assistance or have a question, contact the Tobacco Prevention Coordinator at 541-444-9682.
3. Set a quit date. Pick a day that works for you, not a day that will be too stressful. Write it down and commit to it.
4. Let your family and friends know that you are quitting and ask them to support you on your new journey. Let them know that you may need to contact them when your going through a rough time.
5. Reward yourself. Use the money that you will save on cigarettes and treat your self to the new you. You can buy yourself something small and frequent, or save up and get something nice. **You deserve it.**

**Cancers associated with commercial tobacco use for January**

***Cervical Cancer:***

Cervical cancer occurs when the cells of the cervix grow abnormally and invade other tissues and organs of the body. When it is invasive, this cancer affects the deeper tissues of the cervix and may have spread to other parts of the body (metastasis), most notably the lungs, liver, bladder, vagina, and rectum.

There are two main types of cervical cancer: squamous cell carcinoma and adenocarcinoma. Each one is distinguished by the appearance of cells under a microscope.

***Squamous cell carcinomas*** begin in the thin, flat cells that line the bottom of the cervix. This type of cervical cancer accounts for 80 to 90 percent of cervical cancers.

***Adenocarcinomas*** develop in the glandular cells that line the upper portion of the cervix. These cancers make up 10 to 20 percent of cervical cancers.

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

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

# Behavioral Health - *Rachel Adams, Mental Health Specialist*

## Thinking about winter:

The longest day has passed, but the pandemic is still here which makes it easier to feel times are bleak. A new vaccine has started being passed out to the public, hopefully bringing people a bit of hope. 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 cope:

- 1) Try Progressive Muscle Relaxation: Get in a comfortable position, and flex major muscle groups, one group at a time, starting at your feet, moving to your calves, then thighs, continuing through your torso and arms, and ending with scrunching the facial muscles. With each group, flex on a deep breath in, and release on a deep breath out. Flex each group twice, and when you've finished scrunching your face, scan your body for tension and if you find some, release that muscle group.
- 2) Try the five senses grounding technique: Breathe slowly in and out, and take a moment to listen to your surroundings. Find at least three things you can hear. Next, take a moment to look around yourself, and find at least three things you see, describing the details of the object to yourself. Next, take a moment to pay attention to your breathing, and notice what you can smell. If you like, light a candle or some incense to increase the aroma. Now, take a moment to find at least three things you can touch; fuzzy blankets, a pet, a smooth stone. Pay attention to the specific textures of the item you grab. Lastly, find three things you can taste and tell yourself about the flavors; spiciness, sweet, bitter, etc.

## Mental Health Specialist services include:

The Mental Health Specialist utilizes person-centered therapy, adding in pieces of other modalities as requested or seems beneficial from her perspective. People of any age can come in to 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 January:

Mental Health Specialist Rachel will be co-facilitating a Gaming Tournament for youth, on January 16th! This one will be in Rocket League, which has gone free-to-play on all systems!! 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 be finalized, 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





# 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

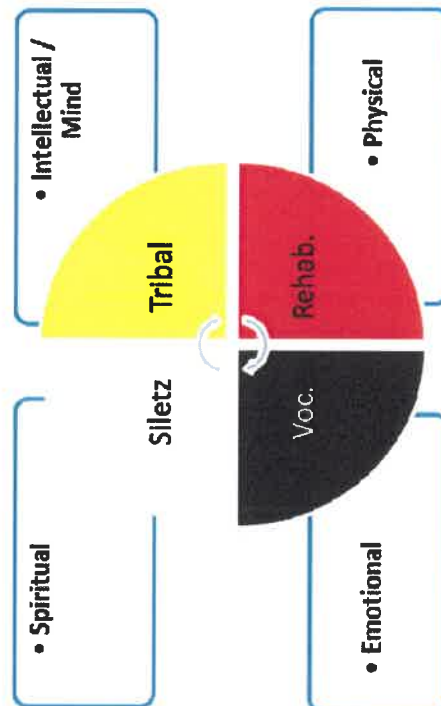
**Portland Area Office -Phone-**(503)-238-1512

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

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



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 January

## Siletz

Monday	Jan 4	9:00 am – 3:00 pm
Tuesday	Jan 5	9:00 am – 3:00 pm
Wednesday	Jan 6	9:00 am – 3:00 pm
Thursday	Jan 7	9:00 am – 3:00 pm
Friday	Jan 8	9:00 am – 3:00 pm



## Salem

Tuesday	Jan 19	1:30 pm – 6:30 pm
Wednesday	Jan 20	9:00 am – 6:30 pm
Thursday	Jan 21	9:00 am – 6:30 pm
Friday	Jan 22	By appointment only

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

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

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

## CRACKER CANDY WITH TOASTED PEANUTS & DRIED CHERRIES

35 CRACKERS*	1 CUP BUTTER*
1 CUP PACKED BROWN SUGAR	2 CUPS CHOCOLATE CHIPS
1 CUP PEANUTS*	1 CUP DRIED CHERRIES, CHOPPED*

1. Preheat oven to 350\*. Line 15x10x1 baking pan with foil; grease foil. Arrange crackers in a single layer on foil.
2. Place peanuts in a pan over medium heat. Stir constantly and sprinkle with kosher salt and stir until toasted.
3. Chop the cherries and add to the peanuts.
4. In a heavy saucepan, melt butter over medium heat. Stir in brown sugar. Bring to a boil; cook and stir 3-4 minutes or until sugar is dissolved. Spread evenly over crackers.
5. Bake 8-10 minutes or until bubbly. Immediately sprinkle with chocolate ships. Allow chips to soften for a few minutes then spread over the top. Sprinkle the peanut and cherry mixture on the top. Cool slightly.
6. Refrigerate, uncovered 1 hour or until set. Break into pieces. Store in an airtight container.

\*FOOD AVAILABLE IN FOOD PACKAGE

 "like" us on **facebook** at **"Siletz Tribal FDPIR"** and share your recipes on our page.

Office Hours are:  
Monday—Thursday  
8:00 AM—4:30 PM



**EDUCATION PROGRAM COMPONENTS**

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

**January 2021**

**HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM**

**HIGH SCHOOL SENIORS**

Students that are planning to attend college Fall of 2021 should be actively preparing by:

- ◆ Collecting letters of recommendations (you will need these when applying for scholarships);
- ◆ Taking SAT/ACT test;
- ◆ Have parents do their taxes as soon as possible after the end of the year-you will need their tax information to fill out the FAFSA (financial aid application) you can use prior year income information to complete the FAFSA
- ◆ Talking to your high school counselors about college choices.

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

**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.

**You may qualify if you:**

- ⇒ Graduate from an Oregon high school or complete the GED in Spring/Summer 2020.
- ⇒ Have a 2.5 cumulative GPA or higher
- ⇒ Oregon resident for at least 12 months prior to enrolling in a community college

**Steps to take:**

- ⇒ Complete the Oregon Promise application (online or written)
- ⇒ Submit your high school transcript or GED scores
- ⇒ Complete the FAFSA or its approved alternative

For more information, visit [www.OregonPromise.org](http://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 2021:

\*\*\*\*\*  
**— FAFSA REQUIREMENT —**  
 IT IS A TRIBAL PROGRAM REQUIREMENT THAT YOU FILL OUT THE FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA) BY January 31, 2021 TO RECEIVE TRIBAL FUNDING for Fall 2021. There is no exception to this requirement.  
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## FAQ's

**Is there a cost to fill out the FAFSA application?** No, there is never a fee, as the name states it is a Free application. If you are on a site that says there is a fee, it is the wrong site. The site is [www.fafsa.ed.gov](http://www.fafsa.ed.gov)

**I don't have my taxes complete yet, what do I do?** You do not have to wait until you complete your 2020 taxes, you can use the tax information from 2019 and list on the application that it is last years' income and you will update your FAFSA once you complete your taxes.

**What do I do if I miss the January 31, FAFSA deadline?** Unfortunately it is a Tribal requirement so you would have to wait until the next school year to apply.

**I do not plan on attending school Fall term but want to go Winter Term, when would I apply?** There are two deadlines that you must meet, the January 31, FAFSA deadline and the June 30, Tribal Education application deadline. On the application you would indicate Winter and Spring Terms only.

The applications for FAFSA became available October 1, 2020. Applications are available on-line at [www.fafsa.ed.gov](http://www.fafsa.ed.gov).

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

What are the [deadlines?](#)

OSAC [Early Bird](#) priority deadline:

February 15, 2021

OSAC nonpriority deadline:

March 1, 2021

Scholarship Application Season is Upon Us!

## OREGON STUDENT ASSISTANCE 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](http://www.fafsa.ed.gov) website:

American Indian Graduate Center: [www.aigcs.org/scholarships-fellowships/](http://www.aigcs.org/scholarships-fellowships/)

American Indian Science and Engineering Society (AISESnet): [www.aises.org](http://www.aises.org)

Catching the Dream: [www.catchingthedream.org/](http://www.catchingthedream.org/)

COBELL Scholarship: [www.cobellscholar.org/](http://www.cobellscholar.org/)

College Board: [www.collegeboard.com](http://www.collegeboard.com)

FastWEB: [www.fastweb.com](http://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.





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>Angelica Espino</b>	<b>Tribal Services Specialist</b>
<b>Antonia Leija</b>	<b>Voc Rehab Counselor/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>