

# Duu Lhlan Wee-ya'

Duu Lhlan Wee-ya', "not many words" or "in so many words," is mailed to Lincoln and Tillamook County Tribal members each month. Information includes youth activities, events, meetings, program updates and more.



## Public Information Department

P.O. Box 549  
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**September 2019**

### Hunters, Remember Your Dates!



#### Elder Antlerless Deer Hunt

- ◆ Applications due by Sept. 6, 2019
- ◆ Open to Tribal elders age 55 and older

#### Youth Antlerless Deer Hunt

- ◆ Applications due by Sept. 6, 2019
- ◆ Open to Tribal youth ages 12-17 who have a valid Hunter Safety Card

Applications available at the Natural Resources office and on the Tribal website under Natural Resources

**For questions or more info, call Natural Resources Manager Mike Kennedy at 541-444-8232**

### Welcome New CTSI Employees

Samantha Brown - Health Services Protégé  
Kelly McCaslin - Registered Nurse  
Aldona "Rosie" Williams - Transporter  
Andrew Johanson - Community Health Advocate II-Portland  
Robert "Robbie" Williams - Temporary Tribal Custodian  
Weston Strickler - Temporary Resident Aide-Men's Facility  
Mariah Runkle - Temporary Prevention Assistant

**Thank you for joining our team!**



#### IMPORTANT NEWS FOR SILETZ TRIBAL MEMBERS FREE LIFESAVING MEDICAL ALERT SYSTEM AVAILABLE

Please contact your local community health advocate (CHA) if you think you or another Tribal member could benefit from MobileHelp® Solo. The MobileHelp® Solo is an easy to use lightweight mobile emergency medical system that works at home and away from home. Summon emergency help, backed with GPS location technology, with a simple push of a button. **Eligibility Criteria:** Enrolled Tribal member that is eligible for PRC (formerly Contract Health Services). **Steps to get a MobileHelp® Solo alert system:** Contact your local CHA and they will determine if you meet the criteria to receive a MobileHelp® Solo system (e.g. live alone, health condition, etc.) free of charge. The CHA may refer you to alternate resources such as local Senior and Disabled service Community Options program. If you qualify, the CHA will apply for the MobileHelp® Solo alert system for you. The alert system is shipped directly to your CHA. The CHA will install the system in your home and teach you how to use it.

The Siletz Community Health Clinic will cover the cost of the MobileHelp® system. You can reach the community health advocates at: • Siletz – Amy Garrett, 541.444.9652 or Hannah Glaser at 541.444.9613 • Salem – Cecilia Tolentino at 503-390-9494 • Eugene – Adrienne Crooks at 541-484-4234 • Portland – Andrew Johanson at 503-238-1512

*Legacy of Strong Women*

# Women's Gathering

Facilitated by  
*Rebecca Martel*

*Survival to Triumph*

Please contact  
*Jen Metcalf to register*  
541-444-9615

October 7-10  
*Location to be determined*

SILETZ  
**CORE**  
PROGRAM

## September is National Suicide Prevention Awareness Month

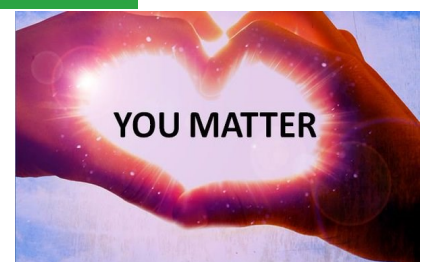
During the month of September, our goal is to highlight suicide prevention efforts by advocating for prevention strategies and networking to share resources and information.

The rate of suicide has increased more than 30 percent in half of the states across the United States since 1999, with approximately 45,000 lives lost to suicide in 2016 alone. Research has shown that more than half of people who die by suicide did not have a known mental health condition. The rate of suicide for American Indian/Alaska Native adolescents and young adults ages 15 to 34 is 1.3 times the national average. Suicide is the 8th leading cause of death across all ages among all American Indian/Alaska Native.

It is important for Native people to learn how to recognize and respond to suicide. Talking about suicide in an open and caring manner can help those who are thinking of suicide obtain services. Learn how to recognize and respond to suicide by paying attention to warning signs of suicide. If you notice any warning signs, starting a conversation with the person may save their life.

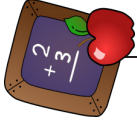
### Warning Signs:




- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings





# September 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	<p><i>All offices closed</i></p> 	<p>USDA Distribution - Siletz Dental walk-in day Community Health - Siletz Swim Language Class - Siletz Lincoln County students first day!</p>	<p>USDA Distribution - Siletz CEDARR</p> 	<p>USDA Distribution - Siletz Pow-Wow Dance Class Youth Group/Native STAND</p>	<p>USDA Distribution - Siletz</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">Run to the Rogue</div>	
8	9	10	11	12	13	14
<div style="border: 1px solid black; padding: 5px; text-align: center;">Run to the Rogue</div>	<p>USDA Distribution - Siletz</p>	<p><i>All offices closed in recognition of All Treaty Day</i></p>	<p>Trauma Support Group Youth Game Night</p> 	<p>Pow-Wow Dance Class</p>		
15	16	17	18	19	20	21
		<p>Community Health - Siletz Swim Dental walk-in day</p>	<p>Trauma Support Group Youth Game Night</p>	<p>Pow-Wow Dance Class Youth Group/Native STAND</p>		Elders Woodcut
22	23	24	25	26	27	28
		<p>Community Health - Siletz Swim</p>	<p>Trauma Support Group Youth Game Night</p>	<p>Pow-Wow Dance Class Wellness Luncheon</p>		
29	30					





**APPLY NOW FOR SILETZ  
TRIBAL HEAD START**

**Siletz Tribal Head Start is accepting applications for the 2019-2020 school year. We have classrooms in Siletz, Lincoln City, Salem and Portland.**

**Children must be age 3 or 4 as of the school cut-off date, Sept.1 for Siletz, Lincoln City and Portland, or Sept. 10 for Salem.**

**Applications are available on the Tribal website ([ctsi.nsn.us](http://ctsi.nsn.us)), at your local area office or by calling 800-922-1399 or 541-444-2450 and asking for Head Start.**

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**Do You Need Assistance  
Working in Oregon's Legal  
Marijuana Industry?**

The 477 Self-Sufficiency Program may be able to provide limited support services to help you gain and maintain employment in Oregon's legal marijuana industry.

With funding provided by the Siletz Tribal Council, we can assist American Indians (enrolled in a federally recognized Tribe or descendant) who reside within the service area with licensing fees, background checks, testing fees, outdoor work clothing/tools and transportation assistance.

For more information on how to access this service, please contact the 477 Self-Sufficiency Program located in each of the four area offices.



**PRESORTED  
FIRST CLASS  
U.S. POSTAGE PAID  
SILETZ, OR  
PERMIT NO. 2**