

DRUMBEAT NEWSLETTER - FEBRUARY 2021



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

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

Announcements News and Highlights



*Happy
Valentine's
Day*

**The Siletz Salem Area Office (SAO)
will be closed on the following
day:**

February 15 - President's Day



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. 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. 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:** (541)484-4234
- Portland Area Office:** (503)238-1512
- Salem Area Office:** (503)390-9494

To access all other services, please visit: www.ctsi.nsn.us



**Leather Medicine Bag kits available
at the Salem Area Office!**

If you would like a Leather Medicine
Bag Kit, call the Salem Area Office at
503-390-9494.

(Limited number available)

VIRTUAL HOME VISITING - LORI CHRISTY, HOME VISITOR

Here are some simple ideas you can use to engage your infant with ribbons.



Rainbow Ribbon Mobile - Make your own mobile using an embroidery hoop and some ribbons. Tie ribbons around the inner hoop and fit outer hoop over it. Hang over a space where the baby can lay and look at it.



Rainbow Ribbon Rings – This is a smaller version on the rainbow mobile. Use a small ring and tie some ribbons around it. Just put a few ribbons leaving some space for your baby to hang on to the ring. Keep ribbons just a few inches long so baby doesn't get tangled up in them.



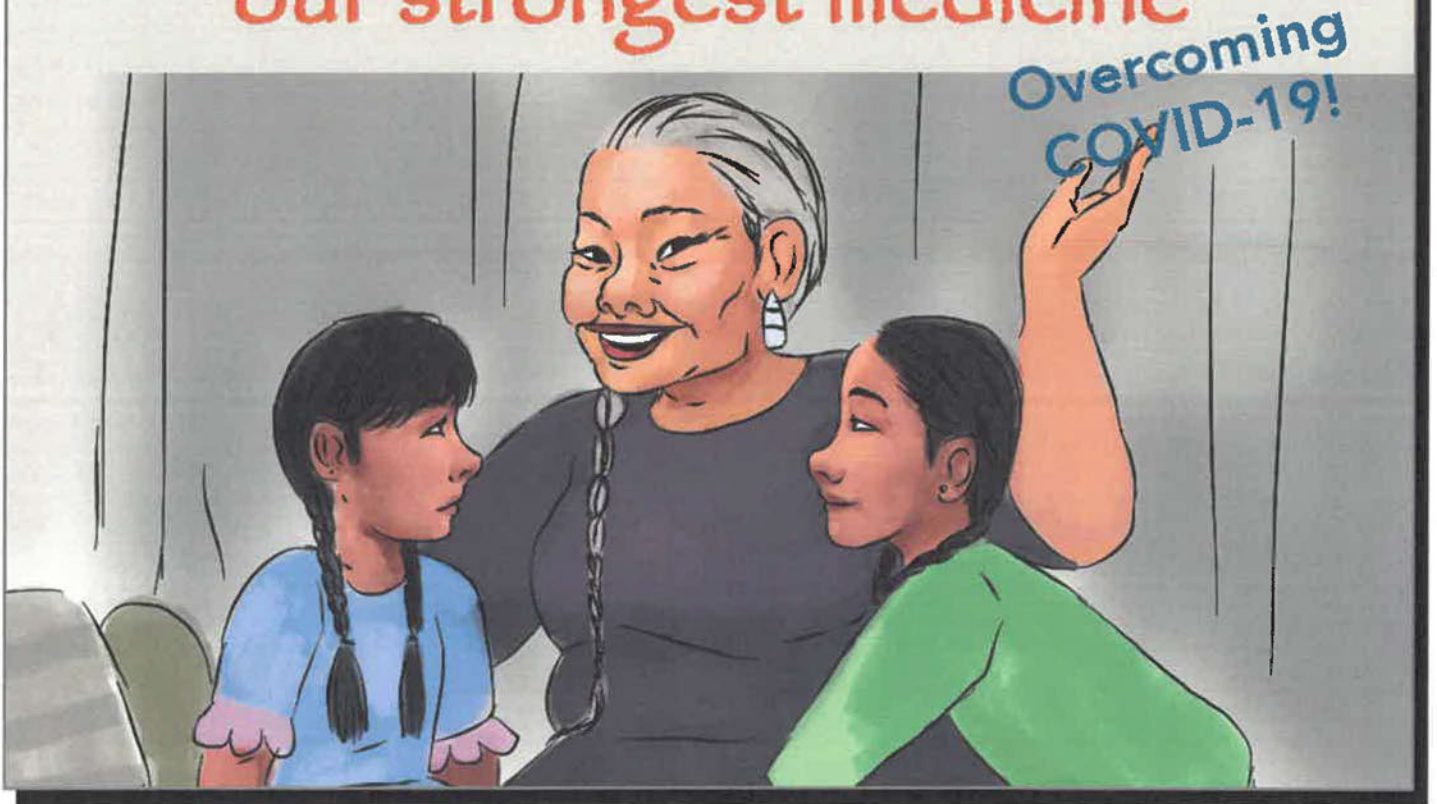
Tugging Lid or Box - Use a plastic lid or container. If using a container you may want to cover it with contact paper. Poke holes in the container and lid. Feed a ribbon through the hole and tie a knot in each end. Baby can pull on the ribbons until the knot stops them. If using a container you will need to remove the lid and pull the ribbons to the inside so baby can pull them again. If just using the lid your baby can continue on their own.



Jingle Jangle Rattle – Use ribbon and tie several canning jar rings together for your baby to shake and enjoy.

★ The Siletz Tribal Home Visiting Program is for parents of infants and toddlers. The program offers support and encouragement while providing parenting and life skills for successful and positive parenting. For more information contact Lori Christy, Home Visitor, at 503-390-9494. ★

Our smallest warriors, our strongest medicine



Helping Our Children Stay Strong and Resilient During COVID-19

Virtual story-time and activities for all Siletz Tribal families with children in the 11 county service area

Hosted by the 477-Self Sufficiency Program

Life during COVID-19 has been stressful for all of us including our children. Yet we are strong and resilient people and can help our children stay strong and resilient during COVID-19.

Wednesday February 24th at 6:30 pm

OR

Saturday February 27th at 11:00 am

Join us for a reading of the book, Our Smallest Warriors, Our Strongest Medicine: Overcoming COVID – 19 from the John Hopkins Center for American Indian Health followed by some discussion and activities.

Families will receive a printed and bound copy of the book, some COVID-19 prevention supplies, and may be eligible to win a door prize such as a game night basket to help make family time fun.

For more information or to register please contact Lori Christy in the Salem Area Office by email at loric@ctsi.nsn.us or by phone at 503-390-9494.

CONSCIOUS DISCIPLINE
CURRICULUM

PARENTING
WORKSHOP
SERIES

GUEST PRESENTER

WEDNESDAYS 6:30PM-7:30PM

STARTING

MARCH 17TH THRU MAY 5TH

LOCATION: ONLINE/ZOOM

COME JOIN US FOR THIS EXCITING PARENTING WORKSHOP SERIES VIA ZOOM!

RAFFLE PRIZES FOR PARTICIPANTS WHO ATTEND!

FOR THOSE THAT ATTEND ALL 8 WORKSHOPS YOU WILL BE ENTERED INTO A DRAWING FOR THE GRAND PRIZE SO DON'T MISS OUT!!

RSVP – NO LATER THAN MARCH 11TH, 2021
JESSICA HIBLER – 541-484-4234

A ZOOM LINK AND INSTRUCTIONS WILL BE SENT TO ALL WHO RSVP

Presented by the CTCLUSI Health and Family Support Services in Partnership with The Confederated Tribes of the Siletz Indians and Cow Creek Band of the Umpqua Tribe of Indians



Community Health News



**American
Heart
Month**

February



LOVE YOUR HEART

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



AMERICAN HEART MONTH



Smoker Quit kits

If your trying to kick your Smoking habit, we have a limited supplies of quit kits from the Tobacco prevention program are available. 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, no matter if quitters light up or not. Having the right tools on hand to help get thru the urge to smoke may be crucial to a quitters success.

Call The Salem Area office to request one.

Covid -19 Vaccine

We all want to return to normal life as soon as possible. Safe and effective vaccines are the key to how we will slowly but surely achieve community immunity from COVID-19.

While the introduction of a vaccine is good news, it does not end the pandemic. It is going to take time for the vaccine to be widely available and widely distributed here in Oregon.

There are multiple COVID-19 vaccines in development. The federal Food and Drug Administration and the Western States Scientific Safety Review Workgroup have approved the Pfizer-BioNTech vaccine and the Moderna vaccine. More may come later.

Vaccines are safe and effective

The Pfizer and Moderna vaccines were found to be over 94 percent. The vaccines were tested in large-scale research, which included adults from all backgrounds.

Due to the global pandemic, both vaccines were tested in many more people than a typical vaccine trial: the Pfizer vaccine was tested in 43,000 people and the Moderna vaccine was tested in 30,000 people.

In line with CDC guidance, the vaccine will be prioritizing frontline health care workers and long-term care residents and employees as the first group to receive the vaccine. This includes our doctors, nurses, janitorial staff, and others who have the potential for direct or indirect contact with COVID-19 patients or infectious materials.

Vaccinations phases on backside →

BEHAVIORAL HEALTH - RACHEL ADAMS, MENTAL

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 eustress, or 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.

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 NATIVE to 741741 to be connected to a Native crisis counselor via text.
- 3) Reach out to family, seek the services of a counselor, talk to someone trusted.

Don't forget - 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.

Starting in February:

Rachel will be co-facilitating a Mindfulness Group for youth ages 10-17 with the Siletz Prevention Coordinator, Elizabeth Madden, MSW. Contact Rachel or Elizabeth to learn more and/or sign up! You do not have to be a client to come to group.



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 (please practice safe distancing) are traditional methods of health and healing for the Siletz people.

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

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 for more information. Please include your name, phone number and the city/county you reside in.

Important 477-SSP Dates to Remember:

February 1st - February 5th
Monthly contact appointments by phone

February 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

USDA DISTRIBUTION DATES FOR FEBRUARY

Siletz

Monday	Feb 1	9:00 am – 3:00 pm
Tuesday	Feb 2	9:00 am – 3:00 pm
Wednesday	Feb 3	9:00 am – 3:00 pm
Thursday	Feb 4	9:00 am – 3:00 pm
Friday	Feb 5	9:00 am – 3:00 pm



Salem

Tuesday	Feb 16	1:30 pm – 6:30 pm
Wednesday	Feb 17	9:00 am – 6:30 pm
Thursday	Feb 18	9:00 am – 6:30 pm
Friday	Feb 19	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



Fax

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

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

BEEF AND BROCCOLI

- 2 LBS. BEEF ROAST, CUT INTO 1" CUBES*
- ¼ CUP VEGETABLE OIL*
- ¼ CUP VINEGAR
- 2 TEASPOONS BLACK PEPPER
- 1 TEASPOON GARLIC POWDER
- ¼ TEASPOON CAYANNE PEPPER
- 1 YELLOW ONION, SLICED THIN*
- 1 – 2 LBS BROCCOLI FLORETS*
- ½ CUP SOY SAUCE
- ½ CUP WATER

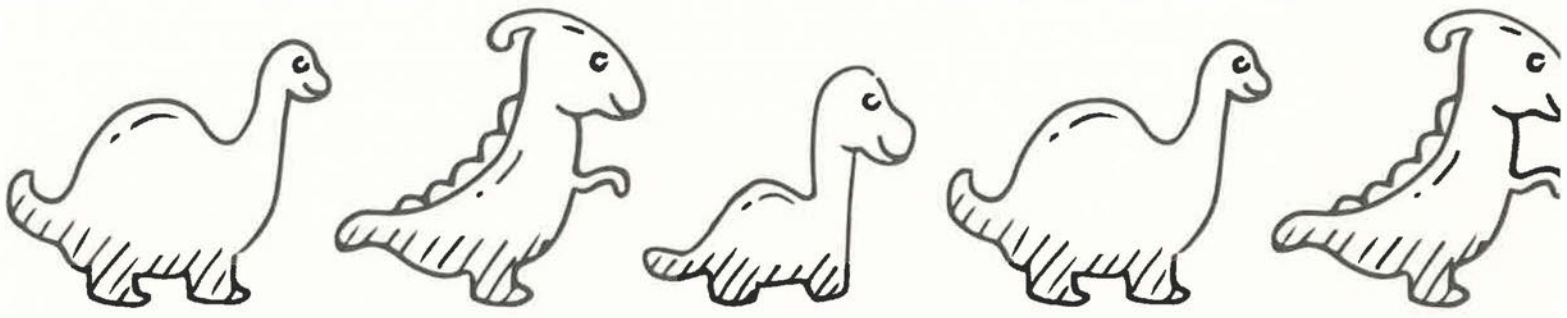


Put the oil, vinegar, pepper, garlic powder and cayenne pepper into a sealed bag. Shake it up to combine it well. Add the cubed beef and shake it to coat the beef cubes. Let it sit for an hour or so. Dump it into a colander to drain. Heat some vegetable oil in a dutch oven. Add the sliced onion and the drained meat and brown until the onion is caramelized. Place the dutch oven in 350 degree oven for about an hour. After an hour, stir the meat and onions and add the soy sauce and water and the broccoli. Put the lid on the pan and heat it on medium high heat to let the broccoli steam until tender.

I served it over rice. YUM!



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

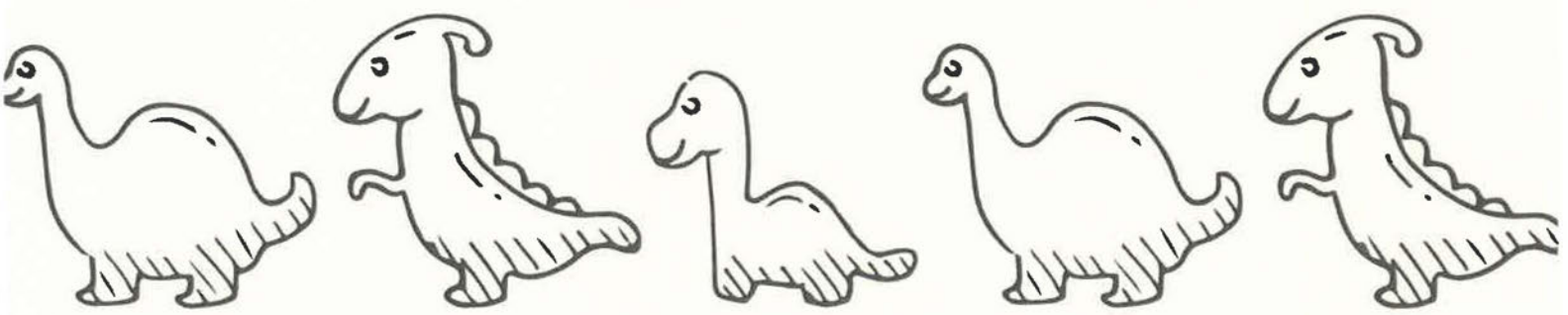


CTSI JOM Program Youth February Sculpture Activity

**Sign up to receive a 3-D
Puzzle/Sculpture
Activity Shipped Directly
to Your Door**



**Work on the Project at Home with
Your Family and then Drop by a
Zoom Meeting on February 26,
2021 at 4:00 pm to Share Your
Sculpture with Other Tribal Youth**



**Sign Up by February 16, 2021
Contact Your Local Education
Specialist**

- Siletz: Alissa Lane-Keene (alissal@ctsi.nsn.us)**
- Salem: Sonya Moody-Jurado (sonyamj@ctsi.nsn.us)**
- Portland: Katy Holland (katyh@ctsi.nsn.us)**
- Eugene: Nick Viles (nickv@ctsi.nsn.us)**



WINTER GATHERING

Virtual gathering of Siletz artists sharing crafts

BROUGHT TO YOU THROUGH GRANT AWARDS FROM NATIVE ARTS AND CULTURES FOUNDATIONS

REGISTER BY FEBRUARY 12

Join us for a virtual series where Siletz artists share their knowledge of Siletz specific arts and crafts

**BEADING
BASKET WEAVING
DRUM MAKING
STORYTELLING
REGALIA
WAX FLOWERS
MEDICINE BAGS**

Reserve your spot at the website below or email kiraw@ctsi.nsn.us for the link
<https://www.eventbrite.com/e/siletz-winter-gathering-tickets-135891373757>

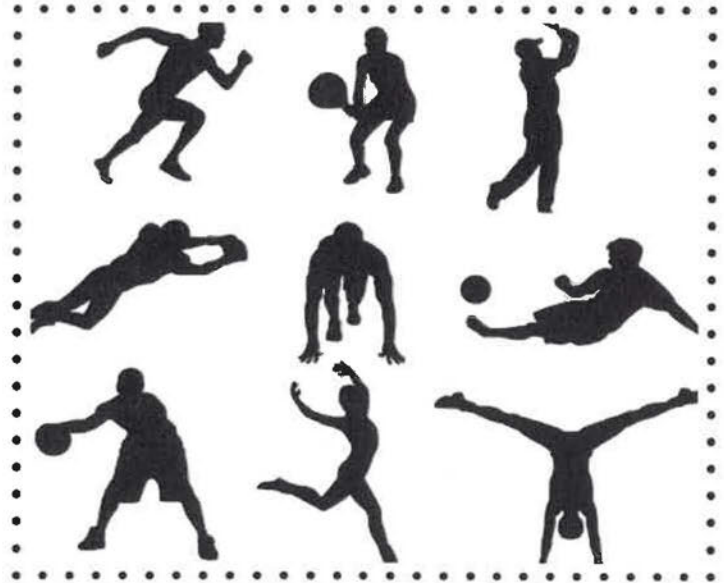
VIRTUAL ORIENTATION FEBRUARY 25

SPACE IS LIMITED SIGN UP TODAY!

National Cancer Prevention Month

February is National Cancer Prevention Month, so..... what does that mean?

With hundreds of thousands of cancer cases preventable through good diet, exercise and weight control, this month's "awareness" is not just to let someone know that you have a particular kind of cancer, or that there is another cancer out there that everyone should know about. But it is instead geared toward preventing as many of these cancer cases as possible from ever getting diagnosed.



It is estimated that over 340,000 cases of cancer could be prevented if people would make small changes in their lifestyle by moving more, weighing less, and eating healthier. Add quit smoking on top of that and nearly half of the new cancer diagnoses each year could be prevented.

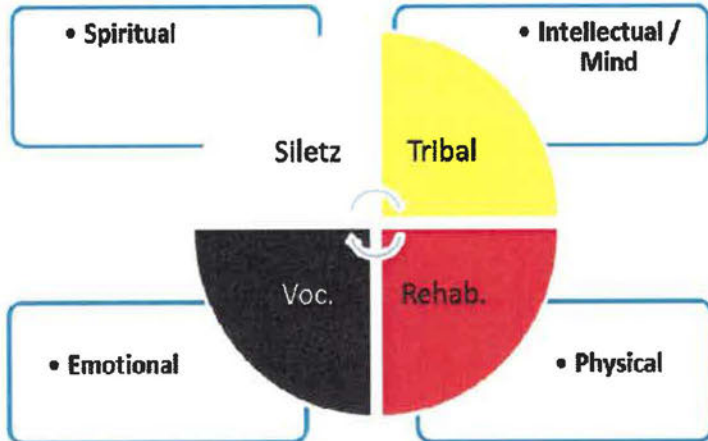
You CAN have an impact on your own cancer risk. Make a list of activities that you like to do, start off small and work your way up to more strenuous activities. Something is better than nothing, every step you take is a step in the right direction. Remember to eat healthy and stay hydrated by drinking plenty of water.

So, during the Month of February, don't just tell people about your cancer, or any cancer in particular, but let's tell everyone one or two things that they can do to prevent cancer, and then let's follow up and do those things ourselves. The life we save might just be our own!

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

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

NATIVE SOAR IS SEEKING MENTEES

Are you a middle or high school student who identifies as Native American/Alaskan Native and are seeking a college mentor? Or do you know a 7th -12th grader who is seeking online mentorship?


Native SOAR is recruiting mentees who are dedicated to preparing for the future in higher education.





Join the Native SOAR family for Online Mentoring!

If interested, please contact Myrhea at myrheas@email.arizona.edu
 *Mentorship is first come/first serve basis. Online mentorship will approximately occur from February - May 2021



Follow us on Facebook, Twitter, YouTube & Instagram @nativesoar

 * This opportunity is open to students in the Siletz Tribe's service area. *

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



Your Salem Area Office Staff:

Andulia White Elk	Addictions Counselor
Angelica Espino	Tribal Services Specialist
Antonia Leija	Voc Rehab Counselor/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