

The Eugene Area Office Newsletter May 2021

All Siletz Tribal Offices Closed to public to limit the spread of the COVID-19 (Coronavirus). All Staff are operating on a limited basis and will return calls or emails within 48 hours. If you call, please leave a clear message with your name and phone number. The health and safety of employees, tribal members, clients and the community is important to us and we appreciate your patience during this time. Be Safe! Thank You!

The Tribe is in need of certified homes to care for Tribal Children in need of emergency, short term and long term placements.



To see how you can help please call today
Siletz Tribal Indian Child Welfare Department 541-444-8272

Pharmacy MAIL ORDER SERVICE AVAILABLE!!

WE CAN NOW PROVIDE MAIL ORDER SERVICE TO ALL SILETZ TRIBAL MEMBERS:

LIVING WITHIN THE 11 COUNTY SERVICE AREA

Please note that this service is **not eligible** for the "Auto-Fill" program. ALL "Auto-Fill" prescriptions must be picked up at the pharmacy. THANK YOU PHARMACY STAFF

EMERGENCY HOUSING ASSISTANCE FUNDING OPEN FOR 2021

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices
www.ctsi.nsn.us

Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low Income Rental Program waiting list in Siletz (1, 2, 3, 4 bedroom) and Lincoln City (2, 3 bedroom) - Neachesna Village). Applications can be obtained on-line from the tribal website, follow links; Tribal Services-Housing-Low Rent Apartments & Home Ownership. For any questions call:
1-800-922-1399 Ext 1322
(541) 444-8322
FAX (541) 444- 8313
www.ctsi.nsn.us

2021

Low-Income Energy Assistance Program (LIHEAP)

~OPEN~

Crisis/ Regular heating

All Siletz Tribal Households
Crisis/Shut-off/Regular OPEN

Siletz Tribal Members and households

Contact: Nora Williams-Wood
541-484-4234 noraw@ctsi.nsn.us

Email Reminders

If anyone would like reminders of special meetings, cultural classes or special events, etc. Please contact Nora at Eugene Area Office to be put on email list.
Telephone: (541) 484-4234 or
email: noraw@ctsi.nsn.us

Chinook Winds Casino Resort
Sign up for an electronic newsletter:
www.chinookwindscasino.com

Be who you are
And say what you feel
Because those
who mind don't
Matter
And those who
Matter
Don't Mind.

Dr. Seuss

Siletz Elder News for May 2021

Hi Everyone,

I would like to introduce myself. My name is Verdene McGuire and I was recently elected by vote to be your new Eugene area Elder Representative. I recently retired from the Portland area office where I worked as Community Health Advocate from 2009 till 2019. I enjoyed my job, and working with Adrienne Crookes for many years. So it will be an honor to carry on in Jim Swanson's footsteps, keeping the line of information and communication open and strong for all Eugene area elders in the three-county service area. Lane, Benton and Linn counties, and working with Adrienne and Nora again in this volunteer position.

We were saddened to hear of Jim Swanson's passing in March 2021. I know that I will not be the only one missing him at our elder's zoom meetings, and his informative newsletter page every month. I remember his soft voice and kind presence at the diabetes meetings and the different classes he would attend back before COVID. He will be missed by many. May he rest in peace and know he was loved and appreciated for his dedication to the Siletz community, and Elders Program where he served as the Eugene area representative for many years.

My mother was Esther Annabelle Simmons/McGuire, Grandfather Lester Simmons, and great-grandfather Hoxie Simmons.

Personally I am feeling better about getting out and about more, since I have had both of my COVID vaccinations last month. Still wearing my masks though for me as well as for others, of course. So if you all are feeling the same, I wanted to share this info (below).

Elders 65 and Older Ride the Bus for FREE!

Lane Transit District (LTD) in the Eugene-Springfield area offers an **HONORED RIDER PASS**, to elders 65 and older. You can ride the city bus for free for the rest of your life! To get a pass, you must complete and sign a short application. Provide personal ID and proof of age to the LTD Customer Service Center (bus station at the Eugene downtown location). There is no charge for this bus pass. Yeah!

LTD also offers half fare to qualifying people with disabilities. If you have questions, you may call LTD at 541-687-5555. Be safe at stay active.

For your information: The next Elders Council zoom meeting is scheduled for Saturday, May 8th at 1:00 pm. Just email Anita Bailor at anitab@ctsi.nsn.us and she will send you a link to join the meeting. They are really nice to attend, and to see everyone and hear about all that is being considered for future events, and current projects that they are working on.

If you have to contact the Elders Program for any reason, you may call 541-444-8225. Be sure to leave your name, phone number, and question and you will get a call back from a staff member. Or if you just want to chat with me, my number is 503-890-0742. The best time to call is between 10:00 am and 9:00 pm.

Truly, Verdene McGuire

Email: VDenie101@gmail.com

JOM: Youth News and Notes

May Youth Activity Calendar Update

Youth activities will remain virtual while tribal offices are closed. Check out the May highlights below and then call/email to sign up for the Youth Activities Email List or check out the CTSI Youth Facebook Page for up-to-date announcements:

Drum Class: (Tuesdays at 4 pm) Come learn pow wow songs, round dance songs, and more. Email for login information

Read Team: (Wednesdays at 4 pm) K-12 students can still sign up to receive books and attend weekly meet-ups with tribal staff and other tribal youth

Youth Culture Night: (Thursday, May 20 at 6 pm) Cultural sharing night for tribal youth of all ages. See flyer for more details

Minecraft: (Saturday, May 22 at 11 am): On-line fun and challenges--see flyer for details

Family Board Game Night: (Friday, May 28 at 4 pm) Family Board Game Night is back. Sign up to receive a board game to play at home with your family and then log onto Zoom to play with other tribal families and staff. See flyer for details

Tutoring: Moving to individually scheduled sessions this spring, call or email to get started

Virtual Youth Council:

Sunday, May 9: Virtual youth council meetings are resuming this spring. Next meeting date will be Sunday, May 9 at 11:00 am. Open to youth ages 12-24. Call or email for instructions on how to join or for more information.

Nuu-wee-ya' Speaking Groups

Speaking Groups are continuing on-line in May on Mondays at 5 pm. Open to all ages and experience levels. Also, check out beginning conversation classes Thursdays at 5 pm. See flyer for more details and information about how to sign up.

Extracurricular Opportunities:

JOM: JOM has funds to help pay for extracurricular activities, sports fees, school supplies, and cultural projects for students from any federally recognized tribe.

Siletz Youth Activity Fund: Offers up to \$150 per year to cover fees related to extra-curricular activities or school and cultural activities/supplies for Siletz tribal students.

Higher Ed/AVT: News and Reminders

Higher Education and AVT Grants

Higher Ed and Adult Vocational Training (AVT) grants provide funding to attend an accredited college, university, or training program.

The 2021-2022 Application Deadline is Approaching

Applications for the 2021-2022 school year beginning in Fall 2021 for new and continuing Higher Ed and AVT students are due **JUNE 30, 2021**. Applications must include all supporting documentation by the deadline. To be eligible for funding you must have submitted a 2021-2022 Free Application for Federal Student Aid (FAFSA) by January 31, 2021.

If you have any questions about attending a college or training program and/or how to apply for tribal assistance make an appointment today.

Note: Applications for clock-hour schools (i.e. truck driving school or cosmetology programs) have no deadline and are handled on a case-by-case basis.

Outside Scholarships Are Still Available:

-American Indian College Fund:

Deadline: May 31, 2021

<https://collegefund.org/>

-Cobell Summer and Vocational Training:

Deadlines: Summer-May 3, 2021;

Vocational-varies

<https://cobellscholar.org/>

-American Indian Graduate Center:

Deadline: varies by scholarship

<https://www.aigcs.org/>

Student Housing Assistance:

The Temporary Tribal Student Assistance Program (TTSAP) provides rental stipends to tribal students attending a college, university, or vocational/trade school. Applications for the 2021-2022 school year open May 1 from the Housing Department.

Applications are due May 31, 2021.

- TTSAP can assist with rent/room and board in dormitories
- TTSAP is time-limited. Funding is for one academic year
- Student's share of rent is 30% of adjusted gross income
- Assistance is non-transferable
- For more information contact Cecelia DeAnda: CeceliaD@ctsi.nsn.us

Adult Education

The Adult Education Program offers Siletz tribal members not already enrolled in a formal education program funding to assist with the cost of GED classes and testing, professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for more information.

CTSI Childcare Assistance Program expands eligibility for Tribal Families

The CTSI Childcare Assistance Program has received an increase in funding from the CCDF Coronavirus Relief and Response Supplemental Act. With this increase in funding we requested approval from the Office of Child Care to temporarily waive the income eligibility requirement for all tribal families living in the 11 county service area, and to increase the payment rates for Family Home Providers.

The approval to waive the income eligibility will be in affect while the State and/or Tribe is in a declared emergency, and can continue for 3 months following the suspension of the declared emergency, as long as funding is sufficient. Families will be eligible for up to 12 months for childcare assistance, as long as funding is sufficient.

Families must meet other eligibility requirements which include: living in the 11 county service area, parents must be working or engaged in education or job training activities, children must be enrolled CTSI tribal members or eligible to enroll in CTSI, or be the descendant or dependent of an enrolled CTSI tribal member.

To request an application, please contact DeAnn Brown by email at deannb@ctsi.nsn.us, or by telephone at 541-444-2450.

Apply now for Siletz Tribal Head Start

The Siletz Tribal Head Start program is accepting applications now for the 2021 -2022 school year.

We have classrooms in Siletz, Lincoln City, Salem and Portland and offer services to promote children's school readiness skills and to assist families with supporting their child's lifelong learning. Classrooms offer 3 ½ hours of service per day, Monday –Thursday, roundtrip transportation, and developmentally appropriate activities to promote each child's success.

To qualify children must be age 3 or 4 years of age by the local school districts age cut-off date, and income limits may apply. Head Start applications can be found on the CTSI website, or can be requested by calling 541-444-2450 or 1-800-922-1399 and asking for Head Start.

Happy Mother's Day from Home Visiting!

To the mom who's breastfeeding: Way to go! It really is an amazing gift to give your baby, for any amount of time that you can manage! You're a good mom.

To the mom who's formula feeding: Isn't science amazing? To think there was a time when a baby with a mother who couldn't produce enough would suffer...but now? Better living through chemistry! You're a good mom.

To the cloth diapering mom: Fluffy bums are the cutest, and so friendly on the bank account. You're a good mom.

To the disposable diapering mom: Wow, those things hold a lot, and it's excellent to not worry about leakage and laundry! You're a good mom.

To the mom who stays home: I can imagine it isn't easy doing what you do, but to spend those precious years with your babies must be amazing. You're a good mom.

To the mom who works: It's wonderful that you're sticking to your career...you're a positive role model for your children in so many ways...it's fantastic. You're a good mom.

To the mom who had to feed her kids from the drive thru all week because you're too worn out to cook or go grocery shopping: You're feeding your kid! And hey, I bet they aren't complaining! Sometimes sanity can indeed be found in a red box with a big yellow M and a cheap plastic toy in it. You're a good mom.

To the mom who gave her kids a home-cooked breakfast, lunch, and dinner for the past week: Excellent! Good nutrition is important, and they're learning to enjoy healthy foods at an early age, a boon for the rest of their lives. You're a good mom.

To the mom with the kids who are sitting quietly and using their manners in the fancy restaurant: Kudos! It takes a lot to maintain order with children in a place where they can't run around. You're a good mom.

To the mom with the toddler having a meltdown in the cereal aisle: They always seem to pick the most embarrassing places to lose their minds, don't they? We've all been through it. You're a good mom.

To the mom who gave birth "naturally," sans drugs: Holy cow, woman...you are a rock star! I'm positive that giving birth to your sweet baby was an experience you will never forget. Good for you. You're a good mom.

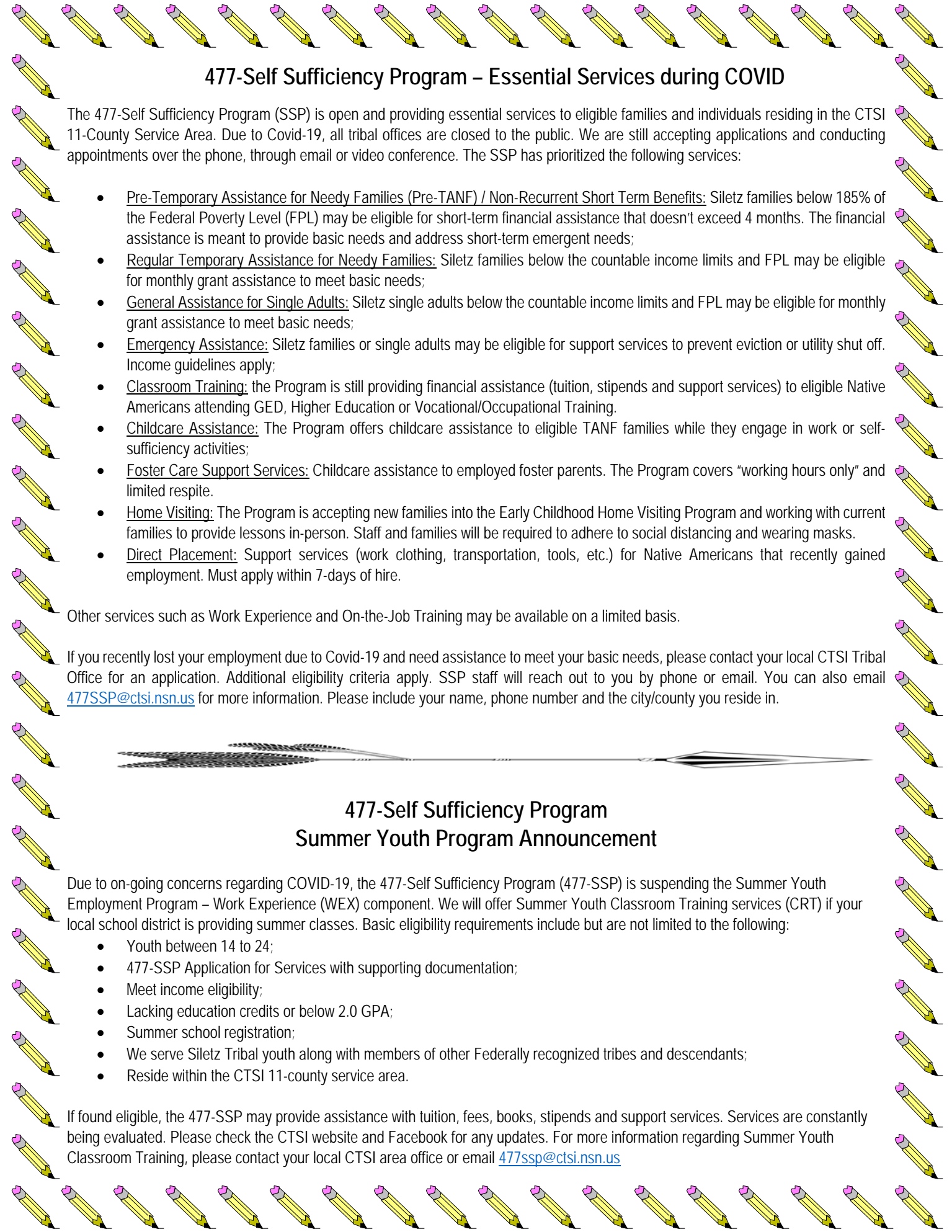
To the mom who begged until she got her epidural: Isn't it grand drugs are an option? I'm positive that giving birth to your sweet baby was an experience you will never forget. Good for you. You're a good mom.

To the mom who had a C-Section: Ouch! Those stitches are no joke, Mama! I'm positive that giving birth to your sweet baby was an experience you will never forget. Good for you. You're a good mom.

To the mom whose babies were born in your heart, but came from another woman's womb: The journey of fostering and/or adoption is arduous, nerve wracking and sometimes heartbreaking, so thank you for CHOOSING to follow this twisty path into motherhood. How lucky are your kids to have you?! You're a good mom.

To every mom: Being a Mom is the most difficult and most important role you will ever have. Don't be surprised if you are constantly questioning whether or not you're "doing it right." You're not alone, most moms question. It's a lot of work and a lot of pressure, so give your self permission to make mistakes, to learn and grow and extend grace to others and accept grace for yourself. You're a good mom.

Home Visiting is for Siletz families in the 11 county service area expecting a baby or with a baby under one year of age. For information about Home Visiting contact Jessica Hibler at 541-337-2285




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, through email or video conference. 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.



477-Self Sufficiency Program Summer Youth Program Announcement

Due to on-going concerns regarding COVID-19, the 477-Self Sufficiency Program (477-SSP) is suspending the Summer Youth Employment Program – Work Experience (WEX) component. We will offer Summer Youth Classroom Training services (CRT) if your local school district is providing summer classes. Basic eligibility requirements include but are not limited to the following:

- Youth between 14 to 24;
- 477-SSP Application for Services with supporting documentation;
- Meet income eligibility;
- Lacking education credits or below 2.0 GPA;
- Summer school registration;
- We serve Siletz Tribal youth along with members of other Federally recognized tribes and descendants;
- Reside within the CTSI 11-county service area.

If found eligible, the 477-SSP may provide assistance with tuition, fees, books, stipends and support services. Services are constantly being evaluated. Please check the CTSI website and Facebook for any updates. For more information regarding Summer Youth Classroom Training, please contact your local CTSI area office or email 477ssp@ctsi.nsn.us

Core Services

477-SSP Program

Need assistance with finding a JOB!!

Core Services is what you need.

Services:

- ◆ Job Referrals
- ◆ Resumes
- ◆ Cover Letter
- ◆ Employment Counseling/Coaching
- ◆ Job Search Assistance
- ◆ Mock interview

Support Services :

- ◆ Interview Clothing
 - ◆ Transportation
- Directly tied to job opportunity*

Apply Today in your Area Office

Must meet eligibility criteria and services are available on a budgetary basis



Confederated Tribes of Siletz Indians

Siletz Administration Office

Lincoln & Tillamook
PO Box 549
Siletz, OR 97380
Phone: (541) 444-2532

Salem Area Office

Marion, Polk, & Yamhill
3160 Blossom Dr. NE Suite
105
Salem, OR 97305
Phone: (503) 390-9494

Portland Area Office

Clackamas, Multnomah, &
Washington
12790 SE Stark Suite 102
Portland, OR 97233
Phone: (503) 238-1512

Eugene Area Office

Benton, Lane, & Linn
2468 West 11th Ave
Eugene, OR 97402
Phone: 484-4234

Confederated Tribes of Siletz Indians

Classroom Training

For federally Recognized Tribal members and descendants



Higher Education Assistance:

- ◆ Assistance with enrollment
- ◆ Tuition assistance
- ◆ Support Services for books, supplies, fees, etc.
- ◆ Education stipend (limited to 15 paid hours per week)

Vocational Education / Occupational Training

- ◆ Vocational degrees / certifications from accredited institutions
- ◆ Pre-apprenticeship / apprenticeship programs
- ◆ Occupation specific certifications / trainings

GED / Adult Basic Education

- ◆ Assistance with enrollment
- ◆ Tuition assistance
- ◆ Support Services for books, supplies, fees, etc.
- ◆ Classroom-training stipend (limited to 15 paid hours each week)

Apply Today!!

Must meet eligibility criteria and services are available on a budgetary basis.

Siletz Administration Office

Eugene Area Office

Benton, Lane, & Linn

2468 West 11th

Eugene, OR 97402

Phone: (541) 484-4234

Fax: (541) 484-4583

For more information call

Cathy Ray

catheriner@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 listed below.

SALEM AREA OFFICE

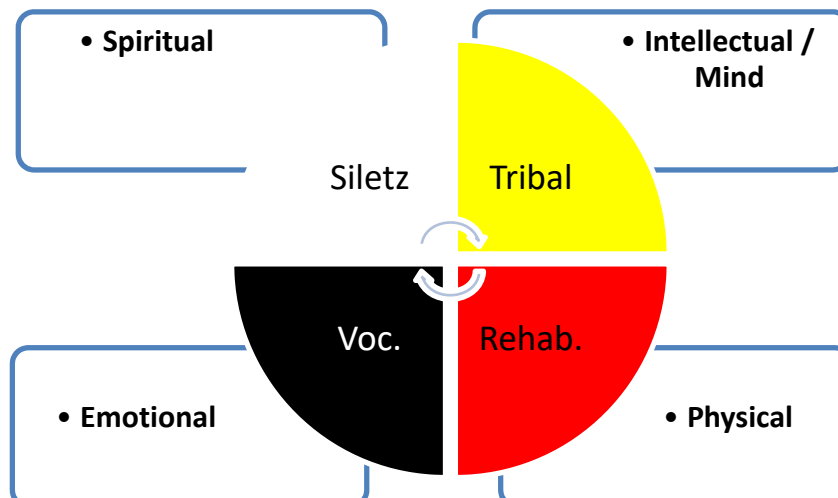
3160 Blossom Dr. NE, Ste. 105
Salem, OR 97305

SILETZ ADMIN. OFFICE

201 SE Swan Ave
Siletz, OR 97380

SALEM - **Toni Leija**, Counselor/Job Developer

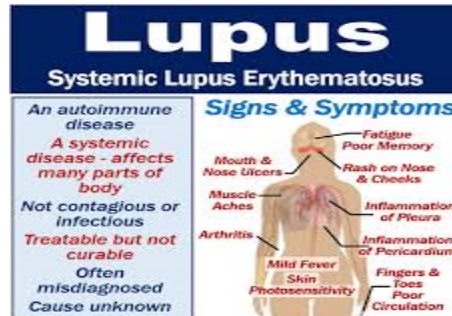
SILETZ – **RACHELLE ENDRES**, Counselor/Job Developer



LUPUS - May Disability Awareness



(picture of Systemic Lupus Erythematosus 1)



Systemic Lupus Erythematosus (SLE) is an autoimmune condition that affects mostly women in their 20s or 30s (Mayo Clinic). Children can develop Lupus too (see Native Americans and Lupus: <https://www.lupus.org/s3fs-public/Doc%20-%20PDF/Ohio/Copy%20of%20Native%20Americans%20and%20Lupus.pdf>).

According to some studies, Native Americans develop Lupus at a younger age and may experience severe and acute symptoms more often than people from other ethnic groups. The reasons for this are unclear at this time (see Native Americans Lupus link). “Lupus may affect almost every organ and system in the body including the skin, heart, [lungs](#), blood vessels, [nervous system](#), joints, and kidneys. Genetic and environmental factors may contribute to triggering [Lupus](#). The disease may be progressive. Potential triggers include [viruses](#), sunlight, and [allergies](#) to medications.” People may have “flares” (disease gets worse) and then have periods of remission (disease gets better).

The individual who has characteristics of [Lupus](#) may exhibit a “[butterfly rash](#)” across the bridge of the nose and cheeks (see above). “Symptoms and signs of the condition may include pain, [arthritis](#), [fatigue](#), [fever](#), pleuritis, [Raynaud's phenomenon](#), loss of appetite, photosensitivity, [pericarditis](#), oral ulcers, and other symptoms.”

“[Lupus](#) cannot be cured, but treatment is available to relieve symptoms and prevent tissue destruction.” Medications can be prescribed to strengthen immune function and decrease inflammation in the body. Prevention matters!

Lupus is diagnosed when four of the following 11 criteria are present in a patient:

- Malar “butterfly” [rash](#) across the nose and cheeks
- Rash consisting of raised red patches (discoid rash)
- Rash resulting from sensitivity to the sun (photosensitivity)
- Ulcers in the nose or mouth
- Two or more joints affected by [arthritis](#) with swelling, tenderness, or effusion
- Inflammation of the heart ([pericarditis](#)) or lungs (pleuritis)
- Neurological symptoms like [seizures](#) or psychosis
- Kidney problems including excess protein in the urine or reduced kidney function
- Positive antinuclear antibody (ANA) test
- Presence of antibodies such as antiphospholipid antibodies, anti-double-strand DNA, or anti-Smith antibodies.
- Presence of abnormalities in blood counts (low white blood cells, low platelets, or [anemia](#)).

Text Reference: American College of Rheumatology: "Lupus"

Siletz Community Health



Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Purchased Referred Care	1-800-628-5720
Siletz Behavioral Health	1-800-600-5599

Siletz Community Health Clinic registration forms and Chemawa Indian Health Center applications are available at the Eugene Area Office. If you have questions regarding eligibility for services, you may contact:

Adrienne Crookes
Community Health Advocate
541-484-4234
adriennec@tsti.nsn.us

Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

You may qualify for the Oregon Health Plan! OHP provides health care coverage to eligible, low income Oregonians. If you would like to apply, you may stop by and pick up an application, or apply online at www.OregonHealthCare.gov
Telephone: 1-800-699-9075

We are here to assist you with any questions that you may have about OHP









Contact Adrienne Crookes,
Community Health Advocate, at 541-484-4234

Siletz Mail Order Pharmacy

If you need a prescription refill, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and to mail it to you.

Call **1-800-648-0449** and enter **ext. 1624**. Follow the voicemail instructions. If you need assistance, you may call Adrienne Crookes, Community Health Advocate at 541-484-4234

WHAT YOU CAN DO ONCE YOU HAVE BEEN FULLY VACCINATED

Activity	
Visit inside a home or private setting without a mask with other fully vaccinated people of any age	
Visit inside a home or private setting without a mask with one household of unvaccinated people who are not at risk for severe illness	
Travel domestically without a pre- or post-travel test	
Travel domestically without quarantining after travel	
Travel internationally without a pre-travel test depending on destination	
Travel internationally without quarantining after travel	
Visit indoors, without a mask, with people at increased risk for severe illness from COVID-19	
Attend medium or large gatherings	



cdc.gov/coronavirus

May is Blood Pressure Awareness Month

Adrienne Crookes, Community Health Advocate

Nearly 1 in 3 adults is living with this “silent killer.”

In the U.S. today, about 68 million people are living with high blood pressure, also known as hypertension. The good news is that high blood pressure can be prevented and controlled. The bad news is that less than half of the population with high blood pressure actually has it under control.

High blood pressure is an important health concern because it leads to heart attack and stroke, two of the leading causes of death in the U.S. High blood pressure is also a major risk factor for other diseases such as congestive heart failure and kidney disease.

High blood pressure is sometimes called a “silent killer” because it often does not have any signs or symptoms. That’s why it’s important to check your blood pressure regularly, and to take steps to maintain normal blood pressure, or lower blood pressure if it reaches unsafe levels.

Blood pressure is written as two numbers. The first (systolic) number represents the pressure when the heart beats. The second (diastolic) number represents the pressure when the heart rests between beats. The following is a classification system for blood pressure.

Normal blood pressure	systolic: less than 120 mmHg and diastolic: less than 80 mmHg
Prehypertension	systolic: 120-139 mmHg or diastolic: 80-89 mmHg
High blood pressure	systolic: 140 mmHg or higher or diastolic: 90 mmHg or higher or taking antihypertensive medication

Preventing and Controlling High Blood Pressure

- Have your blood pressure checked and monitor it regularly.
- A diet high in sodium (salt) increases the risk for higher blood pressure. Most of the sodium we consume is already in the food when we buy it, mainly in processed foods. Cut back on your salt intake.
- Maintain a healthy body weight.
- Exercise regularly.
- Eat more fruits and vegetables.
- Don’t smoke.
- Watch your alcohol intake (fewer than two drinks per day for men, or one drink per day for women).
- If you have been prescribed blood pressure medication, take it as directed.
- If you have trouble with side effects, talk to your healthcare provider about other medications you can try.



For more information visit www.cdc.gov/features/highbloodpressure

MAY IS NATIONAL STROKE AWARENESS MONTH

Adrienne Crookes, Community Health Advocate

KNOW THE FACTS ABOUT STROKE

What is stroke?

Stroke kills almost 130,000 of the 800,000 Americans who die of cardiovascular disease each year – that's 1 in every 19 deaths from all causes. A stroke, sometimes called a brain attack, occurs when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts. You can greatly reduce your risk from stroke through lifestyle changes and, in some cases, medication.

Are you at risk?

Anyone, including children, can have a stroke. Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits that you can change. Examples include smoking, drinking too much alcohol, and not getting enough exercise. Having high cholesterol, high blood pressure, or diabetes also can increase your risk for stroke. However, treating these conditions can reduce the risk of stroke. Ask your doctor about preventing or treating these medical conditions.

What are the five most common signs and symptoms?

- Sudden numbness or weakness of the face, arm, or leg.
- Sudden confusion or trouble speaking or understanding others.
- Sudden trouble seeing in one or both eyes.
- Sudden dizziness, trouble walking, or loss of balance or coordination.
- Sudden severe headache with no known cause.



If you think that you or someone you know is having a stroke, call 9-1-1 immediately.

How is stroke diagnosed?

Your doctor can perform several tests to diagnose stroke, including brain imaging, tests of the brain's electrical activity, and blood flow tests.

How can I reduce my risk for stroke?

Eat a healthy diet, maintain a healthy weight, be physically active, don't smoke, limit alcohol use, and prevent or treat your other health conditions, especially high blood pressure, high cholesterol, and diabetes.

For more information visit www.cdc.gov

Know the Sudden Signs of Stroke

If you see someone experiencing any of these stroke symptoms, call **911** immediately. Getting treatment within **60 minutes** can prevent disability.



**TROUBLE
WALKING**



**TROUBLE
SEEING**



**WEAKNESS
ON ONE SIDE**



**TROUBLE
SPEAKING**



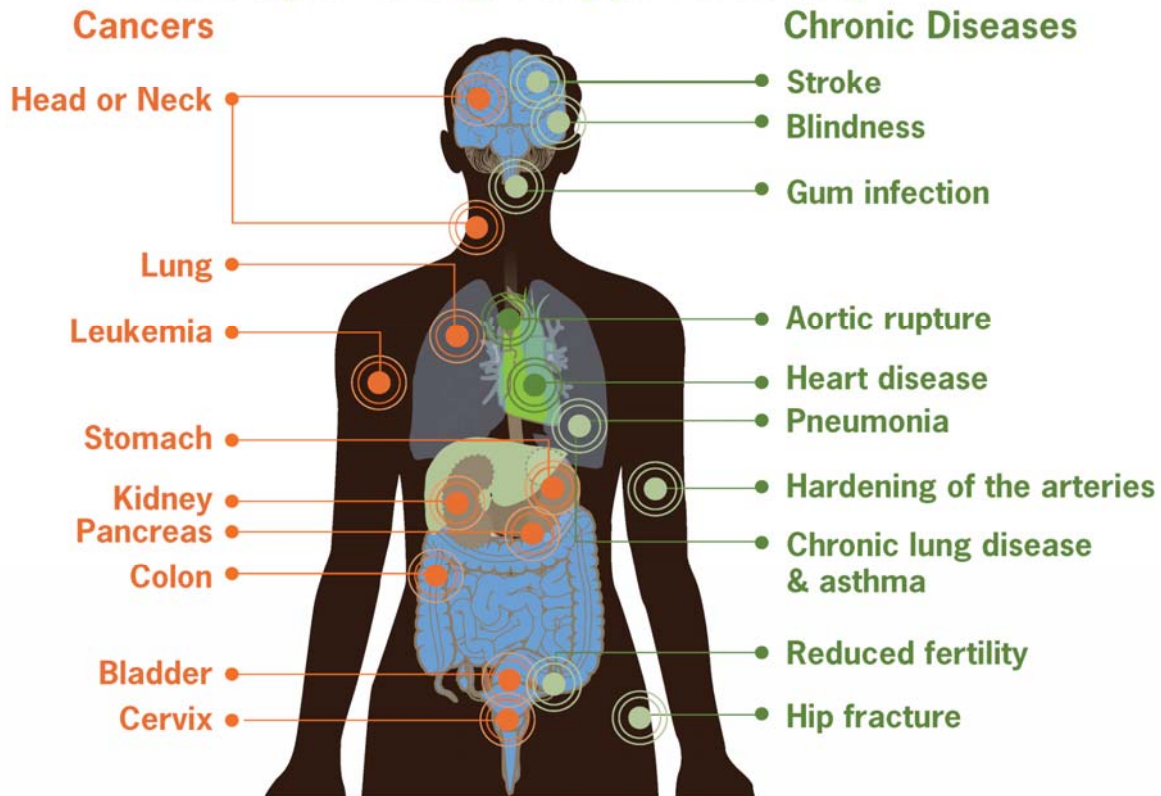
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Institute of Neurological Disorders and Stroke



www.stroke.ninds.nih.gov
1-800-352-9424

Risks from Smoking

Smoking can damage every part of the body



Tobacco Related Cancers for the Month of May

Melanoma and Skin Cancers: Melanoma is a cancer that develops in melanocytes, the pigment cells present in the skin. It can be more serious than the other forms of skin cancer because of a tendency to spread to other parts of the body and cause serious illness and death. Because most melanomas occur on the skin where they can be seen, patients or their spouses are often the first to detect suspicious tumors. Caught early, most melanomas can be cured with relatively minor surgery.

Early signs of melanoma are changes to the shape or color of existing moles or, in the case of nodular melanoma, the appearance of a new lump anywhere on the skin. At later stages, the mole may itch, ulcerate or bleed

Bladder Cancer: Bladder cancer is any of several types of cancer arising from the tissues of the urinary bladder. It is a disease in which cells grow abnormally and have the potential to spread to other parts of the body. Symptoms include blood in the urine, pain with urination, and low back pain.

Risk factors for bladder cancer include smoking, family history, prior radiation therapy, frequent bladder infections, and exposure to certain chemicals. The most common type is transitional cell carcinoma. Other types include squamous cell carcinoma and adenocarcinoma

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



Temporary Tribal Student Assistance Program



“TTSAP”



The Siletz Tribal Housing Department’s Temporary Tribal Student Assistance Program (TTSAP) will be accepting applications for the 2021-2022 academic year beginning May 1st, 2021.



Program Information:



- ❖ The TTSAP assists Tribal Students who will be attending a college, university, vocational or trade school.
- ❖ The TTSAP is a time-limited program. Funding is for one academic year.
- ❖ The TTSAP assists students with rent or room and board in a dormitory.
- ❖ The student’s share of the rent is thirty percent of their adjusted annual income. Important Note: The student might be required to remit a portion of the rent. For example, if a student is working the wages will affect the student’s share of the rent.
- ❖ Assistance is not transferable.



STHD will be accepting applications starting May 1st, 2021 through May 31st, 2021. If applications are received after May 31st, 2021 they will not be accepted by the Siletz Tribal Housing Department.



To obtain an application please stop by the STHD’s office at 555 Tolowa Court, Siletz OR, 97380 or call 1.800.922.1399 x1315, 541.444.8315. Applications can also be downloaded from the Siletz Tribe’s website at <http://www.ctsi.nsn.us/>



Cecelia De Anda



ceceliad@ctsi.nsn.us



Rental Assistance Program Coordinator/ Resident Services Advocate





**ONLINE LANGUAGE CLASSES AND
SPEAKING GROUPS ARE
CONTINUING INTO MAY 2021**

**LEARN
NUU-WEE-YA'**

MONDAYS AT 5:00 PM

DROP-IN

SPEAKING GROUP

THURSDAYS AT 5:00 PM

BEGINNING

CONVERSATION

Please contact Nick Viles (nickv@ctsi.nsn.us)
with questions and to sign up



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





Siletz Tribal R|R Youth Council! May 16th 11:00am Via Zoom



Area Office Contact Info

Portland: Katy Holland
(503) 238-1512, Katyh@ctsi.nsn.us

Salem: Sonya Moody-Jurado
(503) 390-
9494, Sonyamj@ctsi.nsn.us

Eugene: Nora Williams
(541) 484-4234, NoraW@ctsi.nsn.us

Siletz: Elizabeth Madden



Youth Council is for ages 12 to 24.
Middle School, High School, &
Higher-Ed students welcome!

Experience
Leadership
Community

CTSI Youth Is Providing Activity Boxes To Promote Mental & Emotional Wellness

Register by 05/20/2021



**Contact the Prevention Coordinator or Youth
Development Program Coordinator for
Registration**

- Fidget Spinner Kits
- Calming Bottles
- Mindfulness Rocks

Elizabeth Madden | elizabethm@ctsi.nsn.us

Jacob Reid | jacobr@ctsi.nsn.us

**This event is intended for CTSI households for
youth 18 and under**

***CTSI Youth
Cultural
Sharing Night***

MONTHLY/VIRTUAL

***5/20, 6/17
6-8pm***

**TO REGISTER EMAIL
JACOB@CTSI.NSN.US
OR USE QR CODE:**

Storytelling
Art
Poetry
Music
Modern
Traditional
Nuu-wee-ya'





We're Back!

**Calling all Gamers, k-12
CTSI Spring Break
Minecraft Gathering!**

May 22nd, 11am

**Contact:
jacobr@ctsi.nsn.us for
registration**



To Sign Up Email Jacob Reid (jacobr@ctsi.nsn.us) by
May 20 and receive a board game for your family

FAMILY BOARD GAME NIGHT CONTINUES

*Play at home and then join us on Zoom
May 28, 2021 @ 4 pm
for a virtual game night*

Produce Plus Food Rescue



Siletz Tribal Members:

If you or your family would like to share in some *FREE*, fresh produce, you may pick it up at the Siletz office on Tuesdays between 2:00 and 4:00 pm. Any produce that is not picked up at this time can be picked up later on in the week from 9 am-4pm. It just will not be as fresh.

Since our tribal office remains closed to the public during the COVID-19 pandemic, the food distribution will take place outside the building. Face masks and social distancing are required. If you don't have a mask, one will be provided.

Please bring your own bags or cooler to transport your food. You may call ahead and check on the availability of food.

Siletz Office: 541-484-4234
2468 W. 11th Avenue, Eugene, OR

This food is collected and distributed by Food for Lane County, Eugene, OR. The Siletz tribe and FFLC are working in a joint effort to alleviate hunger in our community.

**2021-2022 Hunting and Fishing Tags
Distribution Schedule**

Tribal offices are closed to the public due to COVID-19 restrictions. Tribal members wanting a tag should call to have tags mailed to them beginning 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	8/28-9/26	8/2 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/2-11/5**	8/16	First Come First Served*
	Antlerless – Adult	12	10/2-11/5	Lottery applications available 8/2; due 8/27 ; drawing 9/7; tags issued 9/8	Lottery – Open to Elders Only
	Antlerless – Youth	8	10/2-11/7	Lottery applications available 8/2; due 8/27 ; drawing 9/7; tags issued 9/8	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50 (minus # of early season tags filled)	11/20-12/12	<i>First Distribution:</i> 10/18 at 8:00 AM at NR Office <i>Second Distribution:</i> 11/1 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Elk	Antlerless - Youth	3	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	8/28-9/26	8/2 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/13-11/16	Lottery applications available 8/30; due 9/24 ; drawing 10/4; tags issued 10/5	Lottery
	2 nd Season Rifle	25	11/20-11/26		
	Antlerless	15	Various seasons beginning 1/1/22	Lottery applications available 8/30; due 9/24 ; drawing 10/4; tags issued 12/1	Lottery
	Late Archery Antlerless	56	11/27-12/12	<i>First Distribution:</i> 10/18 at 8:00 AM at NR Office <i>Second Distribution:</i> 11/1 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/16	First Come First Served

* No early calls to “save” a tag for someone. Must call to have a tag mailed no earlier than the first day of distribution.

** Season for Youth ages 12-17 is 10/2 - 11/7 (2 additional days at end of general season)

*** **Unfilled Deer Early Bow tags must be returned to Natural Resources by 10/8.**

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2021-2022 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.

USDA distribution dates for May 2021

Siletz

Monday	May 3	9 a.m. – 3 p.m.
Tuesday	May 4	9 a.m. – 3 p.m.
Wednesday	May 5	9 a.m. – 3 p.m.
Thursday	May 6	9 a.m. – 3 p.m.
Friday	May 7	9 a.m. – 3 p.m.

Salem

Monday	May 17	1:30 – 6:30 p.m.
Tuesday	May 18	9 a.m. – 6:30 p.m.
Wednesday	May 19	9 a.m. – 6:30 p.m.
Thursday	May 20	By appt only

CHOCOLATE CHERRY BALLS

INGREDIENTS

I have been looking for a recipe to use the dried cherries and here is what I have adapted to fit our food package. The original recipe called for almonds, but I didn't want to pick through the fruit & nut mix so I went with our unsalted peanuts.

$\frac{3}{4}$ CUP DRIED CHERRIES*	$\frac{3}{4}$ CUP UNSALTED PEANUTS*
1 CUP CHOCOLATE CHIPS	

DIRECTIONS

1. Put the cherries and peanuts in a blender or food processor. Make sure it is plenty powerful because the mixture will get pasty.
2. Blend until the oils from the peanuts start to be released and the dough sticks together. You may need to scrape down the sides depending on your appliance.
3. Melt $\frac{3}{4}$ of the chocolate in a double boiler.
4. Shape the dough into about 18 balls and put them in the freezer until the chocolate is ready.
5. Remove the chocolate from the double boiler and add the remainder of the chips. Stir until smooth.
6. Dip the balls into the chocolate and allow to set for about an hour.

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB page. Like us at SILETZ TRIBAL FDPIR.

Joyce Retherford, FDP Director, 541-444-8393 joycer@ctsi.nsn.us

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

FAX: 541-444-8306 or 503-391-4296

May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 "TTSAP" Temporary Tribal Student Housing Program Starts Accepting Applications for 2021- 22 academic year Until May 31, 2021
2	3 USDA Distribution Siletz 9-3pm Online Language Class 5pm	4 Time Sheets Due USDA Distribution Siletz 9-3pm Produce Plus Food 2-4pm	5 Produce + Food 8-4 USDA Distribution Siletz 9-3pm Read Team K-12 4-4:30pm Parenting Workshop Series Zoom 6:30-7:30pm	6 Produce + Food 8-4 USDA Distribution Siletz 9-3pm Online Language Beginner Class 5pm	7 Produce + Food 8-4 USDA Distribution Siletz 9-3pm	8 Elders Meeting Zoom 1pm
9 	10 Online Language Class 5pm	11 Produce Plus Food 2-4pm	12 Produce + Food 8-4 Read Team K-12 4-4:30pm	13 Produce + Food 8-4 Online Language Beginner Class 5pm	14 Pay Day Produce + Food 8-4	15
16 Youth Council Mtg. ZOOM 11-1pm	17 USDA Distribution Salem 1:30-6:30pm Online Language Class 5pm	18 Time Sheets Due USDA Distribution Salem 9--6:30pm Produce Plus Food 2-4pm	19 Produce + Food 8-4 USDA Distribution Salem 9--6:30pm Read Team K-12 4-4:30pm	20 Produce + Food 8-4 USDA Distribution Salem By Appt. Only Activity Boxes to Promote Mental/Wellness (See Flyer) Online Language Beginner Class 5pm Culture Sharing Night 6-8pm	21 Produce + Food 8-4	22 Minecraft Gathering Starts 11am (See Flyer)
23	24 Online Language Class 5pm	25 Produce Plus Food 2-4pm	26 Produce + Food 8-4 Read Team K-12 4-4:30pm	27 Produce + Food 8-4 Online Language Beginner Class 5pm	28 Pay Day Produce + Food 8-4 Family Board Game Night @4pm	29
30	31 All Tribal Offices CLOSED  MEMORIAL DAY					

The Confederated Tribes of Siletz Indians
The Eugene Area Office Staff
541-484-4234 1-800-922-1399

Jessica Hibler, Acting Supervisor/Coordinator 1/477/SSP x1752 jessicaH@ctsi.nsn.us
Vacant, Education Specialist

Nick Viles, Language and Traditional Arts Instructor x1757 nickv@ctsi.nsn.us

Jenifer Jackson, Tribal Service Specialist/477SSP x1755 jeniferj@ctsi.nsn.us

Cathy Ray, Intake Specialist/Job Coach x1756 catheriner@ctsi.nsn.us

Adrienne Crookes, Community Health Advocate x1753 adriennec@ctsi.nsn.us

Nora N Williams-Wood, Clerk x1750 noraw@ctsi.nsn.us

Verdene McGuire, EAO Elders VDaniel01@gmail.com

Vacant, Elders On-Call Transport



The Confederated Tribes of Siletz Indians
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