

DRUMBEAT NEWSLETTER - APRIL 2021

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



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



Announcements News and Highlights



Services

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.

To access these services, please call:

Siletz Community Health Clinic: (541)444-1030

Purchased/Referred Care (PRC): (541)444-1236

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



To Sign Up Email Jacob Reid (jacobr@ctsi.nsn.us) by April 22 and receive a board game for your family

FAMILY BOARD GAME NIGHT IS BACK

Play at home and then join us on Zoom
Friday April 30, 2021 @ 4 pm
for a virtual game night

VIRTUAL HOME VISITING - LORI CHRISTY, HOME VISITOR

Kim Jurado Graduates from Home Visiting!



From left to right—Saul, Saul Jr, Eva, and Kim Jurado

Congratulations to Kim Jurado for graduating from Siletz Home Visiting! Kim entered the program in November of 2017 prior to the birth of her son, Saul Jr, and continued until he turned three this February. Kim’s loving concern and attentiveness for her children was apparent as she fully engaged in the program, participating in the lessons, eager for any information that helped her be the best mother she could be. Kim, Saul and their children Eva and Saul Jr. often attended Home Visiting family events sharing in the activities and community connection. While in the program Kim completed her BS in Interdisciplinary Studies, purchased a new home with Saul and she and Saul got married.

Kim says she “liked the lessons and adult conversation, the lessons were very informative and all good. Our family as a whole appreciated our home visitor Lori and the program over the last three years.” When asked if she would recommend the program to other Siletz families she replied “Yes, I would!”

Congratulations Kim!

Home Visiting is for 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 information about Home Visiting contact Lori Christy, loric@ctsi.nsn.us or 503-390-9494 (Salem Area Office), 541-272-2241 (cell).

What Is Autism?

There is no one type of autism, but many.

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. According to the Centers for Disease Control, autism affects an estimated 1 in 54 children in the United States today.

What are the signs of autism?

The autism diagnosis age and intensity of autism's early signs vary widely. Some infants show hints in their first months. In others, behaviors become obvious as late as age 2 or 3.

Not all children with autism show all the signs. Many children who don't have autism show a few. That's why professional evaluation is crucial.

The following may indicate your child is at risk for an autism spectrum disorder. If your child exhibits any of the following, ask your pediatrician or family doctor for an evaluation right away:

By 6 months

Few or no big smiles or other warm, joyful and engaging expressions

Limited or no eye contact

By 9 months

Little or no back-and-forth sharing of sounds, smiles or other facial expressions

By 12 months

Little or no babbling

Little or no back-and-forth gestures such as pointing, showing, reaching or waving

Little or no response to name

By 16 months

Very few or no words

By 24 months

Very few or no meaningful, two-word phrases (not including imitating or repeating)

At any age

Loss of previously acquired speech, babbling or social skills

Avoidance of eye contact

Persistent preference for solitude

Difficulty understanding other people's feelings

Delayed language development

Persistent repetition of words or phrases (echolalia)

Resistance to minor changes in routine or surroundings

Restricted interests

Repetitive behaviors (flapping, rocking, spinning, etc.)

Unusual and intense reactions to sounds, smells, tastes, textures, lights and/or colors

If you have concerns, get your child screened and contact your healthcare provider

The M-CHAT (Modified Checklist for Autism in Toddlers™) can help you determine if a professional should evaluate your child. This simple online autism screen, available on our website, takes only a few minutes. If the answers suggest your child has a high probability for autism, please consult with your child's doctor. Likewise, if you have any other concerns about your child's development, don't wait. Speak to your doctor now about screening your child for autism.

503-390-9494 X1854

Ceciliat@ctsi.nsn.us

Monday-Friday

8:00 am - 4:30pm

First Concerns to Action Roadmap

If you have concerns about your child's development, early intervention is important. Learning the signs, examining your child's developmental milestones, and getting an evaluation and treatment as early as possible can make a lifetime of difference. Follow the steps below to get started and find the support you need.

Step 1 - Learn the Early Signs of Autism

How your child plays, acts, talks, and moves are important parts of his or her development. There are milestones that a child is expected to reach by certain ages.



▶ EARLY SIGNS OF AUTISM CAN INCLUDE:

- No big smiles or other warm, joyful expressions by six months*
- No back-and-forth sharing of sounds, smiles or facial expressions by nine months*
- No babbling or response to name by 12 months*
- No back-and-forth gestures such as pointing, reaching or waving by 12 months*
- No words by 16 months*
- No meaningful, two-word phrases (not including imitating or repeating) by 24 months*
- Any loss of speech, babbling or social skills at any age*

Step 2 - Don't Wait - Screen Your Child

If you have any concerns, talk to your child's doctor and ask for a developmental screening. You can visit AutismSpeaks.org/Screen-Your-Child and fill out the M-CHAT-R™, a screening tool for autism. No matter the result, talk to your child's doctor about your concerns.

Step 3 - Start Intervention Right Away

If your child is under 3, he or she can receive a free evaluation and begin receiving support services and interventions, even without a formal diagnosis. Contact your state's Early Intervention office for an evaluation. Visit [Autism Speaks' Resource Guide](http://AutismSpeaks.org/Resource-Guide) to find the contact information for your state's Early Intervention office. AutismSpeaks.org/Resource-Guide. If your child is over 3, you should contact your school district and request an evaluation. Your child does not need a diagnosis of autism to receive an evaluation. This evaluation will determine if your child qualifies to begin receiving specialized services and supports through his or her local school.



Step 4 - Learn About Services, Supports and Treatments

If your child is diagnosed with autism, contact Autism Speaks for support. Our 100 Day Kit is a great resource created to help you make the best possible use of the 100 days following your child's diagnosis. It contains information and guidance from trusted experts and parents like you. For a free copy of the 100 Day Kit and many other resources for newly diagnosed families, contact the Autism Speaks Autism Response Team or visit AutismSpeaks.org.



Have more questions?
Contact Autism Speaks Autism Response Team today for personalized assistance:

1-888 AUTISM2 (268-4762)

En Español: 1-888-772-9050

FamilyServices@AutismSpeaks.org

EDUCATION, YOUTH AND MISCELLANEOUS INFORMATION

Check out these **Facebook** pages!



PHARMACY MAIL ORDER SERVICE

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

CTSI 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



541.444.9686

"We 'puduhgahy' old'uh' we too getting well"

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

For CTSI Families with Youth Age 18 and Under

If sending a video, please limit it to 10-20 seconds. You can send in your submissions by messaging us on the CTSI Youth Facebook page or by emailing Kat at katrinah@ctsi.nsn.us.

Your submission will be used in a special Earth Day video posted on the CTSI Youth page! If you would like to opt out of the video and only receive the packet, please let us know when sending in your photo or video.

Earth Day April 22nd

Send us a video or picture of ways your family is honoring the earth by April 19th and receive a free earth packet!

Your submission will be used in a special Earth Day video posted on the CTSI Youth Facebook page.

Follow us on Facebook:
[@CTSIYouth](https://www.facebook.com/CTSIYouth)



CTSI Youth Cultural Sharing Night

MONTHLY/VIRTUAL

3/18, 4/15, 5/20, 6/17
6-8pm

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

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



(Continued from previous page)

ONLINE LANGUAGE CLASSES AND SPEAKING GROUPS ARE CONTINUING INTO APRIL 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

CTSI Virtual College Info Night

Featuring:
Tribal Ed Programs
and Financial Aid

THURSDAY,
APRIL 22
6:00 PM

online
via
zoom

Get Info About:

- ◆ Tribal Grants and Scholarships
- ◆ Important Deadlines
- ◆ Financial Aid Process
- ◆ Other Tribal Programs for Students
- ◆ Transitioning to College/University

All Students and Families Welcome
Contact katyh@ctsi.nsn.us to sign up
and for login information

COVID-19 Emergency Rental Assistance (ERA) Program

The COVID-19 pandemic poses an immediate and imminent threat to the health, safety, and well-being of the Tribe. The purpose of the ERA Program is to provide emergency rental assistance for the payment of rents and utilities, and arrearages for the same, for low-income Tribal households who have disproportionately suffered from the impacts of the COVID-19 pandemic. To participate in the ERA Program, an Applicant must first submit a complete, written Application on the forms provided by STHD. **Applications for the ERA Program must be submitted to the Siletz Tribal Housing Department (STHD) by mail, email, fax, or dropping off the application at the address provided below.**

Drop off: 555 Tolowa Court, Siletz, OR 97380
Mail: PO Box 549, Siletz, OR 97365
Fax: (541)444- 8313
Email: covam@ctsi.nsn.us (541)444-1331 or jeanettea@ctsi.nsn.us (541)444-1316

Applications will be received until December 1, 2021.

April is Alcohol Awareness Month



Alcohol

- Alcohol-related motor vehicle fatalities are highest in the Native American population, 68.1% (National Highway Traffic Safety Administration, 2009)
- Attitudes toward drinking vary amongst tribes, however, those living on reservations drink less often, but are more likely to binge drink or drink more per occasion (Mar & George, 2001)
- Native Americans are 6x more likely to die of alcohol related causes than the general population (Frank et al., 2000)
- Cirrhosis is the 6th leading cause of death in Native Americans.
- Native Americans also have a disproportionately high rate of fetal alcohol syndrome (Morbidity and Mortality Weekly Report, 1994)
- The "Firewater Myth" states that Native Americans cannot hold their liquor because of different metabolism and enzyme patterns, though no research confirm this (HSOAH, 2007)



Alcohol Use Disorder: Disability or Not?

Alcohol Use Disorder is a chronic medical condition that is treatable. There is a good potential for recovery, however, if left untreated, it can lead to significant physical, psychological, and social problems.

It is characterized by a three stage cycle:

- 1) **Loss of control over alcohol intake** (Binge/Intoxication stage)
- 2) **The experience of a negative emotional state in the absence of alcohol** (Withdrawal/Negative Affect State)
- 3) **A compulsion to seek out and consume alcohol** (Preoccupation)/Anticipation Stage)

The three stage cycle can be found on the website: [National Institute on Alcohol Abuse and Alcoholism](http://www.niaaa.nih.gov).

AUD becomes a disability when the individual's drinking creates problems for entering into, engaging in, or retaining employment. An individual needs a diagnosis of AUD and be able to demonstrate that their drinking has led to impediments (or barriers) to employment. For instance, they miss work due to a hangover, lose jobs because of their chronic drinking, or have a history of being unable to stop drinking which has led to medical problems (i.e., Cirrhosis - damage to the liver).

If you are concerned about your alcohol use and would like to explore whether you might have AUD, please visit the Rethinking Drinking website: rethinkingdrinking.niaaa.nih.gov.

If you feel this disorder is something you struggle with and it creates barriers to obtain or maintain employment, you may be eligible for Siletz Vocational Rehabilitation Services. For more information, please contact:

PORTLAND/SALEM-TONI 503-390-9494

SILETZ/EUGENE -RACHELLE 541-444-8213

477 – SELF SUFFICIENCY PROGRAM

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.

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.

For Siletz tribal members we offer:

Pre-Temporary Assistance for Needy Families (Pre-TANF), Temporary Assistance for Needy Families (TANF), General Assistance for Single Adults (GASA), Emergency Assistance, and Diverted Services.

We also offer the following programs to any Native American (enrolled in a federally recognized tribe or descendant of a federally recognized tribe):

Classroom Training, Direct Placement, and On the Job Training. Other services such as Work Experience and On-the-Job Training may be available on a limited basis.

Participants in 477 - Self Sufficiency Programs must meet the eligibility requirements.

Core Services

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 Inter-
views

Support Services:

Interview Clothing, Transportation
Directly tied to a job opportunity



Emergency Assistance: Siletz families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply.

Direct Placement: Support services (work clothing, tools, transportation assistance etc.) for eligible Native Americans that recently gained employment. Must apply within 7-days of hire.

Classroom Training: Financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/Occupational Training.

Diverted Services: This service is available to Siletz tribal members who have been employed for a minimum of 45 calendar days, are below 185% of the federal poverty level, and are at risk of losing their employment.

Important 477-SSP Dates to Remember:

April 5th: Monthly Report Forms, Self Sufficiency Activities, Time-sheets, and Job Search Forms are due

April 7th: Mandatory ONLINE Monthly Training 11:00 am

April 29th: Online Purpose 3 & 4 Activity 11:00 am

For More Information Contact:

Tribal Service Specialist:

Angelica Espino

Phone: 503-390-9494 ext. 1853

Email: Angelicae@ctsi.nsn.us

USDA DISTRIBUTION DATES FOR APRIL

Siletz

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



Salem

Monday	April 19	1:30 pm – 6:30 pm
Tuesday	April 20	9:00 am – 6:30 pm
Wednesday	April 21	9:00 am – 6:30 pm
Thursday	April 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



Fax

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

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

CHEESEBURGER MACARONI

- | | |
|-------------------------------------|-----------------------------------|
| ☺ 1 lb. hamburger* | ☺ 1 bag elbow macaroni* |
| ☺ 1 onion* | ☺ 1/2 teaspoon mesquite seasoning |
| ☺ 1 can diced tomatoes* | ☺ Salt and pepper |
| ☺ Small can tomato sauce* | ☺ Flour (enough to make a rue)* |
| ☺ 1 Tablespoon butter or margarine* | ☺ 1 1/2 C. milk* |
| ☺ 2 lbs. cheese* | |

- Brown hamburger and onion in skillet along with the salt, pepper and mesquite. Add tomatoes and tomato sauce. Let this simmer.
- Cook noodles according to package directions. Drain and rinse the noodles.
- Melt butter in saucepan over medium heat and add enough flour to make a good paste. Add the milk and whisk until hot. Add ¾ of the shredded cheese and whisk until smooth.
- Add all ingredients, including the meat sauce to a baking dish and top with the remaining cheese.
- Bake at 400 degrees for about 10 minutes or until brown on top.

***INDICATES FOOD AVAILABLE IN FOOD PACKAGE**

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



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

A & D - ANDULIA WHITE ELK, ADDICTIONS COUNSELOR




All services are offered online due to COVID-19 restrictions.

PHILOSOPHY

The primary philosophy of the Siletz Tribal Alcohol and Drug Program is that alcoholism, chemical dependency and other addictions are progressive illnesses. When left untreated, they can cause emotional, mental, physical and spiritual problems for the person, family and community. Addictions are treatable and staff are personally dedicated to providing culturally relevant treatment services.

VALUES

The Siletz Tribal Alcohol and Drug Program adheres to the following:

-  The continuous improvement of service delivery.
-  People deserve to be treated with dignity and respect.
-  The value of diversity and cultural sensitivity.

ADMISSION CRITERIA

Priority for admission to any component of the program is as follows:

First Priority: Siletz Tribal members.

Second Priority: Family members currently living with Siletz Tribal members, Native Americans who are enrolled in other tribes and Siletz Tribal employees.

Third Priority: Non-Native community members who have ties to the Siletz Tribal community.

SERVICES

Recovery Mentor Outreach

Community development
Community education
Leadership skill building
Alternative activities
Individual and community asset building
Mentorship opportunities
Support groups
Cultural activities






Outpatient Treatment Services

Evaluation/assessment
Referral to appropriate resources
Alcohol/other drug education
Individual counseling
Family treatment
Cultural/traditional counseling
Adolescent treatment
Women's specific treatment
Intervention
Recreational therapy

Transitional Services

(in Siletz Service Area)
A transitional, residential program is available for men and women who have completed residential alcohol/drug treatment.

Services include:

-  Life skill building
-  Domestic violence education
-  Parenting skill building
-  Referral to appropriate resources
-  Support for family reunification

FEES

Recovery Mentor Outreach

There are no fees associated with Recovery Outreach Mentor services.

Outpatient Treatment





Siletz Tribal members and other Native Americans who are enrolled in a federally recognized tribe are eligible for services at no cost to them. Third party payments are accepted. Non-tribal clients will be assigned a fee based on a sliding fee schedule.

Transitional Living Center

Residents are required to pay 30% of their income for rent and utilities.

SERVICE AREA

The Confederated Tribes of Siletz Indians service area is made up of 11 Western Oregon counties. Four tribal offices serve these 11 counties:

-  **SILETZ** – Lincoln and Tillamook Counties
-  **SALEM/KEIZER** – Marion, Yamhill and Polk Counties
-  **EUGENE** – Lane, Linn, and Benton Counties
-  **PORTLAND** – Multnomah, Clackamas and Washington Counties

AnduliaW@ctsi.nsn.us

Andulia White Elk, A & D Counselor

Salem Area Office (503) 390-9494 x1855	Portland Area Office 1 - (503) 238-1512 X1414
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Spring has arrived:

The saying is, April showers bring May flowers. We experienced some rain in March, and an awful winter storm event in February. As Oregonians, though, we know rain is in our spring forecast. Now is the time to tackle projects that were set aside for the thaw, like doing the bathroom remodel or making that quilt for your loved one you've been meaning to make.

A discussion on the lingering elephant in the room, coronavirus:

- Who knew we would still be sitting amongst a pandemic a year later after things closed down?
- We have lost loved ones, we have been quarantined, and it can be hard to find hope. It is starting to spread, though, thanks to vaccines becoming more readily available, schools and businesses starting to open.
- As the counselor is not a medical professional, please see this website for current information on the virus: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

A word on social distancing:

To continue to keep the spread of coronavirus lower and protect our loved ones, social distancing is still being recommended by pandemic experts. This means keeping at least six feet of space between yourself and people not in your immediate family, and restricting public outings. The hope with social distancing is to slow the amount of coronavirus patients at hospitals to help make sure everyone who needs urgent care can receive it.

Ways to fight feelings of isolation and boredom:

- 1) Start writing in a journal about your daily struggles and accomplishments.
- 2) Do five minutes of mindfulness each day, focusing on relaxed breathing from your belly.
- 3) Schedule facetime/video conferencing to see loved ones, and help your children contact peers.
- 4) Go out in the sunshine, or even the rain, and walk, or run, just being mindful of that social distancing.

Mental Health Services for the valley:

Rachel is still seeing people remotely until at least the end of June. She has been able to start offering services to people in other areas, including people near the Eugene Area Office, and occasionally even those living in Siletz.



Traditional coping:

In times of social distancing, some forms of Native coping and healing continue to be limited. While gatherings such as powwows are still postponed, smudging, praying, and drumming can be ways to stay connected to one's tribe, and Native traditions. Think about calling your elders and peers to check in on them, instead of paying them a physical visit. Getting out into nature, whether solitary or with your immediate family, is another way to help us stay close to Native ways while still practicing social distancing.

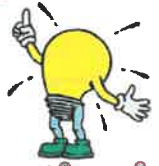
Portland Area Office
Virtual Appts, M-F
8:00 am - 4:30 pm
1 - (503) 238-1512
X1417

Salem Area Office
Virtual Appts, M-F
8:00 am - 4:30 pm
(503) 390-9494
x1864

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



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.



paint the town blue

TO PREVENT CHILD ABUSE



April is Child Abuse Prevention Month.

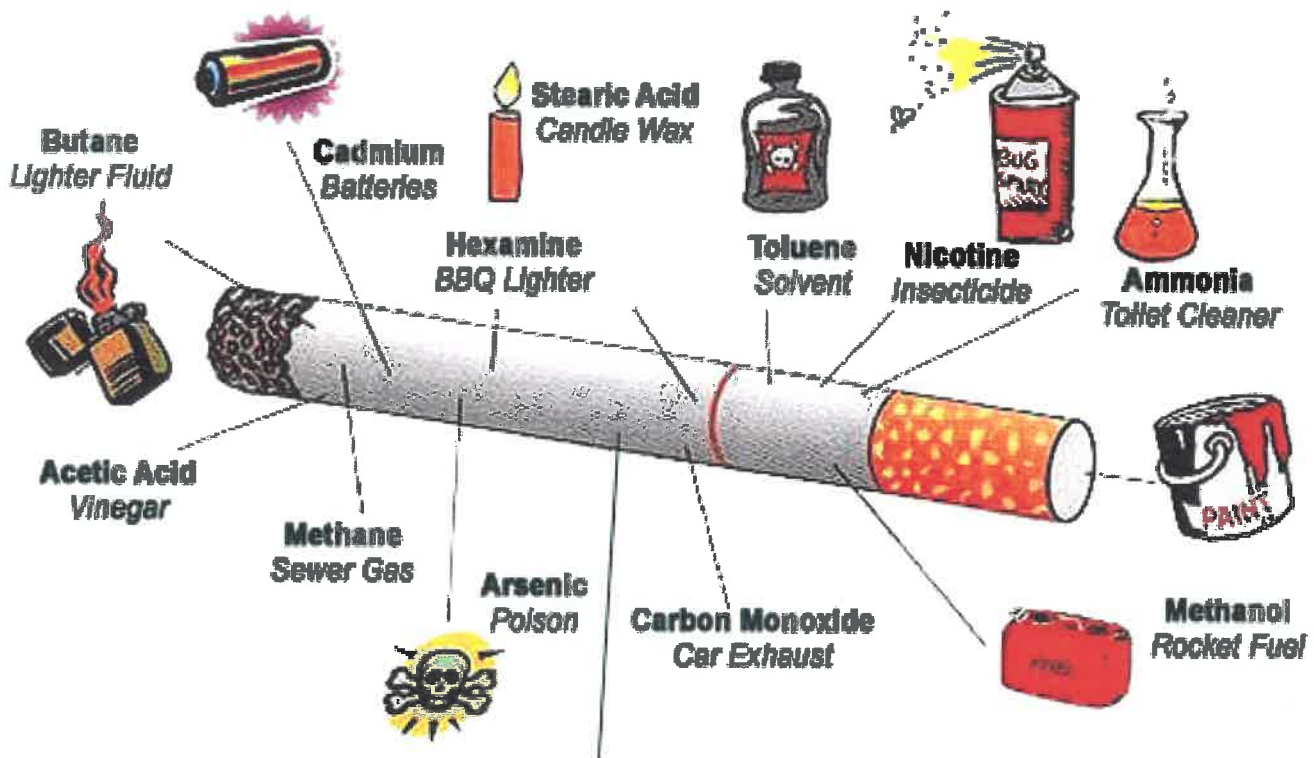
Join us to bring awareness to our community:

- **Wear blue** to show support
- **Get involved** by visiting ParentForTheFuture.org
- **Spread the word** on social media
- **Partner with** local organizations

Together we can keep children safe.



Tobacco: More than just Nicotine



Tar: includes the majority of mutagenic and carcinogenic agents in tobacco smoke

Tobacco Related Cancers for the Month of April



Esophageal Cancer: Esophageal cancer is cancer arising from the esophagus, the food pipe that runs between the throat and the stomach. Symptoms often include difficulty in swallowing and weight loss. Other symptoms may include pain when swallowing, a hoarse voice, enlarged lymph nodes ("glands") around the collarbone, a dry cough, and possibly coughing up or vomiting blood.

Causes: The two main types (i.e. squamous-cell carcinoma and adenocarcinoma) have distinct sets of risk factors. Squamous-cell carcinoma is linked to lifestyle factors such as smoking and alcohol. Adenocarcinoma has been linked to effects of long-term acid reflux. Tobacco is a risk factor for both types. Both types are more common in people over 60 years of age.

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

Commercial Tobacco Quit line 1-800-QUIT-NOW
Native Quit Line now available 1-800-784-8663 (option 7)

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	X 1855
Angelica Espino	Tribal Services Specialist	X 1853
Antonia Leija	Voc Rehab Counselor/Job Developer	X 1861
Beverly Owen	Salem Area Office Supervisor	X 1851
Cecilia Tolentino	Community Health Advocate	X1854
Dana Rodriguez	Salem Area Office Clerk	X 1850
Lori Christy	Home Visitor	X 1863
Lydia Kentta	Transporter	
Rachel Adams	Mental Health Counselor	X1864
Sonya Moody-Jurado	Education Specialist	X 1856