

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



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



IMPORTANT DATES TO REMEMBER: OFFICE CLOSED, July 5 — Independence Day Observed

Newsletter Highlights

- ◆ Summer Youth Classroom Training
- ◆ Pandemic Emergency Assistance Fund - School Clothing/School Supply Program
- ◆ COVID-19 Youth Assistance Program
- ◆ JOM students School Supply Stipend
- ◆ STREAM Education Kits
- ◆ Siletz Student Incentive Program
- ◆ JOM Family Activity - Growth Mindset Workbook and Sensory Gadgets
- ◆ Minecraft Gathering—K-12 Gamers
- ◆ CTSI Youth Cultural Sharing Night
- ◆ Siletz Tribal Youth Council

Look inside for
more information



541-444-9611

Do you need help with OHP?
You don't have to leave your home to apply!
Applications can now be done online or over the phone.
The Health Care Marketplace is open now through May 15, 2021.
Shop for health plans at <https://or.checkbookhealth.org/> or call direct at 855-268-9767.



ELDERS FIREWOOD DISTRIBUTION EVENT

Saturday, July 17, 2021

8 am – 2 pm

Logsden Road Firewood Area
(near USDA Building)

Cut and split firewood available for pickup

(stay in vehicle – we will load)

Must contact Elders Program (541-444-8212) to get on the list for pickup or delivery

Limited delivery available in the greater Siletz area

Limit ½ cord per elder household while supplies last



Beargrass Braiding Kits

The Salem Area Office (SAO) has a limited number of beargrass braiding kits. Upon completion, we will assist with assembling them into a necklace for those who would like assistance. If you would like a kit contact the SAO. Requests will be filled on a first come, first served basis so be sure to call soon!

Community Health

Sarcoma Awareness Month

Cecilia Tolentino,

Salem Area CHA 503-390-9494 X1854

CeciliaT@ctsi.nsn.us

Monday-Friday

8:00AM-4:30PM



Sarcoma can start anywhere in the body but are most common in the arms, legs, abdomen and trunk. Sarcoma is a type of cancer that can occur in various locations in your body. Sarcoma is the general term for a broad group of cancers that begin in the bones and in the soft (also called connective) tissues (soft tissue sarcoma). Soft tissue sarcoma forms in the tissues that connect, support and surround other body structures. This includes muscle, fat, blood vessels, nerves, tendons and the lining of your joints

Signs and symptoms of sarcoma include:

- ⇒ A lump that can be felt through the skin that may or may not be painful
- ⇒ Bone pain
- ⇒ A broken bone that happens unexpectedly, such as with a minor injury or no injury at all
- ⇒ Abdominal pain
- ⇒ Weight loss

Causes

It's not clear what causes most sarcomas.

In general, cancer forms when changes (mutations) happen in the DNA within cells. The DNA inside a cell is packaged into a large number of individual genes, each of which contains a set of instructions telling the cell what functions to perform, as well as how to grow and divide.

Mutations might tell cells to grow and divide uncontrollably and to continue living when normal cells would die. If this happens, the accumulating abnormal cells can form a tumor. Cells can break away and spread (metastasize) to other parts of the body.

Factors that can increase the risk of sarcoma include:

- Inherited syndromes. Some Examples of syndromes that increase the risk of sarcoma include familial retinoblastoma and neurofibromatosis type 1.
- Radiation therapy for cancer. Radiation treatment for cancer increases the risk of developing a sarcoma later.
- Chronic swelling (lymphedema). Lymphedema is swelling caused by a backup of lymph fluid that occurs when the lymphatic system is blocked or damaged.
- Exposure to chemicals. Industrial chemicals and herbicides, can increase the risk of sarcoma that affects the liver.
- Exposure to viruses. The virus called human herpesvirus 8 can increase the risk of a type of sarcoma called Kaposi's sarcoma in people with weakened immune systems.



Car Seat Safety

With summer fast approaching and warmer weather on the horizon, here are some car seat safety tips you will want to keep in mind!

Controlling Heat in the Car Seat.

One of the biggest concerns in the summer is how fast a car can heat up. The American Academy of Pediatrics explains that heat strokes in the car are the leading non-crash related cause of death by automobiles for kids under the age of 14. On average 37 children die each year as a result of being left in a hot car, with over half of them being under the age of 2.

Here is why heat stroke is common and dangerous in children:

- ⇒ *Kid's bodies heat up 3 to 5 times fast than adults.*
- ⇒ *Rolling the windows down doesn't help with the temperature.*
- ⇒ *Even on a 72 degree day, the inside of a car can reach deadly temperatures in only 30 minutes.*

Tips for a Safe Summer.

Never leave your child alone in the car. Period. Not even for a few minutes, because you never know what could happen.

Educate your child. If your child is older talk to them about what they should do if they ever get trapped in a car. Such as honk the horn until help arrives.

Create a reminder. Experts recommend creating some sort of reminder so you will not accidentally leave a child in a car. You would be surprised how easily a sleeping baby in a rear facing car seat can be forgotten. As a reminder, stash something in the back seat like your purse or something you need to bring into work like a badge. This way you are reminded your child is in the car. As silly as this sounds, this happens more often than you think.

USDA DISTRIBUTION DATES FOR JULY

Siletz

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



Salem

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

SAVING FRESH BERRIES

Berries are delicious, but they're also kind of delicate. Raspberries in particular seem like they can mold before you even get them home from the market. There's nothing more tragic than paying \$4 for a pint of local raspberries, only to look in the fridge the next day and find that fuzzy mold growing on their insides.

Well, with fresh berries just starting to hit farmers markets, we can tell you that how to keep them fresh! Here's a tip I'm sharing on how to prevent them from getting there in the first place: Wash them with vinegar.

When you get your berries home, prepare a mixture of one part vinegar (white or apple cider probably work best) and ten parts water. Dump the berries into the mixture and swirl around. Drain, rinse if you want (though the mixture is so diluted you can't taste the vinegar,) and pop in the fridge. The vinegar kills any mold spores and other bacteria that might be on the surface of the fruit, and voila! Raspberries will last a week or more, and strawberries go almost two weeks without getting moldy and soft. So go forth and stock up on those pricey little gems, knowing they'll stay fresh as long as it takes you to eat them.



You're so berry welcome!

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



"like" us on

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

477 – SELF SUFFICIENCY PROGRAM - *Angelica Espino, TSS*

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 Interviews

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:

July 5th: Monthly Report Forms, Self Sufficiency Activities, Timesheets, and Job Search Forms are due

July 21st: Purpose 3 & 4 Online Activity, 1:30 pm - 3:30 pm

July 28th: Mandatory ONLINE Monthly Training, 1:30 pm - 3:30 pm

For More Information Contact:

Tribal Service Specialist:

Angelica Espino

Phone: 503-390-9494 ext. 1853

Email: Angelicae@ctsi.nsn.us

Service Area Offices

Monday—Friday

8:00AM to 4:30PM

Siletz Administration Office

Lincoln & Tillamook

PO BOX 549

Siletz, OR 97380

Phone: (541) 444-2532

or 1-800-922-1399

Fax: (541) 444-8334

Salem Area Office

Marion, Polk, & Yamhill

3160 Blossom Dr. NE Suite

105

Salem, OR 97305

Phone: (503) 390-9494

Fax: (503) 390-8099

Portland Area Office

Clackamas, Multnomah, &

Washington

12790 SE Stark Suite 102

Portland, OR 97233

Phone: (503) 238-1512

Fax: (503) 238-2436

Eugene Area Office

Benton, Lane, & Linn

2468 West 11th Ave.

Eugene, OR 97402

Phone: (541) 484-4234

Fax: (541) 484-4583

477 Self Sufficiency Program

Summer Youth Class Room Training

Do you need to make up class credits? Or need to make sure you have enough credits to graduate?

The SYEP CRT Program can help by giving you a stipend while you attend summer classes.

The stipend is \$9.00 for a max of 240 hours with a signed time sheet turned in.

To be eligible you need to be enrolled in a federally recognized tribe or prove descendency, and household income limits do apply.

To apply for services contact the 477 program in your area, and ask for the Summer Youth CRT application.

**Tamra Russell- Portland office
Jamie Bokuro- Siletz office
Cathy Ray- Eugene office
Angelica Espino- Salem office**



**477-Self Sufficiency Program
Pandemic Emergency Assistance Fund
School Clothing / School Supply Program**

The 477-Self Sufficiency Program (477-SSP) received limited funds from the American Rescue Plan Act of 2021. The funding allows the Program to provide limited non-recurrent short-term benefits for eligible Siletz Tribal member households. The 477-SSP will provide a one-time allowance for clothing and school supplies for children returning to in-person classes for the 2021 – 2022 school year.

Eligibility Requirements Include:

- Application for Assistance;
- Siletz Tribal member household – Verification required;
- Reside in the United States;
- State issued identification for head of household;
- Receive regular Supplemental Nutrition Assistance (SNAP) or USDA Commodities – Verification required;
- Provide verification children are included in benefit group;
- School age children in Kindergarten through 17 years of age;
- Valid email address for head of household.

The 477-SSP will accept applications from July 1, 2021 – August 20, 2021. All pending documentation must be submitted by August 31, 2021. If approved for services, the 477-SSP will issue a \$300.00 clothing allowance for eligible children and \$50.00 school supply allowance for eligible children.

Applicants will be served based on completion date. Once the funding allocation has been reached, additional households will be placed on a waiting list. You will receive all correspondence from the 477-SSP via email. The Program will issue payments twice per month until funds are expended or the application deadline is met.

By completing the application, you understand that all funds must be applied to school clothing and school supplies for the children listed on the approval notice. Completing the application is not a guarantee of services even if the application is completed prior to August 20, 2021. The application is posted on the CTSI website. Please contact the staff below to be emailed an application.

Send Applications to:

477ssp@ctsi.nsn.us

CTSI

Attn: 477-SSP

3160 Blossom Dr. NE, STE #105

Salem, OR 97305

Fax: (541) 444-8334

For an online application:

Ctsi.nsn.us (Tribal Services tab, Employment & Social Services)

For Information:

Angelica Espino – (503) 390-9494 ext. 1853

Lori Christy - (503) 390-9494 ext. 1863

Tribal Non-Emergency Medical Transportation

Do you have an appointment and are in need of a non-emergency medical transportation? We provide transportation to and from medically related appointments as a last resort for Siletz Tribal Members lacking transportation. In order to determine eligibility for transport services, a tribal member must call the transport hub and leave a detailed message at least 48 hours in advance. Due to COVID, approval of this service is on a case by case basis.

Transport Hub Line: 541-444-9633 Or 541-444-1030, Option 9
Jeff Green, Transportation Coordinator



Siletz Home Visiting Program

Home Visiting Provides:

- **Parenting and life skills for successful and positive parenting**
- **Support and encouragement**
- **Resources and referrals**
- **A culturally sensitive, evidence based curriculum**
- **Ongoing services from prenatal until child is 3 years old**

Visits can be done virtually or outside in person using proper precautions.

**For more information contact
Danelle Smith**

541-444-9603 or

1-800-922-1399

danelles@etsi.nsn.us

Or

Lori Christy

503-390-9494

loric@etsi.nsn.us

**go to www.etsi.nsn.us home
visiting to view past success
stories**

Eligibility requirements:

- **Live in 11-County Service Area**
- **Family is expecting or has an infant under twelve months of age.**
- **Enrolled Siletz Tribal member head of household or dependent child and meet one of the following criteria—**
 - **Income below 300% federal poverty level for last 30 days**
 - **Household that resides in rural location that has limited employment opportunities**
 - **First time parent**
 - **Household with at least one adult without a post-secondary certificate**
 - **Family experienced trauma, chemical dependency or mental health barriers.**
- **Other eligibility criteria may apply**

July 2021

Hours are:
Monday - Thursday
8:00 AM - 4:30 PM

EDUCATION PROGRAM COMPONENTS

Higher Education -Adult Vocational Training (AVT) -Adult Education -Supplemental Education (JOM)

SILETZ YOUTH

Youth Assistance Program

Siletz youth who will be 14 years old by July 14, 2021, can apply to the Youth Assistance Program for a one-time payment to help offset their school clothing/supply needs with the cancellation of the TYEE program. [See the flyer on the following page for more information.](#)

STREAM Education Kits

Siletz youth can apply to receive Summer Education kits designed to encourage learning throughout the summer months. The comprehensive kits will focus on Science, Technology, Reading, Engineering/Environment, Art and Math (STREAM) The deadline to receive the July and August kits is July 15, 2021. Please contact Sonya to receive an application at 503 390 9494, or sonyamj@ctsi.nsn.us. [See Covid-19 Education Kits on page 12 for more information.](#)

Siletz Tribal Youth Activity

Helps to fund programs for Siletz tribal youth in the many areas such as: sports, music, camp fees, lab fees, shop supplies, graduation, educational /scholastic materials, cultural supplies and materials, correspondence courses, and extra-curricular supplies. Siletz Tribal members from kindergarten to high school can access up to \$150.00.

Siletz Student Incentive Program

This is a monetary incentive and is awarded by level of education. If you have completed any of these educational milestones-Headstart, Kindergarten, Elementary, Middle, High School, Bachelor Degree, Master's Degree, or Doctorate. Please call Sonya for an application or go to <http://www.ctsi.nsn.us/uploads/downloads/Education/Student-Incentive-Program-App.pdf>

Visit the **CTSI Youth Facebook** page:

www.facebook.com/CTSIYouth/

School Supplies

Steps to Register

- 1.) Contact your area Education Specialists
- 2.) Parents must complete a new JOM Application for the 2021-2022 academic year, to be eligible for JOM program services
- 3.) Parents must complete a JOM Request for Services form to register for School Supply Stipend

Nick Viles Eugene Area Office 2408 W. 11th Eugene, OR 97402 (541) 484-4234 nickv@ctsi.nsn.us	Alissa Lane-Keene Siletz Area P.O. Box 549 Siletz, OR 97380 (541) 444-8373 alissal@ctsi.nsn.us
Sonya Moody-Jurado Salem Area Office 3160 Blossom Drive NE, Suite 105 Salem, OR 97305 (503) 390-9494 sonyamj@ctsi.nsn.us	Katy Holland Portland Area Office 12790 SE Stark Street, Suite 102 Portland, OR 97233 (503) 238-1512 katyh@ctsi.nsn.us

Enrolled JOM students in Head Start – 12th grade living in the Tribe's 11 county service area are eligible for a \$25.00 School Supply Stipend.

Registration for school supply stipends is open from **July 1st – August 6th, 2021**. Stipends will be mailed on August 11th and will be issued in the name of the parent who completes the JOM Request for Services form.

Deadline: August 6th @ 4:30pm

(continued from previous page)

JOM Family Activity

Sign up to receive the Growth Mindset Workbook and Sensory Gadgets. Families will work together through the workbook doing fun activities to encourage thinking creatively, positive thinking, problem solving, while keeping your hands busy with a variety of sensory gadgets that help relieve stress by squeezing, pulling, flipping and twisting. Deadline to sign up is July 12, 2021. There will be One box per family.

Siletz Tribal Head Start Program

The Siletz Tribal Head Start is a preschool program for children 3 to 4 years old. The Salem Center has AM and PM classes. It operates Monday through Thursday for 3.5 hours a day. Transportation depends on location of residency, which will be determined after acceptance. Register in Spring for the following school year.

All Siletz Tribal applications and forms are posted on the Tribal website at: www.ctsi.nsn.us.

Request for Services

JOM youth can apply for funding to help pay for extracurricular activities, or cultural supplies. Contact Sonya to receive an application and information on qualified activities.

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The deadline to apply to the Tribal Education Programs for school year 2021-2022 was June 30, 2021. Any application received after the deadline will be considered for the next funding cycle of school year 2022-2023.

Applications for Free Application for Federal Student Aid (FAFSA) opens October 1, 2021. Completing the FAFSA is a requirement of the Higher Education or Adult Vocational Training Programs. For an application, please call me at (503) 390-9494 or you can download the application at <http://www.ctsi.nsn.us/Siletz-Tribal-Services-Umpqua-Clackamas-County-Tillamook/education/higher-education#content>

ADULT EDUCATION

The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes, improve employment status through education, training, and pursuit of special interest classes. There is no deadline to apply for classes. For an application, please call me at (503) 390-9494.

**COVID-19
YOUTH ASSISTANCE PROGRAM**

**THIS RELIEF PROGRAM IS OPEN TO ALL ENROLLED
SILETZ TRIBAL MEMBERS LIVING ANYWHERE
BETWEEN THE AGES OF 14-18 YEARS OLD**

(*IF 18 YOU MUST BE RETURNING TO HIGH SCHOOL OR GED PROGRAM IN THE FALL AND PROVIDE YOUR SCHOOL TRANSCRIPTS).

<p>TO REQUEST AN APPLICATION PLEASE CONTACT THE EDUCATION SPECIALIST IN YOUR AREA.</p> <p>APPLICATIONS CAN BE SUBMITTED TO: EDUCATION@CTSI.NSN.US OR MAILED TO: YOUTH ASSISTANCE PROGRAMS PO BOX 549 SILETZ, OR 97380</p>	<p>EDUCATION SPECIALISTS & OUT OF STATE</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;"> <p>SONYA MOODY-JURADO SALEM AREA OFFICE 3160 BLOSSOM DRIVE NE, SUITE 105 SALEM, OR 97305 (503) 390-9494 SONYAMA@CTSI.NSN.US</p> </td> <td style="width: 33%;"> <p>KATY HOLLAND PORTLAND AREA OFFICE 12780 SE STARK STREET, SUITE 102 PORTLAND, OR 97233 (503) 238-1512 KATH@CTSI.NSN.US</p> </td> <td style="width: 33%;"> <p>NICK VILES EUGENE AREA OFFICE 2488 W. TITH EUGENE, OR 97402 (541) 484-4234 NICKV@CTSI.NSN.US</p> </td> </tr> <tr> <td> <p>JEFF SWEET OUT OF STATE PO BOX 549 SILETZ, OR 97380 (541) 444-8207 JEFFS@CTSI.NSN.US</p> </td> <td> <p>ALISSA LANE-KEENE SILETZ AREA P.O. BOX 549 SILETZ, OR 97380 (541) 444-8373 ALISSA@CTSI.NSN.US</p> </td> </tr> </table>	<p>SONYA MOODY-JURADO SALEM AREA OFFICE 3160 BLOSSOM DRIVE NE, SUITE 105 SALEM, OR 97305 (503) 390-9494 SONYAMA@CTSI.NSN.US</p>	<p>KATY HOLLAND PORTLAND AREA OFFICE 12780 SE STARK STREET, SUITE 102 PORTLAND, OR 97233 (503) 238-1512 KATH@CTSI.NSN.US</p>	<p>NICK VILES EUGENE AREA OFFICE 2488 W. TITH EUGENE, OR 97402 (541) 484-4234 NICKV@CTSI.NSN.US</p>	<p>JEFF SWEET OUT OF STATE PO BOX 549 SILETZ, OR 97380 (541) 444-8207 JEFFS@CTSI.NSN.US</p>	<p>ALISSA LANE-KEENE SILETZ AREA P.O. BOX 549 SILETZ, OR 97380 (541) 444-8373 ALISSA@CTSI.NSN.US</p>
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THE DEADLINE TO APPLY FOR THESE FUNDS IS AUGUST 1, 2021

SILETZ JOHNSON O'MALLEY (JOM) SUPPLEMENTAL EDUCATION PROGRAM – SUPPORTING OUR TRIBAL YOUTH

The Siletz Johnson-O'Malley Supplemental Education Program is a federally funded program which was originally authorized by the Johnson-O'Malley Act of 1934. The overall mission of this program is to provide supplementary financial assistance to meet the unique and specialized educational needs of our Indian children.

Eligible students for the Siletz JOM Supplemental Education Program requires students must be:

- An enrolled member of a federally recognized Indian Tribe or Alaska Native
-OR-
Prove to be one-fourth (1/4) or more blood degree.
- Students must reside within the 11 county service area of the Siletz Tribe and be between the ages of 3 through grade 12 and attending public schools.
- Students must have an updated JOM Application on file each academic year.

For more information about JOM services and ways in which to access these services, please contact your local Education Specialist at your area office.



We're Back!

Calling all Gamers, k-12
CTSI
Minecraft Gathering!

July 24th, 11am

Contact:
jacobr@ctsi.nsn.us for
registration

JOM Family Activity

Sign up to receive a Growth Mindset
Workbook and sensory gadgets.



GROWTH MINDSET
WORKBOOK & KIDS
65 Fun Activities to Strengthen
Education, Communication,
and Confidence



Families will work together through the workbook doing fun activities that encourage thinking creatively, positive thinking, problem solving, and foster a love of learning.

Use the included sensory gadgets to reduce stress, keep hands busy, and increase focus and attention by allowing the brain to filter extraneous sensory information.

Stress Relief- Every toy helps relieve stress by simply squeezing, pulling, flipping and twisting these sensory gadgets

To Sign Up, please contact your local area Education Specialist for an application

Nick Viles
Eugene Area Office
2468 W. 1st
Eugene, OR 97402
(541) 484-4234
nickv@ctsi.nsn.us

Katy Holland
Portland Area Office
12790 SE Stark Street
Suite 102
Portland, OR 97233
(503) 238-1512
katyh@ctsi.nsn.us

Sonya Moody-Jurado
Salem Area Office
3160 Blossom Drive NE
Suite 105
Salem, OR 97305
(503) 390-9494
sonyamj@ctsi.nsn.us

Alissa Lane-Kaens
Siletz Area
P.O. Box 549
Siletz, OR 97380
(541-444-8373
alissal@ctsi.nsn.us



Sign up deadline: July 12, 2021
One Box per family



SIGN UP TODAY FOR **SUMMER SESSION ON-LINE**
LANGUAGE CLASSES

LEARN
NUU-WEE-YA'

BEGINNING JULY 15

THURSDAYS AT 5:00 PM-INTERMEDIATE CONVERSATION

THURSDAYS AT 5:45 PM- BEGINNING CONVERSATION

AUGUST 16-20

INTENSIVE STUDY CAMP

DAILY MEETINGS TO JUMP START AT-HOME LEARNING

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



DIGITAL
RUN TO THE ROGUE
2021

Second Weekend in September

MARK YOUR CALENDARS FOR THIS ONLINE
EVENT. JOIN US ON THE CTSI WEBSITE AS
WE HONOR OUR ANCESTORS WHO CAME
BEFORE US. OTHER UPDATES TO FOLLOW.

CTSI Youth Cultural Sharing Night

MONTHLY/VIRTUAL
7/22, 8/26
6-8pm

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



Storytelling
Art
Poetry
Music
Modern
Traditional
Nuu-woe-ya!



Siletz Tribal Youth Council!
July 25th
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, (541) 272-9128, ElizabethM@ctsi.nsn.us



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

Experience Leadership Community

COVID-19 Education Kits

Summer Education Kits are designed to enhance learning while preventing learning loss during the summer months.

CTSI wants to support tribal students by providing monthly comprehensive summer Education kits, for those whose education has been affected as a result of COVID-19.

To qualify:

- Students must be an enrolled Siletz tribal member.
- Enrolled Tribal students must be between the ages of 3 years & 18 (and returning to a school or GED program in the Fall 2021)
- Complete an application, and return to Education Specialist in your area.

To get an application, contact the Education Specialist in your service area. **Deadlines for completed applications are the 15th of each month (June, July & August).**

Sonya Moody-Jurado
Salem Area Office
3160 Blossom Drive NE,
Suite 105
Salem, OR 97305
(503) 390-9494
sonyamj@ctsi.nsn.us

Katy Holland
Portland Area Office
12790 SE Stark Street,
Suite 102
Portland, OR 97233
(503) 238-1512
katyh@ctsi.nsn.us

Jeff Sweet
Out of Area
PO BOX 549
Siletz, OR 97380
(541) 444-8207
jeffs@ctsi.nsn.us

Nick Viles
Eugene Area Office
2468 W. 11th
Eugene, OR 97402
(541) 484-4234
nickv@ctsi.nsn.us

Alissa Lane-Keene
Siletz Area
P.O. Box 549
Siletz, OR 97380
(541) 444-8373
alissal@ctsi.nsn.us

Education kits will be issued on a first come first served basis, as resources are available.

If you have questions please contact the Education staff in your service area at the listed phone numbers or email addresses.

Most Often Requested Numbers

Confederated Tribes of Siletz Indians 800-922-1399	Siletz Tribal Housing Dept. 541-444-8322
Portland Area Office 503-238-1512	Elders Program 541-444-8220
Eugene Area Office 541-484-4234	Enrollment 541-444-8258
Purchased Referred Care (PRC) 800-628-5720	Chinook Winds Casino Resort 888-244-6665
Siletz Community Health Clinic 800-648-0449	Chemawa Health Clinic 800-452-7823
Siletz Behavioral Health 800-600-5599	Website - www.ctsi.nsn.us

2021 NESIKA ILLAHEE VIRTUAL POW-WOW

You can participate on the "2021 Nesika Illahee Pow-Wow" group by posting a video of yourself dancing, and sharing photos and videos from the past, songs, prayers, stories and memories from our beloved annual Pow-Wow.

The group will be linked to our official CTSI Facebook page. This virtual event is open to the public. We ask everyone to be kind and courteous when participating.

August 14th on Facebook



You will be able to post to the group August 10th - 14th. Join us beforehand for other updates and pow-wow content!

Wildfire: Planning, prevention, and protection of property.

KNOW TWO WAYS OUT

Plan two ways out of your neighborhood and designate a meeting place before a wildfire threatens your area.



MAINTAIN LANDSCAPING

Keep lawns mowed and hydrated. Dry grass and shrubs are easily ignited by wildfires.



MOVE FIREWOOD PILES

Firewood piles can ignite from wildfire embers and then ignite your home. Keep piles at least 30 feet away from buildings.



PROTECT FROM EMBERS

Clear needles, leaves and other debris from roofs, gutters, porches, and decks.



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.

LIHEAP

The **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.

LIHEAP Assistance:

541-444-8311

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

Behavioral Health - *Rachel Adams, Mental Health Specialist*

In the heat of summer

Summer plans are established, or tentative with the pandemic still uncertain at times, and the weather is being more cooperative than not. Children are hoping to go out and play, while parents may be struggling to keep them entertained while also following COVID safety regulations. Some parks with water features are opening back up. To function well, our brains need to keep cool and hydrated, so be sure to pay attention to signs of heat exhaustion, and carry a water bottle with you.

Boost your mental health in the summer to get ahead of those potential winter blues

- 1) Exercise— It can be harder to get out and be active with this heat, but it's important to find a way to boost endorphins with at least 30-45 min of cardio-type activity each day.
- 2) It's also an important time of year to stay connected with people to keep depression at bay. While the pandemic makes it more complicated, try making at least one plan with people in your bubble each week.
- 3) Research says 20 minutes of sunlight a day (don't forget sunblock!) can lift your mood noticeably. What creative ways can you think of to get sun each day? Do some yardwork, perhaps, or take your dog for a walk? Try and get out in it!

A summer haiku by the MHS:

Summer sun, cool breeze,
Sometimes pollen makes you sneeze,
Please do watch for bees!

Email Rachel, Mental Health Specialist, your own haiku and she'll put it in her newsletter, first-come first-served:

rachela@ctsi.nsn.us



Traditional Coping

July is a great month to get your children to virtual culture camp (July 13th—14th). And, as a Siletz adult, it's a great time to volunteer and help shape our youth into well-rounded individuals who take pride in their Native heritage. Summer can be a time of difficulty for our Elders, when it's getting hot, and certainly the pandemic is problematic. It's a good time to reach out to elders in your bubble, and make sure they stay cool and hydrated. The Behavior Health Department will be hosting a few various activities generally virtual, but working towards physical activities, that tribal members in the Portland and Salem areas are welcome to attend. Contact Rachel or the Siletz Behavioral Health Department for more details.

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

JULY AWARENESS

STEVENS-JOHNSON Syndrome (SJS)

Stevens–Johnson syndrome (SJS) is a rare and serious type of severe skin rash. The **syndrome** is due to a reaction to medication, an infection, or both. It may begin with **flu-like** symptoms, followed by a red or purple rash that spreads and forms blisters on the face, eyes, and mouth. The affected skin eventually dies and peels off, forming painful raw areas. **Stevens-Johnson syndrome** requires emergency medical treatment in a hospital, often in intensive care or a burns unit. Complications may include dehydration, sepsis, pneumonia, and multiple organ failure. Some risk factors include diagnosis of HIV/AIDS or Systemic Lupus Erythematosus or Lupus (Citation: Cleveland Clinic & Wikipedia).

Treatment focuses on finding the cause, administration of pain relief medication, antihistamines, antibiotics, intravenous immunoglobulins or corticosteroids. SJS may affect 1 to 2 people per million a year. Typical onset is under the age of 30. Skin usually regrows over two to three weeks; however, complete recovery can take months. Overall, the risk of death with SJS is 5 to 10% (Citation: Wikipedia).

This type of severe rash can be disfiguring and cause rejection by friends, family, and others, so it may present a barrier to employment that involves daily interpersonal contact. An individual's appearance of disfigurement may impact their self-image, employer/peer acceptance, and lead to isolation. It may cause limitations with communication and work tolerance in the short term.

The need for on the job training and education needs to be consistent with the affected individual's current limitations and how these limitations may impact their daily job performance.

Symptoms (citation: Mayo Clinic):

One to three days before a rash develops, you may show early signs of Stevens-Johnson syndrome, including:

- Fever
- A sore mouth and throat
- Burning eyes
- Fatigue

As the condition develops, other signs and symptoms include:

- Unexplained widespread skin pain
- A red or purplish rash that spreads
- Blisters on your skin and the mucous membranes of the mouth, nose, eyes and genitals
- Shedding of skin within days after blisters form



Health Effects of Secondhand Smoke

Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.

Since the 1964 Surgeon General's Report, 2.5 million adults who were nonsmokers died because they breathed secondhand smoke.

There is no risk-free level of exposure to secondhand smoke.

- Secondhand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).
- Smoking during pregnancy results in more than 1,000 infant deaths annually.
- Some of the health conditions caused by secondhand smoke in adults include coronary heart disease, stroke, and lung cancer.

What can we do to help prevent secondhand smoke exposure?

Smoke outside—People who smoke inside housing units expose everyone who lives in the unit to secondhand smoke exposure. Not only do those who live in the unit get exposed to secondhand smoke, but those who visit will also be exposed to secondhand smoke. Smoke can linger in housing units for hours until it settles and causes third-hand smoke exposure.

Lets work together and help protect the Health of our people.



Commercial Tobacco Quitline:

1-800-QUIT-NOW

AI/AN Line now available (option 7)

1-800-784-8663

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