



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



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

August Highlights

We are saddened to announce the 2021 Nesika Illahee Pow-Wow has been canceled due to ongoing concerns with the Covid-19 pandemic. Please join us on August 14th, 2021 for a virtual Pow-Wow event.

- ◆ Virtual Pow-Wow Pg. 5
- ◆ Classroom Training—477/SSP Pg. 7
- ◆ Elders Firewood Distribution Pg. 8
- ◆ Virtual Culture Night Pg. 8
- ◆ Language Classes Pg. 8
- ◆ PEA School Clothing/Supply Program Pg. 9
(Deadline is August 20th)
- ◆ JOM School Supplies (Deadline is August 6th) Pg. 11
- ◆ Covid-19 Education Kits (Deadline August 15th) Pg. 12

Look inside for more information on these and other services

Most Often Requested Numbers

Confederated Tribes of Siletz Indians

800-922-1399

Portland Area Office

503-238-1512

Eugene Area Office

541-484-4234

Purchased Referred Care (PRC)

800-628-5720

Siletz Community Health Clinic

800-648-0449

Siletz Behavioral Health

800-600-5599

Siletz Tribal Housing Department

541-444-8322

Elders Program

541-444-8220

Enrollment

541-444-8258

Chinook Winds Casino Resort

888-244-6665

Chemawa Health Clinic

800-452-7823

Website - www.ctsi.nsn.us

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.

Community Health News

Cecilia Tolentino, CHA

503-390-9494 X1854

Ceciliat@ctsi.nsn.us

Monday-Friday

8:00AM-4:30PM

Emergency preparedness starts with you

be prepared



make a plan



build a kit



stay informed

Build a two-week emergency kit for your home and make smaller kits for your car and work. Make a plan with your family now so you're prepared when disaster hits.

Emergency management officials recommend preparing to be on your own for two weeks in case first responders can't get to you. Bridges could be knocked down, cell service could be nonexistent, and first responders will need to prioritize who they aid.

Kits should include:

- 1 gallon of water per person per day
- nonperishable food
- medical equipment, medications, and a spare pair of glasses
- first aid supplies
- personal hygiene items
- toilet paper
- warm clothes
- sturdy shoes
- extra batteries
- fire extinguisher
- NOAA alert radio
- flashlight
- can opener
- tools
- ID and important documents
- cash
- comfort and entertainment items

Family Emergency Plan forms included



Family



EMERGENCY CONTACTS

POLICE DEPARTMENT	
FIRE DEPARTMENT	
POISON CONTROL	
HOSPITAL	

For emergencies call
911

Home Address

Emergency Contact

NAME		
MOBILE PHONE		
WORK PHONE		
RELATIONSHIP		

Nearby Neighbors

NAME		
MOBILE PHONE		
WORK PHONE		
RELATIONSHIP		

Important Contacts

PRIMARY DOCTOR	
PEDIATRICIAN	
DENTIST	
PHARMACY	
VETERINARIAN	
URGENT CARE	

Family

EMERGENCY PLAN



Emergency Safe Places

INDOOR SAFE PLACE	
NEIGHBORHOOD SAFE PLACE	

Emergency Meeting Places

NEARBY MEETING PLACE	
COMMUNITY MEETING PLACE	
OUT-OF-TOWN MEETING PLACE	

Evacuation Routes to Designated Places

LOCATION		
ADDRESS		
ROUTE		

Notes

USDA DISTRIBUTION DATES FOR AUGUST

Siletz

Monday	August 2	9:00 am – 3:00 pm
Tuesday	August 3	9:00 am – 3:00 pm
Wednesday	August 4	9:00 am – 3:00 pm
Thursday	August 5	9:00 am – 3:00 pm
Friday	August 6	9:00 am – 3:00 pm



Salem

Monday	August 23	1:30 pm – 6:30 pm
Tuesday	August 24	9:00 am – 6:30 pm
Wednesday	August 25	9:00 am – 6:30 pm
Thursday	August 26	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

We hope you are all having a fantastic summer..... remember, **we do not count per capita payments as income unless it is received monthly.** If you are a Siletz Tribal member, we will not count per capita payments as income so you will still be eligible for food in the month of August.

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



at **"Siletz Tribal FDPIR"** and share your recipes.

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



Search
@CTSIgov

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

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:

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

For More Information Contact:

Tribal Service Specialist:
Angelica Espino
Phone: 503-390-9494 ext. 1853
Email: Angelicae@ctsi.nsn.us

Confederated Tribes of Siletz Indians

Classroom Training

For federally recognized Tribal members and descendants



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)

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

Apply Today!!

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

CTSI - Salem Area Office

Marion, Polk, & Yamhill County

3160 Blossom Dr STE 105

Salem, OR 97305

For more information call

Angelica Espino

Phone: (503) 390-9494 ext. 1853

Fax: (503) 390-8099

AngelicaE@ctsi.nsn.us



CTSI Virtual College Info Nights Session I

THURSDAY,
SEPT. 23
6:00 PM

COLLEGE APPLICATION NIGHT:

- ◆ Applying to College/University
- ◆ Grants and Scholarships
- ◆ Student Housing
- ◆ Financial Aid/FAFSA
- ◆ Important Deadlines
- ◆ Plus: Meet advisors from local colleges and universities

All Students and Families Welcome

Contact your local education specialist to sign up and for login information

Virtual Culture Nights

While tribal offices remain closed virtual culture nights will focus on gathering, storing, and preparing materials for traditional arts and foods. All Siletz Tribal members and their families are welcome to log on to these virtual events.

Upcoming Dates:

August 25, 6 –7 pm: Ocean Spray and Bear Grass

*

September 29, 6-7 pm: Acorns

Contact Nick Viles, nickv@ctsi.nsn.us or 1-800-929-1399, x1757 for login information

Sponsored by the Education and Culture Departments

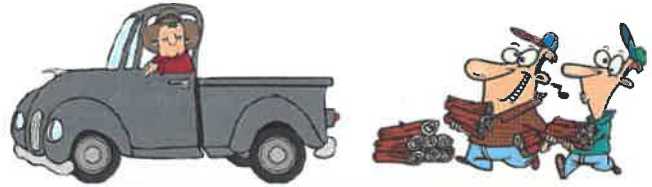
FINAL 2021

ELDERS FIREWOOD DISTRIBUTION EVENT

Cut and Split Firewood Available for Pickup

Limited Delivery Available in the Greater Siletz Area

Limit ½ Cord per Elder Household, While Supplies Last



Stay in your vehicle – we will load!



Logsdan Road
Firewood Area
(near USDA Building)

MUST CONTACT:

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



SIGN UP TODAY FOR SUMMER SESSION ON-LINE
LANGUAGE CLASSES

LEARN
NUU-WEE-YA'

CONTINUING THRU AUGUST

THURSDAYS AT 5:00 PM-INTERMEDIATE CONVERSATION

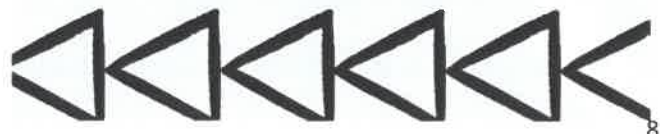
THURSDAYS AT 5:45 PM- BEGINNING CONVERSATION

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



**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; | <input type="checkbox"/> |
| Siletz Tribal member household – Verification required; | <input type="checkbox"/> |
| Reside in the United States; | <input type="checkbox"/> |
| State issued identification for head of household; | <input type="checkbox"/> |
| Receive regular Supplemental Nutrition Assistance (SNAP) or USDA Commodities – Verification required; | <input type="checkbox"/> |
| Provide verification children are included in benefit group; | <input type="checkbox"/> |
| School age children in Kindergarten through 17 years of age; | <input type="checkbox"/> |
| Valid email address for head of household. | <input type="checkbox"/> |

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



HOME VISITING PROGRAM - *Lori Christy, Home Visitor*

Here is what families are saying about Home Visiting:

What I like most about participating in the home visiting program is having a scheduled time to sit and talk about what's going on with our daughter. I feel like each week, each lesson is literally spot on what we are experiencing/going through. I want to thank our Home Visitor for being a constant in our lives and reminding us that we are right where we are supposed to be in our parenthood journey, thank you for not making us feel alone!

~ Gracie

After our son was born I had post-partum depression. The reassurance and guidance I received helped me gain confidence. Overall the program has helped me be a better mom and have a sense of ease that I am doing it right.

~ Ally

I really appreciate the personal interaction. Being a mom to a little one can be very hard and isolating, especially for mothers that might not have a lot of personal support. It's nice having someone who checks in with you for one, and for two the family, and for three does really well helping to connect with resources. Although most of the lessons are more like reviews, or confirmation of my parenting style, there have been a few things that I have learned and added to my daily routine. One huge help has been the supplies brought for each visit.

~ Trechia

What I like most about participating in the Home Visiting program is the support my family is given and I've learned a lot about myself as a mom from this program.

~ Cheyenne

The Home Visiting program is open to Siletz families in our 11 county service area. We serve families prenatally until the child turns 3 years old (must begin before child turns one year). Our Home Visiting program uses the Family Spirit model and curriculum developed by the John Hopkins Center for American Indian Health and is designed to increase parenting knowledge and skills, link families to resources and provide encouragement to help parents engage in positive parenting.

For more information please contact Lori Christy, Home Visitor at 503-390-9494 ext. 1863 or loric@ctsi.nsn.us.



EDUCATION NEWS

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

EDUCATION PROGRAM COMPONENTS

- Higher Education
- Adult Vocational Training (AVT)
- Adult Education
- Supplemental Education (JOM)
- Tribal Youth Employment & Education (TYEE)

JOM

Each year students will have to fill out a new JOM application. You can call me to request an application, or they are available on the Tribal website. <http://www.ctsi.nsn.us/uploads/downloads/Education/JOM-Application.pdf>

School Supplies

The **deadline** to sign up for schools supplies is **August 6, 2021**.

Please call or email me to get an application. 503 390-9494, or sonyamj@ctsi.nsn.us

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The deadline for Fall Term 2021 was June 30, 2021. This deadline was for the academic school year 2021-2022. The deadline for the next funding year will be June 30, 2022.

Applications for Federal Student Aid (FAFSA) open October 1, 2021.

Virtual College Night

On September 23, 2021-6:00 pm, Come join us to meet college advisors, learn how to apply to college and for scholarships.

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.

STUDENT INCENTIVE - SILETZ TRIBAL MEMBERS

<http://www.ctsi.nsn.us/uploads/downloads/Education/Student-Incentive-Program-App.pdf>

If you have completed any of these educational milestones-Headstart (Only available 1 year of Headstart), Kindergarten, Elementary, Middle, High School, Associates/Transfer Degree, Bachelor Degree, Master's Degree, or Doctorate, we have a program to recognize your educational achievement. Please call Sonya for an application for the Student Incentive Program.

JOM FAMILIES

Follow the CTSI Education department on the CTSI Youth Facebook page and in your local area newsletter for monthly youth program information.



@CTSIYouth

Email your local Education Specialist to be added to our email list.

Portland Area Office

Katy Holland
(503) 238-1512
katyh@ctsi.nsn.us

Siletz Area

Alissa Lane-Keene
(541) 444-8373
alissal@ctsi.nsn.us

Salem Area Office

Sonya Moody-Jurado
(503) 390-9494
sonyamj@ctsi.nsn.us

Eugene Area Office

Candace Hill
(541) 484-4234
candaceh@ctsi.nsn.us

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.

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.

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

**Candace Hill
Eugene Area Office**
2468 W. 11th
Eugene, OR 97402
(541) 484-4234
candaceh@ctsi.nsn.us

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

Behavioral Health - *Rachel Adams, Mental Health Specialist*

In the heat of summer:

Summer plans are established and the weather is being more cooperative than not. Children are embracing their freedom while parents may be struggling to keep them entertained while also working full-time. Parks with water features are a great source of entertainment. 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. Plan your day; are you more likely to workout in the early morning hours before it gets hot, or in the evening once it has cooled down?
2. It's an important time of year to stay connected with people to keep depression at bay. Try making at least one plan with friends each week, and stick to it (most people routinely want to cancel plans when it gets hot, but try and resist the urge).

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!

Near the Portland office, check out this park with a splash pad:

Earl Boyles Park, east of SE 107th and Francis Street.

Play Area

- Engineered mulch surface
- Ramp into younger children play area
- Curb-cut into older children play area

Play Equipment

- Transfer station
- Sensory play elements

Other Amenities

- Accessible spray feature

Near the Salem office, check out this park with a splash pad:

River Road Park, 3045 River RD N, Salem Oregon.

River Road Park boasts 16.1 acres alongside the Willamette River with developed walking paths, river overlook, large playground, two soccer fields, two tennis courts with pickleball lines, three basketball hoops for full court and half court play, spray fountain, reservable picnic shelter, and restrooms.

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

Depression and Relapse

The potential for relapse in those suffering from dual diagnosis is very high. Some people will self-medicate to treat their depression by resuming consumption of alcohol as well as using illicit substances. Initially substances may make them feel as though symptoms of depression are improving, however in the long run it only worsens. It is key for a person at risk of relapse to seek help for not only the impulse to drink or use drugs but also for the underlying depression.

Common signs of depression include:

1. Sleep: The earliest signs of any mood disorder often present as sleep irregularities. Often times, people suffering from depression experience a significant loss in quality of sleep but may have either an increase or decrease in the amount of sleep.

2. Interests: Often there is a gradual decrease in the level of enjoyment one experiences by doing the activities they once loved. It is often difficult to initiate these activities as well.

3. Energy: Energy levels can decrease dramatically when one starts to feel depressed. Doing everyday chores or grooming can seem exhausting.

4. Concentration/attention: Many who suffer from depression will immediately notice their mind wandering. They have difficulty paying attention to even the simplest of things, like watching their favorite TV show from beginning to end. It is common to see problems at work such as: inability to participate in meetings, unable to answer emails in a timely fashion, or shifting tasks.

5. Appetite: Appetite changes in depression can vary from person to person. Some people see a dramatic decrease in appetite and food intake. The desire to eat can diminish and result in significant weight loss. On the contrary, some people experience an increase in appetite, especially with carbohydrate craving. As a result, some may experience weight gain.

6. Hopelessness or worthlessness: Negative thoughts are a common sign of depression. Often feelings of hopelessness, worthlessness and guilt are related to an event or situation (i.e financial problems, relationship difficulties, substance use), but sometimes they are very self-focused/intrinsic with no external explanation. For example, someone who is clinically depressed can:

- feel hopeless that depression will not improve
- feel guilty that depression is affecting family members, or
- feel worthless that depression has overcome their life

Having people rate their sense of worth and sense of hope is very important as a treatment provider, as it is useful to help assess the risk of suicide.

7. Anxiety: Many people experience anxiety. Some may have an anxiety disorder without a mood component. However, many times depression and anxiety co-exist. Depression can result in one experiencing significant symptoms of anxiety. It is extremely important to assess someone for depressive symptoms when evaluating their anxiety to ensure adequate treatment for both depression and anxiety disorders.

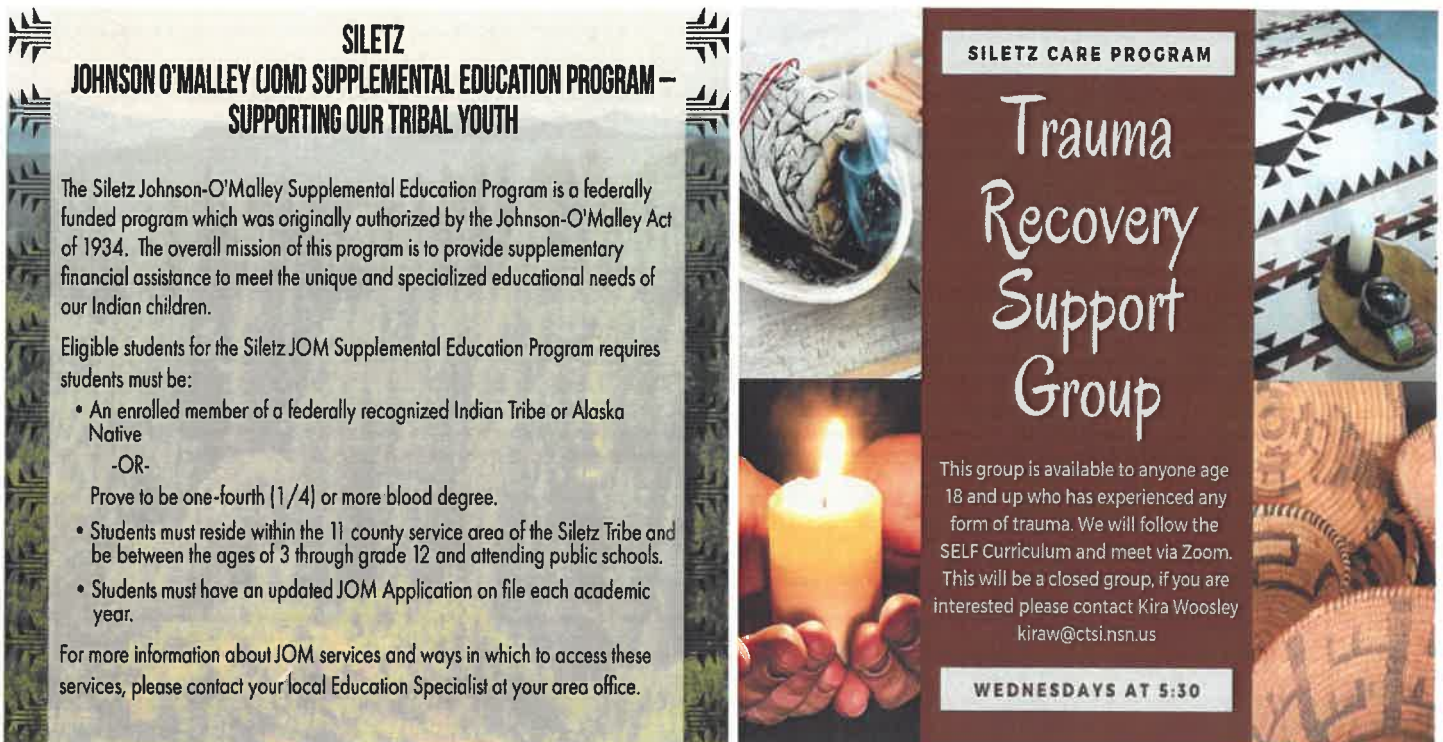
8. Thoughts of death: Sometimes life feels so difficult that people start fantasizing about what it would be like to not exist or to “go to sleep and never wake up.” It is important that if these thoughts start to occur that an evaluation for depression is recommended. Thoughts of death may seem benign, but it is not uncommon that these thoughts start to become more intense. When this occurs, the risk of suicide increases significantly, and it is essential that one seeks intensive professional help. Often times when a person enters recovery and embraces a sober lifestyle, they receive an abundance of support and positive reinforcement from family, friends, mentors, and colleagues. For some, this external validation can come to define who they are, or their sense of self-worth. But once they settle down into the doldrums of regular life and all the compliments die down, depression can set in, along with a feeling of emptiness.

To avoid depression, self-worth must come from within.

Internal validation, or self-validation, means accepting one’s own experience, thoughts, and feelings. It doesn’t mean one’s thoughts or feelings are always right. Sometimes simply acknowledging and either accepting or reframing one’s own thoughts and feelings can be of utmost importance to deal with a tough situation. Self-validation can help people in recovery manage their feelings and be truthful with themselves. Honesty with oneself is a key component of sobriety.

Treating Depression

If you or someone you love is having suicidal thoughts, emergency medical treatment is advised. Others with less acute depression can seek out individual or group therapy, and if prescribed by a psychiatrist, take anti-depressants. Mild to moderate depression can be addressed through physical activity, particularly aerobic or muscular strength training, according to [recent studies](#). Those with mild to moderate depression should also check in with their support networks. Replacing negative thoughts with positive ones as well as mindfulness can be helpful in relieving people of depression. Finally, a person suffering from depression should not expect a quick solution. Improvement will be gradual. It is important to develop a working relationship with a therapist or psychiatrist following sobriety and be open to treatment options available.



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.

SILETZ CARE PROGRAM

Trauma Recovery Support Group

This group is available to anyone age 18 and up who has experienced any form of trauma. We will follow the SELF Curriculum and meet via Zoom. This will be a closed group, if you are interested please contact Kira Woosley kiraw@ctsi.nsn.us

WEDNESDAYS AT 5:30

AUGUST AWARENESS – DIGESTIVE TRACT PARALYSIS (DTP)

Digestive Tract Paralysis (DTP) or “Gastroparesis” is a partial paralysis of the stomach or the intestines or both. In DTP, undigested food stays in the stomach for days or weeks at a time and makes a person feel nauseous and experience episodes of vomiting. It can cause a lack of appetite which may lead to malnutrition, discomfort, bloating, and/or heartburn (Cleveland Clinic & CDHF).

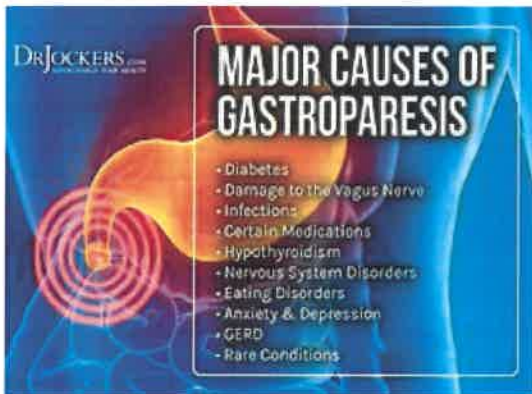
Diabetic DTP is estimated to occur in 20% to 40% of individuals with Diabetes. DTP can cause problems with blood sugar levels and nutrition. There is no cure for DTP other than to make changes to diet and take certain medications to obtain relief (Healthline).

Symptoms

- a feeling of fullness
- vomiting undigested food
- acid reflux or heartburn
- abdominal bloating or pain
- changes in blood sugar levels
- lack of appetite
- weight loss

Causes and Risk Factors

Vagus-nerve damage, stomach surgery, a nerve injury, autoimmune diseases, certain medications (i.e., narcotic pain medications) and virus infections are risk factors for DTP.



Bowelprepguide.com

Gastroparesis Diet for Slow Stomach

Foods that are okay	Foods that are not okay
Fat-free consommé & bouillon	Soups made with cream or whole milk
Skim milk, low-fat yogurt, low-fat cheese	Whole milk products & cream
White rice, egg noodles, low fat crackers	Oatmeal, whole grain rice, cereal, bread
Eggs, peanut butter (small amount)	Beef, poultry, pork products
Cooked vegetables without skins	Raw vegetables & vegetables with skins
Hard candies, caramels, jelly, honey	High-fat desserts (cakes, pies, cookies)
Frozen yogurt, fruit ice, gelatin	Fruit preserves
Canned fruits without skins	Canned fruits with skins
Non-citrus juices	Citrus juices
Gatorade & soft drinks	Alcohol

This disorder may impact an employee’s job performance due to frequently missing work because of chronic episodes of DTP or disengagement and/or isolation from family, friends, and others. An employee’s level of functioning may be diminished due to limitations in interpersonal skills, work tolerance, and/or work skills. Accommodations can be made such as a flexible work schedule or working from home.

If you or someone you love has this condition and it’s affecting their job performance, then contact the **Siletz Tribal Vocational Rehabilitation Program (STVRP)** Counselor for your area:

Rachelle Endres – Siletz/Eugene, 541-444-8213, ext. 1213

Or

Toni Leija – Salem/Portland, 503-390-9494, ext. 1861



Traditional Tobacco is tobacco and/or other plant mixtures grown or harvested and used by American Indians and Alaska Natives for ceremonial or medicinal purposes.

Traditional tobacco has been used by American Indian nations for centuries as a medicine with cultural and spiritual importance. Many Tribes maintain teachings and stories on the origin of tobacco. These teachings address tobacco in its purest form, today known as the tobacco plant *Nicotiana rustica*, and may include mixtures of other native plants.

One common teaching involves the importance of having good attitudes and thoughts while working with traditional tobacco.

Traditional tobacco is a medicine, which can be used in a prescribed way to promote physical, spiritual, emotional, and community well-being. It may be used as an offering to the Creator or to another person, place, or being. A gift of traditional tobacco is a sign of respect and may be offered when asking for help, guidance, or protection. Traditional tobacco is sometimes used directly for healing in traditional medicine. It may be burned in a fire or smoked in a pipe, yet the smoke is generally not inhaled.

In many teachings, the smoke from burned tobacco has a purpose of carrying thoughts and prayers to the spirit world or to the Creator. When used appropriately, traditional tobacco is not associated with addiction and adverse health impacts.

Here are a few other examples of how tobacco was/is used for traditional purposes:

For our Hunters, traditional tobacco would be used when our people would kill an elk or deer or when we would catch a salmon or trout. Tobacco would be placed at the location or close by so we can communicate with the creator and give our thanks and appreciation "thank you for this elk or salmon as we will use it to feed our family".



For our Gatherers, traditional tobacco would be used when our people would gather supplies so that we may use them to make our baskets, or gather traditional medicines as we use it to heal. Tobacco would be placed at the location or close by so that we can communicate to the creator and give our thanks and appreciation "thank you creator for these sticks or medicines that we may use them for our baskets or medicines to help us heal".

Tobacco is a powerful medicine, keep it traditional.



**Commercial Tobacco Quitline 1-800-QUIT-NOW
AI/AN Line now available (option 7) 1-800-784-8669**

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