

Confederated Tribes of Siletz Indians
PORTLAND POTLATCH
 April 2022

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Portland Potlatch is published by the Confederated Tribes of Siletz Indians Portland Area Office



INVEST IN OUR PLANET

Each year on April 22, billions of people across the globe join together to raise awareness about environmental protection. This global event is known as Earth Day. Earth Day was first celebrated in the United States on April 22, 1970. Today around 1 billion people in 193 countries take part in Earth Day and resolve to protect the environment and biodiversity.

Earth Day 2022 Theme

The Earth day Organization has made the official an-

nouncement.

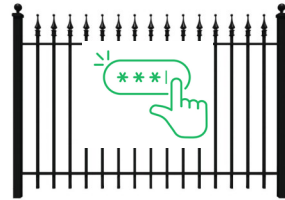
The theme for Earth Day 2022 is “**Invest In Our Planet**”.

The key point here is to **act in a bold way, innovate in a broad way, and implement in an equitable manner.**

Every one in this world has a voice. There is not going to be one person who can do it all. But now is the time. Together, we can make a difference. We need to act as a team together.

PAO Announcements

Just a reminder that there is a security gate around the Siletz Portland Area Tribal Office. You will need a code to enter the perimeter.



Visiting by car:

Entrance by car is available **only** on **SE 128th** (the side street). You must call the area office at (503) 238-1512, when you are on your way, or when you've arrived. We will provide a code to enter the parking lot. Vehicles cannot enter on Stark St. (former main entrance). The Stark St gate, is exit only.

Visiting on foot:

Access is available through a sidewalk gate, on both SE 128th and SE Stark St. Same as the drive-up gate, please call the area office in advance or when you arrive, (503) 238-1512 and we will provide an access code to enter.

Trillium Festival Returns!

Saturday, April 2, 2022
10:00 AM—4:00 PM



After a two-year hiatus, the Annual Trillium Festival at Tryon Creek State Natural Area returns!

For 42 years, Tryon Creek has celebrated the return of the Trillium, an early season perennial native to our local forests. This beautiful white flower awakens each year in late February and early March, and slowly turns to a reddish-purple by the end of April or early May, making it a wonderful beginning to the spring wildflower season.

The Celebration will include:

- Native Plant Sale and educational resources to help create a healthy

habitat in your very own yard.

- Interactive educational stations for the whole family, offering a glimpse of the dynamic forest habitat.
- Guided and self-led Backyard Habitat Hikes focusing on native plants that provide benefits to the diversity of local wildlife.
- Variety of informational displays on watershed education, and new this year – homeowner wildfire prevention and living botanical tabletop gardens!

PAO Announcements

**THE COVID RESOURCE LINE
IS STILL HERE FOR YOU!**

541-444-9613

Please call the Community Health Resource Line for COVID supplies. Supplies include; masks face shields, gloves, hand sanitizer, Clorox wipes, first aid kits, thermometers, and home COVID test kits.

If you test positive, please call the COVID Resource Line. Additional supplies are available, such as a pulse oximeter to measure oxygen levels in COVID positive patients at higher risk of complications.

A watercolor illustration of several large, purple and yellow flowers with green leaves, arranged in a cluster. The style is soft and artistic.

Memorial Day
Virtual Community Sharing Night

May 25, 2022 at 6 pm via Zoom
Sponsored by the Education and Culture Departments
Contact Nick Viles (nickv@ctsi.nsn.us) or Buddy Lane (buddy@ctsi.nsn.us) to sign up

477—Self-Sufficiency Program

477-SSP April Meeting Information:

Zoom information will be emailed directly to current 477 clients

The 477 SSP program will be hosting monthly trainings. We will send out post cards with more information on how to gain access through zoom.

This will be mandatory for all enrolled SSP clients, unless you have been excused by your case worker.

If you have any questions please make sure to contact your Tribal Service Specialist (TSS).

Anna Renville annar@ctsi.nsn.us
(503) 238-1512 x 1412

Tamra Russell tamrar@ctsi.nsn.us
(503) 238-1512 x 1411

477—SSP Paid Work Experience

Paid Work Experience will be available to eligible, work ready participants who lack work history, transferrable skills, those that have little to no employment skills and those needing new employment skills.

Participants will be paid for 480 hours.

Support Services may be utilized for work required tools, uniforms (clothing, boots, shoes) and transportation assistance.



Who is eligible:

Enrolled members of Federally recognized tribes or descendants.

Confederated Tribes of Siletz Indians: www.ctsi.nsn.us

Portland Area Office: Tamra (503) 238-1512 ext. 1411

Your Success is Important to Us!

Contact a Tribal Services Specialist for more information about current components that are available.

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville ext. 1412 or Tamra Russell ext. 1411.

Education & Youth Update

JOM April Updates

JOM Spring Send Home Activity – We are continuing our send home activities for April! Registration opens on April 1st and closes April 14th at 4:30pm. Please email or call Katy for the sign up via **Microsoft forms**.

April College Information Workshop —April 21st at 6pm. Please contact Katy for the sign on link. **A good start in preparing you for college!**

JOM Spring Activity

Open to all JOM registered youth in the 11-county service area

Sign up for a fun, educational, family activity!

Registration opens April 1st, 2022 and closes April 14th, 2022

Contact your area Education Specialist to sign up

Portland Area
(503) 238-1512
katyh@ctsi.nsn.us

Salem Area
(503) 390-9494
sonyamj@ctsi.nsn.us

Siletz Area
(541) 444-8373
jeffs@ctsi.nsn.us

Eugene Area
(541) 484-4234
candaceh@ctsi.nsn.us

Friday, April 1st,
OMSI 7-10pm



Changemakers: Teen night @ OMSI After Hours

Join us for delicious food, youth-created films and music for youth ages 14-20!

Explore the museum after hours, interact with the exhibits & connect with local organizations, gain service learning hours.

Wear a mask!



OMSI, 1945 SE

Water Ave,

Portland, OR 97214

Questions? Need support with transport costs? Contact: rreilly@omsi.edu



Tribal Funding is once a year.

The deadline to have your Higher Education Application in is June 30, 2022.

Remember to complete your FASFA:

www.studentaid.gov/

Education & Youth Update

Siletz Tribal JOM Supplemental Education Program:

Helps to fund K-12 Native American students who are attending a public school in support of their intellectual growth, vocational goals and cultural enrichment. The program also advances the participant's physical, social and emotional growth.

Applications can be found on the CTSI web page at www.ctsi.nsn.us. Contact Katy by email at katyh@ctsi.nsn.us or by calling the Portland Area Office (503) 238-1512 ext. 1418.

SILETZ TRIBAL YOUTH ACTIVITY FUND

For enrolled Siletz Tribal Youth: helps fund a variety of programs such as sports, music, camp, cultural supplies and so much more. Download the Youth Activity Fund Application from the Tribe's website under the Education tab.

www.ctsi.nsn.us

Siletz Education Programs Serving Our Tribal Members

- ◆ **Higher Education:** Assists Tribal Members to attend college towards their Bachelors Degree—up to five years of educational support funding. Each year the deadline to apply is June 30th. Applications to apply for Federal student Aid (FAFSA—required) **opens October 1, 2021.**
- ◆ **Adult Vocational Training Program:** Supports Tribal Members for up to two years of specific vocational training. Download applications at <http://www.ctsi.nsn.us/uploads/downloads/Education/Grants/CTSI-AVT-Application.pdf>
- ◆ **Adult Education Program:** For Siletz Tribal Members 16 years or older who are not already enrolled in a formal education program. This program can assist with GED, certificate and licensing programs, classes and more. The programs primary purpose is to improve and maintain employment status of all of our Tribal Members. No deadline applies to this.

For more information please contact Katy at the Portland area office by calling or by email; katyh@ctsi.nsn.us .

Please visit our Tribal webpage:
www.ctsi.nsn.us

Education & Youth Update

Remember to check out the Oregon Community Foundation Scholarships for up to four years funding.

Howard Vollum American Indian Scholarship: up to four years of funding.

The Veryl and Dorothy Miller Native American Scholarship: specifically for vocational training.

For more information please visit **their website:** <https://oregoncf.org/grants-and-scholarships/scholarships/>

Applications accepted November 1 – April 15 for the upcoming academic year.

SCHOLARSHIPS AVAILABLE



Scholarships are available to help assist American Indian students planning to enroll full-time in an undergraduate or graduate course of study in STEM.

ELIGIBILITY CRITERIA

- Must provide a certification of tribal enrollment or descendants of enrolled members.
- Must be a resident of Clackamas, Multnomah or Washington counties in Oregon, or Clark County, Washington.
- Open to students planning to major or majoring in science, computer science, engineering, or mathematics.
- Enrolled or planning to enroll full-time.

- Attending or planning to attend any public or private nonprofit college or university in the United States.

Financial need is required- must complete the FASFA or ORSAA AWARD SIZE

Renewal possible up to 4-years, students must reapply each year.

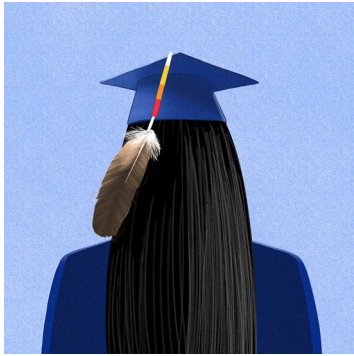
HOW TO APPLY

Visit the Oregon Community Foundation Scholarships website: <https://oregoncf.org/grants-and-scholarships/scholarships/>

Applications accepted November 1 – April 15 for the upcoming academic year.

Education & Youth Update

Attention Tribal Member Graduates



For all Tribal Members graduating High School, or College, you can request a special CTSI stole to wear at your graduation.

Deadline to submit request is May 1st, 2022.

Visit: <https://www.ctsi.nsn.us/stoles/>

Education & Youth Update

CTSI VIRTUAL COLLEGE INFORMATION NIGHT PART III

Join the CTSI Education team on **April 21st @ 6pm via Zoom**

Topics:

- CTSI Higher Education and AVT applications and deadlines
- Siletz Tribal Housing Department Student Housing Assistance application
- Understanding and accepting your financial aid packet
- Meet college representatives

CONTACT YOUR AREA EDUCATION SPECIALIST TO SIGN UP

Contact Katy Holland, our Education Specialist, by calling 503-235-1512 ext. 1418 or by email: katyh@ctsi.nsn.us



EmpowHER presents: A Wellness Series

It is an act of liberation to belong & be well.

Share stories, tea, food, song, dance, crafts as practices of personal and collective care.

When: Tuesdays, April 19—June 14, 4:30—6:30 PM

Who: For youth ages 14-20 who identify as girls/ women/ femme/ trans/ nonbinary/ LGTQIA+ and BIPOC.

Where: Alder Commons, 4212 NE Prescott St, Portland OR 97218

Compensation: \$30 per session you participate in and up to \$270 total for attending all 9 sessions.

Instructor: Ridhi D'Cruz with community culture workers as guest instructors.

Register: by April 11 via tinyurl.com/wellness-powher



AISES REGIONAL CONFERENCES 2022

Every spring the seven Regional Conferences gather student and professional members to champion each other and expand their knowledge and skills through a wide variety of workshops and sessions. Regional Conferences are typically held at college campuses, hosted by the school's AISES Chapter. Many professional members participate as mentors and speakers, sharing their expertise and facilitating discussions in areas like engineering, environmental

science, or on crossovers between traditional ecological knowledge and western science.

Region 1 Conference
Host: Lower Columbia/Willamette River Professional Chapter
Dates: April 15-17, 2022
Location: Portland State University, Portland, OR

For more information visit: <https://www.aisis.org/news/events/regional-conferences>

Behavioral Health Program

Spring has arrived:

The saying is, April showers bring May flowers. We experienced some rain in March, and even some snow. 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.



Don't turn on electronics, but instead check in with each family member; ask, what was one low for the day, and one high.

Activities for personal mental growth:

- 1) Start writing in a journal about your daily struggles and accomplishments. It is a useful tool to see where you are in life, and where you want to go next.
- 2) Do five minutes of mindfulness each day, focusing on relaxed breathing from your belly.
- 3) Stand in front of a mirror, posed like a super-hero, for three minutes. Great thing to do before an interview to build confidence.

- 2) Create a new family tradition; go to a restaurant once a week, go on the same hike once a week, play the same board game once a week. New traditions are a great way to build bonds.
- 3) Try and do more as a family together; clean the dishes together, straighten the living room together, make dinner together. Each family member will feel like they play an important role in the family.

Ways to fight feelings of isolation and boredom as the pandemic lingers:

Growing your family connection:

- 1) Eat a meal with the whole family at least twice a week, if possible.
- 1) Schedule facetime/video conferencing to see loved ones outside of your immediate circle, and help

Behavioral Health Program

your children contact and connect with their peers.

- 2) Go out in the sunshine, or even the rain, and walk, or run, just being mindful of that social distancing.
- 3) An organized house helps create a healthy mind; try organizing drawers, sorting that laundry, and getting the dishes out of the sink for starters.

An April haiku by the MHS:

Spring rains fall, clouds part,
 Sun bursts forth, smiles come, moods lift,
 With nature, rejoice!

Send a haiku/poem to the MHS:

rachelz@ctsi.nsn.us

Traditional coping:

In current times, some forms of Native coping and healing might continue to be limited. While gatherings such as powwows and sweats may be 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. Getting out into nature, whether solitary or with your immediate family, is another way to help us stay close to Native ways.



**Virtual Appointments Only
 (Portland/Salem Area Offices)
 (503) 200-4340**



DO YOU LIKE WHAT YOU ARE READING SO FAR?

Like our Facebook page to get updates on important information and activities.

Confederated Tribes of Siletz Indians - Portland Area Office - Home | Facebook



Virtual Culture/Language Nights

CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

April 13 at 6 pm: Shellfish

May 11 at 6 pm: Camas

Sponsored by the Education and Culture Departments

For access to study materials please log in on the Tribe's website:

www.ctsi.nsn.us

For more information or to sign up please contact Nick Viles at nickv@ctsi.nsn.us or call (541) 484-4234 ext. 1757.

SIGN UP TODAY FOR SPRING SESSION ON-LINE LANGUAGE CLASSES

LEARN NUU-WEE-YA!

TUESDAYS APRIL 12-JUNE 14
5:00 PM-BEGINNING CONVERSATION 1
5:45 PM- BEGINNING CONVERSATION 2

THURSDAYS APRIL 14-JUNE 16
5:00 PM-ONGOING CONVERSATION

SATURDAYS 5/7, 5/21, 6/11
NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT [NICKV@CTSI.NSN.US](mailto:nickv@ctsi.nsn.us) OR X1757

Tobacco Prevention Program



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.

Tobacco: More than just Nicotine



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

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

Home Visiting Program

April is National Child Abuse Prevention Month. Thriving families depend on strong support systems. Support can come from family, friends, neighbors, and others in the community. Learn what it takes to invest in families.

#ChildAbusePreventionMonth
#ThrivingFamilies <https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/conversation-guides/>

Everyone has a role to play in helping the families in our communities be resilient and access support. Learn more about protective factors ... Prevention starts with you! <https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/resource-guide/>

The Siletz Home Visiting Program is a great way for families of young children to gain knowledge and support. Siletz Home Visiting provides parenting and life skills for successful and positive parenting. The model and curriculum we use is Family Spirit developed by the John Hopkins Center for American Indian Health. Family Spirit is the only evidence based home visiting program designed specifically for Native American families. We serve all federally recognized and Alaskan Native families in our 11 county service area that meet the eligibility requirements. Program start prenatally, or before child turns one year old and continues until child turns three. For more information contact Lori Christy, Home Visitor 503-390-9494 or loric@ctsi.nsn.us

APRIL IS
National Child Abuse Prevention Month
#ThrivingFamilies

Children's Bureau
Child Welfare Information Gateway



Home Visiting Program

Siletz Home Visiting Program

Now serving all federally recognized and Alaskan Native families who meet eligibility criteria!!

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
- Virtual Visits currently

Eligibility requirements:

- Live in 11-County Service Area
- Family is expecting or has an infant under twelve months of age.
- American Indian/Alaskan Native 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 so contact our staff if you have questions.

For more information contact:

Danelle Smith
Siletz and Coast Range
541-444-9603 or
1-800-922-1399
danelles@ctsi.nsn.us

Lori Christy
Salem, Portland and Surrounding Areas
503-390-9494
loric@ctsi.nsn.us

Cathy Ray
Eugene and Surrounding Areas
541-484-4234
catheriner@ctsi.nsn.us

Go to www.ctsi.nsn.us home visiting to view past success stories.

Voc. Rehab Program

Cushing's Disease vs. Cushing's Syndrome

Cushing's Syndrome, is a disorder that occurs when your body makes too much cortisol (hormone) from overuse of certain medications over a long period of time. Cushing's Disease is caused by an overproduction of cortisol from the adrenal glands and causes tumor (pituitary) growth in the brain.

Cortisol is sometimes called the "stress hormone" because it helps your body respond to stress and helps:

- 1) Maintain blood pressure
- 2) Regulate blood sugar
- 3) Reduce inflammation and
- 4) Turn the food you eat into energy.

Cushing's Syndrome affects adults, between ages 30 to 50, but it can also occur in children. It affects about three times as many women as men.

Cushing's Syndrome may cause other health problems such as:

- Heart attack or stroke
- Blood clots in the legs and lungs
- Infections
- Bone loss or fractures
- High blood pressure
- Unhealthy cholesterol levels
- Depression or other mood changes
- Memory loss or trouble concentrating
- Insulin resistance and prediabetes
- Type 2 diabetes

Sign and Symptoms:

- Weight gain
- Thin arms and legs
- Round face
- Increased fat around the base of the neck
- A fatty hump between the shoulders
- Easy bruising
- Wide purple stretch marks on the stomach, breast, hips and under arms
- Weak muscles

If you or someone you love is exhibiting symptoms, then contact your medical provider for an exam. The Siletz Vocational Rehab. staff are available to assist you with your vocational needs.

Some accommodations can include: a flexible work schedule, financial assistance or telework.

Vocational Rehabilitation

Counselors:

Jamie Bokuro (Siletz)

541-444-8266

Toni Leija (Salem)

503-390-9494 ext. 1861

Tamra Russell (Portland)

503-238-1512 ext. 1411

Makayla Jackson (Eugene)

541-484-4234 ext. 1752

Happenings in PDX

The *Portland Mercury's* Pizza Week is returning in 2022 to team up with Portland's best pizza purveyors to offer amazing, delicious, \$3 slices to the masses! (Or \$20 whole pies.) With tons of establishments taking part, you'll never be far from your next slice, and your week—nay, your *life*—will be all the better for it. Get excited.

Stay tuned for more details by visiting Portland Mercury <https://www.portlandmercury.com/>



Resources

Online Academic Support for Siletz Tribal Members!



Free Virtual tutoring is available. Please contact Katy Holland by calling 503-238-1512 ext. 1418, or by email: katyh@ctsi.nsn.us

Please note: Students MUST complete a tutoring application to register. Tutoring hours are available on a first come, first served basis as resources are available.



A culturally-appropriate domestic, dating and sexual violence helpline for Native Americans and Alaska Natives. Call, text or chat online 24/7. Safe. Anonymous. Free. Confidential.

1-844-7NATIVE

www.strongheartshelpline.org

<https://strongheartshelpline.org/>

YOUR BODY. YOUR SOVEREIGNTY. YOUR DECISION.



FIND FREE FOOD IN YOUR COMMUNITY

“Our network of food pantries and meal sites is here for everyone—inclusive of all races, gender expressions, religions and immigration statuses”. Visit the Oregon Food Bank’s website to find free food near you: <https://www.oregonfoodbank.org/>



Portland Area Office Staff

Name/Title	Contact Information
Andrew Johanson Area Office Supervisor	(503) 238-1512 x 1419 andrewj@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512 x 1418 katyh@ctsi.nsn.us
Vacant Community Health Advocate	(503) 238-1512 x 1413
Dianna Edenfield Area Office Clerk	(503) 238-1512 x 1400 diannae@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512 x 1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512 x 1411 tamrar@ctsi.nsn.us
Andrew Eddings BH Case Manager	Work Cell: (541) 270-9717 andrew@ctsi.nsn.us
Rachel Zimm Mental Health Specialist	(503) 238-1512 x 1417 rachelz@ctsi.nsn.us
Andulia WhiteElk A & D Counselor	(503) 238-1512 x 1414 anduliaw@ctsi.nsn.us

Portland Potlatch is published by the Confederated Tribes of Siletz Indians Portland Area Office

12790 SE Stark St.
Suite 102
Portland, OR 97233

Phone: (503) 238-1512
Fax: (503) 238-2436
www.ctsi.nsn.us



Other Contact Numbers

Name/Program	Number	Name/Program	Number
Confederated Tribes of Siletz Indians	800-922-1399	Purchased Referred Care (PRC)	800-628-5720
Portland Area Office	(503) 238-1512	Angelina Artiago Portland Elders Rep.	(503) 760-3899
Salem Area Office	1-(503) 390-9494	Kay Steele Portland Elders Rep.	(503) 760-4746
Eugene Area Office	1-(541) 484-4234	NARA	(503) 224-1044
Siletz Community Health Clinic	(800) 648-0449	NAYA	(503) 288-8177