

The Eugene Area Office Newsletter
June 2022

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

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



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

Pharmacy MAIL ORDER SERVICE AVAILABLE!!

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

LIVING WITHIN THE 11 COUNTY SERVICE AREA

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

**EMERGENCY HOUSING ASSISTANCE FUNDING
OPEN FOR 2022**

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

Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low Income Rental Program waiting list:
Siletz (1, 2, 3, 4 bedroom)
Lincoln City (2, 3 bedroom)
Neachesna Village
Applications can be obtained on-line from the Siletz tribes' website or calling:
1-800-922-1399 Ext 1322
(541) 444-8322
FAX (541) 444- 8313
www.ctsi.nsn.us

2022

**Low-Income Energy Assistance Program (LIHEAP)
Low-Income Household Water Assistance Program (LIHWAP)**

**"Crisis/Shut-off/Regular"
Electric or Water Bill
~OPEN~**

All Siletz Tribal members and Households with tribal children. (Income based). To see if you qualify or have questions. Contact: **Casey Godwin** by phone or email- **541-444-8311** caseyg@ctsi.nsn.us

You can also contact the Eugene A/O for applications: 541-484-4234

Email Reminders

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

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

*"You are strong when you know your weaknesses,
You are beautiful when you know your flaws,
You are wise when you learn from your mistakes"*

ELDERS JUNE 2022 NEWSLETTER

Hi Everyone,

I am home again! I came home Wednesday; May 4th and my sister went to the Dallas Retirement Village, real close to her son's home there in Dallas on May 5th. Bittersweet for me. I know she will get good care there, but it was just so sad for me to see her go. It will be much easier to visit her though since it is only 90 minutes from Eugene versus going to Astoria was 4.5 hours away. I just hope she is happy there with all the many more things she will get to do now.

I want to wish my Lane, Benton, and Linn County area elders a happy Birthday each month, (first names only). 😊 So Happy Birthday wishes to our May elders, since I couldn't put them in last month, Marc, Bonnie, Dennis, Tami, and Huey. Happy Birthday wishes to our June elders, Milton, John, Wendy, Christopher, James, Ricky, Patrick, Nancy, and Dona. With wishes for good health, wealth, prosperity, love, a day filled with lots of happiness and fun throughout the year to come.

I hope you had a fun filled Cinco de Mayo on Thursday the May 5th. And Mother's Day on Sunday the 8th. I was taken to early dinner, flower and herb plant shopping after followed by a sweet visit to the local ice cream shop. Fun Mother's Day indeed. It could have been a lot less rainy and cold is my only complaint 😊

CTSI Virtual Culture Nights – June 8th at 6pm – Tule and Cattail Contact Nick Viles 541-484-4234 x1757 (See Flyer)

Free Marketing 101 –Small Tribal Business workshop June 9th from 6-9pm ZOOM (See Flyer)

Language Classes – See Flyer for dates. Questions contact Nick Viles 541-484-4234 x1757 (See Flyer)

The dates of the Book Club for the next few zoom meetings will be the 2nd and 4th Thursday of each month from now on. For June it is the 14th and the 28th. I do enjoy listening and seeing everyone on the zoom meeting. Just let AJ Warren know you want to get the Book Club ZOOM link invitation address and he will send you one. His email is ajw@ctsi.nsn.us and the Elders program phone number is 541-444-8212 for any questions.

The next Elders Council Meeting is scheduled for Saturday, June 18th at 1:00pm at the Salem HeeHee Ilahee RV Park in Salem, Oregon. To contact the Elders Program for any event, use this number, 541-444-8212, be sure to leave your name, and phone number with your question and you will get a call from the Elders staff.

The next monthly Diabetes dinner zoom meeting with Kim Lane is planned for Tuesday June 21st. 6-7 PM

OUTDOOR BINGO AT Eugene A/O 5:30-7pm – Please RSVP by June 10th by calling 541-484-4234 (See Flyer)

Bumble Bee Atlas at Camp Creek Hills June 28th, If you are interested in attending this event please contact: Josh Seekatz at 541-444-8308 or joshs@ctsi.nsn.us (See Flyer)

Truly, Verdene McGuire, Eugene area Elders Representative - Lane, Linn, and Benton Counties

VDenie101@gmail.com

Cell: 503-890-0742

Education – June 2022

Candace Hill, Education Specialist

candaceh@ctsi.nsn.us

(541) 484-4234 x1763

(541) 270 - 0037

Higher Ed · Adult Vocational Training (AVT) · Adult Education · JOM · Tribal Youth Employment and Education (TYEE)

Upcoming Education Items

- ***JOM Passport to Summer Fun*** - Hurry and get your June activity passport from your local Education Specialist! Complete as many fun activities as you can by the end of June to be entered into our raffle. Join us on June 25th @ 6pm via Zoom to share all of your passport fun with other Tribal youth! Contact Candace to join in on the summer fun!
- ***CTSI Annual Student Gathering*** – Please join the Education department as we celebrate and honor the 2022 Higher Education, AVT and graduate level graduates on June 23rd at 6pm via Zoom! All students and their families are welcome. Contact Candace to register by June 10th at 4:30pm.
- ***Higher Education and Adult Vocation Training Applications are Due Soon!*** – Are you interested in attending college or a vocation school? Don't forget to apply for the CTSI Higher Education or Adult Vocation Training programs. Applications are due by June 30th. Remember to fill out your Free Application for Federal Student Aid (FAFSA) by June 30th as well! Applications can be found on the CTSI webpage: Go to Services and Programs, then Education, and then “Post-Secondary Education”. For questions or more information, please contact Candace.
- ***Oregon Tribal Student Grant*** – The State of Oregon recently released information on the Oregon Tribal Student Grant. This grant is open to all members of the nine Oregon Tribes attending a community college or public/private (non-profit) college or university for their first associates, bachelor, or graduate degrees. This application is currently open until August 1st, 2022. There is a component that will need to be filled out by our Enrollment Department. Email Candace for more information on how to apply for this grant.

Education Program Opportunities

If you are interested please call or email Candace to sign up for the Youth Activities email list or check out the CTSI youth Facebook page and the CTSI website for up-to-date announcements about online events, at home activities and more.

- ***JOM*** – Johnson O'Malley (JOM) benefits K-12 Native American students in support of their intellectual growth, vocational goals and cultural enrichment. The programs also advances the participant's physical, social and emotional growth. Basic services such as tutoring, cultural enhancement, recreational activities and college preparation classes are provided to supplement existing educational programs available in communities.
- ***Siletz Tribal Youth Activity Fund*** – The Youth Services Program focuses on the well-being of young people and advocates for the needs of youth. Tribal and other resources are used in developing positive community models. The program provides academic and leisure time activities in a supervised setting and young people participate in constructive pursuits after school and on weekends.
- ***Online Tutoring*** – We realize that schooling has experienced some difficulties regarding consistency. We are currently offering on demand as well as scheduled academic support available 24/7. This program is open to all students: K-12, Higher Ed, and AVT. Space is limited as hours are available. Contact Candace to sign up.

Higher Ed/AVT Reminders

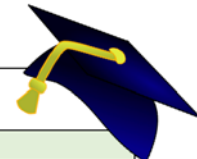
- The Free Application for Federal Student Aid aka FAFSA is currently open for the 2022-23 school year. Students can fill out the application at financialaid.gov. If you are interested in applying to Higher Ed or certain AVT programs, FAFSA needs to be done no later than June 30th, 2022.
- The Higher Education and Adult Vocation Training Program applications are due by June 30th, 2022. Applications can be turned in at any point up to the due date. Applications can be found on the tribe's

website under the “post-secondary education” section or by emailing Candace. If you have any questions, please reach out to Candace.

- Adult Education and AVT applications for clock hour schools/programs (such as beauty schools and truck driving programs) can be turned in at any point. If you are interested in applying to these programs, contact Candace for more information.

Graduation Incentives

The Siletz Tribal Incentive Program recognizes Siletz tribal students for their academic achievements. Help celebrate your child’s graduation or grade promotion by submitting a copy of their diploma, GED, or report card showing the change in grade. All Higher Ed/AVT students who graduate also need to send in their diploma or certificate. Email Candace for a graduation incentive application.



PreK – 12 Achievement	Incentive	Higher Ed/ AVT Achievement	Incentive
Headstart/Preschool	\$10	One Year AVT	\$100
Kindergarten	\$10	Two Year AVT	\$200
Elementary School	\$20	AA, AS, AAOT	\$200
Middle School	\$50	BA/BS	\$75 plus a Pendleton blanket
High school/GED	\$100	MA	\$300
		PhD	\$300 plus a Pendleton blanket

Thinking of attending college during the 2022-2023 Academic year? Here’s what you need to know

↻ FAFSA Opens for Applications Oct. 1st
(at www.fafsa.ed.gov)

If applying for Higher Education funds for the 2022-2023 academic year, students must completed their FAFSA by **June 30th*

↻ CTSI Higher Education Grant Application Due June 30th
www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf

↻ CTSI Graduate Application Due June 30th
www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf

Contact an Education Specialist in your area for more information.

Siletz Area & Out-of-State Jeff Sweet JeffS@ctsi.nsn.us 541-444-8373	Eugene Area Candace Hill CandaceH@ctsi.nsn.us 541-484-4234	Portland Area & Washington Katy Holland KatyH@ctsi.nsn.us 503-238-1512	Salem Area Sonya Moody-Jurado SonyaMJ@ctsi.nsn.us 503-390-9494
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Visit www.ctsi.nsn.us/post-secondary-education/ for applications.

477-Self Sufficiency Program – Essential Services during COVID

The 477-Self Sufficiency Program (SSP) is open and providing essential services to eligible families and individuals residing in the CTSI 11-County Service Area. Due to Covid-19, all tribal offices are closed to the public. We are still accepting applications and conducting appointments over the phone, through email or video conference. The SSP has prioritized the following services:

- Pre-Temporary Assistance for Needy Families (Pre-TANF) / Non-Recurrent Short Term Benefits: Siletz families below 185% of the Federal Poverty Level (FPL) may be eligible for short-term financial assistance that doesn't exceed 4 months. The financial assistance is meant to provide basic needs and address short-term emergent needs;
- Regular Temporary Assistance for Needy Families: Siletz families below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- General Assistance for Single Adults: Siletz single adults below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- Emergency Assistance: Siletz families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply;
- Classroom Training: the Program is still providing financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/Occupational Training.
- Childcare Assistance: The Program offers childcare assistance to eligible TANF families while they engage in work or self-sufficiency activities;
- Foster Care Support Services: Childcare assistance to employed foster parents. The Program covers "working hours only" and limited respite.
- Home Visiting: The Program is accepting new families into the Early Childhood Home Visiting Program and working with current families to provide lessons in-person. Staff and families will be required to adhere to social distancing and wearing masks.
- Direct Placement: Support services (work clothing, transportation, tools, etc.) for Native Americans that recently gained employment. Must apply within 7-days of hire.

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

If you recently lost your employment due to Covid-19 and need assistance to meet your basic needs, please contact your local CTSI Tribal Office for an application. Additional eligibility criteria apply. SSP staff will reach out to you by phone or email. You can also email 477SSP@ctsi.nsn.us for more information. Please include your name, phone number and the city/county you reside in.

Don't cry over the past, it's gone.

Don't stress about the future, it hasn't arrived.

Live in the present and make it beautiful...

ON THE JOB TRAINING

477-Self Sufficiency Program

On the Job Training (OJT) is an incentive based program for employers to directly hire clients that needs additional training/skills to meet the needs of the position

Employers:

- Hire the client as a regular employee
- OJT reimburses a percentage of the clients initial wages
- Provide training that meets your needs

If you are an employer interested in hosting an OJT placement please contact your local office

Clients:

- OJT provides employers an incentive to hire you
- Gain hands on experience
- Enhance your skills and employability
- Clients must apply within 7 days of hire

Who can apply:

Enrolled members of Federally recognized tribes or descendants

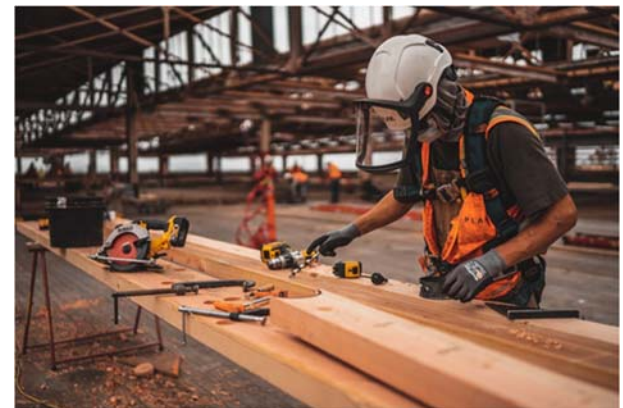
Confederated Tribes of Siletz Indians:

Siletz Area Office: Jamie (541) 444-8266

Portland Area Office: Tamra (503)238-1512

Salem Area Office: Angelica (503) 390-9494

Eugene Area Office: Cathy (541) 484-4234



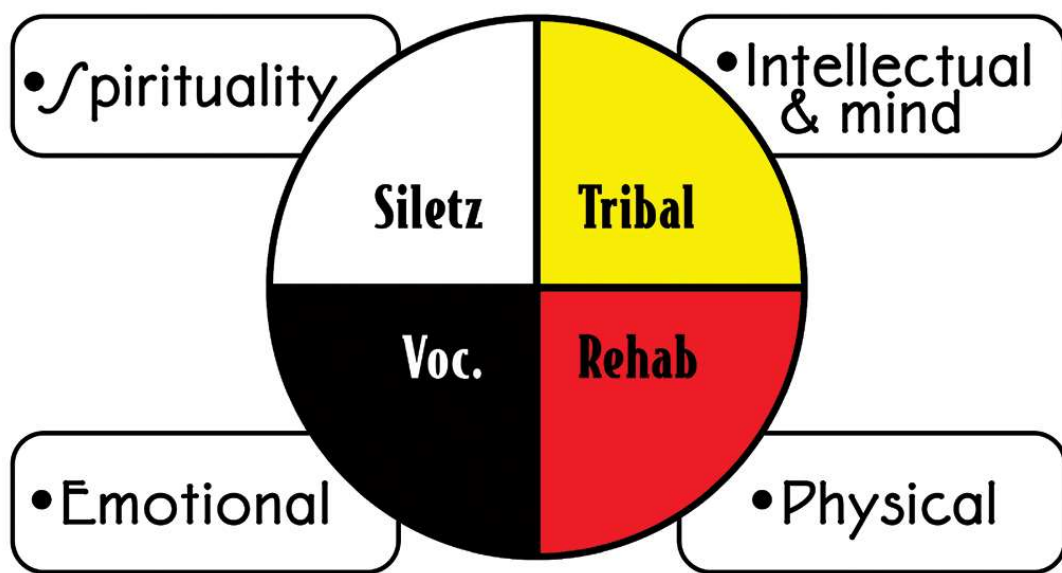
Clients must meet eligibility criteria and services are available on budgetary basis

Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to help members of ANY federally recognized Tribe (living within the Siletz Tribe's service area) with barriers to employment. We work with individuals who have disabilities.

Examples of Services

- Guidance and counseling
- Referral to employment services
- Résumé writing
- Interviewing techniques
- Job coaching
- Culturally relevant and individualized services
- Evaluations, assessments and training placement opportunities
- Adaptive equipment



For more information about STVRP, please inquire at 800-922-1399. We also maintain resource and employment boards, so please make an appointment if you're interested. You can speak to VR staff in the following locations:

Makayla Jackson
Job Developer/Counselor
Eugene Area Office
2468 W 11th Ave.
Eugene, OR 97402
541-484-4234, ext. 1752

Toni Leija
Job Developer/Counselor
Salem Area Office
3160 Blossom Drive NE, STE 105
Salem, OR 97305
503-390-9494, ext. 1861

Tamra Russell
Job Developer/Counselor/TSS 1
Portland Area Office
12790 SE Stark St., STE 102
Portland, OR 97233
503-238-1512, ext. 1411

Jamie Bokuro
Intake Specialist/Job Coach
Siletz Area Office
201 SE Swan Ave.
Siletz, OR 97380
541-444-8266

June Awareness: Posttraumatic Stress Disorder

PTSD (posttraumatic stress disorder) affects people in different ways. Some people may develop PTSD after experiencing or witnessing a life-threatening event, like war zone combat, a natural disaster, sexual assault, or a car accident. PTSD can affect anyone at any age.

Symptoms (varies from individual to individual):

- Upsetting memories, nightmares of reliving the incident
- Intrusive thoughts or feelings, i.e., guilt
- Feeling on edge or numbness
- Trouble sleeping after a traumatic event
- Avoiding people, places, or memories of the trauma
- Increased alertness, anger, irritability, rage, or hatred

PTSD affects people in different ways. At first, it may be difficult to do daily activities you are used to doing, like go to work, go to school, or spend time with people you care about. Most people start to feel better after a few weeks or months. For some people, PTSD symptoms may start later, or they may come and go over time.

If it's been longer than a few months and thoughts and feelings from the trauma are upsetting you or causing problems in your life, you may have PTSD. Your primary medical provider may refer you to a mental health clinician who can work with you to overcome the effects of trauma [Post-Traumatic Stress Disorder \(nih.gov\)](https://www.nih.gov/health-topics/post-traumatic-stress-disorder).

The Siletz Job Developer/Vocational Rehabilitation Counselors are available to assist you with your vocational needs.

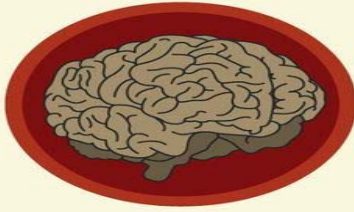
Jamie Bokuro (Siletz) 541-444-8266 x1266

Makayla Jackson (Eugene) 541-484-4234 x1752

Tamra Russell (Portland) 503-238-1512x1411

Toni Leija (Salem)- 503-390-9494x1861

June Awareness: Posttraumatic Stress Disorder



PTSD INVISIBLE SCARS

June is PTSD Awareness Month. Post-traumatic Stress Disorder (PTSD) is a serious condition that develops after a person has survived a frightening ordeal. The condition can last for a few months after the initial traumatic event, or for the rest of the victim's life. Learn more about PTSD, and where to get help if you think you or someone you know may have PTSD.

A GLOBAL EPIDEMIC



259.2 MILLION people suffered from PTSD in the past year



3.5% of U.S. adults have PTSD in a given year

23 YEARS OLD:



60% OF WOMEN



50% OF MEN experience at least one traumatic event in their lifetimes

OF THOSE, **20%** OF WOMEN



8% OF MEN will develop PTSD



30% of PTSD cases develop into lifelong conditions

PTSD IN CHILDREN

MORE THAN 60% of children ages 0-17 experienced or witnessed at least one traumatic event in the past year, according to a 2009 study



experienced **PHYSICAL ASSAULT**



witnessed **VIOLENCE**



experienced **CHILD MALTREATMENT**



experienced **SEXUAL VICTIMIZATION**



47% of adolescents ages 12-17 had experienced or witnessed at least one traumatic event in their lifetime, according to a 2009 study

5% of adolescents meet the criteria for PTSD

8% of girls

2% of boys

IN A STUDY OF CHILDREN IN FOSTER CARE, PTSD WAS DIAGNOSED IN:

21% of young adults who were raised in foster care



60%

of those who were sexually abused

42%

of those who were physically abused

18%

of those who were neither sexually nor physically abused



PTSD IN THE MILITARY

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

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.

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.

Home Visiting

Please help us spread the word! Siletz Tribal Home Visiting is now serving all federally recognized and Alaskan Native families who meet the eligibility requirements. Family must be in our 11 county service area and be expecting or have a baby less than 12 months old. Please contact our Home Visitor for more information and eligibility requirements, Cathy Ray, catheriner@ctsi.nsn.us or 541-484-4234.

Children are learning all the time as they play and interact with others and the world around them. Providing a variety of things for your children to explore and play with, things to experience and many interactions with you and others is a perfect way for them to learn. Here are a few things you can try.

Counting Fingers and Toes

Toddlers love to count their fingers and toes. Count their fingers or toes out loud while pointing to each one. Help them learn how to touch each one only once as you count out loud. As they try it on their own they may count out of order, that is very normal and not important at this stage. The more you count fingers and toes and other objects they will eventually learn the concepts of numbers.

For different variations of this learning activity for toddlers and twos, count the stairs as you go up and down, count bubbles floating in the air, or count the number of plates in the dishwasher.

Skills learned: Basic number skills and one-on-one correspondence skills

Helping Errands

Little ones love to help so send your toddler on different “errands” around the house. Have them go get their shoes, take a toy to their room, find their cup etc. Not only does this give your one-year-old a sense of independence and accomplishment but they also are learning to listen and follow directions.

Skills learned: Understanding directions and memory skills

Finger Painting

Finger painting is fun for children of all ages although it can be a bit messy. If the weather is nice and you can go outside and you are okay with some mess then go for it. But if you want to stay inside without a mess here are some suggestions. Put some tempera paint in a Ziploc bag and let your child squish and spread the paint around through the plastic bag. You might want to use a slightly thicker bag like a freezer bag. You can tape the bag to the table so it stays in one place. If you want something to save you can put a piece of paper in the bag with the paint.

Skills learned: Sensory integration - exploring with touch and sight, fine motor skill development as well as creativity

Community Health: June 2022



Jamie Boe, Community Health Advocate

Phone: 541-484-4234 Email: JamieBoe@ctsi.nsn.us



Siletz Community Health Phone Numbers

- Siletz Community Health Clinic **1-800-648-0449**
- Purchased/Referred Care (PRC) **1-800-628-5720**
- Resource Line **541-444-9613**
- CARE Program **541-444-9680**



"Shu-'yi dee-ghayt-nin'sh- We are getting well"

Siletz Mail Order Pharmacy

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

Pharmacy Refill Line: **541-444-9624**



Indian Health Clinic Registration Forms Available at the Eugene Area Office

- Siletz Community Health Clinic & PRC (Siletz, OR)
- Ko-Kwel Wellness Center (Eugene, OR)
- Chemawa Indian Health Center (Salem, OR)



Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office, or you can apply online at: <http://www.OregonHealthCare.gov>

OHP Phone: **1-800-699-9075**



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

Contact your Eugene CHA, Jamie @ **541-484-4234**

Tribal Non-Emergency Medical Transportation Line: 541-444-9633



We provide transportation to and from medically related appointments *as a last resort* to Siletz tribal members who lack transportation. To determine eligibility for transport services, please call the Siletz transport hub at least 48 hours in advance and leave a detailed message. Someone will call you back within two days.

Community Health: June 2022



Jamie Boe, Community Health Advocate

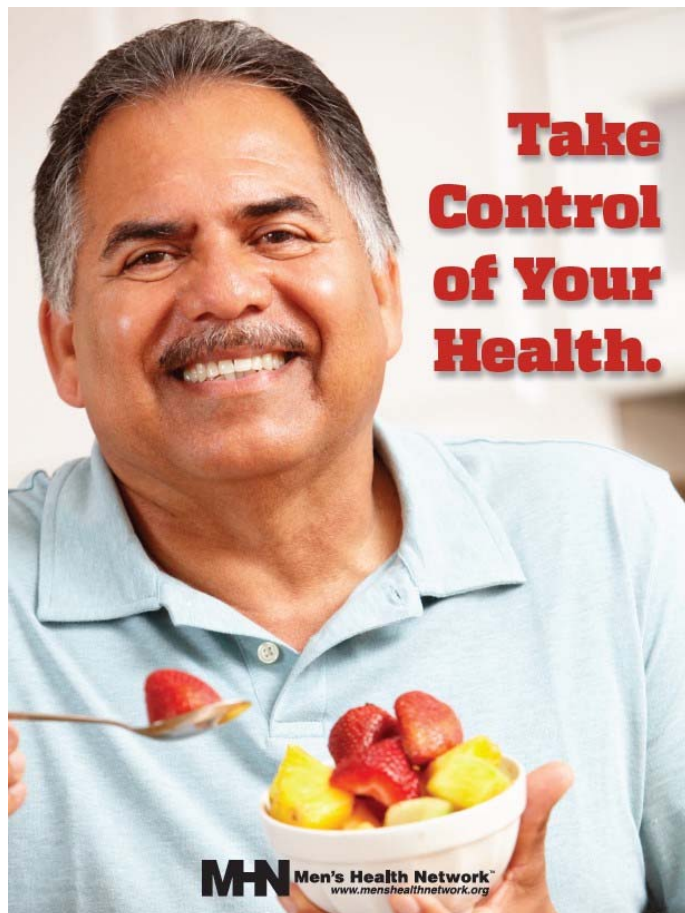


Phone: 541-484-4234 Email: JamieBoe@ctsi.nsn.us

Men's Health Month

During the month of June we want to encourage men to remember to take care of their health & wellness. It's a fact that women are 100% more likely to visit a doctor for annual exams and preventative services than men. It's not surprising that men end up living shorter lives and suffer more illness during life compared to women. Men are 10 times more likely to get inguinal hernias, and 5 times more likely to have aortic aneurysms than women. Not to mention testicular cancer, and prostate cancer. For these reasons, it's very important for the men out there to get your annual exams every year. This step of preventative care alone can save you guys from dealing with health crisis down the road. They can check your blood pressure, cholesterol, glucose, prostate health and more. There is also quite a bit we can do in between these wellness exams to protect our health, like eating smaller portion sizes, adding more fruits and vegetables to our meals, and getting regular exercise. When it comes to exercise, choose to do the things that you enjoy, like going for walks, playing sports, or playing with your kids or grandkids. Remember that you are important to your friends and family, so take care of yourselves guys!

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



National Great Outdoors Month

Hiking, fishing, camping, gardening. When the weather starts to warm up, these are some of the activities that come to mind. June is the month to celebrate the spirit of the great outdoors, and to experience the wellness that comes with getting outside more. Try something you've never done before like geocaching, or exploring a new hiking trail. Visit a national or state park that you haven't visited before. Learn to find and sustainably harvest our cultural food items, like camas bulbs, or natural medicines. Whatever you do, be mindful of the delicate ecosystems that surround us while you appreciate these gifts from mother earth.

<https://www.ctsi.nsn.us/healthy-traditions-project/>

<https://stateparks.oregon.gov/>

<https://www.nps.gov/state/or/index.htm>

[Reserve America Website](#)



Nutrition Education Class

Cooking with Herbs & Spices:

June 14th 6pm-7pm



Introduction to Cooking with Herbs and Spices

where

Virtual class on Zoom

When

July 14th 6-7pm

who

Open to Lane County adults with limited food budgets

how

Registration is required. Sign up with Jamie Boe by emailing: jamieboe@ctsi.nsn.us or call 541-484-4234

details

This class is a fun and interactive 45 minute to 1 hour class. You will receive tips and strategies to help you confidently use herbs and spices in your cooking.

Would you like to learn to:

- Learn basics about herbs and spices
- Identify popular flavor combinations
- Learn how to make your own herb and spice mixes
- Receive recipes that make it easy to try new flavorful dishes, limiting extra salt or fat



Space is limited to 25 tribal members for this class. Please RSVP by July 13th with your Name, Phone #, and Email by contacting Jamie Boe, Community Health Advocate @ 541-484-4234 or email JamieBoe@ctsi.nsn.us . A zoom link will be provided to you shortly before the class date.

Community Health: June 2022



Jamie Boe, Community Health Advocate

Phone: 541-484-4234 Email: JamieBoe@ctsi.nsn.us



Commodity Supplemental Food Program: Service by Linn Benton Food Share

For seniors living in **Linn** and **Benton** counties, The Commodity Supplemental Food Program (CSFP) works to improve the health of:

Low-income persons at least **60 years of age** by supplementing their diets with nutritious USDA Foods, including:

- Dairy including milk and cheese
- Grains including cereals, long grain, and brown rice, assorted pastas
- Fruits including juices, raisins, and canned fruit
- Vegetables including potatoes, pasta sauce, canned vegetables, sweet potatoes, soups
- Proteins including canned meat, chili, stews, and peanut butter
- Legumes including dry and canned beans and dry lentils.

Recipients receive a box of food monthly.

Please contact **Susan James** at sjames@communityservices.us or call **541-730-6390** for more information.

* You can also request an application from **Jamie Boe, Community Health Advocate**.

CSFP Federal Poverty Guidelines -- 2022		
Household size	Monthly	Yearly
1	\$1,473	\$17,667
2	\$1,984	\$23,803
3	\$2,495	\$29,939
4	\$3,007	\$36,075
5	\$3,518	\$42,211
6	\$4,029	\$48,347
7	\$4,541	\$54,483
8	\$5,052	\$60,619
For each add'l household member, add...	512	6,136



COUNSELING SERVICES

**Mental Health counseling services are now
available through the EAO!**

**Beginning in April 2022 – Virtual Sessions Available
2468 W. 11th Ave.
Eugene OR 97402**

Please contact our team for an appointment:

Ro Zientara LPC (Mental Health Therapist)

&

Rowena Jackson (Peer Recovery Mentor)

At: 541.484.4234

Health Benefits of Quitting Smoking

- **20 Minutes after quitting**—Your heart rate drops. (CDC)
- **12 hours after quitting**—Carbon monoxide levels in your blood drops to normal. (CDC)
- **A few months after quitting**—Your sense of smell and taste may improve. (National Cancer Institute)
- **2 weeks to 3 months after quitting**—Your heart attack risk begins to drop. Your lung function begins to improve. (CDC)
- **1 to 9 months after quitting**—Your coughing and shortness of breath decreases. (CDC)
- **1 year after quitting**—Your added risk of coronary heart disease is half that of a smoker. (CDC)
- **5 years after quitting**—Your stroke risk is reduced to that of a nonsmoker, 5-15 years after quitting. (CDC)
- **10 years after quitting**—Your lung cancer death rate is about half that of smokers. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases. (CDC)
- **15 years after quitting**—Your risk of coronary heart disease is back to that of a nonsmoker. (CDC)

June is National Cancer Survivor Month

National Cancer Survivors Day was established to recognize those who have successfully fought or are in the process of fighting the disease. It would not be surprising to find out that each one of us knows a person who has either succumbed to cancer or is currently battling the disease. That is simply how prevalent the disease has become, alarmingly affecting the lives of millions of Americans. This month of June, we take time to celebrate National Cancer Survivor Month as these brave survivors have managed to prevent the disease from taking their lives and deserve all the praise and support they need to get on with their lives after cancer.

Who Exactly are These Survivors? Experts from the American Cancer Society and the National Cancer Institute defines a cancer survivor as any individual who has been diagnosed with cancer and remains alive and well. This includes patients who are currently undergoing treatment, as well as those who have finished treatment and are considered cancer-free.

The Good News Thanks to a number of treatment options in both conventional and holistic cancer treatment, people are living longer lives after a cancer diagnosis.

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

CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

June 8 at 6 pm: Tule and Cattail

***Sponsored by the Education and Culture Departments
Contact Nick Viles at nickv@ctsi.nsn.us or 541-484-4234 x1757 to sign up***

FREE

101

MARKETING

SILETZ TRIBAL SMALL BUSINESS WORKSHOP



**JUNE
9TH**



**6-9
PM**



ZOOM

Portland Area

503-238-1512

KatyH@ctsi.nsn.us

JOIN US

Siletz Area

541-444-8207

JeffS@ctsi.nsn.us

Salem Area

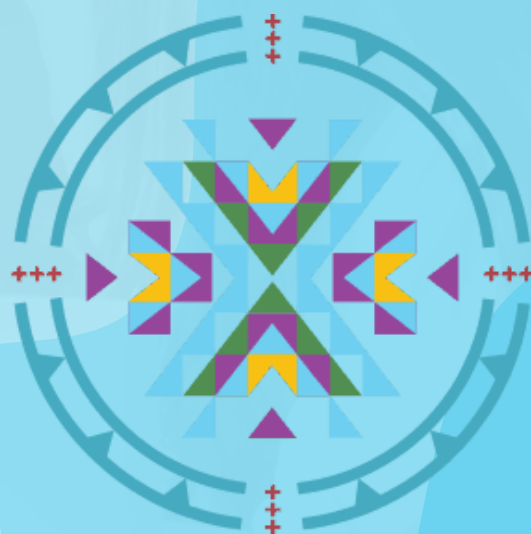
503-390-9494

SonyaMJ@ctsi.nsn.us

Eugene Area

541-484-4234

CandaceH@ctsi.nsn.us



ONABEN



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

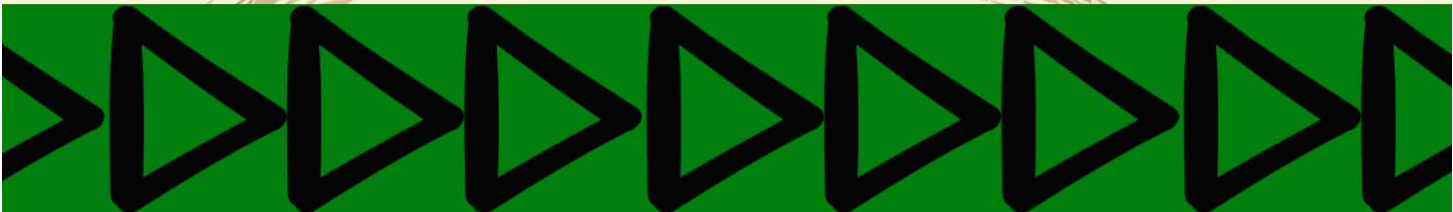
THURSDAYS APRIL 14-JUNE 16

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 OR 541-484-4234 X1757





We're Back!

Calling All Gamers K-12

CTSI

Minecraft Gathering

**JUNE 18, 2022 @
10:30 AM**

Contact

elizabethm@ctsi.nsn.us for
registration or questions

OUTDOOR BINGO

***AT THE
CTSI EUGENE AREA OFFICE***

2468 W. 11TH AVE. EUGENE, OR 97402

JUNE 22ND FROM 5:30 TO 7PM

**JOIN US FOR BINGO,
HOT DOGS, CHIPS,
AND A FUN TIME!**



PRIZES!



RSVP BY JUNE 10TH

BY CALLING THE EUGENE AREA OFFICE

AT (541) 484-4234

CTSI ANNUAL STUDENT GATHERING

Join the CTSI Education Department as we celebrate and honor our 2022 Higher Education, AUT, and Masters graduates!

All students and their families are welcome!

June 23rd at 6pm via Zoom

Registration closes June 10th at 4:30pm

CONTACT YOUR AREA EDUCATION SPECIALIST

TO SIGN UP AND GET THE ZOOM LINK

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

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

Jeff Sweet
Siletz Area/Out of Area
(541) 444-8373
jeffs@ctsi.nsn.us

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

Bumble Bee Atlas at Camp Creek Hills

June 28th, 2022

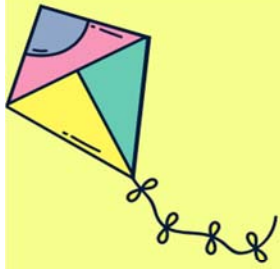
The [Pacific Northwest Bumble Bee Atlas](#) will be facilitating a day to explore the pollinator community at the CTSI's Camp Creek Hills property near Springfield, OR. Tribal members are invited to enjoy a day learning techniques to identify and monitor native pollinators. It will also be an opportunity to explore the diverse Oregon white oak, prairie, and forested habitats found on the Camp Creek Hills property.

Native pollinators are often overlooked by land managers due to their inconspicuous size, but are a critical component in sustaining native ecosystems. In recent years, native pollinator populations have been undergoing dramatic population declines nationwide. The Pacific Northwest Bumble Bee Atlas is an effort by the Xerces Society to improve our understanding of the status and trends of native pollinator populations.

Camp Creek Hills
[36405 Camp Creek Rd, Springfield OR](#)

If you are interested in attending this event contact:
Josh Seekatz – 541.444.8308 or josh@ctsi.nsn.us





CTSI JOM



Passport to Summer Fun!



Hurry and get your June activity passport from
your local Education Specialist!

Complete as many fun activities as you can
by the end of June to be entered into our raffle!

Join us on June 25th @ 6pm via Zoom

to share all of your passport fun with other Tribal youth!

**Email your area Education Specialist to receive
your June passport and instructions.**



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



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

Jeff Sweet
Siletz Area
(541) 444-8207
jeffs@ctsi.nsn.us

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



Produce Plus Food Rescue



Siletz Tribal Members:

If you or your family would like to share in some *FREE*, fresh produce, You may pick it up at the Siletz/Eugene Area office on Wednesday between 2:30 and 4:00 pm. Any produce that is not picked up at this time can be picked up

later on in the week from 9 am-4pm. It just will not be as fresh. On occasion we will have non-perishable and frozen items available.

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

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

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

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

USDA distribution dates for June 2022

Siletz

Monday	June 6th	9 a.m. – 3 p.m.
Tuesday	June 7th	9 a.m. – 3 p.m.
Wednesday	June 8th	9 a.m. – 3 p.m.
Thursday	June 9th	9 a.m. – 3 p.m.
Friday	June 10th	9 a.m. – 3 p.m.

Salem

Tuesday	June 21st	1:30 – 6:30 p.m.
Wednesday	June 22nd	9 a.m. – 6:30 p.m.
Thursday	June 23rd	By appt only



CALCIUM-RICH FOODS



Fortified Cereal



**Sweet Potato
(cooked)**



Yoghurt



**Sardines w/ Bones
(in oil)**



**Spinach
(cooked)**



**Pachoi
(cooked)**



**Dasheen Bush
(cooked)**



**Okro
(cooked)**



**Edamame
(cooked)**



Tofu



**Sesame Seeds
(roasted)**



Chia Seeds



**Soybeans
(cooked)**



**White Beans
(cooked)**



**Fortified
Orange juice**

CALCIUM CONTENT IN SELECTED FOODS		
FOODS	SERVING	CALCIUM CONTENT
Fortified Cereal.....	1 cup	1 000 mg
Tofu	1 cup	573 mg
Fortified Orange Juice	1 cup	500 mg
Yoghurt	1 cup	415 mg
Sardines with bones.....	3 oz.	351 mg
Spinach (cooked).....	1 cup	245 mg
Pachoi (cooked).....	1 cup	158 mg
Sesame Seeds (roasted).....	1 oz.	140 mg
Dasheen Bush (cooked).....	1 cup	125 mg
Edamame (cooked).....	1 cup	98 mg
Chia Seeds	1 tbsp.	89 mg
Soybeans (cooked).....	1/2 cup	84 mg
White Beans (cooked).....	1/2 cup	80 mg
Okro (cooked).....	1/2 cup	61 mg
Sweet Potato (cooked).....	1 medium	43 mg

DAILY NEEDS FOR CALCIUM (RDA)			
AGE GROUP	MALE	FEMALE	PREGNANCY & LACTATION
1-3 years	700 mg	700 mg	
4-8 years	1000 mg	1000 mg	
9-13 years	1300 mg	1300 mg	
14-18 years	1300 mg	1300 mg	1300 mg
19-50 years	1000 mg	1000 mg	1000 mg
51-70 years	1000 mg	1200 mg	
71 years >	1200 mg	1200 mg	

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

Sammy Hall, USDA Program Director,
sammyh@ctsi.nsn.us

Phone: 541-444-8279
 FAX: 541-444-8306 or 503-391-4296

2022-2023 Hunting and Fishing Tags
Distribution Schedule

Tribal offices are closed to the public due to COVID-19 restrictions. Tribal members wanting a tag should call to have tags mailed to them beginning the first date of tag issuance 541-444-8227 or 541-444-8232

Type of Tag		Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery***	50	8/27-9/25	8/1 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/1-11/4**	8/15	First Come First Served*
	Antlerless – Adult	12	10/1-11/4	Lottery applications available 8/1; due 8/26 ; drawing 9/6; tags issued 9/7	Lottery – Open to Elders Only
	Antlerless –Youth	8	10/1-11/6	Lottery applications available 8/1; due 8/26 ; drawing 9/6; tags issued 9/7	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50 (minus # of early season tags filled)	11/19-12/11	<i>First Distribution:</i> 10/17 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/31 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Elk	Antlerless - Youth	3	8/15-12/31	Lottery applications available 6/1; due 7/1 ; drawing 7/5; tags issued 7/6	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/27-9/25	8/1 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/12-11/15	Lottery applications available 8/29; due 9/23 ; drawing 10/3; tags issued 10/4	Lottery
	2 nd Season Rifle	25	11/19-11/25		
	Antlerless	15	1/1/23-3/31/23	Lottery applications available 8/29; due 9/23 ; drawing 10/3; tags issued 12/1	Lottery
	Late Archery Antlerless	56	11/26-12/11	<i>First Distribution:</i> 10/17 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/31 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/15	First Come First Served

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

** Season for Youth ages 12-17 is 10/1 - 11/6 (2 additional days at end of general season)



*** **Unfilled Deer Early Bow tags must be returned to Natural Resources by 10/7.**

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2022-2023 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).

Second Distribution: For any eligible hunter, regardless of what other tags they have received.

JUNE 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31 Time Sheets Due	1 Produce Plus Food 2:30-4pm	2 Produce Plus Food 9-4pm Language Class Ongoing Conversation 5pm	3 Produce Plus Food 9-4pm	4
5	6 USDA Distribution Siletz 9-3pm	7 USDA Distribution Siletz 9-3pm Produce Plus Food 9-4pm Language Class Beginning Conversation (1) 5pm Conversation (2) 5:45	8 USDA Distribution Siletz 9-3pm Produce Plus Food 2:30-4pm Virtual Culture Night Tule & Cattail	9 USDA Distribution Siletz 9-3pm Produce Plus Food 9-4pm Language Class Ongoing Conversation 5pm	10 USDA Distribution Siletz 9-3pm Pay Day Produce Plus Food 9-4pm RSVP EAO Outdoor BIINGO Marketing 101—ONABEN 6-9pm	11 Immersion Conversation 12-1pm
12	13 Produce Plus Food 9-4pm	14 Time Sheets Due Produce Plus Food 9-4pm Language Class Beginning Conversation (1) 5pm Conversation (2) 5:45	15 Produce Plus Food 2:30-4pm	16 Produce Plus Food 9-4pm Language Class Ongoing Conversation 5pm	17 Produce Plus Food 9-4pm	18 Elders Meeting Salem HeeHee Ilahee RV Park 1pm Minecraft Gathering Zoom 10:30am
19 	20 Holiday CLOSED 	21 USDA Distribution Salem 1:30-6:30pm Produce Plus Food 9-4pm Language Class Beginning Conversation (1) 5pm Conversation (2) 5:45	22 USDA Distribution Salem 9-6:30pm Produce Plus Food 2:30-4pm EAO—Outdoor Bingo 5:30-7pm See Flyer	23 USDA Distribution Salem By Appt. ONLY Produce Plus Food 9-4pm Language Class Ongoing Conversation 5pm CTSI - Student Gathering Zoom 6pm	24 Pay Day Produce Plus Food 9-4pm	25 CTSI JOM Passport to Summer Fun! ZOOM 6pm
26	27 Produce Plus Food 9-4pm	28 Time Sheets Due Produce Plus Food 9-4pm Language Class Beginning Conversation (1) 5pm Conversation (2) 5:45 Bumble Bee Atlas at Camp Creek Hills	29 Produce Plus Food 2:30-4pm	30 Produce Plus Food 9-4pm Language Class Ongoing Conversation 5pm		

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

Jessica Hibler, Supervisor x1751 jessicah@ctsi.nsn.us
Nick Viles, Language/Traditional Arts Instructor x1757 nickv@ctsi.nsn.us
Candace Hill, Education Specialist/JOM x1763 candaceh@ctsi.nsn.us
Jenifer Jackson, Tribal Service Specialist/477SSP x1755 jeniferj@ctsi.nsn.us
Cathy Ray, Intake Specialist/Job Coach x1756 catheriner@ctsi.nsn.us
Makayla Jackson, Job Developer/Counselor/VRD X1752 makaylaj@ctsi.nsn.us
Jamie Boe, Community Health Advocate x1753 jamieboe@ctsi.nsn.us
Ro Zientara, Mental Health Therapist x1758 rzientara@ctsi.nsn.us
Rowena Jackson, Peer Recovery Mentor x1758 rowenaj@ctsi.nsn.us
Nora N Williams-Wood, Clerk x1750 noraw@ctsi.nsn.us
Verdene McGuire, Eugene A/O Rep. vdeniel01@gmail.com
Vacant, Elders On-Call Transport

"Sometimes in life we just need
Someone who will be there for us
Someone who will listen
Someone who will understand us..."

The Confederated Tribes of Siletz Indians
Eugene Area Office
2468 W 11th Avenue
Eugene Oregon 97402

**Youth Antlerless Elk Hunt
Applications Due
July 1, 2022
3 Tags**

Hunt runs from
August 15 to December 31

Applications available at kiosk
at the back door of the Tribal
Admin office in Siletz and on
the Tribal website under
Natural Resources beginning
June 1

Open to Tribal youth age 12-17
who have a valid Hunter Safety
Card

Call Natural Resources Manager
Mike Kennedy at 541-444-8232
if you have questions

Address