

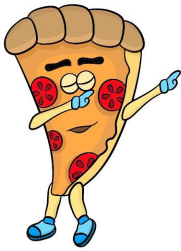
Confederated Tribes of Siletz Indians
PORTLAND POTLATCH
 August 2022



Inside This Issue:

| | |
|-------------------|-------|
| PAO News | 1-3 |
| 477/SSP | 4-6 |
| TPEP | 7 |
| Natural Resources | 8-9 |
| CARE | 9-11 |
| Behavioral Health | 12-13 |
| Education | 14-19 |
| Culture/ Language | 20 |
| Voc. Rehab. | 21 |
| Home Visiting | 22-23 |
| TPEP | 23 |
| Current Events | 24-25 |
| Youth Language | 25 |
| Resources | 26 |
| Staff Directory | 27 |

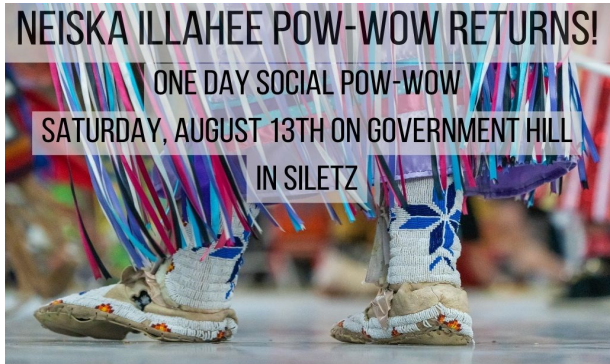
Portland Potlatch is published by the Confederated Tribes of Siletz Indians Portland Area Office



When: August 18th from Noon until 2PM
Where: North Clackamas Aquatic Park

Please join us for our PAO Summer Splash! This year we're celebrating summer with a Pool & Pizza Party! Summer Splash will be held on:
Thursday, August 18th from Noon until 2pm at the North Clackamas Aquatic Park located at: 7300 SE

Harmony Rd, Milwaukie, OR 97222. Pizza and water will be provided, all you need to bring is a towel and yourself! **To sign up, please use link below or call Andrew Johanson at (503) 238-1512 X 1419.**
<https://forms.office.com/r/W9WAVndZqW>



PAO Announcements



- Reside in the 11 county service area.
- Have social security cards for all household members.
- Provide income for all household members over the age of 18.

LIHEAP
Expanded Assistance

Please mail, drop off, or fax a COMPLETED application to:

LIHEAP—Expanded Assistance
The Siletz Tribal Housing Department and LIHEAP (Low Income Home Energy Assistance Program) can now serve households with income up to 100% Area Median Income (AMI).

Program requirements are as follows:

- Applicants must be an enrolled member of the Confederated Tribes of Siletz Indians or have a Tribal Member in the home.

Siletz Tribal Housing Department
ATTN: LIHEAP
555 Tolowa Court
PO Box 549
Siletz, OR 97380
Fax: 541-444-8313

Applications can be found on the CTSI website under Housing or click the following link:
<https://www.ctsi.nsn.us/liheap-lihwap/>

Happenings in PDX

GHOSTS OF SUMMER A Convention for Halloween Lovers August 5th & 6th, 2022



Ghosts of Summer is coming to the Oregon Convention Center for 2 days in August! There will be over 60 vendors selling Halloween props and décor. Scare rooms, haunted houses and escape rooms will be operating for all of you Halloween lovers! Enjoy game rooms, horror shows and make & take sessions with some of Portland's professional crafters, creators and haunters. Costumes are encouraged and

Happenings in PDX

you must provide proof of COVID vaccination to enter. As a thank you for attending their very first year, the first 250 attendees each day will receive a free Ghosts of Summer tote at admission! Fri-

day hours are 10AM-6PM, Saturday hours are 9AM-5PM. For more information and to purchase tickets please visit: <https://ghostsofsummerpdx.com/ghosts-of-summer>



PORTLAND FASHION WEEK
August 16th - 21st

| | |
|-----------------------------|-----------------------|
| TUESDAY: PRESS NIGHT | FRIDAY: READY TO WEAR |
| WEDNESDAY: OPENING NIGHT | SATURDAY: COUTURE |
| THURSDAY: SUSTAINABLE NIGHT | SUNDAY: ACCESSORIES |

FOR TICKETS AND MORE:
[HTTPS://WWW.PORTLANDFASHIONWEEK.NET/](https://www.portlandfashionweek.net/)

Portland Fashion Week is back for it's 21st year!

Portland Fashion week brings together designers, models, media, stylists, celebrities, cities, countries and VIPs in support of Portland's Fashion communities, utilizing a percentage of proceeds to benefit charity and support the education of future fashion visionaries.

The driving force behind Portland Fashion Week is the philosophy of "slow fashion".

Slow fashion is opposed to fast fashion where garments are mass-produced and sold for cheap. Instead, slow fashion is part of the sustainable fashion movement where clothes are made from high-quality materials and designed to last, thanks to their durable and mindful construction.

For more information and to purchase tickets: <https://www.portlandfashionweek.net/tickets>

477—Self-Sufficiency Program



477-SSP August 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

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 allow-

ance for clothing and school supplies for children attending in-person classes for the 2022 – 2023 school year.

Eligibility Requirements Include:

- Application for Assistance;
- Siletz Tribal member household – Verification required;
- Reside in the United States;
- State issued identification for head of household;
- Receive regular Supplemental Nutrition Assistance (SNAP) or USDA Commodities – Verification required;
- Provide verification children are included in benefit group;

477—Self-Sufficiency Program

- School age children in Kindergarten through 17 years of age;
- Valid email address for head of household.
- W-9 form if the head of household is not a Siletz tribal member

serve basis, as limited funding is available. Once the funding allocation has been reached, additional households will be denied. 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.

The 477-SSP will accept applications from June 21, 2022 – August 12, 2022. All pending documentation must be submitted by August 19, 2022. If approved for services, the 477-SSP will issue a \$350.00 clothing allowance for eligible children and \$50.00 school supply allowance for eligible children.

By completing this application, you understand that all funds must be applied to school clothing and school supplies for the children listed in the approval notice. Completing the attached application is not a guarantee of services even if the application is completed prior to August 12, 2022. The application is posted on the CTSI website. Please contact the staff below to be emailed an application.

Applicants will be served based on completion date on a first come, first

Mail applications to:

CTSI
Attn: 477-SSP
3160 Blossom Dr. NE STE #105
Salem, OR 97305

Email/Fax

477ssp@ctsi.nsn.us
(541) 444-8334

For an online application:

<https://www.ctsi.nsn.us/tribal-services/social-services/477-ssp/>

For information please call:

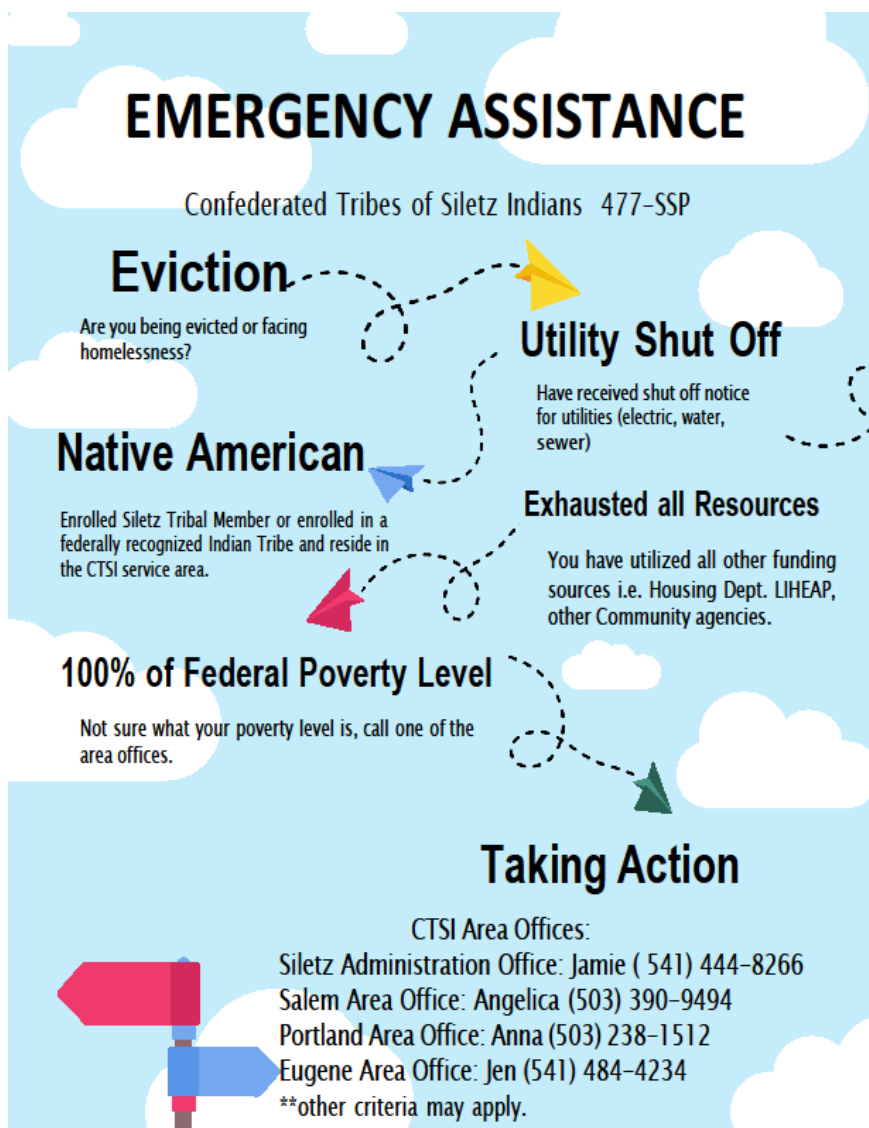
Angelica Espino (503) 390-9494 ext. 1853

Lori Christy (503) 390-9494 ext. 1863

The 477 SSP program offers many services for Siletz Tribal Members and other Tribal Members from federally recognized tribes. These services are in place to help our people attain self-sufficiency by removing barriers to employment. For a full list of those services please visit the CTSI website: <https://www.ctsi.nsn.us/tribal-services/social-services/477-ssp/>



477 Self-Sufficiency Program



Your Success is Important to Us!

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

Tobacco Prevention Program (TPEP)

TPEP's role is to educate and create awareness on the harmful affects of commercial tobacco products.

plan, NRTs (Nicotine Replacement Therapy), social media page and quit kits for those who are interested.

There are many different types of commercial tobacco products including smoking, smokeless, and devices that are used to deliver nicotine and other harmful additives.

For more information contact the TPEP program at (541) 444-9682.

TPEP:

- ✦ Continues to educate everyone on traditional tobacco and how it is used for ceremonial, spiritual and cultural purposes.
- ✦ Makes it a high priority to engage our youth about prevention and education.
- ✦ Provides direct services to the community and promotes resources for tobacco cessation including; smoke-free phone apps, build your own quit



For 1-on-1 assistance 24 hours a day call 1-800-QUIT-NOW
For AI/AN line press option 7 . 1-800-784-8669



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](#)



Natural Resources Program

REMINDER
Early Season Archery Tags
Deer and Elk
Available Starting
August 1, 2022 8:00 AM

Call 541-444-8232 or 541-444-8227
to have a tag mailed to you
First Come First Served



REMINDER
Deer General Rifle Tags
Available Starting
August 15, 2022

Call 541-444-8232 or 541-444-8227
to have a tag mailed to you
First Come First Served

REMINDER
Youth Antlerless Deer Hunt
Applications Due
August 26, 2022

Applications available at the Natural Resources office and on the Tribal website under Natural Resources

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

Call 541-444-8232 or 541-444-8227 if you have questions

REMINDER
Salmon Tags
(for cultural fishing at Tribal cultural fishing sites only)
Available Starting
August 15, 2022

Call 541-444-8232 or 541-444-8227
to have a tag mailed to you
First Come First Served

REMINDER
Elder Antlerless Deer Hunt
Applications Due
August 26, 2022

Applications available at the Natural Resources office and on the Tribal website under Natural Resources
Open to Tribal Elders age 55 and older

Call 541-444-8232 or 541-444-8227 if you have questions



Siletz CARE Program

Siletz Harm Reduction

HIV and HEP C testing,
Syringe exchange, NARCAN
distribution, Safe sex
supplies, Peer support

Free and
confidential
services provided
by people who
care

Shawnee Lacewell (541) 270-6732
Sheila Aviles (541) 272-9083

SILETZ CARE PROGRAM

Trauma Recovery Support Group

WEDNESDAYS AT 5:30 PM

SELF Curriculum
Art Journals
Vision Boards
Native Medicine

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 Rachelle: RachelleE@ctsi.nsn.us

Siletz CARE Program



Siletz Wave Warrior Camps Are Back & Sign Ups Are Open!

***NEW PROGRAM RUNS* August 17 - 22**

CTSI, in partnership with Northwest Wahines & All Are We Water Collective, are offering free surfing lessons for Tribal families this summer!

Where: Otter Rock
When: August 17 - 22
Who: Ages 8 and UP!
 All are welcome!
 Bring the whole family!
What: 2 Hour Surfing Lessons teaching surfing & ocean rescue skills
Lesson Times:
 9:00 am - 11:00am
 1:00pm - 3:00pm

Click on the Link Below to Sign Up

Siletz Wave Warrior Lesson

If flyer not hyperlinked, book @ <https://allarewesignup.as.me/Siletz>

*Please only sign up for one lesson. If you are interested in more than one lesson email kelly@allarewe.org to add your name to a waitlist.

Air Purifier Program

The Program is to assist eligible Siletz Tribal members in **any area that actively has unhealthy to hazardous air quality due to forest fires**, who are at increased risk for particle related effects in protecting themselves and their families by providing them with an air purifier. Siletz Tribal members who request an air purifier should meet the following guidelines:

- You must live in an area where the air quality impacts your health due to forest fires.**

This will be verified by staff, then once verified they must meet one of the following qualifications.

- You are part of the vulnerable population;
 - 6 and under
 - Pregnant
 - Tribal Elder or;
- Have a chronic health condition that will be affected by air quality.

Please note there is a limited amount available and it is first come first serve.

How can you find the current air quality?

You can find the current air quality for any area in the United States at the EPA and Partners website Air Now www.airnow.gov. Simply enter in the ZIP Code, City or State for that area.

| Air Quality Index (AQI) Values | Levels of Health Concern |
|--------------------------------|--------------------------------|
| 0 to 50 | Good |
| 51-100 | Moderate |
| 101-150 | Unhealthy for Sensitive Groups |
| 151-200 | Unhealthy |
| 201-300 | Very Unhealthy |
| 301 to 500 | Hazardous |



If you think you may be eligible and are interested in this program you can apply by copying and pasting the link below to your internet browser:

<https://www.surveymonkey.com/r/P5KFKPF>

Or contact Community Health for help over the phone at: (541) 444-9613

Behavioral Health Program

Currently in summer:

It's gotten hot, and people are looking for places to cool down. COVID-19 still complicates the matter, and social distancing and masking are good ideas with new variants popping up. There are places that are open, where one can get into nature and perhaps some cool water. In this heat, it is easier for our bodies to dehydrate, which can make people more irritable. To help combat that irritability, remember to drink more water than you want to, take breaks, and seek out shade to rest in.



Ways to reduce irritability:

- 1) Figure out what is causing you to be irritable—Are you hungry, tired, thirsty, lonely? If so, try and address it.
- 2) Reduce caffeine—Yes, it's a touchy subject. But, if you're already irritated, it's not going to help to add this substance.

- 3) Find a way to give yourself compassion—a gentle word you would say to a friend to comfort them, think it in your head. Wrap yourself with your arms for a self-hug or squeeze. It does wonders!
- 4) Take five minutes for a little exercise—do whatever you can to increase your heart rate, or, if it's already racing, how about a bit of a leisurely stroll and a few deep breaths?
- 5) Find a few moments to be alone and do something that makes you smile—look at photos of your loved ones, listen to your favorite song or grab a little treat to eat.

August's haiku, by Rachel Zinn:
*Summer calls to us.
We answer and share laughter.
We eat, we grin, REST.*

Send a haiku/poem to the MHS and get it published (first-come-first-served):

rachelz@ctsi.nsn.us

Traditional Coping

Social distancing makes traditional forms of coping much more difficult. Don't forget, smudging and prayer are good ways to connect with tradition

Behavioral Health Program

while still maintaining distance. Also, look for virtual talking circles and other such gatherings, like virtual powwows. They exist. There are some live events that you can attend as well, including the Nesika Illahee Pow-

Wow August 13th, with camping available on Friday the 12th and Saturday the 13th. As always, be sure to remember our Elders, making sure they stay cool and hydrated and get their daily needs met.



Jacob Reid, Behavioral Health Department, working with youth on the Siletz Ropes Course, July, 2019

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



TRANSPORTATION PROGRAM

The program provides non-emergency medical transportation for Siletz Tribal Members in the 11 county service area.

To request a transport, please call Richard Faber at (541) 444-9633

**ALL REQUESTS
MUST BE MADE
48 HOURS
AHEAD OF TIME**

Education Program

Education and Youth Update Coming UP!

- Incentives for Siletz Tribal students who have graduated or been promoted.
- Lap Tops for College students
- September JOM Parent Meeting
- College Workshop: Sept. Financial Aid

Please take a look at our flyers for this month for more detailed information. For information and/or applications please contact Katy Holland at kathy@ctsi.nsn.us; Office (503) 238-1512 ext. 1418; or by cell phone: (541) 270-5124.

JOM (Johnson O'Malley) Parent Committee Invitation

Parents of enrolled JOM students are invited to join the **JOM Parent Committee**

Receive program updates; add parent insight & input; help with program development and enjoy time with other JOM parents.

Meeting Location

On Zoom

Meeting Dates & Time

Beginning September 13th, meetings will be held on the 2nd Tuesday of every month at 6 PM

Contact your area Education Specialist to sign up!

Portland Area Siletz Tribal Members please contact: Katy Holland (503)-238-1512 ext. 1418 or KatyH@ctsi.nsn.us

Education Program

NEW THIS YEAR!

OREGON TRIBAL STUDENT GRANT

Apply Soon!

This new grant for the next upcoming school year 2022-2023 is meant to cover the average cost of attendance

after all federal and state grants and scholarships have been applied to all eligible Oregon colleges to offset the cost of attendance. This grant is specific to Oregon colleges and students who are enrolled in the nine federal recognized tribes in Oregon.

For more information and a application please visit: <https://oregonstudentaid.gov/oregon-tribal-student.aspx>

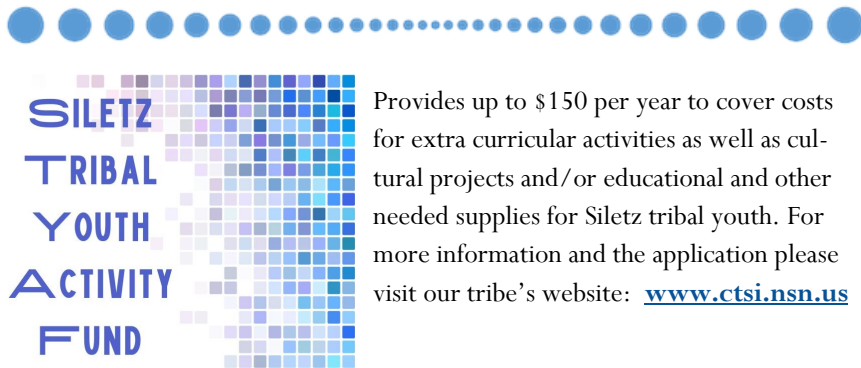


The poster features a light blue background with a pattern of white and blue triangles. At the top, two yellow tickets with 'ADMIT ONE' and '507/50' are shown. The main title 'JOM ACTIVITY STATE FAIR TICKETS' is in large, bold, blue letters. Below the title, there are six orange boxes with white text: 'EDUCATION at the FAIR:', 'MUSIC', 'PLANTS', 'ANIMALS', 'ARTS & CRAFTS', and 'AGRICULTURE'. The text 'Open to JOM Registered Youth within the 11-county Service Area. Registration: July 1st - August 5th at 4:30pm' is in blue. Below that, it says 'Each JOM registered youth will receive 1 ticket and are eligible for up to 2 adult tickets per household AND a free COVID Care Kit'. At the bottom, it says 'Contact your area Education Specialist to sign up'.

Portland Area Siletz Tribal Members please contact: Katy Holland (503)-238-1512 ext. 1418 or KatyH@ctsi.nsn.us

Education Program

The JOM program provides funding to help pay for educational support, extra curricular activities, sports, fees, lessons and cultural projects for students from any federally recognized tribe (or 1/4 blood quantum, and attending public school. 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.



Provides up to \$150 per year to cover costs for extra curricular activities as well as cultural projects and/or educational and other needed supplies for Siletz tribal youth. For more information and the application please visit our tribe's website: 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 5 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 1st**.
- ◆ **Adult Vocational Training Program:** Supports Tribal Members for up to two years of specific vocational training. Download

applications at www.ctsi.nsn.us

◆ **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 (503) 238-1512 ext. 1418 or by email; katyh@ctsi.nsn.us.

Education Program

JOM Youth Summer STREAM Kits

BIA CARES Summer STREAM kits are designed to enhance learning and prevent learning loss during Summer Break.

July

Applications open July 1st

Deadline to submit your application is July 14th at 4:30 PM.

The Microsoft Form must be completed by July 15th at 4:30 PM.

August

Applications open July 25th

Deadline to submit your application is August 4th at 4:30 PM.

The Microsoft Form must be completed by August 5th at 4:30 PM.

★ If you apply for the July kit by the deadline, you won't need to complete a new application for August.

Contact your Education Specialist for an application.

Kits available on a first-come, first-served basis.
Must be currently enrolled in the JOM program and between the ages of 3-18.

INCENTIVES FOR SILETZ TRIBAL MEMBER GRADUATES

The Siletz Tribe would like to recognize all of our graduates of 2022 (from Head Start to Doctorate Degrees). To receive your incentive please submit the Incentive Application, a copy of your diploma, report card, promotion, GED and Tribal enrollment. The application can either be emailed to you or you can find it on the CTSI webpage under Services/Education/College.

Education Program



SHOUT OUT TO OUR SILETZ TRIBAL YOUTH—

12 years to 24 years old

If you are interested in joining and connecting with other Siletz Tribal youth throughout Oregon please contact Katy for future dates of Siletz Tribal Youth Council meetings. Email Katy at katyh@ctsi.nsn.us or call (503)2381512 ext. 1418



CTSI STUDENT LAPTOP STIPEND PROGRAM

**2022 Application Period:
August 1st - August 31st**

Eligibility:

- Enrolled Siletz Tribal Member and enrolled full/part time college student
- Submit completed application (with required documentation) by the deadline
- Can not have received a laptop stipend within the last 4 academic years

Contact your Education Specialist for an application.

Portland Area Siletz Tribal Members please contact: Katy Holland (503)-238-1512 ext. 1418 or katyh@ctsi.nsn.us



Education Program

2022-2023 CTSI College Information Nights

Sponsored by the
Education Department

6PM VIA ZOOM

- ★ College Information Night I 09/22/2022
 - Applying for FAFSA
- ★ College Information Night II 12/15/2022
 - College Applications: School selections & Application submission
 - Tribal & other types of financial aid
 - Guest Presenter: Learning Campus life
 - Guest Presenter: Learn about a Voc. training program
- ★ College Information Night III 02/16/2023
 - Re-cap from Night I & II
 - Overview of CTSI Student aid programs
 - (STHD Temporary Student Housing Assistance; 477 Self Sufficiency Classroom training; Adult Ed.; AVT; HE; CTSI Student Laptop Program; Education Committee Scholarships)
 - Guest Presenter: Learning Campus life
 - Guest Presenter: Learn about a Voc. training program
- ★ College Information Night IV 04/20/2023
 - Re-cap of CTSI Student aid programs
 - Deadline Reminders
 - Guest Presenter: Learning Campus life
 - Guest Presenter: Learn about a Voc. training program

Contact an Education Specialist to Sign Up!

Virtual Culture/Language Nights



CTSI VIRTUAL CULTURE NIGHTS

ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:
August 24 at 6pm:
Basket Overlay Materials

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.

Sponsored by the Education and Culture Departments



SIGN UP TODAY FOR SUMMER SESSION ON-LINE LANGUAGE CLASSES

LEARN NUU-WEE-YA'

TUESDAYS JULY 26-AUGUST 30
5:00 PM-BEGINNING CONVERSATION 1
5:45 PM- BEGINNING CONVERSATION 2

THURSDAYS JULY 28-SEPTEMBER 1
5:00 PM-ONGOING CONVERSATION

SATURDAYS 8/6 AND 8/27
NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT [NICKV@CTSI.NSN.US](mailto:nickv@ctsi.nsn.us) OR 541-484-4234 X1757

Vocational Rehabilitation Program

August/Sept. Awareness: Muscular Dystrophy

Muscular Dystrophy is a group of medically inherited conditions that cause progressive weakness and breakdown of the muscles, gradually leading to disability. It is inherited and quite rare (fewer than 200,000 cases per year in the US). It results from a change in an individual's genes that control the stability and functioning of muscles.

Symptoms: Onset of symptoms varies; it is dependent on the type of Dystrophy and the muscles that may be affected.

- Progressive muscle weakness
- Difficulty walking, jumping or running
- Difficulty in getting up from a lying or sitting position
- Muscle pain and stiffness
- Inability to relax muscles when needed
- Walking on toes
- Difficulty in lifting the front part of the foot

Treatments: There is no cure for Muscular Dystrophy; however, following a consistent treatment regimen may help manage symptoms over the course of one's lifetime. Treatment aims at managing the symptoms.

Self-Care:

- Get pneumonia vaccination done to prevent respiratory infections
- Eat a nutritious and well balanced diet
- Do not miss your follow-up visits

Therapies: Exercise therapy, Physical therapy, and Occupational therapy.

[Muscular Dystrophy: Symptoms, Causes, and More \(healthline.com\)](https://www.mayoclinic.org/diseases-conditions/muscular-dystrophy/symptoms-causes/syc-20375388)

[https://](https://www.mayoclinic.org/diseases-conditions/muscular-dystrophy/symptoms-causes/syc-20375388)

www.mayoclinic.org/diseases-conditions/muscular-dystrophy/symptoms-causes/syc-20375388



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

Home Visiting Program

Is Home Visiting for YOU?

Are you expecting a baby or have an infant under 1 year old?

Do you live in our 11 county service area?

Are you or a household member a federally recognized Native American or Alaskan Native?

If you answered yes to these questions Home Visiting might be for you!

Our Home Visiting Program uses a culturally sensitive, evidence based curriculum providing parenting and life skills for successful and positive parenting. We can connect you to community resources as needed. For more information contact Lori Christy, Home Visitor, loric@ctsi.nsn.us, or 503-390-9494 ext. 1863.

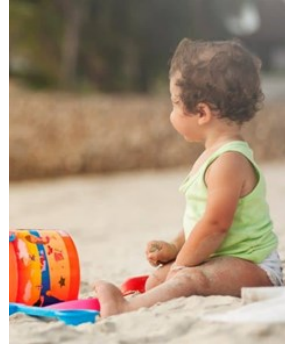
Summertime = Outside Time



Summertime can be a great time for you and your family to get outside, move a little, enjoy nature, and spend time with family.

While outside:

Talk to your baby about all that you see, names things, describe them. Hearing your voice is reassuring to them and your words help them learn about the world and gain language skills.



Explore, let your baby or toddler touch things such as pine cones, tree bark, and crawl through the grass or walk barefoot to feel the texture. At the beach touch the sand, feel the smoothness of wave tossed rocks. Watch closely to see how they respond. Some children are more sensitive to textures and may need to be introduced slowly to things. You will want to supervise your baby closely as they explore especially if they put things in their mouth.

Listen to the sounds of nature and community, birds calling, wind blowing, a train in the distance or a tinkling wind chime.

Have a picnic. Bring a blanket to spread on the ground and enjoy a snack or picnic lunch. Eating outside can be grounding and draw us back to our roots.

Blow bubbles, before you head out grab some bubbles to bring along.

Home Visiting Program

Bubbles are so much fun to see sparkle and glisten in the sunlight. Chasing them is a great activity for toddlers.



Create memories. Doesn't matter if the time you spend outside is active or relaxing; it's sure to create some great memories for you and your children.

Tribal Parenting Workshops!

Presented by the CTCLUSI Social Services Department in Partnership with The Confederated Tribes of Siletz Indians and Cow Creek Band of the Umpqua Tribe of Indians and The Klamath Tribes

Guest Presenter:
Lorraine Brave
from Brave Transitions

**** Via Zoom****

- Zoom link will be emailed to you after registration

Topics Include:

- Social Media & Technology Concerning our Children
- Traditional Behavior Management (Discipline Techniques)
- Learning from Mother Nature – Our Teacher
- Helping our Children & Youth with Mental Health Struggles
- Guiding Lessons in Story Telling (Along with Invited Guest from Klamath Tribes)
- Child Development through the Teen Years

Tuesdays: 6-7:30PM
September & October
2022

RSVP by September 5th

Lori Christy 503-390-9494
loric@ctsi.nsn.us

Jessica Hibler 541-484-4234
jessicah@ctsi.nsn.us

Current Events in Native Country

Impacts of the *Roe v. Wade* Decision on Native American and Alaska Native Women Sexual Violence Victim-Survivors

By StrongHearts Native Helpline

<https://strongheartshelpline.org/>

The June 24 decision by the U.S. Supreme Court overturning the constitutional right to an abortion will adversely impact Native American and Alaska Native victim-survivors of sexual violence in several ways.

The ruling paves the way for national criminalization of abortion.

A number of states, including Idaho, Louisiana, Mississippi, North Dakota, Oklahoma, South Dakota, Tennessee, Texas, Utah and Wyoming, already have existing trigger laws that allow those states to ban abortion now that *Roe v. Wade* has been overturned.

“Native women and girls suffer the highest rates of stalking, rape and femicide in the nation,” said Lori Jump (Sault Ste. Marie Tribe of Chippewa Indians), chief executive officer, StrongHearts Native Helpline. “Abortion is not offered at the Indian Health Service (IHS) and having planned parenthood clinics is essential to the health and well-being of sexual assault victims. It’s a breach of trust responsibility and body sovereignty that goes back to colonization.”

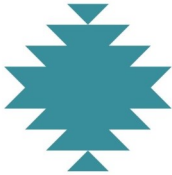
In fact, the IHS (which provides health care on reservations) is prohibited under the 1976 Hyde Amendment from using federal monies for abortion services, except when the mother’s life is endangered and in instances of incest and rape.

Making it difficult for any woman to obtain

an abortion or by criminalizing it in some, or even all, states won’t make abortions disappear. It makes them unsafe and potentially fatal. Those at most risk will be poor women and women of color, especially Native women who reside on tribal lands or in remote areas where abortion services are difficult to access.

Making abortion services inaccessible to Native women whether they live in an urban or rural area further exacerbates the enormous socio-economic and health disparities. For example, the poverty rate among Native women is the highest among racial and ethnic groups in the U.S. at 28.1 percent. Overall, one in three Native Americans live in poverty with an annual median income of \$23,000. Complications during pregnancy or childbirth (or both) are three to four times more likely for Native women.

There are also barriers to acquiring emergency contraception outside of reservation communities and travel to obtain abortion services can require exorbitant travel and other expenses that Native women simply cannot afford. Financial abuse, is a form of relationship abuse, where one partner controls their partner’s financial situation — also can figure into the picture. An intimate partner who takes control of their partner’s finances ultimately has control over making financial decisions that undermine their partner’s well-being and, in cases such as these, make it difficult or even impossible for that partner to seek abortion services.



Current Events in Native Country

Native women in the United States suffer from the highest rates of sexual violence. In Indigenous communities, more than half of American Indian and Alaska Native women (56.1%) have experienced sexual violence in their lives and the vast majority (96%) are victimized by a non-Native perpetrator. Sexual violence is based on power and control and an abuser may see the unpredictability of pregnancy as an opportunity to increase power and control. Sexual violence robs Native women of the right to body sovereignty and the choice of reproductive autonomy. Sexual violence is a tool and result of colo-

nization, which has been responsible for the enslavement and genocide of Native peoples and the theft, occupation, resource extraction and exploitation of Native lands that began at contact. The same government infrastructure and its federal laws, policies and institutions has targeted and permitted sexual violence, abuse and harassment of Native women for centuries.

The legacy of colonialism continues to exist in 2022 through this most recent action by the U.S. Supreme Court to deny Native — and all — women the right to body sovereignty.

Youth Summer Language Class

**YOUTH
SUMMER
LANGUAGE
CLASSES**

**THURSDAYS JULY 28-SEPTEMBER 1
AT 1 PM**

- Open to all tribal youth
- Fun, games, and language learning
- On-line over Zoom



To sign up, contact Nick Viles at Nickv@ctsi.nsn.us or call (541) 484-4234 X 1757

Resources

It's getting HOT outside! It's important to keep yourself informed of the local weather. When temperatures get high, PDX and the surrounding areas will open up cooling centers, some just for the day and other times overnight, weather dependent. To get a list of cooling shelters call 211. In some cases they will provide transportation to the cooling center if you are in need.

Remember to sign up for Emergency Alerts in your area, if you haven't already.



VISIT PUBLICALERTS.ORG

Receive emergency notifications via landline, mobile and email.



Crisis Text Line for Natives 988

Dial 988
from any phone to get help.
If you need immediate help now,
Text NATIVE to 741741.



211info ★
2-1-1
The easiest way to find health and human services.

 **TEXT**
zip to 898211
  **DIAL**
211
  **SEARCH**
211info.org

Free. Live. Confidential.

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 Comm. 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 Zinn 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 |
| Katrina Hudson Web Content Specialist | (503) 238-1512 x 1415 katrinah@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
Main # (800) 922-1399
Fax: (503) 238-2436
www.ctsi.nsn.us

Other Contact Numbers

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