



Siletz Salem Area Office

3160 Blossom Drive NE, Suite 105
 Salem, OR 97305
 Phone: 503-390-9494
 Fax: 503-390-8099

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The **General Council Meeting** will be held Saturday, August 6, 2022.

Due to the COVID-19 pandemic, the General Council meeting will be on the Zoom platform. For access to the meeting link, please email generalcouncil@ctsi.nsn.us and include your name and roll number in the email. The link to the meeting will be sent to your email address on August 5, 2022 prior to 4:30 pm. **The deadline to request the meeting link is August 4.**



Fish Distribution

SEE THE FOLLOWING PAGE FOR MORE DETAILS.

Fish Distribution



Friday, August 5, 11:00 am estimated time, distributed until fish are gone. It will be FIRST-COME, FIRST-SERVED. At this time we are still operating under Tribal Council rules and the office lobby is closed. **If you plan on picking up fish for someone outside of your household we will need a note from that person with their roll number, signature and telephone number, or a text from their telephone.**

If you have questions, please call 503-390-9494.



Community Health Air Purifier Program

The Program is to assist eligible Siletz Tribal members in any area with **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. Please note there is a limited amount available and it is first come first serve.

Guidelines: Siletz Tribal members who request an air purifier should meet the following guidelines.

1. **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.**
2. You are part of the vulnerable population;
 - 6 and under
 - Pregnant
 - Tribal Elder or;
3. Have a chronic health condition that will be affected by air quality.

What is air quality index?

| | |
|--|--|
| Good 0-50 | Air quality is considered satisfactory, and air pollution poses little or no risk. |
| Moderate 51-100 | Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution. |
| Unhealthy for Sensitive Groups 101-150 | Members of sensitive groups* may experience health effects. The general public is not likely to be affected. |
| Unhealthy 151-200 | Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects. |
| Very Unhealthy 201-300 | Health alert: everyone may experience more serious health effects. |
| Hazardous 301-500 | Health warnings of emergency conditions. The entire population is more than likely to be affected. |

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.

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

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

Or contact Community Health to do it over the phone at:

(541)444-9613



Elder's Basket

In the June Elder's meeting Elder's voted to create a basket for a raffle prize at this year's Pow-Wow. The Salem Elders' theme is "Summer Ice Cream Sundaes". Contact Donna Kesinger and let her know what you would like to contribute, 503-393-5855.

CTSI Jobs

Tribal employment information is available at ctsi.nsn.us

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

503-390-9494 X1854

Ceciliat@ctsi.nsn.us

Monday-Friday
8:00am - 4:30pm




Health & Safety Checklist

- Schedule a medical, eye, and ear exam for your child
- Help kids stay active and ready to learn
- Get kids up to date on recommended vaccines
- Help kids make healthy food choices daily
- Learn special tips on getting kids to school safely
- Get the facts on school and youth violence prevention
- Are your kids playing sports at school? Know your Concussion ABCs

VISUAL
SEE IT 

AUDITORY
HEAR IT 

KINESTHETIC
DO IT 



5 WAYS TO SOOTHE BACK-TO-SCHOOL JITTERS

1
Be aware, listen, and empathize.
Check in, listen, and validate concerns.

2
Problem solve.
Together, figure out solutions to potential issues.

3
Pump up the positivity.
Praise your child's strengths and talents.

4
Make a routine.
Get back into a school routine early.

5
Reward resilience.
Acknowledge how they handle the transition with something special.

Tribal Non-Emergency Medical Transportation

We provide transportation to and from medically-related appointments as a last resort for Siletz tribal members lacking transportation. To determine eligibility and availability for transport services, Siletz tribal members must call the transport hub at least 48 hours in advance.



Transport Hub Line

541-444-9633 or 541-444-1030, Opt. 9

Staff

Rich Faber, Transportation Coordinator

VACCINE APPOINTMENT CHECKLIST

Use this checklist to prepare for your child's appointment



BEFORE

HAVE A CONVERSATION

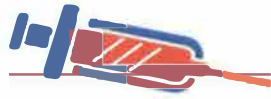
Ask your child what questions they have and talk about the importance of getting vaccinated.

BE HONEST

Don't promise it won't hurt. You can even explain it as a fast pinch that is going to keep them healthy.

IF YOU HAVE QUESTIONS

Talk to your child's pediatrician about any questions or concerns you have with the vaccine.



DURING

STAY CALM

If you give off the feeling that you aren't worried or anxious, your child will use that in their assessment of the situation.

DISTRACTION IS KEY

Ask them to count backwards from 10, name 10 animals, what they learned in school, etc. If they start to panic, stay calm and talk to them softly.



AFTER

REMIND THEM HOW BRAVE THEY WERE

Teach them it's okay to be scared, but it's what they do with those feelings that is most important.

NEVER COMPARE THEM

Each sibling may handle the situation differently.

KEEP YOUR CHILD'S VACCINATION CARD SAFE

Take a photo or make copies in case it gets misplaced. Avoid sharing photos that may display personal information.

SCHEDULE YOUR CHILD'S COVID-19 VACCINE APPOINTMENT



ENERGY ASSISTANCE - LIHEAP/LIHWAP

What is LIHEAP?

- LIHEAP (Low-Income Home Energy Assistance Program) is a federally-funded program that helps low-income households with their home energy bills. This can be electric and/or natural gas.

What Assistance does LIHEAP provide?

- Heating Assistance (Applicants must only have a tribal member in the household and be income eligible.)
- Crisis Assistance (Shut off or Final Notice exceeding base award.)

What is LIHWAP?

- LIHWAP (Low-Income Household Water Assistance Program) is a federally-funded program that helps low-income households with their clean water bill.
- LIHWAP can help keep clean and safe water in the home.

To find the LIHEAP expanded Assistance Income Requirements, visit the CTSI website at www.ctsi.nsn.us and enter LIHEAP in the search bar.

If you have any additional questions, please don't hesitate to call Casey Godwin in the Siletz Tribal Housing Department at (541) 444-8311 or (541)270-0194.

EDUCATION NEWS - Sonya Moody-Jurado, Education Specialist



EDUCATION PROGRAM COMPONENTS

Sonyamj@ctsi.nsn.us
503-390-9494 x 1856
Mon-Thurs 8 am - 4:30 pm

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

RUN TO THE ROGUE

September 9-11, 2022

JOM

STATE FAIR TICKETS

Deadline to apply for State Fair tickets is August 5, 2022. Please email Sonya at sonyamj@ctsi.nsn.us.

PARENT COMMITTEE

The JOM program is restarting our parent committee. Come get involved, receive program updates and direction, and give parent insight/input. Meet other parents and Education staff from each of our area offices. We will meet quarterly via zoom. Come join us!!!

HIGHER EDUCATION/AVT

SILETZ TRIBAL STUDENT LAPTOP STIPEND PROGRAM

Application program is August 1-30, 2022. Students must be enrolled Siletz tribal members and be enrolled in college full time. Email Sonya at sonyamj@ctsi.nsn.us.

COLLEGE INFORMATION NIGHT I

The first of four college information nights will be held September 22, 2022 and will cover Applying for Financial Aid.

ADULT EDUCATION

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

STUDENT INCENTIVE PROGRAM for Siletz Tribal Graduates

The Tribe has an incentive program for tribal members reaching milestones in their education from Head Start (can only receive incentive for 1 year), elementary school, middle school, high school/GED, Adult Vocational Training program and associates/bachelor degree, master degree and doctoral degree. If you have reached one of these milestones, please fill out the Tribal Incentive form and attach a copy of your certificate or diploma. Below is where the form can be found on the Tribal website. http://www.ctsi.nsn.us/uploads/downloads/Education/Student_Incentive_Program.pdf

**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
6:00 PM
September 13, 2022
December 13, 2022
March 14, 2023

Contact your area Education Specialist to sign up!

| | |
|--|--|
| Sonya Moody-Jurado Salem Area SonyaMJ@ctsi.nsn.us | Jeff Sweet Siletz Area JeffS@ctsi.nsn.us |
| Katy Holland Portland Area KatyH@ctsi.nsn.us | Candace Hill Eugene Area CandaceH@ctsi.nsn.us |



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.

DIAL or TEXT
988
Suicide & Crisis
Lifeline



YOUTH LOGO CONTEST

SUBMISSION DEADLINE: AUGUST 29, 2022

THIS CONTEST IS TO BRING AWARENESS OF THE RECENT NUMBER CHANGE OF THE SUICIDE AND CRISIS LIFELINE. WE ARE TASKING OUR YOUTH TO CREATE A LOGO THAT WE CAN SHARE WITH OUR COMMUNITY TO PROMOTE THE LIFELINE.

Logo submissions can be sent to
**Confederated Tribes of Siletz
Indians, Behavioral Health
Department, 200 Gwee Shut Rd,
Siletz, OR 97380**

**PRIZES AND SWAG OFFERED
TO PARTICIPANTS
THE WINNING LOGO WILL
APPEAR ON SWAG**

Contact: Elizabeth Madden at elizabethmectsi.nsn.us
or Jacob Reid at jacobrectsi.nsn.us for more details

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 541-484-4234 X1757

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 OR 541-484-4234 X1757

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 13th at 4:30 PM.

The Microsoft Form must be completed by July 14th 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.

| | | | |
|--|---|---|--|
| Katy Holland Portland Area KatyH@ctsi.nsn.us 503-238-1512 | Sonya Moody-Jurado Salem Area SonyaMJ@ctsi.nsn.us 503-390-9494 | Candace Hill Eugene Area CandaceH@ctsi.nsn.us 541-484-4234 | Jeff Sweet Siletz Area JeffS@ctsi.nsn.us 541-444-8207 |
|--|---|---|--|

Kits available on a first-come, first-served basis.

Must be currently enrolled in the JOM program and between the ages of 3-18.

CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

August 24 at 6pm:
Basket Overlay Materials

September 21 at 6pm:
Cooking Fish

October 19 at 6pm:
Mvn' (Traditional Houses)

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

Visit the Salem Area Office
Facebook page:

www.facebook.com/SalemAreaOffice/



Visit the CTSI Language
Facebook page:

www.ctsi.nsn.us/heritage/language/



Visit the CTSI Youth
Facebook page:

www.facebook.com/CTSIYouth



Visit the Siletz Health Clinic
Facebook page:

www.facebook.com/SiletzHealthClinic

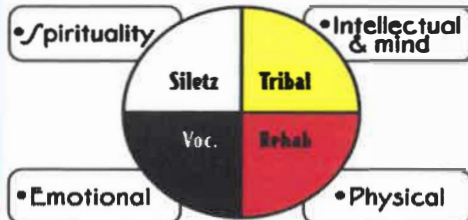


Siletz Tribal Vocational Rehabilitation Program (STVRP)

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
- Resume 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

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

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

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

"Hi, I can help with OHP."

Do you need help with OHP?

You don't have to leave your home to apply!
Applications can now be done online or over the phone.

541-444-9611

Shop for health plans at
<https://or.checkbookhealth.org/>
or call direct at 855-268-9767.

SILETZ HOME VISITING PROGRAM - *Lori Christy, Home Visitor*

Is Home Visiting for YOU?

Are you expecting a baby or have an infant under one?

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.

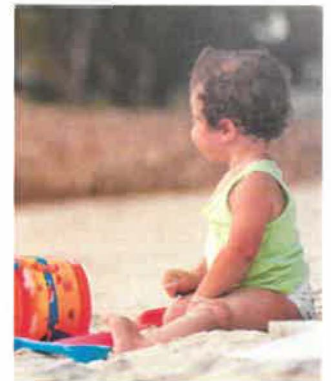


Summertime = Outside Time

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, name 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. 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 is 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

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

~Via Zoom~

Link will be emailed to you
after registration

Tuesdays, 6 - 7:30pm
September 13, 20, 27
October 4, 11, 18, 2022

RSVP by September 5
Lori Christy 503-390-9494
loric@ctsi.nsn.us
Jessica Hibler 541-484-4234
jessicah@ctsi.nsn.us

“Lead your family with kindness, love, and gratitude”

(Quoted from Native American Fatherhood and Families Association)

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

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

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

For Siletz tribal members we offer:

Pre-Temporary Assistance for Needy Families (Pre-TANF), Temporary Assistance for Needy Families (TANF), General Assistance for Single Adults (GASA), and Diverted Services.

We also offer the following programs to any Native American (enrolled in a federally recognized tribe or descendant of a federally recognized tribe):

Emergency Assistance, Classroom Training (CRT), Direct Placement, On the Job Training (OJT), and Work Experience (WEX)

Participants in 477 - Self Sufficiency Programs must meet the eligibility requirements.

Core Services

Need assistance with finding a JOB??? Core Services is what you need

Services:

Job Referrals, Resumes, Cover Letter, Employment Counseling/Coaching, Job Search Assistance, Mock Interviews

Support Services:

Interview Clothing, Transportation
Directly tied to a job opportunity



Emergency Assistance: Tribal families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply.

Direct Placement: Support services (work clothing, tools, transportation assistance etc.) for eligible Native Americans that recently gained employment. Must apply within 7-days of hire.

Classroom Training: Financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/ Occupational Training.

Important 477-SSP Dates to Remember:

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



For More Information Contact:

Tribal Service Specialist:
Angelica Espino

Phone: 503-390-9494 ext. 1853

Email: Angelicae@ctsi.nsn.us

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

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

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.

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

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.

Send Applications to:

477ssp@ctsi.nsn.us

CTSI

Attn: 477-SSP

3160 Blossom Dr. NE STE #105

Salem, OR 97305

Fax: (541) 444-8334

For an online application:

Ctsi.nsn.us (Services & Programs, Social & Employment Services, 477-Self Sufficiency Program)

For Information:

Angelica Espino -

Lori Christy -

(503) 390-9494 ext. 1853

(503) 390-9494 ext. 1863

SILETZ TRIBAL VOCATIONAL REHABILITATION PROGRAM

- Toni Leija, VRC/Job Developer

Disability Awareness: Muscular Dystrophy

Muscular Dystrophy is a group of medically inherited conditions that cause progressive weakness and break-down 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. There is no cure for Muscular Dystrophy; however, following a consistent treatment regimen may help manage symptoms over the course of one's lifetime.

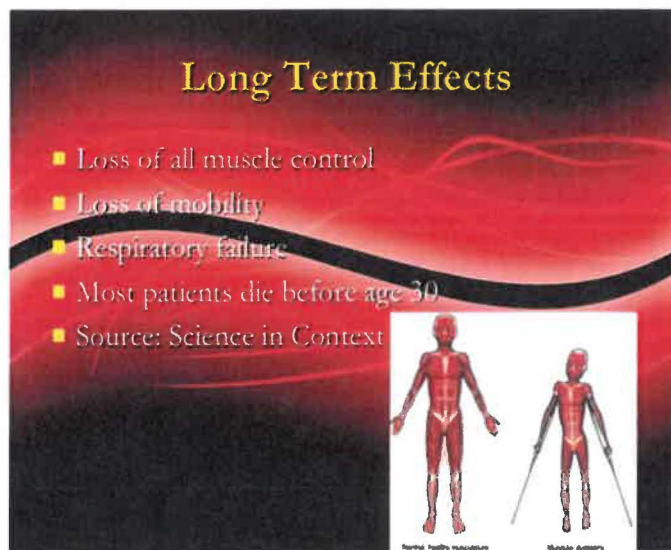
Symptoms: Onset of symptoms varies; it is dependent on the type of Dystrophy and the muscles that may be affected.

- 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 and treatment aims at managing the symptoms.

- ◆ *Corticosteroid medications (Prednisone): Improves muscle strength and slows down muscle weakness
- ◆ Creatine supplements: Used to improve muscle strength
- ◆ Heart medications (i.e. Acebutolol – Atenolol): Used to improve working of heart muscles



Self-Care

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

Medical procedures: Percutaneous endoscopic gastrostomy (PEG) · General surgery

Therapies: Exercise therapy · Physical therapy · Occupational therapy

(continued on following page)

Other complications of progressive muscle weakness include:

- ◆ Trouble walking. Some people with muscular dystrophy eventually need to use a wheelchair
- ◆ Trouble using arms. Daily activities can become more difficult if the muscles of the arms and shoulders are affected
- ◆ Shortening of muscles or tendons around joints (contractures) Contractures can further limit mobility
- ◆ Breathing problems. Progressive weakness can affect the muscles associated with breathing. People with muscular dystrophy might eventually need to use a breathing assistance device (ventilator), initially at night but possibly also during the day
- ◆ Curved spine (scoliosis) Weakened muscles might be unable to hold the spine straight
- ◆ Heart problems. Muscular dystrophy can reduce the efficiency of the heart muscle
- ◆ Swallowing problems. If the muscles involved with swallowing are affected, nutritional problems and aspiration pneumonia can develop. Feeding tubes might be an option

[Muscular Dystrophy: Symptoms, Causes, and More \(healthline.com\)](https://www.healthline.com/health/muscular-dystrophy)

<https://www.mayoclinic.org/diseases-conditions/muscular-dystrophy/symptoms-causes/syc-20375388>

Contact your local Job Developer/Vocational Rehabilitation Counselors:

Jamie Bokuro, 541-444-8266, ext. 1213 (Siletz)
Makayla Jackson, 541-484-4234, ext. 1752 (Eugene)

Toni Leija, 503-390-9494, ext. 1861 (Salem)
Tamra Russell, 503-238-1215, ext. 1411 (Portland)

USDA FOOD DISTRIBUTION PROGRAM - *Sammy Hall, FDP Director*

Siletz

| | | |
|-----------|-------|-------------------|
| Monday | Aug 1 | 9:00 am - 3:00 pm |
| Tuesday | Aug 2 | 9:00 am - 3:00 pm |
| Wednesday | Aug 3 | 9:00 am - 3:00 pm |
| Thursday | Aug 4 | 9:00 am - 3:00 pm |
| Friday | Aug 5 | 9:00 am - 3:00 pm |

Salem

| | | |
|-----------|--------|----------------------------|
| Monday | Aug 15 | 1:30 pm - 6:30 pm |
| Tuesday | Aug 16 | 9:00 am - 6:30 pm |
| Wednesday | Aug 17 | By appointment only |

Call the Salem Warehouse only on Salem distribution days/times specified.
503-391-5760 -OR- 800-922-1399 ext. 1869
SALEM WAREHOUSE LOCATION
3160 Blossom Drive NE, Suite 185

Sammy Hall, FDP Director
sammyh@ctsi.nsn.us
541-444-8279

Fax
Siletz: 541-444-8306
Salem: 503-391-4296

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

 "like" us on **facebook** at **"Siletz Tribal FDP"IR** and share your recipes.



BEHAVIORAL HEALTH - Rachel Zinn, Mental Health Specialist (MHS)

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.



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

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

Portland & Salem Area Offices

Virtual Appointments Only, Monday - Friday

8:00 am - 4:30 pm

(503) 200-4340

Natural Resources

Reminders

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

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

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

Elder Antlerless Deer Hunt

Applications Due

August 26, 2022

Applications available at the Natural Re-
sources 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

Youth Antlerless Deer Hunt

Applications Due

August 26, 2022

Applications available at the Natural Re-
sources 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



Confederated Tribes of Siletz Indians
Salem Area Office
3160 Blossom Drive NE, Suite 105
Salem, OR 97305

YOUR SALEM AREA OFFICE STAFF:



| | | | |
|---------------------------|------------------------------|--|---------------|
| Andulia White Elk | AnduliaW@ctsi.nsn.us | Addictions Counselor | X 1414 |
| Angelica Espino | AngelicaE@ctsi.nsn.us | Tribal Services Specialist | X 1853 |
| Antonia Leija | AntoniaL@ctsi.nsn.us | Voc Rehab Counselor/Job Developer | X 1861 |
| Beverly Owen | BevO@ctsi.nsn.us | Area Office Supervisor | X 1851 |
| Cecilia Tolentino | CeciliaT@ctsi.nsn.us | Community Health Advocate | X1854 |
| Dana Rodriguez | DanaR@ctsi.nsn.us | Area Office Clerk | X 1850 |
| Lori Christy | LoriC@ctsi.nsn.us | Home Visitor | X 1863 |
| Lydia Kentta | | Transporter | |
| Rachel Zinn | RachelZ@ctsi.nsn.us | Mental Health Counselor | X1417 |
| Sonya Moody-Jurado | SonyaMJ@ctsi.nsn.us | Education Specialist | X 1856 |

