

Confederated Tribes of Siletz Indians
PORTLAND POTLATCH
 November 2022



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

Confederated Tribes of Siletz Indians

45th Annual Restoration Pow-Wow

Saturday, Nov. 19th, 2022

The Confederated Tribes of Siletz Indians invites you to our Annual 45th Restoration Pow-Wow to be held at:



Chinook Winds
CASINO RESORT
1777 NW 44th Street,
Lincoln City, OR.



All Dancers and Drummers Welcome

Information: **Grand Entry at 6:00 PM**
 Buddy Lane: BuddyL@ctsi.nsn.us
 1-800-922-1399 ext. 1230 or 541-444-8230
 MC
 Nick Sixkiller

This is a family event; drugs and alcohol will not be tolerated. The Confederated Tribes of Siletz Indians and Chinook Winds Casino Resort are not responsible for injuries and lost or stolen items.

SAVE THE DATE!

GENERAL COUNCIL MEETING

NOVEMBER 5TH

IN SILETZ

PAO Announcements

Elders SHOPPING Days



Elders Shopping Days are Back!

Shopping days will be the 1st and 3rd Thursdays of each month. Elders, please call the Portland Elder's Representative Kay Steele to be added to the passenger list for Elders Shopping Days at (503) 760-4746

November Shopping Days:

November 6th and November 20th.



HAPPY THANKSGIVING

**ALL TRIBAL OFFICES WILL BE
CLOSED ON THE FOLLOWING DATES:**

November 11th Veterans' Day

November 18th Restoration Day

November 24th Thanksgiving Day

**November 25th Native American
Heritage Day**

Happenings in PDX

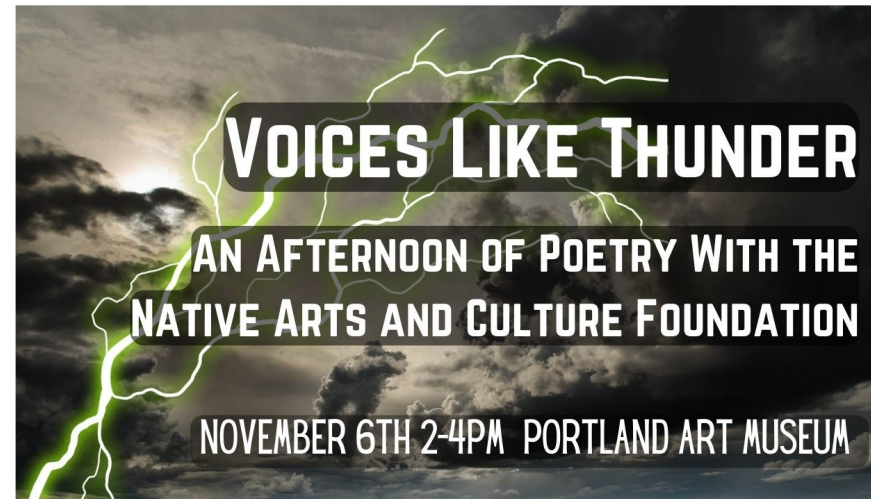
The following description was submitted by the event organizer.

Shop outside the big box. The Portland Holiday Market will return **November 17-20, 2022, to the Portland Expo Center.**

It's an entirely new holiday shopping experience and the one place you can go to get all your holiday shopping done. More than 100,000 square feet of display space are filled with hundreds of exhibitors. This show is loaded with handcrafted artisan and unique items you'll never find in big box stores.



Bring the kids and capture a memory with Santa and Mrs. Claus at SantaLand at the Portland Holiday Market. Choose the portrait package you want, get your picture with Santa, shop the Portland Holiday Market and then return to choose the photos you want to purchase.



The following description was submitted by the event organizer.

The Native Arts and Cultures Foundation (NACF) and the Portland Art Museum (PAM) are pleased to co-

present "Voices Like Thunder: An Afternoon of Poetry with the Native Arts and Cultures Foundation." Join in for the release of NACF's first

(Continued on next page)

Happenings in PDX

published anthology, *The Larger Voice – Celebrating Native Arts and Cultures Foundation Literature Fellows*. This event will bring poetry readings by Washington State Poet Laureate Rena Priest (Lummi Nation), previous Oregon State Poet Laureate (2016-18) Liz Woody [Confederated Tribes of Warm Springs, Oregon, of Yakama Nation

Wasco descent, and is “born for” the Tódich’íinii (Bitter Water clan) of the Navajo Nation], Laura Da’ (Eastern Shawnee/Seneca/Miami), and emerging local Native poets. This program will be moderated by author Trevino Brings Plenty (Minneconjou Lakota). A Q&A panel and an open mic for BI-POC community poets will follow.



November 18th-20th at the Oregon Convention Center

The following description was submitted by the event organizer.

Snowvana is the ultimate celebration of Winter and the biggest get-stoked party in the Northwest.

Snowvana was created to be much more than a ski show. Snowvana was created to be a true celebration of winter, with everything that snowriders love. At Snowvana, you’ll find the world’s best ski and snowboard films at the Mt. Hood Film Festival, live music from top local artists, great

deals on gear from area retailers, fun contests and entertainment, and the Northwest’s largest ski swap. What else could you ask for?

Snowvana is the only place where you can check in with Oregon’s top resorts, pick up some free stickers and swag, get exclusive Snowvana-only deals on lift tickets, pick up your season pass, and find out what’s new for the season.

Happenings in PDX



Join OMSI in Celebrating Native American Culture and Communities. The Native American Community Science Night welcomes visitors of all ages for a night of full museum access, science demos, planetarium shows and more.

Tickets

\$12 Adults / \$8 Youth | OMSI members receive a 15% discount

-Masks are optional for guests although we highly encourage you to wear a mask.

-Tickets include access to the featured exhibit, and all the activities listed below and parking.

Exhibits

-Explore our newest [featured exhibit](#).
-Explore the Natural Science Hall and visit Under the Arctic: Digging into Permafrost.

-Explore Brain Teasers, Design Challenges, ShakeHouse and more in the

Turbine Hall.

-Explore Science Playground for ages 0-6 years old (closes at 8pm).
-Explore Teen Tech Center for ages 13-18 (closes at 9:30pm).

Timed Entertainment/Activities

Planetarium Shows: (*First come, first served. Limited capacity.*)

--*Navajo Skies* - A full-dome animated star show featuring authentic Navajo astronomy stories told in Navajo and English, with traditional Navajo songs and Native American flute music. | TBD

If you would like tickets call or email Katy Holland, Portland JOM Program; [katyh@ctsi.nsn.us](mailto:kathy@ctsi.nsn.us) by Nov. 2nd.

If youth are in Portland Public school they are able to get tickets for free.

477-Self Sufficiency Program



477-SSP November 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 Self-Sufficiency Counselor.

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

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



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/>



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 Self-Sufficiency Counselors; Anna Renville ext. 1412 or Tamra Russell ext. 1411.

Natural Resources Program

2022/2023 HUNTING/FISHING/ GATHERING INCENTIVES

Reminder to all Siletz Tribal Members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabela's Gift Card incentives.

HUNTING INCENTIVES

\$100 \$75 \$50
CABELAS GIFT CARDS

FISHING INCENTIVE

\$50
CABELAS GIFT CARD

SHELLFISH INCENTIVE

\$50
CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy
541-444-8232
mikek@ctsi.nsn.us

or

Rosie Williams at
541-444-8227
rosiew@ctsi.nsn.us



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](#)



Behavioral Health Program



Has the rain come?

The leaves around us have turned to pretty colors, but the rains have not really increased. Only time will tell if this will be our new weather pattern. The temperatures have started to decrease, which can still make our joints and bones achy or even cloudy days can move us towards feeling gloomy.

Ways to cope with rainy/cold day blues:

- 1) Watch a movie—get on Netflix, rent a movie at your local library, or use a Redbox. Fill those non-outside hours with some light entertainment.

- 2) Be good to yourself—Go get a manicure or pedicure, or some sort of pampering treatment and if you can't afford it, do one at home. The Dollar Tree has pampering products cheap.
- 3) Don't wait for spring cleaning. A cold/rainy day is a great time to re-organize a cluttered closet, sort and fold your laundry, or do that other cleaning project you've been putting off. And, mental health bonus: The more clean and organized your house, the better you feel in your head!

Mental Health Specialist services include:

Behavioral Health Program

Couples counseling, adventure-based therapy, youth, adult and family counseling with emphasis in experiential healing and person-centered therapy.

Coming up this November:

Youth Conference will be held by the tribe on Saturday November 5th— Sunday November 6th, and it is our first conference in-person since COVID hit! Word is, the youth can enjoy their time with activities such as: archery, native crafts and several different fun games. Rachel will be on-site for any youth needing a mental health break.

Traditional Coping

Winter preparations should now be well underway and

the Elders are in our thoughts. It's still a great time to be active in your community; try and join a wood-cutting event, or find other ways to reach out to the members of the community in the most need and lend a helping hand. The Siletz peoples are encouraged to keep in harmony with their ancestors' ways; attend sweats, drum circles, talking circles, and smudge. Live life in a healthy, good way. Don't forget about the Restoration activities and Powwow coming!

Fridays: Advance Appointment Needed
Virtual Appointments Continue (Portland/Salem Area Offices)
(503) 200-4340



TRANSPORTATION PROGRAM

Provides non-emergency medical transportation for Siletz Tribal Members in the 11 county service area

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



(Continued on next page)

Education Program

The Oregon Tribal Student Grant Is Accepting Applications for Winter and Spring Term 2023

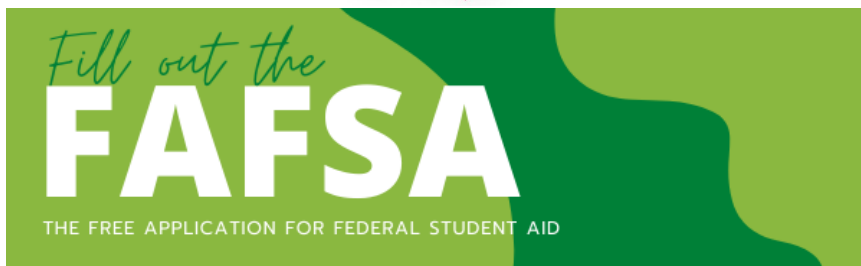
The Oregon Tribal Student grant continues to be open for the 2022-2023 school year.

This grant is specific to Oregon colleges and students who are enrolled in one of Oregon's nine federally recognized tribes. For more information and a application please visit: <https://oregonstudentaid.gov/oregon-tribal-student.aspx>.

Application priority deadlines for the 2022-2023 academic year:

Winter Quarter: November 1, 2022; Spring Semester: November 1st, 2022 and Spring Quarter: February 1, 2022.

Please contact Katy for more information about this grant at: katyh@ctsi.nsn.us



To be eligible for most types of financial aid, students must complete the Free Application for Federal Student Aid (FAFSA). This application compiles financial information and other details about students and families, which the US Department of Education and the State of Oregon use to deter-

mine financial need and eligibility for various financial aid opportunities. On Oct. 1, 2022 the FAFSA will be open to complete your FAFSA application for the 2023-2024 school year. For more information please visit: <https://studentaid.gov/>

Education Program



KINDNESS ACTIVITY SUGGESTIONS FOR KIDS



- Draw a picture of what kindness looks like
- Write a list of build-ups for a friend
- Write down ways you can be kind to the environment

- Write "kindness" notes to someone in your family.
- Help your teacher or parent carry books or groceries
- Write an encouraging message on a rock
- Create kindness mini books
- Create a Random Acts of Kindness calendar



Education Program



To help us honor our heritage as Native Americans this month we can:

- * Read children's books /literature by or about Native Americans and Alaskans to our kids. Visit your local library for a list of children's books or you can also contact / email Katy at the Portland area office.
- * Share with your child your family's history—investigate your bands.
- * Connect to the land - find ways to deepen your child's love for the land and talk to children about who's land you are on.

- * Learn about traditional Native American and Alaskan music and instruments.
- * Incorporate Native foods in your meals. Utilize recipes from First Nations Development Institute: <https://www.firstnations.org/knowledge-center/recipes/>



Education Program

Siletz Education Programs Serving Our Tribal Members

applications at www.ctsi.nsn.us

- ◆ **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

ONLINE TUTORING AVAILABLE



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 Education and AVT. Space is limited as hours are available. Contact Katy at 503-238-1512 ext. 1418 to sign up or email katyh@ctsi.nsn.us



Save the Date!
December 15th

6^{PM}

College Information Night via Zoom with the Siletz Education Program. For more information please contact Katy at katyh@ctsi.nsn.us

Education Program

JOM SUPPLEMENTAL EDUCATION PROGRAM

We would like to encourage all of our Tribal families with enrolled Siletz children from three years old through high school to sign up for our JOM Supplemental Education Program. JOM can assist youth to pay for registration for sports, music and/or other activities such as: academic supplies, sport specific shoes of up to \$50 per request and more. The program can also provide school supplies if you have not received school supplies this year. JOM can also help to purchase cultural supplies. Please email or call Katy for an application or get one online at <https://www.ctsi.nsn.us/youth/>

Check out our Siletz Tribal Youth Facebook page. You will find up to date announcements and numerous opportunities for our youth!



SILETZ TRIBAL YOUTH ACTIVITY FUND 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

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

Language Class

**SIGN UP TODAY FOR FALL
SESSION ON-LINE LANGUAGE CLASSES**

**LEARN
NUU-WEE-YA'
(OUR LANGUAGE)**

TUESDAYS, SEPTEMBER 20-DECEMBER 6

5:00 PM-BEGINNING CONVERSATION 1

5:45 PM- BEGINNING CONVERSATION 2

THURSDAYS, SEPTEMBER 22-DECEMBER 8

5:00 PM-ONGOING CONVERSATION

SATURDAYS 10/29, 11/19, 12/3

NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT NICKV@CTSI.NSN.US OR 541-484-4234 X1757

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

Virtual Culture Nights



**CTSI VIRTUAL
CULTURE NIGHTS**

ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

**December 7 at 6pm:
Nee-dash**

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.

Vocational Rehabilitation Program

What is Pancreatic Cancer?

Pancreatic cancer begins in the tissues of your pancreas. The pancreas is an organ in your abdomen that sits behind the lower part of your stomach. The pancreas releases enzymes that aid digestion and produces hormones that help manage your blood sugar. There are two main types of pancreatic cancer. It can depend on the functional



Vocational Rehabilitation Program

cell involvement. Exocrine tumors are more common. Pancreatic adenocarcinoma is the most common form of pancreatic cancer, accounting for more than 90% of all pancreatic cancers. The neuroendocrine pancreatic cancers are less common.

Symptoms:

Symptoms and signs of Pancreatic Cancer often don't occur until the disease is advanced. That may include:

- Loss of appetite
- Weight loss
- Abdominal pain that emits to your back
- Itchy skin
- Dark-colored urine
- Dark-colored stools
- Blood clots
- New diagnosis of diabetes
- Fatigue

If you experience any of these symptoms or unexplained symptoms that worry you, you should see a doctor. There are many other conditions that can cause these symptoms. Your doctor may check for other conditions along with pancreatic cancer.

Risk Factors:

It is not clear what causes pancreatic cancer. Doctors have identified risk factors that may increase the risk of getting pancreatic cancer:

- Smoking
- Diabetes
- Family history of pancreatic cancer
- Chronic inflammation of the pancreas (pancreatitis)
- Obesity
- Older age, most people are often diagnosed after age 65
- Family history of genetic syndromes that can increase cancer risk

A combination of smoking, long-standing diabetes and a poor diet increases the risk of pancreatic cancer beyond the risk of any one of these factors alone.

Complications:

Pancreatic cancer can cause complications as it progresses, such as:

- Weight loss
- Jaundice
- Pain
- Bowel obstruction

Prevention:

American Indian and Alaska Native people have very high rates of getting certain cancers in the United States.

Experts suggest:

- Get cancer screening tests

Vocational Rehabilitation Program

- Preventive health care to help people quit smoking
- Develop programs that promote healthy eating – Choose a healthy diet
- Maintain a healthy weight
- Flexible work schedules
- Breaks throughout the day

Inquire of the Job Development Specialists/Vocational Rehabilitation in the area offices:
 Makayla Jackson, 541-484-4234 ext. 1752 (Eugene)
 Tamra Russell, 503-238-1512, ext. 1411 (Portland)
 Toni Leija, 503-390-9494, ext. 1861 (Salem)

If you have a family history of pancreatic cancer, consider meeting with a genetic counselor. The counselor can review your family health history to determine if you would benefit from a genetic test to understand your risk of pancreatic cancer.

Pancreatic Cancer is prevalent in Native Americans. American Indian and Alaska Native people have much higher rates of getting different cancers. The Native American community has the worst pancreatic cancer survival rate of any major racial or ethnic group. There is a lack of research focused on Native American people and there is poor access to high quality healthcare.

Accommodations:

The Confederated Tribes of Siletz Indians Vocational Rehabilitation program can assist:

- Workplace reasonable accommodations
- Comfortable chairs
- Heaters
- Periodic check-ins



The most common type of pancreatic cancer is adenocarcinoma.¹

56,000



More than 56,000 Americans will receive a diagnosis of pancreatic cancer in 2019; that's more than 150 people each day.¹

Home Visiting Program

Toddlers love to help. By helping they are practicing their growing independence, contributing to the family and enjoying time with the adults in their life. Having toddlers help in the kitchen is a great way to encourage their interest in cooking and healthy eating. If they have helped to make something they are more likely to want to taste it. As they help in the kitchen they can engage all of their senses, utilize their fine motor skills and learn concepts such as counting and sequencing (first we wash the fruit then we cut it up). Prep the space by removing any sharp knives, hot liquids, cleaning supplies or anything else that may be unsafe for your child. If you have a sturdy stool for children to stand on you can let them stand at the counter away from the

is in the kitchen or prepping and cooking food they should be supervised by an adult working with them. Cooking with a toddler does require patience. Be prepared for it to be a little messier than usual and take a little more time. Remember this extra time and effort on your part is a great investment in your child's development and health. Here are few things to try:

- Wash fruits and vegetables. As they wash their fruit and vegetables talk about the texture, color, taste and nutritional value.
- Stirring. Give them a bowl and wooden spoon and let them stir room temperature ingredients. At first they may need some help and things will go over the edge but with time and practice they will get the hang of it.
- Pouring. Children love to pour! Use small measuring cups to pour dry ingredients into a mixing bowl. Let them try pouring some liquids as well. Have a large enough container for them to pour into and be prepared for some spillage.
- Mashing. So much fun to mash things. Let them try using a masher or a fork or even their hands (probably their favorite) to mash a banana, avocado or a cooled



stove. If it is easier, let them work at the table or even a low play table. Clean off surfaces and wash hands before you begin. Any time your toddler

Home Visiting Program

boiled potato.

- Kneading, rolling and using cookie cutters. Play dough is a favorite for toddlers. You can let them help you make homemade playdough or make cookies or bread. They can help knead, roll and cut out shapes. Cookie cutters can be used to make shapes in bread, tortillas, fruit, pancakes and more. Be creative.

Here is a simple snack recipe your toddler can help you make.

Fruit Yogurt Dip

1 cup nonfat plain yogurt

1 tablespoon honey (Never serve honey to infants under one year of age.)

Honey may contain bacteria that can make an infant very sick.)

¼ teaspoon ground cinnamon

Combine all ingredients in a medium bowl and mix well. Serve with cut up fruit of your choosing. Bananas, apples, pears, and strawberries are great choices.

Home Visiting is for families expecting a baby or who have an infant or toddler. For information about Home Visiting and eligibility requirements contact Lori Christy, loric@ctsi.nsn.us or 503-390-9494.



Siletz Clinic COVID Resource Line

(541) 444-9636

Faster Internet Oregon



TEST YOUR INTERNET SPEED

FasterInternetOregon.org

FASTER INTERNET OREGON CAMPAIGN

The Faster Internet Oregon speed test campaign is a statewide broadband mapping effort for Oregonians to report Internet speeds or a lack of connection at home.

The Faster Internet Oregon project will provide decision-makers with data that will: Identify Oregon homes that lack high-speed Internet, clarify which households don't have an Internet connection and this will provide cost estimates and assess competitive viability of a variety of technical solutions for areas with identified gaps.

This campaign will help secure infrastructure funding across the state and ensure the funding is equitably allocat-

ed so that everyone has access to fast, affordable Internet service.

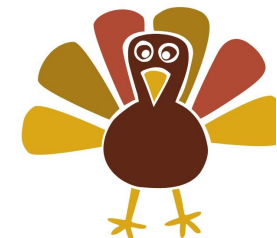
Please help us identify Oregon's areas with the greatest need for high-speed broadband by using this link:

www.FasterInternetOregon.org. It takes less than 1 minute!

SHARE THE FASTER INTERNET OREGON CAMPAIGN

Help spread the word to your friends and family. Share the speed test with them in person or online. Please reference the Faster Internet Oregon Campaign or use [#FasterInternetOregonCampaign](https://twitter.com/FasterInternetOregonCampaign).

The more you help us spread the word, the more data we'll receive. Having more information increases our eligibility for funding. We can then improve broadband access where it's needed most.



Extras

ATTENTION NATIVE ARTISTS: WE WANT TO SEE YOUR WORK!



What projects are you working on? What projects have you completed? If you would like to share your work in the newsletter please send in a picture of your art or creation! Email Dianna at dian-nae@ctsi.nsn.us

Portland Area Office Staff

| Name/Title | Contact Information |
|---|---|
| Vacant Area Office Supervisor | (503) 238-1512 x 1419 |
| Katy Holland Education Specialist | (503) 238-1512 x 1418 katyh@ctsi.nsn.us |
| Vacant Comm. Health Advocate | (503) 238-1512 x 1413 |
| Dianna Edenfield Administrative Services Clerk | (503) 238-1512 x 1400 diannae@ctsi.nsn.us |
| Anna Renville Self-Sufficiency Counselor II | (503) 238-1512 x 1412 annar@ctsi.nsn.us |
| Tamra Russell Self-Sufficiency Counselor II | (503) 238-1512 x 1411 tamrar@ctsi.nsn.us |
| Andrew Eddings BH Case Manager CADC1, CRM | 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 |
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Portland Potlatch is published by the Confederated Tribes of Siletz Indians Portland Area Office

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PublicAlerts

VISIT PUBLICALERTS.ORG

Receive emergency notifications via landline, mobile and email.



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.

Crisis Text Line for Natives—Call or Text

Dial 988
from any phone to get help.

If you need immediate help now,
Text **NATIVE** to 741741.






Other Contact Numbers

| Name/Program | Number | Name/Program | Number |
|---------------------------------|------------------|--|----------------|
| Siletz Community Health Clinic | (800) 648-0449 | Purchased Referred Care (PRC) | 800-628-5720 |
| Siletz Administration Building | (800) 922-1399 | Angelina Artiago Portland Elders Rep. | (503) 760-3899 |
| Non-Emergency Medical Transport | 1-(541) 444-9633 | Kay Steele Portland Elders Rep. | (503) 760-4746 |
| NAYA | (503) 288-8177 | NARA | (503) 224-1044 |