



## Siletz Salem Area Office

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Salem, OR 97305  
Phone: 503-390-9494  
Fax: 503-390-8099

## Page Directory

### Inside this issue:

Indirect	2
Community Health News	3-4
Home Visiting	5
Education	6/10
USDA Food Distribution	6
477 Self-Sufficiency	7
Siletz Tribal Vocational Rehabilitation Program (STVRP)	8-9
Language	10
Culture	10
Natural Resources	10
Behavioral Health	11
Faster Internet Oregon	12-13
SAO Staff Listing	14



## Highlights / Announcements

Indirect November Events	1
Trunk or Treat in Photo	2
Chemeketa Presents—Financial Aid Workshop	6
Language Classes	10
CTSI Virtual Culture Nights	10
Faster Internet Oregon Campaign	12 & 13

## Office Closures in November



We are accepting sign ups for two November events.

1. Christmas glass balls
2. Dream Catchers

Due to current office procedures we will need to schedule participants in small groups.

Call to reserve your spot, 503-390-9494.

# TRUNK OR TREAT HIGHLIGHTS IN PHOTO





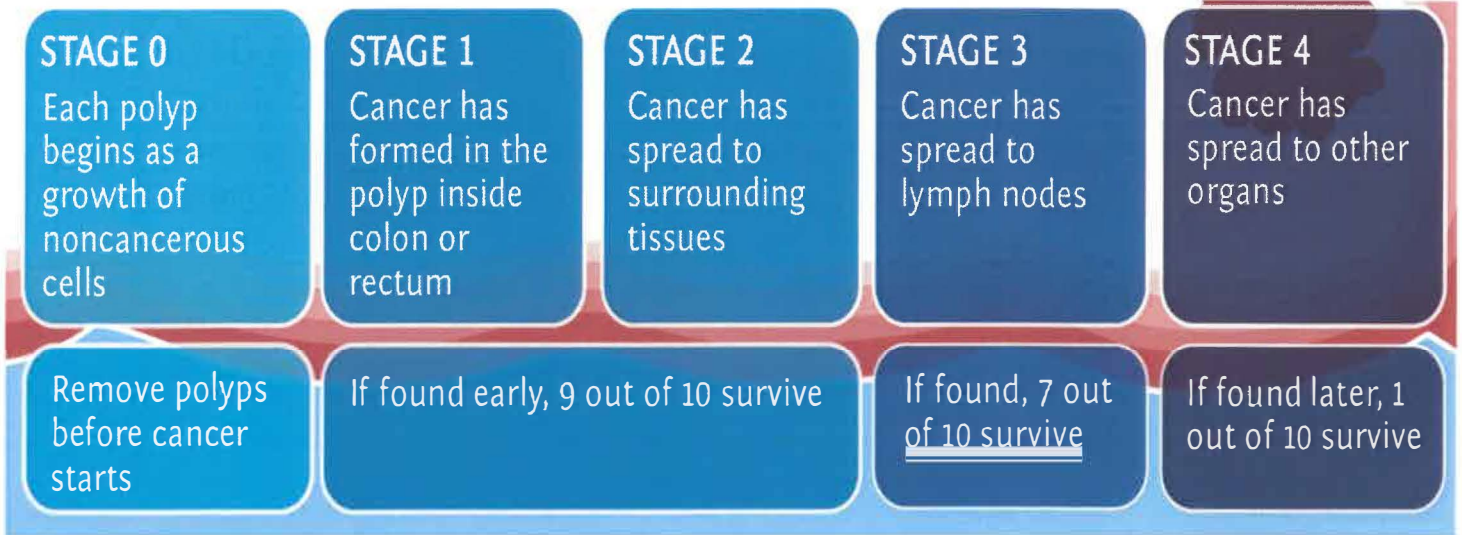
During National Native American Heritage Month, we pay tribute to the American Indians and Alaska Natives (AI/AN). We honor the health of Native people and strive to foster healthier AI/AN communities by distributing relevant health information and prevention screenings.

## End Colon Cancer



## In Indian Country

- **What is Colon Cancer?**
- A disease in the large intestine (Colon) and rectum.
- Most colon cancers start as small noncancerous clumps



**QUIT SMOKING**

**EAT FRUITS & VEGGIES**

**WEIGHT CONTROL**

**GET SCREENED**

**EXERCISE**

**LIMIT ALCOHOL USE**



Almost all Colonoscopies in the United States are performed with patients under some level of sedation or anesthesia that prevents them from feeling anything. Often, patients are asleep for the entire procedure.



Colon cancer often has no symptoms in early stages.

## Screening tests

Colon cancer screening for American Indians is recommended for those ages 45-75

### ▶ STOOL-BASED TESTS

- Looks for blood in the stool
- Take test at home every 1-3 years
- Mail or return to clinic
- If positive, must have colonoscopy

### ▶ VISUAL TESTS

- Looks directly in the colon
- Test is done at a medical center
- Colonoscopy can prevent cancer by removal of polyps during test

Talk to your health care provider about when screening is best for you.



Colon cancer is the second leading cause of cancer death for American Indians and Alaska Natives.

AmericanIndianCancer.org



503-390-9494 X1854

[Ceciliat@ctsi.nsn.us](mailto:Ceciliat@ctsi.nsn.us)

Monday-Friday

8:00am - 4:30pm

## Questions to ask your doctor about colon cancer.

### What is colon cancer?

⇒ Colorectal cancer starts in the colon (bowel) or rectum. Most colorectal cancers start with a polyp.

### What is a polyp?

⇒ A polyp is a fleshy growth of tissue. Polyps are found in many different parts of the body, including the colon. Most polyps are harmless, but some can turn into cancer.

### What are the symptoms of colorectal cancer?

⇒ In many cases, colorectal cancer may not have any symptoms. It is often found by using a screening test. But you should tell your doctor if you have any of the following symptoms:

Changes in your bowel patterns. These can include diarrhea, constipation, or a narrowing of the stool (feces) for more than a few days. blood in your stool. Feeling that your bowel does not empty completely. Cramping, frequent gas, bloating, a feeling of fullness, or vomiting. Weight loss when you are not trying to lose weight.

*Having these symptoms does not mean that you definitely have cancer. Many of these symptoms can be caused by other problems. You may need tests to know for sure what is causing your symptoms.*

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

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 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 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 a 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. It is 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 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](mailto:loric@ctsi.nsn.us) or 503-390-9494.

# EDUCATION NEWS - Sonya Moody-Jurado, Education Specialist

High School Partnerships  
Chemeketa Community College

## Chemeketa Presents:

### FINANCIAL AID WORKSHOP NIGHTS

**November 2, 2022 @ 6 pm**  
**December 7, 2022 @ 6 pm**

**LOCATION: CHEMEKETA SALEM CAMPUS**

RSVP by using QR Code:



Sonyamj@ctsi.nsn.us  
503-390-9494 x 1856  
Monday - Thursday  
8:00 am - 4:30 pm

## EDUCATION PROGRAM COMPONENTS

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

### HIGHER EDUCATION/ADULT VOCATIONAL TRAINING

#### FAFSA

The applications for FAFSA (Free Application for Federal Student Aid) opened on October 1, 2022 for the 2023/2024 School Year. The Tribal deadline to complete your FAFSA is June 20, 2023, but please turn in your application early. Federal and State money is on a first come-first serve basis and given out until gone.

#### 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, improve employment status through education, training, and pursuit of special interest classes. There is no deadline to apply for classes. For an application, please call me at (503) 390-9494.

# USDA FOOD DISTRIBUTION PROGRAM - Sammy Hall, FDP Director

### Siletz

Tuesday	Nov 1	9:00 am - 3:00 pm
Wednesday	Nov 2	9:00 am - 3:00 pm
Thursday	Nov 3	9:00 am - 3:00 pm
Friday	Nov 4	9:00 am - 3:00 pm
Monday	Nov 7	9:00 am - 3:00 pm

### Salem

Monday	Nov 14	1:30 pm - 6:30 pm
Tuesday	Nov 15	9:00 am - 6:30 pm
Wednesday	Nov 16	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.



at "Siletz Tribal FDP" and share your recipes.

## 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. All Siletz Tribal Offices are now open to the public. We are still accepting applications and conducting appointments over the phone, through email or video conference.

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](mailto: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.*

### **Temporary Assistance for Needy Families (TANF)**

Siletz families below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs.

**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:**

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

**November 8th:** Emergency Preparedness (Online Monthly Training) 10:00am - 12:00pm

**November 15th:** Orientation (Online) 10:00am - 12:00pm

**November 16th:** Beaded Netting - Ornament (Online Activity) 10:00am - 12:00pm

### **For More Information Contact:**

Angelica Espino  
Self Sufficiency Counselor  
**Phone:** 503-390-9494 ext. 1853  
**Email:** [Angelicae@ctsi.nsn.us](mailto:Angelicae@ctsi.nsn.us)



# SILETZ TRIBAL VOCATIONAL REHABILITATION PROGRAM (STVRP) - Toni Leija, VRC/Job Developer

## November Awareness: Pancreatic Cancer

### What is Pancreatic Cancer?

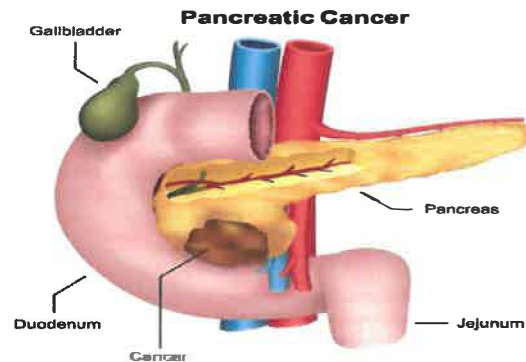
Pancreatic cancer begins in the tissues of your pancreas. The pancreas is an organ in your abdomen that sits behind the lower part of your stomach. The pancreas releases enzymes that aid digestion and produces hormones that help manage your blood sugar. There are two main types of pancreatic cancer. It can depend on the functional 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 do not 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



(Complications: Continued from previous page)

- 🚫 Jaundice
- 🚫 Pain
- 🚫 Bowel obstruction

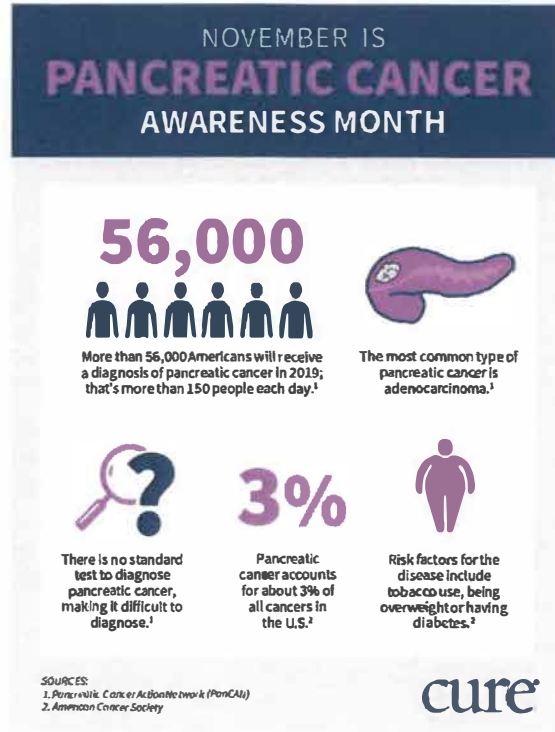
### Prevention:

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

- 🚫 Get cancer screening tests
- 🚫 Preventive health care to help people quit smoking
- 🚫 Develop programs that promote healthy eating – Choose a healthy diet
- 🚫 Maintain a healthy weight

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
- 🚫 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)

Visit the Salem Area Office  
Facebook page:

[www.facebook.com/SalemAreaOffice/](http://www.facebook.com/SalemAreaOffice/)



Visit the CTSI Language  
Facebook page:

[www.ctsi.nsn.us/heritage/language/](http://www.ctsi.nsn.us/heritage/language/)



Visit the CTSI Youth  
Facebook page:

[www.facebook.com/CTSIYouth](http://www.facebook.com/CTSIYouth)



Visit the Siletz Health Clinic  
Facebook page:

[www.facebook.com/SiletzHealthClinic](http://www.facebook.com/SiletzHealthClinic)



# CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

## Upcoming Dates:

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

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

**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 Cabelas 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

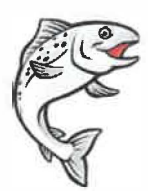
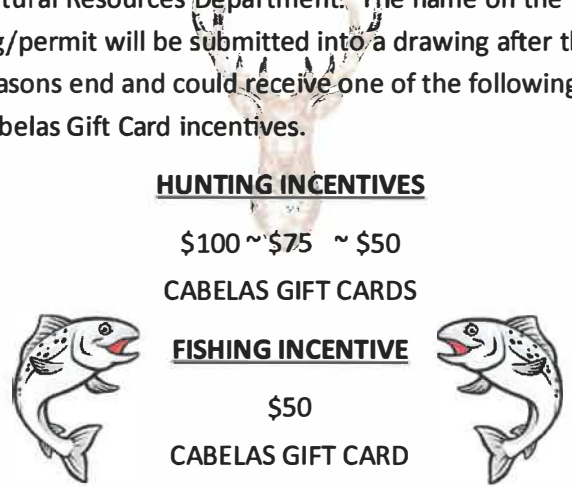
[mikek@ctsi.nsn.us](mailto:mikek@ctsi.nsn.us)

or

Rosie Williams at

541-444-8227

[rosiew@ctsi.nsn.us](mailto:rosiew@ctsi.nsn.us)



## 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](mailto:NICKV@CTSI.NSN.US) OR 541-484-4234 X1757

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

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### 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, and 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:

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. 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 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!



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### Virtual Appointments Continue

Monday - Friday

Wednesdays, In-person appointments available  
with advance arrangement

(503) 200-4340

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## WHAT IS THE FASTER INTERNET OREGON SPEED TEST 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 why;
- 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 allocated 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](http://www.FasterInternetOregon.org). It takes less than 1 minute!**

## FREQUENTLY ASKED QUESTIONS

### What information are you collecting?

We are ONLY collecting information on whether you have an Internet connection, the speed of that connection if you do, and your address. We do not ask for your name or contact information.

### What about privacy?

Privacy is of the utmost importance to the campaign. No personally identifiable information will be stored beyond the address that residents provide. Information will NOT be used for commercial or marketing purposes. Only campaign partners and decision-makers who sign a data use agreement will have access to the household-level data.

**Did you know?** Through the federal Affordable Connectivity Program, eligible households may qualify for a discount on Internet service of up to \$30 per month and up to \$75 per month on Tribal lands. Go to <https://www.fcc.gov/acp>.

### Does the type of Internet service I use matter for the speed test?

No. Even if you're connected via a mobile hotspot, cable, or satellite Internet like Starlink, please take the speed test. All of this information gives broadband leaders a better understanding of how and where Oregonians connect to the Internet.

### If I don't have an Internet connection, do you still want me to respond?

Yes! Knowing what locations do not have an Internet connection is just as important.

### **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.

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

## Don't have internet access at home? Please fill this out

**Please complete**

Street Number	
Street Name	
City	
State	
Zip or Postal	
Monthly Internet Cost (If applicable)	
If no Internet, how much would you pay for internet per month?	

**If you do not have service, please check all boxes that apply:**

<input type="checkbox"/>	Too Expensive
<input type="checkbox"/>	Not available in my community/area
<input type="checkbox"/>	I do not have a computer
<input type="checkbox"/>	I do not know how to use a computer
<input type="checkbox"/>	I do not know how to get internet service
<input type="checkbox"/>	I do not need it/not interested in it
<input type="checkbox"/>	Have physical limitations (i.e. eyesight/disability)
<input type="checkbox"/>	Worried about others getting my personal information
<input type="checkbox"/>	I do not need more than public internet (library, restaurant, etc)

Information should be uploaded to: <https://expressoptimizer.net/public/> Option: "Enter an address with ***NO AVAILABLE SERVICE***"



Please help us identify Oregon's areas with the greatest need for high-speed broadband by using this link: [www.fasterinternetOregon.org](http://www.fasterinternetOregon.org). It takes less than 1 minute!



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

### YOUR SALEM AREA OFFICE STAFF:



<b>Andulia White Elk</b>	<b>AnduliaW@ctsi.nsn.us</b>	<b>Addictions Counselor</b>	<b>X 1855</b>
<b>Angelica Espino</b>	<b>AngelicaE@ctsi.nsn.us</b>	<b>Self Sufficiency Counselor</b>	<b>X 1853</b>
<b>Antonia Leija</b>	<b>AntoniaL@ctsi.nsn.us</b>	<b>Voc Rehab Counselor/Job Developer</b>	<b>X 1861</b>
<b>Beverly Owen</b>	<b>BevO@ctsi.nsn.us</b>	<b>Area Office Supervisor</b>	<b>X 1851</b>
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<b>Dana Rodriguez</b>	<b>DanaR@ctsi.nsn.us</b>	<b>Administrative Services Clerk</b>	<b>X 1850</b>
<b>Lori Christy</b>	<b>LoriC@ctsi.nsn.us</b>	<b>Home Visitor</b>	<b>X 1863</b>
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