



## *Siletz Salem Area Office*

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

## *Page Directory*

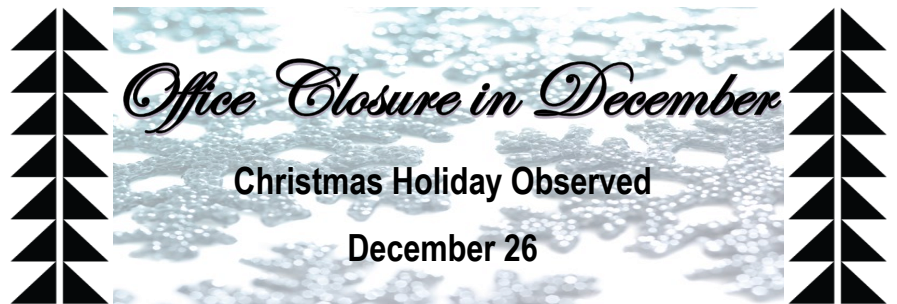
### Inside this issue:

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



## *Highlights / Announcements*

SAO Christmas Event	2
Financial Aid Workshop Night	2
JOM All Area Bowling	2/10
Life Alert	3
Cultural Fishing - Dip Net Demonstration	5
JOM Send Home Activity	10
Virtual Culture Night	11
Language Classes	11



The Siletz Tribal Head Start program is currently looking to fill positions for their Salem location.

**Child Development Aide – 2 positions open**

Part time (24-28 hrs/wk), Seasonal (37 wks), Non-exempt

**Tribal employment information is available at**  
**[ctsi.nsn.us](http://ctsi.nsn.us)**

# SALEM AREA OFFICE CHRISTMAS EVENT



Will there be fry bread? That is the attention getting question (AYE!) to announce our Christmas event.

We will start by gathering in small groups to do a fun-filled Tile Making activity. At that time you will be given kits and instructions for our other well-planned fun activities. Since we are still practicing social distancing, we will once again have you and your household send us pictures of completed projects leading to the drawings for those who participate!

In order to prep and plan well we must have sign ups!

This year sign ups will begin Monday, December 5, and accepted until spaces are filled: Beverly 503-390-9494.



## Merry Christmas

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:

**CTSI JOM ALL AREA BOWLING**

**Tuesday, December 27th, 2022**  
**10am to 1pm at Highland Bowl in Corvallis, OR**

Limited transportation available

Free bowling and lunch for all JOM registered youth within the 11-county service area and Siletz area Housing Resident Youth

Contact your area Education Specialist to sign up by December 14th at 4:30pm

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

**Salem Area**  
(503) 390-9494  
sonyamj@ctsi.nsn.us

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

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

**CTSI Jobs**

**Tribal employment**

Information is available at [ctsi.nsn.us](http://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.

### Life Alert

⇒ Please contact your local Community Health Advocate (CHA) if you think you or another Siletz tribal elder could benefit from life alert.

- Eligibility criteria:
- Enrolled Siletz tribal member eligible for purchased refer care (PRC) benefits
- Work with your local CHA to determine needs and apply for local services.

⇒ **Steps to get life alert**

- Contact your local CHA
- The CHA will determine if you meet the criteria for Life Alert (examples: live alone, health conditions, etc.)
- The CHA will assist you in applying for Life Alert at no cost through community resource options. If you do not qualify for Life Alert at no cost, the Siletz Community Health Clinic will cover the cost.

⇒ **You can reach your Salem CHA Cecilia at the Salem Area office at 503-390-9494 Ext 1854  
or by email at [ceciliat@ctsi.nsn.us](mailto:ceciliat@ctsi.nsn.us)**

## 25 Self-Care Tips for December

The month of December often brings hustle and bustle as we celebrate various holidays and prepare to start a new year. This time of the year can sometimes lead us to some complex feelings – excitement, stress, joy, worry, fear, hope, etc.

Here are 25 tips for making the month of December a little less overwhelming:

1. **Keep a gratitude journal.** A great way to start the month is by keeping a gratitude journal. Include things you're grateful for as well as things you accomplished each day. This mindset of gratitude will help you stay mindful of the good things and positively impact your mood.
2. **Make a new holiday recipe.** Cookies, pies, breads, or anything else! Trying a new recipe will challenge you and keep your mind active. You might even end up finding a new favorite treat!
3. **Get creative:** writing and crafting. Try your hand at poetry or painting. Creative expression and overall well-being are linked. These activities help you express yourself through art and keep your creativity flowing.
4. **Think of something you want to improve.** Maybe you want to pick back up the guitar or practice a foreign language that you haven't spoken in a while. Whatever it is, challenging yourself and finding success will feel rewarding!
5. **Show love to someone.** Maybe it's been a while since you reached out to an old friend or loved one. Go out of your way to make someone feel seen and loved – it will make both of you feel better. Even something as simple as a thank you card can be very meaningful.

(Continued on following page)

6. **Make a new music playlist.** Make a mix of your old and new favorite songs, and take some time to listen to it. It can put you in a great mood and even take you on a fun walk down memory lane.
7. **Write about a fun memory you have.** Focusing on positive past experiences will lift your spirits, even if you're currently experiencing difficult feelings. Taking the time to write this out will help you put yourself back in that happy mindset.
8. **At least for one day, take a break from your phone.** Stay away from social media and the endless news, whether good or bad. You will have the opportunity to spend more time getting to know yourself and thinking of other ways to celebrate the holidays.
9. **Cross something off your to-do list.** We sometimes tend to leave multiple responsibilities looming over our heads, especially during the holidays. Take the time to cross one thing off your to-do list, putting in the work now so you can relax later.
10. **Relax in your preferred way.** Whether you want to go out for a scenic drive or stay in for a warm bath, take some time to just relax. This moment of peace will reenergize you and make holiday responsibilities easier to handle.
11. **Share a story of how you've overcome.** It always feels good to celebrate the ways you've pressed on through life's challenges. Sharing these stories deepens connections with others and gives you a deeper appreciation of yourself.
12. **Remember that holiday stress will pass.** The holidays aren't everyone's favorite time of year. If that sounds like you, remember that they only last so long and they'll be over as quickly as they came. If you need to sit them out and feel that you can, that's okay.
13. **Prep for the week.** Getting ready for the week ahead of time will save you a lot of stress throughout. Take time during the weekend to meal prep all your lunches or set aside what clothes you want to wear each day.
14. **Opt out.** You don't have to say yes to everything. Look at your schedule and see if there is anything you can clear out. Prioritize the things that matter most.
15. **Practice restitution.** If you have an unresolved conflict with someone that's causing you stress, do what you need to do to settle it. If you're in the wrong, apologize sincerely. If they're in the wrong, do your best to forgive them even if they don't apologize first.
16. **Call or video chat with a friend.** The ongoing pandemic makes it difficult to see friends. Fortunately, technology still allows us to stay connected with each other. Be intentional in setting up a time to catch up with a friend via phone or video call.
17. **Go for a walk in nature.** Research shows that being in nature can increase energy levels, reduce depression and boost overall well-being. Take 30 minutes to walk outside and engage all your senses with your surroundings.
18. **Step outside your comfort zone.** When you try something new, you have the potential to find a new activity you love. Even if it's something that scares you, it will likely be worth trying.
19. **Watch your favorite movie.** Sometimes you just need to relax with something familiar. If you have a movie you can quote the entire script of, sit down and simply enjoy watching it.
20. **De-clutter your space.** Clutter can lead to stress. Spend some time cleaning up your space, even throwing away things you never use. You'll feel more at-peace once you're done.
21. **Sit alone with yourself.** Sometimes the person who can lift you up the most is yourself. Get away from all the noise and spend 30 minutes alone with your thoughts.
22. **Make housework fun.** If you have work to do, you might as well make it fun! Whether you're cleaning your house alone or with family, turn on some music and dance and sing while you clean.
23. **Control your breathing.** If you're feeling stressed, try to calm down by using breathing exercises. Breathe in slowly for four seconds, hold for four seconds, breathe out for four seconds, and repeat.
24. **Celebrate** some good news. Some days it seems like the bad news never stops. Take some time to seek out good things that are happening in the world and avoid the bad news. This will give you more to celebrate and make you more hopeful.
25. **Find reasons to laugh.** Reminisce on some of your favorite family memories or watch your favorite comedy. Letting yourself have some good laughs will always lift your spirits.



## Irresistible Veggie Dip Recipe

### Ingredients

- 2 cups sour cream
- 2 cups mayonnaise
- 1 tablespoon parsley dried (if using fresh, triple the amount!)
- 1/2 teaspoon garlic powder
- 2 tablespoons onion flakes
- 1 teaspoon seasoning See notes
- 1 teaspoon white granulated sugar
- 2 tablespoons parmesan cheese
- 8 ounces mozzarella shredded

### Instructions

Combine sour cream, mayonnaise, parsley, garlic powder, onion flakes, seasoning, parmesan cheese and sugar.

Fold in mozzarella cheese. Refrigerate 2+ hours. Serve with vegetables and or crackers.

### Tips

#### Substitutions

Sour Cream – Substitute with greek yogurt for a lower calorie alternative.

Mayonnaise – use Olive Oil Mayonnaise, but anything you have on hand will do!

Seasoning – The following seasoning blends are amazing with this veggie dip recipe: Southwest or Taco seasoning, 21 salute (a garlicky blend available at Trader Joe's), Sweet Onion and Herb, Garlic and Herb.



**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

541-444-8227

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



**Cultural Fishing  
Dip Net Demonstration  
December 10th, 2022**

All attendees must first sign up for your license and tag at Natural Resources (541-444-8227)

To register for the dip net demonstration email  
[Jacobr@ctsi.nsn.us](mailto:Jacobr@ctsi.nsn.us)

# SILETZ HOME VISITING PROGRAM - *Lori Christy, Family Support Specialist*

## REDUCING HOLIDAY STRESS FOR YOU AND YOUR TODDLER

Holidays can be exciting and fun and at the same time busy and stressful. Here are a few tips to help limit holiday stress.

**Stick to the routine.** Children do best with routines so stick with your child's regular routine as much as possible. Focus on sleep and food. Having naps, bedtime, snacks and meals at regular times will really help.

**Limit sugary food intake.** Sweet treats are great but you want to balance sweet and healthy snacks. Too many sweets can make a child overly active, emotional and may upset their stomach. Be sure and have some fresh fruit, vegetables, cheese, yogurt and other quick healthy snacks on hand.

**You don't have to do it all.** Plan one or two fun things you want to do as a family. Too much on the schedule can be overwhelming for everyone. Think about what is important to you and say no to the rest.

**If your child is overwhelmed take them to a quiet space.** If you are at a party, shopping or other event with lots of people, noise and stimulation, your child may become overwhelmed. If they do, take them to a quiet room or outside to be able to relax and calm down. If possible lower the lights and do things you know are calming for your child, hold them, hum, speak soft soothing words.

**Take care of yourself and stay calm.** Plan ahead, have realistic expectations, eat well, get enough sleep, exercise and remember to breathe. Do the things you enjoy that provide you with the strength you need to keep going in a healthy way.

Home Visiting is a 477-SSP program providing support, encouragement and resources for parents of infants and toddlers. We serve native families in our 11 county service area who are expecting or have an infant less than 12 months of age, continuing until the child's third birthday. If you would like more information about Home Visiting please contact Lori Christy, Family Support Specialist, at **503-390-9494** or [loric@ctsi.nsn.us](mailto:loric@ctsi.nsn.us).

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

### Siletz

Thursday	Dec 1	9:00 am - 3:00 pm
Friday	Dec 2	9:00 am - 3:00 pm
Monday	Dec 5	9:00 am - 3:00 pm
Tuesday	Dec 6	9:00 am - 3:00 pm
Thursday	Dec 8	9:00 am - 3:00 pm

### Salem

Monday	Dec 12	1:30 pm - 6:30 pm
Tuesday	Dec 13	9:00 am - 6:30 pm
Wednesday	Dec 14	<b>By appointment only</b>

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, SSC*

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:

#### **December 5:**

Monthly Contact, Monthly Report Forms, Self Sufficiency Activities Timesheets, and Job Search Forms are due.

#### **December 15:**

Budgeting (Online Monthly Training) 10:00 am - 12:00 pm

#### **December 29:**

Flutes (Online Activity) 10:00 am - 12:00 pm

### 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*

## DECEMBER AWARENESS – ASSISTIVE and ACCESSIBLE TECHNOLOGY FOR INDIVIDUALS WITH DISABILITIES

We live in a world where globally most people have some form of disability (ies). Microsoft is a pioneer on providing accessibility tools (AT devices and durable medical equipment) to individuals with disabilities. Access to state of the art technology can make your life much easier. There are computer-based webinars: [Accessibility Learning Webinar Series - YouTube](#) (Microsoft 2019).

There is no limit to what people can achieve when technology is accessible to improve their lives. Finding tools and devices that can enhance our abilities, and stretch our minds capabilities so that we can “explore frontiers where no one has gone before.”

[Oregon Statewide AT Program \(acesstechnologiesinc.org\)](http://acesstechnologiesinc.org)

Oregon has a Statewide Assistive Technology Program that has been in existence since 1990. Access to assistive technology (AT) devices, durable medical equipment, and services are available for individuals with disabilities and their families. ATI staff work with you, service providers, agencies, and interested individuals on the use of user-friendly devices that can make life much easier in one’s home, workplace, and/or community.

ATI has a “Device Loan Library” where you can try-before-you-buy equipment and also a rental service. Go to ATI’s library, and you will find ergonomic or assistive technology devices to choose from. They have a program where you can rent BEFORE you buy.... ATI staff are trained and certified to work with technology. They offer trainings and workshops to employers, individuals, and agencies.

**Call ATI today at 800-677-7512 or your local CTSI Job Development Specialists/Counselors to learn more!**

There is funding assistance to purchase specific assistive technology products that may be outside of your price range.

**Inquire of the Job Development Specialists/Vocational Rehabilitation in the area offices:**

### **Makayla Jackson**

Job Development Specialist/Counselor

#### **Eugene Area Office**

2468 W> 11th Ave.

Eugene, OR 97402

541-484-4234, ext. 1752

### **Tamra Russell**

Job Development Specialist/Counselor/TSS2

#### **Portland Area Office**

12790 SE Stark St. Suite #102

Portland, OR 97233

503-238-1512, ext. 1411

### **Toni Leija**

Job Development Specialist/Counselor

#### **Salem Area Office**

3160 Blossom Dr. NE, Suite #105

Salem, OR 97305

503-390-9494, ext. 1861





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

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## THINKING ABOUT WINTER

The leaves have fallen off the trees, or will soon, the days are short and heading to the shortest day of the year. It can be hard to find the energy to do our activities of daily living, let alone extra-curricular activities. But that makes it all the more important!

## WAYS TO FIGHT SHORTER DAY TIREDNESS:

- 1) Find a way to get natural or artificial vitamin D—go out when the sun is out, without sunglasses, or invest in a “happy light”, one that has the full spectrum of sunlight in it.
- 2) Get exercise, even if it’s just walking in place while you watch TV, or window-shopping at the mall. Exercise fuels our body’s desire to continue being busy and active.

## YOUTH CONFERENCE

Youth Conference went off without any troubles, and survey data and word of mouth indicated it was a success! It certainly appeared the youth enjoyed themselves! Many people came out to lead activities and workshops, including Mitch Factor, who was captivating and fun. Youth participated in a basketball tournament, and some also made frybread and medicine bags. What great times!

## MENTAL HEALTH SERVICES

Rachel, Mental Health Specialist, has a MS in Mental Health Counseling, and utilizes person-centered therapy, adding in pieces of Brainspotting, anger management, coping skills teaching, mindfulness, and self-compassion when it is requested or seems beneficial from her perspective. People of any age can come in to see Rachel for individual counseling, group therapy, Gottman-style couples counseling, and family counsel-

ing. Rachel also gets to help out with adventure-based group activities at times! Ropes courses, rafting, hiking, especially in the spring and summer, are all possibilities. Virtual appointments offered three days per week.

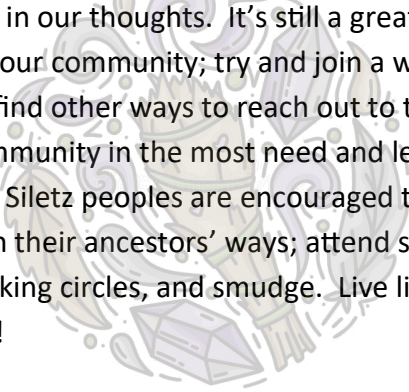
**Please note: It came to the attention of the Mental Health Specialist that her Salem extension stopped being forwarded at some point during COVID, and many people left messages on a line that had been disconnected. Rachel feels very badly for those who left messages for her that did not receive a call back, and offers her sincere apology. Her best number is: 503-200-4340**

## COMING UP THIS DECEMBER

Rachel will be helping Katy Holland, Portland Area Office Education Specialist, run an activity with youth and their families to create gifts for loved ones, at the Portland Area Office, December 20th from 3-7pm. Come over and create with them!

## 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!



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Virtual Appointments Continue  
Monday - Friday  
**In-person appointments available  
with advance arrangement**  
Salem - Wednesdays/Portland - Fridays  
(503) 200-4340

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## A&D PROGRAM - *Andulia White Elk, Addictions Counselor*





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### New Years and your Recovery

AnduliaW@ctsi.nsn.us  
503-559-1352

**N**ew Years is an emotional time for everyone. Whether it is thinking of new resolutions and how you're going to keep them or how you're just going to get through the holiday without using or drinking. Feelings that commonly come up around this time are; possibly sadness, regret, loss, joy and hope because of reflecting back on how your year has gone. One thing is certain; there will be opportunities for overdoing it with parties and festivities and for those in recovery possible relapse potential.

Here are some tips to get through this particular holiday.

-  Make a new resolution and throw your own clean and sober party. This will support you and your recovery and will help others with their sobriety as well. It's considered service work and giving back in a way which will make you feel good too.
-  If you must attend a party, plan ahead. Make sure you have a plan to leave and give yourself a timeline to stay. This is so you don't test your own resolve and temptation. Often times that's a losing battle especially those in early recovery.
-  Call a sponsor or a good support friend if you feel the thoughts of using creep in. Just to keep you grounded in your commitment to recovery and a healthy lifestyle.
-  Don't burden yourself with making New Year's resolutions that will stress you out and are unrealistic. This often sets people up for failure and adds unnecessary stress that you really don't need.

Remember this day will pass and you will still have to join life the next day, so weigh your options and think through what happens when you make the decision to let loose and drink or use. Chances are it's not how you want to start your year. Be safe and remember you are worth your recovery!

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## EDUCATION NEWS - *Sonya Moody-Jurado, Education Specialist*

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### **SILETZ TRIBAL MEMBER STOLE PROGRAM**

If you are graduating from High School or Post Secondary Education and would like a Tribal Stole to wear during your graduation you can submit a request January 1-May 31, 2022. Please contact Sonya to receive an application (See staff directory on page 12).

### **JOM**

**BOWLING** - We will be going to Highland Bowling December 27, 2022. There will have a limited transportation available. Please call by December 13, 2022 to sign up.

**SEND HOME FAMILY ACTIVITY** - Please call by December 12, 2022 to sign up for send home family activities.

**PARENT COMMITTEE MEETING** - December 13, 2022 at 6:00pm via ZOOM. Please come and join us to discuss the direction of the JOM Program. Your input is essential to offering engaging programming.

### **HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM (AVT)**

**COLLEGE INFORMATION NIGHT: December 15, 2022 6:00PM** - We will have the second of four College Nights. Please join us for information on college life, and the college application process.



**SIGN UP TODAY FOR WINTER ON-LINE LANGUAGE CLASSES**

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

**TUESDAYS, JANUARY 3-MARCH 7**  
 5:00 PM-BEGINNING CONVERSATION 1  
 5:45 PM- BEGINNING CONVERSATION 2

**THURSDAYS, JANUARY 5 -MARCH 2**  
 5:00 PM-ONGOING CONVERSATION

**SATURDAYS 1/28, 2/18, 3/4**  
 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



**Tribal Non-Emergency Medical Transportation (NEMT)**

We provide transportation to and from medical-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.**

The Transport Hub line is 541-444-9633 or 541-444-1030, Option 9.


**Oregon Health Plan - NEMT**

If you have Oregon Health Plan (OHP) you may be eligible for the Oregon Health Plan Non-Emergent Medical Transportation. Go to [www.oregon.gov/oha/HSD/OHP/Pages/NEMT.aspx](http://www.oregon.gov/oha/HSD/OHP/Pages/NEMT.aspx) and search for the ride service or "brokerage" available in your area.


**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*  
*January 11 at 6 pm: Our Tribal Bands*  
*February 8 at 6 pm: Exploring Family History*  
*March 15 at 6 pm: Hazel*

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

**"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.

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

**541-444-9611**





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>
<b>Cecilia Tolentino</b>	<b>CeciliaT@ctsi.nsn.us</b>	<b>Community Health Advocate</b>	<b>X1854</b>
<b>Dana Rodriguez</b>	<b>DanaR@ctsi.nsn.us</b>	<b>Administrative Services Clerk</b>	<b>X 1850</b>
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