

## Eugene Area Office Newsletter February 2023

### General Welfare Exclusion Accessibility Program

The General Welfare Exclusion Accessibility Program (GWEAP) funds over-income families with a one-time grant of \$5,000 for accessible features in the primary bathroom of the owner occupied residence. Grants are solely to provide handicap accessible toilet, shower and grab bars.

GWEAP grants will be made available to Tribal homeowners with in the 11-county service area. First priority is for over-income households whose income exceeds the eligibility requirements. Second priority will be low-income households. The over income grant is for eligible applicants and is limited to one grant per person/address/household.

If you would like an application or have any questions, please call Jeanette Mason at 1-800-922-1399 ext. 1316 or 541-444-8316 or email me at [jeanettem@ctsi.nsn.us](mailto:jeanettem@ctsi.nsn.us)

The Tribe is in need of certified homes to care for Tribal Children in need of emergency, short term and long term placements.



To see how you can help please call today  
Siletz Tribal Indian Child Welfare Department 541-444-8272

Eugene Area Office annual community meeting  
February 9<sup>th</sup> 6-7:30 p.m.  
In person and zoom available

### Pharmacy MAIL ORDER SERVICE WE CAN NOW PROVIDE MAIL ORDER SERVICE TO ALL SILETZ TRIBAL MEMBERS:

#### LIVING WITHIN THE 11 COUNTY SERVICE AREA

Please note that this service is **not eligible** for the "Auto-Fill" program. ALL "Auto-Fill" prescriptions must be picked up at the pharmacy. THANK YOU PHARMACY STAFF

### EMERGENCY HOUSING ASSISTANCE FUNDING OPEN FOR 2023

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices

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

### Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low Income Rental Program waiting list:

Siletz (1, 2, 3, 4 bedroom)  
Lincoln City (2, 3 bedroom)  
Neachesna Village

Applications can be obtained on-line from the Siletz Tribes' website or calling:

1-800-922-1399 Ext 1322

(541) 444-8322

FAX (541) 444- 8313

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

### 2023

### Low-Income Energy Assistance Program (LIHEAP)

"Crisis/Shut-off/Regular"

~OPEN~

All Siletz Tribal members and Households with tribal children. (Income based). To see if you qualify or have questions. Contact: Casey Godwin by phone or email- 541-444-8311 [caseyg@ctsi.nsn.us](mailto:caseyg@ctsi.nsn.us)

You can also contact the Eugene A/O for applications: 541-484-4234

Chinook Winds Casino Resort  
Sign up for an electronic newsletter:

[www.chinookwindscasino.com](http://www.chinookwindscasino.com)

The Eugene Area Office will be closed 2/20/2023 in observance of President's Day. Regular hours will resume 2/21/2023.



## Siletz Community Health Phone Numbers

- Siletz Community Health Clinic  
**1-800-648-0449**
- Purchased/Referred Care (PRC)  
**1-800-628-5720**
- CTSI Resource Call Line  
**541-444-9613**
- CARE Program  
**541-444-9680**

## Siletz Mail Order Pharmacy

For prescription refills, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and mail it to you.

Pharmacy Refill Line: **541-444-9624**

**Siletz Community Health Clinic (PRC)  
Registration forms are available at  
the Eugene Area Office, and online  
at:**

**<https://www.ctsi.nsn.us/schc-forms-policies/>**

## American Heart Month

Heart disease is the number one killer worldwide. Protect your heart by maintaining a healthy lifestyle or learn to make healthy, lasting changes to your current lifestyle.

Approximately 47% of all Americans have 1 of 3 key risk factors for heart disease

- High Blood Pressure
- High Cholesterol
- Smoking Cigarettes



Other Risk Factors: Age, Family History, Diabetes, Obesity, Physical Inactivity, Eating Disorders, Drug and Alcohol Use, Men have the greater risk

Symptoms: Symptoms can vary widely, from not having any symptoms, to having a heart attack or losing consciousness

Watch for Pains: Chest pain, shoulder blades, jaw, left arm, or upper abdomen

Prevention: Physical exercise (this can be as simple as taking a walk), heart healthy diet, quit smoking, get good sleep, and get regular health screenings.

For more information, please visit:  
<https://www.cdc.gov/heartdisease/prevention.htm>



**February is American Heart Month!**

**Come join us at the Eugene area office for a discussion about the heart, and the different ways we can slow or prevent heart disease.**

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**Recipe cards will be available for anyone who would like to recipe swap their favorite healthy meals, and a heart healthy meal will be provided for attendees to enjoy.**

➤ **Date: February 22<sup>nd</sup>, 2023**

➤ **Time: 6:00pm-7:30pm**

**Please contact Jamie Boe, Community Health Advocate to sign up @ 541-484-4234 or [JamieBoe@ctsi.nsn.us](mailto:JamieBoe@ctsi.nsn.us)**

**\*Virtual option available February 23<sup>rd</sup> if requested :)**

# CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

## Upcoming Dates:

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

*Additional Opportunity: Elders beading group is in-person at EAO the third Thursday of the month, 10am - Noon. Contact Verdene for more information [VDenie101@gmail.com](mailto:VDenie101@gmail.com)*

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

### FALL SCHEDULE

TUESDAYS, JAN. 3-MAR. 7

5:00 PM-BEGINNING CONVERSATION 1

5:45 PM- BEGINNING CONVERSATION 2

THURSDAYS, JAN 5-MAR. 2

5:00 PM-ONGOING CONVERSATION

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

NOON-IMMERSION CONVERSATION HOUR

SIGN UP TODAY FOR  
WINTER SESSION

## ON-LINE LANGUAGE CLASSES

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

**JOIN US FOR A DAY AT THE TRIBE'S  
CAMP CREEK HILLS  
PROPERTY IN SPRINGFIELD**

**Sunday  
February  
26th**

**Email [jessicah@ctsi.nsn.gov](mailto:jessicah@ctsi.nsn.gov)  
and keep an eye on the EAO  
Facebook page for more info**

# 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

## 2022-2023 CTSI College Information Nights

Sponsored by the  
Education Department

**6PM VIA ZOOM**

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

**Contact an Education Specialist to Sign Up!**

Jeff Sweet  
Siletz & Out-of-Area  
JeffS@ctsi.nsn.us

Katy Holland  
Portland & Washington  
KatyH@ctsi.nsn.us

Sonya Moody-Jurado  
Salem Area  
SonyaMJ@ctsi.nsn.us

Candace Hill  
Eugene Area  
CandaceH@ctsi.nsn.us

# Education – February 2023

Candace Hill, Education Specialist

[candaceh@ctsi.nsn.us](mailto:candaceh@ctsi.nsn.us)  
(541) 484-4234 x1763  
(541) 270 - 0037

Higher Ed · Adult Vocational Training (AVT) · Adult Education · JOM · Tribal Youth Employment and Education (TYEE)

## Upcoming Education Programs

- **College Information Night III** – Join the Education team on Thursday, February 16<sup>th</sup> at 6pm via Zoom as we explore CTSI student aid programs, hear from various departments, and learn about campus life and vocation programs. Contact Candace for the Zoom link
- **Youth Council Meeting** – Join us for our first hybrid meeting of 2023 on Saturday, February 18<sup>th</sup> from 11am to 3pm. Our physical location is to be determined, but a Zoom option is available. Transportation is available from the Eugene Area office. Contact Candace to sign up.
- **Drum Making Class** – Join us on Wednesday, March 1<sup>st</sup> from 5 to 8:30pm at the Eugene Area Office as we make drums instructed by Nick Sixkiller. All supplies and a light dinner are provided. Spots are very limited. Contact Candace to sign up no later than February 22<sup>nd</sup>.

## Education Program Opportunities

- **JOM** – Johnson O'Malley (JOM) benefits K-12 Native American students in support of their intellectual growth, vocational goals and cultural enrichment. The programs also advances the participant's physical, social and emotional growth. Assistance with supplemental education activities is available. **Contact Candace to sign up!**
- **Siletz Tribal Youth Activity Fund** – The Youth Services Program focuses on the well-being of young people and advocates for the needs of youth. Tribal and other resources are used in developing positive community models. The program provides academic and leisure time activities in a supervised setting and young people participate in constructive pursuits after school and on weekends.
- **Online Tutoring** – 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 Ed, and AVT. Space is limited as hours are available. Contact Candace to sign up.

## Higher Ed/AVT Reminders

- The Oregon Tribal Student Grant is continuing to accept applications through OSAC. This grant will help cover the cost of attendance of associates, Bachelors, and graduate degree programs. Visit their website for more information: <https://oregonstudentaid.gov/oregon-tribal-student.aspx>

HIGH SCHOOL THROUGH GRADUATE SCHOOL

# STUDENT GRADUATION STOLE PROGRAM

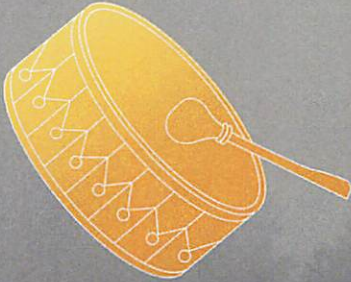
2023 GRADUATES CAN SUBMIT A REQUEST FORM  
JANUARY 1ST, 2023 TO MAY 31ST, 2023.

CONTACT AN EDUCATION SPECIALIST FOR AN APPLICATION

|                                                                                                      |                                                                                       |                                                                                                  |                                                                                                      |
|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| Katy Holland<br>Portland/Washington Area<br><a href="mailto:KatyH@ctsi.nsn.us">KatyH@ctsi.nsn.us</a> | Jeff Sweet<br>Siletz Area<br><a href="mailto:JeffS@ctsi.nsn.us">JeffS@ctsi.nsn.us</a> | Sonya Moody-Jurado<br>Salem Area<br><a href="mailto:SonyaMJ@ctsi.nsn.us">SonyaMJ@ctsi.nsn.us</a> | Candace Hill<br>Eugene/Out-of-Area<br><a href="mailto:CandaceH@ctsi.nsn.us">CandaceH@ctsi.nsn.us</a> |
|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|

Applicant must be an enrolled Siletz Tribal member at time of completion/graduation.

**CTSI EUGENE AREA  
DRUM MAKING  
CLASS**



**TAUGHT BY  
NICK SIXKILLER**

**MARCH 1ST, 2023**

**5-8:30PM**

**PRIORITY DEADLINE TO  
SIGN UP: FEBRUARY 22ND**

**LIGHT DINNER SERVED,**

**ALL SUPPLIES PROVIDED**

**LIMITED SPOTS AVAILABLE**

*\*\*\*PLEASE NOTE THAT MASKS ARE REQUIRED IN THE AREA OFFICE*

**CONTACT CANDACE HILL TO SIGN UP**

**CANDACEH@CTSI.NSN.US**

**(541) 484-4234**

*SPONSORED BY JOM, EUGENE AREA COMMUNITY,*

*477 SSP, CULTURE, AND COMMUNITY HEALTH*



# **CTSI YOUTH COUNCIL**

**JOIN US FOR OUR FIRST HYBRID  
YOUTH COUNCIL MEETING OF 2023!**

**FEBRUARY 18TH FROM 11AM TO 3PM  
PHYSICAL LOCATION TBD  
ZOOM OPTION AVAILABLE**

**LIMITED TRANSPORTATION AVAILABLE  
FROM THE AREA OFFICES**

**CONTACT YOUR AREA OFFICE TO SIGN UP**

## **PORTLAND AREA**

**(503) 238-1512**

**KATYH@CTSI.NSN.US**

## **SALEM AREA**

**(503) 390-9494**

**SONYAMJ@CTSI.NSN.US**

## **SILETZ AREA**

**541-444-9606**

**ELIZABETHM@CTSI.NSN.US**

## **EUGENE AREA**

**(541) 484-4234**

**CANDACEH@CTSI.NSN.US**

## 2023 College Students Summer Internship Program

Students attending college can apply for the Tribe's 2023 College Students Summer Internship Program. To be eligible, you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Chief Administrative Officer, Lisa Norton, or the Education Specialists at any Tribal area office to request an application.

The purpose of the program is to provide funding for a paid internship to Tribal students to gain work experience in their field of study that will help them be competitive in the job market after graduation. There are 10 slots available paid at Tribal minimum wage and for up to 350 hours. Students will be responsible for securing their own placement. We are available to assist, but ultimately it is the student's responsibility to locate and develop a placement. There are a limited number of placements available with the Tribe. Due to COVID, at this point, most Tribal placements will likely be remote.

Students selected for the program must complete an orientation, criminal history background check and drug screening (Note: The Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana).

Placements can begin in June, and must be completed by Sept. 30, 2023.

Students should send a completed application and an unofficial copy of transcripts to:

Mail: CTSI  
Attn: Summer Internship Program  
P.O. Box 549  
Siletz, OR 97380

Online: [www.ctsi.nsn.us/summer-intern-application/](http://www.ctsi.nsn.us/summer-intern-application/)  
Email: [collegeinterns@ctsi.nsn.us](mailto:collegeinterns@ctsi.nsn.us) Fax: 541-444-2307

The deadline to apply for the program is **4:30 PM** on **March 31, 2023**. If you have questions about the program, please contact Lisa Norton at the above email address or by calling (541) 444-8210.

## 2023 Eugene Area Office Community Meeting.

Because your input is needed to communicate your needs and priorities and for grant writing, the Planning department wants to spend more time listening to you! They will also update you on various projects that have been completed as well as what is in progress.

**Meeting will go from 6:00-7:30 PM February 9<sup>th</sup>. Join us in-person or virtually!**

2468 West 11<sup>th</sup> Ave. Eugene, Or 97402

The link to the Zoom meetings is <https://us06web.zoom.us/j/6206272290>.

To join by phone, call 1-253-215-8782 and enter the meeting ID: 6206272290.

If you have any questions, please contact the Planning Department at 541-444-8257 or 800-922-1399, ext. 1257.

## FEBRUARY 2023 ELDERS NEWSLETTER

Hi Everyone,

Here it is February already. I hope January was a fun month, and you all had a wonderful New Year celebration! There were lots of January birthday celebrations in my family which are always fun, since at our age (we live for the parties)! For me it seemed to go by too fast.

I want to wish all my Lane, Benton, and Linn County Elders a Happy Birthday for the month of February, (first names only). Happy Birthday wishes to Anna, Evette, and Ronald. With heart felt wishes for good health, wealth, prosperity, love, a day/year filled with lots of happiness, hugs, laughter, and CAKE! Truly.

I attended the diabetes zoom meeting in January and Kim Lane the coordinator said that her diabetes program is helping tribal members with diabetes fund gym memberships with \$50.00 a month starting in February. Just ask our Community Health Advocate, Jamie Boe, at 541-484-4234 for more information and to sign up. I am thinking about the Eugene YMCA for swimming or water aerobics classes. I really need to get more active this winter and low-impact water aerobics was recommended by my physical therapist last year.

There has been much email correspondence lately on helping the zoom participants be part of each Elders meeting, since in the Elders January newsletter it stated the zoom link would be listen only! Seems now there will be a person, not sure who yet, managing the computer for the zoom participants by counting votes and any questions or discussion on certain issues/topics. It has been suggested for the upcoming meetings for zoom folks to vote to have a big sign YES or NO so they can be counted easily on the zoom link. It will be interesting to see how it goes. I am hoping it will work much better and everyone gets to vote and be counted. Thinking positive....

**REMINDERS:** The Eugene area office Bead group is the third Thursday of each month; the February group meets on 2/16/23 from 10-12. Jessica has Veteran pin beading kits available for anyone if you do not have a project to work on for bead group. I am still working on my kit, I am on the third pin, as there are 4 pins in each kit. The Book Club will begin again in the month of March. Dates to be determined. The annual planning meeting at the Eugene Area office is on February 9<sup>th</sup> from 6:00 till 7:30pm. Wearing a mask is still required in the office. They will have zoom available for folks as well. Just call ahead to ask for a zoom invite.

Be well and stay positive and kind. Till next month...

Truly, Verdene McGuire. Eugene area Elders Representative, Lane, Linn, and Benton Counties

[VDenie101@gmail.com](mailto:VDenie101@gmail.com) Cell: 503-890-0742

# 477– Self Sufficiency Program



Jen Jackson: Self - Sufficiency Counselor II  
[jeniferj@ctsi.nsn.us](mailto:jeniferj@ctsi.nsn.us) ext. 1755

Cathy Ray : Job Development Specialist  
[catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us) ext. 1756

## Important Dates

February 1st - 5th

monthly meeting &  
paperwork due

February 15 @ 10am

Pow Wow etiquette

February 22 @ 10am

Job Hunting or Taxes TBD

## **For Siletz Tribal members we offer:**

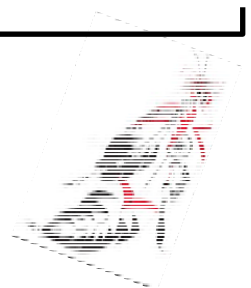
- ~ **Pre-Temporary Assistance for Needy Families (Pre-TANF):** Siletz families below 185% of the FPL may be eligible for short term financial assistance that does not exceed 4 months, to provide basic needs and address emergent needs.
- ~ **Temporary Assistance for Needy Families (TANF):** Siletz families below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs.
- ~ **Emergency Assistance (EA):** Siletz Families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply
- ~ **General Assistance for Single Adults (GASA):** Siletz single adults below the countable income limit and FPL may be eligible for monthly grant assistance to meet basic needs.
- ~ **Diverted Services:** Available for Siletz members who have been employed for a minimum of 45 calendar days and are at risk of losing their employment. Income guidelines apply.

## **Other Programs offered:**

To Siletz Tribal members and any federally recognized tribe or descendant of a federally recognized tribe

- ~ **Classroom Training (CRT):** Financial assistance (tuition, stipend & support services) for higher Ed or vocational/occupational Training
- ~ **Work Experience (WEX):** Paid job training to gain real world work experience, job skills and employment references.
- ~ **On the Job Training (OJT):** Employer incentive to hire based program.
- ~ **Direct Placement (DP):** Support Services to be job ready for eligible Native Americans that recently gained employment. Must apply within 7 days of hire.

Please note that all components of the 477 Self - Sufficiency Program are on a budgetary basis and eligibility requirements apply.



## Is Home Visiting for you?

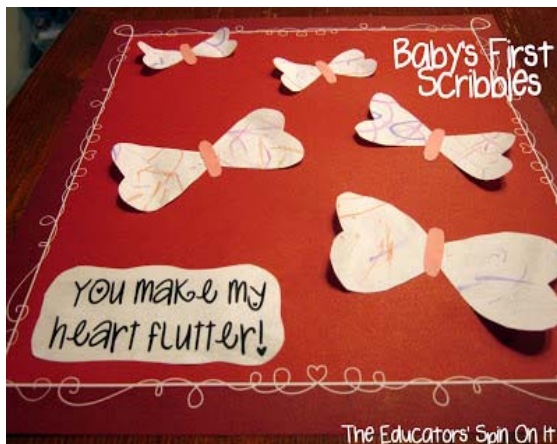
If you are expecting a baby or have an infant under the age of one Home Visiting just may be for you! We serve federally recognized American Indians, Alaskan Natives and Native Hawaiian families in our 11 county service area. Home visiting ....

- Increases parenting knowledge and skills
- Provides support and encouragement for parents
- Connects to community resources as needed
- Has lessons on a wide variety of topics from child development, parenting tips, nutrition and life skills such as budgeting, communication and more
- Is culturally sensitive and evidence based
- Helps you to reach your goals

If you have questions or would like more information please contact Cathy Ray at [catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us) or 541-484-4234

Here are a couple of fun valentine activities to try with your little one.

**Heart Scribbles** – Tape a piece of paper to your child’s high chair tray or another safe surface they can reach. Give them some crayons to color and scribble with all over the page as they want. When they are done you can cut the paper into two heart shapes. Using another piece of paper cut a long oval to make a butterfly body. Attach the two heart tips to the body with glue or tape to look like a butterfly. If you want to you can place the butterfly on a piece of paper and add the words “You make my heart flutter”



**Felt Hearts** – Cut different sizes of hearts out of colorful pieces of felt or other fabric. Find a plastic bowl or bucket and let your child have fun putting them in the bucket and pulling them out. You can talk with them about the colors, sizes and textures as they play. You can also describe what they are doing. “You put the red heart in the bucket.”

## February 2023 Disability Awareness: EHLERS DANLOS SYNDROME

Ehlers - Danlos Syndrome is a group of hereditary disorders (14 types) that affect the connective tissues of the body. Connective tissues are crucial to providing strength and flexibility to the skin, bones, blood vessels, and other organs.

If an individual presents with signs and symptoms, then urgent medical attention may be necessary in severe cases. Ehlers is very rare (less than 200,000 cases per year). Treatments help with management of the condition; however, there is no known cure. It runs in families which predisposes a family member to an increased likelihood of getting it. Due to the syndrome being genetic, it may not be preventable.



If you are experiencing new, severe, or persistent symptoms, contact a health care provider.

### Common symptoms:

- ✚ Overly flexible joints, smaller joints may be more affected
- ✚ Loose joints that dislocate easily
- ✚ Joint pain
- ✚ Stretchy and fragile skin that bruises easily
- ✚ Soft & velvety skin
- ✚ Non-healing damaged skin
- ✚ Muscle pain
- ✚ Extreme tiredness
- ✚ Dizziness
- ✚ Increased heart rate, especially after standing
- ✚ Digestive problems such as heartburn and constipation
- ✚ Urinary incontinence
- ✚ Heart valve problems
- ✚ Protruding eyes

### Signs and symptoms in people with Vascular Ehlers-Danlos Syndrome include:

- ✚ Thin nose
- ✚ Thin upper lip
- ✚ Small earlobes
- ✚ Prominent eyes
- ✚ Thin and translucent skin that bruises easily; underlying blood vessels may be visible in fair skinned people

## Causes and Complications:

- Overly flexible joints: Joint dislocation and early-onset arthritis
- Vascular Ehlers-Danlos syndrome: A serious condition where the walls of blood vessels, intestines, or uterus rupture
- Flexible skin: Stitches to close a wound do not heal, instead they tear out leaving a gap
- Permanent scarring
- Rupture of uterus during pregnancy
- Hernias and organ prolapse

## Questions To Ask Your Doctor

- Is my condition treatable or is it life-long?
- Are there any complications?
- Is there any special diet that I need to follow?
- Should I make any changes to my routine or lifestyle?

## Nutrition

### FOODS

- Raw vegetables and fruits
- Dairy products like milk and yogurt
- Properly cooked meat
- Increase the intake of fluids to stay hydrated

### FOODS TO AVOID:

- Foods rich in sugar
- Foods which contain gluten

**Accommodations:** worksite modifications; assistive technology; referral for mental health counseling; and support groups.

The Job Development Specialists in local Vocational Rehabilitation office are available to assist you with your vocational needs:

### **Makayla Jackson, Job Development Specialist**   **Tamra Russell, TSS2/Job Development Specialist**

Eugene Area Office  
2468 W. 11th Ave., Eugene, OR 97402  
541-484-4234, ext. 1752

Portland Area Office  
12790 SE Stark Street, Suite #102  
Portland, OR 97233  
503-238-1512, ext. 1411

### **Toni Leija, Job Development Specialist**

Salem Area Office  
3160 Blossom Dr. NE, Suite #105  
Salem, OR 97305  
503-390-9494, ext. 1861

| Type of EDS<br>(In order of estimated prevalence) | Approximate Prevalence   | Associated Gene(s)             | Inheritance Pattern             | Distinguishing Features                                                                                                  |
|---------------------------------------------------|--------------------------|--------------------------------|---------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| Hypermobile EDS (hEDS)                            | 1 in 3,100-5,000         | Unknown                        | Autosomal Dominant              | Generalized joint hypermobility<br>Joint instability<br>Chronic pain                                                     |
| Classical EDS (cEDS)                              | 1 in 20,000-40,000       | COL5A1<br>COL5A2<br>COL1A1     | Autosomal Dominant              | Skin fragility with extensive atrophic scarring<br>Very stretchy skin with velvety or doughy texture                     |
| Vascular EDS (vEDS)                               | 1 in 100,000-200,000     | COL3A1<br>COL1A1               | Autosomal Dominant              | Arterial fragility with aneurysm/dissection/rupture<br>Organ fragility and rupture<br>Extensive bruising<br>Pneumothorax |
| Periodontal EDS (pEDS)                            | Less than 1 in 1,000,000 | C1R<br>C1S                     | Autosomal Dominant              | Severe, early-onset gum disease with tooth loss<br>Pretibial plaques (discoloration of shins)                            |
| Kyphoscoliotic EDS (kEDS)                         | Less than 1 in 1,000,000 | PLOD1<br>FKBP14                | Autosomal Recessive             | Congenital/early-onset kyphoscoliosis<br>Congenital hypotonia                                                            |
| Spondylodysplastic EDS (spEDS)                    | Less than 1 in 1,000,000 | B4GALT7<br>B3GALT6<br>SLC39A13 | Autosomal Recessive             | Short stature<br>Muscle weakness<br>Limb bowing<br>Craniofacial features                                                 |
| Brittle cornea syndrome (BCS)                     | Less than 1 in 1,000,000 | ZNF469<br>PRDM5                | Autosomal Recessive             | Severe problems with the cornea of the eye<br>Hearing loss                                                               |
| Arthrochalasia EDS (aEDS)                         | Less than 1 in 1,000,000 | COL1A1<br>COL1A2               | Autosomal Dominant              | Severe joint hypermobility<br>Congenital bilateral hip dislocation                                                       |
| Musculocontractural EDS (mcEDS)                   | Less than 1 in 1,000,000 | CHST14<br>DSE                  | Autosomal Recessive             | Congenital multiple contractures<br>Craniofacial features                                                                |
| Classical-like EDS (clEDS)                        | Less than 1 in 1,000,000 | TNXB                           | Autosomal Recessive             | Stretchy, velvety skin without atrophic scarring<br>Foot deformities<br>Leg swelling                                     |
| Dermatosparaxis EDS (dEDS)                        | Less than 1 in 1,000,000 | ADAMTS2                        | Autosomal Recessive             | Extreme skin fragility<br>Craniofacial features<br>Loose, excessive skin<br>Severe bruising<br>Short limbs               |
| Myopathic EDS (mEDS)                              | Less than 1 in 1,000,000 | COL12A1                        | Autosomal Dominant or Recessive | Congenital hypotonia<br>Proximal joint contractures                                                                      |
| Cardiac-valvular EDS (cvEDS)                      | Less than 1 in 1,000,000 | COL1A2                         | Autosomal Recessive             | Severe heart valve insufficiency                                                                                         |





# **COUNSELING SERVICES**

**Mental Health counseling services are now  
available through the EAO!**

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**Beginning in April 2022 – Virtual Sessions Available  
2468 W. 11<sup>th</sup> Ave.  
Eugene OR 97402**

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**Please contact reach out for an appointment:**

**Ro Zientara LPC (Mental Health Therapist)**

**[rzientara@ctsi.nsn.us](mailto:rzientara@ctsi.nsn.us)**

**At: 541.484.4234 xt. 1758**

## USDA distribution dates for February 2023

### Siletz

|           |                     |                 |
|-----------|---------------------|-----------------|
| Wednesday | Feb 1 <sup>st</sup> | 9 a.m. – 3 p.m. |
| Thursday  | Feb 2 <sup>nd</sup> | 9 a.m. – 3 p.m. |
| Friday    | Feb 3 <sup>rd</sup> | 9 a.m. – 3 p.m. |
| Monday    | Feb 6 <sup>th</sup> | 9 a.m. – 3 p.m. |
| Tuesday   | Feb 7 <sup>th</sup> | 9 a.m. – 3 p.m. |

### Salem

|           |                      |                     |
|-----------|----------------------|---------------------|
| Monday    | Feb 13 <sup>th</sup> | 1:30 – 6:30 p.m.    |
| Tuesday   | Feb 14 <sup>th</sup> | 9 a.m. – 6:30 p.m.  |
| Wednesday | Feb 15 <sup>th</sup> | <b>By appt only</b> |

**LIKE us on Facebook at Siletz Tribal FDPIR.** We would like to see more people sharing their recipes on our FB page. Like us at SILETZ TRIBAL FDPIR.

Sammy Hall, USDA Program Director, 541-444-8279 [sammyh@ctsi.nsn.us](mailto:sammyh@ctsi.nsn.us) FAX: 541-444-8306 or 503-391-4296



**Produce Plus Food Rescue**

**Siletz Tribal Members:**

If you or your family would like to share in some FREE fresh produce, you may pick up at the Eugene Area Office on Tuesdays 2:00pm-4:30pm. Any produce not picked up Tuesday will be available for pick-up the remainder of the week 9:00am-4:00pm. On occasion we will also have non-perishable and refrigerated items available.

Please bring your own bag or box to transport your food. You may call ahead to check availability of food.

Eugene area office : 541-484-4234  
2468 W. 11<sup>th</sup> Ave, Eugene OR 97402

This food is collected and distributed by Food For Lane County. The Siletz Tribe and FFLC are working in a joint effort to alleviate hunger in our community. Donations of non-Perishable food and personal hygiene products are also donated by NAACP.

# February

2023

| Sunday | Monday        | Tuesday                                                                           | Wednesday                                                                          | Thursday                                                                                                    | Friday | Saturday                                                                        |
|--------|---------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------|---------------------------------------------------------------------------------|
|        |               |                                                                                   | 1                                                                                  | 2                                                                                                           | 3      | 4                                                                               |
|        |               |                                                                                   |                                                                                    | 5 p.m. Ongoing Conversation<br>Via zoom                                                                     |        | Tribal election day                                                             |
| 5      | 6             | 7                                                                                 | 8                                                                                  | 9                                                                                                           | 10     | 11                                                                              |
|        |               | 5 p.m. Beginning conversation 1<br>5:45 p.m. Beginning conversation 2<br>Via Zoom | 6 p.m. Exploring family history<br>Via zoom                                        | 5 p.m. Ongoing Conversation<br>Via zoom<br>6 p.m. Annual planning meeting<br>Zoom/ in person                |        |                                                                                 |
| 12     | 13            | 14                                                                                | 15                                                                                 | 16                                                                                                          | 17     | 18                                                                              |
|        |               | 5 p.m. Beginning conversation 1<br>5:45 p.m. Beginning conversation 2<br>Via Zoom | 10 a.m. Pow wow etiquette<br>Via zoom                                              | 10a.m. bead group<br>5 p.m. Ongoing Conversation<br>Via zoom<br>6:00 College Information night III via zoom |        | 11a.m. Youth council meeting<br>12 p.m. Immersion conversation hour<br>Via zoom |
| 19     | 20            | 21                                                                                | 22                                                                                 | 23                                                                                                          | 24     | 25                                                                              |
|        | Office Closed | 5 p.m. Beginning conversation 1<br>5:45 p.m. Beginning conversation 2<br>Via Zoom | 10 a.m. Job hunting or taxes<br>TBD<br>Via zoom<br>6 p.m. Heart disease prevention | 5 p.m. Ongoing Conversation<br>Via zoom                                                                     |        |                                                                                 |
| 26     | 27            | 28                                                                                |                                                                                    |                                                                                                             |        |                                                                                 |
|        |               | 5 p.m. Beginning conversation 1<br>5:45 p.m. Beginning conversation 2<br>Via Zoom |                                                                                    |                                                                                                             |        |                                                                                 |
|        |               |                                                                                   |                                                                                    |                                                                                                             |        |                                                                                 |

**The Confederated Tribes of Siletz Indians**  
**The Eugene Area Office Staff**  
**541-484-4234      1-800-922-1399**

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Vacant, Elder on-call Transport

The confederated Tribes of Siletz Indians  
Eugene Area Office  
2468 W.11<sup>th</sup> Ave  
Eugene Oregon 97402

**2023 EUGENE AREA OFFICE COMMUNITY MEETING FEBRUARY 9<sup>TH</sup> 6-7:30 P.M.**  
**JOIN IN PERSON OR VIA ZOOM**