

## Eugene Area Office Newsletter March 2023

Beginning April 1st, 2023 all area office newsletters will be combined into one digital newsletter. You can view the digital newsletter on the CTSI website under News and Events. To keep paper costs down and to lighten our carbon footprint, we will no longer be mailing out paper versions of the area office newsletters. To everyone on our email list, a link will be emailed. Call the Eugene area office if you would like to receive emails from 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

### 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)

## **ATTENTION IMPORTANT INFORMATION BELOW**

Access into the Eugene Area Office building will be unavailable temporarily in March due to construction on our foundation. The closure of the office and the formal start date of construction are still to be confirmed, but once they are, the expected time frame is 3 to 4 weeks. Although walk-ins and access to the building will be unavailable during this time, staff will continue to be available virtually via phone, email, or zoom to assist with the needs of our members. Both our email list and our Facebook page will be updated with new information. Call the Eugene office if you are not currently receiving emails from the office and would like to.

If you have any questions, email Jessica Hibler at [JessicaH@ctsi.nsn.us](mailto:JessicaH@ctsi.nsn.us).



## 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/>

## National Nutrition Month

Making healthy choices with nutrition will help you to live longer, and will have a positive effect on your physical and mental health. Plan meals ahead of time and create a grocery list for shopping. Read 'Nutrition Facts' labels on the backs of food & drink items. Eat healthful foods from all of the food groups, and use the 'myplate' guide (links below) to better understand how much of each food group belongs on your plate. Variety is key for getting the most out of your diet, but don't overthink nutrition; *simplicity* is more sustainable when it comes to eating healthy in the long run. Think whole, unprocessed foods like salad vegetables, chicken breast, and items labeled 'Whole Grain'.

For more information visit:

<https://www.eatright.org/>

and

<https://www.myplate.gov/>

## **March is National Nutrition Month**

**Let's go to the Lane County Farmers Market in Eugene!  
We will meet to explore seasonal produce options and  
learn some tips to help save money \$ on healthy, fresh  
produce.**

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**Each participant will receive a reusable goody bag,  
which will include a My Native Plate food guide,  
seasonal produce guide, veggie peeler, and a \$5 token to  
spend at the Farmer's Market! In addition, each person  
will receive 1 raffle entry to win a blender 😊😊😊**

**(Must sign-up, spots are limited. See below)**

**➤ Date: Saturday, March 25th, 2023**

**➤ Time: 11:00am**

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

# CTSI VIRTUAL CULTURE NIGHTS




ALL TRIBAL MEMBERS AND FAMILIES WELCOME

## **Upcoming Dates:**

**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 EAD 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)

**WINTER 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

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

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

*Coming Soon*

**SPRING  
SESSION  
CLASSES  
START  
EARLY-APRIL**



# **JOIN US FOR A HIKE!**

**Sunday, April 2nd at Camp  
Creek Hills**

**The EAO is hosting tribal members  
and their families for a day of  
hiking for all ability levels. We  
hope you'll join us to explore the  
Tribe's exciting new property  
near Springfield!**

**RSVP to Jessica Hibler at  
JessicaH@ctsi.nsn.us or  
541-484-4234**

**More events at Camp Creek are being  
planned for 2023! Stay tuned for more  
opportunities to get involved.**

# Education – March 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

- **JOM Parent Committee** - The Education Department is actively seeking parents of JOM registered youth to be a part of our Parent Committee. You will receive program updates, add your input and insight, help with program development and engage with other JOM parents. We will be meeting March 14th, 2023 at 6pm via Zoom. Contact Candace to sign up.
- **Spring Break JOM Activities** – See the below list of activities happening during Spring Break. Please contact Candace for more information and to sign up
  - **Siletz Basketball Tournament** – The Siletz area is holding a three-day basketball tournament. The Eugene Area Office will be transporting youth for the 7<sup>th</sup>-12<sup>th</sup> grade tournament day, Tuesday, March 27<sup>th</sup>. The tournament begins at 10am and we will be leaving from the Eugene Area Office at 7:45am and also doing a pick up in the Corvallis area (specific location TBD) lunch will be provided. Transportation is limited.
  - **Swimming at Splash!** – We will be swimming at Splash! at Lively Park in Springfield on Thursday, March 30<sup>th</sup>. Splash! has not yet released their hours, so time will be announced closer to the event.
  - **Trip to Oregon Coast Aquarium** – We will be going to the Oregon Coast Aquarium in Newport on Friday, March 31<sup>st</sup>. Our time will begin at 10:30am and we will be leaving from the Eugene Area Office at 7:45am and also doing a pick up in the Corvallis area (specific location TBD) lunch will be provided. Transportation is limited.

## 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.

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.



# 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

## 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.

Hi Everyone,

Here it is March already with the anticipation of spring flowers and spring break for the kids. I hope February was a fun month, and you all had a sweet filled Valentine's Day celebration! I could not resist putting a box of chocolates in my cart for me when I was purchasing them for family and friends. My sweet tooth wins out every time!

I want to wish all my Lane, Benton, and Linn County Elders a Happy Birthday for the month of March, (first names only). Happy Birthday wishes to go out to Brian, Divona, Douglas, Howard, Sheri, Robert, Annette, and Nora. With heartfelt wishes for good health, wealth, prosperity, and love, a day/year filled with lots of happiness, hugs, laughter, and CAKE! Truly.

There has been talk that the council is going to stop printing the monthly newspaper for tribal members. I heard that it will only be available on our CTSI website each month. I hope that this is not true! So, my thought is, what about all the elders that do not have a computer, iPad, or cell phone??? My eyes are so bad I cannot read the small print on my phone for long and need to go to my computer to read my email. I really cannot imagine trying to read an entire newspaper online! Personally, I am not a fan of this idea and cannot understand after all these years they might stop printing our newspaper without even asking the tribal members to vote on this big decision. I remember a time when the council would ask us how we felt on issues that would affect the entire tribe or the casino. Seems like we are being left out of the communications loop here. I feel for the majority of folks our monthly newspaper is how we stay informed of events and see what the tribe is involved in. I hope this does not happen. It is a fact people in general spend too much time on digital devices now as it is.

**REMINDERS:** Elders Council Meeting 3/11/23 at 1:00 – 4:00 pm Shasta Room, Chinook Winds Casino. Let AJ Warren know if you want to attend by zoom 541-444-8212 ext. 1212.

24<sup>th</sup> Annual Oregon Tribal Elders Honor Day 3/17 & 18, 2023 at the Mill Casino and Hotel. Call AJ to get on the list asap.

The Eugene area office Bead group is the third Thursday of each month; the March group meets on 3/16/23 from 10-12. Veteran pin beading kits are available for anyone if you do not have a project to work on. Remember this bead group is for everyone that wants to bead and have some good old-fashioned social time with others.

The Book Club will begin again on March 9<sup>th</sup> and 23<sup>rd</sup>. The 2<sup>nd</sup> and 4<sup>th</sup> Thursdays. The current book is "House Made of Dawn" by N. Scott Momaday. I found my copy on Amazon.

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.

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

# Virtual Parenting Workshop Series

## Fatherhood is Sacred® Motherhood is Sacred®

### Topics

- Laying the Foundation
- The Creator
- Choice
- Vision
- Teachable
- Barriers to Being Teachable
- Wisdom
- Service
- Self-Identity
- Relationships
- Nurturing

8 Week Series

Tuesdays 6:00-7:30

April 4—May 23

RSVP by March 30th to

Lori Christy  
[loric@ctsi.nsn.us](mailto:loric@ctsi.nsn.us)  
503-390-9494

Or

Cathy Ray  
[catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us)  
541-484-4234

Weekly door prizes!

Grand prize drawing for those who attend minimum  
of 7 sessions

Workbook provided

Presented by

Confederated Tribes of Coos, Lower Umpqua & Siuslaw, Cow Creek Band of Umpqua Tribe of Indians,  
Confederated Tribes of Siletz Indians, and The Klamath Tribes



## Gwen Brents Graduates from Home Visiting Program



Gwen and her children Josiah, Ayla and Blaise

Congratulations to Gwen Brents for graduating from Home Visiting!

Gwen began Home Visiting in December 2019 prior to the birth of her son Josiah. Gwen participated in the program until this January when Josiah turned three years old. Gwen experienced several changes while in Home Visiting. First was COVID not too long after her son was born. Due to COVID we entered lockdown and many programs were suspended. Home visits stopped for a while and then transitioned to virtual visits by phone or video. Gwen also had a change in Home Visitors. She persevered and adapted well to the changes without complaint.

When asked what she valued most about the program Gwen said, "Learning everything all over again and learning new things." She recommends the program for other families as well. She says "It is good for new moms and dads to know things. Parenting is different for everyone. The program is very good at helping you to learn and get other perspectives."

Gwen works hard to provide for her family and is in the process of starting her own business. Congratulations Gwen!

For more information about Home Visiting contact Cathy Ray, [catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us) or 541-484-4234.

## **Changes Coming for CTSI Childcare Assistance Program**

**Beginning May 1, 2023 changes to the CTSI Childcare Assistance Program will be in effect. These changes include the return of Co-payments for families with incomes above the Federal Poverty Level and new Payment Rates for Providers.**

**Co-payments are based upon household income and household size, and range from 1% up to 4%. Payment Rates for Providers are based on the geographic area or zip code of the Provider and their qualifications and training.**

**The CTSI Childcare Assistance Program helps CTSI tribal families living in the CTSI 11 county service area to pay for their childcare expenses while they participate in a work activity. Work activities include working, looking for work, students, or participating in a job training program. To be eligible, children must be 12 years of age or younger, and either an enrolled member of the CTSI, or eligible to enroll in the CTSI, or be the descendant or dependent of an enrolled member of the CTSI.**

**For more information about the CTSI Childcare Assistance Program, please call DeAnn Brown, Head Start Director, at 541-444-2450 or email at [deannb@ctsi.nsn.us](mailto:deannb@ctsi.nsn.us).**

**\*\*\*SAVE THE DATE\*\*\***

# **15th Annual Native Caring...**

***A Conference to Learn, Connect & Share***

*Hosted by...*

**Cow Creek Band of Umpqua Tribe of Indians**

*Other Oregon partnering Tribes include:*

**Burns Paiute Tribe ~ The Confederated Tribes of the Umatilla Indian Reservation ~  
The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians ~ Confederated Tribe of Siletz  
Indians ~ Confederated Tribes of Warm Springs ~ Coquille Indian Tribe  
~ Confederated Tribes of Grand Ronde ~ The Klamath Tribes**



**April 18-19, 2023**  
**Seven Feathers Casino Resort**  
**146 Chief Miwaleta Lane**  
**Canyonville, OR 97417**

**Please come and join other caregivers of native elders and relative caregivers of children from Northwest Indian communities in this two-day event. You will have the opportunity to attend valuable workshops that enhance your caregiving skills and give you a break from your daily responsibilities.**

**Look for registrations coming out early February 2023**

Seven Feathers Casino Resort has a limited number of rooms blocked for this event at \$ 110 + tax per night call -1-888-677-7771

To book your reservation and let them know you are with the NCC Group

For more information call – Sophia Gosselin at 541-492-5230

**\*\*\*Vendors, please contact Suzy Deeds at 503.304.3429 or [suzy.deeds@nwsds.org](mailto:suzy.deeds@nwsds.org)\*\*\***

## **MARCH AWARENESS: Spotlight on the Oregon Medicaid Program**

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Oregon’s **State Plan Personal Care Program (SPPC)** provides in-home personal care assistance for elderly (65+) and individuals with disabilities (18+) who require assistance with **activities of daily living** (ADLs) and **instrumental activities of daily living** (IADLs) in order to live independently. ADLs and IADLs are activities such as bathing, personal hygiene, dressing, transitioning (i.e., from the bed to a chair), preparing meals, and light housecleaning. Assistance may be hands-on, verbal reminders and prompts is beneficial for persons with cognitive impairments, i.e., Alzheimer’s disease or Dementias.

The participant can receive assistance via a home care agency or directing their own care. The participant self-directed care means they are responsible for finding, hiring, managing, scheduling, and firing their own caregiver, which SPPC calls a “Homecare Worker”. Friends and relatives can be hired as a homecare worker; however, a spouse cannot be hired to provide care.

Participants who cannot self-direct their own care can elect a Representative, i.e., a family member or friend, to do so on their behalf. A Representative cannot also be the “Homecare Worker” (a paid caregiver).

Participants can reside in their own home or the home of a friend or family member. They cannot live in an adult foster care home or an assisted living residence or facility. SPPC is an entitlement program. There is never a wait list to receive personal care assistance via this program.

The State Plan Personal Care (SPPC) Program is a regular state Medicaid program. Sometimes, **SPPC is called PC20**, which stands for Personal Care 20 hours / month. Medicaid in Oregon is called the Oregon Health Plan.

### **Benefits of the State Plan Personal Care Program**

Program participants can receive up to 20 hours per month of personal care assistance. List of activities that might be provided:

- |                                                                         |                                              |                                                                                            |
|-------------------------------------------------------------------------|----------------------------------------------|--------------------------------------------------------------------------------------------|
| ✚ Cognitive Assistance<br>– i.e., making decisions, memory, orientation | laundry, taking out the garbage              | washing hair, dressing                                                                     |
| ✚ Delegated Nursing Tasks                                               | ✚ Toileting / Bowel or Bladder Care          | ✚ Medical Appointment Assistance – i.e., scheduling appointments, arranging transportation |
| ✚ Health Status Monitoring                                              | ✚ Meal Preparation                           |                                                                                            |
| ✚ Homemaker Services<br>– i.e., housecleaning,                          | ✚ Medication / Oxygen Management             |                                                                                            |
|                                                                         | ✚ Mobility / Transfer / Repositioning        |                                                                                            |
|                                                                         | ✚ Personal Hygiene – i.e., bathing, shaving, |                                                                                            |



To apply for SPPC, Elders and Disabled Adults should contact the Northwest Senior & Disabilities Services (Marion County) or call the Oregon Department of Human Services at **1-800-282-8096**. Individuals can also contact the Aging and Disability Resource Connection (ADRC) of Oregon at **1-855-673-2372**. [Department of Human Services \(ODHS\)](#) Office administers the State Plan Personal Care Program.

**Oregon Health Plan Plus and Medicaid Eligibility (see links):**

<https://www.medicaidplanningassistance.org/oregon-state-plan-personal-care>

<https://www.medicaidplanningassistance.org/in-home-care/>

Contact your local Job Development Specialist for more information on this program:

**Makayla Jackson, Job Development Specialist**

Eugene Area Office

2468 W. 11th Ave., Eugene, OR 97402

**541-484-4234, ext. 1752**

**Tamra Russell, TSS2/Job Development**

Portland Area Office

12790 SE Stark Street, Suite #102

Portland, OR 97233

**503-238-1512, ext. 1411**

**Jamie Bokuro, SSP/477 Job Development Specialist**

Siletz Area Office

201 SE Swan Ave. PO BOX 549

Siletz, OR 97380

**541-444-8213**

**Toni Leija, Job Development Specialist**

Salem Area Office

3160 Blossom Dr. NE, Suite #105

Salem, OR 97305

**503-390-9494, ext. 1861**



# **COUNSELING SERVICES**

**Mental health counseling services  
At the Eugene Area Office EAO  
All Tribes Welcome**

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**Virtual & In-Person Sessions Available  
2468 W. 11<sup>th</sup> Ave.  
Eugene OR 97402**

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**Please contact us for more information:**

**Ro Zientara LPC  
rzientara@ctsi.nsn.us  
At: 541.270.6219**

## USDA distribution dates for March 2023

### Siletz

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

### Salem

|           |                        |                     |
|-----------|------------------------|---------------------|
| Monday    | March 13 <sup>th</sup> | 1:30 – 6:30 p.m.    |
| Tuesday   | March 14 <sup>th</sup> | 9 a.m. – 6:30 p.m.  |
| Wednesday | March 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  
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.

**EUGENE AREA OFFICE**

# **BINGO** *night*

**Join us for a night of BINGO, pizza, and  
a whole lot of fun!**

**March 16th from 5 to 7pm  
at the Eugene Area Office**

**2468 W. 11th Ave. Eugene, OR 97402**

**\*\*\*Please note that masks are required in the Area office**

**RSVP by March 10th**

**by calling the Eugene Area Office  
at (541) 484-4234**



# March 2023

| Mon. | Tue.                                                                             | Wed.                                           | Thu.                                             | Fri. | Sat.                                           | Sun. |
|------|----------------------------------------------------------------------------------|------------------------------------------------|--------------------------------------------------|------|------------------------------------------------|------|
|      |                                                                                  | 1<br>Drum making class<br>5-8:30 pm            | 2<br>Ongoing conversation zoom<br>5 pm           | 3    | 4<br>Immersion conversation hour<br>12 pm zoom | 5    |
| 6    | 7<br>Beginning conversation 1<br>5pm<br>Beginning conversation 2<br>5:45 pm zoom | 8                                              | 9                                                | 10   | 11                                             | 12   |
| 13   | 14<br>JOM parent committee 6 pm zoom                                             | 15<br>Virtual culture night: Hazel<br>6pm zoom | 16<br>Elders bead group 10 am<br><br>Bingo 5-7pm | 17   | 18                                             | 19   |
| 20   | 21                                                                               | 22                                             | 23                                               | 24   | 25                                             | 26   |
| 27   | 28                                                                               | 29                                             | 30                                               | 31   |                                                |      |
|      |                                                                                  |                                                |                                                  |      |                                                |      |

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

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Eugene Area Office  
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Eugene Oregon 97402

**Beginning April 1st, 2023 all area office newsletters will be combined into one digital newsletter. You can view the digital newsletter on the CTSI website under News and Events. To keep paper costs down and to lighten our carbon footprint, we will no longer be mailing out paper versions of the area office newsletters.**