

Area Office Newsletter and Events

Eugene • Portland • Salem • Siletz

Public Information
Department

P.O. Box 549
Siletz, OR 97380-0549

Phone: 541-444-8291

E-mail: pias@ctsi.nsn.us

April 15 - May 15, 2023

All news & events

Temporary Tribal Student Assistance Program (TTSAP)

The Siletz Tribal Housing Department's Temporary Tribal Student Assistance Program (TTSAP) will be accepting applications for the 2023-2024 academic year beginning May 1, 2023.

Program Information:

- The TTSAP assists Tribal Students who will be attending a college, university, vocational or trade school.
 - The TTSAP is a time-limited program. Funding is for one academic year.
 - The TTSAP assists students with rent or room and board in a dormitory.
 - The student's share of the rent is thirty percent of their adjusted annual income.
- Important Note: The student might be required to remit a portion of the rent. For example, if a student is working the wages will affect the student's share of the rent.
- Assistance is not transferable.

STHD will be accepting applications starting May 1, 2023 until May 31, 2023. If applications are received after May 31, 2023 they will not be accepted by the Siletz Tribal Housing Department.

To obtain an application please stop by the STHD's office at 555 Tolowa Court, Siletz OR, 97380 or call 1.800.922.1399 x1315, 541.444.8315. Applications can also be downloaded from the Siletz Tribe's website at <http://www.ctsi.nsn.us/>

Cecelia De Anda
ceceliad@ctsi.nsn.us
Rental Assistance Program Coordinator/
Resident Services Advocate

USDA distribution dates for May

Siletz

May 1	9 a.m. – 3 p.m.
May 2	9 a.m. – 3 p.m.
May 3	9 a.m. – 3 p.m.
May 4	9 a.m. – 3 p.m.
May 5	9 a.m. – 3 p.m.

Salem

May 15	1:30 – 6:30 p.m.
May 16	9 a.m – 6:30 p.m.
May 17	Appt only

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

Sammy Hall, USDA Director,
541-444-8279;
sammyh@ctsi.nsn.us
Fax: 541-444-8306 or
503-391-4296

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

LEARN NUU-WEE-YA' (OUR LANGUAGE)

TUESDAYS, APRIL 4-JUNE 13

NEW TIME 6:00 PM-BEGINNING CONVERSATION 1
6:45 PM- BEGINNING CONVERSATION 2

THURSDAYS, APRIL 6-JUNE 15

12:30-LANGUAGE AND LUNCH
5:00 PM-ONGOING CONVERSATION

SATURDAYS 5/6, 5/27, 6/10

NOON-IMMERSION CONVERSATION HOUR

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

POD PEOPLE CLUB



WE WILL PICK A PODCAST TO LISTEN TO AS A GROUP AND MEET UP TO CHIT CHAT

Stay tuned for our link to the first content, and open invitations to our discussion luncheon!

Brought to you by CTSI Health Promotion

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 Provid-

ers 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.

2022-2023 CTSI College Information Nights

Sponsored by the Education Department

6PM VIA ZOOM



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

Apply now for Siletz Tribal Head Start

The Siletz Tribal Head Start program is accepting applications now for the 2022 -2023 school year. We have classrooms in Siletz, Lincoln City, Salem and Portland and offer services to promote children's school readiness skills and to assist families with supporting their child's lifelong learning.

Classrooms are in session Monday - Thursday, we provide roundtrip transportation, and developmentally appropriate activities to promote each child's success. To qualify, children must be age 3 or 4 years of age by the local school districts age cut-off date, and income limits may apply. Head Start applications can be found on the CTSI website, or can be requested by calling 541-444-2450 and asking for Head Start.

YOUTH COUNCIL MEETING

OPEN TO
SILETZ TRIBAL
YOUTH,
AGES 12 - 24

Transportation provided
with prior registration

May 7th, 2023
at 11 AM

AT THE UNIVERSITY
OF OREGON
IN EUGENE

CONTACT YOUR EDUCATION
SPECIALIST TO SIGN UP

Katy Holland
Portland Area
KatyH@ctsi.nsn.us

Jeff Sweet
Siletz Area
JeffS@ctsi.nsn.us

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

Candace Hill
Eugene Area
CandaceH@ctsi.nsn.us

For more info, email
ElizabethM@ctsi.nsn.us

*Filling out an application online at
CTSI website is quick and easy!
<https://www.ctsi.nsn.us/employment-application/>

*Check out job postings online for
possible sign on bonuses offered \$\$
<https://www.ctsi.nsn.us/tribal-employment/>

*Benefits offered: medical,
dental, life, disabilities & more!

CTSI has 10 Open Until Filled Positions

- Transporter On Call – Elders \$\$
 - Part Time – Siletz - \$18.39 p/hr
- Head Start Teacher \$\$
 - Full Time – Salem - \$25.32 p/hr
- Child Development Aide \$\$
 - Part Time – Portland - \$16.45 p/hr
- Vocational Rehabilitation Mgr \$\$
 - Full Time – Siletz - \$32.88 p/hr
- Planner / Grant Writer \$\$
 - Full Time – Siletz - \$30.10 p/hr
- Child Development Aide \$\$
 - Part Time – Salem - \$16.45 p/hr

8 other positions also open and accepting applications for.

ACP Affordable
Connectivity
Program

Save up to \$75 a month on
your internet service bill

The Affordable Connectivity Program (ACP) is a new federal program that helps low income families afford the cost of having internet service at home.

ACP Participants Receive:

- Up to a \$75/month discount if your household is on qualifying Tribal lands
- A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)

Who Qualifies?

There are four ways your household can qualify for the Affordable Connectivity Program (ACP):

- Based on your household income
- If you or your child or dependent participate in certain government assistance programs such as SNAP, Medicaid, WIC, or other programs
- If you or your child or dependent already receives a Lifeline benefit
- You may also qualify for the ACP through a participating internet provider's existing low-income program.

Enroll Today

www.affordableconnectivity.gov

If you or someone in your household participates in one of these programs you are automatically eligible for ACP:

- Supplemental Nutrition Assistance Program (SNAP)
- Medicaid
- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (FPHA)
- Veterans Pension and Survivors Benefit
- Free and Reduced-Price School Lunch Program or School Breakfast Program,
- Received a Federal Pell Grant in the current award year
- Bureau of Indian Affairs General Assistance
- Head Start (only households meeting the income qualifying standard)
- Tribal Temporary Assistance for Needy Families (Tribal TANF)
- Food Distribution Program on Indian Reservations



The Affordable Connectivity Program is administered by USAC with oversight from the Federal Communications Commission (FCC).

STUDENT GRADUATION

STOLE PROGRAM

REQUEST FORMS ARE DUE MAY 31ST

High School through Graduate School



CONTACT AN EDUCATION SPECIALIST FOR AN APP

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

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

Jeff Sweet
Siletz Area
JeffS@ctsi.nsn.us

Candace Hill
Eugene/Out-of-Area
CandaceH@ctsi.nsn.us

Applicants must be an enrolled Siletz Tribal member at time of graduation

CTSI STUDENT LAPTOP STIPEND PROGRAM



2023 Application Period:
June 1st - June 30th

Eligibility:

- Enrolled Siletz Tribal Member and enrolled full/part time college student
- Submit completed application (with required documentation) by the deadline
- Can not have received a laptop stipend within the last 4 academic years

Contact your Education Specialist for an application.

Katy Holland
Portland Area
KatyH@ctsi.nsn.us
503-238-1512

Sonya Moody-Jurado
Salem Area
SonyaMJ@ctsi.nsn.us
503-390-9494

Candace Hill
Eugene/Out of Area
CandaceH@ctsi.nsn.us
541-484-4234

Jeff Sweet
Siletz Area
JeffS@ctsi.nsn.us
541-444-8207

Funding is limited: stipends will be awarded on a first come, first served basis.

Siletz Education Programs Serving Our Tribal Members

Higher Education assists Tribal Members to attend college towards their Bachelors Degree (up to 5 years of educational support funding). Each year the deadline to apply is June 30, 2023.

Applications to apply

for Federal student Aid (FAFSA—required) opens October 1, 2023

Adult Vocational Training Program: Supports Tribal Members for up to two years of specific vocational training.

Adult Education Pro-

gram: For Siletz Tribal Members 16 years or older who are not already enrolled in a formal education program.

This program can assist with GED, certificate and licensing programs, classes and more. The programs primary purpose is to improve

and maintain employment status of all of our Tribal Members. No deadline applies to this.

For more information please contact your area office education specialist, or visit our website, ctsi.nsn.us.

Most requested numbers

Administration -
541-444-2532

Purchase/Referred Care -
541-444-1236

Community Health Clinic -
541-444-1030

Siletz Behavioral Health -
541-444-8286

A Perspective on the Workforce of Tomorrow

The Oregon Home Care Commission is committed to creating a hub of homecare workers who can provide in-home care services to the elderly and individuals with disabilities.

The OHCC supports Homecare Workers, Personal Support Workers, and Traditional Health Workers to assist participants and employers by:

- Keeping an up-to-date registry of qualified Personal Support Workers (PSWs), Homecare Workers (HCW) and Traditional Health Workers (THW) in your area.
- Provide in-person or virtual training opportunities
- Serves as the "employer of record" for collective bargaining for these type of care workers who are paid through

public funds

According to global statistics, there are over 600 million people in the world over 60 years of age.

This number is expected to double by 2025 and reach 2 billion by 2050. The aging population is experiencing cardiovascular diseases, diabetes, Alzheimer's disease, pulmonary diseases, and mental health conditions and illnesses associated with old age, cancer, and musculoskeletal problems.

There is currently a shortage of in-home personal support workers in the United States.

The Department of Labor report outlines recommendations: better living wages, improved working condi-

tions, and union representation through oversight by the Oregon Home Care Commission or private in home care Agencies licensed by the state of Oregon.

State expectations and requirements to become a Personal Support worker:

- Does not require a college degree
- PSW's role is to assist the elderly and mentally ill with activities of daily living and ensure that participants have a good quality of life and live safely in their homes.

A Personal Support Worker's duties depend on the needs of the individuals and can include:

- Care for clients during illness, disability, or recovery after surgery

- Assist with activities of daily living: bathing, dressing, and toileting
- Light housekeeping
- Plan and prepare meals
- Sometimes feeding their clients
- Ensure that clients take their medications
- Assist with shopping for basic daily needs
- Providing guidance in day to day living situations

Training and certification increases a PSW's chances of getting a job. A PSW certificate from the OHCC can boost their job prospects.

State of Oregon: Personal Support Workers (PSW), Homecare Workers (HCW) and Traditional Health Workers (THW).

<https://www.dol.gov/sites/dolgov/files/ODEP/pdf/dsp-recommended-actions-and-report.pdf>

If you're interested in this career or would like more information, then connect your Job Development Specialist regarding the application process to OHCC for trainings/continuing education.

Jamie Bokuro
Siletz Area Office
541-444-8213


Makayla Jackson
Eugene Area Office
541-484-4234 ext. 1752

Toni Leija
Salem Area Office
503-390-9494, ext. 1861

Tamra Russell
Portland Area Office
503-238-1512, ext. 1411

JOM FAMILIES

Follow the CTSI Education department on the CTSI Youth Facebook page and in your local area newsletter for monthly youth program information.



@CTSIYouth

Email your local Education Specialist to be added to our email list:

Portland Area Office Katy Holland 503-238-1512 KatyH@ctsi.nsn.us	Siletz Area Jeff Sweet 541-444-8207 JeffS@ctsi.nsn.us	Salem Area Office Sonya Moody-Jurado 503-390-9494 SonyaMJ@ctsi.nsn.us	Eugene Area Office Candace Hill 541-484-4234 CandaceH@ctsi.nsn.us
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ARE YOU PRE-DIABETIC AND TRYING TO START NEW HEALTH GOALS?

JOIN A PRE-DIABETES GROUP LED BY LIFE COACHES!

If you are interested and live in the Salem, Portland, Eugene or Siletz service areas:

Email KimberlyL@ctsi.nsn.us or call 541-444-9679

Free When You Sign Up!



Run to the 2023 Rogue Update

This year, R2R will take place
October 13th, 14th & 15th

This change is to avoid cancelations
due to wildfire season.

We look forward to seeing you for
Run to the Rogue in October!

Supplemental Education Program or Johnson O'Malley (JOM)

We would like to encourage all of our tribal families with enrolled Siletz children from Pre-K-12 to sign up or our JOM Supplemental Education Program. request and more.

JOM can assist youth to pay for registration for sports, music and/or other activities such as: academic supplies, sport specific shoes of up to \$50 per

The program can also provide school supplies if you have not received school supplies this year.

JOM can also help to purchase cultural supplies.

To digitally fill out an application or to print one visit the CTSI website at, <https://www.ctsi.nsn.us/youth/>

What Is drug addiction?

Addiction is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences.

The initial decision to take drugs is voluntary for most people, but repeated drug use can lead to brain changes that challenge an addicted person's self-control and interfere with their ability to resist intense urges to take drugs.

These brain changes can be persistent, which is why drug addiction is considered a "relapsing" disease—people in recovery from drug use disorders are at increased risk for returning to drug use even after years of not taking the drug.

It's common for a person to relapse, but relapse doesn't mean that treatment doesn't work. As with other chronic health conditions, treatment should be ongoing and should be adjusted based on how the patient responds.

Treatment plans need to be reviewed often and modified to fit the patient's changing needs.

Points to Remember:

- Drug addiction is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences.

- Brain changes that occur over time with drug use challenge an addicted person's self-control and interfere with their ability to resist intense urges to take drugs. This is why drug addiction is also a relapsing disease.

- Relapse is the return to drug use after an attempt to stop. Relapse indicates the need for more or different treatment.

- Most drugs affect the brain's reward circuit by flooding it with the chemical messenger dopamine. Surges of dopamine in the reward circuit cause the reinforcement of pleasurable but unhealthy activities, leading people to repeat the behavior again and again.

- Over time, the brain adjusts to the excess dopamine, which reduces the high that the person feels compared to the high they felt when first taking the drug,

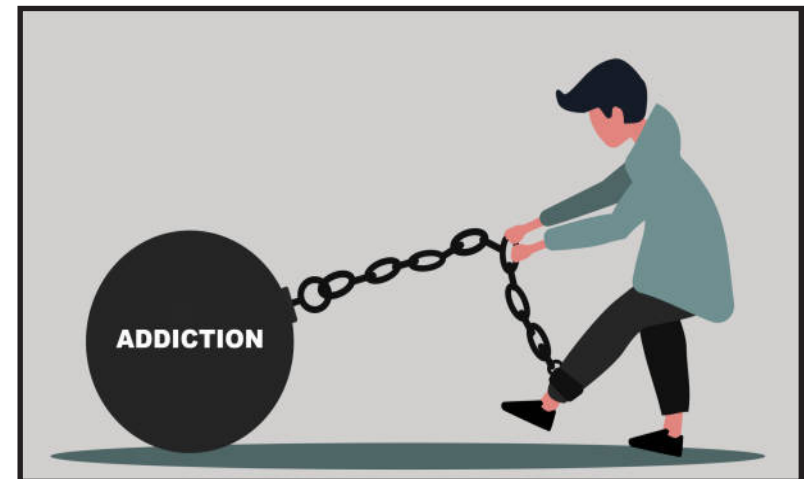
an effect known as tolerance. They might take more of the drug, trying to achieve the same dopamine high.

- No single factor can predict whether a person will become addicted to drugs. A combination of genetic, environmental, and developmental factors influences risk for addiction. The more risk factors a person has, the greater the chance that taking drugs can lead to addiction.

- Drug addiction is treatable and can be successfully managed.

- More good news is that drug use and addiction are preventable. Teachers, parents, and health care providers have crucial roles in educating young people and preventing drug use and addiction.

Source: *National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.*



ON THE JOB TRAINING

477 Self-Sufficiency Program

On the Job Training (OJT) is an incentive-based program for employers to directly hire clients who need additional training/skills to meet the needs of the position.

Employers:

- Hire the client as a regular employee
- OJT reimburses a percentage of the client's initial wages
- Provide training that meets your needs

If you are an employer interested in hosting an OJT placement, please contact your local Tribal office.

Clients:

- OJT provides employers an incentive to hire you
- Gain hands-on experience
- Enhance your skills and employability
- Clients must apply within 7 days of hire

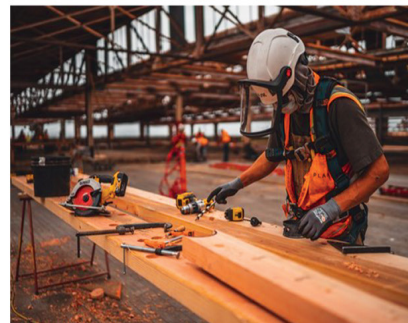
Who can apply:

Enrolled members of federally recognized Tribes or descendants

Confederated Tribes of Siletz Indians:

Siletz Area Office: Jamie (541) 444-8266
Portland Area Office: Tamra (503) 238-1512
Salem Area Office: Angelica (503) 390-9494
Eugene Area Office: Cathy (541) 484-4234

Clients must meet eligibility criteria and services are available on a budgetary basis.



Senate Bill 13: Tribal History/Shared History

The Confederated Tribes of Siletz Indians is releasing curriculum for Oregon K-12 public schools to provide "historically accurate, culturally embedded, place-based, contemporary, and developmentally appropriate" lessons about

Siletz tribal people, history, culture, homelands, and government...

LESSON PLANS

Lesson plans cover a range of subjects and content areas including English language arts, social studies, math, and science. Lessons include information about tribal history, traditional homelands, culture, and art as well as modern tribal government, ecological stewardship, and cultural revitalization.

Questions about
the Lesson Plans?

Drop by weekly virtual office hours with CTSI Culture Staff to discuss any questions about curriculum content

Wednesdays 3:00-4:00,
January 4-June 14

Email culture@ctsi.nsn.us
for login information

K-1st Grade	2nd Grade	4th Grade	5th Grade	6th Grade	8th Grade	9th Grade	10th Grade	11th Grade
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Find lessons at www.ctsi.nsn.us/sb-13-curriculum

CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

April 12 at 6 pm: Maple Bark

May 3 at 6 pm: Spring Foods

June 7 at 6 pm: Nee-dash

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

Siletz Community Health Resource Line

has a new name and phone number
starting June 1st, 2022

541-444-9636

**SILETZ CLINIC
COVID RESOURCE LINE**

**The Confederated Tribes of Siletz
Indians welcomes you back!**

Siletz Elders Honor Day

When: May 3, 2023

Activities 10 a.m. - 3 p.m.

At Chinook Winds Casino Resort

All Tribal Elders, their spouse or care giver, are invited to the Annual Siletz Tribal Elders Honor Day. Join us for some fun and conversations.

Contact Information

Marita "Selene" Rilatos, 541-444-8233

AJ Warren, 541-444-8212

Eugene Area Office News

The Confederated Tribes of Siletz Indians

The Eugene Area Office Staff

541-484-4234

1-800-922-1399

Jessica Hibler

Supervisor: x1751

jessicah@ctsi.nsn.us

Nick Viles

Instructor-Tribal Language/Culture: x1757

nicku@ctsi.nsn.us

Candace Hill

Education Specialist /JOM: x1763

candaceh@ctsi.nsn.us

Jenifer Jackson

Self Sufficiency Counselor II/477SSP: x1755

jeniferj@ctsi.nsn.us

Cathy Ray

Job Development Specialist/477SS:P x1756

catheriner@ctsi.nsn.us

Makayla Jackson

Job Development Specialist

Voc. Rehab: x1752

makaylaj@ctsi.nsn.us

Jamie Boe

Community Health Advocate: x1753

jamieboe@ctsi.nsn.us

Ro Zientara

Mental Health Therapist: x1758

rzientara@ctsi.nsn.us

Robert Jackson

Peer Recovery Mentor: x1764

robertJ@ctsi.nsn.us

Stormie Ehret

Administrative Services Clerk: x1750

stormiee@ctsi.nsn.us

Verdene McGuire

EAO Elders Rep.

udenie101@gmail.com

Vacant, Elder on-call Transport

New Employee Introduction

Hello everyone my name is Robert Jackson, but please call me Robbie. I am currently working for the tribe as a recovery mentor out of the Eugene office.

I was born and raised in Oregon. As a kid my family moved around a lot. I am originally from Portland but now call Cheshire home. I enjoy hiking, fishing, picking mushrooms, and most of all spending time with my wife and daughter.

My philosophy on life is simple love everyone and let God sort out the rest. I am a deeply spiritual person and don't believe in forcing my beliefs on others. If we have not yet met, please feel free to approach me at any time. I look forward to walking this path with you all.



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 p.m. – 4 p.m. Any produce not picked up Tuesday will be available for pick-up Wednesday from 9am-4:00 pm and Thursday 9 a.m. - 4 pm.

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. 11th Ave, Eugene OR 97402

This food is collected and distributed by Food for Lane County through the Trillium Produce Plus program. The Siletz Tribe and FFLC are working in a joint effort to alleviate hunger in our community.

April 22nd, 2023

Alcohol and You

April is alcohol awareness month. We would like to invite you to a presentation on the effects of alcohol addiction in our lives. Whether for yourself, a loved one, or simply to find a better understanding of how historical trauma can shape the future, we hope to share something that will help. Join our new Peer Support Mentor, Robbie Jackson and Community Health Advocate Jamie Boe, as we learn and share resources in a judgement free setting. There will be opportunity to share stories, support each other, and to ask questions. A meal will be provided.

Please call or email to sign up

Robbie Jackson: RobertJ@ctsi.nsn.us

Jamie Boe: JamieBoe@ctsi.nsn.us

541-484-4234

Eugene Area Office

6:00pm – 7:30pm



Jamie Boe, Community Health Advocate Phone: 541-484-4234 Email: JamieBoe@ctsi.nsn.us



Community Health: April 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/>

Autism Awareness Month

Autism Spectrum Disorder (ASD), is a complex, lifelong developmental condition that typically appears during early childhood and can impact a person's social skills, communication, relationships, and self-regulation. The Autism experience is different for everyone. It is defined by a certain set of behaviors and is often referred to as a "spectrum condition" that affects people differently and to varying degrees. While there is currently no known single cause of Autism, early diagnosis helps a person receive resources that can support the choices and opportunities needed to live fully.

Autism Signs & Characteristics

- Repetitive behaviors, movements, or phrases
 - Lack of response to normal stimuli (i.e. his/her name, visual cues)
- Atypical verbal communication or non-speaking
- Difficulty understanding or expressing feelings
 - Avoiding eye contact
- Educate yourself and share resources
 - Take action through advocacy
- Connect to a local Autism Society affiliate
 - Attend an Autism Society event
 - Host a fundraiser
 - Donate, every dollar helps
 - Connect by using the hashtag, #CelebrateDifferences

Tribal members please come join us!

Walking Group

At the Siletz Eugene Area Office
2468 W. 11th Avenue

When: Every Thursday beginning
Thursday, May 4, 2023
(Meet in the front lobby)
Time: 12:15-12:45 p.m.



Walk your way to better health!

Where: Walking path behind the Siletz office. Choose your comfort level. Any pace is the right pace!

We will be walking rain or shine.

Bring a friend!

For more information, you may contact
Jamie Boe at 541-484-4234 or JamieBoe@ctsi.nsn.us

Portland Area Office News



**CHECK OUT OUR SILETZ TRIBAL YOUTH FACEBOOK PAGE.
YOU WILL FIND UP TO DATE ANNOUNCEMENTS AND
NUMEROUS OPPORTUNITIES FOR OUR YOUTH!**

Salem Area Office News

Salem area contact info:

Andulia White Elk

Addictions Counselor, X 1855

AnduliaW@ctsi.nsn.us

Angelica Espino

Self Sufficiency Counselor, X 1853

AngelicaE@ctsi.nsn.us

Antonia Leija

Voc Rehab Counselor/
Job Developer, X 1861

AntoniaL@ctsi.nsn.us

Beverly Owen

Area Office Supervisor, X 1851

BevO@ctsi.nsn.us

Cecilia Tolentino

Community Health Advocate, X1854

CeciliaT@ctsi.nsn.us

Dana Rodriguez

Administrative Services Clerk, X 1850

DanaR@ctsi.nsn.us

Isaac Palomo

Re-Entry Mentor, X 1852

IsaacP@ctsi.nsn.us

Lori Christy

Family Support Specialist, X 1863

LoriC@ctsi.nsn.us

Lydia Kentta

Transporter

Rachel Zinn

Mental Health Counselor, X1864

RachelZ@ctsi.nsn.us

Sonya Moody-Jurado

Education Specialist, X 1856

SonyaMJ@ctsi.nsn.us

Siletz Area Office News

CALLING ALL SILETZ COMMUNITY YOUTH OF ALL AGES!

GAME night



*A night for
Family Fun*



Monday's from 4 pm to 6 pm
Starting February 6, 2023

Location: Siletz Public Library

Variety of Family Board Games Available To Enjoy

To register please contact:

Elizabeth Madden: elizabethm@ctsi.nsn.us

Feel free to bring family, friends,
and community youth of all ages



**ELDER'S
MEDICINE MAKING CLASS!**

May 10th @ 5 PM at
the Recreation
Center

Call 541-444-9679 to sign up
or email Kimberlyl@ctsi.nsn.us

Come make medicine with Kim and Ruby!

SILETZ CARE PROGRAM

*In Person & Virtual
Trauma Recovery
Support Group*

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SELF Curriculum, Art Journals
Vision Boards & Native Medicine

This group is available to anyone age 18 and up who has experienced any form of trauma. We will follow the SELF Curriculum.

This will be a closed group, if you are interested please contact Rachelle
RachelleE@ctsi.nsn.us

**IN-PERSON WEDNESDAYS
AT 1:00PM IN BEHAVIORAL
HEALTH CONF. ROOM**

**VIRTUAL THURSDAYS
AT 5:30PM**



Missing & Murdered Indigenous Persons & Cinco De Mayo Awareness Event.



THE CARE PROGRAM & DIABETES DEPARTMENT ARE INVITING
YOU TO JOIN US ON

MAY 5TH 2023 AT THE SILETZ REC CENTER.

STARTING AT 5:30PM - 8:30PM.

**Traditional Dinners from both Native and Mexican American
Indigenous cultures will be provided.**

Friendship dances.

Activities for the family.

**Information on the history of the MMIWP epidemic with
our Native and Mexican indigenous peoples.**

RAFFLE TICKET FOR EACH PERSON AT THE DOOR

EVENT IS FREE TO THE PUBLIC

**Please contact Rachelle Endres at rachellee@ctsi.nsn or at
(541) 444-9638 for further information.**