

Address: 2468 West 11<sup>th</sup> Avenue Eugene OR 97402 Telephone: 541-484-4234 Fax: 541-484-4583  
The Confederated Tribes of Siletz Indians

# The Eugene Area Office Newsletter

## April 2016

Office hours: Monday through Friday, 8:00 - 4:30

OPEN THROUGH LUNCH HOUR

### Nuu-wee-ya' (Our Words)

Introduction into the Athabaskan Language  
Open to all Tribal Members of all ages

#### Location, Dates, times:

Siletz Community Center	Monday	April 4 <sup>th</sup>	6:00 - 8:00pm
Eugene Area Office	Tuesday	April 5 <sup>th</sup>	CANCELED
Portland Area Office	Monday	April 11 <sup>th</sup>	6:00 - 8:00pm
Salem Area Office	Tuesday	April 12 <sup>th</sup>	6:00 - 8:00pm

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our Ancient Languages. For more information call:

Bud Lane at the Siletz Cultural Department at (541) 444-8320 or 800-922-1399 ext. 1320; or email [budl@ctsi.nsn.us](mailto:budl@ctsi.nsn.us)



**We are here to help you with your concerns and answer your questions. However:**

Persons under the influence of drugs or alcohol are not permitted on CTSI property or at Tribally sponsored activities.

Physical or verbal abuse, harassment, the use of foul language or intimidation will not be tolerated.

Threatening phone calls are reported immediately to supervisors and to the police.

Anyone choosing to exhibit any of the above behaviors may be refused services and, when warranted, will be asked to leave premises.

**Thank you for your cooperation...**  
**Tribal Administration**

### Siletz/Eugene A/O Activities Closures

- \*April 1 - May 2 Application for Temporary Student Housing
  - April 4<sup>th</sup> Language Class 6-8
  - \*April 21<sup>st</sup> Diabetes Support Group 6-8
  - April Thursday's Diabetes Prev Classes 2:30-4
- \*See Flyers for information on activities

### **!!MAIL ORDER SERVICE AVAILABLE!! 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

### **Tribal Children Need Foster Parents**

Do you value Siletz Tribal Native culture and want to help preserve it? If so, please consider Fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas. If you are interested, please contact:

Kelly Miller at (541) 444-8236 or 800-922-1399 ext. 1236; or visit at [www.ctsi.nsn.us/icw.html](http://www.ctsi.nsn.us/icw.html)



### Alcohol and Drug

#### Willamette Family Staff Contact Information

Address: 195 w 12<sup>th</sup> Avenue  
Eugene Oregon 97401  
Downtown location  
Contact: Juli Canizales-Boller or  
Amy Zamudio  
Telephone: 541-762-4300

**2016**

### **EMERGENCY HOUSING ASSISTANCE (EHA)**

**~OPEN~**

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



## Siletz Eugene Area Office

We are looking for someone that would enjoy teaching a crepe paper flower making class.

Please call 541-484-4234, ask for Lou.

Chinook Winds Casino Resort  
Sign up for an electronic newsletter:  
[www.chinookwindscasino.com](http://www.chinookwindscasino.com)

**2015**

### **Low-Income Energy Assistance Program (LIHEAP) 2015/16 OPEN**

**Crisis/ Regular heating  
November**

**Siletz Elders/Disabled  
Siletz Tribal Households**

**~OPEN~**

Please contact Nora Williams-Wood for more information or to make an appointment:  
541-484-4234 or 1-800-922-1399 ext 1750

### **Notary Public (Free Service)**

**Call to set up an appointment**

**Contact: Nora Williams-Wood,**

**Siletz/Eugene Area Office**

**541-484-4234 or 1800-922-1399 Ext. 1750**

**(Please make sure document is completely filled out do not sign. Current ID required)**

### **Email Reminders**

**If anyone would like reminders of special meetings, cultural classes or special events, etc at Eugene Area Office, please contact Nora to be put on email list or email me.**

**(541) 484-4234 or email: [noraw@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)**

### **Lane County Veterans Service Office**

Providing services: to Veterans, dependents and their survivors. Providing advocacy and facilitating access to benefits including for Disability compensation, Widows/Survivors Benefits, Non-Service Connected Pensions, Education benefits, and access to VA Medical services.

Address: 165 E 7<sup>th</sup> Avenue, Suite 200 Eugene Oregon 97404

Telephone: (541) 682-4191

Website:

<http://www.lanecounty.org/HSC/veteranservice.htm>

### **Oregon Telephone Assistance Program**

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>

Can fill out online or mail in if you or know someone who receives:

Food Stamps, TANF, SSI or OHP they may be eligible for a reduction on their telephone bill.

# Siletz Tribal Youth Council Meeting



## **Youth Council Objective:**

The objectives of this group shall be to provide a collective voice and represent the tribal youth in all matters that concern them; to serve as a means of mobilizing and coordinating the actions of youth, other community members and organizations toward positive goals; to promote the development of future tribal leaders; to help solve problems facing tribal youth; to coordinate school and community service projects and provide opportunities for the youth to interact for fun and fellowship.

**Date:** Saturday, April 16th, 2016  
**Time:** 11am Youth Council Meeting  
Executive Board Elections  
1pm Lunch  
2pm Beach Cleanup Service Project  
4pm Depart Lincoln City  
6pm Area Offices arrive home  
**Location:** TBA, Lincoln City

## **Youth bring:**

Attire for beach cleanup (rain or shine)  
Rain jacket  
Old shoes or rubber boots  
Towel  
Change of Clothes  
Bucket  
Sifting tool to collect small plastic pieces (Colander or cat litter scoop)  
Water bottle

**Lunch will be provided**  
**Parents/Guardians are welcome to attend with youth**

## **Transportation:**

Youth are carpooling from area offices. Contact us as soon as possible if you need help with finding transportation.

## **Area Office Contact Numbers:**

**Portland:** Katy Holland (503) 238-1512  
**Salem:** (503) 390-9494  
**Eugene:** Nora Williams or Nick Sixkiller (541) 484-4234  
**Siletz:** Sharla Robinson 541-270-3212 or Selene Rilatós 541-444-9618



## 2016 College Students Summer Internship Program

Students attending college can apply for the Tribe's 2016 College Students Summer Internship Program. To be eligible you must be at least a half-time student and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager Bonnie Petersen or the Education Specialists at any tribal Area Office to request an application.

This program assists tribal students with locating internship placements to gain work experience in their field of study. There are nine slots available for 2016. Students may work up to 368 hours at minimum wage and can be placed within or outside of the Tribe. 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, but must be completed by September 30, 2016.

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

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

Fax: 541-444-2307  
E mail: [collegeinterns@ctsi.nsn.us](mailto:collegeinterns@ctsi.nsn.us)

Deadline for applications to be received at the Siletz Central Administration building is **4:30pm on April 29, 2016.**



### **Temporary Tribal Assistance Program "TTSAP"**

The Siletz Tribal Housing Department's Temporary Tribal Student Assistant Program (TTSAP) will be accepting applications for 2016-2017 academic year. Applications will be accepted from **April 1, 2016 to May 2, 2016.**

#### 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 from April 1, 2016 – May 2, 2016**

To obtain an application please stop by the STHD's office at 555 Tolowa Court, Siletz OR, 97380 or call 1-800-922-1399 x1322, 541-444-8322. Applications can also be downloaded from the Siletz Tribes website: <http://www.ctsi.nsn.us>

Jessica Garcia

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

Rental Assistance Program Coordinator/Resident Services Advocate





## SILETZ ELDER NEWS

THE SILETZ ELDER HONOR DAY is APRIL 5, 2016. This is the time that we honor our Elders as well as Elders from others tribes that attend this event. This is an all day event with registration and a light breakfast starting around 10:30 am.

The next Introduction to the Athabaskan Language Class at the Eugene Area Office for April 5, 2016 has been canceled. PLEASE NOTE THIS THE SAME DATE AS SILETZ ELDER HONOR DAY

The Elder Council will meet on Saturday, April 9, 2016 from 1:00 pm to 4:00 pm. The meeting will be held in the Aces Room at the Golf Course. All tribal elders age 55+ are invited to attend the monthly Council meeting. If you plan to attend a future Elder Event you will need to call in or sign in at an Elder Council Meeting.

The Chinook Winds Entertainment for April, 2016 is Charley Pride. He will be performing on the 8<sup>th</sup> and 9<sup>th</sup> with shows starting at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

Dani Bliss is teaching a special Diabetes Prevention Class. This class has started and meets every week on Thursdays. Meetings start at 2:30 pm. Contact Adrienne Crookes and let her know that you are interested in attending (541-484-4234).

The regular evening Diabetes Support Class will be held on Thursday, April 21, 2016, from 6:00 pm until 8:00 pm. A light meal is available.

Jim Swanson 541-683-8766

[jimswanson38@comcast.net](mailto:jimswanson38@comcast.net)

Confederated Tribes of Siletz Indians  
Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



*Our home visiting program provides parenting and life skills for successful and positive parenting. We serve native families that are either expecting or have infants under the age of twelve months, continuing through the child's third birthday. We travel throughout the 11 county service areas of the Confederated Tribe of Siletz Indians. The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. We are funded by the Tribal Maternal, Infant, Early Childhood Home Visiting Program (TMIECHV).*

*Family Spirit is Evidence based and culturally sensitive to native families. Parents gain knowledge and skills for their developing infant through 36 months of age. We also focus on goals and healthy living for parents as a support system for the family as a whole. The program consists of 63 lessons over a 39 month period and is divided into six modules. The modules are broken into these categories: Prenatal care (9 lessons), infant care (16 lessons), your growing child (11 lessons), toddler care (9 lessons), my family and me (6 lessons), and healthy living (12 lessons). While this may seem like a big commitment the lessons vary from 30 minutes to 90 minutes and some can be combined together as we work with your schedule. Family Spirit suggests we deliver at least 32 lessons to our families in order for families to benefit from the evidence based curriculum. For the full benefits of the program we would like to provide all 63 to our families. As a thank you for participating in our program we offer some incentives which we will be happy to share with you upon the enrolled in our program.*

*During your participation if you feel like the timeline of lessons is too often we can adjust the home visits to accommodate your schedule while still keeping the programs timeline in mind. We are a voluntary program that delivers home visits in the comfort of the homes of our families. If you would like to get more information and or meet our home visiting staff would love to schedule a home visit to give you a full overview of the program.*

**CONTACT INFORMATION**

**201 SE Swan Avenue, Siletz, Oregon (covering Siletz and the coastal range)**

*Danelle Smith, Home Visitor: (541)-444-9603 or (541) 270-1027*

**2468 W 11<sup>th</sup> Ave., Eugene, Oregon (covering the Willamette Valley area)**

*Jessica Phillips, Program Coordinator/Home Visitor: (541) 484-4234 or (541) 222-9503*

**3160 Blossom Drive NE, Suite 105, Salem Oregon (covering Salem/Portland Area)**

*Lori Christy, Home Visitor: 503-390-9494 x1863*





Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Having your first child brings big changes in your life. The Siletz Home Visiting Program is available to parents who are pregnant or have given birth within the last year. This program is voluntary, and it is free! There are no income requirements.

**The Siletz Home Visiting Program offers:**

- 🌸 The latest information about how babies grow, develop and learn both physically and emotionally;
- 🌸 Ways to bond with your baby;
- 🌸 Information about how to keep your family healthy;
- 🌸 Tips for parents about infant sleep, play, attachment, and many more;
- 🌸 Information about other community resources, like breastfeeding support and car seat installation;
- 🌸 Culturally sensitive needs of families; and
- 🌸 Home visits for parents and their children.

If you are interested in hearing more about the Siletz Home Visiting Program in your community, please complete the information below. Someone from the Siletz Home Visiting Program will contact you!

<input type="checkbox"/> <b>Self-Referred</b>
Person making referral: _____ Date: _____
Agency: _____ Phone: _____
Name: _____
Home phone: _____ Cell phone: _____
Address: _____
City: _____ State _____ Zip Code: _____

Please mail or fax completed form to:  
2468 W 11<sup>th</sup> Avenue • Eugene OR 97402  
FAX: (541) 484-4583  
Call (800-922-1399) ext. 1752 or local (541) 484-4234  
to learn more about the Siletz Home Visiting Program



# **SUPPLEMENTAL EDUCATION NEWS**

**NICK SIXKILLER**

**EDUCATION SPECIALIST**

**Phone: 541 484 4234 fax: 541 484 4583 e-mail: nicks@ctsi.nsn.us**

## **JOHNSON O'MALLEY PROGRAM**

*The JOM program is for American Indians enrolled in a federally recognized Tribe, or proof of at least one quarter total Indian blood, and attending a public school in grades pre-school through the twelfth grade.*

### **Activity Night Tuesday April 19th**

The JOM Program will be hosting a drum stick class on April 19<sup>th</sup>, 2016 at the Siletz Eugene Area Office. The workshop will begin at 5PM with all participants expected to be on time and will conclude at approximately 7 PM. Students will learn to construct quality drum sticks for hand drums and Pow wow drums. All materials will be supplied for JOM eligible students. All students ten years and younger are required to be accompanied by an adult. Registration is required with April 15<sup>th</sup> being the deadline for registration. Please contact Nora Williams-Wood or Nick Sixkiller at the Eugene Area Office to sign up.

### **Adult Education: Helps fund GED, Training Courses, and Skill Building Classes**

#### **Who is eligible?**

Adult means an individual who has attained the age of sixteen or is beyond the age of compulsory school attendance under State or Tribal law and not currently enrolled in a formal secondary or post-secondary educational program.

If you have not yet obtained a GED, please call for information on how to achieve this important goal.

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**Turbo tax 2015 is available for your use at the Eugene Area Office.  
Check in with our receptionist, Nora Williams-Wood**

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### **Adult Vocational Training**

The purpose of the Adult Vocational Training program is to assist enrolled Siletz tribal members in acquiring training and job skills essential for full time satisfactory employment. This program provides funding for up to two years for specific vocational training. This program offers an excellent opportunity to acquire a degree from a community college.

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#### **Who is Eligible to apply for Adult Vocational Training**

All applicants will be enrolled tribal members and reside within the eleven county service area of the Confederated Tribes of Siletz Indians.

Eligible tribal members shall be 18 years of age. High school graduates are eligible at 17 years of age.

Applicant must be in need of training to obtain reasonable and satisfactory employment or be under employed and lack of additional training would result in extreme hardship for the applicant, and in need of financial assistance to pursue training.

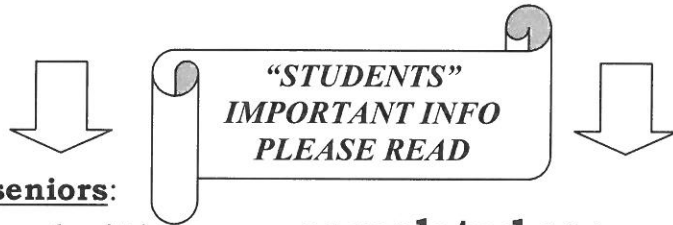
Only those applicants who declare a desire and intent to accept full time employment as soon as possible after completion of training will be selected. The intent of the training program is preparation for employment and this must be the initial intent of program participants.

**READ A BOOK, READ THE NEWSPAPER, READ, READ, READ!!!**



## **HIGHER EDUCATION PROGRAM**

“Siletz Tribal Members are encouraged to continue their education beyond high school to increase employment opportunities in the professional fields and to develop leadership qualities”.



### **Returning students and high school seniors:**

**June 30<sup>th</sup>, 2016** is the deadline for submitting your **completed** higher education application to your respective education specialist for school year 2016/2017. Applications **POST MARKED LATER THAN JUNE 30<sup>TH</sup> 2106** will not be considered for a Tribal Scholarship. If you are in need of assistance, please do not hesitate to contact Nick Sixkiller at the Eugene Area Office.

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For more complete information or to request an application on any of the education programs, please contact the Education Specialist in your area. Contact Nick Sixkiller at 541-484-4234 for the Lane, Linn and Benton county service areas. My office hours are 8:00 AM – 4:30 PM Monday through Friday.

### **FULL TIME STUDENT RESPONSIBILITIES**

1. All full-time students are required to file the Free Application for Federal Student Aid (FAFSA) by January 31<sup>st</sup> each year. A copy of your FAFSA Award Letter must be submitted to your respective Education Specialist along with your completed Tribal application. Online; at [www.FAFSA.gov](http://www.FAFSA.gov). Applicants who neglected to file for 2015/2016 FAFSA by January 31, 2015 will not be considered for a Tribal scholarship for the 2015/2016 school year.
2. Students, not the school, are responsible for having their grade reports and class schedules sent to their respective Education Specialist as soon as they become available at the completion of each term/semester.
3. All full-time students must maintain at least a 2.00 GPA and complete a minimum of 12 credit hours per term/semester.
4. Students who do not meet the minimum academic requirements will be placed on academic **probation**. Full time students who are placed on **probation status** and do not meet the minimum standards of a 2.00 and 12 credit hours in their following full-time term may be placed on Suspension status.
5. **NO TRIBAL AWARD WILL BE MADE UNTIL GRADE REPORTS/TRANSCRIPTS HAVE BEEN SUBMITTED TO THE EDUCATION SPECIALIST.**

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**A GOOD EDUCATION IS THE KEY THAT WILL UNLOCK MANY DOORS FOR YOU**

**MANY OPPORTUNITIES WILL COME YOUR WAY WITH A QUALITY EDUCATION**

**THERE IS POWER IN KNOWLEDGE**

# 477 Self-Sufficiency Program

Jenifer Jackson, Tribal Services Specialist  
Sheila Solis, Tribal Services Specialist

The Confederated Tribes of Siletz Indians 477 Self-Sufficiency Program offers Work-Experience (WEX), On-the-Job Training (OJT), Classroom Training (CRT) and Direct Placement (DP) services to eligible clients. If you are interested in any of the above programs please contact Jen or Sheila to schedule an appointment.

**TSS staff administrative hours**  
**Monday through Friday**  
**8:00am - 9:30am**

Phone calls will be passed to their voice mail during this time unless previous arrangements have been made.

#### Phone Messages:

As a reminder when you leave a phone message please leave your name and number, SSP staff will return your call as soon as they are able, unless you are experiencing an emergency and arrangements can be made to assist you.

#### Long Distance Calls:

You may now reach SSP staff through the 1-800-922-1399 number, please ask to be transferred to the EAO or staff directly to extension 1755 for Jenifer or extension 1756 for Sheila. You can leave messages directly on their voicemail.

Please remember that 477-SSP staff may be out of the office at other times than listed above to meet with employers, complete home visits, client support services, etc... so please call to schedule an appointment.

#### Schedules:

Jen's hours: **M-F 8:00-4:30pm**  
**General Assistance and TANF**

Jenifer will be **OUT** of the office:  
**\*Jenifer – April 28<sup>th</sup> PM, 29<sup>th</sup>**

Sheila's hours: **T-F 8-4:30pm**  
**Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services**

Sheila will be **OUT** of the Office:  
**\*Sheila – April 1-6**

\* Lou Carey will be available to assist clients with some needs when Jenifer and Sheila are out.

**Clients are required:**  
**To meet with Tribal Services Specialists each month**  
**You will need to call and set up an appointment**



## WEX/Grant Assistance Dates to remember in April 2016

Friday	April 1 <sup>st</sup>	TANF/GASA/Card day
Friday	April 1 <sup>st</sup>	April Fool's Day
Tuesday	April 5 <sup>th</sup>	EAO Language Class 6-8pm
<b>Tuesday</b>	<b>April 5<sup>th</sup></b>	<b>Self-Sufficiency documentation due</b>
Thursday	April 7 <sup>th</sup>	Diabetes Prevention Class 2:30-4pm
Friday	April 8 <sup>th</sup>	WEX Payday
Tuesday	April 12 <sup>th</sup>	WEX Time sheets due
Thursday	April 14 <sup>th</sup>	Diabetes Prevention Class 2:30-4pm
Thursday	April 21 <sup>st</sup>	Diabetes Prevention Class 2:30-4pm
Thursday	April 21 <sup>st</sup>	EAO Diabetes Support Class 6-8pm
Friday	April 22 <sup>nd</sup>	Wex Payday
Saturday	April 23 <sup>rd</sup>	First Aid/CPR Class 10-3pm
Tuesday	April 26 <sup>th</sup>	WEX Time Sheets Due
Thursday	April 28 <sup>th</sup>	Diabetes Prevention Class 2:30-4pm

**\*All CRT and childcare timesheets are due a day early the week before a holiday\***

**Services available to all enrolled federally recognized tribal members and descendants:**

### **Classroom Training (CRT)**

**CRT** services are available for Vocational Training, GED completion, a term of Higher Ed. If you are interested in utilizing CRT services, please contact Sheila Solis to schedule an intake appointment.

### **Direct Placement**

**DP** is available to any tribal member who has obtained full time employment and applies within seven days of the hire date. Service provides clothing and tools necessary for work.

### **On-the-Job Training (OJT)**

**OJT** is available to any tribal member seeking employment. It is a reimbursement to an employer for half of a hired employee's wages, up to \$4,500.00 or 6 months, whichever comes first.

### **Work Experience (WEX)**

**WEX** can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage. Contact Sheila Solis for more details.



# Tribal Youth Programs

## CTSI 477 Self Sufficiency Program

Open to all income eligible American Indians, Alaskan or Hawaiian Natives, and descendants ages 14 to 24

### **Summer Youth Employment:**

\$9.25 per hour employment program to develop skills and experience at a local worksite

### **Summer Youth Education:**

\$7.00 per hour to attend summer classes so you can graduate on schedule



**CONFEDERATED TRIBES  
OF SILETZ INDIANS**

Contact Sheila Solis to  
apply or to obtain more  
information.

541-484-4234

2468 W 11th Ave  
Eugene, OR 97402

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**Accepting applications May 1st through June 15th**





**Want help getting a job? Do you have a diagnosed disability (IEP or 504)?**

**You could be eligible for STVRP services.**

**Steps in working with  
Siletz Tribal Vocational Rehabilitation Program:  
(STVRP)**

**Step 1:** Establish contact with the STVRP Counselor assigned to your school and schedule a meeting. Your first meeting with a STVRP Counselor will be to gather information about you, your needs, and to discuss whether the STVRP fits for you. If the program is for you.....

**Step 2:** Sign an application and a STVRP Counselor will determine whether or not you're eligible for services by talking with you about your needs, your disability, and what barriers you have as a result. They may also need to do some additional testing and will read through your school records.

**Step 3:** Once you're eligible, you'll meet with your STVRP Counselor to discuss your goals and plans for employment. STVRP Counselors can provide guidance and counseling to students who need help determining their goals or plan for what they want after high school.

**Step 4:** You'll also work with your STVRP Counselor to discuss the impact of your barriers as you work to reach your employment goals and determine what services are necessary to help you reach your goals.

You can get the help you need, schedule your appointment today!

**How to contact STVRP:**

1-800-922-1399 (Siletz Office)

503-390-9494 (Salem Office)

# Siletz Tribal Vocational Rehabilitation Program

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The Siletz Tribal Vocational Rehabilitation program (STVRP) is here to assist **members of any federally recognized Tribe** (living within the Siletz Tribes service area) with overcoming impediments to employment. We work with a diverse population of individuals who have disabilities ranging from cognitive impairments to physical limitations.

If you have a documented disability that creates limitations or prevents you from doing the work you desire or are qualified for we would like to assist you. We can assist with obtaining and maintaining employment and developing skills. We focus on motivation, identifying your abilities, skills that lead to successful employment and the development of self advocacy.

You should have a strong desire to work and be willing to work collaboratively with STVRP staff to provide you with the services needed to overcome your disability. Your personal goal should be self sufficiency and to live a healthy sustainable lifestyle.

The STVRP also assists transitioning students with disabilities. The ideal age for a student to start working with VR is two to three years before graduation, until the age 22, or graduated from high school. Our program can provide vocational guidance and counseling; assist with identification of employment goals; employment retention; and advocacy within the academic environment. Students with a documented disability or who are on an "Individualized Education Plan- IEP" or on a "504 Plan" are encouraged to participate in the STVRP.

Examples of SERVICES PROVIDED by STVRP:

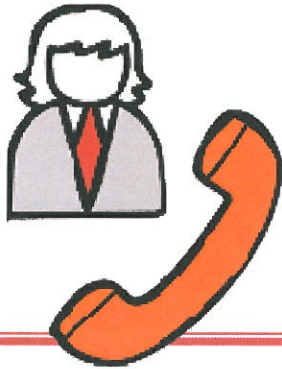
- Guidance and Counseling
- Referral to Services
- Employment Services
- Portfolio Building, Resume Writing, Interviewing Techniques, Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment

For more information about the STVRP, please inquire at 1-800-922-1399. We also maintain resource and employment boards so please stop by if you're interested. You can speak to any of the VR staff: **In Salem Office** - Dana Rodriguez (Program Aide); Angie Butler (Program Director).





# Siletz Community Health



## Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Siletz Contract Health	1-800-628-5720
Siletz Behavioral Health	1-800-600-5599

**Siletz Contract Health registration forms and Chemawa Indian Health Center applications** are available at the Eugene Area Office. If you have questions regarding eligibility for services, you may contact:

**Adrienne Crookes  
Community Health Advocate  
541-484-4234**

## Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

You may qualify for the Oregon Health Plan! OHP provides health care coverage to eligible, low income Oregonians. If you would like to apply, you may stop by and pick up an application, or apply online at [OregonHealthCare.gov](http://OregonHealthCare.gov)  
Telephone 1-800-699-9075

We are here to assist you with any questions that you may have about OHP.

**Contact Adrienne Crookes,  
Community Health Advocate, at 541-484-4234**

## Siletz Mail Order Pharmacy

If you need a prescription refill, 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 to mail it to you.

Call **1-800-648-0449** and enter **ext 1624**. Follow the voicemail instructions. If you need assistance, you may call Adrienne Crookes, Community Health Advocate at 541-484-4234



# Siletz Community Health

## Blood Pressure Screenings



At the Siletz Eugene Area Office

Have you had your blood pressure checked lately?  
High blood pressure puts you at risk for heart attack,  
stroke, and other health problems.

Feel free to come in and get it checked.

To make an appointment with Adrienne Crookes, CHA,  
call 541-484-4234.



## Bicycle Helmets

Are available at the Eugene Area Office

Parents, protect your little ones! Siletz household member children who are between the ages of 3-17 are eligible to receive a free helmet. Children who are not the legal dependents are not eligible for this service. Youth are encouraged to take care of their helmet and to return for a new one every other year or earlier if they:

- 1.) Need a larger size
- 2.) Sustain a fall that causes the helmet to hit the ground.

To be fitted for a helmet you may contact Adrienne Crookes, CHA, at 541-484-4234

## Attention Tribal Parents and Child Care Givers!

Did you know 3 out of 4 child safety seats are used incorrectly?



If you are unsure if your child's car seat is installed correctly, you may stop by the Siletz office and have it checked by a CTSI Child Passenger Safety Seat Technician.

Free car seats are available to the legal dependents of Siletz tribal members.

To make an appointment with Adrienne Crookes, call 541-484-4234. She will be available to provide information and assist in properly installing your car seat.



Siletz Tribal Members

*Please Come Join Us!*

# Seed Planting Workshop



Wednesday, April 13, 2016  
1:00 - 2:00 p.m.

At the Siletz Eugene Area Office  
2468 West 11<sup>th</sup> Avenue



The Siletz Healthy Traditions Program is offering a free how-to workshop on seed planting. *Master Gardener, Pat Patterson*, will be here to show and tell you how to start your own vegetable seeds. Learn why it's important to garden, how to start from seed and design your garden, the health benefits of gardening, food safety, and more!

Seeds and soil will be provided, but we have a limited amount of containers, so please bring your own small pots or trays. Recycled food containers can be used, such as yogurt containers, paper towel rolls, egg cartons, aluminum foil pans, clear plastic deli containers (clear plastics serve as mini-greenhouses for seedlings), etc.

Come join the fun and learn how to grow your own vegetable plants!

**To RSVP, or if you have questions, you may contact  
Adrienne Crookes at 541-484-4234.**



Please Come Join Us!!

## *Diabetes Support Group*



**Thursday, April 21st**

From 6:00-8:00 p.m.

At the Siletz Eugene Area Office  
2468 West 11<sup>th</sup> Avenue



Did you know that Native Americans are more than twice as likely to become diabetic than the rest of the U.S. population? Native Americans are more likely to develop complications from diabetes once they have the disease.

Dani Bliss, Diabetes Health Educator with the Coquille Tribe, will be teaching monthly classes. Come learn about modest lifestyle changes you can make to get healthy. Learn about nutrition, exercise, and how to lose weight and keep it off.

**Everyone is welcome! You don't have to be pre-diabetic, or have diabetes, to attend. A light, nutritious meal will be provided.**

For more information you may contact Adrienne Crookes,  
Community Health Advocate, at 541-484-4234



# April is National Distracted Driving Awareness Month

Adrienne Crookes, Community Health Advocate

## Distracted driving is on the rise...and so are deaths.

According to NHTSA (National Highway Traffic Safety Administration) in 2013, **3,154** people were killed, and an estimated 424,000 were injured in motor vehicle crashes involving a distracted driver.

Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds, the equivalent-at 55mph-of driving the length of an entire football field, blind.

### What is Distracted Driving?

Distracted driving is any non-driving activity a person engages in that has the potential to distract them from the primary task of driving and increase the risk of crashing.

Distractions include, talking or texting on a cell phone, grooming, eating or drinking, changing radio stations, or talking to passengers.

### Teens Are At The Most Risk!

Motor vehicle crashes are the leading cause of death for teens in the United States, more than homicide or suicide combined.

The younger, inexperienced drivers under 20 years old have the highest proportion of distraction-related fatal crashes.

Texting while driving is one of the most dangerous of all distracted driving activities, because it takes your hands off the wheel and eyes and mind off the road. Not surprisingly, drivers under the age of 20 text more than any other age group and the numbers are only increasing!











### How Can Parents Help?

- Talk to your teens.
- Set clear "House Rules"
- Remind your teenager that driving is a privilege – a privilege they will lose if they don't drive by your rules.
- Be a good example---show responsible driving behaviors starting when your children are young.



# QUIT LIKE A CHAMPION™

## How does your body recover after smoking ...

- 20 minutes**  Your heart rate and blood pressure drop.
- 12 hours**  The carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months**  Your circulation improves, and your lung function increases.
- 1–9 months**  Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
- 1 year**  The excess risk of coronary heart disease is half that of a continuing smoker's.
- 5 years**  The risk of cancer of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.
- 10 years**  The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.
- 15 years**  The risk of coronary heart disease is that of a non-smoker's.

Source: [cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/guide-to-quitting-smoking-benefits](http://cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/guide-to-quitting-smoking-benefits)

To learn more about getting on track to beat cigarettes, visit [cancer.org/smokeout](http://cancer.org/smokeout) or call us at 1-800-227-2345.





## Elk Tag Opportunity

The Tribal Natural Resources Department will once again be offering a limited number of Landowner Preference (LOP) elk tags to Tribal members for this fall's hunting season. As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres that the Tribe owns, we can get 6 additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags that we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	<b>Tribal Tags</b>	<b>LOP Tags</b>
<b>State Hunting License Required?</b>	No	Yes – Tribal member must purchase both a 2015 and a 2016 State hunting license
<b>Area to be Hunted</b>	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the unit selected during that unit's antlerless elk season. Units available include Upper Siletz, NW Alsea, SW Alsea, SW Alsea Private Lands and West Siuslaw
<b>Eligible for other State elk tags?</b>	Yes	No*
<b>Give tag to another licensed Tribal member to hunt for you?</b>	Yes	<b>No</b>
<b>Application and Selection Process</b>	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP Drawing; if selected apply to State for controlled hunt tag (list LOP unit in LOP section on State controlled hunt application)
<b>Obtain Tag From</b>	Tribe	State – Tribal member must purchase tag
* Note: If you are drawn for an LOP Tag you are still eligible to apply for and be drawn for a Tribal tag.		

Please note that a major difference between the LOP tags and the Tribe's regular tags is that **ONLY** the person drawn for the tag can hunt that tag. **The tag cannot be given to someone else to hunt for you.** Therefore, only those folks serious about hunting this hunt themselves are eligible to apply.

The drawing for the 6 LOP elk tags will be held at the Natural Resources Committee Meeting to be held on April 11<sup>th</sup> at 4:45 PM in the Natural Resources Department Map Room. Applications are available on the Tribal website and at the Tribal Natural Resources Office in Siletz. Completed applications are due in the Natural Resources office by **4:30 PM April 8, 2016**. For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232.

# USDA distribution dates for April 2016

## Siletz

Monday	April 4	9 a.m. – 3 p.m.
Tuesday	April 5	9 a.m. – 3 p.m.
Wednesday	April 6	9 a.m. – 3 p.m.
Thursday	April 7	9 a.m. - 3 p.m.
Friday	April 8	9 a.m. - 3 p.m.

## Salem

Monday	April 18	1:30 – 6:30 p.m.
Tuesday	April 19	9 a.m. – 6:30 p.m.
Wednesday	April 20	9 a.m. – 6:30 p.m.
Thursday	April 21	9 a.m. – 11 a.m.

Many of our clients don't take their crackers because they are not salted or have no flavor. One of our clients does this with the crackers that he receives each month. Now he can't keep enough crackers in the house. Experiment and come up with your own flavors.

### SNACK CRACKERS

1 PACKAGE OF RANCH DRESSING MIX  
RED PEPPER FLAKES (TO TASTE)  
1 SLEEVE CRACKERS  
¼ TO ½ CUP OIL (VEGETABLE, OLIVE OR GRAPSEED)

Put crackers in zip lock bag. Drizzle with the oil and add the powdered ranch dressing mix and red pepper flakes. Seal the bag with some air in it and turn it over until the crackers are coated. Let stand for a day (any longer and they become stale).

You can also substitute garlic powder and parmesan cheese in place of the ranch dressing mix and red pepper flakes. Experiment with your favorite seasonings and enjoy.


Joyce Retherford, FDP Director  
541-444-8393

Lisa Paul, FDP Clerk/Warehouseman  
541-444-8279





# A P R I L 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
	USDA Distribution Siletz 9-3pm  Siletz Language Class 6-8pm	Time Sheets Due by 12pm	USDA Distribution Siletz 9-3pm	Diabetes Prevention Program Classes EAO 2:30-4:00pm	TANF/GASA Check/Card  School Checks Released  <b>APRIL Fools' Day</b>	
3	4	5	6	7	8	9
	USDA Distribution Siletz 9-3pm  Siletz Language Class 6-8pm	USDA Distribution Siletz 9-3pm  477/Self-Sufficiency Documents due  Siletz Elder Honor Day Lincoln City  EAO Language Class CANCELED	USDA Distribution Siletz 9-3pm	USDA Distribution Siletz 9-3pm  Diabetes Prevention Program Classes EAO 2:30-4:00pm	USDA Distribution Siletz 9-3pm  WEX Payday	Elders Meeting 1pm Aces
10	11	12	13	14	15	16
	PAO Language Class 6-8pm	Time Sheets Due by 12pm  Salem Language Class 6-8pm	Seed Planting Workshop EAO 1-2pm	Diabetes Prevention Program Classes EAO 2:30-4:00pm		Youth Council Meeting & Beach Clean-Up
17	18	19	20	21	22	23
	USDA Distribution Salem 1:30-6:30pm	USDA Distribution Salem 9-6:30pm  JOM Drum Stick Class 5-7pm	USDA Distribution Salem 9-6:30pm	USDA Distribution Salem 9-11am  Diabetes Prevention Program Classes EAO 2:30-4:00pm  Diabetes Support Group EAO 6-8pm	WEX Payday	First Aid/CPR Class 10-3:30pm
24	25	26	27	28	29	30
		Time Sheets Due by 12pm		Diabetes Prevention Program Classes EAO 2:30-4:00pm	TANF/GASA Check/Card  School Checks Released	
1	2	3	4	5	6	7



The Eugene Area Office Staff  
541-484-4234 1-800-922-1399  
Lou Carey, Supervisor x1751  
Nick Sixkiller, Education Specialist/JOM x1757  
Jennifer Jackson, Tribal Service Specialist/477SSP x1755  
Sheila Solis, Tribal Service Specialist/477SSP x1756  
Adrienne Crookes, Community Health Advocate x1753  
Jessica Phillips, Program Coordinator/THV x1752  
Nora N Williams-Wood, Secretary x1750  
Gloria Stott, Elders On-Call Transport

The Confederated Tribes of Siletz Indians  
The Eugene Area Office  
2468 West 11<sup>th</sup> Avenue  
Eugene Oregon 97402  
Eugene A/O

April 1 – May 2	Temporary Student Housing Application
April 5 <sup>th</sup>	Language Class 6-8pm
April 21 <sup>st</sup>	Diabetes Support Group 6-8pm
April	Thursday's Diabetes Prevention Classes

Addressee