

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

The Eugene Area Office Newsletter

June 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	June 6 th	6:00 - 8:00pm
Eugene Area Office	Tuesday	June 7 th	6:00-8:00pm
Portland Area Office	Monday	June 13 th	6:00 - 8:00pm
Salem Area Office	Tuesday	June 14 th	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



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 maybe refused services and, when warranted, will be asked to leave premises.

Thank you for your cooperation...
Tribal Administration

Siletz/Eugene A/O Activities Closures

June 1 st	R2R Exercise Challenge Starts
June 7 th	Language Class 6-8
June 10 th	Last Day for Over Income App.
June 15 th	Strawberry Jam Class
June 16 th	Diabetes Support Group 6-8
June 11 th	Elders Meeting Lincoln City
June 21 st	JOM Zoo Trip 7:30 - 4:30pm
June 25 th	Mussel Gathering - Siletz
June 28 th	Tribal ID/Enrollment 1pm - 6:30
June 28 th	EAO Bicycle Rodeo 3-4pm
June 28 th	EAO BBQ 4-7pm

*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:

Alcohol and Drug
Willamette Family Staff Contact Information
Address: 195 w 12th 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

Low-Income Energy Assistance Program (LIHEAP)

2015/16 OPEN

Crisis/ Regular heating

November

Siletz Elders/Disabled

Siletz Tribal Households

~Re-OPEN until funds are exhausted~

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

Chinook Winds Casino Resort
Sign up for an electronic newsletter:
www.chinookwindscasino.com

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 7th 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.



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

2468 11th Ave., Eugene, Oregon (Covering Eugene and surrounding areas)

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

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

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

3160 Blossom Drive NE Ste. 105, Salem Oregon (Covering Salem, Portland and surrounding areas)

Lori Christy, Home Visitor: (503) 390-9494 or (541) 272-2241

Tricia Brown, Home Visitor: (503) 390-9494



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!

Self-Referral

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 11th 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



Tribal Early Learning Initiative- TELI



Our shared vision: Children and families are supported by the community and program services and working together we will ensure children are raised in quality, culturally responsive environments.

Terry Persson, BS
Early Learning Project Manager,
terryp@ctsi.nsn.us phone: 541-444-8332

The focus of the TELI grant is serving pregnant moms and young children through the age of 5. The first steps in the project are:

- Connect with the programs and people do or would like to offer support to pregnant moms and little ones and talk about how we can work together.
- Identify the supports both tribal and community provided in the area, create a resource list, in the process inform those services about each other.
- Increase the communication and connection between programs and individuals whom want to work toward a strong line of service, for this time of life.
- Identify what is happening with tribal services and explore if anything can be added to them to better meet the needs of the Tribal Members.



Please take the time to complete this survey. We need to know what the Tribal Programs know and what they see as their role in making this time in life be healthy and informed. This information will let us see the next steps to take to insure our little ones grow up in a healthy, safe and enriching environment.

Over-Income Grant Program

The Over Income Rehabilitation Construction program funds over- income families with a \$5,000 grant for construction rehabilitation on the primary residence they own.

The Siletz Tribal Council has recently approved an additional 10 grants for this year. Request an application for the additional grants and submit them to the Housing department by the deadline below.

Rehabilitation refers to repairs or renovations to the home, but does not include appliances, saunas, hot tubs, swimming pools, driveways, fences, etc.

Over-Income refers to tribal members whose income exceeds the income limits set by the Native American Housing Assistance and Self Determination Act (NAHASDA). These are listed below.

1	2	3	Base4	5	6	7	8
\$36,848	\$42,112	\$47,376	\$52,640	\$56,851	\$61,062	\$65,274	\$69,485

If you are a Siletz Tribal member and have not received a Down Payment Assistance Grant within the last five (5) years or you have not received an over-income grant, call the housing office to request an application. Applications, including proof of current annual income, enrollment, and proof of homeownership with the Tribal members name on it, must be submitted to the Housing Office **Friday**; June 10, 2016 at 4:30 p.m. Applications received after that date and time will not be accepted by the Siletz Tribal Housing Department. Qualified applicants will be placed in the lottery drawing, which will be held during the month of June on a date approved by the Tribal Council.

If you have any questions, please call Jeanette Aradoz at 1-800-922-1399 ext. 1316 or 541-444-8316.

SILETZ ELDER NEWS

The next Introduction to the Athabaskan Language Class at the Eugene Area Office will be held on Tuesday, June 7, 2016. Classes are held from 6:00 pm to 8:00 pm and begin with a light meal. Class is for basic instruction and a refresher course for more advanced students.

The Elder Council will meet on Saturday, June 11, 2016 from 1:00 pm to 4:00 pm. The meeting will be held in Mikonotunne Room at the Casino. All tribal elders age 55+ are invited to attend the monthly Council meeting. This is an important meeting because we will be discussing changes in the administration of the Elder's Program because of a resignation.

The Elders have planned a trip on the Hood River Gorge Train on Thursday June 16, 2016. This is a one day trip, no Per Diem. You may call the Elder Program for more information

The Chinook Winds Entertainment for June, 2016 is Vince Gill. He will be performing on the 17th and 18st with shows starting at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665. Tanya Tucker will be at the Casino on August 12th and 13th. You may call 90 days before that to request free Elder tickets.

There will be a strawberry jam class Wednesday, June 15th from 9:30 – 11:30 at the Eugene Area Office. So if you would like to learn how to make strawberry jam be please call Adrienne Crookes to sign up for the class at 541 484-4234.

The regular evening Diabetes Support group will be held on Thursday, June 16, 2016, from 6:00 pm until 8:00 pm. A light meal will be available.

We have two (2) BBQs this month. The first is on Thursday 23, 2016. This BBQ starts around Noon and is held at the Community Center in Siletz.

There is a BBQ set for Tuesday, June 28, 2016. This BBQ is provided by the Staff at the Eugene Area Office and it starts at 4:00 pm and end at 7:00 pm. All Elders are invited. This event is for all Siletz tribal members and their families.

Jim Swanson 541-683-8766

jimswanson38@comcast.net



EDUCATION

NICK SIXKILLER - EDUCATION SPECIALIST

*-Higher Education-(HE) -Adult Vocational Training-(AVT)
-Adult Education- -Supplemental Education-(JOM)*

GRADUATES

The Siletz Education Department would like to wish all graduates, from kindergarten through higher education, the best of luck as you start new adventures and milestones in your lives. Becoming well educated, and a graduate, you will affect the lives of many. We are very proud of you.

TYEE

All Siletz Tribal youth ages 14-18 are invited to apply for the Confederated Tribes of Siletz Indians Tribal Youth Education and Employment (TYEE) for summer 2016. TYEE applications will sent to you soon. Keep an eye out for an application in the mail. Work placements will begin on July 5, 2016 or later and continue until the youth has completed the number of hours agreed upon with the Education Specialist. Mandatory orientation will take place the week of July 4, 2016

JOM

Zoo Field Trip

On Tuesday June 21st, 2016 the Eugene Area Office JOM Program is offering a field trip to the Washington Park Zoo for students enrolled in the Siletz JOM Program. Please be prepared for weather changes by bringing appropriate clothing along on the trip. Space is limited so **PRE-REGISTRATION IS REQUIRED** to participate in this very educational field trip. Students are required to be at least 10 years old to ride in Tribal vans without a chaperone. Zoo tickets, snacks and lunch will be provided for all participants. We will be leaving the Eugene Area Office at 7AM and returning at approximately 4:30 PM. **Registration:** Please call Nick or Nora at the Eugene Area Office to register. 541-484-4234. **Deadline for registration is June 15, 2016**

HIGHER EDUCATION

SERVING SILETZ TRIBAL MEMBERS FOR POST SECONDARY EDUCATION

Returning students and high school seniors: Please keep in mind that June 30th 2016 is the deadline for having your completed higher education applications into your respective education specialist for school year 2016-2017. **If you did not submit your FAFSA for 2016-2017 by January 31, 2016, you will be ineligible for a Tribal Higher Education Scholarship for school year 2016-2017.** This policy also applies to Adult Vocational Training students who are, or will be, enrolled in a two year associates degree program.

Monthly funds for Higher Education and Adult Vocational Training students, who qualify, will be available for release on the first business day of the month. No exceptions.

AVAILABLE NOW:

The Art Bensell Memorial Scholarship (\$1,000),
CTSI-Pepsi Craig Whitehead Memorial Scholarship (\$1,000)
Siletz Scholarship (\$500)

Scholarship deadline: June 20th, 2016 please call Nick Sixkiller at the Eugene Area Office for an application or more information.

It is recommended that all students apply for any scholarships that are applicable to your course of study. You can gain valuable information about scholarships by logging onto any of the following web sites:

www.getcollegefunds.com www.osac.state.or.us www.howstuffworks.com/college-financial-aid.htm www.collegeboard.com www.fastweb.com www.free.ed.gov www.college.gov

MAILING ADDRESS UPDATES FOR PER CAPITA CHECKS

The last day to get your mailing address updated in time for your per capita check to be mailed to a new address is **Friday, July 15, 2016** by the end of the business day. Any address changes after that date will affect the mailing of the per capita check, causing a delay in receiving it. Please see the information below about address changes and missing moccasins. For the full policy on regarding per capita checks, please see the Tribal Member Distribution Ordinance on the tribal website www.ctsi.nsn.us under Government Listings > Tribal Ordinances.

IMPORTANT DATES FOR ENROLLMENT ACTIONS

- 5/26/2016 – 6/16/2016: Public posting period for Post #293
- 6/10/2016: Last Day to file a protest for Post #293
- 6/17/2016: Tribal Council Action on Post #293
- 7/15/2016: 3rd quarter deadline for Enrollment Application/Requests

TRIBAL ID MACHINE OUT ON THE ROAD

The Enrollment staff will be at the Area Offices with the ID machine in June. This means ID cards will not be available in the Siletz Administration building on the dates below. The format changed April 1 of this year, so come into an Area Office at the event below get an updated Tribal ID card the same day. Please check your local newsletters or contact the area office to confirm the location and times as the information may change since this publication.

June Diabetic Luncheon:

Portland Area Office - - - the date has yet to be determined, the Tribal ID machine will be there at 11AM

June 23rd: Salem Area Office “Summer Daze” event starts at 3PM at the Salem Head Start classroom

June 28th: Eugene Area Office “BBQ & Bicycle Rodeo”, ID machine will be there at 1PM

ADDRESS CHANGES

If you have recently moved, even if you have a forwarding address on file with the post office, please get your *Address & Contact Information Update* form in as soon as possible. You can get the form on the Tribal website, from any area office or contact the Enrollment Department to have one mailed to you.

As a note, “General Delivery” will no longer be acceptable as a mailing address as it is only temporary and the post office will only hold the mail for a limited time for delivery. We have had a large amount of “General Delivery” mail returned and this is not effective in getting mail to tribal members when we need to. It is much better to rent a post office box if you are not able to use a permanent address somewhere else. If this is a concern for you or someone on the Missing Moccasin list, call 1.800.922.1399 ext. 1258 and we will work with them to figure out a permanent address solution.

MISSING MOCCASINS DO NOT RECEIVE THEIR PER CAPITA CHECKS ON TIME!

If someone does not have a good address on file with Enrollment, that person is considered a “Missing Moccasin.” Please check the list below for anyone you might know. Missing Moccasins do not receive this newsletter, election mail, per capita checks, 1099 forms and other important mail from the Tribe. Are you a parent of a minor tribal member that did not recently receive a statement of their Minor Trust account? It could be that your CHILD is a missing moccasin. Help us find the Missing Moccasins!

As of May 9, 2016 there are 190 adults and 120 children without a good address on file. Only names of Missing Moccasin adults are listed below. Contact via email to angelar@ctsi.nsn.us or via phone to 1.800.922.1399 ext. 1258 if you have an address for someone listed below. If you happen to see them, talk to them, or have them as your friend on social media, PLEASE let them know they need to get their address updated as soon as possible.

**Please call or come in and check to
make sure your address is up to date
541-484-4234**



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

Accepting applications May 1st through June 15th

477 Self-Sufficiency Program

Jenifer Jackson, Tribal Services Specialist
Sheila Solis, Tribal Services Specialist
Stephanie Jackson, Tribal Service Assistant/Temp

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.

Schedules:

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

Jenifer will be **OUT** of the office:

***Jenifer – None**

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 – June – Further Notice**

Stephanie's hours: **M-Th 8:00-4:30pm**
**She will be temping as a Tribal Service
Assistant until further notice**

***Stephanie - None**

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

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.

**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 June 2016

Wednesday	June 1 st	TANF/GASA/Card day
Friday	June 3 rd	WEX Payday
Monday	June 6 th	Self-Sufficiency documentation due
Tuesday	June 7 th	WEX Time Sheets Due
Tuesday	June 7 th	EAO Language Class 6-8pm
Wednesday	June 15 th	Strawberry Jam Class 9:30-11:30am
Thursday	June 16 th	Diabetes Prevention Class 2:30-4pm
Friday	June 17 th	Wex Payday
Tuesday	June 21 st	WEX Time Sheets Due
Tuesday	June 21 st	JOM – Zoo Trip
Saturday	June 25 th	Mussel Gathering Trip Siletz
Tuesday	June 28 th	Bicycle Rodeo/BBQ 3-7pm

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.

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.

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.

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.



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

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.

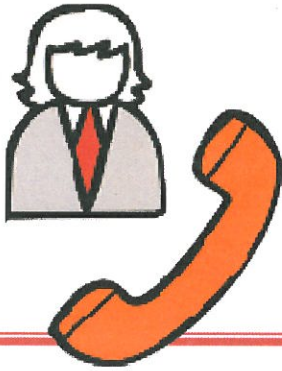
Examples of SERVICES PROVIDED by STVRP:

- 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
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 Diabetes Program

RUN TO THE ROGUE!



Exercise Challenge June 1st – September 1st

The Run to the Rogue is an annual event that commemorates the removal of the Siletz Tribal ancestors from their homeland in the Rogue River country.

Prepare for the Siletz Tribe's run by joining this **13-week exercise challenge**.

Our goal is an average of 30 minutes of activity at least 5 days a week.

Activity could include walking, aerobic dance, basketball, bicycling, circuit training, gardening, kayaking, lawn mowing, running, swimming, water aerobics, weight lifting, hiking, softball, yoga, canoeing, and more!

The final incentive for finishing the 13-week Challenge will be a custom windbreaker.

An information packet and registration materials will be available beginning May 25th at the Eugene area office at 2468 W. 11th Avenue. Call the Siletz office for a packet, or stop by to pick one up.

Call or email your exercise minutes in to Adrienne Crookes *every Monday* at 541-484-4234, or adriennec@ctsi.nsn.us

To avoid injury, you will need to work up slowly. If you have any concerns about your joints (ankles, knees or hips), discuss your exercise plans with your physician. Wear a good pair of sneakers or running shoes. Check with your physician if you experience any pain or discomfort that concerns you.

Have fun, get healthy, and get ready for the Run!

Siletz Tribal Members

Strawberry Jam Class

**On Wednesday, June 15
From 9:30-11:30 a.m.**

**At the Eugene Area Office
2468 West 11th Avenue**



Come join the fun and learn how to make healthy (low-sugar) strawberry jam. We will show and tell you how to make jam and let you participate in the process.

You can take home a finished batch of strawberry jam.

Berries and all supplies will be provided for this class, but we ask you to bring a potato masher to crush your own berries.

Class size is limited to 8 people, so call early to sign up!

**To sign up for this class, please contact
Adrienne Crookes or Nora Williams-Wood at 541-484-4234.**

This class is sponsored by the CTSI Healthy Traditions Program

Please Come Join Us!!

Diabetes Support Group



Thursday, June 16th

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



At the Siletz Eugene Area Office
2468 West 11th 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



Siletz Tribal Youth Please Come Join Us!!



Bicycle Safety Rodeo

**Tuesday, June 28th
From 3:00-4:00 p.m.**

At the Siletz Eugene Area Office
2468 West 11th Avenue, Eugene, Oregon

For kids 6-17 years of age

(Younger children are encouraged to participate if accompanied by an adult.)

Our special guest presenter will be Al Hongo, Community Outreach Coordinator, from Paul's Bicycle Way of Life in Eugene.

Kids will learn about bicycle components, safety, and maintenance.

This presentation is scheduled one hour before our **EAO Barbecue** event.

Food and beverages will be provided.

Please bring your bicycle, helmet and skills!

**If you do not have a helmet, one will be provided to
Siletz Tribal members/legal dependants only.**

You may contact Adrienne Crookes or Nora Williams if you have questions.

541-484-4234

Safety Education – Games – Prizes – Fun – Food – Beverages

Sun Safety

Adrienne Crookes, Community Health Advocate



How Can I Protect My Children From The Sun?

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

- **Seek shade.** UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.
- **Cover up.** When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.
- **Get a hat.** Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.
- **Wear sunglasses.** They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- **Apply sunscreen.** Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, nose, lips, and the tops of feet.

Take sunscreen with you to reapply during the day, especially after your child swims or exercises. This applies to waterproof and water-resistant products as well.

Follow the directions on the package for using a sunscreen product on babies less than 6 months old. All products do not have the same ingredients; if you or your child's skin reacts badly to one product, try another one or call a doctor. Your baby's best defense against sunburn is avoiding the sun or staying in the shade.

Keep in mind, sunscreen is not meant to allow kids to spend more time in the sun than they would otherwise. Try combining sunscreen with other options to prevent UV damage.

June is Home Safety Month

Adrienne Crookes, Community Health Advocate

The weather is warming up and the last thing you want to do is spend the summer in a cast, or worse yet, in the hospital or dead.

Injuries are a major source of childhood emergency room and hospital admissions. According to the National Safety Council and the National Center for Injury Prevention and Control:



Safetymatters

- Injury is the leading cause of death in children and young adults.
- Falls are the leading cause of unintentional injury for children.
- According to *Injury Facts*, in 2014, an estimated 89,000 unintentional-injury related deaths occurred in the home and community.
- Drowning is the second leading cause of unintentional injury-related death among children ages one to 14. The majority of drowning, and near-drowning, occur in residential swimming pools and in open water sites. However, children can drown in as little as one inch of water.
- Airway obstruction injury is the leading cause of unintentional injury-related death among infants under age one.
- Approximately 45 percent of unintentional injury deaths occurred in and around the home. Unintentional home injury deaths to children are caused primarily by fire and burns, suffocation, drowning, firearms, falls, choking and poisoning.

There are many steps that you can take to ensure the safety of your home and family:

- Learn CPR and make sure your babysitter has been trained. Call your local Red Cross or American Heart Association for class information
- Keep this number posted: **Oregon Poison Control 1-800-222-1222**
- Install childproof door locks and keep medications and potentially poisonous materials out of reach of children.
- Inspect your house for loose carpets, extension cords and other fall hazards for your safety as well as the safety of visitors, such as grandparents, who may be at risk for falls.
- Require that your child wear a bicycle helmet every time they ride a bike, skateboard, skates or scooter.
- Keep small objects away from infants and toddlers.
- Use appropriate car seats for children.
- Keep firearms locked and un-accessible to children.
- Never leave small children unattended in pools or bathtubs.
- Know the **Heimlich maneuver** and the universal sign of choking.



For more information about home safety visit www.nationalsafetycouncil.org

Mussel Gathering

with Healthy Traditions

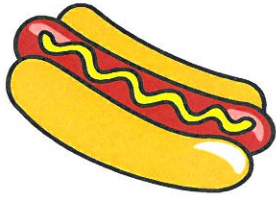
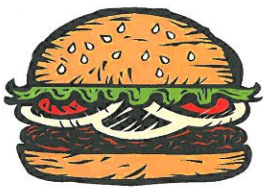
Saturday, June 25th



Departing from Admin at 8:20 am, finishing at 1pm
Lunch will be provided
Dress for cold/rain and old athletic shoes

To sign-up, call Healthy Traditions at 541.444.9627

This event is open to Siletz Tribal Members and their families



BBQ

6/28/16

4:00-7:00



CTSI Eugene A/O

2468 West 11th Ave
541-484-4234



Bike Rodeo

6/28/16 3:00-4:00

2468 West 11th Ave

IF YOU HAVE QUESTIONS PLEASE CALL,

BBQ QUESTIONS - 541-484-4234 ASK FOR NORA OR LOU

BIKE RODEO QUESTIONS - 541-484-4234 ASK FOR ADRIENNE

**2016-2017 Hunting and Fishing Tags
Distribution Schedule**

The Natural Resources Committee has set the following schedule and methods for distribution of this year's hunting and fishing tags to Tribal members.

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery	50	8/27-9/25	8/8 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/1-11/4**	8/22	First Come First Served
	Antlerless or Spike – Adult	8	10/22-11/4	Lottery applications available 8/8; due 9/2; drawing 9/12; tags issued 9/13	Lottery – Open to Elders Only
	Antlerless or Spike – Youth	5	10/1-11/6	Lottery applications available 8/8; due 9/2; drawing 9/12; tags issued 9/13	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/19-12/11	<i>First Distribution:</i> 10/17 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/31 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Elk	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/6; due 7/8; drawing 7/11; tags issued 7/12	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/27-9/25	8/8 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/12-11/15	Lottery applications available 9/6; due 9/23; drawing 10/3; tags issued 10/4	Lottery
	2 nd Season Rifle	25	11/19-11/25		
	Antlerless	9	Various seasons	Lottery applications available 9/6; due 9/23; drawing 10/3; tags issued one month prior to season opening	Lottery
	Late Archery Antlerless	56	11/26-12/11	<i>First Distribution:</i> 10/17 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/31 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/22	First Come First Served

*No early calls to "save" a tag for someone. Must physically show up to obtain tag on first day of distribution. May call to have a tag mailed beginning on the second day of distribution

**Season for Youth ages 12-17 is 10/1 - 11/6 (2 days extra at end of season)

*** Minus number of tags filled in Early Bow Season

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2016-2017 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).

Second Distribution: For any eligible hunter, regardless of what other tags they have received.

USDA distribution dates for June 2016

Siletz

Wednesday	June 1	9 a.m. – 3 p.m.
Thursday	June 2	9 a.m. - 3 p.m.
Friday	June 3	9 a.m. - 3 p.m.
Monday	June 13	9 a.m. – 3 p.m.
Tuesday	June 14	9 a.m. – 3 p.m.

Salem

Monday	June 20	1:30 – 6:30 p.m.
Tuesday	June 21	9 a.m. – 6:30 p.m.
Wednesday	June 22	9 a.m. – 6:30 p.m.
Thursday	June 23	9 a.m. – 11 a.m.

June is the month that we attend our national conference. This year, it is being held in Traverse City, Michigan the second week of the month. Please note the distribution dates as posted and look at your appointment slip because it is really difficult to reschedule you at this time of year.

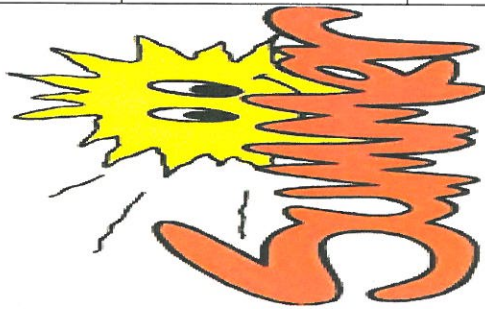
Be sure to **LIKE** us on Facebook at: **SILETZ TRIBAL FDPIR**



I am posting recipes, distribution dates, pictures and food safety tips.

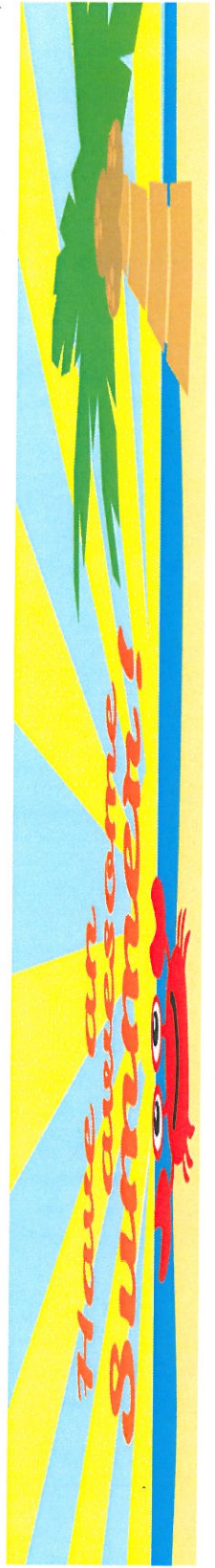
Joyce Retherford, FDP Director
541-444-8393

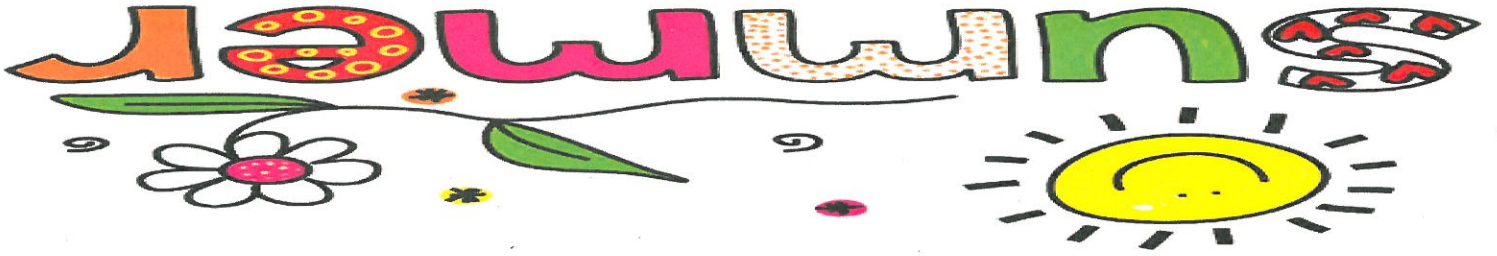
Lisa Paul, FDP Clerk/Warehouseman
541-444-8279



June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Memorial Day CLOSED	31	1 USDA Distribution Siletz 9-3pm R2R Exercise Challenge Starts TANF/GASA Check/Card School Checks Released	2 USDA Distribution Siletz 9-3pm	3 USDA Distribution Siletz 9-3pm WEX Payday	4
5	6 477/Self-Sufficiency Documents due Siletz Language Class 6-8pm	7 Time Sheets Due by 12pm EAO Language Class 6-8pm	8 EAO Strawberry Jam Class 9:30-11:30am (See Flyer)	9	10 Last Day to turn in Application Over Income Grant	11 Elder Meeting CW Casino 1-4pm
12	13 USDA Distribution Siletz 9-3pm PAO Language Class 6-8pm	14 USDA Distribution Siletz 9-3pm Salem Language Class 6-8pm	15 EAO Strawberry Jam Class 9:30-11:30am (See Flyer)	16 Elders Hood River Train Trip Diabetes Support Group EAO 6-8pm (See Flyer)	17 WEX Payday	18
19	20 USDA Distribution Salem 1:30-6:30pm	21 Time Sheets Due by 12pm USDA Distribution Salem 9-6:30pm JOM ZOO Trip 7:30-4pm	22 USDA Distribution Salem 9-6:30pm	23 Elders BBQ Starts noon at Siletz Community Center USDA Distribution Salem 9-11am	24	25 Mussel Gathering 8:20-1pm (see flyer)
26	27	28 EAO Bicycle Rodeo 3-4pm EAO Barbecue 4-7pm	29	30	1 WEX Payday TANF/GASA Check/Card	2





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 Out
 Stephanie Jackson, Temp/Tribal Service Assistant 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 11th Avenue
 Eugene Oregon 97402

Eugene A/O

- June 1st Run to Rogue Challenge Starts
- June 7th Language Class 6-8pm
- June 11st Elders Meeting
- June 15th Strawberry Jam Class
- June 16th Diabetes Support Group
- June 21st JOM Zoo Trip
- June 25th Mussel Gathering
- June 28th Bicycle Rodeo/BBQ

Addressee