

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

March 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	March 7 th	6:00 - 8:00pm
Eugene Area Office	Tuesday	March 8 th	6:00 - 8:00pm
Portland Area Office	Monday	March 14 th	6:00 - 8:00pm
Salem Area Office	Tuesday	March 15 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

IMPORTANT

WINTER WEATHER SEASON

CTSI - Eugene Area Office Schedule(s)
In case of adverse winter weather conditions, the Eugene Area Office maybe CLOSED
The Eugene Area Office goes by the 4J School District Schedule
(DELAYS AND CLOSURES)
Listen to your local radio station for school closures

Siletz/Eugene A/O Activities Closures

March 8 th	Language Class 6-8
March 13 th	Daylight Savings Begin
*March 17 th	EAO - Potato Bar
March 21 st	Skate World 10-12pm
March 22 nd	JOM - Splash 12-3pm
*March 22 nd	Emergency Preparedness Class
March 22-24	Increasing Your Success (IYS)
March 27 th	Easter Sunday
*March 31 st	Diabetes Support Group 6-8
March 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

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



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

Low-Income Energy Assistance Program (LIHEAP)

2015/16 OPEN

Crisis/ Regular heating

November

Siletz Elders/Disabled

Siletz Tribal Households

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

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.



SILETZ ELDER NEWS

The next Introduction to the Athabaskan Language Class at the Eugene Area Office will be held on Tuesday, March 8, 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 Elders Council will meet on Saturday, March 12, 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 March, 2016 is America. They will be performing on March 4th and 5th 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 weekly 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 Eugene area office is hosting a Baked Potato Bar on Thursday, March 17th from 5-7pm.

A second Emergency Preparedness class will be held on March 22, 2016 at 6:30-7:30 pm.

The regular evening Diabetes Support Group will be held on Thursday, March 31, 2016, from 6:00 pm until 8:00 pm.

The Coquille Indian Tribe and the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians are holding their 20th Annual Tribal Elders Honor Day on March 18th and 19th, 2016 at the Mill Casino & Hotel in North Bend, Oregon. If you plan to attend please contact the Siletz Elders Program at 1-800-922-1399

The Siletz Elder Honor Day is Tuesday, April 5, 2016.

Jim Swanson

541-683-8766

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 11th Ave., Eugene, Oregon (covering the Willamette Valley area)

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



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"/> Self-Referred
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



**SUPPLEMENTAL EDUCATION (JOM), ADULT EDUCATION
ADULT VOCATIONAL TRAINING and HIGHER EDUCATION
NEWS**






NICK SIXKILLER

EDUCATION SPECIALIST

JOHNSON O'MALLEY PROGRAM

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

Purpose: The National Johnson-O'Malley Association, Inc. was formed as a nonprofit, educational organization for the following purposes:

-  To create an effective forum for discussion of educational and related matters of mutual concern among the members of the educational community.
-  To mutually develop standards of educational excellence for Indian students served by the educational programs within the United States.
-  To maintain appropriate lines of communication and collaborative efforts with other public, private, tribal and federal educators and educational programs.
-  To maintain formal liaisons with Tribal, State and Federal governmental agencies and other educational organizations, including but not limited to National Congress of American Indians, National Indian Education Association and other alliance organizations.
-  To advocate for Johnson-O'Malley Programs and the rights of Indian children from 3 years old through 12th grade.

Skate World Activity

For a Spring Break Activity, students of the JOM Program are invited to meet at Skate World, located 3188 Gateway Loop, Springfield OR, for some skating fun. Siletz and Salem students will join us for a great day of exciting activity. Mark your calendars for March 21, 2016 from 10-noon. Please call the Eugene Area Office to confirm. Lunch (pizza) will be served, for skaters and chaperones. Students under the age of eleven must be accompanied and chaperoned by their parent or an adult.

SPLASH ACTIVITY

For a Spring Break Activity, students of the JOM Program are invited to meet at the LIVELY PARK SWIM CENTER, AKA SPLASH, located at 6100 Thurston Road Springfield, OR 97478, for some wave riding and swim fun. Siletz and Salem students will join us for a great day of adventure. Mark your calendars for March 22, 2016 from 12 noon to 3 PM. Please call the Eugene Area Office to confirm. Lunch (pizza) will be served, in the Splash community room, for swimmers and chaperones. Students under the age of eleven must be accompanied and chaperoned by their parent or an adult.

The official event for the JOM program starts at noon and ends at 3:00pm. You are welcome to stay and play, on your own, till 8 pm. There will be no sponsorship of the Siletz JOM program after 3:00 pm.

We hope to see you there for a great spring break activity.

THE EUGENE AREA OFFICE WISHES EVERYONE A FUN AND SAFE SPRING VACATION

*If you are not willing to learn, No one can help you.
If you are determined to learn, No one can stop you.*

ADULT EDUCATION PROGRAM

The Adult Education program is for adult members of the Confederated Tribes of Siletz Indians.

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.

This program is designed for Tribal members to attend employment enhancement classes, GED classes and testing fees.

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.

Who is Eligible to apply?

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.

Tribal members who are interested can take a vocational training program that takes two years or less to complete. Training can be obtained at either at a community college or an approved training facility.

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 skills".

Returning students and high school seniors: Please remember, 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 not be eligible for a Tribal Higher Education Scholarship for school year 2016-2017.*

FINDING MONEY FOR COLLEGE

The Oregon Student Assist Commission has made it a lot easier to apply for scholarships.

Students will need to complete just one application for over 100 scholarships. Visit

www.Getcollegefunds.org/eapp.html for more information.

Here are a few more informational web sites. www.osac.state.or.us

www.howstuffworks.com./college-financial-aid.htm www.collegeboard.com

www.fastweb.com .free.ed.gov and www.college.gov

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.

Schedules:

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

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

***Jenifer – March 21-24**

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 – March 21-24, 31**

* 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 March 2016

Tuesday	March 1 st	TANF/GASA/Card day
Tuesday	March 1 st	WEX Time sheets due
Thursday	March 3 rd	Diabetes Prevention Class 2:30-4pm
Tuesday	March 7th	EAO Language Class 6-8pm
Tuesday	March 7th	Self-Sufficiency documentation due
Thursday	March 10 th	Diabetes Prevention Class 2:30-4pm
Friday	March 11 th	WEX Payday
Sunday	March 13 th	Daylight Savings Begins
Tuesday	March 15 th	WEX Time sheets due
Thursday	March 17 th	Diabetes Prevention Class 2:30-4pm
Thursday	March 17th	EAO Potato Bar 5-7pm
Tuesday	March 22nd	EAO - Emergency Preparedness Class
Tues-Thurs	March 22-24	IYS – Increasing Your Success
Friday	March 25 th	Wex Payday
Thursday	March 31 st	EAO Diabetes Support Class 6-8pm
Tuesday	March 29 th	WEX Payday

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.

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).





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.

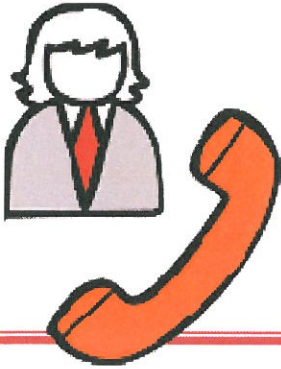
You can get the help you need, schedule your appointment today!

How to contact STVRP:

1-800-922-1399 (Siletz Office)

503-390-9494 (Salem Office)

Siletz Community Health



Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Siletz Contract Health	1-800-628-0449
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.

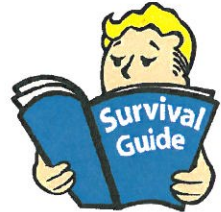
To make an appointment with Adrienne Crookes, call 541-484-4234. She will be available to provide information and assist in properly installing your car seat.

Plan in advance what you will do in an emergency.

Emergency Preparedness Class



**Tuesday, March 22, 2016
6:30-7:30 p.m.
At the Siletz Eugene Area Office
2468 W. 11th Avenue**



Emergencies can happen at any time of the year and for different reasons. If a winter storm, earthquake, fire, or other disaster strikes your community, you might not have access to food, water and electricity for days. Planning ahead can save a lot of pain and headaches.

A certified emergency preparedness instructor from *Lane County Public Health* will be teaching this class.

Come learn how you can assemble a basic disaster supplies kit and keep it up to date.

By taking some time now to create a plan, you can provide for your entire family.

There is no charge for this class. A light meal will be provided.

Class size is limited so call early to sign up. Contact Adrienne Crookes or Nora Williams-Wood at 541-484-4234.

This class is sponsored by the Siletz Healthy Traditions Program and the Community Health Department.

Please Come Join Us!!

Diabetes Support Group



Thursday, March 24th

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

March 15-21 2016

National Poison Prevention Week

Adrienne Crookes, Community Health Advocate



Tips for Poison Safety

Safe Kids USA reminds parents to learn the toll-free **Poison Control Center number: 1-800-222-1222**. Keep it near every phone in your home and program it into your cell phone. This number connects you to your local poison control center from anywhere in the United States. If a child is choking, having trouble breathing or having a seizure, call 911 instead and follow the 911 operator's instructions.

Safe Kids USA offers these additional tips:

- Lock up potential poisons out of sight and reach of kids. This includes makeup, medicine, plants, cleaning products, pesticides, art supplies, and beer, wine and liquor.
- Never leave kids alone with an open container of something you wouldn't want them to ingest. A child can be poisoned in a matter of seconds.
- Don't refer to medicine or vitamins as candy and don't involve children as helpers with your medication.
- Choose medicines and products that have child-resistant caps. When you are giving medicine to your children, follow dosage directions carefully.
- Keep products in their original containers. Read labels to learn if a product is poisonous, and for first aid information.
- If your home was built before 1978, test for lead-based paint and get your child tested for lead exposure. Children inhale the dust of lead-based paint and can build up enough lead in their blood to affect intelligence, growth and development.
- Install a carbon monoxide alarm outside every sleeping area and on every level of your home. Carbon monoxide is an invisible, odorless gas that builds up around fuel-burning appliances and cars in garages. It can make a child seriously ill in concentrations that would barely affect an adult.
- Know which plants in and around your home can be poisonous.
- Discuss these precautions with grandparents and caregivers. They may have medications that can be very dangerous to children and their homes might not be as well childproofed as yours.



For more information about poison prevention,
call 1-202-662-0600 or visit www.usa.safekids.org

March is National Save Your Vision Month

Adrienne Crookes, Community Health Advocate

National Save Your Vision Month, by the American Optometric Association, raises awareness among the general public and targets at-risk groups to remind them of the need for regular, comprehensive eye examinations to detect eye health problems, general health issues, and vision difficulties.

Eye health is intrinsically linked to overall health. Your eyes are often the best windows to your health. By looking into your eyes, your optometrist can tell a lot about your general health. For example, did you know that some systemic and chronic diseases, especially diabetes, can often be detected by an optometrist during a comprehensive eye exam?

Since over 33 percent of people with diabetes don't know that they have it, an eye examination can be the only clue to detecting this potentially life-threatening disease. By dilating the pupil, your optometrist can see inside your eye using an ophthalmoscope, which light and magnifies the blood vessels in your eyes. Changes to these

blood vessels can signify various stages of diabetic retinopathy. Left untreated, it can cause blindness. For those suffering from diabetes without knowing it, the detection and treatment of this disease can mean relief on many levels.

Other eye diseases, like glaucoma, may cause vision damage and eventually blindness without the patient ever experiencing any symptoms. During a comprehensive eye exam, your optometrist measures the pressure within your eye and examines the optic nerve in the eye, thereby determining the existence of glaucoma.

**This is a good time to go
have your eyes checked!**

More information is available at the American Optometric Association website at www.aoa.org



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.

	Tribal Tags	LOP Tags
State Hunting License Required?	No	Yes – Tribal member must purchase both a 2015 and a 2016 State hunting license
Area to be Hunted	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
Eligible for other State elk tags?	Yes	No*
Give tag to another licensed Tribal member to hunt for you?	Yes	No
Application and Selection Process	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)
Obtain Tag From	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 11th 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 March 2016

Siletz

Tuesday	March 1	9 a.m. – 3 p.m.
Wednesday	March 2	9 a.m. – 3 p.m.
Thursday	March 3	9 a.m. - 3 p.m.
Friday	March 4	9 a.m. - 3 p.m.
Monday	March 7	9 a.m. – 3 p.m.

Salem

Monday	March 21	1:30 – 6:30 p.m.
Tuesday	March 22	9 a.m. – 6:30 p.m.
Wednesday	March 23	9 a.m. – 6:30 p.m.
Thursday	March 24	9 a.m. – 11 a.m.

This is such a tasty dish, I ended up using 4 heads of cabbage because people ate it as fast as I could make it.

FRIED CABBAGE WITH BACON, ONION & CHICKEN

6 slices of bacon, chopped	1 large onion, sliced
2 cloves garlic, minced	1 large head of cabbage, cored & sliced
Salt to taste	Pepper to taste
½ teaspoon garlic powder	1/8 teaspoon paprika
2 cups chicken chunks	¼ Cup soy sauce

1. Place the bacon in a large stockpot and cook over medium high heat until crispy, about 10 minutes. Add the onion and garlic; cook and stir until the onion caramelizes, about 10 minutes. Add the chicken chunks. Immediately stir in the cabbage and continue to cook and stir another 10 minutes. Season with the salt, pepper, paprika and garlic. Reduce heat to low, cover and simmer, stirring occasionally, about 30 minutes more.

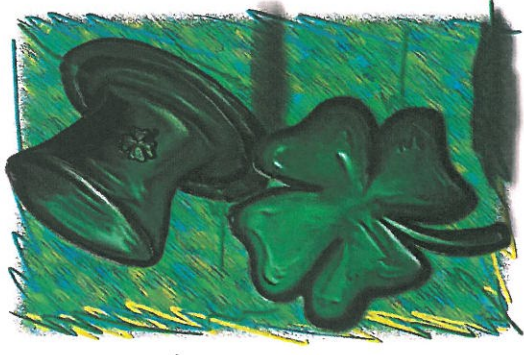
You can serve it as a side dish on its own or over rice.

Joyce Retherford, FDP Director
541-444-8393

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

***Siletz Eugene Area Office
Open house, Baked Potato Bar***

3/17/16 - 5:00 to 7:00



***Please come join the Eugene Area office for
and evening of visiting and a potato bar with
all the favorite toppings.***

***If you have any questions please call us at
541-484-4234, open 8:00 to 4:30.***



M A R C H

2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	1	2	3	4	5
	USDA Distribution Siletz 9-3pm 477/Self-Sufficiency Documents due Siletz Language Class 6-8pm	USDA Distribution Siletz 9-3pm Time Sheets Due by 12pm TANF/GASA Check/Card School Checks Released	USDA Distribution Siletz 9-3pm	USDA Distribution Siletz 9-3pm Diabetes Prevention Program Classes EAO 2:30-4:00pm	USDA Distribution Siletz 9-3pm	
6	7	8	9	10	11	12
	USDA Distribution Siletz 9-3pm 477/Self-Sufficiency Documents due Siletz Language Class 6-8pm	EAO Language Class 6-8pm		Diabetes Prevention Program Classes EAO 2:30-4:00pm	WEX Payday	Elders Meeting 1pm Aces
13	14	15	16	17	18	19
Daylight Savings Begins Spring forward	PAO Language Class 6-8pm	Time Sheets Due by 12pm Salem Language Class 6-8pm		Diabetes Prevention Program Classes EAO 2:30-4:00pm EAO Potato Bar 5-7pm		
20	21	22	23	24	25	26
	USDA Distribution Salem 1:30-6:30pm Skate World 10-12pm	USDA Distribution Salem 9-6:30pm JOM ACTIVITY SPLASH 11-4pm	USDA Distribution Salem 9-6:30pm	USDA Distribution Salem 9-11am	WEX Payday	
27	28	29	30	31	1	2
 Happy Easter!		Time Sheets Due by 12pm		Diabetes Prevention Program Classes EAO 2:30-4:00pm Diabetes Support Group EAO 6-9pm	TANF/GASA Check/Card School Checks Released	

Increasing your Success March 22-24, 2016

Emergency Preparedness
Class 6:30 - 7:30pm
EAO



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 11th Avenue
Eugene Oregon 97402
Eugene A/O

March 8 th	Language Class 6-8pm
March 13 th	Daylight Savings Begins
March 17 th	EAO Potato Bar 5-7pm
March 21 st	Skate World(JOM Activity) 10-12pm
March 22 nd	Splash (JOM Activity) 11-3pm
March 22 nd	Emergency Preparedness Class 6:30-7:30pm
March 22-24	SSP Increasing Your Success (IYS)
March 31 st	Diabetes Support Group 6-8pm
March	Thursday's Diabetes Prevention Classes

Addressee