

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

November 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	November 7 th 2016	6:00 - 8:00pm
Eugene Area Office	Tuesday	November 8 th 2016	6:00 - 8:00pm
Portland Area Office	Monday	November 14 th 2016	6:00 - 8:00pm
Salem Area Office	Tuesday	November 15 th 2016	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

New face at the Eugene Area Office

Please welcome Norma Trefren to the 477/SSP program. Norma has accepted the position as the Intake Specialist/Job Coach in the Eugene Area Office. Stop by and welcome her.

Siletz/Eugene A/O Activities Closures

Oct 15-Dec 12	Cultural Fishing Season Opens
November 4-6 th	Youth Conference
November 8 th	EAO Language Class 6-8pm
November 11 th	Veteran's Day CLOSED
November 15 th	Drum Class 5-7:30pm
November 17 th	Diabetes Support Group 6-8pm
November 18 th	Restoration Day CLOSED
November 19 th	Restoration Celebration
November 24 th & 25 th	Thanksgiving Day and After
November 29 th	Emergency Preparedness

*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

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)

2016/17 OPEN

Crisis/ Regular heating

November

All 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

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.

Reminders:

39th Annual Restoration Pow-Wow

Information: Buddy Lane: 1-800-922-1399 ext. 1230 or 541-444-8230

Nick Sixkiller: 541-484-4234

This is a family event; drugs and alcohol will not be tolerated.

**All Drums and Dancers Welcome
On Saturday, November 19, 2016
Grand Entry: 6 pm**

(For more info see flyer)

LIHEAP

What is LIHEAP?

- LIHEAP (Low-Income Home Energy Assistance Program) is a Federally-funded program that helps low-income households with their home energy bills.
- LIHEAP can help you stay warm in the winter. By doing so, you can reduce the risk of health and safety problems (such as illness, fire, or eviction.)

What Assistance does LIHEAP provide?

Heating Assistance

Crisis Assistance (Shut off or Final Notice)

Enrolled Siletz Tribal Member

The applicant, or a child residing in the household, must be an enrolled Siletz tribal member.

Residence Location

The residence must be located within the II county service-area.

Income Eligible

The applicant/family must meet the annual income guidelines as determined at the time of intake.

When can I apply?

November 1st—Open's to all Siletz Tribal Households

Program Keypoints:

LIHEAP is divided into two categories: 1) Heating 2) Crisis. The maximum award will be \$700 per household. Not all households will qualify for the maximum amount. Awards will depend on family size, income and need. When making your appointment for assistance, please be sure to have all necessary documentation beforehand, or be able to have required documents before appointment time.

Required documentation includes, but is not limited to:

Social Security Cards for ALL household members (NO EXCEPTIONS!)
Most recent utility bill,
Current income documents – for each adult household member (e.g. Social Security award letter, Unemployment print out, paystubs etc.)

If you need documentation from other departments, please be sure to make those requests from those departments prior to your appointment.

Household income's not to exceed:

\$22,626.00
\$29,587.00
\$36,549.00
\$43,511.00
\$50,473.00
\$57,435.00
\$58,740.00
\$60,045.00
\$61,351.00
\$62,656.00

Contact your service area for walk-in and appointment times available.

If you have any additional questions, please don't hesitate to call Casey Godwin, Emergency Energy Assistance Program Coordinator (541) 444-8311.

SILETZ ELDER NEWS

The next Introduction to the Athabaskan Language Class for the Eugene Area Office will be held on Tuesday November 8, 2016. Class is held from 6:00 pm until 8:00 pm and a light meal will be provided.

The Elder Council will meet on Sunday, November 20, 2016 from 1:00 pm to 4:00 pm. The meeting will be held in the Casino. All tribal elders age 55+ are invited to attend the monthly Council meeting. For more information contact the Elders Program at 1-800-922-1399.

The Chinook Winds Entertainment for November, 2016 is Wayne Brady. He will be performing two shows on the 12th with shows starting at 2pm and 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665. Kelly Pickler will be there on December 9th and 10th. You may call 90 days before that to request free Elder tickets.

The regular evening Diabetes Support Class will be held on Thursday, November 17, 2016, from 6:00 pm until 8:00 pm and a meal will be available. Contact Adrienne Crookes at 541-484-4234 for more information

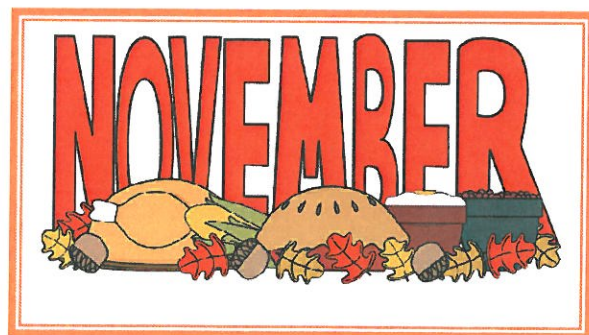
The Eugene Area Office will be closed on November 11, 18 and 24th and 25th.

Nick Sixkiller will be holding a Drum Making Class on Tuesday, November 15, 2016. The class will be held from 5:00 pm until 7:30 pm. This will be a small class so sign up as soon as possible at 541-484-4234.

An Emergency Preparedness class will be held on Tuesday, November 29, 2016 from 6:30 pm until 7:30 pm. This will be a small class so sign up early call Adrienne Crookes at 541-484-4234.

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

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 a 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-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.



477 Self-Sufficiency Program

Jenifer Jackson, Tribal Services Specialist
Norma Trefren, Intake Specialist/Job Coach

Please welcome Norma Trefren to the Eugene area office as
the new Intake Specialist/Job Coach

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 Norma to schedule an appointment at x1756. General Assistance or TANF, please contact Jenifer Jackson to set up and appointment at 541-484-4234 x1755. You can leave messages directly on their voicemail.

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

Schedules:

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

Jenifer will be **OUT** of the office:
***Jenifer – November 3, 4**

Norma's: M-F 8-2:30pm
Work Experience, Summer Youth
Employment, On-the-Job Training, Classroom
Training, Direct Placement, Emergency
Assistance, TANF Youth Services

Norma will be **OUT** office:
***Norma – November 7th pm, 8th am**

* Lou Carey will be available to assist clients with some needs when Jenifer and Norma 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 November 2016

Tuesday	November 1 st	TANF/GA Card day
Friday	November 4 th	WEX Payday
Monday	November 7 th	Self-Sufficiency documentation due
Tuesday	November 8 st	WEX Time Sheets Due
Tuesday	November 8 th	EAO Language Class 6-8pm
Friday	November 11 th	Veterans Day Closed
Tuesday	November 15 th	Hand Drum Class 5-7:30pm
Thursday	November 17 th	WEX Payday
Thursday	November 17 th	Diabetes Support Group 6-8pm
Friday	November 18 th	Restoration Day Closed
Saturday	November 19 th	Restoration Celebration– C W Casino
Tuesday	November 22 nd	WEX Time Sheets Due
Thursday/Friday	November 24 th & 25 th	Thanksgiving Days Closed
Tuesday	November 29 th	Emergency Preparedness Class 6:30-7:30

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.

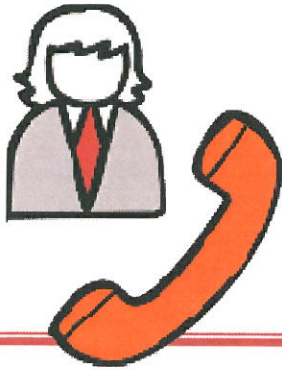
Examples of SERVICES PROVIDED by STVRP:

- 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.

Please Come Join Us!!

Diabetes Support Group



Thursday, November 17th

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! A light, nutritious meal will be provided.

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



Plan in advance what you will do in an emergency.

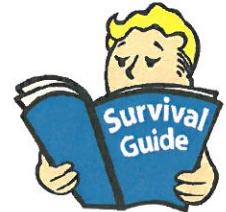
Emergency Preparedness Class

Tuesday, November 29, 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 Community Health Department

ARE YOU AT RISK FOR

TYPE 2 DIABETES?



Diabetes Risk Test

- 1 How old are you?**
 Less than 40 years (0 points)
 40—49 years (1 point)
 50—59 years (2 points)
 60 years or older (3 points)

Write your score in the box.



- 2 Are you a man or a woman?**
 Man (1 point) Woman (0 points)

- 3 If you are a woman, have you ever been diagnosed with gestational diabetes?**
 Yes (1 point) No (0 points)

- 4 Do you have a mother, father, sister, or brother with diabetes?**
 Yes (1 point) No (0 points)

- 5 Have you ever been diagnosed with high blood pressure?**
 Yes (1 point) No (0 points)

- 6 Are you physically active?**
 Yes (0 points) No (1 point)

- 7 What is your weight status?**
 (see chart at right)

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)
You weigh less than the amount in the left column (0 points)			

Add up your score.



Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.
 Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher:
 You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at diabetes.org/alert or call 1-800-DIABETES (1-800-342-2383)

Lower Your Risk
 The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.
 If you are at high risk, your first step is to see your doctor to see if additional testing is needed.
 Visit diabetes.org or call 1-800-DIABETES (1-800-342-2383) for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.



Special Thanks to our National Sponsor

NOVEMBER IS AMERICAN DIABETES MONTH[®]



QUIT LIKE A CHAMPION™

Great American Smokeout®



Get ready to lose — the habit,
and become victorious over tobacco.

The American Cancer Society Great American Smokeout event is your chance to triumph over addiction. Every November, we set aside the third Thursday to encourage smokers to go the distance, and to finally give up smoking.

About 42 million Americans still smoke, and tobacco use remains the single largest preventable cause of disease and premature death in the United States.

So if you can quit for one day, you've taken an important step toward a healthier life. It's a race for your health, and it starts today.

Today's the day that quitters win.

Why Quit?

The health benefits begin the moment you stop smoking. Quitting at any age can give you back years of life that would be lost by continuing to smoke.

More Information about Quitting

Sure, it's hard to be a quitter, but with help, you can increase your chances of success.

The American Cancer Society can coach you through it, step by step, by providing quit-smoking programs, resources, and support that can increase your chances of quitting and staying quit.

To learn more, call us at 1-800-227-2345 or visit cancer.org/smokeout to find free tips and tools.

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.

2-3
weeks 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



Risk of cancer of the mouth, throat, esophagus, and bladder are 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.

FIREWOOD AREAS

O P E N

SUGUS HILL #2

(13 miles from Siletz)

LOGSDEN ROAD

(By the Bull Pen & USDA)



PERMITS REQUIRED

Open to all Tribal Members

**Obtain Permits from the Natural
Resources Department**

CULTURAL FISHING

SEASON OPEN

Oct. 14 - Dec. 12, 2016

CTSI License & Tag Required

TRIBAL FISHING SITES:



- ❖ **Euchre Creek Falls (off Hwy 229)**
- ❖ **Little Rock Creek (above Hatchery)**
- ❖ **Drift Creek (off Hwy 101)**

Tribal salmon tags may only be used to fish in posted areas at the above cultural fishing sites using only a dip net, spear, or gaff hook. License and tags are available at the CTSI Natural Resources Dept., (541) 444-8227.

USDA distribution dates for NOVEMBER 2016

Siletz

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

Salem

Monday	NOV 14	1:30 - 6:30 p.m.
Tuesday	NOV 15	9 a.m. - 6:30 p.m.
Wednesday	NOV 16	9 a.m. - 6:30 p.m.
Thursday	NOV 17	9 a.m. - 11 a.m.

Yes, we have canned tuna back in the food package. Made these and they are sooo good. Between now and December, we will also have wild rice, as a one time offering, apple/cherry juice will replace the grapefruit juice, and frozen, sockeye salmon filets in the food package. At the first of October, the income guideline went up, for the smaller households. Be sure to check it out on the website. Also, LIKE us on Facebook at Siletz Tribal FDPIR.

TUNA SALAD WRAPS

1 CAN TUNA (SQUEEZE DRY)*
JUICE OF 1 LEMON*
½ BUNCH ROMAINE LETTUCE (SHREDDED)*
1 CUP CELERY (DICED)*
½ CUP MAYO
¼ CUP DILL RESISH
SALT & PEPPER TO TASTE
WHOLE WHEAT TORTILLAS*



Mix the first 7 ingredients in a large bowl. Place about ½ cup of the mixture into a tortilla and roll it up.

* **Indicates commodity foods used**

Joyce Retherford, FDP Director
541-444-8393

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

Confederated Tribes of Siletz Indians

39th Annual Restoration Pow-Wow

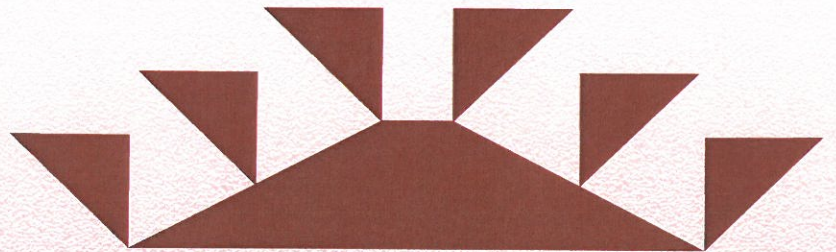
Friday, Nov. 18, at 8:00 p.m. FREE Williams & Ree ("Indian and the White Guy") Show. Tickets available at Box Office while supplies last.

On Saturday, Nov. 19, 2016

The Confederated
Tribes of Siletz Indians
of Oregon Invites you
to celebrate with us
at our 39th Annual
Restoration Pow-Wow
to be held at:


Chinook Winds
CASINO RESORT

1777 NW 44th Street,
Lincoln City, Oregon



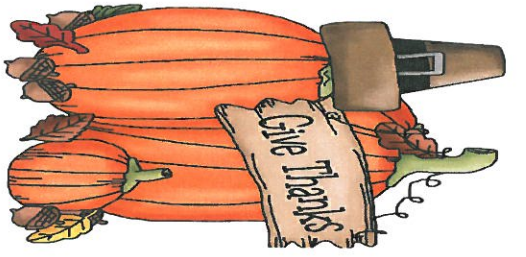
Grand Entry: 6 pm


Whip Man: Tony Whitehead
Whip Woman: Shirley Walker
MC: Nick Sixkiller


All Drums and Dancers Welcome

Information: Buddy Lane: 1-800-922-1399 ext. 1230 or 541-444-8230
Nick Sixkiller: 541-484-4234

This is a family event; drugs and alcohol will not be tolerated.
The Confederated Tribes of Siletz Indians and Chinook Winds Casino Resort
are not responsible for injuries and lost or stolen items



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 TANF/GASA Check/Card School Checks Released LIHEAP Opens for ALL	2	3	4 WEX Payday Youth Conference	5 Youth Conference
6 Youth Conference	7 477/Self-Sufficiency Documents due USDA Distribution Siletz 9-3pm	8 Time Sheets Due by 12pm	9	10	11 Veteran's Day Holiday ALL OFFICES CLOSED	12
	Siletz Language Class Siletz 6-8pm	Eugene Language Class FAO 6-8pm	USDA Distribution Siletz 9-3pm	USDA Distribution Salem 9-11am WEX Payday Diabetes Prevention Group 6-8pm	USDA Distribution Siletz 9-3pm	
13	14 USDA Distribution Salem 1:30-6:30pm Portland Language Class PAO 6-8pm	15 USDA Distribution Salem 9:30-6:30pm Salem Language Class SAO 6-8pm	16 USDA Distribution Salem 9:30-6:30pm	17 USDA Distribution Salem 9-11am WEX Payday Diabetes Prevention Group 6-8pm	18 Restoration Day Holiday ALL OFFICES CLOSED 39th Years Restored	19 Restoration Pow Wow Chinook Winds Casino (See Flyer)
	Cultural Fishing OPENS	Hand Drum Class 5-7:30pm				
20 Elders Meeting 1-4pm CWV Casino	21	22 Time Sheets Due by 12pm	23	24 Thanksgiving Day Holiday ALL OFFICES CLOSED 	25 Day After Thanksgiving Holiday ALL OFFICES CLOSED	26
27	28	29 Emergency Preparedness Class 6:30-7:30pm	30	1 TANF/GASA Check/Card School Checks Released	2 WEX Payday	3


 October
 2016



The Eugene Area Office Staff
 541-484-4234 1-800-922-1399
 Lou Carey, Supervisor x1751
 Nick Sixkiller, Education Specialist/JOM x1757
 Jenifer Jackson, Tribal Service Specialist/477SSP x1755
 Norma Trefren, Intake Specialist/Job Coach/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

- November 4-6th Youth Conference
- November 8th EAO Language Class 6-8pm
- November 11th Veteran's Day CLOSED
- November 15th Drum Class
- November 17th Diabetes Support Group 6-8pm
- November 18th Restoration Day CLOSED
- November 19th Restoration Celebration
- November 24th & 25th Thanksgiving Day and After
- November 29th Emergency Parpardence

*See Flyers for information on activities

Addressee