

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

# The Eugene Area Office Newsletter

## October 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	October 3 <sup>rd</sup> 2016	6:00 - 8:00pm
Eugene Area Office	Tuesday	October 4 <sup>th</sup> 2016	6:00 - 8:00pm
Portland Area Office	Monday	October 10 <sup>th</sup> 2016	6:00 - 8:00pm
Salem Area Office	Tuesday	October 11 <sup>th</sup> 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](mailto:budl@ctsi.nsn.us)



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

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

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

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

Anyone choosing to exhibit any of the above behaviors 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

October 4 <sup>th</sup>	EAO Language Class 6-8
October 8 <sup>th</sup>	Elders Meeting Lincoln City
October 14 <sup>th</sup> - 16 <sup>th</sup>	Youth Conference
October 15 <sup>th</sup>	Diabetes Celebration
October 18 <sup>th</sup>	Siletz Tribal ID 1-6:30pm
October 18 <sup>th</sup>	EAO Annual Soup Night 5-7pm

\*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:

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

**Alcohol and Drug**

**Willamette Family Staff Contact Information**

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

**2016  
EMERGENCY HOUSING ASSISTANCE (EHA)  
~OPEN~**

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices

**Low-Income Energy Assistance Program (LIHEAP)**

**2016/17 OPEN**  
*Crisis/ Regular heating*  
*October/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](mailto:noraw@ctsi.nsn.us)

**Chinook Winds Casino Resort**

Sign up for an electronic newsletter:  
[www.chinookwindscasino.com](http://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 7<sup>th</sup> Avenue, Suite 200 Eugene Oregon 97404

**Telephone:** (541) 682-4191

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

**Oregon Telephone Assistance Program**

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>  
Can fill out online or mail in if you or know someone who receives:  
Food Stamps, TANF, SSI or OHP they may be eligible for a reduction on their telephone bill.

**Reminders**

**10-18, 2016 5:00-7:00pm**



Picture ID 10-18-2016 1:30-6:30pm

## 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 11 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?**

- October 1st—Siletz Tribal Elders and Disabled Tribal Members
- November 1st—Other Siletz Tribal Households

### **Program Key points:**

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:**

1	\$22,626.00
2	\$29,587.00
3	\$36,549.00
4	\$43,511.00
5	\$50,473.00
6	\$57,435.00
7	\$58,740.00
8	\$60,045.00
9	\$61,351.00
10	\$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.

A decorative border of red bat silhouettes surrounds the text. The bats are arranged in a repeating pattern along the top, bottom, and sides of the page.

## SILETZ ELDER NEWS

The next Introduction to the Athabaskan Language Class for the Eugene Area Office will be held on Tuesday October 4, 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 Saturday, October 8, 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. For more information contact the Elders Program at 1-800-922-1399.

The regular evening Diabetes Support Class will be held on Saturday, October 15, 2016, from 11:00 am until 4:00 pm at the Mill casino in Coos Bay and a meal will be available.

Eugene Area Office Annual Soup Night will be held on October 18<sup>th</sup>, 2016 from 5:00 – 7:00pm. Staff will be putting on their Chef caps again. There will be many different soups, bread, desserts and beverage. Come join us for an evening of good company and good food.

Plus, along with soup night, Angela from Siletz Tribal Enrollment will be here updating tribal ID's and making new ID's from 1:30 -7:00pm

The Chinook Winds Entertainment for October, 2016 is Michael McDonald. He will be performing on the 21<sup>st</sup> and 22<sup>nd</sup> with shows starting at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665. Wayne Brady will be there on November 11<sup>th</sup> and 12<sup>th</sup> and Kelly Pickler will be there on December 9<sup>th</sup> and 10<sup>th</sup>. You may call 90 days before that to request free Elder tickets.

The Super Star Luncheon for the last quarter will be held on Thursday, October 27, 2016 at the Casino. Lunch starts at 11:30. Elders are invited to attend.

Jim Swanson 541-683-8766

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

**EDUCATION NEWS & INFORMATION**  
Supplemental Education, Adult Education,  
Adult Vocational Training & Higher Education  
**NICK SIXKILLER – EDUCATION SPECIALIST**

**SUPPLEMENTAL EDUCATION PROGRAM**  
**JOHNSON O' MALLEY PROGRAM**

**YOUTH CONFERENCE**

The 2016 Siletz Tribal Youth Conference is in the final planning stages. Applications and information will be mailed out to Siletz Tribal middle and high school students. Watch your mailbox and please return your applications in a timely manner, as the conference has a limited number of student slots available. The finalized dates for the conference are October 14 & 15, 2016. Important information is included in the application that has been mailed out.

**JOM CULTURAL ACTIVITIES:**

THE Eugene Area Office will be offering a cultural class for all JOM student enrolled in the JOM Program through the Eugene Area Office. We will be making hand drums and drum sticks if time allows. The class will be held from 5 to 7:30 pm on Tuesday November 15<sup>th</sup> 2016. Due to limited space and materials pre-registration is required. Please contact Nick or Nora at the Eugene Area Office if you would like to participate in the drum making class. 541-484-4234.

**ADULT VOCATIONAL TRAINING**

**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.

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

Please contact your Area Office Education specialist for more detailed information.

**HIGHER EDUCATION**  
SERVING SILETZ TRIBAL MEMBERS WITH POST SECONDARY EDUCATION

## **FAFSA<sup>®</sup> Changes for 2017–18**

On Sept. 14, 2015, President Obama announced significant changes to the *Free Application for Federal Student Aid* (FAFSA<sup>®</sup>) process that will impact millions of students. Starting with the 2017–18 application cycle, the following changes will be put in place:

- **Students will be able to submit a FAFSA<sup>®</sup> earlier.** Students will be able to file a 2017–18 FAFSA as early as Oct. 1, 2016, rather than beginning on Jan. 1, 2017. The earlier submission date will be a permanent change, enabling students to complete and submit a FAFSA as early as October 1 every year. (There is NO CHANGE to the 2016–17 schedule. The FAFSA became available January 1 as in previous years.)
- **Students will use earlier income information.** Beginning with the 2017–18 FAFSA, students will be required to report income information from an earlier tax year. For example, on the 2017–18 FAFSA, students (and parents, as appropriate) will report their 2015 income information, rather than their 2016 income information.

The following table provides a summary of key dates as we transition to using the early FAFSA submission timeframe and earlier tax information.

### CHANGES TO THE FAFSA<sup>®</sup> PROCESS FOR 2017–18

**SUBMIT A FAFSA EARLIER:** Students will be able to submit a 2017–18 FAFSA as early as Oct. 1, 2016, rather than beginning on Jan. 1, 2017. The earlier submission date will be a permanent change, enabling students to complete and submit their FAFSAs as early as October 1 every year. (There is NO CHANGE to the 2016–17 schedule. The 2016–17 FAFSA became available Jan. 1, 2016.)

**USE EARLIER INCOME AND TAX INFORMATION:** Beginning with the 2017–18 FAFSA, students will report income and tax information from an earlier tax year. For example, on the 2017–18 FAFSA, students (and parents, as appropriate) will report their 2015 income and tax information, rather than their 2016 income and tax information.

Here's a summary of key dates for submitting the FAFSA depending on when you plan to go to school:

IF YOU PLAN TO ATTEND COLLEGE FROM	YOU WILL SUBMIT THIS FAFSA	YOU CAN SUBMIT THE FAFSA FROM	USING INCOME AND TAX INFORMATION FROM
July 1, 2015–June 30, 2016	2015–16	January 1, 2015–June 30, 2016	2014
July 1, 2016–June 30, 2017	2016–17	January 1, 2016–June 30, 2017	2015
July 1, 2017–June 30, 2018	2017–18	October 1, 2016–June 30, 2018	2015
July 1, 2018–June 30, 2019	2018–19	October 1, 2017–June 30, 2019	2016

Federal Student Aid StudentAid.gov/fafsa

[View Accessible Version](#)


**If you'd like more details about the upcoming changes, you may read the fact sheet called [College Students and Parents: What You Need to Know About the 2017–18 FAFSA<sup>®</sup>](#).**

**We will continue to update this site as the 2017–18 FAFSA launch approaches.**

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 11<sup>th</sup> 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*



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. 11<sup>th</sup> Avenue. Eugene OR 97402  
FAX: (541) 484-4583

Call (800-922-1399) ext. 1752 or local (541) 484-4234 to learn more about  
the Siletz Home Visiting Program.





# 477 Self-Sufficiency Program

*Jenifer Jackson, Tribal Services Specialist*

*Vacant, 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 to schedule an appointment at x1755 or you can leave messages directly on her 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 – October 3**

Vacant Position hours: **T-F 8-4:30pm**  
**Work Experience, Summer Youth**  
**Employment, On-the-Job Training, Classroom**  
**Training, Direct Placement, Emergency**  
**Assistance, TANF Youth Services**

\* 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 October 2016

Tuesday	September 27 <sup>th</sup>	WEX Time Sheets Due
Friday	September 30 <sup>th</sup>	TANF/GA Card day
Tuesday	October 4 <sup>th</sup>	EAO Language Class 6-8pm
Wednesday	October 5 <sup>th</sup>	Self-Sufficiency documentation due
Friday	October 7 <sup>th</sup>	WEX Payday
Tuesday	October 11 <sup>th</sup>	WEX Time Sheets Due
Saturday	October 15 <sup>th</sup>	Diabetes Celebration
Tuesday	October 18 <sup>th</sup>	Siletz Tribal ID at EAO 1-6:30pm
Tuesday	October 18 <sup>th</sup>	EAO Annual Soup Night 5-7pm
Friday	October 21 <sup>st</sup>	WEX Payday
Tuesday	October 25 <sup>th</sup>	WEX Time Sheets Due
Monday	October 31 <sup>st</sup>	Halloween

**\*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

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

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

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

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

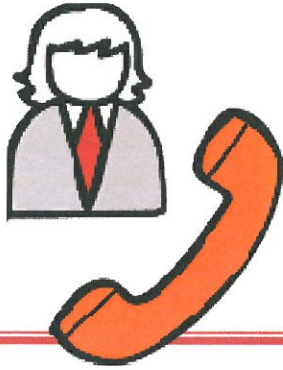
Examples of SERVICES PROVIDED by STVRP:

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

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



# Siletz Community Health



## Siletz 1-800 Numbers

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

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

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

## Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

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

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

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

## Siletz Mail Order Pharmacy

If you need a prescription refill, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and to mail it to you.

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

# Siletz Community Health

## Blood Pressure Screenings



At the Siletz Eugene Area Office

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

Feel free to come in and get it checked.

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



## Bicycle Helmets

Are available at the Eugene Area Office

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

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

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

## Attention Tribal Parents and Child Care Givers!

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



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

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

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

Please Come Join Us!!

## Diabetes Support Group

Thursday, September 29th

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



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

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

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

**Everyone is welcome! A light, nutritious meal will be provided.**

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

Siletz tribal members, come join us!!

# Walking Group

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

When: Every Tuesday and Thursday in *October*  
Beginning Tuesday, October 4, 2016

(meet in the front lobby)

**Walk from: 5:00-5:45**



Come join us for a walk down the walking path directly behind the Siletz office. Choose your comfort level. Any pace is the right pace!

*We will be walking rain or shine.*

Bring a friend!

We are on the path to fitness and health!

For more information, you may contact  
Adrienne Crookes or Nora Williams-Wood at 541-484-4234.



# October is ... National Breast Cancer Awareness Month

Adrienne Crookes, Community Health Advocate

According to the American Cancer Society there are approximately 200,000 new cases of breast cancer in the United States each year. Approximately 2,000 new cases are in men. Approximately 40,000 people die from breast cancer each year.

## Who is at risk for breast cancer?

- Women are 100 times more likely to get breast cancer than men.
- Women over the age of 60 are particularly at risk.
- Women whose mothers, sisters or daughters have breast cancer.
- Women who have had breast cancer that was treated in the past are at greater risk for reoccurrence.
- Women who started their periods before the age of 12.
- Women who do not have children or have their first child after the age of 30.
- Women who were put on hormone therapy after menopause.
- People with a high fat diet.
- People with a low fiber diet.
- People who smoke or intake alcohol frequently.



Early detection of breast cancer is the key to successful treatment.  
Women are recommended to do monthly self-breast exams.

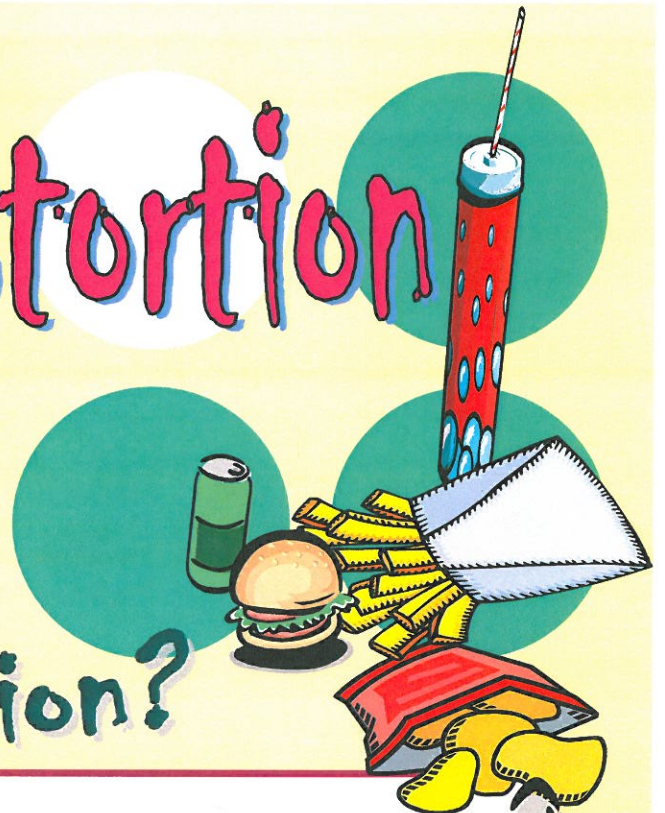
Know your body so you will know if there are any changes.

In addition, mammograms are recommended starting at age 40, or earlier depending on family history or clinical indication. Also, women are encouraged to get yearly clinical breast exam by their medical care provider.

# Portion Distortion

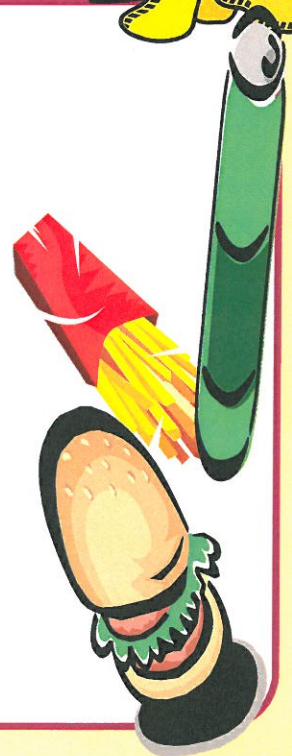
**Do you  
suffer from**

**Portion Distortion?**



**To find out, take this test!**

1. Do I super size my order when I have the chance?
2. Do I choose the largest size popcorn at the movies?
3. Is my motto, "more is better"?



**If you answered "yes" to any of the above...  
you may suffer from portion distortion.**

Por-*tion* *distor'-tion*, n., suffering from a distorted perception of what is the proper size serving of an item (especially food)....often promoted and reinforced by fast food marketing gimmicks and jumbo-sized servings at fancier eating establishments.

# *Fall* into **FITNESS**

- ★ Enjoy more **EVERYDAY** activities such as walking the dog or raking leaves.
- ★ Enjoy more **AEROBIC** activities such as biking, swimming, or taking a brisk walk.
- ★ Enjoy more **RECREATIONAL** activities such as soccer, football, volleyball, kickball or frisbee golf.
- ★ Enjoy more **STRENGTH** activities such as weight lifting or stretching.
- ★ Enjoy more **FLEXIBILITY** activities such as yoga, pilates, or tai chi classes.



## 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
<b>Deer</b>	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*
<b>Elk</b>	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 <sup>st</sup> Season Rifle	25	11/12-11/15	Lottery applications available 9/6; due 9/23; drawing 10/3; tags issued 10/4	Lottery
	2 <sup>nd</sup> 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*
<b>Salmon</b>	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 OCTOBER 2016

<b>Siletz</b>		
Monday	October 3	9 am - 3 pm
Tuesday	October 4	9 am - 3 pm
Wednesday	October 5	9 am - 3 pm
Thursday	October 6	9 am - 3 pm
Friday	October 7	9 am - 3 pm

<b>Salem</b>		
Monday	October 17	1:30 – 6:30 pm
Tuesday	October 18	9 am – 6:30 pm
Wednesday	October 19	9 am – 6:30 pm
Thursday	October 20	9 am – 11 am

The real eggs are a big hit with our clients and also the whole wheat tortillas are moving fast. I made these burritos at the Siletz warehouse and all of it was made from commodity products, except the spices.

## BEEF AND BEAN BURRITOS

### Ingredients:

- 24 oz. canned beef (drained & rinsed)\*
- 10 tortillas\*
- 1 chopped onion \*
- 1 clove garlic, minced
- 2 (15oz.) cans black beans (drained) \*
- 1 tbsp. Cajun seasoning
- ½ tsp. salt & pepper to taste
- 1 c. shredded cheese \*
- 1 can tomato sauce\*
- 1 sliced green bell pepper\*
- Instant mashed potatoes (to thicken)\*



### Preparation:

Wrap tortillas in foil and warm in oven at 350 degrees for 15 minutes. Meanwhile, cook beef, onion and garlic and green pepper and black beans in a skillet until browned. Stir in tomato sauce, Cajun seasoning and salt. Cook 3 minutes over medium heat. Remove from heat and thicken the mixture with instant potato flakes, adding just a little at a time until it is the desired consistency. Spoon 1/2 cup beef mixture into center of each tortilla. Top with cheddar cheese. Tuck two sides over filling and then roll up. Heat a skillet over medium high heat with a little vegetable oil. Fry the burritos until crispy. Recipe makes up to 10 burritos.

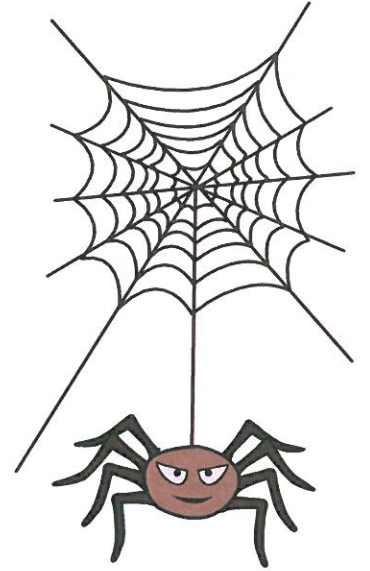
### \* Indicates commodity foods used

Joyce Retherford, FDP Director  
541-444-8393

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



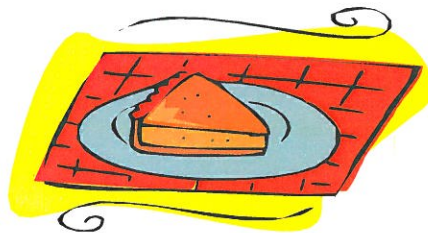
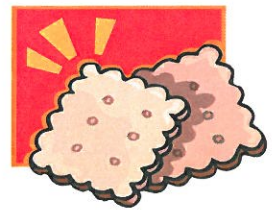
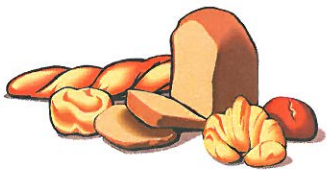
# Siletz EAO Annual Soup Night

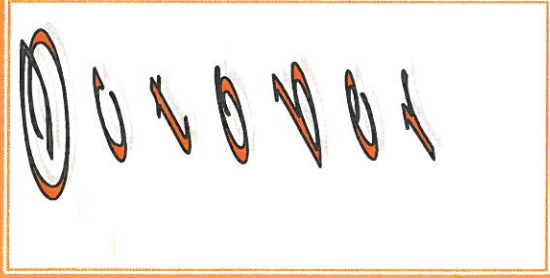


Oct. 18th, 5:00-7:00

Please come join the EAO staff for our annual **SOUP NIGHT**, come & enjoy your favorite homemade soups.

TRICK OR TREAT





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27 Time Sheets Due by 12pm	28	29	30 TANF/GASA Check/Card School Checks Released	1
2	3 USDA Distribution Siletz 9-3pm Siletz Language Class Siletz 6-8pm	4 USDA Distribution Siletz 9-3pm Eugene Language Class EAO 6-8pm	5 USDA Distribution Siletz 9-3pm 477/Self-Sufficiency Documents due	6 USDA Distribution Siletz 9-3pm	7 USDA Distribution Siletz 9-3pm WEX Payday	8 Elder Meeting CW Casino 1-4pm
9	10 Portland Language Class PAO 6-8pm	11 Time Sheets Due by 12pm Salem Language Class SAO 6-8pm	12	13	14	15 Diabetes Celebration
16 2016 Youth Conference	17 USDA Distribution Salem 1:30-6:30pm	18 USDA Distribution Salem 9:30-6:30pm Siletz Tribal ID EAO 1-6:30pm EAO Annual Soup Night 5-7pm	19 USDA Distribution Salem 9:30-6:30pm	20 USDA Distribution Salem 9-11am	21 WEX Payday	22 2016 Youth Conference
23	24	25 Time Sheets Due by 12pm	26	27	28	29
30	31 Happy Halloween Halloween Week	1 TANF/GASA Check/Card School Checks Released	2	3	4 WEX Payday	5



# SEASONS

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  
 Adrienne Crookes, Community Health Advocate x1753  
 Jessica Phillips, Program Coordinator/THV x1752  
 Nora N Williams-Wood, Secretary x1750  
 Gloria Stott, Elders On-Call Transport

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

## Eugene A/O

October 4 <sup>th</sup>	EAO Language Class
October 8 <sup>th</sup>	Elders Meeting
October 14 <sup>th</sup> -16 <sup>th</sup>	Youth Conference
October 15 <sup>th</sup>	Diabetes Celebration
October 18 <sup>th</sup>	Tribal ID at EAO
October 18 <sup>th</sup>	EAO Annual Soup Night

Addressee