

# Portland Potlatch

MARCH 2016

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## Siletz People Reconnecting to Our Culture



**SRII-NA CHEE-YASH-'E**  
(High in Sky Bird)

Promoting our culture and beliefs is of primary importance to our Siletz tribal community. So much so, that it is even written into our Constitution.

With this in mind, this publication would like to draw your attention to two of the culture opportunities that are offered monthly at our office. Most are open to Siletz tribal members of all ages.

### Athabaskan Language Class:

This is more than just a language class—Each month, lively interchanges between instructor Bud Lane and participants touch upon history, culture, food, regalia, word origins, and more. See page 11 for more information.

### Healthy Traditions Garden Club:

Each month (January to June), area office staff host garden club thru our Healthy traditions program. Garden Club meets in the evening at PAO and perform lots of fun and engaging activities. See page 3 for more information.

## Winter Office Closures

Despite the mild winter, our weather outside could still become challenging at times. For the safety of all, sometimes we close our office due to weather conditions. If it's snowing, icy or unusually cold, please call the office and listen to our message **before** coming to the office to make certain we are open.

### Important Dates

- Sun, 3/13 Daylight Savings Time Begins
- Sat, 3/12 Elders Council—1 PM
- Fri.,3/18,Regular Council—8 AM

## Community News

### Portland Area Office Beading Group

You are invited to join us for an informal gathering, to bead, learn and visit. Bring whatever you are working on:

**Thursday, March 17th  
9:45 AM—11:45 AM**

For more information, Please call Sherry Addis.



### Pow-Wow's and Events:

#### • 14th Annual Willamette University Pow-Wow

Hosted by WU native and indigenous Student union the Pow-Wow's Grand Entry at 4pm. There will be: native arts and crafts, dancers, drum groups, and food vendors!

**Saturday, March 12th, 2016**

**900 State Street, Salem, OR**

For more information please contact WU Office of Multicultural Affairs at (503) 370-6265 or e-mail at:

[gtoyama@willamette.edu](mailto:gtoyama@willamette.edu)

#### • 25th Annual Pi-Nee-Waus Elders Pow-Wow

This years Pow-Wow will be held at the Jackson Armory on:

**Saturday March 26th, 2016**

**6255 NE Cornfoot Road, Portland**

Grand Entry will begin at **Noon & 6 PM.**  
For more information please contact Jackie Greywolf at (503) 830-4428.



#### • Warm Springs Tribal Youth Art Exhibit

The Museum At Warm Springs will be hosting its 23rd Annual Tribal Youth Art Exhibit:

**January 28 - April 2, 2016**

You do not want to miss this exciting exhibit! Come enjoy the celebration of the imagination, showcasing the artistic talents of youth in the community, art from toddlers to high school age. A refreshing look at art through the eyes of our youth!

P. O. Box 909, Warm Springs, OR 97761  
(541) 553-3331, (541) 553-3339 (fax)

### CTSI Job Announcement

**Position(s)** Elders Transporter (On-Call)/ Transporter (On-Call)

**Location :** Portland

**Salary:** \$9.47/ Hourly

**Supervision:** Area Office Supervisor/  
Elders Program Coordinator

**For more information please visit the CTSI website:**

[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

**for a complete position description.**



### PAO Elders

### Potluck

Ch'ay-yii-ne Ghu'-'alh

Weather permitting, we will next meet:

**Third Tues: Mar. 15th  
5:30 PM — 7 PM  
PAO Community Room**

Please bring a potluck dish to share. Rides

are available, first come first serve. Questions? Call your elder representative .

### Elder's Shopping Day

The next elders shopping day will be:  
**Mar. 15th & 29th, 10:00 AM**

Call early to reserve your seat on the bus.

Please call your area elders rep. (Kay Steele (503) 760-4746 or Consuelo 'Cookie' Fernandez and (503) 853-5430.

## PAO Healthy Traditions & Garden Club



**Our Next garden Club is on:**

**March 9th**

**5:30 PM—7 PM**

**Location**

**CTSI, Portland Area Office**

As we see the warmer months coming ahead, so are the seedlings that we've planted at our previous meeting! We are hopeful that our next growing season is a prosperous one.



**Community Garden Plots Available!**

Have you thought about gardening, but don't have the room to start one? Five community gardens in SE Portland have plots available. They range in size/cost and scholarships are available. Call (503) 823-1612 or visit:

[www.portlandonline.com/parks/communitygardens](http://www.portlandonline.com/parks/communitygardens)

If you would like to be added to our e-mail reminder distribution list or have questions, please call the Portland Area Office and speak with Andrew Johanson, Verdene McGuire, or Sherry Addis.

## Community Health

### Diabetes Support Group



Thursday, March 17th 2016  
Noon to 2:00 PM

Our March Diabetes support group will be providing healthy salad, fruits and veggies. All tribal member are welcome.

#### Reminder:

Update your Contract Health Services Form Each Year!



Call the Portland Area Office and we can send you one or come in and complete it. Especially if you have moved, have a new phone number or even a new primary care Doctor.

### 4 Steps to Manage Your Diabetes for Life

#### Step 1: Learn about diabetes

- Type 1 diabetes is where your body does not make insulin to turn your foods into energy. With type 1 you need to take insulin every day to live.
- Type 2 diabetes is where your body does not make or use insulin very well. You need to take pills or insulin to help control your blood sugar levels.
- Gestational diabetes is the kind of

diabetes pregnant women can get. Most of the time it goes away after the baby is born. But these women and their children have a greater chance of getting diabetes later in life.

#### Step 2: Know your diabetes ABCs.

- Talk to your doctor about your A1C, Blood pressure and Cholesterol. This can help lower your chances of having a heart attack, stroke, or other diabetes problems.

#### Step 3: Learn how to live with diabetes

- Cope with your diabetes. Stress can raise your blood sugars. Ways to lower stress is deep breathing, gardening, taking a walk, meditating, working on a hobby, or listening to music.
- Ask for help when you feel down. Come to our monthly support group, talking with a friend or family member who will listen to your concerns will help you feel better.
- Eat well. Plan your meals, choose foods that are natural and low in calories, saturated fat, sugars and salt. Eat foods with more fiber, fruits and veggies, and whole grains. Drink water instead of juice and regular soda.
- Be active. Set a goal to move more each day of the week. Start slow by taking 10 minute walks, 3 times a day.
- Twice a week, work to increase your muscle strength. Use stretch bands, do yoga, heavy gardening (digging and planting with tools), or try push-ups on the wall or floor.
- Watch your weight or get to a healthy weight by using your meal plan and moving more.

- Know what to do every day. Take your medicines for diabetes and any other health problems even when you feel good!

#### Step 4: Get routine care to stay healthy

- See your doctor at least **twice a year** to find and treat any problems early.

#### At each visit, be sure you have a:

- Blood pressure check
- Foot check
- Weight check
- Review of your self-care plan

#### Two times each year, have an:

- A1C test. It may be checked more often if it is over 7.

#### Once each year, be sure you have a:

- Cholesterol test
- Complete foot exam

- Dental exam to check teeth and gums
- Dilated eye exam to check for eye problems
- Flu shot
- Urine and a blood test to check for kidney problems

#### At least once in your lifetime, get a:

- Pneumonia shot
- Hepatitis B shot

#### Things to remember:

- You are the most important member of your health care team.
- Follow the four steps here to help you learn how to manage your diabetes.
- Learn how to reach your diabetes ABC goals.
- Ask your doctor for help and be healthy!

## Siletz Home Visiting Program

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.

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.

#### Contact Information

Danelle Smith, Siletz Home Visitor:  
(541)-444-9603 or (541) 270-1027  
201 SE Swan Avenue, Siletz, Oregon  
(covering Siletz and the coastal range)  
Jessica Phillips, Eugene Office Program  
Coordinator/Home Visitor: (541) 484-  
4234 or (541) 222-9503  
2468 11<sup>th</sup> Ave., Eugene, Oregon (covering  
the Willamette Valley area)

## Education & Youth Update



### Spring Break Activities for JOM Youth

#### •Free Swim Passes Spring Break

Free passes will be given to youth and families to have a day of fun during spring break at the Clackamas Aquatic Park. To receive a free pass please contact Katy by March 11th, 2016.

#### •Tickets Available to Children's Museum

This is a great place for our younger children to visit to have hands on time to play, build, create, dance and just have fun. If you and your family would like to visit the Children's Museum and your child qualifies for JOM (please read on for more information about JOM) please contact Katy for tickets at (503) 238-1512. Yearly memberships can also be purchased with help through our JOM program.

#### •Bowling Fun For Kids

Youth are invited to come enjoy a afternoon of bowling and pizza lunch—meet new and old friends. All our Native youth are invited to come out.

When: Monday, March 21st (1st day of Spring break)

Time: 1:30 to 3:30 PM Where: Pro Lanes in SE Portland, 3031 SE Powell Blvd.. Please contact Katy to sign up. (503) 238-1512.

#### •Beach Clean Up Day in Lincoln City

SOLVE Oregon (Stop Oregon Litter and Vandalism) is inviting you to join them to volunteer for the big state wide event to help keep our Oregon Beach clean. Volunteers will meet at Seaside, Lincoln City and Newport. Come join with other volunteers from all over to aid SOLVE, in something we all have a stake in! For more information please visit:

[www.solve.org](http://www.solve.org)

#### •A Program to Help Our Native Youth:

The Siletz Johnson O'Malley Program is for all Tribal Youth (can be enrolled in other tribes other than Siletz) who are 3 years old up to 12th year of high school. To be eligible youth must be able to document that they are enrolled in a tribe or are one quarter blood quantum, and are attending a public school either in Multnomah, Washington or Clackamas County. Through the Portland area office. JOM Program students can obtain assistance to help pay for sport fees, enrichment classes, camps, graduation, SAT tests, preschool assistance, life guard classes, swim classes, gymnastics classes and in some cases bus passes for transportation to get to school. We can provide you with the JOM forms to enroll your kids and to request funding for assistance.

#### •Journeys; A Native American Youth Art Camp

This summer Camp offers twelve (12) teenager the opportunity live on the Oregon College of Art and Craft Campus and participate in an intensive arts workshop over the course of two full weeks. This year students will be introduced to the world of Glass and its roots in both traditional and contemporary Native American Art and Culture. Teens between the ages of 15-19 and who display an interest and talent in art and culture are encouraged to apply. The application deadline is May 1, 2016. For

more information contact Shirod Younker at 971-255-4148 or email at [syounker@ocac.edu](mailto:syounker@ocac.edu). You can download the application from [www.ocac.edu](http://www.ocac.edu). You can also call Katy for assistance.

#### •Game Night at PAO

You're invited to a fun evening of games with a cultural activity included. Win a special award. Wednesday, March 17th From 6 to 8 PM at the Portland Area Office, 12790 SE 122nd Ave. Note: Regalia classes are still in progress every two weeks. For dates and times please contact Katy.

## 477 Self-Sufficiency Program

### To all 477 SSP clients

It's that time of year again where many start to file their income taxes. Anyone who worked in 2015 and paid taxes needs to file. The deadline to file is April 15th, 2016. Your caseworker can assist you in locating a tax preparer or you can file your taxes online. If you file for taxes and get a refund, you need to report that to your caseworker within 5 days of receiving it. All tax returns are considered "Unearned Income." Please provide your caseworker with a copy of your 2015 tax return to verify amount of refund, and your caseworker can determine if part or all of your return can be considered exempt. Failing to report tax returns and other income to your caseworker can be considered fraud.

If you have any questions regarding income and taxes, please feel free to contact your caseworker.

#### Mission Statement:

To assist eligible clients in attaining self-sufficiency. The 477 Self Sufficiency Program will serve the following groups as they

work towards this goal: Siletz needy families, Native American, Alaskan Native, Native Hawaiian.

Program components include: cash grant services, emergency utility assistance, job training, job retention services and other supportive services which are subject to budget cycle availability.

The Program Manual lists all available components in detail and the requirements of each which is also available at the CTSI website:

[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

### Your Success is Important to us!

If you have any questions or want to apply to the program, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.

# 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:

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 the VR staff: **In Salem Office** - Dana Rodriguez (Program Aide) and Angie Butler (Program Director).

## Contract Health

### Need to Call Contract Health?

If you have questions about your eligibility for Siletz, Contract Health Services (CHS),

please call your assigned CHS technician. at (800) 628-5720.

<b>Trish Carey</b>	<b>A-G</b>	<b>X1651</b>
<b>Joella Strong</b>	<b>H-O</b>	<b>X1649</b>
<b>Misty Hammet</b>	<b>P-Z</b>	<b>X1329</b>

# Athabaskan Language

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

These classes begin with basic instruction and progress over the year. They are also a refresher course for more advanced students. Come and join other members of your community and tribe in learning to speak one of our ancient languages.

Any tribal members who need assistance with cultural projects, please bring them prior to class if possible.

**Monday, Mar. 14th, 2016  
6 PM—8 PM**

We also have equipment in the Cultural Department available for use in grinding and

drilling shell or pine nuts or other applications. If you need to use the equipment, call the number below to set up an appointment. For more information, please contact Bud Lane. Many Athabaskan language lessons are available to tribal members, in print and audio at the CTSI web site at:

[www.siletzlanguage.org](http://www.siletzlanguage.org)



**NAA-GHAA-YVSH-NE  
WOLF**

## Behavioral Health — Alcohol & Drug Program

### Philosophy:

The Siletz Tribal Alcohol and Drug Program views alcoholism, chemical dependency, and other addictions as a progressive illnesses. When left untreated they can cause emotional, mental, physical, and spiritual problems for the person, family, and community. Addictions are treatable and staff is personally dedicated to providing culturally relevant treatment services.

### Services Include:

- Evaluation/Assessment
- Referral to appropriate resources
- Alcohol/other drug education
- Cultural/traditional Individual, group, or family counseling
- Adolescent treatment

- Women's specific treatment
- Intervention
- Recreational therapy
- Urinalysis/saliva testing
- DUII rehabilitation services

**Generally, PAO Counselor Andulia WhiteElk Hours are:**

<b>Salem Office</b>	<b>Mondays and Tuesdays 10AM—3PM</b>
<b>Portland Office</b>	<b>Wed., Thurs., and Fri. 8:30AM — 5PM</b>

When Andulia is unavailable, Counselors from other area offices (Salem, Siletz, or Eugene) can assist.

# March 2016

SUN

MON

TUE

WED

THU

FRI

SAT

<p><b>Inclement Weather Conditions</b>          This time of year, the weather outside can be frightful. For the safety of all, we sometimes close our office due to weather conditions. So, if it is snowing, icy or unusually cold, please call the office and listen to the message before coming to the office to make certain we are open. We will update our phone message to reflect any modification of our office hours.</p>		1	2	3	4	5
6	7	8	9 PAO Garden Club 5:30 PM	10	11	12 Elders Council 1 PM
13 Daylight Savings Time Begins 2 AM	14 Language Class 6-8 PM	15 Elder's Potluck 5:30 PM	16	17 Beading Group 9:45 AM—11:45 AM Diabetic Lunch	18 Regular Council 8 AM	19
20	21 JOM Bowling Activ- ity 1:30—3:30 PM	22	23	24	25	26
27	28	29	30	31		

# Tobacco Prevention Education Program (TPEP)

## How Do E-Cigarettes Affect Your Health?

E-cigarettes are fairly new. There are important questions about their ingredients and how those ingredients may affect the health of people who use e-cigarettes and bystanders around them, both in the short term and over time.

E-cigarettes and their ingredients are not regulated by the Food and Drug Administration (FDA) right now. So there's no way to know for sure what is in them or how much nicotine they contain. Current research shows that:

- Nicotine from e-cigarettes is absorbed by users and bystanders
- Nicotine is highly addictive
- Nicotine is especially a health danger to youth who use e-cigarettes. It may have long-term, negative effects on brain growth.
- Nicotine is a health danger for pregnant women and their developing babies. Using an e-cigarette and even being around someone else using an e-cigarette can expose pregnant women to nicotine and other chemicals that may be toxic.
- E-cigarette aerosol is not "water vapor." It contains nicotine and can contain other chemicals. It is not as safe as clean air.
- The nicotine solution in e-cigarettes is not harmless "juice." Children and adults have been poisoned by swallowing, breathing, or absorbing the liquid through their skin or eyes.
- Additional chemicals that are harm-

ful or may be harmful have been found in some e-cigarettes. These substances include traces of metal, volatile organic compounds, and nitrosamines. The levels tend to be lower than in regular cigarettes, but there's no way to know what you're getting because e-cigarettes are not yet regulated.

## Help for Quitting Smoking

E-cigarettes are not approved by the FDA to help people quit smoking. But seven medicines are approved by the FDA to help quit smoking, including forms of nicotine that are tested for purity and safety. These include inhalers, nasal sprays, patches, gums, and lozenges. Some are available without a prescription.

Quit-smoking treatments may be free or lower in price through insurance, health plans, or clinics. State Medicaid programs cover quit-smoking treatments. While the coverage varies by state, all states cover some treatments for at least some Medicaid enrollees. Whether or not you use a stop-smoking medicine to help you quit, people who reach out for help are more likely to succeed than those who go it alone. Help is available in the Quit Guide on this Web site and by calling 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569). Quit line coaches can answer questions, help you develop a quit plan, and provide support for your smoke free life.

## USDA

Siletz	Tuesday	March 1st	9 AM — 3PM
	Wednesday	March 2rd	9 AM — 3PM
	Thursday	March 3rd	9 AM — 3PM
	Friday	March 4th	9 AM — 3PM
	Monday	March 7th	9 AM — 3PM
Salem	Monday	March 21st	1:30 PM—6:30 PM
	Tuesday	March 22nd	9 AM — 6:30 PM
	Wednesday	March 23rd	9 AM — 6:30 PM
	Thursday	March 24th	9 AM — 11AM

### 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

### Directions:

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 powder. 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.

### Most Often Requested Numbers

Siletz Community Health Clinic	(800) 648-0449	Contract Health Services	(800) 628-5720
Grand Ronde Health Center	(800) 775-0095	Chemawa Health Clinic	(800) 452-7823
Eugene Area Office	(541) 484-4234	Salem Area Office	(503) 390-9494
Siletz Administration	(800) 922-1399	Siletz Behavioral Health	(800) 600-5599

# Secondhand Smoke

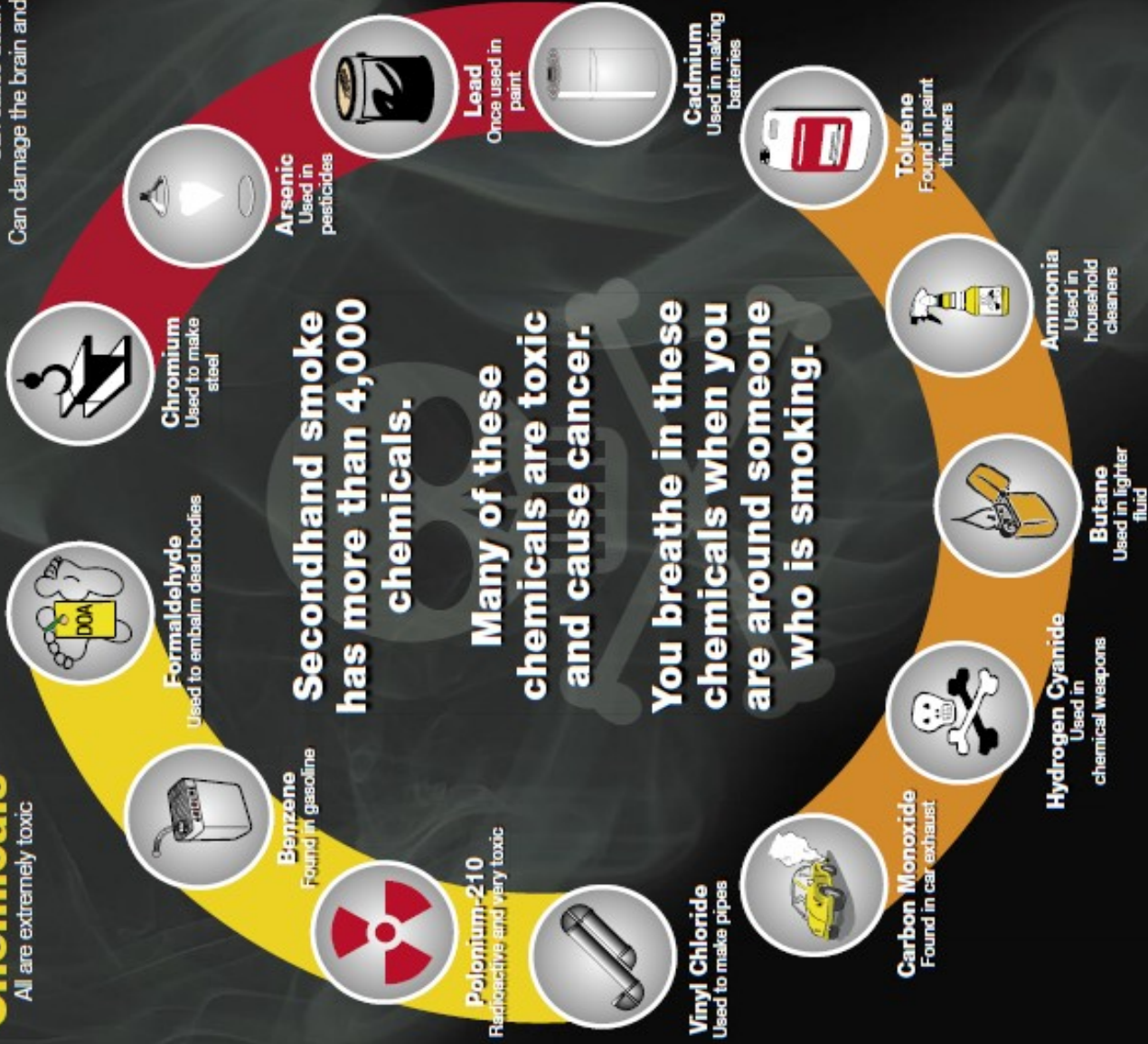
is toxic

## Cancer Causing Chemicals

All are extremely toxic

## Toxic Metals

Can cause cancer  
Can cause death  
Can damage the brain and kidneys



## Poison Gases

Can cause death  
Can affect heart and respiratory functions  
Can burn your throat, lungs, and eyes  
Can cause unconsciousness



## Secondhand smoke

It hurts you. It doesn't take much. It doesn't take long.





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

Please note that a major difference between the LOP tags and the Tribe's regular tags is that **ONLY** the person drawn for the tag can hunt that tag. The tag cannot be given to someone else to hunt for you. Therefore, only those folks serious about hunting this hunt themselves are eligible to apply. The drawing for the 6 LOP elk tags will be held at the Natural Resources Committee Meeting to be held on April 11<sup>th</sup> at 4:45 PM in the Natural Resources Department Map Room. Applications are available on the Tribal website and at the Tribal Natural Resources Office in Siletz. Completed applications are due in the Natural Resources office by **4:30 PM April 8, 2016**. For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232.

## State Bar Warns About New Scam Directed at Attorneys and Their Clients

**PHOENIX – Jan. 27, 2016** - The State Bar of Arizona is warning its members about a new type of scam directed at both attorneys and their clients. This sophisticated scam exploits the attorney/client relationship and defrauds consumers of their money.

How the scam works:

- The client receives a phone call.
- The caller ID shows the number belongs to the attorney.
- The client is told that they need to pay additional money.
- The client is then given a toll-free number to call.
- When the client calls, they are directed as to how to pay the money.

This scam works through a process known as "Caller ID Spoofing". "Spoofing" allows a caller to change their ID to reflect any desired number, which will then show up on the recipient's caller ID. Previous "spoofing" scams, for example, have involved callers using a number that belongs to the IRS.

"What makes this most recent case espe-

cially troubling is that the scammers have linked the attorney with the client," said John Phelps, CEO/Executive Director of the State Bar of Arizona. "While this information may be publicly available through court documents, we have not seen it used in this way. This recent case involved bankruptcy court and the client was told they needed to pay more money to a creditor. Fortunately, the scam was caught in time and no money was lost," he added. Attorneys should consider advising their clients about the potential for this type of scam. Consumers should confirm with their attorneys before sending money. Both attorneys and consumers should file a report with the FBI's Internet Crime Complaint Center (IC3) at [www.ic3.gov](http://www.ic3.gov) if they are a victim of this scam.

### About the State Bar

The State Bar of Arizona is a non-profit organization that operates under the supervision of the Arizona Supreme Court. The Bar includes approximately 23,500 attorneys and provides education and development programs for the legal profession and the public. Since 1933 the Bar and its members have been committed to serving the public by making sure the voices of all people in Arizona are heard in our justice system.

## 211-Info Winter News

211 Info provides a list of winter shelters and emergency shelters that open during severe weather alerts. For information about year-round shelters, please visit the 211info search page, enter your zip code and type in the keyword "Shelter" at:

[www.211info.org](http://www.211info.org)

Or dial 211 for more details. Open 24/7 in Multnomah county, 8 AM—6 PM, M-F (Oregon/ SW Washington).

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 Siletz Indians of Oregon  
 Portland Area Office**

**Portland Area Office**  
 12790 SE Stark St., Suite  
 102  
 Portland, OR 97230

**Phone: (503) 238-1512**  
**Fax: (503)238-2436**

**Hours:**  
 Mon—Friday  
 8:00 AM—4:30 PM

[www.ctis.nsn.us](http://www.ctis.nsn.us)



**BEAR SV-GVS**



## Is Your Newsletter Coming to the Right Address?

We frequently receive new mailing address lists from Enrollment. If you have not updated your new address with enrollment your newsletter could be misdirected. If you or someone you know is not currently receiving their newsletter (we send one per household), please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.

### E-newsletter Option:

You may also elect to receive a notification of when the potlatch newsletter is available via e-mail. Which is now uploaded for viewing or download in color at the click of a button, at the CTSI website, saving time and postage. To sign up for this option please contact Andrew Johanson, Portland Area Office Clerk.

## How to Get Your Newsletter Faster and In Color?

All Area Office newsletters are now posted for immediate downloading at our tribal website:

[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

Any tribal member who would like to be notified when the new issues is posted may contact Andrew Johanson, PAO clerk to be added to the notification email. Then you can download and print a color version with a few clicks of your computer keyboard.



## Portland Area Office Staff:

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## Other Numbers:

Name/ Program	Number	Name/ Program	Number
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Mike Kennedy Natural Resources	800-922-1399 X1232	Joyce Retherford USDA FDP Dir.	(541) 444-8393
Jennifer Loza Home Visiting Cdnt.	(541) 444-8332	Kim Lane C.A.R.E. Program Cdnt.	(800)922-1399 X1679
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