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**Flu Shots
Coming to
PAO
(See page 14
for details)**

Low Income Home Energy Assistance Program (LIHEAP) 2016-2017

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.)



Srii-na chee-yash-'e or (High in sky bird)

What Help does LIHEAP provide?

- Heating Assistance
- Crisis Assistance (Shut off or Final Notice)

To Qualify

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

Residence Location

(Continued on page 6)



Important Dates

- Sat., 10/8, Elders Council—1 PM—at Aces Bar & Grill
- Fri., 10/21 Regular Council—8 AM—Brookings, OR

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:

**Thurs., Oct. 20th, 2016
10 AM—2 PM**

For more information, Please call Sherry Addis.

Elder's Shopping Day



The next elders shopping day will be:

**October 4th & 25th at
10:00 AM**

To reserve your spot on the bus for the next shopping day, please call your Elders program area representative, Kay Steele at: (503) 760-4746 or Cookie Fernandez at 503-853-5430.

PAO Elders Potluck

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

We will host our first potluck of the season on:

Tuesday, Oct. 18th, 2016

5:30 PM —7:00 PM

Please bring a potluck dish to share. For more information or to request a ride/ carpool, please contact the Elders Coordinator or your Elders Representative Kay Steele. Or Cookie Fernandez.



PAO Welcomes Our New Counselor



We are pleased to announce the arrival of Rachel Adams, Mental Health Counselor for CTSI. She is our newest member of the

Portland (PAO) and Salem (SAO) Area Offices. Her first day was Monday September 19th. Rachel will be working in Portland and Salem and available at PAO on Mondays and Tuesdays and SAO on Wednesdays to Fridays. Mental Health Services are open to all Siletz Youth, Families and Adults. If you would like to speak with her regarding the Mental Health Program or schedule an appointment please call:

Portland: (503) 238-1512
Salem: 1-(503) 390-9494

Healthy Traditions

Garden Club Work Party

PAO-HT encourages all tribal members and their families to support the our local community gardens. On:

Wednesday, October 5th

Portland Area Staff we will be attending our two gardens: Berrydale from 9—10 AM and Gilbert heights from 10 — 11AM. If you're free to join in and help please call PAO for more information.

Portland Parke Diem!

Citywide Work Party Day for Portland Parks

Parke Diem will be held on **October 14th and 16th**. The Portland Parks system has been a strong partner with the Portland metro community and provides us one of our Siletz tribal community gardens, free! You can sign up and volunteer at:

www.parkediem.org

October Gardening

For many gardeners, Fall is a time to start gearing down in preparation of winter. Below is an abridged list of garden tasks recommended by the OSU Extension Service for October.

Maintenance and Clean Up

October 2016 Planting Guide

This list is referenced from Portland Nursery's planting guide. The list is broken down by vegetables that may be directly sewn outdoors or planting pre-grown starts outdoors.



- Drain or blow out your irrigation system, insulate valve mechanisms before first freeze
- Use newspapers or cardboard covered by mulch to discourage winter and spring annual weeds or remove a lawn are for conversion to garden beds
- Dig and store potatoes
- Place mulch over roots of roses, azaleas, rhododendrons an berries for winter protection
- Cover asparagus and rhubarb beds with mulch of manure or compost
- Prune out dead fruiting canes in raspberries.

To read the complete list, go to: www.extension.oregonstate.edu/gardening



Seed Outdoors: (Cover Crop Only)

Fava bean
Garlic (cloves)
Onion (sets)
Shallots (bulbs)

Overwintering)

Bok Choi
Cabbage (over wintering)
Lettuce
Salad greens

Plant Starts (Fall Harvesting/

Community Health

Diabetes Support Group



**Wednesday October 12th
Noon to 2:00 pm**

Our October Diabetes Support Group will be providing a healthy main dish. All tribal members and their support persons are welcome.

Contract Health Update

Remember to update your contract health services form each year! Call the Portland Area office and we can send you the form. You are always welcome to come in to complete it. Especially if you have moved, have a new phone number or even a new primary care doctor, please update your information.

October is National Breast Cancer Awareness Month

Most people are aware of breast cancer, but many forget to take the steps to have a plan to detect the disease in its early stages while still easy to treat.

A primary Way to Detect Breast Cancer Early:

The following information is provided to become apart of your monthly routine to assist you.

1) In the Shower

Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast and armpit area. Check both breasts each month feeling for any lump, thickening, or hardened knot. Notice any changes and get lumps evaluated by your healthcare provider.

2) In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.

3) Lying Down

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit.

Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

Can I rely on breast self-exams alone to be sure I am breast cancer free?

Mammography can detect tumors before they can be felt, so screening is key for early detection. But when combined with regular medical care and appropriate guide-

(Continued on page 6)

Athabaskan Language

Nuu-wee-ya' (Our Words)



**Portland Area Office
Monday, Oct. 10th
6:00 – 8:00 PM**

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.

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 lesson are available to tribal members, in print and audio, online:

www.ctsi.nsn.us

The language samples are provided for your use online. To confirm proper pro-

nunciation go to the Siletz Talking Dictionary at:

www.siletzlanguage.org

Relatives or Da'-ye'

Ancestor	K'wii-daa-naa~-ye''
Mother	K'waa-ga
Father	Ta'
Son	daa~-ghee-yilh
Daughter	sii-'e
Brother	chee-le/ lha'-'e
Sister	dee-sre
Cousin	see-te'
Aunt (Paternal)	maa-de'
Aunt (Maternal)	Maa-de'
Uncle (Paternal)	mii-te
Uncle (Maternal)	Tr'ii-ne;
Wife	tr'aa-ne'
Husband	ch'ee-see-ne'
Grandmother	sru'
Grandfather	'aa-me'
Family (my)	sh-da'-ye'-yu
Children	srxii-xe
Family	da'-ye'-yu

477 Self-Sufficiency Program

SSP Monthly Meetings

The Self Sufficiency Programs monthly group meeting this month will have Michelle Moore

Owner/Instructor Empowered Focused Self-Defense.

The required monthly group is a supportive/informational meeting that focuses on work, education, family and goals.

Come meet and learn from others like you who are working toward their goals!

Date: October 13, 2016

Time: 4:00 to 6:00 PM

Location: Siletz Portland Area Office

Mark Your calendar. The 477 Self Sufficiency Program's (SSP) upcoming mandatory monthly group meetings:

- November 10th
- December 8th

These mandatory monthly meetings will allow clients to talk and share what is happening on their journey to self sufficiency. This will support clients in knowing that they are not alone and they have the same issue, concerns, questions and struggles as others. This will empower clients to talk with each other and come up with solutions together.

477-SSP 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

Congratulations Damar!!!



(Damar Lawrence and his Grandmother Jolyne Downey)

The 477 Self Sufficiency Program and the Portland Area Office would like to congratulate Siletz Tribal Member Damar Lawrence on earning his GED. We are so proud of you and wish you the best of luck in your future.

Your Success is Important to Us

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville X1412, or Tamra Russell X1411.

Education and Youth Update

October Events & Activities for Native Youth

Siletz Tribal Youth Conference

For teens 7th to 12th grade:

If you are a Siletz Tribal youth and have not yet received an application please contact Katy for one. Transportation will be provided. Canoe races, archery, speakers, games and lots of great people. Begins Friday, **Oct. 14th through 16th** in Lincoln City.



Pumpkin Patch Field Trip For Youth

You are invited to join us in our annual trek to a local Pumpkin Patch in and around Portland.

**Sunday, October 23, 2016
Leaving Portland Office at
9:00 AM**

Have a fun day with the family and take home a pumpkin. The deadline to sign up for this event is: **Wednesday, Oct 19th.**

Youth Activity Fund

Siletz tribal youth are eligible to utilize the tribe's activity fund. Youth attending kindergarten to seniors in high school are eligible to receive up to \$75.00 (per calendar year) for activities that may include cultural, enrichment, academic, materials, camps and other activities .

Forms are available at PAO and on the Tribe's web site at:

www.ctsi.nsn.us

To Contact Katy Holland
Please Call:
(503) 238-1512
At the Portland Area Office

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:

Indian Child Welfare Program (ICW) (541) 444-8236 or 800-922- ext. or visit at:

www.ctsi.nsn.us/icw.html

Will It Be Easy?

NOPE.

Worth It?

Absolutely.

October 2016

SUN	MON	TUE	WED	THU	FRI	SAT
						1 LIHEAP OPENS For Households with Elder & Disabled Siletz Tribal Members
2	5	4 Elders Shopping Day 10 AM	5 Garden Club Work party 9—11 AM	6	7	8 Elders Council 1 PM—Aces Grill, Lincoln City, OR
9	10 Language Class 6 PM—8 PM	11	12 Diabetic Support Group Noon—2 PM Flu-Shot Clinic 2 PM—5 PM	13 SSP Monthly Meeting 4—6 PM	14 Siletz Youth Council Lincoln City, OR	15 Siletz Youth Council Lincoln City, OR
16 Siletz Youth Council Lincoln City, OR	17	18 Elders Potluck 5:30 PM	19	20 Beading Group 10 AM—2:PM	21 Regular Council Brookings, OR 8 AM	22
23 Pumpkin Patch Trip 9 AM	24	25 Elders Shopping Day 10 AM	26	27	28	29
30	31					

(LIHEAP Continued from page 1)

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: First is heating (A regular bill) and Second, is crisis (Shut-off, disconnect, owing more than you can pay).

Awards will vary depending 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 (there are 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.

Total Gross Household Income Cannot Exceed:

# Household Members	Income Limit
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 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.

Notice To Applicants

The applicant is responsible for providing their own documentation at the time of the appointment, i.e. SS card, tribal ID or CIB, income documentation and current utility bill.

Applications without complete documentation at the time of appointment will be rescheduled.

(Community Health Continued from page 3)

line-recommended mammography, breast self-exams can help women know what is normal for them so they can report any changes to their healthcare provider.

If you find a lump, schedule an appointment with your doctor, but don't panic — 8 out of 10 lumps are not cancerous. For additional peace of mind, call your doctor whenever you have concerns

Once a Month

Adult women of all ages are encouraged once a month. Johns Hopkins Medical center states, "Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important." While mammograms can help you to detect can-

cer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes

Every person should know the symptoms and signs of breast cancer, and any time an abnormality is discovered, it should be investigated by a healthcare professional. Most people who have breast cancer symptoms and signs will initially notice only one or two, and the presence of these symptoms and signs do not automatically mean that you have breast cancer. By performing monthly breast self-exams, you will be able to more easily identify any changes in your breast. Be sure to talk to your healthcare professional if you notice anything unusual.

Behavior Health

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

Andulia's Schedule

8 AM—4:30 PM

Salem—Mon., Tues., & Wed.,

Portland—Thurs & Fri., Portland

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

Parking at the Portland Area Office (PAO)

When visiting the Portland Area Office, please note that **Blue** parking spaces are for siletz tribal members, staff and visitors. Overflow parking is available on SE 128th Ave.

**Recognize
Acknowledge
Forgive
Change**

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk

**Help is
Available &
Confidential**

USDA Distribution Dates

Siletz

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

Salem

Monday	October 17	1:30 PM—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

Fresh eggs and whole wheat tortillas are a big hit with our clients and moving fast. We 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)*

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.

Joyce Retherford
FDP Director
(541) 444-8393

Lisa Paul
FDP Clerk/ Warehouse
(541) 444-8279

Vocational Rehabilitation (STVRP)

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:

1. Guidance and Counseling
2. Referral to Services
3. Employment Services
4. Portfolio Building, Resume Writing,
5. Interviewing Techniques,



Job Coaching

6. Culturally Relevant Individualized Services
7. Evaluations and Assessments
8. Training Placement Opportunities
9. 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 the **Salem Office**—Antonia Leja, (Counselor) or Dana Rodriguez (Program Aide) and Angie Butler (Program Director).

Most Often Requested Numbers

Siletz Community Health Clinic	(800) 648-0449	Salem Area Office	(503) 390-9494
Grand Ronde Health Center	(800) 775-0095	Chemawa Clinic	(800) 452-7823
Eugene Area Office	(541) 484-4234	Chinook Winds	(888) 244-6665

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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



BEAR SV-GVS

Are You In the Loop?

The Portland Area Office now uses an auto-dialer system to notify or remind tribal members of upcoming events, for example: Salmon Distribution, Planning meeting, holiday party, Flu Shot clinic, summer picnic, etc..

Auto-Dialer Notifications

If you have not been notified by our system, Please contact the Enrollment department to update your phone number because the calling list is provided to us by the enrollment department.

Newsletters/ Notices

If you have not updated your new address with enrollment your newsletter could be misdirected. Please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.



Flu Shot Clinic at PAO



Portland Area Office

Wednesday, October 12th 2016
2:00 PM—5:00 PM

Free to all Siletz Tribal Members!
Please remember your insurance information, OHP, Medicaid and or Medicare for the Clinic Nurse.

Portland Area Office Staff:

Name/ Title	Contact Information
Sherry Addis Area Office Supervisor	(503) 238-1512, X1419 sherrya@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512, X1418 katyh@ctsi.nsn.us
Andrew Johanson Area Office Clerk	(503) 238-1512, X1400 andrewj@ctsi.nsn.us
Verdene McGuire Comm. Health Advocate	(503) 238-1512, X1413 verdenem@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us

Other CTSI Numbers:

Name/ Program	Number	Name/ Program	Number
Angie Butler Voc. Rehabilitation	503-390-9494 X1872	Bud Lane Cultural Program	800-922-1399 X1320
Casey Godwin LIHEAP Coordinator	(800)-922-1399 X 1311	K.C. Short DPA/ IDA Housing	800-922-1399 X1316
Mike Kennedy Natural Resources	800-922-1399 X1232	Cecelia DeAnda Elders Program	800-922-1399 X1261
Andulia WhiteElk SAO Addictions Coun- selor	(503) 238-1512 X 1414	Rachel Adams Mental Health Spe- cialist	(503)390-9494