

Address: 2468 West 11th Avenue Eugene OR 97402
Telephone: 541-484-4234 Fax: 541-484-4583

The Confederated Tribes of Siletz Indians

*The Eugene Area Office Newsletter
April 2017*

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 CC	Mon	April 3 rd 2017	6:00 - 8:00pm
Eugene AO	Tue	April 4 th 2017	6:00 - 8:00pm
Portland AO	Wed	April 10 th 2017	6:00 - 8:00pm
Salem AO	Thu	April 11 th 2017	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

(541) 444-8320 or 800-922-1399 ext. 1320; or email budl@ctsi.nsn.us



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

However:

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

Physical or verbal abuse, harassment, the use of foul language or intimidation will not be tolerated. Threatening phone calls are reported immediately to supervisors and to the police.

Anyone choosing to exhibit any of the above behaviors maybe refused services and, when warranted, will be asked to leave premises.

Thank you for you cooperation...

Tribal Administration

Temporary Tribal Student Assistance Program "TTSAP"

The Siletz Tribal Housing Department's Temporary Tribal Student Assistance Program (TTSAP) will be accepting applications for the 2017-2018 academic year. Applications will be accepted from April 3, 2017 to May 5, 2017 only.

Program Information:

- ❖ The TTSAP assists Tribal Students who will be attending a college, university, vocational or trade school.
- ❖ The TTSAP is a time-limited program. Funding is for one academic year.
- ❖ The TTSAP assists students with rent or room and board in a dormitory.
- ❖ The student's share of the rent is thirty percent of their adjusted annual income. Important Note: The student might be required to remit a portion of the rent. For example, if a student is working the wages will affect the student's share of the rent.
- ❖ Assistance is not transferable.

**STHD will be accepting applications from
April 3, 2017 to May 5, 2017.**

To obtain an application please stop by the STHD's office at 555 Tolowa Court, Siletz OR, 97380 or call 1.800.922.1399 x1322, 541.444.8322. Applications can also be downloaded from the Siletz Tribe's website at <http://www.ctsi.nsn.us/> beginning April 3, 2017.

Jessica Garcia

jessicag@ctsi.nsn.us

Rental Assistance Program Coordinator/ Resident Services Advocate



NECKLACE CLASS

Three strand

Nah-Set and bead necklace class

Eugene Area Office

April 5, 2017 5:00 - 7:00pm

Space is limited

please call to sign up for this class

Lou @ 541-484-4234



2017 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) 2017 OPEN Crisis/ Regular heating All Siletz Tribal Households

Please contact Nora Williams-Wood for more information or to make an appointment:
541-484-4234 or 1-800-922-1399 ext 1750

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

Notary Public (Free Service)

Call to set up an appointment

Contact: Nora Williams-Wood

Siletz/Eugene AO

541-484-4234 or 1-800-922-1399 Ext. 1750

(Please make sure document is completely filled out do not sign. Current ID required)

!!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

Chinook Winds Casino Resort

Sign up for an electronic newsletter:

www.chinookwindscasino.com

Email Reminders

If anyone would like reminders of special meetings, cultural classes or special events, etc at Eugene Area Office, please contact Nora to be put on email list or email me. (541) 484-4234 or email: noraw@ctsi.nsn.us

Lane County Veterans Service Office

Providing services: to Veterans, dependents and their survivors. Providing advocacy and facilitating access to benefits including for Disability compensation, Widows/Survivors Benefits, Non-Service Connected Pensions, Education benefits, and access to VA Medical services.

Address: 165 E 7th Avenue, Suite 200 Eugene Oregon 97404

Telephone: (541) 682-4191

Website:

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

Oregon Telephone Assistance Program

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>

Can fill out online or mail in if you or know someone who receives:

Food Stamps, TANF, SSI or OHP they may be eligible for a reduction on their telephone bill.




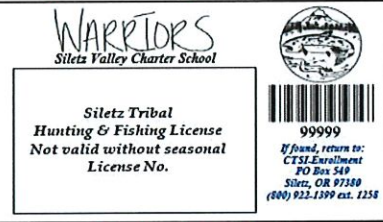
Request Your Siletz Tribal ID Card Today!

If you are unable to make it to the Administration building in Siletz to obtain or replace your Siletz Tribal ID card you are now able to request one at on of the three Area Offices; Eugene, Salem and Portland. They will take your photo and obtain your signature then send it to the Enrollment Department in Siletz. Your Tribal ID will then be mailed by CERTIFIED mail to your address on file or to the Area Office where you made your request.

If you have family that do not live in the 11-county service area or are not able to make it to a Tribal office during work hours, there is a form on the Tribal website under Government Listings > Enrollment and the tab marked "Enrollment Forms." Tribal members can print the form titled "Siletz Tribal Identification (ID) Request" and follow the directions regarding the digital photo specifications, identity verification and signature verification then mail the form to the Enrollment Department.

If you have not updated or replaced your Tribal ID card since April 1, 2016 there is a new format and more information on the card that makes it more acceptable as a form of identification with many more places. The expiration date is 10 years from the issue date. When you update your address, send in your Tribal ID card and we will mail you an updated card with your new address.

Sample of Siletz Tribal ID card using our local school's mascot and some fictitious information.

 <p style="text-align: center;"><i>Front of ID Card</i></p>	 <p style="text-align: center;"><i>Back of ID Card</i></p>
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If you need to replace your card with no changes (for example address or name) within the same calendar year it was issued, there is a \$5.00 replacement fee (per Tribal Resolution #2016-087). You can obtain up to one new Tribal ID card per calendar year at no charge. Call the Enrollment Department at (800) 922-1399 ext. 1258 if you have questions about this fee.



Siletz Tribal Youth Council Meeting



Date: Saturday, April 22nd, 2017

Time: TBA

Location: Eugene

Lunch will be provided
Parents/Guardians are welcome to attend with youth

Transportation:

Youth carpool from the area offices. Contact us as soon as possible if you would like to join.

Youth Council Advisors:

Portland: Katy Holland, 503-238-1512

Salem: Sonya Moody-Jurado, 503-390-9494

Eugene: Nora Williams or Nick Viles, 541-484-4234

Siletz: Dee Butler, 541-444-9618 or Sharla Robinson, 541-270-3212

2017 Youth Council Meeting Dates:

<u>Meeting Date</u>	<u>Location</u>	<u>Activity Description</u>
Saturday, May 20th	Siletz	Meeting and Memorial Day Cleanup Service Learning Project
Tuesday, July 11th	Siletz	Meeting at Culture Camp
TBA August	TBA	Possible Service Learning Project
TBA October	TBA	Siletz Tribal Youth Conference

Youth Council Objective:

The objectives of this group shall be to provide a collective voice and represent the Tribal youth in all matters that concern them; to serve as a means of mobilizing and coordinating the actions of youth, other community members and organizations toward positive goals; to promote the development of future Tribal leaders; to help solve problems facing Tribal youth; to coordinate school and community service projects and provide opportunities for the youth to interact for fun and fellowship.

2017

College Students Summer Internship Program

Students attending college can apply for the Tribe's 2017 College Students Summer Internship Program. To be eligible you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager Bonnie Petersen or the Education Specialists at any tribal Area Office to request an application.

This program assists tribal students with locating internship placements to gain work experience in their field of study. There are ten slots available for 2017. Students may work up to 360 hours at minimum wage and can be placed within or outside of the Tribe. Students selected for the program must complete an orientation, criminal history background check, and drug screening (Note: the Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana). Placements can begin in June, but must be completed by September 30, 2017.

Students should send a completed application and an unofficial copy of transcripts to:

By Mail:

CTSI
Attn: College Internship Program
P.O. Box 549
Siletz, OR 97380

By Fax:

541-444-2307

By E-mail:

collegeinterns@ctsi.nsn.us

Deadline for applications to be received at the Siletz Central Administration building is 4:30pm on May 1, 2017.

**Interns
Wanted**

JOM: Youth News and Notes

Introducing Spring Scholars Nights:

Open to all ages, Spring Scholars Nights will be held twice monthly until the end of the school year at the Eugene Area Office (every other Thursday 4-6 pm). We will offer individual tutoring as well as educational games and activities that encourage general academic achievement. Also, free snacks and incentive prizes! First session is Thursday April 6, 4-6 p.m. Call or email for more information.

April Youth Activity Calendar

April 6: Spring Scholars Night, 4-6 pm, Eugene Area Office

April 20: Spring Scholars Night, 4-6 pm, Eugene Area Office

April 22: Siletz Tribal Youth Council, TBA

Get updates and reminders by signing up for the Youth Activities Email List

Contact: nickv@ctsi.nsn.us

Reminders:

Siletz Tribal Youth Council: Youth ages 12-18, next meeting April 22

Siletz Tribal Youth Activity Fund: Offers up to \$75 to cover fees for extra-curricular and cultural activities or supplies

Higher Ed/AVT: News and Reminders

Additional Ed Funds

-Temporary Tribal Student Assistance Program: TTSAP Provides qualified students with rent assistance. Applications for the 2017-2018 academic year are available April 3-May 5. Contact Siletz Tribal Housing.

Upcoming Scholarships:

-American Indian College Fund-Full Circle Scholarship: Due May 31:
<http://collegefund.org/student-resources/scholarships/how-to-apply/>
-Siletz Tribal Scholarships: Due June 30. Access applications on the tribal

Higher Ed and Adult Vocational Training (AVT) grants provide funding to attend an accredited college, university, or training program to pursue a 2-year degree, 4-year degree, or training program. Applications are accepted once per year so **PLAN AHEAD!**

Deadline Reminders: Fall 2017 applications for new and continuing Higher Ed and AVT students are due **JUNE 30, 2017.** Please be sure your application is **complete** before the due date. Applications are available at the Area Office or on the tribal website: www.ctsi.nsn.us. Deadline to complete the FAFSA was **January 31, 2017** (clock-hour schools handled on a case-by-case basis).

High-School Seniors: It is never too early to schedule an appointment to discuss your application and options

Adult Education

The Adult Education Program offers Siletz tribal members not already enrolled in a formal education program funding to assist with the cost of GED classes and testing, professional licenses, and other employment enhancement classes. There is no application deadline.



SILETZ ELDER NEWS

541-444-8225

To make sure someone from the Elder Program contacts you use the number above. If you use this system be sure to leave your name, phone number and a message and you will get a call from the elder staff.

The next Introduction to the Athabaskan Language Class at the Eugene Area Office will be held on Tuesday April 4, 2017. Class is held from 6:00 pm until 8:00 pm and a light meal will be provided.

Our **Siletz Elder Honor Day** is Tuesday, April 4, 2017. This event is at the Casino. Call the Elder Program for more information.

There is a Neckless and Beading Class at the Area Office on Wednesday, April 5, 2017. Class is from 5 pm until 7 pm. Space is limited so call Lou at 541-484-4234 to sign up for the class.

The Elder Council will meet on Saturday, April 8, 2017 from 1:00 pm to 4:00 pm. The meeting will be held at the Casino. All tribal elders age 55+ are invited to attend the monthly Council meeting. For more information contact the Elders Program at 1-800-922-1399.

The Eugene Area Office will be having a 30 minute Walking Group on Tuesdays and Thursdays beginning April 11. Meet at 12:15 pm.

There will be a container gardening class offered at the Eugene area office on Friday, April 14th begin at 2pm end at 3pm. Please RSVP to Adrienne or Nora at 541-484-4234

The Chinook Winds Entertainment for April, 2017 is Three Dog Night. They will be performing on the 21st and 22nd with shows starting at 8:00 pm. Gary Allen will be at the casino on May 5th and 6th. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

The regular evening Diabetes Support Class will be held on Thursday, April 27, 2017, from 6:00 pm until 8:00 pm and a meal will be available. Contact Adrienne Crookes at 541-484-4234 for more information.

Jim Swanson, 541-683-8766 and jimswanson38@comcast.net

Confederated Tribes of Siletz Indians
Tribal Maternal, Infant, & Early Childhood Home Visiting Program
Naytlh - 'a "We Carry the Children"

Freezer meals class



With working parents, children at home, and a home to manage, it can be a struggle to feed your family healthy, homemade meals. Preparing freezer meals saves money, cuts down on cooking time, and can help you eat healthy, delicious meals at home regularly.

For more information on the Siletz Tribal Home visiting program please call Jessica Phillips at 541-484-4234

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Our home visiting program provides parenting and life skills for successful and positive parenting. We serve native families that are either expecting or have infants under the age of twelve months, continuing through the child's third birthday. We travel throughout the 11 county service areas of the Confederated Tribe of Siletz Indians. The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. We are funded by the Tribal Maternal, Infant, Early Childhood Home Visiting Program (TMIECHV).

Family Spirit is Evidence based and culturally sensitive to native families. Parents gain knowledge and skills for their developing infant through 36 months of age. We also focus on goals and healthy living for parents as a support system for the family as a whole. The program consists of 63 lessons over a 39 month period and is divided into six modules. The modules are broken into these categories: Prenatal care (9 lessons), infant care (16 lessons), your growing child (11 lessons), toddler care (9 lessons), my family and me (6 lessons), and healthy living (12 lessons). While this may seem like a big commitment the lessons vary from 30 minutes to 90 minutes and some can be combined together as we work with your schedule. Family Spirit suggests we deliver at least 32 lessons to our families in order for families to benefit from the evidence based curriculum. For the full benefits of the program we would like to provide all 63 to our families. As a thank you for participating in our program we offer some incentives which we will be happy to share with you upon the enrolled in our program.

During your participation if you feel like the timeline of lessons is too often we can adjust the home visits to accommodate your schedule while still keeping the programs timeline in mind. We are a voluntary program that delivers home visits in the comfort of the homes of our families. If you would like to get more information and or meet our home visiting staff would love to schedule a home visit to give you a full overview of the program.

CONTACT INFORMATION

2468 11th Ave., Eugene, Oregon (Covering Eugene and surrounding areas)

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

201 SE Swan Avenue, Siletz, Oregon (Covering Siletz and the coastal range)

Danelle Smith, Home Visitor: (541) 444-9603 or (541) 270-1027

3160 Blossom Drive NE Ste. 105, Salem Oregon (Covering Salem, Portland and surrounding areas)

Lori Christy, Home Visitor: (503) 390-9494 or (541) 272-2241



Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Having a child brings big changes in your life. The Siletz Home Visiting Program is available to parents who are pregnant or have given birth within the last year. This program is voluntary, and it is free! There are no income requirements.

The Siletz Home Visiting Program offers:

- ☼ The latest information about how babies grow, develop and learn both physically and emotionally;
- ☼ Ways to bond with your baby;
- ☼ Information about how to keep your family healthy;
- ☼ Tips for parents about infant sleep, play, attachment, and many more;
- ☼ Information about other community resources, like breastfeeding support and car seat installation;
- ☼ Culturally sensitive needs of families; and
- ☼ Home visits for parents and their children.

If you are interested in hearing more about the Siletz Home Visiting Program in your community, please complete the information below. Someone from the Siletz Home Visiting Program will contact you!

Self-Referred

Person making referral: _____ Date: _____

Agency: _____ Phone: _____

Name: _____

Home phone: _____ Cell phone: _____

Address: _____

City: _____ State _____ Zip Code: _____

Please mail or fax completed form to:
2468 W. 11th Avenue. Eugene OR 97402
FAX: (541) 484-4583

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



477 Self-Sufficiency Program

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



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), General Assistance (GA) and Temporary Assistance for Needy Families (TANF) services to eligible clients. If you are interested in any of the above programs please contact Norma to schedule an appointment at x1756.

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 – April 24-26**

Norma's: **M-F 8-2:30pm**

Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services

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

***Norma – April 10, 12, 17, 24-26**

* Lou Carey will be available to assist clients with some needs when Jenifer and Norma are out.

Please remember that 477-SSP staff may be out of the office at other times than listed above to meet with employers, complete home visits, client support services, etc... so please call to schedule an appointment.

Clients are required:
To meet with Tribal Services Specialists each month
You will need to call and set up an appointment

WEX/Grant Assistance
Dates to remember in April 2017

Tuesday	March 28 th	WEX Time Sheets Due
Friday	March 31 st	TANF/GA Card day
Tuesday	April 4 th	EAO Language Class 6-8pm
Wednesday	April 5 th	Self-Sufficiency documentation due
Friday	April 7 th	WEX Payday
Tuesday	April 11 th	WEX Time Sheets Due
Sunday	April 16 th	Easter
Thursday	April 20 th	SSP Monthly Meeting
Friday	April 21 st	WEX Payday
Monday-Wednesday	April 24-26	Increasing Your Success IYS
Tuesday	April 25 th	WEX Time Sheets Due
Thursday	April 27 th	Diabetes Support Group 6-8pm

All CRT and childcare timesheets are due a day early the week before a holiday

Services available to eligible enrolled federally recognized tribal members and descendants:

Please contact Norma at 541-484-4234 or 1-800-922-1399 x1756 to discuss programs, eligibility or to schedule appointment

All components are offered on a budgetary basis

Classroom Training (CRT)

CRT services are available for Vocational Training, GED completion, a term of Higher Ed.

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.

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.

Work Experience (WEX)

WEX can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage.

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 and 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 may speak to VR staff in the following locations:

Siletz Salem Area Office
3160 Blossom Drive NE, Ste 105
Salem, OR 97305

Siletz Administration Bldg
201 SE Swan Ave
Siletz, OR 97380

Salem Office - Dana Rodriguez, Program Aide; Toni Leija, Counselor/Job Developer

Siletz – Jeramie Martin, Counselor/Job Developer



Want help getting a job? Do you have a diagnosed disability (IEP or 504)?

You could be eligible for STVRP services.

**Steps in working with
Siletz Tribal Vocational Rehabilitation Program:
(STVRP)**

Step 1: Establish contact with the STVRP Counselor assigned to your school and schedule a meeting. Your first meeting with a STVRP Counselor will be to gather information about you, your needs, and to discuss whether the STVRP fits for you. If the program is for you.....

Step 2: Sign an application and a STVRP Counselor will determine whether or not you're eligible for services by talking with you about your needs, your disability, and what barriers you have as a result. They may also need to do some additional testing and will read through your school records.

Step 3: Once you're eligible, you'll meet with your STVRP Counselor to discuss your goals and plans for employment. STVRP Counselors can provide guidance and counseling to students who need help determining their goals or plan for what they want after high school.

Step 4: You'll also work with your STVRP Counselor to discuss the impact of your barriers as you work to reach your employment goals and determine what services are necessary to help you reach your goals.

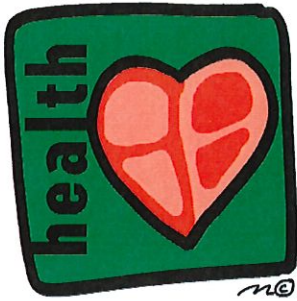
You can get the help you need, schedule your appointment today!

How to contact STVRP:

1-800-922-1399 (Siletz Office)

503-390-9494 (Salem Office)

Siletz Community Health



Siletz 1-800 Numbers

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

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

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

Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

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

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

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

Siletz Mail Order Pharmacy

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

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

Siletz Community Health

Blood Pressure Screenings



At the Siletz Eugene Area Office

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

Feel free to come in and get it checked.



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



Bicycle Helmets

Are available at the Eugene Area Office

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

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

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

Attention Tribal Parents and Child Care Givers!

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



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

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

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

Container Gardening Class

On: Friday, April 14th
From: 2:00-3:00 p.m.

At the Siletz tribal office
2468 W. 11th Avenue
Eugene, OR

Come join us for this **FREE** class on container gardening!

OSU Master Gardeners will be here to teach you the basics of container gardening during this fun, one-hour course.

Participants will be given seeds and/or plant starts to take home.

To RSVP you may contact **Adrienne Crookes**
or **Nora Williams-Wood** at **541-484-4234**.



Children are welcome!



This class is sponsored by the Siletz Healthy Traditions Program

Please Come Join Us!!

Diabetes Class

Thursday, April 27th

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

At the Siletz Tribal Office
2468 West 11th Avenue
Eugene, OR



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 Coos, Lower Umpqua and Siuslaw Tribes, will be teaching this class.

Come learn about modest lifestyle changes you can make to get healthy. Learn about nutrition, exercise, and how to lose weight and keep it off.

Everyone is welcome! You don't have to be pre-diabetic, or have diabetes, to attend. A light, nutritious meal will be provided.

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

Need a break? Of course you do!

Walking Group

At the Siletz Eugene Area Office
2468 W. 11th Avenue

When: Every **Tuesday and Thursday**

Beginning Tuesday, April 11, 2017

(meet in the front lobby)

Walk from: 12:15-12:45 p.m.



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 better health!

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

April is National Distracted Driving Awareness Month

Adrienne Crookes, Community Health Advocate

Pay attention, save a life: Ditch the distractions

More than 80 percent of people say they feel uncomfortable riding with a distracted driver. ODOT and partner agencies, Oregon State Police and AAA Oregon are emphasizing the importance of focusing on driving when you're behind the wheel.

Ditch the distractions:

1. **Turn off your cell phone and stow it.** Turn your phone off or switch to silent mode before you get in the car. Then stow it away where it's out of reach.
2. **Spread the word.** Record a message on your phone that tells callers you're driving and will get back to them when you're off the road.
3. **Install an app.** Apps can help you avoid texting while driving. Go to your app store and search for "distracted driving."
4. **Pull over.** If you need to make a call, pull over to a safe area first.
5. **Use your passengers.** Ask a passenger to make the call or respond to a text for you.
6. **X the text.** Don't ever text and drive, browse online or read your email while driving. It's dangerous and against the law in most states. Even voice-to-text isn't risk free.
7. **Know the law.** Familiarize yourself with the state and local laws before you get in the car. Oregon prohibits the use of hand-held cell phones in addition to texting.
8. **Prepare.** If using a GPS device, enter your destination before you start to drive. If you prefer a map or written directions, review them in advance. If you need help while driving, ask a passenger to assist you or pull over to a safe location to review your map.
9. **Secure your pets.** Unsecured pets can be a big distraction in the car.
10. **Mind the kids.** Pull over to a safe place to address situations involving children.
11. **Focus on driving.** Multi-tasking behind the wheel is dangerous. Refrain from eating, drinking, reading, grooming, smoking, and any other activity that takes your mind and eyes off the road.

Teenagers Are At The Most Risk! How Can Parents Help?

- Talk to your teens.
- Set clear "House Rules."
- Remind your teen that driving is a privilege – a privilege they will lose if they don't drive by your rules.
- Be a good example—show responsible driving behaviors starting when your children are young.



USDA distribution dates for April 2017

Siletz

Monday	April 3	9 am - 3 pm
Tuesday	April 4	9 am - 3 pm
Wednesday	April 5	9 am - 3 pm
Thursday	April 6	9 am - 3 pm
Friday	April 7	9 am - 3 pm

Salem

Monday	April 17	1:30 pm - 6:30 pm
Tuesday	April 18	9 am - 6:30 pm
Wednesday	April 19	9 am - 6:30 pm
Thursday	April 20	9 am - 11:00 am

I threw this recipe together at the Siletz warehouse in March. It is so fast and easy, I hope you can try it out with your family.

CHICKEN CORN CHOWDER

2 ONIONS, DICED*	1 LB BACON, SLICED
1 HEAD CELERY, DICED*	1 STICK BUTTER*
3 CANS KERNAL CORN, DRAINED*	2 CANS SLICED POTATOES, DRAINED*
½ CUP FLOUR*	1 CAN SKIM EVAPORATED MILK*
1 BOX 1% MILK*	SALT & PEPPER TO TASTE
2 CANS CHICKEN MEAT*	



1. Place butter, bacon, onion & celery in a large pot on medium heat. Cook until onion is soft and bacon is getting brown. Add a little kosher salt and pepper to this to draw the moisture out of the veggies.
2. Add the flour to make roux. Cook for about 5 minutes to cook the flour, stir occasionally.
3. Add the corn, potatoes and chicken along with the evaporated milk and the 1% milk.
4. Add more salt and pepper and taste.
5. Let this simmer for about ½ hour to heat through.

This makes a pretty big pot of soup. Cut it in half or to suit your needs. Very quick and easy soup that is so delicious.

***INDICATES PRODUCT IN THE FOOD PACKAGE.**

Also, LIKE us on Facebook at Siletz Tribal FDPIR.

Joyce Retherford, FDP Director
541-444-8393

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

Elk Tag Opportunity

The Tribal Natural Resources Department will once again be offering a limited number of Landowner Preference (LOP) elk tags to Tribal members for this fall's hunting season. As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres that the Tribe owns, we can get 6 additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags that we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	Tribal Tags	LOP Tags
State Hunting License Required?	No	Yes – Tribal member must purchase both a 2017 and a 2018 State hunting license
Area to be Hunted	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the unit selected during that unit's antlerless elk season. Units available include Upper Siletz, NW Alsea, SW Alsea, SW Alsea Private Lands and West Siuslaw
Eligible for other State elk tags?	Yes	No*
Give tag to another licensed Tribal member to hunt for you?	Yes	No
Application and Selection Process	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP Drawing; if selected apply to State for controlled hunt tag (list LOP unit in LOP section on State controlled hunt application)
Obtain Tag From	Tribe	State – Tribal member must purchase tag
* Note: If you are drawn for an LOP Tag you are still eligible to apply for and be drawn for a Tribal tag.		

Please note that a major difference between the LOP tags and the Tribe's regular tags is that **ONLY** the person drawn for the tag can hunt that tag. **The tag cannot be given to someone else to hunt for you.** Therefore, only those folks serious about hunting this hunt themselves are eligible to apply.

The drawing for the 6 LOP elk tags will be held at the Natural Resources Committee Meeting to be held on April 3rd 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 March 31, 2017**. 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.

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28 Time Sheets Due JOM Splash Activity 12-2pm	29	30 Eugene Open House Baked Potato Bar 5-7pm	31 TANF/GA Card	1 
2	3 USDA Distribution Siletz 9-3pm Siletz Language Class 6-8pm	4 USDA Distribution Siletz 9-3pm Siletz Elders Honor Day CW Casino EAO Language Class 6-8pm	5 USDA Distribution Siletz 9-3pm Self-Sufficiency Documentation Due 3-Strand Nah-set & Necklace Class 5-7pm	6 USDA Distribution Siletz 9-3pm	7 USDA Distribution Siletz 9-3pm Pay Day	8 Elders Meeting Shasta Room 1pm
9	10 PAD Language Class 6-8pm	11 Time Sheets Due SAO Language Class 6-8pm	12	13	14 Container Gardening Class 2-3pm	15
16 	17 USDA Distribution Salem 1:30-6:30pm	18 USDA Distribution Salem 9-6:30pm	19 USDA Distribution Salem 9-6:30pm	20 USDA Distribution Salem 9-11am	21 Pay Day	22
23	24	25 Time Sheets Due IYS ~Increasing Your Success~	26	27 Diabetes Class 6-8pm	28	29
30	1	2	3	4	5 Pay Day	6



Gloria Stott, Elders On-Call Transport

Nora N Williams-Wood, Clerk x1750

Jessica Phillips, Program Coordinator/THV x1752

Adrienne Crookes, Community Health Advocate x1753

Norma Treiren, Intake Specialist/Job Coach/477SSP x1756

Jenifer Jackson, Tribal Service Specialist/477SSP x1755

Nick Viles, Education Specialist/JOM x1757

Lou Carey, A/O Supervisor x1751

541-484-4234 1-800-922-1399

The Eugene Area Office Staff

The Confederated Tribes of Siletz Indians

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

Eugene A/O

- March 28th JOM – SPLASH
- *March 30th Open House Potato Bar/Tribal ID
- *March 30th Siletz Tribal ID
- April 1st April Fools Day
- April 4th EAO Language Class 6-8pm
- April 4th Siletz Elder's Honor Day
- April 5th 3-Strand Necklace
- *April 11th Walking Group Starts 12:15-12:45
- *April 14th Container Gardening Class 2-3pm
- April 22nd Youth Council Meeting TBA
- April 24th-26th IYS-Increasing Your Success
- *April 27th Diabetes Support Group 6-8pm

*See Flyers for information on activities

Addressee