

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 June 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	June 5 th 2017	6:00 - 8:00pm
Eugene AO	Tue	June 6 th 2017	6:00 - 8:00pm
Portland AO	Mon	June 12 th 2017	6:00 - 8:00pm
Salem AO	Tue	June 13 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 may be refused services and, when warranted, will be asked to leave premises.

Thank you for your cooperation...

Tribal Administration

Siletz Tribal Arts and Heritage Society

We would like to develop a cookbook in time for the holidays. We hope you will participate. You are all invited to submit a recipe or more if you like.

Do you have to belong to the Confederated Tribes of Siletz.....NO, we will put your name and "Friend of STAHS" by your recipe.

You can send in Native traditional recipes, family favorite recipes, new ones you love and just about anything else you can think of. You can add a picture of yourself and a little information, but for sure put your name and tribe.



You can get the recipes to the right folks in a couple ways: Send in by September 1, 2017.

Email them to: jessiemarie1944@yahoo.com

Mail: STAHS Box 8 Siletz, Oregon 97380

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)

CLOSED

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

Tipi Drawing

(Note: You do not win a tipi you are able to stay in the tipi during pow-wow weekend)

Name: _____

Address: _____

Phone #: _____

For Siletz Tribal members to use during the Nesika Illahee Pow-Wow. August 11-13, 2017. One entry per household. Must be a Siletz Tribal member to enter. **Deadline is June 16th**. Names will be drawn soon after deadline.

Mail: Siletz Pow-Wow, Attn: Tipi Drawing,
PO Box 549
Siletz Oregon 97380

Tribal children in need
of Foster parents for:
Permanent care,
Temporary foster care,
Or Short-term emergency care.

Contact
Marne' Grusing
Foster Family Coordinator
CTSI- Siletz Indian Child Welfare
541-444-8338
marneg@ctsi.nsn.us

!!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

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)

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.

SILETZ ELDER NEWS for June

541-444-8225

If you use the above number be sure to leave your name, phone number and brief 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 June 6, 2017. Class is held from 6:00 pm until 8:00 pm and a light meal will be provided.

The Elder Council will meet on Saturday, June 10, 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. Sign up for trips at this meeting.

The Eugene Area Office will be sponsoring a Walking Group on Tuesdays and Thursdays in June. Meet at 12:15 pm at the Area Office.

The Chinook Winds Entertainment for June, 2017 is Clint Black. He will be performing on the 22nd and 23rd with shows starting at 8:00 pm. Air Supply will be performing on July 6th and 7th. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665. Tayler Dane will be performing June 29 in the Summer Concert Series

The regular evening Diabetes Support Class will be held on Thursday, June 22, 2017, from 6:00 pm until 8:00 pm and a meal will be provided. Contact Adrienne Crookes at 541-484-4234 for more information.

The Annual Elder BBQ will be held on June 22 at the Siletz Tribal Community Center.

Other activities are: Grand Ronde Elder Honor Day July 10; Basket Weavers Conference October 4; Culture Camp July 11-13. For more information call 541-444-8225.

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

ELDER WOODCUT DAYS

JULY 15 ❖ SEPT 16

SATURDAYS, 8:00 AM-2:00 PM

815 LOGSDEN ROAD, SILETZ

**RAIN or
SHINE!**

Help cut, load and deliver Firewood
for Siletz Tribal Elders

Snacks, drinks, and PIZZA lunch provided for volunteers. Bring your own gloves and dress for the weather. Wood splitters will be available on-site. **Tribal Elders who would like firewood delivered must reach the CTSI Elders Program in advance, (541) 444-1225.**



Hosted by the CTSI Natural Resources Committee, (541) 444-8227

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!

<input type="checkbox"/> 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.



JOM: Youth News and Notes

Bounce into Summer

Come celebrate the beginning of summer with two hours of trampoline fun at Get Air Trampoline Park (4211 W. 11th Ave. Eugene, OR 97402). See flier for more details.

- Tuesday June 27, 11:00 a.m. to 1:00 p.m.
- Pizza provided to all students and chaperones
- Please call Nick Viles or Adrienne Crookes to register

TYEE

Applications will be mailed soon for the Tribal Youth Experience & Education Program. Students aged 14-18 returning to high school in fall 2017 are eligible to be placed in various business and organizations during the summer and paid by the tribe. Call or email with questions or if your child does not receive an application.

June Youth Activity Calendar

June 1: Spring Scholars Night, 4-6 p.m., Eugene Area Office

June 15: Final Spring Scholars Night, 4-6 p.m., Eugene Area Office

June 27: Get Air Trampoline Park, 11 a.m.-1 p.m.

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

Contact:

nickv@ctsi.nsn.us

Extracurricular Opportunities:

JOM: JOM offers money to help pay for extracurricular activities, sports fees, and cultural projects for youth aged 3-18 from any federally recognized tribe.

Siletz Tribal Youth Activity Fund: Offers up to \$75 per year to cover fees for costs related to extra-curricular activities as well as cultural activities or supplies for Siletz tribal members.

Ongoing: Spring Scholars Nights

Need any last minute tutoring? Open to all ages, the final two sessions of Spring Scholars Night will be held Thursday June 1 and Thursday June 15 at the Eugene Area Office (4-6 pm). Come for educational games and activities, individual tutoring, free snacks, and incentive prizes!

K-12 Graduation Incentives

The Siletz Tribal Incentive Program recognizes Siletz tribal students for their achievements. Help celebrate your child's graduation or promotion by submitting a copy of their diploma, school report card, or GED. Head Start/Pre-School-\$10; Kindergarten-\$10; Elementary School-\$20; Middle School-\$50; High School/GED-\$100.

Higher Ed/AVT: News and Reminders

Siletz Scholarships

Tribal Scholarships are due June 30. Applications are available at the Area Office and on the tribal website.

-Arthur S. Bensell Memorial Scholarship, students pursuing a career in education, \$1,000

-PEPSI Craig Whitehead Scholarship, open to any field of study, \$1000

-Siletz Scholarship, open to any field of study, \$500

Higher Ed and Adult Vocational Training (AVT) Programs

THE DEADLINE FOR THE 2017-2018 SCHOOL YEAR IS JUNE 30, 2017!

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. The deadline to complete the FAFSA was **January 31, 2017** (clock-hour schools handled on a case-by-case basis).

Potential Students: Appointments are always available to discuss questions or concerns with your application as well as talk about options and opportunities to pursue your education.

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. Call or email for details.

Higher Ed/AVT Graduation Incentives:

Graduates, submit a copy of your diploma and be rewarded by the Siletz Tribal Incentive Program. One-year AVT Program-\$100; Two-year AVT program \$200; Two-year associates degree- \$200; Bachelors Degree-\$75 plus a Pendleton blanket; Master's Degree-\$300; PhD-\$300 plus a Pendleton blanket.

Student Gathering

The tribe wants to celebrate your graduation with you!

2016-17 graduates and their families are invited to the annual Student Gathering:

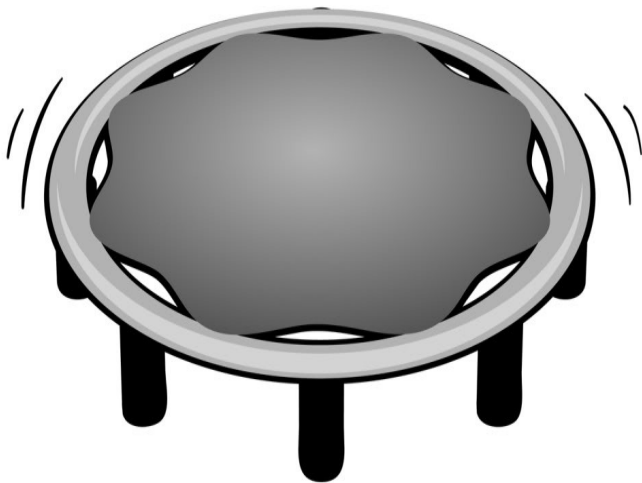
Date: June 21, 2017

Time: 5:30 p.m. - 7:30 p.m.

Location: Hee Hee Illahee RV Park-Salem, OR (travel stipend available)

Catered dinner and drinks provided along with door prizes and incentives!

Bounce *into* Summer



Date: 6/27/17

Time: 11:00 a.m. to 1:00 p.m.

Location: Get Air-Eugene
4211 W. 11th Ave Eugene OR 97402

Enjoy trampolines, foam pits,
slack lines, dodge ball area,
kiddie area, and more...

Celebrate the end of the school year with two hours of jump time, pizza, and drinks. Open to Siletz and JOM students of all ages.

Sponsored by Community Health and JOM.

Contact Adrienne Crookes or Nick Viles for more details and to sign up.

477 Self-Sufficiency Program

Norma Trefren, Intake Specialist/Job Coach x1756

Jenifer Jackson, Tribal Services Specialist x 1755

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 Norma **x1756** or Jen **x1755**

Schedules:

Norma's: **M-F 8-4:30pm**

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 – June**

Jen's hours: **M-F 8:00-4:30pm**

General Assistance and TANF

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

***Jenifer – June**

* Lou Carey x1751 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 June 2017

Thursday	June 1 st	TANF/GA Card day
Friday	June 2 nd	WEX Payday
Monday	June 5 th	Self-Sufficiency documentation due
Tuesday	June 6 th	EAO Language Class 6-8pm
Tuesday	June 6 th	WEX Time Sheets Due
Thursday	June 15 th	SSP Monthly Meeting
Friday	June 16 th	WEX Payday
Sunday	June 18 th	Fathers Day
Tuesday	June 20 th	WEX Time Sheets Due
Thursday	June 22 nd	Diabetes Support Group 6-8pm
Friday	June 30 th	All Tribal Office CLOSED staff meeting
Friday	June 30 th	Payday

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 provides holistic, culturally sensitive VR services to federally-enrolled tribal members who have a disability and live within our 11 county service area. It serves as an employment resource for members that have a strong desire to be employed. The program utilizes Strength-Based Practices and Informed Choice to prepare participants for gainful employment. An important part of the Vocational Rehabilitation (VR) program, is helping others find their own strengths and build strong foundations for lasting and productive employment.

Services we may provide but are not limited to:

- 🌐 Employment Services
- 🌐 Referral to Community Resources
- 🌐 Transportation/Support Services
- 🌐 Portfolio Building
- 🌐 Motivational Counseling
- 🌐 Addressing and Eliminating Barriers to Employment
- 🌐 Cultural Activities
- 🌐 Educational, Physical and Mental Health Assessments



Basic requirements of the program include:

- 🌐 Be an enrolled member of a federally recognized tribe
- 🌐 Live within the 11 county service area
- 🌐 Have a mental, physical, developmental or learning disability that is diagnosed by a licensed clinician
- 🌐 Have a disability that causes a substantial barrier to employment
- 🌐 Willing and able to be an active participant in the Siletz Tribal Vocational Rehabilitation Program (STVRP)

To find out more about STVRP, please call 800-922-1399 and ask to be connected to STVRP Staff for your area.

*STVRP – Providing Culturally Sensitive Vocational Rehabilitation Services
With a Focus On: Spiritual; Mind Intellectual; Emotional; and Physical Wellness to
Enable Your Success in the Workforce.*

Are you a Student?

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/Eugene)



503-390-9494 (Salem/Portland)

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.

Do you love to walk with friends?

Walking Group

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

When: Every Tuesday and Thursday

Beginning Tuesday, June 1st, 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

Please Come Join Us!!

Diabetes Class

Thursday, June 22nd

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**

Siletz Community Health News

29 **Million** **Americans Have**
NATIVE AMERICANS ARE 2.2
TIMES MORE LIKELY TO DEVELOP

DIABETES

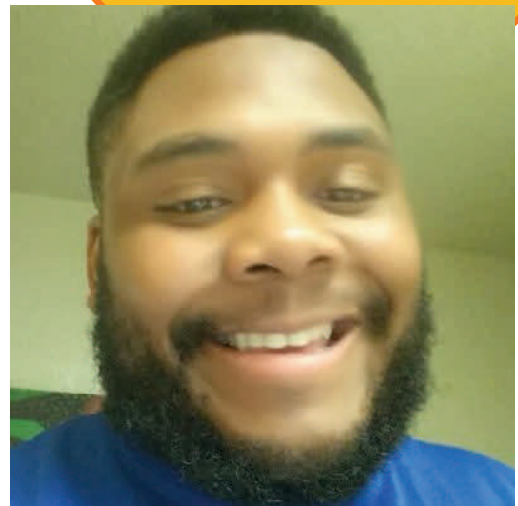
Chris Sherrod is our new Siletz Diabetes Program Director

If you have diabetes, or are pre-diabetic, and would like to meet with Chris 1:1, he will be available at the Eugene area office on June 28th, and then every 4th Wednesday of every month. Time: TBD

Meet our Diabetes Program Director
Chris Sherrod

For more information or if you would like to meet with Chris, you may contact Adrienne Crookes, CHA, at
541-484-4234

Chris Sherrod moved to Oregon from Colorado. He graduated with an undergraduate degree in school and community Health Education and minor in nutrition from Idaho State University. Chris recently graduated with a Masters of Public Health Degree from Creighton University. Chris is joining the Siletz Clinic with a passion for helping individuals with diabetes and their families manage and maintain healthy lifestyles through education and advocacy. Chris' passion for diabetes took place when he was diagnosed with Type 1 diabetes in the spring of 2013. In his free time, Chris enjoys being in the outdoors, music, cooking, playing sports, hanging with his dog Nya, and spending time with friends and family.



June is Home Safety Month

Adrienne Crookes, Community Health Advocate

The weather is warming up and the last thing you want to do is spend the summer in a cast, or worse yet, in the hospital or dead.

Injuries are a major source of childhood emergency room and hospital admissions. According to the National Safety Council and the National Center for Injury Prevention and Control:

- Injury is the leading cause of death in children and young adults.
- Falls are the leading cause of unintentional injury for children.
- According to *Injury Facts*, in 2012, an estimated 89,000 unintentional-injury related deaths occurred in the home and community.
- Drowning is the second leading cause of unintentional injury-related death among children ages one to 14. The majority of drowning, and near-drowning, occur in residential swimming pools and in open water sites. However, children can drown in as little as one inch of water.
- Airway obstruction injury is the leading cause of unintentional injury-related death among infants under age one.
- Approximately 45 percent of unintentional injury deaths occurred in and around the home. Unintentional home injury deaths to children are caused primarily by fire and burns, suffocation, drowning, firearms, falls, choking and poisoning.



There are many steps that you can take to ensure the safety of your home and family:

- Learn CPR and make sure your babysitter has been trained. Call your local Red Cross or American Heart Association for class information
- Keep this number posted: **Oregon Poison Control 1-800-222-1222**
- Install childproof door locks and keep medications and potentially poisonous materials out of reach of children.
- Inspect your house for loose carpets, extension cords and other fall hazards for your safety as well as the safety of visitors, such as grandparents, who may be at risk for falls.
- Require that your child wear a bicycle helmet every time they ride a bike, skateboard, skates or scooter.
- Keep small objects away from infants and toddlers.
- Use appropriate car seats for children.
- Keep firearms locked and un-accessible to children.
- Never leave small children unattended in pools or bathtubs.
- Know the **Heimlich maneuver** and the universal sign of choking.

For more information about home safety visit www.nationalsafetycouncil.org



JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family



01

Eat Healthy. Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

Get Moving. Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

Make Prevention a Priority. Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

100%
 Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

1 IN 2 1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

1994

On May 31, 1994 President Clinton signed the bill establishing National Men's Health Week.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."
 Congressman Bill Richardson (May 1994)

In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65 - 74.

80

ONLINE RESOURCES

Men's Health Month
menshealthmonth.org

Men's Health Network
menshealthnetwork.org

Get It Checked
getitchecked.com

Talking About Men's Health Blog
talkingaboutmentshealth.com

Women Against Prostate Cancer
womenagainstprostatecancer.org

**2017-2018 Hunting and Fishing Tags
Distribution Schedule**

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery	50	8/26-9/24	8/7 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	9/30-11/3**	8/21	First Come First Served
	Antlerless or Spike – Adult	8	10/21-11/3	Lottery applications available 8/7; due 9/1 ; drawing 9/5; tags issued 9/6	Lottery – Open to Elders Only
	Antlerless or Spike – Youth	5	9/30-11/5	Lottery applications available 8/7; due 9/1 ; drawing 9/5; tags issued 9/6	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/18-12/10	<i>First Distribution:</i> 10/16 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/30 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Elk	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/5; due 7/7 ; drawing 7/10; tags issued 7/11	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/26-9/24	8/7 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/11-11/14	Lottery applications available 9/5; due 9/22 ; drawing 10/2; tags issued 10/3	Lottery
	2 nd Season Rifle	25	11/18-11/24		
	Antlerless	9	Various seasons beginning 1/1/18	Lottery applications available 9/5; due 9/22 ; drawing 10/2; tags issued 12/1	Lottery
	Late Archery Antlerless	56	11/25-12/10	<i>First Distribution:</i> 10/16 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/30 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/21	First Come First Served

* No early calls to “save” a tag for someone. Must physically show up to obtain tag on first day of distribution. May call to have a tag mailed beginning on the second day of distribution.

** Season for Youth ages 12-17 is 9/30 - 11/5 (2 days extra at end of season)

*** Minus number of tags filled in Early Bow Season

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2017-2018 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).

Second Distribution: For any eligible hunter, regardless of what other tags they have received.

USDA distribution dates for JUNE 2017

Siletz

THURSDAY	JUNE 1	9:00 AM-3:00 PM
FRIDAY	JUNE 2	9:00 AM-3:00 PM
MONDAY	JUNE 5	9:00 AM-3:00 PM
TUESDAY	JUNE 6	9:00 AM-3:00 PM
WEDNESDAY	JUNE 7	9:00 AM-3:00 PM

Salem

MONDAY	JUNE 19	1:30 PM – 6:30 PM
TUESDAY	JUNE 20	9:00 AM – 6:30 PM
WEDNESDAY	JUNE 21	9:00 AM – 6:30 PM
THURSDAY	JUNE 22	9:00 AM – 11:00 AM

If you have a lot of crackers on hand, this is a great way to use them. I made these in April at the Salem warehouse, and they are delicious.

SNACK CRACKERS

1 PACKAGE OF RANCH DRESSING MIX
RED PEPPER FLAKES (TO TASTE)
1 SLEEVE CRACKERS
¼ TO ½ CUP OIL (VEGETABLE, OLIVE OR GRAPSEED)

Put crackers in zip lock bag. Drizzle with the oil and add the powdered ranch dressing mix and red pepper flakes. Seal the bag with some air in it and turn it over until the crackers are coated. Let stand for a day (any longer and they become stale).

You can also substitute garlic powder and parmesan cheese in place of the ranch dressing mix and red pepper flakes. Experiment with your favorite seasonings and enjoy.

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB.

Joyce Retherford, FDP Director
541-444-8393

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

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 <i>Memorial Day CLOSED</i>	30	31	1 <i>GATANF</i> <i>Walking Group 12:15-12:45pm</i> <i>Tutoring EAO 4-6pm</i>	2 <i>Payday</i>	3
4	5 <i>Self-Sufficiency Documents Due</i> <i>Siletz Language Class 6-8pm</i>	6 <i>Time Sheets Due</i> <i>Walking Group 12:15-12:45pm</i> <i>EAO Language Class 6-8pm</i>	7	8 <i>Walking Group 12:15-12:45pm</i>	9	10 <i>Elders Mtg 1pm</i>
11	12 <i>PAO Language Class 6-8pm</i>	13 <i>Walking Group 12:15-12:45pm</i> <i>SAO Language Class 6-8pm</i>	14	15 <i>Tutoring EAO 4-6pm</i> <i>Walking Group 12:15-12:45pm</i> <i>Summer Solstice—Feather Dance</i>	16 <i>Payday</i>	17
18	19	20 <i>Time Sheets Due</i> <i>Walking Group 12:15-12:45pm</i>	21	22 <i>Walking Group 12:15-12:45pm</i> <i>Diabetes Class EAO 6-8pm</i>	23	24
25	26	27 <i>“Get Air” 11-1pm</i> <i>Walking Group 12:15-12:45pm</i>	28 <i>Chris Sherrod Diabetes Educator All Day</i>	29 <i>Walking Group 12:15-12:45pm</i>	30 <i>Payday</i> <i>ALL Staff Mtg CLOSED</i> <i>Higher Edu Applications DUE</i>	

The Confederated Tribes of Siletz Indians

The Eugene Area Office Staff

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

Lou Carey, A/O Supervisor x1751

Nick Viles, Education Specialist/JOM x1757

Jenifer Jackson, Tribal Service Specialist/477SSP x1755

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

Adrienne Crookes, Community Health Advocate x1753

Jessica Phillips, Program Coordinator/THV x1752

Nora N Williams-Wood, Clerk x1750

Gloria Stott, Elders On-Call Transport

**BELIEVE IN
YOURSELF.**

AAAAAHHH  TUMBLR

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