

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
May 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	May 1 st 2017	6:00 - 8:00pm
Eugene AO	Tue	May 2 nd 2017	6:00 - 8:00pm
Portland AO	Wed	May 8 th 2017	6:00 - 8:00pm
Salem AO	Thu	May 9 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



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.



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

Ongoing: 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 offer individual tutoring as well as educational games and activities that encourage general academic achievement. Also, free snacks and incentive prizes! May sessions are Thursday May 4 and Thursday May 18, 4-6 p.m. Call or email for more information.

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 to cover fees for extracurricular and cultural activities or supplies for Siletz tribal members.

May Youth Activity Calendar

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

May 6: Siletz Tribal Youth Council, trip to Siletz

May 18: Spring Scholars Night, 4-6 pm, Eugene Area Office

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

Contact: nickv@ctsi.nsn.us

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 due May 5. Contact Siletz Tribal Housing for more information.

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. Applications on the tribal website.

Higher Ed and Adult Vocational Training (AVT) grants provide funding to attend an accredited college, university, or training program.

THE DEADLINE FOR NEXT ACADEMIC YEAR IS FAST APPROACHING!

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 your application or education 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. Call or email for details.



SILETZ ELDER NEWS

541-444-8225

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

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

The next Introduction to the Athabaskan Language Class at the Eugene Area Office will be held on Tuesday May 2, 2017. Class is held from 6:00 pm until 8:00 pm and a light meal will be provided.

The Chinook Winds Entertainment for May, 2017 is Gary Allen. He will be performing on the 5th and 6th with shows starting at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

The next Superstar Luncheon will be held Thursday, May 4, 2017, at 11:30 am.

There will be "Growing Tomatoes" class on Friday, May 19th from 3-4pm. To RSVP please contact Adrienne Crookes or Nora Williams-Wood at 541-484-4234

The Elder Council will meet on Saturday, May 20, 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 regular evening Diabetes Support Class will be held on Thursday, May 25, 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.

ALL tribal Offices will be closed Monday, May 29th for Memorial Day

Other activities are: Grand Ronde Elder Honor Day July 10; Warm Springs Elder Honor Day May 12; Lummi Elder Honor Day July 14; 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

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 – May 3, 8-12, 15, 18**

Jen's hours: **M-F 8:00-4:30pm**
General Assistance and TANF

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

***Jenifer – May 18**

* 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 May 2017

Monday	May 1 st	TANF/GA Card day
Tuesday	May 2 nd	EAO Language Class 6-8pm
Friday	May 5 th	Self-Sufficiency documentation due
Friday	May 5 th	WEX Payday
Friday	May 5 th	Cinco de Mayo
Tuesday	May 9 th	WEX Time Sheets Due
Sunday	May 14 th	Mothers Day
Thursday	May 18 th	SSP Monthly Meeting
Friday	May 19 th	WEX Payday
Tuesday	May 23 rd	WEX Time Sheets Due
Friday	May 25 th	Diabetes Support Group 6-8pm
Monday	May 29 th	Memorial Day All Tribal Offices CLOSED
Friday	June 2 nd	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.*

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.

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 May 24th, and then every 4th Wednesday of every month. Time: TBD

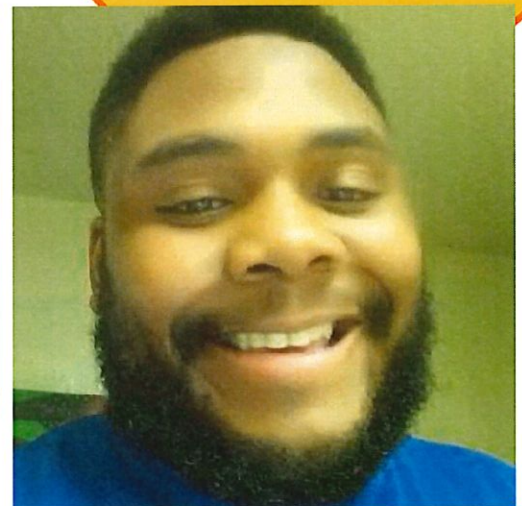
Meet our Diabetes Program Director Chris Sherrod

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.



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, May 2, 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.

Growing Tomatoes

Garden Class

On: Friday, May 19th
From: 3:00-4:00 p.m.

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



Come join us for this **FREE** class and learn how to grow tomatoes!

OSU Master Gardeners will be here to teach you the basics of tomato 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, May 24th

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

May is Blood Pressure Awareness Month

Adrienne Crookes, Community Health Advocate

Nearly 1 in 3 adults is living with this “silent killer.”

In the U.S. today, about 68 million people are living with high blood pressure, also known as hypertension. The good news is that high blood pressure can be prevented and controlled. The bad news is that less than half of the population with high blood pressure actually has it under control.

High blood pressure is an important health concern because it leads to heart attack and stroke, two of the leading causes of death in the U.S. High blood pressure is also a major risk factor for other diseases such as congestive heart failure and kidney disease.

High blood pressure is sometimes called a “silent killer” because it often does not have any signs or symptoms. That’s why it’s important to check your blood pressure regularly, and to take steps to maintain normal blood pressure, or lower blood pressure if it reaches unsafe levels.

Blood pressure is written as two numbers. The first (systolic) number represents the pressure when the heart beats. The second (diastolic) number represents the pressure when the heart rests between beats. The following is a classification system for blood pressure.

Normal blood pressure	systolic: less than 120 mmHg and diastolic: less than 80 mmHg
Prehypertension	systolic: 120-139 mmHg or diastolic: 80-89 mmHg
High blood pressure	systolic: 140 mmHg or higher or diastolic: 90 mmHg or higher or taking antihypertensive medication

Preventing and Controlling High Blood Pressure

- Have your blood pressure checked and monitor it regularly.
- A diet high in sodium (salt) increases the risk for higher blood pressure. Most of the sodium we consume is already in the food when we buy it, mainly in processed foods. Cut back on your salt intake.
- Maintain a healthy body weight.
- Exercise regularly.
- Eat more fruits and vegetables.
- Don’t smoke.
- Watch your alcohol intake (fewer than two drinks per day for men, or one drink per day for women).
- If you have been prescribed blood pressure medication, take it as directed.
- If you have trouble with side effects, talk to your healthcare provider about other medications you can try.



For more information visit www.cdc.gov/features/highbloodpressure

MAY IS NATIONAL STROKE AWARENESS MONTH

Adrienne Crookes, Community Health Advocate

KNOW THE FACTS ABOUT STROKE

What is stroke?

Stroke kills almost 130,000 of the 800,000 Americans who die of cardiovascular disease each year – that's 1 in every 19 deaths from all causes. A stroke, sometimes called a brain attack, occurs when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts. You can greatly reduce your risk from stroke through lifestyle changes and, in some cases, medication.

Are you at risk?

Anyone, including children, can have a stroke. Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits that you can change. Examples include smoking, drinking too much alcohol, and not getting enough exercise. Having high cholesterol, high blood pressure, or diabetes also can increase your risk for stroke. However, treating these conditions can reduce the risk of stroke. Ask your doctor about preventing or treating these medical conditions.

What are the five most common signs and symptoms?

- Sudden numbness or weakness of the face, arm, or leg.
- Sudden confusion or trouble speaking or understanding others.
- Sudden trouble seeing in one or both eyes.
- Sudden dizziness, trouble walking, or loss of balance or coordination.
- Sudden severe headache with no known cause.



If you think that you or someone you know is having a stroke, call 9-1-1 immediately.

How is stroke diagnosed?

Your doctor can perform several tests to diagnose stroke, including brain imaging, tests of the brain's electrical activity, and blood flow tests.

How can I reduce my risk for stroke?

Eat a healthy diet, maintain a healthy weight, be physically active, don't smoke, limit alcohol use, and prevent or treat your other health conditions, especially high blood pressure, high cholesterol, and diabetes.

For more information visit www.cdc.gov

Are you at risk for type 2 diabetes?

ALERT!DAY
TYPE 2 DIABETES AWARENESS

WRITE YOUR SCORE
IN THE BOX.

- How old are you?**
 Less than 40 years (0 points)
 40–49 years (1 point)
 50–59 years (2 points)
 60 years or older (3 points)
- Are you a man or a woman?**
 Man (1 point) Woman (0 points)
- If you are a woman, have you ever been diagnosed with gestational diabetes?**
 Yes (1 point) No (0 points)
- Do you have a mother, father, sister or brother with diabetes?**
 Yes (1 point) No (0 points)
- Have you ever been diagnosed with high blood pressure?**
 Yes (1 point) No (0 points)
- Are you physically active?**
 Yes (0 points) No (1 point)
- What is your weight category?**
 See chart at right.

Height	Weight (lbs.)		
4' 10"	119–142	143–190	191+
4' 11"	124–147	148–197	198+
5' 0"	128–152	153–203	204+
5' 1"	132–157	158–210	211+
5' 2"	136–163	164–217	218+
5' 3"	141–168	169–224	225+
5' 4"	145–173	174–231	232+
5' 5"	150–179	180–239	240+
5' 6"	155–185	186–246	247+
5' 7"	159–190	191–254	255+
5' 8"	164–196	197–261	262+
5' 9"	169–202	203–269	270+
5' 10"	174–208	209–277	278+
5' 11"	179–214	215–285	286+
6' 0"	184–220	221–293	294+
6' 1"	189–226	227–301	302+
6' 2"	194–232	233–310	311+
6' 3"	200–239	240–318	319+
6' 4"	205–245	246–327	328+

1 point	2 points	3 points
If you weigh less than the amount in the left column: 0 points		

ADD UP
YOUR SCORE.

Adapted from Bang et al., Ann Intern Med 151:775–783, 2009.
Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).



The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at diabetes.org/alertday or call 1-800-DIABETES (800-342-2383).



**Wellness
Lives Here™**

American Diabetes Association Alert Day® is part of Wellness Lives Here™, an initiative designed to inspire and fuel our nation's healthful habits at work and beyond.

What is prediabetes?

Prediabetes is a condition that comes before diabetes. It means your blood glucose levels are higher than normal but aren't high enough to be called diabetes.

There are no clear symptoms of prediabetes. You can have it and not know it.

If I have prediabetes, what does it mean?

It means you might get type 2 diabetes soon or down the road. You are also more likely to get heart disease or have a stroke.

The good news is that you can take steps to delay or prevent type 2 diabetes.

How can I delay or prevent type 2 diabetes?

You may be able to delay or prevent type 2 diabetes with:

- Daily physical activity, such as walking.
- Weight loss, if needed. Losing even a few pounds will help.
- Medication, if your doctor prescribes it.

If you have prediabetes, these steps may bring your blood glucose to a normal range. But you are still at a higher risk for type 2 diabetes.

Regular physical activity can delay or prevent diabetes.

Being active is one of the best ways to delay or prevent type 2 diabetes. It can also lower your weight and blood pressure, and improve cholesterol levels. Ask your health care team about activities that are safe for you.

One way to be more active is to try to walk for half an hour, five days a week. If you don't have 30 minutes all at once, take shorter walks during the day.

Weight loss can delay or prevent diabetes.

Reaching a healthy weight can help you a lot. If you're overweight, any weight loss, even 7 percent of your weight (for example, losing about 15 pounds if you weigh 200), may lower your risk for diabetes.



“Cut Wood For The Elders Day”

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the first “Cut Wood For The Elders Day” of the year on **Saturday, May 20th**. The woodcut will be held on the **Tribe’s Logsdan Road Property between the Tribal Food Distribution Warehouse and the Tribal Vehicle Storage Yard** in Siletz. We need lots of volunteers to help cut, split and deliver firewood for Tribal elders. Bring your chainsaws, hydraulic mauls, axes, and lots of energy. Even if you don’t have any of those we can use the moral support! Lunch, drinks, and snacks will be provided. We will start at **8:00 AM** and go until around 2:00 pm.

The goal of this event will be to deliver firewood to as many elders as possible. The Program maintains a list of elders that burn wood for their winter heat. People willing to haul firewood to elders outside of the Siletz area, please contact the Elders Program Clerk at 1-800-922-1399 ext. 1261 or 541-444-8261 to be paired up with an elder in need. We especially need folks who can haul wood to the Eugene, Salem, and Portland areas.



wood splitters, splitting energy. Even if you don’t use the moral support! will be provided. We will until around 2:00 pm.

event will be to deliver elders as possible. The maintains a list of elders winter heat. People elders outside of the the Elders Program Clerk 1261 or 541-444-8261 to in need. We especially wood to the Eugene,

Salem, and Portland areas. Elders in need of firewood should also contact the Elders Program Clerk to get their name on the delivery list.

If you have parents or grandparents that burn wood in the winter to stay warm, you need to help out at this event! Come help replenish those wood piles after a long cold winter. Be sure to mark your calendars for the next two woodcuts this year that will be held on July 15th and September 16th.

USDA distribution dates for MAY 2017

Siletz

MONDAY	MAY 8	9:00 AM-3:00 PM
TUESDAY	MAY 9	9:00 AM-3:00 PM
WEDNESDAY	MAY 10	9:00 AM-3:00 PM
THURSDAY	MAY 11	9:00 AM-3:00 PM
FRIDAY	MAY 12	9:00 AM-3:00 PM

Salem

MONDAY	MAY 22	1:30 PM – 6:30 PM
TUESDAY	MAY 23	9:00 AM – 6:30 PM
WEDNESDAY	MAY 24	9:00 AM – 6:30 PM
THURSDAY	MAY 25	9:00 AM – 11:00 AM

Our WAFDPIR Conference was rescheduled for the first week of May (1st-5th); we will be unavailable that week. Siletz distribution is the second week of May. The third week we are going to try to reschedule shipments and get deliveries done. The last full week will be Salem distribution. It is extremely important that all our clients make it to their scheduled appts. We will not have the opportunities to reschedule that we usually have. Our NAFDPIR is scheduled for June 12th- 16th, we will be unavailable for that week as well.

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

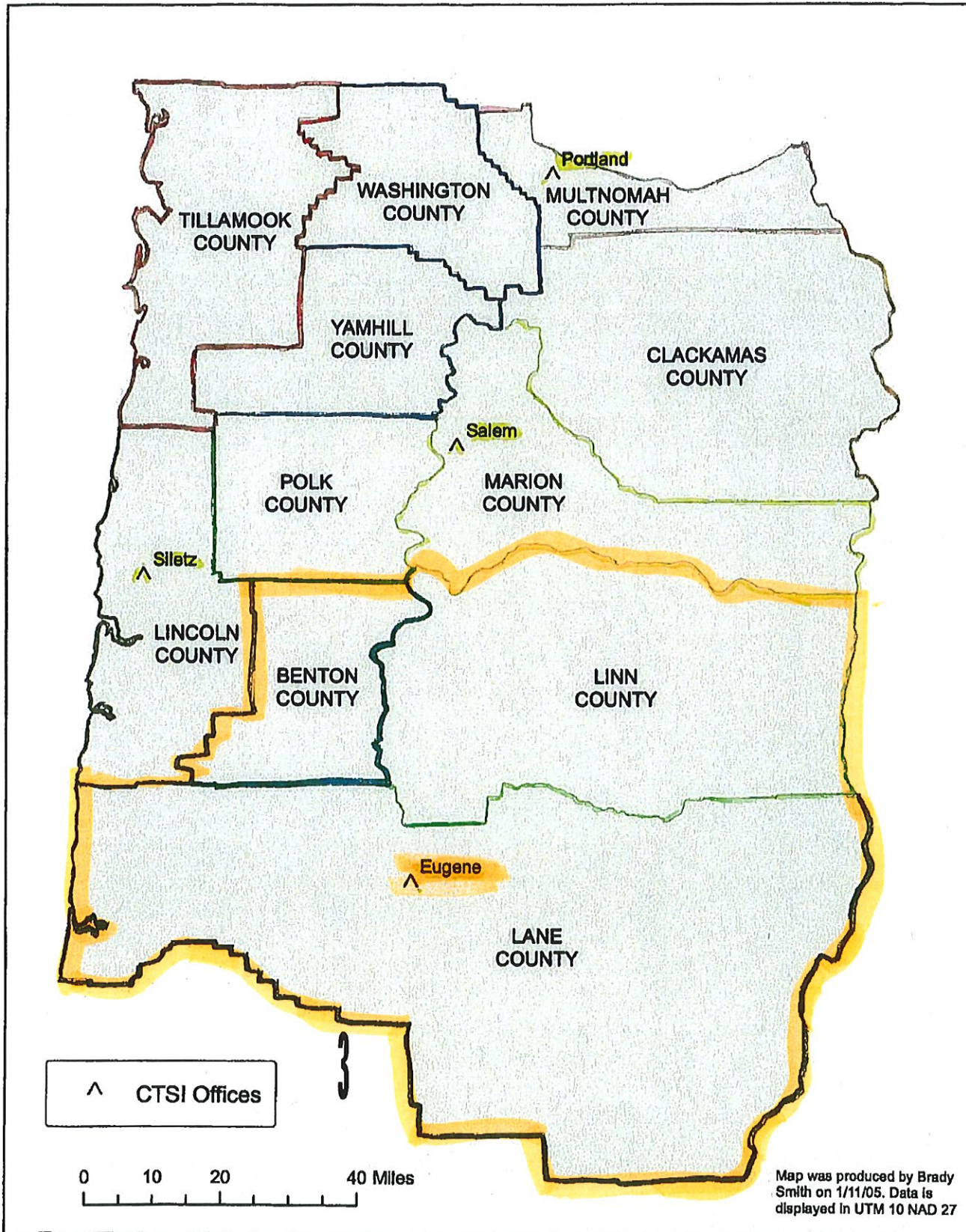
Joyce Retherford, FDP Director
541-444-8393

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

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>TANF/GA Card</p> <p>Student Education Check release</p> <p>Language Class Siletz 6-8pm</p>	<p>2</p> <p>Language Class EAO 6-8pm</p>	<p>3</p>	<p>4</p> <p>JOM –Tutor Night 4-6pm</p>	<p>5</p> <p>Payday</p> <p>Self-Sufficiency Documentation Due</p> 	<p>6</p> <p>Youth Council Meeting—Siletz</p>
<p>7</p>	<p>8</p> <p>USDA Distribution Siletz 9-3pm</p> <p>Language Class PAO 6-8pm</p>	<p>9</p> <p>Time Sheets Due</p> <p>USDA Distribution Siletz 9-3pm</p> <p>Language Class SAO 6-8pm</p>	<p>10</p> <p>USDA Distribution Siletz 9-3pm</p>	<p>11</p> <p>USDA Distribution Siletz 9-3pm</p>	<p>12</p> <p>USDA Distribution Siletz 9-3pm</p>	<p>13</p>
<p>14</p> 	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p> <p>JOM –Tutor Night 4-6pm</p>	<p>19</p> <p>Payday</p> <p>Garden Class "Growing Tomatoes" EAO 3-4pm</p>	<p>20</p> <p>Elders Wood Cut 8:00am</p> <p>Elders Meeting 1:00pm</p>
<p>21</p>	<p>22</p> <p>USDA Distribution Salem 1:30-6:30pm</p>	<p>23</p> <p>Time Sheets Due</p> <p>USDA Distribution Salem 9-6:30pm</p>	<p>24</p> <p>USDA Distribution Salem 9-6:30pm</p>	<p>25</p> <p>USDA Distribution Salem 9-11:00am</p> <p>Diabetes Class 6-8pm</p>	<p>26</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>CLOSED</p>  <p>Ceremony 11:00am</p>	<p>30</p>	<p>31</p>	<p>1</p>	<p>2</p> <p>Payday</p>	<p>3</p>

Confederated Tribes of the Siletz Indians 11 County Service Area



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



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