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## PAO Office Closure Dates

All Siletz Tribal offices will be closed on the following days:

**Nov 10th**  
**Veteran's Day**

**Nov 23rd**  
**Thanksgiving Day**

**Nov 17th**  
**Restoration Day**

**Nov 24th**  
**Day After Thanksgiving**

## Low Income Home Energy Assistance Program (LIHEAP)



### What is LIHEAP?

• LIHEAP (Low-Income Home Energy Assistance Program) is a Federally-funded program that helps low-income households with their home energy bills.

• LIHEAP can help you stay warm in the winter. By doing so, you can reduce the risk of health and safety problems (such as illness, fire, or eviction.)

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

*(Continued on page 8)*

**Restoration Pow-Wow  
Nov 18, 2016  
For More Details See  
Page 16**



### Important Dates

- 11/1, LIHEAP Opens for all Tribal Members
- Sat., 11/4, General Council—1 PM
- Sat., 11/11, Elders Council—1 PM
- Thur., 11/16 Regular Council—8 AM
- Sat., 11/18 CTSI, Restoration

## Community News

### Portland Area Office Shawl Class Part 5

This month, in lieu of beading we will be hosting our continued shawl making class for participants from classes Parts 1 thru 3. If you would like to attend a future class, please call Sherry Addis at (503) 238-1512 to express interest.

**Tuesday, Nov 2nd, 2017**  
**10 AM—2 PM**

For more information, Please call Sherry Addis.

### Elders Potluck at PAO

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

Please bring a potluck dish to share:

**Tues., Nov. 29th,**  
**5:30 PM — 7 PM**



For more information or to request a ride/carpool, please contact the Kay Steele (503) 760-4746.

### 2017 Portland Fix-It Fair

**Sat., 11/18 at 9:30AM—2:30PM**

This is a FREE event hosted by the City of Portland at Ron Russell Middle School, 3955 SE 112th Ave., Portland, Or.

Learn simple ways to save money and connect with resources. Join your neighbors and talk to the experts about how to spend less and stay healthy. For more information visit:

[www.portlandoregon.gov/bps/FIF](http://www.portlandoregon.gov/bps/FIF)

### Elder's Shopping Days



The next elders shopping day will be:

**Nov. 7th & 20th - 10 AM**

To reserve your spot on the bus for the next shopping day, please call your Elders program area representative, Kay Steele or Angie Artiago.

### Need to Call Contract Health?

If you have questions about your eligibility for Siletz, Contract Health Services (CHS), please call your assigned CHS technician. at (800) 628-5720. Your worker is assigned to you by your last name. Please refer to the list below to determine who you need to speak with when contacting contract health.

**Trish Carey A-L X1651**  
**Joella Strong M-Z X1649**



### NAYA Homeownership Program Orientation

Do you want to own a home but aren't sure where to start? Start with the NAYA Homeownership Program Orientation

**Thurs., 11/2 or Wed. 11/15; 6PM—7:30PM at 5135 NE Columbia Blvd.**

Join us to learn about NAYA Family Center's Homeownership Program, including our culturally specific classes and coaching. At this FREE event, you'll learn about:

- The steps to becoming a homeowner
- Resources that can help you
- Ways that NAYA can support you

Questions? Contact Cecelia Lente at (503) 288-8177 X 351 or e-mail at:

[Cecelial@nayapdx.org](mailto:Cecelial@nayapdx.org)

### Chemawa School Veteran's Pow-wow

**Sat., Nov., 4th, 2107**

Grand Entry at 1 PM & 7PM, location Chemawa Indian School 3700 Chemawa Rd. NE Salem, OR 97305

### Weatherization Workshop

**Multiple classes November 2nd thru 14th, 2017**

Presented by Community Energy Project, this hands-on workshop will give you and your family the tools to make your home warmer and more energy-efficient! Income-qualifying Portland residents can pick up a free weatherization kit worth \$150. For more information about class locations and times please visit:

[www.communityenergyproject.org/get-involved/calendar/](http://www.communityenergyproject.org/get-involved/calendar/)

## Healthy Traditions (HT)

### November Planting Guide

It's hard to believe that we're already into November! Hopefully everyone has had a bountiful harvest this year and enjoyed the good growing season. Plants that can be direct sowed into your garden this month are:

- Fava beans
- Garlic (cloves)
- Onion (sets)
- Shallot (bulbs)

Garlic is incredibly easy to grown. Choose a sunny sheltered spot. Divide garlic head into individual cloves (plant only the largest) insert into soil point up, and cover

with 3/4 inch soil. Garlic also grows well in containers.

### Cover Crops and Winterization

Fall is a great time of year to tune up your soil. For example:

- Test the soil to see if any nutrients are significantly out of whack. You can take a soil sample and send it to your state Extension Service office for testing.
- Move disease-free dead plants (not weeds) to the compost pile or cut up

*(Continued on page 4)*

### Diabetes Support Group



Our November Diabetes Support Group will be providing healthy salads, fruits and veggies. All tribal members are welcome.

**Wed., Nov 8th, Noon to 2PM**

### Wisdom Warriors Update

November 8th brings the final session/meeting of our Wisdom Warriors group participants and Graduation for all those that have attended the six week sessions.

Please come during our diabetic luncheon at Noon to celebrate with everyone for some graduation celebration!

### Contract Health Update

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

### Type 2 Diabetes Complications You Can Avoid

Cut Your Risks With Better Diabetes Management. Have a plan and make it a daily living habit, because a heart attack, kidney failure, vision issues, and nerve damage are among the problems that can result from

poorly managed diabetes. But by working on diet and exercise and following your plan, you can reduce your risk of diabetes complications, and live a healthy life.

Here are potential type 2 diabetes health risks and serious complications you can help prevent:

**High Blood Pressure;** High blood sugar levels in the bloodstream can cause the blood to thicken, forcing the heart to work harder to pump blood. Lowering blood pressure by eating a healthy diet, limiting sodium intake, utilizing successful stress management techniques, and participating in regular physical activity.

**Heart Disease;** Someone with type 2 diabetes has the same level of heart attack risk as someone who's already had a heart attack. Taking control of your diabetes management, lowering your blood pressure and cholesterol levels, and not smoking can lower your risk of heart disease.

**Stroke;** Most strokes happen when a blood clot blocks a blood vessel within or leading to the brain. Type 2 diabetes increases your risk of stroke by two to four times, controlling your blood sugar and blood pressure levels, maintaining a healthy weight, exercising regularly, and not smoking — are also the best ways to reduce your risk of stroke

**Kidney Failure;** Diabetes is the primary cause in more than 40 percent of cases of kidney failure — the kidney's inability to filter waste and fluid from the blood. Too much sugar in the blood can stress these filters, making it hard for the kidneys to work effectively. After a while, the filters

*(Continued on page 10)*

### A \$7,000 tribal benefit ....

### Do you know what it is?

### Will your loved one benefit from it?

Obviously, none of us wants to think about passing away and our funeral. Inevitably, it will happen...to all of us. We should do our best to make sure we have arranged what we can. One simple thing you can do, submit your Designation of Death Benefit Beneficiary form to the Enrollment Department.

The Siletz Tribe provides death benefits to all enrolled Tribal members, including children, for funeral and burial costs. As of 10/24/2017 there are 1,363 tribal members that have no beneficiary listed for this benefit. Of those, 809 are children and 35 are Elders. Are you, a family member or your children one of them? Please check with your family members to see if they have submitted their paperwork for this important benefit. If it has already been submitted, when was the last time it was updated for contact information for the beneficiary? Do you know whom you have listed as your beneficiary? Are your children over the age of 18 now? They need to update their beneficiary and you can now update your form to name them as a beneficiary. If you have had any changes in your life; a marriage, a divorce, the passing of your previously named beneficiary; you should update your Designation of Death Benefit Beneficiary form.

There is a \$1,000 benefit that is paid di-

rectly to the designated Death Benefit Beneficiary that is not used for the funeral and burial costs. There is no “default beneficiary” such as a spouse if married or parents if it is a minor child that should pass. The form is used for the Tribal member or their guardian to designate the person they want to receive the Death Benefit beneficiary amount. Anyone over the age of 18, (Tribal member or non-tribal) family member or not, can be listed as the Death Benefit Beneficiary.

The Tribe provides coverage for up to \$6,000 for funeral and burial costs at this time. The funeral and burial costs will be provided regardless if the Designation of Death Benefit Beneficiary form is on file or not.

If the funeral expenses are less than \$6,000, then the unused balance of the death benefit for funeral and burial goes directly to the beneficiary. If the funeral and burial expenses are over \$6,000, the balance of the expenses is the responsibility of the person making the funeral arrangements.

It is suggested to list at least two beneficiaries as most people travel with the person named as beneficiary #1 and may be involved in an accident together.

To name more than three (3) beneficiaries, attach an additional paper listing #4 through however many additional names you want.

This Form can be updated with the Enrollment Department as often as needed;

*(Continued on page 9)*

## 477 Self-Sufficiency Program

### SSP Monthly CAN Meeting

The Creative-And-Native (CAN) is a supportive/informational meeting that focuses on work, education, family and goals. These meetings are mandatory. Come meet and learn from others like you who are working toward their goals!

**Date: November 9th, 2017**

**Time: 1:30 to 3:00 PM**

**Location: Siletz Portland Area Office**

Mark Your calendar. The 477 Self Sufficiency Program's (SSP) upcoming CAN meeting for December:

#### To Be Announced

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

#### 477-SSP Mission Statement:

To assist eligible clients in attaining self-sufficiency. The 477 Self Sufficiency Program will serve the following groups as they work towards this goal: Siletz needy families, Native American, Alaskan Native, Native Hawaiian.

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

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

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

#### Your Success is Important to Us

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

### Need A New Tribal ID? Let PAO Help!

The Portland area office (PAO) is now set up to assist tribal members with obtaining their tribal ID from the enrollment department. Tribal members are encouraged to call PAO ahead of time to ensure staff are available. If you have any questions about our new process please feel free to call Andrew Johanson at PAO (503) 238-1512 X 1400.



Confederated Tribes of Siletz Indians of Oregon  
**Tribal Identification**  
Siletz Tribal Roll: #99999  
DOB: 09/01/2006 BQ: 4/4  
Issue Date: 3/18/2016  
Expiration Date: 3/18/2016  
Height: 5' 10" Weight: 150 lbs.  
Enrolled Per Resolution 2016-086 effective 3/18/2016

**Siletz Valley Charter School**  
245 NW James Frank Ave, Siletz, OR  
PO Box 123456  
Siletz, OR 97380-9999



## Athabaskan Language

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

**Portland Area Office**

**Monday, Nov. 13th**

**6:00 – 8:00 PM**

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

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

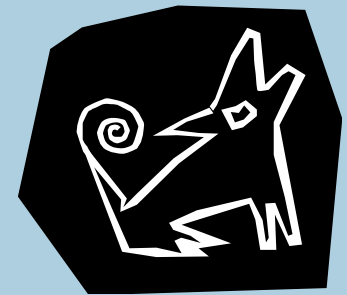
We also have equipment in the Cultural Department available for use in grinding and drilling shell or pine nuts or other applications. If you need to use the equipment, call the number below to set up an appointment. For more information, please contact Bud Lane.

Many Athabaskan language lesson are available to tribal members, in print and audio at the CTSI web site at:

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

The language samples are provided for your use online. To confirm proper pronunciation go to the Siletz Talking Dictionary at:

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



**WOLF**

**NAA-GHAA-YVSH-NE**

*(Healthy Traditions Continued from page 2)*

plants and lay them on the ground as mulch.

- If your soil is healthy and nutrient rich enough you can cover with organic compost.
- After liming, layer mulch comprised of autumn leaves on the soil of your vegetable garden beds and around your ornamental shrubs.
- Cover the soil with two layers of burlap

coffee sacks, which serve the same function as leaves. The leaves or burlap sacks can be removed in the spring for early crops.

- Plant a cover crop, but remove them before they go to seed next spring.



## A & D Program



### Addiction Recovery Fatigue

In the early stages of recovery, it's pretty common to feel this way, so it's okay to go a little easy on yourself. Your body has stopped taking in something that it needs, and detox can be pretty draining. Getting clean and sober often takes a lot out of a person, because the very things that gave you get-up-and-go in the past are being eliminated from your body. For now, resting is not only expected, it's beneficial. Here are some suggestions to keep yourself on track and healthy in your recovery.

- **Get enough sleep.** Detoxing is hard on the body and mind, getting sleep helps with the detoxification process and helps rebuild the body's energy.
- **Eat healthy.** Early recovery is hard on the body, eating healthy foods with vitamins and nutrients are essential for maintaining and rebuilding your body's muscles

and neurons.

- **Drink a lot of water.** We become so dehydrated in addiction that our own bodies take from our reserves and deplete our own muscles and joints, water will help maintain our organs and support everything to flow naturally again.
- **Get moving.** Even if it is slow going. Simply walking from time to time will support your muscles to build and regain strength, remember addiction has taken a lot of energy and alters our moods and emotions, exercising can boost your metabolism and mood so you can continue to heal and stay in your recovery.

Addiction recovery fatigue is pretty common, and as you make progress in your personal journey, you'll likely discover that you can fight your tired feelings and function rather well. Your body is going through some serious changes so letting it heal is essential. Plus it just might be what you need to get through your day and maintain a positive outlook on your recovery.

#### Andulia's Schedule

8 AM—4:30 PM

Salem—Mon., Tues., & Wed.,  
Portland—Thurs & Fri., Portland

**Recognize  
Acknowledge  
Forgive  
Change**

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

**Help is  
Available &  
Confidential**

## Behavior Health

### The Rain is Here



While the leaves around us have turned to pretty colors, the rains have also increased. These rains have been great to finish off wildfires, but they also bring about gray days that can feel gloomy.

#### Here are some ways to cope with the rainy day blues:

1. Watch a movie. Get on Netflix, rent a movie at your local library, or rent at Redbox. Fill those rainy hours with some light entertainment.
2. Be good to yourself. Go get a manicure or pedicure, or some sort of pampering treatment, and, if you can't afford it, do one at home. The Dollar Tree has pampering products that are affordable for most.
3. Don't wait for spring cleaning, a rainy day is a great time to re-organize a cluttered closet. Sort and fold your laundry, or do that other cleaning project you've been putting off.

#### Youth Conference highlights:

I had the opportunity to go to the Youth Conference held by the tribe in October, and there was such a turnout! Word is, the youth enjoyed their time, which was spent in activities such as canoeing, drum making, and several different art projects. I facilitated a mask-making class for a few youth whom opted out of the canoes. It went well, and I look forward to more such opportunities coming to the Portland and Salem offices soon.

#### Traditional Coping

Winter preparations should now be well underway, and the Elders in our thoughts. It's still a great time to be active in your community; try and join a wood-cutting event, or find other ways to reach out to the members of the community in the most need and lend a helping hand. The Siletz people are encouraged to keep in harmony with their ancestors' ways; attend sweats, drum circles, talking circles, and smudge. Live life in a healthy, good way. Don't forget about the Restoration activities and Pow-Wow coming.

**Portland  
Area Office**  
Mondays &  
Tuesdays  
(503) 238-1512  
X1417

**Salem Area  
Office**  
Wednesdays &  
Thursdays  
1-(503) 390-9494  
x1864

# November 2017

SUN

MON

TUE

WED

THU

FRI

SAT

**Inclement Weather Conditions:** This time of year, the weather outside can be frightful. For the safety of all, we sometimes close our office due to weather conditions. So, if it is snowing, icy or unusually cold, please call the office and listen to the message before coming to the office to make certain we are open. We will update our phone message to reflect any modification of our office hours.

			<b>1</b> <b>Wisdom Warriors</b> 11-1:30 <b>LIHEAP Opens for All</b> <b>Siletz Tribal Members</b>	<b>2</b> <b>Shawl Class</b> 10 AM-2 PM	<b>3</b>	<b>4</b> <b>General Tribal Council</b> 1 PM
<b>5</b>	<b>6</b>	<b>7</b> <b>Elder's Shopping Day</b> 10 AM	<b>8</b> <b>Wisdom Warriors</b> 11-1:30 <b>Diabetic Support Group</b> 12—2 PM	<b>9</b> <b>SSP Meeting</b> 1:30—3:30 PM	<b>10</b> <b>All CTSI Offices Closed</b> Veterans Day Holiday	<b>11</b> <b>Elders Council</b> 1 PM
<b>12</b>	<b>13</b> <b>Language Class</b> 6—8 PM	<b>14</b>	<b>15</b> <b>Family Craft Night</b> 6—8 PM	<b>16</b>	<b>17</b> <b>All CTSI Offices Closed</b> Siletz Restoration Day	<b>18</b> <b>Restoration Celebration</b> 10 AM-2:30 PM <b>Restoration Pow-Wow</b> 6 PM
<b>19</b>	<b>20</b> <b>Elder's Shopping Day</b> 10 AM	<b>21</b>	<b>22</b>	<b>23</b> <b>All CTSI Offices Closed</b> Thanksgiving Day	<b>24</b> <b>All CTSI Offices Closed</b> Day After Thanksgiving	<b>25</b> <b>Mt. Scott Native Day</b> 10 AM—5 PM
<b>26</b>	<b>27</b>	<b>28</b> <b>Elders Potluck</b> 5:30 —7 PM	<b>29</b>	<b>30</b>		

## Education and Youth Update

### Things to Do in November:

**2017 Tree Lighting Ceremony;** 5:30pm-6:30pm, Nov. 24th downtown Pioneer Courthouse Square & Lake Oswego .

**Veterans Parade**—Honor our Veterans; 9:30am, Sat., Nov. 11th; near 40th & NE Tillamook and 48th & NE Sandy Blvd.

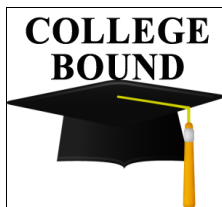
**Turkey Trot**—One at the Oregon Zoo (Nov. 23rd), & the other at Oregon International Raceway. (Nov. 20th) under the light lights of the Sunshine Division Winter Wonderland.

## Katy's Schedule

Katy Will be out of the office on the following days in November:

**November: 3rd, 9th—10th, 16th—17th, 23rd—24th and 29—30th**

Feel free to call ahead of time to confirm Katy is in the office.



## Higher Education

If you are considering attending college during the 2018-2019 school year you can now begin the process of applying for federal financial aid by completing the Free Application for Federal Student Aid (FAFSA). Apply online at :

[www.fafsa.ed.gov](http://www.fafsa.ed.gov)

This will determine if you are eligible

for grants or any other funding for college. This is also a requirement for Siletz college students to do for Tribal funding. If you would like assistance in applying for the FAFSA please make an appointment with Katy at (503) 238-1512.

## College Information Night

Attention Native Teens and Parents! You are invited to join with the Portland Public School Title VI Indian Education Program for "College Information Night."

**Date: TBA  
5:30 to 7:30 PM**

**Jefferson High School Cafeteria**

Representatives from UO, OSU, Oregon Tech., PSU, Western University and PCC will be there to talk to to learn about academic programs and admission requirements. If you are in need of transportation please call Katy for assistance.

## Family Craft Night at the Portland Area Office

Native families are invited to join us for a light dinner and a evening of making native medicine bags and necklaces. We will also be making plans for future family craft nights and what you would like to see and do. Brought to you through the Johnson O'Malley Program Supplemental Education Program.

**Wednesday, November 15th  
6:00 to 8 PM  
CTSI, Portland Area Office**

## Native Family Day &

## Market Place at Mt. Scott

**Saturday, November 25th 10 AM to 5 PM  
Mt. Scott Community Center  
5530 SE 72nd and Harold**

Free Swimming and Roller Skating for youth and families. Provided through the City of Portland, Portland Parks and Recreation. Swimming opens up at

noon. Kids will be able to make a craft at the Siletz Table. The Market Place includes numerous Native vendors selling their work . Great for holiday gifts. Bow & Arrow will be selling fry bread for their annual POW WOW fund raiser. Hope you can come and enjoy the day with us. Swimming begins at 1 until 6 PM, skating at Noon until 3 PM.

## Home Visiting Program

Our Home Visiting Program provides parenting and life skills for successful and positive parenting. We work with families who are expecting until their child turns three years of age. For more information please contact our Home Visitor, Lori Christy in Salem at 1(503) 390-9494.

## Fun Things to do this

Fall:



### Paint a Pumpkin

Cover your child's high chair tray with paper, spread out an old sheet to cover the floor, or go outside. Use a small pumpkin and some finger paint or make your own paint with sweetened condensed milk and food coloring. If your child eats some you don't have to worry. Use a brush or let them finger paint. This can get messy but is a lot of fun so be prepared for some clean up.

### Go for a fall walk

As you walk through your neighborhood or a local park enjoy the sights, sounds and smells of fall. Talk about what you see and hear, describe the colors, pick up leaves, and watch the squirrels. The possibilities are endless – just have fun!

### Rake and play in leaves

What more do I need to say – leaves are just plain fun!



### Make a corn shaker

Put some popcorn kernels in an empty water bottle, spice jar or other recyclable container. For fun you can add some fall confetti for color and variety. Glue the lid shut with hot melt glue. If you want you can add some colorful ribbons. Let your child shake the bottle.

# Siletz Tribal Vocational Rehabilitation Program (STVRP)

The program is here to assist members of **ANY** federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Siletz service areas.

## Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- 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:

### Salem Area Office

**1-(503) 390-9494**

3160 Blossom Drive NE, Ste 105  
Salem, OR 97305

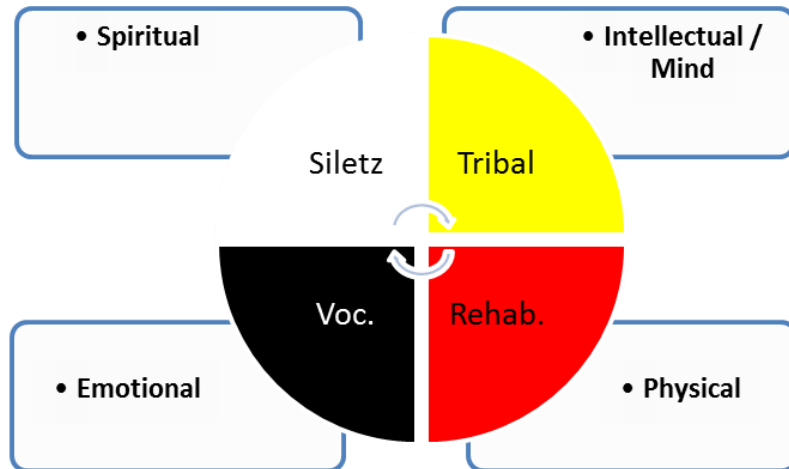
Program Aide— Dana Rodriguez  
Counselor/Job Developer—Toni Leja

### Siletz Area Admin, Office

**1-(800) 922-1399**

201 SE Swan Ave Siletz, OR 97380  
Counselor/Job Developer— Rachelle Endress

Program Director—Jeramie Martin



# LIHEAP

(LIHEAP Continued from page 1)

## What Help does LIHEAP provide?

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

## To Qualify

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

## Residence Location

The residence must be located within the 11 county service-area.

## Income Eligible

The applicant/family must meet the annual income guidelines as determined at the time of intake.

## When can I apply?

**October 1st**—Siletz Tribal Elders and Disabled Tribal Members

**November 1st**—Other Siletz Tribal Households

## Program Key-points:

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

Awards will vary depending on family size, income and need. When making your appointment for assistance, please be sure to have all necessary documentation beforehand, or be able to have required documents before appointment time. Required documentation includes, but is not limited to:

- Social Security Cards for ALL

household members (there are no exceptions)

- Most recent utility bill
- Current income documents – for each adult household member (e.g. Social Security award letter, Unemployment print out, paystubs etc.)

If you need documentation from other departments, please be sure to make those requests from those departments prior to your appointment.

## Total Gross Household Income Cannot Exceed:

# Household Members	Income Limit
1	\$23,095.00
2	\$30,201.00
3	\$37,308.00
4	\$44,414.00
5	\$51,520.00
6	\$58,626.00
7	\$59,958.00

Contact your service area for appointment times available. If you have any additional questions, please don't hesitate to call Casey Godwin, Emergency Energy Assistance Program Coordinator (541) 444-8311.

## Notice To Applicants

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

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



# Confederated Tribes of Siletz Indians

## 40th Annual Restoration Pow-Wow

**On Saturday,  
Nov. 18, 2017**

The Confederated Tribes of Siletz Indians of Oregon Invites you to celebrate with us at our 40<sup>th</sup> Annual Restoration Pow-Wow to be held at:

  
CASINO RESORT

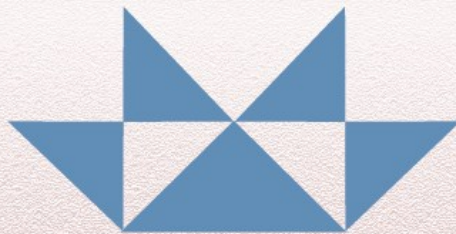
1777 NW 44th Street,  
Lincoln City, Oregon

### All Drums and Dancers Welcome

Information: Buddy Lane: 1-800-922-1399 ext. 1230 or 541-444-8230

This is a family event; drugs and alcohol will not be tolerated.

The Confederated Tribes of Siletz Indians and Chinook Winds Casino Resort are not responsible for injuries and lost or stolen items



**Grand Entry: 6 pm**

Whip Man: Tony Whitehead  
Whip Woman: Shirley Walker  
MC: Nick Sixkiller

## Parking at the Portland Area Office (PAO)

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



## Portland Area Office Holiday Open House



**Thurs., Dec. 14<sup>th</sup>, 2:00 PM - 6:30 PM**

**Portland Area Office**

**12790 SE Stark Street, Suite 102**



This year's holiday event will be an open house style. This means that we welcome our Tribal members and their families to drop by for an hour or so, beginning at 2:00 o'clock. **We will also be hosting our first ever Christmas cookie contest. Bake up your favorite cookie recipe to share and submit your creation for a chance to win a fun prize.** Our staff look forward to your visit to our office to share the



*(Enrollment Continued from page 3)*

both for designation of the Death Benefit Beneficiary and contact information. The form is **REQUIRED** to be notarized to ensure the Tribal member/their guardian completed the form.

Per the Tribal Confidentiality Policy, Tribal Staff cannot share the name or contact information of the Beneficiary with anyone other than the Beneficiary.

The original Form must be returned to the Enrollment Department. A copy of the Form should be kept with other legal documents such as the Last Will & Testament. A copy of the Form should also be given to the Beneficiaries as well as a copy of this guide.

If you don't know who you have designated as your Death Benefit Beneficiary or their contact information may have changed, complete an updated form!

If there is no beneficiary listed, the funeral and burial expenses are still paid and the Enrollment will work with the family and the funeral home. However, any unused

balance of the death benefit and the \$1,000 will go unpaid to anyone.

The Tribe has caskets on hand that have the Tribal Pendleton blanket as the liner that can be purchased with death benefits or directly.

If you have specific wishes for your burial, please let your family members know this. You may also want to research costs for plots and fees if you wish to be buried someplace other than at the Siletz cemetery.

If you want to preplan your funeral, there is a tool available on the Enrollment page of the Tribal website that you can complete and keep with your other important papers. This tool is for your family to use when making your funeral arrangements. The tool does not need to be returned to the Enrollment Department.

The form is available on the Tribal website, [www.ctsi.nsn.us](http://www.ctsi.nsn.us) under Government Listing then Enrollment. If you have questions about Death Benefits, Tribal caskets or completing the form, please contact Angela Ramirez, Enrollment Officer.

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Confederated Tribes of  
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Mon—Friday  
8:00 AM—4:30 PM

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



BEAR SV-GVS

## Are You In the Loop?

The Portland Area Office now uses an auto-dialer system to notify or remind tribal members of upcoming events, for example: Salmon Distribution, planning meeting, flu Shot clinic, etc...

### Auto-Dialer Notifications

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

### Newsletters/ Notices

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



*(Continued from page 3)*

can break down and leak protein into the urine. If kidney damage continues, you may need dialysis or a kidney transplant.

**Eye Problems;** several vision complications can result from type 2 diabetes, the most common of which is diabetic retinopathy. Over time high blood sugar levels can damage the blood vessels in the eyes, If left untreated, diabetic retinopathy can cause severe vision loss and even blindness. Diabetes also increases the risk of glaucoma and cataracts.

**Nerve Damage;** Chronically elevated blood sugar levels can lead to nerve damage (neuropathy which feels like a tingling or burning sensation, usually in the feet, or even a loss of sensation

**Infection;** Once nerve damage sets in, your risk of infection increases because you may not be able to feel an injury, like a cut on your foot, to help it heal early on, examining your feet every day, check in with your doctor at the first sign of infection, such as redness or swelling.

These are steps you can take to make living with Diabetes much better!

## Portland Area Office Staff:

Name/ Title	Contact Information
Sherry Addis Area Office Supervisor	(503) 238-1512, X1419 sherrya@ctsi.nsn.us
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Andrew Eddings Peer Recovery Mentor	Work Cell: (541) 270-9717 andrewe@ctsi.nsn.us

## Other Numbers:

Name/ Program	Number	Name/ Program	Number
Bud Lane Cultural Program	800-922-1399 X1320	Jeremy Martin Voc. Rehab. Direct.	800-922-1399 X1385
K.C. Short Finance Manager	800-922-1399 X1316	Mike Kennedy Natural Resources	800-922-1399 X1232
Cecelia DeAnda Elders Program	800-922-1399 X1261	Andulia WhiteElk A&D Counselor	(503) 238-1512 X 1414
Rachel Adams Mental Health Specialist	(503)390-9494 x1864	DeAnn Brown— Siletz HeadStart Program	(800)922-1399 X1510
Angela Ramirez Enrollment Clerk	(800)922-1399 X 1258		