



The Drumbear

February Newsletter

Confederated Tribes of Siletz Indians – Salem Area Office
3160 Blossom Dr N. Suite 105, Salem, OR 97305
503-390-9494 503-390-8099 (fax)

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Beverly Owen, Area Office Supervisor, x1851 bevo@ctsi.nsn.us

Cindy Jackson, Area office Secretary, x1850 cindyj@ctsi.nsn.us

GENERAL INFORMATION

Our office hours are Monday through Friday 8:00am – 4:30pm. We are closed on Federal and Tribal Holidays. We would appreciate it if you could make it into the office in plenty of time to complete your business by the close of business.



The position of the Tribe on coming into any Tribal Offices under the influence of drugs and/or alcohol is that it will NOT be tolerated. That also includes threats of any kind and/or unruly behavior. If you exhibit any of this type of behavior, you will be asked to leave.



We do not accept collect calls. An option is to call 800-922-1399 number and asked to be transferred to our office.



We have a 5¢ per page charge for copies, faxes and printed materials. *Note: If the documents are specifically requested by a Tribal program there will be no charge.*



Office Closed
February 20th
President's Day

FREQUENTLY CALLED PHONE NUMBERS

Chemawa Health Clinic	503-304-7600
USDA Warehouse – Salem	503-391-5760
Tribal Head Start – Salem	503-393-6942
Siletz Tribal Office	800-922-1399
Siletz Health Clinic	800-648-0449
(ext1604 appts)	ext1625 Pharmacy)



Announcements & Community News



February is Heart Disease Awareness Month. Heart disease is a broad term used to describe a range of diseases that affect your heart. The various diseases that fall under the umbrella of heart disease include diseases of your blood vessels, such as coronary artery disease; heart rhythm problems (arrhythmias); heart infections; and heart defects you're born with (congenital heart defects).

The term "heart disease" is often used interchangeably with "cardiovascular disease." Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as infections and conditions that affect your heart's muscle, valves or beating rhythm, also are considered forms of heart disease.

Many forms of heart disease can be prevented or treated with healthy lifestyle choices.

*Inspirational thought for this month:
Sometimes the heart knows things that the mind could never explain.*

TRIBAL ELECTIONS: Elections will be held Saturday February 4th in Siletz.

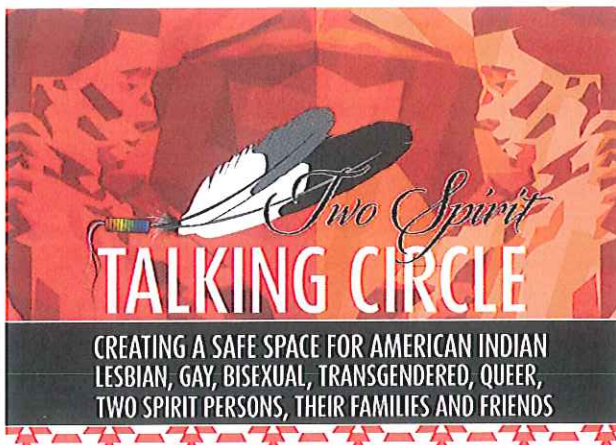
COUNCIL MEETING: General Council Meeting Saturday February 4th in Siletz.



Come and join us for the monthly
Native Wellness Training

Traditional Leadership and Healthy Decision Making

February 8th
1:00-3:00pm



**Join us Wednesday
Feb 8th 5:00 pm
Salem Area Office**

Every month, the Siletz Tribal Change Team hosts a community talking circle for the American Indian Lesbian, Gay, Bisexual, Transgendered, Queer (LGBTQ), Two-Spirit community and its allies. The goal of the Talking Circle is to create a safe and confidential space for the community to discuss the struggles, triumphs and concerns of the LGBTQ Two-Spirit Community. This is also a place for friends and family to receive advice, support, and education as they continue their journey as an ally.

The Siletz Tribal Change Team works to improve the services utilized by the LGBTQ and Two-Spirit community. The team works to create awareness, provide education/resources and change the culture of the Native community to be more accepting of its LGBTQ and Two-Spirit individuals.

The Talking Circle is held on the second Wednesday of each month from 5:00-7:00pm





Chemawa Indian School Birthday Powwow

Saturday February 25, 2017

Grand Entry:

Chemawa Indian School Salem, Oregon
503-399-5721

Important: Indian health coverage exemption

American Indians and Alaska Natives (AI/ANs) and other people eligible for services through the Indian Health Service, tribal programs, or urban Indian programs (like the spouse or child of an eligible Indian) don't have to pay the fee for not having health coverage. This is called having an Indian health coverage exemption.

<https://www.healthcare.gov/american-indians-alaska-natives/exemptions/>

BISON CHILI



1 bg pinto beans (soaked overnight)*
2 pkgs bison burger*
1 can tomato sauce*
1 can whole kernel corn, drained*
1 can diced green chilies

1 tblsp red pepper flakes
2 cans diced tomatoes*
2 sm. Onions, diced
3 chipotle's in adobo, diced
Chili powder to taste

Rinse the beans that have been soaking overnight. Place them in a large pot with enough water to cover them. Add some salt and pepper and boil until soft. You can add the red pepper flakes to the beans and that will cook the flavor into the bean. Put a couple tblsps of oil in a large frying pan and let it get hot. Add the diced onion and sauté until almost transparent. Add the burger and cook until no longer pink. Add the green chilies, tomatoes, tomato sauce, chipotles, corn and chili powder. Let simmer for about ½ hour.

Add the meat mixture to the cooked beans and let them simmer together for ½ hour. I thickened mine with potato flakes* too. Serve with shredded cheese.

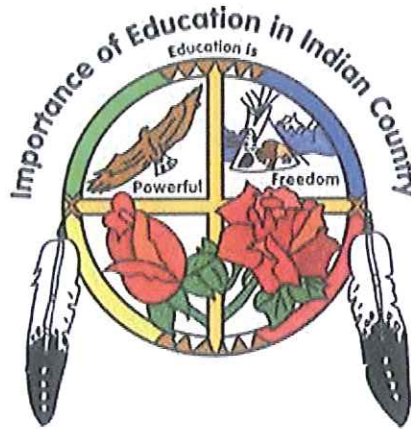
**indicates food available in the food package*

 Find us on
Facebook

<https://www.facebook.com/groups/383072355357428/>



If you would like to get your copy of the newsletter via email, call Cindy to get put on the list.



Here are summer programs geared toward Native student success. The deadlines are within the next 6 weeks. More information and the applications are available on the specific websites.

College Horizons – Amhurst College in Maine, Lawrence University in Wisconsin

When: June 17th – June 23rd 2017 **Application Deadline: Early February**

<http://www.collegehorizons.org/>

College Horizons is a six day crash course for sophomores and juniors preparing for the college application process. Students learn about a variety of colleges and universities and establish personal relationships with college admission representatives as well as college counselors. **Ninety nine percent of College Horizons alumni go directly to college!** At each site, approximately 100 students from across the nation work with over 70 college professionals to help students prepare scholarship and college applications, learn test taking strategies for the ACT and SAT, and attend a college fair with over 40 colleges represented. Students must have a GPA of 3.0 or higher to apply. Financial assistance to attend may be awarded based on financial need. **(Sophomores & Juniors)**

Indians Into Medicine Summer Institute – Grand Forks, North Dakota

When: June 12th – July 21st 2017 **Application Deadline: March 1, 2017**

<http://www.med.und.edu/indians-into-medicine/summer-programs.cfm>

The INMED Summer Institute (SI) Program is a six week academic enrichment session for students in grades 7-12. SI provides daily classes in biology, chemistry, communications/study skills, health with basic first aid, math and physics. These courses are vital for a successful health career. Summer Institute participants also experience life on a college campus, listen to successful American Indian health professionals, learn more about various health careers, participate in educational field trips, and attend a powwow. All educational expenses, i.e., room and board and transportation are paid with funding from partnering programs. **(7th – 12th Gr)**

INSPIRE Pre-College Program – Washington D.C.

When: July 2nd – July 21st 2017 **Application Deadline: March 1, 2017**

<http://inspire.naplp.gwu.edu/>

The INSPIRE initiative scholarship covers the cost of room and board, airfare, all required textbooks, local travel and one course in “Native Politics and American Political System.” Juniors and Seniors stay on the George Washington University Campus and learn about intergovernmental relations between tribal governments and the federal government. The program will include opportunities for students to meet influential Native advocates and participate in a full day experiential undergraduate course focused on Native Politics and the American Political System. **(Juniors & Seniors)**



Energy Assistance Intakes are now done 2 times a month on Wednesdays from 10:00am – 2:00pm. Please call Bev for an appointment and info on when the next date for appointments will be.

Tribal Members can now go into any Area Office to have a Tribal ID done. Your picture will be taken, you will sign the card and the info will be sent to Siletz where the actual ID will be made and mailed to you. You must have an appointment for an ID Card. Call Bev to schedule an appointment.



Language & Culture Class

Bud Lane
1-800-922-1399
ext 1320
budl@ctsi.nsn.us



Nuu-wee-ya' (Our Words)

Date: February 14TH
Time: 6:00 – 8:00 pm
Where: Salem Area Office



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. We also have equipment in the Culture Department available for use in grinding and drilling shells or pine nuts or other applications. If you have a need for using the equipment, call and I can set up an appointment during regular business hours or after hours.



USDA Salem Warehouse

JOYCE RETHERFORD
CTSI FDP Director
LISA PAUL
CTSI FDP Clerk
800-922-1399 (Siletz)
503-391-5760 (Salem)



Monday February 20th
Tuesday February 21st
Wednesday February 22nd
Thursday February 23rd
Friday February 24th

HOLIDAY
1:30 – 6:30 pm
9:00 am – 6:30 pm
9:00 am – 6:30 pm
9:00 – 11:00 am



Check previous page for this month's USDA recipe.



SILETZ TRIBAL FDP/IR



Down Payment Assistance



KC SHORT
1-800-922-1399 x1310
1-541-444-8310
FAX: 541-444-8313

If you are planning on buying a home and would like some information on the Down Payment Assistance program through the Tribe, feel free to call or email.

477/SSP

February

ANGELICA ESPINO
Tribal Service Specialist
angelicae@ctsi.nsn.us
503-390-9494 x1853
-VACANT-
Intake Specialist/Job Coach
503-390-9494 x1852

Our Program offers a variety of services on a budgetary basis. We offer Cash Assistance, Emergency Assistance, Classroom Training, Work Experience and On The Job Training. Participants in 477/SSP Programs must meet the eligibility requirements.

IMPORTANT DATES TO REMEMBER

February 1 st	WEX Timesheets Due
February 4 th	General Council Meeting Tribal Elections
February 5 th	Job Search/Monthly Report forms due for Cash Assistance
February 7 th	MANDATORY SSP Orientation 10:00am~12:00pm
February 8 th	Native Wellness Training 1:00~3:00pm
February 10 th	WEX Payday
February 14 th	WEX Timesheets Due
February 20th	OFFICE CLOSED – PRESIDENT'S DAY
February 24 th	WEX Payday



IMPORTANT REMINDERS FOR 477/SSP CLIENTS

- SSP STAFF WILL RETURN CLIENT PHONE CALLS WITHIN 24 BUSINESS HOURS.
- SSP STAFF WILL ADDRESS CLIENT REQUESTS FOR SUPPORT SERVICES AND OTHER REQUESTS WITHIN TWO BUSINESS DAYS.
- SUPPORT SERVICES REQUEST FORMS ARE KEPT IN THE LOBBY.
- YOU **MUST** COMPLETE THE SUPPORT SERVICES REQUEST FORM FOR GAS CARDS, BUS PASSES, ETC.
- OFFICE STAFF DO **NOT** TAKE MESSAGES. YOU **MUST** LEAVE A VOICEMAIL ON YOUR WORKER'S LINE. IF YOU DON'T LEAVE A CURRENT PHONE NUMBER WE CANNOT RETURN YOUR CALL SO PLEASE BE SURE TO DO SO.
- CHECKS ARE AVAILABLE AFTER 2:00PM ON THURSDAYS. SINCE THE CHECKS COME IN THE MAIL IT CAN EVEN BE FRIDAY BEFORE THEY ARRIVE. **PLEASE CALL BEFORE COMING ALL THE WAY HERE FOR YOUR CHECK.**



<https://www.facebook.com/groups/383072355357428/>

Community Health

CECILIA TOLENTINO, CHA

503-390-9494 x1854

ceciliat@ctsi.nsn.us

Monday – Friday

8:00am – 4:30pm

Community Health News



Community Garden Plots

Are you interested in a garden plot in your local community Garden?
The Weave Grant will fund the cost of the rental fee.
That way you and your family will be able to grow fresh produce.
No experience needed. We will provide plants, seeds, basic gardening information and resources to assist in the growing season.
For more information or to sign up call Cecilia at the Salem area office or by email (503)390-9494 or ceciliat@ctsi.nsn.us



Diabetes Exercise Program

We currently have gym membership stipends available. Each stipend is a maximum amount up to \$25 per month paid directly to a local gym. Selected participants must agree to complete a total of 8 separate gym visits per month one visit per day. Participant will be responsible for the remaining gym membership dues in excess of the allowable stipend of \$ 25 per month. Memberships are available to Siletz Tribal members with Diabetes or Siletz tribal members who are at risk for diabetes.

Call Cecilia at (503) 390-9494 to request an application packet.
or by email ceciliat@ctsi.nsn.us

Seeking Garden Volunteers

The Salem Area Office is in the process of constructing our own community garden space. If you have a little time and would like to help please call Cecilia at (503) 390-9494 or by email ceciliat@ctsi.nsn.us

Seed Starts

Join us in March for seed start planting.
If you're planning on growing vegetables in your garden this year join us to get seeds and growing materials.

No experience needed we will provide seeds and soil.

For more information or to sign up call Cecilia at (503)390-9494 or by email at ceciliat@ctsi.nsn.us

Freezer Meals

Join us in February to learn easy freezer meal recipes

When: February 9th

Time: 5:30pm - 7:00pm

For more information or to sign up call Cecilia at the Salem area office at (503)390-9494 or by email at ceciliat@ctsi.nsn.us

Call soon to reserve your spot, Limited spots available.

Education

SONYA MOODY-JURADO,
Education Specialist
503-390-9494 x1856
sonyamj@cfsi.nsn.us
Monday – Thursday

February

EDUCATION PROGRAM COMPONENTS: Higher Ed ♦ Adult Vocational Training (AVT) ♦ Adult Education ♦ Supplemental Education ♦ (JOM) ♦ Tribal Youth Employment & Education (TYEE)

My office hours are Monday-Thursday 8:00 – 4:30pm. I do not work on Friday.

JOM

When calling, if I am not available, please leave a message. For JOM activities youth must be nine years old to attend without a chaperone. You must call Sonya to sign up for all JOM activities.

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The next term that we will be funding is Fall Term. The application deadline for FALL Term is June 30, 2017. For an application, please call me at (503) 390-9494 or on our website at www.cfsi.nsn.us

Scholarship Information

OREGON STUDENT ASSISTANCE COMMISSION Complete one application for over 100 scholarships

For more information, call 800-452-8807 ext 7395 or visit www.GetCollegeFunds.org.

The website will cover the following questions and areas:

- Am I eligible to apply for OSAC scholarships?
- View Checklist for Scholarship Success
- View Instructions
- Read about the Early Bird Scholarship
- Most common reasons for rejected OSAC scholarship applications

What are the deadlines?

OSAC Early Bird priority deadline:	February 15, 2017
OSAC non-priority deadline:	March 1, 2017

American Indian Science and Engineering Society (AISESnet) www.aises.org

College Board www.collegeboard.com

FastWEB- www.fastweb.com

COBELL Scholarship- <https://cobellscholar.academicworks.com/> (Deadline 3/31/17)

The Cobell scholarship offers both undergraduate and graduate funding.



What is Oregon Promise?

Oregon Promise is a state grant program that covers some or all of the tuition at an Oregon community college. Oregon Promise is for recent Oregon high school graduates and GED recipients who enroll in an Oregon community college within six months of graduation.

Who is eligible?

You must meet *all* of the following criteria:

- Complete an Oregon Promise Grant Application by the appropriate deadline
- Be a recent Oregon high school graduate or GED recipient
- Document a 2.5 cumulative high school GPA or higher; or a GED score of 145 or higher on each test
- Enroll at least half-time at an Oregon community college within 6 months of high school graduation or GED completion
- Be an Oregon resident for at least 12 months prior to enrolling in community college
- Have filed a FAFSA or ORSAA application and listed at least one Oregon community college

DEADLINES

Spring 2017

March 6, 2017

Fall 2017

July 1, 2017

(April 1: Early Notification)

How do I apply?

- Create an account in the [OSAC Student Portal](#)
- Complete Oregon Promise Application in OSAC Student Portal by the deadline (see above).
- Verify your GPA or GED score. Follow instructions in OSAC Student Portal.
- Complete the [FAFSA](#) or [ORSAA](#), starting October 1.

ADULT EDUCATION

The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes to improve employment status through education/training. There is no deadline to apply for classes. For an application, please call **SONYA** at (503) 390-9494.

Siletz Tribal Youth Activity Fund

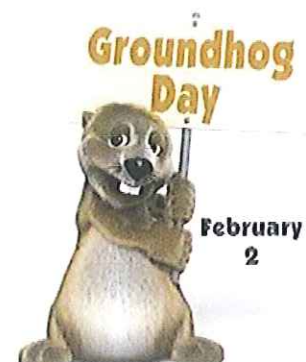
Helps to fund programs for Siletz tribal youth in the many areas such as: sports, music, camp fees, lab fees, shop supplies, graduation, educational /scholastic materials, cultural supplies and materials, correspondence courses, and extra-curricular supplies. Siletz Tribal members from kindergarten to high school can access up to \$75.00.

Siletz Tribal Head Start Program

Is a preschool program for children 3 to 4 years old. The Salem Center has AM and PM classes. It operates Monday through Thursday for 3.5 hours a day. Transportation depends on residency, which will be determined after acceptance. Register in Spring for the following school year. All Siletz Tribal applications and forms are posted on the Tribal website at: www.ctsi.nsn.us.



<https://www.facebook.com/groups/383072355357428/>



Home Visiting Program

Lori Christy
loric@ctsi.nsn.us
Home Visitor
503-390-9494 x1863
8:00am – 4:30pm



Our home visiting program provides parenting and life skills for successful and positive parenting. We serve native families that are expecting or have infants under the age of twelve months, continuing through the child's third birthday. 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; Prenatal Care, Infant Care, Your Growing Child, Toddler Care, My Family and Me, and Healthy Living. Lessons vary from 30 minutes to 90 minutes and are delivered in the comfort of your home.

As a thank you for participating in our voluntary program we offer some incentives which we will be happy to share with you upon enrollment in the program. If you would like to get more information and or meet our home visiting staff we would love to schedule a home visit to give you a full overview of the program.

Upcoming Events

On February 9th from 5:30-7:00pm we will gather to make some freezer meals. Freezer meals are a great way to plan and prepare meals ahead of time and serve on busy days. Hope you can join us for a meal and make some meals to take home. We need to know you are coming so we can have the necessary supplies. For more information or to RSVP please contact Lori Christy or Cecilia Tolentino at 503-390-9494.

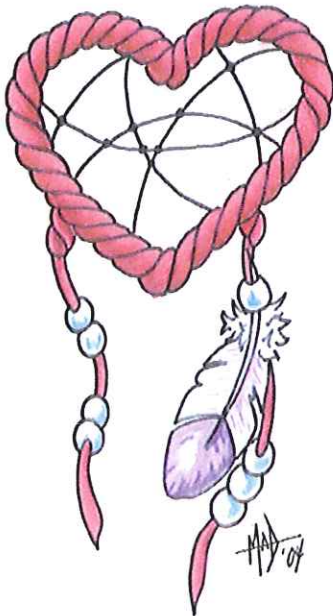


<https://www.facebook.com/groups/383072355357428/>

February

Addictions and Procrastination

Well this topic is always a good one because almost everyone does it at one time or another, but in addictions it is dangerous. The definition of procrastination is as follows; An automatic, negative, problem habit of needlessly postponing and delaying a timely and relevant activity until another day or time. It always includes a diversionary activity. This behavior always involves procrastination thinking of "I'll fix the problem later. In addictions this kind of thinking can be very dangerous because before you know it this thinking becomes a strong habit and if you don't follow through with the commitments or plans you set out for your recovery the more likely you are to relapse or stay in your addiction all together. Procrastination usually starts with negative thinking or mood or other negative states such as anxiety, depression, impulse control challenges, organizational challenges or distractibility. Although this is a tough habit to break the end results will almost always be positive for your recovery. A way to help with procrastination is to get support around emotional resilience this is tied into having stress tolerance skills and positive coping skills for everyday life. This is offered from your addiction program so it is even more imperative for you to keep your recovery appointments to gain the tools you can use for your recovery process. Remember your recovery matters.



Mental Health

Rachel Adams
rachela@ctsi.nsn.us
Mental Health Counselor
503-390-9494 x1864



Behavioral Health

Not all talks are easy:

During the winter months, people can become depressed, or suffer seasonal affective disorder. Winter holidays can be stressful, to the point of overwhelming for folks. In the heart of winter, some people start having unfortunate thoughts of ending their lives. If you or a loved one has these thoughts, realize you are not alone. Many people have these thoughts from time to time, and what is important is to take action against them.

Signs of suicidal thinking and planning:

- 1) Giving away your prized possessions/animals.
(Not the same as creating a will)
- 2) Calling up people to tell them goodbye.
- 3) Thinking about how much pain you are in and wishing you did not exist.
- 3) Reach out to family, seek the services of a counselor, talk to someone trusted.

What to do about suicidal thoughts or risk:

- 1) Call the national suicide prevention line: 1-800-273-8255
- 2) Call a crisis line:
Multnomah County: 503-988-4888
Clackamas County: 503-655-8585
Marion County: 503-585-4949
- 3) Reach out to family, seek the services of a counselor, talk to someone trusted.

Traditional Coping

For the people of the Siletz tribe, our Elders are an ever-important resource to utilize. Chances are, they have experienced most if not all of the stressors we're facing, and quite possibly they have experienced some suicidal thoughts at some point in their lives. Elders can explain how they managed to walk away from those thoughts. Smudging, talking circles and sweat lodges remain key components of the health of Siletz peoples also.



Portland Area Office
Mondays & Tuesdays
(503) 238-1512 x1417

Salem Area Office
Wednesdays, Thursdays & Fridays
(phone number above)

Voc Rehab



ANGIE BUTLER, Voc Rehab Director

503-390-9494 x1872

angieb@ctsi.nsn.us

TONI LEIJA, VOC REHAB JOB DEVELOPER

503-390-9494 x1861

antonial@ctsi.nsn.us

DANA RODRIGUEZ, Voc Rehab Aide

503-390-9494 x1862

danar@ctsi.nsn.us

The Siletz Tribal Vocational Rehabilitation program (STVRP) is here to assist members of any federally recognized Tribe (living within the Siletz Tribes service area) with overcoming impediments to employment. We work with a diverse population of individuals who have disabilities ranging from cognitive impairments to physical limitations.

If you have a documented disability that creates limitations or prevents you from doing the work you desire or are qualified for we would like to assist you. We can assist with obtaining and maintaining employment and developing skills. We focus on motivation, identifying your abilities, skills that lead to successful employment and the development of self advocacy.

You should have a strong desire to work and be willing to work collaboratively with STVRP staff to provide you with the services needed to overcome your disability. Your personal goal should be self sufficiency and to live a healthy sustainable lifestyle.



The STVRP also assists transitioning students with disabilities. The ideal age for a student to start working with VR is two to three years before graduation, until the age 22, or graduated from high school. Our program can provide vocational guidance and counseling; assist with identification of employment goals; employment retention; and advocacy within the academic environment. Students with a documented disability or who are on an "Individualized Education Plan-IEP" or on a "504 Plan" are encouraged to participate in the STVRP. Examples of SERVICES PROVIDED by STVRP:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Portfolio Building, Resume Writing, Interviewing Techniques, Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment

For more information about the STVRP, please inquire at 1-800-922-1399. We also maintain resource and employment boards so please stop by if you're interested. You can speak to any of the VR staff: In Salem Office - Dana Rodriguez (Program Aide); Angie Butler (Program Director).

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:

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.

Siletz Tribal Head Start Salem Site

Teacher Jenn
Teacher Jennifer
503-393-6942



WE LOVE OUR VOLUNTEERS!

We'd like to give a special thank you to our parents and family members who volunteer regularly at our school.

Your help is very appreciated!



We are accepting applications for our program. Applications are available at the Salem Area Office, can be downloaded from the CTSI website, or can be mailed to you by calling 1-800-922-1399 and asking for Head Start.



What a fun beginning to 2017 we have had! We spent January learning about rhyming, hibernation, winter weather, and far north tribes! We explored ice, had a pajama party, went on a bear hunt, and waddled like penguins. We all agreed the best part of the month was when we got to watch the thunder snow out the window! It was "snow" much fun!





Find us on Facebook

<https://www.facebook.com/groups/38307235537428/>

FEBRUARY

SALEM AREA OFFICE 503-390-9494
MONDAY – FRIDAY 8:00AM – 4:30PM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 "Seed Start" Planting this month	6 	7 SSP Orientation 10:00am-12:00pm Tutoring 4:30-6:00	8 Native Wellness Training 1:00-3:00pm Two Spirit 5-7pm	9 Freezer Meal Class 5:30-7:00pm Indian Ed 5:30/6-7:15	10 WEX Payday	11 Elder Meeting 1:00pm
12	13 ♥	14 Tutoring 4:30-6:00 Language Class 6-8pm	15 WEX Timesheets Due	16 Indian Ed 5:30/6-7:15	17 Cole Swindell Concert – Chinook Winds	18
19	20 ALL TRIBAL OFFICES CLOSED FOR PRESIDENT'S DAY	21 USDA	22 USDA OSAC Early Bird Deadline	23 USDA Indian Ed 5:30/6-7:15	24 USDA WEX Payday Comedy On The Coast – Chinook Winds	25 Chemawa Birthday POWwow
26	27 Tutoring 4:30-6:00	28 Tutoring 4:30-6:00		Indian Ed 5:30/6-7:15 		

February is Heart Disease Awareness Month

Inspirational thought for this month: Sometimes the heart knows things that the mind could never explain.

Salem Area Office Staff

503-390-9494

Beverly Owen

Cindy Jackson

-vacant-

Angelica Espino

Cecilia Tolentino

Andulia White Elk

Rachel Adams

Sonya Moody-Jurado

Dana Rodriguez

Toni Leija

Angie Butler

Lori Christy

Salem Area Office Supervisor

Area Office Secretary

Intake Specialist/Job Coach

Tribal Service Specialist

Community Health Advocate

Addictions Counselor

Mental Health Counselor

Education Specialist

VocRehab Aide

VocRehab Job Developer

VocRehab Director

Home Visitor



Confederated Tribes of Siletz
Salem Area Office
3160 Blossom Dr N Suite 105
Salem, Oregon 97305

