

# The Drumbeat

## May 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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Happy Mother's Day!

Beverly Owen, Area Office Supervisor, x1851

bevo@ctsi.nsn.us

Cindy Jackson, Area office Secretary, x1850

cindyj@ctsi.nsn.us

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.

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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.

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If you would like to receive your newsletter via email, call Cindy or email her and make that request.



#### 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

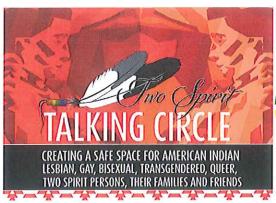


May is Mental Health Awareness Month. Mental health describes a level of psychological well-being, or an absence of a mental disorder. From the perspective of 'positive psychology' or 'holism', mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. Mental health can also be defined as an expression of emotions, and as signifying a successful adaptation to a range of demands.

The World Health Organization defines mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". It was previously stated that there was no one "official" definition of mental health. Cultural differences, subjective assessments, and competing professional theories all affect how "mental health" is defined. There are different types of mental health problems, some of which are common, such as depression and anxiety disorders, and some not so common, such as schizophrenia and Bipolar disorder.

Most recently, the field of Global Mental Health has emerged, which has been defined as 'the area of study, research and practice that places a priority on improving mental health and achieving equity in mental health for all people worldwide'.

Inspirational thought for this month: Some people just need a high five.





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 LBGTQ 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 LBGTQ and Two-Spirit individuals.



General Council Meeting May 6<sup>th</sup> 1:00pm Siletz

#### Join us Wednesday May 3rd 5:00 pm

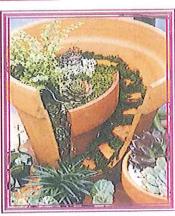








The CARE Program is providing all the materials and plants to create beautiful miniature gardens out of broken pots. To remind us that those who are hurt and broken by sexual



Open to everyone in the community





## Come Join Us For This Special Event!

May 11th

11:00am ~ 1:00pm



# 49TH ANNUAL MOTHER'S DAY POW WOW

May 12th - 14th, 2017 EMCI LAWN

(WEATHER PERMITTING ALTERNATE LOCATION WILL BE AT MACARTHUR COURT)

Eugene, Oregon

FRI- 7:00PM - 11:00PM

SAT- 12:00PM - 5:00PM

DINNER BREAK

5:00PM - 7:00PM

SAT- 7:00PM - 11:00PM

SUN-1:00PM SALMON BAKE

MANY NATIONS LONGHOUSE

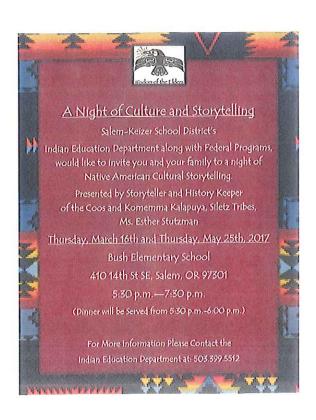
1630 COLUMBIA ST EUGENE, OR 97403

#### 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 20<sup>th</sup>. The woodcut will be held on the Tribe's Logsden Road Property between the Tribal Food Distribution Warchouse 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 wood splitters, splitting 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 Elders' 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. 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 15<sup>th</sup> and September 16<sup>th</sup>.





## SAO Summer Gathering Total Eclispe Dream Big! June 22, 2017 3:00 pm to 6:30 pm

Light meal will be served!

Plan to join us and make a
Dream Catcher
We will also have some games
& other Summer projects
for you to enjoy as well as
Eclipse Information

Come to visit, make a dream catcher or play some games!

Call 503-390-9494

For this years location.

Hope you will join us!























## Language & Culture Class

Bud Lane 1-800-922-1399 ext 1320

budl@ctsi.nsn.us



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

Date: May 9th

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

SILETZ TRIBAL FOPIR



JOYCE RETHERFORD

CTSI FDP Director

LISA PAUL

CTSI FDP Clerk

800-922-1399 (Siletz)

503-391-5760 (Salem)



Monday May 22<sup>nd</sup> Tuesday May 23<sup>rd</sup> Wednesday May 24<sup>th</sup> Thursday May 25<sup>th</sup> 1:30 – 6:30 pm 9:00 am – 6:30 pm 9:00 am – 6:30 pm 9:00 – 11:00 am



KC SHORT

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 apts. 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.

## Down Payment Assistance



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.

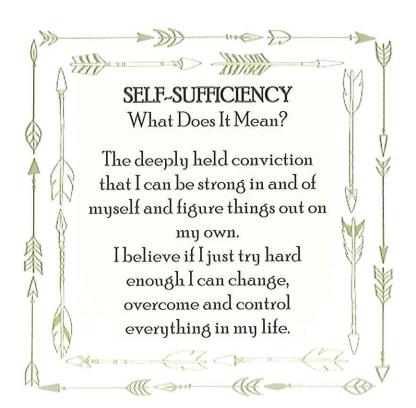
Angelica Espino
Tribal Service Specialist
angelicae@ctsi.nsn.us
503-390-9494 x1853



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**

May 1st - 5th	Monthly Contact Appointments (MANDATORY)										
May 1st	Monthly Cash Grants										
May 3rd	Dream Jobs Training 1:00~3:00pm (MANDATORY)										
May 5th	Job Search/Monthly Report forms due for Cash Assistance										
May 6th	General Council Meeting										
	Portland State Naimuma Powwow										
May 11th	Broken & Beautiful Event 11:00am~1:00pm (MANDATORY)										
May 12th~14th	U of O Mother's Day Powwow										
May 29th	OFFICE CLOSED – MEMORIAL DAY										
May 29th	Memorial Day Ceremony in Siletz 11:00am										
June 30th	Higher Ed Application Deadline										



#### **IMPORTANT REMINDERS**

- SSP STAFF WILL RETURN CLIENT PHONE CALLS WITHIN TWO BUSINESS DAYS.
- SSP STAFF WILL ADDRESS CLIENT REQUESTS FOR SUPPORT SERVICES AND OTHER REQUESTS WITHIN TWO BUSINESS DAYS.
- 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.

IF YOU ARE EXPECTING A CHECK, PLEASE CALL BEFORE COMING IN TO MAKE SURE IT HAS ARRIVED.

## Community Health

CECILIA TOLENTINO, CHA
503-390-9494 x1854
ceciliat@ctsi.nsn.us
Monday - Friday
8.00am - 4.30pm

#### Community Health News



#### Garden Barrel Planting

Our garden barrel event hosted in April went fantastic. Thru the Weave grant we were able to provide tribal families an array of vegetable starts and seeds for planting. We had great attendance. In addition, youth attendees were able to plant a strawberry planter box to tend to this summer. This provides a great opportunity for youth to gain gardening experience and understand where their foods come from.

#### Monthly Diabetes Support and Prevention Group

Join us on the third Wednesday of each month for our diabetes luncheon. HAVE FUN learning about diabetes related topics such as: what do I eat, getting physical, diabetes and eye care, and getting the most out of your carbs. For more information or to sign up call Cecilia at the Salem Area Office (503)390-9494



#### **Funded Orthodontic Treatment Screening**

The 2017 Funded Orthodontic Treatment Program is fast approaching!

All interested parties should contact the Dental Department to be placed on a list. The screening dates are April 26-27 and May 22-23, 2017.

The program and amount of accepted applicants will be dependent on the funding for that year. Applicants are selected by case severity, motivation of the patient and guardian, reliable transportation, routine dental checkups and the oral hygiene history of the patient, to name a few.

We want the best results possible for the patient and thus place emphasis on these items in order to achieve this. The unbiased selection process is performed under the guidance of an orthodontic specialist and chosen through a committee.



Open to all ages who are CHSeligible only. Must have a scheduled screening appointment during one of the four screening days to be considered.

Each year's selection process is independent from previous years and does not carry over. Selected and treated individuals can only be selected once for the duration of the program.

All applicants will be notified by mail if they have been chosen.

Please contact the Siletz Dental Clinic, 541-444-9681 or 800-922-1399, ext. 1681, to be put on the list.

#### Diabetes Luncheon

## Americans Have

# NATIVE AMERICANS ARE TIMES MORE LIKELY TO DEVELOP

#### Monthly Diabetes Support and Prevention Group

Join us on the third Wednesday of each month for our diabetes luncheon.

HAVE FUN learning about diabetes related topics such as: what

do I eat, getting physical, diabetes and eye care, and getting the most out of your carbs. For more information or to sign up call Cecilia at the Salem Area Office (503) 390-9494

Meet our Diabetes Program Director Chris Sherrod

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 out with his dog Nya, and spending time with friends and family.

Diabetes 1 on 1 available the (day of the week, month) for:

Nutrition education
Diabetes Management
Fitness/ weight management
Diabetes education topics



Chris will be available every third Wednesday of every month to do diabetes 1-on-1 education and nutrition education.

Appointments can be scheduled before and after the lunch-

## Education

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



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.



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.

Tutoring is held here in the office on Tuesdays from 4:30 – 6:30pm

#### **Eagle Feather Ceremony**

Date: May 24, 2017

Where: North High School Auditorium

For: Student enrolled in the Salem Keizer Indian Education Program (Title VII)

#### HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The next term that we will be funding is Fall Term 2017. The application deadline for Fall Term is June 30, 2017. To be eligible you must have filed your FAFSA by January 31, 2017. ALL DOCUMENTATION MUST BE TURNED IN BY THAT DATE (DATE STAMPED) TO HAVE YOUR APPLICATION CONSIDERED COMPLETE. For an application, please call me at (503) 390-9494 or on our website at www.ctsi.nsn.us

#### **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 Council Meeting

Date: Saturday, May 6, 2017 Time: 11:00 AM

Location: Siletz

Please contact Sonya if you would like to attend.

#### 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.

## Home Visiting Program

Lori Christy
loric@ctsi.nsn.us
Home Visitor
503-390-9494 x1863
8.00am - 4.30pm



The Home Visiting Program families gathered in April to make dream catchers. Adults participating in the program made dream catchers while children played and colored dream catcher color sheets. Everyone did a great job and beautiful creations were made.

The next get together for the families in the Home Visiting Program will be a park potluck in June. Date and details coming in May. If you have a favorite park be sure and let Lori know.

The Home Visiting program is open to American Indian/ Alaskan Native families when they are expecting a child or have a child under the age of one. The program then continues until the child turns three. The program is designed to increase parenting knowledge and skills, link families to resources and provide encouragement to help parents engage in positive parenting. If you are interested in learning more about the program please contact Lori Christy, 503-390-9494 ext. 1863.





Andulia White Elk anduliaw@ctsi.nsn.us Counselor 503-390-9494 x1855



#### Addiction and Resentments

Resentments refers to the mental process of repetitively replaying a feeling and the events leading up to it that persists or angers us. Sometimes we are unable to let that resentment subside and let it go in our lives. We re-experience and relive them in way that affect us emotionally, physiologically, and spiritually in very destructive ways. The inability to overcome resentment probably constitutes the single most devastating problem to repairing a disintegrating intimate connection, family rift, or severed friendships. In recovery we try to work through these resentments because if we do not it creates a feelings of anger and pain which may bring up triggers of using that may come up and we justify us using again to get rid of the pain of the resentment. Here are some tips to begin to heal from your resentments for your recovery.

- Acknowledge that the resentment is there and active in your thoughts
- Notice how it is affecting your body, mind, spiritual, social well being
- Begin to actively visualize stopping the thoughts of resentment when they play out in your mind, such as a stop sign, road block or other representative of this action.
- Talk with someone you trust about the resentment and acknowledge or write down what may have been your part in the resentment. i.e (. I didn't speak up when I needed something.)
- Write down the resentments and read back carefully and begin to see the whole picture of the resentment.
- Verbalize and visualize your letting go of the resentment in your mind.
- Allow yourself to let it go and choose to be happy again without the anchor of the resentment hanging on to you.

These steps can support you in no longer allowing the resentment to control you, your emotions, actions and reactions in your life and become happier more open and peaceful person in your life and recovery.



#### Mental Health

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



#### In Times of Grief

There are many different ways people grieve, and no right or wrong to those ways. There are, of course, healthy ways of grieving, and ways that are less healthy, such as by turning to drugs or alcohol. Sometimes, an unfortunate side-effect to grieving, is to have a well-meaning person tell you that your method of grieving is in some way wrong. Remember, it is okay to let this person know you appreciate their thoughts, but that you need to focus on what you feel is right at the moment, to recover from your loss.

### Here are some aspects of grieving that are natural and completely reasonable:

- Allow yourself to fully experience the pain of your loss. It can be hard to allow pain in, but it is a natural part of the grieving process.
- 2) Talk with others, particularly people who have experienced a similar type of loss. No one understands how you feel, but people with similar experiences can share how they coped.

- 1) Express your grief through creative processes such as art, dance, music.
- 2) Be sure to keep physically active. It is a hard time to do so, but all the more important to keep mental health struggles such as depression at bay.
- 3) Give yourself permission to set your grieving aside when it becomes overwhelming. You do not have to have your black shawl on all the time. Your mind needs a break to stay healthy, you need rest.

#### **Traditional Coping**

Remember our tribe's traditional methods of grieving, and your particular family's ways. It may be a time for participating in a sweat, a wake, or a time to gather and share memories while sharing a meal. There may be talking circles, dancing, praying. As ever, it is a good time to reach out to an Elder.



#### Salem Area Office 503~390~9494 x1864 Wednesday, Thursday, Friday 8:00am – 4:30pm

Portland Area Office 503-238-1512 x1417 Monday & Tuesday 8:00am – 4:30pm



## Voc Rehab



VACANT, Voc Rehab Director
503-390-9494 x1872

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

#### Are you a Student?

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

You could be eligible for STVRP services.

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

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

#### If the program is for you......

- Step 2: Sign an application and a STVRP Counselor will determine whether or not you're eligible for services by talking with you about your needs, your disability, and what barriers you have as a result. They may also need to do some additional testing and will read through your school records.
- Step 3: Once you're eligible, you'll meet with your STVRP Counselor to discuss your goals and plans for employment. STVRP Counselors can provide guidance and counseling to students who need help determining their goals or plan for what they want after high school.
- Step 4: You'll also work with your STVRP Counselor to discuss the impact of your barriers as you work to reach your employment goals and determine what services are necessary to help you reach your goals.

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

#### **How to contact STVRP:**

1-800-922-1399 (Siletz/Eugene)



503-390-9494 (Salem/Portland)

# Siletz 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
- Mave 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 Tribal Head Start Salon Site

Teacher Jenn
Teacher Jennifer
503-393-6942



May has been such a busy and fun month. We have learned all about the zoo, the rainforest, and birds! We even noticed a hawk living in our trees outside. Such fun to observe his actions on a daily basis!

Teacher Debbie, Teacher Jennifer and the Salem Head Start staff

A *BIG* thank you to Teacher Mar for helping with our Native Circle this month! It was fun for the kids to listen to her stories.



#### Mother's Day Tea

We had such a wonderful time at our Mother's Day Teal Thank you to all of the Moms, Grandmothers, and Aunties who came to join us for tea, snacks, and a story! It is always a treat for you to share a meal with us.

#### **Transition Ceremony**

Our students will be transitioning on June 1st ! We have loved having each and every one of them in class this year. What an honor to be a part of their growth and education! We look forward to seeing our returning students in the fall, and wish all of our new kindergarteners well at their new schools!



#### **APPLICATIONS FOR 2017-2018**

If you would like an application for the 2017-2018 school year, please call 1-800-922-1399 and ask for Head Start.

Find us on Facebook

Saturday	9	General Council Meeting	Youth Council Meeting	PSU Powwow	13	Elders Meeting 1:00pm	U of O Mother's Day Powwow 12th, 13th and 14th	20 Armed Forces Dav	Elders Woodcut	27	Siletz Tribal Youth Council Meeting	)		
Friday	സ	SSP Monthlys Due	TTSAP Application	Process Deadline	12		U of O Mothe 12th, 13	19		26				
Thursday	4		Indian Ed 5:30/6-7:15 Parent Workshop:	Personal Development	11	Broken & Beautiful Event I lam-1pm	Indian Ed 5:30/6-7:15 PAC Meeting	18	Indian Ed 5:30/6-7:15 Parent Workshop: Leadership	25 USDA		Indian Ed 5:30/6-7:15 Storytelling Workshop	WEMORIAL DAY	THE WAY HAVE TRAINED
Wednesday	3	Mandatory SSP	Training 1:00-3:00pm	Two Spirit 5-7pm	10			17	Diabetic Support Group Luncheon	24 USDA		Eagle Feather Graduation Celebration	31	
Tuesday	2		23	Tutoring 4:30-6:00	စ		Tutoring 4:30-6:00 Language Class 6-8pm	16	Tutoring 4:30-6:00	23 USDA	Orthodontic Screening – Siletz Dental Clinic	Tutoring 4:30-6:00	30	Tutoring 4:30-6:00
Monday	<b>—</b>	Monthly Cash Grants			8			15		22 USDA	Orthodontic Screening		ALL TRIBAL OFFICES CLOSED FOR MEMORIAL DAY Memorial Day	Ceremony 11:00am Siletz
Sunday	-Apilos	Gody Cody	る方が		7			14		21			28	

# May is Mental Health Awareness Manth

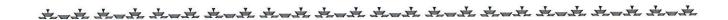
Inspirational thought for this month: Some people just need a high five.

## Salem Area Office Staff 503-390-9494

Beverly Owen
Cindy Jackson
Angelica Espino
Cecilia Tolentino
Andulia White Elk
Rachel Adams
Sonya Moody-Jurado
Dana Rodriguez

Andula White Eik
Rachel Adams
Sonya Moody-Jurado
Dana Rodriguez
Toni Leija
Vacant
Lori Christy

Salem Area Office Supervisor
Area Office Secretary
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

