

Address: 2468 West 11<sup>th</sup> Avenue Eugene OR 97402  
Telephone: 541-484-4234 Fax: 541-484-4583

The Confederated Tribes of Siletz Indians

## The Eugene Area Office Newsletter

### December 2018

Office hours: Monday through Friday, 8:00 - 4:30  
OPEN THROUGH LUNCH HOUR

Nuu-wee-ya'

(Our Words)

Introduction into the Athabaskan Language

Open to all Tribal Members of all ages

Location, Dates, times:

Siletz CC	December 3 <sup>rd</sup>	6:00-8:00pm
Eugene A/O	December 4 <sup>th</sup>	6:00-8:00pm
Portland A/O	December 10 <sup>th</sup>	6:00-8:00pm
Salem A/O	December 11 <sup>th</sup>	6:00-8:00pm

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our Ancient Languages. For more information call:

Bud Lane at the Siletz Cultural Department

(541) 444-8320 or 800-922-1399 ext. 1320; or email [budl@ctsi.nsn.us](mailto:budl@ctsi.nsn.us)



**We are here to help you with your concerns and answer your questions.**

**However:**

Persons under the influence of drugs or alcohol are not permitted on CTSI property or at Tribally sponsored activities.

Physical or verbal abuse, harassment, the use of foul language or intimidation will not be tolerated. Threatening phone calls are reported immediately to supervisors and to the police.

Anyone choosing to exhibit any of the above behaviors maybe refused services and, when warranted, will be asked to leave premises.

**Thank you for your cooperation...**

**Tribal Administration**

Tribal children are in need  
Of foster parents for:  
Permanent care,  
Temporary foster care,  
OR Short-term emergency care.

Contact:

Debra Brown

Foster Family Coordinator

CTSI – Siletz Indian Child Welfare

541-444-8336

[debrab@ctsi.nsn.us](mailto:debrab@ctsi.nsn.us)

### EAO Mini Library



**Available: Native Books to checkout  
Come by and check out a book to read**

### Returnable Bottle Deposit

Are you tired of having to stand and put your bottle and cans into a machine!

You can donate your bottles and cans to the Siletz Youth Tribal Council at the EAO

Contact Nora or Nick @ 541-484-4234

**!!MAIL ORDER SERVICE AVAILABLE!!  
WE CAN NOW PROVIDE MAIL ORDER  
SERVICE TO**

**ALL SILETZ TRIBAL MEMBERS:  
LIVING WITHIN THE 11 COUNTY SERVICE  
AREA**

Please note that this service is **not eligible** for the “Auto-Fill” program. ALL “Auto-Fill” prescriptions must be picked up at the pharmacy. THANK YOU PHARMACY STAFF

### **COME MEET WITH DIABETES PROGRAM DIRECTOR**

If you have diabetes or pre-diabetic, and would like to meet with Chris Sherrod, you can call him and set up a time for you to meet with him. You can contact Chris by calling:

541-484-4234 x1647

## EMERGENCY HOUSING ASSISTANCE FUNDING FOR 2018

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices

**2019**

### Low-Income Energy Assistance Program (LIHEAP)

**~OPEN~**

*Crisis/Shut-off/Regular OPENS*

*Siletz Tribal households*

**Please contact Nora Williams-Wood for more information or to make an appointment:**

**541-484-4234 or 1-800-922-1399 Ext 1750**

Notary Public (Free Service)

Call to set up an appointment

Contact: Nora Williams-Wood

Siletz/Eugene AO

541-484-4234 or 1-800-922-1399 Ext. 1750

Please make sure document is completely filled out, except for your signature and what Notary fills out. Current ID required

Chinook Winds Casino Resort

Sign up for an electronic  
newsletter: [www.chinookwindscasino.com](http://www.chinookwindscasino.com)

### Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low Income Rental Program waiting list in Siletz (1,2,3,4 bedroom) and Lincoln City (2, 3 bedroom) - Neachesna Village).

Applications can be obtained at any Tribal area office (Eugene, Salem, Portland, Siletz) or access on-line from the tribal website, [www.ctsi.nsn.us](http://www.ctsi.nsn.us) follow links; Tribal Services-Housing-Low Rent Apartments & Home Ownership.

For any questions call  
1-800-922-1399 Ext 1322 or (541) 444-8322  
FAX (541) 444- 8313

### Email Reminders

If anyone would like reminders of special meetings, cultural classes or special events, etc. at Eugene Area Office, please contact Nora to be put on email list or email her. (541) 484-4234 or email: [noraw@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)

### Lane County Veterans Service Office

Providing services: to Veterans, dependents and their survivors. Providing advocacy and facilitating access to benefits including for Disability compensation, Widows/Survivors Benefits, Non-Service Connected Pensions, Education benefits, and access to VA Medical services.

**Address:** 165 E 7<sup>th</sup> Avenue, Suite 200 Eugene Oregon 97404

**Telephone:** (541) 682-4191

**Website:** <http://www.lanecounty.org/HSC/veteranservice.htm>

### Oregon Telephone Assistance Program

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>

You can fill out online or mail application in.

If, you or know someone who receives:

Food Stamps, TANF, SSI or OHP they may be eligible for a reduction on their telephone bill.

## Looking for Instructors/teacher

The Eugene Area Office would like to hear from instructors/teachers of Native culture/craft activities. We would like to offer classes to Tribal Members in our Service area and are in need of instructors.

Lou Carey 541-484-4234

## *JOM: Youth News and Notes*

### Winter Break Movies:

Relax at the movies with other JOM students and families. JOM will buy tickets for one show time in Albany and one in Springfield. Call or email before event for exact movie and times. Rides are available.

Thursday, December 27, 2018

Regal 7 Albany  
1350 Waverly Dr. SE  
Albany, OR 97322

Friday, December 28, 2018

Cinemark Theatres  
2900 Gateway St.  
Springfield, OR 97477

### December Youth Activity Calendar

Dec 18: Family Holiday Craft Night, 5:30-7:30 pm, EAO

Dec 27: Winter Break Movie, time and movie TBA, Regal 7-ALBANY

Dec 28: Winter Break Movie, time and movie TBA, Cinemark Theatres-SPRINGFIELD

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Please Note: Tutor Night will resume in January-call for individual sessions during December

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Sign up for the Youth Events Email List for updates. Contact: [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)

### Holiday Craft Night

- Tuesday December 18, 5:30-7:30 p.m.
- Eugene Area Office
- JOM and Home Visiting families are invited to a night of holiday crafts and activities. Dinner, refreshments, and crafting supplies will be provided. Call Jessica Philips or Nick Viles for more information or check out the flyer.

### Extracurricular Opportunities:

JOM: JOM offers money to help pay for extracurricular activities, sports fees, and cultural projects for students from any federally recognized tribe.

Siletz Youth Activity Fund: Offers up to \$75 per year to cover costs for extracurricular activities as well as cultural activities or supplies for Siletz tribal members. Call for details.

# Higher Ed/AVT: News and Reminders

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## Adult Education

The Adult Education Program offers Siletz tribal members not already enrolled in a formal education program funding to assist with the cost of GED classes and testing, professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for more information.

## Higher Education and AVT Grants

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

Applications for the 2019-2020 school year for both new and continuing Higher Ed and AVT students are due **JUNE 30, 2019** but to be eligible for funding you must complete a federal financial aid application (FAFSA) by **January 31, 2019**. **DO NOT MISS THIS IMPORTANT DEADLINE!**

If you have any questions about filing out the FAFSA, signing up for the SAT/ACT, finding schools or training programs, applying to schools, additional scholarships, and/or how to apply for tribal assistance please don't hesitate to make an appointment today.

Note: Applications for clock-hour schools (i.e. truck driving school or cosmetology programs) have no deadline and are handled on a case-by-case basis.

Applying to college or university? Do not forget these three important steps:

### 1. Fill out FAFSA

Applications for FAFSA opened on October 1. Apply online: [www.fafsa.gov](http://www.fafsa.gov) before January 31, 2019 to be eligible for tribal aid.

### 2. Apply to College/University

Be sure to pay attention to application deadlines at college and universities. Many schools have deadlines in January and February, less than six weeks away!

### 3. Apply for Outside Scholarships

Oregon Student Assistant Commission (OSAC) applications are now open. Apply for over 500 separate scholarships with one simple application. Early deadline Feb. 15; final deadline March 1. Apply online at : <https://app.oregonstudentaid.gov>

A decorative border of red poinsettias with green leaves surrounds the text.

## SILETZ ELDER NEWS

Use this number to contact the Elders Program, 541-444-8225, be sure to leave your name, phone number and brief message and you will get a call from the Elder staff.

The next Introduction to the Athabaskan Language Class for the Eugene Area Office will be held Tuesday December 4, 2018. Classes will be held from 5:00 pm until 8:00 pm. A light meal will be provided. A Siletz Dentalium Stringing Class will be held on the same day. The Dentalium class will start at 5:00 pm. There will also be an opportunity to practice the Feather Dance which has been handed down to us from our ancestors.

The next Elder's Council Meeting is scheduled for Saturday, December 8, 2018 at 1:00 pm, and will be held in the Aces room at the Golf Course.

The Chinook Winds entertainment for December, 2018 is the Oak Ridge Boys. They will be at the casino on December 7<sup>th</sup> and 8<sup>th</sup>. Their shows will start at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

The Eugene Area Office will be closed on December 14<sup>th</sup>, 24<sup>th</sup>, and 25<sup>th</sup>. This is a good time to remind you that offices might be closed at this time of year due to inclement weather. So call ahead before you travel.

Jim Swanson, 541-683-8766  
[jimswanson38@comcast.net](mailto:jimswanson38@comcast.net)

Join us at the Eugene Area Office for

# Holiday Craft Night

Come for a fun night of holiday crafts and activities hosted  
by the Siletz Tribal Home Visiting and JOM Programs

**December 18th 2018**

**5:30pm-7:30pm**

**Dinner provided**



Contact Jessica Phillips or Nick Viles for more details

(541) 484-4234 or [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)

# Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP 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 Confederated Tribes of Siletz Indians 11 county service area.

## 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. Services are provided in all area offices, however to inquire about services, ask to be transferred to the office nearest you that is listed below.

### EUGENE AREA OFFICE

2468 West 11<sup>th</sup>  
Eugene, OR 97402

### SALEM AREA OFFICE

3160 Blossom Dr NE, Ste 105  
Salem, OR 97305

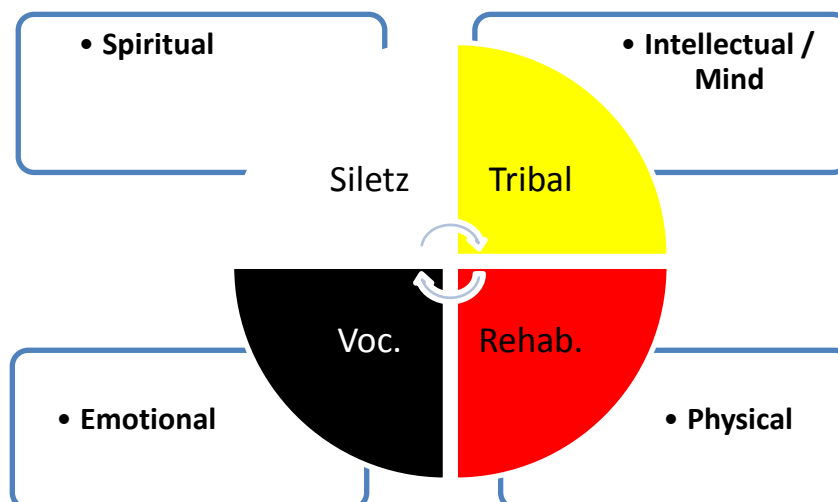
### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380

**EUGENE OFFICE** – JERAMIE MARTIN, Program Director

**SALEM OFFICE** - DANA RODRIGUEZ, Program Aide; TONI LEIJA, Counselor/Job Developer

**SILETZ** – RACHELLE ENDRES, Counselor/Job Developer



**December 18<sup>th</sup> & 20<sup>th</sup>  
3:30pm-7:30pm**

**Eugene Area Office  
2468 West 11<sup>th</sup> Ave  
Eugene, OR 97402**

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# **Siletz History and Fish Net Class**

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**Presented By: Home Visiting, STVRP, Diabetes  
Program, and the Eugene Area Office**

**Come to the Eugene Area Office on Tuesday  
(12/18/18) and Thursday (12/20/18) for a brief  
presentation on Siletz Tribal History and Siletz  
member instructing families on how to make their  
own traditional fish nets.**

**Food and materials will be provided. Gas vouchers  
are available for those traveling out of town.**

**Limited Spaces available, please, RSVP to 541-484-  
4234 ext. 1385 or ask for Jeramie by November 30<sup>th</sup>**



# 477 Self-Sufficiency Program

**Norma Trefren, Intake Specialist/Job Coach x1756**

**Jenifer Jackson, Tribal Services Specialist x 1755**

The Confederated Tribes of Siletz Indians 477 Self-Sufficiency Program offers Work-Experience (WEX), On-the-Job Training (OJT), Classroom Training (CRT) and Direct Placement (DP), General Assistance (GA) and Temporary Assistance for Needy Families (TANF) services to eligible clients. If you are interested in any of the above programs please contact Norma to schedule an appointment at x1756.



**Stop being afraid of what  
could go wrong and think  
of what could go right**

## **TSS staff administrative hours**

**Monday through Friday**

**8:00am - 9:30am**

Phone calls will be passed to their voice mail during this time unless previous arrangements have been made.

## Phone Messages:

As a reminder when you leave a phone message please leave your name and number, SSP staff will return your call as soon as they are able, unless you are experiencing an emergency and arrangements can be made to assist you.

## Long Distance Calls:

You may now reach SSP staff through the 1-800-922-1399 number, please ask to be transferred to Norma **x1756** or Jen **x1755**

## Schedules:

**Norma's hours:** M-F 8-4:30pm  
Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services – All Intakes

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

\* Lou Carey x1751 will be available to assist clients with some needs when Jenifer and Norma are out.

**Please remember that 477-SSP staff may be out of the office at other times than listed above to meet with employers, complete home visits, client support services, etc... so please call to schedule an appointment.**

**Clients are required:**

**To meet with Tribal Services Specialists each month**

**You will need to call and set up an appointment**

## WEX/Grant Assistance

### Dates to remember in December 2018

Friday	November 30 <sup>th</sup>	TANF/GAF
Tuesday	December 4 <sup>th</sup>	Time Sheets Due
Tuesday	December 4 <sup>th</sup>	EAO Culture & Language Class 4-8pm
Wednesday	December 5 <sup>th</sup>	Self-Sufficiency documentation due
Friday	December 14 <sup>th</sup>	WEX Payday
Friday	December 14 <sup>th</sup>	Winter All Staff – Tribal Offices Closed
Tuesday	December 18 <sup>th</sup>	WEX Timesheets Due
Tuesday	December 18 <sup>th</sup>	THV/JOM Holiday Event 5:30-7:30pm
Tuesday & Thursday	December 18 <sup>th</sup> & 20 <sup>th</sup>	Siletz Fish Net Class
<b>Monday &amp; Tuesday</b>	<b>December 24<sup>th</sup> &amp; 25<sup>th</sup></b>	<b>Christmas Holiday CLOSED</b>
Friday	December 28 <sup>th</sup>	WEX Payday

**\*All CRT and childcare timesheets are due a day early the week before a holiday\***

### Services available to eligible enrolled federally recognized tribal members and descendants:

**Please contact Norma at 541-484-4234 or 1-800-922-1399 x1756 to discuss programs, eligibility or to schedule appointment**

*All components are offered on a budgetary basis*

#### **Classroom Training (CRT)**

**CRT** services are available for Vocational Training, GED completion, a term of Higher Ed.

#### **Direct Placement**

**DP** is available to any tribal member who has obtained full time employment and applies within seven days of the hire date. Service provides clothing and tools necessary for work.

#### **On-the-Job Training (OJT)**

**OJT** is available to any tribal member seeking employment. It is a reimbursement to an employer for half of a hired employee's wages, up to \$4,500.00 or 6 months, whichever comes first.

#### **Work Experience (WEX)**

**WEX** can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage.

# Siletz Community Health



## Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Siletz Contract Health	1-800-628-5720
Siletz Behavioral Health	1-800-600-5599

**Siletz Contract Health registration forms and Chemawa Indian Health Center applications** are available at the Eugene Area Office. If you have questions regarding eligibility for services, you may contact:

**Adrienne Crookes**  
**Community Health Advocate**  
**541-484-4234**

## Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

You may qualify for the Oregon Health Plan! OHP provides health care coverage to eligible, low income Oregonians. If you would like to apply, you may stop by and pick up an application, or apply online at [OregonHealthCare.gov](http://OregonHealthCare.gov)  
Telephone 1-800-699-9075

We are here to assist you with any questions that you may have about OHP

**Contact Adrienne Crookes,**  
**Community Health Advocate, at 541-484-4234**

## Siletz Mail Order Pharmacy

If you need a prescription refill, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and to mail it to you.

Call **1-800-648-0449** and enter **ext. 1624**. Follow the voicemail instructions. If you need assistance, you may call Adrienne Crookes, Community Health Advocate at 541-484-4234

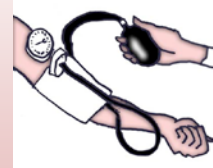
# Siletz Community Health

## Blood Pressure Screenings



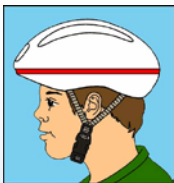
At the Siletz Eugene Area Office

Have you had your blood pressure checked lately? High blood pressure puts you at risk for heart attack, stroke, and other health problems.



Feel free to come in and get it checked.

To make an appointment with Adrienne Crookes, CHA, call 541-484-4234.



## Bicycle Helmets

Are available at the Eugene Area Office

Parents, protect your little ones! Siletz household member children who are between the ages of 3-17 are eligible to receive a free helmet. Children who are not the legal dependents are not eligible for this service. Youth are encouraged to take care of their helmet and to return for a new one every other year or earlier if they:

- 1.) Need a larger size
- 2.) Sustain a fall that causes the helmet to hit the ground.

To be fitted for a helmet you may contact Adrienne Crookes, CHA, at 541-484-4234

## Attention Tribal Parents and Child Care Givers!

**Did you know 3 out of 4 child safety seats are used incorrectly?**



If you are unsure if your child's car seat is installed correctly, you may stop by the Siletz office and have it checked by a CTSI Child Passenger Safety Seat Technician.

Free car seats are available to the legal dependents of Siletz tribal members.

To make an appointment with Adrienne Crookes, call 541-484-4234. She will be available to provide information and assist in properly installing your car seat.

# Holiday Health and Safety Tips

## 1 Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.



## 2 Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing. Check on children, the elderly and pets.



## 3 Manage stress.

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.



## 4 Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Get vaccinations if traveling out of the country.



The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.



## 5 Be smoke-free.

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW, or talk to your health care provider for help.



## 6 Get check-ups and vaccinations.

Exams and screenings can help find problems early or before they start. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.



## 7 Watch the kids.

Children are at high risk for injuries. Keep a watchful eye on your kids. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Develop and reinforce rules about acceptable and safe behaviors for all electronic media.



## 8 Prevent injuries.

Injuries from falls and fireworks often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals.

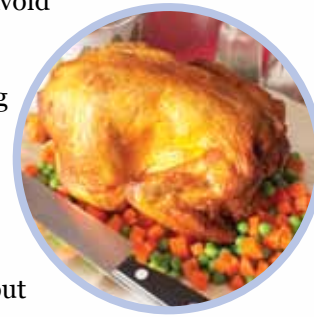


Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices

inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test and change the batteries regularly.

## 9 Handle and prepare food safely.

As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.



## 10 Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose more vegetables and fruit. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.



To learn more, including the holiday song *The 12 Ways to Health*, visit [www.cdc.gov/family/holiday](http://www.cdc.gov/family/holiday)



Centers for Disease Control and Prevention  
Office of Women's Health

# December: Safe Toys & Gifts Month

Adrienne Crookes, Community Health Advocate

With the holiday season approaching, your thoughts may be turning to shopping for toys and gifts. You'll want to get the children in your life their favorite toys, and there are thousands of toys to choose from in stores and online. Before you make those purchases remember to consider the safety and age-range of the toys. In the past few years alone, toymakers recalled over 19 million toys worldwide because of safety concerns such as lead paint and small magnets. Also, there were over 200,000 toy-related injuries.

To prevent injuries, choose toys that are safe for the age of the child. Look for labels to help you judge which toys might not be safe, especially for infants and children under age three. For children of all ages, consider if the toys are suited to their skills and abilities.

## Focus On: Selecting Safe Toys

- Look for toys that have a solid design and a sturdy construction.
- Check to see if the instructions are clear.
- Read the labels to see if there are any fire hazards.
- Look for labels that assure you the toys have passed a safety inspection – **ASTM** means the toy has met the American Society for Testing and Materials standards.

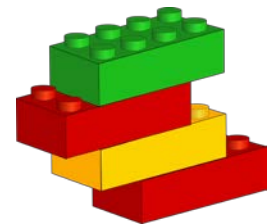
## Kinds of Toys to Avoid in Order to Prevent Possible Injuries:

- Toys with small parts and sharp edges and points.
- Guns and other toys that shoot flying objects.
- Crayons and markers that are not labeled non-toxic.
- Toys that could shatter into fragments if broken.
- Toys with ropes and cords.
- Electric toys with heating elements.

## Prevention Tips: Keeping Kids Safe from Lead in Toys

Toys imported from other countries and older toys may have high levels of lead in the paint or in the plastic. Because of normal hand-to-mouth activity, children can expose themselves to lead paint or dust. Even small amounts of lead can be harmful to your child. Here are a few tips to help you protect your kids from lead exposure from toys:

- Educate yourself about lead exposure from toys.
- Have your children wash their hands frequently.
- Before shopping, look to see what kinds of toys have been recalled.
- Be aware that old toys may contain lead in the paint.



Call your health care provider if you suspect that your child has been exposed to lead. Most children have no symptoms, but some children may be irritable, show aggressive behavior, have little appetite or energy, or complain of headaches. Children exposed to a high dose of lead may have abdominal pain or cramps.

# Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



## PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.



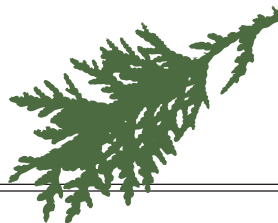
## PLACING THE TREE

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.



## LIGHTING THE TREE

- Use lights that have the label of a recognized testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



## After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

## FACTS

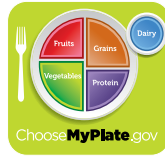
- ! **One** of every three home Christmas tree fires is caused by electrical problems.
- ! Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- ! A heat source too close to the tree causes roughly **one in every four** of the fires.



**NATIONAL FIRE PROTECTION ASSOCIATION**

The leading information and knowledge resource on fire, electrical and related hazards





# Make healthier holiday choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.

## 1 Create MyPlate makeovers

Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to [Supertracker.usda.gov/myrecipe.aspx](http://Supertracker.usda.gov/myrecipe.aspx).



## 6 Tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



## 2 Enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

## 7 Be the life of the party

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

## 3 Make sure your protein is lean

Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.

## 8 Make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

## 4 Cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

## 9 Enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

## 5 Bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes. Use spices such as cinnamon, allspice, or nutmeg to add flavor.



## 10 Give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.





**Purchased Referred Care (PRC) (formerly Contract Health Service)**  
**You can get help with your medical bills if you participate in PRC.**

PRC can pay your copays and patient responsibility if you follow these easy steps.

- 1) Complete an annual update form and turn into PRC.
- 2) If you do not have any health insurance, you are required to sign up for no cost health care or provide over income verification. You can call our Benefits Coordinator @ 541-444-9611 for assistance.
- 3) You are required to contact PRC within 24 hours of any Dental, Optometry, Medical: office visit, labs, radiology, etc... appointments to get an authorization number.
- 4) Take your insurance cards and your authorization number to your appointments. Each appointment requires a different authorization number.

**Should you go to the ER or Urgent Care Clinic?**

Call 1-800-628-5720

A gatekeeper will help you 24hours a day!

**Did you have an emergency/urgent care clinic?**

You have 72 hours to call PRC if you use the ER or an Ambulance.

**Are you going to see a specialist?**

Have your Doctor fax a request for a specialist & chart notes to the PRC fax number 541-444-9645 by Noon on Tuesdays.

Every Wednesday Gatekeepers meet and will approve or defer all requests.

**Denial Letters:**

In the last 12 months,

563 medical claims were denied because the appointments were not called in.

Call us, it takes 2 minutes to get an Authorization number.

**Did you know you can appeal a denial letter?**

Submit a letter to PRC explaining the circumstances and request an appeal.

We can help if you call us ☺

<p><b>Confederated Tribes of Siletz Indians  Purchased Referred Care (PRC)</b>  P.O. Box 320, Siletz, OR 97380  541-444-1236 or 1-800-628-5720  Fax 541-444-9645</p>	<p><b>If you live within 40 miles of Chemawa:  Go here for your Primary Care-</b>  Chemawa Indian Health Center  3750 Chemawa Rd NE, Salem, OR 97305  1-800-452-7823</p>
<p><b>If you live within 40 miles of Grand Ronde:  Go Here for your primary care-</b>  Grand Ronde Health &amp; Wellness Center  9605 Grand Ronde Rd,  Grand Ronde, OR 97347  1-800-422-0232</p>	<p><b>If you live within 40 miles of Siletz:  Go here for your primary care-</b>  Siletz Community Health Clinic  200 Gwee-Shut Rd, Siletz, OR 97380  1-800-648-0449  541-444-1030</p>



## **Alternate Healthcare benefits**

Alternate Healthcare benefits are available to all enrolled Siletz Tribal members. Dependents and descendants are not eligible for alternate healthcare benefits. We do request that you have completed an individual registration application and are updated with the Siletz Community Health Clinic before obtaining authorization for Alternate healthcare benefits.

The benefits that are available are acupuncture, chiropractic care, and massage therapy. These benefits are available 4 times per year at the beginning of each quarter as long as funding is available. It is on a 1<sup>st</sup> come 1st serve basis. A tribal member just needs to contact PRC and request which benefit they would like. The patient will then receive a letter that lets them know what they are eligible for, how many visits, and the benefit \$ amount. The letter also provides information that they can give to their provider, so they are aware of the payment process. Each patient is eligible for a maximum of 3 visits up to \$50.00 per visit per day per quarter. Anything over that becomes patient responsibility.

## **CAREMARK (PEQUOT) PHARMACY CARD & REIMBURSEMENT INFORMATION**

Regardless of where you live, your pharmacy benefit is \$500.00 per year. Every January 1<sup>st</sup> your card renews. Members that live in the 11-County Service Area should have your maintenance medication mailed to you through the Siletz Community Health Clinic (SCHC) pharmacy. Not all medications are in the SCHC formulary, so that is when you would use your pharmacy card at a retail pharmacy such as Walgreens, Fred Meyer, Rite Aid etc.

Members that live outside the 11-County Service Area (Direct Care) are not able to get medication mailed through the Siletz clinic, but are able to get medication directly through Pequot Pharmacy. Any maintenance medication needed by Direct Care patients should be mailed to Pequot directly this will stretch your card dollars.

Patients that have primary pharmacy insurance, such as: Medicaid, Blue Cross Blue Shield, AETNA, Medicare Part D etc . . . and have to pay a co-pay up front to the retail pharmacy, can be reimbursed up to the \$500.00 per year. Members that pay up front for medication, and still have a balance on their pharmacy card, can be reimbursed as well.

To receive a reimbursement you must provide the receipt from the pharmacy, **NOT** the cash register receipt. The receipt must have: **YOUR NAME, DOCTORS NAME, DATE OF SERVICE, MEDICATION NAME, MEDICATION DOSAGE, AMOUNT PAID.** Mail your receipt to Purchased Referred Care, PO Box 320, Siletz, OR 97380.

Your pharmacy card should **NOT** have your social security # on it. If the card has your social security # on it, you need to contact Rhonda Attridge with PRC @ 1-800-628-5720 to get a new card. You will be required to have an updated Individual Registration form on file in order to receive your new card.

# Is smokeless tobacco a safe alternative vs. smoking?

**Smoking** is a serious health risk and one that can have countless negative impacts on our health. Of course everyone would stop if they could, but the unfortunate reality is that smoking is also addictive and sometimes this can make it seem impossible to kick the habit. One solution many people turn to is to try something different. It isn't the smoking itself that is addictive you see, rather it is the nicotine which causes a release of dopamine in the brain and encourages neurotransmission resulting in a 'high' that we begin to crave. One strategy that some people will use themselves is chewing tobacco – which contains nicotine but doesn't involve inhaling anything into your lungs.

**Types of Chewing Tobacco**—Chewing tobacco goes by many names: smokeless tobacco, chew, snuff, snus, pinch, dip and more.



## Is Chewing Tobacco a Safe Alternative?

The addiction to cigarettes you see goes deeper than just the physical addiction to tobacco – it's also a psychological addiction. It becomes a habit and it becomes a crutch that many use to lean on emotionally. If you are used to going outside for a ten minute break and lighting the end of a match then you will be used to the warmth this creates, to the feel of the cigarette in your mouth – generally to the entire rigmarole and culture and not just the chemical kick. As a result chewing tobacco just can't cut it. And unfortunately there are more serious problems revolving around the fact that chewing tobacco is actually still very bad for you. You can change to chewing tobacco and think that you're curing yourself of smoking, but in fact you are just replacing one dangerous and damaging habit for another.

## Addiction

The big problem with chewing tobacco is that it actually results in your taking in more tobacco than a cigarette. This occurs because you leave the chew in your mouth for a longer time, this causes you to get a steady stream of nicotine throughout the day. In other words your body becomes accustomed to getting more nicotine and getting a constant flow of it.

## Cancer

There are over thirty different cancer-causing agents in chewing tobacco. You will be less likely to experience lung cancer because these won't make it to your lungs, but the chances of getting it in your mouth, throat, cheek, gums, lips, jaw or chin are increased as the substance will spend much longer here. This can be fatal, or if you have to have it removed it can result in serious disfigurement in the mouth area. Pancreatic cancer and kidney cancer are also more likely. To drive home just how dangerous chewing tobacco is, look inside your mouth. If you already chew tobacco then you might see that there are some tiny white lesions there. These tiny white lesions are called leukoplakia and are 'precancerous' and if you continue these lesions can grow and become cancerous.

## Heart Problems

Chewing tobacco speeds up your heart rate and increases your blood pressure. This then increases your chances of heart problems and circulatory diseases. You are more likely to experience poor circulation leading to nerve damage, cold extremities, lethargy and more, and you are more likely to suffer a heart attack or stroke.

## Conclusion

Neither chewing tobacco nor smoking are advised and both can lead to serious problems. They are both addictive, unattractive, unsociable and frankly expensive. More importantly both can lead to various forms of cancer and heart disease. While you won't get tar in your lungs or blood stream with chewing tobacco, higher amounts of nicotine and the long amount of time the substance spends in your mouth means that addiction and mouth cancer is actually even more likely.



## Adult Attention Deficient/Hyperactivity Disorder (Adult ADHD)

- Adult ADHD is a mental health disorder that may have a significant impact on relationships, school, and work performance.
- Many adults are not aware they have it – they just know that everyday tasks can be a challenge.
- Those with ADHD find it difficult to focus, prioritize and control impulses.

The following information from “Occupational issues of adults with ADHD” contains symptoms and possible workplace adjustments for adults with ADHD that STVRP may be able to advocate for or assist eligible program participants with:

- |                       |   |
|-----------------------|---|
| ● <b>Symptom</b>      | <b><u>Attention and impulsivity</u></b>   |
| ● Possible Adjustment | Private office/quieter room/positioning in office, flexible-time arrangement, headphones, regular supervision.  |
| ● <b>Symptom</b>      | <b><u>Hyperactivity/restlessness</u></b>  |
| ● Possible Adjustment | Allowing productive movements at work, encouraging activity, structured breaks in long meetings.  |
| ● <b>Symptom</b>      | <b><u>Disorganization, time management, and memory problems</u></b>   |
| ● Possible Adjustment | Provide beepers/alarms, structured notes, agendas, regular supervision with frequent feedback, mentoring, delegating tedious tasks, incentive/reward systems, regularly introducing change, breaking down targets and goals, supplement verbal information with written material. |

Adamou, M., Arif, M., Asherson, P., Aw, T.-C., Bolea, B., Coghill, D., ... Young, S. (2013). Occupational issues of adults with ADHD. *BMC Psychiatry*, 13, 59.  
<http://doi.org/10.1186/1471-244X-13-59>

This content is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If you have any health concerns, or questions, seek the advice a qualified health professional.

# **CULTURAL SALMON FISHING**

## **2018 SEASON**

**October 30 - December 28**

**Tribal License & Tag Required**



### **CULTURAL FISHING SITES**

- ❖ **Euchre Creek Falls (off Hwy 229)**
- ❖ **Little Rock Creek (above Hatchery)**
- ❖ **Drift Creek (off Hwy 101)**

Tribal salmon tags may only be used to fish in posted areas at the above cultural fishing sites using only a dip net, spear, or gaff hook. Cultural salmon season dates are 10/31/18-12/28/18. CTSI license/tags are available at Natural Resources Department, (541) 444-8227.

# Homeless/Low Income HOUSING Eugene/Springfield

## Emergency

*weather related, etc.  
families & Individuals*

SVDP

### Dusk to Dawn

4:30 pm - 7:30 am  
541-687-5820

### Eagan Warming Centers

from Nov 15 - Mar 31  
Various locations  
541-689-6747

### Eugene Mission

Women w/children, Men, Women  
Food, Clothing, Overnight  
541-344-3251

### Centro Latino Americano

Se Habla Español - SVDP  
Asistencia con vivienda rapida  
541-687-2667

### Womenspace

Women & Women w/children  
Domestic Violence Emergency  
Crisis Line: 541-485-6513  
541-485-8232

### Overnight Parking

1st Place Family Center  
Various Locations  
541-342-7728

## Centralized Wait List

**Front Door Assessors**  
*does not include Section 8*

### St. Vincent DePaul

**SVDP - 1st Place Family Center**  
1995 Amazon Pky. Eugene, OR  
541-342-7728

**SVDP - Lindholm Center**  
450 Hwy 99 N. Eugene, OR  
541-607-0439

**SVDP - Veteran Families**  
2890 Chad Dr. Eugene, OR  
541-743-7170

### ShelterCare

**ShelterCare - Housing Services**  
969 Hwy 99 N Eugene, OR  
541-689-7156

**ShelterCare - Shankle**  
1545 S Brooklyn St. Eugene, OR  
541-741-7726

**Catholic Community Services**  
1464 W 6th Ave. Eugene, OR  
541-345-3628 x402

### Looking Glass Services

*(youth ages 24 and under)*  
941 W 7th Ave. Eugene, OR  
541-686-4310

## Other Local Options

### Community Supported Shelters

Conestoga Huts, Tiny Homes, Safe Spot  
1160 Grant St. Eugene, OR  
541-683-0836

### Homes for Good

Section 8 Housing Assistance  
177 Day Island Rd. Eugene, OR  
541-682-3755

### Opportunity Village

Square One Villages - Tiny Homes  
458 Blair Blvd. Eugene, OR  
541-606-4455

### Springfield Housing Programs

City of Springfield  
225 Fifth St. Springfield, OR  
541-736-1039

### Community Sharing Program of Cottage Grove

1440 Birch Ave. Cottage Grove, OR  
541-942-7933

### Cornerstone

### Community Housing

Affordable Apartment Living  
1175 Charnelton St. Eugene, OR  
541-683-1751

# USDA distribution dates for **DECEMBER** 2018

## Siletz

MONDAY	DECEMBER 3	9:00 AM-3:00 PM
TUESDAY	DECEMBER 4	9:00 AM-3:00 PM
WEDNESDAY	DECEMBER 5	9:00 AM-3:00 PM
THURSDAY	DECEMBER 6	9:00 AM-3:00 PM
FRIDAY	DECEMBER 7	9:00 AM-3:00 PM

## Salem

MONDAY	DECEMBER 17	1:30 PM – 6:30 PM
TUESDAY	DECEMBER 18	9:00 AM – 6:30 PM
WEDNESDAY	DECEMBER 19	9:00 AM – 6:30 PM
THURSDAY	DECEMBER 20	<b>BY APPOINTMENT ONLY</b>

## PUMPKIN ROLL

**PREHEAT OVEN TO 375\***

### INGREDIENTS:

3 EGGS  
1 TEASPOON LEMON JUICE  
2/3-CUP PUMPKIN  
1-TEASPOON BAKING SODA  
1-TEASPOON NUTMEG  
3/4-CUP FLOUR  
1-CUP SUGAR  
1-TEASPOON BAKING POWDER  
2 TEASPOONS CINNAMON  
1-TEASPOON GINGER

Mix together all dry ingredients in a small bowl. Set aside.

Beat 3 eggs for 5 minutes until fluffy (do not skimp). Mix in the pumpkin and lemon juice until well blended. Slowly add the dry ingredients. Mix well.

Line a jellyroll pan with waxed paper that has been greased and floured. Pour cake mixture evenly in pan. Bake for 15 minutes. Do not over-bake.

Sprinkle powdered sugar on a linen cloth and turn the cake out on it. Roll the cake up as a jellyroll and let cool.

### FILLING:

4 TABLESPOONS MARGARINE  
1 TEASPOON VANILLA  
8 OUNCES SOFTENED CREAM CHEESE  
1 TEASPOON LEMON JUICE  
1 CUP POWDERED SUGAR

Mix together all ingredients until smooth. Unroll cake and spread the filling evenly. Re-roll the cake and sprinkle with a light dusting of powdered sugar. Serve the cake chilled, preferably overnight.

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

Joyce Retherford, FDP Director  
541-444-8393

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



# December 2018




Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31 Pay Day	1
2	3 USDA Distribution 9-3PM  Language Class Siletz 6-8pm	4 USDA Distribution 9-3PM  Time Sheets Due  Language Class EAO 6-8pm	5 USDA Distribution 9-3PM	6 USDA Distribution 9-3PM	7 USDA Distribution 9-3PM	8 Elders Meeting Shasta Rm 1-4pm
9	10 Time Sheets Due  USDA Distribution Salem 1:30-6:30pm  Language Class PAO 6-8pm	11 USDA Distribution Salem 9-6:30pm  Language Class SAO 6-8pm	12 USDA Distribution Salem 9-6:30pm	13 USDA Distribution <i>By Appointment Only</i>	14 Pay Day  All Staff Meeting Tribal Offices CLOSED	15
16	17	18 Time Sheets Due  EAO Fish Net Class 3:30-7:30pm  THV/JOM Holiday Craft night 5:30-7:30pm	19	20 EAO Fish Net Class 3:30-7:30pm	21	22
23	24 <i>Day before Christmas</i> All Tribal Offices CLOSED	25 <i>Christmas Day</i> All Tribal Offices CLOSED  <i>Merry Christmas</i> 	26	27 Winter Break Movie TBA Regal 7—Albany	28 Pay Day  Winter Break Movie TBA Cinemark Theatres Springfield	29
30	31					

The Confederated Tribes of Siletz Indians  
The Eugene Area Office Staff  
541-484-4234 1-800-922-1399

Lou Carey, A/O Supervisor x1751  
Nick Viles, Education Specialist/JOM x1757  
Jessica Phillips, Program Coordinator/THV x1752  
Jeramie Martin, Program Director/STVRP x1385  
Jenifer Jackson, Tribal Service Specialist/477SSP x1755  
Norma Trefren, Intake Specialist/Job Coach/477SSP x1756  
Adrienne Crookes, Community Health Advocate x1753  
Nora N Williams-Wood, Clerk x1750  
Gloria Stott, Elders On-Call Transport

“What is PRC?  
I thought I called  
Contract Health”



NEW! In 2019  
Contract Health Services (CHS)  
Is renamed  
Purchased Referred Care (PRC)  
1-800-628-5720 for Questions

“To get something you’ve never had,  
you have to do something you’ve never done”

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

2018/2019  
HUNTING/FISHING/GATHERING  
INCENTIVES

Reminder to all Siletz Tribal Members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabela’s Gift Card incentives

**HUNTING INCENTIVES**

\$100      \$75      \$50

CABELAS GIFT CARDS

**FISHING INCENTIVE**

\$50

CABELAS GIFT CARD

**SHELLFISH INCENTIVE**

\$50

CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy

541-444-8232 [mikek@ctsi.nsn.us](mailto:mikek@ctsi.nsn.us)

Or

Denise Garrett

541-444-8227 [deniseg@ctsi.nsn.us](mailto:deniseg@ctsi.nsn.us)