

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

March 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	March 5 <sup>th</sup>	6:00 – 8:00pm
Eugene AO	March 6 <sup>th</sup>	6:00 – 8:00pm
Portland AO	March 12 <sup>th</sup>	6:00 – 8:00pm
Salem AO	March 13 <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:

Anita Bailor

Foster Family Coordinator

CTSI – Siletz Indian Child Welfare

541-444-8236

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

### Siletz Tribal Members



Available: Frozen Salmon  
Please call EAO 541-484-4234

#### 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 Nick or Nora @ 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 are a 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

**2018**

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

**~OPEN~**

***Elderly and Disabled-October 1<sup>st</sup>***

***Crisis/ Regular heating- November 1<sup>st</sup>  
All Siletz Tribal Households***

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

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

### Temporarily Lapsed

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 signature and what

Notary fills out. Current ID required

## 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

## Chinook Winds Casino Resort

Sign up for an electronic newsletter:

[www.chinookwindscasino.com](http://www.chinookwindscasino.com)

### Email Reminders

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

## SILETZ ELDER NEWS

When you 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 at the Eugene Area Office will be held on Tuesday, March 6, 2018. Learn how to make Rope and String the old way. Class is held from 6:00 pm until 8:00 pm. A light meal will be served. Additional help is available at 5:00 pm.

The next Elder Council Meeting is scheduled for Saturday, March 10, 2018. The meeting begins at 1:00 pm and ends at 4:00 pm and will be held at Aces. Check with the Elders Program prior to the meeting to make sure the meeting schedule has not changed.

The Chinook Winds Entertainment for March, 2018 is the Hollywood Medium Tyler Henry. His shows will start at 2:00 pm and 8:00 pm on March 10<sup>th</sup>. Call Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

There will be a Diabetes Support Class on March 22, 2018. Chris Sherrod will be there. Class will start at 6:00 pm and a light meal will be served. Contact Adrienne Crookes at 541-484-4234 for more information.

The Eugene Area Office will be holding an Indian Taco Open House on March 28, 2018. The Open House will be held from 3:30 until 6:30 pm.

The area office is starting a noon walking group. The group will meet on Tuesday and Thursday and walkers will walk from 12:15 pm until 12:45 pm.

The 22<sup>nd</sup> Annual Oregon Tribal Elders Honor Day will be co-hosted by the Coquille Indian Tribe, The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians. It will be held on March 16<sup>th</sup> and 17<sup>th</sup>, 2018 at The Mill Casino in Coos Bay, Oregon. For more information call 541-444-8225.

Our Elders Honor Day is scheduled for Wednesday, May 2, 2018. The theme is Boots and Shawls. Mark your calendar now for this Special Honor Day. Doors open at 10:00 am.

Jim Swanson, 541-683-8766

[jimswanson38@comcast.net](mailto:jimswanson38@comcast.net)

**2018 College Students Summer Internship Program**  
**New Deadline!**

The deadline to apply for the Tribe's 2018 College Students Summer Internship Program has been moved up to March 16, 2018. Selecting students earlier will allow more time to develop relevant work site placements so students can start internships in late June or early July.

To be eligible you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager Bonnie Petersen or the Education Specialists at any tribal Area Office to request an application.

This program assists tribal students with locating internship placements to gain work experience in their field of study. There are ten slots available for 2018. Students may work up to 360 hours at tribal minimum wage and can be placed within or outside of the Tribe. Students selected for the program must complete an orientation, criminal history background check, and drug screening (Note: the Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana). Placements can begin in June, but must be completed by September 28, 2018.

Students should send a completed application and an unofficial copy of transcripts to:

By Mail:

CTSI

Attn: College Internship Program

P.O. Box 549

Siletz, OR 97380

By Fax:

541-444-2307

By E-mail:

collegeinterns@ctsi.nsn.us

Deadline for applications to be received at the Siletz Central Administration building is **4:30pm on March 16, 2018.**

## *JOM: Youth News and Notes*

### Spring Break Activities:

March 27: Sky High Trampoline Park (Tigard, OR)-Depart Eugene Area Office at 7 am

Enjoy two hours of jump time with students from other area offices. Rides are available; snacks and a sack lunch will be provided. Please call ahead for details and to sign up.

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March 29: SPLASH Wave Pool-Noon to 3:00 p.m.

Join us for an afternoon of swimming at Lively Park Swim Center (6100 Thurston Rd., Springfield, OR 97478). Pizza will be available to students and chaperones.

### Extracurricular Opportunities:

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

Siletz Youth Activity Fund: Offers up to \$75 per year to cover fees for costs related to extra-curricular activities or cultural activities/supplies for Siletz tribal students.

### March Youth Activity Calendar

March 5: Tutoring at Chifin Center, 3-5 pm

March 12: Homework Help (4-5 p.m)/Culture Night (5-7 p.m.) EAO

March 19: Tutoring at Chifin Center, 3-5 pm

March 27: Sky High Trampoline Park, depart EAO at 7:00 am

March 28: Eugene Area Office Open House (NDN Tacos and Easter egg hunt), 3:30-6:30

March 29: SPLASH Swim at Lively Park Swim Center, 12:00-3:00 pm

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

### Expanded Tutoring Opportunities

JOM is partnering with the Springfield Native's Program to offer tutoring at the Chifin Native Youth Center (1084 G St. Springfield, OR 97477) on alternating Mondays. All JOM students are welcome to attend. Tutor/Culture Nights will continue at the Eugene Area Office every other week.

#### Upcoming Dates:

Monday March 5— Tutoring and Homework Help, Chifin Native Youth Center, 3 pm -5 pm

Monday March 12—Tutor Night (4-5pm) and Culture Night (5-7 pm) at Eugene Area Office

Monday March 19— Tutoring and Homework Help, Chifin Native Youth Center, 3 pm- 5pm

Monday March 26— NO TUTORING—HAPPY SPRING BREAK!

Monday April 2—Tutoring and Homework Help, Chifin Native Youth Center, 3 pm -5 pm

## Higher Ed/AVT: News and Reminders

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### Don't Miss Out on Scholarship Season

Additional scholarships are open to both new and returning students. Check out:  
-Oregon Student Assistant Commission (OSAC): Apply for over 500 awards with just one application.

Deadline: March 1, 2018. Apply online: <https://app.oregonstudentaid.gov>

-Cobell Scholarship:

Deadline: March 31, 2018. Apply online: <http://cobellscholar.org/>

-American Indian Education Fund:

Deadline: April 4, 2018. Apply online:

[http://www.nativepartnership.org/site/PageServer?pagename=aief\\_home](http://www.nativepartnership.org/site/PageServer?pagename=aief_home)

-American Indian College Fund:

Deadline: May 31, 2018, apply online: <https://collegefund.org/>

-American Indian Graduate Center:

Deadline: June 1, 2018, apply online: <https://www.aigcs.org/>

### Higher Education and AVT Grants

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

Fall 2018 applications for new and continuing Higher Ed and AVT students will be due **JUNE 30, 2018**. To be eligible for funding you must have completed a Federal Application for Financial Aid (FAFSA) by January 31, 2018.

If you have any questions about attending a college or training program and/or how to apply for tribal assistance 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.

### 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.

### Tax Software:

Tax software is once again available for use at the Eugene Area Office. Drop-ins welcome or call ahead to check for availability.

# Great News!!!!

The Siletz Tribal Home visiting program's advisory committee meeting is moving back to the Siletz community and at a later time of 4:30-6pm. This decision was made in hopes of regaining old members and recruiting new members.

**Please join us on March 8<sup>th</sup> 2018 from 4:30-6:00pm**

**At the old clinic**

**Light meal will be provided**

Our Home visiting program is on year six of our six year grant. Our program completed many tasks with the help of our advisory committee.

## Agenda

- We will be discussing what our program has accomplished thus far.
- Brief discussion on our evaluation efforts
- Testimonies from families participating
- Information on the community café we had at the SAO
- Discussion on how we can better incorporate culture into our home visiting program
- Talk about sustainability and ideas from the community
- Discuss and schedule community cafes in Eugene and Siletz area.
- Answer any questions you have about our program



**If you have any questions or to RSVP please contact Jessica Phillips at 541-484-4234**

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Our home visiting program provides parenting and life skills for successful and positive parenting. We serve native families that are either expecting or have infants under the age of twelve months, continuing through the child's third birthday. We travel throughout the 11 county service areas of the Confederated Tribe of Siletz Indians. The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. We are funded by the Tribal Maternal, Infant, Early Childhood Home Visiting Program (TMIECHV).

Family Spirit is Evidence based and culturally sensitive to native families. Parents gain knowledge and skills for their developing infant through 36 months of age. We also focus on goals and healthy living for parents as a support system for the family as a whole. The program consists of 63 lessons over a 39 month period and is divided into six modules. The modules are broken into these categories: Prenatal care (9 lessons), infant care (16 lessons), your growing child (11 lessons), toddler care (9 lessons), my family and me (6 lessons), and healthy living (12 lessons). While this may seem like a big commitment the lessons vary from 30 minutes to 90 minutes and some can be combined together as we work with your schedule. Family Spirit suggests we deliver at least 32 lessons to our families in order for families to benefit from the evidence based curriculum. For the full benefits of the program we would like to provide all 63 to our families. As a thank you for participating in our program we offer some incentives which we will be happy to share with you upon the enrolled in our program.

During your participation if you feel like the timeline of lessons is too often we can adjust the home visits to accommodate your schedule while still keeping the programs timeline in mind. We are a voluntary program that delivers home visits in the comfort of the homes of our families. If you would like to get more information and or meet our home visiting staff would love to schedule a home visit to give you a full overview of the program.

CONTACT INFORMATION

2468 11<sup>th</sup> Ave., Eugene, Oregon (Covering Eugene and surrounding areas)

Jessica Phillips, Program Coordinator/Home Visitor: (541) 484-4234 or (541) 222-9503

201 SE Swan Avenue, Siletz, Oregon (Covering Siletz and the coastal range)

Danelle Smith, Home Visitor: (541) 444-9603 or (541) 270-1027

3160 Blossom Drive NE Ste. 105, Salem Oregon (Covering Salem, Portland and surrounding areas)

Lori Christy, Home Visitor: (503) 390-9494 or (541) 272-2241





Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Having a child brings big changes in your life. The Siletz Home Visiting Program is available to parents who are pregnant or have given birth within the last year. This program is voluntary, and it is free! There are no income requirements.

**The Siletz Home Visiting Program offers:**

- ☼ The latest information about how babies grow, develop and learn both physically and emotionally;
- ☼ Ways to bond with your baby;
- ☼ Information about how to keep your family healthy;
- ☼ Tips for parents about infant sleep, play, attachment, and many more;
- ☼ Information about other community resources, like breastfeeding support and car seat installation;
- ☼ Culturally sensitive needs of families; and
- ☼ Home visits for parents and their children.

If you are interested in hearing more about the Siletz Home Visiting Program in your community, please complete the information below. Someone from the Siletz Home Visiting Program will contact you!

**Self-Referred**

Person making referral: \_\_\_\_\_ Date: \_\_\_\_\_

Agency: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip Code: \_\_\_\_\_

Please mail or fax completed form to:  
2468 W. 11<sup>th</sup> Avenue. Eugene OR 97402  
FAX: (541) 484-4583  
Call (800-922-1399) ext. 1752 or local (541) 484-4234 to learn more about  
the Siletz Home Visiting Program.



# 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. We maintain resource and employment boards, so please stop by if you're interested. Services are provided in all area offices, however, to inquire about services, please ask to be transferred to your closest office listed below.

### SALEM AREA OFFICE

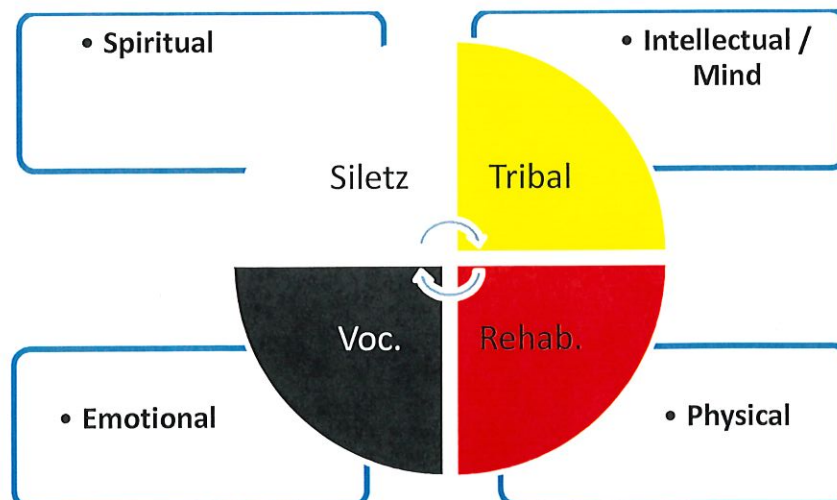
3160 Blossom Drive NE, Ste 105  
Salem, OR 97305

### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380

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

**SILETZ** – **RACHELLE ENDRES**, Counselor/Job Developer; **JERAMIE MARTIN**, Program Director

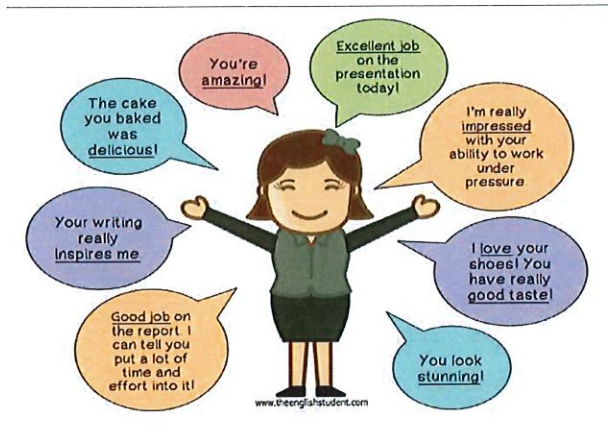


# 477 Self-Sufficiency Program

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

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

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



## **TSS staff administrative hours**

**Monday through Friday**

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

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

## **Phone Messages:**

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

**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**

## **Long Distance Calls:**

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

## **Schedules:**

Norma's: **M-F 8-4:30pm**

**Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services**

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

**\*Norma – March 5, 8, 14-15, 19, 29**

Jen's hours: **M-F 8:00-4:30pm**

**General Assistance and TANF**

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

**\*Jenifer – March None**

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

## WEX/Grant Assistance

### Dates to remember in March 2018

Thursday	March 1 <sup>st</sup>	TANF/GAF
Monday	March 5 <sup>th</sup>	Self-Sufficiency documentation due
Tuesday	March 6 <sup>th</sup>	EAO Language/Culture Class 5-8pm
Friday	March 9 <sup>th</sup>	WEX Payday
Monday	March 12 <sup>th</sup>	JOM Culture Night 4-7pm
Tuesday	March 13 <sup>th</sup>	WEX Time Sheets Due
Thursday	March 22 <sup>nd</sup>	Diabetes Class 6-8pm
Friday	March 23 <sup>rd</sup>	WEX Payday
Tuesday	March 27 <sup>th</sup>	WEX Time Sheets Due
Tuesday	March 27 <sup>th</sup>	JOM - Trampoline Park – Portland OR
Wednesday	March 28 <sup>th</sup>	EAO Open House
Thursday	March 29 <sup>th</sup>	JOM – Splash Lively Park

**\*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.

# TAKE THE 100 CLUB WELLNESS CHALLENGE



## DO YOU NEED EXERCISE

## MOTIVATION?

The **100 Club Challenge** is an exercise motivation program. Log your miles and for every 25 miles that you achieve your goal, you'll receive an exercise item to celebrate your accomplishment. If you think you need a fitness challenge to motivate you to exercise more, then take the Challenge!

Choose your fitness goal and complete using any mode of exercise to achieve your goal. Earn 3 miles of credit for every mile you swim. You get 2 miles of credit for every exercise class you take and you receive 1 mile of credit for every 3 miles you ride on a bike, and many more exercise opportunities!

**The Challenge begins on March 1, 2018. Call today to sign up!**

*Here's how it works:*

**Sign up by March 1st with  
Adrienne Crookes or  
Nora N. Williams-Wood  
541-484-4234**

Get to the weight room, track, gym, mountains, rivers, oceans, WHEREVER and start your trek! Workouts can be recorded between March and June. Report your numbers each Monday to your area contact.

*Goals:*

- 25 Mile Club
- 50 Mile Club
- 75 Mile Club
- 100 miles

*Final Prizes:*

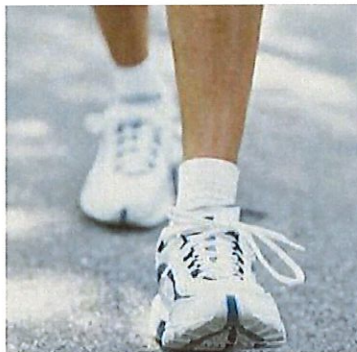
- 25 Miles: Fitness tracker
- 50 Miles: Water bottle
- 75 Miles: Duffle bag
- 100 miles: Commemorative coin

Tribal members please come join us!

## Walking Group

At the Siletz Eugene Area Office  
2468 W. 11<sup>th</sup> Avenue

**When: Every Tuesday and Thursday**  
**Beginning Thursday, March 1st, 2018**  
(meet in the front lobby)  
**Walk from: 12:15-12:45 p.m.**



Walk this way to better health!

Meet up with friends for a walk down the walking path directly behind the Siletz office. Choose your comfort level.

Any pace is the right pace!

*We will be walking rain or shine.*

Bring a friend!

For more information, you may contact  
Adrienne Crookes or Nora Williams-Wood at 541-484-4234



# PARENTING WORKSHOP

PRESENTED BY COOS, LOWER UMPQUA AND  
SIUSLAW TRIBES' FAMILY SERVICES  
DEPARTMENT IN COLLABORATION

WITH

*DHS & CONFEDERATED TRIBES OF SILETZ*

We are offering 3 parenting classes  
on Monday evenings.

## Class Description

The Nurturing Parenting Program has features including: Evidence-based curricula that include an emphasis on parenting consistency; take into account the developmental stages of children; enhance positive parent-child interactions and emotional communication skills; and encourage real-time parent-child interaction and use of positive discipline techniques.

Children are welcome!

**Childcare & Meals Will Be Provided**

Please RSVP with Adrienne Crookes

phone: 541-484-4234

or

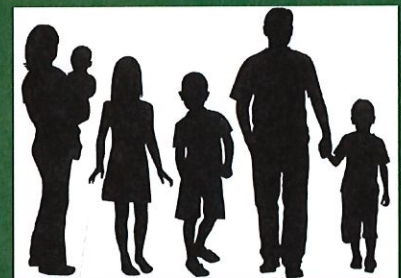
By email: [adriennec@ctsi.nsn.us](mailto:adriennec@ctsi.nsn.us)

*When:*  
Mondays-

March 5  
March 12  
March 19

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

*Location:*  
1899 Willamette St.  
Eugene, OR 97401.



# *Diabetes Support Group*

Thursday, March 22nd

From 6:00-8:00 p.m.

At the Siletz Tribal Office  
2468 West 11<sup>th</sup> Avenue  
Eugene, OR

*Chris Sherrod, Siletz Diabetes Program Director,*  
will be here to talk about diabetes care  
and healthy lifestyle changes.

Did you know that Native Americans are more than twice as likely to become diabetic than the rest of the U.S. population? Native Americans are more likely to develop complications from diabetes once they have the disease.

Everyone is welcome! You don't have to be pre-diabetic, or have diabetes, to attend. A light, nutritious meal will be provided.

For more information you may contact  
Adrienne Crookes, Community Health Advocate, at 541-484-4234



1-800-222-1222

**PoisonHelp.hrsa.gov**

When accidents happen with chemicals or medicine, call Poison Help (1-800-222-1222). Get help right away from a nurse, pharmacist, or other poison expert. If someone has trouble breathing, call 911 or your local emergency ambulance number right away.

## SEASONAL TIPS SPRING

**As you begin spring cleaning and work on the yard, follow these simple tips to keep your family safe:**

### **Household Cleaners and Other Chemical Products**

- Keep poisons in the containers they came in. Do not use food containers (such as cups or bottles) to store household cleaners and other strong chemicals.
- Store strong chemicals away from food. Many poisonings occur when one product is mistaken for another.
- Read and follow the directions for use of products. Do this BEFORE using the products. Follow the advice carefully.
- Never mix chemicals. Doing so can create a poisonous gas.
- Turn on fans and open windows when using strong chemicals.
- When spraying chemicals, direct spray nozzle away from people and pets.
- Never sniff containers to see what's inside.
- Discard old or outdated products. First aid advice on containers may be incorrect and outdated.
- Call Poison Help (1-800-222-1222) to double check first aid information.
- Even in small amounts, windshield wiper fluid is poisonous. If swallowed, it can cause blindness or death to people and pets.
- Strong chemicals can burn the skin. Drain openers, toilet cleaners, rust removers, and oven cleaners can cause such burns.
- Hydrocarbon liquids (liquids made from petroleum) are poisonous. They include gasoline, kerosene, charcoal lighter fluid, paint thinner, baby oil, lamp oil, and furniture polish.

- If hydrocarbons are swallowed, they can easily get into the lungs. Even a small amount can cause breathing problems. The liquid coats the inside of the lungs. That prevents oxygen from entering the blood stream.

### **Mushrooms**

- Only experts can tell poisonous mushrooms from safe mushrooms.
- Poisonous mushrooms, called "death caps," often grow in yards and parks.
- Eating even a few bites of certain mushrooms can cause liver damage that can kill you.

### **Pesticides**

- Pesticides (pest killers) can be taken in through the skin or inhaled. Even leather shoes and gloves do not offer full protection. Pesticides can be extremely poisonous. Stay away from areas that have been sprayed until the spray has dried or for at least one hour.
- Wear protective clothing when using bug spray or other spray products. Put on a long-sleeve shirt, long pants, socks, shoes, and gloves. Remove and wash clothing after using chemicals.
- If pesticides are splashed onto the skin, rinse with running water for 15–20 minutes. If pesticide contacts clothing, take off the clothing before rinsing skin.
- Many garden chemicals are poisonous to children and adults. These chemicals can be harmful if swallowed or inhaled.



Eugene Area  
Office  
Spring  
Open House



**Easter Egg  
Treasure Hunt**

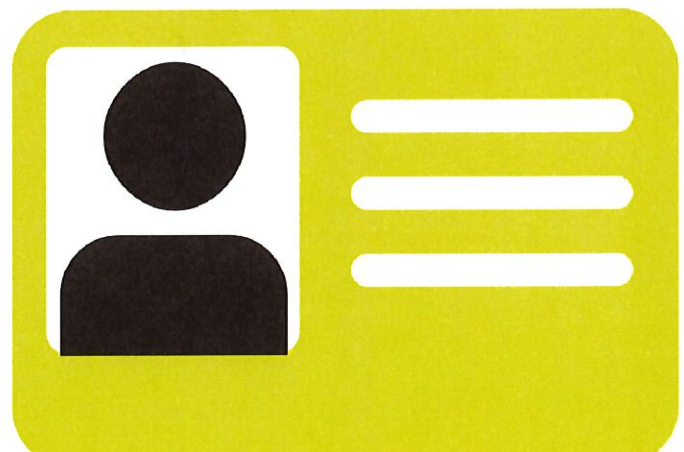


**Date: 03/28/2018**  
**Time: 3:30-6:30pm**

**Contact person: Lou or Nora**  
**541-484-4234**

Easter Egg Treasure hunt  
3:30 and 5:30pm.

Indian Tacos (condiments)  
Brownie and Ice Cream  
Beverage  
Siletz Tribal ID



2468 West 11th Avenue Eugene Oregon 97424

**PRAISE COMMUNITY CHURCH**

# Easter Egg Hunt

**FREE FOR THE WHOLE FAMILY**

**Golden  
Egg  
Giveaway**

**2 WAGONS!**

**4 BIKES!**

**Saturday 3/31 @ 11 am**

**AMAZON COMMUNITY CENTER**

**2700 HILYARD ST, EUGENE**

**@pcc Eugene for more info**

## Elk Tag Opportunity

The Tribal Natural Resources Department will once again be offering a limited number of Landowner Preference (LOP) elk tags to Tribal members for this fall's hunting season. As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres that the Tribe owns, we can get 6 additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags that we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	<b>Tribal Tags</b>	<b>LOP Tags</b>
<b>State Hunting License Required?</b>	No	Yes – Tribal member must purchase both a 2018 and a 2019 State hunting license
<b>Area to be Hunted</b>	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the unit selected during that unit's antlerless elk season. Units available include Upper Siletz, NW Alesa, SW Alesa, SW Alesa Private Lands and West Siuslaw
<b>Eligible for other State elk tags?</b>	Yes	No*
<b>Give tag to another licensed Tribal member to hunt for you?</b>	Yes	<b>No</b>
<b>Application and Selection Process</b>	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP Drawing; if selected apply to State for controlled hunt tag (list LOP unit in LOP section on State controlled hunt application)
<b>Obtain Tag From</b>	Tribe	State – Tribal member must purchase tag
* Note: If you are drawn for an LOP Tag you are still eligible to apply for and be drawn for a Tribal tag.		

Please note that a major difference between the LOP tags and the Tribe's regular tags is that **ONLY** the person drawn for the tag can hunt that tag. **The tag cannot be given to someone else to hunt for you.** Therefore, only those folks serious about hunting this hunt themselves are eligible to apply.

The drawing for the 6 LOP elk tags will be held at the Natural Resources Committee Meeting to be held on April 2<sup>nd</sup> at 4:45 PM in the Natural Resources Department Map Room. Applications are available on the Tribal website and at the Tribal Natural Resources Office in Siletz. Completed applications are due in the Natural Resources office by **4:30 PM March 30, 2018**. For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232.

# USDA distribution dates for MARCH 2018

<b>Siletz</b>		
THURSDAY	MARCH 1	9:00 AM-3:00 PM
FRIDAY	MARCH 2	9:00 AM-3:00 PM
MONDAY	MARCH 5	9:00 AM-3:00 PM
TUESDAY	MARCH 6	9:00 AM-3:00 PM
WEDNESDAY	MARCH 7	9:00 AM-3:00 PM

<b>Salem</b>		
MONDAY	MARCH 19	1:30 PM – 6:30 PM
TUESDAY	MARCH 20	9:00 AM – 6:30 PM
WEDNESDAY	MARCH 21	9:00 AM – 6:30 PM
THURSDAY	MARCH 22	9:00 AM – 11:00 AM

I haven't made this recipe in years, but we have those great hams now, so you might want to try this.

## JALAPENO POPPER CORN SALAD

### INGREDIENTS:

- 5 CAN S CORN KERNELS (OR 8 COOKED EARS OF CORN), RINSED & DRAINED\*
- 1 CUP BACON, COOKED AND CRUMBLED
- 1 CUP CHEDDAR CHEESE, GRATED \*
- ½ CUP CREAM CHEESE, ROOM TEMPERATURE
- ¼ CUP SOUR CREAM
- 2 JALAPENOS, SEEDS AND RIBS REMOVED, MINCED
- 2 TABLESPOONS OLIVE OIL
- ¼ TEASPOON CHILI POWDER
- SALT & PEPPER TO TASTE

### PREPARATION:

1. Heat olive oil in a large skillet over medium high heat and sauté corn kernels until lightly browned.
2. In a large bowl, combine corn, bacon and jalapenos, and then stir in cheese, cream cheese and sour cream.
3. Season with chili powder and salt and pepper. Taste and adjust seasoning if necessary.
4. Serve immediately or refrigerate until chilled.



\* INDICATES PRODUCT AVAILABLE IN FOOD PACKAGE.

**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

# March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27 WEX Time Sheets	28	1 TANF/GA  USDA Distribution Siletz 9-3pm  100 Mile Club Challenge starts EAO Walking Group 12:15-12:45pm	2  USDA Distribution Siletz 9-3pm	3
4	5 Sufficiency Documents Due  USDA Distribution Siletz 9-3pm  Siletz Language Class 6 -8pm  Tutoring Chifin Center 3-5pm	6 WEX Time Sheets  USDA Distribution Siletz 9-3pm  EAO Walking Group 12:15-12:45pm  EAO Language Class 6 -8pm	7  USDA Distribution Siletz 9-3pm	8  EAO Walking Group 12:15-12:45pm	9  Pay Day	10  Elders Mtg 1-4pm Aces
11	12 SAO Language Class 6- 8pm  Homework/Culture Night 4-7pm  Parenting Class	13 WEX Time Sheets  PAO Language Class 6 -8pm  EAO Walking Group 12:15-12:45pm	14	15  EAO Walking Group 12:15-12:45pm	16	17 
18	19 USDA Distribution SAO 1:30-6:30pm  Tutoring Chifin Center 3-5pm  Parenting Class See Flyer	20 USDA Distribution SAO 9-6:30pm  EAO Walking Group 12:15-12:45pm 	21 USDA Distribution SAO 9-6:30pm	22 USDA Distribution SAO 9-11am  EAO Walking Group 12:15-12:45pm  Diabetes Support Group 6-8pm	23  Pay Day	24
25	26	27 WEX Time Sheets EAO  Walking Group 12:15-12:45pm  Spring break Portland Sky High Trampoline Park Depart EAO 7am	28 EAO Open House 3:30-6:30pm	29 Spring Break Splash Lively Park Swim 12-3pm  EAO Walking Group 12:15-12:45pm	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

Jenifer Jackson, Tribal Service Specialist/477SSP x1755

Norma Trefren, Intake Specialist/Job Coach/477SSP x1756

Adrienne Crookes, Community Health Advocate x1753

Jessica Phillips, Program Coordinator/THV x1752

Nora N Williams-Wood, Clerk x1750

Gloria Stott, Elders On-Call Transport

## 50 Ways To Praise A Child

Wow - Way to go - Super - You're special - Outstanding - Excellent -  
Great - Good - Neat - Well done - Remarkable - I knew you could do it -  
I'm proud of you - Fantastic - Super star - Nice work - Looking good -  
You're on top of it - Beautiful - Now you're flying - You're catching on -  
Now you've got it - You're incredible - Bravo - You're fantastic - Hooray  
for you - You're on target - You're on your way - How nice - How smart -  
Good job - That's incredible - Hot dog - Dynamite - You're beautiful -  
You're unique - Nothing can stop you now - Good for you - I like you -  
You're a winner - Remarkable job - Beautiful work - Spectacular - You're  
spectacular - You're darling - You're precious - Great discovery - You've  
discovered the secret - You figured it out - Fantastic job

The Confederated Tribes of Siletz Indians  
The Eugene Area Office  
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Eugene Oregon 97402