

**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

The Eugene Area Office Newsletter  
*May 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	April 30 <sup>th</sup>	6:00 – 8:00pm
Eugene AO	May 1	6:00 – 8:00pm
Portland AO	May 14 <sup>th</sup>	6:00 – 8:00pm
Salem AO	May 15 <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 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**

**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**

## 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.

## *JOM: Youth News and Notes*

### Spring Gathering:

Saturday, May 26: Camas

Learn to gather one of our traditional foods with the Healthy Traditions Program. Rides are available from the Area Office, lunch and snacks will be provided. Call for details/to sign up.

### Youth Movement:

Friday, May 4: Limited spots may remain for a 5<sup>th</sup>-8<sup>th</sup> grade field day at the University of Oregon. Call for more info.

### Youth Council:

Saturday, May 19: The Youth Council will help at the Elder's Wood Cut in Siletz, meeting to follow. Rides available.

### 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.

### May Youth Activity Calendar

May 4: Youth Movement, University of Oregon, depart EAO

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

May 14: Tutoring at Chifin, 3-5 pm, Chifin Youth Center (Springfield)

May 19: Youth Council Meeting-Siletz, OR, depart EAO 7:30 a.m

May 21: Homework Help (4-5 p.m)/Culture Night (5-7 p.m.) EAO

May 26: Camas Trip with Healthy Traditions, depart EAO, time TBA

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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)

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### Expanded Tutoring Opportunities

JOM is continuing to partner 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, May 7—Tutor Night (4-5pm) and Culture Night (5-7 pm) at Eugene Area Office

Monday, May 14— Tutoring and Homework Help, Chifin Native Youth Center, 3 pm- 5pm

Monday, May 21— Tutor Night (4-5pm) and Culture Night (5-7 pm) at Eugene Area Office

# Higher Ed/AVT: News and Reminders

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## Higher Education and AVT Grants

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

### The 2018-2019 Application Deadline is Approaching

Applications for the 2018-2019 school year beginning in Fall 2018 for new and continuing Higher Ed and AVT students are due **JUNE 30, 2018**. Applications must include all supporting documentation by the deadline. To be eligible for funding you must have submitted 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.

### Outside Scholarships Are Still Available:

#### -American Indian College Fund:

Deadline: May 31, 2018

<https://collegefund.org/>

#### -Cobell Vocational Training Scholarship:

Deadline: May 31, 2018

<https://cobellscholar.academicworks.com/opportunities/4466>

#### -American Indian Graduate Center:

Deadline: June 1, 2018

<https://www.aigcs.org/>

### Student Housing Assistance:

The Temporary Tribal Student Assistance Program (TTSAP) provides rental stipends to tribal students attending a college, university, vocational, or trade school.

Applications for the 2018-2019 school year are available now through the Siletz Tribal Housing Department.

- TTSAP can assist with rent/room and board in dormitories
- TTSAP is time-limited. Funding is for one academic year
- Student's share of rent is 30% of adjusted gross income
- Assistance is non-transferable

## 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.

# SILETZ ELDER NEWS

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

The area office is continuing its noon walking group. The group meets on Tuesday and Thursday and walkers will walk from 12:15 pm until 12:45 pm.

The next Introduction to the Athabaskan Language Class and Culture Craft Night at the Eugene Area Office will be held on Tuesday, May 1, 2018. Learn our language and how to tie feathers for regalia. A light meal will be served. Class is held from 5:00 pm until 8:00 pm.

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 9:30am.

The Warm Springs Honor Day is being held on May 11, 2018. If you are interested in attending contact the Elders Program, 1-800-922-1399.

The Chinook Winds Entertainment for May, 2018 is the Tesla. The shows will start at 8:00 pm on the 11<sup>th</sup> and 12<sup>th</sup>. Call Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

The next Elder Council Meeting is scheduled for Saturday, May 12, 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.

Elders Woodcut, May 19<sup>th</sup>, 2018, Siletz Oregon. Tribal Elders, who need firewood delivered, must call the Elders Program to be added to the list, Cecelia 541-444-8212 or Raina 541-444-8261.

There will be a Diabetes Support Class on May 24, 2018. Class will start at 6:00 pm and a light meal will be served. Contact Adrienne Crookes at 541-484-4234 for more information.

May 28<sup>th</sup> 2018 All Siletz Tribal Offices will be closed in observance of Memorial Day. There will be Memorial Day Service starts at 11am on Government Hill.

Jim Swanson, 541-683-8766

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



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!

<input type="checkbox"/> <b>Self-Referred</b>
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

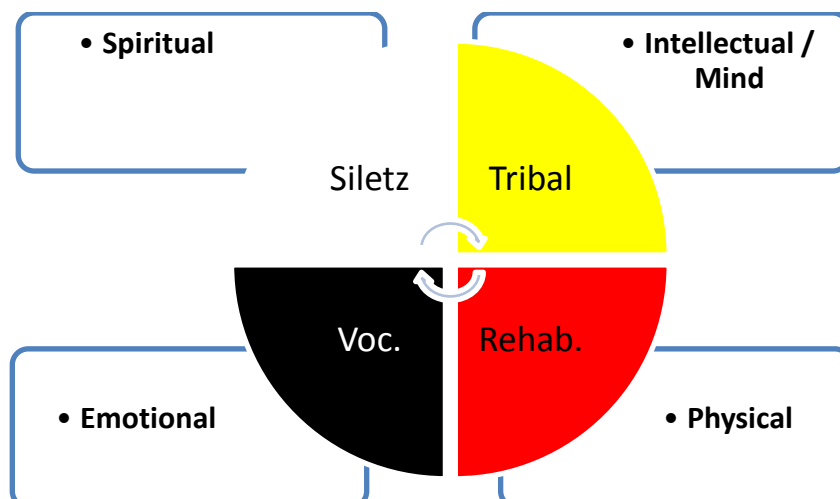
3160 Blossom Drive NE, Ste 105  
Salem, OR 97305

### 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.

The ones, who are  
crazy enough to  
think they can  
change the world,  
are the ones that do

**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 – May 9-11, 29 & 30**

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

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

**\*Jenifer – May 11, 14, 15,**

\* 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 May 2018**

Tuesday	May 1 <sup>st</sup>	TANF/GAF
Tuesday	May 1 <sup>st</sup>	EAO Language/Culture Class 5-8pm
Thursday	May 3 <sup>rd</sup>	SSP Client Training 10-10:30
Friday	May 4 <sup>th</sup>	Wex Payday
Monday	May 7 <sup>th</sup>	Self-Sufficiency documentation due
Tuesday	May 8 <sup>th</sup>	WEX Time Sheets Due
Sunday	May 13 <sup>th</sup>	Mother's Day
Thursday	May 17 <sup>th</sup>	Expungement Training EAO 1-2pm
Friday	May 18 <sup>th</sup>	WEX Payday
Tuesday	May 22 <sup>nd</sup>	WEX Time Sheets Due
Thursday	May 24 <sup>th</sup>	Diabetes Support Class 6-8pm
Monday	May 28 <sup>th</sup>	Memorial Day ALL Offices Closed

**\*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

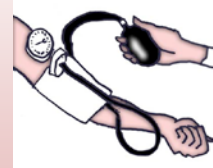
# Siletz Community Health

## Blood Pressure Screenings



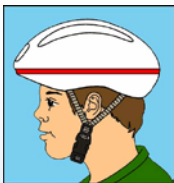
At the Siletz Eugene Area Office

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.

# May is Blood Pressure Awareness Month

Adrienne Crookes, Community Health Advocate

## Nearly 1 in 3 adults is living with this “silent killer.”

In the U.S. today, about 68 million people are living with high blood pressure, also known as hypertension. The good news is that high blood pressure can be prevented and controlled. The bad news is that less than half of the population with high blood pressure actually has it under control.

High blood pressure is an important health concern because it leads to heart attack and stroke, two of the leading causes of death in the U.S. High blood pressure is also a major risk factor for other diseases such as congestive heart failure and kidney disease.

High blood pressure is sometimes called a “silent killer” because it often does not have any signs or symptoms. That’s why it’s important to check your blood pressure regularly, and to take steps to maintain normal blood pressure, or lower blood pressure if it reaches unsafe levels.

Blood pressure is written as two numbers. The first (systolic) number represents the pressure when the heart beats. The second (diastolic) number represents the pressure when the heart rests between beats. The following is a classification system for blood pressure.

<b>Normal blood pressure</b>	systolic: less than 120 mmHg and diastolic: less than 80 mmHg
<b>Prehypertension</b>	systolic: 120-139 mmHg or diastolic: 80-89 mmHg
<b>High blood pressure</b>	systolic: 140 mmHg or higher or diastolic: 90 mmHg or higher or taking antihypertensive medication

## Preventing and Controlling High Blood Pressure

- Have your blood pressure checked and monitor it regularly.
- A diet high in sodium (salt) increases the risk for higher blood pressure. Most of the sodium we consume is already in the food when we buy it, mainly in processed foods. Cut back on your salt intake.
- Maintain a healthy body weight.
- Exercise regularly.
- Eat more fruits and vegetables.
- Don’t smoke.
- Watch your alcohol intake (fewer than two drinks per day for men, or one drink per day for women).
- If you have been prescribed blood pressure medication, take it as directed.
- If you have trouble with side effects, talk to your healthcare provider about other medications you can try.



For more information visit [www.cdc.gov/features/highbloodpressure](http://www.cdc.gov/features/highbloodpressure)

# MAY IS NATIONAL STROKE AWARENESS MONTH

Adrienne Crookes, Community Health Advocate

## KNOW THE FACTS ABOUT STROKE

### What is stroke?

Stroke kills almost 130,000 of the 800,000 Americans who die of cardiovascular disease each year – that's 1 in every 19 deaths from all causes. A stroke, sometimes called a brain attack, occurs when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts. You can greatly reduce your risk from stroke through lifestyle changes and, in some cases, medication.

### Are you at risk?

Anyone, including children, can have a stroke. Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits that you can change. Examples include smoking, drinking too much alcohol, and not getting enough exercise. Having high cholesterol, high blood pressure, or diabetes also can increase your risk for stroke. However, treating these conditions can reduce the risk of stroke. Ask your doctor about preventing or treating these medical conditions.

### What are the five most common signs and symptoms?

- Sudden numbness or weakness of the face, arm, or leg.
- Sudden confusion or trouble speaking or understanding others.
- Sudden trouble seeing in one or both eyes.
- Sudden dizziness, trouble walking, or loss of balance or coordination.
- Sudden severe headache with no known cause.



If you think that you or someone you know is having a stroke, call 9-1-1 immediately.

### How is stroke diagnosed?

Your doctor can perform several tests to diagnose stroke, including brain imaging, tests of the brain's electrical activity, and blood flow tests.

### How can I reduce my risk for stroke?

Eat a healthy diet, maintain a healthy weight, be physically active, don't smoke, limit alcohol use, and prevent or treat your other health conditions, especially high blood pressure, high cholesterol, and diabetes.

For more information visit [www.cdc.gov](http://www.cdc.gov)



# THE STUDENT FOOD PANTRY ANNOUNCING NEW HOURS

## COME

Every Wed  
or Thurs

Between  
4pm & 6pm

To  
1329 E. 19<sup>th</sup>



## BRING

A bag

Your  
Student  
ID

& maybe  
a Friend

## RECEIVE

Free Food

A Warm Welcome

### FUELING SUCCESS BY FIGHTING HUNGER

The Student Food Pantry is a non-discriminatory provider.

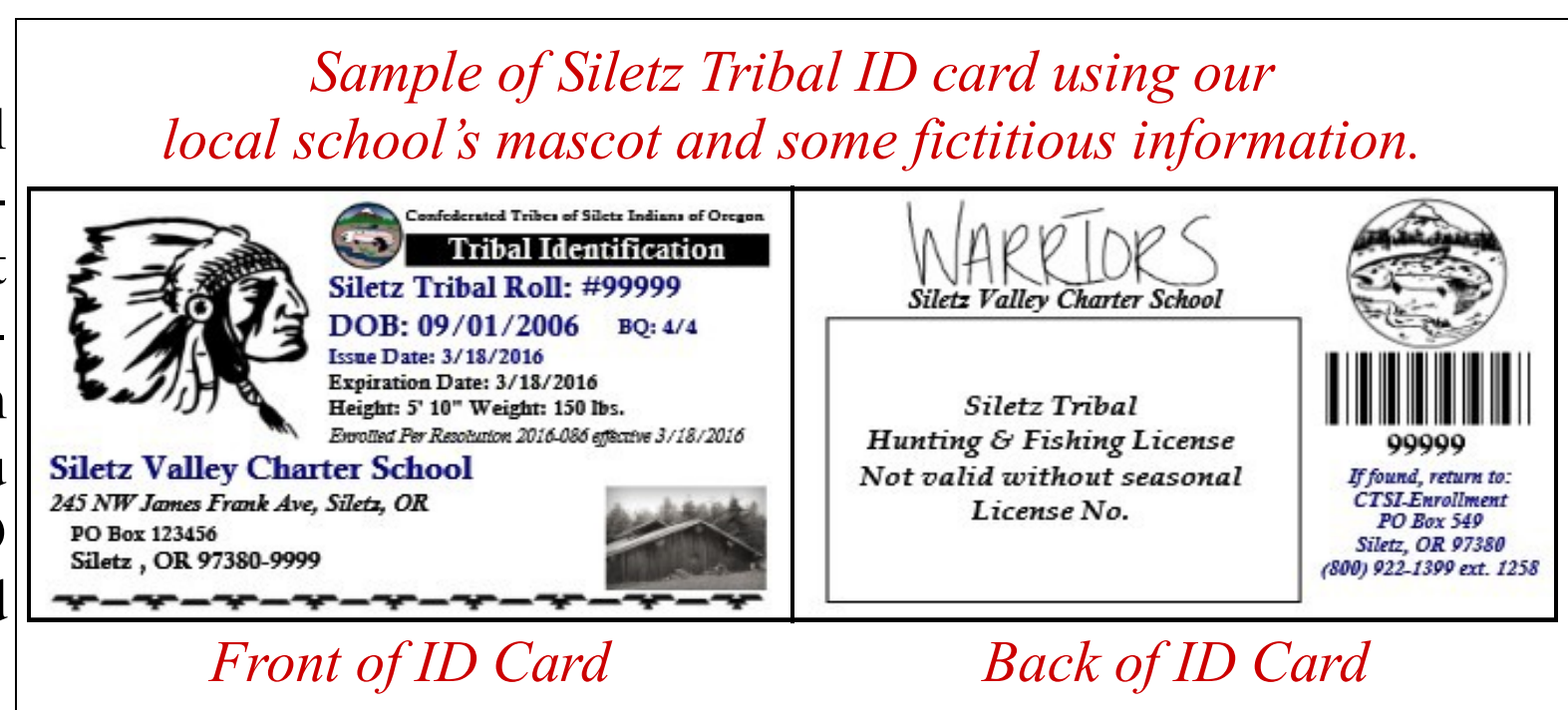


# Request Your Siletz Tribal ID Card Today!

If you are unable to make it to the Administration building in Siletz to obtain or replace your Siletz Tribal ID card you are now able to request one at on of the three Area Offices; Eugene, Salem and Portland. They will take your photo and obtain your signature then send it to the Enrollment Department in Siletz. Your Tribal ID will then be mailed by CERTIFIED mail to your address on file or to the Area Office where you made your request.

If you have family that do not live in the 11-county service area or are not able to make it to a Tribal office during work hours, there is a form on the Tribal website under Government Listings > Enrollment and the tab marked "Enrollment Forms." Tribal members can print the form titled "Siletz Tribal Identification (ID) Request" and follow the directions regarding the digital photo specifications, identity verification and signature verification then mail the form to the Enrollment Department.

If you have not updated or replaced your Tribal ID card since April 1, 2016 there is a new format and more information on the card that makes it more acceptable as a form of identification with many more places. The expiration date is 10 years from the issue date. When you update your address, send in your Tribal ID card and we will mail you an updated card with your new address.



If you need to replace your card with no changes (for example address or name) within the same calendar year it was issued, there is a \$5.00 replacement fee (per Tribal Resolution #2016-087). You can obtain up to one new Tribal ID card per calendar year at no charge. Call the Enrollment Department at (800) 922-1399 ext. 1258 if you have questions about this fee.

We Are All  
Related



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, May 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.



# **EXPUNGEMENT CLINIC**

Thursday, May 17

1:00 - 2:00 pm

CTSI Eugene Office

2468 W. 11<sup>th</sup>

*\* light refreshments provided \**

***Presented by Native American Program, Legal Aid  
Services of Oregon (NAPOLS)***

- ❖ Criminal Convictions can be a barrier to employment, housing, and other opportunities.
- ❖ EXPUNGEMENT is a court process that seals eligible criminal records, making them unavailable to employers, landlords, and the public.
- ❖ NAPOLS provides **FREE** expungement services to income-eligible tribal members.

**To learn more about expungement, please attend the  
EXPUNGEMENT CLINIC  
on Thursday, May 17th,  
or call NAPOLS directly at (503) 223-9483.**

# Siletz Tribal Youth Council Meeting



The Siletz Tribal Youth Council will volunteer at the May Elder's Wood Cut, with a meeting to follow.

All youth ages 12-24 are welcome to attend.

Date: Saturday, May 19, 2018

Tentative Schedule:	9:45 am	Meet at Siletz Behavioral Health
	10:00 am	Arrive at Elders Wood Cut
	Noon	Lunch (provided)
	1:30 pm	Youth Council Meeting
	2:30 pm	Depart for home

Location: Siletz, OR

## **Transportation:**

Youth carpools are available from all of the area offices. Contact your local area office as soon as possible to join.

## **Area Office Contact Numbers:**

Eugene: Nora Williams-Woods or Nick Viles, 541-484-4234

Portland: Katy Holland, 503-238-1512

Salem: Sonya Moody-Jurado, 503-390-9494

Siletz: Alfred Butler Jr. or Dee Butler, 541-444-8618

## **Youth Council Objective:**

The objectives of this group shall be to provide a collective voice and represent the Tribal youth in all matters that concern them; to serve as a means of mobilizing and coordinating the actions of youth, other community members and organizations toward positive goals; to promote the development of future Tribal leaders; to help solve problems facing Tribal youth; to coordinate school and community service projects and provide opportunities for the youth to interact for fun and fellowship.



# ELDERS WOODCUTS

**MAY 19 \* JULY 21 \* SEPT 15**

**Saturdays, 8:00am - 2:00pm**

**Near USDA on Logsden Rd, Siletz**

Join us to split, load & deliver Firewood to Tribal Elders

Snacks, water, and PIZZA lunch provided. Bring your own gloves. Bring axes and chainsaws if you have them.

Wood splitters and tools will be provided on site.

**RAIN or  
SHINE**



DEDICATED IN MEMORY OF CAT TUFTS

Tribal Elders who need firewood delivered must call the Elders Program to be added to the list, Cecelia (541) 444-8212, Raina (541) 444-8261

**Help Elders stay warm this Winter!**

Woodcut dates hosted by the Natural Resources Committee.



# Diabetes Support Group

**Thursday, May 24th**

**From 6:00–8:00 p.m.**

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



**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**



**2018**  
***Confederated Tribes of***  
***Siletz Indians***  
***Memorial Day Ceremony***

May 28, 2018  
11:00 a.m.  
Government Hill  
Siletz, Oregon

Procession to Veterans Memorial – Honor Guard  
Bear Spirit

Lord's Prayer – Siletz Royalty  
Welcome – Tribal Council Chairman Delores Pigsley  
Memorial Day Address – TBD  
Presentation of Flowers  
Gun Salute – Honor Guard  
Taps

Closing – Bear Spirit  
Lunch at the Tribal Community Center  
Provided by the Cultural Heritage Committee – Noon

## **Siletz Tribal Charitable Contribution Fund Tribal Member Recruitment for Advisory Board**

The Siletz Tribal Charitable Contribution Fund Advisory Board is accepting applications from Siletz Tribal members to fill one Board position. The appointment by Tribal Council is on a volunteer basis for a three-year term from July 1, 2018-June 30, 2021. Applications must be received no later than 4:30 p.m., June 6, 2018.

The STCCF Advisory Board is composed of seven unpaid members, including one Siletz Tribal Council representative; three Siletz Tribal members; two non-Tribal members agreed upon by the Governor and Tribal Chairman and approved by Tribal Council; and one non-Tribal member selected by the Tribal Chairman from a list submitted by the Governor and approved by Tribal Council.

The Advisory Board meets quarterly (January, April, June and October) to review approximately 75-100 applications for charitable funding received from non-profit organizations, schools, and local government agencies. The Advisory Board makes recommendations to Tribal Council for final review and approval. Board members attend the quarterly distribution receptions held in February, May, August and November at Chinook Winds Casino Resort. Board members will receive travel reimbursements for attendance at quarterly board meetings, award distribution receptions, and other approved public relation events.

For more information, please visit [ctsi.nsn.us/Charitable-Contribution-Fund](http://ctsi.nsn.us/Charitable-Contribution-Fund) or contact Board Secretary Denise Garrett, [stccf@live.com](mailto:stccf@live.com), 800-922-1399, ext. 1227.

### **Siletz Tribal Charitable Contribution Fund Tribal Member Advisory Board Application**

Name: \_\_\_\_\_ Roll No: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

Telephone: (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

Email: \_\_\_\_\_

Applications must be received no later than 4:30 p.m., June 6, 2018 at the address below to be considered for appointment at the regular Tribal Council meeting in June 2018.

Return application to:

***Siletz Tribal Charitable Contribution Fund  
PO Box 549  
Siletz, Oregon 97380  
Attn: Denise Garrett***

## USDA distribution dates for MAY 2018

<b>Siletz</b>		
TUESDAY	MAY 1	9:00 AM-3:00 PM
WEDNESDAY	MAY 2	9:00 AM-3:00 PM
THURSDAY	MAY 3	9:00 AM-3:00 PM
FRIDAY	MAY 4	9:00 AM-3:00 PM
MONDAY	MAY 7	9:00 AM-3:00 PM

<b>Salem</b>		
MONDAY	MAY 14	1:30 PM – 6:30 PM
TUESDAY	MAY 15	9:00 AM – 6:30 PM
WEDNESDAY	MAY 16	9:00 AM – 6:30 PM
THURSDAY	MAY 17	9:00 AM – 11:00 AM

## WHITE BEANS AND HAM

2 LBS DRY GREAT NORTHERN BEANS*	1 BAG BABY CARROTS DICED*
1 CELERY STALK DICED*	3 SMALL ONIONS DICED*
RED PEPPER FLAKES, SALT & PEPPER	1 LB DICED HAM*

- Soak beans in salted water overnight in enough water to cover + 3".
- Drain and rinse the beans and then fill with water again.
- Cook beans until tender.
- While beans are cooking, dice the onion, carrot and celery.
- Sauté veggies in a little butter with salt until they are getting a little soft.
- Add the veggies to the beans.
- Dice the ham chunks and add it to the beans.
- Heat the ham through and serve.
- WE SERVED IT WITH FRYBREAD

**\*indicates product 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

# May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 Siletz Language/Culture Class 5-8pm	1 USDA Distribution Siletz 9-3pm  EAO Language/Culture Class 5-8pm  EAO Walking Group 12:15-12:45pm	2 USDA Distribution Siletz 9-3pm	3 USDA Distribution Siletz 9-3pm  SSP Client Trng EAO 10-10:30am  EAO Walking Group 12:15-12:45pm	4 USDA Distribution Siletz 9-3pm  Pay Day  Youth Movement U of O	5 
6	7 USDA Distribution Siletz 9-3pm  Home Work Help 4-5pm Culture Night 5-7pm	8 Time Sheets Due  EAO Walking Group 12:15-12:45pm	9 Wisdom Warrior Group 5:30-8pm	10 EAO Walking Group 12:15-12:45pm	11  U OF O Mothers Day Pow Wow	12 Elders Meeting Ace's 1-4pm  U OF O Mothers Day Pow Wow
13 Mothers Day	14 USDA Distribution SAO 1:30-6:30  PAO Language/Culture Class 5-8pm  Spfld Tutor Chifin 3-5pm	15 USDA Distribution SAO 9-6:30pm  SAO Language/Culture Class 5-8pm  EAO Walking Group 12:15-12:45pm	16 USDA Distribution SAO 9-6:30pm	17 USDA Distribution SAO 9-11am  Expungement Trng EAO 1-2pm  EAO Walking Group 12:15-12:45pm	18 Pay Day	19 Youth Council Meeting  Elders Wood Cut 8-2pm
20	21 Home Work Help 4-5pm Culture Night 5-7pm	22 Time Sheets Due  EAO Walking Group 12:15-12:45pm	23	24 Diabetes Support Group 6-8pm  EAO Walking Group 12:15-12:45pm	25	26 Camas Trip with Healthy Traditions
27	28 Memorial Day All Tribal Offices CLOSED  	29	30	31	1 Pay Day	2

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**

**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**

**You don't always need a plan  
Sometimes you just need to breathe, trust, let go  
and see what happens...**

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

**Bear Claws and Teeth Available**

The Tribal Natural Resources Department periodically obtains bear parts from the Oregon Department of Fish and Wildlife for Siletz Tribal members to use in making regalia and ceremonial items. An effort to reduce the bear paw and snout parts to manageable size has been done by volunteers, but parts still have bone, fur and tissue attached. The final preparation of claws and teeth to create clean, useable items is the responsibility of the tribal member. Parts are kept frozen and are distributed on a first-come-first-served basis as they become available. Bear parts may only be used by Siletz Tribal members and may not be traded or sold. Tribal members interested in processing and using bear parts for regalia and other cultural purposes should contact the Natural Resources Department to be added to the waiting list by calling Mike Kennedy at 541-444-8232 or Denise Garrett at 541-444-8227.