

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

### October 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	October 8 <sup>th</sup>	6:00-8:00pm
Eugene A/O	October 9 <sup>th</sup>	6:00-8:00pm
Portland A/O	October 15 <sup>th</sup>	6:00-8:00pm
Salem A/O	October 16 <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**

*October 1<sup>st</sup> Siletz Tribal Elders and Disabled members  
November 1<sup>st</sup> for other 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



## Seeking Siletz Tribal Members to Join the Community Visioning Team

The Confederated Tribes of Siletz Indians is launching a collaborative community engagement process to inform the next comprehensive plan. This comprehensive plan is the official document for guiding both the Siletz Membership and Tribal Government through decisions they will make throughout the next ten years.

We are seeking members to join the Community Visioning Team (CVT) to create the community engagement plan that will inform the comprehensive plan. Responsibilities include:

- attending up to 6 meetings over the next 6 months (either in person or virtual) and associated tasks (the first meeting will be on November 27, 2018 in the evening; location TBD with call-in/video option)
- sharing your ideas and insights on how to engage the whole community,
- sharing the activities and outcomes of the CVT with the community, and
- holding the value of securing historical and future lifeways.

Our goal is to have broad representation of up to 30 people from throughout the entire tribal community--youth, elders, parents, and more!

Nominate yourself or others by **October 12, 2018:**

- Going to the Community Visioning Team website at <https://tinyurl.com/2018CTSI>
- Complete a Nomination Form at your Area Tribal Office
- Email Project Coordinator Shadiin Garcia at [shadiin@thinkshorelines.com](mailto:shadiin@thinkshorelines.com)
- Call Project Coordinator Jeneen Hartley at 612.250.9949

**INTERESTED IN JOINING OR RECOMMENDING  
SOMEONE TO THE COMMUNITY VISIONING TEAM?  
SIGN UP BELOW!**

Write the name of the recommended CVT person here:

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What is their contact information (email and/or phone):

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Why would this person be an remarkable member of the Community Visioning Team \*

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What is your name:

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What is your contact information (email and/or phone):

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**Please return this completed form to your Area Tribal Office or submit to  
[shadiin@thinkshorelines.com](mailto:shadiin@thinkshorelines.com).**

## 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 October 9, 2018. Class starts at 6:00 pm and a light meal is provided. A Siletz Basketry Class will be held on the same day. The Basketry class will start at 5:00 pm. The Siletz Culture Department will provide material and instructor. If you have your own material please bring it with you.

The next Elder's Council Meeting is scheduled for Saturday, October 13, 2018 at 1:00 pm, and will be held in the Aces room at the Golf Course.

The Chinook Winds Entertainment for October, 2018 is Dan and Shay. They will be at the casino on October 5<sup>th</sup> and 6<sup>th</sup>. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665. Paula Abdul will be at the casino on November 2<sup>nd</sup> and 3<sup>rd</sup>.

There is a quarterly meeting scheduled on Thursday, October 18, 2018. This meeting is for the Elder Committee Officers, Area Representatives, and Transporters. The meeting will be held at the Portland Area Office and starts at 11:00 am. The purpose of this meeting is to hear elder questions and concerns and no actions will be taken. Issues will be presented at the next Elder Meeting.

The next Super Star Luncheon will be held at the casino on Thursday, October 25, 2018 and Elders are invited to attend. Seating starts at 11:00 am.

There will be a Diabetes Support Class on October 25, 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.

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.

Jim Swanson, Eugene Area Representative

541-683-8766

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

## *JOM: Youth News and Notes*

### Homework Club:

Come for individual tutoring as well as educational games and activities. Also, snacks and incentive prizes! October dates: Monday 10/1, 10/15, and 10/29, 3:30-5:30 pm., at the EAO

### Youth Council:

Saturday, October 20: The Youth Council will visit Grand Ronde for its next meeting. All tribal youth ages 12-24 are welcome to attend. Call to sign up. Transportation is available. Departure time TBA.

### Pumpkin Patch Trip:

Sunday, October 21, 11-1: Join JOM and Home Visiting Families at the Pumpkin Patch. Lunch, pumpkin purchase, and hay ride tickets provided. See flyer for more details.

Siletz Youth Conference: Tribal youth ages 12-18 are invited to join us for three days of workshops, games, and speakers on November 10-12. Applications are due **October 19** and space is limited so apply early!

### October-Youth Activity Calendar

Oct. 1: Tutoring, EAO, 3:30-5:30 pm

Oct. 15: Tutoring, EAO, 3:30-5:30 pm

Oct. 18: College Info Nite, EAO, 4:30-6:30

Oct 19: Youth Conference Applications Due

Oct. 20: Youth Council, depart TBA

Oct. 21: Pumpkin Patch Trip, Lone Pine Farm, 11 am- 1 pm

Oct. 29: Tutoring, EAO, 3:30-5:30 pm

## *Higher Ed/AVT: News and Reminders*

### Higher Ed and Adult Vocational Training

College Info Night: Applications for the 2019-2020 FAFSA open October 1. Come get more info about the FAFSA at the Eugene Area Office on Thursday, October 18 4:30-6:30 pm. Enjoy a pizza dinner plus get answers to questions about applying to college, tribal aid, and scholarships. See flyer for details.

2019-2020 Application Deadlines:

**\*\*Submit FAFSA by January 31, 2019; Submit application by June 30, 2019\*\***

### 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, obtaining or renewing professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for more details.

*Considering attending a college, university, or training program next year?*

*Need information about filing out a FAFSA?*

*Want information about the types of aid the tribe offers to help students?*

***Come to...***

# College Info Night

Thursday October 18, 4:30-6:30 pm

Eugene Area Office

All tribal members and their families are invited to an informational session about applying for college, filing a FAFSA, tribal deadlines for funding, and additional outside scholarships.

## **Featuring**

- ◆ Pizza dinner
- ◆ Door Prizes
- ◆ Answers to questions about:
  - College Applications
  - Tribal Aid
  - Scholarships
  - FAFSA

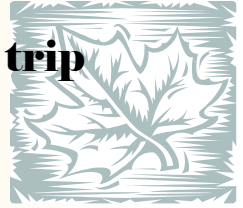
**For more information contact: Nick Viles 541-484-4234; [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)**





# Pumpkin Patch Trip!

**Siletz, JOM and Home Visiting Families are invited to a trip  
to Lone Pine Farms Pumpkin Patch!**



**Sunday October 21st.**

**11 am to 1 pm**

**Lone Pine Farm  
91909 River Rd, Junction  
City, OR**

**Rides available from the  
Eugene Area Office (leaving  
at 10:30) or meet us at the  
farm. Space limited– Please  
call and let us know if you  
will need a ride.**

**We will provide lunch and cov-  
er the cost of pumpkins**

**Contact Jessica Phillips or Nick Viles  
with Questions or to sign up**

**541-484-4234**



Don't forget to dress for  
the weather and wear  
clothes you don't mind  
getting dirty



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. 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

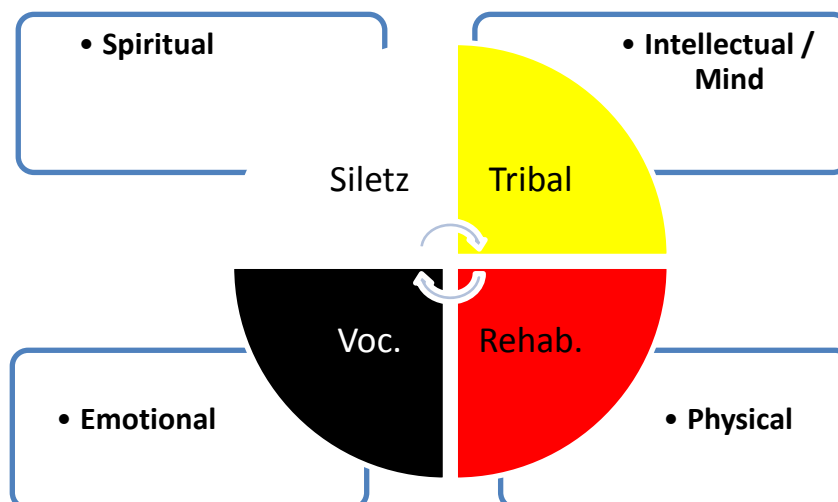
### SILETZ ADMIN. OFFICE

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



# 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.

Good things happen in your life when you surround yourself with positive people...

**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 October 2018**

Monday	October 1 <sup>st</sup>	TANF/GAF
Friday	October 5 <sup>th</sup>	WEX Payday
Wednesday	October 5 <sup>th</sup>	Self-Sufficiency documentation due
Tuesday	October 9 <sup>th</sup>	WEX Time Sheets Due
Wednesday	October 17 <sup>th</sup>	SSP Workshop (Interviewing) 1pm
Friday	October 19 <sup>th</sup>	WEX Payday
Thursday	October 25 <sup>th</sup>	Diabetes Support Class 6-8pm
Monday-Wednesday	October 22 <sup>nd</sup> – 24 <sup>th</sup>	IYS-Increasing Your Success
Tuesday	October 26 <sup>th</sup>	WEX Timesheets Due
Wednesday	October 31 <sup>st</sup>	Halloween
Friday	November 2 <sup>nd</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.

**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.

**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.

**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.



# Diabetes Support Group

**Thursday, October 25th**

**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. Come learn about modest lifestyle changes you can make to get healthy.**

**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**



# FLU SHOTS

Thursday, November 1, 2018  
4:00 – 7:00 p.m.  
At the Siletz Eugene Area Office  
2468 West 11<sup>th</sup> Avenue

*FREE* flu shots are available to Siletz Tribal members and their families (even if the family member is not tribal), and any other tribal member eligible for Indian Health Services.

Ages 6 months to adult.

(Please allow enough time to complete a short questionnaire and to remain 10 minutes after receiving your vaccination.)

### Three Reasons to Get Vaccinated

- 1) Prevent flu-related deaths
- 2) Prevent serious illness
- 3) Protect others around you

You may contact Adrienne Crookes,  
Community Health Advocate, if you have questions.  
541-484-4234

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, October 2nd, 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.

# Breast Cancer: *What You Need to Know*

*Cancer* is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called *breast cancer*. Except for skin cancer, breast cancer is the most common cancer in American women.

Breast cancer *screening* means checking a woman's breasts for cancer before she has any symptoms. A *mammogram* is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

**Most women who are 50 to 74 years old should have a screening mammogram every two years.** If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.



## Some things may increase your risk

The main factors that influence your breast cancer risk are being a woman and getting older. Other risk factors include—

- Changes in breast cancer-related genes (BRCA1 or BRCA2).
- Having your first menstrual period before age 12.
- Never giving birth, or being older when your first child is born.
- Starting menopause after age 55.
- Taking hormones to replace missing estrogen and progesterone in menopause for more than five years.
- Taking oral contraceptives (birth control pills).
- A personal history of breast cancer, dense breasts, or some other breast problems.
- A family history of breast cancer (parent, sibling, or child).
- Getting radiation therapy to the breast or chest.
- Being overweight, especially after menopause.

## Symptoms

Some warning signs of breast cancer are—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in the breast.

Other conditions can cause these symptoms. *If you have any signs that worry you, call your doctor right away.*

### More Information

[www.cdc.gov/cancer/breast/](http://www.cdc.gov/cancer/breast/) • (800) CDC-INFO (800-232-4636) • TTY: (888) 232-6348

### Can't afford a mammogram?

If you have a low income or do not have insurance and are between the ages of 40 and 64, you may qualify for a free or low-cost mammogram through CDC's National Breast and Cervical Cancer Early Detection Program. To learn more, call (800) CDC-INFO.

# Halloween Health and Safety Tips

**S**

Swords, knives, and similar costume accessories should be short, soft, and flexible.

**A**

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

**F**

Fasten reflective tape to costumes and bags to help drivers see you.

**E**

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

**H**

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

**A**

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

**L**

Look both ways before crossing the street. Use established crosswalks wherever possible.

**L**

Lower your risk for serious eye injury by not wearing decorative contact lenses.

**O**

Only walk on sidewalks whenever possible or on the far edge of the road facing traffic to stay safe.

**W**

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

**E**

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

**E**

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.

**N**

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

**For more information about these tips, visit: [www.cdc.gov/family/halloween](http://www.cdc.gov/family/halloween)  
Office of Women's Health • 770-488-8190 (phone) • [owh@cdc.gov](mailto:owh@cdc.gov) (e-mail)**

U. S. Department of Health and Human Services  
Centers for Disease Control and Prevention

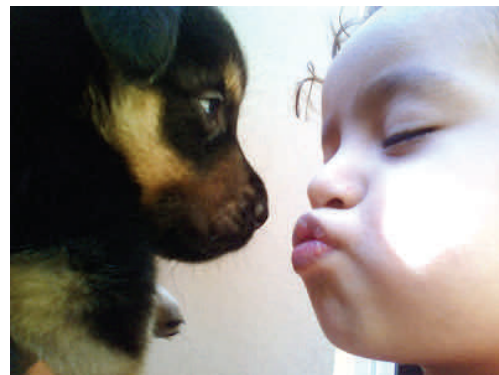
# What is Second and Third-hand Smoke?



**Secondhand smoke is the smoke that comes from the burning end of a cigarette, cigar, pipe or even an E-cigarette. It is also the smoke/vape that smokers breathe out (exhale). Even smoke/vape that is exhaled contains substances that irritate the lining of**

your lungs and other tissues, such as your eyes and throat. These substances cause changes that interfere with cells developing normally in your body. These changes in cells increase the risk of some cancers and other health conditions. What is third-hand smoke? Third-hand smoke is the invisible tobacco “dust” (or chemical) that settles in the environment and stays there even after a cigarette has been put out. Third-hand smoke contains more than 250 chemicals. We know that children exposed to third hand smoke are at risk, because they have higher levels of cotinine (the by-product of nicotine) in their urine and blood. These harmful chemicals stay on your clothes, hair, carpet, toys, coat, chair, couch and every surface in your home and car.

Babies and children can be harmed because they breathe or eat the toxins when they crawl on floors, sit on car seats, or cuddle adults, where toxins may have built up over time. Pets are also at risk because the toxins stay on their fur. Pets are also vulnerable to health conditions including cancer’s caused from second-hand smoke exposure.





## 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)

## 2018

### ARCHERY TAGS LATE SEASON

#### Deer and Elk

##### First Distribution

October 15 – October 28, 2018

Issued to those who have not received a deer archery tag or any elk tag in 2018

##### Second Distribution

October 29 – December 9, 2018

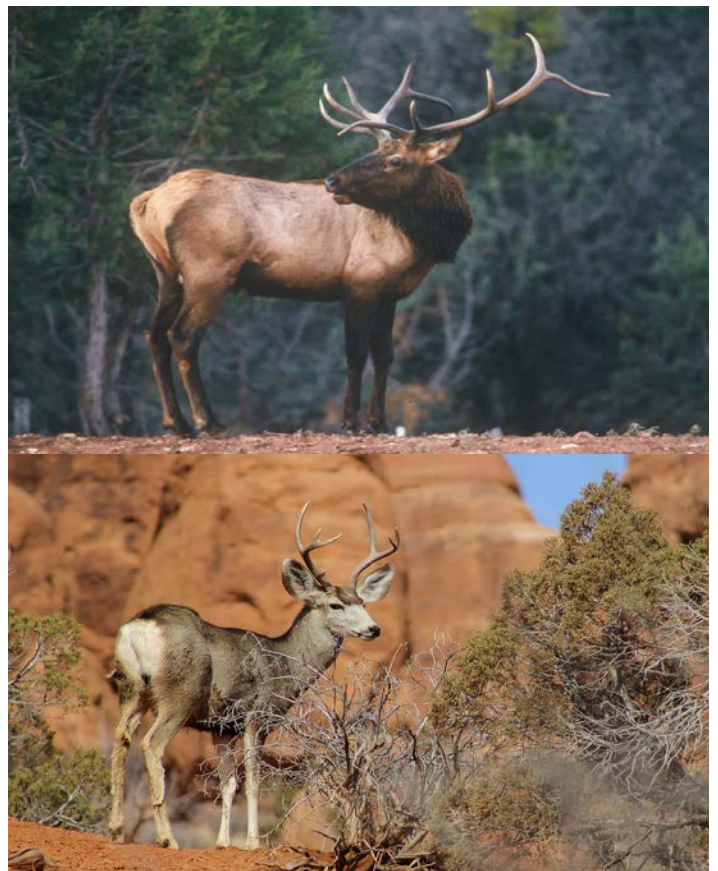
Remaining tags issued to any eligible Siletz Tribal member

Questions please contact:

Mike Kennedy

541-444-8232

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





# October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>TANF/GAF</p> <p>USDA Distribution Siletz 9-3</p> <p>Homework Club 3:30-5:30pm</p>	<p>2</p> <p>EAO Walking Group 12:15-12:45</p> <p>USDA Distribution Siletz 9-3</p>	<p>3</p> <p>USDA Distribution Siletz 9-3</p>	<p>4</p> <p>EAO Walking Group 12:15-12:45</p> <p>USDA Distribution Siletz 9-3</p>	<p>5</p> <p>WEX Payday</p> <p>Self Sufficiency Doc. Due</p> <p>USDA Distribution Siletz 9-3</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Language Class Siletz 6-8pm</p>	<p>9</p> <p>Timesheets Due</p> <p>EAO Walking Group 12:15-12:45</p> <p>Language Class EAO 6-8pm</p>	<p>10</p>	<p>11</p> <p>EAO Walking Group 12:15-12:45</p>	<p>12</p> <p>Last Day Apply</p> <p><b>Siletz Tribal Members Join the Community Visioning Team</b></p>	<p>13</p> <p>Elders Mtg Ace's 1-4pm</p>
<p>14</p>	<p>15</p> <p>USDA Distribution Salem 1:30-6:30pm</p> <p>Language Class PAO 6-8pm</p> <p>Homework Club 3:30-5:30pm</p>	<p>16</p> <p>USDA Distribution Salem 9-6:30pm</p> <p>EAO Walking Group 12:15-12:45</p> <p>Language Class SAO 6-8pm</p>	<p>17</p> <p>USDA Distribution Salem 9-6:30pm</p> <p>SSP Workshop Interviewing 1pm</p>	<p>18</p> <p>USDA Distribution Salem <b>By Appt. Only</b></p> <p>EAO Walking Group 12:15-12:45</p> <p><b>College Info Night 4:30-6:30pm</b></p>		<p>20</p> <p>Youth Council Meeting Time &amp; Place TBA</p>
<p>21</p> <p>Pumpkin Patch Trip Lone Pine Farm 11:00-1:00pm</p>	<p>22</p> <p>SSP - IYS Increasing Your Success</p>	<p>23</p> <p>Timesheets Due</p> <p>SSP - IYS Increasing Your Success</p> <p>EAO Walking Group 12:15-12:45</p>	<p>24</p> <p>SSP - IYS Increasing Your Success</p>	<p>25</p> <p>EAO Walking Group 12:15-12:45</p> <p>Diabetes Support Group 6-8pm</p>	<p>26</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Homework Club 3:30-5:30pm</p>	<p>30</p> <p>EAO Walking Group 12:15-12:45</p>	<p>31</p> <p><b>Halloween</b></p>	<p>1</p> <p>EAO Walking Group 12:15-12:45</p> <p>EAO Soup Night 4-7pm</p> <p>Flu Shots 4-7pm</p>	<p>2</p> <p>WEX Payday</p>	<p>3</p>

The Confederated Tribes of Siletz Indians

**The Eugene Area Office Staff**

**541-484-42341-800-922-1399**

**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**

Take a deep breath...

It's just a bad day, not a bad life 😊

**The Confederated Tribes of Siletz Indians**

**The Eugene Area Office**

**2468 West 11th Avenue**

**Eugene Oregon 97402**