



# THE DRUMBEAT

## April 2018 Newsletter Salem Area Office

Confederated Tribes of Siletz Indians, 3160 Blossom Dr N. Suite 105, Salem, OR 97305

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Beverly Owen, Area Office Supervisor x1851  
Cindy Jackson, Area office Secretary x1850

[bevo@ctsi.nsn.us](mailto:bevo@ctsi.nsn.us)  
[cindyj@ctsi.nsn.us](mailto:cindyj@ctsi.nsn.us)

Our office hours are Monday through Friday 8:00am – 4:30pm. We are closed on Federal and Tribal Holidays.

**The policy of the Tribe on coming into any Tribal Offices under the influence of drugs and/or alcohol is that it will NOT be tolerated. That also includes threats of any kind and/or unruly behavior. If you exhibit any of this type of behavior, you will be asked to leave.**

We have a 5¢ per page charge for copies, faxes and printed materials.

**Note: If the documents are specifically requested by a Tribal program there will be no charge.**

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





# Announcements & Community News



*Each month we will spotlight a particular style of powwow dance.*



## Men's Fancy

This is the hardest, showiest, and most exciting of all Powwow dances. Men's Fancy comes from Oklahoma and was made by the Ponca tribe. It's based off the War Dance of the prairie days. It quickly became popular during Wild West shows and various local exhibitions. It's differentiated by the style and pace. Each dancer wears two feather "bustles" on their back that are either made entirely of Eagle feathers or down feathers. The outfit is also fitted with goat hide leggings, bells below the knee, beaded moccasins, beaded belts and side drops, sequined/beaded vests/capes, two sticks held in each hand (one sometimes being a whistle), and finally, the roach. The dance style is often very fast, with different variations thrown into one song like the crow-hop, medium war, and the ruffle. Songs tend to be very fast, often out drumming the dancers and usually ending on the stop of a dime. Sometimes singers try to "trick" the dancers by having midway stops and vocal only sections instead of drumming. Highly regarded as the show stopper, Men's Fancy is the best of the best.



ADVOCATE: Kim Lane 541-444-9679  
kiml@ctsi.nsn.us

OUTREACH: Kira Woosley 541-444-9680  
kiraw@ctsi.nsn.us

**TOLL FREE: 1-800-648-0449**

The CARE Program offers confidential, safe and culturally appropriate education and advocacy services to Native American victims of domestic violence, sexual assault, dating violence and stalking, as well as victims associate with Native families, such as a non-native spouse.

An advocate is available to provide assistance to access services, including personal protective orders, shelter or housing, Tribal program information and other program resources.

It is the Program's mission to educate and empower our community to live a healthy, non-violent lifestyle that strengthens spirit for future generations.



**Chemawa Spring Powwow – April 21<sup>st</sup>**  
Grand Entry 1pm and 6pm



**Western Oregon University Powwow – April 28<sup>th</sup>**  
WOU 503-838-8403 for details

*april showers bring may flowers*







### **Bear Claws & Teeth Available**

The Tribal Natural Resources Department periodically obtains bear parts from Oregon Department of Fish & 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, fir 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. You can also call 1-800-922-1399 and ask for either Mike or Denise.

### **FREE DIAPER SUPPLIES FOR FAMILIES IN NEED**

Low income families in Marion and Polk Counties, aged 0-5, may be eligible to receive FREE diapers, pull-ups, wipes and/or diaper cream through the Family Support grant from the Marion Polk Early Learning Hub.

Walk-in appointments are available: Wednesdays from 9:00-10:00am      Fridays from 3:00-4:00pm

Or call Samantha Raye or Eva Pignotti to schedule an appointment at 503-581-1152.

You will need to bring proof of income. Examples of proof of income are:  
OHP Card      SNAP Card      WIC Card      SSI Letter      TANF Letter  
Enrollment in Community Action Head Start or Early Head Start  
Enrollment in another Head Start or Early Head Start program (w/referral)

**Community Action Head Start, 2475 Center St NE, Salem 97301**



### **Elder Potluck**

#### **Game Night**

**SAO Elder's have requested a Potluck night.**

**Thursday, April 12th at 5:30 pm we will have the office open to host this event. The Elder's can discuss future monthly Potlucks and what time and day would work on a monthly basis.**

**For this first Potluck we will have a couple board games available for anyone who wants to join in.**

**If you are interested and would like to be picked up to attend, please contact your rep. or Lydia for ride.**



### **ELDER SHOPPING DAYS IN APRIL**

**The shopping days for the Salem Area Elders are:**

**April 10<sup>th</sup>      April 21<sup>st</sup>**

***Please contact your Area Rep for details***







Ribbon Skirt



Girls Ribbon Skirt

## Coming In April

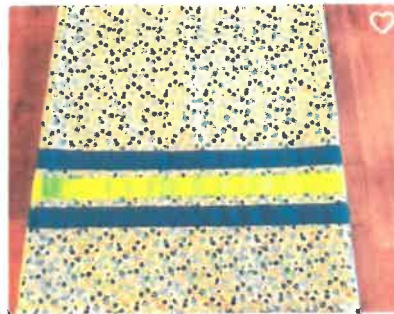
### Ribbon Skirts

If you are interested in learning to make a basic ribbon skirt call us to sign up. It's a good time of the year to get started on some fun sewing projects! We will have some supplies on hand but, if you want to bring your own fabric choice and ribbons of choice you may also bring your own supplies. The participants will need to operate a sewing machine and have some basic knowledge of operating a sewing machine. If you do not have experience, or it's been a while since you used a machine, call and plan to come in before the class and practice your skills. We have office sewing machines. Class day and times TBA based on the schedules of the instructor and participants. Contact Beverly or Cindy to Sign up.

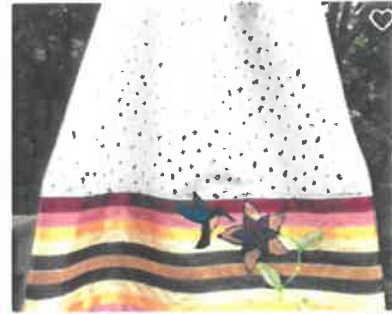
Space is limited so call soon. 503-390-9494



Ribbon skirt



Ribbon Skirt



Hummingbird Ribbon Skirt





# LANGUAGE AND CULTURE

**Bud Lane**  
1-800-922-1399  
ext 1320



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

**When: 2<sup>nd</sup> Tuesday of every month from 6:00 – 8:00 pm**



These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our ancient languages. We also have equipment in the Culture Department available for use in grinding and drilling shells or pine nuts or other applications. If you have a need for using the equipment, call and I can set up an appointment during regular business hours or after hours.

# USDA SALEM WAREHOUSE

**JOYCE RETHERFORD**  
CTSI FDP Director  
**LISA PAUL**  
CTSI FDP Clerk  
503-391-5760 (Salem)

## Distribution Dates & Times

**Monday April 16<sup>th</sup>**

**Tuesday April 17<sup>th</sup>**

**Wednesday April 18<sup>th</sup>**

**Thursday April 19<sup>h</sup>**

**1:30pm – 6:30 pm**

**9:00 am – 6:30 pm**

**9:00 am – 6:30 pm**

**9:00am – 11:00 am**

Like Us On  
**Facebook**  
**SILETZ TRIBAL**  
**FDPIR**

### Cinnamon Nut Filled Pumpkin Apple Bread

#### Bread

3 c. all purpose flour\*  
1 tblsp pumpkin pie spice  
1 c vegetable oil\*  
2 c chopped apples\*

½ tsp baking powder  
1 ¼ c packed brown sugar  
1 ¼ c granulated sugar

1 tsp salt  
8 tblsp egg mix\*  
1 c water

1 ½ tsp baking soda  
1 c pumpkin puree\*  
1 tsp vanilla extract

#### Filling

1 c chopped fruit & nut mix  
1 stick butter

1 c packed brown sugar

2 tsp cinnamon

¼ c all purpose flour

Preheat oven to 350. Grease and flour 2 average size bread pans. In a large bowl, combine all the dry ingredients for the bread. Whisk together well.

In another mixing bowl, mix the egg powder and water, pumpkin, oil and vanilla together. Mix the pumpkin mixture into the flour mixture. Combine well. Add the chopped apples. Use a spoon – **DO NOT USE ELECTRIC MIXER**.

Make the filling. Mix all ingredients together in a bowl. It should resemble a paste. Divide ½ of the pumpkin batter between the loaf pans and divide the filling in half. Place spoonfuls of the filling more towards the center of the loaf, avoiding the outside edges of the batter, Divide remaining batter. Top the filling with the remaining batter between the 2 pans. Gently spread evenly. Place in oven and bake 1 hour or until toothpick inserted comes out clean. Cool and enjoy





# 477/SSP

ANGELICA ESPINO  
Tribal Service Specialist  
angelicae@ctsi.nsn.us

Office Hours: Monday – Friday 8:00am – 4:30pm

Our Program offers a variety of services on a budgetary basis. We offer Cash Assistance, Emergency Assistance, Classroom Training, Work Experience and On The Job Training. Participants in 477/SSP Programs must meet the eligibility requirements.

## IMPORTANT DATES TO REMEMBER

April 1<sup>st</sup> - 5<sup>th</sup>  
April 5<sup>th</sup>  
April 12<sup>th</sup>

Monthly Contact Appointments **(MANDATORY)**  
Job Search/Monthly Report forms due for Cash Assistance  
SSP Training **(MANDATORY)** 2:30 – 4:00 pm

### **FREE DIAPER SUPPLIES FOR FAMILIES IN NEED**

FREE diapers, pull-ups, wipes and/or diaper cream from Marion Polk Early Learning Hub. (see more details at beginning of newsletter)

#### **WALK-INS**

Wednesdays 9:00 – 10:00 am      Fridays 3:00 – 4:00 pm

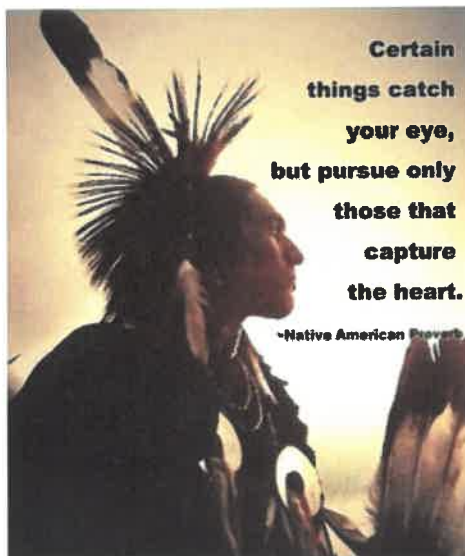
Community Action Head Start, 2475 Center St NE, Salem 97301  
503-581-1152

### **COMMUNITY ACTIVITIES OF INTEREST**

**Tutoring:  
Indian Ed**

**USDA – Salem  
Orthodontic Screen**

**Tuesdays 4:30-6:30pm (Salem Office)  
Thursday evenings at Bush Elementary  
(for Native children incl/descendants)  
April 16, 17, 18 and 19  
April 16 and 17 (Siletz Tribal Members)**



### **IMPORTANT REMINDERS FOR 477/SSP**

- SSP STAFF WILL RETURN CLIENT PHONE CALLS WITHIN 24 BUSINESS HOURS.
- SSP STAFF WILL ADDRESS CLIENT REQUESTS FOR SUPPORT SERVICES AND OTHER REQUESTS WITHIN TWO BUSINESS DAYS.
- SUPPORT SERVICES REQUEST FORMS ARE KEPT IN THE LOBBY.
- You **MUST** COMPLETE THE SUPPORT SERVICES REQUEST FORM FOR GAS CARDS, BUS PASSES, ETC.

**PLEASE CALL BEFORE COMING ALL THE WAY HERE FOR YOUR CHECK.**



# COMMUNITY HEALTH

CECILIA TOLENTINO  
CHA  
ceciliat@ctsi.nsn.us

*Office Hours: Monday – Friday 8:00am – 4:30pm*

## SIGN UP TODAY FOR A GROCERY STORE TOUR!



Families on a tight budget report that the cost of healthy groceries is their biggest barrier to making healthy meals at home. Food skills, like smart shopping, can help overcome that barrier. This program is a free program hosted by the Siletz Community Health and Diabetes Programs that empowers families to stretch their food budgets so, their children get healthy meals at home.

This store tour is for Adults and is a guided grocery store tour that teaches adults how to get the most nutrition for their food dollars.

### Sign up today

**Who:** Adults age 18 and above

**When:** April 18th

**Time:** 5pm

**Location:** Salem , OR

**FOR MORE  
INFORMATION  
CONTACT:  
CECILIA TOLENTINO  
503.390.9494**

## Do you want to learn skills like

- Identifying nutritious snacks and quick meals
- Identify healthy foods for your family and learn to read food labels
- Learn how to shop the store for healthy foods for your family on a budget.

**Space is limited, sign up today!**

Brought to you by:  
The Siletz Community Health  
Department  
In collaboration with





# EDUCATION

SONYA MOODY-JURADO  
Education Specialist  
sonyamj@ctsi.nsn.us

**Office Hours: Monday – Thursday 8:00am – 4:30pm**

**EDUCATION PROGRAM COMPONENTS:** Higher Ed ♦ Adult Vocational Training (AVT) ♦ Adult Education ♦ Supplemental Education ♦ (JOM) ♦ Tribal Youth Employment & Education (TYEE)



When calling, if I am not available, please leave a message. For JOM activities youth must be nine years old to attend without a chaperone. [You must call Sonya to sign up for all JOM activities.](#)

**Tutoring:** Tuesdays from 4:30 – 6:30 pm in the office

**Indian Education:** Thursdays from 6:00 – 7:30 pm at Bush Elementary (light supper at 5:30pm)

## **Journeys: A Native American Youth Art Camp – June 2018**

This summer Camp offers twelve (12) teenagers the opportunity live on the Oregon College of Art and Craft Campus and participate in an intensive arts workshop over the course of two full weeks. This year students will be introduced to the world of basketry and silkscreen, and learn the importance of the two mediums to the past and present culture of Indigenous People of the Americas. Teens between the ages of 15-19 and who display an interest and talent in art and culture are encouraged to apply. The application will be available shortly on their website or contact Shirod Younker at 971-255-4148 - email syounker@ocac.edu. You can also download the application from [www.ocac.edu](http://www.ocac.edu).

## **Willamette Valley Construction Career Day**

**What:** A chance for high school juniors and seniors to learn first-hand about a career in construction. Students will have the opportunity to use equipment and tools, ask questions, and learn about employment opportunities.

**When:** April 24, 2018

**Time:** 9:30-1:30

**Where:** Oregon State Fairgrounds

*If you are interested in attending, please call Sonya at (503) 390-9494 to sign up.*

## **Siletz Tribal Youth Council Meeting**

**Date:** Sunday, April 22, 2018

**Time:** TBA

**Location:** Portland Area Office

*Please contact Sonya if you would like to attend.*

## **HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM**

**The deadline to apply is June 31, 2018 for the Fall term. It is a requirement that you completed your FAFSA by January 31, 2018 to be eligible to receive tribal assistance.**

## **Temporary Tribal Student Assistance Program “TTSAP”**

The Siletz Tribal Housing Department’s Temporary Tribal Student Assistance Program (TTSAP) applications are available April 1, 2018. To obtain an application please stop by the STHD’s office at 555 Tolowa Court, Siletz OR, 97380 or call 1.800.922.1399 x1322, 541.444.8322. Applications can also be downloaded from the Siletz Tribe’s website at <http://www.ctsi.nsn.us/> beginning April 1, 2018. Applications for the 2017-18 academic year will be accepted beginning April 1, 2018.



**Program Information:**

The TTSAP assists Tribal Students who will be attending a college, university, vocational or trade school.

The TTSAP is a time-limited program. Funding is for one academic year.

The TTSAP assists students with rent or room and board in a dormitory.

The student's share of the rent is thirty percent of their adjusted annual income. Important Note: The student might be required to remit a portion of the rent. For example, if a student is working the wages will affect the student's share of the rent.

Assistance is not transferable.

**ADULT EDUCATION**

The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes to improve employment status through education/training. There is no deadline to apply for classes.

For an application, please call **SONYA** at (503) 390-9494.

**Turbo Tax**

We have the TURBO TAX program available to prepare your taxes. We cannot provide tax advice, we can only offer the program for use.

**Siletz Tribal Youth Activity Fund**

Helps to fund programs for Siletz tribal youth in the many areas such as: sports, music, camp fees, lab fees, shop supplies, graduation, educational /scholastic materials, cultural supplies and materials, correspondence courses, and extra-curricular supplies. Siletz Tribal members from kindergarten to high school can access up to \$75.00.

**Student Incentive**

The Tribe places a high priority on Education and has funded a Student Incentive program. This program recognizes students as they complete different milestones in their education from pre-school/head start through completion their doctoral programs.

If you or child has reached an educational milestone from Head Start, Kindergarten, elementary school, middle school, high school, bachelor degree, masters degree or doctoral program, please send in a copy of the certificate/diploma and we can process your incentive.

**Siletz Tribe Head Start Program**

Is a preschool program for children 3 to 4 years old. The Salem Center has AM and PM classes. It operates Monday through Thursday for 3.5 hours a day. Transportation depends on residency, which will be determined after acceptance. Register in Spring for the following school year.

All Siletz Tribal applications and forms are posted on the Tribal website at: [www.ctsi.nsn.us](http://www.ctsi.nsn.us).





# HOME VISITING PROGRAM

**Lori Christy**

Home Visitor

loric@ctsi.nsn.us

*Office Hours: Monday – Friday 8:00am – 4:30pm*

April is Child Abuse Prevention Month. Community involvement helps prevent child abuse. Parents need help even when they don't know how to ask for it. Eighty six percent of adults would be grateful for extra services, child care or other support. Anyone can help great childhoods happen. Even you. A few of the ways you can help:

- Babysit so mom can catch a break
- Coach a local rec league
- Volunteer in an afterschool program
- Share your parenting experiences with other parents
- Recognize when adults show stress or social isolation, two risk factors for abuse and neglect.



It's okay if you're not a perfect parent. Good parents struggle. Good parents make mistakes. Good parents find help when they need it.

Check out the following sites for further abuse and neglect resources:

National Child Abuse Hotline

Website: [www.childhelpusa.org](http://www.childhelpusa.org)

Phone number: 800-4-A-CHILD

Prevent Child Abuse America

Website: [www.preventchildabuse.org](http://www.preventchildabuse.org)

Stop It Now Helpline (assistance in dealing with child sexual abuse)

Website: [www.stopitnow.org](http://www.stopitnow.org)

Phone number: 888-PREVENT

National Indian Child Welfare Association

Website: [www.nicwa.org](http://www.nicwa.org)

Phone number: 503-222-4044



The Siletz Home Visiting Program is available to help parents of infants and toddlers grow in their parenting knowledge and skills. We all need a little help sometimes, let us help. For more information contact Lori Christy, Home Visitor, 503-390-9494.





# A & D

Andulia White Elk  
Addictions Counselor

*M, T* Salem Office  
*W* (am) Group Salem

*W* (pm) Group Portland  
*Th, F* Portland (503-238-1512)

## Depression and Relapse

The potential for relapse in those suffering from dual diagnosis is very high. Some people will self-medicate to treat their depression by resuming consumption of alcohol as well as using illicit substances. Initially substances may make them feel as though symptoms of depression are improving, however in the long run it only worsens. It is key for a person at risk of relapse to seek help for not only the impulse to drink or use drugs but also for the underlying depression.

Common signs of depression include:

1. **Sleep:** The earliest signs of any mood disorder often present as sleep irregularities. Often times, people suffering from depression experience a significant loss in quality of sleep but may have either an increase or decrease in the amount of sleep.
2. **Interests:** Often there is a gradual decrease in the level of enjoyment one experiences by doing the activities they once loved. It is often difficult to initiate these activities as well.
3. **Energy:** Energy levels can decrease dramatically when one starts to feel depressed. Doing everyday chores or grooming can seem exhausting.
4. **Concentration/attention:** Many who suffer from depression will immediately notice their mind wandering. They have difficulty paying attention to even the simplest of things, like watching their favorite TV show from beginning to end. It is common to see problems at work such as: inability to participate in meetings, unable to answer emails in a timely fashion, or shifting tasks.
5. **Appetite:** Appetite changes in depression can vary from person to person. Some people see a dramatic decrease in appetite and food intake. The desire to eat can diminish and result in significant weight loss. On the contrary, some people experience an increase in appetite, especially with carbohydrate craving. As a result, some may experience weight gain.
6. **Hopelessness or worthlessness:** Negative thoughts are a common sign of depression. Often feelings of hopelessness, worthlessness and guilt are related to an event or situation (i.e financial problems, relationship difficulties, substance use), but sometimes they are very self-focused/intrinsic with no external explanation. For example, someone who is clinically depressed can:
  - feel hopeless that depression will not improve
  - feel guilty that depression is affecting family members, or
  - feel worthless that depression has overcome their life

Having people rate their sense of worth and sense of hope is very important as a treatment provider, as it is useful to help assess the risk of suicide.

7. **Anxiety:** Many people experience anxiety. Some may have an anxiety disorder without a mood component. However, many times depression and anxiety co-exist. Depression can result in one experiencing significant symptoms of anxiety. It is extremely important to assess someone for depressive symptoms when evaluating their anxiety to ensure adequate treatment for both depression and anxiety disorders.



- 8. Thoughts of death:** Sometimes life feels so difficult that people start fantasizing about what it would be like to not exist or to “go to sleep and never wake up.” It is important that if these thoughts start to occur that an evaluation for depression is recommended. Thoughts of death may seem benign, but it is not uncommon that these thoughts start to become more intense. When this occurs, the risk of suicide increases significantly, and it is essential that one seeks intensive professional help. Often times when a person enters recovery and embraces a sober lifestyle, they receive an abundance of support and positive reinforcement from family, friends, mentors, and colleagues. For some, this external validation can come to define who they are, or their sense of self-worth. But once they settle down into the doldrums of regular life and all the compliments die down, depression can set in, along with a feeling of emptiness.

**To avoid depression, self-worth must come from within.**

Internal validation, or self-validation, means accepting one's own experience, thoughts, and feelings. It doesn't mean one's thoughts or feelings are always right. Sometimes simply acknowledging and either accepting or reframing one's own thoughts and feelings can be of utmost importance to deal with a tough situation. Self-validation can help people in recovery manage their feelings and be truthful with themselves. Honesty with oneself is a key component of sobriety.

### **Treating Depression**

If you or someone you love is having suicidal thoughts, emergency medical treatment is advised. Others with less acute depression can seek out individual or group therapy, and if prescribed by a psychiatrist, take anti-depressants. Mild to moderate depression can be addressed through physical activity, particularly aerobic or muscular strength training, according to recent studies. Those with mild to moderate depression should also check in with their support networks. Replacing negative thoughts with positive ones as well as mindfulness can be helpful in relieving people of depression.

Finally, a person suffering from depression should not expect a quick solution. Improvement will be gradual. It is important to develop a working relationship with a therapist or psychiatrist following sobriety and be open to treatment options available.

## **PEER RECOVERY MENTOR**

**Andrew Eddings**  
Peer Recovery Mentor  
541-270-9717

The Peer Recovery Mentor assists A/D and Mental Health clients getting service through the Siletz Tribe. Assistance includes, but is not limited to: Meeting individuals where they are at to discover opportunities which may change their lives; working with individuals to identify any barriers to recovery they may have and develop a working plan to overcome these barriers; outreach services obtaining A&D assessment and referrals for medically assisted substance treatment, residential substance treatment, outpatient substance treatment services; act as liaison to other CTSI programs – SSP, Vocational-Rehab, Education, medical and cultural programs; walk with individuals through Legal and DHS providing moral support; assist in locating recovery based housing; attending self-help meetings with individuals and groups; assist in getting a sponsor; and integrating individuals into a positive peer recovery community.

I am available to meet with individuals who are incarcerated and will soon be released.





# MENTAL HEALTH

Rachel Adams, LPC  
Mental Health Counselor

M, T Portland Office (503-238-1512) W, Th Salem Office

## Behavioral Health

### **9 Tribes attendees visit Siletz Ropes Course:**

Monday, March 5th, at the end of the first day of the 9 Tribes Meeting at Chinook Winds, several attendees traveled to the Siletz Ropes course. I had the honor of co-facilitating the course with other staff from the Behavioral Health Department. It was a fun evening!

#### **About the Siletz Ropes Course:**

The Siletz Ropes Course features many low ground and high ground opportunities, such as the whale watch, the island hop, the junkyard, and the catwalk. The idea behind the Ropes Course is related to adventure-based therapy, and helps people overcome various mental health issues. The prime goal is to get people to increase their comfort with challenges that can be uncomfortable, such as facing one's fear of height. The Ropes Course facilitators always practice Challenge By Choice, which means no one gets forced to push themselves past their limits.

#### **The whale watch:**

Monday night I got the opportunity to facilitate the whale watch. I led participants on a thrilling raft trip into the ocean to spot whales, and, we got chased by a shark! (Okay, okay, we used our imaginations for the whole trip and actually stayed in one place.) The whale watch activity challenges participants to stabilize a large pallet set on a log, and keep the pallet from touching either side while people climb on board and move around.

### **9 Tribes participants challenging themselves to new limits on the whale watch (and on the front left, Darin Rilatos, Behavioral Health):**



#### **Traditional Coping:**

While mental health counseling is beneficial to people from all walks of life, the Siletz peoples are still encouraged to participate in traditional methods of healing. The beginning of spring is a good time to attend a sweat and pray for clarity on new goals to set. As always, drum circles, talking circles, and smudging are different ways to stay connected with our ancestors and pay tribute to our roots. Some people find peace in calling on Creator for clarity and health.

APRIL  
SHOWERS  
-BRING-  
MAY  
FLOWERS





# VOC REHAB

JERAMIE MARTIN 800-922-1399 x1385  
TONI LEIJA antonial@ctsi.nsn.us  
DANA RODRIGUEZ danar@ctsi.nsn.us

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

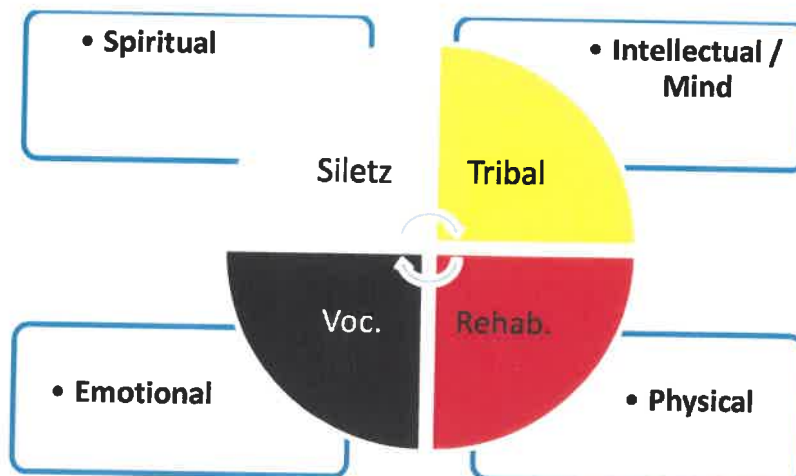
3160 Blossom Drive NE, Ste 105  
Salem, OR 97305  
503-3902-9494

### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380  
800-922-1399

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

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





Coming This Month.....  
Ribbon Skirts!



SALEM AREA OFFICE  
503-390-9494  
MONDAY-FRIDAY  
8:00AM – 4:30PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 TTSAP Apps Being Accepted Elk Tag Drawing 4:45pm - Siletz	3 SSP Clients' Monthly Contact appointments and paperwork due by 5 <sup>th</sup> Relapse Prevention Group 10:00-11:00am Tutoring 4:30-6:30pm	4 9-10am Free Diaper Supplies – Early Learning Hub	5 Indian Ed 5:30-7:30pm	6 3-4pm Free Diaper Supplies – Early Learning Hub	7
8	9 Relapse Prevention Group 10:00-11:00am Elder Shopping Day Tutoring 4:30-6:30pm Language 6:00-8:00pm	10 Relapse Prevention Group 10:00-11:00am Elder Shopping Day Tutoring 4:30-6:30pm Language 6:00-8:00pm	11 9-10am Free Diaper Supplies – Early Learning Hub	12 SSP MANDATORY Training 2:30-4:00pm Elder Potluck & Game Night 5:30pm Indian Ed 5:30-7:30pm	13 3-4pm Free Diaper Supplies – Early Learning Hub	14 Elder Meeting 1:00pm
15	16 USDA Orthodontic Treatment Screening Relapse Prevention Group 10:00-11:00am	17 USDA Relapse Prevention Group 10:00-11:00am Tutoring 4:30-6:30pm	18 USDA 9-10am Free Diaper Supplies – Early Learning Hub Grocery Store Tour	19 USDA Indian Ed 5:30-7:30pm How To Deal w/Conflict	20 3-4pm Free Diaper Supplies – Early Learning Hub	21 Elder Shopping Day Spring Powwow Chemawa Indian School
22	23 Siletz Tribal Youth Council Meeting	24 WV Construction Career Day Relapse Prevention Group 10:00-11:00am Tutoring 4:30-6:30pm	25 9-10am Free Diaper Supplies – Early Learning Hub	26 Indian Ed 5:30-7:30pm	27 3-4pm Free Diaper Supplies – Early Learning Hub	28 Pow! Wow! Western Oregon University
29	30					





## Salem Area Office Staff

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Mental Health Counselor  
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VocRehab Aide  
VocRehab Job Developer  
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