

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 February 2019

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	February 4th	6:00-8:00pm
Eugene A/O	February 5th	6:00-8:00pm
Portland A/O	February 11th	6:00-8:00pm
Salem A/O	February 12th	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

### Volunteers Needed

The Natural Resources Department periodically receives inquiries from Tribal elders asking if there is anyone who would be willing to cut tribal firewood for them. We are starting a list of volunteers willing to cut firewood for Tribal elders and a list of elders wanting someone to cut firewood for them. If you fit either category, please call the Natural Resources Department (Denise Garrett at 541-444-8227 or Mike Kennedy at 541-444-8232). We will then pair up volunteer firewood cutters and elders in need. Please note, this is a volunteer activity. No one will be paid to perform this service and elders should not be charged anything to receive firewood. A tribal firewood permit is required and would be issued by Natural Resources.

## EMERGENCY HOUSING ASSISTANCE FUNDING FOR 2019

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

**2019**

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

**~OPEN~**

*Crisis/Shut-off/Regular OPENS*

*Siletz Tribal households*

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

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

**Notary Public (Free Service)**

Call to set up an appointment

Contact: Nora Williams-Wood

Siletz/Eugene AO

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

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

### Beaded Earring Class

**Come learn how to make your own earrings.**

**Class size will be limited.**

**When: Thursday, February 21<sup>st</sup> at 5pm.**

**Questions please call Nora Williams-Wood or  
Nick Viles @541-484-4234**

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.



## SILETZ ELDER NEWS

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

It is time for you to vote for up to three candidates for Tribal Council. Election Day is Saturday, February 2, 2019. You may vote in person until 4:00 p.m. at the Tribal Community Center.

The next Introduction to the Athabaskan Language and Culture Class at the Eugene Area Office will be held on Tuesday, February 5, 2019. Class is held from 5:00 p.m. until 8:00 p.m. A light meal will be served.

The next Elder Council Meeting is scheduled for Saturday, February 9, 2019. The meeting begins at 1:00 p.m. and ends at 4:00 p.m. The meeting will be held in the Shasta room.

The Elder Officers, Area Representatives, and Transporters will meet on Thursday, February 21, 2019 at the Eugene Area Office. The meeting will start at 11:00 a.m. and should be over by 1:00 p.m. A lunch will be served.

A special Beaded Earring Class will be held on Thursday February 21, 2019 from 5 p.m. until 7 p.m. at the Eugene Area Office.

The Chinook Winds Entertainment for February, 2019 is Comedy on the Coast and Gary Allan. Call Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665. Comedy on the Coast will be here on February 8<sup>th</sup> and 9<sup>th</sup> 2019 at 8:00 p.m. Gary Allan will be here on February 22<sup>nd</sup> and 23<sup>rd</sup> at 8 p.m.

There is a Meal Preparation Workshop on Tuesday, February 26, 2019 at the Eugene Area Office. The Workshop starts at 11 a.m. and ends at 1 p.m.

There will be a Diabetes Support Class on Thursday, February 28, 2019. Class will start at 6:00 p.m. and a light meal will be served. Contact Adrienne Crookes at 541-484-4234 for more information.

The Eugene Area Office will be closed on Presidents Day, February 18, 2019.

Jim Swanson, 541-683-8766

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

## *JOM: Youth News and Notes*

### Beaded Earring Class:

Thursday, February 21, 5-7 pm, Eugene Area Office  
Join other community members and learn to make beaded earrings. Dinner provided.

Co-Sponsored by JOM and the Eugene Area Office

### February Youth Activity Calendar

Feb 5: Tutor, Chifin, 3-5

Feb 9: Youth Council, Portland, depart EAO at 8:30 am

Feb 11: Tutor, EAO, 330-5:30

Feb 12: Dee-ni Language Speaking Kickoff/Planning Meeting, EAO, 5-6:30 pm-see flyer for details

Feb 19: Tutor Chifin, 3-5

Feb 21: Beaded Earring Class, EAO, 5-7pm

Feb 25: Tutor, EAO, 3:30-5:30

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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)

### Youth Council

Saturday February 9, Portland, depart EAO 8:30 am  
The Youth Council is open to youth ages 12 and above. During the February meeting, the Youth Council plans to distribute supplies to homeless residents in the Portland area. Rides available, lunch and snacks provided.

### Dee-ni Language Speaking Group

Beginning in March, the Eugene Area Office will host weekly speaking groups to encourage daily use of our Dee-ni language. All ages and skill levels welcome, infant to elder  
Join us for an informational session and planning meeting on February 12, 2019, 5:00-6:30 at EAO. See flyer for details.

### Tutoring

Tutoring will continue at the Eugene Area Office and Chifin Native Youth Center (1084 G St. Springfield, OR 97477) on alternating weeks. All JOM students are welcome to attend.

#### Upcoming Dates:

Tuesday February 5—Chifin (Spgfld), 3 -5

Tuesday February 19—Chifin (Spgfld), 3 -5

Monday February 11—EAO, 3:30-5:30

Monday February 25—EAO, 3:30-5:30

### 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 extracurricular activities or cultural activities/supplies for Siletz tribal students. Call for details.

# Higher Ed/AVT: News and Reminders

## Higher Education and AVT Grants

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

Fall 2019 applications for new and continuing Higher Ed and AVT students will be due **JUNE 30, 2019**. To be eligible for funding you must have completed a Federal Application for Financial Aid (FAFSA) by January 31, 2019.

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.

## Don't Miss Out on Scholarship Season

Check out these additional scholarships:

### -Oregon Student Assistant Commission (OSAC):

Apply for over 500 separate scholarships with one simple application.

Deadline: March 1, 2019

Apply online at : <https://app.oregonstudentaid.gov>

### -Cobell Scholarship:

Opportunities available for graduate, undergraduate, and vocational training

Deadline: March 31, 2019

Apply online: <http://cobellscholar.org/>

### -American Indian College Fund:

Graduate and Undergraduate

Deadline: May 31, 2019

Apply online: <https://collegefund.org/>

### -American Indian Graduate Center:

Scholarships for Graduate Students

Deadline: Varies (most in early spring)

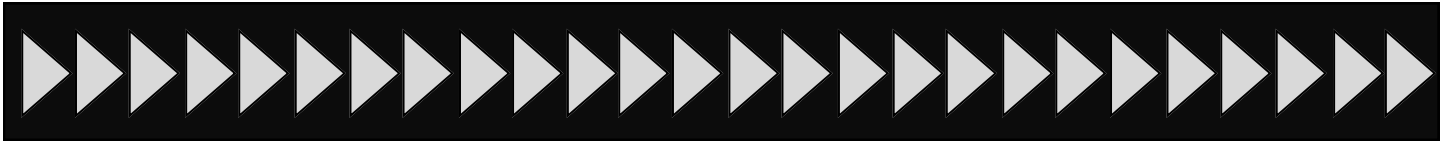
<https://www.aigcs.org/>

## Adult Education

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

## Tax Software:

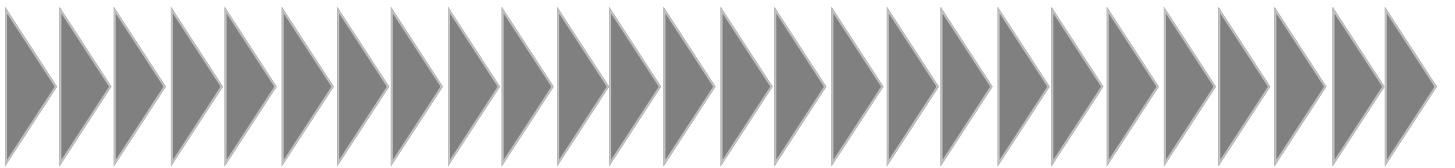
Tax software is once again available for use at the Eugene Area Office. Drop-ins welcome or call ahead to check for availability



# **Nuu Wee-Ya<sup>9</sup>**

## **Lhetlh-xat**

Weekly Dee-ni Language Speaking Group



### **Kickoff and Planning Event**

\*Tuesday February 12, 2019, 5:00-6:30 pm \*Eugene Area Office

\*All ages welcome, infants to elders \*No prior knowledge needed

\*Light Meal Provided

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\*Learn about In-Home Based Language Learning Methods

\*Plan Conversation Topics

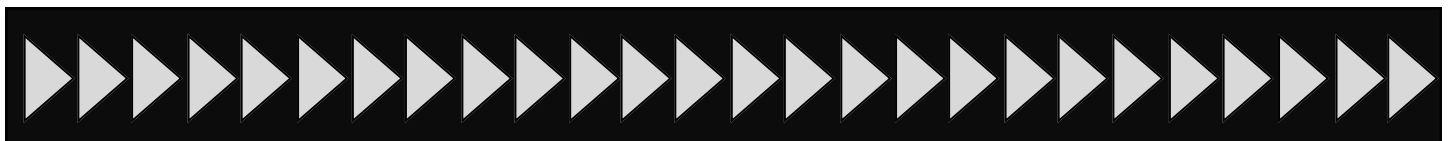
\*Schedule Times for Future Sessions

Note: Weekly 1-hour Speaking Groups will begin in March

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Can't make the Kickoff Event?

Contact Nick Viles at x1757 or [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) for more information, to submit input,  
or to receive scheduling updates and materials



# Siletz Tribal Home Visiting

## Notice

We are excited to inform you that the home visiting program has moved under the 477-SSP program and will continue to serve Siletz Tribal families. There however have been a few minor changes made to the program under the new funding source. The two areas that you will notice changes in are ELIGIBILITY and INCENTIVES.

### ELIGIBILITY

The Siletz Tribal Home Visiting program will now be following new eligibility guidelines. To be eligible for the program, families must meet the criteria below:

- Siletz Tribal Head of household or dependent child;
- Family must be considered “at risk” and these factors include:
  - Income below 300% federal poverty level for last 30 days
  - Households that reside in rural locations that have limited employment opportunities
  - First time parent
  - Households with at least one adult without a post-secondary certificate
  - Family experienced trauma, chemical dependency or mental health barriers

**Note – Effective January 1, 2019, these guidelines pertain to all newly enrolled families.**

### INCENTIVES

Effective January 2019, families will no longer receive incentives in the form of gift cards for their participation in the home visiting program. Families will receive incentives in the form of a point system for attending home visits and family activity nights. You then use the points to “buy an item”. This will be evaluated after six months to assure the program can continue sustaining the new incentive system dependent on funding.

If you have any questions contact Jessica Phillips, Program Coordinator.

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

# You are invited to a meal prep workshop



**Tuesday, February 26<sup>th</sup> 11am - 1pm**

**Siletz Eugene Area Office**

**Lunch provided/Meals to take home**

With working parents, children at home, and a home to manage, it can be a struggle to feed your family healthy, homemade meals. Preparing meals saves money, cuts down on cooking time, and can help you eat healthy, delicious meals at home regularly.

**Space is limited, so call early to sign up!**

**Contact Adrienne or Jessica at 541-484-4234**



# 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 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

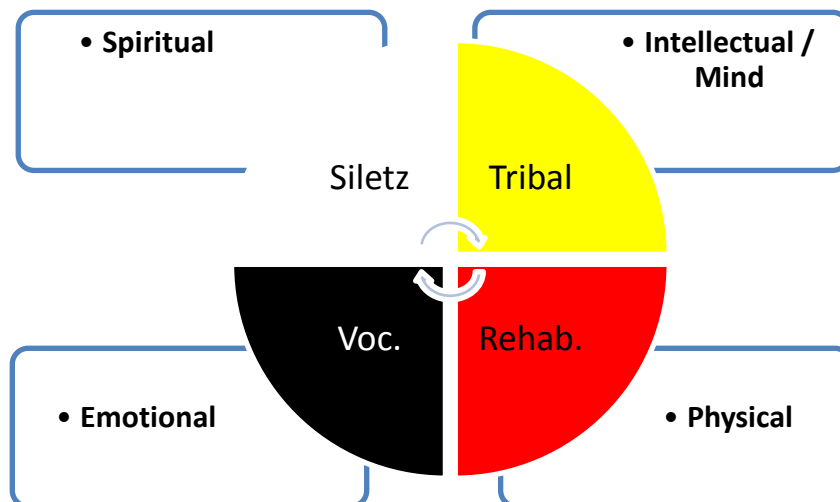
### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380

**EUGENE** – JERAMIE MARTIN, Program Director

**SALEM** - DANA RODRIGUEZ, Program Aide; Toni Leija, Counselor/Job Developer

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





The following information from the Job Accommodation Network (JAN) contains symptoms and possible workplace accommodations for bipolar disorder. STVRP may be able to advocate for or assist eligible program participants with some of these accommodations. These symptoms and their possible accommodations contain partial lists and therefore are not comprehensive. For more information, visit the JAN website.

According to the Job Accommodation Network, bipolar disorder is a brain disorder marked by periods of elevated mood (mania), and prolonged periods of sadness and hopelessness (depression). These shifts in mood are severe as compared to the average person.

- ❖ **Symptom** **Attentiveness/Concentration**
  - Possible Accommodation Modified Workspace, Alternative Lighting, Apps for Memory, Electronic Organizers, White Noise Machine, Noise Canceling Headsets, Flexible Schedule, Modified Break Schedule, Timers and Watches, Verbal Cues, Wall Calendars and Planners, Written Instructions
- ❖ **Symptom** **Decreased Stamina/Fatigue**
  - Possible Accommodation Job Restructuring, Periodic Rest Breaks, Stand-lean Stools, Work from Home/Working Remotely
- ❖ **Symptom** **Organizing/Planning/Prioritizing**
  - Possible Accommodation Apps for Organization/Time Management, Ergonomic Equipment, Job Coach/On-site Mentoring, Reminders, Supervisory Methods, Wall Calendars and Planners, Written Instructions
- ❖ **Symptom** **Stress Intolerance**
  - Possible Accommodation Apps for Anxiety and Stress, Behavior Modification Techniques, Counseling/Therapy, Environmental Sound Machines/White Noise Machines, Support Animal/Person, Modified Break Schedule, Job Restructuring.

"Bipolar Disorder." *Job Accommodation Network*, Office of Disability Employment Policy, [askjan.org/disabilities/Bipolar-Disorder.cfm](http://askjan.org/disabilities/Bipolar-Disorder.cfm).

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

# 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.

**“Whatever you OVERCOME will only make you STRONGER”**

## **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 February 2019

Friday	February 1 <sup>st</sup>	TANF/GAF
Wednesday	February 5 <sup>th</sup>	Self-Sufficiency documentation due
Tuesday	February 5 <sup>th</sup>	EAO Culture & Language Class 5-8pm
Friday	February 8 <sup>th</sup>	WEX Payday
Saturday	February 12	Candidates Fair Starts 9am Ace's
Tuesday	February 12 <sup>th</sup>	WEX Timesheets Due
Thursday	February 14 <sup>th</sup>	Valentine's Day
<b>Monday</b>	<b>February 18<sup>th</sup></b>	<b>President's Day CLOSED</b>
Thursday	February 21 <sup>st</sup>	Beaded Earring Class 5-7pm
Friday	February 22 <sup>nd</sup>	WEX Payday
Tuesday	February 26 <sup>th</sup>	Time Sheets Due
Tuesday	February 26 <sup>th</sup>	Meal Prep Workshop 11-1pm
Thursday	February 28 <sup>th</sup>	Diabetes Support Group 6-8pm

**\*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

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

**Siletz Community Health Clinic 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

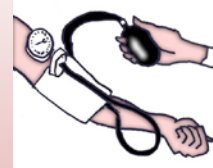
# Siletz Community Health

## Blood Pressure Screenings



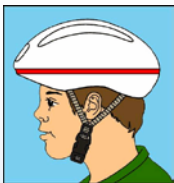
At the Siletz Eugene Area Office

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, February 28th**

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

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

Dr. Donald Dexter, DMD (dentist), will be our special guest speaker. Come learn how you can maintain optimal oral health.

He will also talk about treatments for sleep apnea and snoring (oral appliance therapy). Come learn about the latest treatments best suited for your dental health needs.



**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





**Purchased Referred Care (PRC) (formerly Contract Health Service)**

**You can get help with your medical bills if you participate in PRC.**

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

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

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

Call 1-800-628-5720

A gatekeeper will help you 24hours a day!

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

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

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

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

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

**Denial Letters:**

In the last 12 months,

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

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

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

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

We can help if you call us ☺

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





## **Alternate Healthcare benefits**

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

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

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

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

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

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

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

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

# National Cancer Prevention Month

**February is National Cancer Prevention Month, so..... what does that mean?**

With hundreds of thousands of cancer cases preventable through good diet, exercise and weight control, this month's "awareness" is not just to let someone know that you have a particular kind of cancer, or that there is another cancer out there that everyone should know about. But it is instead geared toward preventing as many of these cancer cases as possible from ever getting diagnosed.



It is estimated that over 340,000 cases of cancer could be prevented if people would make small changes in their lifestyle by moving more, weighing less, and eating healthier. Add quit smoking on top of that and nearly half of the new cancer diagnoses each year could be prevented.

You CAN have an impact on your own cancer risk. Make a list of activities that you like to do, start off small and work your way up to more strenuous activities. Something is better than nothing, every step you take is a step in the right direction. Remember to eat healthy and stay hydrated by drinking plenty of water.

So, during the Month of February, don't just tell people about your cancer, or any cancer in particular, but let's tell everyone one or two things that they can do to prevent cancer, and then let's follow up and do those things ourselves. The life we save might just be our own!

# February is American Heart Month

Adrienne Crookes, Community Health Advocate

## About Every 25 Seconds, an American Will Have a Coronary Event

Heart disease is the leading cause of death in the United States and is the major cause of disability. The most common heart disease is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 185,000 Americans had a new coronary attack, and about 47,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about every minute one will die from one.

## Diseases and Conditions That Put Your Heart at Risk

Conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use, and secondhand smoke are also risk factors associated with heart disease.



## Know Your Signs and Symptoms of Heart Attack

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening.

**Chest discomfort:** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.

**Discomfort in other areas of the body:** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

**Shortness of breath:** May occur with or without chest discomfort.

**Other signs:** These may include breaking out in a cold sweat, nausea, or lightheadedness.



**WHENEVER A HEART ATTACK IS SUSPECTED CALL 911 IMMEDIATELY!**

For more information about heart disease visit [www.cdc.gov](http://www.cdc.gov) or [www.heart.org](http://www.heart.org)

# FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Adrienne Crookes, Community Health Advocate

## MANAGE YOUR ORAL HEALTH



Whether you are 80 years old or eight, taking care of your mouth is important. There is a vital connection between a healthy body and a healthy mouth. If you want to feel good, stay healthy, and look great throughout life, you might be surprised what a difference a healthy mouth makes. By adopting healthy oral habits at home, making smart choices about diet and lifestyle, and seeking regular dental care, you can help your teeth last a lifetime.

You can take control of your oral health - whether you have your natural teeth, implants or wear dentures.

## TIPS FOR TAKING CARE OF YOUR TEETH AND VISITING THE DENTIST

- Brush your teeth twice a day with a toothbrush with soft bristles. Clean between teeth daily with floss or other inter-dental cleaners such as picks or brushes. Tooth decay-causing bacteria still linger between teeth where toothbrush bristles can't reach. This helps remove the sticky film on teeth called plaque and food

particles from between the teeth and under the gum line.

- Replace your toothbrush every 3-4 months or sooner if the bristles become frayed. A worn toothbrush will not do a good job of cleaning your teeth.
- Consuming optimally fluoridated water throughout life helps prevent tooth decay no matter how old you are. If you choose bottled water, check the label for fluoride content. Talk to a dentist about what is best for you.
- Eat a balanced diet and limit between-meal snacks.
- If you smoke, quit. Smoking increases problems with gum disease, tooth decay and tooth loss. It also affects healing after dental procedures. There are tobacco cessation programs, over-the-counter products and prescription medications that your dentist may recommend that can help you quit.
- Visit your dentist regularly for professional cleanings and oral exams.

With regular dental visits and overall healthy habits, you can take control of your oral health – whether you have your natural teeth, implants or wear dentures.

For more information visit [www.americandentalassociation.org](http://www.americandentalassociation.org)





# 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.

*Sample of Siletz Tribal ID card using our local school's mascot and some fictitious information.*

 <p><b>Confederated Tribes of Siletz Indians of Oregon</b>  <b>Tribal Identification</b>          Siletz Tribal Roll: #99999          DOB: 09/01/2006    BQ: 4/4          Issue Date: 3/18/2016          Expiration Date: 3/18/2016          Height: 5' 10"    Weight: 150 lbs.  <small>Enacted Per Resolution 2016-088 effective 3/18/2016</small></p> <p><b>Siletz Valley Charter School</b>          245 NW James Frank Ave, Siletz, OR          PO Box 123456          Siletz, OR 97380-9999</p>	 <p style="text-align: center;"><b>WARRIORS</b>          Siletz Valley Charter School</p> <p style="text-align: center;">Siletz Tribal          Hunting &amp; Fishing License          Not valid without seasonal          License No.</p> <p style="text-align: center;">99999</p> <p style="text-align: center;"><small>If found, return to:          CTSI Enrollment          PO Box 549          Siletz, OR 97380          (800) 922-1399 ext. 1258</small></p>
<i>Front of ID Card</i>	<i>Back of ID Card</i>

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



# USDA distribution dates for **FEBRUARY** 2019

## Siletz

Monday	February 4	9:00 Am-3:00 Pm
Tuesday	February 5	9:00 Am-3:00 Pm
Wednesday	February 6	9:00 Am-3:00 Pm
Thursday	February 7	9:00 Am-3:00 Pm
Friday	February 8	9:00 Am-3:00 Pm

## Salem

Monday	February 18	Holiday
Tuesday	February 19	1:30 Pm – 6:30 Pm
Wednesday	February 20	9:00 Am – 6:30 Pm
Thursday	February 21	9:00 Am – 6:30 Pm
Friday	February 22	<b>By Appointment Only</b>

## **BEEF AND BROCCOLI**

- 2 Lbs. Beef Roast Cut Into 1" Cubes\*
- ¼ Cup Vegetable Oil\*
- ¼ Cup Vinegar
- 2 Teaspoons Black Pepper
- 1 Teaspoon Garlic Powder
- ¼ Teaspoon Cayenne Pepper
- 1 Yellow Onion, Sliced Thin\*
- 1 – 2 Lbs. Broccoli Florets\*
- ½ Cup Soy Sauce
- ½ Cup Water

Put the oil, vinegar, pepper, garlic powder and cayenne pepper into a sealed bag. Shake it up to combine it well. Add the cubed beef and shake it to coat the beef cubes. Let it sit for an hour or so. Dump it into a colander to drain. Heat some vegetable oil in a Dutch oven. Add the sliced onion and the drained meat and brown until the onion is caramelized. Place the Dutch oven in 350 degree oven for about an hour. After an hour, stir the meat and onions and add the soy sauce and water and the broccoli. Put the lid on the pan and heat it on medium high heat to let the broccoli steam until tender.

I served it over rice. YUM

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

Like us at SILETZ TRIBAL FDPIR

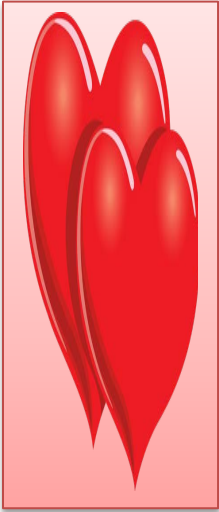
Joyce Retherford, FDP Director  
541-444-8393

541-444-8279

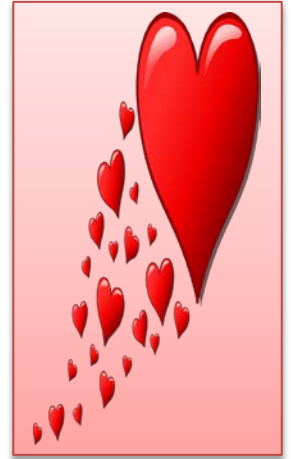
# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29 <b>Time Sheets Due</b>	30	31	1 TANF/GA	2 Tribal Election Day
3	4 USDA Distribution Siletz 9-3pm  Siletz Culture/Language Class 5-8pm	5 USDA Distribution Siletz 9-3pm  Tutor, Chifin 3-5pm  EAO Culture/Language Class 5-8pm	6 USDA Distribution Siletz 9-3pm	7 USDA Distribution Siletz 9-3pm	8 <b>Pay Day</b>  USDA Distribution Siletz 9-3pm	9 Elders Meeting 1pm Shasta Rm  Youth Council Mtg Portland Time TBA
10	11 Tutor, EAO 3:30-5:30pm  PAO Culture/Language Class 5-8pm	12 <b>Time Sheets Due</b>  Dee-ni Language Specking Kickoff/Planning Mtg EAO 5-7pm  SAO Culture/Language Class 5-8pm	13	14 	15	16
17	18  <b>CLOSED</b>	19 USDA Distribution Salem 1:30-6:30pm  Tutor, Chifin 3-5pm	20 USDA Distribution Salem 9-6:30pm	21 USDA Distribution Salem 9-6:30pm  Elders Quarterly Mtg EAO @11am  Beaded Earring Class 5-7pm	22 <b>Pay Day</b>  USDA Distribution <b>By Appointment ONLY</b>	23
24	25 Tutor, EAO 3:30-5:30pm	26 <b>Time Sheets Due</b>  Meal Prep Workshop 11-1pm	27	28 Diabetes Support Group 6-8pm		

2019 Tribal Calendars are available at the EAO



**The Confederated Tribes of Siletz Indians**  
**The Eugene Area Office Staff**  
**541-484-4234 1-800-822-1389**  
**Lou Carey, A/O Supervisor x1751**  
**Nick Viles, Education Specialist/JOM x1757**  
**Jessica Phillips, Program Coordinator/THV x1752**  
**Jeramie Martin, Program Director/STVRP x1885**  
**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**  
**Vacant, Elders On-Call Transport**



*"Confidence is the ability to feel beautiful without someone telling you"*

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

2018/2019

**HUNTING/FISHING/GATHERING  
INCENTIVES**

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

**HUNTING INCENTIVES**

\$100      \$75      \$50

CABELAS GIFT CARDS

**FISHING INCENTIVE**

\$50

CABELAS GIFT CARD

**SHELLFISH INCENTIVE**

\$50

CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy

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

Or

Denise Garrett

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