

2019 Culture Camp Registration Form

JULY 9TH- 11TH, 2019

Siletz Tribal Community Center & Grounds, Siletz, Oregon

Registrations forms are required for all participants

(forms can be submitted by mail, fax or hand delivery at camp)

This is a day camp only unless you are traveling from the Eugene, Salem, Portland (or other) areas.

If you are traveling from an outside area, camping space is available (campers must provide own equipment). Parent/Guardians are welcome to attend and are responsible for dropping off and picking up children at appropriate times. **Children age 10 or younger must be accompanied by an adult. *Some activities require adult assistance.**

Name: _____

Age: _____ Roll #: _____

Mailing Address: _____

Telephone #: _____ E-mail _____

Parent/Guardian's Name: _____

Parent/Home #: _____ Work #: _____

Emergency Contact Person: _____

Emergency Phone #: _____

Does participant have any allergies? If so list below: _____

Chaperone's Name: _____ Chaperone's Phone #: _____

(Chaperones must be 18 or older)

Classes will include but are not limited to :

Siletz Basket Weaving	Flint Knapping	Soap Root brush making
Learn about Pine nuts	Ropes Course	Flat Beadwork
Moccasins making	Traditional Foods	Headstart craft
Shell Necklaces	Dream Catcher making	Aquatics
Shawls making	Drum Sticks	Drumming & Singing
Youth Games	Loom beading	

Other classes may be scheduled

Parent/Guardian's Signature

Date

Please return registration form to your nearest tribal office or send completed form to Culture Camp, CTSI, P.O. Box 549, Siletz, OR 97380-0549. Phone 1-800-992-1399 Fax 541 444-8392

Address: 2468 West 11th Avenue Eugene OR 97402
Telephone: 541-484-4234 Fax: 541-484-4583

The Confederated Tribes of Siletz Indians

The Eugene Area Office Newsletter July 2019

Office hours: Monday through Friday, 8:00 - 4:30
OPEN THROUGH LUNCH HOUR



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 may be refused services and, when warranted, will be asked to leave premises.

Thank you for your cooperation...

Tribal Administration



Nuu-wee-ya'
(Our Words)

Introduction into the Athabaskan Language

Open to all Tribal Members of all ages

Location, Dates, times:

Siletz CC Eugene A/O Portland A/O Salem A/O

All Classes for the Month of July will be held during

During Culture Camp

July 9-11th 2019

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

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 Members and households

Please contact Nora Williams-Wood for more information or to make an appointment:
541-484-4234 or 1-800-922-1399 Ext 1750

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

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



EAO Mini Library

Available: Native Books to checkout
Come by and check out a book to read

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 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

!!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

The Siletz Community Health Clinic will be offering Medication Assistance Treatment (MAT) in Salem, Oregon soon. The clinic is contracting with a local provider, Eric Davis, MSW, BCD, LCSW, QMHP, MAC, CADC III, and JD Health and Wellness, to offer MAT services. MAT services to be provided include: medication treatment (SUBOXONE®/VIVITROL®/Antabuse), mental health counseling, and A&D counseling.

What is MAT: MAT is the use of medications with counseling and behavioral therapies to treat substance use disorders and prevent opioid overdose. MAT is primarily used for the treatment of addiction to opioids such as heroin and prescription pain relievers that contain opiates. (SAMHSA)

Who is eligible for services at the Salem MAT clinic: Siletz tribal members, other Natives, and non-Native with close family ties. Initially, the program is able to accept 25 patients.

When will services be available: June 2019 (tentatively). For more information about the Salem MAT program, contact Delina John, CADC I, @ 541-444-9697.

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

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 7th 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.

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



Have fun this summer, but be
safe. . .

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

The All Siletz Tribal Office's will be closed on July 4, 2019 in observance of Independence Day.

The next Introduction to the Athabaskan Language Class and Culture Craft Night for the Eugene Area Office will be held at Culture Camp July 09th, 10th, and 11th.

Culture Camp, runs July 9th - 11th 2019 you can use application in the EAO newsletter to register or you can register at the registration desk during culture camp.

The next Elder's Council Meeting is scheduled for Saturday July 13, 2019 at 1:00 pm, and will be held in the Shasta room at the Casino.

The Grand Ronde Elder Honor Day is Monday July 15th and Tuesday July 16th Breakfast is served on the at the tribal elders center. Doors open at 10am

The Quarterly Elder Officers meeting is Thursday, July 18, 2019 and will be held in Siletz from 11:00 am until 1:00 pm.

There will be a "Pick Your Own Blueberries" on July 19th 2019 at the Camas Farm in Eugene, from 10-1pm. Contact Nick at 541-484-4234 for more information.

July 23rd 2019, the Eugene Area Office will be hosting their Annual Bike Rodeo 3-4pm and Barbecue 4-6:30pm. Please come for good food and company.

There will be a Diabetes Support Class on July 25, 2019. 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 Chinook Winds Entertainment for July, 2019 is the Guess Who. They will be here on July 26th and 27th Call Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

The next Super Star Luncheon will be held on Thursday, July 25, 2019 at the Casino.

Jim Swanson, 541-683-8766

jimswanson38@comcast.net

JOM: Youth News and Notes

Mini Culture Camp:

Friday, 8/2 and Tuesday 8/13 3-7 pm: Bring your own projects or come and use office materials for necklace making, moccasins, baskets, and bear grass weaving. PLUS, snacks, drinks, games, and door prizes. See flyer for more details.

U-Pick Blueberries:

Friday, July 19, 10 am-1 pm: Kids of all ages (and families) come and pick blueberries at a local organic farm. Snacks and drinks provided and rides are available. Trip is weather permitting, please call ahead to verify. See flyer for details.

Youth Rafting Trip:

Thursday, July 18: Limited spots are available for youth to raft the McKenzie River with tribal guides. Transportation and lunch will be provided. Youth must be at least 12 years old to participate. Please call ahead to sign up.

Wings and Waves Waterpark:

Thursday, July 31, time TBA: Beat the heat in McMinnville, OR with fun water slides, wave pool, and more. Snacks and lunch will be provided and rides are available. Please call ahead to sign up.

K-12 Graduation Incentives

The Siletz Tribal Incentive Program recognizes Siletz tribal students for their achievements. Help celebrate your child's graduation or promotion by submitting a copy of their diploma, GED, or report card. Head Start/Pre-School-\$10; Kindergarten-\$10; Elementary School-\$20; Middle School-\$50; High School/GED-\$100.

Extracurricular Opportunities:

JOM: JOM offers money to help pay for extracurricular activities, sports fees, and cultural projects for youth aged 3-18 from any federally recognized tribe.

Siletz Tribal Youth Activity Fund: Offers up to \$75 per year to cover fees for costs related to extracurricular activities, cultural events, or supplies for Siletz youth.

July Youth

Activity Calendar

July 9-11: Culture Camp, Siletz, OR

July 18: Youth Rafting Trip, Depart EAO, time TBA

July 19: Family U-Pick Blueberries, 10 am-1 pm, leave from Eugene Area Office, time TBA

July 31: Wings and Waves, McMinnville, OR depart Eugene Area Office, time TBA

August 2: Mini Culture Camp, Eugene Area Office, 3:00-7:00 pm

Get updates and reminders by signing up for the Youth Activities Email List

Contact: nickv@ctsi.nsn.us

JOM: Youth News and Notes Continued...

Start planning now for these upcoming events later in the summer:

Upcoming August Events

Tuesday, August 13: Mini-Culture Camp

Thursday, August 15: Beach Trip

Day trip to the beach-snacks and lunch provided, rides available

Saturday, August 17: Family Hike to Alsea Falls

Thursday, August 22: Portland Zoo

Wednesday thru Friday August 28-30: Oregon Shakespeare Festival

Watch "Between Two Knees," written by the Native Comedy Group the 1491s, along with "Mother Road." Plus, tour of the production building, Q&A with performers, and workshops with OSF staff. Lodging, meals, and transportation provided.

Higher Ed/AVT: News and Reminders

Higher Ed/AVT

Graduation Incentives:

Graduates don't forget to submit a copy of your diploma to be recognized by the tribal incentive program.

-One-year AVT Program-\$100

-Two-year AVT program/AA or AS-\$200

-BA/BS-\$75 plus a Pendleton blanket

-MA-\$300

-PhD-\$300 plus a Pendleton blanket

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 details.

Higher Ed and Adult Vocational Training

The deadline for the 2019-20 school year beginning Fall 2019 was June 30. The next application cycle will be for the 2020-2021 school year.

Deadlines for the 2020-2021 school year:

-Apply for FAFSA:

January 31, 2020

-Completed Application: June 30, 2020

Students interested in attending a clock-hour school (i.e. truck-driving or cosmetology school) are still eligible to apply on a case-by-case basis.

Want to finish a project from Culture Camp?

Been meaning to start on a new outfit for pow wow?

Couldn't make it over to culture camp?

Come to:

Mini Culture Camp

at the
Eugene Area Office

FRIDAY AUGUST 2 AND TUESDAY AUGUST 13

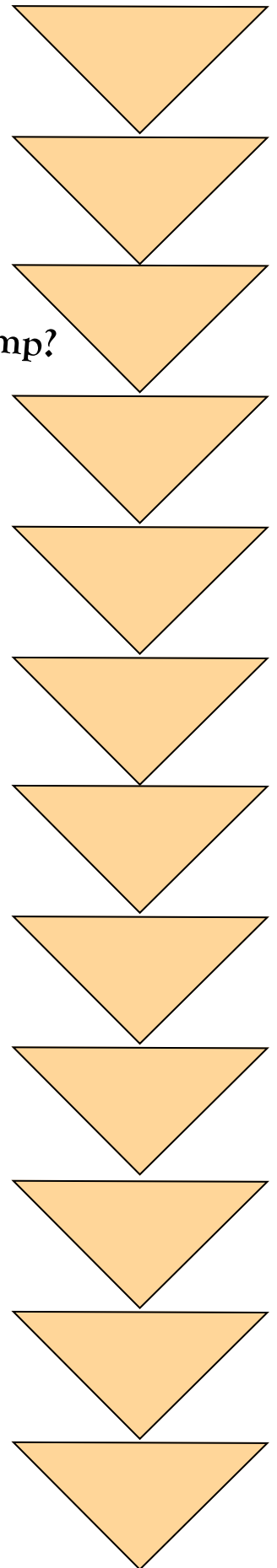
TIME: 3:00-7:00 PM -EUGENE AREA OFFICE

Bring your own unfinished project or come and start new ones. Planned activities include:

- Baskets
- Moccasins
- Bear Grass Weaving
- Beaded Earrings
- Naa-svt Necklaces
- AND MORE

A light meal will be provided

CO-SPONSORED BY JOM, BETHEL TITLE VI INDIAN ED, AND EUGENE AREA OFFICE
FOR MORE INFORMATION CONTACT NICK VILES - 541-484-4234 /NICKV@CTSI.NSN.US



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.

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

(541) 484-4234 or Jessicap@ctsi.nsn.us



Congratulations Robert and Andrea Phillips on graduating Tribal Home Visiting

Andrea and Robert enrolled in the Siletz Tribal Home Visiting Program 12/24/2015, when they were pregnant with their first daughter Kalaya. They successfully graduated the program when their daughter turned 3 years old 5/27/2019. While participating in the home visiting program this family accomplished many great things. They bought not one but two homes, had another daughter named Kiana, got married and both obtain full-time employment with Trillium Community Health Plan as Project Coordinators for Product Development and Quality Assurance. We are very proud of this family and excited for their future.

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 11th
Eugene, OR 97402

SALEM AREA OFFICE

3160 Blossom Dr NE, Ste 105
Salem, OR 97305

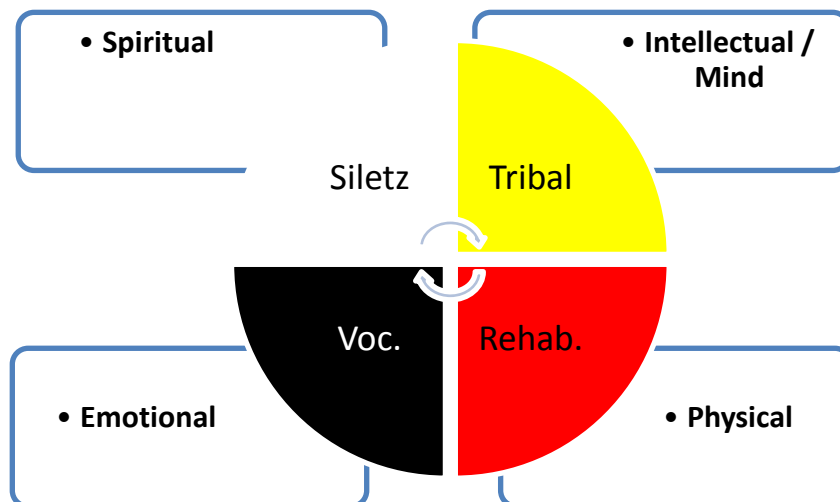
SILETZ ADMIN. OFFICE

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



Alzheimer's and Dementia



According to the National Institute on Aging, **Alzheimer's disease (AD)** is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills, and eventually the ability to carry out the simplest tasks. In most **people with Alzheimer's, symptoms first appear in their mid-60s.**

Alzheimer's is the most common cause of Dementia among older adults. **Dementia** is the loss of cognitive functioning—thinking, remembering, and reasoning—and behavioral abilities to such an extent that it interferes with a person's daily life and activities. Dementia ranges in severity from the mildest stage, when it is just beginning to affect a person's functioning, to the most severe stage, when the person must depend completely on others for basic activities of daily living.

Signs and Symptoms: Memory problems are typically one of the first signs of cognitive impairment related to Alzheimer's disease. The first symptoms of Alzheimer's vary from person to person. For many, decline in non-memory aspects of cognition, such as word-finding, vision/spatial issues, and impaired reasoning or judgment, may signal the very early stages of Alzheimer's disease.

Mild Alzheimer's' Disease: As Alzheimer's disease progresses, people experience greater memory loss and other cognitive difficulties. Problems can include wandering and getting lost, trouble handling money and paying bills, repeating questions, taking longer to complete normal daily tasks, and personality and behavior changes. People are often diagnosed in this stage.

Moderate Alzheimer's disease: In this stage, damage occurs in areas of the brain that control language, reasoning, sensory processing, and conscious thought. Memory loss and confusion grow worse, and people begin to have problems recognizing family and friends. They may be unable to learn new things, carry out multistep tasks such as getting dressed, or cope with new situations. In addition, people at this stage may have hallucinations, delusions, and paranoia and may behave impulsively.

Severe Alzheimer's disease: Ultimately, plaques and tangles spread throughout the brain, and brain tissue shrinks significantly. People with severe Alzheimer's cannot communicate and are completely dependent on others for their care. Near the end, the person may be in bed most or all of the time as the body shuts down.

What Causes Alzheimer's? Scientists don't yet fully understand what causes Alzheimer's disease in most people. There is a genetic component to some cases of early-onset Alzheimer's disease. Late-onset Alzheimer's arises from a complex series of brain changes that occur over decades. The causes probably include a combination of genetic, environmental, and lifestyle factors. The importance of any one of these factors in increasing or decreasing the risk of developing Alzheimer's may differ from person to person.

You can find this information and more at the National Institute and Aging website:

<https://www.nia.nih.gov/health/alzheimers-disease-fact-sheet#symptoms>



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.

“Difficult Roads Often Lead to Beautiful Desinations”

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 July 2019

Monday	July 1 st	TANF/GAF
Thursday	July 4 th	Independence Day CLOSED
Tuesday	July 5 th	WEX Timesheets Due
Tuesday	July 5 th	Self-Sufficiency documentation due
Tuesday	July 9-11 th	Culture Camp
Friday	July 12 th	WEX Payday
Tuesday	July 16 th	Time Sheets Due
Friday	July 19 th	Blueberry Picking 10-1pm
Friday	July 20 th	Elders Wood Cut 8-2pm
Tuesday	July 23 rd	EAO Barbecue 4-6:30pm
Tuesday	July 23 rd	EAO Bike Rodeo 3-4pm
Thursday	July 25 th	Diabetes Support Group 6-8pm
Friday	July 26 th	All Staff Meeting CLOSED
Friday	July 26 th	WEX Payday

July 25th from 2-4, Lane County Human Resources will be here
helping people fill out applications for jobs at the county

All CRT and childcare timesheets are due a day early the week before a holiday

**Services available to eligible enrolled federally recognized tribal members
and descendants:**

**Please contact Norma at 541-484-4234 or 1-800-922-1399 x1756
to discuss programs, eligibility or to schedule appointment**

All components are offered on a budgetary basis

Classroom Training (CRT)

CRT services are available for Vocational Training, GED completion, a term of Higher Ed.

Direct Placement

DP is available to any tribal member who has obtained full time employment and applies within seven days of the hire date. Service provides clothing and tools necessary for work.

On-the-Job Training (OJT)

OJT is available to any tribal member seeking employment. It is a reimbursement to an employer for half of a hired employee's wages, up to \$4,500.00 or 6 months, whichever comes first.

Work Experience (WEX)

WEX can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage.

Siletz Community Health



Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Purchased Referred Care	1-800-628-5720
Siletz Behavioral Health	1-800-600-5599

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
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

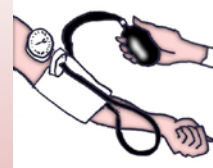
Siletz Community Health

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.



free cooking course

where

Confederated Tribes of Siletz
2468 W 11th Ave, Eugene

when

Mondays, July 1st-August 5th

12 pm– 2pm

who

Open to adults

how

Registration is required. Sign up by calling 541-344-0249 x 2 or search Eventbrite to register online.

details

Please plan to attend all 6 classes
Participants get a free take home ingredient bags, spice sample bags, a class handout/recipe book and more!

Cooking Matters: Cooking Healthy Meals on a Budget

Would you like to learn to:

- Make the most of your food budget
- Cook nutritious, delicious food
- Learn recipes from cooks and recreate them with ingredients you take home



Pick Your Own Blueberries

At Camas Farm
2245 River Loop 1
Eugene, OR

On Friday, July 19th
10:00 am to 1:00 pm



If you would like to join us for picking organic blueberries,
please RSVP by calling the Siletz office at 541-484-4234.

Bring your own containers. Bring your lunch. Water and a light snack will be provided. Dress appropriately for weather.



Diabetes Support Group

Thursday, July 25th

From 6:00–8:00 p.m.

**At the Siletz Tribal Office
2468 West 11th Avenue
Eugene, OR**

Did you know that Native Americans are more than twice as likely to become diabetic than the rest of the U.S. population?

Native Americans are more likely to develop complications from diabetes once they have the disease

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

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



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



LOOK BEFORE YOU LOCK

KidsAndCars.org believes the solution to these preventable tragedies is a combination of education and technology. KidsAndCars.org would like all vehicles to come equipped with a system that would alert a driver if a child has been left in the vehicle. Below are some simple tips parents and caregivers can follow to prevent heat stroke tragedies.

Create simple habits to help keep your child safe.

Make sure your child is never left alone in a car:

- ✓ Make it a habit of opening the back door **every** time you park to ensure no one is left behind.
- ✓ To enforce this habit, place an item that you can't start your day without in the back seat - employee badge, laptop, phone, handbag, etc.
- ✓ Ask your child care provider to call you right away if your child hasn't arrived as scheduled.
- ✓ Clearly announce and confirm who is getting each child out of the vehicle. Miscommunication can lead to everyone thinking someone else removed the child.

Make sure children cannot get into a parked car:

- ✓ Keep vehicles locked at all times, *especially* in the garage or driveway. Ask neighbors and visitors to do the same.
- ✓ Never leave car keys within reach of children.
- ✓ Teach children to honk the horn if they become stuck inside a car.
- ✓ If a child is missing, immediately check the inside, floorboards and trunk of *all* vehicles in the area very carefully.

Additional safety tips:

- ✓ Never leave children alone in or around cars; not even for a minute.
- ✓ If a child goes missing, immediately check the inside passenger compartments and trunks of all vehicles in the area very carefully, even if they are locked. A child may lock the car doors after entering a vehicle on their own, but may not be able to unlock them.
- ✓ If you see a child alone in a vehicle, get involved. Call 911 immediately. If the child seems hot or sick, get them out of the vehicle as quickly as possible.
- ✓ Be especially careful during busy times, schedule changes and periods of crisis or holidays. This is when many tragedies occur.
- ✓ Use drive-thru services when available (restaurants, banks, pharmacies, dry cleaners, etc.) and pay for gas at the pump.

Please share these important safety tips with your childcare providers, teachers, relatives, friends, family and neighbors... It could save a life!



Pool Safety Checklist

TIPS FOR PARENTS

- Watch kids when they are in or around water, without being distracted.** Keep young children within arm's reach of an adult. Make sure older children swim with a partner every time.
- Teach children how to swim.** Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water.
- Make sure kids know how to swim and learn these five water survival skills:**
 1. Step or jump into water over their head and return to the surface.
 2. Float or tread water for one minute.
 3. Turn around in a full circle and find an exit.
 4. Swim 25 yards to exit the water.
 5. Exit the water. If in a pool, be able to exit without using the ladder.
- Install fences around home pools.** A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates.
- Empty kids' pools after each use.** Store them upside down so they do not collect water.
- Know what to do in an emergency.** Learning CPR and basic water rescue skills may help you save a child's life.

**2019-2020 Hunting and Fishing Tags
Distribution Schedule**

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery	50	8/24-9/22	8/5 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	9/28-11/1**	8/19	First Come First Served
	Antlerless or Spike – Adult	8	10/19-11/1	Lottery applications available 8/5; due 9/6 ; drawing 9/9; tags issued 9/11	Lottery – Open to Elders Only
	Antlerless or Spike – Youth	5	9/28-11/3	Lottery applications available 8/5; due 9/6 ; drawing 9/9; tags issued 9/11	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/16-12/8	<i>First Distribution:</i> 10/14 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/28 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Elk	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/3; due 6/28 ; drawing 7/1; tags issued 7/2	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/24-9/22	8/5 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/9-11/12	Lottery applications available 9/3; due 9/27 ; drawing 10/7; tags issued 10/8	Lottery
	2 nd Season Rifle	25	11/16-11/22		
	Antlerless	8	Various seasons beginning 1/1/20	Lottery applications available 9/3; due 9/27 ; drawing 10/7; tags issued 12/2	Lottery
	Late Archery Antlerless	56	11/23-12/8	<i>First Distribution:</i> 10/14 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/28 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	9/3	First Come First Served

* No early calls to “save” an early archery tag for someone. Must physically show up to obtain tag on first day of distribution. May call to have a tag mailed beginning on the second day of distribution.

** Season for Youth ages 12-17 is 9/28 - 11/3 (2 additional days at end of general season)

*** Minus number of tags filled in Deer Early Bow Season

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2019-2020 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).

Second Distribution: For any eligible hunter, regardless of what other tags they have received.

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>Confederated Tribes of Siletz Indians of Oregon Tribal Identification 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>Siletz Valley Charter School 245 NW James Frank Ave, Siletz, OR PO Box 123456 Siletz, OR 97380-9999</p>	 <p style="text-align: center;">WARRIORS Siletz Valley Charter School</p> <p style="text-align: center;">Siletz Tribal Hunting & 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



2019

ELDER'S WOODCUTS

Saturdays, 8:00 a.m. – 2:00 p.m.

Near USDA on Logsdan Road in Siletz

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

Rain or Shine

DATES:

JULY 20

SEPT 21



Snacks, water, and PIZZA lunch provided

Bring your own gloves.

Bring axes and chainsaws if you have them.

Wood splitters and tools provided on site.

Tribal Elders who need firewood delivered must call the Elders Program to be added to the list.

Raina (541) 444-8261, Anita (541) 444-8220,

You're Cordially Invited to

CTSI-Eugene Area Office

Annual Barbecue

Where: EAO 2468 W 11th Ave. EO

When: July 23rd 2019

Time: 4-6:30pm

There will be Food & Beverage



CONFEDERATED TRIBES OF SILETZ INDIANS

ANNUAL NESIKA ILLAHEE POWWOW

August 9th - 11th, 2019

Pauline Ricks Memorial Pow -Wow Grounds
Government Hill, Siletz, OR



Categories

Golden Age / Adult | \$600, 500, 400, 300, 200

Teen | \$300, \$250, \$200, \$150, \$100

Youth | \$150, \$100, \$75, \$50, \$25

(Teen & Youth Preliminaries Occur Friday Night)

Specials

- Team Dance
- Women's Basket Cap Special (Open)
- Round Bustle (Open)

Thursday, Aug 8th

Royalty Pageant - 6 PM

Friday, Aug 9th

Memorial / Giveaways

Noon to 5 PM

Presentation of Crowns 6 PM

Grand Entry - 7 PM

Saturday, Aug 10th

Parade - 10 AM

Dance competition

Points Awarded for Parade participation

Grand Entry - 1 PM & 7 PM

Sunday, Aug 11th

Grand Entry - 12 PM

Salmon Dinner

Following Grand Entry

All Dancers & Drummers Welcome

(Drummers, please bring your own chairs)

Alcohol & Drug-Free Event | All are welcome to Attend!

Vendor registration is required. Camping fee \$25; \$5 pet fee / per pet (camping area) Camp Grounds open Thursday at 7 AM Drug and Alcohol Free Event For more information call: 800-922-1399 Buddy Lane Ext. 1230

Sponsored by Chinook Winds Casino Resort & Pepsi Bottling Co.

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 USDA Distribution Siletz 9-3pm Free Cooking Course 12-2pm	2 Timesheets Due USDA Distribution Siletz 9-3pm	3 USDA Distribution Siletz 9-3pm	4 Holiday Independence Day CLOSED	5 477/Self-Sufficiency Documents Due USDA Distribution Siletz 9-3pm	6
7	8 Free Cooking Course 12-2pm	9 Siletz Culture Camp Siletz OR	10 Siletz Culture Camp Siletz OR	11 Siletz Culture Camp Siletz OR	12 Payday	13 Elders Mtg CW Casino Shasta Rm 1-4pm
14	15 USDA Distribution Salem 1:30-6:30pm Free Cooking Course 12-2pm Ground Ronde Elders Honor Day	16 Timesheets Due USDA Distribution Salem 9-6:30pm Ground Ronde Elders Breakfast	17 USDA Distribution Salem 9-6:30pm	18 USDA Distribution Salem By Appt. ONLY Quarterly Elders Officers Meeting Siletz 11-1pm	19 Pick Your Own Blueberries 10-1pm Camas Farm	20 Elders Wood Cut 8-2pm
21	22 Free Cooking Course 12-2pm	23 EAO—Bike Rodeo 3-4pm EAO—Barbecue 4-6:30pm	24	25 Diabetes Support Group 6-8pm Super Star Luncheon CW Casino 11-1pm	26 Payday All Staff Mtg	27
28	29 Free Cooking Course 12-2pm	30 Timesheets Due	31 Wings & Waves McMinnville OR			

The Confederated Tribes of Siletz Indians
The Eugene Area Office Staff
541-484-4234 1-800-922-1399
Lou Carey, A/O Supervisor x1751
Nick Viles, Education Specialist/JOM x1757
Jessica Phillips, Program Coordinator/THV x1752
Jeramie Martin, Program Director/STVRP x1385
Jenifer Jackson, Tribal Service Specialist/477SSP x1755
Norma Trefren, Intake Specialist/Job Coach/477SSP x1756
Adrienne Crookes, Community Health Advocate x1753
Sherry Addis, Elders Wex
Nora N Williams-Wood, Clerk x1750
Vacant, Elders On-Call Transport



The Confederated Tribes of Siletz Indians
Eugene Area Office
2468 W 11th Avenue
Eugene Oregon 97424

Mailing Address Updates For Per Capita Checks

The last day to get your mailing address updated in time to not cause a delay in the mailing of your per capita check is Friday, July 12, 2019 by the end of the business day. Any address changes after that date will affect the mailing of the per capita check, causing a delay in receiving it. Please see the information below about address changes and missing moccasins. For the full policy regarding per capita checks, please see the Tribal Member Distribution Ordinance on the Tribal website www.ctsi.nsn.us under Government Listings > Tribal Ordinances.