

Portland Potlatch

MAY 2019

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SRII-NA CHEE-YASH-'E
(High in Sky Bird)
Or EAGLE



2019 Siletz

Memorial Day Ceremony

May 27th, 2019 at 11:00 AM

(for more information turn to page 15)

**All Area Offices will be
Closed on Memorial Day
Monday, May 27th**



Like us on Facebook...

With our new Facebook page up and running our goal is to highlight some of the events and activities going on in Portland.

To reach our page:

Simply visit the below link and save it to your favorites page and like us, if you have a Facebook account.

www.facebook.com/portlandareaoffice/



Important Dates

- Sat., 5/4 General Council—1 PM
- Sat., 5/11, Elders Council—1 PM
- Fri., 5/17, Regular Council—8 AM
- Mon., 5/27, Memorial Day Ceremony 11 AM

Community News

Portland Area Office Beading Group

We will, host our regular beading group:

**Thurs., May 16th
10:00 AM—2 PM**

For more information, Please call Verdene McGuire.

Get Ready for July, Siletz Culture Camp is Coming!

Don't forget! It's that time of year and summer is right around the corner. This year's Culture Camp will be held July 9th to the 11th. If you plan to attend Culture Camp this year, be sure to register. Registration applications will soon be available in all Siletz Area offices and online at www.ctsi.nsn.us. More information to come this June!



Elder's Shopping Days

May 1st & 15th at 10 AM

The next elders shopping day will be:

To reserve your spot on the bus, please call your Elders program area representative, Kay Steele or Angie Artiago.

PAO Elders Potluck

Ch'ay-yii-ne Ghu'-'alh

Weather permitting, we will next meet:

**Tues, May 21st
5:30 PM — 7 PM**

Please bring a potluck dish to share. For more information or to request a ride/carpool, please contact your Elders Representatives Kay Steele or Angie Artiago..

Garden Club

May Garden Club

Note: May's Meeting will be held at our Gilbert heights Community Garden (weather permitting)

If you are interested in joining us at our monthly garden club or for more information please call Andrew Johanson at the Portland Area Office at (503) 238-1512 We look forward to seeing you:

**Thursday May 30th
10:00 AM—Noon**



**Location:
Community Garden**

Siletz Home Visiting Program (HPV)

Are you expecting a baby?

Do you have a baby under the age of one?

Do you have questions about how to care for your little one?

Are you interested in gaining skills for successful and positive parenting?

If you answered yes to any of the above questions, check out our Home Visiting program. Our program provides parenting and life skills for successful and positive parenting. For more information or to find out if this program is right for you contact Lori Christy Home Visitor at (503) 390-9494.

Here is what some recent Home Visiting graduates had to say about the program:

"It was nice to know someone was there if I needed help, or to get some advice. ... Having support was very good for me."

Heather, April 2109

"A million times over I'd recommend it to everyone. It makes all the difference. I don't know what I'd have done without it. All the lessons keep me at ease knowing my son's development is good. It provides stress relief in knowing I'm doing good. It reassures me." Brittany, March 2019

"It reinforced my parenting skills. Helped to know I am doing it right." Allison, January 2019

"The lessons really helped us. The program is encouraging and supportive of being the best parents we can be." "It's a very great program for those who are nervous about being first time parents. Great way to learn about native parenting practices." Melissa and Davis, August 2018



Siletz Community Health Clinic

Medication Assistance Treatment, Salem, OR

The Siletz Community Health Clinic will be offering Medication Assistance Treatment (MAT) in Salem, OR 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, at 1-(541)-444-9615.

Community Health



Diabetes Support Group

We usually serve a light lunch of fresh fruits, salad, soups, and lean meats on occasion. All tribal members and their families are welcome. Please join us.

**Weds., May 8th
Noon—2 PM**

Verdene's Office Hours

My current office hours for 2019 are from 10 AM—4:30 PM please call (503) 238-1512 X 1413 with any questions.

Our Monthly Meditation



Your Issue: I'm going through a very emotionally taxing time.

Your Meditation: Loving-kindness meditation. Sit quietly, breathe normally, and gather your attention around the repetition of the phrase "May I be happy, may

I be peaceful." Whenever your attention wanders, gently let those thoughts go, and come back to the phrase. At the end, after repeating that phrase for yourself. Offer it up to include all beings everywhere, saying, "May all things be happy, may all things be peaceful." Breathe and feel comfortable with your thoughts and these phrases daily, finding your center of strength within.



What is, Walk with Ease?

Walk With Ease is a simple fitness program free to all Oregonians. The program aims to reduce pain and improve overall health through walking. If you can walk for 10 minutes without increased pain, Walk With Ease can help you thrive!

Classes help you build your confidence to be physically active and groups provide social support. Walk weekly with a certified instructor or register to walk on your own and we'll send you a free guide book.

Find a Walking Group:

Walking groups are forming and meeting across the state. Find one close to you

by looking online at: walk.oregonstate.edu.

Join individually to go at your own pace:

If a walking group isn't available in your area or you'd simply like to participate individually, register online at the web page above. We'll mail you a book for free!

Become a Walk With Ease

Leader:

Bring Walk With Ease to your neighborhood and community by leading. Learn how to become a certified Walk With Ease leader click on "Group Leaders" at the website.

Let's get moving, and Thrive!!!

477 Self-Sufficiency Program

SSP Monthly CAN Meeting

The 477 SSP monthly CAN meeting will be on:



Program components include: cash grant services, emergency utility assistance, job training, job retention services and other supportive services which are subject to budget cycle availability.

The Program Manual lists all available components in detail and the requirements of each which is also available at the CTSI website:

www.ctsi.nsn.us

This is a good opportunity to meet and learn from others like you who are working toward their goals! This month we will be assisting clients in creating a Vision Board.

477-SSP Mission Statement:

To assist eligible clients in attaining self-sufficiency. The 477 Self Sufficiency Program will serve the following groups as they work towards this goal: Siletz needy families, Native American, Alaskan Native, Native Hawaiian.

Your Success is Important to Us!

Contact a Tribal Services Specialist for more information about current components that are available.

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.

Behavioral Health—Mental Health

Spring has arrived:

The saying is, April showers bring “May flowers”. We experienced snow late into March, and cold stormy weather in April. As Oregonians, we know we’re in for more rain, but here’s hope that the flowers will be spectacular. Now is the time to tackle projects that were set aside for the thaw, like doing the bathroom remodel or making that quilt for your loved one you’ve been meaning to make.

2. Create a new family tradition; go to a restaurant once a week, go on the same hike once a week, play the same board game once a week. New traditions are a great way to build bonds.
3. Try and do more as a family together; clean the dishes together, straighten the living room together, make dinner together. Each family member will feel like they play an important role in the family.

Activities for personal mental growth:

1. Start writing in a journal about your daily struggles and accomplishments. It’s a useful tool to see where you are in life, and where you want to go next.
2. Do 5 minutes of mindfulness each day, focusing on living in the present moment.
3. Stand in front of a mirror, posed like a super-hero, for three minutes. This is a great thing to do before an interview to build confidence. (It really works!)

Growing your family connection:

1. Eat a meal with the whole family at least twice a week, if possible. Don’t turn on electronics, but instead check in with each family member; ask, what was one low for the day, and one high.

Traditional Growing

For the people of the Siletz tribe, spring is a good time to rekindle the family’s passion. Go to Pow-wows together, participate in feather dances, or go clamming. Talking circles, sweat lodges and smudging are all traditional medicines that the Siletz people have found quite powerful throughout time. Now is the perfect time to check in with the Behavior Health Department to see about upcoming rafting experiences!

Generally, PAO Counselor Rachel Adam’s Work Days/Hours are:

<p>Portland Area Office Mon & Tues 8 AM—4:30 PM (503) 238-1512</p>		<p>Salem Area Office Wed. & Thurs 8 AM—4:30 PM 1-(503) 390-9494</p>
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Parking at Portland Area Office

When visiting the Portland Area Office, please note that **Blue** parking spaces are for Siletz tribal members, staff and visitors. **Overflow parking is available on SE 128th Ave.**

Behavioral Health — Alcohol & Drug Program

Philosophy:

The Siletz Tribal Alcohol and Drug Program views alcoholism, chemical dependency, and other addictions as a progressive illnesses. When left untreated they can cause emotional, mental, physical, and spiritual problems for the person, family, and community. Addictions are treatable and staff is personally dedicated to providing culturally relevant treatment services.

Services Include:

- Evaluation/Assessment
- Referral to appropriate resources
- Alcohol/other drug education
- Cultural/traditional Individual, group, or family counseling
- Adolescent treatment
- Women's specific treatment
- Intervention
- Recreational therapy

- Urinalysis/saliva testing
- DUII rehabilitation services

Generally, PAO Counselor Andulia WhiteElk Hours are:

When Andulia is unavailable, Counselors from other area offices (Salem, Siletz, or Eugene) can assist.



<p>Salem Office</p>	<p>Monday, Tuesday 8—4:30PM Wed. (8AM –Noon)</p>
<p>Portland Office</p>	<p>Wed. (Noon-4:30) Thursday and Friday 8— 4:30PM</p>

<p>Recognize Acknowledge Forgive Change</p>	<p>If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk</p>	<p>Help is Available & Confidential</p>
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Purchased Referred Care (PRC)

Need to Call Purchased Referred Care (PRC)?

If you have questions about your eligibility for Siletz, Contract Health Services (CHS), please call your assigned PRC technician. Please call (800) 628-5720. A technician is assigned to you by your last name. Please

refer to the list below to determine who you need to speak with when contacting contract health.

Gail Barker	A—G X 1329
Chrissy Marceau	H—O X 1622
Joella Strong	P—Z X 1329

Education & Youth Update

Siletz Tribal Higher Education Applications

Applications for the 2019-2020 academic school year are due in the Tribal offices by:

June 30, 2019

The Tribe's Higher Education Application or the Adult Vocational Application can be accessed at CTSP's website:

www.ctsi.nsn.us

Or contacting Katy Holland at (503) 238-1512 or e-mail: katyh@ctsi.nsn.us

Tribal Scholarships

The following Tribal Scholarships: are due June 30, 2019:

- PEPSI—Craig Whitehead Scholarship (\$1,000)
- Arthur S. Bensell Memorial Scholarship (Educator scholarship, \$1,000)
- Siletz Scholarship (Any field of student; \$1,000)
- Sharon Butler Memorial Scholarship due May 9th, 2019
- Cathern Tufts Memorial Scholarship (Natural Resource and or Pre Law./Law School)

Discover Your Career

Pathway, Apprenticeships

Oregon apprenticeship programs combine supervised, paid, on-the-job training with related classroom instruction to start off your career in fields such as sheet metal, linesmen, electricians, machinist, carpenter, plumbers, Highway construction, iron workers and much more. Explore the various high paying occupational apprenticeship opportunities at the following websites or you can make an

appointment with Katy to go through the different opportunities and how the tribe can assist you.

- www.apprenticeship.org
- Bureau of Labor & Industries (BOLI) www.oregon.gov/boli/atd
- Oregon Tradeswomen, inc. www.tradeswomen.net
- Coming Up Electric Industry Pre-Apprenticeship Program, July 9th-Sept. 14th, 2018. Visit: www.nietc.org/pre-apprenticeship
- www.constructinghope.org

You can also contact Portland Community College Apprenticeship & Trades Pre-Trade Opportunities at 971-722-5651.

Your Success Matters:

The Siletz Tribal Incentive Program

The program, rewards Siletz Tribal students for their achievements. We now have an application for this incentive. Call Katy or pick up an application at the area office.

Head Start/Pre-School:	\$10.00
Kindergarten:	\$10.00
Elementary School	\$20.00
Middle School:	\$50.00
High School:	\$100.00
Adult Vocational Training:	
1 yr. program:	\$100.00
2 year program:	\$200.00

Higher Education Pendleton blanket, plus \$75.00

Master's degree: \$300.00

Please forward certificates, diploma's to Katy at the Portland area office.

2019 Oregon Tradeswomen's Career Fair

Education, Inspiration, and Opportunity for

the Future Women's Construction Workforce will be held on: Saturday, May 18th

Careers For Women Day (Everyone Welcome) 9:00 AM – 3:00 PM: FREE:

NECA IBEW Electrical Trade Center
16021 NE Airport Way

- http://.tradewomens.net

“Lets Pull Together at Mary's Peak”

Saturday, May 18th, 2019

At the Siletz Youth Council Service project we will help pull evasive plants in traditional gathering areas. We will also learn how to identify these evasive plants and help the native plants thrive.

Please contact Katy Holland or Rachel Adams if you would like to attend or for transportation details. Hope to see you!

What is Siletz Youth Council?

Our Siletz Tribal teens are invited to participate with us through the Siletz Tribal Youth Council. Youth from each area meet up regularly to get to know what another, to know and understand our Tribal heritage, our tribal government, to build leadership skills, and to join together in community service projects. The youth council regularly visits college campuses. Our upcoming meeting in May we plan to travel to Eugene to participate in the Tribe's “Let's pull together...” event. Transportation will be provided. For more information contact Katy at (503) 238-1512, by email at: katyh@ctsi.nsn.us or go to the Siletz Tribal Youth Council Facebook page at Siletz Tribal Youth Council.

Youth Employment and Education Program

Accepting Summer Applications Soon!

If you are a Siletz Tribal member within the age of 14 and 18 years old and would like to

work this summer or plan to attend summer school and would like to be paid for this - please contact Katy at the Portland area office (503)238-1512 or email Katy at

katyh@ctsi.nsn.us

Youth can be placed at a work site and be paid minimum wage through the Tribe's TYEE program. The program will also pay you for attending school for credit recovery. Plan early and contact Katy.

Culture Day at Tryon Creek State Natural Area

Traditional Lifeways of Oregon Tribes: This free, all ages event offers the chance to listen and learn from Indigenous educators. Cultural demonstrations and presentation will be offered in classroom and on-trail, from 9:15pm to 1:30 PM. Tribal blessing and an honor song will be 9 AM For more info.: Contact Gabe Sheoships at:

Gabe@tryonfriends.org.

No Registration needed.

Native Gathering Garden Spring Tending Party

Come celebrate and help take care of the Native Gathering Garden at Cully Park with PSU's Indigenous Nations Studies, National Indian Parent Information Center and Portland Parks and Recreation. Tools and food provided. Please come dressed for the weather, some rain gear and boots available. All ages and abilities are welcome: Saturday, May

25th 2019, 12 PM—3 PM, Located at 5810

NE 72nd Ave. If you have questions, call (503) 314-0339.

May 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Elders Shopping Day 10 AM	2	3	4 General Council 1 PM—Siletz
5	6	7	8 Diabetic Support Group Noon—2 PM	9 477-SSP: CAN Meeting 10 AM—2 PM	10	11 Elders Council 1 PM—Lincoln City
12 	13 Athabaskan Language Class 5 PM—8 PM	14	15 Elders Shopping Day 10 AM	16 Beading Group 10 AM—2 PM	17 Regular Council 8 AM—Siletz	18 Elder's Wood Cut 8 AM—2 PM—Siletz Youth Council Meeting Eugene, OR
19	20	21 Elders Potluck 5:30 PM	22	23	24	25
26	27 All Siletz Offices Closed Memorial Day Ceremony 11 AM, Siletz	28	29	30 Garden Club 10 AM—Noon	31	

USDA

Siletz

Tuesday	May 1	9 AM – 3 PM
Wednesday	May 2	9 AM – 3 PM
Thursday	May 3	9 AM – 3 PM
Friday	May 4	9 AM – 3 PM

Salem

Monday	May 7	9 AM – 3 PM
Monday	May 20	1:30 PM – 6:30 PM
Tuesday	May 21	9 AM – 6:30 PM
Wednesday	May 22	9 AM – 6:30 PM
Thursday	May 23	Appointment Only

For more information please contact, Joyce Retherford, FDP Director (541) 444-8393

CROCK POT COWBOY BEANS

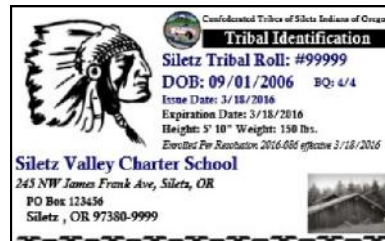
Brown the meat and onion in a little vegetable oil. Add all other ingredients to a crock pot. Add the meat and onion and cover and cook on low for 4 hours.

1 LB PORK, CUT IN STRIPS*	1 WHOLE ONION, DICED*
1 CAN BLACK BEANS*	1 CAN PINTO BEANS*
1 CAN KIDNEY BEANS*	1 CAN VEGETARIAN BEANS*
½ CUP HONEY	½ CUP KETCHUP
½ CUP BBQ SAUCE	1 TABLESPOON DRY MUSTARD
1 TABLESPOON APPLE CIDER VINEGAR	SALT & PEPPER TO TASTE

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.

Need A New Tribal ID?

The Portland area office (PAO) can assist tribal members with obtaining their tribal ID from the enrollment department. Tribal members must to call PAO ahead of time to ensure staff are available. Please call (503) 238-1512 for more information.



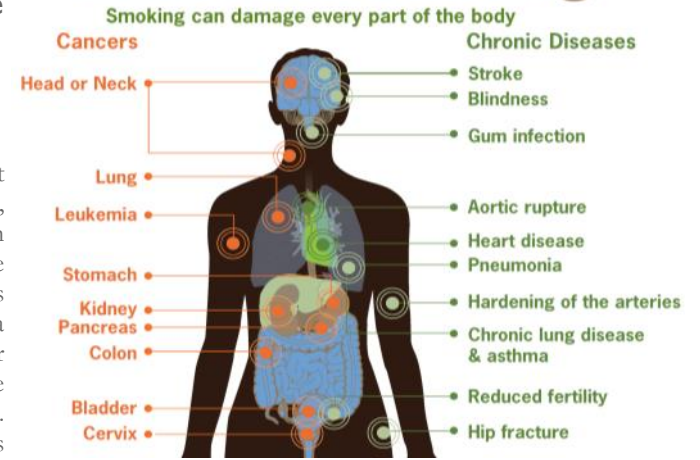
Tobacco Prevention Education program (TPEP)

Tobacco Related Cancers for the Month of January

Melanoma and Skin Cancers:

Melanoma is a cancer that develops in melanocytes, the pigment cells present in the skin. It can be more serious than the other forms of skin cancer because of a tendency to spread to other parts of the body and cause serious illness and death. Because most melanomas occur on the skin where they can be seen, patients or their spouses are often the first to detect suspicious tumors. Caught

Risks from Smoking



(Continued at bottom of page 8)

Athabaskan Language

The culture department will be hosting two events at the Portland Area office on:

Monday, May 13th
5:00 – 8:00 PM
Portland Area Office

Culture Craft Night

Dentalium Stringing Class

5:00 to 7:00 PM

Siletz Tribal Members and their families are invited to come and learn to string Dentalium. All ages are welcome.

Contact: Bud Lane at budl@ctsi.nsn.us;

(541) 444-8320 or (800) 922-1399 ext. 1320.

Sponsored by the Education and Culture Departments.

Nuu-wee-ya'
(Our Words)

We will still be hosting our regularly scheduled monthly Athabaskan Language class on the same night from 7—8 PM. You can learn more about our language from the below links to our language web site:

www.siletzlanguage.org



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



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,

Confederated Tribes of Siletz Indians
2019 Memorial Day Ceremony

May 27, 2019
11:00 a.m.
Government Hill
Siletz, Oregon

Procession to Veterans Memorial - Honor Guard
and Bear Spirit

Lord's Prayer - Siletz Royalty
Welcome - Tribal Council Chairman Delores Pigsley
Memorial Day Address - TBA
Presentation of Flowers
Gun Salute - Honor Guard
Taps
Closing - Bear Spirit

Lunch at the Tribal community center, provided by
the Cultural Heritage Committee at noon.

(TPEP Continued from page 7)

early, most melanomas can be cured with relatively minor surgery.

Early signs of melanoma are changes to the shape or color of existing moles or, in the case of nodular melanoma, the appearance of a new lump anywhere on the skin. At later stages, the mole may itch, ulcerate or bleed

Bladder Cancer: Bladder cancer is any of several types of cancer arising from the tissues of the urinary bladder. It is a

disease in which cells grow abnormally and have the potential to spread to other parts of the body. Symptoms include blood in the urine, pain with urination, and low back pain. Risk factors for bladder cancer include smoking, family history, prior radiation therapy, frequent bladder infections, and exposure to certain chemicals. The most common type is transitional cell carcinoma. Other types include squamous cell carcinoma and adenocarcinoma.

Quit line: 1-800-QUIT-NOW

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.

(503) 390-9494
3160 Blossom drive NE, ste. 105
Salem, OR 97305

Eugene Area Office:

(541) 484-4234
Jeramie Martin, Program Director
2468 West 11th
Eugene, OR 97402

Siletz Admin. Office:

(800) 922-1399
Rachelle Endress, Counselor/Job Developer
201 SE Swan Ave
Siletz, OR 97380

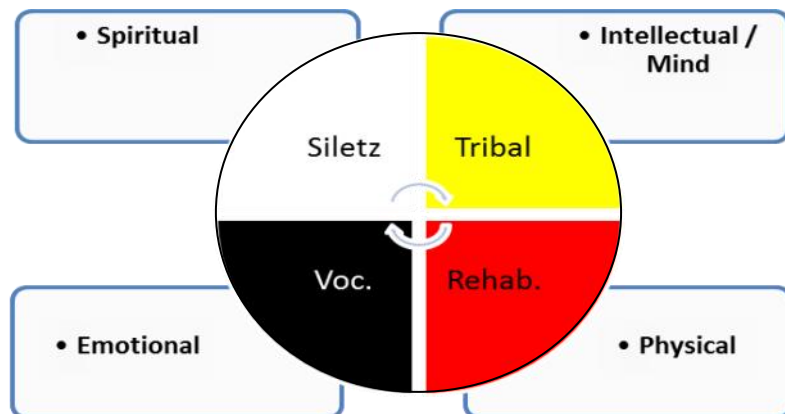
Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Resume Writing
- Interviewing Techniques
- Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment

For more information about the STVRP, please inquire at 1-800-922-1399. Services are provided in all area offices, however to inquire about services, ask to be transferred to the office nearest you that is listed below.

Salem Area Office:

Dana Rodriguez, Program Aide;
Toni Leja, Counselor/Job Developer



Alzheimer's & 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 be-

havior 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>



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Portland Area Office

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 Portland, OR 97233
Phone: (503) 238-1512
Fax: (503)238-2436
Hours:
 Mon—Friday
 8:00 AM—4:30 PM

www.ctsi.nsn.us



BEAR SV-GVS



Is Your Newsletter Coming to the Right Address?



We frequently receive new mailing address lists from Enrollment. If you have not updated your new address with enrollment your newsletter could be misdirected. If you or someone you know is not currently receiving their newsletter (we send one per household), please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.

How to Get Your Newsletter Faster and In Color?

All Area Office newsletters are now posted for immediate downloading at our tribal website:

www.ctsi.nsn.us

Any tribal member who would like to be notified when the new issues is posted may contact Andrew Johanson, PAO clerk to be added to the notification email. Then you can download and print a color version with a few clicks of your computer keyboard.



Portland Area Office Staff:

Name/ Title	Contact Information
Rebecca Downey Area Office Supervisor	(503) 238-1512, X1419 rebeccad@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512, X1418 katyh@ctsi.nsn.us
Andrew Johanson Area Office Clerk	(503) 238-1512, X1400 andrewj@ctsi.nsn.us
Verdene McGuire Comm. Health Advocate	(503) 238-1512, X1413 verdenem@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us
Andrew Eddings Peer Recovery Mentor	Work Cell: (541) 270-9717 andrewe@ctsi.nsn.us
Rachel Adams Mental Health Specialist	(503)238-1512 X1417 rachela@ctsi.nsn.us
Andulia WhiteElk A & D Counselor	(503)238-1512 X1414 anduliaw@ctsi.nsn.us

Other Numbers:

Name/ Program	Number	Name/ Program	Number
Bud Lane	800-922-1399	Jeremy Martin	800-922-1399
Cultural Program	X1320	Voc. Rehab. Direct.	X1385
K.C. Short Finance Manager	800-922-1399 X1316	Mike Kennedy Natural Resources	800-922-1399 X1232
Anita Bailor—Programs I Director/ Elders Program	800-922-1399 X1220	Angelina Artiago Portland Elder's Rep	(503) 760-3899
Rachel Adams Mental Health Specialist	(503)390-9494 X1864 Salem X 1417 Portland	Kay Steele Portland Elder's Rep	(503) 760-4746
Angela Ramirez Enrollment Clerk	(800)922-1399 X 1258	DeAnn Brown Siletz HS Program	(800)922-1399 X1510