

The Eugene Area Office Newsletter

The Eugene August 2020

All Siletz Tribal Offices Closed to public to limit the spread of the COVID-19 (Coronavirus). All Staff are operating on a limited basis and will return calls or emails within 48 hours. If you call, please leave a clear message with your name and phone number. The health and safety of employees, tribal members, clients and the community is important to us and we appreciate your patience during this time. Be Safe! Thank You!

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

2020

Low-Income Energy Assistance Program (LIHEAP)

~OPEN~

Crisis/ Regular heating- May1st
All Siletz Tribal Households
Crisis/Shut-off/Regular OPEN
Siletz Tribal Members and households

Contact Nora Williams-Wood
541-484-4234 [now@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)

EMERGENCY HOUSING ASSISTANCE FUNDING OPEN FOR 2020

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

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 be 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 (541) 444-8322 FAX (541) 444- 8313

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

Chinook Winds Casino Resort Sign up for an electronic newsletter: www.chinookwindscasino.com



Pharmacy 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

GAB 'N CRAFT

Tuesday, August 25

5:00 -6:00 pm

Virtual Meeting Via Zoom

A time to connect with your community
Bring a craft to share or just stop by for a chance
to visit. Everyone welcome!

For Login Details Contact Nora Williams-Wood

(e) noraw@ctsi.nsn.com (p) 541-484-4234

COVID-19 Water/Sewer Assistance Program

I. PURPOSE

To provide Siletz Tribal households experiencing negative impacts due to the COVID-19 pandemic with water/sewer assistance. Funding for the COVID-19 Water/Sewer Assistance Program is based on a first come, first served basis. Services are available throughout the United States of America. This program will open July 1, 2020 and will remain open until funding is exhausted.

II. ELIGIBILITY

1. Tribal households negatively impacted due to COVID-19. To be considered a tribal household, the head of household, spouse, or a minor child (ren) must be an enrolled Siletz tribal member.
2. Impact must be due to circumstances directly related to COVID-19 (i.e. loss of income due to lay-off, inability to work due to government shut-down, loss of income due to quarantine, household composition changes, etc.)

III. USES

COVID-19 water/sewer assistance is meant to address unmet needs. Household may be eligible for water/sewer assistance. The base is \$250.00 with a limit up to \$500.00 per household. Funding is made available through the CTSI U.S. Treasury CARES Act fund. Payments will be made directly to water/sewer providers.

IV. PROCEDURE

1. The applicant must complete the COVID-19 Water/Sewer Assistance Application and provided the following: names of all household members, roll number, proof of tribal enrollment, date of birth, address, for all household members. Applicant must document how COVID-19 has impacted their household and need for water/sewer assistance. Applicant must sign the release of information and attached current Water/Sewer bill.
2. Applications will be processed by the 477-Self Sufficiency Program (477-SSP).
3. Once eligibility is determined, a receipt letter or email will be provided to the applicant 2 business days from the date the application is received by the CTSI. The applicant will be given ten (10) days from the receipt letter date to respond and correct any deficiencies. Other efforts to communicate with the applicant, to assist with completion of the application will occur as needed.

COVID-19 Food Assistance Program

I. PURPOSE

To provide Siletz Tribal households experiencing negative impacts due to the COVID-19 pandemic with food assistance. Funding for the COVID-19 Food Assistance Program is based on a first come, first served basis. Services are available throughout the United States of America. This program will open June 1, 2020 and will remain open until funding is exhausted.

II. ELIGIBILITY

1. Tribal households negatively impacted due to COVID-19. To be considered a tribal household, the head of household, spouse, or a minor child (ren) must be an enrolled Siletz tribal member.
2. Impact must be due to circumstances directly related to COVID-19 (i.e. loss of income due to lay-off, inability to work due to government shut-down, loss of income due to quarantine, household composition changes, etc.)

Households with income below the Federal Poverty Level and reside within the CTSI Service Area may be eligible to receive assistance from the IHBG CARES Fund. Households that exceed the income limits or reside outside the CTSI Service Area, may receive assistance from the CTSI CARES Fund. CTSI Administrators will determine what funding to utilize based on the application and supporting documentation.

Households currently receiving food assistance through other means (SNAP Benefits, USDA Commodities) may be eligible depending on the household situation.

III. USES

COVID-19 food assistance is meant to address unmet needs. Eligible households may be eligible for food assistance totaling \$75.00 per household and then \$50.00 for each additional person up to a maximum of \$225.00 per household. Households found eligible with HUD funding will be limited to the \$75.00 and the remainder will be covered by the CTSI CARES fund.

IV. PROCEDURE

1. The applicant must complete the COVID-19 Food Assistance Application as follows: names of all household members, proof of tribal enrollment, date of birth, address, income amounts and income sources for all household members. Applicant must document how COVID-19 has impacted their household and need for food assistance. Applicant must sign the release of information.
2. Applications will be processed by the 477-Self Sufficiency Program (477-SSP) in coordination with the Siletz Tribal Housing Department. Once eligibility is determined, the application may be forwarded to the CTSI Area Offices to meet the client need. The Area Offices may meet the client need by utilizing stores that accept CTSI purchase orders, other local stores or farms.
3. A receipt letter will be provided to the applicant 2 business days from the date the application is received by the CTSI. The applicant will be given ten (10) days from the receipt letter date to respond and correct any deficiencies. Other efforts to communicate with the applicant, to assist with completion of the application as soon as possible, will occur as needed.
4. The Applicant will complete the "Requested Food Items Form" attached to the application. Once approved for services, the 477-SSP will coordinate with the applicant a date and time to pick-up their groceries from a local store. The 477-SSP will purchase the items online for pick-up or delivery by the client.

COVID-19 CARES Act - Housing Mortgage Relief Program Policy

I. PURPOSE

To provide Siletz Tribal households experiencing negative impacts due to the COVID-19 pandemic with one-time mortgage relief assistance. Funding for the COVID-19 Housing Relief Program is based on a first come, first served basis. Services are available throughout the United States of America. This program will open May 20, 2020 and will remain open until funding is exhausted.

II. ELIGIBILITY

Tribal households negatively impacted due to COVID-19. To be considered a tribal household, the head of household, spouse, or a minor child(ren) must be an enrolled Siletz tribal member.

Impact must be due to circumstances directly related to COVID-19 (i.e. loss of income due to lay-off, inability to work due to government shut-down, loss of income due to quarantine, etc.)

III. INELIGIBILITY

Households assisted with Indian Housing Block Grant funds (Mortgage or Rental Assistance Program) and households that benefited from the Tribal payment waiver (Low-Income Rental, HOYO, Mutual Help, Conveyed Mutual Help, and PMU) are not eligible.

IV. USES

COVID-19 CARES Act mortgage or rent relief assistance is limited to mortgage or rent payments due April, May, and June. Total grant may not exceed \$3,000, regardless of mortgage or rent amount.

Proof of mortgage or rent agreement is required for applications to be complete.

V. PROHIBITIONS

COVID-19 CARES Act Relief Assistance cannot be provided to units already receiving assistance from the Siletz Tribal Housing Department's (STHD) including but not limited to Low Rent, Mutual Help, Home of Your Own, and Rental Assistance Programs.

Hotel, motel rent.

Mortgage payment will be made directly to landlord or mortgage company. Payments will not be made directly to individuals or family members.

VI. PROCEDURE

1. The applicant must complete the COVID-19 housing relief application as follows: names of all household members, proof of tribal enrollment, date of birth, address, income amounts and income sources for all household members. Applicant must provide documentation that household income is reduced as a result of COVID-19.

2. The families affected by loss of income due to COVID-19 will qualify with documents to prove loss or reduction of income, including but not limited to:

- a. Proof of unemployment application submitted.
- b. Any other form of documentation that shows a layoff, furlough or reduction in hours.

3. The applicant must provide a copy of the mortgage payment statement, payment book, or rental agreement.

4. A receipt letter will be provided to the applicant within 72 hours from the date the application is received by the Siletz Tribal Housing Department. The applicant will be given 5 days from the receipt letter date to respond and correct any deficiencies. Other efforts to communicate with the applicant, to assist with completion of the application as soon as possible, will occur as needed.

6. Staff will process check requests to the landlord, financial institution or business; no payments will be issued to program participants.

JOM: Youth News and Notes

Summer Activity Calendar Update

While tribal offices are closed due to the COVID-19 pandemic, youth activities will remain virtual. Updates to the EAO summer youth activity calendar will be announced on a month-by-month basis. Call the Eugene Area Office or sign up for the Youth Event Email List for up-to-date announcements on fun activities and events that will honor current public health recommendations. In the meantime, check out the CTSI Youth Facebook page for activities, challenges, and virtual events.

Culture Kits:

Available in August to Siletz and JOM youth! Get all the supplies you need to make either bone-necklaces or maddishes at home and find instruction at live virtual meetings (while supplies last). See flyer for details or call/email to sign up.

Ongoing Activities

Summer Read Team: Train for OBOB with free books and weekly meet ups with other youth--Wednesdays at 1 pm. Call or email to sign up. Join any time before the final session on August 19.

Parent Workshop: Tips, tricks, and support for raising Native children during the pandemic. Morning and evening sessions on Thursdays at 11 am or 7 pm. Call or email to register.

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 \$150 per year to cover fees for costs related to extracurricular activities, cultural events, or supplies for Siletz youth.

August Youth Activity Calendar

August 5: Virtual Read Team, 1 pm

August 6: Parenting Group, 11 am or 7 pm

August 12: Virtual Read Team, 1 pm

August 13: Parenting Group, 11 am or 7 pm

August 19: Virtual Read Team, 1 pm

August 20: Parenting Group, 11 am or 7 pm

Ongoing:

School Supplies

Culture Kits

Dee-ni Speaking Group (Mondays)

Get updates and reminders by signing up for the Youth Activities

Email List Contact:

nickv@ctsi.nsn.us

JOM: Youth News and Notes Continued...

School Supply Distribution:

Siletz and JOM students entering grades K-12 are eligible to receive basic school supplies. Please note that due to pandemic safety measures, school supplies will not be available on a walk-in basis this year. Please call or email ahead to make arrangements to safely receive supplies.

(email) nickv@ctsi.nsn.us (phone) 541-484-4234

Weekly Community Dee-ni Speaking Group

Weekly Deen-ni speaking group will continue virtually on-line during August. Log-on every Monday (August 3, 10, 17, and 24, and 31) at 5 pm to learn more about at-home based language-learning techniques and to help build our local speaking community. All ages and experience levels are invited to attend and new learners are especially welcome. Call or email for more information and instructions about how to log onto the virtual classes.

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 2020-21 school year beginning Fall 2020 was June 30. The next application cycle will be for the 2021-2022 school year.

Deadlines for the 2021-2022 school year:

-Submit a FAFSA by January 31, 2021

-Completed Application: June 30, 2021

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.

SIGN UP NOW FOR

CTSI Youth Summer

CULTURE KITS

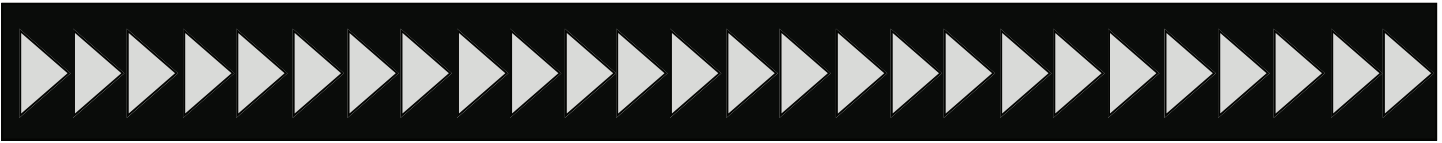
**CHOOSE TO MAKE
MADDISHES OR
BONE NECKLACES**

**FREE
FOR CTSI
YOUTH AND
FAMILIES**

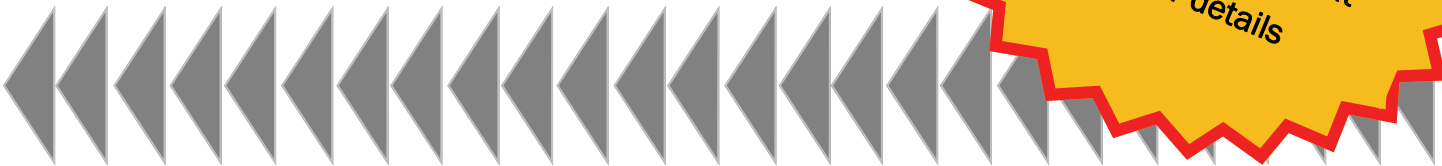
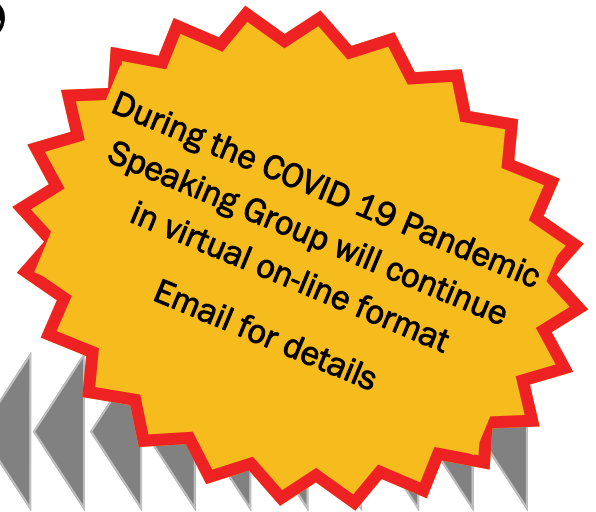
**KITS WILL BE MAILED TO YOUR HOME AND
INSTRUCTION PROVIDED VIA VIRTUAL
ZOOM CLASSES**

SUPPLIES MAY BE LIMITED, FIRST COME FIRST SERVED

**TO SIGN UP CONTACT JACOB REID
JACOBRE@CTSI.NSN.US**



Nuu Wee-Ya' Lhetlh-xat



Weekly Dee-ni Language Speaking Group

*AUGUST DATES: Mondays August 3, 10, 17, 24, 31 5:00-6:00 pm

*Due to the COVID 19 Pandemic-speaking group will meet on-line

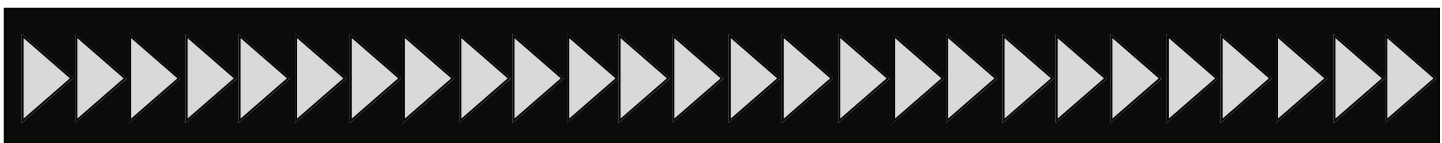
***All ages and skill levels welcome as are first-time participants**

*No prior knowledge needed

*Learn How to Use In-Home Based Language Learning Methods

*Help Build Your Speaking Community

Contact Nick Viles at x1757 or nickv@ctsi.nsn.us for instructions on how to join the virtual meetings



The 477-Self Sufficiency Program Is Still Providing Essential Services

The 477-Self Sufficiency Program (SSP) is open and providing essential services to eligible families and individuals residing in the CTSI 11-County Service Area. Due to Covid-19, all tribal offices are closed to the public. We are still accepting applications and conducting appointments over the phone and through email. The SSP has prioritized the following services:

- Pre-Temporary Assistance for Needy Families (Pre-TANF) / Non-Recurrent Short Term Benefits: Siletz families below 185% of the Federal Poverty Level (FPL) may be eligible for short-term financial assistance that doesn't exceed 4 months. The financial assistance is meant to provide basic needs and address short-term emergent needs;
- Regular Temporary Assistance for Needy Families: Siletz families below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- General Assistance for Single Adults: Siletz single adults below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- Emergency Assistance: Siletz families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply;
- Classroom Training: the Program is still providing financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/Occupational Training.

The 477-SSP Summer Youth Employment Program (SYEP) is currently suspended for this year. Other services such as Work Experience, Direct Placement and On-the-Job Training may be available on a limited basis.

If you recently lost your employment due to Covid-19 and need assistance to meet your basic needs, please contact your local CTSI Tribal Office for an application. Additional eligibility criteria apply. SSP staff will reach out to you by phone or email. You can also email 477SSP@ctsi.nsn.us for more information. Please include your name, phone number and the city/county you reside in.

541-484-4234 or 1-800-922-1399

Jenifer Jackson, Tribal Services Specialist x1755

jeniferj@ctsi.nsn.us

Cathy Ray, Intake Specialist/Job Coach x1756

catheriner@ctsi.nsn.us

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.

SALEM AREA OFFICE

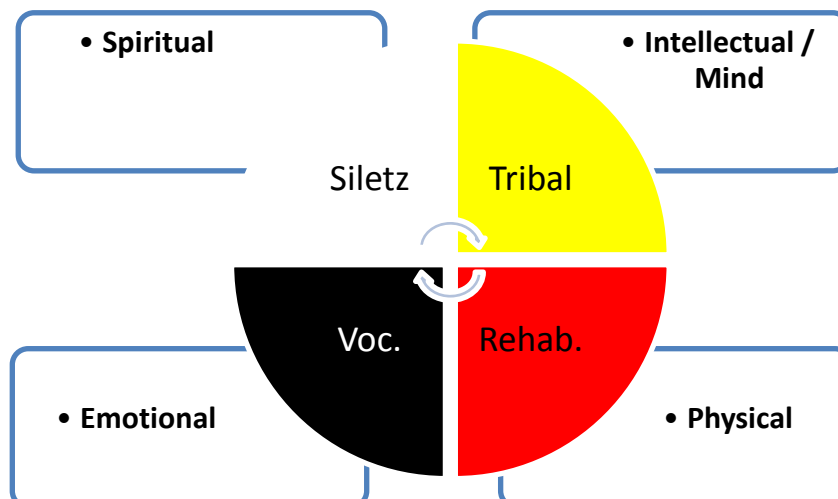
3160 Blossom Dr. NE, Ste. 105
Salem, OR 97305

SILETZ ADMIN. OFFICE

201 SE Swan Ave
Siletz, OR 97380

SALEM - **Toni Leija**, Counselor/Job Developer

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



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 www.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

Produce Plus Food Rescue



Siletz Tribal Members:

If you or your family would like to share in some *FREE*, fresh produce, you may pick it up at the Siletz office on Tuesdays between 2:00 and 4:15 pm. Any produce that is not picked up at this time can be picked up later on in the week; it just will not be as fresh.

Available right now are a variety of fall vegetables like winter squash, onions, potatoes, apples, and more. A staff person will be on hand to distribute what we receive.

Please bring your own bags or cooler to transport your food.

You may call ahead and check on the availability of produce.

Siletz Office: 541-484-4234
2468 W. 11th Avenue, Eugene

(ask for: Nora, Jessica, or Adrienne)

What type of face covering do I need?

Homemade mask or face shield



Who should wear:

The general public

When to wear:

When a person is unable to maintain physical distance from others; a scarf or bandana can be used if necessary.

Limitations on use:

Cloth masks should be washed after each use. Masks should not be worn wet.

Surgical Mask



Who should wear:

Health care workers and patients.

When to wear:

During patient interactions or routine health procedures.

Limitations on use:

Ideally discarded after each patient. Extended use is preferable to reuse.

N95 Respirator



Who should wear:

Health care workers and other professionals who regularly use N95s.

When to wear:

Caring for patients with COVID-19 and performing procedures that put someone at high risk of virus exposure.

Limitations on use:

Ideally discarded after each patient. Institutions may disinfect with an approved method.

For more information visit healthoregon.org/coronavirus or call 211

Oregon
Health
Authority

What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



For more information: www.cdc.gov/COVID19

August is Children's Eye Health and Safety Month

Adrienne Crookes, Community Health Advocate



Healthy Living, Healthy Vision



Take Care of Yourself!

Good health is an important part of good vision.
The healthier you are, the better chance you have of avoiding risks to your eyes.

You Can Lower Your Risk of Eye Disease and Vision Loss if You:

Avoid Smoking

Quitting smoking can have many good effects on your health. Avoiding smoking can also protect the health of your eyes. By quitting smoking, you can help to possibly reduce your risk of developing several different types of eye diseases.

Eat Healthy Foods

Lifelong good nutrition may lower your risk of some eye diseases. By eating a healthy, balanced diet, you will have a better chance of staying healthy and keeping your eyes healthy.

Talk to Your Doctor Before Adding Vitamins to Your Diet

Research has suggested that a lifetime diet rich in certain dark green vegetables, such as spinach and kale, may reduce your risk of getting age-related macular degeneration. By eating healthy foods, you can lower your risk of developing other diseases, such as diabetes, which can lead to diabetic eye disease. Diabetes is also a risk factor for developing glaucoma.

Stay Active

Staying active is part of a healthy lifestyle that can improve your overall health. Exercising regularly can reduce your risk of developing problems that can lead to eye disease.

Talk to your doctor before starting an exercise program.



Control Your Blood Pressure

Controlling your blood pressure is not just a good idea for your heart. It is also a good idea for protecting your eyesight. High blood pressure can increase your risk for glaucoma. It may also increase your risk for diabetic retinopathy if you have diabetes.

Protect Your Eyes from the Sun

You already know that you need to wear sunscreen to protect your skin from ultraviolet (UV) rays when you are outdoors. But do you know that you also need to wear protective sunglasses to protect your eyes from those same UV rays? UV rays may be related to some eye diseases later in life, such as macular degeneration, cataracts and even skin cancer around the eyelids. They can also cause corneal sunburn, called photokeratitis, which can lead to temporary vision loss. Everyone who spends time outdoors should wear sunglasses and a wide brimmed hat.

For more information visit www.preventblindness.org

Tobacco as Tradition

Traditional Tobacco is tobacco and/or other plant mixtures grown or harvested and used by American Indians and Alaska Natives for ceremonial or medicinal purposes. Traditional tobacco has been used by American Indian nations for centuries as a medicine with cultural and spiritual importance. Many Tribes maintain teachings and stories on the origin of tobacco. These teachings address tobacco in its purest form, today known as the tobacco plant *Nicotiana rustica*, and may include mixtures of other native plants.

One common teaching involves the importance of having good attitudes and thoughts while working with traditional tobacco.

Traditional tobacco is a medicine, which can be used in a prescribed way to promote physical, spiritual, emotional, and community well-being. It may be used as an offering to the Creator or to another person, place, or being. A gift of traditional tobacco is a sign of respect and may be offered when asking for help, guidance, or protection. Traditional tobacco is sometimes used directly for healing in traditional medicine. It may be burned in a fire or smoked in a pipe, yet the smoke is generally not inhaled.

In many teachings, the smoke from burned tobacco has a purpose of carrying thoughts and prayers to the spirit world or to the Creator. When used appropriately, traditional tobacco is not associated with addiction and adverse health impacts.

Here are a few other examples of how tobacco was/is used for traditional purposes:

For our Hunters, traditional tobacco would be used when our people would kill an elk or deer or when we would catch a salmon or trout. Tobacco would be placed at the location or close by so we can communicate with the creator and give our thanks and appreciation “thank you for this elk or salmon as we will use it to feed our family”.



For our Gatherers, traditional tobacco would be used when our people would gather supplies so that we may use them to make our baskets, or gather traditional medicines as we use it to heal. Tobacco would be placed at the location or close by so that we can communicate to the creator and give our thanks and appreciation “thank you creator for these sticks or medicines that we may use them for our baskets or medicines to help us heal”.



Tobacco is a powerful medicine, keep it traditional.



**Commercial Tobacco Quitline 1-800-QUIT-NOW
AI/AN Line now available (option 7) 1-800-7848-663**

The Oregon Employment Department (OED) is launching a new informational website

From Interim Executive Director, David Gerstenfeld

Dear Oregonian:

Due to COVID-19, we are facing unprecedented demands for unemployment insurance benefits. We recognize the pain and frustration that Oregonians waiting on benefits are facing. We are committed to providing better customer service, and today is a major step in that commitment to you.

[Today, the Oregon Employment Department is launching a new informational website.](#)

The website is designed to help Oregonians find information on the new programs created by the CARES Act, whether they might qualify for unemployment benefits, how to apply, and what's different during the pandemic. It also has a robust section of Frequently Asked Questions, which will be updated weekly.

The website includes:

- Step-by-step instructions for how to apply for both regular unemployment benefits and PUA benefits during the pandemic.
- Common questions about applying for and receiving unemployment benefits.
- Information about new programs related to the CARES Act, including the Pandemic Unemployment Assistance (PUA) program, the Federal Pandemic Unemployment Compensation (FPUC) program, and the Pandemic Emergency Unemployment Compensation (PEUC) program.
- Resources for employers about the Work Share program, reopening business, and more.
- Other resources available to help Oregonians while they wait for benefits such as food assistance and health coverage.

We know that many Oregonians have lost income due to the pandemic and have never applied for unemployment before. This website is intended to serve as a guide to help you navigate the unemployment claims process. Our goal is to provide clear information so that you understand what to expect and are able to get some of your questions answered while your claim is being processed.

We acknowledge that we need to do a better job of communicating, and believe this website is a much-needed step in the right direction. We appreciate your patience as we continue to make this a better experience for you.

CARES Act and COVID-19

The CARES Act is a new federal law, signed March 27, 2020. It makes it so more people can get unemployment benefits than ever before. Especially people affected by COVID-19. This new law did three main things:

1. **Pandemic Unemployment Assistance (PUA)**. Self-employed people and others who are not eligible for regular unemployment benefits—and who are out of work due to COVID-19—can now get PUA, a new unemployment benefits program (ends December 26, 2020). [Take the Eligibility Quiz to see if you may qualify.](#) [Apply now.](#) [Learn more.](#)
2. **Federal Pandemic Unemployment Compensation (FPUC)**. Everyone getting any type of unemployment benefits gets an extra \$600/week (for each eligible week from March 29, 2020 - July 25, 2020). [Learn more.](#)
3. **Pandemic Emergency Unemployment Compensation (PEUC)**. If your regular unemployment benefits run out, you may be able to get extended benefits for up to 13 more weeks (ends December 26, 2020). [Learn more](#)

USDA distribution dates for August

Siletz

Monday	August 3	9 a.m. – 3 p.m.
Tuesday	August 4	9 a.m. – 3 p.m.
Wednesday	August 5	9 a.m. – 3 p.m.
Thursday	August 6	9 a.m. – 3 p.m.
Friday	August 7	9 a.m. – 3 p.m.

Salem

Monday	August 17	1:30 – 6:30 p.m.
Tuesday	August 18	9 a.m. – 6:30 p.m.
Wednesday	August 19	9 a.m. – 6:30 p.m.
Thursday	August 20	By appt only

A MESSAGE TO ALL USDA CLIENTS:

We are coming out of the covid-19 virus protocols. We are allowing 1 client into the building at a time to do your shopping lists and to bag your own foods. If this changes, we will post it on the warehouse doors.

We are accepting hand delivered application packets, but the preferred method of delivery is still email or fax.

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 joycer@ctsi.nsn.us
FAX: 541-444-8306 or 503-391-4296
Sammy Hall, Warehouseman/Clerk
541-444-8279 sammyh@ctsi.nsn.us

**2020-2021 Hunting and Fishing Tags
Distribution Schedule**

Due to the uncertainties of dealing with COVID-19, Tribal members are encouraged to call to have tags mailed to them after the first date of tag issuance (541-444-8227 or 541-444-8232)

Type of Tag		Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery	50	8/29-9/27	8/3 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/3-11/6**	8/17	First Come First Served
	Antlerless – Adult	8	10/3-11/6	Lottery applications available 8/3; due 8/28 ; drawing 9/8; tags issued 9/9	Lottery – Open to Elders Only
	Antlerless – Youth	8	10/3-11/8	Lottery applications available 8/3; due 8/28 ; drawing 9/8; tags issued 9/9	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/21-12/13	<i>First Distribution:</i> 10/19 at 8:00 AM at NR Office <i>Second Distribution:</i> 11/2 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 6/1; due 7/2 ; drawing 7/6; tags issued 7/7	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/29-9/27	8/3 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/14-11/17	Lottery applications available 8/31; due 9/25 ; drawing 10/5; tags issued 10/6	Lottery
	2 nd Season Rifle	25	11/21-11/27		
		Antlerless	11	Various seasons beginning 1/1/21	Lottery applications available 8/31; due 9/25 ; drawing 10/5; tags issued 11/30
	Late Archery Antlerless	56	11/28-12/13	<i>First Distribution:</i> 10/19 at 8:00 AM at NR Office <i>Second Distribution:</i> 11/2 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/17	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 10/3 - 11/8 (2 additional days at end of general season)

*** Minus number of tags filled in Deer Early Bow Season. Unfilled Deer Early Bow tags must be returned to Natural Resources by 10/9.

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2020-2021 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.

August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 USDA Distribution Siletz 9-3pm Virtual—Dee-ni Language Group 5-6pm	4 USDA Distribution Siletz 9-3pm	5 USDA Distribution Siletz 9-3pm Virtual Read Team 1pm	6 USDA Distribution Siletz 9-3pm Parenting Group 11am or 7pm	7 USDA Distribution Siletz 9-3pm Payday	8
9	10 Virtual—Dee-ni Language Group 5-6pm	11 Time sheets Due	12 Virtual Read Team 1pm	13 Parenting Group 11am or 7pm	14	15
16	17 USDA Distribution Salem 1:30- 6:30pm Virtual—Dee-ni Language Group 5-6pm	18 USDA Distribution Salem 9-6:30pm	19 USDA Distribution Salem 9-6:30pm Virtual Read Team 1pm	20 USDA Distribution Salem BY APPT ONLY Parenting Group 11am or 7pm	21 Payday	22
23	24 Virtual—Dee-ni Language Group 5-6pm	25 Time sheets Due GAB 'N CRAFT 5-6pm Virtual-Zoom	26	27	28	29
30	31 Virtual—Dee-ni Language Group 5-6pm					

The Confederated Tribes of Siletz Indians
The Eugene Area Office Staff
541-484-4234 1-800-922-1399

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Adrienne Crookes, Community Health Advocate x1753 adriennec@ctsi.nsn.us
Nora N Williams-Wood, Clerk x1750 noraw@ctsi.nsn.us
Vacant, Elders On-Call Transport

The Housing Department is accepting applications for rent and mortgage assistance for tribal members who have been impacted by COVID-19 (i.e. laid off reduction in income or hours, etc.). The assistance is available to tribal members within and outside the service area. Funds are available until expended. For mortgage assistance contact:

Brett lane - (541) 444-8317,
Kerry Short - (541) 444-8310
saac DeAnda - (541) 444-8314

For Rental Assistance contact:

Casey Godwin - (541) 444-8311
Jeanette Aradoz - (541) 444-8316

Additional information and the application form can be found on the Tribe's website at: www.ctsi.nsn.us

COVID-19/Food Assistance Program

To provide Siletz Tribal households experiencing negative impacts due to COVID-19 pandemic with food assistance. (See Flyer)

Danielle Smith – (541) 444- 9603

COVID-19 Water & Sewer Assistance Program

To provide Siletz Tribal households experiencing negative impacts due to the COVID-19 pandemic with water/sewer assistance. (See Flyer)

Jenifer Jackson, Tribal Service Specialist/477SSP x1755 jeniferj@ctsi.nsn.us
Cathy Ray, Intake Specialist/Job Coach x1756 catheriner@ctsi.nsn.us

Always look at the bright side of life...

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