

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

The Confederated Tribes of Siletz Indians

## THE EUGENE AREA OFFICE NEWSLETTER

MARCH 2020

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 maybe 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 Language Class	March 2 <sup>rd</sup>	6-8pm
EAO Language Class	March 3 <sup>rd</sup>	6-8pm
PAO Language Class	March 9 <sup>th</sup>	6-8pm
SAO Language Class	March 10 <sup>th</sup>	6-8pm

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our Ancient Languages. For more information call:

Bud Lane at the Siletz Cultural Department  
(541) 444-8320 or 800-922-1399 ext. 1320; or email [budl@ctsi.nsn.us](mailto:budl@ctsi.nsn.us)

### 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

2020

Low-Income Energy Assistance Program  
(LIHEAP)

~OPEN~

*Crisis/ Regular heating- March 1<sup>st</sup>*

*All Siletz Tribal Households*

*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](mailto: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

Thank you to those that have donated their bottle returns. It is so much appreciated

### **Need Rental Housing?**

The Siletz Tribal Housing Department encourages you to apply for the Low Income Rental Program waiting list in Siletz (1,2,3,4 bedroom) and Lincoln City (2, 3 bedroom) - Neachesna Village).

Applications can be obtained at any Tribal area office (Eugene, Salem, Portland, Siletz) or access on-line from the tribal website, [www.ctsi.nsn.us](http://www.ctsi.nsn.us) follow links; Tribal Services-Housing-Low Rent Apartments & Home Ownership.

For any questions call  
1-800-922-1399 Ext 1322 or (541) 444-8322  
FAX (541) 444- 8313

### **!!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

Chinook Winds Casino Resort

Sign up for an electronic  
newsletter: [www.chinookwindscasino.com](http://www.chinookwindscasino.com)

### **Do you need assistance working in Oregon's legal marijuana industry?**

The 477-Self Sufficiency Program may be able to provide limited support services to help you gain and maintain employment in Oregon's legal marijuana industry. With funding provided by the Siletz Tribal Council, we are able to assist Native Americans (enrolled in a federally recognized tribe or descendant) that reside within the service area, with licensing fees, background checks, testing fees, outdoor work clothing/tools and transportation assistance. For more information on how to access this service, please contact the 477-Self Sufficiency Program located in each of the four area offices.



**EAO Mini Library**

**Available: Native Books to checkout**

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 7<sup>th</sup> Avenue, Suite 200 Eugene Oregon 97404

**Telephone:** (541) 682-4191

**Website:** <http://www.lanecounty.org/HSC/veteranservice.htm>

### **Oregon Telephone Assistance Program**

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>

You can fill out online or mail application in.

If, you, or someone you know 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](mailto:noraw@ctsi.nsn.us)



**March 23 – 27<sup>th</sup> 2020**

## *JOM: Youth News and Notes*

### Spring Break Activities:

#### March 23: SPLASH Wave Pool-Noon to 3:00 pm

Join us for an afternoon of swimming at Lively Park Swim Center (6100 Thurston Rd., Springfield, OR 97478). Pizza will be available to students and chaperones.

#### March 25: Laser Tag and OmniMax, depart EAO time TBA

Travel to Portland enjoy laser tag and an educational movie at OmniMax with youth from Salem and Portland. Lunch will be provided and rides are available. Space may be limited so please call ahead to sign up.

#### March 26: Interpretive Nature Hike depart EAO 9:30 am

Come for guided tour of the tribe's new restoration property near Camp Creek Road. Lunch and snacks provided and rides available. See flyer for details.

### March Youth Activity Calendar

March 2: Speaking Group, EAO, 5-6 pm

March 9: Speaking Group, EAO, 5-6 pm

March 16: Speaking Group, EAO, 5-6 pm

March 21: Siletz Round Dance and Prevention Summit- Siletz, OR

March 23 SPLASH at Lively Park Swim Center, 12:00-3:00 pm

March 25: Portland Trip, depart EAO TBA

March 26: Hike and Nature Exploration, depart EAO at 9:30

March 30: Speaking Group, EAO, 5-6 pm

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Sign up for the Youth Events Email List for updates and reminders  
Contact: [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)

### Dee-ni Language Speaking Group

The Eugene Area Office is continuing to host weekly speaking groups to encourage daily use of our Dee-ni language. All ages and skill levels welcome, infant to elder. Join us on Monday March 2, 9, 16, and 30 from 5-6 pm at the Eugene Area Office and learn to grow daily language use. See flyer for details.

### Extracurricular Opportunities:

JOM: JOM has funds available to help pay for extracurricular activities, sports fees, supplies, and cultural projects for students from any federally recognized tribe.

Siletz Youth Activity Fund: Offers up to \$150 per year to cover fees for costs related to extracurricular activities or cultural activities/supplies for Siletz tribal students.

### Tutoring:

Winter term tutoring has moved to individually scheduled sessions. Please call or email to set up an appointment.

# Higher Ed/AVT: News and Reminders

## Don't Miss Out on Scholarship Season

Additional scholarships are open to both new and returning students. Check out:  
-Oregon Student Assistant Commission (OSAC): Apply for over 500 awards with just one application.

Deadline: March 1, 2020. Apply online: <https://app.oregonstudentaid.gov>

-Cobell Scholarship:

Deadline: March 31, 2020. Apply online: <http://cobellscholar.org/>

-American Indian Education Fund:

Deadline: April 4, 2020. Apply online:

[http://www.nativepartnership.org/site/PageServer?pagename=aief\\_home](http://www.nativepartnership.org/site/PageServer?pagename=aief_home)

-American Indian College Fund:

Deadline: May 31, 2020, apply online: <https://collegefund.org/>

-American Indian Graduate Center:

Deadline: various, apply online: <https://www.aigcs.org/>

**Also, don't forget the tribal internship deadline: March 13 (see flyer for details)**

## Higher Education and AVT Grants

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

Fall 2020 applications for new and continuing Higher Ed and AVT students will be due **JUNE 30, 2020**. To be eligible for funding you must have completed a Free Application for Federal Student Aid (FAFSA) by January 31, 2020.

If you have any questions about attending a college or training program and/or how to apply for tribal assistance make an appointment today.


Note: Applications for clock-hour schools (i.e. truck driving school or cosmetology programs) have no deadline and are handled on a case-by-case basis.

## Adult Education

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

## Tax Software:

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



# Nuu Wee-Ya' Lhetlh-xat

## Weekly Dee-ni Language Speaking Group

\*MARCH DATES: Monday March 2, 9, 16 and 30 5:00-6:00 pm

\*Eugene Area Office      \*Light Meal Provided

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

\*LEARN ABOUT AT-HOME BASED LANGUAGE LEARNING

\*HELP BUILD YOUR LOCAL SPEAKING COMMUNITY

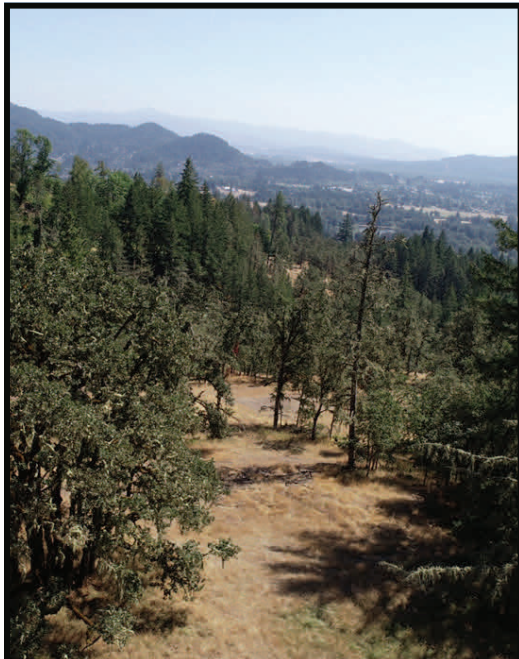
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Interested in More Information?

Contact Nick Viles at x1757 or [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)



## Community Interpretive Hike



Thursday, March 26, 2020

10:00 am (Meet at EAO at 9:15 am)

Camp Creek Road

Community members and JOM students/families are invited to attend a guided interpretive hike of the tribe's new restoration property along Camp Creek Road

Featuring:

\*Guided Tour by a Tribal Biologist

Contact Nick Viles ([nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)) or Adrienne Crookes ([adriennec@ctsi.nsn.us](mailto:adriennec@ctsi.nsn.us)) for more information





## 2020 College Students Summer Internship Program Deadline

Students attending college can apply for the Tribe's 2020 College Students Summer Internship Program. To be eligible, you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager Tina Retasket or the education specialists at any Tribal area office to request an application.

This program assists Tribal students with locating internship placements to gain work experience in their field of study. Up to Ten slots are available for 2020.

Students can work up to 300 hours at Tribal minimum wage (currently \$12.75/hour) and can be placed within or outside of the Tribe.

Students selected for the program must complete an orientation, criminal history background check and drug screening (Note: The Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana).

Placements can begin in June, but must be completed by Sept. 30, 2020. Students should send a completed application and an unofficial copy of transcripts to:

By Mail

CTSI

Attn: College Internship Program

P.O. Box 549

Siletz, OR 97380-0549

By Fax

541-444-2307

By Email

[collegeinterns@ctsi.nsn.us](mailto:collegeinterns@ctsi.nsn.us)

Deadline for applications to be received at the Siletz central administration building is **4:30 p.m. on March 13, 2020.**

# SILETZ ELDER NEWS

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

There will be a Speaking Group held at the Eugene Area Office on Mondays at 5-6pm. All are welcome to come and learn.

The next Introduction to the Athabaskan Culture/Language Class at the Eugene Area Office will be held on Tuesday, March 3, 2020. The combined classes start at 5:00 pm and end at 8:00 pm. Siletz Tribal members are invited to come learn how to string dentalium. All ages are welcome. Young people under age 10 need an adult to accompany and assist them. The Siletz Culture Department will provide material and instruction. If you have your own materials, please bring them.

Healthy Traditions and Community Health invites Siletz Tribal members and their families to Herbal Medicine making class. All materials will be provided. March 12<sup>th</sup> Session A: Tropical Herbal Medicine Making, March 25<sup>th</sup> Session A: Food for Medicine, April 9<sup>th</sup> Session B: Tropical Herbal Medicine, April 23<sup>rd</sup> Session B: Food for Medicine. Space is limited 1 adult per household. Reserve our spot today. Adrienne at 541-484-4234

The next Elder Council Meeting is scheduled for Saturday, March 14, 2020. The meeting begins at 1:00 pm and ends at 4:00 pm and will be held in the Sixes Room at the Casino. Check with the Elders Program prior to the meeting to make sure the meeting schedule has not changed.

The Oregon Tribal Elders Honor Day will be co-hosted by the Coquille Indian Tribe, The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians. It will be held on March 20<sup>th</sup> and 21<sup>st</sup>, 2020 at The Mill Casino in Coos Bay, Oregon. For more information call 541-444-8225.

The Chinook Winds Entertainment for March, 2020 is Blues Traveler. the shows will start at 8:00 pm on March 6<sup>th</sup> and 7<sup>th</sup>. Call Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

There will be a Diabetes Support Class on March 26, 2020. Class will start at 6:00 pm and a light meal will be served. Contact Adrienne Crookes at 541-484-4234 for more information.

CENSUS KICKOFF PARTY: Wednesday, April 1, 2020 at Every SILETZ TRIBAL AREA OFFICE. More information will be available in the March issue of the Siletz News. To be added to the update list, send an email to [angelar@ctsi.nsn.us](mailto:angelar@ctsi.nsn.us). In the message write "I pledge to complete the 2020 Census!"

Our Elders Honor Day is scheduled for Tuesday, May 5, 2020.

Jim Swanson, 541-683-8766

[Jimswanson38@comcast.net](mailto:Jimswanson38@comcast.net)



# Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to assist members of **ANY** federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Confederated Tribes of Siletz Indians 11 county service area.

## Examples of Services:

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



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

### EUGENE AREA OFFICE

2468 West 11<sup>th</sup>  
Eugene, OR 97402

### SALEM AREA OFFICE

3160 Blossom Dr NE, Ste 105  
Salem, OR 97305

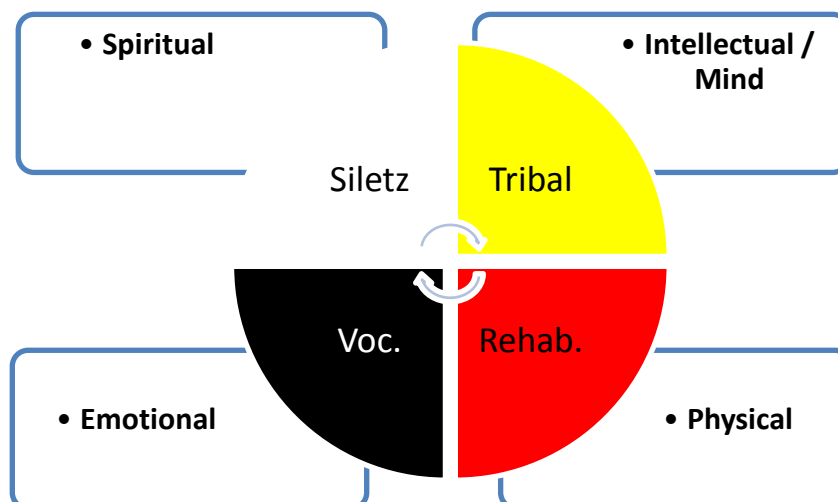
### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380

**EUGENE** – JERAMIE MARTIN, Program Director

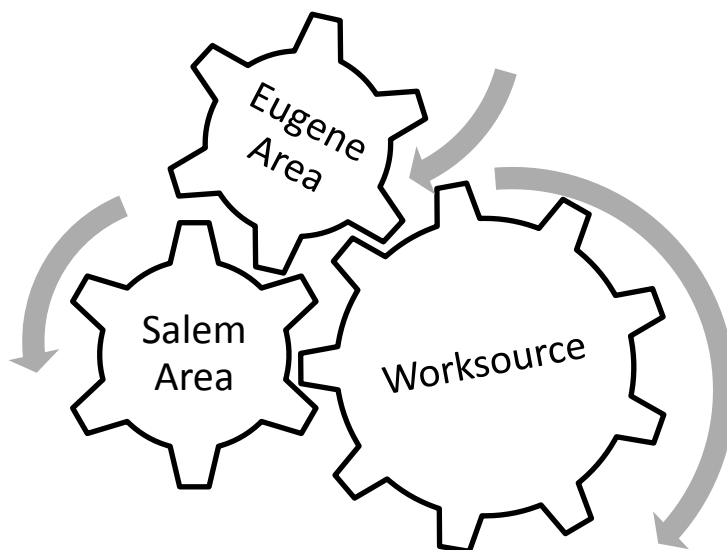
**SALEM** - Toni Leija, Counselor/Job Developer

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





# Connectivity through Accessibility



Worksource Oregon in Albany has partnered with Self-Sufficiency (477) and Siletz Tribal Vocational Rehabilitation Program to provide direct service access to federally enrolled tribal members. There will be a Siletz employee from the two programs at this office location on:

Thursdays from 9-12:30pm:

Albany Worksource  
139 4<sup>th</sup> Ave SE  
Albany, OR 97321

This service is to provide connectivity to Tribal members through accessibility, ease of access, and advocacy. Please visit during the above times to obtain information, seek services, and/or visit with us. If you have further questions please contact Jeramie Martin at 541-444-8385 or simply visit the center.



Kate Brown, Governor

**OREGON  
COMMISSION  
FOR THE  
BLIND**

535 SE 12<sup>th</sup> Avenue  
Portland, OR 97214  
(971) 673-1588  
1(888) 202-5463  
TTY (971) 673-1577

<http://oregon.gov/Blind/>

The Oregon Commission for the Blind (OCB) is proud to help Oregonians who are blind establish career paths and work to support themselves and their families. When provided access to opportunities, training, and tools, Oregonians who are blind can be successful in any job of their choosing.

OCB's experienced counselors, teachers and employment specialists provide highly specialized training and services including job readiness and everyday living skills to qualified Oregonians all across the state.

If you are an employer interested in diversifying your workforce by hiring a qualified job seeker who is blind, or by offering job exploration opportunities to someone who is blind entering the workforce for the first time, please reach out to us! We provide our participants with paid internships at NO cost to employers, and cover workers compensation insurance for OCB clients in a Work Experience. A diverse, skilled workforce is stronger and can deliver more for your business and the community that you serve.

In addition to providing job readiness training and services, the OCB Independent Living Program for the Older Blind program serves people 55 and older with vision loss who are at retirement age or not interested in working; it is not necessary to be legally blind to participate. We also have an Independent Living program for participants under 55 who do not wish to work, but they must be legally blind in order to qualify. Both programs cover the entire State of Oregon and are totally free!

How the Independent Living Program works: experienced teachers will come to your home to do a low-vision assessment and make specific recommendations to make it more accessible. Teachers share techniques on how to perform the daily tasks you need most, including travelling safely, using household appliances, using technology for planning and communication, keeping organized and doing daily tasks, and more.

If you or someone you know is experiencing vision loss, please contact your local OCB office today to learn more about our great services!

Portland: (971) 673-1588

Salem: (503) 378-8479

Eugene: (541) 686-7990

Medford: (541) 776-6047

Central/Eastern Oregon (541) 699-5090

Email: [ocb.mail@state.or.us](mailto:ocb.mail@state.or.us)

Website: [oregon.gov/blind](http://oregon.gov/blind)

If you are an employer interested in diversifying your workforce, please contact our Business Relations specialists: [Business.Relations@cfb.state.or.us](mailto:Business.Relations@cfb.state.or.us)

"Expanding Opportunities for Oregonians with Vision Loss"

# 477 Self-Sufficiency Program

**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 Jen to schedule an appointment at x1756.



**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.

\* Lou Carey x1751 will be available to assist clients with some needs when Jenifer is out.

**Long Distance Calls:**

You may now reach SSP staff through the 1-800-922-1399 number, please ask to be transferred to Jen **x1755**

**Schedules:**

**Jens hours: M-F 9:30-4:30pm**  
**Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services, General Assistance and TANF**

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 **March 2020**

Friday	February 29 <sup>th</sup>	TANF/GAF
Tuesday	March 3 <sup>rd</sup>	EAO Language/Culture Class 5-8pm
Thursday	March 5 <sup>th</sup>	Self-Sufficiency documentation due
Friday	March 6 <sup>th</sup>	WEX Payday
Sunday	March 8 <sup>th</sup>	Daylight Savings Time
Tuesday	March 10 <sup>th</sup>	Time Sheets Due
Thursday	March 12 <sup>th</sup>	Herbal Medicine Making Class 1-3pm
Tuesday	March 17 <sup>th</sup>	ST Patrick's Day
Friday	March 20 <sup>st</sup>	WEX Payday
Tuesday	March 24 <sup>th</sup>	Time Sheets Due
Wednesday	March 25 <sup>th</sup>	Wisdom Warriors 12-1pm
Wednesday	March 25 <sup>th</sup>	Herbal Medicine Making Class 1-3pm
Thursday	March 26 <sup>th</sup>	Diabetes Support Group 6-8pm

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

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

**Please contact Jen at 541-484-4234 or 1-800-922-1399 x1755 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.

# 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. 11<sup>th</sup> Avenue, Eugene

(ask for: Nora, Jessica, or Adrienne)



# 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](http://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

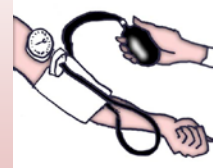
# Siletz Community Health

## Blood Pressure Screenings



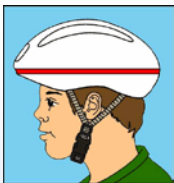
At the Siletz Eugene Area Office

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.

Tribal members please come join us!

# Walking Group

At the Siletz Eugene Area Office  
2468 W. 11<sup>th</sup> Avenue

**When: Every Tuesday and Thursday**  
**Beginning Tuesday, March 3rd, 2020**

(Meet in the front lobby)

**Walk from: 12:15-12:45 p.m.**



Walk this way to better health!

Meet up with friends for a walk down the walking path directly behind the Siletz office. Choose your comfort level.

Any pace is the right pace!

*We will be walking rain or shine.*

Bring a friend!

For more information, you may contact  
Adrienne Crookes or Nora Williams-Wood at 541-484-4234



**HEALTHY TRADITIONS AND COMMUNITY HEALTH  
INVITES SILETZ TRIBAL MEMBERS AND THEIR  
FAMILIES TO**



**HERBAL MEDICINE MAKING CLASS  
ALL MATERIALS PROVIDED  
Siletz Eugene Area Office at 2468 W. 11<sup>th</sup> Ave.  
1:00-3:00 p.m.**

Thursday, March 12, 2020

Session A: Topical Herbal Medicine Making

Wednesday, March 25, 2020

Session A: Food As Medicine

Thursday, April 9, 2020

Session B: Topical Herbal Medicine Making

Thursday, April 23, 2020

Session B: Food As Medicine

**Space is limited to 1 adult per household.**

**Reserve your spot today!**

**541-484-4234**



**LIKE us on Facebook at Siletz Health Clinic.** If you want to hear all the great Siletz Health Clinic events happening in your community Like us at SILETZ HEALTH CLINIC



# Diabetes Support Group

**Thursday, March 19th**

**From 6:00-7:30 p.m.**

**At the Siletz Tribal Office  
2468 West 11<sup>th</sup> Avenue  
Eugene, OR 97402**

**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**



## *Native Quit Line now available in Oregon*

The Confederated Tribe of Siletz Indians is proud to join other Tribal communities in Oregon to say NO to commercial tobacco. If you or someone you know needs help to quit smoking, vaping or chewing commercial tobacco, call 1-800-QUIT-NOW and press “7” for the Native Quit Line. This is a free service that draws on indigenous values to help you quit. Below are a few answers to questions you may have.

**Q: How much does the Native Quit Line service cost?**

**A:** The service is free of charge.

**Q: Are there any pay out-of-pocket costs? What if I don't have insurance, or my insurance does not cover this?**

**A:** This is a free program for all Tribal community members living in Oregon. All program materials, including coaching calls and medications, are free.

**Q: how often can I use the Native Quit Line?**

**A:** you will have seven (7) schedule sessions with a Quit Coach, and unlimited calls to the Native Quit Line for additional support. You can re-enroll for free if you need help again in the future.

**Q: How old do you have to be to use the Native Quit Line?**

**A:** This program is for people 18 years or older. For youth under 18, the Oregon Quit Line provides support tailored specifically for young people ages 13—17 years old.

**Q: What medications does the Native Quit Line use to help people quit commercial tobacco?**

**A:** We use nicotine gum and the nicotine patch. These are safe and proven to help people quit commercial tobacco. When combined with Native Quit Line services and support, your chances of success increase even further. Medications are provided free of charge when you sign up for the Native Quit Line program. It takes 7—10 days for the medication to arrive. For all other FDA-approved tobacco cessation medications, please reach out to your health care providers.

**Commercial Tobacco Quitline 1-800-QUIT-NOW  
AI/AN Line now available 1-800-784-8669 (option 7)**

# March is National Save Your Vision Month

Adrienne Crookes, Community Health Advocate

**National Save Your Vision Month, by the American Optometric Association,** raises awareness among the general public and targets at-risk groups to remind them of the need for regular, comprehensive eye examinations to detect eye health problems, general health issues, and vision difficulties.

Eye health is intrinsically linked to overall health. Your eyes are often the best windows to your health. By looking into your eyes, your optometrist can tell a lot about your general health. For example, did you know that some systemic and chronic diseases, especially diabetes, can often be detected by an optometrist during a comprehensive eye exam?

Since over 33 percent of people with diabetes don't know that they have it, an eye examination can be the only clue to detecting this potentially life-threatening disease. By dilating the pupil, your optometrist can see inside your eye using an ophthalmoscope, which light and magnifies the blood vessels in your eyes. Changes to these

blood vessels can signify various stages of diabetic retinopathy. Left untreated, it can cause blindness. For those suffering from diabetes without knowing it, the detection and treatment of this disease can mean relief on many levels.

Other eye diseases, like glaucoma, may cause vision damage and eventually blindness without the patient ever experiencing any symptoms. During a comprehensive eye exam, your optometrist measures the pressure within your eye and examines the optic nerve in the eye, thereby determining the existence of glaucoma.

**This is a good time to go have your eyes checked!**

More information is available at the American Optometric Association website at [www.aoa.org](http://www.aoa.org)





**March 15-20, 2020**

## **Tips for Poison Safety**

**Safe Kids USA** reminds parents to learn the toll-free **Poison Control Center number: 1-800-222-1222**. Keep it near every phone in your home and program it into your cell phone. This number connects you to your local poison control center from anywhere in the United States. If a child is choking, having trouble breathing or having a seizure, call 911 instead and follow the 911 operator's instructions.

### **Safe Kids USA offers these additional tips:**

- Lock up potential poisons out of sight and reach of kids. This includes makeup, medicine, plants, cleaning products, pesticides, art supplies, and beer, wine and liquor.
- Never leave kids alone with an open container of something you wouldn't want them to ingest. A child can be poisoned in a matter of seconds.
- Don't refer to medicine or vitamins as candy and don't involve children as helpers with your medication.
- Choose medicines and products that have child-resistant caps. When you are giving medicine to your children, follow dosage directions carefully.
- Keep products in their original containers. Read labels to learn if a product is poisonous, and for first aid information.
- If your home was built before 1978, test for lead-based paint and get your child tested for lead exposure. Children inhale the dust of lead-based paint and can build up enough lead in their blood to affect intelligence, growth and development.
- Install a carbon monoxide alarm outside every sleeping area and on every level of your home. Carbon monoxide is an invisible, odorless gas that builds up around fuel-burning appliances and cars in garages. It can make a child seriously ill in concentrations that would barely affect an adult.
- Know which plants in and around your home can be poisonous.
- Discuss these precautions with grandparents and caregivers. They may have medications that can be very dangerous to children and their homes might not be as well childproofed as yours.

**For more information about poison prevention,  
Call: 1-202-662-0600 or visit [www.usa.safekids.org](http://www.usa.safekids.org)**



## Elk Tag Opportunity

The Tribal Natural Resources Department will once again be offering a limited number of Landowner Preference (LOP) elk tags to Tribal members for the 2020-2021 hunting season. As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres that the Tribe owns, we can get 6 additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags that we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	<b>Tribal Tags</b>	<b>State LOP Tags</b>
<b>State Hunting License Required?</b>	No	Yes – Tribal member must purchase both a 2020 and a 2021 State hunting license
<b>Area to be Hunted</b>	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the unit selected during that unit's antlerless elk season. Units available include West Stott, North Alesa, South Alesa and Siuslaw
<b>Eligible for other State elk tags?</b>	Yes	No*
<b>Give tag to another licensed Tribal member to hunt for you?</b>	Yes	<b>No</b>
<b>Application and Selection Process</b>	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP Drawing; if selected apply to State for controlled hunt tag (list LOP unit in <u>LOP</u> section on State controlled hunt application)
<b>Obtain Tag From</b>	Tribe	State – Tribal member must purchase hunting license and elk tag prior to the start date of the hunt
* Note: If you are drawn for an LOP Tag you are still eligible to apply for and be drawn for a Tribal tag.		

Please note a major difference between the LOP tags and the Tribe's regular tags is ONLY the person drawn for the tag can hunt that tag. **The tag cannot be given to someone else to hunt for you.** Only Tribal members serious about hunting an LOP tag personally are eligible to apply.

The drawing for the 6 LOP elk tags will be held at the Natural Resources Committee Meeting to be held on April 6<sup>th</sup> at 4:45 PM in the Natural Resources Department Map Room. Applications are available on the Tribal website and at the Tribal Natural Resources Office in Siletz. Completed applications are due in the Natural Resources office by **4:30 PM April 3, 2020**. For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232.

# 2020-2021 LANDOWNER PREFERENCE (LOP) TAG DRAWING

Please complete the following information and return to the Natural Resources Department by **4:30 PM April 3, 2020**. Your name will be printed on a 1x1 card for the drawing for one of the six available LOP tags. The drawing will be held on April 6, 2020 at the Natural Resources Committee meeting in the Natural Resources Department's Map Room beginning at 4:45 PM.

**The person filling out this application must be the person who will be doing the hunting. LOP tags cannot be given to another person to hunt for you!!**

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_  
ROLL NO.: \_\_\_\_\_ PHONE NO.: \_\_\_\_\_  
MAILING ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
OREGON HUNTER ID NUMBER: \* \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_  
OREGON HUNTERS SAFETY NO.: \_\_\_\_\_ REQUIRED FOR YOUTH AGE 12-17

**\* You must have a 2020 Oregon Hunter ID number at the time of the LOP application in 2020 and for the designated antlerless elk hunting season when it occurs in 2021.**

**By signing below you agree to be bound by the following rules regarding the use of the Tribe's LOP tags:**

1. You will purchase an Oregon State hunting license at the time of the LOP application in 2020 and for the designated antlerless elk hunting season when it occurs.
2. You will file a Controlled Hunt Application with the State by May 15, 2020, listing the tag as your LOP choice on the State application and paying the State application and tag fees.
3. You understand that if you receive a Tribal LOP tag you are not eligible for any other State issued controlled hunt tags, including archery and general season rifle tags. You are, however, eligible to apply for and receive a Tribal tag.
4. **YOU WILL NOT GIVE YOUR TAG TO ANYONE ELSE TO HUNT FOR YOU. ONLY YOU MAY HUNT WITH THIS TAG.**
5. You will confine your hunting to Tribal land within the designated hunting unit during that unit's antlerless elk hunting season.
6. You will follow all applicable State hunting regulations.
7. You will report your kill to the Tribal Natural Resources Department no later than one week after the close of the designated unit's antlerless hunting season.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

RETURN COMPLETED FORM BY:  
**4:30 PM April 3, 2020**

TO: NATURAL RESOURCES DEPARTMENT  
ATTN: MIKE KENNEDY  
PO BOX 549  
SILETZ, OR 97380

If you have any questions please call Mike Kennedy at (541) 444-8232 or (800) 922-1399 ext. 1232.




# Request Your Siletz Tribal ID Card Today!

If you are unable to make it to the Administration building in Siletz to obtain or replace your Siletz Tribal ID card you are now able to request one at on of the three Area Offices; Eugene, Salem and Portland. They will take your photo and obtain your signature then send it to the Enrollment Department in Siletz. Your Tribal ID will then be mailed by CERTIFIED mail to your address on file or to the Area Office where you made your request.

If you have family that do not live in the 11-county service area or are not able to make it to a Tribal office during work hours, there is a form on the Tribal website under Government Listings > Enrollment and the tab marked "Enrollment Forms." Tribal members can print the form titled "Siletz Tribal Identification (ID) Request" and follow the directions regarding the digital photo specifications, identity verification and signature verification then mail the form to the Enrollment Department.

If you have not updated or replaced your Tribal ID card since April 1, 2016 there is a new format and more information on the card that makes it more acceptable as a form of identification with many more places. The expiration date is 10 years from the issue date. When you update your address, send in your Tribal ID card and we will mail you an updated card with your new address.

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

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

If you need to replace your card with no changes (for example address or name) within the same calendar year it was issued, there is a \$5.00 replacement fee (per Tribal Resolution #2016-087). You can obtain up to one new Tribal ID card per calendar year at no charge. Call the Enrollment Department at (800) 922-1399 ext. 1258 if you have questions about this fee.

We Are All  
Related



Learn to fish alongside  
the whole family!



.....

March 13-15, 2020  
Camp Angelos | Corbett, OR  
Scholarships Available | All Ages Welcome

**Family Fish Camp is for all families who want to learn fishing skills while staying overnight at cozy Camp Angelos on the Sandy River.**

Passionate anglers with years of experience will teach you the basics, and your family will have the opportunity to spend time together outdoors alongside new friends.

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for  
Kids**

To learn more and to register, visit:

[https://nwsteelheaders.salsalabs.org/  
familyfishcamp2020/](https://nwsteelheaders.salsalabs.org/familyfishcamp2020/)

Questions: [orhabitat@nwf.org](mailto:orhabitat@nwf.org) or (503) 616 - 4280

## USDA distribution dates for **MARCH 2020**

### Siletz

Monday	March 2	9:00 Am-3:00 Pm
Tuesday	March 3	9:00 Am-3:00 Pm
Wednesday	March 4	9:00 Am-3:00 Pm
Thursday	March 5	9:00 Am-3:00 Pm
Friday	March 6	9:00 Am-3:00 Pm

### Salem

Monday	March 16	1:30 Pm – 6:30 Pm
Tuesday	March 17	9:00 Am – 6:30 Pm
Wednesday	March 18	9:00 Am – 6:30 Pm
Thursday	March 19	<b>By Appointment Only</b>

### CRANBERRY BBQ SAUCE

1 CAN CRANBERRY SAUCE*	½ CUP BROWN SUGAR
1 SMALL ONION, DICED	½ TEASPOON CHIPOTLE POWDER
¼ TEASPOON SALT	½ TEASPOON LIQUID SMOKE
1 TABLESPOON GARLIC POWDER	1 CUP TOMATO SAUCE*
2 TABLESPOONS RICE VINEGAR	

#### **DIRECTIONS:**

1. Sauté onion in a little butter until soft.
2. Place the cranberry sauce, tomato sauce, sugar, smoke, vinegar & garlic powder in a saucepan over medium heat.
3. Once the mixture is warm, add the onion and let it simmer for about ½ hour.
4. Place the mixture into a blender carafe and blend until smooth.
5. Put it in a jar to sit for at least a day.

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

Sammy Hall, Waehouseman/Clerk  
541-444-8279



# March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 USDA Distribution Siletz 9-3pm  Culture/Language Class Siletz 5-8pm  Speaking Group 5-6pm	3 USDA Distribution Siletz 9-3pm  Walking Group 12:15 -12:45  Culture/Language Class EAO 5-8pm	4 USDA Distribution Siletz 9-3pm	5 USDA Distribution Siletz 9-3pm  477/SSP Documentation Due	6 USDA Distribution Siletz 9-3pm  WEX Payday	7
8 	9 Speaking Group 5-6pm  Culture/Language Class SAO 5-8pm	10 Time Sheets Due  Walking Group 12:15 -12:45  Culture/Language Class PAO 5-8pm	11	12 Herbal Medicine Making Class 1-3pm	13 Deadline 4:30pm 2020 College Internship Application	14 Elders Meeting CW Casino 1pm
15	16 USDA Distribution Salem 1:30-6:30pm  Speaking Group 5-6pm	17 USDA Distribution Salem 9-6:30pm  Walking Group 12:15 -12:45  	18 USDA Distribution Salem 9-6:30pm	19 USDA Distribution Salem <b>By Appointment Only</b>  Diabetes Support Group 6-7:30pm	20 WEX Payday	21 Siletz Round Dance and Summit Siletz
22	23 Splash Lively Pool 12-3pm	24 Time Sheets Due  Walking Group 12:15 -12:45	25 Portland Trip Depart EAO TBA  Wisdom Warriors 12-1pm  Herbal Medicine	26 Community Interpretive Hike Depart EAO @ 9:30am	27	28
29	30 Speaking Group 5-6pm	31 Walking Group 12:15 -12:45				

# **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 Hibler, Coordinator 1/477/SSP x1752**

**Jeramie Martin, Program Director/STVRP x1385**

**Jenifer Jackson, Tribal Service Specialist/477SSP x1755**

**Adrienne Crookes, Community Health Advocate x1753**

**Nora N Williams-Wood, Clerk x1750**

**Vacant, Elders On-Call Transport**



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