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## Notice to Tribal Members about COVID-19 Relief Programs

COVID-19 Relief Programs funded by the CARES Act have a **deadline of December 1st** to apply. Funds from the US Treasury CARES Act are set to expire December 31st, 2020, and we will need time to process these applications and final payments.

Programs funded from sources other than the CARES Act will still be available to Tribal Members—please contact the department they are ran through to determine availability and eligibility.

## COVID-19 Relief Programs for Tribal Members

The Tribe has multiple programs right now to help with the negative impacts of the COVID-19 pandemic.

### COVID-19 Housing Relief Assistance

Limited rent and mortgage relief is available to Siletz households negatively impacted by the COVID-19 pandemic. Assistance is a one-time payment to Siletz household's landlord or Mortgage Company and is available anywhere in the United States. It is available to low-income and non-low-income households.

For **mortgage relief** contact: Jeanette Aradoz 541-444-8316 or Cecelia DeAnda 541-444-8315.

**Rent relief** contact Brett Lane 541-444-8317, Isaac DeAnda 541-444--8314 or K.C. Short 541-444-8310.

## Community News

### COVID-19 Relief Programs for Tribal Members

The Tribe has multiple programs right now to help with the negative impacts of the COVID-19 pandemic.

#### Water/Sewer Relief Program

The water/sewer relief program is for Siletz Tribal households who are experiencing a negative impact due to the COVID-19 pandemic. It is open to applications and will stay open until all funding has been exhausted. This program is operated on a first-come, first-served basis

#### COVID-19 Food Assistance

The purpose is 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 operated on a first come, first served basis. Services are available throughout the United States of America. This program will remain open until funding is

exhausted.

#### COVID-19 Energy Assistance

Energy assistance is available for Siletz Tribal households who are experiencing a negative impact due to the COVID-19 pandemic. This program is through the Housing Department. There are no income restrictions.

#### Property Tax Assistance

To be eligible for property tax assistance, clients must meet HUD low income criteria and be impacted by the COVID-19 Pandemic. Property taxes are **not** eligible to be paid from US Treasury – CARES Act funding. For assistance with property taxes, please contact Jeanette Aradoz at (541) 444-8316.

**All COVID-19 Relief Program policies, information and applications are accessible on the CTSI website.**

## Community News

### COVID-19 Childcare Assistance Application (Application can be found on the CTSI Website under Corona Virus Updates & Resources)

The Confederated Tribes of Siletz Indians (CTSI) has CARES funding to assist tribal member households with expenses directly related to COVID-19. CTSI wants to support tribal member households who are affected by COVID-19 with their childcare expenses. These funds must be spent by December 31, 2020. Siletz Tribal member households can qualify for a one-time payment of up to **\$500 per child per month** (as long as funds are available). Funds will be paid directly to Childcare Providers.

To qualify:

- Children must be an enrolled Siletz tribal member.
- OR the descendants/dependents of a Siletz tribal member AND an enrolled Siletz tribal member resides in the household.
- Tribal member households located outside of the 11-county service area regardless of income.
- Tribal member households located in the 11-county service area (Lincoln, Marion, Benton, Linn, Lane, Polk, Tillamook, Yamhill, Clackamas, Washington, Multnomah) **and** are over income for the CTSI Childcare Assistance Program. Please note: If you complete the application and you reside in the 11-county service area and meet the income qualifications for the CTSI Childcare Assistance Program, a representative from the program will contact you.
- Complete the application, and return with an invoice and completed W-9 tax form from the Childcare Provider.

To apply for COVID-19 Childcare Assistance, complete the application and mail it to DeAnn Brown, PO Box 549, Siletz, OR, 97380; drop it off in the drop off box at the Tribal Administration Building; email it to [deannb@ctsi.nsn.us](mailto:deannb@ctsi.nsn.us); or fax it to 541-444-2307. You must include an **invoice** from your Childcare Center or Childcare Provider and your provider must complete a **W-9 tax form**. An application will only be considered complete when there is an invoice AND a W-9 tax form completed by the childcare provider.

If you have questions please contact DeAnn Brown at (541) 444-2532. **Completed applications (with all documentation) must be received at the Tribal Administration Office by December 1<sup>st</sup>, 2020 at 4:30 PM PST.**

## Most Often Requested Numbers

Siletz Clinic	(800) 648-0449	Chemawa Clinic	(800) 452-7823
Siletz Admin	(800) 922-1399	Chinook Winds	(888) 244-6665
CTSI, Eugene Area Office	(541) 484-4234	CTSI, Salem Area Office	(503) 390-9494
NARA	(503) 224-1044	NAYA	(503) 288-8177



## 477-SSP Family Engagement Contest with a chance to win prizes! Hosted by the 477-SSP Program

Open to all Siletz Tribal families and current GA clients

**EVENT EXTENDED—STILL TIME TO REGISTER!**



To register please email [Angelicae@ctsi.nsn.us](mailto:Angelicae@ctsi.nsn.us)

*Event takes place October 14, 2020 – October 23, 2020*

Families that register will be emailed/mailed a list of activities prior to the event. The list of activities can be completed at home or locally (while practicing physical distancing from others.) Points will be assigned to each of the activities. Families will send in a picture to verify they completed the activity as a family. The families with the most points will earn a prize.

**Deadline to register: October 9, 2020**



## Have you completed your technology survey?

The purpose of the technology survey is to see if the 477 program can assist clients with accessing workshops via webinars.

If you have any questions please call the program staff at PAO and speak with Tamra Russell or Anna Renville at (503) 238- 1512.

## 477 Self Sufficiency 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 Families
- Native American
- Alaskan Native

- Native Hawaiian

The available components through the Program are cash grant services, emergency utility assistance, job training, job retention services and supportive services.

The Program Manual lists all available components in detail and the requirements of each. All components of the 477 SSP are available on a budgetary basis.

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

### 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.



## CTSI Childcare Assistance Program

CTSI Childcare Assistance Program has expanded services and can now serve children that are under the age of 13 years and who are descendants and/or dependents of enrolled tribal members. Families must reside in the eleven county service area and parents must be working or enrolled in higher education or job training. For more information or to request and application call DeAnn Brown at 541-444-2450 or 1-800-922-1399.



## Behavioral Health

### Heading into fall:

As we head into fall, it is a good time to be more mindful of how we spend our daylight hours, as they are starting to shorten. Getting outside is important to get the natural vitamin D our bodies often lack in Oregon. With smoke from wildfires making the air quality hazardous at times, be sure to look at the index before venturing outside.



### Suicide Prevention:

With the darker weather, and unnaturally dark weather due to smoke, moods can take a turn for the worse, even without warning. If you or a loved one is experiencing thoughts of ending their life, or just feeling like they need someone to talk to, please reach out to the 24/7 National Suicide Prevention line:

**1-800-273-8255**

They have online chat available 24/7/too: <https://suicidepreventionlifeline.org/>  
You can also text this 24/7 crisis line:

**Text HOME to 741741**

### Coming up soon:

A virtual Youth Conference will be provided this year, so check with your local area office staff to find out more details!

The Youth Services Team



is planning a few video game tournaments in the next few months. Please call the office for more information! Potential games include Rocket League, Minecraft and NBA2K.

### Mental Health Specialist services include:

Video-counseling/Telehealth, couples counseling, adventure-based therapy (post-pandemic), youth, adult and family counseling with emphasis in experiential healing and person-centered therapy. Rachel likes to meet people where they are at, and help them be the best they can be with what they have. She is currently taking new clients (currently providing only virtual and phone services), so please call and book an appointment today!

### Traditional Coping

October is a good time to continue gathering wood for our Elders for the winter, which had to be canceled in September due to wildfires and smoke. Run for the Rogue could not take place this year due to the pandemic, but some people shared photographs of years past. Let's pray that next year the Run can happen. As always, smudging, sweat lodges (keeping in mind social distancing), talking circles (virtually when necessary) and prayer are all traditional ways to connect with the Creator and feel re-centered.

### Portland Area Office

Mondays &  
Tuesdays  
(503) 238-1512  
X1417

### Salem Area Office

Wednesdays &  
Thursdays  
1-(503) 390-9494  
x1864

## Siletz Community Health Clinic

### Siletz Community Health Clinic Services During COVID-19

**Phone # 541-444-1030**

Please call the clinic for current available services as things change rapidly and we may offer more or fewer services depending on COVID-19's impact to the community. Current services being offered are listed below along with some answers to questions we've been asked.

### Available Services

**Medical/Lab** – visits are available by phone or video. Some patients are brought in when their health care requires it. Please call your medical team to discuss any concerns.

**COVID-19** - if you think you have been exposed to someone with COVID-19, please call the clinic and we will discuss self-isolation guidelines and determine if you meet criteria for testing. The clinic does provide Covid-19 testing.

**Optometry** - visits are available to patients with an eye emergency or hardware emergency. Please call the optometry department to discuss any concerns.

### Medication Assistance Therapy

(MAT) – visits are available by phone or

video.

**Behavioral Health** (A&D counseling/mental health counseling) – visits are available by phone or video.

**Pharmacy** – continues to provide services. You may pick up your medication at the clinic for curbside pick-up or your medication can be mailed to you. Delivery services are also available in the Siletz community.

### Tribal Member Specific

**Dental** – visits are available to patients with a dental emergency only. Please call the dental department to discuss any concerns.

**Community Health** – continues to support members in navigating resources during the pandemic. For additional information, follow Community Health @ 'Siletz Health Clinic' on Facebook.

**Purchased/Referred Care** – is providing PRC #s and processing claims. Staff is working altered/reduced hours, so please call back if you do not receive a call back as staff may be out.



## Education & Youth Update



### Education Updates

Dear Parents and Families,  
We understand what a difficult time this is for our families in numerous ways. The Siletz Tribe is trying to do everything possible to help our families navigate this time.

For up to date information you can also view a number of the Facebook pages that have been created to help our families be aware of the many opportunities for our youth and yourself. The youth page is a great one to find out about opportunities for our youth. This can be found under CTSI Youth on Facebook.

The Youth Team is sponsoring a number of programs for youth—we hope you will check these out.

For information please email Katy @katyh@ctsi.nsn.us or call.

- COVID Childcare Funds are available \$500 per child per month through December.
- Cultural Smudge Kits; Free to

each household with CTSI Youth including descendants, JOM, and CTSI housing. (1 per household)

- CTSI Youth Winter 3 v 3 Online Tournaments with 2 K—Minecraft and Rocket League. To register email Jeffs@ctsi.nsn.us or go online to CTSI Youth Facebook.
- Traditional Drum Classes via ZOOM are on Tuesdays at 4pm and every 2nd Saturday at 11am.
- CTSI Reading—Every Wed. at 4pm on ZOOM. Please contact Katy at katyh@ctsi.nsn.us., if you would like your child to join.
- Virtual Tutoring Coming up

### Adult Education

Funding to assist Tribal members with the cost of GED testing, renewing professional licenses and other employment enhancement programs and classes. Call for more information—there is no deadline.

Katy 503-238-1512

## Education & Youth Update

The Siletz JOM Supplemental Program can help all Native youth (3-18) pay for programs, activities, supplies both cultural and academic. For an application you can contact Katy Holland at katyh@ctsi.nsn.us or go online to [www.ctsi.nsn.us](http://www.ctsi.nsn.us) (under Education) for an application.



The 2021-2022 Free Application for Federal Aid will open on September 29, 2020. (The tribe requires students apply each year) If you are planning on attending college in the fall of 2021 please plan to apply. You do not have to have your taxes completed for that year. Check the FAFSA out—[www.fafsa.ed.gov](http://www.fafsa.ed.gov) File your FAFSA by January 30, 2021. Contact Katy for more information.



**Coming in October is the Salmon Celebration—at Parks near you. Contact Katy for more information at 503-238-1512 or katyh@ctsi.nsn.us**

Siletz Tribal Youth Activity Fund - For Siletz Tribal youth—1st grade to senior in high school. This fund helps to pay for: enrichment activities, school registration, sports, culture activities or sports or academic supplies. Please call Katy at (503)238-1512.

# October 2020

Sun

Mon

Tue

Wed

Thu

Fri

Sat



All Tribal Offices have been closed since March 17th 2020, until further notice.  
Services will be provided via telephone, email and mail;  
Offices will be closed to walk-in clients.



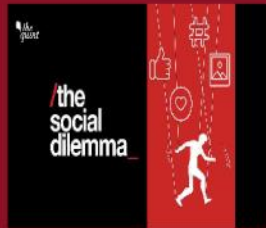


# THE SOCIAL DILEMMA

The Social Dilemma is a new documentary that explores the impact of social networking and other online platforms on our youth and environment moving into a new generation.

Movie Night  
Friday October 23rd

VIRTUAL NETFLIX  
WATCH PARTY



Age recommendation 13+

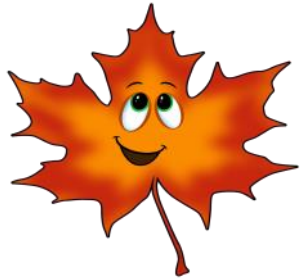


popcorn basket  
provided (1 per  
family)



Space is limited!  
Register by October 9th

Register here or contact  
Katy Holland  
at [katyh@etsi.nsn.us](mailto:katyh@etsi.nsn.us)



# Happy Fall y'all

## A Guide to Accessing Athabaskan Language Online

Ch'ee-la xwii-t'i  
(Greetings everyone)

To assist Tribal Members during this time of social distancing and the interruption of our normal schedules, this tutorial on how to access language materials and recordings from the Tribal website has been developed.

I hope you and your families are safe and healthy during this time. Hopefully many folks can access these materials from the safety of their homes. Go to [www.ctsi.nsn.us](http://www.ctsi.nsn.us). Enter in your roll number and last four digits of your Social security number to log on to the Tribal member access area. Click on "Our Heritage." On the drop down, click on "Language."

Lots of written and recorded materials are available in this section. The Nuuweeya' (Our Words) Language Dictionary is on this page. You can click on the selection A to Z to look up written English language words and their Athabaskan equivalent.

Also on this page are Siletz Dee-ni Volumes 1, 2 & 3. Just click on "Study Materials" and scroll down. Volume 1 contains lessons on body parts, counting, relatives, foods and table talk.

In these lessons, the written word on the screen is accompanied by audio of the

word's pronunciation. Volume 2 contains animals, birds, colors, fish, greetings and goodbyes, insects, and trees and brush. Volume 3 contains lessons on sentence structure and word order.

Each lesson has a complete practical alphabet sound chart. All three volumes have a word document and audio recording for each lesson. Tests are available if you want to use them.

To access the Siletz Talking Dictionary, click on Siletz Language website. Drop down three lines and click on [www.siletzlanguage.org](http://www.siletzlanguage.org), go to the Talking Dictionary tab and click on it. The Siletz Talking Dictionary Page will appear.

Just below the words "Search for" is an empty white box. Type in the word you are searching for and click on the "search" button just below the box. The word and the Athabaskan equivalent will appear just below the search box. To hear the word being spoken, simply click on the red ear icon on the left side of the page.

You may have to wait a few seconds for the page and sound to load, depending on your connectivity. Some of the words also have pictures.

Also on the [www.siletzlanguage.org](http://www.siletzlanguage.org) website are 14 Language learning videos and many other culture-related videos, materials and curriculum.



## Behavioral Health — Alcohol & Drug Program

### During Sobriety Stress – Be Honest With Yourself About What You Can & Can't Control

Most people in recovery are familiar with the serenity prayer: *“God grant me the serenity to accept the things I cannot change, Courage to change the things I can, And wisdom to know the difference.”*

No matter what your higher power, the lessons in this prayer are important throughout recovery, especially in time of stress. When you're dealing with an unexpected event, take a moment to decide what's in your control. You might feel better after packing an emergency bag if fires are near your area, for example.

Exerting control where you can is empowering. However, what's even more important is to remember what you cannot control. *Trying to manage things that are uncontrollable, like hoping the fires do not come your way, can be exhausting and frustrating.* It's best to acknowledge where your limits are, and not waste time on things beyond your control.



*If you're living sober, you can't unwind with a drink at the end of the day.* However, you can do something much healthier: go to a meeting, or go for a walk with someone who is also in recovery. Having open conversations about your fears and worries can help you process them, rather than just masking them with a chemical high.

This can be especially helpful when you're dealing with a local disaster. Most 12-

## Behavioral Health — Alcohol & Drug Program

step meeting are hyper local. That means that many people in your meeting are dealing with similar anxieties and fears, and can understand what you're going through. Plus, they'll understand navigating difficulties while dealing with the day-to-day of life in recovery.

### Watch for Sobriety Stress Related Recovery Relapse Signs

Any time you're dealing with increased stress, you are more at-risk for relapse. That's why it's important to be self-aware during times when you're dealing with the unexpected. Be on the lookout for relapse warning signs that indicate that you're struggling in recovery. For example, you might stop going to meetings, or start spending more time with the people who are unhealthy for you.

If you notice that your recovery is faltering, reach out for help. Talking to a sponsor or trusted friend can help you get back on track before you really slip up. And, if you do end up using, remember that relapse is a normal part of recovery. The important part is getting help to get back on track as soon as possible.

### Staying Sober During Stressful Times – You're Much More Resilient Than You Think

In recovery, we're told to take things one day at a time. This is good advice for dealing with unexpected emergencies as well. Sometimes, when it seems like you can't go on because of stress or uncertainty, remember that you just have to get through today. Everything is much more manageable when you're only thinking about the next day. *You don't have to scale the entire staircase. Just take the next step.* One step at a time, one day at a time. Those steps and days will add up to something special before you know it.



**Recognize  
Acknowledge  
Forgive Change**

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk

**Help is  
Available &  
Confidential**



## Community Health

### Fall Canning (Online Tutorial)

There's nothing more seasonal than Canning in the Fall! So, we are pleased to announce that we will be hosting our first ever ,ONLINE Canning class Mid October. Through Zoom access, Community Health will be hosting a live tutorial on how to can your own foods. This class will take approximately 1 1/2 - 2 hours in length. During the tutorial, attendees will be given the opportunity to ask questions as we go along and be provided digital recipes of what we are canning.

To sign up or for more information: please contact Andrew Johanson, Community Health Advocate at [andrewj@ctsi.nsn.us](mailto:andrewj@ctsi.nsn.us), no later than Wednesday October 14th.

Once you've signed up, you will receive a link via e-mail to log on and watch the class. Alternatively you can watch the uploaded video Facebook the following Monday.

We Hope You



CAN Join us!

### Need to Call Purchased Referred Care (PRC)?

If you have questions about your eligibility, need a pre-authorization number for services, etc. call the PRC department directly at (800) 628-5720.

Due to increased call volume, if you reach a voicemail, it's important that you leave a message with a return number so someone can call you back.



**Purchased Referred Care**  
**(800) 628-5720**  
**Community Health Clinic**  
**Main Line (800) 922-1399**

## Community Health

### Alternative Health Care

#### Benefit for Tribal Members

Massage, Acupuncture and Chiropractic care are alternative health choices widely recognized as safe, drug-free, non-invasive therapies in the treatment of a wide array of health problems. The Siletz Tribal Council has appropriated revenue to pay for massage, acupuncture or chiropractic services for tribal members, regardless of residency. Criteria are that you are an enrolled Siletz Tribal Member. You must be current with your Contract Health registration and have a current address to qualify for this benefit. Funds are available on a quarterly basis.

To receive this benefit for October through December, please call Rhonda Attridge 1-800-648-0449 to request a three month benefit of 1 session each month for up to \$50.00 per session. If the session is over the benefit amount of \$50.00 you will be required to pay additional costs on your own. The next quarter Begins October 1st.

### Brush! It Could Save Your Life

We're fast approaching the season of sweets (October to January) and while we do not endorse the consumption of sugary treats, we know



that folks will have their fair share of goodies from Halloween through Christmas. It is

important to remember to Brush, Floss, Rinse, and visit your dentist regularly!

One serious problem that exists in the world of dental health is **Gingivitis**: (swollen gums) and other periodontal diseases that can lead to tooth loss if left untreated. Evidence has proven, that taking better care of your teeth and gums may help you live longer, too. That's because bacterial infections resulting from gum disease can travel and infect other areas of the body, possibly contributing to heart disease and stroke.

**What to watch for:** Periodontal disease has many symptoms, including:

- Swollen, tender or bleeding gums
- Spaces developing between the teeth
- Receding gums
- Persistent bad breath
- Pus between the teeth and gums
- A change in bite
- Mouth sores

**What to do:** Check with your dentist or a periodontist if you notice any of these symptoms. Brush at least twice a daily and floss to prevent plaque buildup – the No. 1 cause of periodontal disease. Try an electric toothbrush for better plaque removal... consider a mouthwash that helps fight plaque. Have a professional cleaning twice a year to remove tartar.

**What to avoid:** Tobacco use (smoking *and* chewing); poor nutrition; and stress, which leaves your body more vulnerable to infection.

**The bottom line:** With gum disease, you risk losing more than your teeth. Practice good care and see your dentist regularly.

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 Siletz Indians of Oregon  
 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**



**EAGLE t'a'-lhki**

## CTSI Resource Call Line

We are here to connect Tribal members and their families to local resources. This includes food, housing, and other essentials. In addition, we are providing households with hard to find hygiene and sanitation items.

*\*Disclaimer: Supplies are limited but we will do our best to meet your needs.*

Call us at 541-444-9613.  
 We will be taking calls Monday through Friday between 9am-3pm.



## 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 Community Health Advocate	(503) 238-1512 x1413 andrewj@ctsi.nsn.us
Dianna Edenfield Area Office Clerk	(503) 238-1512, X1400/ diannae@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
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	Angelina Artiago	(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