

# DRUMBEAT NEWSLETTER - MAY 2020

3160 BLOSSOM DRIVE NE, SUITE 105, SALEM, 97305

(P) 503-390-9494

(F) 503-390-8099



## Announcements, News, and Highlights

**DUE TO THE COVID-19 VIRUS MANY SERVICES ARE CONTINGENT UPON THE OFFICE BEING OPEN AND THE ABILITY TO PROVIDE SERVICES IN A WAY THAT MAINTAINS THE SAFETY OF THE COMMUNITY AND STAFF.**



**Graduating Seniors: Send us your information so that we may highlight your accomplishment!**

Submit a photo, the school you are graduating from, and your plans for the future to:  
[danar@ctsi.nsn.us](mailto:danar@ctsi.nsn.us)

### OFFICE CLOSURES IN MAY:

MONDAY, MAY 25TH



Honoring the men and women who have made the ultimate sacrifice for their country.

### Look inside for details on the following classes, presentations or programs

**CHILD CARE ASSISTANCE** - The 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 an application call **DeAnn Brown at 541-444-2450 or 1-800-922-1399.**

**LIHEAP (Low-Income Home Energy Assistance Program)** is a Federally-funded program that helps low-income households with their home energy bills once a year. To be eligible, the applicant, or a child residing in the household, must be an enrolled Siletz tribal member, reside within the 11 county service area, and must meet annual income guidelines established in the LIHEAP Benefit Matrix.



<u>Household Size</u>	<u>Annual Income</u>
1	\$24,550.00
2	\$32,103.00
3	\$39,657.00
4	\$47,201.00
5	\$54,764.00

## CTSI-Community Message

We are not aware of any cases of coronavirus or COVID-19 in the Siletz Community. However, the safety of our Community, Students, and Staff are a top priority for us. Therefore, we are moving forward with providing services in a manner that will keep you and staff safe. **Beginning March 17<sup>th</sup>, until further notice, services will be provided via telephone, email and mail; Offices will be closed to walk-in clients.** Payments can be made by telephone with a credit/debit card; by mail via a check or money order. There is a drop box at the rear of the Tribal Administration building to drop off payments, applications, etc. The Clinic will be closing to non-essential appointments, and will work to fulfill your needs – such as Pharmacy – in different ways. Clinic staff will reach out to you to reschedule non-critical appointments.

**Our staff are working very hard to continue providing critical services to our community members. As this situation develops, we will continue to update this message.**

To access these services, please call:

**Siletz Community Health Clinic:** (541) 444-1030

**Siletz Tribal Housing:** (541) 444-8322. Payments can be mailed or put in the Drop Box

**477-SSP:** (541)-444-8247

**USDA Food Program:** (541)-444-8393

**Human Resources:** (541)-444-8274

**Indian Child Welfare (ICW):** (541)-444-8272

**Natural Resources:** (541) 444-8227, or (541) 444-8232

**Enrollment:** (541)-444-8258

**Elders:** (541)-444-8220

**Eugene Area Office - Phone-** (541)-484-4234

**Portland Area Office -Phone-**(503)-238-1512

**Salem Area Office -Phone-**(503)-390-9494

To access all other services, please visit: [www.ctsi.nsn.us](http://www.ctsi.nsn.us)

# Submit Your Favorite Spam Recipe

A couple months ago I visited my daughter who is attending OSU and she introduced me to Musubi's after her roommate introduced her to them. I had not eaten Spam in quite a while, but after trying this delicious, easy to make and take Hawaiian food, I cannot get enough. Personally, when I cut my Spam I find that 10 slices works well and I believe that the furikake is not essential to the recipe if you cannot find it. **If you have a favorite Spam recipe, why not share it with us. Submit your recipe to: [Danar@ctsi.nsn.us](mailto:Danar@ctsi.nsn.us) & we will post them on our new Facebook page. Search on Facebook: @SalemAreaOffice**

## Spam Musubi <https://cooking.nytimes.com/recipes/1020160-spam-musubi>



KIERA WRIGHT-RUIZ

- YIELD 8 servings
- TIME 20 minutes

### COOKING NOTES—FOR A HEALTHIER VERSION

**Cre8 suggests:** What I do after I slice the Spam is put it in boiling water for 5 minutes to get rid of some fat and salt. Then pat dry with paper towels and proceed with the recipe. I even find the low sodium Spam too salty for my taste.

### INGREDIENTS

- 2 tablespoons soy sauce
- 2 tablespoons light brown sugar
- ½ teaspoon mirin (optional)
- 1 to 2 teaspoons neutral oil, like canola or vegetable
- 1 (12-ounce) can Spam, cut horizontally into 8 slices
- 3 sheets roasted sushi nori, cut into thirds crosswise
- 2 teaspoons furikake
- 5 to 6 cups cooked short-grain white rice like Calrose



### PREPARATION

In a small bowl, whisk the soy sauce, sugar and mirin (if using). Set aside.

Lightly coat the bottom of a large skillet with oil and heat over medium. Fry the Spam slices until evenly browned and crispy, 2 to 3 minutes on each side. Turn off the heat. Working quickly to avoid burning, add the soy mixture and turn the Spam slices until evenly coated in glaze. Immediately transfer the Spam slices and glaze to a plate.

To mold the musubi, start by placing a strip of nori, rough side up, on a cutting board or clean work surface. Place a Spam musubi maker mold over it, in the middle, then place a slice of Spam into the mold. (If you don't have a mold, you can line a clean Spam can with plastic wrap instead, and place a slice of Spam at the bottom.) Sprinkle 1/4 teaspoon furikake over the Spam, then fill the mold or can with a generous mound of rice. Press the rice firmly with the musubi maker press or with your hands until it is 3/4- to 1-inch thick, adding more rice as needed.

Use the press to hold the rice down with one hand and pull the mold upward to unmold the musubi with your other hand. (If you're using the Spam can, gently lift the Spam and rice out of the can by gently pulling on both sides of the plastic wrap.) Wrap the nori around the Spam-rice stack, bringing both ends of the strip to the middle, folding one over the other, and flipping it over so the seam is down and the Spam is facing up. Repeat with remaining ingredients. Serve immediately or wrap with plastic wrap to take with you on the go.

# DIY Sanitizing Wipes Recipe 1

Prep Time 2 minutes  
Soaking Time 5 minutes  
Servings wipes  
Author Cheryl Malik

## *Ingredients*

1/2 roll select-a-size paper towels  
18 ounces 99% isopropyl alcohol (or at least 70%)  
5 ounces water  
2 tablespoons hydrogen peroxide  
45 drops essential oils

## *Instructions*

Cut your roll of paper towels in half using a non-serrated knife. Squeeze one half of the paper towels into a large jar or coffee container

Mix all the liquid ingredients together in a spouted measuring cup, bowl, or pitcher and pour over the paper towels. Let solution soak into the paper towels. Optional step: Flip the paper towels over to help the liquid absorb. If your roll of paper towels comes out easily from your container, I recommend this step to help with saturation.

Make sure to [use at least 70% alcohol](#) in your DIY Lysol or Clorox wipes, or they will not be effective. [Studies](#) have shown a minimum of 62% alcohol is effective.

*Disclaimer: We are not medical professionals. We are not chemical formulators, pharmacists, or anything other than people who like to DIY germ-fighting household products. This is not medical advice! Use at your own risk.*

## CTSI Resource Call Line

To help connect Tribal members and their families to local resources. This could include things such as food, housing, and other essentials.



Call us at 541-444-9613.

We will be taking calls Monday through Friday between 9am-3pm.



## DIY Sanitizing Wipes Recipe 2

### Ingredients

- 2 cups Distilled water
- 1 cup [Isopropyl alcohol](#) at least 70-91% concentration
- 1 TBSP [Dawn dish soap](#)
- 3 drops [Tea tree oil](#) (optional)
- 1 Paper Towel Roll

### Instructions

- Cut your paper towel roll through the middle with a serrated knife.
- Flip them over and stick into a jar or previous Lysol/Clorox wipes box.
- Mix together the water, rubbing alcohol, and dawn dish soap.
- Pour around the edges of the paper towel roll. Let it soak in for 2 minutes.
- Pull the middle paper towel roll out and throw away. Now you can pull from the middle.
- Store in a closed container with lid.

DIY  
Face Mask  
Sewing Group  
Tuesdays  
10AM—1PM  
(Pacific Time)

*Hosted as a Zoom Call (video platform)  
Register today to get the call in information*



To sign up & get the written directions contact:

**Jen Metcalf**

jenm@ctsi.nsn.us or call (541) 444-9615

This class will be held via Zoom, so be sure you can see the video call from your sewing machine.

Once you learn how to make a mask, if you are able to make extra for our Elders we are asking you to donate them to the Siletz Community Health Clinic to distribute to Tribal Elders.

The address to mail or drop off will be provided when you register .



Monday-Thursday  
8:00 am—4:30 pm  
503-390-9494  
sonyamj@ctsi.nsn.us



# Education News

**Sonya Moody-Jurado-Education Specialist**

**May 2020**

## EDUCATION PROGRAM COMPONENTS

- Higher Education
- Adult Vocational Training (AVT)
- Adult Education
- Supplemental Education (JOM)

## YOUTH SERVICE

The Youth Services team developed a Facebook page and are working on a YouTube channel to feature daily/weekly activities. There will be a calendar of daily activities that will include: health, exercise, cooking demonstrations and challenges, reading time, and homework help. The Facebook page is: [www.facebook.com/CTSlyouth](http://www.facebook.com/CTSlyouth)

## TRIBAL TEMPORARY STUDENT ASSISTANCE PROGRAM (TTSAP)

STHD will be accepting applications starting May 1<sup>st</sup>, 2020 through May 31<sup>st</sup>, 2020. **Applications received after May 31<sup>st</sup>, 2020 will not be accepted.**

The Tribal Temporary Student Assistance Program (TTSAP) is a time-limited program which assists a student while obtaining higher education for a period not to exceed six years. Participant must:

- Maintain full time student status (defined as twelve or more credits per semester)
- Attend a college, university, vocational, or trade school
- Maintain a cumulative 2.5 GPA.

The household must be able to meet the NAHASDA income guidelines and the household's share of the rent is thirty percent of the adjusted annual income. If the student leaves the household, the household will no longer be eligible for assistance. STHD will allow up to 30 vouchers for this program each year, as long as funding exists.



## SILETZ TRIBAL YOUTH ACTIVITY

Helps to fund programs for **Siletz** tribal youth in the many areas such as: sports, music, camp fees, lab fees, shop supplies, graduation, educational /scholastic materials, cultural supplies and materials, correspondence courses, and extra-curricular supplies. Siletz Tribal members from kindergarten to high school can access up to \$150.00.

(Continued on following page)

(Continued from previous page)



### **Siletz Tribe Head Start Program**

Is a preschool program for children 3 to 4 years old. The Salem Center has AM and PM classes. It operates Monday through Thursday for 3.5 hours a day. Transportation depends on residency, which will be determined after acceptance. Register in Spring for the following school year.

All Siletz Tribal applications and forms are posted on the Tribal website at: [www.ctsi.nsn.us](http://www.ctsi.nsn.us).

### **Student Incentive Program**

The Siletz Tribal Council desires to reward students for their educational achievement, and encourage them to continue on into higher education by rewarding each milestone. This is a monetary incentive and is awarded by level of education.

If you are a Siletz Tribal member and have completed any of these educational milestones-Headstart, Kindergarten, Elementary, Middle, High School, Bachelor Degree, Master's Degree, or Doctorate. Please call Sonya for an application.

### **HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM**

The next term that we will be funding will be Fall Term 2020. The deadline for Fall Term is June 30, 2020. To be eligible to receive Tribal education funding you had to have completed your FAFSA by January 31,2020. For an application, please call me at (503) 390-9494.



The Tribe has a onetime per year application process. If a student plans to start Winter or Spring term, a completed education application has to meet the June 30, 2020 deadline.

### **ADULT EDUCATION**

The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes, improve employment status through education, training, and pursuit of special interest classes. There is no deadline to apply for classes. For an application, please call me at (503) 390-9494.

# Important School Update

## Distance Learning

Starting April 13, all Oregon schools are switching to distance learning for the rest of the school year. Distance learning is required and is important for all students!

### Get Your Family Ready for Distance Learning by

Getting Connected: Much instruction will be moving online.

Districts are providing Chromebooks/laptops for students to use at home. Many schools are also helping with access to the internet or referring families to free or low-cost internet providers. Check with your student's school right away to get your student connected. Paper options may also be available.

Staying in Touch with your Student's School: Contact your student's teacher and check school and district websites regularly. Respond to school and district communications right away and be sure that your student's school has your updated contact information.

Advocating for Your Student's Needs: Let your student's teacher and district know about the supports that your family needs to be successful working from home.

Need Help?: If you need help communicating with your student's school, getting started with distance learning, obtaining a learning device, accessing internet services, advocating for your family's needs, or have other questions please contact your local area education specialist.

Salem Area: Sonya Moody-Jurado ([sonyamj@ctsi.nsn.us](mailto:sonyamj@ctsi.nsn.us))

Siletz Area: Alissa Lane-Keene ([alissal@ctsi.nsn.us](mailto:alissal@ctsi.nsn.us))

Portland Area: Katy Holland ([katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us))

Eugene Area: Nick Viles ([nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us))





Like Our Facebook Page!

*Siletz Health Clinic*

If you want to hear about all the great Siletz Health Clinic events happening in your community -

Like the Siletz Health Clinic



Facebook page



Confederated Tribes  
of Siletz Indians

Salem Area Office

The Salem Area Office invites you to visit our new Facebook page.

The Salem Area Office (SAO) Facebook page provides tribal members and households information about local community events happening in our area.



On Facebook @SalemAreaOffice

**FLEX**  
by FitnessOnDemand™  
**NOW AVAILABLE**  
ON-SITE OR ON-THE-GO



**NOW AVAILABLE ON-THE-GO**

Access is available to all Siletz Tribal Members, Tribal Families, and CTSI Staff in ANY AREA.

*Quarantine keeping you out of the gym? No problem! Stream FitnessOnDemand™ virtual workouts directly from your phone or computer, where ever you are.*



- Hundreds of classes from the world's top instructors
- Available 24/7
- Strength. Cardio. Yoga. HIIT + more!

*How do I get on-the-go access!*

Contact

Chris Sherrod at

541-444-9647

or

chriss@ctsi.nsn.us

**Need Help Applying for OHP or Medicaid?**

**Do you think you qualify for OHP?**



Have your info ready:

- \*Names & Birthdates
- \*Social Security Numbers
- \*Insurance and Income info, if you have them.

Call Medicaid Direct to Apply:

1-800-699-9075

Apply Online:  
one.oregon.gov

Call the Siletz Clinic  
Community Partner  
**1-541-444-9611**

If anyone in the Community needs help applying for OHP, please contact Gail Barker: She can process Medicaid applications entirely over the phone.

Email: [gailb@ctsi.nsn.us](mailto:gailb@ctsi.nsn.us)

Voice: 541-444-8329

## Spring has arrived

The saying is, April showers bring May flowers. We experienced a little snow late into March, but an almost summery weather in April. As Oregonians, we know we're in for more rain, but here's hope that the flowers will continue to be spectacular. With stay at home orders in place, it has been harder to get out and enjoy the nice weather, but walking, running and bicycling while keeping 6 feet of distance are good ways to get out and get fresh air and exercise.

## Activities to help with emotions during trying times:

- 1) Do at least five minutes of mindfulness each day, focusing on living in the present moment. An app that can be helpful is Smiling Mind, it has many different brief, medium and long meditations on it.
- 2) Try square breathing: Breathe in for four seconds, hold it for four seconds, breathe out for four seconds, and hold it for four seconds, then repeat. Doing five to ten rounds of square breathing can really soothe the nerves.

## Connecting with family from a distance

- 1) Schedule a time to connect with your family members who are not living with you, via an app such as Discord, Facebook Messenger, Facetime, or Zoom. Try and be in contact at least once a week, and maybe eat a meal all at the same time, or play a game that can be played on a video call.
- 2) Set a time to watch a movie from your separate homes, but at the same time, and be on phone or video as you all watch it, or have a call afterwards and discuss the movie.

- 3) If you can stay six feet apart, and live somewhat close to one another, have family drive over for a face to face conversation in the driveway. Be mindful of family members who might try and steal a hug. Social distancing is important now, but it will become a thing of the past.

## Traditional Growing and Coping

For the people of the Siletz tribe, spring is a time of regrowth. Social distancing makes it harder to garden and harder to stay connected. There are places online where seeds for a garden can still be purchased if local stores are not selling them. Social gatherings are being canceled, but there will be a time when we can all come together again. Until then, prayer and smudging remain ways to be spiritual and find peace and healing. And as always, do not forget to call and check in on our Elders.



Portland Area Office  
Mondays  
&  
Tuesdays  
1 - (503) 238-1512  
X1417

Salem Area Office  
Wednesdays  
&  
Thursdays  
(503) 390-9494  
x1864

# RECOVERING FROM ADDICTION DURING A TIME OF UNCERTAINTY AND SOCIAL DISTANCING

The **COVID-19 crisis** has created a time of uncertainty and anxiety for people around the world. Health professionals and other hospital staff are working around the clock to reduce and prevent the harmful consequences of the virus's spread. Many people are uneasily wondering how they will manage their existing health problems when the support systems they normally rely on have been altered or eliminated. During this time, anxiety can cause an uncomfortable feeling in the pit of the stomach. It also can create a sense of behavioral paralysis and disengagement from daily tasks and obligations. This distance and sense of dread can make self-care very difficult.

## Addiction might be especially difficult to manage during the COVID-19 pandemic

A history of addiction and its psychiatric comorbidity might **increase risk for COVID-19 harm**. COVID-19 also might create conditions that threaten recovery. People in recovery often require daily interaction with care providers to access needed medication, such as methadone or buprenorphine. Others maintain their recovery through ongoing therapy and/or involvement in mutual help intervention groups. So, although addiction thrives on individuals' vulnerabilities, such as **loss of health, loss of a loved one, or loss of a job**, recovery from addiction often requires relying on supportive healthcare and social networks. The COVID-19 crisis and the importance of social distancing create barriers against these sources of support.

## Social networks are particularly important during recovery from addiction

This means that during this unprecedented period of **social distancing**, we have to identify ways of connecting with others to garner and give support without being in their physical presence. Providers around the world are exploring new options for **telemedicine**, which provides one pathway of connection. Others are making **self-help tools** freely available. Some mutual help organizations are exploring ways to **move their experience online**. Notably, evidence from a recent **Cochrane review** suggests that peer-led Alcoholics Anonymous/ twelve-step and professionally-delivered treatments might provide a useful pathway to abstinence. There are many pathways to recovery maintenance, and these all represent important possibilities.

## What are some specific recommendations for maintaining recovery during a time of social distancing?

First, it remains important to have a plan for recovery, and to diligently work the plan. Your plan should anticipate what you expect might happen, including experiencing complicated emotions. Remember, emotions will pass and your plan should help you move through challenging ones.

Second, rely on your escape and avoidance skills by identifying alternative activities that respect social distancing, but conflict with addictive behavior. Such activities might include practicing mindfulness and relaxation, getting exercise, learning new skills, and communicating your goals and activities with loved ones and people who support you.

Third, activate supportive social networks. This might involve greater use of **reliable social media sources for staying connected** with apps such as FaceTime, Duo, and Skype, or just using the telephone. Make your needs clear to yourself and identify people who can help with those needs.

Fourth, identify paths for telemedicine with a care provider — or support from a mutual help sponsor. Many therapists and sponsors are offering remote sessions for the duration of this crisis. But, remember, taking

(Continued on following page)



(Continued from previous page)

home medications to manage addiction needs to be considered carefully. People at a safe place on the recovery path are the best candidates for taking home medications; those in a riskier place should continue to receive their medication with supervision or social monitoring.

### During any crisis our resilience is tested

Resilience is the capacity to withstand and manage challenges. Proactive measures to protect health will build resilience, and help people avoid relapsing into harmful addiction-related behaviors. If a relapse happens, it is important to keep in mind that long-term recovery remains within reach. Relapse is a common feature of recovery, and it does not prevent someone from entering recovery again. Invest in yourself by using **self-help tools**. Reach out for help from professionals, a social network, or mutual help groups — from a distance — when you need it.

For more information, listen to [our podcasts](#) and see our [Coronavirus Resource Center](#)

## 477 – Self Sufficiency Program

### The 477-Self Sufficiency Program Is Still Providing Essential Services

#### Important 477-SSP Dates to Remember:

May 1st-5th

Monthly Contact Appointments

May 5th

Monthly Report Forms, Self Sufficiency Activities Time Sheets, and Job Search Forms are due

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.

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](mailto:477SSP@ctsi.nsn.us) for more information. Please include your name, phone number and the city/county you reside in.

#### For More Information Contact:

Tribal Service Specialist: Angelica Espino

Phone: 503-390-9494 ext. 1853

Email: [Angelicae@ctsi.nsn.us](mailto:Angelicae@ctsi.nsn.us)



# Home Visiting - A 477/Self-Sufficiency Program

At the time of preparing this newsletter we are still all at home. If you are looking for things to do with your children here are a few scavenger hunt ideas that you can do inside or in your yard or neighborhood.

## BOOK SCAVENGER HUNT

- Find an animal in a book.
- Find the word spring in a book.
- Find someone helping someone in a book.
- Find a picture of a sun in a book.
- Find a book that makes you laugh.
- Find a bug in a book.
- Find someone sleeping in a book.
- Find a character eating in a book.
- Find a pet in a book.
- Find a cat in a book.
- Find a superhero in a book.
- Find a bike in a book.



## NATURE SCAVENGER HUNT

<input type="checkbox"/> Flower	<input type="checkbox"/> Butterfly
<input type="checkbox"/> Water	<input type="checkbox"/> Grass
<input type="checkbox"/> Tree	<input type="checkbox"/> Green Leaf
<input type="checkbox"/> Spiderweb	<input type="checkbox"/> Brown Leaf
<input type="checkbox"/> Bug	<input type="checkbox"/> Ant
<input type="checkbox"/> Rocks	<input type="checkbox"/> Fern
<input type="checkbox"/> Bird	<input type="checkbox"/> Cloud
<input type="checkbox"/> Tree Bark	<input type="checkbox"/> Sand or Dirt

[www.stayathome.com.au](http://www.stayathome.com.au)

## Outdoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- 5 LEAVES THAT LOOK DIFFERENT
- A STICK THAT IS LONGER THAN YOUR HAND
- A ROCK WITH SPOTS ON IT
- A FLOWER
- A FLAT ROCK
- 10 BLADES OF GRASS
- SOMETHING YOU LOVE TO PLAY WITH
- A PIECE OF TRASH YOU CAN RECYCLE
- SOMETHING THAT IS BROWN
- SOMETHING THAT IS HEAVY
- SOMETHING THAT IS VERY LIGHT
- SOMETHING THAT NEEDS SUN TO LIVE
- AN ITEM SMALLER THAN YOUR THUMB
- SOMETHING THAT STARTS WITH "M"
- SOMETHING THAT SMELLS GOOD

Ready for snack? Make sure everything gets put back where it belongs!

## Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- A TOY WITH WHEELS
- A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- A PAIR OF MATCHING SOCKS
- 4 THINGS THAT ARE GREEN
- SOMETHING VERY SOFT
- A TOY SMALLER THAN YOUR HAND
- SOMETHING ROUND
- A BOOK WITH NUMBERS IN IT
- 5 LEGOS THAT ARE ALL DIFFERENT
- A PHOTO OF SOMEONE YOU LOVE
- AN ITEM YOU CAN SEE YOURSELF IN
- AN ITEM THAT MAKES YOU FEEL COZY
- A TOY THAT HAS 3 DIFFERENT COLORS
- A MOVIE THAT HAS "S" IN THE TITLE
- YOUR SNIggeST STUFFED ANIMAL

Ready for snack? Make sure everything gets put back where it belongs!

# USDA Distribution Dates for May

## Siletz

Monday	May 4	9:00 am – 3:00 pm
Tuesday	May 5	9:00 am – 3:00 pm
Wednesday	May 6	9:00 am – 3:00 pm
Thursday	May 7	9:00 am – 3:00 pm
Friday	May 8	9:00 am – 3:00 pm



## Salem

Monday	May 18	1:30 pm – 6:30 pm
Tuesday	May 19	9:00 am – 6:30 pm
Wednesday	May 20	9:00 am – 6:30 pm
Thursday	May 21	By appointment only

**Salem Warehouse: 503-391-5760**  
*Call the Salem Warehouse only on Salem distribution days/times specified.*

### A MESSAGE TO ALL USDA CLIENTS:

Because of the corona virus, our warehouses will remain operational, however, doors will be locked. When it is your scheduled appointment time, we will do an auto-fill from your last months issuance, fill the food boxes and bring it to your car. We will not be requiring signature on your shopping lists, but please, if you are missing something from your order be sure to call and we will set it aside for you. This will be the distribution practice until further notice.

**WE WILL NOT ACCEPT HAND-DELIVERED SHOPPING LISTS. YOU MAY SCAN AND EMAIL THEM OR FAX THEM TO US.**

**WE ASK THAT YOU PLEASE STAY HOME AND BE HEALTHY, UNLESS IT IS ABSOLUTELY ESSENTIAL THAT YOU GO OUT AND ABOUT.**

We would like to see more people sharing their recipes on our FB page.



at **“Siletz Tribal FDPiR”** and share your recipes on our page.

Joyce Retherford, FDP Director  
 joycer@ctsi.nsn.us  
 541-444-8393

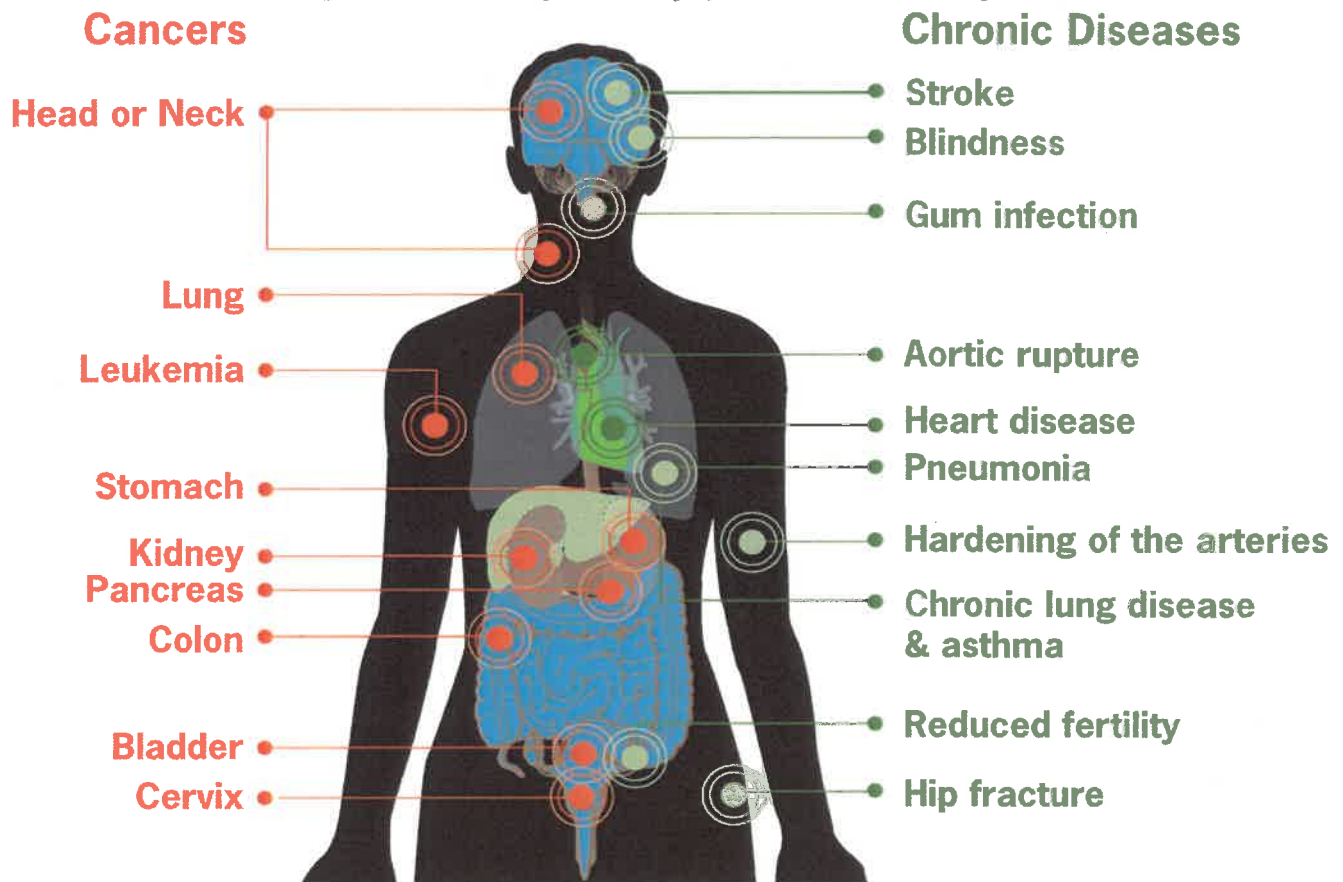
Sammy Hall, Warehouseman/Clerk  
 sammyh@ctsi.nsn.us  
 541-444-8279

Siletz Fax: 541-444-8306 -OR- Salem Fax: 503-391-4296



# Risks from Smoking

Smoking can damage every part of the body



## Tobacco Related Cancers for the Month of May



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

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



**Bladder Cancer:** Bladder cancer is any of several types of cancer arising from the tissues of the urinary bladder. It is a disease in which cells grow abnormally and have the potential to spread to other parts of the body. Symptoms include blood in the urine, pain with urination, and low back pain.

Risk factors for bladder cancer include smoking, family history, prior radiation therapy, frequent bladder infections, and exposure to certain chemicals. The most common type is transitional cell carcinoma. Other types include squamous cell carcinoma and adenocarcinoma.

**Commercial Tobacco Quitline 1-800-QUIT-NOW**  
**AI/AN Line now available 1-800-784-8663 (option 7)**

Corey Strong, NCTTP, CRM  
TPEP Coordinator  
Siletz Community Health Clinic  
Confederated Tribes of Siletz Indians



Confederated Tribes of Siletz Indians  
 Salem Area Office  
 3160 Blossom Drive NE, Suite 105  
 Salem, OR 97305



***Your Area Office Staff:***

<b>Andulia White Elk</b>	<b>Addictions Counselor</b>
<b>Andrew Eddings</b>	<b>Peer Recovery Mentor</b>
<b>Angelica Espino</b>	<b>Tribal Services Specialist</b>
<b>Antonia Leija</b>	<b>Voc Rehab Job Developer</b>
<b>Beverly Owen</b>	<b>Salem Area Office Supervisor</b>
<b>Cecilia Tolentino</b>	<b>Community Health Advocate</b>
<b>Dana Rodriguez</b>	<b>Salem Area Office Clerk</b>
<b>Lori Christy</b>	<b>Home Visitor</b>
<b>Lydia Kentta</b>	<b>Transporter</b>
<b>Rachel Adams</b>	<b>Mental Health Counselor</b>
<b>Sonya Moody-Jurado</b>	<b>Education Specialist</b>